

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 1 Men 4x1500 Meter Relay Race Walk Open**

Saturday 16/11/2013 - 9:30 AM

Meet Record: 22:44.41 1997 Bankstown Sports, Ban

Comp#	Team	Relay	Seed Time
1	Mingara Region	A	
2	South Sydney Athletics	A	
3	U.T.S. Northern Suburbs Athlet	A	

**Event 2 Men 4x1500 Meter Relay Race Walk U18**

Saturday 16/11/2013 - 9:30 AM

Meet Record: 26:38.58 2006 Nepean, NEP

Comp#	Team	Relay	Seed Time
1	Girraween Athletics Club Inc.	A	
2	Parramatta City Track & Field	A	
3	Sydney Pacific Athletics Club	A	

**Event 3 Men 4x1500 Meter Relay Race Walk U14**

Saturday 16/11/2013 - 9:30 AM

Meet Record: 29:59.76 1999 Illawong, Ill

Comp#	Team	Relay	Seed Time
1	Nepean District Athletic Club	A	
2	Sydney Pacific Athletics Club	A	

**Event 4 Women 4x1500 Meter Relay Race Walk Open**

Saturday 16/11/2013 - 9:30 AM

Meet Record: 27:18.45 2004 Asics West, ASW

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Sydney Pacific Athletics Club	A	

**Event 5 Women 4x1500 Meter Relay Race Walk U18**

Saturday 16/11/2013 - 9:30 AM

Meet Record: 28:54.37 2003 Sydney Pacific, SYP

Comp#	Team	Relay	Seed Time
1	Nepean District Athletic Club	A	
2	South Sydney Athletics	A	

**Event 6 Women 4x1500 Meter Relay Race Walk U14**

Saturday 16/11/2013 - 9:30 AM

Meet Record: 29:40.80 1994 Nepean, NEP

Comp#	Team	Relay	Seed Time
1	Mingara Region	A	
2	Nepean District Athletic Club	A	
3	Parramatta City Track & Field	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 6 ... (Women 4x1500 Meter Relay Race Walk U14)**

Comp#	Team	Relay	Seed Time
4	Sydney Pacific Athletics Club	A	

**Event 7 Men 4x1500 Meter Relay 160+**

Saturday 16/11/2013 - 10:15 AM

Meet Record: 17:15.71 2006 Sydney Striders, SSR

Comp#	Team	Relay	Seed Time
1	Athletics East	A	
2	Hills District Athletics Club	A	
3	Randwick Botany Harriers Athle	A	
4	U.T.S. Northern Suburbs Athlet	A	

**Event 9 Women 4x800 Meter Relay Open**

Saturday 16/11/2013 - 10:55 AM

Meet Record: 8:45.54 1985 Eastern Suburbs

Comp#	Team	Relay	Seed Time
1	Athletics East	A	
2	Blacktown City Athletics Club	A	
3	Nepean District Athletic Club	A	
4	Sydney University Athletics Cl	A	
5	Sydney University Athletics Cl	B	

**Event 10 Women 4x800 Meter Relay 160+**

Saturday 16/11/2013 - 10:55 AM

Meet Record: 10:12.93 2002 Sydney Uni, SYU

Comp#	Team	Relay	Seed Time
1	Athletics East	A	
2	Mingara Athletics Club Inc.	A	
3	St. George District Athletic C	A	
4	Sydney Striders Road Runners C	A	
5	U.T.S. Northern Suburbs Athlet	A	

**Event 11 Men 4x400 Meter Relay U18**

Saturday 16/11/2013 - 11:10 AM

Meet Record: 3:20.04 2000 Bankstown Sports, BAN

Comp#	Team	Relay	Seed Time
1	South Sydney Athletics	A	
2	St. George District Athletic C	A	
3	The Scots College	A	
4	U.T.S. Northern Suburbs Athlet	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 11 ... (Men 4x400 Meter Relay U18)**

Comp#	Team	Relay	Seed Time
5	U.T.S. Northern Suburbs Athlet	B	
6	U.T.S. Northern Suburbs Athlet	C	

**Event 12 Women 4x400 Meter Relay U16**

Saturday 16/11/2013 - 11:25 AM

Meet Record: 3:53.47 1985 Kur-ing-gai

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Athletics Wollongong Inc.	A	
3	Sydney Striders Road Runners C	A	
4	U.T.S. Northern Suburbs Athlet	A	
5	Westfields Athletics Club Inc.	A	

**Event 13 Women 4x400 Meter Relay U20**

Saturday 16/11/2013 - 11:40 AM

Meet Record: 3:46.70 1980 Ryde A A C, RYD

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Cherrybrook Senior & Little At	A	
3	Illawarra Blue Stars Athletic	A	
4	Kembla Joggers Inc.	A	
5	Mingara Athletics Club Inc.	A	
6	St. George District Athletic C	A	
7	Sutherland District Athletics	A	
8	U.T.S. Northern Suburbs Athlet	A	

**Event 14 Women 4x400 Meter Relay 120+**

Saturday 16/11/2013 - 11:50 AM

Meet Record: 4:03.87 2005 NSW Masters, NMA

Comp#	Team	Relay	Seed Time
1	Mingara Athletics Club Inc.	A	
2	Sydney Striders Road Runners C	A	

**Event 15 Women 4x400 Meter Relay 200+**

Saturday 16/11/2013 - 11:50 AM

Meet Record: 4:50.06 2012 UTS Norths, UTN

Comp#	Team	Relay	Seed Time
1	Illawarra Blue Stars Athletic	A	
2	Sydney Pacific Athletics Club	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 15 ... (Women 4x400 Meter Relay 200+)**

Comp#	Team	Relay	Seed Time
3	U.T.S. Northern Suburbs Athlet	A	

**Event 16 Men 4x400 Meter Relay 160+**

Saturday 16/11/2013 - 12:00 AM

Meet Record: 3:35.30 1998 Reebok, REE

Comp#	Team	Relay	Seed Time
1	Hills District Athletics Club	A	
2	Illawarra Blue Stars Athletic	A	
3	Mingara Athletics Club Inc.	A	
4	Mingara Athletics Club Inc.	B	
5	Sydney Pacific Athletics Club	A	
6	U.T.S. Northern Suburbs Athlet	A	

**Event 17 Men 4x200 Meter Relay U16**

Saturday 16/11/2013 - 12:10 PM

Meet Record: 1:31.25 1986 Newcastle Hunter

Comp#	Team	Relay	Seed Time
1	Blacktown City Athletics Club	A	
2	Cherrybrook Senior & Little At	A	
3	Hills District Athletics Club	A	
4	Mt Pritchard and District Athl	A	
5	Randwick Botany Harriers Athle	A	
6	The Scots College	A	
7	Trinity Athletics Club	A	
8	U.T.S. Northern Suburbs Athlet	A	
9	U.T.S. Northern Suburbs Athlet	B	
10	U.T.S. Northern Suburbs Athlet	C	

**Event 18 Women 4x200 Meter Relay U14**

Saturday 16/11/2013 - 12:25 PM

Meet Record: 1:43.99 1983 Western Suburbs

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Athletics Wollongong Inc.	A	
3	Illawong and Districts Senior	A	
4	Mingara Athletics Club Inc.	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 18 ... (Women 4x200 Meter Relay U14)**

Comp#	Team	Relay	Seed Time
5	Ryde Athletics Centre Inc	A	
6	South Sydney Athletics	A	
7	Sydney Striders Road Runners C	A	
8	U.T.S. Northern Suburbs Athlet	A	
9	U.T.S. Northern Suburbs Athlet	B	
10	U.T.S. Northern Suburbs Athlet	C	

