

Little Athletics NSW

2011 State Relay Championships

RESULTS

IAAF DISQUALIFICATION RULES

*Athlete responsible for 2 false starts*IAAF 162.7

Ran outside the allocated lane during race, distinct from impeding athletes or

*Running out of lane in change zone (170.15)*IAAF 163.3

*Drop baton and not collected by same athlete*IAAF 170.13

*Changed baton outside of take-over zone*IAAF 170.14

*Athlete willfully impedes other athlete by running out of position or lane*IAAF 170.15

JUNIOR TRACK

Girls U 8 - 100 Metre x 4

Record Elect: E 1:06.42 27/11/2010 Eastern Suburbs, ---

Heat 1

1 Camden, 61	---	1:08.98Q
2 Randwick Botany, 1	---	1:10.33q
3 Sutherland, 11	---	1:12.77q
4 Port Hacking, 110	---	1:14.86
5 Manly Warringah, 3	---	1:15.00
6 Winston Hills, 76	---	1:15.52
-- Campbelltown Coll, 36	---	DQ 170.14

Heat 2

1 Rouse Hill Rams, 248	---	1:12.63Q
2 Balmain, 17	---	1:13.27q
3 Cherrybrook, 219	---	1:14.39q
4 Quakers Hill, 199	---	1:16.70
-- Ku-Ring-Gai, 84	---	DQ 170.14
-- Hornsby, 4	---	DQ 170.14
-- Northern Suburbs, 54	---	DQ 170.14

Heat 3

1 Hills District, 15	---	1:10.76Q
2 Kings Langley, 53	---	1:13.60q
3 Albion Park, 71	---	1:13.62q
4 Tuggerah Lk Mingara, 165	---	1:16.55
5 Mosman, 19	---	1:19.42
-- Eastern Suburbs, 2	---	DQ 170.14

Final

1 Camden, 61	---	1:07.03
2 Hills District, 15	---	1:07.11
3 Randwick Botany, 1	---	1:08.85
4 Rouse Hill Rams, 248	---	1:10.86
5 Balmain, 17	---	1:11.25
6 Albion Park, 71	---	1:11.53
7 Cherrybrook, 219	---	1:12.00
8 Kings Langley, 53	---	1:13.28
9 Sutherland, 11	---	1:15.87

Girls U 9 - 100 Metre x 4

Record Elect: E 1:01.72 26/11/2011 Eastern Suburbs, ---

Heat 1

1 Sutherland, 11	---	1:03.72Q
2 Western Suburbs, 20	---	1:06.62q
3 Hornsby, 4	---	1:07.43q
4 Mosman, 19	---	1:09.10
5 Kings Langley, 53	---	1:09.57
6 Tallawong Park, 139	---	1:10.53
7 Bathurst, 59	---	1:12.76

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Heat 2

1 Northern Suburbs, 54	---	1:06.92Q	
2 Nrocks/Carlingford, 158	---	1:09.44	
3 Blacktown, 8	---	1:11.87	
4 Quakers Hill, 199	---	1:13.84	
-- Hills District, 15	---	DQ	163.3

Heat 3

1 Camden, 61	---	1:05.14Q	
2 Albion Park, 71	---	1:08.48	
3 Tuggerah Lk Mingara, 165	---	1:09.33	
4 Campbelltown Coll, 36	---	1:09.60	
5 Cherrybrook, 219	---	1:11.47	
6 Ku-Ring-Gai, 84	---	1:11.81	

Heat 4

1 Eastern Suburbs, 2	---	1:02.92Q	
2 Winston Hills, 76	---	1:06.24q	
3 Manly Warringah, 3	---	1:06.95q	
4 Randwick Botany, 1	---	1:07.60q	
5 Balmain, 17	---	1:08.96	
6 Ryde, 38	---	1:09.63	
7 St George, 9	---	1:19.36	

Final

1 Eastern Suburbs, 2	---	1:01.72	RECORD
2 Sutherland, 11	---	1:02.86	
3 Camden, 61	---	1:05.36	
4 Manly Warringah, 3	---	1:05.36	
5 Western Suburbs, 20	---	1:05.62	
6 Northern Suburbs, 54	---	1:05.82	
7 Winston Hills, 76	---	1:06.43	
8 Hornsby, 4	---	1:06.61	
9 Randwick Botany, 1	---	1:06.71	

Girls U 10 - 100 Metre x 4

Record Elect: E 58.86 28/11/2009 Manly Warringah, ---

Heat 1

1 Port Hacking, 110	---	1:00.80Q	
2 Cherrybrook, 219	---	1:02.04q	
3 Campbelltown Coll, 36	---	1:04.28	
4 Camden, 61	---	1:05.03	
5 Randwick Botany, 1	---	1:05.67	
6 Quakers Hill, 199	---	1:06.09	
7 Bathurst, 59	---	1:07.42	
-- Balmain, 17	---	DQ	170.14

Heat 2

1 St George, 9	---	1:01.64Q	
2 Kings Langley, 53	---	1:02.81q	
3 Sutherland, 11	---	1:03.57q	
4 Winston Hills, 76	---	1:05.92	
5 Nrocks/Carlingford, 158	---	1:07.29	
6 Blacktown, 8	---	1:09.00	
-- Northern Suburbs, 54	---	DNF	
-- Mosman, 19	---	DQ	170.14

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Heat 3

1 Manly Warringah, 3	---	59.71Q
2 Albion Park, 71	---	1:00.64q
3 Eastern Suburbs, 2	---	1:02.06q
4 Ryde, 38	---	1:03.86q
5 Ku-Ring-Gai, 84	---	1:06.85
6 Rouse Hill Rams, 248	---	1:07.87
7 Hills District, 15	---	1:08.09
8 Tuggerah Lk Mingara, 165	---	1:09.69
9 Doonside, 140	---	1:11.53

Final

1 Manly Warringah, 3	---	59.60
2 Port Hacking, 110	---	1:00.82
3 Albion Park, 71	---	1:00.99
4 St George, 9	---	1:01.19
5 Eastern Suburbs, 2	---	1:01.51
6 Cherrybrook, 219	---	1:02.35
7 Kings Langley, 53	---	1:03.47
8 Ryde, 38	---	1:04.61
9 Sutherland, 11	---	1:04.81

Girls U 11 - 100 Metre x 4

Record Elect: E 56.11 26/11/2011 Manly Warringah, ---

Heat 1

1 Western Suburbs, 20	---	59.31Q
2 Camden, 61	---	59.57q
3 Balmain, 17	---	1:00.04q
4 Hills District, 15	---	1:00.76q
5 Bathurst, 59	---	1:00.97
6 Ku-Ring-Gai, 84	---	1:02.02
7 Kings Langley, 53	---	1:03.60
8 Mosman, 19	---	1:05.38
-- Macquarie Hunter, 96	---	DQ 170.14

Heat 2

1 Manly Warringah, 3	---	56.11Q	RECORD
2 Randwick Botany, 1	---	58.74q	
3 Winston Hills, 76	---	1:01.06	
4 St George, 9	---	1:02.91	
5 Cherrybrook, 219	---	1:04.42	
6 Nrocks/Carlingford, 158	---	1:04.47	
7 Quakers Hill, 199	---	1:06.28	
-- Eastern Suburbs, 2	---	DQ 170.14	

Heat 3

1 Albion Park, 71	---	58.50Q
2 Ryde, 38	---	59.23q
3 Northern Suburbs, 54	---	1:00.14q
4 Holroyd, 6	---	1:01.10
5 Sutherland, 11	---	1:01.53
6 Campbelltown Coll, 36	---	1:05.27
-- Port Hacking, 110	---	DQ 170.14

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Final

1	Manly Warringah, 3	---	56.89
2	Randwick Botany, 1	---	58.70
3	Albion Park, 71	---	58.78
4	Ryde, 38	---	59.47
5	Camden, 61	---	59.76
6	Western Suburbs, 20	---	1:00.07
7	Balmain, 17	---	1:00.61
8	Hills District, 15	---	1:01.00
9	Northern Suburbs, 54	---	1:01.37

Girls U 8-11 Middle Distance (Junior)

Record Elect: E 11:17.70 27/11/2010 Northern Suburbs, ---

Heat 1

1	Sutherland, 11	---	11:28.20Q
2	Hills District, 15	---	11:30.65q
3	Tuggerah Lk Mingara, 165	---	11:36.91q
4	Campbelltown Coll, 36	---	11:50.73q
5	Manly Warringah, 3	---	12:02.62q
6	Ryde, 38	---	12:03.92
7	Kings Langley, 53	---	12:04.86
8	Winston Hills, 76	---	12:19.11
9	Hornsby, 4	---	12:42.10
10	Bathurst, 59	---	13:05.44

Heat 2

1	Mosman, 19	---	11:27.56Q
2	Northern Suburbs, 54	---	11:41.62q
3	Nrocks/Carlingford, 158	---	11:45.50q
4	Ku-Ring-Gai, 84	---	11:58.10q
5	Cherrybrook, 219	---	12:07.76
6	Emu Plains, 121	---	12:23.50
7	Douglas Park, 179	---	12:30.78
8	Randwick Botany, 1	---	12:37.71
9	Rouse Hill Rams, 248	---	13:13.61
10	Prospect, 95	---	13:14.65
11	Tallawong Park, 139	---	13:38.82

Final

1	Northern Suburbs, 54	---	11:19.74
2	Sutherland, 11	---	11:28.42
3	Hills District, 15	---	11:36.19
4	Mosman, 19	---	11:42.02
5	Tuggerah Lk Mingara, 165	---	11:44.82
6	Campbelltown Coll, 36	---	11:49.42
7	Ku-Ring-Gai, 84	---	11:55.94
8	Nrocks/Carlingford, 158	---	12:12.39
9	Manly Warringah, 3	---	12:25.95

