

2022 NSW Country Championships - 21/01/2022 to 23/01/2022
Maitland Regional Athletics Centre
Performance List

Event 1 Men 400 Meter Hurdles 91.4cm Open

Friday 21/01/2022 - 5:45 PM

Name	Team	Seed Time
1 Sansom, Jarrod	Macquarie Hunter Athletics Inc	

Event 2 Men 400 Meter Hurdles 91.4cm U20

Friday 21/01/2022 - 5:45 PM

Name	Team	Seed Time
1 Vizintin, Cory	Wallsend Rsl Athletic Club	

Event 3 Men 400 Meter Hurdles 91.4cm 40-49

Friday 21/01/2022 - 5:45 PM

Name	Team	Seed Time
1 Hubbard, Gregory	Woolgoolga Athletic Club (Inc.	

Event 4 Men 400 Meter Hurdles 84cm U18

Friday 21/01/2022 - 5:58 PM

Name	Team	Seed Time
1 Gray, Kidha	Eastlakes Athletics Centre	
2 Upsall, Kyan	Coffs Harbour Track and Field	

Event 5 Men 400 Meter Hurdles 84cm 50-59

Friday 21/01/2022 - 5:58 PM

Name	Team	Seed Time
1 Howlett, Anthony	Athletics Wollongong Inc.	
2 Rodda, Andrew	Illawarra Blue Stars	

Event 6 Women 400 Meter Hurdles 76.2cm Open

Friday 21/01/2022 - 6:11 PM

Name	Team	Seed Time
1 Adams, Grace	Illawarra Blue Stars	
2 O'Neill, Jacqueline	Mingara Athletics Club Inc.	

Event 7 Women 400 Meter Hurdles 76.2cm 30-39

Friday 21/01/2022 - 6:11 PM

Name	Team	Seed Time
1 White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 8 Women 400 Meter Hurdles 76.2cm U20

Friday 21/01/2022 - 6:11 PM

Name	Team	Seed Time
1 Brown, Keeli	Blue Mountains Athletics Club	
2 Dyball, Ella	Nowra Athletics Club	
3 Pernecker, Ashley	Mingara Athletics Club Inc.	
4 Skelton, Tiahna	Wallsend Rsl Athletic Club	
5 Way, Eve	Athletics Wollongong Inc.	

Event 9 Women 400 Meter Hurdles 76.2cm U18

Friday 21/01/2022 - 6:16 PM

Name	Team	Seed Time
1 Bennetts, Alesha	Mudgee Little Athletics	

Event 10 Women 400 Meter Hurdles 76.2cm U17

Friday 21/01/2022 - 6:16 PM

Name	Team	Seed Time
1 Gleeson, Lani	Blue Mountains Athletics Club	
2 Vaughan, Kirra	Mingara Athletics Club Inc.	

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Event 10 ... (Women 400 Meter Hurdles 76.2cm U17)

Name	Team	Seed Time
3 Xavier, Brooke	Macquarie Hunter Athletics Inc	

Event 11 Boys 1500 Meter Race Walk U16

Friday 21/01/2022 - 6:31 PM

Name	Team	Seed Time
1 Ashby, Myles	Gosford Little Athletics	
2 Charlton, Peter	Eastlakes Athletics Centre	
3 Cousins, Callum	Edgeworth and Districts LA Cen	
4 Spamer, Brodie	Edgeworth and Districts LA Cen	

Event 12 Girls 1500 Meter Race Walk U16

Friday 21/01/2022 - 6:31 PM

Name	Team	Seed Time
1 Newberry, Brooke	Armidale Athletics Club	

Event 13 Boys 1500 Meter Race Walk U15

Friday 21/01/2022 - 6:31 PM

Name	Team	Seed Time
1 Day, Jackson	Macquarie Hunter Athletics Inc	

Event 14 Girls 1500 Meter Race Walk U15

Friday 21/01/2022 - 6:31 PM

Name	Team	Seed Time
1 Baker, Adelaide	Woolgoolga Athletic Club (Inc.	

Event 15 Boys 1500 Meter Race Walk U14

Friday 21/01/2022 - 6:31 PM

Name	Team	Seed Time
1 Hall, Lukas	Edgeworth and Districts LA Cen	
2 Rejske, Beau	Athletics Wollongong Inc.	

Event 16 Girls 1500 Meter Race Walk U14

Friday 21/01/2022 - 6:31 PM

Name	Team	Seed Time
1 Anderson, Imogene	Athletics Wollongong Inc.	
2 Ashby, Caetlin	Gosford Little Athletics	
3 Flahey, Natasha	Grafton Athletics Club Inc	
4 Hall, Cheyannah	Athletics Wollongong Inc.	
5 Maddison, Demi	Edgeworth and Districts LA Cen	
6 Maxwell, Madeleine	Macquarie Hunter Athletics Inc	
7 Mckenzie, Imogen	Tamworth Senior Athletics Club	
8 White, La'Kya Jai	Woolgoolga Athletic Club (Inc.	

Event 17 Girls 200 Meter Hurdles 76.2cm U14

Friday 21/01/2022 - 6:56 PM

Name	Team	Seed Time
1 Benefiel, Emily	Athletics Wollongong Inc.	
2 Langley, Violet	Blue Mountains Athletics Club	
3 Stanley, Georgina	Mudgee Little Athletics	

Event 18 Girls 200 Meter Hurdles 76.2cm U15

Friday 21/01/2022 - 6:56 PM

Name	Team	Seed Time
1 Baker, Adelaide	Woolgoolga Athletic Club (Inc.	

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Event 18 ... (Girls 200 Meter Hurdles 76.2cm U15)

Name	Team	Seed Time
2 Northey, Ella	Singleton Track and Field Club	

Event 19 Girls 200 Meter Hurdles 76.2cm U16

Friday 21/01/2022 - 7:01 PM

Name	Team	Seed Time
1 Adlington, Grace	Port Macquarie Pacers Running	
2 Baigent, Summer	Mingara Athletics Club Inc.	
3 Hurdman, Shari	Macquarie Hunter Athletics Inc	
4 Jacobs, Pyper	Maitland Senior and Little Ath	
5 Rejske, Keira	Athletics Wollongong Inc.	

Event 20 Boys 200 Meter Hurdles 76.2cm U15

Friday 21/01/2022 - 7:06 PM

Name	Team	Seed Time
1 Day, Jackson	Macquarie Hunter Athletics Inc	
2 Henry, Lincoln	Coffs Harbour Track and Field	
3 Luke, Isaac	Port Macquarie Pacers Running	
4 Moran, Ashton	Athletics Wollongong Inc.	

Event 21 Boys 200 Meter Hurdles 76.2cm U14

Friday 21/01/2022 - 7:06 PM

Name	Team	Seed Time
1 Alley, Trent	Port Macquarie Pacers Running	

Event 22 Boys 200 Meter Hurdles 76.2cm U16

Friday 21/01/2022 - 7:06 PM

Name	Team	Seed Time
1 Cousins, Callum	Edgeworth and Districts LA Cen	
2 Upsall, Josh	Coffs Harbour Track and Field	

Event 23 Men 3000 Meter Race Walk U17

Friday 21/01/2022 - 7:21 PM

Name	Team	Seed Time
1 Ashby, Myles	Gosford Little Athletics	
2 Platt, Grady	Adamstown New Lambton Athletic	

Event 24 Men 3000 Meter Race Walk U20

Friday 21/01/2022 - 7:21 PM

Name	Team	Seed Time
1 Vizintin, Cory	Wallsend Rsl Athletic Club	

Event 25 Men 3000 Meter Race Walk 70-79

Friday 21/01/2022 - 7:21 PM

Name	Team	Seed Time
1 Yuen, Tuck	Nsw Masters Athletics Inc.	

Event 26 Men 3000 Meter Race Walk Open

Friday 21/01/2022 - 7:21 PM

Name	Team	Seed Time
1 Mcginniskin, Jack	Mingara Athletics Club Inc.	

Event 27 Women 3000 Meter Race Walk U17

Friday 21/01/2022 - 7:21 PM

Name	Team	Seed Time
1 Ashby, Caetlin	Gosford Little Athletics	

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Event 27 ... (Women 3000 Meter Race Walk U17)

	Name	Team	Seed Time
2	Hearnden, Emma	Macquarie Hunter Athletics Inc	
3	Maxwell, Madeleine	Macquarie Hunter Athletics Inc	
4	Newberry, Brooke	Armidale Athletics Club	
5	Pinches, Aiva	Adamstown New Lambton Athletic	
6	Pinches, Stella	Adamstown New Lambton Athletic	
7	Pitcher, Sienna	Mingara Athletics Club Inc.	
8	Platt, Madeline	Adamstown New Lambton Athletic	

Event 28 Women 3000 Meter Race Walk U20

Friday 21/01/2022 - 7:21 PM

	Name	Team	Seed Time
1	Smith, Casey	Koorinal -wagga Athletics Clu	

Event 29 Women 3000 Meter Race Walk 70-79

Friday 21/01/2022 - 7:21 PM

	Name	Team	Seed Time
1	Yuen, Swee	Nsw Masters Athletics Inc.	

Event 30 Women 3000 Meter Race Walk 60-69

Friday 21/01/2022 - 7:21 PM

	Name	Team	Seed Time
1	Withnall, Susan	Nsw Masters Athletics Inc.	

Event 31 Women 3000 Meter Race Walk Open

Friday 21/01/2022 - 7:21 PM

	Name	Team	Seed Time
1	Hogg, Ashleigh	Illawarra Blue Stars	
2	O'Neill, Molly	Mingara Athletics Club Inc.	

Event 32 Women 5000 Meter Run Open

Friday 21/01/2022 - 7:51 PM

	Name	Team	Seed Time
1	Auston, Stephanie	Newcastle Flyers	
2	Brown, Cicely	Newcastle Flyers	
3	Suffolk, Cristine	Victory Runners	

Event 33 Women 5000 Meter Run U20

Friday 21/01/2022 - 7:51 PM

	Name	Team	Seed Time
1	Anderson, Hannah	Newcastle Flyers	
2	Schiffmann, Sarah	Newcastle Runners	

Event 34 Women 5000 Meter Run 30-39

Friday 21/01/2022 - 7:51 PM

	Name	Team	Seed Time
1	Eves, Alexandria	Dubbo Athletics Club Inc.	
2	Kruger, Jinni	Mingara Athletics Club Inc.	
3	Simon, Laura	Newcastle Flyers	

Event 35 Women 5000 Meter Run 40-49

Friday 21/01/2022 - 7:51 PM

	Name	Team	Seed Time
1	Dellow, Anna	Armidale Athletics Club	
2	Totterman, Megan	Kotara South Athletics Club	

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Event 35 ... (Women 5000 Meter Run 40-49)

	Name	Team	Seed Time
3	Tucker, Allison	Mingara Athletics Club Inc.	
4	Warren, Tara	Mingara Athletics Club Inc.	

Event 36 Men 5000 Meter Run 60-69

Friday 21/01/2022 - 7:51 PM

	Name	Team	Seed Time
1	Byfield, Mark	Mingara Athletics Club Inc.	
2	Snow, Gary	Port Macquarie Pacers Running	

Event 37 Men 5000 Meter Run 70-79

Friday 21/01/2022 - 7:51 PM

	Name	Team	Seed Time
1	Maskiell, Peter	Kembla Joggers Inc.	

Event 38 Men 5000 Meter Run Open

Friday 21/01/2022 - 8:16 PM

	Name	Team	Seed Time
1	Alexander, James	Newcastle Runners	
2	Daintith, Jack	Orange Runners Club	
3	Eather, James	Newcastle Flyers	
4	Edstein, Benjamin	Raymond Terrace	
5	Glapa, Luke	Newcastle Runners	
6	Mcintosh, Kyle	Woolgoolga Athletic Club (Inc.	
7	Starkey, James	Gosford Little Athletics	

Event 39 Men 5000 Meter Run U20

Friday 21/01/2022 - 8:16 PM

	Name	Team	Seed Time
1	Bible, Tom	Armidale Athletics Club	
2	Binskin, Ryan	Port Macquarie Pacers Running	
3	Houston, Aaron	Orange Little Athletics Club	
4	Townsend, Lockie	Dubbo Athletics Club Inc.	

Event 40 Men 5000 Meter Run 30-39

Friday 21/01/2022 - 8:16 PM

	Name	Team	Seed Time
1	Strutt, Paul	Gosford Little Athletics	

Event 41 Men 5000 Meter Run 40-49

Friday 21/01/2022 - 8:16 PM

	Name	Team	Seed Time
1	Cole, Stewart	Koorungal -wagga Athletics Clu	
2	Mckendrick, Ryan	Gosford Little Athletics	
3	Smee, Andrew	Kotara South Athletics Club	

Event 42 Men 5000 Meter Run 50-59

Friday 21/01/2022 - 8:16 PM

	Name	Team	Seed Time
1	Alder, Scott	Newcastle Flyers	
2	Arthur, Paul	Gosford Little Athletics	
3	Atkinson, Darren	Nowra Athletics Club	
4	Brien, Wayne	Port Macquarie Pacers Running	
5	Dyball, Gavin	Nowra Athletics Club	
6	Field, Gary	Mingara Athletics Club Inc.	

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Event 42 ... (Men 5000 Meter Run 50-59)

Name	Team	Seed Time
7 Kratzmann, Trevor	Dubbo Athletics Club Inc.	
8 Schubert, Murray	Mingara Athletics Club Inc.	
9 Upsall, Duncan	Coffs Harbour Track and Field	

Event 43 Girls Hammer Throw U14

Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Blackman, Matilda	Mudgee Little Athletics	
2 Flett, Tahlia	2021 Nsw All Schools Non Membe	

Event 44 Girls Hammer Throw U15

Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Hokin, Ella	Cessnock Athletics Centre Inc	

Event 45 Girls Hammer Throw U16

Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Blackman, Mollie	Mudgee Little Athletics	
2 Jessup, Jaimee	Adamstown New Lambton Athletic	
3 Mccaffery, Lila	Temora Athletics Club	

Event 46 Women Hammer Throw U17

Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Miller, Talea	Nowra Athletics Club	
2 Riddell, Kiara	Wyong Athletics Centre Inc	
3 Thomas, Emily	Temora Athletics Club	

Event 47 Women Hammer Throw U18

Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Reid-O'Brien, Kaylee	Athletics Wollongong Inc.	
2 Scott, Heather	Wallsend Rsl Athletic Club	
3 Smith, Charlotte	Illawarra Blue Stars	

Event 48 Boys Hammer Throw U16

Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Garratt, Ky	Temora Athletics Club	
2 Willis, William	Athletics Wollongong Inc.	

Event 49 Girls Pole Vault U14

Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Anderson, Imogene	Athletics Wollongong Inc.	
2 Hall, Cheyannah	Athletics Wollongong Inc.	
3 Morrison, Ella	Wallsend Rsl Athletic Club	

Event 50 Women Pole Vault U20

Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Hopkins, Emma	Adamstown New Lambton Athletic	

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Event 51 Women Pole Vault Open
Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Barrett, Jessica	Maitland Senior and Little Ath	

Event 52 Women Pole Vault 40-49
Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Ellis, Caroline	Athletics Wollongong Inc.	

Event 53 Women Pole Vault 60-69
Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Stallard, Trish	Wallsend Rsl Athletic Club	

Event 54 Boys Pole Vault U16
Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Smith, Joshua	Illawarra Blue Stars	

Event 55 Men Pole Vault U17
Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Rutter, Kurt	Dubbo Athletics Club Inc.	

Event 56 Men Pole Vault Open
Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 James, Benjamin	Cessnock Athletics Centre Inc	

Event 57 Men Pole Vault 60-69
Friday 21/01/2022 - 2:30 PM

Name	Team	Seed Mark
1 Tyler, William	Athletics Wollongong Inc.	

Event 58 Men Discus Throw Open
Friday 21/01/2022 - 3:30 PM

Name	Team	Seed Mark
1 Clifford, Morgan	Raymond Terrace	
2 Jones, Samuel	Macquarie Hunter Athletics Inc	

Event 59 Men Discus Throw U20
Friday 21/01/2022 - 3:30 PM

Name	Team	Seed Mark
1 Barnes, Rhys	Illawarra Blue Stars	
2 Basnet, Jude	Athletics Wollongong Inc.	
3 Dodgson, Drew	Maitland Senior and Little Ath	
4 Smith, Evan	Orange Runners Club	
5 Wells, Damian	Temora Athletics Club	
6 Woodbury, Jacob	Grafton Athletics Club Inc	

Event 60 Women Shot Put 30-39
Friday 21/01/2022 - 4:00 PM

Name	Team	Seed Mark
1 White, Lesley	Woolgoolga Athletic Club (Inc.	

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Event 61 Women Shot Put 40-49

Friday 21/01/2022 - 4:00 PM

	Name	Team	Seed Mark
1	Ellis, Caroline	Athletics Wollongong Inc.	
2	Happ, Corrine	Woolgoolga Athletic Club (Inc.	
3	Heywood, Natalie	Athletics Wollongong Inc.	
4	Hunter, Kelly	Gosford Little Athletics	
5	O'Leary, Leanne	Nowra Athletics Club	

Event 62 Women Discus Throw Open

Friday 21/01/2022 - 5:00 PM

	Name	Team	Seed Mark
1	Barnes, Jessica	Illawarra Blue Stars	
2	Blackstock, Ashlyn	Eastlakes Athletics Centre	
3	Carney, Charisse	Coffs Harbour Track and Field	
4	Daniels, Zoe	Athletics Wollongong Inc.	
5	Gunn, Emily	Gosford Little Athletics	
6	Hogg, Ashleigh	Illawarra Blue Stars	
7	Hunter, Kelly	Gosford Little Athletics	
8	Neto, Kaitlyn	Illawarra Blue Stars	
9	Peace, Samantha	Nowra Athletics Club	
10	Richardson, Emily	Macquarie Hunter Athletics Inc	
11	Rodgers - F20, Annabelle	Gosford Little Athletics	
12	Thacker, Samantha	Coffs Harbour Track and Field	

Event 63 Women Discus Throw U20

Friday 21/01/2022 - 5:00 PM

	Name	Team	Seed Mark
1	Buss, Amity	Blue Mountains Athletics Club	
2	Davis, Sha'E	Dubbo Athletics Club Inc.	

Event 64 Men Shot Put 30-39

Friday 21/01/2022 - 5:00 PM

	Name	Team	Seed Mark
1	Browne, Robert	Wallsend Rsl Athletic Club	

Event 65 Men Shot Put 40-49

Friday 21/01/2022 - 5:00 PM

	Name	Team	Seed Mark
1	Clifford, Morgan	Raymond Terrace	
2	Mcgavern, Dan	Newcastle Runners	
3	Muscat, Jamie	Wyong Athletics Centre Inc	
4	Newton, Matthew	Raymond Terrace	
5	White, Shane	Woolgoolga Athletic Club (Inc.	

Event 66 Boys Triple Jump U16

Friday 21/01/2022 - 5:00 PM

	Name	Team	Seed Mark
1	Charlton, Peter	Eastlakes Athletics Centre	
2	Cousins, Callum	Edgeworth and Districts LA Cen	
3	Fiene, Brody	Temora Athletics Club	
4	Frey, Daniel	Byron Bay Runners	
5	Hinchcliffe, Kye	Macquarie Hunter Athletics Inc	
6	Upsall, Josh	Coffs Harbour Track and Field	

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Event 66 ... (Boys Triple Jump U16)

Name	Team	Seed Mark
7 Van Der Ham, Charon	Mingara Athletics Club Inc.	

Event 67 Men Triple Jump U17

Friday 21/01/2022 - 5:00 PM

Name	Team	Seed Mark
1 Coles, Liam	Mingara Athletics Club Inc.	
2 Kennedy, Damian	Woolgoolga Athletic Club (Inc.)	
3 Stevenson, Roy	Coffs Harbour Track and Field	

Event 68 Men Triple Jump U18

Friday 21/01/2022 - 5:00 PM

Name	Team	Seed Mark
1 Johnson, Kynan	Wyong Athletics Centre Inc	
2 Kalozi, Joshua	2021 Nsw All Schools Non Membe	
3 Wain, Bohdi	Coffs Harbour Track and Field	

Event 69 Women Shot Put 50-59

Friday 21/01/2022 - 6:00 PM

Name	Team	Seed Mark
1 Bird, Julie	Illawarra Blue Stars	
2 Blume, Bella	Mingara Athletics Club Inc.	
3 Durston, Bev	Mingara Athletics Club Inc.	
4 Ingram, Richelle	Mingara Athletics Club Inc.	

Event 70 Women Shot Put 60-69

Friday 21/01/2022 - 6:00 PM

Name	Team	Seed Mark
1 Cox, Pauline	Nsw Masters Athletics Inc.	
2 Flynn, Rina	Illawarra Blue Stars	
3 Kenny, Margaret	Nsw Masters Athletics Inc.	
4 Lowe, June	Illawarra Blue Stars	
5 Shaw, Christine	Athletics Wollongong Inc.	

Event 71 Women Shot Put 70-79

Friday 21/01/2022 - 6:00 PM

Name	Team	Seed Mark
1 Thomas, Mary	Illawarra Blue Stars	
2 Van Bockel, Adriana	Athletics Wollongong Inc.	
3 Yuen, Swee	Nsw Masters Athletics Inc.	

Event 72 Girls Triple Jump U16

Friday 21/01/2022 - 6:10 PM

Name	Team	Seed Mark
1 Arthur, Margrete	Gosford Little Athletics	
2 Berry, Fern	Coffs Harbour Track and Field	
3 Daymond, Jassmin	Edgeworth and Districts LA Cen	
4 Hurdman, Shari	Macquarie Hunter Athletics Inc	
5 Jessup, Paige	Adamstown New Lambton Athletic	
6 Wain, Amaia	Coffs Harbour Track and Field	
7 Ward, Amarni	Maitland Senior and Little Ath	

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Event 73 Women Triple Jump U17

Friday 21/01/2022 - 6:10 PM

Name	Team	Seed Mark
1 Catto, Summer	Newcastle Flyers	
2 Gleeson, Lani	Blue Mountains Athletics Club	
3 Mcgrath, Lulu	Coffs Harbour Track and Field	
4 Roach, Holly	Koorringal -wagga Athletics Clu	

Event 74 Women Triple Jump U18

Friday 21/01/2022 - 6:10 PM

Name	Team	Seed Mark
1 Kearney, Charlotte	Woolgoolga Athletic Club (Inc.	
2 Reid-O'Brien, Kaylee	Athletics Wollongong Inc.	

Event 75 Girls Discus Throw U13

Friday 21/01/2022 - 6:20 PM

Name	Team	Seed Mark
1 Davis, Elizabeth	Nowra Athletics Club	
2 Daymond, Makaylie	Edgeworth and Districts LA Cen	
3 Earl - F20, Olivia	Tamworth Senior Athletics Club	

Event 76 Girls Discus Throw U14

Friday 21/01/2022 - 6:20 PM

Name	Team	Seed Mark
1 Blackman, Matilda	Mudgee Little Athletics	
2 Flett, Tahlia	2021 Nsw All Schools Non Membe	
3 Murray, Kiana	Temora Athletics Club	

Event 77 Men Shot Put 50-59

Friday 21/01/2022 - 7:15 PM

Name	Team	Seed Mark
1 Liggins, Stephen	Blue Mountains Athletics Club	
2 O'Leary, Mark	Nowra Athletics Club	
3 Phillips, Andrew	Nsw Masters Athletics Inc.	
4 Sutton, Stuart	Nsw Masters Athletics Inc.	

