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HY-TEK's Meet Manager 25/01/2011 01:00 PM

NSW Country Track & Field Championships - 22/01/2011 to 23/01/2011

Athletics NSW

Hunter Sports Center, Glendale

Results

Women 100 Meter Dash 10 Yrs

| Name                            | Age  | Team               | Seed               | Prelims      |
|---------------------------------|------|--------------------|--------------------|--------------|
| Heat 1 Preliminaries Wind: -4.3 |      |                    |                    |              |
| 1                               | 3974 | Macpherson, Teah   | 10 Maquarie Hunter | 16.17 16.44Q |
| 2                               | 783  | Mustapic, Jade     | 10 Now(Nowra)      | 16.52Q       |
| 3                               | 1803 | Trappett, Brianna  | 10 Wel(Wellingt)   | 15.30 16.68Q |
| 4                               | 3147 | Davey, Emma        | 10 Wol(Athletic)   | 16.50 18.42q |
| 5                               | 3791 | Gunn, Katie        | 8 Gos(Gosford)     | 18.62        |
| 6                               | 2250 | Flaherty, Finlay   | 8 Gos(Gosford)     | 18.67        |
| 7                               | 579  | Hynoski, Gabrielle | 7 Ibs(Illawarr)    | 22.30 24.77  |
| Heat 2 Preliminaries Wind: -1.6 |      |                    |                    |              |
| 1                               | 3962 | Thomas, Dakota     | 10 Mas(Macquari)   | 15.21Q       |
| 2                               | 3964 | Egginton, Chelsea  | 10 Mas(Macquari)   | 16.04 15.83Q |
| 3                               | 940  | Hart, Madeleine    | 10 Wyo(Wyong)      | 15.40 16.43Q |
| 4                               | 578  | Hynoski, Natasha   | 9 Ibs(Illawarr)    | 16.60 17.38q |
| 5                               | 1410 | Herford, Emma      | 9 Min(Mingara)     | 17.67q       |

Women 100 Meter Dash 10 Yrs

| Name                        | Age  | Team              | Prelims            | Finals      | Points |
|-----------------------------|------|-------------------|--------------------|-------------|--------|
| Section 1 Finals Wind: -3.4 |      |                   |                    |             |        |
| 1                           | 3962 | Thomas, Dakota    | 10 Mas(Macquari)   | 15.21 15.39 |        |
| 2                           | 3974 | Macpherson, Teah  | 10 Maquarie Hunter | 16.44 16.01 |        |
| 2                           | 783  | Mustapic, Jade    | 10 Now(Nowra)      | 16.52 16.01 |        |
| 4                           | 3964 | Egginton, Chelsea | 10 Mas(Macquari)   | 15.83 16.06 |        |
| 5                           | 1803 | Trappett, Brianna | 10 Wel(Wellingt)   | 16.68 16.22 |        |
| 6                           | 940  | Hart, Madeleine   | 10 Wyo(Wyong)      | 16.43 16.69 |        |
| 7                           | 1410 | Herford, Emma     | 9 Min(Mingara)     | 17.67 17.86 |        |
| 8                           | 578  | Hynoski, Natasha  | 9 Ibs(Illawarr)    | 17.38 17.92 |        |

Women 200 Meter Dash 10 Yrs

| Name                            | Age  | Team               | Seed               | Prelims      |
|---------------------------------|------|--------------------|--------------------|--------------|
| Heat 1 Preliminaries Wind: -1.6 |      |                    |                    |              |
| 1                               | 783  | Mustapic, Jade     | 10 Now(Nowra)      | 32.09Q       |
| 2                               | 1803 | Trappett, Brianna  | 10 Wel(Wellingt)   | 33.40 32.85Q |
| 3                               | 3974 | Macpherson, Teah   | 10 Maquarie Hunter | 34.16 32.99Q |
| 4                               | 940  | Hart, Madeleine    | 10 Wyo(Wyong)      | 34.20 33.41q |
| 5                               | 3964 | Egginton, Chelsea  | 10 Mas(Macquari)   | 35.23 34.01q |
| 6                               | 578  | Hynoski, Natasha   | 9 Ibs(Illawarr)    | 35.60 36.61q |
| 7                               | 3791 | Gunn, Katie        | 8 Gos(Gosford)     | 36.97q       |
| 8                               | 1410 | Herford, Emma      | 9 Min(Mingara)     | 38.14q       |
| 9                               | 579  | Hynoski, Gabrielle | 7 Ibs(Illawarr)    | 51.50 55.89q |

Women 800 Meter Run 10 Yrs

| Name      | Age | Team | Seed | Finals | Points |
|-----------|-----|------|------|--------|--------|
| Section 1 |     |      |      |        |        |

|   |      |                   |    |              |         |         |
|---|------|-------------------|----|--------------|---------|---------|
| 1 | 783  | Mustapic, Jade    | 10 | Now(Nowra)   |         | 3:04.71 |
| 2 | 3797 | Moore, Isabel     | 9  | Mas(Macquari | 3.15    | 3:16.44 |
| 3 | 1803 | Trappett, Brianna | 10 | Wel(Wellingt | 3.10    | 3:17.07 |
| 4 | 3791 | Gunn, Katie       | 8  | Gos(Gosford) |         | 3:23.42 |
| 5 | 2250 | Flaherty, Finlay  | 8  | Gos(Gosford) |         | 3:26.09 |
| 6 | 784  | Mustapic, Tara    | 9  | Now(Nowra)   |         | 3:28.40 |
| 7 | 578  | Hynoski, Natasha  | 9  | Ibs(Illawarr | 3:50.00 | 3:42.11 |

Women 1500 Meter Run 10 Yrs

| Name | Age  | Team           | Seed | Finals          | Points  |
|------|------|----------------|------|-----------------|---------|
| 1    | 783  | Mustapic, Jade | 10   | Now(Nowra)      | 6:15.44 |
| 2    | 3797 | Moore, Isabel  | 9    | Mas(Macquari    | 6:29.10 |
| 3    | 3973 | Cullen, Hannah | 10   | Maquarie Hunter | 6:36.60 |
| 4    | 784  | Mustapic, Tara | 9    | Now(Nowra)      | 6:48.71 |
| 5    | 3147 | Davey, Emma    | 10   | Wol(Athletic    | 6:40.00 |
|      |      |                |      |                 | 6:55.22 |

Women High Jump 10 Yrs

| Name     | Age  | Team              | Seed | Finals       | Points |
|----------|------|-------------------|------|--------------|--------|
| Flight 1 |      |                   |      |              |        |
| 1        | 3147 | Davey, Emma       | 10   | Wol(Athletic | 1.10m  |
| 2        | 3964 | Egginton, Chelsea | 10   | Mas(Macquari | 1.22m  |
|          |      |                   |      |              | 1.13m  |
|          |      |                   |      |              | 10     |
|          |      |                   |      |              | 8      |

Women Long Jump 10 Yrs

| Name | Age  | Team               | Seed | Finals       | Wind  | Points |
|------|------|--------------------|------|--------------|-------|--------|
| 1    | 1803 | Trappett, Brianna  | 10   | Wel(Wellingt | 3.85m | 3.44m  |
| 2    | 940  | Hart, Madeleine    | 10   | Wyo(Wyong)   | 3.70m | 3.23m  |
| 3    | 3964 | Egginton, Chelsea  | 10   | Mas(Macquari | 4.05m | 3.20m  |
| 4    | 3147 | Davey, Emma        | 10   | Wol(Athletic | 3.30m | 3.12m  |
| 5    | 783  | Mustapic, Jade     | 10   | Now(Nowra)   |       | 3.04m  |
| 6    | 1410 | Herford, Emma      | 9    | Min(Mingara) |       | 2.53m  |
| 7    | 578  | Hynoski, Natasha   | 9    | Ibs(Illawarr | 2.71m | 2.44m  |
| 8    | 8013 | Habermann, Elouise | 10   | Bma(Blue Mou | 2.92m | 1.84m  |
| 9    | 579  | Hynoski, Gabrielle | 7    | Ibs(Illawarr | 1.45m | 1.40m  |
|      |      |                    |      |              |       | NWI    |
|      |      |                    |      |              |       | 10     |
|      |      |                    |      |              |       | 8      |
|      |      |                    |      |              |       | 6      |
|      |      |                    |      |              |       | 5      |
|      |      |                    |      |              |       | 4      |
|      |      |                    |      |              |       | 3      |
|      |      |                    |      |              |       | 2      |
|      |      |                    |      |              |       | 1      |

Women Shot Put 10 Yrs

| Name | Age | Team           | Seed | Finals     | Points |
|------|-----|----------------|------|------------|--------|
| 1    | 785 | Peace, Annette | 10   | Now(Nowra) | 7.88m  |
| 2    | 783 | Mustapic, Jade | 10   | Now(Nowra) | 4.93m  |
| 3    | 784 | Mustapic, Tara | 9    | Now(Nowra) | 3.26m  |
|      |     |                |      |            | 10     |
|      |     |                |      |            | 8      |
|      |     |                |      |            | 6      |

Women Discus Throw 10 Yrs

| Name | Age  | Team               | Seed | Finals       | Points |
|------|------|--------------------|------|--------------|--------|
| 1    | 785  | Peace, Annette     | 10   | Now(Nowra)   | 25.95m |
| 2    | 3987 | Haimayu-Ikihele, K | 11   | Ind(Independ | 17.15m |
| 3    | 783  | Mustapic, Jade     | 10   | Now(Nowra)   | 14.87m |
| 4    | 8013 | Habermann, Elouise | 10   | Bma(Blue Mou | 11.24m |
| 5    | 784  | Mustapic, Tara     | 9    | Now(Nowra)   | 8.33m  |
|      |      |                    |      |              | 10     |
|      |      |                    |      |              | 8      |
|      |      |                    |      |              | 6      |
|      |      |                    |      |              | 5      |
|      |      |                    |      |              | 4      |

Women 100 Meter Dash 11 yrs

|       |  |  |  |  |  |
|-------|--|--|--|--|--|
| ===== |  |  |  |  |  |
|-------|--|--|--|--|--|

| Name                            | Age  | Team               | Seed               | Prelims      |
|---------------------------------|------|--------------------|--------------------|--------------|
| Heat 1 Preliminaries Wind: -0.4 |      |                    |                    |              |
| 1                               | 3972 | Cullen, Erin       | 11 Maquarie Hunter | 14.18 14.79Q |
| 2                               | 295  | Chippendale, Eliza | 11 Gos(Gosford)    | 14.30 15.13Q |
| 3                               | 799  | Edwards, Shenay    | 11 Now(Nowra)      | 15.72Q       |
| 4                               | 2768 | Murphy, Nicole     | 11 Min(Mingara)    | 17.00 17.65q |
| 5                               | 3920 | Rhodes, Chantell   | 11 Bma(Blue Mou)   | 0.20 19.75   |
| Heat 2 Preliminaries Wind: -3.4 |      |                    |                    |              |
| 1                               | 927  | Kranendonk, Bethan | 11 Wyo(Wyong)      | 13.80 14.96Q |
| 2                               | 1933 | McEwan, Georgia    | 11 Wol(Athletic)   | 13.90 15.00Q |
| 3                               | 709  | forbes, ashlee     | 11 Min(Mingara)    | 15.90 16.85Q |
| 4                               | 2157 | Flaherty, Sinead   | 11 Gos(Gosford)    | 17.64q       |
| 5                               | 8024 | Holland, Dominique | 11 Ind(Independ)   | 18.03q       |

Women 100 Meter Dash 11 yrs

| Name                        | Age  | Team               | Prelims            | Finals | Points |
|-----------------------------|------|--------------------|--------------------|--------|--------|
| Section 1 Finals Wind: -5.2 |      |                    |                    |        |        |
| 1                           | 3972 | Cullen, Erin       | 11 Maquarie Hunter | 14.79  | 14.97  |
| 2                           | 927  | Kranendonk, Bethan | 11 Wyo(Wyong)      | 14.96  | 14.98  |
| 3                           | 1933 | McEwan, Georgia    | 11 Wol(Athletic)   | 15.00  | 15.00  |
| 4                           | 295  | Chippendale, Eliza | 11 Gos(Gosford)    | 15.13  | 15.44  |
| 5                           | 799  | Edwards, Shenay    | 11 Now(Nowra)      | 15.72  | 16.20  |
| 6                           | 709  | forbes, ashlee     | 11 Min(Mingara)    | 16.85  | 16.83  |
| 7                           | 2768 | Murphy, Nicole     | 11 Min(Mingara)    | 17.65  | 18.65  |

Women 200 Meter Dash 11 yrs

| Name                            | Age  | Team               | Seed             | Prelims      |
|---------------------------------|------|--------------------|------------------|--------------|
| Heat 1 Preliminaries Wind: -2.6 |      |                    |                  |              |
| 1                               | 927  | Kranendonk, Bethan | 11 Wyo(Wyong)    | 28.80 29.48Q |
| 2                               | 1933 | McEwan, Georgia    | 11 Wol(Athletic) | 28.68 29.70q |
| 3                               | 295  | Chippendale, Eliza | 11 Gos(Gosford)  | 29.50 30.53q |
| 4                               | 799  | Edwards, Shenay    | 11 Now(Nowra)    | 31.53q       |
| 5                               | 1094 | Bousnell, Hariette | 11 Gos(Gosford)  | 31.93q       |
| 6                               | 709  | forbes, ashlee     | 11 Min(Mingara)  | 31.90 32.39q |
| 7                               | 2768 | Murphy, Nicole     | 11 Min(Mingara)  | 36.00 38.50q |
| 8                               | 3920 | Rhodes, Chantell   | 11 Bma(Blue Mou) | 0.42 40.61q  |

Women 800 Meter Run 11 yrs

| Name      | Age  | Team               | Seed             | Finals  | Points  |
|-----------|------|--------------------|------------------|---------|---------|
| Section 1 |      |                    |                  |         |         |
| 1         | 927  | Kranendonk, Bethan | 11 Wyo(Wyong)    | 2:41.00 | 2:34.86 |
| 2         | 709  | forbes, ashlee     | 11 Min(Mingara)  |         | 2:36.78 |
| 3         | 295  | Chippendale, Eliza | 11 Gos(Gosford)  | 2:38.00 | 2:38.11 |
| 4         | 799  | Edwards, Shenay    | 11 Now(Nowra)    |         | 2:45.92 |
| 5         | 1870 | Szakacs, Shayla    | 11 Kej(Kembla J) | 2:49.50 | 2:53.31 |
| 6         | 462  | Dhu, Abbey         | 11 Bma(Blue Mou) | 2:56.00 | 3:16.88 |
| 7         | 2768 | Murphy, Nicole     | 11 Min(Mingara)  | 3:22.00 | 3:31.06 |
| 8         | 2157 | Flaherty, Sinead   | 11 Gos(Gosford)  |         | 3:34.14 |
| 9         | 3920 | Rhodes, Chantell   | 11 Bma(Blue Mou) | 4:00.00 | 3:46.05 |

Women 1500 Meter Run 11 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

|    |      |                    |    |              |         |          |
|----|------|--------------------|----|--------------|---------|----------|
| 1  | 709  | forbes, ashlee     | 11 | Min(Mingara) |         | 5:18.77  |
| 2  | 799  | Edwards, Shenay    | 11 | Now(Nowra)   |         | 5:32.50  |
| 3  | 1870 | Szakacs, Shayla    | 11 | Kej(Kembla J | 5:37.70 | 5:36.03  |
| 4  | 1094 | Bousnell, Hariette | 11 | Gos(Gosford) |         | 5:42.95  |
| 5  | 2104 | Lavalle, Chloe     | 11 | Ibs(Illawarr |         | 6:44.03  |
| 6  | 2157 | Flaherty, Sinead   | 11 | Gos(Gosford) |         | 7:25.27  |
| -- | 2768 | Murphy, Nicole     | 11 | Min(Mingara) | 6:52.00 | X7:05.43 |

Women High Jump 11 yrs

| Name     | Age | Team            | Seed | Finals       | Points   |
|----------|-----|-----------------|------|--------------|----------|
| Flight 1 |     |                 |      |              |          |
| 1        | 799 | Edwards, Shenay | 11   | Now(Nowra)   | 1.17m 10 |
| 2        | 674 | Smith, Lauren   | 11   | Kej(Kembla J | 1.15m 8  |

Women Long Jump 11 yrs

| Name | Age  | Team               | Seed | Finals       | Wind  | Points    |
|------|------|--------------------|------|--------------|-------|-----------|
| 1    | 927  | Kranendonk, Bethan | 11   | Wyo(Wyong)   | 4.41m | 4.01m NWI |
| 2    | 1933 | McEwan, Georgia    | 11   | Wol(Athletic | 4.28m | 3.56m NWI |
| 3    | 799  | Edwards, Shenay    | 11   | Now(Nowra)   |       | 3.21m NWI |
| 4    | 1094 | Bousnell, Hariette | 11   | Gos(Gosford) |       | 3.08m NWI |
| 5    | 709  | forbes, ashlee     | 11   | Min(Mingara) | 3.39m | 3.05m NWI |
| 6    | 2768 | Murphy, Nicole     | 11   | Min(Mingara) | 3.29m | 2.95m NWI |
| 7    | 8024 | Holland, Dominique | 11   | Ind(Independ |       | 2.91m NWI |
| 8    | 3920 | Rhodes, Chantell   | 11   | Bma(Blue Mou | 2.90m | 2.40m NWI |

Women Shot Put 11 yrs

| Name | Age  | Team               | Seed | Finals       | Points      |
|------|------|--------------------|------|--------------|-------------|
| 1    | 3987 | Haimayu-Ikihele, K | 11   | Ind(Independ | 8.39m       |
| 2    | 1933 | McEwan, Georgia    | 11   | Wol(Athletic | 7.64m 6.09m |
| 3    | 8024 | Holland, Dominique | 11   | Ind(Independ | 5.67m       |
| 4    | 799  | Edwards, Shenay    | 11   | Now(Nowra)   | 5.65m       |
| 5    | 462  | Dhu, Abbey         | 11   | Bma(Blue Mou | 5.84m 5.24m |
| 6    | 2104 | Lavalle, Chloe     | 11   | Ibs(Illawarr | 4.79m       |
| 7    | 3920 | Rhodes, Chantell   | 11   | Bma(Blue Mou | 4.50m 4.39m |
| 8    | 2768 | Murphy, Nicole     | 11   | Min(Mingara) | 3.50m 3.76m |

Women Discus Throw 11 yrs

| Name | Age  | Team               | Seed | Finals       | Points          |
|------|------|--------------------|------|--------------|-----------------|
| 1    | 799  | Edwards, Shenay    | 11   | Now(Nowra)   | 15.74m 10       |
| 2    | 8024 | Holland, Dominique | 11   | Ind(Independ | 14.52m 8        |
| 3    | 462  | Dhu, Abbey         | 11   | Bma(Blue Mou | 13.01m 11.13m 6 |
| 4    | 3920 | Rhodes, Chantell   | 11   | Bma(Blue Mou | 0.12m 9.09m 5   |

Women 100 Meter Dash 12 yrs

| Name                            | Age   | Team               | Seed | Prelims                   |
|---------------------------------|-------|--------------------|------|---------------------------|
| Heat 1 Preliminaries Wind: -2.1 |       |                    |      |                           |
| 1                               | 15252 | Loades, Gabbie     | 12   | Kotara 14.54Q             |
| 2                               | 1837  | Greentree, Emma-Su | 12   | Wtl(Westlake 15.00 14.60Q |
| 3                               | 3472  | Kennedy, Emma      | 12   | Arm (Armidal 14.07 14.64Q |

|                                 |      |                    |    |               |       |        |
|---------------------------------|------|--------------------|----|---------------|-------|--------|
| 4                               | 3783 | Reeves, Caitin     | 12 | Bat(Bathurst) | 15.06 | 15.01q |
| 5                               | 2426 | Morrice, Jessica   | 12 | Gos(Gosford)  |       | 16.32  |
| 6                               | 2121 | gibbins, Isabella  | 12 | Ibs(Illawarr) |       | 17.53  |
| 7                               | 2947 | Rodda, Sonja       | 12 | Now(Nowra)    |       | 18.94  |
| Heat 2 Preliminaries Wind: -2.2 |      |                    |    |               |       |        |
| 1                               | 2453 | Bedford, Casey-Lee | 12 | Wol(Athletic) | 14.10 | 14.65Q |
| 2                               | 3751 | Mason, Bianca      | 12 | For(Forster)  | 14.46 | 14.68Q |
| 3                               | 2143 | Lee, Georgia       | 12 | Gos(Gosford)  |       | 15.54Q |
| 4                               | 3712 | Ford, Zoe          | 12 | Ces(Cessnock) |       | 15.75q |
| 5                               | 8034 | Smith, Ruby        | 12 | Wal(Wallsend) |       | 16.00q |
| 6                               | 1838 | Wright, Shayannae  | 12 | Wtl(Westlake) |       | 16.04  |
| 7                               | 2948 | Rodda, April       | 12 | Now(Nowra)    |       | 18.12  |

Women 100 Meter Dash 12 yrs

| Name                        | Age   | Team               | Prelims | Finals        | Points |       |
|-----------------------------|-------|--------------------|---------|---------------|--------|-------|
| Section 1 Finals Wind: -3.5 |       |                    |         |               |        |       |
| 1                           | 2453  | Bedford, Casey-Lee | 12      | Wol(Athletic) | 14.65  | 14.70 |
| 2                           | 1837  | Greentree, Emma-Su | 12      | Wtl(Westlake) | 14.60  | 14.77 |
| 3                           | 3751  | Mason, Bianca      | 12      | For(Forster)  | 14.68  | 14.84 |
| 4                           | 15252 | Loades, Gabbie     | 12      | Kotara        | 14.54  | 14.96 |
| 5                           | 3472  | Kennedy, Emma      | 12      | Arm (Armidal) | 14.64  | 14.99 |
| 6                           | 3783  | Reeves, Caitin     | 12      | Bat(Bathurst) | 15.01  | 15.23 |
| 7                           | 3712  | Ford, Zoe          | 12      | Ces(Cessnock) | 15.75  | 15.76 |
| 8                           | 8034  | Smith, Ruby        | 12      | Wal(Wallsend) | 16.00  | 16.10 |

Women 200 Meter Dash 12 yrs

| Name                            | Age  | Team               | Seed | Prelims       |       |        |
|---------------------------------|------|--------------------|------|---------------|-------|--------|
| Heat 1 Preliminaries Wind: -3.5 |      |                    |      |               |       |        |
| 1                               | 1837 | Greentree, Emma-Su | 12   | Wtl(Westlake) | 32.00 | 30.47Q |
| 2                               | 3472 | Kennedy, Emma      | 12   | Arm (Armidal) | 29.27 | 31.31Q |
| 3                               | 2459 | Alley, Celeste     | 12   | Woo(Woodberr) |       | 33.10  |
| 4                               | 3736 | Keating, Sian      | 12   | Edg(Edgewort) | 33.20 | 38.51  |
| 5                               | 2948 | Rodda, April       | 12   | Now(Nowra)    |       | 39.95  |
| 6                               | 2947 | Rodda, Sonja       | 12   | Now(Nowra)    |       | 42.73  |
| Heat 2 Preliminaries Wind: -2.6 |      |                    |      |               |       |        |
| 1                               | 2453 | Bedford, Casey-Lee | 12   | Wol(Athletic) | 29.40 | 30.49Q |
| 2                               | 169  | Potts, Jessica     | 12   | Min(Mingara)  | 30.60 | 31.76Q |
| 3                               | 2143 | Lee, Georgia       | 12   | Gos(Gosford)  |       | 32.79q |
| 4                               | 2426 | Morrice, Jessica   | 12   | Gos(Gosford)  |       | 33.46  |
| 5                               | 2278 | Watson, Emma       | 12   | Sin(Singleto) | 34.47 | 34.54  |
| 6                               | 2121 | gibbins, Isabella  | 12   | Ibs(Illawarr) |       | 37.41  |
| Heat 3 Preliminaries Wind: -2.8 |      |                    |      |               |       |        |
| 1                               | 3768 | Metcalfe, Carly    | 12   | East Maitland |       | 30.93Q |
| 2                               | 3341 | Gray, Kelsey       | 12   | Ind(Independ) | 30.00 | 31.24Q |
| 2                               | 3751 | Mason, Bianca      | 12   | For(Forster)  | 30.20 | 31.24Q |
| 4                               | 2156 | Flaherty, Maeve    | 12   | Gos(Gosford)  |       | 32.93q |
| 5                               | 3712 | Ford, Zoe          | 12   | Ces(Cessnock) |       | 33.55  |

Women 200 Meter Dash 12 yrs

| Name                        | Age  | Team               | Prelims | Finals        | Points |       |
|-----------------------------|------|--------------------|---------|---------------|--------|-------|
| Section 1 Finals Wind: -2.1 |      |                    |         |               |        |       |
| 1                           | 2453 | Bedford, Casey-Lee | 12      | Wol(Athletic) | 30.49  | 29.86 |
| 2                           | 1837 | Greentree, Emma-Su | 12      | Wtl(Westlake) | 30.47  | 30.26 |
| 3                           | 3768 | Metcalfe, Carly    | 12      | East Maitland | 30.93  | 30.39 |

|   |      |                |    |              |       |       |
|---|------|----------------|----|--------------|-------|-------|
| 4 | 3751 | Mason, Bianca  | 12 | For(Forster) | 31.24 | 30.56 |
| 5 | 3472 | Kennedy, Emma  | 12 | Arm (Armidal | 31.31 | 31.27 |
| 6 | 169  | Potts, Jessica | 12 | Min(Mingara) | 31.76 | 31.87 |
| 7 | 3341 | Gray, Kelsey   | 12 | Ind(Independ | 31.24 | 32.31 |
| 8 | 2143 | Lee, Georgia   | 12 | Gos(Gosford) | 32.79 | 33.80 |

Women 800 Meter Run 12 yrs

| Name      | Age  | Team             | Seed | Finals       | Points          |
|-----------|------|------------------|------|--------------|-----------------|
| Section 1 |      |                  |      |              |                 |
| 1         | 1528 | Moore, Lauren    | 12   | Mas(Macquari | 2:37.78         |
| 2         | 3341 | Gray, Kelsey     | 12   | Ind(Independ | 2.47 2:49.60    |
| 3         | 1662 | Pagett, Brooke   | 12   | Gos(Gosford) | 2:55.00 2:55.59 |
| 4         | 3712 | Ford, Zoe        | 12   | Ces(Cessnock | 2:55.79         |
| 5         | 2426 | Morrice, Jessica | 12   | Gos(Gosford) | 3:01.04         |
| 6         | 2278 | Watson, Emma     | 12   | Sin(Singleto | 2:56.00 3:03.44 |

Women 1500 Meter Run 12 yrs

| Name | Age  | Team              | Seed | Finals       | Points           |
|------|------|-------------------|------|--------------|------------------|
| 1    | 1528 | Moore, Lauren     | 12   | Mas(Macquari | 5:11.51          |
| 2    | 9999 | Davies, Rose      | 12   | Mas(Macquari | 5:19.35          |
| 3    | 657  | Offord, Matilda   | 12   | Kej(Kembla J | 25:15.01 5:20.83 |
| 4    | 2426 | Morrice, Jessica  | 12   | Gos(Gosford) | 6:06.41          |
| 5    | 2278 | Watson, Emma      | 12   | Sin(Singleto | 6:08.00 6:11.40  |
| 6    | 1838 | Wright, Shayannae | 12   | Wtl(Westlake | 6:28.33          |
| 7    | 2948 | Rodda, April      | 12   | Now(Nowra)   | 6:40.67          |

Women 80 Meter Hurdles 12 yrs

| Name                            | Age  | Team               | Seed | Prelims      |        |
|---------------------------------|------|--------------------|------|--------------|--------|
| Heat 1 Preliminaries Wind: -3.4 |      |                    |      |              |        |
| 1                               | 1837 | Greentree, Emma-Su | 12   | Wtl(Westlake | 15.79q |
| 2                               | 169  | Potts, Jessica     | 12   | Min(Mingara) | 16.25q |
| 3                               | 8034 | Smith, Ruby        | 12   | Wal(Wallsend | 18.03q |
| 4                               | 3341 | Gray, Kelsey       | 12   | Ind(Independ | 18.42q |
| 5                               | 3472 | Kennedy, Emma      | 12   | Arm (Armidal | 19.01q |
| 6                               | 1662 | Pagett, Brooke     | 12   | Gos(Gosford) | 19.33q |
| 7                               | 3712 | Ford, Zoe          | 12   | Ces(Cessnock | 20.10q |
| 8                               | 2143 | Lee, Georgia       | 12   | Gos(Gosford) | 20.67q |

Women High Jump 12 yrs

| Name     | Age  | Team               | Seed | Finals       | Points      |
|----------|------|--------------------|------|--------------|-------------|
| Flight 1 |      |                    |      |              |             |
| 1        | 1837 | Greentree, Emma-Su | 12   | Wtl(Westlake | 1.56m 1.50m |
| 2        | 3341 | Gray, Kelsey       | 12   | Ind(Independ | 1.24m 1.23m |
| 3        | 3712 | Ford, Zoe          | 12   | Ces(Cessnock | 1.23m       |
| 4        | 2278 | Watson, Emma       | 12   | Sin(Singleto | 1.17m 1.23m |
| 5        | 3783 | Reeves, Caitin     | 12   | Bat(Bathurst | 1.24m 1.20m |
| 6        | 2143 | Lee, Georgia       | 12   | Gos(Gosford) | 1.15m       |
| 7        | 3751 | Mason, Bianca      | 12   | For(Forster) | 1.05m 1.15m |
| 8        | 3937 | Tassone, Caterina  | 12   | Ces(Cessnock | 1.10m       |

Women Long Jump 12 yrs

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| Name | Age  | Team               | Seed             | Finals | Wind  | Points   |
|------|------|--------------------|------------------|--------|-------|----------|
| 1    | 1837 | Greentree, Emma-Su | 12 Wtl(Westlake) | 4.45m  | 4.42m | NWI 10   |
| 2    | 169  | Potts, Jessica     | 12 Min(Mingara)  | 4.15m  | 4.14m | NWI 8    |
| 3    | 2143 | Lee, Georgia       | 12 Gos(Gosford)  |        | 4.08m | NWI 5.50 |
| 3    | 3768 | Metcalfe, Carly    | 12 East Maitland |        | 4.08m | NWI 5.50 |
| 5    | 8034 | Smith, Ruby        | 12 Wal(Wallsend) | 4.34m  | 4.04m | NWI 4    |
| 6    | 2459 | Alley, Celeste     | 12 Woo(Woodberr  |        | 3.82m | NWI 3    |
| 7    | 2453 | Bedford, Casey-Lee | 12 Wol(Athletic  | 3.94m  | 3.76m | NWI 2    |
| 8    | 2426 | Morrice, Jessica   | 12 Gos(Gosford)  |        | 3.73m | NWI 1    |
| 9    | 3751 | Mason, Bianca      | 12 For(Forster)  | 4.02m  | 3.72m | NWI      |
| 10   | 3341 | Gray, Kelsey       | 12 Ind(Independ  | 3.80m  | 3.60m | NWI      |
| 11   | 1838 | Wright, Shayannae  | 12 Wtl(Westlake) | 3.98m  | 3.42m | NWI      |
| 12   | 2948 | Rodda, April       | 12 Now(Nowra)    |        | 3.40m | NWI      |
| 13   | 3937 | Tassone, Caterina  | 12 Ces(Cessnock  |        | 3.02m | NWI      |
| 14   | 2278 | Watson, Emma       | 12 Sin(Singleto  | 3.48m  | 2.93m | NWI      |
| 15   | 463  | Dhu, Rachel        | 12 Bma(Blue Mou  | 3.10m  | 2.75m | NWI      |

Women Shot Put 12 yrs

| Name | Age  | Team               | Seed             | Finals | Points |
|------|------|--------------------|------------------|--------|--------|
| 1    | 3988 | Haimau-Ikihele, Mo | 12 Ind(Independ  | 9.74m  |        |
| 2    | 2459 | Alley, Celeste     | 12 Woo(Woodberr  | 7.72m  |        |
| 3    | 1837 | Greentree, Emma-Su | 12 Wtl(Westlake) | 8.86m  | 7.30m  |
| 4    | 2453 | Bedford, Casey-Lee | 12 Wol(Athletic  | 7.30m  | 6.21m  |
| 5    | 2947 | Rodda, Sonja       | 12 Now(Nowra)    |        | 5.32m  |
| 6    | 3937 | Tassone, Caterina  | 12 Ces(Cessnock  |        | 5.27m  |
| 7    | 463  | Dhu, Rachel        | 12 Bma(Blue Mou  | 6.21m  | 4.76m  |
| 8    | 1838 | Wright, Shayannae  | 12 Wtl(Westlake) |        | 4.09m  |
| 9    | 2121 | gibbins, Isabella  | 12 Ibs(Illawarr  |        | 3.74m  |

Women Discus Throw 12 yrs

| Name | Age  | Team               | Seed             | Finals | Points   |
|------|------|--------------------|------------------|--------|----------|
| 1    | 3988 | Haimau-Ikihele, Mo | 12 Ind(Independ  | 27.72m | 10       |
| 2    | 1837 | Greentree, Emma-Su | 12 Wtl(Westlake) | 21.00m | 23.64m 8 |
| 3    | 2459 | Alley, Celeste     | 12 Woo(Woodberr  |        | 17.86m 6 |
| 4    | 3937 | Tassone, Caterina  | 12 Ces(Cessnock  |        | 15.47m 5 |
| 5    | 2947 | Rodda, Sonja       | 12 Now(Nowra)    |        | 13.41m 4 |
| 6    | 2426 | Morrice, Jessica   | 12 Gos(Gosford)  |        | 13.40m 3 |
| 7    | 463  | Dhu, Rachel        | 12 Bma(Blue Mou  | 14.01m | 11.33m 2 |
| 8    | 2121 | gibbins, Isabella  | 12 Ibs(Illawarr  |        | 9.45m 1  |
| 9    | 3751 | Mason, Bianca      | 12 For(Forster)  |        | 9.36m    |
| 10   | 1838 | Wright, Shayannae  | 12 Wtl(Westlake) |        | 8.09m    |

Women Javelin Throw 12 yrs

| Name | Age  | Team               | Seed            | Finals | Points    |
|------|------|--------------------|-----------------|--------|-----------|
| 1    | 2453 | Bedford, Casey-Lee | 12 Wol(Athletic | 16.65m | 17.22m 10 |
| 2    | 2143 | Lee, Georgia       | 12 Gos(Gosford) |        | 16.87m 8  |
| 3    | 3937 | Tassone, Caterina  | 12 Ces(Cessnock |        | 13.33m 6  |
| 4    | 463  | Dhu, Rachel        | 12 Bma(Blue Mou | 10.24m | 10.44m 5  |
| 5    | 3736 | Keating, Sian      | 12 Edg(Edgewort | 8.25m  | 10.20m 4  |
| 6    | 2947 | Rodda, Sonja       | 12 Now(Nowra)   |        | 9.21m 3   |
| 7    | 3341 | Gray, Kelsey       | 12 Ind(Independ | 12.00m | 9.10m 2   |

Women 100 Meter Dash 13 yrs

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| Name | Age | Team | Seed | Prelims |
|------|-----|------|------|---------|
|------|-----|------|------|---------|

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Heat 1 Preliminaries Wind: -2.4

|   |      |                    |                  |       |        |
|---|------|--------------------|------------------|-------|--------|
| 1 | 2125 | Punch, Avalon      | 13 Ibs(Illawarr) | 13.50 | 14.40Q |
| 2 | 2245 | Peterkin, Savannah | 13 Nam(Nambucca) | 14.30 | 14.47Q |
| 3 | 1382 | Willmott, Shannon  | 13 Bma(Blue Mou) |       | 14.67Q |
| 4 | 1966 | Sonter, Mikayla    | 13 Gos(Gosford)  |       | 14.74q |
| 5 | 2745 | Rhodes, Mischelle  | 13 Min(Mingara)  |       | 14.96q |
| 6 | 3914 | Schneider, Natalie | 13 For(Forster)  | 15.00 | 16.10  |
| 7 | 691  | Martin, Mikayla    | 13 Min(Mingara)  | 15.50 | 16.28  |

Heat 2 Preliminaries Wind: -2.1

|   |      |                    |                  |       |        |
|---|------|--------------------|------------------|-------|--------|
| 1 | 8019 | Smede, Payton      | 13 Dubbo         |       | 14.12Q |
| 2 | 3182 | Covington-Gorst, L | 13 Bat(Bathurst) | 13.98 | 14.42Q |
| 3 | 2103 | Lavalle, Alexandra | 13 Ibs(Illawarr) | 14.20 | 14.52Q |
| 4 | 3254 | Carney, Charisse   | 13 For(Forster)  | 15.28 | 15.05q |
| 5 | 2155 | Flaherty, Aisling  | 13 Gos(Gosford)  |       | 15.15  |
| 6 | 2244 | Peterkin, Mercedes | 13 Nam(Nambucca) | 15.30 | 15.67  |
| 7 | 3770 | Peel, Brooke       | 13 Koo(Kooringa) |       | 15.92  |
| 8 | 3543 | Butcher, Kaitlin   | 13 Ind(Independ) | 15.20 | 16.01  |

Women 100 Meter Dash 13 yrs

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| Name | Age | Team | Prelims | Finals | Points |
|------|-----|------|---------|--------|--------|
|------|-----|------|---------|--------|--------|

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Section 1 Finals Wind: -1.8

|   |      |                    |                  |       |       |
|---|------|--------------------|------------------|-------|-------|
| 1 | 2125 | Punch, Avalon      | 13 Ibs(Illawarr) | 14.40 | 13.82 |
| 2 | 8019 | Smede, Payton      | 13 Dubbo         | 14.12 | 13.94 |
| 3 | 2245 | Peterkin, Savannah | 13 Nam(Nambucca) | 14.47 | 14.07 |
| 4 | 3182 | Covington-Gorst, L | 13 Bat(Bathurst) | 14.42 | 14.33 |
| 5 | 1966 | Sonter, Mikayla    | 13 Gos(Gosford)  | 14.74 | 14.41 |
| 6 | 1382 | Willmott, Shannon  | 13 Bma(Blue Mou) | 14.67 | 14.45 |
| 7 | 2103 | Lavalle, Alexandra | 13 Ibs(Illawarr) | 14.52 | 14.59 |
| 8 | 2745 | Rhodes, Mischelle  | 13 Min(Mingara)  | 14.96 | 14.82 |
| 9 | 3254 | Carney, Charisse   | 13 For(Forster)  | 15.05 | 14.87 |

Women 200 Meter Dash 13 yrs

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| Name | Age | Team | Seed | Prelims |
|------|-----|------|------|---------|
|------|-----|------|------|---------|

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Heat 1 Preliminaries Wind: -2.5

|   |      |                    |                  |       |        |
|---|------|--------------------|------------------|-------|--------|
| 1 | 8019 | Smede, Payton      | 13 Dubbo         |       | 28.57Q |
| 2 | 2125 | Punch, Avalon      | 13 Ibs(Illawarr) | 27.90 | 29.96Q |
| 3 | 2798 | Walters, Chloe     | 13 Mas(Macquari) | 31.50 | 30.65Q |
| 4 | 2745 | Rhodes, Mischelle  | 13 Min(Mingara)  |       | 30.75q |
| 5 | 3903 | Sawyer, Hannah     | 13 Stp(Stuarts)  |       | 31.07  |
| 6 | 3254 | Carney, Charisse   | 13 For(Forster)  | 34.64 | 32.50  |
| 7 | 3914 | Schneider, Natalie | 13 For(Forster)  | 32.00 | 33.83  |

Heat 2 Preliminaries Wind: -2.3

|   |      |                    |                  |       |        |
|---|------|--------------------|------------------|-------|--------|
| 1 | 1382 | Willmott, Shannon  | 13 Bma(Blue Mou) |       | 28.97Q |
| 2 | 2245 | Peterkin, Savannah | 13 Nam(Nambucca) | 28.28 | 29.69Q |
| 3 | 2086 | Polyzoidis, Abigai | 13 Wol(Athletic) | 29.20 | 30.42Q |
| 4 | 3182 | Covington-Gorst, L | 13 Bat(Bathurst) |       | 30.58q |
| 5 | 2155 | Flaherty, Aisling  | 13 Gos(Gosford)  |       | 30.98q |
| 6 | 691  | Martin, Mikayla    | 13 Min(Mingara)  | 33.00 | 32.58  |
| 7 | 2885 | Walters, Sally     | 13 Mas(Macquari) | 32.50 | 34.19  |

Women 200 Meter Dash 13 yrs

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| Name | Age | Team | Prelims | Finals | Points |
|------|-----|------|---------|--------|--------|
|------|-----|------|---------|--------|--------|

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Section 1 Finals Wind: -4.1

|   |      |                     |    |              |       |       |
|---|------|---------------------|----|--------------|-------|-------|
| 1 | 8019 | Smede, Payton       | 13 | Dubbo        | 28.57 | 28.66 |
| 2 | 2125 | Punch, Avalon       | 13 | Ibs(Illawarr | 29.96 | 28.71 |
| 3 | 1382 | Willmott, Shannon   | 13 | Bma(Blue Mou | 28.97 | 29.13 |
| 4 | 2245 | Peterkin, Savannah  | 13 | Nam(Nambucca | 29.69 | 29.89 |
| 5 | 2798 | Walters, Chloe      | 13 | Mas(Macquari | 30.65 | 30.41 |
| 6 | 2155 | Flaherty, Aisling   | 13 | Gos(Gosford) | 30.98 | 30.53 |
| 7 | 2086 | Polyzoidis, Abigail | 13 | Wol(Athletic | 30.42 | 30.64 |
| 8 | 3182 | Covington-Gorst, L  | 13 | Bat(Bathurst | 30.58 | 30.75 |
| 9 | 2745 | Rhodes, Mischelle   | 13 | Min(Mingara) | 30.75 | 31.25 |

Women 400 Meter Dash 13 yrs

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Name Age Team Seed Prelims  
=====

Heat 1 Preliminaries

|   |      |                     |    |              |          |          |
|---|------|---------------------|----|--------------|----------|----------|
| 1 | 2125 | Punch, Avalon       | 13 | Ibs(Illawarr | 1:05.00  | 1:05.07Q |
| 2 | 1382 | Willmott, Shannon   | 13 | Bma(Blue Mou | 1.03     | 1:05.08Q |
| 3 | 295  | Chippendale, Eliza  | 11 | Gos(Gosford) | 09:50.00 | 1:07.02Q |
| 4 | 3052 | Ogle, Nicole        | 13 | Mas(Macquari | 1:08.80  | 1:09.71Q |
| 5 | 3903 | Sawyer, Hannah      | 13 | Stp(Stuarts  |          | 1:10.23Q |
| 6 | 2086 | Polyzoidis, Abigail | 13 | Wol(Athletic | 1:09.05  | 1:12.28Q |
| 7 | 696  | parkinson, rebecca  | 13 | Min(Mingara) | 1:09.00  | 1:12.50Q |
| 8 | 1094 | Bousnell, Hariette  | 11 | Gos(Gosford) |          | 1:13.34Q |
| 9 | 2156 | Flaherty, Maeve     | 12 | Gos(Gosford) |          | 1:16.99Q |

