

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017
NEWSLETTER 11
Program 1
FRIDAY 27th October 2017

Read on for :

- **ZONE NOMINATIONS OPEN THIS WEEK VIA RESULTS HQ – instructions later in email**
- **First round of Zone nominations close Saturday 4th Nov.**
- **YOU ALSO NEED TO PRINT A COPY OF YOUR FORM AND BRING IT TO THE ZONE FOLDER EITHER THIS FRIDAY NIGHT OR NEXT WEEK AT THE LATEST and sign up for a duty at Zone**

- **Program 1 this week - Please ensure that all agegroups stick to the set program order**
- **STATE RELAY TEAMS TO BE FINALISED THIS WEEK BY AGE MANAGERS**
- **Invitational 800m this week,**
- **New marshalling system for 400m races**
- **Online system for weekly duties – PLEASE MAKE SURE YOU STAY FOR THE ALLOCATED LENGTH OF YOUR DUTY, NOT JUST UNTIL YOUR CHILD IS FINISHED FOR THE NIGHT**
- **Canteen specials: Beef Burgers**
- **Having trouble sewing numbers on your uniforms? – come and see Naoimi and bring your numbers to be sewn on + \$10, with all funds raise going to the club**
- **Seniors athletics calendar and information**
- **Dual registered athletes please email Karin Webb if you intend to compete this season- details further in email**
- **Registrations available Friday from 5.45-6.15pm**
- **Uniforms available Fridays**
- **Upcoming dates: Photo Night 3/11, Multi night 24/11**

We are entering the championship phase of Little A's.

Age managers will finalise teams for State Relays this week. Please see your age manager if you have any questions

**ZONE NOMINATIONS OPEN TODAY,
FIRST ROUND OF NOMINATIONS CLOSE Saturday November 4 at 6pm**

Zone championships – Barton Park Parramatta
Saturday and Sunday 9-10 December

Our Senior athletes U13 and above will do their nominations directly to the online system, and get automatic selection in up to 6 events

For U7-U12 athletes we are allowed to put 6 athletes per agegroup per event in for zone, so everyone needs to nominate for the events they would like to compete in, and we choose a team based largely on performance, but with a view to allowing as many athletes as possible to compete at Zone.

Information about the Zone Championships on 9TH-10th December were sent last week.

Nominations are now open via the results HQ system – see end of email for instructions which will also go on

the front page of the website later tonight.

If you have not previously logged into results HQ, your username is your email address, and your password is the same as you used to register for Cherrybrook. If you have forgotten it use the forgot password link to reset.

All athletes need to print out a copy of our nomination and bring it to the oval to put in the zone folders – Blue for boys and pink for girls

Parents will also be required to do at least 1 duty over the weekend of Zone – there will be a sign up genius roster for this. I would ask that you sign up for your duty as you put your form in. The zone timetable is on the website under championships

INVITATIONAL THIS WEEK: 800m +

Each season for the last couple of years, we have run various invitational events towards the end of the night where kids run across age groups against other children with a similar PB. These results are held separately, and do not count towards club records or age group 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 circular track has completed events (approximately 8pm) we are going to run invitational 800m races on the circular track with the "cut in" at approx the 100m mark as occurs at the Zone championships.

In the next few weeks we will also have some invitational 100's, 200's and throw

Anyone wanting to do the invitationals will need to sign in by 6pm to the sheets which will be at the concrete circle where announcements are made.

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.

New marshalling area for 400m:

The starters and timing gates people have had lots of trouble being able to see at the start of the 400m races. We are going to trial a new section off "marshalling area" between the 400m track and the end of the hurdles track for our 400's this week

PARENT ROSTER FOR FRIDAY 20th OCTOBER:

We seem to have had some issues with people signing up for rosters but then not staying to complete them – particularly for pack up. Can I remind everyone that our club is run ENTIRELY by volunteers, and we need everyone's help to complete each night in reasonable time. It's absolutely not fair for a few committee members who already give a significant amount of time to the club to be left packing up whilst they have other jobs to do as well. So please come and do your rostered duty, and stay until it has been completed whether on the track, in the canteen or pack up etc. We are monitoring duties so that there is a fair spread for everyone.

High jump pack-up: will now be done by the age group that last competes at high jump – this week the u10's, so please be prepared to stay and pack this up once HJ is complete.

Link to parent roster:

<http://www.signupgenius.com/go/60b054caaa929a13-cherrybrook6>

CANTEEN

This week's special is Beef Burgers \$5: as well as the usual sausage sandwiches, drinks etc.

HIGH SCHOOL ATHLETICS:

Can all For all U12 and older dual athletes registered with Cherrybrook please email Karin webb if you intend to compete this season. Her email is: karinswebb@yahoo.com.au

This Saturday is the 3RD round of the **Treloar Shield** at Bankstown. Online entries have closed but on the day entries are still available

Details can be found on the NSW website:

<http://nswathletics.org.au/Events/Calendar/ANSW-Club-Events>

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

Northern Metropolitan Zone Nominations 2017

In 2017 the Northern Metropolitan Zone Little Athletics clubs are again taking nominations for Zone through ResultsHQ. The following instructions describe the process for nominating to attend Zone. This means parents will be nominating each athlete in their family using this online process. Read the instructions carefully and perhaps have them open on a separate screen to help you.

