

**LITTLE ATHLETICS NSW**  
**STATE RELAY CHAMPIONSHIP - 17/11/2018 to 18/11/2018**  
**Sydney Olympic Park Athletic Centre**  
**Meet Program - Day 2 Senior Track Events**

**Event 50 Boys U 12 - 4x100 Metre Relay (20)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 51.24 2002 Manly Warringah

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

- 1 Ryde
- 2 Campbelltown
- 3 Randwick Botany
- 4 Ku-Ring-Gai
- 5 Cherrybrook
- 6 Prestons Robins
- 7 Holroyd

**Heat 2 of 3 Heats**

- 1 Hills District
- 2 Canterbury
- 3 South Eastern
- 4 Wollongong City
- 5 St George
- 6 Sutherland

**Heat 3 of 3 Heats**

- 1 Port Hacking
- 2 Northern Suburbs
- 3 Camden
- 4 Mosman
- 5 Manly Warringah
- 6 Winston Hills
- 7 Eastern Suburbs

**Event 51 Boys U 13 - 4x100 Metre Relay (15)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 49.74 2001 Campbelltown

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

- 1 Campbelltown
- 2 Canterbury
- 3 Hills District
- 4 Bankstown Sports
- 5 Northern Suburbs
- 6 Ryde
- 7 Eastern Suburbs

**Heat 2 of 2 Heats**

- 1 Port Hacking
- 2 Winston Hills
- 3 Cherrybrook
- 4 Inner West
- 5 Camden
- 6 Mosman
- 7 Sutherland
- 8 Manly Warringah

**Event 52 Girls U 15 - 4x100 Metre Relay (9)**

State Relay: 48.62 2011 Northern Suburbs

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

- 1 Camden
- 2 Bankstown Sports
- 3 Manly Warringah
- 4 Wollongong City
- 5 Holroyd
- 6 Eastern Suburbs
- 7 Sutherland
- 8 Revesby Workers
- 9 Port Hacking

**Event 53 Girls U 14 - 4x100 Metre Relay (11)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 49.83 2010 Northern Suburbs

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

- 1 Prestons Robins
- 2 Campbelltown
- 3 Mosman
- 4 Wollongong City
- 5 Sutherland

**Heat 2 of 2 Heats**

- 1 Manly Warringah
- 2 Eastern Suburbs
- 3 Illawong
- 4 Camden
- 5 Eastlakes
- 6 Inner West

**Event 54 Girls U 17 - 4x100 Metre Relay (15)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 48.37 2017 Sutherland

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

- 1 Hills District
- 2 Northern Suburbs
- 3 Winston Hills
- 4 Ryde
- 5 Wollongong City
- 6 Campbelltown
- 7 Sutherland

**Heat 2 of 2 Heats**

- 1 Randwick Botany
- 2 Eastern Suburbs
- 3 Manly Warringah
- 4 Mosman
- 5 Prestons Robins
- 6 Balmain
- 7 Holroyd
- 8 Camden

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**Event 55 Boys U 14 - 4x100 Metre Relay (12)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 46.30 2016 Campbelltown

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

- 1 Randwick Botany
- 2 Hills District
- 3 Ryde
- 4 Campbelltown
- 5 Port Hacking
- 6 Camden

**Heat 2 of 2 Heats**

- 1 Winston Hills
- 2 Illawong
- 3 Manly Warringah
- 4 Northern Suburbs
- 5 Eastern Suburbs
- 6 Bankstown Sports

**Event 56 Mixed U 14 - 4x100 Metre Relay (7)**

State Relay: 50.04 2000 Northern Suburbs

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

- 1 Kurrajong Bilpin
- 2 Bundeena-Maianba
- 3 Holroyd
- 4 Liverpool City
- 5 Wyong
- 6 Prospect
- 7 Mt Druitt

**Event 57 Girls U 13 - 4x100 Metre Relay (19)****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

State Relay: 50.48 2016 Northern Suburbs

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

- 1 Emu Plains
- 2 Sutherland
- 3 Hills District
- 4 Cherrybrook
- 5 Winston Hills
- 6 Helensburgh
- 7 The Ponds

**Heat 2 of 3 Heats**

- 1 Port Hacking
- 2 Canterbury
- 3 Northern Suburbs
- 4 Camden
- 5 Terrigal/Wambera
- 6 Ryde