Boys U 8 - 100 Metre x 4

Record Elect: E 1:04.29 27/11/2010 Randwick Botany, ---

Heat 1

1	Manly Warringah, 3	---	1:09.35Q
2	Camden, 61	---	1:09.39q
3	Sutherland, 11	---	1:10.03
4	Illawong, 70	---	1:10.41
5	Ryde, 38	---	1:10.45
6	Tallawong Park, 139	---	1:16.49
--	Blacktown, 8	---	DQ 163.3

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Heat 2

1 Balmain, 17	---	1:09.61Q
2 Port Hacking, 110	---	1:10.02
3 Winston Hills, 76	---	1:11.96
4 Randwick Botany, 1	---	1:12.66
5 Albion Park, 71	---	1:12.78

Heat 3

1 Ku-Ring-Gai, 84	---	1:06.86Q
2 Bankstown Sports, 5	---	1:08.03q
3 Campbelltown Coll, 36	---	1:09.73q
4 Cherrybrook, 219	---	1:09.83q
5 Kings Langley, 53	---	1:12.70
6 St George, 9	---	1:15.68
-- Minchinbury, 195	---	DQ 170.14

Heat 4

1 Bathurst, 59	---	1:07.96Q
2 Hills District, 15	---	1:09.80q
3 Eastern Suburbs, 2	---	1:11.17
4 Rouse Hill Rams, 248	---	1:11.58
5 Mosman, 19	---	1:11.64
-- Northern Suburbs, 54	---	DQ 170.14
-- Quakers Hill, 199	---	DQ 170.13

Final

1 Bankstown Sports, 5	---	1:05.04
2 Ku-Ring-Gai, 84	---	1:05.41
3 Bathurst, 59	---	1:05.47
4 Balmain, 17	---	1:05.97
5 Camden, 61	---	1:06.98
6 Manly Warringah, 3	---	1:07.16
7 Hills District, 15	---	1:08.10
8 Campbelltown Coll, 36	---	1:08.67
9 Cherrybrook, 219	---	1:10.27

Boys U 9 - 100 Metre x 4

Record Elect: E 59.68 28/11/2009 Cherrybrook, ---

Heat 1

1 Port Hacking, 110	---	1:01.45Q
2 Albion Park, 71	---	1:03.94q
3 Blacktown, 8	---	1:05.61q
4 Northern Suburbs, 54	---	1:05.92
5 Holroyd, 6	---	1:06.88
6 Cherrybrook, 219	---	1:07.53
7 Eastern Suburbs, 2	---	1:12.67
8 Minchinbury, 195	---	1:14.80

Heat 2

1 Ryde, 38	---	1:00.95Q
2 Ku-Ring-Gai, 84	---	1:03.79q
3 Camden, 61	---	1:03.91q
4 Nepean, 13	---	1:06.00
5 Balmain, 17	---	1:06.57
6 St George, 9	---	1:07.31
7 Mosman, 19	---	1:07.53

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Heat 3

1 Randwick Botany, 1	---	1:01.84Q
2 Manly Warringah, 3	---	1:02.51q
3 Canterbury, 55	---	1:05.54q
4 Hills District, 15	---	1:06.86
5 Kings Langley, 53	---	1:08.36
6 Rouse Hill Rams, 248	---	1:08.95
7 Nrocks/Carlingford, 158	---	1:11.74
8 Hornsby, 4	---	1:11.81

Final

1 Ryde, 38	---	59.91
2 Randwick Botany, 1	---	1:00.37
3 Port Hacking, 110	---	1:00.69
4 Manly Warringah, 3	---	1:02.36
5 Ku-Ring-Gai, 84	---	1:02.54
6 Albion Park, 71	---	1:03.22
7 Blacktown, 8	---	1:03.53
8 Camden, 61	---	1:03.77
9 Canterbury, 55	---	1:04.93

Boys U 10 - 100 Metre x 4

Record Elect: E 56.47 28/11/2009 Northern Suburbs, ---

Heat 1

1 Northern Suburbs, 54	---	57.94Q
2 Eastern Suburbs, 2	---	58.23q
3 Smithfield, 146	---	1:02.15
4 Campbelltown Coll, 36	---	1:03.36
5 Kings Langley, 53	---	1:06.02
6 Blacktown, 8	---	1:06.49

Heat 2

1 Manly Warringah, 3	---	58.24Q
2 Ryde, 38	---	58.60q
3 Port Hacking, 110	---	1:00.23q
4 Albion Park, 71	---	1:01.99q
5 Hills District, 15	---	1:02.02
6 Rouse Hill Rams, 248	---	1:03.06
7 Doonside, 140	---	1:03.54
-- Mosman, 19	---	DQ 170.14

Heat 3

1 Cherrybrook, 219	---	59.06Q
2 Randwick Botany, 1	---	59.21q
3 Ku-Ring-Gai, 84	---	1:00.17q
4 Quakers Hill, 199	---	1:02.77
5 Sutherland, 11	---	1:03.04
6 St George, 9	---	1:03.60
-- Winston Hills, 76	---	DQ 170.14

Final

1 Eastern Suburbs, 2	---	57.21
2 Northern Suburbs, 54	---	57.25
3 Manly Warringah, 3	---	58.16
4 Ryde, 38	---	59.28
5 Cherrybrook, 219	---	59.38
6 Port Hacking, 110	---	1:00.53
7 Ku-Ring-Gai, 84	---	1:01.14
8 Randwick Botany, 1	---	1:01.18
9 Albion Park, 71	---	1:02.72

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Boys U 11 - 100 Metre x 4

Record Elect: E 53.76 27/11/2010 Northern Suburbs, ---

Heat 1

1 Manly Warringah, 3	---	55.87Q
2 Camden, 61	---	58.62
3 Bathurst, 59	---	1:00.08
4 Ku-Ring-Gai, 84	---	1:01.32
5 Kings Langley, 53	---	1:01.58
6 Blacktown, 8	---	1:01.64

Heat 2

1 Randwick Botany, 1	---	57.21Q
2 Campbelltown Coll, 36	---	57.97q
3 Northern Suburbs, 54	---	58.34
4 Rouse Hill Rams, 248	---	1:01.67
5 Winston Hills, 76	---	1:04.00
6 Minchinbury, 195	---	1:04.31
7 Quakers Hill, 199	---	1:05.13

Heat 3

1 Tuggerah Lk Mingara, 165	---	57.39Q
2 Balmain, 17	---	57.51q
3 St George, 9	---	58.92
4 Hills District, 15	---	1:00.47

Heat 4

1 Cherrybrook, 219	---	55.42Q
2 Albion Park, 71	---	55.60q
3 Liverpool, 48	---	57.94q
4 Ryde, 38	---	58.15q
5 Holroyd, 6	---	59.05
6 Mosman, 19	---	1:00.41

Final

1 Cherrybrook, 219	---	55.25
2 Manly Warringah, 3	---	55.27
3 Tuggerah Lk Mingara, 165	---	56.21
4 Albion Park, 71	---	56.24
5 Randwick Botany, 1	---	56.87
6 Balmain, 17	---	57.33
7 Campbelltown Coll, 36	---	58.40
8 Liverpool, 48	---	58.73
9 Ryde, 38	---	58.86

Boys U 8-11 Middle Distance (Junior)

Record Elect: E 10:45.18 27/11/2010 Manly Warringah, ---

Heat 1

1 Randwick Botany, 1	---	11:06.44Q
2 Manly Warringah, 3	---	11:07.80q
3 Tuggerah Lk Mingara, 165	---	11:15.91q
4 Ku-Ring-Gai, 84	---	11:16.13q
5 Sutherland, 11	---	11:23.54q
6 Hills District, 15	---	11:29.95
7 Kings Langley, 53	---	11:34.69
8 Rouse Hill Rams, 248	---	11:35.62
9 Emu Plains, 121	---	12:02.17
10 Winston Hills, 76	---	12:23.69

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Heat 2

1 Ryde, 38	---	10:58.42Q
2 Campbelltown Coll, 36	---	11:09.34q
3 Mosman, 19	---	11:19.40q
4 Cherrybrook, 219	---	11:20.78q
5 Northern Suburbs, 54	---	11:24.79
6 Balmain, 17	---	11:27.84
7 Prospect, 95	---	11:31.06
8 Tallawong Park, 139	---	12:29.54
9 Penrith Valley, 66	---	12:31.51

Final

1 Ryde, 38	---	10:54.65
2 Randwick Botany, 1	---	11:01.85
3 Manly Warringah, 3	---	11:06.05
4 Ku-Ring-Gai, 84	---	11:11.34
5 Tuggerah Lk Mingara, 165	---	11:17.10
6 Cherrybrook, 219	---	11:24.54
7 Sutherland, 11	---	11:29.42
8 Campbelltown Coll, 36	---	11:32.63
9 Mosman, 19	---	11:33.34

Mixed U 8 - 100 Metre x 4

Record Elect: E 1:06.62 27/11/2010 Springwood, ---

Final

1 Greystanes, 39	---	1:11.07
2 Wollongong City, 102	---	1:11.97
3 Kurrajong/Bilpin, 150	---	1:12.55
4 Tiger West, 68	---	1:12.91
5 Jamison, 163	---	1:12.99
6 South Eastern, 152	---	1:13.04
7 Helensburgh, 44	---	1:13.39
8 Emu Plains, 121	---	1:14.00
9 Prospect, 95	---	1:17.40

