

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
Results

Girls U 8 - 4x100 Metre Relay

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 State Relay: S 1:03.84 1982 Bankstown Prelims H#
 Centre

Heats

1	Port Hacking	1:09.89Q	2
2	Manly Warringah	1:10.01Q	3
3	Camden	1:12.19Q	1
4	Campbelltown	1:09.91q	2
5	St George	1:10.02q	3
6	Hills District	1:12.44q	3
7	Ryde	1:13.36q	3
8	Ku-Ring-Gai	1:13.97q	3
9	Randwick Botany	1:15.50	1
10	Winston Hills	1:15.56	2
11	Rouse Hill Rams	1:16.10	2
12	Quakers Hill	1:16.30	1
13	Revesby Workers	1:17.10	3
14	Kurrajong Bilpin	1:18.38	2
15	Prestons Robins	1:20.41	2
16	Doonside	1:20.58	1
17	Hornsby	1:21.95	1
18	Canterbury	1:22.75	1
19	Riverstone	1:22.90	1
20	Northern Suburbs	1:24.27	2
--	Eastern Suburbs	DQ	2 ROC 7.8.j
--	Sutherland	DQ	1 ROC 7.8.i

Girls U 8 - 4x100 Metre Relay

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

Final

1	Port Hacking	1:08.79
2	Campbelltown	1:09.64
3	St George	1:09.80
4	Manly Warringah	1:10.02
5	Hills District	1:11.83
6	Camden	1:12.56
7	Ku-Ring-Gai	1:12.66
8	Ryde	1:13.18

Girls U 9 - 4x100 Metre Relay

=====
 State Relay: S 1:00.54 1979 Hills District Prelims H#
 Centre

Heats

1	Manly Warringah	1:02.73Q	4
2	Port Hacking	1:03.72Q	3
3	Canterbury	1:04.58Q	1
4	Randwick Botany	1:05.55Q	2
5	Camden	1:05.17q	1
6	Sutherland	1:06.11q	3

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

7 Eastern Suburbs	1:06.51q	4
8 St George	1:06.86q	1
9 Campbelltown	1:07.02	3
10 Rouse Hill Rams	1:07.03	1
11 Quakers Hill	1:07.05	2
12 N Rocks Carlingford	1:07.08	3
13 Wollongong City	1:08.36	1
14 Hills District	1:08.43	4
15 Northern Districts	1:09.10	2
16 Ku-Ring-Gai	1:09.32	2
17 Riverstone	1:09.51	4
18 Mingara Regional Athletics	1:09.60	4
19 The Ponds	1:09.71	2
20 Hornsby	1:09.83	1
21 Revesby Workers	1:10.10	4
22 Kurrajong Bilpin	1:10.87	1
23 Northern Suburbs	1:11.46	4
24 Blacktown	1:11.48	2
25 Nepean	1:11.61	3
26 Winston Hills	1:12.02	2
27 Prestons Robins	1:12.05	3

Girls U 9 - 4x100 Metre Relay

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

Final

1 Manly Warringah	1:01.78	
2 Port Hacking	1:03.05	
3 Eastern Suburbs	1:04.56	
4 Canterbury	1:04.63	
5 Camden	1:04.90	
6 Sutherland	1:06.39	
7 Randwick Botany	1:06.73	
8 St George	1:07.39	

Girls U 10 - 4x100 Metre Relay

=====
 State Relay: S 57.50 2014 Manly Warringah
 Centre Prelims H#
 =====

Heats

1 Wollongong City	1:00.45Q	5
2 Manly Warringah	1:00.68Q	4
3 Mosman	1:02.47Q	3
4 Ku-Ring-Gai	1:03.16Q	2
5 Campbelltown	1:04.14Q	1
6 Eastern Suburbs	1:00.91q	4
7 Port Hacking	1:01.10q	4
8 Balmain	1:02.92q	4
9 Camden	1:02.99	4
10 Northern Districts	1:03.85	3
11 Hills District	1:03.90	3

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

12 Sutherland	1:03.97	3
13 Ryde	1:04.27	2
14 Inner West	1:04.42	1
15 Winston Hills	1:05.16	5
16 Girraween	1:06.42	3
17 Northern Suburbs	1:06.44	5
18 The Ponds	1:07.02	3
19 Riverstone	1:07.13	5
20 Prestons Robins	1:08.18	1
21 Kurrajong Bilpin	1:08.56	1
22 Glenbrook	1:08.77	5
23 N Rocks Carlingford	1:08.97	4
24 St George	1:09.54	2
24 Canterbury	1:09.54	2
26 Quakers Hill	1:09.63	5
27 South Eastern	1:10.75	2
28 Doonside	1:11.04	5
29 Rouse Hill Rams	1:12.42	1
30 Kings Langley	1:13.45	1
-- Revesby Workers	DQ	3 WA 17.8.j

Girls U 10 - 4x100 Metre Relay

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

Final

1 Wollongong City	59.51
2 Manly Warringah	1:00.36
3 Port Hacking	1:00.91
4 Mosman	1:01.18
5 Eastern Suburbs	1:02.05
6 Ku-Ring-Gai	1:02.72
7 Balmain	1:04.00
8 Campbelltown	1:07.92

Girls U 11 - 4x100 Metre Relay

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

Heats

1 Port Hacking	S 54.80Q	2
2 Manly Warringah	57.30Q	4
3 Eastern Suburbs	57.57Q	3
4 Camden	57.72Q	1
5 Hills District	58.37q	1
6 Balmain	58.78q	2
7 Inner West	59.02q	4
8 Penrith	1:00.32q	1
9 Mosman	1:00.98	4
10 Revesby Workers	1:01.07	4
11 Glenbrook	1:01.08	2
12 Mingara Regional Athletics	1:01.33	3

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13 Ryde	1:01.75	1
14 Riverstone	1:01.97	2
15 Ku-Ring-Gai	1:02.18	1
16 Rouse Hill Rams	1:02.25	4
17 Prestons Robins	1:02.32	3
18 Winston Hills	1:02.35	1
19 Holroyd	1:02.61	4
20 Quakers Hill	1:02.73	3
21 Canterbury	1:03.22	1
22 Wollongong City	1:04.29	2
23 St George	1:04.66	3
24 Bankstown Sports Athletics	1:04.77	4
25 Randwick Botany	1:05.47	3
26 The Ponds	1:05.48	2
27 Northern Suburbs	1:07.88	3
28 Cherrybrook	1:08.86	2

Girls U 11 - 4x100 Metre Relay

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

Final

1 Port Hacking	54.62S
2 Manly Warringah	57.00
3 Camden	57.24
4 Hills District	58.15
5 Inner West	58.60
6 Balmain	58.92
7 Penrith	1:00.53
-- Eastern Suburbs	DQ ROC7.8.j

Girls U 12 - 4x100 Metre Relay

=====
 State Relay: S 52.74 2017 Balmain
 Centre Prelims H#
 =====

Heats

1 Camden	54.13Q	1
2 Eastern Suburbs	54.29Q	4
3 Sutherland	54.56Q	3
4 Ku-Ring-Gai	55.18Q	2
5 Northern Suburbs	54.60q	3
6 Manly Warringah	55.39q	4
7 Cherrybrook	56.84q	1
8 St George	57.26q	4
9 Port Hacking	57.79	3
10 Winston Hills	58.11	4
11 Inner West	58.66	1
12 Wollongong City	58.92	2
13 Prestons Robins	59.36	2
14 Ryde	59.54	2
15 Hills District	59.62	4
16 Bankstown Sports Athletics	59.73	3

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

17 Revesby Workers	1:00.50	2
18 Canterbury	1:00.56	1
19 The Ponds	1:00.57	2
20 Quakers Hill	1:00.87	1
21 Mosman	1:01.19	3
22 Blacktown	1:01.56	1
23 Kurrajong Bilpin	1:02.11	3
24 Rouse Hill Rams	1:03.23	3
25 Mingara Regional Athletics	1:03.97	2

Girls U 12 - 4x100 Metre Relay

=====
 State Relay: S 52.74 2017 Balmain
 Centre Final
 =====

Final

1 Eastern Suburbs	54.34
2 Camden	54.62
3 Northern Suburbs	54.98
4 Ku-Ring-Gai	55.08
5 Manly Warringah	55.26
6 Sutherland	55.32
7 Cherrybrook	57.06
8 St George	57.93

Girls U 13 - 4x100 Metre Relay

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

Heats

1 Camden	51.63Q	3
2 Port Hacking	52.64Q	1
3 Balmain	52.67Q	4
4 Sutherland	53.02Q	2
5 Hills District	53.79q	2
6 Northern Suburbs	54.40q	4
7 Manly Warringah	54.81q	3
8 Ku-Ring-Gai	55.07q	1
9 Ryde	55.13	4
10 South Eastern	55.37	1
11 Eastern Suburbs	55.54	1
12 Winston Hills	55.92	1
13 Cherrybrook	56.52	1
14 Wollongong City	56.79	3
15 Northern Districts	56.92	3
16 Rouse Hill Rams	57.25	2
17 Smithfield	58.03	2
18 Revesby Workers	58.16	3
19 Canterbury	58.67	1
20 Kurrajong Bilpin	58.80	2
21 Quakers Hill	58.94	2
22 St George	59.06	4
23 Glenbrook	1:02.16	4

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

24 Doonside	1:03.73	2
-- Prestons Robins	DQ	3 ROC 7.8.i

Girls U 13 - 4x100 Metre Relay

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

Final

1 Camden	51.51
2 Balmain	52.26
3 Port Hacking	52.30
4 Sutherland	53.11
5 Hills District	54.20
6 Northern Suburbs	54.76
7 Manly Warringah	55.06
8 Ku-Ring-Gai	55.77

Girls U 14 - 4x100 Metre Relay

=====
 State Relay: S 48.86 2018 Campbelltown Collegians
 Centre Prelims H#
 =====

