



2016/2017

The Mustang Messenger

Happy New Year

Newsletter #17 — 05/01/17

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
09/01	U9-U17	MMLAC
11/01	All Athletes	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 14th January

Multi Event Program

NEXT LAWA COMPETITION:

Combined Event Champs

Under 11's to Under 17's

Sat 4th & Sun 5th Feb 2017

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
METTAM	Set Up 6.30am
GAMBLE & HATHAWAY	Canteen 7-10am
N/A	Walks Judge
	Shot Put Chief
YOUNG	Shot Put Helper 1
KOTZE	Shot Put Helper 2
	Discus Chief
SWIFT (KINGI)	Discus Helper 1
MADDEN	Discus Helper 2
KLEYNHANS	Discus Helper 3
N/A	High Jump A Chief
N/A	High Jump A Help 1
N/A	High Jump A Help 2
N/A	High Jump B Chief
N/A	High Jump B Help 1
N/A	High Jump B Help 2
MADDEN	Pack Up 11.30am

ROSTER MANAGER
SELECT YOUR ROSTERS NOW!



Welcome Back to 2017!

Christmas indulgence and New Years parties are finished and the weather is heating up which must mean it's time to slap on a hat, slip on some sunscreen and get ready for the second half of an exciting athletics season.

With all new State Events coming up there is plenty of excitement building towards the new LA WA State Combined Event Championships in February (4th/5th - U11 to U17) and the LA WA State Track and Field Championships in March (17th-19th - U9 to U17).

But before all that we have a number of local Ridgewood competitions including our first event for 2017 - The 2017 Ridgewood Multi Event Championships on Saturday 14th January.

See Page 2 for details

LA WA State Combined Event Championships

Saturday 4th and Sunday 5th February 2017

U11 to U17's (U14-17 2 Days/ U11-13 Sunday Only)

[EVENT GRID](#)

[INFORMATION](#)

Program and Nomination process to be announced soon

RECORD BREAKERS

An incredible start to the season with 19 records broken so far this season plus ones still to recognise from the last two competitions of 2016.

Record Breakers will return after our first competition of 2017.

WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

AMF Bowling Joondalup



For being a supporter of our club during the 2016/2017 season. Please support this business.



AWA Go for 2 & 5 COMPETITIONS

Fridays @ WA Athletics Stadium

Open to Athletes U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium.

For more information, visit: www.waathletics.org.au





Officiating Tip Sheets

Athletics Australia and Jetstar Little Athletics have released a variety of Officiating Tip Sheets.

These documents will assist you in the basic rulings and understanding for the specified discipline.

All of the documents are available at <http://www.athletics.com.au/Officials/Handy-Hints>

Online Level 1 Courses

All parents are encouraged to complete the online courses for High Jump, Discus and/or Shot Put. These courses should take approx. 1 hour per event.

For more information visit athletics.com.au/Officials/Education

Personal Bests Tally

With some results being finalised and verified and with the Christmas break we are waiting with anticipation for an update on our PB totals.

The committee would like to congratulate all of the athletes on their achievements so far this season and wish you all the best for the remainder of the season.

2016-2017 Committee

President Daan Nel
Secretary Matthew Vine
Treasurer Karen Swift
Registrar Evyonne Nel
Recorder Julie Vine
Fundraising Louise Mann
Caron Woodman
Coaching Team Jeff Woodman
Steve Moss
Scott James

Save the Dates!

Saturday 25th March and 1st April 2017

The Mindarie Mustangs AGM will occur on one of these two Saturdays and will be confirmed in the new year.

The AGM is a time when all of the committee positions will be open for nominations. We will be looking for some new and enthusiastic members to join the committee for the 2017/2018 season.

If you would like to know more about any of the positions please speak to a committee member at Training or Competitions.

2017 Ridgewood Multi Event Championships

Saturday 14th January 2017 - Ridgewood Oval

The program is still to be confirmed from Ridgewood but will consist of up to 5 events for each age group across the morning.

THE BELOW GRID WAS THE 2016 GRID AND WILL CHANGE FOR 2017, ESPECIALLY WITH THE U6-U8 Age Groups!

MULTI PROGRAM							
U6-8	U9	U10	U11-12	U13	U14-15 B	U14-15 G	U16-17
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	Shot Put	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

(Subject to updating from RLAC Committee)

- 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.



Mindarie Mustangs Little Athletics Club