

Mentone Little Athletics - Program 2

Round 13

24-Feb-2018



Under 6 - 8

Age Group			8:15 AM	8:30 AM	8:40 AM	8:50 AM	9:00 AM	9:10 AM	9:20 AM	9:30 AM	9:40 AM	9:50 AM	
Under 6	Boys - TBC, Milly Webster	10	WARM UP	100m (4)	Discus 2 (350g)		70m (2)	Discus	Long Jump 1				
	Girls - Alex Woods	10		100m (3)	Discus 1 (350g)		70m (1)	Discus	Long Jump 2				
Under 7	Boys - Stefan Nel, Eden Pillay	10		100m (1)	Long Jump 1				200m	Discus 2 (350g)			
	Girls - Jemima Hoult, Zoe Cunningham	18		100m (2)	Long Jump 2				200m	Discus 1 (350g)			
Under 8	Boys - Jane Carter, Janine Dixon	10		Shot Put 1		70m (2)	Shot Put 1	High Jump			60m h	High Jump	
	Girls - Sue Tobin	17		Shot Put 2		70m (1)	Shot Put 2	High Jump			60m h	High Jump	

**NOTES:**  
 Set-Up at 7:30 = **Under 6 Boys & Girls\***  
 Pack-Up = **Under 12 Boys & Girls**  
 BS = Back Straight  
 (#) = Track sequence for scheduling reasons

\* All hurdles are on the Back Straight

Under 9 - 16

Age Group			9:45 AM	10:00 AM	10:10 AM	10:20 AM	10:30 AM	10:40 AM	10:50 AM	11:00 AM	11:10 AM	11:20 PM	11:30 AM	11:40 AM	11:50 AM	12:00 PM		
Under 9	Boys - Laura Burgoine, Alice Jenner	19	WARM UP	60m H (1)	LJ Pit 1				70m (1)	Shot Put 1				800m				
	Girls - Madeline Woods, Holly Clayton	20		60m H (2)	Shot Put 1				70m (2)	LJ Pit 2				800m				
Under 10	Boys - Kevin Lowden	17		TJ Pit 1	60m H (3)	TJ Pit 1			70m (3)	Discus 2				800m				
	Girls - Tina Towler	9		TJ Pit 2	60m H (4)	TJ Pit 2			70m (4)	Discus 1				800m				
Under 11	Boys - TBC	9		Discus 1	60m H (5)	Discus 1		100m	Discus 1	TJ Pit 2		400m (1)	TJ Pit 2					
	Girls - Roger Winders	19		Discus 2	60m H (6)	Discus 2		100m	Discus 2	TJ Pit 1		400m (2)	TJ Pit 1					
Under 12	Boys - Martin Walker	15		Javelin		60m H (7)	Javelin	100m	Javelin	LJ Pit 1		400m (3)	LJ Pit 1					
	Girls - Kali Everitt, Ella Collis	15		LJ Pit 2		60m H (8)	LJ Pit 2	100m	LJ Pit 2	Javelin		400m (4)	Javelin					
Under 13	Boys - James Byrne, Anthony Dance	15		100m	High Jump 1					200m H (2)	Shot Put 2				800m			
	Girls - Tim Leonard	11		Shot Put 2		100m	Shot Put 2		200m H (1)	High Jump 1				800m				
Under 14	Boys - Thomas Mogensen, Rod Ockerby	9		High Jump 2		100m	High Jump 2		Shot Put 1	200m H (4)	Shot Put 1				800m			
	Girls - Katie Ryan	6		100m	Shot Put 1				200m H (3)	High Jump 2				800m				
Under 15-16	Boys - Thomas Mogensen, Rod Ockerby	4		High Jump 2			100m	High Jump 2	Shot Put 1		300m H (5)	Shot Put 1				800m		
	Girls - Megan Rosenbrock, Alex Woods	13		Shot Put 1			100m	High Jump 2		300m H (6)	High Jump 2				800m			

HURDLE HEIGHTS , MARKINGS AND FLIGHTS

Distance	Age Group	Height	Markings	Flights
60m	U8, U9	45cm	Orange	6 Flights
	U10, U11	60cm	Orange	6 Flights
	U12	68cm	Orange	6 Flights
80m	U13, U14G	76cm	Black	9 Flights
90m	U14B, U15G, U16G	76cm	White	9 Flights
100m	U15B, U16B	76cm	Yellow	10 Flights
200m	U13	68cm	Green	5 Flights
200m	U14	76cm	Green	5 Flights
300m	U15-U16	76cm	Green	7 Flights

