



Downs &
South West
2023



McDONALD'S® QUEENSLAND PROUDLY SUPPORTS LITTLE ATHLETICS QUEENSLAND

McDonald's® restaurants employ and train over 2000 young Queenslanders and Territorians from their local communities, providing them with valuable life skills and values such as teamwork. Each year McDonald's® restaurants invest over \$2 million into local sports and community groups across Queensland and the Northern Territory. These include local Little Athletics centres that teach young people important life skills such as commitment and friendship.

Good luck to everyone participating in Little Athletics, from your friends at McDonald's® Queensland.



McDONALD'S® PROUDLY SUPPORTS



2023 NORDIC SPORT REGIONAL RELAYS

Competition Officials

Regional Competition Coordinator

Clinton Watts

Chief Recorder

Liz Bradley

Equipment Officer

Richard Hart

Call Room Manager

Upper Lockyer

Medal Presentation

Highfields & District

Referees: Track

Clint Richardson

Jumps

Met Otto

Throws

Simon King

Area Chiefs / Centre Allocations

Track

Chief Starter

Clinton Watts

Chief Timekeeper

Richard Hart

Track

Chief High & Long Jump

Mel Otto

Chief Discus & Shot Put

Simon King

All Centres will be responsible for providing General Officials at all events as required.
Please come forward and offer some of your time, if requested by the Announcer.

RULES OF COMPETITION

The following are some basic rules applied at this competition. Additional information and specific rules can be found in the [Relay Regulations](#), [LAQ Competition Handbook](#), or the [World Athletics Book of Rules](#).



1. TEAM MANAGER

- 1.1. Each competing Centre shall designate one or more person(s) to be their Team Manager at a LAQ Competition where Centre athletes have been nominated. The Team Manager(s) must be present at the arena, before the commencement of and during events in which the Centre's athletes are competing.

2. FOOTWEAR AND SPIKES

2.1. Spikes

- i. On synthetic track: spikes must be no longer than 7mm.
- ii. On synthetic field: spikes must be no longer than 9mm.
- iii. On grass track or field: spikes must be no longer than 12mm.
- iv. Only Christmas tree and pyramid are acceptable styles of spikes.



2.2. Age & Event Specifications

	U7 to U10	U11	U12	U13	U14	U15	U16	U17
Track								
Laned	NA	SS	SS	SS	SS	SS	SS	SS
Unlaned	NA	NA	NA	SS	SS	SS	SS	SS
Relays	NA	LR	LR	SS	SS	SS	SS	SS
Field								
V Jumps	NA	SS	SS	SS	SS	SS	SS	SS
H Jumps	NA	SS	SS	SS	SS	SS	SS	SS

Legend:

NA	Not allowed to wear spiked shoes.
SS	May wear spiked shoes in accordance with the specific rules above.
LR	U11 and 12s competing in laned Relays may wear spiked shoes in accordance with the specific rules above.

3. UNIFORM RULES

- 3.1. When presenting to the Call Room or Competition arena, all competing athletes must be attired in the correct Centre uniform, which conforms to the Centre design and colours approved by LAQ. The uniform items must be worn in compliance with the items design (e.g. not rolled up or down). Refer to the [LAQ Uniform Policy](#) for further information.
 - i. The registration number is to be affixed to the front of the uniform top and must be entirely visible.
 - ii. The age label is to be affixed to the left shirtsleeve or, in the case of a crop top or singlet, on the left side of the shorts or similar.
 - iii. The Coles patch must be adhered to the chest's right side of the uniform.
 - iv. Failure to comply with the uniform rules and policies may lead to the athlete not being allowed to enter the competition arena.



4. ON THE FIELD OF PLAY

- 4.1. Event block starting times, shown in the event order, may be brought forward up to 30 minutes. The Meet Manager may change the start times at his or her discretion after consultation with the relevant Referees.
- 4.2. Only Competitors and Officials are permitted on the Competition area. Competitors must leave the area immediately after the completion of their event. No unauthorised persons are to be in the competition or recording areas AT ANY TIME. If this rule is breached the relevant athlete(s) may be disqualified.
- 4.3. Coaching of participating athletes from INSIDE the competition arena is NOT permitted and may cause disqualification of the athlete.
- 4.4. Each competing U7 & U8 will receive a participation medal.

5. CALL ROOM

- 5.1. Athletes competing in track events are to marshal in the designated areas before entering the competition arena for events. Athletes are to marshal directly to the relevant field events as soon as possible once the first call has been made.
 - i. The Call for athletes to report to FIELD events will be made approximately 20 minutes before the event start time to allow for registration and warm-up.
 - ii. The Call for Track Relays events will be made approximately 25 minutes before the event start time.

6. CLASHING EVENTS

- 6.1. Neither track nor field events can be unduly delayed to suit individual competitors.
- 6.2. Where a competitor is in both a track and field event at the same time, every effort will be made by officials to ensure all children receive their allotted trials at field events, but in this regard, Centres and officials are requested to ensure that:
 - i. Athletes in clashing events go back to their field event immediately they have completed their track event, once instructed by the relevant Official.
 - ii. Athletes, whose clashing track event starts after the field event, remain at the field event until a few minutes before the track event starts when they will be collected by the relevant Official.
 - iii. Officials at both the track and field venues are advised of the clash so they may do their best to minimise its effect.

7. PROTESTS / DISQUALIFICATIONS / APPEALS

- 7.1. No person other than the Team Manager as the representative so nominated by the Centre shall be entitled to query decisions, or lodge protests or appeals.
 - i. The Team Manager shall not be a Competition Official.
 - ii. Any Centre failing to comply with this rule will forfeit the right to protest or appeal. Team Managers names MUST be lodged.
- 7.2. Each protest must be recorded on the proper form at the time of verbal lodgement. The written protest must include the name and number of the event upon which the protest is lodged and indicate the names of all Centres involved in the incident and relevant rule under which the protest is to be investigated, as well as any other relevant information.
- 7.3. A deposit of \$55.00 (incl. GST) is payable at the time the verbal protest is lodged.
 - i. Protest money will not be refunded unless the protest is successful.
- 7.4. In the event of a protest, an announcement will be made, that a protest has been lodged. An announcement of the decision will also be made.
- 7.5. For additional detail, refer to the Centre Team Manager or the LAQ Competition Handbook.

