

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

18th JANUARY 2018

CONGRATULATIONS

CONGRATULATIONS to all our **Cherrybrook Treloar Shield Athletes** on a fabulous season. In the Shield Cherrybrook finished 4th (6th last year), whilst in the age pennants our athletes finished 3rd in the Juniors (7th last year), 4th in the Open (7th last year) and 8th in the Masters (9th last year). It was particularly pleasing to see Cherrybrook improve in all categories. Well done!

CONGRATULATIONS to **Alysha Burnett** on setting a Cherrybrook Best in the 100m Hurdles at the Bankstown Allcomers just before Christmas.

GOOD LUCK

Good luck to our Masters Athletes (**Jill Taylor & Robert Clark**) who will be competing at the Oceania Masters Championships in Dunedin, NZ over the next week.

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics Friday night competition is on this Friday (19th January 2018).

UPCOMING EVENTS

Please note that the Allcomers on Sunday 21 January at SOPAC has been cancelled.

GRASS GAMES – ROTARY FIELD CHATSWOOD – 27th JANUARY 2018

The Grass Games will be held on 27th January at Rotary Field Chatswood. The emphasis of this meet is participation and enjoyment, aiming to give athletes a competitive environment on a grass track whilst removing the pressure of Olympic distances.

This event is not a permit meet and performances will not count as qualifiers for any future meet. However, the best performance in each event in the male and female divisions will be recorded as Grass Games meet records. Timing will be done via timing gates. All track events will be completed on the circular track.

Events will be staged as open male and female events and feature:

Track events: 60m, 150m, 300m, 400m, 600m

Field Events: Aggregate Long Jump, Backward Overhead Shot Put, Scissor's only High Jump

Online entry is \$10 for ANSW members and \$15 for non members.

Online entry closes **9am, Thursday 25th January**. On the day entry is available, but not guaranteed and will be at a cost of \$20 for members and \$25 for non members. On the day entry will only be available if there is space in that respective event. This must be completed at least one (1) hour prior to the athlete's first event.

<https://grassgames2018.eventdesq.com/>

Competition rules and further details available from:

<http://nswathletics.org.au/Events/Calendar/grass-games-1>

NSW OPEN, U23 & PARA CHAMPIONSHIPS (SOPAC Feb 2nd – Feb 4th)

The NSW Open, U23 & Para Championships will be held at SOPAC over the weekend of February 2nd- 4th. This year the Championships incorporates the **Sydney Classic** on the Saturday evening. The events offered in the Sydney Classic are selected finals of the Open Championships and to participate in it athletes must make it through qualifying rounds.

The NSW Track and Field Championships will be conducted in the Open age group, where medals for the Under 23 Championship will be awarded based on results from the Open Championships. The first three athletes aged 20, 21 or 22 in the calendar year of the event will be awarded Under 23 medals.

Entry fee is \$20 per event. An entry fee cap of \$70 applies to all entries. Entries close **Friday January 26, 2018 at 9am** and can be made through the link:

<https://2018nswopenu23parachamps.eventdesq.com/>

NSW Junior & Youth Championships (SOPAC Feb 9th – Feb 11th)

The NSW Junior & Youth Championships will be held at SOPAC on Feb 9th - Feb 11th. Events will be conducted in the Under 14, Under 15, Under 16, Under 17, Under 18 and Under 20 age group, with age groups determined by age of the athlete on the 31st December 2018. For example, if an athlete is 2003 born, and therefore 15 years old on the 31st December 2018, he will be competing in the Under 16 age group. Para events will be offered in the U16 and U20 age groups only. **To be eligible** for selection for the NSW Junior Team **to compete at the Australian Junior & Youth Championships athletes must compete at the NSW Junior & Youth Championships**

NSW Junior Entries close at **9am Tuesday January 30, 2018** and can be made through the link:

<https://2018nswjuniorchamps.eventdesq.com/>

2018 Australian Open Athletics Championships & Commonwealth Games Nomination Trial (Carrara Stadium Gold Coast Feb 15th – Feb 18th)

The 2018 Australian Open Athletics Championships and Commonwealth Games Nomination Trial will be held at Carrara Stadium, Gold Coast, Queensland from Thursday 15th to Sunday 18th February 2018.

