

LITTLE ATHLETICS N.S.W.

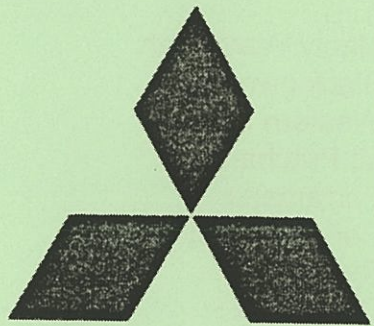


FAMILY FUN AND FITNESS



Dlevy

1996



**MITSUBISHI
ELECTRIC**

STATE RELAYS



RESULTS

Sydney International Athletic Centre, Homebush
Sunday, November 24, 1996

Little Athletics Association of New South Wales Inc.

RESULTS - 1996 "Mitsubishi Electric" State Relays

Sydney International Athletic Centre, Homebush, November 24, 1996

BOYS

GIRLS

4 x 100 Metres

UNDER 8

1.	Randwick/Botany	1:03.6
2.	Revesby Workers	1:04.1
3.	Blacktown	1:04.5
4.	Wollondilly	1:06.2
5.	Manly Warringah	1:06.5
6.	Campbelltown	1:07.3
7.	South Eastern	1:07.5
8.	Parramatta	1:08.6

1.	Manly Warringah	1:05.4
2.	Blacktown	1:07.6
3.	Western Suburbs	1:08.4
4.	Mt Pritchard	1:08.4
5.	Parramatta	1:08.8
6.	Randwick/Botany	1:09.1
7.	Ryde	1:09.2
8.	Glenbrook	1:10.7

UNDER 9

1.	Liverpool City	1:00.0
2.	Camden	1:00.5
3.	Manly Warringah	1:01.0
4.	Terrigal/Wamberal	1:01.9
5.	Randwick /Botany	1:02.3
6.	Northern Suburbs	1:02.5
7.	Balmain	1:02.8

1.	Greystanes	1:01.5
2.	Manly Warringah	1:03.4
3.	Ku-Ring-Gai	1:03.9
4.	Campbelltown	1:04.0
5.	St George	1:04.0
6.	Wollongong City	1:04.2
7.	Tuggerah Lakes	1:05.1

UNDER 10

1.	Liverpool City	57.9
2.	Port Hacking	58.2
3.	Gosford	58.3
4.	Terrigal/Wamberal	58.7
5.	Manly Warringah	58.8
6.	Hornsby	59.3
7.	Blacktown	59.5
8.	St George	59.8

1.	Randwick/Botany	59.6
2.	Springwood	1:00.0
3.	Hills District	1:00.2
4.	Tuggerah Lakes	1:01.8
5.	Nth Districts	1:02.6
6.	Doonside	1:02.7
7.	St George	1:02.8
8.	Blacktown	1:05.4

UNDER 11

1.	St George	55.5
2.	Wollongong City	55.8
3.	Northern Suburbs	56.0
4.	Randwick/Botany	56.1
5.	Campbelltown	56.2
6.	Parramatta	56.6
7.	Eschol Park	57.1

1.	Blacktown	57.4
2.	Wollondilly	57.6
3.	Manly Warringah	58.0
4.	Northern Suburbs	58.2
5.	Springwood	58.3
6.	Camden	58.5
7.	Tuggerah Lakes	58.9
8.	Hills District	59.0

BOYS

GIRLS

4 x 100 Metres

UNDER 12

1.	Ambarvale	53.7
2.	Ku-Ring-Gai	54.4
3.	Blacktown	54.5
4.	St George	54.8
5.	Doonside	55.2
6.	Manly Warringah	55.3
7.	Hills District	55.6
8.	Campbelltown	56.0

1.	Port Hacking	55.0
2.	Northern Suburbs	55.4
3.	Blacktown	55.8
4.	Ryde	56.0
5.	Hills District	56.4
6.	Manly Warringah	56.6
7.	Gosford	56.9
8.	Doonside	57.7

UNDER 13

1.	Campbelltown	51.0
2.	Blacktown	51.2
3.	Randwick/Botany	51.9
4.	St George	52.4
5.	Manly Warringah	53.2
6.	Adamstown/New Lambton	53.4
7.	Ryde	53.5
8.	South Eastern	54.2

