

2026 NSWCIS SECONDARY ATHLETICS CHAMPIONSHIPS - 22/09/2026

SOPA

Performance List - Track Morning

Event 1 Girls 12 Year Olds 80 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

	Name	Age	Team	Seed Time
1	Astin-briggs, Ashleigh	12	Nowra_AC-AICES	
2	Du, Emily	12	Abbotsleigh-IGSA	
3	Henrici, Emmeline	12	Cranbrook-ISA	
4	Mullins, Zoe	12	Barker College-ISA	
5	Porter, Mia	12	Belmont-CSSA	
6	Porter, Skye	12	Belmont-CSSA	
7	Seale, Sierra	12	Wenona-IGSA	
8	Trevel, Violet	12	St Columba-_AS-AICES	
9	Xie, Kylyn	12	Meriden-IGSA	

Event 2 Boys 12 Year Olds 80 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 13.47 2017		Max Milani, St Aloysius		Seed Time
	Name	Age	Team	
1	Chrysanthou, Michael	12	Toongabbie_CS-CSSA	
2	Colless, Oliver	12	Oakhill College-ISA	
3	Crowley, Tadhg	12	St Pius X College-ISA	

Event 3 Girls 13 Year Olds 80 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 12.70 2015		Julia Vignes, Pymble Ladies College		Seed Time
	Name	Age	Team	
1	Burbage, Layla	13	Nowra_AC-AICES	
2	Immisch, Summer	13	Lindisfarne Anglican-NCIS	
3	Moros, Stephanie	13	St Spyridon College-ISA	
4	Sutton, Evangeline	13	Bishop Druitt-NCIS	
5	van Uden, Kristyna	13	P L C Sydney-IGSA	
6	White, Edie	13	M L C School-IGSA	
7	Wong, Abigail	13	St Catherines-IGSA	

Event 4 Boys 13 Year Olds 90 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 13.07 2016		James Park, Trinity Grammar		Seed Time
	Name	Age	Team	
1	Burke, Jesse	13	Clarence Valley-NCIS	
2	Dillen, Daniel	13	St Pauls Grammar-ISA	
3	Dowsley, Spencer	13	Scots_Albury-RAS	
4	Farrell, Jaxon	13	Pittwater House-AICES	
5	Koswattage, Ranuka	13	Penrith_AC-AICES	
6	Mattiazzo, Chase	13	Oakhill College-ISA	
7	Paterson, William	13	Wycliffe_CS-CSSA	

Event 5 Girls 14 Year Olds 90 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 12.65 2016		Mia Hemsworth, Abbotsleigh		Seed Time
	Name	Age	Team	
1	Bolton, Siarra	14	Snowy Mtns Grammar-ISA	
2	Burge, Madeleine	14	Roseville-IGSA	
3	Carlton, Grace	14	Barker College-ISA	
4	Childs, Jessica	14	Kinross Wolaroi-AICES	
5	Cygan, Ruby	14	Calrossy_AS-AICES	
6	Hunter, Ava	14	Bishop Druitt-NCIS	
7	Immisch, Ayva	14	Lindisfarne Anglican-NCIS	
8	Morris, Tahlia	14	Loreto Norm-IGSA	
9	Perry, Emily	14	The_Illawarra_GS-AICES	

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Performance List - Track Morning

Event 5 ... (Girls 14 Year Olds 90 Metre Hurdles)

	Name	Age	Team	Seed Time
10	Richards, Zara	14	P L C Sydney-IGSA	
11	Roessler, Lotte	14	Pittwater House-AICES	

Event 6 Girls 15 Year Olds 90 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 13.10 2016

Emily Britton, Ravenswood

	Name	Age	Team	Seed Time
1	Blatch, Abby	15	Manning Valley_AC-AICES	
2	Campbell, Charlotte	15	Belmont-CSSA	
3	Georgeopoulos, Kiara	15	Ascham School-IGSA	
4	Grant, Matlida	15	Arden_AS-AICES	
5	Meers, Alina	15	Kambala-IGSA	
6	Moros, Stella	15	St Spyridon College-ISA	
7	Quintana, Anni	15	Pymble Ladies-IGSA	

Event 7 Girls 16 Year Olds 100 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 14.22 2012

Katrina Hunt, Roseville College

	Name	Age	Team	Seed Time
1	Grima, Adelaide	16	Penrith_AC-AICES	
2	Maris, Isla	16	Roseville-IGSA	
3	Morrison, Millie	16	Abbotsleigh-IGSA	
4	Ravindra, Prapthi	16	Meriden-IGSA	
5	Scott-Rogers, Olivia	16	William Clarke-AICES	

Event 8 Girls 17 Year Olds 100 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 14.20 2010

Michelle Jenneke, The Hills GS

	Name	Age	Team	Seed Time
1	Archer, Katie	17	Charlton-CSSA	
2	Childs, Anna	17	Kinross Wolaroi-AICES	
3	Condren, Sophia	17	P L C Sydney-IGSA	
4	Hundle, Amber	17	Bishop Druitt-NCIS	
5	Ireland, Eve	17	M L C School-IGSA	
6	Mah Chut, Charlotte	17	Loreto Norm-IGSA	

Event 9 Boys 14 Year Olds 100 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 13.91 2015

Nick Dang, The Kings School

	Name	Age	Team	Seed Time
1	Astin-Briggs, Joshua	14	Nowra_AC-AICES	
2	Mackney, Tynan	14	St Columba-_AS-AICES	
3	van Zwieten, Reuben	14	St Pauls Grammar-ISA	
4	Ward, Oliver	14	St Pius X College-ISA	

Event 10 Boys 15 Year Olds 100 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 13.43 2015

