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| **C:\Users\mgriffiths25\Downloads\Engadine PSSA logo_CMYK.jpg** | **Engadine PSSA Athletics Carnival**  **Wednesday 21st August, 2019** | |
| **TRACK EVENTS** | | |
| **1500m - Timed Finals** | | |
| 1. Junior Boys 2. Junior Girls 3. 11 Year Boys | | 1. 11 Year Girls 2. Senior Boys 3. Senior Girls |
| **200m – Heats** | | |
| 1. Junior Boys 2. Junior Girls 3. 11 Year Boys | | 1. 11 Year Girls 2. Senior Boys 3. Senior Girls |
| **100m – Heats** | | |
| 1. 10 Year Boys 2. 10 Year Girls 3. 9 Year Boys 4. 9 Year Girls 5. 8 Year Boys 6. 8 Year Girls | | 1. 11 Year Boys 2. 11 Year Girls 3. 12 Year Boys 4. 12 Year Girls 5. 13 Year Boys 6. 13 Year Girls |
| **100m – Finals** | | |
| 1. 10 Year Boys 2. 10 Year Girls 3. 9 Year Boys 4. 9 Year Girls 5. 8 Year Boys 6. 8 Year Girls | | 1. 11 Year Boys 2. 11 Year Girls 3. 12 Year Boys 4. 12 Year Girls 5. 13 Year Boys 6. 13 Year Girls |
| **200m – Finals** | | |
| 1. Junior Boys 2. Junior Girls 3. 11 Year Boys | | 1. 11 Year Girls 2. Senior Boys 3. Senior Girls |
| **800m – Timed Finals** | | |
| 1. Junior Boys 2. Junior Girls 3. 11 Year Boys | | 1. 11 Year Girls 2. Senior Boys 3. Senior Girls |
| **4x100m Relays** | | |
| 1. Junior Boys 2. Junior Girls | | 1. Senior Boys 2. Senior Girls |

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| Please note: **Track events take priority**  If an athlete is called to a track event whilst competing in a field event, they should immediately go and compete in the track event before returning to their field event. If entered in multiple field events, it is best to register at those events early on and come back to complete them throughout the day. | | **C:\Users\mgriffiths25\Downloads\Engadine PSSA logo_CMYK.jpg** |
| **FIELD EVENTS** | | |
| **HIGH JUMP** | | |
| **BAG ONE**  ROTATION 1 - Junior boys ROTATION 2 - 11 year boys ROTATION 3 - Senior boys | **BAG TWO**  ROTATION 1 - Junior girls ROTATION 2 - 11 year girls ROTATION 3 - Senior girls | |
| **LONG JUMP** | | |
| **PIT ONE**  ROTATION 1 - Senior boys ROTATION 2 - Junior boys ROTATION 3 - 11 year boys | **PIT TWO**  ROTATION 1 - Senior girls ROTATION 2 - Junior girls ROTATION 3 - 11 year girls | |
| **DISCUS** | | |
| **FIELD ONE**  ROTATION 1 - Junior boys ROTATION 2 - 11 year boys ROTATION 3 - Senior boys | **FIELD TWO**  ROTATION 1 - Junior girls ROTATION 2 - 11 year girls ROTATION 3 - Senior girls | |
| **SHOT PUT** | | |
| **FIELD ONE**  ROTATION 1 - 11 year boys ROTATION 2 - Senior boys  ROTATION 3 - Junior boys | **FIELD TWO**  ROTATION 1 - 11 year girls ROTATION 2 - Senior girls  ROTATION 3 - Junior girls | |
| **Approximate Times**  \*Please note these times are a *guide only* and are subject to change at the discretion of the convener | | |
| **Start at 8:15am**  200m heats **9:00am**  100m heats **10:00am**  *BREAK* **11:10am**  100m finals **11:30am** | 200m finals **12:00pm**  *BREAK* **12:15pm**  800m **12:30pm**  Relays **1:30pm**  **Conclude by 2:00pm** | |

