

State Relays Championships 2022





2022 State Relays

Saturday & Sunday, 12 & 13 November 2022

INFORMATION FOR CENTRES/COMPETITORS

Alcohol

Little Athletics NSW has a zero tolerance on the consumption of alcohol during any sanctioned event.

Athlete Behaviour

Little Athletics NSW does not tolerate unacceptable or unsporting behaviour from athletes. This includes bullying or teasing of other athletes. Any serious or repetitive misbehaviour by an athlete may result in the offending athlete being disqualified from the competition.

Awards

Medals will be awarded to 1st, 2nd & 3rd place teams. Presentations will be made as soon as possible after each event. Approved centre uniform must be worn on the presentation dais. Certificates are to be collected by the centre team manager from the computer room at the end of each day.

Bins/Rubbish

Please ensure that you dispose of all rubbish in the bins provided or take it home with you.

Call Rooms

Field call room will be located in the marquee at the top of the embankment at the southern end of the ground. Track call room will be located on the 'red rock' area near the entrance to the tunnel. There is NO call room on the warm up track this year.

Please Note:

No calls will be made for any events. All events, both track and field, are timed. Athletes are to report to the track call room 20 minutes prior for 4 x 100m and 4 x 200m. 4 x 400m and Middle Distance must report 25 minutes prior to scheduled event. Field event competitors report to the Field Call room 30 minutes prior to their scheduled event.

Centre Helpers

Centre helpers will sign on at their **allotted event** areas. Centre helpers are NOT to be used as Chief Judges.

Sufficient centre helpers have been allocated to some areas to allow for at least one Athlete Controller at each field event.

*Footwear – Centre Helpers

Due to State WH&S regulations, all volunteers in the competition area must be wearing enclosed shoes. If a volunteer arrives with bare feet, sandals or thongs, they should be advised of the rule and asked if they have enclosed shoes. **If they don't have enclosed shoes, the Officials Coordinator will have the helper reallocated to another role.**

Centre Uniform

Full centre uniform **MUST** be worn, which includes age patch on the left of the uniform (top or bottom), **Coles** sponsors patch on the right shoulder, **McDonald's** registration number on the front of the uniform. If these numbers are not worn, then the athlete will need to purchase a replacement at the Information Area - \$10 for temporary Registration Number.

Athletes may take additional clothing out to field events for sun protection or to keep warm/dry between trials (e.g. hats, t-shirts, jackets, etc)

Clashing Events

Athletes in the U12-U17 events (Senior Day) at the State Relays, are permitted to compete in both track and field relays. Officials are to be aware of the following:-

- Unless covered by the following exceptions, athletes must go through the call room for all events (except for the first call of field events, where they go straight to the event, which is deemed to be the call room area for those events).
 - Athletes at a track event when required at Call Room for field event
Athletes who are competing in a track event, when due at a field event go straight to the field event, after the track event has completed.
 - Athletes at a field event when required at Call Room for a track event
 - For track events, the relevant team manager is to report to the call room (with all non-clashing athletes) at call room time and advise the call room of the clash.
 - The call room officials will highlight the sheet, showing that there is an athlete at a field event. This sheet is taken to the change areas.
 - The athletes in the call room are taken to the event as usual.
 - It is the responsibility of the athlete who was at the field event at call room time, to make sure that they are at the correct change area 5 minutes prior to the start of the event.
 - If all 4 athletes are not at their area by the time the event is placed on the track, the referee will exclude the team. i.e. the athlete is not there at the time of the scheduled event, the change umpire will advise the referee that the athlete is not there and ready to compete. At that time, the team is taken off the track.
- Field Chief Judges may allow athletes who are in concurrent events to compete out of order and/or out of round.
- **Competition takes precedence** over medal presentations. If athletes are competing in an event when called to a medal presentation they have to wait until after they have completed their event before going to medal presentation.

Coaches Areas

Designated 'coaches areas' will be provided for field events on the senior day. Each field event will have a coaches area located in the spectator area close to the event, which will be marked by witches hats (or similar). Athletes in the U12-U17 age groups only, are permitted to approach that area to talk to their coach. It should be noted that it will be the responsibility of the individual athlete (not the event officials) to ensure that the athlete crosses the track safely and does not miss a trial because they have left the immediate competition area to talk to their coach.

Emergencies

In the unlikely event of an emergency or the need to evacuate the venue:

- Remain calm
- Listen closely to any announcements
- Follow the directions of the officials

Field Team Identification

For centres who have entered 2 teams in field events, these are referred to A & B, please ensure your athletes know whether they are in team A or team B. Centres are requested (particularly for the junior day), to mark on the athletes' hands, the discipline they are competing in and if they are in team A or B, e.g. Shot A, Disc A etc.

An athlete is only permitted to compete in one leg of a field event e.g. for the U8, U9 & U10 Throws the same athlete can only compete in in the Shot Put leg OR one Discus leg. In the same age Jumps the same athlete can only compete in one leg of the Long Jump.

***First field events on Saturday and Sunday that start at 9am are to go straight to the field area. There is no Call Room for these events.**

Field event officials will be expected to check that athletes in these events are in correct uniform. If they are not in correct uniform they are to be sent away to correct any uniform issues.

First Aid

First aid is located in a room under the grandstand, near the finish line.

Food/Canteens

The canteen and food outlets will be located on the concourse and a coffee van will be located at the warm up track.

Gates

Gates will open at 7am on both days. There is NO gate entry fee.

Information Officer

The carnival Information Officer is in on the concourse, in front of the Radio Box Room, which is next to the announcer.

Merchandise

Merchandise orders will be available from our partner RHSports. RHSport will be situated in VIP 2 (entry via grandstand).

Parking

Please make sure members of the centre allow sufficient time to walk from the car park to the athletics stadium. The preferred parking areas for the Sydney Olympic Park Athletic Centre are P1 & P2. There is a flat rate of \$18 if tickets are validated. To get the flat rate you must validate your parking ticket at the at SOPAC Reception located under the main grandstand by walking down the stairs on the main forecourt.

Partnerships

Kumon and Tensegrity will be in attendance at this years State Relays.

[Kumon](#) are our State Combined Carnival sponsors! Kumon provides supplementary, after-school learning programmes for children and have helped thousands of kids in around 60 countries. You will find Kumon in the main forecourt as you walk in the main gates.

[Tensegrity](#) are our new partners who are a team of chiropractors, physios and massage therapists. They run a series of clinics across Sydney. They will be located on the left hand side of the main forecourt when you enter through the main gates.

Program

NO programs will be on sale on the day. The program of events (with team composition) has been posted on the Little Athletics NSW website in COMPETITION section.

Protests

If a Team Manager has an issue with a result they will need to go to the Information Officer, who will give them a Protest Form to complete. If the outcome of the protest is not satisfactory to the centre, they may lodge an appeal to the Jury of Appeal (please read RoC 5.15 Protests and Appeals for further information).

As per Rules of Competition, the Jury of Appeal will consist of 3 people, taken from the following:

- Cheryl Webb (Competition Manager)
- Carnival Manager
- Track Referee
- Field Referee
- Rebecca Shaw (Chief Executive Officer)
- Board Director

Relay 4 x 200m

The 200m relay is run entirely in lanes. The start is at the start/finish line where the athletes will be placed in their lanes by the starters. They will run 200m in their lane and change the baton inside the 30m changeover zone. The 2nd, 3rd and 4th runners also run their lanes and change the baton inside their 30m changeover zone. All changeover zones will be indicated on the track. The athletes will be shown these markings prior to the race, by the change officials.

Relay changes

In the 4 x 100m, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. More detail can be found in the COMPETITION section, Rules of Competition on our website.

Safety

Little Athletics NSW is committed to providing everyone with a safe environment. Please let an official know if you see something that you think is unsafe.

Smoking

Smoking is not permitted in any competition or spectator area.

Spectators

Spectators are not permitted on the competition area.

Spikes

U8, U9 & U10 athletes **CANNOT** wear spike shoes. U11 & U12 athletes may wear spikes in the 4 x 100m plus long, triple and high jump.

Athletes competing on the senior day in the U13-U17 age groups may wear spike shoes in ALL track events, Long Jump, High Jump and Javelin.

Spike length as per LANSW Rules of Competition.

Starting Blocks

All athletes in the U11+ age groups who are wearing spikes and are the first runner of the relay in laned events, must use starting blocks. This is a [Condition of Entry](#) for SOPAC.

In applying this rule LANSW have organised the following “how to set up blocks” sessions to assist athletes who need assistance at the Relays.

Saturday at 8am – Warm-Up track at the 100m start

Sunday at 8am, 9am & 10am – Warm-Up track at the 100m start

Athletes will be shown the basics on how to set up the blocks and also have the opportunity to try them out.

If you would like to try out blocks prior the Championships, SOPAC have training nights where blocks can be accessed. Please check their website for [training times](#).

If the athlete is not confident to use blocks then it is advisable for the athlete to wear waffles or normal running shoes.

Sport Rage

Sport rage is any violence, foul language, harassment, abuse or bad behaviour by athletes, coaches, officials or spectators of sport. Any type of sport rage will not be tolerated by Little Athletics NSW and may result in offenders being issued with a formal warning. Repeated or serious breaches may result in an offender being asked to leave the venue. They may also be subject to further penalties, including a ban from future participation in the sport.

Sun Protection

Every effort will be made to provide shade but parents are to be urged to provide hats, sunscreen and t-shirts for their children. Athletes should also have a water bottle.

Toilets

Toilets are located at a number of locations at the back of the grandstand.

Warm Up Area

Athletes may warm up on the warm up track when no event is being held. Some areas will be unavailable during events. Please do not enter these areas.

Weather

In the case of very wet or hot weather, the carnival management will continuously monitor the conditions. In the case of lightning/thunderstorms, the LANSW Lightning Guidelines will be applied. In the case of very hot conditions, the LANSW Heat Policy will be referred to.

For any further information feel free to contact the Little Athletics NSW office on 9633 4511.



STATE RELAY CHAMPIONSHIPS

SATURDAY, 12 NOVEMBER 2022

TRACK PROGRAM

Event No.	Age Group - Event	Heat Or Final	No. Of Heats Or Finals	Call Room By	Start Time
#1	Girls U 11 - 4 x 100m	Heats	3	8:40:00	9:00:00
#2	Boys U 11 - 4 x 100m	Heats	3	8:55:00	9:15:00
#3	Mixed U 11 - 4 x 100m	Heats	2	9:10:00	9:30:00
#4	Mixed U 8/U 11 - 4 x 100m	Heats	2	9:20:00	9:40:00
#5	Girls U 10 - 4 x 100m	Heats	4	9:30:00	9:50:00
#6	Boys U 10 - 4 x 100m	Heats	4	9:50:00	10:10:00
#7	Mixed U 10 - 4 x 100m	Final	1	10:10:00	10:30:00
#8	Girls U 8 - 4 x 100m	Heats	3	10:15:00	10:35:00
	Opening Ceremony				10:50:00
#9	Boys U 8 - 4 x 100m	Heats	3	10:45:00	11:05:00
#10	Mixed U 8 - 4 x 100m	Heats	2	11:00:00	11:20:00
#11	Girls U 9 - 4 x 100m	Heats	3	11:10:00	11:30:00
#12	Boys U 9 - 4 x 100m	Heats	3	11:25:00	11:45:00
#13	Mixed U 9 - 4 x 100m	Heats	2	11:40:00	12:00:00
	Break				12:10:00
#14	Girls U 8/U 11 - Middle Distance	Timed Final	2	12:05:00	12:30:00
#15	Boys U 8/U 11 - Middle Distance	Timed Final	2	12:35:00	13:00:00
#16	Girls U 8 - 4 x 100m	Final	1	13:10:00	13:30:00
#17	Boys U 8 - 4 x 100m	Final	1	13:15:00	13:35:00
#18	Mixed U 8/U 11 - 4 x 100m	Final	1	13:20:00	13:40:00
#19	Girls U 11 - 4 x 100m	Final	1	13:25:00	13:45:00
#20	Boys U 11 - 4 x 100m	Final	1	13:30:00	13:50:00
#21	Mixed U 8 - 4 x 200m	Timed Final	3	13:35:00	13:55:00
#22	Mixed U 9 - 4 x 200m	Timed Final	4	13:56:00	14:16:00
#23	Mixed U 10 - 4 x 400m	Timed Final	3	14:19:00	14:44:00
#24	Mixed U 11 - 4 x 400m	Timed Final	3	14:40:00	15:05:00
#25	Girls U 9 - 4 x 100m	Final	1	15:06:00	15:26:00
#26	Boys U 9 - 4 x 100m	Final	1	15:11:00	15:31:00
#27	Girls U 10 - 4 x 100m	Final	1	15:16:00	15:36:00
#28	Boys U 10 - 4 x 100m	Final	1	15:21:00	15:41:00
#29	Mixed U 8 - 4 x 100m	Final	1	15:26:00	15:46:00
#30	Mixed U 9 - 4 x 100m	Final	1	15:31:00	15:51:00
#31	Mixed U 11 - 4 x 100m	Final	1	15:36:00	15:56:00



