

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS LANSW

Zone - Records

1	Girls U 7 50 Metre Sprint	9.04	30/01/2010	C.Kennedy - Quakers Hill
2	Boys U 7 50 Metre Sprint	8.46	12/12/2015	Saxon Ward - Hills District
3	Girls U 7 70 Metre Sprint	11.40	1/01/1984	A.Davis - Hills
4	Boys U 7 70 Metre Sprint	11.00	1/01/1989	P. Morgan - Winston Hills
5	Girls U 8 70 Metre Sprint	10.60	1/01/1986	D Kerr - Winston Hills
6	Boys U 8 70 Metre Sprint	10.50	1/01/1982	N Stephens - Winston Hills
7	Girls U 9 70 Metre Sprint	10.69	13/12/2015	Tuliana Kabuyawa - Hills District
8	Boys U 9 70 Metre Sprint	10.54	11/12/2016	Rhys Webster - Winston Hills
9	Girls U 10 70 Metre Sprint	9.80	1/02/1997	A Kerr - Winston Hills
10	Boys U 10 70 Metre Sprint	10.00	1/02/1997	D Wright - Winston Hills
11	Girls U 7 100 Metre Sprint	16.30	1/01/1985	D.Kerr - Winston Hills
12	Boys U 7 100 Metre Sprint	15.90	8/12/2012	Nathaniel Idehen - Hills District
13	Girls U 8 100 Metre Sprint	15.40	1/01/1980	A Parker - Hills
14	Boys U 8 100 Metre Sprint	14.80	1/01/1983	A Polley - Winston Hills
15	Girls U 9 100 Metre Sprint	14.30	1/01/1981	L Whiteside - Winston Hills
16	Boys U 9 100 Metre Sprint	14.30	2/02/1991	P Mogan - Winston Hills
17	Girls U 10 100 Metre Sprint	13.70	1/02/1997	A Kerr - Winston Hills
18	Boys U 10 100 Metre Sprint	13.90	1/02/1997	D Wright - Winston Hills
19	Girls U 11 100 Metre Sprint	13.69	1/01/1987	B Page - Hills
20	Boys U 11 100 Metre Sprint	12.90	1/01/1980	C Cassidy - Hills
21	Girls U 12 100 Metre Sprint	13.20	1/01/1986	A Coupland - Hills
22	Boys U 12 100 Metre Sprint	12.60	1/01/1981	C Cassidy - Hills
23	Girls U 13 100 Metre Sprint	12.60	2/02/1991	D Kerr - Winston Hills
24	Boys U 13 100 Metre Sprint	12.09	8/12/2012	Timothy Simmons - Hills District
25	Girls U 14 100 Metre Sprint	12.40	27/10/2003	A Kerr - Winston Hills
26	Boys U 14 100 Metre Sprint	11.90	5/02/1994	M Adams - Hills
27	Girls U 15 100 Metre Sprint	12.50	6/02/1993	D Kerr - Winston Hills
28	Boys U 15 100 Metre Sprint	11.15	14/12/2019	Lachlan Wood - Winston Hills
29	Girls U 17 100 Metre Sprint	12.33	14/12/2019	Erin Graham - Hawkesbury City
30	Boys U 17 100 Metre Sprint	11.30	10/12/2016	Walther Wegmann - Kings Langley
31	Girls U 7 200 Metre Sprint	33.70	30/01/2000	A.Ashton - Kings Langley
32	Boys U 7 200 Metre Sprint	33.90	1/01/1980	M.Canning - Winston Hills
33	Girls U 8 200 Metre Sprint	25.91	14/12/2014	Alannah Ellis - Hills District
34	Boys U 8 200 Metre Sprint	30.70	1/01/1983	A Polley - Winston Hills
35	Girls U 9 200 Metre Sprint	31.20	1/01/1987	D Kerr - Winston Hills
36	Boys U 9 200 Metre Sprint	29.80	4/02/1996	J De Silva - Winston Hills
37	Girls U 10 200 Metre Sprint	29.50	1/01/1983	D Waltmann - Lalor Park
38	Boys U 10 200 Metre Sprint	28.80	1/01/1985	T Henry - Winston Hills
39	Girls U 11 200 Metre Sprint	28.74	10/12/2017	tuliana kabuyawa - Hills District
40	Boys U 11 200 Metre Sprint	27.60	1/01/1980	C Cassidy - Hills
41	Girls U 12 200 Metre Sprint	27.10	30/01/1999	M Riley - Hills
42	Boys U 12 200 Metre Sprint	26.42	29/01/2012	Timothy Simmons - Quakers Hill
43	Girls U 13 200 Metre Sprint	26.57	9/12/2018	Tuliana Kabuyawa - Hills District
44	Boys U 13 200 Metre Sprint	24.88	28/01/2007	N Hough - Hills
45	Girls U 14 200 Metre Sprint	25.90	30/01/1998	P Carey - Hills
46	Boys U 14 200 Metre Sprint	23.98	3/02/2008	N Hough - Hills
47	Girls U 15 200 Metre Sprint	26.15	9/12/2018	Jorja Wilson - Winston Hills
48	Boys U 15 200 Metre Sprint	22.87	1/02/2009	N Hough - Hills
49	Girls U 17 200 Metre Sprint	25.58	15/12/2019	Erin Graham - Hawkesbury City
50	Boys U 17 200 Metre Sprint	22.56	11/12/2016	Keegan Bell - Hills District
51	Girls U 8 400 Metre Sprint	1:17.12	31/01/2004	M Souter - Winston Hills
52	Boys U 8 400 Metre Sprint	1:13.70	1/01/1987	P Wallington - Hills
53	Girls U 9 400 Metre Sprint	1:10.40	1/01/1980	N Stenberg - Hills
54	Boys U 9 400 Metre Sprint	1:09.20	1/01/1984	A Polley - Winston Hills
55	Girls U 10 400 Metre Sprint	1:10.01	31/01/2009	S De Sliva - Winston Hills
56	Boys U 10 400 Metre Sprint	1:07.70	1/01/1983	M Canning - Winston Hills
57	Girls U 11 400 Metre Sprint	1:06.00	1/01/1982	N Stenberg - Hills
58	Boys U 11 400 Metre Sprint	1:04.20	1/01/1980	C Cassidy - Hills
59	Girls U 12 400 Metre Sprint	1:04.90	1/01/1983	N Stenberg - Hills
60	Boys U 12 400 Metre Sprint	1:00.66	10/12/2016	Lachlan Wood - Winston Hills
61	Girls U 13 400 Metre Sprint	1:02.04	30/01/2004	P Rom - Winston Hills

