

17 years				
100m	Kailee Moore	Wollongong	12.71s	2019
200m	Kiara White	Albion Park	26.91s	2015
800m	Sarah de Vries	St Georges Basin	2 m 46.3 s	2008
Walk	Madison Callaway	Lake Illawarra	8m20:39	2019
High Jump	Liv Rodda	Shoalhaven	1.30 metres	2008
Long Jump	Kailee Moore	Wollongong	5.21 metres	2019
	Lily Wheeler	Shoalhaven	5.00m	2017
Shot Put	Samantha Peace	Shoalhaven	11.46m	2015
Discus	Samantha Peace	Shoalhaven	46.11m	2015
Javelin	Emma McDonald	St Georges Basin	28.69m	2017

Open				
100m	Donna Burgman	Bay & Basin Snrs	13.3 secs	1997
200m	Donna Burgman	Bay & Basin Snrs	28.7 secs	1997
400m	K Watkins	Ill. Blue Stars	58.4 secs	1993
800m	Emma McDonald	St Georges Basin	2m 36.19	2017
1500m	A Wilson	Nowra Ath. Club	6m 06.0 s	1993
3km	Natalie Dimech	Lake Illawarra	13m 59.1s	1996
Long Jump	A Wilson	Nowra Ath. Club	4.58 m	1993
Shot Put	Leanne Peterkin	Bay & Basin Snrs	8.96 m	1997
Discus	J Tough	Syd. Marathon	29.52 m	1994

Masters				
100m	J Smith	Penrith	14.0 secs	1994
200m	J Smith	Penrith	29.9 secs	1994
800m	J Smith	Penrith	2 m 57.2 s	1994
Long Jump	J Smith	Penrith	4.21 m	1994
Shot Put	Robyn Addie	Nepean	8.99 m	2004
Discus	Pat Lewis	Bankstown Sports	25.12 m	1998



St Georges Basin Country Club Little Athletics Centre's 27th Annual DRAGON DERBY

Sunday 15th November 2020
Sanctuary Point Oval
Brought to you by:



ABN: 38034016561
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HUNT

REMOVALS & STORAGE



Welcome...

St Georges Basin Country Club Little Athletics Centre welcomes all competitors, officials and visitors to the **2020 ST GEORGES BASIN DRAGON DERBY**

Parents & Athletes will need to sign in using the QR Code that will be available on entry to the oval

We would like to thank our sponsors ST GEORGES BASIN COUNTRY CLUB,

BENDIGO BANK - Sanctuary Point Community Branch, HUNT REMOVALS & STORAGE, SOUTHERN CITY PLUMBING and LUKE KINGMA CARPENTRY for their continued support of our centre.

Their ongoing support is very important to us and is greatly appreciated.

Competitors in all field events are asked to report directly to their competition area to meet

up with their Age Manager when called. All Track events this year are to marshal in front of 100M start line and wait for their age manager.

This year the lanyards for the medals will be available in the canteen at a cost of \$2 each.

Trophies, medals and ribbons will be presented immediately after each event by Age

Managers .

Today is about enjoying Little Athletics & friendly competition. In the spirit of the day

no protests will be entered into.

Please remember that all our officials and helpers are volunteers and without them we would

not be able to run this carnival, so please work with them and show them the respect they deserve.

Finally, the committee at Basin Little A's wishes all athletes the best of luck and we hope

you have an enjoyable day.

We wish those travelling a safe journey home.

Tracy Mandavy

President

St Georges Basin LAC

Please Support Our Sponsors

BENDIGO BANK—SANCTUARY POINT

THE COUNTRY CLUB

Sanctuary Point Vincentia

HUNT REMOVALS AND STORAGE

SOUTHERN CITY PLUMBING

Luke Kingma Carpentry

F&N TROPHY

Under 13				
100m	L Johnson	Ulladulla	13.2 s	1997
200m	L Johnson	Ulladulla	27.9s	1997
400m	Bianca Mounsey	Albion Park	1 m 04.9s	2002
800m	Cian Maciejewski	Ulladulla	2 m 26.7s	1999
1500m	Cian Maciejewski	Ulladulla	5 m 01.9s	1999
1500m Walk	Katrina Biteznik	St George	7 m 47.9s	2002
Long Jump	Leanne Caruana	Lake Illawarra	4.09 m	1993
Triple Jump	Fornetina Asiata	Doonside	10.25m	2003
High jump	Delta Amidzovski	Albion Park	1.50m	2017
Javelin	Keira Rejska	North Illawarra	13.18 m	2019
Shot Put	Grace Robinson	St George	13.33 m	2011
Discus	Jackie Lenartowicz	Wollongong	29.65 m	2016

