

# Celebrating 30 years



## Cherrybrook Athletics

 [cherrybrookathletics@gmail.com](mailto:cherrybrookathletics@gmail.com)

This Friday, October 27, is **Program 2** which can be viewed on our website [here](#) and features the following early events, all at **5.15pm**:

- High jump – U11
- Javelin – U12 & U13
- Long jump – U14-17

Please note: This is an updated Program 2, with a few changes made following feedback.

There is also a 1500m walk for U12-U17 at the end of the program about **8.15pm**.

Parents/carers with athlete surnames A-G and H-N are on Program 2 duties this week.

**Cherrybrook Crew (U3-5) – 4.45pm-5.30pm**

**U6-U17 – warm-up 5.45pm, main events start 6pm**

### It's BANDANNA DAY!

Cherrybrook Athletics prides itself on supporting at least one charity each season – and for the past two seasons we have supported CanTeen through National Bandanna Day. CanTeen supports young people (aged 12-25) whose lives have been affected by cancer, either themselves or a family member.

This Friday we will be selling colourful bandanas for \$5 each CASH ONLY – or you can donate [here](#). Buy a bandana and wear it on your head, tie it around your wrist or ankle – or even wear it as a cape! All funds raised will go to helping support this very important charity.



### A NEW RECORD!

Congratulations to the absolutely amazing **Andre Liyange** who, a week after breaking the U11B discus record with a throw of 30.70m, broke it again with a throw of 33.18!

### LANSW ZONE CARNIVAL – nominate now!

Nominations are now open for LANSW North Met Zone on December 1-3 at Barton Park, Parramatta.

This event is open to athletes in U7-U17 and is the first step in the progression to LANSW Region (U8 up) and State Championships (U9 up). The Zone program was emailed to all members during the week, and is also attached along with this newsletter. Nominations are via Results HQ and are NOW OPEN.

Athletes U7-U11 can compete in only FOUR events, and athletes U12-U17 in SIX events. There is no qualification standard however nominations are not a guarantee of entry – Cherrybrook Athletics is limited to SIX entries per event/age group. Entries close on Friday, November 3 and successful nominations will be confirmed soon after.

Any ANSW-only registered athlete who is interested in nominating should contact us via [cherrybrookathletics@gmail.com](mailto:cherrybrookathletics@gmail.com) ASAP, or see Club president Michael on Friday night.

Parents/carers are advised that it is a condition of entry that each family have at least one parent/carer perform a Zone duty on EACH day they have an athlete competing – the parent/carer duty SignUp Genius will be sent around soon.

## LANSW STATE RELAYS

Our teams are now being finalised for the Little Athletics NSW Valour State Relay Championships, on Saturday and Sunday, November 11 and 12, 2023 at Sydney Olympic Park Athletics Centre and successful athletes will be advised soon. If you missed out on nominating, please speak to your Age Manager ASAP and we can see if there are any team vacancies or standbys.

## ANSW SENIOR STATE RELAYS – nominate now!

For ANSW-registered athletes, the NSW Senior State Relays – with event options from U10 to Masters – will take place on Friday, Saturday, and Sunday November 17-19 at Sydney Olympic Park Athletics Centre. More information and a draft timetable are available on the [ANSW website here](#). Any athlete who wishes to compete for Cherrybrook Athletics at this championship event should submit an online [nomination form here](#). Nominations close at midnight on Saturday November 4, and team selections will be announced by Friday November 10. We encourage all interested and eligible athletes to nominate!

## IMPORTANT SAFETY INFORMATION

At least one parent/carer per family MUST BE PRESENT AT THE OVAL AT ALL TIMES when your athletes are competing. If you are on a duty, please tell your Age Managers where you will be so you can be found in case of emergency.

**St John Ambulance volunteers need a parent/carer present to give permission to treat an injured child.**

**PLEASE DO NOT LEAVE THE OVAL AT ANY TIME WHILE YOUR CHILDREN ARE STILL THERE.**



**While many of us love our four-legged friends, not everyone is a fan – and an athletics meet is no place for them. Please DO NOT BRING DOGS onto the oval during Competition Nights.**

**Also, NO BALLS on the oval – wayward balls pose an injury risk to athletes.**

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

## REGISTRATION COLLECTION

For newly registered athletes and those who still need to finalise the registration paperwork, the registration desk will be open from 5.15pm to 6pm on Friday. Please be sure to bring all the information and paperwork listed in your registration confirmation email.

## UNIFORM SHOP

The Uniform Shop will be open from 5.30pm-6.30pm on Friday. Athletes are required to wear a Cherrybrook Athletics singlet or crop top to compete on Friday nights, or at LANSW or ANSW events.

We are also accepting donations of old/outgrown waffles and spikes, which can be dropped off at the Club house at any time on a Friday, to be sold. There is a selection of waffles/spikes already available for sale – please ask Julie at the Uniform Shop.

## MEDICATION

If your child requires medications for allergies or asthma, please ensure they have these with them (carried in a small bag or similar) on Competition Nights.

## DUTIES – what to do if you are away

If you are unable to attend a Friday when you are rostered on a duty, but your athlete(s) are still taking part, please arrange for the adult bringing them to fill in for your duty – ensuring they know to sign in at the duty desk. If they are unable to do so, or if you and your athlete(s) will all be absent, please let us know ASAP at [cherrybrookathleticsduties@gmail.com](mailto:cherrybrookathleticsduties@gmail.com) advising your athlete(s) name(s) and age group(s), your rostered duty and reason for absence. Please be advised that not notifying us of a missed duty ahead of time may affect athlete eligibility for end of season awards.

## DUAL ATHLETES – ANSW regos are now open

For last season's Dual athletes, ANSW re-registrations are now open – please use the categories **ANSW Juniors (U13 to U17)** and **ANSW Juniors (U8 to U12)**. Please do not use Other Club to Cherrybrook Senior Membership (U13 to U17) or Other Club to Cherrybrook Senior Membership (U8 to U12).

For athletes in U8-U17, Cherrybrook Athletics will REFUND THE ANSW FEE of \$40 for those athletes who register both via LANSW and ANSW and compete at least twice for the club in ANSW events ... effectively meaning our Dual registration remains free. Once you have registered via LANSW, please use the discount code **CAC8y17y2ANSW** to avoid paying the Club centre fee (\$95) again when you register via ANSW. You still need to pay the \$40 ANSW fee but it will then be refunded, at set times during the season, once athletes have competed in Cherrybrook uniform in ANSW events on at least two separate occasions.

For ANSW renewal (including all previously registered athletes in any club), if you cannot find your National ID please email [chandra.gunarathne@gmail.com](mailto:chandra.gunarathne@gmail.com) – you don't need to contact ANSW and wait.

gsa planning

Bakers  
Delight  
Cherrybrook

HUNTER PACIFIC  
INTERNATIONAL

carlingford  
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wamee

