

Little Athletics Championship Dates & Explanations

Apart from our Friday night competitions, Little Athletics offers the opportunity to compete against other clubs in Championships as outlined below. Please read through the following information carefully. Further information will follow in the weekly bulletins

State Relays -

U8-U11 Saturday 22 November 2014

U12-U17 Sunday 23 November 2014

Athletics is mostly an individual sport, State Relays is the one major carnival where athletes compete in a team of 4 and all their performances are added together to make the team score. Of course 4x100 is included, but there is also a 4x400 (or 4x200 in the 8s and 9s as they don't run a 400 at Little Athletics so this is the substitute event) which has two boys and two girls from the age group, this is the only mixed gender event. For middle distance runners there is a multi age 4x800m relay (on the junior day the U8 competitor runs 700m).

In field events there is a jumps relay - 4xlong jump in U8 and U9 and 4x long/high with 2 competitors contesting long jump and 2 contesting high jump in the other age groups. There is also a 4xshot/discus relay in all age groups.

State Relays is the biggest carnival run by Little Athletics. It is held at Sydney Olympic Park and for some of our younger athletes, it might be the first time they have competed at the venue. It is a great event to be involved in with teams from centres all over the state.

Cherrybrook picks the teams via a nomination process. **Nominations will open this week, and close on Friday 17th October** so start talking among the age group now to try and get an enthusiastic and strong group nominating.

Zone Championships

Saturday 13 and Sunday 14 December 2014

Barton Park, Parramatta

The North Metropolitan Zone Championship is the first step on the way to the State Championship in March 2015. **You MUST compete at zone in order to qualify through to Region and then qualify through to the State Championship.**

Zone Championship is open to all athletes from U7-U17. Athletes in the U7 age group do not progress any further and receive medals if they come 1st, 2nd or 3rd at Zone.

Athletes who place in the top 6 in any event automatically qualify to the Region Championship. Athletes who are deemed to be the next best 4 from either of the two zones in our region will be notified in the week following the Zone Championship. Therefore you will know well before Christmas regarding additional qualifications through to the Region Championships.

Rules for Zone - athletes from **U7-U12** can only compete in **4 individual events** and are subject to selection. Therefore when nominating your preferences will be taken into consideration. **Cherrybrook is only able to put 5 athletes into each event at zone.** This is generally done based on best performances within the agegroup

Athletes from **U13-U17** may compete in up to **6 individual events** and are not subject to selection. We can enter as many athletes as nominate. (This is because there are less senior athletes registered and competing).

Athletes will be entered only if they fill in a nomination form. **Zone nominations will be available in late October.**

The Zone Championships program has been up on the Cherrybrook website for some time on the left hand side of the home page under Zone.

Mark the date now in your calendar so that Cherrybrook has a large team.

Region Championships

Saturday 14 and Sunday 15 February 2014

Sydney Academy of Sport, Narrabeen

Athletes qualify from the Zone carnival above. This is the final championship carnival for the U8 age group.

Athletes who come 1st or 2nd automatically qualify for the State Championship. The next best 8 athletes from across the state will also achieve qualification. These athletes will be notified on about 26 February, following the completion of all the region carnivals.

State Track and Field Championship

Friday 20, Saturday 21 and Sunday 22 March 2015

Sydney Olympic Park Athletic Centre

Qualification is through the zone and region pathway listed above for U9-17 age groups.

Friday night events begin at 5pm and continue to about 9pm. Parents are encouraged to have a look at the State program to ensure your child is available on the date the event is scheduled at State. The State program being run over 3 days with 24 competitors in each event is a big schedule and there are some clashes. Go to http://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10558&OrgID=3666&count=1

This will give you more information regarding the State Championships and the complete program for each day.

Australian Little Athletics Championships

Saturday 26th April 2015

Perth

Athletes are selected in the **U13 age group**, based on performances from the State Championships. Only 22 athletes are selected, so in most cases athletes are selected who are able to achieve highly at state in more than 1 event. Cherrybrook has had club members in this team almost every season over the past 10 years. ALAC involves 2 training camps as well as the championships. Good luck to this year's Under 13s.

The gold and silver medalists from the **U15 State Multi Event championship** are also selected for this National Championship. More details on the state multi event in a future newsletter.

Follow the link below for more information, or speak to Cathy Eaton or Jenny Bishop who have both had children selected for ALAC

https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=17501&OrgID=3666&count=1

STATE MULTI EVENT CHAMPIONSHIPS

This season they will be held at SOPAC Homebush on **Saturday and Sunday, 7 & 8 March 2015**.

This is a multi event competition for individual competitors. Each athlete competes in 6 events - 3 on each day. Times and distances are converted to points which are added together to determine the placegetters. Events vary slightly for each age group, so go click on the link for full details:
https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10560&OrgID=3666&count=1

STATE CROSS COUNTRY AND ROAD WALKS CHAMPIONSHIPS 2015

The State Cross Country & Road Walks are held on the first Sunday in July each year. In the 2014/2015 season the championships are being held on **Sunday, 5 July 2015** at a Metropolitan venue TBC.

Is your child in the Under 11 or Under 12 Age Group - READ THIS

TRANS TASMAN ATHLETICS TOUR

Sydney January 2014

The Trans Tasman is for athletes in the U11 and U12 age groups, from both NSW and Auckland. Every second year, a team from NSW (boys and girls in both the U11 and U12 age groups), travel to Auckland for the Trans Tasman Tour. On alternate years, a team from Auckland travels to Sydney. This season the Trans Tasman Challenge will take place at Campbelltown Athletics Track on Sunday, 18 January 2015.

The **Trans Tasman Trials** for selection to the 2015 Trans Tasman Team, will be held on the **Sunday, 2 November 2014** at Barton Park, North Parramatta. Athletes must trial in 2 track events and 2 field events. All the details are available on the link and I recommend you read it thoroughly

NOTE: Entries close 17 October 2014. Only **ONLINE** entries will be accepted.

Events offered for both Home and Away Tour Trials are 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Shot Put and Discus.

For further information see:

http://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=10567&OrgID=3666&count=1

A number of parents have had children involved with Trans Tasman including myself, so feel free to reply to this email with any questions.

For further information regarding Championships, please contact Jenny Bishop via email: jenbishop@optusnet.com.au or speak to one of the other Championship assistants Daven Timms and Trish Hirst, or speak to Cathy Eaton who has been our championships officer for the past few years.

Jenny Bishop
Championships Officer Cherrybrook Little Athletics