

# CHERRYBROOK LITTLE ATHLETICS

**Thursday 10 December 2020**

This Friday 11th December we will be running [Program 3](#) including the U14 – U17 javelin from 5.15pm, with gates open from 5pm.

To enable athletes in the U9 – U12 age groups to register additional times/distances for the State Qualifying Championships in February, we are also running the following events tomorrow commencing at 5.15pm:

800m	(U9 & U10 age groups)
1500m	(U11 & U12 age groups)
700m – 1500m walk	(U9 - U12 age groups)
Discus	(U9 – U12 age groups)
High Jump	(U9 – U12 age groups)

These events have been added to the start of this week's program to provide athletes with more opportunity to achieve or improve on a nomination standard for the Region 5 Qualifying Meet. These events are for attempted qualification only, and will not accrue season points or be counted towards club records. Parents with athletes in these events will be asked to help run the event.

## **RESTRICTIONS ROLLED BACK**

We thank everyone for their patience and compliance in helping us meet COVID restrictions so far this season. Under the NSW Government roll-back of restrictions, we can now increase our numbers and, from this Friday night, members are now permitted to bring up to 6 spectators. We look forward to welcoming back both parents, siblings and other supporters but we do ask that those spectators not actively involved in a duty or assisting an age group to please watch from behind the fence, or from the hill, to avoid crowding on the oval and around events. And please remember to look out when crossing track and field events.

Other COVID safety measures still apply:

- Please enter and register using the QR codes at the top of the main carpark or top of the stairs from the bottom carpark. We encourage everyone to use the hand sanitiser provided at each gate.
- PARENTS MUST SIGN IN ATHLETES. Any athlete without a parent present will not be permitted on site until a parent joins them.
- Do not use the bubblers on site, and use hand sanitiser before and after using the toilet facilities.
- Use electronic payment, or exact cash only, at the canteen – no change will be given.

## **PARENT DUTY ROSTER**

The following parents are required for duty this Friday please:

<b>Duty Roster Facilitator</b>	Libby Cuza, Olivia Dixon
<b>Equipment</b>	Lisa Li, Chan (Katrina) Wang, Noah Alkhateeb, U6 parents
<b>Amenities - COVID</b>	Miranda Frith

<b>Clubhouse Assistant</b>		Wendy Jiang
<b>Long Jump</b>		Kelly Devine, Sanders Chopra, Carolyn Vanderklauw, Maureen Omage
<b>High Jump</b>		Zhengbin Yan, Huiqin Wang, Natasha Basic, Sonia Sehli, Sonia Wiberg
<b>Shot Put</b>		Chris Shannon, Pooja Maini, Karen/Stephen Smith
<b>Discus</b>		Joanne Pajkowska, Roberta Wansey, Paul Fitzgerald, Anne Afeaki
<b>Track starters</b>	Straight	Andrew Russell
	Hurdles	William Darby
	200/400	Graham Hobbs
	Outer	Rodney Clark
<b>Track Officials</b>	Straight	Keith Cheng
	Hurdles	Shamika Ekanayake
	200/400	Marie Ricafort
	Outer	Kate Carswell
<b>Timing gate operators</b>	Straight	Emily Goldstiver, Dennis Orpilla
	Hurdles	Karen Mitchell, Karen Taylor Gurney
	200/400	Margherita Giufre, Karim Burkhardt
	Outer	Erin Mansell, Andrew Gulczynski
<b>Canteen</b>		Nadia Zaiter, Christine Gillies, Samantha Johnson, Zen Wijeyesinghe (February)
<b>Barbecue</b>		Kalinga Katpodi K, Jyoti/Prasoon Roy

Please contact Amanda Kely on 0490 735 242 if you are not able to fulfil your duty above.

## FAREWELL

This week we farewell the Stewart Family from the Club as they move interstate. The Stewarts have been a valuable part of our Athletics community for the past 5 seasons. Mia and Sian have been great competitors with amazing team spirit, always striving for their best at Club competition and involved in every possible team and representative event. They will be truly missed. Ben has been with his now U12Gs as assistant Age Manager for several seasons and his kindness, sense of fun and the encouragement and development of the age group will be hard to replicate. Charlene has given a great deal of time and energy to the Club as an excellent Age Manager, Age Managers Coordinator and Club President (2018 – 2021). To say she will be missed on the Committee and on the oval is an understatement. Her energy and enthusiasm will be long remembered and we thank her for her dedication and service to the Club.