Heats

1 Port Hacking	50.07Q	3
2 Manly Warringah	50.67Q	2
3 Ku-Ring-Gai	52.11Q	1
4 Hills District	50.53q	3
5 Sutherland	51.82q	3
6 Balmain	52.27q	2
7 Eastern Suburbs	52.34q	2
8 Camden	52.94q	2
9 Winston Hills	54.16	2
10 Eastlakes	54.36	3
11 Northern Suburbs	54.86	3
12 Canterbury	55.73	1
13 The Ponds	56.09	2
14 Ryde	56.15	1
15 South Eastern	56.60	2
16 Prestons Robins	57.00	1
17 Rouse Hill Rams	59.18	3
18 N Rocks Carlingford	59.97	1
19 Smithfield	1:02.55	1
20 Quakers Hill	1:02.88	3

Girls U 14 - 4x100 Metre Relay

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

Final

1 Port Hacking	49.50
2 Hills District	50.27
3 Manly Warringah	50.40

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

21 Kurrajong Bilpin	13:00.56	1
22 Wollongong City	13:23.66	2
23 Doonside	13:29.66	2
24 Randwick Botany	13:43.96	2
-- Hills District	DNF	2
-- Glenbrook	DQ	1 ROC 5.10
-- Hornsby	DQ	2 ROC 5.10

Girls U 12-15 Middle Distance Medley

State Relay: S 9:29.50 2016		Macquarie Hunter	Final	H#
Centre				
1	Manly Warringah		10:02.38	1
2	Ku-Ring-Gai		10:10.71	1
3	Balmain		10:13.58	2
4	Sutherland		10:14.02	1
5	Camden		10:24.72	1
6	Hills District		10:25.08	2
7	South Eastern		10:50.03	1
8	Rouse Hill Rams		10:55.87	2
9	The Ponds		11:10.51	2
10	Ryde		11:12.33	2
11	Canterbury		11:20.57	1
12	Revesby Workers		11:29.00	1
13	Northern Suburbs		11:39.24	1
14	Quakers Hill		11:41.49	2
15	Wollongong City		11:49.52	1
16	Winston Hills		12:01.52	2
17	Doonside		12:16.85	2

Girls U 8 - Jumps Relay

State Relay: S 20.67m 2017		Parramatta	Final
Name	Age Centre		
1 Manly Warringah, A	Manly Warringah		19.03m
2 Ku-Ring-Gai, B	Ku-Ring-Gai		17.54m
3 Camden, A	Camden		17.48m
4 Port Hacking, A	Port Hacking		17.22m
5 Manly Warringah, B	Manly Warringah		16.56m
6 Northern Districts, A	Northern Districts		16.29m
7 St George, A	St George		15.15m
8 Hills District, A	Hills District		15.09m
9 Ku-Ring-Gai, A	Ku-Ring-Gai		15.08m
10 Northern Suburbs, A	Northern Suburbs		14.89m
10 Hills District, B	Hills District		14.89m
12 Rouse Hill Rams, A	Rouse Hill Rams		14.17m
13 Campbelltown, A	Campbelltown		13.98m
14 Winston Hills, A	Winston Hills		13.50m
15 Canterbury, A	Canterbury		12.86m
16 Prospect, A	Prospect		11.21m

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Girls U 9 - Jumps Relay

State Relay: S 22.59m 2018		Bankstown Sports	
Name	Age	Centre	Final
1	Winston Hills, A	Winston Hills	21.98m
2	Ku-Ring-Gai, A	Ku-Ring-Gai	21.17m
3	Bankstown Sports Ath, A	Bankstown Sp	20.30m
4	Northern Suburbs, A	Northern Suburbs	19.72m
5	Camden, A	Camden	18.99m
6	Sutherland, A	Sutherland	18.89m
7	Manly Warringah, B	Manly Warringah	18.72m
8	Manly Warringah, A	Manly Warringah	18.30m
9	St George, A	St George	18.24m
10	Winston Hills, B	Winston Hills	17.64m
11	Rouse Hill Rams, A	Rouse Hill Rams	17.28m
12	Hills District, B	Hills District	17.25m
13	Port Hacking, A	Port Hacking	17.09m
14	Canterbury, A	Canterbury	16.96m
15	Hills District, A	Hills District	16.61m
16	Quakers Hill, A	Quakers Hill	16.36m
17	Ku-Ring-Gai, B	Ku-Ring-Gai	16.32m
18	Northern Suburbs, B	Northern Suburbs	16.25m
19	Parramatta, A	Parramatta	15.39m
20	Hornsby, A	Hornsby	14.56m
21	Prospect, A	Prospect	14.10m
22	Cherrybrook, A	Cherrybrook	13.34m

Girls U 10 - Jumps Relay

State Relay: S 22.89m 2017		Northern Suburbs	
Name	Age	Centre	Final
1	Manly Warringah, A	Manly Warringah	22.80m
2	Balmain, A	Balmain	20.69m
3	Northern Suburbs, A	Northern Suburbs	20.53m
4	Ryde, A	Ryde	19.98m
5	Ku-Ring-Gai, A	Ku-Ring-Gai	19.84m
6	Parramatta, A	Parramatta	19.57m
7	Manly Warringah, B	Manly Warringah	19.50m
8	Camden, A	Camden	19.25m
9	Ryde, B	Ryde	18.80m
10	Cherrybrook, A	Cherrybrook	18.67m
11	Hills District, A	Hills District	18.51m
12	Winston Hills, B	Winston Hills	18.35m
13	South Eastern, A	South Eastern	18.27m
14	Ku-Ring-Gai, B	Ku-Ring-Gai	17.95m
15	Hills District, B	Hills District	17.42m
16	Winston Hills, A	Winston Hills	11.29m

Girls U 11 - Jumps Relay

State Relay: S 24.82m 2017		Manly Warringah	
Name	Age	Centre	Final
1	Manly Warringah, A	Manly Warringah	22.11m

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....Girls U 11 - Jumps Relay

2	Ku-Ring-Gai, A	Ku-Ring-Gai	21.97m
3	Port Hacking, A	Port Hacking	21.83m
4	Balmain, A	Balmain	20.91m
5	Sutherland, A	Sutherland	20.51m
6	Northern Suburbs, A	Northern Suburbs	20.29m
7	Mingara Regional Ath, A	Mingara Regi	20.26m
8	Hills District, A	Hills District	20.23m
9	Girraween, A	Girraween	20.10m
10	Eastern Suburbs, A	Eastern Suburbs	19.88m
11	Gosford, A	Gosford	19.57m
12	Manly Warringah, B	Manly Warringah	18.98m
13	Ryde, A	Ryde	18.81m
14	Glenbrook, A	Glenbrook	18.38m
14	Camden, A	Camden	18.38m
16	Quakers Hill, A	Quakers Hill	17.56m
17	Ku-Ring-Gai, B	Ku-Ring-Gai	16.73m
18	Hills District, B	Hills District	16.38m
19	Hornsby, A	Hornsby	12.52m
20	St George, A	St George	12.34m
21	Rouse Hill Rams, A	Rouse Hill Rams	12.06m
22	Ryde, B	Ryde	11.42m

Girls U 12 - Jumps Relay

State Relay: S 25.47m 2016		Hills District	
Name	Age	Centre	Final
1	Northern Suburbs, A	Northern Suburbs	22.64m
2	Northern Suburbs, B	Northern Suburbs	22.43m
3	Winston Hills, A	Winston Hills	22.10m
4	Hills District, A	Hills District	21.99m
5	St George, A	St George	21.63m
6	Cherrybrook, A	Cherrybrook	21.07m
7	Manly Warringah, A	Manly Warringah	20.72m
8	Winston Hills, B	Winston Hills	20.59m
9	Prospect, A	Prospect	20.45m
10	Ryde, A	Ryde	19.76m
11	Ku-Ring-Gai, A	Ku-Ring-Gai	19.50m
12	Hills District, B	Hills District	18.68m
13	Manly Warringah, B	Manly Warringah	17.92m
14	Parramatta, A	Parramatta	17.72m
15	Randwick Botany, A	Randwick Botany	17.50m
16	Ku-Ring-Gai, B	Ku-Ring-Gai	17.40m
17	Canterbury, A	Canterbury	16.60m
18	Mingara Regional Ath, A	Mingara Regi	16.46m
19	Port Hacking, A	Port Hacking	14.25m
20	Cherrybrook, B	Cherrybrook	10.90m
21	Quakers Hill, A	Quakers Hill	10.51m
--	Doonside, A	Doonside	DQ

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Girls U 13 - Jumps Relay

State Relay: S 25.14m 2022		Hills District	
Name	Age	Centre	Final
1	South Eastern, A	South Eastern	25.47mS
2	Port Hacking, A	Port Hacking	24.56m
3	Sutherland, A	Sutherland	23.94m
4	Ku-Ring-Gai, A	Ku-Ring-Gai	22.60m
5	Camden, A	Camden	21.40m
6	Manly Warringah, A	Manly Warringah	21.33m
7	Balmain, A	Balmain	21.26m
8	Cherrybrook, A	Cherrybrook	20.97m
9	Northern Suburbs, A	Northern Suburbs	20.72m
10	Revesby Workers, A	Revesby Workers	20.47m
11	Ryde, A	Ryde	20.40m
12	Winston Hills, A	Winston Hills	20.37m
13	Canterbury, A	Canterbury	19.60m
14	Eastern Suburbs, A	Eastern Suburbs	18.95m
15	Ryde, B	Ryde	18.57m
16	Cherrybrook, B	Cherrybrook	18.44m
17	Northern Districts, A	Northern Districts	18.05m
18	Rouse Hill Rams, A	Rouse Hill Rams	18.00m
19	Manly Warringah, B	Manly Warringah	17.49m
20	Glenbrook, A	Glenbrook	17.03m
21	Winston Hills, B	Winston Hills	16.91m
22	Hills District, A	Hills District	16.50m
23	Northern Suburbs, B	Northern Suburbs	14.54m
24	Hills District, B	Hills District	13.36m
25	Doonside, A	Doonside	11.68m
--	Wollongong City, A	Wollongong City	DQ

