



# Cherrybrook Little Athletics

Thursday 28 January 2021

This Friday night, January 29th, we are running [Program 1](#). Gates will open from 5pm, with javelin for the U11-U12 age groups starting at 5.15pm.

This Friday we will also be checking uniforms for all **U9-U12 Region 5 selected athletes** to ensure they have full uniform with their registration, age group and Coles patches attached correctly. The uniform shop will be open in the club room from 5.45pm-6.30pm for parents to purchase uniforms and collect any patches.

## PARENT DUTIES – ALL HANDS ON DECK PLEASE!

- **All U6 parents are asked to arrive as early as possible to assist with oval set-up**
- We will once again be asking for **at least one parent from each family to be actively involved in a duty this week** – please check in at the Duty Table on arrival
- Any regular starters or timers/gate operators who are unable to attend are asked to please contact Amanda Kely on 0490 735 242 ASAP
- People usually on Program 1 canteen and BBQ duty are asked to please confirm their availability with Sandra Moore

And a general reminder:

- All attendees must register via QR code on arrival
- All athletes must be checked in with their Age Manager
- For safety, we ask that any parents not actively assisting please spectate from behind the fence or on the hill

## SAFETY NOTE for Age Managers, parents and Athletes:

When age groups have two track events one after another, please ensure Athletes have at least 15 minutes break and ensure all Athletes feel rested, and are not still out of breath, when they start their races.

Athletes in the following age groups will require a rest between these events this Friday:

U6s	300m and 50m
U7s	200m and 50m
U8s	70m and 700m
U9s	70m and 800m
U10s	800m and 70m
U11s	100m and 200m
U12s	200m and 100m
U13s	100m and 200m, plus 60m and 1500m
U14 – U17	300m Hurdles and 100m, plus 60m and 1500m

## GOLD! GOLD! GOLD!

**Congratulations to Robbie Cullen** who won GOLD in the mens U18NSW State Decathlon. In becoming the new State Champion, Robbie achieved an overall point score PB as well as PBs in the 100m, Hurdles, Discus, Shot Put and Pole Vault, as well as National Qualifiers in Hurdles and High Jump. It was an outstanding performance, taking out wins in 5 of the 10 events in very challenging hot conditions. In addition, Robbie did a new club best for our senior Club.

Congratulations also to **Xavier Hennessey** and **Marco Boccoletti** who both achieved National Qualifiers in the 200m Hurdles, and **Sarah-anne Koot** with National Qualifiers in the 90m Hurdles and 200m Hurdles.

## REGION 5 STATE QUALIFYING MEET

1. Please ensure you have full uniform as well as your registration, age group and Coles patches
2. Please arrange to arrive at the venue an hour before your first event
3. The meet timetable can be viewed [here](#) (please note these are “not before” times, ie events may be marshalled earlier but not run before the times indicated, however they may run later than the time indicated)
4. The full list of our **52** selected Athletes is [here](#)
5. [Meet information and Parent Duty roster will be circulated via email by early next week](#)
6. Only Christmas tree spikes may be worn on the Narrabeen track. These are usually available at Kings Sports Store at Sydney Olympic Park Athletics Centre and Rebel Sports.

## NOMINATIONS ARE NOW OPEN for U13-U17 STATE QUALIFICATION

To qualify for State in the U13-U17 age groups, Athletes must achieve a minimum nomination standard which can be viewed [here](#) and then nominate via the [online portal](#) – which is now open.

Nominations close on 21<sup>st</sup> February.

Please note: We do advise that Athletes wait until closer to the closing date to give themselves more time to improve their PBs for a better chance at selection. Two emails have now been sent to Athletes in these age groups with more detailed information about how and where you can achieve or better nomination standards. Please let Nicky Jenneke know if you have not received these emails, or call her on 0448 407 716 if you have questions.

## CLUB RECORDS

Congratulations to the following Athletes who have achieved Club records in recent weeks:

**Edward Darby** U12B Shot Put 10.43

**Isabella Fisher** U14G 400m 1:03.51

**Liam Lawson** U8B 100m 16.32

**Senn Katapodi** U8B High Jump 1.08

**Akith Ekanayake** U14B 90m Hurdles 13.56 90m

## CHECKING RESULTS

Could all Age Managers please check each week that all age group results have been entered and are correct for both track and field. If any results are missing or incorrect, please notify Jun Liu at [jiulun@hotmail.com](mailto:jiulun@hotmail.com)

Parents are also encouraged to check their own Athletes' results after each Friday night to ensure they have been entered correctly. If you discover any errors please notify your Age Manager.

