

## CHERRYBROOK SENIOR ATHLETICS NOTICES – JANUARY 21 2016

G'day all Cherrybrookians,

Hope you're all enjoying the school holidays and/or settling back in to work for new year nicely! Over the weekend the magnificent from of **Nick Andrews** continues as he won SILVER medal at the NSW 60m Champs in the Open Division with a time of just 6.88! Nick is producing consistent strong results, which will have him in contention for the World Junior Champs in July this year. Ben Jaworski finished 6<sup>th</sup> in the 60m State Champs whilst Jen Bishop was 4<sup>th</sup> in her division.

The NSW Junior Champs are rapidly approaching – don't forget that entries close on **Tuesday 26<sup>th</sup> January**. You MUST compete in this competition to be eligible for the National Junior Competition in March. Hope you all have a lovely long weekend and Australia Day!

## NSW JUNIOR & YOUTH CHAMPIONSHIPS – 5 – 7 FEBRUARY

### Entry

[Click here](#) to enter online.

Entry fee is \$20 per event. An entry fee cap of \$70 applies to all entries.

Spectators will be required to pay gate entry, Adults - \$7.00 per person per day and U18's - \$4.00 per person per day.

Entries close midday **Tuesday 26th January 2016**.

### Late Entry

Late entries are not guaranteed and are only accepted on the approval of the Athletics NSW Competition Manager or Technical Delegate. Athletics NSW reserves the right to refuse late entries. No field event late entries will be accepted. If a track late entry is accepted, it will cost \$35 per event and must be lodged 90 minutes prior to the start of the event on the official late entry form.

### Timetable

[Click here](#) to view the draft timetable.

### \*Qualifying for the 2016 Australian Junior Championships\*

Any athlete who places 1st, 2nd or 3rd for their age group (U14, U15, U16, U17, U18, U20) will be eligible for the Australian Junior

Championships. An athlete must compete at the 2016 NSW Junior & Youth Championships even if already successfully gaining qualification via the 2015 NSW All Schools Championships or have met the qualifying standard.

### **On the Day Check-in**

Athletes must report to Athlete Check-In at least 60 minutes before the start of each of their events to confirm their entry. Failure to check in may result in the athlete being scratched from the event. Athletes are encouraged to check-in at the commencement of each day for all of their events for that day.

### **Age Groups**

The NSW Junior & Youth Championships events will be conducted in the Under 14, Under 15, Under 16, Under 17, Under 18 and Under 20 age group, with age groups determined by age of the athlete on the 31st December 2016. For example, if an athlete is 15 years old on the 31st December 2016, he will be competing in the Under 16 age group. Para events will be offered in the U16 and U20 age groups only.

**Rules:** Click here for the [2015/16 Summer Handbook](#)

**Venue:** The Sydney Olympic Park Athletics Centre  
[Click here](#) to view map.

## **ACT STATE CHAMPIONSHIPS & IPC GRAND PRIX – 5-7 FEBRUARY**

### **1. ON-LINE ENTRY**

Online entry costs \$20.00 per event but is limited to a maximum of \$60.00 over the 3 days of the Championships. Entry to the Championships is limited to athletes who are registered with Athletics ACT, another State or overseas athletes registered with their home country athletics body through to (or beyond) 30 September 2015.

There is no entry on the day for any Championship events and there will be no late entries available.

**On-line entries for the Championships will close at 5pm on the Monday 1 February 2016.**

Please note the guidance instructions provided when entering seed performances.

Payment must be made (by Credit/Debit Card or PayPal) at the time of undertaking the entry. Where payment is not made at that time, the entries will not be accepted and processed.

[Click here to undertake an On-Line entry](#)

## **2. CHECK IN**

Athletes must check-in for their events at least 30 minutes prior to the events scheduled start time on the Friday.

Athletes must check-in for their events at least 45 minutes prior to the events scheduled start time on the Saturday and Sunday. Check In sheets will be available in the Commonwealth Room.

