



**BALMAIN  
LITTLE  
ATHLETICS  
CENTRE**

November 2016

## **NSW STATE RELAY TEAM NOTES**

This note contains information for those athletes competing at the NSW State Relay Championships on November 19th and 20th.

The State Relay Championships is the largest event on the LANSW calendar. The championships are comprised entirely of track and field relay events. Track relay teams comprise 4 athletes for each event. Field relay teams comprise 3 athletes for each event.

**Juniors (U8-U11's) compete on Saturday 19th November**

**Seniors (U12-U17s) compete on Sunday 20nd November**

At Sydney Olympic Park Athletics Centre, Homebush.

Track relay results are based on timed heats and finals.

Performances in each of the field events are allocated points based on the LANSW Multi-Event point score system. The performances of all athletes in each team are added together to determine final results. Teams will only be given a final placing in the championships if all athletes in the team compete.

**Full centre uniform must be worn** by all athletes including Jetstar sponsors patch, age patch (with Jetstar logo on it not just Little Athletics NSW logo), and registration number on the front of the uniform. See **page 2** for guidance.

**Final event timetable**, and further information, is available on the NSW Little Athletics website. Go to [www.lansw.com.au](http://www.lansw.com.au), then to 'Championships' and 'State Relays Championships'. Please check final event times and be at SOPAC no later than 1 hour before your event **call** time.

**On arrival check in with the Team Managers in the Balmain 'camp'** in the stadium stands (there will be a notice at the venue to say which bay the BLAC team is in and we will also post the camp location on Facebook each morning. If in doubt, look for the Balmain banners!).



**PLEASE NOTE PARENT ASSISTANCE ON THE AGE RELEVANT DAY OF THE STATE RELAY CHAMPIONSHIPS IS MANDATORY FOR ALL PARTICIPATING ATHLETES**

On Day 1 we are responsible for manning the Track Call Room and on Day 2 we are running change 2. A roster of duties is included in this note. Thank you for your co-operation in completing your duty. The event will be unable to be run without this parental involvement.

**IF YOU HAVE ANY PROBLEMS ON THE DAY, PLEASE SPEAK TO THE TEAM MANAGERS**

*Saturday*

**Peter Rand 0408 468 401 &  
Richard Chen 0417 685 010**

*Sunday*

**David Murphy 0417521010**



## UNIFORM GUIDE

The Centre uniform consists of a black and gold singlet with black shorts and/or body suit or two piece suit. The uniform is worn at all levels of competition and must have the appropriate cloth registration numbers sewn or pinned on (see placement below).

Shoes are compulsory. **Spike shoes MUST NOT be worn in any U8 - U10 event.**

**Spikes** are permitted to be used in the age groups of U11 and above in events run entirely in lanes and during the long jump, triple jump, high jump and javelin. Athletes below the U11 age group **MAY NOT** wear spikes for any event.

Competitors must not wear spike shoes with the spikes removed in any event .

*Officials can remove/disqualify athletes from events if they do not **fully conform** to the uniform code. We've had kids pulled off the start line for as little as having the sponsor's patch on the wrong side of their singlet. Please don't let that happen to your child!*

### Can I wear SKINS?

Athletes can wear plain black compression/bike pants with no logos or contrasting stitching as an outer garment. If they wear compression/bike pants with logo or contrasting stitching they must wear as an under garment, underneath their club or plain black shorts.

In both cases, the compression pants must remain above the knee.

**TEAM MANAGERS WILL HAVE JESTAR PATCHES & AGE PATCHES FOR ANYONE WHO NEEDS THEM. BYO PINS!**

## REGO, SPONSOR, & AGE PATCH PLACEMENT...

**On the singlet front:** sew or pin— Jetstar sponsor's patch (top RIGHT from athlete's view), athlete registration number with red border visible & age patch (top LEFT). See pic top left of this page. These will all fit on a standard singlet.

**For crop tops,** the rego number and Jetstar patch will fit on the top front but the age patch may not and should be placed on the FRONT LEFT leg of the shorts.

**Shorts must be either BLAC club shorts or PLAIN black** – with no visible logos, no coloured piping etc. If you have anything not black on the shorts, cover it with black tape or black it out with permanent marker.

