

CHERRYBROOK SENIOR ATHLETICS NOTICES

NOTICE TWELVE 6TH JANUARY 2012

CONGRATULATIONS

Congratulations to Ben Jaworski and Shelly Jenneke who have both gained selection to compete in the Brisbane Track Classic on Saturday 14th January. Ben will be contesting the 100m and the 4 X 100m relay, Shelly will be contesting the 100m Hurdles.

GOODLUCK

Good luck to the following athletes who will be competing at the NSW Combined Championship this weekend in Blacktown – Emma Ralphs (U16 Heptathlon), Alysha Burnett (U16 Heptathlon), Gabby Ralphs (U18 Heptathlon), Sally Stagles (50+ Pentathlon)

SYDNEY TRACK CLASSIC

The 2012 Sydney Track Classic will take place on Saturday 18th February 2012. Tickets are now on sale by visiting <http://sydneytrackclassic.com/>

Don't miss out - buy your ticket now to reserve a seat and take advantage of the NSW Athletics 'Members Only' offer (ticket price reduced from \$18.00 to \$12.00, but only until the 3rd February 2012)

Also visit the website about extra activities at the meet, including a coaching clinic and Celebrity/Fan Relay.

FRIDAY NIGHT COMPETITION

Friday Night Club athletics will recommence this Friday the 6th January from 5.45pm. SENIOR ATHLETES ARE NEEDED TO HELP RUN THE WARM UP AND ACT AS OFFICIAL FOR THE NIGHT. Please contact Nicky if you can help out, even if just for part of the night.

UPCOMING EVENTS

For a full list of season dates and details on all events for the summer athletics season please visit www.nswathletics.org.au and see both the calendar and Summer Handbook.

UPCOMING EVENTS (with details shown below)

Friday 6th January – Illawong Permit Meet

Saturday 7th January – Blacktown, Individual events at NSW Combined Champs

Sunday 8th January – Greystanes, NSW Throwers Club Permit meet

Saturday 14th January – SOPAC, Club Premiership Round 8

Saturday 14th January – SOPAC, NSW 500M Championships

Thursday 19th January – SOPAC, Final Round of the Club Premiership

Saturday 4th February – SOPAC CLUB CHAMPIONSHIPS

10th – 12th February – SOPAC, NSW Youth Championships

Saturday 18th February – AIS Track, ACT Combined Events Championships

14th – 18th March – SOPAC, National Youth Championships

NSW Illawong Permit Meet

Date – Friday 6th January Time – from 6.30pm

Where – The Ridge Athletics Track, Recreation Drive, Bardonia Ridge
For Competition details check the NSW Website the week before competition.

Who – All Senior registered Athletes are eligible to compete.

Uniform – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

Events – 100m, 200m, 400m, 1500m, 400m Hurdles, Steeplechase, Long Jump, Triple Jump, Javelin, Hammer Throw

Entry – \$5- available on the night for unlimited events

- *Permit Meets – Athletes can use results from permit meets to qualify for National Championships and to achieve National rankings, however results cannot be used to break State or National records or to gain International Qualification*

INDIVIDUAL EVENTS AT THE NSW COMBINED CHAMPIONSHIPS

In conjunction with the NSW Combined Championships on Saturday 7th January, Athletics NSW will be running several individual events for athletes to compete in that are not competing in a combined event. These events include

100m at 11.00am

1500m at 11.45am

400m Hurdles at 12.20pm

400m at 2.35pm

Entry is open to all Athletics Registered Athletes and is \$5 for unlimited events to be paid on the day at the venue.

NSW Throwers Club Permit Meet

Date – Sunday 8th January Time – from 9.00am

Where – Gipps Road Sporting Complex, Gipps Road, Greystanes
For Competition details check the NSW Website.

Who – All Senior registered Athletes are eligible to compete.

