

# LITTLE ATHLETICS NSW

## 2012 STATE RELAY CHAMPIONSHIPS

Sydney Olympic Park Athletics Centre - Sat & Sun, 24 & 25 Nov 2012

### Results

#### Girls U 8 - 100 Metre x 4

Record Elect: 1:06.42 E 27/11/2010 Eastern Suburbs, ---

##### Heat 1 Heats

1	Mosman, 19	---	1:10.53	Q	
2	Port Hacking, 110	---	1:10.80	q	
3	Sutherland, 11	---	1:12.58		
---	Liverpool, 48	---	DQ		IAAF 170.14
---	Prospect, 95	---	DQ		IAAF 170.14

##### Heat 2 Heats

1	Illawong, 70	---	1:07.99	Q	
2	Hills District, 15	---	1:10.09	q	
3	Rvde, 38	---	1:10.37	q	
4	Northern Suburbs, 54	---	1:12.00		
5	Parramatta, 7	---	1:14.55		
6	Quakers Hill, 199	---	1:19.06		

##### Heat 3 Heats

1	Ku-Ring-Gai, 84	---	1:08.45	Q	
2	Albion Park, 71	---	1:12.03		
3	Campbelltown, 36	---	1:12.23		
4	Girraween, 51	---	1:14.52		
5	Kings Langlev, 53	---	1:15.38		
---	Hornsby, 4	---	DQ		IAAF 170.14

##### Heat 4 Heats

1	Doonside, 140	---	1:08.43	Q	
2	Balmain, 17	---	1:09.06	q	
3	Camden, 61	---	1:10.59	q	
4	Cherrybrook, 219	---	1:12.72		
5	Randwick Botany, 1	---	1:12.88		
6	Blacktown, 8	---	1:14.56		
7	Western Suburbs, 20	---	1:15.38		
8	Manly Warringah, 3	---	1:15.46		

##### FINAL

1	Doonside, 140	---	1:08.61		
2	Mosman, 19	---	1:09.16		
3	Ku-Ring-Gai, 84	---	1:09.18		
4	Hills District, 15	---	1:09.92		
5	Port Hacking, 110	---	1:10.83		
6	Balmain, 17	---	1:10.89		
7	Rvde, 38	---	1:11.35		
8	Camden, 61	---	1:17.73		
---	Illawong, 70	---	DQ		IAAF 170.8

#### Girls U 9 - 100 Metre x 4

Record Elect: 1:01.72 E 26/11/2011 Eastern Suburbs, ---

##### Heat 1 Heats

1	Kings Langlev, 53	---	1:05.64	Q	
2	Emu Plains, 121	---	1:08.10		
3	Rvde, 38	---	1:08.61		
4	Liverpool, 48	---	1:13.26		
5	Quakers Hill, 199	---	1:16.81		

##### Heat 2 Heats

1	Tuggerah Lk Mingara, 165	---	1:03.49	Q	
2	Cherrybrook, 219	---	1:06.50		
3	Winston Hills, 76	---	1:06.69		
4	Western Suburbs, 20	---	1:08.39		
5	Blacktown, 8	---	1:10.50		
6	Campbelltown, 36	---	1:10.95		
---	Mosman, 19	---	DQ		IAAF 170.15

##### Heat 3 Heats

1	Randwick Botanv. 1	---	1:02.44	Q	
2	Hills District. 15	---	1:02.49	q	
3	Balmain. 17	---	1:04.05	q	
4	Sutherland. 11	---	1:04.82		
5	Port Hacking. 110	---	1:05.51		
6	Manly Warringah. 3	---	1:05.56		
7	Hornsby. 4	---	1:06.22		
8	Canterbury. 55	---	1:15.24		
<b>Heat 4 Heats</b>					
1	Camden. 61	---	E 1:01.25	Q	<b>RECORD</b>
2	Northern Suburbs. 54	---	1:01.97	q	
3	Ku-Ring-Gai. 84	---	1:03.77	q	
4	Albion Park. 71	---	1:04.26	q	
5	St George. 9	---	1:07.33		
6	Girraween. 51	---	1:08.56		
7	Eastern Suburbs. 2	---	1:08.74		
8	Shoalhaven. 120	---	1:10.03		
<b>FINAL</b>					
1	Camden. 61	---	1:01.59		
2	Northern Suburbs. 54	---	1:01.96		
3	Randwick Botanv. 1	---	1:02.90		
4	Hills District. 15	---	1:03.20		
5	Balmain. 17	---	1:03.71		
6	Ku-Ring-Gai. 84	---	1:03.95		
7	Tuggerah Lk Mingara. 165	---	1:04.53		
8	Albion Park. 71	---	1:04.65		
9	Kings Langley. 53	---	1:06.44		

### Girls U 10 - 100 Metre x 4

Record Elect: 58.86 E 28/11/2009 Manly Warringah, ---

<b>Heat 1 Heats</b>					
1	Randwick Botanv. 1	---	1:00.57	Q	
2	Ku-Ring-Gai. 84	---	1:00.84	q	
3	Ambarvale. 58	---	1:02.46	q	
4	Mosman. 19	---	1:02.64		
5	Albion Park. 71	---	1:04.33		
6	Winston Hills. 76	---	1:05.51		
7	Colyton/St Clair. 151	---	1:07.85		
<b>Heat 2 Heats</b>					
1	Hornsby. 4	---	1:02.95	Q	
2	Cherrybrook. 219	---	1:03.07		
3	Campbelltown. 36	---	1:03.15		
4	Western Suburbs. 20	---	1:03.54		
5	Hills District. 15	---	1:03.70		
6	Doonside. 140	---	1:05.88		
7	Quakers Hill. 199	---	1:07.96		
<b>Heat 3 Heats</b>					
1	Eastern Suburbs. 2	---	E 57.89	Q	<b>RECORD</b>
2	Camden. 61	---	1:00.49	q	
3	Northern Suburbs. 54	---	1:03.08		
4	Tuggerah Lk Mingara. 165	---	1:03.22		
5	Kings Langley. 53	---	1:04.04		
<b>Heat 4 Heats</b>					
1	Illawong. 70	---	59.87	Q	
2	Sutherland. 11	---	1:01.39	q	
3	Balmain. 17	---	1:01.51	q	
4	Canterbury. 55	---	1:02.47		
5	Rvde. 38	---	1:03.68		
6	Manly Warringah. 3	---	1:04.07		
7	Minchinbury. 195	---	1:16.05		
<b>FINAL</b>					
1	Ku-Ring-Gai. 84	---	1:00.28		
2	Illawong. 70	---	1:00.41		
3	Camden. 61	---	1:00.70		
4	Sutherland. 11	---	1:01.42		
5	Balmain. 17	---	1:01.43		
6	Randwick Botanv. 1	---	1:01.78		

7	Ambarvale, 58	---	1:03.15	
8	Hornsby, 4	---	1:03.72	
---	Eastern Suburbs, 2	---	DQ	IAAF 170.7

### Girls U 11 - 100 Metre x 4

Record Elect: 56.11 E 26/11/2011 Manly Warringah, ---

#### Heat 1 Heats

1	Manly Warringah, 3	---	57.38	Q
2	Bankstown Sports, 5	---	57.89	q
3	Port Hacking, 110	---	58.73	q
4	Cherrybrook, 219	---	58.75	q
5	St George, 9	---	59.24	q
6	Western Suburbs, 20	---	1:01.31	
7	Blacktown, 8	---	1:04.97	
8	Minchinburv, 195	---	1:07.28	

#### Heat 2 Heats

1	Albion Park, 71	---	57.56	Q
2	Balmain, 17	---	57.73	q
3	Randwick Botany, 1	---	57.79	q
4	Sutherland, 11	---	59.25	
5	Northern Suburbs, 54	---	59.29	
6	Hornsby, 4	---	1:02.11	
7	Winston Hills, 76	---	1:03.11	
8	Mosman, 19	---	1:03.87	

#### Heat 3 Heats

1	Quakers Hill, 199	---	1:01.84	Q
2	Rvde, 38	---	1:02.06	
3	Bathurst, 59	---	1:02.38	
4	Campbelltown, 36	---	1:02.39	
5	Hills District, 15	---	1:02.74	
6	Ku-Ring-Gai, 84	---	1:05.88	

#### FINAL

1	Albion Park, 71	---	56.75	
2	Manly Warringah, 3	---	56.77	
3	Balmain, 17	---	57.13	
4	Port Hacking, 110	---	58.06	
5	Randwick Botany, 1	---	58.76	
6	St George, 9	---	59.06	
7	Bankstown Sports, 5	---	59.20	
8	Cherrybrook, 219	---	59.54	
9	Quakers Hill, 199	---	1:02.76	

### Girls U 12 - 100 Metre x 4

Record Elect: 53.80 E 27/11/2011 Manly Warringah, ---

#### Heat 1 Heats

1	Manly Warringah, 3	---	53.81	Q
2	Randwick Botany, 1	---	56.25	q
3	Balmain, 17	---	56.76	q
4	Sutherland, 11	---	58.74	
5	Quakers Hill, 199	---	59.21	
6	Mosman, 19	---	1:07.18	

#### Heat 2 Heats

1	Rvde, 38	---	56.39	Q
2	Port Hacking, 110	---	57.09	q
3	Campbelltown, 36	---	59.11	
4	Tiger West, 68	---	59.64	
5	Ku-Ring-Gai, 84	---	1:01.45	
---	Eastern Suburbs, 2	---	DQ	IAAF 170.7

#### Heat 3 Heats

1	Western Suburbs, 20	---	55.82	Q
2	Camden, 61	---	56.85	q
3	Winston Hills, 76	---	57.91	q
4	Northern Suburbs, 54	---	58.36	q
5	Cherrybrook, 219	---	58.78	
6	Orange, 78	---	59.86	
7	St George, 9	---	1:01.36	

#### FINAL

1	Randwick Botany, 1	---	55.54	
2	Balmain, 17	---	56.11	
3	Rvde, 38	---	56.41	
4	Camden, 61	---	57.40	
5	Port Hacking, 110	---	57.44	
6	Northern Suburbs, 54	---	58.28	
7	Winston Hills, 76	---	1:01.45	
---	Western Suburbs, 20	---	DQ	IAAF 170.7
---	Manly Warringah, 3	---	DQ	IAAF 170.7

### Girls U 13 - 100 Metre x 4

Record Elect: 51.74 E 29/11/2009 Northern Suburbs, ---

#### Heat 1 Heats

1	Hills District, 15	---	53.16	Q
2	Tallawong Park, 139	---	56.19	q
3	Hornsby, 4	---	56.45	
4	Ku-Ring-Gai, 84	---	56.49	
5	Mosman, 19	---	56.88	
6	Illawong, 70	---	57.41	

#### Heat 2 Heats

1	Manly Warringah, 3	---	52.35	Q
2	Rvde, 38	---	53.54	q
3	Western Suburbs, 20	---	53.61	q
4	Winston Hills, 76	---	57.31	
5	Northern Suburbs, 54	---	58.27	
---	Girraween, 51	---	DQ	IAAF 170.7
---	St George, 9	---	DQ	IAAF 170.7

#### Heat 3 Heats

1	Sutherland, 11	---	52.27	Q
2	Bankstown Sports, 5	---	52.57	q
3	Camden, 61	---	53.64	q
4	Campbelltown, 36	---	56.37	q
5	Balmain, 17	---	59.09	
6	Quakers Hill, 199	---	59.61	
7	Randwick Botany, 1	---	1:00.48	