Mixed U 9 - 100 Metre x 4

Record Elect: E 1:03.11 26/11/2011 Springwood, ---

Heat 1

1 Jamison, 163	---	1:05.38Q
2 South Eastern, 152	---	1:05.49q
3 Illawong, 70	---	1:05.69q
4 Douglas Park, 179	---	1:06.92q
-- Greystanes, 39	---	DQ 170.14

Heat 2

1 Springwood, 35	---	1:03.11Q	RECORD
2 Emu Plains, 121	---	1:03.21q	
3 Kurrajong/Bilpin, 150	---	1:04.55q	
4 Helensburgh, 44	---	1:07.87q	
5 Prospect, 95	---	1:08.35q	
6 Tiger West, 68	---	1:09.94	

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Final

1 Springwood, 35	---	1:03.83
2 Emu Plains, 121	---	1:04.41
3 Illawong, 70	---	1:04.63
4 South Eastern, 152	---	1:04.69
5 Kurrajong/Bilpin, 150	---	1:04.98
6 Jamison, 163	---	1:06.29
7 Helensburgh, 44	---	1:07.37
8 Douglas Park, 179	---	1:07.72
9 Prospect, 95	---	1:10.52

Mixed U 10 - 100 Metre x 4

Record Elect: E 58.84 27/11/2010 Wollongong City, ---

Heat 1

1 Kurrajong/Bilpin, 150	---	59.49Q
2 Emu Plains, 121	---	1:02.00q
3 Jamison, 163	---	1:04.49q
4 Greystanes, 39	---	1:04.57q
5 Ambarvale, 58	---	1:08.14
-- Prospect, 95	---	DQ 163.3

Heat 2

1 Wollongong City, 102	---	1:00.65Q
2 South Eastern, 152	---	1:02.77q
3 Douglas Park, 179	---	1:04.63q
4 Tiger West, 68	---	1:05.75q
5 Tallawong Park, 139	---	1:06.25q
-- Helensburgh, 44	---	DQ 163.3

Final

1 Kurrajong/Bilpin, 150	---	59.79
2 Wollongong City, 102	---	1:00.01
3 Emu Plains, 121	---	1:01.31
4 South Eastern, 152	---	1:01.72
5 Jamison, 163	---	1:05.27
6 Tiger West, 68	---	1:06.01

Mixed U 11 - 100 Metre x 4

Record Elect: E 57.25 26/11/2011 Jamison, ---

Heat 1

1 Helensburgh, 44	---	59.17Q
2 Kurrajong/Bilpin, 150	---	59.32q
3 Tiger West, 68	---	1:01.28q
4 Jamison, 163	---	1:01.69q
5 Ambarvale, 58	---	1:02.77q

Heat 2

1 Emu Plains, 121	---	59.45Q
2 South Eastern, 152	---	1:00.05q
3 Greystanes, 39	---	1:00.48q
4 Tallawong Park, 139	---	1:00.77q
-- Prospect, 95	---	DQ 170.14

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Final

1 Jamison, 163	---	57.25	RECORD
2 Helensburgh, 44	---	59.21	
3 Kurrajong/Bilpin, 150	---	59.47	
4 Emu Plains, 121	---	1:00.14	
5 South Eastern, 152	---	1:01.02	
6 Tallawong Park, 139	---	1:01.96	
7 Ambarvale, 58	---	1:02.33	
-- Tiger West, 68	---	DQ	170.14
-- Greystanes, 39	---	DQ	170.13

Mixed U 8 - 200 Metre x 4

Record Elect: E 2:19.76 26/11/2011 Ku-Ring-Gai, ---

Heat 1

1 Camden, 61	---	2:30.99Q	
2 Wollongong City, 102	---	2:36.19q	
3 Rouse Hill Rams, 248	---	2:38.72q	
4 Mosman, 19	---	2:40.01	
5 St George, 9	---	2:42.78	
-- Blacktown, 8	---	DQ	163.5

Heat 2

1 Hills District, 15	---	2:27.02Q	
2 Randwick Botany, 1	---	2:30.17q	
3 Ambarvale, 58	---	2:39.80q	
4 Cherrybrook, 219	---	2:44.85	

Heat 3

1 Ku-Ring-Gai, 84	---	2:24.78Q	
2 Northern Suburbs, 54	---	2:31.65q	
3 Albion Park, 71	---	2:36.56q	
4 Manly Warringah, 3	---	2:44.42	
5 Winston Hills, 76	---	2:45.17	

Final

1 Ku-Ring-Gai, 84	---	2:19.76	RECORD
2 Camden, 61	---	2:26.80	
3 Hills District, 15	---	2:27.76	
4 Randwick Botany, 1	---	2:29.65	
5 Northern Suburbs, 54	---	2:30.98	
6 Albion Park, 71	---	2:34.39	
7 Wollongong City, 102	---	2:36.62	
8 Rouse Hill Rams, 248	---	2:38.76	
9 Ambarvale, 58	---	2:41.77	

Mixed U 9 - 200 Metre x 4

Record Elect: E 2:09.03 27/11/2010 Eastern Suburbs, ---

Heat 1

1 Mosman, 19	---	2:17.42Q	
2 Hills District, 15	---	2:20.51q	
3 Ryde, 38	---	2:25.09q	
4 Cherrybrook, 219	---	2:27.44	
5 St George, 9	---	2:38.54	
6 Tiger West, 68	---	2:39.52	
7 Tallawong Park, 139	---	2:39.66	

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Heat 2

1 Manly Warringah, 3	---	2:20.20Q
2 Illawong, 70	---	2:24.16q
3 Holroyd, 6	---	2:26.26
4 Blacktown, 8	---	2:26.88
5 Rouse Hill Rams, 248	---	2:28.08
6 Ambarvale, 58	---	2:32.96

Heat 3

1 Randwick Botany, 1	---	2:13.51Q
2 Macquarie Hunter, 96	---	2:16.10q
3 Albion Park, 71	---	2:21.94q
4 Northern Suburbs, 54	---	2:24.16q
5 Sutherland, 11	---	2:25.33q
6 Camden, 61	---	2:26.74
7 Nrocks/Carlingford, 158	---	2:27.11

Final

1 Randwick Botany, 1	---	2:14.30
2 Macquarie Hunter, 96	---	2:18.91
3 Mosman, 19	---	2:19.15
4 Hills District, 15	---	2:19.32
5 Albion Park, 71	---	2:23.06
6 Ryde, 38	---	2:25.76
7 Manly Warringah, 3	---	2:26.22
8 Northern Suburbs, 54	---	2:27.22
9 Illawong, 70	---	2:30.30
10 Rouse Hill Rams, 248	---	2:30.42

Mixed U 10 - 400 Metre x 4

Record Elect: E 4:40.99 27/11/2010 Albion Park, ---

Heat 1

1 Northern Suburbs, 54	---	5:02.68Q
2 Manly Warringah, 3	---	5:06.50q
3 Ryde, 38	---	5:08.78q
4 Randwick Botany, 1	---	5:17.60q
5 Ku-Ring-Gai, 84	---	5:18.31
6 Mosman, 19	---	5:21.47
7 Tiger West, 68	---	5:32.48
8 Hills District, 15	---	5:38.39
9 Doonside, 140	---	5:41.19

Heat 2

1 Port Hacking, 110	---	5:00.53Q
2 Albion Park, 71	---	5:10.57q
3 St George, 9	---	5:15.73q
4 Sutherland, 11	---	5:16.69q
5 Cherrybrook, 219	---	5:18.25q
6 Kings Langley, 53	---	5:34.03
7 Rouse Hill Rams, 248	---	5:39.94
8 Wollongong City, 102	---	5:46.43
9 Winston Hills, 76	---	6:04.93

Final

1 Northern Suburbs, 54	---	4:57.82
2 Port Hacking, 110	---	5:03.67
3 Manly Warringah, 3	---	5:07.09
4 Cherrybrook, 219	---	5:10.16
5 Albion Park, 71	---	5:14.01
6 Sutherland, 11	---	5:23.10
7 Randwick Botany, 1	---	5:27.93
8 St George, 9	---	5:41.36
-- Ryde, 38	---	DQ 170.14

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Mixed U 11 - 400 Metre x 4

Record Elect: E 4:38.66 27/11/2010 Northern Suburbs, ---

Heat 1

1 Randwick Botany, 1	---	4:47.66Q	
2 Ryde, 38	---	4:50.53q	
3 Bankstown Sports, 5	---	4:57.59q	
4 St George, 9	---	5:07.95q	
5 Western Suburbs, 20	---	5:13.80	
-- Hills District, 15	---	DQ	170.14
-- Northern Suburbs, 54	---	DQ	170.14

Heat 2

1 Albion Park, 71	---	4:48.85Q	
2 Mosman, 19	---	5:00.78q	
3 Ku-Ring-Gai, 84	---	5:03.57q	
4 Bathurst, 59	---	5:18.08	
5 Port Hacking, 110	---	5:37.40	

Heat 3

1 Manly Warringah, 3	---	4:58.68Q	
2 Balmain, 17	---	5:04.35q	
3 Tiger West, 68	---	5:09.66	
4 Cherrybrook, 219	---	5:11.27	
5 Kings Langley, 53	---	5:23.94	

Final

1 Albion Park, 71	---	4:43.54	
2 Randwick Botany, 1	---	4:48.06	
3 Bankstown Sports, 5	---	4:53.59	
4 Mosman, 19	---	5:01.27	
5 Balmain, 17	---	5:01.38	
6 Ryde, 38	---	5:02.63	
7 Manly Warringah, 3	---	5:09.88	
8 St George, 9	---	5:12.27	
9 Ku-Ring-Gai, 84	---	5:16.95	

Mixed U 8-11 100 Metre x 4 (Junior)