**Note** Centre number 17s are no longer required on the back of singlets! If you already have one, there is no need to remove it :)

**Please remember that each relay team will only be given a score if ALL members of that relay team compete. If any member of the team fails to show for the event, the entire team will fail to register a score. If for any reason you are unable to compete on the day, PLEASE let your team manger know as soon as possible.**

## BLAC State Relays Duty Roster – Saturday 19th November

### U8 – U11s

**Call Room Duty. 5 parents required for each time slot to take teams to competition areas.**

Thank you for helping BLAC at the State Relays 2016.

| Time        | Parent 1                             | Parent 2                               | Parent 3                             | Parent 4                              | Parent 5                            |
|-------------|--------------------------------------|--|--------------------------------------|---------------------------------------|-------------------------------------|
| 830 – 930   | Josh O'Connell<br>U10B               | Ella Hafford-McGovern<br>U9G           | Ida Lawlor<br>U9G<br>0402325201      | Ireni Kapsalis<br>U8G<br>0413 999795  | Hewie Fitzgerald<br>U8B             |
| 930 – 1030  | Zach Schmidt<br>U11B<br>0400 397 770 | Leon Schouten<br>U10B                  | Lucca Holbert<br>U8B<br>0402 877 138 | Ezekiel Barros<br>U8B<br>0420 308 895 | Harrison Day<br>U8B<br>0409 859 280 |
| 1030 – 1130 | Luke Haddad<br>U11B<br>0417 271 221  | Aedan Bibrack<br>U11B<br>0403 487 392  | Alexandra Richards<br>0466 513 130   | Lucas Perkovic<br>U9B<br>0410 605973  | Anna Kearns<br>0434 833919          |
| 1130 – 1230 | Zoe Le Roux<br>U11G                  | Harry Halleen<br>U9B                   | Joshua Lubke<br>U8B<br>0402 036 967  | Jagger Leith<br>U10B<br>0416 259301   | Bronte Locane<br>U9G<br>0403 014137 |
| 1230 – 130  | Chris Hannan<br>U11G<br>0417 277 716 | Jackson George<br>U11B<br>0411 032 589 | Fred Bolton<br>U8B<br>0418 219636    | Tynise Bowrey<br>U10G<br>0419 259301  | Remy Maguire<br>U10G<br>0418 629942 |
| 130 – 230   | Ellie Barnett<br>U10G                | Leah Russell<br>U10G<br>0406 954789    | Lee Howlett<br>U10B<br>0414 751410   | Liam Kapsalis<br>U10B                 |                                     |

## BLAC State Relays Duty Roster – Sunday 20<sup>th</sup> November

### U12 – U17s

**Relay Change 2. Checking baton changes are correctly carried out between 2<sup>nd</sup> and 3<sup>rd</sup> runners.**

Volunteers will need to stay in place for the events listed. We will not be able to change out volunteers between heats of any event, only between events.

Thank you for helping BLAC at the State Relays 2016.

| Time   | Parent 1                         | Parent 2                | Parent 3                 | Parent 4                                     | Parent 5                | Parent 6                           | Parent 7                  |
|--|----------------------------------|-------------------------|--------------------------|--|-------------------------|------------------------------------|---------------------------|
| Event#49-54<br>(approx time<br>850 – 1005)   | Ross Batho<br>U15B<br>0411032828 | Chloe Lombardi<br>U13G  | Caiden Cleary<br>U12B    | Max Hilton<br>U13B                           | Kai Mirabito<br>U15B    | Bella Casey<br>U13G<br>0414 202227 | Rachel Vaile<br>U12G      |
| No helpers needed for events #55&56 Middle Distance Relays (no change 2)               |                                  |                         |                          |  |                         |                                    |                           |
| Event#57-66<br>(approx time<br>1055 – 1225)  | William Garside<br>U12B          | William Guthrie<br>U14B | Alessia Dal Pane<br>U13G | Max Lusty<br>U12B<br>0402 295 169            | Zane Santarossa<br>U14B | Solomon Njivison-Smith<br>U17B     | Henry Moffitt<br>U17B     |
| No helpers needed for events #67-71 4 x 400m (no change 2)                             |                                  |                         |                          |  |                         |                                    |                           |
| Event#72-81<br>(approx time<br>1400-1500)  | Thomas Virgona<br>U14B           | Tamara Lenthall<br>U13G | Michael Park<br>U13B     | Eliza, Matilda,<br>Bertie Swann<br>U15G/U17B | Steph Potter<br>U15G    | Isaac Sharwood<br>U15B             | Jamie Karabesinis<br>U17B |
| Reserves: Emma Crusado U15G, Angus Beer U15B, Zara-Claire Azzi U14G, Lillie Tyler U15G |                                  |                         |                          |  |                         |                                    |                           |

