



**2016/2017**

## THIS WEEKS KEY INFO

### NEXT TRAINING - @ 5pm:

Date	Who	Venue
13/02	U9-U17	MMLAC
14/02	U10-U17	RLAC
15/02	ALL	MMLAC
16/02	U10-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

### NEXT RLAC COMPETITION:

Saturday 11th February

Program 2 including Walks

### NEXT LAWA COMPETITION:

Zone 4 Championships

Under 7's to Under 17's

Sat 4th & Sun 5th Mar 2017

UWA McGillivray Oval

### NEXT COMPETITION ROSTER:

Family Name	Rostered Position
LENA	Set Up 6.30am
VAN DEVENTER	Canteen 7-10am
N/A	Canteen 10am-1pm
JAMES	Walks Judge
MOSS	Shot Put Chief
FURSE	Shot Put Helper 1
KLEYNHANS	Shot Put Helper 2
HARRIMAN	Discus Chief
HOUGH	Discus Helper 1
YOUNG	Discus Helper 2
HATHAWAY	Discus Helper 3
NEL	High Jump A Chief
CLEMENSTON	High Jump A Help 1
VENTER	High Jump A Help 2
WHITE	High Jump B Chief
THOMAS	High Jump B Help 1
KILGALLON	High Jump B Help 2
HARRIMAN	Pack Up 11.30am

**ROSTER MANAGER**  
**SELECT YOUR ROSTERS NOW!**



# The Mustang Messenger

Newsletter #22 — 09/02/17

## State Combined Event Championships

### Results

Congratulations to our athletes that competed at the State Combined Events Championships. Special mention goes to Joshua Smith who secured a BRONZE medal. WELL DONE!

Other results were as follows:

Jayden Harriman (U17 B) - DNF

Ryan Vine (U15 B) - 21st

Daniel Mann (U13 B) - 16th

## Center Championships

### February 18th and 25th - Ridgewood Oval

See Pages 3 & 4 for all of the information for the upcoming championships at Ridgewood LAC.

## State Zone Championships

### March 4th and 5th 2017 Under 7 to Under 15's

This newsletter is packed full of all the important information for the 2017 Zones Championships.

Check out Pages 5 and 6 for all the details.

## RECORD BREAKERS

*No New records have been broken recently by Mindarie Athletes.*

*Keep up the great work everyone and lets see who will be the first Mindarie athlete break a Ridgewood Record in 2017*

## WEEKLY SPONSOR

The Mindarie Mustangs would like to thank  
**Video Ezy Mindarie**



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](http://www.waathletics.org.au)



## Upcoming Events - Who Can Compete?

As the season draws to a close with Centre competitions and heads into State Championships the table below will highlight the age groups that are able to compete at the remaining competitions for the 2016/17 Season.

<u>Upcoming Events</u>	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Sat 11th February (Program 2)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sat 18th Feb (RLAC Champ Program 1)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sat 25th Feb (RLAC Champ Program 2)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sat 4th March (Zones Day 1)		✓	✓	✓	✓	✓	✓	✓	✓	✓		
Sun 5th March (Zones Day 2)		✓	✓	✓	✓	✓	✓	✓	✓	✓		
Fri 17th March (States Day 1)				✓	✓	✓	✓	✓	✓	✓	✓	✓
Sat 18th March (States Day 2)				✓	✓	✓	✓	✓	✓	✓	✓	✓
Sun 19th March (States Day 3)				✓	✓	✓	✓	✓	✓	✓	✓	✓

### Notes:

1. U6 athletes only compete at Centre Championships.
2. U7 and U8 athletes - Zones is State Championships and medals are presented to top THREE (3) place getters in each event.
3. U9 - U15 athletes compete at Zones to qualify to compete at State Championships (See Zones Info for qualification process)
4. U16 and U17 athletes DO NOT compete at Zones and nominate directly to compete at State Championships

<b>Rosters</b>	<b><u>Feb 11th</u></b>	<b><u>Feb 18th Champ</u></b>	<b><u>Feb 25th Champ</u></b>
<b>Set Up</b>	LENA	McDOUGALL	COWAP
<b>Canteen 7-10</b>	VAN DEVENTER		HOUGH
<b>Canteen 10-1</b>		BAILEY	LENA
<b>Walk Judge</b>	JAMES		JAMES
<b>Shot Put Chief</b>	MOSS		
<b>Shot Put H1</b>	FURSE	CHAYCHUK	ROSS
<b>Shot Put H2</b>	KLEYNHANS	VENTER	McDOUGALL
<b>Discus Chief</b>	HARRIMAN		
<b>Discus H1</b>	HOUGH	LEONARD	PAYNE
<b>Discus H2</b>	YOUNG	KILGALLON	HEARD
<b>Discus H3</b>	HATHAWAY	WATSON	VAN DER SPUIY
<b>High Jump Chief</b>	NEL		NEL
<b>High Jump H1</b>	CLEMENSTON	GAMBLE	NORTHMORE
<b>High Jump H2</b>	VENTER	VAN DER SPUIY	DU PLOOY
<b>High Jump Chief</b>	WHITE		HARDING
<b>High Jump H3</b>	THOMAS	LOUANGE	VENTER
<b>High Jump H4</b>	KILGALLON	HATHAWAY	WATSON
<b>Pack Up</b>	HARRIMAN	FREIND	FREIND

## Remaining Rosters!

A big thankyou to all of the families who have worked hard this season to assist at Training and Competitions, especially with the competition rosters. Your help is invaluable.

