

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

Girls U 8 - 4x100 Metre Relay

=====
 State Relay: S 1:03.84 1982 Bankstown
 Centre Heats
 =====

Heat 1 Heats

1 Sutherland	1:07.78Q	
2 Cherrybrook	1:10.68q	
3 Hills District	1:11.51q	
4 Illawong	1:13.68	
5 Prestons Robins	1:13.69	
6 Northern Districts	1:14.75	
7 Revesby Workers	1:18.24	
-- Eastern Suburbs	DQ	IAAF 170.7
-- Inner West	DQ	IAAF 170.7

Heat 2 Heats

1 Port Hacking	1:07.65Q	
2 Randwick Botany	1:09.36q	
3 Ku-Ring-Gai	1:09.99q	
4 Balmain	1:10.38q	
5 Ryde	1:11.28q	
6 Camden	1:12.01	
7 Rouse Hill Rams	1:12.70	
-- Manly Warringah	DQ	IAAF 170.7
-- Northern Suburbs	DQ	IAAF 170.7

Girls U 8 - 4x100 Metre Relay

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

Section 1 Final

1 Sutherland	1:07.50	
2 Port Hacking	1:09.43	
3 Balmain	1:09.67	
4 Cherrybrook	1:10.66	
5 Ku-Ring-Gai	1:10.73	
6 Randwick Botany	1:12.55	
7 Ryde	1:12.62	
8 Hills District	1:12.71	

Girls U 9 - 4x100 Metre Relay

=====
 State Relay: S 1:00.54 1979 Hills District
 Centre Heats
 =====

Heat 1 Heats

1 Cherrybrook	1:05.40Q	
2 Bankstown Sports	1:06.47	
3 Eastern Suburbs	1:07.13	
4 Rouse Hill Rams	1:08.63	
5 Blacktown	1:09.86	
6 Winston Hills	1:14.74	
-- Revesby Workers	DQ	IAAF 170.7
-- Mosman	DQ	IAAF 170.7

Heat 2 Heats

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....Girls U 9 - 4x100 Metre Relay

1 Balmain	1:01.90Q	
2 Hills District	1:03.83q	
3 Northern Suburbs	1:04.15q	
4 Sutherland	1:04.65q	
5 Port Hacking	1:05.48	
6 St George	1:10.34	
7 Inner West	1:13.61	
8 Girraween	1:19.13	
-- Camden	DQ	IAAF 170.7

Heat 3 Heats

1 Ku-Ring-Gai	1:03.56Q
2 Ryde	1:04.07q
3 Manly Warringah	1:04.96q
4 South Eastern	1:05.68
5 Randwick Botany	1:06.24
6 Prestons Robins	1:07.46
7 Emu Plains	1:07.60
8 Canterbury	1:11.45

Girls U 9 - 4x100 Metre Relay

=====
 State Relay: S 1:00.54 1979 Hills District
 Centre Final
 =====

Section 1 Final

1 Balmain	1:02.55
2 Hills District	1:03.65
3 Ku-Ring-Gai	1:04.33
4 Northern Suburbs	1:04.34
5 Ryde	1:04.96
6 Manly Warringah	1:04.97
7 Sutherland	1:05.00
8 Cherrybrook	1:06.15

Girls U 10 - 4x100 Metre Relay

=====
 State Relay: S 57.50 2014 Manly Warringah
 Centre Heats
 =====

Heat 1 Heats

1 Camden	1:02.31Q	
2 Northern Suburbs	1:02.44q	
3 Eastern Suburbs	1:05.08	
4 Cherrybrook	1:05.53	
5 Winston Hills	1:11.32	
6 Revesby Workers	1:12.37	
-- Mosman	DQ	IAAF 170.7

Heat 2 Heats

1 Emu Plains	59.76Q
2 Randwick Botany	1:01.76q
3 Sutherland	1:02.62
4 Wollongong City	1:03.73
5 Prestons Robins	1:04.55
6 Port Hacking	1:08.31

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....Girls U 10 - 4x100 Metre Relay

7 Inner West	1:09.31	
-- Campbelltown Collegians	DQ	IAAF 170.7
Heat 3 Heats		
1 Hills District	58.78Q	
2 Manly Warringah	59.04q	
3 Balmain	1:00.73q	
4 South Eastern	1:02.17q	
5 Ku-Ring-Gai	1:03.23	
6 Ryde	1:03.42	
7 Canterbury	1:05.47	

Girls U 10 - 4x100 Metre Relay

=====			
State Relay: S 57.50	2014	Manly Warringah	
Centre			Final
=====			
Section 1	Final		
1 Hills District		58.62	
2 Manly Warringah		58.88	
3 Emu Plains		59.24	
4 South Eastern		1:01.32	
5 Camden		1:01.36	
6 Balmain		1:01.56	
7 Randwick Botany		1:02.00	
8 Northern Suburbs		1:03.12	

Girls U 11 - 4x100 Metre Relay

=====			
State Relay: S 55.01	2016	Manly Warringah	
Centre			Heats
=====			
Heat 1	Heats		
1 Campbelltown Collegians		55.59Q	
2 Eastern Suburbs		56.64q	
3 Sutherland		59.14q	
4 Northern Districts		1:00.21	
5 Hills District		1:00.78	
6 Mosman		1:01.57	
7 Rouse Hill Rams		1:01.64	
8 St George		1:05.87	
-- Inner West		DQ	IAAF 170.7
Heat 2 Heats			
1 Manly Warringah		55.73Q	
2 Camden		56.70q	
3 Wollongong City		59.34	
4 Adamstown/New Lambton		59.58	
5 Cherrybrook		59.79	
6 Randwick Botany		1:01.28	
7 Northern Suburbs		1:02.43	
-- Winston Hills		DQ	IAAF 170.7
Heat 3 Heats			
1 Balmain		55.95Q	
2 Ku-Ring-Gai		57.19q	
3 Canterbury		57.72q	

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....Girls U 11 - 4x100 Metre Relay

4 Holroyd	1:00.30
5 Ryde	1:01.47
6 Doonside	1:02.31
7 Prestons Robins	1:06.09
8 Revesby Workers	1:08.17

Girls U 11 - 4x100 Metre Relay

=====
State Relay: S 55.01 2016 Manly Warringah
Centre Final
=====

Section 1 Final

1 Campbelltown Collegians	55.18
2 Manly Warringah	55.55
3 Eastern Suburbs	56.76
4 Balmain	57.55
5 Canterbury	57.94
5 Ku-Ring-Gai	57.94
7 Camden	58.11
8 Sutherland	59.85

Girls U 12 - 4x100 Metre Relay

=====
State Relay: S 53.44 2001 Hills District
Centre Heats
=====

Heat 1 Heats

1 Randwick Botany	54.17Q
2 Bankstown Sports	55.15q
3 Camden	57.00q
4 Ryde	58.10
5 Port Hacking	58.74
6 Ku-Ring-Gai	58.75
7 Adamstown/New Lambton	1:01.67

Heat 2 Heats

1 Hills District	55.75Q
2 Sutherland	55.81q
3 South Eastern	57.60
4 Prestons Robins	1:00.49
5 Woy Woy Peninsula	1:01.39
-- Canterbury	DQ IAAF 170.7
-- Inner West	DQ IAAF 170.6C

Heat 3 Heats

1 Campbelltown Collegians	53.73Q
2 Manly Warringah	54.42q
3 Northern Suburbs	57.34q
4 Balmain	58.39
5 Eastern Suburbs	59.14
6 Rouse Hill Rams	1:00.42
7 Mosman	1:03.99

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Girls U 12 - 4x100 Metre Relay

=====
 State Relay: S 53.44 2001 Hills District
 Centre Final
 =====

Section 1 Final

1 Campbelltown Collegians	53.59
2 Manly Warringah	54.23
3 Randwick Botany	54.44
4 Hills District	55.41
5 Bankstown Sports	55.64
6 Sutherland	55.74
7 Northern Suburbs	57.39
8 Camden	57.89

Girls U 13 - 4x100 Metre Relay

=====
 State Relay: S 50.80 2014 Balmain
 Centre Heats
 =====

Heat 1 Heats

1 Wollongong City	53.38Q
2 Balmain	53.52q
3 Ryde	54.23q
4 Manly Warringah	56.55
5 Rouse Hill Rams	58.11
6 Mosman	58.47
7 Winston Hills	59.73

Heat 2 Heats

1 Ku-Ring-Gai	53.15Q
2 Sutherland	54.03q
3 South Eastern	56.47
4 Inner West	57.84
5 Cherrybrook	58.51
6 Prestons Robins	1:00.39

Heat 3 Heats

1 Northern Suburbs	50.90Q
2 Camden	52.78q
3 Randwick Botany	53.62q
4 Hills District	54.32
5 Campbelltown Collegians	54.52
6 Emu Plains	56.66
7 Canterbury	57.34
-- Revesby Workers	DQ IAAF 170.7

