

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP - 17/11/2018 to 18/11/2018**  
**Sydney Olympic Park Athletic Centre**  
**Results**

**Girls U 8 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Sutherland		1:07.61Q	3
2 Manly Warringah		1:09.18Q	2
3 Port Hacking		1:09.92Q	1
4 Revesby Workers		1:09.52q	3
5 Ku-Ring-Gai		1:09.83q	3
6 Campbelltown Collegians		1:09.87q	3
7 Inner West		1:11.31q	3
8 Randwick Botany		1:13.73q	2
9 South Eastern		1:13.79	1
10 Ryde		1:14.08	1
11 Mosman		1:14.67	2
12 Camden		1:15.15	2
13 Illawong		1:15.65	2
14 Prestons Robins		1:16.30	1
15 Northern Suburbs		1:18.72	1
16 Winston Hills		1:18.86	3
-- Hills District		DQ	1 IAAF 170.7

**Girls U 8 - 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Sutherland	1:07.61	1:08.55
2 Manly Warringah	1:09.18	1:09.28
3 Campbelltown Collegians	1:09.87	1:10.43
4 Ku-Ring-Gai	1:09.83	1:10.72
5 Revesby Workers	1:09.52	1:11.26
6 Inner West	1:11.31	1:12.67
7 Port Hacking	1:09.92	1:14.36
8 Randwick Botany	1:13.73	1:17.16

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

Centre	Seed	Heats	H#
Heats			
1 Port Hacking		1:01.70Q	2
2 Camden		1:02.29Q	1
3 Sutherland		1:04.70Q	3
4 Hills District		1:04.78q	1
5 Ryde		1:05.67q	2
6 Manly Warringah		1:05.86q	3
7 Eastern Suburbs		1:06.23q	1
8 South Eastern		1:06.31q	2
9 Ku-Ring-Gai		1:06.51	1
10 Randwick Botany		1:07.31	2
11 Mosman		1:09.53	1
12 Inner West		1:10.08	2
13 Campbelltown Collegians		1:11.01	3
14 Wollongong City		1:11.15	3
15 Northern Suburbs		1:12.27	3
16 Canterbury		1:12.80	1
17 Winston Hills		1:15.52	2
-- Prestons Robins		DQ	3 IAAF 170.7

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Centre	Heats	Final
Final		
1 Port Hacking	1:01.70	1:02.23
2 Camden	1:02.29	1:04.17
3 Hills District	1:04.78	1:05.75
4 Ryde	1:05.67	1:06.24
5 Manly Warringah	1:05.86	1:06.60
6 Eastern Suburbs	1:06.23	1:07.43
7 Sutherland	1:04.70	1:08.71
8 South Eastern	1:06.31	1:10.32

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

Centre	Seed	Heats	H#
Heats			
1 Port Hacking		59.39Q	2
2 Ku-Ring-Gai		59.87Q	3
3 Sutherland		1:01.59Q	1
4 Manly Warringah		1:03.13q	3
5 Bowral		1:03.20q	3
6 Ryde		1:03.34q	3
7 Randwick Botany		1:03.38q	2
8 Inner West		1:03.59q	2
9 Eastern Suburbs		1:03.66	1
10 Mosman		1:03.81	2
11 Prestons Robins		1:03.85	2
12 The Ponds		1:04.29	3
13 South Eastern		1:04.80	1
14 Camden		1:04.90	1
15 Illawong		1:05.33	2
16 Hills District		1:05.45	1
17 Campbelltown Collegians		1:05.51	3
18 Rouse Hill Rams		1:05.53	3
19 Canterbury		1:06.56	1
20 Wollongong City		1:06.77	3
21 Winston Hills		1:07.77	2
22 Northern Suburbs		1:08.54	2
23 Revesby Workers		1:10.41	1
-- Cherrybrook		DQ	1 IAAF 170.7

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

Centre	Heats	Final
Final		
1 Ku-Ring-Gai	59.87	59.50
2 Port Hacking	59.39	59.88
3 Sutherland	1:01.59	1:01.43
4 Manly Warringah	1:03.13	1:01.70
5 Bowral	1:03.20	1:03.46
6 Ryde	1:03.34	1:03.55
7 Inner West	1:03.59	1:03.93
8 Randwick Botany	1:03.38	1:04.18

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

Centre	Seed	Heats	H#
Heats			
1 Port Hacking		58.37Q	2
2 Sutherland		58.97Q	3
3 Manly Warringah		59.18Q	1
4 Hills District		58.73q	2
5 Mosman		59.82q	3
6 Eastern Suburbs		59.83q	1
7 Prestons Robins		1:00.05q	2
8 Campbelltown Collegians		1:00.43q	3
9 Camden		1:01.50	1
10 Randwick Botany		1:01.80	2
11 Ryde		1:01.94	2
12 Ku-Ring-Gai		1:02.01	1
13 Rouse Hill Rams		1:03.45	1
14 Revesby Workers		1:03.71	3
15 Northern Suburbs		1:03.95	3
16 Inner West		1:04.25	2
17 South Eastern		1:04.49	1
18 Winston Hills		1:05.72	3
19 Cherrybrook		1:06.19	3

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

Centre	Heats	Final	
Final			
1 Port Hacking	58.37	58.03	
2 Hills District	58.73	58.46	
3 Sutherland	58.97	58.91	
4 Mosman	59.82	59.34	
5 Eastern Suburbs	59.83	1:00.26	
6 Campbelltown Collegians	1:00.43	1:00.43	
7 Prestons Robins	1:00.05	1:00.72	
-- Manly Warringah	59.18	DQ	IAAF 170.7

**Girls U 12 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 South Eastern		53.94Q	1
2 Manly Warringah		55.65Q	3
3 Cherrybrook		57.94Q	2
4 Hills District		56.12q	1
5 Sutherland		56.53q	3
6 Bankstown Sports		56.95q	3
7 Camden		58.09q	2
8 Randwick Botany		59.05q	1
9 Ryde		59.63	1
10 Port Hacking		1:00.20	2
11 Ku-Ring-Gai		1:00.79	1
12 Canterbury		1:00.87	2
13 Prestons Robins		1:02.11	2
14 Eastern Suburbs		1:03.28	3
15 Revesby Workers		1:05.38	3
16 Winston Hills		1:05.91	3

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**....Girls U 12 - 4x100 Metre Relay**

-- Mosman DQ 1 IAAF 170.7

**Girls U 12 - 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 South Eastern	53.94	54.45
2 Manly Warringah	55.65	55.51
3 Hills District	56.12	56.39
4 Sutherland	56.53	56.65
5 Bankstown Sports	56.95	56.90
6 Cherrybrook	57.94	58.02
7 Randwick Botany	59.05	58.39
8 Camden	58.09	59.62

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

Centre	Seed	Heats	H#
Heats			
1 Ryde		52.67Q	2
2 Manly Warringah		52.96Q	3
3 Hills District		53.55Q	1
4 Terrigal/Wamberal		53.97q	2
5 Northern Suburbs		54.21q	2
6 The Ponds		55.01q	1
7 Eastern Suburbs		55.14q	3
8 Ku-Ring-Gai		55.75q	3
9 Port Hacking		56.32	2
10 Canterbury		56.46	2
11 Cherrybrook		56.78	1
12 Winston Hills		57.36	1
13 Randwick Botany		57.37	3
14 Helensburgh		57.91	1
15 Emu Plains		57.92	1
16 Sutherland		58.01	1
17 Mosman		59.75	3
18 Prestons Robins		59.79	3

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

Centre	Heats	Final
Final		
1 Ryde	52.67	52.27
2 Manly Warringah	52.96	53.08
3 Hills District	53.55	53.11
4 Terrigal/Wamberal	53.97	53.58
5 Northern Suburbs	54.21	53.95
6 Eastern Suburbs	55.14	54.66
7 Ku-Ring-Gai	55.75	55.05
8 The Ponds	55.01	57.03

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**Girls U 14 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Campbelltown Collegians		49.24Q	1
2 Manly Warringah		50.33Q	2
3 Illawong		52.11q	2
4 Eastern Suburbs		52.62q	2
5 Sutherland		52.76q	1
6 Wollongong City		53.41q	1
7 Inner West		53.61q	2
8 Eastlakes		55.47q	2
9 Mosman		55.74	1
10 Camden		57.14	2
11 Prestons Robins		59.10	1

**Girls U 14 - 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Campbelltown Collegians	49.24	48.86
2 Manly Warringah	50.33	50.24
3 Illawong	52.11	51.93
4 Eastern Suburbs	52.62	52.63
5 Sutherland	52.76	53.21
6 Inner West	53.61	53.27
7 Wollongong City	53.41	53.89

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

Centre	Seed	Final
1 Wollongong City		50.67
2 Camden		50.88
3 Sutherland		51.19
4 Manly Warringah		51.66
5 Port Hacking		53.47
6 Holroyd		54.57
7 Revesby Workers		57.62
-- Bankstown Sports		DQ IAAF 170.7

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

Centre	Seed	Heats	H#
Heats			
1 Camden		50.08Q	2
2 Northern Suburbs		50.10Q	1
3 Wollongong City		50.49q	1
4 Ryde		50.79q	1
5 Manly Warringah		51.20q	2
6 Campbelltown Collegians		51.31q	1
7 Sutherland		51.81q	1
8 Holroyd		52.50q	2
9 Mosman		52.70	2
10 Winston Hills		54.73	1
-- Hills District		DQ	1 IAAF 170.7

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Centre	Heats	Final
Final		
1 Camden	50.08	49.44
2 Northern Suburbs	50.10	49.50
3 Wollongong City	50.49	50.12
4 Manly Warringah	51.20	50.74
5 Campbelltown Collegians	51.31	51.12
6 Ryde	50.79	51.21
7 Sutherland	51.81	51.57
8 Holroyd	52.50	52.37

