



ILLAWONG LITTLE ATHLETICS E-NEWS

8 FEBRUARY 2012

CONGRATULATIONS ILLAWONG ATHLETES

Congratulations to all the athletes who have progressed through to the Region championships – their names and full results can be found inside this newsletter. 83 athletes competed over the weekend with 62 athletes through to Region and of those there were 17 new records set by Illawong athletes (19 broken but 2nd place also broke the previous record in 2 events).

Special mention needs to go to the under 7 athletes who competed in a major championship for the first time. There were some fantastic results and even 1 new record, we have some strong girls in this group:

- **Serina Dabbagh** – 5th in discus , 5th in long jump
- **Stefania Guercio** – 5th in 70m, 7th in 100m, 8th in 200m, 9th in long jump
- **Cloe Herrmann** – 4th in 200m, and **1st in 500m and a new record**
- **Madeline Matthews** – **1st in 200m, 2nd in 100m, 4th in long jump, 5th in 500m** (pictured)

Well done girls – next year you will be old enough to qualify for Region.

Thank you parents for assisting at your rostered duty area.

More photos from the weekend will be posted on our website in the coming days.



REGION CHAMPIONSHIPS – THE CREST, BASS HILL 17th – 19th February.

For those who are going through to Region – your shirts will be ready for collection AT THE REGION CHAMPIONSHIPS. Parents – you must do a short duty over the weekend, the roster will be available for viewing this weekend.

Duties have had to be allocated as there is not enough time to nominate, it is up to you to organise a swap with another parent, please do not leave the duty unallocated. We have only been assigned 2 simple tasks for the whole weekend – track umpire (making sure people run in their own lane and do not obstruct other runners) and assisting at javelin.

All top 3 place getters will receive medals at Region. All finalists (top 8) will receive certificates which are sent to the Club later. **If you finish in the top 4 at Region this year in the U9-U17 age groups you will progress to the State Championships**, and you will need to see Helen Nisbet over the weekend so you can be added to the list for an Illawong State gift. Good luck to everyone.

NO COMPETITION DAYS

**A reminder that there is no club competition on
Saturday 18th February - Region championships**

TEAMS PENTATHLON

Also known as SHAVING CREAM FIGHT DAY!

For all those new to the club – this is our final day of the season which we make a fun day while still doing athletics. Athletes wishing to participate are placed into teams (in their age groups) to compete against each other for gold, silver or bronze medals in a teams pentathlon.

Tiny tots do not miss out – they are grouped with the under 6's and get to throw real shot puts and have their long jump leaps measured and runs timed. All performances go towards your teams point score. **The team with the highest points on the day wins the gold medal.**

Entry to teams day is \$5 each and entries will close on Saturday 3rd March.

This is also traditionally our farewell day to our Under 15's and they like to entertain us by competing in dress up. We are looking forward to seeing how they surprise us this year. The Under 17's age group was only introduced a couple of seasons ago and although some return for Under 17's – many will finish at 15's and go onto either senior athletics or other pursuits – we hope they stay in athletics of course!



At the end of the day – the fun begins with the **shaving cream fight**. Best to buy your can from the shop early as all the stores seem to run out very quickly by teams day. Goggles are recommended, especially for the young ones.



2010/2011 Season – Nerds Rule!

LAANSW COACH OF THE YEAR NOMINATIONS

This is your chance to give the ultimate 'thank-you' to your coach.

Nominations are now open for the LAANSW Coach of the Year. Nominations need to be completed on the official nomination form available on the [LAANSW website](#).

This annual award is presented to an Australian Track & Field Coaches Association member whose coaching highlights the values and philosophies of Little Athletics and junior sport in general.

Nominations close: 5pm, 22nd Feb 2012



OFFICIALS ACCREDITATION

Would you like to know more about an event?

Do you know whether the athletes are throwing or jumping correctly?

Do you want to be more confident in judging events and knowing that you are applying the correct rule?

Our zone coordinator, Ray Loveridge, is able to assist you with gaining Officials Accreditation - **available to all parents and athletes in the senior age groups**. Ray will go through the rules with you and show you how to judge the events. A simple multiple choice exam is all you need to do for a D grade accreditation. C grade is multiple choice plus a couple of practicals.

You can gain accreditation in any or all events (starts, jumps, throws) – it is up to you.

The Illawong Club and the Association would like to see **all Age Managers hold at least D grade accreditation in field events** - see any club official for more information.

REMEMBER:

All records need to be verified by an official/parent with official accreditation. If a record jump or throw is set – the throw or jump should not be cleared until it is checked and signed off - otherwise the record cannot be counted.

REWARDS CARDS

You only have a few more weeks to fill in your rewards card and have it redeemed at the canteen (drink or BBQ item). Remember all completed cards will go in the draw for prizes at presentation night.

Simply help out at the field events, have your card signed by your age manager and once complete take it to the canteen.

ILAC REWARD CARD

		SAMPLE		FREE
				FREE

Name: _____ **Age Group:** _____

VOTING FOR 2012-2013 SEASON CENTRE CAPTAINS

All athletes in the Under 12-Under 15 age groups are asked to vote for centre captains for next season.

Please mark your selections 1, 2, 3 for boy and for girls on the sheet and place in the ballot box. Don't forget to get your name marked off.

We only have 4 more centre competition days left for the season so voting needs to be completed by Teams Day – our last day of competition.

Thank you to our sponsors.

and thank you to Steve Halloran Refrigeration for coming to our rescue during January to repair our drinks fridge.



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Set-up – pull down roster.

