**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **1 Akbarzadeh, Ryan - Male - Age: 13 - Comp#: 17501** | | | |
| #122 Boys 1500 Metre 13s | NT | | |
| #130 Boys 3000 Metre 13s | NT | | |
| #146 Boys 1500 Metre Race Walk 13s | NT | | |
| **2 Akindoyin, Marley - Male - Age: 10 - Comp#: 17436** | | | |
| #10 Boys 70 Metre 10s | NT | | |
| #18 Boys 100 Metre 10s | NT | | |
| #38 Boys 200 Metre 10s | NT | | |
| #176 Boys Long Jump 10s | ND | | |
| **3 Akindoyin, Millie - Female - Age: 8 - Comp#: 17487** | | | |
| #5 Girls 70 Metre 8s | NT | | |
| #13 Girls 100 Metre 8s | NT | | |
| #171 Girls Long Jump 8s | ND | | |
| #203 Girls Discus Throw (500 Gram) 8s | ND | | |
| **4 Ali, Zoya - Female - Age: 13 - Comp#: 17612** | | | |
| #23 Girls 100 Metre 13s | NT | | |
| #43 Girls 200 Metre 13s | NT | | |
| #145 Girls 1500 Metre Race Walk 13s | NT | | |
| **5 Alkhateeb, Jude - Female - Age: 12 - Comp#: 17495** | | | |
| #21 Girls 100 Metre 12s | NT | | |
| #41 Girls 200 Metre 12s | NT | | |
| #59 Girls 400 Metre 12s | NT | | |
| #105 Girls 800 Metre 12s | NT | | |
| #191 Girls Triple Jump 12s | ND | | |
| **6 Alkhateeb, Omar - Male - Age: 8 - Comp#: 17539** | | | |
| #14 Boys 100 Metre 8s | NT | | |
| #52 Boys 400 Metre Pack Start 8s | NT | | |
| #98 Boys 700 Metre Pack Start 8s | NT | | |
| #224 Boys Shot Put (1.5 Kg) 8s | ND | | |
| **7 Allanki, Shasha - Female - Age: 10 - Comp#: 17329** | | | |
| #207 Girls Discus Throw (500 Gram) 10 | ND | | |
| #227 Girls Shot Put (2.0 Kg) 10s | ND | | |
| **8 Babawande, Damilola - Male - Age: 9 - Comp#: 17460** | | | |
| #16 Boys 100 Metre 9s | NT | | |
| #72 Boys 60 Metre Hurdles (45cm) 9s | NT | | |
| #206 Boys Discus Throw (500 Gram) 9s | ND | | |
| **9 Babawande, Yosola - Female - Age: 11 - Comp#: 17459** | | | |
| #19 Girls 100 Metre 11s | NT | | |
| **10 Barker, Emma - Female - Age: 13 - Comp#: 17393** | | | |
| #23 Girls 100 Metre 13s | NT | | |
| #79 Girls 80 Metre Hurdles (76cm) 13s | NT | | |
| #87 Girls 200 Metre Hurdles (76cm) 13s | NT | | |
| #161 Girls High Jump (S/H 1.15m) 13s | NH | | |
| #181 Girls Long Jump 13s | ND | | |
| #193 Girls Triple Jump 13s | ND | | |
| **11 Basukala, Emma - Female - Age: 10 - Comp#: 17476** | | | |
| #101 Girls 800 Metre 10s | NT | | |
| #139 Girls 1100 Metre Race Walk 10s | NT | | |
| #175 Girls Long Jump 10s | ND | | |
| #207 Girls Discus Throw (500 Gram) 10 | ND | | |
| **12 Begent, Fraser - Male - Age: 9 - Comp#: 17531** | | | |
| #154 Boys High Jump (S/H 0.85m) 9s | NH | | |
| #174 Boys Long Jump 9s | ND | | |
| #206 Boys Discus Throw (500 Gram) 9s | ND | | |
| #226 Boys Shot Put (2.0 Kg) 9s | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **13 Borhani, Liam - Male - Age: 10 - Comp#: 17317** | | | |
| #56 Boys 400 Metre 10s | NT | | |
| #102 Boys 800 Metre 10s | NT | | |
| #156 Boys High Jump (S/H 0.95m) 10s | NH | | |
| #176 Boys Long Jump 10s | ND | | |
| **14 Brett, Annabella - Female - Age: 12 - Comp#: 17338** | | | |
| #105 Girls 800 Metre 12s | NT | | |
| #159 Girls High Jump (S/H 1.10m) 12s | NH | | |
| #179 Girls Long Jump 12s | ND | | |
| **15 Brett, Zara - Female - Age: 9 - Comp#: 17337** | | | |
| #99 Girls 800 Metre 9s | NT | | |
| #205 Girls Discus Throw (500 Gram) 9s | ND | | |
| **16 Calabro, Adriana - Female - Age: 9 - Comp#: 17596** | | | |
| #99 Girls 800 Metre 9s | NT | | |
| **17 Cao, Theodore - Male - Age: 8 - Comp#: 17332** | | | |
| #14 Boys 100 Metre 8s | NT | | |
| #52 Boys 400 Metre Pack Start 8s | NT | | |
| #172 Boys Long Jump 8s | ND | | |
| **18 Carroll, Hayley - Female - Age: 14 - Comp#: 17253** | | | |
| #123 Girls 1500 Metre 14s | NT | | |
| #131 Girls 3000 Metre 14s | NT | | |
| #235 Girls Shot Put (3.0 Kg) 14s | ND | | |
| **19 Chahal, Jaiden - Male - Age: 10 - Comp#: 17238** | | | |
| #102 Boys 800 Metre 10s | NT | | |
| #140 Boys 1100 Metre Race Walk 10s | NT | | |
| #156 Boys High Jump (S/H 0.95m) 10s | NH | | |
| #176 Boys Long Jump 10s | ND | | |
| **20 Chahal, Saacha - Male - Age: 12 - Comp#: 17240** | | | |
| #144 Boys 1500 Metre Race Walk 12s | NT | | |
| #192 Boys Triple Jump 12s | ND | | |
| #212 Boys Discus Throw (750 Gram) 12 | ND | | |
| #244 Boys Javelin Throw (400 Gram) 12 | ND | | |
| **21 Chau, Zachary - Male - Age: 10 - Comp#: 17347** | | | |
| #10 Boys 70 Metre 10s | NT | | |
| #74 Boys 60 Metre Hurdles (60cm) 10s | NT | | |
| **22 Chen, Austin - Male - Age: 14 - Comp#: 17604** | | | |
| #26 Boys 100 Metre 14s | NT | | |
| #46 Boys 200 Metre 14s | NT | | |
| #164 Boys High Jump (S/H 1.25m) 14s | NH | | |
| **23 Choi, Kayla - Female - Age: 14 - Comp#: 17445** | | | |
| #63 Girls 400 Metre 14s | NT | | |
| #89 Girls 300 Metre Hurdles (76cm) 14s | NT | | |
| #163 Girls High Jump (S/H 1.20m) 14s | NH | | |
| #183 Girls Long Jump 14s | ND | | |
