

OWMZ ZONE TRACK & FIELD CHAMPIONSHIPS LANSW

Zone - Records

1	Girls U 7 - 50 Metre Sprint	8.65	2007	B SALAWU - PENRITH VALLEY
2	Boys U 7 - 50 Metre Sprint	8.41	08/12/2018	Beau Argact - Nepean
3	Girls U 7 - 70 Metre Sprint	11.84	2015	A STAPLETON - JAMISON
4	Boys U 7 - 70 Metre Sprint	11.45	1997	B MEDLIN - JAMISON
5	Girls U 8 - 70 Metre Sprint	11.35	1986	S WISEMAN - NEPEAN
6	Boys U 8 - 70 Metre Sprint	11.12	01/12/2019	Jobie Madden - Werrington
7	Girls U 9 - 70 Metre Sprint	10.65	2004	T FORNO - COLYTON
8	Boys U 9 - 70 Metre Sprint	10.35	1996	D CAHALANE - CRANEBROOK
9	Girls U 10 - 70 Metre Sprint	10.65	1997	H MAHER - COLYTON
10	Boys U 10 - 70 Metre Sprint	10.15	1997	J ATKINS - CRANEBROOK
11	Girls U 7 - 100 Metre Sprint	16.94	2015	A STAPLETON - JAMISON
12	Boys U 7 - 100 Metre Sprint	16.25	1997	B MEDLIN - JAMISON
13	Girls U 8 - 100 Metre Sprint	16.25	1996	B SMITH - JAMISON
14	Boys U 8 - 100 Metre Sprint	15.35	1987	P ROSE - EMU PLAINS
15	Girls U 9 - 100 Metre Sprint	14.75	1985	B PIENING - NEPEAN
16	Boys U 9 - 100 Metre Sprint	14.55	1994	A GARRARD - JAMISON
17	Girls U 10 - 100 Metre Sprint	14.25	1986	B PIENING - NEPEAN
18	Boys U 10 - 100 Metre Sprint	14.05	1985	S SUTTON - EMU PLAINS
19	Girls U 11 - 100 Metre Sprint	13.97	08/12/2018	Virginia Cole - Emu Plains
20	Boys U 11 - 100 Metre Sprint	13.25	1996	A GARRARD - JAMISON
21	Girls U 12 - 100 Metre Sprint	13.35	2007	C HEEPS - JAMISON
22	Boys U 12 - 100 Metre Sprint	12.95	2012	S MUNAWEERA - JAMISON
23	Girls U 13 - 100 Metre Sprint	13.08	2017	Ella Sweeney - Emu Plains
24	Boys U 13 - 100 Metre Sprint	12.35	2013	S MUNAWEERA - JAMISON
25	Girls U 14 - 100 Metre Sprint	12.95	1991	M FENNING - EMU PLAINS
26	Boys U 14 - 100 Metre Sprint	11.45	2013	A GALE - NEPEAN
27	Girls U 15 - 100 Metre Sprint	12.84	2017	Claire Meyers - Emu Plains
28	Boys U 15 - 100 Metre Sprint	11.20	2014	A GALE - NEPEAN
29	Girls U 17 - 100 Metre Sprint	12.49	2017	Monique Quirk - Emu Plains
30	Boys U 17 - 100 Metre Sprint	11.03	2015	A GALE - NEPEAN
31	Girls U 7 - 200 Metre Sprint	36.05	1987	E MCGREGOR - COLYTON
32	Boys U 7 - 200 Metre Sprint	34.25	1985	T WOZNAK - PENRITH VALLEY
33	Girls U 8 - 200 Metre Sprint	32.45	1984	B PIENING - NEPEAN
34	Boys U 8 - 200 Metre Sprint	32.25	1986	J BAYLIS - COLYTON
35	Girls U 9 - 200 Metre Sprint	30.95	1985	B PIENING - NEPEAN
36	Boys U 9 - 200 Metre Sprint	30.35	1984	S SUTTON - EMU PLAINS
37	Girls U 10 - 200 Metre Sprint	30.05	1994	N PROUSE - WERRINGTON
38	Boys U 10 - 200 Metre Sprint	29.25	1990	J DIBBS - COLYTON
39	Girls U 11 - 200 Metre Sprint	28.55	1990	R MOSSMAN - NEPEAN
40	Boys U 11 - 200 Metre Sprint	27.55	1996	P TONER - NEPEAN
41	Girls U 12 - 200 Metre Sprint	27.75	1987	C BENNEY - PENRITH VALLEY
42	Boys U 12 - 200 Metre Sprint	26.45	2012	S MUNAWEERA - JAMISON
43	Girls U 13 - 200 Metre Sprint	27.15	1991	R MOSSMAN - NEPEAN
44	Boys U 13 - 200 Metre Sprint	24.35	2013	S MUNAWEERA - JAMISON
45	Girls U 14 - 200 Metre Sprint	26.85	1990	E SEERS - WERRINGTON
46	Boys U 14 - 200 Metre Sprint	24.31	04/12/2022	Epeosi Ugbomhe - Werrington
47	Girls U 15 - 200 Metre Sprint	26.45	2013	A PETERSON - COLYTON ST CLAIR
48	Boys U 15 - 200 Metre Sprint	23.15	2015	J McLACHLAN - WERRINGTON
49	Girls U 17 - 200 Metre Sprint	26.53	2017	Monique Quirk - Emu Plains
50	Boys U 17 - 200 Metre Sprint	22.49	2015	A GALE - NEPEAN
51	Girls U 8 - 400 Metre Run Pack Start	1:21.60	03/12/2022	Miracle Egbufor - Nepean
52	Boys U 8 - 400 Metre Run Pack Start	1:20.53	29/01/2022	William Treharne - Nepean
53	Girls U 9 - 400 Metre Sprint	1:13.95	1985	B PIENING - NEPEAN
54	Boys U 9 - 400 Metre Sprint	1:09.54	2015	N LANG - JAMISON
55	Girls U 10 - 400 Metre Sprint	1:09.45	1986	S HARRISON - NEPEAN
56	Boys U 10 - 400 Metre Sprint	1:07.95	1996	J MILBURN - NEPEAN
57	Girls U 11 - 400 Metre Sprint	1:07.95	1990	R MOSSMAN - NEPEAN
58	Boys U 11 - 400 Metre Sprint	1:05.05	1997	J MILBURN - NEPEAN
59	Girls U 12 - 400 Metre Sprint	1:04.35	1997	R JUNOR - PENRITH VALLEY
60	Boys U 12 - 400 Metre Sprint	1:02.75	1996	L ROONEY - PENRITH VALLEY
61	Girls U 13 - 400 Metre Sprint	1:03.35	1988	C BENNEY - PENRITH VALLEY