## Junior Girls Teams.

Note times shown are call times. Please ensure you arrive at SOPAC at least 1 hour before your call time to warm up.

| Event              | U8G   | U9G   | U10G   | U11G  |
|--------------------|---|---|--|---|
| <b>4 x 100</b>     | Lexi Modena<br>Mackenzie Jones<br>Maggie Cooney<br>Molly Andrews<br><b>8.40am</b> | Bronte Locane<br>Ida Lawlor<br>Angie Le Roux<br>Zoe Howdin<br><b>9.10am</b> | Remy Maguire<br>Ellie Barnett<br>Leah Russell<br>Tynise Bowrey<br><b>11.15am</b> | Ellen Murphy<br>Alexandra Richards<br>Rhianna Arifeae<br>Elizabeth Park<br><b>12.00pm</b> |
| <b>4 x 200</b>     | Lexi Modena<br>Mackenzie Jones<br><b>12.45pm</b>                                  | Angie Le Roux<br>Bronte Locane<br><b>1.01pm</b>                             |  |   |
| <b>4 x 400</b>     |   |   | Ellie Barnett<br>Leah Russell<br><b>1.22pm</b>                                   | Ellen Murphy<br>Alexandra Richards<br><b>1.46pm</b>                                       |
| <b>Shot Put</b>    | Irini Kapsalis<br><b>9.50am S2</b>  | Ella Hafford-McGovern<br><b>10.00am S1</b>                                  | Claudia Lacalandra<br><b>8.40am S1</b>   | Madeleine Hutchens<br><b>12.20pm S2</b>   |
| <b>Discus</b>      | Isabelle Fitzpatrick<br><b>9.50am D2</b>  | Tallulah Prentice<br><b>10.00am D1</b>                                      | Ava Diaz<br><b>8.40am D1</b>   | Tilly Hannan<br><b>1.25pm D2</b>  |
| <b>Javelin</b>     |   |   |  | Meghan Boyle<br><b>1.40pm J1</b>  |
| <b>Long Jump</b>   | Madeleine Gifford<br><b>10.10am L3</b>  | Zoe Crick<br><b>10.20am L1</b>  | Audrey Sutton <b>8.40am L1</b>   | Ella Tanner-Black<br><b>10.05am L2</b>  |
| <b>High Jump</b>   |   |   |  | Helena Macarthur<br><b>10.25am H2</b>   |
| <b>Triple Jump</b> |   |   |  | Zoe Le Roux<br><b>10.05am T4</b>  |

## Junior Boys Teams.

Note times shown are call times. Please ensure you arrive at SOPAC at least 1 hour before your call time to warm up.

| Event              | U8B  | U9B  | U10B  | U11B   |
|--------------------|--|--|---|--|
| <b>4 x 100</b>     | Jakub Belunek<br>Malik Adinkwuye<br>Remy Schouten<br>Hewston Fitzgerald<br><b>8.50am</b> | Liam Casey<br>Kai Hasselberg<br>Joseph Dempsey-Martin<br>Fynn Roche<br><b>9.25am</b> | Leon Schouten<br>Jagger Leith<br>Billy Blair<br>Lee Howlett<br><b>11.30am</b> | Luke Haddad<br>Aidan Gow<br>Josh Chen<br>Liam Kapsalis<br><b>12.15pm</b> |
| <b>MD</b>          | Joshua Lubke<br><b>10.40am</b>   | Harry Halleen<br><b>10.40am</b>  | Josh O'Connell<br><b>10.40am</b>  | Luca Gillard<br><b>10.40am</b>   |
| <b>4 x 200</b>     | Jakub Belunek<br>Hewston Fitzgerald<br><b>12.45pm</b>                                    | Harry Halleen<br>Liam Casey<br><b>1.00pm</b>   |   |  |
| <b>4 x 400</b>     |  |  | Billy Blair<br>Leon Schouten<br><b>1.22pm</b>                                 | Liam Kapsalis<br>Jackson George<br><b>1.46pm</b>                         |
| <b>Shot Put</b>    | Ezekeil Barros<br>Wil Smith<br><b>11.10am S2</b>   | Remy Klug<br>Justodio Akeng-Saddler<br><b>8.40am S2</b>                              | Joe Doyle<br>Luca Gerrettson-Cornell<br><b>11.25am S1</b>                     | Callum Beer<br>Aedan Bibrack<br><b>12.20pm S2</b>                        |
| <b>Discus</b>      | Lucca Holbert<br>Fred Bolton<br><b>11.10am D2</b>  | Sam Walker<br>Lucas Perkovic<br><b>8.40am D2</b>                                     | Louis Prior<br>Xavier Schmidt<br><b>11.25am D1</b>                            | Zachary Schmidt<br><b>TBA</b><br><b>12.20pm D2</b>                       |
| <b>Javelin</b>     |  |  |   | Cooper Hall<br>Harry Banks<br><b>12.20pm J1</b>                          |
| <b>Long Jump</b>   | Harrison Day<br>Alexander O'Brien<br><b>11.50am L3</b>                                   | Zachary Thai<br>Lachlan Jenny<br><b>8.40am L3</b>                                    | Kian Feighery<br>Noah Carr<br><b>12.10pm L1</b>                               | Liam Black<br><b>TBA</b><br><b>8.40am L2</b>                             |
| <b>High Jump</b>   |  |  |   | Max Smith<br>Aedan Bibrack<br><b>8.40am H2</b>                           |
| <b>Triple Jump</b> |  |  |   | Maddox Oddy<br>Cooper Hall<br><b>8.40am T4</b>                           |

