

UPPER HUME TRACK & FIELD 2026

THURSDAY 10 SEPTEMBER

LES O'BRIEN ATHLETICS PRECINCT, ALBURY - 10.15am to 2.30pm

Back-Up Day = Friday 11 September

CONDITIONS OF COMPETITION:

1. Athletics will be conducted under the rules of the Amateur Athletic Union of Australia unless otherwise stated.
2. Competitors may compete in only **one** age group for which they are eligible. They may compete in another age group if there is no identical event in their own age group. Students can compete in ONE relay for which they are eligible.
3. Competitors may compete in a maximum of five **(5)** events, **EXCLUDING** relays.
All Schools can have (2) competitors in the 3000m, 1500m and 800m events. All schools can have (2) competitors in the 17 and 20 Year events.
4. Ages are calculated as at **December 31**, in the year of competition.
5. Lanes will be based on times submitted from participating schools based and then be allocated into a Vee Formation.
6. Students must report to the marshalling area for their event at least **10 minutes** before the scheduled time or when the event is called.
7. No student will be permitted to remain on the inside area of the track unless competing in an event at that time, or acting as an official's assistant. This shall also apply to the jumping pit areas.
8. No student shall throw field event implements unless directed to by an official field event supervisor.
9. Event Clashes: Track events have priority. In the event of a clash the competitor must report to the field event first & if time permits take one or more trials. The competitor must then marshal for their track event & return to the field event immediately after the track event & complete their 3 trials. The 3 trials must be completed within the time allocated to the event.
10. Competitors are expected to compete in their school colors.
11. Students who place 1st or 2nd in each event qualify for the Hume Region Track and Field in Term 4.

SHELTER:

There is only a limited amount of shelter at Alexandra Park. Schools will need to make their own arrangements for protection from the weather. Schools are responsible for maintaining a clean area. Please encourage students to use the rubbish bins provided.

FIRST AID:

Each school is responsible for ensuring they have a staff member who has a current First Aid qualification. Schools are to supply their own First Aid equipment applicable to the activity.

KIOSK:

A canteen may NOT operate throughout the day. TBC

OFFICIALS: Referee = Upper Hume Division Officer

Cathedral	High Jump P1	Discus shared	Victory	Triple Jump P3	Long Jump P1
CCW	High Jump P2	Shot Putt	Wangaratta HS	Marshall	Starter
Grace CC	Long Jump P2	Triple Jump P4	WMYC	Share Discus	Timing Gates
Galen College	Javelin	Marshall	Wodonga SSC	Announcer	Results
Wangaratta DSS	Timing Gates	Judge	WSSC (Relay 1)	WMYC (Relay 2)	Victory (Relay 3)

AGE GROUP CHAMPIONSHIPS:

Age-Group Champion medallions will be awarded in each age-group based on points gained from participation in Individual events. Where there is a tie, more than one recipient will be awarded an Age-Group medallion. Refer to the Meet Manager Program for points allocation.

