



## GRAND PRIX CARNIVAL

Sunday 29<sup>th</sup> October 2023

Welcome to all competitors, officials, parents and visitors.

**First call will be at 8.45am for a 9am start. 8:40am APLAC team photo**  
**Please listen carefully for your event to be called. Events may be called out of order.**

Eftpos is available for canteen & BBQ

Competitors for all **field and track events** are asked to report directly to their competition or starting area.

Albion Park Little Athletics Committee would like to thank all volunteers for their assistance.  
Good luck to all competitors today and most importantly enjoy yourself and have fun!

Stay up to date with any changes by following our Facebook page.



# Bendigo Bank

## TRACK EVENTS (Feature events, MSC Grand Prix events)

T1	<b>U11</b>	<b>1500m</b>	T26	<b>U6</b>	<b><u>200m</u></b>
T2	<b>U12</b>	<b>1500m</b>	T27	<b>U7</b>	<b>200m</b>
T3	<b>U13</b>	<b>1500m</b>	T28	U8	200m
T4	<b>U14</b>	<b>1500m</b>	T29	U11	200m
T5	<b>U15</b>	<b>1500m</b>	T30	<b>U12</b>	<b>200m</b>
T6	<b>U17</b>	<b><u>1500m</u></b>	T31	U15	200m
T7	Tiny Tots	70m	T32	U17	200m
T8	<b>U8</b>	<b><u>70m</u></b>	T33	U9	200m
T9	U10	70m	T34	Multiclass	200m
T10	U6	70m	T35	U13	200m
T11	U7	70m	T36	<b>U14</b>	<b>200m</b>
T12	U9	70m	T37	<b>U8</b>	<b>700m</b>
T13	<b>U11</b>	<b>100m</b>	T38	<b>U7</b>	<b>500m</b>
T14	U12	100m	T39	U6	300m
T15	<b>U13</b>	<b>100m</b>	T40	Multiclass	400m
T16	U14	100m	T41	U10	400m
T17	<b>U15</b>	<b><u>100m</u></b>	T42	<b>U11</b>	<b><u>400m</u></b>
T18	<b>U17</b>	<b>100m</b>	T43	U12	400m
T19	<i>Multiclass</i>	<b><u>100m</u></b>	T44	U15	400m
T20	U8	100m	T45	U17	400m
T21	U9	100m	T46	<b>U9</b>	<b><u>800m</u></b>
T22	U7	100m	T47	U13	800m
T23	U6	100m	T48	U14	800m
T24	U10	100m	T49	U10	800m
T25	Tiny Tots	60m	T50	Multiclass	800m

The logo for Coles, featuring the word "coles" in a bold, red, lowercase sans-serif font. The letter "o" is significantly larger than the other letters, and the "e" has a distinctive shape with a horizontal bar.

## FIELD EVENTS (Feature events, MSC Grand Prix events)

F1	Tiny Tots	Shot Put	F19	<b>U11</b>	<b>High Jump</b>
F2	Multiclass	Discus	F20	U15	Long Jump
F3	U6	Long Jump	F21	U17	Long Jump
F4	<i>U7</i>	<u>Long Jump</u>	F22	U14	Discus
F5	U8	Discus	F23	<i>U13</i>	<u>Shot Put</u>
F6	<b>U9</b>	<b>High Jump</b>	F24	Multiclass	Shot Put
F7	U15	Shot Put	F25	<b>U15</b>	<b>High Jump</b>
F8	U17	Discus	F26	<b>U17</b>	<b>High Jump</b>
F9	<b>U14</b>	<u>Triple Jump</u>	F27	Tiny Tots	Long Jump
F10	<b>U12</b>	<b>Long Jump</b>	F28	U7	Discus
F11	<b>U6</b>	<b>Shot Put</b>	F29	<b>U14</b>	<b>Long Jump</b>
F12	U11	Discus	F30	<b>U10</b>	<b>Long Jump</b>
F13	<b>U10</b>	<u>High Jump</u>	F31	<b>U13</b>	<b>High Jump</b>
F14	<b>U8</b>	<b>Long Jump</b>	F32	U9	Shot Put
F15	U13	Triple Jump	F33	<i>U12</i>	<u>Discus</u>
F16	Multiclass	Long Jump	F34	U11	Javelin
F17	U12	Shot Put	F35	Tiny Tots	Obstacle
F18	Tiny Tot	Discus	F36	U10	Discus



