

LANSW STATE RELAY CHAMPIONSHIP
STATE RELAY CHAMPIONSHIP - 11/11/2023 to 12/11/2023
Sydney Olympic Park Athletic Centre
Meet Program

Event 1 Girls U 8-11 Middle Distance Medley (29)

Saturday 11/11/2023 - 9:00 AM

Lane	Centre	Relay	Seed Time
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Section 1 of 2 Final

1	Manly Warrin		_____
2	Rouse Hill R		_____
3	Cherrybrook		_____
4	Campbelltown		_____
5	Glenbrook		_____
6	Winston Hill		_____
7	Albion Park		_____
8	Camden		_____
9	Mosman		_____
10	Northern Sub		_____
11	Ku-Ring-Gai		_____
12	Kurrajong Bi		_____
13	South Easter		_____
14	Quakers Hill		_____
15	Balmain		_____

Section 2 of 2 Final

1	Hills Distri		_____
2	Wollongong C		_____
3	St George		_____
4	Randwick Bot		_____
5	Bankstown Sp		_____
6	Port Hacking		_____
7	Hornsby		_____
8	Penrith		_____
9	Sutherland		_____
10	Ryde		_____
11	Riverstone		_____
12	Eastern Subu		_____
13	Canterbury		_____
14	Doonside		_____

Event 2 Boys U 8-11 Middle Distance Medley (30)

Saturday 11/11/2023 - 9:30 AM

Lane	Centre	Relay	Seed Time
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Section 1 of 2 Final

1	St George		_____
2	Randwick Bot		_____
3	Doonside		_____
4	Campbelltown		_____
5	Hornsby		_____
6	Ku-Ring-Gai		_____
7	Helensburgh		_____
8	Wollongong C		_____
9	Cherrybrook		_____
10	Glenbrook		_____
11	Manly Warrin		_____
12	Ryde		_____
13	Inner West		_____
14	Eastern Subu		_____
15	Quakers Hill		_____

Section 2 of 2 Final

1	Riverstone		_____
2	South Easter		_____
3	Hills Distri		_____
4	Albion Park		_____
5	Rouse Hill R		_____
6	Canterbury		_____
7	Port Hacking		_____
8	Northern Sub		_____
9	Winston Hill		_____
10	Balmain		_____
11	Sutherland		_____
12	Revesby Work		_____
13	Bankstown Sp		_____
14	Camden		_____
15	Penrith		_____

Event 3 Mixed U 8-11 4x100 Metre Relay (6)

Saturday 11/11/2023 - 10:00 AM

Lane	Centre	Relay	Seed Time
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Section 1 of 1 Final

2	Eschol Park		_____
3	Mt Druitt		_____
4	Albion Park		_____
5	Prospect		_____
6	Doonside		_____
7	Tallawong Pa		_____

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Event 4 Girls U 11 - 4x100 Metre Relay (28)

Saturday 11/11/2023 - 10:05 AM

Lane	Centre	Relay	Seed Time
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Heat 1 of 4 Prelims

2	Camden		
3	Winston Hill		
4	Canterbury		
5	Hills Distri		
6	Penrith		
7	Ku-Ring-Gai		
8	Ryde		

Heat 2 of 4 Prelims

2	Cherrybrook		
3	The Ponds		
4	Glenbrook		
5	Riverstone		
6	Wollongong C		
7	Balmain		
8	Port Hacking		

Heat 3 of 4 Prelims

2	Northern Sub		
3	Mingara Regi		
4	St George		
5	Eastern Subu		
6	Randwick Bot		
7	Quakers Hill		
8	Prestons Rob		

Heat 4 of 4 Prelims

2	Bankstown Sp		
3	Revesby Work		
4	Mosman		
5	Manly Warrin		
6	Holroyd		
7	Rouse Hill R		
8	Inner West		

Event 5 Boys U 11 - 4x100 Metre Relay (27)

Saturday 11/11/2023 - 10:25 AM

Lane	Centre	Relay	Seed Time
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Heat 1 of 4 Prelims

2	Revesby Work		
3	Camden		
4	Riverstone		
5	Winston Hill		
6	Girraween		
7	Northern Sub		
8	Doonside		

Heat 2 of 4 Prelims

2	Hills Distri		
3	Eastern Subu		
4	N Rocks Carl		
5	Kings Langle		
6	Port Hacking		
7	Blacktown		
8	Ryde		

Heat 3 of 4 Prelims

2	Kurrajong Bi		
3	Quakers Hill		
4	Ku-Ring-Gai		
5	Rouse Hill R		
6	Randwick Bot		
7	Bankstown Sp		
8	Campbelltown		

Heat 4 of 4 Prelims

2	The Ponds		
3	St George		
4	Mingara Regi		
5	Balmain		
6	Prestons Rob		
7	Manly Warrin		

Event 6 Mixed U 11 - 4x100 Metre Relay (7)

Saturday 11/11/2023 - 10:45 AM

Lane	Centre	Relay	Seed Time
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Section 1 of 1 Final

2	Prospect		
3	Liverpool Ci		
4	Albion Park		
5	Eschol Park		
6	Helensburgh		
7	Smithfield		
8	Tallawong Pa		

Event 7 Girls U 10 - 4x100 Metre Relay (36)

Saturday 11/11/2023 - 11:20 AM

Lane	Centre	Relay	Seed Time
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Heat 1 of 5 Prelims

2	Campbelltown		
3	Inner West		
4	Kings Langle		
5	Prestons Rob		
6	Rouse Hill R		
7	Kurrajong Bi		
8	Hornsby		
9	Revesby Work		

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Heat 2 of 5 Prelims...(Event 7 Girls U 10 - 4x100 Metre Relay (36))

2	Bankstown Sp	_____
3	St George	_____
4	Ryde	_____
5	Canterbury	_____
6	Ku-Ring-Gai	_____
7	South Easter	_____
8	Blacktown	_____

Heat 3 of 5 Prelims

2	Girraween	_____
3	The Ponds	_____
4	Hills Distri	_____
5	Mosman	_____
6	Holroyd	_____
7	Northern Dist	_____
8	Sutherland	_____

Heat 4 of 5 Prelims

2	Balmain	_____
3	N Rocks Carl	_____
4	Eastern Subu	_____
5	Camden	_____
6	Randwick Bot	_____
7	Manly Warrin	_____
8	Port Hacking	_____

Heat 5 of 5 Prelims

2	Doonside	_____
3	Northern Sub	_____
4	Wollongong C	_____
5	Winston Hill	_____
6	Glenbrook	_____
7	Quakers Hill	_____
8	Riverstone	_____

Event 8 Boys U 10 - 4x100 Metre Relay (30)

Saturday 11/11/2023 - 11:45 AM

Lane	Centre	Relay	Seed Time
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Heat 1 of 4 Prelims

2	Canterbury	_____
3	Ku-Ring-Gai	_____
4	Riverstone	_____
5	Glenbrook	_____
6	Blacktown	_____
7	St George	_____
8	Girraween	_____
9	Revesby Work	_____

Heat 2 of 4 Prelims

2	Bankstown Sp	_____
3	Mosman	_____
4	Doonside	_____
5	Hills Distri	_____
6	Sutherland	_____
7	Kurrajong Bi	_____
8	Northern Sub	_____
9	Port Hacking	_____

Heat 3 of 4 Prelims

2	Balmain	_____
3	Quakers Hill	_____
4	Prestons Rob	_____
5	Randwick Bot	_____
6	Manly Warrin	_____
7	Ryde	_____
8	Camden	_____

Heat 4 of 4 Prelims

2	Macquarie Hu	_____
3	Winston Hill	_____
4	South Easter	_____
5	Northern Dist	_____
6	Eastern Subu	_____
7	The Ponds	_____
8	Rouse Hill R	_____

Event 9 Mixed U 10 - 4x100 Metre Relay (7)

Saturday 11/11/2023 - 12:05 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 1 Final

2	Smithfield	_____
3	Liverpool Ci	_____
4	Albion Park	_____
5	Prospect	_____
6	Eschol Park	_____
7	Helensburgh	_____
8	Tallawong Pa	_____

Event 10 Girls U 8 - 4x100 Metre Relay (23)

Saturday 11/11/2023 - 12:10 PM

Lane	Centre	Relay	Seed Time
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Heat 1 of 3 Prelims

2	Camden	_____
3	Randwick Bot	_____
4	Doonside	_____
5	Hornsby	_____
6	Riverstone	_____
7	Canterbury	_____
8	Quakers Hill	_____
9	Sutherland	_____

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Heat 2 of 3 Prelims...(Event 10 Girls U 8 - 4x100 Metre Relay (23))

2	Eastern Subu	_____
3	Kurrajong Bi	_____
4	Prestons Rob	_____
5	Port Hacking	_____
6	Northern Sub	_____
7	Rouse Hill R	_____
8	Winston Hill	_____
9	Campbelltown	_____

Heat 3 of 3 Prelims

2	Hills Distri	_____
3	Manly Warrin	_____
4	The Ponds	_____
5	Ku-Ring-Gai	_____
6	St George	_____
7	Ryde	_____
8	Revesby Work	_____

Event 11 Boys U 8 - 4x100 Metre Relay (31)

Saturday 11/11/2023 - 12:25 PM

Lane	Centre	Relay	Seed Time
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Heat 1 of 4 Prelims

2	Hills Distri	_____
3	Northern Sub	_____
4	Canterbury	_____
5	Port Hacking	_____
6	Cherrybrook	_____
7	Prestons Rob	_____
8	South Easter	_____
9	Balmain	_____

Heat 2 of 4 Prelims

2	St George	_____
3	N Rocks Carl	_____
4	Ku-Ring-Gai	_____
5	Smithfield	_____
6	Campbelltown	_____
7	Doonside	_____
8	Sutherland	_____
9	Glenbrook	_____

