

**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

1.	Shasha Allanki - Female - Age: 8 - Comp#: 17441 - Ind/Rel: 2 / 0	
	#123 Girls U 8 Discus (500 Gram)	10.12m
	#315 Girls U 8 Shot Put (1.5 Kg)	4.39m
2.	Ivy Allen - Female - Age: 11 - Comp#: 17422 - Ind/Rel: 2 / 0	
	#175 Girls U 11 80 Metre Hurdles (60cm) Prelims	16.96
	#187 Girls U 11 1100 Metre Walk	8:07.95
3.	Sarah Anwar - Female - Age: 9 - Comp#: 17601 - Ind/Rel: 1 / 0	
	#191 Girls U 9 700 Metre Walk	6:59.38
4.	Diana Attinger - Female - Age: 17 - Comp#: 17695 - Ind/Rel: 1 / 0	
	#185 Girls U 17 100 Metre Hurdles (76cm) Prelims	19.08
5.	Emma Barker - Female - Age: 11 - Comp#: 17436 - Ind/Rel: 4 / 0	
	#47 Girls U 11 100 Metre Sprint Prelims	15.64
	#135 Girls U 11 High Jump (S/H 1.05m)	1.30m
	#153 Girls U 11 Triple Jump	8.32m
	#175 Girls U 11 80 Metre Hurdles (60cm) Prelims	17.00
6.	Aria Bibring - Female - Age: 12 - Comp#: 17529 - Ind/Rel: 2 / 0	
	#195 Girls U 12 1500 Metre Walk	11:22.07
	#323 Girls U 12 Javelin (400 Gram)	12.38m
7.	mila burdett - Female - Age: 17 - Comp#: 17846 - Ind/Rel: 1 / 0	
	#328 Girls U 17 Long Jump	4.42m
8.	Cody Burton - Male - Age: 17 - Comp#: 17426 - Ind/Rel: 2 / 0	
	#12 Boys U 17 1500 Metre Run	4:17.11
	#266 Boys U 17 800 Metre Run	2:06.52
9.	Anesha Busingye - Female - Age: 17 - Comp#: 17459 - Ind/Rel: 2 / 0	
	#115 Girls U 17 Triple Jump	10.38m
	#328 Girls U 17 Long Jump	4.76m
10.	Evana Butler - Female - Age: 14 - Comp#: 17538 - Ind/Rel: 3 / 0	
	#114 Girls U 14 Long Jump	4.01m
	#132 Girls U 14 Javelin (400 Gram)	20.95m
	#151 Girls U 14 Shot Put (3.0 Kg)	11.01m
11.	Tobias Butler - Male - Age: 12 - Comp#: 17537 - Ind/Rel: 4 / 0	
	#124 Boys U 12 Discus (750 Gram)	19.62m
	#158 Boys U 12 Javelin (400 Gram)	25.55m
	#177 Boys U 12 80 Metre Hurdles (68cm) Prelims	17.81
	#334 Boys U 12 Shot Put (2.0 Kg)	9.51m
12.	Carys Byrnes - Female - Age: 15 - Comp#: 17471 - Ind/Rel: 2 / 0	
	#183 Girls U 15 90 Metre Hurdles (76cm) Prelims	16.90
	#332 Girls U 15 Javelin (500 Gram)	16.75m
13.	Max Byrnes - Male - Age: 17 - Comp#: 17470 - Ind/Rel: 2 / 0	
	#26 Boys U 17 300 Metre Hurdles (76cm)	41.97
	#186 Boys U 17 110 Metre Hurdles (76cm) Prelims	15.88
14.	Hayley Carroll - Female - Age: 12 - Comp#: 17404 - Ind/Rel: 2 / 0	
	#3 Girls U 12 1500 Metre Run	5:53.04
	#195 Girls U 12 1500 Metre Walk	10:48.90
15.	Jaiden Chahal - Male - Age: 8 - Comp#: 17429 - Ind/Rel: 3 / 0	
	#146 Boys U 8 Long Jump	3.07m
	#194 Boys U 8 700 Metre Run Pack Start	3:04.85
	#322 Boys U 8 Discus (500 Gram)	12.39m
16.	Arpita Cherian - Female - Age: 13 - Comp#: 17485 - Ind/Rel: 1 / 0	
	#259 Girls U 13 800 Metre Run	3:01.58