Record Elect: E 1:05.01 26/11/2011 Mt Druitt, ---

Final

1 Mt Druitt, 119	---	1:05.01	RECORD
2 Prestons Robins, 250	---	1:05.96	

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JUNIOR FIELD

Girls U 8 - 4 x Long Jump

Record: R 2,767 Pts 26/11/2010 Port Hacking, ---

Final

1	Ku-Ring-Gai, 84	---	2,601
2	Northern Suburbs, 54	---	2,337
3	Manly Warringah, 3	---	2,320
4	Penrith Valley, 66	---	2,247
5	Bankstown Sports, 5	---	2,224
6	Randwick Botany, 1	---	2,185
7	Parramatta, 7	---	2,153
8	Cherrybrook, 219	---	2,118
9	Hills District, 15	---	2,107
10	Northern Districts, 157	---	2,086
11	Holroyd, 6	---	2,009
12	Rouse Hill Rams, 248	---	1,564

Girls U 9 - 4 x Long Jump

Record: R 2,999 Pts 28/11/2009 Ku-Ring-Gai, ---

Final

1	Northern Districts, 157	---	2,861
2	Port Hacking, 110	---	2,784
3	Bankstown Sports, 5	---	2,690
4	Ku-Ring-Gai, 84	---	2,601
5	Parramatta, 7	---	2,529
6	Manly Warringah, 3	---	2,493
7	Liverpool, 48	---	2,425
8	Northern Suburbs, 54	---	2,317
9	Cherrybrook, 219	---	2,245
10	Hills District, 15	---	2,222
11	Girraween, 51	---	2,196
12	Winston Hills, 76	---	2,149
13	Randwick Botany, 1	---	2,137
14	Penrith Valley, 66	---	1,896
15	Prospect, 95	---	1,793
16	Campbelltown Coll, 36	---	1,622
17	Blacktown, 8	---	1,488
18	Rouse Hill Rams, 248	---	1,177

Girls U 10 - Long Jump / High Jump

Record: R 3,140 Pts 28/11/2009 Bankstown Sports, ---

Final

1	Manly Warringah, 3	---	3,035
2	Northern Suburbs, 54	---	2,987
3	Northern Districts, 157	---	2,794
4	Sutherland, 11	---	2,729
5	Ku-Ring-Gai, 84	---	2,724
6	Girraween, 51	---	2,620
7	Bankstown Sports, 5	---	2,499
8	Randwick Botany, 1	---	2,448
9	Parramatta, 7	---	2,201
10	Penrith Valley, 66	---	2,065
11	Kings Langley, 53	---	1,722
12	Cherrybrook, 219	---	1,712
13	Rouse Hill Rams, 248	---	1,284

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Girls U 11 - Long Jump / High Jump

Record: R 3,280 Pts 26/11/2010 Western Suburbs, ---

Final

1 Campbelltown Coll, 36	---	3,198
2 Cherrybrook, 219	---	3,059
3 Ku-Ring-Gai, 84	---	2,949
4 Northern Suburbs, 54	---	2,761
5 Manly Warringah, 3	---	2,728
6 Bankstown Sports, 5	---	2,642
7 Hornsby, 4	---	2,580
8 Hills District, 15	---	2,409
9 Port Hacking, 110	---	2,277
10 Northern Districts, 157	---	1,728
11 Randwick Botany, 1	---	1,713
12 Blacktown, 8	---	907
13 Rouse Hill Rams, 248	---	544

Girls U 8 - Shot Put / Discus

Record: R 2,432 Pts 2008 Manly Warringah

Final

1 Winston Hills, 76	---	2,008
2 Ku-Ring-Gai, 84	---	1,991
3 Randwick Botany, 1	---	1,827
4 Manly Warringah, 3	---	1,814
4 Northern Suburbs, 54	---	1,814
6 Bankstown Sports, 5	---	1,778
7 Liverpool, 48	---	1,749
8 Northern Districts, 157	---	1,714
9 Doonside, 140	---	1,711
10 Parramatta, 7	---	1,398
11 Penrith Valley, 66	---	1,212
12 Rouse Hill Rams, 248	---	1,193
13 Hills District, 15	---	1,053
14 Cherrybrook, 219	---	843

Girls U 9 - Shot Put / Discus

Record: R 2,266 Pts 2008 Bankstown Sports

Final

1 Port Hacking, 110	---	2,432	RECORD
2 Northern Suburbs, 54	---	2,187	
3 Hills District, 15	---	2,112	
4 Manly Warringah, 3	---	2,005	
5 Liverpool, 48	---	1,952	
6 Parramatta, 7	---	1,900	
7 Northern Districts, 157	---	1,837	
8 Cherrybrook, 219	---	1,788	
9 Winston Hills, 76	---	1,784	
10 Girraween, 51	---	1,722	
11 Bankstown Sports, 5	---	1,710	
12 Randwick Botany, 1	---	1,708	
13 Ku-Ring-Gai, 84	---	1,518	
14 Kings Langley, 53	---	1,464	
15 Prospect, 95	---	1,417	
16 Penrith Valley, 66	---	1,376	
17 Blacktown, 8	---	1,324	
18 Rouse Hill Rams, 248	---	967	

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Girls U 10 - Shot Put / Discus

Record: R 2,339 Pts 2008

Northern Districts

Final

1	Manly Warringah, 3	---	2,240
2	Ku-Ring-Gai, 84	---	1,985
3	Hills District, 15	---	1,842
4	Winston Hills, 76	---	1,712
5	Northern Suburbs, 54	---	1,676
6	Northern Districts, 157	---	1,672
7	Girraween, 51	---	1,596
8	Parramatta, 7	---	1,532
9	Randwick Botany, 1	---	1,424
10	Cherrybrook, 219	---	1,373
11	Camden, 61	---	1,355
12	Kings Langley, 53	---	1,221
13	Penrith Valley, 66	---	697
14	Rouse Hill Rams, 248	---	424

Girls U 11 - Shot Put / Discus

Record: R 2,280 Pts 26/11/2010 Camden, ---

Final

1	Cherrybrook, 219	---	1,927
2	Ku-Ring-Gai, 84	---	1,925
3	Manly Warringah, 3	---	1,900
4	Campbelltown Coll, 36	---	1,888
5	Bankstown Sports, 5	---	1,830
6	Port Hacking, 110	---	1,752
7	Parramatta, 7	---	1,505
8	Northern Suburbs, 54	---	1,478
9	Northern Districts, 157	---	1,406
10	Penrith Valley, 66	---	1,311
11	Randwick Botany, 1	---	1,266
12	Rouse Hill Rams, 248	---	1,223
13	Liverpool, 48	---	1,210
14	Blacktown, 8	---	776

Boys U 8 - 4 x Long Jump

Record: R 2,964 Pts 26/11/2010 Manly Warringah, ---

Final

1	Northern Suburbs, 54	---	2,811
2	Northern Districts, 157	---	2,805
3	Parramatta, 7	---	2,640
4	Holroyd, 6	---	2,552
5	Liverpool, 48	---	2,509
6	Port Hacking, 110	---	2,502
7	Ku-Ring-Gai, 84	---	2,494
8	Bankstown Sports, 5	---	2,478
9	Randwick Botany, 1	---	2,444
10	Manly Warringah, 3	---	2,414
11	Hills District, 15	---	2,410
12	Girraween, 51	---	2,370
13	Winston Hills, 76	---	2,327
14	Kings Langley, 53	---	2,287
15	Cherrybrook, 219	---	2,250
16	Blacktown, 8	---	2,221
17	Ryde, 38	---	2,124
18	Colyton/St Clair, 151	---	2,098
19	Rouse Hill Rams, 248	---	1,455

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Boys U 9 - 4 x Long Jump

Record: R 3,053 Pts 28/11/2009 Manly Warringah, ---

Final

1	Manly Warringah, 3	---	3,011
2	Randwick Botany, 1	---	2,961
3	Bankstown Sports, 5	---	2,675
4	Northern Districts, 157	---	2,663
5	Ku-Ring-Gai, 84	---	2,602
6	Northern Suburbs, 54	---	2,594
7	Cherrybrook, 219	---	2,528
8	Parramatta, 7	---	2,474
9	Doonside, 140	---	2,404
10	Sutherland, 11	---	2,396
11	Winston Hills, 76	---	2,333
12	Port Hacking, 110	---	2,323
13	Liverpool, 48	---	2,056
14	Penrith Valley, 66	---	1,993
15	Ryde, 38	---	1,881
16	Rouse Hill Rams, 248	---	1,695

Boys U 10 - Long Jump / High Jump

Record: R 3,193 Pts 28/11/2009 Manly Warringah, ---

Final

1	Manly Warringah, 3	---	3,082
2	Northern Suburbs, 54	---	2,955
3	Hornsby, 4	---	2,849
4	Ku-Ring-Gai, 84	---	2,834
5	Balmain, 17	---	2,712
6	Penrith Valley, 66	---	2,703
7	Liverpool, 48	---	2,689
8	Camden, 61	---	2,684
9	Parramatta, 7	---	2,595
10	Ryde, 38	---	2,535
11	Bankstown Sports, 5	---	2,502
12	Winston Hills, 76	---	2,426
13	Randwick Botany, 1	---	2,416
14	Northern Districts, 157	---	2,280
15	Holroyd, 6	---	1,916
16	Cherrybrook, 219	---	1,794
17	Hills District, 15	---	1,690
18	Rouse Hill Rams, 248	---	1,151
19	Blacktown, 8	---	667

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Boys U 11 - Long Jump / High Jump

