

ALL-TIME BEST PERFORMANCES

- These performances are for reference purposes only and do not replace Centre Records. • Only currently contested events are shown. • They include performances up to 29 April 2018 (Nationals).
- Performances will only be considered by Northern Districts athletes at ND local competitions, Trans Tasman Trials/Challenges, Zone/Region/State Multi/State/National little athletics championships.
- The best gated time (GT) or photo finish (PF) time will be shown if it is within 0.3s of a superior hand time (HT). • All hand times are rounded up to the next highest 0.1s.
- Championship performances prior to 2002-03 are still to be fully reviewed. • Please advise any errors or omissions to records@ndlac.org.au.

| Girls | Best | Timing | Athlete | Date | Venue | Competition | Placing | Boys | Best | Timing | Athlete | Date | Venue | Competition | Placing |
|-------|------|--------|---------|------|-------|-------------|---------|------|------|--------|---------|------|-------|-------------|---------|
|-------|------|--------|---------|------|-------|-------------|---------|------|------|--------|---------|------|-------|-------------|---------|

50 METRES

| | | | | | | | | | | | | | | | |
|---------|------|----|--------------------|---------|----------|--------|--|---------|------|----|-------------|---------------|----------|--------|--|
| Under 6 | 9.60 | HT | Johanna O'Reagan | 1984-85 | Foxglove | Centre | | Under 6 | 9.10 | HT | David Huber | 1982-83 | Berowra | Centre | |
| Under 7 | 8.70 | HT | Hollie Fallowfield | 1982-83 | Berowra | Centre | | Under 7 | 8.70 | HT | Cole Taylor | Sat 13-Feb-99 | Foxglove | Centre | |

70 METRES

| | | | | | | | | | | | | | | | |
|----------|-------|----|--------------------|---------------|------------|--------|------------|----------|-------|----|-------------------|---------------|-----------|--------|------------|
| Under 6 | 13.60 | HT | Amanda Campbell | 1982-83 | Berowra | Centre | | Under 6 | 12.60 | HT | David Huber | 1982-83 | Berowra | Centre | |
| Under 7 | 12.10 | GT | Megan Smart | Sun 4-Feb-07 | Narrabeen | Zone | 1st | Under 7 | 11.80 | HT | Russell Parker | 1987-88 | Foxglove | Centre | |
| Under 7 | 12.00 | HT | Hollie Fallowfield | 1982-83 | Berowra | Centre | | Under 8 | 11.20 | GT | Kaeo Weekes | Sun 28-Feb-10 | Narrabeen | Region | 1st |
| Under 8 | 11.30 | HT | Jessie Shepherd | 1985-86 | Foxglove | Centre | | Under 8 | 11.20 | HT | Mitchel Van Noort | 2003-04 | Foxglove | Centre | |
| Under 8 | 11.50 | GT | Georgia Dean | Sun 22-Feb-09 | Tumbi Umbi | Region | 2nd | Under 8 | 11.20 | HT | Russell Parker | 1988-89 | Foxglove | Centre | |
| Under 9 | 10.59 | PF | Krystal Weekes | Sun 22-Mar-15 | Homebush | State | 4th (heat) | Under 9 | 10.37 | PF | Tama Simpkins | Sun 23-Mar-14 | Homebush | State | 4th |
| Under 10 | 9.90 | HT | Jordan Lumley | Sun 17-Mar-02 | Homebush | State | 2nd | Under 10 | 10.10 | HT | Evan Clothier | Sun 22-Feb-04 | Blacktown | Region | 2nd |
| | | | | | | | | Under 10 | 10.22 | PF | Kaeo Weekes | Sun 25-Mar-12 | Homebush | State | 1st (heat) |