OWMZ ZONE TRACK & FIELD CHAMPIONSHIPS LANSW

Zone - Records

62	Boys U 13 - 400 Metre Sprint	58.15	1996	P HARDING - PENRITH
63	Girls U 14 - 400 Metre Sprint	1:02.05	1990	K BENNOIT - EMU PLAINS
64	Boys U 14 - 400 Metre Sprint	53.85	1996	P HARDING - PENRITH VALLEY
65	Girls U 15 - 400 Metre Sprint	58.55	2015	M QUIRK - EMU PLAINS
66	Boys U 15 - 400 Metre Sprint	52.75	2001	J MILBURN - NEPEAN
67	Girls U 17 - 400 Metre Sprint	1:02.75	2012	H STEWART - EMU PLAINS
68	Boys U 17 - 400 Metre Sprint	52.45	2015	D MIZZI - COLYTON ST CLAIR
69	Girls U 8 - 60 Metre Hurdles (45cm)	11.45	1996	B SMITH - JAMISON
70	Boys U 8 - 60 Metre Hurdles (45cm)	11.35	1997	M CAHALANE - CRANEBROOK
71	Girls U 9 - 60 Metre Hurdles (45cm)	11.15	1997	E JUNOR - PENRITH VALLEY
72	Boys U 9 - 60 Metre Hurdles (45cm)	10.45	1999	Z SPERBER - PENRITH VALLEY
73	Girls U 10 - 60 Metre Hurdles (60cm)	11.26	2014	A LEVY - WERRINGTON
74	Boys U 10 - 60 Metre Hurdles (60cm)	10.45	1997	C RUDDOCK - COLYTON
75	Girls U 11 - 80 Metre Hurdles (60cm)	14.48	01/12/2019	Charlotte Bradshaw - Penrith
76	Boys U 11 - 80 Metre Hurdles (60cm)	14.92	01/12/2019	Bryson Browne - Nepean
77	Girls U 12 - 80 Metre Hurdles (68cm)	15.12	04/12/2022	Aliyah Adjei - Nepean
78	Boys U 12 - 80 Metre Hurdles (68cm)	14.21	01/12/2019	Ethan Hadfield - Werrington
79	Girls U 13 - 80 Metre Hurdles (76cm)	13.32	2015	S POLINSKY - WERRINGTON
80	Boys U 13 - 80 Metre Hurdles (76cm)	13.25	2004	W DRURY - WERRINGTON
81	Girls U 14 - 80 Metre Hurdles (76cm)	12.84	2016	C MEYERS - EMU PLAINS
82	Boys U 14 - 90 Metre Hurdles (76cm)	13.15	1997	A SCHEFE - JAMISON
83	Girls U 15 - 90 Metre Hurdles (76cm)	13.55	2017	Claire Meyers - Emu Plains
84	Boys U 15 - 100 Metre Hurdles (76cm)	14.25	2006	W DRURY - WERRINGTON
85	Girls U 17 - 100 Metre Hurdles (76cm)	15.77	2014	A BAXTER - NEPEAN
86	Boys U 17 - 110 Metre Hurdles (76cm)	16.31	2015	Z CAMENZULI - EMU PLAINS
87	Girls U 13 - 200 Metre Hurdles (68cm)	31.35	2007	G MARSHALL - PENRITH VALLEY
88	Boys U 13 - 200 Metre Hurdles (68cm)	27.45	2013	S MUNAWEERA - JAMISON
89	Girls U 14 - 200 Metre Hurdles (76cm)	30.25	1997	R JUNOR - PENRITH VALLEY
90	Boys U 14 - 200 Metre Hurdles (76cm)	28.15	1997	A SCHEFE - JAMISON
