

Australian Athletics Championships Championship Records



As at 29 April 2026

SENIOR MEN

100m	Lachlan Kennedy	QLD	9.96	+0.2	2026
200m	Gout Gout	QLD	19.67	+1.7	2026
400m	Miles Murphy	NSW	44.71		1988
800m	Peter Bol	WA	1.43.79		2025
1500m	Cameron Myers	ACT	3.29.85		2026
3000m	Craig Mottram	VIC	7.48.26		2008
5000m	Bernard Lagat	USA	13.08.43		2011
10000m	held at the Zatopek meet				
110m Hurdles	Colin Jackson	GBR	13.32	-0.9	1995
400m Hurdles	Tristan Thomas	TAS	49.26		2009
3000m Steeple	Peter Larkins	VIC	8.27.0		1976
5000m Walk	Nick A'Hern	NSW	19.08.03		1991
10000m Walk	Declan Tingay	WA	38.07.88		2024
4 x 100m Relay	Korea	KOR	39.52		2019
4 x 400m Relay	New South Wales	NSW	3.04.10		1988
High Jump	Tim Forsyth	VIC	2.36		1997
Pole Vault	Brad Walker	USA	5.95		2007
Long Jump	Fabrice Lapierre	NSW	8.78	+3.1	2010
Triple Jump	Ken Lorroway	ACT	17.32	+2.9	1982
Shot Put	Tomas Walsh	NZL	21.91		2019
Discus Throw	Matthew Denny	QLD	69.35		2024
Hammer Throw	Stuart Rendell	ACT	78.80		2002
Javelin Throw	Jarrod Bannister	QLD	89.02		2008
Decathlon	Cedric Dubler	QLD	8393 pts		2022

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BOYS UNDER 20

100 Metres	Gout Gout	QLD	9.99	+2.6	Apr-25
200 Metres	Calab Law	QLD	20.63	+0.7	Mar-22
400 Metres	Steven Solomon	NSW	45.99		Mar-12
800 Metres	Daniel Williams	NSW	1:46.94		Apr-26
1500 Metres	Lachlan Chisholm	NSW	3:45.49		Mar-99
3000 Metres	Archie Noakes	VIC	8:09.63		Mar-23
5000 Metres	Jude Thomas	QLD	13:57.86		Apr-21
110m Hurdles (99.1cm)	Tayleb Willis	VIC	13.48	+0.1	Apr-21
400m Hurdles (91.4cm)	Peter Bate	VIC	50.96		Mar-98
3000m Steeplechase	Richard Everest	SA	8:55.82		Mar-08
5000m Walk	Dion Russell	VIC	20:23.07		Mar-94
10000m Walk	Isaac Beacroft	NSW	39:54.30		Apr-25
4x100m Relay	Queensland	QLD	39.90		Mar-22
4x400m Relay	Queensland	QLD	3:11.83		Apr-02
High Jump	Joseph Baldwin	VIC	2.22		Mar-17
Pole Vault	Sasha Zhoya	WA	5.56		Apr-19
Long Jump	John Thornell	NSW	7.85	+3.1	Feb-04
Triple Jump	James Shemaiah	QLD	15.89	-2.9	Mar-15
Shot Put (6kg)	Damien Birkinhead	VIC	20.35		Mar-12
Discus Throw (1.75kg)	Matthew Denny	QLD	63.21		Mar-15
Hammer Throw (6kg)	Matthew Denny	QLD	75.80		Mar-15
Javelin Throw (800gr)	Rhys Stein	NSW	75.04		Mar-15
Decathlon	Jake Stein	NSW	7886 pts		Apr-12

