

U8 to U12 ESLAC State Relay teams @ 28 October 2024. Event date Sunday 10 November at Sydney Olympic Park (SOPAC)

Please arrive at SOPAC 75 minutes before call time

will have a bay in the stand on Sunday morning and update via Instagram location in the stand.

At the event ESLAC will provide coaches for warm up and warm up is on the Warm up track

One parent from each relay needs to volunteer as Manager for the team to coordinate the team ensure attend on the day and attend Training (sprint relays)

For 4 by 100m Relay Training as long as team is organised by the manager and the team can attend is **Weds 30 October 6.45-7.15 ages 10-12**

Mon 4 Nov ages 8-12. Relay training to be date coordinated by the team Manager (parent from the team). No relay training for 800m teams

Please advise urgently if the athlete named is not attending. Notification to drewarichardson@gmail.com

Where a TBA is listed a final decision will be made as sole discretion of selectors. This may include performance this Friday and/or a run off this Friday

Please note U8-12 athletes selected for running events cannot do Throws or Jumps relays under event rules

ESLAC as a large club is not eligible for 4*100m mixed events

Results from ESLAC 2024 competitions have been used in selections and where applicable NSW PSSA State results from 23&24/10

and State All Schools results in Sept for ages 13-17

In the 4 by 800m with the new event rules this year we have to nominate either an U12 or and U11 we cannot nominate athletes from both age groups.

8 Girls	Manager	Andrew Salter		U8	Manager	Andrew Salter	TBC	Junior Girls 4 by 800m Mgr
4 *100m	Sibella	Salter	8 F	4*200m	Maximillian	Dove	8 F	Kenzie Maybury U8 - 700m F
	Stella	McNeil	8 F	Mixed	Alexander	MacGillivray	8 F	9 F
	Romy	Allen	8 F		Nylah	Jensen	8 M	10 F
	Nylah	Jensen	8 F		Sylvie	Heckes	8 M	12 F
8 Boys	Manager	Lachlan MacGillivray		U8	Manager		TBC	Junior Boys 4*800m Manager
4 *100m	Maximilian	Dove	8 M	4*200m	Maximillian	Dove	8 F	Alexander MacGillivray U8 - 700m M
	Alexander	MacGillivray	8 M	Mixed	Alexander	MacGillivray	8 F	9 M
	Leon	Antoun	8 M				8 M	10 M
	Max	Barakat Light	8 M				8 M	11 M

9 Girls	Manager	TBC		U9	Manager		TBC	Junior Girls 4 by 800m Mgr Grant Haydon
4 *100m	Lola	Estrada Ryan	9 F	4*200m	Lola	Estrada Ryan	9 F	Kenzie Maybury 8 - 700m F
	Ruby	Rutherford	9 F	Mixed	Allegra	Smiles-McCabe	9 F	Alina Stephenson 9 F
	Edith	Herceg	9 F		Riley	King	9 M	Francesca Rugendyke 10 F
	Marley	Toa	9 F		Roque	R Rendic	9 M	Jenna Haydon 12 F
9 Boys	Manager	TBC		U9	Manager		TBC	Junior Boys 4*800m Manager Jen Webster
4 *100m	Archer	Matson	9 M	4*200m	Lola	Estrada Ryan	9 F	Alexander MacGillivray 8 - 700m M
	Riley	King	9 M	Mixed	Allegra	Smiles-McCabe	9 F	Roque R Rendic 9 M
	Clark	Messiter	9 M		Riley	King	9 M	TBA 10 M
	Albert	Heath	9 M		Roque	R Rendic	9 M	Elliot Webster 12 M
10 Girls	Manager	Adam Somerville		U10	Manager	Adam Somerville		Junior Girls 4 by 800m
4 *100m	Sage	Somerville	10 F	4*400m	Francesca	Rugendyke	10 F	
	Charly	Pevey-Buinen	10 F	Mixed	Ivy	Zagora	10 F	Francesca Rugendyke 10 F
	Sophie	Corbett	10 F		Ted	Bailey	10 M	
	Francesca	Rugendyke	10 F		Aryan	Singh	10 M	
10 Boys	Manager	Kristy Sutherland Taylor		U10	Manager	Adam Somerville		Junior Boys 4*800m Manager
4 *100m	Spencer	Sutherland Taylor	10 M	4*400m	Francesca	Rugendyke	10 F	
	Louis	Lee	10 M	Mixed	Ivy	Zagora	10 F	TBA 10 M
	Will	Oranje	10 M		Ted	Bailey	10 M	
	Sully	Oranje	10 M		Aryan	Singh	10 M	

11 Girls	Manager	TBC			U11	Manager			Junior Girls 4 by 800m				
4 *100m	Stasia	Serafin	11	F	4*400m	Callie	Simpson	11	F			F	
	Sage	Jackson	11	F	Mixed	Asher	Simpson	11	F	One of U11 or U12 not both this year			
	Harlow	Pate	11	F		Max	Kennedy	11	M	LA Rules			
	Asher	Simpson	11	F		Brennon	Fahey	11	M	U12 selected			
11 Boys	Manager	Daisey Mallett			U11	Manager			Junior Boys 4*800m Manager				
4 *100m	Albert	Mallett	11	M	4*400m	Callie	Simpson	11	F				
	Max	Kennedy	11	M	Mixed	Asher	Simpson	11	F	One of U11 or U12 not both this year			
	Callum	Rollo	11	M		Max	Kennedy	11	M	LA Rules			
TBA	Fredrick	Hughes				Brennon	Fahey	11	M	U12 selected			
TBA	Jake	McCann	11	M									
12 Girls	Manager	Skye Rollo			U12	Manager	Grant Haydon			Junior Girls 4 by 800m Mgr			
4 *100m	Billie	Rollo	12	F	4*400m	Lana	Bozic	12	F	Jenna	Haydon	12	F
	Grace	Girvan	12	F	Mixed	Jenna	Haydon	12	F				
	Lana	Bozic	12	F		Lachlan	Chappel	12	M				
	Abigail	Wong	12	F		Ethan	Costa	12	M				
12 Boys	Manager	Mark Southwell-Keely			U12	Manager	Grant Haydon			Junior Boys 4*800m Manager			
4 *100m	Lachlan	Chappel	12	M	4*400m	Lana	Bozic	12	F				
	Ethan	Costa	12	M	Mixed	Jenna	Haydon	12	F	Elliot	Webster	12	M
	Patrick	Spencer	12	M		Lachlan	Chappel	12	M				
	Remy	Griffiths	12	M		Ethan	Costa	12	M				
10 Boys	Manager	Cassandra Smith			12 Girls Jumps	Manager TBC							
Throws	Xander	Smith	9	M	Discus 500g	Lilly	Odillo Maher	12	F	High Jump			
	Conrad	Young	9	M	Discus 500g	Lani	Alexander	12	F	Long Jump			
	Aidan	Pyne	9	M	Shot 2kg	TBA		12	F	Triple Jump			
12 Boys Throws	Gary Peters												
TBA	Finn	Robinson	M		Discus								
	Finlay	Peters	M		Javelin								
TBA	James	Plaskett	M		Shot Put								