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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 |
| Swedish | 3:06.57 | 12/11/2023 | Toowoomba | | L Felton-Taylor, A Ayii, E Broksch, V Richardson |
| U11 Girls | | | | | |
| Long Jump | 8.46m | 2003 | Toowoomba Central | | |
| Discus | 45.11m | 15/11/2020 | Highfields | | A Williams, M Pearce |
| Discus | 51.33m | 12/11/2023 | Toowoomba | | E Carrigan, A Blades |
| Shot Put | 14.60m | 15/11/2020 | Highfields | | A Williams, M Pearce |
| Shot Put | 16.76m | 12/11/2023 | Toowoomba | | E Carrigan, A Blades |
| 4x100m | 1:00.10 | 1984 | Helidon | | |
| Medley | 6:08.55 | 13/11/2022 | Toowoomba Central | | M Hauser, J Cavanough, M Tolcher, K Carroll |
| Medley | 5:23.46 | 12/11/2023 | Toowoomba | | S Ward, A Adams, A Blades, R Farquhar |
| 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 | 2:49.19 | 12/11/2023 | Toowoomba | | P Cavanough, J Gwynne, J Mazlin, R Richardson |
| 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 |



Regional Relay Best Performances: Downs & South West

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|-----------------|---------|------------|-------------------|----------------------------------------------|
| 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 | |
| 4x100m | 1:01.69 | 12/11/2023 | Toowoomba | C Drew, E Russell, B Trott, D Ryan |
| Swedish | 3:35.51 | 13/11/2022 | Laidley | T Gaudie, K Hornbuckle, R Nuttridge, Z Covey |
| Swedish | 2:52.86 | 12/11/2023 | Toowoomba | E Russell, C Drew, B Trott, D Ryan |
| 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 |
| High Jump | 2.62m | 12/11/2023 | Toowoomba | N Mazlin, C Moore |
| 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 | 2:33.54 | 12/11/2023 | Laidley | J Sippel, E Vayro, O Smith, J Koplick |
| 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 |



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|-------------------|---------|------------|---------------|---------------------------------------|
| CAT U9-10 | | | | |
| 4x100m | 1:09.35 | 13/11/2022 | Upper Lockyer | H D'Arcy, O May, S Walsh, A Damrow |
| 4x100m | 1:07.35 | 12/11/2023 | Upper Lockyer | O May, S Walsh, J Sessarago, H D'Arcy |
| Swedish | 3:06.34 | 12/11/2023 | Upper Lockyer | S Walsh, J Sessargo, O May, H D'Arcy |
| CAT U11-13 | | | | |
| 4x100m | 1:04.11 | 13/11/2022 | Highfields | E Love, D Smith, J Rice, T Smith |
| 4x100m | 1:01.36 | 12/11/2023 | Highfields | A Spies, P York, A Orr, N Dunemann |
| Medley | 5:42.23 | 13/11/2022 | Toowoomba | S Croft, T Prust, A Jok, N Mazlin |
| Medley | 4:57.08 | 12/11/2023 | Highfields | D Campbell, H Kruger, P York, A Spies |
| CAT U14-17 | | | | |
| 4x100m | 51.43 | 13/11/2022 | Toowoomba | G Cowdroy, P Sippel, J Wilson, A Rowe |
| 4x100m | 51.11 | 12/11/2023 | Highfields | J Kinsey, P Orr, L Dyson, C Banaszek |
| Swedish | 2:25.14 | 13/11/2022 | Toowoomba | A Rowe, G Cowdroy, P Sippel, J Wilson |
| Swedish | 2:20.89 | 12/11/2023 | Highfields | P Orr, J Kinsey, L Dyson, C Banaszek |
| U9 Mixed | | | | |
| High Jump | 1.78m | 13/11/2022 | Highfields | L Spoelder, P Dyson |
| Discus | 21.27m | 13/11/2022 | Highfields | L Spoelder, P Dyson |
| Shot Put | 8.03m | 12/11/2023 | Toowoomba | G Cherry, O Pole |
| U10 Mixed | | | | |
| High Jump | 2.00m | 12/11/2023 | Toowoomba | A Ayii, B Trott |
| Long Jump | 5.27m | 21/11/2021 | Toowoomba | C Moodie, J Cavanough |
| Long Jump | 6.97m | 12/11/2023 | Highfields | A Griffiths, D York |
| Shot Put | 10.21m | 21/11/2021 | Toowoomba | C Moodie, J Cavanough |
| U11 Mixed | | | | |
| Long Jump | 6.72m | 21/11/2021 | Upper Lockyer | O Anderson, T Snelling |
| Long Jump | 7.28m | 12/11/2023 | Highfields | P Banaszek, H Kruger |
| Discus | 41.49m | 13/11/2022 | Highfields | A Orr, C Griffiths |
| Shot Put | 12.31m | 21/11/2021 | Upper Lockyer | O Anderson, M Eddison |
| U12 Mixed | | | | |
| High Jump | 2.26m | 12/11/2023 | Highfields | L Yaxley, I Turpin |
| Long Jump | 6.93m | 12/11/2023 | Toowoomba | C Moore, K Carroll |
| Discus | 47.34m | 21/11/2021 | Toowoomba | H Watts, D Chambers |
| U13 Mixed | | | | |
| High Jump | 2.87m | 21/11/2021 | Highfields | R Franke, J Clark |
| Discus | 53.10m | 13/11/2022 | Toowoomba | H Watts, D Chambers |
| Shot Put | 18.63m | 13/11/2022 | Toowoomba | H Watts, D Chambers |
| U14 Mixed | | | | |
| High Jump | | | | |
| Long Jump | 8.91m | 21/11/2021 | Highfields | J Kinsey, O Martell |
| Shot Put | 18.93m | 13/11/2022 | Toowoomba | A Rowe, X Watts |
| U15 Mixed | | | | |
| High Jump | | | | |
| Long Jump | 10.33m | 13/11/2022 | Highfields | O Martell, J Kinsey |
| Discus | 47.13m | 21/11/2021 | Upper Lockyer | C Maizey, A Eddison |
| U16 Mixed | | | | |
| Long Jump | 6.38m | 13/11/2022 | Upper Lockyer | A Obst, A Eddison |
| Discus | 42.80m | 13/11/2022 | Upper Lockyer | A Obst, A Eddison |
| Shot Put | 16.28m | 13/11/2022 | Upper Lockyer | A Obst, A Eddison |
| U17 Mixed | | | | |
| Long Jump | 8.62m | 21/11/2021 | Toowoomba | A King, D Burke |
| Discus | 46.25m | 12/11/2023 | Upper Lockyer | A Eddison, A Obst |
| Shot Put | 17.65m | 12/11/2023 | Upper Lockyer | A Eddison, A Obst |