

CHERRYBROOK SENIOR ATHLETICS NOTICES – JANUARY 3 2016

Happy New Year Cherrybrookians,

Hope you all had a tremendous Christmas and festive season with your families and that you're excited for a big year in Athletics! This is just a final reminder to let you know about the NSW Club Champs that ALL entries for the NSW Club Champs and Combined Championships will close **Tuesday 5th January** so please don't miss out on your chance to register and represent the mighty Cherrybrook Athletics Club for the Grand Final of competition(s) at Bankstown! Look Forward to seeing you all there.



NSW CLUB CHAMPIONSHIPS AND NSW COMBINED CHAMPIONSHIPS @ BANKSTOWN – 9 & 10 JANUARY, 2016

****Athlete performances in the NSW Combined Event Championships are to be included in the point scoring for the Club Championships. Triple points will be awarded for places 1st through to 20th in each of the six (6) age groups (U14, U16, U18, U20, Open, 30-39, 40-49, 50-59 and 60+)**.**

Entry:

[Click here](#) to enter the Club Championships.

[Click here](#) to enter the Combined Event Championships

[Click here](#) to enter the 10,000m Walks Championships

Entries close at 12am midnight **Tuesday 5th January 2016.**

Timetable, Entry Lists & Athlete Information

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

On the Day Check-in

All athletes in TRACK events must report to athlete check in to advise of their intention to compete at least sixty (60) minutes before the scheduled starting time of the event.

Athletes entered in FIELD events only, are not required to report to athlete check in. Instead, field event athletes must report directly to the field event site at least twenty (20) minutes before the scheduled start time.

NSW Club Championships

Events will be held in the following age groups: U14, U16, U18, U20, Open, 30-39, 40-49, 50-59 and 60+.

NSW Combined Event Championships

The NSW Combined Event Championships is conducted in the Under 14, Under 16, Under 18, Under 20, Open, 30+ and 50+ age categories. Ages for all under age and open age groups are determined by age of the athlete on the 31st December 2016. Masters ages are determined as at the first day of competition, the 10th January 2016.

Rules

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

Results

Live results will be available throughout the competition. [Click here](#) to go to the live results site. Collated results and competition point scores will be published on the results page [here](#).

Venue: The Crest Athletics Centre, 25 Quentin St, Bass Hill NSW 2197

[Click here](#) to view map.

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.

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

DATE(S)	VENUE	COMPETITION
9 – 10 January	Bankstown	NSW Club Championships and NSW Multi Event Championships
16 January	Illawarra	Illawarra Track Classic
30 January	Hunter	Hunter Track Classic
5-7 February	SOPAC	NSW Junior and Youth Championships
13 February	SOPAC	NSW Allcomers Meet + 5000m Championships

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

INTERESTED IN SPORTS TAPING?? MONDAY 1st 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 1st 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 Sports Focus Physiotherapy Castle Hill 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
Hunter Track Classic	30 th January	9 December 2015	13 January 2016
Briggs Athletics Classic	13 th February	9 December 2015	27 January 2016
Canberra Athletics Classic	20 th February	9 December 2015	27 January 2016
Adelaide Track Classic	20 th February	9 December 2015	27 January 2016
IAAF Melbourne World Challenge	5 th March	9 December 2015	19 February 2016
Perth Track Classic	12 th March	9 December 2015	19 February 2016
Queensland Track Classic	19 th March	9 December 2015	2 March 2016
Sydney Track Classic	19 th March	9 December 2015	2 March 2016

Kind Regards,
Matthew Joyce – 0402 485 998