

**LITTLE ATHLETICS ASSOCIATION OF NSW  
STATE RELAY CHAMPIONSHIP 2007  
Results - Day 1 Junior Field Events**

**Girls U 8 Years 4 x Long Jump**

1 Bankstown Sports, 5	---	2946 Pts
2 Hornsby, 4	---	2816
3 Northern Districts, 157	---	2784
4 Manly Warringah, 3	---	2694
5 Ku-Ring-Gai, 84	---	2632
6 Winston Hills, 76	---	2622
7 Parramatta, 7	---	2534
8 Northern Suburbs, 54	---	2514
9 Camden, 61	---	2510
10 Cherrybrook, 219	---	2476
11 Hills District, 15	---	2466
12 Blacktown, 8	---	2432
13 Orange, 78	---	2244
14 Randwick Botany, 1	---	1718
15 Rouse Hill, 248	---	1170
16 Nepean, 13	---	1146

**Girls U 9 Years 4 x Long Jump**

1 Northern Suburbs, 54	---	3184 Pts
2 Ku-Ring-Gai, 84	---	3166
3 Randwick Botany, 1	---	3094
4 Northern Districts, 157	---	3064
5 Manly Warringah, 3	---	3014
6 Blacktown, 8	---	2992
7 Parramatta, 7	---	2990
8 Girraween, 51	---	2954
9 Hills District, 15	---	2904
10 Campbelltown Uws, 36	---	2898
11 Doonside, 140	---	2830
12 Balmain, 17	---	2770
13 Winston Hills, 76	---	2576
14 Rouse Hill, 248	---	2292

**Girls U 10 Years Long/High**

1 Hornsby, 4	---	2968 Pts
2 Manly Warringah, 3	---	2798
3 Doonside, 140	---	2698
4 Ku-Ring-Gai, 84	---	2684
5 Hills District, 15	---	2678
6 Northern Districts, 157	---	2626
7 St George, 9	---	2510
8 Holroyd, 6	---	2496
9 Blacktown, 8	---	2438
10 Nepean, 13	---	2418
11 Campbelltown Uws, 36	---	2326
12 Randwick Botany, 1	---	1982
13 Winston Hills, 76	---	1894
14 Parramatta, 7	---	1796
15 Port Hacking, 110	---	1242
16 Northern Suburbs, 54	---	1062
17 Rouse Hill, 248	---	458

**LITTLE ATHLETICS ASSOCIATION OF NSW  
STATE RELAY CHAMPIONSHIP 2007  
Results - Day 1 Junior Field Events**

**Girls U 11 Years Long/High**

1 Bankstown Sports, 5	---	3098 Pts
2 Cherrybrook, 219	---	3072
3 Manly Warringah, 3	---	3020
4 Northern Districts, 157	---	3006
5 Colyton/St Clair, 151	---	2978
6 Ku-Ring-Gai, 84	---	2974
7 Northern Suburbs, 54	---	2934
8 Winston Hills, 76	---	2796
9 Hornsby, 4	---	2792
10 Parramatta, 7	---	2752
11 Blacktown, 8	---	2738
12 Port Hacking, 110	---	2714
13 Randwick Botany, 1	---	2684
14 Ryde, 38	---	2626
15 Nepean, 13	---	1692
16 Camden, 61	---	1232
17 St George, 9	---	1136
18 Nrocks/Carlingford, 158	---	776

**Girls U 8 Years Shot/Discus**

1 Revesby Workers, 136	---	2673 Pts	<b>RECORD</b>
2 Manly Warringah, 3	---	2585	
3 Bankstown Sports, 5	---	2528	
4 Northern Districts, 157	---	2507	
5 Northern Suburbs, 54	---	2431	
6 Werrington, 131	---	2382	
7 Cherrybrook, 219	---	2320	
8 Winston Hills, 76	---	2315	
9 Blacktown, 8	---	2250	
10 Ku-Ring-Gai, 84	---	2133	
11 Camden, 61	---	2074	
12 Orange, 78	---	1960	
13 Parramatta, 7	---	1955	
14 Liverpool, 48	---	1948	
15 Hornsby, 4	---	1915	
16 Ryde, 38	---	1495	
17 Nepean, 13	---	1444	
18 Randwick Botany, 1	---	1429	
19 Rouse Hill, 248	---	823	

**Girls U 9 Years Shot/Discus**

1 Doonside, 140	---	2569 Pts
2 Randwick Botany, 1	---	2561
3 Bankstown Sports, 5	---	2527
4 Blacktown, 8	---	2520
5 Northern Districts, 157	---	2515
6 Northern Suburbs, 54	---	2456
7 Winston Hills, 76	---	2447
8 Campbelltown Uws, 36	---	2244
9 Ku-Ring-Gai, 84	---	2243
10 Hills District, 15	---	2211

**LITTLE ATHLETICS ASSOCIATION OF NSW  
STATE RELAY CHAMPIONSHIP 2007  
Results - Day 1 Junior Field Events**

11 Rouse Hill, 248	---	2173
12 Manly Warringah, 3	---	1907
13 Parramatta, 7	---	1842
14 Ryde, 38	---	870

**Girls U 10 Years Shot/Discus**

1 Parramatta, 7	---	2969 Pts
2 Hornsby, 4	---	2908
3 Manly Warringah, 3	---	2860
4 Ku-Ring-Gai, 84	---	2753
5 Blacktown, 8	---	2658
6 Randwick Botany, 1	---	2643
7 Campbelltown Uws, 36	---	2568
8 Doonside, 140	---	2545
9 St George, 9	---	2519
10 Port Hacking, 110	---	2510
11 Holroyd, 6	---	2462
12 Hills District, 15	---	2419
13 Winston Hills, 76	---	2378
14 Rouse Hill, 248	---	2316
15 Nepean, 13	---	2097
16 Northern Districts, 157	---	1885
17 Northern Suburbs, 54	---	1763
18 Cherrybrook, 219	---	1673

**Girls U 11 Years Shot/Discus**

1 Northern Suburbs, 54	---	2947 Pts
2 Bankstown Sports, 5	---	2819
3 Port Hacking, 110	---	2772
4 Winston Hills, 76	---	2766
5 Northern Districts, 157	---	2734
6 Manly Warringah, 3	---	2683
7 Colyton/St Clair, 151	---	2670
8 Ryde, 38	---	2580
9 Ku-Ring-Gai, 84	---	2569
10 Hornsby, 4	---	2507
11 Randwick Botany, 1	---	2440
12 Blacktown, 8	---	2377
13 St George, 9	---	2312
14 Parramatta, 7	---	2309
15 Nepean, 13	---	2303
16 Hills District, 15	---	2287
17 Liverpool, 48	---	2285
18 Camden, 61	---	2207
19 Nrocks/Carlingford, 158	---	846