UPPER HUME TRACK & FIELD CHAMPIONSHIPS 2026

	Time		Events	Records		
1	10.15	BOYS	12-20 Years 3000m	M. Tzaros	9.11.14	2024
2	10.15	GIRLS	12-20 Years 3000m	C. Race-Stelling CATH	11.10.41	2019
3	10.30	GIRLS	15 Years Triple Jump Pit 3	J Hancock WODH	11.16	2000
4	10.30	GIRLS	16 Years Triple Jump Pit 4	M Kneebone WANG	11.70	1996
5	10.30	GIRLS	17 Years Long Jump Pit 1	T Dudley WODH	5.10	2002
6	10.30	GIRLS	18-20 Years Long Jump Pit 2	L Collins VICL	4.92	2014
7	10.30	GIRLS	12-13 Years High Jump Pit 1	Z Chapman WMYC	1.53	2013
8	10.30	GIRLS	14 Years High Jump Pit 2	Z Chapman WMYC	1.58	2014
9	10.30	BOYS	12-13 Years Shot Putt	L Sandland CATW	14.60	2019
10	10.30	BOYS	14 Years Shot Putt	L Brabazon WANG	13.74	2006
11	10.30	BOYS	15 Years Discus	S Martin WODW	45.83	1997
12	10.30	BOYS	16 Years Discus	S Martin WODW	51.27	1998
13	10.30	BOYS	17 Years Javelin	S Jenkinson SCH	51.15	1989
14	10.30	BOYS	18-20 Years Javelin	A Pitt CATH	49.54	2022
15	10.30	BOYS	12-14 Years 100m (MC)	V Austin WDSS	17.96	2024
16	10.30	BOYS	15-16 Years 100m (MC)	H White WDSS	13.46	2025
17	10.30	BOYS	17-20 Years 100m (MC)	D Vescio WDSS	13.12	2025
18	10.30	GIRLS	12-14 Years 100m (MC)	L Pearson WDSS	14.71	2024
19	10.30	GIRLS	15-16 Years 100m (MC)	L Pearson WDSS	13.46	2025
20	10.30	GIRLS	17-20 Years 100m (MC)	J Elkington WSSC	15.10	2010
21	10.30	GIRLS	12-13 Years 100m	T. Szirom WODM	13.10	2024
22	10.32	BOYS	12-13 Years 100m	J Boulton CATH	12.46	2017
23	10.34	GIRLS	14 Years 100m	T Dudley WODH	12.80	1999
24	10.36	BOYS	14 Years 100m	J Boulton CATH	11.62	2018
25	10.38	GIRLS	15 Years 100m	L Harper BENA	12.73	2001
26	10.40	BOYS	15 Years 100m	F Bryce OVENS	11.24	2005
27	10.42	GIRLS	16 Years 100m	I Pasquali GALE	12.38	2022
28	10.44	BOYS	16 Years 100m	J Pearce WODH	10.80	1999
29	10.46	GIRLS	17 Years 100m	I. Pasquali CATH	12.16	2023
30	10.48	BOYS	17 Years 100m	J Pearce WODH	11.05	2000
31	10.50	GIRLS	18-20 Years 100m	J Nation WSSC	12.03	2006
32	10.52	BOYS	18-20 Years 100m	A Colgan CCW	10.83	2022
33	10.54	BOYS	12-14 Years 800m (MC)	C Unthank WDSS	3:27.40	2024
34	10.54	BOYS	15-16 Years 800m (MC)	H White WDSS	3:02.47	2024
35	10.54	BOYS	17-20 Years 800m (MC)	New event		
36	10.54	GIRLS	12-14 Years 800m (MC)	L Pearson WDSS	3:09.93	2024
37	10.54	GIRLS	15-16 Years 800m (MC)	L Pearson WDSS	2:49.78	2025
38	10.54	GIRLS	17-20 Years 800m (MC)	H Watts WDSS	4:22.00	2025
39	10.54	GIRLS	12-13 Years 800m	B Nash GALE	2.28.52	2004
40	10.58	BOYS	12-13 Years 800m	E Penny GALE	2.15.55	2012
41	11.02	GIRLS	14 Years 800m	B Nash GALE	2.28.21	2005
42	11.05	BOYS	15 Years Triple Jump Pit 3	L Patrick WANG	12.74	2012
43	11.05	BOYS	16 Years Triple Jump Pit 4	T Hulley WANG	12.77	2009
44	11.05	BOYS	17 Years Long Jump Pit 1	L Gilchrist BENA	6.36	1986

