

LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
Results - Day 1 Junior Track Events

Mixed U 8 Years 100 Metre x 4

| | | |
|--------------------|-----|--------|
| 1 Helensburgh, 44 | --- | 1:10.0 |
| 2 Jamison, 163 | --- | 1:10.6 |
| 3 Prospect, 95 | --- | 1:12.2 |
| 4 Ambarvale, 58 | --- | 1:12.6 |
| 5 Eschol Park, 202 | --- | 1:12.9 |

Mixed U 9 Years 100 Metre x 4

| | | |
|-------------------|-----|--------|
| 1 Helensburgh, 44 | --- | 1:03.4 |
| 2 Orange, 78 | --- | 1:07.1 |
| 3 Jamison, 163 | --- | 1:07.4 |
| 4 Prospect, 95 | --- | 1:09.3 |
| 5 Ambarvale, 58 | --- | 1:11.5 |
| 6 Springwood, 35 | --- | 1:12.5 |
| 7 Warradale, 45 | --- | 1:13.6 |

Mixed U 10 Years 100 Metre x 4

| | | |
|---------------------|-----|--------|
| 1 Jamison, 163 | --- | 59.8 |
| 2 Helensburgh, 44 | --- | 1:04.0 |
| 3 Douglas Park, 179 | --- | 1:05.4 |
| 4 Prospect, 95 | --- | 1:07.0 |
| 5 Warradale, 45 | --- | 1:07.8 |

Mixed U 11 Years 100 Metre x 4

| | | |
|---------------------|-----|--------|
| 1 Jamison, 163 | --- | 58.8 |
| 2 Orange, 78 | --- | 59.9 |
| 3 Douglas Park, 179 | --- | 1:00.3 |
| 4 Helensburgh, 44 | --- | 1:00.9 |
| 5 Prospect, 95 | --- | 1:03.7 |

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

| | | | |
|-------------------|-----|--------|---------------|
| 1 Cranebrook, 184 | --- | 1:07.3 | RECORD |
|-------------------|-----|--------|---------------|

Girls U 8 Years 100 Metre x 4

| Team | Heats | Final |
|-------------------------|-------|---------------|
| Final | | |
| 1 Albion Park, 71 | --- | 1:08.9 1:08.0 |
| 2 Manly Warringah, 3 | --- | 1:09.2 1:09.4 |
| 3 Kurrajong/Bilpin, 150 | --- | 1:10.9 1:10.2 |
| 3 Hills District, 15 | --- | 1:10.3 1:10.2 |
| 5 Randwick Botany, 1 | --- | 1:11.6 1:11.2 |
| 5 Doonside, 140 | --- | 1:11.2 1:11.2 |
| 7 Holroyd, 6 | --- | 1:12.0 1:13.2 |
| 7 Camden, 61 | --- | 1:12.8 1:13.2 |
| 9 Eastern Suburbs, 2 | --- | 1:11.6 2:04.9 |

LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
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Heats

| | | |
|-----------------------------|-----|--------|
| 10 St George, 9 | --- | 1:14.5 |
| 11 Wollongong City, 102 | --- | 1:14.6 |
| 12 Ryde, 38 | --- | 1:15.0 |
| 13 Werrington, 131 | --- | 1:15.4 |
| 14 Liverpool, 48 | --- | 1:15.5 |
| 15 Tuggerah Lk Mingara, 165 | --- | 1:18.8 |
| 16 Rouse Hill, 248 | --- | 1:19.3 |
| 17 Minchinbury, 195 | --- | 1:51.0 |
| -- Cherrybrook, 219 | --- | DQ |
| -- Winston Hills, 76 | --- | DQ |
| -- Balmain, 17 | --- | DQ |
| -- Port Hacking, 110 | --- | DQ |
| -- Northern Suburbs, 54 | --- | DQ |
| -- Ku-Ring-Gai, 84 | --- | DQ |