**Girls U 8-11 Middle Distance Relay**

Centre	Seed	Final	H#
1 Sutherland		10:59.51	1
2 Eastern Suburbs		11:11.44	2
3 Hills District		11:27.41	1
4 Ku-Ring-Gai		11:38.83	2
5 Canterbury		11:45.57	1
6 Manly Warringah		11:49.62	1
7 Mosman		11:52.77	2
8 Ryde		11:58.97	2
9 Revesby Workers		12:06.84	2
10 Camden		12:15.23	2
11 Wyong		12:25.95	1
12 South Eastern		12:26.71	2
13 Randwick Botany		12:32.41	2
14 Bowral		12:40.00	1
15 Northern Suburbs		13:02.05	2
16 Winston Hills		13:13.18	1
17 Inner West		13:14.69	2
18 Cherrybrook		13:20.65	1
19 Illawong		13:21.42	2
20 Wollongong City		13:23.33	1
21 Kings Langley		13:24.02	2
22 Quakers Hill		13:24.77	1
23 Campbelltown Collegians		14:09.10	1

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

Centre	Seed	Final	H#
1 Sutherland		9:53.96	1
2 Balmain		9:58.71	1
3 Manly Warringah		10:02.48	2
4 Northern Suburbs		10:15.59	2
5 Mosman		10:18.83	2
6 Hills District		10:23.94	1
7 Eastern Suburbs		10:33.07	2
8 Canterbury		10:43.37	1
9 Cherrybrook		10:51.58	2
10 Wollongong City		11:02.03	2
11 Port Hacking		11:07.14	1
12 Campbelltown Collegians		11:13.29	1
13 Bundeena-Maianbar		11:23.62	2
14 Ryde		11:27.54	2

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

15 Winston Hills	12:09.40	1
16 Illawong	12:26.29	1

**Girls U 8 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Ku-Ring-Gai, A	Ku-Ring-Gai		19.63m
2 Cherrybrook, A	Cherrybrook		18.95m
3 Hills District, A	Hills District		18.38m
4 Sutherland, A	Sutherland		18.13m
5 Bankstown Sports, A	Bankstown Sports		17.94m
6 Cherrybrook, B	Cherrybrook		17.80m
7 Manly Warringah, B	Manly Warringah		16.99m
8 Manly Warringah, A	Manly Warringah		16.66m
9 Kings Langley, A	Kings Langley		16.24m
10 Parramatta, A	Parramatta		15.95m
11 Northern Suburbs, A	Northern Suburbs		15.88m
12 Hills District, B	Hills District		15.87m
13 Eschol Park, A	Eschol Park		15.79m
14 Winston Hills, A	Winston Hills		14.83m
15 Ku-Ring-Gai, B	Ku-Ring-Gai		13.71m
16 Revesby Workers, A	Revesby Workers		11.84m
17 Ryde, A	Ryde		11.43m

**Girls U 9 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Bankstown Sports, A	Bankstown Sports		22.59m
2 Parramatta, A	Parramatta		20.43m
3 Manly Warringah, A	Manly Warringah		20.12m
4 Manly Warringah, B	Manly Warringah		18.81m
5 Ku-Ring-Gai, A	Ku-Ring-Gai		18.61m
6 Sutherland, A	Sutherland		17.85m
7 Northern Suburbs, A	Northern Suburbs		17.67m
8 Hills District, A	Hills District		17.59m
9 South Eastern, A	South Eastern		17.51m
10 Ku-Ring-Gai, B	Ku-Ring-Gai		17.26m
11 Illawong, A	Illawong		17.23m
12 Ryde, A	Ryde		15.73m
13 Eschol Park, A	Eschol Park		15.14m
14 Cherrybrook, A	Cherrybrook		14.95m
15 Hills District, B	Hills District		14.17m
16 Campbelltown, A	Campbelltown		12.55m

**Girls U 10 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Hornsby, A	Hornsby		22.40m
2 Manly Warringah, B	Manly Warringah		21.83m
3 Cherrybrook, A	Cherrybrook		20.42m
4 Manly Warringah, A	Manly Warringah		20.26m
5 Sutherland, A	Sutherland		20.21m
6 Parramatta, A	Parramatta		18.94m
7 Hills District, A	Hills District		18.88m
8 Ryde, A	Ryde		18.87m

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9	Wyong, A	Wyong	18.67m
10	Bankstown Sports, A	Bankstown Sports	18.58m
11	Winston Hills, A	Winston Hills	18.35m
12	Northern Suburbs, A	Northern Suburbs	18.31m
13	Ku-Ring-Gai, A	Ku-Ring-Gai	18.30m
14	Port Hacking, A	Port Hacking	17.86m
15	Campbelltown, A	Campbelltown	17.42m
16	Ku-Ring-Gai, B	Ku-Ring-Gai	16.79m
17	Hills District, B	Hills District	16.49m
18	Ryde, B	Ryde	15.29m

**Girls U 11 - Jumps Relay**

Name	Age Centre	Seed	Final
1	Northern Suburbs, A	Northern Suburbs	22.13m
2	Ryde, A	Ryde	20.97m
3	Inner West, A	Inner West	19.71m
4	South Eastern, A	South Eastern	19.51m
5	Bankstown Sports, A	Bankstown Sports	19.15m
6	Hills District, A	Hills District	18.34m
7	Northern Suburbs, B	Northern Suburbs	18.05m
8	Port Hacking, A	Port Hacking	17.64m
9	Sutherland, A	Sutherland	17.62m
10	Ryde, B	Ryde	16.66m
11	Manly Warringah, B	Manly Warringah	16.51m
12	Manly Warringah, A	Manly Warringah	16.49m
13	Kings Langley, A	Kings Langley	16.33m
14	Randwick Botany, A	Randwick Botany	16.31m
15	Hills District, B	Hills District	15.96m
16	Northern Districts, A	Northern Districts	15.73m
17	Kings Langley, B	Kings Langley	15.49m
--	Ku-Ring-Gai, A	Ku-Ring-Gai	NH

**Girls U 12 - Jumps Relay**

Name	Age Centre	Seed	Final
1	Manly Warringah, A	Manly Warringah	23.82m
2	South Eastern, A	South Eastern	23.14m
3	Balmain, A	Balmain	22.74m
4	Randwick Botany, A	Randwick Botany	21.45m
5	Sutherland, A	Sutherland	20.96m
6	Campbelltown, A	Campbelltown	20.86m
7	Hills District, A	Hills District	20.78m
8	Northern Suburbs, A	Northern Suburbs	19.61m
9	Port Hacking, A	Port Hacking	19.55m
10	Illawong, A	Illawong	19.31m
11	Hornsby, A	Hornsby	18.93m
12	Bankstown Sports, A	Bankstown Sports	18.88m
13	Manly Warringah, B	Manly Warringah	18.87m
14	Cherrybrook, A	Cherrybrook	18.54m
15	Ryde, A	Ryde	18.50m
16	Ryde, B	Ryde	18.30m
17	Liverpool City, A	Liverpool City	18.22m
18	Hills District, B	Hills District	18.13m
19	Inner West, A	Inner West	17.95m
20	Prospect, A	Prospect	11.76m



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21	Wyong, A	Wyong	11.56m
22	Winston Hills, A	Winston Hills	10.74m
23	Ku-Ring-Gai, A	Ku-Ring-Gai	10.59m
24	Cherrybrook, B	Cherrybrook	10.25m
25	Kings Langley, A	Kings Langley	10.00m
26	Winston Hills, B	Winston Hills	8.95m

**Girls U 13 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Hills District, A	Hills District		24.83m
2 Winston Hills, A	Winston Hills		23.78m
3 Balmain, A	Balmain		23.70m
4 Manly Warringah, A	Manly Warringah		23.38m
5 Helensburgh, A	Helensburgh		22.63m
6 Cherrybrook, A	Cherrybrook		20.98m
6 Northern Suburbs, A	Northern Suburbs		20.98m
8 Ryde, A	Ryde		20.64m
9 Hills District, B	Hills District		20.60m
10 Port Hacking, A	Port Hacking		20.43m
11 Manly Warringah, B	Manly Warringah		20.14m
12 The Ponds, A	The Ponds		20.11m
13 Ku-Ring-Gai, A	Ku-Ring-Gai		19.96m
14 Sutherland, A	Sutherland		19.86m
15 Emu Plains, A	Emu Plains		19.72m
16 Terrigal/Wamberal, A	Terrigal/Wamberal		18.27m
17 Ryde, B	Ryde		17.64m
18 Bankstown Sports, A	Bankstown Sports		14.14m
19 Randwick Botany, A	Randwick Botany		12.46m
20 Canterbury, A	Canterbury		11.69m
21 Liverpool City, A	Liverpool City		11.34m
22 Campbelltown, A	Campbelltown		5.65m

**Girls U 14 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Manly Warringah, A	Manly Warringah		23.47m
2 Sutherland, A	Sutherland		23.08m
3 Hills District, A	Hills District		23.02m
4 Campbelltown, A	Campbelltown		22.77m
5 Parramatta, A	Parramatta		21.70m
6 Doonside, A	Doonside		20.83m
7 Inner West, A	Inner West		20.57m
8 Wollongong City, A	Wollongong City		20.27m
9 Manly Warringah, B	Manly Warringah		19.50m
10 Illawong, A	Illawong		18.74m
11 Port Hacking, A	Port Hacking		15.22m
12 Liverpool City, A	Liverpool City		15.21m
13 Winston Hills, A	Winston Hills		15.05m
14 Hills District, B	Hills District		11.57m