Girls U 14 - Jumps Relay

State Relay: S 27.24m 2019		Hills District	
Name	Age	Centre	Final
1	Port Hacking, A	Port Hacking	28.38mS
2	Hills District, A	Hills District	25.73m
3	Ku-Ring-Gai, A	Ku-Ring-Gai	24.13m
4	Manly Warringah, A	Manly Warringah	22.88m
5	Balmain, A	Balmain	21.08m
6	Hills District, B	Hills District	19.36m
7	Manly Warringah, B	Manly Warringah	19.17m
8	Winston Hills, A	Winston Hills	18.80m
9	Quakers Hill, A	Quakers Hill	17.52m
10	N Rocks Carlingford, A	N Rocks Carlingford	16.64m
11	Ryde, A	Ryde	15.60m
12	Camden, A	Camden	14.41m
13	Northern Suburbs, B	Northern Suburbs	13.94m
--	South Eastern, A	South Eastern	DQ

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Girls U 15 - Jumps Relay

State Relay: S 25.73m 2019 Sutherland			
Name	Age	Centre	Final
1 Smithfield, A		Smithfield	20.44m
2 Ku-Ring-Gai, A		Ku-Ring-Gai	20.20m
3 Wollongong City, A		Wollongong City	19.75m
4 Ryde, A		Ryde	19.73m
5 Manly Warringah, A		Manly Warringah	19.61m
6 Hills District, A		Hills District	19.34m
7 Sutherland, A		Sutherland	18.69m
8 Revesby Workers, A		Revesby Workers	18.64m
9 Cherrybrook, A		Cherrybrook	18.10m
10 Quakers Hill, A		Quakers Hill	16.50m
11 Northern Suburbs, A		Northern Suburbs	15.86m
12 Hills District, B		Hills District	15.46m
13 Rouse Hill Rams, A		Rouse Hill Rams	10.55m

Girls U 17 - Jumps Relay

State Relay: S 24.57m 2019 Northern Suburbs			
Name	Age	Centre	Final
1 Port Hacking, A		Port Hacking	25.15mS
2 Manly Warringah, A		Manly Warringah	23.90m
3 Sutherland, A		Sutherland	21.87m
4 Ryde, A		Ryde	20.35m
5 Northern Suburbs, A		Northern Suburbs	20.22m
6 Hills District, A		Hills District	19.74m
7 Revesby Workers, A		Revesby Workers	18.51m
8 Manly Warringah, B		Manly Warringah	18.08m
9 Revesby Workers, B		Revesby Workers	17.48m
9 Mosman, A		Mosman	17.48m
11 Northern Districts, A		Northern Districts	17.38m
12 Northern Suburbs, B		Northern Suburbs	16.87m
13 South Eastern, A		South Eastern	16.28m
14 N Rocks Carlingford, A		N Rocks Carlingford	15.21m
15 Prospect, A		Prospect	14.66m
16 Campbelltown, A		Campbelltown	11.86m
17 Ryde, B		Ryde	11.75m
-- Canterbury, A		Canterbury	DQ

Girls U 8 - Throws Relay

State Relay: S 16.52m 2017 Manly Warringah			
Name	Age	Centre	Final
1 Minchinbury, A		Min	19.86mS
2 Revesby Workers, A		Revesby Workers	15.63m
3 Hills District, A		Hills District	13.52m
4 Northern Districts, A		Northern Districts	12.59m
5 Ku-Ring-Gai, A		Ku-Ring-Gai	12.34m
6 Manly Warringah, B		Manly Warringah	11.82m
7 Manly Warringah, A		Manly Warringah	11.61m
8 Randwick Botany, A		Randwick Botany	10.57m

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
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Results

....Girls U 8 - Throws Relay

9 Hills District, B	Hills District	10.55m
10 Eastern Suburbs, A	Eastern Suburbs	10.24m
11 Campbelltown, A	Campbelltown	9.90m
12 Rouse Hill Rams, A	Rouse Hill Rams	9.85m
13 Ku-Ring-Gai, B	Ku-Ring-Gai	9.53m
14 Canterbury, A	Canterbury	9.35m
15 Parramatta, A	Parramatta	8.63m
16 Prospect, A	Prospect	8.38m
17 Winston Hills, A	Winston Hills	6.96m
18 St George, A	St George	5.31m
19 Port Hacking, A	Port Hacking	4.53m
-- Camden, A	Camden	ND
-- Albion Park, A	Albion Park	ND
-- Northern Suburbs, A	Northern Suburbs	ND

Girls U 9 - Throws Relay

State Relay: S 19.00m 2017 Cherrybrook			
Name	Age	Centre	Final
1 Winston Hills, A		Winston Hills	15.26m
2 Camden, A		Camden	14.53m
3 Northern Suburbs, A		Northern Suburbs	13.45m
4 Ryde, A		Ryde	13.44m
5 Hills District, A		Hills District	13.31m
6 Hornsby, A		Hornsby	13.02m
7 Sutherland, A		Sutherland	12.70m
8 St George, A		St George	12.62m
9 Rouse Hill Rams, A		Rouse Hill Rams	12.05m
10 Hills District, B		Hills District	11.88m
11 Ku-Ring-Gai, A		Ku-Ring-Gai	11.47m
12 Tallawong Park, A		Tallawong Park	11.45m
13 Manly Warringah, B		Manly Warringah	11.34m
14 Holroyd, A		Holroyd	11.27m
15 Manly Warringah, A		Manly Warringah	11.23m
16 Winston Hills, B		Winston Hills	11.19m
17 Canterbury, A		Canterbury	9.93m
18 Quakers Hill, A		Quakers Hill	9.90m
19 Cherrybrook, A		Cherrybrook	9.81m
20 Parramatta, A		Parramatta	9.77m
21 Girraween, A		Girraween	9.46m
22 Northern Suburbs, B		Northern Suburbs	9.26m
23 Ku-Ring-Gai, B		Ku-Ring-Gai	8.92m
24 Liverpool City, A		Liverpool City	8.81m
25 Prospect, A		Prospect	8.72m

Girls U 10 - Throws Relay

State Relay: S 18.78m 2017 Bankstown Sports			
Name	Age	Centre	Final
1 Ryde, A		Ryde	17.93m
2 Port Hacking, A		Port Hacking	16.25m
3 Manly Warringah, A		Manly Warringah	16.23m

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
Results

....Girls U 10 - Throws Relay

4 Nepean, A	Nepean	15.51m
5 Sutherland, A	Sutherland	14.77m
6 Hills District, A	Hills District	13.32m
7 Ryde, B	Ryde	12.99m
8 Cherrybrook, A	Cherrybrook	12.84m
9 Revesby Workers, B	Revesby Workers	12.09m
10 Parramatta, A	Parramatta	11.77m
11 South Eastern, A	South Eastern	11.27m
12 Ku-Ring-Gai, B	Ku-Ring-Gai	10.70m
13 Revesby Workers, A	Revesby Workers	10.47m
14 Camden, A	Camden	10.40m
15 Northern Suburbs, A	Northern Suburbs	10.36m
16 Manly Warringah, B	Manly Warringah	9.91m
17 Hills District, B	Hills District	9.86m
18 Winston Hills, A	Winston Hills	9.82m
19 St George, A	St George	9.17m
20 Quakers Hill, A	Quakers Hill	8.54m
21 Campbelltown, A	Campbelltown	7.27m
22 Ku-Ring-Gai, A	Ku-Ring-Gai	6.84m

Girls U 11 - Throws Relay

State Relay: S 18.42m 2019		Hills District	
Name	Age	Centre	Final
1 Camden, A		Camden	17.39m
2 Balmain, A		Balmain	17.08m
3 Northern Districts, A		Northern Districts	17.05m
4 Gosford, A		Gosford	16.28m
5 Northern Suburbs, A		Northern Suburbs	15.78m
6 Girraween, A		Girraween	15.60m
7 Manly Warringah, A		Manly Warringah	15.32m
8 Sutherland, A		Sutherland	14.22m
9 Manly Warringah, B		Manly Warringah	13.96m
10 Revesby Workers, A		Revesby Workers	13.35m
11 Eschol Park, A		Eschol Park	13.34m
12 Hills District, A		Hills District	13.18m
13 St George, A		St George	12.91m
14 Winston Hills, A		Winston Hills	12.63m
15 Parramatta, A		Parramatta	12.39m
16 Hornsby, A		Hornsby	12.28m
17 Port Hacking, A		Port Hacking	12.27m
18 Ryde, B		Ryde	12.12m
19 Quakers Hill, A		Quakers Hill	11.90m
20 Rouse Hill Rams, A		Rouse Hill Rams	11.43m
21 Ryde, A		Ryde	11.34m
22 Eastern Suburbs, A		Eastern Suburbs	10.53m
23 Ku-Ring-Gai, B		Ku-Ring-Gai	9.53m
24 Prospect, A		Prospect	9.40m
25 Canterbury, A		Canterbury	9.14m
26 Mingara Regional Ath, A		Mingara Regi	8.78m
27 Doonside, A		Doonside	8.64m
28 Ku-Ring-Gai, A		Ku-Ring-Gai	8.50m
29 Glenbrook, A		Glenbrook	7.99m

STATE RELAY CHAMPIONSHIP
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Girls U 12 - Throws Relay

State Relay: S 22.10m 2016 Banlstown Sports			
Name	Age	Centre	Final
1 Ku-Ring-Gai, A		Ku-Ring-Gai	17.41m
2 Winston Hills, A		Winston Hills	14.18m
3 Hills District, A		Hills District	13.63m
3 Manly Warringah, A		Manly Warringah	13.63m
5 Northern Districts, A		Northern Districts	13.34m
6 Ryde, A		Ryde	12.92m
7 Randwick Botany, A		Randwick Botany	12.78m
8 Sutherland, A		Sutherland	12.73m
9 Manly Warringah, B		Manly Warringah	12.24m
10 Gosford, A		Gosford	11.90m
11 Quakers Hill, A		Quakers Hill	11.82m
12 Camden, A		Camden	11.40m
13 Prospect, A		Prospect	11.26m
14 Ku-Ring-Gai, B		Ku-Ring-Gai	10.94m
15 Port Hacking, A		Port Hacking	10.58m
16 Winston Hills, B		Winston Hills	10.45m
17 Northern Suburbs, A		Northern Suburbs	10.24m
18 Balmain, A		Balmain	10.22m
19 Hills District, B		Hills District	9.58m
20 Liverpool City, A		Liverpool City	8.69m

