

2026 NSW CIS SECONDARY ATHLETICS CHAMPIONSHIPS - 22/09/2026
NSWCIS - Records

1	Girls 12 80 Metre Hurdles	12.88	2014	Mia Hemsworth	Abbotsleigh
2	Boys 12 80 Metre Hurdles	12.88	22/09/2026	Tadhg Crowley	St Pius X
3	Girls 13 80 Metre Hurdles	12.7	2015	Julia Vignes	Pymble Ladies College
4	Boys 13 90 Metre Hurdles	13.07	2016	James Park	Trinity Grammar
5	Girls 14 90 Metre Hurdles	12.65	2016	Mia Hemsworth	Abbotsleigh
6	Girls 15 90 Metre Hurdles	13.1	2016	Emily Britton	Ravenswood
7	Girls 16 100 Metre Hurdles	14.22	2012	Katrina Hunt	Roseville College
8	Girls 17 100 Metre Hurdles	14.2	2010	Michelle Jenneke	The Hills Grammar School
9	Boys 14 100 Metre Hurdles	13.91	2015	Nick Dang	The Kings School
10	Boys 15 100 Metre Hurdles	13.43	2015	Byron Hollingworth-Dessent	Trinity Grammar School
11	Girls 18-19 100 Metre Hurdles	14.51	2004	Thalia Amanakis	Tangara
12	Boys 16 110 Metre Hurdles	15.03	2022	Matthew Hunt	St Pius X
13	Boys 17 110 Metre Hurdles	14.7	2014	Matthew Wood	Barker College
14	Boys 18-19 110 Metre Hurdles	14.28	2005	Derek Mansour	Kinross Wolaroi
15	Boys 12-14 3000 Metre Run	9:05.95	24/09/2024	Logan Hosking	Wycliffe Christian School
16	Boys 15-16 3000 Metre Run	8:46.21	2015	Lorcan Redmond	St Philips Newcastle
17	Boys 17-19 3000 Metre Run	8:47.62	2015	Kieran Tall	Barker College
18	Girls 12-14 3000 Metre Run	8:50.11	23/09/2025	Alexis Tague	St Luke's Grammar
19	Girls 15-16 3000 Metre Run	10:04.91	2011	Anna Laman	MLC School
20	Girls 17-19 3000 Metre Run	9:53.88	2012	Anna Laman	MLC School
21	Girls 12 High Jump SH 1.20m	1.60m	2015	Emma Sutton	Oxford Falls Grammar
22	Girls 15 High Jump SH 1.30m	1.74m	2014	Paige Wilson	Frensham
23	Girls 17 Shot Put 3kg	16.48m	19/09/2023	Xy Beale	Scots Albury
24	Boys 17 Shot Put 5kg	18.23m	2009	Liam Speers	Newcastle Grammar
25	Boys 14 Long Jump	6.12m	2017	Joseph Suaalii	The King's School
26	Boys 15 Long Jump	6.16m	2022	Daniel Okerenyang	Riverina Anglican Coll
27	Boys 16 Discus Throw 1.5kg	53.39m	2008	Liam Speers	Newcastle GS
28	Boys 13 Discus Throw 1kg	42.78m	24/09/2024	Aryan Bharati	Rouse Hill Anglican College
29	Girls 18-19 Javelin Throw 600gms	46.72m	24/09/2024	Tali Baltineshter	Moriah College
30	Girls 12-15 Long Jump Multi Class AMB	3.21m	2023	Sophia Lowe F20 (51.69%)	PLC Sydney
30	Girls 16-19 Long Jump Multi Class AMB	3.03m	2026	Marianne Lim ii-3 (42.43%)	PLC Sydney
31	Boys 12-15 Long Jump Multi Class AMB	3.56m	2013	Robert Stott F36 (84.96%)	Central Coast Grammar
31	Boys 16-19 Long Jump Multi Class AMB	4.29m	2026	Alexander Evans F13 (56.00%)	Arden Anglican School
32	Girls 13 Discus Throw 1kg	37.47m	2015	Alysha Pearson	St Pauls Grammar
33	Girls 16 Long Jump	5.83m	19/09/2023	Tara Hollyoak	St Lukes Grammar School
