

Mentone Little Athletics - MULTI EVENT

Round 10

20-Jan-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 | Long Jump 2 | 70m BS (3)               | Long Jump 2 |         | 100m    | Shot Put 2 (under trees) |         |         |         |
|           | Girls - Alex Woods                   | 10 |         | Shot Put 1  | 100m (3)                 | Shot Put 1  |         | 70m BS  | Long Jump 2              |         |         |         |
| Under 7   | Boys - Stefan Nel, Eden Pillay       | 10 |         | 70m BS (2)  | Long Jump 1              |             |         | 100m    | Shot Put 1               |         |         |         |
|           | Girls - Jemima Hoult, Zoe Cunningham | 18 |         | 100m (2)    | Shot Put 2 (under trees) |             |         | 70m BS  | Long Jump 1              |         |         |         |
| Under 8   | Boys - Jane Carter, Janine Dixon     | 10 |         | 70m BS (1)  | Discus                   |             |         | 100m    | Long Jump TJ1            |         |         |         |
|           | Girls - Sue Tobin                    | 17 |         | 100m (1)    | Long Jump TJ1            |             |         | 70m BS  | Discus                   |         |         |         |

**NOTES:**  
 Set-Up at 7.30 = Under 8 Boys & Girls  
 Pack-Up = Under 10 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 - Laura Burgoine, Alice Jenner   | 19 | WARM UP | 60m H (1) | Discus 2    |                 |           |                 |             | 100m (11)  |                 |             |          | Long Jump (TJ1) |          | 800m     |          |
|             | Girls - Madeline Woods, Holly Clayton | 20 |         | 60m H (2) |             |                 | 100m (6)  |                 |             | Shot Put 2 |                 |             |          | Long Jump (TJ2) |          | 800m     |          |
| Under 10    | Boys - Kevin Lowden                   | 17 |         | Long Jump | 60m H (3)   | Long Jump (TJ1) |           | 100m (8)        | Discus 2    |            |                 |             |          | 800m            |          |          |          |
|             | Girls - Tina Towler                   | 9  |         | Long Jump | 60m H (4)   | Long Jump (TJ2) |           |                 | 100m (9)    |            |                 |             |          | Shot Put 2      |          | 800m     |          |
| Under 11    | Boys - TBC                            | 9  |         |           |             | 60m H (5)       |           | Long Jump (TJ1) |             |            |                 | 100m (14)   | Discus 2 |                 | 800m     |          |          |
|             | Girls - Roger Winders                 | 19 |         |           | Shot Put 2  |                 | 60m H (6) | Shot Put 2      |             | 100m (10)  | Long Jump (TJ2) |             |          |                 | 800m     |          |          |
| Under 12    | Boys - Martin Walker                  | 15 |         |           | Discus 1    |                 |           |                 | 60m H (7)   |            |                 | 100m (13)   |          | Long Jump 1     |          | 800m     |          |
|             | Girls - Kali Everitt, Ella Collis     | 15 |         |           | Long Jump 2 |                 |           |                 | 60m H (8)   |            |                 | 100m (12)   |          | Shot Put 1      |          | 800m     |          |
| Under 13    | Boys - James Byrne, Anthony Dance     | 15 |         |           | Long Jump 1 |                 |           | 100m (7)        | Discus 1    |            | 80m H (9)       | Discus 1    |          |                 | 800m     |          |          |
|             | Girls - Tim Leonard                   | 11 |         |           | 100m (3)    |                 |           | Shot Put 1      |             | 80m H (10) | Shot Put 1      |             |          | Long Jump 2     |          | 800m     |          |
| Under 14    | Boys - Thomas Mogensen, Rod Ockerby   | 9  |         |           | 100m (4)    |                 |           | Long Jump 1     |             |            | 90m H (13)      | Long Jump 1 |          | Discus 1        |          | 800m     |          |
|             | Girls - Katie Ryan                    | 6  |         |           | 200m (1)    | Shot Put 1      |           |                 | Long Jump 2 |            | 80m H (11)      | Long Jump 2 |          |                 | 800m     |          |          |
| Under 15-16 | Boys - Thomas Mogensen, Rod Ockerby   | 4  |         |           | 100m (5)    |                 |           | Long Jump 1     |             |            |                 | 100m H (14) | Discus 1 |                 | 800m     |          |          |
|             | Girls - Megan Rosenbrock, Alex Woods  | 13 |         |           | 200m (2)    | Shot Put 1      |           |                 | Long Jump 2 |            | 90m H (12)      | Long 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  |
| 80m      | U13, U14G        | 76cm   | Black    | 9 Flights  |
| 90m      | U14B, U15G, U16G | 76cm   | White    | 9 Flights  |
| 100m     | U15B, U16B       | 76cm   | Yellow   | 10 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     | LJ 1             | LJ 2              | TJ 1    | TJ 2     |
| 10:00 | 12 Boys          | 9 Boys   | 14/15/16<br>Girls | 11 Girls | 13 Boys          | 12 Girls          | 10 Boys | 10 Girls |
| 10:50 | 13 Boys          | 10 Boys  | 13 Girls          | 9 Girls  | 14/15/16<br>Boys | 14/15/16<br>Girls | 11 Boys | 11 Girls |
| 11:30 | 14/15/16<br>Boys | 11 Boys  | 12 Girls          | 10 Girls | 12 Boys          | 13 Girls          | 9 Boys  | 9 Girls  |

|  | Back Straight       |                            |                          | Front Straight    |               |
|--|---------------------|----------------------------|--------------------------|-------------------|---------------|
|  | 60m Hurdles         | 6 flights (orange)         |                          | 200 metres        |               |
| 10:00  | 1                   | 9 Boys                     | 45 cm                    | 1                 | 14 Girls      |
|  | 2                   | 9 Girls                    | 45 cm                    | 2                 | 15 & 16 Girls |
|  | 3                   | 10 Boys                    | 60 cm                    |                   |               |
|  | 4                   | 10 Girls                   | 60 cm                    | <b>100 metres</b> |               |
|  | 5                   | 11 Boys                    | 60 cm                    | 3                 | 13 Girls      |
|  | 6                   | 11 Girls                   | 60 cm                    | 4                 | 14 Boys       |
|  | 7                   | 12 Boys                    | 68 cm                    | 5                 | 15 & 16 Boys  |
|  | 8                   | 12 Girls                   | 68 cm                    |                   |               |
|  |                     | <b>80m Hurdles</b>         | <b>9 flights (black)</b> | 6                 | 9 Girls       |
|  | 9                   | 13 Boys                    | 68 cm                    | 7                 | 13 Boys       |
|  | 10                  | 13 Girls                   | 68 cm                    | 8                 | 10 Boys       |
|  | 11                  | 14 Girls                   | 76 cm                    | 9                 | 10 Girls      |
|  |                     | <b>90m Hurdles</b>         | <b>9 flights (white)</b> | 10                | 11 Girls      |
|  | 12                  | 15 & 16 Girls              | 76 cm                    | 11                | 9 Boys        |
| 13   | 14 Boys             | 76 cm                      | 12                       | 12 Girls          |               |
|  | <b>100m Hurdles</b> | <b>10 flights (yellow)</b> | 13                       | 12 Boys           |               |
| 14   | 15 & 16 Boys        | 76 cm                      | 14                       | 11 Boys           |               |
| <b>Circular</b>  |                     |                            |                          |                   |               |
| <b>800 metres</b>  |                     |                            |                          |                   |               |
| 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 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.