Under 14				
100m	Zoe Chater	Shoalhaven	12.59s	2016
200m	Zoe Chater	Shoalhaven	26.44s	2016
400m	Bianca Mounsey	Albion Park	1 m 02.6s	2003
800m	R Hacham	St George	2m 34.4s	1994
1500m	Alicia Targa	St Georges Basin	5 m 47.8s	1999
1500m Walk	Tanya Poppett	Kiama	7 m 51.3s	2005
Javelin	Ebony Johnson	Shoalhaven	27.45m	2014
Long Jump	Tegan Barclay	Wollongong	5.02m	2012
Discus	Samantha Peace	Shoalhaven	40.00m	2012

Under 15				
100m	Lauren Weidl	Albion park	12.80s	1998
200m	Tina Spiliopoulos	Albion Park	26.40s	1993
400m	Sian Mowbray	Albion Park	1 m 02.7s	2003
800m	Bridey Delaney	St George	2m 26.5s	2002
1500m	Katie Robinson	Kiama	4m 33.8s	2008
1500m Walk	Tanya Poppet	Kiama	7 m 39.6s	2006
Javelin	Charmine Day	Lake Illawarra	23.52m	1998
Triple Jump	Liana Braithwaite	Lake Illawarra	10.56m	1999
High Jump	Talissa Scott	Kiama	1.58m	2006
Shot Put	Grace Robinson	St George	13.84m	2012

Under 10				
70m	Rebecca Mounsey	Beacon Hill	9.7 s	2002
100m	Brony Kanard	Port Hacking	14.4 s	1998
200m	Jacinta Doyle	Port Hacking	30.7 s	1999
800m	Jacinta Doyle	Port Hacking	2 m 42.5 s	1999
60m Hurdle	Katie Wagner	Lake Illawarra	10.4 s	1994
1100m Walk	Darcy Gilroy	Dapto	6 m 42.8 s	2002
Long Jump	Rebecca Mounsey	Lake Illawarra	4.10 m	2001
Discus	Chelsy Wayne	Wollongong	29.54m	2017

Under 11				
100m	Paige Fenech	Albion Park	14.2 s	2003
	Chloe Docker	Albion Park		2008
200m	Talissa Scott	Lake Illawarra	29.8 s	2003
800m	Paige Fenech	Albion Park	2 mi37.9 s	2003
60m Hurdle	Delta Amidzovski	Albion Park	9.97 sec	2016
80m Hurdle	Olivia Knowles	Shoalhaven	16.75	2019
1100m Walk	Georgia Bell	Adamstown	6 m 9.2 s	2002
Long Jump	K. Kovacevic	Highlands	3.94 m	1993
Triple Jump	Rebecca Mounsey	Albion Park	9.29 m	2003
High Jump	Delta Amidzovski	Albion Park	1.38 m	2016
Turbo Javelin	Susie Sataridis	Lake Illawarra	22.71 m	2008
Shot Put	Grace Robinson	St George	11.12 m	2008

Under 12				
100m	Alishia Fisiilose	St Georges Basin	13.4 s	1998
200m	Fornetina Asiata	Doonside	27.9 s	2003
400m	Alishia Fisiilose	St Georges Basin	1 m05s	1998
800m	Amy Dawes	Shoalhaven	2 m 31.3 s	1995
1500m	Tracy Moxham	Lake Illawarra	5 m22.8 s	1994
60m Hurdles	Alishia Fisiilose	St Georges Basin	10.2 s	1997
1500m Walk	Georgie Bell	St Georges Basin	8 m 11.1 s	2003
Long Jump	Fornetina Asiata	Doonside	4.69 m	2003
Javelin	Shaye-Lee Frier	Lake Illawarra	24.99 m	2011
Discus	Grace Robinson	St George	42.32 m	2010

Rules of Competition...

