

**LITTLE ATHLETICS NSW STATE RELAYS**  
**STATE RELAY CHAMPIONSHIP - 22/11/2014 to 23/11/2014**  
**Sydney Olympic Park Athletic Centre**  
**Results**

**Girls U 8-11 M.Dist Junior**

State Relay: S 11:02.55 2013 St George			
Name	Age	Centre	Final
Final			
1	Mosman, 19	---	11:08.71
2	Camden, 61	---	11:11.31
3	Ku-Ring-Gai, 84	---	11:22.51
4	St George, 9	---	11:32.19
5	Holroyd, 6	---	11:36.23
6	Northern Suburbs, 54	---	11:36.95
7	Balmain, 17	---	11:39.44
8	Hills District, 15	---	11:40.04
9	Manly Warringah, 3	---	11:50.62
10	Ryde, 38	---	12:06.89
11	Randwick Botany, 1	---	12:11.48
12	Bankstown Sports, 5	---	12:25.94
13	Penrith, 66	---	12:26.71
14	Winston Hills, 76	---	12:27.72
15	Cherrybrook, 219	---	12:29.54
16	Campbelltown, 36	---	12:33.77

**Girls U 12-15 M.Dist Senior**

State Relay: S 10:03.07 2010 Mosman			
Name	Age	Centre	Heats
Heats			
1	Mosman, 19	---	10:04.14q
2	Northern Suburbs, 54	---	10:06.04q
3	Hills District, 15	---	10:09.80q
4	Camden, 61	---	10:12.54q
5	Sutherland, 11	---	10:18.56q
6	Albion Park, 71	---	10:49.11q
7	Randwick Botany, 1	---	10:50.32q
8	Campbelltown, 36	---	10:52.53q
9	Winston Hills, 76	---	11:01.01q
10	Holroyd, 6	---	11:18.42q
11	Cherrybrook, 219	---	11:20.86q
12	Manly Warringah, 3	---	11:21.28q
13	Illawong, 70	---	11:22.06q
14	Douglas Park, 179	---	11:53.64q
15	Girraween, 51	---	12:38.46q

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

State Relay: S 1:03.84 1982 Bankstown				
Name	Age	Centre	Heats	H#
1	Balmain, 17	---	1:07.36Q	3
2	Randwick Botany, 1	---	1:07.59Q	1
3	Hills District, 15	---	1:08.77Q	2
4	Manly Warringah, 3	---	1:07.82q	1
5	South Eastern, 152	---	1:08.51q	3
6	Ku-Ring-Gai, 84	---	1:09.24q	1
7	Northern Suburbs, 54	---	1:09.66q	1
8	Camden, 61	---	1:10.04q	1
9	Cherrybrook, 219	---	1:11.78	3
10	Albion Park, 71	---	1:13.81	3

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**....Girls U 8 - 4 x 100 Metre**

11 Doonside, 140	---	1:14.49	2
12 Mosman, 19	---	1:14.62	2
13 Kings Langley, 53	---	1:17.71	2
14 Campbelltown, 36	---	1:17.98	3
15 Minchinbury, 195	---	1:20.44	3
-- Sutherland, 11	---	DQ	3 IAAF 170.7
-- Winston Hills, 76	---	DQ	2 IAAF 170.7
-- Ryde, 38	---	DQ	2 IAAF 170.7
-- Eastern Suburbs, 2	---	DQ	2 IAAF 170.7

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

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 State Relay: S 1:03.84 1982 Bankstown  
 Name Age Centre Final  
 =====

Final

1 Randwick Botany, 1	---	1:08.02	
2 Manly Warringah, 3	---	1:08.29	
3 Balmain, 17	---	1:08.92	
4 Ku-Ring-Gai, 84	---	1:09.86	
5 Northern Suburbs, 54	---	1:10.46	
6 Camden, 61	---	1:11.28	
7 South Eastern, 152	---	1:11.33	
-- Hills District, 15	---	DQ	IAAF 170.6

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

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 State Relay: S 1:00.54 1979 Hills District  
 Name Age Centre Heats H#  
 =====

Heats

1 Balmain, 17	---	1:03.53Q	4
2 Mosman, 19	---	1:04.16Q	1
3 Manly Warringah, 3	---	1:04.77Q	2
4 Wollongong City, 102	---	1:05.04Q	3
5 Randwick Botany, 1	---	1:04.55q	4
6 Port Hacking, 110	---	1:05.08q	4
7 Albion Park, 71	---	1:05.47q	1
8 Ryde, 38	---	1:05.72q	4
9 Ku-Ring-Gai, 84	---	1:06.60	3
10 Camden, 61	---	1:06.64	2
11 Hills District, 15	---	1:06.95	1
12 Inner West, 20	---	1:07.19	3
13 Campbelltown, 36	---	1:07.46	3
14 Kings Langley, 53	---	1:08.54	4
15 Doonside, 140	---	1:09.13	2
16 Eastern Suburbs, 2	---	1:09.56	1
17 Prospect, 95	---	1:10.66	3
18 Northern Suburbs, 54	---	1:11.08	4
19 Colyton St Clair, 151	---	1:11.40	4
20 Winston Hills, 76	---	1:11.83	2
21 Minchinbury, 195	---	1:12.44	2
22 St George, 9	---	1:13.61	1

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

State Relay: S 1:00.54 1979 Hills District  
 Name Age Centre Final

Final			
1	Manly Warringah, 3	---	1:03.53
1	Mosman, 19	---	1:03.53
3	Balmain, 17	---	1:03.77
4	Wollongong City, 102	---	1:04.20
5	Ryde, 38	---	1:05.73
6	Albion Park, 71	---	1:06.23
7	Randwick Botany, 1	---	1:06.27
--	Port Hacking, 110	---	DQ IAAF 170.7

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

State Relay: S 57.89 2012 Eastern Suburbs  
 Name Age Centre Heats H#

Heats			
1	Manly Warringah, 3	---	S 57.50Q 2
2	Sutherland, 11	---	57.98Q 3
3	Cherrybrook, 219	---	1:00.87Q 1
4	Randwick Botany, 1	---	59.86q 2
5	Hills District, 15	---	1:00.73q 2
6	Doonside, 140	---	1:01.20q 3
7	Port Hacking, 110	---	1:01.28q 3
8	South Eastern, 152	---	1:02.37q 1
9	Ku-Ring-Gai, 84	---	1:02.40 2
10	Northern Suburbs, 54	---	1:02.89 3
11	Illawong, 70	---	1:03.01 1
12	Wollongong City, 102	---	1:03.15 2
13	Ryde, 38	---	1:03.45 3
14	Camden, 61	---	1:03.52 1
15	Winston Hills, 76	---	1:03.64 3
16	Inner West, 20	---	1:04.10 1
17	Balmain, 17	---	1:04.37 3
18	Mosman, 19	---	1:05.04 1
19	Eastern Suburbs, 2	---	1:06.47 2
20	Hornsby, 4	---	1:06.64 3
21	Canterbury, 55	---	1:06.88 1

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

State Relay: S 57.89 2012 Eastern Suburbs  
 Name Age Centre Final

Final			
1	Manly Warringah, 3	---	57.64S
2	Hills District, 15	---	1:00.51
3	Randwick Botany, 1	---	1:01.09
4	Cherrybrook, 219	---	1:01.57
5	Port Hacking, 110	---	1:02.11
6	Doonside, 140	---	1:02.76
7	South Eastern, 152	---	1:03.10
--	Sutherland, 11	---	DQ IAAF 170.7

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

State Relay: S 56.11 2011		Manly Warringah		Heats	H#
Name	Age	Centre			
Heats					
1 Northern Suburbs, 54	---		S 55.32Q	1	
2 Hills District, 15	---		57.73Q	3	
3 Sutherland, 11	---		58.14Q	2	
4 Ku-Ring-Gai, 84	---		S 56.07q	1	
5 Campbelltown, 36	---		57.92q	3	
6 Wollongong City, 102	---		58.32q	3	
7 Randwick Botany, 1	---		59.23q	2	
8 Manly Warringah, 3	---		59.97q	3	
9 Illawong, 70	---		1:00.04	1	
10 Eastern Suburbs, 2	---		1:00.27	3	
11 Ryde, 38	---		1:00.70	1	
12 Balmain, 17	---		1:01.14	1	
13 Prospect, 95	---		1:01.83	1	
14 St George, 9	---		1:02.16	2	
15 Albion Park, 71	---		1:02.24	3	
16 Cherrybrook, 219	---		1:02.95	1	
17 Hornsby, 4	---		1:03.43	2	
18 Mosman, 19	---		1:04.79	2	
19 Inner West, 20	---		1:06.66	3	
20 Winston Hills, 76	---		1:09.02	2	
-- Camden, 61	---		DQ	2	IAAF 170.6

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

State Relay: S 56.11 2011		Manly Warringah		Final
Name	Age	Centre		
Final				
1 Northern Suburbs, 54	---		55.45S	
2 Ku-Ring-Gai, 84	---		55.69S	
3 Hills District, 15	---		57.89	
4 Sutherland, 11	---		57.97	
5 Wollongong City, 102	---		58.00	
6 Campbelltown, 36	---		58.14	
7 Randwick Botany, 1	---		59.77	
8 Manly Warringah, 3	---		1:00.84	