Women 800 Meter Run 13 yrs

=====  
Name Age Team Seed Finals Points  
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Section 1

|   |      |                    |    |              |         |         |
|---|------|--------------------|----|--------------|---------|---------|
| 1 | 2798 | Walters, Chloe     | 13 | Mas(Macquari | 2.19    | 2:26.08 |
| 2 | 2793 | Hartnett, Chloe    | 13 | Mas(Macquari |         | 2:37.79 |
| 3 | 2885 | Walters, Sally     | 13 | Mas(Macquari | 2.30    | 2:41.56 |
| 4 | 3966 | Priestley, Emma    | 13 | Mas(Macquari |         | 2:45.51 |
| 5 | 3052 | Ogle, Nicole       | 13 | Mas(Macquari | 2:40.80 | 2:46.16 |
| 6 | 696  | parkinson, rebecca | 13 | Min(Mingara) | 2:40.00 | 2:48.68 |
| 7 | 3649 | Bagley, Fiona      | 13 | Stp(Stuarts  | 2.43    | 2:50.13 |
| 8 | 691  | Martin, Mikayla    | 13 | Min(Mingara) | 2:40.00 | 2:51.81 |
| 9 | 3711 | Perkins, Sophie    | 13 | Arm (Armidal | 3:04.03 | 2:56.94 |

Women 1500 Meter Run 13 yrs

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Name Age Team Seed Finals Points  
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|    |      |                    |    |              |          |         |
|----|------|--------------------|----|--------------|----------|---------|
| 1  | 2798 | Walters, Chloe     | 13 | Mas(Macquari | 4.49     | 4:50.43 |
| 2  | 2793 | Hartnett, Chloe    | 13 | Mas(Macquari |          | 5:09.66 |
| 3  | 923  | Coggins, Brooke    | 13 | Wyo(Wyong)   | 5.10     | 5:11.98 |
| 4  | 2885 | Walters, Sally     | 13 | Mas(Macquari | 5.05     | 5:14.29 |
| 5  | 922  | Coggins, Ashlee    | 13 | Wyo(Wyong)   | 5.30     | 5:25.25 |
| 6  | 691  | Martin, Mikayla    | 13 | Min(Mingara) | 5:35.00  | 5:36.28 |
| 7  | 3966 | Priestley, Emma    | 13 | Mas(Macquari |          | 5:40.37 |
| 8  | 9999 | Grimmond, Kelsey   | 13 | Ind(Independ | 48:31.01 | 5:54.12 |
| 9  | 2155 | Flaherty, Aisling  | 13 | Gos(Gosford) |          | 5:55.50 |
| 10 | 696  | parkinson, rebecca | 13 | Min(Mingara) | 5:39.00  | 6:01.45 |
| 11 | 1370 | Porley, Candice    | 13 | Bma(Blue Mou |          | 6:53.46 |

Women 80 Meter Hurdles 13 yrs

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| Name                 | Age  | Team               | Seed             | Finals | Points |
|----------------------|------|--------------------|------------------|--------|--------|
| Section 1 Wind: -3.5 |      |                    |                  |        |        |
| 1                    | 1934 | McEwan, Olivia-Ros | 13 Wol(Athletic) | 14.25  | 14.80  |
| 2                    | 8019 | Smede, Payton      | 13 Dubbo         |        | 15.54  |
| 3                    | 3182 | Covington-Gorst, L | 13 Bat(Bathurst) |        | 16.52  |
| 4                    | 3711 | Perkins, Sophie    | 13 Arm (Armidal) |        | 17.17  |
| 5                    | 2745 | Rhodes, Mischelle  | 13 Min(Mingara)  |        | 17.86  |
| 6                    | 2244 | Peterkin, Mercedes | 13 Nam(Nambucca) | 18.00  | 19.01  |
| 7                    | 3527 | Cacic, Carolina    | 13 Woo(Woodberr) |        | 19.03  |

Women 200 Meter Hurdles 13 yrs

| Name                 | Age  | Team               | Seed             | Finals     | Points |
|----------------------|------|--------------------|------------------|------------|--------|
| Section 1 Wind: -1.0 |      |                    |                  |            |        |
| 1                    | 3182 | Covington-Gorst, L | 13 Bat(Bathurst) | 0:14:22.09 |        |
| 2                    | 2745 | Rhodes, Mischelle  | 13 Min(Mingara)  | 0:14:24.03 |        |
| 3                    | 2103 | Lavalle, Alexandra | 13 Ibs(Illawarr) | 0:14:26.09 |        |

Women 4x100 Meter Relay 13 yrs

| Team                            | Seed | Finals  | Points |
|---------------------------------|------|---------|--------|
| Section 1                       |      |         |        |
| 1 Wol(Athletics Wollongong) 'A' |      | 1:00.20 |        |
| 2 Maquarie Hunter 'A'           |      | 1:00.39 |        |
| 3 Hunter Region 'A'             |      | 1:00.95 |        |
| 4 Ibs(Illawarra Blue Stars) 'A' |      | 1:02.47 |        |
| 5 Now(Nowra) 'A'                |      | 1:05.25 |        |

Women High Jump 13 yrs

| Name     | Age  | Team               | Seed             | Finals | Points   |
|----------|------|--------------------|------------------|--------|----------|
| Flight 1 |      |                    |                  |        |          |
| 1        | 3182 | Covington-Gorst, L | 13 Bat(Bathurst) | 1.39m  | 1.39m 10 |
| 2        | 2245 | Peterkin, Savannah | 13 Nam(Nambucca) | 1.35m  | 1.36m 7  |
| 2        | 3770 | Peel, Brooke       | 13 Koo(Kooringa) |        | 1.36m 7  |
| 4        | 3711 | Perkins, Sophie    | 13 Arm (Armidal) | 1.31m  | 1.30m 5  |
| 5        | 1934 | McEwan, Olivia-Ros | 13 Wol(Athletic) | 1.33m  | 1.25m 4  |
| 6        | 2795 | Howard, Julia      | 13 Mas(Macquari) | 1.25m  | 1.20m 3  |

Women Long Jump 13 yrs

| Name | Age  | Team               | Seed               | Finals | Wind  | Points |
|------|------|--------------------|--------------------|--------|-------|--------|
| 1    | 2245 | Peterkin, Savannah | 13 Nam(Nambucca)   | 4.65m  | 4.92m | NWI    |
| 2    | 2125 | Punch, Avalon      | 13 Ibs(Illawarr)   | 4.40m  | 4.49m | NWI    |
| 3    | 3254 | Carney, Charisse   | 13 For(Forster)    | 4.00m  | 4.36m | NWI    |
| 4    | 8019 | Smede, Payton      | 13 Dubbo           |        | 4.26m | NWI    |
| 5    | 3711 | Perkins, Sophie    | 13 Arm (Armidal)   | 4.21m  | 4.22m | NWI    |
| 6    | 3527 | Cacic, Carolina    | 13 Woo(Woodberr)   |        | 4.20m | NWI    |
| 7    | 2103 | Lavalle, Alexandra | 13 Ibs(Illawarr)   | 3.75m  | 4.00m | NWI    |
| 8    | 2745 | Rhodes, Mischelle  | 13 Min(Mingara)    |        | 3.96m | NWI    |
| 9    | 3052 | Ogle, Nicole       | 13 Mas(Macquari)   | 4.05m  | 3.94m | NWI    |
| 10   | 2244 | Peterkin, Mercedes | 13 Nam(Nambucca)   | 3.65m  | 3.91m | NWI    |
| 11   | 3914 | Schneider, Natalie | 13 For(Forster)    | 3.80m  | 3.69m | NWI    |
| 12   | 1527 | Webster, Rebecca   | 13 Maquarie Hunter | 3.10m  | 3.57m | NWI    |
| 13   | 3182 | Covington-Gorst, L | 13 Bat(Bathurst)   |        | 3.47m | NWI    |

Women Triple Jump 13 yrs

| Name                       | Age | Team          | Seed   | Finals | Wind | Points |
|----------------------------|-----|---------------|--------|--------|------|--------|
| 1 2245 Peterkin, Savannah  | 13  | Nam(Nambucca  | 9.30m  | 9.57m  | NWI  | 10     |
| 2 2125 Punch, Avalon       | 13  | Ibs(Illawarr  | 10.80m | 9.36m  | NWI  | 8      |
| 3 1382 Willmott, Shannon   | 13  | Bma(Blue Mou  | 8.90m  | 8.87m  | NWI  | 6      |
| 4 3649 Bagley, Fiona       | 13  | Stp(Stuarts   | 8.90m  | 8.78m  | NWI  | 5      |
| 5 3770 Peel, Brooke        | 13  | Koo(Kooringa  |        | 8.64m  | NWI  | 4      |
| 6 3768 Metcalfe, Carly     | 12  | East Maitland |        | 8.49m  | NWI  | 3      |
| 7 3711 Perkins, Sophie     | 13  | Arm (Armidal  | 8.51m  | 8.46m  | NWI  | 2      |
| 8 2426 Morrice, Jessica    | 12  | Gos(Gosford)  |        | 8.40m  | NWI  | 1      |
| 9 2103 Lavalley, Alexandra | 13  | Ibs(Illawarr  | 8.36m  | 8.39m  | NWI  |        |
| 9 3254 Carney, Charisse    | 13  | For(Forster)  | 8.19m  | 8.39m  | NWI  |        |
| 11 3903 Sawyer, Hannah     | 13  | Stp(Stuarts   |        | 7.97m  | NWI  |        |
| 12 1370 Porley, Candice    | 13  | Bma(Blue Mou  |        | 7.96m  | NWI  |        |
| 13 3527 Cacic, Carolina    | 13  | Woo(Woodberr  |        | 7.93m  | NWI  |        |
| 14 2795 Howard, Julia      | 13  | Mas(Macquari  | 7.77m  | 7.56m  | NWI  |        |
| -- 2143 Lee, Georgia       | 12  | Gos(Gosford)  |        | ND     | NWI  |        |

Women Shot Put 13 yrs

| Name                       | Age | Team         | Seed  | Finals | Points |
|----------------------------|-----|--------------|-------|--------|--------|
| 1 786 Peace, Samantha      | 13  | Now(Nowra)   |       | 9.16m  | 10     |
| 2 3474 Robson, Natalia     | 13  | Coh(Coffs Ha |       | 8.55m  | 8      |
| 3 1668 Ingrey, Monique     | 13  | Woo(Woodberr |       | 8.08m  | 6      |
| 4 8019 Smede, Payton       | 13  | Dubbo        |       | 6.92m  | 5      |
| 5 3770 Peel, Brooke        | 13  | Koo(Kooringa |       | 6.72m  | 4      |
| 6 3254 Carney, Charisse    | 13  | For(Forster) | 7.05m | 6.23m  | 3      |
| 7 3182 Covington-Gorst, L  | 13  | Bat(Bathurst |       | 6.16m  | 1.50   |
| 7 2745 Rhodes, Mischelle   | 13  | Min(Mingara) |       | 6.16m  | 1.50   |
| 9 3527 Cacic, Carolina     | 13  | Woo(Woodberr |       | 6.15m  |        |
| 10 1934 McEwan, Olivia-Ros | 13  | Wol(Athletic |       | 5.96m  |        |
| 11 8016 Slinger, Bridgitte | 13  | Ind(Independ | 7.09m | 5.77m  |        |

Women Discus Throw 13 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 3770 Peel, Brooke       | 13  | Koo(Kooringa |        | 24.44m |        |
| 2 3543 Butcher, Kaitlin   | 13  | Ind(Independ | 26.20m | 20.02m |        |
| 3 3474 Robson, Natalia    | 13  | Coh(Coffs Ha |        | 19.59m |        |
| 4 1934 McEwan, Olivia-Ros | 13  | Wol(Athletic | 26.35m | 19.39m |        |
| 5 3527 Cacic, Carolina    | 13  | Woo(Woodberr |        | 15.97m |        |
| 6 3254 Carney, Charisse   | 13  | For(Forster) | 19.27m | 13.45m |        |
| 7 8015 West, Hannah       | 13  | Ind(Independ | 14.52m | 12.47m |        |
| 8 8016 Slinger, Bridgitte | 13  | Ind(Independ | 17.12m | 9.13m  |        |
| -- 8019 Smede, Payton     | 13  | Dubbo        |        | DNF    |        |
| -- 786 Peace, Samantha    | 13  | Now(Nowra)   |        | DNF    |        |

Women Javelin Throw 13 yrs

| Name                      | Age | Team            | Seed   | Finals | Points |
|---------------------------|-----|-----------------|--------|--------|--------|
| 1 3543 Butcher, Kaitlin   | 13  | Ind(Independ    | 23.18m | 26.24m |        |
| 2 1934 McEwan, Olivia-Ros | 13  | Wol(Athletic    |        | 22.22m |        |
| 3 1527 Webster, Rebecca   | 13  | Maquarie Hunter | 17.55m | 21.00m |        |
| 4 786 Peace, Samantha     | 13  | Now(Nowra)      |        | 20.68m |        |

|    |      |                    |    |              |        |        |
|----|------|--------------------|----|--------------|--------|--------|
| 5  | 3474 | Robson, Natalia    | 13 | Coh(Coffs Ha |        | 17.85m |
| 6  | 2795 | Howard, Julia      | 13 | Mas(Macquari | 14.84m | 17.06m |
| 7  | 3182 | Covington-Gorst, L | 13 | Bat(Bathurst |        | 15.26m |
| 8  | 1668 | Ingrey, Monique    | 13 | Woo(Woodberr |        | 15.19m |
| 9  | 3527 | Cacic, Carolina    | 13 | Woo(Woodberr |        | 11.95m |
| 10 | 8015 | West, Hannah       | 13 | Ind(Independ | 8.33m  | 10.08m |
| 11 | 1370 | Porley, Candice    | 13 | Bma(Blue Mou |        | 10.05m |
| 12 | 8016 | Slinger, Bridgitte | 13 | Ind(Independ | 12.10m | 8.44m  |

Women 100 Meter Dash 14 yrs

| Name                            | Age  | Team               | Seed | Prelims                      |
|---------------------------------|------|--------------------|------|------------------------------|
| Heat 1 Preliminaries Wind: -0.8 |      |                    |      |                              |
| 1                               | 1354 | Heath, Jenna       | 14   | Bma(Blue Mou 12.90 13.39q    |
| 2                               | 3941 | Blake, Ebony       | 14   | Ind(Independ 13.73q          |
| 3                               | 3265 | Barrass, Matilda   | 14   | Ind(Independ 15.00 13.94q    |
| 4                               | 1091 | Wardell, Megan     | 14   | Gos(Gosford) 13.50 14.44q    |
| 5                               | 2427 | Morrice, Olivia    | 14   | Gos(Gosford) 13.50 14.82     |
| 6                               | 3749 | McCann, Brodie     | 14   | For(Forster) 15.35           |
| 7                               | 2421 | Keevill, Emmelene  | 14   | Mai(Maitland) 15.00 15.48    |
| Heat 2 Preliminaries Wind: -2.7 |      |                    |      |                              |
| 1                               | 2132 | McCauley, Keeleigh | 14   | Ibs(Illawarr 12.95 13.54q    |
| 2                               | 561  | Docker, Chloe      | 14   | Ibs(Illawarr 13.55q          |
| 3                               | 714  | Angell, Tara       | 14   | Min(Mingara) 13.10 13.56q    |
| 4                               | 2696 | Ingram, Maddison   | 14   | Ray(Raymond) 13.60 13.78q    |
| 5                               | 2899 | Coppins, Rebecca   | 14   | Maquarie Hunter 14.20 14.66q |
| 6                               | 1009 | Alsford, Kayley    | 14   | Woo(Woodberr 14.72           |

Women 100 Meter Dash 14 yrs

| Name                        | Age  | Team               | Prelims | Finals                      | Points |
|-----------------------------|------|--------------------|---------|-----------------------------|--------|
| Section 1 Finals Wind: -1.1 |      |                    |         |                             |        |
| 1                           | 2132 | McCauley, Keeleigh | 14      | Ibs(Illawarr 13.54 13.31    |        |
| 2                           | 1354 | Heath, Jenna       | 14      | Bma(Blue Mou 13.39 13.34    |        |
| 3                           | 714  | Angell, Tara       | 14      | Min(Mingara) 13.56 13.40    |        |
| 4                           | 3941 | Blake, Ebony       | 14      | Ind(Independ 13.73 13.66    |        |
| 5                           | 561  | Docker, Chloe      | 14      | Ibs(Illawarr 13.55 13.76    |        |
| 6                           | 2696 | Ingram, Maddison   | 14      | Ray(Raymond) 13.78 13.82    |        |
| 7                           | 3265 | Barrass, Matilda   | 14      | Ind(Independ 13.94 13.92    |        |
| 8                           | 1091 | Wardell, Megan     | 14      | Gos(Gosford) 14.44 14.34    |        |
| 9                           | 2899 | Coppins, Rebecca   | 14      | Maquarie Hunter 14.66 14.75 |        |

Women 200 Meter Dash 14 yrs

| Name                            | Age  | Team               | Seed | Prelims                      |
|---------------------------------|------|--------------------|------|------------------------------|
| Heat 1 Preliminaries Wind: -1.1 |      |                    |      |                              |
| 1                               | 2132 | McCauley, Keeleigh | 14   | Ibs(Illawarr 26.83 27.04Q    |
| 2                               | 1354 | Heath, Jenna       | 14   | Bma(Blue Mou 26.18 27.20Q    |
| 3                               | 3265 | Barrass, Matilda   | 14   | Ind(Independ 30.00 28.06Q    |
| 4                               | 3941 | Blake, Ebony       | 14   | Ind(Independ 28.12q          |
| 5                               | 1091 | Wardell, Megan     | 14   | Gos(Gosford) 29.20 29.38q    |
| 6                               | 2899 | Coppins, Rebecca   | 14   | Maquarie Hunter 29.32 29.51q |
| 7                               | 1009 | Alsford, Kayley    | 14   | Woo(Woodberr 29.90 29.61q    |
| 8                               | 2427 | Morrice, Olivia    | 14   | Gos(Gosford) 28.50 29.68q    |
| 9                               | 3749 | McCann, Brodie     | 14   | For(Forster) 31.24q          |

Women 400 Meter Dash 14 yrs

| Name                     | Age | Team            | Seed    | Prelims        |
|--------------------------|-----|-----------------|---------|----------------|
| Heat 1 Preliminaries     |     |                 |         |                |
| 1 2794 mccloughlan, alex | 14  | Maquarie Hunter | 1:05.00 | 1:03.79Q       |
| 2 2247 Tape, Alina       | 14  | Nam(Nambucca    | 59.31   | 1:04.93Q       |
| 4 1009 Alsford, Kayley   | 14  | Woo(Woodberr    |         | 1:07.79Q       |
| 5 2427 Morrice, Olivia   | 14  | Gos(Gosford)    | 1:05.00 | 1:08.40Q       |
| 6 3188 Pearson, Danielle | 14  | Bat(Bathurst    |         | 1:10.59Q       |
| 7 3749 McCann, Brodie    | 14  | For(Forster)    |         | 1:13.82Q       |
| 8 1855 austen, monique   | 14  | Kej(Kembla J    | 1:10.20 | 1:15.93Q       |
| 9 2421 Keevill, Emmelene | 14  | Mai(Maitland    | 1:15.00 | 1:16.63Q       |
| 3 1661 Pagett, Jordan    | 14  | Gos(Gosford)    | 1:02.00 | DQQ  AAF 163.3 |

Women 800 Meter Run 14 yrs

| Name                      | Age | Team            | Seed    | Finals  | Points |
|---------------------------|-----|-----------------|---------|---------|--------|
| Section 1                 |     |                 |         |         |        |
| 1 2247 Tape, Alina        | 14  | Nam(Nambucca    | 2:17.66 | 2:28.68 |        |
| 2 2794 mccloughlan, alex  | 14  | Maquarie Hunter |         | 2:29.86 |        |
| 3 2842 Herig-Parsons, Jem | 14  | Gos(Gosford)    |         | 2:30.22 |        |
| 4 1661 Pagett, Jordan     | 14  | Gos(Gosford)    | 2:25.00 | 2:33.50 |        |
| 5 1234 Nash, Emily        | 15  | Mas(Macquari    |         | 2:38.11 |        |
| 6 2743 Fox, Lucia         | 14  | Min(Mingara)    | 2:39.00 | 2:40.18 |        |
| 7 1855 austen, monique    | 14  | Kej(Kembla J    |         | 2:53.84 |        |
| 8 3480 Thacker, Sammantha | 14  | Coh(Coffs Ha    | 3:30.00 | 2:56.01 |        |

Women 1500 Meter Run 14 yrs

| Name                      | Age | Team         | Seed    | Finals  | Points |
|---------------------------|-----|--------------|---------|---------|--------|
| 1 3738 hay, elise         | 14  | Arm (Armidal |         | 5:17.89 |        |
| 2 2247 Tape, Alina        | 14  | Nam(Nambucca | 4:54.24 | 5:45.31 |        |
| 3 2743 Fox, Lucia         | 14  | Min(Mingara) | 5:23.00 | 5:45.89 |        |
| 4 3188 Pearson, Danielle  | 14  | Bat(Bathurst |         | 6:03.43 |        |
| 5 Ricardo, Natasha        | 14  | Min(Mingara) | 7.00    | 6:05.49 |        |
| 6 8020 Foxall, Elise      | 14  | Mai(Maitland |         | 6:15.81 |        |
| 7 1855 austen, monique    | 14  | Kej(Kembla J | 5.42    | 6:20.97 |        |
| 8 3480 Thacker, Sammantha | 14  | Coh(Coffs Ha |         | 6:37.05 |        |

Women 90 Meter Hurdles 14 yrs

| Name                      | Age | Team         | Seed | Finals | Points |
|---------------------------|-----|--------------|------|--------|--------|
| Section 1 Wind: -3.2      |     |              |      |        |        |
| 1 2132 McCauley, Keeleigh | 14  | Ibs(Illawarr |      | 15.42  |        |
| 2 1009 Alsford, Kayley    | 14  | Woo(Woodberr |      | 18.56  |        |

Women 200 Meter Hurdles 14 yrs

| Name                   | Age | Team         | Seed  | Finals | Points |
|------------------------|-----|--------------|-------|--------|--------|
| Section 1 Wind: -2.2   |     |              |       |        |        |
| 1 1009 Alsford, Kayley | 14  | Woo(Woodberr | 33.20 | 37.84  |        |

Women High Jump 14 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

## Flight 1

|    |      |                    |    |                 |       |       |
|----|------|--------------------|----|-----------------|-------|-------|
| 1  | 2696 | Ingram, Maddison   | 14 | Ray(Raymond     | 1.50m | 1.44m |
| 2  | 1386 | shaw, katrina      | 14 | Bma(Blue Mou    | 1.54m | 1.41m |
| 3  | 2899 | Coppins, Rebecca   | 14 | Maquarie Hunter | 1.40m | 1.38m |
| 3  | 3265 | Barrass, Matilda   | 14 | Ind(Independ    | 1.20m | 1.38m |
| 5  | 236  | Livermore, Mikayla | 14 | WAL             | 1.33m | 1.30m |
| -- | 2421 | Keevill, Emmelene  | 14 | Mai(Maitland    | 1.25m | DNF   |

## Women Long Jump 14 yrs

| Name | Age  | Team             | Seed | Finals          | Wind  | Points |
|------|------|------------------|------|-----------------|-------|--------|
| 1    | 1096 | Agbeze, Mercy    | 14   | Min(Mingara)    | 4.92m | NWI 10 |
| 2    | 1354 | Heath, Jenna     | 14   | Bma(Blue Mou    | 4.71m | NWI 8  |
| 3    | 561  | Docker, Chloe    | 14   | Ibs(Illawarr    | 4.68m | NWI 6  |
| 4    | 3941 | Blake, Ebony     | 14   | Ind(Independ    | 4.32m | NWI 5  |
| 5    | 2899 | Coppins, Rebecca | 14   | Maquarie Hunter | 4.18m | NWI 4  |
| 6    | 3749 | McCann, Brodie   | 14   | For(Forster)    | 4.05m | NWI 3  |
| 7    | 1386 | shaw, katrina    | 14   | Bma(Blue Mou    | 3.90m | NWI 2  |

## Women Triple Jump 14 yrs

| Name | Age  | Team               | Seed | Finals       | Wind   | Points    |
|------|------|--------------------|------|--------------|--------|-----------|
| 1    | 1096 | Agbeze, Mercy      | 14   | Min(Mingara) | 10.78m | NWI       |
| 2    | 2132 | McCauley, Keeleigh | 14   | Ibs(Illawarr | 9.81m  | NWI       |
| 3    | 3749 | McCann, Brodie     | 14   | For(Forster) | 9.41m  | NWI       |
| 4    | 3941 | Blake, Ebony       | 14   | Ind(Independ | 9.33m  | NWI       |
| 5    | 1386 | shaw, katrina      | 14   | Bma(Blue Mou | 10.12m | 8.44m NWI |
| 6    | 2421 | Keevill, Emmelene  | 14   | Mai(Maitland | 8.64m  | 8.29m NWI |
| 7    | 3480 | Thacker, Sammantha | 14   | Coh(Coffs Ha | 7.00m  | 7.93m NWI |

## Women Shot Put 14 yrs

| Name | Age  | Team              | Seed | Finals       | Points |       |
|------|------|-------------------|------|--------------|--------|-------|
| 1    | 3601 | Holland, Brigitta | 14   | Koo(Kooringa | 8.68m  |       |
| 2    | 1668 | Ingrey, Monique   | 13   | Woo(Woodberr | 6.85m  |       |
| 3    | 2247 | Tape, Alina       | 14   | Nam(Nambucca | 8.00m  | 5.94m |
| 4    | 8015 | West, Hannah      | 13   | Ind(Independ | 6.02m  | 4.92m |

## Women Discus Throw 14 yrs

| Name | Age  | Team              | Seed | Finals       | Points |          |
|------|------|-------------------|------|--------------|--------|----------|
| 1    | 786  | Peace, Samantha   | 13   | Now(Nowra)   | 29.86m | 10       |
| 2    | 3601 | Holland, Brigitta | 14   | Koo(Kooringa | 29.40m | 8        |
| 3    | 2421 | Keevill, Emmelene | 14   | Mai(Maitland | 23.00m | 20.80m 6 |
| 4    | 1386 | shaw, katrina     | 14   | Bma(Blue Mou | 27.30m | 19.75m 5 |
| 5    | 1354 | Heath, Jenna      | 14   | Bma(Blue Mou | 16.00m | 17.30m 4 |

## Women Javelin Throw 14 yrs

| Name | Age  | Team              | Seed | Finals       | Points |           |
|------|------|-------------------|------|--------------|--------|-----------|
| 1    | 2421 | Keevill, Emmelene | 14   | Mai(Maitland | 23.00m | 21.46m 10 |
| 2    | 2247 | Tape, Alina       | 14   | Nam(Nambucca | 15.65m | 13.36m 8  |

## Women 100 Meter Dash 15 yrs

=====

| Name                            | Age  | Team               | Seed             | Prelims      |
|---------------------------------|------|--------------------|------------------|--------------|
| Heat 1 Preliminaries Wind: -2.6 |      |                    |                  |              |
| 1                               | 589  | Bain, Tara         | 15 Ibs(Illawarr) | 14.10q       |
| 2                               | 2255 | Pedrola, Kristie   | 15 Nam(Nambucca) | 14.25q       |
| 3                               | 446  | Carter, Madi       | 15 Bma(Blue Mou) | 14.58q       |
| 4                               | 3179 | Sauer, Madeline    | 15 Arm (Armidal) | 14.86 15.77q |
| 5                               | 251  | McLachlan, Madison | 15 Wal(Wallsend) | 13.00 15.80q |
| 6                               | 3685 | Fox-Smith, Sarah   | 15 Kotara        | 16.89q       |

Women 200 Meter Dash 15 yrs

| Name                            | Age  | Team             | Seed             | Prelims      |
|---------------------------------|------|------------------|------------------|--------------|
| Heat 1 Preliminaries Wind: +0.0 |      |                  |                  |              |
| 1                               | 3754 | Carr, Jamie      | 15 Gos(Gosford)  | 26.89Q       |
| 2                               | 589  | Bain, Tara       | 15 Ibs(Illawarr) | 27.68q       |
| 3                               | 1671 | Nean, Kirra      | 15 Woo(Woodberr) | 27.20 27.76q |
| 4                               | 658  | Brown, Caitlin   | 15 Kej(Kembla J) | 27.90 28.17q |
| 5                               | 587  | Cowgill, Larni   | 15 Ibs(Illawarr) | 28.00 28.57q |
| 6                               | 2255 | Pedrola, Kristie | 15 Nam(Nambucca) | 28.78q       |
| 7                               | 446  | Carter, Madi     | 15 Bma(Blue Mou) | 29.20q       |

Women 400 Meter Dash 15 yrs

| Name                 | Age  | Team            | Seed             | Prelims          |
|----------------------|------|-----------------|------------------|------------------|
| Heat 1 Preliminaries |      |                 |                  |                  |
| 1                    | 1671 | Nean, Kirra     | 15 Woo(Woodberr) | 1:02.50 1:02.94Q |
| 2                    | 658  | Brown, Caitlin  | 15 Kej(Kembla J) | 1:01.30 1:04.06Q |
| 3                    | 589  | Bain, Tara      | 15 Ibs(Illawarr) | 1:04.91Q         |
| 4                    | 1529 | Moore, Samantha | 15 Mas(Macquari) | 1:04.00 1:05.17Q |
| 5                    | 2154 | Flaherty, Linzi | 15 Gos(Gosford)  | 1:08.89Q         |

Women 800 Meter Run 15 yrs

| Name      | Age  | Team              | Seed             | Finals   | Points  |
|-----------|------|-------------------|------------------|----------|---------|
| Section 1 |      |                   |                  |          |         |
| 1         | 1529 | Moore, Samantha   | 15 Mas(Macquari) | 2.25     | 2:30.66 |
| 2         | 297  | Duffin Pruksapun, | 15 Gos(Gosford)  | 2.31     | 2:31.55 |
| 3         | 658  | Brown, Caitlin    | 15 Kej(Kembla J) | 2:19.78  | 2:35.35 |
| 4         | 646  | Smith, Eileesha   | 15 Kej(Kembla J) | 55:00.01 | 3:01.28 |

Women 1500 Meter Run 15 yrs

| Name | Age  | Team            | Seed             | Finals  | Points  |
|------|------|-----------------|------------------|---------|---------|
| 1    | 1866 | Hull, Jessica   | 15 Kej(Kembla J) | 4:48.35 |         |
| 2    | 1529 | Moore, Samantha | 15 Mas(Macquari) | 5.17    | 5:15.90 |

Women 3000 Meter Run 15 yrs

| Name | Age  | Team             | Seed             | Finals   | Points   |
|------|------|------------------|------------------|----------|----------|
| 1    | 1866 | Hull, Jessica    | 15 Kej(Kembla J) | 10:19.67 |          |
| 2    | 923  | Coggins, Brooke  | 13 Wyo(Wyong)    | 11.00    | 11:25.64 |
| 3    | 45   | Swanson, Karlie  | 14 Nam(Nambucca) | 11:30.00 | 11:33.01 |
| 4    | 3738 | hay, elise       | 14 Arm (Armidal) |          | 11:51.36 |
| 5    | 2426 | Morrice, Jessica | 12 Gos(Gosford)  |          | 13:57.92 |

6 1370 Porley, Candice 13 Bma(Blue Mou 14:55.53

Women 90 Meter Hurdles 15 yrs

| Name                 | Age  | Team            | Seed            | Finals | Points |
|----------------------|------|-----------------|-----------------|--------|--------|
| Section 1 Wind: -3.2 |      |                 |                 |        |        |
| 1                    | 3754 | Carr, Jamie     | 15 Gos(Gosford) | 14.90  |        |
| 2                    | 3179 | Sauer, Madeline | 15 Arm (Armidal | 15.43  |        |
| 3                    | 589  | Bain, Tara      | 15 Ibs(Illawarr | 17.34  |        |

Women 200 Meter Hurdles 15 yrs

| Name                 | Age  | Team         | Seed            | Finals | Points |
|----------------------|------|--------------|-----------------|--------|--------|
| Section 1 Wind: -2.2 |      |              |                 |        |        |
| 1                    | 3754 | Carr, Jamie  | 15 Gos(Gosford) | 31.54  |        |
| 2                    | 1671 | Nean, Kirra  | 15 Woo(Woodberr | 31.71  |        |
| 3                    | 446  | Carter, Madi | 15 Bma(Blue Mou | 35.60  |        |

Women 4x100 Meter Relay 15 yrs

| Team                             | Seed | Finals | Points |
|----------------------------------|------|--------|--------|
| Section 1                        |      |        |        |
| -- Ibs(Illawarra Blue Stars) 'A' |      | DNF    |        |

Women High Jump 15 yrs

| Name     | Age  | Team              | Seed            | Finals | Points   |
|----------|------|-------------------|-----------------|--------|----------|
| Flight 1 |      |                   |                 |        |          |
| 1        | 2773 | McDermott, Nicola | 15 Min(Mingara) | 1.73m  | 1.63m 10 |
| 2        | 587  | Cowgill, Larni    | 15 Ibs(Illawarr | 1.65m  | 1.60m 8  |
| 3        | 278  | Kerr, Samantha    | 15 Ind(Independ | 1.55m  | 1.45m 6  |
| --       | 3179 | Sauer, Madeline   | 15 Arm (Armidal | 1.30m  | DNF      |

Women Long Jump 15 yrs

| Name | Age  | Team             | Seed            | Finals | Wind  | Points |
|------|------|------------------|-----------------|--------|-------|--------|
| 1    | 587  | Cowgill, Larni   | 15 Ibs(Illawarr | 4.84m  | 4.92m | NWI    |
| 2    | 278  | Kerr, Samantha   | 15 Ind(Independ | 4.80m  | 4.69m | NWI    |
| 3    | 2255 | Pedrola, Kristie | 15 Nam(Nambucca |        | 4.50m | NWI    |
| 4    | 589  | Bain, Tara       | 15 Ibs(Illawarr |        | 4.48m | NWI    |
| 5    | 446  | Carter, Madi     | 15 Bma(Blue Mou |        | 4.34m | NWI    |
| 6    | 3179 | Sauer, Madeline  | 15 Arm (Armidal | 3.83m  | 4.06m | NWI    |

Women Triple Jump 15 yrs

| Name | Age  | Team               | Seed            | Finals | Wind   | Points |
|------|------|--------------------|-----------------|--------|--------|--------|
| 1    | 587  | Cowgill, Larni     | 15 Ibs(Illawarr | 10.68m | 10.28m | NWI 10 |
| 2    | 278  | Kerr, Samantha     | 15 Ind(Independ | 9.95m  | 10.21m | NWI 8  |
| 3    | 1671 | Nean, Kirra        | 15 Woo(Woodberr | 10.50m | 9.92m  | NWI 6  |
| 4    | 3179 | Sauer, Madeline    | 15 Arm (Armidal | 8.40m  | 8.45m  | NWI 5  |
| 5    | 3475 | Robson, Emma       | 15 Coh(Coffs Ha |        | 7.93m  | NWI 4  |
| 6    | 1837 | Greentree, Emma-Su | 12 Wtl(Westlake |        | 7.07m  | NWI 3  |

Women Shot Put 15 yrs

| Name                      | Age | Team            | Seed   | Finals | Points |
|---------------------------|-----|-----------------|--------|--------|--------|
| 1 2615 Denicaucau, Yasena | 15  | Bma(Blue Mou    |        | 11.11m | 10     |
| 2 3744 Rowan, Georgia     | 15  | Maquarie Hunter | 11.26m | 9.53m  | 8      |
| 3 3240 Greentree, Ashley  | 15  | For(Forster)    | 9.06m  | 8.93m  | 6      |
| 4 3475 Robson, Emma       | 15  | Coh(Coffs Ha    |        | 6.58m  | 5      |
| 5 3179 Sauer, Madeline    | 15  | Arm (Armidal    | 7.71m  | 6.13m  | 4      |

Women Discus Throw 15 yrs

| Name                      | Age | Team            | Seed   | Finals | Points |
|---------------------------|-----|-----------------|--------|--------|--------|
| 1 2615 Denicaucau, Yasena | 15  | Bma(Blue Mou    |        | 43.63m |        |
| 2 446 Carter, Madi        | 15  | Bma(Blue Mou    |        | 21.50m |        |
| 3 3475 Robson, Emma       | 15  | Coh(Coffs Ha    |        | 21.34m |        |
| 4 3744 Rowan, Georgia     | 15  | Maquarie Hunter | 16.25m | 17.16m |        |
| 5 3179 Sauer, Madeline    | 15  | Arm (Armidal    | 19.11m | 16.81m |        |
| 6 251 McLachlan, Madison  | 15  | Wal(Wallsend    |        | 14.98m |        |

Women Hammer Throw 15 yrs

| Name                      | Age | Team         | Seed | Finals | Points |
|---------------------------|-----|--------------|------|--------|--------|
| 1 2615 Denicaucau, Yasena | 15  | Bma(Blue Mou |      | 39.57m | 10     |
| 2 3601 Holland, Brigitta  | 14  | Koo(Kooringa |      | 23.45m | 8      |
| 3 3475 Robson, Emma       | 15  | Coh(Coffs Ha |      | 13.58m | 6      |

Women Javelin Throw 15 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 2615 Denicaucau, Yasena | 15  | Bma(Blue Mou |        | 28.85m |        |
| 2 1671 Nean, Kirra        | 15  | Woo(Woodberr | 32.90m | 28.54m |        |
| 3 446 Carter, Madi        | 15  | Bma(Blue Mou |        | 23.81m |        |
| 4 3179 Sauer, Madeline    | 15  | Arm (Armidal | 19.65m | 18.30m |        |
| 5 3475 Robson, Emma       | 15  | Coh(Coffs Ha |        | 17.63m |        |
| 6 3685 Fox-Smith, Sarah   | 15  | Kotara       |        | 10.36m |        |

Women 1500 Meter Race Walk 15 yrs

| Name                   | Age | Team         | Seed     | Finals   | Points |
|------------------------|-----|--------------|----------|----------|--------|
| Section 1              |     |              |          |          |        |
| 1 1386 shaw, katrina   | 14  | Bma(Blue Mou | 7.45     | 7:54.57  |        |
| 2 3475 Robson, Emma    | 15  | Coh(Coffs Ha |          | 8:10.01  |        |
| 3 462 Dhu, Abbey       | 11  | Bma(Blue Mou | 8:02.00  | 8:42.70  |        |
| 4 1370 Porley, Candice | 13  | Bma(Blue Mou |          | 9:11.25  |        |
| 5 3474 Robson, Natalia | 13  | Coh(Coffs Ha |          | 9:21.91  |        |
| 6 3649 Bagley, Fiona   | 13  | Stp(Stuarts  | 8.24     | 9:41.14  |        |
| 7 2104 Lavalley, Chloe | 11  | Ibs(Illawarr |          | 9:54.31  |        |
| 8 3736 Keating, Sian   | 12  | Edg(Edgewort | 10:19.30 | 10:26.79 |        |
| 9 463 Dhu, Rachel      | 12  | Bma(Blue Mou |          | 10:28.51 |        |
| 10 2948 Rodda, April   | 12  | Now(Nowra)   |          | 11:39.80 |        |
| 11 2947 Rodda, Sonja   | 12  | Now(Nowra)   |          | 12:42.53 |        |

Women 100 Meter Dash 16 yrs

| Name | Age | Team | Seed | Prelims |
|------|-----|------|------|---------|
|------|-----|------|------|---------|

| Heat 1 Preliminaries Wind: -4.4 |                        |                    |       |        |
|---------------------------------|------------------------|--------------------|-------|--------|
|                                 |                        |                    |       |        |
| 1                               | 352 Pollard, Stephaine | 16 ACT             | 12.64 | 13.09q |
| 2                               | 596 Ryan, Skye         | 16 Ibs(Illawarr    |       | 13.34q |
| 3                               | 1660 lawrence, amy-lee | 16 Gos(Gosford)    | 12.90 | 13.97q |
| 4                               | 1364 Rhodes, Gabriella | 16 Bma(Blue Mou    |       | 14.14q |
| 5                               | 3772 Halvorsen, Sarah  | 16 Maquarie Hunter | 13.20 | 14.26q |
| 6                               | 761 Bruce, Lacey       | 16 Now(Nowra)      | 13.40 | 14.63q |
| 7                               | 1965 Clune, Mikahli    | 16 Gos(Gosford)    |       | 14.98q |
| 8                               | 1369 Porley, Tabitha   | 16 Bma(Blue Mou    |       | 15.22q |

Women 200 Meter Dash 16 yrs

| =====                           |                        |                    |         |         |
|---------------------------------|------------------------|--------------------|---------|---------|
|                                 | Name                   | Age Team           | Seed    | Prelims |
| =====                           |                        |                    |         |         |
| Heat 1 Preliminaries Wind: -3.3 |                        |                    |         |         |
| 1                               | 596 Ryan, Skye         | 16 Ibs(Illawarr    |         | 26.61Q  |
| 2                               | 352 Pollard, Stephaine | 16 ACT             | 26.54   | 26.89Q  |
| 3                               | 1660 lawrence, amy-lee | 16 Gos(Gosford)    | 26.90   | 27.03Q  |
| 4                               | 2087 Polyzoidis, Naomi | 16 Wol(Athletic    | 25.90   | 28.10q  |
| 5                               | 3772 Halvorsen, Sarah  | 16 Maquarie Hunter | 26.80   | 28.29q  |
| 6                               | 1364 Rhodes, Gabriella | 16 Bma(Blue Mou    |         | 28.44q  |
| 7                               | 931 Mason, Ellese      | 16 Wyo(Wyong)      |         | 29.75q  |
| 8                               | 3934 Munro, Alexandra  | 16 Ces(Cessnock    | 1:05.00 | 30.14q  |
| 9                               | 1369 Porley, Tabitha   | 16 Bma(Blue Mou    |         | 30.35q  |

Women 400 Meter Dash 16 yrs

| =====                |                        |                    |         |          |
|----------------------|------------------------|--------------------|---------|----------|
|                      | Name                   | Age Team           | Seed    | Prelims  |
| =====                |                        |                    |         |          |
| Heat 1 Preliminaries |                        |                    |         |          |
| 1                    | 1660 lawrence, amy-lee | 16 Gos(Gosford)    | 1.02    | 1:01.58q |
| 2                    | 3739 Sweeney, Erica    | 16 Arm (Armidal    |         | 1:01.63q |
| 3                    | 3772 Halvorsen, Sarah  | 16 Maquarie Hunter | 1:05.01 | 1:04.36q |
| 4                    | 1364 Rhodes, Gabriella | 16 Bma(Blue Mou    |         | 1:04.51q |
| 5                    | 3780 Gusman, Nicole    | 16 Coh(Coffs Ha    | 1:04.00 | 1:06.28q |
| 6                    | 3934 Munro, Alexandra  | 16 Ces(Cessnock    | 29.90   | 1:07.40q |
| 7                    | 568 Chambers, Jemma    | 16 Ibs(Illawarr    | 1:07.01 | 1:08.61q |
| 8                    | 1369 Porley, Tabitha   | 16 Bma(Blue Mou    |         | 1:13.02q |

Women 800 Meter Run 16 yrs

| =====     |                        |                 |         |         |        |
|-----------|------------------------|-----------------|---------|---------|--------|
|           | Name                   | Age Team        | Seed    | Finals  | Points |
| =====     |                        |                 |         |         |        |
| Section 1 |                        |                 |         |         |        |
| 1         | 3739 Sweeney, Erica    | 16 Arm (Armidal |         | 2:22.01 |        |
| 2         | 1850 Lavalley, Olivia  | 16 Kej(Kembla J |         | 2:23.35 |        |
| 3         | 2448 leonard, olivia   | 16 Mai(Maitland | 2:16.89 | 2:24.26 |        |
| 4         | 1660 lawrence, amy-lee | 16 Gos(Gosford) | 2:29.00 | 2:42.20 |        |

