



Cherrybrook Little Athletics

Thursday 11 February 2021

This Friday night, February 12th, we are running [Program 2](#). Gates will open from 5.15pm at the main entry and 5.30pm at the lower car park entry.

PARENT DUTIES

- **All U6 parents are asked to arrive as early as possible to assist with oval set-up**
- People on Program 2 canteen and BBQ duty are asked to please confirm their availability with Sandra Moore.
- Parents who are on other Program 2 duties are asked to please ensure they are available to attend their duty as scheduled. Anyone usually rostered on Program 2 who is not available is asked to organise a swap with another parent, or please contact Amanda Kely on 0490 735 242 ASAP

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 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

HIGH JUMP SAFETY

High Jump safety straps, which prevent the bar from falling to the ground/mat, should be used for all Athletes doing High Jump. The straps prevent Athletes landing on a fallen bar, which hurts and can also cause injury. The straps are located in the High Jump boxes at each high jump area. Officials, Coaches, parents and Athletes should ensure these are being used each time.

CONGRATULATIONS

Congratulations to our 52 Athletes who competed at the Region 5 State Qualifying meet last weekend, with special congratulations to everyone who achieved a PB and to our 10 automatic State Qualifiers:

Oliver Penn (U9B) 1st in the 700m Walk

Ashleigh Mansell (U9G) 2nd in the 700m Walk

Madison Tabrett (U9G) 2nd in the Long Jump and 70m

Gemma Dixon (U10G) 1st in the 1100m Walk

Harry Wigham (U11B) 2nd in the 100m

Nisini Rajapaksha (U11G) 2nd in the Discus

Claudia Wyatt (U11B) 2nd in the 800m

Joel Moresi (U12B) 1st in the 400m, 800m, 1500m and High Jump

Ryan Redhead (U12B) 2nd in the Javelin with a 9m PB

Ruby Semaganda (U12G) 2nd in the High Jump

Full results from the State Qualifying meet should be available on our Club website over the weekend. While the top 2 in each event are automatic qualifiers for State, up to the next best 8 in an event from across the State will also qualify. Additional State Qualifiers will not be notified until the end of February.

THANKYOU!

A heartfelt thank you from the Club to everyone who had a hand in bringing together a great Region 5 State Qualifying meet. To our Region President Ken Carter and Secretary Sally Richardson and all the region delegates, a massive thank you for the countless hours they dedicate before, during and after the meet. To our Team Managers Andrew Fisher and Nicky Jenneke and Team Leader Angela Maclaine, well done and thank you for your time and effort in having Team Cherrybrook well-prepared and taken care of over the weekend. Thank you also to our sponsor **3 Monkeez** for providing our Athletes with their Region Representative shirts – the Athletes all looked great! And to our parents, thank you for all the behind-the-scenes work to get the Athletes to the track, for supporting them and undertaking parent duties!

The biggest of thanks goes to our Official Volunteers who gave up a day or two to officiate. These Volunteers are the engine that drives the carnival – special thanks to the following people who were an important part of that engine:

Committee members who assisted as officials include **Michael Hampton** (Long Jump), **Jill Ingram** (Data Entry), **Elizabeth Jones** (High Jump and Jumps referee), **Virginia Moresi** (High Jump) and **Justine Wallis** (Track Marshalling).

Parents of LAs or Senior Athletes who officiated included **Chandra Gunarathne** (Javelin), **Sonia Wiberg** (Discus), **Gail Barnsley** (Gate Entry), **Cheryl Burnett** (Throws referee).

Our Dual, Senior and Master Athletes who officiated included **Emily Jones** (Long Jump), **Ryan Jones** (Long Jump), **Anna Kely** (Shot Put + Javelin), Jill Taylor (Discus) and **Milly Visser** (Long Jump).

Former Cherrybrook Athlete **Hugh Hunt** also assisted at the Entry Gate in an official capacity, thank you. Lastly and most importantly, thank you to our Athletes who represented our Club with tenacity, determination, good sportsmanship and humility.

NOMINATIONS 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.

U13-U17 ATHLETES PLEASE NOTE:

Friday the 19th of February is the last Friday night comp to achieve or better State nomination standards before State nominations close. Athletes who would like to compete in a specific event, which is not already scheduled, on the 19th should let Angela Maclaine know this Friday which event or events you would like us to add, or text Nicky Jenneke with your event request on 0448407716. All requests must be submitted by 10am on Wednesday 17th February to be considered. While every effort will be made to accommodate event requests, we cannot guarantee that we can fit all requests into the program. Events most requested will take priority.

U13 – U17 TRACK GALA DAY RESULTS

Results from last weekend's Track Gala Day at Narrabeen should be available on the Club's home page over the weekend. If you intend using these results for State nomination, please check they are correct and please let Nicky Jenneke know if there are any errors.

HOW TO ACCESS RESULTS HQ

- Log in to your Results HQ account at resultshq.com.au
- Click on any of your child's latest results – that will bring up the graph for the season for all of that event
- Below that you will see a list of all other events – click on any of those events to see all results for that event for the season
- Continue as required for any other events

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 **Ella Shannon** on receiving her Yellow Patch this week.

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

CLUB MULTI NIGHT

This season's Club Multi night will take place on the February 26th, so keep the date free. Multi night is run the same as a regular Friday night with the addition of performance-based points for each event contested and the top three athletes in each age group awarded. More details will be in next week's newsletter.

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

- 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.

PARENTS WHO WERE ONCE LITTLE ATHLETES

In celebrating the NSW Little Athletics 50th Anniversary we are looking for parents or even grandparents who were part of Little Athletics. We would love some photos, stories and memories from anyone involved in Athletics in the past, either representing the Club at Pennant Hills Park once upon a time or maybe in a different district. Please send your photos and a small story about where you competed, favourite events or memories and athletic highlights to Nickyjenneke219@gmail.com with the subject title 50th memories.

50TH ANNIVERSARY CELEBRATION IDEAS

On Friday March 26th we will be having a fun night to celebrate the 50th Anniversary of Little Athletics. We are looking for ideas from our Athletes for a creative and fun way to celebrate this occasion. The winning idea will win a small prize and all Athletes whose ideas are used will receive a Zooper Dooper. Send all ideas to Nickyjenneke219@gmail.com with the subject 50th

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 result corrections

Carl Wiberg's Discus throw of 28.72m was a PB with the 1kg weight

Anna Kely's Discus throw of 34.42m was also a PB

SOPAC results 6th February

Ryan Frykberg (U17B) 800m 2:07.70

For upcoming Senior Competitions please visit <https://www.nswathletics.org.au/events-home/>

UPCOMING DATES – *please note the relay night for this season has been cancelled. Our last night of the season will be March 26th*

February 12	Club Competition	Greenway Oval, Cherrybrook
February 12-14	U20 + Open ACT Championships	Canberra / ACT
February 19	Club Competition Program 2	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 and Championship Photos	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	50 th ANNIVERSARY OF LA'S FUN NIGHT – last night of season	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