Girls U 13 - 4x100 Metre Relay

=====
 State Relay: S 50.80 2014 Balmain
 Centre Final
 =====

Section 1 Final

1 Northern Suburbs	50.48S
2 Ku-Ring-Gai	52.95
3 Randwick Botany	53.01
4 Balmain	53.51
5 Camden	53.68

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....Girls U 13 - 4x100 Metre Relay

6 Wollongong City	53.85
7 Sutherland	54.26
8 Ryde	54.39

Girls U 14 - 4x100 Metre Relay

=====
 State Relay: S 49.83 2010 Northern Suburbs
 Centre Heats
 =====

Heat 1 Heats

1 Ryde	51.45Q
2 Hills District	51.62q
3 Campbelltown Collegians	54.07q
4 Randwick Botany	58.54q
-- Camden	DQ IAAF 170.7
-- Mosman	DQ IAAF 170.7

Heat 2 Heats

1 Northern Suburbs	52.47Q
2 Holroyd	53.13q
2 Wollongong City	53.13q
4 Manly Warringah	53.19q
5 Rouse Hill Rams	1:00.29

Girls U 14 - 4x100 Metre Relay

=====
 State Relay: S 49.83 2010 Northern Suburbs
 Centre Final
 =====

Section 1 Final

1 Hills District	51.53
2 Ryde	51.70
3 Wollongong City	52.98
4 Northern Suburbs	53.04
5 Manly Warringah	53.77
6 Holroyd	53.88
7 Campbelltown Collegians	54.48

Girls U 15 - 4x100 Metre Relay

=====
 State Relay: S 48.62 2011 Northern Suburbs
 Centre Heats
 =====

Heat 1 Heats

1 Balmain	49.88Q
2 Northern Suburbs	50.92q
3 Ryde	53.96q
4 Canterbury	54.16
5 Prospect	54.47

Heat 2 Heats

1 Sutherland	50.16Q
2 Manly Warringah	50.56q
3 Hills District	51.66q
4 Port Hacking	52.21q
5 St George	53.16q

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....Girls U 15 - 4x100 Metre Relay

6 Winston Hills	56.24	
-- Mosman	DQ	IAAF 170.7

Girls U 15 - 4x100 Metre Relay

=====
 State Relay: S 48.62 2011 Northern Suburbs
 Centre Final
 =====

Section 1 Final

1 Balmain	49.63	
2 Northern Suburbs	50.54	
3 Manly Warringah	50.75	
4 Hills District	52.12	
5 Port Hacking	52.45	
6 Ryde	54.18	
7 St George	57.89	
-- Sutherland	DQ	IAAF 170.7

Girls U 17 - 4x100 Metre Relay

=====
 State Relay: S 48.48 2016 Manly Warringah
 Centre Heats
 =====

Heat 1 Heats

1 Inner West	49.43Q
2 Eastern Suburbs	50.20q
3 Cherrybrook	50.94q
4 Ryde	51.47q
5 Port Hacking	52.09q
6 Hills District	52.28
7 Northern Suburbs	52.92
8 Randwick Botany	53.85
9 Holroyd	55.35

Heat 2 Heats

1 Manly Warringah	49.39Q
2 Campbelltown Collegians	50.02q
3 Bankstown Sports	51.62q
4 Camden	52.62
5 Winston Hills	53.15
6 Balmain	53.21
7 Sutherland	53.37
8 Woy Woy Peninsula	1:01.59

Girls U 17 - 4x100 Metre Relay

=====
 State Relay: S 48.48 2016 Manly Warringah
 Centre Final
 =====

Section 1 Final

1 Inner West	49.36
2 Manly Warringah	49.72
3 Eastern Suburbs	49.96
4 Campbelltown Collegians	50.07
5 Cherrybrook	50.93

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....Girls U 17 - 4x100 Metre Relay

6 Ryde	51.67
7 Bankstown Sports	51.92
8 Port Hacking	52.60

Girls U 8-11 Middle Distance Relay

=====
 State Relay: S 11:02.55 2013 St George
 Centre Final
 =====

Section 1

1 Sutherland	10:53.17S
2 Manly Warringah	11:10.66
3 Holroyd	11:24.03
4 Hills District	11:26.52
5 Cherrybrook	11:36.91
6 South Eastern	11:38.10
7 St George	11:55.94
8 Ryde	12:02.60
9 Randwick Botany	12:03.18
10 Ku-Ring-Gai	12:03.60
11 Eastern Suburbs	12:13.84
12 Liverpool City	12:36.92
-- Northern Suburbs	DQ IAAF 170.10

Section 2

1 Woy Woy Peninsula	11:29.74
2 Mosman	11:34.17
3 Inner West	11:47.16
4 Albion Park	11:56.44
5 Parramatta	11:57.26
6 Wollongong City	12:04.02
7 Camden	12:09.15
8 Revesby Workers	12:13.32
9 Jamison	12:19.83
10 Winston Hills	12:24.25
11 Campbelltown Collegians	13:08.24
12 Colyton St Clair	13:58.53

Girls U 12-15 Middle Distance Relay

=====
 State Relay: S 9:48.00 2015 Mosman
 Centre Final
 =====

Section 1

1 Macquarie Hunter	9:29.51S
2 Camden	10:15.16
3 Parramatta	10:22.19
4 Mosman	10:24.68
5 Northern Suburbs	10:27.91
6 St George	10:28.99
7 Ryde	10:30.65
8 Hills District	10:40.83
9 Randwick Botany	10:42.01
10 Manly Warringah	10:42.15
11 Holroyd	11:03.55

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....Girls U 12-15 Middle Distance Relay

12 Inner West	11:12.62
13 Jamison	11:13.51
14 Liverpool City	13:04.82

Girls U 11 - Long/High/Triple

Name	Age Centre	Final
Flight 1		
1 Hills District, A	Hills District	24.73m
2 Winston Hills, A	Winston Hills	24.37m
3 Manly Warringah, A	Manly Warringah	22.81m
4 Port Hacking, A	Port Hacking	22.55m
5 Parramatta, A	Parramatta	22.21m
6 Bankstown Sports, A	Bankstown Sports	21.76m
7 Balmain, A	Balmain	20.76m
8 Randwick Botany, A	Randwick Botany	19.83m
9 Bankstown Sports, B	Bankstown Sports	19.81m
10 Manly Warringah, B	Manly Warringah	19.56m
11 Sutherland, A	Sutherland	19.51m
12 Northern Districts, A	Northern Districts	19.42m
13 Hills District, B	Hills District	18.55m
14 Ku-Ring-Gai, A	Ku-Ring-Gai	18.53m
15 Hornsby, A	Hornsby	18.52m
16 Ryde, B	Ryde	17.57m
17 Ryde, A	Ryde	17.24m
18 Winston Hills, B	Winston Hills	16.39m
19 Campbelltown, A	Campbelltown	15.31m
20 Northern Suburbs, A	Northern Suburbs	14.44m
21 Ku-Ring-Gai, B	Ku-Ring-Gai	12.80m
22 Cherrybrook, A	Cherrybrook	10.38m

Girls U 12 - Long/High/Triple

Name	Age Centre	Final
1 Hills District, B	Hills District	25.47m
2 Northern Suburbs, A	Northern Suburbs	23.04m
3 Manly Warringah, A	Manly Warringah	23.00m
4 Illawong, A	Illawong	22.31m
5 Camden, A	Camden	22.22m
6 Bankstown Sports, A	Bankstown Sports	21.88m
7 Ryde, A	Ryde	21.85m
8 Parramatta, A	Parramatta	21.54m
9 Sutherland, A	Sutherland	20.97m
10 Manly Warringah, B	Manly Warringah	20.85m
11 Inner West, A	Inner West	20.35m
12 Kurrajong Bilpin, A	Kurrajong Bilpin	20.32m
13 Jamison, A	Jamison	19.97m
14 Helensburgh, A	Helensburgh	19.79m
15 Port Hacking, A	Port Hacking	19.77m
16 Hills District, A	Hills District	19.08m
17 Northern Suburbs, B	Northern Suburbs	19.01m
18 Rouse Hill Rams, A	Rouse Hill Rams	18.41m

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...Girls U 12 - Long/High/Triple

19 Adamstown New Lambto, A	A.N.L	16.96m
20 Ryde, B	Ryde	16.82m
21 Campbelltown, A	Campbelltown	14.97m
22 Balmain, A	Balmain	14.55m
23 Canterbury, A	Canterbury	12.47m
-- Bankstown Sports, B	Bankstown Sports	NH
-- Randwick Botany, A	Randwick Botany	NH