34	Girls 17 Triple Jump	12.30m	2012	Josie Nicol	PLC Sydney
35	Boys 16 Triple Jump	13.56m	2017	Conor Murphy	Trinity Grammar
36	Boys 13 Shot Put 3kg	16.95m	2016	Matthew Butler	St Andrew's Cathedral School
37	Boys 12 Shot Put 3kg	13.91m	2004	Kelifi Vaingalo	Newington
38	Boys 12-15 Shot Put Multi Class AMB	8.85m	2016	Benjamin Gulliford F13 (69.35%)	Covenant Christian School
38	Boys 16-19 Shot Put Multi Class AMB	3.38m	2026	Ari Abe-Apostolou F40 (30.69%)	Redlands
39	Boys 15 High Jump SH 1.50m	1.97m	2022	Kurt Michael	St George Christian
40	Boys 18-19 High Jump SH 1.70m	2.06m	2008	Andrew Doyle	St.Patricks College
41	Boys 14 Javelin Throw 700gms	49.72m	2007	Curtis Vella	William Carey CS
42	Girls 12 200 Metre Run	26.34	2022	Rhema Adelaja	St George Christian School
43	Girls 13 200 Metre Run	24.88	19/09/2023	Rhema Adelaja	St George Christian School
44	Girls 14 200 Metre Run	24.49	19/09/2023	Maya Taber	Wenona
45	Girls 15 200 Metre Run	25.03	19/09/2023	Bronte Locane	Meriden
46	Girls 16 200 Metre Run	24.1	2006	Olivia Tauro	Meriden
47	Girls 17 200 Metre Run	24.85	2013	Katrina Hunt	Roseville College
48	Girls 18-19 200 Metre Run	24.47	23/09/2025	Holly Rea	Chevalier College
49	Girls 12-15 200 Metre Run Multi Class AMB	48.87	2019	Sarah Clifton-Bligh T32 (108.75%)	PLC Sydney
49	Girls 16-19 200 Metre Run Multi Class AMB	31.5	2013	Chloe Iwanoczko T20 (89.71%)	Pacific Hills Christian School
50	Boys 12-15 200 Metre Run Multi Class AMB	39.79	2012	Illyph Cruiset T35 (85.65%)	Pittwater House
50	Boys 16-19 200 Metre Run Multi Class AMB	27.16	2023	Malachi Canning T20 (78.98%)	Blue Hills College
51	Boys 12 200 Metre Run	23.42	2016	Max Mander	Northern Beaches Christian School
52	Boys 13 200 Metre Run	22.88	2016	Godfrey Okernyang	Riverina Anglican
53	Boys 14 200 Metre Run	22.76	2013	James Kermond	Bankstown Grammar
54	Boys 15 200 Metre Run	22.11	19/09/2023	Cooper Wilson	Calrossy Anglican College
55	Boys 16 200 Metre Run	22.12	24/09/2024	Cooper Wilson	Calrossy Anglican College
56	Boys 17 200 Metre Run	21.85	2013	James Kermond	Georges River Grammar
57	Boys 18-19 200 Metre Run	21.7	19/09/2023	Zac Urbach	Emanuel School
58	Girls 13 Shot Put 3kg	12.49m	2018	Alia Levi	Sceggs Darlinghurst
59	Girls 14 Long Jump	5.62m	19/09/2023	Maiya Hewitt	Shellharbour Anglican College
60	Boys 15 Triple Jump	13.70m	2005	Ben Hancock	St Pauls Grammar
61	Girls 18-19 Triple Jump	12.33m	2015	Annabelle Parmegiani	Ascham
62	Girls 16 Javelin Throw 500gms	48.11m	2022	Tali Baltineshter	Moriah College
63	Boys 18-19 Discus Throw 1.75kg	44.97m	2011	Evan Jennis	The International Grammar School
64	Girls 12 800 Metre Run	2:16.10	2017	Jessica Bird	Pymble Ladies College