STATE RELAY CHAMPIONSHIPS

SATURDAY, 12 NOVEMBER 2022

FIELD PROGRAM

*WUT = events will be on the Warm-Up Track

Event No.	Age Group - Event	Area	Straight To Event	Start Time	No. of Teams
#32	Girls U 10 - Shot	Shot 1	8:40:00	9:00:00	22
#32	Girls U 10 - Discus	Discus 1	8:40:00	9:00:00	22
#32	Girls U 10 - Discus	Discus 2	8:40:00	9:00:00	22
#33	Girls U 11 -Long	Long 2	8:40:00	9:00:00	21
#33	Girls U 11 -High	High 2	8:40:00	9:00:00	21
#33	Girls U 11 - Triple	Triple 4	8:40:00	9:00:00	21
#34	Boys U 11 - Long	Long 1	8:40:00	9:00:00	18
#34	Boys U 11 - High	High 3	8:40:00	9:00:00	18
#34	Boys U 11 -Triple	Triple 3	8:40:00	9:00:00	18
			Call Room Time	Start Time	
#35	Girls U 8 - Shot	Shot 1	9:45:00	10:05:00	20
#35	Girls U 8 - Discus	Discus 1	9:45:00	10:05:00	20
#35	Girls U 8 -Discus	Discus 2	9:45:00	10:05:00	20
#36	Girls U 9 -Long	Long 1	9:50:00	10:10:00	19
#36	Girls U 9 - Long	Long 2	10:00:00	10:20:00	19
#36	Girls U 9 - Long	Long 3	9:50:00	10:10:00	19
#37	Mixed U 8-11 4 x Long Jump (Junior)	Long 4	10:00:00	10:20:00	10
#38	Boys U 8 - Shot	Shot 1	10:45:00	11:05:00	21
#38	Boys U 8 -Discus	Discus 1	10:45:00	11:05:00	21
#38	Boys U 8 - Discus	Discus 2	10:45:00	11:05:00	21
#39	Boys U 9 -Long	Long 1	11:05:00	11:25:00	22
#39	Boys U 9 -Long	Long 2	11:15:00	11:35:00	22
#39	Boys U 9 -Long	Long 3	11:05:00	11:25:00	22
#40	Girls U 11 -Shot	Shot 3 WUT	12:40:00	13:00:00	21
#40	Girls U 11 -Discus	Discus 3 WUT	12:40:00	13:00:00	21
#40	Girls U 11 -Javelin	Javelin 2 WUT	12:10:00	12:30:00	21
#41	Boys U 10 - Shot	Shot 1	11:50:00	12:10:00	25
#41	Boys U 10 - Discus	Discus 1	11:50:00	12:10:00	25
#41	Boys U 10 - Discus	Discus 2	11:50:00	12:10:00	25
#42	Girls U 10 - Long	Long 1	12:45:00	13:05:00	23
#42	Girls U 10 - Long	Long 2	12:40:00	13:00:00	23
#42	Girls U 10 - Long	Long 3	12:45:00	13:05:00	23



STATE RELAY CHAMPIONSHIPS **SATURDAY, 12 NOVEMBER 2022**

#43	Boys U 11 -Shot	Shot 3 WUT	13:45:00	14:05:00	22
#43	Boys U 11 -Discus	Discus 3 WUT	13:45:00	14:05:00	22
#43	Boys U 11 -Javelin	Javelin 2 WUT	13:30:00	13:50:00	22
#44	Boys U 9 - Shot	Shot 1	13:05:00	13:25:00	22
#44	Boys U 9 - Discus	Discus 1	13:05:00	13:25:00	22
#44	Boys U 9 - Discus	Discus 2	13:05:00	13:25:00	22
#45	Girls U 8 Long	Long 1	14:10:00	14:30:00	20
#45	Girls U 8 Long	Long 2	14:05:00	14:25:00	20
#45	Girls U 8 Long	Long 3	14:10:00	14:30:00	20
#46	Boys U 10 - Long	Long 5 WUT	15:30:00	15:50:00	21
#46	Boys U 10 - Long	Long 6 WUT	15:30:00	15:50:00	21
#46	Boys U 10 - Long	Long 7 WUT	15:40:00	16:00:00	21
#47	Girls U 9 - Shot	Shot 1	14:10:00	14:30:00	20
#47	Girls U 9 - Discus	Discus 1	14:10:00	14:30:00	20
#47	Girls U 9 - Discus	Discus 2	14:10:00	14:30:00	20
#48	Boys U 8 Long	Long 1	15:25:00	15:45:00	20
#48	Boys U 8 Long	Long 2	15:20:00	15:40:00	20
#48	Boys U 8 Long	Long 3	15:25:00	15:45:00	20

*WUT = events will be on the Warm-Up Track



STATE RELAY CHAMPIONSHIPS

SUNDAY, 13 NOVEMBER 2022

TRACK PROGRAM

Event No.	Age Group - Event	Heat Or Final	No. Of Heats Or Finals	Call Room By	Start Time
#49	Boys U 12 - 4 x 100m	Heats	4	8:40:00	9:00:00
#50	Boys U 13 - 4 x 100m	Heats	3	9:00:00	9:20:00
#51	Girls U 15 - 4 x 100m	Heats	2	9:15:00	9:35:00
#52	Girls U 14 - 4 x 100m	Heats	3	9:25:00	9:45:00
#53	Girls U 17 - 4 x 100m	Heats	2	9:40:00	10:00:00
#54	Boys U 14 - 4 x 100m	Heats	2	9:50:00	10:10:00
#55	Mixed U 14 - 4 x 100m	Final	1	10:00:00	10:20:00
#56	Girls U 13 - 4 x 100m	Heats	3	10:05:00	10:25:00
#57	Mixed U 13 - 4 x 100m	Final	1	10:20:00	10:40:00
#58	Boys U 15 - 4 x 100m	Heats	2	10:25:00	10:45:00
#59	Mixed U 15 - 4 x 100m	Final	1	10:35:00	10:55:00
#60	Mixed U 12/U 15 - 4 x 100m	Final	1	10:40:00	11:00:00
#61	Girls U 12 - 4 x 100m	Heats	3	10:45:00	11:05:00
#62	Mixed U 12 - 4 x 100m	Final	1	11:00:00	11:20:00
#63	Boys U 17 - 4 x 100m	Heats	3	11:05:00	11:25:00
#64	Mixed U 17 - 4 x 100m	Final	1	11:20:00	11:40:00
#65	Girls U 12/U 15 - Middle Distance	Timed Final	2	11:20:00	11:45:00
#66	Boys U 12U 15 - Middle Distance	Timed Final	2	11:50:00	12:15:00
	Lunch				12:45:00
#67	Mixed U 12 - 4 x 400m	Timed Final	3	12:50:00	13:15:00
#68	Mixed U 13 - 4 x 400m	Timed Final	3	13:14:00	13:39:00
#69	Mixed U 14 - 4 x 400m	Timed Final	2	13:38:00	14:03:00
#70	Mixed U 15 - 4 x 400m	Timed Final	2	13:54:00	14:19:00
#71	Mixed U 17 - 4 x 400m	Timed Final	2	14:10:00	14:35:00
#72	Girls U 12 - 4 x 100m	Final	1	14:31:00	14:51:00
#73	Boys U 12 - 4 x 100m	Final	1	14:36:00	14:56:00
#74	Girls U 13 - 4 x 100m	Final	1	14:41:00	15:01:00
#75	Boys U 13 - 4 x 100m	Final	1	14:46:00	15:06:00
#76	Girls U 14 - 4 x 100m	Final	1	14:51:00	15:11:00
#77	Boys U 14 - 4 x 100m	Final	1	14:56:00	15:16:00
#78	Girls U 15 - 4 x 100m	Final	1	15:01:00	15:21:00
#79	Boys U 15 - 4 x 100m	Final	1	15:06:00	15:26:00
#80	Girls U 17 - 4 x 100m	Final	1	15:11:00	15:31:00
#81	Boys U 17 - 4 x 100m	Final	1	15:16:00	15:36:00



STATE RELAY CHAMPIONSHIPS

SUNDAY, 13 NOVEMBER 2022

FIELD PROGRAM

*WUT = events will be on the Warm-Up Track

Event No.	Age Group - Event	Area	Straight To Event	Start Time	No. of Teams
#82	Boys U 14 - Discus	Discus 2	8:40:00	9:00:00	19
#82	Boys U 14 - Shot	Shot 1	8:40:00	9:00:00	19
#82	Boys U 14 -Javelin	Javelin 1	8:40:00	9:00:00	19
#83	Girls U 12 - Long	Long 1	8:40:00	9:00:00	20
#83	Girls U 12 -Triple	Triple 3	8:40:00	9:00:00	20
#83	Girls U 12 - High	High 2	8:40:00	9:00:00	20
#84	Boys U 15 - Long	Long 2	8:40:00	9:00:00	13
#84	Boys U 15 - High	High 4 WUT	8:40:00	9:00:00	13
#84	Boys U 15 -Triple	Triple 4	8:40:00	9:00:00	13
#85	Girls U 13 - Discus	Discus 3 WUT	8:40:00	9:00:00	23
#85	Girls U 13 - Shot	Shot 3 WUT	8:40:00	9:00:00	23
#85	Girls U 13 - Javelin	Javelin 2 WUT	8:40:00	9:00:00	23
#86	Boys U 17 – High	High 3	8:40:00	9:00:00	16
			Call Room Time	Start Time	
#87	Boys U 12 – Discus	Discus 2	9:40:00	10:00:00	23
#87	Boys U 12 – Shot	Shot 1	9:40:00	10:00:00	23
#86	Boys U 17 – Long	Long 2	9:35:00	9:55:00	16
#86	Boys U 17 -Triple	Triple 4	9:35:00	9:55:00	16
#87	Boys U 12 – Javelin	Javelin 1	9:55:00	10:15:00	23
#88	Boys U 13 - Discus	Discus 3 WUT	9:50:00	10:10:00	17
#88	Boys U 13 - Shot	Shot 3 WUT	9:50:00	10:10:00	17
#88	Boys U 13 - Javelin	Javelin 2 WUT	10:05:00	10:25:00	17
#89	Girls U 17 – Long	Long 1	9:55:00	10:15:00	17
#89	Girls U 17 – Triple	Triple 3	9:55:00	10:15:00	17
#89	Girls U 17 – High	High 4 WUT	10:15:00	10:35:00	17
#93	Boys U 14 – High	High 3	10:35:00	10:55:00	14
#90	Boys U 15 – Discus	Discus 2	10:50:00	11:10:00	16
#90	Boys U 15 – Shot	Shot 1	10:50:00	11:10:00	16
#91	Girls U 14 – Discus	Discus 3 WUT	10:45:00	11:05:00	14
#91	Girls U 14 – Shot	Shot 3 WUT	10:45:00	11:05:00	14
#92	Girls U 15 – Long	Long 2	10:40:00	11:00:00	14
#92	Girls U 15 – Triple	Triple 4	10:40:00	11:00:00	14



