

# LAKE ILLAWARRA ATHLETICS ASSOCIATION INC



## 50<sup>th</sup> ANNIVERSARY SUMMER CARNIVAL 2021

10<sup>th</sup> January 2021

Final Leg of The Mid South Coast Zone Grand Prix  
Proudly supported by the following companies:



# The Shellharbour Club

**THE NMTG GROUP**  
*New Millennium Trophies*

The logo for NMTG features the letters 'nm' stacked above 'tg' in a bold, blue, sans-serif font.

## Welcome to Lake Illawarra Athletics Centre Inc. (formally Lake Illawarra Little Athletics Centre) Summer Carnival for 2021

This is a celebration of our 50<sup>th</sup> Season of Little Athletics, Lake Illawarra was formed in the 1970-1971 season, the First Season of Little athletics in NSW, our centre started out as the only centre within the Illawarra/South Coast to offer the Sport of Little Athletics to athletes from the Ages of 5 to 12, catering for up to 600 athletes, we ran the first 38 years of competition out of King Memorial Oval in Warilla (a 375m Track shaped like a D with a full 100m Straight on the inside) before moving to our new home Myimbarr Community Park, Flinders, where we have hosted State Multi, Trans Tasman Events as well as Zone and Regional Championships.

Our Centre has a deep history of athletes excelling with former athletes like Caitlyn Foord, Kane Linnett, Corey Gameiro, Mineo Bonetig, Rowan Herring, Montanna Murray, Karra-Lee Nolan all spending their little Athletics Journey at our Centre before moving to their chosen sport or passion. We have also had a number of National Athletics Representatives including Belinda Ruiz, Mineo Bonetig, Cheryl Booth (dec), Joshua Bingham, Joseph McGarry, Susie Seitaridis, John Tilden, Georgia and Olivia Rose McEwan, as well as current athletes Madison Callaway and Ryan Keen.

We are also proud to have hosted athletes from all over the state at either our October or Summer Carnival and if you look at the Records you will see that there are a number of athletes who have gone on to national representation for their centre.

Over the years our centre has had many members of the committee and without all their passion for the sport our centre would not be where it is today as the current President who has come through Lake Illawarra as a Little Athletes myself, I have witnessed the great work that has been put into this centre. Many thanks go to Our current Committee and volunteers for all the work they have put into getting this carnival up and running.

Today Rules are as per IAAF, LANSW 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.

Order of events for the track will be as per program, field events will be when areas become available and maybe called out of order to avoid clashes

Each event will receive 2 calls, there will be no calls for individual athletes

Parents and spectators are to abide by the venues policy and remain behind the fence or red line if no fence is present unless you are acting as an age manager or helper.

Timing Gates are in operation for all Track events, should this fail the event will be rerun later in the program.

Starting Blocks will be supplied for all track events

H/Jump Starting Heights are as follows:

Increments will be by 5cm for the first 6 heights

	Girls	Boys
U/10	80cm	85cm
U/12	1.00m	1.05m
U/14	1.10m	1.15m
Open	1.20m	1.30m

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 later in 2021 for an extended stay in the Shellharbour area as we hold our October Carnival

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 Athletics Centre Inc.

Myimbarr is a smoke free area, parents and spectators who would like to smoke must go outside the complex.

#### Feature Events sponsored by NMTG

1<sup>st</sup> Place in the feature events will be awarded a Trophy replacing the Medal

Under 6 Boys and Girls	-	Long Jump
Under 7 Boys and Girls	-	Discus
Under 8 Boys and Girls	-	Shot Put
Under 9 Boys and Girls	-	Discus
Under 10 Boys and Girls	-	1100m/w
Under 11 Boys and Girls	-	Long Jump
Under 12 Boys and Girls	-	High Jump
Under 13 Boys and Girls	-	Triple Jump
Under 14 Boys and Girls	-	Discus
Under 15 Boys and Girls	-	300m/h
Under 17 Boys and Girls	-	1500m/w
Opens	-	60m

