

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

This Friday, December 8 is our **MULTI NIGHT** for all U6-U17 athletes which will be run to **Program 3** which can be viewed on our website [here](#). While we will be running our usual early events, these WILL NOT COUNT to the overall Multi Night point score. The early events at **5.15pm** are:

- Triple jump – U11 & U12
- High jump – U13
- Shot put – U14-U17

PLEASE NOTE: If you wish to compete in an early event, please ARRIVE PROMPTLY AT 5.15PM – any athlete who arrives after 5.30pm will not be able to join in.

PLEASE ALSO NOTE: U17G and U15-17B 100m hurdles start at 5.45pm ... if athletes in these age groups wish to achieve an overall Multi Night score, please arrive in time for this event.

MULTI NIGHT

Multi Night is run like a regular Competition Night, but with points based on time/distance in each event accrued as a total over ALL events, similar to how pentathlon, heptathlon and decathlon are scored. Athletes must compete in ALL EVENTS on their program (excluding early events but including the 5.45pm hurdles for eligible age groups) to achieve an overall Multi Night score. The top three point-scoring athletes in each Age Group will receive a certificate at Presentation Day, when we will also award special prizes to our overall Boy and Girl top point-scorers. Given different Age Groups compete in different numbers of events, the overall scores will be weighted accordingly to provide a fair overall score for eligible athletes.



HOT WEATHER POLICY

Given the forecast for very hot weather on Friday, our committee will be monitoring conditions in line with the LANSW hot weather policy which can be viewed [here](#) and we may need to delay/postpone events as required ... but please also take your own measures to help beat the heat including:

- Ensure athletes are well hydrated BEFORE arriving, as well as during the night
- Bring plenty of cold water – consider adding ice cubes to drink bottles, or even freeze half a bottle of water and top up with cool water before you leave home
- Ensure athletes have plenty of sunscreen, hats and other sun protection such as a brolly
- Cool towels or spray bottles of water are also handy

Parents/carers with athlete surnames H-N and O-Z are on Program 3 duties this week.

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

U6-U17 – warm-up 5.45pm, main events 6pm (5.45pm for U15-17 hurdles)

A reminder next week, Friday December 15, is our **LAST NIGHT for 2023**

It is also our LANSW Santa for Sick Kids fundraiser to raise money to support the families of sick and injured kids staying at Ronald McDonald House over Christmas and beyond – purchase your \$5 red, green, pink, blue or orange stripey socks in both children and adult sizes. Socks are limited so get in quick!

Our FIRST NIGHT BACK for 2024 will be Friday, January 12

LANSW NORTH MET ZONE CARNIVAL

Congratulations to all our athletes who competed in LANSW North Metropolitan Zone carnival on December 1-3 at Barton Park, Parramatta ... we are so proud of everyone, especially those athletes competing at this level for the first time. Whether you won a ribbon and are progressing to Region 5 Championships, or just gave it your best shot, you have done the Club proud.

Special congratulations to our new Zone record-holders:

- **Andre Liyanage** U11 discus
- **Imogen Connell** U12 discus
- **Aliyah Bennett** U14 1500m and 3000m
- **Olivia Moresi** U17 high jump

If we have missed any Zone records, please let us know – and just a reminder that Club Championship records (ie the best results by a Cherrybrook athlete at LANSW championship events such as Zone, Region and State) must be submitted via email to cherrybrookathletics@gmail.com before they can be recorded. Club championship records can be found in the Red Book and on our website.



As U7 athletes do not progress to Region, well done also to our U7 medallists:

- **Hailey Zhou** – GOLD shot put
- **Jay Jay Su** – SILVER 70m
- **Imogen Gilchrist** – SILVER 70m, BRONZE 50m
- **Sage Prabhan** – BRONZE 70m

CONGRATULATIONS

Congratulations to **Andrew Kim, Finn Leivesley** and **Madison Tabrett** who competed in the School Sports Australia (PSSA) national championships in Launceston, Tasmania. Finn won GOLD in high jump; Andrew won GOLD in 4x100m relay and came 4th in the Multi Event; and Madi came 4th in high jump, plus helped the Northern Territory girls make up an 800m medley relay team which won BRONZE and was also awarded a highly prestigious Sportsmanship award.



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 can be found in case of emergency.

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

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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.

DATES FOR YOUR DIARY

- **Friday, December 15:** Our last night of the year and our LANSW Santa For Sick Kids fundraiser.
- **Friday, January 12:** Our season resumes after the Christmas break with our first Competition Night for 2024.
- **Friday to Sunday, February 9-11:** Region 5 Championship at Narrabeen Athletics Track, for athletes who qualified through Zone.
- **Saturday and Sunday, February 17-18:** ANSW Sydney North Clubs Regional Championships at The Crest Athletics Centre – this is a new event from ANSW for athletes aged 7-12, offering competition in a relaxed environment. There is also a team-based competition, whereby athletes score points for their Club. For athletes with individual aspirations, the Regional Championships will also serve as a direct qualifier to the inaugural Youth Championships in March 2024.
 - Events: cdn.revolutionise.com.au/cups/nswathletics/files/9inhqmb2cyoheorl.pdf
 - Entry details: www.nswathletics.org.au/events-page/regional-championships/
- **Saturday and Sunday, March 2-3:** LANSW State Combined Carnival at Hunter Sports Centre, Glendale for athletes in U7-U17 – this is a fun event in which athletes compete in a series of events for a combined point score, like a heptathlon or decathlon, but with fewer events for our younger athletes. It also serves as a qualifier for ALAC for eligible age groups. Stay tuned for updates in coming newsletters.
- **Friday, March 8:** Cherrybrook Athletics Ribbon Night
- **Friday, March 15:** It's our final night for the season which means it is our whole club FUN NIGHT!
- **Friday to Sunday, March 22-24:** LANSW HART Sport State Track and Field Championships, SOPAC for athletes who qualify through Region
- **May:** Our Presentation Day will be held on a Sunday in May, date TBA

UNIFORM SHOP

The Uniform Shop is now open by appointment only – please contact Julie on 0421 002 991.

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