STATE RELAY CHAMPIONSHIPS

SUNDAY, 13 NOVEMBER 2022

#90	Boys U 15 – Javelin	Javelin 1	11:20:00	11:40:00	16
#91	Girls U 14 – Javelin	Javelin 2 WUT	11:15:00	11:35:00	14
#93	Boys U 14 – Long	Long 1	11:05:00	11:25:00	14
#93	Boys U 14 – Triple	Triple 3	11:05:00	11:25:00	14
#92	Girls U 15 – High	High 2	10:55:00	11:15:00	14
#94	Boys U 17 – Discus	Discus 2	11:45:00	12:05:00	18
#94	Boys U 17 – Shot	Shot 1	11:45:00	12:05:00	18
#95	Girls U 17 – Discus	Discus 3 WUT	11:35:00	11:55:00	16
#95	Girls U 17 – Shot	Shot 3 WUT	11:35:00	11:55:00	16
#96	Boys U 12 – Long	Long 2	11:40:00	12:00:00	24
#96	Boys U 12 – Triple	Triple 4	11:40:00	12:00:00	24
#94	Boys U 17 – Javelin	Javelin 1	12:25:00	12:45:00	18
#95	Girls U 17 – Javelin	Javelin 2 WUT	12:15:00	12:35:00	16
#97	Girls U 14 – High	High 4 WUT	12:15:00	12:35:00	17
#98	Girls U 13 – Long	Long 1	12:05:00	12:25:00	24
#98	Girls U 13 – Triple	Triple 3	12:05:00	12:25:00	24
#99	Girls U 12 – Discus	Discus 2	12:45:00	13:05:00	20
#99	Girls U 12 – Shot	Shot 1	12:45:00	13:05:00	20
#96	Boys U 12 – High	High 3	12:15:00	12:35:00	24
#100	Girls U 15 – Shot	Shot 3 WUT	12:30:00	12:50:00	18
#98	Girls U 13 – High	High 2	12:35:00	12:55:00	24
#100	Girls U 15 – Discus	Discus 3 WUT	12:30:00	12:50:00	18
#99	Girls U 12 – Javelin	Javelin 1	13:35:00	13:55:00	20
#97	Girls U 14 – Long	Long 2	13:05:00	13:25:00	17
#97	Girls U 14 – Triple	Triple 4	13:05:00	13:25:00	17
#100	Girls U 15 – Javelin	Javelin 2 WUT	13:20:00	13:40:00	18
#101	Boys U 13 – Long	Long 1	13:35:00	13:55:00	20
#101	Boys U 13 – Triple	Triple 3	13:35:00	13:55:00	20
#101	Boys U 13 – High	High 4 WUT	14:15:00	14:35:00	20
#102	Mixed U 12/15 - 4 x Long Jump	Long 2	14:15:00	14:35:00	9

*WUT = events will be on the Warm-Up Track

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Event 1 Girls U 11 - 4x100 Metre Relay (20) Heats**Saturday 12/11/2022**

State Relay: 55.01 2015 Manly Warringah

Centre	Relay	Seed Time
1 Bankstown Sp		
2 Camden		
3 Canterbury		
4 Cherrybrook		
5 Eastern Subu		
6 Glenbrook		
7 Hills Distri		
8 Ku-Ring-Gai		
9 Manly Warrin		
10 Mosman		
11 Northern Sub		
12 Port Hacking		
13 Prestons Rob		
14 Quakers Hill		
15 Randwick Bot		
16 Rouse Hill R		
17 Ryde		
18 Sutherland		
19 The Ponds		
20 Winston Hill		

Event 2 Boys U 11 - 4x100 Metre Relay (23) Heats**Saturday 12/11/2022**

State Relay: 53.54 1978 Bankstown

Centre	Relay	Seed Time
1 Balmain		
2 Camden		
3 Campbelltown		
4 Canterbury		
5 Cherrybrook		
6 Doonside		
7 Eastern Subu		
8 Hills Distri		
9 Illawong		
10 Ku-Ring-Gai		
11 Macquarie Hu		
12 Manly Warrin		
13 Mosman		
14 Northern Sub		
15 Port Hacking		
16 Prestons Rob		
17 Quakers Hill		
18 Randwick Bot		
19 Rouse Hill R		
20 Ryde		
21 Sutherland		
22 The Ponds		
23 Winston Hill		

Event 3 Mixed U 11 - 4x100 Metre Relay (13) Heats**Saturday 12/11/2022**

State Relay: 54.18 2016 Albion Park

Centre	Relay	Seed Time
1 Eschol Park		

- 2 Hawkesbury C
- 3 Helensburgh
- 4 Holroyd
- 5 Hornsby
- 6 Kurrajong Bi
- 7 Liverpool Ci
- 8 Prospect
- 9 Riverstone
- 10 Smithfield
- 11 Springwood
- 12 St George
- 13 Tallawong Pa

Event 4 Mixed U 8-11 4x100 Metre Relay (12) Heats**Saturday 12/11/2022**

State Relay: 1:01.26 2017 Liverpool City

Centre	Relay	Seed Time
1 Albion Park		
2 Doonside		
3 Eschol Park		
4 Hawkesbury C		
5 Helensburgh		
6 Liverpool Ci		
7 Macquarie Hu		
8 Mt Druitt		
9 Prospect		
10 Randwick Bot		
11 Tallawong Pa		
12 Western Blue		

Event 5 Girls U 10 - 4x100 Metre Relay (25) Heats**Saturday 12/11/2022**

State Relay: 57.50 2014 Manly Warringah

Centre	Relay	Seed Time
1 Bankstown Sp		
2 Camden		
3 Campbelltown		
4 Canterbury		
5 Cherrybrook		
6 Eastern Subu		
7 Hills Distri		
8 Ku-Ring-Gai		
9 Manly Warrin		
10 Mosman		
11 Northern Sub		
12 Port Hacking		
13 Prestons Rob		
14 Quakers Hill		
15 Randwick Bot		
16 Rouse Hill R		
17 Ryde		
18 Smithfield		
19 South Easter		
20 St George		
21 Sutherland		
22 The Ponds		
23 Western Blue		
24 Winston Hill		
25 Wollongong C		

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Event 6 Boys U 10 - 4x100 Metre Relay (27) Heats**Saturday 12/11/2022**

State Relay: 55.74 1980 Bankstown

Centre	Relay	Seed Time
1	Balmain	
2	Bankstown Sp	
3	Camden	
4	Campbelltown	
5	Canterbury	
6	Cherrybrook	
7	Eastern Subu	
8	Helensburgh	
9	Hills Distri	
10	Illawong	
11	Ku-Ring-Gai	
12	Manly Warrin	
13	Mosman	
14	Northern Sub	
15	Port Hacking	
16	Prestons Rob	
17	Quakers Hill	
18	Randwick Bot	
19	Rouse Hill R	
20	Ryde	
21	Smithfield	
22	South Easter	
23	St George	
24	Sutherland	
25	The Ponds	
26	Winston Hill	
27	Wollongong C	

Event 7 Mixed U 10 - 4x100 Metre Relay (9)**Saturday 12/11/2022**

State Relay: 58.04 1984 Blacktown

Centre	Relay	Seed Time
1	Eschol Park	
2	Hawkesbury C	
3	Holroyd	
4	Kurrajong Bi	
5	Liverpool Ci	
6	Macquarie Hu	
7	Prospect	
8	Riverstone	
9	Tallawong Pa	

Event 8 Girls U 8 - 4x100 Metre Relay (19) Heats**Saturday 12/11/2022**

State Relay: 1:03.84 1982 Bankstown

Centre	Relay	Seed Time
1	Bankstown Sp	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Hills Distri	
8	Ku-Ring-Gai	

9 Manly Warrin

10 Mosman

11 Northern Sub

12 Port Hacking

13 Prestons Rob

14 Quakers Hill

15 Rouse Hill R

16 Ryde

17 Sutherland

18 The Ponds

19 Winston Hill

Event 9 Boys U 8 - 4x100 Metre Relay (21) Heats**Saturday 12/11/2022**

State Relay: 1:00.44 1984 Randwick Botany

Centre	Relay	Seed Time
1	Bankstown Sp	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Girraween	
8	Hills Distri	
9	Ku-Ring-Gai	
10	Manly Warrin	
11	Northern Dist	
12	Northern Sub	
13	Port Hacking	
14	Prestons Rob	
15	Quakers Hill	
16	Rouse Hill R	
17	Ryde	
18	St George	
19	Sutherland	
20	The Ponds	
21	Winston Hill	

Event 10 Mixed U 8 - 4x100 Metre Relay (12) Heats**Saturday 12/11/2022**

State Relay: 1:03.94 1982 Blacktown

State Relay: 1:03.94 1984 North Rocks/Carlingford

Centre	Relay	Seed Time
1	Eschol Park	
2	Hawkesbury C	
3	Helensburgh	
4	Holroyd	
5	Hornsby	
6	Illawong	
7	Kurrajong Bi	
8	Liverpool Ci	
9	Randwick Bot	
10	Smithfield	
11	South Easter	
12	Tallawong Pa	

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Event 11 Girls U 9 - 4x100 Metre Relay (24) Heats**Saturday 12/11/2022**

State Relay: 1:00.54 1979 Hills District

Centre	Relay	Seed Time
1	Blacktown	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Eastlakes	
8	Hills Distri	
9	Inner West	
10	Ku-Ring-Gai	
11	Manly Warrin	
12	Mosman	
13	Northern Dist	
14	Northern Sub	
15	Port Hacking	
16	Prestons Rob	
17	Randwick Bot	
18	Rouse Hill R	
19	Ryde	
20	Smithfield	
21	South Easter	
22	Sutherland	
23	The Ponds	
24	Winston Hill	

Event 12 Boys U 9 - 4x100 Metre Relay (23) Heats**Saturday 12/11/2022**

State Relay: 58.44 1990 Ku-Ring-Gai

Centre	Relay	Seed Time
1	Balmain	
2	Bankstown Sp	
3	Blacktown	
4	Camden	
5	Campbelltown	
6	Canterbury	
7	Cherrybrook	
8	Eastern Subu	
9	Hills Distri	
10	Illawong	
11	Ku-Ring-Gai	
12	Manly Warrin	
13	Northern Sub	
14	Port Hacking	
15	Prestons Rob	
16	Quakers Hill	
17	Randwick Bot	
18	Rouse Hill R	
19	Ryde	
20	South Easter	
21	Sutherland	
22	The Ponds	
23	Winston Hill	

Event 13 Mixed U 9 - 4x100 Metre Relay (10) Heats**Saturday 12/11/2022**

State Relay: 1:00.04 1985 North Rocks/Carlingford

Centre	Relay	Seed Time
1	Eschol Park	
2	Gosford	
3	Hawkesbury C	
4	Kurrajong Bi	
5	Liverpool Ci	
6	Macquarie Hu	
7	Prospect	
8	St George	
9	Tallawong Pa	
10	Western Blue	

