

**Little Athletics Association of NSW**  
**RESULTS - 2004 State Relays**  
**Sydney Olympic Park Athletic Centre, November 28, 2004**

**4 X 100 Metres**

**BOYS**

**GIRLS**

**Under 8**

1	Cherrybrook	1:04.5s	1	Ryde	1:08.6s
2	Balmain	1:05.1s	2	Hills District	1:08.8s
3	Ku-Ring-Gai	1:05.2s	3	Manly Warringah	1:10.0s
4	Kurrajong/Bilpin	1:05.9s	4	Northern Districts	1:10.0s
5	Northern Suburbs	1:06.0s	5	Randwick/Botany	1:10.5s
6	Manly Warringah	1:06.7s	6	Northern Suburbs	1:11.0s
7	Hills District	1:07.1s	7	Winston Hills	1:11.7s
			8	Western Suburbs	1:13.0s

**Under 9**

1	Port Hacking	1:02.4s	1	Port Hacking	1:03.5s
2	Winston Hills	1:02.8s	2	Randwick/Botany	1:03.9s
3	Hills District	1:03.1s	3	Winston Hills	1:04.8s
4	Northern Suburbs	1:03.4s	4	Northern Suburbs	1:04.9s
5	Kurrajong/Bilpin	1:03.9s	5	Campbelltown	1:05.1s
6	St George	1:04.9s	6	Illawong	1:05.7s
7	Doonside	1:09.3s	7	Balmain	1:05.9s
			8	Kurrajong/Bilpin	1:06.4s

**Under 10**

1	Kurrajong/Bilpin	57.6s	1	Kurrajong/Bilpin	58.6s
2	Parramatta	58.4s	2	Manly Warringah	59.6s
3	Manly Warringah	58.7s	3	St George	59.7s
4	Liverpool City	59.4s	4	Wollongong City	1:00.5s
5	St George	59.7s	5	Jamison	1:00.6s
6	Northern Suburbs	1:00.4s	6	Western Suburbs	1:01.2s
7	Campbelltown	1:11.8s	7	Hills District	1:01.4s

**Under 11**

1	Port Hacking	55.0s	1	Manly Warringah	57.1s
2	Liverpool City	56.0s	2	Northern Districts	57.2s
3	Campbelltown	56.6s	3	Port Hacking	57.6s
4	Colyton/St. Clair	56.9s	4	Northern Suburbs	57.8s
5	St George	56.9s	5	Cherrybrook	59.4s
6	Northern Suburbs	57.1s	6	Balmain	59.7s
7	Manly Warringah	1:00.1s	7	Ku-Ring-Gai	1:00.5s
			8	Western Suburbs	1:00.7s

**Under 12**

1	Macquarie Shores	52.8s	1	Port Hacking	54.3s
2	St George	52.9s	2	Manly Warringah	56.0s
3	Randwick/Botany	53.6s	3	Ryde	56.1s
4	Hills District	54.7s	4	Kurrajong/Bilpin	57.1s
5	Cherrybrook	55.2s	5	Randwick/Botany	57.1s
6	Kurrajong/Bilpin	55.5s	6	Liverpool City	57.5s
7	Tuggerah Lakes Mingara	55.6s	7	Cherrybrook	57.6s
			8	Hills District	57.9s

**Under 13**

1	Blacktown	51.6s	1	Port Hacking	51.1s
2	Port Hacking	51.8s	2	Doonside	53.9s
3	Northern Suburbs	52.4s	3	Northern Districts	54.0s
4	St George	53.5s	4	Liverpool City	54.2s
5	Campbelltown	54.8s	5	Terrigal Wamberal	54.5s
6	Parramatta	54.9s	6	Tuggerah Lakes Mingara	55.4s
7	Illawong	55.5s	7	Kurrajong/Bilpin	55.7s
8	Cherrybrook	55.9s	8	Manly Warringah	56.0s

**H3** Port Hacking 50.7s **REC**

**BOYS****Under 14**

1	Port Hacking	47.3s
2	Northern Suburbs	48.0s
3	Ryde	48.2s
4	Manly Warringah	48.4s
5	Randwick/Botany	51.7s
6	Bankstown Sports	52.0s
7	Lake Illawarra	52.2s
8	Liverpool City	53.4s

**Under 15**

1	Campbelltown	45.9s
2	Liverpool City	46.5s
3	Western Suburbs	46.8s
4	Randwick/Botany	46.9s
5	Parramatta	47.2s
6	Bankstown Sports	47.5s
7	St George	47.9s
8	Manly Warringah	49.3s

