CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 22
FRIDAY 14 MARCH 2014
CHERRYBROOK PROGRAM 3

Last week we needed gumboots instead of spikes! But despite last week's cancellation we have not had as many washouts this season as we have had in previous years. It is just unfortunate that it has occurred at this late stage in the season when all our little athletes are on the verge of breaking records and setting PB's. We have decided to extend the season for **ONE MORE WEEK**. Therefore, the last night of competition will now be **Friday, the 28th of March** and we will be running Program 1.

Parent Roster

Parent Duty 14/3/14	Age Group
Field Set up	Snr B & G
Canteen & BBQ	9B & 9G
Timing Gate Helpers	8B & 8G
Timing Gate pack up	12B & 12G

We are going to be using 3 timing gates this week and need as many people as possible to help set up from 5:15 onwards. Please don't anticipate that someone else will do the job, our Little Athletes need us to be organized so we can start the Program on time.

Colour Patches

Run hard, throw far, jump high and long – last week to get those coloured patches!

Javelin Alert

Program 3 is a javelin night so keep your eyes peeled and be vigilant at all times.

Start time: 5:30 for U12's, followed by the seniors. (must be finished by 7pm)

Invitational events

For 3 weeks we have been trying to run these events… so incase you missed the news the last time, this week we will be running the following invitational events:

Discus and 800m

Start time: 8pm

Records can be broken in the invitational discus, but not the 800m, however it is a good opportunity to push yourself against faster athletes.

Additional Opportunities for 100m & 200m this week

Start time: 6pm at the beginning of the evening

You can use these results for patches BUT NOT RECORDS. For example 100m races will be as follows:

12-13 second PB
13-14 second PB
14-15 second PB
15-16 second PB
17-18 second PB

Additionally at the conclusion of the circular track we will run 200m races based on PBs. This will be at approximately 7.45-8pm. Ask for a committee member to go and organise the heats based on times.

SAVE THE DATE: Presentation Day will be held on Sunday 18 May at Dural Country Club

A great event to help celebrate and recognize what it means to participate and achieve your own personal bests. Don't forget to book your table at the Bistro.

Meals for the Collett Family

Earlier this year we learnt of the passing of Greg Collett. Greg was a committed athletics parent and as a Club we would like to honour his memory and help his family. If any families can help out by supplying a meal for the family that would be greatly appreciated. Meals, either frozen or ready to freeze can be delivered to their home in Dural on Thursdays after 5pm. Please respond to this email if you can help.

Canteen & BBQ

Only 2 competition nights left to enjoy a delicious sausage sizzle or chicken burger.

State Championships Parent Duty Roster

The duty rooster has not yet been filled. Please get onto the website ASAP and log your enthusiastic interest.

Click http://www.signupgenius.com/go/5080548A8AE22A02-cherrybrook2

Bunnings BBQ

Date: 6 April
Where: Bunnings Thornleigh
When: 8-10am, 10-12 noon, 12-2pm, 2-4pm.
Please reply to this email indicating your interest.

Call to Arms

We are looking for parents who would like to join the committee. Help will be welcomed in all areas, in particular, Jen Little needs help in the uniform department.

Have a great athletic night!