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|  | | | | | | | | | | | **ENGADINE PSSA RECORDS** |
| **ENGADINE ZONE PSSA RECORDS** | | | | | | | | | |  |
| **BOYS** | | | | | **GIRLS** | | | | |
| **EVENT** | **NAME** | **SCHOOL** | **REC** | **YR** | **EVENT** | **NAME** | **SCHOOL** | **REC** | **YR** |
| **8yr 100m** | S Raucava | Lucas Hts | 14:63 | 2002 | **8yr 100m** | J Guy | Bangor | 15:70 | 2002 |
| **9yr 100m** | R Boers | Illawong | 14:14 | 1998 | **9yr 100m** | J Bannister | Lucas Hts | 14:45 | 2002 |
| **10yr 100m** | M Anderson | Loftus | 13:63 | 1990 | **10yr 100m** | J Bannister | Lucas Hts | 13:97 | 2003 |
| **11yr 100m** | C Handley | Eng West | 12:99 | 1985 | **11yr 100m** | J Sell | Engadine | 13:66 | 1998 |
| **12yr 100m** | P Cassidy | Bangor | 12:98 | 1995 | **12yr 100m** | J Bannister | Lucas Hts | 13:12 | 2005 |
| **13yr 100m** | L Miller | H’burgh | 14.90 | 2002 | **13yr 100m** | A Stevens | Woronora | 14.99 | 1981 |
| **Jnr 200m** | A Heath | Menai | 28:72 | 1998 | **Jnr 200m** | J Bannister | Lucas Hts | 29:28 | 2003 |
| **11yr 200m** | A Heath | Menai | 27:09 | 1999 | **11yr 200m** | J Bannister | Lucas Hts | 27:50 | 2004 |
| **Snr 200m** | R Edmonds | Menai | 27:42 | 2001 | **Snr 200m** | J Bannister | Lucas Hts | 26:73 | 2005 |
| **Jun 800m** | C Barter | Marton | 2:26:00 | 1981 | **Jun 800m** | K Fraser | Engadine | 2:36:62 | 1981 |
| **11yr 800m** | N Meakin | Eng West | 2:28:58 | 2015 | **11yr 800m** | S Drysdale | H’burgh | 2:41:09 | 1999 |
| **Snr 800m** | P Coles-Sinclair | Tharawal | 2:22:26 | 2008 | **Snr 800m** | S Ladwell | Loftus | 2:32:68 | 1988 |
| **Jnr Relay** |  | Menai | 57:87 | 1998 | **Jnr Relay** |  | Marton | 1:01.27 | 2013 |
| **Snr Relay** |  | Engadine | 54:91 | 1983 | **Snr Relay** |  | Lucas Hts | 56:81 | 2006 |
| **Jnr Long** | G Buchannan | Bangor | 4.40m | 1992 | **Jnr Long** | B Salzmann | Lucas Hts | 4.46m | 2009 |
| **11yr Long** | C Best | Engadine | 4.82m | 1989 | **11yr Long** | B Salzmann | Lucas Hts | 4.29m | 2010 |
| **Snr Long** | M Armstrong | Eng West | 4.78m | 2016 | **Snr Long** | H McKinlay | Eng West | 4.45m | 2016 |
| **Jnr High** | J Lawrence | Menai | 1.40m | 2000 | **Jnr High** | B Salzmann | Lucas Hts | 1.42m | 2009 |
| **11yr High** | T Potin | Illawong | 1.56m | 2007 | **11yr High** | C.Lumb | Marton | 1.42m | 2016 |
| **Snr High** | J Lawrence | Menai | 1.55m | 2002 | **Snr High** | M Boyling | Tharawal | 1.53m | 2011 |
| **Jnr Shot** | J Nisbet | Eng West | 9.81m | 2019 | **Jnr Shot** | V Cali | Y’warrah | 8.14m | 1988 |
| **11yr Shot** | M McGrath | Illawong | 11.63m | 1989 | **11yr Shot** | K Rogers | Heathcote | 9.61m | 1999 |
| **Snr Shot** | M McGrath | Illawong | 11.97m | 1990 | **Snr Shot** | M Burns | Eng West | 8.10m | 1990 |
| **Jnr Discus** | M Burton | Eng West | 34.94m | 2007 | **Jnr Discus** | B Williams | Menai | 28.46m | 2017 |
| **11yr Discus** | A Wood | Y’warrah | 26.23m | 1998 | **11yr Discus** | B Williams | Menai | 24.71m | 2018 |
| **Snr Discus** | D Small | Lucas Hts | 29.70m | 1997 | **Snr Discus** | A Ankudinoff | Menai | 23.88m | 2002 |
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**Zone Athletics Carnival**

**2019**