

Mentone Little Athletics - Program 2

Round 9

10-Dec-2016



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 - Stefan Nel (assistant Eden Pillay)	9	WARM UP	100m (2)	Discus 2 (350g)				On-Track				
	Girls - Jemima Hoult, Zoe C, Kisarna B	19		100m (1)	Discus 1 (350g)				On-Track				
Under 7	Boys - Jane Carter, Rebecca Symons	13		100m (3)	On-Track		200m	On-Track		Discus 2 (350g)			
	Girls - Sue Tobin, Daina K	15		100m (4)	On-Track		200m	On-Track		Discus 1 (350g)			
Under 8	Boys - Dani Francis, Laura B, Alice J	20		60m h (1)	High Jump 1			70m (2)		Shot Put 1 (1.5kg)			
	Girls - Madeline Woods	23		60m h (2)	Shot Put 1 (1.5kg)			70m (1)		High Jump 1			

* All hurdles are on the back straight

NOTES:

Set-Up at 7.30 = Under 6 Boys & Girls

Pack-Up = Under 11 Boys & Girls

BS = Back Straight

(#) = Track sequence for scheduling reasons

Under 9 - 16

Age Group			9:30 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	12:15 PM	
Under 9	Boys - Kevin Lowden	26	RELAYS & WARM UPS	LJ Pit 1	100m (4)	LJ Pit 1		60m H (7)	LJ Pit 1	Shot Put 3				800m				
	Girls - Tina Towler	16		Shot Put 3	100m (5)	Shot Put 3 (2kg)		60m H (8)	Shot Put 3	LJ Pit 2				800m				
Under 10	Boys - Steve Convy	11		TJ Pit 1	60m H (4)	TJ Pit 1		100m (11)	TJ Pit 1	Discus 1 (500g)				800m				
	Girls - Roger Winders	19		60m H (3)	TJ Pit 2				100m (12)	Discus 2 (500g)				800m				
Under 11	Boys - Martin Walker	18		Discus 2 (750g)		60m H (6)	Discus 2 (750g)		100m (14)	TJ Pit 2		400m (3)	PACK UP ARENA (ensure that throw events are completed)					
	Girls - Kali Everitt, Ella Collis	22		Discus 1 (750g)		60m H (5)	Discus 1 (750g)		100m (13)	TJ Pit 1		400m (4)						
Under 12	Boys - Jemima Hoult	18		60m H (2)	Javelin (400g)		100m (10)	Javelin (400g)		LJ Pit 1		400m (2)						
	Girls - Tim Leonard	13		60m H (1)	LJ Pit 2		100m (9)	LJ Pit 2		Javelin (400g)		400m (1)						
Under 13	Boys - Thomas Mogensen, Rod Ockerby	10		100m (3)	High Jump 1				200m H (2)		Shot Put 2				800m			
	Girls - Katie Ryan	10		Shot Put 2		100m (6)	Shot Put 2		200m H (1)		High Jump 1				800m			
Under 14	Boys - Glenda Smith, Maree Grech	7		100m (1)	High Jump 2				200m H (4)		Shot Put 1				800m			
	Girls - Alex Woods	15		Shot Put 1		100m (7)	Shot Put 1		200m H (3)		High Jump 2				800m			
Under 15-16	Boys - Glenda Smith, Maree Grech	7		100m (2)	High Jump 2				Shot Put 1		300m H (5)	Shot Put 1		800m				
	Girls - Megan Rosenbrock	12		Shot Put 1		100m (8)	Shot Put 1		High Jump 2		300m H (6)	High Jump 2		800m				

* All hurdles are on the Back Straight

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
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
U8	1.5 kg (purple)	1.5 kg (purple)
U9	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)
U10	500g (yellow)	500g (yellow)
U11	750g (green)	750g (green)

Javelin

Age	Boys	Girls
U12	400 g Red	400 g Red

Matting for LJ / TJ

Mat Size	U9 - U10	1.22m x 0.5m
Board Size	U11 - U16	1.22m x 0.2m

	THROWS						JUMPS					
	Discus 1	Discus 2	SP 1	SP 2	SP 3	Javelin	LJ 1	LJ 2	TJ 1	TJ 2	HJ 1	HJ 2
10:00	11 Girls	11 Boys	14, 15 & 16 Girls	13 Girls	9 Girls	12 Boys	9 Boys	12 Girls	10 Boys	10 Girls	13 Boys	14, 15 & 16 Boys
11:00	10 Boys	10 Girls	14, 15 & 16 Boys	13 Boys	9 Boys	12 Girls	12 Boys	9 Girls	11 Girls	11 Boys	13 Girls	14, 15 & 16 Girls

	Back Straight			Front Straight	
	60m Hurdles	6 flights (orange)		100 metres	
10:00	1	12 Girls	68 cm	1	14 Boys
	2	12 Boys	68 cm	2	15 & 16 Boys
	3	10 Girls	60 cm		
	4	10 Boys	60 cm	3	13 Boys
	5	11 Girls	60 cm	4	9 Boys
	6	11 Boys	60 cm	5	9 Girls
	7	9 Boys	45 cm	6	13 Girls
	8	9 Girls	45 cm	7	14 Girls
	Circular Track			8	15 & 16 Girls
10:50	200m Hurdles	5 flights (green)		9	12 Girls
	1	13 Girls	68 cm	10	12 Boys
	2	13 Boys	68 cm	11	10 Boys
	3	14 Girls	76 cm	12	10 Girls
	4	14 Boys	76 cm	13	11 Girls
11:20	300m Hurdles	7 flights (green)		14	11 Boys
	5	15 & 16 Boys	76 cm		
	6	15 & 16 Girls	76 cm		
11:40	400 Meters				
	1	12 Girls			
	2	12 Boys			
	3	11 Boys			
	4	11 Girls			
11:50	800 metres				
	Age group order & combinations will be flexible - based on numbers and arrival at start line				

Club policy for competing out of age group and/or programmed event is outlined on page 12 of the 2016-17 season handbook

Note to Track Marshalls and Starters

- All Athletes will compete in their respective age groups as stipulated on the program for the day.
- The Arena Manager has the discretion to combine age groups as per club policy outlined on page 12 of the 2016-17 handbook.

Note to Team Managers

- Requests for an athlete to compete outside of their age group or in a non-programmed event to be made by the Team Manager to the Arena Co-ordinator prior to commencement of the session.
- There are no guarantees to requests made.
- Points, PBs and records will not count in these circumstances although the athlete will be recorded as having competed.

Note to Finish line and IT/Records Manager

- As per club policy, Arena Co-ordinator will provide prior notification of athletes competing outside of the age group or in a non-programmed event. Points, PBs and records will not count in these circumstances although the athlete will be recorded as having competed.
- Races may be combined as per program and on the day at the discretion of the Arena Co-ordinator (as circumstances require). Results will count towards points, PBs and records.