1. All athletes must be registered members of an Athletic Association, Little Athletics, seniors or veterans.
2. Nominations must state name, sex, age group, club name and registration number.
3. Competitors may enter in an unlimited number of events all of which shall be in their own registered age division.
4. A competitor may compete in a higher age division provided that the event IS NOT catered for in their own age division, weights of implements don't change, heights of hurdles don't change and the event is a normal LA event for their age. Little Athletics may only move up one age division at the most.
5. **Basin Little Athletics takes no responsibility for clashes in events - especially where competitors are competing above their age division.**
6. Only competing athletes and officials will be permitted inside the track area.
7. Trophies, medals and ribbons will be presented straight after each event.
8. Competitors compete at their own risk.
9. In all field events competitors will only have three (3) trials.
10. Competitors must wear registered numbers and club uniform when competing.
11. When an athlete is called for both a track and field event at the same time, the athlete must record his/her name at the field event and then go to the track event.
12. No event will be held up or stopped for a track-field event clash.
13. In all field events, except high jump, a competitor will be entitled to a minimum of one (1) attempt while the event is in progress. High jumpers must re-enter (or enter) at the height that the competition is up to.
14. Events 6 years to 17 years will be run under LAANSW rules.
15. Events Opens to Masters will be run under Athletics NSW rules.
16. **If the carnival is cancelled owing to rain then no refunds will be made.**
17. **Tiny Tots events are non-competitive.** Each participant will receive a small trophy.
18. **In the spirit of the day no protests will be entered into.**

PLEASE NOTE THAT SHOULD RESTRICTIONS CHANGE DUE TO COVID-19 THIS CARNIVAL MAY CHANGE AT ANYTIME WITHOUT NOTICE.

***** TRACK EVENTS WILL HAVE *** PRECEDENCE OVER FIELD EVENTS *****



Mid South Coast Grand Prix Events

	EVENT 1	EVENT 2	EVENT 3
U/6	70m	Long Jump	
U/7	70m	Shot Put	
U/8	70m	Discus	
U/9	200m	Hurdles	Walk
U/10	100m	Discus	Walk
U/11	200m	Hurdles	Walk
U/12	100m	Discus	Walk
U/13	200m	Shot Put	Walk
U/14	100m	Discus	Walk
U/15	200m	Shot Put	Walk
U/17	200m	Shot Put	Walk

Feature Events

Under 6 Boys & Girls :	300m
Under 7 Boys & Girls :	500m
Under 8 Boys & Girls :	Shot Put
Under 9 Boys & Girls :	Shot Put
Under 10 Boys & Girls:	60m Hurdles
Under 11 Boys & Girls:	Shot Put
Under 12 Boys & Girls:	Javelin
Under 13 Boys & Girls:	Javelin
Under 14 Boys & Girls :	Long Jump
Under 15 Boys & Girls:	Triple Jump
Under 17 Boys & Girls:	High Jump

For these events a trophy will be awarded to the winner instead of a medal.

Under 8				
70m	Paige Fenech	Albion Park	11.1 secs	2000
100m	Ashleigh McDonald	Dapto	15.4 secs	1994
200m	Paige Fenech	Albion Park	34.3 secs	1999
60m Hurdles	Maya Francis	Wollongong City	12 secs	2008
700m	Ashleigh McDonald	Dapto	2 mins 36.	2000
Long Jump	Chelsy Wayne	Wollongong City	3.61m	2015
Shot Put	Chelsy Wayne	Wollongong City	8.10m	2015
Discus	Chelsy Wayne	Wollongong City	19.45m	2015

Under 9				
70m	Shayna Wilson	Milton Ulladulla	10.9 secs	2004
100m	Paige Fenech	Albion Park	14.8 secs	2001
200m	Paige Fenech	Albion Park	32.0 secs	2001
60m Hurdle	Delta Amidzovski	Albion Park	10.94 secs	2014
800m	Caitlyn Foord	Lake Illawarra	2m 53.secs	2003
700m Walk	Natasha Irvine	Kurrajong/Bilpin	4m 25.4 secs	1998
Long Jump	Madison McWilliams	Albion Park	3.74 m	2019
High Jump	Rebecca Mounsey	Lake Illawarra	1.14 metres	2001
Shot Put	Grace Robinson	St George	8.04 metres	2007



FEMALE RECORDS

Under 6				
70m	Jasmin Wheeler	St Georges Basin	13.52s	2014
100m	Jasmin Wheeler	St Georges Basin	19.74s	2014
200m	Jamie McLeod	Ulladulla	42.30s	2000
300m	Holly Doyle	Port Hacking	1m 10.0s	1999
Long Jump	Jasmin Wheeler	St Georges Basin	2.42m	2014
Shot Put	Natarsha Mandavy	St Georges Basin	3.51m	2014
Discus	Emma Thornton	Warradale	8.64m	2003

