

IGSA Sport
98th Annual
Athletics
Championship

Sydney Olympic Park Athletics Centre, Homebush

Thursday 24th August 2023, 5.00 pm - 7.00 pm
&
Friday 25th August 2023, 8.30 am - 4.00 pm
(Times are approximate.)

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of IGSA and participating IGSA Members' Schools listed below:

Abbotsleigh	MLC School	Santa Sabina College
Ascham School	Monte Sant' Angelo	SCEGGS Darlinghurst
Brigidine College	Mount St Benedict	Stella Maris College
Canberra Girls Grammar	NEGS	St Catherine's School
Danebank School	OLMC Parramatta	St Patrick's College
Frensham	PLC Armidale	St Scholastica's College
Kambala	PLC Sydney	St Vincent's College
Kincoppal-Rose Bay	Pymble Ladies' College	Tangara School
Loreto Kirribilli	Queenwood	Tara
Loreto Normanhurst	Ravenswood	Wenona
Meriden School	Roseville College	

Athletics and Twilight Carnivals 2023

The Association of Heads of Independent Girls' Schools NSW, trading as **IGSA** (Independent Girls' Schools Association) and its members' schools organise many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with IGSA Sport, a sub-committee IGSA. Students participating in these sporting activities take part in practice and in competitions.

IGSA and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

IGSA and its members' schools also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the IGSA Sport Code of Conduct and to set a good example for the students.

While IGSA and its members' schools take measures to make the Athletics and Twilight Carnivals as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching the Athletics and Twilight Carnival, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

In particular, injury at the Athletics and Twilight Carnival may result from slipping and falling, collisions with equipment and / or other participants, exposure to weather or being inadequately trained and / or prepared for the event.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

It is the responsibility of IGSA members' schools to ensure that all staff and volunteers undertaking duties at any IGSA Sport event have the required "Working with Children" clearance.

IGSA Sport Committee

President

Ms Lisa Moloney, MLC School

Treasurer

Ms Laetitia Richmond, Brigidine College

Committee

Mr Andrew Powell, Ascham School

Dr Kate Hadwen, Pymble Ladies' College

Mrs Lisa Brown, Meriden School

Mr Dale Berg, Ravenswood School

Ms Jasmine Palmer, Abbotsleigh

Ms Sonia Berry, IGSA Executive Officer

Mrs Kate Howitt, IGSA Director of Sport

Mr Matt Mulrone, IGSA Director of Sport

IGSA Sport Athletics Conveners

Kath Sambell, Kambala

Katie Edwards, Pymble Ladies' College

Committee

1 representative from each competing school

Athletics Officials Supplied by Athletics NSW

Data entry provided by SDS Pty Ltd

IGSA Sport Athletics Divisions 2023

Division 1 (Heat 3)	Division 2 (Heat 2)	Division 3 (Heat 1)
Abbotsleigh	Ascham School	Canberra Girls Grammar School
Kambala	Brigidine College	Danebank
Meriden	Loreto Kirribilli	Frensham
Monte Sant' Angelo	Loreto Normanhurst	Kincoppal - Rose Bay
PLC Sydney	Queenwood	MLC School
Pymble Ladies' College	SCEGGS Darlinghurst	NEGS
Ravenswood	St Vincent's College	PLC Armidale
Roseville College	Stella Maris College	St Scholastica's College
St Catherine's School	Wenona	Tara

IGSA Sport Athletics Point Score

Point score applicable for ALL heats and finals

Individual: 13 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2

Relays: 16 - 14 - 12 - 10 - 9 - 8 - 7 - 6 - 5

Trophies Presented

Divisions

Taken from Heats

Division 1 Combined total of senior, intermediate and junior point score

Division 2 Combined total of senior, intermediate and junior point score

Division 3 Combined total of senior, intermediate and junior point score

Finals Results

Taken from finals only

Junior Combined total of junior point score

Intermediate Combined total of intermediate point score

Senior Combined total of senior point score

Most Improved, Kay Couldwell Cup The school who improves their position in the final point score by the most places. If equal, then the schools will be declared joint winners.

Nicole Harris Shield Combined total of para athletes point score

Melinda Gainsford Taylor Shield Combined total of junior, intermediate and senior point scores (excluding para athlete points).

**Overall Champion School Overall combined total of junior, intermediate and senior point scores (including para athlete points).

** Trophy name TBA.

Relays

Junior Relay

Intermediate Relay

Senior Relay

Individual Champions

Junior Individual girl with highest individual point score (best 3 events)

Intermediate Individual girl with highest individual point score (best 3 events)

Senior Individual girl with highest individual point score (best 3 events)

Open (para athlete) Individual girl with highest individual point score in open events

Trophies and Results 2022

Finals

Overall Champion School	Pymble Ladies' College
Para-Athlete Point Score (Nicole Harris Shield)	Pymble Ladies' College
Combined Point Score (Melinda Gainsford Taylor Shield)	Pymble Ladies' College
Most Improved (Kay Couldwell Cup)	Kambala
Senior Point Score	Pymble Ladies' College
Intermediate Point Score	Pymble Ladies' College
Junior Point Score	Meriden

Heats

Division 1	Pymble Ladies' College
Division 2	St Catherine's School
Division 3	Queenwood

Relays

Junior Relay	Meriden
Intermediate Relay	Monte Sant' Angelo
Senior Relay	Pymble Ladies' College

Individual Champions

Junior Individual Champion	Grace Townsend, Pymble Ladies' College
Intermediate Individual Champion	Samara Bond, Pymble Ladies' College
Intermediate Individual Champion	Sarah Baker, Pymble Ladies' College
Senior Individual Champion	Ada Rand, Meriden
Open (Para) Individual Champion	Sybella Warton, Pymble Ladies' College

2023 Track Program of Events

Track Events (*held in divisions 3, 2, 1- in that order*)

Thursday 24th August 2023

Start: 5.00 pm

Heats

Event 1	12 years 80m Hurdles	Event 8	12 years 800m
Event 2	13 years 80m Hurdles	Event 9	13 years 800m
Event 3	14 years 90m Hurdles	Event 10	14 years 800m
Event 4	15 years 90m Hurdles	Event 11	15 years 800m
Event 5	16 years 100m Hurdles	Event 12	16 years 800m
Event 6	17 years 100m Hurdles	Event 13	17 years 800m
Event 7	18 - 19 years 100m Hurdles	Event 14	18 -19 years 800m

Friday 25th August 2023

Start: 8.30 am

Finals will commence following the lunch break

Heats

Event 15	12 years 200m	Final 1	12 years 80m Hurdles	<i>Finalists from</i>
Event 16	13 years 200m	Final 2	13 years 80m Hurdles	<i>Event 1</i>
Event 17	14 years 200m	Final 3	14 years 90m Hurdles	<i>Event 2</i>
Event 18	15 years 200m	Final 4	15 years 90m Hurdles	<i>Event 3</i>
Event 19	16 years 200m	Final 5	16 years 100m Hurdles	<i>Event 4</i>
Event 20	17 years 200m	Final 6	17 years 100m Hurdles	<i>Event 5</i>
Event 21	18 -19 years 200m	Final 7	18 - 19 years 100m Hurdles	<i>Event 6</i>

Timed Final*

Event 22	Junior 1500m	Final 8	12 years 200m	<i>Event 15</i>
Event 23	Intermediate 1500m	Final 9	13 years 200m	<i>Event 16</i>
Event 24	Senior 1500m	Final 10	14 years 200m	<i>Event 17</i>
		Final 11	15 years 200m	<i>Event 18</i>
		Final 12	16 years 200m	<i>Event 19</i>
		Final 13	17 years 200m	<i>Event 20</i>
		Final 14	18 - 19 years 200m	<i>Event 21</i>

Heats

Event 25	12 years 100m	Final 15	Para athlete 200m Timed Final	<i>Event 39*</i>
Event 26	13 years 100m	Final 16	12 years 800m	<i>Event 8</i>
Event 27	14 years 100m	Final 17	13 years 800m	<i>Event 9</i>
Event 28	15 years 100m	Final 18	14 years 800m	<i>Event 10</i>
Event 29	16 years 100m	Final 19	15 years 800m	<i>Event 11</i>
Event 30	17 years 100m	Final 20	16 years 800m	<i>Event 12</i>
Event 31	18 -19 years 100m	Final 21	17 years 800m	<i>Event 13</i>
Event 32	Junior Relay	Final 22	18 - 19 years 800m	<i>Event 14</i>
Event 33	Intermediate Relay	Final 23	12 years 100m	<i>Event 25</i>
Event 34	Senior Relay	Final 24	13 years 100m	<i>Event 26</i>

