

LAKE ILLAWARRA

ATHLETICS ASSOCIATION INC



OCTOBER CARNIVAL 2024

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Lake Illawarra Athletics Centre is also supported by:
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WELCOME

We would like to extend a welcome to all athletes, parents and carers to our Annual October Carnival for 2024.

This carnival has been running for over 40 years and it is always a great pleasure to invite athletes from all over NSW, ACT and even QLD and Victoria to come and compete at our Carnival (Gala Day)

Many thanks go to Our Committee and volunteers for all the work they have put into getting this carnival up and running.

Today Rules are as per World Athletics, LANSW, ANSW and the following local Rules

- Throws/Jump – each athlete will be allowed 3 Throws or Jumps except for the High Jump.
- Athlete can compete in an age group above if that event is not in their own age group and the event is allowed under LANSW rules of competition – the Opens 60m is an all age event. All Open competitors must be registered with Athletics NSW/Australia and will use the implement weight for their age group.
- In keeping with spirit of the day - **NO PROTESTS** – will be considered, if you have any questions or concerns please see myself.
- Placing's for track events will be determined on times, no finals will be run.
- Some events and age groups maybe combined if there are insufficient starters.
- Events will receive 2 calls, athletes and parents are reminded that Track events take precedence over field events

With the inclusion of the 16's and 20's at our Carnival, records for these age groups will be new.

Parents and spectators are to abide by the venues policy and remain behind the fence unless you are acting as an age manager or helper.

Timing Gates are in operation for all Track events

Starting Blocks will be supplied for all track events

I hope that all athletes have a great day of competition and the parents are proud of their performances no matter if they win or lose.

We hope you go away with fond memories of our carnival and hope that you return in 2024 for an extended stay in the Shellharbour area as we hold our Summer Carnival on the 12th January 2025, which has become one of the biggest single day carnivals in NSW

In closing special thanks must also go to all our sponsors who support the Centre in one way or another.

At the end of the Day Please drive carefully and have a Safe trip home.

Yours in Sport

Kevin McGarry

President

Lake Illawarra Little Athletics Centre Inc.



Lake Illawarra Little Athletics Association Inc.