100 METRES

| | | | | | | | | | | | | | | | |
|----------|-------|----|------------------|---------------|------------|--------|------------|----------|-------|----|-------------------|---------------|------------|--------|------------|
| Under 6 | 19.20 | HT | Emma Frost | Sat 13-Mar-04 | Foxglove | Centre | | Under 6 | 18.50 | HT | Gordon Broome | Sat 5-Dec-98 | Foxglove | Centre | |
| Under 7 | 17.40 | HT | Stephanie Parker | 1990-91 | Foxglove | Centre | | Under 7 | 16.50 | HT | Joshua Lyden | 1985-86 | Foxglove | Centre | |
| Under 8 | 16.20 | HT | Amanda Campbell | 1984-85 | Foxglove | Centre | | Under 8 | 16.00 | GT | Kaeo Weekes | Sun 28-Feb-10 | Narrabeen | Region | 2nd |
| Under 9 | 15.20 | HT | Emma Frost | Sun 18-Feb-07 | Parramatta | Region | 1st | Under 8 | 15.90 | HT | Russell Parker | 1988-89 | Foxglove | Centre | |
| Under 9 | 15.44 | PF | Krystal Weekes | Sun 22-Mar-15 | Homebush | State | 7th (heat) | Under 9 | 14.30 | HT | Evan Clothier | Sun 16-Feb-03 | Parramatta | Region | 1st |
| Under 10 | 14.00 | HT | Jordan Lumley | Sun 17-Mar-02 | Homebush | State | 2nd | Under 9 | 14.54 | PF | Tama Simpkins | Sun 23-Mar-14 | Homebush | State | 3rd (heat) |
| Under 11 | 13.70 | HT | Jordan Lumley | Sun 16-Mar-03 | Homebush | State | 3rd | Under 10 | 14.10 | HT | Evan Clothier | Sun 21-Mar-04 | Homebush | State | 6th |
| Under 12 | 13.00 | HT | Jordan Lumley | Sun 21-Mar-04 | Homebush | State | 2nd | Under 11 | 13.50 | HT | Chris Bostelman | 1984-85 | Foxglove | Centre | |
| Under 13 | 12.30 | HT | Jordan Lumley | Sun 20-Feb-05 | Tumbi Umbi | Region | 1st (heat) | Under 12 | 13.10 | HT | Russell Parker | 1992-93 | Foxglove | Centre | |
| Under 14 | 12.60 | HT | Stephanie Parker | Sun 22-Mar-98 | Homebush | State | 3rd | Under 13 | 11.80 | HT | Eric-Ken Watanabe | Sun 20-Feb-05 | Tumbi Umbi | Region | 1st |
| Under 15 | 12.30 | HT | Stephanie Parker | Sun 21-Mar-99 | Homebush | State | 5th | Under 14 | 12.14 | PF | Harry Frederick | Sun 16-Feb-14 | Narrabeen | Region | 1st (heat) |
| Under 17 | 13.20 | HT | Alysha Burnett | Sat 3-Nov-12 | Foxglove | Centre | | Under 15 | 11.30 | HT | Eric-Ken Watanabe | Sun 18-Feb-07 | Parramatta | Region | 1st |
| Under 17 | 13.30 | GT | Gabriella Chan | Sun 11-Dec-16 | Narrabeen | Zone | 4th | Under 17 | 11.40 | HT | Joshua Mawhinney | Sat 20-Nov-10 | Foxglove | Centre | |
| | | | | | | | | Under 17 | 11.57 | GT | Thomas Bostelman | Sun 14-Dec-14 | Narrabeen | Zone | 1st |

200 METRES

| | | | | | | | | | | | | | | | |
|----------|-------|----|------------------|---------------|------------|--------|-----|----------|-------|----|-------------------|---------------|------------|-----------|------------|
| Under 6 | 40.70 | HT | Jessica Walton | Sat 19-Nov-11 | Foxglove | Centre | | Under 6 | 40.20 | HT | Mitchel Van Noort | Sat 1-Dec-01 | Foxglove | Centre | |
| Under 7 | 36.60 | GT | Emma Frost | Sun 6-Feb-05 | Narrabeen | Zone | 1st | Under 7 | 34.60 | GT | Adam Halmy | Sun 6-Feb-05 | Narrabeen | Zone | 1st (heat) |
| Under 8 | 33.80 | HT | Jessie Shepherd | 1985-86 | Foxglove | Centre | | Under 8 | 32.40 | HT | Mitchel Van Noort | Sun 22-Feb-04 | Blacktown | Region | 1st |
| Under 9 | 31.20 | HT | Katy Oswald | Sun 21-Mar-04 | Homebush | State | 4th | Under 9 | 30.80 | HT | Mitchel Van Noort | Sun 20-Mar-05 | Homebush | State | 3rd |
| Under 10 | 29.80 | HT | Katy Oswald | Sun 20-Feb-05 | Tumbi Umbi | Region | 1st | Under 9 | 30.80 | HT | Evan Clothier | Sun 16-Mar-03 | Homebush | State | 8th |
| Under 11 | 28.60 | HT | Katy Oswald | Sun 19-Mar-06 | Homebush | State | 6th | Under 9 | 30.80 | HT | Evan Clothier | Sun 16-Feb-03 | Parramatta | Region | 2nd |
| Under 12 | 27.00 | HT | Jordan Lumley | Sun 21-Mar-04 | Homebush | State | 3rd | Under 9 | 30.80 | HT | Tama Simpkins | Sat 15-Mar-14 | Foxglove | Centre | |
| Under 13 | 26.10 | HT | Jordan Lumley | Sun 20-Feb-05 | Tumbi Umbi | Region | 1st | Under 10 | 28.70 | HT | Evan Clothier | Sun 21-Mar-04 | Homebush | State | 4th |
| Under 14 | 25.40 | HT | Stephanie Parker | Sun 22-Mar-98 | Homebush | State | 2nd | Under 11 | 28.00 | HT | Evan Clothier | Sun 20-Feb-05 | Tumbi Umbi | Region | 2nd |
| Under 15 | 25.10 | HT | Stephanie Parker | Sun 21-Mar-99 | Homebush | State | 3rd | Under 12 | 27.30 | HT | Russell Parker | 1992-93 | Foxglove | Centre | |
| Under 17 | 27.12 | GT | Lauren West | Sun 26-Nov-17 | Narrabeen | Zone | 4th | Under 13 | 24.80 | HT | Eric-Ken Watanabe | Sun 20-Mar-05 | Homebush | State | 2nd |
| | | | | | | | | Under 13 | 24.86 | GT | Eric-Ken Watanabe | Sat 23-Apr-05 | Adelaide | Nationals | 2nd (heat) |
| | | | | | | | | Under 14 | 24.70 | GT | Joshua Mawhinney | Sun 22-Feb-09 | Tumbi Umbi | Region | 2nd |
| | | | | | | | | Under 15 | 23.20 | HT | Eric-Ken Watanabe | Sun 18-Mar-07 | Homebush | State | 2nd |
| | | | | | | | | Under 17 | 23.11 | GT | Joshua Mawhinney | Sun 20-Feb-11 | Parramatta | Region | 1st |
| | | | | | | | | Under 17 | 23.30 | HT | Tom Bostelman | Sat 15-Nov-14 | Foxglove | Centre | |

