STATE RELAY CHAMPIONSHIP 2009

Results

<u>RECORDS</u>

All best performances in the track events are new records, as they were all created with electronic timing. RECORD is put next to the best performance for each track event. Some were created in heats.

<u>IAAF DISQUALIFICATION RULES</u>

Athlete responsible for 2 false starts	*IAAF 162.7*
Ran outside the allocated lane during race, distinct from impeding athletes or	
Running out of lane in change zone (170.15)	*IAAF 163.3*
Drop baton and not collected by same athlete	*IAAF 170.13*
Changed baton outside of take-over zone	*IAAF 170.14*
Athlete willfully impedes other athlete by running out of position or lane	*IAAF 170.15*

JUNIOR

Boys U 8 - 100 Metre x 4

Heat 1
```
 1 Albion Park, 71           ---                      1:08.76Q
 2 Mosman, 19                ---                      1:09.27
 3 Doonside, 140             ---                      1:09.34
 4 Canterbury, 55            ---                      1:09.91
 5 Jamison, 163              ---                      1:10.23
 6 Camden, 61                ---                      1:11.06
 7 St George, 9              ---                      1:11.78
 8 Kings Langley, 53         ---                      1:12.00
-- Gosford, 72               ---                         DQ   IAAF 170.14
```
Heat 2
```
 1 Eastern Suburbs, 2        ---                      1:05.60Q   RECORD
 2 Cherrybrook, 219          ---                      1:05.67q
 3 Hills District, 15        ---                      1:06.83q
 4 Northern Districts, 157   ---                      1:06.91q
 5 Port Hacking, 110         ---                      1:07.11q
 6 Manly Warringah, 3        ---                      1:07.16q
 7 Northern Suburbs, 54      ---                      1:07.88
 8 Winston Hills, 76         ---                      1:08.19
 9 Rouse Hill Rams, 248      ---                      1:13.35
```
Heat 3
```
 1 Ku-Ring-Gai, 84           ---                      1:05.74Q
 2 Ryde, 38                  ---                      1:06.28q
 3 Emu Plains, 121           ---                      1:08.18
 4 Holroyd, 6                ---                      1:09.93
 5 Balmain, 17               ---                      1:10.02
 6 Randwick Botany, 1        ---                      1:10.73
 7 Campbelltown Uws, 36      ---                      1:12.21
-- Liverpool, 48             ---                         DQ   IAAF 170.14
```
Final
```
 1 Ryde, 38                  ---                      1:06.61
 2 Northern Districts, 157   ---                      1:07.27
 3 Port Hacking, 110         ---                      1:07.37
 4 Albion Park, 71           ---                      1:08.59
 5 Manly Warringah, 3        ---                      1:08.70
 6 Hills District, 15        ---                      1:09.32
 7 Cherrybrook, 219          ---                      1:11.05
 8 Ku-Ring-Gai, 84           ---                      1:11.81
-- Eastern Suburbs, 2        ---                         DQ   IAAF 170.14
```

Girls U 8 - 100 Metre x 4
Heat 1

  1 Manly Warringah, 3 --- 1:06.79Q RECORD
  2 Liverpool, 48 --- 1:09.91q
  3 Campbelltown Uws, 36 --- 1:10.60
  4 Northern Suburbs, 54 --- 1:11.83
  5 Camden, 61 --- 1:12.40
  6 Mosman, 19 --- 1:12.55
  7 Doonside, 140 --- 1:14.09

Heat 2

  1 Randwick Botany, 1 --- 1:09.10Q
  2 Sutherland, 11 --- 1:09.28q
  3 Albion Park, 71 --- 1:09.40q
  4 Hornsby, 4 --- 1:09.52q
  5 Ku-Ring-Gai, 84 --- 1:09.93
  6 Rouse Hill Rams, 248 --- 1:11.00
  7 Hills District, 15 --- 1:17.86

Heat 3

  1 Balmain, 17 --- 1:08.27Q
  2 Winston Hills, 76 --- 1:09.09q
  3 Cherrybrook, 219 --- 1:09.90q
  4 St George, 9 --- 1:11.90
  5 Canterbury, 55 --- 1:14.34
  6 Gosford, 72 --- 1:19.18
 -- Eastern Suburbs, 2 --- DQ IAAF 170.14

Final

  1 Manly Warringah, 3 --- 1:07.85
  2 Balmain, 17 --- 1:09.38
  3 Winston Hills, 76 --- 1:09.73
  4 Randwick Botany, 1 --- 1:09.76
  5 Albion Park, 71 --- 1:10.81
  6 Cherrybrook, 219 --- 1:11.00
  7 Sutherland, 11 --- 1:11.71
  8 Liverpool, 48 --- 1:11.96
 -- Hornsby, 4 --- DQ IAAF 170.14

Mixed U 8 - 100 Metre x 4
Final

  1 Greystanes, 39 --- 1:09.04 RECORD
  2 Cranebrook, 184 --- 1:10.00
  3 Prospect, 95 --- 1:14.34
  4 Tiger West, 68 --- 1:15.45
 -- Wollongong City, 102 --- DQ IAAF 170.14
 -- Warradale, 45 --- DQ IAAF 163.3

Mixed U 8 - 200 Metre x 4
Heat 1

  1 Doonside, 140 --- 2:28.87Q
  2 Manly Warringah, 3 --- 2:29.68q
  3 Mosman, 19 --- 2:38.51
  4 Greystanes, 39 --- 2:38.53
  5 Winston Hills, 76 --- 2:40.05
  6 Hills District, 15 --- 2:45.26

Heat 2

```
 1 Northern Suburbs, 54        ---              2:26.70Q
 2 Randwick Botany, 1          ---              2:33.29q
 3 St George, 9                ---              2:35.75q
 4 Cherrybrook, 219            ---              2:38.29q
 5 Camden, 61                  ---              2:44.28
 6 Liverpool, 48               ---              2:51.64
 7 Tiger West, 68              ---              2:55.34
```

Heat 3

```
 1 Ku-Ring-Gai, 84             ---              2:26.86Q     RECORD
 2 Kurrajong/Bilpin, 150       ---              2:30.61q
 3 Albion Park, 71             ---              2:37.39q
 4 Campbelltown Uws, 36        ---              2:38.70
 5 Wollongong City, 102        ---              2:39.10
 6 Gosford, 72                 ---              2:49.57
 7 Rouse Hill Rams, 248        ---              2:52.83
```

Final

```
 1 Ku-Ring-Gai, 84             ---              2:22.03
 2 Northern Suburbs, 54        ---              2:24.45
 3 Manly Warringah, 3          ---              2:25.58
 4 Albion Park, 71             ---              2:29.78
 5 Doonside, 140               ---              2:30.59
 6 Randwick Botany, 1          ---              2:31.55
 7 Cherrybrook, 219            ---              2:31.90
 8 St George, 9                ---              2:42.53
-- Kurrajong/Bilpin, 150       ---                 DQ   IAAF 170.14
```

Boys U 8 - Shot/Discus

```
 1 Cherrybrook, 219            ---              2306 pts RECORD
 2 Prospect, 95                ---              2006 pts
 3 Camden, 61                  ---              1955 pts
 4 Ku-Ring-Gai, 84             ---              1944 pts
 5 Manly Warringah, 3          ---              1943 pts
 6 Northern Suburbs, 54        ---              1838 pts
 7 Hills District, 15          ---              1783 pts
 8 Winston Hills, 76           ---              1776 pts
 9 Bankstown Sports, 5         ---              1751 pts
10 Randwick Botany, 1          ---              1745 pts
11 Northern Districts, 157     ---              1733 pts
12 Balmain, 17                 ---              1727 pts
13 Port Hacking, 110           ---              1557 pts
14 Parramatta, 7               ---              1543 pts
15 Liverpool, 48               ---              1406 pts
16 Rouse Hill Rams, 248        ---              1181 pts
17 Campbelltown Uws, 36        ---               634 pts
```

STATE RELAY CHAMPIONSHIP 2009

Results

Girls U 8 - Shot/Discus

```
 1 Bankstown Sports, 5        ---              2309 pts
 2 Ku-Ring-Gai, 84            ---              2155 pts
 3 Manly Warringah, 3         ---              2127 pts
 4 Northern Districts, 157    ---              2065 pts
 5 Port Hacking, 110          ---              2047 pts
 6 Hills District, 15         ---              1707 pts
 7 Colyton/St Clair, 151      ---              1694 pts
 8 Winston Hills, 76          ---              1676 pts
 9 Northern Suburbs, 54       ---              1471 pts
10 Western Suburbs, 20        ---              1355 pts
11 Campbelltown Uws, 36       ---              1348 pts
12 Liverpool, 48              ---              1341 pts
13 Randwick Botany, 1         ---              1259 pts
14 Girraween, 51              ---              1219 pts
15 Holroyd, 6                 ---              1211 pts
16 Balmain, 17                ---              1038 pts
17 Rouse Hill Rams, 248       ---               999 pts
18 St George, 9               ---               622 pts
```

Boys U 8 - 4 x Long Jump

```
 1 Bankstown Sports, 5        ---              2681 pts RECORD
 2 Cherrybrook, 219           ---              2668 pts
 3 Manly Warringah, 3         ---              2582 pts
 4 Hills District, 15         ---              2477 pts
 5 Ku-Ring-Gai, 84            ---              2467 pts
 6 Port Hacking, 110          ---              2461 pts
 7 Northern Districts, 157    ---              2357 pts
 8 Camden, 61                 ---              2303 pts
 9 Randwick Botany, 1         ---              2291 pts
10 Northern Suburbs, 54       ---              2249 pts
11 Winston Hills, 76          ---              2109 pts
12 Parramatta, 7              ---              1945 pts
13 Balmain, 17                ---              1857 pts
14 Liverpool, 48              ---              1605 pts
15 Greystanes, 39             ---              1598 pts
16 Rouse Hill Rams, 248       ---              1394 pts
17 Campbelltown Uws, 36       ---              1064 pts
```