**Girls U 15 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Bankstown Sports, A	Bankstown Sports		24.16m

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2 Manly Warringah, A	Manly Warringah	23.91m
3 Sutherland, A	Sutherland	22.46m
4 Girraween, A	Girraween	21.48m
5 Ryde, A	Ryde	20.36m
6 Wollongong City, A	Wollongong City	19.98m
7 Winston Hills, A	Winston Hills	18.57m
8 Port Hacking, A	Port Hacking	18.39m
9 Manly Warringah, B	Manly Warringah	17.77m

**Girls U 17 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Sutherland, A	Sutherland		21.63m
2 Ryde, A	Ryde		21.40m
3 Manly Warringah, A	Manly Warringah		20.88m
4 Ku-Ring-Gai, A	Ku-Ring-Gai		19.90m
5 Camden, A	Camden		19.17m
6 Northern Suburbs, A	Northern Suburbs		19.11m
7 Wollongong City, A	Wollongong City		18.28m
8 Manly Warringah, B	Manly Warringah		18.15m
9 Hills District, A	Hills District		16.85m
10 Ryde, B	Ryde		16.41m
11 Winston Hills, A	Winston Hills		16.16m
12 Cherrybrook, A	Cherrybrook		14.56m

**Girls U 8 - Throws Relay**

Name	Age Centre	Seed	Final
1 Kings Langley, A	Kings Langley		15.03m
2 Winston Hills, A	Winston Hills		14.64m
3 Manly Warringah, A	Manly Warringah		13.93m
4 Cherrybrook, A	Cherrybrook		13.81m
5 Ku-Ring-Gai, A	Ku-Ring-Gai		13.45m
6 Manly Warringah, B	Manly Warringah		12.73m
7 Northern Suburbs, A	Northern Suburbs		12.41m
8 Hills District, A	Hills District		11.31m
9 Ku-Ring-Gai, B	Ku-Ring-Gai		10.40m
10 Hills District, B	Hills District		9.44m
11 Ryde, A	Ryde		8.31m
12 Eschol Park, A	Eschol Park		6.57m
13 Sutherland, A	Sutherland		6.39m

**Girls U 9 - Throws Relay**

Name	Age Centre	Seed	Final
1 Manly Warringah, A	Manly Warringah		15.28m
2 Bankstown Sports, A	Bankstown Sports		14.42m
3 Illawong, A	Illawong		13.98m
4 Ku-Ring-Gai, A	Ku-Ring-Gai		13.96m
5 Ku-Ring-Gai, B	Ku-Ring-Gai		12.07m
6 South Eastern, A	South Eastern		11.98m
7 Ryde, A	Ryde		11.74m
8 Winston Hills, A	Winston Hills		11.58m
9 Girraween, A	Girraween		11.02m
10 Manly Warringah, B	Manly Warringah		10.76m

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**....Girls U 9 - Throws Relay**

11 Eschol Park, A	Eschol Park	10.14m
12 Hills District, A	Hills District	9.31m
13 Parramatta, A	Parramatta	8.72m
14 Hills District, B	Hills District	8.29m
-- Liverpool City, A	Liverpool City	ND

**Girls U 10 - Throws Relay**

Name	Age Centre	Seed	Final
1 Canterbury, A	Canterbury		15.17m
2 Balmain, A	Balmain		14.46m
3 Bankstown Sports, A	Bankstown Sports		13.54m
4 Cherrybrook, A	Cherrybrook		13.44m
5 Sutherland, A	Sutherland		12.79m
6 Holroyd, A	Holroyd		12.67m
7 Manly Warringah, A	Manly Warringah		12.61m
8 Hornsby, A	Hornsby		12.47m
9 Ryde, A	Ryde		12.27m
10 Ku-Ring-Gai, A	Ku-Ring-Gai		11.80m
11 Prospect, A	Prospect		11.08m
12 Northern Suburbs, A	Northern Suburbs		10.90m
13 Winston Hills, A	Winston Hills		10.72m
14 Ku-Ring-Gai, B	Ku-Ring-Gai		10.08m
15 Campbelltown, A	Campbelltown		10.04m
16 Ryde, B	Ryde		9.87m
17 Hills District, A	Hills District		9.04m
18 Hills District, B	Hills District		8.49m
19 Manly Warringah, B	Manly Warringah		7.62m

**Girls U 11 - Throws Relay**

Name	Age Centre	Seed	Final
1 Manly Warringah, A	Manly Warringah		17.15m
2 Inner West, A	Inner West		16.02m
3 Kings Langley, B	Kings Langley		15.57m
4 Northern Suburbs, A	Northern Suburbs		14.57m
5 Illawong, A	Illawong		14.48m
6 Cherrybrook, A	Cherrybrook		13.76m
6 Port Hacking, A	Port Hacking		13.76m
8 South Eastern, A	South Eastern		13.66m
9 Quakers Hill, A	Quakers Hill		13.54m
10 Ryde, A	Ryde		13.17m
11 Sutherland, A	Sutherland		12.63m
12 Hills District, B	Hills District		12.48m
13 Hills District, A	Hills District		11.99m
14 Girraween, A	Girraween		11.94m
15 Ku-Ring-Gai, A	Ku-Ring-Gai		11.54m
16 Campbelltown, A	Campbelltown		10.58m
17 Manly Warringah, B	Manly Warringah		10.56m
18 Kings Langley, A	Kings Langley		10.53m
19 Randwick Botany, A	Randwick Botany		8.64m
20 Northern Suburbs, B	Northern Suburbs		8.11m
21 Ryde, B	Ryde		6.95m

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**Girls U 12 - Throws Relay**

Name	Age Centre	Seed	Final
1 Bankstown Sports, A	Bankstown Sports		20.29m
2 Hills District, A	Hills District		16.58m
3 Illawong, A	Illawong		16.11m
4 South Eastern, A	South Eastern		15.32m
5 Manly Warringah, A	Manly Warringah		14.67m
6 Revesby Workers, A	Revesby Workers		14.25m
7 Northern Suburbs, A	Northern Suburbs		14.05m
8 Ryde, A	Ryde		13.79m
9 Campbelltown, A	Campbelltown		11.72m
10 Winston Hills, A	Winston Hills		11.55m
11 Winston Hills, B	Winston Hills		11.47m
12 Manly Warringah, B	Manly Warringah		11.38m
13 Ryde, B	Ryde		10.79m
14 Ku-Ring-Gai, A	Ku-Ring-Gai		9.46m
15 Port Hacking, A	Port Hacking		9.00m
16 Hills District, B	Hills District		8.90m
17 Sutherland, A	Sutherland		8.52m
18 Liverpool City, A	Liverpool City		7.20m
19 Cherrybrook, A	Cherrybrook		6.29m

**Girls U 13 - Throws Relay**

Name	Age Centre	Seed	Final
1 Bankstown Sports, A	Bankstown Sports		22.90m
2 Port Hacking, A	Port Hacking		21.92m
3 Winston Hills, A	Winston Hills		20.65m
4 Balmain, A	Balmain		18.90m
5 Ryde, A	Ryde		18.41m
6 Doonside, A	Doonside		17.47m
7 Liverpool City, A	Liverpool City		17.13m
8 Sutherland, A	Sutherland		16.25m
9 Port Hacking, B	Port Hacking		15.91m
10 Hills District, A	Hills District		15.59m
11 Manly Warringah, A	Manly Warringah		15.22m
12 Hills District, B	Hills District		14.47m
13 Ku-Ring-Gai, A	Ku-Ring-Gai		13.47m
14 Terrigal/Wamberal, A	Terrigal/Wamberal		12.61m
15 Manly Warringah, B	Manly Warringah		12.25m
16 Randwick Botany, A	Randwick Botany		10.39m
17 Canterbury, A	Canterbury		9.99m

**Girls U 14 - Throws Relay**

Name	Age Centre	Seed	Final
1 Campbelltown, A	Campbelltown		19.88m
2 Port Hacking, A	Port Hacking		19.22m
3 Parramatta, A	Parramatta		17.16m
4 Illawong, A	Illawong		17.07m
5 Manly Warringah, A	Manly Warringah		16.52m
6 Liverpool City, A	Liverpool City		15.96m
7 Hills District, A	Hills District		15.68m
8 Sutherland, A	Sutherland		15.02m
9 Wyong, A	Wyong		14.78m
10 Manly Warringah, B	Manly Warringah		10.85m

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**....Girls U 14 - Throws Relay**

11 Hills District, B	Hills District	10.22m
12 Winston Hills, A	Winston Hills	9.75m

**Girls U 15 - Throws Relay**

Name	Age Centre	Seed	Final
1 Bankstown Sports, A	Bankstown Sports		20.08m
2 Balmain, A	Balmain		19.86m
3 Winston Hills, A	Winston Hills		18.23m
4 Kurrajong Bilpin, A	Kurrajong Bilpin		16.60m
5 Smithfield, A	Smithfield		15.97m
6 Sutherland, A	Sutherland		15.15m
7 Port Hacking, A	Port Hacking		13.30m
8 Hills District, A	Hills District		11.72m
9 Manly Warringah, B	Manly Warringah		11.61m
10 Manly Warringah, A	Manly Warringah		11.27m

**Girls U 17 - Throws Relay**

Name	Age Centre	Seed	Final
1 Port Hacking, A	Port Hacking		20.12m
2 Hills District, A	Hills District		18.27m
3 Northern Suburbs, A	Northern Suburbs		17.67m
4 Ku-Ring-Gai, A	Ku-Ring-Gai		17.58m
5 Campbelltown, A	Campbelltown		17.48m
6 Bankstown Sports, A	Bankstown Sports		17.13m
7 Manly Warringah, A	Manly Warringah		15.60m
8 Balmain, A	Balmain		14.94m
9 Ryde, A	Ryde		14.62m
10 Hills District, B	Hills District		14.13m
11 Doonside, A	Doonside		13.00m
12 Wollongong City, A	Wollongong City		12.86m
13 Winston Hills, A	Winston Hills		12.78m
14 Cherrybrook, A	Cherrybrook		11.80m
15 Wollongong City, B	Wollongong City		11.69m
16 Manly Warringah, B	Manly Warringah		10.40m