Timed Final*

Event 35	Junior 400m	Final 25	14 years 100m	<i>Event 27</i>
Event 36	Intermediate 400m	Final 26	15 years 100m	<i>Event 28</i>
Event 37	Senior 400m	Final 27	16 years 100m	<i>Event 29</i>
		Final 28	17 years 100m	<i>Event 30</i>
		Final 29	18 - 19 years 100m	<i>Event 31</i>
		Final 30	Para athlete 100m Timed Final	<i>Event 38*</i>
		Final 31	Junior Relay	<i>Event 32</i>
		Final 32	Intermediate Relay	<i>Event 33</i>
		Final 33	Senior Relay	<i>Event 34</i>

*** Timed Final only - no heat**

Hurdles	12 and 13 years	14 and 15years	16 and 17years	18 years +
Distance	80m	90m	100m	100m
Height	0.762m	0.762m	0.762m	0.840m

Field Events

Friday 25th August 2023

Start: 8.30 am

Please note times are only approximate - students will be called if required earlier than stated.

8:30am Sharp- *Final to follow immediately*

Event 40	12 years Long Jump	(scoreboard end)
Event 41	13 Years Long Jump	(finish line end)
Event 42	Junior Javelin	(scoreboard end)
Event 43	Intermediate Discus	(finish line end)
Event 44	Senior High Jump	(finish line end)
Event 45	17 years Shot Put	(finish line end)
Event 46	18 -19 years Shot Put	(scoreboard end)

10:00am - *Final to follow immediately*

Event 47	Para athlete Long Jump	(finish line end)
Event 48	17 years Long Jump	(scoreboard end)
Event 49	Junior High Jump	(scoreboard end)
Event 50	Intermediate High Jump	(finish line end)
Event 51	Junior Discus	(scoreboard end)
Event 52	Senior Javelin	(finish line end)
Event 53	16 years Shot Put	(finish line end)
Event 54	12 years Shot Put	(scoreboard end)

11:30am - *Final to follow immediately*

Event 55	13 years Shot Put	(scoreboard end)
Event 56	Para athlete Shot Put	(finish line end)
Event 57	Intermediate Javelin	(scoreboard end)
Event 58	Senior Discus	((finish line end)
Event 59	15 years Long Jump	(scoreboard end)
Event 60	16 years Long Jump	(finish line end)

1:00pm - *Final to follow immediately*

Event 61	14 years Shot Put	(finish line end)
Event 62	15 years Shot Put	(scoreboard end)
Event 63	14 years Long Jump	(finish line end)
Event 64	18 – 19 years Long Jump	(scoreboard end)
Event 65	Para athlete Discus	(finish line end)

	Junior	Intermediate	Senior
Javelin	500 gm	500 gm	600 gm
Discus	1 Kg	1 Kg	1 Kg
Shot	3 Kg	3 Kg	3 Kg for 17 years 4 Kg for 18 years
High Jump	1.25m	1.30m	1.30m
5cm rises until 3 competitors remain, then 3cm rises			

IGSA Sport Athletics Rules and Guidelines

Entry Rules

1. Age as at December 31 of the year of carnival.
2. Junior 14 Years and Under
Intermediate 15 and 16 Years
Senior 17 Years and Over
3. A school may enter one competitor / team per event (except for para athlete's events).
4. A girl may compete in a higher age group than her own, provided this is the only age group in which she competes.
5. a) A girl may enter a total of 5 events. This may consist of a maximum of any 4 individual events and a relay. Schools are asked to notify IGSA Sport of their intention to utilise this option.
b) Schools with an enrolment of less than 351 may also enter a girl in 5 events i.e. 4 individual and a relay. Should these schools require more flexibility, further consultation with IGSA Sport is required.
6. Team changes will be limited to 5 athletes only, to be submitted on the "In / Out change sheet" no later than 8am on the Wednesday before the carnival. On the day of the carnival, only 1 change can be made prior to 8am, which has been signed off by the school's Head of Sport.

Carnival Rules

1. Competitors must be ready at the start when called or they will be disqualified from competing in the event.
2. With the exception of para athlete events, in all races up to and including the 400 metres, competitors must use a crouch start.
3. With the exception of para athlete events, starting blocks supplied by the venue will be the only blocks to be used on the ground, and should be used by all competitors in events up to and including 400m and relays.
4. All athletes will compete under the IAAF Rule 162.7 that states 'any athlete responsible for a false start shall be disqualified'. Starter's discretion will be applied.
5. Track events take precedence over field events. Competitors leaving a field event for a track event must report to the field official before leaving and return within 30 minutes or forfeit their attempt in any completed round. Officials are to record the time the competitor left the field event. Please note that upon return to high jump events, the bar will not be moved back down to a lower height should an athlete miss a turn due to being at another event (track or field).
6. Spikes are optional for all events. However, spikes or shoes must be worn for all events. Spikes must not exceed 7 mm, except for high jump and javelin which must not exceed 9 mm. Athletes using spikes must use SOPAC starting blocks.
7. Regulation school athletics uniform to be worn by competitors. No jewellery is to be worn except for a watch. No power bands are permitted.
8. Any protest must be lodged in writing immediately after the race. Protests may only be lodged by Directors/Heads of Sport or their nominated delegate. All protests will be heard by either IGSA Director of Sport or another IGSA Sport staff member, the IGSA Sport Athletics Convener and Director/Head of Sport from the school involved and in consultation with the NSW Athletics referee. The decision will be made during the carnival.
9. Coaches and parents are to remain outside the competition arena i.e. outside the fence. Officials who are also coaches of students may not coach while performing an official duty.
10. Competitors, spectators, parents and coaches / staff should adhere to guidelines for conduct in the IGSA Sport Code of Conduct.

11. All competitors in the 1500m races must wear hip number stickers (supplied by IGSA Sport).
12. Only IGSA Sport approved photographers are allowed to be inside the competition arena during the day's events.
13. Only the two highest placegetters for track events and the 1st placegetter in field events at the IGSA Sport Carnival, from the finals, will automatically qualify. The next place may be decided by the second (field) or third (track) placegetter in the event or heat at IGSA Sport, or a nominated time / distance achieved within the same calendar year (NSW Athletics approved times / distances only). See the IGSA Sport Representative Selection Policy for full details on selection.
14. Competitors are to use the field event equipment supplied by SOPAC. If an athlete wishes to use their own equipment she must check it with the Field Referee and it will be pooled for use by all competitors.
15. Coaching shall be permitted off-track or during breaks for field events. Coaching is not permitted on the track or field while competing.
16. Anybody not affiliated with an IGSA school (i.e. either doesn't work for a school or a school approved coach who has an athlete competing in the championships) will be questioned and may be asked to leave the venue.

General Information

1. Cleaned, engraved trophies are to be returned to the IGSA office at least 1 week prior to the carnival.
2. Lunch will be provided for Athletics NSW Officials only. Coffee and Tea will be provided for school officials.
3. Runners (schoolgirl assistants) to be supplied by the designated schools.
4. Lost property to be collected by IGSA Sport.
5. All student spectators and competitors are to be seated in their allocated areas and are only to leave with the permission of the staff member in charge. Seating diagram will be provided to schools.
6. Competitors may warm up on the track prior to the start of the carnival. No shot put, discus or javelin may be practiced until the officials for the event are present to supervise. Whilst hurdles and 100m races are being conducted, a warm up may be conducted on the far side of the track.
7. All heats for the track events are marshalled in the tunnel of the athletics centre. An official will then walk the competitors to the start of the event. All finals will be marshalled at the starting area of the event.
8. Division ribbons and finals medals can be collected by school staff at the completion of the carnival from the recording room. New record certificates will be posted to schools. Trophies will be presented at the end of the carnival.
9. Each school is responsible for their own basic first aid requirements however a first aid official will be available for serious injuries; they will be located in the First Aid Office. Schools must bring their own bags for ice.

