



2015/2016

# The Mustang Messenger

Newsletter #20 – 25/01/16

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 25/01	YELLOW	MMLAC
TUES 26/01	NO TRAINING	
WED 27/01	GREEN	MMLAC
MON 01/02	RED	MMLAC
TUES 02/02	Track/Throws	RLAC
WED 03/02	BLUE	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

Saturday 30th January 2016
Program 2 (Including WALKS)

### 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 6.30AM
AIRNS	Canteen 7-10
HALL	Canteen 10-1
NEL	Jump Pit 2 KO
YOUNG	Shot Site 1 KO
LEONARD	Shot Put Site 1
HUMPHREY	Shot Put Site 1
HOCKEY	Shot Put Site 1
MOSS	Discus Site 1 KO
HEARD	Discus Site 1
PAYNE	Discus Site 1
LOUANGE	Discus Site 1
O'MALLEY	High Jump 1 KO
ROSELT/SMITH	High Jump 2 KO
KINGI (SWIFT)	High Jump 1
LATEGAN	High Jump 1
HEAD (GREEN)	High Jump 2
ABBOTT	High Jump 2
MULCRONE	Pack Up

### NEXT FUNDRAISING EVENT:

DETAILS COMING SOON
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## WALA Zone & State Championships Important Information

**Zones Event: Sat 5th & Sun 6th March**

**States Event: Sat 19th & Sun 20th March**

**Nomination Closing Date Fri 19th Feb**

The WALA Zones and State Championships are fast approaching and its now time for YOU to nominate to compete. All of the information is included in this newsletter. If you need any additional support please contact [mindarielac@gmail.com](mailto:mindarielac@gmail.com)

## Australia Day Competition

This weekend saw the Ridgewood competition programs return to Program 1 but in celebration of Australia Day, athletes dressed up in Green and Gold or Red, White and Blue. There was plenty of fun had across the morning with honorary Mindarie Mustangs Mascot *Cuddles the Koala* making a special appearance. Check out the photos on Page 3.

## Parent Rosters to fill

We require TWO (2) Parent Helpers for our final competition (Sat 27th Feb) 1 Shot Put Helper and 1 High Jump KO. If you are not already on roster and can assist please see Matt ASAP!

## RECORD BREAKERS

On Sat 16th Jan, 2 Athletes broke/ set new Ridgewood Records!

**Congratulations to:**

**Declan Humphrey**

U7 Boys 100m - 17.42 sec

**Hayley Mann**

U9 Girls 100m - 16.22 sec

Check out next weeks Bumper Edition of Record Breakers following the Comp on Sat 23rd Jan

## WEEKLY SPONSOR

Mindarie Mustangs LAC would like to thank



*Darklight Joondalup*

for being a Club Sponsor and providing vouchers for our athletes.

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



## FRIDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: Strive Prog D - Fri 29th January

Open to Athletes U12+. Great opportunities to compete against different athletes at the WA Athletics Stadium. For more information, visit: [www.waathletics.org.au](http://www.waathletics.org.au)

AWA STATE CHAMPIONSHIPS COMING SOON

## WALA Zones and States Programs

When nominating for events it is important to remember that the Zones and States Programs differ. The two Jetstar WALA Logos below are hyperlinks to the corresponding programs.



## Zone Nomination Rules

### Saturday 5th & Sunday 6th March

1. Nominations CLOSE Fri 19th Feb.
2. Under 6's do not compete at Zones or States.
3. Under 7-9's compete at Zones ONLY.
4. Gold, Silver and Bronze medals are awarded to Under 7-9's at the Zones Weekend.
5. Under 10-15's qualify for States via Zones. (The number of qualifiers per event per zone is determined by the WALA Board.
6. Under 16-17's compete at States ONLY.
7. Gold, Silver and Bronze medals are awarded to Under 10-17's at States.
8. Under 7-9's can compete in a maximum of FOUR (4) Events.
9. Under 10-12's can compete in a maximum of FIVE (5) Events.
10. Under 13-17's can compete in a maximum of SIX (6) Events.
11. There is no restriction to the number of events competed on any given day.

A breakdown of Events, Ages, Genders and days contested is provided on Page 3.

Parents are expected to make themselves available for roster at State Events.

## LETTER FROM WALA RE: ZONE/ STATE NOMINATIONS



14th January 2016

### RE: NOMINATIONS FOR ZONES & STATE CHAMPIONSHIPS

Dear Centres,

In an attempt to streamline the nomination process for Zones and State Championships for 2016, all athletes will be able to nominate for events through their results profile in results HQ.

Events offered and the number of events an athlete can nominate for will be limited to those available for their age group. Clashes or potential clashes will be shown on their selection list before confirmation to allow athletes to change their events.

For information on how to nominate from the Family Area and managing the Nominations at the Centre level see <http://support.timingsolutions.com.au/hc/en-us/articles/207167736-Family-Portal-Nominations>

Nominations can be edited by athletes until the close of nominations **19/2/16**. Following that date no new nominations will be accepted.

Centres will have until **26/2/16** to finalise numbers for rosters before late entries close.

All late entries must be sent in to the office with appropriate late entry fee (\$100 per athlete) by **26/2/16**.

Following the final closing date the Centre will be given a list of athletes nominated.

The aim of this major change is to relieve the pressure on Centre administrators and allow them more time to focus on ensuring athletes are well prepared for events. The onus of responsibility for the nominations will then be with the parents and athletes. In cases, where athletes and families need assistance with the process please make sure you have a centre representative available to assist them.