400 METRES

| | | | | | | | | | | | | | | | |
|----------|----------|----|-----------------|---------------|-----------|--------|------------|----------|----------|----|----------------|---------------|-----------|--------|------------|
| Under 8 | 1' 19.00 | HT | Jessie Shepherd | 1985-86 | Foxglove | Centre | | Under 8 | 1' 12.40 | HT | Adam Halmy | Sun 19-Feb-06 | Narrabeen | Region | 1st |
| Under 9 | 1' 13.40 | HT | Jessie Shepherd | 1986-87 | Foxglove | Centre | | Under 9 | 1' 08.00 | HT | Adam Halmy | Sun 18-Mar-07 | Homebush | State | 3rd |
| Under 9 | 1' 13.40 | HT | Janelle Smith | 1982-83 | Foxglove | Centre | | Under 10 | 1' 06.45 | PF | Marcus Panetta | Sun 23-Mar-14 | Homebush | State | 3rd |
| Under 10 | 1' 11.70 | HT | Katy Oswald | Sat 12-Mar-05 | Foxglove | Centre | | Under 11 | 1' 02.60 | HT | Matthew Mooney | Sun 17-Mar-02 | Homebush | State | 3rd |
| Under 11 | 1' 06.39 | PF | Jasmin Guthrie | Sun 16-Feb-14 | Narrabeen | Region | 2nd | Under 12 | 1' 01.05 | PF | Ethan Oliver | Sun 19-Mar-17 | Homebush | State | 4th |
| Under 12 | 1' 02.86 | GT | Jasmin Guthrie | Sun 15-Feb-15 | Narrabeen | Region | 1st | Under 13 | 55.37 | PF | Ethan Oliver | Sun 25-Mar-18 | Homebush | State | 3rd |
| Under 13 | 1' 01.22 | PF | Jasmin Guthrie | Sun 20-Mar-16 | Homebush | State | 5th | Under 14 | 55.59 | PF | Oskar Enasio | Sun 19-Mar-17 | Homebush | State | 3rd (heat) |
| Under 14 | 58.56 | PF | Jasmin Guthrie | Sun 19-Mar-17 | Narrabeen | State | 3rd | Under 15 | 54.50 | HT | Matthew Mooney | Sun 19-Feb-06 | Narrabeen | Region | 2nd |
| Under 15 | 56.77 | PF | Jasmin Guthrie | Sun 25-Mar-18 | Homebush | State | 2nd | Under 15 | 54.50 | HT | Adam Wood | Sat 2-Dec-95 | Foxglove | Centre | |
| Under 17 | 58.46 | PF | Ely Gallagher | Sun 20-Mar-16 | Homebush | State | 1st (heat) | Under 17 | 51.93 | PF | Evan Clothier | Sun 20-Mar-11 | Homebush | State | 7th |