**Boys U 8 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Sutherland		1:06.55Q	3
2 Ku-Ring-Gai		1:07.35Q	2
3 Hills District		1:07.92Q	1
4 Northern Suburbs		1:07.49q	2
5 Camden		1:08.56q	2
6 Manly Warringah		1:08.78q	3
7 Winston Hills		1:08.96q	1
8 Port Hacking		1:09.02q	2
9 Prestons Robins		1:09.09	3
10 Ryde		1:09.16	3
11 Hornsby		1:09.74	1
12 Wollongong City		1:10.07	3
12 Campbelltown Collegians		1:10.07	2
14 Blacktown		1:10.48	2

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**....Boys U 8 - 4x100 Metre Relay**

15 Cherrybrook	1:10.72	2
16 Mosman	1:10.73	3
17 Eastern Suburbs	1:10.96	1
18 Randwick Botany	1:11.08	1
19 Inner West	1:14.30	1
20 Kings Langley	1:16.16	3
21 Revesby Workers	1:17.89	1

**Boys U 8 - 4x100 Metre Relay**

Centre	Heats	Final	
Final			
1 Ku-Ring-Gai	1:07.35	1:06.55	
2 Northern Suburbs	1:07.49	1:06.87	
3 Sutherland	1:06.55	1:06.91	
4 Hills District	1:07.92	1:06.98	
5 Port Hacking	1:09.02	1:07.85	
6 Manly Warringah	1:08.78	1:07.96	
7 Winston Hills	1:08.96	1:09.37	
-- Camden	1:08.56	DQ	IAAF 170.7

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

Centre	Seed	Heats	H#
Heats			
1 Manly Warringah		1:01.34Q	2
2 Sutherland		1:02.45Q	3
3 South Eastern		1:03.43Q	1
4 Port Hacking		1:01.42q	2
5 Campbelltown Collegians		1:02.63q	3
6 Bankstown Sports		1:04.12q	2
7 Canterbury		1:04.32q	3
8 Camden		1:05.12q	3
9 Hills District		1:05.39	3
10 Randwick Botany		1:05.84	1
11 Winston Hills		1:06.30	1
12 Eastern Suburbs		1:06.37	1
13 Ryde		1:06.62	3
14 Blacktown		1:06.94	2
15 Ku-Ring-Gai		1:07.27	2
16 Prestons Robins		1:07.40	2
17 Kings Langley		1:08.09	1
18 Revesby Workers		1:09.48	1
-- Mosman		DQ	2 IAAF 170.7

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

Centre	Heats	Final
Final		
1 Manly Warringah	1:01.34	1:00.81
2 Port Hacking	1:01.42	1:01.34
3 South Eastern	1:03.43	1:02.37
4 Campbelltown Collegians	1:02.63	1:02.48
5 Bankstown Sports	1:04.12	1:02.61
6 Camden	1:05.12	1:04.37

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

7 Canterbury	1:04.32	1:04.56	
-- Sutherland	1:02.45	DQ	IAAF 170.7

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

Centre	Seed	Heats	H#
Heats			
1 Ku-Ring-Gai		57.90Q	3
2 Mosman		58.81Q	2
3 South Eastern		1:01.69Q	1
4 Hills District		59.25q	3
5 Sutherland		59.39q	2
6 Canterbury		59.48q	2
7 Eastern Suburbs		59.57q	2
8 Northern Suburbs		1:00.21q	2
9 Ryde		1:01.41	2
10 Prestons Robins		1:01.65	3
11 Holroyd		1:01.76	3
12 Manly Warringah		1:01.87	3
13 Camden		1:02.92	1
14 Inner West		1:03.44	2
15 Winston Hills		1:03.60	3
16 Cherrybrook		1:04.29	3
17 Campbelltown Collegians		1:04.77	1
18 Randwick Botany		1:04.94	1
19 Illawong		1:05.67	1
20 Rouse Hill Rams		1:05.98	1
21 Kings Langley		1:08.60	1

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

Centre	Heats	Final
Final		
1 Ku-Ring-Gai	57.90	57.63
2 Mosman	58.81	59.17
3 Hills District	59.25	59.22
4 Canterbury	59.48	59.27
5 Northern Suburbs	1:00.21	1:00.61
6 Sutherland	59.39	1:00.73
7 Eastern Suburbs	59.57	1:00.77
8 South Eastern	1:01.69	1:01.15

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

Centre	Seed	Heats	H#
Heats			
1 Winston Hills		54.84Q	1
2 Manly Warringah		57.15Q	2
3 Ku-Ring-Gai		57.30Q	3
4 Sutherland		56.85q	1
5 South Eastern		57.46q	1
6 Port Hacking		58.20q	2
7 Mosman		58.27q	2
8 Hills District		58.55q	3
9 Eschol Park		58.60	1

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

10 Ryde	58.63	2
11 Campbelltown Collegians	58.83	2
12 Bowral	59.11	3
13 Camden	59.61	3
14 Eastern Suburbs	1:00.22	3
15 Blacktown	1:00.85	1
16 Holroyd	1:00.94	1
17 Inner West	1:01.74	3
18 Helensburgh	1:02.21	3
19 Cherrybrook	1:02.37	2
20 Prestons Robins	1:03.12	2
-- Northern Suburbs	DQ	1 IAAF 163.2

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

Centre	Heats	Final
Final		
1 Winston Hills	54.84	55.27
2 Sutherland	56.85	57.04
3 Manly Warringah	57.15	57.05
4 Ku-Ring-Gai	57.30	57.49
5 Port Hacking	58.20	57.86
6 South Eastern	57.46	57.92
7 Hills District	58.55	1:02.75
8 Mosman	58.27	1:03.48

**Boys U 12 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Ku-Ring-Gai		53.51Q	1
2 South Eastern		54.45Q	2
3 Northern Suburbs		54.53Q	3
4 Mosman		55.07q	3
5 Hills District		55.12q	2
6 Manly Warringah		55.25q	3
7 Winston Hills		55.28q	3
8 Sutherland		55.72q	2
9 Camden		56.34	3
10 Port Hacking		56.35	3
11 Canterbury		56.54	2
12 St George		56.71	2
13 Prestons Robins		56.97	1
14 Holroyd		58.03	1
15 Cherrybrook		58.23	1
16 Ryde		58.69	1
17 Randwick Botany		58.72	1
18 Eastern Suburbs		1:01.09	3

**Boys U 12 - 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Ku-Ring-Gai	53.51	52.57
2 South Eastern	54.45	54.41



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**....Boys U 12 - 4x100 Metre Relay**

3 Mosman	55.07	54.74
4 Winston Hills	55.28	54.97
5 Northern Suburbs	54.53	55.14
6 Hills District	55.12	55.15
7 Sutherland	55.72	55.21
8 Manly Warringah	55.25	55.38

**Boys U 13 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Bankstown Sports		48.72Q	1
2 Port Hacking		52.83Q	2
3 Hills District		52.81q	1
4 Camden		53.38q	2
5 Mosman		53.49q	2
6 Sutherland		54.20q	2
7 Northern Suburbs		54.50q	1
8 Cherrybrook		55.26q	2
9 Ryde		55.58	1
10 Canterbury		56.04	1
11 Manly Warringah		56.37	2
12 Inner West		56.83	2
-- Campbelltown Collegians		DQ	1 IAAF 170.7

**Boys U 13 - 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Bankstown Sports	48.72	48.47
2 Hills District	52.81	52.15
3 Port Hacking	52.83	52.96
4 Camden	53.38	54.06
5 Sutherland	54.20	54.60
6 Cherrybrook	55.26	54.72
7 Northern Suburbs	54.50	55.15
8 Mosman	53.49	1:15.1h

**Boys U 14 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Hills District		49.38Q	1
2 Bankstown Sports		50.34Q	2
3 Campbelltown Collegians		49.92q	1
4 Manly Warringah		50.44q	2
5 Port Hacking		50.64q	1
6 Winston Hills		51.10q	2
7 Eastern Suburbs		51.56q	2
8 Camden		52.45q	1
9 Ryde		52.65	1
10 Northern Suburbs		53.60	2
-- Illawong		DQ	2 IAAF 170.6c

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**Boys U 14 - 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Winston Hills	51.10	49.24
2 Hills District	49.38	49.51
3 Manly Warringah	50.44	49.63
4 Bankstown Sports	50.34	49.68
5 Campbelltown Collegians	49.92	49.94
6 Port Hacking	50.64	51.16
7 Eastern Suburbs	51.56	51.25
8 Camden	52.45	53.02

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

Centre	Seed	Heats	H#
Heats			
1 Manly Warringah		47.68Q	2
2 Randwick Botany		48.48Q	1
3 Smithfield		48.24q	2
4 Bankstown Sports		48.72q	1
5 Hills District		49.08q	2
6 Camden		50.23q	2
7 Northern Suburbs		50.51q	1
8 Cherrybrook		50.99q	2
9 Winston Hills		51.30	1
10 Ryde		52.07	1

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

Centre	Heats	Final
Final		
1 Bankstown Sports	48.72	47.14
2 Manly Warringah	47.68	47.15
3 Randwick Botany	48.48	47.48
4 Smithfield	48.24	48.13
5 Hills District	49.08	48.52
6 Northern Suburbs	50.51	49.15
7 Camden	50.23	50.69
8 Cherrybrook	50.99	52.06

