



# JOONDALUP JOURNAL

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



**Due to the recent Wildlands Festival at Arena Joondalup we have had to relocate to Santiago Park in Ocean Reef for the month of January.**

**We will return to Arena Joondalup at the beginning of February.**

# Multi Day Championships

## Saturday 11th January

### Santiago Park, Ocean Reef

UNDER 6	UNDER 7	UNDER 8
<p><b>7.45AM MARSHALL</b> <b>8.00AM START</b></p> <ul style="list-style-type: none"> <li>• 300m</li> <li>• Vortex</li> <li>• Long Jump</li> <li>• 100m</li> </ul>	<p><b>7.45AM MARSHALL</b> <b>8.00AM START</b></p> <ul style="list-style-type: none"> <li>• 300m</li> <li>• Shotput (Girls)</li> <li>• Discus (Boys)</li> <li>• Long Jump</li> <li>• 100m</li> </ul>	<p><b>7.35AM MARSHALL</b> <b>7.50AM START</b></p> <ul style="list-style-type: none"> <li>• 500m</li> <li>• Long Jump</li> <li>• Turbo Javelin</li> <li>• 100m</li> </ul>
UNDER 9	UNDER 10	UNDER 11
<p><b>7.25AM MARSHALL</b> <b>7.40AM START</b></p> <ul style="list-style-type: none"> <li>• 800m</li> <li>• Long Jump</li> <li>• Turbo Javelin (Girls)</li> <li>• Discus (Boys)</li> <li>• 100m</li> </ul>	<p><b>7.15AM MARSHALL</b> <b>7.30AM START</b></p> <ul style="list-style-type: none"> <li>• 800m</li> <li>• Scissor High Jump</li> <li>• Shotput (Girls)</li> <li>• Turbo Javelin (Boys)</li> <li>• 200m (Girls)</li> <li>• 100m (Boys)</li> </ul>	<p><b>7.15AM MARSHALL</b> <b>7.30AM START</b></p> <ul style="list-style-type: none"> <li>• Shotput (Girls)</li> <li>• Discus (Boys)</li> <li>• 80m Hurdles</li> <li>• 200m (Girls)</li> <li>• 100m (Boys)</li> <li>• Long Jump</li> <li>• 800m</li> </ul>
UNDER 12 GIRLS	UNDER 13 GIRLS	UNDER 12 & 13 BOYS
<p><b>7.15AM MARSHALL</b> <b>7.30AM START</b></p> <ul style="list-style-type: none"> <li>• Long Jump</li> <li>• 80m Hurdles</li> <li>• Shotput</li> <li>• 200m</li> <li>• 800m</li> </ul>	<p><b>7.30AM MARSHALL</b> <b>7.45AM START</b></p> <ul style="list-style-type: none"> <li>• 80m Hurdles</li> <li>• Long Jump</li> <li>• 200m</li> <li>• Shotput</li> <li>• 800m</li> </ul>	<p><b>7.30AM MARSHALL</b> <b>7.45AM START</b></p> <ul style="list-style-type: none"> <li>• 80m Hurdles</li> <li>• Discus</li> <li>• 100m</li> <li>• Long Jump</li> <li>• 800m</li> </ul>

MIXED
<p><b>7.15AM MARSHALL</b> <b>7.30AM START</b></p> <ul style="list-style-type: none"> <li>• 80 to 110m Hurdles</li> <li>• Javelin</li> <li>• 200m</li> <li>• Fosbury High Jump</li> <li>• 800m</li> </ul>

Points are awarded for each event and added together at end of competition. The top 3 will be awarded medals.

Medals will be awarded on our return to Arena Joondalup

# 11th JANUARY PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM	
PLEASE VOLUNTEER	PLEASE VOLUNTEER
PLEASE VOLUNTEER	PLEASE VOLUNTEER
PLEASE VOLUNTEER	PLEASE VOLUNTEER
PLEASE VOLUNTEER	PLEASE VOLUNTEER

PACK UP CREW – LISTEN FOR ANNOUNCEMENT	
Karen Minnett	Teagan Peters
PLEASE VOLUNTEER	PLEASE VOLUNTEER
PLEASE VOLUNTEER	PLEASE VOLUNTEER

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	PLEASE VOLUNTEER
Event Photographer	Kim Simmonds

# VOLUNTEER HERE

START & END OF TRACK TEAM	
Short Track Starter	Ben Merito
Short Track Recording	Ryan Shand
Short Track Recording (12-17 Girls)	PLEASE VOLUNTEER
Long Track Starter	Naaz Bhangu
Long Track Recording	Anthea Mawson
Long Track Recording – (12-17 Boys)	Alex Robeson

