



2016/2017

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
07/03	U9-U17	RLAC
09/03	U9-U17	RLAC
14/03	U9-U17	RLAC
16/03	U9-U17	RLAC

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

RETURNS IN OCTOBER 2017

HAVE A GREAT WINTER

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:

Zones is THIS WEEKEND!

Don't forget ALL families MUST complete at least 1 1/2 day roster per athlete competing.

If you have not yet got enough rosters to meet this requirement please make sure you visit the Roster website and select some more positions to assist.

http://www.rosters.club/rosters/rosters.php?event_id=71

Mindarie Medallists

Joondalup Trophies would like to offer Mindarie Mustang athletes who received RLAC Championship Medals engraving at the special price of just \$2.00 per medal.

Mention "Mindarie LAC" when dropping off medals.

Joondalup Trophies
1/21 Caloundra Road
CLARKSON WA 6030
Ph: (08) 9408 5040

ROSTER MANAGER

SELECT YOUR ROSTERS NOW!



The Mustang Messenger

Newsletter #25 — 02/03/17

That's A Wrap for Centre Competitions!

The 2016/2017 Ridgewood Centre Competition season has now concluded and we congratulate the many athletes that graced the podium over the two weeks. An amazing end to the season.

Congratulations to all of our Under 6's who have finished their first season with Little Athletics. We wish you well during the off-season and look forward to you re-joining us in September as Under 7's.

We now turn our attention to the Little Athletics WA State Finals Series (Zones and States)

With 24 Mindarie members registered to compete over the coming weekend and with almost 550 athletes set to compete at Zone 4, there is bound to be some great competition.

Rules of Competition for Zones

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

[Rule 804](#)

Latest Zones Information

<https://www.facebook.com/WAZone4/>

Under 16 & 17's—State Nominations

Don't forget to nominate by 5pm SUNDAY to compete at the State Championships. Visit ResultsHQ to nominate!

AGM Information

See Page 3 for details.

RECORD BREAKERS

WHAT A SEASON

36 Ridgewood Records were broken by Mindarie Athletes this season with 19 Records still standing at the conclusion of the season.

An amazing result by all of the record breakers.

Congratulations to all of our record breakers this season.



AWA Go for 2 & 5 Competition

Friday 10th, Thurs 16th & Fri 24th March
Last THREE Summer Competitions!

Check it out!

For more information, visit:

www.waathletics.org.au



ZONES Rules (Email from RLAC)

Parents, if your child has a clash event on the weekend, can you please remind them not to panic. The ZONES clash coordinator will be aware of every child's clash events and will send a clash event officer to take them to the next event and back to the event they are on. Please let them know that they must wait for the clash event officer to take them to and from the event. Any child that leaves the event in a clash by themselves will be disqualified from both events.

Once a child enters the marshalling area, they must not leave. They need to enter by themselves. No parents or siblings can be in the marshalling area. Any breaches of this rule will result in a disqualification. You may talk to your child from the outside of the marshalling area.



We've been selected to participate in Local Matters at Grill'd Ocean Keys this March!

Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate \$500 back into the community every month. The donation is split between 3 local community groups \$300 / \$100 / \$100.

HOW YOU CAN HELP?

We'd love your support in receiving the highest \$300 donation! Simply head to Grill'd Ocean Keys during March for a burger and pop your Local Matters token in our jar. The group with the most tokens at the end of the month receives the largest donation.

It's a simple (and delicious) way to show your support!

You'll find us on a jar at Grill'd Ocean Keys, Ocean Keys Shopping Centre
36 Ocean Keys Blvd
Clarkson.

Mindarie Mustangs Little Athletics Club

 www.mindarielac.weebly.com

 www.facebook.com/Mindarielac

 mindarielac@gmail.com

Athletes competing at Zones

Good Luck to the following Mindarie Athletes who have nominated to compete at Zones THIS 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)

High Jump Starting Heights

Don't forget that as Zones is a State Championship event the starting heights will be as determined by the LAWA Standard Rules of Competition. See below for starting heights.

GIRLS	AGE	BOYS
0.95 m	U9	1.00 m
1.00 m	U10	1.05 m
1.05 m	U11	1.10 m
1.15 m	U12	1.20 m
1.20 m	U13	1.25 m
1.25 m	U14	1.30 m
1.30 m	U15	1.35 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.

Events	Number of Zone 4 Qualifiers	Total State Competitors
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

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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.

AWA State Championship Results

Congratulations to the following Mindarie athletes who competed at the AWA State Championships last weekend.

Jenna Woodman (U17) - High Jump: 5th

Jordan Woodman (U15) - Shot Put: 5th, Javelin 500g: BRONZE (3rd)

Dian Nel (U14) - 100m Dash: BRONZE (3rd), 200m Dash: 4th, 90m Hurdles: SILVER (2nd)

Dylan James (U16) - High Jump: GOLD (1st), Long Jump: GOLD (1st), Triple Jump: GOLD (1st)

Omeara Louange (U16) - 100m Dash: 4th, High Jump: SILVER (2nd), Long Jump: SILVER (2nd), Triple Jump: GOLD (1st)

An incredible set of results across a very hot weekend of competition! (Both figuratively and literally)

Officiating Tip Sheets



Athletics Australia and Jetstar Little Athletics have
released a variety of Officiating Tip Sheets.

These documents will assist you in the basic rulings and
understanding for the specified discipline.

All of the documents are available at
<http://www.athletics.com.au/Officials/Handy-Hints>

Online Level 1 Courses

All parents are encouraged to complete the
online courses for High Jump, Discus and/
or Shot Put. These courses should take ap-
prox. 1 hour per event.

For more information visit [athletics.com.au/
Officials/Education](http://athletics.com.au/Officials/Education)