**Heat 3 of 3 Heats**

- 1 Ku-Ring-Gai
- 2 Prestons Robins
- 3 Mosman
- 4 Eastern Suburbs
- 5 Randwick Botany
- 6 Manly Warringah

**Event 58 Mixed U 13 - 4x100 Metre Relay (11)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 51.44 1984 Randwick Botany

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

- 1 Liverpool City
- 2 Quakers Hill
- 3 Smithfield
- 4 Bundeena-Maianba
- 5 Springwood
- 6 Bowral

**Heat 2 of 2 Heats**

- 1 Doonside
- 2 Kurrajong Bilpin
- 3 Albion Park
- 4 Western Blues
- 5 Wyong

**Event 59 Boys U 15 - 4x100 Metre Relay (10)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 44.82 2011 Manly Warringah

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

- 1 Ryde
- 2 Randwick Botany
- 3 Winston Hills
- 4 Bankstown Sports
- 5 Northern Suburbs

**Heat 2 of 2 Heats**

- 1 Hills District
- 2 Camden
- 3 Cherrybrook
- 4 Smithfield
- 5 Manly Warringah

**Event 60 Mixed U 15 - 4x100 Metre Relay (4)**

State Relay: 48.44 1996 Balmain

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

- 1 Kurrajong Bilpin
- 2 Albion Park
- 3 Doonside
- 4 Quakers Hill

**Event 61 Mixed U 12-15 4x100 Metre Relay (10)****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

State Relay: 51.35 2017 Prospect

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

- 1 Bundeena-Maianba
- 2 Bowral
- 3 Prospect
- 4 Tallawong Park
- 5 Mt Druitt

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**Heat 2 of 2 Heats...(Event 61 Mixed U 12-15 4x100 Metre Relay (10))**

- 1 Albion Park
- 2 Liverpool City
- 3 Eastlakes
- 4 Eschol Park
- 5 Helensburgh

**Event 62 Girls U 12 - 4x100 Metre Relay (17)****8 Advance: Top 1 Each Heat plus Next 5 Best Times****State Relay: 52.74 2017 Balmain**

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

- 1 Randwick Botany
- 2 South Eastern
- 3 Ryde
- 4 Hills District
- 5 Mosman
- 6 Ku-Ring-Gai

**Heat 2 of 3 Heats**

- 1 Cherrybrook
- 2 Canterbury
- 3 Port Hacking
- 4 Prestons Robins
- 5 Camden

**Heat 3 of 3 Heats**

- 1 Winston Hills
- 2 Eastern Suburbs
- 3 Manly Warringah
- 4 Bankstown Sports
- 5 Revesby Workers
- 6 Sutherland

**Event 63 Mixed U 12 - 4x100 Metre Relay (9)****State Relay: 52.54 1983 Ku-Ring-Gai**

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

- 1 Kurrajong Bilpin
- 2 Doonside
- 3 Smithfield
- 4 Springwood
- 5 Prospect
- 6 Liverpool City
- 7 Tallawong Park
- 8 Albion Park
- 9 Kings Langley

**Event 64 Boys U 17 - 4x100 Metre Relay (19)****8 Advance: Top 1 Each Heat plus Next 5 Best Times****State Relay: 43.23 2014 Northern Suburbs**

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

- 1 Rouse Hill
- 2 Camden
- 3 Mosman
- 4 Wollongong City
- 5 Ku-Ring-Gai
- 6 Sutherland

**Heat 2 of 3 Heats**

- 1 Ryde
- 2 Balmain
- 3 Manly Warringah
- 4 Port Hacking
- 5 Blacktown
- 6 Winston Hills
- 7 Hills District

**Heat 3 of 3 Heats**

- 1 Quakers Hill
- 2 Bankstown Sports
- 3 Campbelltown
- 4 Eastern Suburbs
- 5 Minchinbury
- 6 Cherrybrook

**Event 65 Mixed U 17 - 4x100 Metre Relay (7)****State Relay: 46.03 2009 Cherrybrook**

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

- 1 Kurrajong Bilpin
- 2 Helensburgh
- 3 Albion Park
- 4 Doonside
- 5 Liverpool City
- 6 Smithfield
- 7 Western Blues