## Senior Girls Teams.

Note times shown are call times. Please ensure you arrive at SOPAC at least 1 hour before your call time to warm up.

| Event              | U12G   | U13G   | U14G                                      | U15G  | U17G   |
|--------------------|--|--|---|---|--|
| <b>4 x 100</b>     | Montana Chiacchio<br>Ada Rand<br>Rachel Vaile<br>Mia Azzi<br><b>8.40am</b> | Mischa Belunek<br>Bella Casey<br>Alessia Dal Pane<br>Aurore Salomon<br><b>9.15am</b> |   | Steph Potter<br>Eliza Swann<br>Matilda Swann<br>Zoe Lincoln<br><b>11.10am</b> | Alessia Gangemi<br>Susie Douglas<br>Ella Boyd<br>Carys Batho<br><b>11.35</b> |
| <b>4 x 400</b>     | Ada Rand<br>Lucy Edwards-Argent<br><b>12.00pm</b>                          | Eva Scoufis<br>Olivia Hadwen<br><b>12.24pm</b>                                       |   | Steph Potter<br>Laura Sutherland<br><b>1.14pm</b>                             |  |
| <b>Shot Put</b>    | Sophie McLachlan<br><b>12.30pm S1</b>                                      | Katie Sutherland<br><b>8.40am S3W</b>  | <b>TBA</b><br><b>10.50am S3W</b>          | Laura Sutherland<br><b>12.40pm S3W</b>  |  |
| <b>Discus</b>      | Bronte Prentice<br><b>12.30pm D2</b>                                       | Chloe Lombardi<br><b>8.40am D3W</b>  | Jessica Karabesinis<br><b>10.50am D3W</b> | Olivia Cermak<br><b>12.40pm D3W</b>   |  |
| <b>Javelin</b>     | Rachel Vaile<br><b>1.10pm J1</b>   | Alessia Dal Pane<br><b>8.40am</b>  | Bridget Crick<br><b>11.20am J2W</b>       | Emma Cruzado<br><b>1.20pm J2W</b>   |  |
| <b>Long Jump</b>   | Montana Chiacchio<br><b>8.40am L1</b>                                      | Bella Casey<br><b>11.50am L1</b>   | Zara-Claire Azzi<br><b>13.25pm L2</b>     | Steph Potter<br><b>10.55am L2</b>   |  |
| <b>High Jump</b>   | Lucy Edwards-Argent<br><b>8.40am H2</b>                                    | Tamara Lenthall<br><b>11.50am H2</b>   | Bridget Crick<br><b>13.25am H3</b>        | Emma Cruzado<br><b>10.55am H3</b>   |  |
| <b>Triple Jump</b> | Sophie McLachlan<br><b>8.40am T3</b>                                       | Mischa Belunek<br><b>11.50am T3</b>  | <b>TBA</b><br><b>13.25pm T4</b>           | Eliza Swann<br><b>10.55am T4</b>  |  |

## Senior Boys Teams.

Note times shown are call times. Please ensure you arrive at SOPAC at least 1 hour before your call time to warm up.