Para Athletes Events

Events 38, 39, 47, 56 and 65 will be conducted as multi-class events and scored using the Baseline scoring system.

More than 1 athlete per school may compete, however they will not all receive points. Only the highest placed athlete per school will receive points.

All para athletes are to have had previous race experience and be adequately prepared to compete. School staff should have knowledge of any special requirements for an athlete to compete safely.

Official classification is required for para athletes competing at IGSA Sport, NSW CIS and NSW All Schools.

Track Events

Placegetters from each division in heats will receive division ribbons. Places will be awarded and points allocated to the appropriate division accordingly.

Placegetters from each final will receive a medal.

In the event of the electronic timing malfunctioning, IGSA Sport reserves the right to re-run the event with at least a 20-minute break and when the program allows or to revert to hand held times.

Track Finalists

The 400m and 1500m are straight, timed finals. Points are allocated from this event to both heat and final results.

The para athlete 100m and 200m are straight finals.

The fastest 9 times from the heats will progress through to the finals of the 100m, hurdles, 200m, 800m and relays.

Where there is a tie for finals placings, neither will run if there are insufficient lanes - they will both receive a percentage of that place's points.

800m and hurdles - positions in finals will be decided in the heats prior to the main carnival. Any girl who does not participate in this qualifying event cannot compete in the finals.

Field Events and Finalists

The top 9 placed competitors from each event after the first round of 3 jumps or throws will progress to the final round of 3 jumps or throws (except for high jump).

High jump placings will be allocated after the event is fully completed.

Ties: Where the result is determined by distance, the second-best performance shall resolve the tie, and if necessary the third.

If a tie still remains and involves first place, those concerned will compete again in the same order in a new attempt until the tie is resolved. If a tie still remains and involves places other than 1st place competitors, then those competitors are awarded the same place.

Ties - High Jump: The competitor with the lowest number of jumps at height the tie occurs then wins.

Wet Weather

As SOPAC is an all-weather track, cancellation is unlikely. All competitors are requested to provide suitable, safe footwear and clothing (and reserve clothing) for all conditions regardless of the weather forecast.

2023 IGSA Sport Athletics Duties

*** Please make sure staff and students undertaking any duties **know what their duty is and are suitably competent.** All those completing a duty must **report to the recording room to sign on and collect a pink vest.***

Duties for the 800m and hurdles heats: Thursday 24th August 2023

Starter	NSW Official
Track Referee	NSW Official
Chief Timekeeper	NSW Official
Marshall	Tara, Pymble Ladies' College
Finish Line Assistant	Ascham
Head Timekeeper	St Vincent's College
Hurdles	Roseville College
Judges	Monte Sant' Angelo, St Catherine's
Results	Kincoppal Rose Bay

Equipment Manager MLC
Split Timer & Bell Ringer Ravenswood

Staff from every school present will be responsible for setting up the hurdles

Staff to report to the recording tent (near finish line) by 4.30pm for a 5pm commencement of racing.

Hurdles to be placed on the track and moved accordingly by all schools in attendance.

School managers will receive a program, team lists and protest sheets prior to the carnival. Schools will no longer receive a folder containing these documents at the venue.

Track Marshalls – (1 staff)

Report to marshalling area at 8.00am. Check the correct starting point for each event with the check starter and starter.

Make sure the students know exactly where to go, that they remain together in order and report to the check starter.

Hurdles supervisors to check distances and heights are correct and instruct the moving team with placement of hurdles.

Finish Line Assistant (1 staff)

Keep competitors from leaving track until places are finalised.

Track Recorders plus 2 runners

Report to finish line by 8.00am.

Track and Field Supervisors

Report at 8.00 am. Check all areas have equipment then locate yourself near the finish line. Any people requiring equipment, or help, will report to you. Use radio to contact SOPAC personnel for assistance. Supervise hurdle placements.

Check Starter plus 2 runners

Report to start line at 8.00am. Check correct lanes and position of students at start - hands behind line, spikes, etc.

Check you know all starting lines 80m; 90m; 100m etc.

Check with Starter for any requests she/he may have.

Ensure starter equipment is moved for different/next events.

Two (2) runners assist you with such things as collecting students from marshalling, sending messages and removing blocks.

Students using starting blocks must use those supplied by venue - not their own.

Help move blocks to start of next event or remove from the track.

Remind athletes of crouch or block start.

Judge (1 staff)

Report to the finish line at 8:00am. Judges are to judge all places for all events.

Listen to advice from the Chief Judge and arrange between you to do the lap count and bell for the 1500m and 800m.

Relay Changes (1 or 2 staff as requested on duties list)

Report to the IGSA Sport Track Referee when called by announcer at the start of the relays. Use one staff member and girl to assist. If a fault is noticed, immediately mark the spot where the infringement occurred.

Supervisors - Notify Track Referee of infringements very quickly and clearly. Please check everyone at your change knows the correct marks and ask all officials to assist the students when placing them in their lanes. Please collect your flags from the finish line and return them after the relays.

Field Events

See reporting times in field event table - 20 minutes prior to scheduled start or as requested over PA.

Collect folders from recording room.

Schools must supply 2 staff and 2 students at each field event - one supervisor, one recorder and two measurers. In most cases there will also be a NSW Athletics Official on each field event.

Field event guidelines for officials:

- If a girl needs to report to another event she must notify you and return as soon as possible.
- Please be constantly aware of SAFETY.
- All competitors will have 3 attempts, which will be measured. In all shot put, discus, javelin and long jump events, those achieving the best 9 places in the qualifying round will be awarded 3 additional attempts.
- Field judge or a field official to read out finalists and qualifying distance and offer all athletes opportunity to check their recorded results prior to commencing the additional throws or jumps.

All performances accomplished in the qualifying round shall be considered part of the overall results.

- Heat and final results must be recorded on the score sheet.
- Field event judges may allow a competitor to compete out of order, provided it is in the same round, if this assists competitors who are in more than one event scheduled for the same time.

Advise athletes to request this if they are likely to have a clash of events.

Ribbons / Medals (1 staff member and 3 students to assist). *(Ribbons for heats and medals for finals)*

Ribbons to be written on throughout the morning session and placed in envelopes based on recording room results.

Medals to be placed in envelopes based on recording room results.

Recording Room Results (1 staff + 1 student runner)

Report to recording room by 8:00am to check duties.

Para athlete - Schools with para athletes must supply a staff member to accompany their athletes to assist with events.

General - Supervise your own team and spectators.

Duties for IGSA Sport Athletics Friday 25th August 2023

Please note that IGSA Sport will host a meeting for all staff at the beginning of the day to outline all duties and rules followed by a brief meeting of NSW officials and all field officials.

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
Abbotsleigh	Finals medals - 12noon to finish (1 staff + 3 students)		Hurdles supervisor (1 staff)		10am 16yrs shotput & 11.30am 13yrs shotput (2 staff +2 students)	Yes
Ascham School			Finish line supervisor / track recorder (1 staff + 2 student)	Changeover 1 3 & 4 - Start lanes (1 staff)	8.30am Senior high jump (2 staff +2 students)	