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Field Events**

**Boys U 8 Years 4 x Long Jump**

1 Ku-Ring-Gai, 84	---	3022 Pts
2 Northern Districts, 157	---	2954
3 Parramatta, 7	---	2936
4 Colyton/St Clair, 151	---	2918
5 Manly Warringah, 3	---	2854
6 Bankstown Sports, 5	---	2830
7 St George, 9	---	2788
8 Winston Hills, 76	---	2738
9 Northern Suburbs, 54	---	2714
10 Randwick Botany, 1	---	2638
11 Hills District, 15	---	2568
12 Blacktown, 8	---	2498
13 Camden, 61	---	2364
14 Hornsby, 4	---	2072
15 Rouse Hill, 248	---	1418

**Boys U 9 Years 4 x Long Jump**

1 Winston Hills, 76	---	3310 Pts
2 Parramatta, 7	---	3232
3 Northern Suburbs, 54	---	3190
4 Balmain, 17	---	3172
5 Doonside, 140	---	3162
6 Manly Warringah, 3	---	3154
7 Northern Districts, 157	---	3080
8 Ku-Ring-Gai, 84	---	3070
9 Blacktown, 8	---	3062
10 Cherrybrook, 219	---	2998
11 Hills District, 15	---	2988
12 St George, 9	---	2850
13 Nepean, 13	---	2832
14 Randwick Botany, 1	---	2750
15 Rouse Hill, 248	---	1432
16 Hornsby, 4	---	1332

**Boys U 10 Years Long/High**

1 Manly Warringah, 3	---	3134 Pts
2 Cherrybrook, 219	---	3020
3 Northern Districts, 157	---	2818
4 Winston Hills, 76	---	2796
5 Ku-Ring-Gai, 84	---	2770
6 Doonside, 140	---	2756
7 Hills District, 15	---	2696
8 Northern Suburbs, 54	---	2642
9 Parramatta, 7	---	2632
10 Port Hacking, 110	---	2100
11 Blacktown, 8	---	1910
12 Rouse Hill, 248	---	1720
13 Ryde, 38	---	1322

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Field Events**

**Boys U 11 Years Long/High**

1 Northern Suburbs, 54	---	3632 Pts
2 Manly Warringah, 3	---	3244
3 Bankstown Sports, 5	---	3240
4 Ku-Ring-Gai, 84	---	3126
5 Liverpool, 48	---	3084
6 Northern Districts, 157	---	3072
7 Parramatta, 7	---	3060
8 Nepean, 13	---	3010
9 Balmain, 17	---	2962
10 Winston Hills, 76	---	2936
11 Blacktown, 8	---	2902
12 Werrington, 131	---	2846
13 Ryde, 38	---	2722
14 Randwick Botany, 1	---	2650
15 Ambarvale, 58	---	2084
16 Cherrybrook, 219	---	1454
17 St George, 9	---	696
18 Rouse Hill, 248	---	566

**Boys U 8 Years Shot/Discus**

1 Northern Districts, 157	---	3108 Pts
2 Manly Warringah, 3	---	2888
3 Bankstown Sports, 5	---	2773
4 Colyton/St Clair, 151	---	2766
5 Winston Hills, 76	---	2765
6 St George, 9	---	2640
7 Northern Suburbs, 54	---	2602
8 Ku-Ring-Gai, 84	---	2523
9 Parramatta, 7	---	2432
10 Blacktown, 8	---	2139
11 Ryde, 38	---	1953
12 Hills District, 15	---	1718
13 Rouse Hill, 248	---	1618
14 Randwick Botany, 1	---	1594
15 Hornsby, 4	---	1578

**Boys U 9 Years Shot/Discus**

1 St George, 9	---	2979 Pts
2 Ku-Ring-Gai, 84	---	2970
3 Nepean, 13	---	2930
4 Doonside, 140	---	2895
5 Northern Suburbs, 54	---	2736
6 Northern Districts, 157	---	2717
7 Parramatta, 7	---	2672
8 Manly Warringah, 3	---	2614
9 Winston Hills, 76	---	2525
10 Hills District, 15	---	2492
11 Blacktown, 8	---	2269
12 Randwick Botany, 1	---	1672
13 Hornsby, 4	---	1238
14 Rouse Hill, 248	---	1123

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Field Events**

**Boys U 10 Years Shot/Discus**

1 Manly Warringah, 3	---	3453 Pts
2 Port Hacking, 110	---	3272
3 Winston Hills, 76	---	2990
4 Western Suburbs, 20	---	2985
5 Doonside, 140	---	2972
6 Northern Districts, 157	---	2962
7 Hills District, 15	---	2831
8 Parramatta, 7	---	2816
9 Ryde, 38	---	2638
10 Blacktown, 8	---	2492
11 Ku-Ring-Gai, 84	---	2357
12 Northern Suburbs, 54	---	2187
13 Rouse Hill, 248	---	1755
14 Randwick Botany, 1	---	1399

**Boys U 11 Years Shot/Discus**

1 Liverpool, 48	---	3317 Pts
2 Blacktown, 8	---	3203
3 Northern Suburbs, 54	---	3119
4 Manly Warringah, 3	---	3055
5 Bankstown Sports, 5	---	2987
6 Randwick Botany, 1	---	2909
6 Werrington, 131	---	2909
8 Ku-Ring-Gai, 84	---	2905
9 Northern Districts, 157	---	2890
10 Nepean, 13	---	2842
11 Cherrybrook, 219	---	2770
12 Ryde, 38	---	2506
13 Winston Hills, 76	---	2268
14 Parramatta, 7	---	2236
15 Rouse Hill, 248	---	1792
16 St George, 9	---	509

**Mixed U 8-11 4 x Long Jump**

1 Cranebrook, 184	---	2362 Pts	<b>RECORD</b>
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**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Track Events**

**Mixed U 8 Years 100 Metre x 4**

1 Helensburgh, 44	---	1:10.0
2 Jamison, 163	---	1:10.6
3 Prospect, 95	---	1:12.2
4 Ambarvale, 58	---	1:12.6
5 Eschol Park, 202	---	1:12.9

**Mixed U 9 Years 100 Metre x 4**

1 Helensburgh, 44	---	1:03.4
2 Orange, 78	---	1:07.1
3 Jamison, 163	---	1:07.4
4 Prospect, 95	---	1:09.3
5 Ambarvale, 58	---	1:11.5
6 Springwood, 35	---	1:12.5
7 Warradale, 45	---	1:13.6

