

U6 - M - Long Jump - 15 Mar 2025

Final Jump Pits

Centre Record
Khaison Pearman 2.97 20/02/2016
Unit of Measure - m.cm

3
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6753	Levi	Peters	JLAC					2.90
6633	Eli	Blesing	JLAC					2.50
6762	Lenny	Retuga	JLAC					2.49
6866	Andre	Langullah	JLAC					2.40
6615	Ahan	Patel	JLAC					2.03
6657	Fionn	Kelly	JLAC					2.00

U6 - F - Long Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Savannah Smith 2.88 2020/21
Unit of Measure - m.cm

4
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6579	Airlie	Laut	JLAC					2.57
6864	Zaya	Prentice	JLAC					2.10
6600	Emma	Bouse	JLAC					2.08
6612	Elmize	Luyt	JLAC					2.06
6749	Mia	McClelland	JLAC					1.86
6843	Alayna	Dean	JLAC					1.80
6851	Izzy	Humphries	JLAC					1.49

U6 - M - Discus 350g - 15 Mar 2025
Final Discus Sites

Centre Record
Kayne Horan 12.71 25/02/2017
Unit of Measure - mm.cm

5
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6753	Levi	Peters	JLAC					10.74
6866	Andre	Langullah	JLAC					8.40
6633	Eli	Blesing	JLAC					8.33
6615	Ahan	Patel	JLAC					6.54

U6 - F - Discus 350g - 15 Mar 2025
Final Discus Sites

Centre Record
Jessica Van der Kwast 10.13 24/01/2020
Unit of Measure - mm.cm

6
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6612	Elmize	Luyt	JLAC					6.84
6851	Izzy	Humphries	JLAC					2.28

U7 - F - Discus 350g - 15 Mar 2025
Final Discus Sites

Centre Record
Chevy Brinkworth 15.65 10/11/2012
Unit of Measure - mm.cm

10
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6734	Sarah	Reindl	JLAC					9.09
6683	Amelia	Van der Kwast	JLAC					8.82
6618	Amelia	Thomas-Sweetin	JLAC					7.38
6691	Alexis	Van Der Kwast	JLAC					6.27
6794	Willow	Hood-Penn	JLAC					4.74
6605	Madeleine	Granger	JLAC					4.36

U7 - M - Discus 350g - 15 Mar 2025
Final Discus Sites

Centre Record
Ben Seivwright 17.52 01/11/2009
Unit of Measure - mm.cm

9
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6644	Micah	Pesti	JLAC					12.83
6585	Samuel	Cartwright	JLAC					11.99
6676	Franklin	Welmans	JLAC					10.94
6812	Reed	Hughes	JLAC					8.58
6782	Bastien	Taylor	JLAC					8.01
6778	Rueben	Barnard	JLAC					7.07

U7 - M - Shot 1kg - 15 Mar 2025
Final Shotput Sites

Centre Record
Ethan Jack 7.51 03/02/2018
Unit of Measure - mm.cm

13
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6676	Franklin	Welmans	JLAC					3.91
6812	Reed	Hughes	JLAC					3.53
6782	Bastien	Taylor	JLAC					3.46

U7 - F - Shot 1kg - 15 Mar 2025

Final Shotput Sites

Centre Record
Caitlin Moore 6.43 01/02/2009
Unit of Measure - mm.cm

14
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6594	Tove	Polak	JLAC					4.28
6683	Amelia	Van der Kwast	JLAC					4.22
6734	Sarah	Reindl	JLAC					4.15
6691	Alexis	Van Der Kwast	JLAC					3.89
6618	Amelia	Thomas-Sweetin	JLAC					3.80
6794	Willow	Hood-Penn	JLAC					2.78
6605	Madeleine	Granger	JLAC					2.53