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BOYS UNDER 18

100 Metres	Jack Hale	TAS	10.38	+2.8	Mar-15
200 Metres	Gout Gout	QLD	20.87	-0.1	Apr-23
400 Metres	Dylan Ruming	NSW	47.17		Apr-26
800 Metres	Daniel Williams	NSW	1:48.97		Apr-24
1500 Metres	Lucas Chis	VIC	3:46.27		Apr-25
3000 Metres	Ky Hehir	WA	8:21.48		Apr-23
110m Hurdles (91.4cm)	Sasha Zhoya	WA	13.05	-0.6	Apr-19
400m Hurdles (84cm)	Jack Love	QLD	51.62		Apr-23
2000m Steeplechase	Archie Noakes	VIC	5:45.52		Apr-21
5000m Walk	Samuel Lindsay	TAS	20:32.63		Apr-25
4x100m Relay	New South Wales	NSW	40.85		Dec-08
4x400m Relay	New South Wales	NSW	3:13.91		Apr-26
High Jump	Rhys Murphy	NSW	2.17		Dec-06
High Jump	Josh Hall	QLD	2.17		Dec-07
Pole Vault	Patrick Jesser	SA	4.85		Mar-98
Pole Vault	Matt Boyd	QLD	4.85		Dec-05
Pole Vault	Declan Curruthers	SA	4.85		Mar-14
Long Jump	Darcy Roper	QLD	7.68	+0.0	Mar-15
Triple Jump	Robert Crowther	QLD	15.53	+1.0	Dec-04
Shot Put (5kg)	Jackson Gill	NZL	20.62		Mar-10
Discus Throw (1.5kg)	Matthew Denny	QLD	66.40		Mar-13
Hammer Throw (5kg)	Ned Weatherley	VIC	78.26		Mar-15
Javelin Throw (700gr)	Neil Janse	QLD	77.57		Mar-17
Decathlon	Ashley Moloney	QLD	7559 pts		Mar-17

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BOYS UNDER 17

100 Metres	Uwezo Lubenda	QLD	10.47	+2.5	Apr-25
200 Metres	Jayden Todoroski	NSW	21.47	+1.2	Apr-26
400 Metres	Joshua Atkinson	NSW	47.41		Apr-19
800 Metres	Joshua Atkinson	NSW	1:50.83		Apr-19
1500 Metres	Craig Peyton	QLD	3:51.18		Apr-21
3000 Metres	Matthew McLachlan	NSW	8:26.68		Apr-24
110m Hurdles (91.4cm)	Sasha Zhoya	WA	13.60	-1.9	Mar-17
400m Hurdles (84cm)	Sasha Alexeenko	QLD	53.44		Dec-07
2000m Steeplechase	Cameron Bloem	NSW	5:51.19		Apr-25
5000m Walk	Isaac Beacroft	NSW	19:51.81		Apr-23
High Jump	John Dodds	QLD	2.11		Mar-15
Pole Vault	Sasha Zhoya	WA	4.92		Mar-17
Long Jump	Chris Noffke	QLD	7.50	-0.2	Dec-04
Triple Jump	Joshua Lumley	QLD	14.93	+2.4	Dec-06
Shot Put (5kg)	Damien Birkinhead	VIC	19.89		Dec-09
Discus Throw (1.5kg)	Andrew Welch	QLD	59.09		Dec-05
Hammer Throw (5kg)	Huw Peacock	TAS	69.88		Dec-08
Javelin Throw (700gr)	Launga Andria	QLD	71.84		Dec-08
Decathlon	Harry Osborne	QLD	6973 pts		Apr-26

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BOYS UNDER 16

100 Metres	James Gallagher	WA	10.74	+3.9	Mar-15
200 Metres	Aaron Oliver	WA	21.65	+1.7	Dec-06
400 Metres	Kieran King	WA	48.42		Dec-06
800 Metres	Tate Van Camp	QLD	1:53.22		Apr-25
1500 Metres	Archie Sideridis	VIC	3:56.84		Apr-26
3000 Metres	Jack Woodberry	TAS	8:32.17		Apr-23
100m Hurdles (84cm)	River Pentecost	NSW	12.70	+4.6	Mar-16
200m Hurdles (76.2cm)	Jared Bezuidenhout	WA	24.54	+1.0	Dec-05
2000m Steeplechase	Patrick McMahon	NSW	5.54.22		Apr-25
3000m Walk	Kodi Clarkson	ACT	12:24.91		Apr-23
4x100m Relay	New South Wales	NSW	42.21		Apr-23
4x200m Relay	Queensland	QLD	1:29.67		Apr-19
High Jump	Joshua Heap	QLD	2.06		Dec-05
Pole Vault	Matei Tzvetanev	WA	4.85		Dec-04
Long Jump	Kurt Jenner	NSW	7.19	+2.5	Dec-08
Triple Jump	Mason McGroder	NSW	14.34	-0.1	Apr-23
Shot Put (4kg)	Damien Birkinhead	VIC	20.64		Dec-08
Discus Throw (1kg)	Tim Driesen	VIC	70.10		Mar-99
Hammer Throw (4kg)	Ned Weatherly	VIC	73.69		Mar-13
Javelin Throw (700gr)	Andrew Hall	WA	65.85		Mar-98
Heptathlon	Matthew Beckham	NSW	5116 pts		Mar-92