**Mixed U 10 Years 100 Metre x 4**

1 Jamison, 163	---	59.8
2 Helensburgh, 44	---	1:04.0
3 Douglas Park, 179	---	1:05.4
4 Prospect, 95	---	1:07.0
5 Warradale, 45	---	1:07.8

**Mixed U 11 Years 100 Metre x 4**

1 Jamison, 163	---	58.8
2 Orange, 78	---	59.9
3 Douglas Park, 179	---	1:00.3
4 Helensburgh, 44	---	1:00.9
5 Prospect, 95	---	1:03.7

**Mixed U 8-11 100 Metre x 4 (Junior)**

1 Cranebrook, 184	---	1:07.3	<b>RECORD</b>
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**Girls U 8 Years 100 Metre x 4**

Team	Heats	Final
Final		
1 Albion Park, 71	---	1:08.9 1:08.0
2 Manly Warringah, 3	---	1:09.2 1:09.4
3 Kurrajong/Bilpin, 150	---	1:10.9 1:10.2
3 Hills District, 15	---	1:10.3 1:10.2
5 Randwick Botany, 1	---	1:11.6 1:11.2
5 Doonside, 140	---	1:11.2 1:11.2
7 Holroyd, 6	---	1:12.0 1:13.2
7 Camden, 61	---	1:12.8 1:13.2
9 Eastern Suburbs, 2	---	1:11.6 2:04.9

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Track Events**

Heats

10 St George, 9	---	1:14.5
11 Wollongong City, 102	---	1:14.6
12 Ryde, 38	---	1:15.0
13 Werrington, 131	---	1:15.4
14 Liverpool, 48	---	1:15.5
15 Tuggerah Lk Mingara, 165	---	1:18.8
16 Rouse Hill, 248	---	1:19.3
17 Minchinbury, 195	---	1:51.0
-- Cherrybrook, 219	---	DQ
-- Winston Hills, 76	---	DQ
-- Balmain, 17	---	DQ
-- Port Hacking, 110	---	DQ
-- Northern Suburbs, 54	---	DQ
-- Ku-Ring-Gai, 84	---	DQ

**Boys U 8 Years 100 Metre x 4**

Team	Heats	Final
Final		
1 Randwick Botany, 1	---	1:07.7 1:06.4
2 Northern Suburbs, 54	---	1:07.3 1:06.8
3 Albion Park, 71	---	1:09.1 1:07.1
4 Camden, 61	---	1:07.6 1:07.4
5 Kings Langley, 53	---	1:07.7 1:07.6
6 Manly Warringah, 3	---	1:09.7 1:07.8
7 Hornsby, 4	---	1:09.6 1:08.2
8 Liverpool, 48	---	1:07.9 1:08.3
9 Cherrybrook, 219	---	1:09.1 1:09.7
Heats		
10 Kurrajong/Bilpin, 150	---	1:10.1
11 Werrington, 131	---	1:10.2
11 Eastern Suburbs, 2	---	1:10.2
13 St George, 9	---	1:10.3
14 Balmain, 17	---	1:10.4
15 Greystanes, 39	---	1:11.2
15 Rouse Hill, 248	---	1:11.2
15 Winston Hills, 76	---	1:11.2
18 Ku-Ring-Gai, 84	---	1:11.9
19 Port Hacking, 110	---	1:12.0
20 Holroyd, 6	---	1:16.2
21 Hills District, 15	---	1:21.4
22 Minchinbury, 195	---	1:22.6
-- Doonside, 140	---	DQ



**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Track Events**

**Girls U 9 Years 100 Metre x 4**

Team	Heats	Final
Final		
1 Randwick Botany, 1 ---	1:02.3	1:02.4
2 Balmain, 17 ---	1:04.2	1:04.8
3 Hills District, 15 ---	1:04.6	1:05.0
4 Tuggerah Lk Mingara, 165 ---	1:05.5	1:05.1
4 Ryde, 38 ---	1:04.1	1:05.1
6 Campbelltown Uws, 36 ---		1:05.7
7 Greystanes, 39 ---	1:05.1	1:06.0
8 Western Suburbs, 20 ---	1:05.5	1:06.2
9 Ku-Ring-Gai, 84 ---	1:05.1	1:06.9
Heats		
9 Port Hacking, 110 ---	1:05.8	
10 Emu Plains, 121 ---	1:05.9	
11 Holroyd, 6 ---	1:06.0	
11 Bathurst, 59 ---	1:06.0	
13 Manly Warringah, 3 ---	1:06.1	
14 St George, 9 ---	1:06.3	
15 Camden, 61 ---	1:06.9	
16 Nepean, 13 ---	1:07.2	
17 Albion Park, 71 ---	1:07.5	
18 Cherrybrook, 219 ---	1:07.6	
19 Northern Suburbs, 54 ---	1:07.9	
20 Hornsby, 4 ---	1:08.2	
20 Penrith Valley, 66 ---	1:08.2	
22 Wollongong City, 102 ---	1:08.5	
23 Liverpool, 48 ---	1:08.7	
24 Mosman, 19 ---	1:08.8	
25 Winston Hills, 76 ---	1:09.5	
26 Eastern Suburbs, 2 ---	1:09.8	
27 Rouse Hill, 248 ---	1:10.3	
28 Kurrajong/Bilpin, 150 ---	1:10.5	
29 Werrington, 131 ---	1:12.7	
30 Minchinbury, 195 ---	1:15.5	

**Boys U 9 Years 100 Metre x 4**

Team	Heats	Final
Final		
1 Randwick Botany, 1 ---	1:00.4	59.9
2 Winston Hills, 76 ---	59.7	1:00.2
3 Eastern Suburbs, 2 ---	1:02.1	1:00.3
4 Wollongong City, 102 ---	1:01.3	1:01.4
5 St George, 9 ---	1:02.2	1:01.7
6 Northern Suburbs, 54 ---	1:02.0	1:02.1
7 Tuggerah Lk Mingara, 165 ---	1:03.3	1:02.2
8 Hills District, 15 ---	1:03.0	1:02.4
9 Port Hacking, 110 ---	1:02.7	1:03.0

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Heats

10 Northern Districts, 157	---	1:03.5
11 Albion Park, 71	---	1:04.0
12 Manly Warringah, 3	---	1:04.1
13 Campbelltown Uws, 36	---	1:04.4
14 Nepean, 13	---	1:05.4
15 Cherrybrook, 219	---	1:05.7
16 Western Suburbs, 20	---	1:06.2
17 Kurrajong/Bilpin, 150	---	1:06.3
18 Camden, 61	---	1:06.6
19 Hornsby, 4	---	1:06.8
19 Mosman, 19	---	1:06.8
21 Werrington, 131	---	1:07.2
22 Holroyd, 6	---	1:07.3
23 Ku-Ring-Gai, 84	---	1:08.2
24 Rouse Hill, 248	---	1:09.1
25 Balmain, 17	---	1:09.4
26 Ryde, 38	---	1:09.6
-- Emu Plains, 121	---	DQ

