

Mentone Little Athletics Centre - Program 1

Round 1

5-Oct-2019



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 | WARM UP | 70m BS | On Track | | | 100m BS | Long Jump1 | | | | |
| | Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone | | 70m BS | On Track | | | 100m BS | Long Jump2 | | | | |
| Under 7 | Boys - Martin Walker | | Long Jump1 | | 70m BS | Long Jump1 | | 100m BS | On Track | | | |
| | Girls - Sue Tobin | | Long Jump2 | | 70m BS | Long Jump2 | | 100m BS | On Track | | | |
| Under 8 | Boys - Lyn and Jeremy Ockerby | | Discus 1 | | | 100m BS | On Track | | 200m BS | | | |
| | Girls - Alex Woods | | Discus 2 | | | 100m BS | On Track | | 200m BS | | | |

NOTES:
 Set-Up at 7.30 = **Under 8 Boys & Girls**
 Pack-Up = **Under 13 Boys & Girls**
 BS = Back Straight 100m Lanes 1-4 Front Straight
 400m Unlaned 200m BS Lanes 5-8 2nd Session

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 PM | 12:00 PM |
|----------------|---|---------|---------------|-------------|-------------|-------------|---------------|---------------|---------------|-------------|---------------|---------------|----------|----------|----------|
| Under 9 | Boys - Stefan Nel | WARM UP | 60m H | Shot Put 2 | 100m | Shot Put 2 | | High Jump 1 | | | 400m | | | | |
| | Girls - Anthony Dance | | 60m H | High Jump 1 | 100m | High Jump 1 | | Shot Put 2 | | | 400m | | | | |
| Under 10 | Boys - Janine Dixon | | Long Jump 1 | 60m H | Long Jump 1 | | 100m | Long Jump 1 | Turbo Jav | | | 400m | | | |
| | Girls - Jemima Hoult, Zoe Cunningham | | | 60m H | Turbo Jav | | | 100m | Long Jump 1 | | | 400m | | | |
| Under 11 | Boys - TBC | | High Jump 2 | | 80m H | High Jump 2 | | | 100m | Shot Put 1 | | | 1500m | | |
| | Girls - Maddy Woods | | Shot Put 1 | | 80m H | Shot Put 1 | | 100m | High Jump 2 | | | 1500m | | | |
| Under 12 | Boys - Erina Cunningham | | Triple Jump 1 | | | 80m H | Triple Jump 1 | Discus 1 | | 100m | Discus 1 | | | | |
| | Girls - Alex Winders | | Discus 2 | | | 80m H | Discus 2 | Triple Jump 1 | | 100m | Triple Jump 1 | | | 1500m | |
| Under 13 | Boys - TBC | | Javelin | | | | 80m H | | 200m BS | Long Jump 2 | | | 1500m | | |
| | Girls - Roger Winders | | Long Jump 2 | | | | 80m H | | 200m BS | Javelin | | | 1500m | | |
| Under 14,15,16 | Boys - Tanya Stefanec, Thomas Mogensen, James Byrne | | Discus 1 | | | | | 80/90/100m H | Triple Jump 2 | | 200m BS | Triple Jump 2 | | | 1500m |
| | Girls - Rebecca Augustine | | Triple Jump 2 | | | | | 80/90/100m H | | | 200m BS | Discus 1 | | | 1500m |

HURDLE HEIGHTS , MARKINGS AND FLIGHTS

| Distance | Age Group | Height | Markings | Flights |
|----------|------------------|--------|----------|------------|
| 60m | U8, U9 | 45cm | Orange | 6 Flights |
| | U10 | 60cm | Orange | 6 Flights |
| 80m | U11, U12 | 68cm | Black | z |
| | 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 | 2kg (yellow) | 2kg (yellow) |
| U11, U12 | 2kg (yellow) | 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 | 500g (yellow) | 500g (yellow) |
| U10, U11 | 500g (yellow) | 500g (yellow) |
| U12, U13 | 750g (green) | 750g (green) |
| U14, U15/16 | 1kg (blue) | 1kg (blue) |

Javelin

| Age | Boys | Girls |
|-----------|--------------|--------------|
| U6-U10 | Vortex/Turbo | Vortex/Turbo |
| U11 - U12 | 400 g Red | 400 g Red |
| U13 - U14 | 600 g Yellow | 400 g Red |
| U15/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 |