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
Brigidine		Check Starter 12noon-finish (1 staff + 2 students)		Changeover 3 1 & 2 - Finish lanes (1 staff)	10am Para long jump (1 staff + 2 students)	
Canberra Girls Grammar School				Changeover 2 7, 8 & 9 - Start lanes (1 staff)		
Danebank				Changeover 1 1 & 2 - Finish lanes (1 staff)	8.30am 13yrs long jump (2 staff + 2 students)	
Frensham			Hurdles moving team (10 students)	Changeover 1 7, 8 & 9 Start lanes (1 staff)		Yes
Kambala	Main scoring spreadsheet All day (1 staff)	Meet Director (1 staff) Track Events				
Kincoppal - Rose Bay				Changeover 1 5 & 6 - Finish lanes (1 staff)	8.30am Junior javelin 10am Intermediate high jump (2 staff + 2 students)	Yes
Loreto Kirribilli				Changeover 1 Supervisor 1 & 2 - Start lanes (1 staff)	8.30am 12yrs long jump (2 staff + 2 students)	
Loreto Normanhurst		Track & Field Clearing Supervisor (Long jump staff)		Changeover 2 5 & 6 - Start lanes (1 staff)	11.30am 16yrs Long jump (2 staff + 2 students)	Yes
Meriden School		Presentation assistant (1 staff)		Changeover 2 3 & 4 - Start lanes (1 staff)	Discus 10am – Junior, 11.30am- Senior (2 staff + 2 students)	
MLC School	Recording room results 12noon – finish - (1 staff + 1 student runner)			Changeover 3 7, 8 & 9 finish lanes (1 staff)	10am 12yrs shotput 1pm 15yrs shotput (2 staff + 2 students)	
Monte Sant' Angelo		Marshall 12 noon - Finish (1 staff)			10am Junior high jump (2 staff + 2 students)	Yes
NEGS				Changeover 2 1 & 2 - Finish lanes (1 staff)		
PLC Armidale				Changeover 2 3 & 4 - Finish lanes (1 staff)		
PLC Sydney			Hurdles supervisor + moving team (1 staff +10 students);	Changeover 2 5 & 6 - Finish lanes (1 staff)	11.30am Para Shotput 1pm Para Discus	
Pymble Ladies' College		Meet Director Field Events (1 staff)		Changeover 1 7, 8 & 9 Finish lanes (1 staff)	11.30am 15yrs Long jump 1pm 14yrs Long jump (2 staff + 2 students)	
Queenwood		Marshall 8.00am - 12 noon (1staff)		Changeover 1 3 & 4 - Finish lanes (1 staff)	10am 17yrs Long jump 1pm 18yrs Long jump (2 staff + 2 students)	

School	Recording room	Other duties	Track events	Relay changes	Field events	Judge
Ravenswood	Recording room results 8am - 12noon (1 staff + 1 student runner)			Changeover 3 5 & 6 - start lanes (1 staff)	1pm 14yrs shotput (2 staff + 2 students)	
Roseville College			Hurdles assistant + moving team (10 students)	Changeover 3 7, 8 & 9 - Start lanes (1 staff)	11.30am Intermediate Javelin (2 staff + 2 students)	
SCEGGS Darlinghurst		Marshall 12noon - Finish (1 staff)		Changeover 3 3 & 4 - Start lanes (1 staff)	8.30am Intermediate Discus (2 staff + 2 students)	
Stella Maris College				Changeover 2 Supervisor 1 & 2 -Start lanes (1 staff)		Yes
St Catherine's School		Finish Line Assistant (1 staff)		Changeover 3 3 & 4 Finish lanes (1 staff)	8.30am 18yrs Shotput & 10am - Senior Javelin (2 staff + 2 students)	Yes
St Scholastica's College				Changeover 2 7, 8 & 9 Finish lanes (1 staff)		
St Vincent's College		Marshall 8am - 12noon (1 staff)	All day Multi timer back up (1 staff)	Changeover 3 5 & 6 - Finish lanes (1 staff)		
Tara		Check Starter 8am - 12noon (1 staff + 2 students)		Changeover 1 5 & 6 start lanes (1 staff)		
Wenona School		Recording room heats & division ribbons 8.30am - 12noon (1 staff + 3 students)		Changeover 3 Supervisor 1 & 2 - Start lanes (1 staff)	8.30am 17yrs Shotput (1 staff + 2 students)	

Track Events

Event 1: 12 Years Hurdles 80m, 0.762m

Record: 12.66, Mia Hemsworth – Abbotsleigh, 2014

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	St Scholastica's College	1	Wenona	1	Pymble Ladies' College
2	Kincoppal-Rose Bay	2	Stella Maris College	2	Meriden School
3	MLC School	3	Ascham School	3	PLC Sydney
4	Canberra Girls Grammar	4	SCEGGS Darlinghurst	4	Ravenswood
5	Frensham	5	Brigidine College	5	Monte Sant' Angelo
6	Tara	6	St Vincent's College	6	Abbotsleigh
7	PLC Armidale	7	Loreto Kirribilli	7	St Catherine's School
8	Danebank School	8	Loreto Normanhurst	8	Roseville College
9	NEGS	9	Queenwood	9	Kambala

Event 2: 13 Years Hurdles 80m, 0.762m

Record: 12.34, Mia Hemsworth – Abbotsleigh, 2015

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	NEGS	1	Queenwood	1	Kambala
2	St Scholastica's College	2	Wenona	2	Pymble Ladies' College
3	Kincoppal-Rose Bay	3	Stella Maris College	3	Meriden School
4	MLC School	4	Ascham School	4	PLC Sydney
5	Canberra Girls Grammar	5	SCEGGS Darlinghurst	5	Ravenswood
6	Frensham	6	Brigidine College	6	Monte Sant' Angelo
7	Tara	7	St Vincent's College	7	Abbotsleigh
8	PLC Armidale	8	Loreto Kirribilli	8	St Catherine's School
9	Danebank School	9	Loreto Normanhurst	9	Roseville College

Event 3: 14 Years Hurdles 90m, 0.762m

Record: 13.00, Abigail Stevanovic – PLC Sydney, 2016

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Danebank School	1	Loreto Normanhurst	1	Roseville College
2	NEGS	2	Queenwood	2	Kambala
3	St Scholastica's College	3	Wenona	3	Pymble Ladies' College
4	Kincoppal-Rose Bay	4	Stella Maris College	4	Meriden School
5	MLC School	5	Ascham School	5	PLC Sydney
6	Canberra Girls Grammar	6	SCEGGS Darlinghurst	6	Ravenswood
7	Frensham	7	Brigidine College	7	Monte Sant' Angelo
8	Tara	8	St Vincent's College	8	Abbotsleigh
9	PLC Armidale	9	Loreto Kirribilli	9	St Catherine's School

Event 4: 15 Years Hurdles 90m, 0.762m

Record: 12.79, Emily Britton – Ravenswood, 2016

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	PLC Armidale	1	Loreto Kirribilli	1	St Catherine's School
2	Danebank School	2	Loreto Normanhurst	2	Roseville College
3	NEGS	3	Queenwood	3	Kambala
4	St Scholastica's College	4	Wenona	4	Pymble Ladies' College
5	Kincoppal-Rose Bay	5	Stella Maris College	5	Meriden School
6	MLC School	6	Ascham School	6	PLC Sydney
7	Canberra Girls Grammar	7	SCEGGS Darlinghurst	7	Ravenswood
8	Frensham	8	Brigidine College	8	Monte Sant' Angelo
9	Tara	9	St Vincent's College	9	Abbotsleigh

Event 5: 16 Years Hurdles 100m, 0.762m

Record: 13.80, Katrina Hunt – Roseville College, 2012

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Tara	1	St Vincent's College	1	Abbotsleigh
2	PLC Armidale	2	Loreto Kirribilli	2	St Catherine's School
3	Danebank School	3	Loreto Normanhurst	3	Roseville College
4	NEGS	4	Queenwood	4	Kambala
5	St Scholastica's College	5	Wenona	5	Pymble Ladies' College
6	Kincoppal-Rose Bay	6	Stella Maris College	6	Meriden School
7	MLC School	7	Ascham School	7	PLC Sydney
8	Canberra Girls Grammar	8	SCEGGS Darlinghurst	8	Ravenswood
9	Frensham	9	Brigidine College	9	Monte Sant' Angelo

Event 6: 17 Years Hurdles 100m, 0.762m

Record: 14.05, Katrina Hunt – Roseville College, 2013

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Brigidine College	1	Monte Sant' Angelo
2	Tara	2	St Vincent's College	2	Abbotsleigh
3	PLC Armidale	3	Loreto Kirribilli	3	St Catherine's School
4	Danebank School	4	Loreto Normanhurst	4	Roseville College
5	NEGS	5	Queenwood	5	Kambala
6	St Scholastica's College	6	Wenona	6	Pymble Ladies' College
7	Kincoppal-Rose Bay	7	Stella Maris College	7	Meriden School
8	MLC School	8	Ascham School	8	PLC Sydney
9	Canberra Girls Grammar	9	SCEGGS Darlinghurst	9	Ravenswood

