

Mentone Little Athletics Centre - Program 1

Round 9

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

* On Track will run until Christmas Break

NOTES:

Set-Up at 7.30 = Under 8 Boys & Girls

Pack-Up = Under 12 Boys & Girls

BS = Back Straight FS: Lanes 1-3 Front Straight

400m Unlaned 200m BS

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 - Tess Meyer, Stefan Nel	WARM UP	60m H		100m		Discus 1			High Jump 1			400m			
	Girls - Anthony Dance		60m H	High Jump 1		100m	High Jump 1			Discus 1			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 2			100m				1500m	
	Girls - Alex Woods		Discus 2			80m H	Discus 2	Triple Jump 1			100m	Triple Jump 1			1500m	
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 2			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	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