**[Click here to see the current Program of Events](#)**

## **3. Championship Rules of Competition**

[Click here to access the AACT Championships Competition Rules](#)

### **ATHLETICS NSW EVENTS & COMPETITIONS 2015/16 (POST CHRISTMAS)**

<b>DATE(S)</b>	<b>VENUE</b>	<b>COMPETITION</b>
<b>30 January</b>	Hunter	<b><u><a href="#">Hunter Track Classic</a></u></b>
<b>5-7 February</b>	SOPAC	<b><u><a href="#">NSW Junior and Youth Championships</a></u></b>
<b>13 February</b>	SOPAC	<b><u><a href="#">NSW Allcomers Meet + 5000m Championships</a></u></b>

For the FULL calendar please click on the: **[ANSW Summer Calendar 2015/16](#)**

**INTERESTED IN SPORTS TAPING?? MONDAY 1<sup>st</sup> FEBRUARY 2016**

Run by a qualified physiotherapist with experience in many sports including athletics.

- The 1.5hour course covers basic taping techniques plus additional techniques specific to running injuries.
- Learn how to use traditional rigid tape as well as stretchy kinesiology tape.
- You will receive a booklet with pictures and instructions outlining each technique covered in the course.
- Course is on *Monday 1<sup>st</sup> of February 2016, 4:30pm* in the Cherrybrook Athletics clubhouse at Greenway Oval.
- Cost \$25 per person, all tape required for the course will be provided.
- Contact Kaitlyn Duursma on 8850 0797 if you have any questions and to make a booking.

### **OTHER COMPETITIONS**

For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2015 please click the following link: [ANSW Online Calendar of Events](#)

### **ATHLETICS AUSTRALIA QUALIFYING STANDARDS 2015/16**

The standards for each age group/gender for each event to qualify for National events for this season have now been released and can be seen by clicking on the following link below:

<http://athletics.com.au/Compete/Rules-Technical-Information/Entry-Standards>

The Australian Junior Nationals Championships will be held in Perth this season from 8 – 13 March, 2016 whilst the Opens Nationals will be held in Sydney from 27 March – 1 April, 2016. The Qualifying period started on January 1, 2015 this year.

### **2015/16 ATHLETICS AUSTRALIA TOUR**

Entries have now opened up for all Track Classics for the 2016 domestic season. For more information and to nominate now please click the following link: <http://www.athletics.com.au/Compete/Online-Entries>

Information on these meets is also below of when each event closes for entries:

Event	Date	Entries Open	Entries Close
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Briggs Athletics Classic	13 <sup>th</sup> February	9 December 2015	27 January 2016
Canberra Athletics Classic	20 <sup>th</sup> February	9 December 2015	27 January 2016
Adelaide Track Classic	20 <sup>th</sup> February	9 December 2015	27 January 2016
IAAF Melbourne World Challenge	5 <sup>th</sup> March	9 December 2015	19 February 2016
Perth Track Classic	12 <sup>th</sup> March	9 December 2015	19 February 2016
Queensland Track Classic	19 <sup>th</sup> March	9 December 2015	2 March 2016
Sydney Track Classic	19 <sup>th</sup> March	9 December 2015	2 March 2016

## RESULTS

### Illawarra Track Classic - 16/01/2016 @ Beaton Park Athletics Centre

ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Eleanor Lamperts	Open	100m	13.38	
		Long Jump	4.39m	
Jen Bishop	40-49	60m	8.82	
		Long Jump	4.18m	
		Shot Put (4kg)	9.01m	
		Discus (1kg)	29.47m	
Joel Davidson	U/20	60m	7.46	
	Open	100m	11.84	
		Triple Jump	12.20m	
Nick Andrews	Open	60m	6.88	CB
Ben Jaworski	Open	60m	7.01	
		100m	10.97	Q
Beau Ingram	Open	60m	7.5	
		100m	11.91	
Alex Nguyen-Ha	Open	100m	11.71	
Evan Clothier	Open	100m	11.3	

		400m	49.94	
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**PB = Personal Best**

**Q = National Qualifying Standard**

**CB = Club Best**

**SB = Season Best**

For Full Results of this meet click the following link: [http://www.nswathletics.info/liveresults/2016/nsw\\_itc/](http://www.nswathletics.info/liveresults/2016/nsw_itc/)

Kind Regards,

Cherrybrook Seniors Athletics

Vice President and Competition Manager

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