Event 7: 18 Years Hurdles 100m, 0.840m

Record: 14.37, Alexandra Richards – Meriden, 2022

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Canberra Girls Grammar	1	SCEGGS Darlinghurst	1	Ravenswood
2	Frensham	2	Brigidine College	2	Monte Sant' Angelo
3	Tara	3	St Vincent's College	3	Abbotsleigh
4	PLC Armidale	4	Loreto Kirribilli	4	St Catherine's School
5	Danebank School	5	Loreto Normanhurst	5	Roseville College
6	NEGS	6	Queenwood	6	Kambala
7	St Scholastica's College	7	Wenona	7	Pymble Ladies' College
8	Kincoppal-Rose Bay	8	Stella Maris College	8	Meriden School
9	MLC School	9	Ascham School	9	PLC Sydney

Event 8: 12 Years 800m

Record: 2:20.68, Eliza Harvey – Loreto Normanhurst, 2013

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	MLC School	1	Ascham School	1	PLC Sydney
2	Canberra Girls Grammar	2	SCEGGS Darlinghurst	2	Ravenswood
3	Frensham	3	Brigidine College	3	Monte Sant' Angelo
4	Tara	4	St Vincent's College	4	Abbotsleigh
5	PLC Armidale	5	Loreto Kirribilli	5	St Catherine's School
6	Danebank School	6	Loreto Normanhurst	6	Roseville College
7	NEGS	7	Queenwood	7	Kambala
8	St Scholastica's College	8	Wenona	8	Pymble Ladies' College
9	Kincoppal-Rose Bay	9	Stella Maris College	9	Meriden School

Event 9: 13 Years 800m

Record: 2:17.80, Catherine Miller – Pymble Ladies' College, 2013

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Kincoppal-Rose Bay	1	Stella Maris College	1	Meriden School
2	MLC School	2	Ascham School	2	PLC Sydney
3	Canberra Girls Grammar	3	SCEGGS Darlinghurst	3	Ravenswood
4	Frensham	4	Brigidine College	4	Monte Sant' Angelo
5	Tara	5	St Vincent's College	5	Abbotsleigh
6	PLC Armidale	6	Loreto Kirribilli	6	St Catherine's School
7	Danebank School	7	Loreto Normanhurst	7	Roseville College
8	NEGS	8	Queenwood	8	Kambala
9	St Scholastica's College	9	Wenona	9	Pymble Ladies' College

Event 10: 14 Years 800m

Record: 2:12.54, Abbey Rockliff – Pymble Ladies' College, 2015

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	St Scholastica's College	1	Wenona	1	Pymble Ladies' College
2	Kincoppal-Rose Bay	2	Stella Maris College	2	Meriden School
3	MLC School	3	Ascham School	3	PLC Sydney
4	Canberra Girls Grammar	4	SCEGGS Darlinghurst	4	Ravenswood
5	Frensham	5	Brigidine College	5	Monte Sant' Angelo
6	Tara	6	St Vincent's College	6	Abbotsleigh
7	PLC Armidale	7	Loreto Kirribilli	7	St Catherine's School
8	Danebank School	8	Loreto Normanhurst	8	Roseville College
9	NEGS	9	Queenwood	9	Kambala

Event 11: 15 Years 800m

Record: 2:09.86, Catherine Miller – Pymble Ladies' College, 2015

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	NEGS	1	Queenwood	1	Kambala
2	St Scholastica's College	2	Wenona	2	Pymble Ladies' College
3	Kincoppal-Rose Bay	3	Stella Maris College	3	Meriden School
4	MLC School	4	Ascham School	4	PLC Sydney
5	Canberra Girls Grammar	5	SCEGGS Darlinghurst	5	Ravenswood
6	Frensham	6	Brigidine College	6	Monte Sant' Angelo
7	Tara	7	St Vincent's College	7	Abbotsleigh
8	PLC Armidale	8	Loreto Kirribilli	8	St Catherine's School
9	Danebank School	9	Loreto Normanhurst	9	Roseville College

Event 12: 16 Years 800m

Record: 2:12.43, Anna Laman – MLC, 2011

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Danebank School	1	Loreto Normanhurst	1	Roseville College
2	NEGS	2	Queenwood	2	Kambala
3	St Scholastica's College	3	Wenona	3	Pymble Ladies' College
4	Kincoppal-Rose Bay	4	Stella Maris College	4	Meriden School
5	MLC School	5	Ascham School	5	PLC Sydney
6	Canberra Girls Grammar	6	SCEGGS Darlinghurst	6	Ravenswood
7	Frensham	7	Brigidine College	7	Monte Sant' Angelo
8	Tara	8	St Vincent's College	8	Abbotsleigh
9	PLC Armidale	9	Loreto Kirribilli	9	St Catherine's School

Event 13: 17 Years 800m

Record: 2:18.04, Imogen Gardiner – Pymble Ladies College, 2019

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	PLC Armidale	1	Loreto Kirribilli	1	St Catherine's School
2	Danebank School	2	Loreto Normanhurst	2	Roseville College
3	NEGS	3	Queenwood	3	Kambala
4	St Scholastica's College	4	Wenona	4	Pymble Ladies' College
5	Kincoppal-Rose Bay	5	Stella Maris College	5	Meriden School
6	MLC School	6	Ascham School	6	PLC Sydney
7	Canberra Girls Grammar	7	SCEGGS Darlinghurst	7	Ravenswood
8	Frensham	8	Brigidine College	8	Monte Sant' Angelo
9	Tara	9	St Vincent's College	9	Abbotsleigh

Event 14: 18-19 Years 800m

Record: 2:17.52, Sarah McDermott - Abbotsleigh, 2018

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Tara	1	St Vincent's College	1	Abbotsleigh
2	PLC Armidale	2	Loreto Kirribilli	2	St Catherine's School
3	Danebank School	3	Loreto Normanhurst	3	Roseville College
4	NEGS	4	Queenwood	4	Kambala
5	St Scholastica's College	5	Wenona	5	Pymble Ladies' College
6	Kincoppal-Rose Bay	6	Stella Maris College	6	Meriden School
7	MLC School	7	Ascham School	7	PLC Sydney
8	Canberra Girls Grammar	8	SCEGGS Darlinghurst	8	Ravenswood
9	Frensham	9	Brigidine College	9	Monte Sant' Angelo

Event 15: 12 years 200m

Jnr Record: 26.01, Erin Wilson – Tara, 1994

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Brigidine College	1	Monte Sant' Angelo
2	Tara	2	St Vincent's College	2	Abbotsleigh
3	PLC Armidale	3	Loreto Kirribilli	3	St Catherine's School
4	Danebank School	4	Loreto Normanhurst	4	Roseville College
5	NEGS	5	Queenwood	5	Kambala
6	St Scholastica's College	6	Wenona	6	Pymble Ladies' College
7	Kincoppal-Rose Bay	7	Stella Maris College	7	Meriden School
8	MLC School	8	Ascham School	8	PLC Sydney
9	Canberra Girls Grammar	9	SCEGGS Darlinghurst	9	Ravenswood

Event 16: 13 years 200m

Record: 25.34, Kristie Edwards – Pymble Ladies' College, 2013

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Canberra Girls Grammar	1	SCEGGS Darlinghurst	1	Ravenswood
2	Frensham	2	Brigidine College	2	Monte Sant' Angelo
3	Tara	3	St Vincent's College	3	Abbotsleigh
4	PLC Armidale	4	Loreto Kirribilli	4	St Catherine's School
5	Danebank School	5	Loreto Normanhurst	5	Roseville College
6	NEGS	6	Queenwood	6	Kambala
7	St Scholastica's College	7	Wenona	7	Pymble Ladies' College
8	Kincoppal-Rose Bay	8	Stella Maris College	8	Meriden School
9	MLC School	9	Ascham School	9	PLC Sydney

Event 17: 14 years 200m

Record: 25.11, Kristie Edwards – Pymble Ladies' College, 2014

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	MLC School	1	Ascham School	1	PLC Sydney
2	Canberra Girls Grammar	2	SCEGGS Darlinghurst	2	Ravenswood
3	Frensham	3	Brigidine College	3	Monte Sant' Angelo
4	Tara	4	St Vincent's College	4	Abbotsleigh
5	PLC Armidale	5	Loreto Kirribilli	5	St Catherine's School
6	Danebank School	6	Loreto Normanhurst	6	Roseville College
7	NEGS	7	Queenwood	7	Kambala
8	St Scholastica's College	8	Wenona	8	Pymble Ladies' College
9	Kincoppal-Rose Bay	9	Stella Maris College	9	Meriden School