Event 78 Men Shot Put 60-69

Friday 21/01/2022 - 7:15 PM

Name	Team	Seed Mark
1 Kennedy, David	Woolgoolga Athletic Club (Inc.	
2 Murray, Gavin	Nsw Masters Athletics Inc.	

Event 79 Men Shot Put 70-79

Friday 21/01/2022 - 7:15 PM

Name	Team	Seed Mark
1 Stubbs, Kenneth	Mingara Athletics Club Inc.	
2 Withnall, Leonard	Nsw Masters Athletics Inc.	
3 Yuen, Tuck	Nsw Masters Athletics Inc.	

Event 80 Men Triple Jump U20

Friday 21/01/2022 - 7:15 PM

Name	Team	Seed Mark
1 Dear, Callum	Tamworth Senior Athletics Club	
2 Harding, Blake	Dubbo Athletics Club Inc.	
3 Langat, Kipchumba	Koorringal -wagga Athletics Clu	

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Event 80 ... (Men Triple Jump U20)

	Name	Team	Seed Mark
4	Van Der Ham, Jelle	Mingara Athletics Club Inc.	
5	Vizintin, Cory	Wallsend Rsl Athletic Club	

Event 81 Boys Discus Throw U13

Friday 21/01/2022 - 7:30 PM

	Name	Team	Seed Mark
1	Hall, Lukas	Edgeworth and Districts LA Cen	

Event 82 Boys Discus Throw U14

Friday 21/01/2022 - 7:30 PM

	Name	Team	Seed Mark
1	Cashion, Thomas	Macquarie Hunter Athletics Inc	
2	Davis, Makai	Dubbo Athletics Club Inc.	
3	Martin, Liam	Adamstown New Lambton Athletic	
4	Mckenzie, Aiden	Tamworth Senior Athletics Club	
5	O'Leary, Flynn	Nowra Athletics Club	

Event 83 Girls 2000 Meter Steeplechase 76.2cm U16

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Time
1	Doran, Phoebe	Kotara South Athletics Club	
2	McLaren, Emily	Nowra Athletics Club	
3	Newberry, Brooke	Armidale Athletics Club	
4	Platt, Madeline	Adamstown New Lambton Athletic	
5	Stone, Ameilie	Tamworth Senior Athletics Club	

Event 84 Women 2000 Meter Steeplechase 76.2cm U18

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Time
1	Young, Amanda	Kotara South Athletics Club	

Event 85 Women 2000 Meter Steeplechase 76.2cm 40-49

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Time
1	Dellow, Anna	Armidale Athletics Club	

Event 86 Women 2000 Meter Steeplechase 76.2cm 50-59

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Time
1	Suffolk, Cristine	Victory Runners	

Event 87 Women 2000 Meter Steeplechase 76.2cm 60-69

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Time
1	Stallard, Trish	Wallsend Rsl Athletic Club	

Event 88 Boys 2000 Meter Steeplechase 76.2cm U16

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Time
1	Ashby, Myles	Gosford Little Athletics	
2	Atkinson, Denzel	Nowra Athletics Club	
3	Duncan, Tom	Nowra Athletics Club	
4	Dyball, Toby	Nowra Athletics Club	
5	McGill, Nicholas	Nowra Athletics Club	

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Event 88 ... (Boys 2000 Meter Steeplechase 76.2cm U16)

	Name	Team	Seed Time
6	McLaren, Hamish	Nowra Athletics Club	

Event 89 Men 2000 Meter Steeplechase 84cm U17

Saturday 22/01/2022 - 9:15 AM

	Name	Team	Seed Time
1	Baxter, Harrison	Nowra Athletics Club	
2	Platt, Grady	Adamstown New Lambton Athletic	
3	Zakis, William	Katoomba District Athletics	

Event 90 Men 2000 Meter Steeplechase 84cm U18

Saturday 22/01/2022 - 9:15 AM

	Name	Team	Seed Time
1	Bettison, Caleb	Armidale Athletics Club	
2	Brien, Keelan	Port Macquarie Pacers Running	

Event 91 Men 3000 Meter Steeplechase 91.4cm U20

Saturday 22/01/2022 - 9:27 AM

	Name	Team	Seed Time
1	Vizintin, Cory	Wallsend Rsl Athletic Club	

Event 92 Men 3000 Meter Steeplechase 91.4cm 30-39

Saturday 22/01/2022 - 9:27 AM

	Name	Team	Seed Time
1	Morgan, Anthony	Westlakes Athletic Club Inc.	

Event 93 Men 3000 Meter Steeplechase 91.4cm 40-49

Saturday 22/01/2022 - 9:27 AM

	Name	Team	Seed Time
1	Godfrey, Scott	Mingara Athletics Club Inc.	

Event 94 Men 3000 Meter Steeplechase 91.4cm 50-59

Saturday 22/01/2022 - 9:27 AM

	Name	Team	Seed Time
1	Upsall, Duncan	Coffs Harbour Track and Field	

Event 95 Boys 400 Meter Sprint U14

Saturday 22/01/2022 - 9:55 AM

	Name	Team	Seed Time
1	Alley, Trent	Port Macquarie Pacers Running	
2	Baxter, Cameron	Nowra Athletics Club	
3	Cashion, Thomas	Macquarie Hunter Athletics Inc	
4	Davis, Preston	Port Macquarie Pacers Running	
5	Edwards, Zane	Raymond Terrace	
6	Mckenzie, Aiden	Tamworth Senior Athletics Club	
7	Smith, Liam	Mingara Athletics Club Inc.	
8	Ward, Flynn	Kotara South Athletics Club	

Event 96 Boys 400 Meter Sprint U15

Saturday 22/01/2022 - 9:59 AM

	Name	Team	Seed Time
1	Clarke, Nathaniel	Koorngal -wagga Athletics Clu	
2	Lark, Kynan	Blue Mountains Athletics Club	
3	Moran, Ashton	Athletics Wollongong Inc.	
4	Ward, Nate	Kotara South Athletics Club	

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Event 97 Boys 400 Meter Sprint U16**Saturday 22/01/2022 - 10:03 AM**

	Name	Team	Seed Time
1	Atkinson, Denzel	Nowra Athletics Club	
2	Charlton, Peter	Eastlakes Athletics Centre	
3	Davis, Darcy	Nowra Athletics Club	
4	Dyball, Toby	Nowra Athletics Club	
5	Gunn, Connor	Gosford Little Athletics	
6	Mcaneney, Max	Dubbo Athletics Club Inc.	
7	Ross, Cameron	Orange Little Athletics Club	
8	Watson, Jonah	Nowra Athletics Club	
9	Williams, Nathan	Newcastle Runners	

Event 98 Men 400 Meter Sprint U17**Saturday 22/01/2022 - 10:11 AM**

	Name	Team	Seed Time
1	Halloran, Liam	Athletics Wollongong Inc.	
2	Kitching, Jade	Coffs Harbour Track and Field	
3	Stevenson, Roy	Coffs Harbour Track and Field	
4	Zakis, William	Katoomba District Athletics	

Event 99 Men 400 Meter Sprint U18**Saturday 22/01/2022 - 10:15 AM**

	Name	Team	Seed Time
1	Cain, Jasper	Maitland Senior and Little Ath	
2	Deguara, Jack	Raymond Terrace	
3	Dyball, William	Nowra Athletics Club	
4	Gray, Kidha	Eastlakes Athletics Centre	
5	Lawton, Thomas	Wyong Athletics Centre Inc	
6	Pattison, Jordan	Armidale Athletics Club	
7	Rann, Callum	Athletics Wollongong Inc.	
8	Upsall, Kyan	Coffs Harbour Track and Field	
9	Worner, Elliott	Woolgoolga Athletic Club (Inc.	

Event 100 Men 400 Meter Sprint U20**Saturday 22/01/2022 - 10:23 AM**

	Name	Team	Seed Time
1	Barnes, Jack	Eastlakes Athletics Centre	
2	Striegger, Damon	Woolgoolga Athletic Club (Inc.	
3	Tijani, Tajudeen	Armidale Athletics Club	
4	Zawadzki, Nathan	Coffs Harbour Track and Field	

Event 101 Girls 400 Meter Sprint U14**Saturday 22/01/2022 - 10:27 AM**

	Name	Team	Seed Time
1	Atkins, Rose	Nowra Athletics Club	
2	Brunckhorst, Marli	Macquarie Hunter Athletics Inc	
3	Daymond, Makaylie	Edgeworth and Districts LA Cen	
4	Duncan, Anna	Nowra Athletics Club	
5	Frey, Mikayla	Byron Bay Runners	
6	Goy, Tahlia	Mingara Athletics Club Inc.	
7	Hill, Alice	2021 Nsw All Schools Non Membe	
8	Mckenzie, Imogen	Tamworth Senior Athletics Club	
9	Nicol, Chelsea	Athletics Wollongong Inc.	

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Event 101 ... (Girls 400 Meter Sprint U14)

	Name	Team	Seed Time
10	O'Connell, Isabel	Tamworth Senior Athletics Club	
11	White, La'Kya Jai	Woolgoolga Athletic Club (Inc.	

Event 102 Girls 400 Meter Sprint U15**Saturday 22/01/2022 - 10:35 AM**

	Name	Team	Seed Time
1	Costabile, Grace	Athletics Wollongong Inc.	
2	Giampietro, Ainsley	Blue Mountains Athletics Club	
3	Haremaker, Alyssa	Mingara Athletics Club Inc.	
4	Leadbeatter, Emerson	Kotara South Athletics Club	
5	Marshall-Dawson, Clara	Athletics Wollongong Inc.	
6	Wall, Isabella	Tamworth Senior Athletics Club	

Event 103 Girls 400 Meter Sprint U16**Saturday 22/01/2022 - 10:39 AM**

	Name	Team	Seed Time
1	Adlington, Grace	Port Macquarie Pacers Running	
2	Craig, Rebecca	Macquarie Hunter Athletics Inc	
3	Daymond, Jassmin	Edgeworth and Districts LA Cen	
4	Jessup, Paige	Adamstown New Lambton Athletic	
5	Mcgrath, Charley	Illawarra Blue Stars	
6	Pike, Lana	Temora Athletics Club	
7	Ryan, Phebie	Dubbo Athletics Club Inc.	
8	Wilson, Alyvia	2021 Nsw All Schools Non Membe	

Event 104 Women 400 Meter Sprint U17**Saturday 22/01/2022 - 10:43 AM**

	Name	Team	Seed Time
1	Benham, Eryn	Gunnedah Athletics Centre	
2	Doran, Poppy	Adamstown New Lambton Athletic	
3	Enderby, Erika	Kotara South Athletics Club	
4	Gogarty, Ella	Maitland Senior and Little Ath	
5	Hill, Brooke	2021 Nsw All Schools Non Membe	
6	Marshall, Ruby	Nowra Athletics Club	
7	Papalexion, Marianne	Mingara Athletics Club Inc.	
8	Pinches, Aiva	Adamstown New Lambton Athletic	
9	Roach, Holly	Koorinal -wagga Athletics Clu	
10	Rowntree, Hunter	Newcastle Runners	
11	Sevastos, Loen	Athletics Wollongong Inc.	

Event 105 Women 400 Meter Sprint U18**Saturday 22/01/2022 - 10:51 AM**

	Name	Team	Seed Time
1	Bennetts, Alesha	Mudgee Little Athletics	
2	Norris, Stella	Gosford Little Athletics	
3	Pollard, Jemma	Newcastle Runners	
4	Sommer, Annika	Newcastle Runners	
5	Strecker, Emily	Illawarra Blue Stars	

Event 106 Women 400 Meter Sprint U20**Saturday 22/01/2022 - 10:55 AM**

	Name	Team	Seed Time
1	Cotton, Emma	Port Stephens Athletics Club	

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Event 106 ... (Women 400 Meter Sprint U20)

	Name	Team	Seed Time
2	Dyball, Ella	Nowra Athletics Club	
3	Enderby, Mikayla	Kotara South Athletics Club	
4	Kitching, Hayley	Coffs Harbour Track and Field	
5	Mcdonald, Laila	Coffs Harbour Track and Field	
6	Osborne - T47, Ella	Kotara South Athletics Club	
7	Pernecker, Ashley	Mingara Athletics Club Inc.	
8	Roach, Annabel	Koorngal -wagga Athletics Clu	
9	Skelton, Tiahna	Wallsend Rsl Athletic Club	
10	Watts, Isabella	Mingara Athletics Club Inc.	

Event 107 Men 400 Meter Sprint Open**Saturday 22/01/2022 - 11:03 AM**

	Name	Team	Seed Time
1	Fittler, Emerson	Armidale Athletics Club	
2	Gunn, Tyler	Gosford Little Athletics	
3	Mcpaul, James	Athletics Wollongong Inc.	
4	Sansom, Jarrod	Macquarie Hunter Athletics Inc	
5	Vane-Tempest, Jack	Mingara Athletics Club Inc.	
6	Winsor, Matthew	Mingara Athletics Club Inc.	

Event 108 Men 400 Meter Sprint 40-49**Saturday 22/01/2022 - 11:07 AM**

	Name	Team	Seed Time
1	Doodson, Michael	Athletics Wollongong Inc.	
2	Hubbard, Gregory	Woolgoolga Athletic Club (Inc.	
3	Mcgavern, Dan	Newcastle Runners	
4	Sammut, Daniel	Mingara Athletics Club Inc.	
5	Stone, Jay	Tamworth Senior Athletics Club	
6	Watson, Matthew	Nowra Athletics Club	

Event 109 Men 400 Meter Sprint 50-59**Saturday 22/01/2022 - 11:11 AM**

	Name	Team	Seed Time
1	Clarson, Col	Illawarra Blue Stars	
2	Leseberg, Ernie	Gosford Little Athletics	
3	Musgrove, Paul	Nowra Athletics Club	
4	Mustapic, Glen	Nowra Athletics Club	
5	O'Leary, Mark	Nowra Athletics Club	
6	Reid, Brett	Mingara Athletics Club Inc.	
7	Rodda, Andrew	Illawarra Blue Stars	
8	Starr, Peter	Dubbo Athletics Club Inc.	
9	Tebbutt, Rodney	Athletics Wollongong Inc.	

Event 110 Men 400 Meter Sprint 60-69**Saturday 22/01/2022 - 11:19 AM**

	Name	Team	Seed Time
1	Carr, Paul	Mingara Athletics Club Inc.	
2	Devery, Todd	Blue Mountains Athletics Club	

Event 111 Men 400 Meter Sprint 70-79**Saturday 22/01/2022 - 11:19 AM**

	Name	Team	Seed Time
1	Lamb, John	Illawarra Blue Stars	

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Event 111 ... (Men 400 Meter Sprint 70-79)

Name	Team	Seed Time
2 Stubbs, Kenneth	Mingara Athletics Club Inc.	

Event 112 Women 400 Meter Sprint Open
Saturday 22/01/2022 - 11:23 AM

Name	Team	Seed Time
1 Adams, Grace	Illawarra Blue Stars	
2 Brady, Tia	Newcastle Runners	
3 De Vries, Sarah	Illawarra Blue Stars	
4 Edwards, Kaisha	Illawarra Blue Stars	
5 Francis, Maya	Athletics Wollongong Inc.	
6 Heath, Jenna	Adamstown New Lambton Athletic	
7 Hogg, Jessica	Illawarra Blue Stars	
8 Mcandrew, Kelly	Mingara Athletics Club Inc.	
9 Mustapic, Jade	Nowra Athletics Club	
10 Neto, Kaitlyn	Illawarra Blue Stars	
11 O'Neill, Jacqueline	Mingara Athletics Club Inc.	
12 Ogle, Nicole	Newcastle Runners	

Event 113 Women 400 Meter Sprint 30-39
Saturday 22/01/2022 - 11:31 AM

Name	Team	Seed Time
1 White, Lesley	Woolgoolga Athletic Club (Inc.)	

Event 114 Women 400 Meter Sprint 40-49
Saturday 22/01/2022 - 11:35 AM

Name	Team	Seed Time
1 Dellow, Anna	Armidale Athletics Club	
2 Fletcher, Kimberley	Maitland Senior and Little Ath	
3 Happ, Corrine	Woolgoolga Athletic Club (Inc.)	
4 Mchenry, Nicole	Athletics Wollongong Inc.	
5 Moran, Suzy	Athletics Wollongong Inc.	
6 Power, Rebekah	Athletics Wollongong Inc.	
7 Quinn, Lisa	Illawarra Blue Stars	
8 Smart, Erin	Nowra Athletics Club	
9 Tucker, Allison	Mingara Athletics Club Inc.	

Event 115 Women 400 Meter Sprint 50-59
Saturday 22/01/2022 - 11:43 AM

Name	Team	Seed Time
1 Durston, Bev	Mingara Athletics Club Inc.	
2 Enderby, Jennifer	Kotara South Athletics Club	
3 Ingram, Richelle	Mingara Athletics Club Inc.	
4 Mogentale, Gianna	Illawarra Blue Stars	

Event 116 Women 400 Meter Sprint 60-69
Saturday 22/01/2022 - 11:43 AM

Name	Team	Seed Time
1 Flynn, Rina	Illawarra Blue Stars	
2 Forster, Julie	Blue Mountains Athletics Club	
3 Kenny, Margaret	Nsw Masters Athletics Inc.	
4 Stallard, Trish	Wallsend Rsl Athletic Club	

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Event 117 Women 400 Meter Sprint Para
Saturday 22/01/2022 - 11:47 AM

	Name	Team	Seed Time
1	Colwell - T37, Charlize	Athletics Wollongong Inc.	
2	Mazzei - T20, Amelia	Armidale Athletics Club	
3	Parnell - T36, Amelia	Coffs Harbour Track and Field	
4	Peet - T36, Abbie	Tamworth Senior Athletics Club	
5	Webeck - T12/F12, Courtney	Gloucester District Athletics	

Event 118 Men 400 Meter Sprint Para
Saturday 22/01/2022 - 11:51 AM

	Name	Team	Seed Time
1	Harding - T36/F36, Zac	Dubbo Athletics Club Inc.	
2	Mchenry, Anderson	Athletics Wollongong Inc.	
3	Molloy - T36/F36, Dylan	Newcastle Runners	
4	Thompson - T64/F64, Bailey	Dubbo Athletics Club Inc.	

Event 119 Boys 1500 Meter Run U13
Saturday 22/01/2022 - 12:00 PM

	Name	Team	Seed Time
1	Dyball, Noah	Nowra Athletics Club	
2	Gorton, Oliver	Raymond Terrace	
3	Marks, Cooper	Wallsend Rsl Athletic Club	
4	Norris, Bryson	Gosford Little Athletics	
5	Taylor, Jayden	Kotara South Athletics Club	
6	Ward, Flynn	Kotara South Athletics Club	

Event 120 Boys 1500 Meter Run U14
Saturday 22/01/2022 - 12:00 PM

	Name	Team	Seed Time
1	Alley, Trent	Port Macquarie Pacers Running	
2	Baxter, Cameron	Nowra Athletics Club	
3	Davis, Preston	Port Macquarie Pacers Running	
4	Glasson, Lachlan	Gosford Little Athletics	
5	Happ, Kweller	Woolgoolga Athletic Club (Inc.	
6	Hubbard, Jacob	Woolgoolga Athletic Club (Inc.	
7	Smith, Liam	Mingara Athletics Club Inc.	
8	Stepanovski, Milton	Kembla Joggers Inc.	
9	Thomson, Zachary	Maitland Senior and Little Ath	

Event 121 Girls 1500 Meter Run U13
Saturday 22/01/2022 - 12:08 PM

	Name	Team	Seed Time
1	Curry, Sasha	Temora Athletics Club	
2	Nicol, Chelsea	Athletics Wollongong Inc.	
3	O'Connell, Isabel	Tamworth Senior Athletics Club	
4	Rowntree, Kupa-Lilli	Newcastle Runners	
5	Smart, Evie	Nowra Athletics Club	
6	Thorning, Searni	Port Stephens Athletics Club	
7	Wallace, Emerson	Adamstown New Lambton Athletic	

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Event 122 Girls 1500 Meter Run U14**Saturday 22/01/2022 - 12:08 PM**

	Name	Team	Seed Time
1	Ashby, Caetlin	Gosford Little Athletics	
2	Cole, Indiana	Koorungal -wagga Athletics Clu	
3	Dogan, Skye	Byron Bay Runners	
4	Duncan, Anna	Nowra Athletics Club	
5	Hill, Evelyn	Victory Runners	

Event 123 Boys 1500 Meter Run U16**Saturday 22/01/2022 - 12:18 PM**

	Name	Team	Seed Time
1	Ashby, Myles	Gosford Little Athletics	
2	Atkinson, Denzel	Nowra Athletics Club	
3	Baxter, Oliver	Nowra Athletics Club	
4	Benefiel, Joshua	Kembla Joggers Inc.	
5	Charlton, Peter	Eastlakes Athletics Centre	
6	Davis, Darcy	Nowra Athletics Club	
7	Dogan, Tyler	Byron Bay Runners	
8	Duncan, Tom	Nowra Athletics Club	
9	Garratt, Ky	Temora Athletics Club	
10	McLaren, Hamish	Nowra Athletics Club	
11	Morgan, Coen	Maitland Senior and Little Ath	
12	Nyman, Matthew	Kotara South Athletics Club	
13	Spamer, Brodie	Edgeworth and Districts LA Cen	
14	Wells, Ryan	Lithgow Athletics Club	
15	Williams, Daniel	Byron Bay Runners	

Event 124 Boys 1500 Meter Run U15**Saturday 22/01/2022 - 12:26 PM**

	Name	Team	Seed Time
1	Clarke, Nathaniel	Koorungal -wagga Athletics Clu	
2	Godfrey, Coen	Southlakes Athletics Centre	
3	Harlor, Joel	Victory Runners	
4	Mcclusky, Harrison	Gosford Little Athletics	
5	Mcgill, Nicholas	Nowra Athletics Club	
6	Ward, Nate	Kotara South Athletics Club	

Event 125 Men 1500 Meter Run U17**Saturday 22/01/2022 - 12:26 PM**

	Name	Team	Seed Time
1	Baxter, Harrison	Nowra Athletics Club	
2	Bennett, Hadden	Orange Little Athletics Club	
3	Hinrichsen, Luke	Orange Little Athletics Club	
4	Kitching, Jade	Coffs Harbour Track and Field	
5	Totterman, Luke	Kotara South Athletics Club	
6	Zakis, William	Katoomba District Athletics	

Event 126 Girls 1500 Meter Run U15**Saturday 22/01/2022 - 12:34 PM**

	Name	Team	Seed Time
1	Curry, Lara	Temora Athletics Club	
2	Heap, Lily	Tamworth Senior Athletics Club	
3	Leadbeatter, Emerson	Kotara South Athletics Club	

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Event 126 ... (Girls 1500 Meter Run U15)

	Name	Team	Seed Time
4	McLaren, Emily	Nowra Athletics Club	
5	Wall, Ashlyn	Raymond Terrace	
6	Wall, Isabella	Tamworth Senior Athletics Club	

Event 127 Girls 1500 Meter Run U16**Saturday 22/01/2022 - 12:34 PM**

	Name	Team	Seed Time
1	Cole, Matilda	Koorungal -wagga Athletics Clu	
2	Doran, Phoebe	Kotara South Athletics Club	
3	Miller, Annabelle	Kotara South Athletics Club	
4	Pike, Lana	Temora Athletics Club	
5	Pitcher, Sienna	Mingara Athletics Club Inc.	
6	Schmidt, Lucy	Kotara South Athletics Club	
7	Spence, Amelia	Edgeworth and Districts LA Cen	

Event 128 Men 1500 Meter Run U18**Saturday 22/01/2022 - 12:42 PM**

	Name	Team	Seed Time
1	Brien, Keelan	Port Macquarie Pacers Running	
2	Burkinshaw, Logan	Koorungal -wagga Athletics Clu	
3	Drummond, Kobe	Koorungal -wagga Athletics Clu	
4	Dyball, William	Nowra Athletics Club	

Event 129 Men 1500 Meter Run U20**Saturday 22/01/2022 - 12:42 PM**

	Name	Team	Seed Time
1	Barnes, Jack	Eastlakes Athletics Centre	
2	Bible, Tom	Armidale Athletics Club	
3	Binskin, Ryan	Port Macquarie Pacers Running	
4	Houston, Aaron	Orange Little Athletics Club	
5	Ranby, Owen	Koorungal -wagga Athletics Clu	
6	Reungkitchaya, Caleb	Port Stephens Athletics Club	
7	Ross, Lachlan	Orange Runners Club	
8	Townsend, Lockie	Dubbo Athletics Club Inc.	
9	Willis, Bayden	Orange Little Athletics Club	

Event 130 Men 1500 Meter Run Open**Saturday 22/01/2022 - 12:49 PM**

	Name	Team	Seed Time
1	Alexander, James	Newcastle Runners	
2	Cain, Nick	Newcastle Flyers	
3	Daintith, Jack	Orange Runners Club	
4	Mcintosh, Kyle	Woolgoolga Athletic Club (Inc.	
5	Szmyniec, Nathan	Newcastle Runners	

Event 131 Women 1500 Meter Run U17**Saturday 22/01/2022 - 12:55 PM**

	Name	Team	Seed Time
1	Enderby, Erika	Kotara South Athletics Club	
2	Hughes, Ruby	Byron Bay Runners	
3	Jarvis, Hannah	Newcastle Runners	
4	May, Amelia	Nowra Athletics Club	
5	Papalexion, Marianne	Mingara Athletics Club Inc.	

