



LABOR OMNIA VINCIT

KAPUNDA

High School

Inter House Sports

Friday 8th March 2019

HAWKE
(Green)

HUGHES
(Red)

KIDMAN
(Yellow)



Competing since 1946 for the
Norman Leslie Thomas Memorial Cup
*(Presented in Memory of a former scholar of
Kapunda High School who lost his life
in Timor during World War II)*

TRACK AND FIELD RECORD – BOYS

EVENT	14 BOYS	15 BOYS	16 BOYS	OPEN BOYS
100m	Jordan Hopkins 2012 12.15 secs	Shane Handke 1994 Josh Smith 1995 11.70 secs	Lachlan Mickan 2002 11.37 secs	Lane Curtis 2018 11.00 secs
200m	Simon O'Reilley 1992 25.00 secs.	Simon O'Reilley 1993 24.90 secs.	Ben Sinclair 2011 24.53 secs	Jeff Humble 1973 22.10 secs.
400m	Simon O'Reilley 1992 57.00 secs.	Simon O'Reilley 1993 57.09 secs.	Brad Wilson 2006 56.72 secs	Brad Wilson 2007 53.88 secs.
800m	Simon O'Reilley 1992 2 min 18.06 secs.	Kym Mosey 1990 2 min 22.01 secs.	Simon O'Reilley 1994 2 min 18.06 secs	Chris Hayward 1983 2 min 12.00 secs.
1500m		Rhys Sinclair 2003 4 min.58.52.		Paul McCarthy 1996 4 min.38.06 secs.
3 KM RUN (OPEN)		James Caunce 1998 10.40.03		Luke Foster 2011 9 min.55.00 secs
HURDLES	90/76 Craig Dodman 1977 14.01 secs	90/76 D Handke/C Walsh 1990/2003 15.0 secs Jacob Wright 2005 14.78 secs	100/84 Chris Walsh 2004 15.23	100/84 Mickan 2003 16.27.
WALK (OPEN) 1500 m 1 km		Patrick Ryan 2005	6 min 9.33 secs	
LONG JUMP	Lachlan Mickan 2000 5.48m	Lachlan Mickan 2001 5.98	Lachlan Mickan 2002 6.05 m	Ben Sinclair 2012 6.29m
HIGH JUMP	Simon O'Reilley 1992 1.65m	Simon O'Reilley 1993 1.79m	Matthew Mason 1996 1.87m	Damian Hinderwell 1996 1.83m
TRIPLE JUMP	Nigel O'Reilley 1983 10.47m	Scott Ware 1983 11.83m	David Giles 1998 11.06m	Jason van der Klaauw 1993 12.06m
SHOT PUT	Ben Burgess 2013 (3kg) 12.48m	Josh Whimpress 2018 (4kg) 11.80m	Michael Kerr 2003 13.58 m [4kg]	Ethan Mills 2012 11.63 m [6kg]
DISCUS	Craig Grafton 1986 30.6m [1kg]	Jason Camillo 1991 38.32m [1kg]	Mark Prior 1999 36.64 m [1kg]	Justin Dohse 1987 34.10m [1.5 kg]
JAVELIN	Nathan Hanna 2005 35.75m [600gm]	Chris Walsh 2003 41.29 m [600gm]	Chris Walsh 2004 44.23m [700gm]	Michael Watson 1991 47.19m [800gm]
RELAY	HUGHES 1983 54.3 secs.	HAWKE 1989 52.0 secs.	KIDMAN 1999 52.0 secs	KIDMAN 1998 50.3 secs.

