

CHERRYBROOK SENIOR ATHLETICS CLUB NOTICES – SEPTEMBER 30 2015

Good Morning all Cherrybrook Athletes and families,

We're now just over 2 weeks away from the first Treloar Shield and NSW All Schools Championships starts next week with both events taking place at SOPAC in Homebush! I hope all the training is going well and that you're all excited and enthusiastic about the upcoming season which I'm confident will continue to see much improved young athletes and more impressive performances across club competitions as well as State and National Events. Please don't forget to register for the 2015/16 season which will officially commence tomorrow and will run through to September 30, 2016. **If you do register by the end of October next week we will leave you off the email distribution list for future newsletters. Alternatively if you will not be registering for this season please let me know by return email.**

Congratulations to **Lachlan Antoinette** who placed 5th at the NSW All Schools Multi Event Championships over the weekend in the 16B Heptathlon. Lachy has been a big improver in all his events in 2015 (jumps, sprints, throws) and did a massive PB of 2851pts for the event which was a 500+ point improvement from last year – this is also a club record! We also had PB's and National Qualifiers from other athletes over the weekend including: Josh Baddock, Julia Vignes, Julie Charlton, Konrad Cuevas and Emma Ralphs. Looks like we will have lots of amazing NSW All Schools Results judging from these wonderful performances.



CHERRYBROOK SENIORS REGISTRATION NOW OPEN ONLINE FOR 2015/16

Registrations are now open online for the 2015/16 Athletics Season!! **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.



NSW ALL SCHOOLS CHAMPIONSHIPS – 8-11 OCTOBER 2015

For all up to date 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>

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 to 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)

Athletics NSW have recently released the draft calendar for the 2015/16 Athletics season. The season kicks off in late September with the NSW All Schools Multi Championships in addition to a warm up meet for the annual NSW All Schools Champs in October. 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
26-27 September	SOPAC	NSW All Schools Multi Event Champs and Warm Up Meet

8–11 October	SOPAC	NSW All Schools Championships
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

NSW CCC Championships - 11/09/2015 @ SOPAC

ATHLETES NAME	AGE	EVENT	PLACE	RESULT	DETAILS
Kailyn Joseph	12-15G	100m	4th	18.37	PB
		200m	6th	41.98	PB
		Long Jump	GOLD	3.79m	PB
		Shot Put (3kg)	GOLD	6.99m	PB
		Discus (1kg)	GOLD	18.80m	PB

NSW All Schools Warm Up Meet - 26-27/09/2015 @ SOPAC

ATHLETES NAME	AGE	EVENT	RESULT	DETAILS
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Julia Vignes	13	80m Hurdles	12.63	PB
Eleanor Lamperts	14	100m	13.84	
		200m	28.86	
		Long Jump	4.51m	
Emily Britton	14	100m	13.89	
		90m Hurdles	13.8	Q
Jahnavy Vaseeharen	15	100m	14.71	
		200m	30.84	
Julie Charlton	16	100m	23.26	
		400m	1.20.13	PB
Emma Ralphs	17	Long Jump	4.66m	
		Shot Put (3kg)	10.44m	PB
Kyle Ekstrom	15	Discus (1kg)	51.85m	
Konrad Cuevas	15	Pole Vault	3.00m	Q
Josh Baddock	17	High Jump	2.00m	Q
		Triple Jump	13.40m	Q
Tim Foster	22	400m	52.81	

NSW All Schools Multi Event Championships @ SOPAC - 26-27/09/2015

ATHLETES NAME	AGE	EVENT	RESULT	POINTS	DETAILS
Lachlan Antoinette	U/16	100m Hurdles (84cm)	17.84	411	
		High Jump	1.41m	324	
		Shot Put (4kg)	13.28m	684	
		200m	27.43	417	
		Long Jump	5.35m	451	
		Javelin (700g)	27.56m	265	
		1500m	5.51.71	299	PB
		Heptathlon	5th	2851pts	PB, CB

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