

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 23RD JANUARY 2014

Dear Cherrybrook Athletes and families,

After such a busy weekend of Club Championships last weekend this past week has been a quiet one for Cherrybrook athletes in terms of competition as our athletes are training hard with the NSW Juniors Championships in just over 2 weeks time! We did however have **Hannah Jones** and **Ben Jaworski** compete in the Hunter Track Classic over the weekend. Hannah looks like she is returning to her very best after finishing 4th in the 100m Hurdles with a solid time of 14.25 which is just outside the qualifying time of 13.94 for the World Junior Championships for 2014. Ben Jaworski finished in 6th place in the Mens 100m A race.

Please do not forget to ENTER ONLINE for the NSW Junior Championships and NSW Club Championships. Both these competitions have entries that close on **Tuesday 28th January, midnight**. Hope you all have a great long weekend and Australia Day!

COMPETITIONS

CLUB CHAMPIONSHIPS - 1ST FEBRUARY 2014

The 2014 NSW Club Championships will be a two day championship on non consecutive Saturdays. Day two will be held on **Saturday 1st February 2014** at SOPAC. Entry is open to all athletes registered with Athletics NSW for the 2013-14 season. There are no restrictions on how many athletes can represent a club per event. However only two athletes from each club are eligible to score points per event. The two point-scoring athletes will be determined on the basis of performance at the Club Championships. For further information, rules and the timetable of this event please follow this

link: <http://www.nswathletics.org.au/Competitions/Events/ArtMID/1755/ArticleID/42157/NSW-Club-Championships-Day-2>

NB: All online Entries Close Tuesday January 28, Midnight

NSW JUNIOR & YOUTH CHAMPIONSHIPS: 7TH - 9TH FEBRUARY 2014

This is an exciting Championship for underage athletes in NSW. Introduced in 2010, in collaboration with Athletics Australia, the premier athletics event for U14 to U20 athletes is for the development of the sport in the transitional demographic of 12 – 19 years.

ENTRY:

[Click here](#) for online entry.

[Click here](#) for a manual entry form (coming soon).

Athlete Entry Fee is \$20 for each event (if entering U20 or U18 events) or \$15 for each event (if entering U16 or U14 events), with a cap of \$70.

Athletes are to be registered with Athletics NSW (or other state member association) for the 2013-14 season and wear their Athletics NSW club uniform with their bibs worn front and back for the duration of the Championship.

Entries and payment is to be submitted by midday, **Tuesday 28th January 2014**.

TIMETABLE:

[Click here](#) to view the draft timetable.

AGE GROUPS:

U20 - Born 1995 or later (cannot be in this age group if 20 on the 31st December 2014)

U18 - Born 1997 or later (cannot be in this age group if 18 on the 31st December 2014)

U16 - Born 1999 or later (cannot be in this age group if 16 on the 31st December 2014)

U14 - Born 2001 or 2002 (cannot be in this age group if 14 on the 31st December 2014)

CHAMPIONSHIP RULES:

For Championship rules, please [click here](#). It is very important that all athletes read and understand these rules prior to entering.

For the pole vault and high jump starting heights, please [click here](#).

AUSTRALIAN JUNIOR CHAMPIONSHIPS INFORMATION:

For information regarding selection into the NSW team to compete at the Australian Junior Championships, please [click here](#).

VENUE:

Sydney Olympic Park Athletics Centre - Edwin Flack Avenue, Sydney Olympic Park.

[Click here](#) for a map to gain directions.

QUALIFICATION PROCEDURES FOR ATHLETES, PARA ATHLETES & RELAY RUNNERS FOR 2014 AUSTRALIAN JUNIORS:

http://nonlbassets.imgstg.com/assets/console/document/documents/20140122021807Qualification_Pathway_for_web.pdf

OTHER COMPETITIONS

* For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2014 please click the following link: <http://www.nswathletics.org.au/Competitions/Calendar>

* You can also now access the post Christmas competition grid from the Athletics NSW website from here: <http://www.nswathletics.org.au/Portals/18/2014%20Post%20Xmas%20Competition%20Grid%20for%20Web.pdf>

NATIONAL ATHLETICS SERIES 2013-14

Online nominations for National Series meets which are conducted by Athletics Australia are now open. For further information, qualifying standards please click on the following link: http://www.athletics.com.au/home/competition/events/australian_athletics_series

To enter please click the following link: <http://www.athletics.com.au/Compete/Online-Entries>

GWS "OLYMPUS" CLINIC - SUNDAY 2ND FEBRUARY

Attention all aspiring track and field athletes! Here is a unique opportunity to receive coaching by some of Australia's best athletes who have all represented our country at the Olympics! You will receive coaching from Youcef Abdi (Middle - Long Distance), Joel Milburn (Long Sprints), Petrina Price (High Jump) and Nick Hough (Sprints/Hurdles) depending on the event you do.

When: Sunday 2nd February, 10am-12pm

Where: Bankstown "The Crest", McLean St, Bass Hill

Who: Athletes between the age of 12-18

Cost: \$30 per athlete

Register: www.littleathletics.com.au (places strictly limited)

Closing Date: Wednesday, 29 January, 2014

Contact: Youcef Abdi - youcef.abdi@nswathletics.org.au and 9633 4511

NATIONAL ENTRY/QUALIFYING STANDARDS

The 2013-14 Australian Championship qualifying standards have been released and can be found at the link below.

<http://www.athletics.com.au/Portals/23/Competition/Documents/Aust%20Qual%20Standards%202013-14.pdf>

Athletes obtaining or bettering the standard for their age division will qualify for the 2014 Nationals to be held in March in Sydney.

UNIFORM SHOP NOTICE

The Cherrybrook Athletics Uniform shop is located inside the Clubroom at Greenway Park Athletics Oval.

The shop will be open to buy Uniform on Friday Nights from 5.30pm – 7.30pm

For uniform enquiries please contact our Uniform lady Kat on [0419418919](tel:0419418919) or kat@cuevas.com.au

OFFICIALS AND COACHES EDUCATION AND TRAINING DATES

- [Officials Information and Training Dates](#)
- [Coaching Education and Training Dates](#)

FACEBOOK

We now have a Facebook page where you can see photos of our athletes, the latest results and other important events and notices within the club. To gain access to this page search "Cherrybrook Senior Athletics" and click "LIKE".

RESULTS

Illawong NSW Permit Meet @ Illawong - 17/01/2014				
ATHLETE	AGE	EVENT	RESULT	DETAILS
Tiana Death	14	100m	13.76	
Toby Menday	19	800m	2.02.74	

Hunter Track Classic @ Hunter Sports Centre - 18/01/2014					
ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Hannah Jones	Open	100m Hurdles (84cm)	4th	14.25	Q
Ben Jaworski	Open	100m	6th	11.59	

SB - Seasons Best
PB - Personal Best
Q - National Qualifier
CB - Club Best

If you have any other exciting and important news or recommendations for Club Notices please let me know.

Kind Regards,
Cherrybrook Senior Athletics
Championships and Seniors Vice President
Matthew Joyce - [0402 485 998](tel:0402485998)