1.	Sutherland	53.9
2.	Parramatta	54.2
3.	Manly Warringah	54.5
4.	Campbelltown	54.7
5.	Hornsby	55.3
6.	Doonside	55.6
7.	Revesby	56.1
8.	Blacktown	56.4

UNDER 14

1.	Parramatta	48.4
2.	Ryde	48.7
3.	Springwood	49.2
4.	Campbelltown	50.5
5.	Hills District	50.5
6.	Blacktown	50.6
7.	Wollondilly	51.0
8.	Mt Pritchard	51.2

1.	Parramatta	50.8
2.	Port Hacking	51.8
3.	Ku-Ring-Gai	52.7
4.	Campbelltown	52.9
5.	Northern Suburbs	54.0
6.	Western Suburbs	54.3
7.	Penrith	54.8
8.	Springwood	55.1

UNDER 15

1.	Wagga Wagga	46.8
2.	Macquarie Shores	47.7
3.	Campbelltown	48.5
4.	Illawong	49.3
5.	Winston Hills	50.4
6.	Nepean	51.2
7.	St George	51.7

1.	Ryde	49.7 Rec ✓
2.	Ku-Ring-Gai	50.6
3.	Wollongong	50.7
4.	Manly Warringah	51.5
5.	Campbelltown	51.6
6.	Doonside	53.1
7.	Terrigal/Wamberal	53.3
8.	Fairfield	54.5

Mixed 4 x 100 Metres

UNDER 8

1.	Wollongong	1:06.9
2.	Eschol Park	1:09.6
3.	Holroyd	1:10.6
4.	Smithfield	1:10.8
5.	Kurrajong/Bilpin	1:15.2

UNDER 9

1.	Kurrajong/Bilpin	1:03.0
2.	Minchinbury	1:04.0
3.	Prospect	1:05.4
4.	South Eastern	1:06.5
5.	Emu Plains	1:06.6
6.	Holroyd	1:06.9
7.	Nth Rocks/Carlingford	1:08.4
8.	Katoomba	1:08.9
9.	Smithfield	1:10.8

UNDER 10

1.	Mt Druitt	59.1
2.	Balmain	1:00.0
3.	Emu Plains	1:00.1
4.	South Eastern	1:02.6
5.	Tiger Wests	1:02.9
6.	Minchinbury	1:03.8
7.	Katoomba	1:05.9

UNDER 11

1.	Green Valley	57.2
2.	Balmain	59.4
3.	Emu Plains	1:00.3
4.	Katoomba	1:01.7
5.	Kurrajong/Bilpin	1:03.2
6.	Prospect	1:03.5
7.	Smithfield	1:04.0
8.	Minchinbury	1:09.1

UNDER 12

1.	Nth Rocks/Carlingford	55.8
2.	Mt Druitt	55.9
3.	Glenbrook	56.1
4.	Katoomba	56.5
5.	Colyton/St Clair	56.6
6.	Tiger Wests	56.9
7.	Kurrajong/Bilpin	57.5
8.	Prospect	58.9

UNDER 13

1.	Kurrajong/Bilpin	54.6
2.	Katoomba	56.0
3.	Prospect	57.2
4.	Colyton/St Clair	58.9
5.	Kings Langley	59.9
6.	Port Hacking	1:00.3
7.	Warradale	1:01.3
8.	Wagga Wagga	1:01.6

UNDER 14

1.	Nth Rocks/Carlingford	50.2 Rec
2.	Emu Plains	50.5
3.	Prospect	53.4
4.	Ambarvale	53.8
5.	Illawong	54.0
6.	Doonside	54.2
7.	Katoomba	54.8
8.	Minchinbury	55.0

UNDER 15

1.	Balmain	48.2 Rec
2.	Parramatta	49.6
3.	Ambarvale	50.6
4.	Emu Plains	50.8
5.	Kurrajong/Bilpin	51.8
6.	Katoomba	52.4
7.	Prospect	52.6
8.	Tiger Wests	DNF

Mixed 4 x 200 Metres

<u>UNDER 8</u>			<u>UNDER 9</u>		
1.	Manly Warringah	2:19.5 Rec	1.	Manly Warringah	2:09.4 Rec
2.	Mt Pritchard	2:20.2	2.	Ku-Ring-Gai	2:13.9
3.	Randwick/Botany	2:21.3	3.	Randwick/Botany	2:16.0
4.	Revesby Workers	2:21.5	4.	Parramatta	2:17.2
5.	Blacktown	2:25.2	5.	Camden	2:18.5
6.	Hills District	2:26.9	6.	Campbelltown	2:20.0
7.	Wollongong	2:29.9	7.	Liverpool	2:20.1
8.	St George	2:31.1	8.	Northern Suburbs	2:27.4

