



*TUMBARUMBA
HIGH SCHOOL
ATHLETICS
CARNIVAL 2014*



Program

TIME	TRACK EVENT	LONG JUMP	SHOT	HIGH JUMP	DISCUS
9.15am	100m Finals Girls 12 - Open Boys 12 - Open				
10.00am	1500m	12/13	14	15	Open
10.30am	200m Finals Girls 12 - Open Boys 12 - Open	Open	12/13	14	16
	400m Finals Girls 12 - Open Boys 12 - Open	16	Open	12/13	15
Lunch	800m	15	16	Open	14
		14	15	16	12/13
	Relay x 100m Girls/Boys Junior 12/13 Intermediate 14/15 Senior 16/Open Tug-0-War (Time permitting) Teacher vs. Student Clean Up				
3:00pm	Announcements				

All times are approximate and subject to other events.

Athletics Carnival Information & Rules

The carnival will be conducted in five age groups:

- *Male - 12 /13 yrs, 14 yrs, 15 yrs, 16 yrs, Open*
- *Female - 12/13 years, 14 yrs, 15 yrs, 16yrs, Open*

The age you turn this year is the age in which you compete.

It is compulsory for all students to compete in a running event, a throwing event and a jumping event.

Marshalling area for all track events is at the start of the 100m. Pupils will be then moved to the start of each event around the outside of the running track. Only pupils competing in the field events are allowed inside the running track.

The discus and shot put areas are restricted areas due to obvious dangers. Keep well away from these areas.

No one will be permitted to leave the ground at any time.

Bring your lunch or the SRC is operating a BBQ.

Dress: House colours.

Wet Weather: If the weather looks doubtful come prepared for a normal school day.

Track events have priority over field events. If a competitor has to compete in a track event, they must:

- register at the field event
- go to the track event and complete it
- Return to the field event and complete it

The fastest four 100m competitors in each age division (12yrs to 17yrs plus) qualify for zone. The best 2 competitors in all other events qualify for zone.

Field Event Specifications

BOYS				GIRLS		
JAVELIN	SHOT	DISCUS	AGE	JAVELIN	SHOT	DISCUS
XXXXXX	3kg	750g	12	XXXXXX	3kg	750g
600g	3kg	1kg	13	400g	3kg	1kg
600g	4kg	1kg	14	600g	3kg	1kg
700g	4kg	1kg	15	600g	4kg	1kg
700g	5kg	1.5kg	16	600g	4kg	1kg
700g	5kg	1.5kg	17	600g	4kg	1kg

NB: 6lb = 2.724kg 8lb = 3.632kg

10lb = 4.5kg 12lb = 5.449kg

These field event specifications are as per the CHS Handbook. We have tried, as our equipment in the school allows, to keep as close to these as possible.

Riverina Starting Heights for High Jump

	Starting Height		Starting Height
12Year B/G	1.20m		
13Year B/G	1.25m		
14Year Boys	1.30m	14Year Girl	1.25m
15Year Boys	1.35m	15Year Girl	1.30m
16Year Boys	1.40m	16Year Girl	1.30m
17+Year Boys	1.40m	17+Year Girl	1.35m
Increases in heights 2 x 5cm and 3cm thereafter			

Rules for Field Events

High Jump

Jumpers must take off on one foot.

A successful jump is one in which the crossbar remains in place when the jumper has left the landing area.

Competitors may begin jumping at any height announced by the chief judge, or may pass, at their own discretion. Three consecutive missed jumps, at any height or combination of heights, will eliminate the jumper from competition.

The victory goes to the jumper who clears the greatest height during the final. If two or more jumpers tie for first place, the tie-breakers are:

- The fewest misses at the height at which the tie occurred; and
- The fewest misses throughout the competition.

If the event remains tied, the jumpers have a jump-off, beginning at the next greater height. Each jumper has one attempt. The bar is then alternately lowered and raised until only one jumper succeeds at a given height.

