

U13 to U17 ESLAC State Relay teams @11 Nov Saturday and Sunday 15 and 16 November at Blacktown International Sports Park

Please arrive at Blacktown 75 minutes before call time. ESLAC will have a tent opposite Southern High jump area, Bring a chair

At the event ESLAC will provide coaches for warm up . Warm up is on the soccer field no spikes allowed

One parent from each relay needs to volunteer as Manager for the team to coordinate the team and training and attend on the day.

For 4 by 100m Relay teams Training are are Mon 10 Nov 1800-1900 and Wed 12 Nov between 1800-1930. Please ensure the team attends

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

Results from ESLAC 2025 competitions have been used in selections and where applicable NSW PSSA State results from October 25 and Sept

25 All Schools . The decision of the Competition Mangement team is final

Mal our club coach will be there both days to assist with sprint relay practice

13s Girls #1	Manager	Skye Rollo			13s Girls	Manager	Josh Chappell			13 Girls 4 by 800m	1525 Sat
4 *100m	Billie	Rollo	3	13 F	4*400m	Isabelle	Young	13 F			
0955 Sun	Lana	Bozic	2	13 F	Mixed	Lana	Bozic	13 F		Carina	Ng
	Isabelle	Young	1	12 F	1459 Sun	Lachlan	Chappel	13 M		Asher	Simpson
	Abigail	Wong	4	13 F		Henry	Ellis	13 M		Callie	Simpson
										Azzuri	Felix
13s Girls #2	no second team									Reserve	
4 *100m											
0955 Sun											
13s Boys	Manager	Josh Chappell				Manager	Josh Chappell			Junior Boys 4*800m Manager	
4 *100m	Lachlan	Chappell	4	13 M	4 by 100 mixed #1	Lana	Bozic	2 F			
1125 Sun	Ethan	Costa	3	13 M	1715 Sat	Abigail	Wong	1 F			
	Mick	Scarcella	1	12 M		Lachlan	Chappell	4 M	No team	nominated	
	Remy	Griffiths	2	13 M		Ethan	Costa	3 M			
13s Boys #2	no second team					Manager					
1125 Sun					4 by 100 mixed #2	Team withdrawn					
					1715 Sat	Isabelle	Young				
						Billie	Rollo				
						Remy	Griffiths				
13s Girls	Manager					Manager	Josh Chappell			13 Girls 4 by 1500n Fri 2000	
4 by 200m	Lana	Bozic	2		4 by 100 mixed #1	Lana	Bozic	2	TBC	Jenna	Haydon
Girls	Billie	Rollo	3		1715 Sat	Abigail	Wong	1		Asher	Simpson
1350 Sat	Lara	Blacker	4			Lachlan	Chappell	4		Callie	Simpson
	Claudia	Fern-Lee	1			Ethan	Costa	3		Carina	Ng
reserve	Issabelle	Young								Reserve	Azzuri
										Felix	
13 Boys	Manager	Josh Chappell				Manager					
4 *200m	Lachlan	Chappell	4		4 by 100 mixed #2	Billie	Rollo	3			
Boys	Ethan	Costa	3		1715 Sat	Isabelle	Young	1			
1414 Sat	Ricky	Spiropoulos	1			Team withdrawn		4			
	Remy	Griffiths	2			Remy	Griffiths	2			
14s	Manager	Emma Laurence			4 by 400M Mixed	Manager	Drew Richardson				
4 *100m	Marnie	Laurence	2		14s	Jack	Spencer	2			
Girls	Lana	Bozic	3		1222 Sat	Tom	Richardson	3			
900 sat	Elizabeth	Coulston	4			Marnie	Laurence	1			
	Sophie	Gallagher	1			Portia	Salter	4			
14s #2	no second team										
4 *100m											
Girls											
14s	Manager	Josh Chappell			4 by 100M Mixed	Emma Laurence				Fri night	
4 *100m #1	Lachlan	Chappell	4		1149 Sun	Marnie	Laurence	4		Manager	
Boys	Albert	Job	1			Elizabeth	Coulston	1			
918 sat	Jack	Spencer	2			Jack	Spencer	2			
	Ariki	Wihongi	3			Albert	Job	3			
4 *100m #2	Manager	Drew Richardson			4 by 100M Mixed #2	Lousie Woodland					
Boys	Sam	Woodland	4		1149 Sun	Ariki	Wihongi				
918 sat	Tom	Richardson	2			Sam	Woodland				
	Charles	Carrano	3			Sophie	Gallagher				
	Cliff	Nickson	1			Kristina	Bray				
reserve					Reserve	Araminta	Dusseldorp				