65	Girls 13 800 Metre Run	2:17.69	2014	Eliza Harvey	Loreto Normanhurst
66	Girls 14 800 Metre Run	2:12.94	2009	Courtney Chamberlain	William Clarke
67	Girls 15 800 Metre Run	2:13.07	2015	Catherine Miller	Pymble Ladies College
68	Girls 16 800 Metre Run	2:11.95	2018	Imogen Gardiner	Pymble Ladies College

69	Girls 17 800 Metre Run	2:08.60	2006	Sianne Toemoe	Pymble Ladies College
70	Girls 18-19 800 Metre Run	2:10.30	2007	Sianne Toemoe	Pymble Ladies College
71	Women 12-15 800 Metre Run Multi Class AMB	3:28.73	2026	Navilia Cannone T35 (92.69%)	St Philips CC Newcastle
71	Women 16-19 800 Metre Run Multi Class AMB	3:05.66	2009	Nicole Harris T38 (91.51%)	Danebank
71	Men 12-15 800 Metre Run Multi Class AMB	2:45.06	2023	Jack Gibson T43 (89.28)	Central Coast Grammar School
71	Men 16-19 800 Metre Run Multi Class AMB	2:30.40	2010	Daniel Berry T36 (99.72%)	Pacific Hills Christian School
72	Boys 12 Long Jump	5.58m	2016	Renato Pane	Newington
73	Boys 18-19 Long Jump	6.83m	23/09/2025	William Soden	St Phillip's Christian College Cessnock
74	Boys 14 Discus Throw 1kg	51.76m	2006	Liam Speers	Newcastle Grammar
75	Boys 15 Javelin Throw 700gms	54.27m	2007	Liam Speers	Newcastle Grammar
76	Boys 16 Shot Put 5kg	17.15m	2016	Alexander Kolesnikoff	Trinity Grammar
77	Boys 13 High Jump SH 1.35m	1.78m	2016	Braden Egan	Southern Highlands Christian School
78	Boys 17 High Jump SH 1.70m	2.03m	2010	Miles Cole-Clark	Hunter Valley Grammar School
79	Boys 12 800 Metre Run	2:13.77	2014	Angus Beer	Newington College
80	Boys 13 800 Metre Run	2:06.09	24/09/2024	Cristiano Calcarao	St Pius X
81	Boys 14 800 Metre Run	2:01.40	23/09/2025	Cristiano Calcarao	St Pius X
82	Boys 15 800 Metre Run	1:56.20	2017	Angus Beer	Newington College
83	Boys 16 800 Metre Run	1:56.40	2006	James Kaan	Oakhill College
84	Boys 17 800 Metre Run	1:57.40	19/09/2023	Isaac Brooks	Redlands
85	Boys 18-19 800 Metre Run	1:52.93	22/09/2026	Benjamin Woodhouse	Arden Anglican School
86	Girls 12 Shot Put 3kg	10.35m	2011	Annabelle McDermott	Abbotsleigh
87	Girls 12-15 Shot Put Multi Class AMB	9.48m	2013	Holly Saunders F35 (87.85%)	Northern Beaches Christian School
87	Girls 16-19 Shot Put Multi Class AMB	7.21m	2009	Nicole Harris T38 (71.39%)	Danebank
88	Girls 14 Shot Put 3kg	13.38m	2008	Romy Ehrlich	Reddam House
89	Girls 18-19 High Jump SH 1.50m	1.76m	2022	Erin Shaw	Roseville College
90	Girls 15 Long Jump	5.52m	2005	Ellen Kershaw	Abbotsleigh
91	Boys 17 Long Jump	6.85m	22/09/2026	William Noonan	Newcastle Grammar School
92	Girls 16 Discus Throw 1kg	43.91m	2022	Xy Beale	The Scots College Albury
93	Boys 12 Discus Throw 750g	40.50m	2017	Renato Pane	Newington
