



Cherrybrook Little Athletics

Thursday 18 February 2021

This Friday night, February 19th, we are running [Program 3](#). Gates will open from 5pm at the main entry and 5.15pm 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 3 canteen and BBQ duty are asked to please confirm their availability with Sandra Moore
- Parents rostered on other Program 3 duties are asked to please ensure they are available to attend their duty as scheduled. Anyone usually rostered on Program 3 who is not available is kindly 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

SPONSOR PHOTO with our REGION 5 REP ATHLETES

All U9-U12 Athletes who were selected to compete at the Region 5 State Qualifying meet at Narrabeen earlier this month are asked to please wear their 3Monkeez-sponsored Region Representative shirts this Friday for a photo, with our sponsor 3 Monkeez, to be taken straight after the warm-up. Region Rep Athletes should assemble on the grassed area in front of the new building.

U13-U17 MODIFIED PROGRAM THIS FRIDAY

As this is the last Friday night competition before State nominations close for these age groups, we will endeavour to offer as many events as possible for Athletes who wish to try to achieve or better their nomination. Athletes who compete in events outside the regular Program 3 will not achieve points but can use the results toward Club Bests and Coloured Patches, as well as State Nominations.

On the night, U13 Athletes are limited to 6 events and U14-U17 athletes to 7 events. Athletes must inform their Age Managers if they are contesting an event with another age group, and event officials must also be made aware if an Athlete is competing with another age group to ensure results are entered correctly.

If you achieve a result this Friday that you intend to use for State Nomination, please inform Nicky Jenneke at the information desk before leaving.

The following events will be held **BEFORE** the usual program:

- **1500m** 5.35pm, assemble at the outer track recording table at 5.30pm
- **300m Hurdles** 5.35pm, assemble at the inner track recording table at 5.30pm
- **200m Hurdles** 5.40pm, assemble at the inner track recording table at 5.35pm

Other events are as follows:

- **200m** U13 Athletes can join the U14s
- **400m** U14 Athletes can join the U13s
- **Discus** U13 + U14 Athletes can attempt Discus directly after their group's Javelin
- **Long Jump** U14s can attempt Long Jump directly after their group's Triple Jump
- **Triple Jump** U13s can attempt Triple Jump directly after their group's Long Jump
- **High Jump** Can be attempted instead of U13 Javelin or U14-U17 Shot Put

PLEASE NOTE: NOMINATIONS FOR U13-U17 STATE QUALIFICATION CLOSE THIS SUNDAY FEBRUARY 21st

To qualify, Athletes must achieve a minimum nomination standard which can be viewed [here](#) and then nominate via the [online portal](#) . If you have any questions regarding the nomination process, please see Nicky at the Information desk on Friday after 7pm or give her a call on 0448407716.

CONGRATULATIONS!

Congratulations to **Anna Kely** who won Gold in the U20 Javelin, and Bronze in the U20 Shot Put, at the Canberra Championships on the weekend.

Congratulations also to **Daniel De Sacadura** who achieved National Qualifiers in both the U18 Discus and Hammer Throw. His Discus throw of 55.84m was a massive 10m over the qualifier and currently ranks him 2nd in Australia in the U18 men's 1.5kg Discus.

CLUB BESTS

Congratulations to the following Athletes who have achieved Club Bests:

Liam Lawson U8 – 70m 11.56

Oliver Penn U9 – 700m Walk 4:20.41

Edward Darby U12 – Shot Put 11.12

Carl Wiberg U13 – Discus 40.83

Xavier Hennessey U14 – 100m 12.66

Akith Ekanayake U14 – 400m 58.75

Thomas Shannon U15 – 1500m Walk 9:10.26

RESULTS:

Results from last weekend's U13-17 Track Gala Day at Narrabeen are now available on the Club's website home page at cherrybrookathletics.org.au

Region 5 State Qualifying meet results can be viewed at cherrybrookathletics.org.au/wp-content/uploads/2021/02/2021-state-qualifier-results.pdf

TO ACCESS RESULTS HQ:

Log in to your Results HQ account at resultshq.com.au and click on any of your child's latest results – that will bring up the season graph for that event. Below that you will see a list of all other events – click on any to see all results for that event for the season. Continue as required for 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 results night to ensure they have been entered correctly. If you discover any error please notify your Age Manager.