Shot Putt

- Upon calling the athlete's name, he/she has 60 seconds to begin the throwing motion.
- Athlete must enter and exit the throwing circle from the back.
- The athlete must rest the shot close to the neck and keep it tight to the neck while throwing.
- Athlete is allowed to touch the inside edge of the circle but must not touch the top or outside of the toe board.
- Shot put must land in a legal sector of the throwing area.
- Athlete must exhibit a controlled exit using the rear half of the circle.

Foul throws occur when an athlete:

- Does not exit from the rear half of the circle.
- Touches (with either a body part or even a piece of material such as a shoelace), before the implement lands, any of
 - the top of the toe board
 - the top of the iron ring
 - Anywhere outside the circle after having entered it.
- Throws a shot which falls outside the throwing sector.
- Allows the shot to drop below his shoulder or outside the vertical plane of his shoulder during the put.
- Does not pause or demonstrate control after entering/exiting the circle.
- Does not begin the throwing movement within 60 seconds of having his name called.

Discus

To make a throw, the competitor starts in a slightly recessed concrete-surfaced circle of 2.5 metres (8 feet 2½ inches) diameter. The thrower typically takes an initial stance facing away from the direction of the throw.

Athlete then spins counter-clockwise (for right-handers) around one and a half times through the circle to build momentum, then releases his throw. The discus must land within a 35-degree arc marked by lines on the landing zone, and the competitor must not exit the circle until the discus has landed, then must wait for the judge to give clearance to exit the ring from the rear half.

The distance from the front edge of the circle to where the discus has landed is measured, and distances are rounded down to the nearest centimetre or half-inch.

The competitor's best throw from the allocated number of throws, typically three to six, is recorded, and the competitor who legally throws the discus the farthest is declared the winner. Ties are broken by determining which thrower has the longer second-best throw.

Long Jump

Competitors run down a runway and jump as far as they can from behind a foul into a pit filled with sand.

If the competitor starts the leap with any part of the foot past the foul line, the jump is declared illegal and no distance is recorded. Competitor can initiate the jump from any point behind the foul line; however, the distance measured will always be from the foul line. Therefore, it is in the best interest of the competitor to get as close to the foul line as possible.

Usually, each competitor has a set number of attempts (typically three) to make his or her longest jump, and only the longest legal jump counts towards the results.

The competitor with the longest legal jump (from either the trial or final rounds) at the end of competition is declared the winner

HOUSE POINT SCORING DETAILS

1. HEAT AND EVENTS:

- Each student receives 2 points for each event they participate in.

2. FINALS & FIELD EVENTS:

- 1st - 12 points
- 2nd - 10 points
- 3rd - 8 points
- 4th - 6 points
- 5th - 4 points
- 6th - 2 points

3. RELAYS

- 1st - 20 points
- 2nd - 16 points
- 3rd - 12 points
- 4th - 8 points

4. NEW RECORDS EXTRA 5 POINTS

5. HOUSE ENCOURAGEMENT, HOUSE COLOURS, BANNERS AND GENERAL GOOD DEEDS MAY BE AWARDED WITH POINTS.

House Captains 2014

BARTON: **Captains:** *Tye Hussell and Emily Dodwell*

Vice Captains: *Kody Lavis and Jemma Lorimer*

HUGHES: **Captains:** *Brandon Eggleton and Aylish Brice*

Vice Captains: *Tim Carmichael, Brooke Anderson and Tamikah Hoffman*

DEAKIN: **Captains:** *Ridge DeBono and Courtney McKinnon*

Vice Captains: *Daniel Evans, Kirby McKinnon and Hannah Radford*

PARKES: **Captains:** *Bob DeAbel and Maddison McPherson*

Vice Captains: *Lachlan Gillespie and Tiarne Powell*

BOYS TRACK

100m			
12 yrs	13.61	1995	Barney Haslett
13 yrs	13.19	1995	Brett Richards
14 yrs	11.78	1994	Mark Richards
15 yrs	11.94	1995	Mark Richards
16 yrs	11.19	1991	Nathan Chandler
Open	11.19	1991	Nathan Chandler

200m			
12 yrs	27.88	1995	Barney Haslett
13 yrs	24.61	1996	Barney Haslett
14 yrs	23.98	1994	Mark Richards
15 yrs	23.58	1995	Mark Richards
16 yrs	22.12	1996	Mark Richards
Open	24.00	1996	David Hubbert

