

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP - 17/11/2018 to 18/11/2018**  
**Sydney Olympic Park Athletic Centre**  
**Meet Program - Day 1 Junior Track Events**

**Event 1 Girls U 11 - 4x100 Metre Relay (20)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 55.01 2015 Manly Warringah

Lane	Centre	Relay	Seed Time
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**Heat 1 of 3 Heats**

- 1 Eastern Suburbs
- 2 Camden
- 3 Rouse Hill
- 4 Manly Warringah
- 5 Ku-Ring-Gai
- 6 South Eastern

**Heat 2 of 3 Heats**

- 1 Port Hacking
- 2 Ryde
- 3 St George
- 4 Randwick Botany
- 5 Hills District
- 6 Prestons Robins
- 7 Inner West

**Heat 3 of 3 Heats**

- 1 Northern Suburbs
- 2 Winston Hills
- 3 Mosman
- 4 Campbelltown
- 5 Sutherland
- 6 Cherrybrook
- 7 Revesby Workers

**Event 2 Boys U 11 - 4x100 Metre Relay (22)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 53.54 1978 Bankstown

Lane	Centre	Relay	Seed Time
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**Heat 1 of 3 Heats**

- 1 Sutherland
- 2 Holroyd
- 3 South Eastern
- 4 Eschol Park
- 5 Winston Hills
- 6 Northern Suburbs
- 7 Blacktown

**Heat 2 of 3 Heats**

- 1 Manly Warringah
- 2 Prestons Robins
- 3 Port Hacking
- 4 Campbelltown
- 5 Mosman
- 6 Ryde
- 7 Cherrybrook

**Heat 3 of 3 Heats**

- 1 Inner West
- 2 Camden
- 3 Rouse Hill
- 4 Hills District
- 5 Eastern Suburbs
- 6 Ku-Ring-Gai
- 7 Helensburgh
- 8 Bowral

**Event 3 Mixed U 11 - 4x100 Metre Relay (12)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 54.18 2016 Albion Park

Lane	Centre	Relay	Seed Time
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**Heat 1 of 2 Heats**

- 1 Doonside
- 2 Albion Park
- 3 Western Blues
- 4 Bundeena-Maianba
- 5 Springwood
- 6 Quakers Hill

**Heat 2 of 2 Heats**

- 1 Prospect
- 2 Wyong
- 3 Tallawong Park
- 4 Liverpool City
- 5 Smithfield
- 6 Kurrajong Bilpin

**Event 4 Girls U 10 - 4x100 Metre Relay (24)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 57.50 2014 Manly Warringah

Lane	Centre	Relay	Seed Time
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**Heat 1 of 3 Heats**

- 1 Sutherland
- 2 Cherrybrook
- 3 Revesby Workers
- 4 Eastern Suburbs
- 5 Hills District
- 6 Canterbury
- 7 Camden
- 8 South Eastern

**Heat 2 of 3 Heats**

- 1 Randwick Botany
- 2 Mosman
- 3 Inner West
- 4 Northern Suburbs
- 5 Port Hacking
- 6 Winston Hills
- 7 Prestons Robins
- 8 Illawong

**Heat 3 of 3 Heats**

- 1 Wollongong City
- 2 Manly Warringah
- 3 The Ponds
- 4 Rouse Hill
- 5 Bowral
- 6 Campbelltown
- 7 Ku-Ring-Gai
- 8 Ryde

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**Event 5 Boys U 10 - 4x100 Metre Relay (21)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 55.74 1980 Bankstown

Lane	Centre	Relay	Seed Time
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**Heat 1 of 3 Heats**

- 1 Randwick Botany
- 2 Rouse Hill
- 3 Campbelltown
- 4 Kings Langley
- 5 Illawong
- 6 South Eastern
- 7 Camden

**Heat 2 of 3 Heats**

- 1 Canterbury
- 2 Inner West
- 3 Eastern Suburbs
- 4 Sutherland
- 5 Northern Suburbs
- 6 Mosman
- 7 Ryde

**Heat 3 of 3 Heats**

- 1 Manly Warringah
- 2 Holroyd
- 3 Ku-Ring-Gai
- 4 Winston Hills
- 5 Prestons Robins
- 6 Cherrybrook
- 7 Hills District

**Event 6 Mixed U 10 - 4x100 Metre Relay (12)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 58.04 1984 Blacktown

Lane	Centre	Relay	Seed Time
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**Heat 1 of 2 Heats**

- 1 Prospect
- 2 Doonside
- 3 Helensburgh
- 4 Albion Park
- 5 Eschol Park
- 6 Quakers Hill

**Heat 2 of 2 Heats**

- 1 Tallawong Park
- 2 Wyong
- 3 Bundeena-Maianba
- 4 Smithfield
- 5 Kurrajong Bilpin
- 6 Liverpool City

**Event 7 Girls U 8 - 4x100 Metre Relay (19)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 1:03.84 1982 Bankstown

Lane	Centre	Relay	Seed Time
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**Heat 1 of 3 Heats**