Boys U 8 Years 100 Metre x 4

| Team | Heats | Final |
|--------------------------|-------|---------------|
| Final | | |
| 1 Randwick Botany, 1 | --- | 1:07.7 1:06.4 |
| 2 Northern Suburbs, 54 | --- | 1:07.3 1:06.8 |
| 3 Albion Park, 71 | --- | 1:09.1 1:07.1 |
| 4 Camden, 61 | --- | 1:07.6 1:07.4 |
| 5 Kings Langley, 53 | --- | 1:07.7 1:07.6 |
| 6 Manly Warringah, 3 | --- | 1:09.7 1:07.8 |
| 7 Hornsby, 4 | --- | 1:09.6 1:08.2 |
| 8 Liverpool, 48 | --- | 1:07.9 1:08.3 |
| 9 Cherrybrook, 219 | --- | 1:09.1 1:09.7 |
| Heats | | |
| 10 Kurrajong/Bilpin, 150 | --- | 1:10.1 |
| 11 Werrington, 131 | --- | 1:10.2 |
| 11 Eastern Suburbs, 2 | --- | 1:10.2 |
| 13 St George, 9 | --- | 1:10.3 |
| 14 Balmain, 17 | --- | 1:10.4 |
| 15 Greystanes, 39 | --- | 1:11.2 |
| 15 Rouse Hill, 248 | --- | 1:11.2 |
| 15 Winston Hills, 76 | --- | 1:11.2 |
| 18 Ku-Ring-Gai, 84 | --- | 1:11.9 |
| 19 Port Hacking, 110 | --- | 1:12.0 |
| 20 Holroyd, 6 | --- | 1:16.2 |
| 21 Hills District, 15 | --- | 1:21.4 |
| 22 Minchinbury, 195 | --- | 1:22.6 |
| -- Doonside, 140 | --- | DQ |

LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
Results - Day 1 Junior Track Events

Girls U 9 Years 100 Metre x 4

| Team | Heats | Final |
|--------------------------------|--------|--------|
| Final | | |
| 1 Randwick Botany, 1 --- | 1:02.3 | 1:02.4 |
| 2 Balmain, 17 --- | 1:04.2 | 1:04.8 |
| 3 Hills District, 15 --- | 1:04.6 | 1:05.0 |
| 4 Tuggerah Lk Mingara, 165 --- | 1:05.5 | 1:05.1 |
| 4 Ryde, 38 --- | 1:04.1 | 1:05.1 |
| 6 Campbelltown Uws, 36 --- | | 1:05.7 |
| 7 Greystanes, 39 --- | 1:05.1 | 1:06.0 |
| 8 Western Suburbs, 20 --- | 1:05.5 | 1:06.2 |
| 9 Ku-Ring-Gai, 84 --- | 1:05.1 | 1:06.9 |
| Heats | | |
| 9 Port Hacking, 110 --- | 1:05.8 | |
| 10 Emu Plains, 121 --- | 1:05.9 | |
| 11 Holroyd, 6 --- | 1:06.0 | |
| 11 Bathurst, 59 --- | 1:06.0 | |
| 13 Manly Warringah, 3 --- | 1:06.1 | |
| 14 St George, 9 --- | 1:06.3 | |
| 15 Camden, 61 --- | 1:06.9 | |
| 16 Nepean, 13 --- | 1:07.2 | |
| 17 Albion Park, 71 --- | 1:07.5 | |
| 18 Cherrybrook, 219 --- | 1:07.6 | |
| 19 Northern Suburbs, 54 --- | 1:07.9 | |
| 20 Hornsby, 4 --- | 1:08.2 | |
| 20 Penrith Valley, 66 --- | 1:08.2 | |
| 22 Wollongong City, 102 --- | 1:08.5 | |
| 23 Liverpool, 48 --- | 1:08.7 | |
| 24 Mosman, 19 --- | 1:08.8 | |
| 25 Winston Hills, 76 --- | 1:09.5 | |
| 26 Eastern Suburbs, 2 --- | 1:09.8 | |
| 27 Rouse Hill, 248 --- | 1:10.3 | |
| 28 Kurrajong/Bilpin, 150 --- | 1:10.5 | |
| 29 Werrington, 131 --- | 1:12.7 | |
| 30 Minchinbury, 195 --- | 1:15.5 | |