Girls U 8 - 4 x Long Jump

```
 1 Manly Warringah, 3         ---              2677 pts RECORD
 2 Port Hacking, 110          ---              2567 pts
 3 Bankstown Sports, 5        ---              2410 pts
 4 Northern Districts, 157    ---              2408 pts
 5 Ku-Ring-Gai, 84            ---              2373 pts
 6 Northern Suburbs, 54       ---              2289 pts
 7 Parramatta, 7              ---              2248 pts
 8 Hills District, 15         ---              2163 pts
 9 Randwick Botany, 1         ---              2137 pts
10 Colyton/St Clair, 151      ---              2093 pts
11 Western Suburbs, 20        ---              2045 pts
12 Balmain, 17                ---              2028 pts
13 Winston Hills, 76          ---              1967 pts
14 Eastern Suburbs, 2         ---              1960 pts
```

```
15 Hornsby, 4                    ---              1933 pts
16 Holroyd, 6                    ---              1894 pts
17 Liverpool, 48                 ---              1868 pts
18 Campbelltown Uws, 36          ---              1860 pts
19 Rouse Hill Rams, 248          ---              1410 pts
20 St George, 9                  ---               709 pts
```

Boys U 9 - 100 Metre x 4
Heat 1
```
 1 Campbelltown Uws, 36          ---              1:02.69Q
 2 Eastern Suburbs, 2            ---              1:03.92
 3 Northern Suburbs, 54          ---              1:04.60
 4 Mosman, 19                    ---              1:06.25
 5 Hills District, 15            ---              1:06.49
 6 Randwick Botany, 1            ---              1:08.86
 7 Holroyd, 6                    ---              1:09.14
-- Nepean, 13                    ---                 DQ   IAAF 170.19
```
Heat 2
```
 1 Albion Park, 71               ---                59.72Q
 2 Ku-Ring-Gai, 84               ---              1:03.20q
 3 South Eastern, 152            ---              1:03.34q
 4 Emu Plains, 121               ---              1:04.36
 5 Helensburgh, 44               ---              1:04.52
 6 Hornsby, 4                    ---              1:05.17
 7 Revesby Workers, 136          ---              1:07.99
-- Gosford, 72                   ---                 DQ   IAAF 170.14
```
Heat 3
```
 1 Cherrybrook, 219              ---                59.85Q
 2 St George, 9                  ---              1:00.84q
 3 Manly Warringah, 3            ---              1:01.73q
 4 Jamison, 163                  ---              1:01.79q
 5 Tuggerah Lk Mingara, 165      ---              1:02.59q
 6 Ryde, 38                      ---              1:05.35
 7 Rouse Hill Rams, 248          ---              1:05.86
 8 Balmain, 17                   ---              1:06.48
-- Liverpool, 48                 ---                 DQ   IAAF 170.14
```
Final
```
 1 Cherrybrook, 219              ---                59.68    RECORD
 2 Albion Park, 71               ---                59.84
 3 St George, 9                  ---              1:00.79
 4 Manly Warringah, 3            ---              1:01.69
 5 Jamison, 163                  ---              1:01.77
 6 Tuggerah Lk Mingara, 165      ---              1:02.47
 7 Campbelltown Uws, 36          ---              1:02.84
 8 South Eastern, 152            ---              1:03.67
 9 Ku-Ring-Gai, 84               ---              1:03.81
```

Girls U 9 - 100 Metre x 4
Heat 1

1 South Eastern, 152	---	1:04.72Q	
2 Manly Warringah, 3	---	1:04.84q	
3 Cherrybrook, 219	---	1:05.10q	
4 Hills District, 15	---	1:06.50q	
5 Helensburgh, 44	---	1:07.18	
6 Camden, 61	---	1:07.78	
-- Mosman, 19	---	DQ	IAAF 170.14
-- Balmain, 17	---	DQ	IAAF 170.14

Heat 2

1 Eastern Suburbs, 2	---	1:03.98Q	RECORD
2 Northern Suburbs, 54	---	1:05.12q	
3 Jamison, 163	---	1:06.13q	
4 Ku-Ring-Gai, 84	---	1:08.06	
-- Port Hacking, 110	---	DQ	IAAF 163.3
-- Campbelltown Uws, 36	---	DQ	IAAF 170.14
-- Ryde, 38	---	DQ	IAAF 170.14
-- Liverpool, 48	---	DQ	IAAF 170.14

Heat 3

1 Albion Park, 71	---	1:04.54Q	
2 Tuggerah Lk Mingara, 165	---	1:05.24q	
3 Kings Langley, 53	---	1:07.84	
4 Winston Hills, 76	---	1:08.24	
5 Rouse Hill Rams, 248	---	1:09.10	
6 Gosford, 72	---	1:10.51	
-- Randwick Botany, 1	---	DQ	IAAF 170.15
-- St George, 9	---	DQ	IAAF 170.14

Final

1 Albion Park, 71	---	1:04.12
2 Cherrybrook, 219	---	1:04.88
3 Manly Warringah, 3	---	1:05.17
4 Tuggerah Lk Mingara, 165	---	1:05.38
5 Jamison, 163	---	1:05.67
6 South Eastern, 152	---	1:05.88
7 Northern Suburbs, 54	---	1:06.02
8 Eastern Suburbs, 2	---	1:06.03
9 Hills District, 15	---	1:06.50

Mixed U 9 - 100 Metre x 4
Final

1 Greystanes, 39	---	1:06.65	RECORD
2 Tiger West, 68	---	1:06.96	
3 Cranebrook, 184	---	1:09.51	
4 Ambarvale, 58	---	1:10.67	
5 Wollongong City, 102	---	1:11.78	
6 Prospect, 95	---	1:12.21	

STATE RELAY CHAMPIONSHIP 2009
Results

Mixed U 9 - 200 Metre x 4
Heat 1

```
  1 Albion Park, 71           ---              2:19.16Q
  2 Eastern Suburbs, 2        ---              2:23.80q
  3 Tuggerah Lk Mingara, 165  ---              2:24.40q
  4 Campbelltown Uws, 36      ---              2:29.24
  5 Camden, 61                ---              2:31.26
  6 Wollongong City, 102      ---              2:31.34
```

Heat 2

```
  1 St George, 9              ---              2:25.24Q
  2 Northern Suburbs, 54      ---              2:26.21q
  3 Rouse Hill Rams, 248      ---              2:28.93
  4 Hills District, 15        ---              2:38.22
  5 Tiger West, 68            ---              2:47.25
```

Heat 3

```
  1 Ryde, 38                  ---              2:23.57Q
  2 Randwick Botany, 1        ---              2:23.82q
  3 Kurrajong/Bilpin, 150     ---              2:26.66
  4 Ku-Ring-Gai, 84           ---              2:33.98
  5 Kings Langley, 53         ---              2:35.02
  6 Winston Hills, 76         ---              2:43.38
```

Heat 4

```
  1 Manly Warringah, 3        ---              2:18.28Q
  2 Helensburgh, 44           ---              2:25.16q
  3 Cherrybrook, 219          ---              2:26.47
  4 Mosman, 19                ---              2:34.33
  5 Liverpool, 48             ---              2:41.89
  6 Greystanes, 39            ---              2:45.06
```

Final

```
  1 Manly Warringah, 3        ---              2:14.28     RECORD
  2 Albion Park, 71           ---              2:15.27
  3 Tuggerah Lk Mingara, 165  ---              2:19.88
  4 Eastern Suburbs, 2        ---              2:22.13
  5 Helensburgh, 44           ---              2:22.17
  6 Northern Suburbs, 54      ---              2:23.60
  7 Randwick Botany, 1        ---              2:23.65
  8 Ryde, 38                  ---              2:26.39
  9 St George, 9              ---              2:27.00
```

Boys U 9 - 4 x Long Jump

```
  1 Manly Warringah, 3        ---              3053 pts RECORD
  2 Northern Suburbs, 54      ---              2849 pts
  3 Ku-Ring-Gai, 84           ---              2825 pts
  4 Winston Hills, 76         ---              2771 pts
  5 Parramatta, 7             ---              2769 pts
  6 Port Hacking, 110         ---              2650 pts
  7 Sutherland, 11            ---              2621 pts
  8 Bankstown Sports, 5       ---              2615 pts
  9 Balmain, 17               ---              2573 pts
 10 Ryde, 38                  ---              2503 pts
 11 Hills District, 15        ---              2418 pts
 12 Cherrybrook, 219          ---              2350 pts
 13 Colyton/St Clair, 151     ---              2318 pts
 14 Northern Districts, 157   ---              2283 pts
 15 Randwick Botany, 1        ---              2112 pts
```

```
16 Nepean, 13                    ---            2092 pts
17 St George, 9                  ---            2063 pts
18 Liverpool, 48                 ---            1852 pts
19 Rouse Hill Rams, 248          ---            1597 pts
```

