



Championship Dates & Explanations 2017/18 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.

Cherrybrook LAC

State Relays - SOPAC Homebush

U8-U11 Saturday 18 November 2017

U12-U17 Sunday 19 November 2017

Athletics is mostly an individual sport, however State Relays is the one major carnival where athletes compete in teams of 3 for field events (where their performances are combined to make the team score) or teams of 4 for track events. State Relays is the biggest carnival run by Little Athletics NSW and is a great event to be involved in.

For U8 - U17 athletes, there is the opportunity to compete in track and field relays.

U8 – U11 athletes must choose either track or field events, NOT BOTH.

U12-17 athletes may choose both, however note that there is no clash management at the carnival.

TRACK RELAYS:

On the track, there is:

- 4x100m for each age group (heats and finals),
- 4x400m (or 4x200m 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 age groups (eg. 12/12/14/15)

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

JUNIOR DAY:

U8/U9/U10:	1 athlete x Shot Put + 2 athletes x Discus	Up to 2 teams/centre each gender
	3 athletes x Long jump	Up to 2 teams/centre each gender

Eg. U9 Girls, can have 2 throws teams and 2 jumps teams

U11	Shot/Disc/Javelin	1 athlete per discipline	Up to 2 teams/centre each gender
	Long/Triple/High	1 athlete per discipline	Up to 2 teams/centre each gender

SENIOR DAY:

U12-17	Shot/Disc/Javelin	1 athlete per discipline	Up to 2 teams/centre each gender
	Long/Triple/High	1 athlete per discipline	Up to 2 teams/centre each gender

Cherrybrook picks the teams based on the best results from Friday nights competitions, via a nomination process. **Nominations will open on Friday 13th October 2017, and close on Friday 20th October 2017**, so start talking with your age group now to build strong and enthusiastic teams.

Nomination forms are available on the website, or follow the link below:

A DRAFT timetable is available to give you a rough idea of event times for State relays, though please note that these may be subject to changes – follow the link to our championships page:

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

Link to nomination form (also available on the homepage)

<http://www.cherrybrookathletics.org.au/20172018%20Stuff/PDFs/State%20Relays/2017%20State%20Relays%20Nomination%20form%20only.pdf>

Zone Championships Barton Park, Parramatta

Saturday 9 and Sunday 10 December 2017

The North Metropolitan Zone Championship is the first step on the way to the State Championships in March 2018. **You MUST compete at Zone in order to qualify for Region and then qualify for the State Championships.**

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 6 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 WILL BE ONLINE, WITH DETAILS available in late October** after State relay nominations close. A copy of your nomination form will need to be placed in the Zone folder on a Friday night once you have nominated

- Each family who has a child/children competing at Zone must do a rostered duty at Zone for each day they have children competing unless they are helping as an official at the carnival
- **For those concerned about the clash with Pacific School Games (PSG) and Australian All Schools, please note the following:**

1. LANSW Rules of Competition Section D “Competitions: 1.9 Exemption from Zone Championships for U12 to U17 athletes Athletes in the U12-U17 age groups who are unable to attend their Zone Championships because they have been selected for a clashing national or international event will be able to automatically progress to the relevant Region Championships. The athlete must apply in writing, to Little Athletics NSW, prior to their Zone Championships for this automatic progression to be accepted. The application should be accompanied by documentation verifying their selection for the clashing event. Therefore, any athletes who qualify to compete at the Australian All Schools in Adelaide on 9-11 December 2017 should submit this exemption request to LANSW asap.

2. Any athletes in the U10 or U11 age groups who are competing in the Pacific School Games **AND** who have an older sibling competing in the Australian All Schools Championships the following weekend (causing the family to remain in Adelaide for both events), may apply for a similar exemption from the Zone Championships. Appropriate verification documentation must be provided as above. The exemption from Zone for U10 and U11 athletes **DOES NOT** apply if the athlete is not actually competing at the PSG in Adelaide on 2-6 December 2017. Attending Australian All Schools as a sibling spectator is not grounds for exemption from Zone. Please contact your Centre Championships Officer or Secretary if you require clarification. *

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 17 and Sunday 18 February 2018

Sydney Academy of Sport, Narrabeen

Athletes must qualify from the Zone carnival above. This is the final championship carnival for the U8 age group and they receive medals if they come 1st, 2nd or 3rd at Region.

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 23, Saturday 24 and Sunday 25 March 2018

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 28th and 29th April 2018, Gold Coast Queensland

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.

Up to 3 girls and 3 boys from the **U15 State Multi Event championship** are also selected for this National Championship, based on the athletes who have scored the highest number of aggregate points in the events contested at the AMEC, using the LAA point score system. 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

The **2018 State Multi-Event Championships** will be held at **Jubilee Park, Wagga Wagga** on **Saturday & Sunday, 3 & 4 March 2018**. Entries will be open ONLINE at the beginning of the season, with entries closing online on *Monday, 5 February*.

This is a multi-event competition for individual competitors. Each athlete competes in 6 or 7 events depending on age group. 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://www.lansw.com.au/Competition/Championships/State-Multi-Event-Championships>

STATE CROSS COUNTRY AND ROAD WALKS CHAMPIONSHIPS 2018

The State Cross Country Championship are now held as a combined Championships with Athletics NSW in July each year. Venue and date for 2018 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:

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

Note that current information on the LANSW website is for 2017. For more details see:

<http://www.lansw.com.au/Competition/Championships/State-Cross-Country-Road-Walk-Championships>

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

TRANS TASMAN ATHLETICS TOUR

Sydney 15th January 2017 Campbelltown 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.

[Bulletin No. 1](#) is now available for download from LANSW website. This Bulletin contains all information regarding the Tour to Auckland in January 2018.

The Trans Tasman Team will be travelling to Auckland on 4 January 2018 and returning to Sydney on 16 January 2018. The Trans Tasman Challenge will be held at Mt Smart Stadium, Auckland on Sunday, 14 January 2018. Click on the relevant links below to access the nomination forms for both Athletes and Officials. Please note: Nominations close on **Wednesday, 25 October 2017** at the Little Athletics NSW office, either post (Locked Bag 85, Parramatta 2150); delivery to 90-92 Harris Street, Harris Park 2150; fax to 9633 2821 or email to admin@lansw.com.au or dlevy@lansw.com.au

- 2018 Trans Tasman Tour - [ATHLETE NOMINATION FORM](#)

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 25th 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://www.lansw.com.au/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 go to the LANSW website, Championships section – link below

<http://www.lansw.com.au/Competition/Championships>

Jenny Bishop
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