#### FINAL

1	Sutherland, 11	---	52.31	
2	Manly Warringah, 3	---	52.51	
3	Camden, 61	---	52.93	
4	Bankstown Sports, 5	---	52.93	
5	Western Suburbs, 20	---	53.38	
6	Hills District, 15	---	53.47	
7	Rvde, 38	---	53.52	
8	Tallawong Park, 139	---	56.88	
9	Campbelltown, 36	---	57.02	

### Girls U 14 - 100 Metre x 4

Record Elect: 49.83 E 28/11/2010 Northern Suburbs, ---

#### Heat 1 Heats

1	Hills District, 15	---	52.12	Q
2	Port Hacking, 110	---	52.80	q
3	Sutherland, 11	---	53.07	q
4	Campbelltown, 36	---	53.38	q
5	Northern Suburbs, 54	---	54.61	q
6	Quakers Hill, 199	---	1:02.51	
---	Manly Warringah, 3	---	DQ	IAAF 170.7

#### Heat 2 Heats

1	Randwick Botany, 1	---	52.39	Q
2	Albion Park, 71	---	53.51	q
3	Helensburgh, 44	---	56.34	q
4	Kings Langley, 53	---	57.39	q
5	Mosman, 19	---	1:01.26	
6	Cherrybrook, 219	---	1:01.89	

#### FINAL

1	Randwick Botany, 1	---	51.81	
2	Hills District, 15	---	52.17	
3	Albion Park, 71	---	53.26	

4	Port Hacking, 110	---	53.41
5	Sutherland, 11	---	53.80
6	Campbelltown, 36	---	54.02
7	Helensburgh, 44	---	55.26
8	Northern Suburbs, 54	---	56.10
9	Kings Langlev, 53	---	57.39

### Girls U 15 - 100 Metre x 4

Record Elect: 48.62 E 27/11/2011 Northern Suburbs, ---

#### Heat 1 Heats

1	Manly Warringah, 3	---	49.09	Q
2	St George, 9	---	54.75	q
3	Albion Park, 71	---	56.44	q
---	Winston Hills, 76	---	DQ	IAAF 170.6

#### Heat 2 Heats

1	Camden, 61	---	51.11	Q
2	Sutherland, 11	---	52.32	q
3	Campbelltown, 36	---	52.93	q
4	Northern Suburbs, 54	---	53.84	q
5	Hills District, 15	---	53.90	q
6	Quakers Hill, 199	---	56.37	q

#### FINAL

1	Manly Warringah, 3	---	49.20
2	Camden, 61	---	51.47
3	Sutherland, 11	---	52.19
4	Campbelltown, 36	---	53.01
5	Hills District, 15	---	53.63
6	Northern Suburbs, 54	---	54.60
7	St George, 9	---	56.04
8	Albion Park, 71	---	56.26
9	Quakers Hill, 199	---	58.41

### Girls U 17 - 100 Metre x 4

#### Heat 1 Heats

1	Northern Suburbs, 54	---	51.56	Q
2	Randwick Botany, 1	---	51.70	q
3	Ku-Ring-Gai, 84	---	51.82	q
4	Manly Warringah, 3	---	52.74	q
5	Mt Druitt, 119	---	56.87	q

#### Heat 2 Heats

1	Camden, 61	---	50.45	Q
2	Mosman, 19	---	53.70	q
3	Winston Hills, 76	---	53.75	q
4	Campbelltown, 36	---	54.13	q

#### FINAL

1	Camden, 61	---	50.00	RECORD
2	Randwick Botany, 1	---	50.97	
3	Northern Suburbs, 54	---	51.25	
4	Ku-Ring-Gai, 84	---	51.94	
5	Mosman, 19	---	53.00	
6	Manly Warringah, 3	---	53.35	
7	Winston Hills, 76	---	53.83	
8	Campbelltown, 36	---	54.48	
9	Mt Druitt, 119	---	57.57	

### Girls U 8 - 4 x Long Jump

Record: 27.67m R 26/11/2010 Port Hacking, ---

1	Ku-Ring-Gai, 84	---	2858	pts	RECORD
2	Bankstown Sports, 5	---	2594	pts	
3	Northern Suburbs, 54	---	2462	pts	
4	Manly Warringah, 3	---	2411	pts	
5	Hills District, 15	---	2288	pts	
6	Campbelltown, 36	---	2258	pts	
7	Northern Districts, 157	---	2191	pts	
8	Rouse Hill Rams, 248	---	2165	pts	
9	Winston Hills, 76	---	2140	pts	
10	Parramatta, 7	---	2106	pts	

11	Cherrybrook, 219	---	2079 pts
12	Western Suburbs, 20	---	1893 pts
13	Colyton/St Clair, 151	---	1796 pts
14	Kings Langlev, 53	---	1725 pts
15	Quakers Hill, 199	---	1543 pts
16	Randwick Botanv, 1	---	1271 pts

### Girls U 9 - 4 x Long Jump

Record: 29.99m R 28/11/2009 Ku-Ring-Gai, ---

1	Ku-Ring-Gai, 84	---	2866 pts
2	Macquarie Hunter, 96	---	2858 pts
3	Northern Districts, 157	---	2645 pts
4	Northern Suburbs, 54	---	2549 pts
5	Randwick Botanv, 1	---	2530 pts
6	Manly Warringah, 3	---	2496 pts
7	Parramatta, 7	---	2395 pts
8	Doonside, 140	---	2392 pts
9	Campbelltown, 36	---	2304 pts
10	Hills District, 15	---	2244 pts
11	Rouse Hill Rams, 248	---	2147 pts
12	Cherrybrook, 219	---	1914 pts
13	Western Suburbs, 20	---	1764 pts

### Girls U 10 - Long/High

Record: 31.40m R 28/11/2009 Bankstown Sports, ---

1	Northern Districts, 157	---	3030 pts
2	Northern Suburbs, 54	---	3026 pts
3	Cherrybrook, 219	---	2988 pts
4	Hills District, 15	---	2836 pts
5	Port Hacking, 110	---	2768 pts
6	Parramatta, 7	---	2742 pts
7	Manly Warringah, 3	---	2708 pts
8	Balmain, 17	---	2619 pts
9	Winston Hills, 76	---	2612 pts
10	Ku-Ring-Gai, 84	---	2570 pts
11	Girraween, 51	---	2529 pts
12	Bankstown Sports, 5	---	2508 pts
13	Rouse Hill Rams, 248	---	2472 pts
14	Western Suburbs, 20	---	1810 pts
15	Randwick Botanv, 1	---	1768 pts

### Girls U 11 - Long/High

Record: 32.80m R 26/11/2010 Western Suburbs, ---

1	Northern Suburbs, 54	---	3207 pts
2	Manly Warringah, 3	---	3080 pts
3	Kings Langlev, 53	---	2633 pts
4	Rouse Hill Rams, 248	---	2520 pts
5	Northern Districts, 157	---	2492 pts
6	Winston Hills, 76	---	2485 pts
7	Ku-Ring-Gai, 84	---	2036 pts
8	Randwick Botanv, 1	---	1750 pts
9	Hills District, 15	---	1739 pts
10	Western Suburbs, 20	---	907 pts

### Girls U 12 - Long/High

Record: 31.59m R 23/11/2008 Cherrybrook

1	Randwick Botanv, 1	---	3034 pts
2	Ku-Ring-Gai, 84	---	2930 pts
3	Rvde, 38	---	2871 pts
4	Western Suburbs, 20	---	2848 pts
5	Northern Suburbs, 54	---	2602 pts
6	Bankstown Sports, 5	---	2592 pts
7	Hornsby, 4	---	2434 pts
8	Port Hacking, 110	---	2388 pts
9	Orange, 78	---	2364 pts
10	Manly Warringah, 3	---	2185 pts
11	Winston Hills, 76	---	2106 pts
12	Rouse Hill Rams, 248	---	1780 pts
13	Northern Districts, 157	---	1656 pts

14	Cherrybrook, 219	---	1165 pts
15	Campbelltown, 36	---	1150 pts

### Girls U 13 - Long/High

<b>Record: 29.09m R</b>		<b>27/11/2010</b>	<b>Manly Warringah, ---</b>	
1	Western Suburbs, 20	---	2863 pts	
2	Rvde, 38	---	2834 pts	
3	Manly Warringah, 3	---	2721 pts	
4	Campbelltown, 36	---	2629 pts	
5	Ku-Ring-Gai, 84	---	2627 pts	
6	Winston Hills, 76	---	2528 pts	
7	Illawong, 70	---	2464 pts	
8	Northern Suburbs, 54	---	2428 pts	
9	Hills District, 15	---	2393 pts	
10	Doonside, 140	---	2351 pts	
11	Tallawong Park, 139	---	2310 pts	
12	Quakers Hill, 199	---	2268 pts	
13	Bankstown Sports, 5	---	2234 pts	
14	Bathurst, 59	---	2204 pts	
15	Randwick Botanv, 1	---	2156 pts	
16	Sutherland, 11	---	2132 pts	
17	Northern Districts, 157	---	1797 pts	
18	Parramatta, 7	---	1783 pts	
19	Camden, 61	---	1778 pts	

### Girls U 14 - Long/High

<b>Record: 30.87m R</b>		<b>27/11/2011</b>	<b>Manly Warringah, ---</b>	
1	Manly Warringah, 3	---	3245 pts	<b>RECORD</b>
2	Bankstown Sports, 5	---	3026 pts	
3	Randwick Botanv, 1	---	2984 pts	
4	Sutherland, 11	---	2875 pts	
5	Blacktown, 8	---	2641 pts	
6	Orange, 78	---	2621 pts	
7	Northern Suburbs, 54	---	2596 pts	
8	Albion Park, 71	---	2307 pts	
9	Rouse Hill Rams, 248	---	2134 pts	
10	Northern Districts, 157	---	1877 pts	
11	Campbelltown, 36	---	1219 pts	

### Girls U 15 - Long/High

<b>Record: 32.45m R</b>		<b>27/11/2011</b>	<b>Northern Suburbs, ---</b>	
1	Hills District, 15	---	3082 pts	
2	Manly Warringah, 3	---	3063 pts	
3	Parramatta, 7	---	2789 pts	
4	Northern Suburbs, 54	---	2722 pts	
5	Ku-Ring-Gai, 84	---	2506 pts	
6	Quakers Hill, 199	---	2268 pts	
7	Winston Hills, 76	---	927 pts	

### Girls U 17 - Long/High

<b>Record: 30.78m R</b>		<b>27/11/2011</b>	<b>Northern Suburbs, ---</b>	
1	Northern Suburbs, 54	---	2634 pts	
2	Randwick Botanv, 1	---	2606 pts	
3	Manly Warringah, 3	---	2566 pts	
4	Bankstown Sports, 5	---	2504 pts	
5	Northern Districts, 157	---	2445 pts	
6	Rvde, 38	---	2351 pts	
7	Winston Hills, 76	---	2223 pts	
8	Campbelltown, 36	---	1720 pts	
9	Blacktown, 8	---	1609 pts	

### Girls U 8 - Shot/Discus

<b>Record: 24.32m R</b>		<b>22/11/2008</b>	<b>Manly Warringah</b>	
1	Manly Warringah, 3	---	2213 pts	
2	Northern Suburbs, 54	---	1909 pts	
3	Ku-Ring-Gai, 84	---	1876 pts	
4	Winston Hills, 76	---	1872 pts	
5	Bankstown Sports, 5	---	1766 pts	
6	Parramatta, 7	---	1746 pts	

7	Rouse Hill Rams, 248	---	1615 pts
8	Northern Districts, 157	---	1587 pts
9	Blacktown, 8	---	1546 pts
10	Colyton/St Clair, 151	---	1512 pts
11	Hills District, 15	---	1492 pts
12	Quakers Hill, 199	---	1167 pts
13	Randwick Botanv, 1	---	827 pts
14	Western Suburbs, 20	---	791 pts
15	Campbelltown, 36	---	354 pts

