

Cherrybrook Little Athletics Newsletter

Friday 20 January 2012

This week we will be running program 1.

Timing Gates Update

As program 1 has no straight track hurdles, we will be easing into using our new gates.

This week we will have 12 lane gates set up on the straight track for the 50,70 and 100m races. Additionally we will have a 6 lane set of gates on the inner track for the 200m, 400m races. The outer track 300, 500, 700, 800, 1500, 3000m races will all continue to be hand timed for the whole season. These are managed easily with a multi timer. People who did some training on the use of the gates at the zone carnival - your help would be very much appreciated. Anyone wanting to learn you would find it very easy and we can teach you quickly in the operation of any of the gates - just come over and we will show you.

Officials and Parent Help

For the rest of the season each age group will be responsible for the running of events for themselves. Therefore there will be no officials at field events waiting for age groups to come through. Each of the field events will be run by the parents under the direction of the age manager. At track events parents will be asked to report to the finish to learn what happens at the end with the gates - checking athletes stay in their lanes according to the start sheet (otherwise they will not get their time but someone elses!) and which buttons to press to produce the reports.

We still need volunteers for the canteen and BBQ, one of the larger age groups on the evening will be asked to share this duty.

For parents this means that you will be spending the whole evening with your child's age group and will be able to help as well as watch closely what is happening. If you have more than one child in the family, please explain to the kids that you will take turns - one week you will be with one of the children entirely and then the next week you will be with another entirely - that way you will all find the evening more relaxed - you see all events of one child, rather than rushing from one to the next and find you just miss everything!!

Evening Start

Age groups may be combined due to low numbers in the holidays and age groups will not be allowed to start their evening unless they have 4 parent helpers in addition to the age manager.

Coloured Patches

A reminder to all members that coloured patches are available to all U7 - U15 athletes. The Patches are not automatically issued but are only awarded to athletes who submit a completed Coloured Patch Recording Sheet (available on the clubs website) and submit it to the club by placing it in the Coloured Patches box in the Club room. This week the club has completed a few of the Under 7 Girls Athletes coloured patches for them, hopefully this will encourage more athletes in that age group to claim their patches.

As well as Friday night competition results, results from all LA's championship events eg zone and regional may be used towards coloured patches, gala day results may also be used where the results are available and verifiable.

Congratulations to the following athletes who are being awarded with their coloured patches this week. Athletes will receive their coloured patches from their age managers on Friday night and are encouraged to attach them to their uniform.
Y = Yellow , G = Green, R = Red, B = Blue

UNDER 7 GIRLS - Eloise Clare (Y,G,R), Michaela Haigh (Y,G,R), Teah Kinney (Y,G,R), Zara Larke (Y,G,R), Erin McLean (Y,G,R), Sophie McLean (Y,G,R), Brooke Parker (Y,G,R), Mia Vlouhos (Y,G,R)

UNDER 8 BOYS - Kaylan Clark (Y,G,R)

UNDER 8 GIRLS - Sophie Conn (Y,G,R), Ella Tavner (Y,G,R)

UNDER 9 BOYS - Jordyn Larke (Y,G)

UNDER 9 GIRLS - Chloe Coxon (G)

UNDER 10 BOYS - Lawrence Cuevas (Y,G), Amay Patel (Y)

UNDER 11 BOYS - Konrad Cuevas (Y,G,R), Ben Tavner (Y,G,R)

UNDER 11 GIRLS - Nikkita Clark (Y,G)

UNDER 13 BOYS - Adam Kinasch (B, GOLD)

UNDER 13 GIRLS - Raquel Cuevas (Y)

Trans Tasman Results

Colgate Games Results (North Island Games)

Name	Age	Event	Result
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Claire Eaton	10	Long Jump	3.45 (32/76)
Claire Eaton	10	Discus	20.77 5th
Lauren Clark	11	100m	17.98
Lauren Clark	11	Discus	22.34 6th
Kristina Moore	12	100m	16.33
Kristina Moore	12	Discus	31.22 1st
Ben Bishop	10	800m	2.28.95 1st
Ben Bishop	10	Long Jump	4.01 9th
Kyle Ekstrom	11	200m	32.54
Kyle Ekstrom	11	High Jump	1.15

Trans Tasman Challenge Day Results

- Kristina Moore did not compete due to Basketball commitments in Sydney
- Lauren Clark did not compete due to injury

Name	Age	Event	Result	Placing
Claire Eaton	10	Shot Put	8.52	6th
		Discus	28.16	Silver
		200m	33.51	14th
		800m	3.14.72	11th
		Field Relay		Silver
Ben Bishop	10	800m	2.33.38	Gold
		1500m	5.05.72	Gold
		Long Jump	4.06	10th
		Discus	14.78	14th
		4x400m relay		Gold
Kyle Ekstrom	11	Shot Put	9.20	4th
		Discus	36.38	Bronze

		High Jump	1.15	19th
		Field Relay		Gold

State Multi Event Championships

If you have chosen to go to State Multi Event you will have noticed that you need to pre order your souvenir t-shirt. Little Athletics sent out an email to all little athletes this week with full details. Check your inbox to see this email.

There is still time to book in for State Multi Event - it is a really great carnival -

The State Multi Event Championship is held on 3-4 March at Cessnock Little Athletics Centre. This is a weekend where athletes compete in 3 events per day (a total of 6 events) and their results are converted to points which are added up to determine the medalists. It is a wonderful carnival - a great weekend of fun and a great opportunity to meet and make new friends from centres all over the state as you stay with the one group all weekend. Book your accommodation soon as I believe there is other activities on in the Hunter Valley that weekend.

For those athletes going to Trans Tasman - this carnival is also the Trans Tasman reunion - there is a function on the Saturday evening following competition to get together with others from the New Zealand trip.

For more information on the State Multi Event - please go to the Little Athletics Association website at <http://www.laansw.com.au/>

Sydney Track Classic 2012



The 2012 Sydney Track Classic website has launched, signaling the start of the countdown to this world class event.

It's less than three months away, so mark the SATURDAY 18TH FEBRUARY 2012 in your diary!

The night is shaping up to be a show-stopper! Fans will have the opportunity to compete in a celebrity relay with stars such as Matt Shirvington (Australian Olympic sprinter), Roz Kelly (Channel Nine Reporter), Erin Molan (Channel Nine Reporter), Bondi Rescue lifeguards, and Brad Fittler (former professional rugby league coach and player).

The field on-the-track will also be a star-studded affair, with the following big-name international athletes confirmed to compete – Greg Nixon (USA, 4x400m relay team gold medalist at the 2011 World Championships); David Rusdisha (Kenya, 800m world record holder); Valerie Adams (New Zealand, reigning Olympic, World and Commonwealth Champion in the shot put); Stephanie Brown-Trafton (USA, Olympic discus champion), and Kara Patterson (USA, US javelin record-holder).

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

<http://sydneytrackclassic.com/>