Girls U 13 - Throws Relay

State Relay: S 22.90m 2018 Bankstown Sports			
Name	Age	Centre	Final
1 Ku-Ring-Gai, A		Ku-Ring-Gai	20.78m
2 South Eastern, A		South Eastern	19.26m
3 Winston Hills, A		Winston Hills	17.21m
4 Hills District, A		Hills District	16.90m
5 Sutherland, A		Sutherland	16.89m
6 Northern Districts, A		Northern Districts	16.49m
7 Bankstown Sports Ath, A		Bankstown Sp	15.75m
8 Balmain, A		Balmain	15.29m
9 Eastern Suburbs, A		Eastern Suburbs	14.45m
10 Camden, A		Camden	12.83m
11 Port Hacking, A		Port Hacking	12.79m
12 Rouse Hill Rams, A		Rouse Hill Rams	12.72m
13 Quakers Hill, A		Quakers Hill	12.71m
14 Manly Warringah, A		Manly Warringah	12.64m
15 Ryde, A		Ryde	12.59m
16 Northern Suburbs, A		Northern Suburbs	12.46m
17 Hills District, B		Hills District	12.43m
18 Cherrybrook, A		Cherrybrook	12.18m
19 Revesby Workers, A		Revesby Workers	12.04m
20 Manly Warringah, B		Manly Warringah	11.05m
21 Doonside, A		Doonside	10.92m
22 Northern Suburbs, B		Northern Suburbs	8.84m
23 Winston Hills, B		Winston Hills	7.71m
24 Glenbrook, A		Glenbrook	7.16m

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
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Results

Girls U 14 - Throws Relay

State Relay: S 23.86m 2019 Winston Hills			
Name	Age	Centre	Final
1 Ku-Ring-Gai, A		Ku-Ring-Gai	20.30m
2 Sutherland, A		Sutherland	19.33m
3 Hills District, A		Hills District	19.22m
4 Port Hacking, A		Port Hacking	18.86m
5 Girraween, A		Girraween	17.47m
6 Winston Hills, A		Winston Hills	13.54m
7 Hills District, B		Hills District	13.39m
8 Canterbury, A		Canterbury	13.21m
9 Campbelltown, A		Campbelltown	12.84m
10 Quakers Hill, A		Quakers Hill	12.61m
11 Eastern Suburbs, A		Eastern Suburbs	12.03m
12 Manly Warringah, A		Manly Warringah	11.78m
13 Ryde, A		Ryde	11.70m
14 Kurrajong Bilpin, A		Kurrajong Bilpin	10.63m
15 N Rocks Carlingford, A		N Rocks Carlingford	10.42m
16 Manly Warringah, B		Manly Warringah	9.26m
-- Northern Suburbs, A		Northern Suburbs	DQ
-- Northern Suburbs, B		Northern Suburbs	DQ

Girls U 15 - Throws Relay

State Relay: S 22.87m 2019 Port Hacking			
Name	Age	Centre	Final
1 Hills District, A		Hills District	20.74m
2 St George, A		St George	18.66m
3 Canterbury, A		Canterbury	17.42m
4 Ku-Ring-Gai, A		Ku-Ring-Gai	16.32m
5 Ryde, A		Ryde	15.09m
6 Smithfield, A		Smithfield	14.61m
7 Cherrybrook, A		Cherrybrook	13.89m
8 South Eastern, A		South Eastern	13.66m
9 Prospect, A		Prospect	12.55m
10 Revesby Workers, A		Revesby Workers	11.39m
11 The Ponds, A		The Ponds	11.22m
12 Manly Warringah, A		Manly Warringah	11.04m
13 Northern Suburbs, A		Northern Suburbs	10.63m
14 Manly Warringah, B		Manly Warringah	8.82m

Girls U 17 - Throws Relay

State Relay: S 23.48m 2017 Campbelltown Collegians			
Name	Age	Centre	Final
1 Ryde, A		Ryde	18.87m
2 Quakers Hill, A		Quakers Hill	18.71m
3 Balmain, A		Balmain	16.90m
4 N Rocks Carlingford, A		N Rocks Carlingford	16.01m
5 Kurrajong Bilpin, A		Kurrajong Bilpin	15.43m
6 Manly Warringah, A		Manly Warringah	15.27m
7 Liverpool City, A		Liverpool City	14.49m

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
Results

Boys U 8 - 4x100 Metre Relay

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

Final

```
1 Campbelltown          1:05.42
2 Camden                1:07.27
3 Northern Suburbs     1:07.35
4 Bankstown Sports Athletics 1:07.38
5 Ku-Ring-Gai         1:07.61
6 Riverstone          1:09.92
7 Sutherland          1:10.01
8 Quakers Hill        1:14.68
```

Boys U 9 - 4x100 Metre Relay

```
=====
State Relay: S 58.44 1990          Ku-Ring-Gai
Centre                               Prelims H#
=====
```

Heats

```
1 Ku-Ring-Gai          1:00.46Q 1
2 Eastern Suburbs     1:01.09Q 2
3 Hills District      1:02.48Q 3
4 Girraween           1:03.31Q 5
5 Mingara Regional Athletics 1:04.52Q 4
6 Manly Warringah     1:02.12q 2
7 Sutherland          1:02.21q 1
8 Northern Suburbs    1:02.77q 2
9 Camden              1:03.63 3
10 South Eastern      1:03.89 5
11 Rouse Hill Rams    1:04.61 5
12 Winston Hills      1:04.85 1
13 Revesby Workers    1:04.96 2
14 Penrith            1:05.46 4
15 Ryde               1:05.55 2
16 Bankstown Sports Athletics 1:06.00 4
17 Hornsby            1:06.03 2
18 Campbelltown       1:06.17 3
18 Cranebrook         1:06.17 4
20 The Ponds          1:06.44 4
20 Canterbury         1:06.44 1
22 St George          1:06.93 2
23 Northern Districts 1:06.99 4
24 Nepean             1:07.93 1
25 Riverstone         1:08.22 5
25 Glenbrook          1:08.22 3
27 Inner West         1:08.31 5
28 Port Hacking       1:09.08 5
29 Quakers Hill       1:09.92 3
30 Kurrajong Bilpin   1:11.57 4
-- Mosman              DQ      3 ROC 7.8.j
-- Randwick Botany     DQ      1 ROC 7.6.2a
-- Prestons Robins     DQ      1 ROC 7.8.i
```

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
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Results

Boys U 9 - 4x100 Metre Relay

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

Final

```
1 Ku-Ring-Gai                    59.94
2 Hills District                 1:00.42
3 Manly Warringah               1:00.83
4 Eastern Suburbs              1:01.08
5 Northern Suburbs             1:01.84
6 Sutherland                   1:02.92
7 Girraween                    1:03.14
8 Mingara Regional Athletics   1:06.69
```

Boys U 10 - 4x100 Metre Relay

```
=====
State Relay: S 55.74 1980      Bankstown
Centre                               Prelims H#
=====
```

Heats

```
1 Manly Warringah                56.33Q 3
2 Eastern Suburbs                58.60Q 4
3 Northern Suburbs               59.72Q 2
4 Revesby Workers                59.79Q 1
5 Camden                         56.54q 3
6 Balmain                        58.44q 3
7 Port Hacking                  1:00.03q 2
8 Macquarie Hunter              1:00.12q 4
9 Ryde                           1:00.21 3
10 Hills District                1:00.23 2
11 Sutherland                    1:01.21 2
12 Rouse Hill Rams              1:01.46 4
13 Winston Hills                 1:02.09 4
14 Bankstown Sports Athletics    1:02.22 2
15 Northern Districts           1:02.36 4
16 Girraween                     1:02.45 1
17 Mosman                        1:02.57 2
18 Ku-Ring-Gai                  1:02.88 1
19 Kurrajong Bilpin             1:02.99 2
20 Holroyd                       1:03.43 3
21 Glenbrook                     1:04.12 1
22 Quakers Hill                 1:04.54 3
23 Riverstone                    1:04.92 1
24 Randwick Botany              1:04.98 3
25 Prestons Robins              1:05.03 3
26 The Ponds                    1:05.32 4
27 Canterbury                    1:05.48 1
28 Blacktown                     1:12.84 1
-- St George                     DQ    1 ROC 7.6.1
```

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
Results

Boys U 10 - 4x100 Metre Relay

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

Final

1 Manly Warringah	56.36
1 Camden	56.36
3 Northern Suburbs	59.24
4 Macquarie Hunter	59.35
5 Balmain	59.38
6 Revesby Workers	59.57
7 Eastern Suburbs	59.60
8 Port Hacking	59.64

Boys U 11 - 4x100 Metre Relay

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

Heats

1 Balmain	55.48Q	4
2 Randwick Botany	55.70Q	3
3 Hills District	56.65Q	2
4 Camden	57.32Q	1
5 Manly Warringah	56.27q	4
6 Mingara Regional Athletics	57.88q	4
7 Port Hacking	58.88q	2
8 Bankstown Sports Athletics	59.24q	3
9 N Rocks Carlingford	59.47	2
10 Ryde	59.64	2
11 St George	1:00.11	4
12 Campbelltown	1:00.19	3
13 Ku-Ring-Gai	1:00.43	3
14 Rouse Hill Rams	1:00.82	3
15 Revesby Workers	1:01.01	1
16 Quakers Hill	1:01.39	3
17 Doonside	1:01.72	1
18 The Ponds	1:01.76	4
19 Prestons Robins	1:01.87	4
20 Riverstone	1:02.06	1
21 Kurrajong Bilpin	1:02.95	3
22 Winston Hills	1:02.99	1
23 Eastern Suburbs	1:05.41	2
24 Blacktown	1:05.56	2
-- Girraween	DQ	1 ROC 7.6.1
-- Northern Suburbs	DQ	1 ROC 7.6.1

Boys U 11 - 4x100 Metre Relay

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

Final

1 Balmain	53.52S
2 Randwick Botany	55.13

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
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....Boys U 11 - 4x100 Metre Relay

3 Hills District	55.57
4 Manly Warringah	55.87
5 Camden	57.57
6 Mingara Regional Athletics	58.03
7 Port Hacking	58.87
8 Bankstown Sports Athletics	59.28

Boys U 12 - 4x100 Metre Relay

```
=====
State Relay: S 51.24 2002      Manly Warringah
Centre                               Prelims H#
=====
```