Byron Hollingworth-Dessent, Trinity Grammar School

	Name	Age	Team	Seed Time
1	Dobson, Roman	15	Pittwater House-AICES	
2	Donald, Max	15	St Lukes_GS-AICES	
3	Masselos, Oliver	15	Blue Mtns Grammar-ISA	
4	Mikan, James	15	St Pius X College-ISA	
5	Struwig, Dither	15	Scots_Albury-RAS	

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Event 11 Girls 18-19 100 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 14.51 2004		Thalia Amanakis, Tangara		Seed Time
	Name	Age	Team	
1	Guerrera, Talia	18	St Spyridon College-ISA	
2	Hayes, Arabella	18	Ravenswood-IGSA	
3	McLaren, Emily	18	Nowra CS-CSSA	

Event 12 Boys 16 Year Olds 110 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 15.03 2022		Matthew Hunt, St Pius X		Seed Time
	Name	Age	Team	
1	Willmington, Jaxson	16	Penrith_AC-AICES	
2	Zoncape, Liam	16	St Pius X College-ISA	

Event 13 Boys 17 Year Olds 110 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 14.70 2014		Matthew Wood, Barker College		Seed Time
Name	Age	Team		
1	Challis, Daniel	17	Lindisfarne Anglican-NCIS	
2	Kelly, Jack	17	Calrossy_AS-AICES	
3	Lill, Isaac	17	St Lukes_GS-AICES	
4	Moros, Emmanuel	17	St Spyridon College-ISA	

Event 14 Boys 18-19 110 Metre Hurdles

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 14.28 2005		Derek Mansour, Kinross Wolaroi		Seed Time
Name	Age	Team		
1	Masters, Jesse	18	Green Point CC-CSSA	

Event 15 Boys 12-14 3000 Metre Run

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 9:05.95 24/09/2024		Logan Hosking, WYF2		Seed Time
	Name	Age	Team	
1	Barrett, Nate	14	Pittwater House-AICES	
2	Bergan, Carter	14	Oakhill College-ISA	
3	Fletcher, Zane	13	Manning Valley_AC-AICES	
4	Halfhide, Oliver	14	Wahroonga_Adventist_CSSA	
5	Jones, Levi	14	Norwest_CC-CSSA	
6	Lenehan, Nicholas	13	Scots All Saints College	
7	Richards, Timothy	12	Inaburra-CSSA	
8	Scott, Jeremy	14	Calrossy_AS-AICES	
9	Shedden, Euan	14	Oxley College-ISA	

Event 16 Boys 15-16 3000 Metre Run

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 8:46.21 2015		Lorcan Redmond, St Philips NC		Seed Time
Name	Age	Team		
1	Bertolli, Isaac	16	Green_Point_CC-CSSA	
2	Calarco, Luke	16	Mt Annan_CC-CSSA	
3	Hoddinett, Luke	15	Oakhill College-ISA	
4	Jenkins, Archie	16	Macquarie College-AICES	
5	Marie, Eric	16	Leppington-CSSA	
6	Robinson, Liam	16	St Augustines College-ISA	
7	Shedden, Rory	16	Oxley College-ISA	

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Event 17 Boys 17-19 3000 Metre Run

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 8:47.62 2015				Kieran Tall, Barker College		Seed Time
Name		Age	Team			
1	Green, Zacary	17	Oakhill College-ISA			
2	Mackie, Ethan	18	St Pauls Grammar-ISA			
3	Mejalli, Paul	17	Oakhill College-ISA			
4	Saunderson, Taz	17	Emmanuel Anglican-NCIS			
5	Shaw, Matthew	18	St Phillips-CC-G-AICES			

Event 18 Girls 12-14 3000 Metre Run

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 9:49.84 2015				Abbey Rockliff, Pymble Ladies College		Seed Time
Name		Age	Team			
1	Bertoldi, Lara	14	Green_Point_CC-CSSA			
2	Boulton, Olivia	14	Kambala-IGSA			
3	Burnett, Maddie	14	Barker College-ISA			
4	Calabro, Aria	14	Kambala-IGSA			
5	Corbett, Jasmine	14	The_Illawarra_GS-AICES			
6	Feggans, Ellie	14	Oxley College-ISA			
7	Godfrey, Claire	13	Central Coast_SC-AICES			
8	Griffiths, Sophie	13	Northern_Beaches_CS-CSSA			
9	Immisch, Summer	13	Lindisfarne Anglican-NCIS			
10	Keeler, Alice	14	P L C Sydney-IGSA			
11	Moffitt, Paige	14	Scots All Saints College			
12	Quick, Isabella	14	Central Coast_SC-AICES			
13	Ward, Madeleine	14	Bishop Druitt-NCIS			

Event 19 Girls 15-16 3000 Metre Run

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 10:04.91 2011				Anna Laman, MLC School		Seed Time
Name		Age	Team			
1	Cameron, Ruby	16	Northern_Beaches_CS-CSSA			
2	Dagher, Elodie	15	St Phillips_CC_N-AICES			
3	King, Emily	16	Chevalier College-ISA			
4	Laws, Jessica	16	Danebank-IGSA			
5	Tague, Alexis	15	St Lukes_GS-AICES			
6	Tallentire, Lucy	16	Scots All Saints College			
7	Walker, Grace	15	Kincoppal Rose Bay-IGSA			
8	Wilson, Holly	15	Rouse_Hill_AC-AICES			
9	Yardley, Juliet	16	Kinross Wolaroi-AICES			

Event 20 Girls 17-19 3000 Metre Run

Tuesday 22/09/2026 - 8:40 AM

NSWCIS: 9:53.88 2012				Anna Laman, MLC School		Seed Time
Name		Age	Team			
1	Bradford, Jessica	18	Barker College-ISA			
2	Clarke, Sonya	18	William Clarke-AICES			
3	Cox, Siena	17	Avondale-AICES			
4	Ford, Ava	17	Redlands-ISA			
5	Grima, Larissa	17	Macarthur_AS-AICES			
6	Rice, Emily	18	Central Coast Grammar-ISA			