91	Girls U 15 - 300 Metre Hurdles (76cm)	49.62	07/12/2018	Keeli Brown - Emu Plains
92	Boys U 15 - 300 Metre Hurdles (76cm)	46.10	2017	Toby Hamblin - Emu Plains
93	Girls U 17 - 300 Metre Hurdles (76cm)	48.16	07/12/2018	Sundance Fuller - Penrith
94	Boys U 17 - 300 Metre Hurdles (76cm)	43.96	07/12/2018	Toby Hamblin - Emu Plains
95	Girls U 7 - 500 Metre Run Pack Start	1:54.00	1997	S.GUNN - NEPEAN
96	Boys U 7 - 500 Metre Run Pack Start	1:49.09	07/12/2018	Beau Argæt - Nepean
97	Girls U 8 - 700 Metre Run Pack Start	2:33.80	1996	A.MATAFONOV - PENRITH VALLEY
98	Boys U 8 - 700 Metre Run Pack Start	2:24.00	2012	M.FORD - EMU PLAINS
99	Girls U 9 - 800 Metre Run	2:48.40	1987	M HEPWORTH - WERRINGTON
100	Boys U 9 - 800 Metre Run	2:28.10	1990	B McCONNELL - NEPEAN
101	Girls U 10 - 800 Metre Run	2:40.00	1988	M HEPWORTH - WERRINGTON
102	Boys U 10 - 800 Metre Run	2:32.19	2016	W HAYDON - EMU PLAINS
103	Girls U 11 - 800 Metre Run	2:34.10	1989	M HEPWORTH - WERRINGTON
104	Boys U 11 - 800 Metre Run	2:25.93	2017	Will Haydon - Emu Plains
105	Girls U 12 - 800 Metre Run	2:27.10	1999	A HECKENBERG - NEPEAN
106	Boys U 12 - 800 Metre Run	2:23.44	09/12/2018	Will Haydon - Emu Plains
107	Girls U 13 - 800 Metre Run	2:26.50	1986	A BONHAM - NEPEAN
108	Boys U 13 - 800 Metre Run	2:16.54	01/12/2019	Will Haydon - Emu Plains
109	Girls U 14 - 800 Metre Run	2:24.20	1990	S HARRISON - NEPEAN
110	Boys U 14 - 800 Metre Run	2:10.80	2000	J MILBURN - NEPEAN
111	Girls U 15 - 800 Metre Run	2:21.80	1990	A MENZIES - EMU PLAINS
112	Boys U 15 - 800 Metre Run	2:05.60	2001	J MILBURN - NEPEAN
113	Girls U 17 - 800 Metre Run	2:28.21	2015	S STEELE - JAMISON
114	Boys U 17 - 800 Metre Run	2:05.08	2016	J HAMBLIN - EMU PLAINS
117	Girls U 11 - 1500 Metre Run	5:15.50	1985	J MARTIN - NEPEAN
118	Boys U 11 - 1500 Metre Run	5:05.90	1991	R SCHEMP - NEPEAN
119	Girls U 12 - 1500 Metre Run	5:07.10	1990	M HEPWORTH - WERRINGTON
120	Boys U 12 - 1500 Metre Run	4:56.90	1985	D McILROY - EMU PLAINS
121	Girls U 13 - 1500 Metre Run	4:52.20	1999	S HARRISON - NEPEAN
122	Boys U 13 - 1500 Metre Run	4:45.01	30/11/2019	Will Haydon - Emu Plains
123	Girls U 14 - 1500 Metre Run	4:52.40	1996	M FRENCH - NEPEAN
124	Boys U 14 - 1500 Metre Run	4:39.99	2017	Luke Boyes - Emu Plains