<u>Age group</u>	<u>Dates</u>	
Under 15/17		25/02/2012
Under 13/14		03/03/2012
Under 12		10/03/2012
Under 11	3/12/2011	
Under 10	10/12/2011	
Under 9	14/01/2012	
Under 8	21/01/2012	
Under 7	28/01/2012	
Under 6	11/02/2012	

**South Metropolitan Zone Carnival
Sylvania Waters Track**

Meet Summary - All Events

	Seed	Heats	Finals
Illawong			
1 Andrew Abdullah - Male - Age: 14 - Comp#: 582			
#26 Boys U 14 100 Metre Run	NT		
#46 Boys U 14 200 Metre Run	NT		
#64 Boys U 14 400 Metre Run	NT	59.21 (1)	59.21 (1)
Zone Elect: 1:01.30			
#90 Boys U 14 200 Metre Hurdles (76cm)	NT	29.10 (1)	29.10 (1)
2 James Apostolakis - Male - Age: 8 - Comp#: 115			
#6 Boys U 8 70 Metre Run	NT	11.61 (1)	11.39 (2)
Zone Elect: 11.50			
#34 Boys U 8 200 Metre Run	NT	34.78 (2)	32.97 (1)
Zone Elect: 35.80			
#52 Boys U 8 400 Metre Run	NT	1:20.28 (2)	1:16.27 (1)
Zone Elect: 1:18.70			
#172 Boys U 8 Long Jump	ND		3.20m (3)
3 Ethan Bablis - Male - Age: 11 - Comp#: 130			
#20 Boys U 11 100 Metre Run	NT	15.47 (11)	
#40 Boys U 11 200 Metre Run	NT	DNS	
#76 Boys U 11 60 Metre Hurdles (60cm)	NT	13.49 (6)	12.65 (5)
#158 Boys U 11 High Jump (S/H 1.05m)	NH		DNS
4 Leonardo Belz - Male - Age: 10 - Comp#: 605			
#10 Boys U 10 70 Metre Run	NT	10.61 (2)	10.29 (2)
Zone Elect: 10.30			
#18 Boys U 10 100 Metre Run	NT	15.67 (5)	DNS
#38 Boys U 10 200 Metre Run	NT	32.02 (8)	31.70 (6)
Zone Elect: 32.50			
#56 Boys U 10 400 Metre Run	NT	DNS	
5 Connor Bennett - Male - Age: 10 - Comp#: 33			
#156 Boys U 10 High Jump (S/H 0.95m)	NH		1.05m (9)
#176 Boys U 10 Long Jump	ND		3.38m (13)
#208 Boys U 10 Discus (500 Gm)	ND		18.60m (6)
#228 Boys U 10 Shot Put (2.0 Kg)	ND		6.59m (4)
6 Tom Bennett - Male - Age: 13 - Comp#: 32			
#24 Boys U 13 100 Metre Run	NT	14.58 (7)	DNS
#44 Boys U 13 200 Metre Run	NT		
#162 Boys U 13 High Jump (S/H 1.20m)	NH		1.40m (4)
#182 Boys U 13 Long Jump	ND		4.01m (5)
7 Benjamin Birchall - Male - Age: 11 - Comp#: 97			
#58 Boys U 11 400 Metre Run	NT	1:12.56 (3)	1:12.56 (3)
#104 Boys U 11 800 Metre Run	NT		2:44.47 (3)
#118 Boys U 11 1500 Metre Run	NT		5:25.80 (4)
#190 Boys U 11 Triple Jump	ND		DNS
8 Jack Boyling - Male - Age: 12 - Comp#: 214			
#42 Boys U 12 200 Metre Run	NT	31.28 (8)	30.62 (6)
#180 Boys U 12 Long Jump	ND		4.17m (6)
#192 Boys U 12 Triple Jump	ND		8.44m (4)
9 Maddison Boyling - Female - Age: 13 - Comp#: 213			
#43 Girls U 13 200 Metre Run	NT	29.82 (6)	DNS
#161 Girls U 13 High Jump (S/H 1.15m)	NH		1.45m (2)
#181 Girls U 13 Long Jump	ND		4.10m (6)
#193 Girls U 13 Triple Jump	ND		9.03m (4)
10 Harrison Brierley - Male - Age: 12 - Comp#: 78			
#42 Boys U 12 200 Metre Run	NT	28.20 (3)	27.61 (3)
Zone Elect: 28.60			
#160 Boys U 12 High Jump (S/H 1.15m)	NH		1.66m (1)
Zone Elect: 1.65m			
#180 Boys U 12 Long Jump	ND		4.49m (3)
#192 Boys U 12 Triple Jump	ND		9.50m (1)