45	11.05	BOYS	18-20 Years Long Jump Pit 2	M Payne WODW	6.24	2000
				D Steel WANG	6.24	2003
46	11.05	BOYS	12-13 Years High Jump Pit 1	A Knobel CATH	1.66	2024
47	11.05	BOYS	14 Years High Jump Pit 2	S Henderson CATH	1.68	2017
				J Knight CATW	1.68	2024
48	11.05	BOYS	12-14 Years Shot Putt (MC)	H Sommerfeld CATW	7.35	2022
49	11.05	BOYS	15-16 Years Shot Putt (MC)	New Event		
50	11.05	BOYS	17-20 Years Shot Putt (MC)	H Sommerfeld CATW	8.17	2025
51	11.05	GIRLS	12-14 Years Shot Putt (MC)	L Kendall	3.22	2025
52	11.05	GIRLS	15-16 Years Shot Putt (MC)	G Shaw WDSS	7.00	2025
53	11.05	GIRLS	17-20 Years Shot Putt (MC)	J Elkington WSSC	7.56	2010
54	11.05	GIRLS	12-13 Years Shot Putt	G Knight WODH	10.86	2003
55	11.05	GIRLS	14 Years Shot Putt	M Matthew WODM	11.35	2019
56	11.05	GIRLS	15 Years Discus	E Walley WSSC	34.71	2022
57	11.05	GIRLS	16 Years Discus	A Antonello MARC	29.74	2015
58	11.05	GIRLS	17 Years Javelin	Z Gow WSSC	35.60	2012
59	11.05	GIRLS	18-20 Years Javelin	J Low WODH	31.39	2001
60	11.06	BOYS	14 Years 800m	E Penny GALE	2.10.02	2013
61	11.10	GIRLS	15 Years 800m	B Nash GALE	2.29.54	2006
62	11.14	BOYS	15 Years 800m	J Alexander GALE	2.08.87	2003
63	11.18	GIRLS	16 Years 800m	N Patterson WODH	2.29.82	2001
64	11.22	BOYS	16 Years 800m	K Boal WANG	2.02.55	2006
65	11.26	GIRLS	17 Years 800m	N Patterson WODH	2.33.28	2002
66	11.30	BOYS	17 Years 800m	J Alexander GALE	2.00.99	2005
67	11.34	GIRLS	18-20 Years 800m	X Dewez WANG	2.25.81	2013
68	11.38	BOYS	18-20 Years 800m	J Alexander GALE	1.58.74	2006
69	11.40	GIRLS	12-13 Years Long Jump Pit 1	T Szirom WODM	4.90	2024
70	11.40	GIRLS	14 Years Long Jump Pit 2	L Harper BENA	4.85	2002
71	11.40	GIRLS	15 Years High Jump Pit 1	J Power WODM	1.72	2011
72	11.40	GIRLS	16 Years High Jump Pit 2	S Lockhart WODH	1.60	1998
				L Lyster GALE	1.60	2025
73	11.40	GIRLS	17 Years Triple Jump Pit 3	T Dudley WODH	10.85	2002
74	11.40	GIRLS	18-20 Triple Jump Pit 4	C Collins WANG	10.09	1993
75	11.40	BOYS	12-13 Years Javelin	X Pitt CATH	38.60	2019
76	11.40	BOYS	14 Years Javelin	D Boyle WANG	39.09	2002
77	11.40	BOYS	15 Years Shot Putt	B Tully VICL	13.19	2017
78	11.40	BOYS	16 Years Shot Putt	T Hartwig WANG	14.23	2003
79	11.40	BOYS	17 Years Discus	S Martin WODW	50.16	1999
80	11.40	BOYS	18-20 Years Discus	S Martin WODW	56.18	2000
81	11.42	BOYS	12-14 200m (MC)	C Unthank WDSS	34.87	2025
82	11.42	BOYS	15-16 200m (MC)	H White WDSS	28.48	2025
83	11.42	BOYS	17-20 200m (MC)	D Vescio WDSS	26.89	2025
84	11.42	GIRLS	12-14 200m (MC)	B Picola	27.70	2025
85	11.42	GIRLS	15-16 200m (MC)	L Pearson	27.70	2025
86	11.42	GIRLS	17-20 200m (MC)	J Elkington WSSC	34.37	2010
87	11.42	GIRLS	12-13 Years 200m	H Thornber WODM	26.68	2018