Heat 3 of 4 Prelims

2	Penrith	_____
3	Camden	_____
4	Kurrajong Bi	_____
5	Winston Hill	_____
6	Revesby Work	_____
7	The Ponds	_____
8	Randwick Bot	_____
9	Manly Warrin	_____

Heat 4 of 4 Prelims

2	Riverstone	_____
3	Bankstown Sp	_____
4	Quakers Hill	_____
5	Eastern Subu	_____
6	Ryde	_____
7	Rouse Hill R	_____
8	Blacktown	_____

Event 12 Mixed U 8 - 4x100 Metre Relay (6)

Saturday 11/11/2023 - 12:45 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 1 Final

2	Helensburgh	_____
3	Illawong	_____
4	Tallawong Pa	_____
5	Eschol Park	_____
6	Holroyd	_____
7	Prospect	_____

Event 13 Girls U 9 - 4x100 Metre Relay (29)

Saturday 11/11/2023 - 12:50 PM

Lane	Centre	Relay	Seed Time
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Heat 1 of 4 Prelims

2	Canterbury	_____
3	Camden	_____
4	St George	_____
5	Kurrajong Bi	_____
6	Wollongong C	_____
7	Rouse Hill R	_____
8	Bankstown Sp	_____
9	Hornsby	_____

Heat 2 of 4 Prelims

2	Blacktown	_____
3	Quakers Hill	_____
4	Randwick Bot	_____
5	Northern Dist	_____
6	Ku-Ring-Gai	_____
7	Winston Hill	_____
8	The Ponds	_____

Heat 3 of 4 Prelims

2	Cherrybrook	_____
3	Port Hacking	_____
4	N Rocks Carl	_____
5	Nepean	_____
6	Prestons Rob	_____
7	Campbelltown	_____
8	Sutherland	_____

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Heat 4 of 4 Prelims...(Event 13 Girls U 9 - 4x100 Metre Relay (29))

2	Mingara Regi	_____
3	Revesby Work	_____
4	Eastern Subu	_____
5	Northern Sub	_____
6	Riverstone	_____
7	Hills Distri	_____
8	Manly Warrin	_____

Event 14 Boys U 9 - 4x100 Metre Relay (34)**Saturday 11/11/2023 - 1:10 PM**

Lane	Centre	Relay	Seed Time
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Heat 1 of 5 Prelims

2	Sutherland	_____
3	Canterbury	_____
4	Winston Hill	_____
5	Nepean	_____
6	Randwick Bot	_____
7	Ku-Ring-Gai	_____
8	Prestons Rob	_____

Heat 2 of 5 Prelims

2	Northern Sub	_____
3	Eastern Subu	_____
4	Revesby Work	_____
5	St George	_____
6	Manly Warrin	_____
7	Ryde	_____
8	Hornsby	_____

Heat 3 of 5 Prelims

2	Camden	_____
3	Glenbrook	_____
4	Mosman	_____
5	Cherrybrook	_____
6	Campbelltown	_____
7	Quakers Hill	_____
8	Hills Distri	_____

Heat 4 of 5 Prelims

2	Mingara Regi	_____
3	Bankstown Sp	_____
4	The Ponds	_____
5	Northern Dist	_____
6	Penrith	_____
7	Cranebrook	_____
8	Kurrajong Bi	_____

Heat 5 of 5 Prelims

2	South Easter	_____
3	Riverstone	_____
4	Port Hacking	_____
5	Rouse Hill R	_____
6	Girraween	_____
7	Inner West	_____

Event 15 Mixed U 9 - 4x100 Metre Relay (10)**Saturday 11/11/2023 - 1:35 PM**

Lane	Centre	Relay	Seed Time
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Heat 1 of 2 Prelims

2	Illawong	_____
3	Helensburgh	_____
4	Albion Park	_____
5	Smithfield	_____
6	Tallowong Pa	_____

Heat 2 of 2 Prelims

2	Liverpool Ci	_____
3	Holroyd	_____
4	Prospect	_____
5	Doonside	_____
6	Eschol Park	_____

Event 16 Mixed U 8 - 4x200 Metre Relay (20)**Saturday 11/11/2023 - 2:15 PM**

Lane	Centre	Relay	Seed Time
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Section 1 of 3 Final

2	Doonside	_____
3	Manly Warrin	_____
4	Balmain	_____
5	Riverstone	_____
6	Quakers Hill	_____
7	Port Hacking	_____
8	The Ponds	_____

Section 2 of 3 Final

2	Sutherland	_____
3	Hills Distri	_____
4	Ku-Ring-Gai	_____
5	Campbelltown	_____
6	Cherrybrook	_____
7	Winston Hill	_____
8	Ryde	_____

Section 3 of 3 Final

2	Northern Sub	_____
3	Eastern Subu	_____
4	Canterbury	_____
5	Revesby Work	_____
6	Randwick Bot	_____
7	St George	_____

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Event 17 Mixed U 9 - 4x200 Metre Relay (27)

Saturday 11/11/2023 - 2:36 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 4 Final

2	Ku-Ring-Gai		_____
3	St George		_____
4	Cherrybrook		_____
5	Balmain		_____
6	Hills Distri		_____
7	Winston Hill		_____
8	Eastern Subu		_____

Section 2 of 4 Final

2	Penrith		_____
3	Ryde		_____
4	Canterbury		_____
5	Hornsby		_____
6	Randwick Bot		_____
7	Mosman		_____
8	South Easter		_____

Section 3 of 4 Final

2	Port Hacking		_____
3	Riverstone		_____
4	The Ponds		_____
5	Campbelltown		_____
6	Revesby Work		_____
7	Mingara Regi		_____
8	Nepean		_____

Section 4 of 4 Final

2	Quakers Hill		_____
3	Wollongong C		_____
4	Doonside		_____
5	Manly Warrin		_____
6	Sutherland		_____
7	Northern Sub		_____

Event 18 Mixed U 10 - 4x400 Metre Relay (25)

Saturday 11/11/2023 - 3:04 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 4 Final

2	Riverstone		_____
3	Ryde		_____
4	Sutherland		_____
5	Campbelltown		_____
6	Eastern Subu		_____
7	South Easter		_____
8	Manly Warrin		_____

Section 2 of 4 Final

2	Winston Hill		_____
3	Hills Distri		_____
4	Balmain		_____
5	Revesby Work		_____
6	Canterbury		_____
7	Rouse Hill R		_____

Section 3 of 4 Final

2	Bankstown Sp		_____
3	Northern Sub		_____
4	St George		_____
5	Doonside		_____
6	Port Hacking		_____
7	Randwick Bot		_____

Section 4 of 4 Final

2	Quakers Hill		_____
3	Penrith		_____
4	Mosman		_____
5	Camden		_____
6	The Ponds		_____
7	Ku-Ring-Gai		_____

Event 19 Mixed U 11 - 4x400 Metre Relay (24)

Saturday 11/11/2023 - 3:36 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 3 Final

2	Cherrybrook		_____
3	Penrith		_____
4	Northern Sub		_____
5	Hills Distri		_____
6	Ku-Ring-Gai		_____
7	Balmain		_____
8	St George		_____
9	Campbelltown		_____

Section 2 of 3 Final

2	Riverstone		_____
3	Port Hacking		_____
4	Manly Warrin		_____
5	Rouse Hill R		_____
6	Bankstown Sp		_____
7	Camden		_____
8	Ryde		_____
9	Revesby Work		_____

Section 3 of 3 Final

2	Quakers Hill		_____
3	Winston Hill		_____
4	Randwick Bot		_____
5	Canterbury		_____
6	The Ponds		_____
7	Eastern Subu		_____
8	Mingara Regi		_____
9	Mosman		_____

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Event 29 Girls U 10 - Throws Relay (25)**Saturday 11/11/2023 - 9:00 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	Ku-Ring-Gai, A		Ku-Ring-Gai	_____
2	St George, A		St George	_____
3	Ryde, B		Ryde	_____
4	Ku-Ring-Gai, B		Ku-Ring-Gai	_____
5	Rouse Hill Rams, A		Rouse Hill R	_____
6	Hills District, A		Hills Distri	_____
7	Port Hacking, A		Port Hacking	_____
8	Nepean, A		Nepean	_____
9	Sutherland, A		Sutherland	_____
10	Hills District, B		Hills Distri	_____
11	Revesby Workers, B		Revesby Work	_____
12	South Eastern, A		South Easter	_____
13	Camden, A		Camden	_____
14	Cherrybrook, A		Cherrybrook	_____
15	Randwick Botany, A		Randwick Bot	_____
16	Manly Warringah, A		Manly Warrin	_____
17	Manly Warringah, B		Manly Warrin	_____
18	Northern Suburbs, A		Northern Sub	_____
19	Ryde, A		Ryde	_____
20	Eastern Suburbs, A		Eastern Subu	_____
21	Winston Hills, A		Winston Hill	_____
22	Quakers Hill, A		Quakers Hill	_____
23	Campbelltown, A		Campbelltown	_____
24	Parramatta, A		Parramatta	_____
25	Revesby Workers, A		Revesby Work	_____