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

State Relay: S 53.44 2001		Hills District		Heats	H#
Name	Age	Centre			
Heats					
1 Camden, 61	---		53.93q	1	
2 Hills District, 15	---		54.50q	2	
3 Manly Warringah, 3	---		54.67q	3	
4 Ku-Ring-Gai, 84	---		54.94q	2	
5 Randwick Botany, 1	---		55.02q	2	
6 Balmain, 17	---		55.27q	1	
7 Northern Suburbs, 54	---		55.72q	1	
8 South Eastern, 152	---		55.73q	3	
9 Inner West, 20	---		55.98	2	
10 Campbelltown, 36	---		56.82	3	
11 Eastern Suburbs, 2	---		57.05	1	

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12 Ryde, 38	---	57.12	1
13 Wollongong City, 102	---	57.74	2
14 Holroyd, 6	---	57.84	3
15 Winston Hills, 76	---	58.79	3
15 Ambarvale, 58	---	58.79	2
17 Mosman, 19	---	58.93	2
18 Hornsby, 4	---	59.72	1
19 Bankstown Sports, 5	---	1:02.09	3
20 Port Hacking, 110	---	1:02.33	3
-- Cherrybrook, 219	---	DQ	1 IAAF 170.7

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

State Relay: S 50.84 2004		Port Hacking			
Name	Age	Centre	Heats	H#	
1 Balmain, 17	---		S 50.80q	1	
2 Manly Warringah, 3	---		51.72q	3	
3 Sutherland, 11	---		53.23q	1	
4 Randwick Botany, 1	---		53.83q	3	
5 South Eastern, 152	---		54.67q	2	
6 Northern Suburbs, 54	---		54.73q	3	
7 Ku-Ring-Gai, 84	---		54.85q	1	
8 Doonside, 140	---		55.09q	2	
9 Cherrybrook, 219	---		55.50	1	
10 Mosman, 19	---		55.62	2	
11 Hills District, 15	---		55.66	3	
12 St George, 9	---		56.28	3	
13 Eastern Suburbs, 2	---		56.55	2	
14 Campbelltown, 36	---		57.35	1	
15 Winston Hills, 76	---		57.61	2	
16 Camden, 61	---		57.71	2	
17 Ryde, 38	---		58.16	1	
18 Parramatta, 7	---		59.21	2	
19 Minchinbury, 195	---		1:00.81	3	

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

State Relay: S 49.83 2010		Northern Suburbs			
Name	Age	Centre	Heats	H#	
1 Manly Warringah, 3	---		50.65q	1	
2 Eastern Suburbs, 2	---		51.21q	2	
3 Shoalhaven, 120	---		51.91q	2	
4 Ryde, 38	---		52.82q	1	
5 Camden, 61	---		52.99q	2	
6 Randwick Botany, 1	---		53.13q	1	
7 Northern Suburbs, 54	---		54.01q	2	
8 Cherrybrook, 219	---		54.61q	2	
9 Port Hacking, 110	---		54.73	1	
10 Winston Hills, 76	---		55.63	1	
11 Hills District, 15	---		56.49	1	
12 Mosman, 19	---		58.72	2	

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

State Relay: S 48.62 2011		Northern Suburbs		Heats	H#
Name	Age	Centre			
1 Manly Warringah, 3		---		49.08q	2
2 Ryde, 38		---		51.34q	1
3 Randwick Botany, 1		---		51.90q	1
4 Hills District, 15		---		52.42q	2
5 Camden, 61		---		52.84q	1
6 Campbelltown, 36		---		53.16q	1
7 Northern Suburbs, 54		---		53.73q	2
8 Doonside, 140		---		54.80q	2
9 Winston Hills, 76		---		54.81	1
10 Ku-Ring-Gai, 84		---		56.12	2
-- Eastern Suburbs, 2		---		DQ	2 IAAF 170.7

**Girls U 17 - 4 x 100 Metre**

State Relay: S 49.78 2013		Manly Warringah		Heats
Name	Age	Centre		
1 Manly Warringah, 3		---		50.65q
2 Northern Suburbs, 54		---		51.68q
3 Bankstown Sports, 5		---		52.04q
4 Hills District, 15		---		52.17q
5 Randwick Botany, 1		---		54.07q
6 Sutherland, 11		---		54.59q
7 Mosman, 19		---		55.18q
8 Ryde, 38		---		55.96q
-- Winston Hills, 76		---		DNF

**Girls U 10 - Long/High**

State Relay: S 31.40m 2009		Bankstown Sports		Final
Name	Age	Centre		
Final				
1 Manly Warringah, 3		---		32.00mS
2 Bankstown Sports, 5		---		29.72m
3 Northern Suburbs, 54		---		29.50m
4 Ku-Ring-Gai, 84		---		27.00m
5 Northern Districts, 157		---		25.13m
6 Girraween, 51		---		23.92m
7 Parramatta, 7		---		23.74m
8 Randwick Botany, 1		---		21.31m
9 Winston Hills, 76		---		20.86m
10 Balmain, 17		---		19.88m
11 Colyton St Clair, 151		---		14.12m

**Girls U 11 - Long/High**

State Relay: S 32.80m 2010		Western Suburbs		Final
Name	Age	Centre		
1 Balmain, 17		---		29.58m
2 Cherrybrook, 219		---		28.48m
3 Parramatta, 7		---		28.40m
4 Northern Suburbs, 54		---		28.24m
5 Kings Langley, 53		---		27.39m

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6 Hornsby, 4	---	27.36m
7 Ku-Ring-Gai, 84	---	26.79m
8 Manly Warringah, 3	---	26.69m
9 Northern Districts, 157	---	26.55m
10 Winston Hills, 76	---	26.36m
11 Bankstown Sports, 5	---	25.56m
12 Randwick Botany, 1	---	25.29m
13 Ryde, 38	---	25.14m

**Girls U 12 - Long/High**

State Relay: S 31.59m 2008 Cherrybrook			
Name	Age	Centre	Final
1 Northern Suburbs, 54	---		30.88m
2 Eastern Suburbs, 2	---		30.24m
3 Manly Warringah, 3	---		29.73m
4 Randwick Botany, 1	---		29.14m
5 Port Hacking, 110	---		28.86m
6 Sutherland, 11	---		28.70m
7 Parramatta, 7	---		28.58m
8 Northern Districts, 157	---		28.31m
9 Ku-Ring-Gai, 84	---		28.08m
10 Bankstown Sports, 5	---		26.80m
11 Balmain, 17	---		26.79m
12 Hills District, 15	---		26.28m
13 Winston Hills, 76	---		25.51m
14 Campbelltown, 36	---		21.04m
15 Girraween, 51	---		18.79m

**Girls U 13 - Long/High**

State Relay: S 29.09m 2010 Manly Warringah			
Name	Age	Centre	Final
1 Manly Warringah, 3	---		27.46m
2 Ryde, 38	---		26.35m
3 Northern Districts, 157	---		26.25m
4 Doonside, 140	---		26.16m
5 Northern Suburbs, 54	---		26.10m
6 Balmain, 17	---		23.89m
7 Sutherland, 11	---		21.17m
8 Randwick Botany, 1	---		18.06m
9 Ku-Ring-Gai, 84	---		17.12m
10 St George, 9	---		14.55m

**Girls U 14 - Long/High**

State Relay: S 32.45m 2012 Manly Warringah			
Name	Age	Centre	Final
1 Manly Warringah, 3	---		32.03m
2 Campbelltown, 36	---		31.99m
3 Cherrybrook, 219	---		28.95m
4 Ryde, 38	---		28.03m
5 Randwick Botany, 1	---		27.04m
6 Eastern Suburbs, 2	---		25.55m
7 Winston Hills, 76	---		25.14m

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8 Port Hacking, 110	---	24.79m
9 Northern Suburbs, 54	---	16.95m

**Girls U 15 - Long/High**

State Relay: S 32.45m 2011 Northern Suburbs			
Name	Age	Centre	Final
1 Campbelltown, 36	---		30.94m
2 Manly Warringah, 3	---		30.60m
3 Ryde, 38	---		29.35m
4 Winston Hills, 76	---		27.73m
5 Ku-Ring-Gai, 84	---		24.00m

**Girls U 17 - Long/High**

State Relay: S 30.78m 2011 Northern Suburbs			
Name	Age	Centre	Final
1 Sutherland, 11	---		27.62m
2 Manly Warringah, 3	---		27.53m
3 Randwick Botany, 1	---		27.16m
4 Hills District, 15	---		26.52m
5 Bankstown Sports, 5	---		25.03m
6 Northern Suburbs, 54	---		23.85m
7 Balmain, 17	---		22.82m

**Girls U 8 - Shot/Discus**

State Relay: S 24.32m 2008 Manly Warringah			
Name	Age	Centre	Final
1 Parramatta, 7	---		21.99m
2 Randwick Botany, 1	---		21.51m
3 Manly Warringah, 3	---		19.95m
4 Ku-Ring-Gai, 84	---		19.66m
5 Bankstown Sports, 5	---		19.33m
6 Ryde, 38	---		19.22m
7 Winston Hills, 76	---		17.90m
8 Northern Districts, 157	---		17.16m
9 Balmain, 17	---		16.20m
10 Hills District, 15	---		15.88m
11 Northern Suburbs, 54	---		14.95m