## COLOUR PATCHES

Congratulations to these Athletes who receive their Colour Patches this week:

**Yellow** – Juliet Carpenter (U9G)

**Green** – Juliet Carpenter (U9G), Xavier Thomas (U9B)

Please fill out your [colour patch recording sheet](#) and place in the coloured patch tray on the duty desk on Friday nights.

## LOST PROPERTY

If anyone has lost a pair of silver earrings please contact Nicky.

Lost property is advertised on our Facebook page and can be collected from the canteen window between 5.30pm-6.30pm on Friday. If you think you have misplaced anything at Athletics, you can also text Nicky Jenneke on 0448 407 716 to enquire.

## FRIDAY NIGHT PHOTOS

A reminder that the Club would love to receive Friday night photos including PB photos, action shots, fun photos etc from anyone, but particularly Age Managers and Coaches, by emailing [Nickyjenneke219@gmail.com](mailto:Nickyjenneke219@gmail.com) with the subject PHOTOS.

## COVID-19 UPDATE

- A reminder that all attendees must register on arrival via QR code.
- If you or a member of your household has in the past 14 days been in a hot spot, or in contact with someone suspected of having COVID, or have been unwell with COVID-type symptoms, awaiting a COVID test result or have returned from overseas, please do not attend Athletics this Friday.
- Social distancing is encouraged for everyone and is mandatory for all parents and spectating children.
- All equipment must be wiped down before each age group.
- Please use hand sanitiser on arrival and regularly throughout the night.
- Please DO NOT use the bubblers.

## CANTEEN

The canteen will be open this week, including BBQ. Please remember to keep 1.5m distancing when queuing and leave the canteen area after you have made your purchase.

## UNIFORM SHOP

[Uniforms](#) should be pre-ordered and then collected on a Friday night from 5.45pm to 6.30pm. Please contact Julie Semaganda to arrange collection on 0421 002 991

## DUAL ATHLETE RESULTS FROM SENIOR COMPETITION

### Combined Event Championship – Campbelltown

**Robbie Cullen** – U18M Pentathlon Gold with 5868 points, 100m 11.75 (2<sup>nd</sup> + PB), 110m hurdles 15.67 (1<sup>st</sup>, PB, NQ), 400m 54.77 (1<sup>st</sup>), 1500m 3<sup>rd</sup> (5:35.44) Long Jump 5.87m (4<sup>th</sup>), High Jump 1.91m (NQ), Pole Vault 2.90m (1<sup>st</sup>, PB), Shot Put 11.49m (1<sup>st</sup> + PB), Discus 40.93m (2<sup>nd</sup> NQ), Javelin 46.90m (1<sup>st</sup> + PB)

### Individual events at Campbelltown

**Sarah-anne Koot** 90m Hurdles 14.51 + 200m Hurdles 32.36

**Xavier Hennessey** 200m Hurdles 28.91 (PB + NQ)

**Marco Boccoletti** 200m Hurdles 31.40 (PB + NQ)

### Hunter Region Summer Series

**Teddy Hampton** High Jump (1.45m)

## WINTER SPORT

Would you like to retain your fitness during winter in a team environment? Pennant Hills Cherrybrook Rugby League Club, in addition to physical contact Rugby League, offers the very popular non-contact Girls Blues Tag. Come and Try Day is Tuesday, 9<sup>th</sup> February at Greenway Oval #2 from 5pm-6pm – find out more information or register your interest at their [website](#).

## UPCOMING DATES – *please note changes to the Junior NSW Championships for U17-U20 age groups*

January 30:	Mingara Inter Club	Mingara/Central Coast
February 6-7:	Region 5 Qualifying Meet for State Selection	Narrabeen Athletics Track
February 12-14	U20 + Open ACT Championships	Canberra / ACT
February 26-28	U14-U18 ACT Championships	Canberra / ACT

March 5-7:	NSW Open State Championships	SOPAC
March 12-14	U14-U20 NSW Junior State Championships	SOPAC
March 20-21:	LANSW U9-U12 State Championships	SOPAC
March 27-28:	LANSW U13-U17 State Championships	SOPAC

### **THANK YOU TO OUR SPONSORS**

**3Monkeez** for supporting the Club with equipment and awards [3monkeez.com.au/about-us](http://3monkeez.com.au/about-us)

**Bakers Delight Cherrybrook** for supporting our canteen and BBQ [bakersdelight.com.au/bakery-locator/cherrybrook/](http://bakersdelight.com.au/bakery-locator/cherrybrook/)

**Hunter Pacific Ceiling Fans** who support our Friday night coaching program  
[hunterpacificinternational.com/](http://hunterpacificinternational.com/)

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