Event 30 Girls U 11 - Jumps Relay (24)**Saturday 11/11/2023 - 9:00 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	Port Hacking, A		Port Hacking	_____
2	Balmain, A		Balmain	_____
3	St George, A		St George	_____
4	Northern Suburbs, B		Northern Sub	_____
5	Manly Warringah, A		Manly Warrin	_____
6	Eastern Suburbs, A		Eastern Subu	_____
7	Doonside, A		Doonside	_____
8	Manly Warringah, B		Manly Warrin	_____
9	Ku-Ring-Gai, B		Ku-Ring-Gai	_____
10	Rouse Hill Rams, A		Rouse Hill R	_____
11	Hills District, A		Hills Distri	_____
12	Ryde, B		Ryde	_____
13	Northern Suburbs, A		Northern Sub	_____
14	Mingara Regional Ath, A		Mingara Regi	_____
15	Ku-Ring-Gai, A		Ku-Ring-Gai	_____
16	Hornsby, A		Hornsby	_____
17	Gosford, A		GOS	_____
18	Camden, A		Camden	_____
19	Glenbrook, A		Glenbrook	_____
20	Sutherland, A		Sutherland	_____
21	Quakers Hill, A		Quakers Hill	_____
22	Hills District, B		Hills Distri	_____
23	Girraween, A		Girraween	_____
24	Ryde, A		Ryde	_____

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Event 31 Boys U 11 - Jumps Relay (22)**Saturday 11/11/2023 - 9:00 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Hills District, A	Hills Distri	_____
2	Prospect, A	Prospect	_____
3	Northern Suburbs, B	Northern Sub	_____
4	Port Hacking, A	Port Hacking	_____
5	Manly Warringah, A	Manly Warrin	_____
6	Ryde, A	Ryde	_____
7	Eastern Suburbs, A	Eastern Subu	_____
8	Glenbrook, A	Glenbrook	_____
9	Hills District, B	Hills Distri	_____
10	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
11	Hornsby, A	Hornsby	_____
12	Winston Hills, A	Winston Hill	_____
13	Sutherland, A	Sutherland	_____
14	Eschol Park, A	Eschol Park	_____
15	Canterbury, A	Canterbury	_____
16	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
17	Cherrybrook, A	Cherrybrook	_____
18	Manly Warringah, B	Manly Warrin	_____
19	Bankstown Sports Ath, A	Bankstown Sp	_____
20	Winston Hills, B	Winston Hill	_____
21	Camden, A	Camden	_____
22	Northern Suburbs, A	Northern Sub	_____

Event 32 Girls U 8 - Throws Relay (22)**Saturday 11/11/2023 - 10:15 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	St George, A	St George	_____
2	Port Hacking, A	Port Hacking	_____
3	Revesby Workers, A	Revesby Work	_____
4	Parramatta, A	Parramatta	_____
5	Camden, A	Camden	_____
6	Albion Park, A	Albion Park	_____
7	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
8	Hills District, A	Hills Distri	_____
9	Canterbury, A	Canterbury	_____
10	Eastern Suburbs, A	Eastern Subu	_____
11	Winston Hills, A	Winston Hill	_____
12	Manly Warringah, B	Manly Warrin	_____
13	Northern Suburbs, A	Northern Sub	_____
14	Rouse Hill Rams, A	Rouse Hill R	_____
15	Manly Warringah, A	Manly Warrin	_____
16	Randwick Botany, A	Randwick Bot	_____
17	Prospect, A	Prospect	_____
18	Hills District, B	Hills Distri	_____
19	Campbelltown, A	Campbelltown	_____
20	Minchinbury, A	MIN	_____
21	Northern Districts, A	Northern Dist	_____
22	Ku-Ring-Gai, B	Ku-Ring-Gai	_____

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Event 33 Girls U 9 - Jumps Relay (22)**Saturday 11/11/2023 - 10:25 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Northern Suburbs, B	Northern Sub	_____
2	Winston Hills, B	Winston Hill	_____
3	Northern Suburbs, A	Northern Sub	_____
4	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
5	Winston Hills, A	Winston Hill	_____
6	Hills District, B	Hills Distri	_____
7	Manly Warringah, B	Manly Warrin	_____
8	Hills District, A	Hills Distri	_____
9	Cherrybrook, A	Cherrybrook	_____
10	Rouse Hill Rams, A	Rouse Hill R	_____
11	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
12	Hornsby, A	Hornsby	_____
13	Prospect, A	Prospect	_____
14	Port Hacking, A	Port Hacking	_____
15	Camden, A	Camden	_____
16	St George, A	St George	_____
17	Bankstown Sports Ath, A	Bankstown Sp	_____
18	Parramatta, A	Parramatta	_____
19	Manly Warringah, A	Manly Warrin	_____
20	Canterbury, A	Canterbury	_____
21	Sutherland, A	Sutherland	_____
22	Quakers Hill, A	Quakers Hill	_____

Event 34 Mixed U 8-11 Long Jump x 4 (7)**Saturday 11/11/2023 - 10:30 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Holroyd, A	M Holroyd	_____
2	Eschol Park, A	M Eschol Park	_____
3	Cranebrook, A	M Cranebrook	_____
4	Albion Park, A	M Albion Park	_____
5	Mt Druitt, A	M Mt Druitt	_____
6	Prospect, A	M Prospect	_____
7	Tallawong Park, A	M Tallawong Pa	_____

Event 35 Boys U 8 - Throws Relay (27)**Saturday 11/11/2023 - 11:20 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
2	Northern Suburbs, B	Northern Sub	_____
3	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
4	Kurrajong Bilpin, A	Kurrajong Bi	_____
5	Winston Hills, B	Winston Hill	_____
6	Doonside, A	Doonside	_____
7	Manly Warringah, B	Manly Warrin	_____
8	Hornsby, A	Hornsby	_____
9	Hills District, A	Hills Distri	_____
10	Camden, A	Camden	_____
11	Quakers Hill, A	Quakers Hill	_____
12	Rouse Hill Rams, A	Rouse Hill R	_____
13	Cherrybrook, A	Cherrybrook	_____
14	Prospect, A	Prospect	_____
15	Randwick Botany, A	Randwick Bot	_____
16	St George, A	St George	_____
17	Ryde, B	Ryde	_____
18	Doonside, B	Doonside	_____
19	Northern Suburbs, A	Northern Sub	_____
20	Ryde, A	Ryde	_____
21	Eastern Suburbs, A	Eastern Subu	_____
22	Port Hacking, A	Port Hacking	_____
23	Manly Warringah, A	Manly Warrin	_____
24	Hills District, B	Hills Distri	_____
25	Winston Hills, A	Winston Hill	_____
26	Revesby Workers, A	Revesby Work	_____
27	Canterbury, A	Canterbury	_____

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Event 36 Boys U 9 - Jumps Relay (22)**Saturday 11/11/2023 - 11:50 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Manly Warringah, B	Manly Warrin	_____
2	Sutherland, A	Sutherland	_____
3	Prospect, A	Prospect	_____
4	Manly Warringah, A	Manly Warrin	_____
5	Glenbrook, A	Glenbrook	_____
6	Northern Suburbs, A	Northern Sub	_____
7	Quakers Hill, A	Quakers Hill	_____
8	Canterbury, A	Canterbury	_____
9	Winston Hills, A	Winston Hill	_____
10	Liverpool City, A	Liverpool Ci	_____
11	Hills District, B	Hills Distri	_____
12	Hills District, A	Hills Distri	_____
13	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
14	Cherrybrook, A	Cherrybrook	_____
15	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
16	St George, A	St George	_____
17	Tallawong Park, A	Tallawong Pa	_____
18	Parramatta, A	Parramatta	_____
19	Rouse Hill Rams, A	Rouse Hill R	_____
20	Hornsby, A	Hornsby	_____
21	Camden, A	Camden	_____
22	Northern Suburbs, B	Northern Sub	_____

Event 37 Girls U 11 - Throws Relay (32)**Saturday 11/11/2023 - 12:30 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Ryde, A	Ryde	_____
2	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
3	Ryde, B	Ryde	_____
4	Winston Hills, A	Winston Hill	_____
5	Eschol Park, A	Eschol Park	_____
6	Mingara Regional Ath, A	Mingara Regi	_____
7	Port Hacking, A	Port Hacking	_____
8	Hills District, A	Hills Distri	_____
9	Balmain, A	Balmain	_____
10	Bankstown Sports Ath, A	Bankstown Sp	_____
11	Revesby Workers, A	Revesby Work	_____
12	Hills District, B	Hills Distri	_____
13	Canterbury, A	Canterbury	_____
14	Eastern Suburbs, A	Eastern Subu	_____
15	Gosford, A	GOS	_____
16	Glenbrook, A	Glenbrook	_____
17	Northern Suburbs, B	Northern Sub	_____
18	Doonside, A	Doonside	_____
19	Girraween, A	Girraween	_____
20	Manly Warringah, A	Manly Warrin	_____
21	Prospect, A	Prospect	_____
22	Northern Districts, A	Northern Dist	_____
23	Quakers Hill, A	Quakers Hill	_____
24	Sutherland, A	Sutherland	_____
25	Northern Suburbs, A	Northern Sub	_____
26	Rouse Hill Rams, A	Rouse Hill R	_____
27	Manly Warringah, B	Manly Warrin	_____
28	Hornsby, A	Hornsby	_____
29	Camden, A	Camden	_____
30	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
31	Parramatta, A	Parramatta	_____
32	St George, A	St George	_____

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Event 38 Boys U 10 - Throws Relay (28)**Saturday 11/11/2023 - 12:40 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Eastern Suburbs, A	Eastern Subu	_____
2	Parramatta, A	Parramatta	_____
3	St George, A	St George	_____
4	Campbelltown, A	Campbelltown	_____
5	Sutherland, A	Sutherland	_____
6	The Ponds, A	The Ponds	_____
7	Ryde, A	Ryde	_____
8	Gosford, A	GOS	_____
9	Nepean, A	Nepean	_____
10	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
11	Hills District, A	Hills Distri	_____
12	Manly Warringah, A	Manly Warrin	_____
13	Camden, A	Camden	_____
14	Winston Hills, B	Winston Hill	_____
15	Manly Warringah, B	Manly Warrin	_____
16	Randwick Botany, A	Randwick Bot	_____
17	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
18	Hills District, B	Hills Distri	_____
19	Port Hacking, A	Port Hacking	_____
20	Canterbury, A	Canterbury	_____
21	Winston Hills, A	Winston Hill	_____
22	Rouse Hill Rams, A	Rouse Hill R	_____
23	Cranebrook, A	Cranebrook	_____
24	Ryde, B	Ryde	_____
25	South Eastern, A	South Easter	_____
26	Northern Suburbs, B	Northern Sub	_____
27	Prospect, A	Prospect	_____
28	Northern Suburbs, A	Northern Sub	_____

