

Mentone Little Athletics - Program 3

Round 12

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

NOTES:
 Set-Up at 7.30am = Under 8 Boys & Girls
 Pack-Up = Under 9 Boys & Girls
 400m Unlaned 100m Front Straight Lanes 1-3
 FS = Front Straight BS = Back Straight

Under 9 - 16

Age Group		9:30 AM	9:40 AM	9:50 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 - Tess Meyer	Warm Up	700m Walk			100m BS	Long Jump 1			200m BS	Discus 2						
	Girls - Anthony Dance		700m Walk			100m BS	Discus 2			200m BS	Long Jump 1						
Under 10	Boys - Janine Dixon		1100m Walk		High Jump 2		100m BS	High Jump 2			200m BS	Shot Put 1					
	Girls - Jemima Hoult, Zoe Cunningham		1100m Walk		Shot Put 2		100m BS	Shot Put 2			200m BS	High Jump 2					
Under 11	Boys - Paula Pryor, Tony Corcoran		1100m Walk		Javelin		200m BS	Long Jump 2			800m						
	Girls - Maddy Woods		1100m Walk		Long Jump 2			200m BS	Javelin		800m						
Under 12	Boys - Erina Cunningham		Warm UP	1500m Walk		Shot Put 1			200m BS	High Jump 1					800m		
	Girls - Alex Woods			1500m Walk		High Jump 1			200m BS	Shot Put 2					800m		
Under 13	Boys - TBC	1500m Walk		Discus 1		100m FS	Discus 1	Triple Jump 1		400m	Triple Jump 1						
	Girls - Roger Winders	1500m Walk		Triple Jump 1		100m FS	Triple Jump 1		Discus 1		400m	Discus 1					
Under 14, 15&16	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne	1500m Walk			100m FS	Javelin			Long Jump TJ2	400m	Long Jump TJ2						
	Girls - Rebecca Augustine	1500m Walk		100m FS	Long Jump TJ2					400m	Javelin						

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	Age Group	Dimensions
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