

Mentone Little Athletics - Program 3

Round 11

3-Feb-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	Shot Put 2 (1kg)				
	Girls - Alex Woods	10		100m BS (2)	Long Jump 2		70m BS (2)	Long Jump	Shot Put 1 (1kg)				
Under 7	Boys - Stefan Nel, Eden Pillay	10		70m (1)	Shot Put 2 (1kg)			200m	Long Jump 1				
	Girls - Jemima Hoult, Zoe Cunningham	18		70m (2)	Shot Put 1 (1kg)			200m	Long Jump (TJ2)				
Under 8	Boys - Jane Carter, Janine Dixon	10		Discus 2 (500g)		70m (3)	Discus	Long Jump	400m	Long Jump (TJ1)			
	Girls - Sue Tobin	17		Discus 1 (500g)		70m (4)	Discus 1 (500g)		400m	Long Jump 2			
RELAYTHON							U6 Boys & Girls		U7 Boys & Girls		U8 Boys & Girls		

NOTES:
 Set-Up at 7.30 = Under 7 Boys & Girls
 Pack-Up = Under 9 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 PM	12:00 PM
Under 9	Boys - Laura Burgoine, Alice Jenner	19	WARM UP	100m BS (3)	Long Jump (TJ2)				200m (7)	Discus 2				700m Walk (1)		
	Girls - Madeline Woods, Holly Clayton	20		100m BS (4)	Discus 2			200m (6)	Long Jump (TJ2)							
Under 10	Boys - Kevin Lowden	17		100m BS (2)	High Jump 2				200m (5)	Shot Put 1						
	Girls - Tina Towler	9		100m BS (1)	Shot Put 2				200m (8)	High Jump 1				1100m Walk (2)		
Under 11	Boys - TBC	9		Long Jump 2			200m (4)	Javelin				800m (2)				
	Girls - Roger Winders	19		Long Jump 1		200m (1)	Long Jump 1					800m (1)	Javelin			
Under 12	Boys - Martin Walker	15		Shot Put 1			200m (2)	High Jump 2				800m				
	Girls - Kali Everitt, Ella Collis	15		High Jump 1			200m (3)	Shot Put 2				800m				
Under 13	Boys - James Byrne, Anthony Dance	15		100m (2)	Discus 1				Triple Jump 1		400m (5)	Triple Jump 1				
	Girls - Tim Leonard	11		100m (3)	Triple Jump 1				Discus 1		400m (6)	Discus 1				
Under 14	Boys - Thomas Mogensen, Rod Ockerby	9		100m (1)	Javelin		Long Jump 2			400m (3)						
	Girls - Katie Ryan	6		100m (4)	Javelin			400m (1)	Long Jump 1							
Under 15-16	Boys - Thomas Mogensen, Rod Ockerby	4		100m (1)	Javelin		Long Jump 2			400m (4)						
	Girls - Megan Rosenbrock, Alex Woods	13		100m (5)	Javelin			400m (2)	Long Jump 2							
RELAYTHON				U12 Boys & Girls			U14/15/16 Boys & Girls		U13 Boys & Girls		U11 Boys & Girls		U9 Boys & Girls		U10 Boys & Girls	

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

	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	13 Boys	9 Girls	12 Boys	10 Girls	not required	14/15/16 Boys	11 Girls	11 Boys	13 Girls	9 Boys for Long Jump	12 Girls	10 Boys
10:30 10:40						14/15/16 Girls						
11:00 11:10 11:20 11:30	13 Girls	9 Boys	10 Boys	12 Girls	not required	11 Boys	14/15/16 Girls	14/15/16 Boys	13 Boys	9 Girls for Long Jump	10 Girls	12 Boys
11:50						11 Girls						

Back Straight				Circular Track			
	100m				200m		
10:00	1	10 Girls		10:30	1	11 Girls	
	2	10 Boys			2	12 Boys	
	3	9 Boys		10:40	3	12 Girls	
	4	9 Girls			4	11 Boys	
				10:50	5	10 Boys	
					6	9 Girls	
				11:00	7	9 Boys	
					8	10 Girls	
Front Straight				Circular Track			
	100m				400m		
10:00	1	14/15/16 Boys		11:10	1	14 Girls	
	2	13 Boys			2	15/16 Girls	
	3	13 Girls		11:20	3	14 Boys	
	4	14 Girls			4	15/16 Boys	
	5	15/16 Girls		11:30	5	13 Boys	
					6	13 Girls	
					800m		
				11:40	1	11 Girls	
					2	11 Boys	
				11:50	3	12 Girls	
					4	12 Boys	

Club policy for competing out of age group and/or programmed event is outlined on page 13 of the 2017-18 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 13 of the 2017-18 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.