

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Girls U 8 - 4x100 Metre Relay**

State Relay: S 1:03.84 1982		Bankstown	Seed	Prelims	H#
Centre					
Heats					
1	Manly Warringah			1:07.95Q	2
2	Port Hacking			1:11.70Q	1
3	Sutherland			1:12.11Q	3
4	Hills District			1:11.59q	2
5	Camden			1:11.75q	1
6	Ku-Ring-Gai			1:12.65q	1
7	Campbelltown			1:12.78q	1
8	Rouse Hill Rams			1:14.52q	2
9	The Ponds			1:15.18	2
10	Winston Hills			1:15.69	3
11	Quakers Hill			1:15.70	3
12	Northern Suburbs			1:15.75	3
13	Ryde			1:16.36	3
14	Prestons Robins			1:16.81	2
15	Bankstown Sports Athletics			1:17.03	2
16	Canterbury			1:20.22	1
17	Cherrybrook			1:21.41	1
--	Eastern Suburbs			DQ	1 ROC 7.8.j

Girls U 8 - 4x100 Metre Relay

State Relay: S 1:03.84 1982		Bankstown	Prelims	Final
Centre				
Final				
1	Manly Warringah		1:07.95	1:08.12
2	Sutherland		1:12.11	1:10.84
3	Port Hacking		1:11.70	1:11.77
4	Hills District		1:11.59	1:11.92
5	Ku-Ring-Gai		1:12.65	1:13.26
6	Campbelltown		1:12.78	1:15.30
7	Rouse Hill Rams		1:14.52	1:15.53
--	Camden		1:11.75	DQ ROC 7.8.j

Girls U 9 - 4x100 Metre Relay

State Relay: S 1:00.54 1979		Hills District	Seed	Prelims	H#
Centre					
Heats					
1	Manly Warringah			1:03.14Q	2
2	Eastlakes			1:04.86Q	1
3	Camden			1:06.91Q	3
4	Sutherland			1:06.45q	2
5	Inner West			1:06.59q	1
6	Port Hacking			1:07.73q	1
7	Northern Districts			1:07.90q	3
8	Ryde			1:07.92q	2
9	Eastern Suburbs			1:08.14	3
10	Hills District			1:08.50	3
11	South Eastern			1:08.61	1

LANSW STATE RELAY CHAMPIONSHIP
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....Girls U 9 - 4x100 Metre Relay

12 Mosman	1:08.88	2	
13 Prestons Robins	1:10.37	3	
14 Winston Hills	1:10.52	3	
15 Rouse Hill Rams	1:11.10	2	
16 The Ponds	1:11.49	2	
17 Smithfield	1:11.77	1	
18 Blacktown	1:16.82	1	
-- Campbelltown	DQ	3	ROC 7.8.j
-- Ku-Ring-Gai	DQ	1	ROC 7.8.j
-- Canterbury	DQ	3	

Girls U 9 - 4x100 Metre Relay

State Relay: S 1:00.54 1979		Hills District	
Centre	Prelims	Final	
Final			
1 Manly Warringah	1:03.14	1:03.07	
2 Eastlakes	1:04.86	1:05.08	
3 Inner West	1:06.59	1:06.89	
4 Port Hacking	1:07.73	1:06.90	
5 Sutherland	1:06.45	1:08.19	
6 Northern Districts	1:07.90	1:08.24	
7 Ryde	1:07.92	1:09.03	
-- Camden	1:06.91	DQ	ROC 7.8.j

Girls U 10 - 4x100 Metre Relay

State Relay: S 57.50 2014		Manly Warringah	
Centre	Seed	Prelims	H#
Heats			
1 Port Hacking		59.98Q	3
2 Eastern Suburbs		1:00.22Q	4
3 Hills District		1:01.95Q	2
4 Manly Warringah		1:02.09Q	1
5 Ku-Ring-Gai		1:03.29q	1
6 Camden		1:03.86q	2
7 Wollongong City		1:04.57q	3
8 Rouse Hill Rams		1:04.71q	2
9 Sutherland		1:04.74	4
10 Ryde		1:05.15	1
11 Campbelltown		1:05.46	3
12 Mosman		1:05.51	3
13 Canterbury		1:05.66	1
14 Bankstown Sports Athletics		1:05.85	4
15 Winston Hills		1:05.93	4
16 Smithfield		1:06.67	2
17 South Eastern		1:07.37	2
18 St George		1:08.07	4
19 Quakers Hill		1:08.33	1
20 Prestons Robins		1:08.78	2
21 Western Blues		1:09.03	3
22 Randwick Botany		1:09.53	1
23 Northern Suburbs		1:10.15	1

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24 The Ponds	1:11.23	4
25 Cherrybrook	1:11.89	3

Girls U 10 - 4x100 Metre Relay

State Relay: S 57.50	2014	Manly Warringah		
Centre			Prelims	Final

Final

1 Port Hacking	59.98	58.39
2 Eastern Suburbs	1:00.22	59.61
3 Hills District	1:01.95	1:01.23
4 Manly Warringah	1:02.09	1:02.78
5 Camden	1:03.86	1:03.48
6 Wollongong City	1:04.57	1:04.32
7 Ku-Ring-Gai	1:03.29	1:05.65
8 Rouse Hill Rams	1:04.71	1:07.01

Girls U 11 - 4x100 Metre Relay

State Relay: S 55.01	2015	Manly Warringah			
Centre			Seed	Prelims	H#

Heats

1 Eastern Suburbs	55.37Q	2
2 Sutherland	59.20Q	1
3 Hills District	1:00.32Q	3
4 Camden	58.19q	2
5 Northern Suburbs	58.47q	2
6 Manly Warringah	59.69q	2
7 Bankstown Sports Athletics	1:00.42q	3
8 Port Hacking	1:00.83q	3
9 Winston Hills	1:00.98	3
10 Ryde	1:01.52	1
11 The Ponds	1:01.81	1
12 Glenbrook	1:01.89	1
13 Mosman	1:02.45	2
14 Cherrybrook	1:04.32	3
15 Ku-Ring-Gai	1:05.66	1
16 Quakers Hill	1:05.68	1
17 Randwick Botany	1:06.65	2
18 Canterbury	1:07.89	3
19 Rouse Hill Rams	1:08.77	1
-- Prestons Robins	DQ	2 ROC 7.8.j

Girls U 11 - 4x100 Metre Relay

State Relay: S 55.01	2015	Manly Warringah		
Centre			Prelims	Final

Final

1 Eastern Suburbs	55.37	56.10
2 Northern Suburbs	58.47	58.32
3 Camden	58.19	58.88
4 Manly Warringah	59.69	59.31

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

5 Sutherland	59.20	59.47
6 Bankstown Sports Athletics	1:00.42	1:00.70
7 Hills District	1:00.32	1:00.80
8 Port Hacking	1:00.83	1:02.04

Girls U 12 - 4x100 Metre Relay

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 State Relay: S 52.74 2017 Balmain
 Centre Seed Prelims H#
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Heats

1 Port Hacking		54.48Q	2
2 Sutherland		54.89Q	3
3 Eastern Suburbs		56.27Q	1
4 Balmain		54.67q	2
5 Campbelltown		55.76q	3
6 Hills District		56.23q	3
7 South Eastern		56.55q	2
8 Manly Warringah		56.97q	1
9 Camden		57.16	3
10 Ku-Ring-Gai		57.17	2
11 Mosman		57.97	2
12 Bowral		58.74	1
13 Northern Suburbs		59.09	1
14 Ryde		59.49	1
15 Cherrybrook		59.89	3
16 Winston Hills		1:00.91	1
17 Northern Districts		1:02.20	2
18 Rouse Hill Rams		1:02.59	2
19 Canterbury		1:02.89	3
20 Prestons Robins		1:04.23	1
21 Girraween		1:04.57	3

Girls U 12 - 4x100 Metre Relay

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 State Relay: S 52.74 2017 Balmain
 Centre Prelims Final
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Final

1 Port Hacking	54.48	53.90
2 Balmain	54.67	54.43
3 Sutherland	54.89	54.52
4 Campbelltown	55.76	55.44
5 Hills District	56.23	55.83
6 South Eastern	56.55	56.43
7 Eastern Suburbs	56.27	56.44
8 Manly Warringah	56.97	56.46

Girls U 13 - 4x100 Metre Relay

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 State Relay: S 50.48 2016 Northern Suburbs
 Centre Seed Prelims H#
 =====

Heats

1 Port Hacking		51.67Q	2
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LANSW STATE RELAY CHAMPIONSHIP
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....Girls U 13 - 4x100 Metre Relay

2 Hills District	51.90Q	3
3 Camden	53.68Q	1
4 Manly Warringah	53.53q	3
5 Eastern Suburbs	54.45q	1
6 Sutherland	55.61q	1
7 Northern Suburbs	55.63q	3
8 Ryde	56.37q	2
9 Parramatta	56.87	2
10 Campbelltown	57.47	2
11 Ku-Ring-Gai	57.82	2
12 South Eastern	57.86	1
13 Doonside	57.88	3
14 Quakers Hill	58.00	3
15 Winston Hills	59.09	1
16 Cherrybrook	59.47	2
17 Canterbury	1:00.19	3
18 Prestons Robins	1:01.04	1
19 The Ponds	1:01.30	3
20 Smithfield	1:04.11	2
21 Blacktown	1:06.11	2

Girls U 13 - 4x100 Metre Relay

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

Final			
1 Port Hacking	51.67	51.37	
2 Hills District	51.90	51.61	
3 Camden	53.68	53.25	
4 Manly Warringah	53.53	53.58	
5 Eastern Suburbs	54.45	54.40	
6 Northern Suburbs	55.63	55.45	
7 Sutherland	55.61	55.77	
8 Ryde	56.37	56.26	

Girls U 14 - 4x100 Metre Relay

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State Relay: S 48.86	2018	Campbelltown Collegians	
Centre		Seed	Prelims H#
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Heats			
1 Ku-Ring-Gai		50.83Q	1
2 Port Hacking		51.65Q	2
3 Balmain		53.00Q	3
4 Campbelltown		52.14q	1
5 Sutherland		53.59q	3
6 Hills District		53.73q	1
7 Eastern Suburbs		54.31q	3
8 Manly Warringah		55.12q	2
9 Smithfield		55.61	1
10 Camden		55.72	3
11 Ryde		56.50	2
12 Winston Hills		56.83	1
13 Northern Suburbs		57.55	1

LANSW STATE RELAY CHAMPIONSHIP
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....Girls U 14 - 4x100 Metre Relay

14 The Ponds	57.94	3
15 Hawkesbury City	58.02	2
16 Canterbury	59.80	3
17 Rouse Hill Rams	1:00.67	2
18 Randwick Botany	1:01.49	1

Girls U 14 - 4x100 Metre Relay

State Relay: S 48.86 2018	Campbelltown Collegians	
Centre	Prelims	Final

Final

1 Ku-Ring-Gai	50.83	50.84
2 Port Hacking	51.65	50.97
3 Balmain	53.00	52.21
4 Campbelltown	52.14	52.70
5 Hills District	53.73	52.71
6 Sutherland	53.59	53.29
7 Eastern Suburbs	54.31	53.88
8 Manly Warringah	55.12	54.34