Record: R 3,358 Pts 2008 Manly Warringah

Final

1	Manly Warringah, 3	---	3,301
2	Bankstown Sports, 5	---	3,065
3	Ku-Ring-Gai, 84	---	2,950
4	Winston Hills, 76	---	2,897
5	Northern Suburbs, 54	---	2,769
6	Ryde, 38	---	2,674
7	Hills District, 15	---	2,668
8	Helensburgh, 44	---	2,664
9	Port Hacking, 110	---	2,617
10	Northern Districts, 157	---	2,565
11	Parramatta, 7	---	2,526
12	Sutherland, 11	---	2,480
13	Penrith Valley, 66	---	2,377
14	Tallawong Park, 139	---	2,035
15	Cherrybrook, 219	---	1,827
16	Randwick Botany, 1	---	1,639
17	Rouse Hill Rams, 248	---	1,536

Boys U 8 - Shot Put / Discus

Record: R 2,773 Pts 26/11/2010 Sutherland, ---

Final

1	Port Hacking, 110	---	2,305
2	Northern Districts, 157	---	2,103
3	Manly Warringah, 3	---	2,101
4	Liverpool, 48	---	2,010
5	Northern Suburbs, 54	---	1,943
6	Ku-Ring-Gai, 84	---	1,917
7	Randwick Botany, 1	---	1,893
8	Hills District, 15	---	1,808
9	Ryde, 38	---	1,734
10	Blacktown, 8	---	1,675
11	Parramatta, 7	---	1,664
11	Winston Hills, 76	---	1,664
13	Colyton/St Clair, 151	---	1,655
14	Cherrybrook, 219	---	1,623
15	Rouse Hill Rams, 248	---	1,563
16	Girraween, 51	---	1,534
17	Bankstown Sports, 5	---	1,348

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Boys U 9 - Shot Put / Discus

Record: R 2,621 Pts 28/11/2009 Ku-Ring-Gai, ---

Final

1	Sutherland, 11	---	2,504
2	Randwick Botany, 1	---	2,258
3	Northern Suburbs, 54	---	2,239
4	Parramatta, 7	---	2,177
5	Campbelltown Coll, 36	---	2,062
6	Manly Warringah, 3	---	1,804
7	Penrith Valley, 66	---	1,799
8	Bankstown Sports, 5	---	1,791
9	Balmain, 17	---	1,770
10	Winston Hills, 76	---	1,750
11	Northern Districts, 157	---	1,734
12	Colyton/St Clair, 151	---	1,729
13	Cherrybrook, 219	---	1,705
14	Port Hacking, 110	---	1,658
15	Ryde, 38	---	1,627
16	Liverpool, 48	---	1,611
17	Blacktown, 8	---	1,583
18	Kings Langley, 53	---	1,564
19	Ku-Ring-Gai, 84	---	1,537
20	Doonside, 140	---	1,536
21	Hornsby, 4	---	1,406
22	Rouse Hill Rams, 248	---	1,205

Boys U 10 - Shot Put / Discus

Record: R 2,735 Pts 26/11/2010 Ku-Ring-Gai, ---

Final

1	Rouse Hill Rams, 248	---	2,230
2	Ku-Ring-Gai, 84	---	2,215
3	Liverpool, 48	---	2,151
4	Winston Hills, 76	---	2,091
5	Hornsby, 4	---	2,026
6	Northern Suburbs, 54	---	1,966
6	Manly Warringah, 3	---	1,966
8	Sutherland, 11	---	1,965
9	Camden, 61	---	1,857
10	Holroyd, 6	---	1,801
11	Balmain, 17	---	1,774
12	Parramatta, 7	---	1,754
13	Penrith Valley, 66	---	1,752
14	Bankstown Sports, 5	---	1,693
15	Northern Districts, 157	---	1,633
16	Cherrybrook, 219	---	1,543
17	Ryde, 38	---	1,476
18	Hills District, 15	---	1,416
19	Randwick Botany, 1	---	1,411
20	Kings Langley, 53	---	1,102

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Boys U 11 - Shot Put / Discus

Record: R 2,808 Pts 2008

Manly Warringah

Final				
1	Ku-Ring-Gai, 84	---	2,941	RECORD
2	Port Hacking, 110	---	2,841	
3	Winston Hills, 76	---	2,737	
4	Manly Warringah, 3	---	2,733	
5	Bankstown Sports, 5	---	2,433	
6	Hills District, 15	---	2,256	
7	Parramatta, 7	---	2,244	
8	Ryde, 38	---	2,169	
9	Northern Suburbs, 54	---	2,101	
10	Liverpool, 48	---	2,028	
11	Cherrybrook, 219	---	1,958	
12	Northern Districts, 157	---	1,923	
13	Sutherland, 11	---	1,826	
14	Girraween, 51	---	1,822	
15	Randwick Botany, 1	---	1,779	
16	Tallawong Park, 139	---	1,665	
17	Rouse Hill Rams, 248	---	1,634	
18	Penrith Valley, 66	---	1,516	
19	Kings Langley, 53	---	1,202	
20	Nepean, 13	---	1,058	

Mixed U 8-11 4 x Long Jump (Junior)

Record: R 2,572 Pts 26/11/2010 Prestons Robins, ---

Final			
1	Mt Druitt, 119	---	2,292
2	Prestons Robins, 250	---	2,029

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SENIOR TRACK

Girls U 12 - 100 Metre x 4

Record Elect: E 53.80 27/11/2011 Manly Warringah, ---

Heat 1

1 Manly Warringah, 3	---	55.18Q
2 Sutherland, 11	---	56.40q
3 Eastern Suburbs, 2	---	57.63
4 Mosman, 19	---	1:00.17
5 Rouse Hill Rams, 248	---	1:01.46

Heat 2

1 Camden, 61	---	55.46Q
2 Ryde, 38	---	55.64q
3 Port Hacking, 110	---	55.87q
4 Hills District, 15	---	57.01q
5 Randwick Botany, 1	---	57.58q

Heat 3

1 Holroyd, 6	---	56.89Q
2 Hornsby, 4	---	57.40q
3 Albion Park, 71	---	58.05
4 Ku-Ring-Gai, 84	---	59.81
5 Northern Suburbs, 54	---	1:00.64
6 Winston Hills, 76	---	1:01.91
7 Quakers Hill, 199	---	1:03.39

Final

1 Manly Warringah, 3	---	53.80	RECORD
2 Camden, 61	---	54.80	
3 Ryde, 38	---	55.83	
4 Hornsby, 4	---	56.27	
5 Port Hacking, 110	---	56.56	
6 Hills District, 15	---	56.75	
7 Sutherland, 11	---	56.77	
8 Holroyd, 6	---	56.93	
9 Randwick Botany, 1	---	57.78	

Girls U 13 - 100 Metre x 4

Record Elect: E 51.74 29/11/2009 Northern Suburbs, ---

Heat 1

1 Hills District, 15	---	53.27Q
2 Manly Warringah, 3	---	53.43q
3 Randwick Botany, 1	---	54.11q
4 Port Hacking, 110	---	55.25q
5 Blacktown, 8	---	56.42
6 Mosman, 19	---	57.53
-- Liverpool, 48	---	DQ 170.14

Heat 2

1 Ku-Ring-Gai, 84	---	54.33Q
2 Albion Park, 71	---	54.45q
3 Cherrybrook, 219	---	57.37
4 Rouse Hill Rams, 248	---	59.75
-- Northern Suburbs, 54	---	DQ 170.14

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Heat 3

1 Sutherland, 11	---	55.22Q
2 Orange, 78	---	55.34q
3 Balmain, 17	---	55.72q
4 Ambarvale, 58	---	57.80
-- Campbelltown Coll, 36	---	DQ 170.14
-- Kings Langley, 53	---	DQ 170.14
-- Bathurst, 59	---	DQ 170.14

Girls U 13 - 100 Metre x 4

Record Elect: E 51.74 29/11/2009 Northern Suburbs, ---

Final

1 Randwick Botany, 1	---	53.58
2 Manly Warringah, 3	---	53.67
3 Albion Park, 71	---	54.02
4 Ku-Ring-Gai, 84	---	54.14
5 Port Hacking, 110	---	55.22
6 Sutherland, 11	---	55.43
7 Orange, 78	---	55.67
8 Balmain, 17	---	56.82
9 Hills District, 15	---	59.23

Girls U 14 - 100 Metre x 4

Record Elect: E 49.83 28/11/2010 Northern Suburbs, ---

Final

1 Manly Warringah, 3	---	51.64
2 Sutherland, 11	---	52.21
3 Tuggerah Lk Mingara, 165	---	54.46
4 Hills District, 15	---	54.70
5 Doonside, 140	---	54.87
6 Mosman, 19	---	55.05
7 Northern Suburbs, 54	---	55.56
8 St George, 9	---	58.52

Girls U 15 - 100 Metre x 4

Record Elect: E 48.62 27/11/2011 Northern Suburbs, ---

Heat 1

1 Hills District, 15	---	51.40Q
2 Camden, 61	---	52.37q
3 Ku-Ring-Gai, 84	---	53.52q
4 Cherrybrook, 219	---	54.54q
5 Winston Hills, 76	---	55.31
6 St George, 9	---	58.40
7 Blacktown, 8	---	58.79

Heat 2

1 Northern Suburbs, 54	---	49.71Q
2 Randwick Botany, 1	---	52.13q
3 South Eastern, 152	---	52.45q
4 Port Hacking, 110	---	54.45q
5 Manly Warringah, 3	---	55.14q
6 Kings Langley, 53	---	56.17
7 Rouse Hill Rams, 248	---	57.95

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Final

1 Northern Suburbs, 54	---	48.62	RECORD
2 Randwick Botany, 1	---	51.30	
3 Camden, 61	---	51.65	
4 Hills District, 15	---	51.90	
5 South Eastern, 152	---	52.75	
6 Ku-Ring-Gai, 84	---	52.91	
7 Port Hacking, 110	---	53.91	
8 Cherrybrook, 219	---	54.98	
9 Manly Warringah, 3	---	56.04	