Girls U 9 - 4 x Long Jump

```
 1 Ku-Ring-Gai, 84               ---            2999 pts RECORD
 2 Bankstown Sports, 5           ---            2821 pts
 3 Northern Districts, 157       ---            2563 pts
 4 Manly Warringah, 3            ---            2457 pts
 5 Ryde, 38                      ---            2453 pts
 6 Parramatta, 7                 ---            2324 pts
 7 Cherrybrook, 219              ---            2310 pts
 8 Northern Suburbs, 54          ---            2253 pts
 9 Hills District, 15            ---            2225 pts
10 Balmain, 17                   ---            2197 pts
11 Winston Hills, 76             ---            2140 pts
12 Holroyd, 6                    ---            2076 pts
13 Randwick Botany, 1            ---            2005 pts
14 Greystanes, 39                ---            2002 pts
15 Liverpool, 48                 ---            1973 pts
16 Campbelltown Uws, 36          ---            1875 pts
17 Port Hacking, 110             ---            1557 pts
18 Rouse Hill Rams, 248          ---            1496 pts
19 St George, 9                  ---             601 pts
```

Boys U 9 - Shot/Discus

```
 1 Ku-Ring-Gai, 84               ---            2621 pts RECORD
 2 Manly Warringah, 3            ---            2502 pts
 3 Northern Suburbs, 54          ---            2151 pts
 4 Parramatta, 7                 ---            2105 pts
 5 Nepean, 13                    ---            2072 pts
 6 Bankstown Sports, 5           ---            2036 pts
 7 Sutherland, 11                ---            1991 pts
 8 Port Hacking, 110             ---            1953 pts
 9 Balmain, 17                   ---            1902 pts
10 Hills District, 15            ---            1821 pts
11 Liverpool, 48                 ---            1734 pts
12 Northern Districts, 157       ---            1721 pts
13 Randwick Botany, 1            ---            1616 pts
14 Eastern Suburbs, 2            ---            1586 pts
15 Colyton/St Clair, 151         ---            1569 pts
16 St George, 9                  ---            1551 pts
17 Winston Hills, 76             ---            1430 pts
18 Ryde, 38                      ---            1271 pts
19 Rouse Hill Rams, 248          ---            1105 pts
20 Prospect, 95                  ---             564 pts
```

STATE RELAY CHAMPIONSHIP 2009

Results

Girls U 9 - Shot/Discus

```
 1 Bankstown Sports, 5        ---                   2007 pts
 2 Northern Suburbs, 54       ---                   1887 pts
 3 Northern Districts, 157    ---                   1872 pts
 4 Parramatta, 7              ---                   1866 pts
 5 Port Hacking, 110          ---                   1744 pts
 6 Ku-Ring-Gai, 84            ---                   1698 pts
 7 Cherrybrook, 219           ---                   1696 pts
 8 Manly Warringah, 3         ---                   1663 pts
 9 Eastern Suburbs, 2         ---                   1655 pts
10 Hills District, 15         ---                   1631 pts
11 Girraween, 51              ---                   1618 pts
12 Greystanes, 39             ---                   1608 pts
13 Ryde, 38                   ---                   1492 pts
14 Winston Hills, 76          ---                   1467 pts
15 Balmain, 17                ---                   1464 pts
16 Liverpool, 48              ---                   1453 pts
17 Rouse Hill Rams, 248       ---                   1365 pts
18 Randwick Botany, 1         ---                   1102 pts
19 Campbelltown Uws, 36       ---                   1040 pts
20 St George, 9               ---                    507 pts
```

Boys U 10 - 100 Metre x 4

Heat 1
```
 1 Northern Suburbs, 54       ---             56.47Q    RECORD
 2 Albion Park, 71            ---             58.12q
 3 Sutherland, 11             ---             58.14q
 4 Manly Warringah, 3         ---             59.60q
 5 Kurrajong/Bilpin, 150      ---           1:00.48q
 6 Cherrybrook, 219           ---           1:01.84
 7 Balmain, 17                ---           1:05.41
```
Heat 2
```
 1 Nepean, 13                 ---             59.79Q
 2 St George, 9               ---           1:00.94
 3 Port Hacking, 110          ---           1:03.55
 4 Tiger West, 68             ---           1:05.08
-- Randwick Botany, 1         ---                 DQ  IAAF 170.14
-- Liverpool, 48              ---                 DQ  IAAF 170.14
-- Eastern Suburbs, 2         ---                 DQ  IAAF 170.14
```
Heat 3
```
 1 Rouse Hill Rams, 248       ---             59.25Q
 2 Emu Plains, 121            ---           1:00.61
 3 Tuggerah Lk Mingara, 165   ---           1:03.25
 4 Kings Langley, 53          ---           1:03.34
 5 Ryde, 38                   ---           1:04.32
 6 Hills District, 15         ---           1:05.13
 7 Werrington, 131            ---           1:05.42
```
Heat 4
```
 1 Gosford, 72                ---           1:00.24Q
 2 Colyton/St Clair, 151      ---           1:00.55q
 3 Ku-Ring-Gai, 84            ---           1:00.83
 4 Western Suburbs, 20        ---           1:02.50
 5 Campbelltown Uws, 36       ---           1:07.90
-- Mosman, 19                 ---                 DQ  IAAF 170.14
-- South Eastern, 152         ---                 DQ  IAAF 170.14
```

Final

1	Northern Suburbs, 54	---	57.56	
2	Albion Park, 71	---	58.36	
3	Sutherland, 11	---	58.66	
4	Manly Warringah, 3	---	58.90	
5	Rouse Hill Rams, 248	---	59.92	
6	Nepean, 13	---	1:00.02	
7	Gosford, 72	---	1:00.22	
8	Colyton/St Clair, 151	---	1:00.26	
9	Kurrajong/Bilpin, 150	---	1:01.54	

Girls U 10 - 100 Metre x 4

Heat 1

1	Manly Warringah, 3	---	59.68Q
2	Albion Park, 71	---	1:00.81q
3	Randwick Botany, 1	---	1:00.97q
4	Sutherland, 11	---	1:02.18
5	Camden, 61	---	1:02.77
6	Kurrajong/Bilpin, 150	---	1:04.01
7	Cherrybrook, 219	---	1:04.70
8	Rouse Hill Rams, 248	---	1:07.52

Heat 2

1	Ryde, 38	---	1:00.39Q	
2	Ku-Ring-Gai, 84	---	1:01.49q	
3	Parramatta, 7	---	1:01.67q	
4	Mosman, 19	---	1:06.98	
5	Winston Hills, 76	---	1:07.33	
--	Liverpool, 48	---	DQ	IAAF 170.14

Heat 3

1	Eastern Suburbs, 2	---	1:00.90Q
2	Northern Suburbs, 54	---	1:01.64q
3	Hills District, 15	---	1:01.79q
4	St George, 9	---	1:02.66
5	Campbelltown Uws, 36	---	1:03.06
6	Balmain, 17	---	1:04.16
7	Gosford, 72	---	1:08.07
8	Tuggerah Lk Mingara, 165	---	1:08.38

Final

1	Manly Warringah, 3	---	58.86	RECORD
2	Ryde, 38	---	59.83	
3	Albion Park, 71	---	1:00.59	
4	Randwick Botany, 1	---	1:01.40	
5	Hills District, 15	---	1:01.66	
6	Eastern Suburbs, 2	---	1:01.67	
7	Northern Suburbs, 54	---	1:01.81	
7	Ku-Ring-Gai, 84	---	1:01.82	
9	Parramatta, 7	---	1:02.67	

Mixed U 10 - 100 Metre x 4

Final

--	Springwood, 35	W ---	DQ	IAAF 163.3
--	Prospect, 95	W ---	DQ	IAAF 170.14
--	Wollongong City, 102	W ---	DQ	IAAF 170.14
--	Cranebrook, 184	W ---	DQ	IAAF 163.3
--	Ambarvale, 58	W ---	DQ	IAAF 170.14
--	Helensburgh, 44	W ---	DQ	IAAF 170.14

STATE RELAY CHAMPIONSHIP 2009
Results

Mixed U 10 - 400 Metre x 4
Heat   1

```
 1 Ryde, 38                 ---              5:00.42Q
 2 Northern Suburbs, 54     ---              5:01.00Q
 3 Holroyd, 6               ---              5:16.71q
 4 Hills District, 15       ---              5:28.43
 5 Port Hacking, 110        ---              5:30.33
 6 Rouse Hill Rams, 248     ---              5:38.12
 7 Camden, 61               ---              5:39.09
```
Heat   2

```
 1 Manly Warringah, 3       ---              4:49.72Q    RECORD
 2 Randwick Botany, 1       ---              5:07.49Q
 3 Ku-Ring-Gai, 84          ---              5:08.92q
 4 Sutherland, 11           ---              5:20.35q
 5 Gosford, 72              ---              5:20.75
 6 Liverpool, 48            ---              5:40.27
 7 Wollongong City, 102     ---              6:30.36
```
Heat   3

```
 1 Albion Park, 71          ---              5:07.96Q
 2 Mosman, 19               ---              5:33.24Q
 3 St George, 9             ---              5:34.90
 4 Cherrybrook, 219         ---              5:38.61
 5 Campbelltown Uws, 36     ---              5:54.12
```
Final

```
 1 Manly Warringah, 3       ---              4:49.99
 2 Ryde, 38                 ---              5:01.45
 3 Randwick Botany, 1       ---              5:02.17
 4 Northern Suburbs, 54     ---              5:03.56
 5 Ku-Ring-Gai, 84          ---              5:12.21
 5 Albion Park, 71          ---              5:12.21
 7 Holroyd, 6               ---              5:15.96
 8 Mosman, 19               ---              5:21.58
 9 Sutherland, 11           ---              5:35.78
```