Girls U 15 - 4x100 Metre Relay

State Relay: S 48.31 2019	Campbelltown	
Centre	Seed	Prelims H#

Heats

1 Port Hacking	49.91Q	2
2 Sutherland	52.19Q	1
3 Bankstown Sports Athletics	51.00q	2
4 Camden	52.10q	2
5 Manly Warringah	52.22q	2
6 South Eastern	52.75q	1
7 Ryde	52.91q	1
8 Northern Suburbs	52.99q	2
9 Hills District	53.79	1
-- Canterbury	DQ	1 ROC 7.8j

Girls U 15 - 4x100 Metre Relay

State Relay: S 48.31 2019	Campbelltown	
Centre	Prelims	Final

Final

1 Port Hacking	49.91	50.07
2 Bankstown Sports Athletics	51.00	50.83
3 Sutherland	52.19	51.77
4 Camden	52.10	51.91
5 Manly Warringah	52.22	52.10
6 South Eastern	52.75	52.51
7 Ryde	52.91	52.72

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Girls U 17 - 4x100 Metre Relay**

State Relay: S 48.37 2017 Sutherland			
Centre	Seed	Prelims	H#
Heats			
1 Hills District		48.65Q	2
2 Port Hacking		49.54Q	1
3 Manly Warringah		49.15q	2
4 Balmain		49.67q	2
5 Inner West		50.56q	2
6 Camden		50.63q	1
7 Ryde		52.22q	1
8 Canterbury		52.94q	1
9 Sutherland		52.99	1
10 Ku-Ring-Gai		54.62	2
11 Prestons Robins		1:00.16	2

Girls U 17 - 4x100 Metre Relay

State Relay: S 48.37 2017 Sutherland			
Centre	Prelims	Final	
Final			
1 Manly Warringah	49.15	49.52	
2 Port Hacking	49.54	49.65	
3 Hills District	48.65	49.92	
4 Balmain	49.67	50.37	
5 Camden	50.63	51.30	
6 Inner West	50.56	51.67	
7 Ryde	52.22	53.90	
8 Canterbury	52.94	54.73	

Girls U 8-11 Middle Distance Relay

State Relay: S 10:53.17 2016 Sutherland			
Centre	Seed	Final	H#
1 Sutherland		11:41.08	1
2 Manly Warringah		11:42.55	1
3 Eastern Suburbs		11:49.23	2
4 Camden		11:55.01	1
5 Gosford		12:09.54	1
6 Port Hacking		12:13.07	1
7 Ku-Ring-Gai		12:15.96	2
8 Hills District		12:24.68	2
9 Riverstone		12:26.69	1
10 Winston Hills		12:35.91	2
11 Cherrybrook		12:41.00	1
12 Randwick Botany		12:45.79	1
13 Albion Park		12:46.96	1
14 South Eastern		12:49.07	2
15 Canterbury		12:52.08	2
16 Rouse Hill Rams		12:53.88	2
17 Quakers Hill		12:56.53	1
18 Hawkesbury City		12:59.25	2
19 Campbelltown		13:06.20	1

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

20 Ryde	13:33.03	2
-- Northern Suburbs	DNF	2

Girls U 12-15 Middle Distance Relay

State Relay: S 9:29.50 2016 Macquarie Hunter			
Centre	Seed	Final	H#
1 Manly Warringah		9:53.74	2
2 Sutherland		10:03.07	2
3 South Eastern		10:20.62	1
4 Balmain		10:27.14	1
5 Campbelltown		10:29.34	1
6 Camden		10:31.93	2
7 Hills District		10:34.95	1
8 Parramatta		10:47.23	1
9 Eastern Suburbs		10:49.27	1
10 Cherrybrook		10:51.58	2
11 Winston Hills		10:52.04	1
12 Canterbury		11:28.46	2
13 Ku-Ring-Gai		11:29.41	1
14 Ryde		11:35.87	1
15 Quakers Hill		11:49.59	2
16 Hawkesbury City		12:06.57	2
17 Randwick Botany		12:35.62	2

Girls U 8 - Jumps Relay

State Relay: S 20.67m 2017 Parramatta			
Name	Age Centre	Seed	Final
1 Winston Hills, A	Winston Hills		18.57m
2 Rouse Hill Rams, A	Rouse Hill Rams		16.99m
3 Manly Warringah, A	Manly Warringah		16.70m
4 St George, A	St George		16.48m
5 Northern Suburbs, A	Northern Suburbs		16.10m
6 Parramatta, A	Parramatta		15.86m
7 Ryde, A	Ryde		15.27m
8 Campbelltown, A	Campbelltown		14.84m
9 Canterbury, A	Canterbury		14.62m
10 Manly Warringah, B	Manly Warringah		14.53m
11 Sutherland, A	Sutherland		14.20m
12 Ku-Ring-Gai, A	Ku-Ring-Gai		14.13m
13 Hawkesbury City, A	Hawkesbury City		14.01m
14 Hills District, A	Hills District		13.77m
15 Hills District, B	Hills District		13.50m
16 Quakers Hill, A	Quakers Hill		13.16m
17 Ku-Ring-Gai, B	Ku-Ring-Gai		13.09m
18 Winston Hills, B	Winston Hills		12.46m
19 Northern Suburbs, B	Northern Suburbs		5.43m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Girls U 9 - Jumps Relay**

State Relay: S 22.59m 2018 Bankstown Sports			
Name	Age	Centre	Seed
1 Manly Warringah, A		Manly Warringah	21.05m
2 Ryde, A		Ryde	20.32m
3 Manly Warringah, B		Manly Warringah	19.40m
4 Ryde, B		Ryde	18.78m
5 South Eastern, A		South Eastern	17.91m
6 Hills District, A		Hills District	17.83m
7 Campbelltown, A		Campbelltown	16.29m
8 Hills District, B		Hills District	16.09m
9 Camden, A		Camden	15.78m
10 Parramatta, A		Parramatta	15.65m
11 Northern Suburbs, A		Northern Suburbs	15.08m
12 Canterbury, A		Canterbury	14.33m
13 Campbelltown, B		Campbelltown	14.25m
14 Ku-Ring-Gai, B		Ku-Ring-Gai	13.70m
15 Winston Hills, A		Winston Hills	13.66m
16 Sutherland, A		Sutherland	13.56m
17 Ku-Ring-Gai, A		Ku-Ring-Gai	13.17m
18 Rouse Hill Rams, A		Rouse Hill Rams	12.40m

Girls U 10 - Jumps Relay

State Relay: S 22.89m 2017 Northern Suburbs			
Name	Age	Centre	Seed
1 Port Hacking, A		Port Hacking	21.58m
2 Balmain, A		Balmain	20.69m
3 Hills District, A		Hills District	20.35m
4 Ku-Ring-Gai, A		Ku-Ring-Gai	20.07m
5 Manly Warringah, B		Manly Warringah	19.82m
6 Manly Warringah, A		Manly Warringah	19.76m
7 Hills District, B		Hills District	17.86m
8 Ryde, A		Ryde	17.81m
9 Gosford, A		Gosford	17.68m
10 Camden, A		Camden	17.13m
11 Northern Districts, A		Northern Districts	17.10m
12 Riverstone, A		Riverstone	16.98m
13 Northern Suburbs, A		Northern Suburbs	16.75m
14 Campbelltown, A		Campbelltown	16.63m
15 Sutherland, A		Sutherland	16.32m
16 Ku-Ring-Gai, B		Ku-Ring-Gai	16.06m
17 Parramatta, A		Parramatta	15.28m
18 Quakers Hill, A		Quakers Hill	15.15m
19 Winston Hills, A		Winston Hills	14.76m
20 Canterbury, A		Canterbury	14.73m
21 Rouse Hill Rams, A		Rouse Hill Rams	14.50m
22 Liverpool City, A		Liverpool City	13.02m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Girls U 11 - Jumps Relay**

State Relay: S 24.82m 2017		Manly Warringah			
Name	Age	Centre	Seed	Final	
1 Hills District, A		Hills District		22.05m	
2 Cherrybrook, A		Cherrybrook		21.25m	
3 Northern Suburbs, A		Northern Suburbs		20.09m	
4 Randwick Botany, A		Randwick Botany		20.03m	
5 Ku-Ring-Gai, A		Ku-Ring-Gai		19.92m	
6 Manly Warringah, B		Manly Warringah		19.65m	
7 Hills District, B		Hills District		19.35m	
8 Ryde, A		Ryde		18.96m	
9 Manly Warringah, A		Manly Warringah		18.91m	
10 Gosford, A		Gosford		18.35m	
11 Winston Hills, A		Winston Hills		17.79m	
12 Sutherland, A		Sutherland		17.07m	
13 Campbelltown, A		Campbelltown		16.02m	
14 Ku-Ring-Gai, B		Ku-Ring-Gai		15.90m	
15 Parramatta, A		Parramatta		12.21m	
16 Canterbury, A		Canterbury		10.54m	
17 Campbelltown, B		Campbelltown		10.29m	
18 Hawkesbury City, A		Hawkesbury City		9.74m	
19 Hornsby, A		Hornsby		9.65m	
20 Winston Hills, B		Winston Hills		8.71m	
21 Rouse Hill Rams, A		Rouse Hill Rams		3.87m	

Girls U 12 - Jumps Relay

State Relay: S 25.47m 2016		Hills District			
Name	Age	Centre	Seed	Final	
1 South Eastern, A		South Eastern		24.77m	
2 Port Hacking, A		Port Hacking		23.35m	
3 Hills District, A		Hills District		23.21m	
4 Bowral, A		Bowral		20.91m	
5 Sutherland, A		Sutherland		20.84m	
6 Winston Hills, A		Winston Hills		20.55m	
7 Manly Warringah, A		Manly Warringah		20.23m	
8 Ryde, A		Ryde		19.14m	
9 Camden, A		Camden		19.12m	
10 Ryde, B		Ryde		19.00m	
11 Hills District, B		Hills District		18.80m	
12 Cherrybrook, A		Cherrybrook		18.44m	
13 Rouse Hill Rams, A		Rouse Hill Rams		18.33m	
14 Northern Suburbs, A		Northern Suburbs		18.21m	
15 Hawkesbury City, A		Hawkesbury City		18.16m	
16 Campbelltown, A		Campbelltown		17.56m	
17 Randwick Botany, A		Randwick Botany		16.89m	
18 Manly Warringah, B		Manly Warringah		14.39m	
19 Canterbury, A		Canterbury		12.82m	
20 Winston Hills, B		Winston Hills		11.65m	