Keycraft

## GIRLS RECORDS

Age	Event	Record Holder	Club	Record	Date
U6	70m	Chelsy Wayne	Wollongong	13.57	27/10/13
	100m	Jasmine Wheeler	St Georges Basin	20.24	16/10/14
	200m	Shenay Edwards	Albion Park	43.55	10/12/06
	300m	Shenay Edwards	Albion Park	1.09.84	10/12/06
	Long Jump	Madison Sandstrom	Shoalhaven	2.54m	20/02/22
	Shot Put	Mckenzie Harding	Kiama	4.36m	20/02/22
U7	70m	Casey-Lee Bedford	Lake Illawarra	12.47	11/12/05
	100m	Casey-Lee Bedford	Lake Illawarra	17.61	11/12/05
	200m	Harlow Pate	Douglas Park	38.87	13/12/20
	500m	Rachel Burnett	Dapto	1.55.27	10/12/05
	Long Jump	Janita Faoagali	Campbelltown	2.89m	11/12/05
	Discus	Hollie Rawin-Genrle	Lake Illawarra	15.57m	09/12/07
U8	70m	Delta Amidzovski	Albion Park	11.33	27/10/13
	100m	Harlow Pate	Wollongong	16.09	20/02/22
	200m	Harlow Pate	Wollongong	34.20	20/02/22
	700m	Sherryn Mikollef	Wollondilly	2.39.64	11/12/05
	Long Jump	Harlow Pate	Wollongong	3.52m	20/02/22
	Discus	Katrina Shaw	Doonside	17.25m	11/12/05
U9	70m	Harlow Pate	Wollongong	10.48	30/10/22
	100m	Harlow Pate	Wollongong	14.83	30/10/22
	200m	Harlow Pate	Wollongong	31.08	30/10/22
	800m	Ayla York	Albion Park	2.51.91	20/02/22
	Shot Put	Susie Seitaridis	Lake Illawarra	6.37m	10/12/06
	High Jump	Katrina Shaw	Doonside	1.24m	10/12/06
U10	70m	Kiara White	Albion Park	10.55	25/10/09
	100m	Chelsea Ezeoke	Albion Park	14.96	25/10/15
	400m	Shenay Edwards	Albion Park	1.10.64	10/10/10
	800m	Airlie Stevens	Shoalhaven	2.48.07	13/12/20
	1500m	Jessica Chinnock	Wollongong	5.37.61	10/10/10
	Discus	Tania Fassolis	Mt Prichard	29.89m	11/12/05
	High Jump	Larni Cowgill	Kiama	1.29m	30/11/03
	Long Jump	Chloe Docker	Wollongong	4.16m	09/12/07
U11	100m	Talissa Scott	Lake Illawarra	14.14	30/11/03
	200m	Rebecca Mounsey	Albion Park	30.10	30/11/03
	400m	Paige Fenech	Albion Park	1.04.44	30/11/03
	1500m	Chelsea Nicol	Albion Park	5.26.24	13/12/20
	Discus	Myra Betts	Shoalhaven	27.93m	13/12/20
	Turbo Javelin	Rebecca Mounsey	Albion Park	19.84m	30/11/03
	High Jump	Talissa Scott	Lake Illawarra	1.42m	30/11/03