October Carnival - Sunday October 13, 2024

TRACK

#1	Girls 12 Year Olds 1500 Meter Run	#60	Boys 16 Year Olds 200 Meter Run
#2	Boys 12 Year Olds 1500 Meter Run	#61	Girls 17 Year Olds 200 Meter Run
#3	Girls 14 Year Olds 1500 Meter Run	#62	Boys 17 Year Olds 200 Meter Run
#4	Boys 14 Year Olds 1500 Meter Run	#63	Women 20 Year Olds 200 Meter Run
#5	Girls 16 Year Olds 1500 Meter Run	#64	Men 20 Year Olds 200 Meter Run
#6	Boys 16 Year Olds 1500 Meter Run	#65	Women 21+ 200 Meter Run
#7	Women 20 Year Olds 1500 Meter Run	#66	Men 21+ 200 Meter Run
#8	Men 20 Year Olds 1500 Meter Run	#67	Girls 5 Year Olds 200 Meter Run
#9	Girls 8 Year Olds 60 Meter Hurdles 45cm	#68	Boys 5 Year Olds 200 Meter Run
#10	Boys 8 Year Olds 60 Meter Hurdles 45cm	#69	Girls 6 Year Olds 200 Meter Run
#11	Girls 9 Year Olds 60 Meter Hurdles 45cm	#70	Boys 6 Year Olds 200 Meter Run
#12	Boys 9 Year Olds 60 Meter Hurdles 45cm	#71	Girls 7 Year Olds 200 Meter Run
#13	Girls 10 Year Olds 60 Meter Hurdles 60cm	#72	Boys 7 Year Olds 200 Meter Run
#14	Boys 10 Year Olds 60 Meter Hurdles 60cm	#73	Girls 8 Year Olds 200 Meter Run
#15	Girls 11 Year Olds 80 Meter Hurdles 60cm	#74	Boys 8 Year Olds 200 Meter Run
#16	Boys 11 Year Olds 80 Meter Hurdles 60cm	#75	Girls 9 Year Olds 800 Meter Run
#17	Girls 12 Year Olds 80 Meter Hurdles 60cm	#76	Boys 9 Year Olds 800 Meter Run
#18	Boys 12 Year Olds 80 Meter Hurdles 68cm	#77	Girls 11 Year Olds 800 Meter Run
#19	Girls 13 Year Olds 80 Meter Hurdles 76cm	#78	Boys 11 Year Olds 800 Meter Run
#20	Boys 13 Year Olds 90 Meter Hurdles 76cm	#79	Girls 13 Year Olds 800 Meter Run
#21	Girls 14 Year Olds 90 Meter Hurdles 76cm	#80	Boys 13 Year Olds 800 Meter Run
#22	Boys 14 Year Olds 100 Meter Hurdles 76cm	#81	Girls 15 Year Olds 800 Meter Run
#23	Girls 15 Year Olds 90 Meter Hurdles 76cm	#82	Boys 15 Year Olds 800 Meter Run
#24	Boys 15 Year Olds 100 Meter Hurdles 76cm	#83	Girls 17 Year Olds 800 Meter Run
#25	Girls 16 Year Olds 100 Meter Hurdles 76cm	#84	Boys 17 Year Olds 800 Meter Run
#26	Boys 16 Year Olds 110 Meter Hurdles 76cm	#85	Women 21+ 800 Meter Run
#27	Girls 17 Year Olds 100 Meter Hurdles 76cm	#86	Men 21+ 800 Meter Run
#28	Boys 17 Year Olds 110 Meter Hurdles 76cm	#87	Girls 5 Year Olds 100 Meter Run
#29	Women 20 Year Olds 100 Meter Hurdles 76cm	#88	Boys 5 Year Olds 100 Meter Run
#30	Men 20 Year Olds 110 Meter Hurdles 76cm	#89	Girls 6 Year Olds 100 Meter Run
#31	Girls 5 Year Olds 70 Meter Run	#90	Boys 6 Year Olds 100 Meter Run
#32	Boys 5 Year Olds 70 Meter Run	#91	Girls 7 Year Olds 100 Meter Run
#33	Girls 6 Year Olds 70 Meter Run	#92	Boys 7 Year Olds 100 Meter Run
#34	Boys 6 Year Olds 70 Meter Run	#93	Girls 8 Year Olds 100 Meter Run
#35	Girls 7 Year Olds 70 Meter Run	#94	Boys 8 Year Olds 100 Meter Run
#36	Boys 7 Year Olds 70 Meter Run	#95	Girls 9 Year Olds 100 Meter Run
#37	Women 60 Meter Run	#96	Boys 9 Year Olds 100 Meter Run
#38	Men 60 Meter Run	#97	Girls 10 Year Olds 100 Meter Run
#39	Girls 6 Year Olds 300 Meter Run	#98	Boys 10 Year Olds 100 Meter Run
#40	Boys 6 Year Olds 300 Meter Run	#99	Girls 11 Year Olds 100 Meter Run
#41	Girls 7 Year Olds 500 Meter Run	#100	Boys 11 Year Olds 100 Meter Run
#42	Boys 7 Year Olds 500 Meter Run	#101	Girls 12 Year Olds 100 Meter Run
#43	Girls 8 Year Olds 700 Meter Run Pack Start	#102	Boys 12 Year Olds 100 Meter Run
#44	Boys 8 Year Olds 700 Meter Run Pack Start	#103	Girls 13 Year Olds 100 Meter Run
#45	Girls 9 Year Olds 200 Meter Run	#104	Boys 13 Year Olds 100 Meter Run
#46	Boys 9 Year Olds 200 Meter Run	#105	Girls 14 Year Olds 100 Meter Run
#47	Girls 10 Year Olds 200 Meter Run	#106	Boys 14 Year Olds 100 Meter Run
#48	Boys 10 Year Olds 200 Meter Run	#107	Girls 15 Year Olds 100 Meter Run
#49	Girls 11 Year Olds 200 Meter Run	#108	Boys 15 Year Olds 100 Meter Run
#50	Boys 11 Year Olds 200 Meter Run	#109	Girls 16 Year Olds 100 Meter Run
#51	Girls 12 Year Olds 200 Meter Run	#110	Boys 16 Year Olds 100 Meter Run
#52	Boys 12 Year Olds 200 Meter Run	#111	Girls 17 Year Olds 100 Meter Run
#53	Girls 13 Year Olds 200 Meter Run	#112	Boys 17 Year Olds 100 Meter Run
#54	Boys 13 Year Olds 200 Meter Run	#113	Women 20 Year Olds 100 Meter Run
#55	Girls 14 Year Olds 200 Meter Run	#114	Men 20 Year Olds 100 Meter Run
#56	Boys 14 Year Olds 200 Meter Run	#115	Women 21+ 100 Meter Run
#57	Girls 15 Year Olds 200 Meter Run	#116	Men 21+ 100 Meter Run
#58	Boys 15 Year Olds 200 Meter Run	#117	Girls 8 Year Olds 400 Meter Run Pack Start
#59	Girls 16 Year Olds 200 Meter Run	#118	Boys 8 Year Olds 400 Meter Run Pack Start

#119 Girls 10 Year Olds 400 Meter Run
#120 Boys 10 Year Olds 400 Meter Run
#121 Girls 12 Year Olds 400 Meter Run
#122 Boys 12 Year Olds 400 Meter Run
#123 Girls 14 Year Olds 400 Meter Run

#124 Boys 14 Year Olds 400 Meter Run
#125 Girls 16 Year Olds 400 Meter Run
#126 Boys 16 Year Olds 400 Meter Run
#127 Women 20 Year Olds 400 Meter Run
#128 Men 20 Year Olds 400 Meter Run



Lake Illawarra Little Athletics Association Inc.

