



FAMILY FUN AND FITNESS

# State Records

*as at April 1, 2004*

# STATE RECORDS AS AT APRIL 1, 2004

## UNDER 7 GIRLS

50 Metres	Annette Cavanagh	Blacktown	8.0	24/03/79
	Andrea Parker	Hills District	8.0	24/03/79
70 Metres	Karolyn Cassidy	Hills District	10.8	11/03/78
	Jo-anne Swan	Camden	10.8	16/03/80
100 Metres	Belinda Ruiz	Lake Illawarra	15.9	07/03/82
200 Metres	Jo-anne Swan	Camden	33.1	15/03/80
Long Jump	Sally Eggleton	Ku-Ring-Gai	3.60m	21/02/82
	Belinda Jones	Hornsby	3.60m	21/02/82
Shot Put	Kylie Standing	Bankstown	8.01m	20/03/83
Discus	Taylah Sengul	Winston Hills	20.84m	02/03/03
Multi-Event	Caitlyn Foord	Lake Illawarra	3210pts	03/03/02

## UNDER 7 BOYS

50 Metres	Scott Weaver	Scully Park	7.4	12/03/77
70 Metres	Graham Garnett	Hornsby	10.8	18/03/73
	Jonathon Weaver	Scully Park	10.8	11/03/78
	Adam Davis	Greystanes	10.8	25/03/79
	Jeffrey Poulter	Bankstown	10.8	16/03/80
100 Metres	Alan Powderly	Walcha	15.4	07/03/82
200 Metres	Enzo Granata	Holroyd	32.6	19/03/83
Long Jump	Mark Lever	Hornsby	3.71m	05/02/77
	Greg Hammond	Hornsby	3.71m	21/03/81
Shot Put	Jamal Idris	Bankstown Sports	9.88m	02/03/97
Discus	Joshua Byron	Winston Hills	21.17m	07/03/04
Multi-Event	Jarred Lammiman	Holroyd	3281pts	03/03/02

## UNDER 8 GIRLS

70 Metres	Annette Cavanagh	Blacktown	10.3	16/03/80
100 Metres	Helen Clarke	Orange	14.2	23/03/79
200 Metres	Bronwyn Piening	Nepean	31.5	18/03/84
	Emily Pollett	Manly Warringah	31.5	16/02/97
400 Metres	Jo-anne Swan	Camden	1:11.3	21/03/81
60m Hurdles	Shona Martin	Manly Warringah	11.0	18/02/96
Long Jump	Danya Kerr	Winston Hills	4.17m	02/02/86
Shot Put (1.5kg)	Kristy Dingwall	Smithfield	8.52m	17/02/02
Discus	Taylah Sengul	Winston Hills	24.42m	23/11/03
Multi-Event	Courtney Cross	Hornsby	4310pts	03/03/02

## UNDER 8 BOYS

70 Metres	Tim Harper	Weston Creek	10.1	11/03/78
	Mark Lever	Hornsby	10.1	11/03/78
100 Metres	Tim Harper	Weston Creek	14.0	12/03/78
200 Metres	Greg Pill	Illawong	30.5	22/02/87
400 Metres	David Misson	Randwick Botany	1:07.8	23/03/75
60m Hurdles	Keliti Vaingalo	Randwick/Botany	10.4s	20/02/00
Long Jump	Steven Grant	Port Hacking	4.24m	22/02/87
Shot Put (1.5kg)	Jake Stein	Warradale	9.71m	03/03/02
Discus	Gareth Care	Nth Rocks/Carlingford	31.36m	16/02/92
Multi-Event	Jake Stein	Warradale	4970pts	03/03/02