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Girls U 13 - Jumps Relay**

State Relay: S 24.83m 2018		Hills District		
Name	Age	Centre	Seed	Final
1 Hills District, A		Hills District		25.14mS
2 Port Hacking, A		Port Hacking		24.73m
3 Hills District, B		Hills District		22.61m
4 Port Hacking, B		Port Hacking		21.37m
5 Ku-Ring-Gai, A		Ku-Ring-Gai		20.98m
6 Manly Warringah, A		Manly Warringah		18.95m
7 Parramatta, A		Parramatta		18.51m
8 Ku-Ring-Gai, B		Ku-Ring-Gai		18.19m
9 Quakers Hill, A		Quakers Hill		17.26m
10 Illawong, A		Illawong		16.91m
11 Ryde, A		Ryde		16.20m
12 Winston Hills, A		Winston Hills		15.87m
13 Sutherland, A		Sutherland		14.72m
14 Canterbury, A		Canterbury		12.73m
15 Manly Warringah, B		Manly Warringah		11.05m
16 Ryde, B		Ryde		9.49m

Girls U 14 - Jumps Relay

State Relay: S 27.24m 2019		Hills District		
Name	Age	Centre	Seed	Final
1 Ku-Ring-Gai, A		Ku-Ring-Gai		21.19m
2 Hills District, A		Hills District		20.62m
3 Winston Hills, A		Winston Hills		20.54m
4 Campbelltown, A		Campbelltown		19.84m
5 Cherrybrook, A		Cherrybrook		19.81m
6 Hills District, B		Hills District		19.68m
7 Campbelltown, B		Campbelltown		19.27m
8 Sutherland, A		Sutherland		18.61m
9 Northern Suburbs, A		Northern Suburbs		17.08m
10 Manly Warringah, A		Manly Warringah		16.87m
11 Randwick Botany, A		Randwick Botany		16.30m
12 Rouse Hill Rams, A		Rouse Hill Rams		15.92m
13 Camden, A		Camden		13.59m
14 Port Hacking, A		Port Hacking		12.70m
15 Northern Districts, A		Northern Districts		2.63m

Girls U 15 - Jumps Relay

State Relay: S 25.73m 2019		Sutherland		
Name	Age	Centre	Seed	Final
1 Northern Suburbs, A		Northern Suburbs		22.06m
2 Camden, A		Camden		21.83m
3 Ryde, A		Ryde		21.67m
4 South Eastern, A		South Eastern		21.43m
5 Port Hacking, A		Port Hacking		20.84m
6 Hills District, A		Hills District		20.33m
7 Bankstown Sports Ath, A		Bankstown Sp		20.27m
8 Mosman, A		Mosman		20.26m
9 Campbelltown, A		Campbelltown		20.21m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****...Girls U 15 - Jumps Relay**

10 Manly Warringah, A	Manly Warringah	19.87m
11 Northern Suburbs, B	Northern Suburbs	17.97m
12 Manly Warringah, B	Manly Warringah	9.58m

Girls U 17 - Jumps Relay

State Relay: S 24.57m 2019 Northern Suburbs			
Name	Age Centre	Seed	Final
1 Port Hacking, A	Port Hacking		24.26m
2 Balmain, A	Balmain		20.93m
3 Hills District, A	Hills District		20.82m
4 Manly Warringah, A	Manly Warringah		20.31m
5 Camden, A	Camden		19.69m
6 Inner West, A	Inner West		19.57m
7 Ryde, A	Ryde		18.86m
8 Manly Warringah, B	Manly Warringah		18.29m
9 Northern Districts, A	Northern Districts		17.85m
9 Ku-Ring-Gai, A	Ku-Ring-Gai		17.85m
11 Balmain, B	Balmain		17.04m
12 Hills District, B	Hills District		17.02m
13 Winston Hills, A	Winston Hills		16.26m
14 Sutherland, A	Sutherland		16.10m
15 Liverpool City, A	Liverpool City		14.32m
16 Canterbury, A	Canterbury		11.21m
17 Ryde, B	Ryde		9.54m

Girls U 8 - Throws Relay

State Relay: S 16.52m 2017 Manly Warringah			
Name	Age Centre	Seed	Final
1 Ryde, A	Ryde		13.83m
2 Winston Hills, A	Winston Hills		13.55m
3 Holroyd, A	Holroyd		10.95m
4 Northern Suburbs, A	Northern Suburbs		10.82m
5 Sutherland, A	Sutherland		10.78m
6 Hills District, A	Hills District		10.73m
7 Parramatta, A	Parramatta		10.50m
8 St George, A	St George		10.42m
9 Campbelltown, A	Campbelltown		10.16m
10 Ku-Ring-Gai, B	Ku-Ring-Gai		10.10m
11 Ku-Ring-Gai, A	Ku-Ring-Gai		10.04m
12 Kurrajong Bilpin, A	Kurrajong Bilpin		9.79m
13 Rouse Hill Rams, A	Rouse Hill Rams		9.66m
14 Northern Suburbs, B	Northern Suburbs		9.60m
15 Winston Hills, B	Winston Hills		8.31m
16 Canterbury, A	Canterbury		8.24m
17 Manly Warringah, B	Manly Warringah		7.48m
18 Hills District, B	Hills District		7.46m
-- Manly Warringah, A	Manly Warringah		ND

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Girls U 9 - Throws Relay**

State Relay: S 19.00m 2017		Cherrybrook		
Name	Age	Centre	Seed	Final
1 Manly Warringah, A		Manly Warringah		15.94m
2 Parramatta, A		Parramatta		14.99m
3 Ryde, A		Ryde		14.55m
4 Hills District, A		Hills District		13.55m
5 Northern Districts, A		Northern Districts		13.52m
6 Ku-Ring-Gai, A		Ku-Ring-Gai		12.17m
7 Ryde, B		Ryde		11.70m
8 Winston Hills, A		Winston Hills		11.34m
9 Hills District, B		Hills District		10.91m
10 South Eastern, A		South Eastern		10.81m
11 Rouse Hill Rams, A		Rouse Hill Rams		10.62m
12 Northern Suburbs, A		Northern Suburbs		10.54m
13 Camden, A		Camden		9.98m
14 Hawkesbury City, A		Hawkesbury City		9.86m
15 Manly Warringah, B		Manly Warringah		9.52m
16 Sutherland, A		Sutherland		9.48m
17 Canterbury, A		Canterbury		8.99m
18 Ku-Ring-Gai, B		Ku-Ring-Gai		7.47m

Girls U 10 - Throws Relay

State Relay: S 18.78m 2017		Bankstown Sports		
Name	Age	Centre	Seed	Final
1 Girraween, A		Girraween		13.65m
2 Northern Districts, A		Northern Districts		13.26m
3 Manly Warringah, A		Manly Warringah		13.18m
4 Camden, A		Camden		12.50m
5 Ryde, A		Ryde		11.92m
6 Manly Warringah, B		Manly Warringah		11.86m
7 Gosford, A		Gosford		11.83m
8 Hills District, B		Hills District		11.74m
9 Hills District, A		Hills District		11.52m
10 Ku-Ring-Gai, A		Ku-Ring-Gai		11.44m
11 Sutherland, A		Sutherland		11.10m
12 Northern Suburbs, A		Northern Suburbs		10.96m
13 Riverstone, A		Riverstone		10.92m
14 Quakers Hill, A		Quakers Hill		10.59m
15 Parramatta, A		Parramatta		10.53m
16 Ku-Ring-Gai, B		Ku-Ring-Gai		10.44m
17 Port Hacking, A		Port Hacking		10.38m
17 Winston Hills, A		Winston Hills		10.38m
19 Rouse Hill Rams, A		Rouse Hill Rams		9.76m
20 Campbelltown, A		Campbelltown		9.53m
21 Canterbury, A		Canterbury		8.96m
22 Randwick Botany, A		Randwick Botany		7.30m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Girls U 11 - Throws Relay**

State Relay: S 18.42m 2019		Hills District			
Name	Age	Centre	Seed	Final	
1 Ku-Ring-Gai, A		Ku-Ring-Gai		16.78m	
2 Hills District, B		Hills District		14.38m	
3 Gosford, A		Gosford		14.07m	
4 Hills District, A		Hills District		13.98m	
5 Ku-Ring-Gai, B		Ku-Ring-Gai		13.37m	
6 Northern Districts, A		Northern Districts		13.33m	
7 Parramatta, A		Parramatta		12.85m	
8 Winston Hills, A		Winston Hills		12.36m	
9 Manly Warringah, B		Manly Warringah		11.95m	
10 Campbelltown, A		Campbelltown		11.90m	
11 Randwick Botany, A		Randwick Botany		11.75m	
12 Sutherland, A		Sutherland		11.60m	
13 Northern Suburbs, A		Northern Suburbs		10.98m	
14 Ryde, A		Ryde		10.89m	
15 Randwick Botany, B		Randwick Botany		9.93m	
16 Cherrybrook, A		Cherrybrook		9.53m	
17 Rouse Hill Rams, A		Rouse Hill Rams		9.36m	
18 Canterbury, A		Canterbury		9.23m	
19 Winston Hills, B		Winston Hills		6.86m	
-- Manly Warringah, A		Manly Warringah		ND	
-- Prospect, A		Prospect		DQ	

Girls U 12 - Throws Relay

State Relay: S 22.10m 2016		Bankstown Sports			
Name	Age	Centre	Seed	Final	
1 Ku-Ring-Gai, A		Ku-Ring-Gai		18.33m	
2 Winston Hills, A		Winston Hills		15.22m	
3 Sutherland, A		Sutherland		14.82m	
4 Eastern Suburbs, A		Eastern Suburbs		14.64m	
5 Hawkesbury City, A		Hawkesbury City		14.06m	
6 South Eastern, A		South Eastern		13.35m	
7 Hills District, A		Hills District		12.88m	
8 Manly Warringah, A		Manly Warringah		12.21m	
9 Northern Suburbs, A		Northern Suburbs		11.91m	
10 Winston Hills, B		Winston Hills		11.49m	
11 Northern Districts, A		Northern Districts		10.95m	
12 Rouse Hill Rams, A		Rouse Hill Rams		10.05m	
13 Ryde, A		Ryde		10.03m	
14 Bankstown Sports Ath, A		Bankstown Sp		9.79m	
15 Riverstone, A		Riverstone		9.78m	
16 Manly Warringah, B		Manly Warringah		9.74m	
17 Canterbury, A		Canterbury		9.34m	
18 Camden, A		Camden		7.77m	
-- Hills District, B		Hills District		ND	

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

Girls U 13 - Throws Relay

State Relay: S 22.90m 2018		Bankstown Sports			
Name	Age	Centre	Seed	Final	
1		Port Hacking, A		19.95m	
2		St George, A		19.02m	
3		Hills District, A		17.76m	
4		Ku-Ring-Gai, A		16.85m	
5		Sutherland, A		16.35m	
6		Illawong, A		15.54m	
7		Hills District, B		14.49m	
8		South Eastern, A		14.23m	
9		Camden, A		14.07m	
10		Campbelltown, A		13.99m	
11		Manly Warringah, B		13.80m	
12		Cherrybrook, A		13.44m	
13		Canterbury, A		13.27m	
14		Ryde, A		13.10m	
15		Doonside, A		12.65m	
16		Ku-Ring-Gai, B		12.45m	
17		Manly Warringah, A		12.08m	
18		Ryde, B		11.31m	
19		Cherrybrook, B		11.14m	
20		Quakers Hill, A		11.03m	
21		Winston Hills, A		10.27m	
22		Campbelltown, B		8.56m	
23		Blacktown, A		8.43m	

