

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017
NEWSLETTER NO 6

Program 2

FRIDAY 14th October 2016

Back to **Program 2 this week**. There will be a few of our older athletes and their parents away this week at the NSW All schools Championships at Homebush – we wish all those athletes well as they compete in one of the biggest competitions of the year – this year running Thursday to Sunday.

Remember this is the **last week for State relay nominations**– see further information below. A couple of people have asked me about the timetable for state relays – unfortunately this is not yet available from Little Athletics NSW, but should be soon. We will notify the club once it is finalised.

Also, just to clarify that with the junior (U8-U10) field relay teams, each athlete is only able to compete in 1 event/team.

Invitational 100m this week.

Each season for the last couple of years, we have run various invitational events towards the end of the night where kids run across agegroups against other children with a similar PB. These results are held separately, and do not count towards club records or agegroup points, but are designed to give some additional competition and of course fun for those who find that 5 events just isn't enough! The results are also able to be used when choosing championship teams.

This week when the straight track has completed events (approximately 8pm) we are going to run some invitational 100m races. Can I particularly encourage athletes who are nominating to run at State relays to come and have a run – we do look at invitational times when choosing our championship teams. So come along and enjoy and extra race if you would like to.

Walks this week

Craig Little who usually judges our walks will not be at Little Athletics this week due to All Schools. Those agegroups with walks scheduled can run an 800m if they prefer. Any athletes who wish to do walks should come and see Jenny Bishop at the beginning of the night. NO records will be able to be counted this week in walks.

PARENT ROSTER FOR FRIDAY 30 SEPTEMBER:

Equipment Out	Canteen	Timing Gate	Timing Gate Pack Up
From 5pm	6.00-8.15pm	6-8pm	End of competition
11B and 11G	7B and 7G	9B and 9G	10Boys and 10Girls

CANTEEN

This week's special is Chicken skewers \$3: as well as the usual sausage sandwiches, drinks etc.

DUAL ATHLETES – ATHLETICS NSW COMPETITIONS:

For those athletes U12 and up registered with Cherrybrook Seniors, the next Seniors competition will be:

Round 2 of Treloar Shield on October 22. See [athletics NSW website](#) for more details:

Venue:

Sydney Olympic Park Athletic Centre, Edwin Flack Ave, Sydney Olympic park, NSW.

Events:

Treloar Shield Events: 100m, 400m, 1500m, 200/400m hurdles, 4x 200m relay, pole vault, long jump, shot put, hammer, invitational Javelin.

Eligibility:

The Treloar Shield is open to all registered members of a senior Athletics NSW club. For more information regarding dual athlete competitions, speak to one of the committee with Senior aged athletes – Jenny Bishop, Craig or Jenny Little, Phil Lamperts, Jill Ingram, Ven Collett

TRIALISTS:

For those of you with friends wanting to try Little Athletics, Trialists are able to come for 2 of the next 3 weeks of October 7th, 14th, 21st. All trialists must bring a completed medical form for each child - available on our website - and the \$30 cash per child. Trialists results will not be entered into the Results HQ system.

CHAMPIONSHIPS INFORMATION:

We are heading towards the first of the Little Athletics Championships. General information about the championships was sent out a few weeks ago + is on the website front page- please read this information carefully.

State relays – SOPAC Homebush – nominations open until 14th October

Junior day U8-U11 November 19

Senior Day U12-U17 – November 20

LAST WEEK FOR NOMINATIONS THIS WEEK

If you would like to nominate your child, follow the link to the website, print a nomination form, and file in the folder which will be on the concrete circle where announcements are made – pink for girls, blue for boys

[NOMINATION FORM:](#)

NOTE THERE HAVE BEEN CHANGES TO THE COMPOSITION OF THE FIELD RELAYS THIS SEASON – PLEASE SEE SEPARATE EMAIL OR LINK BELOW FOR FURTHER INFORMATION or TALK TO YOUR AGE MANAGER.

OTHER CHAMPIONSHIP INFORMATION:

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/2016%20Championship%20Dates%20and%20explanations%20edited.pdf>

Zone championships – Barton Park Parramatta

Saturday and Sunday 10-11 December

Nominations will open in late October after State relay nominations close

Trans Tasman – for U11 and U12 athletes only

Trans Tasman is a fantastic opportunity for Children from the U11 and U 12 agegroup to compete against the New Zealand team and enjoy a wonderful cultural and athletics experience.

Information regarding the Trans Tasman to be held in Sydney are now available on LANSW website in the COMPETITION section.

Nominations close at the LANSW office on **Wednesday 26 October 2016**.

See link below for further information:

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

or speak to Jenny Bishop who has experienced Trans Tasman both as an athlete (yes, it has been going that long!!) and more recently as a parent in 2011 and 2012 .

ELECTRONIC RESULTS SYSTEM

Results are available via the results HQ system, the link for is at the bottom of the Cherrybrook homepage on the left hand side. Each family should login as follows: Visit www.ResultsHQ.com.au (link on the club website)

- Key in the registered email and password that you used for registration
- If you do not know your password or username, click on the link below these boxes on the screen and follow its prompts.
- If you do not know your registered email address send an email to Jill Ingram at cherrybrookresults@yahoo.com

Results which are usually available on the Results HQ system by Saturday – there is a message on the club website when the results are fully uploaded
Any personal best or record breaking performances will be automatically flagged, so hopefully the system will really encourage kids to improve their performances each week.

A few important things to remember re the results system:

- We will continue to use paper sheets for field events to ensure that we have backup results in case there are issues with data entry or saving + for checking
- Paper sheets need to be put in the tray on the competition HQ table near high jump after they have been entered.
- High jump can now be entered either by the mobile/ipad template app or alternatively into competition HQ on the laptop, which will be located on the field near high jump on a separate table.
- Field events need to be saved twice using the “save records” tab as results are entered. Then, any results entered that fall outside an average boundary of 25% will appear in red so that they can be checked before using the key “accept results” which saves all the results
- Please don't talk to the people entering track results at the end of races – it's very distracting, and slows down the speed at which we can get results in and the next race started. You will be able to access those results soon enough!
- Any age groups who do not use the mobile app for field events must come to the high jump table and enter their results onto the laptop.
If you have not accessed the results you may like to click on the following link to view a video of what to expect from within the family results area –

<https://www.youtube.com/watch?v=knwjekPU-O4&feature=youtu.be>

Happy Athletics!
Jenny Bishop
Championships Officer, Cherrybrook LA's