



The Mustang Messenger

Newsletter #16 – 13/12/15

2015/2016

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 14/12	TWILIGHT A	MMLAC
TUES 15/12	Throws/Track	RLAC
WED 16/12	TWILIGHT B	MMLAC
CHRISTMAS BREAK		

MMLAC = Abbeville Park
RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Friday 18th December 2015

TWILIGHT PROGRAM

NEXT WALA COMPETITION:

WALA State Multi Championships

Under 11's to Under 17's

Sat 6th & Sun 7th February 2016

Ern Clarke & WAAS

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
LENA	Set Up 4PM
HEARD	Canteen 4-7
PAYNE	Canteen 4-7
CORNELL	Jump Pit 2 KO
WOODMAN	Shot Site 1 KO
BARNETT	Shot Put Site 1
HALL	Shot Put Site 1
ALDERSON	Shot Put Site 1
MOSS	Discus Site 1 KO
LEONARD	Discus Site 1
KINGI (SWIFT)	Discus Site 1
LOUANGE	Discus Site 1
Not Required	High Jump 1 KO
Not Required	High Jump 2 KO
Not Required	High Jump 1
Not Required	High Jump 1
Not Required	High Jump 2
Not Required	High Jump 2
INVERARITY	Pack Up

NEXT FUNDRAISING EVENT:

DETAILS COMING SOON

Last Competition of 2015 - Twilight Competition

Friday 18th December 2015

5pm Start - Ridgewood Park



This week is the last competition of 2015. There will be special events right across the evening with the Christmas Special 60m Dash, Special Christmas Canteen Meal Deals, the 100m Under Lights and maybe even a special visitor from the North Pole...

Below is the program of events for the Twilight Competition. The special training programs are on Page 2 and Canteen Meal Deals are on Page 3.

U6	U7	U8	U9
60m	60m	60m	60m
100m	100m	100m	100m
Discus	Shot Put	Discus	Turbo
Long Jump	Long Jump	Long Jump	Long Jump

U10	U11	U12	U13-17
60m	60m	60m	60m
100m	100m	100m	100m
Shot Put	Discus	Discus	Shot Put
Javelin	Long Jump	Long Jump	Javelin

RECORD BREAKERS

Due to the weather the Competition on Sat 5th Dec was cancelled.

As such no records were broken.



WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



AMF Bowling
Joondalup

for being a Club Sponsor and providing certificates and vouchers for our PB Achievement Awards.

If you would like to sponsor the club, please see Louise or Donna at training or competitions.



FRIDAY THURSDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: Strive Prog D - Thurs 17th December

Open to Athletes U12+. Great opportunities to compete against different athletes at the WA Athletics Stadium. For more information, visit: www.waathletics.org.au
WALA Registered Athletes can register as part of a Seniors Club or as an AWA Independent Athlete.

WALA State Track and Field Relay Championships

TODAY!

WA Athletics Stadium

Good Luck and Congratulations to all of our competing athletes.

At time of publication the WALA State Track and Field State Relays are taking place and the results are being processed.

Watch our Facebook Page for updates and check out next week's newsletter for all the results*

**Results will be published as soon as available.*

**Have a
very
Merry
Christmas
& a
Happy
New Year**

Twilight Training - Monday

UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10
FITNESS GAMES	FITNESS GAMES	FITNESS GAMES	JAVELIN	TRACK - SPRINTS A
DISCUS	SHOT PUT	DISCUS	FITNESS GAMES	JAVELIN
TRACK - SPRINTS B	TRACK - SPRINTS B	LONG JUMP	LONG JUMP	SHOT PUT
UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15-17
LONG JUMP	DISCUS	SHOT PUT	SHOT PUT	SHOT PUT
TRACK - SPRINTS A	LONG JUMP	TRACK - SPRINTS B	TRACK - SPRINTS A	TRACK - SPRINTS B
DISCUS	FITNESS SPOTS	JAVELIN	JAVELIN	JAVELIN