U8 - F - Long Jump - 15 Mar 2025

Final Jump Pits

Centre Record
Amanda Downs 3.70 1/12/1993 12:00:00
AM
Unit of Measure - m.cm

20
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6586	Tamara	Ianc	JLAC					3.63
6684	Indie	Weston	JLAC					3.46
6765	Lily	Coelho	JLAC					2.92
6608	Mia	Wilton	JLAC					2.92
6636	Starley	Holmes	JLAC					2.71
6669	Evie rose	Davies	JLAC					2.60
6578	Eadie	Laut	JLAC					2.49
6635	Matilda	Turnbull	JLAC					2.38

U8 - M - Long Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Zac Cowan 3.82 2013/14
Unit of Measure - m.cm

19
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6737	Conor	Callaghan	JLAC					3.35
6757	Coen	Hickman	JLAC					2.84
6606	Joshua	McEachen	JLAC					2.84
6590	Frankie	Oliver	JLAC					2.84
6857	Flynn	Newbigging	JLAC					2.77
6704	Jose Luiz	Pires Gil	JLAC					2.75
6705	Joshua	van Deventer	JLAC					2.61

U8 - M - Shot 1.5kg - 15 Mar 2025
Final Shotput Sites

Centre Record
Spencer Norris 8.15 09/02/2019
Unit of Measure - mm.cm

23
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6770	Max	Westaway	JLAC					5.48
6893	Logan	Atkinson	JLAC					5.11
6590	Frankie	Oliver	JLAC					4.78
6857	Flynn	Newbigging	JLAC					4.49
6623	Sammy	Oliver	JLAC					4.48

U8 - F - Shot 1.5kg - 15 Mar 2025
Final Shotput Sites

Centre Record
Caitlin Moore 6.75 01/01/2010
Unit of Measure - mm.cm

24
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6632	Lula	Boshoff	JLAC					5.89
6765	Lily	Coelho	JLAC					4.66
6608	Mia	Wilton	JLAC					3.85
6636	Starley	Holmes	JLAC					3.65
6578	Eadie	Laut	JLAC					3.23
6690	Addison	Hands	JLAC					2.98

U9 - F - Shot 2kg - 15 Mar 2025

Final Shotput Sites

Centre Record
 Cara Gerber 6.84 09/02/2013
 Unit of Measure - mm.cm

28
 12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6630	Aily	Ojogwu	JLAC					5.64
6728	Aliesha	Herrmann	JLAC					5.58
6769	Maddison	Westaway	JLAC					5.05
6701	Ida	Tucker	JLAC					4.75
6687	Maci	Smith	JLAC					4.67
6702	Carrie	Simmonds	JLAC					4.12
6837	Faith	Ngatai	JLAC					4.07
6706	Caileigh	van Deventer	JLAC					3.91
6674	Layla	Botbyl	JLAC					3.31

U9 - M - Shot 2kg - 15 Mar 2025
Final Shotput Sites

Centre Record
Mathew Seitz 8.76 01/03/2004
Unit of Measure - mm.cm

27
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6809	Aidan	Newell	JLAC					5.86
6718	Tobias	Gillespie	JLAC					5.24
6596	Danté	Korff	JLAC					4.85
6611	Erzick	Luyt	JLAC					4.35
6821	Lockie	Baily	JLAC					3.50

U9 - M - Turbo Javelin - 15 Mar 2025

Final Javelin Sites

Centre Record
Mathew Sietz 28.43 1/03/2004 12:00:00 AM
Unit of Measure - mm.cm

31
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6665	Samuel	Fairhead	JLAC					20.77
6718	Tobias	Gillespie	JLAC					15.21
6611	Erzick	Luyt	JLAC					15.10
6823	Lincoln	Berry	JLAC					12.25
6596	Danté	Korff	JLAC					10.24
6817	AJ	Whitford	JLAC					10.19
6821	Lockie	Baily	JLAC					7.72