### Girls U 9 - Shot/Discus

Record: 24.32m R 26/11/2011 Port Hacking

1	Ku-Ring-Gai, 84	---	2481 pts	RECORD
2	Macquarie Hunter, 96	---	2385 pts	
3	Northern Suburbs, 54	---	2077 pts	
4	Winston Hills, 76	---	2001 pts	
5	Emu Plains, 121	---	1975 pts	
6	Doonside, 140	---	1811 pts	
7	Randwick Botanv, 1	---	1799 pts	
8	Rouse Hill Rams, 248	---	1740 pts	
9	Balmain, 17	---	1739 pts	
10	Manly Warringah, 3	---	1708 pts	
11	Northern Districts, 157	---	1654 pts	
12	Parramatta, 7	---	1532 pts	
13	Campbelltown, 36	---	1438 pts	
14	Kings Langlev, 53	---	1401 pts	
15	Hills District, 15	---	1359 pts	
16	Quakers Hill, 199	---	1308 pts	
17	Western Suburbs, 20	---	1204 pts	
18	Cherrybrook, 219	---	1153 pts	
19	Prospect, 95	---	1139 pts	

### Girls U 10 - Shot/Discus

Record: 23.39m R 22/11/2008 Northern Districts

1	Parramatta, 7	---	2443 pts	RECORD
2	Liverpool, 48	---	2398 pts	
3	Hills District, 15	---	2206 pts	
4	Bankstown Sports, 5	---	2100 pts	
5	Winston Hills, 76	---	2052 pts	
6	Manly Warringah, 3	---	1977 pts	
7	Port Hacking, 110	---	1962 pts	
8	Cherrybrook, 219	---	1921 pts	
9	Randwick Botanv, 1	---	1895 pts	
10	Northern Suburbs, 54	---	1893 pts	
11	Ku-Ring-Gai, 84	---	1868 pts	
12	Holroyd, 6	---	1787 pts	
13	Girraween, 51	---	1733 pts	
14	Prospect, 95	---	1444 pts	
15	Rouse Hill Rams, 248	---	1439 pts	
16	Western Suburbs, 20	---	1328 pts	
17	Northern Districts, 157	---	1314 pts	
18	Campbelltown, 36	---	1186 pts	

### Girls U 11 - Shot/Discus

Record: 22.80m R 26/11/2010 Camden, ---

1	Manly Warringah, 3	---	2314 pts	RECORD
2	Northern Suburbs, 54	---	1902 pts	
3	Ku-Ring-Gai, 84	---	1661 pts	
4	Rouse Hill Rams, 248	---	1642 pts	
5	Northern Districts, 157	---	1637 pts	
6	Camden, 61	---	1533 pts	
7	Randwick Botanv, 1	---	1326 pts	
8	Western Suburbs, 20	---	1169 pts	
9	Campbelltown, 36	---	1108 pts	
10	Hills District, 15	---	923 pts	
11	Blacktown, 8	---	857 pts	

### Girls U 12 - Shot/Discus

Record: 22.83m R 27/11/2011 Camden



1	Ku-Ring-Gai, 84	---	2004 pts
2	Port Hacking, 110	---	1903 pts
3	Cherrybrook, 219	---	1900 pts
4	Rvde, 38	---	1806 pts
5	Bankstown Sports, 5	---	1618 pts
6	Randwick Botany, 1	---	1595 pts
7	Rouse Hill Rams, 248	---	1379 pts
8	Prospect, 95	---	1352 pts
9	Manly Warringah, 3	---	1339 pts
10	Winston Hills, 76	---	1316 pts
11	Northern Suburbs, 54	---	1291 pts
12	Northern Districts, 157	---	1250 pts
13	St George, 9	---	1229 pts
14	Campbelltown, 36	---	1217 pts
15	Western Suburbs, 20	---	1136 pts
16	Orange, 78	---	1120 pts

### Girls U 13 - Shot/Discus

Record: 32.15m R 23/11/2008 Winston Hills

1	Camden, 61	---	2725 pts
2	Bankstown Sports, 5	---	2451 pts
3	Manly Warringah, 3	---	2410 pts
4	Campbelltown, 36	---	2292 pts
5	Holrovd, 6	---	2124 pts
6	Northern Districts, 157	---	2043 pts
7	Northern Suburbs, 54	---	1984 pts
8	Cranebrook, 184	---	1908 pts
9	Winston Hills, 76	---	1906 pts
10	Randwick Botany, 1	---	1806 pts
11	Parramatta, 7	---	1783 pts
12	Ku-Ring-Gai, 84	---	1758 pts
13	Hills District, 15	---	1675 pts
14	Doonside, 140	---	1567 pts
15	Prospect, 95	---	1474 pts
16	Western Suburbs, 20	---	1216 pts

### Girls U 14 - Shot/Discus

Record: 33.59m R 29/11/2009 Winston Hills, ---

1	Kings Langlev, 53	---	2290 pts
2	Northern Suburbs, 54	---	2191 pts
3	Sutherland, 11	---	2118 pts
4	Bankstown Sports, 5	---	2047 pts
5	Blacktown, 8	---	1935 pts
6	Campbelltown, 36	---	1791 pts
7	Randwick Botany, 1	---	1765 pts
8	Prospect, 95	---	1762 pts
9	Northern Districts, 157	---	1672 pts
10	Quakers Hill, 199	---	1638 pts
11	Rouse Hill Rams, 248	---	1460 pts
12	Orange, 78	---	1390 pts
13	Manly Warringah, 3	---	1328 pts

### Girls U 15 - Shot/Discus

Record: 29.44m R 27/11/2011 Winston Hills, ---

1	St George, 9	---	2657 pts
2	Parramatta, 7	---	2254 pts
3	Manly Warringah, 3	---	2126 pts
4	Northern Suburbs, 54	---	1874 pts
5	Ku-Ring-Gai, 84	---	1774 pts

### Girls U 17 - Shot/Discus

Record: 21.73m R 27/11/2011 Northern Suburbs, ---

1	Rvde, 38	---	2294 pts
2	Port Hacking, 110	---	2255 pts
3	Camden, 61	---	2226 pts
4	Northern Suburbs, 54	---	2107 pts
5	Shoalhaven, 120	---	2064 pts
6	Randwick Botany, 1	---	2062 pts
7	Winston Hills, 76	---	1902 pts

RECORD

8	Northern Districts, 157	---	1711 pts
9	Prospect, 95	---	1689 pts
10	Manly Warringah, 3	---	1531 pts
11	Blacktown, 8	---	1516 pts
12	Cherrybrook, 219	---	1130 pts
13	Mt Druitt, 119	---	1011 pts

### Girls U 8-11 Middle Dist. (Junior)

Record Elect: 11:17.70 E 27/11/2010 Northern Suburbs, ---

#### Heat 1 Heats

1	Northern Suburbs, 54	---	11:24.11 Q
2	Hills District, 15	---	11:27.94 q
3	St George, 9	---	11:40.92 q
4	Winston Hills, 76	---	11:58.34 q
5	Campbelltown, 36	---	12:05.77 q
6	Prospect, 95	---	12:29.79
7	Western Suburbs, 20	---	12:33.24
8	Douglas Park, 179	---	12:51.64
9	Penrith Vallev, 66	---	13:04.04
10	Quakers Hill, 199	---	13:14.74

#### Heat 2 Heats

1	Manly Warringah, 3	---	11:33.05 Q
2	Mosman, 19	---	11:38.04 q
3	Sutherland, 11	---	11:54.61 q
4	Rvde, 38	---	12:17.28 q
5	Randwick Botany, 1	---	12:26.28
6	Albion Park, 71	---	12:33.10
7	Tiger West, 68	---	12:49.60
8	Kings Langlev, 53	---	12:57.94
9	Cherrybrook, 219	---	12:58.94
10	Girraween, 51	---	13:03.65

#### FINAL

1	Northern Suburbs, 54	---	11:23.05
2	Hills District, 15	---	11:32.52
3	St George, 9	---	11:33.62
4	Mosman, 19	---	11:40.60
5	Sutherland, 11	---	11:52.43
6	Manly Warringah, 3	---	11:55.10
7	Campbelltown, 36	---	12:11.05
8	Winston Hills, 76	---	12:21.42
9	Rvde, 38	---	12:24.18

### Girls U 12-15 Middle Dist. (Senior)

Record Elect: 10:03.07 E 28/11/2010 Mosman, ---

#### FINAL

1	Mosman, 19	---	10:06.09
2	Hills District, 15	---	10:20.44
3	Sutherland, 11	---	10:23.87
4	Rvde, 38	---	10:47.46
5	Illawong, 70	---	10:52.01
6	Manly Warringah, 3	---	10:55.19
7	Northern Suburbs, 54	---	10:55.88
8	Campbelltown, 36	---	11:02.08
9	Ku-Ring-Gai, 84	---	11:29.11
10	Girraween, 51	---	11:39.03
11	Prospect, 95	---	11:48.16
12	Kings Langlev, 53	---	11:58.26
13	Winston Hills, 76	---	12:04.34
14	Penrith Vallev, 66	---	12:21.28

### Boys U 8 - 100 Metre x 4

Record Elect: 1:04.29 E 27/11/2010 Randwick Botany, ---

#### Heat 1 Heats

1	Manly Warringah, 3	---	1:05.47 Q
2	Rvde, 38	---	1:05.70 q
3	Camden, 61	---	1:05.74 q
4	Mosman, 19	---	1:07.57 q
5	Quakers Hill, 199	---	1:08.02

6	Prospect, 95	---	1:08.29	
7	Sutherland, 11	---	1:08.46	
8	Tuggerah Lk Mingara, 165	---	1:08.53	
---	Liverpool, 48	---	DQ	IAAF 170.14
<b>Heat 2 Heats</b>				
1	Randwick Botany, 1	---	1:04.84	Q
2	Doonside, 140	---	1:06.55	q
3	Albion Park, 71	---	1:06.86	q
4	Northern Suburbs, 54	---	1:07.59	q
5	Parramatta, 7	---	1:07.77	
6	Colyton/St Clair, 151	---	1:08.95	
7	Campbelltown, 36	---	1:11.24	
8	St George, 9	---	1:15.26	
9	Winston Hills, 76	---	1:15.69	
<b>Heat 3 Heats</b>				
1	Ku-Ring-Gai, 84	---	1:07.47	Q
2	Balmain, 17	---	1:08.42	
3	Hills District, 15	---	1:08.45	
4	Port Hacking, 110	---	1:09.54	
5	Hornsby, 4	---	1:09.78	
6	Kings Langley, 53	---	1:12.82	
6	Western Suburbs, 20	---	1:12.82	
---	Cherrybrook, 219	---	DQ	IAAF 170.09
<b>FINAL</b>				
1	Randwick Botany, 1	---	1:04.41	
2	Rvde, 38	---	1:05.04	
3	Camden, 61	---	1:05.67	
4	Manly Warringah, 3	---	1:06.22	
5	Mosman, 19	---	1:06.61	
6	Ku-Ring-Gai, 84	---	1:07.37	
7	Albion Park, 71	---	1:07.85	
8	Northern Suburbs, 54	---	1:08.33	
---	Doonside, 140	---	DQ	IAAF 170.6
<b>Boys U 9 - 100 Metre x 4</b>				
Record Elect: 59.68 E 28/11/2009 Cherrybrook, ---				
<b>Heat 1 Heats</b>				
1	Campbelltown, 36	---	1:00.98	Q
2	Bathurst, 59	---	1:01.59	q
3	Nepean, 13	---	1:01.70	q
4	Ku-Ring-Gai, 84	---	1:01.87	
5	Mosman, 19	---	1:03.01	
6	Cherrybrook, 219	---	1:03.35	
7	Helensburgh, 44	---	1:05.02	
8	Eastern Suburbs, 2	---	1:07.54	
<b>Heat 2 Heats</b>				
1	Bankstown Sports, 5	---	E 59.16	Q
2	Balmain, 17	---	1:00.79	q
3	Hills District, 15	---	1:02.53	
4	Kings Langley, 53	---	1:02.86	
5	Blacktown, 8	---	1:03.33	
6	Rvde, 38	---	1:04.91	
7	Albion Park, 71	---	1:06.42	
<b>Heat 3 Heats</b>				
1	Port Hacking, 110	---	1:00.10	Q
2	Manly Warringah, 3	---	1:00.66	q
3	Randwick Botany, 1	---	1:00.71	q
4	Hornsby, 4	---	1:01.90	
5	Northern Suburbs, 54	---	1:02.95	
6	St George, 9	---	1:04.08	
7	Parramatta, 7	---	1:08.25	
---	Camden, 61	---	DQ	IAAF 170.7
<b>Heat 4 Heats</b>				
1	Tuggerah Lk Mingara, 165	---	1:01.22	Q
2	Sutherland, 11	---	1:03.20	
3	Rouse Hill Rams, 248	---	1:03.41	
4	Canterbury, 55	---	1:04.86	