Girls U 14 - Throws Relay

State Relay: S 23.86m 2019		Winston Hills			
Name	Age	Centre	Seed	Final	
1		Hills District, A		19.16m	
2		Canterbury, A		16.93m	
3		Ku-Ring-Gai, A		16.78m	
4		Camden, A		16.74m	
5		Cherrybrook, A		13.39m	
6		Rouse Hill Rams, A		13.31m	
7		The Ponds, A		12.51m	
8		Manly Warringah, A		11.94m	
9		Liverpool City, A		10.86m	
10		Northern Suburbs, A		10.81m	
11		Campbelltown, A		10.29m	
12		Manly Warringah, B		10.27m	
13		Northern Districts, A		9.68m	
14		Randwick Botany, A		9.27m	

Girls U 15 - Throws Relay

State Relay: S 22.87m 2019		Port Hacking			
Name	Age	Centre	Seed	Final	
1		Hills District, A		20.10m	
2		Kurrajong Bilpin, A		19.05m	
3		Ryde, A		18.15m	

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****...Girls U 15 - Throws Relay**

4 Northern Suburbs, A	Northern Suburbs	17.41m
5 Manly Warringah, A	Manly Warringah	17.29m
6 Campbelltown, A	Campbelltown	16.95m
7 Liverpool City, A	Liverpool City	15.75m
8 Port Hacking, A	Port Hacking	15.17m
9 Quakers Hill, A	Quakers Hill	13.97m
10 Sutherland, A	Sutherland	13.88m
11 Northern Suburbs, B	Northern Suburbs	12.06m
12 Illawong, A	Illawong	11.11m
13 Northern Districts, A	Northern Districts	10.68m
14 Manly Warringah, B	Manly Warringah	10.36m
15 Campbelltown, B	Campbelltown	9.58m

Girls U 17 - Throws Relay

State Relay: S 23.48m 2017		Campbelltown Collegians		
Name	Age Centre	Seed	Final	
1 Winston Hills, A	Winston Hills		21.15m	
2 Port Hacking, A	Port Hacking		18.18m	
3 Northern Districts, A	Northern Districts		17.82m	
4 Werrington, A	Werrington		17.60m	
5 Liverpool City, A	Liverpool City		15.89m	
6 Parramatta, A	Parramatta		15.86m	
7 Ryde, A	Ryde		14.97m	
8 Sutherland, A	Sutherland		14.37m	
9 Hills District, A	Hills District		14.21m	
10 Canterbury, A	Canterbury		14.12m	
11 Hills District, B	Hills District		12.75m	
12 Ku-Ring-Gai, A	Ku-Ring-Gai		12.62m	
13 Winston Hills, B	Winston Hills		8.74m	
14 Manly Warringah, B	Manly Warringah		8.08m	
15 Manly Warringah, A	Manly Warringah		7.54m	

Boys U 8 - 4x100 Metre Relay

State Relay: S 1:00.44 1984		Randwick Botany		
Centre	Seed	Prelims	H#	

Heats

1 Hills District	1:05.70Q	3
2 Ku-Ring-Gai	1:08.55Q	1
3 Eastern Suburbs	1:09.12Q	2
4 Sutherland	1:06.49q	3
5 Northern Suburbs	1:08.57q	1
6 Manly Warringah	1:08.63q	3
7 Girraween	1:08.95q	3
8 Campbelltown	1:09.27q	2
9 Quakers Hill	1:09.47	3
10 Winston Hills	1:10.22	2
11 Canterbury	1:11.23	2
12 Camden	1:11.25	2
13 Bankstown Sports Athletics	1:11.43	1
14 Prestons Robins	1:11.75	3
15 Ryde	1:12.14	1

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

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

16 Rouse Hill Rams	1:12.18	1
17 Port Hacking	1:12.25	2
18 Cherrybrook	1:12.49	1
19 St George	1:12.58	3
20 Inner West	1:12.60	1
21 Northern Districts	1:13.81	1
22 The Ponds	1:16.96	2

Boys U 8 - 4x100 Metre Relay

State Relay: S 1:00.44 1984	Randwick Botany	Prelims	Final
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Final			
1 Hills District	1:05.70	1:05.69	
2 Sutherland	1:06.49	1:06.57	
3 Ku-Ring-Gai	1:08.55	1:07.96	
4 Eastern Suburbs	1:09.12	1:09.01	
5 Campbelltown	1:09.27	1:09.12	
6 Girraween	1:08.95	1:09.89	
7 Northern Suburbs	1:08.57	1:09.92	
8 Manly Warringah	1:08.63	1:11.98	

Boys U 9 - 4x100 Metre Relay

State Relay: S 58.44 1990	Ku-Ring-Gai	Seed	Prelims	H#
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Heats				
1 Manly Warringah		1:00.47Q	1	
2 Camden		1:00.81Q	3	
3 Illawong		1:01.45Q	2	
4 Balmain		1:01.63q	2	
5 Port Hacking		1:01.95q	2	
6 Eastern Suburbs		1:03.60q	2	
7 Winston Hills		1:03.79q	3	
8 Northern Suburbs		1:03.94q	1	1:03.933
9 Hills District		1:03.94	3	1:03.939
10 Sutherland		1:04.70	3	
11 Campbelltown		1:05.51	3	
12 Rouse Hill Rams		1:05.64	2	
13 Ku-Ring-Gai		1:06.17	3	
14 South Eastern		1:06.22	2	
15 Bankstown Sports Athletics		1:06.74	1	
16 Ryde		1:07.31	1	
17 Quakers Hill		1:08.15	1	
18 Prestons Robins		1:08.28	3	
19 Cherrybrook		1:11.16	2	
20 Randwick Botany		1:11.35	1	
21 Canterbury		1:12.22	1	
22 Blacktown		1:17.17	2	
-- The Ponds		DQ	1	ROC 7.6.1

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

Boys U 9 - 4x100 Metre Relay

State Relay: S 58.44 1990		Ku-Ring-Gai	Prelims	Final
Centre				
Final				
1	Manly Warringah		1:00.47	1:00.65
2	Camden		1:00.81	1:01.36
3	Balmain		1:01.63	1:01.93
4	Eastern Suburbs		1:03.60	1:02.41
5	Illawong		1:01.45	1:02.46
6	Port Hacking		1:01.95	1:03.06
7	Northern Suburbs		1:03.94	1:03.32
8	Winston Hills		1:03.79	1:04.65

Boys U 10 - 4x100 Metre Relay

State Relay: S 55.74 1980		Bankstown	Seed	Prelims	H#
Centre					
Heats					
1	Balmain			59.63Q	1
2	Randwick Botany			1:00.34Q	3
3	South Eastern			1:00.88Q	2
4	Camden			1:01.18Q	4
5	Sutherland			1:00.69q	3
6	Manly Warringah			1:00.72q	1
7	Campbelltown			1:01.04q	2
8	Bankstown Sports Athletics			1:01.72q	3
9	Cherrybrook			1:02.13	4
10	Port Hacking			1:02.43	1
11	Winston Hills			1:02.98	3
12	Ryde			1:03.17	4
13	Ku-Ring-Gai			1:03.30	3
14	Hills District			1:03.32	2
15	Illawong			1:03.42	2
16	Mosman			1:03.92	2
17	Northern Suburbs			1:04.07	1
18	Wollongong City			1:04.42	4
19	St George			1:04.51	1
20	Rouse Hill Rams			1:04.58	3
21	Helensburgh			1:04.98	1
22	The Ponds			1:05.00	2
23	Prestons Robins			1:05.28	4
24	Canterbury			1:07.34	1
25	Smithfield			1:07.82	2
26	Quakers Hill			1:10.60	3
--	Eastern Suburbs			DQ	4 ROC 7.8.j

Boys U 10 - 4x100 Metre Relay

State Relay: S 55.74 1980		Bankstown	Prelims	Final
Centre				
Final				
1	Randwick Botany		1:00.34	58.97
2	Balmain		59.63	59.14

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

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

3 Manly Warringah	1:00.72	59.65
4 Sutherland	1:00.69	59.95
5 South Eastern	1:00.88	1:00.76
6 Camden	1:01.18	1:00.95
7 Campbelltown	1:01.04	1:01.26
8 Bankstown Sports Athletics	1:01.72	1:02.01

Boys U 11 - 4x100 Metre Relay

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 State Relay: S 53.54 1978 Bankstown
 Centre Seed Prelims H#
 =====

Heats

1 Balmain		54.87Q	2
2 Illawong		56.03Q	3
3 Eastern Suburbs		56.76Q	1
4 Hills District		56.88q	1
5 Camden		57.15q	3
6 Port Hacking		57.51q	1
7 Campbelltown		57.73q	3
8 Ryde		57.86q	3
9 Mosman		57.99	1
10 Manly Warringah		58.08	2
11 Sutherland		58.28	3
12 Rouse Hill Rams		1:01.64	1
13 Winston Hills		1:01.70	3
14 The Ponds		1:02.61	2
15 Randwick Botany		1:03.10	1
16 Prestons Robins		1:03.62	1
17 Ku-Ring-Gai		1:03.71	1
18 Northern Suburbs		1:03.96	2
19 Quakers Hill		1:05.07	2
20 Doonside		1:08.03	2

Boys U 11 - 4x100 Metre Relay

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

Final

1 Balmain	54.87	54.37
2 Illawong	56.03	55.25
3 Eastern Suburbs	56.76	56.33
4 Hills District	56.88	56.89
5 Camden	57.15	56.95
6 Port Hacking	57.51	57.85
6 Campbelltown	57.73	57.85
8 Ryde	57.86	59.04

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

Boys U 12 - 4x100 Metre Relay

State Relay: S 51.24 2002	Manly Warringah	Seed	Prelims	H#
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Heats				
1	Manly Warringah		52.90Q	2
2	Wollongong City		53.64Q	3
3	Northern Suburbs		54.20Q	4
4	Hills District		56.33Q	1
5	Ku-Ring-Gai		53.82q	2
6	Parramatta		54.48q	3
7	Eastern Suburbs		54.50q	3
8	Prestons Robins		55.56q	2
9	Balmain		56.29	2
10	Port Hacking		57.29	1
10	Rouse Hill Rams		57.29	2
12	Ryde		57.34	4
13	Camden		57.69	4
14	Mosman		58.11	3
15	Bowral		58.78	1
16	South Eastern		58.85	4
17	Glenbrook		58.93	3
18	Winston Hills		59.36	1 T.Trial Time
19	Cherrybrook		59.53	1
20	Canterbury		59.64	2
21	Campbelltown		59.97	4
22	Quakers Hill		1:01.80	4
23	Western Blues		1:02.63	3
24	Sutherland		1:02.82	2

Boys U 12 - 4x100 Metre Relay

State Relay: S 51.24 2002	Manly Warringah	Prelims	Final
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Final			
1	Manly Warringah	52.90	52.63
2	Ku-Ring-Gai	53.82	52.70
3	Wollongong City	53.64	53.49
4	Northern Suburbs	54.20	53.71
5	Prestons Robins	55.56	53.79
6	Parramatta	54.48	54.04
7	Eastern Suburbs	54.50	54.31
8	Hills District	56.33	59.47