**Mixed 4 X 100 Metres****Under 8**

1	Jamison	1:07.9s
2	Albion Park	1:08.4s
3	Emu Plains	1:08.9s
4	Wollongong City	1:09.6s
5	Springwood	1:12.2s
6	Green Valley	1:16.1s

**Under 10**

1	Lake Illawarra	59.6s
2	Albion Park	1:00.5s
3	Greystanes	1:01.1s
4	Green Valley	1:01.2s
5	Springwood	1:02.1s
6	Tallawong Park	1:03.3s
7	Holroyd	1:04.5s
8	Warradale	1:04.9s

**Under 12**

1	Jamison	55.7s
2	Emu Plains	55.8s
3	Green Valley	56.1s
4	Albion Park	56.2s
5	Wollongong City	56.9s
6	Tallawong Park	57.3s
7	Tiger Wests	59.8s

**Under 14**

1	Holroyd	50.6s
2	Green Valley	53.3s
3	Tiger Wests	53.9s
4	Albion Park	54.9s
5	Tallawong Park	55.8s

**Under 8**

1	Hills District	2:23.2s
2	Manly Warringah	2:25.7s
3	Campbelltown	2:26.5s
4	Northern Suburbs	2:26.8s
5	Cherrybrook	2:30.4s
6	Winston Hills	2:30.5s
7	Ryde	2:35.0s
8	Albion Park	2:39.3s

**GIRLS**

1	Port Hacking	50.3s	<b>REC</b>
2	Manly Warringah	51.4s	
3	Winston Hills	52.0s	
4	Balmain	52.2s	
5	Randwick/Botany	53.2s	
6	Campbelltown	53.6s	
7	Greystanes	53.6s	
8	Wollongong City	53.7s	

1	Ryde	51.1s
2	Ku-Ring-Gai	51.8s
3	Blacktown	52.3s
4	Bankstown Sports	53.4s
5	Sutherland	53.5s
6	St George	53.7s

**Under 9**

1	Springwood	1:05.0s
2	Green Valley	1:06.2s
3	Jamison	1:06.3s
4	Greystanes	1:07.9s
5	Albion Park	1:08.1s
6	Emu Plains	1:08.7s
7	Wollongong City	1:08.9s

**Under 11**

1	Albion Park	58.1s
2	Tiger Wests	59.5s
3	Green Valley	1:00.3s
4	Warradale	1:00.7s
5	Holroyd	1:01.0s
6	Emu Plains	1:02.0s
7	Everley Park	1:04.2s

**Under 13**

1	Wollongong City	52.9s
2	Albion Park	54.7s
3	Springwood	55.3s
4	Warradale	56.6s
5	Jamison	58.8s
6	Greystanes	59.3s
7	Prospect	1:00.8s
8	Minchinbury	1:10.7s

**Under 15**

1	Tiger Wests	49.1s
2	Springwood	51.2s
3	Warradale	52.6s
4	Holroyd	52.9s
5	Minchinbury	54.9s

**Mixed 4 X 200 Metres****Under 9**

1	Manly Warringah	2:15.5s
2	Tuggerah Lakes Mingara	2:16.4s
3	Port Hacking	2:16.8s
4	Winston Hills	2:17.0s
5	Randwick/Botany	2:19.2s
6	Hills District	2:21.6s
7	Illawong	2:22.9s
8	Penrith	2:24.1s

## Mixed 4 X 400 Metres

### Under 10

1	Campbelltown	4:50.5s
2	St George	4:57.2s
3	Manly Warringah	4:58.3s
4	Randwick/Botany	5:01.7s
5	Wollongong City	5:02.6s
6	Ku-Ring-Gai	5:11.8s
7	Northern Suburbs	5:19.9s
8	Penrith	5:34.9s

### Under 11

1	Port Hacking	4:41.5s
2	Manly Warringah	4:48.1s
3	Campbelltown	4:48.8s
4	Hills District	4:49.6s
5	Lake Illawarra	4:59.8s
6	Randwick/Botany	5:04.9s
7	Northern Suburbs	5:07.6s
8	Wollongong City	5:15.6s

### Under 12

1	Manly Warringah	4:25.4s
2	Cherrybrook	4:31.4s
3	Emu Plains	4:33.4s
4	Campbelltown	4:36.0s
5	Bankstown Sports	4:41.1s
6	Albion Park	4:44.9s
7	Randwick/Botany	4:56.6s
8	Tuggerah Lakes Mingar	5:07.4s

