U13 to U1920 ESLAC State Relay teams @4 November Saturday and Sunday 14 and 15 November at SOPAC

At the event ESLAC will provide coaches for warm up . 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 and training

For 4 by 100m Relay teams Training are are Mon 9 Nov 1800-1930 and Wed 11 Nov between 1800-1930.

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

Results from ESLAC 2026 competitions have been used in selections and where applicable NSW PSSA

PSSA State results from October 2026 Sept 26 All School. The decision of the Competition Mangement is final

Athletes that compete for other clubs (not ESLAC) at State Relays will not be elgible for ESLAC State relay record vouchers or or National (PSSA, ALAC, National Juniors) ESLAC vouchers

13s Girls #1	**Manager**	**Manu Pate**			**13s Girls**	**Manager**		
4 *100m	Harlow	Pate	2	F	**4*400m**	no team planned		
0942 Sun	Stasia	Seraffin	4	F	**Mixed**			
	April	Aboud	1	F	1459 Sun			
	Nicole	Shih	3	F				
13s Girls #2	**Manager**	**TBC**						
4 *100m	Freya	McNeilage	2					
0942 Sun	Indie	Stewart	4					
	Etta	Stern	3					
	Isabella	Jabboury	1					
13s Girls #3	**Manager**	**TBC**						
4 *100m	Sage	Jackson						
0942 Sun	Sommerset	Dovey						
TBC	April	Stern						
	TBC							
13s Boys	**Manager**	**Kristy Sutherland Taylor**				**Manager**	**Manu Pate**	
4 *100m	Ricky	Spiropoulos	4	M	**4 by 100 mixed #1**	Harlow	Pate	2
1112 Sun	Loius	Lee	2	M	1739 Sat	Stasia	Seraffin	3
	Spencer	Suthlerand Taylor	3	M		Ricky	Spiropoulos	4
	Leo	Dahnken	1	M		Loius	Lee	1
13s Boys #2	Jaden	Hemaraj			**4 by 100 mixed #2**	Spencer	Suthlerand Taylo	2
1112 Sun	tbc				1739 Sat	Leo	Dahnken	1
TBC	Fred	Hughes				April	Aboud	3
	tbc					Nicole	Shih	4
					4 by 100 mixed #3			
13s Girls	**Manager**	**Manu Pate**				**Manager**		
4 by 200m	Harlow	Pate	2					
Girls	Stasia	Seraffin	4					
1350 Sat	April	Aboud	1					
	Nicole	Shih	3					
13s Girls #2	Emmeline	Henricci	2					
1350 Sat	Indie	Stewart	4					
	Etta	Stern	3					
	Freya	McNeilage	1					
13s Girls #3	Sage	Jackson						
1350 Sat	Sommerset	Dovey						
TBC	April	Stern						
	TBC							
13 Boys	**Manager**	**Kristy Sutherland Taylor**				**Manager**		
4 *200m	Ricky	Spiropoulos	4					
Boys	Loius	Lee	2					
1421 Sat	Spencer	Suthlerand Taylor	3					
	Leo	Dahnken	1					
Reserve	Bertie	Mallett						

14s Girls #1	Manager	Adele Loo		
14s				
4 *100m	Harlow	Pate	4	
Girls	Lana	Bozic	3	
900 sat	Isabelle	Young	1	
	Abigail	Wong	2	
14s #2				
4 *100m			2	
900 sat			3	
			4	
14s	Manager	Josh Chappell		
4 *100m #1	Lachlan	Chappell	2	
Boys	Remy	Griffiths	3	
918 sat	Ricky	Spiropoulos	4	
	Mick	Scarcella	1	
4 *100m #2	Manager	Drew Richardson		
Boys	TBC		4	
918 sat			2	
			3	
			1	
15s	Manager	Josh Chappell		
4 *100m #1	Albert	Job	3	
Boys	Jack	Spencer	2	
0948 Sat	Lachie	Chappell	4	
Remy/Tom (Seb not avail	TBC			
Reserve				
4 *100m #2	Manager			
Boys	no team			
reserve				
Boys 4 by 200m #1	Sun 325	Josh Chappell		
1523 sun	Lachie	Chappell	4	
	Albert	Job	3	
	Jack	Spencer	2	
	Seb	Drower	1	
reserve	Remy	Griffiths		
15s	Manager	Emma Laurence		
4 *100m	Marnie	Laurence		
Girls	Stasia	Serafin		
936 sat	Nicole	Shih		
	April	Aboud		
15s #2	Elizabeth	Coulston		
4 *100m	Araminta	Dusseldorp		
Girls	Eloise	Oranje		
936 sat	Emmeline	Henricci		
TBC				
15 Girls 4 by 200m		Emma Laurence		
Sun 407	Lana	Bozic	3	
	Harlow	Pate	4	
	Abigail	Wong	1	
	Marnie	Laurence	2	
15 Boys 4 by 200m #1		Josh Chappel		
1523 sun	Lachie	Chappell	4	
	Albert	Job	3	

