

CHERRYBROOK SENIOR ATHLETICS NOTICES

24TH NOVEMBER 2016

CONGRATULATIONS

Congratulations to all our Senior Athletes that competed for our junior club at the LA's State relays over the weekend. Special mention to those athletes that made the finals as part of a team. **Katie Devitt, Kate Collett and Rachel Ingram** were part of the U17Girls 4 x 100m team that came 5th in the Final. **Donovan Bradshaw, Jono Reid and Methin Ginige** were part of the U13Boys 4 x 100m that came 8th in the Final.

Congratulations to **Jenny Bishop** who was our only representative at last weekend's Round 4 of the Treloar Shield, gaining the club 24 points.

GOODLUCK

Goodluck to all 49 Cherrybrook Senior Athletes who will compete for the Club at the Senior State Relays this weekend.

Goodluck to **Donovan Bradshaw** who will represent NSW at the Primary School National Championships this weekend at SOPAC. Donovan will be competing in the 100m, Multi event (100m, 800m, Long Jump + Shot Put), 4 x 100m, 4 x 200m (mixed) and 8 x 100m (mixed).

Goodluck to **Sara Kely** who has commences competition at the Special Olympics. Trans Tasman Tournament in Hamilton, New Zealand.

NSW STATE RELAYS

Updated Cherrybrook Senior State Relay Team selections are attached to this Newsletter. A further Update of teams will be available on Friday evening on the homepage of the Clubs website www.cherrybrookathletics.org.au. Please note the current timetable is still only a draft and changes still may be made. Ensure you check the Athletics NSW competition link the night before each day of competition. .All State Relay athletes should have replied 'received' to their nomination letters to confirm participation. Athletes are requested to arrive an hour before their first relay and check in with Nicky Jenneke on arrival. Look for the Cherrybrook banner to find where the team will be sitting.

We will have a Team Photo on each day of competition, 1.15pm on Saturday and 12.15pm on Sunday.

Don't forget the NSW Senior State Relays are at Blacktown (Rooty Hill) this weekend, Sat /Sun the 26/27 November. For more details on the event including the draft timetable, please visit

<http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/nsw-relays-championships>

TRELOAR SHIELD NEWS

After four rounds of the Treloar shield Cherrybrook is placed 7th in the junior division, 5th in the Open division and 9th in the Masters division. That puts the club 7TH Overall, unfortunately this is the worst ranking we have had going into the final round for many years. The fifth and last round is on the 10th December in Bankstown. The club would like to encourage all available athletes to take to the track in two or more events to help boost our ranking. Opens and Masters it's up to you, as most of our juniors will have their LA's Zone carnival.

TRELOAR SHIELD CALENDAR

The remaining schedule for Treloar Shield point scoring events is as follows;

Date	Location	Meet Type	Treloar Events
9 Dec	SOPAC	All-comers	steeplechase, 1500/3000/5000m walks, high jump
10 Dec	Bankstown	Treloar Shield 5	100m, 200m, 400m, 1500m women, 1 mile men, sprint hurdles, pole vault, triple jump, javelin

FRIDAY NIGHT CLUB COMPETITION

This Friday nights program at Greenway Oval, Cherrybrook, is Program Three and the events on offer to senior athletes include 100m, 400m, 3000m, Shot Put, Long Jump and Triple Jump. The Clubs three week program can be found at <http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/CHERRYBROOK%20PROGRAM%20V8%20as%20at%206%20Sept%202016.pdf>

Other events may be organised by seeing our president Sean O'connor or Vice President Craig Little at the start of the night.

COMMONWEALTH YOUTH GAMES

The **2017 Commonwealth Youth Games** will be held from 18-23 July 2017 in Nassau, Bahamas.

