

CHERRYBROOK LITTLE ATHLETICS SEASON 2016/2017
NEWSLETTER 12
Program 2
FRIDAY 3rd November 2017

Read on for :

- **ZONE NOMINATIONS CLOSE THIS WEEK VIA RESULTS HQ – instructions later in email YOU ALSO NEED TO PRINT A COPY OF YOUR FORM AND BRING IT TO THE ZONE FOLDER EITHER THIS FRIDAY NIGHT and sign up for a duty at Zone**
- **Upcoming dates: Photo Night THIS WEEK 3/11, Multi night 24/11**
- **Collect your Coles patch for uniform from the sign in desk**
- **Program 2 this week - Please ensure that all agegroups stick to the set program order**
- **State relays team finalised – relay training this week at 5.30 for 4x100m**
- **Online system for weekly duties – SIGN UP BEFORE 5PM FRIDAY**
- **Canteen specials: Chicken skewers**

It's been great to see so many athletes out enjoying their athletics over the past few weeks. We would love as many people as possible to come and join in the Cherrybrook athletes competing at the Zone Championships. **Zone is for ALL athletes (not just elite ones) and if a family friendly day, so please come and join in the fun**

Photo this week for our U6-U11 agegroups, starting with the U11's, so please bring your best smiles this week!! Can all parents please ensure their children have the correct uniform in place this week – if unsure refer to the uniform section of the website or ask a committee member

We have a box of Bananas from our sponsor Coles to distribute this week – **please come and get your new coles patch from the sign in desk**, and a free banana at the same time.

ZONE NOMINATIONS CLOSE [Saturday November 4 at 6pm via results HQ – further information at the end of the email.](#)

PARENT ROSTER FOR FRIDAY Nov 3:

PLEASE SIGN ON EARLY – BEFORE 5PM FRIDAY TO AVOID PEOPLE DOUBLING UP ON DUTIES

And please sign on before you come – this will help avoid the long queues when people arrive.

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 agegroup 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-newbase>

CANTEEN

This week's special Chicken Skewers as well as the usual sausage sandwiches, drinks etc.

STATE RELAYS:

The team list is at the bottom of this email. Teams have largely been decided by age managers, so if you have any questions, please approach your age manager first.

Can all athletes listed in a 4x100 team try and get to Greenway by 5.30 for relay training on baton changing.

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 Athletics NSW relays, so good luck to all involved and GO CHERRYBROOK!!

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

Eligibility:

Athletics NSW events are open to all registered members of a senior Athletics NSW club and dual Little Athletics athletes

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

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

EVENT PROGRAM FOR ZONE:

The program for Zone is on the championships page of the Cherrybrook website in the Zone section, or follow the link:

<http://www.cherrybrookathletics.org.au/20172018%20Stuff/PDFs/Zone/North%20Met%20Zone%20Program%202017.pdf>

DUTIES AT ZONE:

Each family who has a child/children competing at Zone must do at least 1 rostered duty at Zone, and depending on nomination numbers, you may need to do a duty for each day you have a child/ren competing. The club has been given 110 duties to fill. You can sign up for a duty now via a sign up genius roster – link below:

<http://www.signupgenius.com/go/60b054caaa929a13-20172>

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.

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



- 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

304	100m	Heat	09Dec:10:00 AM	<input type="checkbox"/>
304	Long Jump	Heat	09Dec:8:30 AM	<input type="checkbox"/>
543	Shot Put	Heat	09Dec:2:00 PM	<input type="checkbox"/>
549	Javelin	Heat	09Dec:9:30 AM	<input type="checkbox"/>
180	1500m Walk	Heat	10Dec:8:45 AM	<input type="checkbox"/>
176	800m	Heat	10Dec:10:00 AM	<input type="checkbox"/>
194	200m	Heat	10Dec:12:30 PM	<input type="checkbox"/>
340	100m Hurdles	Heat	10Dec:8:30 AM	<input type="checkbox"/>
537	Discus	Heat	10Dec:8:30 AM	<input type="checkbox"/>
584	Triple Jump	Heat	10Dec:10:00 AM	<input type="checkbox"/>
579	High Jump	Heat	10Dec:10:00 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
24	Discus	Final		10Dec1200AM
27	1500m	Final		10Dec1200AM
50	200mHurdles	Final		10Dec1200AM
70	Triple Jump	Final		10Dec1200AM

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).

AGEGROUP NOMINATIONS STATE RELAYS – Team as at 1/11/17

8Boys –

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Hamish Duggan 5603
Joel Moresis 5536
Luke Hobbs 5416
Aarush Anandh 5393

4x200 (U8-U9) 4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name
Luke Hobbs
Aarush Anandh 5393
Hamish Duggan 5603

- NEED TO Choose 2 + who is reserve

4x800 – 1 athletes/gender/agegroup

Hamish Duggan

9BOYS

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Lachlan Booth 5398
Joel Moresis 5536
Mason Rawhiti
Zach Budden

4x200 (U8-U9)– 2 athletes required/gender/agegroup

Name
Lachlan Booth 5398
Mason Rawhiti

4x800 – 1 athletes/gender/agegroup

Joel Moresis 5536
(Mason Rawhiti – reserve)

10Boys

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Kobe Moore 5428
Jamison Carre 54525
Cooper Rawhiti 5470
Bronsen Brown 5401
(Reserve Idris Burkhardt 5405)

4x 4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name
Jamison Carre 54525
Idris Burkhardt 5405
Reserves Kobe Moore 5428 + Copper Rawhiti

4x800 – 1 athletes/gender/agegroup

Bronsen Brown 5401
(Reserve Idris Burkhardt 5405)