**South Metropolitan Zone Carnival
Sylvania Waters Track**

Meet Summary - All Events

	Seed	Heats	Finals
Illawong			
11 Elena Christian - Female - Age: 10 - Comp#: 157			
#101 Girls U 10 800 Metre Run	NT		3:08.83 (6)
#115 Girls U 10 1500 Metre Run	NT		6:21.70 (5)
12 Theo Christian - Male - Age: 8 - Comp#: 158			
#6 Boys U 8 70 Metre Run	NT	11.77 (2)	11.37 (1)
Zone Elect: 11.50			
#14 Boys U 8 100 Metre Run	NT	16.37 (2)	15.94 (1)
Zone Elect: 16.20			
#70 Boys U 8 60 Metre Hurdles (45cm)	NT	11.82 (1)	11.96 (3)
#98 Boys U 8 700 Metre Run	NT		2:31.88 (1)
Zone Elect: 2:35.40			
13 Joseph Cowell - Male - Age: 11 - Comp#: 563			
#142 Boys U 11 1100 Metre Walk	NT	Scratched	Scratched
14 Aysha Dabbagh - Female - Age: 9 - Comp#: 125			
#15 Girls U 9 100 Metre Run	NT	17.78 (10)	
#35 Girls U 9 200 Metre Run	NT	DNS	
#53 Girls U 9 400 Metre Run	NT	1:22.14 (9)	
#71 Girls U 9 60 Metre Hurdles (45cm)	NT	12.54 (6)	11.84 (7)
15 Serina Dabbagh - Female - Age: 7 - Comp#: 126			
#169 Girls U 7 Long Jump	ND		2.37m (5)
#201 Girls U 7 Discus (350 Gm)	ND		7.75m (5)
16 Keira Dailly - Female - Age: 12 - Comp#: 211			
#77 Girls U 12 60 Metre Hurdles (68cm)	NT	DNS	
#179 Girls U 12 Long Jump	ND		DNS
#191 Girls U 12 Triple Jump	ND		DNS
17 Tasmin Dailly - Female - Age: 15 - Comp#: 210			
#91 Girls U 15 200 Metre Hurdles (76cm)	NT	DNS	
#165 Girls U 15 High Jump (S/H 1.20m)	NH		DNS
#185 Girls U 15 Long Jump	ND		DNS
#197 Girls U 15 Triple Jump	ND		DNS
18 Alana Dean - Female - Age: 15 - Comp#: 18			
#83 Girls U 15 90 Metre Hurdles (76cm)	NT	19.50 (4)	19.50 (4)
#91 Girls U 15 200 Metre Hurdles (76cm)	NT	37.26 (3)	37.26 (3)
#217 Girls U 15 Discus (1.0 Kg)	ND		22.58m (4)
#237 Girls U 15 Shot Put (3.0 Kg)	ND		7.89m (5)
#247 Girls U 15 Javelin (500 Gm)	ND		28.21m (1)
19 Marissa Drury - Female - Age: 13 - Comp#: 175			
#23 Girls U 13 100 Metre Run	NT	13.96 (3)	13.82 (2)
#43 Girls U 13 200 Metre Run	NT	28.71 (3)	28.97 (3)
#181 Girls U 13 Long Jump	ND		3.84m (8)
#193 Girls U 13 Triple Jump	ND		DNS
20 Emily Dutton - Female - Age: 17 - Comp#: 220			
#29 Girls U 17 100 Metre Run	NT	14.28 (3)	14.28 (3)
#187 Girls U 17 Long Jump	ND		3.98m (4)
#199 Girls U 17 Triple Jump	ND		9.27m (3)
21 Jemma Dutton - Female - Age: 12 - Comp#: 221			
#21 Girls U 12 100 Metre Run	NT	15.55 (13)	
#41 Girls U 12 200 Metre Run	NT	32.44 (14)	
#77 Girls U 12 60 Metre Hurdles (68cm)	NT	13.04 (11)	
#191 Girls U 12 Triple Jump	ND		7.47m (9)
22 Madison Dutton - Female - Age: 8 - Comp#: 224			
#51 Girls U 8 400 Metre Run	NT	1:26.76 (3)	1:30.36 (4)
#97 Girls U 8 700 Metre Run	NT		2:53.75 (4)
#171 Girls U 8 Long Jump	ND		2.84m (3)
#203 Girls U 8 Discus (500 Gm)	ND		6.26m (5)

**South Metropolitan Zone Carnival
Sylvania Waters Track**

Meet Summary - All Events

	Seed	Heats	Finals
Illawong			
23 Morgan Dutton - Male - Age: 10 - Comp#: 223			
#56 Boys U 10 400 Metre Run	NT	1:15.17 (5)	1:14.66 (3)
#116 Boys U 10 1500 Metre Run	NT		5:38.90 (3)
#156 Boys U 10 High Jump (S/H 0.95m)	NH		1.15m (6)
#176 Boys U 10 Long Jump	ND		3.33m (15)
24 Matthew Emanuel - Male - Age: 11 - Comp#: 29			
#40 Boys U 11 200 Metre Run	NT	DNS	
#158 Boys U 11 High Jump (S/H 1.05m)	NH		1.30m (1)
#178 Boys U 11 Long Jump	ND		3.57m (8)
#210 Boys U 11 Discus (750 Gm)	ND		20.98m (5)
25 Adam Engeler - Male - Age: 13 - Comp#: 23			
#88 Boys U 13 200 Metre Hurdles (68cm)	NT	29.96 (1)	29.96 (1)
#162 Boys U 13 High Jump (S/H 1.20m)	NH		1.65m (1)
#182 Boys U 13 Long Jump	ND		4.60m (2)
#194 Boys U 13 Triple Jump	ND		DNS
#234 Boys U 13 Shot Put (3.0 Kg)	ND		10.31m (3)
#244 Boys U 13 Javelin (600 Gm)	ND		27.40m (2)
26 Annelise Faust - Female - Age: 10 - Comp#: 94			
#17 Girls U 10 100 Metre Run	NT	16.99 (14)	
#37 Girls U 10 200 Metre Run	NT	35.87 (10)	
#73 Girls U 10 60 Metre Hurdles (60cm)	NT	13.38 (6)	12.94 (6)
#175 Girls U 10 Long Jump	ND		3.11m (11)
27 Rachel Fealy - Female - Age: 11 - Comp#: 56			
#103 Girls U 11 800 Metre Run	NT		DNS
#117 Girls U 11 1500 Metre Run	NT		6:07.00 (3)
#141 Girls U 11 1100 Metre Walk	NT		7:32.35 (1)
28 Brooke Giffen - Female - Age: 17 - Comp#: 12			
#29 Girls U 17 100 Metre Run	NT	DNS	
#49 Girls U 17 200 Metre Run	NT	DNS	
#85 Girls U 17 100 Metre Hurdles (76cm)	NT	DNS	
#93 Girls U 17 200 Metre Hurdles (76cm)	NT	DNS	
#187 Girls U 17 Long Jump	ND		DNS
#199 Girls U 17 Triple Jump	ND		DNS
29 Kyle Goodwin - Male - Age: 13 - Comp#: 218			
#44 Boys U 13 200 Metre Run	NT		
#162 Boys U 13 High Jump (S/H 1.20m)	NH		1.40m (2)
#182 Boys U 13 Long Jump	ND		4.18m (4)
#194 Boys U 13 Triple Jump	ND		DNS
30 Lachlan Grahame - Male - Age: 15 - Comp#: 571			
#28 Boys U 15 100 Metre Run	NT	12.55 (4)	12.55 (4)
#66 Boys U 15 400 Metre Run	NT	1:00.02 (6)	1:00.02 (6)
#166 Boys U 15 High Jump (S/H 1.25m)	NH		1.60m (3)
#198 Boys U 15 Triple Jump	ND		10.15m (3)
31 Amelia Grantham - Female - Age: 8 - Comp#: 87			
#5 Girls U 8 70 Metre Run	NT	12.59 (5)	12.48 (4)
#13 Girls U 8 100 Metre Run	NT	17.58 (8)	17.86 (8)
#33 Girls U 8 200 Metre Run	NT	37.95 (2)	37.64 (6)
#69 Girls U 8 60 Metre Hurdles (45cm)	NT	13.15 (5)	12.87 (5)
32 Stefania Guercio - Female - Age: 7 - Comp#: 212			
#3 Girls U 7 70 Metre Run	NT	13.54 (8)	13.20 (5)
#11 Girls U 7 100 Metre Run	NT	19.37 (4)	19.48 (7)
#31 Girls U 7 200 Metre Run	NT	42.35 (8)	41.85 (8)
#169 Girls U 7 Long Jump	ND		2.13m (9)
33 Liam Hanrahan - Male - Age: 14 - Comp#: 134			
#64 Boys U 14 400 Metre Run	NT	1:00.18 (3)	1:00.18 (3)
Zone Elect: 1:01.30			
#164 Boys U 14 High Jump (S/H 1.25m)	NH		1.75m (1)