300*/500*/700*/800 METRES

| | | | | | | | | | | | | | | | |
|----------|----------|----|-----------------|---------------|-----------|--------|-----|----------|----------|----|-------------------|---------------|------------|-------------|-----|
| Under 6* | 1' 10.40 | HT | Hannah Haldenby | Sat 28-Feb-04 | Foxglove | Centre | | Under 6* | 1' 05.50 | HT | Lucas Rogers | Sat 27-Feb-16 | Foxglove | Centre | |
| Under 7* | 1' 52.60 | HT | Kristy Campbell | 1989-90 | Foxglove | Centre | | Under 7* | 1' 42.10 | HT | Adam Halmy | Sun 6-Mar-05 | Dubbo | State Multi | 1st |
| Under 8* | 2' 36.80 | HT | Sasha Savenko | Sun 17-Feb-08 | Blacktown | Region | 4th | Under 8* | 2' 18.70 | HT | Adam Halmy | Sun 5-Mar-06 | Cessnock | State Multi | 1st |
| Under 9 | 2' 51.00 | HT | Helen Dalloway | 1982-83 | Berowra | Centre | | Under 9 | 2' 33.20 | HT | Adam Halmy | Sun 18-Mar-07 | Homebush | State | 1st |
| Under 10 | 2' 42.00 | HT | Jenny Dallaway | 1982-83 | Berowra | Centre | | Under 10 | 2' 30.54 | PF | Sam Parry | Sun 24-Mar-13 | Homebush | State | 4th |
| Under 11 | 2' 40.20 | HT | Julia Batterley | 1992-93 | Foxglove | Centre | | Under 11 | 2' 23.95 | PF | Adam Halmy | Sun 22-Mar-09 | Homebush | State | 2nd |
| Under 12 | 2' 34.00 | HT | Danae Hayes | 1991-92 | Foxglove | Centre | | Under 12 | 2' 20.00 | HT | Lloyd Hogan | 1982-83 | Berowra | Centre | |
| Under 13 | 2' 30.50 | HT | Cassandra Garde | Sun 16-Mar-03 | Homebush | State | 8th | Under 13 | 2' 15.00 | HT | Eric-Ken Watanabe | Sun 20-Feb-05 | Tumbi Umbi | Region | 3rd |
| Under 14 | 2' 24.70 | HT | Jessie O'Brien | Sun 20-Mar-05 | Homebush | State | 3rd | Under 14 | 2' 11.13 | PF | Oskar Enasio | Sun 19-Mar-17 | Homebush | State | 4th |
| Under 15 | 2' 22.90 | HT | Elizabeth Carr | Sun 19-Feb-06 | Narrabeen | Region | 2nd | Under 15 | 2' 07.80 | HT | Matthew Mooney | Sun 19-Feb-06 | Narrabeen | Region | 3rd |
| Under 17 | 2' 18.25 | PF | Ely Gallagher | Sun 22-Mar-15 | Homebush | State | 2nd | Under 17 | 2' 05.30 | HT | Adam Halmy | Sun 15-Feb-15 | Narrabeen | Region | 4th |
| | | | | | | | | Under 17 | 2' 05.37 | PF | Adam Halmy | Sun 22-Mar-15 | Homebush | State | 8th |

1500 METRES

| | | | | | | | | | | | | | | | |
|----------|----------|----|------------------|---------------|-----------|--------|-----|----------|----------|----|------------|---------------|-----------|--------|-----|
| Under 10 | 5' 16.40 | HT | Julia Batterley | 1991-92 | Foxglove | Centre | | Under 10 | 4' 58.09 | PF | Adam Halmy | Sun 16-Mar-08 | Homebush | State | 1st |
| Under 11 | 5' 16.00 | HT | Julia Batterley | 1992-93 | Foxglove | Centre | | Under 11 | 4' 49.28 | PF | Adam Halmy | Sun 22-Mar-09 | Homebush | State | 1st |
| Under 12 | 5' 15.50 | HT | Bethany Halmy | Sun 18-Mar-07 | Homebush | State | 5th | Under 12 | 4' 45.31 | PF | Adam Halmy | Sun 21-Mar-10 | Homebush | State | 2nd |
| Under 13 | 5' 02.70 | HT | Eliza Heckendorf | Sun 6-Feb-11 | Narrabeen | Zone | 2nd | Under 13 | 4' 41.01 | PF | Adam Halmy | Sun 20-Mar-11 | Homebush | State | 5th |
| Under 14 | 5' 03.40 | HT | Jemma Gallagher | Sun 15-Feb-15 | Narrabeen | Region | 3rd | Under 14 | 4' 34.30 | HT | Adam Halmy | Sun 19-Feb-12 | Narrabeen | Region | 4th |
| Under 15 | 4' 57.96 | PF | Ely Gallagher | Sun 23-Mar-14 | Homebush | State | 4th | Under 15 | 4' 27.56 | PF | Adam Halmy | Sun 17-Feb-13 | Narrabeen | Region | 2nd |
| Under 17 | 4' 45.24 | PF | Ely Gallagher | Sun 22-Mar-15 | Homebush | State | 2nd | Under 17 | 4' 16.90 | HT | Adam Halmy | Sun 15-Feb-15 | Narrabeen | Region | 1st |

3000 METRES

| | | | | | | | | | | | | | | | |
|----------|-----------|----|-----------------|---------------|-----------|-------|-----|----------|-----------|----|------------|---------------|-----------|--------|-----|
| Under 13 | 11' 08.06 | PF | Tara Kissick | Sun 20-Mar-11 | Homebush | State | 3rd | Under 13 | 10' 25.80 | HT | Adam Halmy | Sat 11-Dec-10 | Foxglove | Centre | |
| Under 14 | 10' 46.91 | HT | Jemma Gallagher | Sun 22-Mar-15 | Homebush | State | 3rd | Under 14 | 9' 45.90 | HT | Adam Halmy | Sun 19-Feb-12 | Narrabeen | Region | 2nd |
| Under 15 | 11' 02.90 | HT | Ely Gallagher | Sun 26-Jan-14 | Narrabeen | Zone | 1st | Under 15 | 9' 34.14 | PF | Adam Halmy | Sun 17-Feb-13 | Narrabeen | Region | 1st |
| Under 17 | 10' 15.11 | PF | Ely Gallagher | Sun 22-Mar-15 | Homebush | State | 3rd | Under 17 | 9' 25.47 | PF | Adam Halmy | Sun 2 | | | |

