

# CHERRYBROOK SENIOR ATHLETICS NOTICES

NOTICE FOURTEEN 19<sup>TH</sup> JANUARY 2012

## **CONGRATULATIONS**

Congratulations to **Ben Jaworski** and **Shelly Jenneke** who competed at the Brisbane Track Classic on the 14<sup>th</sup> January. Ben placed 2<sup>nd</sup> in the Men's B 100m with a World Junior Qualifying time of 10.53 (5<sup>th</sup> fastest time of the night) and Shelly placed 5<sup>th</sup> in the Women's 100m Hurdles with a time of 13.97 just 0.05 outside the World Junior Qualifying time.

## **GOODLUCK**

Goodluck to **Ben Jaworski** and **Amy PejkoVIC** who will be competing at the Hunter Track Classic this weekend. Ben will be competing in the Men's 100m and Amy will be competing in the Women's High Jump and Triple Jump.

## **THANKYOU**

Thank you to **Jonathan Scotney** who helped run the Javelin for the LA's athletes at last Friday night's competition.

## **COACHING COURSES**

The Level 1 Beginning Coach program will run on February the 5th at Blacktown International Sports Park. The Level 3 Advanced Event Group Coach (Middle and Long Distance) will run on February 18th/19th at NSWIS, Sydney Olympic Park. For more details about both courses [please click here.](#)

## **UPCOMING EVENTS**

For a full list of season dates and details on all events for the summer athletics season please visit [www.nswathletics.org.au](http://www.nswathletics.org.au) and see both the calendar and Summer Handbook.

## **CLUB PREMIERSHIP NEWS**

Thankyou to the Twenty Two Cherrybrook Athletes who competed at last Saturdays 8<sup>th</sup> round of the Club Premiership. Cherrybrook athletes competed in 45 events over the course of the day and was expertly team managed by Jin

Jung, who we thank for supporting and managing the team. Congratulations to **Hannah Jones** who was our highest scoring athlete for the day and to **Jordan Barnes** who was our highest scoring Male athlete. The Great News is that Cherrybrook remains first in the Junior division and 2<sup>nd</sup> overall.

To secure our place in the Premiership we need all available athletes to please compete for the club in the last round of the Club Premiership on Thursday 19<sup>th</sup> January. This is an evening competition under lights and should be a fun night. The club would love to be able to say that all its athletes contributed to the overall point tally this season, so if you haven't competed in the premiership yet this season, we would encourage you to come and be part of the action. Details of the meet can be found further down in these notices.

**UPCOMING EVENTS with details shown below**

Thursday 19<sup>th</sup> January – SOPAC, Final Round of the Club Premiership

Sunday 22<sup>nd</sup> January – Greystanes Throwers Club

Tuesday 24<sup>th</sup> January – Campbelltown NSW Permit Meet

**Club Premiership No 9 – Sydney Olympic Park**

**ATTENTION ALL ATHLETES WE NEED YOU FOR THIS ONE 😊**

**This is the last round of the Club Premiership and our last chance to secure 2<sup>nd</sup> place overall and make Cherrybrook Athletics History.**

Date – Thursday 19<sup>th</sup> January Time – from 5.00pm *see program below*

Where – Sydney Olympic Park Athletics Centre (SOPAC)- Edwin Flack Drive, Sydney Olympic Park, Homebush Bay

Entry - \$5- entry on the day - (athletes must register and pay entry 1 hour before their first event at Athlete check in and then marshal at the event 20 mins before hand for Field events and 15 mins before for Track events.)

Who – All Senior registered Athletes are eligible to compete.

Uniform – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

<b>SOPAC – CLUB PREMIERSHIP ROUND NINE</b>	
<b>TRACK EVENTS</b>	<b>FIELD EVENTS</b>
5:10pm 200m Hurdles	5:00pm Discus Throw - 1.5kg and 1.75kg

5:50pm 100m  
6:45pm 400m  
7:35pm 1500M  
8:05pm 400m hurdles  
8:45pm Steeplechase

5:15pm High Jump – 1.20m start (female)  
5:15pm Triple Jump – 7m and 9m boards (male)  
6:35pm Triple Jump – 7m and 9m board (female)  
6:45pm High Jump – 1.50m start  
6:45pm Discus Throw – 1kg start  
8:00pm Triple Jump - 11m and 13m board  
8:05pm High Jump – 1.20m start (male)  
8:05pm Discus Throw – 2kg

### **NSW PERMIT MEET , THROWERS CLUB – GREYSTANES**

**Date** – Sunday 22<sup>nd</sup> January

**Where** – Gipps Road Sporting Complex, Gipps Road, Greystanes

**Who** – All Senior registered Athletes are eligible to compete

**Events** – 9am Hammer , approx 10.30am Discus, approx 11.30am Shot Put

**Entry** – \$5- for unlimited entry

### **CAMPBELLTOWN TUESDAY 24<sup>TH</sup> JANUARY – NSW PERMIT MEET**

**Date** – Tuesday 24<sup>th</sup> January                      Time – 6.45pm

**Where** – Campbelltown Sports Complex – Pembroke Road – Leumeah  
For Competition details check the NSW Website the week before competition.