Event 42 Girls 12 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:00 AM

NSWCIS: 26.34 2022				Rhema Adelaja, St George Christian		Seed Time
Name		Age	Team			
1	Bailey, Madeline	12	Redlands-ISA			

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Event 42 ... (Girls 12 Year Olds 200 Metre Run)

	Name	Age	Team	Seed Time
2	Beheiry, Eva	12	Bishop Druitt-NCIS	
3	Brown, Mia	12	Meriden-IGSA	
4	Eddy, Sophie	12	Moama_AG-RAS	
5	Harmer, Chloe	12	The Armidale School-NCIS	
6	Henrici, Emmeline	12	Cranbrook-ISA	
7	Hunter, Ella	12	Kinross Wolaroi-AICES	
8	Johnstone, Sarah	12	Scots_Albury-RAS	
9	Kebe, Hawa	12	Riverina_AC-RAS	
10	Lee, Lacey	12	St Peters_AC-Broulee Aices	
11	Liu, Chloe	12	Arden_AS-AICES	
12	Mijas, Madelyn	12	Northern_Beaches_CS-CSSA	
13	Nixon, Jasmine	12	Lindisfarne Anglican-NCIS	
14	Porter, Mia	12	Belmont-CSSA	
15	Porter, Skye	12	Belmont-CSSA	
16	Serafin, Stasia	12	Sceegs Darl-IGSA	
17	Shih, Nicole	12	Abbotsleigh-IGSA	
18	Smith, Eva	12	Nowra_AC-AICES	

Event 43 Girls 13 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:00 AM

NSWCIS:	24.88	19/09/2023	Rhema Adelaja, St George CS		
Name	Age	Team	Seed Time		
1	Akushie, Angel	13	Tyndale_CS-CSSA		
2	Cheng, Florence	13	Pymble Ladies-IGSA		
3	Cook, Millie	13	Bishop Druitt-NCIS		
4	Darlow, Evelyn	13	St M MacKillop_Albury-RAS		
5	Dunnet, Genevieve	13	Oxford Falls_GS-CSSA		
6	Durand, Emmanuelle	13	Central Coast Grammar-ISA		
7	Fern-Lee, Claudia	13	Kambala-IGSA		
8	Haw, Cleo	13	Moama_AG-RAS		
9	Hooper, Lara	13	Kinross Wolaroi-AICES		
10	Kumar, Annika	13	Meriden-IGSA		
11	Leung, Ava	13	The_Illawarra_GS-AICES		
12	Oxman, Kirra	13	The_Illawarra_GS-AICES		
13	Patten, Ebony	13	Moama_AG-RAS		
14	Popovic, Alina	13	Inaburra-CSSA		
15	Rose, Zara	13	Emmanuel Anglican-NCIS		
16	Ryder, Emily	13	Calrossy_AS-AICES		
17	Staniforth, Mila	13	Kinross Wolaroi-AICES		
18	Sutton, Evangeline	13	Bishop Druitt-NCIS		

Event 44 Girls 14 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:00 AM

NSWCIS:	24.49	19/09/2023	Maya Taber, Wenona		
Name	Age	Team	Seed Time		
1	Barnes, Elara	14	St Phillips_CC_PS-AICES		
2	Clifton, Sophie	14	Scots_Albury-RAS		
3	Couchman, Mackenzie	14	Covenant-CSSA		
4	de Grosbois, Tiara	14	Emmanuel Anglican-NCIS		
5	Dengate, Amelia	14	Barker College-ISA		
6	Erickson, Juliet	14	Scots All Saints College		
7	Humphreys, Winter	14	Lindisfarne Anglican-NCIS		
8	Hunter, Ava	14	Bishop Druitt-NCIS		
9	Lobb, Remi	14	IllawarraCS-CSSA		
10	Newman, Lylah	14	Moama_AG-RAS		

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Event 44 ... (Girls 14 Year Olds 200 Metre Run)

	Name	Age	Team	Seed Time
11	Nkem, Praise	14	Macarthur AS - Cssa	
12	Oranje, Eloise	14	St Catherines-IGSA	
13	Patfield, Claudia	14	Wenona-IGSA	
14	Perry, Emily	14	The_Illawarra_GS-AICES	
15	Pickup, Valerie	14	Pittwater House-AICES	
16	Richards, Zara	14	P L C Sydney-IGSA	
17	Saxena, Annika	14	Barker College-ISA	

Event 45 Girls 15 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:00 AM

NSWCIS: 25.03 19/09/2023

Bronte Locane, Meriden

	Name	Age	Team	Seed Time
1	Campbell, Charlotte	15	Belmont-CSSA	
2	Croft, Isla	15	Charlton-CSSA	
3	Georgeopoulos, Kiara	15	Ascham School-IGSA	
4	Haley, Ellen	15	Bishop Druitt-NCIS	
5	Heslop, Audrey	15	Newcastle_GS--AICES	
6	Moros, Stella	15	St Spyridon College-ISA	
7	Page, Lillian	15	St Pauls Grammar-ISA	
8	Pigram, Neva	15	St Phillips_CC_N_AICES	
9	Quintana, Anni	15	Pymble Ladies-IGSA	
10	Seneviratne, Amalia	15	Barker College-ISA	
11	Wall, Lucia	15	St M MacKillop_Albury-RAS	
12	Webb, Alicia	15	Broughton_AC-AICES	
13	Wood, Mia	15	Danebank-IGSA	