### Under 13

1	Northern Suburbs	4:06.1s	<b>REC</b>
2	Manly Warringah	4:14.7s	
3	Port Hacking	4:15.1s	
4	Randwick/Botany	4:19.5s	
5	North Rocks/Carlingford	4:24.5s	
6	Illawong	4:30.4s	
7	Wollongong City	4:47.0s	
8	Warradale	4:49.9s	

### Under 14

1	Randwick/Botany	4:01.7s
2	Manly Warringah	4:02.9s
3	Port Hacking	4:05.5s
4	Ku-Ring-Gai	4:21.7s
5	Campbelltown	4:22.3s
6	Northern Suburbs	4:22.6s
7	Holroyd	4:35.4s
8	Hills District	4:39.3s

### Under 15

1	Randwick/Botany	3:59.4s
2	Ku-Ring-Gai	4:00.3s
3	Campbelltown	4:01.9s
4	Northern Districts	4:02.7s
5	Northern Suburbs	4:06.8s
6	Springwood	4:11.8s
7	Bankstown Sports	4:17.9s

## 4 X Long Jump

### BOYS

<b>Under 8</b>		
1	Ku-Ring-Gai	3072 pts <b>REC</b>
2	Bankstown Sports	3032 pts
3	Manly Warringah	3020 pts
4	Winston Hills	2896 pts
5	Blacktown	2886 pts
6	Northern Suburbs	2844 pts
7	Port Hacking	2842 pts
8	Parramatta	2838 pts

### GIRLS

1	Northern Suburbs	2896 pts	<b>REC</b>
2	Manly Warringah	2804 pts	
3	Port Hacking	2764 pts	
4	Ku-Ring-Gai	2760 pts	
5	Parramatta	2728 pts	
6	Blacktown	2670 pts	
7	Hills District	2618 pts	
8	Winston Hills	2616 pts	

### Under 9

1	Western Suburbs	3458 pts
2	Northern Districts	3378 pts
3	Manly Warringah	3366 pts
4	Ku-Ring-Gai	3158 pts
5	Randwick/Botany	3142 pts
6	Hills District	3076 pts
7	Northern Suburbs	3056 pts
8	Ryde	3018 pts
1	Manly Warringah	3108 pts
2	Blacktown	3094 pts
3	Ku-Ring-Gai	3078 pts
4	Winston Hills	3016 pts
5	Port Hacking	2994 pts
6	Colyton/St. Clair	2916 pts
7	Hornsby	2868 pts
8	Ryde	2824 pts

## 2 X Long Jump & 2 X High Jump

### Under 10

1	Winston Hills	3082 pts
2	Manly Warringah	3034 pts
3	Western Suburbs	3030 pts
4	Bankstown Sports	3028 pts
5	Gosford	3010 pts
6	Randwick/Botany	2982 pts
7	Blacktown	2924 pts
8	Doonside	2904 pts
1	Northern Suburbs	3008 pts
2	Winston Hills	2964 pts
3	Manly Warringah	2828 pts
4	Ambarvale	2686 pts
5	Ku-Ring-Gai	2682 pts
6	Port Hacking	2634 pts
7	Parramatta	2632 pts
8	Blacktown	2560 pts

## 2 X Long Jump & 2 X High Jump

### Under 11

1	Hills District	3616 pts	1	Mid South Coast	3134 pts
2	Parramatta	3330 pts	2	Gosford	3088 pts
3	Blacktown	3328 pts	3	Winston Hills	3084 pts
4	Bankstown Sports	3276 pts	4	St George	3024 pts
5	Port Hacking	3222 pts	5	Blacktown	3002 pts
6	Ku-Ring-Gai	3216 pts	6	Manly Warringah	2988 pts
7	Sutherland	3150 pts	7	Ku-Ring-Gai	2918 pts
8	Randwick/Botany	3060 pts	8	Parramatta	2880 pts

### Under 12

1	Northern Suburbs	3598 pts	1	Northern Districts	3406 pts
2	Blacktown	3534 pts	2	Ku-Ring-Gai	3352 pts
3	Winston Hills	3520 pts	3	Parramatta	3284 pts
4	Parramatta	3448 pts	4	Manly Warringah	3222 pts
5	Penrith	3354 pts	5	Port Hacking	3032 pts
6	Manly Warringah	3254 pts	6	Winston Hills	2336 pts
7	Ambarvale	3234 pts	7	Blacktown	2230 pts
8	Northern Districts	3188 pts	8	Randwick/Botany	2220 pts

