



JOONDALUP JOURNAL

www.joondalupathletics.com.au

2024 CENTRE CAPTAINS



Charlotte (Vice Captain), Lilly (Captain), Emily Hamilton, Isaac (Vice Captain), Lucas (Captain)

Joondalup Athletics Centre acknowledge the Whadjuk people of the Nyoongar Nations, who are the traditional owners of the land on which we meet, train and compete. We pay our respects to their elders, past, present and emerging.

2024-2025

BIB COLLECTION

All athletes will receive a new bib for the 2024-25 Season. Please make sure you collect your bib prior to your athletes first event.

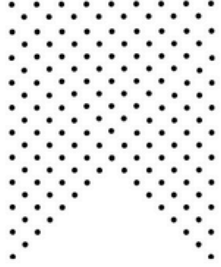


AVAILABLE FOR COLLECTION INSIDE THE CLUBROOMS ON SATURDAY MORNING



TEA AND COFFEE STATION

This season we have set up a Tea and Coffee Station for our Rostered families to enjoy a cuppa on us. Located in the Equipment Shed on Saturday Mornings



Program B



2024-2025

Please note the marshall times below for your athletes age group. Events will commence at advertised start times.

UNDER 6	UNDER 7	UNDER 8
8am Marshall 8.15am Start 300m Shotput 70m Vortex	7.45am Marshall 8.00am Start Long Jump 300m Vortex 70m	7.45am Marshall 8.00am Start 500m Turbo Javelin 60m Hurdles Discus 70m
UNDER 9	UNDER 10	UNDER 11
7.15am Marshall 7.30am Start High Jump 800m 60m Hurdles Long Jump 70m Discus	7.30am Marshall 7.45am Start 800m Discus 60m Hurdles High Jump 70m	7.15am Marshall 7.30am Start 800m Javelin 80m Hurdles Shotput 200m Triple Jump
UNDER 12	UNDER 13	UNDER 14 PLUS
7.15am Marshall 7.30am Start Discus 80m Hurdles Long Jump 800m High Jump 200m	7.30am Marshall 7.45am Start 80m Hurdles Shotput 800m Discus 200m Triple Jump	7.15am Marshall 7.30am Start 80 to 110m Hurdles High Jump 800m Long Jump Shotput 200m



**NO SMOKING OR VAPING
PERMITTED**

19TH OCTOBER PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM	
Darren Oliver	Daniel Hall
Ianc Family	Ryan Marr
Gav Douglas	Christopher Hale
PLEASE HELP	PLEASE HELP

PACK UP CREW – LISTEN FOR ANNOUNCEMENT	
Simran Kaur	Carrascosa Family
Frans Delport	Sergio Coelho
Natasha de Freitas	Nicola Fairhead
PLEASE HELP	PLEASE HELP

KEY ROLES	
Arena Manager	Brendan Drew
Assistant Arena Manager	Nicole James
Officials Co-Ordinator	Natalie Rizvi
Officials Co-Ordinator	Scott James
Announcer	Tina Nilsson
First Aid	John Howarth
Event Photographer	PLEASE HELP

START & END OF TRACK TEAM	
Short Track Starter	Robert Kay
Short Track Recording	Matt Gallen
Short Track Recording – 9 Girls Roster	PLEASE HELP
Long Track Starter	Naaz Bhangu
Long Track Recording	Danielle Van Roon / Nyree Marr
Long Track Recording – 9 Boys Roster	PLEASE HELP

19TH OCTOBER PARENT ROSTER

Families are required to complete a minimum of 7 rosters in a season. If a place is available please volunteer [here](#) to enable the program to commence on time and run smoothly.