Uniform – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

Events – Hammer Throw, Discus, Shot Put

Entry – \$5- available on the day for unlimited events

Club Premiership No 8 – Sydney Olympic Park

* This meet has been identified by Athletics Australia to be IPC Athletics sanctioned to provide classified athletes the opportunity to achieve performances for IPC Athletics rankings and London 2012 qualification.

Date – Saturday 14th January Time – from 1.00pm *see program below*

Where – Sydney Olympic Park Athletics Centre (SOPAC)- Edwin Flack Drive, Sydney Olympic Park, Homebush Bay

Entry - \$5- entry on the day - (athletes must register and pay entry 1 hour before their first event at Athlete check in and then marshal at the event 20 mins before hand for Field events and 15 mins before for Track events.)

Who – All Senior registered Athletes are eligible to compete.

Uniform – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

SOPAC – CLUB PREMIERSHIP ROUND EIGHT	
TRACK EVENTS	FIELD EVENTS
1:00pm 1500m (U14 Only)/3000m, 5000m Walk 1:45pm Sprint Hurdles 2:35pm 60m 3:45pm 200m 4:55pm 4x100m relay 5:15pm 800m	1:00pm Long Jump - 6.00m > 1:00pm Shot Put - 5kg and 6kg 1:00pm Javelin Throw - 400g and 500g 1:30pm Pole Vault - 3.30m start 2:15pm Shot Put - 7.26kg 2:20pm Javelin Throw - 600g and 700g 2:35pm Long Jump - 5.30m > 3:15pm Pole Vault - 2.00m start 3:20pm Shot Put - 3kg and 4kg 3:25pm Long Jump (male) 3:30pm Javelin Throw - 800g 4:40pm Long Jump (female)

NSW 5000M CHAMPIONSHIPS

Date – Saturday 14th January Time – Will commence at the conclusion of the Club Premiership at approx 6.00pm

Where – Sydney Olympic Park Athletics Centre (SOPAC)- Edwin Flack Drive, Sydney Olympic Park, Homebush Bay

Entry - Online Entry into this Championship can be accessed by [clicking here](#) Entry closes on Thursday 12th January 2012 at 5:00pm. Entry Fee is \$18. Late entries may be accepted, however the Late Entry Fee is \$28.

Who – All Senior registered Athletes are eligible to compete. All ability levels and ages are catered for.

Uniform – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

Club Premiership No 9 – Sydney Olympic Park

Date – Thursday 19th January Time – from 5.00pm *see program below*

Where – Sydney Olympic Park Athletics Centre (SOPAC)- Edwin Flack Drive, Sydney Olympic Park, Homebush Bay

Entry - \$5- entry on the day - (athletes must register and pay entry 1 hour before their first event at Athlete check in and then marshal at the event 20 mins before hand for Field events and 15 mins before for Track events.)

Who – All Senior registered Athletes are eligible to compete.

Uniform – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

SOPAC – CLUB PREMIERSHIP ROUND NINE	
TRACK EVENTS	FIELD EVENTS
5:10pm 200m Hurdles 5:50pm 100m 6:45pm 400m 7:35pm 1500m 8:05pm 400m hurdles 8:45pm Steeplechase	5:00pm Discus Throw - 1.5kg and 1.75kg 5:15pm High Jump – 1.20m start (female) 5:15pm Triple Jump – 7m and 9m boards (male) 6:35pm Triple Jump – 7m and 9m board (female) 6:45pm High Jump – 1.50m start 6:45pm Discus Throw – 1kg start 8:00pm Triple Jump - 11m and 13m board 8:05pm High Jump – 1.20m start (male) 8:05pm Discus Throw – 2kg

CLUB CHAMPIONSHIPS

The Club Championships are a competition contested amongst the top NSW clubs from the Premiership competition. The Competition will be held on Saturday 4th February 2012 at SOPAC. The Club would like to encourage All of its Athletes to come along and join in the competition and show our team spirit. Note this in your diaries now and more details will be available shortly.