Event 46 Girls 16 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:00 AM

NSWCIS: 24.10 2006

Olivia Tauro, Meriden

	Name	Age	Team	Seed Time
1	Afonso, Emily	16	Barker College-ISA	
2	Campbell, Erin	16	St Andrews Cathedral-ISA	
3	Henwood, Jessica	16	Northern_Beaches_CS-CSSA	
4	Krajancic, Naomi	16	Pymble Ladies-IGSA	
5	McEachern, Lucy	16	St Pauls_WW-RAS	
6	Mennie, Paige	16	Scone_GS-AICES	
7	O'Connell, Isabel	16	Calrossy_AS-AICES	
8	Reid, Alexis	16	Maam Giingana Gumbaynggirr-NCI	
9	Russell, Avie	16	Pymble Ladies-IGSA	
10	Siasat, Ginger	16	Abbotsleigh-IGSA	
11	Strahorn, Eliza	16	Dubbo_CS-CSSA	
12	Tai, Madeleine (Maddi)	16	Orange_AGS-AICES	
13	Tomlinson, Pearl	16	Carinya_Tamworth_CSSA	
14	Watson, Sabella	16	Oxley College-ISA	

Event 47 Girls 17 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:00 AM

NSWCIS: 24.85 2013

Katrina Hunt, Roseville College

	Name	Age	Team	Seed Time
1	Abraham, Gloria	17	Australian_CC-MarsdenPk-CSSA	
2	Atkinson, Ava	17	Redlands-ISA	
3	Baker, Gabriella	17	Oakhill College-ISA	
4	Brockbank, Eden	17	Coffs Harbour_CCS-CSSA	
5	Chen, Sophie	17	Barker College-ISA	
6	Cowper, Flynn	17	Rouse_Hill_AC-AICES	

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Performance List - Track Morning

Event 47 ... (Girls 17 Year Olds 200 Metre Run)

	Name	Age	Team	Seed Time
7	Hall, Zara	17	St Peters_AC-Broulee Aices	
8	Henderson, Elliana	17	Toongabbie_CS-CSSA	
9	Hundle, Amber	17	Bishop Druitt-NCIS	
10	Macfarlane, Layla	17	The Armidale School-NCIS	
11	Story, Margot	17	Abbotsleigh-IGSA	

Event 48 Girls 18-19 200 Metre Run

Tuesday 22/09/2026 - 10:00 AM

NSWCIS: 25.45 2003

Edwinda Clark, PLC Sydney

	Name	Age	Team	Seed Time
1	Baulch, Remi	18	Moama_AG-RAS	
2	Cheung, Mandy	18	IllawarraCS-CSSA	
3	Dean, Bella-Rose	18	Carinya_Tamworth_CSSA	
4	Gordon, Tarni	18	St Phillips-CC-G-AICES	
5	Jobson, Amber	18	Barker College-ISA	
6	Jurd, Milla	18	Orange_AGS-AICES	
7	Nicholas, Zara	18	Blue Mtns Grammar-ISA	
8	Roberts, Ruby	18	Blue Mtns Grammar-ISA	
9	Robinson, Hannah	18	Casino_CS-CSSA	

Event 49 Girls 12-19 200 Metre Run Multi Class Ambulatory

Tuesday 22/09/2026 - 10:00 AM

12-15 NSWCIS: 48.87 2019

Sarah Clifton-Bligh T32 108.75%, PLC Sydney

16-19 NSWCIS: 31.50 2013

Chloe Iwanoczko T20 (89.71%), Pacific Hills CS

	Name	Age	Team	Seed Time
1	Cannone (Tf35), Navilia	13	St Phillips_CC_N_AICES	
2	Eichler (T21, F21), Olivia	18	St Columba-_AS-AICES	
3	Espie (Tf34), Coco	18	Sceegs Darl-IGSA	
4	Lim (ii-3), Marianne	17	P L C Sydney-IGSA	
5	McMahon Willott ii-3, Bella	13	Clarence Valley-NCIS	
6	Peet (T36 F36), Abbie	18	Calrossy_AS-AICES	
7	Reeves Tf37, Jade	15	Belmont-CSSA	
8	Vitale (T20), Everleigh	13	Danebank-IGSA	
9	Webb Tf42, Alisha	16	Northern_Beaches_CS-CSSA	
10	Youssef (Tf41), Meray	16	William Carey_CS-CSSA	

Event 50 Boys 12-19 200 Metre Run Multi Class Ambulatory

Tuesday 22/09/2026 - 10:30 AM

12-15 NSWCIS: 39.79 2012

Illyph Cruisset T35 (85.65%), Pittwater House

16-19 NSWCIS: 27.16 2023

Malachi Canning T20 (78.98%), Blue Hills College

	Name	Age	Team	Seed Time
1	Chinaka Tf20, Jaeden	15	Arise CS - Cssa	
2	Evans (Tf13), Alexander	17	Arden_AS-AICES	
3	Kasprzak (Tf37), Hugo	14	Hills Grammar-AICES	
4	McGrath Tf21, Alex	18	Dubbo_CS-CSSA	
5	Regmi (Tf38), Aadit	14	Leppington-CSSA	
6	Russell T/F41, Hugo	17	St Augustines College-ISA	
7	Sakey ii-3, Baxter	19	IllawarraCS-CSSA	
8	Woodfull (T36), Lachlan	19	Bishop_Tyrrell_AC-AICES	

Event 51 Boys 12 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:30 AM

NSWCIS: 23.42 2016

Max Mandera, Northern Beaches CS

	Name	Age	Team	Seed Time
1	Agarwal, Ishaan	12	William Clarke-AICES	
2	Chidamba, Ryan	12	Macarthur_AS-AICES	

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Performance List - Track Morning