400m			
12 yrs	1.05.18	1995	Simon Clothier
13 yrs	1.00.50	1996	Barney Haslett
14 yrs	59.06	1994	Mark Richards
15 yrs	52.81	1996	Karl Harris
16 yrs	51.57	1996	Mark Richards
Open	57.00	1970	Wayne Bradley

800m			
12 yrs	2.41.00	1988	Mark Wilesmith
13 yrs	2.31.50	1998	Todd Bremner
14 yrs	2.28.10	1967	Phillip Godbee
15 yrs	2.17.12	1998	Simon Clothier
16 yrs	2.19.20	1970	Wayne Bradley
Open	2.12.00	1980	David Bourke

1500m			
12 yrs	5.26.20	1979	Wayne Everett
13 yrs	5.27.00	1978	James Crozier
14 yrs	5.09.81	2001	Wade McPherson
15 yrs	4.44.00	1977	Mark Bourke
16 yrs	4.45.70	1977	David Warner
Open	4.41.00	1978	David Warner

BOYS FIELD

<i>Long Jump</i>			
12 yrs	3.51m	2006	Robert Hartnett
13 yrs	4.29m	2009	Cayden Wilesmith
14 yrs	5.64m	1996	Barney Haslett
15 yrs	6.00m	1998	Barney Haslett
16 yrs	6.00m	1999	Barney Haslett
Open	5.68m	1988	Ashley Duncan

<i>High Jump</i>			
12 yrs	1.20m	2006	Robert Hartnett
13 yrs	1.45m	2009	Cayden Wilesmith
14 yrs	1.55m	2010	Cayden Wilesmith
15 yrs	1.63m	2011	Cayden Wilesmith
16 yrs	1.62m	1999	Dayne Plum / Keith Horseman
Open	1.75m	1988	Ashley Duncan
		2005	Chris Lever

<i>Shot Put</i>			
12 yrs	7.44m	2006	Dalton Shore
13 yrs	11.95m	2011	Anthony Foster
14 yrs	12.01m	2010	Cayden Wilesmith
15 yrs	12.94m	2013	Anthony Foster
16 yrs	14.30m	1997	David Maclean
Open	13.53m	1999	David Maclean

<i>Discus</i>			
12 yrs	17.95m	2006	Robert Hartnett
13 yrs	20.98m	2007	Dalton Shore
14 yrs	34.97m	2010	Cayden Wilesmith
15 yrs	30.77m	2013	Anthony Foster
16 yrs	37.81m	2001	Mathew Cook
Open	35.38m	1999	Junayd Hollis

<i>Javelin</i>			
14 yrs	32.94m	1985	Brett Lloyd
16 yrs	36.22m	2001	Mitchell Blomfield
Open	43.87m	1988	Sean Browning

GIRLS TRACK

100m			
12 yrs	14.5	1980	Joanna Kohlhagen
13 yrs	14.15	1997	Emily Hulm
14 yrs	13.73	1998	Emily Hulm
15 yrs	13.70	1999	Emily Hulm
16 yrs	13.33	1999	Hilary Pearce
Open	13.00	1979	Susan Bradley

200m			
12 yrs	28:90	1996	Ashlea Lavis
13 yrs	24:00	1996	Shannon Heinecke
14 yrs	27:78	1996	Stellar Raymond
15 yrs	27:90	1996	Megan Butchers
16 yrs	28.90	1977	Susan Bradley
Open	27:31	1996	Lisa Mackenzie

400m			
12 yrs	1:07.28	1997	Rebecca Metcalf
13 yrs	1:12:47	1995	Michelle Buttigieg
14 yrs	67:66	1996	Sheree Metcalf
15 yrs	69:38	1996	Sheree Nagle
16 yrs	1:05:70	1977	Susan Bradley
Open	1:04:00	1979	Susan Bradley

800m			
12 yrs	2:55:91	1985	Tammy Lloyd
13 yrs	2:54:73	1995	Sheree Metcalf
14 yrs	2:44.99	1984	Dominique Nicholls
15 yrs	2:44:24	1983	Trisha Crozier
16 yrs	2:28:2	1977	Susan Bradley
Open	2:26:3	1979	Susan Bradley