Boys U 10 - Shot/Discus

```
 1 Macquarie Hunter, 96      ---             2464 pts RECORD
 2 Northern Districts, 157   ---             2431 pts
 3 Parramatta, 7             ---             2205 pts
 4 Manly Warringah, 3        ---             2080 pts
 5 Liverpool, 48             ---             1939 pts
 6 Bankstown Sports, 5       ---             1873 pts
 7 Hills District, 15        ---             1866 pts
 8 Colyton/St Clair, 151     ---             1851 pts
 9 Sutherland, 11            ---             1828 pts
10 St George, 9              ---             1760 pts
11 Holroyd, 6                ---             1735 pts
12 Northern Suburbs, 54      ---             1731 pts
13 Ku-Ring-Gai, 84           ---             1647 pts
14 Randwick Botany, 1        ---             1614 pts
15 Rouse Hill Rams, 248      ---             1166 pts
16 Campbelltown Uws, 36      ---              855 pts
```

STATE RELAY CHAMPIONSHIP 2009

Results

Girls U 10 - Shot/Discus

```
 1 Doonside, 140              ---            2208 pts
 2 Bankstown Sports, 5        ---            2173 pts
 3 Ku-Ring-Gai, 84            ---            2030 pts
 4 Northern Suburbs, 54       ---            2022 pts
 5 Douglas Park, 179          ---            2011 pts
 6 Hornsby, 4                 ---            1994 pts
 7 Northern Districts, 157    ---            1951 pts
 8 Manly Warringah, 3         ---            1807 pts
 9 Camden, 61                 ---            1806 pts
10 Liverpool, 48              ---            1712 pts
11 Illawong, 70               ---            1687 pts
12 Hills District, 15         ---            1443 pts
13 Campbelltown Uws, 36       ---            1413 pts
14 Ingleburn, 37              ---            1347 pts
15 Prospect, 95               ---            1317 pts
16 Western Suburbs, 20        ---            1248 pts
17 Winston Hills, 76          ---            1199 pts
```

Boys U 10 - Long/High

```
 1 Manly Warringah, 3         ---            3193 pts RECORD
 2 Illawong, 70               ---            3162 pts
 3 Parramatta, 7              ---            3029 pts
 4 Northern Districts, 157    ---            2966 pts
 5 Northern Suburbs, 54       ---            2893 pts
 6 Bankstown Sports, 5        ---            2878 pts
 7 Ku-Ring-Gai, 84            ---            2757 pts
 8 Sutherland, 11             ---            2613 pts
 9 Hills District, 15         ---            2581 pts
10 Colyton/St Clair, 151      ---            2570 pts
11 Rouse Hill Rams, 248       ---            2299 pts
12 St George, 9               ---            1921 pts
13 Liverpool, 48              ---            1855 pts
14 Campbelltown Uws, 36       ---             570 pts
```

Girls U 10 - Long/High

```
 1 Bankstown Sports, 5        ---            3140 pts RECORD
 2 Doonside, 140              ---            3128 pts
 3 Ku-Ring-Gai, 84            ---            3124 pts
 4 Northern Suburbs, 54       ---            3002 pts
 5 Ingleburn, 37              ---            2902 pts
 6 Manly Warringah, 3         ---            2715 pts
 7 Revesby Workers, 136       ---            2684 pts
 8 Northern Districts, 157    ---            2548 pts
 9 Hills District, 15         ---            2448 pts
10 Camden, 61                 ---            2373 pts
11 Campbelltown Uws, 36       ---            2265 pts
12 Western Suburbs, 20        ---            2124 pts
13 Illawong, 70               ---            2000 pts
14 Winston Hills, 76          ---            1547 pts
```

STATE RELAY CHAMPIONSHIP 2009
Results

Boys U 11 - 100 Metre x 4
Heat 1
```
 1 Port Hacking, 110          ---                    56.39Q
 2 Winston Hills, 76          ---                    57.07q
 3 Northern Suburbs, 54       ---                    57.28q
 4 Mosman, 19                 ---                    58.88
 5 Albion Park, 71            ---                    58.94
 6 Sutherland, 11             ---                    58.98
```
Heat 2
```
 1 Campbelltown Uws, 36       ---                    58.29Q
 2 Jamison, 163               ---                    58.51q
 3 Balmain, 17                ---                    59.49
 4 Ku-Ring-Gai, 84            ---                  1:00.45
 5 Ryde, 38                   ---                  1:00.95
-- Randwick Botany, 1         ---                       DQ   IAAF 162.7
```
Heat 3
```
 1 Manly Warringah, 3         ---                    56.77Q
 2 St George, 9               ---                    56.89q
 3 Liverpool, 48              ---                    57.76q
 4 Emu Plains, 121            ---                    58.44q
 5 Cherrybrook, 219           ---                  1:00.33
 6 Gosford, 72                ---                  1:01.71
 7 Tiger West, 68             ---                  1:02.75
 8 Hills District, 15         ---                  1:05.26
```
Final
```
 1 Northern Suburbs, 54       ---                    55.07     RECORD
 2 Port Hacking, 110          ---                    56.11
 3 St George, 9               ---                    56.42
 4 Winston Hills, 76          ---                    56.46
 5 Manly Warringah, 3         ---                    57.66
 6 Jamison, 163               ---                    58.18
 7 Liverpool, 48              ---                    58.37
 8 Campbelltown Uws, 36       ---                    58.39
 9 Emu Plains, 121            ---                    58.77
```

Girls U 11 - 100 Metre x 4
Heat 1
```
 1 Cherrybrook, 219           ---                    58.48Q
 2 Manly Warringah, 3         ---                    58.95q
 3 Tuggerah Lk Mingara, 165   ---                  1:01.07q
 4 Liverpool, 48              ---                  1:01.13q
 5 Ryde, 38                   ---                  1:02.41
 6 Albion Park, 71            ---                  1:02.64
 7 Hills District, 15         ---                  1:04.35
 8 Tiger West, 68             ---                  1:05.43
```
Heat 2
```
 1 Randwick Botany, 1         ---                    58.46Q
 2 Bathurst, 59               ---                    59.12q
 3 Emu Plains, 121            ---                    59.64q
 4 Sutherland, 11             ---                    59.75q
 5 Nepean, 13                 ---                  1:01.41
 6 Northern Suburbs, 54       ---                  1:01.62
 7 Mosman, 19                 ---                  1:02.73
```

STATE RELAY CHAMPIONSHIP 2009

Results

```
Heat   3
  1 Balmain, 17                   ---                     1:00.49Q
  2 Camden, 61                    ---                     1:02.64
  3 Rouse Hill Rams, 248          ---                     1:03.75
  4 Gosford, 72                   ---                     1:03.92
  5 Kings Langley, 53             ---                     1:05.84
  6 Ku-Ring-Gai, 84               ---                     1:06.61
  7 Campbelltown Uws, 36          ---                     1:06.65
 -- Eastern Suburbs, 2            ---                     DQ    IAAF 170.14
Final
  1 Randwick Botany, 1            ---                     58.02    RECORD
  2 Manly Warringah, 3            ---                     58.32
  3 Cherrybrook, 219              ---                     58.84
  4 Bathurst, 59                  ---                     59.50
  5 Sutherland, 11                ---                     1:00.50
  6 Balmain, 17                   ---                     1:00.71
  7 Tuggerah Lk Mingara, 165      ---                     1:01.13
  8 Liverpool, 48                 ---                     1:02.13
 -- Emu Plains, 121               ---                     DQ    IAAF 170.14
```

Mixed U 11 - 100 Metre x 4

```
Final
  1 Wollongong City, 102      W ---                     58.22    RECORD
  2 Helensburgh, 44           W ---                     59.04
  3 Greystanes, 39            W ---                     59.05
  4 Orange, 78                W ---                     59.64
  5 Ambarvale, 58             W ---                     1:01.04
  6 Colyton/St Clair, 151     W ---                     1:01.86
  7 Prospect, 95              W ---                     1:02.53
  8 Cranebrook, 184           W ---                     1:02.99
```

Mixed U 11 - 400 Metre x 4

```
Heat   1
  1 Orange, 78                W ---                     4:57.49Q
  2 Kings Langley, 53         W ---                     5:05.24Q
  3 Rouse Hill Rams, 248      W ---                     5:06.61q
  4 Wollongong City, 102      W ---                     5:11.33
  5 Gosford, 72               W ---                     5:13.46
  6 St George, 9              W ---                     5:16.08
  7 Campbelltown Uws, 36      W ---                     5:17.32
  8 Ku-Ring-Gai, 84           W ---                     5:27.65
Heat   2
  1 Randwick Botany, 1        W ---                     4:51.93Q
  2 Albion Park, 71           W ---                     5:06.91Q
  3 Mosman, 19                W ---                     5:08.34q
  4 Cherrybrook, 219          W ---                     5:09.15
  5 Colyton/St Clair, 151     W ---                     5:18.64
Heat   3
  1 Northern Suburbs, 54      W ---                     4:59.42Q
  2 Manly Warringah, 3        W ---                     5:03.52Q
  3 Hills District, 15        W ---                     5:06.08q
  4 Liverpool, 48             W ---                     5:14.04
  5 Tiger West, 68            W ---                     5:23.23
  6 Ryde, 38                  W ---                     5:48.18
```