Girls U 13 - Long/High/Triple

Name	Age Centre	Final
1 Balmain, A	Balmain	22.98m
2 Camden, A	Camden	22.57m
3 Emu Plains, A	Emu Plains	22.56m
4 Wollongong City, A	Wollongong City	22.00m
5 Cherrybrook, A	Cherrybrook	21.60m
6 Parramatta, A	Parramatta	21.03m
7 Randwick Botany, A	Randwick Botany	20.93m
8 Manly Warringah, A	Manly Warringah	20.40m
9 Ryde, A	Ryde	20.25m
10 Bankstown Sports, A	Bankstown Sports	20.17m
11 Winston Hills, A	Winston Hills	20.11m
12 Girraween, A	Girraween	19.71m
13 Helensburgh, A	Helensburgh	19.48m
14 Holroyd, A	Holroyd	19.19m
15 Sutherland, A	Sutherland	18.67m
16 Port Hacking, A	Port Hacking	18.60m
17 Northern Districts, A	Northern Districts	18.31m
18 Hills District, B	Hills District	17.08m
19 Inner West, A	Inner West	16.40m
20 Campbelltown, A	Campbelltown	16.29m
21 Rouse Hill Rams, A	Rouse Hill Rams	16.27m
22 St George, A	St George	16.07m
23 Northern Suburbs, B	Northern Suburbs	15.71m
24 Manly Warringah, B	Manly Warringah	13.85m
25 Northern Suburbs, A	Northern Suburbs	12.52m
26 Revesby Workers, A	Revesby Workers	11.83m

Girls U 14 - Long/High/Triple

Name	Age Centre	Final
1 Ryde, A	Ryde	24.23m
2 Mosman, A	Mosman	23.79m
3 Northern Suburbs, A	Northern Suburbs	22.46m
4 Hills District, A	Hills District	21.68m
5 Manly Warringah, A	Manly Warringah	21.35m
6 Balmain, A	Balmain	21.02m
7 Ryde, B	Ryde	21.01m
8 Campbelltown, A	Campbelltown	20.68m
9 Bankstown Sports, A	Bankstown Sports	20.50m
10 Manly Warringah, B	Manly Warringah	20.16m
11 Hills District, B	Hills District	19.57m

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12 Wollongong City, A	Wollongong City	14.64m
13 Rouse Hill Rams, A	Rouse Hill Rams	14.36m
14 Randwick Botany, A	Randwick Botany	13.25m

Girls U 15 - Long/High/Triple

Name	Age Centre	Final
1 Sutherland, A	Sutherland	24.53m
2 Northern Suburbs, A	Northern Suburbs	22.70m
3 Manly Warringah, B	Manly Warringah	22.30m
4 Ryde, A	Ryde	21.68m
5 Camden, A	Camden	21.43m
6 Manly Warringah, A	Manly Warringah	20.53m
7 Port Hacking, A	Port Hacking	20.18m
8 Balmain, A	Balmain	19.95m
9 St George, A	St George	19.49m
10 Hills District, A	Hills District	19.05m
11 Ryde, B	Ryde	18.00m

Girls U 17 - Long/High/Triple

Name	Age Centre	Final
1 Campbelltown, A	Campbelltown	23.61m
2 Winston Hills, A	Winston Hills	21.78m
3 Manly Warringah, A	Manly Warringah	20.67m
4 Campbelltown, B	Campbelltown	19.45m
5 Port Hacking, A	Port Hacking	18.83m
6 Ryde, A	Ryde	18.59m
7 Hills District, A	Hills District	18.29m
8 Cherrybrook, A	Cherrybrook	18.20m
9 Winston Hills, B	Winston Hills	17.32m
10 Liverpool City, A	Liverpool City	16.90m
11 Randwick Botany, A	Randwick Botany	16.55m
12 Woy Woy Peninsula, A	Woy Woy Peninsula	15.49m
13 Bankstown Sports, A	Bankstown Sports	14.18m
14 South Eastern, A	South Eastern	11.59m
-- Northern Suburbs, A	Northern Suburbs	NH

Girls U 11 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Winston Hills, A	Winston Hills	19.72m
2 Ryde, A	Ryde	18.87m
3 Balmain, A	Balmain	17.25m
4 Bankstown Sports, A	Bankstown Sports	17.17m
5 Parramatta, A	Parramatta	16.18m
6 Manly Warringah, A	Manly Warringah	15.44m
7 Emu Plains, A	Emu Plains	15.24m
8 Sutherland, A	Sutherland	15.09m
9 Randwick Botany, A	Randwick Botany	13.85m
10 Port Hacking, A	Port Hacking	13.65m

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....Girls U 11 - Shot/Discus/Javelin

11 Hills District, B	Hills District	13.35m
12 Ku-Ring-Gai, A	Ku-Ring-Gai	13.07m
13 Cherrybrook, A	Cherrybrook	12.60m
14 Inner West, A	Inner West	11.86m
15 Hills District, A	Hills District	11.48m
16 Canterbury, A	Canterbury	11.08m
17 Cranebrook, A	Cranebrook	10.52m
18 Ku-Ring-Gai, B	Ku-Ring-Gai	10.41m
19 Ryde, B	Ryde	9.31m
20 Manly Warringah, B	Manly Warringah	8.58m

Girls U 12 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Bankstown Sports, A	Bankstown Sports	22.10m
2 Manly Warringah, A	Manly Warringah	17.58m
3 Smithfield, A	Smithfield	15.83m
4 Ku-Ring-Gai, A	Ku-Ring-Gai	15.68m
5 Woy Woy Peninsula, A	Woy Woy Peninsula	15.56m
6 Hills District, A	Hills District	15.44m
7 Bankstown Sports, B	Bankstown Sports	15.28m
8 Sutherland, A	Sutherland	15.25m
9 Northern Suburbs, B	Northern Suburbs	14.96m
10 Balmain, B	Balmain	14.66m
11 Port Hacking, A	Port Hacking	14.52m
12 Camden, A	Camden	14.00m
13 Ryde, A	Ryde	13.09m
14 Parramatta, A	Parramatta	12.87m
15 Manly Warringah, B	Manly Warringah	12.33m
16 Hills District, B	Hills District	11.02m
17 Northern Suburbs, A	Northern Suburbs	10.96m
18 Rouse Hill Rams, A	Rouse Hill Rams	9.26m
19 Helensburgh, A	Helensburgh	9.22m
20 Canterbury, A	Canterbury	8.79m
21 Randwick Botany, A	Randwick Botany	8.71m
-- Campbelltown, A	Campbelltown	DQ

Girls U 13 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Kurrajong Bilpin, A	Kurrajong Bilpin	22.70m
2 Ku-Ring-Gai, A	Ku-Ring-Gai	21.23m
3 Northern Suburbs, A	Northern Suburbs	19.55m
4 Bankstown Sports, A	Bankstown Sports	19.42m
5 Helensburgh, A	Helensburgh	18.20m
6 Camden, A	Camden	17.79m
7 Balmain, A	Balmain	17.37m
8 Emu Plains, A	Emu Plains	17.17m
9 Campbelltown, A	Campbelltown	16.86m
10 Parramatta, A	Parramatta	16.58m
11 Winston Hills, A	Winston Hills	16.49m
12 Manly Warringah, A	Manly Warringah	16.39m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Girls U 13 - Shot/Discus/Javelin

13 Wollongong City, A	Wollongong City	15.22m
14 Ryde, A	Ryde	14.92m
15 Hills District, A	Hills District	14.50m
16 Sutherland, A	Sutherland	14.39m
17 Cherrybrook, A	Cherrybrook	13.43m
18 Manly Warringah, B	Manly Warringah	12.19m
19 Liverpool City, A	Liverpool City	11.09m
20 Rouse Hill Rams, A	Rouse Hill Rams	9.58m
21 Port Hacking, A	Port Hacking	8.96m
-- Randwick Botany, A	Randwick Botany	ND

Girls U 14 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Parramatta, A	Parramatta	21.51m
2 Bankstown Sports, A	Bankstown Sports	19.18m
3 Hills District, A	Hills District	17.46m
4 Northern Suburbs, A	Northern Suburbs	16.72m
5 Manly Warringah, A	Manly Warringah	16.47m
6 Hills District, B	Hills District	14.72m
7 Ryde, A	Ryde	14.20m
8 Manly Warringah, B	Manly Warringah	14.01m
9 Liverpool City, A	Liverpool City	13.70m
10 Camden, A	Camden	12.87m
11 Balmain, A	Balmain	11.10m
12 Rouse Hill Rams, A	Rouse Hill Rams	6.90m
-- Randwick Botany, A	Randwick Botany	ND

Girls U 15 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Manly Warringah, A	Manly Warringah	20.09m
2 Hills District, A	Hills District	19.30m
3 Port Hacking, A	Port Hacking	17.84m
4 Campbelltown, A	Campbelltown	17.35m
5 Girraween, A	Girraween	17.23m
6 Northern Suburbs, A	Northern Suburbs	15.48m
7 Balmain, A	Balmain	14.93m
8 Ryde, A	Ryde	14.25m
9 Camden, A	Camden	14.14m
10 Manly Warringah, B	Manly Warringah	13.58m

Girls U 17 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Manly Warringah, A	Manly Warringah	19.71m
2 Campbelltown, B	Campbelltown	18.09m
3 Bankstown Sports, A	Bankstown Sports	17.96m
4 Randwick Botany, A	Randwick Botany	17.95m
5 Winston Hills, A	Winston Hills	17.79m
6 Campbelltown, A	Campbelltown	17.68m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Girls U 17 - Shot/Discus/Javelin

