

Mentone Little Athletics - Program 3 - Relayathon

Round 14

29th February 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 - Lucy Jackson, Lilly Parsons	WARM UP	70m BS	Long Jump TJ1	100m BS	Long Jump TJ1		Relayathon U6's		Shot Put 2	
	Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone		70m BS	Long Jump 1	100m BS	Long Jump 1		Relayathon U6's		Shot Put 1	
Under 7	Boys - Group 1 - Martin Walker		Discus 1	70m BS	Discus 1		200m	Long Jump 2		Relayathon U7's	
	Boys - Group 2 - Martin Walker		Discus 2	70m BS	Discus 2		200m	Long Jump TJ2		Relayathon U7's	
	Girls - Sue Tobin		Long Jump 2	70m BS	Long Jump 2	200m	Discus 2		Relayathon U7's		
Under 8	Boys - Lyn and Jeremy Ockerby		70m BS	Shot Put 2		Relayathon U8's		400m	Long Jump 1		
	Girls - Alex Woods	70m BS	Shot Put 1		Relayathon U8's		400m	Long Jump TJ1			
Relayathon Schedule					Relayathon U8's		Relayathon U6's		Relayathon U7's		

NOTES:
 Set-Up at 7.30am = Under 6 Boys & Girls
 Pack-Up = Under 12 Boys & Girls
 400m Unlaned
 Relayathon: Lane 1

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 - Tess Meyer	Warm Up	100m BS	Long Jump TJ2	Relayathon U9's		Long Jump TJ2		200m	Discus 2			700m Walk				
	Girls - Anthony Dance		100m BS	Discus 2	Relayathon U9's		Discus 2		200m	Long Jump TJ2			700m Walk				
Under 10	Boys - Janine Dixon		High Jump 2	100m BS	High Jump 2		Relayathon U10's		200m	Shot Put 1			1100m Walk				
	Girls - Jemima Hoult, Zoe Cunningham		Shot Put 2	100m BS	Shot Put 2		Relayathon U10's		200m	High Jump 1			1100m Walk				
Under 11	Boys - Paula Pryor, Tony Corcoran		800m	Relayathon U11's		Long Jump 2		200m	Javelin			1100m Walk					
	Girls - Maddy Woods		800m	Relayathon U11's		Long Jump 1		200m	Javelin			1100m Walk					
Under 12	Boys - Erina Cunningham	800m	Shot Put 1			200m	Shot Put 1	High Jump 2		Relayathon U12's		High Jump 2		1500m Walk			
	Girls - Alex Woods	800m	High Jump 1			200m	High Jump 1	Shot Put 2		Relayathon U12's		Shot Put 2		1500m Walk			
Under 13	Boys - TBC	Warm Up	Discus 1		100m BS	Discus 1		Triple Jump 1			400m	Relayathon U13's		1500m Walk			
	Girls - Roger Winders		Triple Jump 1		100m BS	Triple Jump 1		Discus 1			400m	Relayathon U13's		1500m Walk			
Under 14,15,16	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne		Javelin			100m BS	Javelin		Relayathon U14-16's		Long Jump 1		400m	Long Jump 1		1500m Walk	
	Girls - Rebecca Augustine		Javelin			100m BS	Javelin		Relayathon U14-16's		Long Jump 2		400m	Long Jump 2		1500m Walk	
Relayathon Schedule			Relayathon U11's		Relayathon U9's		Relayathon U10's		Relayathon U14-16's		Relayathon U12's		Relayathon U13's				

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