**Girls U 9 - Shot/Discus**

State Relay: S 24.81m 2012 Ku-Ring-Gai			
Name	Age	Centre	Final
1 Campbelltown, 36	---		23.31m
2 Bankstown Sports, 5	---		23.14m
3 Northern Districts, 157	---		22.16m
4 Balmain, 17	---		21.82m
5 Sutherland, 11	---		20.47m
6 Ryde, 38	---		19.97m
7 Parramatta, 7	---		19.72m
8 Manly Warringah, 3	---		18.74m
9 Holroyd, 6	---		18.60m



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**....Girls U 9 - Shot/Discus**

10 Ku-Ring-Gai, 84	---	18.41m
11 Randwick Botany, 1	---	16.40m
12 Cherrybrook, 219	---	16.34m
13 Port Hacking, 110	---	16.24m
14 Winston Hills, 76	---	15.45m
15 Hornsby, 4	---	15.36m
16 Northern Suburbs, 54	---	12.43m

**Girls U 10 - Shot/Discus**

State Relay: S 24.43m 2012 Parramatta			
Name	Age	Centre	Final
1 Bankstown Sports, 5	---		24.50mS
2 Ku-Ring-Gai, 84	---		22.91m
3 Manly Warringah, 3	---		21.20m
4 Hills District, 15	---		21.04m
5 Balmain, 17	---		20.30m
6 Parramatta, 7	---		19.72m
7 Northern Suburbs, 54	---		19.32m
8 Sutherland, 11	---		17.26m
9 Girraween, 51	---		15.64m
10 Winston Hills, 76	---		15.50m
11 Northern Districts, 157	---		15.36m
12 Ryde, 38	---		15.01m
13 Campbelltown, 36	---		14.62m
14 Colyton St Clair, 151	---		14.08m
15 Randwick Botany, 1	---		11.82m

**Girls U 11 - Shot/Discus**

State Relay: S 24.72m 2013 Parramatta			
Name	Age	Centre	Final
1 Northern Suburbs, 54	---		21.47m
2 Kurrajong Bilpin, 150	---		20.71m
3 Ku-Ring-Gai, 84	---		20.05m
4 Northern Districts, 157	---		18.57m
5 Parramatta, 7	---		17.98m
6 Sutherland, 11	---		17.94m
7 Balmain, 17	---		16.92m
8 Randwick Botany, 1	---		16.79m
9 Winston Hills, 76	---		16.07m
10 Bankstown Sports, 5	---		15.88m
11 Ryde, 38	---		15.51m
12 Manly Warringah, 3	---		15.42m
13 Colyton St Clair, 151	---		14.56m

**Girls U 12 - Shot/Discus**

State Relay: S 22.83m 2011 Camden			
Name	Age	Centre	Final
1 Parramatta, 7	---		23.74mS
2 Ku-Ring-Gai, 84	---		21.82m
3 Hills District, 15	---		20.87m
4 Northern Suburbs, 54	---		19.85m
5 Bankstown Sports, 5	---		18.96m

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**....Girls U 12 - Shot/Discus**

6 Manly Warringah, 3	---	18.93m
7 Girraween, 51	---	18.76m
8 Kurrajong Bilpin, 150	---	18.75m
9 Quakers Hill, 199	---	18.33m
10 Port Hacking, 110	---	15.80m
11 Northern Districts, 157	---	14.74m
12 Randwick Botany, 1	---	14.67m
13 Winston Hills, 76	---	13.91m

**Girls U 13 - Shot/Discus**

State Relay: S 32.15m 2008 Winston Hills			
Name	Age	Centre	Final
1 Manly Warringah, 3	---		26.74m
2 Holroyd, 6	---		25.29m
3 Camden, 61	---		23.54m
4 Northern Suburbs, 54	---		21.56m
5 Ku-Ring-Gai, 84	---		21.37m
6 Hills District, 15	---		21.15m
7 Kings Langley, 53	---		20.56m
8 Campbelltown, 36	---		19.10m
9 Northern Districts, 157	---		19.03m
10 Balmain, 17	---		18.55m
11 Bankstown Sports, 5	---		17.74m
12 Winston Hills, 76	---		15.95m
13 Ryde, 38	---		14.16m
14 Minchinbury, 195	---		13.81m
15 Randwick Botany, 1	---		8.16m

**Girls U 14 - Shot/Discus**

State Relay: S 33.59m 2009 Winston Hills			
Name	Age	Centre	Final
1 Campbelltown, 36	---		26.85m
2 Cherrybrook, 219	---		23.79m
3 Camden, 61	---		22.83m
4 Port Hacking, 110	---		22.58m
5 Ryde, 38	---		21.89m
6 Manly Warringah, 3	---		21.25m
7 Randwick Botany, 1	---		20.74m
8 Winston Hills, 76	---		20.11m
9 Northern Suburbs, 54	---		8.59m

**Girls U 15 - Shot/Discus**

State Relay: S 29.44m 2010 Winston Hills			
Name	Age	Centre	Final
1 Campbelltown, 36	---		28.58m
2 Camden, 61	---		23.46m
3 Manly Warringah, 3	---		21.50m
4 Winston Hills, 76	---		21.36m
5 Randwick Botany, 1	---		20.30m
6 Holroyd, 6	---		20.04m
7 Doonside, 140	---		16.67m

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**Girls U 17 - Shot/Discus**

State Relay: S 22.94m 2012		Ryde	
Name	Age	Centre	Final
1 Northern Suburbs, 54	---		22.30m
2 Bankstown Sports, 5	---		21.55m
3 Balmain, 17	---		21.41m
4 Manly Warringah, 3	---		20.83m
5 Ryde, 38	---		19.08m
6 Sutherland, 11	---		18.65m
7 Parramatta, 7	---		18.32m

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

State Relay: S 28.58m 2012		Ku-Ring-Gai	
Name	Age	Centre	Final
1 Manly Warringah, 3	---		25.70m
2 Parramatta, 7	---		24.96m
3 Randwick Botany, 1	---		24.69m
4 Eastern Suburbs, 2	---		24.56m
5 Ku-Ring-Gai, 84	---		24.26m
6 Inner West, 20	---		23.99m
7 Balmain, 17	---		23.86m
8 Bankstown Sports, 5	---		23.38m
9 Northern Suburbs, 54	---		23.24m
10 Ryde, 38	---		22.92m
11 Northern Districts, 157	---		22.41m
12 Kurrajong Bilpin, 150	---		21.67m
13 Winston Hills, 76	---		20.28m
14 Hills District, 15	---		20.27m
15 Campbelltown, 36	---		19.84m

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

State Relay: S 30.74m 2013		Ku-Ring-Gai	
Name	Age	Centre	Final
1 Manly Warringah, 3	---		28.99m
2 Parramatta, 7	---		28.01m
3 Bankstown Sports, 5	---		27.97m
4 Winston Hills, 76	---		26.88m
5 Ryde, 38	---		26.83m
6 Sutherland, 11	---		26.62m
7 Balmain, 17	---		26.20m
8 Randwick Botany, 1	---		25.56m
9 Kurrajong Bilpin, 150	---		24.89m
10 Ku-Ring-Gai, 84	---		24.59m
11 Northern Districts, 157	---		24.53m
12 Cherrybrook, 219	---		22.61m
13 Northern Suburbs, 54	---		22.46m
14 Hornsby, 4	---		21.83m
-- Port Hacking, 110	---		ND

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**Boys U 8-11 M. Dist Junior**

State Relay: S 10:44.24 2012 Ryde			
Name	Age	Centre	Heats H#
Heats			
1 Ku-Ring-Gai, 84	---	---	S 10:38.23Q 2
2 Northern Suburbs, 54	---	---	10:55.74Q 1
3 Illawong, 70	---	---	10:55.89q 2
4 Albion Park, 71	---	---	11:01.13q 1
5 Hills District, 15	---	---	11:02.78q 2
6 Balmain, 17	---	---	11:03.53q 2
7 Cherrybrook, 219	---	---	11:05.47q 2
8 Mosman, 19	---	---	11:10.03q 2
9 Sutherland, 11	---	---	11:10.84q 1
10 Randwick Botany, 1	---	---	11:13.31q 2
11 Manly Warringah, 3	---	---	11:14.88q 1
12 Holroyd, 6	---	---	11:22.39q 1
13 Jamison, 163	---	---	11:23.17q 2
14 Ryde, 38	---	---	11:29.19q 2
15 Eastern Suburbs, 2	---	---	11:32.32q 1
16 Campbelltown, 36	---	---	11:35.67q 2
17 Inner West, 20	---	---	11:35.96q 2
18 Winston Hills, 76	---	---	11:43.75 1
19 St George, 9	---	---	12:17.45 1
20 Penrith, 66	---	---	13:00.12 1