Women 1500 Meter Run 16 yrs

| ===== |                         |                 |         |         |        |
|-------|-------------------------|-----------------|---------|---------|--------|
|       | Name                    | Age Team        | Seed    | Finals  | Points |
| ===== |                         |                 |         |         |        |
| 1     | 789 Quinn, Michaela     | 16 Now(Nowra)   |         | 4:49.68 |        |
| 2     | 2448 leonard, olivia    | 16 Mai(Maitland | 4:37.65 | 5:00.55 |        |
| 3     | 1850 Lavalley, Olivia   | 16 Kej(Kembla J |         | 5:21.66 |        |
| 4     | 568 Chambers, Jemma     | 16 Ibs(Illawarr | 5:11.20 | 5:31.40 |        |
| 5     | 3083 Macpherson, Claire | 16 Sco(Scone Am |         | 5:36.27 |        |
| 6     | 40 Tassone, Bianca      | 16 Ces(Cessnock |         | 5:36.52 |        |

Women 3000 Meter Run 16 yrs

| Name                  | Age | Team       | Seed | Finals   | Points |
|-----------------------|-----|------------|------|----------|--------|
| 1 789 Quinn, Michaela | 16  | Now(Nowra) |      | 10:34.52 |        |

Women 100 Meter Hurdles 0.762m 16 yrs

| Name                     | Age | Team         | Seed  | Finals | Points |
|--------------------------|-----|--------------|-------|--------|--------|
| Section 1 Wind: -0.7     |     |              |       |        |        |
| 1 352 Pollard, Stephaine | 16  | ACT          | 13.60 | 15.85  |        |
| 2 761 Bruce, Lacey       | 16  | Now(Nowra)   |       | 16.13  |        |
| 3 2789 Bailey, Cassandra | 16  | Mas(Macquari | 16.58 | 17.32  |        |
| 4 277 Kerr, Amanda       | 16  | Ind(Independ | 16.59 | 18.14  |        |
| 5 931 Mason, Ellese      | 16  | Wyo(Wyong)   |       | 19.22  |        |

Women 400 Meter Hurdles 16 yrs

| Name                     | Age | Team         | Seed    | Finals  | Points |
|--------------------------|-----|--------------|---------|---------|--------|
| Section 1                |     |              |         |         |        |
| 1 2087 Polyzoidis, Naomi | 16  | Wol(Athletic | 1:08.02 | 1:09.66 |        |

Women High Jump 16 yrs

| Name                     | Age | Team         | Seed  | Finals | Points |
|--------------------------|-----|--------------|-------|--------|--------|
| Flight 1                 |     |              |       |        |        |
| 1 3780 Gusman, Nicole    | 16  | Coh(Coffs Ha | 1.62m | 1.55m  | 10     |
| 2 2789 Bailey, Cassandra | 16  | Mas(Macquari | 1.60m | 1.50m  | 6.33   |
| 3 931 Mason, Ellese      | 16  | Wyo(Wyong)   |       | 1.50m  | 6.33   |
| 3 277 Kerr, Amanda       | 16  | Ind(Independ | 1.72m | 1.50m  | 6.33   |

Women Long Jump 16 yrs

| Name                     | Age | Team         | Seed  | Finals | Wind | Points |
|--------------------------|-----|--------------|-------|--------|------|--------|
| 1 277 Kerr, Amanda       | 16  | Ind(Independ | 4.87m | 4.78m  | NWI  | 10     |
| 2 761 Bruce, Lacey       | 16  | Now(Nowra)   |       | 4.74m  | NWI  | 8      |
| 3 2789 Bailey, Cassandra | 16  | Mas(Macquari | 5.10m | 4.66m  | NWI  | 6      |
| 4 3780 Gusman, Nicole    | 16  | Coh(Coffs Ha | 5.04m | 4.58m  | NWI  | 5      |
| 5 1364 Rhodes, Gabriella | 16  | Bma(Blue Mou |       | 4.54m  | NWI  | 4      |
| 6 1369 Porley, Tabitha   | 16  | Bma(Blue Mou |       | 3.70m  | NWI  | 3      |

Women Triple Jump 16 yrs

| Name                     | Age | Team         | Seed   | Finals | Wind | Points |
|--------------------------|-----|--------------|--------|--------|------|--------|
| 1 761 Bruce, Lacey       | 16  | Now(Nowra)   |        | 10.82m | NWI  |        |
| 2 2789 Bailey, Cassandra | 16  | Mas(Macquari | 11.00m | 10.62m | NWI  |        |
| 3 277 Kerr, Amanda       | 16  | Ind(Independ | 10.58m | 10.52m | NWI  |        |
| 4 3780 Gusman, Nicole    | 16  | Coh(Coffs Ha | 10.68m | 10.44m | NWI  |        |
| 5 1965 Clune, Mikahli    | 16  | Gos(Gosford) |        | 8.00m  | NWI  |        |

Women Shot Put 16 yrs

| Name                      | Age | Team         | Seed | Finals | Points |
|---------------------------|-----|--------------|------|--------|--------|
| 1 2615 Denicaucou, Yasena | 15  | Bma(Blue Mou |      | 11.14m |        |

|   |      |                   |    |              |        |        |
|---|------|-------------------|----|--------------|--------|--------|
| 2 | 40   | Tassone, Bianca   | 16 | Ces(Cessnock |        | 10.40m |
| 3 | 1020 | Mulder, Bridey    | 16 | Woo(Woodberr | 9.68m  | 9.64m  |
| 4 | 3253 | Stokes, Laura     | 16 | For(Forster) | 10.45m | 9.49m  |
| 5 | 277  | Kerr, Amanda      | 16 | Ind(Independ | 8.92m  | 8.93m  |
| 6 | 931  | Mason, Ellese     | 16 | Wyo(Wyong)   |        | 8.90m  |
| 7 | 2789 | Bailey, Cassandra | 16 | Mas(Macquari | 8.50m  | 8.53m  |

Women Discus Throw 16 yrs

| Name | Age  | Team               | Seed | Finals       | Points          |
|------|------|--------------------|------|--------------|-----------------|
| 1    | 2615 | Denicaucau, Yasena | 15   | Bma(Blue Mou | 41.55m 10       |
| 2    | 1020 | Mulder, Bridey     | 16   | Woo(Woodberr | 32.77m 31.25m 8 |
| 3    | 40   | Tassone, Bianca    | 16   | Ces(Cessnock | 30.13m 6        |
| 4    | 3240 | Greentree, Ashley  | 15   | For(Forster) | 22.60m 29.45m 5 |
| 5    | 931  | Mason, Ellese      | 16   | Wyo(Wyong)   | 26.58m 4        |

Women Hammer Throw 16 yrs

| Name | Age  | Team               | Seed | Finals       | Points |
|------|------|--------------------|------|--------------|--------|
| 1    | 2615 | Denicaucau, Yasena | 15   | Bma(Blue Mou | 38.83m |
| 2    | 3240 | Greentree, Ashley  | 15   | For(Forster) | 22.31m |
| 3    | 1020 | Mulder, Bridey     | 16   | Woo(Woodberr | 16.39m |

Women Javelin Throw 16 yrs

| Name | Age  | Team               | Seed | Finals       | Points          |
|------|------|--------------------|------|--------------|-----------------|
| 1    | 40   | Tassone, Bianca    | 16   | Ces(Cessnock | 34.03m 10       |
| 2    | 2615 | Denicaucau, Yasena | 15   | Bma(Blue Mou | 28.79m 8        |
| 3    | 1020 | Mulder, Bridey     | 16   | Woo(Woodberr | 25.73m 25.36m 6 |
| 4    | 931  | Mason, Ellese      | 16   | Wyo(Wyong)   | 24.66m 5        |
| 5    | 2789 | Bailey, Cassandra  | 16   | Mas(Macquari | 27.50m 22.34m 4 |
| 6    | 3240 | Greentree, Ashley  | 15   | For(Forster) | 26.89m 21.77m 3 |

Women 3000 Meter Race Walk 16 yrs

| Name      | Age  | Team            | Seed | Finals       | Points         |
|-----------|------|-----------------|------|--------------|----------------|
| Section 1 |      |                 |      |              |                |
| 1         | 1369 | Porley, Tabitha | 16   | Bma(Blue Mou | 18:18.53       |
| 2         | 2859 | Gray, Liesl     | 16   | Ind(Independ | 18.00 18:53.91 |
| 3         | 462  | Dhu, Abbey      | 11   | Bma(Blue Mou | 20:31.41       |
| 4         | 463  | Dhu, Rachel     | 12   | Bma(Blue Mou | 22:16.56       |

Women 100 Meter Dash 17 yrs

| Name                 | Age  | Team            | Seed | Finals          | Points      |
|----------------------|------|-----------------|------|-----------------|-------------|
| Section 1 Wind: -4.5 |      |                 |      |                 |             |
| 1                    | 2106 | Taddeo, Abbie   | 17   | Ibs(Illawarr    | 12.40 13.09 |
| 2                    | 2669 | Bonzo, Laura    | 17   | Wal(Wallsend    | 12.31 13.16 |
| 3                    | 2898 | Coppins, Emily  | 17   | Maquarie Hunter | 12.49 13.20 |
| 4                    | 238  | Lorentzen, Kara | 17   | Wal(Wallsend    | 12.70 13.25 |

Women 200 Meter Dash 17 yrs

| Name | Age | Team | Seed | Prelims |
|------|-----|------|------|---------|
|------|-----|------|------|---------|

## Heat 1 Preliminaries Wind: -0.6

|   |      |                  |    |                 |       |        |
|---|------|------------------|----|-----------------|-------|--------|
| 1 | 238  | Lorentzen, Kara  | 17 | Wal(Wallsend)   | 25.53 | 25.61q |
| 2 | 2106 | Taddeo, Abbie    | 17 | Ibs(Illawarr)   | 25.90 | 25.74q |
| 3 | 2898 | Coppins, Emily   | 17 | Maquarie Hunter | 25.54 | 25.76q |
| 4 | 2896 | O'Carrol, Tia    | 17 | Maquarie Hunter | 26.70 | 26.37q |
| 5 | 1166 | Walker, Savannah | 17 | Stp(Stuarts)    | 26.10 | 26.82q |
| 6 | 3249 | White, Mikaela   | 17 | For(Forster)    | 27.40 | 27.11q |
| 7 | 567  | Chambers, Karlie | 17 | Ibs(Illawarr)   | 25.70 | 27.55q |

## Women 400 Meter Dash 17 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

## Section 1

|   |      |                    |    |                 |         |         |
|---|------|--------------------|----|-----------------|---------|---------|
| 1 | 2898 | Emily, Coppins     | 17 | Maquarie Hunter | 57.18   | 57.99   |
| 2 | 2896 | O'Carrol, Tia      | 17 | Maquarie Hunter |         | 59.04   |
| 3 | 567  | Chambers, Karlie   | 17 | Ibs(Illawarr)   | 56.79   | 59.62   |
| 4 | 3249 | White, Mikaela     | 17 | For(Forster)    | 1:01.90 | 1:00.28 |
| 5 | 2441 | bain-fenton, jacar | 17 | Ces(Cessnock)   | 56.90   | 1:01.49 |
| 6 | 1166 | Walker, Savannah   | 17 | Stp(Stuarts)    | 58.00   | 1:01.74 |
| 7 | 2746 | auton, therese     | 17 | Min(Mingara)    |         | 1:04.86 |
| 8 | 718  | Ricardo, Gina      | 17 | Min(Mingara)    | 0.66    | 1:10.98 |

## Women 800 Meter Run 17 yrs

| Name | Age  | Team               | Seed | Finals        | Points  |         |
|------|------|--------------------|------|---------------|---------|---------|
| 1    | 2441 | bain-fenton, jacar | 17   | Ces(Cessnock) |         | 2:20.16 |
| 2    | 3479 | Deam, Siobhan      | 17   | Coh(Coffs Ha) | 2:24.00 | 2:23.15 |
| 3    | 2746 | auton, therese     | 17   | Min(Mingara)  | 2:27.00 | 2:27.30 |

## Women 1500 Meter Run 17 yrs

| Name | Age  | Team           | Seed | Finals        | Points  |         |
|------|------|----------------|------|---------------|---------|---------|
| 1    | 3479 | Deam, Siobhan  | 17   | Coh(Coffs Ha) | 5:30.00 | 5:06.37 |
| 2    | 2746 | auton, therese | 17   | Min(Mingara)  | 4:55.00 | 5:07.32 |
| 3    | 718  | Ricardo, Gina  | 17   | Min(Mingara)  | 5.15    | 5:22.78 |

## Women 100 Meter Hurdles 0.762m 17 yrs

| Name | Age  | Team          | Seed | Finals        | Points |       |
|------|------|---------------|------|---------------|--------|-------|
| 1    | 2106 | Taddeo, Abbie | 17   | Ibs(Illawarr) | 14.66  | 14.72 |

## Women 4x100 Meter Relay 17 yrs

| Team                             | Seed | Finals | Points |
|----------------------------------|------|--------|--------|
| 1 Ibs(Illawarra Blue Stars) 'A'  |      | 52.44  |        |
| 2 Woo(Woodberry & Districts) 'A' |      | 58.51  |        |

## Women Long Jump 17 yrs

| Name | Age  | Team             | Seed | Finals       | Wind  | Points       |
|------|------|------------------|------|--------------|-------|--------------|
| 1    | 1166 | Walker, Savannah | 17   | Stp(Stuarts) | 5.30m | 5.10m NWI 10 |

2 3249 White, Mikaela 17 For(Forster) 5.25m 4.88m NWI 8

Women Shot Put 17 yrs

| Name                   | Age | Team         | Seed   | Finals | Points |
|------------------------|-----|--------------|--------|--------|--------|
| 1 3193 Bylos, Gemma    | 17  | For(Forster) | 10.23m | 9.61m  |        |
| 2 228 howard, Rhiannon | 17  | Mas(Macquari | 7.60m  | 7.03m  |        |

Women Discus Throw 17 yrs

| Name                   | Age | Team            | Seed   | Finals | Points |
|------------------------|-----|-----------------|--------|--------|--------|
| 1 2786 Maslen, Georgia | 17  | Maquarie Hunter | 37.04m | 35.61m | 10     |
| 2 1020 Mulder, Bridey  | 16  | Woo(Woodberr    |        | 33.04m | 8      |
| 3 3253 Stokes, Laura   | 16  | For(Forster)    |        | 29.14m | 6      |
| 4 228 howard, Rhiannon | 17  | Mas(Macquari    | 24.00m | 14.64m | 5      |

Women Hammer Throw 17 yrs

| Name                   | Age | Team            | Seed   | Finals | Points |
|------------------------|-----|-----------------|--------|--------|--------|
| 1 2786 Maslen, Georgia | 17  | Maquarie Hunter | 44.47m | 41.23m | 10     |
| 2 3193 Bylos, Gemma    | 17  | For(Forster)    | 28.86m | 30.61m | 8      |

Women Javelin Throw 17 yrs

| Name                   | Age | Team         | Seed   | Finals | Points |
|------------------------|-----|--------------|--------|--------|--------|
| 1 3253 Stokes, Laura   | 16  | For(Forster) |        | 19.31m | 10     |
| 2 228 howard, Rhiannon | 17  | Mas(Macquari | 24.00m | 17.14m | 8      |

Women 100 Meter Dash 18/19 yrs

| Name                   | Age | Team         | Seed  | Finals | Points |
|------------------------|-----|--------------|-------|--------|--------|
| Section 1 Wind: -3.3   |     |              |       |        |        |
| 1 2123 Scott, Talissa  | 18  | Ibs(Illawarr | 12.50 | 13.16  |        |
| 2 3694 Price, Kristy   | 18  | Wal(Wallsend | 12.70 | 13.61  |        |
| 3 766 De Vries, Sarah  | 19  | Now(Nowra)   | 13.80 | 14.58  |        |
| 4 3178 Sauer, Jess     | 18  | Arm (Armidal | 14.05 | 14.74  |        |
| 5 3197 Ferris, Natalie | 18  | For(Forster) | 12.24 | 19.34  |        |

Women 200 Meter Dash 18/19 yrs

| Name                      | Age | Team            | Seed  | Finals | Points |
|---------------------------|-----|-----------------|-------|--------|--------|
| Section 1 Wind: -3.2      |     |                 |       |        |        |
| 1 3771 Halvorsen, Georgia | 19  | Maquarie Hunter | 27.20 | 28.96  |        |
| 2 766 De Vries, Sarah     | 19  | Now(Nowra)      | 28.80 | 29.82  |        |
| 3 3178 Sauer, Jess        | 18  | Arm (Armidal    | 29.93 | 30.43  |        |
| -- 3694 Price, Kristy     | 18  | Wal(Wallsend    | 26.70 | DQ     |        |

Women 400 Meter Dash 18/19 yrs

| Name                   | Age | Team         | Seed | Finals  | Points |
|------------------------|-----|--------------|------|---------|--------|
| Section 1              |     |              |      |         |        |
| 1 3250 Withnall, Elana | 18  | For(Forster) |      | 1:00.74 |        |
| 2 572 Burnett, Claire  | 18  | Ibs(Illawarr |      | 1:01.06 |        |

|   |      |                   |    |               |         |         |
|---|------|-------------------|----|---------------|---------|---------|
| 3 | 3694 | Price, Kristy     | 18 | Wal(Wallsend) | 59.10   | 1:02.71 |
| 4 | 2764 | Betts, Alison     | 18 | Min(Mingara)  |         | 1:06.61 |
| 5 | 766  | De Vries, Sarah   | 19 | Now(Nowra)    |         | 1:08.08 |
| 6 | 702  | Sieczkowski, Kiri | 18 | Min(Mingara)  | 1:15.00 | 1:14.39 |

Women 800 Meter Run 18/19 yrs

| Name                     | Age | Team            | Seed    | Finals  | Points |
|--------------------------|-----|-----------------|---------|---------|--------|
| 1 3062 Brady, Tia        | 19  | Maquarie Hunter |         | 2:20.16 |        |
| 2 572 Burnett, Claire    | 18  | Ibs(Illawarr)   | 2.18    | 2:21.90 |        |
| 3 2292 Coffey, Meghann   | 18  | Sin(Singleto)   | 2:22.22 | 2:24.91 |        |
| 4 3951 Robertson, Marnie | 19  | Maquarie Hunter | 2:23.00 | 2:29.97 |        |
| 5 3694 Price, Kristy     | 18  | Wal(Wallsend)   | 2:35.00 | 2:36.94 |        |

Women 1500 Meter Run 18/19 yrs

| Name                    | Age | Team          | Seed    | Finals  | Points |
|-------------------------|-----|---------------|---------|---------|--------|
| 1 2292 Coffey, Meghann  | 18  | Sin(Singleto) | 4:48.97 | 4:53.46 |        |
| 2 572 Burnett, Claire   | 18  | Ibs(Illawarr) | 4.55    | 4:55.49 |        |
| 3 2764 Betts, Alison    | 18  | Min(Mingara)  |         | 4:56.66 |        |
| 4 702 Sieczkowski, Kiri | 18  | Min(Mingara)  | 5:29.00 | 5:29.85 |        |

Women 3000 Meter Run 18/19 yrs

| Name                   | Age | Team          | Seed     | Finals   | Points |
|------------------------|-----|---------------|----------|----------|--------|
| 1 2292 Coffey, Meghann | 18  | Sin(Singleto) | 10:36.14 | 11:01.12 |        |

Women 100 Meter Hurdles 0.840m 18/19 yrs

| Name                   | Age | Team          | Seed  | Finals | Points |
|------------------------|-----|---------------|-------|--------|--------|
| Section 1 Wind: -2.2   |     |               |       |        |        |
| 1 2123 Scott, Talissa  | 18  | Ibs(Illawarr) | 14.40 | 15.40  |        |
| 2 3250 Withnall, Elana | 18  | For(Forster)  |       | 15.59  |        |
| 3 3197 Ferris, Natalie | 18  | For(Forster)  | 14.74 | 16.30  |        |
| 4 3291 Gray, Mikhaila  | 18  | Ind(Independ) | 17.00 | 18.39  |        |

Women 400 Meter Hurdles 18/19 yrs

| Name                   | Age | Team         | Seed | Finals  | Points |
|------------------------|-----|--------------|------|---------|--------|
| Section 1              |     |              |      |         |        |
| 1 3250 Withnall, Elana | 18  | For(Forster) |      | 1:06.40 |        |
| 2 766 De Vries, Sarah  | 19  | Now(Nowra)   |      | 1:19.40 |        |

Women 2000 Meter Steeplechase 18/19 yrs

| Name                    | Age | Team         | Seed | Finals   | Points |
|-------------------------|-----|--------------|------|----------|--------|
| 1 1369 Porley, Tabitha  | 16  | Bma(Blue Mou |      | 9:55.75  |        |
| 2 1370 Porley, Candice  | 13  | Bma(Blue Mou |      | 11:40.15 |        |
| 3 1386 shaw, katrina    | 14  | Bma(Blue Mou |      | 11:40.16 |        |
| 4 3685 Fox-Smith, Sarah | 15  | Kotara       |      | 12:06.81 |        |

Women High Jump 18/19 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

Flight 1

|   |      |                |    |              |       |       |    |
|---|------|----------------|----|--------------|-------|-------|----|
| 1 | 3780 | Gusman, Nicole | 16 | Coh(Coffs Ha |       | 1.63m | 10 |
| 2 | 1360 | Cormack, Emma  | 18 | Bma(Blue Mou | 1.65m | 1.60m | 8  |
| 3 | 3178 | Sauer, Jess    | 18 | Arm (Armidal | 1.15m | 1.15m | 6  |

Women Long Jump 18/19 yrs

| Name                  | Age | Team         | Seed  | Finals | Wind | Points |
|-----------------------|-----|--------------|-------|--------|------|--------|
| 1 2123 Scott, Talissa | 18  | Ibs(Illawarr | 5.91m | 5.50m  | NWI  |        |
| 2 3291 Gray, Mikhaila | 18  | Ind(Independ | 4.80m | 4.72m  | NWI  |        |
| 3 1360 Cormack, Emma  | 18  | Bma(Blue Mou | 4.50m | 4.67m  | NWI  |        |
| 4 3178 Sauer, Jess    | 18  | Arm (Armidal | 4.56m | 4.51m  | NWI  |        |
| 5 766 De Vries, Sarah | 19  | Now(Nowra)   |       | 4.02m  | NWI  |        |

Women Triple Jump 18/19 yrs

| Name                   | Age | Team         | Seed   | Finals | Wind | Points |
|------------------------|-----|--------------|--------|--------|------|--------|
| 1 3250 Withnall, Elana | 18  | For(Forster) |        | 11.28m | NWI  | 10     |
| 2 3291 Gray, Mikhaila  | 18  | Ind(Independ | 10.80m | 9.68m  | NWI  | 8      |
| 3 572 Burnett, Claire  | 18  | Ibs(Illawarr | 9.91m  | 9.41m  | NWI  | 6      |
| 4 3178 Sauer, Jess     | 18  | Arm (Armidal | 9.67m  | 9.08m  | NWI  | 5      |
| 5 766 De Vries, Sarah  | 19  | Now(Nowra)   |        | 8.39m  | NWI  | 4      |

Women Shot Put 18/19 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 3065 Cummings, Tianna | 19  | Mas(Macquari |        | 10.80m |        |
| 2 3291 Gray, Mikhaila   | 18  | Ind(Independ | 10.20m | 9.78m  |        |
| 3 2134 Walsh, Claire    | 19  | Ibs(Illawarr |        | 9.27m  |        |
| 4 938 Walter, Raechelle | 18  | Wyo(Wyong)   | 8.44m  | 7.95m  |        |
| 5 3178 Sauer, Jess      | 18  | Arm (Armidal | 7.25m  | 7.63m  |        |
| 6 3925 Norman, Bridie   | 19  | Ind(Independ |        | 7.54m  |        |

Women Discus Throw 18/19 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 3065 Cummings, Tianna | 19  | Mas(Macquari |        | 34.23m |        |
| 2 40 Tassone, Bianca    | 16  | Ces(Cessnock |        | 31.74m |        |
| 3 3925 Norman, Bridie   | 19  | Ind(Independ |        | 27.52m |        |
| 4 3291 Gray, Mikhaila   | 18  | Ind(Independ | 26.00m | 27.46m |        |
| 5 2134 Walsh, Claire    | 19  | Ibs(Illawarr |        | 26.58m |        |
| 6 572 Burnett, Claire   | 18  | Ibs(Illawarr | 25.02m | 21.27m |        |
| 7 3178 Sauer, Jess      | 18  | Arm (Armidal | 19.93m | 20.40m |        |

Women Hammer Throw 18/19 yrs

| Name                  | Age | Team         | Seed | Finals | Points |
|-----------------------|-----|--------------|------|--------|--------|
| 1 2134 Walsh, Claire  | 19  | Ibs(Illawarr |      | 23.27m | 10     |
| 2 3925 Norman, Bridie | 19  | Ind(Independ |      | 18.53m | 8      |

Women Javelin Throw 18/19 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

|   |      |                 |    |              |        |        |
|---|------|-----------------|----|--------------|--------|--------|
| 1 | 2134 | Walsh, Claire   | 19 | Ibs(Illawarr |        | 35.66m |
| 2 | 40   | Tassone, Bianca | 16 | Ces(Cessnock |        | 33.52m |
| 3 | 3291 | Gray, Mikhaila  | 18 | Ind(Independ | 28.00m | 27.32m |
| 4 | 3250 | Withnall, Elana | 18 | For(Forster) |        | 22.95m |
| 5 | 3925 | Norman, Bridie  | 19 | Ind(Independ |        | 19.83m |

Women 100 Meter Dash Open

| Name                            | Age  | Team               | Seed               | Prelims       |
|---------------------------------|------|--------------------|--------------------|---------------|
| Heat 1 Preliminaries Wind: -4.2 |      |                    |                    |               |
| 1                               | 1536 | Whaler, Laura      | 24 Maquarie Hunter | 11.46 12.13Q  |
| 2                               | 3574 | Heasman, Anna      | 25 Bma(Blue Mou    | 12.50 13.03Q  |
| 3                               | 2023 | Brett, Caryn       | 21 Wtl(Westlake    | 12.49 13.05Q  |
| 4                               | 1362 | Habermann, Tegan   | 20 Bma(Blue Mou    | 14.70 14.95   |
| 5                               | 3665 | Peel, Danielle     | 21 Koo(Kooringa    | 15.03 15.03   |
| 6                               | 446  | Clifton, Jessica   | 27 Bma(Blue Mou    | 15.10 15.45   |
| Heat 2 Preliminaries Wind: -4.4 |      |                    |                    |               |
| 1                               | 2940 | Johnston, Lauren   | 26 Now(Nowra)      | 12.80 12.68Q  |
| 2                               | 1535 | Baillache, Alison  | 25 Maquarie Hunter | 12.00 13.02Q  |
| 3                               | 599  | Mogentale, Gianna  | 48 Ibs(Illawarr    | 12.40 13.30Q  |
| 4                               | 1357 | Devery, Jesse      | 21 Bma(Blue Mou    | 14.29q 14.29q |
| 5                               | 3766 | Williamson, Nicole | 29 Coh(Coffs Ha    | 13.60 14.59q  |
| 6                               | 7836 | Dos Santos, Rebecc | 21 Ibs(Illawarr    | 14.70q 14.70q |

Women 100 Meter Dash Open

| Name                        | Age  | Team               | Prelims            | Finals      | Points |
|-----------------------------|------|--------------------|--------------------|-------------|--------|
| Section 1 Finals Wind: -1.9 |      |                    |                    |             |        |
| 1                           | 1536 | Whaler, Laura      | 24 Maquarie Hunter | 12.13 12.07 |        |
| 2                           | 2940 | Johnston, Lauren   | 26 Now(Nowra)      | 12.68 12.63 |        |
| 3                           | 1535 | Baillache, Alison  | 25 Maquarie Hunter | 13.02 12.89 |        |
| 4                           | 3574 | Heasman, Anna      | 25 Bma(Blue Mou    | 13.03 12.95 |        |
| 5                           | 2023 | Brett, Caryn       | 21 Wtl(Westlake    | 13.05 13.12 |        |
| 6                           | 599  | Mogentale, Gianna  | 48 Ibs(Illawarr    | 13.30 13.35 |        |
| 7                           | 3766 | Williamson, Nicole | 29 Coh(Coffs Ha    | 14.59 14.72 |        |
| 8                           | 7836 | Dos Santos, Rebecc | 21 Ibs(Illawarr    | 14.70 14.82 |        |

Women 200 Meter Dash Open

| Name                            | Age  | Team               | Seed               | Prelims       |
|---------------------------------|------|--------------------|--------------------|---------------|
| Heat 1 Preliminaries Wind: -1.8 |      |                    |                    |               |
| 1                               | 1536 | Whaler, Laura      | 24 Maquarie Hunter | 23.45 24.34Q  |
| 2                               | 2940 | Johnston, Lauren   | 26 Now(Nowra)      | 26.00 25.50Q  |
| 3                               | 3574 | Heasman, Anna      | 25 Bma(Blue Mou    | 25.90 25.81Q  |
| 4                               | 1535 | Baillache, Alison  | 25 Maquarie Hunter | 25.00 26.23q  |
| 5                               | 3766 | Williamson, Nicole | 29 Coh(Coffs Ha    | 28.80 29.69q  |
| 6                               | 3786 | Gunn, Sarah        | 20 Gos(Gosford)    | 30.03q 30.03q |
| 7                               | 3907 | Lees, Rebecca      | 26 Gos(Gosford)    | 30.44q 30.44q |
| 8                               | 7836 | Dos Santos, Rebecc | 21 Ibs(Illawarr    | 30.46q 30.46q |
| 9                               | 7828 | Blayney, Michelle  | 27 Ibs(Illawarr    | 32.00 32.65q  |

Women 400 Meter Dash Open

| Name      | Age  | Team       | Seed            | Finals       | Points |
|-----------|------|------------|-----------------|--------------|--------|
| Section 1 |      |            |                 |              |        |
| 1         | 2420 | Bull, Kara | 24 Mai(Maitland | 1.01 1:01.66 |        |

|   |      |                   |    |              |         |         |
|---|------|-------------------|----|--------------|---------|---------|
| 2 | 2463 | Fraser, Kelly     | 26 | Wol(Athletic | 1:01.10 | 1:02.23 |
| 3 | 1063 | Fennamore, Selina | 27 | Mai(Maitland | 1:10.00 | 1:06.36 |
| 4 | 3907 | Lees, Rebecca     | 26 | Gos(Gosford) |         | 1:11.79 |
| 5 | 3786 | Gunn, Sarah       | 20 | Gos(Gosford) |         | 1:15.29 |
| 6 | 446  | Clifton, Jessica  | 27 | Bma(Blue Mou | 1:17.00 | 1:15.78 |
| 7 | 1400 | Cameron, Krystall | 20 | Min(Mingara) | 1:18.00 | 1:17.96 |

Women 800 Meter Run Open

| Name | Age  | Team               | Seed | Finals       | Points  |
|------|------|--------------------|------|--------------|---------|
| 1    | 598  | Foster, Melanie    | 32   | Ibs(Illawarr | 2:21.90 |
| 2    | 2765 | Spencer, Lisa      | 26   | Min(Mingara) | 2:25.77 |
| 3    | 3189 | Keith, Alexandra   | 23   | Gos(Gosford) | 2:46.45 |
| 4    | 7836 | Dos Santos, Rebecc | 21   | Ibs(Illawarr | 3:13.42 |
| 5    | 7828 | Blayney, Michelle  | 27   | Ibs(Illawarr | 3:14.85 |

Women 1500 Meter Run Open

| Name | Age  | Team              | Seed | Finals       | Points  |
|------|------|-------------------|------|--------------|---------|
| 1    | 598  | Foster, Melanie   | 32   | Ibs(Illawarr | 4:49.62 |
| 2    | 3189 | Keith, Alexandra  | 23   | Gos(Gosford) | 5:26.00 |
| 3    | 1063 | Fennamore, Selina | 27   | Mai(Maitland | 5:45.00 |
| 4    | 3786 | Gunn, Sarah       | 20   | Gos(Gosford) | 6:18.87 |

Women 5000 Meter Run Open

| Name | Age  | Team              | Seed | Finals       | Points   |
|------|------|-------------------|------|--------------|----------|
| 1    | 1830 | Mitchell, Jessica | 21   | Sco(Scone Am | 18:07.53 |
| 2    | 794  | Suffolk, Cristine | 41   | Now(Nowra)   | 20:31.39 |

Women 100 Meter Hurdles 0.840m Open

| Name                      | Age  | Team              | Seed | Finals       | Points |
|---------------------------|------|-------------------|------|--------------|--------|
| Section 1      Wind: -2.2 |      |                   |      |              |        |
| 1                         | 3665 | Peel, Danielle    | 21   | Koo(Kooringa | 17.13  |
| 2                         | 1063 | Fennamore, Selina | 27   | Mai(Maitland | 19.50  |

Women 400 Meter Hurdles Open

| Name      | Age  | Team              | Seed    | Finals       | Points  |
|-----------|------|-------------------|---------|--------------|---------|
| Section 1 |      |                   |         |              |         |
| 1         | 1063 | Fennamore, Selina | 27      | Mai(Maitland | 1:20.00 |
| 2         | 3907 | Lees, Rebecca     | 26      | Gos(Gosford) | 1:13.71 |
| 3         | 3786 | Gunn, Sarah       | 20      | Gos(Gosford) | 1:15.25 |
| 4         | 231  | Holahan, Melissa  | 28      | WAL          | 1:26.17 |
|           |      |                   | 1:10.00 |              | 1:36.90 |

Women 3000 Meter Steeplechase Open

| Name | Age  | Team               | Seed     | Finals       | Points   |
|------|------|--------------------|----------|--------------|----------|
| 1    | 1063 | Fennamore, Selina  | 27       | Mai(Maitland | 15:00.00 |
| 2    | 3786 | Gunn, Sarah        | 20       | Gos(Gosford) | 14:47.18 |
| 3    | 1400 | Cameron, Krystall  | 20       | Min(Mingara) | 16:05.06 |
| 4    | 237  | Livingston, Aileen | 34       | WAL          | 17:54.28 |
| 5    | 231  | Holahan, Melissa   | 28       | WAL          | 14:00.00 |
|      |      |                    | 15:00.00 |              | 19:44.41 |
|      |      |                    |          |              | 20:01.02 |

Women 4x100 Meter Relay Open

| Team                            | Seed | Finals  | Points |
|---------------------------------|------|---------|--------|
| 1 Ibs(Illawarra Blue Stars) 'A' |      | 52.00   |        |
| 2 Nev(Newcastle Veterans) 'A'   |      | 52.39   |        |
| 3 For(Forster) 'A'              |      | 54.40   |        |
| 4 Now(Nowra) 'A'                |      | 59.00   |        |
| 5 Min(Mingara) 'A'              |      | 1:00.15 |        |

Women High Jump Open

| Name                    | Age | Team          | Seed  | Finals | Points |
|-------------------------|-----|---------------|-------|--------|--------|
| Flight 1                |     |               |       |        |        |
| 1 1360 Cormack, Emma    | 18  | Bma(Blue Mou  | 1.65m | 1.60m  |        |
| 2 1392 McGinley, Simone | 22  | Min(Mingara)  | 1.60m | 1.55m  |        |
| 3 3665 Peel, Danielle   | 21  | Koo(Kooringa) |       | 1.45m  |        |
| 4 1362 Habermann, Tegan | 20  | Bma(Blue Mou  | 1.43m | 1.35m  |        |

Women Pole Vault Open

| Name                     | Age | Team         | Seed  | Finals | Points |
|--------------------------|-----|--------------|-------|--------|--------|
| 1 1687 Ros, Montse       | 33  | Wol(Athletic |       | 2.80m  | 10     |
| 2 251 McLachlan, Madison | 15  | Wal(Wallsend | 2.50m | 1.90m  | 8      |

Women Long Jump Open

| Name                    | Age | Team         | Seed  | Finals | Wind | Points |
|-------------------------|-----|--------------|-------|--------|------|--------|
| 1 2123 Scott, Talissa   | 18  | Ibs(Illawarr | 5.91m | 5.66m  | NWI  | 10     |
| 2 1163 Maloney, Clare   | 21  | Stp(Stuarts  | 5.00m | 5.25m  | NWI  | 8      |
| 3 3665 Peel, Danielle   | 21  | Koo(Kooringa |       | 4.76m  | NWI  | 6      |
| 4 231 Holahan, Melissa  | 28  | WAL          | 4.38m | 4.33m  | NWI  | 5      |
| 5 2023 Brett, Caryn     | 21  | Wtl(Westlake | 5.86m | 4.18m  | NWI  | 4      |
| 6 938 Walter, Raechelle | 18  | Wyo(Wyong)   | 4.09m | 4.03m  | NWI  | 3      |

Women Triple Jump Open

| Name                      | Age | Team         | Seed   | Finals | Wind | Points |
|---------------------------|-----|--------------|--------|--------|------|--------|
| 1 1163 Maloney, Clare     | 21  | Stp(Stuarts  | 12.06m | 11.04m | NWI  |        |
| 2 231 Holahan, Melissa    | 28  | WAL          | 8.90m  | 8.71m  | NWI  |        |
| 3 7836 Dos Santos, Rebecc | 21  | Ibs(Illawarr |        | 8.68m  | NWI  |        |
| -- 1357 Devery, Jesse     | 21  | Bma(Blue Mou |        | DNF    | NWI  |        |

Women Shot Put Open

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 1357 Devery, Jesse      | 21  | Bma(Blue Mou |        | 11.66m |        |
| 2 2084 Clarke, Karen      | 21  | Wol(Athletic | 10.90m | 11.63m |        |
| 3 231 Holahan, Melissa    | 28  | WAL          | 12.03m | 11.54m |        |
| 4 3065 Cummings, Tianna   | 19  | Mas(Macquari |        | 10.93m |        |
| 5 1163 Maloney, Clare     | 21  | Stp(Stuarts  | 10.00m | 9.89m  |        |
| 6 3766 Williamson, Nicole | 29  | Coh(Coffs Ha | 10.80m | 9.28m  |        |
| 7 1362 Habermann, Tegan   | 20  | Bma(Blue Mou | 9.47m  | 8.78m  |        |
| 8 7476 Sayer, Tori        | 21  | Now(Nowra)   |        | 8.73m  |        |

|    |      |                    |    |              |       |       |
|----|------|--------------------|----|--------------|-------|-------|
| 9  | 1400 | Cameron, Krystall  | 20 | Min(Mingara) |       | 6.57m |
| 10 | 7836 | Dos Santos, Rebecc | 21 | Ibs(Illawarr |       | 6.27m |
| 11 | 446  | Clifton, Jessica   | 27 | Bma(Blue Mou | 6.81m | 6.23m |
| 12 | 1363 | Clifton, Julia     | 26 | Bma(Blue Mou | 6.23m | 5.37m |

Women Discus Throw Open

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 2084 Clarke, Karen      | 21  | Wol(Athletic | 0.42m  | 38.90m | 10     |
| 2 3065 Cummings, Tianna   | 19  | Mas(Macquari |        | 35.26m | 8      |
| 3 231 Holahan, Melissa    | 28  | WAL          | 33.27m | 31.87m | 6      |
| 4 1357 Devery, Jesse      | 21  | Bma(Blue Mou |        | 30.79m | 5      |
| 5 1362 Habermann, Tegan   | 20  | Bma(Blue Mou | 24.91m | 24.92m | 4      |
| 6 1400 Cameron, Krystall  | 20  | Min(Mingara) |        | 23.73m | 3      |
| 7 938 Walter, Raechelle   | 18  | Wyo(Wyong)   | 24.91m | 21.57m | 2      |
| 8 7336 Harrop, Alice      | 19  | ACT          |        | 17.71m | 1      |
| 9 7836 Dos Santos, Rebecc | 21  | Ibs(Illawarr |        | 16.42m |        |
| 10 446 Clifton, Jessica   | 27  | Bma(Blue Mou | 17.45m | 16.04m |        |
| 11 7828 Blayney, Michelle | 27  | Ibs(Illawarr |        | 15.53m |        |
| 12 1363 Clifton, Julia    | 26  | Bma(Blue Mou | 13.80m | 15.11m |        |

Women Hammer Throw Open

| Name                      | Age | Team            | Seed   | Finals | Points |
|---------------------------|-----|-----------------|--------|--------|--------|
| 1 231 Holahan, Melissa    | 28  | WAL             | 52.69m | 49.06m |        |
| 2 2101 mumberson, ashleig | 21  | Ibs(Illawarr    | 48.60m | 48.74m |        |
| 3 2786 Maslen, Georgia    | 17  | Maquarie Hunter | 44.47m | 40.14m |        |
| 4 3489 Pollock, Caite     | 20  | Edg(Edgewort    |        | 30.91m |        |
| 5 1400 Cameron, Krystall  | 20  | Min(Mingara)    |        | 17.14m |        |
| 6 7336 Harrop, Alice      | 19  | ACT             |        | 14.83m |        |
| 7 1363 Clifton, Julia     | 26  | Bma(Blue Mou    | 14.92m | 14.71m |        |
| 8 446 Clifton, Jessica    | 27  | Bma(Blue Mou    | 12.06m | 11.79m |        |

Women Javelin Throw Open

| Name                     | Age | Team         | Seed   | Finals | Points |
|--------------------------|-----|--------------|--------|--------|--------|
| 1 2084 Clarke, Karen     | 21  | Wol(Athletic | 0.48m  | 46.88m | 10     |
| 2 2134 Walsh, Claire     | 19  | Ibs(Illawarr |        | 31.46m | 8      |
| 3 1163 Maloney, Clare    | 21  | Stp(Stuarts  | 25.00m | 30.52m | 6      |
| 4 231 Holahan, Melissa   | 28  | WAL          | 26.90m | 26.34m | 5      |
| 5 938 Walter, Raechelle  | 18  | Wyo(Wyong)   | 21.08m | 22.48m | 4      |
| 6 1400 Cameron, Krystall | 20  | Min(Mingara) |        | 17.82m | 3      |

Women 3000 Meter Race Walk Open

| Name                    | Age | Team         | Seed  | Finals   | Points |
|-------------------------|-----|--------------|-------|----------|--------|
| Section 1               |     |              |       |          |        |
| 1 2432 Bonham, Jillian  | 26  | Gos(Gosford) | 15.22 | 16:21.50 |        |
| 2 3189 Keith, Alexandra | 23  | Gos(Gosford) |       | 17:49.65 |        |
| 3 3475 Robson, Emma     | 15  | Coh(Coffs Ha |       | 19:06.74 |        |
| 4 3907 Lees, Rebecca    | 26  | Gos(Gosford) |       | 22:30.54 |        |

Women 100 Meter Dash 30-39 yrs

| Name | Age | Team | Seed | Prelims |
|------|-----|------|------|---------|
|------|-----|------|------|---------|

| Heat 1 Preliminaries Wind: -5.9 |      |                        |     |                 |       |        |
|---------------------------------|------|------------------------|-----|-----------------|-------|--------|
|                                 | Rank | Name                   | Age | Team            | Time  | Points |
|                                 | 1    | 474 Hobson, Ranell     | 39  | Bma(Blue Mou    | 12.89 | 13.79q |
|                                 | 2    | 1687 Ros, Montse       | 33  | Wol(Athletic    |       | 14.44q |
|                                 | 3    | 685 Tucker, Allison    | 36  | Min(Mingara)    | 14.00 | 14.58q |
|                                 | 4    | 2894 Grozdanis, Tracey | 33  | Maquarie Hunter | 13.98 | 14.60q |
|                                 | 5    | 3190 Kennedy, Sonia    | 39  | For(Forster)    | 14.40 | 14.90q |
|                                 | 6    | 590 Bain, Carmen       | 39  | Ibs(Illawarr    |       | 16.82q |