Event 14 Girls U 8-11 Middle Distance Relay (21)**Saturday 12/11/2022**

State Relay: 10:53.17 2016 Sutherland

Centre	Relay	Seed Time
1	Albion Park	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Gosford	
8	Hawkesbury C	
9	Hills Distri	
10	Ku-Ring-Gai	
11	Manly Warrin	
12	Northern Sub	
13	Port Hacking	
14	Quakers Hill	
15	Randwick Bot	
16	Riverstone	
17	Rouse Hill R	
18	Ryde	
19	South Easter	
20	Sutherland	
21	Winston Hill	

Event 15 Boys U 8-11 Middle Distance Relay (22)**Saturday 12/11/2022**

State Relay: 10:25.15 2017 Balmain

Centre	Relay	Seed Time
1	Albion Park	
2	Balmain	
3	Camden	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Gosford	
8	Hawkesbury C	
9	Hills Distri	
10	Ku-Ring-Gai	
11	Macquarie Hu	
12	Manly Warrin	
13	Northern Sub	

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Event 15 ... (Boys U 8-11 Middle Distance Relay (22))

Centre	Relay	Seed Time
14	Port Hacking	
15	Quakers Hill	
16	Randwick Bot	
17	Riverstone	
18	Rouse Hill R	
19	Ryde	
20	South Easter	
21	Sutherland	
22	Winston Hill	

Event 21 Mixed U 8 - 4x200 Metre Relay (22)

Saturday 12/11/2022		
State Relay:	2:13.30	2017
Centre	Relay	Seed Time
1	Campbelltown	
2	Canterbury	
3	Cherrybrook	
4	Doonside	
5	Eastern Subu	
6	Eschol Park	
7	Hawkesbury C	
8	Hills Distri	
9	Hornsby	
10	Ku-Ring-Gai	
11	Manly Warrin	
12	Northern Sub	
13	Port Hacking	
14	Quakers Hill	
15	Randwick Bot	
16	Rouse Hill R	
17	Ryde	
18	South Easter	
19	St George	
20	Sutherland	
21	The Ponds	
22	Winston Hill	

Event 22 Mixed U 9 - 4x200 Metre Relay (25)

Saturday 12/11/2022		
State Relay:	2:07.11	2013
Centre	Relay	Seed Time
1	Balmain	
2	Blacktown	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Doonside	
7	Eastern Subu	
8	Gosford	
9	Hawkesbury C	
10	Hills Distri	
11	Ku-Ring-Gai	
12	Liverpool Ci	
13	Macquarie Hu	
14	Manly Warrin	
15	Mosman	
16	Northern Sub	

17	Port Hacking
18	Quakers Hill
19	Randwick Bot
20	Rouse Hill R
21	Ryde
22	South Easter
23	Sutherland
24	The Ponds
25	Winston Hill

Event 23 Mixed U 10 - 4x400 Metre Relay (22)

Saturday 12/11/2022		
State Relay:	4:36.40	1983
Centre	Relay	Seed Time
1	Camden	
2	Canterbury	
3	Cherrybrook	
4	Doonside	
5	Eastern Subu	
6	Hawkesbury C	
7	Hills Distri	
8	Ku-Ring-Gai	
9	Macquarie Hu	
10	Manly Warrin	
11	Mosman	
12	Northern Sub	
13	Port Hacking	
14	Quakers Hill	
15	Randwick Bot	
16	Rouse Hill R	
17	Ryde	
18	South Easter	
19	St George	
20	Sutherland	
21	The Ponds	
22	Winston Hill	

Event 24 Mixed U 11 - 4x400 Metre Relay (18)

Saturday 12/11/2022		
State Relay:	4:25.82	2016
Centre	Relay	Seed Time
1	Camden	
2	Canterbury	
3	Cherrybrook	
4	Doonside	
5	Eastern Subu	
6	Hawkesbury C	
7	Hills Distri	
8	Ku-Ring-Gai	
9	Manly Warrin	
10	Mosman	
11	Northern Sub	
12	Quakers Hill	
13	Randwick Bot	
14	Rouse Hill R	
15	Ryde	
16	Sutherland	
17	The Ponds	
18	Winston Hill	

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Event 32 Girls U 10 - Throws Relay (22)**Saturday 12/11/2022**

State Relay: 18.78m 2017 Bankstown Sports

Name	Age	Centre	Seed Mark
1 Camden, A		Camden	
2 Campbelltown, A		Campbelltown	
3 Canterbury, A		Canterbury	
4 Girraween, A		Girraween	
5 Gosford, A		Gosford	
6 Hills District, A		Hills Distri	
7 Hills District, B		Hills Distri	
8 Ku-Ring-Gai, A		Ku-Ring-Gai	
9 Ku-Ring-Gai, B		Ku-Ring-Gai	
10 Manly Warringah, A		Manly Warrin	
11 Manly Warringah, B		Manly Warrin	
12 Northern Districts, A		Northern Dist	
13 Northern Suburbs, A		Northern Sub	
14 Parramatta, A		Parramatta	
15 Port Hacking, A		Port Hacking	
16 Quakers Hill, A		Quakers Hill	
17 Randwick Botany, A		Randwick Bot	
18 Riverstone, A		Riverstone	
19 Rouse Hill Rams, A		Rouse Hill R	
20 Ryde, A		Ryde	
21 Sutherland, A		Sutherland	
22 Winston Hills, A		Winston Hill	

Event 33 Girls U 11 - Jumps Relay (21)**Saturday 12/11/2022**

State Relay: 24.82m 2017 Manly Warringah

Name	Age	Centre	Seed Mark
1 Campbelltown, A		Campbelltown	
2 Campbelltown, B		Campbelltown	
3 Canterbury, A		Canterbury	
4 Cherrybrook, A		Cherrybrook	
5 Gosford, A		Gosford	
6 Hawkesbury City, A		Hawkesbury C	
7 Hills District, A		Hills Distri	
8 Hills District, B		Hills Distri	
9 Hornsby, A		Hornsby	
10 Ku-Ring-Gai, A		Ku-Ring-Gai	
11 Ku-Ring-Gai, B		Ku-Ring-Gai	
12 Manly Warringah, A		Manly Warrin	
13 Manly Warringah, B		Manly Warrin	
14 Northern Suburbs, A		Northern Sub	
15 Parramatta, A		Parramatta	
16 Randwick Botany, A		Randwick Bot	
17 Rouse Hill Rams, A		Rouse Hill R	
18 Ryde, A		Ryde	
19 Sutherland, A		Sutherland	
20 Winston Hills, A		Winston Hill	
21 Winston Hills, B		Winston Hill	

Event 34 Boys U 11 - Jumps Relay (18)**Saturday 12/11/2022**

State Relay: 24.71m 2018 Manly Warringah

Name	Age	Centre	Seed Mark
1 Camden, A		Camden	

2 Campbelltown, A	Campbelltown
3 Canterbury, A	Canterbury
4 Cherrybrook, A	Cherrybrook
5 Hills District, A	Hills Distri
6 Hills District, B	Hills Distri
7 Ku-Ring-Gai, A	Ku-Ring-Gai
8 Ku-Ring-Gai, B	Ku-Ring-Gai
9 Manly Warringah, A	Manly Warrin
10 Manly Warringah, B	Manly Warrin
11 Northern Suburbs, A	Northern Sub
12 Northern Suburbs, B	Northern Sub
13 Parramatta, A	Parramatta
14 Rouse Hill Rams, A	Rouse Hill R
15 Ryde, A	Ryde
16 Sutherland, A	Sutherland
17 Winston Hills, A	Winston Hill
18 Winston Hills, B	Winston Hill

Event 35 Girls U 8 - Throws Relay (20)**Saturday 12/11/2022**

State Relay: 16.52m 2017 Manly Warringah

Name	Age	Centre	Seed Mark
1 Campbelltown, A		Campbelltown	
2 Canterbury, A		Canterbury	
3 Hills District, A		Hills Distri	
4 Hills District, B		Hills Distri	
5 Holroyd, A		Holroyd	
6 Ku-Ring-Gai, A		Ku-Ring-Gai	
7 Ku-Ring-Gai, B		Ku-Ring-Gai	
8 Kurrajong Bilpin, A		Kurrajong Bi	
9 Manly Warringah, A		Manly Warrin	
10 Manly Warringah, B		Manly Warrin	
11 Northern Suburbs, A		Northern Sub	
12 Northern Suburbs, B		Northern Sub	
13 Parramatta, A		Parramatta	
14 Randwick Botany, A		Randwick Bot	
15 Rouse Hill Rams, A		Rouse Hill R	
16 Ryde, A		Ryde	
17 St George, A		St George	
18 Sutherland, A		Sutherland	
19 Winston Hills, A		Winston Hill	
20 Winston Hills, B		Winston Hill	

Event 36 Girls U 9 - Jumps Relay (19)**Saturday 12/11/2022**

State Relay: 22.59m 2018 Bankstown Sports

Name	Age	Centre	Seed Mark
1 Camden, A		Camden	
2 Campbelltown, A		Campbelltown	
3 Campbelltown, B		Campbelltown	
4 Canterbury, A		Canterbury	
5 Hills District, A		Hills Distri	
6 Hills District, B		Hills Distri	
7 Ku-Ring-Gai, A		Ku-Ring-Gai	
8 Ku-Ring-Gai, B		Ku-Ring-Gai	
9 Manly Warringah, A		Manly Warrin	
10 Manly Warringah, B		Manly Warrin	
11 Northern Suburbs, A		Northern Sub	
12 Parramatta, A		Parramatta	

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Event 36 ... (Girls U 9 - Jumps Relay (19))

Name	Age	Centre	Seed Mark
13	Randwick Botany, A	Randwick Bot	
14	Rouse Hill Rams, A	Rouse Hill R	
15	Ryde, A	Ryde	
16	Ryde, B	Ryde	
17	South Eastern, A	South Easter	
18	Sutherland, A	Sutherland	
19	Winston Hills, A	Winston Hill	

Event 37 Mixed U 8-11 Long Jump x 4 (10)

Saturday 12/11/2022			
State Relay: 29.07m 2018		Bowral	
Name	Age	Centre	Seed Mark
1	Albion Park, A	M Albion Park	
2	Eschol Park, A	M Eschol Park	
3	Hawkesbury City, A	M Hawkesbury C	
4	Helensburgh, A	M Helensburgh	
5	Liverpool City, A	M Liverpool Ci	
6	Mt Druitt, A	M Mt Druitt	
7	Prospect, A	M Prospect	
8	Randwick Botany, A	M Randwick Bot	
9	Tallawong Park, A	M Tallawong Pa	
10	Western Blues, A	M Western Blue	

Event 38 Boys U 8 - Throws Relay (21)

Saturday 12/11/2022			
State Relay: 17.10m 2017		Revesby Workers	
Name	Age	Centre	Seed Mark
1	Camden, A	Camden	
2	Campbelltown, A	Campbelltown	
3	Canterbury, A	Canterbury	
4	Hawkesbury City, A	Hawkesbury C	
5	Hills District, A	Hills Distri	
6	Hills District, B	Hills Distri	
7	Ku-Ring-Gai, A	Ku-Ring-Gai	
8	Ku-Ring-Gai, B	Ku-Ring-Gai	
9	Kurrajong Bilpin, A	Kurrajong Bi	
10	Liverpool City, A	Liverpool Ci	
11	Manly Warringah, A	Manly Warrin	
12	Manly Warringah, B	Manly Warrin	
13	Northern Suburbs, A	Northern Sub	
14	Parramatta, A	Parramatta	
15	Prospect, A	Prospect	
16	Randwick Botany, A	Randwick Bot	
17	Rouse Hill Rams, A	Rouse Hill R	
18	Ryde, A	Ryde	
19	St George, A	St George	
20	Sutherland, A	Sutherland	
21	Winston Hills, A	Winston Hill	