| #195 Girls Triple Jump 14s | ND | | |
| **24 Chong, Jeffrey - Male - Age: 13 - Comp#: 17485** | | | |
| #24 Boys 100 Metre 13s | NT | | |
| #80 Boys 90 Metre Hurdles (76cm) 13s | NT | | |
| #162 Boys High Jump (S/H 1.20m) 13s | NH | | |
| #182 Boys Long Jump 13s | ND | | |
| **25 Chung, Kirin - Male - Age: 12 - Comp#: 17261** | | | |
| #22 Boys 100 Metre 12s | NT | | |
| #42 Boys 200 Metre 12s | NT | | |
| #160 Boys High Jump (S/H 1.15m) 12s | NH | | |
| #180 Boys Long Jump 12s | ND | | |
| #192 Boys Triple Jump 12s | ND | | |
| #212 Boys Discus Throw (750 Gram) 12 | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **26 Coffin, Xander - Male - Age: 16 - Comp#: 17582** | | | |
| #342 Boys High Jump (S/H 1.30m) 16s | NH | | |
| #346 Boys Triple Jump 16s | ND | | |
| #350 Boys Javelin Throw (700 Gram) 16 | ND | | |
| **27 Collier, Jasmin - Female - Age: 14 - Comp#: 17420** | | | |
| #247 Girls Javelin Throw (500 Gram) 14 | ND | | |
| **28 Collier, Noah - Male - Age: 15 - Comp#: 17280** | | | |
| #28 Boys 100 Metre 15s | NT | | |
| #48 Boys 200 Metre 15s | NT | | |
| #238 Boys Shot Put (4.0 Kg) 15s | ND | | |
| **29 Collier, Teagan - Female - Age: 12 - Comp#: 17421** | | | |
| #243 Girls Javelin Throw (400 Gram) 12 | ND | | |
| **30 Cricchiola, Jacob - Male - Age: 9 - Comp#: 17232** | | | |
| #72 Boys 60 Metre Hurdles (45cm) 9s | NT | | |
| #100 Boys 800 Metre 9s | NT | | |
| #206 Boys Discus Throw (500 Gram) 9s | ND | | |
| #226 Boys Shot Put (2.0 Kg) 9s | ND | | |
| **31 Cricchiola, Sophie - Female - Age: 12 - Comp#: 17233** | | | |
| #21 Girls 100 Metre 12s | NT | | |
| #191 Girls Triple Jump 12s | ND | | |
| #211 Girls Discus Throw (750 Gram) 12 | ND | | |
| #231 Girls Shot Put (2.0 Kg) 12s | ND | | |
| #243 Girls Javelin Throw (400 Gram) 12 | ND | | |
| **32 Davis, Scott - Male - Age: 11 - Comp#: 17589** | | | |
| #40 Boys 200 Metre 11s | NT | | |
| #58 Boys 400 Metre 11s | NT | | |
| #104 Boys 800 Metre 11s | NT | | |
| #242 Boys Javelin Throw (400 Gram) 11 | ND | | |
| **33 De Pomeroy, Eden - Female - Age: 11 - Comp#: 17546** | | | |
| #39 Girls 200 Metre 11s | NT | | |
| #57 Girls 400 Metre 11s | NT | | |
| #157 Girls High Jump (S/H 1.00m) 11s | NH | | |
| #177 Girls Long Jump 11s | ND | | |
| **34 De Pomeroy, Leia - Female - Age: 8 - Comp#: 17458** | | | |
| #13 Girls 100 Metre 8s | NT | | |
| #33 Girls 200 Metre 8s | NT | | |
| #69 Girls 60 Metre Hurdles (45cm) 8s | NT | | |
| #171 Girls Long Jump 8s | ND | | |
| **35 De Pomeroy, Lily - Female - Age: 8 - Comp#: 17457** | | | |
| #13 Girls 100 Metre 8s | NT | | |
| #69 Girls 60 Metre Hurdles (45cm) 8s | NT | | |
| #97 Girls 700 Metre Pack Start 8s | NT | | |
| #171 Girls Long Jump 8s | ND | | |
| **36 De Pomeroy, Portia - Female - Age: 9 - Comp#: 17545** | | | |
| #53 Girls 400 Metre 9s | NT | | |
| #99 Girls 800 Metre 9s | NT | | |
| #153 Girls High Jump (S/H 0.80m) 9s | NH | | |
| #173 Girls Long Jump 9s | ND | | |
| **37 Deepak, Aaren - Male - Age: 10 - Comp#: 17269** | | | |
| #176 Boys Long Jump 10s | ND | | |
| #208 Boys Discus Throw (500 Gram) 10 | ND | | |
| #228 Boys Shot Put (2.0 Kg) 10s | ND | | |
| **38 Dickson, Annabel - Female - Age: 11 - Comp#: 17278** | | | |
| #19 Girls 100 Metre 11s | NT | | |
| #57 Girls 400 Metre 11s | NT | | |
| #75 Girls 80 Metre Hurdles (60cm) 11s | NT | | |
| #141 Girls 1100 Metre Race Walk 11s | NT | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **39 Dickson, Axel - Male - Age: 8 - Comp#: 17279** | | | |
| #34 Boys 200 Metre 8s | NT | | |
| #52 Boys 400 Metre Pack Start 8s | NT | | |
| #98 Boys 700 Metre Pack Start 8s | NT | | |
| #204 Boys Discus Throw (500 Gram) 8s | ND | | |
| **40 Ding, Irene - Female - Age: 15 - Comp#: 17313** | | | |
| #47 Girls 200 Metre 15s | NT | | |
| #65 Girls 400 Metre 15s | NT | | |
| #111 Girls 800 Metre 15s | NT | | |
| #165 Girls High Jump (S/H 1.20m) 15s | NH | | |
| **41 Ding, William - Male - Age: 12 - Comp#: 17314** | | | |
| #106 Boys 800 Metre 12s | NT | | |
| #160 Boys High Jump (S/H 1.15m) 12s | NH | | |
| #180 Boys Long Jump 12s | ND | | |
| #192 Boys Triple Jump 12s | ND | | |
| **42 Edwards, Aiden - Male - Age: 11 - Comp#: 17427** | | | |
| #104 Boys 800 Metre 11s | NT | | |
| #178 Boys Long Jump 11s | ND | | |
| #190 Boys Triple Jump 11s | ND | | |
| #242 Boys Javelin Throw (400 Gram) 11 | ND | | |
| **43 Edwards, Hunter - Male - Age: 8 - Comp#: 17428** | | | |
| #6 Boys 70 Metre 8s | NT | | |
| #172 Boys Long Jump 8s | ND | | |
| #204 Boys Discus Throw (500 Gram) 8s | ND | | |
| **44 El Kadi, Mark - Male - Age: 9 - Comp#: 17388** | | | |
| #8 Boys 70 Metre 9s | NT | | |
| #16 Boys 100 Metre 9s | NT | | |
| #72 Boys 60 Metre Hurdles (45cm) 9s | NT | | |
| #174 Boys Long Jump 9s | ND | | |
| **45 El Kadi, Matthew - Male - Age: 12 - Comp#: 17389** | | | |