Women 200 Meter Dash 30-39 yrs

| =====                |      |                        |      |                 |        |        |
|----------------------|------|------------------------|------|-----------------|--------|--------|
|                      | Name | Age                    | Team | Seed            | Finals | Points |
| =====                |      |                        |      |                 |        |        |
| Section 1 Wind: -1.3 |      |                        |      |                 |        |        |
|                      | 1    | 1664 Pagett, Lynda     | 38   | Gos(Gosford)    | 26.01  | 27.51  |
|                      | 2    | 474 Hobson, Ranell     | 39   | Bma(Blue Mou    | 27.77  | 28.09  |
|                      | 3    | 2894 Grozdanis, Tracey | 33   | Maquarie Hunter | 29.27  | 29.33  |

Women 400 Meter Dash 30-39 yrs

| =====     |      |                         |      |              |        |         |
|-----------|------|-------------------------|------|--------------|--------|---------|
|           | Name | Age                     | Team | Seed         | Finals | Points  |
| =====     |      |                         |      |              |        |         |
| Section 1 |      |                         |      |              |        |         |
|           | 1    | 1071 Fletcher, Kimberly | 32   | Mai(Maitland | 59.60  | 59.50   |
|           | 2    | 1664 Pagett, Lynda      | 38   | Gos(Gosford) | 59.00  | 1:00.91 |
|           | 3    | 685 Tucker, Allison     | 36   | Min(Mingara) | 1.09   | 1:09.14 |

Women 800 Meter Run 30-39 yrs

| ===== |      |                         |      |              |         |         |
|-------|------|-------------------------|------|--------------|---------|---------|
|       | Name | Age                     | Team | Seed         | Finals  | Points  |
| ===== |      |                         |      |              |         |         |
|       | 1    | 1071 Fletcher, Kimberly | 32   | Mai(Maitland | 2:20.00 | 2:31.31 |
|       | 2    | 3274 Williamson, Carrie | 32   | Coh(Coffs Ha | 3.01    | 2:59.46 |
|       | 3    | 237 Livingston, Aileen  | 34   | WAL          | 3.17    | 3:54.37 |

Women 3000 Meter Run 30-39 yrs

| ===== |      |                         |      |              |          |          |
|-------|------|-------------------------|------|--------------|----------|----------|
|       | Name | Age                     | Team | Seed         | Finals   | Points   |
| ===== |      |                         |      |              |          |          |
|       | 1    | 3274 Williamson, Carrie | 32   | Coh(Coffs Ha | 12.26    | 13:05.37 |
|       | 2    | 1 Jordan, Meredith      | 38   | Nev(Newcastl | 13:43.00 | 13:17.22 |
|       | 3    | 237 Livingston, Aileen  | 34   | WAL          | 16.00    | 17:18.94 |
|       | 4    | 574 Sundstrom, Jodie    | 32   | Ibs(Illawarr |          | 20:43.72 |

Women 400 Meter Hurdles 30-39 yrs

| ===== |      |                         |      |              |         |          |
|-------|------|-------------------------|------|--------------|---------|----------|
|       | Name | Age                     | Team | Seed         | Finals  | Points   |
| ===== |      |                         |      |              |         |          |
|       | 1    | 1071 Fletcher, Kimberly | 32   | Mai(Maitland | 1:07.00 | 1:05.08  |
|       | --   | 237 Livingston, Aileen  | 34   | WAL          | 1:10.00 | DQ 168.7 |

Women High Jump 30-39 yrs

| =====    |      |                    |      |              |        |          |
|----------|------|--------------------|------|--------------|--------|----------|
|          | Name | Age                | Team | Seed         | Finals | Points   |
| =====    |      |                    |      |              |        |          |
| Flight 1 |      |                    |      |              |        |          |
|          | 1    | 1687 Ros, Montse   | 33   | Wol(Athletic |        | 1.35m 10 |
|          | 2    | 7830 Cowgill, Kim  | 39   | Ibs(Illawarr | 1.25m  | 1.30m 7  |
|          | 2    | 474 Hobson, Ranell | 39   | Bma(Blue Mou | 1.40m  | 1.30m 7  |

Women Long Jump 30-39 yrs

| Name                     | Age | Team         | Seed  | Finals | Wind | Points |
|--------------------------|-----|--------------|-------|--------|------|--------|
| 1 474 Hobson, Ranell     | 39  | Bma(Blue Mou | 4.89m | 4.79m  | NWI  |        |
| 2 1687 Ros, Montse       | 33  | Wol(Athletic |       | 4.63m  | NWI  |        |
| 3 3190 Kennedy, Sonia    | 39  | For(Forster) |       | 4.24m  | NWI  |        |
| 4 685 Tucker, Allison    | 36  | Min(Mingara) | 3.89m | 4.19m  | NWI  |        |
| 5 237 Livingston, Aileen | 34  | WAL          | 4.38m | 3.97m  | NWI  |        |
| 6 7417 Heywood, Natalie  | 37  | Wol(Athletic |       | 3.72m  | NWI  |        |
| 7 590 Bain, Carmen       | 39  | Ibs(Illawarr |       | 2.98m  | NWI  |        |

Women Triple Jump 30-39 yrs

| Name                     | Age | Team         | Seed  | Finals | Wind | Points |
|--------------------------|-----|--------------|-------|--------|------|--------|
| 1 1687 Ros, Montse       | 33  | Wol(Athletic |       | 9.74m  | NWI  | 10     |
| 2 474 Hobson, Ranell     | 39  | Bma(Blue Mou | 9.40m | 8.99m  | NWI  | 8      |
| 3 7830 Cowgill, Kim      | 39  | Ibs(Illawarr |       | 8.80m  | NWI  | 6      |
| 4 237 Livingston, Aileen | 34  | WAL          | 8.85m | 8.34m  | NWI  | 5      |

Women Shot Put 30-39 yrs

| Name                     | Age | Team         | Seed  | Finals | Points |
|--------------------------|-----|--------------|-------|--------|--------|
| 1 7417 Heywood, Natalie  | 37  | Wol(Athletic | 8.39m | 8.93m  | 10     |
| 2 7830 Cowgill, Kim      | 39  | Ibs(Illawarr |       | 8.10m  | 8      |
| 3 237 Livingston, Aileen | 34  | WAL          | 7.67m | 7.54m  | 6      |
| 4 3190 Kennedy, Sonia    | 39  | For(Forster) |       | 7.10m  | 5      |
| 5 574 Sundstrom, Jodie   | 32  | Ibs(Illawarr |       | 5.83m  | 4      |

Women Discus Throw 30-39 yrs

| Name                     | Age | Team         | Seed   | Finals | Points |
|--------------------------|-----|--------------|--------|--------|--------|
| 1 7417 Heywood, Natalie  | 37  | Wol(Athletic | 25.00m | 27.28m |        |
| 2 237 Livingston, Aileen | 34  | WAL          | 25.00m | 25.32m |        |
| 3 7830 Cowgill, Kim      | 39  | Ibs(Illawarr |        | 25.21m |        |
| 4 574 Sundstrom, Jodie   | 32  | Ibs(Illawarr |        | 22.83m |        |
| 5 3190 Kennedy, Sonia    | 39  | For(Forster) |        | 22.15m |        |
| 6 685 Tucker, Allison    | 36  | Min(Mingara) | 19.67m | 17.72m |        |

Women Hammer Throw 30-39 yrs

| Name                     | Age | Team | Seed   | Finals | Points |
|--------------------------|-----|------|--------|--------|--------|
| 1 237 Livingston, Aileen | 34  | WAL  | 25.00m | 21.66m | 10     |

Women Javelin Throw 30-39 yrs

| Name                     | Age | Team         | Seed   | Finals | Points |
|--------------------------|-----|--------------|--------|--------|--------|
| 1 7417 Heywood, Natalie  | 37  | Wol(Athletic | 31.04m | 31.49m |        |
| 2 237 Livingston, Aileen | 34  | WAL          | 23.00m | 23.66m |        |

Women 3000 Meter Race Walk 30-39 yrs

| Name                   | Age | Team         | Seed | Finals   | Points |
|------------------------|-----|--------------|------|----------|--------|
| 1 574 Sundstrom, Jodie | 32  | Ibs(Illawarr |      | 19:16.82 |        |

Section 1

Women 100 Meter Dash 40-49 yrs

| Name                            | Age  | Team              | Seed             | Prelims      |
|---------------------------------|------|-------------------|------------------|--------------|
| Heat 1 Preliminaries Wind: -4.2 |      |                   |                  |              |
| 1                               | 599  | Mogentale, Gianna | 48 Ibs(Illawarr) | 12.40 13.49q |
| 2                               | 771  | Douglass, Lynda   | 49 Now(Nowra)    | 14.34q       |
| 3                               | 1408 | Angell, Karen     | 44 Min(Mingara)  | 14.30 15.57q |
| 4                               | 2152 | Flaherty, Kirsty  | 42 Gos(Gosford)  | 16.92q       |

Women 200 Meter Dash 40-49 yrs

| Name                            | Age  | Team              | Seed             | Prelims      |
|---------------------------------|------|-------------------|------------------|--------------|
| Heat 1 Preliminaries Wind: -3.9 |      |                   |                  |              |
| 1                               | 599  | Mogentale, Gianna | 48 Ibs(Illawarr) | 27.70 27.48q |
| 2                               | 2322 | Connell, Cathy    | 41 Wol(Athletic) | 28.91q       |
| 3                               | 771  | Douglass, Lynda   | 49 Now(Nowra)    | 29.38q       |
| 4                               | 443  | Carter, Janie     | 42 Bma(Blue Mou) | 30.50 30.89q |
| 5                               | 2152 | Flaherty, Kirsty  | 42 Gos(Gosford)  | 33.75q       |

Women 400 Meter Dash 40-49 yrs

| Name                 | Age  | Team              | Seed             | Prelims          |
|----------------------|------|-------------------|------------------|------------------|
| Heat 1 Preliminaries |      |                   |                  |                  |
| 1                    | 599  | Mogentale, Gianna | 48 Ibs(Illawarr) | 1:03.70 1:02.17q |
| 2                    | 2322 | Connell, Cathy    | 41 Wol(Athletic) | 1:03.62q         |
| 3                    | 443  | Carter, Janie     | 42 Bma(Blue Mou) | 1:08.07 1:08.65q |
| 4                    | 2152 | Flaherty, Kirsty  | 42 Gos(Gosford)  | 1:15.15q         |
| 5                    | 199  | Bousnell, Melanie | 41 Gos(Gosford)  | 1:21.32q         |
| 6                    | 7763 | Chapman, Caroline | 41 Arm (Armidal) | 1:24.28q         |

Women 800 Meter Run 40-49 yrs

| Name      | Age  | Team              | Seed             | Finals  | Points |
|-----------|------|-------------------|------------------|---------|--------|
| Section 1 |      |                   |                  |         |        |
| 1         | 599  | Mogentale, Gianna | 48 Ibs(Illawarr) | 2:41.37 |        |
| 2         | 2152 | Flaherty, Kirsty  | 42 Gos(Gosford)  | 3:09.61 |        |
| 3         | 778  | Musgrove, Darlene | 41 Now(Nowra)    | 3:17.85 |        |
| 4         | 7763 | Chapman, Caroline | 41 Arm (Armidal) | 3:22.68 |        |
| 5         | 774  | Havadjia, Alison  | 48 Now(Nowra)    | 3:51.54 |        |

Women 1500 Meter Run 40-49 yrs

| Name | Age  | Team              | Seed             | Finals  | Points |
|------|------|-------------------|------------------|---------|--------|
| 1    | 794  | Suffolk, Cristine | 41 Now(Nowra)    | 5:37.38 |        |
| 2    | 199  | Bousnell, Melanie | 41 Gos(Gosford)  | 5:59.57 |        |
| 3    | 2152 | Flaherty, Kirsty  | 42 Gos(Gosford)  | 6:25.35 |        |
| 4    | 778  | Musgrove, Darlene | 41 Now(Nowra)    | 7:10.77 |        |
| 5    | 774  | Havadjia, Alison  | 48 Now(Nowra)    | 7:49.60 |        |
| 6    | 2118 | Gibbins, Cassie   | 41 Ibs(Illawarr) | 8:46.06 |        |

Women 3000 Meter Run 40-49 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

|   |                       |    |              |          |
|---|-----------------------|----|--------------|----------|
| 1 | 794 Suffolk, Cristine | 41 | Now(Nowra)   | 12:10.11 |
| 2 | 199 Bousnell, Melanie | 41 | Gos(Gosford) | 13:20.89 |
| 3 | 2152 Flaherty, Kirsty | 42 | Gos(Gosford) | 14:33.96 |
| 4 | 778 Musgrove, Darlene | 41 | Now(Nowra)   | 15:48.82 |
| 5 | 774 Havadjia, Alison  | 48 | Now(Nowra)   | 17:19.41 |
| 6 | 2118 Gibbins, Cassie  | 41 | Ibs(Illawarr | 19:06.93 |

Women 80 Meter Hurdles 40-49 yrs

| Name                 | Age  | Team           | Seed | Finals       | Points |
|----------------------|------|----------------|------|--------------|--------|
| Section 1 Wind: -3.5 |      |                |      |              |        |
| 1                    | 1672 | Wallace, Helen | 50   | Woo(Woodberr | 20.89  |

Women 2000 Meter Steeplechase 40-49 yrs

| Name      | Age  | Team           | Seed | Finals       | Points       |
|-----------|------|----------------|------|--------------|--------------|
| Section 1 |      |                |      |              |              |
| 1         | 1384 | shaw, maryanne | 47   | Bma(Blue Mou | 9.08 9:41.69 |

Women 4x100 Meter Relay 40-49 yrs

| Team                            | Seed | Finals  | Points |
|---------------------------------|------|---------|--------|
| 1 Wol(Athletics Wollongong) 'A' |      | 56.23   |        |
| 2 Ibs(Illawarra Blue Stars) 'A' |      | 1:00.23 |        |
| 3 Ibs(Illawarra Blue Stars) 'B' |      | 1:22.39 |        |

Women High Jump 40-49 yrs

| Name     | Age  | Team             | Seed | Finals       | Points      |
|----------|------|------------------|------|--------------|-------------|
| Flight 1 |      |                  |      |              |             |
| 1        | 2322 | Connell, Cathy   | 41   | Wol(Athletic | 1.40m       |
| 2        | 443  | Carter, Janie    | 42   | Bma(Blue Mou | 1.30m 1.25m |
| 3        | 7810 | Seymour, Jeannie | 47   | Aberdeen     | 1.20m 1.10m |
| 4        | 1672 | Wallace, Helen   | 50   | Woo(Woodberr | 1.10m       |

Women Long Jump 40-49 yrs

| Name | Age  | Team              | Seed | Finals       | Wind        | Points |
|------|------|-------------------|------|--------------|-------------|--------|
| 1    | 2322 | Connell, Cathy    | 41   | Wol(Athletic | 5.01m       | NWI 10 |
| 2    | 599  | Mogentale, Gianna | 48   | Ibs(Illawarr | 4.76m       | NWI 8  |
| 3    | 443  | Carter, Janie     | 42   | Bma(Blue Mou | 4.62m 4.36m | NWI 6  |
| 4    | 7810 | Seymour, Jeannie  | 47   | Aberdeen     | 3.70m 3.67m | NWI 5  |
| 5    | 1368 | Porley, Fiona     | 43   | Bma(Blue Mou | 2.95m       | NWI 4  |

Women Triple Jump 40-49 yrs

| Name | Age  | Team              | Seed | Finals       | Wind        | Points |
|------|------|-------------------|------|--------------|-------------|--------|
| 1    | 599  | Mogentale, Gianna | 48   | Ibs(Illawarr | 9.82m       | NWI    |
| 2    | 443  | Carter, Janie     | 42   | Bma(Blue Mou | 8.67m 8.51m | NWI    |
| 3    | 7810 | Seymour, Jeannie  | 47   | Aberdeen     | 7.70m 7.72m | NWI    |
| 4    | 1672 | Wallace, Helen    | 50   | Woo(Woodberr | 6.94m       | NWI    |

Women Shot Put 40-49 yrs

|       |  |  |  |  |  |
|-------|--|--|--|--|--|
| ===== |  |  |  |  |  |
|-------|--|--|--|--|--|

| Name                      | Age | Team         | Seed  | Finals | Points |
|---------------------------|-----|--------------|-------|--------|--------|
| 1 443 Carter, Janie       | 42  | Bma(Blue Mou | 9.32m | 8.91m  |        |
| 2 7810 Seymour, Jeannie   | 47  | Aberdeen     | 8.40m | 8.38m  |        |
| 3 215 Derwin, Sharon      | 50  | Wal(Wallsend | 8.23m | 7.86m  |        |
| 4 1672 Wallace, Helen     | 50  | Woo(Woodberr |       | 7.49m  |        |
| 5 199 Bousnell, Melanie   | 41  | Gos(Gosford) |       | 6.73m  |        |
| 6 2943 Clark, Deb         | 49  | Now(Nowra)   |       | 6.16m  |        |
| 7 7785 McGinniskin, Joann | 43  | Edg(Edgewort | 5.66m | 4.98m  |        |

Women Discus Throw 40-49 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 443 Carter, Janie       | 42  | Bma(Blue Mou | 27.30m | 26.15m | 10     |
| 2 2322 Connell, Cathy     | 41  | Wol(Athletic |        | 23.68m | 8      |
| 3 7810 Seymour, Jeannie   | 47  | Aberdeen     | 24.00m | 23.35m | 6      |
| 4 215 Derwin, Sharon      | 50  | Wal(Wallsend | 23.21m | 22.18m | 5      |
| 5 1672 Wallace, Helen     | 50  | Woo(Woodberr |        | 20.84m | 4      |
| 6 2943 Clark, Deb         | 49  | Now(Nowra)   |        | 16.48m | 3      |
| 7 7785 McGinniskin, Joann | 43  | Edg(Edgewort | 16.49m | 13.55m | 2      |

Women Hammer Throw 40-49 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 443 Carter, Janie       | 42  | Bma(Blue Mou | 21.75m | 19.34m | 10     |
| 2 7810 Seymour, Jeannie   | 47  | Aberdeen     | 20.00m | 18.79m | 8      |
| 3 215 Derwin, Sharon      | 50  | Wal(Wallsend | 19.68m | 18.56m | 6      |
| 4 1672 Wallace, Helen     | 50  | Woo(Woodberr |        | 18.47m | 5      |
| 5 2118 Gibbins, Cassie    | 41  | Ibs(Illawarr |        | 17.62m | 4      |
| 6 7785 McGinniskin, Joann | 43  | Edg(Edgewort | 18.72m | 16.92m | 3      |

Women Javelin Throw 40-49 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 443 Carter, Janie     | 42  | Bma(Blue Mou | 27.80m | 25.83m |        |
| 2 1384 shaw, maryanne   | 47  | Bma(Blue Mou | 23.13m | 20.56m |        |
| 3 7810 Seymour, Jeannie | 47  | Aberdeen     | 19.00m | 19.17m |        |
| 4 1672 Wallace, Helen   | 50  | Woo(Woodberr |        | 17.81m |        |
| 5 1368 Porley, Fiona    | 43  | Bma(Blue Mou |        | 12.69m |        |

Women 3000 Meter Race Walk 40-49 yrs

| Name                    | Age | Team         | Seed  | Finals   | Points |
|-------------------------|-----|--------------|-------|----------|--------|
| Section 1               |     |              |       |          |        |
| 1 1384 shaw, maryanne   | 47  | Bma(Blue Mou | 17.30 | 17:46.52 |        |
| 2 1368 Porley, Fiona    | 43  | Bma(Blue Mou |       | 18:32.80 |        |
| -- 774 Havadjia, Alison | 48  | Now(Nowra)   |       | DNF      |        |
| -- 1672 Wallace, Helen  | 50  | Woo(Woodberr |       | DNF      |        |

Women 100 Meter Dash 50-59 yrs

| Name                   | Age | Team         | Seed | Finals | Points |
|------------------------|-----|--------------|------|--------|--------|
| Section 1 Wind: -2.1   |     |              |      |        |        |
| 1 2089 shaw, Christine | 52  | Wol(Athletic |      | 15.65  |        |
| 2 595 Mead, Annette    | 52  | Ibs(Illawarr |      | 15.88  |        |

|   |      |                 |    |               |       |       |
|---|------|-----------------|----|---------------|-------|-------|
| 3 | 594  | Lowe, June      | 57 | Ibs(Illawarr) | 15.50 | 15.91 |
| 4 | 1404 | Peksis, Julie   | 52 | Min(Mingara)  | 15.98 | 17.26 |
| 5 | 1692 | Perry, Rosalind | 59 | Wol(Athletic) |       | 18.25 |
| 6 | 250  | Stallard, Trish | 53 | Wal(Wallsend) |       | 18.64 |

Women 200 Meter Dash 50-59 yrs

| Name                 | Age  | Team            | Seed  | Finals | Points |
|----------------------|------|-----------------|-------|--------|--------|
| Section 1 Wind: -1.7 |      |                 |       |        |        |
| 1                    | 2089 | shaw, Christine |       | 32.31  |        |
| 2                    | 595  | Mead, Annette   |       | 33.76  |        |
| 3                    | 1404 | Peksis, Julie   | 34.50 | 34.47  |        |
| 4                    | 563  | Steele, Julie   | 33.80 | 35.25  |        |
| 5                    | 7487 | Smith, Pauline  | 42.00 | 41.85  |        |
| 6                    | 3670 | Fennamore, Lynn |       | 42.61  |        |
| 7                    | 249  | Short, Terry    |       | 47.99  |        |

Women 400 Meter Dash 50-59 yrs

| Name      | Age  | Team               | Seed    | Finals  | Points |
|-----------|------|--------------------|---------|---------|--------|
| Section 1 |      |                    |         |         |        |
| 1         | 1404 | Peksis, Julie      | 1:14.00 | 1:17.54 |        |
| 2         | 563  | Steele, Julie      | 1:17.90 | 1:18.15 |        |
| 3         | 813  | Beardslee, Margare | 1:14.00 | 1:21.93 |        |
| 4         | 595  | Mead, Annette      |         | 1:22.95 |        |
| 5         | 7487 | Smith, Pauline     | 1:30.00 | 1:33.63 |        |
| 6         | 3670 | Fennamore, Lynn    |         | 1:37.69 |        |

Women 800 Meter Run 50-59 yrs

| Name | Age  | Team               | Seed    | Finals  | Points |
|------|------|--------------------|---------|---------|--------|
| 1    | 813  | Beardslee, Margare | 2:45.00 | 2:56.94 |        |
| 2    | 563  | Steele, Julie      | 2:55.73 | 3:00.67 |        |
| 3    | 1404 | Peksis, Julie      | 3:00.00 | 3:07.94 |        |
| 4    | 7487 | Smith, Pauline     | 3:50.00 | 3:33.75 |        |
| 5    | 3670 | Fennamore, Lynn    |         | 3:40.15 |        |

Women 1500 Meter Run 50-59 yrs

| Name | Age  | Team               | Seed    | Finals  | Points |
|------|------|--------------------|---------|---------|--------|
| 1    | 813  | Beardslee, Margare | 5:29.00 | 5:46.23 |        |
| 2    | 563  | Steele, Julie      | 6:07.40 | 6:06.71 |        |
| 3    | 1404 | Peksis, Julie      | 6:20.00 | 6:35.86 |        |
| 4    | 7487 | Smith, Pauline     | 7:00.00 | 7:10.36 |        |
| 5    | 3670 | Fennamore, Lynn    |         | 7:14.00 |        |
| 6    | 1692 | Perry, Rosalind    |         | 7:23.85 |        |
| 7    | 250  | Stallard, Trish    |         | 7:59.65 |        |

Women 3000 Meter Run 50-59 yrs

| Name | Age  | Team               | Seed     | Finals   | Points |
|------|------|--------------------|----------|----------|--------|
| 1    | 813  | Beardslee, Margare | 11:40.00 | 12:30.16 |        |
| 2    | 3086 | Petley, Karen      | 12:06.00 | 12:42.07 |        |
| 3    | 563  | Steele, Julie      | 13:30.10 | 13:47.06 |        |
| 4    | 3670 | Fennamore, Lynn    |          | 15:51.33 |        |

5 788 Pitkethly, Claire 53 Now(Nowra) 16:25.21

Women 2000 Meter Steeplechase 50-59 yrs

| Name                   | Age | Team         | Seed    | Finals   | Points |
|------------------------|-----|--------------|---------|----------|--------|
| 1 563 Steele, Julie    | 51  | Ibs(Illawarr | 9:30.12 | 9:49.02  |        |
| 2 1692 Perry, Rosalind | 59  | Wol(Athletic |         | 12:15.22 |        |

Women High Jump 50-59 yrs

| Name                      | Age | Team            | Seed | Finals | Points |
|---------------------------|-----|-----------------|------|--------|--------|
| Flight 1                  |     |                 |      |        |        |
| 1 2089 shaw, Christine    | 52  | Wol(Athletic    |      | 1.25m  |        |
| 2 7825 Cole-Clarke, Chris | 53  | Maquarie Hunter |      | 1.05m  |        |
| 2 250 Stallard, Trish     | 53  | Wal(Wallsend    |      | 1.05m  |        |

Women Long Jump 50-59 yrs

| Name                   | Age | Team         | Seed  | Finals | Wind | Points |
|------------------------|-----|--------------|-------|--------|------|--------|
| 1 2089 shaw, Christine | 52  | Wol(Athletic |       | 4.01m  | NWI  | 10     |
| 2 595 Mead, Annette    | 52  | Ibs(Illawarr |       | 3.21m  | NWI  | 8      |
| 3 594 Lowe, June       | 57  | Ibs(Illawarr | 3.24m | 2.85m  | NWI  | 6      |
| 4 249 Short, Terry     | 58  | WAL          |       | 2.06m  | NWI  | 5      |

Women Triple Jump 50-59 yrs

| Name                   | Age | Team         | Seed | Finals | Wind | Points |
|------------------------|-----|--------------|------|--------|------|--------|
| 1 2089 shaw, Christine | 52  | Wol(Athletic |      | 7.43m  | NWI  |        |
| 2 1692 Perry, Rosalind | 59  | Wol(Athletic |      | 6.61m  | NWI  |        |
| 3 250 Stallard, Trish  | 53  | Wal(Wallsend |      | 6.28m  | NWI  |        |

Women Shot Put 50-59 yrs

| Name                      | Age | Team         | Seed  | Finals | Points |
|---------------------------|-----|--------------|-------|--------|--------|
| 1 2089 shaw, Christine    | 52  | Wol(Athletic |       | 8.78m  |        |
| 2 3248 waller, julie      | 52  | For(Forster) |       | 8.26m  |        |
| 3 594 Lowe, June          | 57  | Ibs(Illawarr | 7.91m | 8.22m  |        |
| 4 3100 Clarke, Kate       | 59  | Nma(Nsw Mast | 7.80m | 8.10m  |        |
| 5 249 Short, Terry        | 58  | WAL          | 7.01m | 6.71m  |        |
| 6 7487 Smith, Pauline     | 54  | Arm (Armidal | 6.50m | 6.68m  |        |
| 7 250 Stallard, Trish     | 53  | Wal(Wallsend |       | 6.15m  |        |
| 8 3138 Van Bockel, Adrian | 59  | Wol(Athletic | 5.50m | 5.88m  |        |
| 9 788 Pitkethly, Claire   | 53  | Now(Nowra)   |       | 5.32m  |        |

Women Discus Throw 50-59 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 3100 Clarke, Kate       | 59  | Nma(Nsw Mast | 0.20m  | 21.09m | 10     |
| 2 3248 waller, julie      | 52  | For(Forster) |        | 20.65m | 8      |
| 3 594 Lowe, June          | 57  | Ibs(Illawarr | 20.00m | 19.25m | 6      |
| 4 7487 Smith, Pauline     | 54  | Arm (Armidal | 19.00m | 18.47m | 5      |
| 5 249 Short, Terry        | 58  | WAL          |        | 17.69m | 4      |
| 6 3138 Van Bockel, Adrian | 59  | Wol(Athletic | 17.00m | 16.98m | 3      |
| 7 2089 shaw, Christine    | 52  | Wol(Athletic |        | 15.74m | 2      |

8 788 Pitkethly, Claire 53 Now(Nowra) 12.18m 1

Women Hammer Throw 50-59 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 594 Lowe, June          | 57  | Ibs(Illawarr | 25.00m | 31.14m | 10     |
| 2 3138 Van Bockel, Adrian | 59  | Wol(Athletic | 23.00m | 23.41m | 8      |
| 3 3248 waller, julie      | 52  | For(Forster) |        | 22.74m | 6      |
| 4 7487 Smith, Pauline     | 54  | Arm (Armidal | 22.00m | 22.20m | 5      |
| 5 249 Short, Terry        | 58  | WAL          | 22.40m | 20.97m | 4      |
| 6 2089 shaw, Christine    | 52  | Wol(Athletic |        | 20.91m | 3      |
| 7 3100 Clarke, Kate       | 59  | Nma(Nsw Mast | 0.20m  | 20.90m | 2      |

Women Javelin Throw 50-59 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 2089 shaw, Christine    | 52  | Wol(Athletic |        | 23.81m |        |
| 2 3100 Clarke, Kate       | 59  | Nma(Nsw Mast | 0.19m  | 21.21m |        |
| 3 594 Lowe, June          | 57  | Ibs(Illawarr | 19.20m | 19.04m |        |
| 4 813 Beardslee, Margare  | 53  | Min(Mingara) | 18.95m | 18.04m |        |
| 5 7487 Smith, Pauline     | 54  | Arm (Armidal | 16.00m | 15.87m |        |
| 6 249 Short, Terry        | 58  | WAL          |        | 13.77m |        |
| 7 3138 Van Bockel, Adrian | 59  | Wol(Athletic | 13.00m | 13.04m |        |
| 8 788 Pitkethly, Claire   | 53  | Now(Nowra)   |        | 12.29m |        |

Women 3000 Meter Race Walk 50-59 yrs

| Name                  | Age | Team         | Seed | Finals   | Points |
|-----------------------|-----|--------------|------|----------|--------|
| Section 1             |     |              |      |          |        |
| 1 250 Stallard, Trish | 53  | Wal(Wallsend |      | 24:41.53 |        |

Women 100 Meter Dash 60+ yrs

| Name                  | Age | Team         | Seed | Finals | Points |
|-----------------------|-----|--------------|------|--------|--------|
| Section 1             |     |              |      |        |        |
| Wind: -2.1            |     |              |      |        |        |
| 1 3604 Cook, Kathleen | 73  | Min(Mingara) |      | 19.09  |        |
| 2 202 Brown, Judy     | 61  | Gos(Gosford) |      | 22.29  |        |

Women 200 Meter Dash 60+ yrs

| Name                  | Age | Team         | Seed | Finals | Points |
|-----------------------|-----|--------------|------|--------|--------|
| Section 1             |     |              |      |        |        |
| Wind: -1.7            |     |              |      |        |        |
| 1 3604 Cook, Kathleen | 73  | Min(Mingara) |      | 40.99  |        |
| 2 202 Brown, Judy     | 61  | Gos(Gosford) |      | 49.16  |        |

Women 3000 Meter Run 60+ yrs

| Name                 | Age | Team         | Seed  | Finals   | Points |
|----------------------|-----|--------------|-------|----------|--------|
| Section 1            |     |              |       |          |        |
| 1 7388 Davis, Janice | 61  | Nev(Newcastl | 30.00 | 14:36.30 |        |

Women High Jump 60+ yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

=====  
 Flight 1  
 1 202 Brown, Judy 61 Gos(Gosford) 0.95m

Women Long Jump 60+ yrs

=====  
 Name Age Team Seed Finals Wind Points  
 =====  
 1 202 Brown, Judy 61 Gos(Gosford) 2.55m NWI 10

Women Shot Put 60+ yrs

=====  
 Name Age Team Seed Finals Points  
 =====  
 1 2130 Thomas, Mary 67 Ibs(Illawarr 7.45m  
 2 202 Brown, Judy 61 Gos(Gosford) 5.92m

Women Discus Throw 60+ yrs

=====  
 Name Age Team Seed Finals Points  
 =====  
 1 2130 Thomas, Mary 67 Ibs(Illawarr 22.23m 10  
 2 202 Brown, Judy 61 Gos(Gosford) 14.43m 8

Women Hammer Throw 60+ yrs

=====  
 Name Age Team Seed Finals Points  
 =====  
 1 202 Brown, Judy 61 Gos(Gosford) 13.20m 10

Women Javelin Throw 60+ yrs

=====  
 Name Age Team Seed Finals Points  
 =====  
 1 2130 Thomas, Mary 67 Ibs(Illawarr 20.61m  
 2 202 Brown, Judy 61 Gos(Gosford) 14.01m

Women 3000 Meter Race Walk 60+ yrs

=====  
 Name Age Team Seed Finals Points  
 =====  
 Section 1  
 1 202 Brown, Judy 61 Gos(Gosford) 23:14.57

Men 100 Meter Dash 10 Yrs

| Name                            | Age | Team            | Seed  | Prelims |
|---------------------------------|-----|-----------------|-------|---------|
| Heat 1 Preliminaries Wind: -5.0 |     |                 |       |         |
| 1 3960 Jenkins, Cooper          | 10  | Pos(Port Ste    | 14.11 | 15.79q  |
| 2 3183 Covington-Gorst, T       | 10  | Bat(Bathurst    |       | 16.45q  |
| 3 3942 Blake, Harry             | 10  | Ind(Independ    |       | 16.69q  |
| 4 2276 Watson, Nick             | 10  | Sin(Singleto    | 15.80 | 17.59   |
| 5 1999 Hughes, Joshua           | 10  | Ind(Independ    | 15.80 | 17.98   |
| 6 3752 Mason, Brendan           | 9   | For(Forster)    | 17.30 | 18.00   |
| 7 146 Parkinson, Isaac          | 8   | Ind(Independ    | 18.21 | 20.39   |
| Heat 2 Preliminaries Wind: -2.1 |     |                 |       |         |
| 1 3968 Potts, Ryan              | 10  | Maquarie Hunter | 15.40 | 15.88q  |
| 2 2941 Clark, Alistair          | 10  | Now(Nowra)      |       | 15.94q  |
| 3 3975 MacPherson, Jai          | 8   | Mas(Macquari    | 14.53 | 16.66q  |
| 4 3567 Veerhuis, Leroy          | 9   | Wol(Athletic    |       | 16.93q  |
| 4 3790 Gunn, Brayden            | 10  | Gos(Gosford)    |       | 16.93q  |
| 6 147 Parkinson, Kaine          | 10  | Ind(Independ    | 16.38 | 17.05q  |
| 7 8014 West, Mitchell           | 10  | Ind(Independ    | 17.03 | 17.65   |

Men 100 Meter Dash 10 Yrs

| Name                        | Age | Team            | Prelims | Finals | Points |
|-----------------------------|-----|-----------------|---------|--------|--------|
| Section 1 Finals Wind: -4.8 |     |                 |         |        |        |
| 1 3960 Jenkins, Cooper      | 10  | Pos(Port Ste    | 15.79   | 15.73  |        |
| 2 3183 Covington-Gorst, T   | 10  | Bat(Bathurst    | 16.45   | 16.18  |        |
| 3 3968 Potts, Ryan          | 10  | Maquarie Hunter | 15.88   | 16.21  |        |
| 4 3942 Blake, Harry         | 10  | Ind(Independ    | 16.69   | 16.32  |        |
| 5 2941 Clark, Alistair      | 10  | Now(Nowra)      | 15.94   | 16.38  |        |
| 6 3975 MacPherson, Jai      | 8   | Mas(Macquari    | 16.66   | 17.17  |        |
| 7 3790 Gunn, Brayden        | 10  | Gos(Gosford)    | 16.93   | 17.38  |        |
| 8 147 Parkinson, Kaine      | 10  | Ind(Independ    | 17.05   | 17.64  |        |

Men 200 Meter Dash 10 Yrs

| Name                            | Age | Team            | Seed  | Prelims |
|---------------------------------|-----|-----------------|-------|---------|
| Heat 1 Preliminaries Wind: -2.5 |     |                 |       |         |
| 1 3960 Jenkins, Cooper          | 10  | Pos(Port Ste    | 29.50 | 31.39Q  |
| 2 3790 Gunn, Brayden            | 10  | Gos(Gosford)    |       | 32.97Q  |
| 3 3567 Veerhuis, Leroy          | 9   | Wol(Athletic    |       | 33.85Q  |
| 4 3975 MacPherson, Jai          | 8   | Mas(Macquari    | 35.18 | 33.96q  |
| 5 147 Parkinson, Kaine          | 10  | Ind(Independ    | 35.95 | 35.39q  |
| 6 772 Havadjia, Ethan           | 9   | Now(Nowra)      |       | 41.22   |
| Heat 2 Preliminaries Wind: -2.1 |     |                 |       |         |
| 1 3968 Potts, Ryan              | 10  | Maquarie Hunter | 32.80 | 31.38Q  |
| 2 3183 Covington-Gorst, T       | 10  | Bat(Bathurst    |       | 32.31Q  |
| 3 2941 Clark, Alistair          | 10  | Now(Nowra)      |       | 32.46Q  |
| 4 2276 Watson, Nick             | 10  | Sin(Singleto    | 33.10 | 33.62q  |
| 5 3752 Mason, Brendan           | 9   | For(Forster)    | 37.90 | 35.98   |
| 6 146 Parkinson, Isaac          | 8   | Ind(Independ    | 38.90 | 41.04   |

Men 200 Meter Dash 10 Yrs

| Name                        | Age | Team         | Prelims | Finals | Points |
|-----------------------------|-----|--------------|---------|--------|--------|
| Section 1 Finals Wind: -2.2 |     |              |         |        |        |
| 1 3960 Jenkins, Cooper      | 10  | Pos(Port Ste | 31.39   | 30.82  |        |

|   |      |                    |    |                 |       |       |
|---|------|--------------------|----|-----------------|-------|-------|
| 2 | 3968 | Potts, Ryan        | 10 | Maquarie Hunter | 31.38 | 31.23 |
| 3 | 3183 | Covington-Gorst, T | 10 | Bat(Bathurst    | 32.31 | 32.20 |
| 4 | 3790 | Gunn, Brayden      | 10 | Gos(Gosford)    | 32.97 | 32.33 |
| 5 | 2941 | Clark, Alistair    | 10 | Now(Nowra)      | 32.46 | 33.33 |
| 6 | 2276 | Watson, Nick       | 10 | Sin(Singleto    | 33.62 | 33.64 |
| 7 | 3975 | MacPherson, Jai    | 8  | Mas(Macquari    | 33.96 | 33.87 |
| 8 | 3567 | Veerhuis, Leroy    | 9  | Wol(Athletic    | 33.85 | 34.25 |
| 9 | 147  | Parkinson, Kaine   | 10 | Ind(Independ    | 35.39 | 35.30 |

Men 800 Meter Run 10 Yrs

| Name      | Age  | Team               | Seed               | Finals  | Points |
|-----------|------|--------------------|--------------------|---------|--------|
| Section 1 |      |                    |                    |         |        |
| 1         | 3790 | Gunn, Brayden      |                    | 2:50.90 |        |
| 2         | 3969 | Potts, Blake       | 10 Maquarie Hunter | 2:51.76 |        |
| 3         | 668  | Heywood, Jordan    | 10 Wol(Athletic    | 2:54.98 |        |
| 4         | 2276 | Watson, Nick       | 10 Sin(Singleto    | 2:55.93 |        |
| 5         | 1999 | Hughes, Joshua     | 10 Ind(Independ    | 2:56.27 |        |
| 6         | 2941 | Clark, Alistair    | 10 Now(Nowra)      | 2:56.98 |        |
| 7         | 3975 | MacPherson, Jai    | 8 Mas(Macquari     | 2:58.67 |        |
| 8         | 8029 | Chippendale, olive | 9 Gos(Gosford)     | 3:24.29 |        |
| 9         | 2449 | Heywood, Zachary   | 8 Wol(Athletic     | 3:41.44 |        |
| 10        | 772  | Havadjia, Ethan    | 9 Now(Nowra)       | 3:47.79 |        |

Men 1500 Meter Run 10 Yrs

| Name | Age  | Team             | Seed               | Finals  | Points |
|------|------|------------------|--------------------|---------|--------|
| 1    | 3969 | Potts, Blake     | 10 Maquarie Hunter | 5:32.56 |        |
| 2    | 3790 | Gunn, Brayden    | 10 Gos(Gosford)    | 5:33.35 |        |
| 3    | 668  | Heywood, Jordan  | 10 Wol(Athletic    | 5:34.70 |        |
| 4    | 2276 | Watson, Nick     | 10 Sin(Singleto    | 5:42.87 |        |
| 5    | 1999 | Hughes, Joshua   | 10 Ind(Independ    | 6:03.38 |        |
| 6    | 8014 | West, Mitchell   | 10 Ind(Independ    | 6:29.03 |        |
| 7    | 2449 | Heywood, Zachary | 8 Wol(Athletic     | 7:12.50 |        |
| 8    | 772  | Havadjia, Ethan  | 9 Now(Nowra)       | 7:31.60 |        |

Men High Jump 10 Yrs

| Name     | Age  | Team               | Seed            | Finals | Points |
|----------|------|--------------------|-----------------|--------|--------|
| Flight 1 |      |                    |                 |        |        |
| 1        | 1999 | Hughes, Joshua     | 10 Ind(Independ | 1.20m  | 10     |
| 2        | 2276 | Watson, Nick       | 10 Sin(Singleto | 1.19m  | 7      |
| 2        | 3183 | Covington-Gorst, T | 10 Bat(Bathurst | 1.15m  | 7      |
| 4        | 2941 | Clark, Alistair    | 10 Now(Nowra)   | 1.00m  | 5      |
| 5        | 3752 | Mason, Brendan     | 9 For(Forster)  | 1.05m  | 4      |
| --       | 147  | Parkinson, Kaine   | 10 Ind(Independ | 0.95m  | NH     |
| --       | 3567 | Veerhuis, Leroy    | 9 Wol(Athletic  |        | NH     |

Men Long Jump 10 Yrs

| Name | Age  | Team             | Seed               | Finals | Wind | Points |
|------|------|------------------|--------------------|--------|------|--------|
| 1    | 3960 | Jenkins, Cooper  | 10 Pos(Port Ste    | 3.81m  | NWI  |        |
| 2    | 3968 | Potts, Ryan      | 10 Maquarie Hunter | 3.63m  | NWI  |        |
| 3    | 3942 | Blake, Harry     | 10 Ind(Independ    | 3.52m  | NWI  |        |
| 4    | 147  | Parkinson, Kaine | 10 Ind(Independ    | 3.49m  | NWI  |        |
| 5    | 1999 | Hughes, Joshua   | 10 Ind(Independ    | 3.48m  | NWI  |        |

|    |      |                    |    |                 |       |       |     |
|----|------|--------------------|----|-----------------|-------|-------|-----|
| 6  | 3183 | Covington-Gorst, T | 10 | Bat(Bathurst    |       | 3.45m | NWI |
| 6  | 2276 | Watson, Nick       | 10 | Sin(Singleto    | 3.98m | 3.45m | NWI |
| 8  | 3790 | Gunn, Brayden      | 10 | Gos(Gosford)    |       | 3.42m | NWI |
| 9  | 2941 | Clark, Alistair    | 10 | Now(Nowra)      |       | 3.39m | NWI |
| 10 | 3969 | Potts, Blake       | 10 | Maquarie Hunter | 3.56m | 3.12m | NWI |
| 11 | 3752 | Mason, Brendan     | 9  | For(Forster)    | 3.26m | 2.96m | NWI |
| 12 | 8014 | West, Mitchell     | 10 | Ind(Independ    | 3.22m | 2.81m | NWI |
| 13 | 668  | Heywood, Jordan    | 10 | Wol(Athletic    | 3.42m | 2.66m | NWI |
| 14 | 146  | Parkinson, Isaac   | 8  | Ind(Independ    | 2.74m | 2.39m | NWI |
| 15 | 2449 | Heywood, Zachary   | 8  | Wol(Athletic    | 2.58m | 2.23m | NWI |