Event 51 ... (Boys 12 Year Olds 200 Metre Run)

	Name	Age	Team	Seed Time
3	Christo, Edwin	12	Riverina_AC-RAS	
4	Crowley, Tadhg	12	St Pius X College-ISA	
5	Daraphet, Lucas	12	Mt Annan_CC-CSSA	
6	Dean, Byron	12	Lindisfarne Anglican-NCIS	
7	Fernando, Chaneesha (Chani)	12	Riverina_AC-RAS	
8	Gulczynski, Archie	12	Oakhill College-ISA	
9	Nicholson, Lequintin	12	St Lukes_GS-AICES	
10	Tavoletti, Marco	12	St Augustines College-ISA	
11	Unwin, Dominic	12	Mt Annan_CC-CSSA	
12	Ward, Brodie	12	Bishop Druitt-NCIS	
13	Watson, Zac	12	Wycliffe_CS-CSSA	

Event 52 Boys 13 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:30 AM

NSWCIS: 22.88 2016 Godfrey Okernyang, Riverina Anglican				Seed Time
	Name	Age	Team	
1	Abraham, Aaron	13	William Carey_CS-CSSA	
2	Adam, Finn	13	Bishop Druitt-NCIS	
3	Baines, Kynan	13	Wahroonga_Adventist_CSSA	
4	Cheung, Daniel	13	Redlands-ISA	
5	Ghali, Felix	13	St Andrews Cathedral-ISA	
6	Lagoke, Emilayo	13	Broughton_AC-AICES	
7	Lucknauth, Dhrish	13	Reddam House North Shore-AICES	
8	Pavett, Nash	13	Green_Point_CC-CSSA	
9	Phillips, Dylan	13	St Pauls_WW-RAS	
10	Roth, Julius	13	Trinity_Albury-RAS	
11	Russo, Nate	13	Central Coast Grammar-ISA	
12	Valena, Isaac	13	William Clarke-AICES	

Event 53 Boys 14 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:30 AM

NSWCIS: 22.76 2013 James Kermond, Bankstown Grammar				Seed Time
	Name	Age	Team	
1	Abkin, Jake	14	Moriah College-AICES	
2	Burn, Daniel	14	Scots_Albury-RAS	
3	Butterworth, Jacob	14	St Andrews Cathedral-ISA	
4	Chappidi, Sujai Reddy	14	Rouse_Hill_AC-AICES	
5	Davies, William	14	Riverina_AC-RAS	
6	Douglas, Connor	14	Lindisfarne Anglican-NCIS	
7	Eason, Xavier	14	Oakhill College-ISA	
8	Jones, Harri	14	Tweed Valley AdventistC_NCIS	
9	Levack, Oscar	14	Richmond_CC-CSSA	
10	Morris, Owen	14	Penrith_AC-AICES	
11	Rendell, Nash	14	Shellharbour_AC-CSSA	
12	Skinner, Josiah	14	Wycliffe_CS-CSSA	
13	Sutherland, Finn	14	St Pius X College-ISA	
14	Way, Fletcher	14	St Pauls_WW-RAS	

Event 54 Boys 15 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:30 AM

NSWCIS: 22.11 19/09/2023 Cooper Wilson, Calrossy AC				Seed Time
	Name	Age	Team	
1	Alford, Henry	15	Lindisfarne Anglican-NCIS	
2	Bailey, Zac	15	Calrossy_AS-AICES	
3	Boustead, Ryan	15	St Phillips_CC_N_AICES	

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Performance List - Track Morning

Event 54 ... (Boys 15 Year Olds 200 Metre Run)

	Name	Age	Team	Seed Time
4	Croucamp, Joshua	15	Northern_Beaches_CS-CSSA	
5	Darlow, Oscar	15	St M MacKillop_Albury-RAS	
6	Hammond, Timothy	15	Penrith_AC-AICES	
7	Hanrahan, Oliver	15	St Stanislaus College-ISA	
8	Kandic, Milan	15	St Spyridon College-ISA	
9	Moffatt, Damon	15	Oxford Falls_GS-CSSA	
10	Pringle, Tyler	15	Northern_Beaches_CS-CSSA	
11	Struwig, Dither	15	Scots_Albury-RAS	
12	Wood, Jake	15	St Augustines College-ISA	

Event 55 Boys 16 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:30 AM

NSWCIS: 22.12 24/09/2024 Cooper Wilson, CAS4

	Name	Age	Team	Seed Time
1	Chambers, Jamaar	16	Tyndale_CS-CSSA	
2	Emmett, William	16	St Patricks College-ISA	
3	Foley, Ashton	16	Charlton-CSSA	
4	Glanville, Harvey	16	Pittwater House-AICES	
5	Haines, Ryder	16	The_Illawarra_GS-AICES	
6	Kastelan, Jamie	16	Oakhill College-ISA	
7	Speechly, Joshua	16	St Phillips-CC_C--AICES	
8	Vlahos, William	16	St George_CS-CSSA	
9	Wigham, Harry	16	Oakhill College-ISA	

Event 56 Boys 17 Year Olds 200 Metre Run

Tuesday 22/09/2026 - 10:30 AM

NSWCIS: 21.85 2013 James Kermond, Georges River Grammar

	Name	Age	Team	Seed Time
1	Amoroso, Jim	17	Central Coast Grammar-ISA	
2	Bisgrove, Fletcher	17	Lindisfarne Anglican-NCIS	
3	Bradley, Samuel	17	IllawarraCS-CSSA	
4	Godwin, Nicholas	17	Penrith_AC-AICES	
5	Laurence, Nathan	17	Rouse_Hill_AC-AICES	
6	Lewis, Caleb	17	Central Coast_AS-AICES	
7	Miewski, Xavier	17	St Patricks College-ISA	
8	Morgan, George	17	Lindisfarne Anglican-NCIS	
9	Proudford, Jack	17	Pacific Hills_CS-CSSA	
10	Rawhiti, Mason	17	Oakhill College-ISA	
11	Ugbomhe, Epeosi	17	Penrith_CS-CSSA	
12	Webb, Harry	17	Scots_Albury-RAS	