**South Metropolitan Zone Carnival
Sylvania Waters Track**

Meet Summary - All Events

	Seed	Heats	Finals
Illawong			
34 Ben Harrington - Male - Age: 13 - Comp#: 152			
#24 Boys U 13 100 Metre Run	NT	DNS	
#88 Boys U 13 200 Metre Hurdles (68cm)	NT	DNS	
#108 Boys U 13 800 Metre Run	NT		DNS
#122 Boys U 13 1500 Metre Run	NT		DNS
#130 Boys U 13 3000 Metre Run	NT		DNS
#132 Boys U 14 3000 Metre Run	NT		
#134 Boys U 15 3000 Metre Run	NT	Scratched	Scratched
#136 Boys U 17 3000 Metre Run	NT	Scratched	Scratched
#182 Boys U 13 Long Jump	ND		3.98m (7)
35 Nicholas Harrington - Male - Age: 10 - Comp#: 153			
#18 Boys U 10 100 Metre Run	NT	DNS	
#56 Boys U 10 400 Metre Run	NT	DNS	
#74 Boys U 10 60 Metre Hurdles (60cm)	NT	13.24 (9)	
#156 Boys U 10 High Jump (S/H 0.95m)	NH		1.20m (5)
36 Dominic Herger - Male - Age: 13 - Comp#: 110			
#108 Boys U 13 800 Metre Run	NT		2:36.35 (4)
#122 Boys U 13 1500 Metre Run	NT		5:10.62 (3)
#130 Boys U 13 3000 Metre Run	NT		11:02.52 (3)
#132 Boys U 14 3000 Metre Run	NT		
#134 Boys U 15 3000 Metre Run	NT	Scratched	Scratched
#136 Boys U 17 3000 Metre Run	NT	Scratched	Scratched
37 Eric Herger - Male - Age: 13 - Comp#: 111			
#108 Boys U 13 800 Metre Run	NT		2:43.19 (7)
#214 Boys U 13 Discus (1.0 Kg)	ND		21.91m (6)
#244 Boys U 13 Javelin (600 Gm)	ND		23.75m (3)
38 Rachael Herger - Female - Age: 13 - Comp#: 109			
#145 Girls U 13 1500 Metre Walk	NT		10:17.38 (3)
#193 Girls U 13 Triple Jump	ND		DNS
#213 Girls U 13 Discus (750 Gm)	ND		12.39m (7)
#243 Girls U 13 Javelin (400 Gm)	ND		15.59m (5)
39 Bree Herrmann - Female - Age: 17 - Comp#: 182			
#49 Girls U 17 200 Metre Run	NT	28.01 (2)	28.01 (2)
#67 Girls U 17 400 Metre Run	NT	1:06.02 (3)	1:06.02 (3)
40 Cloe Herrmann - Female - Age: 7 - Comp#: 184			
#31 Girls U 7 200 Metre Run	NT	39.96 (4)	38.64 (4)
#95 Girls U 7 500 Metre Pack Start	NT		1:56.40 (1)
Zone Elect: 1:58.60			
41 Jarrod Herrmann - Male - Age: 13 - Comp#: 183			
#62 Boys U 13 400 Metre Run	NT	1:04.18 (2)	1:04.18 (2)
#108 Boys U 13 800 Metre Run	NT		2:28.37 (2)
#122 Boys U 13 1500 Metre Run	NT		5:07.12 (1)
#130 Boys U 13 3000 Metre Run	NT		11:00.41 (2)
#132 Boys U 14 3000 Metre Run	NT		
#134 Boys U 15 3000 Metre Run	NT	Scratched	Scratched
#136 Boys U 17 3000 Metre Run	NT	Scratched	Scratched
#194 Boys U 13 Triple Jump	ND		9.75m (1)
42 Rebecca Janes - Female - Age: 12 - Comp#: 28			
#159 Girls U 12 High Jump (S/H 1.10m)	NH		1.30m (5)
#179 Girls U 12 Long Jump	ND		3.64m (11)
#191 Girls U 12 Triple Jump	ND		8.59m (5)
#241 Girls U 12 Javelin (400 Gm)	ND		10.02m (6)