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Event 131 ... (Women 1500 Meter Run U17)

	Name	Team	Seed Time
6	Priest, Charlotte	Koorungal -wagga Athletics Clu	
7	Roach, Holly	Koorungal -wagga Athletics Clu	
8	Rowntree, Hunter	Newcastle Runners	
9	Taylor, Tegan	Kotara South Athletics Club	

Event 132 Women 1500 Meter Run U18**Saturday 22/01/2022 - 12:55 PM**

	Name	Team	Seed Time
1	Norris, Stella	Gosford Little Athletics	
2	Young, Amanda	Kotara South Athletics Club	

Event 133 Women 1500 Meter Run U20**Saturday 22/01/2022 - 12:55 PM**

	Name	Team	Seed Time
1	Kitching, Hayley	Coffs Harbour Track and Field	
2	Monk, Montana	Newcastle Runners	
3	Pernecker, Ashley	Mingara Athletics Club Inc.	
4	Priest, Harriet	Koorungal -wagga Athletics Clu	
5	Roach, Annabel	Koorungal -wagga Athletics Clu	

Event 134 Women 1500 Meter Run Open**Saturday 22/01/2022 - 1:03 PM**

	Name	Team	Seed Time
1	Hogg, Jessica	Illawarra Blue Stars	
2	Irwin, Elley	Macquarie Hunter Athletics Inc	
3	Monz, Jenai	Newcastle Runners	
4	Neto, Kaitlyn	Illawarra Blue Stars	
5	Schiffmann, Sarah	Newcastle Runners	

Event 135 Women 1500 Meter Run 30-39**Saturday 22/01/2022 - 1:03 PM**

	Name	Team	Seed Time
1	Eves, Alexandria	Dubbo Athletics Club Inc.	
2	White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 136 Men 1500 Meter Run 40-49**Saturday 22/01/2022 - 1:13 PM**

	Name	Team	Seed Time
1	Cole, Stewart	Koorungal -wagga Athletics Clu	
2	Enderby, Damien	Kotara South Athletics Club	
3	Priest, Steven	Koorungal -wagga Athletics Clu	
4	Smee, Andrew	Kotara South Athletics Club	
5	Watson, Matthew	Nowra Athletics Club	

Event 137 Men 1500 Meter Run 50-59**Saturday 22/01/2022 - 1:13 PM**

	Name	Team	Seed Time
1	Atkinson, Darren	Nowra Athletics Club	
2	Brien, Wayne	Port Macquarie Pacers Running	
3	Dyball, Gavin	Nowra Athletics Club	
4	Hogg, John	Illawarra Blue Stars	
5	Howlett, Anthony	Athletics Wollongong Inc.	
6	Kratzmann, Trevor	Dubbo Athletics Club Inc.	

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Event 137 ... (Men 1500 Meter Run 50-59)

Name	Team	Seed Time
7 O'Leary, Mark	Nowra Athletics Club	
8 Upsall, Duncan	Coffs Harbour Track and Field	

Event 138 Men 1500 Meter Run 60-69

Saturday 22/01/2022 - 1:13 PM

Name	Team	Seed Time
1 Snow, Gary	Port Macquarie Pacers Running	

Event 139 Men 1500 Meter Run 80-89

Saturday 22/01/2022 - 1:13 PM

Name	Team	Seed Time
1 Perry, Ronald	Athletics Wollongong Inc.	

Event 140 Women 1500 Meter Run 40-49

Saturday 22/01/2022 - 1:23 PM

Name	Team	Seed Time
1 Dellow, Anna	Armidale Athletics Club	
2 Fletcher, Kimberley	Maitland Senior and Little Ath	
3 Happ, Corrine	Woolgoolga Athletic Club (Inc.	
4 Totterman, Megan	Kotara South Athletics Club	
5 Tucker, Allison	Mingara Athletics Club Inc.	
6 Warren, Tara	Mingara Athletics Club Inc.	

Event 141 Women 1500 Meter Run 50-59

Saturday 22/01/2022 - 1:23 PM

Name	Team	Seed Time
1 Doran, Susannah	Kotara South Athletics Club	
2 Enderby, Jennifer	Kotara South Athletics Club	
3 Hunt, Sally	Mingara Athletics Club Inc.	
4 Suffolk, Cristine	Victory Runners	
5 Zakis, Allegra	Katoomba District Athletics	

Event 142 Women 1500 Meter Run 60-69

Saturday 22/01/2022 - 1:23 PM

Name	Team	Seed Time
1 Kenny, Margaret	Nsw Masters Athletics Inc.	
2 Stallard, Trish	Wallsend Rsl Athletic Club	

Event 143 Women 1500 Meter Run 70-79

Saturday 22/01/2022 - 1:23 PM

Name	Team	Seed Time
1 Perry, Rosalind	Athletics Wollongong Inc.	

Event 144 Boys 100 Meter Sprint U9 LA

Saturday 22/01/2022 - 2:00 PM

Name	Team	Seed Time
1 Dogan, Luke	Lismore	
2 Jeffrey, Josh	Gunnedah Little Athletics	
3 Khafaji, Zane	Kotara South Little Athletics	
4 Marks, Braxton	Wallsend Athletics Club	
5 Martin, Levi	Adamstown New Lambton Little A	
6 White, Sandon	Woolgoolga Little Athletics	

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Event 145 Boys 100 Meter Sprint U10 LA Prelims

Saturday 22/01/2022 - 2:03 PM

	Name	Team	Seed Time
1	Bell, Fletcher	Port Macquarie Little Athletic	
2	Bryant, Axl	Macquarie Hunter	
3	Corrigan, Harrison	Adamstown New Lambton Little A	
4	Devery, Lisa	Springwood District Athletic C	
5	Gardiner, Beau	Springwood District Athletic C	
6	Hicks, Rachel	Springwood District Athletic C	
7	Murnane, Max	Mudgee Little Athletics	
8	Palmer, Jarvis	Adamstown New Lambton Little A	
9	Spinks, Josh	Gunnedah Little Athletics	
10	Stokes, Daniel	Kotara South Little Athletics	

Event 146 Boys 100 Meter Sprint U11 LA

Saturday 22/01/2022 - 2:09 PM

	Name	Team	Seed Time
1	Cousis, Tyler	Edgeworth & District Little At	
2	Hicks, Xavier	Singleton Track And Field	
3	Manser, Cooper	Gosford Little Athletics Club	
4	Martin, Callum	Adamstown New Lambton Little A	
5	Mascini, Justin	Macquarie Hunter	
6	O'Leary, Liam	Shoalhaven	
7	Smith, Ethan	Wallsend Athletics Club	
8	Stewart, Harlan	Maitland Senior And Little Ath	

Event 147 Girls 100 Meter Sprint U9 LA

Saturday 22/01/2022 - 2:12 PM

	Name	Team	Seed Time
1	Ahoy, Azaylia	Armidale Athletics Club	
2	Jaunalksnis, Audrey	Maitland Senior And Little Ath	
3	Verriere, Sienna	Springwood District Athletic C	
4	Welch, Isabelle	Macquarie Hunter	
5	Whitehill, Lillian	Coffs Harbour Little Athletics	

Event 148 Girls 100 Meter Sprint U10 LA Prelims

Saturday 22/01/2022 - 2:15 PM

	Name	Team	Seed Time
1	Ahoy, Myarah	Armidale Athletics Club	
2	Barnes, Elara	Port Stephens	
3	Bennetts, Monique	Mudgee Little Athletics	
4	Elliott, Lexi	Tuggerah Lakes Mingara Lac	
5	Gardiner, Cierra	Macquarie Hunter	
6	Hamilton, Isabella	Gunnedah Little Athletics	
7	Morrison, Jasmine	Wallsend Athletics Club	
8	Newberry, Scarlett	Armidale Athletics Club	
9	O'Connell, Emily	Tamworth Little Athletics	
10	Petersen, Ben	Wallsend Athletics Club	
11	Schofield, Lucy	Albion Park	
12	Wall, Ruby	Tamworth Little Athletics	

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Event 149 Girls 100 Meter Sprint U11 LA

Saturday 22/01/2022 - 2:21 PM

	Name	Team	Seed Time
1	Austin, Molly	Macquarie Hunter	
2	Croft, Isla	Macquarie Hunter	
3	Croxford, Kari	Macquarie Hunter	
4	Day, Mikayla	Cardiff & District Athletic Ce	
5	Dogan, Alexandra	Lismore	
6	Godfrey, Millie	Southlakes Athletics Centre	
7	Hicks, Jenice	Edgeworth & District Little At	
8	White, Mai'Ana Teal	Woolgoolga Little Athletics	

Event 150 Boys 100 Meter Sprint U13

Saturday 22/01/2022 - 2:24 PM

	Name	Team	Seed Time
1	Abbott-Mebrate, Alazar	Kotara South Athletics Club	
2	Davies, Mitchell	Kotara South Athletics Club	
3	French, Harrison	Tamworth Senior Athletics Club	
4	Hall, Lukas	Edgeworth and Districts LA Cen	
5	Marks, Cooper	Wallsend Rsl Athletic Club	
6	Thomson, Harry	Nowra Athletics Club	
7	Verriere, Tyson	Blue Mountains Athletics Club	

Event 151 Boys 100 Meter Sprint U14

Saturday 22/01/2022 - 2:27 PM

	Name	Team	Seed Time
1	Cashion, Thomas	Macquarie Hunter Athletics Inc	
2	Daly, Flynn	Port Macquarie Pacers Running	
3	Edwards, Zane	Raymond Terrace	
4	Martin, Liam	Adamstown New Lambton Athletic	
5	Mckenzie, Aiden	Tamworth Senior Athletics Club	
6	Sagovac, Travis	Blue Mountains Athletics Club	

Event 152 Boys 100 Meter Sprint U15 Prelims

Saturday 22/01/2022 - 2:30 PM

	Name	Team	Seed Time
1	Day, Jackson	Macquarie Hunter Athletics Inc	
2	Hamilton, Tahj	Mingara Athletics Club Inc.	
3	Henry, Lincoln	Coffs Harbour Track and Field	
4	Jeffrey, Luke	Gunnedah Athletics Centre	
5	Lark, Kynan	Blue Mountains Athletics Club	
6	Luke, Isaac	Port Macquarie Pacers Running	
7	Marshall, Max	Nowra Athletics Club	
8	Moran, Ashton	Athletics Wollongong Inc.	
9	Ryman, Harry	Gunnedah Athletics Centre	
10	Wilson, Cooper	Tamworth Senior Athletics Club	

Event 153 Boys 100 Meter Sprint U16 Prelims

Saturday 22/01/2022 - 2:36 PM

	Name	Team	Seed Time
1	Charlton, Peter	Eastlakes Athletics Centre	
2	Clarke, Jay	Gosford Little Athletics	
3	Cox, Joshua	Adamstown New Lambton Athletic	
4	Duncan, Tom	Nowra Athletics Club	

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Event 153 ... (Boys 100 Meter Sprint U16 Prelims)

	Name	Team	Seed Time
5	Fiene, Brody	Temora Athletics Club	
6	Gunn, Connor	Gosford Little Athletics	
7	Mcaneney, Max	Dubbo Athletics Club Inc.	
8	Roberti, Joseph	Newcastle Runners	
9	Ross, Cameron	Orange Little Athletics Club	
10	Smith, Joshua	Illawarra Blue Stars	
11	Watson, Jonah	Nowra Athletics Club	
12	Williams, Nathan	Newcastle Runners	
13	Zhang, James	Macquarie Hunter Athletics Inc	

Event 154 Girls 100 Meter Sprint U13 Prelims**Saturday 22/01/2022 - 2:42 PM**

	Name	Team	Seed Time
1	Atkins, Rose	Nowra Athletics Club	
2	Bryant, Tayla	Macquarie Hunter Athletics Inc	
3	Davis, Elizabeth	Nowra Athletics Club	
4	Gentle, Addyson	Maitland Senior and Little Ath	
5	Henry, Mia	Coffs Harbour Track and Field	
6	Lyne, Imogen	Newcastle Flyers	
7	Morrison, Ella	Wallsend Rsl Athletic Club	
8	Pay, Marli	Dubbo Athletics Club Inc.	
9	Power, Ella	Athletics Wollongong Inc.	
10	Spinks, Katie	Gunnedah Athletics Centre	
11	Trembath, Madison	Eastlakes Athletics Centre	
12	Wallace, Emerson	Adamstown New Lambton Athletic	

Event 155 Girls 100 Meter Sprint U14 Prelims**Saturday 22/01/2022 - 2:48 PM**

	Name	Team	Seed Time
1	Brunckhorst, Marli	Macquarie Hunter Athletics Inc	
2	Carlson, Keira	Macquarie Hunter Athletics Inc	
3	Frey, Mikayla	Byron Bay Runners	
4	Gonzalez, Dana	Wyong Athletics Centre Inc	
5	Goy, Tahlia	Mingara Athletics Club Inc.	
6	Hill, Alice	2021 Nsw All Schools Non Membe	
7	Langley, Violet	Blue Mountains Athletics Club	
8	Mcgavern, Mara	Newcastle Runners	
9	Oudshoorn, Aileesha	Port Stephens Athletics Club	
10	Reynolds-Waugh, Mia	East Maitland Little Athletics	
11	Richards, Bridie	Maitland Senior and Little Ath	
12	Stanley, Georgina	Mudgee Little Athletics	
13	Turton, Elly	Wallsend Rsl Athletic Club	
14	White, La'Kya Jai	Woolgoolga Athletic Club (Inc.	

Event 156 Girls 100 Meter Sprint U15 Prelims**Saturday 22/01/2022 - 2:54 PM**

	Name	Team	Seed Time
1	Baker, Adelaide	Woolgoolga Athletic Club (Inc.	
2	Blair, Jocelyn	Orange Little Athletics Club	
3	Carlson, Ava-Marie	Macquarie Hunter Athletics Inc	
4	Collins, Alexis	Newcastle Runners	

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Event 156 ... (Girls 100 Meter Sprint U15 Prelims)

	Name	Team	Seed Time
5	Conlon, Dixie	Raymond Terrace	
6	Karipidis, Demi	Wyong Athletics Centre Inc	
7	Mackie, Jessika	Mingara Athletics Club Inc.	
8	Mandavy, Natarsha	Nowra Athletics Club	
9	Marshall-Dawson, Clara	Athletics Wollongong Inc.	
10	Matthews, Aria	Coffs Harbour Track and Field	
11	Ross, Ava	Kotara South Athletics Club	
12	See, Katie	Athletics Wollongong Inc.	
13	Wall, Isabella	Tamworth Senior Athletics Club	

Event 157 Girls 100 Meter Sprint U16 Prelims**Saturday 22/01/2022 - 3:00 PM**

	Name	Team	Seed Time
1	Baigent, Summer	Mingara Athletics Club Inc.	
2	Berry, Fern	Coffs Harbour Track and Field	
3	Cooper, Layla	Armidale Athletics Club	
4	Cupitt, Ana	Kotara South Athletics Club	
5	Gardiner, Faith	Macquarie Hunter Athletics Inc	
6	Hurdman, Shari	Macquarie Hunter Athletics Inc	
7	Jacobs, Pyper	Maitland Senior and Little Ath	
8	Mcgrath, Charley	Illawarra Blue Stars	
9	Mustapic, Alisha	Nowra Athletics Club	
10	Rejske, Keira	Athletics Wollongong Inc.	
11	Ward, Amarni	Maitland Senior and Little Ath	
12	Wilson, Alyvia	2021 Nsw All Schools Non Membe	

Event 158 Men 100 Meter Sprint U17**Saturday 22/01/2022 - 3:06 PM**

	Name	Team	Seed Time
1	Boudan, Samuel	Macquarie Hunter Athletics Inc	
2	Carroll, Nat	Athletics Wollongong Inc.	
3	Coles, Liam	Mingara Athletics Club Inc.	
4	Garner, Taj	Mingara Athletics Club Inc.	
5	Halloran, Liam	Athletics Wollongong Inc.	
6	Mccarthy, Michael	Maitland Senior and Little Ath	
7	Rae, Christopher	Mingara Athletics Club Inc.	
8	Stevenson, Roy	Coffs Harbour Track and Field	
9	Willis, Keegan	Orange Little Athletics Club	

Event 159 Men 100 Meter Sprint U18 Prelims**Saturday 22/01/2022 - 3:09 PM**

	Name	Team	Seed Time
1	Brown, Calem	Athletics Wollongong Inc.	
2	Brown, Jordie	Singleton Track and Field Club	
3	Cain, Jasper	Maitland Senior and Little Ath	
4	Fairweather, Trae	Maitland Senior and Little Ath	
5	Gray, Kidha	Eastlakes Athletics Centre	
6	Hancock, Cody	Raymond Terrace	
7	Kalozi, Joshua	2021 Nsw All Schools Non Membe	
8	Lawler, Harrison	East Maitland Little Athletics	
9	Lyne, William	Newcastle Flyers	

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Event 159 ... (Men 100 Meter Sprint U18 Prelims)

	Name	Team	Seed Time
10	Mandavy, Tsar	Nowra Athletics Club	
11	Mccoombe-Lopez, Oscar	Mingara Athletics Club Inc.	
12	Parks, Isaac	Athletics Wollongong Inc.	
13	Rann, Callum	Athletics Wollongong Inc.	
14	Upsall, Kyan	Coffs Harbour Track and Field	
15	Worner, Elliott	Woolgoolga Athletic Club (Inc.	

Event 160 Men 100 Meter Sprint U20 Prelims**Saturday 22/01/2022 - 3:15 PM**

	Name	Team	Seed Time
1	Barnes, Rhys	Illawarra Blue Stars	
2	Cheney, Cameron	Mingara Athletics Club Inc.	
3	De Domizio, Dylan	Forster Tuncurry Athletics Clu	
4	Dobbins, Rhys	Kotara South Athletics Club	
5	Fittler, Emerson	Armidale Athletics Club	
6	Holden, Spencer	Mingara Athletics Club Inc.	
7	Langat, Kipchumba	Koorringal -wagga Athletics Clu	
8	Link, Jett	Athletics Wollongong Inc.	
9	Murphy, Alex	Maitland Senior and Little Ath	
10	Sheehan, Jack	Coffs Harbour Track and Field	
11	Striegheer, Damon	Woolgoolga Athletic Club (Inc.	
12	Thickett, Ethan	Illawarra Blue Stars	
13	Tijani, Tajudeen	Armidale Athletics Club	
14	Walter, Elijah	Raymond Terrace	
15	Wells, Damian	Temora Athletics Club	
16	Wickremaratchy, Dinush	Newcastle Runners	
17	Wilkinson, Charlie	Blue Mountains Athletics Club	
18	Woodbury, Jacob	Grafton Athletics Club Inc	
19	Zawadzki, Nathan	Coffs Harbour Track and Field	

Event 161 Women 100 Meter Sprint U17 Prelims**Saturday 22/01/2022 - 3:24 PM**

	Name	Team	Seed Time
1	Allen, Phoebe	Blue Mountains Athletics Club	
2	Benham, Eryn	Gunnedah Athletics Centre	
3	Black, Tarli	Macquarie Hunter Athletics Inc	
4	Campbell, Leila	Koorringal -wagga Athletics Clu	
5	Enderby, Erika	Kotara South Athletics Club	
6	Ezeoke, Chelsea	Illawarra Blue Stars	
7	Gogarty, Ella	Maitland Senior and Little Ath	
8	Harrison, Summah	Port Stephens Athletics Club	
9	Hill, Brooke	2021 Nsw All Schools Non Membe	
10	Hofer, Lilly	Mingara Athletics Club Inc.	
11	Marshall, Ruby	Nowra Athletics Club	
12	Mcgrath, Lulu	Coffs Harbour Track and Field	
13	Sevastos, Loen	Athletics Wollongong Inc.	
14	Turton, Armani	Wallsend Rsl Athletic Club	
15	Wallace, Ella	Katoomba District Athletics	
16	Xavier, Brooke	Macquarie Hunter Athletics Inc	

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Event 162 Women 100 Meter Sprint U18 Prelims

Saturday 22/01/2022 - 3:30 PM

	Name	Team	Seed Time
1	Blume, Melissa	Mingara Athletics Club Inc.	
2	George, Sukontha	Macquarie Hunter Athletics Inc	
3	Kharel, Aditi	Macquarie Hunter Athletics Inc	
4	Newton, Ebony	Raymond Terrace	
5	Pollard, Jemma	Newcastle Runners	
6	Robertson, Tori	Mingara Athletics Club Inc.	
7	Snelling, Emily	Blue Mountains Athletics Club	
8	Sommer, Annika	Newcastle Runners	
9	Strecker, Emily	Illawarra Blue Stars	
10	Xavier, Amber	Macquarie Hunter Athletics Inc	

Event 163 Women 100 Meter Sprint U20 Prelims

Saturday 22/01/2022 - 3:36 PM

	Name	Team	Seed Time
1	Adams, Ashlyn	Illawarra Blue Stars	
2	Check, Lara	Athletics Wollongong Inc.	
3	Cotton, Emma	Port Stephens Athletics Club	
4	Enderby, Mikayla	Kotara South Athletics Club	
5	Etheridge, Caitlyn	Tamworth Senior Athletics Club	
6	Gunn, Katie	Gosford Little Athletics	
7	Hamilton, Erin	Mingara Athletics Club Inc.	
8	Harrison - T37/F37, Laine	Macquarie Hunter Athletics Inc	
9	McDonald, Laila	Coffs Harbour Track and Field	
10	Moore, Kailee	Athletics Wollongong Inc.	
11	Skelton, Tiahna	Wallsend Rsl Athletic Club	
12	Watts, Isabella	Mingara Athletics Club Inc.	