Event 39 Girls U 10 - Jumps Relay (18)**Saturday 11/11/2023 - 1:15 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	South Eastern, A	South Easter	_____
2	Parramatta, A	Parramatta	_____
3	Camden, A	Camden	_____
4	Balmain, A	Balmain	_____
5	Winston Hills, B	Winston Hill	_____
6	Northern Suburbs, A	Northern Sub	_____
7	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
8	Ryde, B	Ryde	_____
9	Manly Warringah, B	Manly Warrin	_____
10	Manly Warringah, A	Manly Warrin	_____
11	Port Hacking, A	Port Hacking	_____
12	Rouse Hill Rams, A	Rouse Hill R	_____
13	Cherrybrook, A	Cherrybrook	_____
14	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
15	Hills District, B	Hills Distri	_____
16	Winston Hills, A	Winston Hill	_____
17	Hills District, A	Hills Distri	_____
18	Ryde, A	Ryde	_____

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Event 40 Boys U 9 - Throws Relay (27)**Saturday 11/11/2023 - 2:00 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Manly Warringah, A	Manly Warrin	_____
2	Winston Hills, A	Winston Hill	_____
3	Girraween, A	Girraween	_____
4	The Ponds, A	The Ponds	_____
5	Camden, A	Camden	_____
6	Inner West, A	Inner West	_____
7	Canterbury, A	Canterbury	_____
8	Cherrybrook, A	Cherrybrook	_____
9	Randwick Botany, A	Randwick Bot	_____
10	Hills District, B	Hills Distri	_____
11	Northern Suburbs, A	Northern Sub	_____
12	Sutherland, A	Sutherland	_____
13	Rouse Hill Rams, A	Rouse Hill R	_____
14	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
15	Liverpool City, A	Liverpool Ci	_____
16	Eastern Suburbs, A	Eastern Subu	_____
17	Kurrajong Bilpin, A	Kurrajong Bi	_____
18	Bankstown Sports Ath, A	Bankstown Sp	_____
19	Hills District, A	Hills Distri	_____
20	Nepean, A	Nepean	_____
21	Prospect, A	Prospect	_____
22	Ryde, A	Ryde	_____
23	St George, A	St George	_____
24	Manly Warringah, B	Manly Warrin	_____
25	Northern Suburbs, B	Northern Sub	_____
26	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
27	Hornsby, A	Hornsby	_____

Event 41 Boys U 11 - Throws Relay (27)**Saturday 11/11/2023 - 2:25 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Sutherland, A	Sutherland	_____
2	Hills District, A	Hills Distri	_____
3	Bankstown Sports Ath, A	Bankstown Sp	_____
4	Ryde, A	Ryde	_____
5	Northern Suburbs, B	Northern Sub	_____
6	Quakers Hill, A	Quakers Hill	_____
7	Manly Warringah, A	Manly Warrin	_____
8	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
9	Manly Warringah, B	Manly Warrin	_____
10	Northern Suburbs, A	Northern Sub	_____
11	Eastern Suburbs, A	Eastern Subu	_____
12	Cherrybrook, A	Cherrybrook	_____
13	Campbelltown, A	Campbelltown	_____
14	Port Hacking, A	Port Hacking	_____
15	Winston Hills, A	Winston Hill	_____
16	Holroyd, A	Holroyd	_____
17	Hills District, B	Hills Distri	_____
18	Camden, A	Camden	_____
19	St George, A	St George	_____
20	Inner West, A	Inner West	_____
21	Hornsby, A	Hornsby	_____
22	Randwick Botany, A	Randwick Bot	_____
23	Prospect, A	Prospect	_____
24	Winston Hills, B	Winston Hill	_____
25	Eschol Park, A	Eschol Park	_____
26	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
27	Glenbrook, A	Glenbrook	_____

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Event 42 Girls U 8 - Jumps Relay (16)

Saturday 11/11/2023 - 2:25 PM

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
2	Hills District, B	Hills Distri	_____
3	Manly Warringah, B	Manly Warrin	_____
4	Manly Warringah, A	Manly Warrin	_____
5	Northern Suburbs, A	Northern Sub	_____
6	Hills District, A	Hills Distri	_____
7	St George, A	St George	_____
8	Prospect, A	Prospect	_____
9	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
10	Canterbury, A	Canterbury	_____
11	Campbelltown, A	Campbelltown	_____
12	Northern Districts, A	Northern Dist	_____
13	Winston Hills, A	Winston Hill	_____
14	Port Hacking, A	Port Hacking	_____
15	Rouse Hill Rams, A	Rouse Hill R	_____
16	Camden, A	Camden	_____

Event 43 Boys U 10 - Jumps Relay (23)

Saturday 11/11/2023 - 3:10 PM

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Winston Hills, B	Winston Hill	_____
2	Canterbury, A	Canterbury	_____
3	Northern Suburbs, B	Northern Sub	_____
4	Ryde, B	Ryde	_____
5	Port Hacking, A	Port Hacking	_____
6	Parramatta, A	Parramatta	_____
7	Sutherland, A	Sutherland	_____
8	St George, A	St George	_____
9	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
10	Manly Warringah, A	Manly Warrin	_____
11	Prospect, A	Prospect	_____
12	Manly Warringah, B	Manly Warrin	_____
13	Northern Suburbs, A	Northern Sub	_____
14	Hills District, A	Hills Distri	_____
15	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
16	South Eastern, A	South Easter	_____
17	Camden, A	Camden	_____
18	Rouse Hill Rams, A	Rouse Hill R	_____
19	Winston Hills, A	Winston Hill	_____
20	Hills District, B	Hills Distri	_____
21	Liverpool City, A	Liverpool Ci	_____
22	Gosford, A	GOS	_____
23	Ryde, A	Ryde	_____

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Event 44 Girls U 9 - Throws Relay (28)**Saturday 11/11/2023 - 3:20 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Manly Warringah, A	Manly Warrin	_____
2	Hills District, A	Hills Distri	_____
3	Camden, A	Camden	_____
4	Tallawong Park, A	Tallawong Pa	_____
5	Liverpool City, A	Liverpool Ci	_____
6	Randwick Botany, A	Randwick Bot	_____
7	Canterbury, A	Canterbury	_____
8	Parramatta, A	Parramatta	_____
9	Eastern Suburbs, A	Eastern Subu	_____
10	St George, A	St George	_____
11	Winston Hills, B	Winston Hill	_____
12	Quakers Hill, A	Quakers Hill	_____
13	Manly Warringah, B	Manly Warrin	_____
14	Hills District, B	Hills Distri	_____
15	Northern Suburbs, B	Northern Sub	_____
16	Girraween, A	Girraween	_____
17	Holroyd, A	Holroyd	_____
18	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
19	Ryde, A	Ryde	_____
20	Sutherland, A	Sutherland	_____
21	Hornsby, A	Hornsby	_____
22	Cherrybrook, A	Cherrybrook	_____
23	Northern Suburbs, A	Northern Sub	_____
24	Penrith, A	Penrith	_____
25	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
26	Rouse Hill Rams, A	Rouse Hill R	_____
27	Prospect, A	Prospect	_____
28	Winston Hills, A	Winston Hill	_____

Event 45 Boys U 8 - Jumps Relay (23)**Saturday 11/11/2023 - 3:30 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Winston Hills, A	Winston Hill	_____
2	St George, A	St George	_____
3	Northern Suburbs, B	Northern Sub	_____
4	Prospect, A	Prospect	_____
5	Northern Suburbs, A	Northern Sub	_____
6	Ryde, B	Ryde	_____
7	Canterbury, A	Canterbury	_____
8	Hornsby, A	Hornsby	_____
9	Hills District, B	Hills Distri	_____
10	Rouse Hill Rams, A	Rouse Hill R	_____
11	Cherrybrook, A	Cherrybrook	_____
12	Ryde, A	Ryde	_____
13	Doonside, A	Doonside	_____
14	Manly Warringah, B	Manly Warrin	_____
15	Parramatta, A	Parramatta	_____
16	Camden, A	Camden	_____
17	Winston Hills, B	Winston Hill	_____
18	Campbelltown, A	Campbelltown	_____
19	Manly Warringah, A	Manly Warrin	_____
20	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
21	Doonside, B	Doonside	_____
22	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
23	Hills District, A	Hills Distri	_____

Event 46 Girls U 12-15 Middle Distance Medley (23)**Sunday 12/11/2023 - 9:00 AM**

Lane	Centre	Relay	Seed Time
Section 1 of 2 Final			
1	Wollongong C		_____
2	Revesby Work		_____
3	Sutherland		_____
4	Camden		_____
5	South Easter		_____
6	Northern Sub		_____
7	Ku-Ring-Gai		_____
8	Eastlakes		_____
9	Randwick Bot		_____
10	Cherrybrook		_____
11	Canterbury		_____
12	Manly Warrin		_____

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Section 2 of 2 Final...(Event 46 Girls U 12-15 Middle Distance Medley)

1	Ryde	_____
2	Winston Hill	_____
3	Balmain	_____
4	Campbelltown	_____
5	The Ponds	_____
6	Eastern Subu	_____
7	Quakers Hill	_____
8	Rouse Hill R	_____
9	Hills Distri	_____
10	Doonside	_____
11	Inner West	_____