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| Girls | Best | Timing | Athlete | Date | Venue | Competition | Placing | Boys | Best | Timing | Athlete | Date | Venue | Competition | Placing |
|-------|------|--------|---------|------|-------|-------------|---------|------|------|--------|---------|------|-------|-------------|---------|
|-------|------|--------|---------|------|-------|-------------|---------|------|------|--------|---------|------|-------|-------------|---------|

700*/1100†/1500 METRES WALK

| | | | | | | | | | | | | | | | |
|-----------|----------|----|-------------------|---------------|-----------|--------|-----|-----------|----------|----|-----------------|---------------|-----------|--------|-----|
| Under 9* | 3' 45.30 | HT | Leisel Gray | Sun 21-Mar-04 | Homebush | State | 3rd | Under 9* | 4' 01.70 | HT | Lachlan Camp | Sun 22-Feb-04 | Blacktown | Region | 2nd |
| Under 10† | 5' 41.60 | HT | Leisel Gray | Sun 20-Mar-05 | Homebush | State | 4th | Under 10† | 6' 59.80 | HT | Jordan Wells | Sat 4-Mar-00 | Foxglove | Centre | |
| Under 11† | 5' 56.30 | HT | Ashleigh Downie | Fri 19-Jan-01 | Foxglove | Centre | | Under 11† | 5' 42.50 | PF | Hayden Millican | Sun 20-Mar-11 | Homebush | State | 4th |
| Under 12 | 7' 45.50 | HT | Nicole Clifford | 1985-86 | Foxglove | Centre | | Under 12 | 7' 23.40 | HT | Clinton Rose | 1983-84 | Foxglove | Centre | |
| Under 13 | 7' 33.00 | HT | Nicole Clifford | 1986-87 | Foxglove | Centre | | Under 13 | 7' 25.29 | PF | Hayden Millican | 24/3/136 | Homebush | State | 3rd |
| Under 14 | 7' 42.10 | HT | Ashleigh Downie | Sun 21-Mar-04 | Homebush | State | 4th | Under 14 | 7' 43.85 | PF | Hayden Millican | Sun 23-Mar-14 | Homebush | State | 3rd |
| Under 15 | 7' 44.70 | HT | Ashleigh Downie | Sun 20-Mar-05 | Homebush | State | 4th | Under 15 | 7' 43.16 | PF | Hayden Millican | Sun 22-Mar-15 | Homebush | State | 6th |
| Under 17 | 9' 22.70 | HT | Courtney Bicknell | Sun 26-Jan-14 | Narrabeen | Zone | 1st | Under 17 | 7' 41.94 | PF | Hayden Millican | Sun 20-Mar-16 | Homebush | State | 7th |

4x100 METRES RELAY

| | | | | | | | | | | | | | | | |
|-------------|-------|----|-----------------------|---------------|------------|--------|-----|-------------|-------|----|--|---------------|-----------|-------|-----|
| Under 9-12 | 59.60 | GT | Junior Girls | Sun 28-Feb-10 | Narrabeen | Region | 3rd | Under 9-12 | 54.37 | PF | Marcus Panetta, Sam Park, Tama Simpkins, Kaeo Weekes | Sun 23-Mar-14 | Homebush | State | 1st |
| Under 9-12 | 59.40 | HT | Junior Girls | Sun 16-Feb-03 | Parramatta | Region | 4th | Under 13-17 | 48.10 | GT | Eli Sagala, Coby Walton, Kaeo Weekes, Nathan Guptill | Sun 11-Dec-16 | Narrabeen | Zone | 3rd |
| Under 13-17 | 52.40 | HT | Senior Girls (U12-15) | Sun 21-Mar-99 | Homebush | State | 3rd | | | | | | | | |