Event 164 Men 100 Meter Sprint Open Prelims

Saturday 22/01/2022 - 3:42 PM

	Name	Team	Seed Time
1	Bell, Fletcher	Armidale Athletics Club	
2	Bickel, Gabriel	Athletics Wollongong Inc.	
3	Chisholm, Cameron	Illawarra Blue Stars	
4	Coutet, Jemuel	Mingara Athletics Club Inc.	
5	Denham, Benjamin	Mingara Athletics Club Inc.	
6	Devery, Christopher	Illawarra Blue Stars	
7	Fairweather, Liam	Maitland Senior and Little Ath	
8	Faulkner, Jonty	Illawarra Blue Stars	
9	Gunn, Tyler	Gosford Little Athletics	
10	Hindmarsh, Stephen	Southlakes Athletics Centre	
11	Jackson, Mitchell	Macquarie Hunter Athletics Inc	
12	James, Benjamin	Cessnock Athletics Centre Inc	
13	Jones, Samuel	Macquarie Hunter Athletics Inc	
14	Mcpaul, James	Athletics Wollongong Inc.	
15	O'Neill, Mitchell	Athletics Wollongong Inc.	
16	Reid, Leroy	Macquarie Hunter Athletics Inc	
17	Striegler, Ethan	Woolgoolga Athletic Club (Inc.	
18	Vane-Tempest, Jack	Mingara Athletics Club Inc.	
19	Williams, Corey	Illawarra Blue Stars	

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Event 164 ... (Men 100 Meter Sprint Open Prelims)

Name	Team	Seed Time
20 Winsor, Matthew	Mingara Athletics Club Inc.	

Event 165 Women 100 Meter Sprint Open Prelims**Saturday 22/01/2022 - 3:51 PM**

Name	Team	Seed Time
1 Barrett, Jessica	Maitland Senior and Little Ath	
2 Carney, Charisse	Coffs Harbour Track and Field	
3 Carroll, Brittany	Maitland Senior and Little Ath	
4 Carroll, Bronte	Mingara Athletics Club Inc.	
5 De Vries, Sarah	Illawarra Blue Stars	
6 Grant, Emily	Wallsend Rsl Athletic Club	
7 Hatchman, Tia	Athletics Wollongong Inc.	
8 Leonard, Belle	Raymond Terrace	
9 Mcandrew, Kelly	Mingara Athletics Club Inc.	
10 Mitton, Dominique	Macquarie Hunter Athletics Inc	
11 Navusolo, Jezebel	Mingara Athletics Club Inc.	
12 Neto, Kaitlyn	Illawarra Blue Stars	
13 O'Neill, Jacqueline	Mingara Athletics Club Inc.	
14 Ogle, Nicole	Newcastle Runners	
15 Smee, Katie	Macquarie Hunter Athletics Inc	
16 Withnall, Elana	Mingara Athletics Club Inc.	

Event 166 Men 100 Meter Sprint 30-39**Saturday 22/01/2022 - 3:57 PM**

Name	Team	Seed Time
1 Dube, Hillary	Mingara Athletics Club Inc.	
2 Eschebach, Tim	Newcastle Runners	
3 Parry, Lachlan	Illawarra Blue Stars	
4 Reid, Matthew	Nowra Athletics Club	

Event 167 Men 100 Meter Sprint 40-49**Saturday 22/01/2022 - 4:00 PM**

Name	Team	Seed Time
1 Cheney, Jason	Mingara Athletics Club Inc.	
2 Doodson, Michael	Athletics Wollongong Inc.	
3 Foster, Jason	Athletics Wollongong Inc.	
4 MCGAVERN, Dan	Newcastle Runners	
5 Newton, Matthew	Raymond Terrace	
6 Sammut, Daniel	Mingara Athletics Club Inc.	
7 See, Adrian	Athletics Wollongong Inc.	
8 Stone, Jay	Tamworth Senior Athletics Club	
9 White, Shane	Woolgoolga Athletic Club (Inc.	

Event 168 Men 100 Meter Sprint 50-59 Prelims**Saturday 22/01/2022 - 4:03 PM**

Name	Team	Seed Time
1 Clarkson, Col	Illawarra Blue Stars	
2 Hogg, John	Illawarra Blue Stars	
3 Leseberg, Ernie	Gosford Little Athletics	
4 Minto, John	Gosford Little Athletics	
5 Musgrove, Paul	Nowra Athletics Club	
6 O'Leary, Mark	Nowra Athletics Club	

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Event 168 ... (Men 100 Meter Sprint 50-59 Prelims)

	Name	Team	Seed Time
7	Phillips, Andrew	Nsw Masters Athletics Inc.	
8	Reid, Brett	Mingara Athletics Club Inc.	
9	Rodda, Andrew	Illawarra Blue Stars	
10	Smith, Steven	Blue Mountains Athletics Club	
11	Smith, Steven	Mingara Athletics Club Inc.	
12	Tebbutt, Rodney	Athletics Wollongong Inc.	

Event 169 Men 100 Meter Sprint 60-69**Saturday 22/01/2022 - 4:09 PM**

	Name	Team	Seed Time
1	Carr, Paul	Mingara Athletics Club Inc.	
2	Devery, Todd	Blue Mountains Athletics Club	
3	Ellis, Daryl	Wyong Athletics Centre Inc	
4	Kennedy, David	Woolgoolga Athletic Club (Inc.	
5	Smith, David	Mingara Athletics Club Inc.	
6	Zappia, Rocky	Mingara Athletics Club Inc.	

Event 170 Men 100 Meter Sprint 70-79**Saturday 22/01/2022 - 4:09 PM**

	Name	Team	Seed Time
1	Lamb, John	Illawarra Blue Stars	
2	Stubbs, Kenneth	Mingara Athletics Club Inc.	
3	Wall, John	Mingara Athletics Club Inc.	

Event 171 Women 100 Meter Sprint 30-39**Saturday 22/01/2022 - 4:12 PM**

	Name	Team	Seed Time
1	Eves, Alexandria	Dubbo Athletics Club Inc.	
2	White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 172 Women 100 Meter Sprint 40-49**Saturday 22/01/2022 - 4:12 PM**

	Name	Team	Seed Time
1	Ellis, Caroline	Athletics Wollongong Inc.	
2	Happ, Corrine	Woolgoolga Athletic Club (Inc.	
3	Mchenry, Nicole	Athletics Wollongong Inc.	
4	Moran, Suzy	Athletics Wollongong Inc.	
5	Power, Rebekah	Athletics Wollongong Inc.	
6	Quinn, Lisa	Illawarra Blue Stars	
7	Smart, Erin	Nowra Athletics Club	
8	Thompson, Katherine	Mingara Athletics Club Inc.	

Event 173 Women 100 Meter Sprint 50-59**Saturday 22/01/2022 - 4:15 PM**

	Name	Team	Seed Time
1	Blume, Bella	Mingara Athletics Club Inc.	
2	Durston, Bev	Mingara Athletics Club Inc.	
3	Ingram, Richelle	Mingara Athletics Club Inc.	
4	Mogentale, Gianna	Illawarra Blue Stars	

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Event 174 Women 100 Meter Sprint 60-69

Saturday 22/01/2022 - 4:18 PM

	Name	Team	Seed Time
1	Cowell, Lynne	Mingara Athletics Club Inc.	
2	Flynn, Rina	Illawarra Blue Stars	
3	Forster, Julie	Blue Mountains Athletics Club	
4	Kenny, Margaret	Nsw Masters Athletics Inc.	
5	Lowe, June	Illawarra Blue Stars	
6	Shaw, Christine	Athletics Wollongong Inc.	
7	Stagles, Sally	Mingara Athletics Club Inc.	

Event 175 Women 100 Meter Sprint 70-79

Saturday 22/01/2022 - 4:18 PM

	Name	Team	Seed Time
1	Rex, Robyn	Mingara Athletics Club Inc.	

Event 176 Women 100 Meter Sprint Para

Saturday 22/01/2022 - 4:21 PM

	Name	Team	Seed Time
1	Cleaver - T38, Erin	Macquarie Hunter Athletics Inc	
2	Colwell - T37, Charlize	Athletics Wollongong Inc.	
3	Harrison - T37/F37, Laine	Macquarie Hunter Athletics Inc	
4	Mazzei - T20, Amelia	Armidale Athletics Club	
5	Miller - T20/F20, Akala	Nowra Athletics Club	
6	Osborne - T47, Ella	Kotara South Athletics Club	
7	Parnell - T36, Amelia	Coffs Harbour Track and Field	
8	Peet - T36, Abbie	Tamworth Senior Athletics Club	
9	Webeck - T12/F12, Courtney	Gloucester District Athletics	

Event 177 Men 100 Meter Sprint Para

Saturday 22/01/2022 - 4:24 PM

	Name	Team	Seed Time
1	Carr - T20/F20, Blake	Macquarie Hunter Athletics Inc	
2	Harding - T36/F36, Zac	Dubbo Athletics Club Inc.	
3	Lloyd - T20, Lleyton	Macquarie Hunter Athletics Inc	
4	Mchenry, Anderson	Athletics Wollongong Inc.	
5	Miller - T44/F44, Kynan	Nowra Athletics Club	
6	Molloy - T36/F36, Dylan	Newcastle Runners	
7	Thompson - T64/F64, Bailey	Dubbo Athletics Club Inc.	

Event 200 Women Discus Throw 70-79

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Thomas, Mary	Illawarra Blue Stars	
2	Van Bockel, Adriana	Athletics Wollongong Inc.	

Event 201 Women Discus Throw 60-69

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Cox, Pauline	Nsw Masters Athletics Inc.	
2	Flynn, Rina	Illawarra Blue Stars	
3	Kenny, Margaret	Nsw Masters Athletics Inc.	
4	Lowe, June	Illawarra Blue Stars	
5	Shaw, Christine	Athletics Wollongong Inc.	

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Event 202 Women Discus Throw 50-59

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Bird, Julie	Illawarra Blue Stars	
2	Blume, Bella	Mingara Athletics Club Inc.	
3	Durston, Bev	Mingara Athletics Club Inc.	
4	Ingram, Richelle	Mingara Athletics Club Inc.	
5	Redmond, Jodie	Illawarra Blue Stars	

Event 203 Boys Javelin Throw U16

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Charlton, Peter	Eastlakes Athletics Centre	
2	Daw, Thomas	Blue Mountains Athletics Club	
3	Fiene, Brody	Temora Athletics Club	
4	Frey, Daniel	Byron Bay Runners	
5	Hooker, Tallan	Eastlakes Athletics Centre	
6	McLaren, Hamish	Nowra Athletics Club	
7	Smith, Joshua	Illawarra Blue Stars	
8	Van Der Ham, Charon	Mingara Athletics Club Inc.	

Event 204 Boys Javelin Throw U15

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Hunter, William	Gosford Little Athletics	
2	O'Leary, Patrick	Nowra Athletics Club	

Event 205 Men Shot Put Open

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Clifford, Morgan	Raymond Terrace	
2	Jones, Samuel	Macquarie Hunter Athletics Inc	
3	Kilpatrick, Daniel	Adamstown New Lambton Athletic	

Event 206 Men Shot Put U20

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Barnes, Rhys	Illawarra Blue Stars	
2	Basnet, Jude	Athletics Wollongong Inc.	
3	Dodgson, Drew	Maitland Senior and Little Ath	
4	Sheehan, Jack	Coffs Harbour Track and Field	
5	Smith, Evan	Orange Runners Club	
6	Van Der Ham, Jelle	Mingara Athletics Club Inc.	
7	Wells, Damian	Temora Athletics Club	
8	Woodbury, Jacob	Grafton Athletics Club Inc	

Event 207 Girls Triple Jump U14

Saturday 22/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Anderson, Imogene	Athletics Wollongong Inc.	
2	Blackman, Matilda	Mudgee Little Athletics	
3	Frey, Mikayla	Byron Bay Runners	
4	Gonzalez, Dana	Wyong Athletics Centre Inc	
5	Henry, Mia	Coffs Harbour Track and Field	

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Event 207 ... (Girls Triple Jump U14)

	Name	Team	Seed Mark
6	Mcgavern, Mara	Newcastle Runners	
7	Nicol, Chelsea	Athletics Wollongong Inc.	
8	O'Brien, Nikita	Macquarie Hunter Athletics Inc	
9	Oudshoorn, Aileesha	Port Stephens Athletics Club	
10	Reynolds-Waugh, Mia	East Maitland Little Athletics	
11	Richards, Bridie	Maitland Senior and Little Ath	
12	White, La'Kya Jai	Woolgoolga Athletic Club (Inc.	

Event 208 Girls Triple Jump U15**Saturday 22/01/2022 - 9:00 AM**

	Name	Team	Seed Mark
1	Baker, Adelayde	Woolgoolga Athletic Club (Inc.	
2	Conlon, Dixie	Raymond Terrace	
3	Mandavy, Natarsha	Nowra Athletics Club	
4	Matthews, Aria	Coffs Harbour Track and Field	

Event 209 Women High Jump U18**Saturday 22/01/2022 - 9:45 AM**

	Name	Team	Seed Mark
1	Young, Amanda	Kotara South Athletics Club	

Event 210 Women High Jump U17**Saturday 22/01/2022 - 9:45 AM**

	Name	Team	Seed Mark
1	Catto, Summer	Newcastle Flyers	
2	Gleeson, Lani	Blue Mountains Athletics Club	

Event 211 Boys Long Jump U14**Saturday 22/01/2022 - 9:45 AM**

	Name	Team	Seed Mark
1	Happ, Kweller	Woolgoolga Athletic Club (Inc.	
2	Hubbard, Jacob	Woolgoolga Athletic Club (Inc.	
3	Martin, Liam	Adamstown New Lambton Athletic	
4	Rejske, Beau	Athletics Wollongong Inc.	
5	Sagovac, Travis	Blue Mountains Athletics Club	

Event 212 Boys Long Jump U13**Saturday 22/01/2022 - 9:45 AM**

	Name	Team	Seed Mark
1	Davies, Mitchell	Kotara South Athletics Club	
2	Marks, Cooper	Wallsend Rsl Athletic Club	
3	Thomson, Harry	Nowra Athletics Club	
4	Verriere, Tyson	Blue Mountains Athletics Club	

Event 213 Men Long Jump 70-79**Saturday 22/01/2022 - 10:30 AM**

	Name	Team	Seed Mark
1	Lamb, John	Illawarra Blue Stars	
2	Stubbs, Kenneth	Mingara Athletics Club Inc.	

Event 214 Men Long Jump 60-69**Saturday 22/01/2022 - 10:30 AM**

	Name	Team	Seed Mark
1	Ellis, Daryl	Wyong Athletics Centre Inc	

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Event 214 ... (Men Long Jump 60-69)

Name	Team	Seed Mark
2 Kennedy, David	Woolgoolga Athletic Club (Inc.	

Event 215 Men Long Jump 50-59
Saturday 22/01/2022 - 10:30 AM

Name	Team	Seed Mark
1 Howlett, Anthony	Athletics Wollongong Inc.	
2 Musgrove, Paul	Nowra Athletics Club	
3 Mustapic, Glen	Nowra Athletics Club	
4 Phillips, Andrew	Nsw Masters Athletics Inc.	
5 Smith, Steven	Blue Mountains Athletics Club	

Event 216 Women Discus Throw 40-49
Saturday 22/01/2022 - 10:20 AM

Name	Team	Seed Mark
1 Dellow, Anna	Armidale Athletics Club	
2 Happ, Corrine	Woolgoolga Athletic Club (Inc.	
3 Heywood, Natalie	Athletics Wollongong Inc.	
4 Hunter, Kelly	Gosford Little Athletics	
5 O'Leary, Leanne	Nowra Athletics Club	
6 Smith, Christine	Blue Mountains Athletics Club	

Event 217 Women Discus Throw 30-39
Saturday 22/01/2022 - 10:20 AM

Name	Team	Seed Mark
1 White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 218 Boys Shot Put U11 LA
Saturday 22/01/2022 - 10:30 AM

Name	Team	Seed Mark
1 Happ, Corrine	Woolgoolga Little Athletics	
2 Lyon, Hugo	Adamstown New Lambton Athletic	
3 Martin, Callum	Adamstown New Lambton Little A	
4 Mascini, Justin	Macquarie Hunter	
5 O'Leary, Liam	Shoalhaven	
6 Todd, Archer	Gosford Little Athletics Club	

Event 219 Boys Shot Put U10 LA
Saturday 22/01/2022 - 10:30 AM

Name	Team	Seed Mark
1 Davis, Darcy	Shoalhaven	
2 Devery, Lisa	Springwood District Athletic C	
3 Hicks, Rachel	Springwood District Athletic C	
4 Murnane, Max	Mudgee Little Athletics	
5 Spinks, Josh	Gunnedah Little Athletics	

Event 220 Women Triple Jump Open
Saturday 22/01/2022 - 10:30 AM

Name	Team	Seed Mark
1 Carney, Charisse	Coffs Harbour Track and Field	
2 De Vries, Sarah	Illawarra Blue Stars	
3 Edwards, Kaisha	Illawarra Blue Stars	
4 Hicks, Sharis	Edgeworth and Districts LA Cen	
5 Withnall, Elana	Mingara Athletics Club Inc.	

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Event 221 Women Triple Jump U20

Saturday 22/01/2022 - 10:30 AM

Name	Team	Seed Mark
1 Check, Lara	Athletics Wollongong Inc.	

Event 222 Men Javelin Throw U18

Saturday 22/01/2022 - 10:50 AM

Name	Team	Seed Mark
1 Johnson, Kynan	Wyong Athletics Centre Inc	
2 Lyne, William	Newcastle Flyers	
3 Mandavy, Tsar	Nowra Athletics Club	

Event 223 Men Javelin Throw U17

Saturday 22/01/2022 - 10:50 AM

Name	Team	Seed Mark
1 Kennedy, Damian	Woolgoolga Athletic Club (Inc.	
2 Markulin, Lincoln	Mingara Athletics Club Inc.	
3 Rutter, Kurt	Dubbo Athletics Club Inc.	

Event 224 Women High Jump 60-69

Saturday 22/01/2022 - 11:10 AM

Name	Team	Seed Mark
1 Lowe, June	Illawarra Blue Stars	
2 Shaw, Christine	Athletics Wollongong Inc.	
3 Stables, Sally	Mingara Athletics Club Inc.	
4 Stallard, Trish	Wallsend Rsl Athletic Club	

Event 225 Women High Jump 40-49

Saturday 22/01/2022 - 11:10 AM

Name	Team	Seed Mark
1 Ellis, Caroline	Athletics Wollongong Inc.	
2 Happ, Corrine	Woolgoolga Athletic Club (Inc.	
3 Heywood, Natalie	Athletics Wollongong Inc.	
4 Power, Rebekah	Athletics Wollongong Inc.	
5 Smith, Christine	Blue Mountains Athletics Club	

Event 226 Boys Shot Put U14

Saturday 22/01/2022 - 11:20 AM

Name	Team	Seed Mark
1 Cashion, Thomas	Macquarie Hunter Athletics Inc	
2 O'Leary, Flynn	Nowra Athletics Club	

Event 227 Boys Shot Put U13

Saturday 22/01/2022 - 11:20 AM

Name	Team	Seed Mark
1 Dyball, Noah	Nowra Athletics Club	
2 Hall, Lukas	Edgeworth and Districts LA Cen	
3 Verriere, Tyson	Blue Mountains Athletics Club	

Event 228 Boys Long Jump U16

Saturday 22/01/2022 - 11:20 AM

Name	Team	Seed Mark
1 Charlton, Peter	Eastlakes Athletics Centre	
2 Cox, Joshua	Adamstown New Lambton Athletic	
3 Fiene, Brody	Temora Athletics Club	

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Event 228 ... (Boys Long Jump U16)

	Name	Team	Seed Mark
4	Hinchcliffe, Kye	Macquarie Hunter Athletics Inc	
5	Muirhead, Marshall	Macquarie Hunter Athletics Inc	
6	Watson, Jonah	Nowra Athletics Club	

Event 229 Boys Long Jump U15
Saturday 22/01/2022 - 11:20 AM

	Name	Team	Seed Mark
1	Catto, Harvey	Newcastle Flyers	
2	Henry, Lincoln	Coffs Harbour Track and Field	
3	Ryman, Harry	Gunnedah Athletics Centre	
4	Wilson, Cooper	Tamworth Senior Athletics Club	

Event 230 Men Javelin Throw Open
Saturday 22/01/2022 - 12:00 PM

	Name	Team	Seed Mark
1	Clifford, Morgan	Raymond Terrace	
2	Irvine, Ben	Wallsend Rsl Athletic Club	
3	Jones, Samuel	Macquarie Hunter Athletics Inc	
4	Parsons, David	Adamstown New Lambton Athletic	
5	Smith, Evan	Orange Runners Club	
6	Woodbury, Jacob	Grafton Athletics Club Inc	

Event 231 Men Javelin Throw U20
Saturday 22/01/2022 - 12:00 PM

	Name	Team	Seed Mark
1	Barnes, Rhys	Illawarra Blue Stars	
2	Cheney, Cameron	Mingara Athletics Club Inc.	
3	Del Popolo, Alexander	Illawarra Blue Stars	
4	Dodgson, Drew	Maitland Senior and Little Ath	
5	Smith, Evan	Orange Runners Club	
6	Van Der Ham, Jelle	Mingara Athletics Club Inc.	

Event 232 Women Triple Jump 60-69
Saturday 22/01/2022 - 12:00 PM

	Name	Team	Seed Mark
1	Shaw, Christine	Athletics Wollongong Inc.	
2	Stallard, Trish	Wallsend Rsl Athletic Club	

Event 233 Women Triple Jump 50-59
Saturday 22/01/2022 - 12:00 PM

	Name	Team	Seed Mark
1	Mogentale, Gianna	Illawarra Blue Stars	

Event 234 Women Discus Throw U18
Saturday 22/01/2022 - 12:00 PM

	Name	Team	Seed Mark
1	Blume, Melissa	Mingara Athletics Club Inc.	
2	Daniels, Zoe	Athletics Wollongong Inc.	
3	Kearney, Charlotte	Woolgoolga Athletic Club (Inc.	
4	Richardson, Emily	Macquarie Hunter Athletics Inc	
5	Robertson, Tori	Mingara Athletics Club Inc.	
6	Smith, Charlotte	Illawarra Blue Stars	
7	Young, Amanda	Kotara South Athletics Club	

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Event 235 Women Discus Throw U17

Saturday 22/01/2022 - 12:00 PM

	Name	Team	Seed Mark
1	Cronshaw, Emmagen	Katoomba District Athletics	
2	Davis, Siarne	Dubbo Athletics Club Inc.	
3	Low, Amara	Eastlakes Athletics Centre	
4	Miller, Talea	Nowra Athletics Club	
5	Riddell, Kiara	Wyong Athletics Centre Inc	
6	Thomas, Emily	Temora Athletics Club	

Event 236 Boys Shot Put U16

Saturday 22/01/2022 - 12:40 PM

	Name	Team	Seed Mark
1	Charlton, Peter	Eastlakes Athletics Centre	
2	Clarke, Jay	Gosford Little Athletics	
3	Cox, Joshua	Adamstown New Lambton Athletic	
4	Daw, Thomas	Blue Mountains Athletics Club	
5	Fiene, Brody	Temora Athletics Club	
6	Frey, Daniel	Byron Bay Runners	
7	Garratt, Ky	Temora Athletics Club	
8	Hooker, Tallan	Eastlakes Athletics Centre	
9	Schilder, Talen	Athletics Wollongong Inc.	
10	Van Der Ham, Charon	Mingara Athletics Club Inc.	

