

EISM ATHLETICS CARNIVAL DIVISION 3

LAKE SIDE STADIUM
FRIDAY 16TH MAY 2025



LANE 1



LANE 2



LANE 3



LANE 4



LANE 5



LANE 6



LANE 7

9:00 AM

FIRST EVENT

2:15 PM

PRESENTATIONS

2024 TROPHY HOLDERS



BOYS ALPHINGTON GRAMMAR SCHOOL

GIRLS THE KNOX SCHOOL

MOST IMPROVED THE KING DAVID SCHOOL

OVERALL THE KNOX SCHOOL

2025

EVENT GRID

TRACK EVENTS				FIELD EVENTS			
Start Time	Event No.	Event	Age Group	HIGH JUMP			
9:00am	10	1500m	U13 Girls	Start Time	Event No.	Age Group	
9:10am	11	1500m	U13 Boys	9:00am	4	U14 Girls & Boys	
9:15am	12	1500m	U15 Girls	9:50am	21-22	U15 Girls & Boy	
9:25am	13	1500m	U15 Boys	10:40am	46-47	U16 Girls & Boys	
9:30am	15	1500m	Open Girls	11:30am	95-96	Open Girls & Boys	
9:35am	16	1500m	Open Boys	12:20pm	114-115	U13 Girls & Boys	
				LONG JUMP			
				Open Boys	Start Time	Event No.	Age Group
				U15 Boys	9:00am	1-2	U13 Girls & Boys
				Open Girls	9:50am	19-20	U14 Girls & Boys
10:10am	31-32	400m	U13 Girls & Boys	10:40am	44-45	U15 Girls & Boy	
10:15am	33-34	400m	U14 Girls & Boys	11:30am	93-94	U16 Girls & Boys	
10:20am	35-36	400m	U15 Girls & Boys	12:20pm	120-121	Open Girls & Boys	
10:25am	37-38	400m	U16 Girls & Boys	TRIPLE JUMP			
10:30am	40-41	400m	Open Girls & Boys	Start Time	Event No.	Age Group	
10:40am	50-55	100m	U13 Girls & Boys	9:00am	8-9	U16 Girls & Boys	
10:45am	56-61	100m	U14 Girls & Boys	9:50am	25-26	Open Girls & Boys	
10:50am	62-67	100m	U15 Girls & Boys	10:40am	42-43	U13 Girls & Boys	
10:55am	69-74	100m	U16 Girls & Boys	11:30am	91-92	U14 Girls & Boys	
11:00am	75-80	100m	Open Girls & Boys	12:20pm	118-119	U15 Girls & Boys	
11:00am	81	100m	Open Multi Class	SHOT PUT			
11:20am	83-84	200m	U13 Girls	Start Time	Event No.	Age Group	
11:25am	85-86	200m	U13 Boys	9:00am	5-6	U15 Girls & Boys	
11:30am	87-88	200m	U14 Girls	9:50am	23-24	U16 Girls & Boys	
11:35am	97-98	200m	U14 Boys	10:40am	48-49	Open Girls & Boys	
11:40am	99-100	200m	U15 Girls	11:30am	89-90	U13 Girls & Boys	
11:45am	101-102	200m	U15 Boys	12:20pm	116-117	U14 Girls & Boys	
11:50am	104-105	200m	U16 Girls	DISCUS			
11:55am	106-107	200m	U16 Boys	Start Time	Event No.	Age Group	
12:00pm	108-109	200m	Open Girls	9:00am	3	U14 Girls	
12:05pm	110-111	200m	Open Boys	9:25am	14	U14 Boys	
12:10pm	113	800m	U13 Girls	9:50am	18	U13 Girls	
12:20pm	122	800m	U13 Boys	10:05am	30	U13 Boys	
12:25pm	123	800m	U14 Girls	10:30am	39	U15 Girls	
12:30pm	124	800m	U14 Boys	10:55am	68	U15 Boys	
12:35pm	126	800m	U15 Girls	11:20am	82	U16 Girls	
12:40pm	127	800m	U15 Boys	11:45am	103	U16 Boys	
12:45pm	128	800m	U16 Girls	12:10pm	112	Open Girls	
12:50pm	129	800m	U16 Boys	12:35pm	125	Open Boys	
12:55pm	130	800m	Open Girls				
1:00pm	131	800m	Open Boys				
1:10pm	132-141	4 x 100m Relay	All Age Groups				

THIS IS A GUIDE ONLY AND MAY BE AMENDED AT ANY TIME BY EISM.