**Event 19 Women 4x200 Meter Relay U18**

Saturday 16/11/2013 - 12:35 PM

Meet Record: 1:39.50 1981 Ryde A A C, RYD

Comp#	Team	Relay	Seed Time
1	Camden Athletics Club	A	
2	Cherrybrook Senior & Little At	A	
3	Mingara Athletics Club Inc.	A	
4	Mt Pritchard and District Athl	A	
5	South Sydney Athletics	A	
6	Sydney Pacific Athletics Club	A	
7	U.T.S. Northern Suburbs Athlet	A	

**Event 20 Men 4x200 Meter Relay U20**

Saturday 16/11/2013 - 12:45 PM

Meet Record: 1:25.48 1983 Manly Warringah

Comp#	Team	Relay	Seed Time
1	Mt Pritchard and District Athl	A	
2	Randwick Botany Harriers Athle	A	
3	St Josephs College Athletics C	A	
4	U.T.S. Northern Suburbs Athlet	A	

**Event 21 Women 4x200 Meter Relay Open Prelims**

Saturday 16/11/2013 - 1:00 PM

Meet Record: 1:36.41 1987 Tiger West

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Hills District Athletics Club	A	
4	Kembla Joggers Inc.	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 21 ... (Women 4x200 Meter Relay Open Prelims)**

Comp#	Team	Relay	Seed Time
5	Mt Pritchard and District Athl	A	
6	Randwick Botany Harriers Athle	A	
7	Sutherland District Athletics	A	
8	Sydney Pacific Athletics Club	A	
9	Sydney University Athletics Cl	A	
10	Sydney University Athletics Cl	B	
11	Trinity Athletics Club	A	
12	U.T.S. Northern Suburbs Athlet	A	
13	U.T.S. Northern Suburbs Athlet	B	

**Event 22 Men 4x200 Meter Relay 120+**

Saturday 16/11/2013 - 1:10 PM

Meet Record: 1:32.93 2001 Randwick Botany, RBH

Comp#	Team	Relay	Seed Time
1	Mt Pritchard and District Athl	A	
2	Mt Pritchard and District Athl	B	
3	Sydney Pacific Athletics Club	A	
4	U.T.S. Northern Suburbs Athlet	A	

**Event 23 Women 4x200 Meter Relay 160+**

Saturday 16/11/2013 - 1:20 PM

Meet Record: 1:43.90 2005 NSW Masters, NMA

Comp#	Team	Relay	Seed Time
1	Illawarra Blue Stars Athletic	A	
2	Mingara Athletics Club Inc.	A	
3	Sydney Pacific Athletics Club	A	
4	Sydney Pacific Athletics Club	B	
5	U.T.S. Northern Suburbs Athlet	A	

**Event 24 Men 4x200 Meter Relay 200+**

Saturday 16/11/2013 - 1:30 PM

Meet Record: 1:36.48 2003 Sydney Pacific, SYP

Comp#	Team	Relay	Seed Time
1	Mingara Athletics Club Inc.	A	
2	Mingara Athletics Club Inc.	B	
3	NSW Masters Athletics Inc.	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 24 ... (Men 4x200 Meter Relay 200+)**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
4	Sydney Pacific Athletics Club	A	
5	Sydney Pacific Athletics Club	B	
6	Sydney Pacific Athletics Club	C	
7	U.T.S. Northern Suburbs Athlet	A	

**Event 25 Men 4x100 Meter Relay Open Prelims**

Saturday 16/11/2013 - 1:45 PM

Meet Record: 39.89 1998 Homebush Track, HOM

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Barker College Athletics Club	A	
4	Girraween Athletics Club Inc.	A	
5	Hills District Athletics Club	A	
6	Illawarra Blue Stars Athletic	A	
7	Illawong and Districts Senior	A	
8	Mt Pritchard and District Athl	A	
9	South Sydney Athletics	A	
10	St Josephs College Athletics C	A	
11	St. George District Athletic C	A	
12	Sutherland District Athletics	A	
13	Sydney Pacific Athletics Club	A	
14	Sydney University Athletics Cl	A	
15	Sydney University Athletics Cl	B	
16	U.T.S. Northern Suburbs Athlet	A	
17	U.T.S. Northern Suburbs Athlet	B	
18	University of New South Wales	A	
19	Westfields Athletics Club Inc.	A	

**Event 26 Men 4x100 Meter Relay U14 Prelims**

Saturday 16/11/2013 - 1:55 PM

Meet Record: 46.59 1985 Newcastle Hunter

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Athletics Wollongong Inc.	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 26 ... (Men 4x100 Meter Relay U14 Prelims)**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
2	Campbelltown Collegians Athlet	A	
3	Cherrybrook Senior & Little At	A	
4	Hills District Athletics Club	A	
5	Nepean District Athletic Club	A	
6	Parramatta City Track & Field	A	
7	The Scots College	A	
8	Trinity Athletics Club	A	
9	U.T.S. Northern Suburbs Athlet	A	
10	Westfields Athletics Club Inc.	A	

**Event 27 Women 4x100 Meter Relay U16 Prelims**

Saturday 16/11/2013 - 2:05 PM

Meet Record: 48.40 2011 UTS Northern Suburbs, UTS

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Asics Wests Track & Field Club	A	
2	Athletics Wollongong Inc.	A	
3	Athletics Wollongong Inc.	B	
4	Bankstown Sports Senior Athlet	A	
5	Campbelltown Collegians Athlet	A	
6	Cherrybrook Senior & Little At	A	
7	Hills District Athletics Club	A	
8	Illawong and Districts Senior	A	
9	Mingara Region	A	
10	South Sydney Athletics	A	
11	U.T.S. Northern Suburbs Athlet	A	
12	U.T.S. Northern Suburbs Athlet	B	
13	Westfields Athletics Club Inc.	A	

**Event 28 Men 4x100 Meter Relay U18 Prelims**

Saturday 16/11/2013 - 2:15 PM

Meet Record: 42.09 1992 Newcastle Hunter

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Campbelltown Collegians Athlet	A	
2	Cherrybrook Senior & Little At	A	



**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 28 ... (Men 4x100 Meter Relay U18 Prelims)**

Comp#	Team	Relay	Seed Time
3	Hills District Athletics Club	A	
4	Nepean District Athletic Club	A	
5	South Sydney Athletics	A	
6	The Scots College	A	
7	Trinity Athletics Club	A	
8	Trinity Athletics Club	B	
9	U.T.S. Northern Suburbs Athlet	A	
10	U.T.S. Northern Suburbs Athlet	B	
11	U.T.S. Northern Suburbs Athlet	C	
12	Westfields Athletics Club Inc.	A	

**Event 29 Women 4x100 Meter Relay U20**

Saturday 16/11/2013 - 2:25 PM

Meet Record: 47.31 1994 Cumberland Ryde Hornsby, CRH

Comp#	Team	Relay	Seed Time
1	Bankstown Sports Senior Athlet	A	
2	Camden Athletics Club	A	
3	Cherrybrook Senior & Little At	A	
4	Illawong and Districts Senior	A	
5	Illawong and Districts Senior	B	
6	Mingara Athletics Club Inc.	A	
7	Sydney Pacific Athletics Club	A	
8	U.T.S. Northern Suburbs Athlet	A	
9	Westfields Athletics Club Inc.	A	