- 1 Ryde
- 2 Hills District
- 3 Prestons Robins
- 4 Northern Suburbs
- 5 Port Hacking
- 6 South Eastern

**Heat 2 of 3 Heats**

- 1 Manly Warringah
- 2 Eastern Suburbs
- 3 Mosman
- 4 Wollongong City
- 5 Randwick Botany
- 6 Illawong
- 7 Camden

**Heat 3 of 3 Heats**

- 1 Campbelltown
- 2 Sutherland
- 3 Revesby Workers
- 4 Ku-Ring-Gai
- 5 Inner West
- 6 Winston Hills

**Event 8 Boys U 8 - 4x100 Metre Relay (21)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 1:00.44 1984 Randwick Botany

Lane	Centre	Relay	Seed Time
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**Heat 1 of 3 Heats**

- 1 Eastern Suburbs
- 2 Hills District
- 3 Hornsby
- 4 Revesby Workers
- 5 Winston Hills
- 6 Inner West
- 7 Randwick Botany

**Heat 2 of 3 Heats**

- 1 Northern Suburbs
- 2 Ku-Ring-Gai
- 3 Cherrybrook
- 4 Blacktown
- 5 Port Hacking
- 6 Campbelltown
- 7 Camden

**Heat 3 of 3 Heats**

- 1 Wollongong City
- 2 Manly Warringah
- 3 Ryde
- 4 Kings Langley
- 5 Sutherland
- 6 Prestons Robins
- 7 Mosman

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**Event 9 Mixed U 8 - 4x100 Metre Relay (13)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 1:03.94 1982 Blacktown  
 State Relay: 1:03.94 1984 North Rocks/Carlingford

Lane	Centre	Relay	Seed Time
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**Heat 1 of 2 Heats**

- 1 Tallawong Park
- 2 Prospect
- 3 Liverpool City
- 4 Smithfield
- 5 Bundeena-Maianba
- 6 Kurrajong Bilpin
- 7 Springwood

**Heat 2 of 2 Heats**

- 1 Albion Park
- 2 Holroyd
- 3 Quakers Hill
- 4 Eschol Park
- 5 Doonside
- 6 Wyong

**Event 10 Girls U 9 - 4x100 Metre Relay (18)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 1:00.54 1979 Hills District

Lane	Centre	Relay	Seed Time
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**Heat 1 of 3 Heats**

- 1 Ku-Ring-Gai
- 2 Eastern Suburbs
- 3 Canterbury
- 4 Camden
- 5 Hills District
- 6 Mosman

**Heat 2 of 3 Heats**

- 1 Randwick Botany
- 2 South Eastern
- 3 Winston Hills
- 4 Ryde
- 5 Port Hacking
- 6 Inner West

**Heat 3 of 3 Heats**

- 1 Campbelltown
- 2 Prestons Robins
- 3 Sutherland
- 4 Wollongong City
- 5 Northern Suburbs
- 6 Manly Warringah

**Event 11 Boys U 9 - 4x100 Metre Relay (19)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 58.44 1990 Ku-Ring-Gai

Lane	Centre	Relay	Seed Time
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**Heat 1 of 3 Heats**

- 1 Eastern Suburbs
- 2 Randwick Botany
- 3 Kings Langley
- 4 Revesby Workers
- 5 Winston Hills
- 6 South Eastern

**Heat 2 of 3 Heats**

- 1 Manly Warringah
- 2 Blacktown
- 3 Mosman
- 4 Ku-Ring-Gai
- 5 Prestons Robins
- 6 Port Hacking
- 7 Bankstown Sports

**Heat 3 of 3 Heats**

- 1 Canterbury
- 2 Camden
- 3 Sutherland
- 4 Ryde
- 5 Campbelltown
- 6 Hills District

**Event 12 Mixed U 9 - 4x100 Metre Relay (15)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 1:00.04 1985 North Rocks/Carlingford

Lane	Centre	Relay	Seed Time
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**Heat 1 of 2 Heats**

- 1 Eschol Park
- 2 Doonside
- 3 Bundeena-Maianba
- 4 Smithfield
- 5 Kurrajong Bilpin
- 6 Prospect
- 7 Western Blues
- 8 Springwood

**Heat 2 of 2 Heats**

- 1 Quakers Hill
- 2 Bowral
- 3 Albion Park
- 4 Wyong
- 5 Tallawong Park
- 6 Liverpool City
- 7 Holroyd

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**Event 13 Mixed U 8-11 4x100 Metre Relay (10)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 1:01.26 2017 Liverpool City

Lane	Centre	Relay	Seed Time
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**Heat 1 of 2 Heats**

- 1 Bundeena-Maianba
- 2 Helensburgh
- 3 Bowral
- 4 Albion Park
- 5 Mt Druitt

**Heat 2 of 2 Heats**

- 1 Western Blues
- 2 Eschol Park
- 3 Liverpool City
- 4 Prospect
- 5 Tallawong Park

**Event 14 Girls U 8-11 Middle Distance Relay (23)**

State Relay: 10:53.17 2016 Sutherland

Lane	Centre	Relay	Seed Time
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**Section 1 of 2 Final**