Event 18: 15 years 200m

Record: 25.11, Sara Dougan – Monte Sant' Angelo, 2016

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Kincoppal-Rose Bay	1	Stella Maris College	1	Meriden School
2	MLC School	2	Ascham School	2	PLC Sydney
3	Canberra Girls Grammar	3	SCEGGS Darlinghurst	3	Ravenswood
4	Frensham	4	Brigidine College	4	Monte Sant' Angelo
5	Tara	5	St Vincent's College	5	Abbotsleigh
6	PLC Armidale	6	Loreto Kirribilli	6	St Catherine's School
7	Danebank School	7	Loreto Normanhurst	7	Roseville College
8	NEGS	8	Queenwood	8	Kambala
9	St Scholastica's College	9	Wenona	9	Pymble Ladies' College

Event 19: 16 years 200m

Record: 25.13, Charlotte Van Veenendaal – Pymble Ladies' College, 2003

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	St Scholastica's College	1	Wenona	1	Pymble Ladies' College
2	Kincoppal-Rose Bay	2	Stella Maris College	2	Meriden School
3	MLC School	3	Ascham School	3	PLC Sydney
4	Canberra Girls Grammar	4	SCEGGS Darlinghurst	4	Ravenswood
5	Frensham	5	Brigidine College	5	Monte Sant' Angelo
6	Tara	6	St Vincent's College	6	Abbotsleigh
7	PLC Armidale	7	Loreto Kirribilli	7	St Catherine's School
8	Danebank School	8	Loreto Normanhurst	8	Roseville College
9	NEGS	9	Queenwood	9	Kambala

Event 20: 17 years 200m

Record: 24.09, Olivia Tauro – Meriden, 2008

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	NEGS	1	Queenwood	1	Kambala
2	St Scholastica's College	2	Wenona	2	Pymble Ladies' College
3	Kincoppal-Rose Bay	3	Stella Maris College	3	Meriden School
4	MLC School	4	Ascham School	4	PLC Sydney
5	Canberra Girls Grammar	5	SCEGGS Darlinghurst	5	Ravenswood
6	Frensham	6	Brigidine College	6	Monte Sant' Angelo
7	Tara	7	St Vincent's College	7	Abbotsleigh
8	PLC Armidale	8	Loreto Kirribilli	8	St Catherine's School
9	Danebank School	9	Loreto Normanhurst	9	Roseville College

Event 21: 18 -19 years 200m

Record: 24.09, Olivia Tauro – Meriden, 2008

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Danebank School	1	Loreto Normanhurst	1	Roseville College
2	NEGS	2	Queenwood	2	Kambala
3	St Scholastica's College	3	Wenona	3	Pymble Ladies' College
4	Kincoppal-Rose Bay	4	Stella Maris College	4	Meriden School
5	MLC School	5	Ascham School	5	PLC Sydney
6	Canberra Girls Grammar	6	SCEGGS Darlinghurst	6	Ravenswood
7	Frensham	7	Brigidine College	7	Monte Sant' Angelo
8	Tara	8	St Vincent's College	8	Abbotsleigh
9	PLC Armidale	9	Loreto Kirribilli	9	St Catherine's School

Event 22: Junior 1500m Final

Record: 4:28.56, Abbey Rockliff – Pymble Ladies’ College, 2015

1	_____	10	_____	19	_____
2	_____	11	_____	20	_____
3	_____	12	_____	21	_____
4	_____	13	_____	22	_____
5	_____	14	_____	23	_____
6	_____	15	_____	24	_____
7	_____	16	_____	24	_____
8	_____	17	_____	26	_____
9	_____	18	_____	27	_____

Event 23: Intermediate 1500m Final

Record: 4:25.58, Catherine Miller – Pymble Ladies’ College, 2015

1	_____	10	_____	19	_____
2	_____	11	_____	20	_____
3	_____	12	_____	21	_____
4	_____	13	_____	22	_____
5	_____	14	_____	23	_____
6	_____	15	_____	24	_____
7	_____	16	_____	24	_____
8	_____	17	_____	26	_____
9	_____	18	_____	27	_____

Event 24: Senior 1500m Final

Record: 4:32.07, Lara Tamsett – Kincoppal Rose Bay, 2006

Pre 1992 4:27.9 (h), Suzie Walsham – Ravenswood, 1989

1	_____	10	_____	19	_____
2	_____	11	_____	20	_____
3	_____	12	_____	21	_____
4	_____	13	_____	22	_____
5	_____	14	_____	23	_____
6	_____	15	_____	24	_____
7	_____	16	_____	24	_____
8	_____	17	_____	26	_____
9	_____	18	_____	27	_____

Event 25: 12 Years 100m

Record: 13.26, Mia Hemsworth – Abbotsleigh, 2014

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	PLC Armidale	1	Loreto Kirribilli	1	St Catherine's School
2	Danebank School	2	Loreto Normanhurst	2	Roseville College
3	NEGS	3	Queenwood	3	Kambala
4	St Scholastica's College	4	Wenona	4	Pymble Ladies' College
5	Kincoppal-Rose Bay	5	Stella Maris College	5	Meriden School
6	MLC School	6	Ascham School	6	PLC Sydney
7	Canberra Girls Grammar	7	SCEGGS Darlinghurst	7	Ravenswood
8	Frensham	8	Brigidine College	8	Monte Sant' Angelo
9	Tara	9	St Vincent's College	9	Abbotsleigh

Event 26: 13 Years 100m

Record: 12.63, Kristie Edwards – Pymble Ladies' College, 2013

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Tara	1	St Vincent's College	1	Abbotsleigh
2	PLC Armidale	2	Loreto Kirribilli	2	St Catherine's School
3	Danebank School	3	Loreto Normanhurst	3	Roseville College
4	NEGS	4	Queenwood	4	Kambala
5	St Scholastica's College	5	Wenona	5	Pymble Ladies' College
6	Kincoppal-Rose Bay	6	Stella Maris College	6	Meriden School
7	MLC School	7	Ascham School	7	PLC Sydney
8	Canberra Girls Grammar	8	SCEGGS Darlinghurst	8	Ravenswood
9	Frensham	9	Brigidine College	9	Monte Sant' Angelo

Event 27: 14 Years 100m

Record: 12.3h, Sarah Thomson – Abbotsleigh, 2004

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Brigidine College	1	Monte Sant' Angelo
2	Tara	2	St Vincent's College	2	Abbotsleigh
3	PLC Armidale	3	Loreto Kirribilli	3	St Catherine's School
4	Danebank School	4	Loreto Normanhurst	4	Roseville College
5	NEGS	5	Queenwood	5	Kambala
6	St Scholastica's College	6	Wenona	6	Pymble Ladies' College
7	Kincoppal-Rose Bay	7	Stella Maris College	7	Meriden School
8	MLC School	8	Ascham School	8	PLC Sydney
9	Canberra Girls Grammar	9	SCEGGS Darlinghurst	9	Ravenswood

Event 28: 15 Years 100m

Record: 12.34, Charlotte Van Veenendaal – Pymble Ladies' College, 2003

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Canberra Girls Grammar	1	SCEGGS Darlinghurst	1	Ravenswood
2	Frensham	2	Brigidine College	2	Monte Sant' Angelo
3	Tara	3	St Vincent's College	3	Abbotsleigh
4	PLC Armidale	4	Loreto Kirribilli	4	St Catherine's School
5	Danebank School	5	Loreto Normanhurst	5	Roseville College
6	NEGS	6	Queenwood	6	Kambala
7	St Scholastica's College	7	Wenona	7	Pymble Ladies' College
8	Kincoppal-Rose Bay	8	Stella Maris College	8	Meriden School
9	MLC School	9	Ascham School	9	PLC Sydney

Event 29: 16 Years 100m

Record: 12.15, Maisie Stevens – Kincoppal Rose Bay, 2016

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	MLC School	1	Ascham School	1	PLC Sydney
2	Canberra Girls Grammar	2	SCEGGS Darlinghurst	2	Ravenswood
3	Frensham	3	Brigidine College	3	Monte Sant' Angelo
4	Tara	4	St Vincent's College	4	Abbotsleigh
5	PLC Armidale	5	Loreto Kirribilli	5	St Catherine's School
6	Danebank School	6	Loreto Normanhurst	6	Roseville College
7	NEGS	7	Queenwood	7	Kambala
8	St Scholastica's College	8	Wenona	8	Pymble Ladies' College
9	Kincoppal-Rose Bay	9	Stella Maris College	9	Meriden School