OWMZ ZONE TRACK & FIELD CHAMPIONSHIPS LANSW

Zone - Records

125	Girls U 15 - 1500 Metre Run	4:50.40	1996	K FIELD - NEPEAN
126	Boys U 15 - 1500 Metre Run	4:30.40	2001	J MILBURN - NEPEAN
127	Girls U 17 - 1500 Metre Run	5:13.57	2015	S STEELE - JAMISON
128	Boys U 17 - 1500 Metre Run	4:24.40	2012	D KEENE - EMU PLAINS
129	Girls U 13 - 3000 Metre Run	10:43.00	1996	M FRENCH - NEPEAN
130	Boys U 13 - 3000 Metre Run	10:10.65	04/12/2022	Ellis Haydon - Emu Plains
131	Girls U 14 - 3000 Metre Run	10:33.10	1996	M FRENCH - NEPEAN
132	Boys U 14 - 3000 Metre Run	10:02.35	2017	Andrew Laycock - Emu Plains
133	Girls U 15 - 3000 Metre Run	10:15.90	1999	S HARRISON - NEPEAN
134	Boys U 15 - 3000 Metre Run	9:31.84	07/12/2018	Andrew Laycock - Emu Plains
135	Girls U 17 - 3000 Metre Run	11:17.33	2014	J TIBBETT - CRANEBROOK
136	Boys U 17 - 3000 Metre Run	9:15.25	29/11/2019	Daniel Kelly - Emu Plains
137	Girls U 9 - 700 Metre Walk	3:29.20	2000	J MILLER - NEPEAN
138	Boys U 9 - 700 Metre Walk	3:22.40	1997	L FITZGERALD - NEPEAN
139	Girls U 10 - 1100 Metre Walk	5:36.00	2003	S JENNINGS - NEPEAN
140	Boys U 10 - 1100 Metre Walk	5:22.40	1997	L FITZGERALD - NEPEAN
141	Girls U 11 - 1100 Metre Walk	5:43.40	2000	S MILLER - NEPEAN
142	Boys U 11 - 1100 Metre Walk	5:08.80	1999	L FITZGERALD - NEPEAN
143	Girls U 12 - 1500 Metre Walk	7:05.30	1996	L McILVENIE - NEPEAN
144	Boys U 12 - 1500 Metre Walk	7:03.70	2000	L FITZGERALD - NEPEAN
145	Girls U 13 - 1500 Metre Walk	6:55.80	2006	S JENNINGS - NEPEAN
146	Boys U 13 - 1500 Metre Walk	7:11.10	2001	L FITZGERALD - NEPEAN
147	Girls U 14 - 1500 Metre Walk	6:43.20	1996	R McASKILL - NEPEAN
148	Boys U 14 - 1500 Metre Walk	6:56.30	1999	K CLIFFORD - NEPEAN
149	Girls U 15 - 1500 Metre Walk	6:37.40	1991	C WEBB - PENRITH
150	Boys U 15 - 1500 Metre Walk	6:35.20	1991	G WOROBIEJ - NEPEAN
151	Girls U 17 - 1500 Metre Walk	7:56.90	2013	B BEASLEY - NEPEAN
152	Boys U 17 - 1500 Metre Walk	6:33.35	2016	K BEDFORD - NEPEAN
153	Girls U 9 - High Jump (S/H 0.80m)	1.20m	1984	A NOLAN - NEPEAN
154	Boys U 9 - High Jump (S/H 0.85m)	1.26m	1999	J DIBBS - COLYTON
155	Girls U 10 - High Jump (S/H 0.90m)	1.29m	1991	K MULHERON - WERRINGTON
156	Boys U 10 - High Jump (S/H 0.95m)	1.34m	1989	B MALLARD - JAMISON
157	Girls U 11 - High Jump (S/H 1.00m)	1.40m	1987	L PROIETTI - NEPEAN
158	Boys U 11 - High Jump (S/H 1.05m)	1.47m	1993	D GREGORY - PENRITH
159	Girls U 12 - High Jump (S/H 1.10m)	1.51m	1987	K MELVIN - NEPEAN
160	Boys U 12 - High Jump (S/H 1.15m)	1.52m	1994	D GREGORY - PENRITH VALLEY
161	Girls U 13 - High Jump (S/H 1.15m)	1.58m	1994	K MULHERON - WERRINGTON
162	Boys U 13 - High Jump (S/H 1.20m)	1.65m	1996	D PEDERSON - COLYTON
163	Girls U 14 - High Jump (S/H 1.20m)	1.57m	2000	A KELLY - PENRITH VALLEY
164	Boys U 14 - High Jump (S/H 1.25m)	1.75m	1996	D PEDERSON - COLYTON
165	Girls U 15 - High Jump (S/H 1.20m)	1.68m	1991	L PROIETTI - NEPEAN
166	Boys U 15 - High Jump (S/H 1.25m)	1.80m	2001	A JACKSON - PENRITH VALLEY
167	Girls U 17 - High Jump (S/H 1.25m)	1.56m	2017	Jaz Byrnes - Emu Plains
168	Boys U 17 - High Jump (S/H 1.30m)	1.85m	30/11/2019	Daniel Kelly - Emu Plains
169	Girls U 7 - Long Jump	3.19m	2015	A STAPLETON - JAMISON
170	Boys U 7 - Long Jump	3.59m	1987	J DIBBS - COLYTON
171	Girls U 8 - Long Jump	3.47m	1991	J WEBSTER - COLYTON
172	Boys U 8 - Long Jump	4.02m	2016	J EZEKIEL - WERRINGTON
173	Girls U 9 - Long Jump	3.97m	1985	B PIENING - NEPEAN
174	Boys U 9 - Long Jump	4.44m	1991	D SMITH - PENRITH VALLEY
175	Girls U 10 - Long Jump	4.24m	1985	B PIENING - NEPEAN
176	Boys U 10 - Long Jump	4.60m	2012	P BAKER - WERRINGTON
177	Girls U 11 - Long Jump	4.45m	1990	R MOSSMAN - NEPEAN
178	Boys U 11 - Long Jump	4.87m	1996	P TONER - NEPEAN
179	Girls U 12 - Long Jump	4.78m	1991	R MOSSMAN - NEPEAN
180	Boys U 12 - Long Jump	5.39m	2012	S MUNAWEERA - JAMISON
181	Girls U 13 - Long Jump	5.16m	1991	R MOSSMAN - NEPEAN
182	Boys U 13 - Long Jump	5.68m	2015	L CODJOE - COLYTON ST CLAIR
183	Girls U 14 - Long Jump	5.34m	2009	C HEEPS - JAMISON
184	Boys U 14 - Long Jump	6.88m	2013	A GALE - NEPEAN
185	Girls U 15 - Long Jump	5.36m	2013	A BAXTER - NEPEAN