BOYS UNDER 15

100 Metres	James Gallagher	WA	11.03	+0.0	Mar-14
200 Metres	Luke Weber	WA	21.88	+2.2	Apr-26
400 Metres	Luke Weber	WA	49.30		Apr-26
800 Metres	Alexander Rowe	VIC	1:58.25		Dec-06
1500 Metres	Evan Rowbotham	NSW	4:07.40		Apr-24
3000 Metres	Jack Curran	QLD	8:52.89		Dec-08
100m Hurdles (84cm)	Sasha Zhoya	WA	13.06	+4.0	Mar-16
200m Hurdles (76.2cm)	Sam Carson	QLD	25.28	+2.4	Dec-04
2000m Steeplechase	Matthew Faulkner	NSW	6:08.99		Apr-26
3000m Walk	Kodid Clarkson	ACT	13:08.95		Mar-22
High Jump	Raheen Williams	WA	1.99		Dec-07
Pole Vault	Brodie Cross	VIC	4.41		Dec-08
Long Jump	Khaele Bowen	QLD	6.71	+2.1	Dec-08
Triple Jump	Dallan Stanton	NSW	13.85	+1.7	Dec-05
Shot Put (4kg)	Latham Takau	QLD	18.17		Dec-09
Discus Throw (1kg)	Latham Takau	QLD	61.42		Dec-09
Hammer Throw (4kg)	Ned Weatherly	VIC	60.74		Mar-12
Javelin Throw (700gr)	Daniel Williamson	WA	60.81		Dec-06
Heptathlon	Thomas Hunter	QLD	4312 pts		Apr-26

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BOYS UNDER 14

100 Metres	Lachlan Chappell	NSW	11.20	+1.5	Apr-26
200 Metres	Lachlan Chappell	NSW	22.44	+1.2	Apr-26
400 Metres	Lachlan Chappell	NSW	50.85		Apr-26
800 Metres	Tate Van Camp	QLD	1:59.70		Apr-23
1500 Metres	Isaac Zreika	NSW	4:10.14		Apr-25
90m Hurdles (76.2cm)	Lucas Hughes	QLD	12.26	+0.0	Dec-06
3000m Walk	Callum Martin	NSW	13:33.60		Apr-24
4x100m Relay	Queensland	QLD	45.32		Dec-08
High Jump	David Snowden	NSW	1.86		Dec-08
Pole Vault	Johnny Soares	VIC	3.40		Apr-19
Long Jump	Jake Greusmuhl	QLD	6.48	+1.7	Dec-07
Triple Jump	Luanga Andria	QLD	13.36	+2.4	Dec-05
Shot Put (3kg)	Ben Talakai	NSW	18.02		Dec-05
Discus Throw (1kg)	Ben Talakai	NSW	55.79		Dec-05
Hammer Throw (3kg)	Hudson Severinsen	QLD	53.17		Apr-25
Javelin Throw (600gr)	Elliott Lang	NSW	58.41		Dec-07

BOYS UNDER 13

100 Metres	Lachlan Chappell	NSW	11.98	-0.5	Apr-25
200 Metres	Lachlan Chappell	NSW	24.51	-0.5	Apr-25
400 Metres	Lachlan Chappell	NSW	55.42		Apr-25
800 Metres	James Hall	VIC	2:05.78		Apr-25
1500 Metres	James Hall	VIC	4:11.81		Apr-25
90m Hurdles (76.2cm)	Anson Vella	NSW	13.51	+0.5	Apr-25
3000m Walk	Callum Martin	NSW	14:48.27		Apr-23
High Jump	Duke Lampret	NSW	1.68		Apr-24
Long Jump	Obinna Okeka	QLD	5.33	+1.6	Apr-25
Triple Jump	Harsith Rameshkumar	QLD	10.37	-03	Apr-23
Shot Put (3kg)	Jonte Tukuafu	QLD	14.58		Apr-24
Discus Throw (1kg)	Noah Bronger	NSW	27.30		Apr-23
Discus Throw (0.75kg)	Levi Dayaseela	VIC	45.06		Apr-24
Hammer Throw (3kg)	Joseph Mechreki	NSW	33.07		Apr-23
Javelin Throw (600gr)	Ethan Harbison	WA	38.68		Apr-24