**Lake Illawarra Athletics Association Inc.**  
**Summer Carnival- Sunday January 10<sup>th</sup> January 2021**

**TRACK**

- 1 Girls 9 Year Olds 700 Metre Race Walk
- 2 Boys 9 Year Olds 700 Metre Race Walk
- 3 Girls 10 Year Olds 1100 Metre Race Walk
- 4 Boys 10 Year Olds 1100 Metre Race Walk
- 5 Girls 11 Year Olds 1100 Metre Race Walk
- 6 Boys 11 Year Olds 1100 Metre Race Walk
- 7 Girls 12 Year Olds 1500 Metre Race Walk
- 8 Boys 12 Year Olds 1500 Metre Race Walk
- 9 Girls 13-17 1500 Metre Race Walk
- 10 Boys 13-17 1500 Metre Race Walk
- 11 Girls 6 Year Olds 300 Metre Run
- 12 Boys 6 Year Olds 300 Metre Run
- 13 Girls 8 Year Olds 700 Metre Run
- 14 Boys 8 Year Olds 700 Metre Run
- 15 Girls 7 Year Olds 500 Metre Run
- 16 Boys 7 Year Olds 500 Metre Run
- 17 Girls 13 Year Olds 200 Metre Hurdles
- 18 Boys 13 Year Olds 200 Metre Hurdles
- 19 Girls 14 Year Olds 200 Metre Hurdles
- 20 Boys 14 Year Olds 200 Metre Hurdles
- 21 Girls 15 Year Olds 300 Metre Hurdles
- 22 Boys 15 Year Olds 300 Metre Hurdles
- 23 Girls 17 Year Olds 300 Metre Hurdles
- 24 Boys 17 Year Olds 300 Metre Hurdles
- 25 Girls 6 Year Olds 50 Metre Run
- 26 Boys 6 Year Olds 50 Metre Run
- 27 Girls 7 Year Olds 50 Metre Run
- 28 Boys 7 Year Olds 50 Metre Run
- 29 Women 18+ 60 Metre Run
- 30 Men 18+ 60 Metre Run
- 31 Girls 8 Year Olds 60 Metre Hurdles
- 32 Boys 8 Year Olds 60 Metre Hurdles
- 33 Girls 9 Year Olds 60 Metre Hurdles
- 34 Boys 9 Year Olds 60 Metre Hurdles
- 35 Girls 10 Year Olds 60 Metre Hurdles
- 36 Boys 10 Year Olds 60 Metre Hurdles
- 37 Girls 11 Year Olds 80 Metre Hurdles
- 38 Boys 11 Year Olds 80 Metre Hurdles
- 39 Girls 12 Year Olds 80 Metre Hurdles
- 40 Boys 12 Year Olds 80 Metre Hurdles
- 41 Girls 13 Year Olds 80 Metre Hurdles
- 42 Boys 13 Year Olds 80 Metre Hurdles
- 43 Girls 14 Year Olds 80 Metre Hurdles
- 44 Boys 14 Year Olds 90 Metre Hurdles
- 45 Girls 15 Year Olds 90 Metre Hurdles
- 46 Boys 15 Year Olds 100 Metre Hurdles
- 47 Girls 17 Year Olds 100 Metre Hurdles
- 48 Boys 17 Year Olds 110 Metre Hurdles
- 49 Girls 10 Year Olds 70 Metre Run
- 50 Boys 10 Year Olds 70 Metre Run
- 51 Girls 9 Year Olds 70 Metre Run
- 52 Boys 9 Year Olds 70 Metre Run
- 53 Girls 8 Year Olds 70 Metre Run