As we head into our last three weeks we are looking for a few more people to assist.

As it is chief positions we are searching for if someone who is already on roster is willing to step up to be the chief please let us know.



# Centre Championships Information and Criteria Page 1



The Ridgewood Little Athletics Centre holds their annual Centre Championships at the end of each summer season over two weeks.

These Centre Championships will be run as the event order for Program 1 and Program 2.

Clubs will be competing for the Centre Championship Day Perpetual Trophy.

## Track Events Heats & Finals

Heats and finals will be run for all track events where required as indicated below:

- For U6 – U7, the 200m will be run as straight finals and for U7 – U8, the 400m will be run as straight finals (there will be no heats so the athletes don't have to run the event twice). The top 8 qualified athletes, based on PB times will run in the final. All other athletes will run in heats following the final.
- All 1500m and all Walk events will be run as straight finals.
- The 800m will be run as straight finals for age groups with less than 16 qualified athletes.
- For short track events (70m/100m/60m hurdles) where there are 14 or less qualified athletes, and for all other track events where there are 8 or less qualified athletes, these athletes will be run as a straight final. All non-qualified athletes will run in heats following the final.

## Championship Medals & Eligibility

- Centre Championship Medals are awarded for first, second and third place for each age group and each event.
- To be eligible for a Centre Championship Medal in an event, the athlete must have competed in that event a *minimum of three (3) times* during the current Ridgewood Centre Season not including any State run events.
- The Ridgewood LAC Executive Committee will consider exemptions from the outlined criteria for specific events under the following guidelines:
  - ◇ The Club President and Coach can confirm that an athlete had sustained a major injury or illness during the season which is the main reason for missing these events, and
  - ◇ The athlete has competed in the event twice (2) during the current season.
- Please provide the Centre with written details of any exemptions sought by *5pm on the Monday before Centre Championships Program 1*.
- ***Exemption submissions must be lodged with the Club Secretary by 2pm on the Final Saturday prior to Centre Championships Program 1***
- Athletes who are not eligible for medals in an event can still compete and are encouraged to do so. In track events athletes ineligible for medals will be allowed to run in the heats but will not progress to the finals in the relevant event.

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Mindarie Mustangs Little Athletics Club



# **Centre Championships Information and Criteria Page 2**



## **Rules and Regulations**

- Centre Championship will be run as per a State Event 'Rules of Competition'.
- Athletes will not receive any prompts/direction/coaching from any site officials i.e. "go out the back" in discus or shot put, etc.
- If an athlete is given "No Throw" they can ask why and the key site official may explain the reason for the "No Throw" but if the athlete does not ask, the key official does not need to give a reason.

## **Spectators/Coaches**

- Spectators will be able to talk with the athletes about their performances during competition but must from a distance (not touching).
- In some cases spectators will be asked to stand in a particular area whilst the competition is underway.
- Coaching can lead to disqualification and we would appreciate it if you followed the direction of the site officials on the day, the key referees or the Arena Manager.
- All site officials are under the direction of the Centre and are trying their very best to conduct a fair and impartial competition and we would appreciate all parents to try and remember this.

## **Uniform**

- Athletes must wear the correct Club uniforms – Club shirt/singlet, registration numbers and plain navy blue shorts or Ridgewood Centre navy shorts.
- All athlete uniforms should be checked at marshalling prior to each event.
- If an athlete does not have their age tag or Jetstar badge then they should be reminded to put these onto their uniform in the future.
- If an athlete does not have their registration number bib or correct uniform the marshallers need to use their radio to notify the Centre Announcer to sort out with the Clubs immediately.
- Blank registration numbers can be purchased for \$10, Ridgewood shorts can be purchased for \$30 and second hand shorts can be hired for a gold coin donation to either the McGrath Foundation or the PMH Foundation (all available from under the Jetstar tent) so there is no reason for any athlete to be out of Club uniform.

## **The Centre's Final Message**

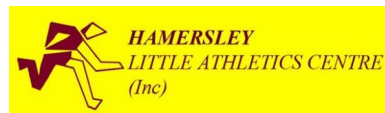
Remember that although medals are on offer, the aim is always to do your best.

Good luck to all the athletes and have an enjoyable last few weeks at Centre level.



## Zone Championships

### Saturday 4th and Sunday 5th March 2017



### What is Zones?

Little Athletics WA allocate Centres into 4 Metropolitan Zones across the Metro Area as a way of organising State Finals for Under 7 and Under 8 athletes as well as State Qualifying competitions for Under 9 to Under 15 athletes. Under 16 and Under 17 athletes do not participate in Zones and nominate directly to compete at State Championships.