Boys U 9 Years 100 Metre x 4

| Team | Heats | Final |
|--------------------------------|--------|--------|
| Final | | |
| 1 Randwick Botany, 1 --- | 1:00.4 | 59.9 |
| 2 Winston Hills, 76 --- | 59.7 | 1:00.2 |
| 3 Eastern Suburbs, 2 --- | 1:02.1 | 1:00.3 |
| 4 Wollongong City, 102 --- | 1:01.3 | 1:01.4 |
| 5 St George, 9 --- | 1:02.2 | 1:01.7 |
| 6 Northern Suburbs, 54 --- | 1:02.0 | 1:02.1 |
| 7 Tuggerah Lk Mingara, 165 --- | 1:03.3 | 1:02.2 |
| 8 Hills District, 15 --- | 1:03.0 | 1:02.4 |
| 9 Port Hacking, 110 --- | 1:02.7 | 1:03.0 |

**LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
Results - Day 1 Junior Track Events**

Heats

| | | |
|----------------------------|-----|--------|
| 10 Northern Districts, 157 | --- | 1:03.5 |
| 11 Albion Park, 71 | --- | 1:04.0 |
| 12 Manly Warringah, 3 | --- | 1:04.1 |
| 13 Campbelltown Uws, 36 | --- | 1:04.4 |
| 14 Nepean, 13 | --- | 1:05.4 |
| 15 Cherrybrook, 219 | --- | 1:05.7 |
| 16 Western Suburbs, 20 | --- | 1:06.2 |
| 17 Kurrajong/Bilpin, 150 | --- | 1:06.3 |
| 18 Camden, 61 | --- | 1:06.6 |
| 19 Hornsby, 4 | --- | 1:06.8 |
| 19 Mosman, 19 | --- | 1:06.8 |
| 21 Werrington, 131 | --- | 1:07.2 |
| 22 Holroyd, 6 | --- | 1:07.3 |
| 23 Ku-Ring-Gai, 84 | --- | 1:08.2 |
| 24 Rouse Hill, 248 | --- | 1:09.1 |
| 25 Balmain, 17 | --- | 1:09.4 |
| 26 Ryde, 38 | --- | 1:09.6 |
| -- Emu Plains, 121 | --- | DQ |

Girls U 8-11 800 Metre M Dist. (Junior)

| Team | Heats | Final | |
|--------------------------|-------|---------|-----------------------|
| Final | | | |
| 1 Manly Warringah, 3 | --- | 11:28.8 | 11:19.6 RECORD |
| 2 Holroyd, 6 | --- | 11:33.8 | 11:32.5 |
| 3 Ku-Ring-Gai, 84 | --- | 11:46.2 | 11:41.6 |
| 4 Hills District, 15 | --- | 11:50.9 | 11:46.8 |
| 5 Randwick Botany, 1 | --- | 11:55.8 | 12:02.8 |
| 6 Emu Plains, 121 | --- | 12:03.4 | 12:04.0 |
| 7 Winston Hills, 76 | --- | 12:05.6 | 12:14.8 |
| 8 Mosman, 19 | --- | 11:57.1 | 12:25.0 |
| -- Helensburgh, 44 | --- | 11:48.9 | DNF |
| Heats | | | |
| 10 Port Hacking, 110 | --- | 12:16.6 | |
| 11 Ryde, 38 | --- | 12:23.9 | |
| 12 Cherrybrook, 219 | --- | 12:32.6 | |
| 13 Kurrajong/Bilpin, 150 | --- | 12:39.9 | |
| 14 Northern Suburbs, 54 | --- | 12:46.2 | |
| 15 Rouse Hill, 248 | --- | 13:15.8 | |

**LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
Results - Day 1 Junior Track Events**

Boys U 8-11 800 Metre M Dist. (Junior)

| Team | Heats | Final |
|--------------------------|-------|-----------------------|
| Final | | |
| 1 Northern Suburbs, 54 | --- | 10:56.6 RECORD |
| 2 Hills District, 15 | --- | 11:02.0 |
| 3 Manly Warringah, 3 | --- | 11:13.2 |
| 4 Western Suburbs, 20 | --- | 11:20.7 |
| 5 Parramatta, 7 | --- | 11:22.6 |
| 6 Helensburgh, 44 | --- | 11:28.3 |
| 7 Girraween, 51 | --- | 11:33.3 |
| 8 Winston Hills, 76 | --- | 11:36.2 |
| 9 Ku-Ring-Gai, 84 | --- | 11:37.1 |
| 10 Werrington, 131 | --- | 11:41.4 |
| 11 Port Hacking, 110 | --- | 11:43.6 |
| 12 Holroyd, 6 | --- | 11:58.4 |
| 13 Mosman, 19 | --- | 12:04.2 |
| 14 Kurrajong/Bilpin, 150 | --- | 12:07.0 |
| 15 Cherrybrook, 219 | --- | 12:08.9 |
| 16 Randwick Botany, 1 | --- | 12:15.8 |

Girls U 10 Years 100 Metre x 4

| Team | Heats | Final |
|----------------------------|-------|---------------|
| Final | | |
| 1 Manly Warringah, 3 | --- | 1:00.3 59.3 |
| 2 Eastern Suburbs, 2 | --- | 1:00.9 59.6 |
| 3 Randwick Botany, 1 | --- | 59.4 59.9 |
| 4 Camden, 61 | --- | 1:01.3 1:01.1 |
| 5 Hills District, 15 | --- | 1:01.3 1:01.9 |
| 6 Wollongong City, 102 | --- | 1:02.1 1:02.2 |
| 7 Ryde, 38 | --- | 1:01.0 1:02.5 |
| 8 Campbelltown Uws, 36 | --- | 1:03.3 1:03.1 |
| 9 Tuggerah Lk Mingara, 165 | --- | 1:02.7 1:03.5 |
| Heats | | |
| 10 Cherrybrook, 219 | --- | 1:02.9 |
| 11 Holroyd, 6 | --- | 1:03.8 |
| 12 Balmain, 17 | --- | 1:04.7 |
| 13 Port Hacking, 110 | --- | 1:04.8 |
| 14 Albion Park, 71 | --- | 1:04.9 |
| 15 Greystanes, 39 | --- | 1:05.4 |
| 16 Kurrajong/Bilpin, 150 | --- | 1:05.9 |
| 17 Canterbury, 55 | --- | 1:06.0 |
| 18 Ku-Ring-Gai, 84 | --- | 1:06.4 |
| 19 Mosman, 19 | --- | 1:07.4 |
| 20 Winston Hills, 76 | --- | 1:07.5 |
| 21 Doonside, 140 | --- | 1:07.8 |
| 22 Minchinbury, 195 | --- | 1:11.6 |
| 23 Nepean, 13 | --- | 1:12.0 |
| -- Northern Suburbs, 54 | --- | DQ |

LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
Results - Day 1 Junior Track Events