| #22 Boys 100 Metre 12s | NT | | |
| #42 Boys 200 Metre 12s | NT | | |
| #78 Boys 80 Metre Hurdles (68cm) 12s | NT | | |
| **46 Greening, Lucas - Male - Age: 11 - Comp#: 17376** | | | |
| #40 Boys 200 Metre 11s | NT | | |
| #230 Boys Shot Put (2.0 Kg) 11s | ND | | |
| #256 Boys 100 Metre Para 11s-12s | NT | | |
| #264 Boys Long Jump Para 11s-12s | ND | | |
| #272 Boys Discus Throw Para 11s-12s | ND | | |
| **47 Gryst, Georgia - Female - Age: 12 - Comp#: 17471** | | | |
| #21 Girls 100 Metre 12s | NT | | |
| #41 Girls 200 Metre 12s | NT | | |
| #77 Girls 80 Metre Hurdles (68cm) 12s | NT | | |
| #179 Girls Long Jump 12s | ND | | |
| #191 Girls Triple Jump 12s | ND | | |
| **48 Hazon, Darcy - Male - Age: 11 - Comp#: 17472** | | | |
| #20 Boys 100 Metre 11s | NT | | |
| #210 Boys Discus Throw (500 Gram) 11 | ND | | |
| #230 Boys Shot Put (2.0 Kg) 11s | ND | | |
| **49 Hazon, Ella - Female - Age: 15 - Comp#: 17581** | | | |
| #27 Girls 100 Metre 15s | NT | | |
| #83 Girls 90 Metre Hurdles (76cm) 15s | NT | | |
| #217 Girls Discus Throw (1.0 Kg) 15s | ND | | |
| #237 Girls Shot Put (3.0 Kg) 15s | ND | | |
| #249 Girls Javelin Throw (500 Gram) 15 | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **50 Hazon, Kara - Female - Age: 17 - Comp#: 17580** | | | |
| #29 Girls 100 Metre 17s | NT | | |
| #49 Girls 200 Metre 17s | NT | | |
| #219 Girls Discus Throw (1.0 Kg) 17s | ND | | |
| #239 Girls Shot Put (3.0 Kg) 17s | ND | | |
| **51 Hickey, Mia - Female - Age: 8 - Comp#: 17254** | | | |
| #33 Girls 200 Metre 8s | NT | | |
| #51 Girls 400 Metre Pack Start 8s | NT | | |
| #261 Girls Long Jump Para 9s-10s | ND | | |
| #269 Girls Discus Throw Para 9s-10s | ND | | |
| **52 Hohmann, Oliver - Male - Age: 10 - Comp#: 17247** | | | |
| #10 Boys 70 Metre 10s | NT | | |
| #18 Boys 100 Metre 10s | NT | | |
| #208 Boys Discus Throw (500 Gram) 10 | ND | | |
| #228 Boys Shot Put (2.0 Kg) 10s | ND | | |
| **53 Hohmann, Scarlett - Female - Age: 8 - Comp#: 17248** | | | |
| #13 Girls 100 Metre 8s | NT | | |
| #69 Girls 60 Metre Hurdles (45cm) 8s | NT | | |
| #171 Girls Long Jump 8s | ND | | |
| #203 Girls Discus Throw (500 Gram) 8s | ND | | |
| **54 Isaac, Jackson - Male - Age: 9 - Comp#: 17521** | | | |
| #8 Boys 70 Metre 9s | NT | | |
| #16 Boys 100 Metre 9s | NT | | |
| #36 Boys 200 Metre 9s | NT | | |
| #226 Boys Shot Put (2.0 Kg) 9s | ND | | |
| **55 Jin, Lily - Female - Age: 16 - Comp#: 17475** | | | |
| #323 Girls 100 Metre 16s | NT | | |
| #325 Girls 200 Metre 16s | NT | | |
| #327 Girls 100 Metre Hurdles (76cm) 16 | NT | | |
| #329 Girls 400 Metre 16s | NT | | |
| #341 Girls High Jump (S/H 1.25m) 16s | NH | | |
| #343 Girls Long Jump 16s | ND | | |
| **56 Jonas, Daniel - Male - Age: 11 - Comp#: 17243** | | | |
| #118 Boys 1500 Metre 11s | NT | | |
| #178 Boys Long Jump 11s | ND | | |
| #190 Boys Triple Jump 11s | ND | | |
| #242 Boys Javelin Throw (400 Gram) 11 | ND | | |
| **57 Jonas, Ellie - Female - Age: 9 - Comp#: 17246** | | | |
| #15 Girls 100 Metre 9s | NT | | |
| #35 Girls 200 Metre 9s | NT | | |
| #53 Girls 400 Metre 9s | NT | | |
| #205 Girls Discus Throw (500 Gram) 9s | ND | | |
| **58 Jonas, Luke - Male - Age: 8 - Comp#: 17245** | | | |
| #14 Boys 100 Metre 8s | NT | | |
| #52 Boys 400 Metre Pack Start 8s | NT | | |
| #172 Boys Long Jump 8s | ND | | |
| #224 Boys Shot Put (1.5 Kg) 8s | ND | | |
| **59 Kankanige, Senuka - Male - Age: 16 - Comp#: 17408** | | | |
| #348 Boys Discus Throw (1.5 Kg) 16s | ND | | |
| #350 Boys Javelin Throw (700 Gram) 16 | ND | | |
| #352 Boys Shot Put (5.0 Kg) 16s | ND | | |
| **60 Kankanige, Vinuka - Male - Age: 16 - Comp#: 17407** | | | |
| #348 Boys Discus Throw (1.5 Kg) 16s | ND | | |
| #350 Boys Javelin Throw (700 Gram) 16 | ND | | |
| #352 Boys Shot Put (5.0 Kg) 16s | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **61 Kasprzak, Hugo - Male - Age: 14 - Comp#: 17570** | | | |
| #258 Boys 100 Metre Para 13s-14s | NT | | |
| #266 Boys Long Jump Para 13s-14s | ND | | |
| #274 Boys Discus Throw Para 13s-14s | ND | | |
| **62 Kastelan, Jamie - Male - Age: 16 - Comp#: 17300** | | | |
| #324 Boys 100 Metre 16s | NT | | |
| #326 Boys 200 Metre 16s | NT | | |
| #330 Boys 400 Metre 16s | NT | | |
| #344 Boys Long Jump 16s | ND | | |
| #346 Boys Triple Jump 16s | ND | | |
| **63 Keeping, Cohen - Male - Age: 14 - Comp#: 17301** | | | |
| #184 Boys Long Jump 14s | ND | | |
| #196 Boys Triple Jump 14s | ND | | |
| **64 Kendall, Jenson - Male - Age: 11 - Comp#: 17433** | | | |
| #58 Boys 400 Metre 11s | NT | | |
| #118 Boys 1500 Metre 11s | NT | | |
| #210 Boys Discus Throw (500 Gram) 11 | ND | | |
| #242 Boys Javelin Throw (400 Gram) 11 | ND | | |
| **65 Keswani, Aadya - Female - Age: 12 - Comp#: 17587** | | | |