LAQ's Code of Conduct policy captures the values, principles and conduct expected from athletes, officials, volunteers, coaches, spectators and parents.

When adhering to the Code of Conduct, which encourages respectfulness and good sport behaviour, a safe and proper environment is fostered for all those in attendance at our Carnivals and Championships.

The specific details of the Code of Conduct can be found on the LAQ website.



UPCOMING LAQ COMPETITIONS

McDonald's State Relay Championships

SAF, Nathan, Brisbane - 2nd December 2023

A track and field teams' competition, for U9 - U17 athletes.

Summer Centres teams qualify through Summer Regional Relay competition.

Winter Centres can lodge team nominations without participation at a Regional Relay competition.

Nominations lodged through your Centre Committee.

2024 Nordic Sport Summer Regional Championships

These Regional Championships are open to all U7 - U17 LAQ registered athletes affiliated with Centres within the allocated Regions. Athletes may nominate a maximum of 7 events.

U9 - U17 athletes placed 1st - 4th in a final automatically qualify for the LAQ State Championships.

Met North 2nd - 4th Feb: Leslie Patrick Park

Downs & South West 3rd & 4th Feb: O'Quinn Street Oval

South East 3rd & 4th Feb: State Athletics Facility

South Coast 9th - 11th Feb: Walter Peate Oval

Central Coast 10th & 11th Feb: Harvey Bay LAC

Met West 10th & 11th Feb: UQ Athletics Facility

Sun Coast 10th & 11th Feb: USC

Nominations are lodged through ResultsHQ.

McDonald's Combined Event Championships

SAF, Nathan, Brisbane: 2nd & 3rd March 2024

Open to all LAQ registered U9 - U17 athletes.

CEC Skill Development Clinic

Open to all LAQ registered U7 & U8 athletes.

U15s wishing to be considered for selection in the LAQ State Team as a Multi-Event athlete must compete at this event.

Nominations are lodged through ResultsHQ.

McDonald's State Championships

SAF, Nathan, Brisbane: 22nd - 24th March 2024

U9 - U17 athletes placed 1st - 4th at the Regional Championships are automatic qualifiers for the State Championships.

Nominations lodged through your Centre Committee.

Athletes and officials are reminded to be SunSafe and stay hydrated through the competition.

No parents are allowed on the arena unless they are officiating
Times are approximate only and may be brought forward 30 minutes.

Event Order

9:00am

1. Girls U9 Swedish
2. Boys U9 Swedish
3. Girls U10 Swedish
4. Boys U10 Swedish
5. CAT U9-10 Swedish
6. Girls U11 Long Jump
7. Boys U11 Long Jump
8. Girls U12 High Jump
9. Boys U12 High Jump
10. Girls U15 Discus
11. Boys U15 Discus
12. Girls U16 Shot Put
13. Boys U16 Shot Put
14. Girls U17 Shot Put
15. Boys U17 Shot Put

9:30am

16. Girls U7 Discus
17. Boys U7 Discus

9:45am

18. Girls U14 Swedish
19. Boys U14 Swedish
20. Girls U15 Swedish
21. Boys U15 Swedish
22. Girls U16 Swedish
23. Boys U16 Swedish
24. Girls U17 Swedish
25. Boys U17 Swedish
26. CAT U14-17 Swedish
27. Girls U8 Long Jump
28. Boys U8 Long Jump
29. Girls U13 Shot Put
30. Boys U13 Shot Put

10:15am

31. Girls U9 High Jump
32. Boys U9 High Jump
33. Girls U11 Discus
34. Boys U11 Discus

10:45am

35. Girls U7 4x70m Relay
36. Boys U7 4x70m Relay
37. Girls U8 4x70m Relay
38. Boys U8 4x70m Relay
- 38M Mixed U8 4x70m Relay
39. Girls U10 Long Jump
40. Boys U10 Long Jump
41. Girls U14 Shot Put
42. Boys U14 Shot Put

11:15am

43. U15-17 100m Run-Off
44. Girls U12 Discus
45. Boys U12 Discus

11:30am

46. Girls U8 Shot Put
47. Boys U8 Shot Put

11:45am

48. Girls U9 4x100m Relay
49. Boys U9 4x100m Relay
50. Girls U10 4x100m Relay
51. Boys U10 4x100m Relay
52. CAT U9-10 4x100m Relay
53. Girls U13 High Jump
54. Boys U13 High Jump
55. Girls U15 Long Jump
56. Boys U15 Long Jump

12:15pm

57. Girls U14 Long Jump
58. Boys U14 Long Jump
59. Girls U16 Discus
60. Boys U16 Discus
61. Girls U17 Discus
62. Boys U17 Discus

12:30pm

63. Girls U12 4x100m Relay
64. Boys U12 4x100m Relay
65. Girls U11 4x100m Relay
66. Boys U11 4x100m Relay
67. Girls U13 4x100m Relay
68. Boys U13 4x100m Relay
69. CAT U11-13 4x100m Relay
70. Girls U9 Shot Put
71. Boys U9 Shot Put
72. Girls U10 High Jump
73. Boys U10 High Jump

12:45pm

74. Girls U7 Long Jump
75. Boys U7 Long Jump

1:00pm

76. Girls U14 4x100m Relay
77. Boys U14 4x100m Relay
78. Girls U15 4x100m Relay
79. Boys U15 4x100m Relay
80. Girls U16 4x100m Relay
81. Boys U16 4x100m Relay
82. Girls U17 4x100m Relay
83. Boys U17 4x100m Relay
84. CAT U14-17 4x100m Relay

1:15pm

85. Girls U13 Discus
86. Boys U13 Discus

1:30pm

87. Girls U11 Shot Put
88. Boys U11 Shot Put
89. Girls U12 Long Jump
90. Boys U12 Long Jump

1:45pm

91. Girls U14 High Jump
92. Boys U14 High Jump

2:00pm

93. CAT MC 8-11 2x100m Relay
94. CAT MC 12-16 2x100m Relay
95. Girls U7 4x100m Relay
96. Boys U7 4x100m Relay
97. Girls U8 4x100m Relay
98. Boys U8 4x100m Relay
- 98M. Mixed U8 4x100m Relay