**Boys U 17 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Ku-Ring-Gai		45.04Q	1
2 Hills District		45.59Q	2
3 Cherrybrook		46.00Q	3
4 Camden		45.11q	1
5 Balmain		45.88q	2
6 Quakers Hill		46.55q	3
7 Bankstown Sports		46.57q	3
8 Sutherland		46.86q	1
9 Mosman		47.27	1
10 Eastern Suburbs		47.29	3
11 Manly Warringah		48.09	2

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**....Boys U 17 - 4x100 Metre Relay**

12 Wollongong City	48.11	1
13 Winston Hills	48.31	2
14 Blacktown	48.35	2
15 Minchinbury	49.70	3
16 Rouse Hill Rams	54.80	1
17 Campbelltown Collegians	1:04.09	3
-- Port Hacking	DQ	2 IAAF 170.7

**Boys U 17 - 4x100 Metre Relay**

Centre	Heats	Final	
Final			
1 Camden	45.11	45.47	
2 Cherrybrook	46.00	45.51	
3 Balmain	45.88	45.72	
4 Quakers Hill	46.55	46.30	
5 Sutherland	46.86	46.88	
6 Hills District	45.59	49.35	
-- Bankstown Sports	46.57	DQ	IAAF 170.6c
-- Ku-Ring-Gai	45.04	DQ	ROC Sec 2, 2.1 iv

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

Centre	Seed	Final	H#
1 Sutherland		10:43.87	1
2 Balmain		10:48.61	2
3 Port Hacking		11:06.06	1
4 Eastern Suburbs		11:07.36	1
5 Manly Warringah		11:07.71	2
6 Hills District		11:09.46	2
7 Canterbury		11:12.30	2
8 Randwick Botany		11:20.16	2
9 Camden		11:31.15	2
10 Ryde		11:34.35	1
11 Winston Hills		11:34.38	1
12 Holroyd		11:34.66	2
13 Cherrybrook		11:52.39	2
14 Tallawong Park		11:57.41	1
15 Northern Suburbs		11:58.76	2
16 South Eastern		12:01.70	1
17 Revesby Workers		12:02.55	2
18 Ku-Ring-Gai		12:03.47	1
19 Quakers Hill		12:03.59	2
20 Inner West		12:06.02	1
21 Bowral		12:09.05	1
22 Kings Langley		12:48.75	2
23 Illawong		12:57.99	1
-- Mosman		DNF	1

**Boys U 12-15 Middle Distance Relay**

Centre	Seed	Final	H#
1 Balmain		9:03.47	2
2 Illawong		9:26.60	1
3 Mosman		9:35.48	2

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**....Boys U 12-15 Middle Distance Relay**

4 St George	9:37.22	2
5 Hills District	9:37.26	1
6 Sutherland	9:46.60	1
7 Ryde	9:49.78	2
8 Port Hacking	9:55.24	1
9 Manly Warringah	9:59.82	1
10 Cherrybrook	10:00.38	1
11 Northern Suburbs	10:03.16	2
12 Camden	10:08.94	2
13 Liverpool City	10:29.57	2
14 Eschol Park	10:36.97	2
15 Winston Hills	10:39.97	2
16 Inner West	10:43.40	1
17 Wyong	10:53.17	1
18 Holroyd	11:10.31	2
19 Helensburgh	11:18.30	1
20 Doonside	11:22.63	1

**Boys U 8 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Ku-Ring-Gai, A	Ku-Ring-Gai		21.46m
2 Ku-Ring-Gai, B	Ku-Ring-Gai		21.37m
3 Manly Warringah, A	Manly Warringah		21.02m
4 Port Hacking, A	Port Hacking		18.86m
5 Manly Warringah, B	Manly Warringah		18.46m
6 Hills District, B	Hills District		18.39m
7 Wollongong City, A	Wollongong City		17.98m
8 Parramatta, A	Parramatta		17.66m
9 Hills District, A	Hills District		17.54m
10 Port Hacking, B	Port Hacking		17.53m
11 Prospect, A	Prospect		17.34m
12 Sutherland, A	Sutherland		15.24m
13 Cherrybrook, A	Cherrybrook		14.35m
14 Winston Hills, A	Winston Hills		12.24m
-- Bankstown Sports, A	Bankstown Sports		NH

**Boys U 9 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Manly Warringah, B	Manly Warringah		22.25m
2 Campbelltown, A	Campbelltown		21.34m
3 Northern Suburbs, A	Northern Suburbs		20.63m
4 Manly Warringah, A	Manly Warringah		20.47m
5 Ku-Ring-Gai, A	Ku-Ring-Gai		20.33m
6 Northern Suburbs, B	Northern Suburbs		20.32m
7 Sutherland, A	Sutherland		19.96m
8 South Eastern, A	South Eastern		19.68m
9 Port Hacking, A	Port Hacking		19.65m
10 Ku-Ring-Gai, B	Ku-Ring-Gai		18.81m
11 Winston Hills, A	Winston Hills		18.59m
12 Ryde, A	Ryde		17.84m
13 Winston Hills, B	Winston Hills		17.44m
14 Hills District, A	Hills District		17.36m
15 Inner West, A	Inner West		17.05m
16 Hills District, B	Hills District		15.64m

**LITTLE ATHLETICS NSW**  
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**....Boys U 9 - Jumps Relay**

17 Liverpool City, A	Liverpool City	13.54m
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**Boys U 10 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Balmain, A	Balmain		20.90m
2 Manly Warringah, A	Manly Warringah		20.36m
3 Springwood, A	Springwood		19.88m
4 Hills District, A	Hills District		19.77m
5 Bankstown Sports, A	Bankstown Sports		19.40m
6 Ku-Ring-Gai, A	Ku-Ring-Gai		19.08m
7 Sutherland, A	Sutherland		18.77m
8 Hills District, B	Hills District		18.71m
9 Ku-Ring-Gai, B	Ku-Ring-Gai		18.55m
10 Ryde, B	Ryde		16.94m
11 Northern Suburbs, A	Northern Suburbs		16.52m
12 Parramatta, A	Parramatta		16.51m
13 Manly Warringah, B	Manly Warringah		15.68m
14 Prospect, A	Prospect		15.28m
15 Ryde, A	Ryde		14.60m

**Boys U 11 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Manly Warringah, A	Manly Warringah		24.71m
2 Northern Suburbs, A	Northern Suburbs		23.54m
3 Balmain, A	Balmain		22.97m
4 Bankstown Sports, A	Bankstown Sports		22.36m
5 Manly Warringah, B	Manly Warringah		21.03m
6 Illawong, A	Illawong		20.83m
7 Ku-Ring-Gai, A	Ku-Ring-Gai		20.76m
8 Sutherland, A	Sutherland		19.85m
9 Port Hacking, A	Port Hacking		18.77m
10 Kings Langley, A	Kings Langley		18.76m
11 Randwick Botany, A	Randwick Botany		18.40m
12 Winston Hills, A	Winston Hills		18.06m
13 Inner West, A	Inner West		17.85m
14 Hills District, A	Hills District		17.77m
15 Ku-Ring-Gai, B	Ku-Ring-Gai		17.67m
16 South Eastern, B	South Eastern		16.43m
17 Ryde, B	Ryde		16.06m
18 South Eastern, A	South Eastern		15.39m
19 Hills District, B	Hills District		10.93m
20 Prospect, A	Prospect		10.55m
21 Rouse Hill Rams, A	Rouse Hill Rams		9.95m
22 Cherrybrook, A	Cherrybrook		9.30m
-- Ryde, A	Ryde		NH

**Boys U 12 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Ku-Ring-Gai, A	Ku-Ring-Gai		20.43m
2 Manly Warringah, A	Manly Warringah		20.31m
3 Port Hacking, A	Port Hacking		20.14m
4 Northern Suburbs, A	Northern Suburbs		20.12m

**LITTLE ATHLETICS NSW**  
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**....Boys U 12 - Jumps Relay**

5 Hills District, A	Hills District	19.81m
6 Manly Warringah, B	Manly Warringah	19.08m
7 Camden, A	Camden	18.85m
8 Canterbury, A	Canterbury	18.82m
9 Sutherland, A	Sutherland	18.34m
9 Hills District, B	Hills District	18.34m
11 Cherrybrook, A	Cherrybrook	18.25m
12 Winston Hills, A	Winston Hills	18.06m
13 Ryde, A	Ryde	17.62m
14 South Eastern, B	South Eastern	16.57m
15 Springwood, A	Springwood	16.46m
15 Randwick Botany, A	Randwick Botany	16.46m
17 Eschol Park, A	Eschol Park	16.44m
18 Port Hacking, B	Port Hacking	16.35m
19 Blacktown, A	Blacktown	15.66m
20 Hornsby, A	Hornsby	15.56m
21 Prospect, A	Prospect	13.56m
22 South Eastern, A	South Eastern	11.84m

**Boys U 13 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Port Hacking, A	Port Hacking		23.27m
2 Hills District, A	Hills District		22.52m
3 Manly Warringah, A	Manly Warringah		22.24m
4 Ryde, A	Ryde		22.06m
5 Bankstown Sports, A	Bankstown Sports		21.71m
6 Ku-Ring-Gai, A	Ku-Ring-Gai		21.07m
7 Canterbury, A	Canterbury		20.38m
8 Manly Warringah, B	Manly Warringah		20.09m
9 Northern Suburbs, A	Northern Suburbs		19.99m
10 Balmain, A	Balmain		19.95m
11 Cherrybrook, A	Cherrybrook		19.92m
12 Port Hacking, B	Port Hacking		19.81m
13 Campbelltown, A	Campbelltown		19.50m
14 Sutherland, A	Sutherland		19.30m
15 Hills District, B	Hills District		19.26m
16 Winston Hills, A	Winston Hills		18.64m
17 Inner West, A	Inner West		17.68m
18 Illawong, A	Illawong		17.55m
19 Liverpool City, A	Liverpool City		16.92m