WHEN COMPETING IN BOTH TRACK AND FIELD EVENTS, MARSHALL AT BOTH EVENTS, NOTE THE START TIMES AND DO AS MUCH OF THE FIELD EVENT BEFORE COMPETING ON THE TRACK. IF THE FIELD EVENT WAS NOT COMPLETED, GO DIRECTLY BACK TO THAT EVENT.

POINTS ALLOCATION

IND. A 30. 27. 25. 24. 23. 22. 21. 20. 19. 18. 17. 16. 15. 14. 13. 12

IND. B 20. 18. 16. 15. 14. 13. 12. 11.

IND. C 10. 8. 7. 6. 5. 4. 3. 2.

RELAY 45. 41. 38. 36. 34. 32. 30.



TIME	NO	EVENT	RECORD		
9:00 AM	1	Girls 13 Long Jump Under 13	5.06m	2008	Hana Basic - Kingswood
9:00 AM	2	Boys 13 Long Jump Under 13	5.70m	1976	David Irons - Emmaus
9:00 AM	3	Girls 14 Discus Throw Under 14	36.46	2024	Ruby Ladd - Luther
9:00 AM	4	Girls 14 High Jump Under 14	1.58m	2022	Keira Caddy - Eltham
9:00 AM	5	Boys 14 High Jump Under 14	1.86m	1988	David Frazer - Aquinas
9:00 AM	6	Girls 15 Shot Put Under 15	11.95m	2019	Cheyenne Moore - Mount Lilydale
9:00 AM	7	Boys 15 Shot Put Under 15	14.50m	2017	Benjamin Voogd - Luther
9:00 AM	8	Girls 16 Triple Jump Under 16	10.72m	2003	Teneille Barwick - Luther
9:00 AM	9	Boys 16 Triple Jump Under 16	13.44m	1980	Stuart Koop - Luther
9:00 AM	10	Girls 13 1500 Meter Run Under 13	5:17.30	1994	Nikki Chapple - Eltham
9:10 AM	11	Boys 13 1500 Meter Run Under 13	4:42.46	2008	Phillip O'Brien - Emmaus
9:15 AM	12	Girls 15 1500 Meter Run Under 15	5:07.50	1991	Charie Horne - Knox
9:25 AM	13	Boys 15 1500 Meter Run Under 15	4:26.11	2003	Rowen Lindsay-John - Mt Lilydale
9:25 AM	14	Boys 14 Discus Throw Under 14	39.06	1984	Peter Kutschker - Luther
9:30 AM	15	Girls 19 1500 Meter Run Open	4:57.69	2024	Brigette Rice - Mt Lilydale
9:35 AM	16	Boys 19 1500 Meter Run Open	3:56.14	1994	Paul Cleary - Aquinas
9:50 AM	18	Girls 13 Year Olds Discus Throw Under 13	New Event in 2025		
9:50 AM	19	Girls 14 Long Jump Under 14	5.23m	2010	Hana Basic - Kingswood
9:50 AM	20	Boys 14 Long Jump Under 14	5.80m	2021	Asher Andrews - Plenty Valley
9:50 AM	21	Girls 15 High Jump Under 15	1.62m	2018	Georgia Campbell - Emmaus
