



# JOONDALUP JOURNAL

[www.joondalupathletics.com.au](http://www.joondalupathletics.com.au)



# UNCONVENTIONAL ATHLETICS

**SATURDAY 1ST MARCH  
7.30AM START**

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.

# UNCONVENTIONAL

# Athletics

Wondering what Unconventional Athletic is. Well it is an opportunity for athletes to take part in events that are no longer offered to their current age group. We have several events with results from past years and the JAC Board thought it would be a great idea to put these on the program as a fun way to end our home and away competitions before we get into Championship mode. Athletes taking part will have the chance to break and old Centre Record, or if there isn't one create a new CENTRE RECORD for each event.

This event will also count towards athletes' attendance for Centre Championship eligibility. Parents who fill a roster will have this credited towards their roster requirements for the season.

Join us for a fun morning of athletics for all. Please see the Event program in this Journal. We even have some Parent/Coach events on offer for those wishing to re-live their past athletics experience.

At the end of the program, we will be running a Parent/Coach vs Athletes Shuttle Relay so get your running shoes out of mothballs and start training now.

Once the program has concluded we invite all families and athletes to stay for a social BBQ Sausage Sizzle fundraiser. Families can relax and enjoy each others company and celebrate our season so far.



# UNCONVENTIONAL Program

Program for each age group, not in any particular order.  
Start times and event order will be published in Journal on  
24th February and also placed on our website.

<b>UNDER 6</b>	60m	200m	Turbo Javelin	Long Jump
<b>UNDER 7</b>	60m	400m	Turbo Javelin	Long Jump
<b>UNDER 8</b>	60m	400m	Vortex	Scissor High Jump
<b>UNDER 9</b>	60m	300m	Vortex	Triple Jump
<b>UNDER 10</b>	60m	300m	Vortex	Triple Jump
<b>UNDER 11</b>	60m	300m	Vortex	Scissor High Jump
<b>UNDER 12</b>	60m	300m	Turbo Javelin	Scissor High Jump
<b>UNDER 13+</b>	60m	300m	Turbo Javelin	Scissor High Jump
<b>PARENTS</b>	60m	300m	750g Discus Women	1kg Discus Men
<b>PARENT/COACH VS ATHLETES SHUTTLE RELAY</b>				
<b>BBQ SOCIAL GET TOGETHER</b>				



# 2025 NORTH ZONES

THIS WEEKEND WE ARE ALL HEADING TO KINGSWAY SPORTING COMPLEX FOR THE NORTH ZONES CHAMPIONSHIPS. JOONDALUP HAVE 134 ATHLETES COMPETING OVER THE 2 DAYS RANGING FROM UNDER 7 TO UNDER 15.

ALL THE INFORMATION YOU NEED TO KNOW HAS BEEN UPLOADED TO OUR [ZONES INFORMATION PAGE](#) ON OUR WEBSITE.

PLEASE MAKE SURE YOU ARE FAMILIAR WITH THE TIMETABLE AND ENSURE THAT YOU ARRIVE AT THE EVENT WITH PLENTY OF TIME TO WARM UP BEFORE ENTERING THE CALL ROOM. THE TIMES LISTED ON THE TIMETABLE ARE EVENT START TIMES, PLEASE ARRIVE AT THE CALL ROOM AT LEAST 10 MINUTES BEFORE EACH EVENT START TIME.

IF YOU HAVE NOT YET ROSTERED FOR THE WEEKEND, PLEASE HEAD TO OUR INFORMATION PAGE TO VOLUNTEER. FAMILIES ARE EXPECTED TO COMPLETE **1 ROSTER PER NOMINATED ATHLETE**.

WE WILL HAVE OUR JAC BRANDED TENTS SET UP FOR FAMILIES TO SIT UNDER, MINGLE AND CHEER EACH OTHER ON.

NICOLE IS THE TEAM MANAGER FOR BOTH DAYS. PLEASE ENSURE YOU HAVE THE CENTRE MOBILE NUMBER SAVED IN YOUR PHONE SO YOU CAN CONTACT HER IF YOU NEED ASSISTANCE.

