

OPEN FEMALES				OPEN MALES			
4 x 100m	45.68	Cumberland R H	1994	4 x 100m	39.89	Homebush Track	1998
4 x 200m	1:36.41	Tiger West	1987	4 x 200m	1:23.04	Homebush Track	1998
4 x 400m	3:39.70	Bankstown Sports	1999	4 x 400m	3:08.04	Eastern Suburbs	1991
4 x 800m	8:45.54	Eastern Suburbs	1985	4 x 800m	7:28.30	Sydney University	1999
4 x 1500m	18:43.98	Cumberland R H	1990	4 x 1500m	15:32.44	Sydney University	1999
4 x Medley	03:52.8	Sydney University	2005	4 x Medley	3:19.27	Sydney Pacific	1999
4 x 1500m Walk	27.18.45	Asics West	2004	4 x 1500m Walk	22:44.21	Bankstown	1997
4 x Shot Put	54.14m	Sutherland	1995	4 x Shot Put	53.98	Bankstown	2005
4 x Discus	184.42m	Bankstown Sports	1998	4 x Discus	170.47m	Bankstown	2001
4 x Long Jump	21.58m	Asics West	1993	4 x Long Jump	27.06m	UTS Norths	1996
4 x High Jump	6.60m	Asics West	1994	4 x High Jump	8.05m	Sydney Pacific	2001
4 x High Jump	6.60m	Sydney Pacific	2002	4 x Pole Vault	17.25	Campbelltown	2002
4 X Pole Vault	9.40m	Wallsend	2002	4 x Hammer	198.1	Sutherland	2004
4 x Hammer	210.43m	Sutherland	2002	4 x Javelin	165.36m	Sutherland	2005
4 x Javelin	147.91m	Asics West	2005				
UNDER 20 FEMALES				UNDER 20 MALES			
4 x 100m	47.31	Cumberland R H	1994	4 x 100m	41.75	Westfields	2001
4 x 200m	1:39.5	Ryde A A C	1981	4 x 200m	1:27.04	Manly Warringah	1983
4 x 400m	3:46.70	Ryde A A C	1980	4 x 400m	3:14.61	Tiger West	1986
4 x 800m	8:57.81	Randwick Botany	2005	4 x 800m	7:39.5	South Coast	1981
4 x 1500m	18:23.98	Cumberland R H	1990	4 x 1500m	16:01.70	Manly Warringah	1983
UNDER 18 FEMALES				UNDER 18 MALES			
4 x 100m	47.57	Ryde A A C	1980	4 x 100m	42.09	Newcastle Hunter	1992
4 x 200m	1:39.5	Ryde A A C	1981	4 x 200m	1:28.41	Newcastle Hunter	1987
4 x 400m	3:46.70	Ryde A A C	1980	4 x 400m	3:20.04	Bankstown Sports	2000
4 x 800m	8:57.81	Randwick Botany	2005	4 x 800m	7:46.20	UTS Norths	2000
4 x 1500m	18:43.53	Randwick botany	2005	4 x 1500m	16:27.80	Cumberland R H	1994
4 x 1500m Walk	28:54.37	Sydney Pacific	2003	4 x 1500m Walk	26:39.68	Randwick Botany	1997
4 x Shot Put	48.22m	Bankstown Sports	1998	4 x Shot Put	61.78m	Bankstown Sports	2001
4 x Discus	167.51m	Bankstown Sports	1998	4 x Discus	194.09m	Bankstown Sports	2000
4 x Long Jump	21.20m	Sutherland	2002	4 x Long Jump	24.88m	Sutherland	1994
4 x High Jump	6.55m	Illawong	2005	4 x High Jump	7.65m	Sydney Pacific	2000
4 x Hammer	153.56m	Asics West	1995	4 x Hammer	192.64m	Westfields	2000
4 x Javelin	132.79m	Bankstown Sports	2005	4 x Javelin	160.82m	Westfields	2005
UNDER 16 FEMALES				UNDER 16 MALES			
4 x 100m	48.6	Newcastle Hunter	1990	4 x 100m	44.23	Sutherland #1 Team	1997
4 x 200m	1:40.28	South Coast	1988	4 x 200m	1:31.25	Newcastle Hunter	1986
4 x 400m	3:53.47	Kur-ing-gai	1985	4 x 400m	3:27.98	South Coast	1985
4 x 800m	9:03.96	Reebok	1988	4 x 800m	8:08.55	South Coast	1985
4 x 1500m	18:43.26	Reebok	1988	4 x 1500m	17:08.08	South Sydney	1987
UNDER 14 FEMALES				UNDER 14 MALES			
4 x 100m	50.05	Cumberland R H	1991	4 x 100m	46.59	Newcastle Hunter	1985
4 x 200m	1:43.99	Western Suburbs	1983	4 x 200m	1:35.60	Newcastle Hunter	1985
4 x 400m	4:02.92	Springwood	2000	4 x 400m	3:54.18	Liverpool	1984
4 x 800m	9:41.90	Reebok/Kur.	1986	4 x 800m	9:05.00	Sutherland	1982
4 x 1500m	20:02.73	Jensen	1991	4 x 1500m	19:07.91	Central Coast	2004
4 x 1500m Walk	29:40.8	Nepean	1994	4 x 1500m Walk	29:59.76	Illawong	1999
4 x Shot Put	41.39m	Westfields	2001	4 x Shot Put	58.43m	Bankstown Sports	1997
4 x Discus	119.56	Campbelltown	2004	4 x Discus	161.30m	Bankstown Sports	1997
4 x Long Jump	18.73m	Cherrybrook	2005	4 x Long Jump	21.13m	Westfields	2002
4 x High Jump	5.90m	N H R A C	1999	4 x High Jump	6.40m	Penrith	2002
VETERANS OVER 120+ WOMEN				VETERANS OVER 120+ MALE			
4 x 100m	49.96	NSW Masters	2005	4 x 100m	43.37	Reebok	1996
4 x 200m	1:45.81	Sydney Pacific	2000	4 x 200m	1:32.93	Randwick Botany	2001
4 x 400m	04:03.9	NSW Masters	2005	4 x 400m	3:28.34	Sutherland	1992
4 x 800m	9:44.24	Reebok	1993	4 x 800m	8:14.05	Northern Suburbs	1993
4 x 1500m	19:56.05	Reebok	1993	4 x 1500m	16:50.13	UTS Norths	1995
VETERANS OVER 160+ WOMEN				VETERANS OVER 160+ MALE			
4 x 100m	49.57	NSW Masters	2005	4 x 100m	45.14	Newcastle Hunter	1995
4 x 200m	01:43.9	NSW Masters	2005	4 x 200m	1:34.80	Sydney Pacific	2002
4 x 400m	4:14.05	NSW Masters	2005	4 x 400m	3:35.30	Reebok	1998
4 x 800m	10.12.93.	Sydney Uni.	2002	4 x 800m	8:33.36	UTS Norths	1997
4 x 1500m	21:22.1	Hills AIM	2005	4 x 1500m	17:56.10	UTS Norths	1997
				VETERANS OVER 200+ MALE			
				4 x 100m	45.59	Sydney Pacific	2003
				4 x 200m	1.36.48	Sydney Pacific	2003
				4 x 400m	3.46.64.	Sydney Pacific	2002
				4 x 800m	9.13.25	Central Coast	2004
				4 x 1500m	19.04.21	Central Coast	2004