Online Nominations for the 2017 Commonwealth Youth Games will open soon and close on the 3rd of April. The event is for Under 18 athletes born in 2000 or 2001 and the selection trials for this will be at the Australian National championships in March. Athletes wishing to seek selection must nominate to be considered. The CYG Team is fully funded by Commonwealth Games Australia (CGA) and Australia has been allocated 21 places (10 Boys and 11 Girls). Events on offer include 100m, 200m, 400m, 800m, 1500m, 3000m, Sprint hurdles, 400m Hurdles, High Jump, Long Jump, Discus, Shot Put and Javelin as well as a mixed 4 x 100m, 4 x 200m and 4 x 400m For full details visit <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Commonwealth-Youth-Games>

NITRO ATHLETICS

Nitro Athletics Melbourne is a new international team based competition, set to feature both traditional and modified athletic events. It will be conducted over three events - Saturday 4 February, Thursday 9 February and Saturday 11 February, 2017, at Lakeside Stadium in Melbourne, Victoria. All three Nitro Athletics Melbourne events will be televised live on the Seven Network.

Nomination to be part of the Australian team is open to all athletes that have competed at a national and/or international level in the past 18 months. Nominations will be accepted until **11:59pm AEDT, Sunday 27 November 2016**.

To learn more and to nominate, please visit

<https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=21252&OrgID=887>

INTERNATIONAL PARRA CLASSIFICATION

The provisional dates for International Parra Athlete Classification to take place at the Australian Institute of Sport in Canberra are :-

Classification: Wednesday 8th, Thursday 9th, and Friday 10th March 2017

Competition: Saturday 11th, and Sunday 12th March 2017

For information on preparation for **Australian athletes with a Physical Impairment**, please VISIT <http://athletics.com.au/High-Performance/Para-athletics/International-Classification-2017>

IPC SANCTIONED MEET CALENDAR

To view the 2016 IPC sanctioned meet calendar for para athletes looking to qualify for international competition please visit

<http://athletics.com.au/High-Performance/Para-athletics/Sanctioning-Calendar>

Parra Athletes please note that you are welcome to compete at all NSW Athletics events throughout the summer season and that qualifying for the Australian Nationals can be achieved at any All-comers or Treloar Shield event.

AUSTRALIAN NATIONAL ENTRY STANDARDS

The 2016/2017 Nation Open Parra entry standards are now available at <http://athletics.com.au/Portals/56/Competition/Entry%20Standards/2017%20Para%20Athletics%20Open%20Qualification%20Standards.pdf>

The 2016/2017 Nation Junior Parra entry standards are now available at

<http://athletics.com.au/Portals/56/Competition/Entry%20Standards/2017%20Para%20Athletics%20Underage%20Qualification%20Standards.pdf>

The 2016/2017 season National Able bodied entry standards can be found at <http://athletics.com.au/Portals/56/Competition/Documents/2017/Qualifying%202016-17.pdf>

ATHLETICS AUSTRALIA SUMMER SEASON CALENDAR

To view the Athletics Australia Summer Series Calendar visit <http://athletics.com.au/Compete/Events>

ATHLETICS AUSTRALIA HIGH PERFORMANCE EVENT GRID

To view the AA High Performance competition grid, showing what events will be held at each competition please visit

<http://athletics.com.au/Portals/56/Competition/Documents/2017/2017%20Competition%20Opportunity%20Guide%20V214.11.16.pdf>

AUSTRALIAN STATE AND TERRITORY BODIES

For a full listing of contact details for any Australian State or territory athletics body visit <http://athletics.com.au/About-Us/Member-Associations>

This could come in handy if looking for competition in other parts of Australia.

UPCOMING CHAMPIONSHIPS and MAJOR EVENTS

NSW STATE RELAYS

The NSW State Relays will take place this Saturday 26th and Sunday 27th November at Blacktown. For meet details visit

<http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/nsw-relays-championships>

AUSTRALIAN ALL SCHOOLS

This season the Australian All Schools, will be held in Canberra, ACT from December 2nd – 4th 2016. To find more details on this championship event, including the timetable visit <http://www.athletics.com.au/Compete/Events/2017-australian-all-schools-championships>

NSW CLUB CHAMPIONSHIPS

The NSW Club Championships will take place at Sydney Olympic Park on Saturday 17th and Sunday 18th December. This is a team event and is regarded as the Athletics Grand Final, so all athletes are encouraged to take part.