2:15pm

99. Girls U9 Discus
100. Boys U9 Discus
101. Girls U16 Long Jump
102. Boys U16 Long Jump
103. Girls U17 Long Jump
104. Boys U17 Long Jump

2:30pm

105. Girls U13 Medley
106. Boys U13 Medley
107. Girls U11 Medley
108. Boys U11 Medley
109. Girls U12 Medley
110. Boys U12 Medley
111. CAT U11-13 Medley
112. Girls U10 Shot Put
113. Boys U10 Shot Put
114. Girls U15 High Jump
115. Boys U15 High Jump

Multi-Class Events - will be allocated to standard age group events

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AUSTRALIA
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Winning Together

Coles proudly supporting Little Athletics

At Coles, we're passionate about helping Aussie kids lead healthier, happier lives. It's why we've donated more than 3.7 million bananas and over \$2 million in sports equipment grants to Little Athletics centres across Australia to help kids run, jump, throw and grow.

coles



Event 1 Girls U9 Swedish

1	Toowoomba	A
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Event 2 Boys U9 Swedish

1	Laidley	A
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Event 3 Girls U10 Swedish

1	Highfields and District	A
2	Toowoomba	A

Event 4 Boys U10 Swedish

1	Highfields and District	A
2	Toowoomba	A

Event 5 CAT U9-10 Swedish

1	Laidley	A
2	Toowoomba	A
3	Upper Lockyer	A
4	Upper Lockyer	B

Event 6 Girls U11 Long Jump

1	Adams, Adelaide	Toowoomba
2	Atkin, Amelia-May	Laidley
3	Balen, Alicia	Toowoomba
4	Banaszek, Piper	Highfields and District
5	Blades, Azahlee	Toowoomba
6	Cole, Tessa	Upper Lockyer
7	Copley, Elsie	Toowoomba
8	Farquhar, Rose	Toowoomba
9	Natalier, Grace	Toowoomba
10	Schefe, Jayanna	Upper Lockyer
11	Vanderham, Fallon	Toowoomba
12	Vine, Courtney	Laidley
13	Ward, Savannah	Toowoomba

Event 7 Boys U11 Long Jump

1	Campbell, Declan	Highfields and District
2	Covey, Zane	Laidley
3	Donald, Toby	Upper Lockyer
4	Hornbuckle, Kody	Laidley
5	Kruger, Hayden	Highfields and District
6	McDonald, Oliver	Laidley
7	McGrath, Thomas	Laidley
8	Nuttridge, Robert	Laidley
9	Talbot, Connor	Toowoomba
10	Talbot, Dominic	Toowoomba
11	Tattersall, Josiah	Upper Lockyer
12	Turpin, Dominic	Highfields and District

Event 8 Girls U12 High Jump 1.00m

1	Carroll, Kaylee	Toowoomba
2	Cavanough, Jasmine	Toowoomba
3	McCullagh, Arielle	Laidley
4	McKay, Lily	Laidley
5	Melville, Ashlyn	Toowoomba
6	Sippel, Ariel	Laidley
7	Storta, Adison	Laidley
8	Sussex, Destiny	Laidley
9	Tolcher, Mia	Toowoomba
10	Turpin, Isabella	Highfields and District
11	Wickman, Charlotte	Upper Lockyer
12	York, Piper	Highfields and District

Event 9 Boys U12 High Jump 1.05m

1	Gentry, Harrison	Highfields and District
2	Griffiths, Calan	Highfields and District
3	Harch, Noah	Laidley
4	Mazlin, Noah	Toowoomba
5	Moore, Cohen	Toowoomba
6	Okeeffe, Zachary	Laidley
7	Radke, Blake	Laidley
8	Shephard-Taylor, Caleb	Laidley
9	Spoelder, William	Highfields and District
10	Yaxley, Lucas	Highfields and District

Event 10 Girls U15 Discus 1kg

1	Koplick, Ruth	Laidley
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Event 11 Uncontested**Event 12 Girls U16 Shot Put 3kg**

1	Blatchly, Mikaylee	Laidley
2	Gaudie, Kaylee	Laidley
3	Ziebarth, Heidi	Laidley

Event 13 Uncontested**Event 14 Girls U17 Shot Put 3kg**

1	Eddison, Abigail	Upper Lockyer
2	McNaughton, Erin	Toowoomba

Event 15 Boys U17 Shot Put 5kg

1	Cowdroy, Georgie	Toowoomba
2	Maizey, Cameron	Toowoomba
3	Obst, Aidan	Upper Lockyer
4	Sippel, Peter	Toowoomba

Event 16 Girls U7 Discus 350g

1	Pitura, Delta	Laidley
2	Pryde, Piper	Laidley
3	Spicer, Marleigh	Laidley

Event 17 Boys U7 Discus 350g

1	Carrigan, Aiden	Toowoomba
2	Darr, Max	Upper Lockyer
3	Janke, Archer	Upper Lockyer
4	Kapavale, Ehasi	Toowoomba
5	Luther, Samuel	Upper Lockyer
6	Ryan, Marco	Toowoomba
7	Smith, Brody	Toowoomba
8	Walsh, Hudson	Upper Lockyer

Event 18 Girls U14 Swedish

1	Laidley	A
2	Toowoomba	A

Event 19 Boys U14 Swedish

1	Laidley	A
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Events 20-25 Uncontested**Event 26 CAT U14-17 Swedish**

1	Highfields and District	A
2	Highfields and District	B
3	Laidley	A
4	Toowoomba	A
5	Toowoomba	B

Event 27 Girls U8 Long Jump

1	Adams, Vivian	Toowoomba
2	Coulston, Phoebe	Toowoomba
3	James, Kendra	Upper Lockyer
4	Janke, Vivian	Upper Lockyer
5	Lindenmayer, Nora	Laidley
6	Middleton-Kailola, Skye	Toowoomba
7	Pritchard, Ally	Toowoomba
8	Prust, Alice	Toowoomba
9	Screech, Madison	Laidley
10	Skett, Lucy	Toowoomba
11	Ward, Skyla	Toowoomba

Event 28 Boys U8 Long Jump

1	Broksch, Landon	Toowoomba
2	D'Arcy, Lincoln	Upper Lockyer
3	Holstein, Leon	Upper Lockyer
4	Lucht, Ritchie	Toowoomba
5	Maguire, Jace	Upper Lockyer
6	Mawn, Zachary	Highfields and District
7	May, Charlie	Upper Lockyer
8	McMillan, Eli	Laidley
9	Obst, Hudson	Upper Lockyer
10	Tattersall, Shane	Upper Lockyer