Men Shot Put 10 Yrs

| Name | Age  | Team               | Seed   | Finals | Points |
|------|------|--------------------|--------|--------|--------|
| 1    | 3942 | Blake, Harry       |        | 7.55m  |        |
| 2    | 2276 | Watson, Nick       | 5.63m  | 6.33m  |        |
| 3    | 2941 | Clark, Alistair    |        | 5.91m  |        |
| 4    | 1999 | Hughes, Joshua     | 10.00m | 5.80m  |        |
| 5    | 668  | Heywood, Jordan    | 5.65m  | 5.74m  |        |
| 6    | 3790 | Gunn, Brayden      |        | 5.72m  |        |
| 7    | 3183 | Covington-Gorst, T |        | 5.35m  |        |
| 8    | 146  | Parkinson, Isaac   | 4.50m  | 4.14m  |        |
| 9    | 2449 | Heywood, Zachary   |        | 3.46m  |        |

Men Discus Throw 10 Yrs

| Name | Age  | Team               | Seed   | Finals | Points |
|------|------|--------------------|--------|--------|--------|
| 1    | 3942 | Blake, Harry       |        | 28.67m |        |
| 2    | 3695 | Sutton, Callum     | 23.62m | 22.59m |        |
| 3    | 2941 | Clark, Alistair    |        | 19.62m |        |
| 4    | 8014 | West, Mitchell     |        | 17.51m |        |
| 5    | 3960 | Jenkins, Cooper    | 0.20m  | 16.95m |        |
| 6    | 3790 | Gunn, Brayden      |        | 16.13m |        |
| 7    | 1999 | Hughes, Joshua     | 20.22m | 15.15m |        |
| 8    | 2276 | Watson, Nick       | 18.20m | 14.77m |        |
| 9    | 147  | Parkinson, Kaine   | 17.65m | 13.93m |        |
| 10   | 3752 | Mason, Brendan     | 15.75m | 12.80m |        |
| 11   | 3183 | Covington-Gorst, T |        | 12.49m |        |
| 12   | 146  | Parkinson, Isaac   | 11.54m | 10.42m |        |

Men 100 Meter Dash 11 yrs

| Name                 | Age  | Team              | Seed  | Finals | Points |
|----------------------|------|-------------------|-------|--------|--------|
| Section 1 Wind: -3.6 |      |                   |       |        |        |
| 1                    | 8023 | Davis, Isaac      |       | 14.26  |        |
| 2                    | 3149 | Antrobus, Bailey  |       | 14.60  |        |
| 3                    | 3198 | Gilbert, Nicholas | 14.79 | 15.16  |        |
| 4                    | 3566 | Veerhuis, Kyle    |       | 15.76  |        |
| 5                    | 2148 | Mihellis, terry   | 14.16 | 16.08  |        |
| 6                    | 939  | Walter, Jarryd    | 16.00 | 16.81  |        |

Men 200 Meter Dash 11 yrs

| Name                 | Age  | Team             | Seed | Finals | Points |
|----------------------|------|------------------|------|--------|--------|
| Section 1 Wind: -0.1 |      |                  |      |        |        |
| 1                    | 3149 | Antrobus, Bailey |      | 28.12  |        |

|   |      |                   |    |              |       |       |
|---|------|-------------------|----|--------------|-------|-------|
| 2 | 8023 | Davis, Isaac      | 11 | Mas(Macquari | 14.00 | 28.70 |
| 3 | 3198 | Gilbert, Nicholas | 11 | For(Forster) | 32.30 | 30.20 |
| 4 | 3566 | Veerhuis, Kyle    | 11 | Wol(Athletic |       | 30.34 |

Men 800 Meter Run 11 yrs

| Name      | Age  | Team            | Seed | Finals       | Points  |         |
|-----------|------|-----------------|------|--------------|---------|---------|
| Section 1 |      |                 |      |              |         |         |
| 1         | 2148 | Mihellis, terry | 11   | Gos(Gosford) | 2:28.00 | 2:35.66 |
| 2         | 3743 | Balogh, Albert  | 11   | Mas(Macquari | 2:41.40 | 2:38.99 |
| 3         | 3566 | Veerhuis, Kyle  | 11   | Wol(Athletic |         | 2:54.91 |

Men 1500 Meter Run 11 yrs

| Name | Age  | Team            | Seed | Finals       | Points  |         |
|------|------|-----------------|------|--------------|---------|---------|
| 1    | 2148 | Mihellis, terry | 11   | Gos(Gosford) | 5:09.00 | 5:04.63 |
| 2    | 3743 | Balogh, Albert  | 11   | Mas(Macquari | 5:18.30 | 5:08.90 |

Men High Jump 11 yrs

| Name     | Age  | Team              | Seed | Finals       | Points |       |   |
|----------|------|-------------------|------|--------------|--------|-------|---|
| Flight 1 |      |                   |      |              |        |       |   |
| 1        | 3566 | Veerhuis, Kyle    | 11   | Wol(Athletic | 1.15m  | 10    |   |
| 2        | 3149 | Antrobus, Bailey  | 11   | Wol(Athletic | 1.10m  | 7     |   |
| 2        | 3198 | Gilbert, Nicholas | 11   | For(Forster) | 1.15m  | 1.10m | 7 |

Men Long Jump 11 yrs

| Name | Age  | Team              | Seed | Finals       | Wind  | Points |     |
|------|------|-------------------|------|--------------|-------|--------|-----|
| 1    | 3149 | Antrobus, Bailey  | 11   | Wol(Athletic | 4.02m | NWI    |     |
| 2    | 3198 | Gilbert, Nicholas | 11   | For(Forster) | 3.50m | 3.86m  | NWI |
| 3    | 939  | Walter, Jarryd    | 11   | Wyo(Wyong)   | 3.61m | 3.75m  | NWI |
| 4    | 3566 | Veerhuis, Kyle    | 11   | Wol(Athletic | 3.24m | NWI    |     |

Men Shot Put 11 yrs

| Name | Age  | Team              | Seed | Finals       | Points |       |
|------|------|-------------------|------|--------------|--------|-------|
| 1    | 3198 | Gilbert, Nicholas | 11   | For(Forster) | 9.97m  | 8.97m |
| 2    | 939  | Walter, Jarryd    | 11   | Wyo(Wyong)   | 7.05m  | 7.83m |
| 3    | 3913 | Schneider, Kieren | 11   | For(Forster) | 25.00m | 7.09m |
| 4    | 3149 | Antrobus, Bailey  | 11   | Wol(Athletic |        | 6.26m |

Men Discus Throw 11 yrs

| Name | Age  | Team              | Seed | Finals       | Points |        |
|------|------|-------------------|------|--------------|--------|--------|
| 1    | 3198 | Gilbert, Nicholas | 11   | For(Forster) | 20.25m | 15.45m |
| 2    | 939  | Walter, Jarryd    | 11   | Wyo(Wyong)   | 18.49m | 15.14m |
| 3    | 3913 | Schneider, Kieren | 11   | For(Forster) | 7.00m  | 6.81m  |

Men 100 Meter Dash 12 yrs

| Name                            | Age | Team | Seed | Prelims |
|---------------------------------|-----|------|------|---------|
| Heat 1 Preliminaries Wind: -5.4 |     |      |      |         |

|                                 |                         |    |                 |       |        |
|---------------------------------|-------------------------|----|-----------------|-------|--------|
| 1                               | 942 Boyd, Zachary       | 12 | Wyo(Wyong)      |       | 14.58Q |
| 2                               | 3792 Gunn, Tyler        | 12 | Gos(Gosford)    |       | 14.72Q |
| 3                               | 3748 Wesley, Callum     | 12 | For(Forster)    |       | 15.12Q |
| 4                               | 8022 Foxall, Lachlan    | 12 | Mai(Maitland)   | 13.90 | 15.20q |
| 5                               | 3946 Smith, Jack        | 12 | Maquarie Hunter | 15.40 | 16.00  |
| 6                               | 588 Bain, Cody          | 12 | Ibs(Illawarr)   |       | 16.09  |
| Heat 2 Preliminaries Wind: -3.0 |                         |    |                 |       |        |
| 1                               | 1411 Herford, Alexander | 12 | Min(Mingara)    |       | 14.44Q |
| 2                               | 3963 Thomas, Zac        | 12 | Mas(Macquari)   |       | 14.50Q |
| 2                               | 2293 Dagg, Jackson      | 12 | Sin(Singleto)   |       | 14.50Q |
| 4                               | 795 Webb, Sebastian     | 12 | Now(Nowra)      |       | 14.92q |
| 5                               | 934 Croke, Tristan      | 12 | Wyo(Wyong)      | 14.70 | 15.24q |
| 6                               | 3918 Willmott, Cameron  | 12 | Bma(Blue Mou)   | 14.80 | 16.07  |
| 7                               | 2314 Parsons, David     | 12 | Woo(Woodberr)   |       | 17.80  |

Men 100 Meter Dash 12 yrs

| =====                       |                         |      |               |        |        |
|-----------------------------|-------------------------|------|---------------|--------|--------|
| Name                        | Age                     | Team | Prelims       | Finals | Points |
| =====                       |                         |      |               |        |        |
| Section 1 Finals Wind: -2.1 |                         |      |               |        |        |
| 1                           | 1411 Herford, Alexander | 12   | Min(Mingara)  | 14.44  | 14.30  |
| 1                           | 942 Boyd, Zachary       | 12   | Wyo(Wyong)    | 14.58  | 14.30  |
| 3                           | 2293 Dagg, Jackson      | 12   | Sin(Singleto) | 14.50  | 14.31  |
| 4                           | 3963 Thomas, Zac        | 12   | Mas(Macquari) | 14.50  | 14.63  |
| 5                           | 3792 Gunn, Tyler        | 12   | Gos(Gosford)  | 14.72  | 14.64  |
| 6                           | 3748 Wesley, Callum     | 12   | For(Forster)  | 15.12  | 14.64  |
| 7                           | 795 Webb, Sebastian     | 12   | Now(Nowra)    | 14.92  | 14.88  |
| 8                           | 934 Croke, Tristan      | 12   | Wyo(Wyong)    | 15.24  | 15.06  |
| 9                           | 8022 Foxall, Lachlan    | 12   | Mai(Maitland) | 15.20  | 15.10  |

Men 200 Meter Dash 12 yrs

| =====                           |                         |      |                 |         |
|---------------------------------|-------------------------|------|-----------------|---------|
| Name                            | Age                     | Team | Seed            | Prelims |
| =====                           |                         |      |                 |         |
| Heat 1 Preliminaries Wind: -4.7 |                         |      |                 |         |
| 1                               | 3745 Maxwell, Jesse     | 12   | Maquarie Hunter | 27.30   |
| 2                               | 2293 Dagg, Jackson      | 12   | Sin(Singleto)   | 29.81Q  |
| 3                               | 1411 Herford, Alexander | 12   | Min(Mingara)    | 29.90Q  |
| 4                               | 3748 Wesley, Callum     | 12   | For(Forster)    | 30.45q  |
| 5                               | 3946 Smith, Jack        | 12   | Maquarie Hunter | 33.90   |
| Heat 2 Preliminaries Wind: -2.3 |                         |      |                 |         |
| 1                               | 3792 Gunn, Tyler        | 12   | Gos(Gosford)    | 29.24Q  |
| 2                               | 942 Boyd, Zachary       | 12   | Wyo(Wyong)      | 29.69Q  |
| 3                               | 8022 Foxall, Lachlan    | 12   | Mai(Maitland)   | 29.50   |
| 4                               | 934 Croke, Tristan      | 12   | Wyo(Wyong)      | 29.30   |
| 5                               | 795 Webb, Sebastian     | 12   | Now(Nowra)      | 32.29q  |

Men 200 Meter Dash 12 yrs

| =====                       |                         |      |                 |        |        |
|-----------------------------|-------------------------|------|-----------------|--------|--------|
| Name                        | Age                     | Team | Prelims         | Finals | Points |
| =====                       |                         |      |                 |        |        |
| Section 1 Finals Wind: -2.2 |                         |      |                 |        |        |
| 1                           | 3745 Maxwell, Jesse     | 12   | Maquarie Hunter | 29.70  | 29.07  |
| 2                           | 942 Boyd, Zachary       | 12   | Wyo(Wyong)      | 29.69  | 29.32  |
| 3                           | 3792 Gunn, Tyler        | 12   | Gos(Gosford)    | 29.24  | 29.39  |
| 4                           | 1411 Herford, Alexander | 12   | Min(Mingara)    | 29.90  | 29.59  |
| 5                           | 2293 Dagg, Jackson      | 12   | Sin(Singleto)   | 29.81  | 29.65  |
| 6                           | 8022 Foxall, Lachlan    | 12   | Mai(Maitland)   | 30.50  | 31.27  |
| 7                           | 934 Croke, Tristan      | 12   | Wyo(Wyong)      | 31.73  | 31.77  |
| 8                           | 795 Webb, Sebastian     | 12   | Now(Nowra)      | 32.29  | 32.72  |

Men 800 Meter Run 12 yrs

| Name                  | Age | Team            | Seed    | Finals  | Points |
|-----------------------|-----|-----------------|---------|---------|--------|
| Section 1             |     |                 |         |         |        |
| 1 3745 Maxwell, Jesse | 12  | Maquarie Hunter | 2:17.10 | 2:29.02 |        |
| 2 2240 Bradley, James | 12  | Sin(Singleto    |         | 2:31.50 |        |
| 3 1869 Szakacs, Kade  | 12  | Kej(Kembla J    | 2:25.60 | 2:32.04 |        |
| 4 Hitchcock, Tom      | 12  | Mas(Macquari    | 2.37    | 2:43.08 |        |
| 5 3792 Gunn, Tyler    | 12  | Gos(Gosford)    |         | 2:43.66 |        |
| 6 3692 Alley, Nick    | 12  | Gia(Athletic    |         | 2:44.98 |        |
| 7 795 Webb, Sebastian | 12  | Now(Nowra)      |         | 3:06.40 |        |

Men 1500 Meter Run 12 yrs

| Name                    | Age | Team            | Seed    | Finals  | Points |
|-------------------------|-----|-----------------|---------|---------|--------|
| 1 3745 Maxwell, Jesse   | 12  | Maquarie Hunter | 4:49.10 | 4:49.13 |        |
| 2 1869 Szakacs, Kade    | 12  | Kej(Kembla J    | 4:55.50 | 4:53.83 |        |
| 3 2240 Bradley, James   | 12  | Sin(Singleto    |         | 5:05.05 |        |
| 4 1871 Rushworth, Brent | 12  | Kej(Kembla J    | 5:19.00 | 5:15.02 |        |
| 5 3692 Alley, Nick      | 12  | Gia(Athletic    |         | 5:15.61 |        |
| 6 3792 Gunn, Tyler      | 12  | Gos(Gosford)    |         | 5:21.02 |        |
| 7 Hitchcock, Tom        | 12  | Mas(Macquari    | 5.17    | 5:29.39 |        |
| 8 795 Webb, Sebastian   | 12  | Now(Nowra)      |         | 6:19.74 |        |
| -- 8003 Ivimy, Lleyton  | 12  | Min(Mingara)    |         | DNF     |        |

Men 80 Meter Hurdles 12 yrs

| Name                 | Age | Team         | Seed | Finals | Points |
|----------------------|-----|--------------|------|--------|--------|
| Section 1 Wind: -4.2 |     |              |      |        |        |
| 1 3912 Reynolds, Sam | 12  | Coh(Coffs Ha |      | 15.50  |        |
| 2 583 Twigg, Jarrod  | 12  | Ibs(Illawarr |      | 15.53  |        |
| 3 3692 Alley, Nick   | 12  | Gia(Athletic |      | 18.43  |        |

Men High Jump 12 yrs

| Name                      | Age | Team         | Seed  | Finals | Points |
|---------------------------|-----|--------------|-------|--------|--------|
| Flight 1                  |     |              |       |        |        |
| 1 1411 Herford, Alexander | 12  | Min(Mingara) |       | 1.31m  |        |
| 2 3912 Reynolds, Sam      | 12  | Coh(Coffs Ha |       | 1.28m  |        |
| 3 2297 Mathias, Askil     | 12  | Sin(Singleto | 1.27m | 1.25m  |        |
| 4 2412 Hay, Damien        | 12  | Koo(Kooringa | 1.15m | 1.15m  |        |
| 5 3692 Alley, Nick        | 12  | Gia(Athletic | 1.20m | 1.10m  |        |
| 5 2314 Parsons, David     | 12  | Woo(Woodberr |       | 1.10m  |        |
| 7 795 Webb, Sebastian     | 12  | Now(Nowra)   |       | 1.05m  |        |

Men Long Jump 12 yrs

| Name                      | Age | Team         | Seed  | Finals | Wind | Points |
|---------------------------|-----|--------------|-------|--------|------|--------|
| 1 583 Twigg, Jarrod       | 12  | Ibs(Illawarr | 4.04m | 4.36m  | NWI  | 10     |
| 2 1411 Herford, Alexander | 12  | Min(Mingara) |       | 4.29m  | NWI  | 8      |
| 3 3748 Wesley, Callum     | 12  | For(Forster) |       | 4.21m  | NWI  | 5.50   |
| 3 2293 Dagg, Jackson      | 12  | Sin(Singleto |       | 4.21m  | NWI  | 5.50   |
| 5 3792 Gunn, Tyler        | 12  | Gos(Gosford) |       | 4.10m  | NWI  | 4      |
| 6 8022 Foxall, Lachlan    | 12  | Mai(Maitland | 4.23m | 4.02m  | NWI  | 3      |

|    |      |                   |    |              |       |       |     |   |
|----|------|-------------------|----|--------------|-------|-------|-----|---|
| 7  | 3912 | Reynolds, Sam     | 12 | Coh(Coffs Ha |       | 4.01m | NWI | 2 |
| 8  | 942  | Boyd, Zachary     | 12 | Wyo(Wyong)   |       | 4.00m | NWI | 1 |
| 9  | 2240 | Bradley, James    | 12 | Sin(Singleto |       | 3.95m | NWI |   |
| 10 | 934  | Croke, Tristan    | 12 | Wyo(Wyong)   | 4.44m | 3.89m | NWI |   |
| 11 | 3918 | Willmott, Cameron | 12 | Bma(Blue Mou | 4.03m | 3.81m | NWI |   |
| 12 | 795  | Webb, Sebastian   | 12 | Now(Nowra)   |       | 3.70m | NWI |   |
| 13 | 3692 | Alley, Nick       | 12 | Gia(Athletic | 4.05m | 3.41m | NWI |   |
| 14 | 2412 | Hay, Damien       | 12 | Koo(Kooringa | 3.98m | 3.25m | NWI |   |
| 15 | 939  | Walter, Jarryd    | 11 | Wyo(Wyong)   | 3.61m | 3.19m | NWI |   |
| 16 | 2314 | Parsons, David    | 12 | Woo(Woodberr |       | 2.99m | NWI |   |

#### Men Shot Put 12 yrs

| Name                     | Age | Team         | Seed  | Finals | Points |
|--------------------------|-----|--------------|-------|--------|--------|
| 1 588 Bain, Cody         | 12  | Ibs(Illawarr |       | 9.30m  |        |
| 2 2297 Mathias, Askil    | 12  | Sin(Singleto | 8.07m | 8.29m  |        |
| 3 1673 Wallace, Brandon  | 12  | Woo(Woodberr |       | 7.28m  |        |
| 4 3912 Reynolds, Sam     | 12  | Coh(Coffs Ha |       | 6.70m  |        |
| 5 2314 Parsons, David    | 12  | Woo(Woodberr |       | 5.94m  |        |
| 6 2412 Hay, Damien       | 12  | Koo(Kooringa | 6.98m | 5.85m  |        |
| 6 3692 Alley, Nick       | 12  | Gia(Athletic | 6.40m | 5.85m  |        |
| 8 3792 Gunn, Tyler       | 12  | Gos(Gosford) |       | 5.43m  |        |
| 9 3918 Willmott, Cameron | 12  | Bma(Blue Mou | 7.21m | 5.00m  |        |

#### Men Discus Throw 12 yrs

| Name                     | Age | Team            | Seed   | Finals | Points |
|--------------------------|-----|-----------------|--------|--------|--------|
| 1 583 Twigg, Jarrod      | 12  | Ibs(Illawarr    | 30.00m | 26.10m |        |
| 2 2297 Mathias, Askil    | 12  | Sin(Singleto    | 24.87m | 25.55m |        |
| 3 3912 Reynolds, Sam     | 12  | Coh(Coffs Ha    |        | 24.17m |        |
| 4 2412 Hay, Damien       | 12  | Koo(Kooringa    | 23.25m | 22.86m |        |
| 5 3918 Willmott, Cameron | 12  | Bma(Blue Mou    | 23.20m | 21.45m |        |
| 6 2240 Bradley, James    | 12  | Sin(Singleto    |        | 21.02m |        |
| 7 3692 Alley, Nick       | 12  | Gia(Athletic    | 21.91m | 19.32m |        |
| 8 1673 Wallace, Brandon  | 12  | Woo(Woodberr    |        | 19.14m |        |
| 9 939 Walter, Jarryd     | 11  | Wyo(Wyong)      | 18.49m | 19.05m |        |
| 10 3792 Gunn, Tyler      | 12  | Gos(Gosford)    |        | 18.71m |        |
| 11 2314 Parsons, David   | 12  | Woo(Woodberr    |        | 17.03m |        |
| 12 3946 Smith, Jack      | 12  | Maquarie Hunter | 18.91m | 16.61m |        |

#### Men Javelin Throw 12 yrs

| Name                    | Age | Team            | Seed   | Finals | Points |
|-------------------------|-----|-----------------|--------|--------|--------|
| 1 1872 Hull, Declan     | 12  | Kej(Kembla J    | 0.17m  | 24.80m |        |
| 2 583 Twigg, Jarrod     | 12  | Ibs(Illawarr    | 32.00m | 24.75m |        |
| 3 2412 Hay, Damien      | 12  | Koo(Kooringa    | 21.20m | 22.51m |        |
| 4 2314 Parsons, David   | 12  | Woo(Woodberr    |        | 21.68m |        |
| 5 3692 Alley, Nick      | 12  | Gia(Athletic    | 17.43m | 18.91m |        |
| 6 3912 Reynolds, Sam    | 12  | Coh(Coffs Ha    |        | 13.99m |        |
| 7 3946 Smith, Jack      | 12  | Maquarie Hunter | 20.00m | 12.68m |        |
| 8 1673 Wallace, Brandon | 12  | Woo(Woodberr    |        | 11.51m |        |

#### Men 100 Meter Dash 13 yrs

| Name      | Age | Team | Seed | Finals | Points |
|-----------|-----|------|------|--------|--------|
| Section 1 |     |      |      |        |        |
| Wind:     |     |      |      |        |        |

Wind: -3.0

|   |      |                    |    |                 |       |       |
|---|------|--------------------|----|-----------------|-------|-------|
| 1 | 3757 | Moody, Oliver      | 13 | Sin(Singleto    | 13.10 | 13.43 |
| 2 | 773  | Havadjia, Zachary  | 13 | Now(Nowra)      |       | 14.63 |
| 3 | 780  | Musgrove, Cameron  | 13 | Now(Nowra)      |       | 15.17 |
| 4 | 2797 | Milford, Nicholas  | 13 | Maquarie Hunter | 14.90 | 15.28 |
| 5 | 3255 | Talbot, Cooper     | 13 | For(Forster)    |       | 15.56 |
| 6 | 2147 | Mihellis, Theo     | 13 | Gos(Gosford)    | 13.70 | 15.59 |
| 7 | 1802 | Trappett, Nicholas | 13 | Wel(Wellingt    | 14.40 | 15.65 |

Men 200 Meter Dash 13 yrs

| Name                 | Age  | Team               | Seed | Finals          | Points |       |
|----------------------|------|--------------------|------|-----------------|--------|-------|
| Section 1 Wind: -2.4 |      |                    |      |                 |        |       |
| 1                    | 3757 | Moody, Oliver      | 13   | Sin(Singleto    | 28.30  | 26.57 |
| 2                    | 773  | Havadjia, Zachary  | 13   | Now(Nowra)      |        | 29.60 |
| 3                    | 1403 | Scarr, Matthew     | 13   | Min(Mingara)    | 30.50  | 30.09 |
| 4                    | 2147 | Mihellis, Theo     | 13   | Gos(Gosford)    | 29.90  | 30.93 |
| 5                    | 780  | Musgrove, Cameron  | 13   | Now(Nowra)      |        | 31.38 |
| 6                    | 1802 | Trappett, Nicholas | 13   | Wel(Wellingt    | 30.00  | 31.41 |
| 7                    | 2797 | Milford, Nicholas  | 13   | Maquarie Hunter | 31.40  | 31.97 |
| 8                    | 3255 | Talbot, Cooper     | 13   | For(Forster)    |        | 33.01 |

Men 400 Meter Dash 13 yrs

| Name                 | Age  | Team               | Seed | Prelims      | Points  |          |
|----------------------|------|--------------------|------|--------------|---------|----------|
| Heat 1 Preliminaries |      |                    |      |              |         |          |
| 1                    | 3709 | Liew, Teng Jon Nat | 13   | Ind(Independ | 1:00.00 | 1:01.17Q |
| 2                    | 3792 | Gunn, Tyler        | 12   | Gos(Gosford) |         | 1:06.89Q |
| 3                    | 942  | Boyd, Zachary      | 12   | Wyo(Wyong)   |         | 1:09.39Q |
| 4                    | 780  | Musgrove, Cameron  | 13   | Now(Nowra)   |         | 1:11.31q |
| 5                    | 2147 | Mihellis, Theo     | 13   | Gos(Gosford) | 1:06.72 | 1:11.91q |
| 6                    | 934  | Croke, Tristan     | 12   | Wyo(Wyong)   | 1:06.23 | 1:13.31  |
| Heat 2 Preliminaries |      |                    |      |              |         |          |
| 1                    | 3757 | Moody, Oliver      | 13   | Sin(Singleto | 1:03.00 | 1:01.25Q |
| 2                    | 773  | Havadjia, Zachary  | 13   | Now(Nowra)   |         | 1:04.64Q |
| 3                    | 1403 | Scarr, Matthew     | 13   | Min(Mingara) | 1:01.30 | 1:05.76Q |
| 4                    | 3940 | Blake, Jarrod      | 13   | Ind(Independ |         | 1:07.17q |
| 5                    | 3255 | Talbot, Cooper     | 13   | For(Forster) |         | 1:15.17  |
| --                   | 3781 | Gusman, Jonathon   | 13   | Coh(Coffs Ha | 1:06.90 | DQ 163.3 |

Men 400 Meter Dash 13 yrs

| Name             | Age  | Team               | Prelims | Finals       | Points  |         |
|------------------|------|--------------------|---------|--------------|---------|---------|
| Section 1 Finals |      |                    |         |              |         |         |
| 1                | 3757 | Moody, Oliver      | 13      | Sin(Singleto | 1:01.25 | 58.93   |
| 2                | 3709 | Liew, Teng Jon Nat | 13      | Ind(Independ | 1:01.17 | 1:00.58 |
| 3                | 773  | Havadjia, Zachary  | 13      | Now(Nowra)   | 1:04.64 | 1:05.38 |
| 4                | 3940 | Blake, Jarrod      | 13      | Ind(Independ | 1:07.17 | 1:07.04 |
| 5                | 3792 | Gunn, Tyler        | 12      | Gos(Gosford) | 1:06.89 | 1:08.80 |
| 6                | 2147 | Mihellis, Theo     | 13      | Gos(Gosford) | 1:11.91 | 1:09.15 |
| 7                | 1403 | Scarr, Matthew     | 13      | Min(Mingara) | 1:05.76 | 1:10.11 |
| 8                | 942  | Boyd, Zachary      | 12      | Wyo(Wyong)   | 1:09.39 | 1:11.26 |
| 9                | 780  | Musgrove, Cameron  | 13      | Now(Nowra)   | 1:11.31 | 1:15.07 |

Men 800 Meter Run 13 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

Section 1

|    |      |                    |    |                 |         |         |       |
|----|------|--------------------|----|-----------------|---------|---------|-------|
| 1  | 3709 | Liew, Teng Jon Nat | 13 | Ind(Independ    | 2:18.00 | 2:19.60 |       |
| 2  | 1403 | Scarr, Matthew     | 13 | Min(Mingara)    | 2:18.83 | 2:27.19 |       |
| 3  | 3940 | Blake, Jarrod      | 13 | Ind(Independ    |         | 2:31.82 |       |
| 4  | 700  | forbes, hayden     | 13 | Min(Mingara)    | 2.28    | 2:33.19 |       |
| 5  | 1537 | Vandenberg, Tom    | 13 | Maquarie Hunter |         | 2:36.72 |       |
| 6  | 473  | Kniha, Timothy     | 13 | Bma(Blue Mou    |         | 2:38.33 |       |
| 7  | 2147 | Mihellis, Theo     | 13 | Gos(Gosford)    | 2:38.00 | 2:41.82 |       |
| 8  | 769  | Dooley, Liam       | 13 | Now(Nowra)      |         | 3:12.90 |       |
| -- | 3781 | Gusman, Jonathon   | 13 | Coh(Coffs Ha    | 2:24.50 | DQ      | 163.3 |

Men 1500 Meter Run 13 yrs

| Name | Age  | Team               | Seed    | Finals  | Points |
|------|------|--------------------|---------|---------|--------|
| 1    | 1403 | Scarr, Matthew     | 4:40.50 | 4:59.88 |        |
| 2    | 700  | forbes, hayden     | 5.01    | 5:06.51 |        |
| 3    | 1537 | Vandenberg, Tom    |         | 5:17.26 |        |
| 4    | 926  | Jones, Tyler       |         | 5:25.67 |        |
| 5    | 473  | Kniha, Timothy     | 5:29.80 | 5:29.85 |        |
| 6    | 1802 | Trappett, Nicholas |         | 5:43.27 |        |
| 7    | 2147 | Mihellis, Theo     | 5:27.00 | 5:46.07 |        |

Men 90 Meter Hurdles 13 yrs

| Name                 | Age  | Team           | Seed  | Finals | Points |
|----------------------|------|----------------|-------|--------|--------|
| Section 1 Wind: -3.5 |      |                |       |        |        |
| 1                    | 3255 | Talbot, Cooper |       | 19.26  |        |
| 2                    | 2857 | Kirby, Will    | 15.00 | 19.51  |        |

Men 200 Meter Hurdles 13 yrs

| Name                 | Age  | Team          | Seed  | Finals | Points |
|----------------------|------|---------------|-------|--------|--------|
| Section 1 Wind: -0.3 |      |               |       |        |        |
| 1                    | 583  | Twigg, Jarrod |       | 40.08  |        |
| 2                    | 2857 | Kirby, Will   | 35.00 | 40.49  |        |

Men 4x100 Meter Relay 13 yrs

| Team                | Seed | Finals  | Points |
|---------------------|------|---------|--------|
| Section 1           |      |         |        |
| 1 Central Coast 'A' |      | 56.94   |        |
| 2 Hunter Region 'A' |      | 57.51   |        |
| 3 Now(Nowra) 'A'    |      | 1:00.47 |        |

Men High Jump 13 yrs

| Name     | Age  | Team              | Seed  | Finals | Points |
|----------|------|-------------------|-------|--------|--------|
| Flight 1 |      |                   |       |        |        |
| 1        | 3781 | Gusman, Jonathon  | 1.51m | 1.40m  | 10     |
| 2        | 3255 | Talbot, Cooper    |       | 1.30m  | 8      |
| 3        | 769  | Dooley, Liam      |       | 1.25m  | 6      |
| 4        | 780  | Musgrove, Cameron |       | 1.10m  | 5      |

Men Long Jump 13 yrs

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| Name                      | Age | Team         | Seed  | Finals | Wind Points |
|---------------------------|-----|--------------|-------|--------|-------------|
| 1 3757 Moody, Oliver      | 13  | Sin(Singleto | 4.56m | 4.57m  | NWI         |
| 2 3781 Gusman, Jonathon   | 13  | Coh(Coffs Ha | 4.60m | 4.07m  | NWI         |
| 3 3940 Blake, Jarrod      | 13  | Ind(Independ |       | 3.98m  | NWI         |
| 4 769 Dooley, Liam        | 13  | Now(Nowra)   |       | 3.87m  | NWI         |
| 5 1802 Trappett, Nicholas | 13  | Wel(Wellingt |       | 3.81m  | NWI         |
| 6 780 Musgrove, Cameron   | 13  | Now(Nowra)   |       | 3.71m  | NWI         |
| 7 700 forbes, hayden      | 13  | Min(Mingara) | 3.50m | 3.35m  | NWI         |

#### Men Triple Jump 13 yrs

| Name                    | Age | Team            | Seed  | Finals | Wind Points |
|-------------------------|-----|-----------------|-------|--------|-------------|
| 1 3757 Moody, Oliver    | 13  | Sin(Singleto    | 9.99m | 9.57m  | NWI         |
| 2 3940 Blake, Jarrod    | 13  | Ind(Independ    |       | 8.84m  | NWI         |
| 3 3781 Gusman, Jonathon | 13  | Coh(Coffs Ha    | 9.00m | 8.68m  | NWI         |
| 4 3692 Alley, Nick      | 12  | Gia(Athletic    | 8.11m | 8.24m  | NWI         |
| 5 3255 Talbot, Cooper   | 13  | For(Forster)    |       | 8.17m  | NWI         |
| 6 3946 Smith, Jack      | 12  | Maquarie Hunter | 8.97m | 8.10m  | NWI         |
| 7 2412 Hay, Damien      | 12  | Koo(Kooringa    |       | 7.52m  | NWI         |
| 8 780 Musgrove, Cameron | 13  | Now(Nowra)      |       | 7.39m  | NWI         |
| 9 2413 Hay, Nicholas    | 13  | Koo(Kooringa    | 7.25m | 6.55m  | NWI         |

#### Men Shot Put 13 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 2413 Hay, Nicholas    | 13  | Koo(Kooringa | 10.12m | 10.67m | 10     |
| 2 473 Kniha, Timothy    | 13  | Bma(Blue Mou | 7.91m  | 8.02m  | 8      |
| 3 2857 Kirby, Will      | 13  | Woo(Woodberr |        | 7.94m  | 6      |
| 4 773 Havadjia, Zachary | 13  | Now(Nowra)   |        | 6.75m  | 5      |

#### Men Discus Throw 13 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 2413 Hay, Nicholas    | 13  | Koo(Kooringa | 32.30m | 30.48m |        |
| 2 773 Havadjia, Zachary | 13  | Now(Nowra)   |        | 19.80m |        |
| 3 2857 Kirby, Will      | 13  | Woo(Woodberr | 17.38m | 19.55m |        |

#### Men Javelin Throw 13 yrs

| Name                     | Age | Team            | Seed   | Finals | Points |
|--------------------------|-----|-----------------|--------|--------|--------|
| 1 2413 Hay, Nicholas     | 13  | Koo(Kooringa    | 24.50m | 27.44m |        |
| 2 473 Kniha, Timothy     | 13  | Bma(Blue Mou    | 26.45m | 21.71m |        |
| 3 2857 Kirby, Will       | 13  | Woo(Woodberr    | 19.91m | 19.75m |        |
| 4 773 Havadjia, Zachary  | 13  | Now(Nowra)      |        | 19.21m |        |
| 5 2797 Milford, Nicholas | 13  | Maquarie Hunter | 15.69m | 16.00m |        |

#### Men 100 Meter Dash 14 yrs

| Name                           | Age | Team         | Seed  | Prelims |
|--------------------------------|-----|--------------|-------|---------|
| Heat 1 Preliminaries Wind: NWI |     |              |       |         |
| 1 3493 Hampton, Aidan          | 14  | Edg(Edgewort | 11.50 | 12.26q  |
| 2 695 parkinson, joshua        | 14  | Min(Mingara) | 11.60 | 12.52q  |
| 3 3599 Allen, Benjamin         | 14  | Ind(Independ | 12.06 | 12.91q  |
| 4 3682 Haworth, Luke           | 14  | Kotara       | 12.50 | 13.41q  |

|                                |                       |    |              |       |        |
|--------------------------------|-----------------------|----|--------------|-------|--------|
| 5                              | 2298 Mathias, Alec    | 14 | Sin(Singleto | 13.88 | 14.38q |
| 6                              | 464 Dhu, Ethan        | 14 | Bma(Blue Mou | 14.98 | 15.05  |
| Heat 2 Preliminaries Wind: NWI |                       |    |              |       |        |
| 1                              | 8002 Slinger, Charles | 14 | Ind(Independ | 12.60 | 13.36q |
| 2                              | 3927 Hardy, Kieran    | 14 | Arm (Armidal | 12.10 | 13.42q |
| 3                              | 3251 Wamsley, Kenneth | 14 | For(Forster) | 14.10 | 14.43q |
| 4                              | 3753 Chick, Braidy    | 14 | For(Forster) |       | 14.54q |
| 5                              | 8025 Linz, Connor     | 14 | Ind(Independ |       | 15.01  |
| 6                              | 3789 Gunn, Aaron      | 14 | Gos(Gosford) |       | 15.08  |
| 7                              | 3199 Gilbert, Thomas  | 14 | For(Forster) | 15.30 | 15.92  |

Men 100 Meter Dash 14 yrs

| Name                | Age  | Team              | Seed | Finals       | Points |
|---------------------|------|-------------------|------|--------------|--------|
| Section 1 Wind: NWI |      |                   |      |              |        |
| 1                   | 3493 | Hampton, Aidan    | 14   | Edg(Edgewort | 12.23  |
| 2                   | 695  | parkinson, joshua | 14   | Min(Mingara) | 12.64  |
| 3                   | 3599 | Allen, Benjamin   | 14   | Ind(Independ | 12.91  |
| 4                   | 8002 | Slinger, Charles  | 14   | Ind(Independ | 13.18  |
| 5                   | 3927 | Hardy, Kieran     | 14   | Arm (Armidal | 13.30  |
| 6                   | 3753 | Chick, Braidy     | 14   | For(Forster) | 14.22  |
| 7                   | 3251 | Wamsley, Kenneth  | 14   | For(Forster) | 14.28  |
| 8                   | 2298 | Mathias, Alec     | 14   | Sin(Singleto | 14.32  |

Men 200 Meter Dash 14 yrs

| Name                            | Age  | Team              | Seed | Prelims      |       |        |
|---------------------------------|------|-------------------|------|--------------|-------|--------|
| Heat 1 Preliminaries Wind: -2.6 |      |                   |      |              |       |        |
| 1                               | 3493 | Hampton, Aidan    | 14   | Edg(Edgewort | 24.00 | 25.16Q |
| 2                               | 695  | parkinson, joshua | 14   | Min(Mingara) | 24.30 | 25.25Q |
| 3                               | 3599 | Allen, Benjamin   | 14   | Ind(Independ | 24.42 | 25.53Q |
| 4                               | 3682 | Haworth, Luke     | 14   | Kotara       | 25.50 | 25.84q |
| 5                               | 3927 | Hardy, Kieran     | 14   | Arm (Armidal | 26.84 | 26.54q |
| 6                               | 8002 | Slinger, Charles  | 14   | Ind(Independ | 27.29 | 27.68q |
| 7                               | 3753 | Chick, Braidy     | 14   | For(Forster) |       | 29.08q |
| 8                               | 3789 | Gunn, Aaron       | 14   | Gos(Gosford) |       | 29.49q |
| 9                               | 8025 | Linz, Connor      | 14   | Ind(Independ |       | 30.67  |

Men 400 Meter Dash 14 yrs

| Name      | Age  | Team              | Seed | Finals       | Points  |         |
|-----------|------|-------------------|------|--------------|---------|---------|
| Section 1 |      |                   |      |              |         |         |
| 1         | 3599 | Allen, Benjamin   | 14   | Ind(Independ | 53.54   | 55.43   |
| 2         | 3682 | Haworth, Luke     | 14   | Kotara       | 56.60   | 55.91   |
| 3         | 3066 | Hitchcock, Sam    | 14   | Mas(Macquari | 56.50   | 56.52   |
| 4         | 3927 | Hardy, Kieran     | 14   | Arm (Armidal | 59.72   | 56.84   |
| 5         | 3602 | Dobb, Johnathon   | 14   | Min(Mingara) | 59.60   | 1:01.69 |
| 6         | 2150 | Cox, James        | 14   | Gos(Gosford) | 1:03.00 | 1:02.19 |
| 7         | 3789 | Gunn, Aaron       | 14   | Gos(Gosford) |         | 1:05.83 |
| 8         | 2299 | Bradley, Mitchell | 14   | Sin(Singleto |         | 1:06.05 |
| 9         | 3690 | Alley, Michael    | 14   | Gia(Athletic |         | 1:09.19 |

Men 800 Meter Run 14 yrs

| Name | Age  | Team           | Seed | Finals       | Points  |
|------|------|----------------|------|--------------|---------|
| 1    | 3066 | Hitchcock, Sam | 14   | Mas(Macquari | 2:08.62 |

|    |      |                   |    |              |         |         |
|----|------|-------------------|----|--------------|---------|---------|
| 2  | 2778 | Collett, Jack     | 14 | Min(Mingara) |         | 2:09.08 |
| 3  | 2150 | Cox, James        | 14 | Gos(Gosford) | 2:16.00 | 2:23.90 |
| 4  | 3570 | Balogh, Zsolt     | 14 | Mas(Macquari | 2:19.60 | 2:26.49 |
| 5  | 464  | Dhu, Ethan        | 14 | Bma(Blue Mou |         | 2:31.12 |
| 6  | 3936 | Tassone, Antonio  | 14 | Ces(Cessnock |         | 2:32.43 |
| 7  | 2299 | Bradley, Mitchell | 14 | Sin(Singleto |         | 2:34.11 |
| 8  | 3244 | Sullivan, Lucas   | 14 | For(Forster) | 2.35    | 2:46.60 |
| 9  | 3789 | Gunn, Aaron       | 14 | Gos(Gosford) |         | 2:47.21 |
| 10 | 3753 | Chick, Braidy     | 14 | For(Forster) |         | 2:56.50 |

Men 1500 Meter Run 14 yrs

| Name | Age  | Team              | Seed | Finals       | Points  |         |
|------|------|-------------------|------|--------------|---------|---------|
| 1    | 3066 | Hitchcock, Sam    | 14   | Mas(Macquari | 4.39    | 4:34.91 |
| 2    | 2150 | Cox, James        | 14   | Gos(Gosford) | 4:30.00 | 4:40.95 |
| 3    | 3570 | Balogh, Zsolt     | 14   | Mas(Macquari | 4:46.30 | 4:51.82 |
| 4    | 3936 | Tassone, Antonio  | 14   | Ces(Cessnock |         | 4:53.64 |
| 5    | 2299 | Bradley, Mitchell | 14   | Sin(Singleto |         | 5:04.13 |
| 6    | 464  | Dhu, Ethan        | 14   | Bma(Blue Mou | 5:01.00 | 5:15.94 |
| 7    | 3244 | Sullivan, Lucas   | 14   | For(Forster) | 5.36    | 6:14.24 |

Men 100 Meter Hurdles 0.840m 14 yrs

| Name                 | Age  | Team            | Seed | Finals       | Points |       |
|----------------------|------|-----------------|------|--------------|--------|-------|
| Section 1 Wind: -2.0 |      |                 |      |              |        |       |
| 1                    | 3244 | Sullivan, Lucas | 14   | For(Forster) |        | 19.08 |
| 2                    | 573  | Acev, Mitchell  | 14   | Ibs(Illawarr | 16.00  | 20.30 |
| 3                    | 3690 | Alley, Michael  | 14   | Gia(Athletic |        | 21.63 |

