

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
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 Ku-Ring-Gai	1:08.36Q
2 Eastern Suburbs	1:09.01q
3 Port Hacking	1:11.85q
4 Randwick Botany	1:12.75q
5 Sutherland	1:13.33q
6 Canterbury	1:14.95
7 Rouse Hill Rams	1:14.98
Heat 2 Heats	
1 Manly Warringah	1:12.35Q
2 Blacktown	1:13.50
3 Northern Suburbs	1:13.89
4 Revesby Workers	1:14.83
5 Mosman	1:15.77
6 Cherrybrook	1:17.38
Heat 3 Heats	
1 Camden	1:11.47Q
2 Douglas Park	1:12.74q
3 Hills District	1:13.43
4 Prestons Robins	1:13.94
5 Winston Hills	1:14.03
6 Ryde	1:14.13

Girls U 8 - 4x100 Metre Relay

State Relay: S 1:03.84 1982 Bankstown
 Centre Final

Section 1 Final	
1 Eastern Suburbs	1:09.38
2 Ku-Ring-Gai	1:10.01
3 Sutherland	1:10.51
4 Manly Warringah	1:11.74
5 Camden	1:12.20
6 Randwick Botany	1:12.71
7 Douglas Park	1:12.89
8 Port Hacking	1:13.06

Girls U 9 - 4x100 Metre Relay

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

Heat 1 Heats	
1 Port Hacking	1:03.46Q
2 Hills District	1:04.29q
3 Ku-Ring-Gai	1:06.37
4 Holroyd	1:08.53
5 Manly Warringah	1:08.66
6 Cherrybrook	1:11.17
7 Rouse Hill Rams	1:12.01
Heat 2 Heats	
1 Sutherland	1:03.30Q
2 Revesby Workers	1:06.31q
3 Canterbury	1:06.49

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

4 Ryde	1:09.04
5 Camden	1:09.07
6 Prestons Robins	1:09.54
7 Northern Suburbs	1:11.28

Heat 3 Heats

1 South Eastern	1:03.93Q
2 Campbelltown	1:04.14q
3 Eastern Suburbs	1:04.83q
4 Mosman	1:06.04q
5 Randwick Botany	1:08.62
6 Winston Hills	1:13.73

Girls U 9 - 4x100 Metre Relay

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

Section 1 Final

1 Sutherland	1:03.57
2 Port Hacking	1:03.73
3 Hills District	1:04.66
4 South Eastern	1:04.82
5 Campbelltown	1:04.83
6 Eastern Suburbs	1:04.96
7 Mosman	1:06.68
8 Revesby Workers	1:06.83

Girls U 10 - 4x100 Metre Relay

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

Heat 1 Heats

1 Hills District	1:02.36Q
2 Campbelltown	1:02.94q
3 Parramatta	1:04.52q
4 Northern Suburbs	1:05.61
5 Hawkesbury City	1:05.64
6 The Ponds	1:09.78
-- Manly Warringah	DQ IAAF 170.7
-- South Eastern	DQ IAAF 170.7

Heat 2 Heats

1 Port Hacking	59.51Q
2 Camden	1:00.36q
3 Ryde	1:02.74q
4 Eastern Suburbs	1:04.63
5 Canterbury	1:06.15
6 Revesby Workers	1:06.16
7 Quakers Hill	1:06.19
8 Wollongong City	1:09.52

Heat 3 Heats

1 Sutherland	1:02.99Q
2 Ku-Ring-Gai	1:04.18q
3 Winston Hills	1:06.12
4 Mosman	1:06.89
5 Cherrybrook	1:07.78
6 Prestons Robins	1:07.85
7 Rouse Hill Rams	1:14.32

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Girls U 10 - 4x100 Metre Relay

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

Section 1 Final
 1 Port Hacking 59.40
 2 Camden 59.88
 3 Hills District 1:01.75
 4 Parramatta 1:02.15
 5 Ryde 1:02.49
 6 Sutherland 1:02.59
 7 Campbelltown 1:03.22
 8 Ku-Ring-Gai 1:03.70

Girls U 11 - 4x100 Metre Relay

=====
 State Relay: S 55.01 2015 Manly Warringah
 Centre Heats
 =====

Heat 1 Heats
 1 Eastern Suburbs 59.75Q
 2 Manly Warringah 1:00.32q
 3 Bowral 1:00.81
 4 Smithfield 1:00.97
 5 The Ponds 1:01.18
 6 Rouse Hill Rams 1:03.61
 7 Hornsby 1:04.34

Heat 2 Heats
 1 Ku-Ring-Gai 58.13Q
 2 Campbelltown 59.28q
 3 Port Hacking 1:00.10q
 4 Camden 1:00.61
 5 Mosman 1:01.40
 6 Cherrybrook 1:01.92
 7 Winston Hills 1:02.26

Heat 3 Heats
 1 Sutherland 58.66Q
 2 Prestons Robins 59.85q
 3 Ryde 59.98q
 4 Wollongong City 1:01.56
 5 Canterbury 1:03.41
 6 Hills District 1:04.09
 7 Northern Suburbs 1:05.56

Girls U 11 - 4x100 Metre Relay

=====
 State Relay: S 55.01 2015 Manly Warringah
 Centre Final
 =====

Section 1 Final
 1 Ku-Ring-Gai 57.72
 2 Sutherland 58.31
 3 Campbelltown 58.60
 4 Prestons Robins 59.09
 5 Port Hacking 59.33
 6 Ryde 59.55
 7 Manly Warringah 59.68
 8 Eastern Suburbs 59.98

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Girls U 12 - 4x100 Metre Relay

State Relay: S 52.74 2017		Balmain	Heats
Centre			
Heat 1 Heats			
1	Port Hacking		55.46Q
2	Eastern Suburbs		56.86q
3	Ku-Ring-Gai		56.89q
4	Mosman		58.69
5	Cherrybrook		1:00.12
6	Hawkesbury City		1:01.41
--	St George		DQ IAAF 170.7
Heat 2 Heats			
1	Campbelltown		56.24Q
2	Camden		56.28q
3	Sutherland		56.71q
4	Hills District		57.22
5	Rouse Hill Rams		1:00.26
6	Winston Hills		1:01.13
7	Revesby Workers		1:01.83
Heat 3 Heats			
1	Manly Warringah		56.25Q
2	Northern Suburbs		56.27q
3	Prestons Robins		57.44
4	South Eastern		58.20
5	Canterbury		58.73
6	Ryde		1:00.23
7	Kings Langley		1:01.15

Girls U 12 - 4x100 Metre Relay

State Relay: S 52.74 2017		Balmain	Final
Centre			
Section 1 Final			
1	Port Hacking		54.75
2	Campbelltown		54.77
3	Northern Suburbs		55.52
4	Manly Warringah		55.70
5	Sutherland		56.22
6	Camden		56.40
7	Ku-Ring-Gai		57.56
8	Eastern Suburbs		57.96

Girls U 13 - 4x100 Metre Relay

State Relay: S 50.48 2016		Northern Suburbs	Heats
Centre			
Heat 1 Heats			
1	Hills District		53.36Q
2	Bankstown Sports Athletics		55.77
3	Canterbury		56.21
4	Northern Suburbs		56.93
5	Eastern Suburbs		59.37
6	Prestons Robins		1:00.31
Heat 2 Heats			
1	Emu Plains		51.82Q
2	Campbelltown		53.39q

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

3 Mosman	54.04q
4 Port Hacking	55.06
5 Ku-Ring-Gai	55.41
6 Winston Hills	1:00.82

Heat 3 Heats

1 Manly Warringah	52.60Q
2 South Eastern	53.12q
3 Camden	54.21q
4 Sutherland	54.42q
5 Cherrybrook	55.21
6 Inner West	57.41
7 Ryde	1:02.18

Girls U 13 - 4x100 Metre Relay

=====
 State Relay: S 50.48 2016 Northern Suburbs
 Centre Final
 =====

Section 1 Final

1 Emu Plains	51.46
2 Manly Warringah	52.27
3 Hills District	52.85
4 South Eastern	52.91
5 Campbelltown	53.59
6 Mosman	53.73
7 Camden	54.12
8 Sutherland	54.23

Girls U 14 - 4x100 Metre Relay

=====
 State Relay: S 48.86 2018 Campbelltown Collegians
 Centre Heats
 =====

Heat 1 Heats

1 Balmain	51.30Q
2 Hills District	51.40q
3 Terrigal/Wamberal	51.51q
4 Winston Hills	53.82q
5 Sutherland	55.41
6 Mosman	57.48

Heat 2 Heats

1 Manly Warringah	51.72Q
2 Port Hacking	52.24q
3 Ryde	53.73q
4 Ku-Ring-Gai	55.19q
5 South Eastern	1:00.02

Girls U 14 - 4x100 Metre Relay

=====
 State Relay: S 48.86 2018 Campbelltown Collegians
 Centre Final
 =====

Section 1 Final

1 Balmain	50.68
2 Hills District	50.77
3 Terrigal/Wamberal	51.13
4 Ryde	51.40
5 Manly Warringah	51.62

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

6 Port Hacking	52.48
7 Winston Hills	54.01
8 Ku-Ring-Gai	56.33

Girls U 15 - 4x100 Metre Relay

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

Heat 1 Heats

1 Manly Warringah	49.36Q
2 Eastern Suburbs	51.51q
3 Hills District	51.89q
4 Illawong	53.46q
5 Blacktown	56.74
6 Winston Hills	58.94

Heat 2 Heats

1 Campbelltown	49.15Q
2 Sutherland	50.04q
3 Mosman	53.14q
4 Camden	53.58q
5 Prestons Robins	54.94
6 St George	58.46

Girls U 15 - 4x100 Metre Relay

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

Section 1 Final

1 Campbelltown	48.31S
2 Manly Warringah	48.71
3 Sutherland	49.53
4 Eastern Suburbs	51.40
5 Hills District	51.45
6 Camden	53.00
7 Mosman	53.27
8 Illawong	53.40

Girls U 17 - 4x100 Metre Relay

=====
 State Relay: S 48.37 2017 Sutherland
 Centre Heats
 =====

Heat 1 Heats

1 Ryde	51.04Q
2 Northern Suburbs	51.54q
3 Campbelltown	51.58q
4 Manly Warringah	52.29q
5 Hornsby	53.25
6 Mosman	54.95
7 Eastern Suburbs	55.66

Heat 2 Heats

1 Camden	49.38Q
2 Port Hacking	50.41q
3 Sutherland	52.13q
4 Hills District	52.47q
5 Smithfield	58.29

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Girls U 17 - 4x100 Metre Relay