Event 29 Girls U13 Shot Put 3kg

1	Covey, Payton	Laidley
2	Eddison, Mirriam	Upper Lockyer
3	Gaudie, Zahra	Laidley
4	Holley, Tiffany	Toowoomba
5	Jok, Atoor	Toowoomba
6	Mazlin, Mikayla	Toowoomba
7	Pitura, Paige	Laidley
8	Sussex, Chelsy	Laidley

Event 30 Boys U13 Shot Put 3kg

1	Donald, Charlie	Upper Lockyer
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Event 31 Girls U9 High Jump 70cm

1	Kapavale, Hina	Toowoomba
2	Pritchard, Annabelle	Toowoomba
3	Rankin, Stephanie	Laidley
4	Sessarago, Jaimee	Upper Lockyer
5	Woolacott, Adelaide	Laidley

Event 32 Boys U9 High Jump 75cm

1	Cherry, George	Toowoomba
2	Coward, Kai	Laidley
3	Darr, Jack	Upper Lockyer
4	Duffield, Theodore	Laidley
5	McGrath, Lucas	Laidley
6	Pettiford, Elye (Eli)	Laidley
7	Schefe, Rylan	Upper Lockyer
8	Schilf, Kadin	Toowoomba
9	Steele, Oliver	Laidley

Event 33 Girls U11 Discus 500g

1	Banaszek, Piper	Highfields and District
2	Blades, Azahlee	Toowoomba
3	Carrigan, Emily	Toowoomba
4	Cole, Tessa	Upper Lockyer
5	Damrow, Adelaide	Upper Lockyer
6	Natalier, Grace	Toowoomba
7	Schefe, Jayanna	Upper Lockyer
8	Vine, Courtney	Laidley

Event 34 Boys U11 Discus 500g

1	Campbell, Declan	Highfields and District
2	Covey, Zane	Laidley
3	Donald, Toby	Upper Lockyer
4	Hornbuckle, Kody	Laidley
5	Kruger, Hayden	Highfields and District
6	Maguire, Nate	Upper Lockyer
7	McDonald, Oliver	Laidley
8	McGrath, Thomas	Laidley
9	Nuttridge, Robert	Laidley
10	Talbot, Connor	Toowoomba
11	Talbot, Dominic	Toowoomba
12	Tattersall, Josiah	Upper Lockyer

Event 35 Uncontested**Event 36 Boys U7 4x70m Relay Shuttle**

1	Toowoomba	A
2	Upper Lockyer	A

Event 37 Girls U8 4x70m Relay Shuttle

1	Toowoomba	A
2	Toowoomba	B

Event 38 Boys U8 4x70m Relay Shuttle

1	Toowoomba	A
2	Upper Lockyer	A

Event 38M Mixed U8 4x70m Relay

1	Laidley	A
2	Upper Lockyer	A

Event 39 Girls U10 Long Jump

1	Atkin, Sienna	Laidley
2	Ayii, Ajah	Toowoomba
3	Beazley, Lilly	Highfields and District
4	Broksch, Eden	Toowoomba
5	Dyson, Paige	Highfields and District
6	Fenn, Porscha	Toowoomba
7	James, Lacey	Upper Lockyer
8	Krieg, Evelyn	Toowoomba
9	Lindenmayer, Bailee	Laidley
10	Mawn, Abigail	Highfields and District
11	Okeeffe, Isla	Laidley
12	Richardson, Violet	Toowoomba
13	Robb, Emalyn	Highfields and District
14	Todd, Lilah	Highfields and District
15	York, Dylan	Highfields and District

Event 40 Boys U10 Long Jump

1	Coward, Quade	Laidley
2	D'Arcy, Hayden	Upper Lockyer
3	Davidson, Layn	Laidley
4	Drew, Callum	Toowoomba
5	Dyson, Ryan	Highfields and District
6	Griffiths, Austin	Highfields and District
7	May, Oliver	Upper Lockyer
8	McKay, Jayden	Laidley
9	Russell, Elii	Toowoomba
10	Ryan, Diego	Toowoomba
11	Screech, Riley	Laidley
12	Spoelder, Lachlan	Highfields and District
13	Trott, Brodie	Toowoomba
14	Walsh, Slater	Upper Lockyer
15	Yaxley, Hunter	Highfields and District

Event 41 Girls U14 Shot Put 3kg

1	Cavanough, Penelope	Toowoomba
2	Covey, Shelby	Laidley
3	Lehmann, Sophie	Laidley
4	McLeod, Maya	Laidley
5	Richardson, Ruby	Toowoomba
6	Spicer, Amber	Laidley

Event 42 Boys U14 Shot Put 3kg

1	Koplick, Jeremy	Laidley
2	Sippel, Jacob	Laidley
3	Smith, Oscar	Laidley
4	Vayro, Eli	Laidley

Event 43 U15-17 100m Run-Off

1	Dyson, Lucy	Highfields and District
2	Kinsey, Jake	Highfields and District
3	Roach, Jacob	Highfields and District

Event 44 Girls U12 Discus 750g

1	Carroll, Kaylee	Toowoomba
2	Cavanough, Jasmine	Toowoomba
3	Maizey, Charlotte	Toowoomba
4	McKay, Lily	Laidley
5	Melville, Ashlyn	Toowoomba
6	Orr, Ava	Highfields and District
7	Rankin, Laura	Laidley
8	Sippel, Ariel	Laidley
9	Storta, Adison	Laidley
10	Sussex, Destiny	Laidley
11	Tolcher, Mia	Toowoomba
12	Turpin, Isabella	Highfields and District
13	Wickman, Charlotte	Upper Lockyer
14	York, Piper	Highfields and District

Event 45 Boys U12 Discus 750g

1	Dunemann, Noah	Highfields and District
2	Gentry, Harrison	Highfields and District
3	Griffiths, Calan	Highfields and District
4	Harch, Noah	Laidley
5	Madden, Oliver	Laidley
6	Mazlin, Noah	Toowoomba
7	McLeod, Liam	Laidley
8	Okeeffe, Zachary	Laidley
9	Radke, Blake	Laidley
10	Spoelder, William	Highfields and District
11	Yaxley, Lucas	Highfields and District

