



2016/2017

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
28/02	TBD	RLAC
02/03	TBD	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 25th February

Championship Program 2

NEXT LAWA COMPETITION:

Zone 4 Championships

Under 7's to Under 15's

Sat 4th & Sun 5th Mar 2017

UWA McGillivray Oval

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
COWAP	Set Up 6.30am
HOUGH	Canteen 7-10am
LENA	Canteen 10am-1pm
JAMES	Walks Judge
	Shot Put Chief
ROSS	Shot Put Helper 1
McDOUGALL	Shot Put Helper 2
MOSS	Discus Chief
PAYNE	Discus Helper 1
HEARD	Discus Helper 2
VAN DER SPUIY	Discus Helper 3
NEL	High Jump A Chief
NORTHMORE	High Jump A Help 1
DU PLOOY	High Jump A Help 2
	High Jump B Chief
VENTER	High Jump B Help 1
WATSON	High Jump B Help 2
FREIND	Pack Up 11.30am

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



The Mustang Messenger

Newsletter #24 — 23/02/17

Centre Championships

WHAT A SEASON!

Centre competitions conclude this week and there is still another 140+ Gold medals to be decided and presented this weekend.

With an action packed weekend and temperatures expected to soar it is extremely important to remember plenty of water, sunscreen, hats and glasses.

Ridgewood LAC have a Heat Policy available on their website and can be viewed [HERE](#)

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.

Rules of Competition for Zones

The specific rules for Zones have now been included in the LAWA Standard Rules of Competition Booklet

[Rule 804](#)

AGM Information

See Page 5 for details.

RECORD BREAKERS

The following athletes broke the following RLAC Records on Sat 11th Feb 2017:

Congratulations to:

Jordan Woodman

U13 Girls Discus - 31.12m

Brendan O'Malley

U15 Boys Javelin - 39.82 m

RECORD BREAKERS

Dylan James

U15 Boys Triple Jump - 13.04m

U15 Boys 300m Hurdles - 44.78 sec

Jayden Harriman

U17 Boys 300m Hurdles 42.38 sec



AWA STATE CHAMPIONSHIPS

Friday 24th - Sun 26th February

THIS WEEKEND

Good Luck to Dian N, Jordan W, Omeara L, Dylan J and Jenna W.

DO YOUR BEST!

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





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.

Athletes competing at Zones

Good Luck to the following Mindarie Athletes who have nominated to compete at Zones next weekend!

Kiera O'Malley (U7 F)	William Heard (U12 M)
Jacob Cowap (U8 M)	Ezekiel Louange (U12 M)
Gemma Vine (U9 F)	Karys Ramsay (U13 F)
Madeline Young (U9 F)	Jordan Woodman (U13 F)
Ashton Van Der Spuy (U9 M)	Callum James (U13 M)
Melissa Furse (U10 F)	Daniel Mann (U13 M)
Hayley Mann (U10 F)	Dian Nel (U13 M)
Elijah Louange (U10 M)	Joshua Smith (U14 M)
Michael Northmore (U10 M)	Omeara Louange (U15 F)
Mignon Cronje (U11 F)	Dylan James (U15 M)
Evuné Nel (U11 F)	Brendan O'Malley (U15 M)
Jacob Young (U11 M)	Ryan Vine (U15 M)

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 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 now in DRAFT form and is found [HERE](#) or the LAWA Website

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 is completed via the ResultsHQ Website. 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.

NOMINATIONS FOR U16/17's CLOSE 5PM SUNDAY 5TH MARCH.

Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

 www.facebook.com/Mindarielac

 mindarielac@gmail.com

Mindarie Mustangs Little Athletics Club 2017 AGM

The 2017 AGM and Presentations will take place on Saturday 25th March 2017.
The event will take place in the Pool Area Gardens, HBF Arena, Joondalup
between 10 a.m. and 12 noon.

Presentations and the AGM will be followed by the athletes and families being able
to access the pool and other aquatic facilities.

All of the details will be emailed separately over the next week with a RSVP link for
eligible athletes.

Mindarie LAC will cover the costs for all eligible athletes (those eligible for trophies)
and 1 adult per family. All other siblings and/or family members will be at the
families expense.

Food will also be provided for eligible athletes.

Stay tuned for more information.



hbf
arena

Don't forget the AGM is a time
where all committee positions
become vacant. If you are interested
in joining the committee for the
2017/2018 season please speak with
Daan or Matt this weekend.



Centre End of Season Awards

To be eligible for Ridgewood 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**.

Parents must also meet the minimum roster requirements as set out in the Roster Policy.
RLAC Committee will consider exemptions from the criteria for injuries, if supported by a
medical certificate.

Please provide the Centre with any details of exemptions sought by **5pm on the Monday
following Centre Championships Program 2**.

All Clubs have separate awards for their athletes and the above criteria will be used as a
guideline for their criteria in determining eligibility.

The Executive Committee of both RLAC and the individual Clubs will use common sense and
discretion in the recognition of athletes.

Mindarie Mustangs Little Athletics Club