

Mentone Little Athletics - Program 3

Round 11

4-Feb-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)	10	WARM UP	100m (2) BS	Long Jump 1			70m BS	Shot Put 2 (1kg)					
	Girls - Jemima Hoult, Zoe C, Kisarna B	21		100m (1) BS	Long Jump 2			70m BS	Shot Put 1 (1kg)					
Under 7	Boys - Jane Carter, Rebecca Symons	15		70m (1)	Shot Put 2 (1kg)			200m	Long Jump 1					
	Girls - Sue Tobin, Daina K	15		70m (2)	Shot Put 1 (1kg)			200m	Long Jump 2					
Under 8	Boys - Dani Francis, Laura B, Alice J	24		70m (3)	Discus 2 (500g)				400m	Long Jump (TJ1)				
	Girls - Madeline Woods	23		70m (4)	Discus 1 (500g)				400m	Long Jump (TJ2)				

NOTES:

Set-Up at 7.30 = Under 7 Boys & Girls

Pack-Up = Under 9 Boys & Girls

BS = Back Straight

(#) = Track sequence for scheduling reasons

\* On Track will run until Christmas Break

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 - Kevin Lowden	26	Warm Up	100m BS (3)	Long Jump (TJ2)				200m (7)	Discus 2					700m Walk (1)	
	Girls - Tina Towler	16		100m BS (4)	Discus 2			200m (6)	Long Jump (TJ2)					700m Walk (1)		
Under 10	Boys - Steve Convy	11		100m BS (2)	High Jump 2				200m (5)	Shot Put 1					1100m Walk (2)	
	Girls - Roger Winders	20		100m BS (1)	High Jump 1				200m (8)	Shot Put 2					1100m Walk (2)	
Under 11	Boys - Martin Walker	19		Long Jump 2			200m (4)	Javelin					800m (2)	1100m Walk (2)		
	Girls - Kali Everitt, Ella Collis	22		Long Jump 1		200m (1)	Long Jump 1			800m (1)			Javelin	1100m Walk (2)		
Under 12	Boys - Jemima Hoult	18		Shot Put 1			200m (2)	High Jump 2					800m	1500m Walk (3)		
	Girls - Tim Leonard	13		Shot Put 2			200m (3)	High Jump 1					800m	1500m Walk (3)		
Under 13	Boys - Thomas Mogensen, Rod Ockerby	11		100m (2)	Discus 1				Triple Jump 1		400m (5)	Triple Jump 1			1500m Walk (3)	
	Girls - Katie Ryan	10		100m (3)	Triple Jump 1				Discus 1		400m (6)	Discus 1			1500m Walk (3)	
Under 14	Boys - Glenda Smith, Maree Grech	7		100m (1)	Javelin		Long Jump 2				400m (3)	1500m Walk (4)				
	Girls - Alex Woods	15		100m (4)	Javelin				400m (1)	Long Jump 1					1500m Walk (4)	
Under 15-16	Boys - Glenda Smith, Maree Grech	7		100m (1)	Javelin		Long Jump 2				400m (4)	1500m Walk (4)				
	Girls - Megan Rosenbrock	12		100m (5)	Javelin				400m (2)	Long Jump 2					1500m Walk (4)	

Shot Put Weights

Age	Boys	Girls
U6, U7	1kg (red)	1kg (red)
U9, U10, U11	2kg (yellow)	2kg (yellow)
U12	3kg (green)	2kg (yellow)

Discus Weights

Age	Boys	Girls
U8, U9, U10	500g (yellow)	500g (yellow)
U13	1kg (blue)	750g (green)

Javelin

Age	Boys	Girls
U11 - U12	400 g Red	400 g Red
U13 - U14	600 g Yellow	400 g Red
U15	600 g Yellow	500 g White
U16	700 g Blue	500 g White

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	Javelin	LJ 1	LJ 2	TJ 1	TJ 2	HJ 1	HJ 2
10:00	13 Boys	9 Girls	12 Boys	12 Girls	14/15/16 Boys	11 Girls	11 Boys	13 Girls	9 Boys for Long Jump	10 Girls	10 Boys
10:30					14/15/16 Girls		14/15/16 Boys				
11:00	13 Girls	9 Boys	10 Boys	10 Girls	11 Girls	14 Girls	15/16 Girls	13 Boys	9 Girls for Long Jump	12 Girls	12 Boys
11:20					11 Boys						
11:30											
11:50											

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				400m			
100m				800m			
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	
				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 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.