**NWmet ZONE TRACK & FIELD CHAMPIONSHIPS
LANSW**

Zone - Records

62	Boys U 13 400 Metre Sprint	56.74	9/12/2017	Lachlan Wood - Winston Hills
63	Girls U 14 400 Metre Sprint	1:00.80	1/01/1989	K Clemens - Hills
64	Boys U 14 400 Metre Sprint	54.80	5/02/1994	M Adams - Hills
65	Girls U 15 400 Metre Sprint	59.30	3/02/1996	S Lapham - Hills
66	Boys U 15 400 Metre Sprint	53.44	14/12/2019	Lachlan Wood - Winston Hills
67	Girls U 17 400 Metre Sprint	1:00.70	10/12/2016	Rowena Milliss - Winston Hills
68	Boys U 17 400 Metre Sprint	49.39	14/12/2019	Joshua Atkinson - Hills District
69	Girls U 8 60 Metre Hurdles (45cm)	11.70	4/02/1995	A Kerr - Winston Hills
70	Boys U 8 60 Metre Hurdles (45cm)	11.00	10/12/2016	Saxon Ward - Hills District
71	Girls U 9 60 Metre Hurdles (45cm)	10.80	1/01/1997	S Starkey - Riverstone
72	Boys U 9 60 Metre Hurdles (45cm)	10.10	4/02/1995	C Nielson - Winston Hills
73	Girls U 10 60 Metre Hurdles (60cm)	9.60	1/01/1988	B Smith - Winston Hills
74	Boys U 10 60 Metre Hurdles (60cm)	9.60	7/12/1991	G O'Donnell - Richmond
75	Girls U 11 80 Metre Hurdles (60cm)	15.08	15/12/2019	Elanur Kadayifci - Hills District
76	Boys U 11 80 Metre Hurdles (60cm)	13.78	15/12/2019	William Cetinic - Hills District
77	Girls U 12 80 Metre Hurdles (68cm)	15.34	13/12/2019	Makayla Allen - Riverstone
78	Boys U 12 80 Metre Hurdles (68cm)	12.77	15/12/2019	Joshua Cetinic - Hills District
79	Girls U 13 80 Metre Hurdles (76cm)	13.50	5/02/1995	A Parry - Hawkesbury City
80	Boys U 13 80 Metre Hurdles (76cm)	12.10	2/02/1997	A Abou-Mahmoud - Winston Hills
81	Girls U 14 80 Metre Hurdles (76cm)	12.53	15/12/2013	Tiana Death - Hills District
82	Boys U 14 90 Metre Hurdles (76cm)	12.55	3/02/2008	N Hough - Hills
83	Girls U 15 90 Metre Hurdles (76cm)	13.30	2/02/1997	A Luthy - Hawkesbury City
84	Boys U 15 100 Metre Hurdles (76cm)	14.49	30/01/2005	C Burns - Hawkesbury City
85	Girls U 17 100 Metre Hurdles (76cm)	15.19	15/12/2019	Chanelle Odendaal - Rouse Hill
86	Boys U 17 110 Metre Hurdles (76cm)	15.05	15/12/2013	Todd Owen - Kings Langley
87	Girls U 13 200 Metre Hurdles (68cm)	29.70	1/01/1990	A Maguire - Hills
88	Boys U 13 200 Metre Hurdles (68cm)	28.30	1/01/1985	L Liaubon - Winston Hills
89	Girls U 14 200 Metre Hurdles (76cm)	29.10	1/01/1988	R Freeman - Hills
90	Boys U 14 200 Metre Hurdles (76cm)	25.41	2/02/2008	N Hough - Hills