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FIELD

#1	Girls 5 Year Olds Shot Put	#62	Men 21+ Shot Put Age Weight
#2	Boys 5 Year Olds Shot Put	#63	Girls 13 Year Olds Javelin Throw 400g
#3	Girls 6 Year Olds Discus Throw 350G	#64	Boys 13 Year Olds Javelin Throw 600g
#4	Boys 6 Year Olds Discus Throw 350G	#65	Girls 12 Year Olds Shot Put 2kg
#5	Girls 7 Year Olds Long Jump	#66	Boys 12 Year Olds Shot Put 2kg
#6	Boys 7 Year Olds Long Jump	#67	Girls 11 Year Olds Discus Throw 500G
#7	Girls 9 Year Olds High Jump S/H - 0.80m	#68	Boys 11 Year Olds Discus Throw 500G
#8	Boys 9 Year Olds High Jump S/H - 0.85m	#69	Girls 10 Year Olds Shot Put 2kg
#9	Girls 11 Year Olds Triple Jump	#70	Boys 10 Year Olds Shot Put 2kg
#10	Boys 11 Year Olds Triple Jump	#71	Girls 8 Year Olds Discus Throw 500G
#11	Girls 13 Year Olds Shot Put 3kg	#72	Boys 8 Year Olds Discus Throw 500G
#12	Boys 13 Year Olds Shot Put 3kg	#73	Girls 5 Year Olds Long Jump
#13	Girls 14 Year Olds Discus Throw 1KG	#74	Boys 5 Year Olds Long Jump
#14	Boys 14 Year Olds Discus Throw 1KG	#75	Girls 6 Year Olds Shot Put 500g
#15	Girls 15 Year Olds High Jump S/H - 1.10m	#76	Boys 6 Year Olds Shot Put 500g
#16	Boys 15 Year Olds High Jump S/H - 1.15m	#77	Girls 7 Year Olds Discus Throw 350G
#17	Girls 16 Year Olds Javelin Throw 500g	#78	Boys 7 Year Olds Discus Throw 350G
#18	Boys 16 Year Olds Javelin Throw 700g	#79	Girls 13 Year Olds Triple Jump
#19	Girls 17 Year Olds Javelin Throw 500g	#80	Boys 13 Year Olds Triple Jump
#20	Boys 17 Year Olds Javelin Throw 700g	#81	Girls 11 Year Olds Javelin Throw 400G
#21	Women 20 Year Olds Javelin Throw 600g	#82	Boys 11 Year Olds Javelin Throw 400g
#22	Men 20 Year Olds Javelin Throw 800g	#83	Girls 9 Year Olds Long Jump
#23	Women 21+ Javelin Throw Age Weight	#84	Boys 9 Year Olds Long Jump
#24	Men 21+ Javelin Throw Age Weight	#85	Girls 17 Year Olds High Jump S/H - 1.20m
#25	Girls 12 Year Olds Long Jump	#86	Boys 17 Year Olds High Jump S/H - 1.25m
#26	Boys 12 Year Olds Long Jump	#87	Women 21+ High Jump S/H - 1.20m
#27	Girls 10 Year Olds High Jump S/H - 0.85m	#88	Men 21+ High Jump S/H - 1.25m
#28	Boys 10 Year Olds High Jump S/H - 0.90m	#89	Girls 8 Year Olds Shot Put 1.5kg
#29	Girls 8 Year Olds Long Jump	#90	Boys 8 Year Olds Shot Put 1.5kg
#30	Boys 8 Year Olds Long Jump	#91	Girls 10 Year Olds Discus Throw 500G
#31	Girls 13 Year Olds Discus Throw 750G	#92	Boys 10 Year Olds Discus Throw 500G
#32	Boys 13 Year Olds Discus Throw 750G	#93	Girls 13 Year Olds High Jump S/H - 1.00m
#33	Girls 15 Year Olds Discus Throw 1KG	#94	Boys 13 Year Olds High Jump S/H - 1.05m
#34	Boys 15 Year Olds Discus Throw 1KG	#95	Girls 12 Year Olds Javelin Throw 400G
#35	Girls 17 Year Olds Triple Jump	#96	Boys 12 Year Olds Javelin Throw 400g
#36	Boys 17 Year Olds Triple Jump	#97	Girls 16 Year Olds Discus Throw 1KG
#37	Women 21+ Triple Jump	#98	Boys 16 Year Olds Discus Throw 1.5KG
#38	Men 21+ Triple Jump	#99	Girls 17 Year Olds Discus Throw 1KG
#39	Girls 5 Year Olds Discus Throw	#100	Boys 17 Year Olds Discus Throw 1.5KG
#40	Boys 5 Year Olds Discus Throw	#101	Women 20 Year Olds Discus Throw 1KG
#41	Girls 6 Year Olds Long Jump	#102	Men 20 Year Olds Discus Throw 1.75KG
#42	Boys 6 Year Olds Long Jump	#103	Women 21+ Discus Throw 1KG
#43	Girls 7 Year Olds Shot Put 1kg	#104	Men 21+ Discus Throw Age Weight
#44	Boys 7 Year Olds Shot Put 1kg	#105	Girls 9 Year Olds Shot Put 2kg
#45	Girls 9 Year Olds Discus Throw 500G	#106	Boys 9 Year Olds Shot Put 2kg
#46	Boys 9 Year Olds Discus Throw 500G	#107	Girls 14 Year Olds Long Jump
#47	Girls 10 Year Olds Long Jump	#108	Boys 14 Year Olds Long Jump
#48	Boys 10 Year Olds Long Jump	#109	Girls 15 Year Olds Shot Put 3kg
#49	Girls 11 Year Olds High Jump S/H - 0.90m	#110	Boys 15 Year Olds Shot Put 4kg
#50	Boys 11 Year Olds High Jump S/H - 0.95m	#111	Girls 14 Year Olds Javelin Throw 500g
#51	Girls 14 Year Olds Shot Put 3kg	#112	Boys 14 Year Olds Javelin Throw 700g
#52	Boys 14 Year Olds Shot Put 4kg	#113	Girls 16 Year Olds Long Jump
#53	Girls 15 Year Olds Triple Jump	#114	Boys 16 Year Olds Long Jump
#54	Boys 15 Year Olds Triple Jump	#115	Women 20 Year Olds Long Jump
#55	Girls 16 Year Olds Shot Put 3kg	#116	Men 20 Year Olds Long Jump
#56	Boys 16 Year Olds Shot Put 5kg	#117	Girls 11 Year Olds Shot Put 2kg
#57	Girls 17 Year Olds Shot Put 3kg	#118	Boys 11 Year Olds Shot Put 2kg
#58	Boys 17 Year Olds Shot Put 5kg	#119	Girls 12 Year Olds Discus Throw 750G
#59	Women 20 Year Olds Shot Put 4kg	#120	Boys 12 Year Olds Discus Throw 750G
#60	Men 20 Year Olds Shot Put 6kg	#121	Girls 15 Year Olds Javelin Throw 500g
#61	Women 21+ Shot Put Age Weight	#122	Boys 15 Year Olds Javelin Throw 700g