**South Metropolitan Zone Carnival
Sylvania Waters Track**

Meet Summary - All Events

	Seed	Heats	Finals
Illawong			
43 Jessica Kable - Female - Age: 15 - Comp#: 2			
#27 Girls U 15 100 Metre Run	NT	17.56 (9)	
#125 Girls U 15 1500 Metre Run	NT		8:42.49 (4)
#149 Girls U 15 1500 Metre Walk	NT		12:14.40 (4)
#217 Girls U 15 Discus (1.0 Kg)	ND		18.85m (8)
#237 Girls U 15 Shot Put (3.0 Kg)	ND		7.39m (6)
#247 Girls U 15 Javelin (500 Gm)	ND		13.69m (8)
44 Christian Kalantzis - Male - Age: 15 - Comp#: 8			
#28 Boys U 15 100 Metre Run	NT	12.11 (2)	12.11 (2)
#48 Boys U 15 200 Metre Run	NT	24.46 (2)	24.46 (2)
#186 Boys U 15 Long Jump	ND		5.16m (2)
45 Yianni Kalantzis - Male - Age: 12 - Comp#: 95			
#22 Boys U 12 100 Metre Run	NT	14.88 (8)	14.72 (6)
#106 Boys U 12 800 Metre Run	NT		2:57.02 (6)
#180 Boys U 12 Long Jump	ND		3.74m (10)
46 Georgia Kalnin - Female - Age: 12 - Comp#: 27			
#41 Girls U 12 200 Metre Run	NT	32.09 (13)	
#59 Girls U 12 400 Metre Run	NT	1:11.86 (5)	1:11.40 (3)
#159 Girls U 12 High Jump (S/H 1.10m)	NH		1.32m (3)
#179 Girls U 12 Long Jump	ND		3.89m (7)
47 Erasmia Karamanos - Female - Age: 14 - Comp#: 69			
#63 Girls U 14 400 Metre Run	NT	1:12.94 (5)	1:12.94 (5)
#109 Girls U 14 800 Metre Run	NT		DNS
#123 Girls U 14 1500 Metre Run	NT		6:53.60 (7)
#131 Girls U 14 3000 Metre Run	NT		14:15.41 (6)
#133 Girls U 15 3000 Metre Run	NT		
#135 Girls U 17 3000 Metre Run	NT	Scratched	Scratched
48 Konstantina Karamanos - Female - Age: 8 - Comp#: 70			
#5 Girls U 8 70 Metre Run	NT	16.43 (4)	15.97 (7)
#13 Girls U 8 100 Metre Run	NT	22.48 (13)	
#33 Girls U 8 200 Metre Run	NT	54.05 (10)	
49 Panayiotti Karamanos - Male - Age: 17 - Comp#: 6			
#30 Boys U 17 100 Metre Run	NT	DNS	
#50 Boys U 17 200 Metre Run	NT	DNS	
#68 Boys U 17 400 Metre Run	NT	DNS	
#86 Boys U 17 110 Metre Hurdles (76cm)	NT	23.06 (4)	23.06 (4)
#220 Boys U 17 Discus (1.5 Kg)	ND		24.42m (5)
50 Mathew Lavidis - Male - Age: 7 - Comp#: 217			
#4 Boys U 7 70 Metre Run	NT		
#12 Boys U 7 100 Metre Run	NT	DNS	
#202 Boys U 7 Discus (350 Gm)	ND		DNS
51 Olivia Lavidis - Female - Age: 12 - Comp#: 215			
#211 Girls U 12 Discus (750 Gm)	ND		15.87m (7)
#231 Girls U 12 Shot Put (2.0 Kg)	ND		6.59m (7)
#241 Girls U 12 Javelin (400 Gm)	ND		10.61m (5)
52 Rebekah Lee - Female - Age: 11 - Comp#: 40			
#19 Girls U 11 100 Metre Run	NT	14.74 (3)	14.82 (3)
#75 Girls U 11 60 Metre Hurdles (60cm)	NT	11.16 (1)	11.12 (1)
#177 Girls U 11 Long Jump	ND		3.73m (3)
#189 Girls U 11 Triple Jump	ND		8.24m (2)
53 Joshua Lucas - Male - Age: 14 - Comp#: 101			
#46 Boys U 14 200 Metre Run	NT		
#82 Boys U 14 90 Metre Hurdles (76cm)	NT	17.21 (1)	17.21 (1)
#90 Boys U 14 200 Metre Hurdles (76cm)	NT	31.30 (3)	31.30 (3)
#164 Boys U 14 High Jump (S/H 1.25m)	NH		1.50m (2)
#184 Boys U 14 Long Jump	ND		4.79m (3)
#196 Boys U 14 Triple Jump	ND		10.59m (1)