88	11.45	BOYS	12-13 Years 200m	N Harvey CATW	24.45	2011
89	11.48	GIRLS	14 Years 200m	K Gentile WMYC	25.05	2007
90	11.51	BOYS	14 Years 200m	J Boulton CATH	23.14	2018
91	11.54	GIRLS	15 Years 200m	K Wilson GALE	26.16	2018
92	11.57	BOYS	15 Years 200m	C Bott GALE	23.07	2023
93	12.00	GIRLS	16 Years 200m	I Pasquali GALE	24.99	2022
94	12.03	BOYS	16 Years 200m	J Pearce WODH	22.3	1999
95	12.06	GIRLS	17 Years 200m	I Pasquali GALE	24.57	2023
96	12.09	BOYS	17 Years 200m	N Howse VICL	22.80	2011
97	12.12	GIRLS	18-20 Years 200m	I Pasquali GALE	25.35	2024
98	12.15	BOYS	18-20 Years 200m	J Boulton WANA	22.10	2022
99	12.20	BOYS	12-14 Years Long Jump (MC)	C Unthank WDSS	3.43	2025
100	12.20	BOYS	15-16 Years Long Jump (MC)	H Sommerfeld CATW	3.67	2024
101	12.20	BOYS	17-20 Years Long Jump (MC)	H Sommerfeld CATW	3.92	2025
102	12.20	GIRLS	12-14 Years Long Jump (MC)	L Pearson WDSS	3.42	2024
103	12.20	GIRLS	15-16 Years Long Jump (MC)	L Pearson WDSS	4.06	2025
104	12.20	GIRLS	17-20 Years Long Jump (MC)	J Elkington WSSC	3.84	2010
105	12.20	BOYS	12-13 Years Long Jump Pit 1	T Fletcher-Blake WANA	5.34	2018
106	12.20	BOYS	14 Years Long Jump Pit 2	O Boddenberg CATW	5.89	2023
107	12.20	BOYS	15 Years High Jump Pit 1	B St John WODM	1.87	2015
108	12.20	BOYS	16 Years High Jump Pit 2	P Hoggan GALE	2.00	1999
109	12.20	BOYS	17 Years Triple Jump Pit 3	J Hoggan GALE	12.50	2002
110	12.20	BOYS	18-20 Years Triple Jump Pit 4	T Hulley WANA	13.40	2011
111	12.20	GIRLS	12-13 Years Javelin	S Monshing OVEN	27.71	2006
112	12.20	GIRLS	14 Years Javelin	N Tavare WANG	29.02	2002
113	12.20	GIRLS	15 Years Shot putt	A Antonello MARC	11.14	2014
114	12.20	GIRLS	16 Years Shot putt	A Antonello MARC	11.98	2015
115	12.20	GIRLS	17 Years Discus	E Walley WSSC	30.75	2024
116	12.20	GIRLS	18-20 Years Discus	A Antonello MARC	30.73	2017
117	12.20	GIRLS	12-13 Years 1500m	C Holland-Dean GALE	4:59.07	2018
118	12.20	BOYS	12-13 Years 1500m	O Hollands CATW	5:00.92	2017
119	12.27	GIRLS	14 Years 1500m	B Nash GALE	5:07.41	2005
120	12.27	BOYS	14 Years 1500m	M Coll CATH	4:41.80	2025
121	12.34	GIRLS	15 Years 1500m	B Nash GALE	5:03.08	2006
122	12.34	BOYS	15 Years 1500m	M Tzaros WANG	4:39.46	2024
123	12.41	GIRLS	16 Years 1500m	S Taylor CATW	5:06.38	2019
124	12.41	BOYS	16 Years 1500m	M Tzaros WANG	4:22.73	2024
125	12.48	GIRLS	17 Years 1500m	X Dewez WANG	5:27.53	2012
126	12.48	BOYS	17 Years 1500m	M Bertalli WANG	4:14.62	1999
127	12.50	GIRLS	12-13 Years Triple Jump Pit 3	K Martyn GALE	10.12	2000
128	12.50	GIRLS	14 Years Triple Jump Pit 4	T Dudley WODH	10.82	1999
129	12.50	GIRLS	15 Years Long Jump Pit 1	B Spasojevic WANG	5.23	1994
130	12.50	GIRLS	16 Years Long Jump Pit 2	J Power WSSC	5.19	2012
131	12.50	GIRLS	17 Years High Jump Pit 1	T Dudley WODH	1.55	2002
132	12.50	GIRLS	18-20 Years High Jump Pit 2	K Stokes WANG	1.59	1997
133	12.50	BOYS	12-13 Years Discus	L Brabazon WANG	43.91	2005