91	Girls U 15 300 Metre Hurdles (76cm)	47.76	8/12/2016	Danielle Drinnan - Winston Hills
92	Boys U 15 300 Metre Hurdles (76cm)	45.75	8/12/2018	Jake Baptiste - Kings Langley
93	Girls U 17 300 Metre Hurdles (76cm)	48.80	9/12/2017	Alicia Fartek - Hills District
94	Boys U 17 300 Metre Hurdles (76cm)	42.71	13/12/2019	Jake Baptiste - Kings Langley
95	Girls U 7 500 Metre Run Pack Start	1:37.80	1/01/1988	S Lapham - Hills
96	Boys U 7 500 Metre Run Pack Start	1:29.50	30/01/2008	J Green - Hills
97	Girls U 8 700 Metre Run Pack Start	2:18.10	16/12/1991	K Drennan - Hills
98	Boys U 8 700 Metre Run Pack Start	2:05.30	28/01/2009	H Green - Hills
99	Girls U 9 800 Metre Run	2:41.00	1/01/1980	N Stenberg - Hills
100	Boys U 9 800 Metre Run	2:35.50	1/01/1984	A Polley - Winston Hills
101	Girls U 10 800 Metre Run	2:40.40	1/01/1985	K Clemens - Lalor Park
102	Boys U 10 800 Metre Run	2:34.30	1/01/1985	A Polley - Winston Hills
103	Girls U 11 800 Metre Run	2:33.90	1/01/1981	C Hauser - Hills
104	Boys U 11 800 Metre Run	2:27.20	1/01/1982	P Stellino - Hills
105	Girls U 12 800 Metre Run	2:26.00	1/01/1985	A Harrison - Hills
106	Boys U 12 800 Metre Run	2:16.80	1/01/1983	N Stellino - Hills
107	Girls U 13 800 Metre Run	2:22.60	1/01/1988	K Clemens - Hills
108	Boys U 13 800 Metre Run	2:18.03	10/12/2017	Lachlan Wood - Winston Hills
109	Girls U 14 800 Metre Run	2:20.60	1/01/1989	K Clemens - Hills
110	Boys U 14 800 Metre Run	2:08.41	11/12/2016	Joshua Atkinson - Hills District
111	Girls U 15 800 Metre Run	2:18.30	1/01/1996	S Lapham - Hills
112	Boys U 15 800 Metre Run	2:04.73	10/12/2017	Joshua Atkinson - Hills District
113	Girls U 17 800 Metre Run	2:24.11	9/12/2012	Sarah Marvin - Winston Hills
114	Boys U 17 800 Metre Run	1:55.43	15/12/2019	Joshua Atkinson - Hills District
117	Girls U 11 1500 Metre Run	5:16.70	1/01/1986	E Simpson - Winston Hills
118	Boys U 11 1500 Metre Run	4:59.30	1/01/1982	P Stellino - Hills
119	Girls U 12 1500 Metre Run	4:59.00	1/01/1980	S Everitt - Hills
120	Boys U 12 1500 Metre Run	4:38.50	1/01/1983	N Stellino - Hills
121	Girls U 13 1500 Metre Run	4:57.50	1/01/1986	A Harrison - Hills
122	Boys U 13 1500 Metre Run	4:39.80	12/12/2015	Joshua Atkinson - Hills District
123	Girls U 14 1500 Metre Run	4:52.70	14/12/2013	Leena Yang - Hills District
124	Boys U 14 1500 Metre Run	4:32.16	28/01/2012	Benjamin Thomson - Hills District