9:50 AM	22	Boys 15 High Jump Under 15	1.90m	2012	Z.Stevenson - Luther
9:50 AM	23	Girls 16 Shot Put Under 16	11.56m	2021	Elise Keeghan - Aquinas
9:50 AM	24	Boys 16 Shot Put Under 16	17.00m	2018	Ben Voogd - Luther
9:50 AM	25	Girls 19 Triple Jump Open	10.95m	1999	Katrina Bateman - Aquinas
9:50 AM	26	Boys 19 Triple Jump Open	13.71m	2017	Zac Nunis - Aquinas
10:05 AM	30	Boys 13 Year Olds Discus Throw Under 13	New Event in 2025		
10:10 AM	31	Girls 13 400 Meter Dash Under 13	1:02.77	2009	Courtney Collins - Tintern
10:10 AM	32	Boys 13 400 Meter Dash Under 13	56.74	1981	Grant Stevens - Kingswood
10:15 AM	33	Girls 14 400 Meter Dash Under 14	1:01.11	2010	Courtney Collins - Tintern
10:15 AM	34	Boys 14 400 Meter Dash Under 14	54.40	1982	Grant Stevens - Kingswood
10:20 AM	35	Girls 15 400 Meter Dash Under 15	58.74	1981	Elizabeth Blyth - Kingswood
10:20 AM	36	Boys 15 400 Meter Dash Under 15	53.89	1988	Brett Hardy - Aquinas
10:25 AM	37	Girls 16 400 Meter Dash Under 16	1:00.94	1988	Kate Fankhauser - Luther
10:25 AM	38	Boys 16 400 Meter Dash Under 16	51.94	2014	Edward Snibson - Emmaus
10:30 AM	39	Girls 15 Year Olds Discus Throw Under 15	New Event in 2025		
10:30 AM	40	Girls 19 400 Meter Dash Open	58.76	1999	Katarina Dressler - Mt Lilydale
10:30 AM	41	Boys 19 400 Meter Dash Open	48.96	1994	Paul Cleary - Aquinas
10:40 AM	42	Girls 13 Triple Jump Under 13	10.81m	1997	Holly Pegram - Eltham
10:40 AM	43	Boys 13 Triple Jump Under 13	11.42m	1981	Grant Stevens - Kingswood
10:40 AM	44	Girls 15 Long Jump Under 15	5.30m	2010	Juliya Hodzic - Eltham
10:40 AM	45	Boys 15 Long Jump Under 15	6.52m	2018	Baye Agostino - Plenty Valley
10:40 AM	46	Girls 16 High Jump Under 16	1.62m	1975	Christine Sharpe - Aquinas
10:40 AM	47	Boys 16 High Jump Under 16	1.94m	2015	Gary Haasbroek - Tintern
10:40 AM	48	Girls 19 Shot Put Open	12.43m	2021	Cheyenne Moore - Mt Lilydale
10:40 AM	49	Boys 19 Shot Put Open	15.77m	2019	Ben Voogd - Luther
10:40 AM	50	Girls 13 100 Meter Dash Under 13	12.90	1987	Anouk Lombard - Aquinas