Event 39 Boys U 9 - Jumps Relay (22)

Saturday 12/11/2022			
State Relay: 22.25m 2018		Manly Warringah	
Name	Age	Centre	Seed Mark
1	Camden, A	Camden	
2	Campbelltown, A	Campbelltown	
3	Canterbury, A	Canterbury	
4	Cherrybrook, A	Cherrybrook	

5	Hills District, A	Hills Distri
6	Hills District, B	Hills Distri
7	Inner West, A	Inner West
8	Ku-Ring-Gai, A	Ku-Ring-Gai
9	Ku-Ring-Gai, B	Ku-Ring-Gai
10	Kurrajong Bilpin, A	Kurrajong Bi
11	Liverpool City, A	Liverpool Ci
12	Manly Warringah, A	Manly Warrin
13	Manly Warringah, B	Manly Warrin
14	Northern Suburbs, A	Northern Sub
15	Parramatta, A	Parramatta
16	Randwick Botany, A	Randwick Bot
17	Riverstone, A	Riverstone
18	Rouse Hill Rams, A	Rouse Hill R
19	Ryde, A	Ryde
20	Sutherland, A	Sutherland
21	Winston Hills, A	Winston Hill
22	Winston Hills, B	Winston Hill

Event 40 Girls U 11 - Throws Relay (21)

Saturday 12/11/2022			
State Relay: 18.42m 2019		Hills District	
Name	Age	Centre	Seed Mark
1	Campbelltown, A	Campbelltown	
2	Canterbury, A	Canterbury	
3	Cherrybrook, A	Cherrybrook	
4	Gosford, A	Gosford	
5	Hills District, A	Hills Distri	
6	Hills District, B	Hills Distri	
7	Ku-Ring-Gai, A	Ku-Ring-Gai	
8	Ku-Ring-Gai, B	Ku-Ring-Gai	
9	Manly Warringah, A	Manly Warrin	
10	Manly Warringah, B	Manly Warrin	
11	Northern Districts, A	Northern Dist	
12	Northern Suburbs, A	Northern Sub	
13	Parramatta, A	Parramatta	
14	Prospect, A	Prospect	
15	Randwick Botany, A	Randwick Bot	
16	Randwick Botany, B	Randwick Bot	
17	Rouse Hill Rams, A	Rouse Hill R	
18	Ryde, A	Ryde	
19	Sutherland, A	Sutherland	
20	Winston Hills, A	Winston Hill	
21	Winston Hills, B	Winston Hill	

Event 41 Boys U 10 - Throws Relay (25)

Saturday 12/11/2022			
State Relay: 19.12m 2019		Campbelltown	
Name	Age	Centre	Seed Mark
1	Camden, A	Camden	
2	Campbelltown, A	Campbelltown	
3	Campbelltown, B	Campbelltown	
4	Canterbury, A	Canterbury	
5	Cherrybrook, A	Cherrybrook	
6	Cranebrook, A	Cranebrook	
7	Hills District, A	Hills Distri	
8	Hills District, B	Hills Distri	
9	Holroyd, A	Holroyd	
10	Ku-Ring-Gai, A	Ku-Ring-Gai	

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Event 41 ... (Boys U 10 - Throws Relay (25))

Name	Age Centre	Seed Mark
11 Ku-Ring-Gai, B	Ku-Ring-Gai	
12 Kurrajong Bilpin, A	Kurrajong Bi	
13 Macquarie Hunter, A	Macquarie Hu	
14 Manly Warringah, A	Manly Warrin	
15 Manly Warringah, B	Manly Warrin	
16 Northern Suburbs, A	Northern Sub	
17 Northern Suburbs, B	Northern Sub	
18 Parramatta, A	Parramatta	
19 Port Hacking, A	Port Hacking	
20 Randwick Botany, A	Randwick Bot	
21 Rouse Hill Rams, A	Rouse Hill R	
22 Ryde, A	Ryde	
23 South Eastern, A	South Easter	
24 Sutherland, A	Sutherland	
25 Winston Hills, A	Winston Hill	

Event 42 Girls U 10 - Jumps Relay (23)**Saturday 12/11/2022**

State Relay: 22.89m 2017 Northern Suburbs

Name	Age Centre	Seed Mark
1 Balmain, A	Balmain	
2 Camden, A	Camden	
3 Campbelltown, A	Campbelltown	
4 Canterbury, A	Canterbury	
5 Gosford, A	Gosford	
6 Hills District, A	Hills Distri	
7 Hills District, B	Hills Distri	
8 Ku-Ring-Gai, A	Ku-Ring-Gai	
9 Ku-Ring-Gai, B	Ku-Ring-Gai	
10 Liverpool City, A	Liverpool Ci	
11 Manly Warringah, A	Manly Warrin	
12 Manly Warringah, B	Manly Warrin	
13 Northern Districts, A	Northern Dist	
14 Northern Suburbs, A	Northern Sub	
15 Parramatta, A	Parramatta	
16 Port Hacking, A	Port Hacking	
17 Quakers Hill, A	Quakers Hill	
18 Randwick Botany, A	Randwick Bot	
19 Riverstone, A	Riverstone	
20 Rouse Hill Rams, A	Rouse Hill R	
21 Ryde, A	Ryde	
22 Sutherland, A	Sutherland	
23 Winston Hills, A	Winston Hill	

Event 43 Boys U 11 - Throws Relay (22)**Saturday 12/11/2022**

State Relay: 21.86m 2018 Parramatta

Name	Age Centre	Seed Mark
1 Bankstown Sports Ath, A	Bankstown Sp	
2 Camden, A	Camden	
3 Campbelltown, A	Campbelltown	
4 Canterbury, A	Canterbury	
5 Cherrybrook, A	Cherrybrook	
6 Hills District, A	Hills Distri	
7 Hills District, B	Hills Distri	
8 Illawong, A	Illawong	
9 Ku-Ring-Gai, A	Ku-Ring-Gai	

10 Ku-Ring-Gai, B	Ku-Ring-Gai
11 Manly Warringah, A	Manly Warrin
12 Manly Warringah, B	Manly Warrin
13 Northern Suburbs, A	Northern Sub
14 Northern Suburbs, B	Northern Sub
15 Parramatta, A	Parramatta
16 Quakers Hill, A	Quakers Hill
17 Rouse Hill Rams, A	Rouse Hill R
18 Ryde, A	Ryde
19 Sutherland, A	Sutherland
20 The Ponds, A	The Ponds
21 Winston Hills, A	Winston Hill
22 Winston Hills, B	Winston Hill

Event 44 Boys U 9 - Throws Relay (22)**Saturday 12/11/2022**

State Relay: 18.27m 2018 Winston Hills

Name	Age Centre	Seed Mark
1 Camden, A	Camden	
2 Campbelltown, A	Campbelltown	
3 Hawkesbury City, A	Hawkesbury C	
4 Hills District, A	Hills Distri	
5 Hills District, B	Hills Distri	
6 Holroyd, A	Holroyd	
7 Illawong, A	Illawong	
8 Inner West, A	Inner West	
9 Ku-Ring-Gai, A	Ku-Ring-Gai	
10 Ku-Ring-Gai, B	Ku-Ring-Gai	
11 Manly Warringah, A	Manly Warrin	
12 Manly Warringah, B	Manly Warrin	
13 Nepean, A	Nepean	
14 Northern Suburbs, A	Northern Sub	
15 Parramatta, A	Parramatta	
16 Randwick Botany, A	Randwick Bot	
17 Riverstone, A	Riverstone	
18 Rouse Hill Rams, A	Rouse Hill R	
19 Ryde, A	Ryde	
20 Sutherland, A	Sutherland	
21 Winston Hills, A	Winston Hill	
22 Winston Hills, B	Winston Hill	

Event 45 Girls U 8 - Jumps Relay (20)**Saturday 12/11/2022**

State Relay: 20.67m 2017 Parramatta

Name	Age Centre	Seed Mark
1 Campbelltown, A	Campbelltown	
2 Canterbury, A	Canterbury	
3 Hawkesbury City, A	Hawkesbury C	
4 Hills District, A	Hills Distri	
5 Hills District, B	Hills Distri	
6 Ku-Ring-Gai, A	Ku-Ring-Gai	
7 Ku-Ring-Gai, B	Ku-Ring-Gai	
8 Manly Warringah, A	Manly Warrin	
9 Manly Warringah, B	Manly Warrin	
10 Northern Suburbs, A	Northern Sub	
11 Northern Suburbs, B	Northern Sub	
12 Parramatta, A	Parramatta	
13 Quakers Hill, A	Quakers Hill	
14 Randwick Botany, A	Randwick Bot	

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Event 45 ... (Girls U 8 - Jumps Relay (20))

Name	Age	Centre	Seed Mark
15	Rouse Hill Rams, A	Rouse Hill R	
16	Ryde, A	Ryde	
17	St George, A	St George	
18	Sutherland, A	Sutherland	
19	Winston Hills, A	Winston Hill	
20	Winston Hills, B	Winston Hill	

Event 46 Boys U 10 - Jumps Relay (21)

Saturday 12/11/2022			
State Relay: 22.60m 2019		Port Hacking	
Name	Age	Centre	Seed Mark
1	Balmain, A	Balmain	
2	Camden, A	Camden	
3	Campbelltown, A	Campbelltown	
4	Campbelltown, B	Campbelltown	
5	Canterbury, A	Canterbury	
6	Cherrybrook, A	Cherrybrook	
7	Hills District, A	Hills Distri	
8	Ku-Ring-Gai, A	Ku-Ring-Gai	
9	Ku-Ring-Gai, B	Ku-Ring-Gai	
10	Liverpool City, A	Liverpool Ci	
11	Manly Warringah, A	Manly Warrin	
12	Manly Warringah, B	Manly Warrin	
13	Northern Suburbs, A	Northern Sub	
14	Northern Suburbs, B	Northern Sub	
15	Parramatta, A	Parramatta	
16	Randwick Botany, A	Randwick Bot	
17	Rouse Hill Rams, A	Rouse Hill R	
18	Ryde, A	Ryde	
19	South Eastern, A	South Easter	
20	Sutherland, A	Sutherland	
21	Winston Hills, A	Winston Hill	

Event 47 Girls U 9 - Throws Relay (20)

Saturday 12/11/2022			
State Relay: 19.00m 2017		Cherrybrook	
Name	Age	Centre	Seed Mark
1	Camden, A	Camden	
2	Canterbury, A	Canterbury	
3	Hawkesbury City, A	Hawkesbury C	
4	Hills District, A	Hills Distri	
5	Hills District, B	Hills Distri	
6	Ku-Ring-Gai, A	Ku-Ring-Gai	
7	Ku-Ring-Gai, B	Ku-Ring-Gai	
8	Manly Warringah, A	Manly Warrin	
9	Manly Warringah, B	Manly Warrin	
10	Northern Districts, A	Northern Dist	
11	Northern Suburbs, A	Northern Sub	
12	Parramatta, A	Parramatta	
13	Prospect, A	Prospect	
14	Randwick Botany, A	Randwick Bot	
15	Rouse Hill Rams, A	Rouse Hill R	
16	Ryde, A	Ryde	
17	Ryde, B	Ryde	
18	South Eastern, A	South Easter	
19	Sutherland, A	Sutherland	
20	Winston Hills, A	Winston Hill	

Event 48 Boys U 8 - Jumps Relay (20)