**Event 30 Men 4x100 Meter Relay 160+ Prelims**

Saturday 16/11/2013 - 2:30 PM

Meet Record: 44.65 2008 Sydney Pacific, SYP

Comp#	Team	Relay	Seed Time
1	Girraween Athletics Club Inc.	A	
2	Hills District Athletics Club	A	
3	Illawarra Blue Stars Athletic	A	
4	Mingara Athletics Club Inc.	A	
5	Mingara Athletics Club Inc.	B	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 30 ... (Men 4x100 Meter Relay 160+ Prelims)**

Comp#	Team	Relay	Seed Time
6	Mt Pritchard and District Athl	A	
7	Mt Pritchard and District Athl	B	
8	Sydney Pacific Athletics Club	A	
9	Sydney Pacific Athletics Club	B	
10	Sydney Pacific Athletics Club	C	
11	Sydney Pacific Athletics Club	D	
12	U.T.S. Northern Suburbs Athlet	A	

**Event 31 Women 4x100 Meter Relay 120+**

Saturday 16/11/2013 - 2:35 PM

Meet Record: 49.61 2008 NSW Masters, NMA

Comp#	Team	Relay	Seed Time
1	Girraween Athletics Club Inc.	A	
2	Illawarra Blue Stars Athletic	A	
3	Mingara Athletics Club Inc.	A	
4	U.T.S. Northern Suburbs Athlet	A	

**Event 32 Men 4x400 Meter Relay Open**

Saturday 16/11/2013 - 2:40 PM

Meet Record: 3:08.04 1991 Eastern Suburbs

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Cherrybrook Senior & Little At	A	
3	Mt Pritchard and District Athl	A	
4	South Sydney Athletics	A	
5	Sutherland District Athletics	A	
6	Sydney University Athletics Cl	A	
7	Sydney University Athletics Cl	B	
8	Trinity Athletics Club	A	
9	U.T.S. Northern Suburbs Athlet	A	

**Event 33 Men 4x800 Meter Relay U16**

Saturday 16/11/2013 - 2:48 PM

Meet Record: 8:08.55 1985 South Coast, SC

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 33 ... (Men 4x800 Meter Relay U16)**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
2	Cherrybrook Senior & Little At	A	
3	Hills District Athletics Club	A	
4	Kembla Joggers Inc.	A	
5	Newcastle Region	A	
6	Parramatta City Track & Field	A	
7	Randwick Botany Harriers Athle	A	
8	Sydney Striders Road Runners C	A	
9	U.T.S. Northern Suburbs Athlet	A	
10	U.T.S. Northern Suburbs Athlet	B	
11	Westfields Athletics Club Inc.	A	

**Event 34 Men 4x800 Meter Relay U20**

Saturday 16/11/2013 - 3:03 PM

Meet Record: 7:39.31 2011 Mingara, MIN

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Bankstown Sports Senior Athlet	A	
2	Bankstown Sports Senior Athlet	B	
3	Kembla Joggers Inc.	A	
4	St Josephs College Athletics C	A	
5	St Josephs College Athletics C	B	
6	Sydney University Athletics Cl	A	
7	U.T.S. Northern Suburbs Athlet	A	

**Event 35 Men 4x800 Meter Relay 120+**

Saturday 16/11/2013 - 3:03 PM

Meet Record: 8:14.05 1993 Northern Suburbs

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Girraween Athletics Club Inc.	A	
2	Hills District Athletics Club	A	
3	Sydney University Athletics Cl	A	
4	U.T.S. Northern Suburbs Athlet	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 36 Men 4x800 Meter Relay 200+****Saturday 16/11/2013 - 3:03 PM****Meet Record: 9:09.86 2010 Sydney Striders, SSR**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Asics Wests Track & Field Club	A	
2	Hills District Athletics Club	A	
3	Mingara Athletics Club Inc.	A	
4	St. George District Athletic C	A	

**Event 37 Women 4x800 Meter Relay U14****Saturday 16/11/2013 - 3:18 PM****Meet Record: 9:41.90 1986 Reebok/Kur**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Asics Wests Track & Field Club	A	
2	Athletics Wollongong Inc.	A	
3	Girraween Athletics Club Inc.	A	
4	Hills District Athletics Club	A	
5	Kembla Joggers Inc.	A	
6	Mingara Athletics Club Inc.	A	
7	Nepean District Athletic Club	A	
8	Randwick Botany Harriers Athle	A	
9	Sutherland District Athletics	A	
10	Sydney Striders Road Runners C	A	
11	U.T.S. Northern Suburbs Athlet	A	
12	U.T.S. Northern Suburbs Athlet	B	
13	U.T.S. Northern Suburbs Athlet	C	

**Event 38 Women 4x800 Meter Relay U18****Saturday 16/11/2013 - 3:33 PM****Meet Record: 8:57.62 2005 Randwick Botany, RBH**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Hills District Athletics Club	A	
4	Kembla Joggers Inc.	A	
5	Kembla Joggers Inc.	B	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 38 ... (Women 4x800 Meter Relay U18)**

Comp#	Team	Relay	Seed Time
6	U.T.S. Northern Suburbs Athlet	A	
7	U.T.S. Northern Suburbs Athlet	B	
8	Westfields Athletics Club Inc.	A	

**Event 45 Men 4x100 Meter Relay 240+****Saturday 16/11/2013 - 4:16 PM**Meet Record: **50.90 2011 Sydney Pacific, SYP**

Comp#	Team	Relay	Seed Time
1	Mingara Athletics Club Inc.	A	
2	NSW Masters Athletics Inc.	A	
3	U.T.S. Northern Suburbs Athlet	A	

**Event 46 Women 4x100 Meter Relay 200+****Saturday 16/11/2013 - 4:21 PM**Meet Record: **56.96 2010 NSW Masters, NMA**

Comp#	Team	Relay	Seed Time
1	Illawarra Blue Stars Athletic	A	
2	Sydney Pacific Athletics Club	A	
3	Sydney Pacific Athletics Club	B	

**Event 47 Men 4x800 Meter Relay Open****Saturday 16/11/2013 - 4:26 PM**Meet Record: **7:27.95 2009 UTS Norths, UTN**

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Mingara Athletics Club Inc.	A	
4	Randwick Botany Harriers Athle	A	
5	South Sydney Athletics	A	
6	St. George District Athletic C	A	
7	Sutherland District Athletics	A	
8	Sydney University Athletics Cl	A	
9	Sydney University Athletics Cl	B	
10	Sydney University Athletics Cl	C	
11	U.T.S. Northern Suburbs Athlet	A	
12	U.T.S. Northern Suburbs Athlet	B	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 48 Women 4x1500 Meter Relay U16**

Saturday 16/11/2013 - 4:41 PM

Meet Record: 18:43.26 1988 Reebok, REE

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Hills District Athletics Club	A	
3	Kembla Joggers Inc.	A	
4	Randwick Botany Harriers Athle	A	
5	U.T.S. Northern Suburbs Athlet	A	
6	Westfields Athletics Club Inc.	A	

**Event 49 Women 4x1500 Meter Relay U20**

Saturday 16/11/2013 - 4:41 PM

Meet Record: 18:23.98 1990 Cumberland Ryde Hornsby, CRH

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Hills District Athletics Club	A	
3	Kembla Joggers Inc.	A	
4	Ryde Athletics Centre Inc	A	
5	South Sydney Athletics	A	
6	U.T.S. Northern Suburbs Athlet	A	

