



2003

STATE RELAYS



RESULTS

Sydney Olympic Park Athletics Centre
Sunday, November 23, 2003

Little Athletics Association of NSW
RESULTS - 2003 State Relays
 Sydney Olympic Park Athletics Centre - November 23, 2003

4 X 100 Metres

BOYS

GIRLS

Under 8

1	Manly Warringah	1 Min 06.9 Sec	1	Port Hacking	1 Min 08.6 Sec
2	Winston Hills	1 Min 07.1 sec	2	Winston Hills	1 Min 08.9 Sec
3	Ku-Ring-Gai	1 Min 07.5 Sec	3	Randwick/Botany	1 Min 09.6 Sec
4	Doonside	1 Min 07.8 Sec	4	Northern Suburbs	1 Min 09.8 Sec
5	St George	1 Min 09.5 Sec	5	Colyton/St. Clair	1 Min 10.2 Sec
6	Port Hacking	1 Min 09.6 Sec	6	Werrington	1 Min 11.2 Sec
7	Cherrybrook	1 Min 10.2 Sec	7	St George	1 Min 12.2 Sec
8	Eastern Suburbs	1 Min 11.6 Sec	8	Ku-Ring-Gai	1 Min 12.4 Sec

Under 9

1	Ku-Ring-Gai	1 Min 01.8 Sec	1	Manly Warringah	1 Min 02.6 Sec
2	Manly Warringah	1 Min 02.5 Sec	2	Cherrybrook	1 Min 04.4 Sec
3	Campbelltown	1 Min 02.8 Sec	3	St George	1 Min 04.7 Sec
4	St George	1 Min 02.9 Sec	4	Hills District	1 Min 06.0 Sec
5	Randwick/Botany	1 Min 04.0 Sec	5	Western Suburbs	1 Min 06.1 Sec
6	Eastern Suburbs	1 Min 04.6 Sec	6	Randwick/Botany	1 Min 06.5 Sec
7	Hills District	1 Min 13.2 Sec	7	Illawong	1 Min 06.9 Sec
			8	Jamison	1 Min 07.2 Sec

Under 10

1	South Eastern	56.8 Sec	1	Manly Warringah	59.4 Sec
2	St George	57.7 Sec	2	Hornsby	1 Min 00.4 Sec
3	Hills District	57.8 Sec	3	Parramatta	1 Min 01.9 Sec
4	Port Hacking	58.3 Sec	4	Hills District	1 Min 02.4 Sec
5	Cherrybrook	59.1 Sec	5	Randwick/Botany	1 Min 02.9 Sec
6	Colyton/St. Clair	59.4 Sec	6	Western Suburbs	1 Min 03.4 Sec
7	Ryde	1 Min 00.1 Sec	7	Eastern Suburbs	1 min 03.6 Sec
			8	Jamison	1 Min 03.9 Sec

Under 11

1	Parramatta	54.2 Sec	1	Manly Warringah	57.5 Sec
2	Manly Warringah	54.8 Sec	2	Cherrybrook	59.0 Sec
3	St George	55.3 Sec	3	Port Hacking	59.1 Sec
4	Macquarie Shores	55.7 Sec	4	Ryde	59.5 Sec
5	Campbelltown	56.4 Sec	5	Lake Illawarra	59.8 Sec
6	Randwick/Botany	57.3 Sec	6	Hills District	1 Min 00.1 Sec
7	Balmain	57.9 Sec	7	Northern Suburbs	1 Min 00.8 Sec
8	Tuggerah Lakes Mingara	58.2 Sec	8	Hawkesbury City	1 Min 01.0 Sec

Under 12

1	Blacktown	53.6 Sec	1	Port Hacking	54.1 Sec
2	Sutherland	55.2 Sec	2	Cherrybrook	54.7 Sec
3	St George	56.0 Sec	3	Shoalhaven	56.1 Sec
4	Nepean	56.1 Sec	4	Gosford	56.3 Sec
5	Parramatta	56.4 Sec	5	Doonside	56.9 Sec
6	Randwick/Botany	56.6 Sec	6	Manly Warringah	57.4 Sec
7	Port Hacking	56.8 Sec	7	Hills District	57.8 Sec
8	Northern Suburbs	56.9 Sec	8	Camden	58.2 Sec