This Friday night will be their last with Cherrybrook Athletics, but we hope they will return from time to time and visit us. We wish them all the very best with their new Club interstate and thank them for the memories.

## HOW TO QUALIFY FOR LANSW STATE CHAMPIONSHIPS

The State Championships will take place on 20<sup>th</sup> – 21<sup>st</sup> March 2021 for the U9 – U12 age groups, and 27<sup>th</sup> – 28<sup>th</sup> March 2021 for the U13 – U17 age groups.

### **These are the steps to qualify for the U9 – U12 age groups:**

1. Be ranked in the top 6 athletes for an event at Cherrybrook for your age group AND achieve the minimum Region 5 nomination standard (available on our Cherrybrook Little Athletics Facebook page). Standards must be achieved within the 2020/2021 season and can be achieved at Club or Gala days within our region.
2. Complete a nomination form available on the Club's website by Friday morning. Nomination forms to be submitted on a Friday evening by Friday 18<sup>th</sup> December or midnight on 19<sup>th</sup> via email to [ajjay1@hotmail.com](mailto:ajjay1@hotmail.com) if attending the Invitational Meet in Narrabeen on 19<sup>th</sup> December.
3. Athletes will receive notification by 15<sup>th</sup> January 2021 if their nomination has been successful.
4. If selected, athletes will be required to compete at the Region 5 State qualification meet at Narrabeen on 6<sup>th</sup> – 7<sup>th</sup> February 2021.
5. State Selection will take place from the results achieved at the Qualifying meet. It is likely (but not confirmed) that first place from each region plus the next best results will proceed to State.

For the U13 – U17 Age groups, athletes who achieve the State minimum nomination standard will be eligible to nominate for a place at State. The nomination standards are not yet available. The nomination period is anticipated to be from mid-January to late February. More details will be communicated to members once available. Our advice is for athletes to do their absolute best over the next weeks in any events they wish to contest at the Regional qualification meet and State.

## MWAC INVITATION MEET

Manly Warringah Little Athletics Centre invites all U9 to U12 athletes of centres in Region 5 to participate in 2 Open competitions at the Narrabeen Sports Academy, Narrabeen on **Saturday 12<sup>th</sup> December and Saturday 19<sup>th</sup> December 2020**. This will allow those athletes the opportunity to record their best time and/or distance for potential centre qualification for the Regional competition to be held in February 2021.

To participate, all athletes will need to pre-register as visitors **on or before 5pm on the Thursday before competition**. Register online [here](#)

- Cost for a visitor will be free on each day
- If numbers exceed 20 per age group MWAC reserves the right to cap numbers to ensure age managers are not overwhelmed
- Pre-registered athletes will be up-loaded into the MWAC results system so each day's results will be accessible by the athlete and their Centre after competition
- MWAC reserves the right to close registration early, change conditions of entry and/or delay entry at the gate if it reasonably believes numbers will exceed COVID-19 restrictions
- Saturday 12<sup>th</sup> December will be the usual MWAC PROGRAM FOR THAT Saturday which can be accessed via their website.
- Saturday 19<sup>th</sup> December will be the usual MWAC program for that Saturday which can be accessed via the website
- Due to the easing of COVID-19 restrictions, all age groups will start at 7.30 am on each Saturday but it is recommended that visitors arrive at least 30 minutes earlier to complete the visitor registration process
- Parents of athletes participating must be willing to assist with an allocated duty to assist with the running of the competition
- We reserve the right to exclude a visitor if a parent fails or refuses to do a duty in the previous week (i.e. athletes and their parents are strongly encouraged to participate in all events offered, not attend 1 event and then leave)
- Events on offer this Saturday the 12<sup>th</sup> December include in no particular order