Lake Illawarra Little Athletics Association Inc.

Carnival Records

GIRLS

Age Group	Event	Record	Record Holder	Centre/Club	Date
Under 6 Girls	50m	9.6	I Bostock	Lake Illawarra	13/01/2013
	70m	12.8	J Curtis	Illawong	11/01/2009
	100m	19.4	J Curtis	Illawong	11/01/2009
			I Bostock	Lake Illawarra	13/01/2013
	200m	39.16	Ayla York	Lake Illawarra	07/10/2018
	300m	1-06.3	S Latanis	St George	17/01/2016
	Long Jump	2.61	K White	Albion Park	15/01/2006
	Discus	10.28	M Toohey	Sutherland	15/01/2012
	Shot Put	4.37	Mackenzie Allen	St Georges Basin	07/01/2024
Under 7 Girls	50m	8.1	H Clark	Cranebrook	11/01/2015
	70m	12.11	Harlow Pate	Douglas Park	10/01/2021
	100m	17.04	Harlow Pate	Douglas Park	10/01/2021
	200m	39.0	S Latinas	St George	09/10/2016
	500m	1-50.9	K Lamas	Holroyd	15/01/2006
	Long Jump	3.17	Harlow Pate	Douglas Park	10/01/2021
	Discus	18.41	C Wayne	Wollongong City	11/01/2015
	Shot Put	6.91	C Wayne	Wollongong City	11/01/2015
Under 8 Girls	60m	11.3	C-L Bedford	Lake Illawarra Campbelltown	08/10/2007
	70m	11.26	Ella Walker	Collegians	07/01/2024
	100m	16.1	S Austwick	Albion Park	13/01/2008
	200m	33.2	S Austwick	Albion Park Campbelltown	13/01/2008
	60m/h	11.6	C Barnard	Collegians Campbelltown	13/01/2013
	700m	2-36.7	Ella Walker	Collegians	07/01/2024
	Long Jump	3.96	Harlow Pate	Wollongong City	09/01/2022
	Discus	19.63	K Dingwall	Smithfield	13/01/2002
	Shot Put	8.43	K Dingwall	Smithfield	13/01/2002
Under 9 Girls	60m	10.4	K Halliday-Johnston	Blacktown	08/10/2006
	70m	10.5	A Martin	Doonside	19/01/2014
	100m	14.5	J Hynes	Ginninderra ACT	12/10/2014
	200m	31.9	P Fenech	Albion Park	13/01/2002
	800m	2-54-30	Keira Toohey	Sutherland	14/01/2018
	60m/h	10.55	Mercedes Baxter	Doonside	10/01/2021
	700m/w	3-32.01	Stella Wade	Northern Suburbs	08/01/2023
	High Jump	1.11	Olivia Scott-Rogers	Hills District	07/10/2018
	Long Jump	4.15	R Mounsey	Lake Illawarra	13/01/2002
	Discus	24.95	L Mullane	Port Stephens	11/10/2015
	Shot Put	8.41	K Dingwall	Smithfield	12/01/2003

