

# coles



23<sup>rd</sup> Annual Gala day

27<sup>th</sup> November 2022

## PROGRAM

The Families and Committee of Shoalhaven Little Athletics Centre Welcome you to our Gala Day.

Fun Relays will be conducted for athletes and adults at the completion of all other events. Clubs can combine to make up teams.

Canteen Facilities: Sausage Sandwich, Egg & Bacon Roll, Cheeseburgers, Hotdogs, Cold Drinks, Ice Blocks and Lollies.  
EFTPOS

Grand Prix Events **RED**

Feature Event **BLUE**

**NO Protests will be**

**taken at this carnival.**

Our Fun Relays will be at the end of the day.

## TRACK EVENTS

1	<i>U15</i>	<i>1500m</i>
2	U6	70m
3	U7	70m
4	<b>U8</b>	<b>200m</b>
5	U12	200m
6	<i>U13</i>	<i>200m</i>
7	U14	200m
8	U15	200m
9	U17	200m
10	<b>U10</b>	<b>200m</b>
11	<i>U9</i>	<i>200m</i>
12	U11	200m
13	<b>U13</b>	<b>800m</b>
14	<b>U15</b>	<b>800m</b>
15	<b>U17</b>	<b>800m</b>
16	<i>U6</i>	<i>200m</i>
17	U7	200m
18	<b>U12</b>	<b>800m</b>
19	<b>U11</b>	<b>800m</b>
20	<b>U10</b>	<b>800m</b>
21	<b>U14</b>	<b>800m</b>
22	U7	500m
23	<i>U8</i>	<i>700m</i>
24	<b>U6</b>	<b>300m</b>
25	<i>U9</i>	<i>800m</i>
26	U13	400m
27	<i>U14</i>	<i>400m</i>
28	U15	400m
29	<i>U17</i>	<i>400m</i>
30	U10	400m
31	U11	400m
32	U12	400m
33	<b>U8</b>	<b>400m</b>
34	<b>U9</b>	<b>400m</b>
35	<b>U6</b>	<b>100m</b>
36	<b>U7</b>	<b>100m</b>
37	U13	100m
38	U14	100m
39	U15	100m
40	U17	100m
41	<b>U8</b>	<b>100m</b>
42	<b>U9</b>	<b>100m</b>
43	U10	100m
44	<i>U11</i>	<i>100m</i>
45	U12	100m

## FIELD EVENTS

1	U9	High Jump
2	U11	Long Jump
3	U10	Shot Put
4	<i>U7</i>	<i>Long Jump</i>
5	<b>U15</b>	<b>Discus</b>
6	<b>U12</b>	<b>High Jump</b>
7	U8	Long Jump
8	U17	High Jump
9	U14	Shot Put
10	<b>U7</b>	<b>Discus</b>
11	U9	Long Jump
12	<b>U13</b>	<b>Discus</b>
13	<b>U11</b>	<b>Shot Put</b>
14	U13	Long Jump
15	<b>U14</b>	<b>High Jump</b>
16	<i>U8</i>	<i>Discus</i>
17	<b>U9</b>	<b>Shot Put</b>
18	U6	Long Jump
19	U10	High Jump
20	U12	Shot Put
21	<b>U13</b>	<b>Javelin</b>
22	U11	Discus
23	<b>U14</b>	<b>Javelin</b>
24	<b>U15</b>	<b>Javelin</b>
25	U17	Javelin
26	<i>U6</i>	<i>Shot Put</i>
27	U15	Long Jump
28	<i>U10</i>	<i>Discus</i>
29	U8	Shot Put
30	U14	Triple Jump
31	U17	Triple Jump
32	U17	Discus
33	<i>U12</i>	<i>Discus</i>

Tiny Tots – Runs, Jumps and Throws.

## GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				<b>U6</b>				
25/11/2018	Lake Illawarra	A.York	11.69	70m	12.22	P.Sager	Kiama	29/11/2015
02/02/2014	W'Gong	C.Wayne	19.09	100m	17.24	G.Wright	Albion Park	08/02/2015
05/02/2006	Lake Illawarra	K.Attard	38.81	200m	37.81	G.Wright	Albion Park	08/02/2015
08/02/2015	St Georges Basin	J Wheeler	1.04.61	300m	1.02.27	G.Wright	Albion Park	08/02/2015
02/02/2014	W'Gong	C.Wayne	2.60	Long Jump	2.97	E.Pallister	W/Suburbs	02/02/2014
05/02/2012	Dapto	M.Carr	4.06	Shot Put	6.04	H.Withyman	SLAC	13/02/2022
				<b>U7</b>				
08/02/2015	W'Gong	C.Wayne	12.28	70m	11.14	G.Wright	Albion Park	29/11/2015
08/02/2015	W'Gong	C.Wayne	17.1	100m	15.77	G.Wright	Albion Park	29/11/2015
24/03/2002	Lake Illawarra	C.Foord	36.80	200m	33.31	G.Wright	Albion Park	29/11/2015
24/03/2002	Lake Illawarra	C.Foord	1.51.7	500m	1.40.36	G.Lombardi	Kiama	29/11/2015
08/02/2015	W'Gong	C.Wayne	3.11	Long Jump	3.70	G.Wright	Albion Park	29/11/2015
08/02/2015	W'Gong	C.Wayne	14.62	Discus	21.07	L.Debrot	Albion Park	05/02.2006
				<b>U8</b>				
13/02/2022	W'Gong	H.Pate	15.30	100m	14.89	G.Wright	Albion Park	27/11/2016
13/02/2022	W'Gong	H.Pate	32.83	200m	31.25	G.Wrights	Albion Park	27/11/2016
08/02/2009	Albion Park	S.Edwards	1.23.38	400m	1.14.66	G.Lombardi	Kiama	27/11/2016
03/02/2008	Albion Park	S.Austwick	2.41.78	700m	2.30.18	G.Wright	Albion Park	27/11/2016
13/02/2022	W'Gong	H.Pate	3.70	Long Jump	3.75	G.Wright	Albion Park	27/11/2026
06/02/2011	West Blues	B.Samperi	6.08	Shot Put	8.32	N.Jackson	Lake Illawarra	29/22/2015
02/02/2014	W'Gong	J.Wayne	16.28	Discus	21.08	J.Byron	Winston Hills	06/02/2005

## GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				<b>U9</b>				
24/03/2002	Albion Park	P.Fenech	14.86	100m	14.47	J.Vellanovski	Bankstown	27/11/2016
08/02/2015	Albion Park	C.Ezeoke	32.61	200m	30.48	K.Vella	Albion Park	08/02/2015
24/03/2002	Albion Park	P.Fenech	1.11.78	400m	1.11.27	K.Vella	Albion Park	08/02/2015
13/02/2022	Albion Park	A.Yorke	2.53.43	800m	2.43.28	J.McClatchie	W'Gong	08/02/2015
24/03/2002	Kiama	T.Scott	3.84	Long Jump	4.19	J.Link	W'Gong	10/02.2013
08/02/2015 10/02/2013	Inner West W'Gong	A.Marshall I.McKeown	1.10	High Jump	1.18	K.Vella	Albion Park	08/02/2015
04/03/2002	Albion Park	M.Burke	22.23	Discus	29.74	J.Fitness	Albion Park	24/03/2015
08/02/2015	Albion Park	C.Ezeoke	6.91	Shot Put	9.03	B.Shephard	Milton	02/02/2014
				<b>U10</b>				
04/03/2002	Lake Illawarra	G.Radburn	14.03	100m	14.45	J.Wright	Albion Park	10/02/2013
06/02/2005	W'Gong	T.Davis	30.65	200m	30.18	M.Murphy	Albion Park	08/02/2015
06/02/2005	W'Gong	T.Davis	1.11.21	400m	1.09.9	R.caswell	SLAC	27/11/2016
03/02/2008	Wallsend	M.Welham	2.40.76	800m	2.43.93	J.Baker	St Georges Basin	27/11/2026
06/02/2005	Ambarvale	A.Kennedy	1.28	High Jump	1.28	C.Johnson	SLAC	08/02/2015
06/02/2005	C'Town	M.Wanstall	7.94	Shot Put	9.01	M.Stone	Albion Park	24/03/2002
06/02/2005	C'Town	M.Wanstall	31.05	Discus	32.19	L.Debrot	Albion Park	08/02/2009

## GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				<b>U11</b>				
06/02/2005	Kiama	A.Taddeo	13.76	100m	13.59	J.Wright	Albion Park	02/02/2014
08/02/2009	Albion Park	C.Docker	29.39	200m	28.37	J.Wright	Albion Park	02/02/2014
06/02/2005	W'Gong	K.Chambers	1.10.41	400m	1.09.17	D.Plumridge	Albion Park	10/02/2014
10/02/2013	Port Hacking	T.Porter	2.44.05	800m	2.33.24	I.Shaw	Albion Park	08/02/2015
13/02/2022	SLAC	L.Crawford	5.45.35	1500m	6.28.67	T.Gowan	Lake Illawarra	13/02/2022
08/02/2009	Albion Park	C.Docker	4.44	Long Jump	4.72	J.Bingham	Lakw Illawarra	05/02/2006
08/02/2015	Preston Robbins	B.Griffiths	10.27	Shot Put	9.85	D.Langdon	Lake Illawarra	27/11/2016
08/02/2015	Preston Robbins	B.Griffiths	31.06	Discus	28.15	T.Barlow	Albion park	02/02/2014
				<b>U12</b>				
06/02/2005	Kiama	T.Scott	13.24	100m	13.49	J.Barnes	SLAC	08/02/2009
06/02/2005	Albion Park	R.Mounsey	28.31	200m	28.47	C.Harvey	SLAC	05/02/2006
06/02/2005	Albion Park	P.Fenech	1.04.56	400m	1.07.02	J.Wright	Albion Park	08/02/2015
13/02/2002	Albion Park	C.Nicol	2.36.96	800m	2.34.64	I.Shaw	Albion Park	29/11/2015
02/02/2014	Port Hacking	T.Porter	5.25.90	1500m	5.21.9	R.Smith	SLAC	27/11/2016
06/02/2011	SLAC	S.Peace	10.69	Shot Put	10.66	M.Neill	Nepean	06/02/2011
06/02/2011	SLAC	S.peace	31.19	Discus	38.07	T.Barlow	Albion Park	08/02/2015
08/02/2015	Albion Park	G.Shaw	1.41	High Jump	1.40	B.Shephard	Milton	29/11/2015

## GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				<b>U13</b>				
25/11/2018	Albion Park	C.Ezeoke	13.02	100m	12.66	Z.Havagjia	SLAC	05/02/2012
25/11/2018	Albion park	C.Ezeoke	26.6	200m	25.89	Z.Havadjia	SLAC	05/02/2012
27/11/2016	Kiama	G.Richards	1.06.49	400m	1.00.26	Z.havadjia	SLAC	05/02/2012
08/02/2015	Albion Park	T.Moham	2.36.05	800m	2.28.60	J.Smith	St Georges Basin	03/02/2008
13/02/2022	Milton	J.Kann	5.08.35	1500m	6.07.22	M.Wisniewski	SLAC	13/02/2022
29/11/2015	SLAC	E.Matthews	4.86	Long Jump	5.22	J.Holland	SLAC	27/11/2016
05/02/2012	SLAC	S.Peace	37.52	Discus	29.29	C.Joines	St Georges Basin	06/02/2005
05/02/2012	SLAC	S.Peace	28.95	Javelin	31.56	C.Joines	St Georges Basin	06/02/2005
25/11/2018	Albion Park	C.Ezeoke	11.66	Shot Put				
				<b>U14</b>				
27/11/2016	SLAC	Z.Chater	12.55	100m	12.09	B.Leeson	Albion Park	08/02/2009
27/11/2016	SLAC	Z.Chater	25.80	200m	25.41	Z.Havadjia	SLAC	10/02/2013
13/02/2022	Albion Park	C.Kerr	1.07.62	400m	59.35	Z.Havadjia	SLAC	10/02/2013
27/11/2016	SLAC	B.Holland	2.36.0	800m	2.27.42	C.Harvey	SLAC	03/02/2008
13/02/2002	SLAC	E.McLaren	5.54.71	1500m				
05/02/2012	SLAC	L.Marron	1.50	High Jump	1.65	J.Skeales	Lake Illawarra	06/02/2005
10/02/2013	Albion P	C.Sulerzyski						
05/02/2012	SLAC	S.Peace	10.77	Shot Put	12.60	J.Falconer	Albion Park	08/02/2015
02/02/2014	Lake Illawarra	S.Lee Frier	32.20	Javelin	40.15	M.Baillie	SLAC	06/02/2005
03/02/2004	SLAC	A.Cooke	29.80	Discus	31.42	D.McNiven	St Georges Basin	24/03/2002

## GALA DAY RECORDS

DATE	CENTRE	GIRLS	TIME/DIST	EVENT	TIME/DIST	BOYS	CENTRE	DATE
				<b>U15</b>				
29/11/2015	SLAC	M.Check	12.91	100m	11.48	J.Prem	Albion Park	08/02/2009
08/02/2009	SLAC	A.McPherson	24.01	200m	24.01	J.Prem	Albion Park	08/02/2009
08/02/2009	Albion Park	E.Debrot	1.05.9	400m	55.26	C.Musgrove	SLAC	02/02/2014
08/02/2015	Lake Illawarra	S.Fryer	2.38.62	800m	2.17.17	C.Musgrove	SLAC	02/02.2014
				1500m	4.43.1	I.Shaw	Albion Park	25/11/2018
06/02/2011	SLAC	L.Bruce	5.17	Long Jump	5.83	K.Orgaz	St Georges Basin	10/02.2013
02/02/2014	SLAC	S.Peace	40.66	Discus	44.55	B.Nicholas	St Georges Basin	10/02/2013
08/02/2015	Lake Illawarra	S.Fryer	29.57	Javelin	36.83	J.Belcher	Nepean	08/02/2009
				<b>U17</b>				
08/02/2009	Kiama	T.Scott	12.49	100m	10.98	B.Wallington	SLAC	05/02/2012
13/02/2002	SLAC	L.Connelly	27.31	200m	23.14	D.Thompson	St Georges Basin	29/11/2015
29/11/2015	Albion Park	E.Dalley	1.05.29	400m	55.41	C.Musgrove	SLAC	29/11/2015
29/11/2015	Albion Park	E.Dalley	2.50.98	800m	2.04.37	C.Musgrove	SLAC	29/11/2015
08/02/2015	Port Hacking	T.Porter	5.19.56	1500m	4.55.90	G.Ryan	Albion Park	03/02/2008
13/02/2022	SLAC	O.Davis	1.45	High Jump	1.75	B.Nichols	St Georges Basin	08/02/2015
10.02/2013	SLAC	L Bruce	30.62	Javelin	41.87	C.Joines	St Georges Basin	08/02/2015
08/02/2009	Kiama	T.Scott	11.56	Triple Jump	11.50	B.Nichols	St Georges Basin	08/02/2015