



# Cherrybrook Little Athletics

 cherrybrookathletics@gmail.com

This week, Friday February 10, is **MULTI NIGHT** for all U6-U17 athletes. This special event will run to our regular **Program 3**, which can be viewed [here](#), but with points based on time/distance in each event, accrued as a total over ALL events, similar to how pentathlon, heptathlon and decathlon events are scored.

## Tiny Tots will run as normal – 4.45pm to 5.30pm

U6 athletes will have a separate point score based on their FOUR events, while for all other age groups points will be allocated over FIVE events.

Athletes must compete in all main program events on the evening to receive an overall point score. The top-placed male and female athletes across all the U7-U17 age groups combined will receive a trophy at Presentation Day, with a separate award for the top U6 male and female athletes.

The optional events before and after the main program WILL NOT COUNT in the Multi Night point score.

Optional early events are:

- **5.30pm:** U9 – 800m
- **5.15pm:** U11-U12 – javelin
- **5.15pm:** U13-U17 – triple jump

There is also an optional U13-U17 3000m at the end of the main program.

## Main program: Warm-up at 5.45pm and first events at 6pm

**PARENTS/CARERS  
MUST BE PRESENT  
AT THE OVAL AT ALL  
TIMES WHILE THEIR  
ATHLETE/S ARE  
COMPETING**

It is a condition of competing each Friday that ALL athletes have one parent/guardian per family present on the Oval at all times, either doing a rostered duty or assisting with an Age Group. Parents/guardians are required to let their athletes' Age Managers know where they can be contacted (ie, if not with that Age Group then which duty they are on or other Age Group they are assisting with) in case of emergency.

St John Ambulance cannot treat children in some instances without a parent present – you **MUST BE ON THE OVAL** for your own child's wellbeing.

## CONGRATULATIONS TO OUR NEW RECORD-HOLDERS!

Woohoo! A round of applause for **Layla Tawbe** who broke the almost 10-year-old Club Competition record for U14G javelin by more than 1m – throwing 31.51m last Friday night to beat Kristina Moore's 2014 record of 30.30m.

Applause also for **Idris Burkhardt** who broke the Region record in U17B 3000m with a time of 9:12.75 on Saturday, beating former Cherrybrook athlete Ryan Frykberg's record of 9:15.22 set just last year.

And para athlete **Aaron Palmer** broke TWO Region records in the U11-12 multi-class category, with 4.61m in shot put and 2.55m in long jump.

A host of Club Championship records were also broken over the weekend – we are still collating and checking these so stay tuned!

If you think your athlete may have broken a record, please email us with the result details at [cherrybrookathletics@gmail.com](mailto:cherrybrookathletics@gmail.com). All Club, Club Championship and Senior records are listed each year in our Red Book – if you forgot to order one last year, some copies are still available (see Gail on Friday nights) or you can view the [Red Book on our website](#).



## LANSW REGION 5 CHAMPIONSHIPS

A full Region result wrap-up has been sent separately but a big shout out to our multiple medal winners: **Sam Price** U14B with SIX medals; **Aaron Palmer** U11-12 MC with FIVE; **Nisini Rajapaksha Mudiyansele** U13G and **Ruby Semaganda** U14G with FOUR each; **Justin Billingsley** U15B with THREE; and **Madison Tabrett** U11G, **Claudia Wyatt** U13G, **Tayla Moore** and **Amy Timms** U15G, **Sarah-Anne Koot**, **Nikki McCrostie**, **Rani Sharma** and **Tara Webb** U17G, **Idris Burkhardt** and **Thomas Shannon** U17B TWO each.



**PHOTO OPP!** Could all our Region representative athletes please wear/bring their Wamee T-shirts they received over the weekend for a team photo on Friday about 5.45pm during warm-up. And could all medallists please bring their medals (parents/carers can then keep them safe while the athletes compete) for a group medal photo straight after the main Region team photo. Thanks!

## LANSW KUMON COMBINED CARNIVAL entries closing soon!

Entries close on Monday, 13 February 2023 for the LANSW Kumon State Combined Carnival on the weekend of 4-5 March, 2023 at Barden Park, Dubbo.

Like our Multi Night, the Kumon Combined Carnival uses a similar format to events such as the heptathlon – athletes compete in a set number of events across two days and accumulate points over each event. For more information visit the [LANSW website](http://www.lansw.com.au).



## **ATHLETICS NSW JUNIOR CHAMPIONSHIPS ENTRIES CLOSE FRIDAY AT 12 NOON**

Entries for Athletics NSW Junior Championships CLOSE AT MIDDAY TOMORROW, Friday 10 February. This event will be held 24-26 February 2023 at Sydney Olympic Park Athletics Centre and is a direct pathway to the Athletics Australia National Junior Championships in Brisbane in April.

NSW Juniors is open to athletes aged 12-19 years, with no qualification standard to enter – however athletes must be registered with NSW Athletics. If you are interested in this event but have yet to register as a Dual athlete (Little Athletes who are old enough can also register FREE with NSW Athletics) please do so NOW and get your NSW Juniors entry in. More details at [Athletics NSW website](#).

## **TRIVIA NIGHT – it's time for the grown-ups to have some fun while helping raise money!**



The Epping Club is hosting a Trivia Night to help raise funds for Cherrybrook Little Athletics on Saturday, 11 March from 8pm – join us for a night of fun ... and fundraising.

Please note that, while not strictly adults only, this event is targeted at an adult audience – the venue is licensed, the event will likely run until quite late, and all games and trivia questions are designed for the “grown-ups”.

The cost is \$25 per person and bookings are essential, please. Teams can be up to eight people. Where possible please book as a team – or let the organisers know if you don't have a full team and they can link you with other players. Feel free to share this invitation with family and friends, and other members in the community. All are welcome!

## **COLOURED PATCHES**

Coloured Patch sheets are being processed and patches and forms will be available from your Age Managers tomorrow – however, our list of athletes who have received patches will be included in next week's newsletter.

## **2023 DATES TO REMEMBER:**

- Friday, **February 24** – Cherrybrook Little Athletics Tiny Tots Mini Olympics/U6-U17 Ribbon Night
- Saturday-Sunday, **March 4-5** – LANSW Kumon State Combined Carnival, Dubbo
- Saturday-Sunday **March 18-19** – McDonald's LANSW State Track and Field Championships
- Friday, **March 24** – Cherrybrook Little Athletics Fun Night – last night of the season
- Sunday, **May 21** – Cherrybrook Athletics AGM and Little Athletics Presentation Day

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