U9 - F - Turbo Javelin - 15 Mar 2025

Final Javelin Sites

Centre Record
Jessica Van der Kwast 21.39 2022/23
Unit of Measure - mm.cm

32
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6630	Aily	Ojogwu	JLAC					18.13
6681	Evelyn	Van Der kwast	JLAC					17.88
6728	Aliesha	Herrmann	JLAC					16.34
6769	Maddison	Westaway	JLAC					13.02
6721	Madeleine	Aitkins	JLAC					12.35
6706	Caileigh	van Deventer	JLAC					12.15
6597	Sophie	Bouse	JLAC					11.80
6741	Raphaelle	Drinkwater	JLAC					11.73
6641	Luce	Shiroka	JLAC					10.36
6702	Carrie	Simmonds	JLAC					10.21
6837	Faith	Ngatai	JLAC					9.02
6714	Bonnie	Reindl	JLAC					8.27

U10 - M - Long Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Ky Landers 4.62 1/12/2010 12:00:00 AM
Unit of Measure - m.cm

37
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6645	Jasper	Pesti	JLAC					3.78
6743	Divan	Delport	JLAC					3.71
6604	Logan	Dean	JLAC					3.58
6763	Jaxon	Brogden	JLAC					3.02

U10 - F - Long Jump - 15 Mar 2025

Final Jump Pits

Centre Record
Mirica Coetzee 4.23 2020/21
Unit of Measure - m.cm

38
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6620	Billie	Greatbanks	JLAC					3.87
6589	Sienna	Oliver	JLAC					3.71
6797	Savannah	Smith	JLAC					3.68
6602	Sophie	Lacy	JLAC					3.48
6588	Kaleah	Atkinson	JLAC					3.28
6686	Kayla	Weston	JLAC					3.16
6583	Blake	Hall	JLAC					3.15
6593	Anna	Polak	JLAC					3.15
6894	Isla	Smith	JLAC					2.80

U10 - F - Shot 2kg - 15 Mar 2025
Final Shotput Sites

Centre Record
Caitlin Moore 7.81 05/11/2011
Unit of Measure - mm.cm

42
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6797	Savannah	Smith	JLAC					6.93
6588	Kaleah	Atkinson	JLAC					6.60
6593	Anna	Polak	JLAC					5.13
6582	Adeline	Galhardo	JLAC					4.60

U10 - M - Shot 2kg - 15 Mar 2025
Final Shotput Sites

Centre Record
Daniel Claassen 9.94 01/01/2010
Unit of Measure - mm.cm

41
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6743	Divan	Delport	JLAC					6.59
6604	Logan	Dean	JLAC					6.08
6752	Taj	Peters	JLAC					5.36
6854	Cowen	Pitout	JLAC					4.91
6634	Lucas	Turnbull	JLAC					4.87
6890	Samuel	Holland	JLAC					2.99

U10 - F - Turbo Javelin - 15 Mar 2025

Final Javelin Sites

Centre Record
Kavroop Bhangu 25.96 2022/23
Unit of Measure - mm.cm

46
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6797	Savannah	Smith	JLAC					23.07
6620	Billie	Greatbanks	JLAC					17.46
6588	Kaleah	Atkinson	JLAC					17.08
6593	Anna	Polak	JLAC					16.43
6660	Sienna	Horton	JLAC					16.08
6686	Kayla	Weston	JLAC					13.66
6583	Blake	Hall	JLAC					13.53
6582	Adeline	Galhardo	JLAC					10.35
6727	Jesinta	Avery	JLAC					9.75

U10 - M - Turbo Javelin - 15 Mar 2025
Final Javelin Sites

Centre Record
Kayne Horan 31.31 2019/20
Unit of Measure - mm.cm

45
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6604	Logan	Dean	JLAC					21.60
6890	Samuel	Holland	JLAC					13.57
6854	Cowen	Pitout	JLAC					13.27

U11 - F - High Jump Fosbury - 15 Mar 2025

Final High Jump Sites

Centre Record
Samara Sallie 1.38 2017/18
Unit of Measure - m.cm

58
12:00 PM

If an athlete is not present please write DNS in the Best Results Column

Please mark a miss with an 'X'

Please mark a clearance with an 'O'

Please mark a pass with a '-'

Bar rises in 5cm increments until 6 or few are remaining and by 2cm increments thereafter until only 1 remains. This athlete can select their increments (no less than 1cm). Failure to adhere to this rule will result in all athlete attempts after the 2cm increase not being recorded.