Under 7				
70m	Isabella Mckay	Kiama	11.88s	2012
100m	Kylie McArdell	St Georges Basin	17.10s	1994
200m	Paige Fenech	Albion Park	36.60s	1999
500m	Ashleigh McDonald	Dapto	1 m 56.2s	1993
Long Jump	Kendall Vaughan	Lake Illawarra	3.03m	1998
Discus	Kendall Vaughan	Lake Illawarra	11.71m	1998
Shot Put	Amelia Schubert	St George	6.63m	2004



HUNT
REMOVALS & STORAGE



Track Events

1+2	Girls & Boys Tiny Tots	35	Girls U/8 60m Hurdles	69	Girls U/14 800m
	Bendigo Bank Scramble	36	Boys U/8 60m Hurdles	70	Boys U/14 800m
3	<u>Girls U/9 700m Walk</u>	37	Girls U6 300m	71	Girls U/11 800m
4	<u>Boys U/9 700m Walk</u>	38	Boys U6 300m	72	Boys U/11 800m
5	<u>Girls U/10 1100m Walk</u>	39	Girls U/7 500m	73	Girls U/13 800m
6	<u>Boys U/10 1100m Walk</u>	40	Boys U/7 500m	74	Boys U/13 800m
7	<u>Girls U/11 1100m Walk</u>	41	Girls U/17 100m	75	Girls U/15 800m
8	<u>Boys U/11 1100m Walk</u>	42	Boys U/17 100m	76	Boys U/15 800m
9	<u>Girls U/12 1500m Walk</u>	43	Womens Masters 100m	77	Womens Open 800m
10	<u>Boys U/12 1500m Walk</u>	44	Mens Masters 100m	78	Mens Open 800m
11	<u>Girls U/13 1500m Walk</u>	45	Womens Opens 100m	79	Womens Masters 800m
12	<u>Boys U/13 1500m Walk</u>	46	Mens Opens 100m	80	Mens Masters 800m
13	<u>Girls U/14 1500m Walk</u>	47	Girls U/15 100m	81	Girls U/7 200m
14	<u>Boys U/14 1500m Walk</u>	48	Boys U/15 100m	82	Boys U/7 200m
15	<u>Girls U/15 1500m Walk</u>	49	<u>Girls U/14 100m</u>	83	<u>Girls U/9 200m</u>
16	<u>Boys U/15 1500m Walk</u>	50	<u>Boys U/14 100m</u>	84	<u>Boys U/9 200m</u>
17	<u>Girls U/17 1500m Walk</u>	51	Girls U/13 100m	85	Girls U/10 200m
18	<u>Boys U/17 1500m Walk</u>	52	Boys U/13 100m	86	Boys U/10 200m
19	Girls TT 70m	53	<u>Girls U/12 100m</u>	87	<u>Girls U 11 200m</u>
20	Boys TT 70m	54	<u>Boys U/12 100m</u>	88	<u>Boys U/11 200m</u>
21	<u>Girls U/6 70m</u>	55	Girls U/11 100m	89	Girls U/12 200m
22	<u>Boys U/6 70m</u>	56	Boys U/11 100m	90	Boys U/12 200m
23	<u>Girls U/7 70m</u>	57	<u>Girls U/10 100m</u>	91	<u>Girls U/13 200m</u>
24	<u>Boys U/7 70m</u>	58	<u>Boys U/10 100m</u>	92	<u>Boys U/13 200m</u>
25	<u>Girls U/8 70m</u>	59	Girls U/6 100m	93	Girls U/14 200m
26	<u>Boys U/8 70m</u>	60	Boys U/6 100m	94	Boys U/14 200m
27	Girls TT 100m	61	Girls U/7 100m	95	<u>Girls U/15 200m</u>
28	Boys TT 100m	62	Boys U/7 100m	96	<u>Boys U/15 200m</u>
29	<u>Girls U/9 60m Hurdles</u>	63	Girls U/8 100m	97	<u>Girls U/17 200m</u>
30	<u>Boys U/9 60m Hurdles</u>	64	Boys U/8 100m	98	<u>Boys U/17 200m</u>
31	Girls U/10 60m Hurdles	65	Girls U/9 100m	99	Womens Open 200m
32	Boys U/10 60m Hurdles	66	Boys U/9 100m	##	Mens Open 200m
33	<u>Girls U/11 80m Hurdles</u>	67	Girls U/12 800m	##	Women Masters 200m
34	<u>Boys U/11 80m Hurdles</u>	68	Boys U/12 800m	##	Mens Masters 200m