Heats

1 Eastern Suburbs	53.19Q	1
2 Ku-Ring-Gai	53.75Q	3
3 Camden	55.17Q	2
4 Canterbury	59.02Q	4
5 Ryde	53.85q	1
6 Revesby Workers	54.65q	1
7 Port Hacking	54.79q	1
8 Hills District	55.10q	3
9 Manly Warringah	55.11	1
10 Sutherland	56.11	3
11 Mosman	57.07	2
12 Kurrajong Bilpin	57.92	2
13 St George	57.97	1
14 Campbelltown	58.34	2
15 Penrith	58.86	1
16 Glenbrook	59.22	4
17 Girraween	59.78	4
18 Quakers Hill	1:00.13	2
19 Rouse Hill Rams	1:00.15	2
20 Northern Suburbs	1:00.22	3
21 Inner West	1:00.31	4
22 Prestons Robins	1:00.49	4
23 Winston Hills	1:01.15	2
24 Smithfield	1:01.72	3
25 Randwick Botany	1:05.85	4

Boys U 12 - 4x100 Metre Relay

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

Final

1 Eastern Suburbs	52.90
2 Ryde	53.43
3 Port Hacking	53.74
4 Revesby Workers	54.29
5 Ku-Ring-Gai	54.62
6 Camden	55.46
7 Hills District	55.55
8 Canterbury	58.95

STATE RELAY CHAMPIONSHIP
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Boys U 13 - 4x100 Metre Relay

=====
 State Relay: S 48.47 2018 Bankstown Sports Prelims H#
 Centre

Heats

1	Manly Warringah	48.54Q	3
2	Prestons Robins	51.02Q	2
3	Ryde	53.16Q	1
4	Wollongong City	50.95q	3
5	Eastern Suburbs	51.31q	2
6	Northern Suburbs	52.03q	3
7	Camden	52.71q	2
8	Ku-Ring-Gai	53.35q	2
9	Campbelltown	54.23	2
10	Rouse Hill Rams	54.31	3
11	Glenbrook	54.95	1
12	Hills District	55.09	3
13	Canterbury	55.63	1
14	Winston Hills	55.65	1
15	Port Hacking	56.13	2
16	Smithfield	56.90	2
17	Kurrajong Bilpin	58.16	1
18	St George	58.64	3
19	Cherrybrook	58.91	3
20	Quakers Hill	59.81	1
21	The Ponds	1:02.01	1

Boys U 13 - 4x100 Metre Relay

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

Final

1	Manly Warringah	48.95
2	Wollongong City	51.28
3	Prestons Robins	51.33
4	Eastern Suburbs	51.79
5	Northern Suburbs	53.06
6	Ku-Ring-Gai	53.69
7	Camden	53.83
8	Ryde	54.19

Boys U 14 - 4x100 Metre Relay

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

Heats

1	Inner West	48.40Q	2
2	Bankstown Sports Athletics	48.72Q	1
3	Eastern Suburbs	49.30Q	3
4	Hills District	49.31q	1
5	Ryde	49.81q	1
6	South Eastern	49.83q	1
7	Winston Hills	50.74q	3

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
Results

Boys U 15 - 4x100 Metre Relay

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

Final

1 Hills District	46.92
2 Northern Suburbs	47.20
3 Greystanes	47.35
4 St George	47.75
5 Manly Warringah	47.76
6 Camden	48.39
7 Mosman	49.02
8 Quakers Hill	49.34

Boys U 17 - 4x100 Metre Relay

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

Heats

1 Manly Warringah	44.24Q	2
2 Winston Hills	45.56Q	1
3 Hills District	45.74Q	3
4 Ryde	45.32q	2
5 Parramatta	45.69q	2
6 Campbelltown	45.96q	1
7 Canterbury	46.12q	3
8 Mosman	46.19q	1
9 Prestons Robins	46.68	1
10 Port Hacking	47.19	3
11 Balmain	47.46	2
12 Camden	48.17	3
13 Smithfield	49.27	2
14 Quakers Hill	50.02	1

Boys U 17 - 4x100 Metre Relay

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

Final

1 Manly Warringah	44.21
2 Hills District	44.93
3 Ryde	45.40
4 Winston Hills	45.49
5 Parramatta	45.60
6 Campbelltown	45.62
7 Mosman	46.10
8 Canterbury	46.28

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
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Results

Boys U 8-11 Middle Distance Medley

State Relay: S 10:25.15 2017		Balmain	Final	H#
Centre				
1	Balmain		10:32.09	2
2	Northern Suburbs		10:33.13	2
3	Camden		10:37.92	2
4	Manly Warringah		10:48.06	1
5	Bankstown Sports Athletics		10:50.29	2
6	Ryde		11:01.14	1
7	Eastern Suburbs		11:03.80	1
8	Winston Hills		11:06.74	2
9	Helensburgh		11:14.42	1
10	Hills District		11:18.09	2
11	Ku-Ring-Gai		11:19.88	1
12	Penrith		11:32.16	2
13	Revesby Workers		11:35.13	2
14	St George		11:36.68	1
15	Inner West		11:38.96	1
16	Cherrybrook		11:39.65	1
17	Quakers Hill		11:40.19	1
18	Rouse Hill Rams		11:41.16	2
19	Port Hacking		11:43.01	2
20	South Eastern		11:46.33	2
21	Campbelltown		11:59.02	1
22	Riverstone		12:01.83	2
23	Hornsby		12:07.10	1
24	Glenbrook		12:09.98	1
25	Albion Park		12:14.05	2
26	Canterbury		12:14.35	2
27	Randwick Botany		12:28.79	1
28	Wollongong City		12:32.96	1
29	Doonside		12:36.18	1
--	Sutherland		DNF	2

Boys U 12-15 Middle Distance Medley

State Relay: S 8:46.76 2019		Balmain	Final	H#
Centre				
1	Sutherland		9:11.78	2
2	Hills District		9:16.14	2
3	Manly Warringah		9:21.92	2
4	Balmain		9:23.86	1
5	Canterbury		9:30.80	1
6	Bankstown Sports Athletics		9:30.85	1
7	Cherrybrook		9:36.48	2
8	Camden		9:47.74	1
9	Ryde		10:02.82	2
10	Ku-Ring-Gai		10:15.63	1
11	Quakers Hill		10:17.33	2
12	Glenbrook		10:21.84	1
13	South Eastern		10:22.41	2
14	Winston Hills		10:25.56	1
15	Northern Suburbs		10:26.00	1

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

16 Campbelltown	10:44.00	2
17 Rouse Hill Rams	10:55.35	2
18 Doonside	11:06.87	1
19 Revesby Workers	12:39.30	1

Boys U 8 - Jumps Relay

State Relay: S 21.65m 2017		Manly Warringah	
Name	Age	Centre	Final
1 Doonside, A		Doonside	21.62m
2 Hills District, A		Hills District	20.88m
3 Campbelltown, A		Campbelltown	19.61m
4 Rouse Hill Rams, A		Rouse Hill Rams	19.01m
5 Camden, A		Camden	18.89m
6 Hills District, B		Hills District	18.62m
7 Manly Warringah, A		Manly Warringah	18.50m
8 Ryde, A		Ryde	17.72m
9 Ryde, B		Ryde	17.64m
10 Winston Hills, A		Winston Hills	17.56m
11 Ku-Ring-Gai, A		Ku-Ring-Gai	16.55m
12 Manly Warringah, B		Manly Warringah	15.20m
13 Hornsby, A		Hornsby	15.10m
14 Canterbury, A		Canterbury	15.01m
15 St George, A		St George	14.77m
16 Northern Suburbs, B		Northern Suburbs	14.10m
17 Winston Hills, B		Winston Hills	13.93m
18 Parramatta, A		Parramatta	13.91m
19 Prospect, A		Prospect	13.62m
20 Northern Suburbs, A		Northern Suburbs	12.05m

Boys U 9 - Jumps Relay

State Relay: S 22.25m 2018		Manly Warringah	
Name	Age	Centre	Final
1 Manly Warringah, A		Manly Warringah	21.49m
2 Hills District, A		Hills District	21.27m
3 Glenbrook, A		Glenbrook	21.23m
4 Ku-Ring-Gai, B		Ku-Ring-Gai	20.83m
5 Winston Hills, A		Winston Hills	20.44m
6 Camden, A		Camden	19.80m
6 Parramatta, A		Parramatta	19.80m
8 Northern Suburbs, A		Northern Suburbs	19.56m
9 Hills District, B		Hills District	19.55m
10 Ku-Ring-Gai, A		Ku-Ring-Gai	19.01m
11 Hornsby, A		Hornsby	19.00m
12 Prospect, A		Prospect	18.80m
13 Canterbury, A		Canterbury	17.90m
14 Quakers Hill, A		Quakers Hill	17.29m
15 St George, A		St George	17.04m
16 Sutherland, A		Sutherland	16.91m
17 Northern Suburbs, B		Northern Suburbs	15.24m
18 Manly Warringah, B		Manly Warringah	12.60m

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....Boys U 9 - Jumps Relay

19 Liverpool City, A Liverpool City 10.75m

Boys U 10 - Jumps Relay

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State Relay: S 22.60m 2019                      Port Hacking
Name                      Age Centre                      Final
=====
 1 Ku-Ring-Gai, A                      Ku-Ring-Gai                      21.12m
 2 Manly Warringah, A                      Manly Warringah                      20.53m
 3 Manly Warringah, B                      Manly Warringah                      20.32m
 4 Winston Hills, A                      Winston Hills                      19.55m
 5 Ryde, B                      Ryde                      19.32m
 6 Hills District, A                      Hills District                      18.97m
 7 Camden, A                      Camden                      18.72m
 8 Ryde, A                      Ryde                      18.29m
 9 Ku-Ring-Gai, B                      Ku-Ring-Gai                      18.02m
10 Gosford, A                      Gosford                      17.99m
11 Northern Suburbs, A                      Northern Suburbs                      17.81m
12 Northern Suburbs, B                      Northern Suburbs                      17.76m
13 South Eastern, A                      South Eastern                      17.56m
14 Sutherland, A                      Sutherland                      17.44m
15 Winston Hills, B                      Winston Hills                      17.23m
16 Liverpool City, A                      Liverpool City                      17.09m
17 Hills District, B                      Hills District                      17.08m
18 Parramatta, A                      Parramatta                      16.81m
19 Rouse Hill Rams, A                      Rouse Hill Rams                      16.54m
20 Prospect, A                      Prospect                      15.98m
21 Canterbury, A                      Canterbury                      15.30m
22 Port Hacking, A                      Port Hacking                      14.38m
23 St George, A                      St George                      13.74m
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Boys U 11 - Jumps Relay