Boys U 13 - 4x100 Metre Relay

State Relay: S 48.47 2018	Bankstown Sports	Seed	Prelims	H#
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Heats				
1	Eastern Suburbs		50.83Q	3
2	Manly Warringah		53.28Q	1
3	Prestons Robins		54.56Q	2 54.555
4	Hills District		53.18q	3
5	Ryde		53.98q	3

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****....Boys U 13 - 4x100 Metre Relay**

6 Port Hacking	54.30q	1	
7 Campbelltown	54.56q	2	54.557
8 Sutherland	54.75q	2	
9 South Eastern	54.97	3	
10 N Rocks Carlingford	55.78	2	
11 Canterbury	55.90	2	
12 Winston Hills	56.11	1	
13 Ku-Ring-Gai	56.91	1	
14 Cherrybrook	57.22	1	
15 Smithfield	58.13	3	
16 Camden	59.90	2	
-- St George	DQ	3	ROC 7.8.h

Boys U 13 - 4x100 Metre Relay

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

1 Eastern Suburbs	50.83	50.01
2 Manly Warringah	53.28	52.70
3 Hills District	53.18	53.27
4 Port Hacking	54.30	53.77
5 Prestons Robins	54.56	54.00
6 Ryde	53.98	54.30
7 Sutherland	54.75	54.87
8 Campbelltown	54.56	55.38

Boys U 14 - 4x100 Metre Relay

=====			
State Relay: S 46.30	2016	Campbelltown	
Centre		Seed	Prelims H#
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Heats

1 Hills District	49.61Q	2
2 Sutherland	51.24Q	1
3 Manly Warringah	50.30q	2
4 Northern Suburbs	51.19q	2
5 Mosman	51.72q	1
6 Winston Hills	52.25q	1
7 Ku-Ring-Gai	52.51q	2
8 Canterbury	52.86q	2
9 Eastern Suburbs	54.41	1
10 The Ponds	54.51	2

Boys U 14 - 4x100 Metre Relay

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

Final

1 Hills District	49.61	48.91
2 Manly Warringah	50.30	50.54
3 Northern Suburbs	51.19	50.96
4 Mosman	51.72	51.27

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

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

5 Sutherland	51.24	51.47
6 Winston Hills	52.25	52.27
7 Ku-Ring-Gai	52.51	52.36
8 Canterbury	52.86	53.48

Boys U 15 - 4x100 Metre Relay

=====
 State Relay: S 44.82 2011 Manly Warringah
 Centre Seed Prelims H#
 =====

Heats

1 Ryde		46.53Q	2
2 Mosman		47.87Q	1
3 Manly Warringah		48.93q	1
4 Winston Hills		48.97q	1
5 Parramatta		51.03q	2
6 Northern Suburbs		52.25q	2
7 Camden		52.35q	2
8 Canterbury		53.21q	1
9 Rouse Hill Rams		54.30	2
10 Smithfield		54.87	1
-- Hills District		DNF	1

Boys U 15 - 4x100 Metre Relay

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

Final

1 Ryde	46.53	46.71
2 Mosman	47.87	48.64
3 Manly Warringah	48.93	49.17
4 Parramatta	51.03	49.84
5 Winston Hills	48.97	51.05
6 Camden	52.35	52.88

Boys U 17 - 4x100 Metre Relay

=====
 State Relay: S 43.23 2014 Northern Suburbs
 Centre Seed Prelims H#
 =====

Heats

1 Hills District		43.59Q	3
2 Sutherland		44.31Q	2
3 Camden		44.45Q	1
4 Ku-Ring-Gai		44.13q	3
5 Inner West		44.34q	2
6 Port Hacking		45.31q	1
7 South Eastern		45.51q	1
8 Mosman		45.53q	1
9 Balmain		45.67	3
10 Manly Warringah		45.88	2
11 Bankstown Sports Athletics		46.43	2
12 Quakers Hill		46.49	3
13 Smithfield		46.81	3

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

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

14 Campbelltown	46.83	1
15 Winston Hills	48.24	1
16 Prestons Robins	48.30	2
17 Ryde	48.54	3
18 Canterbury	50.07	2

Boys U 17 - 4x100 Metre Relay

State Relay: S 43.23 2014		Northern Suburbs	
Centre		Prelims	Final
Final			
1 Hills District		43.59	43.34
2 Inner West		44.34	43.50
3 Sutherland		44.31	43.84
4 Camden		44.45	43.86
5 Ku-Ring-Gai		44.13	43.89
6 Port Hacking		45.31	45.18
7 Mosman		45.53	45.46

Boys U 8-11 Middle Distance Relay

State Relay: S 10:25.15 2017		Balmain	
Centre		Seed	Final H#
1 Balmain			10:52.80 1
2 Hills District			10:58.61 2
3 Winston Hills			11:03.29 1
4 Manly Warringah			11:04.79 2
5 Sutherland			11:10.44 2
6 Macquarie Hunter			11:11.87 1
7 Port Hacking			11:12.42 1
8 Rouse Hill Rams			11:33.23 2
9 Ku-Ring-Gai			11:33.75 1
10 Northern Suburbs			11:39.57 1
11 South Eastern			11:42.49 2
12 Eastern Suburbs			11:47.25 2
13 Albion Park			11:52.96 1
14 Cherrybrook			11:55.18 1
15 Canterbury			11:56.46 2
16 Ryde			12:01.14 2
17 Riverstone			12:01.82 2
18 Randwick Botany			12:05.81 1
19 Quakers Hill			12:09.59 1
20 Hawkesbury City			12:33.25 2
-- Camden			DNF 1

Boys U 12-15 Middle Distance Relay

State Relay: S 8:46.76 2019		Balmain	
Centre		Seed	Final H#
1 Sutherland			9:32.79 1
2 Hills District			9:33.62 2
3 Camden			9:41.43 1

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****....Boys U 12-15 Middle Distance Relay**

4 Canterbury	9:44.12	1
5 Eastern Suburbs	9:55.11	2
6 Campbelltown	10:00.55	1
7 Cherrybrook	10:08.79	1
8 Gosford	10:14.08	1
9 Ryde	10:19.19	1
10 Manly Warringah	10:20.30	2
11 Winston Hills	10:32.56	1
12 South Eastern	10:40.00	2
13 Quakers Hill	10:40.84	1
14 Rouse Hill Rams	10:52.48	2
15 Ku-Ring-Gai	10:57.39	2
16 Hawkesbury City	11:17.25	2

Boys U 8 - Jumps Relay

State Relay: S 21.65m 2017 Manly Warringah			
Name	Age Centre	Seed	Final
1 Manly Warringah, A	Manly Warringah		19.97m
2 Parramatta, A	Parramatta		19.78m
3 Ku-Ring-Gai, A	Ku-Ring-Gai		18.80m
4 Sutherland, A	Sutherland		18.60m
5 Camden, A	Camden		18.31m
6 Winston Hills, A	Winston Hills		18.25m
7 Hawkesbury City, A	Hawkesbury City		18.07m
8 Ku-Ring-Gai, B	Ku-Ring-Gai		17.90m
9 Hills District, B	Hills District		17.80m
10 Manly Warringah, B	Manly Warringah		16.91m
11 Prospect, A	Prospect		16.53m
12 Northern Suburbs, A	Northern Suburbs		16.41m
13 Campbelltown, A	Campbelltown		16.02m
14 Winston Hills, B	Winston Hills		15.19m
15 Canterbury, A	Canterbury		14.16m
16 Hornsby, A	Hornsby		13.57m
17 Hills District, A	Hills District		11.97m

Boys U 9 - Jumps Relay

State Relay: S 22.25m 2018 Manly Warringah			
Name	Age Centre	Seed	Final
1 Winston Hills, A	Winston Hills		21.24m
2 Randwick Botany, A	Randwick Botany		21.04m
3 Ku-Ring-Gai, A	Ku-Ring-Gai		20.15m
4 Kurrajong Bilpin, A	Kurrajong Bilpin		20.05m
5 Manly Warringah, B	Manly Warringah		19.38m
6 Sutherland, A	Sutherland		19.36m
7 Inner West, A	Inner West		19.22m
8 Hills District, A	Hills District		18.84m
9 Liverpool City, A	Liverpool City		18.80m
10 Riverstone, A	Riverstone		18.77m
11 Manly Warringah, A	Manly Warringah		18.68m
12 Camden, A	Camden		18.60m
13 Ryde, A	Ryde		18.06m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****....Boys U 9 - Jumps Relay**

14 Winston Hills, B	Winston Hills	17.68m
15 Hills District, B	Hills District	16.66m
16 Rouse Hill Rams, A	Rouse Hill Rams	16.49m
17 Canterbury, A	Canterbury	15.91m
18 Parramatta, A	Parramatta	15.87m
19 Ku-Ring-Gai, B	Ku-Ring-Gai	15.59m
20 Northern Suburbs, A	Northern Suburbs	15.21m
21 Campbelltown, A	Campbelltown	14.71m

Boys U 10 - Jumps Relay

State Relay: S 22.60m 2019 Port Hacking			
Name	Age Centre	Seed	Final
1 Balmain, A	Balmain		19.96m
2 Manly Warringah, A	Manly Warringah		19.74m
3 Campbelltown, A	Campbelltown		18.74m
4 Ku-Ring-Gai, A	Ku-Ring-Gai		18.63m
5 Ryde, A	Ryde		18.52m
6 Manly Warringah, B	Manly Warringah		18.30m
7 Winston Hills, A	Winston Hills		18.00m
8 Sutherland, A	Sutherland		17.84m
9 Camden, A	Camden		16.61m
10 Northern Suburbs, A	Northern Suburbs		16.29m
11 Parramatta, A	Parramatta		16.21m
12 Hills District, A	Hills District		15.99m
13 Liverpool City, A	Liverpool City		15.15m
14 Canterbury, A	Canterbury		15.04m
15 Campbelltown, B	Campbelltown		13.85m

Boys U 11 - Jumps Relay

State Relay: S 24.71m 2018 Manly Warringah			
Name	Age Centre	Seed	Final
1 Northern Suburbs, A	Northern Suburbs		23.52m
2 Manly Warringah, A	Manly Warringah		22.32m
3 Ryde, A	Ryde		22.12m
4 Ku-Ring-Gai, A	Ku-Ring-Gai		21.01m
5 Northern Suburbs, B	Northern Suburbs		19.52m
6 Ku-Ring-Gai, B	Ku-Ring-Gai		19.39m
7 Sutherland, A	Sutherland		19.21m
7 Cherrybrook, A	Cherrybrook		19.21m
9 Hills District, A	Hills District		19.10m
10 Manly Warringah, B	Manly Warringah		19.07m
11 Canterbury, A	Canterbury		18.42m
12 Winston Hills, A	Winston Hills		18.39m
13 Winston Hills, B	Winston Hills		18.31m
14 Hills District, B	Hills District		17.93m
15 Camden, A	Camden		17.10m
16 Parramatta, A	Parramatta		17.07m
17 Rouse Hill Rams, A	Rouse Hill Rams		14.83m
18 Campbelltown, A	Campbelltown		11.15m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Boys U 12 - Jumps Relay**