134	12.50	BOYS	14 Years Discus	L Brabazon WANG	44.66	2006
135	12.50	BOYS	15 Years Javelin	A Pitt CATH	43.80	2019
136	12.50	BOYS	16 Years Javelin	X Pitt CATH	47.91	2022
137	12.50	BOYS	17 Years Shot Putt	S Martin WODW	16.00	1999
138	12.50	BOYS	18-20 Years Shot Putt	S Martin WODW	17.65	2000
139	12.55	GIRLS	18-20 Years 1500m	N Paton GALE	5.17.45	2001
140	12.55	BOYS	18-20 Years 1500m	M Griffin GALE	4.09.77	1997
141	1.02	GIRLS	12-13 Years 400m	H Thornber WODM	1:02.07	2018
142	1.05	BOYS	12-13 Years 400m	J Boulton CATH	58.41	2017
143	1.08	GIRLS	14 Years 400m	B Spasojevic WANG	1.02.27	1993
144	1.11	BOYS	14 Years 400m	J Boulton CATH	53.28	2018
145	1.14	GIRLS	15 Years 400m	B Spasojevic WANG	1.02.77	1994
146	1.17	BOYS	15 Years 400m	E Penny GALE	52.50	2014
147	1.20	GIRLS	16 Years 400m	I Pasquali GALE	1:01.31	2022
148	1.23	BOYS	16 Years 400m	L Crawford OVEN	52.00	1984
149	1.25	GIRLS	12-13 Years Discus	K Jenkin WANG	27.89	2008
150	1.25	GIRLS	14 Years Discus	A Antonello MARC	30.90	2013
151	1.25	GIRLS	15 Years Javelin	Z Gow WSSC	33.69	2010
152	1.25	GIRLS	16 Years Javelin	C Robertson CATH	32.84	2013
153	1.25	GIRLS	17 Years Shot Putt	E Walley WSSC	11.40	2024
154	1.25	GIRLS	18-20 Years Shot Putt	J Hartwig OVEN	10.61	1985
155	1.25	BOYS	12-13 Years Triple Jump Pit 3	J Boulton CATH	10.92	2017
156	1.25	BOYS	14 Years Triple Jump Pit 4	J Boulton CATH	12.28	2018
157	1.25	BOYS	15 Years Long Jump Pit 1	J Boulton CATH	6.23	2019
158	1.25	BOYS	16 Years Long Jump Pit 2	J Abbruzzese CATW	6.55	2025
159	1.25	BOYS	17 Years High Jump Pit 1	A Boland WODH	1.90	1999
				B Cook WSSC	1.90	2008
160	1.25	BOYS	18-20 Years High Jump Pit 2	C Paynter CATH	1.96	2015
161	1.26	GIRLS	17 Years 400m	I Pasquali GALE	57.48	2023
162	1.29	BOYS	17 Years 400m	J Alexander GALE	51.78	2005
163	1.32	GIRLS	18-20 Years 400m	I Pasquali GALE	56.56	2024
164	1.35	BOYS	18-20 Years 400m	P Hoggan GALE	49.41	2001
165	1.55	GIRLS	12-13 Years Relay	WODM	56.63	2018
166	1.58	BOYS/ Mixed	12-13 Years Relay	CATHEDRAL	51.83	2024
167	2.01	GIRLS	14 Years Relay	WODONGA HS	54.71	1996
168	2.04	BOYS/ Mixed	14 Years Relay	WODM	49.97	2011
169	2.07	GIRLS	15 Years Relay	WODONGA HS	53.87	1997
170	2.10	BOYS/ Mixed	15 Years Relay	CATHEDRAL	47.43	2025
171	2.13	GIRLS	16 Years Relay	WODONGA HS	52.75	1998
172	2.16	BOYS/ Mixed	16 Years Relay	CATHOLIC COLLEGE	46.21	2025
173	2.19	GIRLS	17 Years Relay	WODONGA HS	53.94	2002
174	2.22	BOYS/ Mixed	17 Years Relay	WANGARATTA HS	46.31	2005
175	2.25	GIRLS	18-20 Years Relay	GALEN COLLEGE	53.49	1980
176	2.28	BOYS/ Mixed	18-20 Years Relay	CATHEDRAL	45.18	2024