Mixed 4 x 400 Metres

<u>UNDER 10</u>			<u>UNDER 11</u>		
1.	Mt Druitt	4:48.7	1.	Manly Warringah	4:31.6
2.	Manly Warringah	4:54.0	2.	Mt Pritchard	4:45.1
3.	Hornsby	4:59.8	3.	Northern Districts	4:46.8
4.	Revesby Workers	5:02.5	4.	Randwick/Botany	4:47.8
5.	Winston Hills	5:12.1	5.	Ku-Ring-Gai	4:48.8
6.	Mt Pritchard	5:12.6	6.	Ambarvale	4:54.7
7.	Colyton/St Clair	5:13.5	7.	Eschol Park	4:55.0
8.	Doonside	5:19.2	8.	Blacktown	5:02.0

<u>UNDER 12</u>			<u>UNDER 13</u>		
1.	Nepean	4:30.7	1.	Blacktown	4:18.4
2.	Camden	4:30.8	2.	Campbelltown	4:22.7
3.	Ambarvale	4:33.3	3.	Hornsby	4:22.9
4.	Campbelltown	4:37.7	4.	Nepean	4:23.3
5.	Revesby Workers	4:43.4	5.	Manly Warringah	4:30.0
6.	Manly Warringah	4:46.0	6.	Doonside	4:32.6
7.	Tiger Wests	4:51.4	7.	Nth Rocks/Carlingford	4:41.4
8.	Mt Druitt	4:56.1	8.	Tiger Wests	4:44.8

<u>UNDER 14</u>			<u>UNDER 15</u>		
1.	Campbelltown	4:02.0	1.	St George	3:59.3
2.	Springwood	4:07.0	2.	Hills District	4:00.7
3.	Port Hacking	4:08.5	3.	Campbelltown	4:02.5
4.	Ku-Ring-Gai	4:10.8	4.	Penrith	4:05.3
5.	Parramatta	4:12.7	5.	Winston Hills	4:07.8
6.	St George	4:16.2	6.	Parramatta	4:08.8
7.	Emu Plains	4:16.8	7.	Northern Suburbs	4:09.1
8.	Blacktown	4:23.0	8.	Blacktown	4:11.0

BOYS

GIRLS

2 x 2 Long Jump - Shot Put

UNDER 8

1.	Hornsby	2001	1.	Northern Suburbs	1563
2.	Manly Warringah	1998	2.	Colyton/St Clair	1458
3.	Winston Hills	1744	3.	Ku-Ring-Gai	1296
4.	Camden	1729	4.	Manly Warringah	1259
5.	Port Hacking	1670	5.	Blacktown	1203
6.	Blacktown	1642	6.	Jamison	1173
7.	Colyton/St Clair	1638	7.	Penrith	1063
8.	Penrith	1606	8.	Nepean	1061

4 x Discus

UNDER 8

1.	Camden	1858 Rec	1.	Northern Suburbs	1675 Rec
2.	Hornsby	1853	2.	Manly Warringah	1476
3.	Manly Warringah	1792	3.	Colyton/St Clair	1465
4.	Smithfield	1717	4.	Hornsby	1394
5.	Ku-Ring-Gai	1699	5.	Blacktown	1385
6.	Blacktown	1671	6.	Campbelltown	1353
7.	Port Hacking	1656	7.	Randwick Botany	1310
8.	Colyton/St Clair	1653	8.	Winston Hills	1274

2 x 2 Long Jump - High Jump

UNDER 9

1.	Manly Warringah	1901	1.	Manly Warringah	1561
2.	Northern Suburbs	1685	2.	Hills District	1488
3.	Colyton/St Clair	1642	3.	Camden	1463
4.	Camden	1636	4.	Ku-Ring-Gai	1446
5.	Winston Hills	1570	5.	Winston Hills	1433
6.	Blacktown	1503	6.	Colyton/St Clair	1291
7.	Randwick/Botany	1481	7.	Blacktown	1283
8.	Port Hacking	1438	8.	Ryde	1174