4 X 100 Metres

BOYS

1	Port Hacking	51.5 Sec
2	Ryde	51.8 Sec
3	Northern Suburbs	52.0 Sec
4	Liverpool City	54.9 Sec
5	Blacktown	56.0 Sec
6	Parramatta	56.3 Sec

Under 13

1	Port Hacking	52.8 Sec
2	Manly Warringah	54.6 Sec
3	Randwick/Botany	54.8 Sec
4	Tuggerah Lakes Mingara	54.9 Sec
5	Greystanes	55.3 Sec
6	Winston Hills	55.5 Sec
7	Balmain	56.1 Sec
8	Campbelltown	56.4 Sec

GIRLS

Under 14

1	Bankstown Sports	48.7 Sec
2	Liverpool City	49.5 Sec
3	Woy Woy Peninsula	50.3 Sec
4	Randwick/Botany	50.6 Sec
5	Werrington	51.0 Sec
6	Colyton/St. Clair	51.9 Sec
7	Northern Suburbs	52.0 Sec

1	Hills District	51.7 Sec
2	Bankstown Sports	52.8 Sec
3	Campbelltown	53.0 Sec
4	Manly Warringah	54.1 Sec
5	St George	54.8 Sec
6	Sutherland	56.4 Sec
7	Northern Suburbs	56.6 Sec
H3	Port Hacking	50.4 Sec REC

Under 15

1	Campbelltown	45.4 Sec
2	St George	48.2 Sec
3	Winston Hills	48.9 Sec
4	Warradale	51.6 Sec

1	Albion Park	50.7 Sec
2	Terrigal Wamberal	51.6 Sec
3	Ryde	51.7 Sec
4	Tuggerah Lakes Mingara	52.4 Sec
5	Cherrybrook	53.9 Sec
6	St George	54.1 Sec

Mixed 4 X 100 Metres

Under 8

1	Kurrajong/Bilpin	1 Min 09.0 Sec
2	Jamison	1 Min 12.0 Sec
3	Emu Plains	1 Min 12.0 Sec
4	Albion Park	1 Min 13.3 Sec
5	Green Valley	1 Min 13.6 Sec
6	Western Blues	1 Min 13.7 Sec
7	Springwood	1 Min 17.3 Sec

Under 9

1	Lake Illawarra	1 Min 02.1 Sec
2	Kurrajong/Bilpin	1 Min 03.2 Sec
3	Werrington	1 Min 04.3 Sec
4	Albion Park	1 Min 04.9 Sec
5	Springwood	1 Min 05.4 Sec
6	Green Valley	1 Min 05.6 Sec
7	Warradale	1 Min 06.1 Sec
8	Ambarvale	1 Min 06.3 Sec

Under 10

1	Warradale	1 Min 00.1 Sec 1
2	Lake Illawarra	1 Min 00.5 Sec
3	Albion Park	1 Min 00.7 Sec
4	Wollongong City	1 Min 01.0 Sec
5	Springwood	1 Min 02.1 Sec
6	Emu Plains	1 Min 04.0 Sec
7	Kurrajong/Bilpin	1 Min 04.3 Sec

Under 11

1	Albion Park	56.7 Sec
2	Kurrajong/Bilpin	59.1 Sec
3	Green Valley	59.9 Sec
4	Wollongong City	59.9 Sec
5	Emu Plains	1 Min 00.1 Sec
6	Western Blues	1 Min 00.8 Sec
7	Springwood	1 Min 01.4 Sec
8	Jamison	1 Min 02.1 Sec

BOYS**GIRLS****Mixed 4 X 100 Metres****Under 12**

1	Albion Park	55.4 Sec
2	Wollongong City	56.0 Sec
3	Glenbrook	57.0 Sec
4	Werrington	57.2 Sec
5	Tiger Wests	58.4 Sec
6	Warradale	58.7 Sec
7	Greystanes	58.9 Sec