Event 46 Girls U8 Shot Put 1.5kg

1	Coulston, Phoebe	Toowoomba
2	James, Kendra	Upper Lockyer
3	Janke, Vivian	Upper Lockyer
4	Lindenmayer, Nora	Laidley
5	Middleton-Kailola, Skye	Toowoomba
6	Pritchard, Ally	Toowoomba
7	Prust, Alice	Toowoomba
8	Screech, Madison	Laidley
9	Skett, Lucy	Toowoomba
10	Ward, Skyla	Toowoomba

Event 47 Boys U8 Shot Put 1.5kg

1	Broksch, Landon	Toowoomba
2	D'Arcy, Lincoln	Upper Lockyer
3	Holstein, Leon	Upper Lockyer
4	Lucht, Ritchie	Toowoomba
5	Maguire, Jace	Upper Lockyer
6	Mawn, Zachary	Highfields and District
7	May, Charlie	Upper Lockyer
8	McMillan, Eli	Laidley
9	Obst, Hudson	Upper Lockyer
10	Tattersall, Shane	Upper Lockyer

Event 48 Girls U9 4x100m Relay

1	Toowoomba	A
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Event 49 Boys U9 4x100m Relay

1	Laidley	A
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Event 50 Girls U10 4x100m Relay

1	Highfields and District	A
2	Toowoomba	A

Event 51 Boys U10 4x100m Relay

1	Highfields and District	A
2	Toowoomba	A

Event 52 CAT U9-10 4x100m Relay Relay

1	Laidley	A
2	Laidley	B
3	Toowoomba	A
4	Upper Lockyer	A
5	Upper Lockyer	B

Event 53 Girls U13 High Jump 1.10m

1	Ball, Abrielle	Toowoomba
2	Cooke, Piper	Toowoomba
3	Covey, Payton	Laidley
4	Gaudie, Zahra	Laidley
5	Jok, Atoor	Toowoomba
6	Pitura, Paige	Laidley
7	Sussex, Chelsy	Laidley

Event 54 Boys U13 High Jump 1.15m

1	Donald, Charlie	Upper Lockyer
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Event 55 Girls U15 Long Jump

1	Koplick, Ruth	Laidley
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Event 56 Uncontested**Event 57 Girls U14 Long Jump**

1	Cavanough, Penelope	Toowoomba
2	Covey, Shelby	Laidley
3	Gwynne, Jessica	Toowoomba
4	Mazlin, Jazmine	Toowoomba
5	McLeod, Maya	Laidley
6	Richardson, Ruby	Toowoomba
7	Spicer, Amber	Laidley

Event 58 Boys U14 Long Jump

1	Holley, Darren	Toowoomba
2	Koplick, Jeremy	Laidley
3	Krieg, Charlie	Toowoomba
4	Sippel, Jacob	Laidley
5	Smith, Oscar	Laidley
6	Vayro, Eli	Laidley

Event 59 Girls U16 Discus 1kg

1	Blatchly, Mikaylee	Laidley
2	Gaudie, Kaylee	Laidley
3	Ziebarth, Heidi	Laidley

Event 60 Uncontested**Event 61 Girls U17 Discus 1kg**

1	Eddison, Abigail	Upper Lockyer
2	Gaudie, Tamika	Laidley
3	Kilpatrick, Charleigh	Laidley
4	McNaughton, Erin	Toowoomba

Event 62 Boys U17 Discus 1.5kg

1	Cowdroy, Georgie	Toowoomba
2	Maizey, Cameron	Toowoomba
3	Obst, Aidan	Upper Lockyer
4	Sippel, Peter	Toowoomba

Event 63 Girls U12 4x100m Relay

1	Laidley	A
2	Toowoomba	A

Event 64 Boys U12 4x100m Relay

1	Highfields and District	A
2	Laidley	A

Event 65 Girls U11 4x100m Relay

1	Toowoomba	A
2	Toowoomba	B

Event 66 Boys U11 4x100m Relay

1	Laidley	A
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Event 67 Girls U13 4x100m Relay

1	Laidley	A
2	Toowoomba	A

Event 68 Uncontested**Event 69 CAT U11-13 4x100m Relay Relay**

1	Highfields and District	A
2	Highfields and District	B
3	Laidley	A
4	Toowoomba	A
5	Upper Lockyer	A
6	Upper Lockyer	B

Event 70 Girls U9 Shot Put 2kg

1	Kapavale, Hina	Toowoomba
2	Pole, Olive	Toowoomba
3	Pritchard, Annabelle	Toowoomba
4	Rankin, Stephanie	Laidley
5	Woolacott, Adelaide	Laidley

Event 71 Boys U9 Shot Put 2kg

1	Cherry, George	Toowoomba
2	Darr, Jack	Upper Lockyer
3	Duffield, Theodore	Laidley
4	McGrath, Lucas	Laidley
5	Schefe, Rylan	Upper Lockyer
6	Schilf, Kadin	Toowoomba
7	Wickman, Zachary	Upper Lockyer

Event 72 Girls U10 High Jump 80cm

1	Atkin, Sienna	Laidley
2	Ayii, Ajah	Toowoomba
3	Beazley, Lilly	Highfields and District
4	Broksch, Eden	Toowoomba
5	Fenn, Porscha	Toowoomba
6	Krieg, Evelyn	Toowoomba
7	Lindenmayer, Bailee	Laidley
8	Mawn, Abigail	Highfields and District
9	Okeeffe, Isla	Laidley
10	Richardson, Violet	Toowoomba
11	Todd, Lilah	Highfields and District
12	York, Dylan	Highfields and District

Event 73 Boys U10 High Jump 85cm

1	Coward, Quade	Laidley
2	D'Arcy, Hayden	Upper Lockyer
3	Davidson, Layn	Laidley
4	Drew, Callum	Toowoomba
5	Dyson, Ryan	Highfields and District
6	Griffiths, Austin	Highfields and District
7	May, Oliver	Upper Lockyer
8	McKay, Jayden	Laidley
9	Russell, Elii	Toowoomba
10	Ryan, Diego	Toowoomba
11	Screech, Riley	Laidley
12	Spoelder, Lachlan	Highfields and District
13	Trott, Brodie	Toowoomba
14	Yaxley, Hunter	Highfields and District