UNDER 10

1.	Ku-Ring-Gai	2355 Rec	1.	Bankstown	1818
2.	Bankstown	2057	2.	Winston Hills	1756
3.	Blacktown	2014	3.	Ku-Ring-Gai	1709
4.	Winston Hills	1990	4.	Manly Warringah	1663
5.	Sutherland	1981	5.	Glenbrook	1635
6.	Parramatta	1917	6.	Hills District	1599
7.	Penrith	1887	7.	Parramatta	1589
8.	Colyton/St Clair	1819	8.	Northern Suburbs	1464

BOYS

GIRLS

2 x 2 Long Jump - High Jump

UNDER 11

1.	Manly Warringah	2676
2.	Ku-Ring-Gai	2448
3.	Springwood	2337
4.	Bankstown	2317
5=	Winston Hills	2223
5=	Campbelltown	2223
7.	Blacktown	2198
8.	Camden	2195

1.	Manly Warringah	2288
2.	Camden	2079
3.	Penrith	2058
4.	Port Hacking	1959
5.	Blacktown	1950
6.	Ku-Ring-Gai	1888
7.	Terrigal/Wamberal	1783
8.	St George	1726

UNDER 12

1.	Manly Warringah	2916
2.	Colyton/St Clair	2736
3.	Ku-Ring-Gai	2657
4.	Hills District	2562
5.	Blacktown	2552
6.	Penrith	2547
7.	Hornsby	2450
8.	Parramatta	2325

1.	Northern Districts	2373
2.	Bankstown	2318
3.	Manly Warringah	2303
4.	Liverpool	2258
5.	Hills District	2198
6.	Hornsby	2182
7.	Penrith	2122
8.	Ku-Ring-Gai	1979

UNDER 13

1.	Manly Warringah	3456
2.	Penrith	3391
3.	Hills District	3316
4.	Balmain	3071
5=	Winston Hills	2901
5=	Parramatta	2901
7.	Springwood	2801
8.	Ku-Ring-Gai	2774

1.	Ku-Ring-Gai	2961
2.	Manly Warringah	2802
3.	Winston Hills	2761
4.	Penrith	2467
5.	Hills District	2417
6.	Bankstown	2358
7.	Colyton/St Clair	2268
8.	Northern Districts	2212

UNDER 14

1.	Manly Warringah	3841
2.	Hills District	3361
3=	Camden	3146
3=	Blacktown	3146
5.	Winston Hills	3011
6.	Port Hacking	2800
7.	Campbelltown	2551
8.	Penrith	2436

1.	Camden	3236
2.	Manly Warringah	3016
3.	Holroyd	2876
4.	Winston Hills	2782
5.	Glenbrook	2613
6.	Penrith	2481
7.	Bankstown	2433
8.	Northern Suburbs	2392

BOYS

GIRLS

2 x 2 Long Jump - High Jump

UNDER 15

1.	Manly Warringah	4542	1.	Manly Warringah	3576 Rec
2.	Ku-Ring-Gai	4012	2.	Sutherland	3556
3.	Penrith	3886	3.	Girraween	3111
4.	Bankstown	3556	4.	Campbelltown	2981
5.	Hornsby	3411	5.	Eschol Park	2943
6.	Doonside	3271	6.	Colyton/St Clair	2901
7.	Revesby Workers	3131	7.	Camden	2801
8.	Terrigal/Wamberal	3106	8.	Hills District	2756

2 x 2 Shot Put - Discus

UNDER 9

1.	Campbelltown	2237	1.	Manly Warringah	2195
2.	Colyton/St Clair	2227	2.	Hills District	1924
3.	Northern Suburbs	2190	3.	Blacktown	1907
4.	Sutherland	2185	4.	Ku-Ring-Gai	1813
5.	Hornsby	2148	5.	Camden	1773
6.	Winston Hills	2118	6.	Randwick/Botany	1618
7.	Doonside	2115	7.	Campbelltown	1612
8.	Manly Warringah	2107	8.	Winston Hills	1592

UNDER 10

1.	Randwick/Botany	2933	1.	Ambarvale	2252
2.	Sutherland	2706	2.	Winston Hills	2240
3.	Bankstown	2693	3.	Hills District	2228
4.	Penrith	2679	4.	Randwick/Botany	2056
5.	Camden	2664	5.	Colyton/St Clair	2041
6.	Emu Plains	2659	6.	Manly Warringah	2031
7.	Parramatta	2592	7.	Glenbrook	2020
8.	Ku-Ring-Gai	2570	8.	Bankstown	1946