For meet details visit <http://nswathletics.org.au/Competitions/Calendar/ANSW-Club-Events/nsw-club-championships-combined-event-championships>

HUNTER TRACK CLASSIC

The Hunter Track Classic will take place in Newcastle on the 28th January. There will be events available at this meet for all abilities from community events to High Performance events. This is part of the New NSW Twilight Track series and nominations will be taken for high performance events. More details to come at <https://huntertrackclassic.com.au/> .

NSW JUNIOR STATE CHAMPIONSHIPS

The NSW Junior State Championships will be held from the 3rd – 5th Feb at SOPAC. This competition is for Athletes aged from U12 – U20. Athletes wishing to compete at the 2017 Australian National championships in Under Age divisions must compete at this NSW State Championships. There are no qualifying standards for this event.

SYDNEY INVITATIONAL

The Sydney Invitational will take place on Saturday the 4th February and is part of the New NSW Twilight series and is expected to attract high performance athletes. Athletes who are achieving Open National Qualifiers or close to it are encouraged to consider nominating for this event. Nomination and meet details not yet available.

ACT STATE CHAMPIONSHIPS

The ACT State Championships will be held in Canberra from the 17th – 19th February and any NSW registered Athlete is welcome to compete.

NSW OPEN STATE CHAMPIONSHIPS

The NSW Open State Championships will be held from the 24th – 26th February 2017. There are no qualifying standards for this event.

SYDNEY CLASSIC

The Sydney Classic will take place on the evening of Saturday the 25th February. This will be the premier event of the New NSW Twilight series and is expected to attract interstate high performance athletes. Athletes who are achieving Open National Qualifiers are encouraged to consider nominating for this event. Nomination and meet details are not yet available.

NSW MASTERS STATE CHAMPIONSHIPS

The NSW Masters Championships will take place on the 4th – 5th March. No further details available as yet.

BANKSTOWN INVITATIONAL

The Bankstown Invitation will be the last meet in the New NSW Twilight series and will be held on Saturday the 18th March. More details to come closer to the date.

AUSTRALIAN NATIONAL CHAMPIONSHIPS

The 2017 Australian National Championships will take place in Sydney at Olympic Park from 26 March to 2 April 2017. This will be the inaugural year for the eight day, combined Junior and Open aged championships for able-bodied and para-athletes. To qualify for this National athletics championships you must either have medalled at a State Championship eg at NSW All Schools, the NSW Youth and Junior State Champs or NSW Open State Champs, or have obtained the entry standard for your age division.

AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS

This season the Masters Nationals will take place in Darwin from the 9th – 12th of June.

RESULTS

Only results from Cherrybrook Club competition and State permit meets eg Allcomers, Treloar Shield events and State/National events will be reported by the club. If you compete at other meets please send your your results, along with proof of performance to Ben Jaworski at Ben_jaworski@hotmail.com

TRELOAR SHIELD 4 –ES MARKS – 19/11/2016

ATHLETES NAME	AGE	EVENY	RESULT	PLACE + Pts
Jenny Bishop	46	Long Jump	4.36m	2 nd = 24 pts

CANBERRA MEET – 19/11/2016

Name	Age	Event	Result	Detail
Ellie Lamperts	15	100m	13.09s	
		200m	26.89s	
		Long jump	4.90m	
Adam Ayad	17	Long jump	6.59m	PB
		Triple jump	13.39m	PB
Jordan Shelley	18	100m	10.41s (+2.6)	PB, NQ
		200m	21.52s	SB, NQ
Emily Jones	18	100m	14.82s	SB
		200m	30.42s (+2.3)	SB
		Long jump	4.70m	
		Triple jump	10.34m	
Evan Clothier	22	200m	21.95s	
		Long jump	6.96m	
Ben Jaworski	23	100m	10.52s (+2.6)	SB, NQ
		200m	21.41s	SB, NQ

Please notify Ben Jaworski at Ben_jaworski@hotmail.com if your results are missing, incorrect or a PB performance has been missed.

PB = Personal Best

CB = Club best performance (better than the current Club record) records are only validated at the conclusion of the season.

NQ – National Qualifier (based on performance time/distance/height)