Event 57 Boys 18-19 200 Metre Run

Tuesday 22/09/2026 - 10:30 AM

NSWCIS: 21.70 19/09/2023 Zac Urbach, Emanuel School

	Name	Age	Team	Seed Time
1	Gibson, Cody	18	Maitland_CS-CSSA	
2	Hart, Hugo	18	St Pius X College-ISA	
3	Hasanonvic, Alen	18	Amity College-AICES	
4	Hegerman, Prem	18	St Augustines College-ISA	
5	Masters, Jesse	18	Green_Point_CC-CSSA	
6	Philp, Ben	18	St Lukes_GS-AICES	
7	Schneider, Lucas	18	Maitland_CS-CSSA	

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Event 64 Girls 12 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:00 AM

NSWCIS: 2:16.10 2017 Jessica Bird, Pymble Ladies College			
Name	Age	Team	Seed Time
1 Astin-briggs, Ashleigh	12	Nowra_AC-AICES	
2 Bailey, Madeline	12	Redlands-ISA	
3 Bechara, Jiselle	12	P L C Sydney-IGSA	
4 Crosby, Brooke	12	Calrossy_AS-AICES	
5 Felix, Azzuri	12	Kincoppal Rose Bay-IGSA	
6 Hosking, Ava	12	Wycliffe_CS-CSSA	
7 Kebe, Hawa	12	Riverina_AC-RAS	
8 Liu, Emma	12	Barker College-ISA	
9 McIntosh, Georgia	12	Moama_AG-RAS	
10 Nixon, Jasmine	12	Lindisfarne Anglican-NCIS	
11 Porter, Mia	12	Belmont-CSSA	
12 Reid, Stella	12	Scots_Albury-RAS	
13 Shirley, Luca	12	St Phillips-CC_C--AICES	
14 Thompson, Indiana	12	Emmanuel Anglican-NCIS	
15 Vale, Evelyn	12	Abbotsleigh-IGSA	
16 Williams, Kimberley	12	Kinross Wolaroi-AICES	

Event 65 Girls 13 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:00 AM

NSWCIS: 2:17.69 2014 Eliza Harvey, Loreto Normanhurst			
Name	Age	Team	Seed Time
1 Anasis, Eva	13	Inaburra-CSSA	
2 Bugeja, Casey	13	Georges River Grammar-AICES	
3 Collins, Emily	13	Macquarie College-AICES	
4 Cordner, Marcelle	13	Moama_AG-RAS	
5 Daly, Alexis	13	Meriden-IGSA	
6 Elphick, Amelia	13	IllawarraCS-CSSA	
7 Godfrey, Claire	13	Central Coast_SC-AICES	
8 Immisch, Summer	13	Lindisfarne Anglican-NCIS	
9 Jordan, Zoe	13	Ravenswood-IGSA	
10 Katrib, Tayla	13	Cranbrook-ISA	
11 Martin, Cassia	13	St Pauls Grammar-ISA	
12 Miao, Ella	13	St Andrews Cathedral-ISA	
13 Sutton, Evangeline	13	Bishop Druitt-NCIS	
14 Walker, Chianne	13	Oxford Falls_GS-CSSA	

Event 66 Girls 14 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:00 AM

NSWCIS: 2:12.94 2009 Courtney Chamberlain, William Clarke			
Name	Age	Team	Seed Time
1 Burnett, Maddie	14	Barker College-ISA	
2 Cash, Zoe	14	Inaburra-CSSA	
3 Cleary, Nevaeh	14	Oxford Falls_GS-CSSA	
4 Clifton, Sophie	14	Scots_Albury-RAS	
5 de Grosbois, Tiara	14	Emmanuel Anglican-NCIS	
6 Erickson, Juliet	14	Scots All Saints College	
7 Halim, Emily	14	St Catherines-IGSA	
8 Halpin, Willow	14	Northern_Beaches_CS-CSSA	
9 Hunter, Ava	14	Bishop Druitt-NCIS	
10 Immisch, Ayva	14	Lindisfarne Anglican-NCIS	
11 Lin-Orme, Leticia	14	Meriden-IGSA	
12 Mansell, Ashleigh	14	Northholm_GS-AICES	

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Performance List - Track Morning

Event 66 ... (Girls 14 Year Olds 800 Metre Run)

	Name	Age	Team	Seed Time
13	Pickup, Valerie	14	Pittwater House-AICES	
14	Prime, Savannah	14	Rouse_Hill_AC-AICES	
15	Salter, Portia	14	Kincoppal Rose Bay-IGSA	
16	Stokoe, Arabella	14	St Andrews Cathedral-ISA	
17	Stone, Laura	14	Moama_AG-RAS	
18	Wilson, Lucy	14	Trinity_Albury-RAS	

Event 67 Girls 15 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:00 AM

NSWCIS: 2:13.07 2015

Catherine Miller, Pymble Ladies College

	Name	Age	Team	Seed Time
1	Bugg, Jacqueline	15	Ascham School-IGSA	
2	Crawford, Lana	15	Nowra_AC-AICES	
3	Davies, Isabelle	15	Oxford Falls_GS-CSSA	
4	Eddy, Matilda	15	Moama_AG-RAS	
5	Gladstone, Lucy	15	Kincoppal Rose Bay-IGSA	
6	Grose, Minnie Mae	15	Oran Park-CSSA	
7	Haywood, Isla	15	Central Coast_SC-AICES	
8	Lewis, Georgina	15	Pymble Ladies-IGSA	
9	Martin, Adalie	15	St Pauls Grammar-ISA	
10	Marwaha, Jiya	15	Green_Point_CC-CSSA	
11	McDoanld, Niamh	15	Redlands-ISA	
12	Potocki, Zara	15	Snowy Mtns Grammar-ISA	
13	Tague, Alexis	15	St Lukes_GS-AICES	