Under 9 Girls – Discus, 60m Hurdles, 800m, 200m, Long Jump, 700m Walk

Under 9 Boys – High Jump, 60m Hurdles, 200m, 800m, Shot Put

Under 10 Boys – 60m Hurdles, 200m, 400m, Long Jump, Discus

Under 10 Boys – 60m Hurdles, 200m, 800m, High Jump, Shot Put, 1100m Walk

Under 11 Girls – 100m, 400m, 1500m, Long Jump, Triple Jump, Javelin

Under 11 Boys – 100m, 200m, 800m, High Jump, Shot Put, Javelin, 1100m Walk

Under 12 Girls – 100m, 400m, 1500m, Long Jump, Triple Jump, Discus

Under 12 Boys – 100m, 200m, 800m, High Jump, Discus , Shot Put

## CHANGE TO DUTY ROSTER FROM 8<sup>TH</sup> JANUARY 2021

From January 8<sup>th</sup> whilst all duties will remain the same as currently rostered, U6 Parents will be asked to take on more specific role within the group. Parents with their youngest participating athlete in the U10 – U13 age group will also be allocated a 2<sup>nd</sup> rostered duty for the 2021 part of the season, to ensure we have enough officials at each event area.

## COLOURED PATCH AWARDS

Congratulation to our athletes that receive their Coloured patches this week.

Coloured patch recording sheets submitted this week will be available to collect in the new year.

**Yellow** - Celeste Thomas (U7G), Ava De Sacadura (U7G), Lucia Assaf (U8G), Xavier Thomas (U9B), Abigail Wigham (U9G), Amy Goldstiver (U9G), Pippa Burke (U10G), Amelia Thomas (U10G), Harry Wigham (U11B), Claudia Wyatt (U11G), Sophie Thomas (U11G), Edward Goldstiver (U12B)

**Green** - Ava De Sacadura, Lucia Assaf, Abigail Wigham, Pippa Burke, Harry Wigham, Claudia Wyatt

**Red** - Lucia Assaf, Mia Stewart (U12G), Claudia Wyatt, Heidi Vercoe (U11G), Ruby Semaganda (U12G)

## **NSW ALL SCHOOLS CHAMPIONSHIPS**

Congratulations to all our athletes who competed at the recent NSW All School Championships, where numerous goals, PBs and medals were achieved.

Special congratulations to our medallists **Olivia Moresi** – 13yr High Jump GOLD, **Sarah-anne Koot** – 13yr 90m Hurdles SILVER, **Tara Webb** – 14yr Long + Triple Jump SILVER, **Anna Kely** – 17yr Shot Put SILVER, 16 yr Discus BRONZE, **Viktorija Calusic** – 14yr High Jump BRONZE, **Claudia Wilson** – 14yr 2000m Steeplechase BRONZE, **Robbie Cullen** – 16yr 400m Hurdles + High Jump BRONZE.

Olivia Moresi, Sarah-anne Koot, Tara Webb and Anna Kely have all made the NSW merit team and would have made the NSW team for Nationals had it not been cancelled due to COVID.

Full results:

12 Years:

**Teddy Hampton** – High Jump (1.40m 4<sup>th</sup>) + Triple Jump (9.27m 11<sup>th</sup> PB) + Javelin (20.66m 5<sup>th</sup> PB)

13 Years:

**Marco Boccaletti** – 100m (13.50 31<sup>st</sup> PB) + 200m (27.65 31<sup>st</sup> PB) + 200m Hurdles (32.90 21<sup>st</sup>) + High Jump (1.45m 11<sup>th</sup>) + Triple Jump (9.43m 15<sup>th</sup>),

**Bronsen Brown** – 90m Hurdles (15.49 12<sup>th</sup>) + 200m Hurdles (31.68 18<sup>th</sup>) + 800m (2:23.00)

**Idris Burkhardt** – 800m (2:21.30 19<sup>th</sup> PB) + 1500m (4:42.27 9<sup>th</sup> PB) + 3000m (10:12.37 18<sup>th</sup>)

**Xavier Hennessey** – 100m (12.75 21<sup>st</sup> PB)

**Caitlyn Gurney** – 1500m (5:38.08 34<sup>th</sup> PB) + Discus (16.95m 24<sup>th</sup>)

**Isabella Fisher** – 400m (61.10 4<sup>th</sup> PB) + 800m (2:22.80 8<sup>th</sup> PB)

**Sarah-anne Koot** – 80m Hurdles 12.61 (Silver PB) + 200m Hurdles (30.40 5<sup>th</sup> PB) + Triple Jump (9.68m 5<sup>th</sup>)