## UNDER 9 GIRLS

70 Metres	Briony Kanard	Port Hacking	9.9	21/03/98
100 Metres	Kate Farrell	Holroyd	13.9	23/03/79
	Helen Clarke	Orange	13.9	15/03/80
200 Metres	Rosemary Hayward	Wyong	28.5	25/03/90
400 Metres	Rosemary Hayward	Wyong	1:06.5	24/03/90
60m Hurdles	Laura Duncan	Nambucca District	9.8	20/03/99
800 Metres	Bindi Wolfer	Quirindi	2:36.1	25/03/79
700m Walk	Natasha Agius	Nepean	3:21.7	21/03/99
800m Walk	Julie Somerville	Hornsby	3:45.6	18/03/84
Long Jump	Selina Dundas	Armidale	4.42m	16/03/85
High Jump	Marie Frankish	Hornsby	1.30m	09/03/79
Shot Put	Kristy Dingwall	Smithfield	9.05m	16/03/03
Discus	Monique Wylie	Port Hacking	30.10m	16/03/86
Multi-Event	Courtney Cross	Hornsby District	5382pts	02/03/03

## UNDER 9 BOYS

70 Metres	John Grant	Canowindra	9.7	22/03/98
	Daniel Perkins	Sutherland	9.7	20/02/00
	Michael Oldfield	Manly Warringah	9.7	19/03/00
100 Metres	Christopher Lawrence	Campbelltown	13.4	21/02/98
200 Metres	Glen Murgatroyd	Campbelltown	28.2	22/03/75
400 Metres	Glen Murgatroyd	Campbelltown	1:03.9	23/03/75
800 Metres	Alex Pettigrew	Hornsby	2:25.7	17/03/02
60m Hurdles	Joshua Mulligan	Gosford	9.3	21/02/99
700m Walk	Joshua Milan	Minchinbury	3:20.7	21/03/99
800m Walk	Stephen Swan	Lethbridge Park	3:38.8	24/03/91
Long Jump	Grant Buchanan	Illawong	4.71m	24/03/91
High Jump	Jamie Shortland	Randwick/Botany	1.40m	17/03/85
Shot Put	Jamal Idris	Bankstown Sports	11.33m	20/03/99
Discus	Jamal Idris	Bankstown Sports	36.68m	22/11/98
Multi-Event	Alex Pettigrew	Hornsby	6207pts	03/03/02

## UNDER 10 GIRLS

70 Metres	Grace Naseby	Griffith	9.6	19/03/00
100 Metres	Annette Osborne	Lethbridge Park	13.3	12/03/78
	Rosemary Hayward	Wyong	13.3	23/03/91
200 Metres	Annette Osborne	Lethbridge Park	28.2	11/03/78
	Emily Pollett	Manly/Warringah	28.2	21/03/99
400 Metres	Paige Fenech	Albion Park	1:03.7	15/03/03
800 Metres	Suzy Walsham	Ku-Ring-Gai	2:29.5	18/03/84
1500 Metres	Amanda Stitt	Ku-Ring-Gai	4:59.8	21/03/82
60m Hurdles	Kate O'Donnell	Macquarie Shores	9.8	18/03/95
	Annalaise Gardiner	Ku-Ring-Gai	9.8	15/03/03
800m Walk	Kate Reilly	Randwick/Botany	3:35.5	22/03/92
1100m Walk	Kini Chapple	Nepean	5:21.2	21/03/04
Long Jump	Rosemary Hayward	Wyong	4.75m	24/03/91
High Jump	Sophia Begg	Bowral	1.42m	22/02/98
Shot Put	Alica Iosefo	St George	10.83m	21/03/04
Discus	Michelle Haage	Bankstown	37.22m	16/03/85
Multi-Event	Jacinta Doyle	Port Hacking	5245pts	05/03/00

## UNDER 10 BOYS

70 Metres	Christopher Lawrence	Campbelltown	9.3	20/03/99
	Josh Mulligan	Gosford	9.3	19/03/00
100 Metres	Philip Provenzano	Randwick/Botany	12.7	12/03/78
200 Metres	Chris Newman	Queanbeyan	26.7	11/03/78
400 Metres	Alex Pettigrew	Parramatta	1:01.2	16/03/03
800 Metres	Paul Kelly	Greystanes	2:21.6	25/03/79
1500 Metres	Richard McCarthy	Randwick/Botany	4:44.1	19/03/83
60m Hurdles	Sean Potter	Macquarie Shores	9.5	16/03/02
800m Walk	Kain Rastall	Nepean	3:29.5	20/03/88
1100m Walk	Luke Fitzgerald	Nepean	5:01.7	22/03/98
Long Jump	Martin Moore	Bathurst	5.17m	16/03/80
High Jump	Jake Stein	Warradale	1.51m	21/03/04
Shot Put	Emanuele Fuamatu	Bankstown Sports	13.15m	19/02/00
Discus	Jason Arnberger	Nepean	43.20m	19/03/83
Multi-Event	Alex Pettigrew	Parramatta	6060pts	02/03/03