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS LANSW

Zone - Records

125	Girls U 15 1500 Metre Run	4:58.60	30/01/2009	S Bright - Hills
126	Boys U 15 1500 Metre Run	4:20.45	29/01/2005	J Kaan - Hills
127	Girls U 17 1500 Metre Run	4:59.01	12/12/2015	Ali Thomson - Hills District
128	Boys U 17 1500 Metre Run	4:18.70	14/12/2013	Ben Thomson - Hills District
129	Girls U 13 3000 Metre Run	10:43.12	30/01/2010	S Marvin - Winston Hills
130	Boys U 13 3000 Metre Run	10:03.63	13/12/2019	Billy Mulvihill - Hills District
131	Girls U 14 3000 Metre Run	10:31.67	14/12/2013	Leena Yang - Hills District
132	Boys U 14 3000 Metre Run	9:50.38	28/01/2012	Benjamin Thomson - Hills District
133	Girls U 15 3000 Metre Run	10:32.90	28/01/2012	Sarah Marvin - Winston Hills
134	Boys U 15 3000 Metre Run	9:34.19	8/12/2012	Ben Thomson - Hills District
135	Girls U 17 3000 Metre Run	10:47.03	8/12/2012	Sarah Marvin - Winston Hills
136	Boys U 17 3000 Metre Run	9:18.51	14/12/2013	Ben Thomson - Hills District
137	Girls U 9 700 Metre Walk	3:31.00	1/02/1997	S Munday - Prospect
138	Boys U 9 700 Metre Walk	3:51.60	30/01/1998	S Johnstone - Winston Hills
139	Girls U 10 1100 Metre Walk	6:17.40	23/01/2003	R Houston - Winston Hills
140	Boys U 10 1100 Metre Walk	6:06.36	27/01/2010	L McGrath - Hills
141	Girls U 11 1100 Metre Walk	5:39.96	9/12/2016	Ella Munroe - Hills District
142	Boys U 11 1100 Metre Walk	5:59.87	27/01/2010	J Glover - Hills
143	Girls U 12 1500 Metre Walk	7:50.80	4/02/1994	C Bock - Winston Hills
144	Boys U 12 1500 Metre Walk	7:25.90	1/01/1983	C Arkins - Hills
145	Girls U 13 1500 Metre Walk	7:40.90	7/12/2018	Ella Munroe - Hills District
146	Boys U 13 1500 Metre Walk	7:23.28	7/12/2018	Brodie Payne - Winston Hills
147	Girls U 14 1500 Metre Walk	7:52.57	27/01/2005	B Melrose - Winston Hills
148	Boys U 14 1500 Metre Walk	7:44.20	5/02/1993	D Rushworth - Prospect
149	Girls U 15 1500 Metre Walk	7:15.46	25/01/2006	M Hayes - Kings Langley
150	Boys U 15 1500 Metre Walk	7:17.50	5/02/1993	A Midgley - Prospect
151	Girls U 17 1500 Metre Walk	7:36.45	8/12/2017	Janaya Lee - Riverstone
152	Boys U 17 1500 Metre Walk	6:50.42	11/12/2015	Jordan Glover - Hills District
153	Girls U 9 High Jump (S/H 0.80m)	1.14m	30/01/1999	L Denning - Hills
154	Boys U 9 High Jump (S/H 0.85m)	1.40m	10/12/2016	Joshua Hand - Winston Hills
155	Girls U 10 High Jump (S/H 0.90m)	1.28m	28/01/2007	A Tait - Kings Langley
156	Boys U 10 High Jump (S/H 0.95m)	1.41m	1/01/1980	D Harris - P Town
157	Girls U 11 High Jump (S/H 1.00m)	1.39m	10/12/2016	Audrey Nadaya-Harb - Winston Hills
158	Boys U 11 High Jump (S/H 1.05m)	1.50m	28/01/2006	J Edwards - Winston Hills
159	Girls U 12 High Jump (S/H 1.10m)	1.48m	10/12/2017	Audrey Nadaya-Harb - Winston Hills
160	Boys U 12 High Jump (S/H 1.15m)	1.52m	1/01/1988	N Wallington - Hills
161	Girls U 13 High Jump (S/H 1.15m)	1.57m	8/12/2018	Vanessa Apel - Winston Hills
162	Boys U 13 High Jump (S/H 1.20m)	1.78m	2/02/1991	P Jackson - Richmond
163	Girls U 14 High Jump (S/H 1.20m)	1.63m	15/12/2019	Vanessa Apel - Winston Hills
164	Boys U 14 High Jump (S/H 1.25m)	1.72m	27/10/2003	M Claridge - Hills
165	Girls U 15 High Jump (S/H 1.20m)	1.66m	5/02/1994	C Mortleman - Hills
166	Boys U 15 High Jump (S/H 1.25m)	1.85m	29/01/2005	R Webster - Winston Hills
167	Girls U 17 High Jump (S/H 1.25m)	1.60m	14/12/2013	Madeleine Jones - Hills District
168	Boys U 17 High Jump (S/H 1.30m)	1.84m	8/12/2018	Omar Nadaya-Harb - Winston Hills
169	Girls U 7 Long Jump	3.46m	1/01/1987	R.Crooks - Riverstone
170	Boys U 7 Long Jump	3.59m	1/01/1988	G.Wells - Winston Hills
171	Girls U 8 Long Jump	4.17m	1/01/1986	D Kerr - Winston Hills
172	Boys U 8 Long Jump	3.95m	1/01/1985	C Pound - Winston Hills
173	Girls U 9 Long Jump	4.31m	1/01/1987	D Kerr - Winston Hills
174	Boys U 9 Long Jump	4.27m	1/01/1988	P Wallington - Winston Hills
175	Girls U 10 Long Jump	4.69m	1/01/1988	D Kerr - Winston Hills
176	Boys U 10 Long Jump	4.53m	1/01/1984	B Courtney - Hills
177	Girls U 11 Long Jump	4.83m	1/01/1989	D Kerr - Winston Hills
178	Boys U 11 Long Jump	5.06m	1/01/1986	T Henry - Winston Hills
179	Girls U 12 Long Jump	5.07m	1/01/1982	K Barrett - Winston Hills
180	Boys U 12 Long Jump	5.10m	1/01/1986	B Courtney - Hills
181	Girls U 13 Long Jump	5.22m	8/12/2018	Tuliana Kabuyawa - Hills District
182	Boys U 13 Long Jump	5.37m	11/12/2016	Patrick Spence - Winston Hills
183	Girls U 14 Long Jump	5.39m	30/01/1998	P Carey - Hills
184	Boys U 14 Long Jump	5.90m	10/12/2017	Sylvester Amon - Rouse Hill
185	Girls U 15 Long Jump	5.49m	27/10/2003	M Riley - Hills