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State Relay: S 24.71m 2018                      Manly Warringah
Name                      Age Centre                      Final
=====
 1 Sutherland, A                      Sutherland                      24.91mS
 2 Cherrybrook, A                      Cherrybrook                      22.03m
 3 Manly Warringah, A                      Manly Warringah                      21.20m
 4 Ryde, A                      Ryde                      19.79m
 5 Ku-Ring-Gai, A                      Ku-Ring-Gai                      19.68m
 6 Hills District, A                      Hills District                      19.57m
 7 Ku-Ring-Gai, B                      Ku-Ring-Gai                      19.25m
 8 Winston Hills, A                      Winston Hills                      19.20m
 9 Manly Warringah, B                      Manly Warringah                      19.14m
10 Eastern Suburbs, A                      Eastern Suburbs                      18.92m
11 Eschol Park, A                      Eschol Park                      18.22m
12 Bankstown Sports Ath, A                      Bankstown Sp                      18.09m
13 Northern Suburbs, B                      Northern Suburbs                      17.99m
14 Canterbury, A                      Canterbury                      17.71m
15 Hornsby, A                      Hornsby                      17.54m
16 Camden, A                      Camden                      17.48m
17 Glenbrook, A                      Glenbrook                      17.28m
18 Prospect, A                      Prospect                      15.47m
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STATE RELAY CHAMPIONSHIP
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....Boys U 11 - Jumps Relay

19 Winston Hills, B	Winston Hills	13.74m
20 Port Hacking, A	Port Hacking	11.82m

Boys U 12 - Jumps Relay

State Relay: S 24.55m 2016			Randwick Botany		
Name	Age	Centre			Final
1 Hills District, A		Hills District			21.62m
2 Glenbrook, A		Glenbrook			21.32m
3 Revesby Workers, A		Revesby Workers			21.14m
4 Eastern Suburbs, A		Eastern Suburbs			21.06m
5 Northern Suburbs, A		Northern Suburbs			20.56m
6 Manly Warringah, A		Manly Warringah			20.04m
7 Parramatta, A		Parramatta			20.03m
8 Penrith, A		Penrith			19.83m
9 Port Hacking, A		Port Hacking			19.67m
10 Camden, A		Camden			19.30m
11 Ku-Ring-Gai, A		Ku-Ring-Gai			19.13m
12 N Rocks Carlingford, A		N Rocks Carlingford			18.93m
12 Ryde, B		Ryde			18.93m
14 Ku-Ring-Gai, B		Ku-Ring-Gai			17.76m
15 St George, A		St George			17.31m
16 Sutherland, A		Sutherland			17.21m
17 Campbelltown, A		Campbelltown			17.10m
18 Canterbury, A		Canterbury			16.98m
19 Winston Hills, A		Winston Hills			16.89m
20 Winston Hills, B		Winston Hills			15.36m
21 Ryde, A		Ryde			14.15m
22 Doonside, A		Doonside			14.00m
23 Hills District, B		Hills District			12.32m
-- Manly Warringah, B		Manly Warringah			DQ

Boys U 13 - Jumps Relay

State Relay: S 25.17m 2016			Northern Suburbs		
Name	Age	Centre			Final
1 Manly Warringah, A		Manly Warringah			23.70m
2 Northern Suburbs, A		Northern Suburbs			22.37m
3 Glenbrook, A		Glenbrook			20.51m
4 Manly Warringah, B		Manly Warringah			20.40m
5 Balmain, A		Balmain			19.97m
6 Ku-Ring-Gai, A		Ku-Ring-Gai			19.95m
7 Camden, A		Camden			19.87m
8 Canterbury, A		Canterbury			19.56m
9 Eastern Suburbs, A		Eastern Suburbs			19.09m
10 Hills District, A		Hills District			18.88m
11 Campbelltown, A		Campbelltown			18.35m
12 Wollongong City, A		Wollongong City			18.04m
13 Port Hacking, A		Port Hacking			17.73m
14 Ryde, A		Ryde			17.70m
15 Winston Hills, B		Winston Hills			17.02m
16 Prospect, A		Prospect			16.17m

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....Boys U 13 - Jumps Relay

17 Winston Hills, A	Winston Hills	13.51m
18 Rouse Hill Rams, A	Rouse Hill Rams	12.64m
19 Sutherland, A	Sutherland	11.23m
-- Northern Suburbs, B	Northern Suburbs	DQ
-- Cherrybrook, A	Cherrybrook	DQ

Boys U 14 - Jumps Relay

State Relay: S 25.19m 2017 Parramatta			
Name	Age	Centre	Final
1 Revesby Workers, A		Revesby Workers	21.82m
2 Port Hacking, A		Port Hacking	20.99m
3 Springwood, A		Springwood	20.95m
4 Manly Warringah, A		Manly Warringah	20.33m
5 Hills District, A		Hills District	20.32m
6 Winston Hills, A		Winston Hills	20.26m
7 Camden, A		Camden	19.21m
8 Ryde, A		Ryde	18.62m
9 Liverpool City, A		Liverpool City	18.49m
10 South Eastern, A		South Eastern	18.45m
11 Cherrybrook, A		Cherrybrook	18.31m
12 Tallawong Park, A		Tallawong Park	17.99m
13 Sutherland, A		Sutherland	17.98m
14 Manly Warringah, B		Manly Warringah	17.61m
15 Ku-Ring-Gai, A		Ku-Ring-Gai	16.64m
16 Kings Langley, A		Kings Langley	16.60m
17 St George, A		St George	16.50m
18 Winston Hills, B		Winston Hills	15.93m
19 N Rocks Carlingford, A		N Rocks Carlingford	15.43m
20 Balmain, A		Balmain	12.46m
-- Hills District, B		Hills District	DQ

Boys U 15 - Jumps Relay

State Relay: S 25.88m 2016 Illawong			
Name	Age	Centre	Final
1 Mingara Regional Ath, A		Mingara Regi	21.81m
2 Northern Suburbs, A		Northern Suburbs	20.56m
3 Taree, A		Taree	20.53m
4 Hills District, A		Hills District	19.87m
5 Hills District, B		Hills District	19.13m
6 Prospect, A		Prospect	18.56m
7 Sutherland, A		Sutherland	18.15m
8 Mosman, A		Mosman	18.01m
9 Manly Warringah, A		Manly Warringah	17.81m
10 Quakers Hill, A		Quakers Hill	17.54m
11 Ryde, A		Ryde	17.14m
12 St George, A		St George	16.40m
13 Camden, A		Camden	15.63m
14 Canterbury, A		Canterbury	15.47m
15 Winston Hills, A		Winston Hills	15.27m
16 Northern Suburbs, B		Northern Suburbs	12.22m

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Boys U 9 - Throws Relay

State Relay: S 18.27m 2018 Winston Hills			
Name	Age	Centre	Final
1 Nepean, A		Nepean	17.74m
2 Manly Warringah, A		Manly Warringah	17.70m
3 Hills District, A		Hills District	16.19m
4 Eastern Suburbs, A		Eastern Suburbs	15.25m
5 Cherrybrook, A		Cherrybrook	14.25m
6 Tallawong Park, A		Tallawong Park	13.81m
7 Inner West, A		Inner West	13.78m
8 Winston Hills, A		Winston Hills	13.53m
9 Sutherland, A		Sutherland	13.09m
10 Ku-Ring-Gai, B		Ku-Ring-Gai	13.02m
11 Camden, A		Camden	12.82m
12 Liverpool City, A		Liverpool City	12.69m
13 Hills District, B		Hills District	12.59m
14 St George, A		St George	12.44m
15 Bankstown Sports Ath, A		Bankstown Sp	12.35m
16 Northern Suburbs, B		Northern Suburbs	12.34m
17 Kurrajong Bilpin, A		Kurrajong Bilpin	12.17m
18 Ku-Ring-Gai, A		Ku-Ring-Gai	12.00m
19 Hornsby, A		Hornsby	11.60m
20 Rouse Hill Rams, A		Rouse Hill Rams	11.56m
21 Ryde, A		Ryde	11.26m
22 Canterbury, A		Canterbury	10.39m
23 Northern Suburbs, A		Northern Suburbs	9.29m
24 Manly Warringah, B		Manly Warringah	9.26m
25 Girraween, A		Girraween	8.62m
26 Prospect, A		Prospect	7.60m

Boys U 10 - Throws Relay

State Relay: S 19.12m 2019 Campbelltown			
Name	Age	Centre	Final
1 Hills District, A		Hills District	18.67m
2 Manly Warringah, A		Manly Warringah	17.17m
3 Nepean, A		Nepean	16.96m
4 Gosford, A		Gosford	16.79m
5 Ryde, A		Ryde	15.97m
6 Ku-Ring-Gai, A		Ku-Ring-Gai	14.43m
7 Hills District, B		Hills District	13.57m
8 Camden, A		Camden	13.47m
9 Randwick Botany, A		Randwick Botany	13.37m
10 Northern Suburbs, A		Northern Suburbs	13.21m
11 Winston Hills, A		Winston Hills	12.83m
12 Cranebrook, A		Cranebrook	12.12m
13 Winston Hills, B		Winston Hills	11.94m
14 Campbelltown, A		Campbelltown	11.50m
15 St George, A		St George	10.76m
16 Sutherland, A		Sutherland	10.62m
17 Manly Warringah, B		Manly Warringah	10.54m
18 Ryde, B		Ryde	10.34m
19 Rouse Hill Rams, A		Rouse Hill Rams	10.25m

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....Boys U 10 - Throws Relay

20 Parramatta, A	Parramatta	10.23m
21 South Eastern, A	South Eastern	10.14m
22 Eastern Suburbs, A	Eastern Suburbs	9.95m
23 Canterbury, A	Canterbury	9.43m
24 Port Hacking, A	Port Hacking	8.40m
25 Prospect, A	Prospect	8.25m
26 Northern Suburbs, B	Northern Suburbs	6.49m
27 Ku-Ring-Gai, B	Ku-Ring-Gai	6.39m