Men 200 Meter Hurdles 14 yrs

| Name                | Age  | Team             | Seed | Finals       | Points |       |
|---------------------|------|------------------|------|--------------|--------|-------|
| Section 1 Wind: 0.6 |      |                  |      |              |        |       |
| 1                   | 3244 | Sullivan, Lucas  | 14   | For(Forster) | 32.00  | 32.56 |
| 2                   | 3490 | Keating, Liam    | 14   | Edg(Edgewort | 31.95  | 33.46 |
| 3                   | 8002 | Slinger, Charles | 14   | Ind(Independ | 30.19  | 34.45 |
| 4                   | 8025 | Linz, Connor     | 14   | Ind(Independ |        | 35.12 |
| 5                   | 3789 | Gunn, Aaron      | 14   | Gos(Gosford) |        | 35.76 |
| 6                   | 573  | Acev, Mitchell   | 14   | Ibs(Illawarr | 31.00  | 36.53 |
| 7                   | 3690 | Alley, Michael   | 14   | Gia(Athletic |        | 38.31 |

Men High Jump 14 yrs

| Name     | Age  | Team            | Seed | Finals       | Points |       |
|----------|------|-----------------|------|--------------|--------|-------|
| Flight 1 |      |                 |      |              |        |       |
| 1        | 3602 | Dobb, Johnathon | 14   | Min(Mingara) | 1.65m  | 1.68m |
| 2        | 2298 | Mathias, Alec   | 14   | Sin(Singleto | 1.45m  | 1.55m |
| 3        | 1074 | Rees, Matt      | 14   | Mai(Maitland |        | 1.50m |
| 4        | 573  | Acev, Mitchell  | 14   | Ibs(Illawarr | 1.35m  | 1.35m |

Men Long Jump 14 yrs

| Name | Age  | Team              | Seed | Finals       | Wind  | Points |     |    |
|------|------|-------------------|------|--------------|-------|--------|-----|----|
| 1    | 695  | parkinson, joshua | 14   | Min(Mingara) | 5.89m | 5.74m  | NWI | 10 |
| 2    | 1074 | Rees, Matt        | 14   | Mai(Maitland |       | 4.96m  | NWI | 8  |

|   |      |                  |    |              |       |       |     |   |
|---|------|------------------|----|--------------|-------|-------|-----|---|
| 3 | 8025 | Linz, Connor     | 14 | Ind(Independ |       | 4.51m | NWI | 6 |
| 4 | 3251 | Wamsley, Kenneth | 14 | For(Forster) | 4.40m | 4.43m | NWI | 5 |
| 5 | 3690 | Alley, Michael   | 14 | Gia(Athletic | 4.10m | 4.07m | NWI | 4 |

Men Triple Jump 14 yrs

| Name                    | Age | Team         | Seed   | Finals | Wind | Points |
|-------------------------|-----|--------------|--------|--------|------|--------|
| 1 1074 Rees, Matt       | 14  | Mai(Maitland |        | 10.19m | NWI  |        |
| 2 8002 Slinger, Charles | 14  | Ind(Independ | 10.40m | 10.18m | NWI  |        |
| 3 8025 Linz, Connor     | 14  | Ind(Independ |        | 9.65m  | NWI  |        |
| 4 3690 Alley, Michael   | 14  | Gia(Athletic | 9.14m  | 9.24m  | NWI  |        |
| 5 2298 Mathias, Alec    | 14  | Sin(Singleto | 9.32m  | 9.00m  | NWI  |        |
| 6 3199 Gilbert, Thomas  | 14  | For(Forster) | 8.00m  | 7.80m  | NWI  |        |
| 7 573 Acev, Mitchell    | 14  | Ibs(Illawarr | 8.78m  | 7.73m  | NWI  |        |

Men Shot Put 14 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 3199 Gilbert, Thomas    | 14  | For(Forster) | 12.60m | 12.14m |        |
| 2 3251 Wamsley, Kenneth   | 14  | For(Forster) | 12.58m | 10.06m |        |
| 3 3471 Stahlhut, Travis   | 14  | Arm (Armidal | 8.82m  | 9.99m  |        |
| 4 8002 Zucchetto, Paul    | 14  | ACT          | 9.45m  | 9.93m  |        |
| 5 921 Batten, Luke        | 14  | Wyo(Wyong)   | 10.50m | 9.88m  |        |
| 6 3936 Tassone, Antonio   | 14  | Ces(Cessnock |        | 9.28m  |        |
| 7 3490 Keating, Liam      | 14  | Edg(Edgewort | 6.39m  | 8.07m  |        |
| 8 203 McKnight, Bradley   | 14  | Wel(Wellingt | 9.30m  | 7.93m  |        |
| 9 1074 Rees, Matt         | 14  | Mai(Maitland |        | 7.92m  |        |
| 10 2942 Clark, Angus      | 14  | Now(Nowra)   |        | 7.88m  |        |
| 11 3753 Chick, Braidy     | 14  | For(Forster) |        | 7.60m  |        |
| 12 3690 Alley, Michael    | 14  | Gia(Athletic | 7.31m  | 6.36m  |        |
| 13 3739 McGinniskin, Ryan | 14  | Edg(Edgewort |        | 5.35m  |        |

Men Discus Throw 14 yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 921 Batten, Luke        | 14  | Wyo(Wyong)   | 39.70m | 39.88m | 10     |
| 2 1074 Rees, Matt         | 14  | Mai(Maitland |        | 33.42m | 8      |
| 3 3199 Gilbert, Thomas    | 14  | For(Forster) | 36.00m | 33.41m | 6      |
| 4 3471 Stahlhut, Travis   | 14  | Arm (Armidal | 33.10m | 32.40m | 5      |
| 5 3251 Wamsley, Kenneth   | 14  | For(Forster) | 32.00m | 32.27m | 4      |
| 6 8002 Zucchetto, Paul    | 14  | ACT          | 32.68m | 31.03m | 3      |
| 7 3936 Tassone, Antonio   | 14  | Ces(Cessnock |        | 28.38m | 2      |
| 8 464 Dhu, Ethan          | 14  | Bma(Blue Mou | 26.01m | 24.70m | 1      |
| 9 3244 Sullivan, Lucas    | 14  | For(Forster) | 27.06m | 21.29m |        |
| 10 3739 McGinniskin, Ryan | 14  | Edg(Edgewort |        | 19.56m |        |
| 11 3690 Alley, Michael    | 14  | Gia(Athletic | 21.30m | 18.68m |        |
| 12 3490 Keating, Liam     | 14  | Edg(Edgewort | 23.77m | 10.17m |        |

Men Javelin Throw 14 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 3471 Stahlhut, Travis | 14  | Arm (Armidal | 39.12m | 41.42m |        |
| 2 1074 Rees, Matt       | 14  | Mai(Maitland |        | 41.13m |        |
| 3 3199 Gilbert, Thomas  | 14  | For(Forster) | 31.31m | 33.17m |        |
| 4 3936 Tassone, Antonio | 14  | Ces(Cessnock |        | 30.74m |        |
| 5 3490 Keating, Liam    | 14  | Edg(Edgewort | 23.66m | 26.85m |        |

|    |      |                   |    |              |        |        |
|----|------|-------------------|----|--------------|--------|--------|
| 6  | 203  | McKnight, Bradley | 14 | Wel(Wellingt | 32.33m | 26.44m |
| 7  | 8002 | Zucchetto, Paul   | 14 | ACT          | 26.18m | 25.37m |
| 8  | 3690 | Alley, Michael    | 14 | Gia(Athletic | 27.68m | 25.12m |
| 9  | 2150 | Cox, James        | 14 | Gos(Gosford) | 35.00m | 24.90m |
| 10 | 2857 | Kirby, Will       | 13 | Woo(Woodberr |        | 23.93m |
| 11 | 8025 | Linz, Connor      | 14 | Ind(Independ |        | 19.99m |

Men 100 Meter Dash 15 yrs

| Name                | Age  | Team              | Seed | Finals       | Points |
|---------------------|------|-------------------|------|--------------|--------|
| Section 1 Wind: NWI |      |                   |      |              |        |
| 1                   | 3603 | Buchanan, Matthew | 15   | Min(Mingara) | 11.86  |
| 2                   | 3782 | Salter, Nelson    | 15   | Ind(Independ | 12.30  |
| 3                   | 469  | Carruthers, Craig | 15   | Bma(Blue Mou | 12.36  |
| 4                   | 3950 | Walker, John      | 15   | Ind(Independ | 12.53  |
| 5                   | 3798 | Jeffery, James    | 15   | Ind(Independ | 12.66  |
| 6                   | 692  | Martin, Nick      | 15   | Min(Mingara) | 13.13  |
| 7                   | 2946 | Rodda, Hayden     | 15   | Now(Nowra)   | 14.78  |

Men 100 Meter Dash 15 yrs

| Name                 | Age  | Team              | Seed | Finals       | Points |       |
|----------------------|------|-------------------|------|--------------|--------|-------|
| Section 1 Wind: -3.2 |      |                   |      |              |        |       |
| 1                    | 3782 | Salter, Nelson    | 15   | Ind(Independ | 11.80  | 12.65 |
| 2                    | 3950 | Walker, John      | 15   | Ind(Independ | 12.29  | 12.92 |
| 3                    | 3850 | Orphin, Michael   | 15   | Gos(Gosford) |        | 13.23 |
| 4                    | 692  | Martin, Nick      | 15   | Min(Mingara) | 12.40  | 13.46 |
| 5                    | 148  | Parkinson, Luke   | 15   | Ind(Independ | 14.40  | 14.78 |
| Section 2 Wind: -3.7 |      |                   |      |              |        |       |
| 1                    | 3603 | Buchanan, Matthew | 15   | Min(Mingara) |        | 12.23 |
| 2                    | 469  | Carruthers, Craig | 15   | Bma(Blue Mou |        | 12.73 |
| 3                    | 3798 | Jeffery, James    | 15   | Ind(Independ | 12.48  | 12.79 |
| 4                    | 3484 | Crisante, Kurtis  | 15   | Dubbo        | 15.00  | 13.08 |
| 5                    | 2946 | Rodda, Hayden     | 15   | Now(Nowra)   |        | 14.30 |
| 6                    | 1010 | Wallace, Mitchell | 15   | Woo(Woodberr |        | 14.37 |

Men 200 Meter Dash 15 yrs

| Name                            | Age  | Team              | Seed | Prelims         |        |        |
|---------------------------------|------|-------------------|------|-----------------|--------|--------|
| Heat 1 Preliminaries Wind: -2.5 |      |                   |      |                 |        |        |
| 1                               | 3603 | Buchanan, Matthew | 15   | Min(Mingara)    | 24.24q |        |
| 2                               | 3782 | Salter, Nelson    | 15   | Ind(Independ    | 24.90  | 24.87q |
| 3                               | 469  | Carruthers, Craig | 15   | Bma(Blue Mou    |        | 25.24q |
| 4                               | 692  | Martin, Nick      | 15   | Min(Mingara)    | 25.40  | 26.24q |
| 5                               | 2796 | Milford, Joshua   | 15   | Maquarie Hunter | 28.18  | 27.23q |
| 6                               | 2946 | Rodda, Hayden     | 15   | Now(Nowra)      |        | 27.61q |
| 7                               | 1010 | Wallace, Mitchell | 15   | Woo(Woodberr    |        | 27.97q |
| 8                               | 148  | Parkinson, Luke   | 15   | Ind(Independ    | 29.70  | 30.16q |

Men 400 Meter Dash 15 yrs

| Name      | Age  | Team            | Seed | Finals       | Points  |         |
|-----------|------|-----------------|------|--------------|---------|---------|
| Section 1 |      |                 |      |              |         |         |
| 1         | 3850 | Orphin, Michael | 15   | Gos(Gosford) | 58.29   |         |
| 2         | 692  | Martin, Nick    | 15   | Min(Mingara) | 57.60   | 58.55   |
| 3         | 1090 | Jones, Anthony  | 15   | Gos(Gosford) | 1:01.00 | 1:00.61 |

|   |      |                   |    |                 |         |         |
|---|------|-------------------|----|-----------------|---------|---------|
| 4 | 2946 | Rodda, Hayden     | 15 | Now(Nowra)      |         | 1:00.80 |
| 5 | 1010 | Wallace, Mitchell | 15 | Woo(Woodberr)   |         | 1:02.16 |
| 6 | 2796 | Milford, Joshua   | 15 | Maquarie Hunter | 1:04.15 | 1:04.51 |

Men 800 Meter Run 15 yrs

| Name | Age  | Team               | Seed | Finals       | Points  |         |
|------|------|--------------------|------|--------------|---------|---------|
| 1    | 793  | spiessberger-parke | 15   | Now(Nowra)   | 2:07.51 |         |
| 2    | 978  | Starkey, James     | 15   | Wyo(Wyong)   | 2:18.51 |         |
| 3    | 692  | Martin, Nick       | 15   | Min(Mingara) | 2:17.00 | 2:21.94 |
| 4    | 1423 | Pain, Michael      | 15   | Min(Mingara) | 2:25.00 | 2:30.05 |

Men 1500 Meter Run 15 yrs

| Name | Age  | Team               | Seed | Finals        | Points   |         |
|------|------|--------------------|------|---------------|----------|---------|
| 1    | 793  | spiessberger-parke | 15   | Now(Nowra)    | 4:19.85  |         |
| 2    | 560  | Kentwell, Joshua   | 15   | Ibs(Illawarr) | 4.25     | 4:22.68 |
| 3    | 2892 | King, Nelson       | 15   | Mas(Macquari) | 50:04.39 | 4:37.80 |
| 4    | 1090 | Jones, Anthony     | 15   | Gos(Gosford)  | 4:36.00  | 4:47.52 |
| 5    | 564  | Steele, Harrison   | 15   | Ibs(Illawarr) | 5:20.50  | 5:34.19 |
| 6    | 3788 | Gunn, Brody        | 15   | Gos(Gosford)  |          | 6:17.84 |

Men 3000 Meter Run 15 yrs

| Name | Age  | Team             | Seed | Finals        | Points   |          |
|------|------|------------------|------|---------------|----------|----------|
| 1    | 560  | Kentwell, Joshua | 15   | Ibs(Illawarr) | 9.33     | 9:50.97  |
| 2    | 2447 | Woodley, Morgan  | 15   | Nev(Newcastl) | 00:10.00 | 10:40.81 |
| 3    | 3936 | Tassone, Antonio | 14   | Ces(Cessnock) |          | 11:02.01 |
| 4    | 700  | forbes, hayden   | 13   | Min(Mingara)  | 10.48    | 11:21.68 |
| 5    | 564  | Steele, Harrison | 15   | Ibs(Illawarr) | 11:00.00 | 12:04.06 |

Men 100 Meter Hurdles 0.840m 15 yrs

| Name                 | Age  | Team               | Seed | Finals          | Points |       |
|----------------------|------|--------------------|------|-----------------|--------|-------|
| Section 1 Wind: -2.0 |      |                    |      |                 |        |       |
| 1                    | 3982 | Mazzantini, Daniel | 15   | Maquarie Hunter | 15.00  | 16.97 |
| 2                    | 1090 | Jones, Anthony     | 15   | Gos(Gosford)    |        | 18.13 |
| 3                    | 1010 | Wallace, Mitchell  | 15   | Woo(Woodberr)   |        | 18.31 |

Men 200 Meter Hurdles 15 yrs

| Name                 | Age  | Team              | Seed | Finals        | Points |       |
|----------------------|------|-------------------|------|---------------|--------|-------|
| Section 1 Wind: -0.3 |      |                   |      |               |        |       |
| 1                    | 1010 | Wallace, Mitchell | 15   | Woo(Woodberr) |        | 33.02 |
| 2                    | 469  | Carruthers, Craig | 15   | Bma(Blue Mou) |        | 33.83 |

Men 2000 Meter Steeplechase 15 yrs

| Name      | Age  | Team             | Seed | Finals        | Points  |         |
|-----------|------|------------------|------|---------------|---------|---------|
| Section 1 |      |                  |      |               |         |         |
| 1         | 560  | Kentwell, Joshua | 15   | Ibs(Illawarr) | 6.40    | 7:16.40 |
| 2         | 2150 | Cox, James       | 14   | Gos(Gosford)  | 8:00.00 | 7:29.07 |
| 3         | 464  | Dhu, Ethan       | 14   | Bma(Blue Mou) |         | 8:49.55 |
| 4         | 3789 | Gunn, Aaron      | 14   | Gos(Gosford)  |         | 9:06.66 |

5 564 Steele, Harrison 15 Ibs(Illawarr 9:00.00 9:06.79

Men 4x100 Meter Relay 15 yrs

| Team               | Seed | Finals | Points |
|--------------------|------|--------|--------|
| 1 Min(Mingara) 'A' |      | 53.87  |        |

Men High Jump 15 yrs

| Name                      | Age | Team            | Seed  | Finals | Points |
|---------------------------|-----|-----------------|-------|--------|--------|
| Flight 1                  |     |                 |       |        |        |
| 1 3798 Jeffery, James     | 15  | Ind(Independ    | 1.70m | 1.70m  | 10     |
| 2 3982 Mazzantini, Daniel | 15  | Maquarie Hunter | 1.65m | 1.63m  | 7      |
| 2 3053 Ogle, Rhys         | 15  | Mas(Macquari    | 1.62m | 1.63m  | 7      |
| 4 2796 Milford, Joshua    | 15  | Maquarie Hunter | 1.52m | 1.50m  | 5      |
| 5 1010 Wallace, Mitchell  | 15  | Woo(Woodberr    |       | 1.45m  | 4      |

Men Long Jump 15 yrs

| Name                      | Age | Team            | Seed  | Finals | Wind | Points |
|---------------------------|-----|-----------------|-------|--------|------|--------|
| 1 3798 Jeffery, James     | 15  | Ind(Independ    | 5.94m | 5.81m  | NWI  |        |
| 2 3982 Mazzantini, Daniel | 15  | Maquarie Hunter | 5.02m | 5.14m  | NWI  |        |
| 3 2796 Milford, Joshua    | 15  | Maquarie Hunter | 4.64m | 4.81m  | NWI  |        |
| 4 560 Kentwell, Joshua    | 15  | Ibs(Illawarr    |       | 4.71m  | NWI  |        |
| 5 3782 Salter, Nelson     | 15  | Ind(Independ    | 4.88m | 4.60m  | NWI  |        |
| 6 1010 Wallace, Mitchell  | 15  | Woo(Woodberr    |       | 4.58m  | NWI  |        |
| 7 1974 Cronk, Rogan       | 15  | Ind(Independ    |       | 4.43m  | NWI  |        |
| 8 148 Parkinson, Luke     | 15  | Ind(Independ    | 4.56m | 4.29m  | NWI  |        |

Men Triple Jump 15 yrs

| Name                     | Age | Team            | Seed   | Finals | Wind | Points |
|--------------------------|-----|-----------------|--------|--------|------|--------|
| 1 3798 Jeffery, James    | 15  | Ind(Independ    | 12.30m | 12.11m | NWI  | 10     |
| 2 2796 Milford, Joshua   | 15  | Maquarie Hunter | 10.44m | 10.29m | NWI  | 8      |
| 3 560 Kentwell, Joshua   | 15  | Ibs(Illawarr    |        | 10.26m | NWI  | 6      |
| 4 1010 Wallace, Mitchell | 15  | Woo(Woodberr    |        | 9.62m  | NWI  | 5      |

Men Shot Put 15 yrs

| Name                      | Age | Team            | Seed   | Finals | Points |
|---------------------------|-----|-----------------|--------|--------|--------|
| 1 3484 Crisante, Kurtis   | 15  | Dubbo           | 10.00m | 13.08m | 10     |
| 2 2091 Shaw, Hayden       | 15  | Wol(Athletic    |        | 12.95m | 8      |
| 3 2414 Hay, James         | 15  | Koo(Kooringa    | 12.10m | 11.23m | 6      |
| 4 1974 Cronk, Rogan       | 15  | Ind(Independ    |        | 11.04m | 5      |
| 5 1010 Wallace, Mitchell  | 15  | Woo(Woodberr    |        | 10.97m | 4      |
| 6 3982 Mazzantini, Daniel | 15  | Maquarie Hunter | 10.35m | 10.31m | 3      |
| 7 2946 Rodda, Hayden      | 15  | Now(Nowra)      |        | 8.95m  | 2      |
| 8 2942 Clark, Angus       | 14  | Now(Nowra)      |        | 8.21m  | 1      |

Men Discus Throw 15 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 3484 Crisante, Kurtis | 15  | Dubbo        | 15.00m | 41.19m |        |
| 2 2091 Shaw, Hayden     | 15  | Wol(Athletic |        | 40.46m |        |

|    |      |                    |    |                 |        |        |
|----|------|--------------------|----|-----------------|--------|--------|
| 3  | 1974 | Cronk, Rogan       | 15 | Ind(Independ    |        | 35.02m |
| 4  | 3982 | Mazzantini, Daniel | 15 | Maquarie Hunter | 36.62m | 34.83m |
| 5  | 2414 | Hay, James         | 15 | Koo(Kooringa    | 36.20m | 34.62m |
| 6  | 3798 | Jeffery, James     | 15 | Ind(Independ    | 36.00m | 31.28m |
| 7  | 3950 | Walker, John       | 15 | Ind(Independ    | 36.75m | 28.18m |
| 8  | 1010 | Wallace, Mitchell  | 15 | Woo(Woodberr    |        | 24.43m |
| -- | 469  | Carruthers, Craig  | 15 | Bma(Blue Mou    |        | DNF    |

Men Hammer Throw 15 yrs

| Name | Age  | Team              | Seed | Finals       | Points |        |
|------|------|-------------------|------|--------------|--------|--------|
| 1    | 2414 | Hay, James        | 15   | Koo(Kooringa | 39.50m | 39.78m |
| 2    | 2091 | Shaw, Hayden      | 15   | Wol(Athletic |        | 38.85m |
| 3    | 3199 | Gilbert, Thomas   | 14   | For(Forster) | 24.00m | 23.46m |
| 4    | 3490 | Keating, Liam     | 14   | Edg(Edgewort | 15.00m | 21.70m |
| 5    | 2413 | Hay, Nicholas     | 13   | Koo(Kooringa | 12.05m | 18.71m |
| 6    | 2946 | Rodda, Hayden     | 15   | Now(Nowra)   |        | 18.30m |
| 7    | 3739 | McGinniskin, Ryan | 14   | Edg(Edgewort |        | 17.92m |

Men Javelin Throw 15 yrs

| Name | Age  | Team               | Seed | Finals          | Points |        |
|------|------|--------------------|------|-----------------|--------|--------|
| 1    | 3982 | Mazzantini, Daniel | 15   | Maquarie Hunter | 47.31m | 43.04m |
| 2    | 1974 | Cronk, Rogan       | 15   | Ind(Independ    |        | 37.23m |
| 3    | 3484 | Crisante, Kurtis   | 15   | Dubbo           | 15.00m | 35.34m |
| 4    | 2091 | Shaw, Hayden       | 15   | Wol(Athletic    |        | 35.06m |
| 5    | 1010 | Wallace, Mitchell  | 15   | Woo(Woodberr    |        | 30.63m |
| 6    | 564  | Steele, Harrison   | 15   | Ibs(Illawarr    | 34.00m | 29.26m |
| 7    | 2414 | Hay, James         | 15   | Koo(Kooringa    | 25.21m | 28.10m |
| 8    | 469  | Carruthers, Craig  | 15   | Bma(Blue Mou    |        | 23.74m |
| 9    | 2942 | Clark, Angus       | 14   | Now(Nowra)      |        | 12.63m |

Men 1500 Meter Race Walk 15 yrs

| Name      | Age  | Team              | Seed | Finals       | Points   |          |
|-----------|------|-------------------|------|--------------|----------|----------|
| Section 1 |      |                   |      |              |          |          |
| 1         | 926  | Jones, Tyler      | 13   | Wyo(Wyong)   | 7:03.00  | 6:48.40  |
| 2         | 464  | Dhu, Ethan        | 14   | Bma(Blue Mou |          | 7:17.81  |
| 3         | 1820 | Gibbons, Carl     | 15   | Wtl(Westlake | 10:00.00 | 7:40.43  |
| 4         | 2756 | Dredge, Jason     | 15   | Min(Mingara) |          | 8:06.02  |
| 5         | 296  | Richardson, Dylan | 11   | Gos(Gosford) | 8.47     | 8:43.18  |
| 6         | 700  | forbes, hayden    | 13   | Min(Mingara) | 8.01     | 8:46.24  |
| 7         | 573  | Acev, Mitchell    | 14   | Ibs(Illawarr |          | 9:50.89  |
| 8         | 2946 | Rodda, Hayden     | 15   | Now(Nowra)   |          | 11:08.55 |
| --        | 3490 | Keating, Liam     | 14   | Edg(Edgewort |          | DNF      |

Men 100 Meter Dash 16 yrs

| Name                      | Age  | Team             | Seed | Finals       | Points |       |
|---------------------------|------|------------------|------|--------------|--------|-------|
| Section 1      Wind: -2.7 |      |                  |      |              |        |       |
| 1                         | 3194 | Carney, Liam     | 16   | For(Forster) |        | 12.06 |
| 2                         | 2119 | Gibbins, Reece   | 16   | Ibs(Illawarr |        | 12.41 |
| 3                         | 2099 | Mansergh, Chad   | 16   | Ibs(Illawarr | 12.00  | 12.68 |
| 4                         | 2120 | Gibbins, Braeden | 16   | Ibs(Illawarr |        | 12.87 |
| 5                         | 2398 | Keevill, Lachlan | 16   | Mai(Maitland | 12.50  | 12.93 |
| 6                         | 465  | Dhu, Jack        | 16   | Bma(Blue Mou | 13.70  | 13.53 |

Men 200 Meter Dash 16 yrs

| Name                 | Age  | Team               | Seed             | Finals | Points |
|----------------------|------|--------------------|------------------|--------|--------|
| Section 1 Wind: -0.7 |      |                    |                  |        |        |
| 1                    | 3194 | Carney, Liam       | 16 For(Forster)  |        | 23.97  |
| 2                    | 2119 | Gibbins, Reece     | 16 Ibs(Illawarr) |        | 24.71  |
| 3                    | 582  | Twigg, Christopher | 16 Ibs(Illawarr) | 24.90  | 24.79  |
| 4                    | 2120 | Gibbins, Braeden   | 16 Ibs(Illawarr) |        | 25.21  |
| 5                    | 2099 | Mansergh, Chad     | 16 Ibs(Illawarr) | 24.10  | 25.74  |
| 6                    | 465  | Dhu, Jack          | 16 Bma(Blue Mou) | 27.00  | 26.86  |

Men 400 Meter Dash 16 yrs

| Name                 | Age  | Team             | Seed             | Prelims      |        |
|----------------------|------|------------------|------------------|--------------|--------|
| Heat 1 Preliminaries |      |                  |                  |              |        |
| 1                    | 682  | Cavendaer, Byron | 16 Min(Mingara)  | 53.90 55.02Q |        |
| 2                    | 2248 | Tape, Beau       | 16 Nam(Nambucca) | 56.23 56.09Q |        |
| 3                    | 8028 | Hoswell, Charlie | 16 Coh(Coffs Ha) | 57.94 56.47Q |        |
| 4                    | 2120 | Gibbins, Braeden | 16 Ibs(Illawarr) |              | 57.92Q |
| 5                    | 2398 | Keevill, Lachlan | 16 Mai(Maitland) | 1:00.00      | 58.10Q |
| 6                    | 3750 | McCann, Riley    | 16 For(Forster)  | 1:00.90      | 58.62Q |
| 7                    | 465  | Dhu, Jack        | 16 Bma(Blue Mou) | 1:01.00      | 59.03Q |

Men 800 Meter Run 16 yrs

| Name      | Age  | Team               | Seed             | Finals  | Points        |
|-----------|------|--------------------|------------------|---------|---------------|
| Section 1 |      |                    |                  |         |               |
| 1         | 682  | Cavendaer, Byron   | 16 Min(Mingara)  | 1:59.90 | 2:05.23       |
| 2         | 3476 | Berrington, Matthe | 16 Coh(Coffs Ha) | 2:08.00 | 2:12.86       |
| 3         | 8028 | Hoswell, Charlie   | 16 Coh(Coffs Ha) |         | 2:17.04       |
| 4         | 465  | Dhu, Jack          | 16 Bma(Blue Mou) | 2:27.00 | 2:21.79       |
| 5         | 2248 | Tape, Beau         | 16 Nam(Nambucca) | 2:14.99 | 2:25.33       |
| --        | 582  | Twigg, Christopher | 16 Ibs(Illawarr) | 2:37.00 | DQ IAAF 163.3 |

Men 1500 Meter Run 16 yrs

| Name | Age  | Team               | Seed             | Finals   | Points  |
|------|------|--------------------|------------------|----------|---------|
| 1    | 3476 | Berrington, Matthe | 16 Coh(Coffs Ha) | 29:39.01 | 4:25.98 |
| 2    | 3557 | Mascord, Mathew    | 16 Wal(Wallsend) | 4:40.00  | 4:39.89 |
| 3    | 8028 | Hoswell, Charlie   | 16 Coh(Coffs Ha) |          | 4:44.03 |

Men 3000 Meter Run 16 yrs

| Name | Age  | Team               | Seed             | Finals   | Points   |
|------|------|--------------------|------------------|----------|----------|
| 1    | 3476 | Berrington, Matthe | 16 Coh(Coffs Ha) | 10:00.34 | 9:53.81  |
| 2    |      | Histopanos, Frank  | 16 Woo(Woodberr) | 11:25.00 | 12:55.99 |

Men 110 Meter Hurdles 0.914m 16 yrs

| Name                 | Age  | Team         | Seed            | Finals | Points |
|----------------------|------|--------------|-----------------|--------|--------|
| Section 1 Wind: -1.1 |      |              |                 |        |        |
| 1                    | 3194 | Carney, Liam | 16 For(Forster) |        | 17.27  |

Men 400 Meter Hurdles 16 yrs

| Name      | Age | Team               | Seed            | Finals  | Points  |
|-----------|-----|--------------------|-----------------|---------|---------|
| Section 1 |     |                    |                 |         |         |
| 1         | 582 | Twigg, Christopher | 16 Ibs(Illawarr | 1:10.08 | 1:07.66 |

Men 2000 Meter Steeplechase 16 yrs

| Name | Age  | Team       | Seed            | Finals  | Points |
|------|------|------------|-----------------|---------|--------|
| 1    | 2248 | Tape, Beau | 16 Nam(Nambucca | 8:24.56 |        |
| 2    | 465  | Dhu, Jack  | 16 Bma(Blue Mou | 8:54.13 |        |

Men High Jump 16 yrs

| Name     | Age  | Team          | Seed            | Finals | Points |
|----------|------|---------------|-----------------|--------|--------|
| Flight 1 |      |               |                 |        |        |
| 1        | 3103 | Fuller, Damon | 16 Arm (Armidal | 1.80m  | 1.80m  |
| 2        | 2248 | Tape, Beau    | 16 Nam(Nambucca | 1.55m  | 1.45m  |

Men Triple Jump 16 yrs

| Name | Age  | Team             | Seed            | Finals | Wind   | Points |
|------|------|------------------|-----------------|--------|--------|--------|
| 1    | 3194 | Carney, Liam     | 16 For(Forster) | 11.80m |        | NWI    |
| 2    | 3750 | McCann, Riley    | 16 For(Forster) | 10.00m | 11.15m | NWI    |
| 3    | 3103 | Fuller, Damon    | 16 Arm (Armidal | 11.63m | 10.57m | NWI    |
| 4    | 8028 | Hoswell, Charlie | 16 Coh(Coffs Ha | 11.05m | 10.37m | NWI    |
| 5    | 2398 | Keevill, Lachlan | 16 Mai(Maitland | 9.50m  | 9.97m  | NWI    |

Men Shot Put 16 yrs

| Name | Age  | Team               | Seed               | Finals | Points |
|------|------|--------------------|--------------------|--------|--------|
| 1    | 1534 | Fitzgerald-Hall, B | 16 Maquarie Hunter | 14.79m |        |
| 2    | 3497 | Ryan, Nick         | 16 Edg(Edgewort    | 10.76m |        |
| 3    | 2120 | Gibbins, Braeden   | 16 Ibs(Illawarr    | 9.24m  |        |
| 4    | 920  | Batten, Adam       | 16 Wyo(Wyong)      | 9.87m  | 9.00m  |
| 5    | 2119 | Gibbins, Reece     | 16 Ibs(Illawarr    | 8.54m  |        |
| 6    | 3107 | Smith, Kieran      | 16 Arm (Armidal    | 8.87m  | 8.19m  |

Men Discus Throw 16 yrs

| Name | Age  | Team               | Seed               | Finals | Points |   |
|------|------|--------------------|--------------------|--------|--------|---|
| 1    | 1534 | Fitzgerald-Hall, B | 16 Maquarie Hunter | 44.82m | 10     |   |
| 2    | 3497 | Ryan, Nick         | 16 Edg(Edgewort    | 34.22m | 8      |   |
| 3    | 8001 | Zucchetto, Jack    | 16 ACT             | 32.86m | 6      |   |
| 4    | 920  | Batten, Adam       | 16 Wyo(Wyong)      | 31.60m | 27.95m | 5 |
| 5    | 2398 | Keevill, Lachlan   | 16 Mai(Maitland    | 25.00m | 22.22m | 4 |
| 6    | 3107 | Smith, Kieran      | 16 Arm (Armidal    | 29.55m | 21.27m | 3 |

Men Hammer Throw 16 yrs

| Name | Age  | Team           | Seed            | Finals | Points |
|------|------|----------------|-----------------|--------|--------|
| 1    | 3497 | Ryan, Nick     | 16 Edg(Edgewort | 27.15m |        |
| 2    | 2119 | Gibbins, Reece | 16 Ibs(Illawarr | 23.46m |        |

|   |                       |    |              |        |        |
|---|-----------------------|----|--------------|--------|--------|
| 3 | 2120 Gibbins, Braeden | 16 | Ibs(Illawarr |        | 20.77m |
| 4 | 3107 Smith, Kieran    | 16 | Arm (Armidal | 15.76m | 17.29m |

Men Javelin Throw 16 yrs

| Name                     | Age | Team         | Seed   | Finals | Points |
|--------------------------|-----|--------------|--------|--------|--------|
| 1 2398 Keevill, Lachlan  | 16  | Mai(Maitland | 31.00m | 36.34m | 10     |
| 2 3497 Ryan, Nick        | 16  | Edg(Edgewort |        | 36.11m | 8      |
| 3 8001 Zucchetto, Jack   | 16  | ACT          |        | 31.06m | 6      |
| 4 2099 Mansergh, Chad    | 16  | Ibs(Illawarr | 30.11m | 30.04m | 5      |
| 5 3107 Smith, Kieran     | 16  | Arm (Armidal | 25.89m | 28.31m | 4      |
| 6 582 Twigg, Christopher | 16  | Ibs(Illawarr | 28.28m | 26.79m | 3      |
| 7 465 Dhu, Jack          | 16  | Bma(Blue Mou |        | 18.02m | 2      |

Men 3000 Meter Race Walk 16 yrs

| Name             | Age | Team         | Seed     | Finals   | Points |
|------------------|-----|--------------|----------|----------|--------|
| Section 1        |     |              |          |          |        |
| 1 464 Dhu, Ethan | 14  | Bma(Blue Mou |          | 15:51.62 |        |
| 2 465 Dhu, Jack  | 16  | Bma(Blue Mou | 11:21.00 | 17:32.93 |        |

Men 100 Meter Dash 17 yrs

| Name                     | Age | Team         | Seed  | Finals | Points |
|--------------------------|-----|--------------|-------|--------|--------|
| Section 1 Wind: -3.6     |     |              |       |        |        |
| 1 2116 Leeson, Brodie    | 17  | Ibs(Illawarr | 11.20 | 12.04  |        |
| 2 220 Colligan, Dean     | 17  | Wal(Wallsend | 11.60 | 12.42  |        |
| 3 2694 Greenwood, Andrew | 17  | Ray(Raymond  |       | 12.56  |        |
| 4 2422 Keevill, Harrison | 17  | Mai(Maitland | 12.29 | 12.82  |        |
| 5 2315 Parsons, Casey    | 17  | Woo(Woodberr |       | 13.10  |        |
| 6 3787 Gunn, Luke        | 17  | Gos(Gosford) |       | 13.66  |        |

Men 200 Meter Dash 17 yrs

| Name                     | Age | Team         | Seed  | Finals | Points |
|--------------------------|-----|--------------|-------|--------|--------|
| Section 1 Wind: -3.5     |     |              |       |        |        |
| 1 2116 Leeson, Brodie    | 17  | Ibs(Illawarr | 22.80 | 23.76  |        |
| 2 3779 Gusman, Jordan    | 17  | Coh(Coffs Ha | 24.20 | 24.39  |        |
| 3 2422 Keevill, Harrison | 17  | Mai(Maitland | 25.80 | 25.83  |        |
| 4 17 Lumley, Samual      | 17  | Wtl(Westlake | 24.10 | 26.15  |        |

Men 400 Meter Dash 17 yrs

| Name                  | Age | Team         | Seed    | Finals  | Points |
|-----------------------|-----|--------------|---------|---------|--------|
| Section 1             |     |              |         |         |        |
| 1 3779 Gusman, Jordan | 17  | Coh(Coffs Ha | 51.99   | 52.22   |        |
| 2 3051 skinner, david | 17  | Mas(Macquari |         | 53.75   |        |
| 3 2078 Belcher, James | 17  | Wol(Athletic | 59.10   | 56.48   |        |
| 4 3787 Gunn, Luke     | 17  | Gos(Gosford) |         | 59.62   |        |
| 5 1856 austen, chris  | 17  | Kej(Kembla J | 1:02.50 | 1:01.76 |        |

Men 800 Meter Run 17 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

|   |                       |    |              |         |         |
|---|-----------------------|----|--------------|---------|---------|
| 1 | 3051 skinner, david   | 17 | Mas(Macquari | 2:03.99 | 2:06.07 |
| 2 | 1857 Roberts, Cameron | 17 | Kej(Kembla J | 2.09    | 2:07.28 |
| 3 | 1394 Omura, Sho       | 17 | Min(Mingara) | 2:02.00 | 2:14.04 |
| 4 | 1856 austen, chris    | 17 | Kej(Kembla J | 2.24    | 2:23.29 |

Men 1500 Meter Run 17 yrs

| Name | Age                   | Team | Seed         | Finals  | Points  |
|------|-----------------------|------|--------------|---------|---------|
| 1    | 792 Scouller, Harry   | 17   | Now(Nowra)   | 4.03    | 4:12.36 |
| 2    | 712 cracknell, toby   | 17   | Min(Mingara) | 4.19    | 4:34.27 |
| 3    | 1857 Roberts, Cameron | 17   | Kej(Kembla J | 4.28    | 4:38.27 |
| 4    | 1394 Omura, Sho       | 17   | Min(Mingara) | 4:00.00 | 4:43.50 |
| 5    | 1856 austen, chris    | 17   | Kej(Kembla J | 4.59    | 4:57.72 |

Men 3000 Meter Run 17 yrs

| Name | Age                   | Team | Seed         | Finals  | Points   |
|------|-----------------------|------|--------------|---------|----------|
| 1    | 792 Scouller, Harry   | 17   | Now(Nowra)   | 8.52    | 9:29.25  |
| 2    | 1383 Chaffey, Will    | 17   | Bma(Blue Mou | 9:37.00 | 10:03.29 |
| 3    | 1857 Roberts, Cameron | 17   | Kej(Kembla J | 7.09    | 10:09.23 |
| 4    | 1856 austen, chris    | 17   | Kej(Kembla J | 10.47   | 11:06.51 |

Men 110 Meter Hurdles 0.914m 17 yrs

| Name                 | Age                    | Team | Seed         | Finals | Points |
|----------------------|------------------------|------|--------------|--------|--------|
| Section 1 Wind: -1.1 |                        |      |              |        |        |
| 1                    | 2306 Rogers, Jack      | 17   | Ind(Independ | 16.10  | 16.55  |
| 2                    | 2694 Greenwood, Andrew | 17   | Ray(Raymond  |        | 16.70  |
| 3                    | 1396 Smith, Mitchell   | 17   | Min(Mingara) | 18.17  | 18.42  |
| 4                    | 2078 Belcher, James    | 17   | Wol(Athletic | 16.40  | 18.69  |
| 5                    | 2422 Keevill, Harrison | 17   | Mai(Maitland |        | 19.12  |
| 6                    | 3738 Dokin, Rhys       | 17   | Edg(Edgewort | 18.23  | 26.47  |

Men 400 Meter Hurdles 17 yrs

| Name      | Age                    | Team | Seed         | Finals  | Points    |
|-----------|------------------------|------|--------------|---------|-----------|
| Section 1 |                        |      |              |         |           |
| 1         | 2694 Greenwood, Andrew | 17   | Ray(Raymond  | 1:00.20 |           |
| --        | 2078 Belcher, James    | 17   | Wol(Athletic | 1:01.00 | DQ 168.7a |

Men 2000 Meter Steeplechase 17 yrs

| Name | Age                   | Team | Seed         | Finals  | Points  |
|------|-----------------------|------|--------------|---------|---------|
| 1    | 1857 Roberts, Cameron | 17   | Kej(Kembla J | 7:09.00 | 7:12.99 |
| 2    | 3648 Bagley, Graham   | 17   | Stp(Stuarts  | 8:15.00 | 9:00.97 |

Men 4x100 Meter Relay 17 yrs

| Team                            | Seed | Finals | Points |
|---------------------------------|------|--------|--------|
| 1 Ibs(Illawarra Blue Stars) 'A' |      | 47.62  |        |
| 2 Woo(Woodberry & Districts 'A' |      | 49.50  |        |

Men High Jump 17 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

| Name     | Age  | Team              | Seed | Finals       | Points |       |
|----------|------|-------------------|------|--------------|--------|-------|
| Flight 1 |      |                   |      |              |        |       |
| 1        | 8004 | Tammen, Johnathon | 17   | ACT          | 1.93m  | 1.83m |
| 2        | 2306 | Rogers, Jack      | 17   | Ind(Independ | 1.85m  | 1.80m |
| 3        | 2078 | Belcher, James    | 17   | Wol(Athletic | 1.83m  | 1.65m |
| 3        | 2116 | Leeson, Brodie    | 17   | Ibs(Illawarr | 1.70m  | 1.65m |
| 5        | 2315 | Parsons, Casey    | 17   | Woo(Woodberr |        | 1.50m |
| 5        | 3561 | Derwin, Jack      | 17   | Woo(Woodberr | 1.60m  | 1.50m |

#### Men Pole Vault 17 yrs

| Name | Age  | Team           | Seed | Finals       | Points |       |
|------|------|----------------|------|--------------|--------|-------|
| 1    | 2078 | Belcher, James | 17   | Wol(Athletic | 3.60m  | 3.60m |

#### Men Long Jump 17 yrs

| Name | Age  | Team              | Seed | Finals       | Wind  | Points      |
|------|------|-------------------|------|--------------|-------|-------------|
| 1    | 2306 | Rogers, Jack      | 17   | Ind(Independ | 5.94m | NWI 10      |
| 2    | 220  | Colligan, Dean    | 17   | Wal(Wallsend | 6.06m | 5.85m NWI 8 |
| 3    | 2315 | Parsons, Casey    | 17   | Woo(Woodberr |       | 5.70m NWI 6 |
| 4    | 3787 | Gunn, Luke        | 17   | Gos(Gosford) |       | 5.21m NWI 5 |
| 5    | 2422 | Keevill, Harrison | 17   | Mai(Maitland | 4.90m | 5.17m NWI 4 |
| 6    | 3648 | Bagley, Graham    | 17   | Stp(Stuarts  | 4.80m | 4.82m NWI 3 |
| 7    | 3738 | Dokin, Rhys       | 17   | Edg(Edgewort | 5.32m | 4.31m NWI 2 |

