



Engadine PSSA Athletics Carnival

Wednesday 16th August, 2023

TRACK EVENTS – Begin at 8:15am

1500m - Timed Finals

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|-----------------|------------------|
| 1. Junior Boys | 4. 11 Year Girls |
| 2. Junior Girls | 5. Senior Boys |
| 3. 11 Year Boys | 6. Senior Girls |

200m – Timed Finals

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|-----------------|-------------------|
| 7. Junior Boys | 10. 11 Year Girls |
| 8. Junior Girls | 11. Senior Boys |
| 9. 11 Year Boys | 12. Senior Girls |

100m – Heats

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|-------------------|-------------------|
| 13. 10 Year Boys | 19. 11 Year Boys |
| 14. 10 Year Girls | 20. 11 Year Girls |
| 15. 9 Year Boys | 21. 12 Year Boys |
| 16. 9 Year Girls | 22. 12 Year Girls |
| 17. 8 Year Boys | 23. 13 Year Boys |
| 18. 8 Year Girls | 24. 13 Year Girls |

100m – Finals

- | | |
|-------------------|-------------------|
| 25. 10 Year Boys | 31. 11 Year Boys |
| 26. 10 Year Girls | 32. 11 Year Girls |
| 27. 9 Year Boys | 33. 12 Year Boys |
| 28. 9 Year Girls | 34. 12 Year Girls |
| 29. 8 Year Boys | 35. 13 Year Boys |
| 30. 8 Year Girls | 36. 13 Year Girls |

800m – Timed Finals

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| 37. Junior Boys | 40. 11 Year Girls |
| 38. Junior Girls | 41. Senior Boys |
| 39. 11 Year Boys | 42. Senior Girls |

4x100m Relays

- | | |
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| 43. Junior Boys | 45. Senior Boys |
| 44. Junior Girls | 46. Senior Girls |

Please note: Track events take priority

If an athlete is called to a track event whilst competing in a field event, they should immediately go and compete in the track event before returning to their field event. If entered in multiple field events, it is best to register at those events early on and come back to complete them throughout the day.



FIELD EVENTS - Begin at 8:45am

HIGH JUMP

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|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| BAG ONE
ROTATION 1 - Junior boys
ROTATION 2 - 11 year boys
ROTATION 3 - Senior boys | BAG TWO
ROTATION 1 - Junior girls
ROTATION 2 - 11 year girls
ROTATION 3 - Senior girls |
|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|

LONG JUMP

- | | |
|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| PIT ONE
ROTATION 1 - Senior boys
ROTATION 2 - Junior boys
ROTATION 3 - 11 year boys | PIT TWO
ROTATION 1 - Senior girls
ROTATION 2 - Junior girls
ROTATION 3 - 11 year girls |
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DISCUS

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| FIELD ONE
ROTATION 1 - Junior boys
ROTATION 2 - 11 year boys
ROTATION 3 - Senior boys | FIELD TWO
ROTATION 1 - Junior girls
ROTATION 2 - 11 year girls
ROTATION 3 - Senior girls |
|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|

SHOT PUT

- | | |
|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| FIELD ONE
ROTATION 1 - 11 year boys
ROTATION 2 - Senior boys
ROTATION 3 - Junior boys | FIELD TWO
ROTATION 1 - 11 year girls
ROTATION 2 - Senior girls
ROTATION 3 - Junior girls |
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Approximate Times

*Please note these times are a *guide only* and are subject to change at the discretion of the convener

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|-----------------------------|-----------------------------|
| 8:15am – 1500m Timed Finals | 11.30am - 100m Finals |
| 9:00am – 200m Timed Finals | 12:00pm - BREAK |
| 10.00am - 100m Heats | 12:30pm – 800m Timed Finals |
| 11.10am - BREAK | 1:30pm – Relays |
| | 2:15pm - Conclude |

