



2016/2017

The Mustang Messenger

Newsletter #23 — 16/02/17

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
20/02	U9-U17	MMLAC
21/02	U10-U17	RLAC
22/02	ALL	MMLAC
23/02	U10-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 18th February

Championship Program 1

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
McDOUGALL	Set Up 6.30am
N/A	Canteen 7-10am
BAILEY	Canteen 10am-1pm
N/A	Walks Judge
	Shot Put Chief
CHAYCHUK	Shot Put Helper 1
VENTER	Shot Put Helper 2
PAYNE	Discus Chief
LEONARD	Discus Helper 1
KILGALLON	Discus Helper 2
WATSON	Discus Helper 3
	High Jump A Chief
GAMBLE	High Jump A Help 1
VAN DER SPUIJ	High Jump A Help 2
ROSELT/SMITH	High Jump B Chief
LOUANGE	High Jump B Help 1
	High Jump B Help 2
FREIND	Pack Up 11.30am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



Centre Championships

A reminder that all of the important information is included within this newsletter on Pages 4 and 5.

Ridgewood LAC would like to highlight the Uniform requirements where by ALL athletes MUST be wearing the Club Shirt, NAVY BLUE or Ridgewood Shorts, with the Registration Number, Age Tag and Jetstar Badge all correctly affixed to the uniform. Failure to comply with the Uniform may result in athletes being unable to compete.

Requests for exemptions for Centre Championships Medal Eligibility were considered at the recent RLAC Meeting and all responses have been forwarded to the relevant families.

NO FURTHER EXEMPTIONS WILL BE CONSIDERED.

The Marshalling Sheets for Centre Championships will be highlighted to indicate eligible athletes.

Protests/Eligibility Queries

Any queries are to be directed to the Mindarie Championship Protests Officer: **Evyonne Nel** who will raise your concern with RLAC.

Athletes may be able to "compete under protest" whilst the query is dealt with. Any families who independently approach RLAC Committee members or End of Track Staff will not be heard and redirected to speak to the protest officers.

Zone Enquires

Please see Pages 3, 6 and 7 for more information

RECORD BREAKERS

The following athletes broke the following RLAC Records:

Congratulations to:

Kaydee Van Deventer

U6 Girls Vortex - 11.55m
(21st Jan)

U6 Girls Vortex - 13.01m
(4th Feb)

RECORD BREAKERS

Dylan James

U15 Boys Triple Jump - 12.29m
(28th Jan)

Omeara Louange

U15 Girls High Jump - 1.58m
(4th Feb)



Athletics
Western Australia

AWA STATE CHAMPIONSHIPS

Friday 24th - Sun 26th 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



Final Mindarie Club Training Session

Our Final Training Session for Mindarie LAC for 2016/17 will be held on Wednesday 22nd February 2017

Training will be at Abbeville Park.

Following Training there will be PB Certificates and Record Certificates

A Sausage Sizzle and Drinks will be available for purchase as well.

We hope all athletes have enjoyed the training sessions this year and would like to extend a huge thank you to the committee members (Scott, Jeff and Steve) for being apart of the Coaching Team.

Special mentions to Jody and Nicole for your assistance across many sessions.

A HUGE Thank you to our TRACK Coach, Carl who has worked tirelessly over the course of the season to improve our track capabilities.

But most importantly thank YOU, "the unnamed parents" for helping out at training sessions across the entire season. Without your help and assistance training would just not happen so THANK YOU

Committee Positions at AGM

The AGM is fast approaching (March 25th, 10am) and at the AGM all TEN (10) Committee Positions will be up for nomination and election.

The positions can vary based on the requirements and expertise of those appointed.

President

The President is responsible for presiding over all committee meeting (held monthly approx.), is responsible for all other committee members and ensures that portfolios are effectively organised and being managed by the members responsible. The president will also be a Club signatory on the Clubs financial accounts.

Treasurer

The Treasurer is responsible for maintaining accurate records for the receiving and paying out any monies associated with the club. The treasurer is required to prepare a financial statement to be presented at each meeting and ensure that the all club finances are audited at the conclusion of the season, as required by the Centre and LAWA. Financial and appropriate computer skills are required. The treasurer will also make any payments to required parties in a timely manner with the counter-signature of another Club signatory. The treasurer will also be a Club signatory for Club finances.

Registrar

The registrar is the first port of call for ALL registrations at the commencement of the season. Registrars will receive all registrations and ensure appropriate paperwork has been completed and sighted as required. The registrar will need to liaise with the Club Treasurer and Secretary/Communications Officer and Centre Registrar and Treasurer as required.

If you are interested in any of the committee positions please see a current committee member ASAP
If multiple members of the committee are from the same family only ONE member may be in a position that requires them to be a Club Signatory.

Mindarie Mustangs Little Athletics Club

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 two 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.

Zone Enquires

If you have any question about Zones please see Rachel THIS SATURDAY under the Jetstar Tent.

Ridgewood Uniforms will also be available for purchase and ALL Athletes U9 TO U15 competing at Zones must be in FULL Ridgewood Uniform to compete.

U7 and U8 athletes may wear Club Uniform.

NOMINATIONS CLOSE MONDAY 8AM!

Rosters	Feb 18th Champ	Feb 25th Champ
Set Up	McDOUGALL	COWAP
Canteen 7-10		HOUGH
Canteen 10-1	BAILEY	LENA
Walk Judge		JAMES
Shot Put Chief	?HELP?	?HELP?
Shot Put H1	CHAYCHUK	ROSS
Shot Put H2	VENTER	McDOUGALL
Discus Chief	PAYNE	MOSS
Discus H1	LEONARD	PAYNE
Discus H2	KILGALLON	HEARD
Discus H3	WATSON	VAN DER SPUY
High Jump Chief	?HELP?	NEL
High Jump H1	GAMBLE	NORTHMORE
High Jump H2	VAN DER SPUY	DU PLOOY
High Jump Chief	ROSELT/SMITH	HARDING
High Jump H3	LOUANGE	VENTER
High Jump H4	?HELP?	WATSON
Pack Up	FREIND	FREIND

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.

Upcoming Events	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:

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

Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

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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.



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

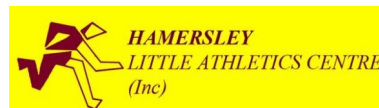
Remember that although medals are on offer, the aim is always to do your best.

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/xmYt1kzxzDG2>



How do I nominate to compete?

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

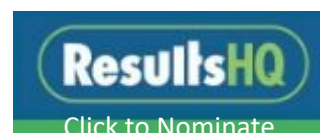
Each age group can compete in only a certain number of events as indicated in the table to the right.

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](#)

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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 February 11th, Mindarie athletes have been putting in their absolute best every week.

The Club PB Grand Total is currently **2097**

With **85** athletes now achieved 10 or more PB's, **66** Athlete have achieved 20 PB's and now **20** 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 Sat 25th March
(10am-12pm)

The Ridgewood LAC AGM will occur on Sat 1st April
(Afternoon)

Important information regarding MLAC AGM venue and food options for eligible athletes will be emailed separately soon.

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