

## North Star 21 January 2010

Hello everyone and welcome to week 2 of my publishing of the North Star. Last week I promised spice and that has largely been provided by the scheduling committee of ANSW.

This weekend sees the hosting of the NSW Club Championships at the SOPAC Warm-up Track (NOTE: warm-up track not the main SOPAC stadium). The two best placed competitors in the open age group for each gender from each entered club (UTS Norths has entered a team) will score points for the club. Masters and Junior athletes may compete in the open age group (Open implements / hurdle height must be used) and more than 2 athletes can enter any event per club, only the first 2 will earn points. So come along and do your best for the club (and upstage some club mates in friendly competition). Each athlete must enter the events themselves, with the cost being \$5 (unlimited events) for entering online (closes 2pm Friday 22/01/10) or \$10 on the day. **Athletes must enter at least 1 hour prior to their events start time.**

As an added incentive to compete for the club on the weekend anyone who enters will receive a \$5 discount on their ticket to the upcoming trivia night (see below).

Event timetable (Note: this is for club championship, other times on the day will **not** earn points):

Time	Event
1:00 pm	Long Jump
1:00 pm	200 Hurdles
1:00 pm	Discus
1:20 pm	800m (Women)
1:40 pm	800m (Men)
2:15 pm	100m (Women)
2:35 pm	100m (Men)
3:00 pm	Shot Put
3:15 pm	200m (Women)
3:35 pm	200m (Men)
4:10 pm	3000m
4:40 pm	4x400m Relay

Track athletes must report to the start at least 10 minutes prior to their event time

Field Athletes must report to the start at least 20 minutes prior to their event time

Okay, not much spice yet I hear you saying, well for listeners to triple J and other music lovers out there will know that The Big Day Out is on at the Sydney Showground at Homebush this Friday and Saturday from 11am until midnight. So leave early and watch where you park because special event clearways will probably be in use.

Full details on the club championships can be found at  
[http://www.nswathletics.org.au/answ/summer0910/club\\_champs.pdf](http://www.nswathletics.org.au/answ/summer0910/club_champs.pdf)

### **Other Competitions:**

\* Australian Athletics Tour meets in Canberra and Brisbane. Australia Cup Canberra is held on 30<sup>th</sup> January 2010 with entries closed and Brisbane is 6<sup>th</sup> February with entries closing 21<sup>st</sup> January (tonight). Find details:

[http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=437&OrgID=887](http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=437&OrgID=887)

for Canberra,

[http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=453&OrgID=887](http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=453&OrgID=887)

for Brisbane.

The Australian Combined Events Championships being held in Hobart on 13<sup>th</sup> and 14<sup>th</sup> February 2010. Combined events for under 15s to open (heptathlon / decathlon) will be held. Entries close midnight 28<sup>th</sup> January 2010. Information can be found at  
[http://www.athletics.com.au/competition/events/australian\\_combined\\_events\\_cha](http://www.athletics.com.au/competition/events/australian_combined_events_cha)

\* ANSW State Junior championships will be held at SOPAC (Homebush) on 12th - 14th Feb 2010. Age groups are U14, U16, U18 and U20. Entries close 28th Jan 2010. Go to:  
[https://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=468&OrgID=52](https://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=468&OrgID=52) for online entry.

The Sydney Track Classic will be held on 27th February at SOPAC (Homebush).

\* The NSW U23 and Masters championships will be held at Campbelltown on 6th and 7th of March 2010.

\* The NSW Open State Championships will be held at SOPAC (Homebush) on 26th - 28th March 2010.

\* Northern zone is running on Saturdays at Rotary Athletics Field for more relaxed competition. Events start at 1 pm.

\* For additional events see club calendar  
(<http://www.utsnorthsath.com.au/Calendar%202009%20Dec-Jan.pdf>)

### **Social:**

As eluded to above, there is a trivia night planned to be held either late March or early April. Date is still to be confirmed, but start getting your tables together with your squad members (or draft in some field athletes if you want people who can remember more than left foot, right foot).

Cheers, Michael Stark