Girls U 12-15 Middle Distance (Senior)

Record Elect: E 10:03.07 28/11/2010 Mosman, ---

Final

1 Mosman, 19	---	10:20.63	
2 Hills District, 15	---	10:25.56	
3 Parramatta, 7	---	10:40.83	
4 Northern Suburbs, 54	---	11:00.45	
5 Emu Plains, 121	---	11:06.15	
6 Manly Warringah, 3	---	11:09.41	
7 Campbelltown Coll, 36	---	11:31.95	
8 Kings Langley, 53	---	11:35.57	
9 Cherrybrook, 219	---	11:35.63	
10 Prospect, 95	---	11:49.11	
11 Randwick Botany, 1	---	11:50.95	
12 Penrith Valley, 66	---	12:31.85	

Boys U 12 - 100 Metre x 4

Record Elect: E 52.42 27/11/2011 Northern Suburbs, ---

Heat 1

1 South Eastern, 152	---	53.93Q	
2 Albion Park, 71	---	54.29q	
3 Rouse Hill Rams, 248	---	56.14q	
4 Cherrybrook, 219	---	57.23	
5 Mosman, 19	---	58.95	
6 Blacktown, 8	---	59.06	
7 Ryde, 38	---	59.28	

Heat 2

1 Northern Suburbs, 54	---	52.42Q	RECORD
2 Manly Warringah, 3	---	53.73q	
3 Nepean, 13	---	54.98q	
4 Hills District, 15	---	58.23	
5 Prospect, 95	---	1:01.04	
-- St George, 9	---	DQ	170.14

Heat 3

1 Sutherland, 11	---	54.79Q	
2 Ku-Ring-Gai, 84	---	54.88q	
3 Campbelltown Coll, 36	---	55.58q	
4 Randwick Botany, 1	---	56.20	

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Final

1	Manly Warringah, 3	---	52.90
2	Northern Suburbs, 54	---	52.95
3	South Eastern, 152	---	54.54
4	Albion Park, 71	---	55.18
5	Sutherland, 11	---	55.25
6	Campbelltown Coll, 36	---	56.29
7	Ku-Ring-Gai, 84	---	56.37
8	Rouse Hill Rams, 248	---	56.89
9	Nepean, 13	---	58.76

Boys U 13 - 100 Metre x 4

Record Elect: E 50.36 29/11/2009 Hills District, ---

Heat 1

1	Manly Warringah, 3	---	52.75Q
2	Cherrybrook, 219	---	53.10q
3	Randwick Botany, 1	---	54.61q
4	Tiger West, 68	---	55.36q
5	Bathurst, 59	---	59.50
6	Hills District, 15	---	59.51
--	Albion Park, 71	---	DQ 163.3

Heat 2

1	Northern Suburbs, 54	---	51.54Q
2	Campbelltown Coll, 36	---	52.39q
3	Winston Hills, 76	---	54.88q
4	Tuggerah Lk Mingara, 165	---	54.94q
5	Ryde, 38	---	56.07
--	Sutherland, 11	---	DQ 170.16

Heat 3

1	South Eastern, 152	---	53.73Q
2	Mosman, 19	---	55.54
3	Smithfield, 146	---	56.10
4	Rouse Hill Rams, 248	---	59.77
--	Camden, 61	---	DQ 170.16

Final

1	Northern Suburbs, 54	---	50.84
2	Campbelltown Coll, 36	---	52.17
3	Cherrybrook, 219	---	52.62
4	Manly Warringah, 3	---	53.12
5	Tuggerah Lk Mingara, 165	---	54.11
6	South Eastern, 152	---	54.32
7	Randwick Botany, 1	---	54.79
8	Winston Hills, 76	---	55.27
9	Tiger West, 68	---	58.24

Boys U 14 - 100 Metre x 4

Record Elect: E 47.77 28/11/2010 Manly Warringah, ---

Final

1	Northern Suburbs, 54	---	48.29
2	Parramatta, 7	---	49.17
3	Manly Warringah, 3	---	50.03
4	Campbelltown Coll, 36	---	50.27
5	Winston Hills, 76	---	52.65
6	Camden, 61	---	54.45
--	Cherrybrook, 219	---	DQ
--	Hills District, 15	---	DQ

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Boys U 15 - 100 Metre x 4

Record Elect: E 44.82 27/11/2011 Manly Warringah, ---

Heat 1

1 Manly Warringah, 3	---	45.61Q	
2 Camden, 61	---	46.58q	
3 Port Hacking, 110	---	46.99q	
4 Sutherland, 11	---	47.22q	
5 Ku-Ring-Gai, 84	---	47.37q	
6 Hills District, 15	---	49.86	
7 Winston Hills, 76	---	53.72	
-- Northern Suburbs, 54	---	DQ	170.7

Heat 2

1 Campbelltown Coll, 36	---	46.71Q	
2 Cherrybrook, 219	---	48.97q	
3 Ryde, 38	---	49.14q	
4 Jamison, 163	---	49.60q	
5 Randwick Botany, 1	---	49.77	
6 Kings Langley, 53	---	51.25	
-- Bankstown Sports, 5	---	DQ	170.14

Final

1 Manly Warringah, 3	---	44.82	RECORD
2 Camden, 61	---	46.39	
3 Campbelltown Coll, 36	---	46.70	
4 Sutherland, 11	---	46.98	
5 Port Hacking, 110	---	47.05	
6 Ku-Ring-Gai, 84	---	47.24	
7 Ryde, 38	---	49.52	
8 Jamison, 163	---	50.19	
-- Cherrybrook, 219	---	DQ	163.3

Boys U 12-15 Middle Distance (Senior)

Record Elect: E 9:14.65 28/11/2010 Randwick Botany, ---

Final

1 Randwick Botany, 1	---	9:25.06	
2 Wollongong City, 102	---	9:32.07	
3 Manly Warringah, 3	---	9:34.51	
4 South Eastern, 152	---	9:35.59	
5 Hills District, 15	---	9:37.76	
6 Illawong, 70	---	9:46.29	
7 Northern Suburbs, 54	---	9:46.82	
8 Parramatta, 7	---	10:17.65	
9 Holroyd, 6	---	10:20.00	
10 Campbelltown Coll, 36	---	10:37.29	
11 Hornsby, 4	---	10:37.92	
12 Prospect, 95	---	11:50.05	

Mixed U 12 - 100 Metre x 4

Record Elect: E 55.31 27/11/2011 Wollongong City, ---

Heat 1

1 Wollongong City, 102	---	55.50Q	
2 Kurrajong/Bilpin, 150	---	55.54q	
3 Helensburgh, 44	---	55.83q	
4 Jamison, 163	---	56.15q	
5 Ambarvale, 58	---	59.24q	

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Heat 2

1	Emu Plains, 121	---	56.34Q
2	Smithfield, 146	---	56.59q
3	Springwood, 35	---	57.41q
4	Bathurst, 59	---	1:00.03q

Final

1	Wollongong City, 102	---	55.31	RECORD
2	Kurrajong/Bilpin, 150	---	55.36	
3	Emu Plains, 121	---	55.51	
4	Jamison, 163	---	55.72	
5	Helensburgh, 44	---	55.80	
6	Springwood, 35	---	56.24	
7	Ambarvale, 58	---	59.38	
8	Bathurst, 59	---	59.48	
--	Smithfield, 146	---	DQ	163.3 and 170.14

Mixed U 13 - 100 Metre x 4

Record Elect: E 52.56 28/11/2010 Wollongong City, ---

Final

1	Wollongong City, 102	---	53.62
2	Emu Plains, 121	---	54.58
3	Helensburgh, 44	---	54.95
4	Kurrajong/Bilpin, 150	---	55.36
5	Colyton/St Clair, 151	---	56.01
6	Prospect, 95	---	59.07
--	Jamison, 163	---	DQ 170.14

Mixed U 14 - 100 Metre x 4

Record Elect: E 50.99 29/11/2009 Wollongong City, ---

Final

1	Wollongong City, 102	---	51.34
2	Greystanes, 39	---	52.38
3	Albion Park, 71	---	52.39
4	Jamison, 163	---	52.89
5	Smithfield, 146	---	55.85

Mixed U 15 - 100 Metre x 4

Record Elect: E 49.36 28/11/2010 Wollongong City, ---

Final

1	Orange, 78	---	52.96
2	Wollongong City, 102	---	53.97

Mixed U 17 - 100 Metre x 4

Record Elect: E 46.03 29/11/2009 Cherrybrook, ---

Heat 1

1	Campbelltown Coll, 36	---	48.34Q
2	Eastern Suburbs, 2	---	49.41q
3	Prospect, 95	---	50.56q
4	Winston Hills, 76	---	51.08q
--	Randwick Botany, 1	---	DQ 163.3
--	Ryde, 38	---	DQ 163.3
--	Jamison, 163	---	DQ 170.14

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Heat 2

1 Northern Suburbs, 54	---	47.86Q
2 Camden, 61	---	48.27q
3 Port Hacking, 110	---	48.99q
4 Illawong, 70	---	51.60q
5 Bathurst, 59	---	52.53q
6 Mt Druitt, 119	---	54.98

Final

1 Northern Suburbs, 54	---	47.14
2 Camden, 61	---	47.70
3 Campbelltown Coll, 36	---	48.28
4 Port Hacking, 110	---	48.72
5 Eastern Suburbs, 2	---	49.12
6 Prospect, 95	---	50.19
7 Illawong, 70	---	51.02
8 Winston Hills, 76	---	51.67

