



2016/2017

THIS WEEKS KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
END OF SUMMER TRAINING		
Good Luck @ STATES		
Winter Training Starts Soon		

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

RETURNS IN OCTOBER 2017

HAVE A GREAT WINTER

NEXT LAWA COMPETITION:

State Championships

Under 9's to Under 17's

Fri 17th—Sun 19th Mar 2017

WA Athletics Stadium

NEXT COMPETITION ROSTER:

STATE CHAMPIONSHIPS

Ridgewood LAC will be required to provide a number of parent helpers to a variety of sites at the LA WA State Championships.

Ridgewood LAC will be in contact with families to organise rosters for the Championships.

The Mustang Messenger

Newsletter #27 — 15/03/17

LAWA State Championships

Good luck to all of our athletes who are competing this weekend. Here is all the latest information that you need to successfully compete this weekend.

[Final Program](#)

[Stadium Map](#)

[Field Event Site Map](#)

[Rules of Competition](#)

Please ensure that you read the rules that apply to your events. ALL athletes MUST read Rule 805 which is specific for the championships.

Information from RLAC

Below are a few points to please be aware for State Championships:

1. For their own safety, parents on roster are required to wear closed in shoes.
 2. Parent Rosters have been allocated based on a 4 hour shift, so parents need to be prepared to remain on site for this length of time and bring a hat, water, food and sunscreen with them.
 3. Parents are to report to the Parent Roster Sign on Tent (see number 6 on attached Stadium Map) at least 25 minutes prior to the first event starting at their allocated site. This will allow the Key Official to provide a briefing for parents helpers before the commencement of the event.
 4. Parents who are on site are asked to please not use their mobile phones (unless it is an emergency), as it is a safety hazard. Parents observed using mobile phones on site may be asked by the Key Official to put their phones away.
 5. If your Centre has any asthmatic athletes competing, please ensure they arrange for a puffer to be reasonably accessible for the duration of competition (ie. for track events, have someone positioned in the stands or behind the barriers near the finish line).
- ***Please check the rules, as if they use a Medical application during the Event the athlete may be disqualified as being classified as an performance enhancement.
6. Rules of Competition: Version 1.5 of the Rules of Competition are linked above. A few points to note include:
 - a. Rule 230 (p.44-46): Race Walking events.
 - b. Rule 143. Page 19 – 20: Centre Uniforms and Footwear.
 - c. Rule 144 (p. 21): Assistance to Athletes. Each field site will have an allocated area for athlete / coach / parent interaction. This will be marked by two cones along the boundary fence line. All interaction between athlete / coach / parent during a field event can only be at the allocated location for that site. For field sites on the inside of the track, athletes must be escorted across the track to the interaction point by an official.
 - d. Rule 805: Call Room procedures: "Athletes who fail to report to call room prior to athlete departure to the event site shall be deemed as a withdrawal and not able to compete"
 - e. Rule 805: Public Announcement calls. Only one final call will be announced for each event. This will be done 10 minutes before athletes are due in Call Room.

We very much look forward to the culmination of the 2016/2017 Summer Season and wish all athletes the very best of luck.