**Boys U 8-11 M. Dist Junior**

State Relay: S 10:44.24 2012 Ryde			
Name	Age	Centre	Final
Final			
1 Ku-Ring-Gai, 84	---	---	10:35.06S
2 Northern Suburbs, 54	---	---	10:50.14
3 Sutherland, 11	---	---	10:51.66
4 Illawong, 70	---	---	10:53.43
5 Albion Park, 71	---	---	11:09.36
6 Holroyd, 6	---	---	11:13.21
7 Balmain, 17	---	---	11:19.58
8 Randwick Botany, 1	---	---	11:21.31
9 Hills District, 15	---	---	11:22.90
10 Ryde, 38	---	---	11:26.44
11 Cherrybrook, 219	---	---	11:29.31
12 Jamison, 163	---	---	11:32.90
13 Mosman, 19	---	---	11:33.52
14 Manly Warringah, 3	---	---	11:40.16

**Boys U 12-15 M. Dist Senior**

State Relay: S 9:14.65 2010 Randwick Botany			
Name	Age	Centre	Heats
Heats			
1 Balmain, 17	---	---	9:19.21q
2 Hills District, 15	---	---	9:22.14q
3 Cherrybrook, 219	---	---	9:22.59q
4 Mosman, 19	---	---	9:37.94q
5 Illawong, 70	---	---	9:50.73q
6 Manly Warringah, 3	---	---	9:56.29q

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**....Boys U 12-15 M. Dist Senior**

7 Campbelltown, 36	---	9:56.70q
8 Sutherland, 11	---	9:58.58q
9 Holroyd, 6	---	10:01.19q
10 Northern Suburbs, 54	---	10:04.34q
11 Randwick Botany, 1	---	10:07.10q
12 Jamison, 163	---	10:17.83q
13 Prospect, 95	---	10:25.61q
14 Winston Hills, 76	---	11:04.51q
15 St George, 9	---	11:34.63q

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

=====			
State Relay: S 1:00.44	1984	Randwick Botany	
Name	Age Centre	Heats	H#
=====			
1 Hills District, 15	---	1:04.24Q	3
2 Eastern Suburbs, 2	---	1:05.55Q	4
3 Balmain, 17	---	1:06.87Q	1
4 Mosman, 19	---	1:10.28Q	2
5 Port Hacking, 110	---	1:06.07q	3
6 Sutherland, 11	---	1:07.01q	1
7 Illawong, 70	---	1:07.08q	1
8 Camden, 61	---	1:07.10q	3
9 Randwick Botany, 1	---	1:07.66	4
10 Parramatta, 7	---	1:07.74	3
11 Northern Suburbs, 54	---	1:08.13	4
12 Cherrybrook, 219	---	1:08.34	4
13 Ryde, 38	---	1:08.62	4
14 Colyton St Clair, 151	---	1:09.79	3
15 Ku-Ring-Gai, 84	---	1:10.28	2
16 Inner West, 20	---	1:10.68	4
17 Campbelltown, 36	---	1:10.85	2
18 Kings Langley, 53	---	1:14.46	4
19 Doonside, 140	---	1:15.39	1
20 Quakers Hill, 199	---	1:15.70	1
21 Albion Park, 71	---	1:15.83	2
22 Minchinbury, 195	---	1:17.17	2
-- Canterbury, 55	---	DNF	1
-- Hornsby, 4	---	DQ	3 IAAF 170.7
-- Prospect, 95	---	DQ	3 IAAF 170.7
-- Winston Hills, 76	---	DQ	2 IAAF 170.7

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

=====			
State Relay: S 1:00.44	1984	Randwick Botany	
Name	Age Centre	Final	
=====			
Final			
1 Hills District, 15	---	1:04.76	
2 Eastern Suburbs, 2	---	1:05.54	
3 Port Hacking, 110	---	1:05.58	
4 Camden, 61	---	1:06.79	
5 Illawong, 70	---	1:06.90	
6 Sutherland, 11	---	1:07.53	
7 Balmain, 17	---	1:07.58	

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

State Relay: S 58.44 1990		Ku-Ring-Gai			
Name	Age	Centre	Heats	H#	
<b>Heats</b>					
1 Eastern Suburbs, 2		---	1:00.88Q	1	
2 Balmain, 17		---	1:01.05Q	2	
3 Manly Warringah, 3		---	1:01.42Q	3	
4 Ku-Ring-Gai, 84		---	1:01.10q	1	
5 Campbelltown, 36		---	1:02.07q	3	
6 Camden, 61		---	1:02.53q	3	
7 Illawong, 70		---	1:02.55q	3	
8 Ryde, 38		---	1:02.59q	2	
9 Prospect, 95		---	1:02.71	1	
10 Winston Hills, 76		---	1:02.84	2	
11 Albion Park, 71		---	1:03.55	2	
12 Helensburgh, 44		---	1:03.82	1	
13 Northern Suburbs, 54		---	1:04.29	2	
14 Randwick Botany, 1		---	1:04.56	3	
15 Shoalhaven, 120		---	1:04.86	3	
15 Hills District, 15		---	1:04.86	1	
17 Cherrybrook, 219		---	1:05.61	1	
18 Sutherland, 11		---	1:06.67	3	
19 Inner West, 20		---	1:09.91	3	
-- Port Hacking, 110		---	DQ	1	IAAF 170.7
-- South Eastern, 152		---	DQ	1	IAAF 170.7
-- Mosman, 19		---	DQ	2	IAAF 170.7
-- Springwood, 35		---	DQ	2	IAAF 170.7

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

State Relay: S 58.44 1990		Ku-Ring-Gai			
Name	Age	Centre	Final		
<b>Final</b>					
1 Ku-Ring-Gai, 84		---	1:00.47		
2 Eastern Suburbs, 2		---	1:00.80		
3 Balmain, 17		---	1:01.46		
4 Manly Warringah, 3		---	1:01.73		
5 Camden, 61		---	1:02.78		
6 Campbelltown, 36		---	1:02.91		
7 Illawong, 70		---	1:03.76		
8 Ryde, 38		---	1:07.28		

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

State Relay: S 55.74 1980		Bankstown			
Name	Age	Centre	Heats	H#	
<b>Heats</b>					
1 Randwick Botany, 1		---	57.55Q	3	
2 Eastern Suburbs, 2		---	57.62Q	1	
3 Northern Suburbs, 54		---	58.25Q	2	
4 Sutherland, 11		---	58.36q	2	
5 Hills District, 15		---	59.34q	2	
6 Ku-Ring-Gai, 84		---	59.57q	3	
7 Camden, 61		---	59.63q	3	
8 Cherrybrook, 219		---	59.98q	2	
9 Manly Warringah, 3		---	1:00.16	1	

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**....Boys U 10 - 4 x 100 Metre**

10 Balmain, 17	---	1:00.30	3
10 Prospect, 95	---	1:00.30	2
12 Canterbury, 55	---	1:00.77	2
13 Winston Hills, 76	---	1:00.97	3
14 Ryde, 38	---	1:02.24	1
15 Inner West, 20	---	1:02.47	1
16 Mosman, 19	---	1:02.52	3
17 Hornsby, 4	---	1:03.99	1
18 Kings Langley, 53	---	1:05.22	3
-- Doonside, 140	---	DQ	2 IAAF 170.6c

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

=====  
 State Relay: S 55.74 1980 Bankstown  
 Name Age Centre Final  
 =====

Final

1 Randwick Botany, 1	---	57.39
2 Eastern Suburbs, 2	---	57.70
3 Northern Suburbs, 54	---	57.94
4 Sutherland, 11	---	58.81
5 Camden, 61	---	59.67
6 Ku-Ring-Gai, 84	---	59.76
7 Cherrybrook, 219	---	1:00.14
8 Hills District, 15	---	1:00.15

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

=====  
 State Relay: S 53.54 1978 Bankstown  
 Name Age Centre Heats H#  
 =====

Heats

1 Camden, 61	---	55.39Q	2
2 Manly Warringah, 3	---	55.64Q	1
3 Illawong, 70	---	57.15Q	3
4 Port Hacking, 110	---	56.71q	1
5 Wollongong City, 102	---	57.06q	2
6 Holroyd, 6	---	57.41q	3
7 St George, 9	---	57.46q	2
8 Cherrybrook, 219	---	57.48q	2
9 Campbelltown, 36	---	57.50	3
10 Hills District, 15	---	57.77	3
11 Eastern Suburbs, 2	---	57.94	1
12 Northern Suburbs, 54	---	58.20	3
13 Balmain, 17	---	58.24	2
14 Albion Park, 71	---	58.34	1
15 Mosman, 19	---	59.09	1
16 Randwick Botany, 1	---	59.39	1
17 Minchinbury, 195	---	1:01.44	3
18 Winston Hills, 76	---	1:01.98	2
19 Ryde, 38	---	1:04.02	1

**LITTLE ATHLETICS NSW STATE RELAYS**  
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**Boys U 11 - 4 x 100 Metre**

State Relay: S 53.54 1978 Bankstown			
Name	Age	Centre	Final
Final			
1 Camden, 61	---		54.97
2 Manly Warringah, 3	---		55.19
3 Port Hacking, 110	---		56.10
4 Holroyd, 6	---		56.79
5 Cherrybrook, 219	---		57.07
6 Wollongong City, 102	---		57.39
7 St George, 9	---		57.62
8 Illawong, 70	---		58.00

