

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 2ND OCTOBER 2014

Dear Cherrybrook families and athletes,

Who can we believe we are only 7 days away from the start of the NSW All Schools Championships?! Entry Lists have now been updated and a Final Timetable is available in the notices below so please check closely to see your name is in the correct event and age group as there have been cases in the past where our athletes have been missed off. Best of luck to all athletes, families, coaches and supporters for this wonderful competition which is expected to have over 1500+ athletes which will be great for the sport of Athletics. I'm sure we will win many medals, break more club records and most importantly do those Personal Best's that we all aspire to in training week in week out! Go Cherrybrook!!

NSW ALL SCHOOLS WARM UP MEET #2 - 4TH OCTOBER

Time: 1.00pm – 5.30pm

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

Entry: \$5 entry on the day. Please ensure that you arrive to register on the day at least 60 minutes prior to your event start time. Athletes do not need to be registered with Athletics NSW in order to compete. Athletes are required to attend a secondary school and be between the ages of 12 and 19 as at the 31st December 2014.

Parking: Parking is available in P1 and P2. Parking tickets can be validated at the office of the warm up track on the hour from 12pm.

Venue: Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park.

[Click here](#) to view map.

NSW ALL SCHOOLS CHAMPIONSHIPS - 9TH - 12TH OCTOBER

Athlete Information - [Click here](#) to view the athlete information sheet. Please read carefully.

Uniform

Athletes are to wear their school athletics uniform, school PE uniform or their Senior Athletics Club uniform (Little Athletics uniforms and regional uniforms may not be worn).

Age Groups

Events will be conducted in age groups 12, 13, 14, 15, 16, 17 & 19 years of age. Age is determined as at 31 December 2014.

[Click here](#) to view the weight and hurdle specifications.

Entry Lists

[Click here](#) to view the event entry list (updated 02.10.14). Please check carefully your event entry carefully.

Timetable

[Click here](#) for the FINAL timetable. **Please note**, some changes have been made. Most changes are minor whereby the start time has been slightly altered; however some events either now include heats (maybe on a separate day) or are now straight finals without heats. Athletes **MUST** check this timetable to confirm the start time of their event/s.

On the Day Check-in

Athletes must report to Athlete Check-In at least 60 minutes before the start of each of their events to confirm their entry. Athletes are encouraged to check-in at the commencement of each day for all of their events for that day.

Athletes will receive their competition numbers when they check-in for their first event, on their first day of competition. Athletes not wearing an official competition number **WILL NOT** be allowed to compete.

Rules

[Click here](#) to view the NSW All Schools Championship rules.

[Click here](#) to view the heat to final progression.

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](#).

[Click here](#) for the current NSW All Schools Records.

Venue

Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park.

[Click here](#) for venue information.

NSW SENIOR STATE RELAYS - 15TH & 16TH NOVEMBER

If there are any date(s) that you should keep free this athletics season the **15th and 16th November** is the weekend as we have our senior state relays on at Sydney Olympic Park Athletics Centre where we would love to see as many athletes compete as possible in this friendly team competition. Last year we had 46 athletes in 28 teams where we won 13 medals. I'm sure we can do even better this year! **Nominations will open Monday 13th October** - I will send you an email with the relevant online nomination form on this date.

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>

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
18th October	SOPAC	Round 1
25th October	Illawong	Round 2
1st November	ES Marks	Round 3
8th November	SOPAC	Round 4
29th November	Bankstown	Round 5
6th December	Campbelltown	Round 6
13th December	SOPAC	Round 7
20th December	SOPAC	Round 8

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.

Rules:

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

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>

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!

OFFICIALS AND COACHES EDUCATION AND TRAINING DATES

- [Officials Information and Training Dates](#)

- [Coaching Education and Training Dates](#)

RESULTS

NSW All Schools Warm Up Meet @ SOPAC - 27/09/2014				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Tiarne Ekstrom	12	80m Hurdles	14.77	PB
		Long Jump	4.07m	
		Shot Put (3kg)	8.61m	PB
Imogen Breslin	13	80m Hurdles	12.27	
Brianna Phillips	17	100m	14.15	
Carla Takchi	17	100m Hurdles (76.2cm)	15.21	
Nat Setiadji	18	100m Hurdles (84cm)	15.2	Q
Nicholas Dang	13	90m Hurdles	13.3	PB
Kyle Ekstrom	14	100m Hurdles (84cm)	15.42	Q
		Shot Put (4kg)	12.03m	CB
Lachlan Antoinette	14	100m	13.59	
		High Jump	1.45m	PB
		Long Jump	5.04m	PB
		Shot Put (4kg)	11.30m	PB
Josh Baddock	16	Long Jump	6.10m	
		High Jump	1.90m	Q

Australian University Games - 29/09/2014 - 02/10/2014 @ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Karina Takchi	18	100m	14th	12.6	12.52 (h)
Courtney Chamberlain	19	800m	13th	2.24.68	
		1500m	10th	4.43.92	
Hannah Jones	19	100m	16th	12.74	
		100m Hurdles (84cm)	BRONZE	14.78	14.57 (h)
Raa Attenborough	20	800m	17th	2.36.20	