1500m			
12 yrs	6.21.00	1978	Allison Uhr
13 yrs	6.38.44	2007	Caitlin Kelso
14 yrs	5:51:0	1977	Colleen McCallum
15 yrs	6:04:08	1976	Susan Bradley
16 yrs	4:53:6	1977	Susan Bradley
Open	4:53.7	1979	Susan Bradley

GIRLS FIELD

<i>Long Jump</i>			
12 yrs	3.13m	2006	Darcy Craig
13 yrs	3.60m	2013	Angel Horsley
14 yrs	4.20m	1965	Heather Jones
15 yrs	3.64m	2010	Makayla McPherson
16 yrs	4.42m	1999	Emily Hulm
Open	4.40m	2001	Emily Hulm

<i>High Jump</i>			
12 yrs	1.10m	2007	Darcy Craig/Jesse Reid
13 yrs	1.25m	2006	Tayla Bennett
14 yrs	1.35m	1985	Kylie Foster
15 yrs	1.20m	2006	Danica Richards
16 yrs	1.43m	2006	Emma Ireland
Open	1.40m	2007	Emma Ireland

<i>Shot Put</i>			
12 yrs	5.85m	2006	Darcy Craig
13 yrs	7.92m	2010	Jacinta Anderson
14 yrs	10.00m	1987	Rebecca Gollan
15 yrs	10.90m	2010	Scarlett Houting
16 yrs	10.11m	1998	Vienna Hussell
Open	12.35m	1997	Tina Gadd

<i>Discus</i>			
12 yrs	15.43m	2010	Aylish Brice
13 yrs	16.12m	2006	Kassie Blake
14 yrs	21.05m	1987	Alana Anderson
15 yrs	18.38m	2010	Emily Rhynehart
16 yrs	23.60m	1998	Stacey LeCerf
Open	25.67m	1991	Rebecca Gollan

<i>Javelin</i>			
14 yrs	18.87m	2001	Rebecca Francis
16 yrs	21.60m	1991	Deanne Salter
Open	29.00m	1991	Rebecca Gollan

<i>Relays – Boys</i>			
12/13 yrs	54.11	1995	<i>Parkes</i>
14/15 yrs	50.56	1995	<i>Hughes</i>
16/17 yrs	46.99	1995	<i>Hughes</i>

<i>Relays - Girls</i>			
12/13 yrs	1.02.06	1997	<i>Deakin</i>
14/15 yrs	57.70	1995	<i>Parkes</i>
16/17 yrs	58.38	1995	<i>Hughes</i>

Staff Vs Students

Open to anyone game enough to challenge the Supreme Staff Team.

Each House must have at least one runner from Yr7/8, Yr9/10, and Yr11/12.

There must be at least two boys and two girls from each house.

Four runners from each house in total.

Program

TIME	TRACK EVENT	LONG JUMP	SHOT	HIGH JUMP	DISCUS
9.15am	100m Finals Girls 12 - Open Boys 12 - Open				
10.00am	1500m	12/13	14	15	Open
10.30am	200m Finals Girls 12 - Open Boys 12 - Open	Open	12/13	14	16
	400m Finals Girls 12 - Open Boys 12 - Open	16	Open	12/13	15
Lunch	800m	15	16	Open	14
		14	15	16	12/13
	Relay x 100m Girls/Boys Junior 12/13 Intermediate 14/15 Senior 16/Open Tug-0-War (Time permitting) Teacher vs. Student Clean Up				
3:00pm	Announcements				

All times are approximate and subject to other events.

Athletics Carnival Information & Rules

The carnival will be conducted in five age groups:

- *Male - 12 /13 yrs, 14 yrs, 15 yrs, 16 yrs, Open*
- *Female - 12/13 years, 14 yrs, 15 yrs, 16yrs, Open*

The age you turn this year is the age in which you compete.

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Wet Weather: If the weather looks doubtful come prepared for a normal school day.

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- go to the track event and complete it
- Return to the field event and complete it

The fastest four 100m competitors in each age division (12yrs to 17yrs plus) qualify for zone. The best 2 competitors in all other events qualify for zone.