**Who** – All Senior registered Athletes are eligible to compete.

**Uniform** – Cherrybrook uniform top with black short or tights and new seasons senior registration number on the front and back of the uniform.

**Events** – 100m, 200m, 800m, Sprint Hurdles, Long Jump, High Jump, Javelin,

**Entry** – \$5 entry on the day for unlimited events

- *Permit Meets – Athletes can use results from permit meets to qualify for National Championships and to achieve National rankings, however results cannot be used to break State or National records or to gain International Qualification*

### **CLUB CHAMPIONSHIPS – 4<sup>th</sup> FEBRUARY**

#### **All Athletes please note this date in your Diary**

The Club Championships are a competition contested amongst the top NSW clubs from the Premiership competition. The Competition will be held on Saturday 4<sup>th</sup> February 2012 at SOPAC. The Club would like to encourage All of its Athletes to come along and join in the competition and show our team spirit. Note this in your diaries now and more details will be available shortly.

Events Available at this competition are – 100m, 200m, 800m, 3000m, 4 x 100m Relay, Discus, Javelin, Long Jump, High Jump Sprint Hurdles and Pole Vault will also be offered as non point scoring events.

### **NSW MASTER CHAMPIONSHIPS**

These championships are open to registered athletes over the age of 30. The Championships will be held in Bankstown at the Crest Athletics Centre on the 25<sup>th</sup> – 26<sup>th</sup> February. For Championship details including the rules, Draft Timetable, and online entries [please click here](#). Entries close on Friday 17<sup>th</sup> Feb at 5.00pm

### **NSW YOUTH CHAMPIONSHIPS**

Entries are now Open for the NSW Youth Championships (U14 - U20, eg 1993 and younger) and close at midday, Monday 30 January 2012. The Championships will be held at SOPAC from the 10<sup>th</sup> – 12<sup>th</sup> February. For information regarding the NSW Championships, [please click here](#).

### **Athletes must compete at this State event to be eligible to compete at the Junior National Championships**

DRAFT TIMETABLE - [Please Click here](#) for a DRAFT Timetable

CHAMPIONSHIP RULES - For Championship rules, [please click here](#). It is very important that all athletes read and understand these rules prior to entering.

### **NATIONAL YOUTH CHAMPIONSHIPS**

The Australian Junior Championships (Nationals) will be contested at SOPAC from Wednesday 14<sup>th</sup> March – Sunday 18<sup>th</sup> March.

*(This information has been taken directly from the Aths NSW Web Site)*

The Australian Junior Championships is now the premier National Championships for athletes in this transition age group, and athletes can qualify by placing at the NSW Junior Championships or SKINS NSW All Schools or by reaching a qualifying standard.

**HOW TO QUALIFY?** - There are three ways for athletes to qualify for the Australian Junior Championships:

1. To have placed 1st, 2nd or 3rd in an event at the 2011 SKINS NSW All Schools held in October at Sydney Olympic Park.

2. Reach the entry standard within the qualifying period, as set out by Athletics Australia, which can be accessed by [clicking here](#).
3. Place 1st, 2nd or 3rd in an event at the 2012 NSW Junior Championships.

**ELIGIBILITY** - To be selected to represent NSW at the Australian Junior Championships, athletes must compete at the NSW Junior Championships in February.

Athletes must be registered with Athletics NSW through an affiliated club in order to compete at the Australian Junior Championships and the NSW Junior Championships.

**ENTRY** - Entry into the Australian Junior Championship is to be completed at the NSW Junior Championships; Friday 10th February, Saturday 11th February and Sunday 12th February. Further information regarding entry into the Australian Junior Championships will be made available over the coming weeks.

**DRAFT TIMETABLE** – A draft timetable for Nationals is available

### **ATHLETICS NSW COMPETITION EVENT GRID**

The Event Grid for competition from January – April is now available by following this NSW Athletics link.

[http://210.247.205.118/assets/console/document/documents/Grid\\_postxmas\\_2012.pdf](http://210.247.205.118/assets/console/document/documents/Grid_postxmas_2012.pdf)

If you are wondering when the next Hurdles race or High Jump event etc is on, this is the place to look.