GOOD LUCK TO ALL ATHLETES TAKING PART. MAKE SURE YOU SEE NICOLE TO GET YOUR PB RIBBON IF YOU ACHIEVE A PB OVER THE WEEKEND.

**CENTRE MOBILE NUMBER 0478 601 653.**

# Dates to Remember

**15  
FEB**

**No Saturday  
Competition**

**15/16  
FEB**

**North Zones  
Championships  
Kingsway Sport  
Complex**

**22  
FEB**

**Program B  
  
Arena  
Joondalup**

**01  
MAR**

**Unconventional  
Athletics Event  
  
Arena  
Joondalup**



YOU ARE INVITED TO  
**JOONDALUP ATHLETICS**  
CENTRE  
**AWARDS**  
NIGHT

**2025**

JOIN US FOR A MAGICAL EVENING  
OF MUSIC, DANCE, PHOTOBOOTH,  
AWARDS & MEMORIES

**6:00 PM**  
**29 MARCH, 2025**

JAC CLUBROOMS  
BAR OPEN

U12+ ATHLETES & PARENTS

Dress to impress

PURCHASE YOUR FREE TICKET BY 17TH MARCH 2025

<https://www.trybooking.com/CYTMT>



# U6 TO U11

# TROPHY DAY



Athletes  
receive a Free  
Icecream

Athletes  
receive a  
free drink  
and lollies



Athletes can  
request a  
Participation Medal  
via link below



Fun and Games  
for all

**Saturday 29th March**

**2pm to 4pm**

**Arena, Joondalup**

**RSVP BY 17TH MARCH**

**LINK TO RSVP & REQUEST PARTICIPATION MEDAL**





# BOARD POSITIONS

It is that time of the year for families to think about joining our Board for the 2025-26 Season. As a Board Member you have a say in the day to day running of our Club and help us grow. This year we have gone without 2 important board roles in our Equipment and Fundraising Directors. This is not feasible to continue long term. We are seeking expression of interest to fill these roles for us.

What do these roles involve, well here is a description of what we would like you to do

## **EQUIPMENT DIRECTOR**

**Co-ordinate setup and packup on Saturday Mornings**

**Care and repair equipment as required**

**Keep training and equipment shed tidy**

**Work with President as to other requirements**

**Attend approx 5 Board Meetings a year**

## **FUNDRAISING DIRECTOR**

**Source avenues of revenue for the Centre**

**Liaise with local businesses to source sponsorship (with President)**

**Source and apply for grants to assist the Centre financially (with President and Executive Officer)**

**Co-ordinate fundraising activities at various times of the year**

**Arrange fundraising raffles etc for Saturday Competitions**

**Help organize special Centre Events (Movie Night, Chase etc)**

If you are interested in one of these roles, please chat with Brendan or Nicole on Saturday or contact us to discuss further.



# STRENGTH & CONDITIONING



Join Rob for the return of our Strength and Conditioning Program. This is aimed at Under 9 plus age groups. Families welcome to attend.

**Tuesday afternoons**

**4.30pm to 5.30pm**

**Remember water bottle and towel to lay on**

## **2025 SENIOR STATE CHAMPIONSHIPS**

Nominations now open for  
Under 13 to Open Athletes to  
register via the Athletics  
West Website.

# State Track & Field Championships

The 2025 State Track and Field Championships are being held on the weekend of 7th to 9th March 2025 at the WA Athletics Stadium.

Athletes in the Under 13 to Open age groups are now able to nominate for their events.

Please note this is the only State Championship competition for Under 14 to Open athletes.

Under 13's are also able to nominate for the Junior State Championships if they have met the qualifying requirements.

- Athletes DO NOT need to qualify for this event.
- Athletes must be able to meet the minimum starting/mat requirements for High Jump and Triple Jump.
- Athletes must be a current member with Joondalup Athletics Centre
- Athletes enter based on their year of birth, not by their current Little Athletics Age Group.

This event is a qualification event for the Australian Athletics Championships being held in Perth in April

Please visit the [Athletics West Event](#) page for more information, including age groups and event rules.