94	Girls 17 Javelin Throw 500gms	52.74m	2013	Mackenzie Little	Pymble Ladies College
95	Girls 13 Javelin Throw 400gms	40.02m	2018	Karina Bell	Danebank
96	Girls 12 100 Metre Run	12.92	2022	Rhema Adelaja	St George Christian
97	Girls 13 100 Metre Run	12.46	2022	Matilda Harrison	Pymble Ladies College
98	Girls 14 100 Metre Run	12.11	19/09/2023	Maya Taber	Wenona
99	Girls 15 100 Metre Run	12.06	24/09/2024	Matilda Harrison	Pymble Ladies College
100	Girls 16 100 Metre Run	11.99	2006	Olivia Tauro	Meriden
101	Girls 17 100 Metre Run	11.83	2022	Olivia Inkster	Pymble Ladies College
102	Girls 18-19 100 Metre Run	11.96	2009	Larissa Pasternatsky	Abbotsleigh
103	Girls 12-15 100 Metre Run Multi Class AMB	20.09	2008	Samantha Hawes T35 (101.04%)	Northern Beaches Christian School
103	Girls 16-19 100 Metre Run Multi Class AMB	15.28	2009	Georgia Beikoff T37 (97.84%)	St Philips Newcastle
104	Girls 15 Discus Throw 1kg	40.51m	2018	Rebecca Casey	Central Coast Adventist
105	Girls 18-19 Long Jump	5.47m	2018	Louise Cranston	Mt Annan College
106	Boys 17 Triple Jump	14.18m	23/09/2025	Jesse Masters	Green Point Christian College
107	Boys 18-19 Triple Jump	14.51m	22/09/2026	Jesse Masters	Green Point Christian College
108	Boys 14 Shot Put 4kg	15.72m	2017	Thomas Shannon	Knox Grammar
109	Boys 15 Shot Put 4kg	17.10m	2007	Liam Speers	Newcastle Grammar School
110	Boys 17 Javelin Throw 700gms	65.05m	22/09/2026	Alexander Campbell	Belmont Christian School
111	Girls 16 High Jump SH 1.45m	1.78m	2012	Nicola McDermott	Green Point Christian College
112	Boys 12-15 100 Metre Run Multi Class AMB	16.2	2013	Robert Stott T36 (93.95%)	Central Coast Grammar School
112	Boys 16-19 100 Metre Run Multi Class AMB	12.71	2013	Blake Bailey T20 (93.71%)	St Philips Newcastle
113	Boys 12 100 Metre Run	12.04	2013	James Roach	Newington College
114	Boys 13 100 Metre Run	11.77	19/09/2023	Ashton Foley	Charlton Christian School
115	Boys 14 100 Metre Run	11.34	2017	Godfrey Okenyang	Riverina Anglican
116	Boys 15 100 Metre Run	10.93	24/09/2024	Epeosi Ugbomhe	Penrith Christian School
117	Boys 16 100 Metre Run	10.83	24/09/2024	Cooper Wilson	Calrossy Anglican College
118	Boys 17 100 Metre Run	10.51	2012	Joshua Clarke	The Kings School
119	Boys 18-19 100 Metre Run	10.78	2016	Carl Coorey-Ewings	Trinity Grammar
120	Boys 14 High Jump SH 1.35m	1.95m	2017	Theo Kidd	Trinity Grammar
121	Boys 16 High Jump SH 1.60m	2.08m	2004	Simon Cohen	Maitland Christian School
122	Girls 15 Triple Jump	12.10m	23/09/2025	Amalia Bond	Pymble Ladies College
123	Girls 16 Triple Jump	12.40m	22/09/2026	Amalia Bond	Pymble Ladies College
124	Boys 13 Long Jump	6.33m	2017	Donovan Bradshaw	Barker College
125	Girls 14 Discus Throw 1kg	41.35m	22/09/2026	Eleni Rakasi	Meriden