COLOUR PATCHES

Congratulations to the following athletes who receive Coloured Patches this week:

Yellow Makenzie Deppeler (U9G), Jade Deppeler (U12G)

Green Makenzie Deppeler (U9G), Jade Deppeler (U12G)

Red Christine Krivozhnye (U9G)

Blue Alistair Brill (U7B)

Please fill out your [coloured patch recording sheet](#) and place in the Coloured Patch tray on the duty desk on Friday nights. All Athletes who submit Coloured Patch recording sheets receive a voucher from our sponsor **Cherrybrook Bakers Delight** to receive a free item with any item purchased.

CLUB MULTI NIGHT

This season's Club Multi night will take place next Friday, February 26th. Multi Night is run the same as a regular Friday night (based on one of the current programs with some modification) with the addition of performance-based points for each event contested and the top three athletes in each age group awarded.

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:

U6s	70m + 200m
U7s	500m + 70m
U8s	700m + 100m
U9s	400m + 100m
U10s	100m + 80m Hurdles
U11s	80m Hurdles + 400m
U12s	400m + 80m Hurdles, and 800m + 100m
U13s	100m + 80m Hurdles
U14 – U17	Sprint Hurdles + 200m

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 on the main mats (no safety straps are required on scissor mats). The straps prevent Athletes landing on a fallen bar, which hurts and can also cause injury. 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.

FRIDAY NIGHT PHOTOS

A reminder that the Club would love to receive Friday night photos including PB photos, action shots, fun photos by emailing Nickyjenneke219@gmail.com with the subject PHOTOS.

COVID-19

The Club's most current COVID policy is displayed on the noticeboard each Friday night as well as being available on the home page of our website.

PARENTS WHO WERE ONCE LITTLE ATHLETES

In celebrating NSW Little Athletics 50th Anniversary we are looking for parents or grandparents who were once part of Little Athletics. We would love photos and memories from anyone involved in Little Athletics in the past, either representing the Club at Pennant Hills or in a different district. Please send photos and a small story about your experience to Nickyjenneke219@gmail.com with the subject 50th memories.

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

DUAL ATHLETE RESULTS FROM SENIOR COMPETITION

Canberra Championship February 12th – 14th:

Anna Kelly U20 – 600g Javelin 37.27m Gold (PB), 4kg Shot Put 11.19m Bronze (PB), Discus 34.11m 4th

Joseph Ayoade U20 – 100m 11.21 (14th)

Canberra individual results:

Milly Visser U18 – 400m Hurdles 1:12.38 (1st)

NSW Throwers Club February 14th:

Daniel De Sacadura – 5kg Shot Put 13.42m, 5kg Hammer Throw 42.01m (PB + NQ), 1.5kg Discus 55.94m (PB + NQ)

Anna Kely – 3kg Shot Put 12.53m, 1kg Discus 32.71m

Tayla Moore – 3kg Shot Put 10.23m, 1kg Discus 28.02m

Carl Wiberg – 1kg Discus 30.57m

UPCOMING SENIOR EVENTS FOR DUALS

BANKSTOWN MILERS MEET – Thursday February 25th, 7.30- 9pm at Crest Athletics Track

Events: 2km + 3km Steeplechase, 5km Community run, 400m, 800m + 1500m

Entries now open, closing at midday on Tuesday 23rd February: nswathletics.org.au/events/89817/

NSW OPEN STATE CHAMPIONSHIPS – Friday 5th to Sun 7th March, SOPAC

All events available under Open specifications, draft timetable out now

Entries now open, closing 10am on Wednesday 24th February at 10am

U14-U20 Athletes are welcome to contest these championships but should be mindful that all events will be conducted under Open Specifications. Athletes should check with their coaches if this event is suitable for them. nswathletics.org.au/events/83036/&cat=2643&f=list

ACPE NSW JUNIOR ATHLETICS CHAMPIONSHIPS – Friday 12th to Sunday 14th March

All events available for U13-U20 athletes born between 2002-2009, draft timetable out now

Entries now open, closing 10am on Wednesday 3rd March:

nswathletics.org.au/events/83038/&cat=2643&f=list

Dual Athletes can view Senior National Qualifiers at

cdn.revolutionise.com.au/cups/aa/files/tmcme3utvvqj2dug.pdf

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

UPCOMING DATES

February 19	Club Competition Program 3	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 (tbc)	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