ACT COMBINED EVENTS CHAMPIONSHIPS

Saturday 18th February at the Australian Institute of Sport Track in Canberra. Online registrations and competition details are now available at www.athleticsact.org.au Entry is \$30-

NSW YOUTH CHAMPIONSHIPS

Entries are now Open for the NSW Youth Championships (U14 - U20, eg 1993 and younger) and close at midday, Monday 30 January 2012. The Championships will be held at SOPAC from the 10th – 12th February. For information regarding the NSW Championships, [please click here](#).

ENTRY IS OPEN TO ALL ELIGIBLE AGED SENIOR REGISTERED ATHLETES – there is no qualifying pathway or standards to enter this event.

Athletes MUST compete at this State event to be eligible to compete at the Junior National Championships.

DRAFT TIMETABLE - [Please Click here](#) for a DRAFT Timetable

CHAMPIONSHIP RULES - For Championship rules, [please click here](#). It is very important that all athletes read and understand these rules prior to entering.

NATIONAL YOUTH CHAMPIONSHIPS

The Australian Junior Championships (Nationals) will be contested at SOPAC from Wednesday 14th March – Sunday 18th March.

(This information has been taken directly from the Aths NSW Web Site)

The Australian Junior Championships is now the premier National Championships for athletes in this transition age group, and athletes can qualify by placing at the NSW Junior Championships or SKINS NSW All Schools or by reaching a qualifying standard.

HOW TO QUALIFY? - There are three ways for athletes to qualify for the Australian Junior Championships:

1. To have placed 1st, 2nd or 3rd in an event at the 2011 SKINS NSW All Schools held in October at Sydney Olympic Park.
2. Reach the entry standard within the qualifying period, as set out by Athletics Australia, which can be accessed by [clicking here](#).
3. Place 1st, 2nd or 3rd in an event at the 2012 NSW Junior Championships.

ELIGIBILITY - To be selected to represent NSW at the Australian Junior Championships, athletes must compete at the NSW Junior Championships in February.

Athletes must be registered with Athletics NSW through an affiliated club in order to compete at the Australian Junior Championships and the NSW Junior Championships.

ENTRY - Entry into the Australian Junior Championship is to be completed at the NSW Junior Championships; Friday 10th February, Saturday 11th February and Sunday 12th February. Further information regarding entry into the Australian Junior Championships will be made available over the coming weeks.

DRAFT TIMETABLE – A draft timetable for Nationals is available

ATHLETICS NSW COMPETITION EVENT GRID

The Event Grid for competition from January – April is now available by following this NSW Athletics link.

http://210.247.205.118/assets/console/document/documents/Grid_postxmas_2012.pdf

If you are wondering when the next Hurdles race or High Jump event etc is on, this is the place to look.

NATIONAL QUALIFYING STANDARDS

To find out the Qualifying standards for Open National and Youth and Junior Nationals follow this link

<http://www.athletics.com.au/home/competition/392/3656/3657>

CLUB PREMIERSHIP NEWS

Calling all Athletes – The club is keen to involve as many athletes as possible in the last two rounds of the Club Premiership. This year the clubs looks like making history by winning the Junior division and coming in the top three clubs overall. We would love it, if we could say that all of our athletes contributed to the point score, so if you haven't had a chance to compete in the Premiership we would encourage you to compete on either the 14th or 19th January. Nicky Jenneke will not be at the Premiership round on the 14th, but Matthew Joyce will be acting as competition manager for Cherrybrook on the day, to help our athletes.

Round 9 will be held on the evening of Thursday 19th January, SOPAC has a great night time atmosphere, so come along and compete under lights.

RESULTS

Athletes Name	Event	Result	Details
Bath Croft	800m	2.26.84	
Ian Hutchinson	200m	26.76	
	1.5kg Discus	44.86m	
Hannah Jones	100m	12.83	
	200m	25.78	
	100m Hurdles	14.30	PB, NQ

PB = Personal best

NQ = National Qualifier for Under Age Nationals in March

MASTERS CURRENT WORLD RANKINGS

Update on our master World Rankings (*vary slightly since reported last week*).