AGE GROUP	CO-ORDINATOR	HELPER	HELPER	HELPER
UNDER 6 GIRLS	Coralie Laut	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 6 BOYS	PLEASE HELP	Natalie Retuga	Cindy Delpont	PLEASE HELP
UNDER 7 GIRLS	Danica Carere	Kylie Reindl	Naomi Hood-Penn	Kimberley Le Fournour
UNDER 7 BOYS	Paul Pesti	Amanda McMinn	Ev Taylor	Martin Callaghan
UNDER 8 GIRLS	Louise Boshoff	Aimee Williams	Aaron Tucker	Tony Wilton
UNDER 8 BOYS	Steve Oliver	Darren Oliver	Candace Van Deventer	Danica Carere
UNDER 9 GIRLS	Fiona Herrmann	Dannielle Reindl	Sarah Durnin	Tim Drinkwater
UNDER 9 BOYS	PLEASE HELP	Evert Luyt	Celeste McDonald	Adam Whitford
UNDER 10 GIRLS	Joel Smith	Lisa Daly	Daniel hall	Amy Greatbanks
UNDER 10 BOYS	PLEASE HELP	Turnbull Family	PLEASE HELP	PLEASE HELP
UNDER 11 GIRLS	Franco Welmans	Stuart Rivers	Natasha de Freitas	PLEASE HELP
UNDER 11 BOYS	PLEASE HELP	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 12 GIRLS	Simran Kaur	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 12 BOYS	PLEASE HELP	Darren	PLEASE HELP	PLEASE HELP
UNDER 13 GIRLS	Emma Jennings	Lisa McStay	Jose Gil	
UNDER 13 BOYS	PLEASE HELP	Matt Cadby	PLEASE HELP	
UNDER 14+ GIRLS	Emma Broughton	PLEASE HELP	PLEASE HELP	
UNDER 14+ BOYS	PLEASE HELP	Tom Habbits	Bec Carstairs	



THE JAC BOARD THANK YOU FOR VOLUNTEERING



Centre Records



On the weekend the following athletes achieved a new Centre Record for this season. Congratulations to all athletes. Please collect your Record Certificate from the Announcer on Saturday.

Athlete	Age	Event	Old Record	New Record
Tamara Ianc	8 Girls	200m	34.10 sec	32.12 sec
Kavroop Bhangu	12 Girls	Javelin 400g	32.67m	33.09m
Liam Vergano Van Niekerk	14 Male	Javelin 700g	30.57m	40.80m

SUGGESTION BOX



We value your thoughts and ideas. Look out for our New Suggestion Box at this Saturday's Competition. All feedback is welcome.

Meet our Officials

This season we have 2 qualified Officials who are available on Saturday Morning to help our Age Co-Ordinators and Starters with their role.



Natalie Rizvi

Natalie is a Joondalup Life Member and Vice President of the Centre.

This is Natalie's 6th Season as our Officials Director. Natalie has a passion for field events, particularly the throws.

She is a former Little Athletics Athlete, and is mum to Haaris and Aleena. Natalie thrives on guiding our young athletes as they begin their athletics journey, imparting the knowledge she has learned from her throwing coach mum Allana.

Scott James

Scott is a Level 2 qualified Athletics Australia Official in Jumps and Throws.

Scott has been officiating for over 10 years. In 2023 Scott was awarded the Emerging Official of the Year by Athletics West. Scott has officiated at Centre, State and National Level and was one of the officials on site when Brooke Stratton broke the Australian Record here in Perth.

Scott loves to officiate the jumps, having 3 boys who are all jumpers. He is dad to Dylan, Callum (our jumps coach) and Lucas.



ATHLETE WRISTBANDS



This weekend we will be trialing athletes wearing a wrist band for all events run in lanes.

Last Saturday, we had several athletes present to the end of track recorders out of lane order, and therefore had an incorrect time allocated to them.