AGE GROUP	CO-ORDINATOR	HELPER	HELPER	HELPER
UNDER 6 GIRLS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 6 BOYS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 7 GIRLS	Kylie Reindl	Kevin Van Der Kwast	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 7 BOYS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 8 GIRLS	Ligia Ianc	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 8 BOYS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 9 GIRLS	PLEASE VOLUNTEER	Peta Smith	Perla Ottaviani	PLEASE VOLUNTEER
UNDER 9 BOYS	Teagan Peters	Adam Whitford	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 10 GIRLS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 10 BOYS	PLEASE VOLUNTEER	Kerry Brogden	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 11 GIRLS	PLEASE VOLUNTEER	Karen Minnett	Stuart Rivers	PLEASE VOLUNTEER
UNDER 11 BOYS	Chris Hale	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 12 GIRLS	Simran Kaur	Prasad Family	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 12 BOYS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 13 GIRLS	Nyree Marr	Emma Jennings	PLEASE VOLUNTEER	
UNDER 13 BOYS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	
UNDER 14+ GIRLS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	
UNDER 14+ BOYS	PLEASE VOLUNTEER	Ryan Marr	PLEASE VOLUNTEER	

All families are required to do a minimum of 7 rosters, as per our roster policy.

**THE JAC BOARD THANK YOU FOR  
VOLUNTEERING**

# Multi Event

Saturday 11th Jan @ 7.15am

An event where athletes compete in 4 events for points. Points are then added together. The top 3 from each age/gender will receive a Gold, Silver or Bronze Medal.

All age groups can take part in this Competition. Events are based on our usual Saturday Program of events for each age group.

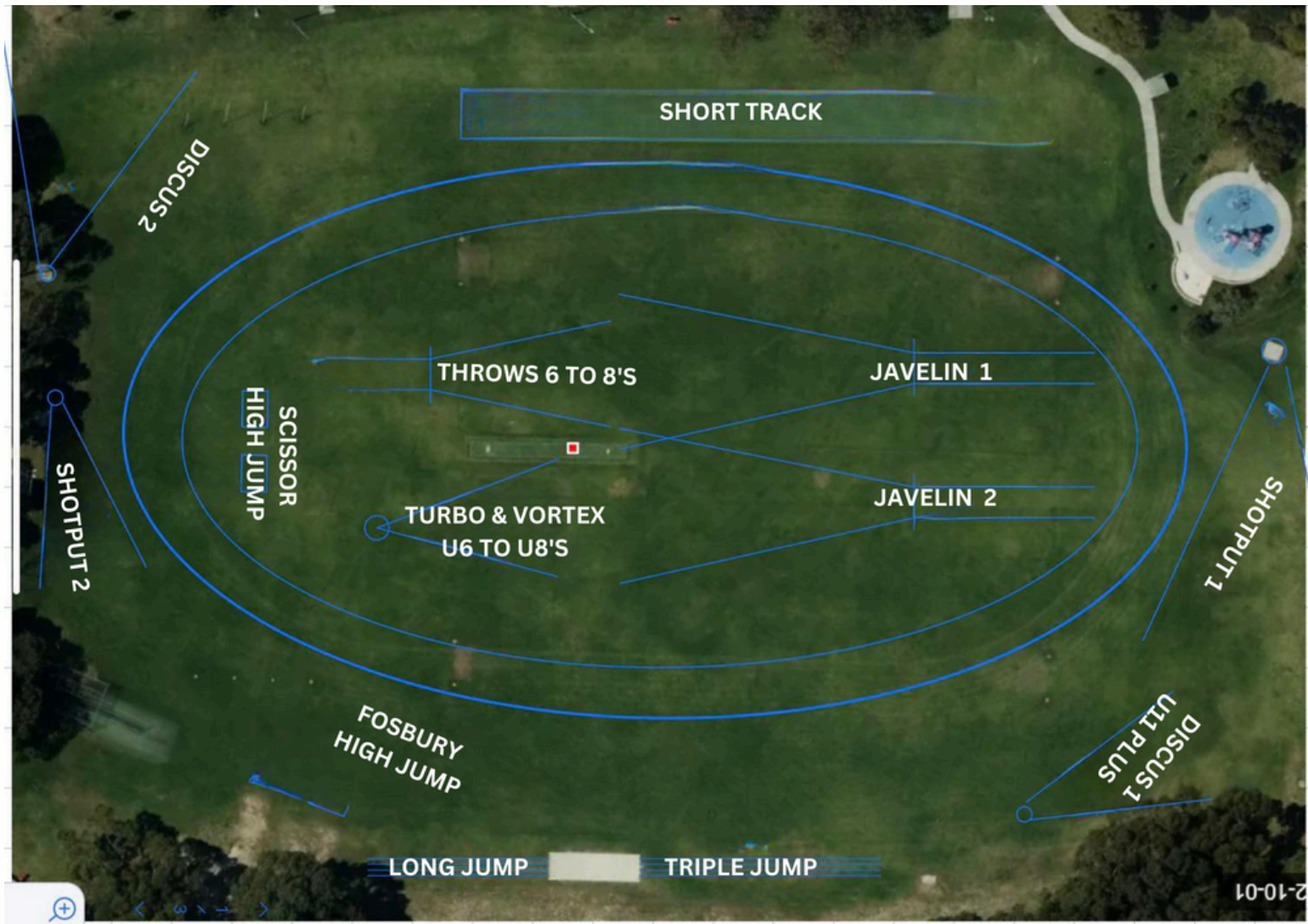
Athletes will receive points based on how close they get to the current centre record, up to a maximum of 100 points.

