

Mentone Little Athletics - Program 3

Round 3

19th October 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	WARM UP	Boys - Lucy Jackson, Lilly Parsons	70m BS	On Track		100m BS	On Track		Shot Put 1	
		Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone	70m BS	On Track		100m BS	On Track		Shot Put 2	
Under 7	WARM UP	Boys - Martin Walker	Discus 2	70m BS	Discus 2		200m BS	On Track		
		Girls - Sue Tobin	Discus 1	70m BS	Discus 1		200m BS	On Track		
Under 8	WARM UP	Boys - Lyn and Jeremy Ockerby	Shot Put 1		70m BS	Shot Put 1		400m	On Track	
		Girls - Alex Woods	Shot Put 2		70m BS	Shot Put 2		400m	On Track	

NOTES:

Set-Up at 7.30am = Under 6 Boys & Girls

Pack-Up = Under 11 Boys & Girls

400m Unlaned 200/300H Lanes 1-3

70/100m Front Straight Lanes 1-3

\* On Track will run until Christmas Break

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 AM	11:30 AM	11:40 AM	11:50 AM	12:00 PM
Under 9	WARM UP	Boys - Stefan Nel	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	WARM UP	Boys - Janine Dixon	1100m Walk		High Jump 2		100m BS	High Jump 2			Shot Put 2	200m BS	Shot Put 2			
		Girls - Jemima Hoult, Zoe Cunningham	1100m Walk		Shot Put 2			100m BS	Shot Put 2			High Jump 2	200m BS	High Jump 2		
Under 11	WARM UP	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	WARM UP	Boys - Erina Cunningham	1500m Walk		Shot Put 1			200m BS	High Jump 1					800m		
		Girls - Alex Woods	1500m Walk		High Jump 1					200m BS	Shot Put 1			800m		
Under 13	WARM UP	Boys - TBC	1500m Walk		Discus 1		100m FS	Discus 1	Triple Jump 2			400m				
		Girls - Roger Winders	1500m Walk		Triple Jump 2		100m FS	Triple Jump 2		Discus 1		400m				
Under 14,15,16	WARM UP	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne	1500m Walk			100m FS	Javelin				LI (TJ1)	400m	Long Jump (TJ1)			
		Girls - Rebecca Augustine	1500m Walk		100m FS	Long Jump (TJ1)					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
	U11	60cm	Black	9 Flights
80m	U12	68cm	Black	9 Flights
	U13, U14G	76cm	Black	9 Flights
	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