Boys U 10 Years 100 Metre x 4

| Team | Heats | Final |
|----------------------------|-------|---------------|
| Final | | |
| 1 Ku-Ring-Gai, 84 | --- | 57.5 58.1 |
| 2 Northern Suburbs, 54 | --- | 58.3 58.6 |
| 3 Manly Warringah, 3 | --- | 58.4 58.8 |
| 4 Eastern Suburbs, 2 | --- | 58.7 59.3 |
| 4 Wollongong City, 102 | --- | 58.5 59.3 |
| 6 Tuggerah Lk Mingara, 165 | --- | 59.0 1:00.0 |
| 7 Hills District, 15 | --- | 59.2 1:00.4 |
| 8 Randwick Botany, 1 | --- | 59.9 1:00.5 |
| 9 Camden, 61 | --- | 1:01.5 1:02.1 |
| Heats | | |
| 10 Winston Hills, 76 | --- | 59.9 |
| 11 Mosman, 19 | --- | 1:00.0 |
| 12 Illawong, 70 | --- | 1:00.1 |
| 13 Kurrajong/Bilpin, 150 | --- | 1:00.3 |
| 14 Cherrybrook, 219 | --- | 1:00.6 |
| 15 Sutherland, 11 | --- | 1:01.0 |
| 16 Albion Park, 71 | --- | 1:01.4 |
| 17 Werrington, 131 | --- | 1:02.2 |
| 18 Holroyd, 6 | --- | 1:02.7 |
| 19 Campbelltown Uws, 36 | --- | 1:03.2 |
| 20 Ryde, 38 | --- | 1:03.3 |
| 21 Canterbury, 55 | --- | 1:03.6 |
| 22 Liverpool, 48 | --- | 1:03.9 |
| 23 Colyton/St Clair, 151 | --- | 1:04.1 |
| 24 Port Hacking, 110 | --- | 1:05.1 |
| -- Balmain, 17 | --- | DQ |

Girls U 11 Years 100 Metre x 4

| Team | Heats | Final |
|----------------------------|-------|---------------|
| Final | | |
| 1 Tuggerah Lk Mingara, 165 | --- | 56.8 57.0 |
| 2 Northern Suburbs, 54 | --- | 56.9 57.2 |
| 3 Hills District, 15 | --- | 58.1 58.5 |
| 4 Port Hacking, 110 | --- | 59.3 58.9 |
| 5 Mosman, 19 | --- | 59.9 1:00.5 |
| 6 Manly Warringah, 3 | --- | 1:00.1 1:00.6 |
| 7 Camden, 61 | --- | 59.8 1:00.9 |
| 8 Cherrybrook, 219 | --- | 58.3 1:01.2 |
| 9 Liverpool, 48 | --- | 1:00.0 1:01.6 |

**LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
Results - Day 1 Junior Track Events**

Heats

| | | |
|----------------------------|-----|--------|
| 10 Randwick Botany, 1 | --- | 1:00.3 |
| 11 Illawong, 70 | --- | 1:00.5 |
| 12 Balmain, 17 | --- | 1:01.1 |
| 13 Eastern Suburbs, 2 | --- | 1:01.9 |
| 14 Kings Langley, 53 | --- | 1:02.0 |
| 14 Revesby Workers, 136 | --- | 1:02.0 |
| 16 Nrocks/Carlingford, 158 | --- | 1:02.8 |
| 17 Ku-Ring-Gai, 84 | --- | 1:02.9 |
| 17 Kurrajong/Bilpin, 150 | --- | 1:02.9 |
| 19 Albion Park, 71 | --- | 1:03.3 |
| 20 Ryde, 38 | --- | 1:04.0 |
| 21 Nepean, 13 | --- | 1:06.6 |
| 22 Minchinbury, 195 | --- | 1:09.1 |

