

TRACK AND FIELD RECORDS

	U13	U14	U15	U16	Open
100m	J Sau 2000 – 11.71	L Johnson 1984 – 11.10	T Nguyen 1991 – 10.95	L Johnson 1986 – 10.59	L Johnson 1987 – 10.68
200m	L Johnson 1983 – 23.58	B Wallace 2006 – 22.69	L Johnston 2012 – 21.98	L Johnson 1986 - 21.77	M Sills 1993 – 21.62
400m	K Umu 2003 – 54.51	P Ellis 1998 – 51.69	J Webb 2000 – 49.30	J Webb 2001 – 48.8	J Webb 2003 – 47.84
800m	P Haswell 1982– 2:06.60	H Wagner 2006 – 1:59.66	J Deng 2013 – 1:56.41	J Deng 2014 – 1:53.11	J Deng 2015 – 1:52.86
1500m	J Irvine 2006 – 4:24.76	J Rich 1996 – 4:16.87	J Rich 1997 – 4:10.80	A Stevenson 1995 – 3:59.75	A Stevenson 1996 – 3:48.6
3000m All-Age	G Gwynne 2009 – 8:47.63				
2000m Steeplechase	G Gwynne 2009 – 5:57.93				
400 Hurdles All-Age	J Webb 2003 – 52.39				
200 Hurdles All-Age	C Watson 2004 – 24.58				
Hurdles	C Watson 2002 – 13.52	D Callaghan 1989 – 13.81	F Kuresa 2014 – 13.14	F Kuresa 2015 - 13.99	S Byrne 2003 – 13.96
Long Jump	M Barram 1997 – 6.14	M Barram 1998 – 6.42	R Zuyderwyk 1986 – 7.19	A Connelly 1995 – 6.97	A Connelly 1996 – 7.55
Triple Jump	L Johnson 1983 – 12.55	L Johnson 1984 – 13.53	D Bradley 2010 – 13.84	A Connelly 1995 – 14.21	M Metcalfe 1985 – 14.28
High Jump	K Bowen 2007 – 1.80	S Hingston-Curtis 1992 – 1.96	R Zuyderwyk 1986 – 2.00	B Barram 1995 – 2.10	B Barram 1996 – 2.15
Shot Put	L Takau 2009 – 21.00	L Takau 2009 – 18.63	M Gordon 2010 – 18.46	J Auguste 2001 – 18.64	J Auguste 2002 – 19.12
Discus	L Takau 2009 – 58.05	L Takau 2010 – 61.42	C Kalathas 1986 – 56.90	D Coombs 1986 – 47.41	D Coombs 1988 – 51.64
Javelin	T Rogers 2002 – 54.58	T Rogers 2003 – 58.88	T Rogers 2004 – 62.32	R Tazelaar 2009 – 67.18	D Harris 2012 – 68.88
4 x 100m	1992 – 47.20	2001 – 45.59	1985 – 44.28	1992 – 42.85	1985 – 42.73
4 x 400m Open	A Wilson, O Paulsen, L Berghan, M Powell; 1990 – 3:21.1				
4 x 400m All Age:	C P Hicks, J A Deng, B M Baemeler, A I Remmelt; 2012 – 3:37.87				