TIME	NO	EVENT	RECORD		
10:40 AM	51	Girls 13 100 Meter Dash Under 13B	12.90	1987	Anouk Lombard - Aquinas
10:40 AM	52	Girls 13 100 Meter Dash Under 13C	12.90	1987	Anouk Lombard - Aquinas
10:40 AM	53	Boys 13 100 Meter Dash Under 13	11.88	2013	Jordan Munyard - St Josephs
10:40 AM	54	Boys 13 100 Meter Dash Under 13B	11.88	2013	Jordan Munyard - St Josephs
10:40 AM	55	Boys 13 100 Meter Dash Under 13C	11.88	2013	Jordan Munyard - St Josephs
10:45 AM	56	Girls 14 100 Meter Dash Under 14	12.51	1989	Carly Burke - Kingswood
10:45 AM	57	Girls 14 100 Meter Dash Under 14B	12.51	1989	Carly Burke - Kingswood
10:45 AM	58	Girls 14 100 Meter Dash Under 14C	12.51	1989	Carly Burke - Kingswood
10:45 AM	59	Boys 14 100 Meter Dash Under 14	11.20	2014	Jordan Munyard - St Josephs
10:45 AM	60	Boys 14 100 Meter Dash Under 14B	11.20	2014	Jordan Munyard - St Josephs
10:45 AM	61	Boys 14 100 Meter Dash Under 14C	11.20	2014	Jordan Munyard - St Josephs
10:50 AM	62	Girls 15 100 Meter Dash Under 15	12.77	1983	Alison Hurtig - Kingswood
10:50 AM	63	Girls 15 100 Meter Dash Under 15B	12.77	1983	Alison Hurtig - Kingswood
10:50 AM	64	Girls 15 100 Meter Dash Under 15C	12.77	1983	Alison Hurtig - Kingswood
10:50 AM	65	Boys 15 100 Meter Dash Under 15	11.22	1987	Jerome Muller - Aquinas
10:50 AM	66	Boys 15 100 Meter Dash Under 15B	11.22	1987	Jerome Muller - Aquinas
10:50 AM	67	Boys 15 100 Meter Dash Under 15C	11.22	1987	Jerome Muller - Aquinas
10:55 AM	68	Boys 15 Year Olds Discus Throw Under 15	New Event in 2025		
10:55 AM	69	Girls 16 100 Meter Dash Under 16	12.50	1984	Alison Hurtig/Katie Howard - Kingswood/Plenty
10:55 AM	70	Girls 16 100 Meter Dash Under 16B	12.50	1984	Alison Hurtig/Katie Howard - Kingswood/Plenty
10:55 AM	71	Girls 16 100 Meter Dash Under 16C	12.50	1984	Alison Hurtig/Katie Howard - Kingswood/Plenty
10:55 AM	72	Boys 16 100 Meter Dash Under 16	11.00	1979	Robert Herscu - Mt Scopus
10:55 AM	73	Boys 16 100 Meter Dash Under 16B	11.00	1979	Robert Herscu - Mt Scopus
10:55 AM	74	Boys 16 100 Meter Dash Under 16C	11.00	1979	Robert Herscu - Mt Scopus
11:00 AM	75	Girls 19 100 Meter Dash Open	12.61	2019	Zoe Neale - Luther
11:00 AM	76	Girls 19 100 Meter Dash Open B	12.61	2019	Zoe Neale - Luther
11:00 AM	77	Girls 19 100 Meter Dash Open C	12.61	2019	Zoe Neale - Luther
11:00 AM	78	Boys 19 100 Meter Dash Open	10.80	1986	Jarrold Field - Aquinas
11:00 AM	79	Boys 19 100 Meter Dash Open B	10.80	1986	Jarrold Field - Aquinas
11:00 AM	80	Boys 19 100 Meter Dash Open C	10.80	1986	Jarrold Field - Aquinas
11:00 AM	81	Mixed 19 Year Olds 100 Meter Dash Multi			
11:20 AM	82	Girls 16 Discus Throw Under 16	33.70m	2022	Isabel Falconer-Boag - Kingswood
11:20 AM	83	Girls 13 200 Meter Dash Under 13	27.25	1996	Natasha Zauner - Aquinas
11:20 AM	84	Girls 13 200 Meter Dash Under 13B	27.25	1996	Natasha Zauner - Aquinas
11:25 AM	85	Boys 13 200 Meter Dash Under 13	24.51	1981	Grant Stevens - Kingswood
11:25 AM	86	Boys 13 200 Meter Dash Under 13B	24.51	1981	Grant Stevens - Kingswood
11:30 AM	87	Girls 14 200 Meter Dash Under 14	26.32	1989	Carly Burke - Kingswood
11:30 AM	88	Girls 14 200 Meter Dash Under 14B	26.32	1989	Carly Burke - Kingswood
11:30 AM	89	Girls 13 Shot Put Under 13	10.55m	2003	Rebekah Sibenaler - Plenty Valley
11:30 AM	90	Boys 13 Shot Put Under 13	12.45m	1983	Peter Kutschker - Luther
11:30 AM	91	Girls 14 Triple Jump Under 14	10.70m	2003	Karri Butterworth - Luther
11:30 AM	92	Boys 14 Triple Jump Under 14	12.06m	2021	Asher Andrews - Plenty Valley
11:30 AM	93	Girls 16 Long Jump Under 16	5.34m	1986	Alison Miller - Luther
11:30 AM	94	Boys 16 Long Jump Under 16	6.70m	2019	Baye Agostino - Plenty Valley
11:30 AM	95	Girls 19 High Jump Open	1.62m	2021	Charley Meyrick - Plenty Valley
11:30 AM	96	Boys 19 High Jump Open	2.01m	2018	Sebastian Reyneke - Luther
11:35 AM	97	Boys 14 200 Meter Dash Under 14	23.10	1982	Grant Stevens - Kingswood
11:35 AM	98	Boys 14 200 Meter Dash Under 14B	23.10	1982	Grant Stevens - Kingswood
11:40 AM	99	Girls 15 200 Meter Dash Under 15	25.99	1983	Alison Hurtig - Kingswood
11:40 AM	100	Girls 15 200 Meter Dash Under 15B	25.99	1983	Alison Hurtig - Kingswood