Event 30: 17 Years 100m

Record: 12.18, Christine Grover – Pymble Ladies' College, 1997

Equal 12.18, Katrina Hunt – Roseville College, 2013

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Kincoppal-Rose Bay	1	Stella Maris College	1	Meriden School
2	MLC School	2	Ascham School	2	PLC Sydney
3	Canberra Girls Grammar	3	SCEGGS Darlinghurst	3	Ravenswood
4	Frensham	4	Brigidine College	4	Monte Sant' Angelo
5	Tara	5	St Vincent's College	5	Abbotsleigh
6	PLC Armidale	6	Loreto Kirribilli	6	St Catherine's School
7	Danebank School	7	Loreto Normanhurst	7	Roseville College
8	NEGS	8	Queenwood	8	Kambala
9	St Scholastica's College	9	Wenona	9	Pymble Ladies' College

Event 31: 18 Years 100m

Record: 11.96, Olivia Tauro – Meriden, 2008

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	St Scholastica's College	1	Wenona	1	Pymble Ladies' College
2	Kincoppal-Rose Bay	2	Stella Maris College	2	Meriden School
3	MLC School	3	Ascham School	3	PLC Sydney
4	Canberra Girls Grammar	4	SCEGGS Darlinghurst	4	Ravenswood
5	Frensham	5	Brigidine College	5	Monte Sant' Angelo
6	Tara	6	St Vincent's College	6	Abbotsleigh
7	PLC Armidale	7	Loreto Kirribilli	7	St Catherine's School
8	Danebank School	8	Loreto Normanhurst	8	Roseville College
9	NEGS	9	Queenwood	9	Kambala

Event 32: Junior 4 x100m Relay

Record: 50.35, Meriden, 2022

Pre 1992 50.1 (h) Pymble Ladies' College, 1987

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	NEGS	1	Queenwood	1	Kambala
2	St Scholastica's College	2	Wenona	2	Pymble Ladies' College
3	Kincoppal-Rose Bay	3	Stella Maris College	3	Meriden School
4	MLC School	4	Ascham School	4	PLC Sydney
5	Canberra Girls Grammar	5	SCEGGS Darlinghurst	5	Ravenswood
6	Frensham	6	Brigidine College	6	Monte Sant' Angelo
7	Tara	7	St Vincent's College	7	Abbotsleigh
8	PLC Armidale	8	Loreto Kirribilli	8	St Catherine's School
9	Danebank School	9	Loreto Normanhurst	9	Roseville College

Event 33: Intermediate 4 x100m Relay

Record: 49.18, Monte Sant' Angelo, 2022

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Danebank School	1	Loreto Normanhurst	1	Roseville College
2	NEGS	2	Queenwood	2	Kambala
3	St Scholastica's College	3	Wenona	3	Pymble Ladies' College
4	Kincoppal-Rose Bay	4	Stella Maris College	4	Meriden School
5	MLC School	5	Ascham School	5	PLC Sydney
6	Canberra Girls Grammar	6	SCEGGS Darlinghurst	6	Ravenswood
7	Frensham	7	Brigidine College	7	Monte Sant' Angelo
8	Tara	8	St Vincent's College	8	Abbotsleigh
9	PLC Armidale	9	Loreto Kirribilli	9	St Catherine's School

Event 34: Senior 4 x 100m Relay

Record: 47.88, Pymble Ladies' College, 2022
 Pre 1992 47.8 (h), Pymble Ladies' College, 1984

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	PLC Armidale	1	Loreto Kirribilli	1	St Catherine's School
2	Danebank School	2	Loreto Normanhurst	2	Roseville College
3	NEGS	3	Queenwood	3	Kambala
4	St Scholastica's College	4	Wenona	4	Pymble Ladies' College
5	Kincoppal-Rose Bay	5	Stella Maris College	5	Meriden School
6	MLC School	6	Ascham School	6	PLC Sydney
7	Canberra Girls Grammar	7	SCEGGS Darlinghurst	7	Ravenswood
8	Frensham	8	Brigidine College	8	Monte Sant' Angelo
9	Tara	9	St Vincent's College	9	Abbotsleigh

Event 35: Junior 400m ** Timed Final

Record: 58.44, Milly Gage – PLC Sydney, 2022

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Tara	1	St Vincent's College	1	Abbotsleigh
2	PLC Armidale	2	Loreto Kirribilli	2	St Catherine's School
3	Danebank School	3	Loreto Normanhurst	3	Roseville College
4	NEGS	4	Queenwood	4	Kambala
5	St Scholastica's College	5	Wenona	5	Pymble Ladies' College
6	Kincoppal-Rose Bay	6	Stella Maris College	6	Meriden School
7	MLC School	7	Ascham School	7	PLC Sydney
8	Canberra Girls Grammar	8	SCEGGS Darlinghurst	8	Ravenswood
9	Frensham	9	Brigidine College	9	Monte Sant' Angelo

Event 36: Intermediate 400m ** Timed Final

Record: 57.69, Anna Laman – MLC, 2011

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Frensham	1	Brigidine College	1	Monte Sant' Angelo
2	Tara	2	St Vincent's College	2	Abbotsleigh
3	PLC Armidale	3	Loreto Kirribilli	3	St Catherine's School
4	Danebank School	4	Loreto Normanhurst	4	Roseville College
5	NEGS	5	Queenwood	5	Kambala
6	St Scholastica's College	6	Wenona	6	Pymble Ladies' College
7	Kincoppal-Rose Bay	7	Stella Maris College	7	Meriden School
8	MLC School	8	Ascham School	8	PLC Sydney
9	Canberra Girls Grammar	9	SCEGGS Darlinghurst	9	Ravenswood

Event 37: Senior 400m ** Timed Final

Record: 55.48, Olivia Tauro – Meriden, 2008

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	Canberra Girls Grammar	1	SCEGGS Darlinghurst	1	Ravenswood
2	Frensham	2	Brigidine College	2	Monte Sant' Angelo
3	Tara	3	St Vincent's College	3	Abbotsleigh
4	PLC Armidale	4	Loreto Kirribilli	4	St Catherine's School
5	Danebank School	5	Loreto Normanhurst	5	Roseville College
6	NEGS	6	Queenwood	6	Kambala
7	St Scholastica's College	7	Wenona	7	Pymble Ladies' College
8	Kincoppal-Rose Bay	8	Stella Maris College	8	Meriden School
9	MLC School	9	Ascham School	9	PLC Sydney

Event 38: Para Athlete Open 100m

Record: 29.63 (112.66%) Sarah Clifton-Bligh (TF32) - PLC Sydney, 2018

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	_____	1	_____	1	_____
2	_____	2	_____	2	_____
3	_____	3	_____	3	_____
4	_____	4	_____	4	_____
5	_____	5	_____	5	_____
6	_____	6	_____	6	_____
7	_____	7	_____	7	_____
8	_____	8	_____	8	_____
9	_____	9	_____	9	_____

Event 39: Para Athlete Open 200m

Record: 47.74 (146.08%) Sarah Clifton-Bligh (TF32) - PLC Sydney, 2018

Lane	Heat 1	Lane	Heat 2	Lane	Heat 3
1	_____	1	_____	1	_____
2	_____	2	_____	2	_____
3	_____	3	_____	3	_____
4	_____	4	_____	4	_____
5	_____	5	_____	5	_____
6	_____	6	_____	6	_____
7	_____	7	_____	7	_____
8	_____	8	_____	8	_____
9	_____	9	_____	9	_____

Field Events

Event 40: 12 years Long Jump

Record: 5.33m, Ellen Kershaw – SCEGGS, 2004

Event 41: 13 years Long Jump

Jnr Record: 5.33m, Ellen Kershaw – SCEGGS, 2004

Event 42: Junior Javelin (500g)

Record: 38.05m, Eilish Sheerin – Ascham, 2006

Event 43: Intermediate Discus (1kg)

Record: 44.35m, Kristina Moore – Abbotsleigh, 2015

Event 44: Senior High Jump

Record: 1.82m, Erin Shaw – Roseville, 2022

Event 45: 17 years Shot Put (3kg)

