

CHERRYBROOK LITTLE ATHLETICS NEWSLETTER NO. 13
FRIDAY 13 DECEMBER 2013

There is no competition at Greenway Oval, Cherrybrook this Friday night.

This weekend is the Zone carnival at Barton Park, Parramatta

Cherrybrook had a large number of members who competed at the All Schools National Track and Field Championships for high school students in Townsville last weekend.

Athlete	Event	place	time/distance
Karina Takchi	U18 100 4x100m	6th GOLD	12.37
Rachel Pace	U16 90 Hurdles U16 200 Hurd 4X100M	GOLD GOLD GOLD	12.35 RECORD 28.22
Katie Devitt	U14 200m 4x100m	6th GOLD	25.93
Lauren Clark	U14 Hammer	GOLD	40.25m
Jordan Shelley	U16 100m U16 200m 4x100 relay 4x swedish relay	GOLD GOLD GOLD GOLD	10.67 RECORD 21.44 43.26
Declan Pluim	U16 High Jump	GOLD	2.07m
Alex Nguyen Ha	U16 Long Jump U16 Triple Jump	6th 6th	6.20m 12.90m
Lewis Clabburn	U14 90m Hurdles 4x100	4th BRONZE	12.64
Konrad Cuevas	U14 Pole Vault	SILVER	2.65m

There were 6 other athletes who are Cherrybrook Seniors and members of other little athletics clubs. The NSW contingent was therefore very strongly represented by Cherrybrook Senior and Junior Athletics Club.

Congratulations to these competitors and hopefully their results will inspire our Zone team to great performances.

All Zone participants should know by now the following:

- a. The events you are in.
- b. The time of these events and where to find the timed order of events
- c. The parent roster and what time and where you are rostered for.
- d. Where it is on, what to bring with you, what to do on arrival.
- e. The name and contact details of the team manager (Jenny Bishop 0411 356 755) Put this in your phone in case of any problems, she is the person to contact.

Should you not have the above information, it is all on the Cherrybrook website at www.cherrybrookathletics.org.au, you can click on the zone tab on the left of the page and you will find program with times listed by day and the home page gives links to the roster and all the FAQs on information sheets.

There will be no printed program to buy this year. Instead you can look at/download/print your own copy from the link <http://goo.gl/3lMrw4>

The program lists all the heats, lanes etc.

Additionally there will be QR codes available to scan at the Cherrybrook desk on the weekend for instant access on your smart phone. Results will still be posted on the canteen building so you need to check there to see if you are in a final.

What to do after you finish your event

If you are in the top 6, you automatically qualify for the Region carnival in February, so you return to the Cherrybrook tent, to discuss shirts. If you have a region shirt that still fits you and you are U12 and older, there is an alternate choice this year. (You have to come back to the desk to find out what!!) However the Region shirt must still be worn over your competition singlet at the Region carnival. All other qualifiers come and try on a shirt for size and write down the details on the sizing sheets available at the desk. If you have finished 7th or 8th, still come and try on a shirt, as it is likely you will go through to region.

To all competitors I wish you the very best of luck.

Most of you will see me and hear me throughout the carnival, as I am Zone Coordinator and therefore my job this year is as carnival manager. Let me

know how you are going if I walk by you, as I am always interested in how Cherrybrook athletes are performing.

Best wishes for the carnival and for Christmas and the holidays ahead.

Kind regards

Cathy Eaton