Under 13

1	Albion Park	54.0 Sec
2	Mt DrUITT	55.5 Sec
3	Green Valley	56.0 Sec
4	Springwood	56.4 Sec
5	Hawkesbury City	56.5 Sec
6	Prospect	56.6 Sec
7	Tallawong Park	57.1 Sec

Under 14

1	Tiger Wests	51.4 Sec
2	Kurrajong/Bilpin	51.6 Sec
3	Smithfield	51.9 Sec
4	Parramatta	52.9 Sec
5	Warradale	54.3 Sec
6	Ku-Ring-Gai	55.4 Sec
7	Lake Illawarra	55.7 Sec

Under 15

1	Maitland	49.6 Sec
2	Springwood	51.0 Sec
3	North Rocks/Carlingford	51.1 Sec
4	Glenbrook	51.8 Sec
5	Jamison	52.4 Sec
6	Prospect	52.7 Sec
7	Ambarvale	53.2 Sec

Mixed 4 X 200 Metres**Under 8**

1	Wollongong City	2 Min 26.6 Sec
2	Bankstown Sports	2 Min 27.5 Sec
3	Randwick/Botany	2 Min 27.7 Sec
4	Port Hacking	2 Min 30.7 Sec
5	Manly Warringah	2 Min 32.4 Sec
6	Tuggerah Lakes Mingara	2 Min 32.7 Sec
7	Northern Suburbs	2 Min 33.6 Sec
8	Winston Hills	2 Min 38.4 Sec

Under 9

1	St George	2 Min 15.1 Sec
2	Manly Warringah	2 Min 18.1 Sec
3	Hornsby	2 Min 18.5 Sec
4	Lake Illawarra	2 Min 19.2 Sec
5	Western Suburbs	2 Min 19.6 Sec
6	Penrith	2 Min 24.2 Sec
7	Randwick/Botany	2 Min 24.7 Sec
8	Port Hacking	2 Min 25.5 Sec

Mixed 4 X 400 Metres**Under 10**

1	Cherrybrook	4 Min 50.0 Sec
2	Port Hacking	4 Min 51.9 Sec
3	Manly Warringah	5 Min 01.2 Sec
4	Springwood	5 Min 04.8 Sec
5	Illawong	5 Min 06.9 Sec
6	Hornsby	5 Min 11.3 Sec
7	Hills District	5 Min 15.9 Sec
8	Warradale	5 Min 20.2 Sec

Under 11

1	Albion Park	4 Min 32.8 Sec
2	Manly Warringah	4 Min 43.1 Sec
3	Cherrybrook	4 min 48.0 Sec
4	Randwick/Botany	4 Min 50.8 Sec
5	Emu Plains	4 Min 58.5 Sec
6	Bankstown Sports	5 Min 01.5 Sec
7	Port Hacking	5 Min 05.8 Sec
8	Ku-Ring-Gai	5 Min 13.6 Sec

Under 12

1	North Rocks/Carlingford	4 Min 33.2 Sec
2	Manly Warringah	4 Min 38.1 Sec
3	Randwick/Botany	4 Min 39.9 Sec
4	Illawong	4 Min 43.5 Sec
5	Cherrybrook	4 Min 46.9 Sec
6	Eastern Suburbs	4 Min 48.9 Sec
7	Albion Park	4 Min 51.1 Sec
8	Lake Illawarra	4 Min 51.5 Sec

Under 13

1	Randwick/Botany	4 Min 15.4 Sec
2	Port Hacking	4 Min 20.3 Sec
3	Manly Warringah	4 Min 24.3 Sec
4	Albion Park	4 Min 29.5 Sec
5	Northern Suburbs	4 Min 34.4 Sec
6	Colyton/St. Clair	4 Min 38.0 Sec
7	Campbelltown	4 Min 39.6 Sec
8	Sutherland	4 Min 44.7 Sec

