

**CHERRYBROOK LITTLE ATHLETICS SEASON 2015/2016**  
**NEWSLETTER NO 9**  
Multi night  
**FRIDAY 4 NOVEMBER 2016**

**Main reminders for this week:**

- **\*\*Zone entries due this week by November 5th 6pm\*\***
- Multi Night this week
- Photos this week U12-U17
- State relay training for all 4x100 teams at Greenway at 5.30

**MULTI NIGHT:**

See link below to the website for agegroup multi night program:

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/Multi%20Program%204%20Nov%202016.pdf>

Each agegroup will do 4 events, and tally up points for each using provided tables as used a State Multi. Last year this was a great night that resulted in the highest number of PB's for the whole season, so come along and give it a go.

We will have a second multi night later in the season, with a trophy at the end of the year to the male and female athlete with the highest pointscore across the 2 nights.

**ZONE CHAMPIONSHIPS – SIGNUP DEADLINE:**

**Zone Nominations will close 6pm November 5 via the online process –**

Go to [www.resultshq.com.au](http://www.resultshq.com.au) and log onto your family page. When you log in you will see a red bar labeled “New Notifications”. Click on V and the Zone program will come up.

All athletes should print a copy of their nominations, and bring a copy to Greenway to file into folders. This is particularly important for the U7-U12 age groups where we would ask you to indicate your event preferences next to each event (1 being your most preferred event, 2 next and so on).

**PARENT ROSTER FOR FRIDAY 4 NOVEMBER:**

**Equipment Out from Canteen & BBQ**

**5pm**

11B and 11G

**6-8:15**

6B and 6G

**Timing Gate Helpers Timing Gate Pack Up**

12B and 12G

9 Boys and 9 girls

**PHOTO NIGHT THIS WEEK: - See times listed below.**

6pm Whole Club Photo

Seniors

Before First Event

Under 17

Before First Event

Under 15

After Shot Put

Under 14

After Shot Put

Under 13

After 800m

Under 12

In their Break

**Our younger athletes will have agegroup photos next week**

## **STATE RELAYS:**

Follow the link below to draft teams. If anyone has any questions please see Jenny Bishop or your age manager

<http://www.cherrybrookathletics.org.au/State%20Relays.html>

There will be 4x100 relay training for all teams at Greenway at 5.30. Please meet at the 400m finish.

Daven Timms and Jenny Bishop will also be running training with a couple of agegroups each Wednesday at 5pm, so other agegroups are welcome to come then if they would like

## **COLOURED PATCHES:**

The club has a coloured patch award program, under which athletes are eligible to receive different coloured patches once they have met specific performance standards across a number of events.

The athlete (or parent) must complete and submit a performance sheet to receive each coloured patch, which can then be sewn onto their uniform.

Performances can be achieved at any LAs event including Gala Days and championship events (where the result can be verified).

There is a gradual progression from one set of standards to the next and levels commence at Yellow progressing through Green, Red and Blue up to Gold. The Gold level standards reflect performances at the highest level, very close to State times or distances, and are hard to achieve.

The patches are available to athletes in the U7 – U15 age groups. The Coloured Patch achievement performance sheet for each age group is available on either the club's website or through age managers.

When your child has achieved a particular level please place the performance sheet with details of the level achieved in the designated box in the club room. After verification, the appropriate level award patch will be placed in the Age Manager's File to be presented to your child.

## **CANTEEN**

***This week's special is: Beef burgers \$5 each, as well as Sausage sandwiches and usual treats***

## **Senior/Dual Athletes – this week's competition:**

The Bankstown All-comers has Athletics Australia Permit Status enabling athletes to qualify for National and International competitions and set state and national records.

### **Venue:**

The Crest, Georges Hall, NSW. [Click here](#) to view the location map.

### **Events:**

Treloar Shield Events: Steeplechase, long jump, hammer throw

All-comer Events: 100m, 200m, 400m, 1500m, shot put

### **Eligibility:**

The event is open to the general public. Members of Athletics NSW and Little Athletics NSW can enter at a discounted member rate.

Athletics NSW members must wear their senior club uniform and 2016/17 competition numbers. Non-members will be supplied temporary numbers at athlete check in.

**Age Groups:**

Athletes compete as open athletes and will be placed in events based on ability (track events and jumps) and according to weight division in throws events.

**Entry:**

[Click here](#) to enter online.

Participants are to enter online at an entry cost of \$7.50 for members and \$15 for non-members. The entry fee is for unlimited events. Online entry closes midnight Thursday 3rd November 2016.

On the day entry is available. On the day entry will incur a higher fee of \$15 for members and \$20 for non-members. On the day entry must be completed one (1) hour prior to the athlete's first event.

**Timetable:**

[Click here](#) to view the draft timetable.

Hoping to see lots of athletes this week at Multi night

HAPPY ATHLETICS

Jenny Bishop

Championships officer Cherrybrook L