Please note that the following nomination rules apply:

- **U7 to U12** - Can nominate for up to 6 events but are limited to participate in 4. Clubs are limited to 6 athletes per event. Championship Officers / Age Managers will review all nominations and make selections to meet the club and athlete limits. Because of the limits, athletes are **NOT GUARANTEED** their preferences. The club is responsible for putting in the most balanced and competitive team possible. Your club will publish the events of each athlete in the days following the closure of nominations.
- **U13 to U17** - Can nominate for up to 6 events. No participation limits apply in these age groups.

Nominations will close at 6pm on Saturday the 4th of November 2017.

How to nominate for events at Zone

1. Go to the ResultsHQ family portal at www.resultshq.com.au. Please note that the mobile version of RHQ may not support the following process and you will be unlikely to nominate from a mobile phone. Tablet users should make sure they are using the desktop version of RHQ.

2. Your login ID is the email address you used to register for Little Athletics this season (this is likely to be the email address your club/age manager contacts you with).

If you do not know your password, use the “Forgotten your password?” link and it will be sent to the above email address.

3. When you log in you will see a red bar labelled “New Notifications”. Click on V.



4. Click on the “view” link to see carnivals that are available for you to nominate for.



- You will see the Zone carnival option (and may see other events). Note that it will show the 9 December 2017 date only but it applies to both days of the carnival. Select the <Edit> button to register.

Inter-Centre Nominations

Centre	Meet	Date	
LANSW/Northern/Metropolitan/Zone	Zone Day 1	09 Dec 2017	<input type="button" value="Edit"/>
<input type="button" value="Review"/>			
Warrington/GALA	Warrington Gala	05 Nov 2017	<input type="button" value="Register"/>

- You will see a list of available events for each of your athletes. Select the check boxes on the right side to nominate for events. **Please note that the dates and session times of the events are indicative but for final event times you will need to refer to the Zone Event Program which is available from your club.**

After selecting your events click on the <next> button. Please note that if you select more than 6 events the <next> button will vanish until it is corrected. You are able to nominate for less

104	100m	Heat	09 Dec 10:30 AM	<input type="checkbox"/>
904	Long Jump	Heat	09 Dec 8:30 AM	<input type="checkbox"/>
543	Shot Put	Heat	09 Dec 2:00 PM	<input type="checkbox"/>
549	Javelin	Heat	09 Dec 9:30 AM	<input type="checkbox"/>
990	1500m Walk	Heat	10 Dec 8:45 AM	<input type="checkbox"/>
176	800m	Heat	10 Dec 10:30 AM	<input type="checkbox"/>
194	200m	Heat	10 Dec 12:30 PM	<input type="checkbox"/>
240	100m Hurdles	Heat	10 Dec 8:50 AM	<input type="checkbox"/>
537	Discus	Heat	10 Dec 8:50 AM	<input type="checkbox"/>
584	Triple Jump	Heat	10 Dec 10:00 AM	<input type="checkbox"/>
579	High Jump	Heat	10 Dec 14:00 PM	<input type="checkbox"/>

than 6 events.

- If you see red highlight (like below) this is a clash warning. Do not worry about this. Clashes at our Zone are actively managed. However, you should refer to the Zone Event Program for the official event timing to ensure you are available for the events you nominate for.

#	Event	Type	Info	Time
34	Discus	Final		10 Dec 12:00 AM
37	1500m	Final		10 Dec 12:00 AM
50	200m Hurdles	Heat		10 Dec 12:00 AM
70	Triple Jump	Final		10 Dec 12:00 AM

8. After submitting, you will see a nomination summary. This information will be emailed to you.

You can go back into the system and revise your nominations up until nominations are closed by the Zone. This will occur at 6pm on Saturday the 4th of November 2017.

9. If you wish to identify preferences to help guide the selection process, please print the nomination summary you are emailed and number your preferences in order (where 1 is most preferred). Provide this to your club Championships Officer or Age Manager (if they do the selections). As noted above, athletes are not guaranteed their preferences.

10. After nominations have closed your centre's Championship Officer / Age Managers will review the nominations for U7 to U12 athletes to ensure that the athlete and event limits are met. Clubs will publish the full team list and events still available to choose a few days following the closure of nominations.

NOTE:

- Any questions about the **nominations process** should be directed to your club's Championships Officer.
- Any questions about **logging into ResultsHQ** should be directed to your club's Results Officer but only after making reasonable attempts to identify the correct email address (most failures to log into RHQ relate to an incorrect email address being used).

Happy Athletics!
Jenny Bishop
Cherrybrook LA's