State Relay: S 24.55m 2016		Randwick Botany			
Name	Age	Centre	Seed	Final	
1 Northern Suburbs, A		Northern Suburbs		24.31m	
2 Manly Warringah, A		Manly Warringah		21.77m	
3 Manly Warringah, B		Manly Warringah		20.79m	
4 Parramatta, A		Parramatta		19.95m	
5 Wollongong City, A		Wollongong City		19.51m	
6 Quakers Hill, A		Quakers Hill		19.39m	
7 Hills District, A		Hills District		19.26m	
8 Bowral, A		Bowral		18.79m	
9 Port Hacking, A		Port Hacking		18.72m	
10 Balmain, A		Balmain		18.66m	
11 Ryde, A		Ryde		18.21m	
12 Ku-Ring-Gai, A		Ku-Ring-Gai		17.50m	
13 Winston Hills, A		Winston Hills		17.37m	
14 Cherrybrook, A		Cherrybrook		17.00m	
15 Canterbury, A		Canterbury		16.39m	
16 South Eastern, A		South Eastern		15.90m	
17 Campbelltown, A		Campbelltown		15.64m	
18 Riverstone, A		Riverstone		15.19m	
19 Ku-Ring-Gai, B		Ku-Ring-Gai		14.98m	
20 Ryde, B		Ryde		11.14m	
21 Winston Hills, B		Winston Hills		9.76m	
-- Randwick Botany, A		Randwick Botany		DQ	

Boys U 13 - Jumps Relay

State Relay: S 25.17m 2016		Northern Suburbs			
Name	Age	Centre	Seed	Final	
1 N Rocks Carlingford, A		N Rocks Carlingford		21.06m	
2 Balmain, A		Balmain		20.98m	
3 Port Hacking, A		Port Hacking		20.96m	
4 Winston Hills, A		Winston Hills		19.97m	
5 Hills District, A		Hills District		19.65m	
6 Springwood, A		Springwood		19.39m	
7 Ku-Ring-Gai, A		Ku-Ring-Gai		18.89m	
8 Manly Warringah, A		Manly Warringah		18.73m	
9 Campbelltown, A		Campbelltown		18.53m	
10 Sutherland, A		Sutherland		18.26m	
11 Ryde, A		Ryde		18.19m	
12 Manly Warringah, B		Manly Warringah		18.07m	
13 Ku-Ring-Gai, B		Ku-Ring-Gai		17.58m	
14 Hawkesbury City, A		Hawkesbury City		17.48m	
15 Hills District, B		Hills District		16.92m	
16 Cherrybrook, A		Cherrybrook		13.31m	
17 Canterbury, A		Canterbury		12.21m	
18 Winston Hills, B		Winston Hills		10.83m	

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Boys U 14 - Jumps Relay**

State Relay: S 25.19m 2017 Parramatta				
Name	Age	Centre	Seed	Final
1 Hills District, A		Hills District		21.00m
2 Northern Suburbs, A		Northern Suburbs		20.50m
3 Cherrybrook, A		Cherrybrook		20.42m
4 Mosman, A		Mosman		20.38m
5 Ku-Ring-Gai, A		Ku-Ring-Gai		20.09m
6 Manly Warringah, A		Manly Warringah		18.63m
7 Hills District, B		Hills District		18.23m
8 Gosford, A		Gosford		17.51m
9 Canterbury, A		Canterbury		16.43m
10 Winston Hills, A		Winston Hills		16.13m
11 Sutherland, A		Sutherland		15.89m
12 Manly Warringah, B		Manly Warringah		15.08m
13 The Ponds, A		The Ponds		15.02m

Boys U 15 - Jumps Relay

State Relay: S 25.88m 2016 Illawong				
Name	Age	Centre	Seed	Final
1 Hills District, A		Hills District		20.83m
2 Ryde, A		Ryde		19.80m
3 Manly Warringah, A		Manly Warringah		19.35m
4 Winston Hills, A		Winston Hills		19.17m
5 Campbelltown, A		Campbelltown		19.11m
6 Quakers Hill, A		Quakers Hill		17.90m
7 Northern Suburbs, A		Northern Suburbs		17.09m
8 Parramatta, A		Parramatta		16.14m
9 Liverpool City, A		Liverpool City		15.83m
10 Rouse Hill Rams, A		Rouse Hill Rams		14.32m
11 Sutherland, A		Sutherland		11.60m
12 Cherrybrook, A		Cherrybrook		9.25m
-- The Ponds, A		The Ponds		NH

Boys U 17 - Jumps Relay

State Relay: S 24.03m 2016 Manly Warringah				
Name	Age	Centre	Seed	Final
1 Port Hacking, A		Port Hacking		23.85m
2 Hills District, A		Hills District		22.24m
3 Manly Warringah, A		Manly Warringah		22.16m
4 South Eastern, A		South Eastern		22.06m
5 Winston Hills, A		Winston Hills		19.63m
6 Balmain, A		Balmain		19.54m
7 Sutherland, A		Sutherland		18.84m
8 Quakers Hill, A		Quakers Hill		18.73m
9 Prestons Robins, A		Prestons Robins		18.10m
10 Ryde, A		Ryde		17.73m
11 Hills District, B		Hills District		16.60m
12 Canterbury, A		Canterbury		14.79m
13 Winston Hills, B		Winston Hills		14.46m
14 Prospect, A		Prospect		13.63m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****....Boys U 17 - Jumps Relay**

15 Tallawong Park, A Tallawong Park 12.21m

Boys U 8 - Throws Relay

State Relay: S 17.10m 2017		Revesby Workers	
Name	Age Centre	Seed	Final
1 Manly Warringah, A	Manly Warringah		14.35m
2 Hills District, B	Hills District		13.38m
3 Ku-Ring-Gai, B	Ku-Ring-Gai		13.12m
4 Randwick Botany, A	Randwick Botany		12.68m
5 Ku-Ring-Gai, A	Ku-Ring-Gai		12.42m
6 Northern Suburbs, A	Northern Suburbs		12.30m
7 Camden, A	Camden		11.95m
7 Hills District, A	Hills District		11.95m
9 Kurrajong Bilpin, A	Kurrajong Bilpin		11.40m
10 Prospect, A	Prospect		11.22m
11 Liverpool City, A	Liverpool City		10.51m
12 Hawkesbury City, A	Hawkesbury City		10.08m
13 Sutherland, A	Sutherland		10.06m
14 Parramatta, A	Parramatta		9.80m
15 Canterbury, A	Canterbury		8.75m
16 Manly Warringah, B	Manly Warringah		8.17m
17 Winston Hills, A	Winston Hills		7.33m
-- Campbelltown, A	Campbelltown		ND

Boys U 9 - Throws Relay

State Relay: S 18.27m 2018		Winston Hills	
Name	Age Centre	Seed	Final
1 Nepean, A	Nepean		16.32m
2 Ku-Ring-Gai, A	Ku-Ring-Gai		15.67m
3 Randwick Botany, A	Randwick Botany		15.15m
3 Hills District, A	Hills District		15.15m
5 Manly Warringah, A	Manly Warringah		14.70m
6 Inner West, A	Inner West		14.34m
7 Sutherland, A	Sutherland		13.54m
8 Hawkesbury City, A	Hawkesbury City		12.91m
9 Winston Hills, A	Winston Hills		12.82m
10 Winston Hills, B	Winston Hills		12.76m
11 Ku-Ring-Gai, B	Ku-Ring-Gai		12.24m
12 Manly Warringah, B	Manly Warringah		11.62m
13 Camden, A	Camden		11.43m
14 Hills District, B	Hills District		11.35m
15 Rouse Hill Rams, A	Rouse Hill Rams		11.11m
16 Riverstone, A	Riverstone		11.04m
17 Northern Suburbs, A	Northern Suburbs		10.92m
18 Ryde, A	Ryde		10.85m
19 Campbelltown, A	Campbelltown		10.83m
20 Parramatta, A	Parramatta		8.04m
21 Holroyd, A	Holroyd		6.05m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Boys U 10 - Throws Relay**

State Relay: S 19.12m 2019		Campbelltown	
Name	Age Centre	Seed	Final
1 Cranebrook, A	Cranebrook		14.96m
2 Ryde, A	Ryde		14.71m
3 Manly Warringah, A	Manly Warringah		14.33m
4 Northern Suburbs, A	Northern Suburbs		13.26m
5 Manly Warringah, B	Manly Warringah		12.76m
6 Ku-Ring-Gai, A	Ku-Ring-Gai		12.39m
7 Hills District, A	Hills District		11.82m
8 Holroyd, A	Holroyd		11.71m
9 Winston Hills, A	Winston Hills		11.34m
10 Ku-Ring-Gai, B	Ku-Ring-Gai		10.81m
11 Canterbury, A	Canterbury		10.71m
12 Campbelltown, A	Campbelltown		10.31m
13 Sutherland, A	Sutherland		9.95m
14 Parramatta, A	Parramatta		9.76m
15 Camden, A	Camden		9.68m
16 Campbelltown, B	Campbelltown		9.52m
17 Kurrajong Bilpin, A	Kurrajong Bilpin		8.89m
18 Port Hacking, A	Port Hacking		8.06m

Boys U 11 - Throws Relay

State Relay: S 21.86m 2018		Parramatta	
Name	Age Centre	Seed	Final
1 Quakers Hill, A	Quakers Hill		21.56m
2 Illawong, A	Illawong		19.73m
3 Ku-Ring-Gai, A	Ku-Ring-Gai		18.97m
4 Northern Suburbs, A	Northern Suburbs		18.81m
5 Rouse Hill Rams, A	Rouse Hill Rams		18.79m
6 Manly Warringah, A	Manly Warringah		17.22m
7 Manly Warringah, B	Manly Warringah		15.90m
8 Bankstown Sports Ath, A	Bankstown Sp		15.88m
9 Winston Hills, A	Winston Hills		15.70m
10 Ryde, A	Ryde		14.91m
11 Camden, A	Camden		14.63m
12 Canterbury, A	Canterbury		14.50m
13 Sutherland, A	Sutherland		14.21m
14 Hills District, B	Hills District		13.56m
15 Hills District, A	Hills District		13.18m
16 Winston Hills, B	Winston Hills		12.79m
17 Northern Suburbs, B	Northern Suburbs		11.81m
18 Ku-Ring-Gai, B	Ku-Ring-Gai		11.23m
19 Campbelltown, A	Campbelltown		10.58m

Boys U 12 - Throws Relay

State Relay: S 20.00m 2019		Sutherland	
Name	Age Centre	Seed	Final
1 Balmain, A	Balmain		16.68m
2 Hills District, A	Hills District		16.44m
3 Northern Suburbs, A	Northern Suburbs		15.95m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****....Boys U 12 - Throws Relay**