15s	Manager	Drew Richardson			4 by 100M Mixed	Manager		TBC		
4 *100m	Aria	Jensen			Sun 12.01	Aria	Jensen	4 by 1500M		Fri 2000
Girls	Gia	Goldberg				Kiara	Georgeopoulos			
Sat 0935	Kiara	Georgeopoulos				TBC		4 by 800M		Sun 0920
	Araminta	Dusseldorp				Maceo	Wagner-Jordan			
						team cancelled				Possible team names TBC
Boys 4 by 100	TBC				4 by 400M Mixed	Manager				
4 *100m	Team withdrawn				Sat 1237	Team withdrawn				
Sat 0953	Noah	Papoulias				Aria	Jensen			
	Myles	Gregory				Maceo	Wagner-Jordan			
Girls 4 by 200m	Emma	Laurence								
Sun 407	Aria	Jensen								
	Kiara	Georgeopoulos								
	Gia	Goldberg								
	Marnie	Laurence								
Boys 4 by 200m #1	Sun 325				Boys 4 by 200m #2					
	Myles	Gregory			Sun 325	Maceo	Wagner-Jordan			
	Noah	Papoulias				Ariki	Wihongi			
	Team withdrawn					Albert	Job			
						Sebastian	Drower			
16 (U17)	Manager				4 by 400M boys	Manager	Damon Bissell			
Girls					Sunday 208	Harry	Keates	2		
Girls 4 by 100 no	No team entered at this stage					Alexander	Bissell	3		
						Rory	Muldowney	4		
						Milo	Gibney	1		
					4 by 100m Mixed	Manager	Drew Richardson			
					Sat 533	Marnie	Laurence	3		
						Kiara	Georgeopoulos	1		
						Rory	Muldowney	2		
						Rory	Chan	4		
					4 by 100m Mixed #1	Manager	Damon Bissell			
					Sat 533	Team withdrawn		2		
						Alex	Bissell	4		
						Milo	Gibney	1		
						Estelle	Soden Smith	2		
16 (U17)	Manager	Drew Richardsn			4 by 100m #2	Manager	Damon Bissell			
Boys	Rory	Chan	2		Boys	Alex	Bissell			
4 by 100m	Harry	Keates	3		4 by 100m	team cancelled'				
Sun 1018	Lachie	Chappell	4		Sun 1018	Milo	Gibney			
	Albert	Job	1							

U13 G jumps		Sky Rollo		Sun 1000	
	Lily	Odillo Maher	F	High Jump	
	Claudia	Fern Lee	F	Long Jump	
	Billie	Rollo	F	Triple Jump	
U13 G throws		Christina Rollo		Sun 1000	
	Indiana	Pargeter	F	Discus	
	Lara	Blacker	F	Shot put	
	Isabelle	Young	F	Javelin	
U13 B jumps		Gary Peters		Sun 0900	
	Henry	Ellis	F	High Jump	
	Remy	Griffiths	F	Long Jump	
	Finn	Peters	F	Triple Jump	
U13B Throws		Gary Peters		Sat 145	
	Austin	Thorn	F	Discus	
	Lachie	Chappell	F	Shot put	
	Finn	Peters	F	Javelin	
U14G Jumps		Manager Emma Laurence		Sun 1500	
	Lily	Odillo Maher	F	High Jump	
	Kristina	Bray	F	Long Jump	
	Marnie	Laurence	F	Triple Jump	
14 Boys Jumps		Manager Louise Woodland		Sun 1140	
	Sam	Woodland		Triple Jump	
	Jack	Spencer		Long Jump	
	Felix	Loeffel		High Jump	
14 Boys throws		Manager Drew Richardson		Sat 1640	
	Jack	Spencer		Discus	
	Tom	Richardson		Shot put	
	Charles	Carrano		Javelin	
16/17 Girls Throws		Manager Sophia Zagora		Friday 1800	
	Savanna	Kirkwood		Javelin	
	Kiara	Georgeopoulos		Shot put	
	Lucia	Zagora		Discus	