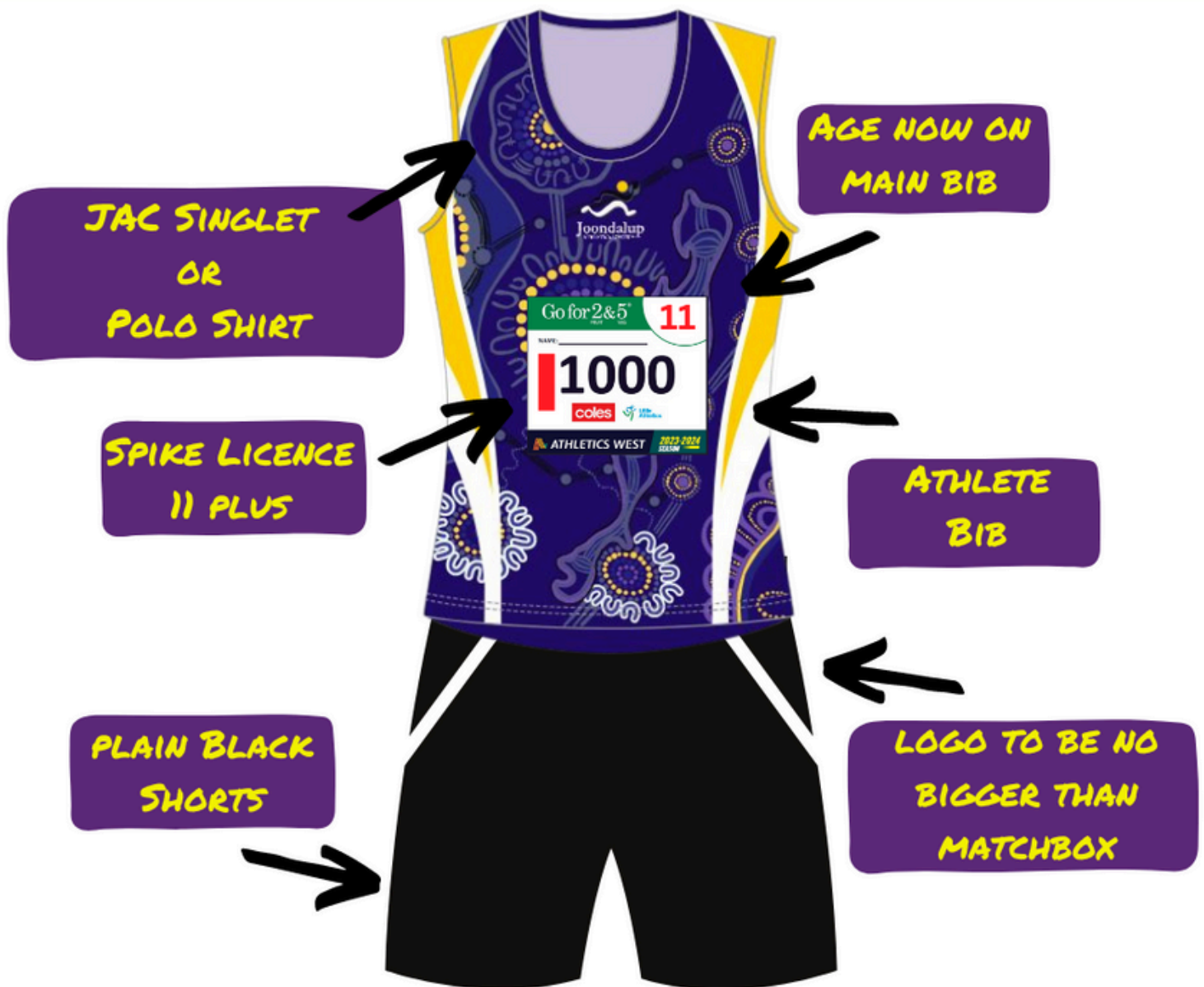
We are hoping this will address the issue and eliminate these errors each week.

CENTRE UNIFORM

Athletes must be in full Joondalup Athletics Centre uniform on a Saturday at our Competitions. This consists of a Joondalup Polo Shirt or Singlet and plain black shorts/skins.

If you have not yet purchased your uniform, please make sure you order no later than Wednesday Night for your order to be ready for collection on Saturday.

OUR UNIFORM SHOP WILL NOT BE OPEN FOR SALES THIS WEEKEND





SPIKE LICENCE

U11 to U17 athletes will be required to pass a Spike Licence in order to wear spikes. Athletes who obtained their Licence last season are not required to repeat this check. New athletes please download the Spike Licence from our website and see a Board Member. You will then be given a RED TAG to pin to your bib.