5	Winston Hills, 76	---	1:07.21
6	Western Suburbs, 20	---	1:07.66
7	Minchinburv, 195	---	1:11.31
8	Doonside, 140	---	1:11.64

#### FINAL

1	Bankstown Sports, 5	---	59.30	<b>RECORD</b>
2	Tuggerah Lk Mingara, 165	---	1:00.36	
3	Manly Warringah, 3	---	1:00.40	
4	Port Hacking, 110	---	1:00.50	
5	Campbelltown, 36	---	1:00.95	
6	Randwick Botany, 1	---	1:01.31	
7	Bathurst, 59	---	1:01.48	
8	Balmain, 17	---	1:01.63	
9	Nepean, 13	---	1:01.78	

### Boys U 10 - 100 Metre x 4

Record Elect: 56.47 E 28/11/2009 Northern Suburbs, ---

#### Heat 1 Heats

1	Rvde, 38	---	58.52	Q
2	Emu Plains, 121	---	1:00.75	
3	Kings Langley, 53	---	1:01.02	
4	Canterbury, 55	---	1:01.09	
5	Campbelltown, 36	---	1:01.95	
6	Minchinburv, 195	---	1:04.64	
7	Eastern Suburbs, 2	---	1:08.68	

#### Heat 2 Heats

1	Manly Warringah, 3	---	58.75	Q
2	Camden, 61	---	59.32	q
3	St George, 9	---	59.75	q
4	Hornsby, 4	---	1:00.15	
5	Balmain, 17	---	1:00.89	
6	Western Suburbs, 20	---	1:01.51	
7	Doonside, 140	---	1:02.99	
8	Winston Hills, 76	---	1:04.74	

#### Heat 3 Heats

1	Northern Suburbs, 54	---	58.48	Q
2	Albion Park, 71	---	59.59	q
3	Cherrybrook, 219	---	1:00.88	
4	Ku-Ring-Gai, 84	---	1:02.40	
5	Liverpool, 48	---	1:02.54	
---	Quakers Hill, 199	---	DQ	IAAF 170.7

#### Heat 4 Heats

1	Port Hacking, 110	---	58.34	Q
2	Randwick Botany, 1	---	58.35	q
3	Mosman, 19	---	58.47	q
4	Nepean, 13	---	1:04.48	
---	Hills District, 15	---	DQ	IAAF 170.8
---	Sutherland, 11	---	DQ	IAAF 170.8

#### FINAL

1	Port Hacking, 110	---	57.46	
2	Rvde, 38	---	57.89	
3	Manly Warringah, 3	---	58.49	
4	Randwick Botany, 1	---	58.52	
5	Camden, 61	---	59.24	
6	Mosman, 19	---	59.50	
7	St George, 9	---	59.78	
---	Albion Park, 71	---	DQ	IAAF 170.7
---	Northern Suburbs, 54	---	DQ	IAAF 170.7 & IAAF 170.6

### Boys U 11 - 100 Metre x 4

Record Elect: 53.76 E 27/11/2010 Northern Suburbs, ---

#### Heat 1 Heats

1	Mosman, 19	---	56.56	Q
2	Manly Warringah, 3	---	56.59	q
3	Rvde, 38	---	57.06	q
4	Rouse Hill Rams, 248	---	57.85	q
5	St George, 9	---	58.66	

6	Kings Langlev, 53	---	59.83	
7	Winston Hills, 76	---	1:00.10	
8	Albion Park, 71	---	1:01.01	
<b>Heat 2 Heats</b>				
1	Northern Suburbs, 54	---	57.66	Q
2	Randwick Botany, 1	---	58.09	q
3	Port Hacking, 110	---	58.76	
4	Balmain, 17	---	59.24	
5	Bathurst, 59	---	1:00.02	
6	Western Suburbs, 20	---	1:02.26	
7	Ku-Ring-Gai, 84	---	1:02.44	
<b>Heat 3 Heats</b>				
1	Eastern Suburbs, 2	---	56.21	Q
2	Campbelltown, 36	---	57.92	q
3	Hills District, 15	---	57.95	q
4	Cherrybrook, 219	---	58.09	
5	Sutherland, 11	---	58.98	
6	Doonside, 140	---	1:01.32	
7	Quakers Hill, 199	---	1:02.51	
---	Minchinbury, 195	---	DQ	IAAF 170.6
<b>FINAL</b>				
1	Manly Warringah, 3	---	55.79	
2	Eastern Suburbs, 2	---	55.83	
3	Mosman, 19	---	56.44	
4	Northern Suburbs, 54	---	57.39	
5	Hills District, 15	---	57.68	
6	Campbelltown, 36	---	58.11	
7	Rvde, 38	---	58.17	
8	Rouse Hill Rams, 248	---	58.37	
9	Randwick Botany, 1	---	58.75	
<b>Boys U 12 - 100 Metre x 4</b>				
Record Elect: 52.42 E 27/11/2011 Northern Suburbs, ---				
<b>Heat 1 Heats</b>				
1	Colyton/St Clair, 151	---	55.40	Q
2	Ku-Ring-Gai, 84	---	55.45	q
3	Balmain, 17	---	55.54	
4	Mosman, 19	---	55.69	
5	Northern Suburbs, 54	---	57.37	
6	Kings Langlev, 53	---	58.62	
7	Tallawong Park, 139	---	59.28	
<b>Heat 2 Heats</b>				
1	Cherrybrook, 219	---	55.21	Q
2	Randwick Botany, 1	---	56.01	
3	Winston Hills, 76	---	56.37	
4	Albion Park, 71	---	59.40	
5	Western Suburbs, 20	---	1:02.51	
<b>Heat 3 Heats</b>				
1	Port Hacking, 110	---	53.84	Q
2	Rvde, 38	---	54.02	q
3	Manly Warringah, 3	---	54.28	q
4	Hills District, 15	---	54.94	q
5	Campbelltown, 36	---	55.14	q
6	Sutherland, 11	---	55.38	q
7	St George, 9	---	59.80	
<b>FINAL</b>				
1	Port Hacking, 110	---	54.16	
2	Rvde, 38	---	54.46	
3	Manly Warringah, 3	---	54.48	
4	Hills District, 15	---	55.11	
5	Cherrybrook, 219	---	55.43	
6	Colyton/St Clair, 151	---	55.53	
7	Campbelltown, 36	---	55.83	
8	Ku-Ring-Gai, 84	---	56.28	
9	Sutherland, 11	---	57.28	

### Boys U 13 - 100 Metre x 4

Record Elect: 50.36 E 29/11/2009 Hills District, ---

Heat 1 Heats

1	Sutherland, 11	---	51.84	Q	
2	Illawong, 70	---	52.66	q	
3	Campbelltown, 36	---	54.17		
4	Port Hacking, 110	---	54.44		
5	Doonside, 140	---	55.27		
6	Tiger West, 68	---	1:00.88		
---	Mosman, 19	---	DQ		IAAF 170.7

Heat 2 Heats

1	Randwick Botany, 1	---	50.94	Q	
2	Nepean, 13	---	51.96	q	
3	Rvde, 38	---	52.94	q	
4	Hills District, 15	---	55.14		
5	Ku-Ring-Gai, 84	---	56.50		
6	St George, 9	---	1:00.21		

Heat 3 Heats

1	Manly Warringah, 3	---	51.68	Q	
2	Hornsby, 4	---	51.87	q	
3	Northern Suburbs, 54	---	52.50	q	
4	Parramatta, 7	---	53.04	q	
5	Cherrybrook, 219	---	53.53		
6	Kings Langley, 53	---	54.07		
7	Girraween, 51	---	55.36		

FINAL

1	Randwick Botany, 1	---	50.85		
2	Manly Warringah, 3	---	51.40		
3	Hornsby, 4	---	52.44		
4	Sutherland, 11	---	52.54		
5	Nepean, 13	---	52.55		
6	Rvde, 38	---	52.65		
7	Illawong, 70	---	52.96		
8	Northern Suburbs, 54	---	53.84		
---	Parramatta, 7	---	DQ		IAAF 170.6

Boys U 14 - 100 Metre x 4

Record Elect: 47.77 E 28/11/2010 Manly Warringah, ---

Heat 1 Heats

1	Tuggerah Lk Mingara, 165	---	49.39	Q	
2	Sutherland, 11	---	50.25	q	
3	Manly Warringah, 3	---	50.82	q	
4	Albion Park, 71	---	53.58	q	
5	Tiger West, 68	---	56.23		
6	Randwick Botany, 1	---	56.82		

Heat 2 Heats

1	Northern Suburbs, 54	---	47.84	Q	
2	Bankstown Sports, 5	---	49.36	q	
3	Port Hacking, 110	---	51.59	q	
4	Cherrybrook, 219	---	51.93	q	
5	Campbelltown, 36	---	53.77	q	
---	Rvde, 38	---	DQ		IAAF 170.7
---	Winston Hills, 76	---	DQ		IAAF 170.7

FINAL

1	Bankstown Sports, 5	---	47.33		RECORD
2	Northern Suburbs, 54	---	48.02		
3	Tuggerah Lk Mingara, 165	---	49.07		
4	Sutherland, 11	---	50.68		
5	Manly Warringah, 3	---	51.94		
6	Cherrybrook, 219	---	52.04		
7	Port Hacking, 110	---	52.46		
8	Albion Park, 71	---	54.01		
9	Campbelltown, 36	---	56.03		

Boys U 15 - 100 Metre x 4

Record Elect: 44.82 E 27/11/2011 Manly Warringah, ---

Heat 1 Heats

1	Northern Suburbs, 54	---	46.32	Q	
2	Manly Warringah, 3	---	46.59	q	
3	Camden, 61	---	46.85	q	
4	Albion Park, 71	---	47.08	q	
5	Doonside, 140	---	47.31	q	
6	Cherrybrook, 219	---	50.42		
<b>Heat 2 Heats</b>					
1	Illawong, 70	---	46.92	Q	
2	Bankstown Sports, 5	---	47.98	q	
3	Winston Hills, 76	---	48.36	q	
4	Hills District, 15	---	49.41	q	
5	Randwick Botany, 1	---	50.82		
---	Parramatta, 7	---	DQ		IAAF 170.7
---	Campbelltown, 36	---	DQ		IAAF 170.7