126	Girls 17 Discus Throw 1kg	50.62m	24/09/2024	Chelsy Wayne	Illawarra Christian School
127	Boys 18-19 Javelin Throw 800gms	60.30m	2003	Tim Aufy	The Hills Grammar School
128	Boys 13 Javelin Throw 600gms	52.45m	2006	Curtis Vella	William Carey Christian School
129	Girls 12 1500 Metre Run	4:46.41	22/09/2026	Jiselle Bechara	PLC Sydney
130	Girls 13 1500 Metre Run	4:40.97	2016	Nicola Hogg	Abbotsleigh
131	Girls 14 1500 Metre Run	4:28.71	2015	Abbey Rockliff	Pymble Ladies College
132	Girls 15 1500 Metre Run	4:25.92	2015	Catherine Miller	Pymble Ladies College
133	Girls 16 1500 Metre Run	4:37.74	2004	Lara Tamsett	Kincoppal Rose Bay
134	Girls 17 1500 Metre Run	4:39.21	2012	Anna Laman	MLC School

135	Girls 18-19 1500 Metre Run	4:37.22	24/09/2024	Jessie Fotheringham	Carinya Tamworth
136	Boys 15 Discus Throw 1kg	57.60m	2007	William Sacliotto	Arden Anglican School
137	Women 12-15 Discus Throw Multi Class AMB	15.52m	2016	Holly Saunders F35 (90.86%)	Northern Beaches Christian School
137	Women 16-19 Discus Throw Multi Class AMB	18.89m	2022	Isla Gillespie F35 (59.18%)	Pittwater House
137	Men 12-15 Discus Throw Multi Class AMB	26.53m	2014	Corey Anderson F20 (67.13%)	Inaburra
137	Men 16-19 Discus Throw Multi Class AMB	32.51m	2022	Malachi Canning Tf20 (72.99%)	Blue Hills College
138	Boys 16 Long Jump	6.70m	2017	Benjamin James	Arndell Anglican College
139	Boys 13 Triple Jump	12.45m	2017	Rowan Tan	Sydney Boys High School
140	Boys 14 Triple Jump	12.70m	2016	Godfrey Okernyang	Riverina Anglican
141	Boys 12 Javelin Throw 600g	27.94m	24/09/2024	Tyler Malizis	Georges River Grammar
142	Girls 12 Javelin Throw 400g	26.31m	22/09/2026	Annabelle van der Berg	St Phillip's Christian College Newcastle
143	Boys 12 1500 Metre Run	4:27.86	24/09/2024	Isaac Robinson	St Augustine's Brookvale
144	Boys 13 1500 Metre Run	4:22.54	24/09/2024	Cristiano Calcarao	St Pius X
145	Boys 14 1500 Metre Run	4:12.93	2016	Angus Beer	Newington
146	Boys 15 1500 Metre Run	4:05.72	2015	Lorcan Redmond	Newcastle Grammar School
147	Boys 16 1500 Metre Run	4:06.64	19/09/2023	Isaac Beecroft	Oakhill College
148	Boys 17 1500 Metre Run	4:02.34	22/09/2026	Alexander Eason	Oakhill College
149	Boys 18-19 1500 Metre Run	4:00.24	2014	Charlie Hunter	Central Coast Grammar
150	Girls 13 High Jump SH 1.25m	1.64m	19/09/2023	Olivia Scott-Rogers	William Clarke College
151	Girls 17 High Jump SH 1.50m	1.75m	2013	Nicola McDermott	Green Point Christian College
152	Girls 15 Shot Put 3kg	13.48m	2014	Kristina Moore	Abbotsleigh
153	Girls 18-19 Shot Put 4kg	11.88m	23/09/2025	Tara Hollyoak	St Lukes Grammar School
154	Girls 12 Discus Throw 750g	33.67m	2013	Claire Eaton	Abbotsleigh