Event 68 Girls 16 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:00 AM

NSWCIS: 2:11.95 2018

Imogen Gardiner, Pymble Ladies College

	Name	Age	Team	Seed Time
1	Bennett, Aliyah	16	William Clarke-AICES	
2	Browne, Penelope	16	Oxley College-ISA	
3	Burgum, Violet	16	Belmont-CSSA	
4	Cameron, Ruby	16	Northern_Beaches_CS-CSSA	
5	Dent, Zoe	16	Charlton-CSSA	
6	Hooton, Mia	16	Ravenswood-IGSA	
7	Jurd, Lucy	16	Orange_AGS-AICES	
8	Keogh, Pema	16	St Peters_AC-Broulee Aices	
9	Kim, Ivy	16	Barker College-ISA	
10	Lawton, Eliza	16	Pymble Ladies-IGSA	
11	McEachern, Lucy	16	St Pauls_WW-RAS	
12	Napier, Skye	16	Kinross Wolaroi-AICES	
13	Reid, Alexis	16	Maam Giingana Gumbaynggirr-NCI	
14	Sukh, Sienna	16	Meriden-IGSA	

Event 69 Girls 17 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:00 AM

NSWCIS: 2:08.60 2006

Sianne Toemoe, Pymble Ladies College

	Name	Age	Team	Seed Time
1	Bishop, Liliana	17	St George_CS-CSSA	
2	Brockbank, Eden	17	Coffs Harbour_CCS-CSSA	
3	Cigna, Annabelle	17	Wenona-IGSA	
4	Ford, Ava	17	Redlands-ISA	
5	Ford, Grace	17	Redlands-ISA	
6	Guillergan, Mia	17	Reddam House North Shore-AICES	
7	Hundle, Amber	17	Bishop Druitt-NCIS	

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Performance List - Track Morning

Event 69 ... (Girls 17 Year Olds 800 Metre Run)

	Name	Age	Team	Seed Time
8	Lewis, Hanna	17	Rouse_Hill_AC-AICES	
9	Macfarlane, Layla	17	The Armidale School-NCIS	
10	Matar, Lea	17	Greenacre Baptist-CSSA	
11	Meaker, Julia	17	Meriden-IGSA	
12	Mowbray, Eva	17	Central Coast Grammar-ISA	
13	O'Brien, Poppy	17	Kincoppal Rose Bay-IGSA	
14	Stirling, Stella	17	Arden_AS-AICES	

Event 70 Girls 18-19 800 Metre Run

Tuesday 22/09/2026 - 11:00 AM

NSWCIS: 2:26.98 2004

Renee Vandenburg, MLC School

	Name	Age	Team	Seed Time
1	Baulch, Remi	18	Moama_AG-RAS	
2	Bradford, Jessica	18	Barker College-ISA	
3	Dukes, Mabel	18	St Pauls Grammar-ISA	
4	Jurd, Milla	18	Orange_AGS-AICES	
5	McLaren, Emily	18	Nowra_CS-CSSA	
6	Robinson, Hannah	18	Casino_CS-CSSA	
7	Siau, Olivia	18	Tangara-AICES	
8	Sutton, Asha	18	P L C Sydney-IGSA	
9	Tallentire, Emily	18	Scots All Saints College	
10	Walsh, Niamh	18	Ascham School-IGSA	

Event 71 Mixed 12-19 800 Metre Run Multi Class Ambulatory

Tuesday 22/09/2026 - 11:00 AM

12-15W NSWCIS: 3:56.10 2019

Monica Moore T20(54.10%), PLC Sydney

16-19W NSWCIS: 3:05.66 2009

Nicole Harris T38 (91.51%), Danebank

12-15M NSWCIS: 2:45.06 2023

Jack Gibson T43 (89.28), Central Coast GS

16-19M NSWCIS: 2:30.40 2010

Daniel Berry T36 (99.72%), Pacific Hills CS

	Name	Age	Team	Seed Time
1	Cannone (Tf35), Navilia	W13	St Phillips_CC_N_AICES	
2	Espie (Tf34), Coco	W18	Sceegs Darl-IGSA	
3	McMahon Willott ii-3, Bella	W13	Clarence Valley-NCIS	
4	Russell T/F41, Hugo	M17	St Augustines College-ISA	
5	Woodfull (T36), Lachlan	M19	Bishop_Tyrrell_AC-AICES	

Event 79 Boys 12 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:30 AM

NSWCIS: 2:13.77 2014

Angus Beer, Newington College

	Name	Age	Team	Seed Time
1	Bernardin, Alexander	12	Trinity_Albury-RAS	
2	Castro, Reinaldo	12	St Phillips-CC-G-AICES	
3	Chetcuti, Liam	12	Chevalier College-ISA	
4	Dawson, Harry	12	St Stanislaus College-ISA	
5	Dhakal, Saarvin	12	Broughton_AC-AICES	
6	Eldeir, Julian	12	Toongabbie_CS-CSSA	
7	Ionita, Nicolae	12	St Patricks College-ISA	
8	Lubke, Simeon	12	St Pauls_WW-RAS	
9	Nicholson, Lequintin	12	St Lukes_GS-AICES	
10	Quispe Guzman, Sebastian	12	Mamre_Anglican_School-CSSA	
11	Unwin, Dominic	12	Mt Annan_CC-CSSA	