4 Campbelltown, A	Campbelltown	14.35m
5 Ku-Ring-Gai, A	Ku-Ring-Gai	14.07m
6 Manly Warringah, A	Manly Warringah	13.21m
7 South Eastern, A	South Eastern	13.01m
8 Parramatta, A	Parramatta	12.83m
9 Ku-Ring-Gai, B	Ku-Ring-Gai	12.70m
10 Cherrybrook, A	Cherrybrook	12.41m
11 Hawkesbury City, A	Hawkesbury City	12.06m
12 Sutherland, A	Sutherland	11.94m
13 Rouse Hill Rams, A	Rouse Hill Rams	10.95m
14 Ryde, A	Ryde	10.78m
15 St George, A	St George	9.85m
16 Manly Warringah, B	Manly Warringah	9.45m
17 Winston Hills, A	Winston Hills	9.43m
17 Port Hacking, A	Port Hacking	9.43m
19 Canterbury, A	Canterbury	9.19m
20 Winston Hills, B	Winston Hills	8.39m
-- Randwick Botany, B	Randwick Botany	ND
-- Randwick Botany, A	Randwick Botany	DQ

Boys U 13 - Throws Relay

State Relay: S 21.90m 2019		Hills District	
Name	Age Centre	Seed	Final
1 Campbelltown, A	Campbelltown		15.73m
2 Winston Hills, A	Winston Hills		15.50m
3 Parramatta, A	Parramatta		15.27m
4 Balmain, A	Balmain		14.57m
5 Hills District, A	Hills District		14.17m
6 Ku-Ring-Gai, A	Ku-Ring-Gai		13.85m
7 Cherrybrook, A	Cherrybrook		12.80m
8 Kurrajong Bilpin, A	Kurrajong Bilpin		12.68m
9 Canterbury, A	Canterbury		11.34m
10 Manly Warringah, B	Manly Warringah		11.31m
11 Ku-Ring-Gai, B	Ku-Ring-Gai		11.05m
12 Winston Hills, B	Winston Hills		10.75m
13 Hills District, B	Hills District		10.72m
14 Tallawong Park, A	Tallawong Park		10.35m
15 Manly Warringah, A	Manly Warringah		10.32m
16 Ryde, A	Ryde		9.68m
17 Sutherland, A	Sutherland		9.10m

Boys U 14 - Throws Relay

State Relay: S 21.80m 2016		Northern Suburbs	
Name	Age Centre	Seed	Final
1 Macquarie Hunter, A	Macquarie Hunter		17.51m
2 Bankstown Sports Ath, A	Bankstown Sp		16.86m
3 Cherrybrook, A	Cherrybrook		16.20m
4 Hills District, A	Hills District		16.00m
5 Balmain, A	Balmain		14.95m
6 Sutherland, A	Sutherland		14.24m
7 Manly Warringah, A	Manly Warringah		14.21m

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****....Boys U 14 - Throws Relay**

8 Northern Suburbs, A	Northern Suburbs	14.01m
9 Kurrajong Bilpin, A	Kurrajong Bilpin	13.75m
10 Prospect, A	Prospect	13.74m
11 Ku-Ring-Gai, A	Ku-Ring-Gai	12.68m
12 St George, A	St George	12.60m
13 Winston Hills, A	Winston Hills	11.76m
14 Canterbury, A	Canterbury	11.66m
15 Hills District, B	Hills District	11.55m
16 Gosford, A	Gosford	10.93m
17 Camden, A	Camden	10.34m
18 Manly Warringah, B	Manly Warringah	8.26m

Boys U 15 - Throws Relay

State Relay: S 21.19m 2017		Northern Suburbs	
Name	Age Centre	Seed	Final
1 Sutherland, A	Sutherland		16.41m
2 N Rocks Carlingford, A	N Rocks Carlingford		15.72m
3 Quakers Hill, A	Quakers Hill		15.09m
4 Winston Hills, A	Winston Hills		14.80m
5 Winston Hills, B	Winston Hills		14.24m
6 Hills District, A	Hills District		12.72m
7 Parramatta, A	Parramatta		12.13m
8 Cherrybrook, A	Cherrybrook		11.49m
9 Canterbury, A	Canterbury		11.21m
10 Northern Suburbs, A	Northern Suburbs		10.94m
11 Rouse Hill Rams, A	Rouse Hill Rams		10.55m
12 Ryde, A	Ryde		10.47m
13 Manly Warringah, A	Manly Warringah		10.25m
14 Liverpool City, A	Liverpool City		5.63m

Boys U 17 - Throws Relay

State Relay: S 21.23m 2017		Bankstown Sports	
Name	Age Centre	Seed	Final
1 Hills District, A	Hills District		17.96m
2 Balmain, A	Balmain		17.72m
3 Campbelltown, A	Campbelltown		17.43m
4 Nepean, A	Nepean		17.08m
5 Ku-Ring-Gai, A	Ku-Ring-Gai		16.23m
6 Manly Warringah, A	Manly Warringah		15.38m
7 Winston Hills, A	Winston Hills		14.61m
8 Port Hacking, A	Port Hacking		13.84m
9 Hills District, B	Hills District		13.80m
10 Canterbury, A	Canterbury		12.62m
11 Sutherland, A	Sutherland		12.22m
12 Liverpool City, A	Liverpool City		11.85m
13 Prospect, A	Prospect		11.78m
14 Quakers Hill, A	Quakers Hill		11.15m
15 Manly Warringah, B	Manly Warringah		10.75m
16 Inner West, A	Inner West		4.96m

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

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                               Seed    Prelims  H#
=====
```

Heats

```
1 South Eastern          1:10.72Q  2
2 Holroyd                1:11.18Q  1
3 Illawong              1:11.83q  1
4 Helensburgh           1:11.98q  1
5 Kurrajong Bilpin      1:13.80q  2
6 Hornsby               1:13.81q  2
7 Liverpool City        1:14.85q  2
8 Hawkesbury City      1:15.07q  2
9 Smithfield            1:15.37   2
10 Eschol Park          1:17.65   1
11 Tallawong Park       1:18.01   1
```

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                               Prelims  Final
=====
```

Final

```
1 Illawong              1:11.83   1:10.58
2 South Eastern         1:10.72   1:10.98
3 Kurrajong Bilpin     1:13.80   1:11.45
4 Holroyd              1:11.18   1:11.52
5 Hornsby              1:13.81   1:17.85
6 Hawkesbury City     1:15.07   1:18.28
-- Liverpool City      1:14.85   DNF
-- Helensburgh         1:11.98   DQ   ROC 7.8.j
```

Mixed U 9 - 4x100 Metre Relay

```
=====
State Relay: S 1:00.04 1985          North Rocks/Carlingford
Centre                               Seed    Prelims  H#
=====
```

Heats

```
1 Liverpool City        1:05.21Q  1
2 Macquarie Hunter     1:05.75Q  2
3 Kurrajong Bilpin     1:07.61q  1
4 Western Blues        1:08.51q  1
5 Hawkesbury City     1:09.91q  2
6 Prospect             1:11.68q  2
7 Eschol Park          1:12.86q  2
8 Gosford              1:15.40q  1
9 Tallawong Park       1:16.37   2
```


LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

Mixed U 9 - 4x100 Metre Relay

State Relay: S 1:00.04 1985		North Rocks/Carlingford	
Centre		Prelims	Final
Final			
1	Liverpool City	1:05.21	1:05.82
2	Kurrajong Bilpin	1:07.61	1:09.85
3	Prospect	1:11.68	1:09.86
4	Macquarie Hunter	1:05.75	1:09.88

Mixed U 10 - 4x100 Metre Relay

State Relay: S 58.04 1984		Blacktown	
Centre		Seed	Final
1	Prospect		1:01.32
2	Riverstone		1:01.33
3	Holroyd		1:02.46
4	Macquarie Hunter		1:02.79
5	Eschol Park		1:02.87
6	Kurrajong Bilpin		1:05.94
7	Liverpool City		1:06.12
8	Hawkesbury City		1:06.18
9	Tallawong Park		1:08.68

Mixed U 11 - 4x100 Metre Relay

State Relay: S 54.18 2016		Albion Park	
Centre		Seed	Prelims H#
Heats			
1	St George		57.03Q 1
2	Hornsby		1:00.76Q 2
3	Hawkesbury City		1:00.81q 2
4	Helensburgh		1:00.87q 1
5	Riverstone		1:01.62q 1
6	Kurrajong Bilpin		1:01.98q 2
7	Springwood		1:02.33q 1
8	Holroyd		1:03.31q 2
9	Prospect		1:03.70 2
10	Liverpool City		1:04.07 1
11	Tallawong Park		1:05.30 1
12	Smithfield		1:06.97 1
13	Eschol Park		1:13.00 2

Mixed U 11 - 4x100 Metre Relay

State Relay: S 54.18 2016		Albion Park	
Centre		Prelims	Final
Final			
1	St George	57.03	56.82
2	Helensburgh	1:00.87	59.94
3	Hornsby	1:00.76	1:00.54
4	Kurrajong Bilpin	1:01.98	1:01.17
5	Springwood	1:02.33	1:01.65

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

...Mixed U 11 - 4x100 Metre Relay

6 Hawkesbury City	1:00.81	1:02.06
7 Riverstone	1:01.62	1:02.29
8 Holroyd	1:03.31	1:04.05

Mixed U 12 - 4x100 Metre Relay

State Relay: S 52.54 1983	Ku-Ring-Gai	Seed	Final
Centre			
1 Macquarie Hunter			57.23
2 Helensburgh			57.47
3 Hawkesbury City			57.54
4 Liverpool City			58.64
5 Kurrajong Bilpin			59.25
6 Tallawong Park			59.39
7 Riverstone			59.60
8 Smithfield			59.64
9 Eschol Park			1:04.35

Mixed U 13 - 4x100 Metre Relay

State Relay: S 51.44 1984	Randwick Botany	Seed	Final
Centre			
1 Albion Park			54.17
2 Hawkesbury City			56.24
3 Kurrajong Bilpin			56.34
4 Helensburgh			56.45
5 Western Blues			56.95
6 Prospect			59.00

Mixed U 14 - 4x100 Metre Relay

State Relay: S 50.04 2000	Northern Suburbs	Seed	Final
Centre			
1 Macquarie Hunter			51.29
2 Kurrajong Bilpin			52.02
3 Quakers Hill			53.86
4 Prospect			53.93
5 Tallawong Park			54.25
6 Liverpool City			55.03
7 Prestons Robins			55.13
8 St George			55.27

Mixed U 15 - 4x100 Metre Relay

State Relay: S 48.44 1996	Balmain	Seed	Final
Centre			
1 Hornsby			49.38
2 Kurrajong Bilpin			53.22
3 Liverpool City			53.71
4 Prestons Robins			54.81
5 Quakers Hill			55.38

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****Mixed U 17 - 4x100 Metre Relay**

State Relay: S 46.03 2009		Cherrybrook	Seed	Final
Centre				
1	Albion Park			47.70
2	Liverpool City			49.49
3	Kurrajong Bilpin			51.19
4	Hawkesbury City			51.21
5	Prospect			51.87

