

# CHERRYBROOK SENIOR ATHLETICS NOTICES

13<sup>TH</sup> OCTOBER 2016

## CONGRATULATIONS

**Congratulations** to **Ben Jaworski** and **Julie Charlton**, who have been issued with special Laurel Wreath competition Bibs this season, in recognition of them being the reigning State champions, Ben in the 200m and Julie in the 100m, Shot Put, Discus and Javelin (Parra). This season Ben will be number 36 + Julie will be number 16. *We apologise to these athletes that they were missed off the newsletter last week.*

**Congratulations** to the following athletes who were the clubs highest point scorers at last weekends first Round of the Treloar Shield. **Jenny Bishop** 131 points, **Morgan Little** 71 points and **Emily Jones** 60 points.

## GOOD LUCK

**Good Luck** to all our High School aged athletes who will be competing at the NSW ALL School Championships from Thursday to Sunday.

**Good Luck** to our HSC Students, who commence their HSC today, Thursday 13<sup>th</sup> October.

## TRELOAR SHIELD NEWS

After the first round of the Treloar Shield, Cherrybrook is coming third in the Junior division, Sixth in the Open division and Eleventh in the Masters Division.

Thank you to our nineteen Athletes that competed last Saturday in the challenging windy conditions. Special mention to **Jenny Bishop** who competed in five events for the Club as well as **Julie Charlton**, **Zachary Semanganda** and **Morgan Little** who all competed in three events each.

A special mention also to **Jordan Hurrell**, **Methin Ginigue** and **Zachary Semanganda** who competed for the Seniors Club for the first time on the weekend. The next Treloar shield will take place on the 22<sup>nd</sup> October at Sydney Olympic Park (SOPAC). We hope to see big attendance and great team spirit at the track next Treloar.

## ENTRY FOR UPCOMING EVENTS

Due to the NSW All School Championships taking place this weekend, there are no other ANSW permit meets available this weekend. Please check the Athletics NSW Calendar to see what Club events are available this weekend or come and have a run at Cherrybrook Athletics this Friday night at Greenway Oval.

## FRIDAY NIGHT CLUB COMPETITION

Senior athletes are welcome to attend Friday night competitions at Greenway oval, entry is free. Attending Athletes are encouraged to follow the U17 program of events for the night. This Friday nights program, is Program Two and the events on offer to senior athletes include 200m, 800m, Long Jump, Triple Jump and Discus.

The three week Cherrybrook Athletics program can be found at

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/CHERRYBROOK%20PROGRAM%20V8%20as%20at%206%20Sept%202016.pdf>

If any senior Athlete has a specific event they wish to compete in, which is not on offer in the program, please see our president Sean O'connor or Vice President Craig Little at the start of the night.

## CHAMPIONSHIP and MAJOR EVENTS

### NSW ALL SCHOOLS

If you are competing at the NSW All Schools, please read the full event details at

<http://nswathletics.org.au/Competitions/Calendar/2xu-nsw-all-schools-championships-7>

[Click here](#) to view the final timetable. Please note, some changes have been made, including time changes, removal of heats and addition of heats. Athletes MUST check this timetable to confirm the start time of their event/s.

**Most importantly** please be aware of the following important rules

- \* Athletes must sign in at Athlete Check-In at least 60 minutes before the start of each of their events to confirm their entry. Failure to check in may result in the athlete being scratched from the event. Athletes are encouraged to check-in at the commencement of each day for all of their events for that day.
- \* Athletes will receive their competition numbers when they check-in for their first event, on their first day of competition. Athletes not wearing an official competition number WILL NOT be allowed to compete.
- \* If an athlete confirms (i.e. checks in) but does not participate or does not compete in all rounds of an event for which they have qualified, the athlete may not be permitted to compete further in the competition.
- \* Athletes must report to the competition area at least 10 minutes prior to the starting time for track events and 20 minutes for all field events except pole vault which is 45 minutes.
- \* Starting blocks must be used for all events up to and including 400m. Only blocks provided by the venue may be used.
- \* Spikes must be no longer than 9mm for High Jump and Javelin, or 7mm for other events.