BOYS**GIRLS****Mixed 4 X 400 Metres****Under 14**

1	Ku-Ring-Gai	4 Min 14.5 Sec
2	Campbelltown	4 Min 14.8 Sec
3	Northern Suburbs	4 Min 18.9 Sec
4	Tiger Wests	4 Min 20.0 Sec
5	Randwick/Botany	4 Min 22.5 Sec
6	Bankstown Sports	4 Min 23.4 Sec
7	Manly Warringah	4 Min 23.9 Sec
8	Lake Illawarra	4 Min 25.1 Sec

Under 15

1	Maitland	3 Min 59.1 Sec
2	Cherrybrook	4 Min 01.6 Sec
3	Springwood	4 Min 05.3 Sec
4	Glenbrook	4 Min 07.7 Sec
5	Bankstown Sports	4 Min 10.7 Sec
6	Ryde	4 Min 14.6 Sec
7	Albion Park	4 Min 16.0 Sec
8	Campbelltown	4 Min 18.4 Sec

2 X Long Jump & 2 X Shot Put**Under 8**

1	Manly Warringah	3166 Points	1	Winston Hills	3050 Points
2	Northern Districts	3158 Points	2	Blacktown	2896 Points
3	Revesby Workers	3049 Points	3	Ku-Ring-Gai	2823 Points
4	Randwick/Botany	3036 Points	4	Bankstown Sports	2817 Points
5	Ku-Ring-Gai	2989 Points	5	Hornsby	2735 Points
6	Hills District	2975 Points	6	Northern Districts	2715 Points
7	Port Hacking	2966 Points	7	Nepean	2599 Points
8	Ryde	2947 Points	8	Randwick/Botany	2597 Points

4 X Discus**Under 8**

1	Manly Warringah	2549 Points	1	Winston Hills	2531 Points	REC
2	Winston Hills	2256 Points	2	Blacktown	2161 Points	
3	Hills District	2202 Points	3	Manly Warringah	2074 Points	
4	Werrington	2192 Points	4	Northern Districts	2019 Points	
5	Parramatta	2112 Points	5	Colyton/St. Clair	1964 Points	
6	Holroyd	2111 Points	6	Hornsby	1959 Points	
7	Colyton/St. Clair	2058 Points	7	Ryde	1927 Points	
8	Port Hacking	2020 Points	8	Hills District	1916 Points	

4 X Long Jump**Under 9**

1	Doonside	3346 Points	REC	1	Northern Suburbs	3192 Points
2	Manly Warringah	3340 Points		2	Winston Hills	3186 Points
3	St George	3230 Points		3	Manly Warringah	3120 Points
4	Winston Hills	3228 Points		4	Northern Districts	3090 Points
5	Northern Districts	3184 Points		5	Campbelltown	2982 Points
6	Sutherland	3180 Points		6	Hills District	2972 Points
7	Randwick/Botany	3044 Points		7	Blacktown	2824 Points
8	Ku-Ring-Gai	3042 Points		8	Ku-Ring-Gai	2806 Points

2 X Long Jump & 2 X High Jump**Under 10**

1	Manly Warringah	3028 Points	1	Winston Hills	2840 Points
2	Northern Suburbs	3016 Points	2	Manly Warringah	2698 Points
3	Northern Districts	2982 Points	3	Nepean	2680 Points
4	Sutherland	2924 Points	4	Northern Districts	2664 Points
5	Blacktown	2914 Points	5	Ku-Ring-Gai	2640 Points
6	Nepean	2862 Points	6	Northern Suburbs	2608 Points
7	Port Hacking	2846 Points	7	St George	2592 Points
8	Revesby Workers	2750 Points	8	Hornsby	2476 Points

BOYS**GIRLS****2 X Long Jump & 2 X High Jump****Under 11**

1	Ku-Ring-Gai	3442 Points
2	St George	3342 Points
3	Sutherland	3324 points
4	Blacktown	3238 Points
5	Northern Suburbs	3104 Points
6	Manly Warringah	3046 Points
7	Holroyd	3004 points
8	Werrington	2998 points

