

Celebrating 30 years



Cherrybrook Athletics

 cherrybrookathletics@gmail.com

This week, Friday February 9, we will be running **Program 1** which can be viewed on our website [here](#) and includes the following early events, all starting at 5.15pm:

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

Please note: Athletes who wish to compete in early events MUST HAVE A PARENT/CARER PRESENT to help run events – any athlete without a parent/carer assisting cannot compete.

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.

Parents/carers with athlete surnames A-G and O-Z are on Program 1 duties this week ... but we will likely need extra help as some families will be away ahead of Region.

Parents/carers are also reminded they are NOT SPECTATORS – any parent/carer not on a rostered duty is expected to be ACTIVELY ASSISTING AGE MANAGERS by supervising athletes and helping run events. Age Managers are there to record results and coach athletes but they need help, especially supervising children waiting their turn – if you have more than one athlete (and are not on a duty), please check which Age Manager is most in need of your support!

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

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

GOOD LUCK REGION ATHLETES!

Good luck to all our athletes competing at the Region 5 Championship this weekend at Sydney Olympic Park Athletics Centre. Parents/carers of all eligible athletes would have received an email to join a WhatsApp group, through which all relevant information has and will be sent over the weekend – if you have yet to join up, please check your emails now. Please also be advised there is a lot on at Olympic Park this weekend so please plan your travel and parking, leaving enough time to warm-up before marshalling.

LANSW STATE COMBINED CARNIVAL

Entries close at 11.59pm on Monday, February 12 for the LANSW State Combined Carnival on Saturday-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. 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 including a full list of events for each age is at [LANSW website](#).

ANSW SYDNEY NORTH CLUBS REGIONAL CHAMPIONSHIPS

Entries close at 12 noon on Monday, February 12 for the [ANSW Sydney North Clubs Regional Championships](#) on Saturday February 17 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 ANSW Youth Championships in March 2024. Entry details: www.nswathletics.org.au/events-page/regional-championships/

DUAL ATHLETES

Details on how to claim refunds for eligible Dual ANSW/LANSW athletes will be emailed to parents/carers of those athletes soon – please keep an eye on your inbox!

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.

**PARENTS/CARERS
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AT THE OVAL AT ALL
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ATHLETE/S ARE
COMPETING**



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

- **Saturday to Sunday, February 10-11:** [Region 5 Championship](#) at SOPAC.
- **Saturday, February 17:** [ANSW Sydney North Clubs Regional Championships](#) The Crest Athletics
- **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 ****Please be advised the Easter Show starts at Sydney Olympic Park that weekend so you may wish to consider pre-booking parking if your athlete qualifies this weekend**
- **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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