



NORTH MET CHRISTIAN SCHOOLS PRIMARY ZONE ATHLETICS CARNIVAL

WEDNESDAY 14 AUGUST

2.10PM-7.30PM

SYDNEY OLYMPIC PARK
ATHLETIC CENTRE, HOMEBUSH
WARM UP ARENA

PARTICIPATING SCHOOLS

Covenant Christian School
Northcross Christian School
Northern Beaches Christian School
Oxford Falls Grammar School
Pacific Berowra Christian School
Pacific Hills Christian School
Wahroonga Adventist School

HOST SCHOOL: Covenant Christian School

ORGANISER: Tanya Hammond

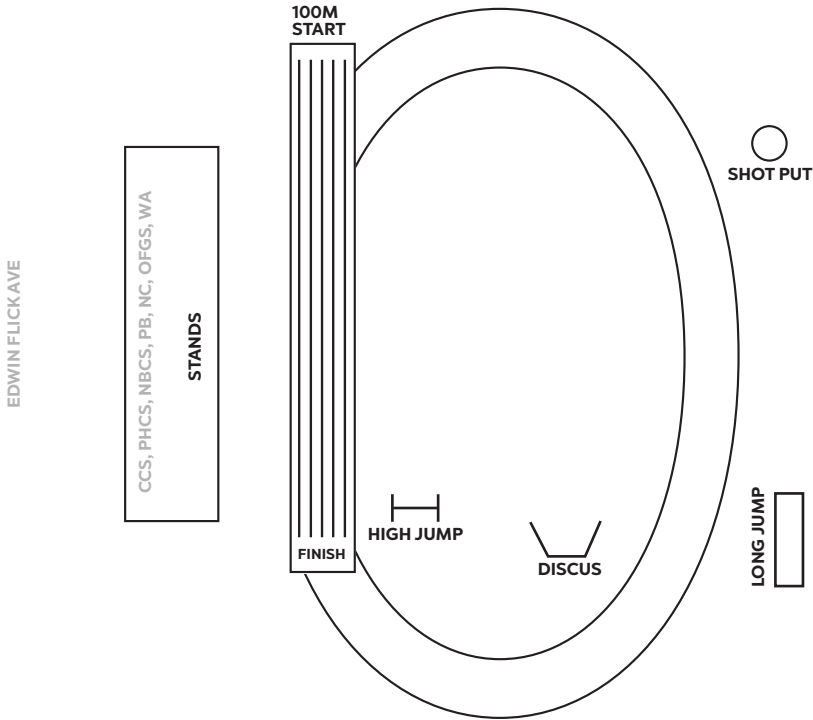
2.00pm - Warm up

TIME	EVENT	AGE	GIRLS	EVENT	AGE	BOYS
2.20pm	Opening Prayer					
2.30pm	01	8-10	800m	05	8-10	Discus
	02	11	800m	06	MC	Discus
	03	12-13	800m	07	11	Long Jump
	04	MC	800m	08	12-13	Shot Put
3.00pm	13	8-10	Discus	09	8-10	800m
	14	MC	Discus	10	11	800m
	15	11	Long Jump	11	12-13	800m
	16	12-13	Shot Put	12	MC	800m
3.30pm	17	8	100m	23	8-10	Long Jump
	18	9	100m	24	MC	Long Jump
	19	10	100m	25	11	Shot Put
	20	11	100m	26	12-13	High Jump
	21	12-13	100m			
	22	MC	100m			
4.00pm	33	8-10	Long Jump	27	8	100m
	34	MC	Long Jump	28	9	100m
	35	11	Shot Put	29	10	100m
	36	12-13	High Jump	30	11	100m
				31	12-13	100m
				32	MC	100m
4.30pm	37	8	200m	43	8-10	Shot Put
	38	9	200m	44	MC	Shot Put
	39	10	200m	45	11	High Jump
	40	11	200m	46	12-13	Discus
	41	12-13	200m			
	42	MC	200m			
5.00pm	53	8-10	Shot Put	47	8	200m
	54	MC	Shot Put	48	9	200m
	55	11	High Jump	49	10	200m
	56	12-13	Discus	50	11	200m
				51	12-13	200m
				52	MC	200m

TIME	EVENT	AGE	GIRLS	EVENT	AGE	BOYS
5.30pm	73	8-10	1500m	62	8-10	High Jump
	81	11	1500m	63	11	Discus
	83	12-13	1500m	64	12-13	Long Jump
6.00pm	70	8-10	High Jump	75	8-10	1500m
	71	11	Discus	82	11	1500m
	72	12-13	Long Jump	84	12-13	1500m
6.45pm	77	8-10	4x100m Jnr Relay			
				78	11-13	4 x 100m Jnr Relay
	79	8-10	4x100m Snr Relay			
				80	11-13	4 x 100m Snr Relay
7.15pm	Pack up & Finish					