Event 237 Boys Shot Put U15

Saturday 22/01/2022 - 12:40 PM

	Name	Team	Seed Mark
1	Campion, Aiden	Mingara Athletics Club Inc.	
2	Hunter, William	Gosford Little Athletics	
3	Jeffrey, Luke	Gunnedah Athletics Centre	
4	O'Leary, Patrick	Nowra Athletics Club	

Event 238 Men Long Jump U18

Saturday 22/01/2022 - 12:40 PM

	Name	Team	Seed Mark
1	Fairweather, Trae	Maitland Senior and Little Ath	
2	Hancock, Cody	Raymond Terrace	
3	Kalozi, Joshua	2021 Nsw All Schools Non Membe	
4	Lawler, Harrison	East Maitland Little Athletics	
5	Mandavy, Tsar	Nowra Athletics Club	
6	Wain, Bohdi	Coffs Harbour Track and Field	

Event 239 Men Long Jump U17

Saturday 22/01/2022 - 12:40 PM

	Name	Team	Seed Mark
1	Boudan, Samuel	Macquarie Hunter Athletics Inc	
2	Coles, Liam	Mingara Athletics Club Inc.	
3	Halloran, Liam	Athletics Wollongong Inc.	
4	Kennedy, Damian	Woolgoolga Athletic Club (Inc.	
5	Rae, Christopher	Mingara Athletics Club Inc.	

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Event 240 Girls High Jump U15

Saturday 22/01/2022 - 1:10 PM

Name	Team	Seed Mark
1 Blair, Jocelyn	Orange Little Athletics Club	

Event 241 Girls High Jump U16

Saturday 22/01/2022 - 1:10 PM

Name	Team	Seed Mark
1 Baigent, Summer	Mingara Athletics Club Inc.	
2 Daymond, Jassmin	Edgeworth and Districts LA Cen	
3 Sawyer, Isabella	Tamworth Senior Athletics Club	
4 Wain, Amaia	Coffs Harbour Track and Field	

Event 242 Men Javelin Throw 40-49

Saturday 22/01/2022 - 1:20 PM

Name	Team	Seed Mark
1 Clifford, Morgan	Raymond Terrace	
2 Muscat, Jamie	Wyong Athletics Centre Inc	
3 White, Shane	Woolgoolga Athletic Club (Inc.	

Event 243 Men Javelin Throw 30-39

Saturday 22/01/2022 - 1:20 PM

Name	Team	Seed Mark
1 Browne, Robert	Wallsend Rsl Athletic Club	
2 Dube, Hillary	Mingara Athletics Club Inc.	
3 Reid, Matthew	Nowra Athletics Club	

Event 244 Women Triple Jump 40-49

Saturday 22/01/2022 - 1:40 PM

Name	Team	Seed Mark
1 Happ, Corrine	Woolgoolga Athletic Club (Inc.	
2 Mchenry, Nicole	Athletics Wollongong Inc.	
3 Quinn, Lisa	Illawarra Blue Stars	
4 Smith, Christine	Blue Mountains Athletics Club	

Event 245 Women Triple Jump 30-39

Saturday 22/01/2022 - 1:40 PM

Name	Team	Seed Mark
1 White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 246 Men Long Jump Open

Saturday 22/01/2022 - 1:50 PM

Name	Team	Seed Mark
1 Devery, Christopher	Illawarra Blue Stars	
2 Fairweather, Liam	Maitland Senior and Little Ath	
3 James, Benjamin	Cessnock Athletics Centre Inc	
4 Jones, Samuel	Macquarie Hunter Athletics Inc	
5 Lloyd - T20, Lleyton	Macquarie Hunter Athletics Inc	
6 Williams, Corey	Illawarra Blue Stars	

Event 247 Men Long Jump U20

Saturday 22/01/2022 - 1:50 PM

Name	Team	Seed Mark
1 Cheney, Cameron	Mingara Athletics Club Inc.	
2 Dear, Callum	Tamworth Senior Athletics Club	

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Event 247 ... (Men Long Jump U20)

	Name	Team	Seed Mark
3	Harding, Blake	Dubbo Athletics Club Inc.	
4	Langat, Kipchumba	Koorungal -wagga Athletics Clu	
5	Striegher, Damon	Woolgoolga Athletic Club (Inc.	
6	Van Der Ham, Jelle	Mingara Athletics Club Inc.	
7	Vizintin, Cory	Wallsend Rsl Athletic Club	
8	Walter, Elijah	Raymond Terrace	

Event 248 Men Discus Throw Wheelchair Para**Saturday 22/01/2022 - 2:00 PM**

	Name	Team	Seed Mark
1	Carr - T20/F20, Blake	Macquarie Hunter Athletics Inc	
2	Harding - T36/F36, Zac	Dubbo Athletics Club Inc.	
3	Miller - T44/F44, Kynan	Nowra Athletics Club	
4	Molloy - T36/F36, Dylan	Newcastle Runners	
5	Thompson - T64/F64, Bailey	Dubbo Athletics Club Inc.	

Event 249 Women Discus Throw Ambulatory Para**Saturday 22/01/2022 - 2:00 PM**

	Name	Team	Seed Mark
1	Buss - F20, Savannah	Blue Mountains Athletics Club	
2	Earl - F20, Olivia	Tamworth Senior Athletics Club	
3	Lockett - F37, Kirra	Byron Bay Runners	
4	Rodgers - F20, Annabelle	Gosford Little Athletics	
5	Webeck - T12/F12, Courtney	Gloucester District Athletics	

Event 251 Girls High Jump U14**Saturday 22/01/2022 - 2:00 PM**

	Name	Team	Seed Mark
1	Benefiel, Emily	Athletics Wollongong Inc.	
2	Oudshoorn, Aileesha	Port Stephens Athletics Club	
3	Tibbs, Melody	Port Stephens Athletics Club	

Event 252 Girls High Jump U13**Saturday 22/01/2022 - 2:00 PM**

	Name	Team	Seed Mark
1	Anderson, Imogene	Athletics Wollongong Inc.	
2	Daymond, Makaylie	Edgeworth and Districts LA Cen	
3	Hall, Cheyannah	Athletics Wollongong Inc.	
4	Lyne, Imogen	Newcastle Flyers	
5	Morrison, Ella	Wallsend Rsl Athletic Club	
6	O'Connell, Isabel	Tamworth Senior Athletics Club	
7	Spinks, Katie	Gunnedah Athletics Centre	
8	Tibbs, Emma	Port Stephens Athletics Club	
9	Wells, Sienna	Lithgow Athletics Club	

Event 253 Men Javelin Throw 70-79**Saturday 22/01/2022 - 2:30 PM**

	Name	Team	Seed Mark
1	Appleton, John	Nsw Masters Athletics Inc.	
2	Steele, Hayden	Wallsend Rsl Athletic Club	
3	Stubbs, Kenneth	Mingara Athletics Club Inc.	

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Event 254 Men Javelin Throw 60-69**Saturday 22/01/2022 - 2:30 PM**

Name	Team	Seed Mark
1 Kennedy, David	Woolgoolga Athletic Club (Inc.	
2 Matthews, Mark	Illawarra Blue Stars	
3 Murray, Gavin	Nsw Masters Athletics Inc.	

Event 255 Men Javelin Throw 50-59**Saturday 22/01/2022 - 2:30 PM**

Name	Team	Seed Mark
1 Howlett, Anthony	Athletics Wollongong Inc.	
2 O'Leary, Mark	Nowra Athletics Club	
3 Phillips, Andrew	Nsw Masters Athletics Inc.	
4 Tebbutt, Rodney	Athletics Wollongong Inc.	

Event 256 Men Shot Put U18**Saturday 22/01/2022 - 2:35 PM**

Name	Team	Seed Mark
1 Batten, Benjamin	Dubbo Athletics Club Inc.	
2 Lyne, William	Newcastle Flyers	
3 Mandavy, Tsar	Nowra Athletics Club	

Event 257 Men Shot Put U17**Saturday 22/01/2022 - 2:35 PM**

Name	Team	Seed Mark
1 Wells, George	Mingara Athletics Club Inc.	

Event 258 Girls Long Jump U11 LA**Saturday 22/01/2022 - 3:00 PM**

Name	Team	Seed Mark
1 Croft, Isla	Macquarie Hunter	
2 Croxford, Kari	Macquarie Hunter	
3 Day, Mikayla	Cardiff & District Athletic Ce	
4 Dogan, Alexandra	Lismore	
5 Hill, Victoria	Shoalhaven	
6 Kennedy, Lily	Stuart'S Point Little Athletic	
7 Parsons, Charlee	Cardiff & District Athletic Ce	
8 Tibbs, Emma	Port Stephens	
9 White, Mai'Ana Teal	Woolgoolga Little Athletics	

Event 259 Girls Long Jump U10 LA**Saturday 22/01/2022 - 3:00 PM**

Name	Team	Seed Mark
1 Ahoy, Myarah	Armidale Athletics Club	
2 Barnes, Elara	Port Stephens	
3 Bennetts, Monique	Mudgee Little Athletics	
4 Elliott, Lexi	Tuggerah Lakes Mingara Lac	
5 Gardiner, Cierra	Macquarie Hunter	
6 Hamilton, Isabella	Gunnedah Little Athletics	
7 Morrison, Jasmine	Wallsend Athletics Club	
8 Newberry, Scarlett	Armidale Athletics Club	
9 O'Connell, Emily	Tamworth Little Athletics	
10 Schofield, Lucy	Albion Park	
11 Wall, Ruby	Tamworth Little Athletics	

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Event 260 Men Long Jump 30-39

Saturday 22/01/2022 - 3:30 PM

Name	Team	Seed Mark
1 Browne, Robert	Wallsend Rsl Athletic Club	

Event 261 Men Long Jump 40-49

Saturday 22/01/2022 - 3:30 PM

Name	Team	Seed Mark
1 Muscat, Jamie	Wyong Athletics Centre Inc	
2 Sammut, Daniel	Mingara Athletics Club Inc.	
3 White, Shane	Woolgoolga Athletic Club (Inc.	

Event 262 Girls Discus Throw U16

Saturday 22/01/2022 - 3:45 PM

Name	Team	Seed Mark
1 Arthur, Margrete	Gosford Little Athletics	
2 Blackman, Mollie	Mudgee Little Athletics	
3 Jessup, Jaimee	Adamstown New Lambton Athletic	
4 Jessup, Paige	Adamstown New Lambton Athletic	
5 Newberry, Brooke	Armidale Athletics Club	
6 Wayne, Chelsy	Athletics Wollongong Inc.	

Event 263 Girls Discus Throw U15

Saturday 22/01/2022 - 3:45 PM

Name	Team	Seed Mark
1 Hokin, Ella	Cessnock Athletics Centre Inc	
2 Mandavy, Natarsha	Nowra Athletics Club	
3 McLaren, Emily	Nowra Athletics Club	
4 Wells, Isabella	Lithgow Athletics Club	

Event 264 Women High Jump Open

Saturday 22/01/2022 - 4:00 PM

Name	Team	Seed Mark
1 Barrett, Jessica	Maitland Senior and Little Ath	
2 De Vries, Sarah	Illawarra Blue Stars	
3 Grant, Emily	Wallsend Rsl Athletic Club	
4 Neto, Kaitlyn	Illawarra Blue Stars	
5 Shaw, Rachel	Athletics Wollongong Inc.	
6 Whelan, Emily	Adamstown New Lambton Athletic	

Event 265 Women High Jump U20

Saturday 22/01/2022 - 4:00 PM

Name	Team	Seed Mark
1 Check, Lara	Athletics Wollongong Inc.	

Event 266 Boys Long Jump U9 LA

Saturday 22/01/2022 - 4:00 PM

Name	Team	Seed Mark
1 Dogan, Luke	Lismore	
2 Hawke, Fraser	Kotara South Little Athletics	
3 Jeffrey, Josh	Gunnedah Little Athletics	
4 Khafaji, Zane	Kotara South Little Athletics	
5 Marks, Braxton	Wallsend Athletics Club	
6 Martin, Levi	Adamstown New Lambton Little A	
7 White, Sandon	Woolgoolga Little Athletics	

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Event 267 Girls Long Jump U9 LA
Saturday 22/01/2022 - 4:00 PM

Name	Team	Seed Mark
1 Ahoy, Azaylia	Armidale Athletics Club	
2 Godfrey, Claire	Southlakes Athletics Centre	
3 Mitchell, Isabella	Shoalhaven	
4 Verriere, Sienna	Springwood District Athletic C	
5 Welch, Isabelle	Macquarie Hunter	

Event 268 Girls Javelin Throw U13
Saturday 22/01/2022 - 4:15 PM

Name	Team	Seed Mark
1 Anderson, Imogene	Athletics Wollongong Inc.	
2 Earl - F20, Olivia	Tamworth Senior Athletics Club	

Event 269 Girls Javelin Throw U14
Saturday 22/01/2022 - 4:15 PM

Name	Team	Seed Mark
1 Blackman, Matilda	Mudgee Little Athletics	
2 Flett, Tahlia	2021 Nsw All Schools Non Membe	
3 Mckenzie, Imogen	Tamworth Senior Athletics Club	
4 O'Brien, Nikita	Macquarie Hunter Athletics Inc	

Event 270 Boys 3000 Meter Run U16
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Time
1 Ashby, Myles	Gosford Little Athletics	
2 Atkinson, Denzel	Nowra Athletics Club	
3 Baxter, Cameron	Nowra Athletics Club	
4 Baxter, Oliver	Nowra Athletics Club	
5 Dogan, Tyler	Byron Bay Runners	
6 Gorton, Oliver	Raymond Terrace	
7 Harlor, Joel	Victory Runners	
8 Hubbard, Jacob	Woolgoolga Athletic Club (Inc.	
9 Mcclusky, Harrison	Gosford Little Athletics	
10 McLaren, Hamish	Nowra Athletics Club	
11 Morgan, Coen	Maitland Senior and Little Ath	
12 Nyman, Matthew	Kotara South Athletics Club	

Event 271 Men 3000 Meter Run U17
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Time
1 Baxter, Harrison	Nowra Athletics Club	
2 Bennett, Hadden	Orange Little Athletics Club	
3 Zakis, William	Katoomba District Athletics	

Event 272 Men 3000 Meter Run U18
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Time
1 Bettison, Caleb	Armidale Athletics Club	
2 Brien, Keelan	Port Macquarie Pacers Running	
3 Kellett, Noah	Newcastle Runners	
4 Macleay, Cody	Kembla Joggers Inc.	
5 Spamer, Liam	Edgeworth and Districts LA Cen	

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Event 273 Girls 3000 Meter Run U16

Sunday 23/01/2022 - 8:12 AM

	Name	Team	Seed Time
1	Ashby, Caetlin	Gosford Little Athletics	
2	Dogan, Skye	Byron Bay Runners	
3	Doran, Phoebe	Kotara South Athletics Club	
4	Heap, Lily	Tamworth Senior Athletics Club	
5	Hill, Evelyn	Victory Runners	
6	Leadbeatter, Emerson	Kotara South Athletics Club	
7	McLaren, Emily	Nowra Athletics Club	
8	Miller, Annabelle	Kotara South Athletics Club	
9	Pitcher, Sienna	Mingara Athletics Club Inc.	
10	Schmidt, Lucy	Kotara South Athletics Club	
11	Spence, Amelia	Edgeworth and Districts LA Cen	

Event 274 Women 3000 Meter Run U17

Sunday 23/01/2022 - 8:12 AM

	Name	Team	Seed Time
1	Hughes, Ruby	Byron Bay Runners	
2	May, Amelia	Nowra Athletics Club	

Event 275 Women 3000 Meter Run U18

Sunday 23/01/2022 - 8:12 AM

	Name	Team	Seed Time
1	Miller, Lillian	Kotara South Athletics Club	
2	Young, Amanda	Kotara South Athletics Club	

Event 276 Women 3000 Meter Run 50-59

Sunday 23/01/2022 - 8:24 AM

	Name	Team	Seed Time
1	Doran, Susannah	Kotara South Athletics Club	
2	Enderby, Jennifer	Kotara South Athletics Club	
3	Hunt, Sally	Mingara Athletics Club Inc.	
4	Suffolk, Cristine	Victory Runners	
5	Zakis, Allegra	Katoomba District Athletics	

Event 277 Women 3000 Meter Run 60-69

Sunday 23/01/2022 - 8:24 AM

	Name	Team	Seed Time
1	Beardslee, Margaret	Mingara Athletics Club Inc.	
2	Kenny, Margaret	Nsw Masters Athletics Inc.	
3	Stallard, Trish	Wallsend Rsl Athletic Club	

Event 278 Women 3000 Meter Run 70-79

Sunday 23/01/2022 - 8:24 AM

	Name	Team	Seed Time
1	Perry, Rosalind	Athletics Wollongong Inc.	

Event 279 Men 110 Meter Hurdles 106.7cm Open

Sunday 23/01/2022 - 8:42 AM

	Name	Team	Seed Time
1	James, Benjamin	Cessnock Athletics Centre Inc	

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Event 280 Men 110 Meter Hurdles 99.1cm U20
Sunday 23/01/2022 - 8:48 AM

	Name	Team	Seed Time
1	Dobbins, Rhys	Kotara South Athletics Club	
2	Lightfoot, Mitchell	Maitland Senior and Little Ath	
3	Link, Jett	Athletics Wollongong Inc.	
4	Sheehan, Jack	Coffs Harbour Track and Field	
5	Van Der Ham, Jelle	Mingara Athletics Club Inc.	
6	Vizintin, Cory	Wallsend Rsl Athletic Club	

Event 281 Men 110 Meter Hurdles 91.4cm U17
Sunday 23/01/2022 - 8:54 AM

	Name	Team	Seed Time
1	Coles, Liam	Mingara Athletics Club Inc.	
2	Kennedy, Damian	Woolgoolga Athletic Club (Inc.	
3	Willis, Keegan	Orange Little Athletics Club	

Event 282 Men 110 Meter Hurdles 91.4cm U18
Sunday 23/01/2022 - 8:54 AM

	Name	Team	Seed Time
1	Brown, Jordie	Singleton Track and Field Club	
2	Gray, Kidha	Eastlakes Athletics Centre	
3	Kalozi, Joshua	2021 Nsw All Schools Non Membe	
4	Lawler, Harrison	East Maitland Little Athletics	
5	Mandavy, Tsar	Nowra Athletics Club	

Event 283 Men 100 Meter Hurdles 91.4cm 50-59
Sunday 23/01/2022 - 9:01 AM

	Name	Team	Seed Time
1	Howlett, Anthony	Athletics Wollongong Inc.	

Event 284 Men 100 Meter Hurdles 84cm 60-69
Sunday 23/01/2022 - 9:01 AM

	Name	Team	Seed Time
1	Carr, Paul	Mingara Athletics Club Inc.	

Event 285 Boys 100 Meter Hurdles 84cm U16
Sunday 23/01/2022 - 9:07 AM

	Name	Team	Seed Time
1	Fiene, Brody	Temora Athletics Club	
2	Hooker, Tallan	Eastlakes Athletics Centre	
3	Mclaren, Hamish	Nowra Athletics Club	
4	Muirhead, Marshall	Macquarie Hunter Athletics Inc	
5	Upsall, Josh	Coffs Harbour Track and Field	
6	Watson, Jonah	Nowra Athletics Club	

Event 286 Boys 100 Meter Hurdles 84cm U15
Sunday 23/01/2022 - 9:07 AM

	Name	Team	Seed Time
1	Henry, Lincoln	Coffs Harbour Track and Field	
2	Luke, Isaac	Port Macquarie Pacers Running	

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Event 287 Women 100 Meter Hurdles 84cm Open

Sunday 23/01/2022 - 9:10 AM

	Name	Team	Seed Time
1	Barrett, Jessica	Maitland Senior and Little Ath	
2	Leonard, Belle	Raymond Terrace	
3	Newton, Ebony	Raymond Terrace	

Event 288 Women 100 Meter Hurdles 84cm U20

Sunday 23/01/2022 - 9:10 AM

	Name	Team	Seed Time
1	Adams, Ashlyn	Illawarra Blue Stars	
2	Check, Lara	Athletics Wollongong Inc.	
3	Etheridge, Caitlyn	Tamworth Senior Athletics Club	
4	Hamilton, Erin	Mingara Athletics Club Inc.	
5	Moore, Kailee	Athletics Wollongong Inc.	
6	Skelton, Tiahna	Wallsend Rsl Athletic Club	

Event 289 Women 100 Meter Hurdles 76.2cm U17

Sunday 23/01/2022 - 9:16 AM

	Name	Team	Seed Time
1	Allen, Phoebe	Blue Mountains Athletics Club	
2	Gleeson, Lani	Blue Mountains Athletics Club	
3	Mcgrath, Lulu	Coffs Harbour Track and Field	
4	Turton, Armani	Wallsend Rsl Athletic Club	

Event 290 Women 100 Meter Hurdles 76.2cm U18

Sunday 23/01/2022 - 9:16 AM

	Name	Team	Seed Time
1	Kearney, Charlotte	Woolgoolga Athletic Club (Inc.	
2	Robertson, Tori	Mingara Athletics Club Inc.	

Event 291 Girls 90 Meter Hurdles 76.2cm U16

Sunday 23/01/2022 - 9:23 AM

	Name	Team	Seed Time
1	Baigent, Summer	Mingara Athletics Club Inc.	
2	Cupitt, Ana	Kotara South Athletics Club	
3	Jacobs, Pyper	Maitland Senior and Little Ath	
4	Mustapic, Alisha	Nowra Athletics Club	
5	Newberry, Brooke	Armidale Athletics Club	
6	Rejske, Keira	Athletics Wollongong Inc.	

Event 292 Girls 90 Meter Hurdles 76.2cm U15

Sunday 23/01/2022 - 9:23 AM

	Name	Team	Seed Time
1	Baker, Adelayde	Woolgoolga Athletic Club (Inc.	
2	McLaren, Emily	Nowra Athletics Club	
3	See, Katie	Athletics Wollongong Inc.	

Event 293 Boys 90 Meter Hurdles 76.2cm U14

Sunday 23/01/2022 - 9:26 AM

	Name	Team	Seed Time
1	Alley, Trent	Port Macquarie Pacers Running	
2	Edwards, Zane	Raymond Terrace	
3	Sagovac, Travis	Blue Mountains Athletics Club	

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Event 294 Boys 90 Meter Hurdles 76.2cm U13

Sunday 23/01/2022 - 9:26 AM

	Name	Team	Seed Time
1	Davies, Mitchell	Kotara South Athletics Club	
2	Hall, Lukas	Edgeworth and Districts LA Cen	
3	Thomson, Harry	Nowra Athletics Club	

Event 295 Girls 80 Meter Hurdles 76.2cm U14

Sunday 23/01/2022 - 9:29 AM

	Name	Team	Seed Time
1	Benefiel, Emily	Athletics Wollongong Inc.	
2	Langley, Violet	Blue Mountains Athletics Club	
3	Oudshoorn, Aileesha	Port Stephens Athletics Club	
4	Stanley, Georgina	Mudgee Little Athletics	
5	Turton, Elly	Wallsend Rsl Athletic Club	
6	White, La'Kya Jai	Woolgoolga Athletic Club (Inc.	