**Girls U 8-11 800 Metre M Dist. (Junior)**

Team	Heats	Final	
<b>Final</b>			
1 Manly Warringah, 3	---	11:28.8	11:19.6 <b>RECORD</b>
2 Holroyd, 6	---	11:33.8	11:32.5
3 Ku-Ring-Gai, 84	---	11:46.2	11:41.6
4 Hills District, 15	---	11:50.9	11:46.8
5 Randwick Botany, 1	---	11:55.8	12:02.8
6 Emu Plains, 121	---	12:03.4	12:04.0
7 Winston Hills, 76	---	12:05.6	12:14.8
8 Mosman, 19	---	11:57.1	12:25.0
-- Helensburgh, 44	---	11:48.9	DNF
<b>Heats</b>			
10 Port Hacking, 110	---	12:16.6	
11 Ryde, 38	---	12:23.9	
12 Cherrybrook, 219	---	12:32.6	
13 Kurrajong/Bilpin, 150	---	12:39.9	
14 Northern Suburbs, 54	---	12:46.2	
15 Rouse Hill, 248	---	13:15.8	

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Track Events**

**Boys U 8-11 800 Metre M Dist. (Junior)**

Team	Heats	Final
Final		
1 Northern Suburbs, 54	---	10:56.6 <b>RECORD</b>
2 Hills District, 15	---	11:02.0
3 Manly Warringah, 3	---	11:13.2
4 Western Suburbs, 20	---	11:20.7
5 Parramatta, 7	---	11:22.6
6 Helensburgh, 44	---	11:28.3
7 Girraween, 51	---	11:33.3
8 Winston Hills, 76	---	11:36.2
9 Ku-Ring-Gai, 84	---	11:37.1
10 Werrington, 131	---	11:41.4
11 Port Hacking, 110	---	11:43.6
12 Holroyd, 6	---	11:58.4
13 Mosman, 19	---	12:04.2
14 Kurrajong/Bilpin, 150	---	12:07.0
15 Cherrybrook, 219	---	12:08.9
16 Randwick Botany, 1	---	12:15.8

**Girls U 10 Years 100 Metre x 4**

Team	Heats	Final
Final		
1 Manly Warringah, 3	---	1:00.3 59.3
2 Eastern Suburbs, 2	---	1:00.9 59.6
3 Randwick Botany, 1	---	59.4 59.9
4 Camden, 61	---	1:01.3 1:01.1
5 Hills District, 15	---	1:01.3 1:01.9
6 Wollongong City, 102	---	1:02.1 1:02.2
7 Ryde, 38	---	1:01.0 1:02.5
8 Campbelltown Uws, 36	---	1:03.3 1:03.1
9 Tuggerah Lk Mingara, 165	---	1:02.7 1:03.5
Heats		
10 Cherrybrook, 219	---	1:02.9
11 Holroyd, 6	---	1:03.8
12 Balmain, 17	---	1:04.7
13 Port Hacking, 110	---	1:04.8
14 Albion Park, 71	---	1:04.9
15 Greystanes, 39	---	1:05.4
16 Kurrajong/Bilpin, 150	---	1:05.9
17 Canterbury, 55	---	1:06.0
18 Ku-Ring-Gai, 84	---	1:06.4
19 Mosman, 19	---	1:07.4
20 Winston Hills, 76	---	1:07.5
21 Doonside, 140	---	1:07.8
22 Minchinbury, 195	---	1:11.6
23 Nepean, 13	---	1:12.0
-- Northern Suburbs, 54	---	DQ

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Track Events**

**Boys U 10 Years 100 Metre x 4**

Team	Heats	Final
Final		
1 Ku-Ring-Gai, 84	---	57.5 58.1
2 Northern Suburbs, 54	---	58.3 58.6
3 Manly Warringah, 3	---	58.4 58.8
4 Eastern Suburbs, 2	---	58.7 59.3
4 Wollongong City, 102	---	58.5 59.3
6 Tuggerah Lk Mingara, 165	---	59.0 1:00.0
7 Hills District, 15	---	59.2 1:00.4
8 Randwick Botany, 1	---	59.9 1:00.5
9 Camden, 61	---	1:01.5 1:02.1
Heats		
10 Winston Hills, 76	---	59.9
11 Mosman, 19	---	1:00.0
12 Illawong, 70	---	1:00.1
13 Kurrajong/Bilpin, 150	---	1:00.3
14 Cherrybrook, 219	---	1:00.6
15 Sutherland, 11	---	1:01.0
16 Albion Park, 71	---	1:01.4
17 Werrington, 131	---	1:02.2
18 Holroyd, 6	---	1:02.7
19 Campbelltown Uws, 36	---	1:03.2
20 Ryde, 38	---	1:03.3
21 Canterbury, 55	---	1:03.6
22 Liverpool, 48	---	1:03.9
23 Colyton/St Clair, 151	---	1:04.1
24 Port Hacking, 110	---	1:05.1
-- Balmain, 17	---	DQ

**Girls U 11 Years 100 Metre x 4**

Team	Heats	Final
Final		
1 Tuggerah Lk Mingara, 165	---	56.8 57.0
2 Northern Suburbs, 54	---	56.9 57.2
3 Hills District, 15	---	58.1 58.5
4 Port Hacking, 110	---	59.3 58.9
5 Mosman, 19	---	59.9 1:00.5
6 Manly Warringah, 3	---	1:00.1 1:00.6
7 Camden, 61	---	59.8 1:00.9
8 Cherrybrook, 219	---	58.3 1:01.2
9 Liverpool, 48	---	1:00.0 1:01.6

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Track Events**

Heats

10 Randwick Botany, 1	---	1:00.3
11 Illawong, 70	---	1:00.5
12 Balmain, 17	---	1:01.1
13 Eastern Suburbs, 2	---	1:01.9
14 Kings Langley, 53	---	1:02.0
14 Revesby Workers, 136	---	1:02.0
16 Nrocks/Carlingford, 158	---	1:02.8
17 Ku-Ring-Gai, 84	---	1:02.9
17 Kurrajong/Bilpin, 150	---	1:02.9
19 Albion Park, 71	---	1:03.3
20 Ryde, 38	---	1:04.0
21 Nepean, 13	---	1:06.6
22 Minchinbury, 195	---	1:09.1

