

Mentone Little Athletics - Program 3 / COMBO DAY **Round 10**

26-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 - Martin Walker	WARM UP	70m BS	Long Jump (TJ1)		100m	LJ (TJ1)	Shot Put 2 (1kg)				
	Girls - Sue Tobin		70m BS	Long Jump 1		100m	LJ1	Shot Put 1 (1kg)				
Under 7	Boys - Milly Webster, Mia Grav		Shot Put 2 (1kg)	70m BS	Shot Put 2 (1kg)		200m	Long Jump (TJ1)				
	Girls - Alex Woods		Shot Put 1 (1kg)	70m	Shot Put 1 (1kg)		200m	Long Jump 1				
Under 8	Boys - Stefan Nel, Eden Pillay		70m	Long Jump 2				400m	Discus 2			
	Girls - Anthony Dance		70m	Long Jump (TJ2)				400m	Discus 1			

NOTES:
 Set-Up at 7.30 = **Under 8 Boys & Girls**
 Pack-Up = **Under 10 Boys & Girls**
 BS = Back Straight

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 - Janine Dixon	WARM UP	Discus 2	60m H	Discus 2				100m		Long Jump (TJ1)		800m					
	Girls - Jemima Hoult, Zoe Cunningham		Long Jump (TJ1)	60m H	Long Jump	100m	Long Jump (TJ1)	Shot Put 2			800m							
Under 10	Boys - Laura Burgoine				60m H		100m	Discus 2			Long Jump (TJ2)					800m		
	Girls - Maddy Woods, Holly Clavton		Long Jump (TJ2)		60m H	Long Jump (TJ2)		100m			Shot Put 2		800m					
Under 11	Boys - TBC					60m H		Long Jump (TJ1)		100m	Discus 2						800m	
	Girls - Alex Woods			Shot Put 2		60m H	Shot Put 2	100m	Long Jump (TJ2)		800m							
Under 12	Boys - Kev Lowden			Discus 1			80m H		100m		Long Jump 1		800m					
	Girls - Roger Winders			Long Jump 2		80m H			100m		Shot Put 1		800m					
Under 13	Boys - Tanya Stefanec		Long Jump 1		100m	Discus 1		80m H	Discus 1			800m						
	Girls - Kali Everitt, Rebecca Augustine			100m		Shot Put 1		80m H	Shot Put 1		Long Jump 2		800m					
Under 14, 15, 16	Boys - Thomas Mogensen, Luke McHugh				100m	Long Jump 1			90/100m H		Discus 1					800m		
	Girls - Katie Ryan, Tony Francis		200m	Shot Put 1		Long Jump 2			80/90m H				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
80m	U12	68cm	Black	9 Flights
	U13, U14G	76cm	Black	9 Flights
90m	U14B, U15G, U16G	76cm	White	9 Flights
100m	U15B, U16B	76cm	Yellow	10 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
U6, U7	1kg (red)	1kg (red)
U8	1.5 kg (purple)	1.5 kg (purple)
U9, U10	2kg (yellow)	2kg (yellow)
U11, U12	2kg (yellow)	2kg (yellow)
U13, U14	3kg (green)	3kg (green)
U15/16	4kg (blue)	3kg (green)

Javelin

Age	Boys	Girls
U6-U10	Vortex/Turbo	Vortex/Turbo
U11 - U12	400 g Red	400 g Red
U13 - U14	600 g Yellow	400 g Red
U15/U16	700 g Blue	500 g White

Matting for LJ / TJ

Mat Size	U6-U8	1.22m x 1.0m
Mat Size	U9 - U10	1.22m x 0.5m
Board Size	U11 - U16	1.22m x 0.2m

Discus Weights

Age	Boys	Girls
U6, U7	350g (red)	350g (red)
U8, U9	500g (yellow)	500g (yellow)
U10, U11	500g (yellow)	500g (yellow)
U12, U13	750g (green)	750g (green)
U14, U15/16	1kg (blue)	1kg (blue)