### What, Who and Where is Zone 4?

Ridgewood LAC is allocated as part of **Zone 4** alongside Joondalup LAC, Hamersley LAC and UWA LAC.

The Zone 4 Competition is held at the UWA LAC home grounds at the UWA Sports Ground, McGillivray Oval, McGillivray Road, Mount Claremont.



Google Maps Link: <https://goo.gl/maps/xmYt1kxzDG2>



### How do I nominate to compete?

Nominations for U7 to U15 athletes to compete at Zones is completed through your online ResultsHQ portal.

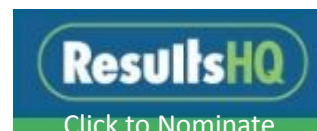
Each age group can compete in only a certain number of events as indicated in the table to the right.

There is no limit to the number of events on any given day, just the total number of events eligible for.

At time of nomination, Parents will be required to select 1 half day roster for each athlete in the family that is competing at Zones.

Age Groups	Number of Events
U7, U8 and U9	FOUR (4)
U10, U11 and U12	FIVE (5)
U13, U14 and U15	SIX (6)

**NOMINATIONS CLOSE 8AM - MON 20TH FEBRUARY 2017**



### WALA Zones Event Program 2017

Saturday		Sunday	
Girls	Boys	Girls	Boys
70m (U7-9)	Hurdles (U8-15)	Hurdles (U8-15)	70m (U7-9)
100m (U7-15)	200m (U7-15)	200m (U7-15)	100m (U7-15)
300m (U7)/ 500m (U8)	800m (U9-15)	800m (U9-15)	300m (U7)/ 500m (U8)
400m (U9-15)	Walks (U9-15)	Walks (U9-15)	400m (U9-15)
1500m (U11-15)	Triple Jump (U10-15)	Triple Jump (U10-15)	1500m (U11-15)
Long Jump (U7-15)	Discus (U7-15)	Discus (U7-15)	Long Jump (U7-15)
High Jump (U9-15)	Javelin (U10-15)	Javelin (U10-15)	High Jump (U9-15)
Shot Put (U7-15)	(Turbo U8-9) (Vortex U7)	(Turbo U8-9) (Vortex U7)	Shot Put (U7-15)

For the full Zones Program visit the Little Athletics WA Website [HERE](#)

Mindarie Mustangs Little Athletics Club

[www.mindarielac.weebly.com](http://www.mindarielac.weebly.com)

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

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## How do I qualify for State Championships? - U9 to U15's

Athletes will compete at the Zone championships and will qualify based on placing as indicated below. The "Number of Zone Qualifiers" column highlights the number of athletes who will progress from Zone 4. The "Total State Competitors" column highlights the total number of athletes that will qualify to compete.

<u>Events</u>	<u>Number of Zone 4 Qualifiers</u>	<u>Total State Competitors</u>
70m, 100m, 200m, 400m & Short Hurdles	5 athletes	24 athletes
Shot Put, Long Jump & Triple Jump	5 athletes	20 athletes
200/300m Hurdles, 800m, 1500m, Walks, Discus, Javelin & High Jump	4 athletes	16 athletes

## When will I compete at States if I qualify?

It is important to remember that the 2017 State Championships will be conducted over THREE (3) days. (March 17th [\*Evening Session], 18th and 19th)

The program for the State Championships is still being finalised and will be released soon but athletes will need to take this into consideration when selecting events.

## I'm an U16 or U17, How do I nominate and how many events can I compete in?

Athletes in these age groups nominate directly to compete at the State Championships and this information will be released once available. Athletes will be able to select up to SIX (6) events to compete in. If the number of nominations received exceeds the total number of state competitors as indicated above, athletes will be ranked accordingly and the Top 16/20/24 athletes will be eligible to compete.

## Club/Centre End of Season Awards

### Ridgewood Policy with MLAC additions

To be eligible for Ridgewood LAC and Mindarie LAC end of season awards; athletes must have competed at more than **60% of meets in the current season**, not including state events and must have competed **twice after the Christmas Break**. (This equates to 10 out of 16 meets, not including Centre Championships)

*\* Athletes who joined after the start of the season need to compete at 60% of events they were eligible to compete at.*

Parents must also meet the minimum roster requirements as set out in the Roster Policy.

MLAC and RLAC Committee will consider exemptions from the criteria for injuries only, if supported by a medical certificate.

## Personal Bests Tally

As of January 28th, Mindarie athletes have been putting in their absolute best every week.

The Club PB Grand Total is currently **2014**

With **85** athletes now achieved 10 or more PB's, **65** Athlete have achieved 20 PB's and now **14** athletes has achieved 30 PB's

## What An Achievement!

PB Certificates will be handed out again on Wednesday 22nd Feb

## Save the Dates!

### Saturday 25th March and Saturday 1st April 2017

The Mindarie LAC AGM will occur on Saturday 25th March

The Ridgewood LAC AGM will occur on Saturday 1st April

The AGM's are 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.

Mindarie Mustangs Little Athletics Club

 [www.mindarielac.weebly.com](http://www.mindarielac.weebly.com)

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