=====
State Relay: S 48.37 2017 Sutherland
Centre Final
=====

Section 1 Final

1 Camden	48.90
2 Ryde	50.15
3 Northern Suburbs	51.49
4 Sutherland	51.88
5 Manly Warringah	52.02
6 Campbelltown	52.13
7 Hills District	52.14
8 Port Hacking	52.66

Girls U 8-11 Middle Distance Relay

=====
State Relay: S 10:53.17 2016 Sutherland
Centre Final
=====

Section 1

1 Hills District	11:25.17
2 Balmain	11:31.70
3 Hawkesbury City	11:55.94
4 Camden	12:01.82
5 South Eastern	12:14.16
6 Canterbury	12:25.82
7 Campbelltown	12:27.80
8 Cherrybrook	12:28.69
9 Illawong	12:36.81
10 Riverstone	12:43.34
11 Winston Hills	13:43.23

Section 2

1 Sutherland	11:01.54
2 Manly Warringah	11:15.36
3 Ku-Ring-Gai	11:42.23
4 Mosman	11:43.82
5 Eastern Suburbs	11:56.87
6 Revesby Workers	12:11.46
7 Ryde	12:17.01
8 Hornsby	12:18.79
9 Northern Suburbs	12:27.30
10 Wollongong City	12:34.97
11 Girraween	12:44.98
12 Bowral	12:56.27

Girls U 12-15 Middle Distance Relay

=====
State Relay: S 9:29.50 2016 Macquarie Hunter
Centre Final
=====

Section 1

1 Sutherland	9:51.97
2 Balmain	10:06.84
3 Hills District	10:07.39
4 Cherrybrook	10:29.26
5 Ryde	11:12.00
6 Wollongong City	11:16.32
7 Revesby Workers	11:23.64
8 Everley Park	11:30.05

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

Section 2

1 Manly Warringah	9:58.47
2 Northern Suburbs	10:01.20
3 Mosman	10:03.64
4 Canterbury	10:27.28
5 South Eastern	11:06.12
6 Inner West	11:18.68
7 Port Hacking	11:21.77
8 Winston Hills	12:10.53

Girls U 8 - Jumps Relay

=====
 State Relay: S 20.67m 2017 Parramatta
 Name Age Centre Final
 =====

Flight 1

1 Ku-Ring-Gai, A	Ku-Ring-Gai	18.32m
2 Manly Warringah, A	Manly Warringah	17.78m
3 Campbelltown, A	Campbelltown	17.22m
4 Wyong, A	Wyong	17.12m
5 Sutherland, A	Sutherland	16.91m
6 Ryde, A	Ryde	16.89m
7 Parramatta, A	Parramatta	16.65m
8 Hills District, B	Hills District	16.35m
9 Hills District, A	Hills District	15.69m
10 Ku-Ring-Gai, B	Ku-Ring-Gai	15.52m
11 Revesby Workers, A	Revesby Workers	14.19m
12 Manly Warringah, B	Manly Warringah	14.07m
13 Eschol Park, A	Eschol Park	13.38m
14 Liverpool City, A	Liverpool City	13.28m
15 Doonside, A	Doonside	12.90m
16 Ryde, B	Ryde	10.50m

Girls U 9 - Jumps Relay

=====
 State Relay: S 22.59m 2018 Bankstown Sports
 Name Age Centre Final
 =====

1 Cherrybrook, A	Cherrybrook	21.71m
2 Sutherland, A	Sutherland	21.48m
3 Hills District, A	Hills District	20.45m
4 Parramatta, A	Parramatta	19.40m
5 Inner West, A	Inner West	19.23m
6 Hills District, B	Hills District	18.10m
7 South Eastern, A	South Eastern	18.00m
8 Manly Warringah, A	Manly Warringah	17.86m
9 Canterbury, A	Canterbury	17.58m
10 Winston Hills, A	Winston Hills	16.87m
11 Manly Warringah, B	Manly Warringah	16.64m
12 Northern Suburbs, A	Northern Suburbs	16.59m
13 Ku-Ring-Gai, A	Ku-Ring-Gai	16.54m
14 Ryde, A	Ryde	16.22m
15 Ku-Ring-Gai, B	Ku-Ring-Gai	16.00m
16 Winston Hills, B	Winston Hills	15.81m
17 Eschol Park, A	Eschol Park	15.61m
18 Cherrybrook, B	Cherrybrook	14.87m
19 Kings Langley, A	Kings Langley	14.78m
20 Revesby Workers, A	Revesby Workers	13.52m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Girls U 9 - Jumps Relay

21 Bankstown Sports Ath, A Bankstown Sp 13.36m

Girls U 10 - Jumps Relay

=====
State Relay: S 22.89m 2017 Northern Suburbs
Name Age Centre Final
=====

1	Manly Warringah, A	Manly Warringah	19.86m
2	Hills District, A	Hills District	19.56m
3	Sutherland, A	Sutherland	18.47m
4	Parramatta, A	Parramatta	18.23m
5	Ku-Ring-Gai, B	Ku-Ring-Gai	18.19m
6	Manly Warringah, B	Manly Warringah	17.87m
7	South Eastern, A	South Eastern	17.74m
8	Cherrybrook, A	Cherrybrook	17.64m
9	Ku-Ring-Gai, A	Ku-Ring-Gai	17.01m
10	Canterbury, A	Canterbury	16.38m
11	Eschol Park, A	Eschol Park	16.23m
12	Liverpool City, A	Liverpool City	16.09m
13	Prospect, A	Prospect	15.93m
14	Northern Suburbs, A	Northern Suburbs	15.84m
15	Winston Hills, A	Winston Hills	15.63m
16	Ryde, A	Ryde	14.87m
17	Revesby Workers, A	Revesby Workers	14.82m
18	Hills District, B	Hills District	14.38m
19	The Ponds, A	The Ponds	12.65m
20	Ryde, B	Ryde	12.05m

Girls U 11 - Jumps Relay

=====
State Relay: S 24.82m 2017 Manly Warringah
Name Age Centre Final
=====

1	Manly Warringah, A	Manly Warringah	21.27m
2	Hills District, A	Hills District	20.69m
3	Manly Warringah, B	Manly Warringah	20.41m
4	Cherrybrook, A	Cherrybrook	20.39m
5	Parramatta, A	Parramatta	20.13m
6	Hornsby, A	Hornsby	19.65m
7	Northern Suburbs, A	Northern Suburbs	19.32m
8	Winston Hills, A	Winston Hills	18.96m
9	Sutherland, A	Sutherland	18.23m
10	Ryde, A	Ryde	17.00m
11	Hills District, B	Hills District	16.68m
12	Wyong, A	Wyong	14.07m
13	Ku-Ring-Gai, A	Ku-Ring-Gai	11.22m
14	Wyong, B	Wyong	10.65m
15	Northern Suburbs, B	Northern Suburbs	9.32m
16	Bankstown Sports Ath, A	Bankstown Sp	5.71m
17	Ku-Ring-Gai, B	Ku-Ring-Gai	4.89m

Girls U 12 - Jumps Relay

=====
State Relay: S 25.47m 2016 Hills District
Name Age Centre Final
=====

1	Northern Suburbs, A	Northern Suburbs	23.40m
2	Port Hacking, A	Port Hacking	22.48m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Girls U 12 - Jumps Relay

3 Inner West, A	Inner West	22.19m
4 Kurrajong Bilpin, A	Kurrajong Bilpin	22.01m
5 Manly Warringah, A	Manly Warringah	20.93m
6 Sutherland, A	Sutherland	19.99m
7 Revesby Workers, A	Revesby Workers	19.98m
8 Wollongong City, A	Wollongong City	19.80m
9 Ryde, B	Ryde	19.12m
10 Northern Suburbs, B	Northern Suburbs	18.74m
11 Ryde, A	Ryde	18.28m
12 Mosman, A	Mosman	18.27m
13 South Eastern, A	South Eastern	17.87m
14 Manly Warringah, B	Manly Warringah	17.68m
15 Ku-Ring-Gai, A	Ku-Ring-Gai	17.53m
16 Port Hacking, B	Port Hacking	16.96m
17 Cherrybrook, A	Cherrybrook	16.05m
18 Revesby Workers, B	Revesby Workers	15.81m
19 Campbelltown, A	Campbelltown	13.92m
20 Winston Hills, A	Winston Hills	11.96m
21 Kings Langley, A	Kings Langley	11.01m
22 Northern Districts, A	Ndi	10.54m
23 Kings Langley, B	Kings Langley	9.16m
24 Cherrybrook, B	Cherrybrook	8.32m
-- Hills District, B	Hills District	NH
-- Hills District, A	Hills District	NH
-- Bankstown Sports Ath, A	Bankstown Sp	NH

Girls U 13 - Jumps Relay

State Relay: S 24.83m 2018		Hills District	
Name	Age	Centre	Final
1 Port Hacking, A		Port Hacking	23.81m
2 Manly Warringah, A		Manly Warringah	23.32m
3 Ku-Ring-Gai, A		Ku-Ring-Gai	23.16m
4 Wyong, A		Wyong	22.08m
5 South Eastern, A		South Eastern	21.77m
6 Campbelltown, A		Campbelltown	21.61m
7 Hills District, A		Hills District	21.21m
8 Balmain, A		Balmain	21.03m
9 Sutherland, A		Sutherland	20.53m
10 Cherrybrook, A		Cherrybrook	20.27m
11 Northern Suburbs, A		Northern Suburbs	19.94m
12 Manly Warringah, B		Manly Warringah	19.88m
13 Inner West, A		Inner West	19.58m
14 Hills District, B		Hills District	19.13m
15 South Eastern, B		South Eastern	19.05m
16 Ku-Ring-Gai, B		Ku-Ring-Gai	18.62m
17 Wyong, B		Wyong	16.48m
18 Riverstone, A		Riverstone	16.23m
19 Winston Hills, A		Winston Hills	15.97m
20 Parramatta, A		Parramatta	15.59m
21 Winston Hills, B		Winston Hills	15.10m
22 Ryde, A		Ryde	14.86m
23 Port Hacking, B		Port Hacking	10.34m
24 Ryde, B		Ryde	9.96m
25 St George, A		St George	9.65m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Girls U 14 - Jumps Relay