Field Event Specifications

BOYS				GIRLS		
JAVELIN	SHOT	DISCUS	AGE	JAVELIN	SHOT	DISCUS
XXXXXX	3kg	750g	12	XXXXXX	3kg	750g
600g	3kg	1kg	13	400g	3kg	1kg
600g	4kg	1kg	14	600g	3kg	1kg
700g	4kg	1kg	15	600g	4kg	1kg
700g	5kg	1.5kg	16	600g	4kg	1kg
700g	5kg	1.5kg	17	600g	4kg	1kg

NB: 6lb = 2.724kg 8lb = 3.632kg

10lb = 4.5kg 12lb = 5.449kg

These field event specifications are as per the CHS Handbook. We have tried, as our equipment in the school allows, to keep as close to these as possible.

Riverina Starting Heights for High Jump

	Starting Height		Starting Height
12Year B/G	1.20m		
13Year B/G	1.25m		
14Year Boys	1.30m	14Year Girl	1.25m
15Year Boys	1.35m	15Year Girl	1.30m
16Year Boys	1.40m	16Year Girl	1.30m
17+Year Boys	1.40m	17+Year Girl	1.35m
Increases in heights 2 x 5cm and 3cm thereafter			

Rules for Field Events

High Jump

Jumpers must take off on one foot.

A successful jump is one in which the crossbar remains in place when the jumper has left the landing area.

Competitors may begin jumping at any height announced by the chief judge, or may pass, at their own discretion. Three consecutive missed jumps, at any height or combination of heights, will eliminate the jumper from competition.

The victory goes to the jumper who clears the greatest height during the final. If two or more jumpers tie for first place, the tie-breakers are:

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Shot Putt

- Upon calling the athlete's name, he/she has 60 seconds to begin the throwing motion.
- Athlete must enter and exit the throwing circle from the back.
- The athlete must rest the shot close to the neck and keep it tight to the neck while throwing.
- Athlete is allowed to touch the inside edge of the circle but must not touch the top or outside of the toe board.
- Shot put must land in a legal sector of the throwing area.
- Athlete must exhibit a controlled exit using the rear half of the circle.

Foul throws occur when an athlete:

- Does not exit from the rear half of the circle.
- Touches (with either a body part or even a piece of material such as a shoelace), before the implement lands, any of
 - the top of the toe board
 - the top of the iron ring
 - Anywhere outside the circle after having entered it.
- Throws a shot which falls outside the throwing sector.
- Allows the shot to drop below his shoulder or outside the vertical plane of his shoulder during the put.
- Does not pause or demonstrate control after entering/exiting the circle.
- Does not begin the throwing movement within 60 seconds of having his name called.

Discus

To make a throw, the competitor starts in a slightly recessed concrete-surfaced circle of 2.5 metres (8 feet 2½ inches) diameter. The thrower typically takes an initial stance facing away from the direction of the throw.

Athlete then spins counter-clockwise (for right-handers) around one and a half times through the circle to build momentum, then releases his throw. The discus must land within a 35-degree arc marked by lines on the landing zone, and the competitor must not exit the circle until the discus has landed, then must wait for the judge to give clearance to exit the ring from the rear half.

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Long Jump

Competitors run down a runway and jump as far as they can from behind a foul into a pit filled with sand.

If the competitor starts the leap with any part of the foot past the foul line, the jump is declared illegal and no distance is recorded. Competitor can initiate the jump from any point behind the foul line; however, the distance measured will always be from the foul line. Therefore, it is in the best interest of the competitor to get as close to the foul line as possible.

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The competitor with the longest legal jump (from either the trial or final rounds) at the end of competition is declared the winner

HOUSE POINT SCORING DETAILS

1. HEAT AND EVENTS:

- Each student receives 2 points for each event they participate in.

