



MONA VALE PUBLIC SCHOOL

TWILIGHT ATHLETICS CARNIVAL



Tuesday, 1st August, 2023

3.30pm - 7.30pm

Sydney Academy of Sport

Event no.	Time	M/F	Age	Event
	3.30pm	M & F	All	800m
1	4:00	F	S	200m
2	4:00	M	S	200m
3	4:00	F	I	Long Jump
4	4:00	M	I	High Jump
5	4:00	M	J	Shot Put
	4:00	F	J	Break
6	4.30	F	J	200m
7	4.30	M	J	200m
8	4.30	F	S	Long Jump
9	4.30	M	S	High Jump
10	4.30	F	I	Shot Put
	4.30	M	I	Break
11	5:00	F	I	200m
12	5:00	M	I	200m
13	5:00	M	J	Long Jump
14	5:00	F	J	High Jump
15	5:00	M	S	Shot Put
	5:00	F	S	Break
16	5.30	F	I	100m
17	5.30	M	I	100m
18	5.30	F	S	High Jump
19	5.30	M	S	Long Jump
20	5.30	F	J	Shot Put
	5.30	M	J	Break
21	6:00	F	J	100m
22	6:00	M	J	100m
23	6:00	F	I	High Jump
24	6:00	M	I	Long Jump
25	6:00	F	S	Shot Put
	6:00	M	S	Break

M- Boys' Events F- Girls' Events

Age as of Dec 31 2023

S- Seniors (12 and 13-year olds)

I- Intermediates (11 year olds)

J- Juniors (8,9 and 10-year olds)

The Pittwater Zone Carnival will be held on Monday, 14th August, 2023 at Sydney Academy of Sport

Allocation of Points Heats: 1st – 3 2nd – 2 3rd – 1

Finals: 100m, 200m, 800m & 1500m final positions are taken from heat times

1st – 6 2nd – 4 3rd – 2

Past Champion Houses

2015 Hawkesbury

2016 Pittwater

2017 Pittwater

2018 Hawkesbury

2019 Hawkesbury

2020 Hawkesbury

2021 No Carnival

2022 Warringah



26	6.30	F	S	100m
27	6.30	M	S	100m
28	6.30	M	J	High Jump
29	6.30	F	J	Long Jump
30	6.30	M	I	Shot Put
	6.30	F	I	Break
	7.00	M & F	All	1500m events

2022 House Captains

Barrenjoey

Captains: Joshua Halpin &

Georgie Pollard

Vice Captains: Lucas Halvorsen &
Isabella Hawtin

Warringah

Captains: Harry Carlyon &

Frankie Warner

Vice Captains: Charlie Stead &
Lucy Sadler

Hawkesbury

Captains: Harrison Mahony &

Amelia Cunningham

Vice Captains: Ryan Butchart &
Luzie Blackwell

Pittwater

Captains: Harrison Teghini &

Holly Brown

Vice Captains: Braxton Rouse &
Jada Knights

Quick Reference

	F			M		
Event/Age	J	I	S	J	I	S
100m	6:00pm	5:30pm	6:30pm	6:00pm	5:30pm	6:30pm
200m	4:30pm	5:00pm	4:00pm	4:30pm	5:00pm	4:00pm
800m	3:30pm	3:30pm	3:30pm	3:30pm	3:30pm	3:30pm
1500m	7:00pm	7:00pm	7:00pm	7:00pm	7:00pm	7:00pm
Long Jump	6:30pm	4:00pm	4:30pm	5:00pm	6:00pm	5:30pm
High Jump	5:00pm	6:00pm	5:30pm	6:30pm	4:00pm	4:30pm
Shot Put	5:30pm	4:30pm	6:00pm	4:00pm	6:30pm	5:00pm
Break	4:00pm	6:30pm	5:00pm	5:30pm	4:30pm	6:00pm

MVPS FIELD RECORDS

	High Jump	Shot Put	Long Jump
Junior Boys	Felix Birke 1.29m 2017	Rylee Cavallaro/Freddy Chidambaram 9.2m 2019	Freddy Chidambaram 4.19m 2019
Junior Girls	Milla Lawrence 1.25m 2017	Annabelle Delohery 9.55m 2019	Milla Lawrence 3.98m 2018
11yrs Boys	Felix Birke 1.39m 2018	Cruz Death 11.34m 2019	Luke Davie 4.6m 2019
11yrs Girls	Milla Lawrence 1.33m 2019	Annabelle Delohery 9.09m 2020	Milla Lawrence 4.0m 2019
Snr Boys	Will Allan 1.43m 2015	Henry Major 9.87m 2009	Prince Kamara 4.96m 2019
Snr Girls	Arlia Patterson 1.35m 2010	Bianca Raffin 8.06m 2016	Marnie Castle 4.20m 2019

TRACK RECORDS (Records available from 2011 with electronic gates)

Event	Boys		Girls	
	Record Holder	Time	Record Holder	Time
200m - Junior	James Boyd 2019	28.3	Zoe Shirdon 2016	31.98
11yr	Lachlan Byrnes 2020	28.9	Olivia Davanzo 2011	30.10
Senior	Owen McNicol 2017	27.78	Zoe Shirdon 2018	29.60
100m – 8yr	Prince Kamara 2015	15.97	Milla Lawrence 2016	16.71
9yr	Prince Kamara 2016	14.21	Amara Froggatt 2019	16.32
10yr	Lachlan Byrnes 2019	14.15	Zoe Shirdon 2016	15.26
11yr	Luke Davie 2019	13.62	Olivia Davanzo 2011	14.76
12yr	Matty Macarthur 2016	13.77	Zoe Shirdon 2018	14.28
13yr	Connor McCann	15.69	Daniella Glur 2015	18.02
800m – Junior	Archer Thornthwaite 2018	2.48.6	Matilda Bridge 2018	3.01.07
11yr	Archer Thornthwaite 2019	2.41.6	Mia Sams 2018	2:50.80
Senior	Matty Macarthur 2016	2.44.39	Zoe Shirdon 2018	2.46.30
1500m- Junior	Leni Chapman 2019	5.58.93	Scarlett Hurley 2019	6.12.85
11yr	Archer Thornthwaite 2019	5.29.90	Matilda Bridge 2019	6.03.80
Senior	Jaime Pfeiffer 2019	5.45.40	Mia Sams 2019	5.31.08

HOUSE CHANTS

BARRENJOEY

Bulla, bulla, bulla

Bang, bang, bang

We are the members of

The Barrenjoey gang.

Whoever we meet,

We defeat,

Bulla, bulla, bulla

Bang, bang, bang

B-A-R-R-E-N-J-O-E-Y

Barrenjoey!

HAWKESBURY

Hawkesbury, Hawkesbury,

Rah, rah, rah,

We are going to win

Today.

We will conquer all the

Rest,

Hawkesbury, Hawkesbury,

Is the best.

H-A-W-K-E-S-B-U-R-Y

Hawkesbury!

PITTWATER

10,20,30,40,50,

Or more,

Pittwater, Pittwater,

Rolling up the score.

Right up there,

Playing it fair.

Always at the top,

We'll be hard to stop.

P-I-T-T-W-A-T-E-R

Pittwater!

WARRINGAH

Strawberry shortcake,

Huckleberry pie

V-I-C-T-O-R-Y

This is how you spell it,

This is how you yell it,

Warringah, Warringah

Rah, rah, rah,

W-A-R-R-I-N-G-A-H

Warringah!