



2015/2016

The Mustang Messenger

Newsletter #21 – 01/02/16

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Program	Venue
MON 01/02	RED	MMLAC
TUES 02/02	Track/Throws	RLAC
WED 03/02	BLUE	MMLAC
MON 08/02	GREEN	MMLAC
TUES 09/02	Track/Throws	RLAC
WED 10/02	YELLOW	MMLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 6th February 2016
Program 1 (Including 1500m)

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
FREIND	Set Up 6.30AM
BARNETT	Canteen 7-10
WHITE	Canteen 10-1
NEL	Jump Pit 2 KO
DEAN	Shot Site 1 KO
PALLISTER	Shot Put Site 1
CHAYCHUK	Shot Put Site 1
SURESH	Shot Put Site 1
MOSS	Discus Site 1 KO
ARUNDEL/SMITH	Discus Site 1
HOCKEY	Discus Site 1
HOUGH	Discus Site 1
O'MALLEY	High Jump 1 KO
VAN DER SPUY	High Jump 2 KO
COWAP (STACEY)	High Jump 1
HARRIMAN	High Jump 1
KOTZE	High Jump 2
NORRIS	High Jump 2
MCCARTNEY	Pack Up

NEXT FUNDRAISING EVENT:

DETAILS COMING SOON

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.

More details Page 2.

Championship Medal Eligibility Criteria

In order for athletes to compete for Medals during the Championship weekends, athletes must have competed in the event a minimum of 3 times prior to Championships. To check if you are eligible for a medal at Championships visit your ResultsHQ Portal www.resultshq.com.au

End of Season Awards Eligibility Criteria

Athletes and Parents are reminded that to be eligible for End of Season Awards, athletes must have competed at a minimum of 9 Ridgewood LAC events, including 2 events during January and February. Parents must have also met the Parent Roster Requirements.

If you wish to discuss eligibility for Championships and/or End of Season Awards please contact Matt via ✉ mindarielac@gmail.com

RECORD BREAKERS

On Sat 23rd Jan, 7 Athletes broke/ set 8 new Ridgewood Records!

Congratulations to:

Declan Humphrey

U7 Boys 60m Hurdles - 13.09 sec

Jackson Anderson

U9 Boys 200m - 31.57 sec

Elijah Louange

U9 Boys 60m Hurdles - 10.60 sec

RECORD BREAKERS

So many record breakers last week we need two sections!

Mignon Cronje

U10 Girls 60m Hurdles - 11.86 sec

U10 Girls High Jump Scissor - 1.21m

Sophie McCorkindale

U11 Girls 1500m - 5 mins, 43.90 sec

Omeara Louange

U14 Girls Long Jump - 5.30m

U14 Girls High Jump - 1.56m



FRIDAY NIGHT AWA STRIVE COMPETITIONS

Next Event: Strive Prog A - Fri 5th February

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

AWA STATE CHAMPIONSHIPS 12th, 19th and 20th Feb

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.

WALA Zones Event Program 2016

Saturday

Sunday

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

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

WALA States Event Program 2016

Saturday

Sunday

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

For information on how to nominate from the Family Area visit

<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.

If you have any further queries please contact Samya / Heather -9388 2339

Or admin@walittleathletics.com.au or chris@timingsolutions.com.au

Mindarie Mustangs Little Athletics Club

www.mindarielac.myclub.org.au

www.facebook.com/Mindarielac

mindarielac@gmail.com



Congratulations Matthew

The Mindarie Mustangs Committee would like to congratulate Matthew Vine for being awarded the City of Wanneroo Charles Searson Youth Award at the 2016 Australia Day Citizenship and Awards Ceremony.

Charles Searson Australia Day Youth Award

A person under the age of 25 who has made an outstanding contribution to the local community. (Following taken from City of Wanneroo Press Release)

Matthew Vine volunteered hundreds of hours to community projects including working with schools, universities and a number of local charities and clubs.

Matthew supported his local athletics club, provided mentoring for many university students and helped to fund raise for numerous charities including Lions International.

Demonstrating leadership within the local community with drive and enthusiasm, Matthew was acknowledged for his positive engagement with various youth groups.

In 2008, Matthew was awarded a City of Wanneroo Student Citizen Award and has continued his work in the community.

2016 WA Little Athletics Competition Schedule

Date	Program/Comp	Venue
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)	UWA
Sun 6th Mar	WALA Zones Day 2 (U7-U15)	UWA
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

UWA = UWA Sports Park, McGillivray Oval, Mt Claremont

SAVE THE DATE! - Saturday 2nd April 2016

The 2016 Mindarie Mustangs AGM and Presentation Day is provisionally pencilled to be held on the morning/early afternoon of Saturday 2nd April 2016. We hope as many families can make it. More details to follow soon.

SAVE THE DATE! - Saturday 2nd April 2016

The 2016 Ridgewood LAC AGM, Windup and Presentation Evening is provisionally pencilled to be held in the late afternoon/ evening on Saturday 2nd April 2016. We hope as many families can make it. More details to follow soon.

Parent Rosters

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

ABBOTT	MOSS
ALDERSON	MULCRONE
ANDERSON	NEL
DEAN	PAYNE
CORNELL	ROSELT/SMITH
FRIEND	RUDD/VON KOSS
HEARD	SMITH D.
JAMES	VAN DER SPUY
KOTZE	VENTER
LATEGAN	VINE
LOUANGE	WATSON
MANN	WOODMAN
McCORKINDALE	YOUNG

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 23rd 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 **2266** 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