

## CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 27TH NOVEMBER 2014

Dear All Cherrybrook Athletics friends and family,

We hope you all enjoyed a week off Senior Athletics and stayed cool in the extreme heat we encountered last weekend! This week we turn our attention to Round #5 of the Treloar Shield at Bankstown where our club is currently doing very well in 4th place overall after strong results and participation from Cherrybrook members over the past month. We'd love to see lots of athletes in action in what will be an excellent meet in preparation for upcoming competitions in early December including the: Australian All Schools Champs and Australian All Schools Knockout and the Little Athletics Zone Competition(s) the following week. December is a big month for the club in terms of competition(s) and results so get excited, get involved and support our fantastic athletes and great club!!

### GOOD LUCK CHERRYBROOK SENIORS NATIONAL ATHLETES!

Best wishes to our 12 Cherrybrook Athletes who will be competing next week in Adelaide from December 5 - 7 in the Australian All Schools Championships:

- Imogen Breslin: U/14G 80m Hurdles
- Mia Hemsworth: U/14G 80m Hurdles
- Kristina Moore: U/16G Shot Put and Discus
- Julie Charlton: U/16G 100m, 200m, 800m, Shot Put and Discus
- Rachel Pace: U/18G 100m Hurdles and 100m
- Carla Takchi: U/18G 100m Hurdles
- Emma Ralphs: U/18G Javelin
- Maddy Jones: U/18G High Jump
- Nicholas Dang: U/14B 90m Hurdles
- Kevin Yang: U/14B Shot Put
- Konrad Cuevas: U/14B Pole Vault
- Jordan Shelley: U/18B 100m and 200m

For more information on this meet including entry lists, timetables and results please view the following link: <http://www.athletics.com.au/Compete/Events/australian-all-schools-athletics-championships-413>

### KINGS TRACK AND FIELD TRELOAR SHIELD (OCTOBER - DECEMBER 2014)

The Treloar Shield is an 8 round interclub track and field competition commencing in early October. It is named after the great NSW track and field athlete John Treloar. The Treloar Shield is an age group based competition for athletes of all ages, abilities, and aspirations. Athletes score points for their respective clubs which tally towards both the age group pennants and the overall Treloar Shield trophy.

Date	Venue	Further Information
29th November	Bankstown	<a href="#">Round 5</a>
6th December	Campbelltown	<a href="#">Round 6</a>
13th December	SOPAC	<a href="#">Round 7</a>
20th December	SOPAC	<a href="#">Round 8</a>

### TRELOAR SHIELD #5 - SATURDAY 29TH NOVEMBER @ BANKSTOWN

**Competition Status:** The Treloar Shield is permitted by Athletics Australia (AA). An AA permit allows athletes to qualify for international events and break state and/ or national records.

**Eligibility:** Athletes must be registered with an Athletics NSW affiliated club for the 2014/15 season. If you are not currently registered with a club you can register online [here](#).

**Uniform:** Registered Athletics NSW club members must wear their correct club uniform. Athletes must have their Athletics NSW 2014-15 registration numbers attached on the front and back (except in pole vault and high jump events).

**Age Groups:** The Treloar Shield competition is conducted in the following age groups U14, U17, U20, Open, 35+, and 50+. Ages for all age groups are calculated as at 31st December 2014.

**Entry:** Online entry is \$7.50 and closes midnight Thursday 27th November 2014.

[Click here](#) to enter online.

On the day entry is available but not guaranteed and will only be offered in the Treloar Shield events if space exists in the event. On the day entry will incur a higher fee of \$20 and entry must be completed one (1) hour prior to the athlete's first event.

**Events:** 200m, 800m, Sprint Hurdles, Steeplechase, Walks, High Jump, Triple Jump, Shot Put, Hammer Throw.

**Timetable:** [Click here](#) to view the DRAFT timetable.

A final timetable will be published here by 5pm Friday. All athletes must check the final timetable to confirm the start times of their events.

**On the Day Check-in:** All athletes in TRACK events must report to athlete check in to advise of their intention to compete at least sixty (60) minutes before the scheduled starting time of the event.

Athletes entered in FIELD events only, are not required to report to athlete check in. Instead, field event athletes must report directly to the field event site at least twenty (20) minutes before the scheduled start time.

**Rules:** [Click here](#) to view the competition rules in the 2014 Treloar Shield Rules.

**Results:** Live results will be available throughout the competition. [Click here](#) to go to the live results site. Collated results and competition point scores will be published on the results page [here](#).

**Prizes:** At every Treloar Shield round, Athletics NSW will be giving away 6x \$100 Kings Sports Store vouchers. Recipients are randomly selected in the following categories...

Male: Junior, Open, Masters

Female: Junior, Open, Masters

**Venue:** The Crest Athletics Field, McClean St, Bass Hill.

[Click here](#) to view map.

### **ATHLETICS NSW DRAFT CALENDAR 2014/15**

See what dates and competition(s) have been set for the upcoming season and make sure to clear your diaries/calendars for those major events such as NSW Junior and Youth Champs, NSW Club Championships and of course the big one NSW State Relays. Please refer to the link below for more information: <http://www.nswathletics.org.au/Portals/18/Competition/2014.15%20summer%20calendar.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>

### **ATHLETICS AUSTRALIAN QUALIFYING STANDARDS 2014/15**

To qualify for the Australian Junior Championships (March) and Australian Opens Championships (April) to be held in 2015 please view the following link: <http://athletics.com.au/Portals/56/Competition/Documents/Standards%202014-15.pdf>

### **WORLD YOUTH CHAMPIONSHIPS QUALIFYING STANDARDS 2015**

The Selection Policy for the 2015 IAAF World Youth Championships has now been published by Athletics Australia.

The following document sets out the basis on which Athletics Australia Selectors will determine the team for the five-day event to be held in Cali, Columbia from July 15 - 19, 2015: <http://athletics.com.au/Portals/56/High%20Performance/Documents/WY/World%20Youth%20Championships%20Selection%20Policy%20v9.pdf>

### **CHERRYBROOK ATHLETICS CANTEEN OPEN FOR COFFEE**

On Monday and Wednesday evenings from 5.45pm - 7.30pm the Canteen at Greenway Oval will be open and we will be selling coffee, lollies, hot chocolate and chicken soup! So next time you are up at training make sure you bring with you some spare change with you for a bit of a sugar or caffeine hit!

### **FACEBOOK & INSTAGRAM**

We 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". Our club has also just got an account on Instagram where you can see more fantastic photos of our club!

### **COACHING & OFFICIALS**

For further information in how to become a qualified coach and/or official please click the following links below:

[- Officials](#)

[- Coaching Accreditation and Programs](#)

Kind Regards,  
Cherrybrook Athletics - Senior Vice President  
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