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

State Relay: S 51.24 2002 Manly Warringah				
Name	Age	Centre	Heats	H#
Heats				
1 Cherrybrook, 219	---		52.58q	3
2 Ryde, 38	---		52.80q	1
3 Sutherland, 11	---		52.95q	1
4 Campbelltown, 36	---		53.61q	3
5 Balmain, 17	---		53.91q	3
6 Northern Suburbs, 54	---		54.13q	2
7 Doonside, 140	---		54.74q	1
8 Manly Warringah, 3	---		55.27q	1
9 Douglas Park, 179	---		55.87	3
10 Mosman, 19	---		56.04	2
11 Randwick Botany, 1	---		56.17	2
12 Northern Districts, 157	---		56.54	3
13 Camden, 61	---		56.88	2
14 Port Hacking, 110	---		56.92	1
15 Helensburgh, 44	---		57.67	2
16 Hills District, 15	---		58.59	1
17 Minchinbury, 195	---		58.80	2
18 Hornsby, 4	---		58.99	1
19 Wollongong City, 102	---		59.11	2
20 Inner West, 20	---		59.30	3
21 Eastern Suburbs, 2	---		59.41	3
22 Winston Hills, 76	---		1:08.68	2

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

State Relay: S 49.74 2001 Campbelltown				
Name	Age	Centre	Heats	H#
1 Randwick Botany, 1	---		50.35q	3
2 Northern Suburbs, 54	---		51.30q	3
3 Manly Warringah, 3	---		51.67q	2
4 Wollongong City, 102	---		51.75q	2
5 St George, 9	---		52.10q	2
6 Camden, 61	---		52.68q	3
7 Eastern Suburbs, 2	---		53.03q	2
8 Campbelltown, 36	---		53.25q	1
9 Bankstown Sports, 5	---		53.63	1
10 Mosman, 19	---		54.42	3
11 Northern Districts, 157	---		54.44	2



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**....Boys U 13 - 4 x 100 Metre**

12 Cherrybrook, 219	---	54.45	2
13 Holroyd, 6	---	55.11	2
14 Springwood, 35	---	57.15	3
15 Winston Hills, 76	---	58.09	1
16 Doonside, 140	---	58.70	1
17 Hills District, 15	---	59.11	1
18 Minchinbury, 195	---	1:09.24	1

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

State Relay: S 47.14 2002		Campbelltown			
Name	Age	Centre	Heats	H#	
1 Randwick Botany, 1	---		48.44q	2	
2 Bankstown Sports, 5	---		48.73q	2	
3 Manly Warringah, 3	---		49.25q	3	
4 Campbelltown, 36	---		49.29q	1	
5 Holroyd, 6	---		50.08q	3	
6 Nepean, 13	---		50.23q	1	
7 Cherrybrook, 219	---		50.39q	3	
8 Port Hacking, 110	---		50.52q	1	
9 Hills District, 15	---		50.66	2	
10 Ryde, 38	---		51.06	1	
11 Sutherland, 11	---		51.37	3	
12 Kings Langley, 53	---		52.57	2	
13 Prospect, 95	---		53.88	3	
14 Northern Suburbs, 54	---		54.62	3	
-- Ku-Ring-Gai, 84	---		DNF	1	

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

State Relay: S 44.82 2011		Manly Warringah			
Name	Age	Centre	Heats	H#	
1 Nepean, 13	---		45.30q	1	
2 Campbelltown, 36	---		45.73q	2	
3 Randwick Botany, 1	---		45.74q	1	
4 Manly Warringah, 3	---		46.20q	2	
5 Holroyd, 6	---		46.39q	1	
6 Kings Langley, 53	---		47.54q	1	
7 Albion Park, 71	---		47.68q	1	
8 Parramatta, 7	---		47.95q	2	
9 Hills District, 15	---		51.30	2	
10 Northern Suburbs, 54	---		51.60	1	
-- Illawong, 70	---		DQ	2	IAAF 163.3

**Boys U 17 - 4 x 100 Metre**

State Relay: S 43.28 2012		Ku-Ring-Gai			
Name	Age	Centre	Heats	H#	
1 Northern Suburbs, 54	---		S 43.23q	2	
2 Campbelltown, 36	---		44.10q	1	
3 Doonside, 140	---		44.91q	2	
4 Camden, 61	---		45.25q	1	
5 Manly Warringah, 3	---		45.51q	1	
6 Winston Hills, 76	---		45.57q	1	
7 Holroyd, 6	---		46.58q	1	

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**....Boys U 17 - 4 x 100 Metre**

-- Eastern Suburbs, 2	---	DQ	2 IAAF 170.7
-- Bankstown Sports, 5	---	DQ	2 IAAF 170.7

**Boys U 10 - Long/High**

State Relay: S 32.46m 2012 Manly Warringah			
Name	Age	Centre	Final
Final			
1 Manly Warringah, 3	---		33.08mS
2 Balmain, 17	---		30.99m
3 Northern Districts, 157	---		30.72m
4 Bankstown Sports, 5	---		29.52m
5 Douglas Park, 179	---		29.13m
6 Northern Suburbs, 54	---		28.89m
7 Cherrybrook, 219	---		27.95m
8 Ku-Ring-Gai, 84	---		27.80m
9 Randwick Botany, 1	---		25.98m
10 Kings Langley, 53	---		25.67m
11 Girraween, 51	---		24.56m
12 Parramatta, 7	---		24.25m
13 Hills District, 15	---		18.01m
-- Eastern Suburbs, 2	---		NH

**Boys U 11 - Long/High**

State Relay: S 33.58m 2008 Manly Warringah			
Name	Age	Centre	Final
1 Northern Suburbs, 54	---		30.54m
2 Balmain, 17	---		30.18m
3 Manly Warringah, 3	---		29.82m
4 Ku-Ring-Gai, 84	---		29.62m
5 Bankstown Sports, 5	---		28.40m
6 Ryde, 38	---		27.45m
7 Northern Districts, 157	---		26.79m
8 Hills District, 15	---		26.02m
9 Parramatta, 7	---		24.82m
10 Winston Hills, 76	---		24.26m
11 Girraween, 51	---		17.98m
12 Liverpool City, 48	---		17.81m
-- Eastern Suburbs, 2	---		NH
-- Randwick Botany, 1	---		NH

**Boys U 12 - Long/High**

State Relay: S 31.79m 2011 Albion Park			
Name	Age	Centre	Final
1 Balmain, 17	---		31.66m
2 Manly Warringah, 3	---		31.38m
3 Northern Districts, 157	---		30.86m
4 Ryde, 38	---		30.78m
5 Sutherland, 11	---		30.73m
6 Northern Suburbs, 54	---		29.90m
7 Campbelltown, 36	---		29.24m
8 Bankstown Sports, 5	---		28.72m
9 Cherrybrook, 219	---		28.66m

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**....Boys U 12 - Long/High**

10 Camden, 61	---	28.41m
11 Port Hacking, 110	---	28.28m
12 Hills District, 15	---	27.29m
13 Winston Hills, 76	---	26.07m
14 Eastern Suburbs, 2	---	24.78m
15 Randwick Botany, 1	---	21.93m

**Boys U 13 - Long/High**

State Relay: S 32.41m 2012		Manly Warringah	
Name	Age Centre		Final
1 Ku-Ring-Gai, 84	---		30.40m
2 Northern Suburbs, 54	---		29.77m
3 Inner West, 20	---		28.69m
4 St George, 9	---		28.58m
5 Manly Warringah, 3	---		28.19m
6 Northern Districts, 157	---		27.46m
7 Camden, 61	---		27.43m
8 Randwick Botany, 1	---		27.41m
9 Bankstown Sports, 5	---		26.77m
10 Winston Hills, 76	---		26.18m
11 Hills District, 15	---		24.41m
12 Doonside, 140	---		23.89m
-- Campbelltown, 36	---		NH

**Boys U 14 - Long/High**

State Relay: S 31.26m 2009		Northern Suburbs	
Name	Age Centre		Final
1 Balmain, 17	---		30.91m
2 Campbelltown, 36	---		29.36m
3 Randwick Botany, 1	---		29.33m
4 Ryde, 38	---		27.66m
5 Port Hacking, 110	---		27.40m
6 Ku-Ring-Gai, 84	---		26.53m
7 Winston Hills, 76	---		26.25m
8 Jamison, 163	---		25.06m
9 Northern Suburbs, 54	---		22.95m
10 Kings Langley, 53	---		20.41m

**Boys U 15 - Long/High**

State Relay: S 32.34m 2009		Kurrajong/Bilpin	
Name	Age Centre		Final
1 Illawong, 70	---		31.26m
2 Manly Warringah, 3	---		28.65m
3 Randwick Botany, 1	---		27.52m
4 Campbelltown, 36	---		26.85m
5 Parramatta, 7	---		26.82m
6 Balmain, 17	---		24.05m
7 Northern Suburbs, 54	---		22.17m
8 Girraween, 51	---		20.69m
9 Holroyd, 6	---		17.51m