- 54 Boys 8 Year Olds 70 Metre Run
- 55 Girls 7 Year Olds 70 Metre Run
- 56 Boys 7 Year Olds 70 Metre Run
- 57 Girls 6 Year Olds 70 Metre Run
- 58 Boys 6 Year Olds 70 Metre Run
- 59 Girls 10 Year Olds 400 Metre Run
- 60 Boys 10 Year Olds 400 Metre Run
- 61 Girls 12 Year Olds 400 Metre Run
- 62 Boys 12 Year Olds 400 Metre Run
- 63 Girls 14 Year Olds 400 Metre Run
- 64 Boys 14 Year Olds 400 Metre Run
- 65 Girls 17 Year Olds 400 Metre Run
- 66 Boys 17 Year Olds 400 Metre Run
- 67 Girls 6 Year Olds 100 Metre Run
- 68 Boys 6 Year Olds 100 Metre Run
- 69 Girls 7 Year Olds 100 Metre Run
- 70 Boys 7 Year Olds 100 Metre Run
- 71 Girls 11 Year Olds 100 Metre Run
- 72 Boys 11 Year Olds 100 Metre Run
- 73 Girls 12 Year Olds 100 Metre Run
- 74 Boys 12 Year Olds 100 Metre Run
- 75 Girls 13 Year Olds 100 Metre Run
- 76 Boys 13 Year Olds 100 Metre Run
- 77 Girls 14 Year Olds 100 Metre Run
- 78 Boys 14 Year Olds 100 Metre Run
- 79 Girls 15 Year Olds 100 Metre Run
- 80 Boys 15 Year Olds 100 Metre Run
- 81 Girls 17 Year Olds 100 Metre Run
- 82 Boys 17 Year Olds 100 Metre Run
- 83 Women 18+ 100 Metre Run
- 84 Men 18+ 100 Metre Run
- 85 Girls 9 Year Olds 800 Metre Run
- 86 Boys 9 Year Olds 800 Metre Run
- 87 Girls 11 Year Olds 800 Metre Run
- 88 Boys 11 Year Olds 800 Metre Run
- 89 Girls 13 Year Olds 800 Metre Run
- 90 Boys 13 Year Olds 800 Metre Run
- 91 Girls 15 Year Olds 800 Metre Run
- 92 Boys 15 Year Olds 800 Metre Run
- 93 Women 18+ 800 Metre Run
- 94 Men 18+ 800 Metre Run
- 95 Girls 8 Year Olds 200 Metre Run
- 96 Boys 8 Year Olds 200 Metre Run
- 97 Girls 9 Year Olds 200 Metre Run
- 98 Boys 9 Year Olds 200 Metre Run
- 99 Girls 10 Year Olds 200 Metre Run
- 100 Boys 10 Year Olds 200 Metre Run
- 101 Girls 11 Year Olds 200 Metre Run
- 102 Boys 11 Year Olds 200 Metre Run
- 103 Girls 12 Year Olds 200 Metre Run
- 104 Boys 12 Year Olds 200 Metre Run
- 105 Girls 13 Year Olds 200 Metre Run
- 106 Boys 13 Year Olds 200 Metre Run
- 107 Girls 14 Year Olds 200 Metre Run
- 108 Boys 14 Year Olds 200 Metre Run
- 109 Girls 15 Year Olds 200 Metre Run
- 110 Boys 15 Year Olds 200 Metre Run
- 111 Girls 17 Year Olds 200 Metre Run
- 112 Boys 17 Year Olds 200 Metre Run
- 113 Women 18+ 200 Metre Run
- 114 Men 18+ 200 Metre Run