Event 47 Boys U 12-15 Middle Distance Medley (21)

Sunday 12/11/2023 - 9:30 AM

<u>Lane</u>	<u>Centre</u>	<u>Relay</u>	<u>Seed Time</u>
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Section 1 of 2 Final

1	Balmain	_____
2	Glenbrook	_____
3	Winston Hill	_____
4	Port Hacking	_____
5	Revesby Work	_____
6	Northern Sub	_____
7	Doonside	_____
8	Bankstown Sp	_____
9	Camden	_____
10	Ku-Ring-Gai	_____
11	Canterbury	_____

Section 2 of 2 Final

1	Hills Distri	_____
2	Campbelltown	_____
3	South Easter	_____
4	Manly Warrin	_____
5	Eastern Subu	_____
6	Sutherland	_____
7	Rouse Hill R	_____
8	Ryde	_____
9	Quakers Hill	_____
10	Cherrybrook	_____

Event 48 Boys U 12 - 4x100 Metre Relay (26)

Sunday 12/11/2023 - 10:00 AM

<u>Lane</u>	<u>Centre</u>	<u>Relay</u>	<u>Seed Time</u>
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Heat 1 of 4 Prelims

2	St George	_____
3	Port Hacking	_____
4	Penrith	_____
5	Manly Warrin	_____
6	Revesby Work	_____
7	Eastern Subu	_____
8	Ryde	_____

Heat 2 of 4 Prelims

2	Kurrajong Bi	_____
3	Camden	_____
4	Mosman	_____
5	Rouse Hill R	_____
6	Quakers Hill	_____
7	Campbelltown	_____
8	Winston Hill	_____

Heat 3 of 4 Prelims

2	Smithfield	_____
3	Northern Sub	_____
4	Cherrybrook	_____
5	Ku-Ring-Gai	_____
6	Sutherland	_____
7	Hills Distri	_____

Heat 4 of 4 Prelims

2	Glenbrook	_____
3	Canterbury	_____
4	Girraween	_____
5	Prestons Rob	_____
6	Inner West	_____
7	Randwick Bot	_____

Event 49 Boys U 13 - 4x100 Metre Relay (22)

Sunday 12/11/2023 - 10:20 AM

<u>Lane</u>	<u>Centre</u>	<u>Relay</u>	<u>Seed Time</u>
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Heat 1 of 3 Prelims

2	Randwick Bot	_____
3	Winston Hill	_____
4	Canterbury	_____
5	Glenbrook	_____
6	Kurrajong Bi	_____
7	The Ponds	_____
8	Ryde	_____
9	Quakers Hill	_____

Heat 2 of 3 Prelims

2	Eastern Subu	_____
3	Smithfield	_____
4	Prestons Rob	_____
5	Ku-Ring-Gai	_____
6	Port Hacking	_____
7	Camden	_____
8	Campbelltown	_____

Heat 3 of 3 Prelims

2	Northern Sub	_____
3	Manly Warrin	_____
4	Rouse Hill R	_____
5	St George	_____
6	Cherrybrook	_____
7	Hills Distri	_____
8	Wollongong C	_____

LANSW STATE RELAY CHAMPIONSHIP
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Event 50 Girls U 15 - 4x100 Metre Relay (18)**Sunday 12/11/2023 - 10:35 AM**

Lane	Centre	Relay	Seed Time
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Heat 1 of 2 Prelims

1	South Easter		
2	Quakers Hill		
3	Inner West		
4	The Ponds		
5	Ryde		
6	Eastern Subu		
7	Northern Sub		
8	Canterbury		
9	Manly Warrin		

Heat 2 of 2 Prelims

1	Hills Distri		
2	Rouse Hill R		
3	Glenbrook		
4	Sutherland		
5	St George		
6	Cherrybrook		
7	Port Hacking		
8	Smithfield		
9	Prestons Rob		

Event 51 Girls U 14 - 4x100 Metre Relay (21)**Sunday 12/11/2023 - 10:45 AM**

Lane	Centre	Relay	Seed Time
------	--------	-------	-----------

Heat 1 of 3 Prelims

2	N Rocks Carl		
3	Prestons Rob		
4	Ryde		
5	Smithfield		
6	Ku-Ring-Gai		
7	Canterbury		
8	Cherrybrook		

Heat 2 of 3 Prelims

2	Winston Hill		
3	The Ponds		
4	Manly Warrin		
5	Camden		
6	Eastern Subu		
7	Balmain		
8	South Easter		

Heat 3 of 3 Prelims

2	Rouse Hill R		
3	Sutherland		
4	Northern Sub		
5	Hills Distri		
6	Eastlakes		
7	Port Hacking		
8	Quakers Hill		

Event 52 Girls U 17 - 4x100 Metre Relay (17)**Sunday 12/11/2023 - 11:00 AM**

Lane	Centre	Relay	Seed Time
------	--------	-------	-----------

Heat 1 of 3 Prelims

2	Wollongong C		
3	Cherrybrook		
4	Prestons Rob		
5	Manly Warrin		
6	Ryde		
7	Northern Sub		

Heat 2 of 3 Prelims

2	Ku-Ring-Gai		
3	Campbelltown		
4	Canterbury		
5	Hills Distri		
6	Port Hacking		
7	Inner West		

Heat 3 of 3 Prelims

2	Winston Hill		
3	South Easter		
4	Werrington		
5	Camden		
6	Sutherland		

Event 53 Boys U 14 - 4x100 Metre Relay (22)**Sunday 12/11/2023 - 11:15 AM**

Lane	Centre	Relay	Seed Time
------	--------	-------	-----------

Heat 1 of 3 Prelims

2	Canterbury		
3	Ryde		
4	Bankstown Sp		
5	Hills Distri		
6	South Easter		
7	Kurrajong Bi		
8	Sutherland		
9	St George		

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Heat 2 of 3 Prelims...(Event 53 Boys U 14 - 4x100 Metre Relay (22))

2	Quakers Hill	_____
3	Port Hacking	_____
4	Inner West	_____
5	Camden	_____
6	Ku-Ring-Gai	_____
7	Kings Langle	_____
8	Cherrybrook	_____

Heat 3 of 3 Prelims

2	Winston Hill	_____
3	Rouse Hill R	_____
4	Eastern Subu	_____
5	Smithfield	_____
6	Prestons Rob	_____
7	Manly Warrin	_____
8	N Rocks Carl	_____

Event 54 Mixed U 14 - 4x100 Metre Relay (4)

Sunday 12/11/2023 - 11:30 AM

Lane	Centre	Relay	Seed Time
Section 1 of 1 Final			
2	Doonside	_____	_____
3	Tallawong Pa	_____	_____
4	Liverpool Ci	_____	_____
5	Albion Park	_____	_____

Event 55 Girls U 13 - 4x100 Metre Relay (26)

Sunday 12/11/2023 - 11:35 AM

Lane	Centre	Relay	Seed Time
Heat 1 of 4 Prelims			
2	Eastern Subu	_____	_____
3	Port Hacking	_____	_____
4	Canterbury	_____	_____
5	Cherrybrook	_____	_____
6	South Easter	_____	_____
7	Winston Hill	_____	_____
8	Ku-Ring-Gai	_____	_____

Heat 2 of 4 Prelims

2	Doonside	_____
3	Hills Distri	_____
4	Smithfield	_____
5	Rouse Hill R	_____
6	Kurrajong Bi	_____
7	Quakers Hill	_____
8	Sutherland	_____

Heat 3 of 4 Prelims

2	Camden	_____
3	Manly Warrin	_____
4	Northern Dist	_____
5	Prestons Rob	_____
6	Revesby Work	_____
7	Wollongong C	_____

Heat 4 of 4 Prelims

2	Glenbrook	_____
3	St George	_____
4	Northern Sub	_____
5	Ryde	_____
6	Randwick Bot	_____
7	Balmain	_____

Event 56 Mixed U 13 - 4x100 Metre Relay (5)

Sunday 12/11/2023 - 11:55 AM

Lane	Centre	Relay	Seed Time
Section 1 of 1 Final			
2	Eschol Park	_____	_____
3	Tallawong Pa	_____	_____
4	Liverpool Ci	_____	_____
5	Helensburgh	_____	_____
6	Greystanes	_____	_____

Event 57 Boys U 15 - 4x100 Metre Relay (15)

Sunday 12/11/2023 - 12:00 PM

Lane	Centre	Relay	Seed Time
Heat 1 of 2 Prelims			
2	Sutherland	_____	_____
3	St George	_____	_____
4	Eastern Subu	_____	_____
5	Hills Distri	_____	_____
6	Manly Warrin	_____	_____
7	Mingara Regi	_____	_____
8	Mosman	_____	_____
9	Northern Sub	_____	_____

Heat 2 of 2 Prelims

2	Winston Hill	_____
3	Taree	_____
4	Greystanes	_____
5	Camden	_____
6	Quakers Hill	_____
7	Ryde	_____
8	Canterbury	_____

Event 58 Mixed U 15 - 4x100 Metre Relay (2)

Sunday 12/11/2023 - 12:10 PM

Lane	Centre	Relay	Seed Time
Section 1 of 1 Final			
2	Prospect	_____	_____
3	Liverpool Ci	_____	_____

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Event 59 Mixed U 12-15 4x100 Metre Relay (6)

Sunday 12/11/2023 - 12:15 PM

Lane	Centre	Relay	Seed Time
Section 1 of 1 Final			
2	Holroyd		_____
3	Tallawong Pa		_____
4	Albion Park		_____
5	Douglas Park		_____
6	Prospect		_____
7	Eschol Park		_____

Event 60 Girls U 12 - 4x100 Metre Relay (27)