Event 296 Girls 80 Meter Hurdles 76.2cm U13

Sunday 23/01/2022 - 9:32 AM

	Name	Team	Seed Time
1	Anderson, Imogene	Athletics Wollongong Inc.	
2	Bryant, Tayla	Macquarie Hunter Athletics Inc	
3	Henry, Mia	Coffs Harbour Track and Field	
4	Power, Ella	Athletics Wollongong Inc.	
5	Wells, Sienna	Lithgow Athletics Club	

Event 297 Women 80 Meter Hurdles 76.2cm 40-49

Sunday 23/01/2022 - 9:45 AM

	Name	Team	Seed Time
1	Ellis, Caroline	Athletics Wollongong Inc.	

Event 298 Women 80 Meter Hurdles 60-69

Sunday 23/01/2022 - 9:45 AM

	Name	Team	Seed Time
1	Stagles, Sally	Mingara Athletics Club Inc.	

Event 299 Girls 200 Meter Sprint U9 LA

Sunday 23/01/2022 - 9:54 AM

	Name	Team	Seed Time
1	Ahoy, Azaylia	Armidale Athletics Club	
2	Jaunalksnis, Audrey	Maitland Senior And Little Ath	
3	Verriere, Sienna	Springwood District Athletic C	
4	Welch, Isabelle	Macquarie Hunter	
5	Whitehill, Lillian	Coffs Harbour Little Athletics	

Event 300 Girls 200 Meter Sprint U10 LA Prelims

Sunday 23/01/2022 - 9:58 AM

	Name	Team	Seed Time
1	Ahoy, Myarah	Armidale Athletics Club	
2	Barnes, Elara	Port Stephens	
3	Cronshaw, Mackenzie	Katoomba	
4	Elliott, Lexi	Tuggerah Lakes Mingara Lac	
5	Gardiner, Cierra	Macquarie Hunter	
6	Hamilton, Isabella	Gunnedah Little Athletics	
7	Morrison, Jasmine	Wallsend Athletics Club	

2022 NSW Country Championships - 21/01/2022 to 23/01/2022
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Performance List

Event 300 ... (Girls 200 Meter Sprint U10 LA Prelims)

	Name	Team	Seed Time
8	Newberry, Scarlett	Armidale Athletics Club	
9	O'Connell, Emily	Tamworth Little Athletics	
10	Petersen, Ben	Wallsend Athletics Club	
11	Schofield, Lucy	Albion Park	
12	Wall, Ruby	Tamworth Little Athletics	

Event 301 Girls 200 Meter Sprint U11 LA Prelims**Sunday 23/01/2022 - 10:05 AM**

	Name	Team	Seed Time
1	Austin, Molly	Macquarie Hunter	
2	Croft, Isla	Macquarie Hunter	
3	Croxford, Kari	Macquarie Hunter	
4	Day, Mikayla	Cardiff & District Athletic Ce	
5	Dogan, Alexandra	Lismore	
6	Godfrey, Millie	Southlakes Athletics Centre	
7	Hicks, Jenice	Edgeworth & District Little At	
8	Page, Lillian Marie	Kurrajong Bilpin Little Athlet	
9	White, Mai'Ana Teal	Woolgoolga Little Athletics	

Event 302 Boys 200 Meter Sprint U9 LA**Sunday 23/01/2022 - 10:12 AM**

	Name	Team	Seed Time
1	Dogan, Luke	Lismore	
2	Hawke, Fraser	Kotara South Little Athletics	
3	Khafaji, Zane	Kotara South Little Athletics	
4	Marks, Braxton	Wallsend Athletics Club	
5	Martin, Levi	Adamstown New Lambton Little A	
6	White, Sandon	Woolgoolga Little Athletics	

Event 303 Boys 200 Meter Sprint U10 LA**Sunday 23/01/2022 - 10:16 AM**

	Name	Team	Seed Time
1	Bell, Fletcher	Port Macquarie Little Athletic	
2	Bryant, Axl	Macquarie Hunter	
3	Corrigan, Harrison	Adamstown New Lambton Little A	
4	Davis, Darcy	Shoalhaven	
5	Devery, Lisa	Springwood District Athletic C	
6	Gardiner, Beau	Springwood District Athletic C	
7	Hicks, Rachel	Springwood District Athletic C	
8	Stokes, Daniel	Kotara South Little Athletics	

Event 304 Boys 200 Meter Sprint U11 LA Prelims**Sunday 23/01/2022 - 10:20 AM**

	Name	Team	Seed Time
1	Hicks, Xavier	Singleton Track And Field	
2	Lyon, Hugo	Adamstown New Lambton Athletic	
3	Manser, Cooper	Gosford Little Athletics Club	
4	Martin, Callum	Adamstown New Lambton Little A	
5	Mascini, Justin	Macquarie Hunter	
6	O'Leary, Liam	Shoalhaven	
7	Smith, Ethan	Wallsend Athletics Club	
8	Stewart, Harlan	Maitland Senior And Little Ath	

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Event 304 ... (Boys 200 Meter Sprint U11 LA Prelims)

Name	Team	Seed Time
9 Way, Toby	Gosford Little Athletics Club	

Event 305 Girls 200 Meter Sprint U13 Prelims

Sunday 23/01/2022 - 10:27 AM

Name	Team	Seed Time
1 Atkins, Rose	Nowra Athletics Club	
2 Bryant, Tayla	Macquarie Hunter Athletics Inc	
3 Davis, Elizabeth	Nowra Athletics Club	
4 Daymond, Makaylie	Edgeworth and Districts LA Cen	
5 Hall, Cheyannah	Athletics Wollongong Inc.	
6 Lyne, Imogen	Newcastle Flyers	
7 Morrison, Ella	Wallsend Rsl Athletic Club	
8 Pay, Marli	Dubbo Athletics Club Inc.	
9 Power, Ella	Athletics Wollongong Inc.	
10 Trembath, Madison	Eastlakes Athletics Centre	
11 Wallace, Emerson	Adamstown New Lambton Athletic	

Event 306 Girls 200 Meter Sprint U14 Prelims

Sunday 23/01/2022 - 10:34 AM

Name	Team	Seed Time
1 Brunckhorst, Marli	Macquarie Hunter Athletics Inc	
2 Carlson, Keira	Macquarie Hunter Athletics Inc	
3 Duncan, Anna	Nowra Athletics Club	
4 Frey, Mikayla	Byron Bay Runners	
5 Gonzalez, Dana	Wyong Athletics Centre Inc	
6 Goy, Tahlia	Mingara Athletics Club Inc.	
7 Hill, Alice	2021 Nsw All Schools Non Membe	
8 McGavern, Mara	Newcastle Runners	
9 Reynolds-Waugh, Mia	East Maitland Little Athletics	
10 Stanley, Georgina	Mudgee Little Athletics	
11 Turton, Elly	Wallsend Rsl Athletic Club	
12 White, La'Kya Jai	Woolgoolga Athletic Club (Inc.	

Event 307 Girls 200 Meter Sprint U15 Prelims

Sunday 23/01/2022 - 10:41 AM

Name	Team	Seed Time
1 Baker, Adelayde	Woolgoolga Athletic Club (Inc.	
2 Blair, Jocelyn	Orange Little Athletics Club	
3 Carlson, Ava-Marie	Macquarie Hunter Athletics Inc	
4 Collins, Alexis	Newcastle Runners	
5 Costabile, Grace	Athletics Wollongong Inc.	
6 Giampietro, Ainsley	Blue Mountains Athletics Club	
7 Haremaker, Alyssa	Mingara Athletics Club Inc.	
8 Mackie, Jessika	Mingara Athletics Club Inc.	
9 Marshall-Dawson, Clara	Athletics Wollongong Inc.	
10 Matthews, Aria	Coffs Harbour Track and Field	
11 Mccarthy, Anika	Kotara South Athletics Club	
12 See, Katie	Athletics Wollongong Inc.	
13 Wall, Isabella	Tamworth Senior Athletics Club	

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Event 308 Girls 200 Meter Sprint U16 Prelims
Sunday 23/01/2022 - 10:48 AM

	Name	Team	Seed Time
1	Cooper, Layla	Armidale Athletics Club	
2	Cupitt, Ana	Kotara South Athletics Club	
3	Daymond, Jassmin	Edgeworth and Districts LA Cen	
4	Gardiner, Faith	Macquarie Hunter Athletics Inc	
5	Hurdman, Shari	Macquarie Hunter Athletics Inc	
6	Jacobs, Pyper	Maitland Senior and Little Ath	
7	Mcgrath, Charley	Illawarra Blue Stars	
8	Mustapic, Alisha	Nowra Athletics Club	
9	Rejske, Keira	Athletics Wollongong Inc.	
10	Wain, Amaia	Coffs Harbour Track and Field	
11	Ward, Amarni	Maitland Senior and Little Ath	
12	Wilson, Alyvia	2021 Nsw All Schools Non Membe	

Event 309 Boys 200 Meter Sprint U13
Sunday 23/01/2022 - 10:55 AM

	Name	Team	Seed Time
1	Abbott-Mebrate, Alazar	Kotara South Athletics Club	
2	Davies, Mitchell	Kotara South Athletics Club	
3	French, Harrison	Tamworth Senior Athletics Club	
4	Marks, Cooper	Wallsend Rsl Athletic Club	
5	Thomson, Harry	Nowra Athletics Club	
6	Verriere, Tyson	Blue Mountains Athletics Club	
7	Ward, Flynn	Kotara South Athletics Club	

Event 310 Boys 200 Meter Sprint U14
Sunday 23/01/2022 - 10:59 AM

	Name	Team	Seed Time
1	Cashion, Thomas	Macquarie Hunter Athletics Inc	
2	Daly, Flynn	Port Macquarie Pacers Running	
3	Edwards, Zane	Raymond Terrace	
4	Martin, Liam	Adamstown New Lambton Athletic	
5	Mckenzie, Aiden	Tamworth Senior Athletics Club	

Event 311 Boys 200 Meter Sprint U15 Prelims
Sunday 23/01/2022 - 11:04 AM

	Name	Team	Seed Time
1	Day, Jackson	Macquarie Hunter Athletics Inc	
2	Hamilton, Tahj	Mingara Athletics Club Inc.	
3	Henry, Lincoln	Coffs Harbour Track and Field	
4	Lark, Kynan	Blue Mountains Athletics Club	
5	Luke, Isaac	Port Macquarie Pacers Running	
6	Marshall, Max	Nowra Athletics Club	
7	Moran, Ashton	Athletics Wollongong Inc.	
8	Ward, Nate	Kotara South Athletics Club	
9	Wilson, Cooper	Tamworth Senior Athletics Club	

Event 312 Boys 200 Meter Sprint U16 Prelims
Sunday 23/01/2022 - 11:11 AM

	Name	Team	Seed Time
1	Barnes, Lachlan	Eastlakes Athletics Centre	
2	Brown, Kian	Blue Mountains Athletics Club	

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Event 312 ... (Boys 200 Meter Sprint U16 Prelims)

	Name	Team	Seed Time
3	Charlton, Peter	Eastlakes Athletics Centre	
4	Clarke, Jay	Gosford Little Athletics	
5	Frey, Daniel	Byron Bay Runners	
6	Gunn, Connor	Gosford Little Athletics	
7	Mcaneney, Max	Dubbo Athletics Club Inc.	
8	Roberti, Joseph	Newcastle Runners	
9	Smith, Joshua	Illawarra Blue Stars	
10	Upsall, Josh	Coffs Harbour Track and Field	
11	Watson, Jonah	Nowra Athletics Club	
12	Williams, Nathan	Newcastle Runners	
13	Zhang, James	Macquarie Hunter Athletics Inc	

Event 313 Women 200 Meter Sprint U17 Prelims**Sunday 23/01/2022 - 11:18 AM**

	Name	Team	Seed Time
1	Benham, Eryn	Gunnedah Athletics Centre	
2	Black, Tarli	Macquarie Hunter Athletics Inc	
3	Campbell, Leila	Koorringal -wagga Athletics Clu	
4	Enderby, Erika	Kotara South Athletics Club	
5	Ezeoke, Chelsea	Illawarra Blue Stars	
6	Gogarty, Ella	Maitland Senior and Little Ath	
7	Hill, Brooke	2021 Nsw All Schools Non Membe	
8	Hofer, Lilly	Mingara Athletics Club Inc.	
9	Marshall, Ruby	Nowra Athletics Club	
10	Roach, Holly	Koorringal -wagga Athletics Clu	
11	Sevastos, Loen	Athletics Wollongong Inc.	
12	Turton, Armani	Wallsend Rsl Athletic Club	
13	Wallace, Ella	Katoomba District Athletics	
14	Xavier, Brooke	Macquarie Hunter Athletics Inc	

Event 314 Women 200 Meter Sprint U18 Prelims**Sunday 23/01/2022 - 11:25 AM**

	Name	Team	Seed Time
1	Bennetts, Alesha	Mudgee Little Athletics	
2	Kharel, Aditi	Macquarie Hunter Athletics Inc	
3	Newton, Ebony	Raymond Terrace	
4	Pollard, Jemma	Newcastle Runners	
5	Robertson, Tori	Mingara Athletics Club Inc.	
6	Snelling, Emily	Blue Mountains Athletics Club	
7	Sommer, Annika	Newcastle Runners	
8	Strecker, Emily	Illawarra Blue Stars	
9	Xavier, Amber	Macquarie Hunter Athletics Inc	

Event 315 Women 200 Meter Sprint U20 Prelims**Sunday 23/01/2022 - 11:32 AM**

	Name	Team	Seed Time
1	Adams, Ashlyn	Illawarra Blue Stars	
2	Beaven, Jade	Mingara Athletics Club Inc.	
3	Check, Lara	Athletics Wollongong Inc.	
4	Cotton, Emma	Port Stephens Athletics Club	
5	Enderby, Mikayla	Kotara South Athletics Club	

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Event 315 ... (Women 200 Meter Sprint U20 Prelims)

	Name	Team	Seed Time
6	Etheridge, Caitlyn	Tamworth Senior Athletics Club	
7	Gunn, Katie	Gosford Little Athletics	
8	Mcdonald, Laila	Coffs Harbour Track and Field	
9	Moore, Kailee	Athletics Wollongong Inc.	
10	Skelton, Tiahna	Wallsend Rsl Athletic Club	
11	Watts, Isabella	Mingara Athletics Club Inc.	
12	Way, Eve	Athletics Wollongong Inc.	

Event 316 Men 200 Meter Sprint U17**Sunday 23/01/2022 - 11:39 AM**

	Name	Team	Seed Time
1	Boudan, Samuel	Macquarie Hunter Athletics Inc	
2	Carroll, Nat	Athletics Wollongong Inc.	
3	Coles, Liam	Mingara Athletics Club Inc.	
4	Garner, Taj	Mingara Athletics Club Inc.	
5	Halloran, Liam	Athletics Wollongong Inc.	
6	Rae, Christopher	Mingara Athletics Club Inc.	
7	Stevenson, Roy	Coffs Harbour Track and Field	
8	Willis, Keegan	Orange Little Athletics Club	

Event 317 Men 200 Meter Sprint U18 Prelims**Sunday 23/01/2022 - 11:43 AM**

	Name	Team	Seed Time
1	Brown, Calem	Athletics Wollongong Inc.	
2	Cain, Jasper	Maitland Senior and Little Ath	
3	Gray, Kidha	Eastlakes Athletics Centre	
4	Hancock, Cody	Raymond Terrace	
5	Lawler, Harrison	East Maitland Little Athletics	
6	Lyne, William	Newcastle Flyers	
7	Mccoombe-Lopez, Oscar	Mingara Athletics Club Inc.	
8	Rann, Callum	Athletics Wollongong Inc.	
9	Upsall, Kyan	Coffs Harbour Track and Field	
10	Wain, Bohdi	Coffs Harbour Track and Field	
11	Worner, Elliott	Woolgoolga Athletic Club (Inc.	

Event 318 Men 200 Meter Sprint U20 Prelims**Sunday 23/01/2022 - 11:50 AM**

	Name	Team	Seed Time
1	Cheney, Cameron	Mingara Athletics Club Inc.	
2	De Domizio, Dylan	Forster Tuncurry Athletics Clu	
3	Fittler, Emerson	Armidale Athletics Club	
4	Holden, Spencer	Mingara Athletics Club Inc.	
5	Murphy, Alex	Maitland Senior and Little Ath	
6	Sheehan, Jack	Coffs Harbour Track and Field	
7	Striegner, Damon	Woolgoolga Athletic Club (Inc.	
8	Thickett, Ethan	Illawarra Blue Stars	
9	Tijani, Tajudeen	Armidale Athletics Club	
10	Walter, Elijah	Raymond Terrace	
11	Wilkinson, Charlie	Blue Mountains Athletics Club	
12	Zawadzki, Nathan	Coffs Harbour Track and Field	

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Event 319 Women 200 Meter Sprint Open Prelims

Sunday 23/01/2022 - 12:01 PM

	Name	Team	Seed Time
1	Adams, Grace	Illawarra Blue Stars	
2	Carroll, Bronte	Mingara Athletics Club Inc.	
3	De Vries, Sarah	Illawarra Blue Stars	
4	Edwards, Kaisha	Illawarra Blue Stars	
5	Francis, Maya	Athletics Wollongong Inc.	
6	Hatchman, Tia	Athletics Wollongong Inc.	
7	Heath, Jenna	Adamstown New Lambton Athletic	
8	Hicks, Sharis	Edgeworth and Districts LA Cen	
9	Hogg, Jessica	Illawarra Blue Stars	
10	Leonard, Belle	Raymond Terrace	
11	Mazzei - T20, Amelia	Armidale Athletics Club	
12	Mcandrew, Kelly	Mingara Athletics Club Inc.	
13	Mitton, Dominique	Macquarie Hunter Athletics Inc	
14	Navusolo, Jezebel	Mingara Athletics Club Inc.	
15	Neto, Kaitlyn	Illawarra Blue Stars	
16	O'Neill, Jacqueline	Mingara Athletics Club Inc.	
17	Ogle, Nicole	Newcastle Runners	
18	Smee, Katie	Macquarie Hunter Athletics Inc	

Event 320 Men 200 Meter Sprint Open Prelims

Sunday 23/01/2022 - 12:12 PM

	Name	Team	Seed Time
1	Bickel, Gabriel	Athletics Wollongong Inc.	
2	Chisholm, Cameron	Illawarra Blue Stars	
3	Coutet, Jemuel	Mingara Athletics Club Inc.	
4	Denham, Benjamin	Mingara Athletics Club Inc.	
5	Devery, Christopher	Illawarra Blue Stars	
6	Faulkner, Jonty	Illawarra Blue Stars	
7	Gunn, Tyler	Gosford Little Athletics	
8	Jackson, Mitchell	Macquarie Hunter Athletics Inc	
9	James, Benjamin	Cessnock Athletics Centre Inc	
10	Jones, Samuel	Macquarie Hunter Athletics Inc	
11	Lloyd - T20, Lleyton	Macquarie Hunter Athletics Inc	
12	Mcpaul, James	Athletics Wollongong Inc.	
13	O'Neill, Mitchell	Athletics Wollongong Inc.	
14	Reid, Leroy	Macquarie Hunter Athletics Inc	
15	Striegner, Ethan	Woolgoolga Athletic Club (Inc.	
16	Vane-Tempest, Jack	Mingara Athletics Club Inc.	
17	Winsor, Matthew	Mingara Athletics Club Inc.	

Event 321 Women 200 Meter Sprint 40-49

Sunday 23/01/2022 - 12:16 PM

	Name	Team	Seed Time
1	Dellow, Anna	Armidale Athletics Club	
2	Ellis, Caroline	Athletics Wollongong Inc.	
3	Happ, Corrine	Woolgoolga Athletic Club (Inc.	
4	Mchenry, Nicole	Athletics Wollongong Inc.	
5	Moran, Suzy	Athletics Wollongong Inc.	
6	Power, Rebekah	Athletics Wollongong Inc.	

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Event 321 ... (Women 200 Meter Sprint 40-49)

	Name	Team	Seed Time
7	Quinn, Lisa	Illawarra Blue Stars	
8	Smart, Erin	Nowra Athletics Club	

Event 322 Women 200 Meter Sprint 30-39

Sunday 23/01/2022 - 12:20 PM

	Name	Team	Seed Time
1	White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 323 Women 200 Meter Sprint 50-59

Sunday 23/01/2022 - 12:20 PM

	Name	Team	Seed Time
1	Blume, Bella	Mingara Athletics Club Inc.	
2	Doran, Susannah	Kotara South Athletics Club	
3	Durston, Bev	Mingara Athletics Club Inc.	
4	Ingram, Richelle	Mingara Athletics Club Inc.	
5	Kelly, Nicky	Mingara Athletics Club Inc.	
6	Mogentale, Gianna	Illawarra Blue Stars	

Event 324 Women 200 Meter Sprint 60-69

Sunday 23/01/2022 - 12:24 PM

	Name	Team	Seed Time
1	Cowell, Lynne	Mingara Athletics Club Inc.	
2	Flynn, Rina	Illawarra Blue Stars	
3	Forster, Julie	Blue Mountains Athletics Club	
4	Kenny, Margaret	Nsw Masters Athletics Inc.	
5	Shaw, Christine	Athletics Wollongong Inc.	
6	Stagles, Sally	Mingara Athletics Club Inc.	

Event 325 Women 200 Meter Sprint 70-79

Sunday 23/01/2022 - 12:24 PM

	Name	Team	Seed Time
1	Perry, Rosalind	Athletics Wollongong Inc.	
2	Rex, Robyn	Mingara Athletics Club Inc.	

Event 326 Men 200 Meter Sprint 30-39

Sunday 23/01/2022 - 12:28 PM

	Name	Team	Seed Time
1	Dube, Hillary	Mingara Athletics Club Inc.	
2	Eschebach, Tim	Newcastle Runners	
3	Parry, Lachlan	Illawarra Blue Stars	
4	Reid, Matthew	Nowra Athletics Club	

Event 327 Men 200 Meter Sprint 40-49

Sunday 23/01/2022 - 12:32 PM

	Name	Team	Seed Time
1	Cheney, Jason	Mingara Athletics Club Inc.	
2	Doodson, Michael	Athletics Wollongong Inc.	
3	Mcgavern, Dan	Newcastle Runners	
4	Newton, Matthew	Raymond Terrace	
5	Sammut, Daniel	Mingara Athletics Club Inc.	
6	See, Adrian	Athletics Wollongong Inc.	
7	Stone, Jay	Tamworth Senior Athletics Club	
8	White, Shane	Woolgoolga Athletic Club (Inc.	

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Event 328 Men 200 Meter Sprint 50-59 Prelims
Sunday 23/01/2022 - 12:39 PM

	Name	Team	Seed Time
1	Clarson, Col	Illawarra Blue Stars	
2	Leseberg, Ernie	Gosford Little Athletics	
3	Minto, John	Gosford Little Athletics	
4	Musgrove, Paul	Nowra Athletics Club	
5	O'Leary, Mark	Nowra Athletics Club	
6	Phillips, Andrew	Nsw Masters Athletics Inc.	
7	Reid, Brett	Mingara Athletics Club Inc.	
8	Rodda, Andrew	Illawarra Blue Stars	
9	Smith, Steven	Blue Mountains Athletics Club	
10	Smith, Steven	Mingara Athletics Club Inc.	
11	Tebbutt, Rodney	Athletics Wollongong Inc.	