7 Ryde, A	Ryde	15.89m
8 Camden, A	Camden	15.36m
9 Greystanes, A	Greystanes	14.92m
10 Hills District, A	Hills District	14.39m
11 Northern Suburbs, A	Northern Suburbs	13.69m
12 Smithfield, A	Smithfield	13.34m
13 Winston Hills, B	Winston Hills	11.37m
14 Helensburgh, A	Helensburgh	10.27m
15 Port Hacking, A	Port Hacking	9.66m
16 Woy Woy Peninsula, A	Woy Woy Peninsula	9.34m

Girls U 8 - Long/Shot/Discus

Name	Age Centre	Final
1 Balmain, A	Balmain	17.85m
2 Cherrybrook, A	Cherrybrook	16.90m
3 Canterbury, A	Canterbury	15.82m
4 Randwick Botany, A	Randwick Botany	15.50m
5 Sutherland, A	Sutherland	15.39m
6 Hills District, A	Hills District	15.30m
6 Ryde, B	Ryde	15.30m
8 Prospect, A	Prospect	15.28m
9 Ryde, A	Ryde	15.22m
10 Manly Warringah, B	Manly Warringah	14.89m
11 Girraween, A	Girraween	14.53m
12 Ku-Ring-Gai, A	Ku-Ring-Gai	14.29m
13 Cherrybrook, B	Cherrybrook	13.72m
14 Manly Warringah, A	Manly Warringah	13.67m
15 Parramatta, B	Parramatta	13.59m
16 Bankstown Sports, A	Bankstown Sports	13.53m
17 Hills District, B	Hills District	13.00m
18 Parramatta, A	Parramatta	12.89m
19 Northern Districts, A	Northern Districts	11.89m
20 Ku-Ring-Gai, B	Ku-Ring-Gai	11.68m
21 St George, A	St George	11.00m
22 Northern Suburbs, A	Northern Suburbs	10.37m
23 Holroyd, A	Holroyd	10.26m
24 Inner West, A	Inner West	10.17m
-- Prospect, B	Prospect	ND
-- Bankstown Sports, B	Bankstown Sports	ND

Girls U 9 - Long/Shot/Discus

Name	Age Centre	Final
1 Bankstown Sports, A	Bankstown Sports	20.63m
2 St George, A	St George	19.12m
3 Manly Warringah, A	Manly Warringah	18.98m
4 Inner West, A	Inner West	18.93m
5 Northern Suburbs, A	Northern Suburbs	18.42m
6 Blacktown, A	Blacktown	17.93m
7 Balmain, A	Balmain	17.16m
8 Ryde, A	Ryde	16.82m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

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

9	South Eastern, A	South Eastern	16.36m
10	Manly Warringah, B	Manly Warringah	16.20m
11	Hills District, B	Hills District	16.19m
12	Ryde, B	Ryde	16.07m
12	Campbelltown, A	Campbelltown	16.07m
14	Revesby Workers, A	Revesby Workers	15.88m
15	Northern Suburbs, B	Northern Suburbs	15.02m
16	Cherrybrook, A	Cherrybrook	14.92m
17	Sutherland, A	Sutherland	14.62m
17	Northern Districts, A	Northern Districts	14.62m
19	Hills District, A	Hills District	14.48m
20	Ku-Ring-Gai, A	Ku-Ring-Gai	14.38m
21	Colyton St Clair, A	Colyton St Clair	13.74m
22	Port Hacking, A	Port Hacking	13.64m
23	Parramatta, A	Parramatta	13.55m
24	Girraween, A	Girraween	13.52m
25	Cherrybrook, B	Cherrybrook	13.36m
26	Randwick Botany, A	Randwick Botany	13.12m
27	Helensburgh, A	Helensburgh	12.22m
28	Blacktown, B	Blacktown	11.27m
29	Ku-Ring-Gai, B	Ku-Ring-Gai	10.84m

Girls U 10 - Long/Shot/Discus

Name	Age Centre	Final	
1	Hills District, A	Hills District	22.01m
2	Bankstown Sports, A	Bankstown Sports	21.82m
3	Randwick Botany, A	Randwick Botany	20.09m
4	Manly Warringah, A	Manly Warringah	19.82m
5	Illawong, A	Illawong	19.63m
6	Ku-Ring-Gai, A	Ku-Ring-Gai	18.75m
7	Balmain, A	Balmain	17.84m
8	Winston Hills, A	Winston Hills	17.53m
9	Parramatta, A	Parramatta	17.02m
10	Bankstown Sports, B	Bankstown Sports	17.01m
11	Ryde, A	Ryde	16.60m
12	Parramatta, B	Parramatta	16.56m
13	Sutherland, A	Sutherland	16.48m
14	Ryde, B	Ryde	16.44m
15	South Eastern, A	South Eastern	16.25m
16	Liverpool City, A	Liverpool City	16.15m
17	Manly Warringah, B	Manly Warringah	14.85m
18	Northern Suburbs, B	Northern Suburbs	14.38m
19	Ku-Ring-Gai, B	Ku-Ring-Gai	14.36m
20	Hills District, B	Hills District	14.34m
21	Prospect, A	Prospect	14.32m
21	Inner West, A	Inner West	14.32m
23	Helensburgh, A	Helensburgh	13.89m
24	Northern Districts, A	Northern Districts	13.66m
25	Rouse Hill Rams, A	Rouse Hill Rams	13.44m
26	Northern Suburbs, A	Northern Suburbs	13.12m
27	Revesby Workers, A	Revesby Workers	12.26m
--	Campbelltown, A	Campbelltown	ND

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Boys U 9 - 4x100 Metre Relay

7 Bankstown Sports	1:06.16	
8 Revesby Workers	1:09.75	
-- Rouse Hill Rams	DQ	IAAF 170.7
Heat 2 Heats		
1 Winston Hills	1:01.51Q	
2 Ku-Ring-Gai	1:01.95q	
3 Manly Warringah	1:01.99q	
4 Cherrybrook	1:02.78q	
5 Hills District	1:03.45	
6 Ryde	1:03.88	
7 Northern Suburbs	1:08.37	
-- Eastern Suburbs	DQ	IAAF 170.7
Heat 3 Heats		
1 Prestons Robins	1:01.56Q	
2 Mosman	1:02.96	
3 Canterbury	1:03.74	
4 St George	1:03.86	
5 Randwick Botany	1:04.74	
6 Wollongong City	1:04.82	
7 Emu Plains	1:06.78	
-- Port Hacking	DQ	IAAF 170.7

Boys U 9 - 4x100 Metre Relay

=====
 State Relay: S 58.44 1990 Ku-Ring-Gai
 Centre Final
 =====

Section 1 Final

1 Prestons Robins	1:00.99
2 Ku-Ring-Gai	1:01.58
3 Sutherland	1:01.72
4 Manly Warringah	1:01.91
5 Winston Hills	1:01.92
6 Inner West	1:02.62
7 Cherrybrook	1:03.03
8 South Eastern	1:03.74

Boys U 10 - 4x100 Metre Relay

=====
 State Relay: S 55.74 1980 Bankstown
 Centre Heats
 =====

Heat 1 Heats

1 Mosman	59.14Q
2 Northern Suburbs	59.32q
3 Randwick Botany	1:00.44
4 Hornsby	1:01.42
5 Emu Plains	1:02.51
6 Rouse Hill Rams	1:03.44
7 Prestons Robins	1:03.46
8 Inner West	1:05.13

Heat 2 Heats

1 Manly Warringah	57.37Q
2 Balmain	57.83q

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Boys U 10 - 4x100 Metre Relay

3 Camden	1:00.42
4 South Eastern	1:00.65
5 Canterbury	1:01.40
6 Holroyd	1:02.89
7 Revesby Workers	1:03.70
8 Ryde	1:04.49

Heat 3 Heats

1 Port Hacking	58.22Q
2 Ku-Ring-Gai	58.87q
3 Hills District	59.43q
4 Sutherland	59.98q
5 Wollongong City	1:00.73
6 Cherrybrook	1:01.01
7 Eastern Suburbs	1:01.89
8 Springwood	1:03.31

Boys U 10 - 4x100 Metre Relay

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

Section 1 Final

1 Manly Warringah	58.13
2 Port Hacking	58.66
3 Balmain	58.69
4 Hills District	59.43
5 Ku-Ring-Gai	59.47
6 Mosman	59.91
7 Northern Suburbs	59.98
8 Sutherland	1:01.24

Boys U 11 - 4x100 Metre Relay

=====
 State Relay: S 53.54 1978 Bankstown
 Centre Heats
 =====

Heat 1 Heats

1 South Eastern	56.18Q
2 Balmain	56.20q
3 Port Hacking	56.47q
4 Camden	58.13
5 Sutherland	58.50
6 Revesby Workers	1:08.45
-- Ryde	DQ IAAF 170.7