State Relay: S 25.37m 2017 Sutherland			
Name	Age	Centre	Final
1 Hills District, A		Hills District	27.24mS
2 Winston Hills, A		Winston Hills	26.24mS
3 Balmain, A		Balmain	24.82m
4 Manly Warringah, A		Manly Warringah	23.26m
5 Port Hacking, A		Port Hacking	23.07m
6 Ryde, A		Ryde	22.10m
7 Ku-Ring-Gai, A		Ku-Ring-Gai	21.20m
8 Hills District, B		Hills District	21.07m
9 Cherrybrook, A		Cherrybrook	20.61m
10 Sutherland, A		Sutherland	20.27m
11 Campbelltown, A		Campbelltown	19.64m
12 Ryde, B		Ryde	18.72m
13 Terrigal/Wamberal, A		Terrigal/Wamberal	18.70m
14 Northern Suburbs, A		Northern Suburbs	17.62m
15 Canterbury, A		Canterbury	17.24m
16 Manly Warringah, B		Manly Warringah	16.52m
17 Sutherland, B		Sutherland	16.48m
18 Liverpool City, A		Liverpool City	11.64m

Girls U 15 - Jumps Relay

State Relay: S 24.79m 2017 Ryde			
Name	Age	Centre	Final
1 Sutherland, A		Sutherland	25.73mS
2 Manly Warringah, A		Manly Warringah	24.17m
3 Campbelltown, A		Campbelltown	23.56m
4 Prestons Robins, A		Prestons Robins	22.52m
5 Illawong, A		Illawong	21.58m
6 Doonside, A		Doonside	18.98m
7 Winston Hills, A		Winston Hills	16.88m

Girls U 17 - Jumps Relay

State Relay: S 23.69m 2017 Campbelltown Collegians			
Name	Age	Centre	Final
1 Northern Suburbs, A		Northern Suburbs	24.57mS
2 Ryde, A		Ryde	20.99m
3 Doonside, A		Doonside	20.63m
4 Manly Warringah, B		Manly Warringah	19.64m
5 Sutherland, A		Sutherland	19.48m
6 Manly Warringah, A		Manly Warringah	19.26m
7 Hawkesbury City, A		Hawkesbury City	18.38m
8 Port Hacking, A		Port Hacking	18.25m
9 Revesby Workers, A		Revesby Workers	18.16m
10 Prestons Robins, A		Prestons Robins	15.65m
11 Hills District, A		Hills District	15.64m
12 Camden, A		Camden	12.78m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Girls U 8 - Throws Relay

State Relay: S 16.52m 2017		Manly Warringah	
Name	Age	Centre	Final
1	Ku-Ring-Gai, A	Ku-Ring-Gai	13.71m
2	Ku-Ring-Gai, B	Ku-Ring-Gai	12.53m
3	Parramatta, A	Parramatta	12.14m
4	Sutherland, A	Sutherland	11.35m
5	Hills District, A	Hills District	11.21m
6	Winston Hills, A	Winston Hills	10.55m
7	Ryde, A	Ryde	10.01m
8	Hills District, B	Hills District	9.51m
9	Manly Warringah, B	Manly Warringah	9.42m
10	Wyong, A	Wyong	9.32m
11	Eschol Park, A	Eschol Park	8.59m
12	Manly Warringah, A	Manly Warringah	7.70m
13	Ryde, B	Ryde	7.52m

Girls U 9 - Throws Relay

State Relay: S 19.00m 2017		Cherrybrook	
Name	Age	Centre	Final
1	Winston Hills, A	Winston Hills	15.64m
2	Bankstown Sports Ath, A	Bankstown Sp	14.92m
3	Hawkesbury City, A	Hawkesbury City	14.79m
4	Parramatta, A	Parramatta	14.39m
5	Cherrybrook, A	Cherrybrook	13.90m
6	Sutherland, A	Sutherland	13.70m
7	Inner West, A	Inner West	13.20m
8	Ku-Ring-Gai, A	Ku-Ring-Gai	13.18m
9	Winston Hills, B	Winston Hills	13.09m
10	Manly Warringah, A	Manly Warringah	12.37m
11	Ku-Ring-Gai, B	Ku-Ring-Gai	11.97m
12	Doonside, A	Doonside	11.96m
13	Northern Suburbs, A	Northern Suburbs	11.95m
14	South Eastern, A	South Eastern	11.55m
15	Hills District, B	Hills District	11.05m
16	Hills District, A	Hills District	10.72m
17	Manly Warringah, B	Manly Warringah	10.71m
18	Canterbury, A	Canterbury	10.45m
19	Kings Langley, A	Kings Langley	10.36m
20	Ryde, A	Ryde	9.96m
21	Randwick Botany, A	Randwick Botany	9.92m
22	Eschol Park, A	Eschol Park	9.46m
23	Cherrybrook, B	Cherrybrook	8.78m
24	Revesby Workers, A	Revesby Workers	6.60m

Girls U 10 - Throws Relay

State Relay: S 18.78m 2017		Bankstown Sports	
Name	Age	Centre	Final
1	Manly Warringah, A	Manly Warringah	15.94m
2	Ku-Ring-Gai, A	Ku-Ring-Gai	15.31m
3	Illawong, A	Illawong	13.44m
4	Winston Hills, A	Winston Hills	12.74m
5	Parramatta, A	Parramatta	12.67m
6	Illawong, B	Illawong	12.62m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Girls U 10 - Throws Relay

7	South Eastern, A	South Eastern	11.03m
8	Cherrybrook, A	Cherrybrook	10.98m
9	Hills District, A	Hills District	10.96m
10	Northern Suburbs, A	Northern Suburbs	10.95m
11	Canterbury, A	Canterbury	10.74m
12	Doonside, A	Doonside	10.67m
13	Sutherland, A	Sutherland	10.61m
14	Manly Warringah, B	Manly Warringah	10.58m
15	Ryde, B	Ryde	10.45m
16	Eschol Park, A	Eschol Park	10.10m
17	Hills District, B	Hills District	9.78m
18	Ryde, A	Ryde	9.22m
19	St George, A	St George	7.98m

Girls U 11 - Throws Relay

=====			
State Relay: S 17.15m		2018	Manly Warringah
Name	Age	Centre	Final
=====			
1	Hills District, A	Hills District	18.42mS
2	Balmain, A	Balmain	15.92m
3	Cherrybrook, A	Cherrybrook	14.94m
4	Canterbury, A	Canterbury	14.31m
5	Ryde, A	Ryde	14.29m
6	Hornsby, A	Hornsby	13.64m
7	Winston Hills, A	Winston Hills	13.50m
8	Manly Warringah, A	Manly Warringah	13.42m
9	Holroyd, A	Holroyd	13.33m
10	Wyong, A	Wyong	13.24m
11	Ku-Ring-Gai, A	Ku-Ring-Gai	12.95m
12	The Ponds, A	The Ponds	12.75m
12	Sutherland, A	Sutherland	12.75m
14	Northern Suburbs, A	Northern Suburbs	12.22m
15	Manly Warringah, B	Manly Warringah	10.20m
16	Ku-Ring-Gai, B	Ku-Ring-Gai	10.09m
17	Northern Suburbs, B	Northern Suburbs	8.74m
18	Wyong, B	Wyong	8.16m

Girls U 12 - Throws Relay

=====			
State Relay: S 22.10m		2016	Banlstown Sports
Name	Age	Centre	Final
=====			
1	Manly Warringah, A	Manly Warringah	16.28m
2	Doonside, A	Doonside	15.99m
3	Port Hacking, A	Port Hacking	15.62m
4	Hills District, A	Hills District	14.39m
5	Inner West, A	Inner West	14.08m
6	South Eastern, A	South Eastern	14.04m
7	Kings Langley, A	Kings Langley	13.97m
8	Northern Suburbs, A	Northern Suburbs	13.40m
9	Quakers Hill, A	Quakers Hill	12.20m
10	Kurrajong Bilpin, A	Kurrajong Bilpin	11.94m
11	Cherrybrook, A	Cherrybrook	11.91m
12	Rouse Hill Rams, A	Rouse Hill Rams	10.62m
13	Hills District, B	Hills District	10.38m
14	Northern Suburbs, B	Northern Suburbs	10.32m
15	Ku-Ring-Gai, A	Ku-Ring-Gai	10.27m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Girls U 12 - Throws Relay

16 Manly Warringah, B	Manly Warringah	9.92m
17 Girraween, A	Girraween	9.80m
18 Ryde, A	Ryde	9.58m
19 Revesby Workers, A	Revesby Workers	8.82m
20 Ryde, B	Ryde	8.64m
21 Revesby Workers, B	Revesby Workers	8.42m
22 Sutherland, A	Sutherland	8.12m

Girls U 13 - Throws Relay

State Relay: S 22.90m 2018		Bankstown Sports	
Name	Age	Centre	Final
1 Hills District, A		Hills District	22.02m
2 South Eastern, A		South Eastern	19.19m
3 Parramatta, A		Parramatta	18.08m
4 St George, A		St George	17.95m
5 Ku-Ring-Gai, A		Ku-Ring-Gai	17.46m
6 Wyong, A		Wyong	16.30m
7 Ryde, A		Ryde	15.69m
8 Winston Hills, A		Winston Hills	15.34m
9 Riverstone, A		Riverstone	15.32m
10 Manly Warringah, A		Manly Warringah	15.02m
11 Revesby Workers, A		Revesby Workers	14.88m
12 Inner West, A		Inner West	14.47m
13 Northern Suburbs, A		Northern Suburbs	14.42m
14 Illawong, A		Illawong	13.92m
15 Ku-Ring-Gai, B		Ku-Ring-Gai	13.09m
16 Prospect, A		Prospect	12.86m
17 Manly Warringah, B		Manly Warringah	12.50m
18 Winston Hills, B		Winston Hills	12.01m
19 Port Hacking, A		Port Hacking	11.92m
20 Wyong, B		Wyong	11.67m
21 Sutherland, A		Sutherland	11.49m
22 Hills District, B		Hills District	11.11m
23 Canterbury, A		Canterbury	10.22m
24 Liverpool City, A		Liverpool City	9.61m
25 Ryde, B		Ryde	9.52m

Girls U 14 - Throws Relay

State Relay: S 21.51m 2016		Parramatta	
Name	Age	Centre	Final
1 Winston Hills, A		Winston Hills	23.86mS
2 Liverpool City, A		Liverpool City	22.55mS
3 Port Hacking, A		Port Hacking	21.36m
4 Campbelltown, A		Campbelltown	18.66m
5 Balmain, A		Balmain	18.20m
6 Ryde, A		Ryde	18.15m
7 Sutherland, A		Sutherland	17.77m
8 Hills District, A		Hills District	16.15m
9 Prospect, A		Prospect	13.90m
10 Hills District, B		Hills District	12.86m
11 Terrigal/Wamberal, A		Terrigal/Wamberal	11.73m
12 Rouse Hill Rams, A		Rouse Hill Rams	11.61m
13 Ku-Ring-Gai, A		Ku-Ring-Gai	11.29m
14 Manly Warringah, B		Manly Warringah	10.93m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Girls U 14 - Throws Relay

