

Celebrating 30 years



Cherrybrook Athletics

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This week, Friday January 19, we will be running **Program 2** which can be viewed on our website [here](#) and includes the following optional early events, all starting at 5.15pm:

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

Parents/carers with athlete surnames A-G and H-N are on Program 2 duties this week ... but we will likely need extra help as some families will still be away.

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

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

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

Reminder: We WILL be running a regular Competition Night on Australia Day,
Friday January 26.

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.

REGION 5 CHAMPIONSHIPS

The Region 5 Championship will now be held on February 10-11 at Sydney Olympic Park Athletics Centre (main stadium) – a revised program should be finalised later this week and will be made available to all families of Region-qualified athletes as soon as we receive it.

LANSW STATE COMBINED CARNIVAL

Entries are now open for this event, which is being held over the weekend of Saturday and Sunday, March 2-3 at Hunter Sports Centre, Glendale for LANSW athletes in U7 to U17. As this is a combined event – like pentathlon, heptathlon and decathlon – athletes must compete in ALL events in their age group to achieve an overall total point score. Points are allocated for performances in each event, based on the LANSW Multi-Event point score system, for an overall total. Top 3 medals are awarded in all age groups, with U15 athletes also vying for a spot in the LANSW team at the Australian Little Athletics Championships in April.

More details at [LANSW website](#). The events are:

- U7 Boys & Girls – 50m; 100m; pack start; long jump; shot put; discus
- U8 Boys & Girls – 70m; 200m; pack start; long jump; shot put; discus
- U9 Boys & Girls – 100m; 60m hurdles; 800m; long jump; shot put; discus
- U10 Boys & Girls – 200m; 60m hurdles; 800m; long jump; shot put; discus
- U11 Boys & Girls – 100m; 80m hurdles; 800m; long jump; shot put; discus

- U12 Boys & Girls – 200m; 80m hurdles; 800m; long jump; shot put; discus
- U13 Boys & Girls – 100m; 80m hurdles; 800m; long jump; shot put; discus
- U14 Girls – 200m; 80m hurdles; 800m; long jump; shot put; discus
- U14 Boys – 200m; 90m hurdles; 800m; long jump; shot put; discus
- U15 Girls – 200m; 90m hurdles; 800m; long jump; shot put; javelin; high jump
- U15 Boys – 100m; 100m hurdles; 800m; long jump; javelin; discus; high jump
- U17 Girls – 200m; 100m hurdles; 800m; long jump; shot put; javelin; high jump
- U17 Boys – 100m; 110m hurdles; 800m; long jump; javelin; discus; high jump

COLOURED PATCHES

Congratulations to the following athletes who have earned Coloured Patches:

- **YELLOW:** Lucilla Cribbin 8G, Maddison Johansen 8G, Ryan Maher 12B, Charlotte Patchett 8G, Kanav Pragadeesh 8B, Harper Schubach 8G, Noah Schubach 7B, Leah Schubach 11G, Tyler Tsai 8G
- **GREEN:** Lucilla Cribbin 8G, Maddison Johansen 8G, Banjo Lear 9B, Ryan Maher 12B, Charlotte Patchett 8G, Kanav Pragadeesh 8B, Harper Schubach 8G, Noah Schubach 7B, Tyler Tsai 8G
- **RED:** Maddison Johansen 8G, Ryan Maher 12B, Charlotte Patchett 8G, Ryan Rann 8B, Noah Schubach 7B, Tyler Tsai 8G
- **BLUE:** Ryan Maher 12B, Noah Schubach 7B
- **GOLD:** Ryan Maher 12B – well done Ryan!



DATES FOR YOUR DIARY

- **Friday to Sunday, February 9-11:** Region 5 Championship – Sydney Olympic Park Athletics Centre.
- **Saturday and Sunday, February 17-18:** ANSW Sydney North Clubs Regional Championships at The Crest Athletics Centre – this is a new ANSW event for athletes aged 7-12 registered with either ANSW or LANSW (additional fee applies) which 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 Hunter Sports Centre, Glendale
- **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 5 Championships
- **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.

gsa planning

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ELITE
OUTDOOR FITNESS