| #21 Girls 100 Metre 12s | NT | | |
| #77 Girls 80 Metre Hurdles (68cm) 12s | NT | | |
| #119 Girls 1500 Metre 12s | NT | | |
| #159 Girls High Jump (S/H 1.10m) 12s | NH | | |
| **66 Kim, Brenden - Male - Age: 17 - Comp#: 17593** | | | |
| #30 Boys 100 Metre 17s | NT | | |
| #200 Boys Triple Jump 17s | ND | | |
| #252 Boys Javelin Throw (700 Gram) 17 | ND | | |
| **67 Kim, Brian - Male - Age: 15 - Comp#: 17594** | | | |
| #66 Boys 400 Metre 15s | NT | | |
| #186 Boys Long Jump 15s | ND | | |
| #198 Boys Triple Jump 15s | ND | | |
| #250 Boys Javelin Throw (700 Gram) 15 | ND | | |
| **68 Kim, Ella - Female - Age: 11 - Comp#: 17549** | | | |
| #19 Girls 100 Metre 11s | NT | | |
| #75 Girls 80 Metre Hurdles (60cm) 11s | NT | | |
| #209 Girls Discus Throw (500 Gram) 11 | ND | | |
| #241 Girls Javelin Throw (400 Gram) 11 | ND | | |
| **69 Kohli, Ahaan - Male - Age: 14 - Comp#: 17648** | | | |
| #26 Boys 100 Metre 14s | NT | | |
| #46 Boys 200 Metre 14s | NT | | |
| #64 Boys 400 Metre 14s | NT | | |
| #110 Boys 800 Metre 14s | NT | | |
| #124 Boys 1500 Metre 14s | NT | | |
| #164 Boys High Jump (S/H 1.25m) 14s | NH | | |
| **70 Kolosakas, Michael - Male - Age: 15 - Comp#: 17396** | | | |
| #48 Boys 200 Metre 15s | NT | | |
| #92 Boys 300 Metre Hurdles (76cm) 15s | NT | | |
| #186 Boys Long Jump 15s | ND | | |
| #198 Boys Triple Jump 15s | ND | | |
| **71 Kucharski, Emilie - Female - Age: 14 - Comp#: 17295** | | | |
| #25 Girls 100 Metre 14s | NT | | |
| #45 Girls 200 Metre 14s | NT | | |
| #63 Girls 400 Metre 14s | NT | | |
| #89 Girls 300 Metre Hurdles (76cm) 14s | NT | | |
| #109 Girls 800 Metre 14s | NT | | |
| #247 Girls Javelin Throw (500 Gram) 14 | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **72 Kucharski, William - Male - Age: 10 - Comp#: 17296** | | | |
| #38 Boys 200 Metre 10s | NT | | |
| #56 Boys 400 Metre 10s | NT | | |
| #102 Boys 800 Metre 10s | NT | | |
| #140 Boys 1100 Metre Race Walk 10s | NT | | |
| **73 Lam, Sebastian - Male - Age: 13 - Comp#: 17456** | | | |
| #44 Boys 200 Metre 13s | NT | | |
| #108 Boys 800 Metre 13s | NT | | |
| #146 Boys 1500 Metre Race Walk 13s | NT | | |
| #246 Boys Javelin Throw (600 Gram) 13 | ND | | |
| **74 Lam, Siahn - Female - Age: 9 - Comp#: 17454** | | | |
| #7 Girls 70 Metre 9s | NT | | |
| #35 Girls 200 Metre 9s | NT | | |
| #99 Girls 800 Metre 9s | NT | | |
| #137 Girls 700 Metre Race Walk 9s | NT | | |
| **75 Lam, Sofia - Female - Age: 11 - Comp#: 17455** | | | |
| #39 Girls 200 Metre 11s | NT | | |
| #103 Girls 800 Metre 11s | NT | | |
| #141 Girls 1100 Metre Race Walk 11s | NT | | |
| #241 Girls Javelin Throw (400 Gram) 11 | ND | | |
| **76 Lambert, Jake - Male - Age: 12 - Comp#: 17263** | | | |
| #22 Boys 100 Metre 12s | NT | | |
| #160 Boys High Jump (S/H 1.15m) 12s | NH | | |
| #180 Boys Long Jump 12s | ND | | |
| #192 Boys Triple Jump 12s | ND | | |
| #244 Boys Javelin Throw (400 Gram) 12 | ND | | |
| **77 Lapins-silvirs, Lucy - Female - Age: 14 - Comp#: 17524** | | | |
| #123 Girls 1500 Metre 14s | NT | | |
| #131 Girls 3000 Metre 14s | NT | | |
| #147 Girls 1500 Metre Race Walk 14s | NT | | |
| #183 Girls Long Jump 14s | ND | | |
| #195 Girls Triple Jump 14s | ND | | |
| **78 Lawrence, Benjamin - Male - Age: 17 - Comp#: 17599** | | | |
| #240 Boys Shot Put (5.0 Kg) 17s | ND | | |
| #252 Boys Javelin Throw (700 Gram) 17 | ND | | |
| **79 Lawrence, Matthew - Male - Age: 16 - Comp#: 17598** | | | |
| #328 Boys 110 Metre Hurdles (76cm) 16 | NT | | |
| #342 Boys High Jump (S/H 1.30m) 16s | NH | | |
| #350 Boys Javelin Throw (700 Gram) 16 | ND | | |
| **80 Lewanavanua, Ratu Viliame - Male - Age: 17 - Comp#: 17595** | | | |
| #30 Boys 100 Metre 17s | NT | | |
| #50 Boys 200 Metre 17s | NT | | |
| #188 Boys Long Jump 17s | ND | | |
| #200 Boys Triple Jump 17s | ND | | |
| **81 Li, Barron - Male - Age: 8 - Comp#: 17583** | | | |
| #6 Boys 70 Metre 8s | NT | | |
| #70 Boys 60 Metre Hurdles (45cm) 8s | NT | | |
| #98 Boys 700 Metre Pack Start 8s | NT | | |
| #172 Boys Long Jump 8s | ND | | |
| **82 Li, Edmund - Male - Age: 18 - Comp#: 17603** | | | |
| #354 Boys 100 Metre Under 20 | NT | | |
| #356 Boys 200 Metre Under 20 | NT | | |
| #372 Boys Long Jump Under 20 | ND | | |
| #374 Boys Triple Jump Under 20 | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **83 Liao, Lucas - Male - Age: 14 - Comp#: 17650** | | | |
| #26 Boys 100 Metre 14s | NT | | |
| #46 Boys 200 Metre 14s | NT | | |
| #184 Boys Long Jump 14s | ND | | |
| #216 Boys Discus Throw (1.0 Kg) 14s | ND | | |
| #236 Boys Shot Put (4.0 Kg) 14s | ND | | |
| **84 Lin, Dylan - Male - Age: 12 - Comp#: 17392** | | | |
| #106 Boys 800 Metre 12s | NT | | |
| #120 Boys 1500 Metre 12s | NT | | |
| #180 Boys Long Jump 12s | ND | | |
| **85 Liu, Xiaoxi(Annie) - Female - Age: 8 - Comp#: 17437** | | | |
