

Mentone Little Athletics - Program 3

Round 8

30th 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	70m BS	On Track		100m BS	On Track	Shot Put 2			
	Girls - Paivi Bertucci, Ashley van Rooyen, Meka Barone		70m BS	On Track		100m BS	On Track	Shot Put 1			
Under 7	Boys - Group 1 - Martin Walker		Long Jump 1	70m BS	Long Jump 1		200m BS	On Track			
	Boys - Group 2 - Martin Walker		Long Jump TJ1	70m BS	Long Jump TJ1		200m BS	On Track			
	Girls - Sue Tobin		Long Jump 2	70m BS	Long Jump 2		200m BS	On Track			
Under 8	Boys - Lyn and Jeremy Ockerby		Discus 1	70m BS	Discus 1	400m	On Track				
	Girls - Alex Woods		Discus 2	70m BS	Discus 2	400m	On Track				

* On Track will run until Christmas Break

NOTES:
 Set-Up at 7.30am = Under 6 Boys & Girls
 Pack-Up = Under 13, 14, 15, 16 Boys & Girls
 400m Unlaned
 100m Front Straight Lanes 1-3

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 PM	11:30 AM	11:40 AM	11:50 PM	12:00 PM
Under 9	Boys - Stefan Nel	Warm Up	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	Boys - Janine Dixon		1100m Walk		High Jump 2		100m BS	High Jump 2			200m BS	Shot Put 1					
	Girls - Jemima Houlst, Zoe Cunningham		1100m Walk		Shot Put 2		100m BS	Shot Put 2			200m BS	High Jump 2					
Under 11	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	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 2						800m		
Under 13	Boys - TBC	1500m Walk		Discus 1			100m FS	Discus 1	Triple Jump 1			400m	Triple Jump 1				
	Girls - Roger Winders	1500m Walk		Triple Jump 1		100m FS	Triple Jump 1		Discus 1			400m	Discus 1				
Under 14, 15&16	Boys - Tanya Stefanec, Thomas Mogensen, James Byrne	1500m Walk			100m FS	Javelin				Long Jump TJ2	400m	Long Jump TJ2					
	Girls - Rebecca Augustine	1500m Walk		100m FS	Long Jump TJ2						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
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