**Boys U 14 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Bankstown Sports, A	Bankstown Sports		24.41m
2 Hills District, A	Hills District		23.50m
3 Ryde, A	Ryde		20.70m
4 Winston Hills, A	Winston Hills		20.68m
5 Illawong, A	Illawong		19.76m
6 Bundeena-Maianbar, A	Bundeena-Maianbar		19.38m
7 Campbelltown, A	Campbelltown		19.37m
8 Manly Warringah, A	Manly Warringah		19.09m
9 South Eastern, A	South Eastern		18.91m
10 Prospect, A	Prospect		18.70m
11 Liverpool City, A	Liverpool City		17.47m

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**....Boys U 14 - Jumps Relay**

12 Northern Suburbs, A	Northern Suburbs	16.58m
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**Boys U 15 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Northern Suburbs, A	Northern Suburbs		21.36m
2 Manly Warringah, A	Manly Warringah		20.85m
3 Randwick Botany, A	Randwick Botany		19.90m
4 Campbelltown, A	Campbelltown		18.80m
5 Bankstown Sports, A	Bankstown Sports		18.16m
6 Port Hacking, A	Port Hacking		17.72m
7 Liverpool City, A	Liverpool City		17.70m
8 Ryde, A	Ryde		16.94m
9 Manly Warringah, B	Manly Warringah		16.26m
10 Sutherland, A	Sutherland		16.24m
11 Hills District, A	Hills District		15.69m
12 Cherrybrook, A	Cherrybrook		12.41m

**Boys U 17 - Jumps Relay**

Name	Age Centre	Seed	Final
1 Cherrybrook, A	Cherrybrook		23.21m
2 Port Hacking, A	Port Hacking		23.05m
3 Rouse Hill Rams, A	Rouse Hill Rams		20.62m
4 Manly Warringah, A	Manly Warringah		20.47m
5 Winston Hills, A	Winston Hills		20.38m
6 Wollongong City, A	Wollongong City		19.53m
7 Ryde, A	Ryde		19.17m
8 Campbelltown, A	Campbelltown		18.26m
9 Bankstown Sports, A	Bankstown Sports		17.54m
10 Sutherland, A	Sutherland		16.88m
11 Helensburgh, A	Helensburgh		16.24m
12 Eastlakes, A	Eastlakes		15.61m
13 Cherrybrook, B	Cherrybrook		15.15m
14 Blacktown, A	Blacktown		15.01m
15 Manly Warringah, B	Manly Warringah		14.96m
16 Hills District, A	Hills District		14.84m
17 Camden, A	Camden		14.30m
18 Liverpool City, A	Liverpool City		8.69m

**Boys U 8 - Throws Relay**

Name	Age Centre	Seed	Final
1 Manly Warringah, A	Manly Warringah		16.23m
2 Ku-Ring-Gai, A	Ku-Ring-Gai		14.85m
3 Campbelltown, A	Campbelltown		14.44m
4 Port Hacking, A	Port Hacking		14.06m
5 Winston Hills, A	Winston Hills		13.45m
6 Parramatta, A	Parramatta		13.41m
7 Sutherland, A	Sutherland		12.60m
8 Hills District, A	Hills District		12.57m
9 Hornsby, A	Hornsby		12.43m
10 Hills District, B	Hills District		11.21m
11 Ku-Ring-Gai, B	Ku-Ring-Gai		9.36m
12 Manly Warringah, B	Manly Warringah		4.32m

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**Boys U 9 - Throws Relay**

Name	Age Centre	Seed	Final
1 Winston Hills, A	Winston Hills		18.27m
2 Campbelltown, A	Campbelltown		15.22m
3 Northern Suburbs, A	Northern Suburbs		15.13m
4 Prospect, A	Prospect		14.94m
5 Port Hacking, A	Port Hacking		14.89m
6 Doonside, A	Doonside		14.21m
7 South Eastern, A	South Eastern		13.42m
8 Manly Warringah, A	Manly Warringah		13.12m
9 Northern Suburbs, B	Northern Suburbs		12.63m
10 Ryde, A	Ryde		12.62m
11 Tallawong Park, A	Tallawong Park		12.54m
12 Sutherland, A	Sutherland		12.46m
13 Manly Warringah, B	Manly Warringah		12.26m
14 Winston Hills, B	Winston Hills		11.99m
15 Ryde, B	Ryde		11.55m
16 Hills District, A	Hills District		11.39m
17 Liverpool City, A	Liverpool City		11.19m
18 Inner West, A	Inner West		10.81m
19 Ku-Ring-Gai, B	Ku-Ring-Gai		10.48m
20 Hills District, B	Hills District		9.67m
21 Ku-Ring-Gai, A	Ku-Ring-Gai		8.51m

**Boys U 10 - Throws Relay**

Name	Age Centre	Seed	Final
1 Campbelltown, A	Campbelltown		17.89m
2 Northern Suburbs, A	Northern Suburbs		15.17m
3 Sutherland, A	Sutherland		14.27m
4 Hills District, A	Hills District		14.17m
5 Springwood, A	Springwood		13.25m
6 Smithfield, A	Smithfield		13.13m
7 Manly Warringah, A	Manly Warringah		13.10m
8 Parramatta, A	Parramatta		12.03m
9 Blacktown, A	Blacktown		11.87m
10 Ku-Ring-Gai, A	Ku-Ring-Gai		11.84m
11 Canterbury, A	Canterbury		10.84m
12 Quakers Hill, A	Quakers Hill		10.79m
13 Hills District, B	Hills District		10.25m
14 Doonside, A	Doonside		9.91m
15 Manly Warringah, B	Manly Warringah		9.85m
16 Ryde, B	Ryde		9.69m
17 Ryde, A	Ryde		9.66m
18 Ku-Ring-Gai, B	Ku-Ring-Gai		6.54m
-- Liverpool City, A	Liverpool City		ND

**Boys U 11 - Throws Relay**

Name	Age Centre	Seed	Final
1 Parramatta, A	Parramatta		21.86m
2 Sutherland, A	Sutherland		21.33m
3 Kings Langley, A	Kings Langley		19.37m
4 Campbelltown, A	Campbelltown		18.51m
5 Northern Suburbs, A	Northern Suburbs		18.40m
6 Winston Hills, A	Winston Hills		18.27m



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**....Boys U 11 - Throws Relay**

7 Inner West, A	Inner West	18.23m
8 Manly Warringah, A	Manly Warringah	18.11m
9 Smithfield, A	Smithfield	17.55m
10 Bankstown Sports, A	Bankstown Sports	16.84m
11 Ku-Ring-Gai, A	Ku-Ring-Gai	16.41m
12 Quakers Hill, A	Quakers Hill	16.20m
13 Ryde, A	Ryde	15.80m
14 Port Hacking, A	Port Hacking	15.59m
15 Hills District, B	Hills District	15.31m
16 Liverpool City, A	Liverpool City	14.66m
17 Hills District, A	Hills District	14.61m
18 South Eastern, A	South Eastern	14.38m
19 Cherrybrook, A	Cherrybrook	14.36m
20 Prospect, A	Prospect	13.00m
21 Randwick Botany, A	Randwick Botany	12.78m
22 Manly Warringah, B	Manly Warringah	12.62m
23 South Eastern, B	South Eastern	12.46m
24 Ku-Ring-Gai, B	Ku-Ring-Gai	12.27m
25 Illawong, A	Illawong	11.68m
-- Ryde, B	Ryde	ND

**Boys U 12 - Throws Relay**

Name	Age Centre	Seed	Final
1 Hills District, A	Hills District		18.44m
2 Parramatta, A	Parramatta		17.25m
3 Manly Warringah, A	Manly Warringah		17.11m
4 Ryde, A	Ryde		16.09m
5 Port Hacking, A	Port Hacking		15.71m
6 Sutherland, A	Sutherland		15.37m
7 Manly Warringah, B	Manly Warringah		14.70m
8 Northern Suburbs, A	Northern Suburbs		13.98m
9 South Eastern, A	South Eastern		13.61m
10 Ku-Ring-Gai, A	Ku-Ring-Gai		12.91m
11 Hornsby, A	Hornsby		12.60m
12 Doonside, A	Doonside		12.58m
13 Randwick Botany, A	Randwick Botany		12.13m
14 Hills District, B	Hills District		12.07m
15 Port Hacking, B	Port Hacking		11.84m
16 Bankstown Sports, A	Bankstown Sports		11.80m
17 Winston Hills, B	Winston Hills		11.56m
18 South Eastern, B	South Eastern		11.39m
19 Cherrybrook, A	Cherrybrook		10.98m
20 Prospect, A	Prospect		10.94m
21 Winston Hills, A	Winston Hills		9.19m
-- Blacktown, A	Blacktown		ND

**Boys U 13 - Throws Relay**

Name	Age Centre	Seed	Final
1 Northern Suburbs, A	Northern Suburbs		18.23m
2 Illawong, A	Illawong		16.35m
3 Balmain, A	Balmain		15.85m
4 Bankstown Sports, A	Bankstown Sports		14.92m
5 South Eastern, A	South Eastern		14.82m
6 Smithfield, A	Smithfield		14.61m

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**....Boys U 13 - Throws Relay**

