



NARRABEEN SPORTS HIGH SCHOOL ATHLETICS CARNIVAL

**Sydney Academy of Sport and Recreation
Monday March 6th 2023
8:30am to 2:30pm**

AGE CHAMPIONS 2022

	BOYS	GIRLS
12 years	Vincent Cassez-N'Dong	Sophie Clues
13 years	Brody Cronan	Madeline Simmons
14 years	Alex Ferretti	Baelei Rogers
15 years	Jordan Wyss/Jonah Martin	Carissa Smyth
16 years	Henri Tremauville	Taylor Nickson
17 years	Evan Neal	Marissa Stubbs

HOUSES & COLOURS



Freeman



O'Neil



Rafter



Thorpe

PROGRAM OF EVENTS

Track Events			
Time	Event No.	Age	Event
8:30am	1-4	B14, B15, B16, B17+	1500m
	5-8	G14, G15, G16, G17+	1500m
9:30am	9-14	B12, B13, B14, B15, B16, B17+	200m
	15-21	G12, G13, G14, G15, G16, G17+	200m
10:30am	22-27	B12, B13, B14, B15, B16, B17+	800m
	28-33	G12, G13, G14, G15, G16, G17+	800m
11:00am	34-39	B12, B13, B14, B15, B16, B17+	100m
	40-45	G12, G13, G14, G15, G16, G17+	100m
12:00pm	46-49	B14, B15, B16, B17+	400m
	50-54	G14, G15, G16, G17+	400m
12:40pm	55-60	B12, B13, B14, B15, B16, B17+	100m Finals
	61-66	G12, G13, G14, G15, G16, G17+	100m Finals
1:00pm	55-60	B12, B13, B14, B15, B16, B17+	Relays (Time permitting)
	61-66	G12, G13, G14, G15, G16, G17+	Relays (Time permitting)

Field Events						
Time	High Jump	Long Jump	Discus	Javelin	Shot Put	Triple Jump
8:30am				All years		All years (15 and up)
9.30am	16 years	13 Years	15 Years		12 Years	
10.20am	13 Years	15 Years	14 Years		17+ Years	
11.10am	15 Years	14 Years	12 Years		16 Years	
12.00pm	14 Years	12 Years	17+ Years		13 Years	
12.50pm	12 Years	17+ Years	16 Years		15 Years	
1.40pm	17+ Years	16 Years	13 Years		14 Years	

Please note:

- Start times are approximate. Competitors must listen to the announcer for their marshalling time.
- Competitors in the 1500m, Javelin and Triple Jump must arrive at 8:30am to marshal
- **Track events take preference over field events.**

Narrabeen Sports High School Record Holders

TRACK				
Gender	Event	Record Holder	Year	Time
Boys	12yrs Hurdles	Eneri Tale	2002	14.1
Girls	12yrs Hurdles	Lucy Hughes	2004	13.17
Boys	13yrs Hurdles	Phillip Licciardo	1995	12.70
Girls	13yrs Hurdles	Renee Garter	1997	13.83
Boys	14yrs Hurdles	Josh Holmes	2001	14.70
Girls	14yrs Hurdles	Tanisha Ivanoff	2017	15.18
Boys	15yrs Hurdles	Ryan Marshall	2017	13.97
Girls	15yrs Hurdles	Rebecca Biscontri	2000	16.15
Boys	16yrs Hurdles	Scott Davis	2000	14.96
Girls	16yrs Hurdles	Abbey Waterworth	2017	16.5
Boys	17+yrs Hurdles	Jacob Winston	2017	12.86
Girls	17+yrs Hurdles	Courtney Gilbert	2005	17.93
Boys	12-14 yrs 1500m	Brodie McInnes	2006	4.52.24
Boys	15yrs 1500m	Blake Vanderwoude	2003	4.29.69
Boys	16yrs 1500m	Blake Vanderwoude	2004	4.30.02
Boys	17+yrs 1500m	Elliot Wood	2000	4.28.88
Girls	12 -14yrs 1500m	Chelsea Smyth	2018	5.23.90
Girls	15yrs 1500m	Nikki Molan	1998	5.06.99
Girls	16yrs 150mm	Heleena Warman	1995	5.25.97
Girls	17+yrs 1500m	Cherry Cummins	2007	5.06.61
Boys	12yrs 200m	Michael Letts	1995	27.70
Boys	13yrs 200m	Kane Thomson	2005	25.99
Boys	14yrs 200m	Kane Thomson	2006	23.90
Boys	15yrs 200m	Lachlan McLean	2003	23.84
Boys	16yrs 200m	Jeffrey Sargent	1999	23.49
Boys	17+yrs 200m	Elliot Wood	2001	22.14
Girls	12yrs 200m	Lucy Hughes	2004	27.99
Girls	13yrs 200m	Sjaan Powley	1995	27.45
Girls	14yrs 200m	Sjaan Powley	1996	26.59
Girls	15yrs 200m	Erin Lee	2005	26.76
Girls	16yrs 200m	Erin Lee	2006	27.05
Girls	17+yrs 200m	Erin Lee	2007	26.71
Boys	12yrs 800m	Troy Malcom	1996	2.32.25
Boys	13yrs 800m	Sam McDowell	2003	2.27.09
Boys	14yrs 800m	Elliot Wood	1997	2.13.95
Boys	15yrs 800m	Blake Vanderwoude	2004	2.09.95
Boys	16yrs 800m	Blake Vanderwoude	2005	2.08.51
Boys	17+yrs 800m	Blake Vanderwoude	2006	2.00.00