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS LANSW

Zone - Records

186	Boys U 15 Long Jump	6.00m	27/10/2003	A Semple - Winston Hills
187	Girls U 17 Long Jump	5.64m	10/12/2016	Caitlyn Hicks - Winston Hills
188	Boys U 17 Long Jump	6.55m	14/12/2013	Jordan Coleman - Hills District
189	Girls U 11 Triple Jump	9.70m	29/01/2011	T Jaber - Kings Langley
190	Boys U 11 Triple Jump	10.12m	29/01/2005	N Hough - Hills
191	Girls U 12 Triple Jump	10.58m	8/12/1991	L Caruana - Prospect
192	Boys U 12 Triple Jump	10.77m	30/01/2011	F Adutwum - Quakers Hill
193	Girls U 13 Triple Jump	11.02m	8/12/2012	Tiana Jaber - Kings Langley
194	Boys U 13 Triple Jump	11.76m	27/01/2007	N Hough - Hills
195	Girls U 14 Triple Jump	11.28m	8/12/1991	B Smith - Winston Hills
196	Boys U 14 Triple Jump	12.27m	9/12/2017	Sylvester Amon - Rouse Hill
197	Girls U 15 Triple Jump	12.07m	14/12/2019	Olivia Dimech - Hawkesbury City
198	Boys U 15 Triple Jump	12.37m	27/10/2003	A Semple - Winston Hills
199	Girls U 17 Triple Jump	11.90m	30/01/2011	N Apikotoa - Kings Langley
200	Boys U 17 Triple Jump	13.12m	7/12/2018	Omar Nadaya-Harb - Winston Hills
201	Girls U 7 Discus (350 Gram)	20.08m	25/01/2003	T.Sengul - Winston Hills
202	Boys U 7 Discus (350 Gram)	27.67m	14/12/2014	Lachlan Metcalfe - Kings Langley
203	Girls U 8 Discus (500 Gram)	23.74m	31/01/2004	T Sengul - Winston Hills
204	Boys U 8 Discus (500 Gram)	27.86m	30/01/2000	S Dhaliwal - Quakers Hill
205	Girls U 9 Discus (500 Gram)	27.18m	30/01/2005	P Lemi - Winston Hills
206	Boys U 9 Discus (500 Gram)	30.83m	30/01/2005	T Moerea - Winston Hills
207	Girls U 10 Discus (500 Gram)	36.17m	28/01/2006	T Sengul - Winston Hills
208	Boys U 10 Discus (500 Gram)	35.40m	31/01/2009	J Baker - Winston Hills
209	Girls U 11 Discus (500 Gram)	33.66m	28/01/2007	P Lemi - Winston Hills
210	Boys U 11 Discus 500 Gram)	35.64m	9/12/2012	Alexander Murdocca - Rouse Hill
211	Girls U 12 Discus (750 Gram)	41.59m	2/02/2008	T Snegul - Winston Hills
212	Boys U 12 Discus (750 Gram)	47.02m	14/12/2013	Alexander Murdocca - Rouse Hill
213	Girls U 13 Discus (750 Gram)	47.60m	31/01/2009	T Sengul - Winston Hills
214	Boys U 13 Discus (750 Gram)	48.00m	13/12/2014	Alexander Murdocca - Rouse Hill
215	Girls U 14 Discus (1.0 Kg)	44.29m	31/01/2010	T Sengul - Winston Hills
216	Boys U 14 Discus (1.0 Kg)	53.70m	5/02/1995	S Novkovic - Winston Hills