Sunday 12/11/2023 - 12:20 PM

Lane	Centre	Relay	Seed Time
Heat 1 of 4 Prelims			
2	Inner West		_____
3	Canterbury		_____
4	Blacktown		_____
5	Cherrybrook		_____
6	Camden		_____
7	Eastlakes		_____
8	Quakers Hill		_____
Heat 2 of 4 Prelims			
2	Wollongong C		_____
3	Prestons Rob		_____
4	The Ponds		_____
5	Ku-Ring-Gai		_____
6	Ryde		_____
7	Revesby Work		_____
8	Mingara Regi		_____
Heat 3 of 4 Prelims			
2	Sutherland		_____
3	Bankstown Sp		_____
4	Kurrajong Bi		_____
5	Rouse Hill R		_____
6	Northern Sub		_____
7	Mosman		_____
8	Port Hacking		_____
Heat 4 of 4 Prelims			
2	Hills Distri		_____
3	Winston Hill		_____
4	Eastern Subu		_____
5	Randwick Bot		_____
6	Manly Warrin		_____
7	St George		_____

Event 61 Mixed U 12 - 4x100 Metre Relay (5)

Sunday 12/11/2023 - 12:40 PM

Lane	Centre	Relay	Seed Time
Section 1 of 1 Final			
2	Prospect		_____
3	Doonside		_____
4	Liverpool Ci		_____
5	Eschol Park		_____
6	Tallawong Pa		_____

Event 62 Boys U 17 - 4x100 Metre Relay (17)

Sunday 12/11/2023 - 12:45 PM

Lane	Centre	Relay	Seed Time
Heat 1 of 3 Prelims			
2	Winston Hill		_____
3	Quakers Hill		_____
4	Campbelltown		_____
5	Mosman		_____
6	Inner West		_____
7	Prestons Rob		_____
Heat 2 of 3 Prelims			
2	Eastern Subu		_____
3	Manly Warrin		_____
4	Ryde		_____
5	Balmain		_____
6	Smithfield		_____
7	Parramatta		_____
Heat 3 of 3 Prelims			
2	The Ponds		_____
3	Camden		_____
4	Port Hacking		_____
5	Hills Distri		_____
6	Canterbury		_____

Event 63 Mixed U 17 - 4x100 Metre Relay (4)

Sunday 12/11/2023 - 1:00 PM

Lane	Centre	Relay	Seed Time
Section 1 of 1 Final			
2	Prospect		_____
3	Albion Park		_____
4	Liverpool Ci		_____
5	Greystanes		_____

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Event 64 Mixed U 12 - 4x400 Metre Relay (21)

Sunday 12/11/2023 - 1:35 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 3 Final

2	Hills Distri		_____
3	Eastern Subu		_____
4	Northern Sub		_____
5	Cherrybrook		_____
6	Port Hacking		_____
7	Manly Warrin		_____
8	Doonside		_____

Section 2 of 3 Final

2	Camden		_____
3	Winston Hill		_____
4	Mosman		_____
5	The Ponds		_____
6	Quakers Hill		_____
7	Ryde		_____
8	Holroyd		_____

Section 3 of 3 Final

2	Randwick Bot		_____
3	Balmain		_____
4	Campbelltown		_____
5	Sutherland		_____
6	Canterbury		_____
7	Ku-Ring-Gai		_____
8	Revesby Work		_____

Event 65 Mixed U 13 - 4x400 Metre Relay (19)

Sunday 12/11/2023 - 1:59 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 3 Final

2	Balmain		_____
3	Sutherland		_____
4	Holroyd		_____
5	Cherrybrook		_____
6	The Ponds		_____
7	Doonside		_____
8	Ryde		_____

Section 2 of 3 Final

2	Randwick Bot		_____
3	Winston Hill		_____
4	Canterbury		_____
5	Eastern Subu		_____
6	Rouse Hill R		_____
7	Mosman		_____

Section 3 of 3 Final

2	Wollongong C		_____
3	Hills Distri		_____
4	Quakers Hill		_____
5	Northern Sub		_____
6	Camden		_____
7	Manly Warrin		_____

Event 66 Mixed U 14 - 4x400 Metre Relay (15)

Sunday 12/11/2023 - 2:23 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 2 Final

2	Canterbury		_____
3	Campbelltown		_____
4	Eastern Subu		_____
5	Doonside		_____
6	Albion Park		_____
7	Manly Warrin		_____
8	Camden		_____
9	Hills Distri		_____

Section 2 of 2 Final

2	Sutherland		_____
3	Quakers Hill		_____
4	Balmain		_____
5	Winston Hill		_____
6	Liverpool Ci		_____
7	Ku-Ring-Gai		_____
8	Cherrybrook		_____

Event 67 Mixed U 15 - 4x400 Metre Relay (9)

Sunday 12/11/2023 - 2:39 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 1 Final

1	Glenbrook		_____
2	Balmain		_____
3	Sutherland		_____
4	Canterbury		_____
5	Eastern Subu		_____
6	Hills Distri		_____
7	Cherrybrook		_____
8	Manly Warrin		_____
9	Quakers Hill		_____

Event 68 Mixed U 17 - 4x400 Metre Relay (15)

Sunday 12/11/2023 - 2:47 PM

Lane	Centre	Relay	Seed Time
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Section 1 of 2 Final

2	Hills Distri		_____
3	Cherrybrook		_____
4	Manly Warrin		_____
5	Winston Hill		_____
6	Greystanes		_____
7	Quakers Hill		_____
8	Northern Sub		_____
9	Sutherland		_____

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Section 2 of 2 Final...(Event 68 Mixed U 17 - 4x400 Metre Relay (15))

2	Balmain	_____
3	Inner West	_____
4	Ryde	_____
5	Canterbury	_____
6	Revesby Work	_____
7	South Easter	_____
8	Campbelltown	_____

Event 79 Boys U 14 - Throws Relay (17)**Sunday 12/11/2023 - 9:00 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height. i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Hills District, B	Hills Distri	_____
2	Eastern Suburbs, A	Eastern Subu	_____
3	Sutherland, B	Sutherland	_____
4	Manly Warringah, A	Manly Warrin	_____
5	Doonside, A	Doonside	_____
6	Cherrybrook, A	Cherrybrook	_____
7	N Rocks Carlingford, A	N Rocks Carl	_____
8	South Eastern, A	South Easter	_____
9	Manly Warringah, B	Manly Warrin	_____
10	Hills District, A	Hills Distri	_____
11	Campbelltown, A	Campbelltown	_____
12	Canterbury, A	Canterbury	_____
13	Quakers Hill, A	Quakers Hill	_____
14	Winston Hills, B	Winston Hill	_____
15	Sutherland, A	Sutherland	_____
16	Winston Hills, A	Winston Hill	_____
17	Kurrajong Bilpin, A	Kurrajong Bi	_____

Event 80 Girls U 12 - Jumps Relay (23)**Sunday 12/11/2023 - 9:00 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height. i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Port Hacking, A	Port Hacking	_____
2	Winston Hills, B	Winston Hill	_____
3	Northern Suburbs, B	Northern Sub	_____
4	Hills District, A	Hills Distri	_____
5	Northern Suburbs, A	Northern Sub	_____
6	Canterbury, A	Canterbury	_____
7	Eastern Suburbs, A	Eastern Subu	_____
8	Manly Warringah, A	Manly Warrin	_____
9	Cherrybrook, A	Cherrybrook	_____
10	Ryde, A	Ryde	_____
11	Hills District, B	Hills Distri	_____
12	Manly Warringah, B	Manly Warrin	_____
13	Doonside, A	Doonside	_____
14	Prospect, A	Prospect	_____
15	Cherrybrook, B	Cherrybrook	_____
16	St George, A	St George	_____
17	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
18	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
19	Winston Hills, A	Winston Hill	_____
20	Parramatta, A	Parramatta	_____
21	Randwick Botany, A	Randwick Bot	_____
22	Quakers Hill, A	Quakers Hill	_____
23	Mingara Regional Ath, A	Mingara Regi	_____

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Event 81 Boys U 15 - Jumps Relay (19)

Sunday 12/11/2023 - 9:00 AM

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Hills District, B	Hills Distri	_____
2	Sutherland, A	Sutherland	_____
3	Hills District, A	Hills Distri	_____
4	Taree, A	Taree	_____
5	Mosman, A	Mosman	_____
6	Quakers Hill, A	Quakers Hill	_____
7	Prospect, A	Prospect	_____
8	St George, A	St George	_____
9	Manly Warringah, B	Manly Warrin	_____
10	Eastern Suburbs, A	Eastern Subu	_____
11	Northern Suburbs, B	Northern Sub	_____
12	Ryde, A	Ryde	_____
13	Cherrybrook, A	Cherrybrook	_____
14	Mingara Regional Ath, A	Mingara Regi	_____
15	Canterbury, A	Canterbury	_____
16	Manly Warringah, A	Manly Warrin	_____
17	Camden, A	Camden	_____
18	Northern Suburbs, A	Northern Sub	_____
19	Winston Hills, A	Winston Hill	_____

Event 82 Girls U 13 - Throws Relay (24)