**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

17. Evelyn Cheung - Female - Age: 15 - Comp#: 17806 - Ind/Rel: 3 / 0	
#23 Girls U 15 300 Metre Hurdles (76cm)	1:02.06
#63 Girls U 15 400 Metre Sprint	1:18.42
#112 Girls U 15 High Jump (S/H 1.25m)	1.20m
18. Jeffrey Chong - Male - Age: 11 - Comp#: 17710 - Ind/Rel: 4 / 0	
#48 Boys U 11 100 Metre Sprint Prelims	15.87
#121 Boys U 11 Long Jump	4.00m
#176 Boys U 11 80 Metre Hurdles (60cm) Prelims	15.37
#312 Boys U 11 Triple Jump	7.89m
19. Jasmin Collier - Female - Age: 12 - Comp#: 17598 - Ind/Rel: 2 / 0	
#195 Girls U 12 1500 Metre Walk	11:52.79
#323 Girls U 12 Javelin (400 Gram)	19.13m
20. Noah Collier - Male - Age: 13 - Comp#: 17403 - Ind/Rel: 1 / 0	
#306 Boys U 13 Shot Put (3.0 Kg)	9.59m
21. Annabel Cullen - Female - Age: 14 - Comp#: 17463 - Ind/Rel: 2 / 0	
#325 Girls U 14 High Jump (S/H 1.25m)	1.36m
#337 Girls U 14 Triple Jump	8.40m
22. Eden De Pomeroy - Female - Age: 9 - Comp#: 17546 - Ind/Rel: 4 / 0	
#111 Girls U 9 High Jump (S/H 0.85m)	0.90m
#231 Girls U 9 200 Metre Sprint Prelims	35.71
#269 Girls U 9 800 Metre Run	3:11.57
#319 Girls U 9 Long Jump	3.31m
23. Aaren Deepak - Male - Age: 8 - Comp#: 17502 - Ind/Rel: 3 / 0	
#146 Boys U 8 Long Jump	2.83m
#150 Boys U 8 Shot Put (1.5 Kg)	6.29m
#322 Boys U 8 Discus (500 Gram)	12.47m
24. Madison Dellas - Female - Age: 13 - Comp#: 17740 - Ind/Rel: 5 / 0	
#33 Girls U 13 100 Metre Sprint Prelims	14.55
#59 Girls U 13 400 Metre Sprint	1:09.76
#127 Girls U 13 High Jump (S/H 1.20m)	1.25m
#227 Girls U 13 200 Metre Sprint Prelims	30.21
#321 Girls U 13 Triple Jump	8.64m
25. Annabel Dickson - Female - Age: 9 - Comp#: 17413 - Ind/Rel: 4 / 0	
#15 Girls U 9 60 Metre Hurdles (45cm) Prelims	12.17
#43 Girls U 9 100 Metre Sprint Prelims	17.53
#191 Girls U 9 700 Metre Walk	5:19.37
#219 Girls U 9 70 Metre Sprint Prelims	11.82
26. Isabella Dobe - Female - Age: 9 - Comp#: 17394 - Ind/Rel: 4 / 0	
#69 Girls U 9 400 Metre Sprint	1:22.88
#231 Girls U 9 200 Metre Sprint Prelims	36.25
#269 Girls U 9 800 Metre Run	3:12.58
#319 Girls U 9 Long Jump	3.36m
27. Matthew El Kadi - Male - Age: 10 - Comp#: 17569 - Ind/Rel: 2 / 0	
#18 Boys U 10 60 Metre Hurdles (60cm) Prelims	12.21
#218 Boys U 10 70 Metre Sprint Prelims	11.13
28. Sophie El Kadi - Female - Age: 12 - Comp#: 17570 - Ind/Rel: 1 / 0	
#178 Girls U 12 80 Metre Hurdles (68cm) Prelims	16.68
29. Joshua Zimeng Fang - Male - Age: 14 - Comp#: 17618 - Ind/Rel: 1 / 0	
#8 Boys U 14 1500 Metre Run	5:22.27
30. Sean Fitzpatrick - Male - Age: 9 - Comp#: 17677 - Ind/Rel: 1 / 0	
#116 Boys U 9 Discus (500 Gram)	14.10m

