Mentone Little Athletics - Come 'n Try Program

1-Oct-2017

Under 6 - 8

Age Group		1:00PM	1:10PM	1:20PM	1:30PM	1:40PM	1:50PM	2:00PM	2:10PM	2:20PM	2:30PM	2:40PM
Under 6		WARM UP	On-Track (Centre/Shot Put 2)				70m (BS)	On-Track (Long Jump 1)			100M	
			On-Track (Centre/Shot Put 2)				70m (BS)	On-Track (Long Jump at TJ 1)			100M	
Under 7			70m (BS)	On-Track (Long Jump 1)			100M	On-Track (Centre/Shot Put 2)				200m
			70m (BS)	On-Track (Long Jump at TJ 1)			100M	On-Track (Centre/Shot Put 2)				200m
Under 8			100M	On-Track (High Jump 1)				70m (BS)	On-Track (Centre/Discus 2)			200m
			100M	On-Track (High Jump 2)				70m (BS)	On-Track (Centre/Discus 2)			200m

NOTES:

BS = Back Straight

Under 9 - 16

Event/Location		1:00PM	1:10PM	1:20PM	1:30PM	1:40PM	1:50PM	2:00PM	2:10PM	2:20PM	2:30PM	2:40PM	2:50PM	3:00PM	3:10PM
70M	Back Straight	WARM UP		OPEN	OPEN	OPEN			OPEN?	OPEN?	OPEN?				
100M	Front Straight			OPEN	OPEN	OPEN		OPEN	OPEN	OPEN					
200M	Front Straight							OPEN	OPEN	OPEN	OPEN				
400M	Circular												OPEN	OPEN	OPEN
800M	Circular			OPEN	OPEN	OPEN									
Hurdles	Front Straight												OPEN?	OPEN?	OPEN?
Long Jump	Pit 1 (south)		OPEN				OPEN				OPEN	OPEN	OPEN		
	Pit 2 (north)		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
Triple Jump	Pit 1 (south)		OPEN				OPEN				OPEN	OPEN	OPEN	OPEN	OPEN
	Pit 2 (north)		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
Discus	Cage 1 (big)											OPEN	OPEN	OPEN	OPEN
	Cage 2 (small)											OPEN	OPEN	OPEN	OPEN
Javelin	Centre											OPEN	OPEN	OPEN	OPEN
Shot Put	Area 1 (inside track)		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
	Area 2 (under trees)						OPEN					OPEN	OPEN	OPEN	OPEN
High Jump	High Jump 1							OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
	High Jump 2							OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN