

LITTLE ATHLETICS NSW
STATE TRACK & FIELD CHAMPIONSHIPS - 19/03/2022 to 20/03/2022
Sydney Olympic Park Athletic Centre
Meet Summary - All Events

	Seed	Heats	Final		
Cardiff & District					
1 Logan Cowling - Male - Age: 12 - Comp#: 10082					
#144 Boys U 12 1500 Metre Walk	9:07.38		8:28.89	(3)	*
2 Jackson Day - Male - Age: 14 - Comp#: 10164					
#90 Boys U 14 200 Metre Hurdles (76 cm)	31.80		31.16	(10)	*
#110 Boys U 14 800 Metre Run	2:43.86		2:40.86	(18)	*
#148 Boys U 14 1500 Metre Walk	9:07.37		9:15.72	(8)	
3 Mikayla Day - Female - Age: 11 - Comp#: 10163					
#141 Girls U 11 1100 Metre Walk	6:56.91		7:02.22	(14)	
4 Tahlia Flett - Female - Age: 13 - Comp#: 10144					
#233 Girls U 13 Shot Put (3.0 Kg)	9.89m		9.78m	(8)	
5 Stevi Foster - Female - Age: 9 - Comp#: 10176					
#225 Girls U 9 Shot Put (2.0 Kg)	3.90m		4.48m	(19)	*
6 Eamon Gallard - Male - Age: 12 - Comp#: 10092					
#160 Boys U 12 High Jump (S/H 1.25m)	1.40m		DNS		
#180 Boys U 12 Long Jump	4.36m		4.47m	(7)	*
#192 Boys U 12 Triple Jump	9.23m		DNS		
7 Kaitlyn Griffin - Female - Age: 10 - Comp#: 10161					
#207 Girls U 10 Discus (500 Gram)	16.44m		14.76m	(22)	
8 Emma Hearnden - Female - Age: 13 - Comp#: 10089					
#145 Girls U 13 1500 Metre Walk	7:45.91		7:17.94	(4)	*
9 Nikki Hearnden - Female - Age: 11 - Comp#: 10080					
#141 Girls U 11 1100 Metre Walk	6:11.62		6:15.87	(9)	
10 Elsie Keating - Female - Age: 9 - Comp#: 10090					
#153 Girls U 9 High Jump (S/H 0.90m)	1.00m		0.95m	(11)	
11 Demi Maddison - Female - Age: 11 - Comp#: 10118					
#141 Girls U 11 1100 Metre Walk	6:02.57		5:51.62	(3)	*
12 Cameron Manning - Male - Age: 9 - Comp#: 10157					
#154 Boys U 9 High Jump (S/H 0.95m)	1.00m		NH		
13 Lachlan Manning - Male - Age: 15 - Comp#: 10154					
#66 Boys U 15 400 Metre Sprint	57.86		56.90	(18)	*
#166 Boys U 15 High Jump (S/H 1.35m)	1.55m		1.60m	(11)	*
#198 Boys U 15 Triple Jump	11.52m		10.82m	(11)	
14 William Manning - Male - Age: 14 - Comp#: 10155					
#46 Boys U 14 200 Metre Sprint	28.01	DNS			
#82 Boys U 14 90 Metre Hurdles (76 cm)	15.33	15.50 (9)			
#90 Boys U 14 200 Metre Hurdles (76 cm)	30.03		29.22	(5)	*
#164 Boys U 14 High Jump (S/H 1.35m)	1.49m		1.50m	(8)	*
#184 Boys U 14 Long Jump	4.99m		4.71m	(16)	
#196 Boys U 14 Triple Jump	10.98m		11.08m	(5)	*
15 Charlee Parsons - Female - Age: 11 - Comp#: 10131					
#209 Girls U 11 Discus (500 Gram)	23.88m		23.10m	(13)	
#229 Girls U 11 Shot Put (2.0 Kg)	7.61m		8.64m	(4)	*
#241 Girls U 11 Javelin (400 Gram)	11.76m		18.06m	(6)	*
16 Cameron Price - Male - Age: 17 - Comp#: 10094					
#114 Boys U 17 800 Metre Run	2:09.90		2:10.62	(12)	
#128 Boys U 17 1500 Metre Run	4:43.84		4:34.78	(17)	*
17 Brodie Spamer - Male - Age: 15 - Comp#: 10126					
#150 Boys U 15 1500 Metre Walk	7:40.26		7:35.93	(3)	*
18 Liam Spamer - Male - Age: 17 - Comp#: 10191					
#152 Boys U 17 1500 Metre Walk	6:57.41		6:36.00	(2)	*
19 Amelia Spence - Female - Age: 15 - Comp#: 10103					
#111 Girls U 15 800 Metre Run	2:34.60		2:35.79	(13)	
#125 Girls U 15 1500 Metre Run	5:13.53		5:11.08	(7)	*
#133 Girls U 15 3000 Metre Run	11:09.90		11:00.94	(6)	*
20 Frederick Walker - Male - Age: 11 - Comp#: 10057					
#158 Boys U 11 High Jump (S/H 1.15m)	1.24m		1.15m	(18)	

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Cardiff & District	Seed	Heats	Final
Relay	Seed	Heats	Final
1 Cardiff & District			
#280 Boys U 12-17 4x100 Metre Relay (Snr)	51.81		51.64 (8) *
Final: Logan Cowling 12; Ethan Cowling 17; William Manning 14; Lachlan Manning 15			
Cardiff & District Total Individual Entries: 36 - Total Relays: 1			