

Mentone Little Athletics - Program 1

Round 12

10-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 | Long Jump  | 70m BS (4) | Long Jump1 | 100m BS (2) | Long Jump1 | Shot Put 1      |         |         |         |
|           | Girls - Alex Woods                   | 10 |         | Long Jump  | 70m BS (3) | Long Jump2 | 100m BS (1) | Long Jump2 | Shot Put 2      |         |         |         |
| Under 7   | Boys - Stefan Nel, Eden Pillay       | 10 |         | 70m BS (2) | Shot Put 1 |            | 100m (2)    | Shot Put   | Long Jump 1     |         |         |         |
|           | Girls - Jemima Hoult, Zoe Cunningham | 18 |         | 70m BS (1) | Shot Put 2 |            | 100m (1)    | Shot Put   | Long Jump 2     |         |         |         |
| Under 8   | Boys - Jane Carter, Janine Dixon     | 10 |         | 100m (2)   | Discus 2   |            |             | 200m       | Long Jump (TJ1) |         |         |         |
|           | Girls - Sue Tobin                    | 17 |         | 100m (1)   | Discus 1   |            |             | 200m       | Long Jump (TJ2) |         |         |         |

**NOTES:**  
 Set-Up at 7.30 = Under 6 Boys & Girls  
 Pack-Up = Under 12 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 | 60m H (2)     | Shot Put 2  |             | 100m (1)      | Shot Put 2  |             | High Jump 1                             |          | 400m (2) | High Jump 1 |          |          |          |  |
|             | Girls - Madeline Woods, Holly Clayton | 20 |         | 60m H (1)     | High Jump 1 |             | 100m (2)      | High Jump 1 |             | Shot Put 2                              |          | 400m (1) | Shot Put 2  |          |          |          |  |
| Under 10    | Boys - Kevin Lowden                   | 17 |         | 60m H (3)     | Long Jump 1 |             |               |             | 100m (6)    | Turbo Jav                               |          | 400m (1) | Turbo Jav   |          |          |          |  |
|             | Girls - Tina Towler                   | 9  |         | Turbo Jav     | 60m H (4)   | Turbo Jav   |               | 100m (3)    | Turbo Jav   | Long Jump 2                             |          |          | 400m (3)    |          |          |          |  |
| Under 11    | Boys - TBC                            | 9  |         | High Jump 2   | 60m H (6)   | High Jump 2 |               | 100m (4)    | High Jump 2 | Shot Put 1                              |          |          |             | 1500m    |          |          |  |
|             | Girls - Roger Winders                 | 19 |         | Shot Put 1    | 60m H (5)   | Shot Put 1  |               | 100m (5)    | Shot Put 1  | High Jump 2                             |          |          |             | 1500m    |          |          |  |
| Under 12    | Boys - Martin Walker                  | 15 |         | Triple Jump 1 |             | 60m H (7)   | Triple Jump 1 |             | 100m (7)    | Discus 2 (use D1 if girls are finished) |          |          |             | 1500m    |          |          |  |
|             | Girls - Kali Everitt, Ella Collis     | 15 |         | Discus 1      |             | 60m H (8)   | Discus 1      |             | 100m (8)    | Triple Jump 2                           |          |          |             | 1500m    |          |          |  |
| Under 13    | Boys - James Byrne, Anthony Dance     | 15 |         |               |             |             |               |             |             |   |          |          |             |          |          |          |  |
|             | Girls - Tim Leonard                   | 11 |         |               |             |             |               |             |             |   |          |          |             |          |          |          |  |
| Under 14    | Boys - Thomas Mogensen, Rod Ockerby   | 9  |         |               |             |             |               |             |             |   |          |          |             |          |          |          |  |
|             | Girls - Katie Ryan                    | 6  |         |               |             |             |               |             |             |   |          |          |             |          |          |          |  |
| Under 15-16 | Boys - Thomas Mogensen, Rod Ockerby   | 4  |         |               |             |             |               |             |             |   |          |          |             |          |          |          |  |
|             | Girls - Megan Rosenbrock, Alex Woods  | 13 |         |               |             |             |               |             |             |   |          |          |             |          |          |          |  |

THE CIRCUIT  
 Host: Sandringham Little Aths

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, U16        | 76cm   | Yellow   | 10 Flights |
| 200m     | U13              | 76cm   | Green    | 5 Flights  |
| 200m     | U14              | 76cm   | Green    | 5 Flights  |
| 300m     | U15, U16         | 76cm   | Green    | 7 Flights  |

Shot Put Weights

| Age          | Boys   | Girls |
|--------------|--------|-------|
| U6           | 1 kg   |       |
| U8           | 1.5 kg |       |
| U9, U10, U11 | 2 kg   |       |
| U12          | 3 kg   | 2 Kg  |
| U13,U14      | 3 kg   | 3 kg  |
| U15,U16      | 4 kg   | 3 kg  |

Discus Weights

| Age         | Boys         | Girls |
|-------------|--------------|-------|
| U6, U7      | 350g         |       |
| U8          | 500g         |       |
| U12         | 750g (green) |       |
| U14, U15/16 | 1kg (blue)   |       |

Javelin

| Age     | Boys  | Girls |
|---------|-------|-------|
| U10     | Turbo | Turbo |
| U11-U12 | 400g  | 400g  |
| U13     | 600g  | 400g  |
| U15     | 600g  | 500 g |
| U16     | 700g  | 500 g |

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 |

|       | THROWS   |          |          |         |          | JUMPS    |          |      |         |          |
|-------|----------|----------|----------|---------|----------|----------|----------|------|---------|----------|
|       | Discus 1 | Discus 2 | SP 1     | SP 2    | Javelin  | LJ 1     | TJ 1     | TJ 2 | HJ 1    | HJ 2     |
| 10:00 | 12 Girls |          | 11 Girls | 9 Boys  | 10 Girls | 10 Boys  | 12 Boys  |      | 9 Girls | 11 Boys  |
| 11:00 |          | 12 Boys  | 11 Boys  | 9 Girls | 10 Boys  | 10 Girls | 12 Girls |      | 9 Boys  | 11 Girls |

|       | Back Straight |                    |       | Front Straight  |          |
|-------|---------------|--------------------|-------|---|----------|
|       | 60m Hurdles   | 6 flights (orange) |       | 100 metres  |          |
| 10:30 | 1             | 9 Girls            | 45 cm | 1   | 9 Boys   |
|       | 2             | 9 Boys             | 45 cm | 2   | 9 Girls  |
|       | 3             | 10 Boys            | 60 cm | 3   | 10 Girls |
|       | 4             | 10 Girls           | 60 cm | 4   | 11 Boys  |
|       | 5             | 11 Boys            | 60 cm | 5   | 11 Girls |
|       | 6             | 11 Girls           | 60 cm | 6   | 10 Boys  |
|       | 7             | 12 Boys            | 68 cm | 7   | 12 Boys  |
|       | 8             | 12 Girls           | 68 cm | 8   | 12 Girls |
|       |               |                    |       | Circular Track  |          |
|       |               |                    |       | 400 metres  |          |
|       |               |                    |       | Age group order flexible - based on arrival times             |          |
|       |               |                    |       | 1500 metres   |          |
|       |               |                    |       | Age group order & combinations will flexible based on numbers |          |
|       |               |                    |       |   |          |
|       |               |                    |       |   |          |
|       |               |                    |       |   |          |
|       |               |                    |       |   |          |

*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 guarantes 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 poilicy, 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 Arecan Co-ordinator (as circumstances require). Results will count towards points, PBs and records.