Girls	12yrs 800m	Rheanna Hesp	1998	2.43.16
Girls	13yrs 800m	Leticia Makin	1995	2.32.46
Girls	14yrs 800m	Jessie Wharepouri	2008	2.34.25
Girls	15yrs 800m	Nikki Molan	1998	2.28.77
Girls	16yrs 800m	Cherry Cummins	2006	2.34.65
Girls	17+yrs 800m	Nicole Fullbrook	2003	2.28.51
Boys	12yrs 100m	Michael Letts	1995	13.25
Boys	13yrs 100m	Lei Tomiki	1996	12.16
Boys	14yrs 100m	Kane Thomson	2006	11.55
Boys	15yrs 100m	Nick McGrath	2003	11.48
Boys	16yrs 100m	Harry Berryman	2003	11.17
Boys	17+yrs 100m	Ben Jones	1999	10.70
Girls	12yrs 100m	Lucy Hughes	2004	13.07
Girls	13yrs 100m	Siaan Powley	1995	13.13
Girls	14yrs 100m	Siaan Powley	1995	12.75
Girls	15yrs 100m	Erin Lee	2005	12.93
Girls	16yrs 100m	Erin Lee	2006	12.69
Girls	17+yrs 100m	Naveena Kennedy	1999	12.71
Boys	12yrs 400m	Jamie Thomson	2014	1.17.25
Boys	13yrs 400m	Moises De Asis	2013	1.01.30
Boys	14yrs 400m	Jacob Winston	2014	1.00.66
Boys	15yrs 400m	Tom Browett	2000	54.35
Boys	16yrs 400m	Blake Vanderwoude	2005	52.34
Boys	17+yrs 400m	Blake Vanderwoude	2006	50.84
Girls	12yrs 400m	Macy Carrothers	2014	1.14.07
Girls	13yrs 400m	Ruby Reid	2013	1.13.71
Girls	14yrs 400m	Leticia Makin	1996	1.04.61
Girls	15yrs 400m	Sinead Hickey	2011	1.02.37
Girls	16yrs 400m	Leticia Makin	1998	1.02.12
Girls	17+yrs 400m	Eileen Hannan	2000	1.02.19