STATE RELAY CHAMPIONSHIP 2009

Results

Final

```
 1 Randwick Botany, 1        W ---                    4:49.29    RECORD
 2 Northern Suburbs, 54      W ---                    4:54.05
 3 Orange, 78                W ---                    4:59.03
 4 Rouse Hill Rams, 248      W ---                    5:03.50
 5 Albion Park, 71           W ---                    5:05.05
 6 Manly Warringah, 3        W ---                    5:08.22
 7 Mosman, 19                W ---                    5:11.40
 8 Kings Langley, 53         W ---                    5:11.59
 9 Hills District, 15        W ---                    5:13.83
```

Boys U 11 - Shot/Discus

```
 1 Northern Suburbs, 54       ---                    2644 pts
 2 Ku-Ring-Gai, 84            ---                    2464 pts
 3 Western Suburbs, 20        ---                    2353 pts
 4 Eastern Suburbs, 2         ---                    2252 pts
 5 Glenbrook, 79              ---                    2229 pts
 6 Nepean, 13                 ---                    2044 pts
 7 Manly Warringah, 3         ---                    2010 pts
 8 Port Hacking, 110          ---                    1889 pts
 9 Campbelltown Uws, 36       ---                    1872 pts
10 Cherrybrook, 219           ---                    1870 pts
11 Greystanes, 39             ---                    1868 pts
12 St George, 9               ---                    1862 pts
13 Winston Hills, 76          ---                    1836 pts
14 Bankstown Sports, 5        ---                    1806 pts
15 Parramatta, 7              ---                    1782 pts
16 Hills District, 15         ---                    1765 pts
17 Randwick Botany, 1         ---                    1523 pts
18 Colyton/St Clair, 151      ---                    1499 pts
19 Northern Districts, 157    ---                    1491 pts
20 Prospect, 95               ---                    1452 pts
21 Balmain, 17                ---                    1420 pts
22 Rouse Hill Rams, 248       ---                    1410 pts
```

Girls U 11 - Shot/Discus

```
 1 Ku-Ring-Gai, 84            ---                    2164 pts RECORD
 2 Manly Warringah, 3         ---                    1822 pts
 3 Northern Suburbs, 54       ---                    1811 pts
 4 Kings Langley, 53          ---                    1794 pts
 5 Tuggerah Lk Mingara, 165   ---                    1782 pts
 6 Bankstown Sports, 5        ---                    1738 pts
 7 St George, 9               ---                    1734 pts
 8 Randwick Botany, 1         ---                    1731 pts
 9 Balmain, 17                ---                    1722 pts
10 Doonside, 140              ---                    1688 pts
11 Eastern Suburbs, 2         ---                    1681 pts
12 Hills District, 15         ---                    1627 pts
13 Parramatta, 7              ---                    1618 pts
14 Winston Hills, 76          ---                    1617 pts
15 Greystanes, 39             ---                    1465 pts
16 Prospect, 95               ---                    1437 pts
17 Northern Districts, 157    ---                    1196 pts
18 Campbelltown Uws, 36       ---                    1090 pts
19 Rouse Hill Rams, 248       ---                     844 pts
```

STATE RELAY CHAMPIONSHIP 2009
Results

Boys U 11 - Long/High

```
 1 Illawong, 70                 ---                    3193 pts
 2 Balmain, 17                  ---                    3044 pts
 3 Western Suburbs, 20          ---                    2951 pts
 4 Manly Warringah, 3           ---                    2910 pts
 5 Winston Hills, 76            ---                    2900 pts
 6 Parramatta, 7                ---                    2876 pts
 7 Bankstown Sports, 5          ---                    2831 pts
 8 Northern Suburbs, 54         ---                    2808 pts
 9 Ku-Ring-Gai, 84              ---                    2779 pts
10 Hills District, 15           ---                    2707 pts
11 Port Hacking, 110            ---                    2684 pts
12 Cherrybrook, 219             ---                    2621 pts
13 Greystanes, 39               ---                    2589 pts
14 Glenbrook, 79                ---                    2585 pts
15 Randwick Botany, 1           ---                    2489 pts
16 Nepean, 13                   ---                    2425 pts
17 Werrington, 131              ---                    2419 pts
18 St George, 9                 ---                    2335 pts
19 Colyton/St Clair, 151        ---                    2206 pts
20 Eastern Suburbs, 2           ---                    1909 pts
21 Northern Districts, 157      ---                    1890 pts
22 Rouse Hill Rams, 248         ---                    1464 pts
23 Campbelltown Uws, 36         ---                    1255 pts
```

Girls U 11 - Long/High

```
 1 Ku-Ring-Gai, 84              ---                    3077 pts RECORD
 2 Hills District, 15           ---                    2940 pts
 3 Bankstown Sports, 5          ---                    2925 pts
 4 Northern Districts, 157      ---                    2913 pts
 5 Manly Warringah, 3           ---                    2905 pts
 6 Randwick Botany, 1           ---                    2798 pts
 7 Northern Suburbs, 54         ---                    2738 pts
 8 Holroyd, 6                   ---                    2485 pts
 9 St George, 9                 ---                    2480 pts
10 Balmain, 17                  ---                    2185 pts
11 Campbelltown Uws, 36         ---                    2094 pts
12 Western Suburbs, 20          ---                    1724 pts
13 Cherrybrook, 219             ---                    1519 pts
14 Rouse Hill Rams, 248         ---                    1359 pts
```

Boys U 8-11 800 Metre M.Dist (Junior)
Heat 1

```
 1 Port Hacking, 110            ---                    11:05.49Q
 2 Manly Warringah, 3           ---                    11:12.88Q
 3 Campbelltown Uws, 36         ---                    11:20.46Q
 4 Mosman, 19                   ---                    11:49.11
 5 Western Suburbs, 20          ---                    11:50.64
 6 Randwick Botany, 1           ---                    11:53.96
 7 Rouse Hill Rams, 248         ---                    12:12.00
 8 Wollongong City, 102         ---                    12:25.98
 8 Helensburgh, 44              ---                    12:25.98
10 St George, 9                 ---                    12:43.21
```

Heat 2

```
  1 Northern Suburbs, 54        ---               10:54.60Q   RECORD
  2 Hills District, 15          ---               11:00.71Q
  3 South Eastern, 152          ---               11:00.87Q
  4 Cherrybrook, 219            ---               11:00.91q
  5 Gosford, 72                 ---               11:08.77q
  6 Eastern Suburbs, 2          ---               11:20.99q
  7 Ryde, 38                    ---               11:21.77
  8 Parramatta, 7               ---               11:51.26
  9 Ku-Ring-Gai, 84             ---               12:02.73
 10 Winston Hills, 76           ---               12:03.11
```

Final

```
  1 Northern Suburbs, 54        ---               10:56.09
  2 Cherrybrook, 219            ---               11:04.65
  3 Manly Warringah, 3          ---               11:08.98
  4 Port Hacking, 110           ---               11:11.91
  5 South Eastern, 152          ---               11:12.96
  6 Hills District, 15          ---               11:14.04
  7 Gosford, 72                 ---               11:27.88
  8 Campbelltown Uws, 36        ---               11:31.14
  9 Eastern Suburbs, 2          ---               11:55.36
```

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

Heat 1

```
  1 Manly Warringah, 3          ---               11:22.83Q   RECORD
  2 Northern Suburbs, 54        ---               11:56.12Q
  3 Wollongong City, 102        ---               12:01.12Q
  4 Ryde, 38                    ---               12:04.17q
  5 Tiger West, 68              ---               12:15.05
  6 Mosman, 19                  ---               12:25.94
  6 Cherrybrook, 219            ---               12:25.94
  8 Campbelltown Uws, 36        ---               12:41.38
  9 Ku-Ring-Gai, 84             ---               12:42.82
 10 Northern Districts, 157     ---               12:43.44
```

Heat 2

```
  1 Randwick Botany, 1          ---               11:58.42Q
  2 Holroyd, 6                  ---               11:59.90Q
  3 Port Hacking, 110           ---               12:02.74Q
  4 Eastern Suburbs, 2          ---               12:05.25q
  5 Winston Hills, 76           ---               12:09.32q
  6 Hills District, 15          ---               12:18.62
  7 Rouse Hill Rams, 248        ---               12:26.96
  8 Camden, 61                  ---               12:44.70
  9 Liverpool, 48               ---               12:49.77
 10 Gosford, 72                 ---               12:52.02
```

Final

```
  1 Manly Warringah, 3          ---               11:25.00
  2 Holroyd, 6                  ---               11:41.67
  3 Eastern Suburbs, 2          ---               11:51.09
  4 Winston Hills, 76           ---               12:04.20
  5 Northern Suburbs, 54        ---               12:15.09
  6 Port Hacking, 110           ---               12:21.12
  7 Ryde, 38                    ---               12:23.47
  8 Wollongong City, 102        ---               12:24.34
  9 Randwick Botany, 1          ---               12:31.86
```

STATE RELAY CHAMPIONSHIP 2009

Results

Mixed U 8-11 100 Metre x 4 (Junior)
Final
```
  1 Prestons Robins, 250      W ---                      1:09.16   RECORD
  2 Woodberry, 60             W ---                      1:11.91
```

Mixed U 8-11 4 x Long Jump (Junior)
```
  1 Woodberry, 60             W ---                      24.52m
  2 Prestons Robins, 250      W ---                      23.92m
```