| Event              | U12B   | U13B   | U14B  | U15B   | U17B   |
|--------------------|--|--|---|--|--|
| <b>4 x 100</b>     | Louis Mammone<br>Caiden Cleary<br>Mannus Bailey<br>Hugo Berry<br><b>8.55am</b> | Sam Chen<br>Max Jorgenson<br>Michael Park<br>Max Hilton<br><b>9.30am</b> | Kevin Dawo<br>Thomas Virgona<br>James Park<br>Zane Santarossa<br><b>10.55am</b> | Isaac Sharwood<br>Angus Beer<br>Kai Mirabito<br>Ross Batho<br><b>11.20am</b> | Bertie Swann<br>Henry Moffitt<br>Jamie Karabesinis<br>S. Nivison-Smith<br><b>11.45am</b> |
| <b>MD</b>          | Luke Wilkie<br><b>10.10am</b>  | Max Hilton<br><b>10.10am</b>   | Thomas Virgona<br><b>10.10am</b>  | Angus Beer<br><b>10.10am</b>   |  |
| <b>4 x 400</b>     | Caiden Cleary<br>Mannus Bailey<br><b>12.00pm</b>                               | Sam Chen<br>Max Hilton<br><b>12.24pm</b>                                 |   | Isaac Sharwood<br>Angus Beer<br><b>1.14pm</b>                                |  |
| <b>Shot Put</b>    | Ben D'Agostino<br>Mannus Bailey<br><b>9.35am S1</b>                            | Panayiotis Revellos<br><b>9.45am S3W</b>                                 | Lachlan Prentice<br><b>8.40am S1</b>  | Angus Beer<br><b>10.50am S1</b>  |  |
| <b>Discus</b>      | William Garside<br>Max Lusty<br><b>9.35am D2</b>                               | Lucas Newman<br><b>9.45am D3W</b>  | Will Guthrie<br><b>8.40am D2</b>  | Jerome Angir<br><b>10.50am D2</b>  |  |
| <b>Javelin</b>     | Hugo Berry<br>Riley Vaile<br><b>9.45am J1</b>                                  | Jackson Mitchell-Lane<br><b>10.05am J2W</b>                              | Josh Watson<br><b>8.40am J1</b>   | Ross Batho<br><b>11.15am J1</b>  |  |
| <b>Long Jump</b>   | Charlie King<br><b>11.45am L2</b>  | Sam Chen<br><b>1.20pm L1</b>   | James Park<br><b>10.50am L1</b>   | Isaac Sharwood<br><b>8.40am L2</b>   | Jamie Karabesinis<br><b>9:40am L2</b>  |
| <b>High Jump</b>   | Max Rider<br><b>11.45am H3</b>   | Lucas Newman<br><b>1.20pm H2</b>   | Kevin Dawo<br><b>10.50am H2</b>   | <b>TBA</b><br><b>8.40am H2</b>   | Henry Moffitt<br><b>9:40am H3</b>  |
| <b>Triple Jump</b> | Ben D'Agostino<br><b>11.45am T4</b>  | Jackson Mitchell-Lane<br><b>1.20pm T3</b>                                | Thomas Virgona<br><b>10.50am T3</b>   | Kai Mirabito<br><b>8.40am T4</b>   | S. Nivison-Smith<br><b>9:40am TJ4</b>  |