## FIELD

- 115 Girls 6 Year Olds Shot Put
- 116 Boys 6 Year Olds Shot Put
- 117 Girls 7 Year Olds Discus Throw
- 118 Boys 7 Year Olds Discus Throw
- 119 Girls 8 Year Olds Long Jump
- 120 Boys 8 Year Olds Long Jump
- 121 Girls 13 Year Olds Shot Put
- 122 Boys 13 Year Olds Shot Put
- 123 Girls 14 Year Olds Discus Throw
- 124 Boys 14 Year Olds Discus Throw
- 125 Girls 15 Year Olds Discus Throw
- 126 Boys 15 Year Olds Discus Throw
- 127 Women 18+ Discus Throw
- 128 Men 18+ Discus Throw
- 129 Girls 9 Year Olds Shot Put
- 130 Boys 9 Year Olds Shot Put
- 131 Girls 10 Year Olds High Jump S/H 0.80m
- 132 Boys 10 Year Olds High Jump S/H 0.85m
- 133 Girls 11 Year Olds Long Jump
- 134 Boys 11 Year Olds Long Jump
- 135 Girls 12 Year Olds High Jump S/H 1.0
- 136 Boys 12 Year Olds High Jump S/H 1.0
- 137 Girls 6 Year Olds Long Jump
- 138 Boys 6 Year Olds Long Jump
- 139 Girls 7 Year Olds Shot Put
- 140 Boys 7 Year Olds Shot Put
- 141 Girls 8 Year Olds Discus Throw
- 142 Boys 8 Year Olds Discus Throw
- 143 Girls 9 Year Olds Long Jump
- 144 Boys 9 Year Olds Long Jump
- 145 Girls 10 Year Olds Discus Throw
- 146 Boys 10 Year Olds Discus Throw
- 147 Girls 11 Year Olds Shot Put
- 148 Boys 11 Year Olds Shot Put
- 149 Girls 12 Year Olds Discus Throw
- 150 Boys 12 Year Olds Discus Throw
- 151 Girls 13 Year Olds Long Jump
- 152 Boys 13 Year Olds Long Jump
- 153 Girls 14 Year Olds Shot Put
- 154 Boys 14 Year Olds Shot Put
- 155 Girls 15 Year Olds Triple Jump
- 156 Boys 15 Year Olds Triple Jump
- 157 Girls 17 Year Olds Triple Jump
- 158 Boys 17 Year Olds Triple Jump
- 159 Women 18+ Triple Jump
- 160 Men 18+ Triple Jump
- 161 Girls 6 Year Olds Discus Throw
- 162 Boys 6 Year Olds Discus Throw
- 163 Girls 7 Year Olds Long Jump
- 164 Boys 7 Year Olds Long Jump
- 165 Girls 8 Year Olds Shot Put
- 166 Boys 8 Year Olds Shot Put
- 167 Girls 9 Year Olds Discus Throw
- 168 Boys 9 Year Olds Discus Throw
- 169 Girls 10 Year Olds Shot Put
- 170 Boys 10 Year Olds Shot Put
- 171 Girls 11 Year Olds Discus Throw
- 172 Boys 11 Year Olds Discus Throw
- 173 Girls 12 Year Olds Shot Put
- 174 Boys 12 Year Olds Shot Put
- 175 Girls 13 Year Olds Triple Jump
- 176 Boys 13 Year Olds Triple Jump
- 177 Girls 14 Year Olds High Jump S/H 1.10m
- 178 Boys 14 Year Olds High Jump S/H 1.15m
- 179 Girls 15 Year Olds Long Jump
- 180 Boys 15 Year Olds Long Jump
- 181 Girls 17 Year Olds Long Jump
- 182 Boys 17 Year Olds Long Jump
- 183 Women 18+ Long Jump
- 184 Men 18+ Long Jump
- 185 Girls 13 Year Olds Discus Throw
- 186 Boys 13 Year Olds Discus Throw
- 187 Girls 15 Year Olds Shot Put
- 188 Boys 15 Year Olds Shot Put
- 189 Girls 17 Year Olds Shot Put
- 190 Boys 17 Year Olds Shot Put
- 191 Women 18+ High Jump S/H 1.20m
- 192 Men 18+ High Jump S/H 1.30m
- 193 Girls 11 Year Olds Javelin Throw 400g
- 194 Boys 11 Year Olds Javelin Throw 400g
- 195 Girls 12 Year Olds Javelin Throw 400g
- 196 Boys 12 Year Olds Javelin Throw 400g
- 197 Girls 13 Year Olds Javelin Throw 400g
- 198 Boys 13 Year Olds Javelin Throw
- 199 Girls 14 Year Olds Javelin Throw
- 200 Boys 14 Year Olds Javelin Throw
- 201 Girls 15 Year Olds Javelin Throw
- 202 Boys 15 Year Olds Javelin Throw
- 203 Girls 17 Year Olds Javelin Throw
- 204 Boys 17 Year Olds Javelin Throw
- 205 Women 18+ Javelin Throw
- 206 Men 18+ Javelin Throw