Event 74 Girls U7 Long Jump

1	Pitura, Delta	Laidley
2	Pryde, Piper	Laidley
3	Sessarago, Georgie	Upper Lockyer
4	Spicer, Marleigh	Laidley

Event 75 Boys U7 Long Jump

1	Beard, Ethan	Laidley
2	Carrigan, Aiden	Toowoomba
3	Darr, Max	Upper Lockyer
4	Janke, Archer	Upper Lockyer
5	Kapavale, Ehasi	Toowoomba
6	Luther, Samuel	Upper Lockyer
7	Ryan, Marco	Toowoomba
8	Smith, Brody	Toowoomba
9	Walsh, Hudson	Upper Lockyer

Event 76 Girls U14 4x100m Relay

1	Laidley	A
2	Toowoomba	A

Event 77 Boys U14 4x100m Relay

1	Laidley	A
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Events 78-83 Uncontested**Event 84 CAT U14-17 4x100m Relay Relay**

1	Highfields and District	A
2	Highfields and District	B
3	Laidley	A
4	Toowoomba	A
5	Toowoomba	B

Event 85 Girls U13 Discus 750g

1	Covey, Payton	Laidley
2	Eddison, Mirriam	Upper Lockyer
3	Gaudie, Zahra	Laidley
4	Holley, Tiffany	Toowoomba
5	Jok, Atoor	Toowoomba
6	Mazlin, Mikayla	Toowoomba
7	Pitura, Paige	Laidley
8	Sussex, Chelsy	Laidley

Event 86 Boys U13 Discus 750g

1	Donald, Charlie	Upper Lockyer
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Event 87 Girls U11 Shot Put 2kg

1	Atkin, Amelia-May	Laidley
2	Banaszek, Piper	Highfields and District
3	Blades, Azahlee	Toowoomba
4	Carrigan, Emily	Toowoomba
5	Cole, Tessa	Upper Lockyer
6	Copley, Elsie	Toowoomba
7	Damrow, Adelaide	Upper Lockyer
8	Schefe, Jayanna	Upper Lockyer
9	Vine, Courtney	Laidley
10	Ward, Savannah	Toowoomba

Event 88 Boys U11 Shot Put 2kg

1	Campbell, Declan	Highfields and District
2	Covey, Zane	Laidley
3	Donald, Toby	Upper Lockyer
4	Hornbuckle, Kody	Laidley
5	Kruger, Hayden	Highfields and District
6	Maguire, Nate	Upper Lockyer
7	McDonald, Oliver	Laidley
8	McGrath, Thomas	Laidley
9	Nuttridge, Robert	Laidley
10	Talbot, Connor	Toowoomba
11	Talbot, Dominic	Toowoomba
12	Tattersall, Josiah	Upper Lockyer

Event 89 Girls U12 Long Jump

1	Carroll, Kaylee	Toowoomba
2	Cavanough, Jasmine	Toowoomba
3	Farr, Alexa	Upper Lockyer
4	Maizey, Charlotte	Toowoomba
5	McCullagh, Arielle	Laidley
6	McKay, Lily	Laidley
7	Melville, Ashlyn	Toowoomba
8	Orr, Ava	Highfields and District
9	Rankin, Laura	Laidley
10	Sippel, Ariel	Laidley
11	Storta, Adison	Laidley
12	Sussex, Destiny	Laidley
13	Tolcher, Mia	Toowoomba
14	Turpin, Isabella	Highfields and District
15	Wickman, Charlotte	Upper Lockyer
16	York, Piper	Highfields and District

Event 90 Boys U12 Long Jump

1	Dunemann, Noah	Highfields and District
2	Gentry, Harrison	Highfields and District
3	Griffiths, Calan	Highfields and District
4	Harch, Noah	Laidley
5	Madden, Oliver	Laidley
6	Mazlin, Noah	Toowoomba
7	McLeod, Liam	Laidley
8	Moore, Cohen	Toowoomba
9	Okeeffe, Zachary	Laidley
10	Radke, Blake	Laidley
11	Rice, Jonathan	Highfields and District
12	Smith, Thomas	Highfields and District
13	Spoelder, William	Highfields and District
14	Yaxley, Lucas	Highfields and District

Event 91 Girls U14 High Jump 1.15m

1	Cavanough, Penelope	Toowoomba
2	Covey, Shelby	Laidley
3	Lehmann, Sophie	Laidley
4	Richardson, Ruby	Toowoomba

Event 92 Boys U14 High Jump 1.20m

1	Holley, Darren	Toowoomba
2	Koplick, Jeremy	Laidley
3	Krieg, Charlie	Toowoomba
4	Smith, Oscar	Laidley

Events 93-95 Uncontested**Event 96 Boys U7 4x100m Relay Shuttle**

1	Toowoomba	A
2	Upper Lockyer	A

Event 97 Girls U8 4x100m Relay Shuttle

1	Toowoomba	A
2	Toowoomba	B

Event 98 Boys U8 4x100m Relay Shuttle

1	Toowoomba	A
2	Upper Lockyer	A

Event 98M Mixed U8 4x100m Relay

1	Laidley	A
2	Upper Lockyer	A

Event 99 Girls U9 Discus 500g

1	Blades, Sienna	Toowoomba
2	Kapavale, Hina	Toowoomba
3	Pritchard, Annabelle	Toowoomba
4	Rankin, Stephanie	Laidley
5	Woolacott, Adelaide	Laidley

Event 100 Boys U9 Discus 500g

1	Darr, Jack	Upper Lockyer
2	Duffield, Theodore	Laidley
3	McGrath, Lucas	Laidley
4	Pettiford, Elye (Eli)	Laidley
5	Schefe, Rylan	Upper Lockyer
6	Wickman, Zachary	Upper Lockyer

Event 101 Girls U16 Long Jump

1	Blatchly, Mikaylee	Laidley
2	Dyson, Lucy	Highfields and District
3	Gaudie, Kaylee	Laidley
4	Hart, Rheanna	Toowoomba
5	Ziebarth, Heidi	Laidley

Event 102 Boys U16 Long Jump

1	Kinsey, Jake	Highfields and District
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Event 103 Girls U17 Long Jump

