

**CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 15**  
**FRIDAY 24 JANUARY 2014**  
**CHERRYBROOK PROGRAM 2**

As it is the Long Weekend, we are likely to have small numbers, but if you are in Sydney it is a fun night and is likely to finish early. Please show up ready to help. We will only put up one set of gates this Friday and operate hurdles and straight track on the same track.

**Little Athletics when school returns**

We would love to see good numbers of our club members return after the summer break when school goes back. It is really amazing to see how many PBs are smashed as the kids are rested, have grown and are really starting to understand how each event works. Give the kids a chance to see how much they have improved and get them ready for school athletics by continuing to come right through to March. (It will keep them fit for the soccer/netball seasons too!)

**Combining Age Groups**

Age groups this week are likely to be combined as some were last week.

**Canteen & BBQ**

This week we will be offering sausages our weekly special is chicken burgers at \$5 from the canteen along with the usual drinks, ice cream spiders, chips and lollies. Don't forget we also have Zooper Doopers - the long flavoured ice at 70cents. It is certainly hot enough to have them now - they are available as soon as you arrive.

**Region Qualifiers**

The NE Metropolitan Zone has their carnival this weekend and as soon as their results are known, the next best qualifiers will be notified. This is likely to be on Tuesday or Wednesday, but you can figure it out yourself by looking at the results on the [www.lansw.com.au](http://www.lansw.com.au) website under Results.

**State Multi Event Championships, 1-2 March 2014**

If you are new to athletics, you may not know what this is. This a carnival where each athlete competes in a range of events across track and field and each event result is converted to points. The events are contested over 2 days. These points are then added together as a running point score. The Multi Event championship this year is very close to Sydney, being held in the Illawarra - this means that potentially you don't need to overnight at a motel, provided you were willing to do that 70-90 minute drive each way each day. It is a great carnival and last year Cherrybrook had (from memory) about 12 competitors and 2 were gold medalists and one silver medalist, with several in the top 12.

All registered athletes in the U7-U17 age groups are eligible to enter.

Please [click here](#) to find more information on the 2014 State Multi-Event, including: events per age; flyer; tourist accommodation information etc.

The entry fee is \$10 per athlete. All entries are **ONLINE** only. Don't forget entries close at **5pm, Wednesday, 12 February 2014**. To submit your entry **online** [click here](#).

The State Multi-Event is one of the highlights of the Little Athletics calendar and is an event with a great family atmosphere.

Make this a family getaway and join us in Flinders for this fun, family-orientated weekend. See you there!