### **NATIONAL QUALIFYING STANDARDS**

To find out the Qualifying standards for Open National and Youth and Junior Nationals follow this link

<http://www.athletics.com.au/home/competition/392/3656/3657>

### **RESULTS**

SOPAC RESULTS – CLUB PREM 8 (14<sup>TH</sup> JANUARY)

Athletes Name	Pts	Event	Result	Details
Rachel Attenborough	18	800m	2.20.40	
Jordan Barnes	69	60m	4.45	PB
		200m	23.28	
		110m Hurdles (91)	15.00	NQ

Daniel Berry	-	200m 800m	29.03 2.20.17	
Daisy Bryant	34 ¼	60m 200m	8.46 27.37	PB
Courtney Cattell	40 ¼	200m Long Jump	28.76 4.32m	
Lewis Clabburn	30	200m	28.18	
Beth Croft	16	800m	2.24.70	
Matthew Eaton	28	60m 200m	8.40 26.11	PB, CB PB
Stephen Eaton	18	200m	23.91	
Ben Henry	27 ½	60m 200m Long Jump	7.81 24.92 4.97m	PB
Hannah Jones	72 ¼	60m 200m 100m Hurdles (76)	7.96 25.36 14.44	PB PB, NQ NQ
Siobhan Kelly	20	Shot Put	9.68m	
Adam Nixon	13	800m	1.57.58	PB, CB
Fraser Nixon	26 ½	60m 200m Long Jump	7.86 26.02 5.21m	PB
Linda Nixon	24	60m Shot Put	9.52 7.15m	PB
Rachel Pace	54 ¼	60m 200m 90m Hurdles	8.32 27.44 14.35	PB, CB PB, NQ
Brianna Phillips	18	60m 200m	8.68 29.43	PB
Gabby Ralphs	28	200m 100m Hurdles (76)	28.29 17.75	
Sally Stagles	33	60m 80m Hurdles (76)	9.34 13.57	
Evan Walsh	18	60m 200m	8.14 26.68	
Jonas Williams	63 ½	60m 200m 800m	7.56 23.57 2.03.75	PB
Pip Williams	7	200m	26.29	

Courtney Cattell Daisy Bryant Hannah Jones Rachel Pace	Women's 4 x 100m Relay	52.29	
Jordan Barnes Ben Henry Fraser Nixon Jonas Williams	Men's 4 x 100m Relay	46.83	

PB = Personal best

CB = Club best for their age eg , U14, U16 etc – if this performance is not bettered during the season then it will stand as a Club Record. Records are determined as at 1<sup>st</sup> May 2012

NQ =National Qualifier for Under Age Nationals in March

OQ = Open Age Qualifier for the Open Nationals in April.

### **2012 AUSTRALIAN ATHLETICS TOUR**

Entries are now open online at [www.athletics.com.au](http://www.athletics.com.au) for the, IAAF Melbourne Track Classic (Olympic Trials), Sydney Track Classic and Perth Track Classic . The minimum entry standard for these 'A' series events is an Open National Qualifier. Athletes are encouraged to consult with their coaches before nominating.

**IAAF Melbourne Track Classic (Olympic Trials) – 1<sup>st</sup>- 3<sup>rd</sup> March 2012 – New** Victorian Athletics Centre in Albert Park, Lakeside Stadium, Melbourne.

Entries Close 20<sup>th</sup> February      Events offered -

**Men:** 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 5000 metres, 110m Hurdles, 400m Hurdles, 3000m Steeple, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin.

**Women:** 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 5000 metres, 100m Hurdles, 400m Hurdles, 3000m Steeple, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin.

**Sydney Track Classic – 18<sup>th</sup> February** Sydney Olympic Park Athletics Centre

Entries Close 22<sup>nd</sup> January      Events offered –

Men – 100m, 200m, 400m, 800m, 1500m, 110m Hurdles, 400m Hurdles, 3000m Steeplechase, 5000m Walk, Long Jump, Shot Put, Discus,

Women – 100m, 200m, 400m, 800m, 1500m, 100m Hurdles, 400m Hurdles, 5000m Walk, High Jump, Pole Vault, Long Jump, Shot Put, Discus, Hammer,

**Perth Track Classic** – 11<sup>th</sup> February - Western Australian Athletics Track, Perth  
(please note that this event is being held on the same weekend as the NSW Junior State Championships)

Entries Close Jan 22<sup>nd</sup>                      Events Offered-

Men – 100m, 200m, 400m, 1500m, 110m Hurdles, 400m Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Discus, Javelin

Women – 100m, 200m, 400m, 800m, 100m Hurdles, 400m Hurdles, Pole Vault, Long Jump, Discus, Javelin

### **PILATES**

Pilates for our Senior Athletes has recommended for the year and will take place in the club house on Tuesday afternoons from 5pm – 6pm. If you wish to join the class, please contact Cathy Eaton on 0415952141.

### **SYDNEY TRACK CLASSIC**

The 2012 Sydney Track Classic will take place on Saturday 18<sup>th</sup> February 2012.

Tickets are now on sale by visiting <http://sydneytrackclassic.com/>

Don't miss out - buy your ticket now to reserve a seat and take advantage of the NSW Athletics 'Members Only' offer (ticket price reduced from \$18.00 to \$12.00, but only until the 3rd February 2012)

Also visit the website about extra activities at the meet, including a coaching clinic and Celebrity/Fan Relay.