ATHLETE	AGE	EVENT	PERFORMANCE	RANKING
SALLY STAGLES	W50	80M HURDLES	12.86	4 TH
		HIGH JUMP	1.35M	26 TH
JILL TAYLOR	W55	HAMMER	36.41M	8 TH
		WEIGHT THROW	11.55M	9 TH
		WEIGHT PENTATHLON	3228 pts	7 TH

2012 AUSTRALIAN ATHLETICS TOUR

Entries Close TODAY for the HUNTER TRACK CLASSIC

Entries are now open online at www.athletics.com.au for the, Hunter Track Classic, Adelaide Track Classic, Briggs Track Classic, IAAF Melbourne Track Classic (Olympic Trials), Sydney Track Classic and Perth Track Classic . The minimum entry standard for these 'A' series events is an Open National Qualifier. Athletes are encouraged to consult with their coaches before nominating.

Hunter Track Classic – 21st January 2012 – Hunter Sports Centre

Nominations close January 6th Events Available –

Men – 200m, 1500m, 400m Hurdles, Shot Put, Discus

Women – 200m, 400m, 1500m, 400m Hurdles, Triple Jump, Discus, Shot Put, Hammer

- PLEASE NOTE Athletics NSW will also host some non AA funded events at the Hunter Track classic, the following additional events can be entered for on the athletics NSW website.

Open Men – 100m, 400m, 800m, High Jump, Javelin

Open Women – 100m, High Jump

U20Men – 110m Hurdles and U20W – 400m

Adelaide Track Classic – 28th January 2012 – Santos Stadium

Entries Close January 8th 2012 Events offered –

Men – 100m, 200m, 400m, 1500m, 3000m steeplechase, Pole Vault, Discus, Hammer Throw

Women – 100m, 200m, 800m, 5000m, High Jump, Pole Vault, Long Jump, Triple Jump, Discus, Javelin

Briggs Classic – February 4th 2012 – Domain Athletics Centre

Entries Close January 8th 2012 Events offered –

Men -800m, 5000m, 400m Hurdles, Triple Jump, Shot Put, Hammer, Javelin

Women – 1500m, 400m Hurdles, 3000m Steeple Chase, Triple Jump, Shot Put, Hammer

IAAF Melbourne Track Classic (Olympic Trials) – 1st- 3rd March 2012 – New Victorian Athletics Centre in Albert Park, Lakeside Stadium, Melbourne.

Entries Close 20th February Events offered -

Men: 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 5000 metres, 110m Hurdles, 400m Hurdles, 3000m Steeple, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin.

Women: 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 5000 metres, 100m Hurdles, 400m Hurdles, 3000m Steeple, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin.

Sydney Track Classic – 18th February Sydney Olympic Park Athletics Centre

Entries Close 22nd January Events offered –

Men – 100m, 200m, 400m, 800m, 1500m, 110m Hurdles, 400m Hurdles, 3000m Steeplechase, 5000m Walk, Long Jump, Shot Put, Discus,

Women – 100m, 200m, 400m, 800m, 1500m, 100m Hurdles, 400m Hurdles, 5000m Walk, High Jump, Pole Vault, Long Jump, Shot Put, Discus, Hammer,

Perth Track Classic – 11th February - Western Australian Athletics Track, Perth
(please note that this event is being held on the same weekend as the NSW Junior State Championships)

Entries Close Jan 22nd Events Offered-

Men – 100m, 200m, 400m, 1500m, 110m Hurdles, 400m Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Discus, Javelin

Women – 100m, 200m, 400m, 800m, 100m Hurdles, 400m Hurdles, Pole Vault, Long Jump, Discus, Javelin

PILATES

Pilates for our Senior Athletes has recommended for the year and will take place in the club house on Tuesday afternoons from 5pm – 6pm. If you wish to join the class, please contact Cathy Eaton on 0415952141.

FACEBOOK

Thanks to those who have been visiting the Cherrybrook Senior Athletics Face page, feel free to comment on the page or the photos.