

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 9TH OCTOBER 2014

Dear All Cherrybrook Athletics friends and family,

Competition is now underway at the NSW All Schools Championships! Cherrybrook Senior Athletics have over 50 athletes competing in a wide variety of age groups across the 7 age groups available so please make sure to cheer on all our athletes across the 4 days of competition at Homebush. 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!!

Next week will also mark week #1 of the Athletics NSW Summer based competition which will be at the home of Athletics SOPAC. We would like to see a strong representation from our club members and encourage athletes to compete in as many event(s) as possible to help contribute points to our club in an attempt to win the Treloar Shield. Last year Cherrybrook finished runner(s) up to UTS in the Junior Division and came 6th place overall in the NSW for this competition. This year our aim is to win the Junior Division and place in the top 5 overall for the competition. It will be awesome to see as many of you as possible next weekend for the start of this exciting and fun competition!

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>

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!

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 - 4/10/2014				
ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
Tiarne Ekstrom	12	Discus (750g)	25.83m	
Rachel Pace	16	100m	12.08	Q, PB
Carla Takchi	17	100m	12.59	PB
Eleanor Lamperts	13	100m	14.31	PB
		200m	29.63	PB
Ben Bishop	13	800m	2.15.15	
		3000m	10.19.97	
Kyle Ekstrom	14	Discus (1kg)	49.93m	Q
Konrad Cuevas	14	Pole Vault	2.80m	Q
Jordan Shelley	16	100m	10.9	Q
		200m	21.69	Q

Q - National Qualifying Performance

PB - Personal Best

If you have anything else to share or recommend to make this newsletter even better please let me know.

**Kind Regards,
Cherrybrook Senior Athletics
Vice President
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