#### Men Triple Jump 17 yrs

| Name | Age  | Team              | Seed | Finals       | Wind   | Points     |
|------|------|-------------------|------|--------------|--------|------------|
| 1    | 220  | Colligan, Dean    | 17   | Wal(Wallsend | 13.20m | 12.68m NWI |
| 2    | 2306 | Rogers, Jack      | 17   | Ind(Independ | 12.81m | 12.07m NWI |
| 3    | 2078 | Belcher, James    | 17   | Wol(Athletic | 12.35m | 11.70m NWI |
| 4    | 2422 | Keevill, Harrison | 17   | Mai(Maitland | 10.20m | 10.19m NWI |
| 5    | 2315 | Parsons, Casey    | 17   | Woo(Woodberr |        | 10.05m NWI |

#### Men Shot Put 17 yrs

| Name | Age  | Team           | Seed | Finals       | Points |        |
|------|------|----------------|------|--------------|--------|--------|
| 1    | 3247 | waller, david  | 17   | For(Forster) | 15.37m | 14.37m |
| 2    | 3561 | Derwin, Jack   | 17   | Woo(Woodberr |        | 12.60m |
| 3    | 3738 | Dokin, Rhys    | 17   | Edg(Edgewort | 12.86m | 12.56m |
| 4    | 2078 | Belcher, James | 17   | Wol(Athletic | 11.20m | 11.95m |
| 5    | 3497 | Ryan, Nick     | 16   | Edg(Edgewort |        | 10.78m |

#### Men Discus Throw 17 yrs

| Name | Age  | Team              | Seed | Finals       | Points |           |
|------|------|-------------------|------|--------------|--------|-----------|
| 1    | 3561 | Derwin, Jack      | 17   | Woo(Woodberr | 37.60m | 38.62m 10 |
| 2    | 3738 | Dokin, Rhys       | 17   | Edg(Edgewort | 40.86m | 37.52m 8  |
| 3    | 3247 | waller, david     | 17   | For(Forster) | 42.50m | 37.09m 6  |
| 4    | 2078 | Belcher, James    | 17   | Wol(Athletic | 36.80m | 35.26m 5  |
| 5    | 3497 | Ryan, Nick        | 16   | Edg(Edgewort |        | 35.05m 4  |
| 6    | 2893 | Probert, Matthew  | 17   | Mas(Macquari | 41.00m | 30.77m 3  |
| 7    | 2315 | Parsons, Casey    | 17   | Woo(Woodberr |        | 23.14m 2  |
| 8    | 2422 | Keevill, Harrison | 17   | Mai(Maitland | 25.00m | 22.02m 1  |

9 3648 Bagley, Graham 17 Stp(Stuarts 2.80m 21.78m

Men Hammer Throw 17 yrs

| Name                  | Age | Team         | Seed   | Finals | Points |
|-----------------------|-----|--------------|--------|--------|--------|
| 1 2078 Belcher, James | 17  | Wol(Athletic | 38.40m | 40.02m |        |
| 2 3247 waller, david  | 17  | For(Forster) | 37.30m | 35.27m |        |
| 3 3738 Dokin, Rhys    | 17  | Edg(Edgewort | 25.21m | 24.26m |        |

Men Javelin Throw 17 yrs

| Name                     | Age | Team         | Seed   | Finals | Points |
|--------------------------|-----|--------------|--------|--------|--------|
| 1 17 Lumley, Samual      | 17  | Wtl(Westlake | 49.52m | 47.32m | 10     |
| 2 2078 Belcher, James    | 17  | Wol(Athletic | 48.50m | 44.02m | 8      |
| 3 3561 Derwin, Jack      | 17  | Woo(Woodberr | 50.80m | 43.25m | 6      |
| 4 3247 waller, david     | 17  | For(Forster) | 44.30m | 41.46m | 5      |
| 5 3497 Ryan, Nick        | 16  | Edg(Edgewort |        | 33.64m | 4      |
| 6 3787 Gunn, Luke        | 17  | Gos(Gosford) |        | 29.27m | 3      |
| 7 2315 Parsons, Casey    | 17  | Woo(Woodberr |        | 27.87m | 2      |
| 8 2422 Keevill, Harrison | 17  | Mai(Maitland | 30.00m | 24.99m | 1      |

Men 100 Meter Dash 18/19 yrs

| Name                            | Age | Team            | Seed  | Prelims |
|---------------------------------|-----|-----------------|-------|---------|
| Heat 1 Preliminaries Wind: -3.3 |     |                 |       |         |
| 1 3056 Green, Dallas            | 18  | Maquarie Hunter | 11.00 | 11.33q  |
| 2 3957 Williams, Rhys           | 18  | Maquarie Hunter |       | 11.93q  |
| 3 3241 Katen, jack              | 18  | For(Forster)    |       | 12.01q  |
| 4 3192 Bramble, Rory            | 18  | For(Forster)    |       | 12.04q  |
| 5 3195 Clark, Blake             | 18  | For(Forster)    |       | 12.20q  |
| 6 3108 Farrell, Benjamin        | 19  | Arm (Armidal    | 11.50 | 12.31q  |
| 7 1069 Carey, James             | 19  | Mai(Maitland    | 11.90 | 12.54q  |
| Heat 2 Preliminaries Wind: -4.4 |     |                 |       |         |
| 1 3572 Hart, Damian             | 19  | Mas(Macquari    |       | 12.42q  |
| 2 1073 Meers, Elliot            | 19  | Mai(Maitland    | 12.30 | 12.64q  |
| 3 2945 Rodda, Jack              | 18  | Now(Nowra)      |       | 12.90   |
| 4 8021 Cowin-Tuckwell, wi       | 18  | Mas(Macquari    | 11.37 | 12.97   |
| 5 3068 zeller, zachary          | 18  | Mas(Macquari    | 13.03 | 13.84   |

Men 100 Meter Dash 18/19 yrs

| Name                        | Age | Team            | Prelims | Finals | Points |
|-----------------------------|-----|-----------------|---------|--------|--------|
| Section 1 Finals Wind: -2.1 |     |                 |         |        |        |
| 1 3056 Green, Dallas        | 18  | Maquarie Hunter | 11.33   | 11.20  |        |
| 2 3572 Hart, Damian         | 19  | Mas(Macquari    | 12.42   | 11.42  |        |
| 3 3192 Bramble, Rory        | 18  | For(Forster)    | 12.04   | 11.81  |        |
| 4 3957 Williams, Rhys       | 18  | Maquarie Hunter | 11.93   | 11.84  |        |
| 5 3241 Katen, jack          | 18  | For(Forster)    | 12.01   | 11.99  |        |
| 6 1069 Carey, James         | 19  | Mai(Maitland    | 12.54   | 12.19  |        |
| 7 3108 Farrell, Benjamin    | 19  | Arm (Armidal    | 12.31   | 12.34  |        |
| 8 1073 Meers, Elliot        | 19  | Mai(Maitland    | 12.64   | 12.47  |        |
| 9 3195 Clark, Blake         | 18  | For(Forster)    | 12.20   | 12.53  |        |

Men 200 Meter Dash 18/19 yrs

| Name | Age | Team | Seed | Prelims |
|------|-----|------|------|---------|
|------|-----|------|------|---------|

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=====
Heat 1 Preliminaries Wind: -3.3
 1 3056 Green, Dallas 18 Maquarie Hunter 22.05 22.89q
 2 3241 Katen, jack 18 For(Forster) 23.88q
 3 566 hollingsworth, Ben 18 Ibs(Illawarr) 23.93q
 4 3108 Farrell, Benjamin 19 Arm (Armidal) 23.60 24.75q
 5 3192 Bramble, Rory 18 For(Forster) 24.81q
 6 1073 Meers, Elliot 19 Mai(Maitland) 24.60 24.84q
 7 1069 Carey, James 19 Mai(Maitland) 24.90 25.18q
-- 2945 Rodda, Jack 18 Now(Nowra) DQ 163.3

```

Men 400 Meter Dash 18/19 yrs

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=====
Name Age Team Seed Prelims
=====
Heat 1 Preliminaries
 1 3108 Farrell, Benjamin 19 Arm (Armidal) 52.70 53.50Q
 2 1844 Ryan, Gareth 19 Kej(Kembla J) 49.60 53.84Q
 3 3241 Katen, jack 18 For(Forster) 54.02Q
 4 3106 Smith, Byron 18 Arm (Armidal) 53.50 54.12q
 5 687 Musich, Jack 18 Min(Mingara) 1:04.00 1:00.69
-- 2945 Rodda, Jack 18 Now(Nowra) DQ 163.3

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Heat 2 Preliminaries
 1 3455 Amor, Peter 18 Bma(Blue Mou) 00:47.50 50.70Q
 2 566 hollingsworth, Ben 18 Ibs(Illawarr) 52.67Q
 3 1399 Cameron, Craig 18 Bma(Blue Mou) 50.20 54.27Q
 4 442 Beadman, Jesse 18 Bma(Blue Mou) 51.10 55.10q
 5 2114 Chapman, Mitchell 18 Ibs(Illawarr) 55.82q
 6 3597 Gregory, Kasimir 19 Arm (Armidal) 59:00.00 58.74

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Men 400 Meter Dash 18/19 yrs

```

=====
Name Age Team Prelims Finals Points
=====
Section 1 Finals
 1 1844 Ryan, Gareth 19 Kej(Kembla J) 53.84 51.47
 2 1399 Cameron, Craig 18 Bma(Blue Mou) 54.27 51.92
 3 566 hollingsworth, Ben 18 Ibs(Illawarr) 52.67 52.61
 4 3108 Farrell, Benjamin 19 Arm (Armidal) 53.50 53.04
 5 3106 Smith, Byron 18 Arm (Armidal) 54.12 55.20
 6 3241 Katen, jack 18 For(Forster) 54.02 57.71
-- 3455 Amor, Peter 18 Bma(Blue Mou) 50.70 DQ

```

Men 800 Meter Run 18/19 yrs

```

=====
Name Age Team Seed Finals Points
=====
Section 1
 1 1429 Baldwin, Angus 19 Min(Mingara) 1:57.00 1:59.36
 2 3106 Smith, Byron 18 Arm (Armidal) 2:03.00 2:07.25
 3 3108 Farrell, Benjamin 19 Arm (Armidal) 2:05.90 2:07.97
 4 3597 Gregory, Kasimir 19 Arm (Armidal) 2:22.00 2:14.12

```

Men 1500 Meter Run 18/19 yrs

```

=====
Name Age Team Seed Finals Points
=====
 1 442 Beadman, Jesse 18 Bma(Blue Mou) 3:56.81 4:00.09
 2 1429 Baldwin, Angus 19 Min(Mingara) 4:08.00 4:01.29
 3 2799 Walters, Guy 17 Mas(Macquari) 4.10 4:16.50

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|    |      |                    |    |              |         |         |
|----|------|--------------------|----|--------------|---------|---------|
| 4  | 3067 | Pearce, Jack       | 17 | Mas(Macquari |         | 4:20.65 |
| 5  | 3597 | Gregory, Kasimir   | 19 | Arm (Armidal | 5:00.00 | 4:34.82 |
| 6  | 566  | hollingsworth, Ben | 18 | Ibs(Illawarr |         | 4:42.98 |
| 7  | 3106 | Smith, Byron       | 18 | Arm (Armidal | 4:34.00 | 4:47.41 |
| -- | 1399 | Cameron, Craig     | 18 | Bma(Blue Mou | 4:03.00 | DNF     |

Men 5000 Meter Run 18/19 yrs

| Name | Age  | Team             | Seed | Finals       | Points   |          |
|------|------|------------------|------|--------------|----------|----------|
| 1    | 1428 | Brooks, Charles  | 19   | Min(Mingara) | 16:42.50 | 16:52.99 |
| 2    | 2445 | Woodley, Bryce   | 17   | Nev(Newcastl | 16:41.00 | 17:19.14 |
| 3    | 8111 | Jones, Harry     | 19   | Ind(Independ | 16:50.00 | 17:59.04 |
| 4    | 3597 | Gregory, Kasimir | 19   | Arm (Armidal | 19:30.00 | 18:21.77 |

Men 110 Meter Hurdles 0.991m 18/19 yrs

| Name                     | Age  | Team              | Seed | Finals       | Points |       |
|--------------------------|------|-------------------|------|--------------|--------|-------|
| Section 1      Wind: 1.6 |      |                   |      |              |        |       |
| 1                        | 1397 | Tysoe, Mitchell   | 19   | Min(Mingara) | 13.72  | 14.64 |
| 2                        | 2114 | Chapman, Mitchell | 18   | Ibs(Illawarr |        | 16.56 |
| 3                        | 3904 | Rowe, John        | 18   | Stp(Stuarts  | 16.00  | 17.21 |
| 4                        | 3192 | Bramble, Rory     | 18   | For(Forster) |        | 17.83 |

Men 400 Meter Hurdles 18/19 yrs

| Name      | Age  | Team              | Seed | Finals       | Points |         |
|-----------|------|-------------------|------|--------------|--------|---------|
| Section 1 |      |                   |      |              |        |         |
| 1         | 3241 | Katen, jack       | 18   | For(Forster) |        | 59.81   |
| 2         | 1399 | Cameron, Craig    | 18   | Bma(Blue Mou |        | 59.96   |
| 3         | 2114 | Chapman, Mitchell | 18   | Ibs(Illawarr |        | 1:03.07 |
| 4         | 3597 | Gregory, Kasimir  | 19   | Arm (Armidal |        | 1:12.13 |
| 5         | 1396 | Smith, Mitchell   | 17   | Min(Mingara) |        | 1:12.25 |

Men 3000 Meter Steeplechase 18/19 yrs

| Name | Age  | Team             | Seed | Finals       | Points   |          |
|------|------|------------------|------|--------------|----------|----------|
| 1    | 1428 | Brooks, Charles  | 19   | Min(Mingara) | 11:00.00 | 11:00.08 |
| 2    | 3597 | Gregory, Kasimir | 19   | Arm (Armidal |          | 12:36.17 |

Men High Jump 18/19 yrs

| Name     | Age  | Team               | Seed | Finals       | Points |          |
|----------|------|--------------------|------|--------------|--------|----------|
| Flight 1 |      |                    |      |              |        |          |
| 1        | 3058 | Cole-Clarke, Miles | 18   | Mai(Maitland | 2.05m  | 2.00m 10 |
| 2        | 687  | Musich, Jack       | 18   | Min(Mingara) | 1.75m  | 1.70m 8  |
| 3        | 1073 | Meers, Elliot      | 19   | Mai(Maitland | 1.65m  | 1.50m 6  |

Men Pole Vault 18/19 yrs

| Name | Age  | Team          | Seed | Finals       | Points |       |
|------|------|---------------|------|--------------|--------|-------|
| 1    | 1069 | Carey, James  | 19   | Mai(Maitland | 2.50m  | 2.70m |
| 2    | 1073 | Meers, Elliot | 19   | Mai(Maitland |        | 2.50m |

Men Long Jump 18/19 yrs

| Name | Age  | Team               | Seed            | Finals | Wind  | Points |
|------|------|--------------------|-----------------|--------|-------|--------|
| 1    | 3572 | Hart, Damian       | 19 Mas(Macquari |        | 6.89m | NWI    |
| 2    | 3192 | Bramble, Rory      | 18 For(Forster) |        | 6.36m | NWI    |
| 3    | 3904 | Rowe, John         | 18 Stp(Stuarts  | 6.77m  | 6.25m | NWI    |
| 4    | 1930 | Donkin, Brandon    | 19 Ray(Raymond  | 6.98m  | 5.81m | NWI    |
| 5    | 3241 | Katen, jack        | 18 For(Forster) |        | 5.77m | NWI    |
| 6    | 1069 | Carey, James       | 19 Mai(Maitland | 5.50m  | 5.53m | NWI    |
| 7    | 566  | hollingsworth, Ben | 18 Ibs(Illawarr |        | 5.49m | NWI    |
| 8    | 1073 | Meers, Elliot      | 19 Mai(Maitland | 5.40m  | 5.46m | NWI    |
| 9    | 2945 | Rodda, Jack        | 18 Now(Nowra)   |        | 5.33m | NWI    |

#### Men Triple Jump 18/19 yrs

| Name | Age  | Team            | Seed               | Finals | Wind   | Points |
|------|------|-----------------|--------------------|--------|--------|--------|
| 1    | 3957 | Williams, Rhys  | 18 Maquarie Hunter |        | 13.79m | NWI 10 |
| 2    | 3904 | Rowe, John      | 18 Stp(Stuarts     | 14.21m | 13.56m | NWI 8  |
| 3    | 1930 | Donkin, Brandon | 19 Ray(Raymond     | 14.06m | 12.21m | NWI 6  |
| 4    | 3241 | Katen, jack     | 18 For(Forster)    |        | 11.97m | NWI 5  |

#### Men Shot Put 18/19 yrs

| Name | Age  | Team          | Seed            | Finals | Points |
|------|------|---------------|-----------------|--------|--------|
| 2    | 1073 | Meers, Elliot | 19 Mai(Maitland | 9.80m  | 9.58m  |

#### Men Discus Throw 18/19 yrs

| Name | Age  | Team           | Seed            | Finals | Points |
|------|------|----------------|-----------------|--------|--------|
| 2    | 8001 | Hockey, Calumn | 19 Coh(Coffs Ha | 34.02m | 29.25m |

#### Men Hammer Throw 18/19 yrs

| Name | Age  | Team          | Seed            | Finals | Points |
|------|------|---------------|-----------------|--------|--------|
| 1    | 3192 | Bramble, Rory | 18 For(Forster) |        | 24.19m |
| 2    | 3106 | Smith, Byron  | 18 Arm (Armidal | 30.00m | 20.31m |
| 3    | 2945 | Rodda, Jack   | 18 Now(Nowra)   |        | 15.09m |

#### Men Javelin Throw 18/19 yrs

| Name | Age  | Team           | Seed            | Finals | Points |
|------|------|----------------|-----------------|--------|--------|
| 2    | 8001 | Hockey, Calumn | 19 Coh(Coffs Ha | 54.90m | 45.89m |
| 3    | 3561 | Derwin, Jack   | 17 Woo(Woodberr |        | 42.05m |
| 4    | 1073 | Meers, Elliot  | 19 Mai(Maitland | 38.69m | 37.12m |
| 5    | 2945 | Rodda, Jack    | 18 Now(Nowra)   |        | 24.93m |

#### Men 100 Meter Dash Open

| Name                            | Age  | Team           | Seed            | Prelims      |
|---------------------------------|------|----------------|-----------------|--------------|
| Heat 1 Preliminaries Wind: -3.0 |      |                |                 |              |
| 1                               | 1532 | Gander, Liam   | 23 Mas(Macquari | 10.43 10.91Q |
| 2                               | 958  | Hinton, Ian    | 23 Wyo(Wyong)   | 10.70 11.40Q |
| 3                               | 2102 | Peest, Joachim | 24 Ibs(Illawarr | 10.99 11.63Q |
| 4                               | 2100 | Miller, Justin | 27 Ibs(Illawarr | 11.50 11.64q |

|                                 |      |                   |    |                 |       |        |
|---------------------------------|------|-------------------|----|-----------------|-------|--------|
| 5                               | 1426 | Brown, Jason      | 21 | Min(Mingara)    | 11.19 | 11.78  |
| 6                               | 581  | Parry, Lachlan    | 20 | Ibs(Illawarr    | 11.20 | 11.85  |
| Heat 2 Preliminaries Wind: -2.0 |      |                   |    |                 |       |        |
| 1                               | 790  | Richardson, Scott | 30 | Now(Nowra)      | 10.60 | 11.07Q |
| 2                               | 2105 | Grimm, James      | 20 | Ibs(Illawarr    | 10.55 | 11.19Q |
| 3                               | 3576 | Cox, Spencer      | 34 | Maquarie Hunter |       | 11.44Q |
| 4                               | 1397 | Tysoe, Mitchell   | 19 | Min(Mingara)    | 11.07 | 11.48q |
| 5                               | 2760 | Walpole, Zachary  | 20 | Min(Mingara)    | 11.18 | 11.64q |
| 6                               | 580  | Parry, Joshua     | 22 | Ibs(Illawarr    | 11.50 | 12.34  |
| --                              | 3491 | Boon, Evan        | 21 | Edg(Edgewort    | 11.50 | DQ     |

#### Men 100 Meter Dash Open

| =====                       |      |                   |    |                 |        |        |
|-----------------------------|------|-------------------|----|-----------------|--------|--------|
| Name                        | Age  | Team              |    | Prelims         | Finals | Points |
| =====                       |      |                   |    |                 |        |        |
| Section 1 Finals Wind: -2.0 |      |                   |    |                 |        |        |
| 1                           | 1532 | Gander, Liam      | 23 | Mas(Macquari    | 10.91  | 10.59  |
| 2                           | 2105 | Grimm, James      | 20 | Ibs(Illawarr    | 11.19  | 10.91  |
| 3                           | 790  | Richardson, Scott | 30 | Now(Nowra)      | 11.07  | 11.09  |
| 4                           | 958  | Hinton, Ian       | 23 | Wyo(Wyong)      | 11.40  | 11.12  |
| 5                           | 3576 | Cox, Spencer      | 34 | Maquarie Hunter | 11.44  | 11.34  |
| 5                           | 2100 | Miller, Justin    | 27 | Ibs(Illawarr    | 11.64  | 11.34  |
| 7                           | 2760 | Walpole, Zachary  | 20 | Min(Mingara)    | 11.64  | 11.45  |
| --                          | 2102 | Peest, Joachim    | 24 | Ibs(Illawarr    | 11.63  | DNF    |

#### Men 200 Meter Dash Open

| =====                           |      |                  |    |                 |         |        |
|---------------------------------|------|------------------|----|-----------------|---------|--------|
| Name                            | Age  | Team             |    | Seed            | Prelims |        |
| =====                           |      |                  |    |                 |         |        |
| Heat 1 Preliminaries Wind: -1.2 |      |                  |    |                 |         |        |
| 1                               | 1532 | Gander, Liam     | 23 | Mas(Macquari    | 21.12   | 21.42Q |
| 2                               | 2105 | Grimm, James     | 20 | Ibs(Illawarr    | 21.90   | 22.15Q |
| 3                               | 1426 | Brown, Jason     | 21 | Min(Mingara)    | 22.74   | 22.63Q |
| 4                               | 2102 | Peest, Joachim   | 24 | Ibs(Illawarr    | 21.92   | 22.65q |
| 5                               | 3576 | Cox, Spencer     | 34 | Maquarie Hunter |         | 22.91  |
| 6                               | 958  | Hinton, Ian      | 23 | Wyo(Wyong)      | 22.90   | 23.38  |
| 7                               | 2115 | Chapman, Shane   | 21 | Ibs(Illawarr    | 24.00   | 24.33  |
| 8                               | 580  | Parry, Joshua    | 22 | Ibs(Illawarr    | 23.70   | 25.28  |
| Heat 2 Preliminaries Wind: -0.2 |      |                  |    |                 |         |        |
| 1                               | 1393 | Lynch, Matt      | 25 | Min(Mingara)    | 21.85   | 21.72Q |
| 2                               | 3573 | Bennett, Leigh   | 25 | Maquarie Hunter | 22.50   | 22.26Q |
| 3                               | 2759 | Robinson, Tommy  | 20 | Min(Mingara)    | 21.70   | 22.35Q |
| 4                               | 2760 | Walpole, Zachary | 20 | Min(Mingara)    | 22.55   | 22.66q |
| 5                               | 2100 | Miller, Justin   | 27 | Ibs(Illawarr    | 22.90   | 22.77q |
| 6                               | 581  | Parry, Lachlan   | 20 | Ibs(Illawarr    | 23.40   | 22.78  |
| 7                               | 3491 | Boon, Evan       | 21 | Edg(Edgewort    | 23.10   | 23.41  |

#### Men 200 Meter Dash Open

| =====                       |      |                  |    |                 |        |        |
|-----------------------------|------|------------------|----|-----------------|--------|--------|
| Name                        | Age  | Team             |    | Prelims         | Finals | Points |
| =====                       |      |                  |    |                 |        |        |
| Section 1 Finals Wind: -3.0 |      |                  |    |                 |        |        |
| 1                           | 1532 | Gander, Liam     | 23 | Mas(Macquari    | 21.42  | 21.57  |
| 2                           | 2105 | Grimm, James     | 20 | Ibs(Illawarr    | 22.15  | 21.60  |
| 3                           | 1393 | Lynch, Matt      | 25 | Min(Mingara)    | 21.72  | 21.67  |
| 4                           | 3573 | Bennett, Leigh   | 25 | Maquarie Hunter | 22.26  | 22.59  |
| 5                           | 2759 | Robinson, Tommy  | 20 | Min(Mingara)    | 22.35  | 22.60  |
| 6                           | 2102 | Peest, Joachim   | 24 | Ibs(Illawarr    | 22.65  | 22.82  |
| 7                           | 1426 | Brown, Jason     | 21 | Min(Mingara)    | 22.63  | 22.96  |
| 8                           | 2760 | Walpole, Zachary | 20 | Min(Mingara)    | 22.66  | 23.04  |

9 2100 Miller, Justin 27 Ibs(Illawarr 22.77 23.14

Men 400 Meter Dash Open

| Name      | Age             | Team               | Seed  | Finals  | Points |
|-----------|-----------------|--------------------|-------|---------|--------|
| Section 1 |                 |                    |       |         |        |
| 1 2759    | Robinson, Tommy | 20 Min(Mingara)    | 48.90 | 49.49   |        |
| 2 3573    | Bennett, Leigh  | 25 Maquarie Hunter | 50.00 | 49.95   |        |
| 3 2115    | Chapman, Shane  | 21 Ibs(Illawarr    | 57.00 | 53.21   |        |
| 4 580     | Parry, Joshua   | 22 Ibs(Illawarr    | 52.90 | 53.86   |        |
| 5 2777    | Ristuccia, Rob  | 29 Maquarie Hunter | 52.60 | 54.60   |        |
| 6 581     | Parry, Lachlan  | 20 Ibs(Illawarr    | 53.90 | 54.76   |        |
| 7 2750    | Cooper, Sean    | 21 Min(Mingara)    | 53.55 | 1:00.02 |        |

Men 800 Meter Run Open

| Name   | Age                | Team               | Seed    | Finals  | Points |
|--------|--------------------|--------------------|---------|---------|--------|
| 1 2834 | Page, Cameron      | 21 Gos(Gosford)    |         | 1:55.03 |        |
| 2 442  | Beadman, Jesse     | 18 Bma(Blue Mou    |         | 1:55.43 |        |
| 3 3059 | Bradney, David     | 22 Maquarie Hunter | 1:51.46 | 1:57.03 |        |
| 4 2754 | Dredge, Robert     | 17 Min(Mingara)    | 1:55.00 | 1:57.61 |        |
| 5 719  | Warren, Mark       | 30 Min(Mingara)    | 1:53.00 | 2:00.39 |        |
| 6 1399 | Cameron, Craig     | 18 Bma(Blue Mou    | 1:52.00 | 2:02.02 |        |
| 7 2932 | Williamson, Mitche | 25 Coh(Coffs Ha    | 2:03.00 | 2:07.13 |        |
| 8 2777 | Ristuccia, Rob     | 29 Maquarie Hunter | 2:04.00 | 2:09.97 |        |
| 9 1390 | Arnold, Geoff      | 27 Min(Mingara)    | 2:00.00 | 2:10.25 |        |

Men 1500 Meter Run Open

| Name   | Age                | Team               | Seed    | Finals  | Points |
|--------|--------------------|--------------------|---------|---------|--------|
| 1 2834 | Page, Cameron      | 21 Gos(Gosford)    |         | 3:53.53 |        |
| 2 3059 | Bradney, David     | 22 Maquarie Hunter | 3:52.40 | 4:01.31 |        |
| 3 719  | Warren, Mark       | 30 Min(Mingara)    | 3:50.00 | 4:01.74 |        |
| 4 2932 | Williamson, Mitche | 25 Coh(Coffs Ha    | 4:08.00 | 4:03.75 |        |
| 5 787  | Pitkethly, Alex    | 21 Now(Nowra)      | 4:45.00 | 4:13.31 |        |
| 6 1390 | Arnold, Geoff      | 27 Min(Mingara)    | 5:00.00 | 4:13.60 |        |
| 7 1415 | Perry, Edwin       | 24 Min(Mingara)    | 4:10.00 | 4:23.64 |        |
| 8 1865 | Rugg, Clayton      | 29 Kej(Kembla J    | 4:23.40 | 4:55.97 |        |

Men 5000 Meter Run Open

| Name   | Age                | Team            | Seed     | Finals   | Points |
|--------|--------------------|-----------------|----------|----------|--------|
| 1 2932 | Williamson, Mitche | 25 Coh(Coffs Ha | 15:52.00 | 15:56.80 |        |
| 2 30   | Sunstrom, Troy     | 30 Ibs(Illawarr | 20:00.00 | 16:29.35 |        |
| 3 3953 | White, Greg        | 29 Bat(Bathurst | 18:01.00 | 17:49.68 |        |
| 4 1865 | Rugg, Clayton      | 29 Kej(Kembla J | 17:56.50 | 18:17.52 |        |

Men 110 Meter Hurdles 1.067m Open

| Name                 | Age             | Team            | Seed  | Finals | Points |
|----------------------|-----------------|-----------------|-------|--------|--------|
| Section 1 Wind: -0.8 |                 |                 |       |        |        |
| 1 3242               | Lawton, Daniel  | 26 For(Forster) | 16.77 | 16.01  |        |
| 2 9                  | Harris, Matthew | 22 Mai(Maitland | 16.20 | 17.01  |        |

Men 400 Meter Hurdles Open

| Name      | Age  | Team           | Seed               | Finals | Points |
|-----------|------|----------------|--------------------|--------|--------|
| Section 1 |      |                |                    |        |        |
| 1         | 3573 | Bennett, Leigh | 25 Maquarie Hunter | 55.00  | 54.07  |

Men 3000 Meter Steeplechase Open

| Name | Age | Team            | Seed             | Finals   | Points   |
|------|-----|-----------------|------------------|----------|----------|
| 1    | 787 | Pitkethly, Alex | 21 Now(Nowra)    | 14:00.00 | 10:16.85 |
| 2    | 30  | Sunstrom, Troy  | 30 Ibs(Illawarr) | 13:00.00 | 11:00.12 |

Men 4x100 Meter Relay Open

| Team                            | Seed | Finals  | Points |
|---------------------------------|------|---------|--------|
| 1 Ibs(Illawarra Blue Stars) 'A' |      | 43.06   |        |
| 2 Ibs(Illawarra Blue Stars) 'B' |      | 45.55   |        |
| 3 For(Forster) 'A'              |      | 45.65   |        |
| 4 Now(Nowra) 'A'                |      | 1:01.59 |        |

Men High Jump Open

| Name     | Age  | Team               | Seed               | Finals | Points |
|----------|------|--------------------|--------------------|--------|--------|
| Flight 1 |      |                    |                    |        |        |
| 1        | 28   | Dodd, Chris        | 22 Min(Mingara)    | 2.09m  | 2.15m  |
| 2        | 3058 | Cole-Clarke, Miles | 18 Mai(Maitland)   | 2.05m  | 2.05m  |
| 3        | 3070 | Talyor, Mark       | 31 Maquarie Hunter | 2.15m  | 2.05m  |
| 4        | 3060 | Moroney, Nick      | 39 Maquarie Hunter | 2.10m  | 2.05m  |
| 5        | 3242 | Lawton, Daniel     | 26 For(Forster)    | 1.96m  | 2.00m  |
| 6        | 3061 | Wanless, Liam      | 20 Maquarie Hunter | 1.97m  | 1.95m  |
| 7        | 8004 | Tammen, Johnathon  | 17 ACT             | 1.96m  | 1.80m  |

Men Pole Vault Open

| Name | Age | Team            | Seed             | Finals | Points |
|------|-----|-----------------|------------------|--------|--------|
| 1    | 9   | Harris, Matthew | 22 Mai(Maitland) | 4.10m  | 3.90m  |
| 2    | 251 | Scanlon, Sean   | 41 Wal(Wallsend) | 2.80m  | 2.40m  |

Men Long Jump Open

| Name | Age  | Team            | Seed             | Finals | Wind  | Points |
|------|------|-----------------|------------------|--------|-------|--------|
| 1    | 266  | Fletcher, Shaun | 29 Interstate    | 7.98m  | 6.93m | NWI 10 |
| 2    | 3904 | Rowe, John      | 18 Stp(Stuarts)  | 6.77m  | 6.11m | NWI 8  |
| 3    | 9    | Harris, Matthew | 22 Mai(Maitland) | 6.40m  | 4.06m | NWI 6  |

Men Triple Jump Open

| Name | Age  | Team            | Seed            | Finals | Wind   | Points |
|------|------|-----------------|-----------------|--------|--------|--------|
| 1    | 1414 | McGinley, Rowan | 24 Min(Mingara) | 11.00m | 13.88m | NWI    |
| 2    | 3904 | Rowe, John      | 18 Stp(Stuarts) | 14.21m | 13.09m | NWI    |

Men Shot Put Open

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

|   |      |                  |    |               |        |        |
|---|------|------------------|----|---------------|--------|--------|
| 1 | 29   | Gyngell, Stuart  | 48 | Min(Mingara)  |        | 16.76m |
| 3 | 1691 | Higgins, William | 25 | Wol(Athletic) | 12.50m | 12.64m |
| 4 | 3242 | Lawton, Daniel   | 26 | For(Forster)  | 10.91m | 12.10m |
| 5 | 3247 | waller, david    | 17 | For(Forster)  | 12.20m | 11.87m |
| 6 | 3658 | Reed, Peter      | 52 | Wol(Athletic) |        | 10.72m |
| 7 | 9    | Harris, Matthew  | 22 | Mai(Maitland  | 11.50m | 10.61m |

#### Men Discus Throw Open

| Name | Age  | Team             | Seed | Finals          | Points |    |
|------|------|------------------|------|-----------------|--------|----|
| 1    | 2895 | Speers, Liam     | 19   | Maquarie Hunter | 48.77m | 10 |
| 2    | 29   | Gyngell, Stuart  | 48   | Min(Mingara)    | 46.46m | 8  |
| 3    | 1691 | Higgins, William | 25   | Wol(Athletic)   | 44.44m | 6  |
| 4    | 9    | Harris, Matthew  | 22   | Mai(Maitland    | 38.00m | 5  |

#### Men Hammer Throw Open

| Name | Age  | Team             | Seed | Finals        | Points |        |
|------|------|------------------|------|---------------|--------|--------|
| 1    | 1691 | Higgins, William | 25   | Wol(Athletic) | 61.90m | 57.25m |
| 2    | 29   | Gyngell, Stuart  | 48   | Min(Mingara)  |        | 40.20m |

#### Men Javelin Throw Open

| Name | Age  | Team            | Seed | Finals          | Points |        |
|------|------|-----------------|------|-----------------|--------|--------|
| 1    | 50   | Bennett, Dylan  | 14   | Woo(Woodberr    |        | 68.89m |
| 2    | 3901 | Horn, Joshua    | 20   | For(Forster)    | 55.00m | 61.49m |
| 3    | 9    | Harris, Matthew | 22   | Mai(Maitland    | 47.00m | 57.81m |
| 4    | 2895 | Speers, Liam    | 19   | Maquarie Hunter |        | 57.75m |
| 5    | 8001 | Hockey, Calumn  | 19   | Coh(Coffs Ha    |        | 43.09m |

#### Men 3000 Meter Race Walk Open

| Name      | Age  | Team           | Seed | Finals       | Points   |          |
|-----------|------|----------------|------|--------------|----------|----------|
| Section 1 |      |                |      |              |          |          |
| 1         | 30   | Sunstrom, Troy | 30   | Ibs(Illawarr | 15:00.00 | 13:17.86 |
| 2         | 2166 | Felton, Jay    | 16   | Gos(Gosford) | 14:14.00 | 14:15.70 |
| 3         | 926  | Jones, Tyler   | 13   | Wyo(Wyong)   | 14:46.00 | 15:18.56 |
| 4         |      | Perin, Anson   | 22   | Ibs(Illawarr | 18:00.00 | 18:41.09 |
| 5         | 3788 | Gunn, Brody    | 15   | Gos(Gosford) |          | 19:01.82 |

#### Men 100 Meter Dash 30-39 yrs

| Name                 | Age  | Team            | Seed | Finals        | Points |       |
|----------------------|------|-----------------|------|---------------|--------|-------|
| Section 1 Wind: -2.8 |      |                 |      |               |        |       |
| 1                    | 3104 | Stone, Jay      | 32   | Arm (Armidal  | 11.10  | 11.77 |
| 2                    | 3564 | Veerhuis, Peter | 36   | Wol(Athletic) | 12.05  | 12.85 |
| 3                    | 586  | Cowgill, Dave   | 39   | Ibs(Illawarr  | 12.20  | 13.04 |

#### Men 200 Meter Dash 30-39 yrs

| Name                | Age  | Team       | Seed | Finals       | Points |       |
|---------------------|------|------------|------|--------------|--------|-------|
| Section 1 Wind: 1.0 |      |            |      |              |        |       |
| 1                   | 3104 | Stone, Jay | 32   | Arm (Armidal | 22.35  | 22.24 |

|   |                      |    |              |       |       |
|---|----------------------|----|--------------|-------|-------|
| 2 | 3564 Veerhuis, Peter | 36 | Wol(Athletic | 24.50 | 24.69 |
| 3 | 586 Cowgill, Dave    | 39 | Ibs(Illawarr | 25.20 | 25.20 |

Men 400 Meter Dash 30-39 yrs

| Name      | Age  | Team            | Seed | Finals       | Points |       |
|-----------|------|-----------------|------|--------------|--------|-------|
| Section 1 |      |                 |      |              |        |       |
| 1         | 3104 | Stone, Jay      | 32   | Arm (Armidal | 49.30  | 49.07 |
| 2         | 3564 | Veerhuis, Peter | 36   | Wol(Athletic |        | 56.36 |

Men 800 Meter Run 30-39 yrs

| Name | Age  | Team          | Seed | Finals       | Points  |         |
|------|------|---------------|------|--------------|---------|---------|
| 1    | 3104 | Stone, Jay    | 32   | Arm (Armidal | 2:04.90 | 2:02.09 |
| 2    | 7781 | Betland, Sean | 32   | Coh(Coffs Ha | 2:18.00 | 2:15.34 |
| 3    | 1663 | Meyer, Damien | 35   | Gos(Gosford) | 2:16.01 | 2:19.42 |
| 4    | 7824 | Starky, Greg  | 33   | Wyo(Wyong)   |         | 2:20.10 |

Men 1500 Meter Run 30-39 yrs

| Name | Age  | Team           | Seed | Finals       | Points  |         |
|------|------|----------------|------|--------------|---------|---------|
| 1    | 1663 | Meyer, Damien  | 35   | Gos(Gosford) | 4:40.01 | 4:45.06 |
| 2    | 782  | Mustapic, Glen | 40   | Now(Nowra)   |         | 5:32.46 |

Men 5000 Meter Run 30-39 yrs

| Name | Age  | Team           | Seed | Finals          | Points   |          |
|------|------|----------------|------|-----------------|----------|----------|
| 1    | 2686 | White, Simon   | 36   | Maquarie Hunter | 17:17.00 | 17:56.13 |
| 2    | 1663 | Meyer, Damien  | 35   | Gos(Gosford)    | 17:35.01 | 18:36.12 |
| 3    | 782  | Mustapic, Glen | 40   | Now(Nowra)      |          | 21:01.05 |

Men 3000 Meter Steeplechase 30-39 yrs

| Name | Age  | Team         | Seed | Finals          | Points   |          |
|------|------|--------------|------|-----------------|----------|----------|
| 1    | 2686 | White, Simon | 36   | Maquarie Hunter | 15:00.00 | 11:54.91 |

Men Long Jump 30-39 yrs

| Name     | Age  | Team          | Seed | Finals       | Wind  | Points    |
|----------|------|---------------|------|--------------|-------|-----------|
| Flight 1 |      |               |      |              |       |           |
| 1        | 7781 | Betland, Sean | 32   | Coh(Coffs Ha | 6.00m | 5.75m NWI |

Men Triple Jump 30-39 yrs

| Name | Age  | Team            | Seed | Finals       | Wind   | Points        |
|------|------|-----------------|------|--------------|--------|---------------|
| 1    | 3564 | Veerhuis, Peter | 36   | Wol(Athletic | 10.00m | 10.25m NWI 10 |

Men Shot Put 30-39 yrs

| Name | Age  | Team              | Seed | Finals       | Points |           |
|------|------|-------------------|------|--------------|--------|-----------|
| 1    | 7781 | Betland, Sean     | 32   | Coh(Coffs Ha | 10.60m | 10.76m 10 |
| 2    | 466  | Habermann, Robert | 40   | Bma(Blue Mou | 10.05m | 9.19m 8   |

3 1663 Meyer, Damien 35 Gos(Gosford) 5.75m 6.04m 6

Men Discus Throw 30-39 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 7781 Betland, Sean    | 32  | Coh(Coffs Ha | 34.00m | 30.53m |        |
| 2 466 Habermann, Robert | 40  | Bma(Blue Mou | 30.68m | 29.77m |        |
| 3 586 Cowgill, Dave     | 39  | Ibs(Illawarr | 25.00m | 25.36m |        |

Men Hammer Throw 30-39 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 466 Habermann, Robert | 40  | Bma(Blue Mou | 27.88m | 30.34m |        |
| 2 1663 Meyer, Damien    | 35  | Gos(Gosford) |        | 13.18m |        |

Men Javelin Throw 30-39 yrs

| Name                    | Age | Team         | Seed   | Finals | Points |
|-------------------------|-----|--------------|--------|--------|--------|
| 1 7781 Betland, Sean    | 32  | Coh(Coffs Ha | 50.00m | 51.28m |        |
| 2 466 Habermann, Robert | 40  | Bma(Blue Mou | 36.30m | 37.32m |        |

Men 100 Meter Dash 40-49 yrs

| Name                            | Age | Team            | Seed  | Prelims |
|---------------------------------|-----|-----------------|-------|---------|
| Heat 1 Preliminaries Wind: -2.2 |     |                 |       |         |
| 1 2742 Thomas, David            | 46  | Min(Mingara)    |       | 12.94Q  |
| 2 672 james, darrin             | 46  | Kej(Kembla J    | 12.90 | 13.23Q  |
| 3 3057 Smith, Steven            | 47  | Maquarie Hunter | 12.76 | 13.28q  |
| 4 924 Coggins, Craig            | 42  | Wyo(Wyong)      | 0.13  | 13.36q  |
| 5 591 Bain, Tony                | 45  | Ibs(Illawarr    |       | 13.61   |
| 6 7424 Webb, David              | 42  | Now(Nowra)      |       | 13.79   |
| 7 2074 Kidd, Peter              | 49  | Wol(Athletic    | 15.00 | 14.02   |
| Heat 2 Preliminaries Wind: -2.5 |     |                 |       |         |
| 1 777 Musgrove, Paul            | 41  | Now(Nowra)      |       | 13.03Q  |
| 2 694 Reid, Brett               | 47  | Min(Mingara)    | 12.20 | 13.24Q  |
| 3 775 Havadjia, Andrew          | 44  | Now(Nowra)      |       | 13.55q  |
| 4 201 Bousnell, David           | 49  | Gos(Gosford)    | 13.80 | 13.58   |
| 5 7818 tucker, Jason            | 41  | Min(Mingara)    | 13.08 | 13.81   |
| 6 1367 Porley, Nestor           | 48  | Bma(Blue Mou    |       | 14.36   |
| Heat 3 Preliminaries Wind: -3.6 |     |                 |       |         |
| 1 2761 mccarthy, John           | 45  | Min(Mingara)    | 13.50 | 13.02Q  |
| 2 717 Berry, Charles            | 45  | Min(Mingara)    |       | 13.71Q  |
| 3 597 Hynoski, Geoff            | 43  | Ibs(Illawarr    | 13.70 | 13.72   |
| 4 7478 Rodda, Andrew            | 42  | Now(Nowra)      |       | 13.92   |