Saturday 12/11/2022			
State Relay: 21.65m 2017		Manly Warringah	
Name	Age	Centre	Seed Mark
1	Camden, A	Camden	
2	Campbelltown, A	Campbelltown	
3	Canterbury, A	Canterbury	
4	Hawkesbury City, A	Hawkesbury C	
5	Hills District, A	Hills Distri	
6	Hills District, B	Hills Distri	
7	Hornsby, A	Hornsby	
8	Ku-Ring-Gai, A	Ku-Ring-Gai	
9	Ku-Ring-Gai, B	Ku-Ring-Gai	
10	Manly Warringah, A	Manly Warrin	
11	Manly Warringah, B	Manly Warrin	
12	Northern Suburbs, A	Northern Sub	
13	Parramatta, A	Parramatta	
14	Prospect, A	Prospect	
15	Randwick Botany, A	Randwick Bot	
16	Rouse Hill Rams, A	Rouse Hill R	
17	St George, A	St George	
18	Sutherland, A	Sutherland	
19	Winston Hills, A	Winston Hill	
20	Winston Hills, B	Winston Hill	

Event 49 Boys U 12 - 4x100 Metre Relay (26) Heats

Sunday 13/11/2022			
State Relay: 51.24 2002		Manly Warringah	
Centre	Relay	Seed Time	
1	Balmain		
2	Bowral		
3	Camden		
4	Campbelltown		
5	Canterbury		
6	Cherrybrook		
7	Eastern Subu		
8	Glenbrook		
9	Hills Distri		
10	Ku-Ring-Gai		
11	Manly Warrin		
12	Mosman		
13	Northern Sub		
14	Parramatta		
15	Port Hacking		
16	Prestons Rob		
17	Quakers Hill		
18	Randwick Bot		
19	Rouse Hill R		
20	Ryde		
21	South Easter		
22	Sutherland		
23	The Ponds		
24	Western Blue		
25	Winston Hill		
26	Wollongong C		

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Event 50 Boys U 13 - 4x100 Metre Relay (20) Heats**Sunday 13/11/2022**

State Relay: 48.47 2018 Bankstown Sports

Centre	Relay	Seed Time
1	Bankstown Sp	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Hills Distri	
8	Ku-Ring-Gai	
9	Manly Warrin	
10	N Rocks Carl	
11	Port Hacking	
12	Prestons Rob	
13	Randwick Bot	
14	Rouse Hill R	
15	Ryde	
16	Smithfield	
17	South Easter	
18	St George	
19	Sutherland	
20	Winston Hill	

Event 51 Girls U 15 - 4x100 Metre Relay (11) Heats**Sunday 13/11/2022**

State Relay: 48.31 2019 Campbelltown

Centre	Relay	Seed Time
1	Bankstown Sp	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Hills Distri	
6	Manly Warrin	
7	Northern Sub	
8	Port Hacking	
9	Ryde	
10	South Easter	
11	Sutherland	

Event 52 Girls U 14 - 4x100 Metre Relay (19) Heats**Sunday 13/11/2022**

State Relay: 48.86 2018 Campbelltown Collegians

Centre	Relay	Seed Time
1	Balmain	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Hawkesbury C	
8	Hills Distri	
9	Ku-Ring-Gai	
10	Manly Warrin	
11	Northern Sub	
12	Port Hacking	
13	Randwick Bot	

14 Rouse Hill R

15 Ryde

16 Smithfield

17 Sutherland

18 The Ponds

19 Winston Hill

Event 53 Girls U 17 - 4x100 Metre Relay (14) Heats**Sunday 13/11/2022**

State Relay: 48.37 2017 Sutherland

Centre	Relay	Seed Time
1	Balmain	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Hills Distri	
8	Inner West	
9	Ku-Ring-Gai	
10	Manly Warrin	
11	Port Hacking	
12	Prestons Rob	
13	Ryde	
14	Sutherland	

Event 54 Boys U 14 - 4x100 Metre Relay (12) Heats**Sunday 13/11/2022**

State Relay: 46.30 2016 Campbelltown

Centre	Relay	Seed Time
1	Camden	
2	Canterbury	
3	Eastern Subu	
4	Hills Distri	
5	Ku-Ring-Gai	
6	Manly Warrin	
7	Mosman	
8	Northern Sub	
9	Randwick Bot	
10	Sutherland	
11	The Ponds	
12	Winston Hill	

Event 55 Mixed U 14 - 4x100 Metre Relay (8)**Sunday 13/11/2022**

State Relay: 50.04 2000 Northern Suburbs

Centre	Relay	Seed Time
1	Kurrajong Bi	
2	Liverpool Ci	
3	Macquarie Hu	
4	Prestons Rob	
5	Prospect	
6	Quakers Hill	
7	St George	
8	Tallawong Pa	

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Event 56 Girls U 13 - 4x100 Metre Relay (23) Heats**Sunday 13/11/2022**

State Relay: 50.48 2016		Northern Suburbs	
Centre	Relay	Seed Time	
1	Blacktown		
2	Camden		
3	Campbelltown		
4	Canterbury		
5	Cherrybrook		
6	Doonside		
7	Eastern Subu		
8	Hills Distri		
9	Ku-Ring-Gai		
10	Manly Warrin		
11	Northern Sub		
12	Parramatta		
13	Port Hacking		
14	Prestons Rob		
15	Quakers Hill		
16	Randwick Bot		
17	Rouse Hill R		
18	Ryde		
19	Smithfield		
20	South Easter		
21	Sutherland		
22	The Ponds		
23	Winston Hill		

Event 57 Mixed U 13 - 4x100 Metre Relay (6)**Sunday 13/11/2022**

State Relay: 51.44 1984		Randwick Botany	
Centre	Relay	Seed Time	
1	Albion Park		
2	Hawkesbury C		
3	Helensburgh		
4	Kurrajong Bi		
5	Prospect		
6	Western Blue		

Event 58 Boys U 15 - 4x100 Metre Relay (14) Heats**Sunday 13/11/2022**

State Relay: 44.82 2011		Manly Warringah	
Centre	Relay	Seed Time	
1	Camden		
2	Canterbury		
3	Eastern Subu		
4	Hawkesbury C		
5	Hills Distri		
6	Holroyd		
7	Manly Warrin		
8	Mosman		
9	Northern Sub		
10	Parramatta		
11	Rouse Hill R		
12	Ryde		
13	Smithfield		
14	Winston Hill		

Event 59 Mixed U 15 - 4x100 Metre Relay (5)**Sunday 13/11/2022**

State Relay: 48.44 1996		Balmain	
Centre	Relay	Seed Time	
1	Hornsby		
2	Kurrajong Bi		
3	Liverpool Ci		
4	Prestons Rob		
5	Quakers Hill		

Event 60 Mixed U 12-15 4x100 Metre Relay (9)**Sunday 13/11/2022**

State Relay: 50.04 2018		Liverpool City	
Centre	Relay	Seed Time	
1	Albion Park		
2	Eschol Park		
3	Hawkesbury C		
4	Liverpool Ci		
5	Macquarie Hu		
6	Prospect		
7	Randwick Bot		
8	Tallawong Pa		
9	Western Blue		

Event 61 Girls U 12 - 4x100 Metre Relay (22) Heats**Sunday 13/11/2022**

State Relay: 52.74 2017		Balmain	
Centre	Relay	Seed Time	
1	Balmain		
2	Bowral		
3	Camden		
4	Campbelltown		
5	Canterbury		
6	Cherrybrook		
7	Eastern Subu		
8	Girraween		
9	Hills Distri		
10	Ku-Ring-Gai		
11	Manly Warrin		
12	Mosman		
13	Northern Dist		
14	Northern Sub		
15	Port Hacking		
16	Prestons Rob		
17	Randwick Bot		
18	Rouse Hill R		
19	Ryde		
20	South Easter		
21	Sutherland		
22	Winston Hill		

Event 62 Mixed U 12 - 4x100 Metre Relay (9)**Sunday 13/11/2022**

State Relay: 52.54 1983		Ku-Ring-Gai	
Centre	Relay	Seed Time	
1	Eschol Park		
2	Hawkesbury C		
3	Helensburgh		

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Event 62 ... (Mixed U 12 - 4x100 Metre Relay (9))

Centre	Relay	Seed Time
4	Kurrajong Bi	
5	Liverpool Ci	
6	Macquarie Hu	
7	Riverstone	
8	Smithfield	
9	Tallawong Pa	

Event 63 Boys U 17 - 4x100 Metre Relay (18) Heats**Sunday 13/11/2022**

State Relay: 43.23 2014 Northern Suburbs

Centre	Relay	Seed Time
1	Balmain	
2	Bankstown Sp	
3	Camden	
4	Canterbury	
5	Eastern Subu	
6	Hills Distri	
7	Inner West	
8	Ku-Ring-Gai	
9	Manly Warrin	
10	Mosman	
11	Port Hacking	
12	Prestons Rob	
13	Quakers Hill	
14	Ryde	
15	Smithfield	
16	South Easter	
17	Sutherland	
18	Winston Hill	

Event 64 Mixed U 17 - 4x100 Metre Relay (5)**Sunday 13/11/2022**

State Relay: 46.03 2009 Cherrybrook

Centre	Relay	Seed Time
1	Albion Park	
2	Hawkesbury C	
3	Kurrajong Bi	
4	Liverpool Ci	
5	Prospect	

Event 65 Girls U 12-15 Middle Distance Relay (17)**Sunday 13/11/2022**

State Relay: 9:29.50 2016 Macquarie Hunter

Centre	Relay	Seed Time
1	Balmain	
2	Camden	
3	Campbelltown	
4	Canterbury	
5	Cherrybrook	
6	Eastern Subu	
7	Hawkesbury C	
8	Hills Distri	
9	Ku-Ring-Gai	
10	Manly Warrin	
11	Parramatta	
12	Quakers Hill	
13	Randwick Bot	

14	Ryde
15	South Easter
16	Sutherland
17	Winston Hill

Event 66 Boys U 12-15 Middle Distance Relay (17)**Sunday 13/11/2022**

State Relay: 8:46.76 2019 Balmain

Centre	Relay	Seed Time
1	Camden	
2	Campbelltown	
3	Canterbury	
4	Cherrybrook	
5	Eastern Subu	
6	Gosford	
7	Hawkesbury C	
8	Hills Distri	
9	Ku-Ring-Gai	
10	Manly Warrin	
11	Quakers Hill	
12	Randwick Bot	
13	Rouse Hill R	
14	Ryde	
15	South Easter	
16	Sutherland	
17	Winston Hill	

Event 67 Mixed U 12 - 4x400 Metre Relay (24)**Sunday 13/11/2022**

State Relay: 4:10.90 1987 St George

Centre	Relay	Seed Time
1	Balmain	
2	Bowral	
3	Camden	
4	Campbelltown	
5	Canterbury	
6	Cherrybrook	
7	Eastern Subu	
8	Hawkesbury C	
9	Hills Distri	
10	Ku-Ring-Gai	
11	Macquarie Hu	
12	Manly Warrin	
13	Mosman	
14	Northern Sub	
15	Port Hacking	
16	Quakers Hill	
17	Randwick Bot	
18	Riverstone	
19	Rouse Hill R	
20	Ryde	
21	South Easter	
22	St George	
23	Sutherland	
24	Winston Hill	

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Event 68 Mixed U 13 - 4x400 Metre Relay (17)**Sunday 13/11/2022**

State Relay: 4:04.56 2013 Manly Warringah

Centre	Relay	Seed Time
1	Albion Park	
2	Canterbury	
3	Cherrybrook	
4	Eastern Subu	
5	Hawkesbury C	
6	Hills Distri	
7	Ku-Ring-Gai	
8	Manly Warrin	
9	Mosman	
10	Port Hacking	
11	Quakers Hill	
12	Randwick Bot	
13	Rouse Hill R	
14	Ryde	
15	South Easter	
16	Sutherland	
17	Winston Hill	