If any part of the body breaks the vertical plane from the poles/bar to the ground the attempt is deemed a NO JUMP and marked as a missed attempt.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

STARTING HEIGHTS

Age	Girls	Boys
11	0.95cm	1.00m
12	1.05m	1.10m
13	1.10m	1.15m
14	1.15m	1.20m
15	1.20m	1.25m
16	1.25m	1.30m
17	1.30m	1.35m

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6774	Evelyn	Ward	JLAC					1.25
6682	Jessica	Van der Kwast	JLAC					1.11
6806	Nyssa	Bennett	JLAC					1.10
6792	Ella	Hood-Penn	JLAC					1.09
6666	Ava	Fairhead	JLAC					1.05
6875	Kiara	Korff	JLAC					1.05
6791	Nelly	White	JLAC					1.05

U11 - M - High Jump Fosbury - 15 Mar 2025

Final High Jump Sites

Centre Record
Zac Cowan 1.44 2016/17
Unit of Measure - m.cm

57
12:00 PM

If an athlete is not present please write DNS in the Best Results Column

Please mark a miss with an 'X'

Please mark a clearance with an 'O'

Please mark a pass with a '-'

Bar rises in 5cm increments until 6 or few are remaining and by 2cm increments thereafter until only 1 remains. This athlete can select their increments (no less than 1cm). Failure to adhere to this rule will result in all athlete attempts after the 2cm increase not being recorded.

If any part of the body breaks the vertical plane from the poles/bar to the ground the attempt is deemed a NO JUMP and marked as a missed attempt.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

STARTING HEIGHTS

Age	Girls	Boys
11	0.95cm	1.00m
12	1.05m	1.10m
13	1.10m	1.15m
14	1.15m	1.20m
15	1.20m	1.25m
16	1.25m	1.30m
17	1.30m	1.35m

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6766	Adam	Coelho	JLAC					1.28
6577	Jayden	Drew	JLAC					1.27
6754	Kobe	Peters	JLAC					1.25
6869	Ruben	Geel	JLAC					1.24
6859	Zachary	Pennington	JLAC					1.15

U11 - F - Long Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Samara Sallie 4.50 2017/18
Unit of Measure - m.cm

60
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6781	Angelika	Nilsson	JLAC					3.65
6774	Evelyn	Ward	JLAC					3.52
6792	Ella	Hood-Penn	JLAC					3.37
6733	Lucy	Reindl	JLAC					3.29
6791	Nelly	White	JLAC					3.21
6679	Emily-Rose	Pickerill	JLAC					3.10
6806	Nyssa	Bennett	JLAC					3.05
6875	Kiara	Korff	JLAC					2.99
6827	Audrey	Falconer	JLAC					2.60

U11 - M - Long Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Justin Deitch 4.88 1/12/1995 12:00:00 AM
Unit of Measure - m.cm

59
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6577	Jayden	Drew	JLAC					4.07
6680	Elliott	Hale	JLAC					3.51
6716	Tamehana	Tipene	JLAC					3.43
6869	Ruben	Geel	JLAC					3.30
6663	Taj	Le Fournour	JLAC					3.19
6850	Hendrix	Humphries	JLAC					2.92
6771	Joshua	Kay	JLAC					2.78

U11 - M - Discus 500g - 15 Mar 2025

Final Discus Sites

Centre Record
Haaris Rizvi 36.00 2022/23
Unit of Measure - mm.cm

53
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6766	Adam	Coelho	JLAC					27.39
6631	Ethan	Ojogwu	JLAC					26.81
6577	Jayden	Drew	JLAC					24.87
6754	Kobe	Peters	JLAC					24.80
6672	George	Bryant	JLAC					24.20
6730	Theo	Langullah	JLAC					20.30
6663	Taj	Le Fournour	JLAC					18.85
6818	James	Gilchrist	JLAC					17.66
6869	Ruben	Geel	JLAC					17.23
6680	Elliott	Hale	JLAC					16.48
6859	Zachary	Pennington	JLAC					14.88
6841	Theo	Coughlan	JLAC					11.55
6850	Hendrix	Humphries	JLAC					11.11
6771	Joshua	Kay	JLAC					10.80