In order to be eligible to compete at the 2018 Australian Open Championships you must:

- Be a registered member with Athletics NSW
- Have achieved the applicable entry standards and submitted your registration through this portal by **9:00pm Sunday 28th January 2018**.
 - a) Placing 1, 2 or 3 at NSW Open Championships (2nd - 4th February 2018)
 - b) Qualified in accordance with the applicable Entry Standards
- Be a minimum of 12 years of age as at 31 December 2018
- Have competed at least once in a competition sanctioned and conducted by a member association (unless an exemption has been granted)

All registrations to compete at the Australian Open Championships must be completed **by the cut-off at 9:00pm on Sunday 28th January**. The **only exceptions** to this will be athletes **who place 1st, 2nd or 3rd at the NSW Open Championships (2-4 Feb) and have not yet qualified by achieving the entry standard**. These athletes will need to **complete registration prior to 9:00am, Monday 5th February 2018**.

<http://www.nswathletics.org.au/2018openchampionships>

Australian Junior & Youth Championships (SOPAC March 14th – March 18th)

The inaugural Australian Junior Athletics Championships Championships for able-bodied and para-athletes will be held at SOPAC from 14 - 18 March, 2018.

Nomination is now open and there is no cost to nominate. **Nominations close 9:00am Monday 12th February** (day after NSW Junior Championships).

Eligibility:

To be eligible for selection in the NSW team to compete at the Australian Junior Athletics Championships, athletes must be:

- A minimum of 12 years old (as of 31 December 2018)
- A maximum of 19 years old (as of 31 December 2018)
- A registered member with Athletics NSW
- Compete at the 2018 New South Wales Junior Athletics Championships

Qualification:

To qualify to compete at the 2018 Australian Junior Athletics Championships, athletes must satisfy at least one of the following criteria:

- **Place first, second or third in:**
 - 2017 New South Wales All Schools Championships
 - 2018 New South Wales Junior Athletics Championships
- **Place first in:**
 - 2017 New South Wales Primary School Sports Association (PSSA) Athletics Championships (12 years age group only)
- **Any athlete that achieves the entry standard is eligible for selection pending nomination**

NOTE THERE ARE CHANGES TO THE RULES THIS YEAR WHICH AFFECT THE ABILITY TO ENTER MULTI AGE GROUPS.

Further details including nomination are available from the link:

<http://www.nswathletics.org.au/2017australianjuniors>

NSW 2017/18 SUMMER SEASON CALENDAR

The calendar can be accessed from:

<http://www.nswathletics.org.au/Portals/18/Competition/2017/2017.18%20ATHLETICS%20NSW%20CALENDAR%20V3.pdf>

ATHLETICS AUSTRALIA 2017/18 SUMMER SEASON CALENDAR

The Athletics Australia calendar for the 2017/18 summer season can be accessed from:

<http://athletics.com.au/Portals/56/Images/Marketing/Summer1718/2017-18%20Calendar%20Updated%2027.11.2017.pdf>

WORLD U20 SELECTION POLICY

Athletics Australia has released the selection policy for the 2018 *IAAF World U20 Championships* to be held in Tampere, Finland from 10-15 July 2018. Selection is open to athletes born in 1999, 2000 or 2001. The selection policy can be accessed from:

http://athletics.com.au/Portals/56/High%20Performance/Documents/WU20/2018%20IAAF%20World%20U20%20Championships%20-%20Published%2014_9_17.pdf

YOUTH OLYMPIC GAMES

The **2018 Youth Olympic Games** will be held in Buenos Aires, Argentina from 6-18 October 2018. The Youth Olympic Games is an under 18 event, athletes born in 2001 & 2002 will be eligible for nomination. The selection policy which was released 15 November is still under review and there may be some modifications. More details, including a list of the events, are available from:

<http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Youth-Olympic-Games>

CHERRYBROOK RECORDS

If you think you have broken a Cherrybrook record during the season please provide details to Robert Clark at robclark307@gmail.com. Records at the start of the season are set out in the 2016-2017 Red Book and on the Club website under Centre Records

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/SENIOR%20CURRENT%20RECORDS%20update%201.6.17.pdf>

ATHLETICS AUSTRALIA COACHING COURSES

Athletics Australia is the accrediting body for all athletics coaches in Australia and is the only athletics body with courses approved by the Australian Sports Commission National Coaching Accreditation Scheme (NCAS). This accreditation brings with it accountability to be up to date with current best practice as well as ensuring our courses are engaging and in line with the best adult education principles.