OWMZ ZONE TRACK & FIELD CHAMPIONSHIPS LANSW

Zone - Records

186	Boys U 15 - Long Jump	6.34m	2015	S MUNAWERRA - JAMISON
187	Girls U 17 - Long Jump	5.52m	2015	A BAXTER - NEPEAN
188	Boys U 17 - Long Jump	6.67m	2012	T CURRIE - NEPEAN
189	Girls U 11 - Triple Jump	9.54m	1990	R MOSSMAN - NEPEAN
190	Boys U 11 - Triple Jump	9.89m	1991	J CONN - PENRITH
191	Girls U 12 - Triple Jump	9.94m	2003	S PEPA - PENRITH VALLEY
192	Boys U 12 - Triple Jump	10.93m	2012	J NEILLY - JAMISON
193	Girls U 13 - Triple Jump	10.56m	2010	M RUSHTON - CRANE BROOK
194	Boys U 13 - Triple Jump	11.82m	2015	L CODJOE - COLYTON ST CLAIR
195	Girls U 14 - Triple Jump	11.32m	2010	A RUSE - JAMISON
196	Boys U 14 - Triple Jump	12.59m	2013	A GALE - NEPEAN
197	Girls U 15 - Triple Jump	11.47m	2012	T GARRETT - PENRITH VALLEY
198	Boys U 15 - Triple Jump	12.89m	1997	D PERDERSON - COLYTON
199	Girls U 17 - Triple Jump	11.83m	2012	A RUSE - JAMISON
200	Boys U 17 - Triple Jump	13.72m	01/12/2019	Laud Codjoe - Colyton St Clair
201	Girls U 7 - Discus (350 Gram)	17.26m	2001	K RANADI - NEPEAN
202	Boys U 7 - Discus (350 Gram)	22.37m	03/12/2022	Arthur Forth - Nepean
203	Girls U 8 - Discus (500 Gram)	18.56m	2002	J PETERS - NEPEAN
204	Boys U 8 - Discus (500 Gram)	24.02m	1992	D THOMSON - EMU PLIANS
205	Girls U 9 - Discus (500 Gram)	26.46m	1985	A RICHARDS - JAMISON
206	Boys U 9 - Discus (500 Gram)	29.34m	1986	J IMBRAHIM - NEPEAN
207	Girls U 10 - Discus (500 Gram)	30.38m	1991	P McGUFFOG - COLYTON
208	Boys U 10 - Discus (500 Gram)	38.19m	2012	L ROSE - COLYTON ST CLAIR
209	Girls U 11 - Discus (500 Gram)	31.74m	1996	K DONOVAN - COLYTON
210	Boys U 11 - Discus 500 Gram)	36.71m	2013	L ROSE - COLYTON ST CLAIR
211	Girls U 12 - Discus (750 Gram)	35.68m	1996	K DONOVAN - COLYTON
212	Boys U 12 - Discus (750 Gram)	48.85m	2014	L ROSE - COLYTON ST CLAIR
213	Girls U 13 - Discus (750 Gram)	37.62m	2014	A PEARSON - JAMISON
214	Boys U 13 - Discus (750 Gram)	42.04m	2015	L ROSE - COLYTON ST CLAIR
215	Girls U 14 - Discus (1.0 Kg)	38.80m	2015	A PEARSON - JAMISON
216	Boys U 14 - Discus (1.0 Kg)	53.47m	2016	L ROSE - COLYTON ST CLAIR