1	Ku-Ring-Gai	3244 Points
2	Manly Warringah	3034 Points
3	Parramatta	2972 Points
4	Northern Districts	2898 Points
5	Gosford	2850 Points
6	Randwick/Botany	2736 Points
7	Port Hacking	2696 Points
8	Campbelltown	2646 Points

Under 12

1	Manly Warringah	3552 Points
2	Northern Suburbs	3442 Points
3	Ku-Ring-Gai	3100 Points
4	Cherrybrook	3072 Points
5	Campbelltown	3054 Points
6	Colyton/St. Clair	2450 Points
7	Port Hacking	2406 Points
8	Hornsby	2396 Points

1	Bankstown Sports	3548 Points
2	Northern Suburbs	3476 Points
3	Hornsby	3454 Points
4	Ku-Ring-Gai	3432 Points
5	Liverpool City	3420 Points
6	Ryde	3242 Points
7	Northern Districts	3214 Points
8	Winston Hills	3110 Points

Under 13

1	Parramatta	3222 Points
2	Kurrajong/Bilpin	3150 Points
3	Manly Warringah	2792 Points
4	Northern Districts	2772 Points
5	Randwick/Botany	2656 Points
6	Hills District	2592 Points
7	Ku-Ring-Gai	2270 Points
8	Campbelltown	2248 Points

1	Winston Hills	2862 Points
2	Hornsby	2850 Points
3	Parramatta	2798 Points
4	Terrigal Wamberal	2738 Points
5	Hills District	2710 Points
6	Randwick/Botany	2630 Points
7	Nepean	2502 Points
8	Manly Warringah	2230 Points

Under 14

1	Ku-Ring-Gai	3382 Points
2	Northern Suburbs	3000 points
3	Northern Districts	1556 Points
4	Blacktown	1536 Points
5	Hornsby	816 Points

1	Winston Hills	3260 Points
2	Northern Suburbs	3164 Points
3	Gosford	3068 Points
4	Manly Warringah	2978 points
5	Port Hacking	2854 Points
6	Northern Districts	2832 points
7	Ryde	2608 Points
8	Blacktown	1830 Points

Under 15

1	Blacktown	3658 Points
2	St George	3608 Points
3	Girraween	3566 Points
4	Port Hacking	3506 Points
5	Tuggerah Lakes Mingara	3498 Points
6	Hornsby	3294 Points
7	Bankstown Sports	3144 Points
8	Northern Districts	3064 Points

1	Manly Warringah	3416 Points
2	Cherrybrook	3306 Points
3	Northern Suburbs	3188 Points
4	Glenbrook	3002 Points
5	Ku-Ring-Gai	2310 Points
6	Bankstown Sports	1186 Points

BOYS

GIRLS

2 X Shot Put & 2 X Discus

Under 9

1	Randwick/Botany	2871 Points	1	Smithfield	2773 Points
2	Manly Warringah	2679 Points	2	Winston Hills	2647 Points
3	Hills District	2588 Points	3	Parramatta	2570 Points
4	Blacktown	2581 Points	4	Ku-Ring-Gai	2558 Points
5	Ku-Ring-Gai	2524 Points	5	Randwick/Botany	2461 Points
6	Winston Hills	2323 Points	6	Northern Districts	2459 Points
7	Parramatta	2276 Points	7	Manly Warringah	2343 Points
8	Ryde	2245 Points	8	Blacktown	2280 Points

Under 10

1	Blacktown	3421 Points	1	Winston Hills	3443 Points	REC
2	Northern Districts	3189 Points	2	St George	3107 Points	
3	Ku-Ring-Gai	3166 Points	3	Ryde	2999 Points	
4	Western Suburbs	3119 Points	4	Nepean	2844 Points	
5	Randwick/Botany	3079 Points	5	Parramatta	2777 Points	
6	Sutherland	3041 Points	6	Smithfield	2658 Points	
7	Revesby Workers	2990 Points	7	Blacktown	2626 Points	
8	Campbelltown	2933 Points	8	Campbelltown	2553 points	