**Boys U 11 Years 100 Metre x 4**

Team	Heats	Final
Final		
1 Manly Warringah, 3	---	55.9 55.3
2 Ku-Ring-Gai, 84	---	55.7 56.0
3 Port Hacking, 110	---	56.7 56.1
4 Cherrybrook, 219	---	57.2 57.0
5 Wollongong City, 102	---	57.9 57.9
6 Holroyd, 6	---	58.7 58.6
7 Ryde, 38	---	58.9 58.8
8 Northern Suburbs, 54	---	59.4 59.2
9 Albion Park, 71	---	58.7 59.4
Heats		
10 Illawong, 70	---	59.7
11 Rouse Hill, 248	---	1:00.2
12 Randwick Botany, 1	---	1:00.5
13 Lake Illawarra, 10	---	1:00.8
14 Balmain, 17	---	1:01.7
15 Kurrajong/Bilpin, 150	---	1:02.0
16 Hills District, 15	---	1:03.2
17 Winston Hills, 76	---	1:05.2
18 Minchinbury, 195	---	1:10.2
-- Eastern Suburbs, 2	---	DQ
-- Mosman, 19	---	DQ
-- Nepean, 13	---	DQ

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Track Events**

**Mixed U 8 Years 200 Metre x 4**

Team		Heats	Final
Final			
1 Manly Warringah, 3	---	2:30.2	2:27.9
2 Randwick Botany, 1	---	2:32.2	2:28.3
3 Albion Park, 71	---	2:23.8	2:29.1
4 Port Hacking, 110	---	2:30.4	2:32.1
5 St George, 9	---	2:35.3	2:33.8
6 Camden, 61	---	2:31.7	2:34.7
7 Cherrybrook, 219	---	2:36.7	2:35.4
8 Eastern Suburbs, 2	---	2:35.0	2:35.7
9 Northern Suburbs, 54	---	2:34.3	2:38.6
Heats			
10 Werrington, 131	---	2:41.7	
11 Hills District, 15	---	2:42.9	
12 Winston Hills, 76	---	2:43.8	
13 Rouse Hill, 248	---	2:49.7	
14 Ku-Ring-Gai, 84	---	2:52.1	

**Mixed U 9 Years 200 Metre x 4**

Team		Heats	Final	
Final				
1 Randwick Botany, 1	---	2:12.1	2:08.2	<b>RECORD</b>
2 Port Hacking, 110	---	2:19.2	2:18.9	
3 Eastern Suburbs, 2	---	2:19.1	2:19.1	
4 Northern Suburbs, 54	---	2:20.6	2:19.9	
5 Tuggerah Lk Mingara, 165	---	2:20.6	2:20.8	
6 Albion Park, 71	---	2:19.7	2:21.1	
7 Wollongong City, 102	---	2:18.7	2:21.2	
8 Winston Hills, 76	---	2:21.5	2:21.4	
9 Hills District, 15	---	2:19.6	2:24.0	
Heats				
10 Ryde, 38	---	2:22.6		
11 Western Suburbs, 20	---	2:22.9		
12 Greystanes, 39	---	2:23.0		
13 Manly Warringah, 3	---	2:24.0		
13 Nepean, 13	---	2:24.0		
15 Campbelltown Uws, 36	---	2:24.4		
16 Cherrybrook, 219	---	2:24.8		
17 St George, 9	---	2:25.8		
18 Orange, 78	---	2:32.4		
19 Hornsby, 4	---	2:34.2		
20 Springwood, 35	---	2:35.2		
21 Rouse Hill, 248	---	2:36.4		
22 Warradale, 45	---	2:45.8		
-- Ku-Ring-Gai, 84	---	DQ		

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 1 Junior Track Events**

**Mixed U 10 Years 400 Metre x 4**

Team		Heats	Final
Final			
1 Ku-Ring-Gai, 84	---	5:01.6	4:54.8
2 Illawong, 70	---	5:01.6	5:01.2
3 Randwick Botany, 1	---	5:04.2	5:05.0
4 Manly Warringah, 3	---	5:11.8	5:08.2
5 Camden, 61	---	5:07.2	5:12.0
6 Wollongong City, 102	---	5:09.1	5:12.6
7 Tuggerah Lk Mingara, 165	---	5:11.7	5:13.6
8 Campbelltown Uws, 36	---	5:08.9	5:15.0
9 Port Hacking, 110	---	5:12.9	5:21.3
Heats			
10 Hills District, 15	---	5:17.0	
11 Eastern Suburbs, 2	---	5:20.7	
12 Ryde, 38	---	5:22.7	
13 Cherrybrook, 219	---	5:25.6	
14 Werrington, 131	---	5:29.3	
15 Albion Park, 71	---	5:30.6	
15 Northern Suburbs, 54	---	5:30.6	
17 Winston Hills, 76	---	5:34.2	
18 Liverpool, 48	---	5:46.5	
19 Warradale, 45	---	5:59.9	

**Mixed U 11 Years 400 Metre x 4**

Team		Heats	Final
Final			
1 Manly Warringah, 3	---	4:52.7	4:38.8
2 Port Hacking, 110	---	4:42.4	4:41.5
3 Cherrybrook, 219	---	4:51.4	4:43.8
4 Camden, 61	---	4:55.8	4:47.9
5 Hills District, 15	---	4:53.1	5:00.3
6 Ku-Ring-Gai, 84	---	4:52.5	5:04.7
7 Canterbury, 55	---	5:12.5	5:11.3
8 Northern Suburbs, 54	---	5:02.9	5:16.3
-- Randwick Botany, 1	---	4:59.5	DQ
Heats			
10 Albion Park, 71	---	5:06.8	
11 Eastern Suburbs, 2	---	5:07.2	
12 Nepean, 13	---	5:12.2	
13 Rouse Hill, 248	---	5:15.4	
14 Mosman, 19	---	5:15.9	
15 Orange, 78	---	5:16.0	
16 Ryde, 38	---	5:19.3	
17 Wollongong City, 102	---	5:19.4	
18 Winston Hills, 76	---	5:55.6	

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 2 Senior Field Events**

**Mixed U 12-15 4 x Long Jump (Senior)**

1 Cranebrook, 184	---	2588 Pts	<b>RECORD</b>
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**Girls U 12 Years Long/High**