Mixed U 8 - 4x200 Metre Relay

State Relay: S 2:13.30 2017		Port Hacking	Seed	Final	H#
Centre					
1	Sutherland			2:25.52	2
2	Manly Warringah			2:25.66	3
3	Hills District			2:26.99	1
4	Ku-Ring-Gai			2:35.53	1
5	Quakers Hill			2:36.03	1
6	South Eastern			2:36.48	2
7	Campbelltown			2:38.27	2
8	Canterbury			2:40.40	3
9	The Ponds			2:40.52	1
10	Port Hacking			2:40.98	2
11	Eastern Suburbs			2:41.00	3
12	Hornsby			2:41.31	3
13	Winston Hills			2:43.31	3
14	Rouse Hill Rams			2:44.77	2
15	Cherrybrook			2:48.14	3
16	Doonside			2:48.30	1
17	Northern Suburbs			2:48.59	2
18	St George			2:49.49	1
19	Hawkesbury City			2:49.73	1
20	Eschol Park			2:50.07	3
21	Ryde			2:50.10	1

Mixed U 9 - 4x200 Metre Relay

State Relay: S 2:07.11 2013		Manly Warringah	Seed	Final	H#
Centre					
1	Manly Warringah			2:10.33	2
2	Balmain			2:14.03	3
3	Port Hacking			2:15.80	3
4	Northern Suburbs			2:17.61	4
5	Sutherland			2:19.46	2
6	Winston Hills			2:19.59	4
7	Eastern Suburbs			2:20.67	1
8	Hills District			2:22.31	3
9	Macquarie Hunter			2:22.72	3
10	Western Blues			2:24.52	4
11	South Eastern			2:25.28	4
12	Campbelltown			2:25.43	4
13	Ryde			2:26.90	3
14	Canterbury			2:29.71	1

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

...Mixed U 9 - 4x200 Metre Relay

15 Quakers Hill	2:30.09	4
16 Cherrybrook	2:30.33	3
16 Rouse Hill Rams	2:30.33	1
18 Randwick Botany	2:31.50	1
19 Ku-Ring-Gai	2:31.88	1
20 The Ponds	2:33.43	2
21 Mosman	2:33.58	2
22 Doonside	2:34.67	1
23 Hawkesbury City	2:34.77	4
24 Liverpool City	2:35.76	2
25 Gosford	2:35.89	2
26 Blacktown	2:44.96	1

Mixed U 10 - 4x400 Metre Relay

State Relay: S 4:36.40 1983	Sutherland	Seed	Final	H#
Centre				
1 Eastern Suburbs			5:03.26	2
2 Manly Warringah			5:03.38	3
3 Port Hacking			5:07.44	1
4 Macquarie Hunter			5:13.19	3
5 Ku-Ring-Gai			5:16.30	2
6 Rouse Hill Rams			5:16.96	3
7 The Ponds			5:19.14	1
8 Northern Suburbs			5:21.31	1
9 Winston Hills			5:22.35	3
10 Mosman			5:26.11	3
11 Sutherland			5:28.19	1
12 Hills District			5:28.38	2
13 Canterbury			5:33.56	2
14 Ryde			5:34.30	2
15 St George			5:36.00	1
16 Cherrybrook			5:43.60	1
17 Quakers Hill			5:45.26	1
18 Randwick Botany			6:06.96	1
19 Doonside			6:07.20	2
20 Camden			6:53.13	3

Mixed U 11 - 4x400 Metre Relay

State Relay: S 4:25.82 2016	Ku-Ring-Gai	Seed	Final	H#
Centre				
1 Eastern Suburbs			4:34.11	1
2 Camden			4:42.61	1
3 Sutherland			4:44.82	1
4 Manly Warringah			4:45.53	2
5 Hills District			4:51.19	2
6 Mosman			4:57.46	3
7 Ryde			5:00.50	2
8 Winston Hills			5:02.44	1
9 Northern Suburbs			5:07.84	3
10 Canterbury			5:13.62	3
11 Hawkesbury City			5:16.68	3

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

...Mixed U 11 - 4x400 Metre Relay

12 The Ponds	5:19.29	2
13 Quakers Hill	5:25.37	1
14 Rouse Hill Rams	5:25.69	3
15 Cherrybrook	5:25.96	3
16 Ku-Ring-Gai	5:27.57	2
17 Doonside	6:02.24	2
-- Randwick Botany	DNF	1

Mixed U 12 - 4x400 Metre Relay

State Relay: S 4:10.90 1987 Centre	St George	Seed	Final	H#
1 Sutherland			4:22.83	3
2 Northern Suburbs			4:28.95	3
3 Manly Warringah			4:30.06	1
4 Balmain			4:32.46	3
5 Hills District			4:37.40	2
6 Eastern Suburbs			4:39.91	1
7 Cherrybrook			4:41.67	2
8 Mosman			4:44.59	2
9 Bowral			4:49.70	2
10 Camden			4:50.15	2
11 South Eastern			4:51.31	1
12 Canterbury			4:55.95	2
13 Macquarie Hunter			4:56.18	2
14 Ryde			4:56.72	1
15 Ku-Ring-Gai			5:01.04	3
16 Rouse Hill Rams			5:01.23	1
17 Winston Hills			5:01.71	3
18 Riverstone			5:02.78	3
19 Campbelltown			5:06.24	1
20 St George			5:06.49	1
21 Port Hacking			5:08.67	1
22 Quakers Hill			5:12.59	2
23 Hawkesbury City			5:27.42	3

Mixed U 13 - 4x400 Metre Relay

State Relay: S 4:04.56 2013 Centre	Manly Warringah	Seed	Final	H#
1 Eastern Suburbs			4:05.99	2
2 Manly Warringah			4:12.60	1
3 South Eastern			4:16.04	2
4 Sutherland			4:19.07	2
5 Hills District			4:20.64	1
6 Ryde			4:34.32	1
7 Canterbury			4:35.32	3
8 Port Hacking			4:36.98	3
9 Albion Park			4:38.33	1
10 Winston Hills			4:39.65	2
11 Ku-Ring-Gai			4:43.47	1
12 Mosman			4:45.42	2
13 Hawkesbury City			4:49.58	2

LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****...Mixed U 13 - 4x400 Metre Relay**

14 Quakers Hill	4:51.13	3
15 Cherrybrook	4:57.57	3

Mixed U 14 - 4x400 Metre Relay

State Relay: S 3:53.38 2016			Manly Warringah		
Centre	Seed	Final	H#		
1 Sutherland		4:04.56	2		
2 Manly Warringah		4:10.95	1		
3 Hills District		4:11.74	2		
4 Macquarie Hunter		4:12.62	1		
5 Winston Hills		4:24.93	1		
6 The Ponds		4:30.47	1		
7 Eastern Suburbs		4:30.54	2		
8 Randwick Botany		4:55.04	1		

Mixed U 15 - 4x400 Metre Relay

State Relay: S 3:43.57 2014			Manly Warringah		
Centre	Seed	Final	H#		
1 Sutherland		3:56.06	2		
2 Manly Warringah		4:03.51	2		
3 Ryde		4:04.16	1		
4 South Eastern		4:09.52	1		
5 Hornsby		4:09.93	2		
6 Rouse Hill Rams		4:13.44	1		
7 Liverpool City		4:17.77	1		
8 Canterbury		4:18.61	2		
9 Hills District		4:19.96	1		
10 The Ponds		4:30.27	2		
11 Quakers Hill		4:36.75	2		
12 Cherrybrook		4:48.99	1		

Mixed U 17 - 4x400 Metre Relay

State Relay: S 3:42.08 2017			Macquarie Hunter		
Centre	Seed	Final	H#		
1 Balmain		3:45.70	2		
2 Port Hacking		3:50.68	2		
3 Hills District		3:51.25	1		
4 Inner West		3:55.93	1		
5 Manly Warringah		3:58.11	1		
6 Sutherland		4:03.50	2		
7 Ryde		4:07.00	2		
8 Albion Park		4:08.24	1		
9 Canterbury		4:11.84	2		
10 Liverpool City		4:21.57	1		

LANSW STATE RELAY CHAMPIONSHIP
Sydney Olympic Park Athletic Centre
Results

Mixed U 8-11 4x100 Metre Relay

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=====
State Relay: S 1:01.26 2017      Liverpool City
Centre                               Seed   Prelims  H#
=====

```

Heats

```

1 Randwick Botany                1:02.48Q  2
2 Albion Park                    1:03.37Q  1
3 Macquarie Hunter               1:03.57q  2
4 Liverpool City                 1:05.05q  1
5 Prospect                       1:05.17q  1
6 Helensburgh                   1:05.30q  2
7 Eschol Park                   1:07.60q  1
8 Hawkesbury City               1:09.18q  1
9 Tallawong Park                1:09.59   2
10 Mt Druitt                    1:09.77   1
11 Western Blues                 1:11.95   2
12 Doonside                      1:12.76   2

```

Mixed U 8-11 4x100 Metre Relay

```

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

```

Final

```

1 Liverpool City                 1:05.05   1:01.46
2 Randwick Botany               1:02.48   1:02.65
3 Albion Park                   1:03.37   1:03.79
4 Macquarie Hunter              1:03.57   1:04.07
5 Helensburgh                   1:05.30   1:05.92
6 Hawkesbury City               1:09.18   1:07.74
7 Prospect                       1:05.17   1:08.20
8 Eschol Park                   1:07.60   1:10.33

```

Mixed U 12-15 4x100 Metre Relay

```

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

```

```

1 Macquarie Hunter              51.11
2 Liverpool City                51.57
3 Prospect                       53.78
4 Tallawong Park                54.01
5 Randwick Botany               54.79
6 Albion Park                   55.07
7 Hawkesbury City               56.26
8 Eschol Park                   56.76
9 Western Blues                 58.36

```

Mixed U 8-11 Long Jump x 4

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

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```

1 Albion Park, A                 M Albion Park                           25.61m
2 Eschol Park, A                 M Eschol Park                            23.82m
3 Liverpool City, A              M Liverpool City                         22.07m

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LANSW STATE RELAY CHAMPIONSHIP**Sydney Olympic Park Athletic Centre****Results****...Mixed U 8-11 Long Jump x 4**

4 Mt Druitt, A	M Mt Druitt	21.48m
5 Hawkesbury City, A	M Hawkesbury City	20.95m
6 Tallawong Park, A	M Tallawong Park	19.84m
7 Prospect, A	M Prospect	17.96m
8 Western Blues, A	M Western Blues	16.59m

Mixed U 12-15 Long Jump x 4

State Relay: S 29.05m 2017		Prospect		
Name	Age	Centre	Seed	Final
1 Liverpool City, A		M Liverpool City		25.71m
2 Prospect, A		M Prospect		24.80m
3 Tallawong Park, A		M Tallawong Park		24.75m
4 Hawkesbury City, A		M Hawkesbury City		24.20m
5 Eschol Park, A		M Eschol Park		22.85m
-- Western Blues, A		M Western Blues		ND
-- Randwick Botany, A		M Randwick Botany		ND