U11 - F - Discus 500g - 15 Mar 2025

Final Discus Sites

Centre Record
Kavroop Bhangu 34.14 2023/24
Unit of Measure - mm.cm

54
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6682	Jessica	Van der Kwast	JLAC					23.00
6875	Kiara	Korff	JLAC					17.72
6733	Lucy	Reindl	JLAC					15.68
6679	Emily-Rose	Pickerill	JLAC					15.57
6713	Ivy	Reindl	JLAC					12.67

U12 - F - Triple Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Samara Sallie 10.14 2018/19
Unit of Measure - mm.cm

72
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6798	Matipa	Munjodzi	JLAC					8.51
6858	Pippa	Hayles	JLAC					8.38
6616	Alyssa	Coyne	JLAC					8.03
6667	Skyla	Boshoff	JLAC					7.93
6788	Kamika	Pitout	JLAC					7.59
6758	Darcy	Feist	JLAC					7.56

U12 - M - Triple Jump - 15 Mar 2025

Final Jump Pits

Centre Record
Daniel Cruickshank 10.49 1/02/2011
12:00:00 AM
Unit of Measure - mm.cm

71
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6891	Matthew	Holland	JLAC					9.42
6595	Andreas	Polak	JLAC					8.48
6639	Taj	Ford	JLAC					8.01
6649	Cooper	McDonald	JLAC					7.42
6710	Tain	Kavanagh	JLAC					7.32
6856	Caleb	Newbigging	JLAC					6.91
6692	Tobias	Van Der Kwast	JLAC					4.01

U12 - F - Javelin 400g - 15 Mar 2025
Final Javelin Sites

Centre Record
Kavroop Bhangu 35.01 2024/25
Unit of Measure - mm.cm

70
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6654	Kavroop	Bhangu	JLAC					35.01
6799	Maita	Munjodzi	JLAC					15.24
6616	Alyssa	Coyne	JLAC					14.28
6643	Tia	Prasad	JLAC					13.36

U12 - M - Javelin 400g - 15 Mar 2025
Final Javelin Sites

Centre Record
Janno van der Linde 38.01 25/02/2012
Unit of Measure - mm.cm

69
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6619	Ethan	Thomas-Sweetin	JLAC					27.84
6595	Andreas	Polak	JLAC					26.20
6710	Tain	Kavanagh	JLAC					20.87
6856	Caleb	Newbigging	JLAC					18.71
6692	Tobias	Van Der Kwast	JLAC					11.39

U12 - F - Shot 2kg - 15 Mar 2025
Final Shotput Sites

Centre Record
Anzel Jansen 11.32 20/02/2016
Unit of Measure - mm.cm

66
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6654	Kavroop	Bhangu	JLAC					10.21
6758	Darcy	Feist	JLAC					8.47
6799	Maita	Munjodzi	JLAC					7.14
6616	Alyssa	Coyne	JLAC					7.00

U12 - M - Shot 2kg - 15 Mar 2025 Final Shotput Sites

Centre Record
Haaris Rizvi 12.34 2023/24
Unit of Measure - mm.cm

65
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Shotput is to start in the neck with a direct push forward in an A to B movement.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6692	Tobias	Van Der Kwast	JLAC					9.00
6697	Otis	Habbits	JLAC					8.16
6595	Andreas	Polak	JLAC					7.71
6619	Ethan	Thomas-Sweetin	JLAC					7.24
6710	Tain	Kavanagh	JLAC					6.97

**U13 - M - High Jump Fosbury - 15 Mar
2025
Final High Jump Sites**

Centre Record
Thomas Santangeli 1.61 01/02/2003
Unit of Measure - m.cm

81
12:00 PM

If an athlete is not present please write DNS in the Best Results Column

Please mark a miss with an 'X'

Please mark a clearance with an 'O'

Please mark a pass with a '-'

Bar rises in 5cm increments until 6 or few are remaining and by 2cm increments thereafter until only 1 remains. This athlete can select their increments (no less than 1cm). Failure to adhere to this rule will result in all athlete attempts after the 2cm increase not being recorded.