Age Group	Event	Record	Record Holder	Centre/Club	Date	
Under 10 Girls	60m	10.18	Ayla York	Wollongong City	09/10/2022	
	70m	10.4	C Ezeoke	Albion Park	17/01/2016	
	100m	14.3	J Hynes	Ginninderra ACT	11/10/2015	
	200m	30.0	C Docker	Wollongong City	13/01/2008	
	400m	1-09.9	P Fenech	Albion Park	06/10/2002	
	800m	2-52.07	Ava Johnston	Kiama	20/10/2019	
	60m/h	10.1	D Amidzovski	Albion Park	17/01/2016	
	1100m/w	5-53.05	Stella Wade	Nothern Suburbs	07/01/2024	
	Long Jump	4.24	D Amidzovski	Albion Park	11/10/2015	
	High Jump	1.30	L Cowgill	Kiama	07/01/2007	
	Discus	28.96	K Dingwall	Smithfield	11/01/2004	
	Shot Put	9.39	J Lloyd	Bankstown	08/10/2006	
	Under 11 Girls	60m	9.9	K Nash	Kiama	08/10/2006
		100m	13.6	C-R Dunne	Eastern Suburbs	11/01/2009
200m		28.1	J Heath	Lithgow	14/01/2008	
800m		2-42.7	T Porter	Port Hacking	13/01/2013	
80m/h		13.91	Jade Strahl	Port Hacking	10/01/2021	
1100m/w		6-16.00	Hannah Hewitt	Bankstown Sports	08/01/2023	
High Jump		1.34	E Malakovski	Preston Robins	11/10/2015	
Triple Jump		9.30	C Tavai-Williams	Bankstown Sports	10/10/2010	
Long Jump		4.67	A Taddeo	Kiama	09/01/2005	
Discus 500g		33.85	Annisha Reader	Girraween	11/10/2020	
Shot Put		11.66	C Ezeoke	Albion Park	08/01/2017	
Javelin		22.17	E Matthias	Emu plains	14/01/2018	
Under 12 Girls		60m	9.6	D Heron	Shoalhaven	08/10/2006
	100m	13.39	C Ezeoke	Wollongong City	08/10/2017	
	200m	27.47	C Ezeoke	Wollongong City	08/10/2017	
	400m	1-01.1	K Chambers	Wollongong City	09/10/2005	
	1500m	5-23.8	T Porter	Port Hacking	13/10/2013	
	80m/h	13.9	Savannah Cox	Hills Districts	07/01/2024	
	1500m/w	8-14.56	Ashleigh Mansell	Cherrybrook	09/01/2024	
	High Jump	1.42	J O'Neill	Illawong	06/01/2019	
	Long Jump	4.59	A Bowrey	Cherrybrook	13/10/2013	
	Triple Jump	9.25	Drew Cooney	Bowral	08/01/2023	
	Discus	33.02	K Caplikas	Holroyd	12/10/2014	
	Shot Put	14.28	T Sengual	Winston Hills	14/01/2009	
	Javelin 400gms	32.79	Ocean Kennedy	Riverstone	08/10/2023	

Age Group	Event	Record	Record Holder	Centre/Club	Date
Under 13 Girls	60m	9.3	K-L Nolan	Lake Illawarra	08/10/2006
	100m	13.0	A Cornish	Shoalhaven	06/10/2002
	200m	27.4	G McEwan	Lake Illawarra	13/01/2013
	400m	1-05.5	J Fry	Greystanes	09/01/2005
	800m	2-32.05	Olivia Galang	Woden	08/01/2023
	80m/h	13.0	G Adams	Albion Park	11/10/2015
	200m/h	30.42	C Ezeoke	Albion Park	06/01/2019
	Long Jump	5.00	J Zivkovic	Lake Illawarra	10/10/2004
	Triple Jump	10.64	Delta Amidzovski	Wollongong City	06/01/2019
	High Jump	1.55	Delta Amidzovski	Wollongong City	07/10/2018
	Discus	40.87	S Peace	Shoalhaven	15/01/2012
	Shot Put	11.92	C Ezeoke	Albion Park	06/01/2019
	Javelin 400gms	30.42	S-L Frier	Lake Illawarra	13/01/2013
	Under 14 Girls	60m	8.94	Taleena Boseki	Campbelltown
100m		12.8	C-L Bedford	Albion Park	13/01/2013
200m		26.53	Chelsea Ezeoke	Albion Park	20/10/2019
400m		1-01.85	Chelsea Ezeoke	Albion Park	20/10/2019
1500m		5.17.52	G Richards	Kiama	08/10/2017
80m/h		12.9	R Pollard	Wollondilly	13/01/2013
200m/h		30.8	T Barklay	Wollongong City	13/01/2013
1500m/w		6-47.48	Emma Grocott	Woden	08/01/2023
Long Jump		5.36	Delta Amidzovski	Wollongong City	06/01/2019
High Jump		1.56	Delta Amidzovski	Wollongong City	06/01/2019
Discus		40.83	S Peace	Shoalhaven	13/01/2013
Shot Put		12.25	R Grozde	Albion Park	11/01/2009
Javelin 400gms		36.16	A Bowrey	Cherrybrook	17/01/2016
Under 15 Girls		60m	8.92	Charlotte Kerr	Albion Park
	100m	13.0	A McPherson	Shoalhaven	11/01/2009
			T Barklay	Wollongong City	13/10/2013
	200m	27.1	C-L Bedford	Albion Park	19/01/2014
	400m	1-03.9	L Rossen	Sutherland	11/10/1998
	800m	2-30.4	B Elvin	Woden ACT	10/10/2004
	90m/h	13.73	G Adams	Wollongong City	08/10/2017
	300m/h	49.57	Chynna Hardy	Sutherland	10/01/2021
	Long Jump	5.28	C Takacs	Lake Illawarra	15/01/2006
	Triple Jump	11.01	L Bruce	Shoalhaven	09/01/2011
	High Jump	1.60	C Sulerzyski	Albion Park	13/10/2013
	Discus	39.95	S Peace	Shoalhaven	13/10/2013
	Shot Put	13.30	Molly Goetz	Werrington	12/01/2020
	Javelin 500gms	34.12	A Bowrey	Cherrybrook	08/01/2017