## **AUSTRALIAN ALL SCHOOLS**

This season the Australian All Schools, will be held in Canberra ACT from December 2<sup>th</sup> – 4<sup>th</sup> 2016. Athletes must compete at the 2016 NSW All Schools to be eligible for selection in the NSW team to compete at the Australian All Schools.

**How to gain selection for the National All Schools** – The following performances at the NSW All Schools will guarantee selection in the NSW Team to compete at the Australian All School

Place first or second in a 13 yrs (U14), 15 yrs (U16) and 17yrs (U18) event/ss

Place first in a 14yrs (U15) and 16 yrs(U17) event/s . These athletes will compete “up” an age group at the National All Schools.

Para-athletes who place first and second in a para event/s in both the 12-15 yrs (U16) and 16-17yrs (U18) age groups.

**After you gain selection** for the team, you must visit the Australian All Schools Information Centre located in VIP Room 1 at the competition venue The Information Centre will be open to provide information to those who have qualified for the Australian All School Championships, between the hours of 1pm till 8:30pm on the Thursday and Friday, and from 10am till 5:30pm on the Saturday and Sunday.

## **NSW STATE RELAYS**

The NSW State Relays will take place on Saturday 26<sup>th</sup> and Sunday 27<sup>th</sup> November at Blacktown. This is a Team event and all Cherrybrook Athletes are encouraged to nominate for this event. So put it in the calendar now and keep the date free. Nominations will become available for the State relays, through the Club towards the end of October.

## **NSW CLUB CHAMPIONSHIPS**

The NSW Club Championships are traditionally held in February, but have been brought forward in the calendar and will take place at Sydney Olympic Park on Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> December. This is a team event and is regarded as the Athletics Grand Final, so all athletes are encouraged to take part. More details closer to the date.

## **HUNTER TRACK CLASSIC**

The Hunter Track Classic will take place in Newcastle on the 28<sup>th</sup> January. There will be events available at this meet for all abilities from community events to High Performance events.

## **NSW OPEN STATE CHAMPIONSHIPS**

The NSW Open State Championships are currently proposed for the 24<sup>th</sup> – 26<sup>th</sup> February 2017. There are no qualifying standards for this event.

## **NEW LOOK SUMMER SEASON**

There are lots of changes to the NSW Athletics season. To find out all you need to know including, details on the new look Treloar Shield, the summer season calendar and the competition event grid visit

<http://nswathletics.org.au/summerseries>

To see upcoming events, please visit the Athletics NSW Calendar at <http://nswathletics.org.au/Competitions/Calendar>

To see the Summer series at a glance visit <http://nswathletics.org.au/Portals/18/Competition/Summer%20Series%20Competition%20Calendar.pdf>

### **COMPETITION EVENT GRID**

The Competition Grid is the easiest way to find out when and where a specific event eg javelin is being held in 2016.

The competition event grid outlines what events are to be offered in each of the competitions with AA permit status (excluding All Schools, State Relays & Club Champs). [Click here](#) to view the Competition Grid

### **CANBERRA COMPETITIONS**

The track at the AIS in Canberra is regarded by many as the fastest track in Australia. If there is not a meet on in Sydney for your particular event, maybe consider a trip to the Countries capital. Visit <http://athleticsact.org.au/Home> to find out more.

### **COMPETITION NUMBERS**

All members should now have received their competition numbers (Bibs). If you have not received your numbers yet, please contact Karin Webb at [karinswebb@yahoo.com.au](mailto:karinswebb@yahoo.com.au) or ph. 0408 622 144.

You should also have received a 'My Tag'. This Tag is for out of stadia competition ONLY eg Cross Country and Road Walk events. These tags are not required at Track and Field events eg Allcomers and Treloar meets.