Event 329 Men 200 Meter Sprint 60-69
Sunday 23/01/2022 - 1:13 PM

	Name	Team	Seed Time
1	Carr, Paul	Mingara Athletics Club Inc.	
2	Ellis, Daryl	Wyong Athletics Centre Inc	
3	Kennedy, David	Woolgoolga Athletic Club (Inc.	
4	Smith, David	Mingara Athletics Club Inc.	

Event 330 Men 200 Meter Sprint 70-79
Sunday 23/01/2022 - 1:13 PM

	Name	Team	Seed Time
1	Lamb, John	Illawarra Blue Stars	
2	Stubbs, Kenneth	Mingara Athletics Club Inc.	
3	Wall, John	Mingara Athletics Club Inc.	

Event 331 Men 200 Meter Sprint 80-89
Sunday 23/01/2022 - 1:13 PM

	Name	Team	Seed Time
1	Perry, Ronald	Athletics Wollongong Inc.	

Event 349 Girls 800 Meter Run U9 LA
Sunday 23/01/2022 - 2:18 PM

	Name	Team	Seed Time
1	Ahoy, Azaylia	Armidale Athletics Club	
2	Godfrey, Claire	Southlakes Athletics Centre	
3	Verriere, Sienna	Springwood District Athletic C	

Event 350 Boys 800 Meter Run U9 LA
Sunday 23/01/2022 - 2:18 PM

	Name	Team	Seed Time
1	Dogan, Luke	Lismore	
2	Hawke, Fraser	Kotara South Little Athletics	
3	Khafaji, Zane	Kotara South Little Athletics	
4	Martin, Levi	Adamstown New Lambton Little A	
5	White, Sandon	Woolgoolga Little Athletics	

Event 351 Girls 800 Meter Run U10 LA
Sunday 23/01/2022 - 2:24 PM

	Name	Team	Seed Time
1	Cronshaw, Mackenzie	Katoomba	

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Event 351 ... (Girls 800 Meter Run U10 LA)

	Name	Team	Seed Time
2	Davis, Amaya	Port Macquarie Little Athletic	
3	Gardiner, Cierra	Macquarie Hunter	
4	Garrett, Harlow	Maitland Senior And Little Ath	
5	Miller, Dusty	Kotara South Little Athletics	
6	Newberry, Scarlett	Armidale Athletics Club	
7	Petersen, Ben	Wallsend Athletics Club	
8	Powell, Kaylee	Wallsend Athletics Club	
9	Schofield, Lucy	Albion Park	
10	Wall, Ruby	Tamworth Little Athletics	

Event 352 Girls 800 Meter Run U11 LA**Sunday 23/01/2022 - 2:30 PM**

	Name	Team	Seed Time
1	Croft, Isla	Macquarie Hunter	
2	Day, Mikayla	Cardiff & District Athletic Ce	
3	Dogan, Alexandra	Lismore	
4	Hill, Victoria	Shoalhaven	
5	Page, Lillian Marie	Kurrajong Bilpin Little Athlet	
6	White, Mai'Ana Teal	Woolgoolga Little Athletics	

Event 353 Boys 800 Meter Run U10 LA**Sunday 23/01/2022 - 2:36 PM**

	Name	Team	Seed Time
1	Corrigan, Harrison	Adamstown New Lambton Little A	
2	Davis, Darcy	Shoalhaven	
3	Gardiner, Beau	Springwood District Athletic C	
4	Hicks, Rachel	Springwood District Athletic C	
5	Smart, Tom	Nowra Little Athletics	
6	Spinks, Josh	Gunnedah Little Athletics	
7	Swadling, Kye	Kotara South Little Athletics	

Event 354 Boys 800 Meter Run U11 LA**Sunday 23/01/2022 - 2:42 PM**

	Name	Team	Seed Time
1	Cousis, Tyler	Edgeworth & District Little At	
2	Happ, Corrine	Woolgoolga Little Athletics	
3	Lyon, Hugo	Adamstown New Lambton Athletic	
4	Martin, Callum	Adamstown New Lambton Little A	
5	Mchenry, Eliam	Wollongong City	
6	Pinches, Archie	Adamstown New Lambton Little A	
7	Smith, Ethan	Wallsend Athletics Club	
8	Thomson, Max	Maitland Senior And Little Ath	
9	Way, Toby	Gosford Little Athletics Club	

Event 355 Girls 800 Meter Run U13**Sunday 23/01/2022 - 2:48 PM**

	Name	Team	Seed Time
1	Atkins, Rose	Nowra Athletics Club	
2	Davis, Elizabeth	Nowra Athletics Club	
3	Kinder, Lexi	Kotara South Athletics Club	
4	Nicol, Chelsea	Athletics Wollongong Inc.	
5	O'Connell, Isabel	Tamworth Senior Athletics Club	

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Event 355 ... (Girls 800 Meter Run U13)

	Name	Team	Seed Time
6	Rowntree, Kupa-Lilli	Newcastle Runners	
7	Smart, Evie	Nowra Athletics Club	
8	Spinks, Katie	Gunnedah Athletics Centre	
9	Thorning, Searni	Port Stephens Athletics Club	

Event 356 Girls 800 Meter Run U14**Sunday 23/01/2022 - 2:54 PM**

	Name	Team	Seed Time
1	Ashby, Caetlin	Gosford Little Athletics	
2	Barnes, Lacy	Eastlakes Athletics Centre	
3	Dogan, Skye	Byron Bay Runners	
4	Duncan, Anna	Nowra Athletics Club	
5	Hill, Evelyn	Victory Runners	
6	Mckenzie, Imogen	Tamworth Senior Athletics Club	
7	Pinches, Stella	Adamstown New Lambton Athletic	

Event 357 Girls 800 Meter Run U15**Sunday 23/01/2022 - 2:54 PM**

	Name	Team	Seed Time
1	Leadbeatter, Emerson	Kotara South Athletics Club	
2	Stone, Ameilie	Tamworth Senior Athletics Club	
3	Wall, Ashlyn	Raymond Terrace	
4	Wall, Isabella	Tamworth Senior Athletics Club	

Event 358 Girls 800 Meter Run U16**Sunday 23/01/2022 - 2:59 PM**

	Name	Team	Seed Time
1	Craig, Rebecca	Macquarie Hunter Athletics Inc	
2	Doran, Phoebe	Kotara South Athletics Club	
3	Mcgrath, Charley	Illawarra Blue Stars	
4	Mustapic, Alisha	Nowra Athletics Club	
5	Pike, Lana	Temora Athletics Club	
6	Ryan, Phebie	Dubbo Athletics Club Inc.	
7	Wilson, Alyvia	2021 Nsw All Schools Non Membe	

Event 359 Boys 800 Meter Run U13**Sunday 23/01/2022 - 3:04 PM**

	Name	Team	Seed Time
1	Chalmers, Mitchell	Kotara South Athletics Club	
2	Chalmers, Thomas	Kotara South Athletics Club	
3	Dyball, Noah	Nowra Athletics Club	
4	Gorton, Oliver	Raymond Terrace	
5	Marks, Cooper	Wallsend Rsl Athletic Club	
6	Ward, Flynn	Kotara South Athletics Club	

Event 360 Boys 800 Meter Run U14**Sunday 23/01/2022 - 3:09 PM**

	Name	Team	Seed Time
1	Alley, Trent	Port Macquarie Pacers Running	
2	Baxter, Cameron	Nowra Athletics Club	
3	Davis, Preston	Port Macquarie Pacers Running	
4	Glasson, Lachlan	Gosford Little Athletics	
5	Happ, Kweller	Woolgoolga Athletic Club (Inc.	

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Event 360 ... (Boys 800 Meter Run U14)

	Name	Team	Seed Time
6	Hubbard, Jacob	Woolgoolga Athletic Club (Inc.	
7	Smith, Liam	Mingara Athletics Club Inc.	
8	Thomson, Zachary	Maitland Senior and Little Ath	

Event 361 Boys 800 Meter Run U15**Sunday 23/01/2022 - 3:14 PM**

	Name	Team	Seed Time
1	Clarke, Nathaniel	Koorungal -wagga Athletics Clu	
2	Day, Jackson	Macquarie Hunter Athletics Inc	
3	Godfrey, Coen	Southlakes Athletics Centre	
4	Lark, Kynan	Blue Mountains Athletics Club	
5	Mcgill, Nicholas	Nowra Athletics Club	
6	Ward, Nate	Kotara South Athletics Club	

Event 362 Boys 800 Meter Run U16**Sunday 23/01/2022 - 3:19 PM**

	Name	Team	Seed Time
1	Ashby, Myles	Gosford Little Athletics	
2	Atkinson, Denzel	Nowra Athletics Club	
3	Barnes, Lachlan	Eastlakes Athletics Centre	
4	Benefiel, Joshua	Kembla Joggers Inc.	
5	Davis, Darcy	Nowra Athletics Club	
6	Duncan, Tom	Nowra Athletics Club	
7	Dyball, Toby	Nowra Athletics Club	
8	Garratt, Ky	Temora Athletics Club	
9	Ross, Cameron	Orange Little Athletics Club	
10	Upsall, Josh	Coffs Harbour Track and Field	
11	Wells, Ryan	Lithgow Athletics Club	
12	Williams, Daniel	Byron Bay Runners	

Event 363 Women 800 Meter Run U17**Sunday 23/01/2022 - 3:28 PM**

	Name	Team	Seed Time
1	Enderby, Erika	Kotara South Athletics Club	
2	Jarvis, Hannah	Newcastle Runners	
3	Papalexion, Marianne	Mingara Athletics Club Inc.	
4	Pinches, Aiva	Adamstown New Lambton Athletic	
5	Priest, Charlotte	Koorungal -wagga Athletics Clu	
6	Roach, Holly	Koorungal -wagga Athletics Clu	
7	Rowntree, Hunter	Newcastle Runners	

Event 364 Women 800 Meter Run U18**Sunday 23/01/2022 - 3:28 PM**

	Name	Team	Seed Time
1	Young, Amanda	Kotara South Athletics Club	

Event 365 Women 800 Meter Run U20**Sunday 23/01/2022 - 3:33 PM**

	Name	Team	Seed Time
1	Dyball, Ella	Nowra Athletics Club	
2	Enderby, Mikayla	Kotara South Athletics Club	
3	Pernecker, Ashley	Mingara Athletics Club Inc.	
4	Priest, Harriet	Koorungal -wagga Athletics Clu	

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Event 365 ... (Women 800 Meter Run U20)

Name	Team	Seed Time
5 Roach, Annabel	Koorungal -wagga Athletics Clu	

Event 366 Men 800 Meter Run U17
Sunday 23/01/2022 - 3:37 PM

Name	Team	Seed Time
1 Barrett, Cooper	Nowra Athletics Club	
2 Baxter, Harrison	Nowra Athletics Club	
3 Hinrichsen, Luke	Orange Little Athletics Club	
4 Totterman, Luke	Kotara South Athletics Club	
5 Zakis, William	Katoomba District Athletics	

Event 367 Men 800 Meter Run U18
Sunday 23/01/2022 - 3:41 PM

Name	Team	Seed Time
1 Brien, Keelan	Port Macquarie Pacers Running	
2 Burkinshaw, Logan	Koorungal -wagga Athletics Clu	
3 Drummond, Kobe	Koorungal -wagga Athletics Clu	
4 Dyball, William	Nowra Athletics Club	
5 Lawton, Thomas	Wyang Athletics Centre Inc	
6 Pattison, Jordan	Armidale Athletics Club	
7 Upsall, Kyan	Coffs Harbour Track and Field	

Event 368 Men 800 Meter Run U20
Sunday 23/01/2022 - 3:45 PM

Name	Team	Seed Time
1 Barnes, Jack	Eastlakes Athletics Centre	
2 Houston, Aaron	Orange Little Athletics Club	
3 Ranby, Owen	Koorungal -wagga Athletics Clu	
4 Reungkitchaya, Caleb	Port Stephens Athletics Club	
5 Townsend, Lockie	Dubbo Athletics Club Inc.	
6 Willis, Bayden	Orange Little Athletics Club	

Event 369 Men 800 Meter Run Open
Sunday 23/01/2022 - 3:45 PM

Name	Team	Seed Time
1 Cain, Nick	Newcastle Flyers	
2 Mcintosh, Kyle	Woolgoolga Athletic Club (Inc.	
3 Mcpaul, James	Athletics Wollongong Inc.	

Event 370 Women 800 Meter Run Open
Sunday 23/01/2022 - 3:49 PM

Name	Team	Seed Time
1 Brady, Tia	Newcastle Runners	
2 Hogg, Jessica	Illawarra Blue Stars	
3 Mustapic, Jade	Nowra Athletics Club	
4 Neto, Kaitlyn	Illawarra Blue Stars	
5 Schiffmann, Sarah	Newcastle Runners	

Event 371 Women 800 Meter Run 30-39
Sunday 23/01/2022 - 3:54 PM

Name	Team	Seed Time
1 Eves, Alexandria	Dubbo Athletics Club Inc.	
2 White, Lesley	Woolgoolga Athletic Club (Inc.	

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Event 372 Women 800 Meter Run 40-49
Sunday 23/01/2022 - 3:54 PM

	Name	Team	Seed Time
1	Dellow, Anna	Armidale Athletics Club	
2	Fletcher, Kimberley	Maitland Senior and Little Ath	
3	Happ, Corrine	Woolgoolga Athletic Club (Inc.	
4	Smart, Erin	Nowra Athletics Club	
5	Tucker, Allison	Mingara Athletics Club Inc.	

Event 373 Women 800 Meter Run 50-59
Sunday 23/01/2022 - 3:59 PM

	Name	Team	Seed Time
1	Durston, Bev	Mingara Athletics Club Inc.	
2	Enderby, Jennifer	Kotara South Athletics Club	
3	Hunt, Sally	Mingara Athletics Club Inc.	
4	Kelly, Nicky	Mingara Athletics Club Inc.	
5	Mogentale, Gianna	Illawarra Blue Stars	
6	Zakis, Allegra	Katoomba District Athletics	

Event 374 Women 800 Meter Run 60-69
Sunday 23/01/2022 - 3:59 PM

	Name	Team	Seed Time
1	Flynn, Rina	Illawarra Blue Stars	
2	Kenny, Margaret	Nsw Masters Athletics Inc.	

Event 375 Women 800 Meter Run 70-79
Sunday 23/01/2022 - 3:59 PM

	Name	Team	Seed Time
1	Perry, Rosalind	Athletics Wollongong Inc.	

Event 376 Men 800 Meter Run 50-59
Sunday 23/01/2022 - 4:04 PM

	Name	Team	Seed Time
1	Atkinson, Darren	Nowra Athletics Club	
2	Brien, Wayne	Port Macquarie Pacers Running	
3	Clarson, Col	Illawarra Blue Stars	
4	Dyball, Gavin	Nowra Athletics Club	
5	Hogg, John	Illawarra Blue Stars	
6	Howlett, Anthony	Athletics Wollongong Inc.	
7	Mustapic, Glen	Nowra Athletics Club	
8	Starr, Peter	Dubbo Athletics Club Inc.	
9	Upsall, Duncan	Coffs Harbour Track and Field	

Event 377 Men 800 Meter Run 40-49
Sunday 23/01/2022 - 4:10 PM

	Name	Team	Seed Time
1	Enderby, Damien	Kotara South Athletics Club	
2	Priest, Steven	Koorringal -wagga Athletics Clu	
3	Watson, Matthew	Nowra Athletics Club	

Event 378 Men 800 Meter Run 70-79
Sunday 23/01/2022 - 4:10 PM

	Name	Team	Seed Time
1	Lamb, John	Illawarra Blue Stars	
2	Stubbs, Kenneth	Mingara Athletics Club Inc.	

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Event 379 Men 800 Meter Run 80-89
Sunday 23/01/2022 - 4:10 PM

Name	Team	Seed Time
1 Perry, Ronald	Athletics Wollongong Inc.	

Event 380 Men Hammer Throw 50-59
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Mark
1 Rodda, Andrew	Illawarra Blue Stars	
2 Sutton, Stuart	Nsw Masters Athletics Inc.	

Event 381 Men Hammer Throw 60-69
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Mark
1 Kennedy, David	Woolgoolga Athletic Club (Inc.	
2 Matthews, Mark	Illawarra Blue Stars	
3 Murray, Gavin	Nsw Masters Athletics Inc.	

Event 382 Men Hammer Throw 70+
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Mark
1 Perry, Ronald	Athletics Wollongong Inc.	
2 Stubbs, Kenneth	Mingara Athletics Club Inc.	

Event 383 Women Hammer Throw 50-59
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Mark
1 Bird, Julie	Illawarra Blue Stars	
2 Blume, Bella	Mingara Athletics Club Inc.	
3 Durston, Bev	Mingara Athletics Club Inc.	
4 Ingram, Richelle	Mingara Athletics Club Inc.	
5 Redmond, Jodie	Illawarra Blue Stars	

Event 384 Women Hammer Throw 60-69
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Mark
1 Cox, Pauline	Nsw Masters Athletics Inc.	
2 Kenny, Margaret	Nsw Masters Athletics Inc.	
3 Lowe, June	Illawarra Blue Stars	

Event 385 Women Hammer Throw 70+
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Mark
1 Perry, Rosalind	Athletics Wollongong Inc.	
2 Thomas, Mary	Illawarra Blue Stars	
3 Van Bockel, Adriana	Athletics Wollongong Inc.	

Event 386 Boys Long Jump U11 LA
Sunday 23/01/2022 - 8:00 AM

Name	Team	Seed Mark
1 Cousis, Tyler	Edgeworth & District Little At	
2 Happ, Corrine	Woolgoolga Little Athletics	
3 Hicks, Xavier	Singleton Track And Field	
4 Lyon, Hugo	Adamstown New Lambton Athletic	
5 Manser, Cooper	Gosford Little Athletics Club	

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Event 386 ... (Boys Long Jump U11 LA)

	Name	Team	Seed Mark
6	Mchenry, Eliam	Wollongong City	
7	O'Leary, Liam	Shoalhaven	

Event 387 Boys Long Jump U10 LA**Sunday 23/01/2022 - 8:00 AM**

	Name	Team	Seed Mark
1	Corrigan, Harrison	Adamstown New Lambton Little A	
2	Davis, Darcy	Shoalhaven	
3	Devery, Lisa	Springwood District Athletic C	
4	Gardiner, Beau	Springwood District Athletic C	
5	Palmer, Jarvis	Adamstown New Lambton Little A	
6	Spinks, Josh	Gunnedah Little Athletics	
7	Stokes, Daniel	Kotara South Little Athletics	

Event 388 Women Shot Put Open**Sunday 23/01/2022 - 8:00 AM**

	Name	Team	Seed Mark
1	Barnes, Jessica	Illawarra Blue Stars	
2	Blackstock, Ashlyn	Eastlakes Athletics Centre	
3	Carney, Charisse	Coffs Harbour Track and Field	
4	Gunn, Emily	Gosford Little Athletics	
5	Hewitt, Lilly	Koorringal -wagga Athletics Clu	
6	Hogg, Ashleigh	Illawarra Blue Stars	
7	Hunter, Kelly	Gosford Little Athletics	
8	Neto, Kaitlyn	Illawarra Blue Stars	
9	Richardson, Emily	Macquarie Hunter Athletics Inc	
10	Rodgers - F20, Annabelle	Gosford Little Athletics	
11	Thacker, Samantha	Coffs Harbour Track and Field	

Event 389 Women Shot Put U20**Sunday 23/01/2022 - 8:00 AM**

	Name	Team	Seed Mark
1	Buss, Amity	Blue Mountains Athletics Club	
2	Check, Lara	Athletics Wollongong Inc.	

Event 390 Girls Javelin Throw U16**Sunday 23/01/2022 - 8:00 AM**

	Name	Team	Seed Mark
1	Allport, Lilly	Blue Mountains Athletics Club	
2	Blackman, Mollie	Mudgee Little Athletics	
3	Blume, Emma	Mingara Athletics Club Inc.	
4	Jessup, Jaimee	Adamstown New Lambton Athletic	
5	Markovski, Mikaela	Athletics Wollongong Inc.	

Event 391 Girls Javelin Throw U15**Sunday 23/01/2022 - 8:00 AM**

	Name	Team	Seed Mark
1	Carlson, Ava-Marie	Macquarie Hunter Athletics Inc	
2	Hokin, Ella	Cessnock Athletics Centre Inc	
3	Mackie, Jessika	Mingara Athletics Club Inc.	
4	McLaren, Emily	Nowra Athletics Club	

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Event 392 Boys Triple Jump U15

Sunday 23/01/2022 - 8:35 AM

Name	Team	Seed Mark
1 Henry, Lincoln	Coffs Harbour Track and Field	
2 Jeffrey, Luke	Gunnedah Athletics Centre	
3 Ryman, Harry	Gunnedah Athletics Centre	

Event 393 Boys Triple Jump U14

Sunday 23/01/2022 - 8:35 AM

Name	Team	Seed Mark
1 Edwards, Zane	Raymond Terrace	
2 Happ, Kweller	Woolgoolga Athletic Club (Inc.	
3 Rejske, Beau	Athletics Wollongong Inc.	
4 Sagovac, Travis	Blue Mountains Athletics Club	

Event 394 Men High Jump 40-49

Sunday 23/01/2022 - 9:05 AM

Name	Team	Seed Mark
1 Muscat, Jamie	Wyong Athletics Centre Inc	
2 Sammut, Daniel	Mingara Athletics Club Inc.	

Event 395 Men High Jump 50-59

Sunday 23/01/2022 - 9:05 AM

Name	Team	Seed Mark
1 Howlett, Anthony	Athletics Wollongong Inc.	
2 Musgrove, Paul	Nowra Athletics Club	
3 Smith, Steven	Blue Mountains Athletics Club	

Event 396 Men High Jump 60-69

Sunday 23/01/2022 - 9:05 AM

Name	Team	Seed Mark
1 Ellis, Daryl	Wyong Athletics Centre Inc	
2 Kennedy, David	Woolgoolga Athletic Club (Inc.	

Event 397 Men High Jump 70-79

Sunday 23/01/2022 - 9:05 AM

Name	Team	Seed Mark
1 Stubbs, Kenneth	Mingara Athletics Club Inc.	

Event 398 Girls Long Jump U13

Sunday 23/01/2022 - 9:00 AM

Name	Team	Seed Mark
1 Atkins, Rose	Nowra Athletics Club	
2 Daymond, Makaylie	Edgeworth and Districts LA Cen	
3 Hall, Cheyannah	Athletics Wollongong Inc.	
4 Henry, Mia	Coffs Harbour Track and Field	
5 Lyne, Imogen	Newcastle Flyers	
6 Morrison, Ella	Wallsend Rsl Athletic Club	
7 Power, Ella	Athletics Wollongong Inc.	
8 Spinks, Katie	Gunnedah Athletics Centre	
9 Trembath, Madison	Eastlakes Athletics Centre	

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Event 399 Girls Long Jump U14
Sunday 23/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Frey, Mikayla	Byron Bay Runners	
2	Gonzalez, Dana	Wyong Athletics Centre Inc	
3	Mcgavern, Mara	Newcastle Runners	
4	Oudshoorn, Aileesha	Port Stephens Athletics Club	
5	Reynolds-Waugh, Mia	East Maitland Little Athletics	
6	Tibbs, Melody	Port Stephens Athletics Club	
7	White, La'Kya Jai	Woolgoolga Athletic Club (Inc.	