**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

31. Mitchell Fleming - Male - Age: 13 - Comp#: 17489 - Ind/Rel: 2 / 0	
#139 Boys U 13 Triple Jump	8.71m
#336 Boys U 13 High Jump (S/H 1.25m)	1.37m
32. Thomas Garland - Male - Age: 8 - Comp#: 17586 - Ind/Rel: 4 / 0	
#42 Boys U 8 100 Metre Sprint Prelims	16.61
#150 Boys U 8 Shot Put (1.5 Kg)	5.19m
#222 Boys U 8 70 Metre Sprint Prelims	11.78
#322 Boys U 8 Discus (500 Gram)	11.26m
33. Mia Gross - Female - Age: 14 - Comp#: 17834 - Ind/Rel: 2 / 0	
#114 Girls U 14 Long Jump	3.99m
#337 Girls U 14 Triple Jump	8.32m
34. Oliver Gross - Male - Age: 11 - Comp#: 17833 - Ind/Rel: 1 / 0	
#312 Boys U 11 Triple Jump	7.63m
35. Georgia Gryst - Female - Age: 10 - Comp#: 17691 - Ind/Rel: 2 / 0	
#17 Girls U 10 60 Metre Hurdles (60cm) Prelims	12.70
#120 Girls U 10 Long Jump	3.39m
36. Darcy Hazon - Male - Age: 9 - Comp#: 17680 - Ind/Rel: 4 / 0	
#16 Boys U 9 60 Metre Hurdles (45cm) Prelims	12.24
#44 Boys U 9 100 Metre Sprint Prelims	17.08
#128 Boys U 9 Long Jump	3.32m
#220 Boys U 9 70 Metre Sprint Prelims	11.69
37. Ella Hazon - Female - Age: 13 - Comp#: 17679 - Ind/Rel: 5 / 0	
#19 Girls U 13 200 Metre Hurdles (68cm)	35.61
#33 Girls U 13 100 Metre Sprint Prelims	15.04
#152 Girls U 13 Long Jump	4.01m
#304 Girls U 13 Discus (750 Gram)	19.91m
#344 Girls U 13 Javelin (400 Gram)	16.13m
38. Kara Hazon - Female - Age: 15 - Comp#: 17678 - Ind/Rel: 2 / 0	
#37 Girls U 15 100 Metre Sprint Prelims	14.37
#302 Girls U 15 Long Jump	3.98m
39. Zana Hevesy - Female - Age: 8 - Comp#: 17716 - Ind/Rel: 2 / 0	
#41 Girls U 8 100 Metre Sprint Prelims	20.31
#221 Girls U 8 70 Metre Sprint Prelims	13.36
40. Ayden Hewitt - Male - Age: 11 - Comp#: 17850 - Ind/Rel: 2 / 0	
#188 Boys U 11 1100 Metre Walk	7:18.61
#340 Boys U 11 Shot Put (2.0 Kg)	9.16m
41. Ruby Hewitt - Female - Age: 9 - Comp#: 17849 - Ind/Rel: 1 / 0	
#133 Girls U 9 Shot Put (2.0 Kg)	4.85m
42. Benji Hill - Male - Age: 12 - Comp#: 17391 - Ind/Rel: 2 / 0	
#318 Boys U 12 High Jump (S/H 1.20m)	1.30m
#342 Boys U 12 Triple Jump	8.46m
43. Oliver Hohmann - Male - Age: 8 - Comp#: 17517 - Ind/Rel: 1 / 0	
#222 Boys U 8 70 Metre Sprint Prelims	13.46
44. Alice Huang - Female - Age: 8 - Comp#: 17595 - Ind/Rel: 1 / 0	
#137 Girls U 8 Long Jump	2.70m
45. Alison Hubbard - Female - Age: 14 - Comp#: 17844 - Ind/Rel: 3 / 0	
#181 Girls U 14 80 Metre Hurdles (76cm) Prelims	17.52
#261 Girls U 14 800 Metre Run	2:48.82
#337 Girls U 14 Triple Jump	8.52m
46. Riley Johnson - Male - Age: 11 - Comp#: 17572 - Ind/Rel: 3 / 0	
#74 Boys U 11 400 Metre Sprint	1:13.22
#224 Boys U 11 200 Metre Sprint Prelims	31.93
#335 Boys U 11 High Jump (S/H 1.10m)	1.15m