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SENIOR WOMEN

100m	Zoe Hobbs	NZL	11.17	+1.1	2022
200m	Melinda Gainsford-Taylor	NSW	22.33	-2.6	1995
400m	Cathy Freeman	VIS	50.00		2000
800m	Catriona Bisset	VIC	1.58.32		2023
1500m	Jessica Hull	NSW	4.01.39		2024
3000m	Genevieve Gregson	QLD	8.51.24		2021
5000m	Jessica Hull	NSW	15.02.74		2025
10000m	held at the Zatopek meet				
100m Hurdles	Sally Pearson	QLD	12.53	+2.3	2017
400m Hurdles	Jana Rawlinsen (Pittman)	VIS	53.95		2003
3000m Steeple	Cara Feain-Ryan	QLD	9.29.19		2025
5000m Walk	Kerry Saxby-Juna	NSW	20.30.0		1993
10000m Walk	Jemima Montag	VIC	43.02.97		2022
4 x 100m Relay	New South Wales	NSW	44.00		1992
4 x 400m Relay	Victoria	VIC	3.31.35		1986
High Jump	Nicola Olyslagers	NSW	2.01		2025
Pole Vault	Nina Kennedy	WA	4.75		2021
	Eliza McCartney	NZL	4.75		2023
Long Jump	Naa Anang	QLD	6.88	+2.4	2019
Triple Jump	Linda Leverton	QLD	13.93	+0.7	2014
Shot Put	Valerie Vili	NZL	20.22		2009
Discus Throw	Beatrice Faumuina	NZL	68.28		1997
Hammer Throw	Brooke Billet	SA	70.72		2006
Javelin Throw	Kathryn Mitchell	VIC	65.51		2018
Heptathlon	Jane Flemming	VIC	6390 pts		1987

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GIRLS UNDER 20

100 Metres	Zara Hagan	QLD	11.41	+2.6	Apr-26
100 Metres	Aleksandra Stoilova	NSW	11.46	-0.3	Apr-24
200 Metres	Jessica Milat	VIC	23.26	-0.8	Apr-23
400 Metres	Rosemary Hayward	NSW	52.90		Mar-99
800 Metres	Emma Fryga	QLD	2:02.37		Apr-26
1500 Metres	Claudia Hollingsworth	VIC	4:13.41		Mar-22
3000 Metres	Amy Bunnage	VIC	9:00.33		Mar-23
5000 Metres	Amy Bunnage	VIC	15:31.96		Apr-23
100m Hurdles (84cm)	Delta Amidzovski	NSW	13.31	-1.7	Apr-24
400m Hurdles (76.2cm)	Sara Klein	NSW	58.02		Mar-12
3000m Steeplechase	Rosa Flanagan	NZL	10:06.87		Mar-14
5000m Walk	Natalie Saville	NSW	22:00.81		Mar-96
10000m Walk	Olivia Sandery	SA	45:28.96		Mar-22
4x100m Relay	Victoria	VIC	44.93		Apr-26
4x400m Relay	Victoria	VIC	3:40.92		Apr-24
High Jump	Eleanor Patterson	VIC	1.96		Mar-15
Pole Vault	Nina Kennedy	WA	4.50		Mar-15
Long Jump	Brooke Stratton	VIC	6.51	+1.5	Mar-12
Triple Jump	Izobelle Louison-Roe	NSW	13.36	+1.0	Apr-26
Shot Put	Dani Samuels	NSW	16.19		Feb-07
Discus Throw	Dani Samuels	NSW	58.48		Feb-07
Hammer Throw	Alexandra Hulley	NSW	62.26		Mar-15
Javelin Throw	Mackenzie Mielczarek	VIC	54.91		Apr-21
Heptathlon	Peta Kennedy	VIC	5788 pts		Mar-90