TRACK AND FIELD RECORDS – GIRLS

EVENT	14 GIRLS	15 GIRLS	16 GIRLS	OPEN GIRLS
100m	Carla Booth 1990 12.9secs	Rachel Washington 1986 12.8 secs	K.Watson/R Good 1997/1999 12.8 secs	D.Kieboom/K.Watson 1980/1999 12.6
200m	Kristy Watson 1995 27.9 secs.	Kristy Watson 1996 27.0 secs.	Kristy Watson 1997 25.8 secs.	Kristy Watson 1999 26.8 secs.
400m	Kristy Watson 1995 62.6 secs.	Penny Ryan 1994 67.6 secs.	Kristy Watson 1997 59.3 secs	Kristy Watson 1999 60.6 secs.
800m	Kristy Watson 1995 2 min 35.1 secs.	Penny Ryan 1994 2 min 43.3 secs.	Penny Ryan 1995 2 min 41.4 secs.	Kristy Watson 1999 2.42.3.
1500m		Ella Leggett 2017 5 min 44.01 secs.		Kylie O'Loughlin 1984 5 min 44.3 secs.
3 KM RUN (OPEN)		Ella Leggett 2018 13 min 14.35 secs.		Melissa Whinfield 1997 12 min 47.10 secs.
HURDLES	90/76 Ashley Heinrich 2005 18.09 secs	90/76 Toni Shanahan 1986 15.0secs	90/76 Rebecca Dawson 1994 17.0 secs	100/84 Toni Shanahan 1988 18.2 secs
WALK 1 km (OPEN)		Amy Pratt	2005 6.34.46	
LONG JUMP	Amanda Lee 1995 4.64m	Julianne Schmidt 1982 4.80m	Emma Thomas 2002 4.50m	Annette Sando 1972 5.49m
HIGH JUMP	Toni Shanahan 1986 1.55m	Toni Shanahan 1987 1.60m	Emma Thomas/ Sara-Jane Jameson 2002/03 1.64m	Toni Shanahan 1988 1.50m
TRIPLE JUMP	Amanda Lee 1995 9.40m	Julianne Schmidt 1983 9.49m	Chantelle Baohm 1993 8.93m	Kristy Watson 1999 9.56m
SHOT PUT	Kerry O'Reilley 1985 9.98 m [3kg]	Kerry O'Reilley 1986 10.42 m[3kg]	Sarah O'Connor 1994 10.22 m [4 kg]	Amy Corneliusen 2002 9.72 m [4kg]
DISCUS	Mandy Menzel 1993 24.96m [1kg]	Lisa Ryan 1985 22.50m [1kg]	Kim Schutz 2003 24.82 m [1kg]	Kim Schutz 2005 25.38m [1kg]
JAVELIN	Kim Schutz 2001 24.53m [400gm]	Darcie Brown 2018 28.50m [600gm]	Chloe Dabrowski 2018 28.60m [600gm]	Kim Schutz 2005 29.78m [600gm]
RELAY	HUGHES1986 60.0 secs.	KIDMAN 1986/1994 60.0 secs.	KIDMAN 1995 60.0secs.	KIDMAN 1967 56.1 secs.

2019 - KAPUNDA HIGH SCHOOL ATHLETICS DAY PROGRAM GUIDE

EVENT	1	2	3	4	5	6	7	8	9	
TIMES AGES	WK 6 Lunchtimes	9.30	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00
14B	L.J.		D	H.J.	J.			T.J.	S.	
14G	T.J.	J.		D.		H.J.	S.	L.J.		
U15B	S.		L.J.		H.J.		J.	D.	T.J.	
U15G		S.	H.J.		L.J.	D.	T.J.		J.	
U16B			J.	L.J.		T.J.	D.	S.	H.J.	
U16G	H.J.			T.J.	S.	J.	L.J.		D.	
O B		H.J.	T.J.	S.	D.	L.J.		J.		
O G	D.	L.J.	S.	J.	T.J.					
APPROX TRACK TIMES	100m HEATS	100m FINALS	SACK RACE			400m	200m		400m WALK	4x100 RELAY S
	BALL GAMES				TUG OF WAR					

Thursday 28th Feb L1 3000m

Tuesday 5th March L1 1500m

Thursday 7th March Lunch 800m

FRIDAY 8th March

1. 9.20 100 heats U14B
2. 9.24 U14G
3. 9.28 U15B

9.30am 1st Field Events
4. 9.32 U15G
5. 9.36 U16B
6. 9.40 U16G
7. 9.44 OB
8. 9.48 OG

9.50-10.05 Ball Games

10.00 2nd Field Events

9. 10.14 100 finals U14B
10. 10.18 U14G
11. 10.22 U15B
12. 10.26 U15G
13. 10.30 U16B

10.30 3rd Field Events

14. 10.34 U16G
15. 10.38 OB
16. 10.40 OG

10.40 Sack Races

11.00 4th Field Events

11.30 Tug Of War

11.30 5th Field Events

12.00 6th Field Event

17. 12.08 400m finals U14B
18. 12.12 U14G
19. 12.16 U15B
20. 12.20 U15G
21. 12.24 U16B
22. 12.28 U16G
23. 12.32 OB
24. 12.34 O.G.

12.30 7th Field Events

25. 12.48 200m finals U14B
26. 12.52 U14G
27. 12.56 U15B
28. 1.00 U15G
29. 1.04 U16B
30. 1.08 U16 G
31. 1.12 OB
32. 1.15 OG

1.00 8th Field Events

1.30 9th Field Events

35. 1.40 Boys 400m Walk
36. 1.46 Girls 400m Walk

4 x 100M RELAYS

37. 2.00 U14G
38. 2.05 U14B
39. 2.10 U15G
40. 2.15 U15B
41. 2.20 U16G
42. 2.25 U16B
43. 2.30 O.G
44. 2.35 O.B

2.50 Clean up and Presentations

Dismiss.