HIGH JUMP

| | | | | | | | | | | | | | | | |
|----------|-------|----|-----------------|---------------|-----------|-----------|-----|----------|-------|----|---------------------|---------------|-----------|-----------|-----|
| Under 9 | 1.20m | na | Jessie Shepherd | 1986-87 | Foxglove | Centre | | Under 9 | 1.27m | na | Ethan Oliver | Sun 23-Mar-14 | Homebush | State | 1st |
| Under 10 | 1.36m | na | Katrina Moyes | Sat 2-Mar-96 | Foxglove | Centre | | Under 10 | 1.40m | na | Damien Hawes | Sat 2-Mar-96 | Foxglove | Centre | |
| Under 11 | 1.46m | na | Alysha Burnett | Sun 16-Mar-08 | Homebush | State | 2nd | Under 11 | 1.50m | na | Damien Hawes | Sat 8-Feb-97 | Foxglove | Centre | |
| Under 12 | 1.52m | na | Alysha Burnett | Sun 22-Mar-09 | Homebush | State | 2nd | Under 12 | 1.58m | na | Christopher Beattie | Sat 1-Mar-97 | Foxglove | Centre | |
| Under 13 | 1.59m | na | Alysha Burnett | Sat 24-Apr-10 | Narrabeen | Nationals | 4th | Under 13 | 1.67m | na | Samuel Park | Sun 24-Apr-16 | Adelaide | Nationals | 2nd |
| Under 14 | 1.64m | na | Bridget Martin | Sun 17-Feb-13 | Narrabeen | Region | 1st | Under 14 | 1.67m | na | Harry Frederick | Sat 5-Oct-13 | Foxglove | Centre | |
| Under 15 | 1.75m | na | Alysha Burnett | Sun 5-Feb-12 | Narrabeen | Zone | 1st | Under 15 | 1.75m | na | Bradley Clarke | Sat 18-Nov-95 | Foxglove | Centre | |
| Under 17 | 1.62m | na | Bridget Martin | Sun 15-Feb-15 | Narrabeen | Region | 2nd | Under 15 | 1.75m | na | Liam Quinlan | Sun 23-Mar-14 | Homebush | State | 3rd |
| Under 17 | 1.64m | na | Mikaela Quinlan | Sun 25-Mar-18 | Homebush | State | 4th | Under 17 | 1.90m | na | Liam Quinlan | Sun 15-Feb-15 | Narrabeen | Region | 1st |

LONG JUMP

| | | | | | | | | | | | | | | | |
|----------|-------|----|-------------------------|---------------|-----------|--------|-----|----------|-------|----|---------------------|---------------|------------|-----------|-----|
| Under 6 | 3.32m | na | Emma Smith | 1984-85 | Foxglove | Centre | | Under 6 | 3.07m | na | David Huber | 1982-83 | Berowra | Centre | |
| Under 7 | 3.20m | na | Mikhaila Gray | Sat 24-Feb-01 | Foxglove | Centre | | Under 7 | 3.25m | na | David Huber | 1983-84 | Foxglove | Centre | |
| Under 8 | 3.66m | na | Amanda Campbell | 1984-85 | Foxglove | Centre | | Under 8 | 3.78m | na | Adam Halmly | Sat 10-Dec-05 | Foxglove | Centre | |
| Under 9 | 3.93m | na | Samantha Garde | Sat 3-Dec-94 | Foxglove | Centre | | Under 9 | 4.29m | na | Jack Dempsey | Sat 7-Mar-09 | Foxglove | Centre | |
| Under 10 | 4.25m | na | Hollie Fallowfield | 1985-86 | Foxglove | Centre | | Under 10 | 4.55m | na | Russell Parker | 1990-91 | Foxglove | Centre | |
| Under 11 | 4.50m | na | Bridget Martin | Sat 13-Mar-10 | Foxglove | Centre | | Under 11 | 5.00m | na | Russell Parker | 1991-92 | Foxglove | Centre | |
| Under 12 | 4.93m | na | Charlotte Winston-Booth | Sat 22-Feb-14 | Foxglove | Centre | | Under 12 | 5.07m | na | Christopher Beattie | Sat 22-Feb-97 | Foxglove | Centre | |
| Under 13 | 5.05m | na | Bridget Martin | Sun 25-Mar-12 | Homebush | State | 1st | Under 13 | 5.77m | na | Ethan Oliver | Sun 29-Apr-18 | Gold Coast | Nationals | 3rd |
| Under 14 | 5.64m | na | Belinda Scott | Sun 10-Mar-91 | Narrabeen | State | 1st | Under 14 | 5.87m | na | Eric-Ken Watanabe | Sat 28-Jan-06 | Foxglove | Centre | |
| Under 15 | 5.55m | na | Alysha Burnett | Sun 5-Feb-12 | Narrabeen | Zone | 1st | Under 15 | 6.12m | na | Eric-Ken Watanabe | Sat 3-Mar-07 | Foxglove | Centre | |
| Under 17 | 5.27m | na | Bridget Martin | Sat 29-Nov-14 | Foxglove | Centre | | Under 17 | 6.33m | na | Evan Clothier | Sun 6-Feb-11 | Narrabeen | Zone | 1st |

TRIPLE JUMP

| | | | | | | | | | | | | | | | |
|----------|--------|----|----------------|---------------|-----------|--------|-----|----------|--------|----|-------------------|---------------|------------|--------|-----|
| Under 11 | 9.19m | na | Katrina Moyes | Sat 2-Nov-96 | Foxglove | Centre | | Under 11 | 9.69m | na | Alex Lamberton | Sat 13-Mar-99 | Foxglove | Centre | |
| Under 12 | 10.08m | na | Mikhaila Gray | Sat 19-Nov-05 | Foxglove | Centre | | Under 12 | 10.19m | na | An Ichinose | Sat 16-Nov-96 | Foxglove | Centre | |
| Under 13 | 10.10m | na | Sarah Thompson | Sat 14-Nov-98 | Foxglove | Centre | | Under 13 | 11.10m | na | Ethan Oliver | Sat 17-Mar-18 | Foxglove | Centre | |
| Under 14 | 10.80m | na | Bridget Martin | Sun 3-Feb-13 | Narrabeen | Zone | 1st | Under 14 | 11.72m | na | Eric-Ken Watanabe | Sun 5-Feb-06 | Narrabeen | Zone | 1st |
| Under 15 | 11.20m | na | Katherine Gear | Sat 9-Mar-96 | Foxglove | Centre | | Under 15 | 12.48m | na | Amaan Bhat | Sat 2-Feb-09 | Tumbi Umbi | Region | 2nd |
| Under 17 | 10.79m | na | Bridget Martin | Sun 14-Dec-14 | Narrabeen | Zone | 1st | Under 17 | 11.88m | na | Adam Halmly | Sat 30-Nov-13 | Foxglove | Centre | |