Upcoming Coaching Courses

Dates for upcoming coaching courses are shown below:

- Level 1 Community Athletics Coach. Wollongong, Thursday 25th January, 2018

Full details of the coaching courses (including registration) are available under the following link:

<http://www.nswathletics.org.au/Coaching/Coaching-Education2/Athletics-NEW>

AUSTRALIAN STATE AND TERRITORY BODIES

For a full listing of contact details for any Australian State or territory athletics body visit <http://athletics.com.au/About-Us/Member-Associations>

This could come in handy if looking for competition in other parts of Australia.

IPC SANCTIONED MEET CALENDAR

To view the latest 2017/18 IPC sanctioned meet calendar for para athletes looking to qualify for international competition please visit

<http://www.athletics.com.au/LinkClick.aspx?fileticket=fA65iLe-2EQ%3d&portalid=56>

Para Athletes please note that you are welcome to compete at all NSW Athletics events throughout the summer season and that qualifying for the Australian Nationals can be achieved at any Allcomers or Treloar Shield event.

ALL ATHLETICS RESULTS

"All-Athletics.com" is the world's most comprehensive online data base showing athlete statistics including PB's, when they were performed, wind readings, rankings etc. Chances are you are on it. Just visit www.all-athletics.com click on Athlete Search at the top of the page and enter your name.

RESULTS

Only results from Cherrybrook Club competition and State 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 results, along with proof of performance to Robert Clark at robclark307@gmail.com .
Please notify Robert if your results are missing, incorrect or a PB performance has been missed.

Bankstown Allcomers - 23rd December 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Alysha Burnett	20	100m Hurdles	14.22s		PB CB
		High Jump	1.83m		
Emily Britton	16	100m	12.58s		PB
		100m Hurdles	13.88s		
Sally Stagles	57	80m Hurdles	13.12s		SB
		100m	14.68s		SB
Evan Clothier	23	100m	11.37s		
		200m	22.33s		
Morgan Little	15	200m	23.91s		
		400m	53.54s		
Jonathon Reid	14	100m Hurdles	14.86s		PB
Jacob McCorry	20	100m	11.37s		
		110m Hurdles	DQ		
Lara Stevens	13	90m Hurdles	15.44s		
Joel Davidson	18	100m	11.80s		SB
Declan Pluim	19	High Jump	1.95m		
Hugh Hunt	19	800m	2:01.68s		PB
Matt Joyce	28	800m	2:03.67s		
Ben Graham	15	800m	2:09.82s		
Ryan Hogan	17	1 Mile	4:58.88s		PB

Illawarra Track Classic – Gwyneville January 13th 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Jen Bishop	48	60m	8.83s		
		100m	14.76s		
		Long Jump	4.18m		
		Shot 4kg	9.54m		SB
		Hammer 4kg	22.09m		
Kailyn Joseph	16	Long Jump	3.73m		

ACT Combined Championship & Allcomers – Canberra 13th/14th January 2018

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Emily Britton	17	100m	13.13s		
		100m Hurdles	14.66s		
Eleanor Lamperts	17	100m	13.85s		
		200m	26.92s		
Evan Clothier	23	100m	11.53s		
		200m	22.88s		
Jacob McCorry	21	100m	11.14s		
		100m Hurdles	14.44s		
Nick Dang	17	100m	11.81s		
		110m Hurdles	14.94s		
Jonathon Reid	15	100m Hurdles	14.90s		
		Long Jump	5.58m		
Francesca Sugiaman	16	100m	14.04s		
		200m	28.21s		
Matt Joyce	29	800m	2:03.85s		
Nick Andrews	21	100m	11.14s		