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**Boys U 17 - Long/High**

State Relay: S 30.42m 2013 Bankstown Sports			
Name	Age	Centre	Final
1 Bankstown Sports, 5	---		28.15m
2 Manly Warringah, 3	---		27.48m
3 Northern Suburbs, 54	---		26.63m
4 Winston Hills, 76	---		26.60m
5 Doonside, 140	---		26.08m
6 Hills District, 15	---		22.79m
7 St George, 9	---		22.27m
8 Holroyd, 6	---		21.64m
9 Campbelltown, 36	---		18.24m

**Boys U 8 - Shot/Discus**

State Relay: S 27.73m 2010 Sutherland			
Name	Age	Centre	Final
1 Parramatta, 7	---		21.33m
2 Quakers Hill, 199	---		20.13m
3 Bankstown Sports, 5	---		20.06m
4 Manly Warringah, 3	---		18.21m
5 Port Hacking, 110	---		18.02m
6 Hornsby, 4	---		17.53m
7 Northern Suburbs, 54	---		17.46m
8 Balmain, 17	---		17.37m
9 Hills District, 15	---		16.88m
10 Randwick Botany, 1	---		15.23m
11 Ku-Ring-Gai, 84	---		14.65m
12 Holroyd, 6	---		14.62m
13 Eastern Suburbs, 2	---		13.45m

**Boys U 9 - Shot/Discus**

State Relay: S 26.21m 2009 Ku-Ring-Gai			
Name	Age	Centre	Final
1 Northern Suburbs, 54	---		23.51m
2 Bankstown Sports, 5	---		20.56m
3 Manly Warringah, 3	---		19.96m
4 Parramatta, 7	---		19.22m
5 Ryde, 38	---		19.09m
6 Northern Districts, 157	---		18.85m
7 Balmain, 17	---		18.64m
8 Ku-Ring-Gai, 84	---		17.23m
9 Hills District, 15	---		17.10m
10 Winston Hills, 76	---		17.05m
-- Liverpool City, 48	---		ND
-- Eastern Suburbs, 2	---		ND

**Boys U 10 - Shot/Discus**

State Relay: S 27.35m 2010 Ku-Ring-Gai			
Name	Age	Centre	Final
1 Manly Warringah, 3	---		23.23m
2 Girraween, 51	---		22.05m
3 Bankstown Sports, 5	---		20.82m

**LITTLE ATHLETICS NSW STATE RELAYS**  
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**....Boys U 10 - Shot/Discus**

4 Northern Districts, 157	---	20.08m
5 Balmain, 17	---	19.38m
6 Parramatta, 7	---	19.37m
7 Northern Suburbs, 54	---	18.44m
8 Winston Hills, 76	---	18.36m
9 Hills District, 15	---	18.15m
10 Randwick Botany, 1	---	17.90m
11 Holroyd, 6	---	17.59m
12 Cherrybrook, 219	---	16.70m
13 Ku-Ring-Gai, 84	---	12.31m
-- Eastern Suburbs, 2	---	ND

**Boys U 11 - Shot/Discus**

=====			
State Relay: S 29.41m	2011	Ku-Ring-Gai	
Name	Age	Centre	Final
=====			
1 Northern Districts, 157	---		24.44m
2 Parramatta, 7	---		24.36m
3 Manly Warringah, 3	---		22.59m
4 Balmain, 17	---		22.19m
5 Bankstown Sports, 5	---		21.76m
6 Liverpool City, 48	---		21.22m
7 Ku-Ring-Gai, 84	---		21.09m
8 Northern Suburbs, 54	---		20.94m
9 Eastern Suburbs, 2	---		20.21m
10 Winston Hills, 76	---		17.85m
11 Girraween, 51	---		17.65m
12 Ryde, 38	---		17.43m

**Boys U 12 - Shot/Discus**

=====			
State Relay: S 25.10m	2011	Parramatta	
Name	Age	Centre	Final
=====			
1 Northern Suburbs, 54	---		23.88m
2 Northern Districts, 157	---		20.94m
3 Bankstown Sports, 5	---		20.82m
4 Manly Warringah, 3	---		20.79m
5 Balmain, 17	---		19.94m
6 Sutherland, 11	---		19.72m
7 Ryde, 38	---		16.99m
8 Hornsby, 4	---		14.83m
9 Hills District, 15	---		14.78m
10 Port Hacking, 110	---		14.15m
11 Randwick Botany, 1	---		12.72m
12 Minchinbury, 195	---		11.03m
13 Eastern Suburbs, 2	---		8.25m

**Boys U 13 - Shot/Discus**

=====			
State Relay: S 29.42m	2012	Parramatta	
Name	Age	Centre	Final
=====			
1 Ku-Ring-Gai, 84	---		22.80m
2 Bankstown Sports, 5	---		19.19m
3 Camden, 61	---		19.02m
4 Randwick Botany, 1	---		17.08m

**LITTLE ATHLETICS NSW STATE RELAYS**  
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**....Boys U 13 - Shot/Discus**

5 Northern Districts, 157	---	16.88m
6 Manly Warringah, 3	---	16.52m
7 Winston Hills, 76	---	14.46m
8 Northern Suburbs, 54	---	13.69m

**Boys U 14 - Shot/Discus**

State Relay: S 28.36m 2013		Parramatta	
Name	Age	Centre	Final
1 Bankstown Sports, 5	---		25.48m
2 Port Hacking, 110	---		22.89m
3 Manly Warringah, 3	---		22.80m
4 Mosman, 19	---		21.28m
5 Ryde, 38	---		20.80m
6 Holroyd, 6	---		19.83m
7 Winston Hills, 76	---		19.57m
8 Randwick Botany, 1	---		19.28m
9 Cherrybrook, 219	---		16.90m
10 Hills District, 15	---		15.69m
11 Northern Suburbs, 54	---		13.30m

**Boys U 15 - Shot/Discus**

State Relay: S 25.43m 2013		Ku-Ring-Gai	
Name	Age	Centre	Final
1 Parramatta, 7	---		30.41mS
2 Holroyd, 6	---		22.37m
3 Illawong, 70	---		19.47m
4 Hills District, 15	---		18.22m
5 Girraween, 51	---		18.05m
6 Manly Warringah, 3	---		17.77m
7 Northern Suburbs, 54	---		16.09m
8 Randwick Botany, 1	---		13.56m

**Boys U 17 - Shot/Discus**

State Relay: S 24.86m 2013		Manly Warringah	
Name	Age	Centre	Final
1 Northern Suburbs, 54	---		27.39mS
2 Doonside, 140	---		18.75m
3 Bankstown Sports, 5	---		17.26m
4 St George, 9	---		16.92m
5 Manly Warringah, 3	---		16.04m
6 Winston Hills, 76	---		15.69m
-- Prospect, 95	---		ND

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

State Relay: S 31.02m 2012		Ku-Ring-Gai	
Name	Age	Centre	Final
1 Manly Warringah, 3	---		29.41m
2 Quakers Hill, 199	---		27.03m
3 Port Hacking, 110	---		26.35m
4 Hills District, 15	---		26.30m

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**STATE RELAY CHAMPIONSHIP - 22/11/2014 to 23/11/2014**  
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**....Boys U 8 - 4 x Long Jump**

5 Northern Suburbs, 54	---	26.20m
6 Ku-Ring-Gai, 84	---	25.99m
7 Randwick Botany, 1	---	23.86m
8 Kurrajong Bilpin, 150	---	23.75m
9 Bankstown Sports, 5	---	23.61m
10 Balmain, 17	---	23.44m
11 Parramatta, 7	---	22.85m
12 Eastern Suburbs, 2	---	22.10m

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

=====			
State Relay: S 30.53m	2009	Manly Warringah	
Name	Age	Centre	Final
=====			
1 Hornsby, 4	---		28.88m
2 Manly Warringah, 3	---		27.92m
3 Ku-Ring-Gai, 84	---		27.73m
4 Ryde, 38	---		27.64m
5 Kurrajong Bilpin, 150	---		26.95m
6 Northern Suburbs, 54	---		26.57m
7 Bankstown Sports, 5	---		26.51m
7 Randwick Botany, 1	---		26.51m
9 Northern Districts, 157	---		26.09m
10 Parramatta, 7	---		26.07m
11 Balmain, 17	---		25.52m
12 Girraween, 51	---		24.96m
13 Hills District, 15	---		24.10m
14 Winston Hills, 76	---		23.51m
-- Eastern Suburbs, 2	---		ND

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

=====					
State Relay: S 1:03.94	1982	Blacktown			
State Relay: S 1:03.94	1984	North Rocks/Carlingford			
Name	Age	Centre	Heats	H#	
=====					
Heats					
1 Jamison, 163	W	---	1:08.98Q	2	
2 Liverpool City, 48	W	---	1:09.82Q	1	
3 Greystanes, 39	W	---	1:10.06q	2	
4 Helensburgh, 44	W	---	1:10.56q	2	
5 Prestons Robins, 250	W	---	1:11.20q	1	
6 Douglas Park, 179	W	---	1:11.62q	2	
7 Kurrajong Bilpin, 150	W	---	1:12.83q	1	
8 Ambarvale, 58	W	---	1:13.99q	1	
9 Springwood, 35	W	---	1:14.18	1	
10 Tallawong Park, 139	W	---	1:19.09	2	