Twilight Training - Wednesday

UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10
TRACK - SPRINTS A	TRACK - SPRINTS A	DISCUS	JAVELIN	FITNESS GAMES
LONG JUMP	LONG JUMP	TRACK - SPRINTS A	TRACK - SPRINTS A	JAVELIN
GAMES	GAMES	LONG JUMP	LONG JUMP	SHOT PUT
UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15-
LONG JUMP	LONG JUMP	SHOT PUT	FITNESS	SHOT PUT
DISCUS	TRACK - SPRINTS B	FITNESS SPOTS	SHOT PUT	FITNESS SPOTS
FITNESS	DISCUS	JAVELIN	JAVELIN	JAVELIN

*Parental Assistance is required at every training session!
Please assist us as much as possible in order for your athletes to benefit the most from the opportunities that we provide at Training.*

Twilight Competition Canteen Meal Deals

No other food will be available at this event.



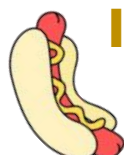
Meal Deal 1

**Hot Dog
Drink**



Meal Deal 2

**Hamburger
Drink**



Icy Pole

\$5



Icy Pole

\$6



GDLAC Twilight Multi's 9th January 2016

Cnr Wingrove and Langford Ave, Langford

**First call at 2.45pm,
First events 3pm sharp**

If you would like to attend please contact Ridgewood LAC via Email: info@ridgewoodlac.org with the athlete's FULL NAME, AGE GROUP, REGO NUMBER & GENDER. This must be submitted no later than the RLAC Twilight Competition on Friday December 18th.



Next Transition Clinics

Friday 15th January 2016—Javelin

For more info contact Jake Trewin (Development Officer)

jake.trewin@waathletics.org.au



WALA State Multi Event Championships

**Saturday 6th February 2016
U16-U17**

**Ern Clarke Athletics Track,
Cannington**

**Sunday 7th February 2016
U11-U17**

**WA Athletics Stadium,
Mt Claremont**

Register NOW with Nicole at the
Jetstar Tent.

Closing Date - Saturday 16th January



PERSONAL BEST TALLY

Due to the weather on Dec 5th and only two 1500m events being run before the event being cancelled the PB total has only increased slightly

As a club the athletes have earned a combined total of **1788** Personal Bests so far this season!

Well Done Everyone!

Keep up the great effort everyone as we head into the mid-season break!

2015-2016 Committee

President	Daan Nel
VP/Coach	Tony Young
Secretary	Matthew Vine
Treasurer	Jillian McCorkindale
Registrar	Evyonne Nel
Recorder	Julie Vine
Fundraising	Louise Mann Donna Cornell
Coaching Team	Jeff Woodman Steve Moss Jacque Ayliffe

Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com



**TO CELEBRATE THE START OF THE SECOND
HALF OF THE SEASON, WE INVITE ALL
ATHLETES TO JOIN US FOR OUR ANNUAL**

MULTI EVENT PROGRAM

**SATURDAY 16TH JANUARY, 2016
COMMENCING AT 8.00AM**

U6-U8	U9	U10	U11-U12	U13	U14-U15 B	U14-U15 G	U16-U17
100m	100m	100m	100m	100m	100m	200m	100m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Vortex/Turbo	Discus	Discus	Shot Put	Shot Put	Discus	Shot Put	Shot Put
400m	60m Hurdles	60m Hurdles	60m Hurdles	80m Hurdles	Hurdles	Hurdles	Hurdles
	800m	800m	800m	800m	800m	800m	800m

RULES OF COMPETITION:-

- ❖ 800m Event will always be the last event contested.
- ❖ Any Competitor failing to attempt to start or make a trial in one of the events shall not figure in any of the final results.
- ❖ Any Competitor deciding to withdraw from the competition must inform the officials.
- ❖ Scoring will be using the Multi Event Points System as determined by the RLAC Committee.
- ❖ Gold, Silver and Bronze Medals will be awarded for the first three (3) place getters in each age group for both boys and girls.
- ❖ Individual Centre Records will be recognised.

Ridgewood Little Athletics Centre