SHOT PUT

| | | | | | | | | | | | | | | | |
|----------|--------|----|----------------|---------------|----------|--------|-----|----------|--------|----|---------------------|---------------|------------|-------------|-----|
| Under 6 | 5.06m | na | Ella Gibbons | Sat 25-Feb-12 | Foxglove | Centre | | Under 6 | 6.06m | na | Mitchell Barratt | Sat 14-Mar-09 | Foxglove | Centre | |
| Under 7 | 6.97m | na | Samantha Garde | 1992-93 | Foxglove | Centre | | Under 7 | 8.37m | na | Nicholas Frost | Sun 4-Mar-07 | Wollongong | State Multi | 1st |
| Under 8 | 8.05m | na | Samantha Garde | 1993-94 | Foxglove | Centre | | Under 8 | 8.60m | na | Matthew Seitz | Sun 16-Feb-03 | Parramatta | Region | 2nd |
| Under 9 | 8.08m | na | Ella Gibbons | Fri 9-Jan-15 | Foxglove | Centre | | Under 9 | 9.53m | na | Nicholas Frost | Sun 22-Mar-09 | Homebush | State | 2nd |
| Under 10 | 9.87m | na | Emma Frost | Sun 16-Mar-08 | Homebush | State | 7th | Under 10 | 11.68m | na | Nicholas Frost | Sun 28-Feb-10 | Narrabeen | Region | 1st |
| Under 11 | 10.08m | na | Ella Gibbons | Sat 11-Mar-17 | Foxglove | Centre | | Under 11 | 13.05m | na | Nicholas Frost | Sun 20-Mar-11 | Homebush | State | 2nd |
| Under 12 | 12.02m | na | Samantha Garde | Sun 22-Mar-98 | Homebush | State | 5th | Under 12 | 11.85m | na | Nicholas Frost | Sun 19-Feb-12 | Narrabeen | Region | 1st |
| Under 13 | 10.62m | na | Alysha Burnett | Sat 13-Mar-10 | Foxglove | Centre | | Under 13 | 14.84m | na | Elliot Lang | Sun 22-Apr-07 | Perth | Nationals | 3rd |
| Under 14 | 11.39m | na | Alysha Burnett | Sat 13-Nov-10 | Foxglove | Centre | | Under 14 | 14.68m | na | Harry Frederick | Sat 8-Feb-14 | Foxglove | Centre | |
| Under 15 | 11.73m | na | Alysha Burnett | Sat 28-Jan-12 | Foxglove | Centre | | Under 15 | 13.83m | na | Philip Benjamin | Sat 4-Nov-95 | Foxglove | Centre | |
| Under 17 | 12.55m | na | Alysha Burnett | Sat 3-Nov-12 | Foxglove | Centre | | Under 17 | 13.82m | na | Tim Graham-Robinson | Sat 7-Mar-09 | Foxglove | Centre | |