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Performance List - Track Morning

Event 80 Boys 13 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:30 AM

NSWCIS: 2:06.09 24/09/2024		Cristiano Calcarao, SPX6		
	Name	Age	Team	Seed Time
1	Adam, Finn	13	Bishop Druitt-NCIS	
2	Baltyn, Thomas	13	IllawarraCS-CSSA	
3	Dowsley, Spencer	13	Scots_Albury-RAS	
4	Fletcher, Zane	13	Manning Valley_AC-AICES	
5	Graham, Zade	13	Central Coast Grammar-ISA	
6	Haktan, Mehmet	13	Amity College-AICES	
7	Jordan, Harrison	13	Bishop Druitt-NCIS	
8	Martinus, Reed	13	Inaburra-CSSA	
9	Napier, Tim	13	Kinross Wolaroi-AICES	
10	Solomon, William	13	Chevalier College-ISA	
11	Thirlwall, Kai	13	Nowra_AC-AICES	
12	Waldron, Kaspar	13	Summerland CC-CSSA	

Event 81 Boys 14 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:30 AM

NSWCIS: 2:02.15 2016		Angus Beer, Newington College		
	Name	Age	Team	Seed Time
1	Barrett, Nate	14	Pittwater House-AICES	
2	Bergan, Carter	14	Oakhill College-ISA	
3	Davies, William	14	Riverina_AC-RAS	
4	Douglas, Connor	14	Lindisfarne Anglican-NCIS	
5	Gleeson, Lucas	14	Trinity_Albury-RAS	
6	Halfhide, Oliver	14	Wahroonga_Adventist_CSSA	
7	Jones, Levi	14	Norwest_CC-CSSA	
8	Kelly, Xavier	14	The Armidale School-NCIS	
9	O'Connell, Finlay	14	Wycliffe_CS-CSSA	
10	Saunders, Harry	14	Moama_AG-RAS	
11	Simiana, Isaac	14	St Pauls Grammar-ISA	
12	Stokes, Jordan	14	Bishop_Tyrrell_AC-AICES	
13	Vale, Tasman	14	St Augustines College-ISA	
14	West, Zachary	14	St Phillips-CC_C--AICES	
15	Wilson, Ollie	14	Emmanuel Anglican-NCIS	

Event 82 Boys 15 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:30 AM

NSWCIS: 1:56.20 2017		Angus Beer, Newington College			
	Name	Age	Team	Seed Time	
1	Alford, Joshua	15	Toongabbie_CS-CSSA		
2	Bowrey, Benjamin	15	Northholm_GS-AICES		
3	Carlson, Braydan	15	Central Coast_SC-AICES		
4	Doree, James	15	Redlands-ISA		
5	Evans, Bailey	15	Trinity_Albury-RAS		
6	Francis, Ned	15	Oakhill College-ISA		
7	Gomez, Orlando	15	Wyong_CCS-CSSA		
8	Hegerman, Aavi	15	St Augustines College-ISA		
9	Lewis, Nathan	15	Avondale-AICES		
10	Pye, Aiden	15	Wahroonga Adventist CSSA		

Event 83 Boys 16 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:30 AM

NSWCIS: 1:56.40 2006		James Kaan, Oakhill College		
Name	Age	Team	Seed	Time
1	Auzins, Luca	16	St Andrews Cathedral-ISA	

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Performance List - Track Morning

Event 83 ... (Boys 16 Year Olds 800 Metre Run)

	Name	Age	Team	Seed Time
2	Fragar, Toby	16	Belmont-CSSA	
3	Hosking, Logan	16	Australian_CC-MarsdenPk-CSSA	
4	Jenkins, Archie	16	Macquarie College-AICES	
5	Khanna, Arya	16	Wahroonga_Adventist_CSSA	
6	Speechly, Joshua	16	St Phillips-CC_C--AICES	
7	Watkins, Charles	16	St Augustines College-ISA	

Event 84 Boys 17 Year Olds 800 Metre Run

Tuesday 22/09/2026 - 11:30 AM

NSWCIS: 1:57.40 19/09/2023 Isaac Brooks, Redlands

	Name	Age	Team	Seed Time
1	Calcarao, Antonio	17	St Pius X College-ISA	
2	Campbell, Elijah	17	Hunter Valley Grammar-AICES	
3	Duke, Matthew	17	Dubbo_CS-CSSA	
4	Johnson, Manning	17	Pacific Hills_CS-CSSA	
5	Kimball, Jacob	17	St Augustines College-ISA	
6	Low, Jude	17	Inaburra-CSSA	
7	Mackie, Alex	17	St Pauls Grammar-ISA	
8	Mitchell, Michael	17	The_Illawarra_GS-AICES	
9	Reardon, Charlie	17	Moama_AG-RAS	
10	Russell, Levi	17	Heritage Sydney-AICES	
11	Saunderson, Taz	17	Emmanuel Anglican-NCIS	

Event 85 Boys 18-19 800 Metre Run

Tuesday 22/09/2026 - 11:30 AM

NSWCIS: 2:00.87 2004 Tom Gorman, St Ignatius

	Name	Age	Team	Seed Time
1	Browning, Alvaro	18	IllawarraCS-CSSA	
2	Ha, Edwin	18	Norwest_CC-CSSA	
3	Hegerman, Prem	18	St Augustines College-ISA	
4	Howieson, Oliver	18	Pittwater House-AICES	
5	Mackie, Ethan	18	St Pauls Grammar-ISA	
6	Smithson, Samuel	18	Rouse_Hill_AC-AICES	
7	Woodhouse, Benjamin	18	Arden_AS-AICES	