217	Girls U 15 - Discus (1.0 Kg)	42.96m	2016	A PEARSON - JAMISON
218	Boys U 15 - Discus (1.0 Kg)	53.36m	1990	C COONEY - PENRITH VALLEY
219	Girls U 17 - Discus (1.0 Kg)	43.07m	2012	T SENGAL - NEPEAN
220	Boys U 17 - Discus (1.5 Kg)	44.57m	2014	J BAKER - WERRINGTON
221	Girls U 7 - Shot Put (1.0 Kg)	6.34m	1988	K MULHERON - WERRINGTON
222	Boys U 7 - Shot Put (1.0 Kg)	8.80m	1990	M KANDEL - WERRINGTON
223	Girls U 8 - Shot Put (1.5 Kg)	6.99m	2006	T HILL - COLYTON
224	Boys U 8 - Shot Put (1.5 Kg)	7.90m	1996	S BLACKETT - COLYTON
225	Girls U 9 - Shot Put (2.0 Kg)	7.67m	2003	K CHAPPLE - NEPEAN
226	Boys U 9 - Shot Put (2.0 Kg)	9.36m	1990	S BURDETT - COLYTON
227	Girls U 10 - Shot Put (2.0 Kg)	9.04m	1991	K MULHERON - WERRINGTON
228	Boys U 10 - Shot Put (2.0 Kg)	10.82m	1985	G LEE - NEPEAN
229	Girls U 11 - Shot Put (2.0 Kg)	11.36m	1996	K DONOVAN - COLYTON
230	Boys U 11 - Shot Put (2.0 Kg)	13.05m	2012	EJ BROWN-VAELUA - NEPEAN
231	Girls U 12 - Shot Put (2.0 Kg)	13.72m	1996	M MARTIN - COLYTON
232	Boys U 12 - Shot Put (2.0 Kg)	13.27m	2012	EJ BROWN-VAELUA - NEPEAN
233	Girls U 13 - Shot Put (3.0 Kg)	11.76m	2007	K CHAPPLE - NEPEAN
234	Boys U 13 - Shot Put (3.0 Kg)	15.41m	2013	EJ BROWN-VAELUA - NEPEAN
235	Girls U 14 - Shot Put (3.0 Kg)	12.28m	2008	K CHAPPLE - NEPEAN
236	Boys U 14 - Shot Put (3.0 Kg)	19.91m	01/12/2019	Amosia Soatini - Nepean
237	Girls U 15 - Shot Put (3.0 Kg)	13.02m	2016	A PEARSON - JAMISON
238	Boys U 15 - Shot Put (4.0 Kg)	16.18m	1990	C COONEY - PENRITH VALLEY
239	Girls U 17 - Shot Put (3.0 Kg)	15.98m	2012	T SENGAL - NEPEAN
240	Boys U 17 - Shot Put (5.0 Kg)	18.23m	29/01/2022	Amosia Soatini - Nepean
241	Girls U 11 - Javelin (400 Gram)	21.50m	2017	Emma Matthias - Emu Plains
242	Boys U 11 - Javelin (400 Gram)	24.14m	2017	Lachlan Green - Nepean
243	Girls U 12 - Javelin (400 Gram)	27.42m	2016	A LEVY - WERRINGTON
244	Boys U 12 - Javelin (400 Gram)	30.60m	2017	Toby Camilleri - Cranebrook
245	Girls U 13 - Javelin (400 Gram)	31.98m	2003	N FORTH - NEPEAN
246	Boys U 13 - Javelin (600 Gram)	39.14m	1997	D BOORMAKIN - PENRITH