**Event 50 Women 4x1500 Meter Relay 120+**

Saturday 16/11/2013 - 4:41 PM

Meet Record: 19:56.05 1993 Reebok, REE

Comp#	Team	Relay	Seed Time
1	Athletics East	A	
2	Hills District Athletics Club	A	

**Event 51 Men 4x1500 Meter Relay U18**

Saturday 16/11/2013 - 5:17 PM

Meet Record: 16:27.80 1994 Cumberland Ryde Hornsby, CRH

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Hills District Athletics Club	A	
3	Kembla Joggers Inc.	A	
4	South Sydney Athletics	A	
5	St. George District Athletic C	A	
6	Sydney Striders Road Runners C	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 51 ... (Men 4x1500 Meter Relay U18)**

Comp#	Team	Relay	Seed Time
7	The Scots College	A	
8	The Scots College	B	
9	Trinity Athletics Club	A	
10	U.T.S. Northern Suburbs Athlet	A	

**Event 52 Men 4x1500 Meter Relay U14**

Saturday 16/11/2013 - 5:17 PM

Meet Record: 18:48.39 2012 Newcastle Veterans, NEV

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Hills District Athletics Club	A	
3	Kembla Joggers Inc.	A	
4	Newcastle Region	A	
5	Sydney Pacific Athletics Club	A	
6	Sydney Striders Road Runners C	A	
7	Sydney Striders Road Runners C	B	
8	The Scots College	A	
9	Trinity Athletics Club	A	

**Event 53 Women 1600 Sprint Medley Open**

Saturday 16/11/2013 - 5:43 PM

Meet Record: 3:52.76 2005 Sydney University, RYD

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Cherrybrook Senior & Little At	A	
4	Kembla Joggers Inc.	A	
5	Randwick Botany Harriers Athle	A	
6	Sydney University Athletics Cl	A	
7	U.T.S. Northern Suburbs Athlet	A	

**Event 54 Men Shot Put Open**

Saturday 16/11/2013 - 9:30 AM

Meet Record: 53.98m 2005 Bankstown, BAN

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 54 ... (Men Shot Put Open)**

Comp#	Name	Year	Team	Seed Mark
2	B Asics West	80	Asics Wests	
3	A Hills	80	Hills Distri	
4	A Ryde	80	Ryde Athleti	
5	A Sydney Pacific	80	Sydney Pacif	
6	A Sydney University	80	Sydney Unive	
7	A Uts Norths	80	U.T.S. North	

**Event 55 Men Discus Throw U18**

Saturday 16/11/2013 - 9:35 AM

Meet Record: 194.09m 2000

Bankstown Sports, BAN

Comp#	Name	Year	Team	Seed Mark
1	A Hills	80	Hills Distri	
2	A St George	80	St. George D	
3	A Sydney Pacific	80	Sydney Pacif	
4	B Sydney Pacific	80	Sydney Pacif	
5	A Trinity	80	Trinity Athl	
6	A Uts Norths	80	U.T.S. North	
7	B Uts Norths	80	U.T.S. North	

**Event 56 Women Long Jump Open**

Saturday 16/11/2013 - 9:45 AM

Meet Record: 21.58m 1993

Asics West, ASW

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Bankstown	80	Bankstown Sp	
3	A Cherrybrook	80	Cherrybrook	
4	A Illawong	80	Illawong and	
5	A Sydney University	80	Sydney Unive	
6	A Trinity	80	Trinity Athl	
7	A Uts Norths	80	U.T.S. North	
8	A Westfields	80	Westfields A	



**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 57 Women Shot Put Masters**

Saturday 16/11/2013 - 10:55 AM

Meet Record: 43.75m 2009

Mingara, MIN

Comp#	Name	Year	Team	Seed Mark
1	A Girraween	80	Cherrybrook	
2	A Uts Norths	80	U.T.S. North	

**Event 58 Men Discus Throw Open**

Saturday 16/11/2013 - 11:30 AM

Meet Record: 178.78m 2011

Newcastle Region

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Hills	80	Hills Distri	
3	A Ryde	80	Ryde Athleti	
4	A Sydney Pacific	80	Sydney Pacif	
5	A Uts Norths	80	U.T.S. North	

**Event 59 Women High Jump U18**

Saturday 16/11/2013 - 11:30 AM

Meet Record: 6.55m 2005

Illawong Athletics, Ill

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Illawong	80	Illawong and	
3	A Newcastle Region	80	Newcastle Region	
4	A Uts Norths	80	U.T.S. North	

**Event 60 Men Shot Put U18**

Saturday 16/11/2013 - 11:40 AM

Meet Record: 61.78m 2001

Bankstown Sports, BAN

Comp#	Name	Year	Team	Seed Mark
1	A Hills	80	Hills Distri	
2	A St George	80	St. George D	
3	A Sydney Pacific	80	Sydney Pacif	
4	B Sydney Pacific	80	Sydney Pacif	
5	A Uts Norths	80	U.T.S. North	
6	B Uts Norths	80	U.T.S. North	

**Event 61 Men High Jump U18**

Saturday 16/11/2013 - 12:00 PM

Meet Record: 7.65m 2000

Sydney Pacific, SYP

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 61 ... (Men High Jump U18)**

Comp#	Name	Year	Team	Seed Mark
2	A Campbelltown	80	Campbelltown	
3	A Illawong	80	Illawong and	
4	A Scots College	80	The Scots College	
5	A Sydney Pacific	80	Sydney Pacif	
6	A Uts Norths	80	U.T.S. North	

**Event 62 Women High Jump Open**

Saturday 16/11/2013 - 1:00 PM

Meet Record: 6.60m 1994 Asics West, ASW

Comp#	Name	Year	Team	Seed Mark
1	A Campbelltown	80	Campbelltown	
2	A Sydney University	80	Sydney Unive	

**Event 63 Women Shot Put U14**

Saturday 16/11/2013 - 1:15 PM

Meet Record: 46.24m 2007 Westfields, WES

Comp#	Name	Year	Team	Seed Mark
1	A Cherrybrook	80	Cherrybrook	
2	A Girraween	80	Cherrybrook	
3	A Hills	80	Hills Distri	

**Event 64 Women Javelin Throw U18**

Saturday 16/11/2013 - 1:30 PM

Meet Record: 134.70m 2009 St George, SGD

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Cherrybrook	80	Cherrybrook	
3	A Hills	80	Hills Distri	
4	A Paramatta	80	Parramatta C	
5	A Ryde	80	Ryde Athleti	
6	A St George	80	St. George D	
7	B St George	80	St. George D	
8	A Uts Norths	80	U.T.S. North	

**Event 65 Men Shot Put U14**

Saturday 16/11/2013 - 2:25 PM

Meet Record: 58.43m 1997 Bankstown Sports, BAN

Comp#	Name	Year	Team	Seed Mark
1	A Cherrybrook	80	Cherrybrook	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 65 ... (Men Shot Put U14)**

Comp#	Name	Year	Team	Seed Mark
2	A Hills	80	Hills Distri	
3	B Hills	80	Hills Distri	
4	A Paramatta	80	Parramatta C	
5	A St George	80	St. George D	
6	A Westfields	80	Westfields A	

**Event 66 Women Long Jump U18**

Saturday 16/11/2013 - 2:35 PM

Meet Record: 21.20m 2002

Sutherland, SUT

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Bankstown	80	Bankstown Sp	
3	A Cherrybrook	80	Cherrybrook	
4	B Cherrybrook	80	Cherrybrook	
5	A Hills	80	Hills Distri	
6	A Mingara Region	80	Mingara Athl	
7	A Mt Pritchard	80	Mt Pritchard	
8	A Nepean	80	Nepean Distr	
9	A South Sydney	80	South Sydney	
10	A Sutherland	80	Sutherland D	
11	A Uts Norths	80	U.T.S. North	
12	A Westfields	80	Westfields A	
13	A Wollongong	80	Athletics Wo	