2. FINALS & FIELD EVENTS:

- 1st - 12 points
- 2nd - 10 points
- 3rd - 8 points
- 4th - 6 points
- 5th - 4 points
- 6th - 2 points

3. RELAYS

- 1st - 20 points
- 2nd - 16 points
- 3rd - 12 points
- 4th - 8 points

4. NEW RECORDS EXTRA 5 POINTS

5. HOUSE ENCOURAGEMENT, HOUSE COLOURS, BANNERS AND GENERAL GOOD DEEDS MAY BE AWARDED WITH POINTS.

House Captains 2014

BARTON: **Captains:** *Tye Hussell and Emily Dodwell*

Vice Captains: *Kody Lavis and Jemma Lorimer*

HUGHES: **Captains:** *Brandon Eggleton and Aylish Brice*

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BOYS TRACK

100m			
12 yrs	13.61	1995	Barney Haslett
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15 yrs	11.94	1995	Mark Richards
16 yrs	11.19	1991	Nathan Chandler
Open	11.19	1991	Nathan Chandler

200m			
12 yrs	27.88	1995	Barney Haslett
13 yrs	24.61	1996	Barney Haslett
14 yrs	23.98	1994	Mark Richards
15 yrs	23.58	1995	Mark Richards
16 yrs	22.12	1996	Mark Richards
Open	24.00	1996	David Hubbert

400m			
12 yrs	1.05.18	1995	Simon Clothier
13 yrs	1.00.50	1996	Barney Haslett
14 yrs	59.06	1994	Mark Richards
15 yrs	52.81	1996	Karl Harris
16 yrs	51.57	1996	Mark Richards
Open	57.00	1970	Wayne Bradley

800m			
12 yrs	2.41.00	1988	Mark Wilesmith
13 yrs	2.31.50	1998	Todd Bremner
14 yrs	2.28.10	1967	Phillip Godbee
15 yrs	2.17.12	1998	Simon Clothier
16 yrs	2.19.20	1970	Wayne Bradley
Open	2.12.00	1980	David Bourke

1500m			
12 yrs	5.26.20	1979	Wayne Everett
13 yrs	5.27.00	1978	James Crozier
14 yrs	5.09.81	2001	Wade McPherson
15 yrs	4.44.00	1977	Mark Bourke
16 yrs	4.45.70	1977	David Warner
Open	4.41.00	1978	David Warner

BOYS FIELD

<i>Long Jump</i>			
12 yrs	3.51m	2006	Robert Hartnett
13 yrs	4.29m	2009	Cayden Wilesmith
14 yrs	5.64m	1996	Barney Haslett
15 yrs	6.00m	1998	Barney Haslett
16 yrs	6.00m	1999	Barney Haslett
Open	5.68m	1988	Ashley Duncan

<i>High Jump</i>			
12 yrs	1.20m	2006	Robert Hartnett
13 yrs	1.45m	2009	Cayden Wilesmith
14 yrs	1.55m	2010	Cayden Wilesmith
15 yrs	1.63m	2011	Cayden Wilesmith
16 yrs	1.62m	1999	Dayne Plum / Keith Horseman
Open	1.75m	1988	Ashley Duncan
		2005	Chris Lever

<i>Shot Put</i>			
12 yrs	7.44m	2006	Dalton Shore
13 yrs	11.95m	2011	Anthony Foster
14 yrs	12.01m	2010	Cayden Wilesmith
15 yrs	12.94m	2013	Anthony Foster
16 yrs	14.30m	1997	David Maclean
Open	13.53m	1999	David Maclean

<i>Discus</i>			
12 yrs	17.95m	2006	Robert Hartnett
13 yrs	20.98m	2007	Dalton Shore
14 yrs	34.97m	2010	Cayden Wilesmith
15 yrs	30.77m	2013	Anthony Foster
16 yrs	37.81m	2001	Mathew Cook
Open	35.38m	1999	Junayd Hollis

<i>Javelin</i>			
14 yrs	32.94m	1985	Brett Lloyd
16 yrs	36.22m	2001	Mitchell Blomfield
Open	43.87m	1988	Sean Browning

GIRLS TRACK

100m			
12 yrs	14.5	1980	Joanna Kohlhagen
13 yrs	14.15	1997	Emily Hulm
14 yrs	13.73	1998	Emily Hulm
15 yrs	13.70	1999	Emily Hulm
16 yrs	13.33	1999	Hilary Pearce
Open	13.00	1979	Susan Bradley

