

Mentone Little Athletics Centre - Program 1

Round 4

26-Oct-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	On Track			100m BS	Discus 1				
	Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone		70m BS	On Track			100m BS	Discus 2				
Under 7	Boys - Group 1 - Martin Walker		On Track		70m BS	Long Jump1			100m BS	Long Jump1		
	Boys - Group 2 - Martin Walker		On Track		70m BS	Long Jump - Triple Jump 1		100m BS	Long Jump - Triple Jump 1			
	Girls - Sue Tobin		On Track		70m BS	Long Jump2		100m BS	Long Jump2			
Under 8	Boys - Lyn and Jeremy Ockerby		Long Jump1			100m BS	On Track			200m BS		
	Girls - Alex Woods	Long Jump2			100m BS	On Track			200m BS			

NOTES:

Set-Up at 7.30 = Under 8 Boys & Girls

Pack-Up = Under 10 Boys & Girls

BS = Back Straight 100m Lanes 1-3 Front Straight  
400m Unlaned 200m BS

\* On Track will run until Christmas Break

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	
Under 9	Boys - Stefan Nel	WARM UP	60m H	Shot Put 2	100m	Shot Put 2			High Jump 1			400m				
	Girls - Anthony Dance		60m H	High Jump 1		100m	High Jump 1		Shot Put 2			400m				
Under 10	Boys - Janine Dixon		Long Jump 1	60m H	Long Jump 1		100m	Long Jump 1	Turbo Jav			400m				
	Girls - Jemima Hoult, Zoe Cunningham			60m H	Turbo Jav			100m	Long Jump 1			400m				
Under 11	Boys - Paula Pryor, Tony Corcoran		High Jump 2		80m H	High Jump 2				100m	Shot Put 1			1500m		
	Girls - Maddy Woods		Shot Put 1		80m H	Shot Put 1		100m	High Jump 2					1500m		
Under 12	Boys - Erina Cunningham		Triple Jump 1			80m H	Triple Jump 1	Discus 1		100m	Discus 1					
	Girls - Alex Woods		Discus 2			80m H	Discus 2	Triple Jump 1			100m	Triple Jump 1				
Under 13	Boys - TBC		Javelin				80m H		200m BS	Long Jump 2				1500m		
	Girls - Roger Winders		Long Jump 2				80m H		200m BS		Javelin			1500m		
Under 14,15,16	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne		Discus 1					80/90/100m H	Triple Jump 2		200m BS	Triple Jump 2			1500m	
	Girls - Rebecca Augustine		Triple Jump 2					80/90/100m H			200m BS	Discus 1			1500m	

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	Mat Size
	U6-U8	1.22m x 1.0m
	U9 - U10	1.22m x 0.5m
	U11 - U16	1.22m x 0.2m