**Event 67 Men Javelin Throw Open**

Saturday 16/11/2013 - 3:15 PM

Meet Record: 248.88m 2011

Asics West, ASW

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	B Asics West	80	Asics Wests	
3	A Ryde	80	Ryde Athleti	
4	A Sydney Pacific	80	Sydney Pacif	
5	A Sydney University	80	Sydney Unive	
6	A Uts Norths	80	U.T.S. North	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 67 ... (Men Javelin Throw Open)**

Comp#	Name	Year	Team	Seed Mark
7	A Westfields	80	Westfields A	

**Event 68 Women Long Jump U14**

Saturday 16/11/2013 - 3:45 PM

Meet Record: 18.73m 2005 Cherrybrook Athletics, CHE

Comp#	Name	Year	Team	Seed Mark
1	A Campbelltown	80	Campbelltown	
2	A Nepean	80	Nepean Distr	
3	A Ryde	80	Ryde Athleti	
4	A South Sydney	80	South Sydney	
5	A Uts Norths	80	U.T.S. North	

**Event 70 Men 4x800 Meter Relay 240+**

Sunday 17/11/2013 - 9:15 AM

Meet Record: 10:41.25 2011 Hills, HIL

Comp#	Team	Relay	Seed Time
1	Hills District Athletics Club	A	
2	St. George District Athletic C	A	
3	U.T.S. Northern Suburbs Athlet	A	

**Event 71 Men 4x400 Meter Relay U16**

Sunday 17/11/2013 - 9:30 AM

Meet Record: 3:27.98 1985 South Coast, SC

Comp#	Team	Relay	Seed Time
1	Cherrybrook Senior & Little At	A	
2	Parramatta City Track & Field	A	
3	The Scots College	A	
4	U.T.S. Northern Suburbs Athlet	A	
5	U.T.S. Northern Suburbs Athlet	B	
6	U.T.S. Northern Suburbs Athlet	C	
7	U.T.S. Northern Suburbs Athlet	D	
8	Westfields Athletics Club Inc.	A	

**Event 72 Men 4x400 Meter Relay U20**

Sunday 17/11/2013 - 9:40 AM

Meet Record: 3:14.61 1986 Tiger West

Comp#	Team	Relay	Seed Time
1	Sydney University Athletics Cl	A	
2	U.T.S. Northern Suburbs Athlet	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 72 ... (Men 4x400 Meter Relay U20)**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
3	U.T.S. Northern Suburbs Athlet	B	

**Event 73 Women 4x400 Meter Relay U18****Sunday 17/11/2013 - 9:50 AM****Meet Record: 3:46.70 1980 Ryde A A C, RYD**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Camden Athletics Club	A	
4	South Sydney Athletics	A	
5	Sydney Pacific Athletics Club	A	
6	U.T.S. Northern Suburbs Athlet	A	

**Event 74 Men 4x200 Meter Relay Open Prelims****Sunday 17/11/2013 - 10:00 AM****Meet Record: 1:23.04 1998 Homebush Track, HOM**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Girraween Athletics Club Inc.	A	
4	Hills District Athletics Club	A	
5	Illawarra Blue Stars Athletic	A	
6	Illawong and Districts Senior	A	
7	Mt Pritchard and District Athl	A	
8	South Sydney Athletics	A	
9	St. George District Athletic C	A	
10	Sutherland District Athletics	A	
11	Sydney Pacific Athletics Club	A	
12	Sydney University Athletics Cl	A	
13	Sydney University Athletics Cl	B	
14	U.T.S. Northern Suburbs Athlet	A	
15	University of New South Wales	A	
16	Westfields Athletics Club Inc.	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 75 Women 4x200 Meter Relay U16****Sunday 17/11/2013 - 10:15 AM****Meet Record: 1:40.28 1988 South Coast, SC**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Athletics Wollongong Inc.	A	
2	Bankstown Sports Senior Athlet	A	
3	Cherrybrook Senior & Little At	A	
4	Illawarra Blue Stars Athletic	A	
5	Nepean District Athletic Club	A	
6	South Sydney Athletics	A	
7	U.T.S. Northern Suburbs Athlet	A	

**Event 76 Men 4x200 Meter Relay U14****Sunday 17/11/2013 - 10:25 AM****Meet Record: 1:35.60 1985 Newcastle Hunter**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Hills District Athletics Club	A	
2	Nepean District Athletic Club	A	
3	Parramatta City Track & Field	A	
4	The Scots College	A	
5	Trinity Athletics Club	A	
6	U.T.S. Northern Suburbs Athlet	A	
7	U.T.S. Northern Suburbs Athlet	B	

**Event 77 Men 4x200 Meter Relay 160+****Sunday 17/11/2013 - 10:32 AM****Meet Record: 1:34.80 2002 Sydney Pacific, SYP**

<b>Comp#</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Camden Athletics Club	A	
2	Hills District Athletics Club	A	
3	Illawarra Blue Stars Athletic	A	
4	Mingara Athletics Club Inc.	A	
5	Mt Pritchard and District Athl	A	
6	Mt Pritchard and District Athl	B	
7	Sydney Pacific Athletics Club	A	
8	Sydney Pacific Athletics Club	B	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 77 ... (Men 4x200 Meter Relay 160+)**

Comp#	Team	Relay	Seed Time
9	Sydney Pacific Athletics Club	C	
10	U.T.S. Northern Suburbs Athlet	A	

**Event 78 Men 4x200 Meter Relay 240+**

Sunday 17/11/2013 - 10:47 AM

Meet Record: 1:50.00 2011 Mingara, MIN

Comp#	Team	Relay	Seed Time
1	Mingara Athletics Club Inc.	A	
2	U.T.S. Northern Suburbs Athlet	A	

**Event 79 Women 4x400 Meter Relay Open**

Sunday 17/11/2013 - 10:57 AM

Meet Record: 3:38.84 2011 Newcastle Region, NEW

Comp#	Team	Relay	Seed Time
1	Blacktown City Athletics Club	A	
2	Cherrybrook Senior & Little At	A	
3	Cherrybrook Senior & Little At	B	
4	Illawong and Districts Senior	A	
5	Mt Pritchard and District Athl	A	
6	Sydney Pacific Athletics Club	A	
7	Sydney University Athletics Cl	A	
8	U.T.S. Northern Suburbs Athlet	A	
9	U.T.S. Northern Suburbs Athlet	B	

**Event 80 Men 4x200 Meter Relay U18**

Sunday 17/11/2013 - 11:05 AM

Meet Record: 1:28.41 1987 Newcastle Hunter

Comp#	Team	Relay	Seed Time
1	Bankstown Sports Senior Athlet	A	
2	Hills District Athletics Club	A	
3	South Sydney Athletics	A	
4	The Scots College	A	
5	Trinity Athletics Club	A	
6	Trinity Athletics Club	B	
7	U.T.S. Northern Suburbs Athlet	A	
8	U.T.S. Northern Suburbs Athlet	B	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 80 ... (Men 4x200 Meter Relay U18)**

Comp#	Team	Relay	Seed Time
9	U.T.S. Northern Suburbs Athlet	C	
10	Westfields Athletics Club Inc.	A	

