



Championship Dates & Explanations 2016/17 season

Apart from our Friday night competitions, Little Athletics offers the opportunity to compete against other clubs in Championships as outlined below. Please read through the following information carefully. Further information will follow in the weekly bulletins.

State Relays - SOPAC Homebush

U8-U11 Saturday 19 November 2016

U12-U17 Sunday 20 November 2016

Athletics is mostly an individual sport, however State Relays is the one major carnival where athletes compete in teams of 3 or 4 and all their performances are combined to make the team score.

There are track and field relays. U8 – U11 athletes must choose *either* track or field events. U12-17 athletes may choose both, however note that there is no clash management at the carnival.

TRACK RELAYS:

On the track, there is the 4x100 for each agegroup (heats and finals), plus a 4x400 (or 4x200 in the 8s and 9s) – both timed finals, which has two boys and two girls from the age group - this is the only mixed gender event.

For middle distance runners there is a multi-age 4x800m relay run as timed finals:

On the junior day the U8 competitor runs 700m, and U9/U10/U11 800m

On the Senior day, 1 competitor from each of U12/U13/U14/U15 runs 800m with substitutions allowed from younger agegroups (eg. 12/12/14/15)

FIELD RELAYS: NOTE: The field relays have changed this year and are as follows:

JUNIOR DAY:

U8/U9/U10: shot/discus/long jump, 1 athlete in each, up to 2 teams/centre each gender
Eg. U9 Girls, 1XLJ, 1xShot, 1xdisc but can have 2 girl teams

U11	Shot/Disc/Jav	1 athlete in each, up to 2 teams/centre each gender
	Long/Triple/High	1 athlete in each, up to 2 teams/centre each gender

SENIOR DAY:

U12-17	Shot/Disc/Jav	1 athlete in each, up to 2 teams/centre each gender
	Long/Triple/High	1 athlete in each, up to 2 teams/centre each gender

State Relays is the biggest carnival run by Little Athletics. This year it will be held at Sydney Olympic Park (SOPAC) Homebush. It is a great event to be involved in, with teams from centres all over the state.

Cherrybrook picks the teams based on the best results from Friday nights competitions, via a nomination process. **Nominations will open on Friday 30th September 2016, and close on Friday 14 October 2016**, so start talking among the age group now to try and get an enthusiastic and strong group nominating.

Zone Championships Barton Park, Parramatta

Saturday 10 and Sunday 11 December 2016

The North Metropolitan Zone Championship is the first step on the way to the State Championship in March 2017. **You MUST compete at zone in order to qualify through to Region and then qualify through to the State Championship.**

Zone Championship is open to all athletes from U7-U17. Athletes in the U7 age group do not progress any further and receive medals if they come 1st, 2nd or 3rd at Zone.

Athletes who place in the top 6 in any event automatically qualify to the Region Championship. Athletes who are deemed to be the next best 4 from either of the two zones in our region will be notified in the week following the Zone Championship. Therefore you will know well before Christmas regarding additional qualifications through to the Region Championships.

Rules for Zone - athletes from **U7-U12** can only compete in **4 individual events** and are subject to selection, via a nomination process. Therefore your nominated event preferences will be taken into consideration. **Cherrybrook is only able to put 5 athletes into each event at zone.** This is generally done based on best performances within the age group, although the Championships Officers will do their best to allow all nominating athletes the chance to compete in at least one event.

Athletes from **U13-U17** may compete in up to **6 individual events** and are not subject to selection. We can enter as many athletes as nominate. (This is because there are less senior athletes registered and competing, and events are rarely full).

Athletes will be entered only if they fill in a nomination form. **Zone nomination forms will be available in late October** after State relay nominations close.

Zone Championships information is available on the Cherrybrook website, on the left hand side of the home page under Zone.

Mark the date now in your calendar so that Cherrybrook has a large team.

Region Championships

Saturday 10 and Sunday 11 February 2017

Sydney Academy of Sport, Narrabeen

Athletes must qualify from the Zone carnival above. This is the final championship carnival for the U8 age group (ie. U8's cannot progress through to State)

Athletes who come 1st or 2nd automatically qualify for the State Championship. The next best 8 athletes from across the state will also achieve qualification. These athletes will be notified around the end of February, following the completion of all the region carnivals.

