

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES - 25TH SEPTEMBER 2014

Dear all Cherrybrook member(s),

Hope all our secondary school students have successfully entered the NSW All Schools Championships which will be occurring in 2 weeks time at Homebush - ensure you keep a close eye on the Athletics NSW website for finals timetables and start list. Please note over the next two weekends there will be 2 'Warm Up' meets at Sydney Olympic Park Athletics Centre which be ideal preparation for athletes to get some great competition before the big event!

If you haven't yet registered for 2014-15 season this will be the final newsletter you will receive from me - as registration ends on the 30 September each year - so if you haven't done so already please register this week for our wonderful club!!! If you have already registered online thank you for staying with our club - you will continue to receive an online weekly newsletter to keep you up to date with upcoming competitions, events and let you know how our athletes are going each and every week.

CHERRYBROOK SENIOR ATHLETICS REGISTRATION - ONLINE REGISTRATIONS NOW AVAILABLE!

If you would like to register as a Cherrybrook Senior Athletics for season 2014/15 you now can sign up online by clicking the following link:

<http://www.nswathletics.org.au/Join> and/or for more information
<http://www.cherrybrookathletics.org.au/20142015%20Stuff/PDFs/Rego%202014-15/Cherrybrook%20Senior%20Registration.htm>

**** Please note for all manual/paper based registrations that are received from today onwards will now be an additional \$5.00 per athlete so best to register online!****

NSW ALL SCHOOLS WARM UP MEET #1 - 27TH SEPTEMBER

The ANSW Warm Up competition is an opportunity for school teams to come and compete and fine tune their preparation for the season ahead.

Date: 27 September

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.

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 Multi Event Championships @ Hunter - 20-21/09/2014 | | | | | |
|--|------|---------------------|---------|---------|---------|
| ATHLETES NAME | AGE | EVENT | RESULT | POINTS | DETAILS |
| Lachlan Antoinette | U/16 | 100m Hurdles (84cm) | 20.22 | 218 | |
| | | High Jump | 1.40m | 317 | |
| | | Shot Put (3kg) | 11.05m | 549 | |
| | | 200m | 28.22 | 362 | |
| | | Long Jump | 5.00m | 382 | |
| | | Javelin (500g) | 24.77m | 226 | |
| | | 800m | 5.54.78 | 286 | |
| | | Heptathlon | 5th | 2340pts | CB |

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