## UNDER 11 GIRLS

100 Metres	Michelle Moroney	Bankstown	12.7	12/03/78
200 Metres	Michelle Moroney	Bankstown	26.2	11/03/78
400 Metres	Michelle Moroney	Bankstown	1:01.2	12/03/78
	Jacinta Doyle	Port Hacking	1:01.2	17/03/01
800 Metres	Suzy Walsham	Ku-Ring-Gai	2:23.6	17/03/85
1500 Metres	Suzy Walsham	Ku-Ring-Gai	4:51.3	16/03/85
60m Hurdles	Annaliese Gardiner	Ku-Ring-Gai	9.1	20/03/04
1100m Walk	Shannon Jennings	Nepean	5:04.6	21/03/04
Long Jump	Diane Lillis	Wagga Wagga	4.94m	12/03/78
High Jump	Alexandra Church	Wollongong	1.54m	19/03/95
Triple Jump	Rebecca Mounsey	Albion Park	10.38m	21/03/04
Shot Put	Kylie Standing	Bankstown	12.78m	21/03/87
Discus	Joanne Taylor	Bankstown	33.04m	18/03/84
Multi-Event	Samara Coiro	Tiger Wests	5591pts	04/03/01

## UNDER 11 BOYS

100 Metres	Robert Stanford	Nepean	12.4	12/03/78
200 Metres	Robert Stanford	Nepean	25.6	11/03/78
400 Metres	Chris Newman	Queanbeyan	57.5	23/03/79
800 Metres	Steve Refenes	Ryde	2:18.2	22/03/81
1500 Metres	Richard McCarthy	Randwick/Botany	4:36.9	17/03/84
60m Hurdles	William Mataka	Revesby Workers	9.0	19/02/00
1100m Walk	Luke Fitzgerald	Nepean	5:05.8	21/03/99
Long Jump	Craig Woodroff	Manly Warringah	5.34m	07/02/87
High Jump	John Thornell	Green Valley	1.63m	17/03/96
Triple Jump	David Geddes	Manly Warringah	11.06m	27/03/93
Shot Put (2kg)	Jamal Idris	Bankstown Sports	14.14m	17/02/01
Discus	Emanuele Fuamatu	Fairfield	39.81m	18/03/01
Multi-Event	William Mataka	Revesby Workers	5777pts	05/03/00

## UNDER 12 GIRLS

100 Metres	Michelle Moroney	Bankstown	12.4	24/03/79
	Jacinta Doyle	Port Hacking	12.4	16/03/02
200 Metres	Nicole Leistenschneider	Manly Warringah	25.6	21/02/79
400 Metres	Nicole Leistenschneider	Manly Warringah	57.5	21/02/79
800 Metres	Suzy Walsham	Ku-Ring-Gai	2:19.4	16/03/86
1500 Metres	Suzy Walsham	Ku-Ring-Gai	4:44.6	15/03/86
60m Hurdles	Tara Holt	South Eastern	9.3	17/03/01
	Carly Rodger	Port Hacking	9.3	20/03/04
1500m Walk	Renee McAskill	Nepean	6:38.7	20/03/94
Long Jump	Tracy Blackburn	Kurri Kurri	5.42m	16/03/86
High Jump	Kellie Farrell	Gosford	1.63m	15/03/80
	Sonja Wennekes	Sutherland	1.63m	15/03/86
Triple Jump	Amy Carpenter	Tuggerah Lakes	10.94m	20/03/94
Shot Put	Kylie Standing	Bankstown	16.19m	20/03/88
Discus	Kelly Fitzgerald	Fairfield	40.30m	16/03/85
Multi-Event	Jacinta Doyle	Port Hacking	6139pts	03/03/02