Sunday 12/11/2023 - 9:00 AM

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Manly Warringah, B	Manly Warrin	_____
2	Ryde, A	Ryde	_____
3	Sutherland, A	Sutherland	_____
4	Camden, A	Camden	_____
5	Winston Hills, B	Winston Hill	_____
6	Northern Suburbs, B	Northern Sub	_____
7	Glenbrook, A	Glenbrook	_____
8	Doonside, A	Doonside	_____
9	Revesby Workers, A	Revesby Work	_____
10	Bankstown Sports Ath, A	Bankstown Sp	_____
11	Northern Districts, A	Northern Dist	_____
12	Hills District, A	Hills Distri	_____
13	Eastern Suburbs, A	Eastern Subu	_____
14	Manly Warringah, A	Manly Warrin	_____
15	Northern Suburbs, A	Northern Sub	_____
16	Hills District, B	Hills Distri	_____
17	Balmain, A	Balmain	_____
18	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
19	Port Hacking, A	Port Hacking	_____
20	Rouse Hill Rams, A	Rouse Hill R	_____
21	Winston Hills, A	Winston Hill	_____
22	South Eastern, A	South Easter	_____
23	Quakers Hill, A	Quakers Hill	_____
24	Cherrybrook, A	Cherrybrook	_____

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Event 83 Boys U 17 - Jumps Relay (21)**Sunday 12/11/2023 - 9:00 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	N Rocks Carlingford, A	N Rocks Carl	_____
2	Manly Warringah, A	Manly Warrin	_____
3	Liverpool City, A	Liverpool Ci	_____
4	Smithfield, A	Smithfield	_____
5	Tallawong Park, A	Tallawong Pa	_____
6	Blacktown, A	Blacktown	_____
7	Prestons Robins, A	Prestons Rob	_____
8	Port Hacking, A	Port Hacking	_____
9	Winston Hills, A	Winston Hill	_____
10	Camden, A	Camden	_____
11	Canterbury, A	Canterbury	_____
12	Hills District, A	Hills Distri	_____
13	Ryde, A	Ryde	_____
14	Winston Hills, B	Winston Hill	_____
15	Hills District, B	Hills Distri	_____
16	Manly Warringah, B	Manly Warrin	_____
17	Balmain, A	Balmain	_____
18	Quakers Hill, A	Quakers Hill	_____
19	Prospect, A	Prospect	_____
20	Revesby Workers, A	Revesby Work	_____
21	South Eastern, A	South Easter	_____

Event 84 Boys U 12 - Throws Relay (30)**Sunday 12/11/2023 - 9:55 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Bankstown Sports Ath, A	Bankstown Sp	_____
2	St George, A	St George	_____
3	Winston Hills, B	Winston Hill	_____
4	Parramatta, A	Parramatta	_____
5	Canterbury, A	Canterbury	_____
6	Campbelltown, A	Campbelltown	_____
7	Sutherland, A	Sutherland	_____
8	Balmain, A	Balmain	_____
9	Doonside, A	Doonside	_____
10	Manly Warringah, A	Manly Warrin	_____
11	The Ponds, A	The Ponds	_____
12	Illawong, A	Illawong	_____
13	Prospect, A	Prospect	_____
14	Hills District, B	Hills Distri	_____
15	Ryde, A	Ryde	_____
16	Port Hacking, A	Port Hacking	_____
17	Revesby Workers, A	Revesby Work	_____
18	Hills District, A	Hills Distri	_____
19	Northern Suburbs, B	Northern Sub	_____
20	Quakers Hill, A	Quakers Hill	_____
21	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
22	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
23	Girraween, A	Girraween	_____
24	Camden, A	Camden	_____
25	Manly Warringah, B	Manly Warrin	_____
26	Gosford, A	GOS	_____
27	Winston Hills, A	Winston Hill	_____
28	Eastern Suburbs, A	Eastern Subu	_____
29	Northern Suburbs, A	Northern Sub	_____
30	Ryde, B	Ryde	_____

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Event 85 Boys U 13 - Throws Relay (26)**Sunday 12/11/2023 - 10:10 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Prospect, A	Prospect	_____
2	Winston Hills, A	Winston Hill	_____
3	Rouse Hill Rams, A	Rouse Hill R	_____
4	Port Hacking, A	Port Hacking	_____
5	Girraween, A	Girraween	_____
6	St George, A	St George	_____
7	Northern Suburbs, B	Northern Sub	_____
8	Winston Hills, B	Winston Hill	_____
9	Manly Warringah, B	Manly Warrin	_____
10	Hills District, A	Hills Distri	_____
11	Quakers Hill, A	Quakers Hill	_____
12	Campbelltown, A	Campbelltown	_____
13	Camden, A	Camden	_____
14	Wollongong City, A	Wollongong C	_____
15	Prestons Robins, A	Prestons Rob	_____
16	Sutherland, A	Sutherland	_____
17	Northern Suburbs, A	Northern Sub	_____
18	Cherrybrook, A	Cherrybrook	_____
19	Ryde, A	Ryde	_____
20	Manly Warringah, A	Manly Warrin	_____
21	Balmain, A	Balmain	_____
22	Canterbury, A	Canterbury	_____
23	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
24	Parramatta, A	Parramatta	_____
25	Glenbrook, A	Glenbrook	_____
26	Eastern Suburbs, A	Eastern Subu	_____

Event 86 Girls U 17 - Jumps Relay (20)**Sunday 12/11/2023 - 10:25 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	South Eastern, A	South Easter	_____
2	Canterbury, A	Canterbury	_____
3	Manly Warringah, A	Manly Warrin	_____
4	Bankstown Sports Ath, A	Bankstown Sp	_____
5	Prospect, A	Prospect	_____
6	Northern Suburbs, B	Northern Sub	_____
7	Ryde, A	Ryde	_____
8	Revesby Workers, A	Revesby Work	_____
9	Mosman, A	Mosman	_____
10	Revesby Workers, B	Revesby Work	_____
11	Northern Suburbs, A	Northern Sub	_____
12	Northern Districts, A	Northern Dist	_____
13	Campbelltown, A	Campbelltown	_____
14	Camden, A	Camden	_____
15	Sutherland, A	Sutherland	_____
16	Ryde, B	Ryde	_____
17	Port Hacking, A	Port Hacking	_____
18	Manly Warringah, B	Manly Warrin	_____
19	Hills District, A	Hills Distri	_____
20	N Rocks Carlingford, A	N Rocks Carl	_____

Event 87 Boys U 15 - Throws Relay (16)**Sunday 12/11/2023 - 11:20 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Cherrybrook, A	Cherrybrook	_____
2	Manly Warringah, A	Manly Warrin	_____
3	Prospect, A	Prospect	_____
4	St George, A	St George	_____
5	Taree, A	Taree	_____
6	Northern Suburbs, A	Northern Sub	_____
7	Hills District, A	Hills Distri	_____
8	Camden, A	Camden	_____
9	Ryde, A	Ryde	_____
10	Canterbury, A	Canterbury	_____
11	N Rocks Carlingford, A	N Rocks Carl	_____
12	Manly Warringah, B	Manly Warrin	_____
13	Bankstown Sports Ath, A	Bankstown Sp	_____
14	St George, B	St George	_____
15	Winston Hills, A	Winston Hill	_____
16	Hills District, B	Hills Distri	_____

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Event 88 Girls U 14 - Throws Relay (20)**Sunday 12/11/2023 - 11:25 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Girraween, A	Girraween	_____
2	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
3	Hills District, B	Hills Distri	_____
4	Sutherland, A	Sutherland	_____
5	Manly Warringah, B	Manly Warrin	_____
6	Campbelltown, A	Campbelltown	_____
7	N Rocks Carlingford, A	N Rocks Carl	_____
8	Wollongong City, A	Wollongong C	_____
9	Manly Warringah, A	Manly Warrin	_____
10	Eastern Suburbs, A	Eastern Subu	_____
11	Cherrybrook, A	Cherrybrook	_____
12	Northern Suburbs, B	Northern Sub	_____
13	Port Hacking, A	Port Hacking	_____
14	Winston Hills, A	Winston Hill	_____
15	Quakers Hill, A	Quakers Hill	_____
16	Canterbury, A	Canterbury	_____
17	Kurrajong Bilpin, A	Kurrajong Bi	_____
18	Ryde, A	Ryde	_____
19	Hills District, A	Hills Distri	_____
20	Northern Suburbs, A	Northern Sub	_____

Event 89 Girls U 15 - Jumps Relay (14)**Sunday 12/11/2023 - 11:35 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
2	Sutherland, A	Sutherland	_____
3	Rouse Hill Rams, A	Rouse Hill R	_____
4	Ryde, A	Ryde	_____
5	Manly Warringah, B	Manly Warrin	_____
6	Wollongong City, A	Wollongong C	_____
7	Northern Suburbs, A	Northern Sub	_____
8	Hills District, A	Hills Distri	_____
9	Quakers Hill, A	Quakers Hill	_____
10	Smithfield, A	Smithfield	_____
11	Manly Warringah, A	Manly Warrin	_____
12	Cherrybrook, A	Cherrybrook	_____
13	Hills District, B	Hills Distri	_____
14	Revesby Workers, A	Revesby Work	_____

Event 90 Boys U 14 - Jumps Relay (23)**Sunday 12/11/2023 - 11:40 AM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Cherrybrook, A	Cherrybrook	_____
2	N Rocks Carlingford, A	N Rocks Carl	_____
3	Port Hacking, A	Port Hacking	_____
4	Balmain, A	Balmain	_____
5	Manly Warringah, A	Manly Warrin	_____
6	Revesby Workers, A	Revesby Work	_____
7	Winston Hills, B	Winston Hill	_____
8	Sutherland, A	Sutherland	_____
9	Ryde, A	Ryde	_____
10	Manly Warringah, B	Manly Warrin	_____
11	Winston Hills, A	Winston Hill	_____
12	Camden, A	Camden	_____
13	Springwood, A	Springwood	_____
14	Doonside, A	Doonside	_____
15	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
16	Liverpool City, A	Liverpool Ci	_____
17	Kings Langley, A	Kings Langle	_____
18	Hills District, B	Hills Distri	_____
19	Hills District, A	Hills Distri	_____
20	St George, A	St George	_____
21	Eastern Suburbs, A	Eastern Subu	_____
22	South Eastern, A	South Easter	_____
23	Tallawong Park, A	Tallawong Pa	_____