217	Girls U 15 Discus (1.0 Kg)	44.63m	29/01/2011	T Sengul - Winston Hills
218	Boys U 15 Discus (1.0 Kg)	55.88m	30/01/1999	A Walker - Hills
219	Girls U 17 Discus (1.0 Kg)	45.49m	8/12/2012	Taylah Sengal - Winston Hills
220	Boys U 17 Discus (1.5 Kg)	45.91m	14/12/2019	Blake Archer - Rouse Hill
221	Girls U 7 Shot Put (1.0 Kg)	7.96m	1/01/1984	K.Leppanen - Winston Hills
222	Boys U 7 Shot Put (1.0 Kg)	9.50m	13/12/2014	Lachlan Metcalfe - Kings Langley
223	Girls U 8 Shot Put (1.5 Kg)	8.50m	1/02/2004	T Sengul - Winston Hills
224	Boys U 8 Shot Put (1.5 Kg)	9.04m	12/12/2015	Lachlan Metcalfe - Kings Langley
225	Girls U 9 Shot Put (2.0 Kg)	8.12m	25/01/2003	T Breeze-Brackers - Winston Hills
226	Boys U 9 Shot Put (2.0 Kg)	9.70m	29/01/2005	T Moerea - Winston Hills
227	Girls U 10 Shot Put (2.0 Kg)	10.92m	29/01/2006	P Lemi - Winston Hills
228	Boys U 10 Shot Put (2.0 Kg)	11.25m	26/01/2003	M Teina - Winston Hills
229	Girls U 11 Shot Put (2.0 Kg)	12.65m	27/01/2007	T Sengul - Winston Hills
230	Boys U 11 Shot Put (2.0 Kg)	13.22m	31/01/2004	M Teina - Winston Hills
231	Girls U 12 Shot Put (2.0 Kg)	15.76m	3/02/2008	T Sengul - Winston Hills
232	Boys U 12 Shot Put (2.0 Kg)	13.12m	9/12/2018	Benjamin Kasozi - Hills District
233	Girls U 13 Shot Put (3.0 Kg)	14.57m	1/02/2009	T Sengul - Winston Hills
234	Boys U 13 Shot Put (3.0 Kg)	16.34m	5/02/1994	S Novkovic - Winston Hills
235	Girls U 14 Shot Put (3.0 Kg)	15.42m	30/01/2010	T Sengul - Winston Hills
236	Boys U 14 Shot Put (3.0 Kg)	16.16m	13/12/2014	Jandamurra Stewart - Winston Hills
237	Girls U 15 Shot Put (3.0 Kg)	14.86m	30/01/2011	T Sengul - Winston Hills
238	Boys U 15 Shot Put (4.0 Kg)	17.34m	30/01/1988	M Sowden - Riverstone
239	Girls U 17 Shot Put (3.0 Kg)	15.15m	9/12/2012	Taylah Sengal - Winston Hills
240	Boys U 17 Shot Put (5.0 Kg)	15.34m	31/01/2009	M Teina - Winston Hills
241	Girls U 11 Javelin (400 Gram)	26.20m	11/12/2016	Rachel Bardney - Kings Langley
242	Boys U 11 Javelin (400 Gram)	26.18m	12/12/2015	Aaron Byrne - Winston Hills
243	Girls U 12 Javelin (400 Gram)	28.02m	9/12/2017	Rachel Bardney - Kings Langley
244	Boys U 12 Javelin (400 Gram)	33.62m	12/12/2015	Blake Archer - Rouse Hill
245	Girls U 13 Javelin (400 Gram)	41.86m	28/01/2009	T Sengul - Winston Hills
246	Boys U 13 Javelin (600 Gram)	39.67m	29/01/2004	A Luzi