1	Gaudie, Tamika	Laidley
2	Kilpatrick, Charleigh	Laidley
3	McNaughton, Erin	Toowoomba

Event 104 Boys U17 Long Jump

1	Cowdroy, Geordie	Toowoomba
2	Maizey, Cameron	Toowoomba
3	Obst, Aidan	Upper Lockyer
4	Sippel, Peter	Toowoomba

Event 105 Girls U13 Medley

1	Laidley	A
2	Toowoomba	A

Event 106 Uncontested**Event 107 Girls U11 Medley Medley**

1	Toowoomba	A
2	Toowoomba	B

Event 108 Uncontested**Event 109 Girls U12 Medley Medley**

1	Laidley	A
2	Toowoomba	A

Event 110 Boys U12 Medley Medley

1	Highfields and District	A
2	Laidley	A

Event 111 CAT U11-13 Medley Medley

1	Highfields and District	A
2	Highfields and District	B
3	Laidley	A
4	Toowoomba	A
5	Upper Lockyer	A
6	Upper Lockyer	B

Event 112 Girls U10 Shot Put 2kg

1	Atkin, Sienna	Laidley
2	Ayii, Ajah	Toowoomba
3	Beazley, Lilly	Highfields and District
4	Broksch, Eden	Toowoomba
5	Dyson, Paige	Highfields and District
6	Fenn, Porscha	Toowoomba
7	James, Lacey	Upper Lockyer
8	Krieg, Evelyn	Toowoomba
9	Lindenmayer, Bailee	Laidley
10	Okeeffe, Isla	Laidley
11	Richardson, Violet	Toowoomba
12	Robb, Emalyn	Highfields and District
13	Todd, Lilah	Highfields and District
14	York, Dylan	Highfields and District

Event 113 Boys U10 Shot Put 2kg

1	D'Arcy, Hayden	Upper Lockyer
2	Davidson, Layn	Laidley
3	Dyson, Ryan	Highfields and District
4	Griffiths, Austin	Highfields and District
5	May, Oliver	Upper Lockyer
6	McKay, Jayden	Laidley
7	Ryan, Diego	Toowoomba
8	Screech, Riley	Laidley
9	Spoelder, Lachlan	Highfields and District
10	Trott, Brodie	Toowoomba
11	Walsh, Slater	Upper Lockyer
12	Yaxley, Hunter	Highfields and District

Events 114-115 Uncontested



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U9 Girls

High Jump	2.09m	2001	Toowoomba Central	
Discus	35.92m	10/11/2012	Toowoomba Central	B Simpkin, C Middleton
Shot Put	11.57m	21/11/2021	Toowoomba	E Carrigan, A Long
4x100m	1:05.20	2001	Toowoomba Central	
Swedish	3:17.83	13/11/2022	Toowoomba	E Johnstone, E Broksch, V Cooper, V Richardson

U10 Girls

High Jump	2.38m	1989	Mt Tarampa	
Long Jump	7.71m	1989	Mt Tarampa	
Shot Put	15.35m	1986	Wilsonton	
4x100m	1:03.90	1989	Mt Tarampa	
Swedish	3:12.95	13/11/2022	Toowoomba	G Natalier, A Blades, S Ward, L Barton

U11 Girls

Long Jump	8.46m	2003	Toowoomba Central	
Discus	45.11m	15/11/2020	Highfields	A Williams, M Pearce
Shot Put	14.60m	15/11/2020	Highfields	A Williams, M Pearce
4x100m	1:00.10	1984	Helidon	
Medley	6:08.55	13/11/2022	Toowoomba Central	M Hauser, J Cavanough, M Tolcher, K Carroll

U12 Girls

High Jump	2.68m	15/11/2020	Toowoomba	A Youngberry, H Wainwright
Long Jump	8.72m	1991	Mt Tarampa	
Discus	55.90m	10/11/2012	Laidley	R Vidler, L Sugden
4x100m	58.60	1983	Warwick	
Medley	5:20.04	13/11/2022	Toowoomba	E Walkington, A Ball, A Boyes, P Cooke

U13 Girls

High Jump	2.94m	1993	Mt Tarampa	
Discus	67.63m	17/11/2013	Laidley	R Vidler, M Joseph-Greenup
Shot Put	17.04m	2000	Toowoomba Central	
4x100m	55.30	1993	Mt Tarampa	
Medley	4:59.11	21/11/2021	Toowoomba	H Botha, L Pietsch, Z Pietsch, X Watts

U14 Girls

High Jump	2.84m	13/11/2022	Toowoomba	R Franke, X Watts
Long Jump	9.37m	1996	Helidon	
Shot Put	19.02m	1990	Helidon	
4x100m	57.40	9/11/2008	Toowoomba Central	
Swedish				

U15 Girls

High Jump	2.85m	1994	Wilsonton	
Long Jump	9.12m	1996	Helidon	
Discus	60.91m	2009	Pittsworth	
4x100m	54.50	1991	Helidon	
Swedish	2:46.20	16/11/2019	Highfields	B Gardner, D Bailey, C Zirbel, C Mickelborough

U16 Girls

Long Jump	9.59m	10/11/2018	Laidley	C Taylor, C Lee
Discus	62.04m	9/11/2014	Toowoomba South	S Lenton, B Erbacher
Shot Put	22.66m	9/11/2014	Toowoomba South	S Lenon, B Erbacher
4x100m	54.39	10/11/2018	Laidley	C Taylor, H Berlin, M Blatchly, C Lee
Swedish	2:45.54	10/11/2018	Laidley	M Blatchly, C Lee, C Taylor, H Berlin

U17 Girls

Long Jump	9.24m	7/11/2015	Toowoomba South	S Lenon, B Erbacher
Discus	70.05m	7/11/2015	Toowoomba South	S Lenon, B Erbacher
Shot Put	23.50m	7/11/2015	Toowoomba South	S Lenon, B Erbacher
4x100m	55.40	7/11/2009	Toowoomba South	S Hagan, A Gamatia, J Uradok, J Suley
Swedish	3:03.11	15/11/2020	Toowoomba	C Ridgway, M Smith, C Wainwright, L Peachey

