

Mentone Little Athletics - Flexi Program

Round 15

17-Mar-2018



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 - TBC, Milly Webster	10	WARM UP	100m BS (1)	Long Jump 1		70m BS (1)	Long Jump	Discus 1			
	Girls - Alex Woods	10		100m BS (2)	Long Jump 2		70m BS (2)	Long Jump	Discus 2			
Under 7	Boys - Stefan Nel, Eden Pillay	10		70m (1)	Discus 1			200m	Long Jump 1			
	Girls - Jemima Hoult, Zoe Cunningham	18		70m (2)	Discus 2			200m	Long Jump (TJ2)			
Under 8	Boys - Jane Carter, Janine Dixon	10		Shot Put 2		70m (3)	Shot Put 2	High Jump	400m	High Jump		
	Girls - Sue Tobin	17		High Jump		70m (4)	High Jump	Shot Put 1	400m	Shot Put 1		

NOTES:
 Set-Up at 7.30 = Under 6 Boys & Girls
 Pack-Up = Under 10 Boys & Girls
 BS = Back Straight
 (#) = Track sequence for scheduling reasons

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
Under 9	Boys - Laura Burgoine, Alice Jenner	19	WARM UP	70m BS	Long Jump (TJ2)			200m	Discus 2				800m			
	Girls - Madeline Woods, Holly Clayton	20		70m BS	Discus 2			200m	Long Jump (TJ2)				800m			
Under 10	Boys - Kevin Lowden	17		70m BS	Long Jump 1			200m	Discus 1				800m			
	Girls - Tina Towler	9		70m BS	Discus 1			200m	Long Jump 1				800m			
Under 11	Boys - TBC	9		100m	Shot Put 2			200m	Long Jump 2				800m			
	Girls - Roger Winders	19		100m	Long Jump 2	200m	Long Jump 2		Shot Put 2				800m			
Under 12	Boys - Martin Walker	15		100m	Shot Put 1	200m	Shot Put 1		High Jump 2				800m			
	Girls - Kali Everitt, Ella Collis	15		100m	High Jump 2			200m	Shot Put 1				800m			
Under 13	Boys - James Byrne, Anthony Dance	15		Javelin		200m	Triple Jump 1		400m	Triple Jump 1				800m		
	Girls - Tim Leonard	11		Triple Jump 1		200m	Triple Jump 1		Javelin		400m	800m				
Under 14	Boys - Thomas Mogensen, Rod Ockerby	9		High Jump 1		200m	Javelin		High Jump		400m	High Jump				800m
	Girls - Katie Ryan	6		High Jump 1		200m	Javelin		400m	Javelin				800m		
Under 15-16	Boys - Thomas Mogensen, Rod Ockerby	4		High Jump 1		200m	Javelin		High Jump		400m	High Jump				800m
	Girls - Megan Rosenbrock, Alex Woods	13		High Jump 1		200m	Javelin		400m	Javelin				800m		

HURDLE HEIGHTS, MARKINGS AND FLIGHTS

Distance	Age Group	Height	Markings	Flights
60m	U8, U9	45cm	Orange	6 Flights
	U10, U11	60cm	Orange	6 Flights
	U12	68cm	Orange	6 Flights
80m	U13, U14G	76cm		9 Flights

Shot Put Weights

Age	Boys	Girls
U6, U7	1kg (red)	1kg (red)
U8	1.5 kg (purple)	1.5 kg (purple)
U9, U10, U11	2kg (yellow)	2kg (yellow)
U12	3kg (green)	2kg (yellow)

Discus Weights

Age	Boys	Girls
U6, U7	350g (red)	350g (red)
U8, U9, U10	500g (yellow)	500g (yellow)
U11, U12	750g (green)	750g (green)
U13	1kg (blue)	750g (green)

Javelin

Age	Boys	Girls
U10	Turbo	Turbo
U11 - U12	400 g Red	400 g Red
U13 - U14	600 g Yellow	400 g Red
U15	600 g Yellow	500 g White