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

=====			
State Relay: S 1:03.94	1982	Blacktown	
State Relay: S 1:03.94	1984	North Rocks/Carlingford	
Name	Age	Centre	Final
=====			
Final			
1 Jamison, 163	W	---	1:07.43
2 Liverpool City, 48	W	---	1:09.11
3 Helensburgh, 44	W	---	1:10.90

**LITTLE ATHLETICS NSW STATE RELAYS**  
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**...Mixed U 8 - 4 x 100 Metre**

4 Douglas Park, 179	W ---	1:11.85	
5 Kurrajong Bilpin, 150	W ---	1:12.05	
6 Ambarvale, 58	W ---	1:13.97	
7 Greystanes, 39	W ---	1:16.54	
-- Prestons Robins, 250	W ---	DQ	IAAF 170.7

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

State Relay: S 1:00.04 1985 North Rocks/Carlingford			
Name	Age	Centre	Final
1 Kurrajong Bilpin, 150	W ---		1:04.10
2 Jamison, 163	W ---		1:05.20
3 Liverpool City, 48	W ---		1:06.90
4 Greystanes, 39	W ---		1:08.67
5 Ambarvale, 58	W ---		1:09.82
6 Prestons Robins, 250	W ---		1:10.41
7 Penrith, 66	W ---		1:13.39
8 Tallawong Park, 139	W ---		1:31.11

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

State Relay: S 58.04 1984 Blacktown				
Name	Age	Centre	Heats	H#
Heats				
1 Greystanes, 39	W ---		1:00.55Q	2
2 Albion Park, 71	W ---		1:00.75Q	1
3 Helensburgh, 44	W ---		1:01.54q	1
4 Liverpool City, 48	W ---		1:02.20q	2
5 Kurrajong Bilpin, 150	W ---		1:02.43q	2
6 Jamison, 163	W ---		1:02.77q	2
7 Prestons Robins, 250	W ---		1:02.83q	1
8 Wollondilly, 160	W ---		1:05.53q	1
9 Tallawong Park, 139	W ---		1:07.41	2
10 Ambarvale, 58	W ---		1:07.89	1

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

State Relay: S 58.04 1984 Blacktown				
Name	Age	Centre	Final	
Final				
1 Albion Park, 71	W ---		1:01.42	
2 Helensburgh, 44	W ---		1:01.94	
3 Jamison, 163	W ---		1:02.72	
4 Kurrajong Bilpin, 150	W ---		1:03.25	
5 Prestons Robins, 250	W ---		1:03.67	
6 Wollondilly, 160	W ---		1:04.17	
-- Liverpool City, 48	W ---		DQ	IAAF 170.7
-- Greystanes, 39	W ---		DQ	IAAF 170.7



**LITTLE ATHLETICS NSW STATE RELAYS**  
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**Mixed U 11 - 4 x 100 Metre**

State Relay: S 55.84 2000 Tiger Wests  
 Name Age Centre Heats H#

Heats					
1	Kurrajong Bilpin, 150	W	---	58.17Q	2
2	Helensburgh, 44	W	---	59.46Q	1
3	Greystanes, 39	W	---	58.92q	2
4	Liverpool City, 48	W	---	1:00.12q	1
5	Jamison, 163	W	---	1:01.13q	1
6	Ambarvale, 58	W	---	1:01.53q	2
7	Douglas Park, 179	W	---	1:02.77q	2
8	Prestons Robins, 250	W	---	1:03.73q	2
9	Tallawong Park, 139	W	---	1:03.90	1
--	Penrith, 66	W	---	DQ	1 IAAF 170.7

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

State Relay: S 55.84 2000 Tiger Wests  
 Name Age Centre Final

Final				
1	Kurrajong Bilpin, 150	W	---	58.09
2	Helensburgh, 44	W	---	59.53
3	Greystanes, 39	W	---	59.73
4	Liverpool City, 48	W	---	59.82
5	Jamison, 163	W	---	1:02.10
6	Ambarvale, 58	W	---	1:03.40
7	Douglas Park, 179	W	---	1:03.44
8	Prestons Robins, 250	W	---	1:04.31

**Mixed U 8-11 4 x 100 M Junior**

State Relay: S 1:05.01 2011 Mt Druitt  
 Name Age Centre Final

1	Mt Druitt, 119	W	---	1:18.11
---	----------------	---	-----	---------

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

State Relay: S 52.54 1983 Ku-Ring-Gai  
 Name Age Centre Heats

Heats				
1	Prospect, 95	W	---	55.04q
2	Springwood, 35	W	---	56.68q
3	Kurrajong Bilpin, 150	W	---	56.89q
4	Illawong, 70	W	---	58.63q
5	Jamison, 163	W	---	59.75q
6	Greystanes, 39	W	---	1:01.44q
7	Penrith, 66	W	---	1:03.19q

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

State Relay: S 51.44 1984 Randwick Botany  
 Name Age Centre Final

Final				
1	Kurrajong Bilpin, 150	W	---	52.46

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**...Mixed U 13 - 4 x 100 Metre**

2 Prestons Robins, 250	W ---	54.87
3 Helensburgh, 44	W ---	55.52
4 Jamison, 163	W ---	55.55
5 Greystanes, 39	W ---	56.71
6 Shoalhaven, 120	W ---	57.47
7 Penrith, 66	W ---	58.35
8 Ambarvale, 58	W ---	58.38

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

State Relay: S 50.04 2000		Northern Suburbs	
Name	Age Centre		Final
1 Helensburgh, 44	W ---		51.69
2 Jamison, 163	W ---		52.09
3 Kurrajong Bilpin, 150	W ---		53.61
4 Greystanes, 39	W ---		54.30
-- Penrith, 66	W ---	DQ	IAAF 170.7

**Mixed U 15 - 4 x 100 Metre**

State Relay: S 48.44 1996		Bailmain	
Name	Age Centre		Final
1 Kurrajong Bilpin, 150	W ---		50.91
2 Helensburgh, 44	W ---		52.36
3 Greystanes, 39	W ---		53.85

**Mixed U 12-15 4 x 100 M Senior**

State Relay: S 55.55 2009		Prestons Robins	
Name	Age Centre		Final
1 Tallawong Park, 139	W ---		54.49S
2 Mt Druitt, 119	W ---		57.23

**Mixed U 17 - 4 x 100 Metre**

State Relay: S 46.03 2009		Cherrybrook	
Name	Age Centre		Final
1 Liverpool City, 48	W ---		49.07
2 Prospect, 95	W ---		49.51
3 Springwood, 35	W ---		50.24
4 Kurrajong Bilpin, 150	W ---		50.47
5 Jamison, 163	W ---		50.58
6 Ambarvale, 58	W ---		53.82
-- Illawong, 70	W ---	DQ	IAAF 170.7

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

State Relay: S 2:17.41 2013		Ku-Ring-Gai	
Name	Age Centre	Heats	H#
Heats			
1 Hills District, 15	W ---	2:20.61Q	3
2 Randwick Botany, 1	W ---	2:24.04Q	2
3 Liverpool City, 48	W ---	2:36.28Q	1

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**...Mixed U 8 - 4 x 200 Metre**

4 Illawong, 70	W ---	2:24.90q	3
5 Manly Warringah, 3	W ---	2:25.52q	3
6 Eastern Suburbs, 2	W ---	2:26.03q	2
7 Balmain, 17	W ---	2:27.72q	2
8 Ku-Ring-Gai, 84	W ---	2:33.28q	2
9 Northern Suburbs, 54	W ---	2:34.22	2
10 Doonside, 140	W ---	2:37.63	3
11 Mosman, 19	W ---	2:37.76	1
12 Albion Park, 71	W ---	2:39.87	1
13 Cherrybrook, 219	W ---	2:40.36	3
14 Greystanes, 39	W ---	2:41.46	1
15 Winston Hills, 76	W ---	2:42.06	1
16 Springwood, 35	W ---	2:43.60	1
17 Ryde, 38	W ---	2:45.34	3
18 Minchinbury, 195	W ---	2:49.52	1

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

=====  
 State Relay: S 2:17.41 2013 Ku-Ring-Gai  
 Name Age Centre Final  
 =====

Final

1 Hills District, 15	W ---	2:18.15	
2 Randwick Botany, 1	W ---	2:19.90	
3 Illawong, 70	W ---	2:27.74	
4 Balmain, 17	W ---	2:28.87	
5 Manly Warringah, 3	W ---	2:29.51	
6 Liverpool City, 48	W ---	2:35.75	

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

=====  
 State Relay: S 2:07.11 2013 Manly Warringah  
 Name Age Centre Heats H#  
 =====

Heats

1 Albion Park, 71	W ---	2:11.48Q	1
2 Ku-Ring-Gai, 84	W ---	2:13.71Q	2
3 Wollongong City, 102	W ---	2:14.54Q	3
4 Balmain, 17	W ---	2:11.68q	1
5 Port Hacking, 110	W ---	2:15.16q	3
6 Manly Warringah, 3	W ---	2:16.71q	2
7 Eastern Suburbs, 2	W ---	2:17.59q	3
8 Randwick Botany, 1	W ---	2:18.49q	3
9 Northern Suburbs, 54	W ---	2:20.53	3
10 Ryde, 38	W ---	2:20.95	2
11 Hills District, 15	W ---	2:23.42	2
12 Liverpool City, 48	W ---	2:25.05	1
13 Campbelltown, 36	W ---	2:25.61	1
14 Doonside, 140	W ---	2:26.50	1
15 Cherrybrook, 219	W ---	2:26.97	1
16 Greystanes, 39	W ---	2:27.88	2
17 Mosman, 19	W ---	2:28.54	3
18 Inner West, 20	W ---	2:30.54	2
19 Winston Hills, 76	W ---	2:31.58	3