SOPAC WARM UP ARENA

SHANE GOULD AVE



RECORDS

GIRLS				BOYS			
800m				800m			
8-10	H. Owers - NBCS	2022	2:40.85	8-10	H. Stewart - PHCS	2005	2:30.24
11	A. Mason - NBCS	2003	2:38.06	11	B. McInnes - PHCS	2004	2:30.14
12-13	K. Dixon - PHCS	2014	2:35.77	12-13	N. Longster - NBCS	2022	2:24.05
MC	S. Amerongen - PHCS	2017	3:16.16	MC	J. Middleton - CCS	2023	2:49.73
100m				100m			
8	E. Crawford - PHCS	2013	15.48	8	C. Sawley - PHCS	1997	14.96
9	E. Crawford - PHCS	2014	14.34	9	C. Sawley - PHCS	1998	14.44
10	E. Crawford - PHCS	2015	13.95	10	K. Foley - OFGS	1997	13.94
11	T. Forrest - CCS	1990	13.73	11	A. Keller - PHCS	2019	13.43
12-13	E. Crawford - PHCS	2017	13.11	12-13	J. Paek - NBCS	1996	12.80
MC	I. Weir - OFGS	2018	17.49	MC	J. Middleton - CCS	2023	15.63
200m				200m			
8	E. Crawford - PHCS	2013	32.53	8	C. Sawley - PHCS	1997	31.86
9	C. Phillips - NBCS	2014	30.73	9	T. Cotton - OFGS	1996	30.05
10	E. Crawford - PHCS	2015	29.39	10	E. Clothier - PBCS	2004	29.07
11	E. Crawford - PHCS	2016	28.58	11	A. Keller - PHCS	2019	27.80
12-13	S. Dale - CCS	2019	28.11	12-13	J. Paek - NBCS	2007	26.62
MC	I. Weir - OFGS	2018	39.48	MC	J. Middleton - CCS	2023	32.94
1500m				1500m			
8-10	H. Owers - NBCS	2022	5:25.65	8-10	N.Gong - Northcross	2023	5:37.25
11	H. Owers - NBCS	2023	5:29.85	11	A. Hendry - OFGS	2019	5:32.70
Open	A. Mason - NBCS	2003	5:17.31	Open	L. McFadzean - NBCS	2018	5:07.69
4x100m				4x100m			
Jnr	NBCS	2013	1:02.02	Jnr	CCS	2017	1:00.41
Snr	CCS	2019	57.72	Snr	OFGS	2009	55.99
Discus				Discus			
8-10	T. Hazlewood - PBCS	2009	27.53m	8-10	T. Davis - Loquat Valley	2005	32.48m
11	T. Hazlewood - PBCS	2010	27.80m	11	E. Pallister - Northcross	2019	34.36m
12-13	M. Bastian - OFGS	2016	24.86m	12-13	Z. Fitler - OFGS	2018	33.53m
MC	H. Saunders - NBCS	2015	13.03m	MC	B. Gulliford - CCS	2014	17.36m
High Jump				High Jump			
8-10	T. Olthof - CCS	1994	1.25m	8-10	M. Alcock - OFGS	2005	1.43m
11	E. Surron - OFGS	2014	1.41m	11	E. Roxford - OFGS	2017	1.47m
12-13	M. Searle - OFGS	1998	1.48m	12-13	L.Locke - NBCS	2023	1.50m
Long Jump				Long Jump			
8-10	C. Phillips - NBCS	2015	3.99m	8-10	J. Twells - CCS	2018	4.33m
11	C. Phillips - NBCS	2016	4.40m	11	J. Twells - CCS	2019	4.49m
12-13	C. Wiston-Booth - NBCS	2014	4.65m	12-13	R. Marshall - Loquat Valley	2014	4.61m
MC	S. Amerongen - PHCS	2017	2.60m	MC	J. Middleton - CCS	2023	3.54m
Shot Put				Shot Put			
8-10	T. Hazlewood - PBCS	2009	8.40m	8-10	G. Rees - OFGS	2009	10.02m
11	A Darby - PHCS	2022	10.15m	11	D.Kim - Northcross	2023	10.65m
12-13	T. Murphy - Redeemer	1988	9.29m	12-13	S. Adams - OFGS	1991	11.05m
MC	I. Weir - OFGS	2018	4.17m	MC	J. Middleton - CCS	2023	6.97m