7 Manly Warringah, A	Manly Warringah	14.30m
8 Liverpool City, A	Liverpool City	14.11m
9 Campbelltown, A	Campbelltown	12.32m
10 Port Hacking, A	Port Hacking	12.09m
11 Hills District, A	Hills District	12.03m
12 Sutherland, A	Sutherland	11.38m
13 Manly Warringah, B	Manly Warringah	10.31m
14 Port Hacking, B	Port Hacking	10.14m
15 Canterbury, A	Canterbury	10.06m
16 Liverpool City, B	Liverpool City	9.66m
17 Cherrybrook, A	Cherrybrook	9.45m

**Boys U 14 - Throws Relay**

Name	Age Centre	Seed	Final
1 Bankstown Sports, A	Bankstown Sports		17.93m
2 Ryde, A	Ryde		17.63m
3 Hills District, A	Hills District		16.33m
4 Manly Warringah, A	Manly Warringah		15.71m
5 Wyong, A	Wyong		15.64m
6 Canterbury, A	Canterbury		13.64m
7 Winston Hills, A	Winston Hills		13.42m
8 Girraween, A	Girraween		13.08m
9 Prospect, A	Prospect		11.63m
10 Liverpool City, A	Liverpool City		8.72m
11 Mt Druitt, A	Mt Druitt		8.52m
12 Northern Suburbs, A	Northern Suburbs		7.06m

**Boys U 15 - Throws Relay**

Name	Age Centre	Seed	Final
1 Winston Hills, A	Winston Hills		18.73m
2 Bankstown Sports, A	Bankstown Sports		16.96m
3 Manly Warringah, A	Manly Warringah		15.66m
4 Sutherland, A	Sutherland		14.39m
5 Campbelltown, A	Campbelltown		13.03m
6 Liverpool City, A	Liverpool City		12.79m
7 Prospect, A	Prospect		11.78m
8 Balmain, A	Balmain		11.73m
9 Manly Warringah, B	Manly Warringah		9.20m
10 Cherrybrook, A	Cherrybrook		5.27m

**Boys U 17 - Throws Relay**

Name	Age Centre	Seed	Final
1 Camden, A	Camden		15.85m
2 Bankstown Sports, A	Bankstown Sports		15.75m
3 Rouse Hill Rams, A	Rouse Hill Rams		15.17m
4 Port Hacking, A	Port Hacking		14.76m
5 Manly Warringah, A	Manly Warringah		14.64m
6 Campbelltown, A	Campbelltown		13.83m
7 Ryde, B	Ryde		13.23m
8 Sutherland, A	Sutherland		13.15m
9 Hills District, A	Hills District		12.72m
10 Cherrybrook, A	Cherrybrook		12.08m

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**....Boys U 17 - Throws Relay**

11 Winston Hills, A	Winston Hills	11.02m
12 Blacktown, A	Blacktown	9.80m
13 Manly Warringah, B	Manly Warringah	9.09m
14 Wollongong City, A	Wollongong City	5.57m
15 Liverpool City, A	Liverpool City	4.96m

**Mixed U 8 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
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## Heats

1 Holroyd		1:09.43Q	2
2 Kurrajong Bilpin		1:10.17Q	1
3 Bundeena-Maianbar		1:11.86q	1
4 Albion Park		1:12.57q	2
5 Liverpool City		1:12.98q	1
6 Doonside		1:13.35q	2
7 Wyong		1:13.70q	2
8 Eschol Park		1:13.82q	2
9 Quakers Hill		1:14.05	2
10 Tallawong Park		1:14.33	1
11 Smithfield		1:14.48	1
12 Springwood		1:17.87	1
13 Prospect		1:19.83	1

**Mixed U 8 - 4x100 Metre Relay**

Centre	Heats	Final
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## Final

1 Holroyd	1:09.43	1:09.82
2 Kurrajong Bilpin	1:10.17	1:10.86
3 Liverpool City	1:12.98	1:13.38
4 Doonside	1:13.35	1:13.45
5 Wyong	1:13.70	1:14.02
6 Bundeena-Maianbar	1:11.86	1:14.46
7 Eschol Park	1:13.82	1:16.05
8 Albion Park	1:12.57	1:16.41

**Mixed U 9 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
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## Heats

1 Albion Park		1:04.12Q	2
2 Springwood		1:07.08Q	1
3 Holroyd		1:04.19q	2
4 Tallawong Park		1:05.84q	2
5 Doonside		1:07.69q	1
6 Bowral		1:07.71q	2
7 Quakers Hill		1:07.84q	2
8 Smithfield		1:08.32q	1
9 Kurrajong Bilpin		1:08.38	1
10 Bundeena-Maianbar		1:08.97	1
11 Eschol Park		1:09.48	1
12 Liverpool City		1:09.53	2
13 Prospect		1:09.62	1
14 Wyong		1:09.78	2

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**...Mixed U 9 - 4x100 Metre Relay**

15 Western Blues 1:10.81 1

**Mixed U 9 - 4x100 Metre Relay**

Centre	Heats	Final
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Final

1 Holroyd	1:04.19	1:04.07
2 Albion Park	1:04.12	1:04.77
3 Tallawong Park	1:05.84	1:05.74
4 Springwood	1:07.08	1:06.50
5 Doonside	1:07.69	1:07.27
6 Bowral	1:07.71	1:07.73
7 Quakers Hill	1:07.84	1:08.38
8 Smithfield	1:08.32	1:08.48

**Mixed U 10 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
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Heats

1 Wyong		1:02.60Q	2
2 Helensburgh		1:02.76Q	1
3 Prospect		1:04.33q	1
4 Tallawong Park		1:05.08q	2
5 Liverpool City		1:06.67q	2
6 Eschol Park		1:07.45q	1
7 Smithfield		1:08.28q	2
8 Doonside		1:10.65q	1
9 Albion Park		1:12.51	1
-- Kurrajong Bilpin		DQ	2 IAAF 170.6c
-- Bundeena-Maianbar		DQ	2 IAAF 170.7
-- Quakers Hill		DQ	1 IAAF 170.7

**Mixed U 10 - 4x100 Metre Relay**

Centre	Heats	Final
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Final

1 Wyong	1:02.60	1:01.75
2 Helensburgh	1:02.76	1:03.17
3 Prospect	1:04.33	1:04.11
4 Tallawong Park	1:05.08	1:04.75
5 Liverpool City	1:06.67	1:04.90
6 Eschol Park	1:07.45	1:07.42
7 Doonside	1:10.65	1:07.42
8 Smithfield	1:08.28	1:08.43

**Mixed U 11 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
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Heats

1 Wyong		57.15Q	2
2 Albion Park		57.52Q	1
3 Smithfield		1:00.83q	2
4 Quakers Hill		1:01.12q	1
5 Kurrajong Bilpin		1:01.37q	2

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**...Mixed U 11 - 4x100 Metre Relay**

6 Bundeena-Maianbar	1:02.73q	1
7 Springwood	1:04.16q	1
8 Tallawong Park	1:04.37q	2
9 Liverpool City	1:05.00	2
10 Western Blues	1:10.83	1
11 Doonside	1:10.85	1

**Mixed U 11 - 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Albion Park	57.52	56.73
2 Wyong	57.15	56.79
3 Smithfield	1:00.83	1:00.32
4 Quakers Hill	1:01.12	1:00.91
5 Kurrajong Bilpin	1:01.37	1:01.55
6 Bundeena-Maianbar	1:02.73	1:03.20
7 Springwood	1:04.16	1:04.35
8 Tallawong Park	1:04.37	1:06.41

**Mixed U 12 - 4x100 Metre Relay**

Centre	Seed	Final
1 Kurrajong Bilpin		57.09
2 Springwood		57.62
3 Albion Park		58.50
4 Smithfield		59.02
5 Liverpool City		59.03
6 Prospect		59.61
7 Doonside		59.65
8 Kings Langley		1:00.69
9 Tallawong Park		1:00.97

**Mixed U 13 - 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Albion Park		51.48Q	2
2 Liverpool City		54.85Q	1
3 Doonside		55.43q	2
4 Springwood		56.11q	1
5 Smithfield		56.35q	1
6 Wyong		56.60q	2
7 Western Blues		56.97q	2
8 Kurrajong Bilpin		57.66q	2
9 Bowral		58.65	1
9 Quakers Hill		58.65	1
11 Bundeena-Maianbar		59.04	1

**Mixed U 13 - 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Albion Park	51.48	52.91

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP - 17/11/2018 to 18/11/2018**  
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**...Mixed U 13 - 4x100 Metre Relay**

2 Liverpool City	54.85	54.74
3 Springwood	56.11	55.18
4 Doonside	55.43	55.34
5 Smithfield	56.35	55.40
6 Western Blues	56.97	57.07
7 Kurrajong Bilpin	57.66	57.24
8 Wyong	56.60	57.78

**Mixed U 14 - 4x100 Metre Relay**

Centre	Seed	Final
1 Liverpool City		51.29
2 Holroyd		51.96
3 Wyong		52.13
4 Mt Druitt		52.16
5 Prospect		53.27
6 Kurrajong Bilpin		54.10
7 Bundeena-Maianbar		56.42

**Mixed U 15 - 4x100 Metre Relay**

Centre	Seed	Final
1 Albion Park		51.77
2 Doonside		52.26
3 Kurrajong Bilpin		52.66
4 Quakers Hill		54.74

**Mixed U 17 - 4x100 Metre Relay**

Centre	Seed	Final
1 Kurrajong Bilpin		47.85
2 Doonside		48.47
3 Albion Park		48.60
4 Smithfield		52.27
5 Helensburgh		52.80
6 Liverpool City		52.93