Under 11

1	Winston Hills	3576 Points	1	Ku-Ring-Gai	2976 Points
2	Blacktown	3145 Points	2	Winston Hills	2955 Points
3	Smithfield	3069 Points	3	Camden	2792 Points
4	Ku-Ring-Gai	3026 Points	4	Blacktown	2715 Points
5	Tiger Wests	3020 Points	5	Randwick/Botany	2688 Points
6	Sutherland	2910 Points	6	Northern Districts	2649 Points
7	Girraween	2873 Points	7	Hills District	2594 Points
8	Northern Suburbs	2763 Points	8	Manly Warringah	2497 Points

Under 12

1	Randwick/Botany	3683 Points	REC	1	Camden	3386 Points
2	Northern Suburbs	3515 Points		2	Winston Hills	3192 Points
3	Ku-Ring-Gai	3197 Points		3	Nepean	3187 Points
4	Hills District	3001 Points		4	Northern Suburbs	3111 Points
5	Blacktown	2907 Points		5	Smithfield	3013 Points
6	Manly Warringah	2835 Points		6	Bankstown Sports	2957 Points
7	Cherrybrook	2771 Points		7	Manly Warringah	2841 Points
8	Port Hacking	2611 Points		8	Port Hacking	2726 Points

Under 13

1	Winston Hills	3401 Points	REC	1	Springwood	3254 Points
2	Parramatta	3218 Points		2	Ambarvale	3092 Points
3	Illawong	3015 Points		3	Winston Hills	3076 Points
4	Randwick/Botany	2890 Points		4	Ryde	2948 Points
5	Manly Warringah	2814 Points		5	Randwick/Botany	2903 Points
6	Northern Districts	2669 Points		6	Hornsby	2829 Points
7	Ku-Ring-Gai	2652 Points		7	Terrigal Wamberal	2796 Points
8	Hills District	2307 Points		8	Manly Warringah	2750 Points

BOYS**GIRLS****2 X Shot Put & 2 X Discus****Under 14**

1	Bankstown Sports	3446 Points	1	Winston Hills	3123 Points
2	Camden	3015 Points	2	Randwick/Botany	3057 Points
3	Parramatta	2964 Points	3	Northern Districts	2703 Points
4	Winston Hills	2887 Points	4	Northern Suburbs	2493 Points
5	Northern Suburbs	2732 Points	5	Port Hacking	2485 Points
6	Ku-Ring-Gai	2597 Points	6	Revesby Workers	2381 Points
7	Northern Districts	2513 Points	7	Gosford	2372 Points
8	Campbelltown	2185 Points	8	St George	2301 Points

Under 15

1	Hornsby	3255 Points	1	Sutherland	3518 Points	REC
2	Ryde	3085 Points	2	Northern Suburbs	2939 Points	
3	Manly Warringah	2971 Points	3	Gosford	2844 Points	
4	Tuggerah Lakes Mingara	2904 Points	4	Manly Warringah	2683 Points	
5	Bankstown Sports	2836 Points	5	Parramatta	2428 Points	
6	Mt Druitt	2828 Points	6	Ku-Ring-Gai	2036 Points	
7	Northern Suburbs	2707 Points	7	Bankstown Sports	905 Points	
8	Port Hacking	2562 Points				

NEW INDIVIDUAL STATE RECORD**U8 Girls Discus**

Taylah Sengul Winston Hills 24.42 Metres

NEW RELAY STATE RECORDS**4 x 100m**

U14 Girls Port Hacking 50.4 Sec

4 x Discus

U8 Girls Winston Hills 2531 Points

4 x Long Jump

U9 Boys Doonside 3346 Points

Shot Put/Discus

U10 Girls Winston Hills 3443 Points

U12 Boys Randwick Botany 3683 Points

U13 Boys Winston Hills 3401 Points

U15 Girls Sutherland 3518 Points