Men 100 Meter Dash 40-49 yrs

| Name                        | Age | Team            | Prelims | Finals | Points |
|-----------------------------|-----|-----------------|---------|--------|--------|
| Section 1 Finals Wind: -3.0 |     |                 |         |        |        |
| 1 2761 mccarthy, John       | 45  | Min(Mingara)    | 13.02   | 12.82  |        |
| 2 2742 Thomas, David        | 46  | Min(Mingara)    | 12.94   | 13.04  |        |
| 3 672 james, darrin         | 46  | Kej(Kembla J    | 13.23   | 13.08  |        |
| 4 694 Reid, Brett           | 47  | Min(Mingara)    | 13.24   | 13.15  |        |
| 5 777 Musgrove, Paul        | 41  | Now(Nowra)      | 13.03   | 13.16  |        |
| 6 3057 Smith, Steven        | 47  | Maquarie Hunter | 13.28   | 13.27  |        |

|   |                      |    |              |       |       |
|---|----------------------|----|--------------|-------|-------|
| 7 | 924 Coggins, Craig   | 42 | Wyo(Wyong)   | 13.36 | 13.36 |
| 8 | 775 Havadjia, Andrew | 44 | Now(Nowra)   | 13.55 | 13.46 |
| 9 | 717 Berry, Charles   | 45 | Min(Mingara) | 13.71 | 13.72 |

Men 200 Meter Dash 40-49 yrs

| Name                            | Age  | Team             | Seed | Prelims         |       |        |
|---------------------------------|------|------------------|------|-----------------|-------|--------|
| Heat 1 Preliminaries Wind: -1.2 |      |                  |      |                 |       |        |
| 1                               | 2761 | mccarthy, John   | 45   | Min(Mingara)    | 25.60 | 25.64q |
| 2                               | 672  | james, darrin    | 46   | Kej(Kembla J    | 25.80 | 26.10q |
| 3                               | 153  | Provenzano, Alan | 48   | Nma(Nsw Mast    | 25.92 | 26.45q |
| 4                               | 775  | Havadjia, Andrew | 44   | Now(Nowra)      |       | 26.82  |
| 5                               | 2074 | Kidd, Peter      | 49   | Wol(Athletic    | 30.00 | 27.75  |
| 6                               | 591  | Bain, Tony       | 45   | Ibs(Illawarr    |       | 27.80  |
| 7                               | 1367 | Porley, Nestor   | 48   | Bma(Blue Mou    |       | 29.55  |
| Heat 2 Preliminaries Wind: 0.4  |      |                  |      |                 |       |        |
| 1                               | 2742 | Thomas, David    | 46   | Min(Mingara)    |       | 25.27q |
| 2                               | 7469 | France, Anthony  | 44   | WAL             | 26.20 | 25.60q |
| 3                               | 777  | Musgrove, Paul   | 41   | Now(Nowra)      |       | 25.72q |
| 4                               | 3057 | Smith, Steven    | 47   | Maquarie Hunter | 25.67 | 26.04q |
| 5                               | 694  | Reid, Brett      | 47   | Min(Mingara)    | 25.90 | 26.57q |
| 6                               | 2107 | Baker, James     | 49   | Ibs(Illawarr    |       | 26.65q |
| 7                               | 201  | Bousnell, David  | 49   | Gos(Gosford)    | 27.80 | 27.28  |
| 8                               | 7424 | Webb, David      | 42   | Now(Nowra)      |       | 27.89  |

Men 200 Meter Dash 40-49 yrs

| Name                        | Age  | Team             | Prelims | Finals          | Points |       |
|-----------------------------|------|------------------|---------|-----------------|--------|-------|
| Section 1 Finals Wind: -2.0 |      |                  |         |                 |        |       |
| 1                           | 2761 | mccarthy, John   | 45      | Min(Mingara)    | 25.64  | 25.52 |
| 2                           | 2742 | Thomas, David    | 46      | Min(Mingara)    | 25.27  | 25.64 |
| 3                           | 672  | james, darrin    | 46      | Kej(Kembla J    | 26.10  | 25.69 |
| 4                           | 7469 | France, Anthony  | 44      | WAL             | 25.60  | 25.85 |
| 5                           | 153  | Provenzano, Alan | 48      | Nma(Nsw Mast    | 26.45  | 26.22 |
| 6                           | 777  | Musgrove, Paul   | 41      | Now(Nowra)      | 25.72  | 26.33 |
| 7                           | 3057 | Smith, Steven    | 47      | Maquarie Hunter | 26.04  | 26.53 |
| 8                           | 694  | Reid, Brett      | 47      | Min(Mingara)    | 26.57  | 27.57 |

Men 400 Meter Dash 40-49 yrs

| Name                 | Age  | Team           | Seed | Prelims      |         |          |
|----------------------|------|----------------|------|--------------|---------|----------|
| Heat 1 Preliminaries |      |                |      |              |         |          |
| 1                    | 672  | james, darrin  | 46   | Kej(Kembla J | 58.00   | 56.16Q   |
| 2                    | 2742 | Thomas, David  | 46   | Min(Mingara) |         | 56.32Q   |
| 3                    | 2291 | Watson, John   | 42   | Sin(Singleto | 56.02   | 56.56Q   |
| 4                    | 2107 | Baker, James   | 49   | Ibs(Illawarr |         | 57.44q   |
| 5                    | 777  | Musgrove, Paul | 41   | Now(Nowra)   |         | 57.81q   |
| 6                    | 2074 | Kidd, Peter    | 49   | Wol(Athletic | 1:10.00 | 1:01.13q |
| 7                    | 7818 | tucker, Jason  | 41   | Min(Mingara) | 0.61    | 1:02.02  |
| 8                    | 3473 | Robson, Greg   | 48   | Coh(Coffs Ha | 1:10.00 | 1:05.27  |
| Heat 2 Preliminaries |      |                |      |              |         |          |
| 1                    | 924  | Coggins, Craig | 42   | Wyo(Wyong)   | 1.01    | 1:00.78Q |
| 2                    | 699  | forbes, shane  | 42   | Min(Mingara) | 58.10   | 1:01.79Q |
| 3                    | 597  | Hynoski, Geoff | 43   | Ibs(Illawarr | 1:05.00 | 1:02.19Q |
| 4                    | 591  | Bain, Tony     | 45   | Ibs(Illawarr |         | 1:03.50  |
| 5                    | 251  | Scanlon, Sean  | 41   | Wal(Wallsend | 1.04    | 1:04.99  |
| 6                    | 7424 | Webb, David    | 42   | Now(Nowra)   |         | 1:08.35  |

7 1367 Porley, Nestor 48 Bma(Blue Mou 1:08.97

Men 400 Meter Dash 40-49 yrs

| Name                 | Age | Team         | Prelims | Finals  | Points |
|----------------------|-----|--------------|---------|---------|--------|
| Section 1 Finals     |     |              |         |         |        |
| 1 672 james, darrin  | 46  | Kej(Kembla J | 56.16   | 55.77   |        |
| 2 2291 Watson, John  | 42  | Sin(Singleto | 56.56   | 58.20   |        |
| 3 2107 Baker, James  | 49  | Ibs(Illawarr | 57.44   | 58.67   |        |
| 4 2742 Thomas, David | 46  | Min(Mingara) | 56.32   | 59.48   |        |
| 5 2074 Kidd, Peter   | 49  | Wol(Athletic | 1:01.13 | 1:01.40 |        |
| 6 777 Musgrove, Paul | 41  | Now(Nowra)   | 57.81   | 1:01.54 |        |
| 7 924 Coggins, Craig | 42  | Wyo(Wyong)   | 1:00.78 | 1:02.82 |        |
| 8 597 Hynoski, Geoff | 43  | Ibs(Illawarr | 1:02.19 | 1:04.75 |        |

Men 800 Meter Run 40-49 yrs

| Name                     | Age | Team         | Seed     | Finals  | Points |
|--------------------------|-----|--------------|----------|---------|--------|
| Section 1                |     |              |          |         |        |
| 1 2291 Watson, John      | 42  | Sin(Singleto |          | 2:10.77 |        |
| 2 671 Smith, Murray      | 43  | Kej(Kembla J | 10:00.00 | 2:13.96 |        |
| 3 3080 Macpherson, David | 50  | Sco(Scone Am | 2:24.00  | 2:18.75 |        |
| 4 2107 Baker, James      | 49  | Ibs(Illawarr |          | 2:18.95 |        |
| 5 3473 Robson, Greg      | 48  | Coh(Coffs Ha | 2:30.00  | 2:23.69 |        |
| 6 699 forbes, shane      | 42  | Min(Mingara) |          | 2:25.25 |        |
| 7 672 james, darrin      | 46  | Kej(Kembla J | 2:18.00  | 2:25.31 |        |
| 8 7788 Dodd, Andrew      | 50  | Nev(Newcastl | 2:40.00  | 2:29.45 |        |
| 9 1929 Wallis, David     | 43  | Ray(Raymond  | 2:35.00  | 2:30.85 |        |
| 10 2074 Kidd, Peter      | 49  | Wol(Athletic | 2:20.00  | 2:34.90 |        |
| 11 597 Hynoski, Geoff    | 43  | Ibs(Illawarr | 2:33.00  | 2:40.07 |        |
| -- 1402 Rowe, Gregory    | 50  | Min(Mingara) |          | DNF     |        |

Men 1500 Meter Run 40-49 yrs

| Name                     | Age | Team         | Seed    | Finals  | Points |
|--------------------------|-----|--------------|---------|---------|--------|
| 1 2291 Watson, John      | 42  | Sin(Singleto |         | 4:39.14 |        |
| 2 3080 Macpherson, David | 50  | Sco(Scone Am | 4:45.00 | 4:40.07 |        |
| 3 3473 Robson, Greg      | 48  | Coh(Coffs Ha | 5:20.00 | 4:42.82 |        |
| 4 2107 Baker, James      | 49  | Ibs(Illawarr |         | 4:43.89 |        |
| 5 7818 tucker, Jason     | 41  | Min(Mingara) | 5.12    | 4:52.64 |        |
| 6 597 Hynoski, Geoff     | 43  | Ibs(Illawarr | 5:43.00 | 5:02.72 |        |
| 7 7788 Dodd, Andrew      | 50  | Nev(Newcastl | 5:15.00 | 5:05.73 |        |
| 8 1929 Wallis, David     | 43  | Ray(Raymond  | 5:26.00 | 5:15.37 |        |
| 9 699 forbes, shane      | 42  | Min(Mingara) |         | 5:16.37 |        |
| 10 924 Coggins, Craig    | 42  | Wyo(Wyong)   | 5.25    | 5:19.93 |        |

Men 110 Meter Hurdles 0.991m 40-49 yrs

| Name                 | Age | Team         | Seed | Finals | Points |
|----------------------|-----|--------------|------|--------|--------|
| Section 1 Wind: -0.8 |     |              |      |        |        |
| 1 2074 Kidd, Peter   | 49  | Wol(Athletic |      | 20.33  |        |

Men 400 Meter Hurdles 40-49 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

## Section 1

1 2074 Kidd, Peter 49 Wol(Athletic 1:14.00

## Men 2000 Meter Steeplechase 40-49 yrs

| Name                  | Age | Team         | Seed    | Finals   | Points |
|-----------------------|-----|--------------|---------|----------|--------|
| 1 597 Hynoski, Geoff  | 43  | Ibs(Illawarr | 9:43.00 | 8:42.30  |        |
| 2 1367 Porley, Nestor | 48  | Bma(Blue Mou |         | 10:01.84 |        |

## Men 4x100 Meter Relay 40-49 yrs

| Team                            | Seed | Finals | Points |
|---------------------------------|------|--------|--------|
| 1 Min(Mingara) 'A'              |      | 49.61  |        |
| 2 Now(Nowra) 'A'                |      | 50.44  |        |
| 3 Ibs(Illawarra Blue Stars) 'A' |      | 50.72  |        |
| 4 Bma(Blue Mountains) 'A'       |      | 53.51  |        |
| 5 Ibs(Illawarra Blue Stars) 'B' |      | 55.83  |        |
| 6 Now(Nowra) 'B'                |      | 59.84  |        |

## Men High Jump 40-49 yrs

| Name                      | Age | Team         | Seed  | Finals | Points |
|---------------------------|-----|--------------|-------|--------|--------|
| Flight 1                  |     |              |       |        |        |
| 1 2097 Van der Jagt, Edwa | 44  | Nma(Nsw Mast | 1.65m | 1.60m  | 10     |
| 2 777 Musgrove, Paul      | 41  | Now(Nowra)   |       | 1.45m  | 8      |
| 3 153 Provenzano, Alan    | 48  | Nma(Nsw Mast | 1.45m | 1.40m  | 6      |

## Men Long Jump 40-49 yrs

| Name                      | Age | Team         | Seed  | Finals | Wind | Points |
|---------------------------|-----|--------------|-------|--------|------|--------|
| 1 2097 Van der Jagt, Edwa | 44  | Nma(Nsw Mast | 5.87m | 5.93m  | NWI  | 10     |
| 2 153 Provenzano, Alan    | 48  | Nma(Nsw Mast | 5.27m | 5.45m  | NWI  | 8      |
| 3 777 Musgrove, Paul      | 41  | Now(Nowra)   |       | 5.25m  | NWI  | 6      |
| 4 597 Hynoski, Geoff      | 43  | Ibs(Illawarr | 4.71m | 4.86m  | NWI  | 5      |
| 5 2074 Kidd, Peter        | 49  | Wol(Athletic |       | 4.10m  | NWI  | 4      |
| 6 1402 Rowe, Gregory      | 50  | Min(Mingara) |       | 3.24m  | NWI  | 3      |

## Men Triple Jump 40-49 yrs

| Name                   | Age | Team            | Seed  | Finals | Wind | Points |
|------------------------|-----|-----------------|-------|--------|------|--------|
| 1 2291 Watson, John    | 42  | Sin(Singleto    |       | 10.01m | NWI  |        |
| 2 7783 Thacker, Glenn  | 46  | Coh(Coffs Ha    | 7.90m | 8.87m  | NWI  |        |
| 3 3057 Smith, Steven   | 47  | Maquarie Hunter | 8.90m | 8.58m  | NWI  |        |
| -- 201 Bousnell, David | 49  | Gos(Gosford)    |       | DNF    | NWI  |        |
| -- 444 Carter, Geoff   | 45  | Bma(Blue Mou    | 9.14m | DNF    | NWI  |        |

## Men Shot Put 40-49 yrs

| Name                  | Age | Team         | Seed   | Finals | Points |
|-----------------------|-----|--------------|--------|--------|--------|
| 1 29 Gyngell, Stuart  | 48  | Min(Mingara) | 16.72m | 17.10m |        |
| 2 251 Scanlon, Sean   | 41  | Wal(Wallsend | 10.25m | 9.65m  |        |
| 3 444 Carter, Geoff   | 45  | Bma(Blue Mou | 9.40m  | 9.14m  |        |
| 4 7783 Thacker, Glenn | 46  | Coh(Coffs Ha | 8.00m  | 8.06m  |        |
| 5 2117 Gibbins, Jodie | 44  | Ibs(Illawarr |        | 7.80m  |        |

|   |      |               |    |              |       |       |
|---|------|---------------|----|--------------|-------|-------|
| 6 | 1929 | Wallis, David | 43 | Ray(Raymond) | 8.00m | 7.13m |
| 7 | 1402 | Rowe, Gregory | 50 | Min(Mingara) |       | 6.89m |

Men Discus Throw 40-49 yrs

| Name    | Age              | Team             | Seed   | Finals | Points |
|---------|------------------|------------------|--------|--------|--------|
| 1 29    | Gyngell, Stuart  | 48 Min(Mingara)  | 45.90m | 46.49m |        |
| 2 298   | Sutton, Stuart   | 42 Gos(Gosford)  | 32.66m | 31.13m |        |
| 3 153   | Provenzano, Alan | 48 Nma(Nsw Mast) | 30.29m | 28.00m |        |
| 4 2117  | Gibbins, Jodie   | 44 Ibs(Illawarr) |        | 23.21m |        |
| 5 1929  | Wallis, David    | 43 Ray(Raymond)  | 22.00m | 21.57m |        |
| 6 7783  | Thacker, Glenn   | 46 Coh(Coffs Ha) | 25.00m | 21.50m |        |
| -- 775  | Havadjia, Andrew | 44 Now(Nowra)    |        | DNF    |        |
| -- 1402 | Rowe, Gregory    | 50 Min(Mingara)  |        | DNF    |        |

Men Hammer Throw 40-49 yrs

| Name   | Age             | Team             | Seed   | Finals | Points |
|--------|-----------------|------------------|--------|--------|--------|
| 1 29   | Gyngell, Stuart | 48 Min(Mingara)  | 41.05m | 42.16m |        |
| 2 2117 | Gibbins, Jodie  | 44 Ibs(Illawarr) |        | 24.08m |        |
| 3 7478 | Rodda, Andrew   | 42 Now(Nowra)    |        | 16.22m |        |

Men Javelin Throw 40-49 yrs

| Name   | Age                | Team             | Seed   | Finals | Points |
|--------|--------------------|------------------|--------|--------|--------|
| 1 7469 | France, Anthony    | 44 WAL           | 44.00m | 47.08m | 10     |
| 2 153  | Provenzano, Alan   | 48 Nma(Nsw Mast) | 40.76m | 38.71m | 8      |
| 3 251  | Scanlon, Sean      | 41 Wal(Wallsend) | 38.50m | 38.18m | 6      |
| 4 2141 | Papalexion, George | 42 Gos(Gosford)  |        | 36.13m | 5      |
| 5 7783 | Thacker, Glenn     | 46 Coh(Coffs Ha) | 30.00m | 33.20m | 4      |
| 6 2117 | Gibbins, Jodie     | 44 Ibs(Illawarr) |        | 29.58m | 3      |
| 7 1929 | Wallis, David      | 43 Ray(Raymond)  | 26.00m | 26.04m | 2      |
| 8 775  | Havadjia, Andrew   | 44 Now(Nowra)    |        | 24.60m | 1      |

Men 3000 Meter Race Walk 40-49 yrs

| Name      | Age           | Team            | Seed | Finals   | Points |
|-----------|---------------|-----------------|------|----------|--------|
| Section 1 |               |                 |      |          |        |
| 1 1402    | Rowe, Gregory | 50 Min(Mingara) |      | 18:58.55 |        |

Men 100 Meter Dash 50-59 yrs

| Name      | Age                | Team             | Seed  | Finals | Points |
|-----------|--------------------|------------------|-------|--------|--------|
| Section 1 | Wind: -2.6         |                  |       |        |        |
| 1 1356    | Devery, Todd       | 51 Bma(Blue Mou) | 12.48 | 12.88  |        |
| 2 690     | Martin, Roger      | 52 Min(Mingara)  | 12.70 | 13.49  |        |
| 3 707     | Williams, Peter    | 55 Min(Mingara)  | 13.00 | 13.75  |        |
| 4 243     | Mitchell, David    | 56 Wal(Wallsend) |       | 13.99  |        |
| 5 3698    | Gregory, Brent     | 55 Arm (Armidal) | 13.50 | 14.01  |        |
| 6 2324    | Barker, Bill       | 51 Gou(Goulburn) |       | 14.13  |        |
| 7 565     | Hollingsworth, Jef | 53 Ibs(Illawarr) |       | 14.44  |        |
| 8 445     | O'Donnell, Anthony | 52 Bma(Blue Mou) | 15.00 | 14.54  |        |

Men 200 Meter Dash 50-59 yrs

| Name | Age | Team | Seed | Finals | Points |
|------|-----|------|------|--------|--------|
|------|-----|------|------|--------|--------|

| Name                 | Age  | Team               | Seed            | Finals | Points |
|----------------------|------|--------------------|-----------------|--------|--------|
| Section 1 Wind: -2.8 |      |                    |                 |        |        |
| 1                    | 1356 | Devery, Todd       | 51 Bma(Blue Mou | 25.05  | 25.91  |
| 2                    | 690  | Martin, Roger      | 52 Min(Mingara) | 25.70  | 27.20  |
| 3                    | 707  | Williams, Peter    | 55 Min(Mingara) | 27.10  | 27.43  |
| 4                    | 243  | Mitchell, David    | 56 Wal(Wallsend |        | 28.16  |
| 5                    | 3698 | Gregory, Brent     | 55 Arm (Armidal | 27.73  | 28.55  |
| 6                    | 565  | Hollingsworth, Jef | 53 Ibs(Illawarr |        | 30.79  |

Men 400 Meter Dash 50-59 yrs

| Name                 | Age  | Team               | Seed            | Prelims          |
|----------------------|------|--------------------|-----------------|------------------|
| Heat 1 Preliminaries |      |                    |                 |                  |
| 1                    | 7437 | Walker, Glen       | 52 Nev(Newcastl | 1:10.00 1:04.78Q |
| 2                    | 1356 | Devery, Todd       | 51 Bma(Blue Mou | 55.49 1:05.32Q   |
| 3                    | 3698 | Gregory, Brent     | 55 Arm (Armidal | 1:10.00 1:06.60Q |
| 4                    | 3085 | Parfitt, Neil      | 52 Nma(Nsw Mast | 1:07.55q         |
| 5                    | 565  | Hollingsworth, Jef | 53 Ibs(Illawarr | 1:08.67q         |
| Heat 2 Preliminaries |      |                    |                 |                  |
| 1                    | 690  | Martin, Roger      | 52 Min(Mingara) | 58.20 1:01.87Q   |
| 2                    | 707  | Williams, Peter    | 55 Min(Mingara) | 59.80 1:02.36Q   |
| 3                    | 243  | Mitchell, David    | 56 Wal(Wallsend | 1:05.14Q         |
| 4                    | 2324 | Barker, Bill       | 51 Gou(Goulburn | 1:07.48q         |
| 5                    | 1359 | Perrett, David     | 53 Bma(Blue Mou | 1:12.61          |
| 6                    | 7764 | Herd, Robert       | 56 Arm (Armidal | 1:13.30          |

Men 400 Meter Dash 50-59 yrs

| Name             | Age  | Team               | Prelims         | Finals  | Points  |
|------------------|------|--------------------|-----------------|---------|---------|
| Section 1 Finals |      |                    |                 |         |         |
| 1                | 1356 | Devery, Todd       | 51 Bma(Blue Mou | 1:05.32 | 57.32   |
| 2                | 690  | Martin, Roger      | 52 Min(Mingara) | 1:01.87 | 1:00.31 |
| 3                | 7437 | Walker, Glen       | 52 Nev(Newcastl | 1:04.78 | 1:00.85 |
| 4                | 243  | Mitchell, David    | 56 Wal(Wallsend | 1:05.14 | 1:04.04 |
| 5                | 707  | Williams, Peter    | 55 Min(Mingara) | 1:02.36 | 1:05.71 |
| 6                | 3698 | Gregory, Brent     | 55 Arm (Armidal | 1:06.60 | 1:06.31 |
| 7                | 565  | Hollingsworth, Jef | 53 Ibs(Illawarr | 1:08.67 | 1:11.63 |

Men 800 Meter Run 50-59 yrs

| Name      | Age  | Team               | Seed            | Finals  | Points  |
|-----------|------|--------------------|-----------------|---------|---------|
| Section 1 |      |                    |                 |         |         |
| 1         | 767  | Dooley, Peter      | 54 Now(Nowra)   |         | 2:27.73 |
| 2         | 1356 | Devery, Todd       | 51 Bma(Blue Mou | 2:18.00 | 2:33.98 |
| 3         | 3085 | Parfitt, Neil      | 52 Nma(Nsw Mast | 2.37    | 2:34.97 |
| 4         | 707  | Williams, Peter    | 55 Min(Mingara) |         | 2:40.91 |
| 5         | 7764 | Herd, Robert       | 56 Arm (Armidal |         | 2:40.95 |
| 6         | 3698 | Gregory, Brent     | 55 Arm (Armidal | 3:40.00 | 2:55.10 |
| 7         | 565  | Hollingsworth, Jef | 53 Ibs(Illawarr |         | 3:14.68 |
| --        | 705  | Fowler, Neil       | 60 Min(Mingara) | 2.21    | DNF     |

Men 1500 Meter Run 50-59 yrs

| Name | Age | Team         | Seed            | Finals  | Points  |
|------|-----|--------------|-----------------|---------|---------|
| 1    | 686 | musich, john | 55 Min(Mingara) | 5:00.00 | 5:08.86 |

|   |      |               |    |              |         |         |
|---|------|---------------|----|--------------|---------|---------|
| 2 | 3085 | Parfitt, Neil | 52 | Nma(Nsw Mast |         | 5:09.34 |
| 3 | 7764 | Herd, Robert  | 56 | Arm (Armidal |         | 5:23.72 |
| 4 | 763  | Crook, Geoff  | 51 | Now(Nowra)   |         | 5:36.13 |
| 5 | 562  | Steele, Bruce | 53 | Ibs(Illawarr | 6:00.00 | 5:43.58 |

Men 5000 Meter Run 50-59 yrs

| Name                   | Age | Team         | Seed     | Finals   | Points |
|------------------------|-----|--------------|----------|----------|--------|
| 1 7437 Walker, Glen    | 52  | Nev(Newcastl | 18.17    | 18:27.00 |        |
| 2 3085 Parfitt, Neil   | 52  | Nma(Nsw Mast |          | 18:40.67 |        |
| 3 7431 Fletcher, Nick  | 53  | Nev(Newcastl | 19:01.00 | 18:42.99 |        |
| 4 7768 Coughlan, Peter | 51  | Nev(Newcastl | 19:30.00 | 19:09.07 |        |
| 5 763 Crook, Geoff     | 51  | Now(Nowra)   |          | 22:53.63 |        |
| 6 197 Morrice, Derek   | 51  | Gos(Gosford) |          | 24:23.96 |        |

Men 100 Meter Hurdles 0.840m 50-59 yrs

| Name                  | Age | Team         | Seed | Finals | Points |
|-----------------------|-----|--------------|------|--------|--------|
| Section 1 Wind: -2.5  |     |              |      |        |        |
| 1 3698 Gregory, Brent | 55  | Arm (Armidal |      | 20.64  |        |
| 2 2324 Barker, Bill   | 51  | Gou(Goulburn |      | 20.84  |        |

Men 400 Meter Hurdles 50-59 yrs

| Name                  | Age | Team         | Seed    | Finals  | Points |
|-----------------------|-----|--------------|---------|---------|--------|
| Section 1             |     |              |         |         |        |
| 1 1356 Devery, Todd   | 51  | Bma(Blue Mou | 1:02.64 | 1:02.04 |        |
| 2 707 Williams, Peter | 55  | Min(Mingara) | 1:10.51 | 1:11.91 |        |
| 3 3698 Gregory, Brent | 55  | Arm (Armidal |         | 1:32.03 |        |

Men 2000 Meter Steeplechase 50-59 yrs

| Name                 | Age | Team         | Seed     | Finals  | Points |
|----------------------|-----|--------------|----------|---------|--------|
| 1 3085 Parfitt, Neil | 52  | Nma(Nsw Mast |          | 8:31.42 |        |
| 2 562 Steele, Bruce  | 53  | Ibs(Illawarr | 15:00.00 | 9:56.80 |        |

Men High Jump 50-59 yrs

| Name                     | Age | Team         | Seed  | Finals | Points |
|--------------------------|-----|--------------|-------|--------|--------|
| Flight 1                 |     |              |       |        |        |
| 1 7495 Middleton, Mark   | 57  | WAL          |       | 1.50m  |        |
| 2 1356 Devery, Todd      | 51  | Bma(Blue Mou | 1.55m | 1.50m  |        |
| 3 562 Steele, Bruce      | 53  | Ibs(Illawarr | 1.35m | 1.35m  |        |
| 4 1407 Horsnell, Matthew | 54  | Min(Mingara) | 1.45m | 1.35m  |        |

Men Long Jump 50-59 yrs

| Name                     | Age | Team         | Seed  | Finals | Wind | Points |
|--------------------------|-----|--------------|-------|--------|------|--------|
| 1 1356 Devery, Todd      | 51  | Bma(Blue Mou | 5.40m | 5.03m  | NWI  | 10     |
| 2 243 Mitchell, David    | 56  | Wal(Wallsend |       | 4.97m  | NWI  | 8      |
| 3 2324 Barker, Bill      | 51  | Gou(Goulburn |       | 4.71m  | NWI  | 6      |
| 4 445 O'Donnell, Anthony | 52  | Bma(Blue Mou | 4.40m | 4.36m  | 4.8  | 5      |

Men Triple Jump 50-59 yrs

| Name                     | Age | Team          | Seed  | Finals | Wind | Points |
|--------------------------|-----|---------------|-------|--------|------|--------|
| 1 243 Mitchell, David    | 56  | Wal(Wallsend) |       | 9.92m  | NWI  | 10     |
| 2 445 O'Donnell, Anthony | 52  | Bma(Blue Mou) | 9.25m | 8.59m  | NWI  | 8      |

Men Shot Put 50-59 yrs

| Name                      | Age | Team          | Seed   | Finals | Points |
|---------------------------|-----|---------------|--------|--------|--------|
| 1 3658 Reed, Peter        | 52  | Wol(Athletic) | 11.89m | 11.87m | 10     |
| 2 2424 Crumpton, Geoff    | 57  | Gou(Goulburn) |        | 11.81m | 8      |
| 3 154 Murray, Gavin       | 57  | Nma(Nsw Mast) | 10.95m | 10.74m | 6      |
| 4 707 Williams, Peter     | 55  | Min(Mingara)  | 9.80m  | 9.56m  | 5      |
| 5 952 Hinton, Neil        | 59  | Wyo(Wyong)    | 8.75m  | 9.55m  | 4      |
| 6 565 Hollingsworth, Jef  | 53  | Ibs(Illawarr) |        | 8.55m  | 3      |
| 7 7477 McNally, Douglas   | 60  | Now(Nowra)    |        | 7.69m  | 2      |
| 8 3671 Fennamore, Geoffre | 60  | Cob(Cobar)    |        | 6.88m  | 1      |

Men Discus Throw 50-59 yrs

| Name                     | Age | Team          | Seed   | Finals | Points |
|--------------------------|-----|---------------|--------|--------|--------|
| 1 3658 Reed, Peter       | 52  | Wol(Athletic) | 39.28m | 36.62m |        |
| 2 154 Murray, Gavin      | 57  | Nma(Nsw Mast) | 35.70m | 35.81m |        |
| 3 1407 Horsnell, Matthew | 54  | Min(Mingara)  | 39.60m | 34.96m |        |
| 4 2424 Crumpton, Geoff   | 57  | Gou(Goulburn) |        | 34.20m |        |
| 5 707 Williams, Peter    | 55  | Min(Mingara)  | 27.00m | 27.27m |        |
| 6 565 Hollingsworth, Jef | 53  | Ibs(Illawarr) |        | 26.28m |        |
| 7 763 Crook, Geoff       | 51  | Now(Nowra)    |        | 25.10m |        |
| 8 2324 Barker, Bill      | 51  | Gou(Goulburn) |        | 24.77m |        |
| 9 562 Steele, Bruce      | 53  | Ibs(Illawarr) | 27.00m | 23.88m |        |
| 10 7477 McNally, Douglas | 60  | Now(Nowra)    |        | 21.81m |        |
| 11 1359 Perrett, David   | 53  | Bma(Blue Mou) |        | 21.73m |        |
| 12 197 Morrice, Derek    | 51  | Gos(Gosford)  |        | 15.21m |        |

Men Hammer Throw 50-59 yrs

| Name                     | Age | Team          | Seed   | Finals | Points |
|--------------------------|-----|---------------|--------|--------|--------|
| 1 3658 Reed, Peter       | 52  | Wol(Athletic) | 41.20m | 40.13m |        |
| 2 2424 Crumpton, Geoff   | 57  | Gou(Goulburn) |        | 40.02m |        |
| 3 154 Murray, Gavin      | 57  | Nma(Nsw Mast) | 35.60m | 35.84m |        |
| 4 1407 Horsnell, Matthew | 54  | Min(Mingara)  | 35.60m | 32.93m |        |
| 5 562 Steele, Bruce      | 53  | Ibs(Illawarr) | 25.00m | 29.55m |        |
| 6 445 O'Donnell, Anthony | 52  | Bma(Blue Mou) | 24.60m | 24.86m |        |
| 7 243 Mitchell, David    | 56  | Wal(Wallsend) |        | 13.34m |        |

Men Javelin Throw 50-59 yrs

| Name                     | Age | Team          | Seed   | Finals | Points |
|--------------------------|-----|---------------|--------|--------|--------|
| 1 1407 Horsnell, Matthew | 54  | Min(Mingara)  | 38.45m | 35.24m |        |
| 2 565 Hollingsworth, Jef | 53  | Ibs(Illawarr) |        | 34.61m |        |
| 3 154 Murray, Gavin      | 57  | Nma(Nsw Mast) | 36.50m | 34.42m |        |
| 4 763 Crook, Geoff       | 51  | Now(Nowra)    |        | 33.46m |        |
| 5 3658 Reed, Peter       | 52  | Wol(Athletic) | 37.25m | 33.11m |        |
| 6 562 Steele, Bruce      | 53  | Ibs(Illawarr) | 32.00m | 32.21m |        |
| 7 7477 McNally, Douglas  | 60  | Now(Nowra)    |        | 27.84m |        |
| 8 2324 Barker, Bill      | 51  | Gou(Goulburn) |        | 27.46m |        |

|    |                        |                 |        |        |
|----|------------------------|-----------------|--------|--------|
| 9  | 445 O'Donnell, Anthony | 52 Bma(Blue Mou | 27.98m | 24.86m |
| 10 | 1359 Perrett, David    | 53 Bma(Blue Mou |        | 20.79m |
| -- | 2424 Crumpton, Geoff   | 57 Gou(Goulburn |        | DNF    |

Men 3000 Meter Race Walk 50-59 yrs

| Name      | Age  | Team         | Seed            | Finals   | Points |
|-----------|------|--------------|-----------------|----------|--------|
| Section 1 |      |              |                 |          |        |
| 1         | 2142 | Willcox, Rob | 58 Gos(Gosford) | 18:50.65 |        |

Men 100 Meter Dash 60+ yrs

| Name                 | Age  | Team              | Seed            | Finals | Points |
|----------------------|------|-------------------|-----------------|--------|--------|
| Section 1 Wind: -3.9 |      |                   |                 |        |        |
| 1                    | 7837 | Van Stappon, John | 61 Ibs(Illawarr | 14.01  |        |
| 2                    | 2850 | Hayward, Stuart   | 62 Toukley      | 14.05  |        |
| 3                    | 3902 | Donovan, Richard  | 61 Stp(Stuarts  | 14.65  |        |
| 4                    | 467  | Martyn, Robert    | 62 Bma(Blue Mou | 14.70  | 14.99  |
| 5                    | 8018 | Mamalis, Greg     | 71 Nma(Nsw Mast | 15.68  |        |
| 6                    | 762  | Condon, Bernard   | 75 Now(Nowra)   | 16.11  |        |
| 7                    | 2135 | Donohoe, Noel     | 71 Ibs(Illawarr | 15.00  | 18.15  |

Men 200 Meter Dash 60+ yrs

| Name                 | Age  | Team              | Seed            | Finals | Points |
|----------------------|------|-------------------|-----------------|--------|--------|
| Section 1 Wind: -5.6 |      |                   |                 |        |        |
| 1                    | 2850 | Hayward, Stuart   | 62 Toukley      | 28.10  |        |
| 2                    | 7837 | Van Stappon, John | 61 Ibs(Illawarr | 28.86  |        |
| 3                    | 3902 | Donovan, Richard  | 61 Stp(Stuarts  | 31.08  |        |
| 4                    | 2077 | Ross, David       | 61 Wol(Athletic | 33.00  | 31.86  |
| 5                    | 762  | Condon, Bernard   | 75 Now(Nowra)   | 34.70  |        |
| 6                    | 2135 | Donohoe, Noel     | 71 Ibs(Illawarr | 40.95  |        |

Men 400 Meter Dash 60+ yrs

| Name      | Age  | Team               | Seed            | Finals  | Points  |
|-----------|------|--------------------|-----------------|---------|---------|
| Section 1 |      |                    |                 |         |         |
| 1         | 2850 | Hayward, Stuart    | 62 Toukley      | 1:00.55 |         |
| 2         | 467  | Martyn, Robert     | 62 Bma(Blue Mou | 1:11.10 | 1:07.43 |
| 3         | 1164 | Templeton, Charles | 66 Stp(Stuarts  | 1:17.00 | 1:12.44 |
| 4         | 1694 | Perry, Ronald      | 72 Wol(Athletic | 1:30.95 |         |

Men 800 Meter Run 60+ yrs

| Name | Age  | Team               | Seed            | Finals  | Points  |
|------|------|--------------------|-----------------|---------|---------|
| 1    | 2850 | Hayward, Stuart    | 62 Toukley      | 2:28.37 |         |
| 2    | 1164 | Templeton, Charles | 66 Stp(Stuarts  | 3:12.00 | 3:09.81 |
| 3    | 1694 | Perry, Ronald      | 72 Wol(Athletic | 3:26.85 |         |

Men 1500 Meter Run 60+ yrs

| Name | Age  | Team            | Seed            | Finals  | Points |
|------|------|-----------------|-----------------|---------|--------|
| 1    | 2144 | Kinross, Graham | 62 Gos(Gosford) | 5:37.78 |        |
| 2    | 1694 | Perry, Ronald   | 72 Wol(Athletic | 6:25.34 |        |

Men 5000 Meter Run 60+ yrs

| Name                      | Age | Team         | Seed  | Finals   | Points |
|---------------------------|-----|--------------|-------|----------|--------|
| 1 2144 Kinross, Graham    | 62  | Gos(Gosford) |       | 20:56.38 |        |
| 2 8035 von appen, manfred | 62  | Nev(Newcastl | 23.00 | 23:41.75 |        |

Men 100 Meter Hurdles 0.840m 60+ yrs

| Name                 | Age | Team         | Seed  | Finals | Points |
|----------------------|-----|--------------|-------|--------|--------|
| Section 1 Wind: -2.5 |     |              |       |        |        |
| 1 2135 Donohoe, Noel | 71  | Ibs(Illawarr | 19.00 | 29.81  |        |

Men 2000 Meter Steeplechase 60+ yrs

| Name                 | Age | Team         | Seed | Finals   | Points |
|----------------------|-----|--------------|------|----------|--------|
| Section 1            |     |              |      |          |        |
| 1 1694 Perry, Ronald | 72  | Wol(Athletic |      | 11:28.51 |        |

Men High Jump 60+ yrs

| Name                 | Age | Team         | Seed  | Finals | Points |
|----------------------|-----|--------------|-------|--------|--------|
| Flight 1             |     |              |       |        |        |
| 1 8018 Mamalis, Greg | 71  | Nma(Nsw Mast |       | 1.25m  |        |
| 2 10000 Simcock, Ron | 76  | Wol(Athletic | 1.20m | 1.25m  |        |
| 3 2135 Donohoe, Noel | 71  | Ibs(Illawarr | 1.50m | 1.05m  |        |

Men Long Jump 60+ yrs

| Name                      | Age | Team         | Seed  | Finals | Wind | Points |
|---------------------------|-----|--------------|-------|--------|------|--------|
| 1 467 Martyn, Robert      | 62  | Bma(Blue Mou | 4.23m | 4.21m  | NWI  | 10     |
| 2 2611 Peters, Noel       | 64  | Nma(Nsw Mast | 4.40m | 4.16m  | NWI  | 8      |
| 3 1164 Templeton, Charles | 66  | Stp(Stuarts  | 3.10m | 3.55m  | NWI  | 6      |
| 4 2135 Donohoe, Noel      | 71  | Ibs(Illawarr | 3.50m | 3.30m  | NWI  | 10     |
| 5 1689 bragg, ronald      | 72  | Wol(Athletic | 3.08m | 3.06m  | NWI  | 8      |

Men Triple Jump 60+ yrs

| Name                 | Age | Team         | Seed  | Finals | Wind | Points |
|----------------------|-----|--------------|-------|--------|------|--------|
| 1 2611 Peters, Noel  | 64  | Nma(Nsw Mast |       | 8.08m  | NWI  | 10     |
| 2 1689 bragg, ronald | 72  | Wol(Athletic | 6.50m | 6.32m  | NWI  | 10     |
| 3 2135 Donohoe, Noel | 71  | Ibs(Illawarr | 7.00m | 6.01m  | NWI  | 8      |

Men Discus Throw 60+ yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 10000 Simcock, Ron      | 76  | Wol(Athletic | 30.00m | 30.19m |        |
| 2 457 Sowerby, Brett      | 71  | Nma(Nsw Mast | 33.98m | 29.04m |        |
| 3 2077 Ross, David        | 61  | Wol(Athletic | 29.22m | 28.79m |        |
| 4 2611 Peters, Noel       | 64  | Nma(Nsw Mast | 23.00m | 25.03m |        |
| 5 1689 bragg, ronald      | 72  | Wol(Athletic | 23.80m | 24.24m |        |
| 6 2135 Donohoe, Noel      | 71  | Ibs(Illawarr | 13.00m | 22.62m |        |
| 7 8035 von appen, manfred | 62  | Nev(Newcastl |        | 20.67m |        |

Men Hammer Throw 60+ yrs

| Name                 | Age | Team         | Seed   | Finals | Points |
|----------------------|-----|--------------|--------|--------|--------|
| 1 10000 Simcock, Ron | 76  | Wol(Athletic | 33.00m | 38.41m |        |
| 2 457 Sowerby, Brett | 71  | Bma(Blue Mou | 31.46m | 30.69m |        |
| 3 2077 Ross, David   | 61  | Wol(Athletic | 24.58m | 26.37m |        |
| 4 1694 Perry, Ronald | 72  | Wol(Athletic |        | 17.46m |        |

Men Javelin Throw 60+ yrs

| Name                      | Age | Team         | Seed   | Finals | Points |
|---------------------------|-----|--------------|--------|--------|--------|
| 1 10000 Simcock, Ron      | 76  | Wol(Athletic | 30.00m | 31.56m |        |
| 2 1689 bragg, ronald      | 72  | Wol(Athletic | 30.20m | 28.34m |        |
| 3 1164 Templeton, Charles | 66  | Stp(Stuarts  | 19.20m | 22.00m |        |
| 4 2135 Donohoe, Noel      | 71  | Ibs(Illawarr | 15.00m | 21.67m |        |
| 5 8035 von appen, manfred | 62  | Nev(Newcastl |        | 21.33m |        |
| 6 457 Sowerby, Brett      | 71  | Bma(Blue Mou | 23.80m | 16.75m |        |

Men 3000 Meter Race Walk 60+ yrs

| Name               | Age | Team         | Seed | Finals   | Points |
|--------------------|-----|--------------|------|----------|--------|
| Section 1          |     |              |      |          |        |
| 1 1829 Smith, John | 73  | Min(Mingara) |      | 19:51.96 |        |