Boys U 11 - Throws Relay

State Relay: S 21.86m 2018			Parramatta
Name	Age Centre		Final
1 Ryde, A	Ryde		18.51m
2 Inner West, A	Inner West		18.50m
3 Sutherland, A	Sutherland		18.48m
4 Holroyd, A	Holroyd		18.11m
5 Cherrybrook, A	Cherrybrook		17.93m
6 Bankstown Sports Ath, A	Bankstown Sp		17.71m
7 Manly Warringah, A	Manly Warringah		17.60m
8 Ku-Ring-Gai, A	Ku-Ring-Gai		16.97m
9 Eastern Suburbs, A	Eastern Suburbs		16.01m
10 Ku-Ring-Gai, B	Ku-Ring-Gai		15.94m
11 St George, A	St George		15.51m
12 Camden, A	Camden		15.45m
13 Northern Suburbs, A	Northern Suburbs		15.21m
14 Eschol Park, A	Eschol Park		15.08m
15 Port Hacking, A	Port Hacking		13.98m
16 Hills District, A	Hills District		13.77m
17 Northern Suburbs, B	Northern Suburbs		13.46m
18 Winston Hills, A	Winston Hills		13.40m
19 Prospect, A	Prospect		13.29m
20 Campbelltown, A	Campbelltown		12.97m
21 Hills District, B	Hills District		12.82m
21 Hornsby, A	Hornsby		12.82m
23 Glenbrook, A	Glenbrook		12.79m
24 Winston Hills, B	Winston Hills		10.57m
25 Quakers Hill, A	Quakers Hill		7.50m
26 Manly Warringah, B	Manly Warringah		7.41m

Boys U 12 - Throws Relay

State Relay: S 20.00m 2019			Sutherland
Name	Age Centre		Final
1 Quakers Hill, A	Quakers Hill		18.81m
2 Illawong, A	Illawong		18.75m
3 Gosford, A	Gosford		18.25m
4 Ryde, A	Ryde		17.51m
5 Ku-Ring-Gai, A	Ku-Ring-Gai		17.19m
6 Girraween, A	Girraween		16.24m
7 Campbelltown, A	Campbelltown		14.90m
8 Port Hacking, A	Port Hacking		14.55m

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....Boys U 12 - Throws Relay

9	Balmain, A	Balmain	14.47m
10	Eastern Suburbs, A	Eastern Suburbs	14.15m
11	St George, A	St George	13.82m
12	Ryde, B	Ryde	13.78m
13	Camden, A	Camden	13.51m
14	Northern Suburbs, A	Northern Suburbs	13.41m
15	Bankstown Sports Ath, A	Bankstown Sp	12.86m
16	Northern Suburbs, B	Northern Suburbs	12.49m
17	Winston Hills, A	Winston Hills	12.38m
18	Revesby Workers, A	Revesby Workers	12.29m
19	Manly Warringah, A	Manly Warringah	12.02m
20	Sutherland, A	Sutherland	11.73m
21	Manly Warringah, B	Manly Warringah	11.40m
22	Doonside, A	Doonside	10.35m
23	Parramatta, A	Parramatta	10.23m
24	Winston Hills, B	Winston Hills	9.60m
25	Hills District, B	Hills District	9.55m
26	Prospect, A	Prospect	8.37m
27	Hills District, A	Hills District	8.36m
--	The Ponds, A	The Ponds	DNF
--	Canterbury, A	Canterbury	DNF
--	Ku-Ring-Gai, B	Ku-Ring-Gai	DNF

Boys U 13 - Throws Relay

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State Relay: S 21.90m	2019	Hills District	
Name	Age	Centre	Final
=====			
1	Prestons Robins, A	Prestons Robins	18.33m
2	Manly Warringah, A	Manly Warringah	16.17m
3	Ku-Ring-Gai, A	Ku-Ring-Gai	15.83m
4	Balmain, A	Balmain	15.18m
4	Northern Suburbs, A	Northern Suburbs	15.18m
6	Cherrybrook, A	Cherrybrook	13.49m
7	Hills District, A	Hills District	13.11m
8	Winston Hills, A	Winston Hills	13.03m
9	Girraween, A	Girraween	12.74m
10	Ryde, A	Ryde	12.63m
11	Rouse Hill Rams, A	Rouse Hill Rams	12.62m
12	Manly Warringah, B	Manly Warringah	12.60m
13	Eastern Suburbs, A	Eastern Suburbs	12.45m
14	Port Hacking, A	Port Hacking	12.30m
15	Prospect, A	Prospect	12.23m
16	Glenbrook, A	Glenbrook	11.99m
17	Campbelltown, A	Campbelltown	10.13m
18	Wollongong City, A	Wollongong City	10.10m
19	Northern Suburbs, B	Northern Suburbs	10.01m
20	Camden, A	Camden	9.36m
21	St George, A	St George	8.53m
22	Sutherland, A	Sutherland	8.44m
23	Parramatta, A	Parramatta	7.77m
24	Quakers Hill, A	Quakers Hill	7.60m
25	Winston Hills, B	Winston Hills	6.80m
26	Canterbury, A	Canterbury	6.63m

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Boys U 14 - Throws Relay

State Relay: S 21.80m 2016			Northern Suburbs
Name	Age	Centre	Final
1	Campbelltown, A	Campbelltown	18.88m
2	N Rocks Carlingford, A	N Rocks Carlingford	16.22m
3	South Eastern, A	South Eastern	15.12m
4	Winston Hills, A	Winston Hills	15.00m
5	Manly Warringah, A	Manly Warringah	14.67m
6	Quakers Hill, A	Quakers Hill	14.63m
7	Hills District, A	Hills District	13.75m
8	Doonside, A	Doonside	12.57m
9	Kurrajong Bilpin, A	Kurrajong Bilpin	11.59m
10	Canterbury, A	Canterbury	10.92m
11	Sutherland, A	Sutherland	10.45m
12	Winston Hills, B	Winston Hills	10.38m
13	Hills District, B	Hills District	10.20m
14	Sutherland, B	Sutherland	7.29m

Boys U 15 - Throws Relay

State Relay: S 21.19m 2017			Northern Suburbs
Name	Age	Centre	Final
1	Bankstown Sports Ath, A	Bankstown Sp	18.99m
2	Cherrybrook, A	Cherrybrook	16.81m
3	Taree, A	Taree	15.59m
4	Hills District, A	Hills District	15.35m
5	Prospect, A	Prospect	14.98m
6	N Rocks Carlingford, A	N Rocks Carlingford	14.32m
7	St George, A	St George	13.89m
8	Canterbury, A	Canterbury	13.41m
9	Northern Suburbs, A	Northern Suburbs	13.07m
10	Winston Hills, A	Winston Hills	11.97m
11	Hills District, B	Hills District	11.79m
12	St George, B	St George	11.62m
13	Ryde, A	Ryde	11.52m
14	Manly Warringah, A	Manly Warringah	8.78m
15	Camden, A	Camden	7.91m
16	Manly Warringah, B	Manly Warringah	7.31m

Boys U 17 - Throws Relay

State Relay: S 21.23m 2017			Bankstown Sports
Name	Age	Centre	Final
1	Hills District, A	Hills District	16.55m
2	Winston Hills, A	Winston Hills	15.67m
3	Sutherland, A	Sutherland	14.99m
4	N Rocks Carlingford, A	N Rocks Carlingford	14.78m
5	Quakers Hill, A	Quakers Hill	14.32m
6	Canterbury, A	Canterbury	13.94m
6	Manly Warringah, A	Manly Warringah	13.94m
8	Revesby Workers, A	Revesby Workers	13.32m
9	Winston Hills, B	Winston Hills	13.22m

STATE RELAY CHAMPIONSHIP
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....Boys U 17 - Throws Relay

10 Kurrajong Bilpin, A	Kurrajong Bilpin	12.84m
11 Prospect, A	Prospect	12.29m
12 South Eastern, A	South Eastern	12.08m
13 Camden, A	Camden	11.42m
14 Liverpool City, A	Liverpool City	8.16m

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

1 Illawong	1:09.57
2 Holroyd	1:10.03
3 Helensburgh	1:14.66
4 Eschol Park	1:15.56
5 Prospect	1:16.17
6 Tallawong Park	1:19.71

Mixed U 9 - 4x100 Metre Relay

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

Heats

1 Illawong	1:06.87Q	1
2 Holroyd	1:07.08Q	2
3 Albion Park	1:07.41q	1
4 Helensburgh	1:08.09q	1
5 Liverpool City	1:08.47q	2
6 Smithfield	1:08.53q	1
7 Prospect	1:08.64q	2
8 Doonside	1:08.66q	2
9 Tallawong Park	1:10.35	1
10 Eschol Park	1:13.01	2

Mixed U 9 - 4x100 Metre Relay

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

Final

1 Illawong	1:05.72
2 Albion Park	1:05.78
3 Holroyd	1:06.83
4 Liverpool City	1:07.57
5 Helensburgh	1:08.30
6 Smithfield	1:08.57
7 Doonside	1:09.35
8 Prospect	1:10.00

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
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Mixed U 10 - 4x100 Metre Relay

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

1	Liverpool City	1:03.75
2	Smithfield	1:04.90
3	Albion Park	1:05.50
4	Eschol Park	1:05.55
5	Prospect	1:05.80
6	Helensburgh	1:07.59
7	Tallawong Park	1:10.04

Mixed U 11 - 4x100 Metre Relay

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

1	Prospect	58.60
2	Helensburgh	59.90
3	Smithfield	1:00.64
4	Liverpool City	1:01.05
5	Eschol Park	1:02.75
6	Tallawong Park	1:03.09

Mixed U 12 - 4x100 Metre Relay

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

1	Holroyd	1:00.29
2	Prospect	1:00.44
3	Doonside	1:00.60
4	Tallawong Park	1:02.36
5	Eschol Park	1:03.67

Mixed U 13 - 4x100 Metre Relay

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

1	Liverpool City	53.27
2	Tallawong Park	55.26
3	Helensburgh	56.10
4	Holroyd	57.49
5	Greystanes	57.73
6	Eschol Park	1:02.94