State Track and Field Championship

Friday 17, Saturday 18 and Sunday 19 March 2017

Sydney Olympic Park Athletic Centre

Qualification is through the zone and region pathway listed above for U9-17 age groups.

At the State Championships, the Friday night events begin at 5pm and continue to about 9pm, with the championships going throughout Saturday and Sunday. Parents are encouraged to have a look at the State program to ensure your child is available on the date the event is scheduled at State. The State program is run over 3 days with 24 competitors in each event - it is a big schedule and there are some clashes. Go to

<http://littleathleticsnsw.imgstgdev.com/Competition/Championships/State-Track-Field-Championships>

This will give you more information regarding the State Championships and the complete program for each day.

Note that the 800m event at State is now run as 2 seeded, timed finals (based on region times), thus eliminating the need for 800m heats.

Australian Little Athletics Championships

Saturday/Sunday 22nd and 23rd April 2017, SOPAC Sydney

Athletes are selected in the **U13 age group**, based on performances from the State Championships. Only 22 athletes are selected, so in most cases athletes are selected who are able to achieve highly at state in more than 1 event. Cherrybrook has had club members in this team almost every season over the past 10 years. ALAC involves 2 training camps as well as the championships. Good luck to this year's Under 13s.

The gold and silver medalists from the **U15 State Multi Event championship** are also selected for this National Championship. More details on the state multi event in a future newsletter.

Follow the link below for more information, or speak to Jenny Bishop, Craig Little or Sandra Moore, who have all had children selected for ALAC.

<http://littleathleticsnsw.imgstgdev.com/Competition/Championships/Australian-Little-Athletics-Championships>

STATE MULTI EVENT CHAMPIONSHIPS

This season they will be held at Glendale Hunter sports Centre on **Saturday and Sunday 4th and 5th March 2017**.

This is a multi-event competition for individual competitors. Each athlete competes in 6 events - 3 on each day. Times and distances are converted to points which are added together to determine the placegetters. Events vary slightly for each age group, so go click on the link for full details:

<http://littleathleticsnsw.imgstgdev.com/Competition/Championships/State-Multi-Event-Championships>

STATE CROSS COUNTRY AND ROAD WALKS CHAMPIONSHIPS 2017

The State Cross Country Championship are now held as a combined championships with Athletics NSW in July each year. In the 2016/2017 season the championships are being held on **Sunday, 3rd July 2017** at a venue TBA. This is an open entry event, with online registration, usually opening around June.

Cross country events are open to athletes from the U7-U17 agegroups, and walk from U9-U17. There are both individual and team events for both the Cross Country and walks

For more information:

<http://littleathleticsnsw.imgstgdev.com/Competition/Championships/State-Cross-Country-Road-Walk-Championships>

The State Walks championships are now held as a separate championships at the lovely lakes course in Penrith. Further details TBA once available

IF YOUR CHILD IS IN THE UNDER 11 OR UNDER 12 AGE GROUP - READ THIS

TRANS TASMAN ATHLETICS TOUR

Sydney 15th January 2017 Campbeltown Athletics Centre

The Trans Tasman is for athletes in the U11 and U12 age groups, from both NSW and Auckland. Every year, a team from NSW (boys and girls in both the U11 and U12 age groups) compete against the Auckland team, and the tour alternates between Sydney and Auckland each year.

This season the Trans Tasman Challenge will take place in Sydney at Campbeltown Athletics Centre.

There are **Trans Tasman Trials** which will be held at The Crest Bass Hill (Bankstown) on **Sunday 6th November**

Entry is by nomination only. Athletes must nominate in at least 2 track events and 2 field events – all the details are available on the link and I recommend you read it thoroughly

NOTE: Entries close Wed 26st October 2016.

Events offered for both Home and Away Tour Trials are 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Shot Put and Discus.

For further information see:

<http://littleathleticsnsw.imgstgdev.com/Competition/Championships/Trans-Tasman>

A number of parents have had children involved with Trans Tasman including myself, so feel free to reply to this email with any questions.

For further information regarding Championships, please contact Jenny Bishop via email: jenbishop@optusnet.com.au or speak to the assistant Championships Officers Daven Timms, or go to the LANSW website, Championships section – link below

<http://littleathleticsnsw.imgstgdev.com/Competition/Championships>

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