EVENTS UNDERLINED ARE GRAND PRIX EVENTS

Field Events

1	Open/Masters Mens Javelin	36	Girls U/9 Shot Put
2	Open/Masters Womens Javelin	37	Boys U/9 Shot Put
3	Boys U/17yrs High Jump	38	<u>Girls U/14 Discus</u>
4	Girls U/17yrs High Jump	39	<u>Boys U/14 Discus</u>
5	Girls U/6 Shot Put	40	Girls/ Boys TT Long Jump
6	Boys U/6 Shot Put	41	Girls U/13 High Jump
7	Girls U/7 Long Jump	42	Boys U/13 High Jump
8	Boys U/7 Long Jump	43	Girls U/14 Long Jump
9	Girls/ Boys TT Shot	44	Boys U/14 Long Jump
10	Girls U/8 Long Jump	45	Girls U/8 Shot Put
11	Boys U/8 Long Jump	46	Boys U/8 Shot Put
12	Girls U/15 High Jump	47	<u>Girls U/6 Long Jump</u>
13	Boys U/15 High Jump	48	<u>Boys U/6 Long Jump</u>
14	Girls U/13 Javelin	49	<u>Girls U/17 Shot Put</u>
15	Boys U/13 Javelin	50	<u>Boys U/17 Shot Put</u>
16	Girls U/11 Shot Put	51	Open/Masters Mens Shot Put
17	Boys U/11 Shot Put	52	Open/Master Womens Shot Put
18	<u>Girls U/12 Discus</u>	53	<u>Girls U/15 Shot Put</u>
19	<u>Boys U/12 Discus</u>	54	<u>Boys U/15 Shot Put</u>
20	Girls U/10 Long Jump	55	<u>Girls U/10 Discus</u>
21	Boys U/10 Long Jump	56	<u>Boys U/10 Discus</u>
22	Girls U/14 Javelin	57	Girls U/11 High Jump
23	Boys U/14 Javelin	58	Boys U/11 High Jump
24	Girls U/9 Long Jump	59	Girls U/12 Long Jump
25	Boys U/9 Long Jump	60	Boys U/12 Long Jump
26	Girls U/17 Discus	61	Girls U/15 Triple Jump
27	Boys U/17 Discus	62	Boys U/15 Triple Jump
28	Open/Master Mens Discus	63	<u>Girls U/7 Shot Put</u>
29	Open/master Womens Discus	64	<u>Boys U/7 Shot Put</u>
30	<u>Girls U/13 Shot Put</u>	65	Girls U/6 Discus
31	<u>Boys U/13 Shot Put</u>	66	Boys U/6 Discus
32	Girls U/12 Javelin	67	Girls U/17 Triple Jump
33	Boys U/12 Javelin	68	Boys U/17 Triple Jump
34	<u>Girls U/8 Discus</u>	69	Open/Master Mens Long Jump
35	<u>Boys U/8 Discus</u>	70	Open/Master Womens Long Jump

EVENTS IN BOLD ARE FEATURE EVENTS

Masters				
100m	Mark Doherty	ACT	11.7 secs	2001
200m	Paul Musgrove	Nowra	26.7 secs	1999
				2011
800m	Peter Dooley	Nowra	2 m 11.7 s	1997
1500m	Doug McNally	Bay & Basin Snrs	6 m 11.7	1998
Javelin	Paul Taylor	Bay & Basin Snrs	38.90 m	1998
High Jump	Craig Wallace	Springwood	1.35 m	2001
Long Jump	Mark Doherty	ACT	6.12 m	2001
Shot Put	P. Robinson	Camden	13.04 m	1993
Discus	Paul Joines	St Georges Basin	33.9 metres	2007

