



# Cherrybrook Little Athletics

Friday, 4<sup>th</sup> March 2022 – PROGRAM 1

## FINGERS CROSSED WEATHER PERMITTING ...

This Friday, 4<sup>th</sup> March 2022 we will be running [PROGRAM 1](#) however there will be NO early events.

Warm-up is at **5.45pm**, with the first events due to start at **6pm**. We ask all parents/carers to please check with their Age Managers to see what duties need to be attended to and help where needed. Please remember we are a 100% volunteer-run Club and without parent/carer helpers we cannot run events. The Program WILL NOT begin until all duties have been allocated.

## WET WEATHER INFORMATION

As anyone who participated in or watched the Athletics NSW Juniors at the weekend will know, athletics events are run in all sorts of weather conditions, including torrential rain. As a Club our focus is on trying to run our Competition Nights if we can. While we don't have the synthetic track of SOPAC, Greenway Oval does drain and recover very quickly and so this week we will wait and assess conditions on Friday morning.

Always assume our Competition Nights are on until advised otherwise. Announcements will be made as early as possible via Facebook, our website, and our Age Group WhatsApp chats and, where possible, via email. Stay tuned ... and hope this rain eases in time!

## FLOOD HELP!

This is Caboolture Little Athletics Club's storage sheds and canteens under water during the current flood emergency. The Club has equipment and supplies worth thousands of dollars. We are asking for gold coin donations this Friday to help our sister club buy new equipment for its young athletes.



## RED BOOK PHOTOS:

We hope to take as many Age Group photos as possible this Friday, 4<sup>th</sup> March. Please ensure all athletes are wearing their full Cherrybrook uniform – and their brightest smiles!

## NSW JUNIORS SUCCESS

Congratulations to ALL our athletes who competed in the Athletics NSW Junior Championship state titles in mostly very wet, difficult conditions at Sydney Olympic Park Athletics Centre over the weekend (25<sup>th</sup> to 27<sup>th</sup> February). Every single one of you should be immensely proud of your efforts – the Club certainly is!

Well done to our [18 medallists](#) who came home with a total of [26 medals](#) including **TWO GOLD ...**

**Sam Price** is the U14M shot put champion, and **Teddy Hampton** is the U15M pole vault champion.

Our athletes also achieved a number of national qualifiers, many personal bests and other high placings that are too numerous to list! You can see lots of fabulous photos of our amazing athletes in action on our Facebook page. These are our medal winners:

- **Sam Price** U14M GOLD shot put, SILVER discus
- **Ryan Redhead** U14M BRONZE javelin
- **Sophie Durheim** U14W SILVER long jump, SILVER triple jump
- **Teddy Hampton** U15M GOLD pole vault
- **Justin Billingsley** U15M BRONZE hammer throw
- **Lani Khiroya** U15W SILVER triple jump, SILVER high jump
- **Xavier Hennessey** U16M BRONZE 100m hurdles, BRONZE 200m hurdles, BRONZE pole vault
- **Sarah-Anne Koot** U16W BRONZE 200m hurdles
- **Olivia Moresi** U16W SILVER high jump
- **Viktorija Calusic** U17W SILVER high jump
- **Tara Webb** U17W SILVER long jump, SILVER triple jump
- **Lachlan Dewar** U18M BRONZE 400m hurdles
- **Ryan Frykberg** U18M BRONZE 3000m
- **Donovan Bradshaw** U20M BRONZE 100m
- **Robbie Cullen** U20M BRONZE high jump, BRONZE 400m hurdles
- **Daniel de Sacadura** U20M SILVER shot put, SILVER discus
- **Anna Kely** U20W BRONZE shot put
- **Erin Partridge** U20W SILVER javelin

### COVID-19 REMINDER:

Athletes and parents/carers MUST NOT ATTEND Little Athletics if unwell or if any member of your household has had Covid symptoms or a positive test in the past 7 days; has been deemed a close contact of a Covid case; or is awaiting results of a PCR test. Masks are still encouraged indoors (including the club house, canteen, and bathroom facilities), for customer-facing canteen volunteers and for all people aged over 12 years where you cannot maintain a safe distance such as queuing and ordering from the canteen.

### GENERAL REMINDERS

- New uniform sales are BY APPOINTMENT ONLY, please email [julie.semaganda@sky.com](mailto:julie.semaganda@sky.com)
- New member patch collection is BY APPOINTMENT ONLY, please email [jenny.koot@gmail.com](mailto:jenny.koot@gmail.com)

### COLOUR PATCHES:

Colour Patch [standards and recording sheets are available on our website](#) – you need to choose and print the relevant sheet/s for your child/children. Then check times/distances on [ResultsHQ](#) to fill the sheet in. Once a Colour Patch has been achieved IN ORDER, you can place the sheet in a tray near the canteen, or hand to your Age Managers to be submitted. Yellow, Green, Red and Blue patches will be awarded during the season – Gold Patches are awarded at Presentation Day.

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