SENIOR

Boys U 12 - 100 Metre x 4
Heat 1
```
  1 Ku-Ring-Gai, 84           ---                        53.16Q
  2 Manly Warringah, 3        ---                        53.53q
  3 Northern Suburbs, 54      ---                        53.94q
  4 Eastern Suburbs, 2        ---                        54.61q
  5 Mosman, 19                ---                        56.00q
  6 Camden, 61                ---                        56.56q
  7 Helensburgh, 44           ---                        57.67
  8 Hornsby, 4                ---                        59.07
  9 Campbelltown Uws, 36      ---                        1:01.9h
```
Heat 2
```
  1 Girraween, 51             ---                        53.53Q
  2 St George, 9              ---                        57.12
  3 Gosford, 72               ---                        58.11
  4 Hills District, 15        ---                        59.47
  5 Canterbury, 55            ---                        1:01.27
 -- Liverpool, 48             ---                           DQ   IAAF 170.14
```
Heat 3
```
  1 Winston Hills, 76         ---                        56.17Q
  2 Illawong, 70              ---                        56.80q
  3 Cherrybrook, 219          ---                        1:00.19
  4 Rouse Hill Rams, 248      ---                        1:03.63
```
Final
```
  1 Girraween, 51             ---                        52.88     RECORD
  2 Manly Warringah, 3        ---                        53.78
  3 Northern Suburbs, 54      ---                        53.98
  4 Eastern Suburbs, 2        ---                        55.09
  5 Ku-Ring-Gai, 84           ---                        55.43
  6 Winston Hills, 76         ---                        56.99
  7 Mosman, 19                ---                        57.20
  8 Illawong, 70              ---                        57.48
  9 Camden, 61                ---                        1:01.13
```

Girls U 12 - 100 Metre x 4
Heat   1
```
  1 Manly Warringah, 3        ---                   55.26Q
  2 Sutherland, 11            ---                   59.61
  3 St George, 9              ---                 1:00.89
  4 Canterbury, 55            ---                 1:04.16
```
Heat   2
```
  1 Campbelltown Uws, 36      ---                   55.65Q
  2 Holroyd, 6                ---                   59.16q
  3 Ryde, 38                  ---                   59.43q
  4 Northern Suburbs, 54      ---                   59.45q
  5 Balmain, 17               ---                 1:01.04
  6 Winston Hills, 76         ---                 1:02.67
 -- Eastern Suburbs, 2        ---                      DQ   IAAF 163.3
```
Heat   3
```
  1 Jamison, 163              ---                   58.16Q
  2 Hills District, 15        ---                   58.64q
  3 Mosman, 19                ---                   58.69q
  4 Cherrybrook, 219          ---                   58.84q
  5 Liverpool, 48             ---                 1:00.93
```
Final
```
  1 Manly Warringah, 3        ---                   54.88     RECORD
  2 Campbelltown Uws, 36      ---                   55.82
  3 Northern Suburbs, 54      ---                   58.26
  4 Hills District, 15        ---                   58.69
  5 Jamison, 163              ---                   58.79
  6 Cherrybrook, 219          ---                   58.80
  7 Ryde, 38                  ---                   58.84
  8 Mosman, 19                ---                   59.39
 -- Holroyd, 6                ---                      DQ   IAAF 170.14
```

Mixed U 12 - 100 Metre x 4
Final
```
  1 Albion Park, 71           ---                   56.02     RECORD
  2 Ambarvale, 58             ---                 1:00.94
 -- Wollongong City, 102      ---                      DQ   IAAF 170.14
```

Mixed U 12 - 400 Metre x 4
Heat   1
```
  1 Emu Plains, 121           ---                 4:43.50Q
  2 Eastern Suburbs, 2        ---                 4:52.74Q
  3 Winston Hills, 76         ---                 4:53.81
  4 Mosman, 19                ---                 5:11.87
```
Heat   2
```
  1 Camden, 61                ---                 4:34.33Q
  2 Wollongong City, 102      ---                 4:39.85Q
  3 Northern Suburbs, 54      ---                 4:46.43
  4 Manly Warringah, 3        ---                 4:50.00
  5 Hills District, 15        ---                 5:03.41
  6 Liverpool, 48             ---                 5:14.79
```

```
Heat  3
  1 Doonside, 140              ---            4:22.67Q   RECORD
  2 St George, 9               ---            4:35.17Q
  3 Ku-Ring-Gai, 84            ---            4:35.50q
  4 Gosford, 72              W ---            4:36.13q
  5 Campbelltown Uws, 36     W ---            4:39.88q
  6 Illawong, 70            W ---             4:55.07
Final
  1 Doonside, 140           W ---             4:24.55
  2 Gosford, 72             W ---             4:30.18
  3 Wollongong City, 102    W ---             4:36.06
  4 St George, 9            W ---             4:37.52
  5 Ku-Ring-Gai, 84         W ---             4:39.98
  6 Campbelltown Uws, 36    W ---             4:41.61
  7 Eastern Suburbs, 2      W ---             4:44.10
  8 Camden, 61              W ---             4:46.62
  9 Emu Plains, 121         W ---             4:49.49
```

Boys U 12 - Shot/Discus

```
  1 Port Hacking, 110         ---            2180 pts RECORD
  2 Manly Warringah, 3        ---            2012 pts
  3 Ku-Ring-Gai, 84           ---            1989 pts
  4 Hills District, 15        ---            1947 pts
  5 Northern Suburbs, 54      ---            1895 pts
  6 Winston Hills, 76         ---            1849 pts
  7 Liverpool, 48             ---            1843 pts
  8 Cherrybrook, 219          ---            1772 pts
  9 Northern Districts, 157   ---            1493 pts
 10 Parramatta, 7             ---            1454 pts
 11 Bankstown Sports, 5       ---            1444 pts
 12 Campbelltown Uws, 36      ---            1087 pts
 13 St George, 9              ---             355 pts
```

Girls U 12 - Shot/Discus

```
  1 Parramatta, 7             ---            2186 pts
  2 Randwick Botany, 1        ---            2084 pts
  3 Ku-Ring-Gai, 84           ---            2049 pts
  4 Manly Warringah, 3        ---            2039 pts
  5 Nepean, 13                ---            1950 pts
  6 Liverpool, 48             ---            1648 pts
  7 Hills District, 15        ---            1517 pts
  8 Doonside, 140             ---            1482 pts
  9 Canterbury, 55            ---            1412 pts
 10 Northern Suburbs, 54      ---            1410 pts
 11 Campbelltown Uws, 36      ---            1376 pts
 12 Northern Districts, 157   ---            1373 pts
 13 Winston Hills, 76         ---            1099 pts
 14 St George, 9              ---             837 pts
```

STATE RELAY CHAMPIONSHIP 2009
Results

Boys U 12 - Long/High

```
 1 Cherrybrook, 219           ---                     3097 pts RECORD
 2 Manly Warringah, 3         ---                     3012 pts
 3 Northern Suburbs, 54       ---                     2957 pts
 4 Northern Districts, 157    ---                     2925 pts
 5 Bankstown Sports, 5        ---                     2785 pts
 6 Ku-Ring-Gai, 84            ---                     2633 pts
 7 Parramatta, 7              ---                     2590 pts
 8 Port Hacking, 110          ---                     2482 pts
 9 Hills District, 15         ---                     2383 pts
10 Winston Hills, 76          ---                     2336 pts
11 St George, 9               ---                     1200 pts
12 Campbelltown Uws, 36       ---                      589 pts
```

Girls U 12 - Long/High

```
 1 Northern Suburbs, 54       ---                     3032 pts
 2 Manly Warringah, 3         ---                     3024 pts
 3 Doonside, 140              ---                     2861 pts
 4 Randwick Botany, 1         ---                     2827 pts
 5 Parramatta, 7              ---                     2621 pts
 6 Ku-Ring-Gai, 84            ---                     2609 pts
 7 Bankstown Sports, 5        ---                     2466 pts
 8 Hills District, 15         ---                     2387 pts
 9 Campbelltown Uws, 36       ---                     2379 pts
10 Winston Hills, 76          ---                     2044 pts
11 St George, 9               ---                      959 pts
```

Boys U 13 - 100 Metre x 4
Heat 1
```
 1 Port Hacking, 110          ---                     52.21Q
 2 Randwick Botany, 1         ---                     55.31q
 3 Balmain, 17                ---                     55.67
 4 Nepean, 13                 ---                     55.67
 5 Liverpool, 48              ---                     57.18
 6 Rouse Hill Rams, 248       ---                     57.97
```
Heat 2
```
 1 Hills District, 15         ---                     50.36Q  RECORD
 2 Manly Warringah, 3         ---                     51.03q
 3 Sutherland, 11             ---                     51.59q
 4 Ryde, 38                   ---                     51.72q
 5 Camden, 61                 ---                     51.98q
 6 Winston Hills, 76          ---                     57.11
```
Heat 3
```
 1 Cherrybrook, 219           ---                     52.05Q
 2 Northern Suburbs, 54       ---                     52.32q
 3 Mosman, 19                 ---                     55.58
 4 Helensburgh, 44            ---                     57.15
```

Final
```
  1 Sutherland, 11              ---                 51.62
  2 Cherrybrook, 219            ---                 51.85
  3 Ryde, 38                    ---                 51.89
  4 Manly Warringah, 3          ---                 52.17
  5 Northern Suburbs, 54        ---                 52.25
  6 Port Hacking, 110           ---                 52.69
  7 Camden, 61                  ---                 52.89
  8 Randwick Botany, 1          ---                 56.37
 -- Hills District, 15          ---                 DQ   IAAF 170.14
```