<b>FINAL</b>					
1	Northern Suburbs, 54	---	46.34		
2	Illawong, 70	---	47.18		
3	Doonside, 140	---	47.80		
4	Manly Warringah, 3	---	47.93		
5	Albion Park, 71	---	48.25		
6	Camden, 61	---	48.98		
7	Hills District, 15	---	49.25		
---	Winston Hills, 76	---	DQ		IAAF 170.7

### Boys U 17 - 100 Metre x 4

<b>Heat 1 Heats</b>					
1	Ku-Ring-Gai, 84	---	43.43	Q	
2	Bankstown Sports, 5	---	45.13	q	
3	Winston Hills, 76	---	46.59		
4	Kings Langley, 53	---	47.47		
5	Hornsby, 4	---	48.45		
---	Randwick Botany, 1	---	DQ		IAAF 170.7

<b>Heat 2 Heats</b>					
1	Port Hacking, 110	---	44.42	Q	
2	Camden, 61	---	44.74	q	
3	Hills District, 15	---	44.95	q	
4	Manly Warringah, 3	---	45.01	q	
5	Northern Suburbs, 54	---	45.18	q	
6	Campbelltown, 36	---	45.41	q	
7	Rvde, 38	---	46.50	q	

<b>FINAL</b>					
1	Ku-Ring-Gai, 84	---	43.28		<b>RECORD</b>
2	Port Hacking, 110	---	44.08		
3	Camden, 61	---	44.14		
4	Northern Suburbs, 54	---	44.97		
5	Bankstown Sports, 5	---	45.08		
6	Campbelltown, 36	---	45.38		
7	Rvde, 38	---	47.16		
---	Hills District, 15	---	DQ		IAAF 170.7

### Boys U 8 - 4 x Long Jump

Record: 29.64m R 26/11/2010 Manly Warringah, ---

1	Ku-Ring-Gai, 84	---	3102	pts	<b>RECORD</b>
2	Western Suburbs, 20	---	3078	pts	
3	Northern Districts, 157	---	2973	pts	
4	Northern Suburbs, 54	---	2934	pts	
5	Manly Warringah, 3	---	2722	pts	
6	Hills District, 15	---	2625	pts	
7	Girraween, 51	---	2611	pts	
8	Bankstown Sports, 5	---	2607	pts	
9	Randwick Botany, 1	---	2512	pts	
10	Rvde, 38	---	2358	pts	
11	Winston Hills, 76	---	2258	pts	
12	Parramatta, 7	---	2226	pts	
13	Liverpool, 48	---	2185	pts	
14	Quakers Hill, 199	---	2155	pts	
15	Blacktown, 8	---	2025	pts	
16	Prospect, 95	---	1966	pts	

17 Rouse Hill Rams, 248 --- 1923 pts

### Boys U 9 - 4 x Long Jump

Record: 30.53m R 28/11/2009 Manly Warringah, ---

1	Bankstown Sports, 5	---	3047 pts
2	Manly Warringah, 3	---	2823 pts
3	Port Hacking, 110	---	2819 pts
4	Randwick Botany, 1	---	2706 pts
5	Northern Suburbs, 54	---	2678 pts
6	Northern Districts, 157	---	2658 pts
7	Hornsby, 4	---	2653 pts
8	Parramatta, 7	---	2530 pts
9	Rvde, 38	---	2505 pts
10	Ku-Ring-Gai, 84	---	2493 pts
11	Holroyd, 6	---	2409 pts
12	Canterbury, 55	---	2362 pts
13	Blacktown, 8	---	2344 pts
14	Liverpool, 48	---	2332 pts
15	Doonside, 140	---	2246 pts
16	Cherrybrook, 219	---	2133 pts
17	Winston Hills, 76	---	1994 pts
18	Kings Langley, 53	---	1991 pts
19	Rouse Hill Rams, 248	---	1839 pts

### Boys U 10 - Long/High

Record: 31.93m R 28/11/2009 Manly Warringah, ---

1	Manly Warringah, 3	---	3246 pts	<b>RECORD</b>
2	Bankstown Sports, 5	---	3162 pts	
3	Northern Districts, 157	---	3044 pts	
4	Ku-Ring-Gai, 84	---	2893 pts	
5	Rvde, 38	---	2822 pts	
6	Douglas Park, 179	---	2713 pts	
7	Colyton/St Clair, 151	---	2710 pts	
8	Winston Hills, 76	---	2698 pts	
9	Northern Suburbs, 54	---	2626 pts	
10	Girraween, 51	---	2615 pts	
11	Port Hacking, 110	---	2522 pts	
12	Hornsby, 4	---	2477 pts	
13	Cherrybrook, 219	---	2453 pts	
14	St George, 9	---	2327 pts	
15	Sutherland, 11	---	2307 pts	
16	Rouse Hill Rams, 248	---	2253 pts	
17	Kings Langley, 53	---	2237 pts	
18	Blacktown, 8	---	2196 pts	
19	Balmain, 17	---	2132 pts	
20	Hills District, 15	---	1863 pts	
21	Parramatta, 7	---	1819 pts	
22	Western Suburbs, 20	---	1035 pts	

### Boys U 11 - Long/High

Record: 33.58m R 22/11/2008 Manly Warringah

1	Ku-Ring-Gai, 84	---	3200 pts
2	Balmain, 17	---	3152 pts
3	Manly Warringah, 3	---	2999 pts
4	Randwick Botany, 1	---	2801 pts
5	Camden, 61	---	2789 pts
6	Bankstown Sports, 5	---	2757 pts
7	Northern Districts, 157	---	2596 pts
8	Holroyd, 6	---	2555 pts
9	Rvde, 38	---	2453 pts
10	Northern Suburbs, 54	---	2436 pts
11	Hills District, 15	---	2429 pts
12	Rouse Hill Rams, 248	---	2426 pts
13	Winston Hills, 76	---	2362 pts
14	Blacktown, 8	---	2018 pts
15	Quakers Hill, 199	---	1873 pts
16	Campbelltown, 36	---	1629 pts
17	Cherrybrook, 219	---	949 pts



## Boys U 12 - Long/High

Record: 31.79m R 27/11/2011 Albion Park, ---

1	Port Hacking, 110	---	3037 pts
2	Campbelltown, 36	---	2956 pts
3	Randwick Botany, 1	---	2952 pts
4	Winston Hills, 76	---	2908 pts
5	Rvde, 38	---	2897 pts
6	Ku-Ring-Gai, 84	---	2804 pts
7	Northern Suburbs, 54	---	2793 pts
8	Cherrybrook, 219	---	2791 pts
9	Manly Warringah, 3	---	2752 pts
10	Parramatta, 7	---	2745 pts
11	Girraween, 51	---	2602 pts
12	Sutherland, 11	---	2565 pts
13	St George, 9	---	2433 pts
14	Tallawong Park, 139	---	2362 pts
15	Hills District, 15	---	1967 pts
16	Jamison, 163	---	1790 pts
17	Hornsby, 4	---	1485 pts
18	Northern Districts, 157	---	1269 pts

## Boys U 13 - Long/High

Record: 30.72m R 27/11/2011 Western Suburbs, ---

1	Manly Warringah, 3	---	3241 pts	<b>RECORD</b>
2	Hornsby, 4	---	3187 pts	
3	Randwick Botany, 1	---	3151 pts	
4	Northern Suburbs, 54	---	3004 pts	
5	Illawong, 70	---	2974 pts	
6	Parramatta, 7	---	2842 pts	
7	Ku-Ring-Gai, 84	---	2569 pts	
8	Northern Districts, 157	---	2512 pts	
9	Balmain, 17	---	2488 pts	
10	Port Hacking, 110	---	2250 pts	
11	Hills District, 15	---	2191 pts	
12	Campbelltown, 36	---	1452 pts	
13	Rvde, 38	---	1228 pts	

## Boys U 14 - Long/High

Record: 31.26m R 29/11/2009 Northern Suburbs, ---

1	Bankstown Sports, 5	---	3030 pts
2	Ku-Ring-Gai, 84	---	2904 pts
3	Northern Suburbs, 54	---	2772 pts
4	Winston Hills, 76	---	2644 pts
5	Manly Warringah, 3	---	2564 pts
6	Campbelltown, 36	---	2502 pts
7	Parramatta, 7	---	2407 pts
8	Western Suburbs, 20	---	2354 pts
9	Rvde, 38	---	2221 pts
10	Randwick Botany, 1	---	2132 pts
11	Port Hacking, 110	---	1766 pts

## Boys U 15 - Long/High

Record: 32.34m R 29/11/2009 Kurrajong/Bilpin, ---

1	Manly Warringah, 3	---	2874 pts
2	Cherrybrook, 219	---	2790 pts
3	Northern Suburbs, 54	---	2743 pts
4	Bankstown Sports, 5	---	2718 pts
5	Campbelltown, 36	---	2647 pts
6	Doonside, 140	---	2546 pts
7	Parramatta, 7	---	2542 pts
8	Hills District, 15	---	2340 pts
9	Winston Hills, 76	---	2154 pts
10	Randwick Botany, 1	---	1225 pts

## Boys U 17 - Long/High

Record: 30.24m R 29/11/2009 Parramatta, ---

1	Campbelltown, 36	---	2890 pts
2	Bankstown Sports, 5	---	2843 pts

3	Hills District, 15	---	2775 pts
4	Camden, 61	---	2675 pts
5	Port Hacking, 110	---	2674 pts
6	Rvde, 38	---	2650 pts
7	Manly Warringah, 3	---	2464 pts
8	Northern Suburbs, 54	---	2387 pts
9	Hornsby, 4	---	2345 pts
10	Winston Hills, 76	---	2335 pts
11	Randwick Botany, 1	---	2275 pts

### Boys U 8 - Shot/Discus

Record: 27.73m R 26/11/2010 Sutherland, ---

1	Ku-Ring-Gai, 84	---	2513 pts
2	Girraween, 51	---	2014 pts
3	Winston Hills, 76	---	1962 pts
4	Manly Warringah, 3	---	1913 pts
5	Parramatta, 7	---	1907 pts
6	Northern Districts, 157	---	1905 pts
7	Rvde, 38	---	1809 pts
8	Quakers Hill, 199	---	1802 pts
9	Penrith Valley, 66	---	1740 pts
10	Hills District, 15	---	1711 pts
11	Prospect, 95	---	1676 pts
12	Northern Suburbs, 54	---	1535 pts
13	Bankstown Sports, 5	---	1512 pts
14	Western Suburbs, 20	---	1493 pts
15	Blacktown, 8	---	1373 pts
16	Campbelltown, 36	---	1371 pts
17	Liverpool, 48	---	1333 pts
18	Randwick Botany, 1	---	1163 pts
19	Rouse Hill Rams, 248	---	844 pts

### Boys U 9 - Shot/Discus

Record: 26.21m R 28/11/2009 Ku-Ring-Gai, ---

1	Port Hacking, 110	---	2307 pts
2	Bankstown Sports, 5	---	2240 pts
3	Hills District, 15	---	2177 pts
4	Ku-Ring-Gai, 84	---	2068 pts
5	Manly Warringah, 3	---	2005 pts
6	Randwick Botany, 1	---	1917 pts
7	Liverpool, 48	---	1851 pts
8	Winston Hills, 76	---	1823 pts
9	Girraween, 51	---	1807 pts
10	Parramatta, 7	---	1768 pts
11	Northern Suburbs, 54	---	1740 pts
12	Northern Districts, 157	---	1680 pts
13	Rvde, 38	---	1632 pts
14	Holroyd, 6	---	1556 pts
15	Doonside, 140	---	1553 pts
16	Rouse Hill Rams, 248	---	1439 pts
17	Cherrybrook, 219	---	1432 pts
18	Camden, 61	---	778 pts
19	Campbelltown, 36	---	757 pts