**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

47. Senuka Kankanige - Male - Age: 14 - Comp#: 17829 - Ind/Rel: 3 / 0	
#117 Boys U 14 Discus (1.0 Kg)	30.92m
#316 Boys U 14 Shot Put (3.0 Kg)	9.14m
#339 Boys U 14 Javelin (600 Gram)	17.75m
48. Vinuka Kankanige - Male - Age: 14 - Comp#: 17828 - Ind/Rel: 3 / 0	
#117 Boys U 14 Discus (1.0 Kg)	30.92m
#316 Boys U 14 Shot Put (3.0 Kg)	10.69m
#339 Boys U 14 Javelin (600 Gram)	25.03m
49. Nixon Kasprzak - Male - Age: 13 - Comp#: 17653 - Ind/Rel: 1 / 0	
#180 Boys U 13 80 Metre Hurdles (76cm) Prelims	18.39
50. Jamie Kastelan - Male - Age: 14 - Comp#: 17406 - Ind/Rel: 6 / 0	
#36 Boys U 14 100 Metre Sprint Prelims	13.56
#62 Boys U 14 400 Metre Sprint	1:03.38
#130 Boys U 14 Triple Jump	10.73m
#236 Boys U 14 200 Metre Sprint Prelims	27.01
#262 Boys U 14 800 Metre Run	2:45.20
#301 Boys U 14 Long Jump	5.06m
51. Cohen Keeping - Male - Age: 12 - Comp#: 17418 - Ind/Rel: 4 / 0	
#50 Boys U 12 100 Metre Sprint Prelims	14.58
#138 Boys U 12 Long Jump	4.76m
#226 Boys U 12 200 Metre Sprint Prelims	29.77
#342 Boys U 12 Triple Jump	9.45m
52. Hudson Keeping - Male - Age: 14 - Comp#: 17419 - Ind/Rel: 2 / 0	
#130 Boys U 14 Triple Jump	10.36m
#301 Boys U 14 Long Jump	4.85m
53. Lani Khiroya - Female - Age: 17 - Comp#: 17703 - Ind/Rel: 3 / 0	
#115 Girls U 17 Triple Jump	11.08m
#185 Girls U 17 100 Metre Hurdles (76cm) Prelims	17.04
#328 Girls U 17 Long Jump	4.72m
54. Brenden Kim - Male - Age: 15 - Comp#: 17688 - Ind/Rel: 4 / 0	
#113 Boys U 15 Long Jump	5.24m
#134 Boys U 15 Shot Put (4.0 Kg)	9.59m
#149 Boys U 15 Javelin (700 Gram)	39.63m
#329 Boys U 15 Triple Jump	11.32m
55. Brian Kim - Male - Age: 13 - Comp#: 17687 - Ind/Rel: 5 / 0	
#125 Boys U 13 Javelin (600 Gram)	28.03m
#139 Boys U 13 Triple Jump	9.25m
#157 Boys U 13 Discus (750 Gram)	24.58m
#260 Boys U 13 800 Metre Run	2:31.97
#320 Boys U 13 Long Jump	4.38m
56. Michael Kolosakas - Male - Age: 13 - Comp#: 17615 - Ind/Rel: 1 / 0	
#20 Boys U 13 200 Metre Hurdles (68cm)	35.38
57. Emilie Kucharski - Female - Age: 12 - Comp#: 17647 - Ind/Rel: 1 / 0	
#49 Girls U 12 100 Metre Sprint Prelims	15.57
58. William Kucharski - Male - Age: 8 - Comp#: 17648 - Ind/Rel: 2 / 0	
#42 Boys U 8 100 Metre Sprint Prelims	18.18
#234 Boys U 8 200 Metre Sprint Prelims	39.28
59. Aiden La Vinh - Male - Age: 15 - Comp#: 17753 - Ind/Rel: 3 / 0	
#10 Boys U 15 1500 Metre Run	5:33.95
#64 Boys U 15 400 Metre Sprint	1:09.46
#108 Boys U 15 3000 Metre Run	12:01.37

**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

60. Alicia La Vinh - Female - Age: 13 - Comp#: 17752 - Ind/Rel: 2 / 0	
#5 Girls U 13 1500 Metre Run	7:05.68
#103 Girls U 13 3000 Metre Run	15:00.18
61. Sebastian Lam - Male - Age: 11 - Comp#: 17630 - Ind/Rel: 1 / 0	
#188 Boys U 11 1100 Metre Walk	9:23.27
62. Sofia Lam - Female - Age: 9 - Comp#: 17631 - Ind/Rel: 2 / 0	
#191 Girls U 9 700 Metre Walk	5:22.07
#269 Girls U 9 800 Metre Run	3:34.49
63. Hannah Lambert - Female - Age: 13 - Comp#: 17396 - Ind/Rel: 5 / 0	
#19 Girls U 13 200 Metre Hurdles (68cm)	31.29
#127 Girls U 13 High Jump (S/H 1.20m)	1.50m
#152 Girls U 13 Long Jump	5.00m
#321 Girls U 13 Triple Jump	10.73m
#344 Girls U 13 Javelin (400 Gram)	26.10m
64. Jake Lambert - Male - Age: 10 - Comp#: 17395 - Ind/Rel: 3 / 0	
#126 Boys U 10 High Jump (S/H 1.00m)	1.19m
#230 Boys U 10 200 Metre Sprint Prelims	30.67
#310 Boys U 10 Long Jump	4.04m
65. Thomas Lawler - Male - Age: 15 - Comp#: 17711 - Ind/Rel: 1 / 0	
#134 Boys U 15 Shot Put (4.0 Kg)	9.70m
66. Benjamin Lawrence - Male - Age: 15 - Comp#: 17737 - Ind/Rel: 5 / 0	
#134 Boys U 15 Shot Put (4.0 Kg)	8.25m
#149 Boys U 15 Javelin (700 Gram)	33.91m
#309 Boys U 15 High Jump (S/H 1.30m)	1.35m
#329 Boys U 15 Triple Jump	10.34m
#345 Boys U 15 Discus (1.0 Kg)	28.19m
67. Matthew Lawrence - Male - Age: 14 - Comp#: 17736 - Ind/Rel: 5 / 0	
#117 Boys U 14 Discus (1.0 Kg)	22.36m
#145 Boys U 14 High Jump (S/H 1.30m)	1.42m
#182 Boys U 14 90 Metre Hurdles (76cm) Prelims	18.46
#316 Boys U 14 Shot Put (3.0 Kg)	8.51m
#339 Boys U 14 Javelin (600 Gram)	31.51m
68. John Lawson - Male - Age: 17 - Comp#: 17704 - Ind/Rel: 1 / 0	
#303 Boys U 17 Triple Jump	12.29m
69. Liam Lawson - Male - Age: 11 - Comp#: 17705 - Ind/Rel: 1 / 0	
#121 Boys U 11 Long Jump	4.32m
70. Ratu Viliame Lewanavanua - Male - Age: 15 - Comp#: 10753 - Ind/Rel: 5 / 0	
#38 Boys U 15 100 Metre Sprint Prelims	12.62
#113 Boys U 15 Long Jump	5.99m
#184 Boys U 15 100 Metre Hurdles (76cm) Prelims	15.15
#309 Boys U 15 High Jump (S/H 1.30m)	1.66m
#329 Boys U 15 Triple Jump	12.13m
71. Selina Lewanavanua - Female - Age: 11 - Comp#: 10754 - Ind/Rel: 1 / 0	
#119 Girls U 11 Shot Put (2.0 Kg)	7.06m
72. Ella Lin - Female - Age: 13 - Comp#: 17483 - Ind/Rel: 1 / 0	
#5 Girls U 13 1500 Metre Run	6:37.88
73. Evelyn Liu - Female - Age: 8 - Comp#: 17443 - Ind/Rel: 2 / 0	
#123 Girls U 8 Discus (500 Gram)	7.94m
#315 Girls U 8 Shot Put (1.5 Kg)	3.75m