**NWmet ZONE TRACK & FIELD CHAMPIONSHIPS
LANSW**

Zone - Records

247	Girls U 14 Javelin (400 Gram)	38.36m	13/12/2019	Rachel Bardney - Winston Hills
248	Boys U 14 Javelin (600 Gram)	42.08m	7/12/2018	Ilankumaran Murugappan - Kings Langley
249	Girls U 15 Javelin (500 Gram)	31.70m	9/12/2016	Tahlia O'Connell - Kings Langley
250	Boys U 15 Javelin (700 Gram)	42.10m	13/12/2019	Ilankumaran Murugappan - Kings Langley
251	Girls U 17 Javelin (500 Gram)	38.14m	13/12/2019	Amelia McIlwaine - Winston Hills
252	Boys U 17 Javelin (700 Gram)	48.92m	14/12/2019	Jayden Duncum - Kings Langley
262	Boys U 9-10 Long Jump Para	1.92m	15/12/2019	Levi Douglas - Hawkesbury City
270	Boys U 9-10 Discus Para	8.00m	9/12/2018	Levi Douglass - Hawkesbury City
277	Girls U 9-12 4x100 Metre Relay (Jnr)	57.47	13/12/2015	Hills District - Hills District T Kabuyawa, T Paki, J Du Preez, E Buchanan
278	Boys U 9-12 4x100 Metre Relay (Jnr)	56.68	15/12/2019	Hills District - Hills District
279	Girls U 12-17 4x100 Metre Relay (Snr)	50.71	15/12/2019	Hills District - Hills District
280	Boys U 12-17 4x100 Metre Relay (Snr)	47.59	15/12/2019	Hills District - Hills District
282	Boys U 9-10 800 Metre Run Para	4:41.56	15/12/2019	Levi Douglas - Hawkesbury City
298	Boys U 9-10 Super Weight	2.83m	14/12/2019	Levi Douglas - Hawkesbury City