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	Seed	Heats	Finals
Illawong			
54 Dean Marincevski - Male - Age: 13 - Comp#: 164			
#24 Boys U 13 100 Metre Run	NT	14.80 (5)	15.09 (5)
#162 Boys U 13 High Jump (S/H 1.20m)	NH		1.20m (13)
#182 Boys U 13 Long Jump	ND		DNS
#214 Boys U 13 Discus (1.0 Kg)	ND		18.37m (7)
#244 Boys U 13 Javelin (600 Gm)	ND		16.09m (7)
55 Madeline Matthews - Female - Age: 7 - Comp#: 199			
#11 Girls U 7 100 Metre Run	NT	19.05 (2)	18.11 (2)
#31 Girls U 7 200 Metre Run	NT	39.16 (3)	37.68 (1)
#95 Girls U 7 500 Metre Pack Start	NT		2:03.00 (5)
#169 Girls U 7 Long Jump	ND		2.48m (4)
56 Sophie Maxwell - Female - Age: 14 - Comp#: 21			
#63 Girls U 14 400 Metre Run	NT	DNS	
#109 Girls U 14 800 Metre Run	NT		2:34.57 (1)
#123 Girls U 14 1500 Metre Run	NT		5:24.83 (2)
#131 Girls U 14 3000 Metre Run	NT		11:52.32 (4)
#133 Girls U 15 3000 Metre Run	NT		
#135 Girls U 17 3000 Metre Run	NT	Scratched	Scratched
57 Gabrielle Moseley - Female - Age: 17 - Comp#: 569			
#67 Girls U 17 400 Metre Run	NT	DNS	
#113 Girls U 17 800 Metre Run	NT		DNS
#151 Girls U 17 1500 Metre Walk	NT		DNS
58 Eliza Nelson - Female - Age: 17 - Comp#: 579			
#187 Girls U 17 Long Jump	ND		DNS
#199 Girls U 17 Triple Jump	ND		DNS
#219 Girls U 17 Discus (1.0 Kg)	ND		DNS
#239 Girls U 17 Shot Put (3.0 Kg)	ND		DNS
59 Madeleine Nelson - Female - Age: 13 - Comp#: 580			
#213 Girls U 13 Discus (750 Gm)	ND		DNS
#233 Girls U 13 Shot Put (3.0 Kg)	ND		DNS
#243 Girls U 13 Javelin (400 Gm)	ND		DNS
60 Melody Nelson - Female - Age: 11 - Comp#: 581			
#177 Girls U 11 Long Jump	ND		DNS
#189 Girls U 11 Triple Jump	ND		DNS
#209 Girls U 11 Discus (750 Gm)	ND		DNS
#229 Girls U 11 Shot Put (2.0 Kg)	ND		DNS
61 Dominic Nisbet - Male - Age: 11 - Comp#: 72			
#142 Boys U 11 1100 Metre Walk	NT		7:40.05 (3)
62 Genevieve Nisbet - Female - Age: 15 - Comp#: 3			
#27 Girls U 15 100 Metre Run	NT	13.86 (3)	13.86 (3)
#149 Girls U 15 1500 Metre Walk	NT		11:17.85 (3)
#185 Girls U 15 Long Jump	ND		4.71m (2)
#197 Girls U 15 Triple Jump	ND		9.74m (4)
#217 Girls U 15 Discus (1.0 Kg)	ND		18.40m (9)
#247 Girls U 15 Javelin (500 Gm)	ND		21.77m (6)
63 Brittanie Northey - Female - Age: 13 - Comp#: 172			
#61 Girls U 13 400 Metre Run	NT		
#79 Girls U 13 80 Metre Hurdles (76cm)	NT	18.35 (6)	18.35 (6)
#87 Girls U 13 200 Metre Hurdles (68cm)	NT	37.18 (6)	37.18 (6)
#145 Girls U 13 1500 Metre Walk	NT		11:15.78 (4)
#193 Girls U 13 Triple Jump	ND		7.80m (7)

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	Seed	Heats	Finals
Illawong			
64 Michael Northey - Male - Age: 17 - Comp#: 19			
#68 Boys U 17 400 Metre Run	NT	59.38 (3)	59.38 (3)
#86 Boys U 17 110 Metre Hurdles (76cm)	NT	16.13 (3)	16.13 (3)
#94 Boys U 17 200 Metre Hurdles (76cm)	NT	28.91 (5)	28.91 (5)
#168 Boys U 17 High Jump (S/H 1.30m)	NH		1.75m (1)
Zone Elect: 1.70m			
#188 Boys U 17 Long Jump	ND		5.47m (5)
#200 Boys U 17 Triple Jump	ND		11.56m (3)
65 Mitchell Nugent - Male - Age: 13 - Comp#: 65			
#162 Boys U 13 High Jump (S/H 1.20m)	NH		1.35m (6)
66 Jesse Paice - Male - Age: 12 - Comp#: 173			
#60 Boys U 12 400 Metre Run	NT	1:03.27 (2)	1:03.27 (2)
Zone Elect: 1:05.30			
#106 Boys U 12 800 Metre Run	NT		2:35.50 (2)
Zone Elect: 2:37.40			
#242 Boys U 12 Javelin (400 Gm)	ND		21.88m (4)
67 Harrison Parker - Male - Age: 9 - Comp#: 108			
#16 Boys U 9 100 Metre Run	NT	16.00 (4)	15.36 (4)
#36 Boys U 9 200 Metre Run	NT	34.03 (6)	32.90 (6)
Zone Elect: 33.20			
#54 Boys U 9 400 Metre Run	NT	1:18.39 (4)	1:18.84 (5)
#100 Boys U 9 800 Metre Run	NT		DNS
68 Dillan Perin - Male - Age: 12 - Comp#: 54			
#22 Boys U 12 100 Metre Run	NT	15.14 (9)	15.09 (8)
#42 Boys U 12 200 Metre Run	NT	32.33 (6)	30.87 (7)
#106 Boys U 12 800 Metre Run	NT		3:06.54 (8)
#120 Boys U 12 1500 Metre Run	NT		6:17.20 (6)
69 Georgia Perritt - Female - Age: 8 - Comp#: 96			
#5 Girls U 8 70 Metre Run	NT	DNS	
#13 Girls U 8 100 Metre Run	NT	DNS	
#33 Girls U 8 200 Metre Run	NT	DNS	
#51 Girls U 8 400 Metre Run	NT	DNS	
70 Renee Peters - Female - Age: 11 - Comp#: 136			
#39 Girls U 11 200 Metre Run	NT	33.79 (9)	
#57 Girls U 11 400 Metre Run	NT	1:18.94 (7)	1:22.37 (7)
#103 Girls U 11 800 Metre Run	NT		DNS
#117 Girls U 11 1500 Metre Run	NT		7:08.20 (10)
71 Kalani Pilcher - Male - Age: 8 - Comp#: 171			
#6 Boys U 8 70 Metre Run	NT	12.39 (8)	DNS
#14 Boys U 8 100 Metre Run	NT	17.44 (13)	
#52 Boys U 8 400 Metre Run	NT	1:35.20 (13)	
#98 Boys U 8 700 Metre Run	NT		DNF
72 Thibaut Potin - Male - Age: 15 - Comp#: 13			
#166 Boys U 15 High Jump (S/H 1.25m)	NH		1.65m (2)
#186 Boys U 15 Long Jump	ND		5.18m (1)
73 Gabrielle Potter - Female - Age: 12 - Comp#: 58			
#21 Girls U 12 100 Metre Run	NT	14.81 (9)	
#41 Girls U 12 200 Metre Run	NT	31.31 (3)	32.97 (7)
#179 Girls U 12 Long Jump	ND		3.65m (9)
#211 Girls U 12 Discus (750 Gm)	ND		15.12m (8)