15 Kurrajong Bilpin, A	Kurrajong Bilpin	9.34m
-- Manly Warringah, A	Manly Warringah	ND

Girls U 15 - Throws Relay

State Relay: S 21.89m 2017 Macquarie Hunter		
Name	Age Centre	Final
1 Port Hacking, A	Port Hacking	22.87mS
2 Illawong, A	Illawong	17.89m
3 Campbelltown, A	Campbelltown	17.62m
4 Liverpool City, A	Liverpool City	17.28m
5 Parramatta, A	Parramatta	15.95m
6 Manly Warringah, A	Manly Warringah	15.81m
7 Kurrajong Bilpin, A	Kurrajong Bilpin	15.04m
8 Sutherland, A	Sutherland	14.65m
9 Hills District, A	Hills District	14.26m
10 Wyong, A	Wyong	12.85m
11 South Eastern, A	South Eastern	11.90m
12 Manly Warringah, B	Manly Warringah	11.44m
13 Winston Hills, A	Winston Hills	10.40m

Girls U 17 - Throws Relay

State Relay: S 23.48m 2017 Campbelltown Collegians		
Name	Age Centre	Final
1 Port Hacking, A	Port Hacking	21.64m
2 Northern Suburbs, A	Northern Suburbs	18.14m
3 Manly Warringah, A	Manly Warringah	17.39m
4 Ku-Ring-Gai, A	Ku-Ring-Gai	17.05m
5 Sutherland, A	Sutherland	16.36m
6 Winston Hills, A	Winston Hills	16.07m
7 Doonside, A	Doonside	15.72m
8 Camden, A	Camden	15.15m
9 Prestons Robins, A	Prestons Robins	14.96m
10 Hills District, A	Hills District	14.25m
11 Smithfield, A	Smithfield	14.17m
12 Campbelltown, A	Campbelltown	13.40m
13 Manly Warringah, B	Manly Warringah	7.17m

Boys U 8 - 4x100 Metre Relay

State Relay: S 1:00.44 1984 Randwick Botany		
Centre		Heats

Heat 1 Heats

1 Camden	1:04.38Q
2 Manly Warringah	1:05.96q
3 Ryde	1:07.05q
4 Prestons Robins	1:08.13q
5 Campbelltown	1:09.73
6 Revesby Workers	1:11.97
7 Cherrybrook	1:16.40
-- Quakers Hill	DQ IAAF 170.7

Heat 2 Heats

1 Hills District	1:05.60Q
2 Ku-Ring-Gai	1:05.90q

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

3 Springwood	1:08.30
4 Bankstown Sports Athletics	1:09.40
5 Hawkesbury City	1:10.22
6 Mosman	1:10.34
7 Canterbury	1:10.78
8 Randwick Botany	1:14.00

Heat 3 Heats

1 Eastern Suburbs	1:06.89Q
2 Sutherland	1:07.90q
3 Port Hacking	1:08.25
4 Northern Suburbs	1:11.29
5 Rouse Hill Rams	1:12.23
6 The Ponds	1:12.27

Boys U 8 - 4x100 Metre Relay

=====			
State Relay: S	1:00.44	1984	Randwick Botany
Centre			Final
=====			

Section 1 Final

1 Camden	1:04.61
2 Hills District	1:05.91
3 Ku-Ring-Gai	1:06.59
4 Manly Warringah	1:06.72
5 Eastern Suburbs	1:06.78
6 Ryde	1:07.00
7 Sutherland	1:07.88
8 Prestons Robins	1:08.54

Boys U 9 - 4x100 Metre Relay

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

Heat 1 Heats

1 Northern Suburbs	1:01.76Q
2 Ku-Ring-Gai	1:02.55q
3 Prestons Robins	1:03.56q
4 Winston Hills	1:03.68
5 Hills District	1:04.85
6 Cherrybrook	1:06.06
7 Mosman	1:06.07

Heat 2 Heats

1 Sutherland	1:00.57Q
2 Wollongong City	1:03.25q
3 Manly Warringah	1:04.12
4 Revesby Workers	1:06.31
5 Camden	1:07.51
6 Rouse Hill Rams	1:08.04

-- Bowral DQ IAAF 170.7

Heat 3 Heats

1 Hornsby	1:02.19Q
2 Eastern Suburbs	1:02.28q
3 Port Hacking	1:03.21q
4 Campbelltown	1:04.09
5 Ryde	1:04.14
6 St George	1:13.13

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Boys U 9 - 4x100 Metre Relay

```

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

```

Section 1 Final

```

=====
1 Sutherland                      1:00.74
2 Northern Suburbs                1:01.87
3 Ku-Ring-Gai                     1:02.15
4 Hornsby                         1:02.28
5 Eastern Suburbs                 1:02.96
6 Wollongong City                 1:03.31
7 Port Hacking                    1:03.37
8 Prestons Robins                 1:03.44
=====

```

Boys U 10 - 4x100 Metre Relay

```

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

```

Heat 1 Heats

```

=====
1 South Eastern                   58.90Q
2 Sutherland                      59.96q
3 Hawkesbury City                1:02.06
4 Springwood                     1:02.26
5 Revesby Workers                1:03.54
=====

```

Heat 2 Heats

```

=====
1 Manly Warringah                 57.51Q
2 Canterbury                      57.99q
3 Eastern Suburbs                 1:00.53q
4 Prestons Robins                 1:02.38
-- Winston Hills                  DQ   IAAF 170.7
-- Ku-Ring-Gai                    DQ   IAAF 163.3
=====

```

Heat 3 Heats

```

=====
1 Port Hacking                    58.54Q
2 Bankstown Sports Athletics      1:00.31q
3 Ryde                            1:00.54
4 Campbelltown                   1:01.20
5 Cherrybrook                    1:01.64
6 The Ponds                      1:01.86
7 Rouse Hill Rams                 1:01.88
=====

```

Heat 4 Heats

```

=====
1 Mosman                          1:00.81Q
2 Camden                          1:01.11
3 Hills District                  1:01.69
4 Northern Suburbs                1:01.73
5 Kings Langley                   1:05.70
=====

```

Boys U 10 - 4x100 Metre Relay

```

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

```

Section 1 Final

```

=====
1 Manly Warringah                 57.48
2 Canterbury                      58.26
3 Port Hacking                    58.95
4 Sutherland                      59.45
5 South Eastern                   59.70
6 Bankstown Sports Athletics      1:00.38
=====

```

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

7 Eastern Suburbs	1:00.44
8 Mosman	1:01.73

Boys U 11 - 4x100 Metre Relay

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

Heat 1 Heats

1 Hills District	56.90Q
2 Macquarie Hunter	57.22q
3 Northern Suburbs	58.52
4 The Ponds	59.48
5 Camden	59.82
6 Campbelltown	1:00.07

Heat 2 Heats

1 Eastern Suburbs	56.55Q
2 Canterbury	56.93q
3 Prestons Robins	57.95
4 South Eastern	58.05
5 Winston Hills	1:00.95
-- Sutherland	DQ IAAF 170.7

Heat 3 Heats

1 Balmain	55.61Q
2 Ku-Ring-Gai	56.22q
3 Mosman	56.64q
4 St George	57.57q
5 Manly Warringah	57.63
6 Quakers Hill	57.72

Boys U 11 - 4x100 Metre Relay

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

Section 1 Final

1 Balmain	54.90
2 Ku-Ring-Gai	54.95
3 Eastern Suburbs	55.60
4 Mosman	55.68
5 St George	56.43
6 Hills District	56.65
7 Canterbury	57.52
8 Macquarie Hunter	57.56

Boys U 12 - 4x100 Metre Relay

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

Heat 1 Heats

1 Eastern Suburbs	55.72Q
2 Hawkesbury City	56.94
3 Quakers Hill	57.74
4 Northern Suburbs	57.77
5 Smithfield	57.97
6 Cherrybrook	59.54
7 Prestons Robins	59.92

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

8 Canterbury	1:00.96
Heat 2 Heats	
1 Campbelltown	53.84Q
2 Manly Warringah	55.69q
3 Ryde	55.93q
4 Mosman	56.34
5 Camden	57.89
6 The Ponds	1:02.05
7 Springwood	1:02.32
Heat 3 Heats	
1 Winston Hills	53.28Q
2 Port Hacking	53.36q
3 Hills District	54.97q
4 Sutherland	55.65q
5 Ku-Ring-Gai	55.95
6 Rouse Hill Rams	56.64
7 South Eastern	58.04
8 Illawong	59.46

Boys U 12 - 4x100 Metre Relay

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

Section 1 Final	
1 Winston Hills	53.12
2 Campbelltown	53.44
3 Port Hacking	53.89
4 Manly Warringah	54.98
5 Hills District	55.44
6 Eastern Suburbs	55.84
7 Sutherland	55.96
8 Ryde	55.97

Boys U 13 - 4x100 Metre Relay

=====
 State Relay: S 48.47 2018 Bankstown Sports
 Centre Heats
 =====

Heat 1 Heats	
1 Hills District	50.92Q
2 Sutherland	52.36q
3 Camden	52.39q
4 Manly Warringah	53.43q
5 Port Hacking	54.35q
6 Cherrybrook	54.90q
7 Hornsby	56.38
Heat 2 Heats	
1 Ku-Ring-Gai	51.62Q
2 Canterbury	53.89q
3 Prestons Robins	54.94
4 South Eastern	55.14
5 Winston Hills	55.72
6 Mosman	55.90
7 Ryde	56.68

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Boys U 13 - 4x100 Metre Relay

```
=====
State Relay: S 48.47 2018      Bankstown Sports
Centre                               Final
=====
```

```
Section 1 Final
1 Ku-Ring-Gai                51.25
2 Hills District             51.80
3 Camden                     52.81
4 Sutherland                 52.99
5 Manly Warringah           53.44
6 Canterbury                 53.93
7 Port Hacking              54.35
8 Cherrybrook               56.17
```

Boys U 14 - 4x100 Metre Relay

```
=====
State Relay: S 46.30 2016      Campbelltown
Centre                               Heats
=====
```

```
Heat 1 Heats
1 Port Hacking                48.27Q
2 Hills District             50.03q
3 Sutherland                 51.08q
4 Manly Warringah           53.78
-- Campbelltown              DNF
-- The Ponds                 DNF

Heat 2 Heats
1 Bankstown Sports Athletics 48.10Q
2 Mosman                    51.44q
3 St George                 52.42
4 Springwood                53.56
5 Ryde                      56.12

Heat 3 Heats
1 Balmain                   49.02Q
2 Ku-Ring-Gai              50.21q
3 Hawkesbury City          51.01q
4 Camden                   52.06
5 Smithfield               54.05
```

