



Cherrybrook Little Athletics

Thursday 4 February 2021

This Friday night, February 5th, we are running [Program 1](#). Gates will open from 5.15pm at the main entry and 5.30pm at the lower car park entry.

With many families absent due to the Region 5 State Qualifying meet and Track Gala Day this weekend, there will be no competition points awarded this Friday. However, attendance points will be awarded to all Athletes who compete either at Cherrybrook this Friday or at the State Qualifying meet or Track Gala Day in Narrabeen. We wish all Athletes competing this weekend the very best in achieving their goals.

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 between track events 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:

U8s	70m and 400m
U9s	60m Hurdles and 100m
U10s	60m Hurdles and 70m
U11s	200m and 80m Hurdles
U12s	80m Hurdles and 800m
U13s	200m and 800m
U14 – U17	100m and 400m

CONGRATULATIONS

Congratulations to **Tara Webb** who jumped a 40cm PB in the Triple Jump last weekend, achieving both an Open National Qualifier and a new U16 Women's Cherrybrook Senior Club Best.

REGION 5 TRACK GALA DAY – ENTRIES CLOSE THIS THURSDAY

Entries to the Region 5 Track Gala Day this weekend have been extended until 5pm THIS THURSDAY, February 4th. Entry is available via results HQ to all U13-U17 Athletes in ALL track events. Gala Day results can be used towards State Nominations.

REGION 5 STATE QUALIFYING MEET

1. All Parents of Athletes attending the State Qualifying meet should have now received their parent duty roster as well as a comprehensive information sheet. Please contact Angela Maclain if you have not received these details.
2. Please ensure you have full uniform as well as your registration, age group and Coles patches.
3. Please be aware only 2 adults per athlete are permitted at the venue. Families are discouraged from bringing additional people (including siblings) to spectate – any families who need to bring additional spectators must apply for an exemption by contacting Nicky Jenneke on 0448407716.
4. Please arrange to arrive at the venue an hour before your first event.
5. 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).
6. The full list of our **52** selected Athletes is [here](#)
7. 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 21st 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 0448407716 if you have questions.

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

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 – Navithu Ruhunage (U8B), Isla Passaro (U8G), Katherine Saber (U8G), Madison Tabrett (U9G), Noah Tabrett (U10B), Sophie Durheim (U12G)

Green – Isla Passaro (U8G), Madison Tabrett (U9G), Noah Tabrett (U10B), Sophie Durheim (U12G)

Red – Isla Passaro (U8G), Madison Tabrett (U9G), Sophie Durheim (U12G)

Blue – Sophie Durheim (U12G)

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 silver bracelet, 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 0448407716 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 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 6.15pm. Please contact Julie Semaganda to arrange collection on 0421 002 991

DUAL ATHLETE RESULTS FROM SENIOR COMPETITION

Mingara Inter Club results

We had a fantastic turnout of 29 Cherrybrook Athletes, including 18 Dual Cherrybrook Athletes. Well done to everyone who competed and especially to those who tried new events and achieved PBs.

PB = Personal best NQ = National qualifier

Joseph Ayode – 100m (11.17 NQ), 200m (22.49 PB NQ)

Marco Boccoletti – 100m (13.54), 200m Hurdles (32.90), High Jump (1.45m)

Jess Coppolelli – Discus (29.99m) – great seeing her back after recovering from injury!

Robbie Cullen – 100m (11.99), 400m Hurdles (59.95 NQ), Long Jump (6.25m PB), High Jump (1.80m), Discus (38.43m), Javelin (46.89m)

Lachlan Dewar – 400m (55.46), 400m Hurdles (1:03.05 PB), 800m (2:11.58 PB)

Daniel De Sacadura – Discus (48.73m NQ), Javelin (38.70m)

Isabella Fisher – 200m (27.65)

Teddy Hampton – Long Jump (4.11m), High Jump (1.50m PB)

Xavier Hennessey – 100m (12.45 PB), 100m Hurdles (17.74), 200m Hurdles (29.03 NQ), Long Jump (5.04m)

Anna Kely – Shot Put (12.37m), Discus (34.42m), Javelin (38.91 PB)

Sarah-anne Koot – 90m Hurdles (14.57 NQ)

Madison Mitchell – 100m (13.57), 200m Hurdles (32.77 PB)

Nicole McCrostie – 100m (13.68), Long Jump (4.30m), High Jump (1.35m)

Olivia Moresi – High Jump (1.57m PB)

Caitlin Russell – 100m (13.83), 200m (28.21)

Milly Visser – 400m Hurdles (1:12.30 PB)

Tara Webb – 400m (13.36), Long Jump (5.42m PB, NQ). Triple Jump (11.86m NQ + Open NQ)

Carl Wiberg – Discus (28.72m)

If any Athlete's results are incorrect or missing please let Nicky Jenneke know by texting 0448407716

ACT CHAMPIONSHIPS – 12-14 February

Entries for the U20 + Open ACT Championships close on Monday 8th February at 4pm. Athletes U17 and older are invited to enter.

Athletes in the U14, U15 and U16 age groups must submit expressions of interest for events they would like to compete in to eo.act@athletics.org.au by 4pm on February 6th stating the athlete's name, event/s they wish to enter and the verifiable best performance achieved for that event since October 1st, 2019.

THIS IS A HIGHLY RECOMMENDED CHAMPIONSHIPS FOR ATHLETES TRYING TO ACHIEVE NATIONAL QUALIFIERS.

Enter or find out more at athleticsintheact.com.au/events/84131/

UPCOMING DATES – *please note additions to our Cherrybrook Little Athletics events*

February 5	Club Competition	Greenway Oval, Cherrybrook
February 6-7	Region 5 Qualifying Meet for State Selection	Narrabeen Athletics Track
February 6-7	Track Gala Day (U13-U17 pre-registered only)	Narrabeen Athletics Track
February 12	Club Competition	Greenway Oval, Cherrybrook
February 12-14	U20 + Open ACT Championships	Canberra / ACT
February 19	Club Competition	Greenway Oval, Cherrybrook
February 26-28	U14-U18 ACT Championships	Canberra / ACT
February 26	Club Multi Event Night	Greenway Oval, Cherrybrook
March 5	Club Ribbon Night	Greenway Oval, Cherrybrook
March 6-7	LA's State Combined Event	Wollongong
March 5-7	NSW Open State Championships	SOPAC
March 12	Club Competition	Greenway Oval, Cherrybrook
March 12-14	U14-U20 NSW Junior State Championships	SOPAC
March 19	Club Coloured Patch Night	Greenway Oval, Cherrybrook
March 20-21	LANSW U9-U12 State Championships	SOPAC
March 26	Club Relay Night	Greenway Oval, Cherrybrook
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

Bakers Delight Cherrybrook for supporting our canteen and BBQ bakersdelight.com.au/bakery-locator/cherrybrook/

Hunter Pacific Ceiling Fans who support our Friday night coaching program hunterpacificinternational.com/

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