Heat 2 Heats

1 Eastern Suburbs	55.51Q
2 Mosman	58.13q
3 Springwood	58.13
4 Manly Warringah	58.26
5 Hills District	59.27
6 Cherrybrook	59.61

Heat 3 Heats

1 Bankstown Sports	54.92Q
2 Ku-Ring-Gai	57.15q

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Boys U 11 - 4x100 Metre Relay

3 Randwick Botany	57.45q
4 Canterbury	1:00.74
5 Northern Suburbs	1:01.51

Boys U 11 - 4x100 Metre Relay

=====
 State Relay: S 53.54 1978 Bankstown Final
 Centre

Section 1 Final

1 Bankstown Sports	54.92
2 Port Hacking	54.98
3 Eastern Suburbs	55.17
4 South Eastern	55.52
5 Balmain	55.76
6 Ku-Ring-Gai	56.83
7 Randwick Botany	57.11
-- Mosman	DQ IAAF 170.7

Boys U 12 - 4x100 Metre Relay

=====
 State Relay: S 51.24 2002 Manly Warringah Heats
 Centre

Heat 1 Heats

1 Sutherland	53.71Q
2 Port Hacking	54.62q
3 Prospect	55.07
4 Cherrybrook	55.10
5 Emu Plains	57.51
6 Rouse Hill Rams	1:07.63
7 Revesby Workers	1:11.08

Heat 2 Heats

1 Northern Suburbs	53.14Q
2 Mosman	54.83q
3 Wollongong City	54.85q
4 Hills District	55.14
5 Ku-Ring-Gai	55.67
6 Canterbury	56.62
7 Ryde	58.60

Heat 3 Heats

1 Manly Warringah	54.55Q
2 Eastern Suburbs	54.65q
3 Randwick Botany	54.69q
4 Winston Hills	57.26
5 Camden	57.97
-- Balmain	DQ IAAF170.7
-- Springwood	DQ IAAF 170.7

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

Boys U 12 - 4x100 Metre Relay

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=====
State Relay: S 51.24 2002          Manly Warringah
Centre                               Final
=====

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Section 1 Final

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=====
1 Sutherland                      53.74
2 Northern Suburbs                54.02
3 Randwick Botany                 54.14
4 Eastern Suburbs                 54.17
5 Mosman                          54.25
6 Port Hacking                    54.71
7 Wollongong City                 54.97
8 Manly Warringah                 55.03
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Boys U 13 - 4x100 Metre Relay

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=====
State Relay: S 49.74 2001          Campbelltown
Centre                               Heats
=====

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Heat 1 Heats

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=====
1 Manly Warringah                 52.08Q
2 Mosman                          54.20
3 Hills District                  54.86
4 Randwick Botany                 55.40
=====

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Heat 2 Heats

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=====
1 Balmain                        51.77Q
2 Cherrybrook                    51.81q
3 Wollongong City                 55.34
4 Ryde                            55.70
-- Ku-Ring-Gai                    DQ   IAAF 170.7
=====

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Heat 3 Heats

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=====
1 Canterbury                      51.34Q
2 Northern Suburbs                51.88q
3 Blacktown                       52.56q
4 Campbelltown Collegians         53.67q
5 Camden                          53.91q
6 Sutherland                      55.60
=====

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Boys U 13 - 4x100 Metre Relay

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=====
State Relay: S 49.74 2001          Campbelltown
Centre                               Final
=====

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Section 1 Final

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=====
1 Canterbury                      51.10
2 Manly Warringah                 51.48
3 Northern Suburbs                51.52
4 Blacktown                       51.61
5 Balmain                        51.77
6 Camden                          53.73
7 Campbelltown Collegians         54.25
8 Cherrybrook                     55.25
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LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Boys U 15 - 4x100 Metre Relay

4 Mosman	48.77	
5 Winston Hills	50.87	
6 Mt Druitt	56.84	
-- Hills District	DQ	IAAF 170.7

Boys U 17 - 4x100 Metre Relay

State Relay: S 43.23 2014 Northern Suburbs Centre			Heats
Heat 1 Heats			
1 Manly Warringah	44.62Q		
2 Camden	45.90q		
3 Ryde	46.16q		
4 Emu Plains	46.64		
5 Northern Suburbs	48.29		
Heat 2 Heats			
1 Campbelltown Collegians	43.76Q		
2 Randwick Botany	44.23q		
3 Hills District	45.13q		
4 Port Hacking	45.40q		
5 Sutherland	46.10q		
6 Revesby Workers	49.67		
-- Bankstown Sports	DQ	IAAF 170.7	

Boys U 17 - 4x100 Metre Relay

State Relay: S 43.23 2014 Northern Suburbs Centre			Final
Section 1 Final			
1 Campbelltown Collegians	43.63		
2 Randwick Botany	43.73		
3 Manly Warringah	45.07		
4 Hills District	45.16		
5 Sutherland	45.82		
5 Port Hacking	45.82		
7 Camden	46.45		
8 Ryde	46.73		

Boys U 8-11 Middle Distance Relay

State Relay: S 10:33.41 2016 Mosman Centre			Final
Section 1			
1 Balmain	10:29.24S		
2 Ku-Ring-Gai	10:39.36		
3 Eastern Suburbs	10:41.45		
4 Illawong	10:44.06		
5 Wollongong City	10:45.20		
6 Sutherland	10:59.35		
7 Ryde	11:00.30		
8 Holroyd	11:03.94		

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Boys U 8-11 Middle Distance Relay

9 Cherrybrook	11:13.31
10 Campbelltown Collegians	11:16.66
11 Prospect	11:19.87
12 St George	11:33.53
13 Parramatta	11:40.16
14 Port Hacking	12:22.82

Section 2

1 Mosman	10:33.41S
2 Camden	10:49.50
3 Manly Warringah	10:53.57
4 Inner West	11:03.24
5 Emu Plains	11:03.99
6 Hills District	11:07.67
7 Jamison	11:10.59
8 Northern Suburbs	11:16.30
9 Randwick Botany	11:16.47
10 Albion Park	11:18.12
11 South Eastern	11:29.83
12 Winston Hills	12:17.99
13 Revesby Workers	12:34.63

Boys U 12-15 Middle Distance Relay

State Relay: S 9:14.65	2010	Randwick Botany	Final
Centre			

Section 1

1 Sutherland	9:11.14S
2 Hills District	9:12.29S
3 Balmain	9:33.20
4 Illawong	9:36.03
5 Emu Plains	9:45.31
6 Manly Warringah	9:48.75
7 Mosman	9:56.26
8 Camden	9:56.81
9 Northern Suburbs	10:03.20
10 Ryde	10:08.91
11 Holroyd	10:10.07
12 Jamison	10:24.82
13 Parramatta	10:25.57
14 Albion Park	10:30.32
15 Randwick Botany	10:34.93
16 Winston Hills	10:49.91
17 Liverpool City	10:51.88
18 Revesby Workers	11:45.77

Boys U 11 - Long/High/Triple

Name	Age Centre	Final
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Flight 1

1 Manly Warringah, A	Manly Warringah	23.39m
2 Hornsby, A	Hornsby	23.21m
3 Campbelltown, A	Campbelltown	22.51m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Boys U 11 - Long/High/Triple

4 Illawong, A	Illawong	22.33m
5 Northern Suburbs, A	Northern Suburbs	22.09m
6 Ryde, A	Ryde	21.67m
7 Hills District, A	Hills District	21.60m
8 Balmain, A	Balmain	21.48m
9 Manly Warringah, B	Manly Warringah	20.90m
10 South Eastern, A	South Eastern	20.73m
11 Randwick Botany, A	Randwick Botany	20.44m
12 Balmain, B	Balmain	20.39m
13 Ku-Ring-Gai, B	Ku-Ring-Gai	20.36m
14 Northern Suburbs, B	Northern Suburbs	20.15m
15 Winston Hills, A	Winston Hills	19.55m
16 Ryde, B	Ryde	18.78m
17 Smithfield, A	Smithfield	18.43m
18 Liverpool City, A	Liverpool City	18.42m
19 Ku-Ring-Gai, A	Ku-Ring-Gai	18.29m
20 St George, A	St George	17.38m
21 Parramatta, A	Parramatta	13.54m
22 Bankstown Sports, A	Bankstown Sports	13.40m

