

## 2009 SENIOR STATE RELAY RESULTS – 21<sup>ST</sup> +22<sup>ND</sup> NOVEMBER

Congratulations to our seniors who competed last weekend at the NSW Senior State Relays in Blacktown. Conditions over the weekend were extremely hot with temperatures on the track reaching 50 degrees on Sunday. Our athletes competed outstandingly over the weekend to come away with 10 track relay medals and 6 in the fields relays. For those interested in who was in which relay, there is a list available under Senior State Relays on the clubs website.

MENS RELAY RESULTS			
U14	4 X 800M	10.05.55	BRONZE
U16	4 X 200M	1.40.34	BRONZE
U18a	4 X 100M	45.39 (44.77 in heat)	5 <sup>TH</sup>
U18b	4 X 100M	47.75	9 <sup>TH</sup>
U18a	4 X 200M	1.33.48	BRONZE
U18b	4 X 200M	1.37.74	7 <sup>TH</sup>
U18	4 X 400M	3.38.16	6 <sup>TH</sup>
U18	HIGH JUMP	7.05M	SILVER
U18	LONG JUMP	17.23M	5 <sup>TH</sup>
U18	JAVELIN	128.74M	6 <sup>TH</sup>
U20a	4 X 100M	44.53	4 <sup>TH</sup>
U20b	4 X 100M	48.14	6 <sup>TH</sup>
U20a	4 X 200M	1.32.78	6 <sup>TH</sup>
U20b	4 X 200M	1.38.36	11 <sup>TH</sup>
U20	4 X 800M	9.16.61	5 <sup>TH</sup>
OPEN	HIGH JUMP	7.15M	BRONZE
OPEN	LONG JUMP	22.39M	5 <sup>TH</sup>
WOMENS RELAY RESULTS			
U16	4 X 100M	51.98	5 <sup>TH</sup>
U16	4 X 400M	3.57.82	GOLD
U18a	4 X 100M	50.00 (49.53 in heat)	SILVER
U18b	4 X 100M	54.25 (54.20 in heat)	7 <sup>TH</sup>
U18	4 X 200M	1.43.51	SILVER
U18	4 X 400M	4.04.40	SILVER
U18	4 X 800M	9.15.60	GOLD
U18	HIGH JUMP	6.40M	GOLD
U18a	LONG JUMP	20.63M	SILVER
U18b	LONG JUMP	18.32M	4 <sup>TH</sup>
U20	4 X 100M	49.41	SILVER
U20	4 X 200M	1.49.43	5 <sup>TH</sup>
OPEN	1600 MEDLEY	4.20.06	9 <sup>TH</sup>
OPEN	HIGH JUMP	6.40M	GOLD
OPEN	LONG JUMP	21.06M	GOLD
OPEN	DISCUS	68.74M	9 <sup>TH</sup>
OPEN	JAVELIN	128.74	6 <sup>TH</sup>