**Valentina Kuruc** – 3000m Walk (17:49.88 10<sup>th</sup> PB)

**Maddison Mitchell** – 200m (27.96 28<sup>th</sup> PB) + Triple Jump (9.70m 14<sup>th</sup> PB)

**Olivia Moresi** – 400m (64.26 16<sup>th</sup> PB) + High Jump (1.55m Gold PB)

**Rani Sharma** – 800m (2:30.00 13<sup>th</sup>) + 1500m (5:20.16 26<sup>th</sup>)

14 Years:

**Lachlan Lee** – 1500m (4:46.45 19<sup>th</sup> PB)

**Thomas Shannon** – 3000m (11:59.22) + 3000m Walk (18:33.12 5<sup>th</sup> PB)

**Viktorija Calusic** – High Jump (1.60m Bronze)

**Jess Coppolelli** – Discus (29.64m 7<sup>th</sup>)

**Nicole McCrostie** – 100m (13.24 16<sup>th</sup>) + 90m Hurdles (14.73 10<sup>th</sup>) + Long Jump 4.88m 6<sup>th</sup> PB)

**Tara Webb** – Long Jump (5.38m PB) + Triple Jump (11.46m Silver PB)

**Claudia Wilson** – 2000m Steeplechase (7:46.30 Bronze) + 1500m (5:08.90 13<sup>th</sup>)

15 Years:

**Corey Dewar** – 400m (54.35 15<sup>th</sup>) + 800m (2:03.09 7<sup>th</sup> PB)

**Lachan Dewar** – 400m (55.34 20<sup>th</sup>) + 1500m (4:34.20 20<sup>th</sup>)

**Ryan Frykberg** – 1500m (4:15.36 7<sup>th</sup> PB)

16 Years

**Joseph Ayoade** – 100m (11.12 Bronze PB) + 200m (22.71 4<sup>th</sup> PB)

**Isaac Cheng** – 400m (52.75 11<sup>th</sup>)

**Robbie Cullen** – 400m Hurdles (59.61 Bronze) + High Jump (2.02m Bronze PB) + Javelin (46.51m 6<sup>th</sup>)

**Anna Kely** – Shot Put (13.01m silver) + Discus (33.58 Bronze) + Javelin (35.80m 6<sup>th</sup>)

**Milly Visser** – 800m (2:42.41 13<sup>th</sup>)

From their results above, the following athletes have achieved qualification into the Junior Nationals to be held in Sydney in April:

**Isabella Fisher** 400m + 800m, **Sarah-anne Koot** sprint hurdles + 200m Hurdles, **Olivia Moresi** High Jump, **Tara Webb** Long Jump + Triple Jump, **Claudia Wilson** 2000m Steeplechase, **Joseph Ayode** 100m + 200m, **Robbie Cullen** 400m Hurdles + High Jump, **Anna Kely** Shot Put.

If any results have been missed or results reported incorrectly please text corrections to Nicky Jenneke 0448 407 716

## **CANTEEN CO-ORDINATOR NEEDED**

The role involves communicating what canteen supplies are needed to the purchasing officer and co-ordinating the running of the canteen and barbecue, including the roster, and **could be a shared job**. Please contact Sandra Moore on 0402 099 206 to volunteer or to learn more.

## **UNIFORM SHOP**

[Uniforms](#) should be pre ordered and then collected on a Friday night from 5.45pm to 6.15pm. Please contact Julie Semaganda to arrange collection on 0421 002 991

## **UPCOMING DATES**

December 11:	Little Athletics Club competition Program 3	Greenway Oval
December 12	MWAC Invitation for Region 5 Nomination improvement	Narrabeen Athletics Track
December 18:	Modified Program – Targeted to U9 – 12 age groups	Greenway Oval
	Last night of 2020	
December 19:	MWAC Invitation for Region 5 Nomination improvement	Narrabeen Athletics Track
January 8	First Club night of 2021 Program 1	Greenway Oval
Jan 29 – 31	Canberra Championships (Duals to Opens)	ACT AIS
February 6-7:	Region 5 Qualifying Meet for State Selection	Narrabeen Athletics Track
March 5 – 7:	NSW State Championships (Duals to Opens)	SOPAC
March 20-21:	LANSW U9 – U12 State Championships	SOPAC
March 27-28:	LANSW U13 – U17 State Championships	SOPAC

## **OUR SPONSORS**

**3Monkeez** supporting the Club with equipment and awards

**Bakers Delight Cherrybrook** supporting our canteen and BBQ

**Coles**, LA's National sponsor supplying us with our Friday night bananas

**Hunter Pacific Ceiling Fans** who support our Friday night coaching program