TIME	NO	EVENT	RECORD		
11:45 AM	101	Boys 15 200 Meter Dash Under 15	23.60	2015	Jordan Munyard - St Josephs
11:45 AM	102	Boys 15 200 Meter Dash Under 15B	23.60	2015	Jordan Munyard - St Josephs
11:45 AM	103	Boys 16 Discus Throw Under 16	48.76	1980	Michael Sheehan - Emmaus
11:50 AM	104	Girls 16 200 Meter Dash Under 16	26.28	2024	Bridie Neale - Luther
11:50 AM	105	Girls 16 200 Meter Dash Under 16B	26.28	2024	Bridie Neale - Luther
11:55 AM	106	Boys 16 200 Meter Dash Under 16	22.50	1984	Grant Stevens - Kingswood
11:55 AM	107	Boys 16 200 Meter Dash Under 16B	22.50	1984	Grant Stevens - Kingswood
12:00 PM	108	Girls 19 200 Meter Dash Open	25.80	1998	Katarina Dressler - Mt Lilydale
12:00 PM	109	Girls 19 200 Meter Dash Open B	25.80	1998	Katarina Dressler - Mt Lilydale
12:05 PM	110	Boys 19 200 Meter Dash Open	21.98	1998	Andrew Pelly - Knox
12:05 PM	111	Boys 19 200 Meter Dash Open B	21.98	1998	Andrew Pelly - Knox
12:10 PM	112	Girls 19 Discus Throw Open	38.80	1983	Jacqui Wheaton - Luther
12:15 PM	113	Girls 13 800 Meter Run Under 13	2:25.00	1980	Elizabeth Blyth - Kingswood
12:20 PM	114	Girls 13 High Jump Under 13	1.52m	1992	Emilia Rusciana - Eltham
12:20 PM	115	Boys 13 High Jump Under 13	1.66m	1987	David Frazer - Aquinas
12:20 PM	116	Girls 14 Shot Put Under 14	12.87m	2024	Ruby Ladd - Luther
12:20 PM	117	Boys 14 Shot Put Under 14	16.81m	2016	Benjamin Voogd - Luther
12:20 PM	118	Girls 15 Triple Jump Under 15	10.68m	2009	Amanda Chimenton - Aquinas
12:20 PM	119	Boys 15 Triple Jump Under 15	12.74m	2015	Yotam Kimchi - Bialik
12:20 PM	120	Girls 19 Long Jump Open	5.30m	2013	Renee Grant/Natasha McDowell - Luther/Tintern
12:20 PM	121	Boys 19 Long Jump Open	7.19m	2017	Zac Nunis - Aquinas
12:20 PM	122	Boys 13 800 Meter Run Under 13	2:15.33	2014	Ace Buck - Eltham
12:25 PM	123	Girls 14 800 Meter Run Under 14	2:22.20	1981	Elizabeth Blyth - Kingswood
12:30 PM	124	Boys 14 800 Meter Run Under 14	2:05.70	1972	Stephen Vernal - Aquinas
12:35 PM	125	Boys 19 Discus Throw Open	45.04	1981	Michael Sheehan - Emmaus
12:35 PM	126	Girls 15 800 Meter Run Under 15	2:20.73	1982	Elizabeth Blyth - Kingswood
12:40 PM	127	Boys 15 800 Meter Run Under 15	2:03.90	1977	John Tilley - Emmaus
12:45 PM	128	Girls 16 800 Meter Run Under 16	2:22.80	2009	Rachel Fitt - Aquinas
12:50 PM	129	Boys 16 800 Meter Run Under 16	2:00.60	1974	Stephen Vernal - Aquinas
12:55 PM	130	Girls 19 800 Meter Run Open	2:20.01	1980	Karen Smith - Eltham
1:00 PM	131	Boys 19 800 Meter Run Open	2:15.33	2014	Ace Buck - Eltham
1:10 PM	132	Girls 13 4x100 Meter Relay Under 13	54.66	2016	- Luther
1:15 PM	133	Boys 13 4x100 Meter Relay Under 13	51.42	1983	- Aquinas
1:20 PM	134	Girls 14 4x100 Meter Relay Under 14	53.32	1996	- Aquinas
1:25 PM	135	Boys 14 4x100 Meter Relay Under 14	48.67	2014	- St Joseph's
1:30 PM	136	Girls 15 4x100 Meter Relay Under 15	52.36	1991	- Aquinas
1:35 PM	137	Boys 15 4x100 Meter Relay Under 15	46.96	2022	- Emmaus
1:40 PM	138	Girls 16 4x100 Meter Relay Under 16	53.60	2018	- Luther
1:45 PM	139	Boys 16 4x100 Meter Relay Under 16	45.93	2015	- Aquinas
1:50 PM	140	Girls 19 4x100 Meter Relay Open	51.06	1984	- Eltham
1:55 PM	141	Boys 19 4x100 Meter Relay Open	42.62	2017	- Aquinas