**Event 81 Women 4x200 Meter Relay U20****Sunday 17/11/2013 - 11:18 AM****Meet Record: 1:39.50 1981 Ryde AA C, RYD**

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Cherrybrook Senior & Little At	A	
4	Illawarra Blue Stars Athletic	A	
5	Sutherland District Athletics	A	
6	Sydney Pacific Athletics Club	A	
7	U.T.S. Northern Suburbs Athlet	A	
8	U.T.S. Northern Suburbs Athlet	B	
9	Westfields Athletics Club Inc.	A	

**Event 83 Women 4x800 Meter Relay U16****Sunday 17/11/2013 - 11:28 AM****Meet Record: 9:03.96 1988 Reebok, REE**

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Hills District Athletics Club	A	
3	Macquarie Hunter Athletics	A	
4	Randwick Botany Harriers Athle	A	
5	Sydney Pacific Athletics Club	A	
6	U.T.S. Northern Suburbs Athlet	A	

**Event 84 Men 4x800 Meter Relay U14****Sunday 17/11/2013 - 11:40 AM****Meet Record: 9:05.00 1982 Sutherland, SUT**

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Hills District Athletics Club	A	
3	Nepean District Athletic Club	A	
4	Newcastle Region	A	



**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 84 ... (Men 4x800 Meter Relay U14)**

Comp#	Team	Relay	Seed Time
5	Sydney Pacific Athletics Club	A	
6	Sydney Striders Road Runners C	A	
7	Sydney Striders Road Runners C	B	
8	The Scots College	A	
9	Trinity Athletics Club	A	
10	U.T.S. Northern Suburbs Athlet	A	

**Event 85 Men 4x800 Meter Relay U18**

Sunday 17/11/2013 - 11:53 AM

Meet Record: 7:46.20 2000 UTS Norths, UTN

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Hills District Athletics Club	A	
3	South Sydney Athletics	A	
4	Sydney Striders Road Runners C	A	
5	The Scots College	A	
6	The Scots College	B	
7	Trinity Athletics Club	A	
8	U.T.S. Northern Suburbs Athlet	A	
9	U.T.S. Northern Suburbs Athlet	B	
10	U.T.S. Northern Suburbs Athlet	C	

**Event 86 Men 4x400 Meter Relay 200+**

Sunday 17/11/2013 - 12:17 PM

Meet Record: 3:46.64 2002 Sydney Pacific, SYP

Comp#	Team	Relay	Seed Time
1	Mingara Athletics Club Inc.	A	
2	Sydney Pacific Athletics Club	A	
3	U.T.S. Northern Suburbs Athlet	A	
4	U.T.S. Northern Suburbs Athlet	B	

**Event 87 Women 4x100 Meter Relay Open Prelims**

Sunday 17/11/2013 - 12:25 PM

Meet Record: 45.68 1994 Cumberland Ryde Hornsby, CRH

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 87 ... (Women 4x100 Meter Relay Open Prelims)**

Comp#	Team	Relay	Seed Time
2	Bankstown Sports Senior Athlet	A	
3	Cherrybrook Senior & Little At	A	
4	Hills District Athletics Club	A	
5	Illawong and Districts Senior	A	
6	Mt Pritchard and District Athl	A	
7	Randwick Botany Harriers Athle	A	
8	Sutherland District Athletics	A	
9	Sydney Pacific Athletics Club	A	
10	Sydney University Athletics Cl	A	
11	Sydney University Athletics Cl	B	
12	Trinity Athletics Club	A	
13	U.T.S. Northern Suburbs Athlet	A	
14	U.T.S. Northern Suburbs Athlet	B	

**Event 88 Men 4x100 Meter Relay U16 Prelims**

Sunday 17/11/2013 - 12:32 PM

Meet Record: 43.98 2012 UTS Norths, UTN

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Blacktown City Athletics Club	A	
3	Campbelltown Collegians Athlet	A	
4	Girraween Athletics Club Inc.	A	
5	Hills District Athletics Club	A	
6	Mt Pritchard and District Athl	A	
7	Randwick Botany Harriers Athle	A	
8	The Scots College	A	
9	Trinity Athletics Club	A	
10	U.T.S. Northern Suburbs Athlet	A	
11	U.T.S. Northern Suburbs Athlet	B	
12	U.T.S. Northern Suburbs Athlet	C	
13	U.T.S. Northern Suburbs Athlet	D	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 89 Men 4x100 Meter Relay U20**

Sunday 17/11/2013 - 12:39 PM

Meet Record: 41.75 2001 Westfields, WES

Comp#	Team	Relay	Seed Time
1	Illawong and Districts Senior	A	
2	Mt Pritchard and District Athl	A	
3	Randwick Botany Harriers Athle	A	
4	The Scots College	A	
5	U.T.S. Northern Suburbs Athlet	A	

**Event 90 Women 4x800 Meter Relay U20**

Sunday 17/11/2013 - 12:47 PM

Meet Record: 8:57.62 2005 Randwick Botany, RBH

Comp#	Team	Relay	Seed Time
1	Cherrybrook Senior & Little At	A	
2	Illawong and Districts Senior	A	
3	Ryde Athletics Centre Inc	A	
4	South Sydney Athletics	A	
5	U.T.S. Northern Suburbs Athlet	A	

**Event 91 Women 4x800 Meter Relay 200+**

Sunday 17/11/2013 - 12:47 PM

Meet Record: 11:12.80 2012 NSW Masters, HIL

Comp#	Team	Relay	Seed Time
1	Illawarra Blue Stars Athletic	A	
2	Sydney Pacific Athletics Club	A	

**Event 92 Women 4x800 Meter Relay 120+**

Sunday 17/11/2013 - 12:47 PM

Meet Record: 9:44.24 1993 Reebok, REE

Comp#	Team	Relay	Seed Time
1	Athletics East	A	
2	Hills District Athletics Club	A	

**Event 93 Men 4x800 Meter Relay 160+**

Sunday 17/11/2013 - 1:02 PM

Meet Record: 8:33.36 1997 UTS Norths, UTN

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Athletics East	A	
3	Hills District Athletics Club	A	
4	Illawarra Blue Stars Athletic	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 93 ... (Men 4x800 Meter Relay 160+)**

Comp#	Team	Relay	Seed Time
5	Randwick Botany Harriers Athle	A	
6	U.T.S. Northern Suburbs Athlet	A	

**Event 94 Women 4x100 Meter Relay U14 Prelims**

Sunday 17/11/2013 - 1:25 PM

Meet Record: 50.05 1991 Cumberland Ryde Hornsby, CRH

Comp#	Team	Relay	Seed Time
1	Athletics East	A	
2	Athletics Wollongong Inc.	A	
3	Camden Athletics Club	A	
4	Illawong and Districts Senior	A	
5	Nepean District Athletic Club	A	
6	Nepean District Athletic Club	B	
7	Ryde Athletics Centre Inc	A	
8	South Sydney Athletics	A	
9	U.T.S. Northern Suburbs Athlet	A	
10	U.T.S. Northern Suburbs Athlet	B	
11	U.T.S. Northern Suburbs Athlet	C	
12	Westfields Athletics Club Inc.	A	

**Event 95 Women 4x100 Meter Relay 160+**

Sunday 17/11/2013 - 1:32 PM

Meet Record: 49.44 2008 NSW Masters, NMA

Comp#	Team	Relay	Seed Time
1	Athletics Wollongong Inc.	A	
2	Camden Athletics Club	A	
3	Illawarra Blue Stars Athletic	A	
4	Sydney Pacific Athletics Club	A	
5	Sydney Pacific Athletics Club	B	
6	U.T.S. Northern Suburbs Athlet	A	