| #5 Girls 70 Metre 8s | NT | | |
| #13 Girls 100 Metre 8s | NT | | |
| #33 Girls 200 Metre 8s | NT | | |
| #171 Girls Long Jump 8s | ND | | |
| **86 Loudon, Joshua - Male - Age: 12 - Comp#: 17271** | | | |
| #106 Boys 800 Metre 12s | NT | | |
| #144 Boys 1500 Metre Race Walk 12s | NT | | |
| #244 Boys Javelin Throw (400 Gram) 12 | ND | | |
| **87 Loudon, Natasha - Female - Age: 9 - Comp#: 17272** | | | |
| #99 Girls 800 Metre 9s | NT | | |
| #137 Girls 700 Metre Race Walk 9s | NT | | |
| #153 Girls High Jump (S/H 0.80m) 9s | NH | | |
| **88 Madhu, Avyan - Male - Age: 7 - Comp#: 17448** | | | |
| #2 Boys 50 Metre 7s | NT | | |
| #32 Boys 200 Metre 7s | NT | | |
| #170 Boys Long Jump 7s | ND | | |
| #202 Boys Discus Throw (350 Gram) 7s | ND | | |
| **89 Malike, Deena - Female - Age: 11 - Comp#: 17536** | | | |
| #177 Girls Long Jump 11s | ND | | |
| #209 Girls Discus Throw (500 Gram) 11 | ND | | |
| #229 Girls Shot Put (2.0 Kg) 11s | ND | | |
| **90 Malike, Diyar - Male - Age: 14 - Comp#: 17382** | | | |
| #184 Boys Long Jump 14s | ND | | |
| #196 Boys Triple Jump 14s | ND | | |
| #216 Boys Discus Throw (1.0 Kg) 14s | ND | | |
| #236 Boys Shot Put (4.0 Kg) 14s | ND | | |
| #248 Boys Javelin Throw (700 Gram) 14 | ND | | |
| **91 McVittie, Isabella - Female - Age: 9 - Comp#: 17321** | | | |
| #7 Girls 70 Metre 9s | NT | | |
| #15 Girls 100 Metre 9s | NT | | |
| #35 Girls 200 Metre 9s | NT | | |
| **92 McVittie, Tristan - Male - Age: 13 - Comp#: 17320** | | | |
| #24 Boys 100 Metre 13s | NT | | |
| #44 Boys 200 Metre 13s | NT | | |
| #182 Boys Long Jump 13s | ND | | |
| **93 Metani, Alia - Female - Age: 11 - Comp#: 17242** | | | |
| #255 Girls 100 Metre Para 11s-12s | NT | | |
| #263 Girls Long Jump Para 11s-12s | ND | | |
| #271 Girls Discus Throw Para 11s-12s | ND | | |
| **94 Metierre, Caesar - Male - Age: 13 - Comp#: 17371** | | | |
| #24 Boys 100 Metre 13s | NT | | |
| #80 Boys 90 Metre Hurdles (76cm) 13s | NT | | |
| #88 Boys 200 Metre Hurdles (76cm) 13s | NT | | |
| #162 Boys High Jump (S/H 1.20m) 13s | NH | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **95 Molesworth, Patrick - Male - Age: 14 - Comp#: 17305** | | | |
| #124 Boys 1500 Metre 14s | NT | | |
| #132 Boys 3000 Metre 14s | NT | | |
| #164 Boys High Jump (S/H 1.25m) 14s | NH | | |
| #196 Boys Triple Jump 14s | ND | | |
| **96 Morgan, Ashton - Male - Age: 10 - Comp#: 17573** | | | |
| #18 Boys 100 Metre 10s | NT | | |
| #38 Boys 200 Metre 10s | NT | | |
| #208 Boys Discus Throw (500 Gram) 10 | ND | | |
| #228 Boys Shot Put (2.0 Kg) 10s | ND | | |
| **97 Morgan, Tyler - Male - Age: 10 - Comp#: 17277** | | | |
| #18 Boys 100 Metre 10s | NT | | |
| **98 Moutzouris, Archie - Male - Age: 10 - Comp#: 17331** | | | |
| #10 Boys 70 Metre 10s | NT | | |
| #18 Boys 100 Metre 10s | NT | | |
| #38 Boys 200 Metre 10s | NT | | |
| #56 Boys 400 Metre 10s | NT | | |
| **99 Murat, Emre - Male - Age: 10 - Comp#: 17252** | | | |
| #10 Boys 70 Metre 10s | NT | | |
| #18 Boys 100 Metre 10s | NT | | |
| #56 Boys 400 Metre 10s | NT | | |
| #176 Boys Long Jump 10s | ND | | |
| **100 Murphy, Jacinta - Female - Age: 13 - Comp#: 17322** | | | |
| #213 Girls Discus Throw (750 Gram) 13 | ND | | |
| **101 Murphy, Katrina - Female - Age: 10 - Comp#: 17323** | | | |
| #17 Girls 100 Metre 10s | NT | | |
| #101 Girls 800 Metre 10s | NT | | |
| #155 Girls High Jump (S/H 0.90m) 10s | NH | | |
| #175 Girls Long Jump 10s | ND | | |
| **102 Murphy, Lucinda - Female - Age: 17 - Comp#: 17318** | | | |
| #219 Girls Discus Throw (1.0 Kg) 17s | ND | | |
| #239 Girls Shot Put (3.0 Kg) 17s | ND | | |
| #251 Girls Javelin Throw (500 Gram) 17 | ND | | |
| **103 Naboulsi, Marcus - Male - Age: 8 - Comp#: 17616** | | | |
| #34 Boys 200 Metre 8s | NT | | |
| #52 Boys 400 Metre Pack Start 8s | NT | | |
| #98 Boys 700 Metre Pack Start 8s | NT | | |
| **104 Nader, Iskander - Male - Age: 10 - Comp#: 17610** | | | |
| #10 Boys 70 Metre 10s | NT | | |
| #18 Boys 100 Metre 10s | NT | | |
| #74 Boys 60 Metre Hurdles (60cm) 10s | NT | | |
| **105 Nader, Joseph - Male - Age: 8 - Comp#: 17628** | | | |
| #6 Boys 70 Metre 8s | NT | | |
| #14 Boys 100 Metre 8s | NT | | |
| #70 Boys 60 Metre Hurdles (45cm) 8s | NT | | |
| **106 Naidoo, Ellis - Male - Age: 13 - Comp#: 17391** | | | |
| #246 Boys Javelin Throw (600 Gram) 13 | ND | | |
| **107 Ng, Alana - Female - Age: 10 - Comp#: 17481** | | | |
| #55 Girls 400 Metre 10s | NT | | |
| #73 Girls 60 Metre Hurdles (60cm) 10s | NT | | |
| #155 Girls High Jump (S/H 0.90m) 10s | NH | | |
| #227 Girls Shot Put (2.0 Kg) 10s | ND | | |
| **108 Ng, Austin - Male - Age: 8 - Comp#: 17333** | | | |
| #6 Boys 70 Metre 8s | NT | | |
| #14 Boys 100 Metre 8s | NT | | |
| #172 Boys Long Jump 8s | ND | | |
