

CHERRYBROOK SENIOR ATHLETICS NOTICES – NOVEMBER 25 2015

Dear Cherrybrookians,

Hope you enjoyed the week of senior competition and had fun training or competing at the Little Athletics Relays! We are back on this week for Treloar Shield #5 at Blacktown again. Currently our club is in 5th position at the half way mark and we'd love to push even higher! So please come down with your Cherrybrook friends and family and have a go at sprints, jumps and throws – every point counts! Entry closes tomorrow night so please enter online to avoid disappointment.



Some more great photos and memories from State Relays!

GOOD LUCK – NATIONAL ALL SCHOOLS ATHLETES – 4-6 DECEMBER

Good Luck to our following senior athletes who will be competing at the National Athletics All Schools Championships in Melbourne next week from 4-6 December in Melbourne:

- Julia Vignes (13G) 80m Hurdles and 4 x 100m Relay
- Mia Hemsworth (14G) 90m Hurdles and 4 x 100m Relay
- Imogen Breslin (15G) 90m Hurdles
- Katie Devitt (15G) 100m, 4 x 100m Relay and Swedish Medley
- Lauren Clark (15G) Hammer Throw
- Julie Charlton (16G) 100, 200m, 800m, Shot Put and Discus
- Alesiha Scanlon (17G) Long Jump
- Kevin Yang (14B) Shot Put
- Konrad Cuevas (15B) Pole Vault
- Kyle Ekstrom (15B) Discus
- Lachlan Antoinette (15B) Hammer Throw
- Josh Baddock (17B) Triple Jump, High Jump and Long Jump

For further information including the draft timetable and important information please click the following link:

<http://www.athletics.com.au/Compete/Events/australian-all-schools-athletics-championships-1>

TRELOAR SHIELD @ BLACKTOWN – SATURDAY 28 NOVEMBER

Entry: Online entry is \$7.50 and closes midnight Thursday 26th November.

Online entry available [here](#)

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: 100m, 200m, 400m, 1500m, Steeplechase, Sprint Hurdles, Long Jump, Shot Put, Hammer Throw

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

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.

Venue: Blacktown International Sportspark, Eastern Rd, Rooty Hill NSW 2766
[Click here](#) to view map.

ATHLETICS NSW EVENTS & COMPETITIONS 2015/16 (PRE CHRISTMAS)

DATE(S)	VENUE	COMPETITION
28 November	Blacktown	Treloar Shield Round #5
5 December	Campbelltown	Treloar Shield Round #6
12 December	Bankstown	Treloar Shield Round #7
19 December	ES Marks	Treloar Shield Round #8

For the FULL calendar please click on the: [ANSW Summer Calendar 2015/16](#)

DID YOU KNOW YOU CAN COMPETE ON FRIDAY NIGHTS @ GREENWAY OVAL?

If you are looking for more competition opportunities and a chance to try new and different events senior athletes of all ages (U/15 – Masters) are welcome to come along every Friday to our competition nights at Greenway Oval. The program starts from 5.30pm and we have different events every week you can participate in based on our 3-week rotation program. For more information of the range events on offer please click the following link (you'll be doing events listed with for U/14-U/17's program):

<http://www.cherrybrookathletics.org.au/Title%20Pages%20added/3%20week%20program.html>

OTHER COMPETITIONS

For further competition dates and upcoming competitions around at other NSW Athletics Clubs in 2015 please click the following link: [ANSW Online Calendar of Events](#)

ATHLETICS AUSTRALIA QUALIFYING STANDARDS 2015/16

The standards for each age group/gender for each event to qualify for National events for this season have now been released and can be seen by clicking on the following link below:

<http://athletics.com.au/Compete/Rules-Technical-Information/Entry-Standards>

The Australian Junior Nationals Championships will be held in Perth this season from 8 – 13 March, 2016 whilst the Opens Nationals will be held in Sydney from 27 March – 1 April, 2016. The Qualifying period started on January 1, 2015 this year.

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,
Matthew Joyce – 0402 485 998