UNDER 11

1.	Manly Warringah	3141 Rec	1.	Blacktown	2461
2.	Camden	2916	2.	Mt Pritchard	2397
3.	Blacktown	2786	3.	Manly Warringah	2393
4.	Wollongong	2696	4.	Ku-Ring-Gai	2387
5.	Campbelltown	2678	5.	Penrith	2359
6.	Emu Plains	2579	6.	Port Hacking	2312
7.	Bankstown	2561	7.	Hills District	2193
8.	Port Hacking	2555	8.	Winston Hills	2176

2 x 2 Shot Put - Discus

UNDER 12

1.	Camden	3381	Rec ✓	1.	Bankstown	2753
2.	Springwood	2731		2.	Manly Warringah	2620
3.	Port Hacking	2706		3.	Parramatta	2602
4.	Manly Warringah	2698		4.	Gosford	2533
5.	Winston Hills	2685		5.	Northern Districts	2487
6.	Hornsby	2683		6.	Hills District	2347
7.	Ku-Ring-Gai	2667		7=	Ambarvale	2316
8.	Ryde	2627		7=	Colyton/St Clair	2316

UNDER 13

1.	Winston Hills	3413		1.	Colyton/St Clair	3246	Rec ✓
2.	Campbelltown	3263		2.	Smithfield	2912	
3.	Balmain	3132		3.	Bankstown	2900	
4.	Springwood	3107		4.	Springwood	2847	
5.	Gosford	3063		5.	Randwick/Botany	2815	
6.	Parramatta	2932		6.	Ambarvale	2791	
7.	Penrith	2886		7.	Manly Warringah	2708	
8.	Blacktown	2812		8.	Winston Hills	2563	

UNDER 14

1.	Hills District	3186		1.	Camden	3128	
2.	Holroyd	3124		2.	Hills District	2913	
3.	Manly Warringah	3019		3.	Manly Warringah	2717	
4.	Penrith	2998		4.	Bankstown	2664	
5.	Blacktown	2924		5.	Penrith	2628	
6.	Camden	2898		6.	Blacktown	2492	
7.	Port Hacking	2859		7=	Winston Hills	2457	
8.	Winston Hills	2455		7=	Holroyd	2457	

UNDER 15

1.	Manly Warringah	3876		1.	Hills District	3093	
2.	Terrigal/Wamberal	3617		2.	Blacktown	3028	
3.	Bankstown	3456		3.	Colyton/St Clair	3009	
4.	Winston Hills	3252		4.	Manly Warringah	3001	
5.	Penrith	3194		5.	Camden	2829	
6.	Ku-Ring-Gai	3102		6.	Girraween	2802	
7.	Camden	3023		7.	Sutherland	2730	
8.	Smithfield	2897		8.	Bankstown	2529	

New State Records

4 x 100m U15 Girls ✓ T34	Ryde	49.7s
Mixed 4 x 100m U14 ✓ T33	North Rocks/Carlingford	50.2s
U15 ✓ T36	Balmain	48.2s
Mixed 4 x 200m U8 ✓ T43	Manly Warringah	2:19.5
U9 ✓ T44	Manly Warringah	2:09.4
4 x Discus U8B ✓ F9	Camden	1858 points
U8G ✓ F26	Northern Suburbs	1675 points
Long Jump - High Jump U10B ✓ F16	Ku-Ring-Gai	2355 points
U15G ✓ F19	Manly Warringah	3576 points
Shot Put - Discus U12B ✓ F29	Camden	3381 points
U13G ✓ F3	Colyton/St Clair	3246 points

GENERAL COMMENT

The week prior to the Relays saw some adverse weather conditions and with 12,000 people expected to converge on the Sydney International Athletic Centre, organisers were closely following all weather forecasts.

Fortunately, the weather was brilliant as was the competition itself. It is believed that there were approximately 11,000 people in attendance to watch the 1180 teams taking part in a full and exciting day of track and field relays.

The LAANSW Championships Committee, the staff of both the Sydney International Athletic Centre and Olympic Co-ordination Authority, as well as the hundreds of officials, must be commended for the excellent manner in which the day was planned and conducted. For an event of this size to run so smoothly, full credit should be given to everyone involved in its organisation.

Congratulations to those athletes who participated in this our biggest event of the year. I hope you enjoyed the day and will return next year to a bigger and better 'Mitsubishi Electric' State Relays.

Kerry O'Keefe
CEO