### Boys U 10 - Shot/Discus

Record: 27.35m R 26/11/2010 Ku-Ring-Gai, ---

1	Sutherland, 11	---	2284 pts
2	Bankstown Sports, 5	---	2200 pts
3	Colyton/St Clair, 151	---	2182 pts
4	Ku-Ring-Gai, 84	---	2133 pts
5	Northern Suburbs, 54	---	2125 pts
6	Northern Districts, 157	---	2038 pts
7	Manly Warringah, 3	---	1940 pts
8	Rvde, 38	---	1936 pts
9	Campbelltown, 36	---	1776 pts
10	Balmain, 17	---	1753 pts
11	Hornsby, 4	---	1571 pts
12	Hills District, 15	---	1433 pts
13	Girraween, 51	---	1390 pts

14	Parramatta, 7	---	1374 pts
15	Western Suburbs, 20	---	1322 pts
16	St George, 9	---	1302 pts
17	Quakers Hill, 199	---	1294 pts
18	Port Hacking, 110	---	1284 pts
19	Rouse Hill Rams, 248	---	1271 pts
20	Kings Langlev, 53	---	1161 pts
21	Prospect, 95	---	1061 pts
22	Cherrybrook, 219	---	1056 pts
23	Winston Hills, 76	---	945 pts

### Boys U 11 - Shot/Discus

Record: 29.41m R 26/11/2011 Manly Warringah

1	Ku-Ring-Gai, 84	---	2655 pts
2	Rouse Hill Rams, 248	---	2362 pts
3	Manly Warringah, 3	---	2216 pts
4	Camden, 61	---	2116 pts
5	Randwick Botany, 1	---	2056 pts
6	Holroyd, 6	---	2030 pts
7	Winston Hills, 76	---	2024 pts
8	Northern Districts, 157	---	1908 pts
9	Bankstown Sports, 5	---	1906 pts
10	Cherrybrook, 219	---	1822 pts
11	St George, 9	---	1803 pts
12	Northern Suburbs, 54	---	1769 pts
13	Hills District, 15	---	1729 pts
14	Rvde, 38	---	1716 pts
15	Campbelltown, 36	---	1598 pts
16	Kings Langlev, 53	---	1583 pts
17	Parramatta, 7	---	1498 pts

### Boys U 12 - Shot/Discus

Record: 25.10m R 27/11/2011 Parramatta, ---

1	Port Hacking, 110	---	2341 pts
2	Ku-Ring-Gai, 84	---	2106 pts
3	Winston Hills, 76	---	2043 pts
4	Northern Suburbs, 54	---	1903 pts
5	Manly Warringah, 3	---	1822 pts
6	Holroyd, 6	---	1806 pts
7	Girraween, 51	---	1723 pts
8	Bankstown Sports, 5	---	1707 pts
9	Mosman, 19	---	1686 pts
10	Hills District, 15	---	1680 pts
11	Prestons Robins, 250	---	1673 pts
12	Randwick Botany, 1	---	1660 pts
13	Campbelltown, 36	---	1562 pts
14	Northern Districts, 157	---	1555 pts
15	Cherrybrook, 219	---	1532 pts
16	Parramatta, 7	---	1446 pts
17	Rvde, 38	---	1379 pts
18	Prospect, 95	---	1258 pts
19	Tallawong Park, 139	---	1186 pts

### Boys U 13 - Shot/Discus

Record: 24.28m R 29/11/2009 Liverpool, ---

1	Parramatta, 7	---	2942 pts	<b>RECORD</b>
2	Illawong, 70	---	2032 pts	
3	Kings Langlev, 53	---	1895 pts	
4	Hills District, 15	---	1859 pts	
5	Northern Districts, 157	---	1855 pts	
6	Northern Suburbs, 54	---	1659 pts	
7	Ku-Ring-Gai, 84	---	1559 pts	
8	Rvde, 38	---	1488 pts	
9	Manly Warringah, 3	---	1404 pts	
10	Port Hacking, 110	---	1318 pts	
11	Randwick Botany, 1	---	1254 pts	
12	Campbelltown, 36	---	1139 pts	

### Boys U 14 - Shot/Discus

**Record: 24.42m R 27/11/2011 Ku-Ring-Gai, ---**

1	Ku-Ring-Gai, 84	---	2344 pts
2	Albion Park, 71	---	2318 pts
3	Parramatta, 7	---	2310 pts
4	Western Suburbs, 20	---	2259 pts
5	Northern Suburbs, 54	---	2236 pts
6	Bankstown Sports, 5	---	2091 pts
7	Winston Hills, 76	---	1836 pts
8	Randwick Botany, 1	---	1549 pts
9	Rvde, 38	---	1281 pts
10	Manly Warringah, 3	---	1217 pts
11	Port Hacking, 110	---	1180 pts
12	Campbelltown, 36	---	1143 pts

### Boys U 15 - Shot/Discus

**Record: 24.25m R 27/11/2011 Banksown Sports, ---**

1	Northern Suburbs, 54	---	2382 pts
2	Camden, 61	---	2029 pts
3	Doonside, 140	---	1960 pts
4	Manly Warringah, 3	---	1874 pts
5	Parramatta, 7	---	1866 pts
6	Randwick Botany, 1	---	1661 pts
7	Winston Hills, 76	---	1405 pts
8	Campbelltown, 36	---	970 pts

### Boys U 17 - Shot/Discus

**Record: 20.85m R 27/11/2011 Randwick Botany, ---**

1	Randwick Botany, 1	---	2305 pts	<b>RECORD</b>
2	Bankstown Sports, 5	---	2245 pts	
3	Hills District, 15	---	2134 pts	
4	Port Hacking, 110	---	2014 pts	
5	Liverpool, 48	---	1856 pts	
6	Manly Warringah, 3	---	1853 pts	
7	Kings Langley, 53	---	1755 pts	
8	Winston Hills, 76	---	1741 pts	
9	Rvde, 38	---	1709 pts	
10	Parramatta, 7	---	1510 pts	
11	Campbelltown, 36	---	1469 pts	
12	Jamison, 163	---	1412 pts	

### Boys U 8-11 Middle Dist. (Junior)

**Record Elect: 10:45.18 E 27/11/2010 Manly Warringah, ---**

#### Heat 1 Heats

1	Rvde, 38	---	E 10:44.24	Q	<b>RECORD</b>
2	Cherrybrook, 219	---	10:53.39	q	
3	Hornsby, 4	---	11:02.84	q	
4	Mosman, 19	---	11:04.75	q	
5	Kings Langley, 53	---	11:20.32	q	
6	Holroyd, 6	---	11:28.57		
7	Sutherland, 11	---	11:39.64		
8	Western Suburbs, 20	---	11:53.55		
9	Albion Park, 71	---	12:04.39		
10	Penrith Valley, 66	---	12:07.56		

#### Heat 2 Heats

1	Campbelltown, 36	---	10:56.59	Q	
2	Randwick Botany, 1	---	11:01.04	q	
3	Manly Warringah, 3	---	11:03.85	q	
4	Northern Suburbs, 54	---	11:20.09	q	
5	Hills District, 15	---	11:28.81		
6	Quakers Hill, 199	---	11:54.86		
7	Prospect, 95	---	12:01.96		
8	Winston Hills, 76	---	12:14.94		
9	Rouse Hill Rams, 248	---	12:27.31		
10	Tiger West, 68	---	12:38.44		

#### FINAL

1	Cherrybrook, 219	---	10:52.42		
2	Rvde, 38	---	10:56.15		
3	Manly Warringah, 3	---	10:56.46		

4	Mosman, 19	---	10:56.89
5	Campbelltown, 36	---	11:15.43
6	Northern Suburbs, 54	---	11:18.04
7	Randwick Botany, 1	---	11:20.14
8	Hornsby, 4	---	11:20.20
9	Kings Langley, 53	---	11:34.05

### Boys U 12-15 Middle Dist. (Senior)

Record Elect: 9:14.65 E 28/11/2010 Randwick Botany, ---

**FINAL**

1	Manly Warringah, 3	---	9:15.87
2	Hills District, 15	---	9:19.69
3	Ku-Ring-Gai, 84	---	9:26.69
4	Randwick Botany, 1	---	9:28.22
5	Illawong, 70	---	9:43.01
6	Northern Suburbs, 54	---	9:51.38
7	Campbelltown, 36	---	9:58.21
8	Hornsby, 4	---	10:08.85
9	Winston Hills, 76	---	10:30.84
10	Girraween, 51	---	10:33.57
11	Cherrybrook, 219	---	10:41.69
12	Rvde, 38	---	10:54.72
13	Kings Langley, 53	---	10:58.50
14	Western Suburbs, 20	---	11:19.01
15	Prospect, 95	---	11:47.82

### Mixed U 8 - 100 Metre x 4

Record Elect: 1:06.62 E 27/11/2010 Springwood, ---

**Heat 1 Heats**

1	Kurraiong/Bilpin, 150	W ---	1:09.30	Q
2	Gosford, 72	W ---	1:10.68	q
3	Holroyd, 6	W ---	1:12.87	q
4	Tallawong Park, 139	W ---	1:17.31	q
5	Tiger West, 68	W ---	1:18.10	
6	Cranebrook, 184	W ---	1:20.11	

**Heat 2 Heats**

1	Grevstanes, 39	W ---	1:07.95	Q
2	South Eastern, 152	W ---	1:08.35	q
3	Prestons Robins, 250	W ---	1:12.59	q
4	Jamison, 163	W ---	1:15.43	q
5	Wollondilly, 160	W ---	1:16.97	q

**FINAL**

1	Grevstanes, 39	W ---	1:07.16	
2	South Eastern, 152	W ---	1:07.66	
3	Kurraiong/Bilpin, 150	W ---	1:10.77	
4	Gosford, 72	W ---	1:11.11	
5	Holroyd, 6	W ---	1:11.15	
6	Prestons Robins, 250	W ---	1:13.74	
7	Jamison, 163	W ---	1:16.51	
8	Tallawong Park, 139	W ---	1:17.38	
9	Wollondilly, 160	W ---	1:18.21	

### Mixed U 9 - 100 Metre x 4

Record Elect: 1:03.11 E 26/11/2011 Springwood, ---

**Heat 1 Heats**

1	Holroyd, 6	W ---	1:03.56	Q
2	Kurraiong/Bilpin, 150	W ---	1:04.01	q
3	Grevstanes, 39	W ---	1:04.22	q
4	Cranebrook, 184	W ---	1:08.37	
5	Tallawong Park, 139	W ---	1:08.39	
6	Prospect, 95	W ---	1:08.57	
7	South Eastern, 152	W ---	1:09.00	
8	Ambarvale, 58	W ---	1:13.52	

**Heat 2 Heats**

1	Wollongong Citv, 102	W ---	E 1:02.58	Q
2	Orange, 78	W ---	1:05.10	q
3	Prestons Robins, 250	W ---	1:06.02	q

4	Tiger West, 68	W ---	1:06.18	q
5	Jamison, 163	W ---	1:06.19	q
6	Raymond Terrace, 77	W ---	1:07.45	q

#### FINAL

1	Wollongong City, 102	W ---	1:01.56	E	<b>RECORD</b>
2	Kurraiong/Bilpin, 150	W ---	1:03.23		
3	Grevstanes, 39	W ---	1:04.21		
4	Orange, 78	W ---	1:06.32		
5	Jamison, 163	W ---	1:06.69		
6	Tiger West, 68	W ---	1:07.18		
7	Raymond Terrace, 77	W ---	1:10.60		
---	Prestons Robins, 250	W ---	DQ		IAAF 170.8
---	Holrovd, 6	W ---	DQ		IAAF 170.8

