

Mentone Little Athletics - MULTI EVENT

Round 10

21-Jan-2017



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	Long Jump 2	70m BS (3)	Long Jump 2		100m	Shot Put 2 (under trees)			
	Girls - Jemima Hoult, Zoe C, Kisarna B	19		Shot Put 1	100m (3)	Shot Put 1		70m BS	Long Jump 2			
Under 7	Boys - Jane Carter, Rebecca Symons	13		70m BS (2)	Long Jump 1			100m	Shot Put 1			
	Girls - Sue Tobin, Daina K	15		100m (2)	Shot Put 2 (under trees)			70m BS	Long Jump 1			
Under 8	Boys - Dani Francis, Laura B, Alice J	20		70m BS (1)	Discus			100m	Long Jump TJ1			
	Girls - Madeline Woods	23		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 - Kevin Lowden	26	WARM UP	60m H (1)	Discus 2					100m (11)			Long Jump (TJ1)		800m		
	Girls - Tina Towler	16		60m H (2)			100m (6)		Shot Put 2				Long Jump (TJ2)		800m		
Under 10	Boys - Steve Convy	11		Long Jump	60m H (3)	Long Jump (TJ1)		100m (8)	Discus 2				800m				
	Girls - Roger Winders	19		Long Jump	60m H (4)	Long Jump (TJ2)			100m (9)		Shot Put 2				800m		
Under 11	Boys - Martin Walker	18				60m H (5)		Long Jump (TJ1)				100m (14)	Discus 2		800m		
	Girls - Kali Everitt, Ella Collis	22		Shot Put 2		60m H (6)	Shot Put 2		100m (10)	Long Jump (TJ2)				800m			
Under 12	Boys - Jemima Hoult	18		Discus 1				60m H (7)			100m (13)		Long Jump 1		800m		
	Girls - Tim Leonard	13		Long Jump 2				60m H (8)			100m (12)		Shot Put 1		800m		
Under 13	Boys - Thomas Mogensen, Rod Ockerby	10		Long Jump 1			100m (7)	Discus 1		80m H (9)	Discus 1		800m				
	Girls - Katie Ryan	10			100m (3)			Shot Put 1	80m H (10)	Shot Put 1		Long Jump 2		800m			
Under 14	Boys - Glenda Smith, Maree Grech	7			100m (4)		Long Jump 1			90m H (13)	Long Jump 1		Discus 1		800m		
	Girls - Alex Woods	15		200m (1)	Shot Put 1			Long Jump 2		80m H (11)	Long Jump 2		800m				
Under 15-16	Boys - Glenda Smith, Maree Grech	7			100m (5)		Long Jump 1				100m H (14)	Discus 1		800m			
	Girls - Megan Rosenbrock	12		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	TJ2
10:00	12 Boys	9 Boys	14/15/16 Girls	11 Girls	13 Boys	12 Girls	10 Boys	10 Girls
10:50	13 Boys	10 Boys	13 Girls	9 Girls	14/15/16 Boys	14/15/16 Girls	11 Boys	11 Girls
11:30	14/15/16 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	100 metres	
	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		
		80m Hurdles	9 flights (black)	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
		90m Hurdles	9 flights (white)	10	11 Girls
	12	15 & 16 Girls	76 cm	11	9 Boys
13	14 Boys	76 cm	12	12 Girls	
	100m Hurdles	10 flights (yellow)	13	12 Boys	
14	15 & 16 Boys	76 cm	14	11 Boys	
	Circular				
	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.