

**CHERRYBROOK LITTLE ATHLETICS SEASON 2017/18  
NEWSLETTER NO 21**

**Program 1 this week**

**FRIDAY 9th Feb 2018**

- Program 1 this week
- Please ensure correct uniform and placement of patches
- Parent roster
- Entering and Uploading of field results
- Regional Information + parent roster + important information regarding spikes and uniforms
- NO LITTLE ATHLETICS NEXT WEEK(16TH) DUR TO REGION
- New link for uploading good photos for the red book
- Canteen – chicken burgers
- Senior/Dual Athlete information

The forecast looks hot for tomorrow – keep an eye out for emails if it is particularly warm in the afternoon. As previously we abide by the LANSW heat policy but at this stage the forecast looks warm but OK for this week.

Some of our older athletes and parents will be away again this week competing at the NSW Junior Athletics Championships at Homebush – we wish them well as they compete.

**UNIFORMS:**

Can we remind all athletes and parents that your children must be wearing the correct Cherrybrook singlet to compete on a Friday night. These should have the current year's registration number in place. Jetstar patches should be removed, and you should have a coles patch and an age patch on your uniform. Particularly those athletes competing at Region – there will be uniform checks at the call rooms, and athletes will not be allowed to compete without the correct uniform and patches in place.

**PARENT ROSTERS AND FIELD EVENT RESULTS:**

Thank you to those parents who enter field event results each week – we really appreciate your assistance. Just a reminder that there is no need to upload the results if using the computer over near high jump. But if you are entering results on a phone, you need to upload them after entering them. Please also take care that results are entered against the correct athlete name – we have had some issues and needed to re-enter a few results lately. Any questions please speak to Christian Budden or Jill Ingram

Please find the link below for the duty roster for this Friday 9TH February:

<http://www.signupgenius.com/go/60b054caaa929a13-cherrybrook12>

**Please sign up to a duty before 5pm on Friday to avoid doubling up of duties and long queues upon arrival.**

**REGIONAL INFORMATION FOR THOSE WHO QUALIFIED FROM ZONE:**

<b>When:</b>	Saturday 17 February and Sunday 18 February, 2018
<b>Where:</b>	Sydney Olympic Park Athletics Centre – SOPAC – Main Arena
<b>Start Time:</b>	First Marshaling Call: 7.30am. Events commence at 8:00am - both days.
<b>Entry Fee:</b>	Free

**Link to regional timetable:**

<http://www.lansw.com.au/Portals/44/Competition/Region%205%20list%20of%20events%202018.pdf>

Specific regional information will be sent separately. Regional Shirts have been ordered and should be available soon – I will notify via email when they are received.

The Regional parent roster will be available soon - can everyone family attending the regional championships please sign up to 1 duty for the weekend.

**Link to parent roster for Region:**

**Each family with children competing at Region needs to sign up for 1 duty for the weekend.**

**Below is the link to the sign up Genius roster:**

<http://www.signupgenius.com/go/60b054caaa929a13-2018>

## **Spikes and starting blocks at Region:**

### **Competitor Footwear:**

Shoes are compulsory for all competitors in all events. Spikes may be worn as follows:

U8, U9 & U10: Spikes may not be worn in any event.

U11 to U12: Spikes may be worn in all track events run entirely in lanes, all jumps events and javelin.

U13 to U17: Spikes may be worn in all track events (except Walks), all jumps events, and javelin.

All competitors: Spikes with the spikes removed or blanks inserted may not be worn in any events.

No athlete may compete bare foot in any event.

**It is a SOPAC rule that any athlete wearing spiked shoes must use starting blocks in hurdles and track events up to and including 400m**

**SPIKED SHOES MUST BE REMOVED BEFORE LEAVING THE COMPETITION AREA, AND MUST NOT BE WORN TO WALK AROUND THE VENUE.**

**Athletes in the U11 and older who are wearing spikes will be required to use starting blocks if for all hurdles, sprints and 400m races. We have blocks at Cherrybrook should you wish to practice.**

### **Centre Uniform:**

All competitors must wear the correct, approved Centre uniform, which includes:

- The correct individual McDonald's (with the red border fully visible) or OneSport registration number firmly attached to the front of their top.
- Correct Age Patch firmly attached to the front left hand side of the top or shorts.
- Coles patch (red) firmly attached to the right hand chest of the top.

Pins are acceptable, provided the patches are all secured well and do not 'flap' around loosely

There will be **no leniency** shown at Region marshaling – **any competitor not correctly attired will be sent to their Team Manager to correct their uniform, but the event will not be held waiting for them to return.**

Any athlete with the wrong number or no current season registration number must be issued with a new number by the centre Team Manager and the team manager must advise Carnival information of the old and new registration numbers and other athlete details. The athlete's original number will be cancelled, and the new number will become their number for the remainder of the 2017/18 season. Events will not be held pending the issue of new registration numbers.

### **CANTEEN**

This week's special at the canteen is Bacon and Egg sandwiches, as well as the usual sausage sandwiches etc. Don't forget that we have a range of drinks, coffee and other snacks available as well as the ever popular spiders, so come and join us for some yummy treats.

Happy Athletics

### **PHOTOS FOR RED BOOK**

**There were a few issues with the previous link to upload photos – please see below for new options.**

Many of you will have some good photos of your children or others. If you have any good photos that might be suitable for the redbook, below is a link where you can upload them. **PLEASE ONLY UPLOAD CLEAR, CLOSE UP PHOTOS, AND A MAXIMUM OF 3 PER FAMILY UNLESS YOU HAVE GOOD GROUP PHOTOS OF OTHERS IN ADDITION.**

Either click on this link OR copy and paste into the browser, then select the files to upload from their computer or device.

<https://www.dropbox.com/request/0CrYbNPopLYcrlD0eZTg>

Alternatively, if you only have 1 or 2 then - just email them to [CherrybrookRedBook@gmail.com](mailto:CherrybrookRedBook@gmail.com)

### **SENIORS/ DUAL ATHLETES –**

See Athletics NSW website for details: <http://nswathletics.org.au/>

Jenny Bishop  
Cherrybrook Little Athletics