Age Group	Event	Record	Record Holder	Centre/Club	Date
Under 17 Girls	60m	9.24	Keira Rejske	Wollongong City	09/10/2022
	100m	12.12	Imogen Harrison	Albion Park	10/01/2021
	200m	24.1	N Kanitz	Albion Park	13/10/2013
	400m	1-01.7	E Dalley	Albion Park	17/01/2016
	800m	2-59.9	S De Vries	St Georges Basin	13/01/2008
	1500m	5-12.0	B Delaney	St George Riverstone and Districts	06/10/2002
	1500m/w	7-55.8	Chelsea Roberts	Districts	09/01/2022
	100m/h	15.8	O-R McEwan	Lake Illawarra	19/01/2014
	300m/h	51.4	J Antonios	Holroyd	08/01/2017
	L/Jump	5.30	Kailee Moore	Wollongong City	12/01/2020
	H/Jump	1.60	C Sulerzyski	Albion Park	19/01/2014
	Triple Jump	10.86	Kailee Moore	Wollongong City	12/01/2020
	Shot Put 3Kg	14.26	Chelsey Wayne	Wollongong City	07/01/2024
	Discus	47.84	Chelsey Wayne	Wollongong City	08/10/2023
	Javelin 500gms	36.82	Hayley Blanch	Port Hacking	09/01/2022
	Open Women	60m	7.9	J Babic	Lake Illawarra
100m		12.7	K Willmott	Campbelltown	12/10/2014
200m		26.7	T Scott	Kiama	11/01/2009
400m		1-09.0	E Stevill	Mounties	17/01/2016
800m		2-34.71	K Cooper	Campbelltown	06/01/2019
3000m		13-20.1	S Smith	Douglas Park	13/01/2013
L/Jump		5.27	T Scott	Kiama	11/01/2009
H/Jump		1.61	Emily Malakovski	Preston Robbins	09/01/2022
Triple Jump		10.62	R Brett	Liverpool	11/10/2015
Shot Put 4Kg		10.85	S Murphy	Albion Park	09/10/2009
Shot Put 3kg		8.81	M Callaway	Lake Illawarra	11/10/2020
Discus 1Kg		49.6	Chelsey Wayne	Wollongong City	07/01/2024
Javelin 500gms		25.01	Lauren Naylor	St Georges Basin	07/01/2024
Javelin 600gms		35.02	E Debrot	Albion Park	11/01/2009
Under 6 Boys	50m	8.8	P Sager	Kiama	17/01/2016
	70m	12.2	P Sager	Kiama	11/10/2015
	100m	17.5	P Sager	Kiama	11/10/2015
	200m	40.6	P Sager	Kiama	11/10/2015
	300m	1-02.5	M Potts	Albion Park	07/01/2007
	Long Jump	2.97	D Reynolds	Liverpool	15/01/2006
	Discus	15.05	D Hyam	Shoalhaven	13/01/2008
	Shot Put	6.98	Kobe Adeleke	Woy Woy	08/01/2023