TRACK/FIELD CLASH GUIDELINES

If a student is competing in two events which are close together on the program, they should marshal for both events, either in person or by a proxy.

Where a competitor fails to marshal prior to the commencement of any field event, they will not be disqualified from that event but will forfeit any practice throws/jumps. They will be allowed as many (up to three) official throws/jumps that they can complete until the next event opens.

When a competitor has marshalled prior to an event but is unable to be at the commencement of the event because of a clash, they will be permitted to have one practice throw/jump and then have a full quota of jumps/throws. This is on the condition that they return to the field event immediately after their clash event, and commence their practice/first jump prior to the commencement of the next scheduled event.

If a competitor has a clash of events, they are to be permitted to take their three attempts in a row if desired, before departing to the next event.

In the High Jump, if the athlete is not present when called to jump, they will be considered to have 'passed' at that height.

DISCUS WEIGHTS		
Age Category	Boys	Girls
Under 13	750g	750g
Under 14	1kg	1kg
Under 15	1kg	1kg
Under 16	1kg	1kg
Open	1.5kg	1kg
SHOT PUT WEIGHTS		
Age Category	Boys	Girls
Under 13	3kg	3kg
Under 14	3kg	3kg
Under 15	4kg	3kg
Under 16	4kg	3kg
Open	5kg	3kg



Bialik (BIA)



Ruldolf Steiner (RSS)



Nunawading (NCC)



Oakleigh (OAK)



Alphington (AGS)



King David (KDS)



Oxley (OXL)

Division 3 Athletics Uniforms

MAP & SEATING