Nominations close 11.59pm Thursday 27th February

If you are unsure if your athlete can take part in this event, please contact Nicole to discuss further.



# Centre Records



On the weekend of 25th January the following athletes achieved a new Centre Away Record for this season. Congratulations to all athletes.

Athlete	Age	Event	Old Record	New Record
Kavroop Bhangu	12 Girls	Javelin 400g	32.78m	35.01m

## Saturday Snapshot

Athletes Competing	215
Centre Records	1
Total PB's	263
Track PB's	114
Field PB's	149

Age	PB's
U6	20
U7	36
U8	30
U9	48

Age	PB's
U10	42
U11	33
U12	20
U13	13

Age	PB's
U14	6
U15	11
U16	1
U17	3

# Congratulations



**Iluka Physio are an allied health clinic located only 7 minutes from Arena Joondalup. 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](http://www.iluka.physio)**  
**Phone: 6404 2787**

# STATE CHAMPIONS

Last Friday Athletics West held the first 2 State Championship events for 2025.

Athletes took part in the State 60m Championships and the State 3000m Championships.

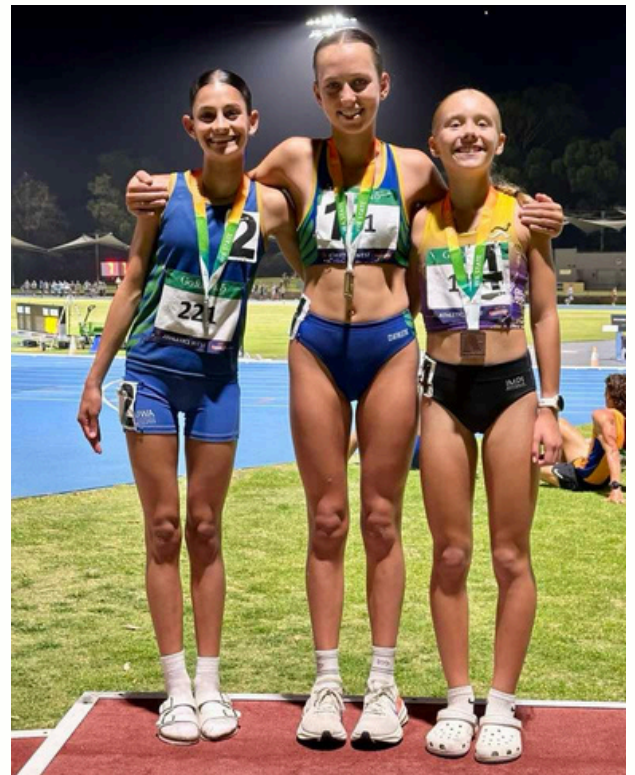
Three of our Joondalup Seniors came away with medals on the weekend.

Congratulation to Anttwon for his Gold Medal in the Under 18 Mens Event, and to Mark for his Bronze Medal in the Under 14 Mens Event.

Congratulations also goes to Tayla for her Bronze Medal in the Under 15 Womens 3000m Event.



Anttwon, John  
(Coach) & Mark



Tayla





Advvara  
HeartCare

Consultation

ECG

Echocardiogram

Exercise stress ECG test

Exercise stress echocardiogram

Dobutamine stress echocardiogram

24 hour blood pressure monitoring

24 hour Holter monitoring

PAR (7 day Holter)

Pacemaker checks

Cardiac CT

Clinical trials

Cardio-oncology



## Improving Australia's Heart Health

Shenton House, Level 2, 57 Shenton Ave, Joondalup  
9400 6161

## Centre Championship Event Page

CHECK OUT OUR NEW [CENTRE CHAMPIONSHIP EVENT PAGE](#) ON  
OUR WEBSITE FOR THE LATEST LIST OF QUALIFIED ATHLETES.

THIS PAGE WILL HAVE EVERYTHING YOU NEED TO KNOW ABOUT  
OUR CENTRE CHAMPIONSHIPS.





# PERTH



## Track Classic

WORLD ATHLETICS™

Continental Tour BRONZE

**SATURDAY MARCH 1**



**EARLY BIRD TICKETS  
ON SALE NOW**