Age Group	Event	Record	Record Holder	Centre/Club	Date
Under 7 Boys	50m	7.1	J Parmaxidis	Campbelltown Collegians	09/01/2011
	70m	11.7	M Potts	Albion Park	13/01/2008
	100m	16.4	M Potts	Albion Park	13/01/2008
	200m	36.7	J Baker	St Georges Basin	13/10/2013
	500m	1-45.0	G Lombardi	Kiama	17/01/2016
	Long Jump	3.72	B Toohey	Sutherland	10/01/2010
	Discus	25.02	Arthur Forth	Nepean	08/01/2023
	Shot Put	9.6	B Toohey	Sutherland	10/01/2010
Under 8 Boys	60m	10.9	T Taataa	Lake Illawarra	08/10/2006
	70m	11.0	J Wright	Albion Park	09/01/2011
			C Cleaven-Vanderlack	Nth Illawarra	13/01/2013
	100m	15.2	H Isbitzki	Preston Robins	11/10/2015
	200m	32.9	A Pettigrew	Hornsby	08/10/2000
	700m	2-28.0	A Pettigrew	Hornsby	08/10/2000
	60m/h	11.0	M Potts	Albion Park	11/01/2009
	Long Jump	3.74	J Evans	Sutherland	12/10/1997
	Discus	26.33	B Latanis	St George	17/01/2016
	Shot Put	9.82	J Cluff	Smithfield	17/01/2016
Under 9 Boys	60m	10.38	Lenny Haywood	Camden	09/10/2022
	70m	10.5	N Methven	Nth Illawarra	09/01/2011
			J Murphy	Albion Park	13/01/2013
	100m	14.6	A Pettigrew	Hornsby	13/01/2002
			A Cox	Kiama	11/01/2009
	200m	30.3	A Pettigrew	Hornsby	13/01/2002
	800m	2-35.4	A Pettigrew	Hornsby	13/01/2002
	60m/h	10.5	T Mandavy	St Georges Basin	13/10/2013
				Cardiff and	
	700m/w	4-18.85	Jacob Hearnden	Districts	08/01/2023
	Long Jump	4.57	A Pettigrew	Hornsby	13/01/2002
	High Jump	1.20	G Wright	Albion Park	08/10/2017
	Discus	28.89	J Cluff	Smithfield	08/01/2017
Shot Put	9.12	B Toohey	Sutherland	15/01/2012	
Under 10 Boys	60m	9.7	L Watts	Albion Park	08/10/2006
	70m	9.9	B Wilkins	Sunbury (VICLA)	09/01/2010
			J Wright	Albion Park	13/01/2013
	100m	13.7	D Cattana	Sutherland	12/10/2014
	200m	28.5	D Cattana	Sutherland	12/10/2014
	400m	1-07.9	A Pettigrew	Hornsby	13/01/2002
	800m	2-56.38	Lachlan Wheeler	Sutherland	20/10/2019
	60m/h	10.1	Lachlan Wheeler	Sutherland	20/10/2019
	1100m/w	6-33.96	Lucas Siemionow	Preston Robins	10/01/2021
	Long Jump	4.33	J Link	Wollongong City	13/10/2013
	High Jump	1.34	J Wright	Albion Park	13/01/2013
	Discus	38.70	E Martinez	Liverpool	08/01/2017
	Shot Put	11.48	Lachlan Chappell	Randwick Bottany	08/01/2023

Age Group	Event	Record	Record Holder	Centre/Club	Date
Under 11 Boys	60m	9.96	Rudy Keane	Kiama	09/10/2022
	100m	13.5	B Barclay	Wollongong City	13/01/2013
	200m	28.6	J Hammond	Engadine	06/10/2002
			B Barclay	Wollongong City	13/01/2013
	800m	2-30.69	Lachlan Wheeler	Sutherland	10/01/2021
	80m/h	13.79	Chase Mattiazzo	Rouse Hill	08/10/2023
	1100m/w	6-47.9	Jayden Calder	Riverstone and Districts	09/01/2022
	Long Jump	4.91	K Orgaz	St Georges Basin	12/01/2003
			K Grubnic	Albion Park	09/01/2005
	High Jump	1.38	M Murphy	Albion Park	11/10/2015
	Triple Jump	9.54	Jonathon Velandski	Bankstown Sports	07/10/2018
	Discus 500g	35.24	Izach Saalea-Morgan	Campbelltown	07/10/2018
	Shot Put	12.45	Ashton Taeiloa	Campbelltown	10/01/2021
	Javelin	28.61	Archer Todd	Gosford	09/01/2022
	Under 12 Boys	60m	9.08	Aaron Finnerty	Preston Robins
100m		13.2	B Plumb	Wollongong City	13/10/2013
			M Simpson	Wollondilly	12/10/2014
200m		27.7	D Depasquale	Douglas Park	12/10/2014
400m		1-03.73	Harry Keats	Bowral	09/01/2022
1500m		5-10.2	J Greathead	Lake Illawarra	12/10/1997
80m/h		14.05	Joshua Kannengiesser	Illawong	10/01/2021
			Elijah Devery	Springwood	07/01/2024
1500m/w		8-40.7	J Jackson	Lake Illawarra	17/01/2016
Long Jump		4.68	J Link	Wollongong City	11/10/2015
Triple Jump		9.62	Reuben Bennett	Camden	07/01/2024
High Jump		1.54	M McDougall	Parramatta	06/10/2002
Discus		40.49	B Sharne	Smithfield	09/01/2005
Shot Put 2kg		12.06	Oliver Cook	Illawong	07/01/2024
Javelin		36.80	Archer Todd	Gosford	08/01/2023
Under 13 Boys	60m	9.66	Noah Pita	Campbelltown	09/10/2022
	100m	12.3	J Tapuaiga	Doonside	09/10/2005
	200m	27.08	Harry Keats	Bowral	08/01/2023
	400m	59.3	C Trindall	St Georges Basin	07/01/2007
	800m	2-21.53	Xavier Zahra	Hills District	08/10/2023
	80m/h	13.2	C Twigg	Wollongong City	11/01/2009
			J Twigg	Wollongong City	09/10/2011
	200m/h	29.78	Billy Blair	Balmain	12/01/2020
	Long Jump	5.47	K Linnett	Lake Illawarra	13/01/2002
	Triple Jump	10.95	K Orgaz	St Georges Basin	09/01/2005
	High Jump	1.53	N Horton	Dapto	14/10/2012
	Discus 750g	41.15	William Willis	Wollongong City	20/10/2019
	Shot Put	13.43	M Taylor	Western Blues	11/01/2009
	Javelin	34.75	J Twigg	Wollongong City	09/10/2011