U9 Boys

High Jump	2.22m	2003	Toowoomba Central	
Discus	42.96m	2003	Toowoomba Central	
Shot Put	14.37m	17/11/2013	Toowoomba Central	K Verrall, M Simpkin
4x100m	1:05.00	1990	Granite Belt	
Swedish	3:23.25	13/11/2022	Toowoomba	E Russell, H Weedon, A Szprinc, D Ryan

U10 Boys

High Jump	2.28m	5/11/2011	Toowoomba South	Harry Erbacher, Cody Batham
Long Jump	8.54m	7/11/2015	Toowoomba	M Dabin, B Ruming
Shot Put	16.56m	1993	Mt Tarampa	
4x100m	1:02.10	1986	Mt Tarampa	
Swedish	3:35.51	13/11/2022	Laidley	T Gaudie, K Hornbuckle, R Nuttridge, Z Covey

U11 Boys

Long Jump	8.61m	7/11/2015	Toowoomba Central	B Bingham, R Delaney
Discus	55.15m	10/11/2018	Multi-Centre	J Kent, K Flendy
Shot Put	16.50m	15/11/2020	Toowoomba	H Watts, D Booth
4x100m	59.40	1997	Centenary Heights	
Medley	5:08.80	13/11/2022	Highfields	B Allen, C Griffiths, L Yaxley, L Wilson

U12 Boys

High Jump	2.52m	11/11/2017	Ropehill	T Villis, K Brown
Long Jump	9.27m	1996	Wilsonton	
Discus	55.87m	2010	Laidley	
4x100m	59.40	1990	Border Blues	
Medley	5:07.45	13/11/2022	Toowoomba	R Weedon, H Wilson, N Richardson, A Duncan

U13 Boys

High Jump	2.93m	1992	Mt Tarampa	
Discus	52.02m	13/11/2022	Toowoomba	O Miller, D Holley
Shot Put	21.51m	1991	Mt Tarampa	
4x100m	55.50	10/11/2012	Laidley	R Gordon, B Williams, B Wood, B Gordon
Medley	4:41.40	2005	Toowoomba Central	

U14 Boys

High Jump	3.04m	1993	Mt Tarampa	
Long Jump	10.54m	17/11/2013	Laidley	B Gorden, B Wood
Shot Put	22.44m	10/11/2012	Toowoomba South	R Dunemann, K Brookes
4x100m	50.40	17/11/2013	Laidley	B Gordon, R Gordon, L Lawlor, B Wood
Swedish				

U15 Boys

High Jump	3.32m	10/11/2018	Multi-Centre	A Cowdroy, K Hill
Long Jump	11.73m	7/11/2015	Toowoomba Central	T Gore, J D'Arcy
Discus	84.04m	10/11/2012	Warwick	J Bannister, L Duncan
4x100m	49.90	1992	Helidon	
Swedish	2:25.80	10/11/2018	Highfields	M Knapman, L Logan, M Bailey, J Roach

U16 Boys

Long Jump	11.30m	15/11/2020	Toowoomba	K Brown, S Wainwright
Discus	88.79m	17/11/2013	Warwick	J Bannister, L Duncan
Shot Put	21.77m	17/11/2013	Warwick	J Bannister, L Duncan
4x100m	50.60	10/11/2018	Highfields	E Logan, J Zirbel, L Coleborn, I Williams
Swedish	2:18.50	16/11/2019	Highfields	N Roach, O Kelly, L Paynter, J Roach

U17 Boys

Long Jump	12.41m	15/11/2020	Toowoomba	A Cowdroy, D Sippel
Discus	74.26m	9/11/2014	Pittsworth	S Fitzgerald, M Fitzgerald
Shot Put	25.07m	10/11/2012	Warwick	
4x100m	47.90	15/11/2020	Highfields	C Mickelborough, N Roach, B Ruming, J Roach
Swedish	2:14.30	15/11/2020	Highfields	B Ruming, N Roach, C Mickelborough, J Roach

CAT U9-10 4x100m Swedish	1:09.35	13/11/2022	Upper Lockyer	H D'Arcy, O May, S Walsh, A Damrow
CAT U11-13 4x100m Medley	1:04.11 5:42.23	13/11/2022 13/11/2022	Highfields Toowoomba	E Love, D Smith, J Rice, T Smith S Croft, T Prust, A Jok, N Mazlin
CAT U14-17 4x100m Swedish	51.43 2:25.14	13/11/2022 13/11/2022	Toowoomba Toowoomba	G Cowdroy, P Sippel, J Wilson, A Rowe A Rowe, G Cowdroy, P Sippel, J Wilson
U9 Mixed High Jump Discus Shot Put	1.78m 21.27m	13/11/2022 13/11/2022	Highfields Highfields	L Spoelder, P Dyson L Spoelder, P Dyson
U10 Mixed High Jump Long Jump Shot Put	5.27m 10.21m	21/11/2021 21/11/2021	Toowoomba Toowoomba	C Moodie, J Cavanough C Moodie, J Cavanough
U11 Mixed Long Jump Discus Shot Put	6.72m 41.49m 12.31m	21/11/2021 13/11/2022 21/11/2021	Upper Lockyer Highfields Upper Lockyer	O Anderson, T Snelling A Orr, C Griffiths O Anderson, M Eddison
U12 Mixed High Jump Long Jump Discus	47.34m	21/11/2021	Toowoomba	H Watts, D Chambers
U13 Mixed High Jump Discus Shot Put	2.87m 53.10m 18.63m	21/11/2021 13/11/2022 13/11/2022	Highfields Toowoomba Toowoomba	R Franke, J Clark H Watts, D Chambers H Watts, D Chambers
U14 Mixed High Jump Long Jump Shot Put	8.91m 18.93m	21/11/2021 13/11/2022	Highfields Toowoomba	J Kinsey, O Martell A Rowe, X Watts
U15 Mixed High Jump Long Jump Discus	10.33m 47.13m	13/11/2022 21/11/2021	Highfields Upper Lockyer	O Martell, J Kinsey C Maizey, A Eddison
U16 Mixed Long Jump Discus Shot Put	6.38m 42.80m 16.28m	13/11/2022 13/11/2022 13/11/2022	Upper Lockyer Upper Lockyer Upper Lockyer	A Obst, A Eddison A Obst, A Eddison A Obst, A Eddison
U17 Mixed Long Jump Discus Shot Put	8.62m	21/11/2021	Toowoomba	A King, D Burke



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