Shot Put Weights

Age	Boys	Girls
U6, U7	1kg (red)	1kg (red)
U8	1.5 kg (purple)	1.5 kg (purple)
U9, U10, U11	2kg (yellow)	2kg (yellow)
U12	3kg (green)	2kg (yellow)
U13, U14	3kg (green)	3kg (green)
U15/16	4kg (blue)	3kg (green)

Discus Weights

Age	Boys	Girls
U6, U7	350g (red)	350g (red)
U8, U9, U10	500g (yellow)	500g (yellow)
U11, U12	750g (green)	750g (green)
U13	1kg (blue)	750g (green)
U14, U15/16	1kg (blue)	1kg (blue)

Javelin

Age	Boys	Girls
U10	Turbo	Turbo
U11 - U12	400 g Red	400 g Red
U13 - U14	600 g Yellow	400 g Red
U15	600 g Yellow	500 g White
U16	700 g Blue	500 g White

Matting for LJ / TJ

Mat Size	U6-U8	1.22m x 1.0m
Mat Size	U9 - U10	1.22m x 0.5m
Board Size	U11 - U16	1.22m x 0.2m

	THROWS						JUMPS					
	Discus 1	Discus 2	SP 1	SP 2	SP 3	Javelin	LJ 1	LJ 2	TJ 1	TJ 2	HJ 1	HJ 2
10:00	11 Boys	11 Girls	14, 15 & 16 Girls	13 Girls	9 Girls	12 Boys	9 Boys	12 Girls	10 Boys	10 Girls	13 Boys	14, 15 & 16 Boys
11:00	10 Girls	10 Boys	14, 15 & 16 Boys	13 Boys	9 Boys	12 Girls	12 Boys	9 Girls	11 Girls	11 Boys	13 Girls	14, 15 & 16 Girls

	Back Straight			Front Straight	
	60m Hurdles	6 flights (orange)		100 metres	
10:00	1	9 Boys	45 cm	1	13 Boys
	2	9 Girls	45 cm	2	14 Girls
	4	10 Boys	60 cm	3	13 Girls
	5	11 Girls	60 cm	4	14 Boys
	6	11 Boys	60 cm	5	15 & 16 Boys
	7	12 Girls	68 cm	6	15 & 16 Girls
	8	12 Boys	68 cm	7	11 Girls
	<b>Circular Track</b>			8	11 Boys
	1	13 Girls	68 cm	9	12 Boys
	2	13 Boys	68 cm	10	12 Girls
	3	14 Girls	76 cm	<b>70 metres</b>	
	4	14 Boys	76 cm	1	9 Boys
11:20	<b>300m Hurdles</b>		<b>7 flights (green)</b>	2	9 Girls
	5	15 & 16 Boys	76 cm	3	10 Boys
	6	15 & 16 Girls	76 cm	4	10 Girls
11:40	<b>400 Meters</b>				
	1	11 Boys			
	2	11 Girls			
	3	12 Boys			
	4	12 Girls			
11:50	<b>800 metres</b>				

Age group order & combinations will be flexible - based

**Club policy for competing out of age group and/or programmed event is outlined on page 13 of the 2017-18 season handbook**

**Note to Track Marshalls and Starters**

- All Athletes will compete in their respective age groups as stipulated on the program for the day.
- The Arena Manager has the discretion to combine age groups as per club policy outlined on page 13 of the 2017-18 handbook.

**Note to Team Managers**

- Requests for an athlete to compete outside of their age group or in a non-programmed event to be made by the Team Manager to the Arena Co-ordinator prior to commencement of the session.
- There are no guarantees to requests made.
- Points, PBs and records will not count in these circumstances although the athlete will be recorded as having competed.

**Note to Finish line and IT/Records Manager**

- As per club policy, Arena Co-ordinator will provide prior notification of athletes competing outside of the age group or in a non-programmed event. Points, PBs and records will not count in these circumstances although the athlete will be recorded as having competed.
- Races may be combined as per program and on the day at the discretion of the Arena Co-ordinator (as circumstances require). Results will count towards points, PBs and records.