155	Girls 14 Javelin Throw 500gms	37.89m	2014	Annika Mountstephens	Pymble Ladies College
156	Boys 12 Triple Jump	10.64m	2016	Renato Pane	Newington
157	Girls 12 400 Metre Run	1:01.40	2022	Adelaide Pittis	Orange Grammar School
158	Girls 13 400 Metre Run	57.75	24/09/2024	Alicia Webb	Broughton Anglican College
159	Girls 14 400 Metre Run	56.71	23/09/2025	Mia Wood	Danebank
160	Girls 15 400 Metre Run	57.09	24/09/2024	Keira Carlson	Central Coast Sports College
161	Girls 16 400 Metre Run	55.6	23/09/2025	Alice Hill	Newcastle Grammar School
162	Girls 17 400 Metre Run	54.3	2005	Jaimee-Lee Hoebergen	Illawarra Cordeaux
163	Girls 18-19 400 Metre Run	58.93	2012	Grace Maher	Ravenswood
164	Girls 12 Long Jump	5.30m	2017	Sienna Bond	Pymble Ladies College
165	Girls 13 Triple Jump	11.36m	19/09/2023	Amalia Bond	Pymble Ladies College
166	Girls 14 Triple Jump	11.89m	24/09/2024	Amalia Bond	Pymble Ladies College
167	Boys 12 High Jump SH 1.30m	1.65m	2004	Keliti Vaingalo	Newington
168	Boys 16 Javelin Throw 700gms	61.23m	23/09/2025	Caden Andrews	Hunter Valley Grammar
169	Boys 17 Discus Throw 1.5kg	56.72m	2009	Peter Stepasiuk	Regents Park CS
170	Boys 18-19 Shot Put 6kg	22.24m	2003	Henry Mitchell	Knox Grammar
171	Boys 12 400 Metre Run	1:00.15	19/09/2023	Zac Bailey	Calrossy Anglican College
172	Boys 13 400 Metre Run	53.64	19/09/2023	Ashton Foley	Charlton Christian College
173	Boys 14 400 Metre Run	51.29	23/09/2025	Zac Bailey	Calrossy Anglican College
174	Boys 15 400 Metre Run	50.39	2015	Ethan Tegel	The Hills Grammar School
175	Boys 16 400 Metre Run	48.25	2014	Louis Stenmark	Saint Ignatius College
176	Boys 17 400 Metre Run	49.9	2012	Sean Fitzsimmons	St Pius X College
177	Boys 18-19 400 Metre Run	49.09	2004	Joel Milburn	Trinity Grammar
178	Girls 13 Long Jump	5.32m	2017	Maddison McIntosh	Penrth Anglican
179	Girls 17 Long Jump	5.95m	2018	Samantha Dale	Oakhill College
180	Girls 14 High Jump SH 1.30m	1.65m	2013	Paige Wilson	Frensham
181	Girls 15 Javelin Throw 500gms	40.79m	2015	Annika Mountstephens	Pymble Ladies College
182	Girls 18-19 Discus Throw 1kg	42.81m	22/09/2026	Ashley Mullins	Scots All Saints
183	Girls 16 Shot Put 3kg	14.95m	2022	Xy Beale	The Scots School Albury
184	Girls 12 Triple Jump	10.30m	22/09/2026	Sierra Seale	Wenona
185	Girls 14&U 4x100 Metre Relay	50.28	2019	A Omage, M Lipic-McFadyen, M Ji, E Murphy	Meriden
186	Boys 14&U 4x100 Metre Relay	47.16	24/09/2024	H Neville, J Speechly, T Shields, H Land	St Phillip's Christian College, Cessnock
187	Girls 4x100 Metre Relay Open	48.89	19/09/2023	A Borg, R Levine, K Krebs, B Locane	Meriden
188	Boys 4x100 Metre Relay Open	42.66	2004	R.Haggie, S.Cameron, B.Bates, T.Broomhan	St.Joseph's College