## UNDER 12 BOYS

100 Metres	Todd Shanahan	Macquarie Shores	11.8	20/03/99
200 Metres	Todd Shanahan	Macquarie Shores	25.0	21/03/99
400 Metres	Luke Hamer	St George	56.8	20/03/04
800 Metres	Peter Stellino	Hills District	2:13.9	20/03/83
1500 Metres	Peter Stellino	Hills District	4:27.2	19/03/83
60m Hurdles	Daniel McDonald	Emu Plains	9.0	20/03/99
1500m Walk	Luke Fitzgerald	Nepean	6:45.2	19/03/00
Long Jump	Michael Doggett	Lithgow	5.86m	17/03/96
High Jump	Mineo Bonetig	Lake Illawarra	1.71m	20/03/82
Triple Jump	Gima Keimelo	Randwick Botany	12.78m	19/03/95
Shot Put	Emanuele Fuamatu	Fairfield	15.66m	17/03/02
Discus	Emanuele Fuamatu	Fairfield	52.43m	16/03/02
Multi-Event	Nato Foti	Mt Pritchard	6081pts	03/03/02

## UNDER 13 GIRLS

100 Metres	Jo-anne Swan	Camden	12.1	15/03/86
	Rebecca Vormister	Wollongong	12.1	07/03/87
	Haylee Mathieson	Wollongong	12.1	17/03/96
200 Metres	Rebecca Vormister	Wollongong	25.0	22/03/87
400 Metres	Jo-anne Swan	Camden	57.1	16/03/86
800 Metres	Suzy Walsham	Ku-Ring-Gai	2:15.2	22/02/87
1500 Metres	Suzy Walsham	Ku-Ring-Gai	4:36.1	21/02/87
3000 Metres	Chloe Tighe	Campbelltown Collegians	10:27.6	16/03/03
80m Hurdles	Tara Holt	South Eastern	12.2	17/03/02
200m Hurdles	Tahlia Gray	Canterbury	28.0	19/02/00
1500m Walk	Cheryl Webb	Penrith	6:47.0	25/03/90
Long Jump	Leanne Richardson	Dubbo	5.51m	24/03/91
High Jump	Sonja Wennekes	Sutherland	1.80m	22/03/87
Triple Jump	Barbara Nicholas	Balmain	11.22m	24/03/90
	Alyisha House	Koorringal-Wagga	11.22m	16/03/02
Shot Put	Kylie Standing	Bankstown	13.85m	18/03/89
Discus (750g)	Megan Macgregor	Camden	45.78m	17/03/96
Javelin	Belinda Johnson	Nth Suburbs	39.36m	22/03/98
Multi-Event	Jennifer Coogan	Springwood	5944pts	05/03/00

## UNDER 13 BOYS

100 Metres	Dayne Neirinckx	Emu Plains	11.6	17/03/96
	Alexander Howes	St Georges	11.6	19/02/00
	Srdjan Vesselinovic	Liverpool City	11.6	15/03/03
200 Metres	Hung Ly	St George	23.7	22/03/87
400 Metres	Darrin Dennis	Trangie	53.8	17/03/84
800 Metres	Robert Wunder	Northern Suburbs	2:06.1	17/03/85
1500 Metres	Robert Wunder	Northern Suburbs	4:24.1	16/03/85
	David Beacroft	Blacktown	4:24.1	27/03/93
3000 Metres	Cameron Page	Gosford	9:39.6	20/03/04
80m Hurdles	Ahmed Abou-Mahmoud	Winston Hills	11.8	16/03/97
	Ross Roberts	Gosford	11.8	19/03/00
200m Hurdles	Ross Roberts	Gosford	26.6	18/03/00
1500m Walk	David Beacroft	Blacktown	6:30.4	28/03/93
Long Jump	Allen Cetinic	Holroyd	6.06m	24/03/91
High Jump	James Watson	Manly/Warringah	1.80m	23/11/97
Triple Jump	Michael Hawthorne	Tamworth	12.45m	27/03/93
Shot Put	Emanuele Fuamatu	Fairfield City	19.00m	16/02/03
Discus	Emanuele Fuamatu	Fairfield City	53.78m	16/03/03
Javelin	Aaron Cooke	Bowral	46.66m	22/03/98
Multi-Event	Matthew Harris	Maitland	6661pts	03/03/02