Boys U 14 - 4x100 Metre Relay

```
=====
State Relay: S 46.30 2016      Campbelltown
Centre                               Final
=====
```

```
Section 1 Final
1 Bankstown Sports Athletics 47.53
2 Port Hacking              47.85
3 Balmain                   49.80
4 Ku-Ring-Gai              50.40
5 Hills District           50.43
6 Sutherland               50.91
7 Mosman                   51.38
8 Hawkesbury City          51.55
```

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Boys U 15 - 4x100 Metre Relay

=====
 State Relay: S 44.82 2011 Manly Warringah Heats
 Centre
 =====

Heat 1 Heats

1 Manly Warringah	47.21Q
2 Eastern Suburbs	48.07q
3 Ryde	48.46q
4 Winston Hills	48.75q
5 Blacktown	49.15
6 The Ponds	53.15

Heat 2 Heats

1 Hills District	47.66Q
2 Campbelltown	47.98q
3 Port Hacking	48.26q
4 Cherrybrook	48.72q
5 Parramatta	50.03
6 Illawong	51.27
7 Camden	51.41
8 Bankstown Sports Athletics	56.98

Boys U 15 - 4x100 Metre Relay

=====
 State Relay: S 44.82 2011 Manly Warringah Final
 Centre
 =====

Section 1 Final

1 Manly Warringah	47.20
2 Winston Hills	47.56
3 Campbelltown	47.90
4 Hills District	47.94
5 Eastern Suburbs	48.20
6 Ryde	48.50
7 Port Hacking	48.59
8 Cherrybrook	48.61

Boys U 17 - 4x100 Metre Relay

=====
 State Relay: S 43.23 2014 Northern Suburbs Heats
 Centre
 =====

Heat 1 Heats

1 Smithfield	45.10Q
2 Randwick Botany	45.39q
3 Hills District	46.84q
4 Sutherland	47.25
5 Blacktown	49.79
6 Winston Hills	51.00

Heat 2 Heats

1 Cherrybrook	45.07Q
2 Balmain	45.12q
3 Mosman	47.15
4 Hornsby	47.53
5 Eastlakes	56.52

-- Bankstown Sports Athletics DQ IAAF 170.6

Heat 3 Heats

1 Manly Warringah	44.64Q
2 Port Hacking	44.68q
3 Camden	45.53q

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

4 Ryde	47.97
--------	-------

Boys U 17 - 4x100 Metre Relay

State Relay: S 43.23	2014	Northern Suburbs	
Centre			Final

Section 1 Final

1 Manly Warringah	43.98
2 Cherrybrook	44.35
3 Port Hacking	44.52
4 Smithfield	45.14
5 Randwick Botany	45.32
6 Hills District	46.19
7 Camden	46.69
-- Balmain	DNF

Boys U 8-11 Middle Distance Relay

State Relay: S 10:25.15	2017	Balmain	
Centre			Final

Section 1

1 Canterbury	10:44.74
2 Revesby Workers	10:58.94
3 Eastern Suburbs	11:01.55
4 Port Hacking	11:03.21
5 Camden	11:21.63
6 Ku-Ring-Gai	11:23.51
7 Winston Hills	11:34.84
8 Inner West	11:35.92
9 Kings Langley	12:30.54
10 Cherrybrook	12:32.48
11 Eschol Park	12:34.04
-- Mosman	DNF

Section 2

1 Sutherland	10:34.88
2 Hills District	10:53.14
3 South Eastern	10:57.31
4 Manly Warringah	11:12.65
5 Northern Suburbs	11:21.92
6 Liverpool City	11:36.29
7 Hornsby	11:39.11
8 Hawkesbury City	11:41.82
9 Wollongong City	11:42.67
10 Ryde	11:53.79
11 Tallawong Park	12:30.51

Boys U 12-15 Middle Distance Relay

State Relay: S 9:03.47	2018	Balmain	
Centre			Final

Section 1

1 Balmain	8:46.76S
2 Inner West	9:24.50
3 Bankstown Sports Athletics	9:39.67
4 Cherrybrook	10:00.68

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

5 Canterbury	10:08.06
6 Northern Suburbs	10:14.25
7 South Eastern	10:16.56
8 Campbelltown	10:22.96
9 Port Hacking	10:25.82
10 Hawkesbury City	10:31.38
11 Everley Park	11:14.26

Section 2

1 Eastern Suburbs	9:34.42
2 Sutherland	9:50.43
3 Hills District	9:53.16
4 Manly Warringah	9:55.16
5 Ku-Ring-Gai	9:57.76
6 Mosman	9:58.29
7 Ryde	10:07.98
8 Camden	10:21.96
9 Liverpool City	10:30.50
10 Winston Hills	11:06.86

Boys U 8 - Jumps Relay

=====
 State Relay: S 21.65m 2017 Manly Warringah
 Name Age Centre Final
 =====

Flight 1

1 Illawong, A	Illawong	20.45m
2 Hills District, A	Hills District	19.59m
3 Sutherland, A	Sutherland	19.11m
4 Winston Hills, A	Winston Hills	19.01m
5 Ku-Ring-Gai, A	Ku-Ring-Gai	18.54m
6 Wyong, A	Wyong	18.42m
7 Manly Warringah, A	Manly Warringah	18.10m
8 Prospect, A	Prospect	17.87m
9 Hills District, B	Hills District	17.66m
10 Parramatta, A	Parramatta	17.60m
11 Ku-Ring-Gai, B	Ku-Ring-Gai	17.24m
12 Ryde, B	Ryde	17.21m
13 Manly Warringah, B	Manly Warringah	16.48m
14 Ryde, A	Ryde	16.41m
15 Eschol Park, A	Eschol Park	13.90m
16 Holroyd, A	Holroyd	13.78m
17 Revesby Workers, A	Revesby Workers	12.67m
18 Northern Suburbs, A	Northern Suburbs	10.91m

Boys U 9 - Jumps Relay

=====
 State Relay: S 22.25m 2018 Manly Warringah
 Name Age Centre Final
 =====

1 Manly Warringah, A	Manly Warringah	21.91m
2 Randwick Botany, A	Randwick Botany	21.72m
3 Ku-Ring-Gai, A	Ku-Ring-Gai	20.91m
4 Parramatta, A	Parramatta	20.73m
5 Manly Warringah, B	Manly Warringah	20.29m
6 Hills District, A	Hills District	19.45m
7 Hornsby, A	Hornsby	19.30m
8 Port Hacking, A	Port Hacking	19.18m
9 Ku-Ring-Gai, B	Ku-Ring-Gai	18.96m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Boys U 9 - Jumps Relay

10 Sutherland, A	Sutherland	18.23m
11 Hills District, B	Hills District	17.98m
12 Ryde, A	Ryde	17.75m
13 Kurrajong Bilpin, A	Kurrajong Bilpin	17.51m
14 Prospect, A	Prospect	16.04m
15 Canterbury, A	Canterbury	15.64m
16 Winston Hills, A	Winston Hills	15.62m
17 Revesby Workers, A	Revesby Workers	15.53m

Boys U 10 - Jumps Relay

State Relay: S 21.67m 2017		Northern suburbs	
Name	Age Centre		Final
1 Port Hacking, A	Port Hacking		22.60mS
2 Manly Warringah, A	Manly Warringah		22.40mS
3 Campbelltown, A	Campbelltown		21.28m
4 Winston Hills, A	Winston Hills		20.41m
5 Manly Warringah, B	Manly Warringah		19.87m
6 Northern Suburbs, A	Northern Suburbs		19.65m
7 Ku-Ring-Gai, A	Ku-Ring-Gai		18.69m
8 Parramatta, A	Parramatta		18.54m
9 Sutherland, A	Sutherland		17.66m
10 Hills District, A	Hills District		17.59m
11 Northern Suburbs, B	Northern Suburbs		17.02m
12 Canterbury, A	Canterbury		16.69m
13 Winston Hills, B	Winston Hills		16.48m
14 Ku-Ring-Gai, B	Ku-Ring-Gai		16.11m
15 Doonside, A	Doonside		15.47m
16 Eschol Park, A	Eschol Park		14.53m

Boys U 11 - Jumps Relay

State Relay: S 24.71m 2018		Manly Warringah	
Name	Age Centre		Final
1 Manly Warringah, A	Manly Warringah		23.76m
2 Hills District, A	Hills District		23.45m
3 Hills District, B	Hills District		22.10m
4 Northern Suburbs, A	Northern Suburbs		21.61m
5 Northern Suburbs, B	Northern Suburbs		21.46m
6 Ku-Ring-Gai, A	Ku-Ring-Gai		21.08m
7 Springwood, A	Springwood		20.59m
8 Parramatta, A	Parramatta		20.52m
9 Ku-Ring-Gai, B	Ku-Ring-Gai		19.87m
10 Bankstown Sports Ath, A	Bankstown Sp		19.66m
11 Wyong, A	Wyong		18.65m
12 Sutherland, A	Sutherland		18.52m
13 Winston Hills, A	Winston Hills		18.36m
14 Manly Warringah, B	Manly Warringah		17.56m
15 Blacktown, A	Blacktown		16.54m
16 Ryde, A	Ryde		16.33m
17 Eschol Park, A	Eschol Park		14.04m
18 Inner West, A	Inner West		11.94m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Boys U 12 - Jumps Relay

State Relay: S 24.55m 2016		Randwick Botany	
Name	Age	Centre	Final
1 Northern Suburbs, A		Northern Suburbs	22.98m
2 Manly Warringah, A		Manly Warringah	22.67m
3 Winston Hills, A		Winston Hills	22.07m
4 Port Hacking, A		Port Hacking	21.08m
4 Balmain, A		Balmain	21.08m
6 Inner West, A		Inner West	20.92m
7 Ku-Ring-Gai, A		Ku-Ring-Gai	20.61m
8 Manly Warringah, B		Manly Warringah	20.52m
9 Campbelltown, A		Campbelltown	20.33m
10 Sutherland, A		Sutherland	19.91m
11 Illawong, A		Illawong	19.85m
12 Port Hacking, B		Port Hacking	18.81m
13 Rouse Hill Rams, A		Rouse Hill Rams	18.73m
14 Ryde, B		Ryde	18.48m
15 Cherrybrook, A		Cherrybrook	18.39m
16 Randwick Botany, A		Randwick Botany	18.33m
17 Quakers Hill, A		Quakers Hill	18.05m
18 Canterbury, A		Canterbury	16.49m
19 Ryde, A		Ryde	16.32m
20 Hills District, A		Hills District	12.41m
21 Mosman, B		Mosman	11.83m
22 Parramatta, A		Parramatta	11.11m
23 St George, A		St George	10.96m
24 Prospect, A		Prospect	10.06m