**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

74. Latu Lolomanaia - Female - Age: 12 - Comp#: 17385 - Ind/Rel: 4 / 0	
#122 Girls U 12 Triple Jump	8.18m
#144 Girls U 12 High Jump (S/H 1.15m)	1.32m
#178 Girls U 12 80 Metre Hurdles (68cm) Prelims	15.31
#338 Girls U 12 Discus (750 Gram)	17.79m
75. Lu'isa Lolomanaia - Female - Age: 14 - Comp#: 17386 - Ind/Rel: 3 / 0	
#132 Girls U 14 Javelin (400 Gram)	18.80m
#181 Girls U 14 80 Metre Hurdles (76cm) Prelims	18.14
#305 Girls U 14 Discus (1.0 Kg)	16.89m
76. Samiuella Lolomanaia - Male - Age: 10 - Comp#: 17384 - Ind/Rel: 1 / 0	
#142 Boys U 10 Shot Put (2.0 Kg)	7.38m
77. Zoey Loo - Female - Age: 15 - Comp#: 17496 - Ind/Rel: 1 / 0	
#9 Girls U 15 1500 Metre Run	6:11.01
78. Kayla Mason - Female - Age: 15 - Comp#: 17501 - Ind/Rel: 1 / 0	
#9 Girls U 15 1500 Metre Run	6:27.07
79. Hugo Matthews - Male - Age: 17 - Comp#: 17734 - Ind/Rel: 1 / 0	
#204 Boys U 17 1500 Metre Walk	10:26.53
80. Oliver Mencil - Male - Age: 17 - Comp#: 17421 - Ind/Rel: 1 / 0	
#326 Boys U 17 High Jump (S/H 1.35m)	1.71m
81. Ethan Mikhael - Male - Age: 9 - Comp#: 17813 - Ind/Rel: 2 / 0	
#44 Boys U 9 100 Metre Sprint Prelims	17.35
#70 Boys U 9 400 Metre Sprint	1:20.84
82. Rebeen Mirzaei - Male - Age: 17 - Comp#: 17540 - Ind/Rel: 2 / 0	
#118 Boys U 17 Shot Put (5.0 Kg)	10.23m
#343 Boys U 17 Discus (1.5 Kg)	30.82m
83. Ronika Mirzaei - Female - Age: 12 - Comp#: 17539 - Ind/Rel: 1 / 0	
#195 Girls U 12 1500 Metre Walk	11:19.96
84. Kaiden Moir - Male - Age: 11 - Comp#: 17804 - Ind/Rel: 1 / 0	
#340 Boys U 11 Shot Put (2.0 Kg)	5.87m
85. Katrina Murphy - Female - Age: 8 - Comp#: 17661 - Ind/Rel: 4 / 0	
#13 Girls U 8 60 Metre Hurdles (45cm) Prelims	12.74
#137 Girls U 8 Long Jump	3.06m
#193 Girls U 8 700 Metre Run Pack Start	3:05.12
#221 Girls U 8 70 Metre Sprint Prelims	12.84
86. Amelia Nagy - Female - Age: 17 - Comp#: 17476 - Ind/Rel: 3 / 0	
#148 Girls U 17 Discus (1.0 Kg)	27.48m
#307 Girls U 17 Shot Put (3.0 Kg)	10.11m
#314 Girls U 17 Javelin (500 Gram)	34.68m
87. Emily Ng - Female - Age: 12 - Comp#: 17416 - Ind/Rel: 5 / 0	
#49 Girls U 12 100 Metre Sprint Prelims	15.47
#75 Girls U 12 400 Metre Sprint	1:12.34
#144 Girls U 12 High Jump (S/H 1.15m)	1.30m
#225 Girls U 12 200 Metre Sprint Prelims	31.11
#311 Girls U 12 Long Jump	3.66m
88. Christopher Nilon - Male - Age: 15 - Comp#: 17510 - Ind/Rel: 3 / 0	
#113 Boys U 15 Long Jump	4.83m
#202 Boys U 15 1500 Metre Walk	7:39.77
#264 Boys U 15 800 Metre Run	2:41.06
89. Angel Obi - Female - Age: 11 - Comp#: 17770 - Ind/Rel: 1 / 0	
#119 Girls U 11 Shot Put (2.0 Kg)	7.68m
90. Princess Obi - Female - Age: 15 - Comp#: 17769 - Ind/Rel: 2 / 0	
#37 Girls U 15 100 Metre Sprint Prelims	13.82
#237 Girls U 15 200 Metre Sprint Prelims	28.74