If any part of the body breaks the vertical plane from the poles/bar to the ground the attempt is deemed a NO JUMP and marked as a missed attempt.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

STARTING HEIGHTS

Age	Girls	Boys
11	0.95cm	1.00m
12	1.05m	1.10m
13	1.10m	1.15m
14	1.15m	1.20m
15	1.20m	1.25m
16	1.25m	1.30m
17	1.30m	1.35m

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6651	Jackson	McAdam	JLAC					1.47
6822	Cooper	Stone	JLAC					1.46
6598	Michael	Bouse	JLAC					1.29

U13 - F - High Jump Fosbury - 15 Mar 2025

Final High Jump Sites

Centre Record
Samara Sallie 1.50 2019/20
Unit of Measure - m.cm

82
12:00 PM

If an athlete is not present please write DNS in the Best Results Column

Please mark a miss with an 'X'

Please mark a clearance with an 'O'

Please mark a pass with a '-'

Bar rises in 5cm increments until 6 or few are remaining and by 2cm increments thereafter until only 1 remains. This athlete can select their increments (no less than 1cm). Failure to adhere to this rule will result in all athlete attempts after the 2cm increase not being recorded.

If any part of the body breaks the vertical plane from the poles/bar to the ground the attempt is deemed a NO JUMP and marked as a missed attempt.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

STARTING HEIGHTS

Age	Girls	Boys
11	0.95cm	1.00m
12	1.05m	1.10m
13	1.10m	1.15m
14	1.15m	1.20m
15	1.20m	1.25m
16	1.25m	1.30m
17	1.30m	1.35m

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6658	Holly	Robinson	JLAC					1.25
6673	Charlotte	Bryant	JLAC					1.24
6793	Lucy	Hood-Penn	JLAC					1.20

U13 - M - Long Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Dane Luitingh 5.34 2014/15
Unit of Measure - m.cm

85
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6822	Cooper	Stone	JLAC					4.69
6675	Mark	Botbyl	JLAC					4.59
6637	Ozzie	Holmes	JLAC					4.07
6807	Haaris	Rizvi	JLAC					3.85
6693	Jamie	Robeson	JLAC					3.82

U13 - F - Long Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Kylie Bent 5.03 01/02/1999
Unit of Measure - m.cm

86
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

U6 to U8 mat size 0.5m - set back 20cm from the pit

U9 to U10 mat size 0.5m set back 50cm from the pit

U11 to U17 mat size 0.2m set back 2m from the pit

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN FOLDER FOR HOW TO MEASURE

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6715	Ariana	Tipene	JLAC					3.78
6698	Tegan	Jones	JLAC					3.68
6793	Lucy	Hood-Penn	JLAC					3.62
6607	Layla	McEachen	JLAC					3.27
6855	Elizabeth	Jenkins	JLAC					3.14

U13 - F - Javelin 400g - 15 Mar 2025
Final Javelin Sites

Centre Record
Isabel Daines 37.08 07/02/2015
Unit of Measure - mm.cm

77
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6625	Scarlett	Marr	JLAC					26.65
6793	Lucy	Hood-Penn	JLAC					15.86
6731	Sophie	Langullah	JLAC					15.86
6607	Layla	McEachen	JLAC					13.43