**OWMZ ZONE TRACK & FIELD CHAMPIONSHIPS
LANSW**

Zone - Records

247	Girls U 14 - Javelin (400 Gram)	34.13m	03/12/2022	Jemma Camilleri - Cranebrook
248	Boys U 14 - Javelin (600 Gram)	44.66m	2000	C FORTH - NEPEAN
249	Girls U 15 - Javelin (500 Gram)	35.73m	2016	C SCHWARZ - NEPEAN
250	Boys U 15 - Javelin (700 Gram)	41.38m	30/11/2019	Finlay Hahn - Emu Plains
251	Girls U 17 - Javelin (500 Gram)	37.71m	2012	T SENGAL - NEPEAN
252	Boys U 17 - Javelin (700 Gram)	56.76m	2016	A KEENE - EMU PLAINS
277	Girls U 9-12 4x100 Metre Relay (Jnr)	57.45	2012	JAMISON - JAMISON
278	Boys U 9-12 4x100 Metre Relay (Jnr)	52.95	2012	NEPEAN - NEPEAN
279	Girls U 12-17 4x100 Metre Relay (Snr)	53.17	2015	EMU PLAINS - EMU PLAINS M Quirk, D Fleming, S Blaikie, A Williams
280	Boys U 12-17 4x100 Metre Relay (Snr)	48.35	2015	COLYTON ST CLAIR - COLYTON ST CLAIR L Codjoe, J Petersen, B Hile, D Mizzi