Boys U 12 - Long/High/Triple

Name	Age Centre	Final
1 Randwick Botany, A	Randwick Botany	24.55m
2 Northern Districts, A	Northern Districts	22.89m
3 Manly Warringah, A	Manly Warringah	22.26m
4 Campbelltown, A	Campbelltown	22.19m
5 Canterbury, A	Canterbury	21.31m
6 Hills District, A	Hills District	20.91m
7 Prospect, A	Prospect	20.82m
8 Sutherland, A	Sutherland	20.53m
9 Balmain, A	Balmain	20.33m
10 Bankstown Sports, A	Bankstown Sports	20.28m
11 Helensburgh, A	Helensburgh	20.21m
12 Mosman, A	Mosman	19.72m
13 Winston Hills, A	Winston Hills	19.68m
14 Northern Suburbs, B	Northern Suburbs	19.38m
15 Ryde, A	Ryde	18.61m
16 Emu Plains, A	Emu Plains	18.38m
17 Manly Warringah, B	Manly Warringah	18.37m
18 Hills District, B	Hills District	18.18m
19 Cherrybrook, A	Cherrybrook	18.14m
20 Ku-Ring-Gai, A	Ku-Ring-Gai	17.71m
21 Camden, A	Camden	17.69m
22 Girraween, A	Girraween	16.60m
23 Ku-Ring-Gai, B	Ku-Ring-Gai	15.94m
24 Northern Suburbs, A	Northern Suburbs	15.83m
25 Parramatta, A	Parramatta	15.74m
26 Prospect, B	Prospect	15.50m
27 Liverpool City, A	Liverpool City	11.68m
28 Cherrybrook, B	Cherrybrook	8.55m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

Boys U 13 - Long/High/Triple

Name	Age Centre	Final
1 Northern Suburbs, A	Northern Suburbs	25.17m
2 Parramatta, A	Parramatta	24.05m
3 Manly Warringah, A	Manly Warringah	22.59m
3 Balmain, A	Balmain	22.59m
5 Greystanes, A	Greystanes	22.30m
6 Wollongong City, A	Wollongong City	21.65m
7 Northern Districts, A	Northern Districts	21.52m
8 Ku-Ring-Gai, A	Ku-Ring-Gai	21.45m
9 Sutherland, A	Sutherland	20.70m
10 Randwick Botany, A	Randwick Botany	20.63m
11 Canterbury, A	Canterbury	20.03m
12 Hills District, B	Hills District	19.82m
13 Hills District, A	Hills District	19.39m
14 Winston Hills, A	Winston Hills	19.27m
15 Manly Warringah, B	Manly Warringah	19.25m
16 Ryde, A	Ryde	19.23m
17 Kurrajong Bilpin, A	Kurrajong Bilpin	18.07m
18 Cherrybrook, A	Cherrybrook	14.61m
19 Campbelltown, A	Campbelltown	13.45m
20 Liverpool City, A	Liverpool City	11.99m

Boys U 14 - Long/High/Triple

Name	Age Centre	Final
1 Balmain, A	Balmain	23.11m
2 Port Hacking, A	Port Hacking	21.05m
3 Campbelltown, A	Campbelltown	20.40m
4 Northern Suburbs, A	Northern Suburbs	20.02m
5 Manly Warringah, B	Manly Warringah	19.86m
6 Bankstown Sports, A	Bankstown Sports	18.66m
7 Hills District, A	Hills District	18.39m
8 Greystanes, A	Greystanes	18.26m
9 Manly Warringah, A	Manly Warringah	17.30m
10 Ryde, A	Ryde	16.56m
11 Randwick Botany, A	Randwick Botany	16.22m
12 Hills District, B	Hills District	15.40m
13 Revesby Workers, A	Revesby Workers	12.70m
14 Liverpool City, A	Liverpool City	7.89m
-- Camden, A	Camden	NH

Boys U 15 - Long/High/Triple

Name	Age Centre	Final
1 Illawong, A	Illawong	25.88m
2 Manly Warringah, A	Manly Warringah	22.01m
3 St George, A	St George	20.81m
4 Campbelltown, A	Campbelltown	20.44m
5 Camden, A	Camden	20.19m
6 Winston Hills, A	Winston Hills	20.09m
7 Balmain, A	Balmain	19.59m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Boys U 15 - Long/High/Triple

8 Wollongong City, A	Wollongong City	19.06m
9 Parramatta, A	Parramatta	18.50m
10 Northern Suburbs, A	Northern Suburbs	18.33m
11 Manly Warringah, B	Manly Warringah	18.00m
12 Hills District, A	Hills District	16.02m
13 Girraween, A	Girraween	14.91m

Boys U 17 - Long/High/Triple

Name	Age Centre	Final
1 Manly Warringah, A	Manly Warringah	24.03m
2 Bankstown Sports, A	Bankstown Sports	23.21m
3 Randwick Botany, A	Randwick Botany	22.77m
4 Balmain, B	Balmain	22.25m
5 Kurrajong Bilpin, A	Kurrajong Bilpin	22.17m
6 Campbelltown, A	Campbelltown	21.96m
7 Parramatta, A	Parramatta	21.01m
8 Ryde, B	Ryde	20.93m
9 Camden, A	Camden	20.32m
10 Port Hacking, A	Port Hacking	19.79m
11 Hills District, A	Hills District	18.79m
12 Greystanes, A	Greystanes	18.42m
13 Girraween, A	Girraween	18.00m
14 Ryde, A	Ryde	17.19m
15 Sutherland, A	Sutherland	16.33m
16 Liverpool City, A	Liverpool City	15.35m
17 Tallawong Park, A	Tallawong Park	14.64m

Boys U 11 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Northern Suburbs, A	Northern Suburbs	19.09m
2 Bankstown Sports, A	Bankstown Sports	18.47m
3 Manly Warringah, A	Manly Warringah	17.84m
4 Girraween, A	Girraween	17.57m
5 Parramatta, A	Parramatta	17.32m
6 Balmain, A	Balmain	16.76m
7 Ryde, A	Ryde	16.59m
8 Hills District, A	Hills District	16.50m
9 Northern Suburbs, B	Northern Suburbs	16.22m
10 Manly Warringah, B	Manly Warringah	16.11m
11 Winston Hills, A	Winston Hills	15.89m
12 Ku-Ring-Gai, B	Ku-Ring-Gai	15.63m
13 South Eastern, A	South Eastern	14.63m
14 Randwick Botany, A	Randwick Botany	14.07m
15 Canterbury, A	Canterbury	13.93m
16 Liverpool City, A	Liverpool City	13.41m
16 Campbelltown, A	Campbelltown	13.41m
18 Ku-Ring-Gai, A	Ku-Ring-Gai	13.15m
19 Ryde, B	Ryde	12.62m
20 Balmain, B	Balmain	11.13m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
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Boys U 12 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Canterbury, A	Canterbury	17.27m
2 Manly Warringah, A	Manly Warringah	17.19m
3 Northern Districts, A	Northern Districts	16.53m
4 Ryde, A	Ryde	16.16m
5 Prospect, A	Prospect	14.93m
6 Winston Hills, A	Winston Hills	14.74m
7 Manly Warringah, B	Manly Warringah	13.80m
8 Randwick Botany, A	Randwick Botany	13.29m
9 Hills District, A	Hills District	13.00m
10 Girraween, A	Girraween	12.76m
11 Emu Plains, A	Emu Plains	12.48m
12 Bankstown Sports, A	Bankstown Sports	12.46m
13 Balmain, B	Balmain	12.23m
14 Northern Suburbs, A	Northern Suburbs	12.04m
15 Ku-Ring-Gai, A	Ku-Ring-Gai	11.33m
16 Helensburgh, A	Helensburgh	11.16m
17 Cherrybrook, A	Cherrybrook	10.88m
18 Campbelltown, A	Campbelltown	10.69m
19 Ku-Ring-Gai, B	Ku-Ring-Gai	10.00m
20 Hills District, B	Hills District	9.99m
21 Prospect, B	Prospect	9.51m
22 Parramatta, A	Parramatta	8.37m
-- Balmain, A	Balmain	ND

Boys U 13 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Rouse Hill Rams, A	Rouse Hill Rams	18.27m
2 Emu Plains, A	Emu Plains	16.23m
3 Parramatta, A	Parramatta	16.15m
4 Canterbury, A	Canterbury	15.19m
4 Balmain, A	Balmain	15.19m
6 Winston Hills, A	Winston Hills	13.62m
7 Hills District, A	Hills District	13.35m
8 Bankstown Sports, A	Bankstown Sports	12.92m
9 Manly Warringah, A	Manly Warringah	12.54m
10 Northern Suburbs, A	Northern Suburbs	11.88m
11 Liverpool City, A	Liverpool City	10.96m
12 Hills District, B	Hills District	10.93m
13 Ryde, A	Ryde	10.07m
14 Sutherland, A	Sutherland	9.87m
15 Manly Warringah, B	Manly Warringah	9.65m
16 Mosman, A	Mosman	7.32m
17 Northern Suburbs, B	Northern Suburbs	5.06m
-- Randwick Botany, A	Randwick Botany	ND
-- Blacktown, A	Blacktown	ND

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
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Boys U 14 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Northern Suburbs, A	Northern Suburbs	21.80m
2 Sutherland, A	Sutherland	18.09m
3 Campbelltown, A	Campbelltown	17.27m
4 Bankstown Sports, A	Bankstown Sports	16.77m
5 Ryde, A	Ryde	16.24m
6 Balmain, A	Balmain	15.15m
7 Manly Warringah, A	Manly Warringah	14.63m
8 Port Hacking, A	Port Hacking	11.91m
9 Hills District, A	Hills District	11.36m
10 Northern Districts, A	Northern Districts	10.36m
11 Revesby Workers, A	Revesby Workers	9.09m
-- Liverpool City, A	Liverpool City	ND
-- Camden, A	Camden	ND