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GIRLS UNDER 18

100 Metres	Leah O'Brien	WA	11.14	+1.7	Apr-25
200 Metres	Maya Taber	NSW	23.14	+2.3	Apr-26
400 Metres	Ella Connolly	QLD	52.96		Mar-17
800 Metres	Keely Small	ACT	2:04.70		Mar-18
1500 Metres	Jayla Hancock-Cameron	NSW	4:19.21		Mar-18
3000 Metres	Montanna McAvoy	QLD	9:14.67		Mar-17
100m Hurdles (76.2cm)	Delta Amidzovski	NSW	13.02	+1.8	Apr-23
400m Hurdles (76.2cm)	Jana Pittman	NSW	59.03		Mar-99
2000m Steeplechase	Montanna McAvoy	QLD	6:35.57		Mar-17
5000m Walk	Clara Smith	QLD	23:08.42		Mar-15
4x100m Relay	New South Wales	NSW	44.43		Apr-26
4x400m Relay	New South Wales	NSW	3:42.59		Apr-07
High Jump	Sophia Begg	NSW	1.88		Dec-05
Pole Vault	Nina Kennedy	WA	4.31		Mar-13
Long Jump	Shermin Oksuz	WA	6.27	+2.5	Feb-01
Triple Jump	Josie Nichol	NSW	13.25	+1.8	Mar-12
Shot Put (3 kg)	Allaira Takau	QLD	17.27		Apr-24
Discus Throw	Dani Samuels	NSW	53.96		Dec-05
Hammer Throw (3 kg)	Alexandra Hulley	NSW	65.52		Mar-14
Javelin Throw (500 gr)	Tallara Joseph-Riogi	NSW	57.10		Apr-26
Heptathlon	Maddie Tarabay	VIC	5597 pts		Apr-26

GIRLS UNDER 17

100 Metres	Maya Taber	NSW	11.54	+2.3	Apr-25
200 Metres	Torrie Lewis	QLD	23.38	+1.9	Apr-21
400 Metres	Ellie Beer	QLD	53.29		Apr-19
800 Metres	Emma Fryga	QLD	2:04.56		Apr-25
1500 Metres	Emma Fryga	QLD	4:22.01		Apr-25
3000 Metres	Amy Bunnage	VIC	9:26.70		Apr-21
100m Hurdles (76.2cm)	Jamison Harding	VIC	13.41	+0.6	Apr-25
400m Hurdles (76.2cm)	Maiya Hewitt	NSW	59.28		Apr-25
2000m Steeplechase	Kate Spencer	NSW	6:40.92		Mar-11
5000m Walk	Jemima Montag	VIC	22:43.54		Mar-14
High Jump	Eleanor Patterson	VIC	1.83		Mar-12
Pole Vault	Cassidy Bradshaw	VIC	4.15		Apr-19
Long Jump	Naa Anang	Qld	6.04	+0.0	Mar-11
Triple Jump	Tiana Boras	VIC	13.05	+1.0	Apr-21
Shot Put (3 kg)	Riley-Jay Henry-Purcell	QLD	15.93		Apr-24
Discus Throw	Dani Samuels	NSW	52.13		Dec-04
Hammer Throw (3 kg)	Fernanda Tirado	VIC	62.38		Apr-25
Javelin Throw (500 gr)	Mackenzie Little	NSW	50.81		Mar-12
Combined Event	Mia Scerri	VIC	5553 pts		Mar-21

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GIRLS UNDER 16

100 Metres	Emily Reed	WA	11.45	+1.3	Apr-25
200 Metres	Charlotte Ehioghae	WA	23.07	+0.3	Apr-26
400 Metres	Alicia Webb	NSW	54.80		Apr-26
800 Metres	Ivy Boothroyd	NSW	2:05.66		Mar-22
1500 Metres	Eliza Lawton	NSW	4:20.35		Apr-25
3000 Metres	Eliza Lawton	NSW	9:21.90		Apr-25
90m Hurdles (76.2cm)	Abigail Steele	QLD	12.16	+2.7	Apr-26
200m Hurdles (76.2cm)	Chloe Jamieson	NSW	27.27	-2.5	Dec-09
2000m Steeplechase	Jessica Gilfillan	QLD	6:41.35		Dec-07
3000m Walk	Katie Hayward	QLD	13:40.49		Mar-15
4x100m Relay	Victoria	VIC	46.20		Apr-26
4x200m Relay	New South Wales	NSW	1:37.94		Apr-25
High Jump	Eleanor Patterson	VIC	1.82		Mar-11
Pole Vault	Nina Kennedy	WA	4.10		Mar-12
Long Jump	Shermin Oksuz	WA	6.32	+2.0	Mar-99
Triple Jump	Brooke Stratton	VIC	12.55	+4.0	Dec-08
Shot Put (3 kg)	Sina Maria Sua	NZL	16.32		Apr-26
Discus Throw	Leesa Lenlialanoa	NZL	49.23		Dec-08
Hammer Throw (3 kg)	Arielle Cannell	TAS	58.87		Apr-23
Javelin Throw (500 gr)	Tallara Joseph-Riogi	WA	51.69		Apr-24
Combined Event	Sophie Williams	WA	5515 pts		Apr-24