# STATE RELAY CHAMPIONSHIPS

## Day 1 Junior Track Events

Saturday 19 Nov 2016 – FIRST EVENT 9:00am

| Event # |                                      |              | Call Room By | Start Time |
|---------|--------------------------------------|--------------|--------------|------------|
| #1      | Girls U 8 - 4 x 100m                 | Heats        | 8.40am       | 9.00am     |
| #2      | Boys U 8 - 4 x 100m                  | Heats        | 8.50am       | 9.10am     |
| #3      | Mixed U 8 - 4 x 100m                 | Final        | 9.05am       | 9.25am     |
| #4      | Girls U 9 - 4 x 100m                 | Heats        | 9.10am       | 9.30am     |
| #5      | Boys U 9 - 4 x 100m                  | Heats        | 9.25am       | 9.45am     |
| #6      | Mixed U 9 - 4 x 100m                 | Final        | 9.40am       | 10.00am    |
|         | <b>OPENING CEREMONY</b>              |              |              | 10.15am    |
| #7      | Girls U 8-U 11 Middle Dist. (Junior) | Timed Finals | 10.10am      | 10.35am    |
| #8      | Boys U 8-U 11 Middle Dist. (Junior)  | Timed Finals | 10.40am      | 11.05am    |
| #9      | Girls U 10 - 4 x 100m                | Heats        | 11.15am      | 11.35am    |
| #10     | Boys U 10 - 4 x 100m                 | Heats        | 11.30am      | 11.50pm    |
| #11     | Mixed U 10 - 4 x 100m                | Final        | 11.45am      | 12.05pm    |
| #12     | Girls U 8 - 4 x 100m                 | Final        | 11.50am      | 12.10pm    |
| #13     | Boys U 8 - 4 x 100m                  | Final        | 11.55am      | 12.15pm    |
| #14     | Girls U 11 - 4 x 100m                | Heats        | 12.00pm      | 12.20pm    |
| #15     | Boys U 11 - 4 x 100m                 | Heats        | 12.15pm      | 12.35pm    |
| #16     | Mixed U 11 - 4 x 100m                | Heats        | 12.30pm      | 12.50pm    |
| #17     | Mixed U 8-U 11 4 x 100m (Junior)     | Final        | 12.40pm      | 13.00pm    |
| #18     | Mixed U 8 - 4 x 200m                 | Timed Finals | 12.45pm      | 13.05pm    |
| #19     | Mixed U 9 - 4 x 200m                 | Timed Finals | 13.01pm      | 13.26pm    |
| #20     | Mixed U 10 - 4 x 400m                | Timed Finals | 13.22pm      | 13.47pm    |
| #21     | Mixed U 11 - 4 x 400m                | Timed Finals | 13.46pm      | 14.11pm    |
| #22     | Girls U 9 - 4 x 100m                 | Final        | 14.07pm      | 14.27pm    |
| #23     | Boys U 9 - 4 x 100m                  | Final        | 14.12pm      | 14.32pm    |
| #24     | Girls U 10 - 4 x 100m                | Final        | 14.17pm      | 14.37pm    |
| #26     | Boys U 10 - 4 x 100m                 | Final        | 14.22pm      | 14.42pm    |
| #27     | Girls U 11 - 4 x 100m                | Final        | 14.27pm      | 14.47pm    |
| #28     | Boys U 11 - 4 x 100m                 | Final        | 14.32pm      | 14.52pm    |
| #29     | Mixed U 11 - 4 x 100m                | Final        | 14.37pm      | 14.57pm    |





# STATE RELAY CHAMPIONSHIPS

## Day 1 Junior Field Events

Saturday 19 Nov 2016 – FIRST EVENT 9:00am

| Event # |                                 | Area                     | Straight         | Start Time        |
|---------|---------------------------------|--------------------------|------------------|-------------------|
| #31     | Girls U 10 – Shot, Discus, Long | Shot 1, Disc 1 Long 1    | 8.40am           | 9.00am            |
| #32     | Boys U 9 – Shot, Discus, Long   | Shot 2; Disc 2, Long 3   | 8.40am           | 9.00am            |
| #33     | Boys U 11 – Long, Triple, High  | Long 2, Triple 4, High 2 | 8.40am           | 9.00am            |
|         |                                 |                          | <b>Call Room</b> | <b>Start Time</b> |
| #34     | Girls U 8 - Shot/Discus         | Shot 2; Disc 2,          | 9.50am           | 10.10am           |
| #35     | Girls U 8 - Long                | Long 3                   | 10.10am          | 10.30am           |
| #36     | Girls U 9 Shot, Discus          | Shot 1, Disc 1           | 10.00am          | 10.20am           |
| #37     | Girls U 9 Long                  | Long 1                   | 10.20 am         | 10.40am           |
| #38     | Girls U 11 Long, Triple         | Long 2, Triple 4,        | 10.05am          | 10.25am           |
| #39     | Girls U 11 High                 | High 2                   | 10.25am          | 10.45am           |
| #40     | Boys U 8 – Shot, Discus         | Shot 2; Disc 2,          | 11.10pm          | 11.30am           |
| #41     | Boys U 8 Long                   | Long 3                   | 11.50am          | 12.10pm           |
| #42     | Boys U 10 – Shot, Discus        | Shot 1, Disc 1           | 11.25am          | 11.45am           |
| #43     | Mixed U 8-11 4 x Long Jump      | Long 2/4                 | 11.25am          | 11.45am           |
| #44     | Boys U 10 - Long                | Long 1                   | 12.10pm          | 12.30pm           |
| #45     | Boys U 11 - Shot, Discus        | Shot 2; Disc 2           | 12.20pm          | 12.40pm           |
| #46     | Boys U 11 Javelin               | Jav 1                    | 12.20pm          | 12.40pm           |
| #47     | Girls U 11 - Shot, Discus       | Shot 2; Disc 2           | 13.25pm          | 13.45pm           |
| #48     | Girls U 11 Javelin              | Jav 1                    | 13.40pm          | 14.00pm           |