Due to smaller numbers the U14 plus age group will compete together, not as individual ages. All other age groups will compete as separately.

# Santiago Park Map

6th Jan to 1st February 2025

Please familiarize yourself with the map of Santiago Park so you know where to go for each event.



## TRAINING INFORMATION

Event Training resumes 6th January at Santiago Park

**\*\*Middle Distance at Mullaloo 6th and 9th January\*\***

Age Group Training 6th to 9th January at Mullaloo Beach (refer to Facebook Groups for details)

Age Group & Middle Distance Training from 13th to 30th January at Santiago Park

# 2025 STATE COMBINED EVENTS

Athletics West State Combined Championships is on the weekend of 1st and 2nd February 2025. This event is open to all Under 11 to Open athletes registered as either a Little Athletics or Senior Athletics Member with Joondalup Athletics Centre.

## WHAT IS IT?

The State Combined Championships is an event based on the Heptathlon/Decathlon where athletes compete in several events. Points are awarded for their results in each event. They are then added together and the athletes with the most points will be awarded Gold, Silver or Bronze and be crowned the WA Combined Champion for 2023

**REGISTER  
HERE**

## EVENTS

U11 to U13  
5 events over 1 day

U14 to U17  
7 events over 2 days

U20 to Open (Female)  
7 events over 2 days

U20 to Open (Male)  
10 events over 2 days

## HOW TO NOMINATE?

Full details and how to nominate can be found on the Athletics West Website. Parents will need to complete a roster over the weekend.



ATHLETICS WEST

# SENIOR STRIVE

## FRIDAY 10TH JANUARY

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 D

100m  
800m  
Long Hurdles  
200m  
3000m  
Pole Vault (Men & Women - Division A)  
Hammer Throw (Women)  
Long Jump (Men & Women)  
High Jump (Men - Division A & B)  
Shot Put (Men)  
Javelin (Women)  
Discus (Men)

REGISTRATIONS CLOSE  
8TH JANUARY @ 11.59PM

[www.joondalupathletics.com.au](http://www.joondalupathletics.com.au)  
[seniors @joondalupathletics.com.au](https://twitter.com/joondalupathletics)

## Block Starts & Triple Jump Transition Clinic

Athletics West are hosting a High Jump transition clinic on 24th January 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

# Pole Vault Community Sessions

Athletics West, in conjunction with WAIS are hosting Pole Vault sessions for athletes U11 to U16 (2014 to 2009)

These sessions will be led by Athletics Australia Accredited Coaches Declan Carruthers, Ellie Parsons and Mikayla Scerri along with WAIS Pole Vault Coach James Fitzpatrick.

The sessions are designed to give athletes the opportunity to discover the Pole Vault event, learning basic skills, knowledge and to build confidence to progress in the Pole Vault discipline in a safe and friendly environment.

Sessions are open to Members and Non-Members. No prior experience is necessary to register for this session.

## Sessions Days

**Thursday 23rd January - 4pm to 7pm**

**COST \$20.00 PER SESSION**

The time your athlete will attend depends on their age group. Athletes are requested to attend only 1 session due to high demand

CLICK [HERE](#) FOR FULL DETAILS AND TO REGISTER



# 2025

A group of dedicated Distance Runners joined Coach Rob, Abby, Isaac and Joshua on a 5km run on New Years Eve to see out the old year. This was followed by a social picnic to celebrate the year that was.

We will be making this an annual event and would love more of our club members to join in next year.