1 Hills District, 15	---	3400 Pts
2 Northern Suburbs, 54	---	3346
3 Ryde, 38	---	3274
4 Blacktown, 8	---	3232
5 Balmain, 17	---	3148
6 Manly Warringah, 3	---	3130
7 Winston Hills, 76	---	3082
8 Randwick Botany, 1	---	3054
9 Helensburgh, 44	---	3004
10 Penrith Valley, 66	---	2872
11 Ku-Ring-Gai, 84	---	2480
12 Bankstown Sports, 5	---	2424
13 Northern Districts, 157	---	2286
14 Colyton/St Clair, 151	---	2238

**Boys U 12 Years Long/High**

1 Northern Suburbs, 54	---	3644 Pts
2 Randwick Botany, 1	---	3490
3 Ryde, 38	---	3486
4 Bankstown Sports, 5	---	3406
5 Manly Warringah, 3	---	3392
6 Ku-Ring-Gai, 84	---	3278
7 Tuggerah Lk Mingara, 165	---	3222
8 Winston Hills, 76	---	3120
9 Doonside, 140	---	3068
10 Parramatta, 7	---	3014
11 Blacktown, 8	---	2990
12 Port Hacking, 110	---	2822
13 Werrington, 131	---	2418

**Boys U 13 Years Shot/Discus**

1 Lethbridge Park, 12	---	3410 Pts
2 Werrington, 131	---	3119
3 Randwick Botany, 1	---	2966
4 Northern Districts, 157	---	2855
5 Parramatta, 7	---	2850
6 Bankstown Sports, 5	---	2779
7 Ryde, 38	---	2559
8 Blacktown, 8	---	2555
9 Campbelltown Uws, 36	---	2519
10 Ku-Ring-Gai, 84	---	2491
11 Winston Hills, 76	---	2105
12 Rouse Hill, 248	---	1304

**Girls U 14 Years Shot/Discus**

1 Winston Hills, 76	---	3074 Pts
2 Parramatta, 7	---	3066
3 Bankstown Sports, 5	---	3039
4 Hills District, 15	---	2849
5 Manly Warringah, 3	---	2785
6 Northern Districts, 157	---	2726



**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 2 Senior Field Events**

7 Ku-Ring-Gai, 84	---	2436
8 Northern Suburbs, 54	---	2226
9 Blacktown, 8	---	1450

**Boys U 14 Years Long/High**

1 Parramatta, 7	---	3938 Pts
2 Blacktown, 8	---	3522
3 Manly Warringah, 3	---	3390
4 Randwick Botany, 1	---	3068
5 Penrith Valley, 66	---	2386

**Girls U 13 Years Shot/Discus**

1 Nepean, 13	---	3145 Pts
2 Manly Warringah, 3	---	2979
3 Northern Districts, 157	---	2904
4 Port Hacking, 110	---	2833
5 Northern Suburbs, 54	---	2767
6 Liverpool, 48	---	2747
7 Ku-Ring-Gai, 84	---	2614
8 Shoalhaven, 120	---	2591
9 Cherrybrook, 219	---	2458
10 Ryde, 38	---	2331
11 Rouse Hill, 248	---	565

**Girls U 15 Years Shot/Discus**

1 Port Hacking, 110	---	2956 Pts
2 Ku-Ring-Gai, 84	---	2864
3 Winston Hills, 76	---	2819
4 Parramatta, 7	---	2362
5 Blacktown, 8	---	2194
6 Randwick Botany, 1	---	2029

**Girls U 14 Years Long/High**

1 Ku-Ring-Gai, 84	---	3154 Pts
2 Parramatta, 7	---	3090
3 Manly Warringah, 3	---	3080
4 Bankstown Sports, 5	---	2914
5 Northern Districts, 157	---	2694
6 Northern Suburbs, 54	---	2620
7 Winston Hills, 76	---	2326
8 Blacktown, 8	---	2154 Pts
9 Hills District, 15	---	2094

**Boys U 13 Years Long/High**

1 Kurrajong/Bilpin, 150	---	3222 Pts
2 Manly Warringah, 3	---	3068
3 Western Suburbs, 20	---	2924
4 Ryde, 38	---	2870
5 Winston Hills, 76	---	2824
6 Werrington, 131	---	2816
7 Ku-Ring-Gai, 84	---	2712
8 Campbelltown Uws, 36	---	2698
9 Randwick Botany, 1	---	2558
10 Northern Districts, 157	---	2514
11 Hills District, 15	---	1340
11 Rouse Hill, 248	---	1340

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 2 Senior Field Events**

**Boys U 15 Years Long/High**

1 Blacktown, 8	---	4262 Pts
2 Northern Suburbs, 54	---	3678
3 Ku-Ring-Gai, 84	---	3482
4 Manly Warringah, 3	---	3394
5 Western Suburbs, 20	---	3262
5 Bankstown Sports, 5	---	3262

**Boys U 14 Years Shot/Discus**

1 Randwick Botany, 1	---	3064 Pts
2 Manly Warringah, 3	---	3024
3 Parramatta, 7	---	2893
4 Blacktown, 8	---	2843
5 Northern Suburbs, 54	---	2841
6 Penrith Valley, 66	---	2235

**Girls U 15 Years Long/High**

1 Ku-Ring-Gai, 84	---	3096 Pts
2 Port Hacking, 110	---	2990
3 Parramatta, 7	---	2908
4 Blacktown, 8	---	2212
5 Winston Hills, 76	---	1462

**Boys U 12 Years Shot/Discus**

1 Manly Warringah, 3	---	3203 Pts
2 Bankstown Sports, 5	---	2855
3 Northern Suburbs, 54	---	2793
4 Port Hacking, 110	---	2654
5 Ku-Ring-Gai, 84	---	2605
6 Winston Hills, 76	---	2563
7 Doonside, 140	---	2532
8 Northern Districts, 157	---	2416 Pts
9 Werrington, 131	---	2340
10 Parramatta, 7	---	2015
11 Randwick Botany, 1	---	1998
12 Blacktown, 8	---	1498
13 Ryde, 38	---	1299

**Girls U 13 Years Long/High**

1 Hills District, 15	---	2974 Pts
2 Port Hacking, 110	---	2824
3 Northern Suburbs, 54	---	2804
4 Manly Warringah, 3	---	2796
5 Ryde, 38	---	2698
6 Ku-Ring-Gai, 84	---	2614
7 Shoalhaven, 120	---	2162
8 Northern Districts, 157	---	2090
9 Cherrybrook, 219	---	1922
10 Rouse Hill, 248	---	660

**Girls U 12 Years Shot/Discus**

1 Winston Hills, 76	---	3692 Pts
2 Blacktown, 8	---	3447
3 Bankstown Sports, 5	---	3084
4 Penrith Valley, 66	---	3051
5 Doonside, 140	---	3019