# STATE RELAY CHAMPIONSHIPS

## Day 2 Senior Track Events

Sunday 20 Nov 2016 – FIRST EVENT 9:00am

| Event # |                                       |              | Call Room By | Start Time |
|---------|---------------------------------------|--------------|--------------|------------|
| #49     | Girls U 12 - 4 x 100m                 | Heats        | 8.40am       | 9.00am     |
| #50     | Boys U 12 - 4 x 100m                  | Heats        | 8.55am       | 9.15am     |
| #51     | Mixed U 12 - 4 x 100m                 | Final        | 9.10am       | 9.30am     |
| #52     | Girls U 13 - 4 x 100m                 | Heats        | 9.15am       | 9.35am     |
| #53     | Boys U 13 - 4 x 100m                  | Heats        | 9.30am       | 9.50am     |
| #54     | Mixed U 13 - 4 x 100m                 | Final        | 9.40am       | 10.00am    |
| #55     | Girls U 12-U 15 Middle Dist. (Senior) | Timed Finals | 9.40am       | 10.05am    |
| #56     | Boys U 12-U 15 Middle Dist. (Senior)  | Timed Finals | 10.10am      | 10.35am    |
| #57     | Girls U 14 - 4 x 100m                 | Heats        | 10.45am      | 11.05am    |
| #58     | Boys U 14 - 4 x 100m                  | Heats        | 10.55am      | 11.15am    |
| #59     | Mixed U 14 - 4 x 100m                 | Final        | 11.05am      | 11.25am    |
| #60     | Girls U 15 - 4 x 100m                 | Heats        | 11.10am      | 11.30pm    |
| #61     | Boys U 15 - 4 x 100m                  | Heats        | 11.20am      | 11.40pm    |
| #62     | Mixed U 15 - 4 x 100m                 | Final        | 11.30am      | 11.50pm    |
| #63     | Girls U 17 - 4 x 100m                 | Heats        | 11.35am      | 11.55am    |
| #64     | Boys U 17 - 4 x 100m                  | Heats        | 11.45am      | 12.05pm    |
| #65     | Mixed U 17 - 4 x 100m                 | Final        | 11.55am      | 12.15pm    |
| #66     | Mixed U 12-U 15 4 x 100m (Senior)     | Final        | 12.00pm      | 12.20pm    |
| #67     | Mixed U 12 - 4 x 400m 8 min           | Timed Finals | 12.00pm      | 12.25pm    |
| #68     | Mixed U 13 - 4 x 400m                 | Timed Finals | 12.24pm      | 12.49pm    |
| #69     | Mixed U 14 - 4 x 400m                 | Timed Finals | 12.58pm      | 13.23pm    |
| #70     | Mixed U 15 - 4 x 400m                 | Timed Finals | 13.14pm      | 13.39pm    |
| #71     | Mixed U 17 - 4 x 400m                 | Timed Finals | 13.30pm      | 13.55pm    |
| #72     | Girls U 12 - 4 x 100m                 | Final        | 13.51pm      | 14.11pm    |
| #73     | Boys U 12 - 4 x 100m                  | Final        | 13.56pm      | 14.16pm    |
| #74     | Girls U 13 - 4 x 100m                 | Final        | 14.01pm      | 14.21pm    |
| #75     | Boys U 13 - 4 x 100m                  | Final        | 14.21pm      | 14.26pm    |
| #76     | Girls U 14 - 4 x 100m                 | Final        | 14.11pm      | 14.31pm    |
| #77     | Boys U 14 - 4 x 100m                  | Final        | 14.16pm      | 14.36pm    |
| #78     | Girls U 15 - 4 x 100m                 | Final        | 14.21pm      | 14.41pm    |
| #79     | Boys U 15 - 4 x 100m                  | Final        | 14.26pm      | 14.46pm    |
| #80     | Girls U 17 - 4 x 100m                 | Final        | 14.31pm      | 14.51pm    |
| #81     | Boys U 17 - 4 x 100m                  | Final        | 14.36pm      | 14.56pm    |