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Event 91 Boys U 17 - Throws Relay (16)**Sunday 12/11/2023 - 12:15 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Manly Warringah, B	Manly Warrin	_____
2	Quakers Hill, A	Quakers Hill	_____
3	Liverpool City, A	Liverpool Ci	_____
4	Hills District, A	Hills Distri	_____
5	Revesby Workers, A	Revesby Work	_____
6	Manly Warringah, A	Manly Warrin	_____
7	N Rocks Carlingford, A	N Rocks Carl	_____
8	Kurrajong Bilpin, A	Kurrajong Bi	_____
9	Winston Hills, A	Winston Hill	_____
10	Prospect, A	Prospect	_____
11	Camden, A	Camden	_____
12	Canterbury, A	Canterbury	_____
13	Sutherland, A	Sutherland	_____
14	Ryde, A	Ryde	_____
15	Winston Hills, B	Winston Hill	_____
16	South Eastern, A	South Easter	_____

Event 92 Girls U 17 - Throws Relay (19)**Sunday 12/11/2023 - 12:25 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Bankstown Sports Ath, A	Bankstown Sp	_____
2	Kurrajong Bilpin, A	Kurrajong Bi	_____
3	Ryde, A	Ryde	_____
4	Port Hacking, A	Port Hacking	_____
5	Revesby Workers, A	Revesby Work	_____
6	St George, A	St George	_____
7	Northern Suburbs, A	Northern Sub	_____
8	Ryde, B	Ryde	_____
9	Manly Warringah, B	Manly Warrin	_____
10	Sutherland, A	Sutherland	_____
11	N Rocks Carlingford, A	N Rocks Carl	_____
12	Prospect, A	Prospect	_____
13	Hills District, A	Hills Distri	_____
14	Liverpool City, A	Liverpool Ci	_____
15	Balmain, A	Balmain	_____
16	Campbelltown, A	Campbelltown	_____
17	Manly Warringah, A	Manly Warrin	_____
18	South Eastern, A	South Easter	_____
19	Quakers Hill, A	Quakers Hill	_____

Event 93 Boys U 12 - Jumps Relay (24)**Sunday 12/11/2023 - 12:35 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Ku-Ring-Gai, B	Ku-Ring-Gai	_____
2	Winston Hills, A	Winston Hill	_____
3	Parramatta, A	Parramatta	_____
4	Ryde, A	Ryde	_____
5	Canterbury, A	Canterbury	_____
6	Hills District, A	Hills Distri	_____
7	Port Hacking, A	Port Hacking	_____
8	Sutherland, A	Sutherland	_____
9	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
10	Glenbrook, A	Glenbrook	_____
11	Penrith, A	Penrith	_____
12	Manly Warringah, B	Manly Warrin	_____
13	Hills District, B	Hills Distri	_____
14	Revesby Workers, A	Revesby Work	_____
15	N Rocks Carlingford, A	N Rocks Carl	_____
16	Campbelltown, A	Campbelltown	_____
17	Camden, A	Camden	_____
18	Eastern Suburbs, A	Eastern Subu	_____
19	Doonside, A	Doonside	_____
20	St George, A	St George	_____
21	Ryde, B	Ryde	_____
22	Manly Warringah, A	Manly Warrin	_____
23	Winston Hills, B	Winston Hill	_____
24	Northern Suburbs, A	Northern Sub	_____

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Event 94 Girls U 13 - Jumps Relay (26)**Sunday 12/11/2023 - 1:05 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	Cherrybrook, A		Cherrybrook	_____
2	Ryde, A		Ryde	_____
3	Balmain, A		Balmain	_____
4	Wollongong City, A		Wollongong C	_____
5	South Eastern, A		South Easter	_____
6	Sutherland, A		Sutherland	_____
7	Northern Suburbs, B		Northern Sub	_____
8	Canterbury, A		Canterbury	_____
9	Ku-Ring-Gai, A		Ku-Ring-Gai	_____
10	Doonside, A		Doonside	_____
11	Manly Warringah, B		Manly Warrin	_____
12	Manly Warringah, A		Manly Warrin	_____
13	Hills District, A		Hills Distri	_____
14	Glenbrook, A		Glenbrook	_____
15	Hills District, B		Hills Distri	_____
16	Port Hacking, A		Port Hacking	_____
17	Ryde, B		Ryde	_____
18	Northern Districts, A		Northern Dist	_____
19	Rouse Hill Rams, A		Rouse Hill R	_____
20	Eastern Suburbs, A		Eastern Subu	_____
21	Northern Suburbs, A		Northern Sub	_____
22	Camden, A		Camden	_____
23	Cherrybrook, B		Cherrybrook	_____
24	Winston Hills, B		Winston Hill	_____
25	Winston Hills, A		Winston Hill	_____
26	Revesby Workers, A		Revesby Work	_____

Event 95 Girls U 12 - Throws Relay (21)**Sunday 12/11/2023 - 1:10 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age	Centre	Seed Mark
Flight 1 of 1 Final				
1	Sutherland, A		Sutherland	_____
2	Ku-Ring-Gai, B		Ku-Ring-Gai	_____
3	Northern Suburbs, A		Northern Sub	_____
4	Manly Warringah, B		Manly Warrin	_____
5	Hills District, B		Hills Distri	_____
6	Randwick Botany, A		Randwick Bot	_____
7	Ku-Ring-Gai, A		Ku-Ring-Gai	_____
8	Northern Districts, A		Northern Dist	_____
9	Camden, A		Camden	_____
10	Quakers Hill, A		Quakers Hill	_____
11	Winston Hills, B		Winston Hill	_____
12	Prospect, A		Prospect	_____
13	Ryde, A		Ryde	_____
14	Manly Warringah, A		Manly Warrin	_____
15	Liverpool City, A		Liverpool Ci	_____
16	Balmain, A		Balmain	_____
17	Gosford, A		GOS	_____
18	Port Hacking, A		Port Hacking	_____
19	Hills District, A		Hills Distri	_____
20	Winston Hills, A		Winston Hill	_____
21	Eastern Suburbs, A		Eastern Subu	_____

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Event 96 Girls U 14 - Jumps Relay (17)**Sunday 12/11/2023 - 1:25 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Ryde, A	Ryde	_____
2	Camden, A	Camden	_____
3	Manly Warringah, B	Manly Warrin	_____
4	Hills District, B	Hills Distri	_____
5	Quakers Hill, A	Quakers Hill	_____
6	N Rocks Carlingford, A	N Rocks Carl	_____
7	Cherrybrook, A	Cherrybrook	_____
8	Eastern Suburbs, A	Eastern Subu	_____
9	Hills District, A	Hills Distri	_____
10	Winston Hills, A	Winston Hill	_____
11	Manly Warringah, A	Manly Warrin	_____
12	Northern Suburbs, B	Northern Sub	_____
13	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
14	Balmain, A	Balmain	_____
15	South Eastern, A	South Easter	_____
16	Port Hacking, A	Port Hacking	_____
17	Northern Suburbs, A	Northern Sub	_____

Event 97 Girls U 15 - Throws Relay (15)**Sunday 12/11/2023 - 1:25 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Manly Warringah, B	Manly Warrin	_____
2	Prospect, A	Prospect	_____
3	Cherrybrook, A	Cherrybrook	_____
4	Smithfield, A	Smithfield	_____
5	Revesby Workers, A	Revesby Work	_____
6	Northern Suburbs, A	Northern Sub	_____
7	St George, A	St George	_____
8	South Eastern, A	South Easter	_____
9	Ryde, A	Ryde	_____
10	Eastern Suburbs, A	Eastern Subu	_____
11	Canterbury, A	Canterbury	_____
12	Hills District, A	Hills Distri	_____
13	Manly Warringah, A	Manly Warrin	_____
14	The Ponds, A	The Ponds	_____
15	Ku-Ring-Gai, A	Ku-Ring-Gai	_____

Event 98 Boys U 13 - Jumps Relay (21)**Sunday 12/11/2023 - 2:40 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Wollongong City, A	Wollongong C	_____
2	Winston Hills, B	Winston Hill	_____
3	Cherrybrook, A	Cherrybrook	_____
4	Prospect, A	Prospect	_____
5	Camden, A	Camden	_____
6	Ryde, A	Ryde	_____
7	Northern Suburbs, B	Northern Sub	_____
8	Ku-Ring-Gai, A	Ku-Ring-Gai	_____
9	Canterbury, A	Canterbury	_____
10	Eastern Suburbs, A	Eastern Subu	_____
11	Glenbrook, A	Glenbrook	_____
12	Sutherland, A	Sutherland	_____
13	Port Hacking, A	Port Hacking	_____
14	Campbelltown, A	Campbelltown	_____
15	Rouse Hill Rams, A	Rouse Hill R	_____
16	Hills District, A	Hills Distri	_____
17	Winston Hills, A	Winston Hill	_____
18	Manly Warringah, A	Manly Warrin	_____
19	Northern Suburbs, A	Northern Sub	_____
20	Manly Warringah, B	Manly Warrin	_____
21	Balmain, A	Balmain	_____

Event 99 Mixed U 12-15 Long Jump x 4 (4)**Sunday 12/11/2023 - 3:15 PM**

Note: LANSW uses a performance based point score for determining results of field events at State Relay. Thus all results should be read as points and not distance/height.

i.e 20.68m should be read as 2,068 Points

Pos	Name	Age Centre	Seed Mark
Flight 1 of 1 Final			
1	Eschol Park, A	M Eschol Park	_____
2	Tallawong Park, A	M Tallawong Pa	_____
3	Prospect, A	M Prospect	_____
4	Albion Park, A	M Albion Park	_____