## UNDER 14 GIRLS

100 Metres	Shelley Peattie	Macquarie Shores	11.9	23/03/91
200 Metres	Olivia Tauro	Kurri Kurri	24.5	21/03/04
400 Metres	Rosemary Hayward	Toukley	56.2	18/02/95
800 Metres	Suzy Walsham	Ku-Ring-Gai	2:13.2	20/03/88
1500 Metres	Lexy Gilmour	Helensburgh	4:35.3	15/03/03
3000 Metres	Vanessa King	Campbelltown	10:10.7	22/03/92
80m Hurdles	Tara Holt	South Eastern	12.1	16/03/03
200m Hurdles	Jacinta Doyle	Port Hacking	27.2	21/02/04
1500m Walk	Renee McAskill	Nepean	6:15.4	17/03/96
Long Jump	Belinda Scott	Nth Districts	5.64m	10/03/91
High Jump	Janine Ward	Bankstown	1.71m	22/03/87
	Melissa Harris	Hornsby	1.71m	17/02/91
	Kim Mulheron	Werrington	1.71m	19/03/95
	Amy Carpenter	Tuggerah Lakes	1.71m	18/02/96
	Alexandra Church	Western Suburbs	1.71m	22/03/98
	Trudy Thompson	Toukley	1.71m	21/03/04
Triple Jump	Alyisha House	Koorringal-Wagga	12.15m	16/03/03
Shot Put	Kylie Standing	Bankstown	14.71m	24/03/90
	Vika Lolo	Randwick/Botany	14.71m	21/03/04
Discus	Katrina Steele	Springwood	43.42m	19/03/95
Javelin	Samantha Pearson	Parramatta	38.18m	21/02/99
Multi-Event	Amy Sadler	Kurrajong/Bilpin	6175pts	03/03/02

## UNDER 14 BOYS

100 Metres	Matthew Manns	Ingleburn RSL	11.1	17/03/96
200 Metres	Adam Comincioli	Mudgee	23.0	16/03/97
	Owen Martin	Terrigal/Wamberal	23.0	18/03/01
400 Metres	Shaun Hedley	Wyong	51.5	24/03/90
800 Metres	Mathew Simmons	Bathurst	2:03.1	16/03/97
1500 Metres	Andrew O'Neill	Koorungal-Wagga	4:14.9	15/03/97
3000 Metres	David Beacroft	Blacktown	9:17.1	20/03/94
90m Hurdles	Brad Davids	Canterbury	12.2	17/03/96
	Ben Kirkby	South Eastern	12.2	22/03/98
	Paul Stickler	Ambarvale	12.2	21/03/99
	Angus Rankin	Mosman	12.2	18/03/01
200m Hurdles	Ivan Scannell	Ku-Ring-Gai	25.3	20/03/99
1500m Walk	Troy Sunstrom	Highlanders	6:13.4	19/03/95
Long Jump	Stephen Jacenko	Balmain	6.52m	17/03/96
High Jump	Justin Hathway	Tamworth	1.95m	20/03/94
Triple Jump	David Geddes	Manly Warringah	13.48m	17/03/96
Shot Put	Emanuele Fuamatu	Bankstown Sports	18.73m	21/03/04
Discus	Brad Hine	Armidale	57.68m	19/03/89
Javelin	Jonathon Wynn	Camden Haven	56.87m	18/03/01
Multi-Event	Matthew Harris	Maitland	7039pts	02/03/03