Boys U 13 - Jumps Relay

State Relay: S 25.17m 2016		Northern Suburbs	
Name	Age	Centre	Final
1 Manly Warringah, A		Manly Warringah	22.43m
2 Ku-Ring-Gai, A		Ku-Ring-Gai	22.27m
3 Hills District, A		Hills District	22.26m
4 Sutherland, A		Sutherland	22.25m
5 Port Hacking, A		Port Hacking	21.96m
6 Canterbury, A		Canterbury	20.88m
7 Hills District, B		Hills District	20.73m
8 Campbelltown, A		Campbelltown	20.71m
9 Camden, A		Camden	20.70m
10 Manly Warringah, B		Manly Warringah	19.70m
11 South Eastern, A		South Eastern	19.65m
12 Liverpool City, A		Liverpool City	19.39m
13 Ryde, A		Ryde	19.33m
14 Winston Hills, A		Winston Hills	19.05m
15 Port Hacking, B		Port Hacking	18.75m
16 Revesby Workers, A		Revesby Workers	18.73m
17 Parramatta, A		Parramatta	18.63m
18 Cherrybrook, A		Cherrybrook	18.44m
19 Cherrybrook, B		Cherrybrook	18.26m
20 Doonside, A		Doonside	18.08m
21 South Eastern, B		South Eastern	17.55m
22 Quakers Hill, A		Quakers Hill	17.01m
23 St George, A		St George	16.73m
24 Riverstone, A		Riverstone	15.10m
25 Tallawong Park, A		Tallawong Park	12.89m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Boys U 13 - Jumps Relay

26 Wyong, A	Wyong	11.83m
27 Prospect, A	Prospect	9.68m

Boys U 14 - Jumps Relay

State Relay: S 25.19m 2017			Parramatta
Name	Age Centre		Final
1 Northern Suburbs, A	Northern Suburbs		22.06m
2 Port Hacking, A	Port Hacking		21.88m
3 Ku-Ring-Gai, A	Ku-Ring-Gai		21.77m
4 South Eastern, A	South Eastern		21.66m
5 Manly Warringah, A	Manly Warringah		21.53m
6 Balmain, A	Balmain		20.37m
7 Hills District, A	Hills District		20.00m
8 Winston Hills, A	Winston Hills		19.99m
9 Sutherland, A	Sutherland		19.91m
10 St George, A	St George		18.64m
11 Camden, A	Camden		18.26m
12 Port Hacking, B	Port Hacking		18.14m
13 Hawkesbury City, A	Hawkesbury City		18.01m
14 Cherrybrook, A	Cherrybrook		17.80m
15 Bankstown Sports Ath, A	Bankstown Sp		17.62m
16 Hills District, B	Hills District		17.41m
17 Manly Warringah, B	Manly Warringah		16.73m
18 Liverpool City, A	Liverpool City		16.69m
19 Ryde, A	Ryde		16.40m

Boys U 15 - Jumps Relay

State Relay: S 25.88m 2016			Illawong
Name	Age Centre		Final
1 Ryde, A	Ryde		21.82m
2 Manly Warringah, A	Manly Warringah		20.73m
3 Port Hacking, A	Port Hacking		20.53m
4 Bankstown Sports Ath, A	Bankstown Sp		20.29m
5 Winston Hills, A	Winston Hills		19.33m
6 Wyong, A	Wyong		19.12m
7 Hills District, A	Hills District		18.74m
8 Parramatta, A	Parramatta		18.14m
9 Raymond Terrace, A	Raymond Terrace		17.98m
10 Manly Warringah, B	Manly Warringah		16.65m
11 Cherrybrook, A	Cherrybrook		16.63m
12 Camden, A	Camden		16.09m
13 Prospect, A	Prospect		15.40m
14 Illawong, A	Illawong		15.34m
15 Liverpool City, A	Liverpool City		10.15m
-- Campbelltown, A	Campbelltown		NH

Boys U 17 - Jumps Relay

State Relay: S 24.03m 2016			Manly Warringah
Name	Age Centre		Final
1 Cherrybrook, A	Cherrybrook		22.66m
2 Northern Suburbs, A	Northern Suburbs		21.64m
3 Balmain, A	Balmain		21.27m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Boys U 17 - Jumps Relay

4 Camden, A	Camden	20.98m
5 Campbelltown, A	Campbelltown	20.88m
6 Randwick Botany, A	Randwick Botany	20.17m
7 Port Hacking, A	Port Hacking	19.83m
8 Manly Warringah, A	Manly Warringah	19.16m
9 Kurrajong Bilpin, A	Kurrajong Bilpin	18.91m
10 Manly Warringah, B	Manly Warringah	18.43m
11 Greystanes, A	Greystanes	17.93m
12 Hawkesbury City, A	Hawkesbury City	16.64m
13 Ryde, A	Ryde	16.59m
14 Hills District, A	Hills District	16.52m
15 Sutherland, A	Sutherland	16.30m
16 Liverpool City, A	Liverpool City	16.10m
17 Eastlakes, A	Eastlakes	15.58m

Boys U 8 - Throws Relay

State Relay: S 17.10m 2017			
Name	Age	Centre	Final
=====			
1 Ku-Ring-Gai, A		Ku-Ring-Gai	15.11m
2 Ryde, B		Ryde	14.28m
3 Winston Hills, A		Winston Hills	13.97m
4 Hills District, A		Hills District	13.65m
5 Campbelltown, A		Campbelltown	13.05m
6 Sutherland, A		Sutherland	12.22m
7 Parramatta, A		Parramatta	11.90m
8 Hills District, B		Hills District	11.87m
9 Manly Warringah, B		Manly Warringah	11.45m
10 Manly Warringah, A		Manly Warringah	10.97m
11 Holroyd, A		Holroyd	10.52m
12 Ryde, A		Ryde	10.50m
13 Wyong, A		Wyong	10.05m
14 Ku-Ring-Gai, B		Ku-Ring-Gai	9.71m
15 Northern Suburbs, A		Northern Suburbs	9.64m
16 Eschol Park, A		Eschol Park	9.33m

Boys U 9 - Throws Relay

State Relay: S 17.41m 2017			
Name	Age	Centre	Final
=====			
1 Manly Warringah, A		Manly Warringah	16.25m
2 Campbelltown, A		Campbelltown	16.22m
3 Hornsby, A		Hornsby	16.18m
4 Ku-Ring-Gai, A		Ku-Ring-Gai	15.27m
5 Parramatta, A		Parramatta	14.52m
6 Randwick Botany, A		Randwick Botany	14.39m
7 Hills District, A		Hills District	14.26m
8 Winston Hills, A		Winston Hills	13.37m
9 Port Hacking, A		Port Hacking	13.23m
10 Ku-Ring-Gai, B		Ku-Ring-Gai	13.06m
11 Girraween, A		Girraween	12.86m
12 Doonside, A		Doonside	12.60m
13 Cherrybrook, A		Cherrybrook	12.29m
14 Ryde, A		Ryde	12.24m
15 Manly Warringah, B		Manly Warringah	11.59m
16 Hills District, B		Hills District	11.28m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Boys U 9 - Throws Relay

17 Sutherland, A	Sutherland	11.18m
18 Canterbury, A	Canterbury	10.77m
19 Bankstown Sports Ath, A	Bankstown Sp	9.59m
20 Ryde, B	Ryde	7.34m

Boys U 10 - Throws Relay

State Relay: S 18.84m 2017		Kings Langley	
Name	Age	Centre	Final
1 Campbelltown, A		Campbelltown	19.12mS
2 Doonside, A		Doonside	18.40m
3 Winston Hills, A		Winston Hills	18.02m
4 Prospect, A		Prospect	16.50m
5 Revesby Workers, A		Revesby Workers	16.38m
6 Port Hacking, A		Port Hacking	15.39m
7 Sutherland, A		Sutherland	14.87m
8 Northern Suburbs, A		Northern Suburbs	13.58m
9 Canterbury, A		Canterbury	13.37m
10 Holroyd, A		Holroyd	13.15m
11 Hills District, A		Hills District	13.06m
12 Manly Warringah, A		Manly Warringah	12.88m
13 Parramatta, A		Parramatta	12.38m
14 St George, A		St George	12.28m
15 Northern Suburbs, B		Northern Suburbs	12.26m
16 Winston Hills, B		Winston Hills	11.55m
17 Manly Warringah, B		Manly Warringah	11.40m
18 Liverpool City, A		Liverpool City	11.05m
19 Ku-Ring-Gai, B		Ku-Ring-Gai	10.90m
20 Cherrybrook, A		Cherrybrook	10.81m
21 Bankstown Sports Ath, A		Bankstown Sp	10.56m
22 Eschol Park, A		Eschol Park	9.00m
23 Hills District, B		Hills District	8.81m
24 Ku-Ring-Gai, A		Ku-Ring-Gai	7.38m

Boys U 11 - Throws Relay

State Relay: S 21.86m 2018		Parramatta	
Name	Age	Centre	Final
1 Northern Suburbs, A		Northern Suburbs	21.54m
2 Hills District, A		Hills District	21.10m
3 Sutherland, A		Sutherland	18.21m
4 Ku-Ring-Gai, A		Ku-Ring-Gai	16.21m
5 Wyong, A		Wyong	16.16m
6 Smithfield, A		Smithfield	16.11m
7 Manly Warringah, A		Manly Warringah	15.50m
8 Springwood, A		Springwood	15.43m
9 Bankstown Sports Ath, A		Bankstown Sp	15.29m
10 Liverpool City, A		Liverpool City	14.75m
11 Parramatta, A		Parramatta	14.20m
12 Northern Suburbs, B		Northern Suburbs	13.46m
13 Ryde, A		Ryde	13.12m
14 Inner West, A		Inner West	13.02m
15 Canterbury, A		Canterbury	12.75m
16 Manly Warringah, B		Manly Warringah	12.49m
17 Hills District, B		Hills District	12.28m
18 Ku-Ring-Gai, B		Ku-Ring-Gai	11.80m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Boys U 11 - Throws Relay