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP 2007**  
**Results - Day 2 Senior Field Events**

6 Northern Suburbs, 54	---	2888
7 Hills District, 15	---	2867
8 Ryde, 38	---	2757
9 Western Suburbs, 20	---	2704
10 Werrington, 131	---	2590
11 Ku-Ring-Gai, 84	---	2506
12 Manly Warringah, 3	---	2463
13 Randwick Botany, 1	---	2204
14 Northern Districts, 157	---	2130
15 Parramatta, 7	---	1645

**Boys U 15 Years Shot/Discus**

1 Ku-Ring-Gai, 84	---	3319 Pts
2 Bankstown Sports, 5	---	3249
3 Northern Suburbs, 54	---	3116
4 Blacktown, 8	---	2961
5 Nrocks/Carlingford, 158	---	2639
6 Northern Districts, 157	---	2198

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results - Day 2 Senior Track Events**

**Mixed U 12 Years 100 Metre x 4**

1 Orange, 78	---	56.0
2 Jamison, 163	---	56.1
3 Helensburgh, 44	---	58.6
4 Springwood, 35	---	58.8
5 Warradale, 45	---	59.6

**Mixed U 13 Years 100 Metre x 4**

1 Orange, 78	---	1:00.6
-- Douglas Park, 179	---	DQ

**Girls U 12-15 800 Metre M Dist. (Senior)**

1 Kurrajong/Bilpin, 150	---	10:16.6	<b>RECORD</b>
2 Cherrybrook, 219	---	10:34.4	
3 Randwick Botany, 1	---	10:37.9	
4 Revesby Workers, 136	---	10:48.1	
5 Manly Warringah, 3	---	10:51.2	
6 Hills District, 15	---	11:08.0	
7 Helensburgh, 44	---	11:48.5	
8 Blacktown, 8	---	11:59.6	

**Boys U 12-15 800 Metre M Dist. (Senior)**

1 Parramatta, 7	---	9:48.6	<b>RECORD</b>
2 Hills District, 15	---	10:01.4	
3 Port Hacking, 110	---	10:22.1	
4 Blacktown, 8	---	10:40.0	
5 Manly Warringah, 3	---	10:48.1	
6 Holroyd, 6	---	11:14.1	

**Mixed U 14 Years 100 Metre x 4**

1 Orange, 78	---	52.8
2 Ambarvale, 58	---	54.7
3 Helensburgh, 44	---	55.2
4 Warradale, 45	---	58.2

**Mixed U 12-15 100 Metre x 4 (Senior)**

1 Cranebrook, 184	---	1:00.4	<b>RECORD</b>
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**LITTLE ATHLETICS ASSOCIATION OF NSW  
STATE RELAY CHAMPIONSHIP**

**Results - Day 2 Senior Track Events**

**Girls U 12 Years 100 Metre x 4**

Team	Heats	Final
1 Winston Hills, 76	---	54.9
2 Port Hacking, 110	---	54.3
3 Eastern Suburbs, 2	---	54.1
4 Randwick Botany, 1	---	56.3
5 Holroyd, 6	---	55.4
6 Manly Warringah, 3	---	56.5
7 Wollongong City, 102	---	57.0
8 Albion Park, 71	---	57.5
-- Northern Suburbs, 54	---	DQ
<b>Heats</b>		
10 Campbelltown Uws, 36	---	57.6
11 Kurrajong/Bilpin, 150	---	57.9
12 Cherrybrook, 219	---	58.4
13 Ku-Ring-Gai, 84	---	58.6
14 Doonside, 140	---	1:00.2
15 Hills District, 15	---	1:00.5
15 Nrocks/Carlingford, 158	---	1:00.5
17 Camden, 61	---	1:00.8
18 Balmain, 17	---	1:01.1
19 Nepean, 13	---	1:02.4
20 Hornsby, 4	---	1:02.7
-- Western Suburbs, 20	---	DQ

**Boys U 12 Years 100 Metre x 4**

Team	Heats	Final
1 Tuggerah Lk Mingara, 165	---	54.2
2 Port Hacking, 110	---	55.1
3 Cherrybrook, 219	---	56.3
4 Liverpool, 48	---	56.4
5 Randwick Botany, 1	---	57.1
6 Holroyd, 6	---	57.2
7 Albion Park, 71	---	57.5
8 Winston Hills, 76	---	57.5
-- Northern Districts, 157	---	DQ
<b>Heats</b>		
10 Balmain, 17	---	57.6
11 Camden, 61	---	57.8
12 Kurrajong/Bilpin, 150	---	58.5
13 Hills District, 15	---	59.4
14 Ku-Ring-Gai, 84	---	59.8
15 Minchinbury, 195	---	1:03.5
-- Eastern Suburbs, 2	---	DQ
-- Campbelltown Uws, 36	---	DQ
-- Northern Suburbs, 54	---	DQ
-- Manly Warringah, 3	---	DQ

**LITTLE ATHLETICS ASSOCIATION OF NSW  
STATE RELAY CHAMPIONSHIP**

**Results - Day 2 Senior Track Events**

**Girls U 13 Years 100 Metre x 4**

Team		Heats	Final
1 Jamison, 163	---	53.4	53.0
2 Illawong, 70	---	53.4	53.1
3 Northern Suburbs, 54	---	53.9	53.3
3 Manly Warringah, 3	---	54.2	53.3
5 Randwick Botany, 1	---	54.2	55.1
6 Albion Park, 71	---	55.3	55.8
7 Northern Districts, 157	---	55.9	56.7
8 Holroyd, 6	---	56.1	56.8
9 Camden, 61	---	54.3	1:00.3
<b>Heats</b>			
10 Port Hacking, 110	---	56.2	
11 Winston Hills, 76	---	57.7	
12 Ku-Ring-Gai, 84	---	58.1	
13 Rouse Hill, 248	---	58.6	
14 Cherrybrook, 219	---	59.1	
15 Mosman, 19	---	59.8	
16 Minchinbury, 195	---	1:03.0	
-- Kurrajong/Bilpin, 150	---	DQ	
-- Eastern Suburbs, 2	---	DQ	
-- Western Suburbs, 20	---	DQ	