**Event 96 Men 4x100 Meter Relay 120+**

Sunday 17/11/2013 - 1:37 PM

Meet Record: 43.37 1996 Reebok, REE

Comp#	Team	Relay	Seed Time
1	Mingara Athletics Club Inc.	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 96 ... (Men 4x100 Meter Relay 120+)**

Comp#	Team	Relay	Seed Time
2	Mt Pritchard and District Athl	A	
3	Mt Pritchard and District Athl	B	
4	Sydney Pacific Athletics Club	A	
5	U.T.S. Northern Suburbs Athlet	A	

**Event 97 Men 4x100 Meter Relay 200+**

Sunday 17/11/2013 - 1:42 PM

Meet Record: 45.59 2003 Sydney Pacific, SYP

Comp#	Team	Relay	Seed Time
1	Mingara Athletics Club Inc.	A	
2	Mingara Athletics Club Inc.	B	
3	Sydney Pacific Athletics Club	A	
4	Sydney Pacific Athletics Club	B	
5	U.T.S. Northern Suburbs Athlet	A	

**Event 98 Women 4x200 Meter Relay 200+**

Sunday 17/11/2013 - 1:47 PM

Meet Record: 2:03.75 2011 NSW Masters, NMA

Comp#	Team	Relay	Seed Time
1	Bankstown Sports Senior Athlet	A	
2	Illawarra Blue Stars Athletic	A	
3	Sydney Pacific Athletics Club	A	
4	Sydney Pacific Athletics Club	B	

**Event 99 Women 4x200 Meter Relay 120+**

Sunday 17/11/2013 - 1:47 PM

Meet Record: 1:45.45 2006 Sydney Pacific, SYP

Comp#	Team	Relay	Seed Time
1	Athletics Wollongong Inc.	A	
2	Camden Athletics Club	A	
3	Illawarra Blue Stars Athletic	A	
4	U.T.S. Northern Suburbs Athlet	A	

**Event 100 Men 1600 Sprint Medley Open**

Sunday 17/11/2013 - 1:56 PM

Meet Record: 3:18.76 2012 Sydney University, SYU

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 100 ... (Men 1600 Sprint Medley Open)**

Comp#	Team	Relay	Seed Time
3	Bankstown Sports Senior Athlet	B	
4	Mt Pritchard and District Athl	A	
5	Nepean District Athletic Club	A	
6	Sydney Pacific Athletics Club	A	
7	Sydney University Athletics Cl	A	
8	U.T.S. Northern Suburbs Athlet	A	

**Event 101 Men 4x400 Meter Relay 120+**

Sunday 17/11/2013 - 2:04 PM

Meet Record: 3:28.00 2006 University of NSW, UNS

Comp#	Team	Relay	Seed Time
1	Balmain Athletics Club	A	
2	Girraween Athletics Club Inc.	A	
3	Sydney Pacific Athletics Club	A	
4	U.T.S. Northern Suburbs Athlet	A	

**Event 102 Women 4x400 Meter Relay 160+**

Sunday 17/11/2013 - 2:14 PM

Meet Record: 4:14.05 2005 NSW Masters, NMA

Comp#	Team	Relay	Seed Time
1	Camden Athletics Club	A	
2	Illawarra Blue Stars Athletic	A	
3	Sydney Pacific Athletics Club	A	
4	Sydney Pacific Athletics Club	B	
5	U.T.S. Northern Suburbs Athlet	A	

**Event 103 Men 4x1500 Meter Relay 200+**

Sunday 17/11/2013 - 2:34 PM

Meet Record: 18:39.29 2008 Sydney Striders, SSR

Comp#	Team	Relay	Seed Time
1	Hills District Athletics Club	A	
2	St. George District Athletic C	A	
3	St. George District Athletic C	B	
4	Sydney Striders Road Runners C	A	
5	U.T.S. Northern Suburbs Athlet	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 104 Women 4x1500 Meter Relay Open**

Sunday 17/11/2013 - 2:34 PM

Meet Record: 18:23.98 1990 Cumberland Ryde Hornsby, CRH

Comp#	Team	Relay	Seed Time
1	Athletics East	A	
2	Hills District Athletics Club	A	
3	Randwick Botany Harriers Athle	A	
4	Sydney University Athletics Cl	A	
5	Sydney University Athletics Cl	B	
6	U.T.S. Northern Suburbs Athlet	A	

**Event 105 Men 4x1500 Meter Relay U16**

Sunday 17/11/2013 - 3:04 PM

Meet Record: 17:08.08 1987 South Sydney, SOS

Comp#	Team	Relay	Seed Time
1	Hills District Athletics Club	A	
2	Macquarie Hunter Athletics	A	
3	Newcastle Region	A	
4	Parramatta City Track & Field	A	
5	Randwick Botany Harriers Athle	A	
6	Sydney Striders Road Runners C	A	
7	U.T.S. Northern Suburbs Athlet	A	

**Event 106 Men 4x1500 Meter Relay U20**

Sunday 17/11/2013 - 3:04 PM

Meet Record: 16:01.70 1983 Manly Warringah

Comp#	Team	Relay	Seed Time
1	Bankstown Sports Senior Athlet	A	
2	Sydney University Athletics Cl	A	

**Event 107 Men 4x1500 Meter Relay 120+**

Sunday 17/11/2013 - 3:04 PM

Meet Record: 16:50.13 1995 UTS Norths, UTN

Comp#	Team	Relay	Seed Time
1	Girraween Athletics Club Inc.	A	
2	Hills District Athletics Club	A	
3	Sydney University Athletics Cl	A	
4	U.T.S. Northern Suburbs Athlet	A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 108 Men 4x1500 Meter Relay Open**

Sunday 17/11/2013 - 3:29 PM

Meet Record: 15:17.91 2007 Randwick Botany Harriers, RBH

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	Bankstown Sports Senior Athlet	A	
3	Mingara Athletics Club Inc.	A	
4	Nepean District Athletic Club	A	
5	South Sydney Athletics	A	
6	St. George District Athletic C	A	
7	Sutherland District Athletics	A	
8	Sydney University Athletics Cl	A	
9	Sydney University Athletics Cl	B	
10	Sydney University Athletics Cl	C	
11	U.T.S. Northern Suburbs Athlet	A	
12	U.T.S. Northern Suburbs Athlet	B	

**Event 109 Women 4x1500 Meter Relay U18**

Sunday 17/11/2013 - 3:54 PM

Meet Record: 18:35.29 2006 Randwick Botany, RBH

Comp#	Team	Relay	Seed Time
1	Asics Wests Track & Field Club	A	
2	U.T.S. Northern Suburbs Athlet	A	

**Event 110 Women 4x1500 Meter Relay U14**

Sunday 17/11/2013 - 3:54 PM

Meet Record: 19:56.77 2011 Randwick Botany, RBH

Comp#	Team	Relay	Seed Time
1	Hills District Athletics Club	A	
2	Sydney Striders Road Runners C	A	
3	U.T.S. Northern Suburbs Athlet	A	

**Event 111 Women 4x1500 Meter Relay 160+**

Sunday 17/11/2013 - 3:54 PM

Meet Record: 20:14.91 2011 St George District, SGD

Comp#	Team	Relay	Seed Time
1	Athletics East	A	
2	Athletics Wollongong Inc.	A	
3	Bankstown Sports Senior Athlet	A	



**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 111 ... (Women 4x1500 Meter Relay 160+)**

Comp#	Team	Relay	Seed Time
4	Illawarra Blue Stars Athletic	A	
5	U.T.S. Northern Suburbs Athlet	A	