19 Prospect, A	Prospect	11.61m
20 Eschol Park, A	Eschol Park	10.37m
21 Blacktown, A	Blacktown	8.70m

Boys U 12 - Throws Relay

State Relay: S 18.44m 2018		Hills District	
Name	Age	Centre	Final
1 Sutherland, A		Sutherland	20.00mS
2 Inner West, A		Inner West	16.66m
3 Kings Langley, A		Kings Langley	16.65m
4 Northern Suburbs, A		Northern Suburbs	16.39m
5 Parramatta, A		Parramatta	16.23m
6 Manly Warringah, A		Manly Warringah	16.01m
7 Illawong, A		Illawong	15.80m
8 Randwick Botany, A		Randwick Botany	15.09m
9 Campbelltown, A		Campbelltown	14.85m
10 Smithfield, A		Smithfield	14.58m
11 Cherrybrook, A		Cherrybrook	14.10m
12 Ryde, A		Ryde	13.87m
13 Hills District, A		Hills District	13.31m
14 Winston Hills, A		Winston Hills	12.89m
15 Manly Warringah, B		Manly Warringah	12.87m
16 Mosman, B		Mosman	12.78m
17 Ku-Ring-Gai, A		Ku-Ring-Gai	12.32m
18 Hawkesbury City, A		Hawkesbury City	11.74m
19 St George, A		St George	11.73m
20 The Ponds, A		The Ponds	11.17m
21 Liverpool City, A		Liverpool City	10.80m
22 Prospect, A		Prospect	10.57m
23 Quakers Hill, A		Quakers Hill	10.48m
24 South Eastern, A		South Eastern	9.63m
-- South Eastern, B		South Eastern	ND

Boys U 13 - Throws Relay

State Relay: S 18.23m 2018		Northern Suburbs	
Name	Age	Centre	Final
1 Hills District, A		Hills District	21.90mS
2 Parramatta, A		Parramatta	20.19mS
3 Canterbury, A		Canterbury	16.66m
4 Winston Hills, A		Winston Hills	16.50m
5 Manly Warringah, A		Manly Warringah	15.95m
6 Ryde, A		Ryde	15.47m
7 Hornsby, A		Hornsby	15.41m
8 Sutherland, A		Sutherland	15.15m
9 Port Hacking, A		Port Hacking	14.17m
10 Camden, A		Camden	14.07m
11 Manly Warringah, B		Manly Warringah	13.69m
12 Cherrybrook, A		Cherrybrook	13.27m
13 Blacktown, A		Blacktown	12.99m
14 Liverpool City, A		Liverpool City	12.35m
15 South Eastern, A		South Eastern	12.32m
16 Prospect, A		Prospect	12.06m
17 St George, A		St George	11.36m
18 Doonside, A		Doonside	11.14m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Boys U 13 - Throws Relay

19 Hills District, B	Hills District	10.96m
20 Ku-Ring-Gai, A	Ku-Ring-Gai	10.94m
21 Albion Park, A	Albion Park	10.11m
22 Cherrybrook, B	Cherrybrook	10.03m
23 South Eastern, B	South Eastern	9.86m
24 Winston Hills, B	Winston Hills	9.60m
25 Wyong, A	Wyong	8.83m
26 Riverstone, A	Riverstone	8.12m

Boys U 14 - Throws Relay

State Relay: S 21.80m 2016 Northern Suburbs			
Name	Age Centre		Final
1 Ku-Ring-Gai, A	Ku-Ring-Gai		17.03m
2 Campbelltown, A	Campbelltown		16.15m
3 Balmain, A	Balmain		15.52m
4 Northern Suburbs, A	Northern Suburbs		14.44m
5 Smithfield, A	Smithfield		14.13m
6 Manly Warringah, A	Manly Warringah		13.49m
7 Hills District, A	Hills District		13.23m
8 Kurrajong Bilpin, A	Kurrajong Bilpin		13.07m
9 Port Hacking, A	Port Hacking		12.61m
10 Liverpool City, A	Liverpool City		12.09m
11 Sutherland, A	Sutherland		11.96m
12 Revesby Workers, A	Revesby Workers		11.33m
13 Manly Warringah, B	Manly Warringah		11.32m
14 Cherrybrook, A	Cherrybrook		10.94m
15 Hills District, B	Hills District		10.22m

Boys U 15 - Throws Relay

State Relay: S 21.19m 2017 Northern Suburbs			
Name	Age Centre		Final
1 Ryde, A	Ryde		19.41m
2 Port Hacking, A	Port Hacking		18.84m
3 Wyong, A	Wyong		15.57m
4 Hills District, A	Hills District		15.52m
5 Bankstown Sports Ath, A	Bankstown Sp		15.20m
6 Raymond Terrace, A	Raymond Terrace		14.43m
7 Manly Warringah, A	Manly Warringah		14.09m
8 Doonside, A	Doonside		12.65m
9 Hawkesbury City, A	Hawkesbury City		11.73m
10 Prospect, A	Prospect		11.69m
11 Manly Warringah, B	Manly Warringah		11.05m

Boys U 17 - Throws Relay

State Relay: S 21.23m 2017 Bankstown Sports			
Name	Age Centre		Final
1 Campbelltown, A	Campbelltown		20.70m
2 Northern Suburbs, A	Northern Suburbs		18.62m
3 Canterbury, A	Canterbury		18.59m
4 Kings Langley, A	Kings Langley		18.52m
5 Sutherland, A	Sutherland		17.12m
6 Greystanes, A	Greystanes		16.92m

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

....Boys U 17 - Throws Relay

7	Smithfield, A	Smithfield	16.19m
8	Rouse Hill Rams, A	Rouse Hill Rams	16.17m
9	Camden, A	Camden	15.24m
10	Balmain, A	Balmain	13.29m
11	Manly Warringah, A	Manly Warringah	12.53m
12	Hills District, A	Hills District	12.17m
13	Liverpool City, A	Liverpool City	11.28m
14	Manly Warringah, B	Manly Warringah	10.18m
15	Blacktown, A	Blacktown	9.64m
--	Ryde, A	Ryde	ND

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		Heats

Heat 1 Heats

1	Liverpool City	1:06.75Q
2	Prospect	1:11.29q
3	Holroyd	1:14.41q
4	Doonside	1:14.57q

Heat 2 Heats

1	Kurrajong Bilpin	1:11.23Q
2	Eschol Park	1:11.94q
3	Helensburgh	1:12.96q
4	Greystanes	1:13.77q
5	Tallawong Park	1:15.29

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 Final

1	Liverpool City	1:06.47
2	Eschol Park	1:10.90
3	Prospect	1:11.28
4	Helensburgh	1:11.97
5	Greystanes	1:13.41
6	Holroyd	1:13.96
7	Doonside	1:13.99
8	Kurrajong Bilpin	1:14.03

Mixed U 9 - 4x100 Metre Relay

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

Heat 1 Heats

1	Riverstone	1:05.96Q
2	Wyong	1:06.80q
3	Eschol Park	1:10.98
4	Katoomba	1:12.61
5	Prospect	1:13.95

Heat 2 Heats

1	Kurrajong Bilpin	1:05.73Q
---	------------------	----------

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

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

2 Helensburgh	1:05.76q
3 Hawkesbury City	1:06.57q
4 Liverpool City	1:07.19q
5 Tallawong Park	1:07.69q
6 Doonside	1:10.30q

Mixed U 9 - 4x100 Metre Relay

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

Section 1 Final

1 Helensburgh	1:04.07
2 Kurrajong Bilpin	1:05.01
3 Liverpool City	1:06.04
4 Hawkesbury City	1:06.36
5 Riverstone	1:06.52
6 Wyong	1:07.21
7 Tallawong Park	1:07.75
8 Doonside	1:09.83

Mixed U 10 - 4x100 Metre Relay

=====
State Relay: S 58.04 1984 Blacktown
Centre Heats
=====

Heat 1 Heats

1 Albion Park	1:01.54Q
2 Doonside	1:02.38q
3 Eastlakes	1:05.30q
4 Liverpool City	1:06.78
5 Everley Park	1:08.83

Heat 2 Heats

1 Holroyd	1:02.41Q
2 Greystanes	1:02.44q
3 Kurrajong Bilpin	1:04.40q
4 Prospect	1:04.60q
5 Tallawong Park	1:06.40q
6 Riverstone	1:09.59

Mixed U 10 - 4x100 Metre Relay

=====
State Relay: S 58.04 1984 Blacktown
Centre Final
=====

Section 1 Final

1 Greystanes	1:01.45
2 Albion Park	1:01.52
3 Holroyd	1:02.66
4 Doonside	1:03.47
5 Kurrajong Bilpin	1:04.79
6 Eastlakes	1:05.45
7 Prospect	1:05.60
8 Tallawong Park	1:07.54

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Mixed U 11 - 4x100 Metre Relay

=====
 State Relay: S 54.18 2016 Albion Park Heats
 Centre
 =====

Heat 1 Heats
 1 Prospect 57.47Q
 2 Liverpool City 59.05q
 3 Tallawong Park 59.17q
 4 Hawkesbury City 1:02.36q
 5 Riverstone 1:02.44q
 Heat 2 Heats
 1 Greystanes 1:00.52Q
 2 Kurrajong Bilpin 1:01.04q
 3 Illawong 1:01.39q
 4 Helensburgh 1:04.53

Mixed U 11 - 4x100 Metre Relay

=====
 State Relay: S 54.18 2016 Albion Park Final
 Centre
 =====

Section 1 Final
 1 Tallawong Park 57.60
 2 Prospect 58.57
 3 Liverpool City 58.87
 4 Greystanes 1:00.08
 5 Kurrajong Bilpin 1:00.39
 6 Illawong 1:01.45
 7 Hawkesbury City 1:01.50
 8 Riverstone 1:04.81

Mixed U 12 - 4x100 Metre Relay

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

Section 1
 1 Albion Park 55.33
 2 Holroyd 56.60
 3 Bowral 57.80
 4 Kurrajong Bilpin 57.94
 5 Greystanes 59.37
 6 Doonside 1:00.98
 7 Riverstone 1:01.03
 8 Blacktown 1:01.04

Mixed U 13 - 4x100 Metre Relay

=====
 State Relay: S 51.44 1984 Randwick Botany Heats
 Centre
 =====

Heat 1 Heats
 1 Liverpool City 56.69Q
 2 Kurrajong Bilpin 56.72q
 3 Riverstone 57.19q
 4 Tallawong Park 57.36q
 5 Albion Park 57.54q
 Heat 2 Heats
 1 Prospect 54.00Q

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

...Mixed U 13 - 4x100 Metre Relay

2 Wyong	54.70q
3 Hawkesbury City	55.58q
4 Doonside	58.22

Mixed U 13 - 4x100 Metre Relay

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

Section 1 Final

1 Prospect	53.62	
2 Hawkesbury City	54.73	
3 Wyong	55.50	
4 Liverpool City	56.18	
5 Riverstone	56.59	56.586
6 Tallawong Park	56.59	56.587
7 Albion Park	56.61	
8 Kurrajong Bilpin	57.09	

Mixed U 14 - 4x100 Metre Relay

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

Section 1

1 Liverpool City	52.45	
2 Prospect	53.50	
3 Albion Park	53.52	
4 Kurrajong Bilpin	53.82	
5 Doonside	54.67	
6 Holroyd	55.54	
7 Greystanes	57.29	
8 Everley Park	57.83	
9 Western Blues	58.03	