Snr Record: 14.73m, Emma Polikowski – Ravenswood, 2022

Event 46: 18 years Shot Put (4kg)

Record: 12.39m, Kristina Moore – Abbotsleigh, 2016

Event 47: Para Athlete Long Jump

Record: 2.34 (113.59%), Asha Gatland – Ravenswood, 2018

Event 48: 17 years Long Jump

Snr Record: 5.89m, Victoria Piggin – Abbotsleigh, 1992

Event 52: Senior Javelin (600g)

Record: 54.21m, Laura Cornford – MLC, 2006

Event 53: 16 years Shot Put (3kg)

Record: 14.55m, Kristina Moore – Abbotsleigh, 2015

Event 54: 12 years Shot Put (3kg)

Record: 12.74m, Alexandra Hulley – OLMC Parramatta, 2011

Event 55: 13 years Shot Put (3kg)

Record: 12.74m, Alexandra Hulley – OLMC Parramatta, 2011

Event 56: Para Athlete Shot Put (3kg)

Record: 10.02m (87.20%), Saskia Newman – Pymble Ladies' College, 2018

Event 57: Intermediate Javelin (500g)

Record: 55.49m, Mackenzie Little – Pymble Ladies' College, 2012

Event 58: Senior Discus (1kg)

Record: 44.75m Kristina Moore – Abbotsleigh, 2016

Event 59: 15 years Long Jump

Inter Record: 5.87m, Katrina Hunt – Roseville College, 2012

Event 60: 16 years Long Jump

Inter Record: 5.87m, Katrina Hunt – Roseville College, 2012

Event 61: 14 years Shot Put (3kg)

Record: 12.74m, Alexandra Hulley – OLMC Parramatta, 2011

Event 62: 15 years Shot Put (3kg)

Record: 13.91m, Kristina Moore – Abbotsleigh, 2014

Event 63: 14 years Long Jump

Record: 5.40m, Charlotte McGill – Kambala, 2016

Event 64: 18 years Long Jump

Record: 5.89m, Victoria Piggin – Abbotsleigh, 1992

Event 65: Para Athlete Discus (750gm)

Record: 4.34m (67.18%), Sarah Clifton-Bligh - PLC Sydney, 2018

Past Winners

	<i>Senior</i>	<i>Junior</i>		<i>Senior</i>	<i>Junior</i>
1922	Pymble	MLC Burwood	1945	MLC Burwood	MLC Burwood
1923	Normanhurst / Redlands		1946	Wenona	MLC Burwood
1924	Redlands	Normanhurst	1947	Pymble	
1925	Normanhurst / Pymble	Pymble	1948	Pymble	Pymble
1926	Redland	MLC Burwood	1949	Pymble	Pymble
1927	MLC Burwood	MLC Burwood	1950	Pymble	Pymble
1928	NOT HELD		1951	Ravenswood	Pymble
1929	Pymble	MLC Burwood	1952	Pymble	Ascham
1930	MLC Burwood	MLC Burwood	1953	Ascham	Pymble
1931	MLC Burwood	SCEGGS	1954	Ascham	MLC Burwood
1932	MLC Burwood	Wenona	1955	Ravenswood	MLC Burwood
1933	MLC Burwood	MLC Burwood	1956	MLC Burwood	MLC Burwood
1934	SCEGGS	SCEGGS	1957	Pymble	MLC Burwood
1935	MLC Burwood	MLC Burwood	1958	MLC Burwood	MLC Burwood
1936	SCEGGS	Kambala	1959	Abbotsleigh	Pymble
1937	MLC Burwood	Pymble	1960	MLC Burwood	Pymble
1938	Pymble	MLC Burwood	1961	Pymble	Abbotsleigh
1939	MLC Burwood	MLC Burwood	1962	Pymble	Abbotsleigh
1940	MLC Burwood	Wenona	1963	Pymble	Abbotsleigh
1941	Pymble	Pymble	1964	Abbotsleigh	Abbotsleigh
1942	NOT HELD		1965	Kambala	Pymble
1943	Pymble	MLC Burwood	1966	Abbotsleigh	Abbotsleigh
1944	MLC Burwood	Annesley			

	<i>Senior</i>	<i>Intermediate</i>	<i>Junior</i>	<i>Overall Champion School</i>
1967	Abbotsleigh	Abbotsleigh	Wenona	
1968	Abbotsleigh	Kambala / MLC Burwood	Abbotsleigh	
1969	Ascham	Wenona	Ascham	
1970	PLC Armidale	Abbotsleigh / Kambala	Abbotsleigh / Ascham	
1971	Abbotsleigh / PLC Armidale	Pymble	Abbotsleigh	
1972	Pymble	Abbotsleigh	Ravenswood	
1973	Kambala	Kambala	Ravenswood	
1974	Kambala	Ravenswood	Kambala / Ravenswood	
1975	Abbotsleigh	Ravenswood	Abbotsleigh	
1976	Kambala	Ravenswood	Abbotsleigh	
1977	Pymble	Kambala	MLC Burwood	
1978	Ravenswood	Queenwood	Pymble	
1979	Canberra Grammar	MLC Burwood	Pymble	
1980	Ravenswood	Pymble	Pymble	
1981	Pymble	Pymble	Pymble	
1982	Pymble	Pymble	Pymble	
1983	Pymble	Pymble	MLC Burwood	
1984	Pymble	NEGS	Pymble	
1985	Abbotsleigh	Pymble	Pymble	
1986	Pymble	Abbotsleigh / Pymble	Pymble	

	<i>Senior</i>	<i>Intermediate</i>	<i>Junior</i>	<i>Overall Champion School</i>
1987	Pymble	Abbotsleigh	Pymble	
1988	Pymble	Pymble	Pymble	
1989	Pymble	Pymble	Pymble	
1990	Pymble	Pymble	Pymble	Pymble
1991	Pymble	Abbotsleigh	PLC Sydney	Abbotsleigh
1992	Pymble	Pymble	Pymble	Pymble
1993	Abbotsleigh	Abbotsleigh	Pymble	Pymble
1994	Pymble	Pymble	Abbotsleigh / Tara	Pymble
1995	Abbotsleigh	Pymble	Pymble	Abbotsleigh
1996	Pymble	Pymble	Pymble	Pymble
1997	Abbotsleigh	Pymble	Pymble	Pymble
1998	Pymble	Pymble	PLC Sydney	Pymble
1999	Pymble	Pymble	Pymble	Pymble
2000	Pymble	PLC Sydney	Pymble	Pymble
2001	Abbotsleigh	Monte Sant' Angelo	Pymble	Abbotsleigh
2002	Abbotsleigh	Pymble	Abbotsleigh	Abbotsleigh / Pymble
2003	PLC Sydney	Pymble	Pymble	Pymble
2004	Pymble	Pymble	Abbotsleigh	Abbotsleigh
2005	Pymble	Abbotsleigh	Abbotsleigh	Abbotsleigh
2006	Pymble	Abbotsleigh	Abbotsleigh	Abbotsleigh
2007	Pymble	Abbotsleigh	PLC Sydney	Abbotsleigh
2008	Abbotsleigh	PLC Sydney	Pymble	Abbotsleigh
2009	Abbotsleigh	Ravenswood	PLC Sydney	PLC Sydney
2010	Pymble	Pymble	Pymble	Pymble
2011	Roseville	Pymble	Pymble	Pymble
2012	Pymble	Pymble	PLC Sydney	Pymble
2013	Pymble	Pymble	Pymble	Pymble
2014	Pymble	Abbotsleigh	Pymble	Abbotsleigh
2015	Abbotsleigh	Pymble	Pymble	Pymble
2016	Abbotsleigh	Pymble	Pymble	Pymble
2017	Pymble	Pymble	Pymble	Pymble
2018	Pymble	Pymble	Pymble	Pymble

	<i>Senior</i>	<i>Intermediate</i>	<i>Junior</i>	<i>Nicole Harris Shield</i>	<i>Melinda Gainsford Taylor Shield</i>	<i>Overall Champion School</i>
2019	Pymble	Pymble	Pymble	Pymble	Pymble	Pymble
2020	Not held due to COVID					
2021	Not held due to COVID					
2022	Pymble	Pymble	Meriden	Pymble	Pymble	Pymble