- 1 Hills District
- 2 Wollongong City
- 3 Campbelltown
- 4 Canterbury
- 5 Sutherland
- 6 Wyong
- 7 Bowral
- 8 Winston Hills
- 9 Cherrybrook
- 10 Quakers Hill
- 11 Manly Warringah

**Section 2 of 2 Final**

- 1 Northern Suburbs
- 2 Illawong
- 3 Randwick Botany
- 4 Mosman
- 5 Ku-Ring-Gai
- 6 Camden
- 7 Eastern Suburbs
- 8 South Eastern
- 9 Kings Langley
- 10 Inner West
- 11 Revesby Workers
- 12 Ryde

**Event 15 Boys U 8-11 Middle Distance Relay (25)**

State Relay: 10:25.15 2017 Balmain

Lane	Centre	Relay	Seed Time
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**Section 1 of 2 Final**

- 1 Campbelltown
- 2 Illawong
- 3 Winston Hills
- 4 South Eastern
- 5 Sutherland
- 6 Ku-Ring-Gai
- 7 Ryde
- 8 Port Hacking
- 9 Tallawong Park
- 10 Bowral
- 11 Mosman
- 12 Inner West
- 13 Eastern Suburbs

**Section 2 of 2 Final**

- 1 Kings Langley
- 2 Camden
- 3 Quakers Hill
- 4 Hills District
- 5 Cherrybrook
- 6 Northern Suburbs
- 7 Randwick Botany
- 8 Revesby Workers
- 9 Manly Warringah
- 10 Balmain
- 11 Holroyd
- 12 Canterbury

**Event 22 Mixed U 8 - 4x200 Metre Relay (21)**

State Relay: 2:13.30 2013 Port Hacking

Lane	Centre	Relay	Seed Time
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**Section 1 of 3 Final**

- 1 Campbelltown
- 2 Randwick Botany
- 3 Albion Park
- 4 Eastern Suburbs
- 5 Wyong
- 6 Cherrybrook
- 7 Manly Warringah

**Section 2 of 3 Final**

- 1 Winston Hills
- 2 Port Hacking
- 3 Eschol Park
- 4 Ku-Ring-Gai
- 5 Ryde
- 6 Illawong
- 7 Northern Suburbs

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**Section 3 of 3 Final...(Event 22 Mixed U 8 - 4x200 Metre Relay (21))**

- 1 Wollongong City
- 2 Sutherland
- 3 Hills District
- 4 Inner West
- 5 Revesby Workers
- 6 Mosman
- 7 Holroyd

**Event 23 Mixed U 9 - 4x200 Metre Relay (23)**

State Relay:	2:07.11	2013	Manly Warringah
Lane	Centre	Relay	Seed Time

**Section 1 of 3 Final**

- 1 Albion Park
- 2 Ryde
- 3 Northern Suburbs
- 4 Western Blues
- 5 Wollongong City
- 6 Manly Warringah
- 7 South Eastern
- 8 Canterbury

**Section 2 of 3 Final**

- 1 Eschol Park
- 2 Revesby Workers
- 3 Cherrybrook
- 4 Ku-Ring-Gai
- 5 Kings Langley
- 6 Eastern Suburbs
- 7 Campbelltown
- 8 Winston Hills

**Section 3 of 3 Final**

- 1 Holroyd
- 2 Randwick Botany
- 3 Mosman
- 4 Wyong
- 5 Port Hacking
- 6 Hills District
- 7 Sutherland

**Event 24 Mixed U 10 - 4x400 Metre Relay (20)**

State Relay:	4:36.40	1983	Sutherland
Lane	Centre	Relay	Seed Time

**Section 1 of 3 Final**

- 1 Northern Suburbs
- 2 Ryde
- 3 Canterbury
- 4 Illawong
- 5 Mosman
- 6 Albion Park
- 7 Ku-Ring-Gai

**Section 2 of 3 Final**

- 1 Randwick Botany
- 2 Quakers Hill
- 3 Blacktown
- 4 Wyong
- 5 Winston Hills
- 6 Eastern Suburbs
- 7 Port Hacking

**Section 3 of 3 Final**

- 1 Hills District
- 2 Inner West
- 3 Cherrybrook
- 4 Balmain
- 5 Manly Warringah
- 6 Sutherland

**Event 25 Mixed U 11 - 4x400 Metre Relay (19)**

State Relay:	4:25.82	2016	Ku-Ring-Gai
Lane	Centre	Relay	Seed Time

**Section 1 of 3 Final**

- 1 Manly Warringah
- 2 Northern Suburbs
- 3 Eastern Suburbs
- 4 Mosman
- 5 Inner West
- 6 Hills District

**Section 2 of 3 Final**

- 1 Wyong
- 2 Ryde
- 3 Campbelltown
- 4 Everley Park
- 5 South Eastern
- 6 Albion Park
- 7 Ku-Ring-Gai

**Section 3 of 3 Final**

- 1 Quakers Hill
- 2 Sutherland
- 3 Revesby Workers
- 4 Cherrybrook
- 5 Rouse Hill
- 6 Port Hacking