FIELD				
Gender	Event	Record	Year	Distance
Boys	16yrs High Jump	Tom Browett	2001	1.85m
Girls	16yrs High Jump	Rebecca Biscontri	2001	1.51m
Boys	13yrs High Jump	Andrew Clark	1996	1.72m
Girls	13yrs High Jump	Tayanita Robertson	2015	1.45m
Boys	15yrs High Jump	Karl Hoschke	2010	1.75m
Girls	15yrs High Jump	Liliane Isslehorst	2016	1.55m
Boys	14yrs High Jump	Andrew Clark	1997	1.80m
Girls	14yrs High Jump	Tayanita Robertson	2016	1.50m
Boys	12yrs High Jump	Courtney Dober	1999	1.55m
Girls	12yrs High Jump	Tayanita Robertson	2014	1.55m
Boys	17+yrs High Jump	Craig Gilbertson	2000	1.90m
Girls	17+yrs High Jump	Rebecca Biscontri	2002	1.50m
Boys	13yrs Long Jump	Kane Thomson	2005	5.27m
Girls	13yrs Long Jump	Chanel Ross	1995	4.81m
Boys	15yrs Long Jump	Ryan Marshall	2017	6.14m
Girls	15yrs Long Jump	Kylie Tucker	1996	4.57m
Boys	14yrs Long Jump	Jacob Winston	2014	5.80m
Girls	14yrs Long Jump	Michelle Garnett	1995	4.94m
Boys	12yrs Long Jump	Michael Letts	1995	4.71m
Girls	12yrs Long Jump	Tayanita Robertson	2014	4.29m
Boys	17+yrs Long Jump	Ryan Marshall	2019	6.52m
Girls	17+yrs Long Jump	Xanthe Williams	1999	4.82m
Boys	16yrs Long Jump	Tom Browett	2001	6.46m
Girls	16yrs Long Jump	Jessie Wharepouri	2010	4.85m
Boys	15yrs Discus	Peter Elvy	1995	52.60m
Girls	15yrs Discus	Lani Steiner	1996	27.65m
Boys	14yrs Discus	Michael Consentino	1998	37.88m
Girls	14yrs Discus	Vicki Byrne	1999	31.50m
Boys	12yrs Discus	Francis Katoa	2005	30.90m
Girls	12yrs Discus	Lucy Hughes	2004	27.40m
Boys	17+yrs Discus	Ryan Marshall	2019	37.06m
Girls	17+yrs Discus	Che Cochrane	1997	28.49m
Boys	16yrs Discus	Geoff Davis	2000	39.00m
Girls	16yrs Discus	Christina Brown	2001	28.14m
Boys	13yrs Discus	Michael Consentino	1997	40.38m
Girls	13yrs Discus	Vicki Byrne	1998	28.72m
Boys	12yrs Shot Put	Francis Katoa	2005	9.97m
Girls	12yrs Shot Put	Bronte Edwards	2019	9.24m
Boys	17+yrs Shot Put	Daniel Neave	2001	14.02m
Girls	17+yrs Shot Put	Georgia Harvey	2018	12.26m
Boys	16yrs Shot Put	Daniel Neave	1998	12.97m
Girls	16yrs Shot Put	Kylie Hocknell	1999	10.27m
Boys	13yrs Shot Put	Michael Consentino	1997	16.23m

Girls	13yrs Shot Put	Vicki Byrne	1998	10.40m
Boys	15yrs Shot Put	Peter Elvy	1995	15.44m
Girls	15yrs Shot Put	Georgia Harvey	2015	11.41m
Boys	14yrs Shot Put	Michael Consentino	1998	15.20m
Girls	14yrs Shot Put	Vicki Byrne	1999	11.9m
Boys	17+yrs Triple Jump	Ryan Marshall	2019	14.62m
Girls	17+yrs Triple Jump	Kobe Watkins	1995	10.30m
Boys	16yrs Triple Jump	Ryan Marshall	2018	13.43m
Girls	16yrs Triple Jump	Michelle Hayden	1995	11.48m
Boys	15yrs Triple Jump	Ryan Marshall	2017	12.93m
Girls	15yrs Triple Jump	Michelle Garnett	1995	10.10m
Boys	12yrs Javelin	Henri Tremauville	2018	18.90m
Girls	12yrs Javelin	Lily Stracey	2017	15.47m
Boys	13yrs Javelin	Kieren McCluskey	2008	36.95m
Girls	13yrs Javelin	Lucy Hughes	2005	23.93m
Boys	14yrs Javelin	Michael Consentino	1998	39.66m
Girls	14yrs Javelin	Vicki Byrne	1999	30.00m
Boys	15yrs Javelin	Geoff Davis	1999	39.70m
Girls	15yrs Javelin	Vicki Byrne	2014	26.47m
Boys	16yrs Javelin	Geoff Davis	2000	46.91m
Girls	16yrs Javelin	Kylie Hocknell	1999	29.20m
Boys	17+yrs Javelin	Benjamin Mackinley	2021	46.50m
Girls	17+yrs Javelin	Kylie Hocknell	2000	28.98m

Additional Information

- There are no finals (except for the 100m) all places are taken on time.
- There will be age champions in each age group.
- All competitors will be awarded points for their house point score.
- Selection for Warringah Zone Carnival. A maximum of 2 competitors can qualify for the Warringah Zone.
- Event times are estimates only, competitors are to listen to the announcer for when the event starts.
- All special entries forms for the 3000m Steeplechase; 2000m steeplechase ; 400m hurdles ; 200m hurdles; 80m Hurdles; 3000m run; 1500m walk and 3000m walk must be returned to the recording room on the day of the Warringah Zone Athletics Carnival.
- All parents, spectators and coaches are to remain in the grandstand.
- All competitors must walk to their events around the outside of the track