U13 - M - Javelin 600g - 15 Mar 2025
Final Javelin Sites

Centre Record
Jaxon Stewart 38.90 08/02/2020
Unit of Measure - mm.cm

78
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6807	Haaris	Rizvi	JLAC					32.00
6675	Mark	Botbyl	JLAC					15.19
6598	Michael	Bouse	JLAC					13.89
6599	Jake	Bouse	JLAC					11.69

U14 - F - Triple Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Angel Turner 10.83 2017/18
Unit of Measure - mm.cm

100
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6789	Shy'Kyla	Narrier	JLAC					10.05
6629	Indianna	Malone	JLAC					8.61
6742	Gabrielle	Drinkwater	JLAC					8.41
6740	Rosie	Davey	JLAC					7.89

U14 - M - Triple Jump - 15 Mar 2025
Final Jump Pits

Centre Record
Joshua Pearce 11.90 1/02/2009 12:00:00
AM
Unit of Measure - mm.cm

99
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6661	Ashton	Horton	JLAC					8.98

U14 - F - Discus 1kg - 15 Mar 2025
Final Discus Sites

Centre Record
Cara Gerber 31.97 03/02/2018
Unit of Measure - mm.cm

94
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6711	Payton	Kavanagh	JLAC					20.29
6712	Indi	Kavanagh	JLAC					16.02
6740	Rosie	Davey	JLAC					15.84

U14 - M - Discus 1kg - 15 Mar 2025
Final Discus Sites

Centre Record
Etienne Rousseau 49.14 07/01/2017
Unit of Measure - mm.cm

93
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6661	Ashton	Horton	JLAC					20.03
6892	Benjamin	Holland	JLAC					14.09

U14 - F - Javelin 500g - 15 Mar 2025
Final Javelin Sites

Centre Record
Amelie Barnard 35.21 2023/24
Unit of Measure - mm.cm

97
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6789	Shy'Kyla	Narrier	JLAC					28.55
6712	Indi	Kavanagh	JLAC					22.63
6711	Payton	Kavanagh	JLAC					17.46

U14 - M - Javelin 700g - 15 Mar 2025
Final Javelin Sites

Centre Record
Liam Vergano-van Niekerk 40.80 2024/25
Unit of Measure - mm.cm

98
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6892	Benjamin	Holland	JLAC					20.07

U15 - M - Triple Jump - 15 Mar 2025
Final Jump Pits

Centre Record
Jaxon Stewart 12.43 13/11/2021
Unit of Measure - mm.cm

113
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
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U15 - F - Triple Jump - 15 Mar 2025 Final Jump Pits

Centre Record
Martina Bossert 11.37 2016/17
Unit of Measure - mm.cm

114
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6678	Zahli	Bryan	JLAC					10.60
6580	Chilli	Broughton	JLAC					9.07
6621	Maddison	Malone	JLAC					8.50
6738	Emma	Callaghan	JLAC					8.29
6732	Amelie	Barnard	JLAC					8.28

U15 - M - Discus 1kg - 15 Mar 2025
Final Discus Sites

Centre Record
Jean-Charl Smith 49.56 01/11/2010
Unit of Measure - mm.cm

107
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6626	Cruz	Marr	JLAC					29.53
6748	Dean	Skroza	JLAC					28.27

U15 - F - Discus 1kg - 15 Mar 2025
Final Discus Sites

Centre Record
Cara Gerber 36.52 25/01/2019
Unit of Measure - mm.cm

108
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6580	Chilli	Broughton	JLAC					32.15
6732	Amelie	Barnard	JLAC					25.31
6678	Zahli	Bryan	JLAC					19.55

U15 - F - Javelin 500g - 15 Mar 2025
Final Javelin Sites

Centre Record
Isabel Daines 38.60 21/01/2017
Unit of Measure - mm.cm

111
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6732	Amelie	Barnard	JLAC					37.20
6580	Chilli	Broughton	JLAC					31.35

U15 - M - Javelin 700g - 15 Mar 2025
Final Javelin Sites

Centre Record
Jaxon Stewart 53.44 05/02/2022
Unit of Measure - mm.cm

112
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
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U16 - F - Triple Jump - 15 Mar 2025
Final Jump Pits