Event 69 Mixed U 14 - 4x400 Metre Relay (10)**Sunday 13/11/2022**

State Relay: 3:53.38 2016 Manly Warringah

Centre	Relay	Seed Time
1	Cherrybrook	
2	Eastern Subu	
3	Hills Distri	
4	Macquarie Hu	
5	Manly Warrin	
6	Northern Sub	
7	Randwick Bot	
8	Sutherland	
9	The Ponds	
10	Winston Hill	

Event 70 Mixed U 15 - 4x400 Metre Relay (12)**Sunday 13/11/2022**

State Relay: 3:43.57 2014 Manly Warringah

Centre	Relay	Seed Time
1	Canterbury	
2	Cherrybrook	
3	Hills Distri	
4	Hornsby	
5	Liverpool Ci	
6	Manly Warrin	
7	Quakers Hill	
8	Rouse Hill R	
9	Ryde	
10	South Easter	
11	Sutherland	
12	The Ponds	

Event 71 Mixed U 17 - 4x400 Metre Relay (12)**Sunday 13/11/2022**

State Relay: 3:42.08 2017 Macquarie Hunter

Centre	Relay	Seed Time
1	Albion Park	
2	Balmain	
3	Canterbury	
4	Cherrybrook	
5	Hills Distri	
6	Inner West	
7	Liverpool Ci	
8	Manly Warrin	
9	Port Hacking	
10	Ryde	
11	Sutherland	
12	Winston Hill	

Event 82 Boys U 14 - Throws Relay (19)**Sunday 13/11/2022**

State Relay: 21.80m 2016 Northern Suburbs

Name	Age	Centre	Seed Mark
1	Balmain, A	Balmain	
2	Bankstown Sports Ath, A	Bankstown Sp	
3	Camden, A	Camden	
4	Canterbury, A	Canterbury	
5	Cherrybrook, A	Cherrybrook	
6	Gosford, A	Gosford	
7	Hills District, A	Hills Distri	
8	Hills District, B	Hills Distri	
9	Ku-Ring-Gai, A	Ku-Ring-Gai	
10	Kurrajong Bilpin, A	Kurrajong Bi	
11	Macquarie Hunter, A	Macquarie Hu	
12	Manly Warringah, A	Manly Warrin	
13	Manly Warringah, B	Manly Warrin	
14	Northern Suburbs, A	Northern Sub	
15	Prospect, A	Prospect	
16	St George, A	St George	
17	Sutherland, A	Sutherland	
18	Winston Hills, A	Winston Hill	
19	Winston Hills, B	Winston Hill	

Event 83 Girls U 12 - Jumps Relay (20)**Sunday 13/11/2022**

State Relay: 25.47m 2016 Hills District

Name	Age	Centre	Seed Mark
1	Bowral, A	Bowral	
2	Camden, A	Camden	
3	Campbelltown, A	Campbelltown	
4	Canterbury, A	Canterbury	
5	Cherrybrook, A	Cherrybrook	
6	Hawkesbury City, A	Hawkesbury C	
7	Hills District, A	Hills Distri	
8	Hills District, B	Hills Distri	
9	Manly Warringah, A	Manly Warrin	
10	Manly Warringah, B	Manly Warrin	
11	Northern Suburbs, A	Northern Sub	
12	Port Hacking, A	Port Hacking	
13	Randwick Botany, A	Randwick Bot	

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Event 83 ... (Girls U 12 - Jumps Relay (20))

Name	Age	Centre	Seed Mark
14	Rouse Hill Rams, A	Rouse Hill R	
15	Ryde, A	Ryde	
16	Ryde, B	Ryde	
17	South Eastern, A	South Easter	
18	Sutherland, A	Sutherland	
19	Winston Hills, A	Winston Hill	
20	Winston Hills, B	Winston Hill	

Event 84 Boys U 15 - Jumps Relay (13)

Sunday 13/11/2022			
State Relay: 25.88m 2016		Illawong	
Name	Age	Centre	Seed Mark
1	Campbelltown, A	Campbelltown	
2	Cherrybrook, A	Cherrybrook	
3	Hills District, A	Hills Distri	
4	Liverpool City, A	Liverpool Ci	
5	Manly Warringah, A	Manly Warrin	
6	Northern Suburbs, A	Northern Sub	
7	Parramatta, A	Parramatta	
8	Quakers Hill, A	Quakers Hill	
9	Rouse Hill Rams, A	Rouse Hill R	
10	Ryde, A	Ryde	
11	Sutherland, A	Sutherland	
12	The Ponds, A	The Ponds	
13	Winston Hills, A	Winston Hill	

Event 85 Girls U 13 - Throws Relay (23)

Sunday 13/11/2022			
State Relay: 22.90m 2018		Bankstown Sports	
Name	Age	Centre	Seed Mark
1	Blacktown, A	Blacktown	
2	Camden, A	Camden	
3	Campbelltown, A	Campbelltown	
4	Campbelltown, B	Campbelltown	
5	Canterbury, A	Canterbury	
6	Cherrybrook, A	Cherrybrook	
7	Cherrybrook, B	Cherrybrook	
8	Doonside, A	Doonside	
9	Hills District, A	Hills Distri	
10	Hills District, B	Hills Distri	
11	Illawong, A	Illawong	
12	Ku-Ring-Gai, A	Ku-Ring-Gai	
13	Ku-Ring-Gai, B	Ku-Ring-Gai	
14	Manly Warringah, A	Manly Warrin	
15	Manly Warringah, B	Manly Warrin	
16	Port Hacking, A	Port Hacking	
17	Quakers Hill, A	Quakers Hill	
18	Ryde, A	Ryde	
19	Ryde, B	Ryde	
20	South Eastern, A	South Easter	
21	St George, A	St George	
22	Sutherland, A	Sutherland	
23	Winston Hills, A	Winston Hill	

Event 86 Boys U 17 - Jumps Relay (16)

Sunday 13/11/2022			
State Relay: 24.03m 2016		Manly Warringah	
Name	Age	Centre	Seed Mark
1	Balmmain, A	Balmmain	
2	Canterbury, A	Canterbury	
3	Hills District, A	Hills Distri	
4	Hills District, B	Hills Distri	
5	Manly Warringah, A	Manly Warrin	
6	Manly Warringah, B	Manly Warrin	
7	Port Hacking, A	Port Hacking	
8	Prestons Robins, A	Prestons Rob	
9	Prospect, A	Prospect	
10	Quakers Hill, A	Quakers Hill	
11	Ryde, A	Ryde	
12	South Eastern, A	South Easter	
13	Sutherland, A	Sutherland	
14	Tallawong Park, A	Tallawong Pa	
15	Winston Hills, A	Winston Hill	
16	Winston Hills, B	Winston Hill	

Event 87 Boys U 12 - Throws Relay (23)

Sunday 13/11/2022			
State Relay: 20.00m 2019		Sutherland	
Name	Age	Centre	Seed Mark
1	Balmmain, A	Balmmain	
2	Canterbury, A	Canterbury	
3	Cherrybrook, A	Cherrybrook	
4	Hawkesbury City, A	Hawkesbury C	
5	Hills District, A	Hills Distri	
6	Inner West, A	Inner West	
7	Ku-Ring-Gai, A	Ku-Ring-Gai	
8	Ku-Ring-Gai, B	Ku-Ring-Gai	
9	Macquarie Hunter, A	Macquarie Hu	
10	Manly Warringah, A	Manly Warrin	
11	Manly Warringah, B	Manly Warrin	
12	Northern Suburbs, A	Northern Sub	
13	Parramatta, A	Parramatta	
14	Port Hacking, A	Port Hacking	
15	Randwick Botany, A	Randwick Bot	
16	Randwick Botany, B	Randwick Bot	
17	Rouse Hill Rams, A	Rouse Hill R	
18	Ryde, A	Ryde	
19	South Eastern, A	South Easter	
20	St George, A	St George	
21	Sutherland, A	Sutherland	
22	Winston Hills, A	Winston Hill	
23	Winston Hills, B	Winston Hill	

Event 88 Boys U 13 - Throws Relay (17)

Sunday 13/11/2022			
State Relay: 21.90m 2019		Hills District	
Name	Age	Centre	Seed Mark
1	Balmmain, A	Balmmain	
2	Campbelltown, A	Campbelltown	
3	Canterbury, A	Canterbury	
4	Cherrybrook, A	Cherrybrook	
5	Hills District, A	Hills Distri	

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Event 88 ... (Boys U 13 - Throws Relay (17))

Name	Age Centre	Seed Mark
6 Hills District, B	Hills Distri	
7 Ku-Ring-Gai, A	Ku-Ring-Gai	
8 Ku-Ring-Gai, B	Ku-Ring-Gai	
9 Kurrajong Bilpin, A	Kurrajong Bi	
10 Manly Warringah, A	Manly Warrin	
11 Manly Warringah, B	Manly Warrin	
12 Parramatta, A	Parramatta	
13 Ryde, A	Ryde	
14 Sutherland, A	Sutherland	
15 Tallawong Park, A	Tallawong Pa	
16 Winston Hills, A	Winston Hill	
17 Winston Hills, B	Winston Hill	

Event 89 Girls U 17 - Jumps Relay (17)**Sunday 13/11/2022**

State Relay: 24.57m 2019 Northern Suburbs

Name	Age Centre	Seed Mark
1 Balmain, A	Balmain	
2 Balmain, B	Balmain	
3 Camden, A	Camden	
4 Canterbury, A	Canterbury	
5 Hills District, A	Hills Distri	
6 Hills District, B	Hills Distri	
7 Inner West, A	Inner West	
8 Ku-Ring-Gai, A	Ku-Ring-Gai	
9 Liverpool City, A	Liverpool Ci	
10 Manly Warringah, A	Manly Warrin	
11 Manly Warringah, B	Manly Warrin	
12 Northern Districts, A	Northern Dist	
13 Port Hacking, A	Port Hacking	
14 Ryde, A	Ryde	
15 Ryde, B	Ryde	
16 Sutherland, A	Sutherland	
17 Winston Hills, A	Winston Hill	

Event 90 Boys U 15 - Throws Relay (16)**Sunday 13/11/2022**

State Relay: 21.19m 2017 Northern Suburbs

Name	Age Centre	Seed Mark
1 Canterbury, A	Canterbury	
2 Cherrybrook, A	Cherrybrook	
3 Hawkesbury City, A	Hawkesbury C	
4 Hills District, A	Hills Distri	
5 Inner West, A	Inner West	
6 Liverpool City, A	Liverpool Ci	
7 Manly Warringah, A	Manly Warrin	
8 N Rocks Carlingford, A	N Rocks Carl	
9 Northern Suburbs, A	Northern Sub	
10 Parramatta, A	Parramatta	
11 Quakers Hill, A	Quakers Hill	
12 Rouse Hill Rams, A	Rouse Hill R	
13 Ryde, A	Ryde	
14 Sutherland, A	Sutherland	
15 Winston Hills, A	Winston Hill	
16 Winston Hills, B	Winston Hill	

Event 91 Girls U 14 - Throws Relay (14)**Sunday 13/11/2022**

State Relay: 23.86m 2019 Winston Hills

Name	Age Centre	Seed Mark
1 Camden, A	Camden	
2 Campbelltown, A	Campbelltown	
3 Canterbury, A	Canterbury	
4 Cherrybrook, A	Cherrybrook	
5 Hills District, A	Hills Distri	
6 Ku-Ring-Gai, A	Ku-Ring-Gai	
7 Liverpool City, A	Liverpool Ci	
8 Manly Warringah, A	Manly Warrin	
9 Manly Warringah, B	Manly Warrin	
10 Northern Districts, A	Northern Dist	
11 Northern Suburbs, A	Northern Sub	
12 Randwick Botany, A	Randwick Bot	
13 Rouse Hill Rams, A	Rouse Hill R	
14 The Ponds, A	The Ponds	