## GIRLS RECORDS cont...

Age	Event	Record Holder	Club	Record	Date
U12	100m	Chloe Docker	Albion Park	13.37	25/10/09
	200m	Chelsea Ezeoke	Wollongong	27.47	22/10/17
	400m	Chelsea Ezeoke	Wollongong	1.03.15	22/10/17
	1500m	Jessica Hull	Albion Park	5.15.36	26/10/08
	Long Jump	Chloe Docker	Albion Park	5.00m	25/10/09
	Shot Put	Chelsea Ezeoke	Wollongong	12.47m	22/10/17
	Discus	Chelsea Ezeoke	Wollongong	30.11m	22/10/17
U13	100m	Amanda Oswald	Dapto	13.32	30/11/03
	200m	Chelsea Ezeoke	Albion Park	26.86	28/10/18
	800m	Chelsea Nicol	Albion Park	2.35.55	30/10/22
	1500m	Cheyenne Murray	Milton Ulladulla	5.05.16	13/12/20
	Shot Put	Chelsea Ezeoke	Albion Park	12.64m	28/12/18
	Triple Jump	Janaya Zivkovic	Lake Illawarra	10.37m	12/12/04
	High Jump	Rowen Turvey	Albion Park	1.50m	26/10/08
U14	100m	Chelsea Ezeoke	Albion Park	12.37	27/10/19
	200m	Chelsea Ezeoke	Albion Park	27.10	27/10/19
	800m	Tayissa Buchanan	Albion Park	2.27.60	27/10/19
	1500m	Tayissa Buchanan	Albion Park	5.14.59	27/10/19
	Long Jump	Chelsea Ezeoke	Albion Park	5.04m	27/10/19
	Triple Jump	Janaya Zivkovic	Kiama	10.24m	11/12/05
	Discus	Emily Debrot	Albion Park	32.24m	09/12/07
U15	100m	Caiti Takacs	Lake Illawarra	13.38	11/12/05
	200m	Mikayla Check	Shoalhaven	28.08	25/10/15
	400m	Sian Mowbray	Albion Park	1.00.96	30/11/03
	1500m	Tayissa Buchanan	Albion Park	4.58.26	13/12/20
	Long Jump	Caiti Takacs	Lake Illawarra	5.09m	11/12/05
	Shot Put	Chelsea Ezeoke	Albion Park	11.84m	27/10/19
	High Jump	Celeste Sulerzyski	Albion Park	1.50m	27/10/13
U17	100m	Kailee Moore	Albion Park	12.38	27/10/19
	200m	Kiara White	Albion Park	26.29	25/10/15
	400m	Erin Dalley	Albion Park	1.06.01	26/10/14
	1500m	Karlie Gentles	Albion Park	5.29.26	22/10/17
	Long Jump	Destiny McGoon	Campbelltown	5.43m	13/12/20
	High Jump	Jada Schillert	Lake Illawarra	1.42m	13/12/20
	Discus	Talea Miller	Shoalhaven	31.21m	13/12/20

# KELLY + PARTNERS

C H A R T E R E D   A C C O U N T A N T S

## BOYS RECORDS

Age	Event	Record Holder	Club	Record	Date
U6	70m	Kyle Attard	Lake Illawarra	12.67	11/12/05
	100m	Kyle Attard	Lake Illawarra	18.29	11/12/05
	200m	Kyle Attard	Lake Illawarra	39.91	11/12/05
	300m	Mitchell Potts	Albion Park	1.04.96	10/12/06
	Shot Put	Braylen Bennett	Eschol Park	6.15m	20/02/22
	Long Jump	Kieran Potts	Albion Park	2.88m	25/10/09
U7	70m	Mitchell Potts	Albion Park	11.86	09/12/07
	100m	Mitchell Potts	Albion Park	16.98	09/12/07
	200m	Mitchell Potts	Albion Park	35.52	09/12/07
	500m	Mitchell Potts	Albion Park	1.43.43	09/12/07
	Long Jump	Braxton Bell	Albion Park	3.21m	13/12/20
	Discus	Connar Grozde	Albion Park	19.65m	11/12/05
U8	70m	Ashton Moran	Albion Park	10.13	25/10/15
	100m	Kalvin Bown	St Georges Basin	16.01	27/10/13
	200m	Lachlan Chappell	South Eastern	34.41	13/12/20
	700m	Mitchell Potts	Albion Park	2.26.28	26/10/08
	Long Jump	Kalvin Bown	St Georges Basin	3.80m	27/10/13
	Discus	Lachlan Campbell	South Eastern	25.71m	13/12/20
U9	70m	Kalvin Bown	St Georges Basin	10.54	26/10/14
	100m	Mitchell Potts	Albion Park	15.21	25/10/09
	200m	Kalani Vella	Albion Park	31.63	26/10/14
	800m	Lucas Gill-Gomes	Albion Park	2.43.82	20/02/22
	Shot Put	Luke Debrot	Albion Park	7.55m	09/12/07
	High Jump	Mathew Murphy	Albion Park	1.18m	27/10/13
U10	70m	Jett Link	Wollongong	10.26	27/10/13
	100m	Joshua Bingham	Lake Illawarra	14.81	12/12/04
	400m	Jake Stein	Warradale	1.09.88	30/11/03
	800m	Khalil Ogle	Canterbury	2.39.02	13/12/20
	1500m	Jack Mc Clatchie	Wollongong	5.21.16	25/10/15
	Discus	Dominic Ryan	Prospect	32.22	27/10/19
	High Jump	Jake Stein	Warradale	1.40m	30/11/03
	Long Jump	Jett Link	Wollongong	4.47m	27/10/13
U11	100m	Luke Watts	Albion Park	13.58	09/12/07
	200m	Tristan Brazulaitis	Albion Park	28.99	10/10/10
	400m	Tristan Brazulaitis	Albion Park	1.06.49	10/10/10
	1500m	Josh Windsor	Hills	5.13.71	09/12/07
	Discus	Dominic Ryan	Prospect	35.08m	13/12/20
	High Jump	Nicolas Horton	Dapto	1.40m	10/10/10
	Javelin	Archer Todd	Gosford	31.81m	20/02/22

