

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 16
FRIDAY 31 JANUARY 2014
CHERRYBROOK PROGRAM 3

School's back and so we are all out of holiday mode. Get back into the swing of things with Cherrybrook Little Athletics this Friday night. Last week, loads of PBs, come and see if your kids achieve PBs too!!

We will only put up one set of gates this Friday and operate hurdles and straight track on the same track. The reason for this is that several parts of the gates have been sent off for repair due to rough handling when putting the gates away. The three sets of gates we own are worth \$20,000. At the moment we can only operate one set and repairs are likely to be \$1000. I would ask all parents to treat our equipment as if it is your own car - you don't want to get any dents and therefore you take great care with your car. If you don't know how something comes apart - ask and someone will show you.

Parent Roster

Parent Duty 31/1/2014	Age Group
Field Set up	10B & 10G
Canteen & BBQ	11B & 11G
Circ track time keepers*	8B & 8G
Timing Gate pack up	12B & 12G

As we will only have straight track, we need 5 timekeepers on the inner circular track, so this duty was timing gate helpers.

Canteen & BBQ

This week's special is bacon and egg. So if you choose 3 items on a roll ie - bacon, egg and sausage or BLT (bacon, lettuce and tomato) it is \$5. 2 items is \$4, 1 item is \$3. Cans of drink are \$2.50 but if you buy a meal deal a drink is just \$2.

Support the major fundraising of the club by buying dinner at the canteen.

Region Qualifiers

The NE Metropolitan Zone carnival results have been published (https://assets.imgstg.com/assets/console/document/documents/20140128022120Nth_East_Met.pdf) however as I write this newsletter we do not have official notification of the additional qualifiers. It is easy to work out yourself as there are only two zones, so go to the results and check - the next best 4 athletes achieve qualification provided you were in the zone final.

Central West Metropolitan Zone Multi Event Gala Day **Sunday 2 February, Dwyer Oval, Warwick Farm**

This is a great way to practice for the State Multi Championships (below) with 6 events per age group in one day. Entry costs \$5 per athlete and entries close at 9pm on Friday 31 January by email (sainco@bigpond.com) or late entries are \$10 on the day at 8am

Go to www.warradalela.homestead.com/wlacindex.html for more details and events contested.

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!