## UNDER 15 GIRLS

100 Metres	Sonia Willis	Wagga PCYC	11.8	21/03/92
	Preya Carey	Hills District	11.8	20/03/99
200 Metres	Sonia Willis	Wagga PCYC	24.2	22/03/92
400 Metres	Rosemary Hayward	Toukley	55.6	18/02/96
800 Metres	Brooke Simpson	Sutherland	2:10.9	17/03/02
1500 Metres	Phoebe Gunning	St George	4:34.8	15/03/97
3000 Metres	Michelle French	Nepean	10:03.1	16/03/97
90m Hurdles	Tara Holt	South Eastern	12.5	21/03/04
200m Hurdles	Jana Pittman	Parramatta	26.9	22/03/98
1500m Walk	Renee McAskill	Doonside	6:24.4	16/03/97
Long Jump	Belinda Conry	Macquarie Shores	5.70m	21/03/99
	Crystelle Coulon	Manly Warringah	5.70m	18/03/01
High Jump	Melissa Harris	Hornsby	1.75m	21/03/92
Triple Jump	Alyisha House	Koorungal-Wagga	12.42m	21/03/04
Shot Put	Kylie Standing	Bankstown	14.75	24/03/91
Discus	Katrina Steele	Springwood	48.18m	29/11/95
Javelin	Amy Sadler	Kurrajong/Bilpin	40.77m	16/03/03
Multi-Event	Kimberlee Green	St George	6433pts	04/03/01

## UNDER 15 BOYS

100 Metres	Kevin Bezzina	St George	10.7	21/02/98
200 Metres	Matthew Bouveng	East Maitland	22.3	16/03/97
	Kevin Bezzina	St George	22.3	22/02/98
400 Metres	David Geddes	Manly Warringah	49.5	15/03/97
800 Metres	Joel Milburn	Nepean	1:58.3	18/03/01
1500 Metres	Joel Fitzgerald	Northern Suburbs	4:06.6	20/03/99
3000 Metres	Martin Dent	Tuggerah Lakes	9:01.4	20/03/94
90m Hurdles	Clinton Tubby	Wollongong	12.1	19/03/95
100m Hurdles	Fabrice Lapierre	Blacktown	12.9	20/03/99
	Christopher Barakat	St George	12.9	18/03/01
200m Hurdles	Matthew Walker	UTS Nth Suburbs	24.3	16/03/03
1500m Walk	Douglas Connolly	Mt Druitt	5:48.1	22/03/98
Long Jump	James Robinson	Parramatta	6.83m	23/03/91
High Jump	James Watson	Manly Warringah	2.06m	18/03/00
Triple Jump	Fabrice Lapierre	Blacktown	14.35m	21/03/99
Shot Put	Shane Lee	Blacktown	18.67m	17/03/96
Discus	Anthony Camilleri	Balmain	60.91m	19/03/00
Javelin	Anthony Camilleri	Balmain	62.09m	18/03/00
Multi-Event	Aaron Cooke	Wollondilly	8096pts	05/03/00

## MIXED AGE RELAYS

Junior Boys	4 x 100m	Bankstown Sports	53.6	17/03/96
Senior Boys	4 x 100m	St George	47.4	24/03/91
Junior Girls	4 x 100m	St George	55.3	25/03/90
Senior Girls	4 x 100m	Port Hacking	49.8	16/03/03

---



## STATE RELAYS

<b>EVENT</b>	<b>CENTRE</b>	<b>TIME</b>	<b>YEAR</b>
U 8 Boys 4 x 100m	Randwick Botany	60.3	1984
U 8 Girls 4 x 100m	Bankstown	63.7	1982
U 9 Boys 4 x 100m	Ku-Ring-Gai	58.3	1990
U 9 Girls 4 x 100m	Hills District	60.4	1979
U10 Boys 4 x 100m	Bankstown	55.6	1980
U10 Girls 4 x 100m	Western Suburbs	57.9	1998
U11 Boys 4 x 100m	Bankstown	53.4	1978
U11 Girls 4 x 100m	Hills District	56.2	1977
	Hills District	56.2	1981
U12 Boys 4 x 100m	Manly Warringah	51.1	2002
U12 Girls 4 x 100m	Hills District	53.3	2001
U13 Boys 4 x 100m	Campbelltown Collegians	49.6	2001
U13 Girls 4 x 100m	Port Hacking	51.0	2002
U14 Boys 4 x 100m	Campbelltown Collegians	47.0	2002
U14 Girls 4 x 100m	Port Hacking	50.4	2003
U15 Boys 4 x 100m	Campbelltown	45.1	1998
U15 Girls 4 x 100m	Maitland	49.3	1997
U 7 Mixed 4 x 100m	Blacktown	66.3	1981
U 8 Mixed 4 x 100m	Blacktown	63.8	1982
	North Rocks/Carlingford	63.8	1984
U 9 Mixed 4 x 100m	North Rocks/Carlingford	59.9	1985
U10 Mixed 4 x 100m	Blacktown	57.9	1984
U11 Mixed 4 x 100m	Tiger Wests	55.7	2000
U12 Mixed 4 x 100m	Ku-Ring-Gai	52.4	1983
U13 Mixed 4 x 100m	Randwick Botany	51.3	1984
U14 Mixed 4 x 100m	Northern Suburbs	49.8	2000
U15 Mixed 4 x 100m	Balmain	48.2	1996
U 8 Mixed 4 x 200m	Manly Warringah	2:19.5	1996
U 9 Mixed 4 x 200m	Manly Warringah	2:09.4	1996
U10 Mixed 4 x 200m	Parramatta	2:07.7	1992
U 9 Mixed 4 x 400m	St George	4:55.1	1984
U10 Mixed 4 x 400m	Sutherland	4:36.4	1983
U11 Mixed 4 x 400m	Sutherland	4:28.7	1984
U12 Mixed 4 x 400m	St George	4:10.9	1987
U13 Mixed 4 x 400m	St George	4:06.9	1990
U14 Mixed 4 x 400m	Maitland	3:55.0	2002
U15 Mixed 4 x 400m	Illawong	3:53.1	2001