Boys U 11 Years 100 Metre x 4

| Team | Heats | Final |
|--------------------------|-------|-----------|
| Final | | |
| 1 Manly Warringah, 3 | --- | 55.9 55.3 |
| 2 Ku-Ring-Gai, 84 | --- | 55.7 56.0 |
| 3 Port Hacking, 110 | --- | 56.7 56.1 |
| 4 Cherrybrook, 219 | --- | 57.2 57.0 |
| 5 Wollongong City, 102 | --- | 57.9 57.9 |
| 6 Holroyd, 6 | --- | 58.7 58.6 |
| 7 Ryde, 38 | --- | 58.9 58.8 |
| 8 Northern Suburbs, 54 | --- | 59.4 59.2 |
| 9 Albion Park, 71 | --- | 58.7 59.4 |
| Heats | | |
| 10 Illawong, 70 | --- | 59.7 |
| 11 Rouse Hill, 248 | --- | 1:00.2 |
| 12 Randwick Botany, 1 | --- | 1:00.5 |
| 13 Lake Illawarra, 10 | --- | 1:00.8 |
| 14 Balmain, 17 | --- | 1:01.7 |
| 15 Kurrajong/Bilpin, 150 | --- | 1:02.0 |
| 16 Hills District, 15 | --- | 1:03.2 |
| 17 Winston Hills, 76 | --- | 1:05.2 |
| 18 Minchinbury, 195 | --- | 1:10.2 |
| -- Eastern Suburbs, 2 | --- | DQ |
| -- Mosman, 19 | --- | DQ |
| -- Nepean, 13 | --- | DQ |

LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
Results - Day 1 Junior Track Events

Mixed U 8 Years 200 Metre x 4

| Team | | Heats | Final |
|------------------------|-----|--------|--------|
| Final | | | |
| 1 Manly Warringah, 3 | --- | 2:30.2 | 2:27.9 |
| 2 Randwick Botany, 1 | --- | 2:32.2 | 2:28.3 |
| 3 Albion Park, 71 | --- | 2:23.8 | 2:29.1 |
| 4 Port Hacking, 110 | --- | 2:30.4 | 2:32.1 |
| 5 St George, 9 | --- | 2:35.3 | 2:33.8 |
| 6 Camden, 61 | --- | 2:31.7 | 2:34.7 |
| 7 Cherrybrook, 219 | --- | 2:36.7 | 2:35.4 |
| 8 Eastern Suburbs, 2 | --- | 2:35.0 | 2:35.7 |
| 9 Northern Suburbs, 54 | --- | 2:34.3 | 2:38.6 |
| Heats | | | |
| 10 Werrington, 131 | --- | 2:41.7 | |
| 11 Hills District, 15 | --- | 2:42.9 | |
| 12 Winston Hills, 76 | --- | 2:43.8 | |
| 13 Rouse Hill, 248 | --- | 2:49.7 | |
| 14 Ku-Ring-Gai, 84 | --- | 2:52.1 | |

Mixed U 9 Years 200 Metre x 4

| Team | | Heats | Final | |
|----------------------------|-----|--------|--------|---------------|
| Final | | | | |
| 1 Randwick Botany, 1 | --- | 2:12.1 | 2:08.2 | RECORD |
| 2 Port Hacking, 110 | --- | 2:19.2 | 2:18.9 | |
| 3 Eastern Suburbs, 2 | --- | 2:19.1 | 2:19.1 | |
| 4 Northern Suburbs, 54 | --- | 2:20.6 | 2:19.9 | |
| 5 Tuggerah Lk Mingara, 165 | --- | 2:20.6 | 2:20.8 | |
| 6 Albion Park, 71 | --- | 2:19.7 | 2:21.1 | |
| 7 Wollongong City, 102 | --- | 2:18.7 | 2:21.2 | |
| 8 Winston Hills, 76 | --- | 2:21.5 | 2:21.4 | |
| 9 Hills District, 15 | --- | 2:19.6 | 2:24.0 | |
| Heats | | | | |
| 10 Ryde, 38 | --- | 2:22.6 | | |
| 11 Western Suburbs, 20 | --- | 2:22.9 | | |
| 12 Greystanes, 39 | --- | 2:23.0 | | |
| 13 Manly Warringah, 3 | --- | 2:24.0 | | |
| 13 Nepean, 13 | --- | 2:24.0 | | |
| 15 Campbelltown Uws, 36 | --- | 2:24.4 | | |
| 16 Cherrybrook, 219 | --- | 2:24.8 | | |
| 17 St George, 9 | --- | 2:25.8 | | |
| 18 Orange, 78 | --- | 2:32.4 | | |
| 19 Hornsby, 4 | --- | 2:34.2 | | |
| 20 Springwood, 35 | --- | 2:35.2 | | |
| 21 Rouse Hill, 248 | --- | 2:36.4 | | |
| 22 Warradale, 45 | --- | 2:45.8 | | |
| -- Ku-Ring-Gai, 84 | --- | DQ | | |