# STATE RELAY CHAMPIONSHIPS

## Day 2 Senior Field Events

Sunday 20 Nov 2016 – FIRST EVENT

9:00am

| Event # |                                    | Area                     | Straight to      | Start Time        |
|---------|------------------------------------|--------------------------|------------------|-------------------|
| #82     | Boys U 14 – Shot, Discus, Javelin  | Shot 1; Disc 2. Jav 1    | 8.40am           | 9.00am            |
| #83     | Girls U 12 Long, Triple, High      | Long 1, Triple 3, High 2 | 8.40am           | 9.00am            |
| #84     | Boys U 15 – Long, Triple, High     | Long 2, Triple 4, High 3 | 8.40am           | 9.00am            |
| #85     | Girls U 13 – Shot, Discus, Javelin | Disc 3W, Shot 3W,        | 8.40am           | 9.00am            |
|         |                                    |                          | <b>Call Room</b> | <b>Start Time</b> |
| #86     | Boys U 12 – Shot, Discus           | Shot 1, Disc 2           | 9.35am           | 9.55am            |
| #87     | Boys U 17 – Long, Triple, High     | Long 2, Triple 4 High 3  | 9.40am           | 10.00am           |
| #88     | Boys U 12 Javelin                  | Jav 1                    | 9.45am           | 10.05am           |
| #89     | Boys U 13 - Shot/Discus            | Disc 3W, Shot 3W         | 9.45am           | 10.05am           |
| #90     | Boys U 13 Javelin                  | Jav 2 W                  | 10.05am          | 10.25am           |
| #91     | Girls U 17 – Long, Triple, High    | Long 1, Triple 3, High 2 | 10.15am          | 10.35am           |
| #92     | Boys U 15 – Shot, Discus           | Shot 1; Disc 2           | 10.50am          | 11.10am           |
| #93     | Girls U 14 – Shot, Discus          | Disc 3W, Shot 3W         | 10.50am          | 11.10am           |
| #94     | Boys U 14 – Long, Triple, High     | Long 1, Triple 3, High 2 | 10.50am          | 11.10am           |
| #95     | Girls U 15 – Long, Triple, High    | Long 2, Triple 4, High 3 | 10.55am          | 11.15am           |
| #96     | Boys U 15 Javelin                  | Jav 1                    | 11.15am          | 11.35am           |
| #97     | Girls U 14 – Javelin               | Jav 2 W                  | 11.20am          | 11.40am           |
| #98     | Boys U 17 – Shot, Discus           | Shot 1; Disc 2           | 11.30am          | 11.50am           |
| #99     | Girls U 17 – Shot, Discus          | Disc 3W, Shot 3W         | 11.40am          | 12.00pm           |
| #100    | Boys U 12 – Long, Triple, High     | Long 2, Triple 4, High 3 | 11.45am          | 12.05pm           |
| #101    | Girls U 13 – Long, Triple, High    | Long 1, Triple 3, High 2 | 11.50am          | 12.10pm           |
| #102    | Boys U 17 Javelin                  | Jav 1                    | 12.00            | 12.20pm           |
| #103    | Girls U 17 – Javelin               | Jav 2 W                  | 12.20pm          | 12.40pm           |
| #104    | Girls U 12 – Shot, Discus          | Shot 1; Disc 2           | 12.30pm          | 12.50pm           |
| #105    | Girls U 15 – Shot, Discus          | Disc 3W, Shot 3W         | 12.40pm          | 13.00pm           |
| #106    | Girls U 12 – Javelin               | Jav 1                    | 13.10pm          | 13.30pm           |
| #107    | Girls U 14 – Long, Triple, High    | Long 2, Triple 4, High 3 | 13.25pm          | 13.45pm           |
| #108    | Boys U 13 – Long, Triple, High     | Long 1, Triple 3 High 2  | 13.20pm          | 13.50pm           |
| #109    | Girls U 15 Javelin                 | Jav 2W                   | 13.20pm          | 13.50pm           |
| #110    | Mixed U 12-U 15 4 x Long Jump      | Long 1/2                 | 14.30pm          | 14.50pm           |

# GOOD LUCK!

Proudly Sponsored By



## McGrath

Cindy Kennedy  
Residential Sales Agent  
0404 000 570

Balmain/Rozelle  
**Community Bank**<sup>®</sup>  
Branch  **Bendigo Bank**