Age Group	Event	Record	Record Holder	Centre/Club	Date
Under 14 Boys	60m	8.3	B Sharne	Smithfield	08/10/2006
	100m	11.9	B Leeson	Albion Park	11/01/2009
			Z Hadavjai	Shoalhaven	13/01/2013
	200m	24.5	B Leeson	Albion Park	11/01/2009
	400m	56.59	Harry Keats	Bowral	08/01/2023
	1500m	4-42.22	Xavier Zahra	Hills District	08/10/2023
	1500m/w	7-49.8	Alexander Sinnett	Katoomba	09/01/2022
	90m/h	13.1	J Twigg	Wollongong City	13/01/2013
	200m/h	27.6	J Twigg	Wollongong City	13/01/2013
	Long Jump	5.02	Darnell TeAhuru	Albion Park	07/10/2018
	High Jump	1.72	B Martin	Doonside	15/01/2006
	Discus	50.81	M Taylor	Western Blues	10/01/2010
	Shot Put 4Kg	14.15	M Taylor	Western Blues	10/01/2010
	Javelin	40.35	J Twigg	Wollongong City	13/01/2013
	Under 15 Boys	60m	8.6	A Nikesitch	Warratah
100m		11.4	J Prem	Albion Park	11/01/2009
200m		24.6	L Smith	Lake Illawarra	10/10/2010
400m		56.5	G Ryan	Albion Park	13/01/2008
800m		2-15.19	I Shaw	Albion Park	06/01/2019
100m/h		13.2	J Twigg	Wollongong City	13/10/2013
300m/h		45.86	Bailey Latanis	St George	09/01/2022
Long Jump		6.34	P O'Donaghue	Dubbo	13/01/2002
Triple Jump		12.90	P O'Donaghue	Dubbo	13/01/2002
High Jump		1.7	J Wright	Albion Park	08/10/2017
Discus		59.05	B Sharne	Smithfield	13/01/2008
Shot Put		16.40	M Taylor	Bankstown Sports	09/01/2011
Javelin 700gms		38.8	Nathanael Ramsay	Hornsby	09/01/2022
Under 17 Boys		60m	7.97	Jesse Ike	Liverpool
	100m	11.29	Tsar Mandavy	St Georges Basin	10/01/2021
	200m	23.3	J Prem	Albion Park	11/01/2009
	400m	52.1	M Bingham	Kembla Joggers	05/10/2008
	800m				
	1500m	4-35.35	I Shaw	Albion Park	20/10/2019
	3000m	13-11.2	H Miller	Shoalhaven	13/01/2008
	110m/h	15.6	Bailey-Dean Latanis	St George	07/01/2024
	300m/h	43.72	Tsar Mandavy	St Georges Basin	10/01/2021
	1500m/w	7-24.14	Alexander Sinnett	Kurrajong Bilpin	08/01/2023
	L/Jump	6.05	Tsar Mandavy	St Georges Basin	09/01/2022
	H/Jump	1.75	B Nichols	St Georges Basin	11/01/2015
	Triple Jump	12.33	M Bingham	Kembla Joggers	07/10/2007
	Shot Put	14.37	M Taylor	Bankstown Sports	15/01/2012
	Discus	34.98	R Harrington	Dapto	09/10/2016
	Javelin	50.19	Byron Watts	Eschol Park	10/01/2021

Age Group	Event	Record	Record Holder	Centre/Club	Date
Open Men	60m	7.4	J Twigg	Wollongong City Illawarra Blue	13/10/2013
	100m	11.9	J Bell	Stars	11/01/2015
	200m	23.3	J Prem	Albion Park	11/01/2009
			J Clarkson	Bowral	09/01/2011
	400m	52.1	M Bingham	Kembla Joggers	05/10/2008
	800m	2-14.09	Macleay Kesby	Albion Park	08/01/2023
				Athletics	
	3000m	11-25.2	J Heywood	Wollongong	14/10/2012
				Illawarra Blue	
	L/Jump	5.8	D Wright	Stars	19/01/2014
	H/Jump	1.85	J Campbell	Doonside	14/10/2012
	Triple Jump	12.38	M Bingham	Kembla Joggers	07/10/2007
				Northern	
	Shot Put 5kg	12.33	J Belcher	Illawarra	11/01/2009
	Shot Put 6kg	11.70	Solomon Tuqiri	Illawong	09/10/2022
	Shot Put 7.26kg	7.55	K McGarry	Lake Illawarra	07/10/2018
	Discus 1.5kg	44.18	M Taylor	Bankstown Sports	15/01/2012
	Discus 1.75kg	40.00	Solomon Tuqiri	Illawong	09/10/2022
	Discus 2kg	23.10	Kevin McGarry	Lake Illawarra	07/10/2018
				Athletics	
Javelin 600g	20.67	H McGarry	Wollongong	11/10/2015	
Javelin 700g	44.86	Bryon Watts	Camden	08/01/2023	
Javelin 800g	28.02	K McGarry	Lake Illawarra	06/01/2019	