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REMOVALS & STORAGE



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Under 15				
100m	Dylan Thompson	St Georges Basin	11.73 sec	2014
200m	Kevin Bezzina	St George	23.7 secs	1997
400m	Gareth Ryan	Albion Park	56.1 secs	2007
800m	S. Melrose	Emu Plains	2 m 09.2 s	1993
1500m	Connor Mulholland	St George	3 m 47.2 s	2008
1500m Walk	Troy Upward	Wollongong City	7 m 34.6 s	1997
Triple Jump	Kevin Orgaz	St Georges Basin	12.80 m	2006
Long Jump	Kevin McGarry	Lake Illawarra	5.23 m	1993
High Jump	Steven Cluff	Shoalhaven	1.80 m	2000
Shot Put	Anthony Camilleri	Balmain	15.14 m	1999

Under 17				
100m	Michael Bingham	Lake Illawarra	11.8 secs	2007
200m	Michael Bingham	Lake Illawarra	22.2 secs	2007
800m	Michael Bingham	Lake Illawarra	2 m 10.9 secs	2007
Long Jump	Michael Bingham	Lake Illawarra	5.92 metres	2007
High Jump	Michael Bingham	Lake Illawarra	1.55 metres	2007
Discus	Brock Nichols	St Georges Basin	36.04 metres	2014
Shot Put	Brock Nichols	St Georges Basin	11.63 metres	2014
Javelin	Brock Nichols	St Georges Basin	36.68 metres	2014
1500m Walk	Dylan Thompson	St Georges Basin	10m 19.18s	2015

Open				
100m	Mark Doherty	Bega	11.4 secs	1998
200m	Joe McGarry	Ill. Blue Stars	23.5 secs	1994
400m	Joe McGarry	Ill. Blue Stars	53.6 secs	1994
800m	Jeff Wray	ACT	1 m 58.6 s	2001
1500m	Julien Wicks	Nowra Ath. Club	4 m 21.5 s	1993
3km	Simon Grimm	Lake Illawarra	11 m 16.6 s	1993
Javelin	Mark Waller	Bay & Basin Snrs	41.67 metres	1998
High Jump	Sean Hayward	Nowra Ath. Club	1.7 metres	1999
Long Jump	Sean Hayward	Nowra Ath. Club	5.96 metres	1999
Shot Put	Paul Joines	Bay & Basin Snrs	11.22 metres	1998
Discus	Jamie Thompson	Ill. Blue Stars	40.52 metres	1997

Male Records

Under 6				
70m	Preston Sager	Kiama	12.18s	2015
100m	Preston Sager	Kiama	18.52s	2015
200m	Daniel Wilson	Prospect	41.1 secs	1997
300m	Germaine Wright	Albion Park	1.04.89	2014
Long Jump	Preston Sager	Kiama	2.90m	2015
Shot Put	Isaiah Nasio	Doonside	4.96m	2019
Discus	M. Frifth	Beacon Hill	13.89 metres	1995

Under 7				
70m	Wade Hazell	Shoalhaven	11.9 secs	2001
100m	Nick Henry	lilac	15.8 secs	1994
200m	Mitchell Potts	Albion Park	35.2 secs	2007
500m	Mitchell Potts	Albion Park	1 . 46.4 secs	2007
Long Jump	Gabriel Lombardi	Kiama	3.08m	2015
Discus	Chris Joines	St Georges Basin	21.56 metres	1998
Shot Put	Noah Jackson	Lake Illawarra	8.94 metres	2014

Under 8				
70m	Germaine Wright	Albion Park	10.81s	2016
100m	Zac Havadjia	Shoalhaven	13.2 secs	2006
200m	Mathew Stone	Albion Park	33.8 secs	1999
60m Hurdles	Gabriel Lombardi	Kiama	11.41s	2016
700m	Mitchell Potts	Albion Park	2. 28.3 secs	2008
Long Jump	Gabriel Lombardi	Kiama	3.61m	2016
Shot Put	Noah Jackson	Lake Illawarra	8.00m	2015
Discus	Mathew Stone	Albion Park	19.93 metres	1999