Girls U 13 - 100 Metre x 4
Heat   1
```
  1 Northern Suburbs, 54        ---                 51.86Q
  2 Camden, 61                  ---                 53.16q
  3 Hills District, 15          ---                 56.67
  4 Port Hacking, 110           ---                 56.85
  5 Glenbrook, 79               ---                 57.37
```
Heat   2
```
  1 Randwick Botany, 1          ---                 54.69Q
  2 Kings Langley, 53           ---                 54.88q
  3 Cherrybrook, 219            ---                 55.71q
  4 Mosman, 19                  ---                 55.86
  5 Campbelltown Uws, 36        ---                 57.69
  6 Winston Hills, 76           ---                 58.47
```
Heat   3
```
  1 Manly Warringah, 3          ---                 54.41Q
  2 Macquarie Hunter, 96        ---                 54.49q
  3 Helensburgh, 44             ---                 55.64q
  4 Rouse Hill Rams, 248        ---                 55.84q
  5 Parramatta, 7               ---                 57.63
```
Final
```
  1 Northern Suburbs, 54        ---                 51.74    RECORD
  2 Camden, 61                  ---                 53.29
  3 Manly Warringah, 3          ---                 53.84
  4 Macquarie Hunter, 96        ---                 53.91
  5 Randwick Botany, 1          ---                 54.21
  6 Kings Langley, 53           ---                 54.73
  7 Helensburgh, 44             ---                 56.14
  8 Rouse Hill Rams, 248        ---                 56.67
  9 Cherrybrook, 219            ---                 57.08
```

Mixed U 13 - 100 Metre x 4
Final
```
  1 Douglas Park, 179           ---                 54.75    RECORD
  2 Wollongong City, 102        ---                 56.18
  3 Prospect, 95                ---               1:00.45
  4 Tiger West, 68              ---               1:03.13
```

STATE RELAY CHAMPIONSHIP 2009

Results

Mixed U 13 - 400 Metre x 4

Heat 1

1 Camden, 61	---	4:22.96Q	
2 Cherrybrook, 219	---	4:28.56Q	
3 Campbelltown Uws, 36	---	4:36.06q	
4 Helensburgh, 44	---	4:37.59q	
5 Port Hacking, 110	---	4:41.29q	
6 Doonside, 140	---	4:50.84	
7 Tiger West, 68	---	5:17.80	

Heat 2

1 Manly Warringah, 3	---	4:24.84Q	
2 Mosman, 19	---	4:37.29Q	
3 Wollongong City, 102	---	4:42.74	
4 Ku-Ring-Gai, 84	---	4:54.59	
5 Rouse Hill Rams, 248	---	4:55.88	
6 Winston Hills, 76	---	4:59.98	

Heat 3

1 Northern Suburbs, 54	---	4:19.43Q	
2 Hills District, 15	---	4:20.16Q	
3 Randwick Botany, 1	---	4:46.86	
4 Kings Langley, 53	---	5:01.67	

Final

1 Camden, 61	---	4:15.63	RECORD
2 Northern Suburbs, 54	---	4:17.08	
3 Hills District, 15	---	4:19.96	
4 Manly Warringah, 3	---	4:24.13	
5 Cherrybrook, 219	---	4:29.62	
6 Helensburgh, 44	---	4:39.17	
7 Mosman, 19	---	4:40.81	
8 Campbelltown Uws, 36	---	4:42.16	
9 Port Hacking, 110	---	4:55.43	

Boys U 13 - Shot/Discus

1 Liverpool, 48	---	2428 pts	RECORD
2 Winston Hills, 76	---	1994 pts	
3 Bankstown Sports, 5	---	1938 pts	
4 Manly Warringah, 3	---	1796 pts	
5 Campbelltown Uws, 36	---	1651 pts	
6 Ku-Ring-Gai, 84	---	1528 pts	
7 Randwick Botany, 1	---	1513 pts	
8 Northern Suburbs, 54	---	1499 pts	
9 Northern Districts, 157	---	1480 pts	
10 Ryde, 38	---	1213 pts	
11 Prospect, 95	---	984 pts	
12 St George, 9	---	188 pts	

STATE RELAY CHAMPIONSHIP 2009

Results

Girls U 13 - Shot/Discus

```
 1 Port Hacking, 110          ---              2914 pts
 2 Northern Suburbs, 54       ---              2712 pts
 3 Winston Hills, 76          ---              2569 pts
 4 Bankstown Sports, 5        ---              2347 pts
 5 Northern Districts, 157    ---              2318 pts
 6 Ku-Ring-Gai, 84            ---              2218 pts
 7 Kurrajong/Bilpin, 150      ---              2139 pts
 8 Ryde, 38                   ---              2120 pts
 9 Kings Langley, 53          ---              2062 pts
10 Manly Warringah, 3         ---              1972 pts
11 Randwick Botany, 1         ---              1794 pts
12 Camden, 61                 ---              1319 pts
13 St George, 9               ---              1303 pts
```

Boys U 13 - Long/High

```
 1 Bankstown Sports, 5        ---              3004 pts RECORD
 2 Ku-Ring-Gai, 84            ---              2930 pts
 3 Manly Warringah, 3         ---              2832 pts
 4 Ryde, 38                   ---              2599 pts
 5 Northern Districts, 157    ---              2469 pts
 6 Randwick Botany, 1         ---              2384 pts
 7 Northern Suburbs, 54       ---              2244 pts
 8 Winston Hills, 76          ---              1562 pts
 9 St George, 9               ---              1521 pts
10 Campbelltown Uws, 36       ---              1252 pts
```

Girls U 13 - Long/High

```
 1 Bankstown Sports, 5        ---              2845 pts RECORD
 2 Northern Districts, 157    ---              2702 pts
 3 Manly Warringah, 3         ---              2650 pts
 4 Sutherland, 11             ---              2629 pts
 5 Northern Suburbs, 54       ---              2432 pts
 6 Ku-Ring-Gai, 84            ---              2398 pts
 7 Ryde, 38                   ---              2359 pts
 8 Winston Hills, 76          ---              2189 pts
 9 Port Hacking, 110          ---              2025 pts
10 Randwick Botany, 1         ---              1982 pts
11 Springwood, 35             ---              1678 pts
12 St George, 9               ---              1014 pts
```

Boys U 14 - 100 Metre x 4

Heat 1
```
 1 Northern Districts, 157    ---              49.79Q
 2 Liverpool, 48              ---              50.45q
 3 Tiger West, 68             ---              50.69q
 4 Cherrybrook, 219           ---              51.69q
 5 Kings Langley, 53          ---              52.63
```
Heat 2
```
 1 Port Hacking, 110          ---              48.78Q
 2 Camden, 61                 ---              49.12q
 3 Manly Warringah, 3         ---              49.59q
 4 Albion Park, 71            ---              50.60q
 5 Campbelltown Uws, 36       ---              51.59q
```

Results

Final
```
  1 Camden, 61                    ---              48.65    RECORD
  2 Port Hacking, 110             ---              48.90
  3 Northern Districts, 157       ---              48.91
  4 Manly Warringah, 3            ---              50.24
  5 Liverpool, 48                 ---              50.37
  6 Tiger West, 68                ---              50.76
  7 Albion Park, 71               ---              50.86
  8 Cherrybrook, 219              ---              51.13
  9 Campbelltown Uws, 36          ---              52.06
```

Girls U 14 - 100 Metre x 4
Heat 1
```
  1 Campbelltown Uws, 36          ---              53.97Q
  2 Albion Park, 71               ---              54.97q
  3 Ku-Ring-Gai, 84               ---              56.35q
  4 Kurrajong/Bilpin, 150         ---              56.95q
  5 Liverpool, 48                 ---            1:00.07q
 -- Manly Warringah, 3            ---                 DQ   IAAF 170.14
```
Heat 2
```
  1 Northern Suburbs, 54          ---              53.70Q
  2 Randwick Botany, 1            ---              54.26q
  3 Winston Hills, 76             ---              55.04q
  4 Mosman, 19                    ---              59.14q
 -- Eastern Suburbs, 2            ---                 DQ   IAAF 170.13
```
Final
```
  1 Campbelltown Uws, 36          ---              53.12    RECORD
  2 Winston Hills, 76             ---              53.22
  3 Northern Suburbs, 54          ---              53.59
  4 Albion Park, 71               ---              53.82
  5 Ku-Ring-Gai, 84               ---              55.52
  6 Kurrajong/Bilpin, 150         ---              56.76
  7 Mosman, 19                    ---              58.60
  8 Randwick Botany, 1            ---              58.66
  9 Liverpool, 48                 ---              59.11
```

Mixed U 14 - 100 Metre x 4
Final
```
  1 Wollongong City, 102          ---              50.99    RECORD
```

Mixed U 14 - 400 Metre x 4
Final
```
  1 Albion Park, 71               ---            4:20.01    RECORD
  2 Manly Warringah, 3            ---            4:20.64
  3 Port Hacking, 110             ---            4:23.42
  4 Liverpool, 48                 ---            4:29.11
  5 Ku-Ring-Gai, 84               ---            4:29.33
  6 Wollongong City, 102          ---            4:37.29
```

STATE RELAY CHAMPIONSHIP 2009
Results

Boys U 14 - Shot/Discus
```
1 Northern Suburbs, 54        ---                    2139 pts RECORD
2 Ryde, 38                    ---                    2036 pts
3 Hills District, 15          ---                    1941 pts
4 Holroyd, 6                  ---                    1915 pts
5 Doonside, 140               ---                    1863 pts
6 Bankstown Sports, 5         ---                    1822 pts
7 Manly Warringah, 3          ---                    1456 pts
8 Port Hacking, 110           ---                    1410 pts
9 Winston Hills, 76           ---                    1378 pts
```