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|----------|--------|----|----------------------|---------------|-----------|--------|-----|----------|--------|----|----------------|---------------|-----------|-----------|-----|
| Under 6 | 12.36m | na | Ella Gibbons | Sat 10-Mar-12 | Foxglove | Centre | | Under 6 | 15.74m | na | Nicholas Frost | Sat 25-Feb-06 | Foxglove | Centre | |
| Under 7 | 16.59m | na | Emma Frost | Sat 12-Mar-05 | Foxglove | Centre | | Under 7 | 22.96m | na | Nicholas Frost | Fri 12-Jan-07 | Foxglove | Centre | |
| Under 8 | 18.16m | na | Samantha Garde | 1993-94 | Foxglove | Centre | | Under 8 | 25.03m | na | Nicholas Frost | Sun 3-Feb-08 | Narrabeen | Zone | 1st |
| Under 9 | 23.78m | na | Ella Gibbons | Sun 22-Mar-15 | Homebush | State | 3rd | Under 9 | 32.22m | na | David Huber | 1985-86 | Foxglove | Centre | |
| Under 10 | 27.37m | na | Natalia Mageropoulos | Sun 22-Mar-09 | Homebush | State | 3rd | Under 10 | 37.58m | na | David Huber | 1986-87 | Foxglove | Centre | |
| Under 11 | 28.03m | na | Tiana Hazlewood | Sun 21-Mar-10 | Homebush | State | 3rd | Under 11 | 40.08m | na | Nicholas Frost | Sun 20-Mar-11 | Homebush | State | 1st |
| Under 12 | 33.77m | na | Tiana Hazlewood | Sat 5-Mar-11 | Foxglove | Centre | | Under 12 | 43.10m | na | Nosa Obaseki | Sun 14-Feb-16 | Narrabeen | Region | 1st |
| Under 13 | 38.55m | na | Tiana Hazlewood | Sun 5-Feb-12 | Narrabeen | Zone | 1st | Under 13 | 43.10m | na | Elliot Lang | Sun 22-Apr-07 | Perth | Nationals | 1st |
| Under 14 | 35.59m | na | Tiana Hazlewood | Sun 17-Feb-13 | Narrabeen | Region | 1st | Under 14 | 44.95m | na | Lewis Marr | Sun 2-Feb-03 | Narrabeen | Zone | 1st |
| Under 15 | 38.23m | na | Alysha Burnett | Sat 19-Nov-11 | Foxglove | Centre | | Under 15 | 51.49m | na | Lewis Marr | Sat 8-Nov-03 | Foxglove | Centre | |
| Under 17 | 38.60m | na | Tiana Hazlewood | Sat 18-Oct-14 | Foxglove | Centre | | Under 17 | 42.60m | na | Oliver Parry | Sun 26-Jan-14 | Narrabeen | Zone | 2nd |

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|----------|--------|----|---------------------|---------------|-----------|--------|-----|----------|--------|----|-----------------|---------------|-----------|-----------|-----|
| Under 11 | 23.70m | na | Isabelle Cruikshank | Sun 18-Feb-18 | Homebush | Region | 1st | Under 11 | 32.76m | na | Ethan Oliver | Sun 20-Mar-16 | Homebush | State | 3rd |
| Under 12 | 23.16m | na | Tiana Hazlewood | Sun 20-Mar-11 | Homebush | State | 6th | Under 12 | 37.01m | na | Ethan Oliver | Fri 20-Jan-17 | Foxglove | Centre | |
| Under 13 | 35.30m | na | Alysha Burnett | Sat 19-Sep-09 | Foxglove | Centre | | Under 13 | 49.16m | na | Elliot Lang | Sun 22-Apr-07 | Perth | Nationals | 1st |
| Under 14 | 35.77m | na | Alysha Burnett | Sun 6-Feb-11 | Narrabeen | Zone | 1st | Under 14 | 47.27m | na | Mitchell Ansems | Sun 5-Feb-06 | Narrabeen | Zone | 1st |
| Under 15 | 42.18m | na | Alysha Burnett | Sun 25-Mar-12 | Homebush | State | 1st | Under 15 | 47.20m | na | Frank Morris | Sat 16-Mar-13 | Foxglove | Centre | |
| Under 17 | 37.59m | na | Tiana Hazlewood | Sun 15-Feb-15 | Narrabeen | Region | 1st | Under 17 | 56.26m | na | Frank Morris | Sun 14-Dec-14 | Narrabeen | Zone | 1st |

LANSW STATE MULTIEVENT (post-2009 tables)

(Whilst the tables are rescaled from time to time there have only been minor adjustments since the 2008-09 season)

| | | | | | | | | | | | | | | | |
|----------|-----------|----|----------------------|--------------|--------------|-------------|------|----------|-----------|----|----------------|--------------|--------------|-------------|-----|
| Under 7 | 3,441 pts | PF | Paige Walton | Sun 2-Mar-14 | Shellharbour | State Multi | 18th | Under 7 | 4,314 pts | PF | Brodie Waldock | Sun 3-Mar-13 | Orange | State Multi | 5th |
| Under 8 | 3,907 pts | PF | Jessica Walton | Sun 2-Mar-14 | Shellharbour | State Multi | 12th | Under 8 | 4,747 pts | PF | Brodie Waldock | Sun 2-Mar-14 | Shellharbour | State Multi | 3rd |
| Under 9 | 4,580 pts | PF | Ella Gibbons | Sun 8-Mar-15 | Homebush | State Multi | 4th | Under 9 | 4,701 pts | PF | William Austin | Sun 8-Mar-15 | Homebush | State Multi | 2nd |
| Under 10 | 4,089 pts | HT | Natalia Mageropoulos | Sun 8-Mar-09 | Lismore | State Multi | 8th | Under 10 | 5,194 pts | HT | Nicholas Frost | Sun 7-Mar-10 | Norwa | State Multi | 1st |
| Under 11 | 4,024 pts | PF | Jasmin Guthrie | Sun 2-Mar-14 | Shellharbour | State Multi | 5th | Under 11 | 4,811 pts | PF | Ethan Oliver | Sun 6-Mar-16 | Dubbo | State Multi | 1st |
| Under 12 | 4,244 pts | HT | Alysha Burnett | Sun 8-Mar-09 | Lismore | State Multi | 2nd | Under 12 | 4,698 pts | PF | Nich | | | | |