### Under 13

1	Mid South Coast	3046 pts	1	Bankstown Sports	3128 pts
2	Randwick/Botany	2968 pts	2	Winston Hills	2916 pts
3	Cherrybrook	2920 pts	3	Hornsby	2792 pts
4	Hills District	2912 pts	4	Manly Warringah	2758 pts
5	Colyton/St. Clair	2898 pts	5	Ku-Ring-Gai	2524 pts
6	Ku-Ring-Gai	2878 pts	6	Blacktown	2042 pts
7	Port Hacking	2870 pts	7	Mid South Coast	1938 pts
8	Doonside	2836 pts	8	Randwick/Botany	1782 pts

### Under 14

1	Parramatta	3794 pts	<b>REC</b>	1	Parramatta	3162 pts
2	Kurrajong/Bilpin	3488 pts		2	Cherrybrook	2918 pts
3	Ku-Ring-Gai	3470 pts		3	Northern Districts	2210 pts
4	Manly Warringah	3232 pts		4	Manly Warringah	2154 pts
5	Winston Hills	3188 pts		5	Springwood	1952 pts
6	Northern Districts	3144 pts		6	Northern Suburbs	1686 pts
7	Randwick/Botany	2720 pts		7	Port Hacking	1612 pts
8	Hills District	2170 pts		8	Gosford	1552 pts

### Under 15

1	Colyton/St. Clair	3398 pts		1	Northern Suburbs	3394 pts
2	Northern Districts	3330 pts		2	Port Hacking	3274 pts
3	Werrington	3310 pts		3	Gosford	3266 pts
4	Port Hacking	3268 pts		4	Winston Hills	3116 pts
5	Randwick/Botany	3228 pts		5	Mid South Coast	3026 pts
6	Northern Suburbs	3220 pts		6	Ku-Ring-Gai	2870 pts
7	Bankstown Sports	3194 pts		7	Northern Districts	2784 pts
8	Hornsby	2514 pts		8	Blacktown	2572 pts

## 2 X Shot Put & 2 X Discus

### Under 8

1	Blacktown	2971 pts	<b>REC</b>	1	Port Hacking	2590 pts	<b>REC</b>
2	Doonside	2901 pts		2	Randwick/Botany	2585 pts	
3	Bankstown Sports	2769 pts		3	Northern Suburbs	2530 pts	
4	Northern Suburbs	2725 pts		4	Manly Warringah	2501 pts	
5	Ryde	2668 pts		5	Winston Hills	2340 pts	
6	Parramatta	2614 pts		6=	Ku-Ring-Gai	2283 pts	
7	Holroyd	2511 pts		6=	Bankstown Sports	2283 pts	
8	Colyton/St. Clair	2508 pts		8	Blacktown	2249 pts	

**BOYS****GIRLS****2 X Shot Put & 2 X Discus****Under 9**

1	Manly Warringah	3184 pts	1	Smithfield	3093 pts <b>REC</b>
2	Western Suburbs	2961 pts	2	Winston Hills	2981 pts
3	Randwick/Botany	2850 pts	3	Blacktown	2808 pts
4	Northern Districts	2813 pts	4	Manly Warringah	2728 pts
5	Nepean	2805 pts	5	Ambarvale	2500 pts
6	Ryde	2802 pts	6	Colyton/St. Clair	2457 pts
7	Parramatta	2746 pts	7	Ryde	2347 pts
8	Bankstown Sports	2739 pts	8	Hornsby	2322 pts

**Under 10**

1	Randwick/Botany	3279 pts	1	Ku-Ring-Gai	3123 pts
2	Werrington	3083 pts	2	Nepean	3031 pts
3	Manly Warringah	3053 pts	3	Northern Suburbs	3001 pts
4	Gosford	3047 pts	4	Winston Hills	2902 pts
5	Parramatta	3039 pts	5	Ryde	2819 pts
6	Blacktown	3036 pts	6	Parramatta	2757 pts
7	Hills District	2948 pts	7	Hills District	2749 pts
8	Ku-Ring-Gai	2888 pts	8	Hornsby	2725 pts