GIRLS UNDER 15

100 Metres	Charlotte Ehioghae	WA	11.36	+2.5	Apr-25
200 Metres	Jamie Ritchie	VIC	23.77	+2.6	Apr-25
400 Metres	London Rakanut	WA	55.26		Apr-25
800 Metres	Billie Richardson	WA	2:09.15		Apr-26
1500 Metres	Eliza Lawton	NSW	4:21.99		Apr-24
3000 Metres	Amelia Sheridan	SA	9:26.27		Apr-25
90m Hurdles (76.2cm)	Sophie White	WA	12.40	+3.5	Mar-16
200m Hurdles (76.2cm)	Sophie White	WA	27.63	+1.5	Mar-16
2000m Steeplechase	Jessica Gilfillan	QLD	6:45.12		Dec-06
3000m Walk	Ela Uzun	Vic	13:21.24		Apr-25
High Jump	Elizabeth Moss	QLD	1.76		Mar-16
Pole Vault	Rachel Birtles	WA	3.80		Dec-04
Long Jump	Brooke Stratton	VIC	5.90	+1.9	Dec-07
Triple Jump	Demii Maher-Smith	QLD	12.26	+1.3	Dec-08
Shot Put (3 kg)	Ashlyn Blackstock	NSW	14.68		Mar-18
Discus Throw	Taylah Sengul	NSW	45.74		Dec-09
Hammer Throw (3 kg)	Arielle Cannell	TAS	53.20		Mar-22
Javelin Throw (500 gr)	Mackenzie Mielczarek	VIC	46.26		Apr-17
Combined Event	Mia Scerri	VIC	5161 pts		Mar-19

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GIRLS UNDER 14

100 Metres	Maddie Pirie	NSW	11.91	+4.0	Dec-08
200 Metres	Emmanuella Ehioghae	WA	24.21	-0.1	Apr-26
400 Metres	Capri Vincent	QLD	55.91		Apr-25
800 Metres	Georgie Clarke	VIC	2:08.41		Mar-98
1500 Metres	Georgie Clarke	VIC	4:25.83		Mar-98
80m Hurdles	Carley Rodger	NSW	11.89	+0.2	Dec-05
3000m Walk	Ela Uzun	VIC	13:48.44		Apr-24
4x100m Relay	New South Wales	NSW	48.14		Apr-23
High Jump	Delta Amidzovski	NSW	1.72		Apr-19
Pole Vault	Alla Parnov	WA	3.51		Mar-17
Long Jump	Delta Amidzovski	NSW	5.64	-0.1	Apr-19
Triple Jump	Enuki Battagoda	QLD	12.08	+0.3	Apr-26
Shot Put (3kg)	Taylah Sengul	NSW	15.18		Dec-08
Discus Throw (1kg)	Keshia McGrath-Volau	QLD	44.02		Dec-07
Hammer Throw (3kg)	Arielle Cannell	TAS	48.57		Apr-21
Javelin Throw (400gr)	Monique Cilione	VIC	46.55		Dec-07

GIRLS UNDER 13

100 Metres	Divine Chukwudi	NSW	12.66	+1.4	Apr-23
200 Metres	Mia Wood	NSW	25.74	+1.7	Apr-23
400 Metres	Maddyson Dick	WA	58.28		Apr-25
800 Metres	Emma Shiels	NSW	2:15.87		Apr-25
1500 Metres	Eva Flint	SA	4:42.68		Apr-24
80m Hurdles	Harper Harding	VIC	12.93	-1.3	Apr-24
3000m Walk	Ela Uzun	VIC	14:12.51		Apr-23
High Jump	Mila Mabb	QLD	1.65		Apr-23
Long Jump	Marnie Laurence	NSW	5.12	+1.1	Apr-24
Triple Jump	Mila Mabb	QLD	10.02	-0.7	Apr-23
Shot Put (3kg)	Abbey Crocker	QLD	11.48		Apr-23
Discus Throw (1kg)	Abbey Crocker	QLD	34.28		Apr-23
Discus Throw (0.75kg)	Emily Carrigan	QLD	37.27		Apr-25
Hammer Throw (3kg)	Krystal Emme	NSW	28.39		Apr-23
Javelin Throw (400gr)	Kavroop Bhangu	WA	40.00		Apr-25

MIXED UNDER 14

4x200m	New South Wales	NSW	1:38.93		Apr-26
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MIXED OPEN

4x100m	New Zealand	NZL	42.95		Apr-26
4x400m	Western Australia	WA	3:21.29		Apr-25