## FIELD EVENT RELAYS

<b>EVENT</b>	<b>CENTRE</b>	<b>POINTS</b>	<b>YEAR</b>
U 8 Boys Long/Shot	Nth Districts	3640	2002
U 8 Girls Long/Shot	Smithfield	3278	2001
U 8 Boys 4 x Discus	Hills District	2560	1999
U 8 Girls 4 x Discus	Winston Hills	2531	2003
U 9 Boys 4 x Long	Sutherland	3560	2001
U 9 Girls 4 x Long	Ku-Ring-Gai	3356	2001
U10 Boys High/Long	Sutherland	3300	2002
U10 Girls High/Long	Ku-Ring-Gai	3022	2002
U11 Boys High/Long	Parramatta	3640	2001
U11 Girls High/Long	Ku-Ring-Gai	3390	2001
U12 Boys High/Long	Parramatta	3962	2002
U12 Girls High/Long	Ku-Ring-Gai	3552	1999
U13 Boys High/Long	Ku-Ring-Gai	3414	2002
U13 Girls High/Long	Parramatta	3358	1998
U14 Boys High/Long	Penrith	3764	1999
U14 Girls High/Long	Manly/Warringah	3412	1999
U15 Boys High/Long	Manly/Warringah	4442	1999
U15 Girls High/Long	Manly/Warringah	3540	2000
U 9 Boys Shot/Discus	Bankstown Sports	3484	1998
U 9 Girls Shot/Discus	Winston Hills	3032	2002
U10 Boys Shot/Discus	Bankstown Sports	3908	1999
U10 Girls Shot/Discus	Winston Hills	3443	2003
U11 Boys Shot/Discus	Manly Warringah	3580	2000
U11 Girls Shot/Discus	Parramatta	3128	1998
U12 Boys Shot/Discus	Randwick/Botany	3683	2003
U12 Girls Shot/Discus	Parramatta	3616	1999
U13 Boys Shot/Discus	Winston Hills	3401	2003
U13 Girls Shot/Discus	Parramatta	3592	2000
U14 Boys Shot/Discus	St George	3631	1999
U14 Girls Shot/Discus	Sutherland	3329	2002
U15 Boys Shot/Discus	St George	4177	2000
U15 Girls Shot/Discus	Sutherland	3518	2003
<b>EVENTS NO LONGER CONTESTED</b>			
U 7 Boys 4 x 100m	Randwick Botany	65.1	1983
U 7 Girls 4 x 100m	Bankstown	68.9	1981
U 7 Boys 4 x 50m	Manly Warringah	33.6	1976
U 7 Girls 4 x 50m	Sutherland	34.4	1976
U 9 Boys High/Long	Ku-Ring-Gai	3618	1998
U 9 Boys Shot/Discus	Bankstown Sports	3484	1998