Jumps relay – U8-U10 3xLJ 2 teams/agegroup/gender

Name
Thomas Bishop
James Lubrano 5493

Jethro Penn Or Joshua Forbes

Throw relay U8-10 2x disc 1xshot 2/agegroup/gender

Name
Gurteer Rai 5432 Disc
James Lubrano 5493 Disc
Joshua Forbes 5524 (shot0
(reserve Thomas Bishop)

11Boys

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Marco Boccaletti 5545
Zachariah El-kiabi 5633
Ometh Edinsingh 5497
Jeremy Jubb 5538

4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name.
Zachariah El-kiabi 5633
Jeremy Jubb 5538

4x800 – 1 athletes/gender/agegroup

Charlie Bradford 5399
(Reserve Zachariah El-kiabi 5633)

Girls

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Jenaya Lubrano 5494
Millie King
Nisini Rajapaksha Mudiyansele 5506
? Ruby Penn or Aliyah Bennet

4x200 (U8-U9) – 2 athletes required/gender/agegroup

Name
Jenaya Lubrano 5494
Aliyah Bennett
(reserve Nisini Rajapaksha Mudiyansele 5506)

4x800 – 1 athletes/gender/agegroup
Aliyah Bennett

9Girls

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Madsion Clarke 5408
Emma Cherry 5509
Emmanuella Oimage 5556
Amelia Eccles

4x200 (U8-U9) – 2 athletes required/gender/agegroup

Name
Madsion Clarke 5408
Amelia Eccles
(Reserve Emma Cherry 5509)

4x800 – 1 athletes/gender/agegroup

Jessie Bradford 5400
(reserve ??)

Jumps relay – U8-U10 3xLJ U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Team 1	Team 2
Gabriella Connell 5462	Aisha Zreika 5547
Tayla Moore 5482	Mia Stewart
Ruby Semaganda	Layla Tawbe 5517

Throws relay U8-10 2x disc 1xshot U 11-17 1xdisc 1xshot 1xjav 2/agegroup/gender

Team 1	Team 2
Tayla Moore 5482 (Shot)	Aisha Zreika 5547 Shot
Mia Stewart (Discus)	Gabriella Connell 5462 Discus
Natasha Flahey (Discus)	Layla Tawbe 5517 Discu

10Girls

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Ava Moore 5427
Vismaya Munnoli 5648
Alex Fenton 5609
Caitlin Shannon 2435

Reserve Verity Beech 5397

4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name
Verity Beech 5397
Kaylah Bennett 5526
Reserve Ava Moore 5427

4x800 – 1 athletes/gender/agegroup

Kaylah Bennett 5526
reserve Caitlin Shannon 2435

Throws relay U8-10 2x disc 1xshot U 11-17 1xdisc 1xshot 1xjav 2/agegroup/gender

Name
Caitlin Gurney 5512 Disc
Eloise Brunsdon Shot
Rachel Rossi Disc

11Girls

4x400 (U10-U17) – 2 athletes required/gender/agegroup

Name
Olivia Moresi 5535
Sarah Koot 5421
(Reserve Isabella Fisher 5411)

4x800 – 1 athletes/gender/agegroup

Isabella Fisher 5411

Jumps relay –

U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Name
Anisha Anandh (1) LJ
Keira Watson 5604 HJ
Ava Barraccu 5559 TJ

Senior teams

12 BOYS

4x100 nominations – 4 athletes required/ gender/agegroup

Lynden Wiesenhaan 45683
Will Austin 45577
Jesse Robinson 45603
Nicholas Bradshaw 45605
Reserve: James Elliot 45648

4x400 (U10-U17) – 2 athletes required/gender/agegroup – unable to field a team as no girls

Jumps relay –U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Team 1
Jessie Robinson 45603 LJ
Nicholas Bradshaw 45605 TJ
Will Austin 45577 HJ
Need 1 more for Long Jump
Brian Carpenter 45644 HJ
James Elliot 45648 TJ

13 BOYS:

4x100 nominations – 4 athletes required/ gender/agegroup

Name –
Zach Semaganda 45608
Ajaiy Mohanraja 45588
Sam Marsden 45612
Lachlan Dewar 45614
Reserve Corey Dewar 45613

4x400 (U10-U17) – 2 athletes required/gender/agegroup

Zach Semaganda 45608
Corey Dewar 45613
Reserve: Lachlan Dewar 45614

U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Name

Zach Semaganda 45608 (1) LJ
Lachlan Dewar 45614 (4) LJ
Ajaiy Mohanraja 45588 (1) LJ

Throws relay U 11-17 1xdisc 1xshot 1xjav 2/agegroup/gender

Name
Corey Dewar 45613 (Jav 2
Lachlan Dewar 45614 disc
Vihan Sahai shot

13 Girls

4x200 nominations – 2athletes required/ gender/agegroup

Name
Nike Anand
Lucinda Vanderklauw

14 Boys

4x100 nominations – 4 athletes required/ gender/agegroup

Name
Kaylan Clarke
Jono Reid
Donovan Bradshaw 45604
Robbie Cullen 45617

Jumps relay – U8-U10 3xLJ U 11-17 1xLJ 1xTJ 1xHJ 2 teams/agegroup/gender

Name
Kaylan Clarke (HJ)
Jono Reid (TJ)
Liam McKenzie HJ(1) TJ (2)

Throws relay U 11-17 1xdisc 1xshot 1xjav

Name
Robbie Cullen 45617 Disc
Donovan Bradshaw (Shot)
Jono Reid (Jav)

14Girls:

Throws relay U 11-17 1xdisc 1xshot 1xjav 2/agegroup/gende

Name
Mykaela Hayhurst disc

Anna Kely Jav
Arienna Grebert Shot

Happy Athletics!
Jenny Bishop
Cherrybrook LA's