**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

91. Vanessa Obi - Female - Age: 9 - Comp#: 17768 - Ind/Rel: 2 / 0	
#133 Girls U 9 Shot Put (2.0 Kg)	4.00m
#330 Girls U 9 Discus (500 Gram)	12.39m
92. Teara Obrien - Female - Age: 9 - Comp#: 17499 - Ind/Rel: 3 / 0	
#111 Girls U 9 High Jump (S/H 0.85m)	0.97m
#231 Girls U 9 200 Metre Sprint Prelims	38.48
#330 Girls U 9 Discus (500 Gram)	10.80m
93. Henry O'Neil - Male - Age: 14 - Comp#: 17652 - Ind/Rel: 3 / 0	
#145 Boys U 14 High Jump (S/H 1.30m)	1.58m
#182 Boys U 14 90 Metre Hurdles (76cm) Prelims	15.74
#301 Boys U 14 Long Jump	4.71m
94. Zara Palfrey - Female - Age: 14 - Comp#: 17799 - Ind/Rel: 1 / 0	
#337 Girls U 14 Triple Jump	8.44m
95. Benjamin Perry - Male - Age: 15 - Comp#: 17838 - Ind/Rel: 2 / 0	
#38 Boys U 15 100 Metre Sprint Prelims	12.74
#238 Boys U 15 200 Metre Sprint Prelims	25.45
96. Julia Perry - Female - Age: 12 - Comp#: 17582 - Ind/Rel: 2 / 0	
#122 Girls U 12 Triple Jump	8.47m
#225 Girls U 12 200 Metre Sprint Prelims	31.54
97. Michael Perry - Male - Age: 15 - Comp#: 17837 - Ind/Rel: 2 / 0	
#10 Boys U 15 1500 Metre Run	5:27.24
#264 Boys U 15 800 Metre Run	2:29.24
98. William Perry - Male - Age: 17 - Comp#: 17581 - Ind/Rel: 2 / 0	
#129 Boys U 17 Long Jump	4.94m
#303 Boys U 17 Triple Jump	11.17m
99. Amiya Pokharel - Female - Age: 9 - Comp#: 17800 - Ind/Rel: 2 / 0	
#219 Girls U 9 70 Metre Sprint Prelims	12.15
#231 Girls U 9 200 Metre Sprint Prelims	37.64
100. Sophie Polkinghorne - Female - Age: 14 - Comp#: 17494 - Ind/Rel: 4 / 0	
#7 Girls U 14 1500 Metre Run	5:02.30
#105 Girls U 14 3000 Metre Run	10:59.18
#199 Girls U 14 1500 Metre Walk	6:51.26
#261 Girls U 14 800 Metre Run	2:34.38
101. Isabella Primrose - Female - Age: 17 - Comp#: 17431 - Ind/Rel: 4 / 0	
#109 Girls U 17 3000 Metre Run	14:23.59
#115 Girls U 17 Triple Jump	9.31m
#203 Girls U 17 1500 Metre Walk	10:30.72
#265 Girls U 17 800 Metre Run	3:02.21
102. Scarlett Richards - Female - Age: 14 - Comp#: 17467 - Ind/Rel: 3 / 0	
#61 Girls U 14 400 Metre Sprint	1:17.83
#261 Girls U 14 800 Metre Run	2:55.32
#325 Girls U 14 High Jump (S/H 1.25m)	1.20m
103. Rithaja Sankaran - Female - Age: 17 - Comp#: 17812 - Ind/Rel: 2 / 0	
#148 Girls U 17 Discus (1.0 Kg)	21.46m
#314 Girls U 17 Javelin (500 Gram)	24.11m
104. Abigail Sarah - Female - Age: 10 - Comp#: 17479 - Ind/Rel: 1 / 0	
#317 Girls U 10 High Jump (S/H 0.95m)	1.00m
105. Luke Sarah - Male - Age: 11 - Comp#: 17481 - Ind/Rel: 1 / 0	
#141 Boys U 11 Javelin (400 Gram)	11.94m
106. Nathan Sarah - Male - Age: 13 - Comp#: 17478 - Ind/Rel: 3 / 0	
#6 Boys U 13 1500 Metre Run	5:34.70
#104 Boys U 13 3000 Metre Run	12:17.12
#260 Boys U 13 800 Metre Run	2:41.97