UNIFORMS

Centre uniforms are available for purchase via our online Shop. Orders placed up to Thursday Night will be available for collection Saturday Morning. Orders placed after Thursday will be available the following Saturday.

Check out our Shop on our website now.

[**CLICK HERE**](#)

LETS TALK SHOES

Please take the time to read and familiarize yourselves with what shoes athletes can wear for our Saturday Competition



Under 6 to Under 10

Waffles or Joggers are to be worn for our training and at our Saturday Competition.

Under 6 to Under 10

Spike shoes with blanks inserted are not to be worn for training or Competition.



Under 11 to Open

Spike shoes are permitted after you have obtained your Spike Licence. Athletes will be given a Red tag to pin to their bib.



All Age Groups

Athletes must train and compete in shoes at all times. Socks or bare feet are not suitable for training or on Competition days.



What is Strive?

Strive is a program offered by Athletics West for athletes 11 years and over. It runs from October to March. Competitions are held weekly with athletes selecting the events they wish to compete in. The program runs on a Friday evening at the WA Athletics Centre from October to April.



Joondalup Athletics Centre offers a Senior registration to athletes to enable them to compete in the Strive Program. If you are a registered Junior Athletics Athlete you can purchase a Dual Membership. If you are too old for Junior Athletics you can register as a Senior Athlete. Registration Fees are on our Website. Athletes over 17 years of age can also compete at our Saturday Competitions as part of their Senior Membership

Strive Events are IAAF sanctioned events and therefore are qualifying meets for State, National and International Team Selection. All athletes who compete in the Strive Events offered each week will gain points for our Seniors Club. These points go towards the Douglas Memorial Shield, awarded to the Champion Club at the end of the Season.



For more information please contact Nicole

0478 601 653

seniors@joondalupathletics.com.au



ATHLETICS WEST

SENIOR STRIVE

FRIDAY 18TH OCTOBER

Registrations are now open to all Joondalup Athletics Centre Senior Strive Members (born 2013 or earlier).

Late entries at discretion of Athletics West. Follow the link to register to avoid missing out



Register
Here

PROGRAM A

3000m Walk
2000m Steeplechase
100m
1500m
Sprint Hurdles
400m
Seated Throws (men/women)
Hammer (men)
Triple Jump (men/women)
High Jump Div A & Div B (women)
Shotput (women)
Javelin (men)
Discus (men)

REGISTRATIONS CLOSE
16TH OCTOBER @ 11.59PM

www.joondalupathletics.com.au
[seniors @joondalupathletics.com.au](mailto:seniors@joondalupathletics.com.au)

Steeplechase Transition Clinic

Athletics West are hosting a Steeplechase transition clinic on 18th October from 4.45pm to 5.45pm at WA Athletics Centre, Mt Claremont.

Open to all athletes born 2012 to 2007 only and must be a registered Junior or Senior Athlete with Joondalup.

Limited places are available.

Register [HERE](#) to avoid missing out

COMPETITION



RESPECT EACH OTHER

We are all volunteers and during the first few weeks sometimes it takes longer to get through our program. Please be patient.



TRACK

Athletes crossing the track to the infield are to check for races underway before crossing.



YOUNGER CHILDREN

Younger children are to be supervised at all times by an adult.



EQUIPMENT AT SITES

Athletes are not to touch any equipment that has been placed at site.



INFIELD

Unless you are on roster, no parent or athlete is to be on the infield. This year we have some of our Senior athletes competing and they throw further than our Junior athletes. This is for the safety of everyone.



PACING ATHLETES

No parent, or athlete is to run alongside an athlete during an event. This is classes as Pacing and is against the Rules of Competition



Jess and the team at Iluka Physio will be attending our training every 2nd Wednesday commencing 16th October from 4.10pm to 4.50pm.

Iluka Physio are an allied health clinic located only 7 minutes from HBF Arena. They have a team of experienced Physio's who work with athletes of all ages and abilities. They also offer Exercise Physiology and Remedial Massage services.