**Event 66 Girls U 12-15 Middle Distance Relay (17)****State Relay: 9:29.50 2016 Macquarie Hunter**

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

- 1 Illawong
- 2 Hills District
- 3 Port Hacking
- 4 Campbelltown
- 5 Canterbury
- 6 Balmain
- 7 Sutherland
- 8 Winston Hills

**Section 2 of 2 Final**

- 1 Northern Suburbs
- 2 Terrigal/Wambera
- 3 Ryde
- 4 Eastern Suburbs
- 5 Manly Warringah
- 6 Wollongong City
- 7 Mosman
- 8 Bundeena-Maianba
- 9 Cherrybrook

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**Event 67 Boys U 12-15 Middle Distance Relay (22)**

State Relay: 9:10.58 2017 Balmain			
Lane	Centre	Relay	Seed Time
<b>Section 1 of 2 Final</b>			
1	Port Hacking		
2	Sutherland		
3	Helensburgh		
4	Doonside		
5	Inner West		
6	Cherrybrook		
7	Hills District		
8	Prospect		
9	Manly Warringah		
10	Wyong		
11	Illawong		
<b>Section 2 of 2 Final</b>			
1	Mosman		
2	Northern Suburbs		
3	Eschol Park		
4	Winston Hills		
5	Liverpool City		
6	Camden		
7	Holroyd		
8	Ryde		
9	Balmain		
10	St George		
11	Campbelltown		

**Event 68 Mixed U 12 - 4x400 Metre Relay (19)**

State Relay: 4:10.90 1987 St George			
Lane	Centre	Relay	Seed Time
<b>Section 1 of 3 Final</b>			
1	Cherrybrook		
2	Canterbury		
3	Manly Warringah		
4	Ku-Ring-Gai		
5	Illawong		
6	Winston Hills		
7	Kings Langley		
<b>Section 2 of 3 Final</b>			
1	Bankstown Sports		
2	Springwood		
3	Randwick Botany		
4	Albion Park		
5	Port Hacking		
6	Ryde		
<b>Section 3 of 3 Final</b>			
1	Mosman		
2	Campbelltown		
3	South Eastern		
4	Sutherland		
5	Hills District		
6	Balmain		

**Event 69 Mixed U 13 - 4x400 Metre Relay (16)**

State Relay: 4:04.56 2013 Manly Warringah			
Lane	Centre	Relay	Seed Time
<b>Section 1 of 2 Final</b>			
1	Wyong		
2	Bankstown Sports		
3	Port Hacking		
4	Hills District		
5	Cherrybrook		
6	Manly Warringah		
7	Balmain		
8	Springwood		
<b>Section 2 of 2 Final</b>			
1	Mosman		
2	Canterbury		
3	Sutherland		
4	Campbelltown		
5	Liverpool City		
6	Everley Park		
7	Albion Park		
8	Ryde		

**Event 70 Mixed U 14 - 4x400 Metre Relay (10)**

State Relay: 3:53.38 2016 Manly Warringah			
Lane	Centre	Relay	Seed Time
<b>Section 1 of 2 Final</b>			
1	Manly Warringah		
2	Quakers Hill		
3	Ryde		
4	Eastern Suburbs		
5	Hills District		
<b>Section 2 of 2 Final</b>			
1	Illawong		
2	Wyong		
3	Mosman		
4	Campbelltown		
5	Liverpool City		

**Event 71 Mixed U 15 - 4x400 Metre Relay (8)**

State Relay: 3:43.57 2014 Manly Warringah			
Lane	Centre	Relay	Seed Time
<b>Section 1 of 1 Final</b>			
1	Sutherland		
2	Campbelltown		
3	Albion Park		
4	Manly Warringah		
5	South Eastern		
6	Ryde		
7	Port Hacking		
8	Camden		

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**Event 72 Mixed U 17 - 4x400 Metre Relay (16)**

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State Relay: 3:42.08 2017 Macquarie Hunter

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

- 1 Mosman
- 2 Winston Hills
- 3 Wollongong City
- 4 Liverpool City
- 5 Camden
- 6 Randwick Botany
- 7 Ryde
- 8 Cherrybrook

**Section 2 of 2 Final**

- 1 Port Hacking
- 2 Manly Warringah
- 3 Albion Park
- 4 Ku-Ring-Gai
- 5 Sutherland
- 6 Hills District
- 7 Eastern Suburbs
- 8 Campbelltown