200m			
12 yrs	28:90	1996	Ashlea Lavis
13 yrs	24:00	1996	Shannon Heinecke
14 yrs	27:78	1996	Stellar Raymond
15 yrs	27:90	1996	Megan Butchers
16 yrs	28.90	1977	Susan Bradley
Open	27:31	1996	Lisa Mackenzie

400m			
12 yrs	1:07.28	1997	Rebecca Metcalf
13 yrs	1:12:47	1995	Michelle Buttigieg
14 yrs	67:66	1996	Sheree Metcalf
15 yrs	69:38	1996	Sheree Nagle
16 yrs	1:05:70	1977	Susan Bradley
Open	1:04:00	1979	Susan Bradley

800m			
12 yrs	2:55:91	1985	Tammy Lloyd
13 yrs	2:54:73	1995	Sheree Metcalf
14 yrs	2:44.99	1984	Dominique Nicholls
15 yrs	2:44:24	1983	Trisha Crozier
16 yrs	2:28:2	1977	Susan Bradley
Open	2:26:3	1979	Susan Bradley

1500m			
12 yrs	6.21.00	1978	Allison Uhr
13 yrs	6.38.44	2007	Caitlin Kelso
14 yrs	5:51:0	1977	Colleen McCallum
15 yrs	6:04:08	1976	Susan Bradley
16 yrs	4:53:6	1977	Susan Bradley
Open	4:53.7	1979	Susan Bradley

GIRLS FIELD

<i>Long Jump</i>			
12 yrs	3.13m	2006	Darcy Craig
13 yrs	3.60m	2013	Angel Horsley
14 yrs	4.20m	1965	Heather Jones
15 yrs	3.64m	2010	Makayla McPherson
16 yrs	4.42m	1999	Emily Hulm
Open	4.40m	2001	Emily Hulm

<i>High Jump</i>			
12 yrs	1.10m	2007	Darcy Craig/Jesse Reid
13 yrs	1.25m	2006	Tayla Bennett
14 yrs	1.35m	1985	Kylie Foster
15 yrs	1.20m	2006	Danica Richards
16 yrs	1.43m	2006	Emma Ireland
Open	1.40m	2007	Emma Ireland

<i>Shot Put</i>			
12 yrs	5.85m	2006	Darcy Craig
13 yrs	7.92m	2010	Jacinta Anderson
14 yrs	10.00m	1987	Rebecca Gollan
15 yrs	10.90m	2010	Scarlett Houting
16 yrs	10.11m	1998	Vienna Hussell
Open	12.35m	1997	Tina Gadd

<i>Discus</i>			
12 yrs	15.43m	2010	Aylish Brice
13 yrs	16.12m	2006	Kassie Blake
14 yrs	21.05m	1987	Alana Anderson
15 yrs	18.38m	2010	Emily Rhynehart
16 yrs	23.60m	1998	Stacey LeCerf
Open	25.67m	1991	Rebecca Gollan

<i>Javelin</i>			
14 yrs	18.87m	2001	Rebecca Francis
16 yrs	21.60m	1991	Deanne Salter
Open	29.00m	1991	Rebecca Gollan

<i>Relays – Boys</i>			
<i>12/13 yrs</i>	<i>54.11</i>	<i>1995</i>	<i>Parkes</i>
<i>14/15 yrs</i>	<i>50.56</i>	<i>1995</i>	<i>Hughes</i>
<i>16/17 yrs</i>	<i>46.99</i>	<i>1995</i>	<i>Hughes</i>

<i>Relays - Girls</i>			
<i>12/13 yrs</i>	<i>1.02.06</i>	<i>1997</i>	<i>Deakin</i>
<i>14/15 yrs</i>	<i>57.70</i>	<i>1995</i>	<i>Parkes</i>
<i>16/17 yrs</i>	<i>58.38</i>	<i>1995</i>	<i>Hughes</i>

Staff Vs Students

Open to anyone game enough to challenge the Supreme Staff Team.

Each House must have at least one runner from Yr7/8, Yr9/10, and Yr11/12.

There must be at least two boys and two girls from each house.

Four runners from each house in total.