Mixed U 12 - 400 Metre x 4

Record Elect: E 4:21.96 27/11/2011 Ku-Ring-Gai, ---

Heat 1

1 Manly Warringah, 3	---	4:23.11Q
2 Ku-Ring-Gai, 84	---	4:27.44q
3 Holroyd, 6	---	4:48.90q
4 Rouse Hill Rams, 248	---	4:50.12q
5 Mosman, 19	---	4:55.33
6 Cherrybrook, 219	---	5:06.24
7 Tiger West, 68	---	5:08.62
8 Winston Hills, 76	---	5:20.44

Heat 2

1 Randwick Botany, 1	---	4:33.84Q
2 Ryde, 38	---	4:38.03q
3 Northern Suburbs, 54	---	4:39.73q
4 Albion Park, 71	---	4:44.37q
5 Helensburgh, 44	---	4:50.50q
6 St George, 9	---	4:59.15
7 Wollongong City, 102	---	5:05.12
8 Bathurst, 59	---	5:32.66

Final

1 Ku-Ring-Gai, 84	---	4:21.96	RECORD
2 Manly Warringah, 3	---	4:24.21	
3 Northern Suburbs, 54	---	4:36.55	
4 Ryde, 38	---	4:42.55	
5 Holroyd, 6	---	4:53.54	
6 Albion Park, 71	---	4:55.64	
7 Helensburgh, 44	---	4:59.58	
8 Rouse Hill Rams, 248	---	5:02.75	
-- Randwick Botany, 1	---		DQ

Mixed U 13 - 400 Metre x 4

Record Elect: E 4:11.16 28/11/2010 Doonside, ---

Heat 1

1 Balmain, 17	---	4:20.03Q
2 Cherrybrook, 219	---	4:28.81q
3 Manly Warringah, 3	---	4:31.32q
4 Hills District, 15	---	4:33.14q
5 Rouse Hill Rams, 248	---	4:33.14
6 Helensburgh, 44	---	4:33.56
7 Campbelltown Coll, 36	---	4:35.61

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Heat 2

1 Holroyd, 6	---	4:18.25Q
2 Albion Park, 71	---	4:30.22q
3 Randwick Botany, 1	---	4:34.53
4 Mosman, 19	---	4:35.04
5 Wollongong City, 102	---	4:39.74
6 Ku-Ring-Gai, 84	---	4:40.78
7 Emu Plains, 121	---	4:44.78

Heat 3

1 Sutherland, 11	---	4:23.44Q
2 Northern Suburbs, 54	---	4:25.93q
3 Winston Hills, 76	---	4:32.24q
4 Ryde, 38	---	4:36.71
5 Colyton/St Clair, 151	---	4:38.94
6 Kings Langley, 53	---	5:09.83

Final

1 Cherrybrook, 219	---	4:15.77
2 Holroyd, 6	---	4:16.89
3 Sutherland, 11	---	4:18.58
4 Balmain, 17	---	4:21.76
5 Northern Suburbs, 54	---	4:26.89
6 Winston Hills, 76	---	4:39.09
7 Hills District, 15	---	4:42.48
8 Albion Park, 71	---	4:44.01
9 Manly Warringah, 3	---	4:44.30

Mixed U 14 - 400 Metre x 4

Record Elect: E 3:57.45 27/11/2011 Doonside, ---

Final

1 Doonside, 140	---	3:57.45	RECORD
2 Sutherland, 11	---	3:58.48	
3 Northern Suburbs, 54	---	4:06.40	
4 Manly Warringah, 3	---	4:13.81	
5 Wollongong City, 102	---	4:14.50	
6 Albion Park, 71	---	4:21.72	
7 Winston Hills, 76	---	4:23.04	

Mixed U 15 - 400 Metre x 4

Record Elect: E 3:49.06 27/11/2011 Manly Warringah, ---

Heat 1

1 Camden, 61	---	4:08.43Q
2 Northern Suburbs, 54	---	4:10.90q
3 Bankstown Sports, 5	---	4:12.20q
4 Port Hacking, 110	---	4:14.19q
5 Illawong, 70	---	4:20.22q
6 Wollongong City, 102	---	4:36.68

Heat 2

1 Manly Warringah, 3	---	4:07.93Q
2 Hills District, 15	---	4:08.76q
3 Randwick Botany, 1	---	4:13.73q
4 Ku-Ring-Gai, 84	---	4:21.67q
5 Penrith Valley, 66	---	4:53.09
-- Cherrybrook, 219	---	DQ 170.14

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Final

1	Manly Warringah, 3	---	3:49.06	RECORD
2	Camden, 61	---	3:51.29	
3	Northern Suburbs, 54	---	3:59.37	
4	Bankstown Sports, 5	---	4:09.56	
5	Randwick Botany, 1	---	4:13.56	
6	Port Hacking, 110	---	4:14.89	
7	Ku-Ring-Gai, 84	---	4:18.73	
8	Illawong, 70	---	4:28.43	

Mixed U 17 - 400 Metre x 4

Record Elect: E 3:47.24 27/11/2011 Port Hacking, ---

Heat 1

1	Ryde, 38	---	3:55.18Q	
2	Randwick Botany, 1	---	3:56.32q	
3	Northern Suburbs, 54	---	4:00.24q	
4	Winston Hills, 76	---	4:03.09q	
5	Illawong, 70	---	4:07.22q	

Heat 2

1	Port Hacking, 110	---	3:59.02Q	
2	Mosman, 19	---	4:00.52q	
3	Camden, 61	---	4:01.16q	
4	Emu Plains, 121	---	4:01.37q	
5	Manly Warringah, 3	---	4:09.67	
6	Mt Druitt, 119	---	4:37.51	

Final

1	Port Hacking, 110	---	3:47.24	RECORD
2	Randwick Botany, 1	---	3:51.66	
3	Mosman, 19	---	3:56.11	
4	Northern Suburbs, 54	---	3:59.89	
5	Emu Plains, 121	---	4:05.08	
6	Winston Hills, 76	---	4:07.97	
7	Camden, 61	---	4:30.93	

Mixed U 12-15 100 Metre x 4 (Senior)

Record Elect: E 55.55 29/11/2009 Prestons Robins, ---

Final

1	Mt Druitt, 119	---	57.69	
2	Prestons Robins, 250	---	59.04	

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SENIOR FIELD

Girls U 12 - Long Jump / High Jump

Record: R 3,159 Pts 2008 Cherrybrook

Final

1	Campbelltown Coll, 36	---	3,030
2	Bankstown Sports, 5	---	2,900
3	Northern Suburbs, 54	---	2,700
4	Ku-Ring-Gai, 84	---	2,699
5	Manly Warringah, 3	---	2,661
6	Quakers Hill, 199	---	2,629
7	Ryde, 38	---	2,560
8	Hills District, 15	---	2,513
9	Northern Districts, 157	---	2,491
10	Winston Hills, 76	---	2,474
11	Rouse Hill Rams, 248	---	2,447
12	Sutherland, 11	---	2,380
13	Balmain, 17	---	2,305
14	Girraween, 51	---	2,270
15	Doonside, 140	---	1,961
16	Parramatta, 7	---	1,802
17	Blacktown, 8	---	1,728

Girls U 13 - Long Jump / High Jump

Record: R 2,909 Pts 27/11/2010 Manly Warringah, ---

Final

1	Manly Warringah, 3	---	2,815
2	Sutherland, 11	---	2,721
3	Randwick Botany, 1	---	2,645
4	Emu Plains, 121	---	2,570
5	Bankstown Sports, 5	---	2,507
6	Campbelltown Coll, 36	---	2,494
7	Orange, 78	---	2,493
8	Northern Suburbs, 54	---	2,387
9	Northern Districts, 157	---	2,329
10	Ku-Ring-Gai, 84	---	2,232
11	Hills District, 15	---	2,188
12	Kings Langley, 53	---	1,969
13	Winston Hills, 76	---	1,669
14	Rouse Hill Rams, 248	---	1,566
15	Cherrybrook, 219	---	1,016

Girls U 14 - Long Jump / High Jump

Record: R 2,999 Pts 27/11/2011 Port Hacking, ---

Final

1	Manly Warringah, 3	---	3,087	RECORD
2	Hills District, 15	---	2,910	
3	Northern Suburbs, 54	---	2,859	
4	Ku-Ring-Gai, 84	---	2,635	
5	Parramatta, 7	---	2,628	
6	Doonside, 140	---	2,577	
7	Emu Plains, 121	---	2,565	
8	Sutherland, 11	---	2,547	
9	St George, 9	---	989	

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Girls U 15 - Long Jump / High Jump

Record: R 3,242 Pts 27/11/2011 Manly Warringah, ---

Final			
1	Northern Suburbs, 54	---	3,245 RECORD
2	Randwick Botany, 1	---	3,104
3	Northern Districts, 157	---	2,916
4	Bankstown Sports, 5	---	2,748
5	Winston Hills, 76	---	2,547
6	Manly Warringah, 3	---	2,483
7	Blacktown, 8	---	2,405
8	Port Hacking, 110	---	2,078
9	St George, 9	---	1,154
10	Rouse Hill Rams, 248	---	739

Girls U 17 - Long Jump / High Jump

Record: R 2,964 Pts 27/11/2011 Cherrybrook, ---

Final			
1	Northern Suburbs, 54	---	3,078 RECORD
2	Cherrybrook, 219	---	2,851
3	Ryde, 38	---	2,473
4	Camden, 61	---	2,275
5	Winston Hills, 76	---	2,134