### **COMPETITION PHOTOS**

Have you been wondering what those boxes on your new competition number are? These are QR boxes, which will allow you to choose to have all official photos taken of you at an ANSW event to be automatically posted to your Facebook page. All you have to do is visit <http://pic2go.com.au/nswathletics/> and enter your 2016/17 registration number. Then any ANSW photos this season will automatically be posted to your page.

### **PHOTO DAY**

All Senior Athletes are encouraged to attend the Clubs photo day on Friday 4<sup>th</sup> November from approx. 6.00pm – 6.30pm. The photos will take place at the clubs' home Athletics Track at Greenway Oval, Shepherds Drive Cherrybrook. All Athletes are asked to wear full Club Uniform. Please pop this date in your diaries.

### **COMMITTEE NEWS**

We are still looking for someone to take on the role of Championship Manager for Championship assistant for this season. Please reply to this email or contact Karin Webb at [karinswebb@yahoo.com.au](mailto:karinswebb@yahoo.com.au) or ph. 0408 622 144 if you would like to volunteer or find out more.

## **NEWSLETTER**

Whilst every effort is made to report all results and current athlete news, we do rely heavily on Athletes and their parents informing the Club of School results, selection in teams and other athletics related news. Information can be shared to the Club by reply email or on the clubs facebook page.

Both the Senior Club Newsletter and the LA's Newsletter are available on the Cherrybrook Website.

## **AUSTRALIAN NATIONAL ENTRY STANDARDS**

The 2016/2016 season entry standards are due to be released by Athletics Australia soon. Stay tuned.

## **UNIFORM SHOP NOTICE**

The Cherrybrook Athletics Uniform shop is Open on Friday nights throughout the Little Athletics season from 5.30pm (cash sales only).

Uniform can also be ordered and paid for online at

<https://shopdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=941>

On training nights (Mondays and Wednesdays) uniform may also be purchased at the canteen when it is open (not a regular service).

For uniform enquiries please contact Jen Little on 0414359960 or

[little.jen@optusnet.com.au](mailto:little.jen@optusnet.com.au)

## **COACHING -**

Cherrybrook Athletics has four qualified coaches available for coaching at Greenway Oval, Valme Kruger, John Sharpe, Mick Zisti and Georgia Huggett

For full details on our coaches including contact details, please visit

<http://www.cherrybrookathletics.org.au/Title%20Pages%20added/Coaching.html>

## **OFFICIALS AND COACHES EDUCATION AND TRAINING DATES**

To find out more about Coaching courses and opportunities visit

<http://www.nswathletics.org.au/Coaching/Coaching-Home>

To find out how to become an official or what opportunities are available to current officials, please visit <http://www.nswathletics.org.au/Officials>

## **SOCIAL MEDIA and WEBSITE**

**Facebook** – Please like the Cherrybrook Senior Athletics Facebook Page at

<https://www.facebook.com/Cherrybrook-Senior-Athletics-192371734120085/> please

feel free to post athletics photos and videos to the page.

**Instagram** – Our Instagram is still down.

**Website** – Our Website address is [www.cherrybrookathletics.org.au](http://www.cherrybrookathletics.org.au)

## RESULTS

Only results from Cherrybrook Club competition and NSW 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](mailto:Ben_jaworski@hotmail.com)