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	Seed	Heats	Finals
Illawong			
74 Stephanie Potter - Female - Age: 9 - Comp#: 59			
#7 Girls U 9 70 Metre Run	NT	11.39 (5)	11.01 (2)
Zone Elect: 11.10			
#8 Boys U 9 70 Metre Run	NT	DNS	
#15 Girls U 9 100 Metre Run	NT	16.88 (6)	16.32 (6)
#16 Boys U 9 100 Metre Run	NT	DNS	
#71 Girls U 9 60 Metre Hurdles (45cm)	NT	11.26 (4)	11.17 (4)
#72 Boys U 9 60 Metre Hurdles (45cm)	NT		
#173 Girls U 9 Long Jump	ND		3.17m (3)
#174 Boys U 9 Long Jump	ND		DNS
75 Cooper Robinson - Male - Age: 9 - Comp#: 102			
#54 Boys U 9 400 Metre Run	NT	DNS	
#100 Boys U 9 800 Metre Run	NT		DNS
#138 Boys U 9 700 Metre Walk	NT		4:40.85 (1)
Zone Elect: 6:10.10			
#174 Boys U 9 Long Jump	ND		DNS
76 Ella Robinson - Female - Age: 10 - Comp#: 137			
#139 Girls U 10 1100 Metre Walk	NT		6:14.29 (1)
Zone Elect: 7:05.40			
#155 Girls U 10 High Jump (S/H 0.90m)	NH		DNS
#207 Girls U 10 Discus (500 Gm)	ND		DNS
#227 Girls U 10 Shot Put (2.0 Kg)	ND		DNS
77 Brayden Roeger - Male - Age: 9 - Comp#: 62			
#154 Boys U 9 High Jump (S/H 0.85m)	NH		1.10m (2)
#174 Boys U 9 Long Jump	ND		2.82m (10)
#206 Boys U 9 Discus (500 Gm)	ND		20.08m (4)
#226 Boys U 9 Shot Put (2.0 Kg)	ND		6.35m (5)
78 Blake Sale - Male - Age: 14 - Comp#: 147			
#110 Boys U 14 800 Metre Run	NT		2:38.07 (3)
#124 Boys U 14 1500 Metre Run	NT		5:11.85 (1)
#132 Boys U 14 3000 Metre Run	NT		11:53.50 (2)
#134 Boys U 15 3000 Metre Run	NT	Scratched	Scratched
#136 Boys U 17 3000 Metre Run	NT	Scratched	Scratched
79 Monique Sale - Female - Age: 17 - Comp#: 16			
#113 Girls U 17 800 Metre Run	NT		2:43.75 (2)
#127 Girls U 17 1500 Metre Run	NT		5:29.16 (1)
#135 Girls U 17 3000 Metre Run	NT		13:26.73 (2)
80 Samantha Sale - Female - Age: 17 - Comp#: 17			
#113 Girls U 17 800 Metre Run	NT		2:46.66 (4)
#127 Girls U 17 1500 Metre Run	NT		5:30.27 (2)
#135 Girls U 17 3000 Metre Run	NT		13:26.19 (1)
81 Brooke Salzmann - Female - Age: 13 - Comp#: 57			
#23 Girls U 13 100 Metre Run	NT	13.73 (1)	13.53 (1)
#79 Girls U 13 80 Metre Hurdles (76cm)	NT	13.81 (1)	13.81 (1)
#87 Girls U 13 200 Metre Hurdles (68cm)	NT	30.84 (1)	30.84 (1)
#181 Girls U 13 Long Jump	ND		4.38m (2)
#193 Girls U 13 Triple Jump	ND		9.56m (3)
82 Chelsea Sammut - Female - Age: 15 - Comp#: 4			
#65 Girls U 15 400 Metre Run	NT	1:08.27 (2)	1:08.27 (2)
#125 Girls U 15 1500 Metre Run	NT		5:57.74 (2)
#133 Girls U 15 3000 Metre Run	NT		12:15.52 (2)
#135 Girls U 17 3000 Metre Run	NT	Scratched	Scratched
#149 Girls U 15 1500 Metre Walk	NT		8:50.44 (2)
83 Kiara Shaw - Female - Age: 11 - Comp#: 44			
#57 Girls U 11 400 Metre Run	NT	DNS	
#157 Girls U 11 High Jump (S/H 1.00m)	NH		DNS
#177 Girls U 11 Long Jump	ND		DNS
#189 Girls U 11 Triple Jump	ND		DNS