**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

107.	Thomas Schneider - Male - Age: 17 - Comp#: 17516 - Ind/Rel: 3 / 0	
	#118 Boys U 17 Shot Put (5.0 Kg)	11.02m
	#155 Boys U 17 Javelin (700 Gram)	30.99m
	#343 Boys U 17 Discus (1.5 Kg)	34.27m
108.	Serah Silva - Female - Age: 10 - Comp#: 17580 - Ind/Rel: 1 / 0	
	#217 Girls U 10 70 Metre Sprint Prelims	11.69
109.	Daniel Smart - Male - Age: 9 - Comp#: 17533 - Ind/Rel: 4 / 0	
	#116 Boys U 9 Discus (500 Gram)	14.37m
	#192 Boys U 9 700 Metre Walk	4:11.00
	#232 Boys U 9 200 Metre Sprint Prelims	33.69
	#270 Boys U 9 800 Metre Run	2:57.33
110.	Nicholas Smart - Male - Age: 14 - Comp#: 17532 - Ind/Rel: 6 / 0	
	#36 Boys U 14 100 Metre Sprint Prelims	13.81
	#117 Boys U 14 Discus (1.0 Kg)	26.48m
	#130 Boys U 14 Triple Jump	9.60m
	#236 Boys U 14 200 Metre Sprint Prelims	27.17
	#301 Boys U 14 Long Jump	4.63m
	#316 Boys U 14 Shot Put (3.0 Kg)	10.62m
111.	Josiah Smith - Male - Age: 11 - Comp#: 17604 - Ind/Rel: 2 / 0	
	#154 Boys U 11 Discus (500 Gram)	17.89m
	#340 Boys U 11 Shot Put (2.0 Kg)	6.60m
112.	Lincoln Smith - Male - Age: 9 - Comp#: 17605 - Ind/Rel: 3 / 0	
	#16 Boys U 9 60 Metre Hurdles (45cm) Prelims	11.90
	#128 Boys U 9 Long Jump	3.37m
	#308 Boys U 9 High Jump (S/H 0.90m)	1.05m
113.	Alexander Song - Male - Age: 13 - Comp#: 17456 - Ind/Rel: 6 / 0	
	#20 Boys U 13 200 Metre Hurdles (68cm)	30.91
	#34 Boys U 13 100 Metre Sprint Prelims	13.67
	#139 Boys U 13 Triple Jump	10.48m
	#180 Boys U 13 80 Metre Hurdles (76cm) Prelims	16.13
	#306 Boys U 13 Shot Put (3.0 Kg)	9.00m
	#320 Boys U 13 Long Jump	5.39m
114.	Ryan Song - Male - Age: 10 - Comp#: 17452 - Ind/Rel: 1 / 0	
	#72 Boys U 10 400 Metre Sprint	1:17.01
115.	William Stanger - Male - Age: 17 - Comp#: 17637 - Ind/Rel: 1 / 0	
	#12 Boys U 17 1500 Metre Run	5:08.15
116.	Natalie Tang - Female - Age: 13 - Comp#: 17488 - Ind/Rel: 2 / 0	
	#5 Girls U 13 1500 Metre Run	7:10.50
	#227 Girls U 13 200 Metre Sprint Prelims	36.04
117.	Layla Tauaisili - Female - Age: 11 - Comp#: 10745 - Ind/Rel: 1 / 0	
	#327 Girls U 11 Long Jump	3.45m
118.	Alice Truong - Female - Age: 13 - Comp#: 17400 - Ind/Rel: 2 / 0	
	#179 Girls U 13 80 Metre Hurdles (76cm) Prelims	18.38
	#227 Girls U 13 200 Metre Sprint Prelims	31.69
119.	Joelle Truong - Female - Age: 8 - Comp#: 17808 - Ind/Rel: 2 / 0	
	#221 Girls U 8 70 Metre Sprint Prelims	12.92
	#233 Girls U 8 200 Metre Sprint Prelims	40.81
120.	Garvik Venkatesh - Male - Age: 9 - Comp#: 17550 - Ind/Rel: 2 / 0	
	#44 Boys U 9 100 Metre Sprint Prelims	17.32
	#232 Boys U 9 200 Metre Sprint Prelims	35.90
121.	Abigail Virgona - Female - Age: 13 - Comp#: 17620 - Ind/Rel: 1 / 0	
	#143 Girls U 13 Shot Put (3.0 Kg)	6.27m