### Mixed U 10 - 100 Metre x 4

Record Elect: 58.84 E 27/11/2010 Wollongong City, ---

#### Heat 1 Heats

1	Springwood, 35	W ---	1:00.55	Q
2	Orange, 78	W ---	1:01.14	q
3	Gosford, 72	W ---	1:01.39	q
4	Holrovd, 6	W ---	1:02.02	q
5	Tallawong Park, 139	W ---	1:02.16	
6	Jamison, 163	W ---	1:02.41	
7	Grevstanes, 39	W ---	1:03.17	
8	Cranebrook, 184	W ---	1:09.43	

#### Heat 2 Heats

1	South Eastern, 152	W ---	58.90	Q	
2	Wollongong City, 102	W ---	58.95	q	
3	Kurraiong/Bilpin, 150	W ---	1:00.04	q	
4	Wollondilly, 160	W ---	1:00.33	q	
5	Prospect, 95	W ---	1:00.82	q	
6	Prestons Robins, 250	W ---	1:08.07		
---	Helensburgh, 44	W ---	DQ		IAAF 170.7

#### FINAL

1	South Eastern, 152	W ---	58.49	E	<b>RECORD</b>
2	Wollongong City, 102	W ---	58.75	E	
3	Kurraiong/Bilpin, 150	W ---	58.80	E	
4	Prospect, 95	W ---	1:00.55		
5	Wollondilly, 160	W ---	1:00.67		
6	Gosford, 72	W ---	1:01.52		
7	Springwood, 35	W ---	1:01.68		
---	Orange, 78	W ---	DQ		IAAF 170.7

### Mixed U 11 - 100 Metre x 4

Record Elect: 57.25 E 26/11/2011 Jamison, ---

#### Heat 1 Heats

1	Wollongong City, 102	W ---	57.02	Q	<b>RECORD</b>
2	Jamison, 163	W ---	59.88	q	
3	Cranebrook, 184	W ---	1:01.22	q	
4	Prestons Robins, 250	W ---	1:01.52	q	
5	Wollondilly, 160	W ---	1:03.90		
6	Ambarvale, 58	W ---	1:07.60		

#### Heat 2 Heats

1	Kurraiong/Bilpin, 150	W ---	57.54	Q
2	South Eastern, 152	W ---	59.43	q
3	Grevstanes, 39	W ---	1:00.16	q
4	Helensburgh, 44	W ---	1:01.23	q
5	Gosford, 72	W ---	1:02.19	q
6	Prospect, 95	W ---	1:03.30	
7	Tallawong Park, 139	W ---	1:04.69	

#### FINAL

1	Wollongong City, 102	W ---	57.12	
2	Kurraiong/Bilpin, 150	W ---	57.32	
3	Jamison, 163	W ---	59.16	
4	Grevstanes, 39	W ---	1:00.50	
5	Helensburgh, 44	W ---	1:00.71	

6	Cranebrook, 184	W ---	1:00.84
7	South Eastern, 152	W ---	1:01.95
8	Prestons Robins, 250	W ---	1:02.93

### Mixed U 12 - 100 Metre x 4

Record Elect: 55.31 E 27/11/2011 Wollongong City, ---

#### FINAL

1	Holrovd, 6	W ---	54.27	<b>RECORD</b>
2	Jamison, 163	W ---	55.59	
3	Helensburgh, 44	W ---	55.88	
4	Gosford, 72	W ---	58.20	
5	Prospect, 95	W ---	59.41	
6	Ambarvale, 58	W ---	1:00.30	
---	Kurraiong/Bilbin, 150	W ---	DQ	IAAF 170.7
---	Minchinburv, 195	W ---	DQ	IAAF 170.7

### Mixed U 13 - 100 Metre x 4

Record Elect: 52.56 E 28/11/2010 Wollongong City, ---

#### Heat 1 Heats

1	Holrovd, 6	W ---	52.38	Q
2	Wollongong Citv, 102	W ---	53.07	q
3	Bathurst, 59	W ---	53.87	q
4	Prospect, 95	W ---	1:00.89	q
---	Kurraiong/Bilbin, 150	W ---	DQ	IAAF 170.7

#### Heat 2 Heats

1	Jamison, 163	W ---	54.01	Q
2	Gosford, 72	W ---	55.84	q
3	Grevstanes, 39	W ---	56.13	q
4	Helensburgh, 44	W ---	56.23	q
5	Prestons Robins, 250	W ---	1:02.49	q

#### FINAL

1	Holrovd, 6	W ---	52.07	<b>RECORD</b>
2	Wollongong Citv, 102	W ---	53.10	
3	Jamison, 163	W ---	53.58	
4	Bathurst, 59	W ---	53.59	
5	Gosford, 72	W ---	55.90	
6	Grevstanes, 39	W ---	57.34	
7	Prestons Robins, 250	W ---	1:03.64	
---	Helensburgh, 44	W ---	DQ	IAAF 162.7
---	Prospect, 95	W ---	DQ	IAAF 170.7

### Mixed U 14 - 100 Metre x 4

Record Elect: 50.99 E 29/11/2009 Wollongong City, ---

#### FINAL

1	Wollongong Citv, 102	W ---	50.72	<b>RECORD</b>
2	Doonside, 140	W ---	51.24	
3	South Eastern, 152	W ---	52.14	
4	Orange, 78	W ---	52.82	
5	Ambarvale, 58	W ---	56.24	
6	Prospect, 95	W ---	56.55	

### Mixed U 15 - 100 Metre x 4

Record Elect: 49.36 E 28/11/2010 Wollongong City, ---

#### FINAL

1	Grevstanes, 39	W ---	51.14
2	Kurraiong/Bilbin, 150	W ---	52.21
3	Prestons Robins, 250	W ---	53.56

### Mixed U 17 - 100 Metre x 4

Record Elect: 46.03 E 29/11/2009 Cherrybrook, ---

#### Heat 1 Heats

1	Cherrybrook, 219	W ---	48.98	Q
2	Blacktown, 8	W ---	49.33	q
3	Penrith Vallev, 66	W ---	49.87	q
4	Orange, 78	W ---	51.82	q
5	Girraween, 51	W ---	52.39	q
6	Cranebrook, 184	W ---	52.55	q

7	Illawong, 70	W ---	53.06	q	
<b>Heat 2 Heats</b>					
1	Holrovd, 6	W ---	48.00	Q	
2	Wollongong Citv. 102	W ---	50.92	q	
3	Ambarvale, 58	W ---	53.71		
4	Prestons Robins, 250	W ---	53.82		
5	Douglas Park, 179	W ---	54.29		
<b>FINAL</b>					
1	Holrovd, 6	W ---	48.22		
2	Penrith Vallev, 66	W ---	49.29		
3	Cherrybrook, 219	W ---	49.35		
4	Wollongong Citv. 102	W ---	49.96		
5	Orange, 78	W ---	51.72		
6	Girraween, 51	W ---	52.30		
7	Cranebrook, 184	W ---	52.49		
8	Illawong, 70	W ---	52.75		
---	Blacktown, 8	W ---	DQ		IAAF 170.7

### Mixed U 8 - 200 Metre x 4

Record Elect: 2:19.76 E 26/11/2011 Ku-Ring-Gai, ---

<b>Heat 1 Heats</b>					
1	Manly Warringah, 3	W ---	2:26.97	Q	
2	Cherrybrook, 219	W ---	2:32.74	q	
3	Northern Suburbs, 54	W ---	2:33.14	q	
4	Albion Park, 71	W ---	2:33.95	q	
5	Western Suburbs, 20	W ---	2:40.03		
6	Hills District, 15	W ---	2:40.45		
7	Port Hacking, 110	W ---	2:40.65		
8	Kings Langlev, 53	W ---	2:52.21		
<b>Heat 2 Heats</b>					
1	Mosman, 19	W ---	2:29.78	Q	
2	Grevstanes, 39	W ---	2:32.49	q	
3	Gosford, 72	W ---	2:35.43	q	
4	Wollongong Citv. 102	W ---	2:35.88		
5	Parramatta, 7	W ---	2:35.91		
6	Tiger West, 68	W ---	3:03.16		
---	Ku-Ring-Gai, 84	W ---	DQ		IAAF 170.7
<b>Heat 3 Heats</b>					
1	Doonside, 140	W ---	2:27.09	Q	
2	Randwick Botany, 1	W ---	2:28.23	q	
3	Tuggerah Lk Mingara, 165	W ---	2:36.29		
4	Rvde, 38	W ---	2:39.18		
5	Liverpool, 48	W ---	2:39.80		
6	St George, 9	W ---	2:42.27		
7	Winston Hills, 76	W ---	2:43.96		
8	Campbelltown, 36	W ---	2:51.66		
<b>FINAL</b>					
1	Doonside, 140	W ---	2:26.60		
2	Randwick Botany, 1	W ---	2:32.52		
3	Cherrybrook, 219	W ---	2:33.15		
4	Albion Park, 71	W ---	2:35.77		
5	Grevstanes, 39	W ---	2:37.90		
6	Gosford, 72	W ---	2:40.45		
---	Manly Warringah, 3	W ---	DQ		IAAF 170.7
---	Northern Suburbs, 54	W ---	DQ		IAAF 170.7
---	Mosman, 19	W ---	DQ		IAAF 170.7

### Mixed U 9 - 200 Metre x 4

Record Elect: 2:09.03 E 27/11/2010 Eastern Suburbs, ---

<b>Heat 1 Heats</b>					
1	Randwick Botany, 1	W ---	2:17.16	Q	
2	Kings Langlev, 53	W ---	2:21.07	q	
3	Northern Suburbs, 54	W ---	2:27.29		
4	St George, 9	W ---	2:30.02		
5	Winston Hills, 76	W ---	2:33.91		
6	Rvde, 38	W ---	2:35.77		
7	Tallawong Park, 139	W ---	2:37.42		



8	Campbelltown, 36	W ---	2:37.97
<b>Heat 2 Heats</b>			
1	Sutherland, 11	W ---	2:17.31 Q
2	Port Hacking, 110	W ---	2:21.84
3	Mosman, 19	W ---	2:24.25
4	Cherrybrook, 219	W ---	2:24.68
5	Raymond Terrace, 77	W ---	2:33.98

<b>Heat 3 Heats</b>			
1	Albion Park, 71	W ---	2:19.12 Q
2	Wollongong City, 102	W ---	2:21.08 q
3	Parramatta, 7	W ---	2:22.42
4	Hornsby, 4	W ---	2:24.88
5	Helensburgh, 44	W ---	2:27.05
6	Tiger West, 68	W ---	2:35.61

<b>Heat 4 Heats</b>			
1	Tuggerah Lk Mingara, 165	W ---	2:15.94 Q
2	Balmain, 17	W ---	2:17.80 q
3	Ku-Ring-Gai, 84	W ---	2:19.05 q
4	Grevstanes, 39	W ---	2:21.16 q
5	Hills District, 15	W ---	2:21.43
6	Manly Warringah, 3	W ---	2:24.48
7	Western Suburbs, 20	W ---	2:28.36
8	Orange, 78	W ---	2:33.03

<b>FINAL</b>			
1	Ku-Ring-Gai, 84	W ---	2:11.59
2	Randwick Botany, 1	W ---	2:16.21
3	Wollongong City, 102	W ---	2:17.60
4	Sutherland, 11	W ---	2:18.65
5	Kings Langley, 53	W ---	2:21.13
6	Tuggerah Lk Mingara, 165	W ---	2:21.19
7	Balmain, 17	W ---	2:21.40
8	Albion Park, 71	W ---	2:22.84
9	Grevstanes, 39	W ---	2:24.64