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	Seed	Heats	Finals
Illawong			
84 Sinead Sheffield - Female - Age: 17 - Comp#: 20			
#29 Girls U 17 100 Metre Run	NT	13.58 (1)	13.58 (1)
#49 Girls U 17 200 Metre Run	NT	28.15 (3)	28.15 (3)
#219 Girls U 17 Discus (1.0 Kg)	ND		24.58m (3)
#239 Girls U 17 Shot Put (3.0 Kg)	ND		8.43m (3)
85 Bradley Simpson - Male - Age: 10 - Comp#: 73			
#18 Boys U 10 100 Metre Run	NT	14.71 (2)	14.67 (3)
#38 Boys U 10 200 Metre Run	NT	30.78 (4)	29.79 (3)
Zone Elect: 32.50			
#56 Boys U 10 400 Metre Run	NT	1:12.45 (1)	1:11.82 (2)
Zone Elect: 1:14.30			
#176 Boys U 10 Long Jump	ND		3.97m (4)
86 Joshua Smith - Male - Age: 12 - Comp#: 81			
#160 Boys U 12 High Jump (S/H 1.15m)	NH		1.39m (2)
#212 Boys U 12 Discus (750 Gm)	ND		33.78m (1)
#232 Boys U 12 Shot Put (3.0 Kg)	ND		9.77m (1)
#242 Boys U 12 Javelin (400 Gm)	ND		29.91m (1)
Zone Elect: 28.75m			
87 Zachariah Smith - Male - Age: 9 - Comp#: 80			
#54 Boys U 9 400 Metre Run	NT	DNS	
#206 Boys U 9 Discus (500 Gm)	ND		18.25m (5)
#226 Boys U 9 Shot Put (2.0 Kg)	ND		6.40m (4)
88 Liam Sparke - Male - Age: 15 - Comp#: 10			
#112 Boys U 15 800 Metre Run	NT	Scratched	Scratched
#126 Boys U 15 1500 Metre Run	NT		4:48.51 (2)
#134 Boys U 15 3000 Metre Run	NT		10:44.63 (2)
#136 Boys U 17 3000 Metre Run	NT	Scratched	Scratched
89 Bienne Terita - Female - Age: 9 - Comp#: 578			
#7 Girls U 9 70 Metre Run	NT	11.12 (2)	11.11 (3)
#15 Girls U 9 100 Metre Run	NT	15.77 (5)	15.21 (3)
#153 Girls U 9 High Jump (S/H 0.80m)	NH		DNS
90 Alia Timmins - Female - Age: 11 - Comp#: 123			
#75 Girls U 11 60 Metre Hurdles (60cm)	NT	DNS	
#157 Girls U 11 High Jump (S/H 1.00m)	NH		DNS
#177 Girls U 11 Long Jump	ND		DNS
#189 Girls U 11 Triple Jump	ND		DNS
91 Rhys Timmins - Male - Age: 14 - Comp#: 124			
#26 Boys U 14 100 Metre Run	NT	12.91 (3)	12.91 (3)
#46 Boys U 14 200 Metre Run	NT		
#236 Boys U 14 Shot Put (3.0 Kg)	ND		DNS
92 Olivia Wassef - Female - Age: 13 - Comp#: 154			
#23 Girls U 13 100 Metre Run	NT	DNS	
#145 Girls U 13 1500 Metre Walk	NT		DQ
93 Ethan Westwood - Male - Age: 10 - Comp#: 34			
#10 Boys U 10 70 Metre Run	NT	11.81 (14)	
#18 Boys U 10 100 Metre Run	NT	16.49 (15)	
#140 Boys U 10 1100 Metre Walk	NT		8:29.78 (1)
#228 Boys U 10 Shot Put (2.0 Kg)	ND		6.88m (2)
94 Hayden Westwood - Male - Age: 8 - Comp#: 35			
#52 Boys U 8 400 Metre Run	NT	1:33.68 (12)	
#70 Boys U 8 60 Metre Hurdles (45cm)	NT	12.66 (7)	12.88 (8)
#172 Boys U 8 Long Jump	ND		2.83m (10)
#204 Boys U 8 Discus (500 Gm)	ND		13.24m (5)
95 Michael Witty - Male - Age: 13 - Comp#: 570			
#214 Boys U 13 Discus (1.0 Kg)	ND		25.49m (3)
#234 Boys U 13 Shot Put (3.0 Kg)	ND		9.42m (4)

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	Seed	Heats	Finals
Illawong			
96 Scarlett Wynn - Female - Age: 14 - Comp#: 200			
#81 Girls U 14 80 Metre Hurdles (76cm)	NT	15.21 (2)	15.21 (2)
#163 Girls U 14 High Jump (S/H 1.20m)	NH		1.55m (1)
Relay	Seed	Heats	Finals
1 Illawong			
#275 Girls U 9-12 4x100 Metre Relay (Jnr)	NT		DQ
Finals: Bienne Terita 9; Annelise Faust 10; Rebekah Lee 11; Gabrielle Potter 12			
2 Illawong			
#276 Boys U 9-12 4x100 Metre Relay (Jnr)	NT		1:02.00 (4)
Finals: Harrison Brierley 12; Harrison Parker 9; Leonardo Belz 10; Matthew Emanuel 11			
3 Illawong			
#278 Boys U 13-17 4x100 Metre Relay (Snr)	NT		50.91 (1)
Finals: Ben Harrington 13; Rhys Timmins 14; Christian Kalantzis 15; Michael Northey 17			
Illawong Total Individual Entries: 377 - Total Relays: 3			