

Mentone Little Athletics - Program 3/ Combo Day

Round 11

25th 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	70m BS	Long Jump 2		100m BS	Long Jump 2		Discus 1		
	Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone		70m BS	Long Jump TJ2		100m BS	Long Jump TJ2		Discus 2		
Under 7	Boys - Group 1 - Martin Walker		Long Jump 1	70m BS	Long Jump 1		200m BS	Shot Put 1			
	Girls - Group 2 - Martin Walker		Long Jump TJ1	70m BS	Long Jump TJ1		200m BS	Shot Put 2			
	Girls - Sue Tobin		Shot Put 1	70m BS	Shot Put 1		200m BS	Long Jump TJ1			
Under 8	Boys - Lyn and Jeremy Ockerby		Discus 1		70m BS	Discus 1		400m	Long Jump 1		
	Girls - Alex Woods	Discus 2		70m BS	Discus 2		400m	Long Jump 2			

**NOTES:**  
 Set-Up at 7.30am = Under 6 Boys & Girls  
 Pack-Up = Under 10 Boys & Girls  
 400m Unlaned  
 100m Front Straight Lanes 1-3

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	12:10 PM
Under 9	Boys - Stefan Nel	Warm Up	Discus 2	60m H	Discus 2			100m FS		Long Jump TJ1		800m				
	Girls - Anthony Dance		Long Jump TJ1	60m H	Long Jump TJ1		100m FS		Shot Put 2		800m					
Under 10	Boys - Janine Dixon				60m H		Discus 2		100m BS	Long Jump TJ2		800m				
	Girls - Jemima Hoult, Zoe Cunningham		Long Jump TJ2	60m H	Long Jump TJ2	Shot Put 2			100m BS		800m					
Under 11	Boys - Paula Pryor, Tony Corcoran					80m H	Long Jump TJ1		100m BS	Discus 2		800m				
	Girls - Maddy Woods		Shot Put 2		80m H		Long Jump TJ2		100m BS		800m					
Under 12	Boys - Erina Cunningham		Discus 1			80m H		100m FS	Long Jump 1		800m					
	Girls - Alex Woods		Long Jump 2		80m H		100m FS	Shot Put 1		800m						
Under 13	Boys - TBC		Long Jump 1		100m FS	Discus 1	80m H	Discus 1		800m						
	Girls - Roger Winders			100m FS		Shot Put 1	80m H	Shot Put 1		Long Jump 2		800m				
Under 14, 15&16	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne				100m FS	Long Jump 1		90/100m H	Discus 1		800m					
	Girls - Rebecca Augustine		200m	Shot Put 1			Long Jump 2	80/90m H	Long Jump 2		800m					

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