

Mentone Little Athletics - Program 2

Round 5

2nd November 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	100m BS	Long Jump 1			70m BS	On Track			
	Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone		100m BS	Long Jump 2			70m BS	On Track			
Under 7	Boys - Group 1 - Martin Walker		100m BS	Shot Put 1				200m BS	On Track		
	Boys - Group 2 - Martin Walker		On Track	100m BS	On Track			200m BS	Shot Put 1		
	Girls - Sue Tobin		On Track	100m BS	On Track			Shot Put 2	200m BS	Shot Put 2	
Under 8	Boys - Lyn and Jeremy Ockerby		On Track			70m BS	High Jump 1				60m H
	Girls - Alex Woods		On Track			70m BS	High Jump 2				60m H

* On Track will run until Christmas Break

NOTES:

Set-Up at 7.30am = Under 7 Boys & Girls

Pack-Up = Under 9 Boys & Girls

400m Unlaned 200/300H Lanes 1-3

70/100m 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 AM	12:00 PM	12:10 PM
Under 9	Boys - Stefan Nel	WARM UP	60m H BS	Long Jump 1	70m FS	Long Jump 1			Shot Put 3			800m				
	Girls - Anthony Dance		60m H BS	Shot Put 3		70m FS	Shot Put 3			Long Jump 2			800m			
Under 10	Boys - Janine Dixon		Long Jump	60m H BS	Long Jump (TJ 1)				Discus 2	70m FS	Discus 2			800m		
	Girls - Jemima Hoult, Zoe Cunningham		Long Jump	60m H BS	Long Jump (TJ 2)				Discus 1		70m FS	Discus 1		800m		
Under 11	Boys - Paula Pryor, Tony Corcoran		Discus 2		80m H BS	Discus 2				100m BS	Triple Jump 2				400m	
	Girls - Maddy Woods		Discus 1		80m H BS	Discus 1				100m BS	Triple Jump 1				400m	
Under 12	Boys - Erina Cunningham		Javelin			80m H BS	Javelin				Long Jump 1	100m BS	Long Jump 1			400m
	Girls - Alex Woods		Long Jump 2			80m H BS	Long Jump 2			Javelin		100m BS	Javelin			400m
Under 13	Boys - TBC		100m FS	High Jump 2				200m H	High Jump 2	Shot Put 2						800m
	Girls - Roger Winders		Shot Put 2	100m FS	Shot Put 2			200m H	Shot Put 2	High Jump 2						800m
Under 14,15,16	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne		High Jump 1						200/300m H	Shot Put 1		100m BS	Shot Put 1			800m
	Girls - Rebecca Augustine		Shot Put 1						200/300m H	High Jump 1		100m BS	High Jump 1			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