Girls U 14 - Shot/Discus
```
1 Winston Hills, 76           ---                    3359 pts RECORD
2 Northern Suburbs, 54        ---                    1605 pts
2 Manly Warringah, 3          ---                    1605 pts
```

Boys U 14 - Long/High
```
1 Northern Suburbs, 54        ---                    3126 pts RECORD
2 Doonside, 140               ---                    2861 pts
3 Ryde, 38                    ---                    2745 pts
4 Holroyd, 6                  ---                    2598 pts
5 Bankstown Sports, 5         ---                    2257 pts
6 Parramatta, 7               ---                    2172 pts
7 Hills District, 15          ---                    2165 pts
8 Manly Warringah, 3          ---                    2072 pts
```

Girls U 14 - Long/High
```
1 Northern Suburbs, 54        ---                    2710 pts
2 Ryde, 38                    ---                    2705 pts
3 Northern Districts, 157     ---                    2548 pts
4 Winston Hills, 76           ---                    1977 pts
```

Boys U 15 - 100 Metre x 4
Final
```
 1 Eastern Suburbs, 2         ---                    46.31    RECORD
 2 Holroyd, 6                 ---                    47.17
 3 Manly Warringah, 3         ---                    47.55
 4 Port Hacking, 110          ---                    47.89
 5 Jamison, 163               ---                    49.43
 6 Tiger West, 68             ---                    51.98
 7 Randwick Botany, 1         ---                    52.77
-- Hills District, 15         ---                    DNF
-- Bathurst, 59               ---                    DQ   IAAF 170.14
```

STATE RELAY CHAMPIONSHIP 2009

Results

Girls U 15 - 100 Metre x 4
Heat   1
```
  1 Kurrajong/Bilpin, 150      ---                      50.64Q
  2 Jamison, 163               ---                      53.06q
  3 Randwick Botany, 1         ---                      56.37q
  4 Winston Hills, 76          ---                      57.57
```
Heat   2
```
  1 Illawong, 70               ---                      52.17Q
  2 Camden, 61                 ---                      53.08q
  3 Ryde, 38                   ---                      54.42q
  4 Ku-Ring-Gai, 84            ---                      54.72q
  5 Eastern Suburbs, 2         ---                      55.98q
  6 Holroyd, 6                 ---                      56.64q
```
Final
```
  1 Kurrajong/Bilpin, 150      ---                      50.36    RECORD
  2 Illawong, 70               ---                      52.16
  3 Jamison, 163               ---                      52.74
  4 Camden, 61                 ---                      52.80
  5 Ku-Ring-Gai, 84            ---                      54.19
  6 Ryde, 38                   ---                      54.31
  7 Eastern Suburbs, 2         ---                      55.66
  8 Randwick Botany, 1         ---                      55.83
```

Mixed U 15 - 100 Metre x 4
Final
```
  1 Wollongong City, 102       ---                      50.60    RECORD
```

Mixed U 15 - 400 Metre x 4
Final
```
  1 Wollongong City, 102       ---                      4:02.06   RECORD
  2 Manly Warringah, 3         ---                      4:03.33
  3 Emu Plains, 121            ---                      4:05.30
```

Boys U 15 - Shot/Discus
```
  1 Parramatta, 7              ---                      2186 pts RECORD
  2 Winston Hills, 76          ---                      2119 pts
  3 Bankstown Sports, 5        ---                      2045 pts
  4 Werrington, 131            ---                      2026 pts
  5 Randwick Botany, 1         ---                      1492 pts
```

Girls U 15 - Shot/Discus
```
  1 Northern Suburbs, 54       ---                      2696 pts
  2 Parramatta, 7              ---                      2540 pts
  3 Port Hacking, 110          ---                      2127 pts
  4 Northern Districts, 157    ---                      2009 pts
  5 Liverpool, 48              ---                      1822 pts
  6 Bankstown Sports, 5        ---                      1742 pts
  7 Ku-Ring-Gai, 84            ---                      1645 pts
  8 Manly Warringah, 3         ---                      1457 pts
```

STATE RELAY CHAMPIONSHIP 2009
Results

Boys U 15 - Long/High

```
 1 Kurrajong/Bilpin, 150       ---                          3234 pts  RECORD
 2 Winston Hills, 76           ---                          2620 pts
 3 Parramatta, 7               ---                          2592 pts
 4 Western Suburbs, 20         ---                          2490 pts
 5 Bankstown Sports, 5         ---                          2471 pts
 6 Balmain, 17                 ---                          2234 pts
```

Girls U 15 - Long/High

```
 1 Northern Suburbs, 54        ---                          3148 pts  RECORD
 2 Hills District, 15          ---                          2992 pts
 3 Northern Districts, 157     ---                          2775 pts
 4 Port Hacking, 110           ---                          2690 pts
 5 Manly Warringah, 3          ---                          2433 pts
 6 Parramatta, 7               ---                          2418 pts
 7 Prospect, 95                ---                          2087 pts
 8 Bankstown Sports, 5         ---                          1168 pts
```

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

```
 1 Randwick Botany, 1          ---                           9:24.93  RECORD
 2 Hills District, 15          ---                           9:38.40
 3 Gosford, 72                 ---                           9:45.22
 4 Kurrajong/Bilpin, 150       ---                           9:51.10
 5 Port Hacking, 110           ---                           9:53.80
 6 Manly Warringah, 3          ---                          10:06.38
 7 Ku-Ring-Gai, 84             ---                          10:22.87
 8 Camden, 61                  ---                          10:43.76
 9 Mosman, 19                  ---                          11:02.68
10 Winston Hills, 76           ---                          11:12.62
11 Rouse Hill Rams, 248        ---                          12:14.52
```

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

```
 1 Randwick Botany, 1          ---                          10:25.51  RECORD
 2 Mosman, 19                  ---                          10:31.48
 3 Camden, 61                  ---                          10:47.57
 4 Greystanes, 39              ---                          10:55.07
 5 Manly Warringah, 3          ---                          11:06.94
 6 Hills District, 15          ---                          11:16.09
 7 Kurrajong/Bilpin, 150       ---                          11:18.28
 8 Cherrybrook, 219            ---                          11:29.00
 9 Northern Suburbs, 54        ---                          11:52.26
```

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

```
 1 Prestons Robins, 250        ---                             55.55  RECORD
 2 Cranebrook, 184             ---                             55.74
 3 Woodberry, 60               ---                           1:03.73
```

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

1	Prestons Robins, 250	---	2321 pts	RECORD
2	Woodberry, 60	---	2138 pts	
3	Cranebrook, 184	---	1794 pts	

Mixed U 17 - 100 Metre x 4

Heat 1

1	Cherrybrook, 219	---	46.89Q	
2	Winston Hills, 76	---	51.11q	
3	Gosford, 72	---	51.89q	
4	Randwick Botany, 1	---	52.17q	
5	Cranebrook, 184	---	54.99	

Heat 2

1	Campbelltown Uws, 36	---	47.29Q	
2	Liverpool, 48	---	48.69q	
3	Hills District, 15	---	50.21q	
4	Jamison, 163	---	51.60q	
5	Manly Warringah, 3	---	52.76q	

Final

1	Cherrybrook, 219	---	46.03	RECORD
2	Campbelltown Uws, 36	---	47.41	
3	Liverpool, 48	---	48.65	
4	Hills District, 15	---	50.15	
5	Winston Hills, 76	---	50.87	
6	Jamison, 163	---	51.83	
7	Gosford, 72	---	52.04	
8	Randwick Botany, 1	---	52.12	

Mixed U 17 - 400 Metre x 4

Final

1	Cherrybrook, 219	---	3:53.87	RECORD
2	Hills District, 15	---	4:05.42	
3	Manly Warringah, 3	---	4:05.73	
4	Randwick Botany, 1	---	4:07.30	
5	Northern Suburbs, 54	---	4:07.98	
6	Gosford, 72	---	4:17.37	
7	Winston Hills, 76	---	4:20.09	
8	Liverpool, 48	---	4:21.86	

Boys U 17 - Shot/Discus

1	Northern Suburbs, 54	---	1887 pts	RECORD
2	Parramatta, 7	---	1854 pts	
3	Campbelltown Uws, 36	---	1812 pts	
4	Manly Warringah, 3	---	1809 pts	
5	Port Hacking, 110	---	1609 pts	
6	Holroyd, 6	---	1594 pts	

STATE RELAY CHAMPIONSHIP 2009

Results

Girls U 17 - Shot/Discus

```
1 Port Hacking, 110          ---              2183 pts RECORD
2 Winston Hills, 76          ---              2145 pts
3 Manly Warringah, 3         ---              1699 pts
4 Northern Suburbs, 54       ---              1434 pts
```

Boys U 17 - Long/High

```
1 Parramatta, 7              ---              3024 pts RECORD
2 Northern Suburbs, 54       ---              2921 pts
3 Manly Warringah, 3         ---              2318 pts
4 Port Hacking, 110          ---              2146 pts
5 Holroyd, 6                 ---              1845 pts
```

Girls U 17 - Long/High

```
1 Manly Warringah, 3         ---              2621 pts RECORD
2 Parramatta, 7              ---              2419 pts
3 Port Hacking, 110          ---              2011 pts
4 Winston Hills, 76          ---              1557 pts
5 Northern Suburbs, 54       ---              1519 pts
```