Boys U 15 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Parramatta, A	Parramatta	19.33m
2 Manly Warringah, A	Manly Warringah	14.95m
3 Balmain, A	Balmain	13.73m
4 Helensburgh, A	Helensburgh	13.24m
5 Hills District, A	Hills District	12.70m
6 Camden, A	Camden	12.68m
7 Wollongong City, A	Wollongong City	10.86m
8 Winston Hills, A	Winston Hills	9.12m
9 Manly Warringah, B	Manly Warringah	5.57m

Boys U 17 - Shot/Discus/Javelin

Name	Age Centre	Final
1 Emu Plains, A	Emu Plains	20.64m
2 Parramatta, A	Parramatta	20.42m
3 Holroyd, A	Holroyd	18.55m
4 St George, A	St George	15.59m
5 Bankstown Sports, A	Bankstown Sports	15.52m
6 Ryde, A	Ryde	15.11m
7 Port Hacking, A	Port Hacking	14.53m
8 Randwick Botany, A	Randwick Botany	13.91m
9 Hills District, A	Hills District	13.37m
10 Ryde, B	Ryde	13.32m
11 Jamison, A	Jamison	13.12m
12 Girraween, A	Girraween	13.01m
13 Cherrybrook, A	Cherrybrook	8.61m
14 Northern Suburbs, A	Northern Suburbs	8.46m
15 Revesby Workers, A	Revesby Workers	7.53m
-- Tallawong Park, A	Tallawong Park	ND

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
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Results

Boys U 8 - Long/Shot/Discus

Name	Age Centre	Final
1 Manly Warringah, A	Manly Warringah	19.38m
2 Ku-Ring-Gai, A	Ku-Ring-Gai	19.28m
3 Ryde, A	Ryde	18.64m
4 Kurrajong Bilpin, A	Kurrajong Bilpin	18.14m
5 Parramatta, A	Parramatta	18.06m
6 Balmain, A	Balmain	17.99m
7 Revesby Workers, A	Revesby Workers	17.25m
8 Sutherland, A	Sutherland	17.04m
9 Mosman, A	Mosman	16.61m
9 Manly Warringah, B	Manly Warringah	16.61m
11 Bankstown Sports, A	Bankstown Sports	16.42m
12 Randwick Botany, A	Randwick Botany	16.27m
13 Helensburgh, A	Helensburgh	15.76m
14 Hills District, B	Hills District	15.63m
15 Cherrybrook, A	Cherrybrook	15.49m
16 Parramatta, B	Parramatta	15.30m
17 Hills District, A	Hills District	15.13m
18 Balmain, B	Balmain	14.94m
19 Holroyd, A	Holroyd	14.87m
20 Bankstown Sports, B	Bankstown Sports	13.76m
21 Canterbury, A	Canterbury	13.63m
22 Liverpool City, A	Liverpool City	13.53m
23 Ku-Ring-Gai, B	Ku-Ring-Gai	13.45m
-- Northern Suburbs, A	Northern Suburbs	ND

Boys U 9 - Long/Shot/Discus

Name	Age Centre	Final
1 Parramatta, A	Parramatta	19.64m
2 Balmain, A	Balmain	18.95m
3 Randwick Botany, A	Randwick Botany	17.88m
4 Manly Warringah, A	Manly Warringah	17.70m
5 Sutherland, A	Sutherland	17.20m
6 Hills District, B	Hills District	16.93m
7 Manly Warringah, B	Manly Warringah	16.63m
8 Hills District, A	Hills District	16.60m
9 Cherrybrook, A	Cherrybrook	16.58m
10 Winston Hills, A	Winston Hills	16.33m
11 Ryde, A	Ryde	16.29m
12 Ku-Ring-Gai, B	Ku-Ring-Gai	16.16m
13 Ryde, B	Ryde	16.04m
14 Northern Districts, A	Northern Districts	15.75m
15 Rouse Hill Rams, A	Rouse Hill Rams	15.60m
16 Northern Suburbs, B	Northern Suburbs	15.12m
17 Northern Suburbs, A	Northern Suburbs	14.57m
18 Colyton St Clair, A	Colyton St Clair	14.44m
19 Mosman, A	Mosman	13.97m
20 Inner West, A	Inner West	12.70m
21 Cherrybrook, B	Cherrybrook	12.18m
22 Port Hacking, A	Port Hacking	11.92m
23 Holroyd, A	Holroyd	11.57m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

....Boys U 9 - Long/Shot/Discus

24 Ku-Ring-Gai, A Ku-Ring-Gai 9.96m

Boys U 10 - Long/Shot/Discus

Name	Age Centre	Final
1 Manly Warringah, A	Manly Warringah	20.95m
2 Ku-Ring-Gai, A	Ku-Ring-Gai	20.55m
3 Northern Suburbs, A	Northern Suburbs	20.12m
4 Hills District, A	Hills District	18.97m
5 Sutherland, A	Sutherland	18.95m
6 Ryde, A	Ryde	18.81m
7 Liverpool City, A	Liverpool City	18.64m
8 Parramatta, A	Parramatta	17.66m
9 Randwick Botany, A	Randwick Botany	17.46m
10 Ku-Ring-Gai, B	Ku-Ring-Gai	17.07m
11 Hills District, B	Hills District	17.05m
12 Balmain, A	Balmain	16.82m
13 Canterbury, A	Canterbury	16.71m
14 Northern Districts, A	Northern Districts	15.89m
15 Bankstown Sports, A	Bankstown Sports	15.84m
16 Balmain, B	Balmain	15.81m
17 Revesby Workers, A	Revesby Workers	15.69m
18 Camden, A	Camden	15.46m
19 Illawong, A	Illawong	15.15m
20 Northern Suburbs, B	Northern Suburbs	14.91m
21 Rouse Hill Rams, A	Rouse Hill Rams	14.70m
22 South Eastern, A	South Eastern	14.38m
23 Holroyd, A	Holroyd	13.65m
24 Cherrybrook, A	Cherrybrook	13.59m
25 Port Hacking, A	Port Hacking	13.23m
26 Manly Warringah, B	Manly Warringah	13.01m
27 Helensburgh, A	Helensburgh	12.84m

Mixed U 8 - 4x100 Metre Relay

State Relay: S 1:03.94	1982	Blacktown
State Relay: S 1:03.94	1984	North Rocks/Carlingford
Centre		Final

Section 1

1 Albion Park	1:05.59
2 Jamison	1:06.49
3 Greystanes	1:06.96
4 Tallawong Park	1:07.27
5 Kurrajong Bilpin	1:09.24
6 Liverpool City	1:11.42

Mixed U 9 - 4x100 Metre Relay

State Relay: S 1:00.04	1985	North Rocks/Carlingford
Centre		Final

1 Albion Park	1:02.88
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LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

...Mixed U 9 - 4x100 Metre Relay

2 Helensburgh	1:04.06
3 Jamison	1:04.73
4 Greystanes	1:04.85
5 Ambarvale	1:05.40
6 Liverpool City	1:06.33
7 Kurrajong Bilpin	1:06.56
8 Tallawong Park	1:11.17

Mixed U 10 - 4x100 Metre Relay

State Relay: S 58.04 1984	Blacktown	Final
Centre		
1 Albion Park		1:00.69
2 Liverpool City		1:01.65
3 Prospect		1:02.64
4 Helensburgh		1:02.64
5 Greystanes		1:02.71
6 Kurrajong Bilpin		1:03.14
7 Ambarvale		1:03.95
8 Jamison		1:04.60

Mixed U 11 - 4x100 Metre Relay

State Relay: S 55.84 2000	Tiger Wests	Heats
Centre		
Heat 1 Heats		
1 Prospect		59.38Q
2 Kurrajong Bilpin		59.51q
3 Smithfield		59.98q
4 Jamison		1:00.91q
-- Liverpool City		DQ IAAF 170.7
Heat 2 Heats		
1 Albion Park	S	54.18Q
2 Helensburgh		1:00.45q
3 Douglas Park		1:01.56q
4 Tallawong Park		1:02.41q
-- Greystanes		DQ IAAF 170.7

Mixed U 11 - 4x100 Metre Relay

State Relay: S 55.84 2000	Tiger Wests	Final
Centre		
Section 1 Final		
1 Albion Park		54.55S
2 Kurrajong Bilpin		59.39
3 Prospect		1:00.02
4 Smithfield		1:00.27
5 Helensburgh		1:01.38
6 Jamison		1:01.48
7 Douglas Park		1:01.53
8 Tallawong Park		1:02.96

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

Mixed U 12 - 4x100 Metre Relay

```
=====
State Relay: S 52.54 1983          Ku-Ring-Gai
Centre                               Final
=====
```