**Event 112 Women 4x100 Meter Relay U18**

Sunday 17/11/2013 - 4:20 PM

Meet Record: 47.57 1980 Ryde AA C, RYD

Comp#	Team	Relay	Seed Time
1	Camden Athletics Club	A	
2	Camden Athletics Club	B	
3	Hills District Athletics Club	A	
4	Illawarra Blue Stars Athletic	A	
5	Illawong and Districts Senior	A	
6	Mt Pritchard and District Athl	A	
7	South Sydney Athletics	A	
8	U.T.S. Northern Suburbs Athlet	A	

**Event 116 Men Long Jump Open**

Sunday 17/11/2013 - 9:00 AM

Meet Record: 27.06m 1996 UTS Norths, UTN

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Hills	80	Hills Distri	
3	A Sydney Pacific	80	Sydney Pacif	
4	A Sydney University	80	Sydney Unive	
5	A Trinity	80	Trinity Athl	
6	A Uts Norths	80	U.T.S. North	
7	A Westfields	80	Westfields A	

**Event 117 Women Discus Throw Open**

Sunday 17/11/2013 - 9:00 AM

Meet Record: 184.42m 1998 Bankstown Sports, BAN

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Blacktown	80	Blacktown Ci	
3	A Hills	80	Hills Distri	
4	A St George	80	St. George D	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 117 ... (Women Discus Throw Open)**

Comp#	Name	Year	Team	Seed Mark
5	A Sydney University	80	Sydney Unive	
6	A Uts Norths	80	U.T.S. North	
7	A Wallsend	80	Wallsend RSL	
8	A Westfields	80	Westfields A	

**Event 118 Women Shot Put U18**

Sunday 17/11/2013 - 9:00 AM

Meet Record: 57.47m 2012

Hills District, HIL

Comp#	Name	Year	Team	Seed Mark
1	A Cherrybrook	80	Cherrybrook	
2	A Hills	80	Hills Distri	
3	B Hills	80	Hills Distri	
4	A Nepean	80	Nepean Distr	
5	A Paramatta	80	Parramatta C	
6	A Ryde	80	Ryde Athleti	
7	A St George	80	St. George D	
8	A Westfields	80	Westfields A	

**Event 119 Men Javelin Throw U18**

Sunday 17/11/2013 - 10:30 AM

Meet Record: 216.23m 2011

Asics Wests, ASW

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A St George	80	St. George D	
3	B St George	80	St. George D	
4	A Sydney Pacific	80	Sydney Pacif	
5	A Uts Norths	80	U.T.S. North	

**Event 120 Men Long Jump U14**

Sunday 17/11/2013 - 11:00 AM

Meet Record: 21.13m 2002

Westfields, WES

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Cherrybrook	80	Cherrybrook	
3	A Hills	80	Hills Distri	
4	A Nepean	80	Nepean Distr	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 120 ... (Men Long Jump U14)**

Comp#	Name	Year	Team	Seed Mark
5	A Paramatta	80	Parramatta C	
6	A Trinity	80	Trinity Athl	
7	A Uts Norths	80	U.T.S. North	

**Event 121 Women Discus Throw U18**

Sunday 17/11/2013 - 11:00 AM

Meet Record: 167.51m 1998

Bankstown Sports, BAN

Comp#	Name	Year	Team	Seed Mark
1	A Cherrybrook	80	Cherrybrook	
2	A Hills	80	Hills Distri	
3	B Hills	80	Hills Distri	
4	A Nepean	80	Nepean Distr	
5	A Ryde	80	Ryde Athleti	
6	A St George	80	St. George D	
7	A Westfields	80	Westfields A	

**Event 122 Women Discus Throw U14**

Sunday 17/11/2013 - 11:50 PM

Meet Record: 134.13m 2008

Hills District, HIL

Comp#	Name	Year	Team	Seed Mark
1	A Girraween	80	Cherrybrook	
2	A Hills	80	Hills Distri	
3	A Uts Norths	80	U.T.S. North	

**Event 123 Men Discus Throw U14**

Sunday 17/11/2013 - 12:40 PM

Meet Record: 161.30m 1997

Bankstown Sports, BAN

Comp#	Name	Year	Team	Seed Mark
1	A Cherrybrook	80	Cherrybrook	
2	A Hills	80	Hills Distri	
3	B Hills	80	Hills Distri	
4	A Paramatta	80	Parramatta C	
5	A St George	80	St. George D	
6	A Trinity	80	Trinity Athl	
7	A Uts Norths	80	U.T.S. North	
8	A Westfields	80	Westfields A	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 124 Women Shot Put Open**

Sunday 17/11/2013 - 12:50 PM

Meet Record: 54.14m 1995

Sutherland, SUT

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Hills	80	Hills Distri	
3	A St George	80	St. George D	
4	A Sydney University	80	Sydney Unive	
5	A Uts Norths	80	U.T.S. North	
6	A Wallsend	80	Wallsend RSL	
7	A Westfields	80	Westfields A	

**Event 125 Men High Jump Open**

Sunday 17/11/2013 - 1:30 PM

Meet Record: 8.20m 2010

Macquarie Hunter, MHA

Comp#	Name	Year	Team	Seed Mark
1	A Act	80	Australian Capit	
2	A Asics West	80	Asics Wests	
3	A Mingara	80	Mingara Athl	
4	A Newcastle Region	80	Newcastle Region	
5	A Sydney Pacific	80	Sydney Pacif	
6	A Sydney University	80	Sydney Unive	
7	A Trinity	80	Trinity Athl	
8	A Uts Norths	80	U.T.S. North	

**Event 126 Men Long Jump U18**

Sunday 17/11/2013 - 2:20 PM

Meet Record: 25.31m 2008

Westfields, WES

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Blacktown	80	Blacktown Ci	
3	A Campbelltown	80	Campbelltown	
4	A Cherrybrook	80	Cherrybrook	
5	A Hills	80	Hills Distri	
6	A Mt Pritchard	80	Mt Pritchard	
7	A Randwick Botany	80	Randwick Bot	

**NSW Relay Championships - 16/11/2013 to 17/11/2013**  
**Sydney Olympic Park Athletic Centre**  
**Performance List**

**Event 126 ... (Men Long Jump U18)**

Comp#	Name	Year	Team	Seed Mark
8	A Scots College	80	The Scots College	
9	A Sydney Pacific	80	Sydney Pacif	
10	A Trinity	80	Trinity Athl	
11	A Uts Norths	80	U.T.S. North	
12	A Westfields	80	Westfields A	

**Event 127 Women Javelin Throw Open**

Sunday 17/11/2013 - 2:30 PM

Meet Record: 152.35m 2007

Bankstown Sports, BAN

Comp#	Name	Year	Team	Seed Mark
1	A Asics West	80	Asics Wests	
2	A Hills	80	Hills Distri	
3	A St George	80	St. George D	
4	B St George	80	St. George D	
5	A Sutherland	80	Sutherland D	
6	A Sydney University	80	Sydney Unive	
7	A Uts Norths	80	U.T.S. North	

**Event 128 Men Shot Put Masters**

Sunday 17/11/2013 - 4:05 PM

Meet Record: 45.81m 2011

Athletics Wollongong, WOL

Comp#	Name	Year	Team	Seed Mark
1	A Balmain	80	Balmain Athl	
2	A Mingara	80	Mingara Athl	
3	A Uts Norths	80	U.T.S. North	
4	A Wollongong	80	Athletics Wo	