## BOYS RECORDS cont...

<b>Age</b>	<b>Event</b>	<b>Record Holder</b>	<b>Club</b>	<b>Record</b>	<b>Date</b>
U12	100m	Alan Nuislesa	Werrington	13.38	11/12/05
	200m	Caine Trindall	St Georges Basin	27.76	11/12/05
	400m	Adam Gilbert	Albion Park	1.02.83	11/12/05
	1500m	Jacob Poole	Revesby	5.01.24	13/12/20
	Long Jump	Kevin Orgaz	St Georges Basin	5.30m	30/11/03
	Shot Put	Beau Lidbetter	Lake Illawarra	10.56m	30/10/22
	Turbo Javelin	Cody White	Albion Park	23.06m	25/10/09
	Discus	Trey Barlow	Albion Park	31.96m	26/10/14
U13	100m	Kevin Orgaz	St Georges Basin	13.28	12/12/04
	200m	Zac Havadjia	Shoalhaven	26.64	30/10/11
	800m	Adam Gilbert	Albion Park	2.31.36	10/12/06
	1500m	Gareth Ryan	Albion Park	5.12.40	11/12/05
	Shot Put	Luke Debrot	Albion Park	10.86	30/10/11
	Triple Jump	Kevin Orgaz	St Georges Basin	11.24m	12/12/04
	High Jump	Jake Ralling	Albion Park	1.67m	30/10/11
U14	100m	Lucas Campbell	Albion Park	12.74	27/10/19
	200m	Kevin Orgaz	St Georges Basin	25.80	11/12/05
	800m	Luke Hunter	Albion Park	2.24.82	27/10/13
	1500m	Malakye Williams	Dapto	4.50.57	30/10/22
	Triple Jump	Kevin Orgaz	St Georges Basin	11.97m	11/12/05
	Long Jump	Kevin Orgaz	St Georges Basin	5.63m	11/12/05
	Discus	Jett Preston	Albion Park	35.43m	27/10/13
U15	100m	Josh Prem	Albion Park	11.94	26/10/08
	200m	Brodie Lesson	Albion Park	24.55	25/10/09
	400m	Gareth Ryan	Albion Park	55.03	09/12/07
	1500m	Macleay Kesby	Albion Park	4.39.45	20/02/22
	High Jump	Jai Shumack	Albion Park	1.78m	25/10/15
	Long Jump	Lucas Campbell	Albion Park	5.76m	13/12/20
	Shot Put	Tsar Mandavy	St Georges Basin	12.14m	27/10/19
U17	100m	Gabriel Bickel	Wollongong	11.59	28/10/18
	200m	Gabriel Bickel	Wollongong	23.92	28/10/18
	400m	Gabriel Bickel	Wollongong	55.05	28/10/18
	1500m	Jordan Heywood	Albion Park	4.31.59	22/10/17
	High Jump	Nicholas Horton	Dapto	1.95m	25/10/15
	Long Jump	Nicholas Horton	Dapto	6.02m	25/10/15
	Discus	Tsar Mandavy	St Georges Basin	33.41m	13/12/20
	Shot Put	Hayden Rodda	Shoalhaven	8.22m	30/10/11

# FEATURE EVENTS

Note: Please note that feature events are subject to change yearly.

Under 6 Girls and Boys	200m
Under 7 Girls and Boys	Long Jump
Under 8 Girls and Boys	70m
Under 9 Girls and Boys	800m
Under 10 Girls and Boys	High Jump
Under 11 Girls and Boys	400m
Under 12 Girls and Boys	Discus
Under 13 Girls and Boys	Shot Put
Under 14 Girls and Boys	Triple Jump
Under 15 Girls and Boys	100m
Under 17 Girls and Boys	1500m
Multiclass Girls and Boys	100m

## MID SOUTH COAST GRAND PRIX EVENTS

U/6	200m		Shot Put	
U/7	200m		500m	
U/8	700m		Long Jump	
U/9	800m		High Jump	
U/10	High Jump		Long Jump	
U/11	100m	400m	1500m	High Jump
U/12	200m	Long Jump	1500m	
U/13	100m	High Jump	1500m	
U/14	200m	Triple Jump	1500m	Long Jump
U/15	100m	High Jump	1500m	
U/17	100m	High Jump	1500m	