Section 1

```
=====
1 Helensburgh                      55.47
2 Albion Park                       56.39
3 Douglas Park                      56.77
4 Liverpool City                    57.01
5 Jamison                           59.02
6 Kurrajong Bilpin                  1:00.70
7 Greystanes                        1:01.15
8 Ambarvale                         1:02.76
=====
```

Mixed U 13 - 4x100 Metre Relay

```
=====
State Relay: S 51.44 1984          Randwick Botany
Centre                               Final
=====
```

```
=====
1 Albion Park                      53.98
2 Helensburgh                      53.99
3 Greystanes                       54.24
4 Kurrajong Bilpin                 55.39
5 Jamison                          56.18
6 Liverpool City                   1:00.28
=====
```

Mixed U 14 - 4x100 Metre Relay

```
=====
State Relay: S 50.04 2000          Northern Suburbs
Centre                               Final
=====
```

```
=====
1 Springwood                       50.62
2 Albion Park                       51.83
3 Helensburgh                      53.97
4 Kurrajong Bilpin                 56.28
5 Liverpool City                   57.05
-- Jamison                         DQ IAAF 162.6
-- Greystanes                      DQ IAAF 170.7
-- Douglas Park                    DQ IAAF 170.7
=====
```

Mixed U 15 - 4x100 Metre Relay

```
=====
State Relay: S 48.44 1996          Balmain
Centre                               Final
=====
```

```
=====
1 Kurrajong Bilpin                 50.64
2 Greystanes                       54.99
=====
```

Mixed U 17 - 4x100 Metre Relay

```
=====
State Relay: S 46.03 2009          Cherrybrook
Centre                               Final
=====
```

```
=====
1 Albion Park                      48.18
2 Helensburgh                      49.47
=====
```


LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
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...Mixed U 9 - 4x200 Metre Relay

2 South Eastern	2:16.35
3 St George	2:19.30
4 Emu Plains	2:19.74
5 Inner West	2:22.22
6 Canterbury	2:25.84
7 Revesby Workers	2:33.42

Mixed U 10 - 4x400 Metre Relay

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

Section 1

1 Randwick Botany	4:54.31
2 Hills District	4:55.70
3 Port Hacking	5:10.25
4 Wollongong City	5:13.11
5 Canterbury	5:15.61
6 Eastern Suburbs	5:23.37
7 Cherrybrook	5:26.20
8 Inner West	5:47.59

Section 2

1 Manly Warringah	4:48.60
2 Emu Plains	4:56.23
3 South Eastern	5:02.21
4 Liverpool City	5:22.30
5 Winston Hills	5:35.89
6 Revesby Workers	5:38.27

Section 3

1 Sutherland	4:45.51
2 Ku-Ring-Gai	4:50.86
3 Balmain	4:59.39
4 Northern Suburbs	5:03.15
5 Albion Park	5:12.73
6 Mosman	5:12.81
7 Ryde	5:15.36

Mixed U 11 - 4x400 Metre Relay

=====
 State Relay: S 4:28.70 1984 Sutherland
 Centre Final
 =====

Section 1

1 Manly Warringah	4:38.19
2 Camden	4:45.09
3 Holroyd	4:49.88
4 Mosman	4:54.78
5 Wollongong City	5:01.21
6 Canterbury	5:05.98

Section 2

1 Ku-Ring-Gai	4:25.82S
2 Albion Park	4:32.89
3 Northern Suburbs	4:42.71
4 Balmain	4:45.58

LITTLE ATHLETICS NSW
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...Mixed U 11 - 4x400 Metre Relay

5 Eastern Suburbs	4:53.02
6 Revesby Workers	5:54.04
Section 3	
1 Sutherland	4:49.30
2 Hills District	4:57.34
3 Randwick Botany	5:01.68
4 Ryde	5:02.43
5 Inner West	5:30.13

Mixed U 12 - 4x400 Metre Relay

=====	
State Relay: S 4:10.90 1987	St George
Centre	Final
=====	
Section 1	
1 Helensburgh	4:22.87
2 Hills District	4:39.36
3 Port Hacking	4:40.00
4 Ku-Ring-Gai	5:02.00
5 Ryde	5:19.56
Section 2	
1 Sutherland	4:28.27
2 Randwick Botany	4:32.31
3 Northern Suburbs	4:35.04
4 Balmain	4:37.31
5 Canterbury	4:44.65
6 Wollongong City	4:47.18
7 Revesby Workers	5:22.15
Section 3	
1 Illawong	4:24.72
2 Manly Warringah	4:31.93
3 St George	4:32.95
4 Bankstown Sports	4:38.93
5 Albion Park	4:44.87
6 Emu Plains	4:49.08
7 Mosman	5:01.04

Mixed U 13 - 4x400 Metre Relay

=====	
State Relay: S 4:04.56 2013	Manly Warringah
Centre	Final
=====	
Section 1	
1 Manly Warringah	4:19.18
2 Balmain	4:23.62
3 Albion Park	4:26.62
4 Ryde	4:37.26
5 Emu Plains	4:51.89
6 Liverpool City	5:02.87
7 Revesby Workers	5:20.80
Section 2	
1 Mosman	4:14.90
2 Rouse Hill Rams	4:23.05
3 Camden	4:24.23

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

...Mixed U 13 - 4x400 Metre Relay

4 Canterbury	4:28.01
5 Randwick Botany	4:30.18
6 Ku-Ring-Gai	4:30.68

Section 3

1 Sutherland	4:15.88
2 Wollongong City	4:16.25
3 Cherrybrook	4:32.68
4 Hills District	4:33.42
5 Northern Suburbs	4:41.31

Mixed U 14 - 4x400 Metre Relay

=====
State Relay: S 3:55.00 2002 Maitland Final
Centre
=====

Section 1

1 St George	4:02.22
2 Wollongong City	4:12.98
3 Campbelltown Collegians	4:14.19
4 Albion Park	4:20.44
5 Liverpool City	5:16.90

Section 2

1 Manly Warringah	3:53.38S
2 Northern Suburbs	4:02.10
3 Hills District	4:12.52
4 Springwood	4:12.69
5 Sutherland	4:19.00
6 Mosman	4:53.84
7 Revesby Workers	5:12.88

Mixed U 15 - 4x400 Metre Relay

=====
State Relay: S 3:43.57 2014 Manly Warringah Final
Centre
=====

Section 1

1 Balmain	3:54.22
2 Northern Suburbs	3:55.26
3 Sutherland	3:57.88
4 Campbelltown Collegians	4:20.23

Section 2

1 Mosman	4:00.93
2 Parramatta	4:01.80
3 Manly Warringah	4:02.10
4 Hills District	4:04.85

Mixed U 17 - 4x400 Metre Relay

=====
State Relay: S 3:43.02 2012 Northern Suburbs Final
Centre
=====

Section 1

1 Camden	3:46.57
2 Mosman	3:51.57

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
Sydney Olympic Park Athletic Centre
Results

...Mixed U 17 - 4x400 Metre Relay

3 Hills District	3:54.48
4 Emu Plains	3:58.71
5 Cherrybrook	4:00.68
6 Northern Suburbs	4:08.59
7 Revesby Workers	4:15.28

Section 2

1 Randwick Botany	3:44.45
2 Manly Warringah	3:44.61
3 Sutherland	3:50.88
4 Ryde	3:51.79
5 Albion Park	3:56.71
6 Campbelltown Collegians	3:57.50
7 Port Hacking	3:57.93
8 Liverpool City	4:41.48

Mixed U 8-11 4x100 Metre Relay

=====
State Relay: S 1:05.01 2011 Mt Druitt
Centre Final
=====

Section 1

1 Prospect	1:02.48S
2 Helensburgh	1:03.30S
3 Tallawong Park	1:04.40S
4 Penrith	1:04.93S
5 Mt Druitt	1:06.77

Mixed U 12-15 4x100 Metre Relay

=====
State Relay: S 53.57 2015 Prospect
Centre Final
=====

1 Prospect	51.38S
2 Helensburgh	52.90S
3 Mt Druitt	53.66
4 Penrith	53.89
5 Tallawong Park	55.64
6 Ambarvale	58.63

Mixed U 8-11 Long Jump x 4 Junior

=====
State Relay: S 25.72m 2010 Prestons Robins
Name Age Centre Final
=====

Flight 1

1 Penrith, A	M Penrith	23.56m
2 Helensburgh, A	M Helensburgh	23.22m
3 Mt Druitt, A	M Mt Druitt	23.07m
4 Tallawong Park, A	M Tallawong Park	22.31m

LITTLE ATHLETICS NSW
STATE RELAY CHAMPIONSHIPS - 19/11/2016 to 20/11/2016
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Mixed U 12-15 Long Jump x 4 Senior

=====			
State Relay: S 24.70m 2011 Mt Druitt			
Name	Age	Centre	Final
=====			
1 Mt Druitt, A	M	Mt Druitt	26.95mS
2 Penrith, A	M	Penrith	23.58m
3 Tallawong Park, A	M	Tallawong Park	21.83m