| #204 Boys Discus Throw (500 Gram) 8s | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **109 Ng, Emily - Female - Age: 14 - Comp#: 17480** | | | |
| #25 Girls 100 Metre 14s | NT | | |
| #45 Girls 200 Metre 14s | NT | | |
| #63 Girls 400 Metre 14s | NT | | |
| #163 Girls High Jump (S/H 1.20m) 14s | NH | | |
| #183 Girls Long Jump 14s | ND | | |
| **110 Nilon, Christopher - Male - Age: 17 - Comp#: 17284** | | | |
| #114 Boys 800 Metre 17s | NT | | |
| #136 Boys 3000 Metre 17s | NT | | |
| #152 Boys 1500 Metre Race Walk 17s | NT | | |
| #188 Boys Long Jump 17s | ND | | |
| #252 Boys Javelin Throw (700 Gram) 17 | ND | | |
| **111 O'Hearn, Cooper - Male - Age: 9 - Comp#: 17327** | | | |
| #138 Boys 700 Metre Race Walk 9s | NT | | |
| **112 O'Neill, Ella - Female - Age: 13 - Comp#: 17491** | | | |
| #61 Girls 400 Metre 13s | NT | | |
| #107 Girls 800 Metre 13s | NT | | |
| #161 Girls High Jump (S/H 1.15m) 13s | NH | | |
| **113 Park, Jacob - Male - Age: 13 - Comp#: 17637** | | | |
| #24 Boys 100 Metre 13s | NT | | |
| #62 Boys 400 Metre 13s | NT | | |
| #194 Boys Triple Jump 13s | ND | | |
| #214 Boys Discus Throw (750 Gram) 13 | ND | | |
| #234 Boys Shot Put (3.0 Kg) 13s | ND | | |
| **114 Pearce, Annabelle - Female - Age: 11 - Comp#: 17493** | | | |
| #19 Girls 100 Metre 11s | NT | | |
| #57 Girls 400 Metre 11s | NT | | |
| #103 Girls 800 Metre 11s | NT | | |
| #157 Girls High Jump (S/H 1.00m) 11s | NH | | |
| **115 Pearce, Chelsea - Female - Age: 9 - Comp#: 17494** | | | |
| #15 Girls 100 Metre 9s | NT | | |
| #153 Girls High Jump (S/H 0.80m) 9s | NH | | |
| #173 Girls Long Jump 9s | ND | | |
| #205 Girls Discus Throw (500 Gram) 9s | ND | | |
| **116 Perry, Michael - Male - Age: 17 - Comp#: 17468** | | | |
| #114 Boys 800 Metre 17s | NT | | |
| #128 Boys 1500 Metre 17s | NT | | |
| **117 Polkinghorne, Sophie - Female - Age: 16 - Comp#: 17479** | | | |
| #333 Girls 800 Metre 16s | NT | | |
| #335 Girls 1500 Metre 16s | NT | | |
| #337 Girls 1500 Metre Race Walk 16s | NT | | |
| #339 Girls 3000 Metre 16s | NT | | |
| #345 Girls Triple Jump 16s | ND | | |
| **118 Ramadan, Sam - Male - Age: 11 - Comp#: 17431** | | | |
| #20 Boys 100 Metre 11s | NT | | |
| #40 Boys 200 Metre 11s | NT | | |
| #158 Boys High Jump (S/H 1.05m) 11s | NH | | |
| #178 Boys Long Jump 11s | ND | | |
| **119 Richards, Scarlett - Female - Age: 16 - Comp#: 17432** | | | |
| #329 Girls 400 Metre 16s | NT | | |
| #333 Girls 800 Metre 16s | NT | | |
| #341 Girls High Jump (S/H 1.25m) 16s | NH | | |
| **120 Robinson, Javier - Male - Age: 13 - Comp#: 17440** | | | |
| #258 Boys 100 Metre Para 13s-14s | NT | | |
| #266 Boys Long Jump Para 13s-14s | ND | | |
| #274 Boys Discus Throw Para 13s-14s | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **121 Sammoun, Camilla - Female - Age: 9 - Comp#: 17451** | | | |
| #7 Girls 70 Metre 9s | NT | | |
| #35 Girls 200 Metre 9s | NT | | |
| **122 Sarah, Abigail - Female - Age: 12 - Comp#: 17470** | | | |
| #59 Girls 400 Metre 12s | NT | | |
| #105 Girls 800 Metre 12s | NT | | |
| #119 Girls 1500 Metre 12s | NT | | |
| #159 Girls High Jump (S/H 1.10m) 12s | NH | | |
| #191 Girls Triple Jump 12s | ND | | |
| **123 Sarah, Nathan - Male - Age: 15 - Comp#: 17469** | | | |
| #112 Boys 800 Metre 15s | NT | | |
| #126 Boys 1500 Metre 15s | NT | | |
| **124 Shi, Andy - Male - Age: 8 - Comp#: 17262** | | | |
| #6 Boys 70 Metre 8s | NT | | |
| #14 Boys 100 Metre 8s | NT | | |
| #204 Boys Discus Throw (500 Gram) 8s | ND | | |
| #224 Boys Shot Put (1.5 Kg) 8s | ND | | |
| **125 Shi, Liam - Male - Age: 10 - Comp#: 17264** | | | |
| #10 Boys 70 Metre 10s | NT | | |
| #38 Boys 200 Metre 10s | NT | | |
| #156 Boys High Jump (S/H 0.95m) 10s | NH | | |
| #208 Boys Discus Throw (500 Gram) 10 | ND | | |
| **126 Shin, Stella - Female - Age: 15 - Comp#: 17632** | | | |
| #27 Girls 100 Metre 15s | NT | | |
| #83 Girls 90 Metre Hurdles (76cm) 15s | NT | | |
| #185 Girls Long Jump 15s | ND | | |
| #197 Girls Triple Jump 15s | ND | | |
| #237 Girls Shot Put (3.0 Kg) 15s | ND | | |
| **127 Sitaramayya, Michael - Male - Age: 16 - Comp#: 17356** | | | |
| #260 Boys 100 Metre Para 15s-16s | NT | | |
| #268 Boys Long Jump Para 15s-16s | ND | | |
| #276 Boys Discus Throw Para 15s-16s | ND | | |
| #350 Boys Javelin Throw (700 Gram) 16 | ND | | |
| #352 Boys Shot Put (5.0 Kg) 16s | ND | | |
| **128 Smart, Daniel - Male - Age: 11 - Comp#: 17361** | | | |
| #76 Boys 80 Metre Hurdles (60cm) 11s | NT | | |
| #104 Boys 800 Metre 11s | NT | | |
| #142 Boys 1100 Metre Race Walk 11s | NT | | |
| #190 Boys Triple Jump 11s | ND | | |
| **129 Smart, Nicholas - Male - Age: 16 - Comp#: 17362** | | | |
| #324 Boys 100 Metre 16s | NT | | |
| #326 Boys 200 Metre 16s | NT | | |
| #328 Boys 110 Metre Hurdles (76cm) 16 | NT | | |