LITTLE ATHLETICS ASSOCIATION OF NSW
STATE RELAY CHAMPIONSHIP 2007
Results - Day 1 Junior Track Events

Mixed U 10 Years 400 Metre x 4

| Team | | Heats | Final |
|----------------------------|-----|--------|--------|
| Final | | | |
| 1 Ku-Ring-Gai, 84 | --- | 5:01.6 | 4:54.8 |
| 2 Illawong, 70 | --- | 5:01.6 | 5:01.2 |
| 3 Randwick Botany, 1 | --- | 5:04.2 | 5:05.0 |
| 4 Manly Warringah, 3 | --- | 5:11.8 | 5:08.2 |
| 5 Camden, 61 | --- | 5:07.2 | 5:12.0 |
| 6 Wollongong City, 102 | --- | 5:09.1 | 5:12.6 |
| 7 Tuggerah Lk Mingara, 165 | --- | 5:11.7 | 5:13.6 |
| 8 Campbelltown Uws, 36 | --- | 5:08.9 | 5:15.0 |
| 9 Port Hacking, 110 | --- | 5:12.9 | 5:21.3 |
| Heats | | | |
| 10 Hills District, 15 | --- | 5:17.0 | |
| 11 Eastern Suburbs, 2 | --- | 5:20.7 | |
| 12 Ryde, 38 | --- | 5:22.7 | |
| 13 Cherrybrook, 219 | --- | 5:25.6 | |
| 14 Werrington, 131 | --- | 5:29.3 | |
| 15 Albion Park, 71 | --- | 5:30.6 | |
| 15 Northern Suburbs, 54 | --- | 5:30.6 | |
| 17 Winston Hills, 76 | --- | 5:34.2 | |
| 18 Liverpool, 48 | --- | 5:46.5 | |
| 19 Warradale, 45 | --- | 5:59.9 | |

Mixed U 11 Years 400 Metre x 4

| Team | | Heats | Final |
|-------------------------|-----|--------|--------|
| Final | | | |
| 1 Manly Warringah, 3 | --- | 4:52.7 | 4:38.8 |
| 2 Port Hacking, 110 | --- | 4:42.4 | 4:41.5 |
| 3 Cherrybrook, 219 | --- | 4:51.4 | 4:43.8 |
| 4 Camden, 61 | --- | 4:55.8 | 4:47.9 |
| 5 Hills District, 15 | --- | 4:53.1 | 5:00.3 |
| 6 Ku-Ring-Gai, 84 | --- | 4:52.5 | 5:04.7 |
| 7 Canterbury, 55 | --- | 5:12.5 | 5:11.3 |
| 8 Northern Suburbs, 54 | --- | 5:02.9 | 5:16.3 |
| -- Randwick Botany, 1 | --- | 4:59.5 | DQ |
| Heats | | | |
| 10 Albion Park, 71 | --- | 5:06.8 | |
| 11 Eastern Suburbs, 2 | --- | 5:07.2 | |
| 12 Nepean, 13 | --- | 5:12.2 | |
| 13 Rouse Hill, 248 | --- | 5:15.4 | |
| 14 Mosman, 19 | --- | 5:15.9 | |
| 15 Orange, 78 | --- | 5:16.0 | |
| 16 Ryde, 38 | --- | 5:19.3 | |
| 17 Wollongong City, 102 | --- | 5:19.4 | |
| 18 Winston Hills, 76 | --- | 5:55.6 | |