Girls U 12 - Shot Put / Discus

Record: R 2,275 Pts 2008 Winston Hills

Final			
1	Camden, 61	---	2,283 RECORD
2	Manly Warringah, 3	---	2,129
3	Bankstown Sports, 5	---	2,067
4	Northern Suburbs, 54	---	2,013
5	Doonside, 140	---	1,900
6	Northern Districts, 157	---	1,631
7	Campbelltown Coll, 36	---	1,578
8	Ku-Ring-Gai, 84	---	1,391
9	Winston Hills, 76	---	1,383
10	Rouse Hill Rams, 248	---	1,256
11	Ryde, 38	---	1,254
12	Hills District, 15	---	1,138
13	Port Hacking, 110	---	1,054
14	Blacktown, 8	---	913

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Girls U 13 - Shot Put / Discus

Record: R 3,215 Pts 2008 Winston Hills

Final

1	Bankstown Sports, 5	---	2,432
2	Blacktown, 8	---	2,348
3	Kings Langley, 53	---	2,309
4	Northern Suburbs, 54	---	2,252
5	Doonside, 140	---	2,027
6	Manly Warringah, 3	---	1,870
7	Randwick Botany, 1	---	1,838
8	Penrith Valley, 66	---	1,827
9	Rouse Hill Rams, 248	---	1,768
10	Sutherland, 11	---	1,742
11	Campbelltown Coll, 36	---	1,583
12	Prospect, 95	---	1,465
13	Ku-Ring-Gai, 84	---	1,408
14	Orange, 78	---	1,264
15	Northern Districts, 157	---	1,248

Girls U 14 - Shot Put / Discus

Record: R 3,359 Pts 29/11/2009 Winston Hills, ---

Final

1	St George, 9	---	2,673
2	Parramatta, 7	---	2,260
3	Manly Warringah, 3	---	2,183
4	Ku-Ring-Gai, 84	---	1,962
5	Northern Suburbs, 54	---	1,941
6	Doonside, 140	---	1,386
7	Sutherland, 11	---	827

Girls U 15 - Shot Put / Discus

Record: R 2,944 Pts 27/11/2010 Winston Hills, ---

Final

1	Port Hacking, 110	---	2,610
2	Northern Suburbs, 54	---	2,275
3	Camden, 61	---	2,099
4	Northern Districts, 157	---	2,008
5	Blacktown, 8	---	1,898
6	Randwick Botany, 1	---	1,890
7	Cherrybrook, 219	---	1,783
8	Winston Hills, 76	---	1,779
9	Manly Warringah, 3	---	1,730
10	St George, 9	---	1,465
11	Rouse Hill Rams, 248	---	1,360

Girls U 17 - Shot Put / Discus

New Record: Change in Shot Put weight

Final

1	Northern Suburbs, 54	---	2,176	RECORD
2	Shoalhaven, 120	---	2,128	
3	Ryde, 38	---	2,019	
4	Winston Hills, 76	---	1,959	
5	Camden, 61	---	1,674	

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Boys U 12 - Long Jump / High Jump

Record: R 3,097 Pts 29/11/2009 Cherrybrook, ---

Final			
1	Albion Park, 71	---	3,179 RECORD
2	Illawong, 70	---	3,137
3	Manly Warringah, 3	---	3,027
4	Emu Plains, 121	---	2,979
5	Parramatta, 7	---	2,949
6	Northern Districts, 157	---	2,832
7	Hills District, 15	---	2,777
8	Nepean, 13	---	2,752
9	Jamison, 163	---	2,728
10	Balmain, 17	---	2,725
11	Sutherland, 11	---	2,656
12	Ku-Ring-Gai, 84	---	2,608
13	Rouse Hill Rams, 248	---	2,548
14	Northern Suburbs, 54	---	2,543
15	Ryde, 38	---	2,498
16	Smithfield, 146	---	2,403
17	Cherrybrook, 219	---	2,310
18	Hornsby, 4	---	2,291
19	Randwick Botany, 1	---	1,820

Boys U 13 - Long Jump / High Jump

Record: R 3,004 Pts 29/11/2009 Bankstown Sports, ---

Final			
1	Western Suburbs, 20	---	3,072 RECORD
2	Wollongong City, 102	---	2,936
3	Northern Suburbs, 54	---	2,889
4	Illawong, 70	---	2,855
5	Manly Warringah, 3	---	2,783
6	Camden, 61	---	2,776
7	Balmain, 17	---	2,740
8	Winston Hills, 76	---	2,583
9	Ryde, 38	---	2,554
10	Cherrybrook, 219	---	2,549
11	Randwick Botany, 1	---	2,547
12	Girraween, 51	---	2,466
13	St George, 9	---	2,366
14	Bankstown Sports, 5	---	2,045
15	Hills District, 15	---	1,545
16	Tiger West, 68	---	1,201
17	Rouse Hill Rams, 248	---	461

Boys U 14 - Long Jump / High Jump

Record: R 3,126 Pts 29/11/2009 Northern Suburbs, ---

Final			
1	Manly Warringah, 3	---	2,850
2	Parramatta, 7	---	2,721
3	Bankstown Sports, 5	---	2,698
4	Northern Suburbs, 54	---	2,657
5	Ku-Ring-Gai, 84	---	2,605
6	Hills District, 15	---	2,468
7	Northern Districts, 157	---	2,220
8	Cherrybrook, 219	---	1,314

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Boys U 15 - Long Jump / High Jump

Record: R 3,234 Pts 29/11/2009 Kurrajong/Bilpin, ---

Final

1 Campbelltown Coll, 36	---	3,157
2 Northern Suburbs, 54	---	2,797
3 Bankstown Sports, 5	---	2,762
4 Sutherland, 11	---	2,730
5 Manly Warringah, 3	---	2,643
6 Ryde, 38	---	2,638
7 Blacktown, 8	---	2,566
8 Kings Langley, 53	---	2,550
9 Parramatta, 7	---	2,354
10 Ku-Ring-Gai, 84	---	2,308
11 Port Hacking, 110	---	2,298
12 Winston Hills, 76	---	1,993
13 Randwick Botany, 1	---	756

Boys U 17 - Long Jump / High Jump

Record: R 3,024 Pts 29/11/2009 Parramatta, ---

Final

1 Northern Suburbs, 54	---	2,838
2 Camden, 61	---	2,598
3 Parramatta, 7	---	2,403
4 Kings Langley, 53	---	2,343
5 Bankstown Sports, 5	---	1,696
6 Randwick Botany, 1	---	1,470
7 Winston Hills, 76	---	1,277

Boys U 12 - Shot Put / Discus

Record: R 2,180 Pts 29/11/2009 Port Hacking, ---

Final

1 Parramatta, 7	---	2,510	RECORD
2 Emu Plains, 121	---	2,118	
3 Manly Warringah, 3	---	1,976	
4 Northern Districts, 157	---	1,840	
5 Randwick Botany, 1	---	1,738	
6 Kings Langley, 53	---	1,695	
7 Liverpool, 48	---	1,676	
8 Northern Suburbs, 54	---	1,656	
8 Hills District, 15	---	1,656	
10 Blacktown, 8	---	1,645	
11 Nepean, 13	---	1,622	
12 Cherrybrook, 219	---	1,536	
13 Ku-Ring-Gai, 84	---	1,498	
14 Rouse Hill Rams, 248	---	1,300	
15 Hornsby, 4	---	1,293	
16 Campbelltown Coll, 36	---	832	
17 Ryde, 38	---	789	

Little Athletics NSW

2011 State Relay Championships

RESULTS

Boys U 13 - Shot Put / Discus

Record: R 2,428 Pts 29/11/2009 Liverpool, ---

Final

1 Northern Suburbs, 54	---	1,948
2 Randwick Botany, 1	---	1,904
3 Western Suburbs, 20	---	1,758
4 St George, 9	---	1,715
5 Illawong, 70	---	1,610
6 Sutherland, 11	---	1,529
7 Manly Warringah, 3	---	1,516
7 Hills District, 15	---	1,516
9 Winston Hills, 76	---	1,507
10 Bankstown Sports, 5	---	1,466
11 Girraween, 51	---	1,283
12 Campbelltown Coll, 36	---	1,186
13 Tiger West, 68	---	1,178
14 Ryde, 38	---	1,162
15 Rouse Hill Rams, 248	---	632

Boys U 14 - Shot Put / Discus

New Record: Change in Shot Put weight

Final

1 Ku-Ring-Gai, 84	---	2,442	RECORD
2 Manly Warringah, 3	---	2,106	
3 Parramatta, 7	---	1,791	
4 Northern Districts, 157	---	1,757	
5 Northern Suburbs, 54	---	1,666	
6 Hills District, 15	---	1,592	

Boys U 15 - Shot Put / Discus

Record: R 2,230 Pts 27/11/2010 Northern Suburbs, ---

Final

1 Bankstown Sports, 5	---	2,425	RECORD
2 Blacktown, 8	---	2,309	
3 Winston Hills, 76	---	2,112	
4 Parramatta, 7	---	2,096	
5 Manly Warringah, 3	---	2,057	
6 Campbelltown Coll, 36	---	1,941	
7 Ryde, 38	---	1,831	

Boys U 17 - Shot Put / Discus

Record: R 1,887 Pts 29/11/2009 Northern Suburbs, ---

Final

1 Randwick Botany, 1	---	2,085	RECORD
2 Northern Suburbs, 54	---	1,763	
3 Port Hacking, 110	---	1,624	
4 Parramatta, 7	---	1,535	
5 Winston Hills, 76	---	1,479	
6 Bankstown Sports, 5	---	1,188	

Mixed U 12-15 4 x Long Jump (Senior)

Record: R 2,414 Pts 2008 Cranebrook

Final

1 Mt Druitt, 119	---	2,470	RECORD
2 Prestons Robins, 250	---	1,959	