UPPER HUME - ATHLETICS – SPECIFICATIONS (based on SSV)
[Rules Track and Field Technical Specifications \(ssv.vic.edu.au\)](http://ssv.vic.edu.au)

SHOT PUTT

Age Section	Weight of Shot
Girls 12-13 Years	3.0 kg
Girls 14 Years	3.0 kg
Girls 15 Years	3.0 kg
Girls 16 Years	3.0 kg
Girls 17 Years	3.0 kg
Girls 18-20 Years	4.0 kg

SHOT PUTT

Age Section	Weight of Shot
Boys 12-13 Years	3.0 kg
Boys 14 Years	4.0 kg
Boys 15 Years	4.0 kg
Boys 16 Years	5.0 kg
Boys 17 Years	5.0 kg
Boys 18-20 Years	6.0 kg

DISCUS

Age Section	Weight of Discus
Girls 12-13 Years	1.00 kg
Girls 14 Years	1.00 kg
Girls 15 Years	1.00 kg
Girls 16 Years	1.00 kg
Girls 17 Years	1.00 kg
Girls 18-20 Years	1.00 kg

DISCUS

Age Section	Weight Of Discus
Boys 12-13 Years	1.00 kg
Boys 14 Years	1.00 kg
Boys 15 Years	1.00 kg
Boys 16 Years	1.50 kg
Boys 17 Years	1.50 kg
Boys 18-20 Years	1.75 kg

JAVELIN

Age Section	Weight Of Javelin
Girls 12-13 Years	400 g
Girls 14 Years	500 g
Girls 15 Years	500 g
Girls 16 Years	500 g
Girls 17 Years	500 g
Girls 18-20 Years	600 g

JAVELIN

Age Section	Weight of Javelin
Boys 12-13 Years	600 g
Boys 14 Years	700 g
Boys 15 Years	700 g
Boys 16 Years	700 g
Boys 17 Years	700 g
Boys 18-20 Years	800 g

HIGH JUMP

Age Section	Starting Height
Girls 12-13 Years	1.00m
Girls 14 Years	1.00m
Girls 15 Years	1.05m
Girls 16 Years	1.10m
Girls 17 Years	1.10m
Girls 18-20 Years	1.10m

HIGH JUMP

Age Section	Starting Height
Boys 12-13 Years	1.10m
Boys 14 Years	1.10m
Boys 15 Years	1.30m
Boys 16 Years	1.40m
Boys 17 Years	1.40m
Boys 18-20 Years	1.50m

SHOT PUT WEIGHTS FOR MULTI CLASS ATHLETES
Weights in kilograms (kg)

Classification	9/10 Years		11 Years		12/13 Years		14 Years		15 Years		16 Years		17 Years		18 - 20 Years	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Hearing Impairment																
F01	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
Visually Impairment																
F11-13	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4
Intellectual Impairment																
F20	2	2	2	2	3	3	4	3	4	3	5	3	5	3	6	4