They can help with
Muscle Strains
Growing Pains
Improve Performance

Providing our athletes with
Massage
Strapping
Exercises
Injury Rehab

Please support our Silver Sponsor

www.iluka.physio
Phone: 6404 2787

FALSE STARTS



Age group rules

U6-U8

2 Warnings per athlete. Upon an athlete's 3rd false start they will be disqualified.

U9-U13

2 warnings per race. The 3rd athlete/s to false start (regardless of who it is) will be disqualified.

U14-U17

1 warning per race. The second athlete/s to false start (regardless of who it is) will be disqualified.

Races run entirely in lanes:

Stepping onto the line is allowed only ONCE

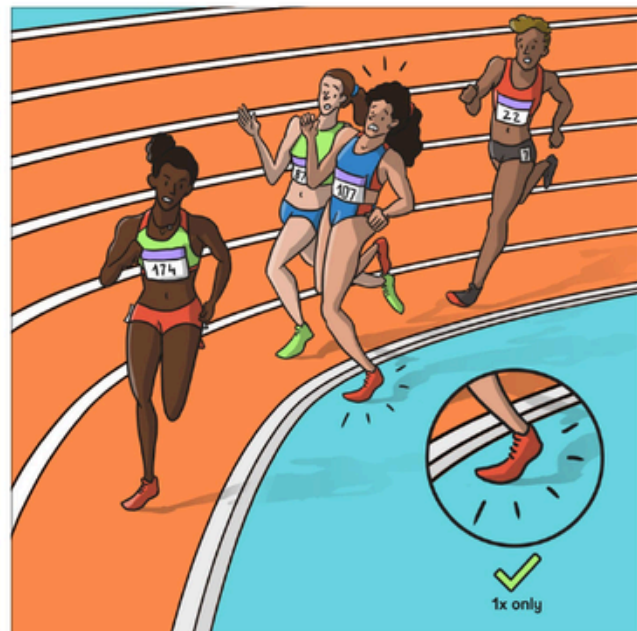
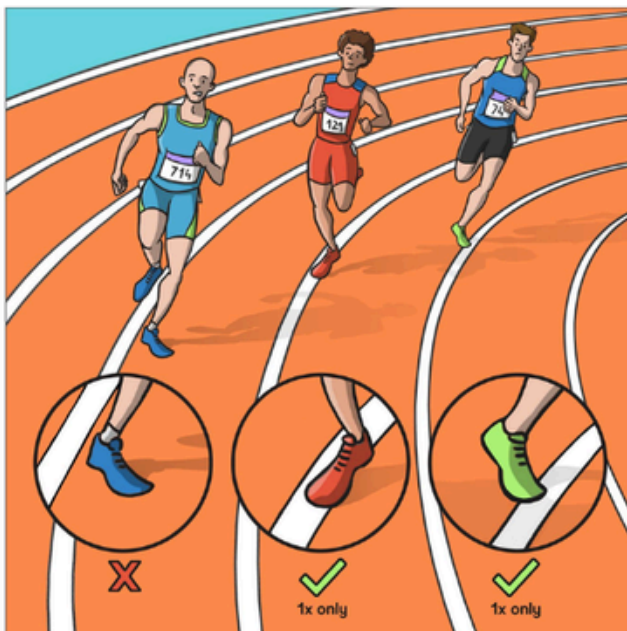
Stepping completely out of the lane on a bend is not allowed and results in disqualification as it provides the runner with an advantage over other runners

Races not run entirely in lanes:

Stepping completely out of the lane on a bend, onto the inside of the track area is allowed only ONCE

If it is determined by the referee that the athlete has been pushed or shoved out of the lane they will not be disqualified.

This rule will be implemented when athletes attend State events. We will be keeping an eye on breaches at JAC, in an effort to educate our athletes prior to attending such events



JOONDALUP MINI ATHLETICS

3 & 4 YEAR OLDS

\$65.00
for 6
sessions

**PLAY BASED
ATHLETIC
GAMES WHERE
THE FOCUS
IS ON
PARTICIPATION
& FUN**



**Commencing
26th Oct**



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