ATHLETES	AGE	EVENT	RESULT	PLACE + POINTS (pts)
Emilia Duncan	12	80m hurdles 76.2cm	13.35s (-3.9)	1 <sup>st</sup> = 30pts
		100m	15.57s (-4.2)	18 <sup>th</sup> = 3pts
Methan Ginige	12	Long Jump	4.25m	5 <sup>th</sup> = 16pts
		100m	15.62s (-2.2)	8 <sup>th</sup> = 13pts
Jonathan Reid	13	Long Jump	4.83m	3 <sup>rd</sup> = 20pts
		90m hurdles 76.2cm	14.86s (-3.5)	1 <sup>st</sup> = 30pts
Zachary Semanganda	11	Long Jump	4.12m (+3.3)	7 <sup>th</sup> = 14pts
		100m	15.65s (-2.2)	10 <sup>th</sup> = 11pts
		400m	1:11.01s	7 <sup>th</sup> = 14pts
Emily Britton	15	90m hurdles 76.2cm	13.42s	1 <sup>st</sup> = 30pts
		100m	13.98s (-4.3)	9 <sup>th</sup> = 12 pts
Georgia Duncan	14	90m hurdles 76.2cm	14.33s	5 <sup>th</sup> = 16pts
		100m	14.05s (-2.8)	10 <sup>th</sup> = 11pts
Jordan Hurrell	14	100m	13.33s (-2.2)	5 <sup>th</sup> = 16pts
		400m	56.55s	3 <sup>rd</sup> = 20pts
Rachel Ingram	15	90m hurdles 76.2cm	17.23s	8 <sup>th</sup> = 13pts
		100m	14.21s (-3.0)	14 <sup>th</sup> = 7pts
Eleanor Lamperts	15	Long Jump	4.88m (+2.5)	7 <sup>th</sup> = 14pts
Morgan Little	14	Shot put 4kg	10.88m	1 <sup>st</sup> = 30pts
		Javelin 700g	36.28m	2 <sup>nd</sup> = 24pts
		100m	13.32s (-4.5)	4 <sup>th</sup> = 17 pts
Courtney Cattell	17	Long Jump	5.19m (+3.7)	4 <sup>th</sup> = 17pts
		100m hurdles 76.2cm	16.54s (-3.3)	2 <sup>nd</sup> = 24pts
Julie Charlton	17	100m	23.07s	11 <sup>th</sup> = 10pts
		400m	1:29.83s	7 <sup>th</sup> = 14pts
		Shot Put 3kg (Parra)	4.70m	1 <sup>st</sup> = 30pt
Joel Davidson	17	Long Jump	6.40m (+2.9)	2 <sup>nd</sup> = 24pts
Beau Ingram	17	100m	12.03s (-3.0)	4 <sup>th</sup> = 17pts
Maya Leverett	17	Long Jump	5.57m (+2.5)	1 <sup>st</sup> = 30pts
		400m	1:01.83s	4 <sup>th</sup> = 17pts
Emily Jones	18	Long Jump	4.80m (+3.5)	1 <sup>st</sup> = 30pts
		400m	1:13.93s	1 <sup>st</sup> = 30pts
Evan Clothier	22	Long Jump	6.94m (+3.6)	1 <sup>st</sup> = 30pts
		400m	50.71s	3rd = 20pts
Ben Jaworski	23	100m	11.50s (-4.8)	1 <sup>st</sup> – 30pts

		400m	51.16s	6 <sup>th</sup> = 15pts
Jennifer Bishop	46	Shot put 4kg	8.94m	1str = 30pts
		Long Jump	4.30m (+3.5)	1 <sup>st</sup> = 30pts
		Javelin 600g	17.67m	2 <sup>nd</sup> = 24pts
		80m hurdles 76.2cm	15.68s (-4.3)	1 <sup>st</sup> = 30pts
		100m	15.07s (-3.0)	4 <sup>th</sup> = 17pts

## SCHOOL RESULTS

ATHLETE	AGE	MEET	EVENT	RESULTS	PLACE	
Bayden Little	13	CCC	Javelin	32.24m	BRONZE	
Morgan Little	14	CAS	100m	12.57	6 <sup>TH</sup>	
			Shot Put	11.99m	5 <sup>TH</sup>	PB
			Javelin	40.23m	GOLD	PB
Ellie Lamperts	15	CHS	Long Jump	4.99m	4 <sup>TH</sup>	PB
Maya Leverett	17	CHS	100m	12.82	BRONZE	
			200m	25.86	4 <sup>TH</sup>	
			Long Jump	5.83m	SILVER	
			Triple Jump	11.88m	5 <sup>TH</sup>	

*Please note, this is the last week we will be announcing past school championship results, thank you to those athletes that shared their results with us.*

*Please inform the club if any results are missing or incorrect*

PB = Personal Best

CB = Club Best

Pts = Treloar Shield points awarded