| #330 Boys 400 Metre 16s | NT | | |
| #344 Boys Long Jump 16s | ND | | |
| #346 Boys Triple Jump 16s | ND | | |
| **130 Song, Alexander - Male - Age: 15 - Comp#: 17328** | | | |
| #28 Boys 100 Metre 15s | NT | | |
| #84 Boys 100 Metre Hurdles (76cm) 15s | NT | | |
| #186 Boys Long Jump 15s | ND | | |
| #198 Boys Triple Jump 15s | ND | | |
| **131 Song, Kevin - Male - Age: 12 - Comp#: 17293** | | | |
| #106 Boys 800 Metre 12s | NT | | |
| #120 Boys 1500 Metre 12s | NT | | |
| #160 Boys High Jump (S/H 1.15m) 12s | NH | | |
| #180 Boys Long Jump 12s | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **132 Song, Ryan - Male - Age: 12 - Comp#: 17299** | | | |
| #60 Boys 400 Metre 12s | NT | | |
| #78 Boys 80 Metre Hurdles (68cm) 12s | NT | | |
| #106 Boys 800 Metre 12s | NT | | |
| #120 Boys 1500 Metre 12s | NT | | |
| #180 Boys Long Jump 12s | ND | | |
| #192 Boys Triple Jump 12s | ND | | |
| **133 Tang, Natalie - Female - Age: 15 - Comp#: 17297** | | | |
| #65 Girls 400 Metre 15s | NT | | |
| #125 Girls 1500 Metre 15s | NT | | |
| #217 Girls Discus Throw (1.0 Kg) 15s | ND | | |
| #237 Girls Shot Put (3.0 Kg) 15s | ND | | |
| **134 Tang, Nathan - Male - Age: 12 - Comp#: 17298** | | | |
| #60 Boys 400 Metre 12s | NT | | |
| #106 Boys 800 Metre 12s | NT | | |
| #120 Boys 1500 Metre 12s | NT | | |
| #192 Boys Triple Jump 12s | ND | | |
| #212 Boys Discus Throw (750 Gram) 12 | ND | | |
| **135 Tay, Scarlett - Female - Age: 9 - Comp#: 17483** | | | |
| #7 Girls 70 Metre 9s | NT | | |
| #153 Girls High Jump (S/H 0.80m) 9s | NH | | |
| #205 Girls Discus Throw (500 Gram) 9s | ND | | |
| #225 Girls Shot Put (2.0 Kg) 9s | ND | | |
| **136 Taylor, Ryan - Male - Age: 17 - Comp#: 17473** | | | |
| #114 Boys 800 Metre 17s | NT | | |
| #128 Boys 1500 Metre 17s | NT | | |
| **137 Thurston, Jacob - Male - Age: 18 - Comp#: 17282** | | | |
| #380 Boys Shot Put (6.0 Kg) Under 20 | ND | | |
| **138 Tran, William - Male - Age: 14 - Comp#: 17510** | | | |
| #26 Boys 100 Metre 14s | NT | | |
| #64 Boys 400 Metre 14s | NT | | |
| #110 Boys 800 Metre 14s | NT | | |
| **139 Truong, Alice - Female - Age: 15 - Comp#: 17309** | | | |
| #27 Girls 100 Metre 15s | NT | | |
| #47 Girls 200 Metre 15s | NT | | |
| #83 Girls 90 Metre Hurdles (76cm) 15s | NT | | |
| #91 Girls 300 Metre Hurdles (76cm) 15s | NT | | |
| #185 Girls Long Jump 15s | ND | | |
| #197 Girls Triple Jump 15s | ND | | |
| **140 Truong, Callum - Male - Age: 15 - Comp#: 17566** | | | |
| #186 Boys Long Jump 15s | ND | | |
| #218 Boys Discus Throw (1.0 Kg) 15s | ND | | |
| **141 Truong, Evie - Female - Age: 12 - Comp#: 17310** | | | |
| #21 Girls 100 Metre 12s | NT | | |
| #77 Girls 80 Metre Hurdles (68cm) 12s | NT | | |
| #179 Girls Long Jump 12s | ND | | |
| #191 Girls Triple Jump 12s | ND | | |
| **142 Truong, Joelle - Female - Age: 10 - Comp#: 17551** | | | |
| #9 Girls 70 Metre 10s | NT | | |
| #17 Girls 100 Metre 10s | NT | | |
| #175 Girls Long Jump 10s | ND | | |
| #207 Girls Discus Throw (500 Gram) 10 | ND | | |
| **143 Turley, Eden - Female - Age: 11 - Comp#: 17342** | | | |
| #19 Girls 100 Metre 11s | NT | | |
| #39 Girls 200 Metre 11s | NT | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **144 Vali-Khojeini, Ava - Female - Age: 8 - Comp#: 17405** | | | |
| #13 Girls 100 Metre 8s | NT | | |
| #69 Girls 60 Metre Hurdles (45cm) 8s | NT | | |
| #97 Girls 700 Metre Pack Start 8s | NT | | |
| #171 Girls Long Jump 8s | ND | | |
| **145 Vali-Khojeini, Leo - Male - Age: 9 - Comp#: 17404** | | | |
| #16 Boys 100 Metre 9s | NT | | |
| #100 Boys 800 Metre 9s | NT | | |
| #154 Boys High Jump (S/H 0.85m) 9s | NH | | |
| #174 Boys Long Jump 9s | ND | | |
| **146 Waddell, Heidi - Female - Age: 14 - Comp#: 17237** | | | |
| #63 Girls 400 Metre 14s | NT | | |
| #81 Girls 90 Metre Hurdles (76cm) 14s | NT | | |
| #89 Girls 300 Metre Hurdles (76cm) 14s | NT | | |
| #183 Girls Long Jump 14s | ND | | |
| #195 Girls Triple Jump 14s | ND | | |
| **147 Waldron, Lachlan - Male - Age: 18 - Comp#: 17608** | | | |
| #376 Boys Discus Throw (1.75 Kg) Und | ND | | |
| **148 Wang, Adam - Male - Age: 10 - Comp#: 17430** | | | |
| #38 Boys 200 Metre 10s | NT | | |
| #56 Boys 400 Metre 10s | NT | | |
| #102 Boys 800 Metre 10s | NT | | |
| #156 Boys High Jump (S/H 0.95m) 10s | NH | | |
| **149 Wang, Felix - Male - Age: 15 - Comp#: 17507** | | | |
| #186 Boys Long Jump 15s | ND | | |
| #218 Boys Discus Throw (1.0 Kg) 15s | ND | | |
| #238 Boys Shot Put (4.0 Kg) 15s | ND | | |
| **150 Waqabaca, Tomasi - Male - Age: 17 - Comp#: 17614** | | | |
| #30 Boys 100 Metre 17s | NT | | |
| #50 Boys 200 Metre 17s | NT | | |
| #94 Boys 400 Metre Hurdles (84cm) 17s | NT | | |
| #188 Boys Long Jump 17s | ND | | |
| #200 Boys Triple Jump 17s | ND | | |
| **151 Wen, Alexia - Female - Age: 8 - Comp#: 17478** | | | |