Mixed U 14 - 4x100 Metre Relay

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

1	Liverpool City	51.52
2	Doonside	56.02
3	Tallawong Park	1:00.21

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
Results

...Mixed U 14 - 4x100 Metre Relay

-- Albion Park DQ ROC 7.8.i

Mixed U 15 - 4x100 Metre Relay

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

=====
 1 Prospect 50.62
 2 Liverpool City 51.01

Mixed U 17 - 4x100 Metre Relay

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

=====
 1 Liverpool City 47.61
 2 Albion Park 48.09
 3 Prospect 48.91
 4 Greystanes 50.28

Mixed U 8 - 4x200 Metre Relay

=====
 State Relay: S 2:13.30 2017 Port Hacking Final H#
 Centre

=====
 1 St George 2:25.54 3
 2 Balmain 2:29.90 1
 3 Manly Warringah 2:29.95 1
 4 Ryde 2:31.12 2
 5 Port Hacking 2:32.63 1
 6 Northern Suburbs 2:34.47 3
 7 Sutherland 2:34.90 2
 8 Winston Hills 2:35.49 2
 9 Eastern Suburbs 2:36.31 3
 10 Hills District 2:37.45 2
 11 Ku-Ring-Gai 2:39.29 2
 12 Revesby Workers 2:39.72 3
 13 The Ponds 2:40.19 1
 14 Canterbury 2:41.42 3
 15 Doonside 2:42.62 1
 16 Campbelltown 2:45.04 2
 17 Randwick Botany 2:47.38 3
 18 Quakers Hill 2:48.17 1
 19 Riverstone 2:54.88 1

Mixed U 9 - 4x200 Metre Relay

=====
 State Relay: S 2:07.11 2013 Manly Warringah Final H#
 Centre

=====
 1 Sutherland 2:11.85 4
 2 Manly Warringah 2:12.34 4
 3 Eastern Suburbs 2:15.27 1
 4 Ku-Ring-Gai 2:18.53 1

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
Results

...Mixed U 9 - 4x200 Metre Relay

5 Hills District	2:19.44	1
6 Canterbury	2:19.99	2
7 Quakers Hill	2:20.22	4
8 Balmain	2:20.62	1
9 Hornsby	2:21.84	2
10 South Eastern	2:22.22	2
11 Campbelltown	2:22.76	3
12 Winston Hills	2:23.57	1
13 Mingara Regional Athletics	2:24.54	3
14 St George	2:24.86	1
15 Port Hacking	2:24.95	3
16 The Ponds	2:25.00	3
17 Mosman	2:25.08	2
18 Riverstone	2:27.96	3
19 Wollongong City	2:29.02	4
20 Northern Suburbs	2:29.81	4
21 Ryde	2:31.12	2
22 Revesby Workers	2:32.68	3
23 Doonside	2:33.58	4
24 Cherrybrook	2:33.62	1
25 Nepean	2:37.51	3
26 Penrith	2:38.02	2
-- Randwick Botany	DQ	2 ROC 7.8.j

Mixed U 10 - 4x400 Metre Relay

=====			
State Relay: S 4:36.40	1983	Sutherland	
Centre			Final H#
=====			
1 Camden	4:58.17	4	
2 Manly Warringah	4:59.49	1	
3 Balmain	5:03.59	2	
4 Northern Suburbs	5:07.06	3	
5 Ryde	5:12.15	1	
6 Hills District	5:13.58	2	
7 Sutherland	5:16.62	1	
7 Ku-Ring-Gai	5:16.62	4	
9 Canterbury	5:20.28	2	
10 Winston Hills	5:21.62	2	
11 Mosman	5:23.28	4	
12 The Ponds	5:26.90	4	
13 Revesby Workers	5:29.35	2	
14 South Eastern	5:30.60	1	
15 Eastern Suburbs	5:31.28	1	
16 Campbelltown	5:35.43	1	
17 Riverstone	5:45.94	1	
18 Penrith	5:46.46	4	
19 Doonside	5:47.43	3	
20 Quakers Hill	5:48.38	4	
21 St George	5:52.08	3	
-- Port Hacking	DQ	3 ROC 7.6.2ai	

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
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Mixed U 11 - 4x400 Metre Relay

State Relay: S 4:25.82 2016		Ku-Ring-Gai	Final	H#
Centre				
1	Balmain		4:38.10	1
2	Manly Warringah		4:43.28	2
3	Port Hacking		4:46.72	2
4	Winston Hills		4:49.33	3
5	Eastern Suburbs		4:51.62	3
6	Rouse Hill Rams		4:54.74	2
7	Mosman		4:57.01	3
8	Camden		4:58.57	2
9	St George		5:04.19	1
10	Hills District		5:05.48	1
11	Revesby Workers		5:05.84	2
12	Bankstown Sports Athletics		5:06.74	2
13	Ryde		5:08.82	2
14	Randwick Botany		5:08.96	3
15	Mingara Regional Athletics		5:09.19	3
16	Ku-Ring-Gai		5:09.92	1
17	Riverstone		5:09.96	2
18	Quakers Hill		5:13.80	3
19	Canterbury		5:14.87	3
20	Northern Suburbs		5:14.93	1
21	The Ponds		5:15.14	3
22	Campbelltown		5:15.25	1

Mixed U 12 - 4x400 Metre Relay

State Relay: S 4:10.90 1987		St George	Final	H#
Centre				
1	Manly Warringah		4:16.35	1
2	Sutherland		4:28.51	3
3	Hills District		4:28.96	1
4	Eastern Suburbs		4:30.92	1
5	Cherrybrook		4:31.42	1
6	Camden		4:35.03	2
7	Northern Suburbs		4:36.71	1
8	Revesby Workers		4:39.76	2
9	Balmain		4:42.63	3
10	Ryde		4:47.51	2
11	Mosman		4:50.13	2
12	Canterbury		4:50.56	3
13	Randwick Botany		4:56.34	3
14	Port Hacking		4:58.52	1
15	Quakers Hill		5:02.12	2
16	Ku-Ring-Gai		5:05.50	3
17	Winston Hills		5:09.67	2
18	Campbelltown		5:10.23	3
19	Doonside		5:20.03	1

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
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Mixed U 13 - 4x400 Metre Relay

State Relay: S 4:04.56 2013		Manly Warringah	Final	H#
Centre				
1	Northern Suburbs		4:09.33	3
2	Manly Warringah		4:10.96	3
3	Sutherland		4:16.31	1
4	Camden		4:23.48	3
5	Balmain		4:28.98	1
6	Hills District		4:31.02	3
7	Eastern Suburbs		4:31.10	2
8	Canterbury		4:36.21	2
9	Mosman		4:36.34	2
10	Rouse Hill Rams		4:41.56	2
11	Cherrybrook		4:42.35	1
12	Ryde		4:44.52	1
13	Winston Hills		4:44.56	2
14	Doonside		4:47.57	1
15	Quakers Hill		5:11.05	3

Mixed U 14 - 4x400 Metre Relay

State Relay: S 3:53.38 2016		Manly Warringah	Final	H#
Centre				
1	Manly Warringah		4:00.22	1
2	Eastern Suburbs		4:03.37	1
3	Sutherland		4:03.63	2
4	Albion Park		4:10.16	1
5	Camden		4:14.80	1
6	Ku-Ring-Gai		4:17.30	2
7	Balmain		4:22.29	2
8	Liverpool City		4:23.08	2
9	Canterbury		4:25.80	1
10	Quakers Hill		4:32.30	2
11	Hills District		4:32.31	1
12	Campbelltown		4:37.33	1
13	Doonside		4:48.06	1
--	Winston Hills		DQ	2 ROC 12.7.i.c

Mixed U 15 - 4x400 Metre Relay

State Relay: S 3:43.57 2014		Manly Warringah	Final
Centre			
1	Sutherland		4:01.49
2	Hills District		4:01.60
3	Balmain		4:06.71
4	Manly Warringah		4:11.60
5	Quakers Hill		4:12.32
6	Eastern Suburbs		4:14.47
7	Glenbrook		4:20.35
8	Canterbury		4:26.58

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
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Mixed U 17 - 4x400 Metre Relay

State Relay: S 3:42.08 2017		Macquarie Hunter	Final	H#
Centre				
1	Manly Warringah		3:46.93	1
2	Inner West		3:48.94	2
3	Balmain		3:54.02	2
4	Ryde		3:54.27	2
5	Canterbury		3:55.84	2
6	Revesby Workers		3:59.01	2
7	Sutherland		4:01.53	1
8	Campbelltown		4:01.90	2
9	Hills District		4:02.30	1
10	Winston Hills		4:09.43	1
11	South Eastern		4:10.54	2
12	Greystanes		4:26.92	1
13	Quakers Hill		4:27.32	1

Mixed U 8-11 4x100 Metre Relay

State Relay: S 1:01.26 2017		Liverpool City	Final
Centre			
1	Albion Park		1:03.95
2	Prospect		1:06.25
3	Doonside		1:07.31
4	Tallawong Park		1:08.67
5	Eschol Park		1:09.72
6	Mt Druitt		1:25.53

Mixed U 12-15 4x100 Metre Relay

State Relay: S 50.04 2018		Liverpool City	Final
Centre			
1	Prospect		50.76
2	Holroyd		51.37
3	Tallawong Park		51.79
4	Douglas Park		53.49
5	Albion Park		55.52
6	Eschol Park		56.54

Mixed U 8-11 Long Jump x 4

State Relay: S 29.07m 2018		Bowral	Final
Name	Age	Centre	
1	Albion Park, A	M Albion Park	30.31mS
2	Eschol Park, A	M Eschol Park	27.33m
3	Cranebrook, A	M Cranebrook	26.82m
4	Prospect, A	M Prospect	25.54m
5	Tallawong Park, A	M Tallawong Park	23.83m
6	Holroyd, A	M Holroyd	19.85m
7	Mt Druitt, A	M Mt Druitt	18.13m

STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
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 Prospect, A	M	Prospect	27.52m
2 Tallawong Park, A	M	Tallawong Park	27.36m
3 Albion Park, A	M	Albion Park	25.31m
4 Eschol Park, A	M	Eschol Park	21.03m