**Under 11**

1	Randwick/Botany	3211 pts	1	Winston Hills	3392 pts <b>REC</b>
2	Manly Warringah	3114 pts	2	Ryde	2821 pts
3	Ku-Ring-Gai	3098 pts	3	Smithfield	2759 pts
4	Blacktown	3076 pts	4	Manly Warringah	2676 pts
5	Hills District	3044 pts	5	Bankstown Sports	2651 pts
6	Sutherland	3005 pts	6	Gosford	2649 pts
7	Terrigal Wamberal	2977 pts	7	Ku-Ring-Gai	2641 pts
8	Western Suburbs	2934 pts	8	Hornsby	2506 pts

**Under 12**

1	Winston Hills	3190 pts	1	Ku-Ring-Gai	3195 pts
2	Sutherland	3160 pts	2	Winston Hills	3015 pts
3	Northern Suburbs	3000 pts	3	Randwick/Botany	2791 pts
4	Parramatta	2953 pts	4	Hornsby	2691 pts
5	Blacktown	2890 pts	5	Northern Districts	2612 pts
6	Ryde	2487 pts	6	Parramatta	2571 pts
7	Doonside	2468 pts	7	Port Hacking	2548 pts
8	Holroyd	2257 pts	8	Blacktown	2250 pts

**Under 13**

1	Randwick/Botany	3629 pts <b>REC</b>	1	Winston Hills	2982 pts
2	Blacktown	3142 pts	2	Colyton/St. Clair	2978 pts
3	Ku-Ring-Gai	3115 pts	3	Bankstown Sports	2942 pts
4	Bankstown Sports	3082 pts	4	Greystanes	2917 pts
5	Manly Warringah	2951 pts	5	Hornsby	2732 pts
6	Hills District	2738 pts	6	Northern Suburbs	2709 pts
7	Campbelltown	2712 pts	7	Terrigal Wamberal	2600 pts
8	Northern Districts	2508 pts	8	Ku-Ring-Gai	2541 pts

**Under 14**

1	Doonside	3284 pts	1	Springwood	3220 pts
2	Parramatta	3141 pts	2	Ambarvale	3103 pts
3	Winston Hills	3132 pts	3	Hornsby	2852 pts
4	Ku-Ring-Gai	2693 pts	4	Manly Warringah	2792 pts
5	Ambarvale	2384 pts	5	Winston Hills	2493 pts
6	Northern Districts	2112 pts	6	Northern Districts	2491 pts
7	Hills District	1919 pts	7	Port Hacking	2227 pts
8	Randwick/Botany	1844 pts			

**BOYS****GIRLS****2 X Shot Put & 2 X Discus****Under 15**

1	Bankstown Sports	3833 pts	1	Winston Hills	3180 pts
2	Werrington	3439 pts	2	Northern Suburbs	2981 pts
3	Colyton/St. Clair	3023 pts	3	Northern Districts	2941 pts
4	Port Hacking	2895 pts	4	Gosford	2817 pts
5	Northern Suburbs	2874 pts	5	Mid South Coast	2801 pts
6	Northern Districts	2769 pts	6	Blacktown	2755 pts
7	Ryde	2613 pts	7	Randwick/Botany	2580 pts
8	Hills District	2315 pts	8	Port Hacking	2540 pts

**NEW STATE RECORDS****RELAY FIELD**

U11 Girls Shot/Discus	Winston Hills	3392 pts	(Old Rec: 3128 pts)
U13 Boys Shot/Discus	Randwick/Botany	3629 pts	(Old Rec: 3401 pts)
U14 Boys Long/High	Parramatta	3794 pts	(Old Rec: 3764 pts)
U8 Boys Long Jump	Ku-Ring-Gai	3072 pts	(New Event)
U8 Boys Shot/Discus	Blacktown	2971 pts	(New Event)
U8 Girls Long Jump	Northern Suburbs	2896 pts	(New Event)
U8 Girls Shot/Discus	Port Hacking	2590 pts	(New Event)
U9 Girls Shot/Discus	Smithfield	3093 pts	(Old Rec: 3032 pts)

**RELAY TRACK**

U13 Girls 4 x 100m	Port Hacking	50.7s	(Old Rec: 51.0s)
U14 Girls 4 x 100m	Port Hacking	50.3s	(Old Rec: 50.4s)
U13 Mixed 4 x 400m	Northern Suburbs	4:06.1	(Old Rec: 4:06.9)

**INDIVIDUAL**

U9 Girls Discus	Filoi Aokuso	Blacktown	31.22m	(Old Rec: 30.10m)
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