Centre Record
Martina Bossert 11.41 2017/18
Unit of Measure - mm.cm

128
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6659	Charlotte	Robinson	JLAC					7.68

U16 - M - Triple Jump - 15 Mar 2025
Final Jump Pits

Centre Record
Oliver Martin 12.37 2020/21
Unit of Measure - mm.cm

127
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6790	Ryder	White	JLAC					10.40
6772	Isaac	Kay	JLAC					9.45

U16 - M - Discus 1.5kg - 15 Mar 2025
Final Discus Sites

Centre Record
Kyle Shaxted 37.45 2022/23
Unit of Measure - mm.cm

122
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6772	Isaac	Kay	JLAC					15.77

U16 - F - Discus 1kg - 15 Mar 2025
Final Discus Sites

Centre Record
Jenna Van der Linde 31.23 25/01/2019
Unit of Measure - mm.cm

121
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6659	Charlotte	Robinson	JLAC					18.75

U16 - F - Javelin 500g - 15 Mar 2025
Final Javelin Sites

Centre Record
Jade Webb 35.39 12/10/2013
Unit of Measure - mm.cm

125
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
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U16 - M - Javelin 700g - 15 Mar 2025
Final Javelin Sites

Centre Record
Janno Van der Linde 52.96 12/12/2015
Unit of Measure - mm.cm

126
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6772	Isaac	Kay	JLAC					16.03

U17 - M - Triple Jump - 15 Mar 2025

Final Jump Pits

Centre Record
Oliver Martin 12.41 2021/22
Unit of Measure - mm.cm

141
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6622	Liam	Carstairs	JLAC					11.27

U17 - F - Triple Jump - 15 Mar 2025
Final Jump Pits

Centre Record
Martina Bossert 10.93 2018/19
Unit of Measure - mm.cm

142
12:00 PM

THE MAT IS TO BE PLACED AT THE BACK OF THE BLACK LINE ON THE RUNWAY, DO NOT PLACE THE MAT ON THE LINE.

Mat Size 0.2m for all athletes

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO JUMP with an "X"

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

SEE CHEAT SHEET IN BACK OF FOLDER FOR HOW TO MEASURE

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
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U17 - M - Discus 1.5kg - 15 Mar 2025
Final Discus Sites

Centre Record
Harrison Stewart 44.95 2024/25
Unit of Measure - mm.cm

136
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time: _____ End Time: _____ Recorded By: _____ Officials Signature: _____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6777	Harrison	Stewart	JLAC					44.95
6622	Liam	Carstairs	JLAC					33.50

U17 - F - Discus 1kg - 15 Mar 2025
Final Discus Sites

Centre Record
Isabel Strover 34.19 27/10/2018
Unit of Measure - mm.cm

135
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

Place a cone at back of circle as a visual reminder to walk out the rear of circle after each throw.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
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U17 - F - Javelin 500g - 15 Mar 2025
Final Javelin Sites

Centre Record
Jenna Van der Linde 38.00 19/10/2019
Unit of Measure - mm.cm

139
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flag to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
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U17 - M - Javelin 700g - 15 Mar 2025
Final Javelin Sites

Centre Record
Janno Van der Linde 55.30 12/11/2016
Unit of Measure - mm.cm

140
12:00 PM

If an athlete is not present please write "DNS" in the Best Results Column

Please mark a NO THROW with an "X"

The tip must land first for Javelin/Turbo Javelin for it to be a valid throw.

LANDING FLAT OR ON THE LINE IS A NO THROW.

Please pull tape through to the cross approximately 8m back from the line when measuring.

Please use the Red Flag to indicate a failed attempt and the White Flage to indicate a valid attempt.

Start Time:_____ End Time:_____ Recorded By:_____ Officials Signature:_____

ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	Season PB
6777	Harrison	Stewart	JLAC					47.07
6622	Liam	Carstairs	JLAC					37.74