Please also ensure that when nominating, all athletes are aware that the Zones program and the State program are different and clashes may occur at States where they do not at Zones.

This information will be sent to all families via results HQ, Facebook and our website. Please ensure all your families are aware should they not use the aforementioned mediums for communication.

If you have any further queries please contact Samya / Heather -9388 2339 Or [admin@walittleathletics.com.au](mailto:admin@walittleathletics.com.au) or [chris@timingsolutions.com.au](mailto:chris@timingsolutions.com.au)

Thank you for your co-operation in this matter.

**Samya Monaco**  
**Executive Officer**

Mindarie Mustangs Little Athletics Club

 [www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

 [www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)

## WALA Zones Event Program 2016

### Saturday

Boys	Girls
70m (U7-9)	Hurdles (U8-15)
100m (U7-15)	200m (U7-15)
400m (U9-15)	800m (U9-15)
1500m (U11-15)	Walks (U9-15)
Long Jump (U7-15)	Triple Jump (U10-15)
High Jump (U9-15)	Discus (U7-15)
	Javelin (U10-15)
Shot Put (U7-15)	(Turbo U8-9)
	(Vortex U7)

### Sunday

Boys	Girls
Hurdles (U8-15)	70m (U7-9)
200m (U7-15)	100m (U7-15)
800m (U9-15)	400m (U9-15)
Walks (U9-15)	1500m (U11-15)
Triple Jump (U10-15)	Long Jump (U7-15)
Discus (U7-15)	High Jump (U9-15)
Javelin (U10-15)	
(Turbo U8-9)	Shot Put (U7-15)
(Vortex U7)	

**\*\* PLEASE NOTE THAT TIMING OF EVENTS DIFFER BETWEEN ZONES AND STATES \*\***

## WALA States Event Program 2016

### Saturday

Boys	Girls
	Hurdles
100m	200m
400m	800m
1500m (U11-17)	Walks
Long Jump	Triple Jump
High Jump	Discus
Shot Put	Javelin

### Sunday

Boys	Girls
Hurdles	
200m	100m
800m	400m
Walks	1500m (U11-17)
Triple Jump	Long Jump
Discus	High Jump
Javelin	Shot Put

## Australia Day 2016



Special 2016 Australia Day  
Mustangs Mascot:  
*Cuddles the Koala*

Photos courtesy of Matt Vine and Ridgewood LAC

Mindarie Mustangs Little Athletics Club

 [www.mindarielac.myclub.org.au](http://www.mindarielac.myclub.org.au)

 [www.facebook.com/Mindarielac](https://www.facebook.com/Mindarielac)

 [mindarielac@gmail.com](mailto:mindarielac@gmail.com)



# Coming Soon!

**PERTH TRACK CLASSIC**

## Saturday 12th March 2016

## WA Athletics Stadium

Congratulations to our U13 Boys who won GOLD at the WALA State Field Relays Event back in December (Photo supplied by RLAC)

### 2016 WA Little Athletics Competition Schedule

Date	Program/Comp	Venue
Sat 30th Jan	RLAC Program 2	RLAC
Sat 6th Feb	WALA Multi U16/U17	Ern Clarke
Sat 6th Feb	RLAC Program 1	RLAC
Sun 7th Feb	WALA Multi U11-U17	WAAS
Sat 13th Feb	RLAC Program 2	RLAC
Sat 20th Feb	RLAC Program 1 Champs	RLAC
Sat 27th Feb	RLAC Program 2 Champs	RLAC
Sat 5th Mar	WALA Zones Day 1 (U7-U15)	(TBD)
Sun 6th Mar	WALA Zones Day 2 (U7-U15)	(TBD)
Sat 19th Mar	WALA States Day 1 (U10-U17)	WAAS
Sun 20th Mar	WALA States Day 2 (U10-U17)	WAAS

#### Venues

RLAC = Ridgewood Park, Ridgewood  
 Ern Clarke = Ern Clarke Athletics Track, Cannington  
 WAAS = WA Athletics Stadium, Mt Claremont

### SAVE THE DATE! - Saturday 2nd April 2016

The 2016 Mindarie Mustangs AGM and Presentation Day is provisionally pencilled to be held on Saturday 2nd April 2016.

We hope as many families can make it.  
 More details to follow later in the season.

### SAVE THE DATE! - Saturday 2nd April 2016

The 2016 Ridgewood LAC AGM, Windup and Presentation Evening is provisionally pencilled to be held on Saturday 2nd April 2016. We hope as many families can make it.

More details to follow later in the season.

## Parent Rosters

Thank you to the following families who have completed the minimum requirement for the Roster Policy.

<b>ALDERSON</b>	MOSS
ANDERSON	NEL
DEAN	RUDD/VON KOSS
CORNELL	SMITH D.
FREIND	VAN DER SPUY
JAMES	<b>VENTER</b>
<b>KOTZE</b>	VINE
<b>LATEGAN</b>	<b>WATSON</b>
MANN	WOODMAN
McCORKINDALE	<b>YOUNG</b>

#### *\*NEW NAMES THIS WEEK\**

*Names will be added each week once you have completed the requirements. If you would like to know how many more you require please contact Matt*

## PERSONAL BEST TALLY

After Competition on Jan 16th our athletes are putting their best foot forward and continuing to gain PB's each and every week!

As a club the athletes have earned a combined total of **2163** Personal Bests so far this season!

Well Done Everyone!

## 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

Mindarie Mustangs Little Athletics Club