

Mentone Little Athletics - Twilight Program

Round 6

8-Nov-2019



Under 6 - 8

Age Group		5:45 PM	6:00 PM	6:10 PM	6:20 PM	6:30 PM	6:40 PM	6:50 PM
Under 6	Boys - Lucy Jackson, Lilly Parsons	WARM UP	Long Jump 1	100m BS	Long Jump 1		70m FS	
	Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone		Long Jump 2	100m BS	Long Jump 2		70m FS	
Under 7	Boys - Group 1 - Martin Walker		100m BS	Shot Put 2 (1kg)		200m BS	Shot Put 2	
	Boys - Group 2 - Martin Walker		100m BS	Shot Put 3 (1kg)		200m BS	Shot Put 3	
	Girls - Sue Tobin		100m BS	Shot Put 1 (1kg)		200m BS		
Under 8	Boys - Lyn and Jeremy Ockerby		70m FS	High Jump 1	100m BS		High Jump 1	
	Girls - Alex Woods	High Jump 2	70m FS	High Jump 2	100m BS		High Jump 2	

NOTES:

Set-Up at 5:00pm = Under 7 Boys & Girls

Pack-Up = Under 13,14,15,16 Boys & Girls

400m Unlaned

BS = Back Straight

FS = Front Straight

Under 9 - 12

Age Group		6:45 PM	7:00 PM	7:10 PM	7:20 PM	7:30 PM	7:40 PM	7:50 PM	8:00 PM	8:10 PM	8:20 PM	8:30 PM
Under 9	Boys - Stefan Nel	WARM UP	70m BS	Long Jump 1		Shot Put 3		800m				
	Girls - Anthony Dance		70m BS	Shot Put 3		Long Jump 2		800m				
Under 10	Boys - Janine Dixon		LJ TJ 1	70m BS	Long Jump (TJ 1)		Discus 2		800m			
	Girls - Jemima Hoult, Zoe Cunningham		LJ TJ 2	70m BS	Long Jump (TJ 2)		Discus 1		800m			
Under 11	Boys - Paula Pryor, Tony Corcoran		Discus 2	100m BS	Discus 2	Triple Jump 2				400m		
	Girls - Maddy Woods		Discus 1	100m BS	Discus 1	Triple Jump 1				400m		
Under 12	Boys - Erina Cunningham	Long Jump 2		100m BS		Javelin				400m		
	Girls - Alex Woods	Javelin				100m BS	Long Jump 1				400m	
Under 13	Boys - TBC	100m FS	High Jump 2				Shot Put 2				800m	
	Girls - Roger Winders	Shot Put 2	100m FS	Shot Put 2				High Jump 2				800m
Under 14,15,16	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne	High Jump 1			100m FS		Shot Put 1				800m	
	Girls - Rebecca Augustine	Shot Put 1				100m FS	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	500g (yellow)	500g (yellow)
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	Boys	Girls
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