The Shellharbour Club

**LAKE ILLAWARRA ATHLETICS ASSOCIATION INC  
CARNIVAL RECORDS AS AT THE 1<sup>ST</sup> JANUARY 2020**

<b>Age Group</b>	<b>Event</b>	<b>Record</b>	<b>Record Holder</b>	<b>Centre/Club</b>	<b>Date</b>
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	3.77	P Thompson	Albion Park	14/01/2018	
Under 7 Girls	50m	8.1	H Clark	Cranebrook Campbelltown	11/01/2015
	70m	12.2	E Parmaxidis	Collegians	09/01/2011
	100m	17.3	T Dunne	Eastern Suburbs	11/01/2009
	200m	39.0	S Latinas	St George	09/10/2016
	500m	1-50.9	K Lamas	Holroyd	15/01/2006
	Long Jump	3.13	A Martin	Doonside	15/01/2012
	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	11.6	C Barnard	Collegians	13/01/2013
	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	13/01/2013
	700m	2-36.9	M Toohey	Sutherland	19/01/2014
	Long Jump	3.7	M Betts	Shoalhaven	14/01/2018
	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	10.8	S Volos	Ryde	09/01/2011
	700m/w	4-25.19	A McGarry	Lake Illawarra	08/01/2017
	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

<b>Age Group</b>	<b>Event</b>	<b>Record</b>	<b>Record Holder</b>	<b>Centre/Club</b>	<b>Date</b>
Under 10 Girls	60m	10.2	K McCauley	Kiama	08/10/2006
	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	6-47.15	S McGraw	Revesby Workers	06/01/2019
	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
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		15.05	Amelie O'Neill	Illawong	12/01/2020
1100m/w		7-07.87	A Quick	Lake Illawarra	06/01/2019
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		23.36	Natasha Flahey	Cherrybrook	20/10/2019
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	14.29	Piper Todd	Preston Robins	12/01/2020
	1500m/w	9-26.05	C Schofield	Mt Druitt	14/01/2018
	High Jump	1.42	J O'Neill	Illawong	06/01/2019
	Long Jump	4.59	A Bowrey	Cherrybrook	13/10/2013
	Discus	33.02	K Caplikas	Holroyd	12/10/2014
	Shot Put	14.28	T Sengual	Winston Hills	14/01/2009
	Javelin 400gms	27.71	E Hemakumara	Parramatta	08/10/2017

<b>Age Group</b>	<b>Event</b>	<b>Record</b>	<b>Record Holder</b>	<b>Centre/Club</b>	<b>Date</b>
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	2-34.9	L Hamer	St George	07/10/2001
	80m/h	13	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	100m	12.8	C-L Bedford	Albion Park
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
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	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	54.3	Teagen Hunter	Preston Robbins	12/01/2020
	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	13.3	Molly Goetz	Smithfield	12/01/2020
	Javelin 500gms	34.12	A Bowrey	Cherrybrook	08/01/2017



<b>Age Group</b>	<b>Event</b>	<b>Record</b>	<b>Record Holder</b>	<b>Centre/Club</b>	<b>Date</b>
Under 17 Girls	100m	12.7	N Kanitz	Albion Park	13/10/2013
			R Brett	Liverpool	11/10/2015
	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	06/10/2002
	1500m/w	8-12.1	R Hardy	Kurrajong Bilpin	17/01/2016
	100m/h	15.8	O-R McEwan	Lake Illawarra	19/01/2014
	300m/h	51.4	J Antonios	Holroyd	08/01/2017
	L/Jump	5.3	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	12.33	S Peace	Shoalhaven	11/01/2015
	Discus	26.17	R Boyland	Lake Illawarra	08/10/2017
	Javelin 500gms	35.15	N Milakovic	Smithfield	08/01/2017
	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		1.6	T Barkley	Wollongong City	17/01/2016
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		41.11	S peace	Nowra AC	11/01/2015
Javelin 500gms		22.06	M Callaway	Lake Illawarra	11/10/2020
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	6.75	J Lakeman	Campbelltown	14/01/2018

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	21.55	B Toohey	Sutherland	10/01/2010
	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	11.3	J Brown	Lake Illawarra	08/10/2006
	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
	700m/w	4-25.2	J Baker	St Georges Basin	17/01/2016
	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	6-44-18	T Varga-Strike	Quakers Hill	14/01/2018
	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	11.12	J Cluff	Smithfield	14/01/2018