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Under 9				
70m	Jake Stein	Warradale	10.3 secs	2002
100m	Kane Linnett	Lake Illawarra	14.7 secs	1997
200m	Kane Linnett	Lake Illawarra	31.2 secs	1997
800m	Matthew Healey	Port Hacking	2 m 42.6 s	1999
60m Hurdles	Dale Robinson	Camden		1993
	Andrew Frith	Beacon Hill	10.7 secs	1994
700m Walk	Rhys Stein	Warradale	4 m 23.7 s	2004
Long Jump	Kyle Smith	Milton	3.95 m	2019
High Jump	Jake Stein	Warradale	1.29 metres	2002
Shot Put	Andrew Frith	Beacon Hill	8.17 metres	1994
Under 10				
70m	Cameron Hyde	Campbelltown	9.6 secs	2002
100m	Cameron Hyde	Campbelltown	13.7 secs	2002
200m	Jayden Wright	Albion Park	29.55 s	2012
800m	Guy Cuttill	Lake Illawarra	2 m 37 s	1998
60m Hurdles	Matthew Stone	Albion Park	10.1 s	2001
1100m Walk	Nathan MacKinnon	Lake Illawarra	6m 33.5 s	2002
Long Jump	Joshua Bingham	Lake Illawarra	4.51 m	2004
Discus	Chris Joines	St Georges Basin	31.02 m	2001
Under 11				
100m	Kevin Orgaz	St Georges Basin	13.5 s	2002
200m	Kevin Orgaz	St Georges Basin	29.1 s	2002
	D. McDonald	Wollongong City		1994
800m	J. Payne	Shoalhaven	2 .36.9 s	1994
	Robert Laster	St George		2003
	A. Thomas	Albion Park		1994
	D. McDonald	Wollongong City		1994
60m Hurdles	Richard Hewitt	Albion Park	10.2 secs	1997
	Joel Fitness	Albion Park		2003
	Jake Stein	Warradale		2004
80m Hurdles	Asher Chapman	Shoalhaven	15.75	2019
1100m Walk	Matthew Healey	Port Hacking	5m45.4 s	2001
Long Jump	C. Greogiou	Dapto	4.18 metres	1993
Triple jump	Kevin Orgaz	St Georges Basin	10.04 metres	2002
High Jump	Jake Stein	Warradale	1.51 metres	2004
Turbo Jav	Hume Sele	St George	25.62 metres	2003
Shot Put	Jake Stein	Warradale	11.29 metres	2007

Under 12				
100m	Wade Hazell	Shoalhaven	13.3 secs	2006
200m	Johnny Finkernagel	Shoalhaven	28.4 secs	1997
400m	Andrew Frith	Beacon Hill	1 m 05.7 s	1997
800m	Jake Evans	Sutherland	2 m 25.9 s	2001
1500m	J. McCormack	Albion Park	5 m 12.3 s	1993
60m Hurdles	Kevin Orgaz	St Georges Basin	9.9 secs	2003
1500m Walk	Kyle Malone	Nepean	8 m 04.5 s	2002
Long Jump	Kevin Orgaz	St Georges Basin	4.90 metres	2003
Javelin	Luke Byrnes	St George	32.49 metres	2011
Discus	Pita Toamotu	St George	37.45 metres	2010
Under 13				
100m	F. Care	St George	12.0 secs	1994
	F. Care	St George		1994
200m	Jamain Khan	Mount Druitt	25.8 secs	1997
400m	Luke Hamer	St George	58.6 secs	2004
800m	Johnny Finkernagel	St Georges Basin	2m 26 s	1998
1500m	Jake Ring	Milton Ulladulla	4m 56.5 s	2003
1500m Walk	Jarryd O'Connell	Holroyd	7m 51 s	2002
Long Jump	C. Bartley	Albion Park	4.67 m	1993
Triple Jump	Kevin Orgaz	St Georges Basin	11.25 m	2004
High Jump	Steven Cluff	Shoalhaven	1.58 m	1998
Discus	Mason Beresford	Shoalhaven	20.40m	2015
Javelin	Ryan Smith	Shoalhaven	26.85 m	2017
Shot Put	Pita Toamotu	St George	12.43 m	2011
Under 14				
100m	John Finkernagel	St Georges Basin	11.9 secs	1999
200m	R. Rose	Glenbrook	24.2 secs	1993
400m	Zac Havadjia	Shoalhaven	56.08 secs	2012
800m	R. Rose	Glenbrook	2 m 13.4 s	1993
1500m	Riley Delaney	St Georges	4 m 12.9 s	2008
1500m Walk	Kyle Phillips-Maynard	St Georges Basin	8 m 4.5 s	2002
Javelin	Jarrold Twigg	W'Gong City	41.3m	2012
Long Jump	Johnny Finkernagel	St Georges Basin	5.81 m	1999
Triple Jump	Nicholas High	Albion Park	8.63 m	2012
Discus	Pita Toamotu	St George	48.18m	2012