

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – OCTOBER 6 2015

Greetings Cherrybrook Athletes and families,

Good Luck to all our athletes competing at the NSW All Schools Championships commencing tomorrow at SOPAC from Thursday – Sunday. Please make sure you check all the final details – startlists, check in details and the FINAL timetable by following the link below. This is a great event and always a good start to the Athletics season and a usually a good indication to see how well Cherrybrook will perform as a club. I hope all athletes have a fun experience and perform to the very best of their ability in whichever event you compete in.

Congratulations to **Ben Jaworksi** and **Evan Clothier** who came back from the Australian University Games with very impressive results. Ben and Evan combined in both the Medley Sprint relay and 4x100m relay(s) to win Silver medals for their university (UWS). In the individual event(s) Ben won a Silver medal in the 100m sprint to our former athlete Jin Su Jung whilst Evan was very competitive in the 400m sprint leading for most the way until the last 20m where he finished 6th in a quick 49.23. Well Done to both our boys as well as all our other past athletes who competed for Sydney University and UTS universities with many impressive results achieved!



NSW ALL SCHOOLS CHAMPIONSHIPS – 8-11 OCTOBER 2015

For all of the final information including start lists, timetables and other important information relation to check in and rules please click the following link - <http://nswathletics.org.au/Competitions/Calendar/2xu-nsw-all-schools-track-field-championships>

CHERRYBROOK SENIORS ONLINE REGISTRATION 2015/16

If you haven't already please register now for the 2015/16 season before the First Treloar Shield next weekend!! ***Please note when you log in to use your email address please use the one you provided last year and click on I forgot my password so you can set a password for yourself.*** To be part of our happy and awesome club please click on the link below for more information and to register now:

<http://nswathletics.org.au/Clubs-Membership/Join>

Once registered your competition numbers will be posted out to you. Any enquiries please let me know.



TRELOAR SHIELD ROUND #1 – SATURDAY 17TH OCTOBER – SOPAC

Uniform: Please wear Cherrybrook Seniors uniform i.e Cherrybrook singlet or cop tight plus plain black shorts or black tights. Athletes must have their Athletics NSW 2015-16 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, U16, U18, U20, Open, 30-39, 40-49, 50-59, 60+. Ages for all age groups are calculated as at 31st December 2015.

Entry: Online entry is \$7.50 and closes midnight **Thursday 15th October**.

To enter online [click here](#). Athletics NSW has recently moved across to a new event platform. This move has changed the way members log into an event. You will now be required to enter your email and password when registering for an event. If you are unsure of your password please click on 'forgot password' and a new password will be sent to your email address.

To view the list of online entrants [click here](#). Full entry lists will be published on the ANSW website after entries close.

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, 400m, 1500m, Sprint Hurdles, 200m/400m Hurdles, 4x 100m, Pole Vault, Long Jump, Discus, 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: Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic Park.

[Click here](#) to view map.

SENIOR STATE RELAYS – NOMINATIONS OPEN MONDAY OCTOBER 12

This year the Senior State Relays will be held at Blacktown International Sportspark over 2 days (Saturday 14th November and Sunday 15th November). Please make sure you keep these dates free and make yourselves available to be apart of our relay team(s). Last year we had over 40 athletes compete and over 25 relay teams having fun participating for our proud and very vocal

club. Nominations will be sent out to all members on **Monday 12th October** – for more information about this event please click the following link: <http://nswathletics.org.au/Competitions/Events/nsw-relay-championships-12>



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

The Club based competition (**Treloar Shield**) where you can earn and score points for our club commences on the **17th October** and will run over 8 rounds in various Athletics locations in the metropolitan Sydney area and will finish the week before Christmas. The big one to take note of is the date(s) of State Relays (**14th & 15th November at Blacktown**) – please ensure all athletes make themselves readily available for selection for this exciting event, which is always the funnest and biggest day(s) to be part of the Cherrybrook Athletics team. See table below for further details on each meet including: events available, rules and location(s)

DATE(S)	VENUE	COMPETITION
17 October	SOPAC	Treloar Shield Round #1
24 October	Narrabeen	Treloar Shield Round #2
31 October	Bankstown	Treloar Shield Round #3

7 November	ES Marks	Treloar Shield Round #4
14-15 November	Blacktown	NSW State Relays Championship
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

Make sure you make it to as many as Treloar Shields as possible to score as many points as possible for our wonderful and happy club!!

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

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](#)

RESULTS

Australian University Games - 28/09/2015 - 1/10/2015 @ Gold Coast

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Ben Jaworski	Open	100m	SILVER	11.16	11.04 (h)
		200m	8th	22.15*	
Evan Clothier	Open	200m	10th	22.64	
		400m	6th	49.23	
		Long Jump	8th	6.20m	

For more results at the Australian University Games please follow the link:

http://liveresults.qldathletics.org.au/150928_unigames/index.htm

KEY:

CB = Club Best

MR = Meet Record

PB = Personal Best

Q = National Qualifying Standard – March Junior Nationals, 2016

Kind Regards,
Cherrybrook Senior Athletics
Seniors Vice President
Matthew Joyce – 0402 485 998