Mixed U 15 - 4x100 Metre Relay

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

1 Doonside	49.66	
2 Liverpool City	49.92	
3 Greystanes	50.50	
4 Hawkesbury City	50.85	
5 Prospect	50.92	
6 Raymond Terrace	51.09	
7 Wyong	51.32	
8 Kurrajong Bilpin	51.53	

Mixed U 17 - 4x100 Metre Relay

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

1 Doonside	47.35	
2 Albion Park	49.87	
3 Hawkesbury City	50.05	
4 Greystanes	50.16	

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

...Mixed U 17 - 4x100 Metre Relay

5 Blacktown	50.82
6 Tallawong Park	50.94
7 Kurrajong Bilpin	51.45
8 Liverpool City	53.17
9 Western Blues	54.85

Mixed U 8 - 4x200 Metre Relay

State Relay: S 2:13.30 2013		Port Hacking	
Centre			Final
1 Balmain			2:28.04
2 Sutherland			2:29.91
3 Manly Warringah			2:30.33
4 Smithfield			2:34.16
5 Hawkesbury City			2:40.85
6 Randwick Botany			2:40.86
7 Northern Suburbs			2:49.58
Section 2			
1 Hills District			2:25.63
2 Port Hacking			2:32.46
3 Ku-Ring-Gai			2:32.81
4 Rouse Hill Rams			2:35.34
5 Revesby Workers			2:43.21
6 Cherrybrook			2:48.71
7 Winston Hills			2:55.65
Section 3			
1 Eastern Suburbs			2:29.14
2 Ryde			2:36.40
3 Eschol Park			2:40.62
4 Canterbury			2:43.72
-- Holroyd		DQ	IAAF 170.19
-- Mosman		DQ	IAAF 170.7

Mixed U 9 - 4x200 Metre Relay

State Relay: S 2:07.11 2013		Manly Warringah	
Centre			Final
Section 1			
1 Sutherland			2:10.63
2 Port Hacking			2:15.00
3 South Eastern			2:16.66
4 Hornsby			2:18.96
5 Mosman			2:24.11
6 Wyong			2:26.28
7 Winston Hills			2:33.72
8 Rouse Hill Rams			2:35.72
Section 2			
1 Revesby Workers			2:16.90
2 Eastern Suburbs			2:17.82
3 Ku-Ring-Gai			2:18.17
4 Riverstone			2:20.60
5 Northern Suburbs			2:23.42
6 Ryde			2:25.69
7 Eschol Park			2:44.44
Section 3			
1 Hills District			2:16.99

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

...Mixed U 9 - 4x200 Metre Relay

2 Manly Warringah	2:19.12
3 Canterbury	2:19.66
4 Cherrybrook	2:21.65
5 Wollongong City	2:24.95
6 Smithfield	2:25.42
7 Holroyd	2:27.52
8 Tallawong Park	2:32.11

Mixed U 10 - 4x400 Metre Relay

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

Section 1

1 Sutherland	4:46.29
2 Manly Warringah	4:51.97
3 Cherrybrook	5:12.19
4 Hawkesbury City	5:20.06
5 Ryde	5:30.48

Section 2

1 Port Hacking	4:50.96
2 Eastern Suburbs	5:04.78
3 Canterbury	5:06.21
4 Albion Park	5:08.04
5 Mosman	5:29.44
6 Northern Suburbs	5:30.75
7 Rouse Hill Rams	5:39.23

Section 3

1 South Eastern	4:53.55
2 Ku-Ring-Gai	5:22.13
3 Hills District	5:29.43
4 Revesby Workers	5:34.94
5 Kings Langley	5:57.94

-- Winston Hills DQ IAAF 163.3

Mixed U 11 - 4x400 Metre Relay

=====			
State Relay: S	4:25.82	2016	Ku-Ring-Gai
Centre			Final
=====			

Section 1

1 Hills District	4:42.80
2 Sutherland	4:49.75
3 Mosman	4:52.61
4 Canterbury	5:01.76
5 The Ponds	5:11.99
6 Illawong	5:30.50

Section 2

1 Balmain	4:43.20
2 Cherrybrook	4:56.14
3 Ryde	5:03.57
4 Ku-Ring-Gai	5:07.29
5 Revesby Workers	5:15.85
6 Riverstone	5:43.76

Section 3

1 Manly Warringah	4:45.23
2 Eastern Suburbs	5:02.78
3 Wollongong City	5:14.05

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

...Mixed U 11 - 4x400 Metre Relay

4 Northern Suburbs	5:18.05
5 Quakers Hill	5:38.68
6 Eastlakes	5:42.97

Mixed U 12 - 4x400 Metre Relay

=====
State Relay: S 4:10.90 1987 St George
Centre Final
=====

Section 1

1 Sutherland	4:21.37
2 Eastern Suburbs	4:24.13
3 Winston Hills	4:49.69
4 Hawkesbury City	4:59.80
5 Revesby Workers	5:02.21
6 Canterbury	5:03.31

Section 2

1 Port Hacking	4:26.91
2 Ku-Ring-Gai	4:35.22
3 Hills District	4:41.34
4 Northern Suburbs	4:41.84
5 Kings Langley	4:55.32
6 Riverstone	5:27.32
7 Illawong	5:28.76

Section 3

1 Inner West	4:31.26
2 Manly Warringah	4:37.84
3 Mosman	4:39.17
4 Rouse Hill Rams	4:46.67
5 Cherrybrook	4:47.48
6 Ryde	4:56.99
7 South Eastern	5:05.19

Mixed U 13 - 4x400 Metre Relay

=====
State Relay: S 4:04.56 2013 Manly Warringah
Centre Final
=====

Section 1

1 Manly Warringah	4:14.75
2 Cherrybrook	4:23.86
3 Port Hacking	4:30.62
4 Eastern Suburbs	4:46.23
5 Riverstone	4:58.02
6 Winston Hills	5:10.17

Section 2

1 Sutherland	4:06.53
2 Mosman	4:07.00
3 Hills District	4:14.37
4 Ku-Ring-Gai	4:19.97
5 Albion Park	4:41.43

Section 3

1 Balmain	4:13.71
2 South Eastern	4:19.98
3 Canterbury	4:31.47
4 Wollongong City	4:32.53
5 Liverpool City	4:56.33
6 Ryde	5:05.95

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Mixed U 14 - 4x400 Metre Relay

```

=====
State Relay: S 3:53.38 2016      Manly Warringah
Centre                               Final
=====

```

Section 1

```

1 Hills District           4:07.19
2 Sutherland               4:09.55
3 Port Hacking             4:09.87
4 Manly Warringah         4:19.18
5 Everley Park             4:43.46
6 The Ponds                5:04.78

```

Section 2

```

1 Balmain                  4:00.51
2 Albion Park              4:02.26
3 Ryde                     4:23.26
4 Cherrybrook              4:27.34
5 Mosman                   4:30.43
6 Liverpool City          4:31.84

```

Mixed U 15 - 4x400 Metre Relay

```

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

```

Section 1

```

1 Manly Warringah         3:47.43
2 Eastern Suburbs         3:59.96
3 Ryde                    4:19.93
4 Sutherland              4:24.08

```

Section 2

```

1 Inner West              3:56.27
2 Campbelltown            4:01.01
3 Hills District          4:04.45
4 Illawong                4:05.12
5 Hawkesbury City        4:12.11

```

Mixed U 17 - 4x400 Metre Relay

```

=====
State Relay: S 3:42.08 2017      Macquarie Hunter
Centre                               Final
=====

```

Section 1

```

1 Hills District           3:51.23
2 Randwick Botany         3:54.31
3 Ryde                     3:55.77
4 Mosman                   4:00.13
5 Wollongong City         4:11.02
6 Winston Hills           4:34.14

```

Section 2

```

1 Camden                  3:43.27
2 Manly Warringah         3:44.37
3 Northern Suburbs       3:47.59
4 Sutherland              3:48.31
5 Campbelltown            3:56.02
6 Hawkesbury City        4:08.66

```

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Mixed U 8-11 4x100 Metre Relay

```

=====
State Relay: S 1:01.26 2017      Liverpool City
Centre                               Heats
=====

```

```

Heat 1 Heats
 1 Helensburgh           1:05.26Q
 2 Albion Park           1:05.37q
 3 Illawong              1:07.62q
 4 Mt Druitt             1:08.75q

Heat 2 Heats
 1 Bowral                1:02.01Q
 2 Tallawong Park        1:03.26q
 3 Doonside              1:03.62q
 4 Eschol Park           1:07.43q
 5 Eastlakes             1:09.09

```

Mixed U 8-11 4x100 Metre Relay

```

=====
State Relay: S 1:01.26 2017      Liverpool City
Centre                               Final
=====

```

```

Section 1 Final
 1 Tallawong Park        1:01.77
 2 Helensburgh           1:05.19
 3 Doonside              1:05.36
 4 Eschol Park           1:05.99
 5 Albion Park           1:07.28
 6 Illawong              1:09.24
-- Bowral                DQ      IAAF 163.3

```

Mixed U 12-15 4x100 Metre Relay

```

=====
State Relay: S 50.04 2018      Liverpool City
Centre                               Final
=====

```

```

Section 1
 1 Eastlakes             52.98
 2 Bowral                53.16
 3 Tallawong Park        54.32
 4 Doonside              54.51
 5 Mt Druitt             55.57
 6 Illawong              56.20
 7 Eschol Park           56.40

```

Mixed U 8-11 Long Jump x 4

```

=====
State Relay: S 29.07m 2018      Bowral
Name      Age Centre                               Final
=====

```

```

Flight 1
 1 Tallawong Park, A      M Tallawong Park      26.94m
 2 Bowral, A              M Bowral               25.06m
 3 Albion Park, A         M Albion Park          24.92m
 4 Eschol Park, A         M Eschol Park          24.17m
 5 Eastlakes, A           M Eastlakes            22.22m
 6 Mt Druitt, A           M Mt Druitt            21.05m
 7 Doonside, A            M Doonside             15.64m

```

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 16/11/2019 to 17/11/2019
Sydney Olympic Park Athletic Centre
Results

Mixed U 12-15 Long Jump x 4

=====			
State Relay: S	29.05m	2017	Prospect
Name	Age	Centre	Final
=====			
1 Eastlakes, A	M	Eastlakes	25.75m
2 Bowral, A	M	Bowral	24.63m
3 Mt Druitt, A	M	Mt Druitt	24.46m
4 Doonside, A	M	Doonside	23.30m
5 Eschol Park, A	M	Eschol Park	23.25m
6 Tallawong Park, A	M	Tallawong Park	22.68m