<b>Age Group</b>	<b>Event</b>	<b>Record</b>	<b>Record Holder</b>	<b>Centre/Club</b>	<b>Date</b>
Under 11 Boys	60m	10.0	J Fernandes	Lake Illawarra	08/10/2006
	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	2-34.7	D Plumridge	Albion Park	14/10/2012
	80m/h	14.83	Asher Chapman	Albion Park	12/01/2020
	1100m/w	7-09.39	J Horton	Liverpool City	14/01/2018
	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	34.82	Jozef Cluff	Smithfield	07/10/2018
	Shot Put	11.49	B Toohey	Sutherland	19/01/2014
	Javelin	27.40	D Langdon	Lake Illawarra	08/01/2017
	Under 12 Boys	60m	10.3	B Hodgson	Lake Illawarra
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		1-05.5	A Badawy	Lake Illawarra	07/10/2001
1500m		5-10.2	J Greathead	Lake Illawarra	12/10/1997
80m/h		14.73	Jackson Twells	Manly Warringah	20/10/2019
1500m/w		8-40.7	J Jackson	Lake Illawarra	17/01/2016
Long Jump		4.68	J Link	Wollongong City	11/10/2015
High Jump		1.54	M McDougall	Parramatta	06/10/2002
Discus		40.49	B Sharne	Smithfield	09/01/2005
Shot Put 2kg		10.95	Bailey Latanis	St George	07/10/2018
Javelin		29.6	T Camilleri	Cranebrook	08/10/2017
Under 13 Boys		60m	10.6	J Chalker	Albion Park
	100m	12.3	J Tapuaiga	Doonside	09/10/2005
	200m	27.3	Z Havdjia	Shoalhaven	15/01/2012
			J Wright	Albion Park	11/10/2015
	400m	59.3	C Trindall	St Georges Basin	07/01/2007
	800m	2-27.2	N Currie-Nguyen	St George	06/10/2002
	80m/h	13.2	C Twigg	Wollongong City	11/01/2009
			J Twigg	Wollongong City	09/10/2011
	200m/h	29.8	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

<b>Age Group</b>	<b>Event</b>	<b>Record</b>	<b>Record Holder</b>	<b>Centre/Club</b>	<b>Date</b>
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	58.8	Z Hadavjai	Shoalhaven	13/01/2013
	1500m	4.58.27	I Shaw	Albion Park	08/10/2017
	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 3Kg	13.26	Hayden Cooper	West Wylong	14/01/2018
	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		48.46	Tsar Mandavey	St Georges Basin	12/01/2020
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		33.08	Tsar Mandavey	St Georges Basin	12/01/2020
Under 17 Boys		100m	11.4	J Clarke	Bowral
	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	15.9	N Horton	Dapto	17/01/2016
	300m/h	44.95	Rowan Karanja	Albion Park	06/01/2019
	1500m/w	9-09.02	C McConville	Shoalhaven	08/01/2017
	L/Jump	5.7	N Horton	Dapto	17/01/2016
	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	43.93	M Taylor	Bankstown Sports	15/01/2012

<b>Age Group</b>	<b>Event</b>	<b>Record</b>	<b>Record Holder</b>	<b>Centre/Club</b>	<b>Date</b>
Open Men	60m	7.4	J Twigg	Wollongong City	13/10/2013
	100m	11.9	J Bell	Illawarra Blue 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	2-14.78	I Shaw	Albion Park	20/10/2019
	3000m	11-25.2	J Heywood	Athletics Wollongong	14/10/2012
	L/Jump	5.8	D Wright	Illawarra Blue 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
	Shot Put 5kg	12.33	J Belcher	Northern Illawarra	11/01/2009
	Shot Put 6kg				
	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				
	Discus 2kg	23.1	Kevin McGarry	Lake Illawarra	07/10/2018
	Javelin 600g	20.67	H McGarry	Athletics Wollongong	11/10/2015
	Javelin 700g	39.89	B Sharne	Smithfield	11/01/2009
	Javelin 800g	28.02	K McGarry	Lake Illawarra	06/01/2019
Mixed Multi Class	100m	16.21	Akala Miller	Shoalhaven	06/01/2019
	200m	38.4	Akala Miller	Shoalhaven	06/01/2019
	800m	3-36.98	Matthew Enesser	Parramatta	06/01/2019
	Long Jump	3.26	Akala Miller	Shoalhaven	12/01/2020
	Shot Put	5.82	Matthew Enesser	Parramatta	06/01/2019
	Discus	21.38	Kynan Miller	Shoalhaven	06/01/2019