**Mixed U 8 - 4x200 Metre Relay**

Centre	Seed	Final	H#
1 Sutherland		2:24.58	3
2 Port Hacking		2:24.92	2
3 Hills District		2:26.22	3
4 Revesby Workers		2:30.32	3
5 Holroyd		2:31.37	3
6 Eastern Suburbs		2:32.99	1
7 Ku-Ring-Gai		2:33.01	2
8 Inner West		2:33.54	3
9 Mosman		2:33.60	3
10 Manly Warringah		2:34.28	1
11 Randwick Botany		2:34.50	1
12 Northern Suburbs		2:35.64	2
13 Wollongong City		2:36.31	3
14 Albion Park		2:37.58	1

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**...Mixed U 8 - 4x200 Metre Relay**

15 Winston Hills	2:42.26	2	
16 Wyong	2:43.16	1	
17 Ryde	2:43.94	2	
18 Campbelltown Collegians	2:45.77	1	
19 Eschol Park	2:48.53	2	
20 Cherrybrook	2:53.18	1	
-- Illawong	DQ	2	IAAF 170.7

**Mixed U 9 - 4x200 Metre Relay**

Centre	Seed	Final	H#
1 Port Hacking		2:14.87	3
2 South Eastern		2:16.92	1
3 Sutherland		2:17.16	3
4 Manly Warringah		2:18.39	1
5 Eastern Suburbs		2:20.45	2
6 Hills District		2:21.34	3
7 Ku-Ring-Gai		2:21.57	2
8 Ryde		2:22.68	1
9 Albion Park		2:23.04	1
10 Winston Hills		2:23.84	2
11 Randwick Botany		2:24.85	3
12 Holroyd		2:25.84	3
13 Canterbury		2:26.80	1
14 Revesby Workers		2:28.22	2
15 Campbelltown Collegians		2:30.21	2
16 Mosman		2:30.60	3
17 Cherrybrook		2:31.11	2
18 Kings Langley		2:33.68	2
19 Eschol Park		2:35.08	2
20 Northern Suburbs		2:36.98	1
21 Wyong		2:44.98	3

**Mixed U 10 - 4x400 Metre Relay**

Centre	Seed	Final	H#
1 Balmain		4:49.76	3
2 Ku-Ring-Gai		4:51.82	1
3 Sutherland		4:59.18	3
4 Port Hacking		5:01.22	2
5 Eastern Suburbs		5:02.02	2
6 Hills District		5:03.16	3
7 Wyong		5:05.44	2
8 Canterbury		5:10.81	1
9 Manly Warringah		5:14.14	3
10 Randwick Botany		5:14.29	2
11 Mosman		5:16.51	1
12 Ryde		5:18.15	1
13 Cherrybrook		5:20.37	3
14 Illawong		5:27.26	1
15 Northern Suburbs		5:30.18	1
16 Inner West		5:33.80	3
17 Quakers Hill		5:34.31	2
18 Blacktown		5:34.90	2
19 Winston Hills		5:50.05	2

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**Mixed U 11 - 4x400 Metre Relay**

Centre	Seed	Final	H#
1 Sutherland		4:41.82	3
2 Mosman		4:42.96	1
3 Ku-Ring-Gai		4:47.07	2
4 Port Hacking		4:47.89	3
5 Manly Warringah		4:48.34	1
6 Eastern Suburbs		4:49.48	1
7 Wyong		4:52.83	2
8 Ryde		4:53.24	2
9 Albion Park		4:58.76	2
10 South Eastern		5:01.25	2
11 Northern Suburbs		5:01.78	1
12 Rouse Hill Rams		5:12.09	3
13 Hills District		5:13.33	1
14 Cherrybrook		5:18.17	3
15 Revesby Workers		5:21.71	3
16 Inner West		5:23.19	1
17 Quakers Hill		5:25.37	3
18 Everley Park		5:49.23	2

**Mixed U 12 - 4x400 Metre Relay**

Centre	Seed	Final	H#
1 Balmain		4:17.10	3
2 South Eastern		4:22.27	3
3 Mosman		4:25.05	3
4 Sutherland		4:25.75	3
5 Manly Warringah		4:32.86	1
6 Ku-Ring-Gai		4:33.39	1
7 Hills District		4:39.33	3
8 Albion Park		4:44.45	2
9 Cherrybrook		4:45.12	1
10 Bankstown Sports		4:45.84	2
11 Illawong		4:47.03	1
12 Canterbury		4:48.86	1
13 Randwick Botany		4:54.27	2
14 Port Hacking		4:55.04	2
15 Springwood		5:00.70	2
16 Ryde		5:06.07	2
17 Winston Hills		5:21.08	1
18 Kings Langley		5:31.34	1

**Mixed U 13 - 4x400 Metre Relay**

Centre	Seed	Final	H#
1 Balmain		4:10.71	1
2 Albion Park		4:15.97	2
3 Port Hacking		4:20.55	1
4 Manly Warringah		4:21.14	1
5 Hills District		4:26.25	1
6 Sutherland		4:27.29	2
7 Canterbury		4:29.58	2
8 Bankstown Sports		4:33.71	1
9 Mosman		4:41.33	2
10 Cherrybrook		4:45.59	1



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**...Mixed U 13 - 4x400 Metre Relay**

11 Ryde	4:48.09	2
12 Campbelltown Collegians	4:57.33	2
13 Wyong	5:01.12	1
14 Everley Park	5:04.57	2
15 Liverpool City	5:06.23	2

**Mixed U 14 - 4x400 Metre Relay**

Centre	Seed	Final	H#
1 Manly Warringah		3:59.58	1
2 Hills District		4:08.22	1
3 Campbelltown Collegians		4:09.18	2
4 Eastern Suburbs		4:10.54	1
5 Mosman		4:12.12	2
6 Illawong		4:17.73	2
7 Liverpool City		4:27.89	2
8 Quakers Hill		4:28.20	1
9 Ryde		4:33.11	1
10 Wyong		4:47.20	2

**Mixed U 15 - 4x400 Metre Relay**

Centre	Seed	Final
1 Sutherland		3:44.02
2 Manly Warringah		3:47.61
3 Ryde		3:59.52
4 Port Hacking		4:00.38
5 Camden		4:03.75
6 South Eastern		4:10.08
7 Albion Park		4:16.73
8 Campbelltown Collegians		4:25.36

**Mixed U 17 - 4x400 Metre Relay**

Centre	Seed	Final	H#
1 Campbelltown Collegians		3:46.57	2
2 Manly Warringah		3:47.05	2
3 Sutherland		3:47.26	2
4 Port Hacking		3:49.11	2
5 Hills District		3:49.40	2
6 Ku-Ring-Gai		3:50.42	2
7 Camden		3:51.75	1
8 Albion Park		3:53.33	2
9 Mosman		3:53.60	1
10 Wollongong City		4:03.71	1
11 Cherrybrook		4:16.57	1
12 Winston Hills		4:19.46	1
13 Randwick Botany		4:21.11	1
14 Liverpool City		4:29.88	1

**LITTLE ATHLETICS NSW**  
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**Mixed U 8-11 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Albion Park		1:02.52Q	1
2 Eschol Park		1:03.26Q	2
3 Bowral		1:03.52q	1
4 Tallawong Park		1:04.75q	2
5 Mt Druitt		1:05.44q	1
6 Prospect		1:06.13q	2
7 Liverpool City		1:06.15q	2
8 Bundeena-Maianbar		1:06.72q	1
9 Western Blues		1:07.74	2

**Mixed U 8-11 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Albion Park	1:02.52	1:02.21
2 Eschol Park	1:03.26	1:02.83
3 Tallawong Park	1:04.75	1:04.13
4 Prospect	1:06.13	1:05.22
5 Bowral	1:03.52	1:05.55
6 Bundeena-Maianbar	1:06.72	1:07.69
7 Mt Druitt	1:05.44	1:08.44
8 Liverpool City	1:06.15	1:10.40

**Mixed U 12-15 4x100 Metre Relay**

Centre	Seed	Heats	H#
Heats			
1 Liverpool City		50.23Q	2
2 Prospect		53.25Q	1
3 Albion Park		52.06q	2
4 Bowral		53.78q	1
5 Eastlakes		53.92q	2
6 Eschol Park		54.50q	2
7 Helensburgh		55.53q	2
8 Bundeena-Maianbar		56.26q	1
9 Tallawong Park		56.41	1
10 Mt Druitt		57.23	1

**Mixed U 12-15 4x100 Metre Relay**

Centre	Heats	Final
Final		
1 Liverpool City	50.23	50.04
2 Prospect	53.25	52.91
3 Albion Park	52.06	53.04
4 Bowral	53.78	53.99
5 Eschol Park	54.50	54.18
6 Eastlakes	53.92	54.29
7 Helensburgh	55.53	55.09
8 Bundeena-Maianbar	56.26	56.28

**LITTLE ATHLETICS NSW**  
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**Mixed U 8-11 Long Jump x 4**

Name	Age Centre	Seed	Final
1 Bowral, A	M Bowral		29.07m
2 Albion Park, A	M Albion Park		28.63m
3 Tallawong Park, A	M Tallawong Park		26.09m
4 Eschol Park, A	M Eschol Park		23.24m
5 Mt Druitt, A	M Mt Druitt		22.99m
6 Bundeena-Maianbar, A	M Bundeena-Maianbar		17.02m
7 Prospect, A	M Prospect		16.54m

**Mixed U 12-15 Long Jump x 4**

Name	Age Centre	Seed	Final
1 Liverpool City, A	M Liverpool City		30.60m
2 Prospect, A	M Prospect		25.80m
3 Bowral, A	M Bowral		25.57m
4 Eschol Park, A	M Eschol Park		25.11m
5 Albion Park, A	M Albion Park		24.12m
6 Helensburgh, A	M Helensburgh		23.28m
7 Eastlakes, A	M Eastlakes		22.35m
8 Mt Druitt, A	M Mt Druitt		21.81m
9 Tallawong Park, A	M Tallawong Park		19.76m