Event 400 Men Hammer Throw Open
Sunday 23/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Clifford, Morgan	Raymond Terrace	
2	Jones, Samuel	Macquarie Hunter Athletics Inc	

Event 401 Men Hammer Throw U20
Sunday 23/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Barnes, Rhys	Illawarra Blue Stars	
2	Basnet, Jude	Athletics Wollongong Inc.	
3	Wells, Damian	Temora Athletics Club	

Event 402 Women Hammer Throw Open
Sunday 23/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Barnes, Jessica	Illawarra Blue Stars	
2	Carney, Charisse	Coffs Harbour Track and Field	
3	Grant, Emily	Wallsend Rsl Athletic Club	
4	Hewitt, Lilly	Koorringal -wagga Athletics Clu	
5	Hogg, Ashleigh	Illawarra Blue Stars	
6	Mcinerney, Ashleigh	Temora Athletics Club	
7	Neto, Kaitlyn	Illawarra Blue Stars	
8	Thacker, Samantha	Coffs Harbour Track and Field	
9	White, Emmelene	Tamworth Senior Athletics Club	

Event 403 Women Hammer Throw U20
Sunday 23/01/2022 - 9:00 AM

	Name	Team	Seed Mark
1	Buss, Amity	Blue Mountains Athletics Club	

Event 404 Women Shot Put Wheelchair Para
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	Buss - F20, Savannah	Blue Mountains Athletics Club	
2	Miller - T20/F20, Akala	Nowra Athletics Club	
3	Rodgers - F20, Annabelle	Gosford Little Athletics	
4	Webeck - T12/F12, Courtney	Gloucester District Athletics	

Event 406 Women Shot Put Ambulatory Para
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	Earl - F20, Olivia	Tamworth Senior Athletics Club	
2	Lockett - F37, Kirra	Byron Bay Runners	

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Event 407 Men Shot Put Ambulatory Para
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	Harding - T36/F36, Zac	Dubbo Athletics Club Inc.	
2	Miller - T44/F44, Kynan	Nowra Athletics Club	
3	Molloy - T36/F36, Dylan	Newcastle Runners	
4	Thompson - T64/F64, Bailey	Dubbo Athletics Club Inc.	

Event 408 Women Javelin Throw U18
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	George, Sukontha	Macquarie Hunter Athletics Inc	
2	King, Olivia	Wallsend Rsl Athletic Club	
3	Robertson, Tori	Mingara Athletics Club Inc.	
4	Salway, Izabelle	Coffs Harbour Track and Field	
5	Smith, Charlotte	Illawarra Blue Stars	
6	Tucker, Erin	Kotara South Athletics Club	

Event 409 Women Javelin Throw U17
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	Marshall, Ruby	Nowra Athletics Club	
2	Riddell, Kiara	Wyong Athletics Centre Inc	

Event 410 Boys Javelin Throw U14
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	Mckenzie, Aiden	Tamworth Senior Athletics Club	
2	Sagovac, Travis	Blue Mountains Athletics Club	

Event 411 Women Long Jump 40-49
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	Ellis, Caroline	Athletics Wollongong Inc.	
2	Happ, Corrine	Woolgoolga Athletic Club (Inc.	
3	Mchenry, Nicole	Athletics Wollongong Inc.	
4	Power, Rebekah	Athletics Wollongong Inc.	
5	Quinn, Lisa	Illawarra Blue Stars	
6	Smith, Christine	Blue Mountains Athletics Club	

Event 412 Women Long Jump 30-39
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 413 Men Hammer Throw 30-39
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	Browne, Robert	Wallsend Rsl Athletic Club	

Event 414 Men Hammer Throw 40-49
Sunday 23/01/2022 - 10:10 AM

	Name	Team	Seed Mark
1	Clifford, Morgan	Raymond Terrace	
2	Muscat, Jamie	Wyong Athletics Centre Inc	

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Event 414 ... (Men Hammer Throw 40-49)

Name	Team	Seed Mark
3 White, Shane	Woolgoolga Athletic Club (Inc.	

Event 415 Women Hammer Throw 30-39
Sunday 23/01/2022 - 10:10 AM

Name	Team	Seed Mark
1 White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 416 Women Hammer Throw 40-49
Sunday 23/01/2022 - 10:10 AM

Name	Team	Seed Mark
1 Happ, Corrine	Woolgoolga Athletic Club (Inc.	
2 Hunter, Kelly	Gosford Little Athletics	
3 O'Leary, Leanne	Nowra Athletics Club	

Event 417 Men High Jump Open
Sunday 23/01/2022 - 10:40 AM

Name	Team	Seed Mark
1 James, Benjamin	Cessnock Athletics Centre Inc	
2 Parsons, David	Adamstown New Lambton Athletic	
3 Williams, Corey	Illawarra Blue Stars	

Event 418 Men High Jump U20
Sunday 23/01/2022 - 10:40 AM

Name	Team	Seed Mark
1 Bennett, Liam	Mingara Athletics Club Inc.	
2 Harding, Blake	Dubbo Athletics Club Inc.	
3 Smith, Evan	Orange Runners Club	
4 Woodbury, Jacob	Grafton Athletics Club Inc	

Event 419 Girls Shot Put U10 LA
Sunday 23/01/2022 - 10:45 AM

Name	Team	Seed Mark
1 Ahoy, Myarah	Armidale Athletics Club	
2 O'Connell, Emily	Tamworth Little Athletics	
3 Schofield, Lucy	Albion Park	

Event 420 Girls Shot Put U11 LA
Sunday 23/01/2022 - 10:45 AM

Name	Team	Seed Mark
1 Croft, Isla	Macquarie Hunter	
2 Day, Mikayla	Cardiff & District Athletic Ce	
3 Hicks, Jenice	Edgeworth & District Little At	
4 Kennedy, Lily	Stuart'S Point Little Athletic	
5 Parsons, Charlee	Cardiff & District Athletic Ce	
6 Tibbs, Emma	Port Stephens	

Event 421 Women Long Jump 60-69
Sunday 23/01/2022 - 10:45 AM

Name	Team	Seed Mark
1 Lowe, June	Illawarra Blue Stars	
2 Shaw, Christine	Athletics Wollongong Inc.	
3 Stallard, Trish	Wallsend Rsl Athletic Club	

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Event 422 Women Long Jump 50-59
Sunday 23/01/2022 - 10:45 AM

	Name	Team	Seed Mark
1	Ingram, Richelle	Mingara Athletics Club Inc.	
2	Mogentale, Gianna	Illawarra Blue Stars	

Event 423 Women Javelin Throw Open
Sunday 23/01/2022 - 10:45 AM

	Name	Team	Seed Mark
1	Barnes, Jessica	Illawarra Blue Stars	
2	Edwards, Kaisha	Illawarra Blue Stars	
3	Grant, Emily	Wallsend Rsl Athletic Club	
4	Gunn, Emily	Gosford Little Athletics	
5	Hogg, Ashleigh	Illawarra Blue Stars	
6	Hogg, Jessica	Illawarra Blue Stars	
7	Neto, Kaitlyn	Illawarra Blue Stars	
8	Rodgers - F20, Annabelle	Gosford Little Athletics	
9	Shaw, Rachel	Athletics Wollongong Inc.	
10	Smith, Charlotte	Illawarra Blue Stars	
11	Thacker, Samantha	Coffs Harbour Track and Field	
12	White, Emmelene	Tamworth Senior Athletics Club	

Event 424 Women Javelin Throw U20
Sunday 23/01/2022 - 10:45 AM

	Name	Team	Seed Mark
1	Buss, Amity	Blue Mountains Athletics Club	
2	Check, Lara	Athletics Wollongong Inc.	
3	Hamilton, Erin	Mingara Athletics Club Inc.	
4	Richardson, Jessica	Mingara Athletics Club Inc.	
5	Rodgers - F20, Annabelle	Gosford Little Athletics	

Event 425 Boys Shot Put U9 LA
Sunday 23/01/2022 - 11:10 AM

	Name	Team	Seed Mark
1	Jeffrey, Josh	Gunnedah Little Athletics	
2	Khafaji, Zane	Kotara South Little Athletics	
3	Martin, Levi	Adamstown New Lambton Little A	

Event 426 Girls Shot Put U9 LA
Sunday 23/01/2022 - 11:10 AM

	Name	Team	Seed Mark
1	Mitchell, Isabella	Shoalhaven	
2	Verriere, Sienna	Springwood District Athletic C	

Event 427 Girls Long Jump U16
Sunday 23/01/2022 - 11:15 AM

	Name	Team	Seed Mark
1	Arthur, Margrete	Gosford Little Athletics	
2	Cupitt, Ana	Kotara South Athletics Club	
3	Hurdman, Shari	Macquarie Hunter Athletics Inc	
4	Jacobs, Pyper	Maitland Senior and Little Ath	
5	Jessup, Paige	Adamstown New Lambton Athletic	
6	Markovski, Mikaela	Athletics Wollongong Inc.	
7	Rejske, Keira	Athletics Wollongong Inc.	

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Event 427 ... (Girls Long Jump U16)

Name	Team	Seed Mark
8 Sawyer, Isabella	Tamworth Senior Athletics Club	
9 Wain, Amaia	Coffs Harbour Track and Field	

Event 428 Girls Long Jump U15

Sunday 23/01/2022 - 11:15 AM

Name	Team	Seed Mark
1 Baker, Adelayde	Woolgoolga Athletic Club (Inc.	
2 Blair, Jocelyn	Orange Little Athletics Club	
3 Conlon, Dixie	Raymond Terrace	
4 Mandavy, Natarsha	Nowra Athletics Club	
5 Matthews, Aria	Coffs Harbour Track and Field	
6 Mccarthy, Anika	Kotara South Athletics Club	

Event 429 Girls Shot Put U14

Sunday 23/01/2022 - 11:15 AM

Name	Team	Seed Mark
1 Carlson, Keira	Macquarie Hunter Athletics Inc	
2 Flett, Tahlia	2021 Nsw All Schools Non Membe	
3 Murray, Kiana	Temora Athletics Club	
4 O'Brien, Nikita	Macquarie Hunter Athletics Inc	
5 Stanley, Georgina	Mudgee Little Athletics	

Event 430 Girls Shot Put U13

Sunday 23/01/2022 - 11:15 AM

Name	Team	Seed Mark
1 Anderson, Imogene	Athletics Wollongong Inc.	
2 Davis, Elizabeth	Nowra Athletics Club	
3 Earl - F20, Olivia	Tamworth Senior Athletics Club	

Event 431 Men Discus Throw 80-89

Sunday 23/01/2022 - 11:30 AM

Name	Team	Seed Mark
1 Perry, Ronald	Athletics Wollongong Inc.	

Event 432 Men Discus Throw 70-79

Sunday 23/01/2022 - 11:30 AM

Name	Team	Seed Mark
1 Steele, Hayden	Wallsend Rsl Athletic Club	
2 Stubbs, Kenneth	Mingara Athletics Club Inc.	
3 Withnall, Leonard	Nsw Masters Athletics Inc.	

Event 433 Men Discus Throw 60-69

Sunday 23/01/2022 - 11:30 AM

Name	Team	Seed Mark
1 Kennedy, David	Woolgoolga Athletic Club (Inc.	
2 Matthews, Mark	Illawarra Blue Stars	
3 Murray, Gavin	Nsw Masters Athletics Inc.	

Event 434 Men Discus Throw 50-59

Sunday 23/01/2022 - 11:30 AM

Name	Team	Seed Mark
1 Howlett, Anthony	Athletics Wollongong Inc.	
2 O'Leary, Mark	Nowra Athletics Club	
3 Rodda, Andrew	Illawarra Blue Stars	

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Event 434 ... (Men Discus Throw 50-59)

Name	Team	Seed Mark
4 Sutton, Stuart	Nsw Masters Athletics Inc.	

Event 435 Boys High Jump U13
Sunday 23/01/2022 - 11:55 AM

Name	Team	Seed Mark
1 Kellett, Archie	Newcastle Runners	
2 Marks, Cooper	Wallsend Rsl Athletic Club	
3 Thomson, Harry	Nowra Athletics Club	
4 Verriere, Tyson	Blue Mountains Athletics Club	

Event 436 Boys High Jump U14
Sunday 23/01/2022 - 11:55 AM

Name	Team	Seed Mark
1 Happ, Kweller	Woolgoolga Athletic Club (Inc.	
2 Sagovac, Travis	Blue Mountains Athletics Club	

Event 437 Women Javelin Throw 40-49
Sunday 23/01/2022 - 12:10 PM

Name	Team	Seed Mark
1 Ellis, Caroline	Athletics Wollongong Inc.	
2 Happ, Corrine	Woolgoolga Athletic Club (Inc.	
3 Heywood, Natalie	Athletics Wollongong Inc.	
4 Hunter, Kelly	Gosford Little Athletics	
5 O'Leary, Leanne	Nowra Athletics Club	
6 Smith, Christine	Blue Mountains Athletics Club	

Event 438 Women Javelin Throw 30-39
Sunday 23/01/2022 - 12:10 PM

Name	Team	Seed Mark
1 White, Lesley	Woolgoolga Athletic Club (Inc.	

Event 439 Men Discus Throw U18
Sunday 23/01/2022 - 12:20 PM

Name	Team	Seed Mark
1 Batten, Benjamin	Dubbo Athletics Club Inc.	
2 Grant, William	Temora Athletics Club	
3 Hancock, Cody	Raymond Terrace	
4 Lyne, William	Newcastle Flyers	
5 Mandavy, Tsar	Nowra Athletics Club	

Event 440 Men Discus Throw U17
Sunday 23/01/2022 - 12:20 PM

Name	Team	Seed Mark
1 Rutter, Kurt	Dubbo Athletics Club Inc.	
2 Wells, George	Mingara Athletics Club Inc.	

Event 441 Men Triple Jump 40-49
Sunday 23/01/2022 - 12:30 PM

Name	Team	Seed Mark
1 Muscat, Jamie	Wyong Athletics Centre Inc	
2 Sammut, Daniel	Mingara Athletics Club Inc.	
3 White, Shane	Woolgoolga Athletic Club (Inc.	

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Event 442 Men Triple Jump 60-69
Sunday 23/01/2022 - 12:30 PM

Name	Team	Seed Mark
1 Ellis, Daryl	Wyong Athletics Centre Inc	
2 Kennedy, David	Woolgoolga Athletic Club (Inc.	

Event 443 Men Triple Jump 50-59
Sunday 23/01/2022 - 12:30 PM

Name	Team	Seed Mark
1 Howlett, Anthony	Athletics Wollongong Inc.	

Event 444 Women Long Jump U18
Sunday 23/01/2022 - 12:45 PM

Name	Team	Seed Mark
1 George, Sukontha	Macquarie Hunter Athletics Inc	
2 Kearney, Charlotte	Woolgoolga Athletic Club (Inc.	
3 Kharel, Aditi	Macquarie Hunter Athletics Inc	
4 Snelling, Emily	Blue Mountains Athletics Club	

Event 445 Women Long Jump U17
Sunday 23/01/2022 - 12:45 PM

Name	Team	Seed Mark
1 Allen, Phoebe	Blue Mountains Athletics Club	
2 Benham, Eryn	Gunnedah Athletics Centre	
3 Catto, Summer	Newcastle Flyers	
4 Gleeson, Lani	Blue Mountains Athletics Club	
5 Mcgrath, Lulu	Coffs Harbour Track and Field	

Event 446 Girls Shot Put U15
Sunday 23/01/2022 - 12:50 PM

Name	Team	Seed Mark
1 Hokin, Ella	Cessnock Athletics Centre Inc	
2 Mandavy, Natarsha	Nowra Athletics Club	
3 Wells, Isabella	Lithgow Athletics Club	

Event 447 Girls Shot Put U16
Sunday 23/01/2022 - 12:50 PM

Name	Team	Seed Mark
1 Allport, Lilly	Blue Mountains Athletics Club	
2 Blackman, Mollie	Mudgee Little Athletics	
3 Jessup, Jaimee	Adamstown New Lambton Athletic	
4 Markovski, Mikaela	Athletics Wollongong Inc.	

Event 448 Boys High Jump U16
Sunday 23/01/2022 - 12:55 PM

Name	Team	Seed Mark
1 Hinchcliffe, Kye	Macquarie Hunter Athletics Inc	
2 Hooker, Tallan	Eastlakes Athletics Centre	
3 Upsall, Josh	Coffs Harbour Track and Field	
4 Van Der Ham, Charon	Mingara Athletics Club Inc.	
5 Wells, Ryan	Lithgow Athletics Club	

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Event 449 Boys High Jump U15
Sunday 23/01/2022 - 12:55 PM

Name	Team	Seed Mark
1 Catto, Harvey	Newcastle Flyers	
2 Jeffrey, Luke	Gunnedah Athletics Centre	
3 O'Leary, Patrick	Nowra Athletics Club	
4 Wilson, Cooper	Tamworth Senior Athletics Club	

Event 450 Women Javelin Throw 70-79
Sunday 23/01/2022 - 1:15 PM

Name	Team	Seed Mark
1 Thomas, Mary	Illawarra Blue Stars	
2 Van Bockel, Adriana	Athletics Wollongong Inc.	

Event 451 Women Javelin Throw 60-69
Sunday 23/01/2022 - 1:15 PM

Name	Team	Seed Mark
1 Cox, Pauline	Nsw Masters Athletics Inc.	
2 Flynn, Rina	Illawarra Blue Stars	
3 Kenny, Margaret	Nsw Masters Athletics Inc.	
4 Lowe, June	Illawarra Blue Stars	
5 Shaw, Christine	Athletics Wollongong Inc.	
6 Stagles, Sally	Mingara Athletics Club Inc.	

Event 452 Women Javelin Throw 50-59
Sunday 23/01/2022 - 1:15 PM

Name	Team	Seed Mark
1 Blume, Bella	Mingara Athletics Club Inc.	
2 Durston, Bev	Mingara Athletics Club Inc.	
3 Ingram, Richelle	Mingara Athletics Club Inc.	
4 Mogentale, Gianna	Illawarra Blue Stars	

Event 453 Men Discus Throw 40-49
Sunday 23/01/2022 - 1:30 PM

Name	Team	Seed Mark
1 Cheney, Jason	Mingara Athletics Club Inc.	
2 Clifford, Morgan	Raymond Terrace	
3 Muscat, Jamie	Wyong Athletics Centre Inc	
4 White, Shane	Woolgoolga Athletic Club (Inc.	

Event 454 Men Discus Throw 30-39
Sunday 23/01/2022 - 1:30 PM

Name	Team	Seed Mark
1 Browne, Robert	Wallsend Rsl Athletic Club	

Event 455 Women Long Jump Open
Sunday 23/01/2022 - 1:55 PM

Name	Team	Seed Mark
1 Cains, Lily	Raymond Terrace	
2 Carney, Charisse	Coffs Harbour Track and Field	
3 Carroll, Brittany	Maitland Senior and Little Ath	
4 De Vries, Sarah	Illawarra Blue Stars	
5 Hogg, Ashleigh	Illawarra Blue Stars	
6 Hogg, Jessica	Illawarra Blue Stars	
7 Neto, Kaitlyn	Illawarra Blue Stars	

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Event 455 ... (Women Long Jump Open)

Name	Team	Seed Mark
8 Shaw, Rachel	Athletics Wollongong Inc.	

Event 456 Women Long Jump U20
Sunday 23/01/2022 - 1:55 PM

Name	Team	Seed Mark
1 Check, Lara	Athletics Wollongong Inc.	
2 Etheridge, Caitlyn	Tamworth Senior Athletics Club	
3 Gunn, Katie	Gosford Little Athletics	
4 Harrison - T37/F37, Lainee	Macquarie Hunter Athletics Inc	
5 Skelton, Tiahna	Wallsend Rsl Athletic Club	

Event 457 Women Shot Put U18
Sunday 23/01/2022 - 2:00 PM

Name	Team	Seed Mark
1 Kearney, Charlotte	Woolgoolga Athletic Club (Inc.	
2 Reid-O'Brien, Kaylee	Athletics Wollongong Inc.	
3 Richardson, Emily	Macquarie Hunter Athletics Inc	
4 Salway, Izabelle	Coffs Harbour Track and Field	
5 Smith, Charlotte	Illawarra Blue Stars	

Event 458 Women Shot Put U17
Sunday 23/01/2022 - 2:00 PM

Name	Team	Seed Mark
1 Alexander, Yasmin	Eastlakes Athletics Centre	
2 Cronshaw, Emmagen	Katoomba District Athletics	
3 Davis, Siarne	Dubbo Athletics Club Inc.	
4 Edwards, Emma-Jean	Eastlakes Athletics Centre	
5 Riddell, Kiara	Wyong Athletics Centre Inc	
6 Thomas, Emily	Temora Athletics Club	

Event 459 Men High Jump U18
Sunday 23/01/2022 - 2:05 PM

Name	Team	Seed Mark
1 Mandavy, Tsar	Nowra Athletics Club	
2 Wain, Bohdi	Coffs Harbour Track and Field	

Event 460 Men High Jump U17
Sunday 23/01/2022 - 2:05 PM

Name	Team	Seed Mark
1 Gee, Aidan	Mingara Athletics Club Inc.	
2 Halloran, Liam	Athletics Wollongong Inc.	
3 Rutter, Kurt	Dubbo Athletics Club Inc.	
4 Stevenson, Roy	Coffs Harbour Track and Field	

Event 461 Men Long Jump Para
Sunday 23/01/2022 - 2:40 PM

Name	Team	Seed Mark
1 Carr - T20/F20, Blake	Macquarie Hunter Athletics Inc	
2 Harding - T36/F36, Zac	Dubbo Athletics Club Inc.	
3 Lloyd - T20, Lleyton	Macquarie Hunter Athletics Inc	
4 Thompson - T64/F64, Bailey	Dubbo Athletics Club Inc.	

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Event 462 Women Long Jump Para
Sunday 23/01/2022 - 2:40 PM

	Name	Team	Seed Mark
1	Harrison - T37/F37, Lainece	Macquarie Hunter Athletics Inc	
2	Miller - T20/F20, Akala	Nowra Athletics Club	
3	Webeck - T12/F12, Courtney	Gloucester District Athletics	

Event 463 Boys Discus Throw U16
Sunday 23/01/2022 - 2:40 PM

	Name	Team	Seed Mark
1	Charlton, Peter	Eastlakes Athletics Centre	
2	Clarke, Jay	Gosford Little Athletics	
3	Cox, Joshua	Adamstown New Lambton Athletic	
4	Daw, Thomas	Blue Mountains Athletics Club	
5	Fiene, Brody	Temora Athletics Club	
6	Frey, Daniel	Byron Bay Runners	
7	Garratt, Ky	Temora Athletics Club	
8	Hall, Lucas	Mingara Athletics Club Inc.	
9	Hinchcliffe, Kye	Macquarie Hunter Athletics Inc	
10	Hooker, Tallan	Eastlakes Athletics Centre	
11	McLaren, Hamish	Nowra Athletics Club	
12	Schilder, Talen	Athletics Wollongong Inc.	
13	Smith, Joshua	Illawarra Blue Stars	
14	Van Der Ham, Charon	Mingara Athletics Club Inc.	
15	Willis, William	Athletics Wollongong Inc.	

Event 464 Boys Discus Throw U15
Sunday 23/01/2022 - 2:40 PM

	Name	Team	Seed Mark
1	Campion, Aiden	Mingara Athletics Club Inc.	
2	Hunter, William	Gosford Little Athletics	
3	O'Leary, Patrick	Nowra Athletics Club	