14s	Manager		
4 by 400M Mixed	Manager		
	Harlow	Pate	2
1228 Sat	Lana	Bozic	3
	Lachlan	Chappell	4
	Remy	Griffiths	1
4 by 400M Mixed			
	Jenna	Haydon	2
1228 Sat	Isabelle	Young	3
TBC	Henry	Ellis	1
reserve Austin	Elliot	Webster	4
4 by 100M Mixed	Josh Chappell		
1136 Sun	Lachlan	Chappell	2
	Abigail	Wong	1
	Lana	Bozic	3
	Ricky	Spiropoulos	4
4 by 100M Mixed #2	Emily Copeland		
1136 Sun	Remy	Griffiths	2
	Mick	Scarcella	4
	Indie	Stewart	3
	April	Aboud	1
4 by 100M Mixed	Emma Laurence		
1149 Sun	Albert	Job	4
	Jack	Spencer	1
	Marnie	Laurence	2
	Stasia	Serafin	3
4 by 100M Mixed #2	Drew Richardson		
1149 Sun	Seb	Drower	4
	Tom	Richardson	2
	Elizabeth	Coulston	3
	Eloise	Oranje	1
Reserve			
15 Girls 800			
Sun 0850	Jenna	Haydon	
	Portia	Salter	
	Asher	Simpson	
	Avia	Luketic	
4 by 400M Mixed	Manager		
15s	Jack	Spencer	2
1222 Sat	Tom	Richardson	3
	Marnie	Laurence	1
	Portia	Salter	4
reserve	Albert	Job	

	Jack	Spencer	2					
	Seb	Drower	1					
16s	**Manager**	**TBC**			**4 by 100M Mixed**	**Manager**		
Girls 4 *100m	Kiara	Georgeopoulos	4		Sun 12.01	Kiara		2
	Aria	Jensen	3			Aria		3
Sun 1030	Stasia	Serafin	1			TBC		1
	Harlow	Pate	2			TBC		4
					4 by 1500M			
Girls 4 *200m	Kiara	Georgeopoulos						
Sat 1356	Aria	Jensen						
	Lana	Bozic						
	Abigal	Wong						
Boys 4 by 100		**TBC**			**4 by 400M Mixed**	**Manager**		
4 *100m					4 by 800M			
Sun 1006								
					reserve			
U20		**Emma Laurence**						
Girls 4 by 100								
Sat 1006	Sienna	Flick	1					
	Marnie	Laurence	4					
	Harlow	Pate	2					
	Kiara	Georgeopoulos	3					
U20		**Emma Laurence**						
Girls 4 by 200								
Sun 432	Sienna	Flick	1					
TBC		TBC	4					
	Aria	Jensen	2					
	Kiara	Georgeopoulos	3					
Girls 1500 m	no team planned							
Fri 1900								
16/17								
Girls 1500 m race walk	Sienna	Maybury						
race walk	Issabel	Young						
Fri 1800	Avia	Luketic						
	Felicity	Rudd						
U13 G jumps					**Sun 1025**			
TBC					Long			
U13 G jumps					**Sun 1025**			
	TBC							
U13 G throws		**TBC**			**Sat 1130**			
TBC	TBC		F		Discus			
	Marni	Scarcella	F		Shot			
	Jasmin	Courtman	F		Javelin			
U13 B throws		**TBC**			**Sat 1130**			

	Conrad	Young			Discus			
TBC	Freddie	Hughes			Javelin			
	TBC				Shot			
U13 B jumps		**TBC**			**Sun 830**			
	Leo	Dahnken			Long			
TBC	Aryan	Singh			High			
	TBC				Triple			
U14 G jumps		**Fiona Odilo Maher**			**Sun 1345**			
	Lily	Odillo Maher	F		High			
	Lani	Alexander	F		Long			
	Isabelle	Young	F		Triple			
U14 G throws		**Christina Rollo**			**Sat 1530**			
	Indiana	Pargeter	F		Discus			
	Marni	Scarcella	F		Shot			
	Annabelle	Ferguson	F		Javelin			
U14 B jumps		**Gary Peters**			**Sun 0900**			
TBC (reserve Austin)	Henry	Ellis	F		High			
TBC (reserve Austin)	Remy	Griffiths	F		Long			
	Finn	Peters	F		Triple			
U14B Throws		**Anddrew Thorn**			**Sat 1345**			
	Austin	Thorn	F		Shot			
	Lachie	Chappell	F		Discus			
	Remy	Griffiths	F		Javelin			
U15G Throws					**Sat 0900**			
	Indiana	Pargeter			Discus			
15 B Throws	Lucia	Zagora			Shot Put			
	Kirra	Allen			Javelin			
U15G Jumps	**Manager**				**Sun 1500**			
	Lily	Odillo Maher	F		High Jump			
	TBC		F		Triple			
	TBC		F		Long Jump			
U15B Jumps	**Manager**				**Sun 1500**			
	Felix	Loeffel			High Jump			
TBC (reserve Austin)	TBC				Triple			
	TBC				Long Jump			
15 Boys throws	**Manager Andrew Thorn**				**Sat 1640**			
(reserve Lachie)	Jack	Spencer			Shot			
	Austin	Thorn			Discus			
	Tom	Richardson			Javelin			
16/17 Girls Throws		**Manager Sophia Zagora**			**Friday 1800**			
	Kira	Allen			Javelin			
	Savanna	Kirkwood			Shot			
	Lucia	Zagora			Discus			