**Boys U 13 Years 100 Metre x 4**

Team		Heats	Final
1 Eastern Suburbs, 2	---	49.8	50.4
2 Port Hacking, 110	---	52.6	52.9
3 Northern Suburbs, 54	---	53.0	54.1
4 Holroyd, 6	---	54.1	54.8
5 Hornsby, 4	---	54.7	55.1
6 Jamison, 163	---	54.3	55.5
7 Cherrybrook, 219	---	54.5	55.6
8 Ryde, 38	---	55.2	56.2
9 Mosman, 19	---	54.8	56.4
<b>Heats</b>			
10 Randwick Botany, 1	---	55.4	
11 Tuggerah Lk Mingara, 165	---	55.6	
12 Hills District, 15	---	56.1	
-- Minchinbury, 195	---	DQ	
-- Campbelltown Uws, 36	---	DQ	
-- Manly Warringah, 3	---	DQ	
-- Camden, 61	---	DQ	

**LITTLE ATHLETICS ASSOCIATION OF NSW  
STATE RELAY CHAMPIONSHIP**

**Results - Day 2 Senior Track Events**

**Girls U 14 Years 100 Metre x 4**

Team	Heats	Final
1 Wollongong City, 102 ---	51.4	51.6
2 Sutherland, 11 ---	52.2	51.9
3 Northern Suburbs, 54 ---	52.9	52.3
4 Manly Warringah, 3 ---	52.0	53.2
5 Kurrajong/Bilpin, 150 ---	53.8	54.1
6 Cherrybrook, 219 ---	53.4	54.5
7 Camden, 61 ---	55.2	55.1
8 Campbelltown Uws, 36 ---	54.0	55.3
9 Ryde, 38 ---	54.5	55.8
Heats		
10 Randwick Botany, 1 ---	55.7	
11 Jamison, 163 ---	56.1	
-- Lethbridge Park, 12 ---	DQ	

**Boys U 14 Years 100 Metre x 4**

Team	Heats	Final
1 Port Hacking, 110 ---	48.6	49.0
2 Northern Districts, 157 ---	49.6	49.5
3 Liverpool, 48 ---	49.0	50.1
4 Tuggerah Lk Mingara, 165 ---	50.3	50.3
5 Wollongong City, 102 ---	49.6	50.8
6 Manly Warringah, 3 ---	50.6	51.4
7 Albion Park, 71 ---	51.0	51.6
8 Hills District, 15 ---	51.3	52.3
Heats		
9 Cherrybrook, 219 ---	52.1	
10 Campbelltown Uws, 36 ---	53.0	
11 Balmain, 17 ---	55.3	
12 Bathurst, 59 ---	56.4	
-- Holroyd, 6 ---	DQ	

**Girls U 15 Years 100 Metre x 4**

Team	Heats	Final
1 Randwick Botany, 1 ---	51.1	50.0
2 Cherrybrook, 219 ---	51.4	50.7
3 Winston Hills, 76 ---	51.4	51.4
4 Kurrajong/Bilpin, 150 ---	53.1	52.6
5 Campbelltown Uws, 36 ---	54.2	54.0
6 Liverpool, 48 ---	59.9	57.2
7 St George, 9 ---	57.0	1:00.8
-- Manly Warringah, 3 ---	54.1	DQ

**LITTLE ATHLETICS ASSOCIATION OF NSW**  
**STATE RELAY CHAMPIONSHIP**  
**Results - Day 2 Senior Track Events**

Heats

-- Minchinbury, 195	---	DNF
-- Ryde, 38	---	DQ

**Boys U 15 Years 100 Metre x 4**

Team	Heats	Final
1 Manly Warringah, 3	---	47.0 47.3
2 Cherrybrook, 219	---	48.2 47.5
3 Hills District, 15	---	48.5 48.3
4 Sutherland, 11	---	49.2 48.7
5 Kurrajong/Bilpin, 150	---	50.0 48.8
6 St George, 9	---	49.9 50.2
7 Holroyd, 6	---	51.8 51.1
8 Northern Suburbs, 54	---	52.9 54.1
Heats		
7 Hornsby, 4	---	50.9
-- Eastern Suburbs, 2	---	DQ

**Mixed U 12 Years 400 Metre x 4**

Team	Heats	Final
1 Port Hacking, 110	---	4:31.3 4:30.7
2 Winston Hills, 76	---	4:30.3 4:35.2
3 Randwick Botany, 1	---	4:34.1 4:37.3
4 Gosford, 72	---	4:41.4 4:43.9
5 Manly Warringah, 3	---	4:39.5 4:45.7
6 Ku-Ring-Gai, 84	---	4:42.8 4:48.1
7 Eastern Suburbs, 2	---	4:45.7 4:50.1
8 Albion Park, 71	---	4:46.6 5:07.8
-- Campbelltown Uws, 36	---	4:38.7 DQ
Heats		
10 Camden, 61	---	4:48.2
11 Hills District, 15	---	4:55.9
12 Northern Suburbs, 54	---	4:57.9
13 Northern Districts, 157	---	4:58.2
14 Orange, 78	---	5:02.1
15 Warradale, 45	---	5:08.0
16 Springwood, 35	---	5:14.4



LITTLE ATHLETICS ASSOCIATION OF NSW  
STATE RELAY CHAMPIONSHIP

Results - Day 2 Senior Track Events

**Mixed U 13 Years 400 Metre x 4**

Team	Heats	Final
1 Campbelltown Uws, 36 ---	4:24.4	4:19.2
2 Manly Warringah, 3 ---	4:21.1	4:21.0
3 Wollongong City, 102 ---	4:28.7	4:24.7
4 Northern Suburbs, 54 ---	4:27.1	4:31.4
5 Randwick Botany, 1 ---	4:41.6	4:33.2
6 Port Hacking, 110 ---	4:27.0	4:35.5
7 Ku-Ring-Gai, 84 ---	4:36.7	4:39.7
8 Cherrybrook, 219 ---	4:28.6	4:50.1
9 Ryde, 38 ---	4:50.7	4:54.9
Heats		
10 Albion Park, 71 ---	4:53.0	
11 Camden, 61 ---	4:54.7	
12 Mosman, 19 ---	4:59.2	
13 Orange, 78 ---	5:09.4	

**Mixed U 14 Years 400 Metre x 4**

1 Wollongong City, 102 ---	4:00.5
2 Hills District, 15 ---	4:08.7
3 Manly Warringah, 3 ---	4:09.7
4 Cherrybrook, 219 ---	4:10.1
5 Holroyd, 6 ---	4:16.0
6 Warradale, 45 ---	4:23.0
7 Orange, 78 ---	4:28.3
8 Ryde, 38 ---	4:28.7
9 Campbelltown Uws, 36 ---	4:33.9

**Mixed U 15 Years 400 Metre x 4**

1 Winston Hills, 76 ---	4:01.8
2 Bankstown Sports, 5 ---	4:03.7
3 Manly Warringah, 3 ---	4:04.5
4 Hills District, 15 ---	4:04.8
5 Hornsby, 4 ---	4:41.1