| #5 Girls 70 Metre 8s | NT | | |
| #97 Girls 700 Metre Pack Start 8s | NT | | |
| #223 Girls Shot Put (1.5 Kg) 8s | ND | | |
| **152 Wilczek, Jaime - Male - Age: 11 - Comp#: 17504** | | | |
| #20 Boys 100 Metre 11s | NT | | |
| #40 Boys 200 Metre 11s | NT | | |
| #178 Boys Long Jump 11s | ND | | |
| #190 Boys Triple Jump 11s | ND | | |
| **153 Williams, Bailey - Male - Age: 14 - Comp#: 17390** | | | |
| #64 Boys 400 Metre 14s | NT | | |
| #90 Boys 300 Metre Hurdles (76cm) 14s | NT | | |
| #110 Boys 800 Metre 14s | NT | | |
| #124 Boys 1500 Metre 14s | NT | | |
| #216 Boys Discus Throw (1.0 Kg) 14s | ND | | |
| #248 Boys Javelin Throw (700 Gram) 14 | ND | | |
| **154 Wirianata, Flynn - Male - Age: 11 - Comp#: 17258** | | | |
| #104 Boys 800 Metre 11s | NT | | |
| #158 Boys High Jump (S/H 1.05m) 11s | NH | | |
| #178 Boys Long Jump 11s | ND | | |
| #190 Boys Triple Jump 11s | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **155 Wirianata, Grant - Male - Age: 9 - Comp#: 17259** | | | |
| #254 Boys 100 Metre Para 9s-10s | NT | | |
| #262 Boys Long Jump Para 9s-10s | ND | | |
| #270 Boys Discus Throw Para 9s-10s | ND | | |
| **156 Wirianata, Jolin - Female - Age: 14 - Comp#: 17257** | | | |
| #89 Girls 300 Metre Hurdles (76cm) 14s | NT | | |
| #147 Girls 1500 Metre Race Walk 14s | NT | | |
| #163 Girls High Jump (S/H 1.20m) 14s | NH | | |
| #183 Girls Long Jump 14s | ND | | |
| #195 Girls Triple Jump 14s | ND | | |
| **157 Won, David - Male - Age: 11 - Comp#: 17505** | | | |
| #40 Boys 200 Metre 11s | NT | | |
| #58 Boys 400 Metre 11s | NT | | |
| #104 Boys 800 Metre 11s | NT | | |
| #118 Boys 1500 Metre 11s | NT | | |
| **158 Won, Mason - Male - Age: 9 - Comp#: 17506** | | | |
| #16 Boys 100 Metre 9s | NT | | |
| #100 Boys 800 Metre 9s | NT | | |
| #154 Boys High Jump (S/H 0.85m) 9s | NH | | |
| #174 Boys Long Jump 9s | ND | | |
| **159 Wong, Daymon - Male - Age: 14 - Comp#: 17516** | | | |
| #82 Boys 100 Metre Hurdles (76cm) 14s | NT | | |
| #90 Boys 300 Metre Hurdles (76cm) 14s | NT | | |
| **160 Wong, Lewis - Male - Age: 18 - Comp#: 17518** | | | |
| #354 Boys 100 Metre Under 20 | NT | | |
| #356 Boys 200 Metre Under 20 | NT | | |
| #358 Boys 110 Metre Hurdles (99cm) U | NT | | |
| #362 Boys 400 Metre Hurdles (91cm) U | NT | | |
| #372 Boys Long Jump Under 20 | ND | | |
| #374 Boys Triple Jump Under 20 | ND | | |
| **161 Wong, Marcus - Male - Age: 16 - Comp#: 17517** | | | |
| #324 Boys 100 Metre 16s | NT | | |
| #326 Boys 200 Metre 16s | NT | | |
| #328 Boys 110 Metre Hurdles (76cm) 16 | NT | | |
| #332 Boys 400 Metre Hurdles (84cm) 16 | NT | | |
| #344 Boys Long Jump 16s | ND | | |
| #346 Boys Triple Jump 16s | ND | | |
| **162 Wright, Mikayla - Female - Age: 14 - Comp#: 17308** | | | |
| #25 Girls 100 Metre 14s | NT | | |
| #45 Girls 200 Metre 14s | NT | | |
| #163 Girls High Jump (S/H 1.20m) 14s | NH | | |
| **163 Wu, Austin - Male - Age: 12 - Comp#: 17289** | | | |
| #212 Boys Discus Throw (750 Gram) 12 | ND | | |
| #232 Boys Shot Put (2.0 Kg) 12s | ND | | |
| #244 Boys Javelin Throw (400 Gram) 12 | ND | | |
| **164 Wu, Tiara - Female - Age: 8 - Comp#: 17268** | | | |
| #5 Girls 70 Metre 8s | NT | | |
| #69 Girls 60 Metre Hurdles (45cm) 8s | NT | | |
| #203 Girls Discus Throw (500 Gram) 8s | ND | | |
| #223 Girls Shot Put (1.5 Kg) 8s | ND | | |
| **165 Xia, Kaixin - Male - Age: 12 - Comp#: 17244** | | | |
| #144 Boys 1500 Metre Race Walk 12s | NT | | |
| #212 Boys Discus Throw (750 Gram) 12 | ND | | |
| #232 Boys Shot Put (2.0 Kg) 12s | ND | | |
| #244 Boys Javelin Throw (400 Gram) 12 | ND | | |

**Zone Championships**
**North Met Zone 2025**
**NSW Athletics**

**Meet Summary - All Events**

| | Seed | Prelims | Finals |
|---|---|---|---|
| **North Rocks Carlingford** | | | |
| **166 Yan, Tristan - Male - Age: 14 - Comp#: 17250** | | | |
| #110 Boys 800 Metre 14s | NT | | |
| #124 Boys 1500 Metre 14s | NT | | |
| #132 Boys 3000 Metre 14s | NT | | |
| **167 Yan, Tyler - Male - Age: 12 - Comp#: 17235** | | | |
| #60 Boys 400 Metre 12s | NT | | |
| #106 Boys 800 Metre 12s | NT | | |
| **168 Zhou, Lochlan - Male - Age: 10 - Comp#: 17513** | | | |
| #18 Boys 100 Metre 10s | NT | | |
| #74 Boys 60 Metre Hurdles (60cm) 10s | NT | | |
| #102 Boys 800 Metre 10s | NT | | |
| #156 Boys High Jump (S/H 0.95m) 10s | NH | | |
| **169 Zhou, Vera - Female - Age: 12 - Comp#: 17512** | | | |
| #21 Girls 100 Metre 12s | NT | | |
| #41 Girls 200 Metre 12s | NT | | |
| #59 Girls 400 Metre 12s | NT | | |
| #105 Girls 800 Metre 12s | NT | | |
| **170 Zou, Yijia - Male - Age: 8 - Comp#: 17363** | | | |
| #6 Boys 70 Metre 8s | NT | | |
| #14 Boys 100 Metre 8s | NT | | |
| #172 Boys Long Jump 8s | ND | | |

**North Rocks Carlingford Total Individual Entries: 628 - Total Relays: 0**