**REGION TRACK & FIELD CHAMPIONSHIPS****Team Entries - All Events****North Rocks Carlingford (NRC)**

122.	Heidi Waddell - Female - Age: 12 - Comp#: 17548 - Ind/Rel: 2 / 0	
	#122 Girls U 12 Triple Jump	8.12m
	#178 Girls U 12 80 Metre Hurdles (68cm) Prelims	16.48
123.	Lachlan Waldron - Male - Age: 17 - Comp#: 17722 - Ind/Rel: 4 / 0	
	#118 Boys U 17 Shot Put (5.0 Kg)	11.62m
	#155 Boys U 17 Javelin (700 Gram)	46.79m
	#240 Boys U 17 200 Metre Sprint Prelims	25.60
	#343 Boys U 17 Discus (1.5 Kg)	38.41m
124.	Tomasi Waqabaca - Male - Age: 15 - Comp#: 17751 - Ind/Rel: 2 / 0	
	#64 Boys U 15 400 Metre Sprint	1:10.24
	#264 Boys U 15 800 Metre Run	2:39.96
125.	Bailey Williams - Male - Age: 12 - Comp#: 17415 - Ind/Rel: 2 / 0	
	#158 Boys U 12 Javelin (400 Gram)	23.63m
	#334 Boys U 12 Shot Put (2.0 Kg)	7.53m
126.	Flynn Wirianata - Male - Age: 9 - Comp#: 17522 - Ind/Rel: 4 / 0	
	#70 Boys U 9 400 Metre Sprint	1:18.54
	#128 Boys U 9 Long Jump	3.50m
	#270 Boys U 9 800 Metre Run	3:01.08
	#308 Boys U 9 High Jump (S/H 0.90m)	0.99m
127.	Jolin Wirianata - Female - Age: 12 - Comp#: 17523 - Ind/Rel: 5 / 0	
	#3 Girls U 12 1500 Metre Run	6:25.45
	#122 Girls U 12 Triple Jump	8.71m
	#195 Girls U 12 1500 Metre Walk	11:14.31
	#225 Girls U 12 200 Metre Sprint Prelims	32.22
	#338 Girls U 12 Discus (750 Gram)	15.91m
128.	Daymon Wong - Male - Age: 12 - Comp#: 17519 - Ind/Rel: 1 / 0	
	#177 Boys U 12 80 Metre Hurdles (68cm) Prelims	16.97
129.	Lewis Wong - Male - Age: 17 - Comp#: 17521 - Ind/Rel: 6 / 0	
	#26 Boys U 17 300 Metre Hurdles (76cm)	42.81
	#40 Boys U 17 100 Metre Sprint Prelims	12.36
	#129 Boys U 17 Long Jump	5.47m
	#186 Boys U 17 110 Metre Hurdles (76cm) Prelims	15.74
	#240 Boys U 17 200 Metre Sprint Prelims	25.12
	#303 Boys U 17 Triple Jump	11.89m
130.	Marcus Wong - Male - Age: 14 - Comp#: 17518 - Ind/Rel: 4 / 0	
	#22 Boys U 14 200 Metre Hurdles (76cm)	43.05
	#130 Boys U 14 Triple Jump	9.76m
	#182 Boys U 14 90 Metre Hurdles (76cm) Prelims	16.88
	#301 Boys U 14 Long Jump	4.27m
131.	Benjamin Woodhouse - Male - Age: 17 - Comp#: 17379 - Ind/Rel: 3 / 0	
	#12 Boys U 17 1500 Metre Run	4:13.80
	#110 Boys U 17 3000 Metre Run	9:25.48
	#266 Boys U 17 800 Metre Run	2:01.86
132.	Austin Wu - Male - Age: 10 - Comp#: 17506 - Ind/Rel: 1 / 0	
	#142 Boys U 10 Shot Put (2.0 Kg)	8.08m
133.	Karina Wu - Female - Age: 8 - Comp#: 17786 - Ind/Rel: 1 / 0	
	#221 Girls U 8 70 Metre Sprint Prelims	13.83
134.	Kaixin Xia - Male - Age: 10 - Comp#: 17434 - Ind/Rel: 1 / 0	
	#190 Boys U 10 1100 Metre Walk	8:17.14
135.	Claire Yang - Female - Age: 15 - Comp#: 17839 - Ind/Rel: 1 / 0	
	#140 Girls U 15 Discus (1.0 Kg)	18.10m

**REGION TRACK & FIELD CHAMPIONSHIPS**

**Team Entries - All Events**

---

**North Rocks Carlingford (NRC)**

136. Myesha Yip - Female - Age: 11 - Comp#: 17750 - Ind/Rel: 1 / 0

#119 Girls U 11 Shot Put (2.0 Kg)

5.91m

**North Rocks Carlingford Total Individual Entries: 329 - Total Relays: 0**