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

=====  
 State Relay: S 2:07.11 2013 Manly Warringah  
 Name Age Centre Final  
 =====

## Final

1	Albion Park, 71	W ---	2:11.64
2	Balmain, 17	W ---	2:11.65
3	Ku-Ring-Gai, 84	W ---	2:12.10
4	Manly Warringah, 3	W ---	2:12.11
5	Wollongong City, 102	W ---	2:12.80
6	Eastern Suburbs, 2	W ---	2:14.32
7	Randwick Botany, 1	W ---	2:14.37
8	Port Hacking, 110	W ---	2:15.31

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

=====  
 State Relay: S 4:36.40 1983 Sutherland  
 Name Age Centre Heats H#  
 =====

## Heats

1	Manly Warringah, 3	W ---	4:55.30Q	1
2	Sutherland, 11	W ---	4:58.03Q	2
3	Greystanes, 39	W ---	5:08.17Q	3
4	Port Hacking, 110	W ---	5:00.88q	2
5	Randwick Botany, 1	W ---	5:05.28q	2
6	Hills District, 15	W ---	5:06.60q	1
7	Inner West, 20	W ---	5:11.87q	3
8	Northern Suburbs, 54	W ---	5:14.03q	3
9	Mosman, 19	W ---	5:14.26	1
10	Wollongong City, 102	W ---	5:15.38	3
11	Cherrybrook, 219	W ---	5:15.89	1
12	South Eastern, 152	W ---	5:17.58	2
13	Ku-Ring-Gai, 84	W ---	5:19.03	2
14	Winston Hills, 76	W ---	5:24.28	1
15	Eastern Suburbs, 2	W ---	5:28.20	1
16	Canterbury, 55	W ---	5:30.92	1
17	Balmain, 17	W ---	5:38.55	2
18	Ryde, 38	W ---	5:39.15	3

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

=====  
 State Relay: S 4:36.40 1983 Sutherland  
 Name Age Centre Final  
 =====

## Final

1	Manly Warringah, 3	W ---	4:47.93
2	Randwick Botany, 1	W ---	4:56.41
3	Sutherland, 11	W ---	5:01.63
4	Northern Suburbs, 54	W ---	5:03.70
5	Hills District, 15	W ---	5:05.15
6	Port Hacking, 110	W ---	5:07.48
7	Greystanes, 39	W ---	5:10.94
8	Inner West, 20	W ---	5:15.18

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

State Relay: S 4:28.70 1984 Sutherland  
 Name Age Centre Heats H#

## Heats

1	Campbelltown, 36	W ---	4:41.86Q	3
2	Sutherland, 11	W ---	4:44.57Q	1
3	Ku-Ring-Gai, 84	W ---	4:45.32Q	2
4	Camden, 61	W ---	4:46.00q	3
5	Manly Warringah, 3	W ---	4:46.31q	1
6	Wollongong City, 102	W ---	4:46.83q	1
7	Balmain, 17	W ---	4:47.35q	2
8	Eastern Suburbs, 2	W ---	4:49.80q	2
9	Cherrybrook, 219	W ---	4:51.82	2
10	Hills District, 15	W ---	4:55.52	2
11	Randwick Botany, 1	W ---	4:55.72	1
12	South Eastern, 152	W ---	5:00.49	3
13	Illawong, 70	W ---	5:09.15	3
14	Mosman, 19	W ---	5:09.96	1
15	Northern Suburbs, 54	W ---	5:12.36	3
16	St George, 9	W ---	5:17.96	2
17	Ryde, 38	W ---	5:20.27	2
18	Liverpool City, 48	W ---	5:35.01	3
19	Winston Hills, 76	W ---	5:55.66	3

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

State Relay: S 4:28.70 1984 Sutherland  
 Name Age Centre Final

## Final

1	Sutherland, 11	W ---	4:37.77
2	Ku-Ring-Gai, 84	W ---	4:38.01
3	Camden, 61	W ---	4:39.60
4	Manly Warringah, 3	W ---	4:40.27
5	Wollongong City, 102	W ---	4:40.34
6	Campbelltown, 36	W ---	4:44.38
7	Eastern Suburbs, 2	W ---	4:44.82
8	Balmain, 17	W ---	4:51.64

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

State Relay: S 4:10.90 1987 St George  
 Name Age Centre Heats H#

## Heats

1	Sutherland, 11	W ---	4:27.60q	2
2	Northern Suburbs, 54	W ---	4:30.21q	1
3	Manly Warringah, 3	W ---	4:32.68q	1
4	Port Hacking, 110	W ---	4:38.71q	2
5	Hills District, 15	W ---	4:39.56q	1
6	Inner West, 20	W ---	4:45.11q	2
7	Bankstown Sports, 5	W ---	4:46.94q	1
8	Randwick Botany, 1	W ---	4:47.15q	3
9	Parramatta, 7	W ---	4:48.01	3
10	Wollongong City, 102	W ---	4:49.22	2
11	Balmain, 17	W ---	4:55.84	1
12	Cherrybrook, 219	W ---	4:57.02	1
13	Ryde, 38	W ---	5:00.30	3

**LITTLE ATHLETICS NSW STATE RELAYS**  
**STATE RELAY CHAMPIONSHIP - 22/11/2014 to 23/11/2014**  
**Sydney Olympic Park Athletic Centre**  
**Results**

**...Mixed U 12 - 4 x 400 Metre**

14 Eastern Suburbs, 2	W ---	5:11.61	3
15 Mosman, 19	W ---	5:13.03	2

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

State Relay: S 4:04.56 2013 Manly Warringah			
Name	Age Centre	Heats	H#
1 Eastern Suburbs, 2	W ---	4:12.06q	2
2 Sutherland, 11	W ---	4:14.03q	2
3 Bankstown Sports, 5	W ---	4:14.72q	2
4 Wollongong City, 102	W ---	4:19.27q	1
5 Manly Warringah, 3	W ---	4:20.27q	1
6 Northern Suburbs, 54	W ---	4:22.38q	1
7 Cherrybrook, 219	W ---	4:27.26q	1
8 Hornsby, 4	W ---	4:27.99q	2
9 Balmain, 17	W ---	4:28.60	1
10 Randwick Botany, 1	W ---	4:30.43	1
11 Hills District, 15	W ---	4:35.94	2
12 St George, 9	W ---	4:38.15	2
13 Mosman, 19	W ---	4:42.64	2

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

State Relay: S 3:55.00 2002 Maitland			
Name	Age Centre	Heats	
1 Randwick Botany, 1	W ---	3:55.95q	
2 Manly Warringah, 3	W ---	3:57.67q	
3 Campbelltown, 36	W ---	4:08.95q	
4 Port Hacking, 110	W ---	4:17.25q	
5 Ryde, 38	W ---	4:28.55q	
6 Northern Suburbs, 54	W ---	4:30.20q	
7 Cherrybrook, 219	W ---	4:30.90q	

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

State Relay: S 3:49.06 2011 Manly Warringah			
Name	Age Centre	Heats	
1 Manly Warringah, 3	W ---	S 3:43.57q	
2 Campbelltown, 36	W ---	3:59.05q	
3 Ryde, 38	W ---	4:01.46q	
4 Northern Suburbs, 54	W ---	4:09.40q	

**Mixed U 17 - 4 x 400 Metre**

State Relay: S 3:43.02 2012 Northern Suburbs			
Name	Age Centre	Heats	
1 Northern Suburbs, 54	W ---	3:48.07q	
2 Camden, 61	W ---	3:49.56q	
3 Manly Warringah, 3	W ---	3:50.73q	
4 Sutherland, 11	W ---	3:51.87q	
5 Bankstown Sports, 5	W ---	3:54.11q	
6 Hills District, 15	W ---	4:03.06q	
7 Mosman, 19	W ---	4:04.37q	
8 Illawong, 70	W ---	4:05.05q	

**LITTLE ATHLETICS NSW STATE RELAYS  
STATE RELAY CHAMPIONSHIP - 22/11/2014 to 23/11/2014  
Sydney Olympic Park Athletic Centre  
Results**

**...Mixed U 17 - 4 x 400 Metre**

9 Winston Hills, 76                      W ---                      4:12.47

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

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=====
State Relay: S 25.72m 2010                  Prestons Robins
Name                                      Age Centre                                      Final
=====
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Final
1 Mt Druitt, 119                              W ---                                      19.96m
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**Mixed U 12-15 4 x Long Jump Senior**

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=====
State Relay: S 24.70m 2011                  Mt Druitt
Name                                      Age Centre                                      Final
=====
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1 Mt Druitt, 119                              W ---                                      21.14m
2 Tallawong Park, 139                      W ---                                      20.89m
-- Cranebrook, 184                              W ---                                      ND
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