Event 92 Girls U 15 - Jumps Relay (14)**Sunday 13/11/2022**

State Relay: 25.73m 2019 Sutherland

Name	Age Centre	Seed Mark
1 Bankstown Sports Ath, A	Bankstown Sp	
2 Camden, A	Camden	
3 Campbelltown, A	Campbelltown	
4 Cherrybrook, A	Cherrybrook	
5 Hills District, A	Hills Distri	
6 Manly Warringah, A	Manly Warrin	
7 Manly Warringah, B	Manly Warrin	
8 Mosman, A	Mosman	
9 Northern Suburbs, A	Northern Sub	
10 Northern Suburbs, B	Northern Sub	
11 Port Hacking, A	Port Hacking	
12 Rouse Hill Rams, A	Rouse Hill R	
13 Ryde, A	Ryde	
14 South Eastern, A	South Easter	

Event 93 Boys U 14 - Jumps Relay (14)**Sunday 13/11/2022**

State Relay: 25.19m 2017 Parramatta

Name	Age Centre	Seed Mark
1 Canterbury, A	Canterbury	
2 Cherrybrook, A	Cherrybrook	
3 Gosford, A	Gosford	
4 Hills District, A	Hills Distri	
5 Hills District, B	Hills Distri	
6 Ku-Ring-Gai, A	Ku-Ring-Gai	
7 Manly Warringah, A	Manly Warrin	
8 Manly Warringah, B	Manly Warrin	
9 Mosman, A	Mosman	
10 Northern Suburbs, A	Northern Sub	
11 Randwick Botany, A	Randwick Bot	
12 Sutherland, A	Sutherland	
13 The Ponds, A	The Ponds	
14 Winston Hills, A	Winston Hill	

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Event 94 Boys U 17 - Throws Relay (18)**Sunday 13/11/2022**

State Relay: 21.23m 2017 Bankstown Sports

Name	Age	Centre	Seed Mark
1	Balmain, A	Balmain	
2	Campbelltown, A	Campbelltown	
3	Canterbury, A	Canterbury	
4	Hills District, A	Hills Distri	
5	Hills District, B	Hills Distri	
6	Inner West, A	Inner West	
7	Ku-Ring-Gai, A	Ku-Ring-Gai	
8	Liverpool City, A	Liverpool Ci	
9	Manly Warringah, A	Manly Warrin	
10	Manly Warringah, B	Manly Warrin	
11	Nepean, A	Nepean	
12	Parramatta, A	Parramatta	
13	Port Hacking, A	Port Hacking	
14	Prospect, A	Prospect	
15	Quakers Hill, A	Quakers Hill	
16	St George, A	St George	
17	Sutherland, A	Sutherland	
18	Winston Hills, A	Winston Hill	

Event 95 Girls U 17 - Throws Relay (16)**Sunday 13/11/2022**

State Relay: 23.48m 2017 Campbelltown Collegians

Name	Age	Centre	Seed Mark
1	Canterbury, A	Canterbury	
2	Hills District, A	Hills Distri	
3	Hills District, B	Hills Distri	
4	Ku-Ring-Gai, A	Ku-Ring-Gai	
5	Liverpool City, A	Liverpool Ci	
6	Manly Warringah, A	Manly Warrin	
7	Manly Warringah, B	Manly Warrin	
8	Northern Districts, A	Northern Dist	
9	Parramatta, A	Parramatta	
10	Port Hacking, A	Port Hacking	
11	Ryde, A	Ryde	
12	St George, A	St George	
13	Sutherland, A	Sutherland	
14	Werrington, A	Werrington	
15	Winston Hills, A	Winston Hill	
16	Winston Hills, B	Winston Hill	

Event 96 Boys U 12 - Jumps Relay (24)**Sunday 13/11/2022**

State Relay: 24.55m 2016 Randwick Botany

Name	Age	Centre	Seed Mark
1	Balmain, A	Balmain	
2	Bowral, A	Bowral	
3	Campbelltown, A	Campbelltown	
4	Canterbury, A	Canterbury	
5	Cherrybrook, A	Cherrybrook	
6	Hills District, A	Hills Distri	
7	Ku-Ring-Gai, A	Ku-Ring-Gai	
8	Ku-Ring-Gai, B	Ku-Ring-Gai	
9	Macquarie Hunter, A	Macquarie Hu	
10	Manly Warringah, A	Manly Warrin	

11	Manly Warringah, B	Manly Warrin
12	Northern Suburbs, A	Northern Sub
13	Parramatta, A	Parramatta
14	Port Hacking, A	Port Hacking
15	Quakers Hill, A	Quakers Hill
16	Randwick Botany, A	Randwick Bot
17	Riverstone, A	Riverstone
18	Rouse Hill Rams, A	Rouse Hill R
19	Ryde, A	Ryde
20	Ryde, B	Ryde
21	South Eastern, A	South Easter
22	Winston Hills, A	Winston Hill
23	Winston Hills, B	Winston Hill
24	Wollongong City, A	Wollongong C

Event 97 Girls U 14 - Jumps Relay (17)**Sunday 13/11/2022**

State Relay: 27.24m 2019 Hills District

Name	Age	Centre	Seed Mark
1	Bowral, A	Bowral	
2	Camden, A	Camden	
3	Campbelltown, A	Campbelltown	
4	Campbelltown, B	Campbelltown	
5	Cherrybrook, A	Cherrybrook	
6	Hills District, A	Hills Distri	
7	Hills District, B	Hills Distri	
8	Ku-Ring-Gai, A	Ku-Ring-Gai	
9	Manly Warringah, A	Manly Warrin	
10	Northern Districts, A	Northern Dist	
11	Northern Suburbs, A	Northern Sub	
12	Port Hacking, A	Port Hacking	
13	Randwick Botany, A	Randwick Bot	
14	Rouse Hill Rams, A	Rouse Hill R	
15	Ryde, A	Ryde	
16	Sutherland, A	Sutherland	
17	Winston Hills, A	Winston Hill	

Event 98 Girls U 13 - Jumps Relay (24)**Sunday 13/11/2022**

State Relay: 24.83m 2018 Hills District

Name	Age	Centre	Seed Mark
1	Canterbury, A	Canterbury	
2	Cherrybrook, A	Cherrybrook	
3	Cherrybrook, B	Cherrybrook	
4	Doonside, A	Doonside	
5	Hawkesbury City, A	Hawkesbury C	
6	Hills District, A	Hills Distri	
7	Hills District, B	Hills Distri	
8	Illawong, A	Illawong	
9	Ku-Ring-Gai, A	Ku-Ring-Gai	
10	Ku-Ring-Gai, B	Ku-Ring-Gai	
11	Manly Warringah, A	Manly Warrin	
12	Manly Warringah, B	Manly Warrin	
13	Parramatta, A	Parramatta	
14	Port Hacking, A	Port Hacking	
15	Port Hacking, B	Port Hacking	
16	Quakers Hill, A	Quakers Hill	
17	Randwick Botany, A	Randwick Bot	
18	Rouse Hill Rams, A	Rouse Hill R	

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Event 98 ... (Girls U 13 - Jumps Relay (24))

	Name	Age	Centre	Seed	Mark
19	Ryde, A		Ryde		
20	Ryde, B		Ryde		
21	South Eastern, A		South Easter		
22	South Eastern, B		South Easter		
23	Sutherland, A		Sutherland		
24	Winston Hills, A		Winston Hill		

Event 99 Girls U 12 - Throws Relay (20)

Sunday 13/11/2022					
State Relay:		22.10m	2016	Banlstown Sports	
	Name	Age	Centre	Seed	Mark
1	Bankstown Sports Ath, A		Bankstown Sp		
2	Camden, A		Camden		
3	Campbelltown, A		Campbelltown		
4	Canterbury, A		Canterbury		
5	Eastern Suburbs, A		Eastern Subu		
6	Hawkesbury City, A		Hawkesbury C		
7	Hills District, A		Hills Distri		
8	Hills District, B		Hills Distri		
9	Ku-Ring-Gai, A		Ku-Ring-Gai		
10	Manly Warringah, A		Manly Warrin		
11	Manly Warringah, B		Manly Warrin		
12	Northern Districts, A		Northern Dist		
13	Northern Suburbs, A		Northern Sub		
14	Riverstone, A		Riverstone		
15	Rouse Hill Rams, A		Rouse Hill R		
16	Ryde, A		Ryde		
17	South Eastern, A		South Easter		
18	Sutherland, A		Sutherland		
19	Winston Hills, A		Winston Hill		
20	Winston Hills, B		Winston Hill		

Event 100 Girls U 15 - Throws Relay (18)

Sunday 13/11/2022					
State Relay:		22.87m	2019	Port Hacking	
	Name	Age	Centre	Seed	Mark
1	Campbelltown, A		Campbelltown		
2	Campbelltown, B		Campbelltown		
3	Canterbury, A		Canterbury		
4	Cherrybrook, A		Cherrybrook		
5	Hills District, A		Hills Distri		
6	Illawong, A		Illawong		
7	Kurrajong Bilpin, A		Kurrajong Bi		
8	Liverpool City, A		Liverpool Ci		
9	Manly Warringah, A		Manly Warrin		
10	Manly Warringah, B		Manly Warrin		
11	Northern Districts, A		Northern Dist		
12	Northern Suburbs, A		Northern Sub		
13	Northern Suburbs, B		Northern Sub		
14	Port Hacking, A		Port Hacking		
15	Quakers Hill, A		Quakers Hill		
16	Rouse Hill Rams, A		Rouse Hill R		
17	Ryde, A		Ryde		
18	Sutherland, A		Sutherland		

Event 101 Boys U 13 - Jumps Relay (20)

Sunday 13/11/2022					
State Relay:		25.17m	2016	Northern Suburbs	
	Name	Age	Centre	Seed	Mark
1	Balmain, A		Balmain		
2	Campbelltown, A		Campbelltown		
3	Canterbury, A		Canterbury		
4	Cherrybrook, A		Cherrybrook		
5	Hawkesbury City, A		Hawkesbury C		
6	Hills District, A		Hills Distri		
7	Hills District, B		Hills Distri		
8	Ku-Ring-Gai, A		Ku-Ring-Gai		
9	Ku-Ring-Gai, B		Ku-Ring-Gai		
10	Manly Warringah, A		Manly Warrin		
11	Manly Warringah, B		Manly Warrin		
12	N Rocks Carlingford, A		N Rocks Carl		
13	Port Hacking, A		Port Hacking		
14	Randwick Botany, A		Randwick Bot		
15	Riverstone, A		Riverstone		
16	Ryde, A		Ryde		
17	Springwood, A		Springwood		
18	Sutherland, A		Sutherland		
19	Winston Hills, A		Winston Hill		
20	Winston Hills, B		Winston Hill		

Event 102 Mixed U 12-15 Long Jump x 4 (9)

Sunday 13/11/2022					
State Relay:		29.05m	2017	Prospect	
	Name	Age	Centre	Seed	Mark
1	Albion Park, A	M	Albion Park		
2	Eschol Park, A	M	Eschol Park		
3	Hawkesbury City, A	M	Hawkesbury C		
4	Liverpool City, A	M	Liverpool Ci		
5	Macquarie Hunter, A	M	Macquarie Hu		
6	Prospect, A	M	Prospect		
7	Randwick Botany, A	M	Randwick Bot		
8	Tallawong Park, A	M	Tallawong Pa		
9	Western Blues, A	M	Western Blue		

Sydney Olympic Park Athletic Centre Competition Arena



Sydney Olympic Park Athletic Centre Warm Up Arena



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