

Mentone Little Athletics - Program 2

Round 10

18th January 2020



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 - Lucy Jackson, Lilly Parsons	WARM UP	100m BS	Long Jump 1			70m BS	Shot Put 1				
	Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone		100m BS	Long Jump 2			70m BS	Shot Put 2				
Under 7	Boys - Group 1 - Martin Walker		100m BS	Discus 1				200m BS	Long Jump 1			
	Boys - Group 2 - Martin Walker		LJ (TJ1)	100m BS	Long Jump (TJ1)			200m BS	Discus 1			
	Girls - Sue Tobin		LJ (TJ2)	100m BS	Long Jump (TJ2)		Discus 2		200m BS	Discus 2		
Under 8	Boys - Lyn and Jeremy Ockerby		Shot Put 1			70m BS	High Jump 1				60m H BS	
	Girls - Alex Woods	Shot Put 2			70m BS	High Jump 2				60m H BS		

NOTES:

Set-Up at 7.30am = Under 7 Boys & Girls

Pack-Up = Under 11 Boys & Girls

400m Unlaned

BS = Back Straight

FS = Front 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	12:10 PM													
Under 9	Boys - Stefan Nel	WARM UP	60m H BS	Long Jump 1			70m BS	Shot Put 1				800m	No Morning Session - come to The Circuit at Mentone from 6:30pm Saturday																
	Girls - Anthony Dance		60m H BS	Shot Put 1			70m BS	Long Jump 2				800m																	
Under 10	Boys - Janine Dixon		LJ (TJ1)	60m H BS	Long Jump (Triple Jump 1)		70m FS	Discus 2				800m																	
	Girls - Jemima Hault, Zoe Cunningham		LJ (TJ2)	60m H BS	Long Jump (Triple Jump 2)		70m FS	Discus 1				800m																	
Under 11	Boys - Paula Pryor, Tony Corcoran		Discus 2		80m H BS	Discus 2		100m BS	Triple Jump 2			400m																	
	Girls - Maddy Woods		Discus 1		80m H BS	Discus 1		100m BS	Triple Jump 1			400m																	
Under 12	Boys - Erina Cunningham	Javelin			80m H BS	Javelin	Long Jump 1	100m BS	Long Jump 1		400m																		
	Girls - Alex Woods	Long Jump 2			80m H BS	Long Jump 2	Javelin	100m BS	Javelin		400m																		
Under 13	Boys - TBC	No Morning Session - come to The Circuit at Mentone from 6:30pm Saturday																											
	Girls - Roger Winders																												
Under 14,15,16	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne															No Morning Session - come to The Circuit at Mentone from 6:30pm Saturday													
	Girls - Rebecca Augustine																												

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	60cm	Black	9 Flights
	U12	68cm	Black	9 Flights
	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, 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