## Mixed U 10 - 400 Metre x 4

Record Elect: 4:40.99 E 27/11/2010 Albion Park, ---

<b>Heat 1 Heats</b>			
1	Northern Suburbs, 54	W ---	5:02.05 Q
2	Mosman, 19	W ---	5:10.00 q
3	Albion Park, 71	W ---	5:17.21
4	Liverpool, 48	W ---	5:23.29
5	Camden, 61	W ---	5:25.19
6	Gosford, 72	W ---	5:29.40
7	St George, 9	W ---	5:31.04
8	Western Suburbs, 20	W ---	5:33.34
9	Ku-Ring-Gai, 84	W ---	5:35.94

<b>Heat 2 Heats</b>			
1	Orange, 78	W ---	5:05.14 Q
2	Wollongong City, 102	W ---	5:09.30 q
3	Doonside, 140	W ---	5:10.08 q
4	Kings Langley, 53	W ---	5:14.30
5	Hills District, 15	W ---	5:22.22
6	Cherrybrook, 219	W ---	5:26.37
7	Winston Hills, 76	W ---	5:38.07
8	Douglas Park, 179	W ---	5:38.98

<b>Heat 3 Heats</b>			
1	Bankstown Sports, 5	W ---	4:59.02 Q
2	Parramatta, 7	W ---	5:04.04 q
3	Manly Warringah, 3	W ---	5:04.90 q
4	Randwick Botany, 1	W ---	5:11.14 q
5	Ryde, 38	W ---	5:21.30
6	Tallawong Park, 139	W ---	5:32.84
7	Hornsby, 4	W ---	5:37.40
8	Tiger West, 68	W ---	6:23.20

<b>FINAL</b>			
1	Bankstown Sports, 5	W ---	4:52.28

2	Randwick Botanv. 1	W ---	4:55.68
3	Manly Warringah. 3	W ---	4:59.22
4	Northern Suburbs. 54	W ---	5:01.93
5	Orange. 78	W ---	5:05.98
6	Mosman. 19	W ---	5:07.75
7	Wollongong Citv. 102	W ---	5:08.33
8	Parramatta. 7	W ---	5:09.77
9	Doonside. 140	W ---	5:22.44

### Mixed U 11 - 400 Metre x 4

Record Elect: 4:38.66 E 27/11/2010 Northern Suburbs, ---

#### Heat 1 Heats

1	Albion Park. 71	W ---	4:42.01	Q
2	Port Hacking. 110	W ---	4:44.31	q
3	Sutherland. 11	W ---	4:47.86	q
4	Mosman. 19	W ---	4:50.65	q
5	Northern Suburbs. 54	W ---	4:50.70	q
6	Manly Warringah. 3	W ---	4:54.65	q
7	Hills District. 15	W ---	5:06.51	

#### Heat 2 Heats

1	Bankstown Sports. 5	W ---	4:54.31	Q
2	Wollongong Citv. 102	W ---	5:05.26	
3	Western Suburbs. 20	W ---	5:19.91	
4	Tiger West. 68	W ---	5:32.68	
5	Kings Langlev. 53	W ---	5:50.74	

#### Heat 3 Heats

1	Rvde. 38	W ---	4:56.22	Q
2	Cherrybrook. 219	W ---	4:56.84	q
3	Ku-Ring-Gai. 84	W ---	5:20.24	
4	Winston Hills. 76	W ---	5:26.01	

#### FINAL

1	Albion Park. 71	W ---	4:40.32	
2	Port Hacking. 110	W ---	4:40.86	
3	Sutherland. 11	W ---	4:49.07	
4	Bankstown Sports. 5	W ---	4:51.46	
5	Manly Warringah. 3	W ---	4:53.20	
6	Cherrybrook. 219	W ---	4:56.30	
7	Rvde. 38	W ---	5:01.15	
8	Northern Suburbs. 54	W ---	5:02.90	
9	Mosman. 19	W ---	5:11.11	

### Mixed U 12 - 400 Metre x 4

Record Elect: 4:21.96 E 27/11/2011 Ku-Ring-Gai, ---

#### Heat 1 Heats

1	Randwick Botanv. 1	W ---	4:43.31	Q
2	Balmain. 17	W ---	4:47.50	q
3	Hornsby. 4	W ---	4:49.32	q
4	Sutherland. 11	W ---	4:52.93	q
5	Port Hacking. 110	W ---	4:54.49	
6	Rvde. 38	W ---	5:06.65	

#### Heat 2 Heats

1	Bankstown Sports. 5	W ---	4:42.25	Q
2	Northern Suburbs. 54	W ---	4:44.29	q
3	Mosman. 19	W ---	4:48.10	q
4	Albion Park. 71	W ---	4:49.63	q
5	Camobelltown. 36	W ---	4:53.24	

#### Heat 3 Heats

1	Manly Warringah. 3	W ---	4:39.54	Q
2	Ku-Ring-Gai. 84	W ---	4:59.18	
3	Kings Langlev. 53	W ---	5:00.94	
4	St George. 9	W ---	5:07.20	
5	Cherrybrook. 219	W ---	5:11.17	
6	Western Suburbs. 20	W ---	5:14.13	
7	Gosford. 72	W ---	5:22.74	

#### FINAL

1	Manly Warringah. 3	W ---	4:25.38	
2	Randwick Botanv. 1	W ---	4:26.10	

3	Mosman, 19	W ---	4:40.07
4	Northern Suburbs, 54	W ---	4:43.61
5	Bankstown Sports, 5	W ---	4:44.59
6	Balmain, 17	W ---	4:52.45
7	Hornsby, 4	W ---	4:53.88
---	Albion Park, 71	W ---	DQ

### Mixed U 13 - 400 Metre x 4

Record Elect: 4:11.16 E 28/11/2010 Doonside, ---

#### Heat 1 Heats

1	Rvde, 38	W ---	4:21.60	Q
2	Northern Suburbs, 54	W ---	4:22.76	q
3	Ku-Ring-Gai, 84	W ---	4:24.09	q
4	Hornsby, 4	W ---	4:26.51	q
5	Albion Park, 71	W ---	4:34.13	q
6	Winston Hills, 76	W ---	4:53.95	
7	Randwick Botany, 1	W ---	5:07.88	
8	Grevstanes, 39	W ---	5:09.50	

#### Heat 2 Heats

1	Manly Warringah, 3	W ---	4:25.11	Q
2	Cherrybrook, 219	W ---	4:25.92	q
3	Wollongong City, 102	W ---	4:27.06	q
4	Gosford, 72	W ---	4:33.91	q
5	Hills District, 15	W ---	4:34.74	
6	Mosman, 19	W ---	4:38.05	
7	Campbelltown, 36	W ---	4:40.90	
8	St George, 9	W ---	4:42.59	

#### FINAL

1	Northern Suburbs, 54	W ---	4:11.63	
2	Rvde, 38	W ---	4:13.11	
3	Manly Warringah, 3	W ---	4:16.27	
4	Ku-Ring-Gai, 84	W ---	4:23.98	
5	Cherrybrook, 219	W ---	4:24.96	
6	Albion Park, 71	W ---	4:28.12	
7	Hornsby, 4	W ---	4:31.04	
8	Wollongong City, 102	W ---	4:32.32	
9	Gosford, 72	W ---	4:41.88	

### Mixed U 14 - 400 Metre x 4

Record Elect: 3:57.45 E 27/11/2011 Doonside, ---

#### Heat 1 Heats

1	Manly Warringah, 3	W ---	4:12.21	Q
2	Port Hacking, 110	W ---	4:13.03	q
3	Randwick Botany, 1	W ---	4:16.55	q
4	Orange, 78	W ---	4:18.59	
5	Rvde, 38	W ---	4:40.19	
6	Campbelltown, 36	W ---	4:42.71	

#### Heat 2 Heats

1	Balmain, 17	W ---	4:11.38	Q
2	Sutherland, 11	W ---	4:12.84	q
3	Northern Suburbs, 54	W ---	4:14.38	q
4	Winston Hills, 76	W ---	4:32.56	
5	Mosman, 19	W ---	4:54.00	

#### Heat 3 Heats

1	Holroyd, 6	W ---	4:03.92	Q
2	Doonside, 140	W ---	4:11.14	q
3	Albion Park, 71	W ---	4:15.88	q
4	Wollongong City, 102	W ---	4:24.94	
5	Cherrybrook, 219	W ---	4:26.17	
6	Hills District, 15	W ---	4:32.99	

#### FINAL

1	Holroyd, 6	W ---	3:56.64	<b>RECORD</b>
2	Doonside, 140	W ---	4:08.01	
3	Manly Warringah, 3	W ---	4:10.18	
4	Sutherland, 11	W ---	4:10.92	
5	Northern Suburbs, 54	W ---	4:11.15	
6	Port Hacking, 110	W ---	4:14.94	

7	Balmain, 17	W ---	4:17.02
8	Albion Park, 71	W ---	4:19.99
9	Randwick Botany, 1	W ---	4:25.67

### Mixed U 15 - 400 Metre x 4

Record Elect: 3:49.06 E 27/11/2011 Manly Warringah, ---

#### FINAL

1	Manly Warringah, 3	W ---	3:53.74	
2	Albion Park, 71	W ---	4:02.50	
3	Illawong, 70	W ---	4:04.79	
4	Sutherland, 11	W ---	4:19.57	
5	Winston Hills, 76	W ---	4:34.19	
---	Camden, 61	W ---	DQ	IAAF 170.6

### Mixed U 17 - 400 Metre x 4

Record Elect: 3:47.24 E 27/11/2011 Port Hacking, ---

#### Heat 1 Heats

1	Hills District, 15	W ---	E 3:47.02	Q
2	Camden, 61	W ---	3:48.01	q
3	Mosman, 19	W ---	3:51.82	q
4	Northern Suburbs, 54	W ---	3:52.96	q
5	Bankstown Sports, 5	W ---	3:54.69	q
6	Wollongong City, 102	W ---	4:05.19	
7	Colyton/St Clair, 151	W ---	4:15.87	

#### Heat 2 Heats

1	Port Hacking, 110	W ---	3:53.23	Q
2	Manly Warringah, 3	W ---	3:54.32	q
3	Holrovd, 6	W ---	3:54.38	q
4	Randwick Botany, 1	W ---	4:00.00	q
5	Cherrybrook, 219	W ---	4:08.27	
6	Blacktown, 8	W ---	4:20.47	
7	Winston Hills, 76	W ---	4:25.78	

#### FINAL

1	Northern Suburbs, 54	W ---	3:43.02	E	RECORD
2	Hills District, 15	W ---	3:44.98	E	
3	Mosman, 19	W ---	3:45.68	E	
4	Port Hacking, 110	W ---	3:46.81	E	
5	Holrovd, 6	W ---	3:48.55		
6	Manly Warringah, 3	W ---	3:51.37		
7	Camden, 61	W ---	3:53.82		
8	Bankstown Sports, 5	W ---	4:10.30		

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

Record Elect: 1:05.01 E 26/11/2011 Mt Druitt, ---

#### FINAL

1	Mt Druitt, 119	W ---	1:16.18
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### Mixed U 8-11 4 x Long Jump (Junior)

Record: 25.72m R 26/11/2010 Prestons Robins, ---

1	Mt Druitt, 119	W ---	15.84m
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### Mixed U 12-15 100 Metre x 4 (Senior)

Record Elect: 55.55 E 29/11/2009 Prestons Robins, ---

Name	Centre	Final
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#### FINAL

---	Mt Druitt, 119	W ---	DQ	IAAF 170.7
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### Mixed U 12-15 4 x Long Jump (Senior)

Record: 24.70m R 27/11/2011 Mt Druitt

1	Mt Druitt, 119	W ---	16.05m
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