BOYS					GIRLS				
EVENT	NAME	SCHOOL	REC	YR	EVENT	NAME	SCHOOL	REC	YR
8yr 100m	S Raucava	Lucas Hts	14:63	2002	8yr 100m	J Guy	Bangor	15:70	2002
9yr 100m	R Boers	Illawong	14:14	1998	9yr 100m	J Bannister	Lucas Hts	14:45	2002
10yr 100m	M Anderson	Loftus	13:63	1990	10yr 100m	J Bannister	Lucas Hts	13:97	2003
11yr 100m	C Handley	Eng West	12:99	1985	11yr 100m	J Sell	Engadine	13:66	1998
12yr 100m	P Cassidy	Bangor	12:98	1995	12yr 100m	J Bannister	Lucas Hts	13:12	2005
13yr 100m	L Miller	H'burgh	14:90	2002	13yr 100m	A Stevens	Woronora	14:99	1981
Jnr 200m	A Heath	Menai	28:72	1998	Jnr 200m	J Bannister	Lucas Hts	29:28	2003
11yr 200m	A Heath	Menai	27:09	1999	11yr 200m	J Bannister	Lucas Hts	27:50	2004
Snr 200m	R Edmonds	Menai	27:42	2001	Snr 200m	J Bannister	Lucas Hts	26:73	2005
Jun 800m	C Barter	Marton	2:26:00	1981	Jun 800m	K Fraser	Engadine	2:36:62	1981
11yr 800m	N Meakin	Eng West	2:28:58	2015	11yr 800m	R Warszawska	Engadine	2:33:87	2022
Snr 800m	P Coles-Sinclair	Tharawal	2:22:26	2008	Snr 800m	K Gallen	Eng West	2:32:01	2022
Jnr 1500m	K Kakoulidis	Alfords Pt	5:41:66	2022	Jnr 1500m	R Warszawksa	Engadine	5:43:00	2019
11yr 1500m	T Orazi	Bangor	5:38:22	2022	11yr 1500m	R Warszawska	Engadine	5:12:53	2022
Snr 1500m	A Christian	Lucas Hts	4:53:00	2019	Snr 1500m	K Gallen	Eng West	5:22:24	2019
Jnr Relay		Menai	57:87	1998	Jnr Relay		Marton	1:01:27	2013
Snr Relay		Engadine	54:91	1983	Snr Relay		Lucas Hts	56:81	2006
Jnr Long	G Buchanan	Bangor	4.40m	1992	Jnr Long	B Salzmann	Lucas Hts	4.46m	2009
11yr Long	C Best	Engadine	4.82m	1989	11yr Long	B Salzmann	Lucas Hts	4.29m	2010
Snr Long	M Armstrong	Eng West	4.78m	2016	Snr Long	M Murdoch	Bangor	4.52m	2022
Jnr High	J Lawrence	Menai	1.40m	2000	Jnr High	B Salzmann	Lucas Hts	1.42m	2009
11yr High	T Potin	Illawong	1.56m	2007	11yr High	C Lumb	Marton	1.42m	2016
Snr High	J Lawrence	Menai	1.55m	2002	Snr High	M Boyling	Tharawal	1.53m	2011
Jnr Shot	J Nisbet	Eng West	9.81m	2019	Jnr Shot	V Cali	Y'warrah	8.14m	1988
11yr Shot	M McGrath	Illawong	11.63m	1989	11yr Shot	K Rogers	Heathcote	9.61m	1999
Snr Shot	M McGrath	Illawong	11.97m	1990	Snr Shot	M Burns	Eng West	8.10m	1990
Jnr Discus	M Burton	Eng West	34.94m	2007	Jnr Discus	B Williams	Menai	28.46m	2017
11yr Discus	A Wood	Y'warrah	26.23m	1998	11yr Discus	T Naitaka	Illawong	25.20m	2022
Snr Discus	D Small	Lucas Hts	29.70m	1997	Snr Discus	A Ankuinoff	Menai	23.88m	2002

ENGADINE PSSA RECORDS



**Zone Athletics
Carnival**

2023