

Mentone Little Athletics - Program 2

Round 13

25-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)	9	WARM UP	70m (BS) (2)	Discus 2 (350g)		100m (3)		Long Jump Pit 1				
	Girls - Jemima Hoult, Zoe C, Kisarna B	19		70m (BS) (1)	Discus 1 (350g)		100m (4)		Long Jump Pit 2				
Under 7	Boys - Jane Carter, Rebecca Symons	13		100m (2)	Long Jump Pit 1				200m	Discus 2 (350g)			
	Girls - Sue Tobin, Daina K	15		100m (1)	Long Jump Pit 2				200m	Discus 1 (350g)			
Under 8	Boys - Dani Francis, Laura B, Alice J	20		High Jump 1				70m (BS) (2)	Shot Put 1 (1.5kg)				60m H (1)
	Girls - Madeline Woods	23		Shot Put 1 (1.5kg)			70m (BS) (1)	High Jump 1				60m H (2)	

NOTES:
 Set-Up at 7:30 = Under 8 Boys & Girls
 Pack-Up = Under 12 Boys & Girls
 BS = Back Straight
 (#) = Track sequence for scheduling reasons

* All hurdles are on the 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
Under 9	Boys - Kevin Lowden	26	WARM UP	60m H (2)	LJ Pit 1		100m (9)	LJ Pit 1		Shot Put 3 (2kg)				800m		
	Girls - Tina Towler	16		60m H (1)	Shot Put 3		100m (10)	Shot Put 3 (2kg)		LJ Pit 2				800m		
Under 10	Boys - Steve Convy	11		TJ Pit 1	60m H (4)	TJ Pit 1		100m (11)	TJ Pit 1	Discus 1 (500g)				800m		
	Girls - Roger Winders	19		TJ Pit 2	60m H (3)	TJ Pit 2		100m (12)	TJ Pit 2	Discus 2 (500g)				800m		
Under 11	Boys - Martin Walker	18		Discus 2 (750g)		60m H (6)	Discus 2 (750g)		100m (14)	TJ Pit 2		400m (3)				
	Girls - Kali Everitt, Ella Collis	22		Discus 1 (750g)		60m H (5)	Discus 1 (750g)		100m (13)	TJ Pit 1		400m (4)				
Under 12	Boys - Jemima Hoult	18		Javelin	100m (4)	Javelin		60m H (8)	Javelin	LJ Pit 1		400m (2)	PACK UP ARENA			
	Girls - Tim Leonard	13		LJ Pit 2	100m (5)	LJ Pit 2		60m H (7)	LJ Pit 2	Javelin		400m (1)	(ensure that throw events are completed)			
Under 13	Boys - Thomas Mogensen, Rod Ockerby	10		100m (3)	High Jump 1				200m H (2)	Shot Put 2				800m		
	Girls - Katie Ryan	10		Shot Put 2		100m (6)	Shot Put 2		200m H (1)	High Jump 1				800m		
Under 14	Boys - Glenda Smith, Maree Grech	7		100m (1)	High Jump 2				200m H (4)	Shot Put 1				800m		
	Girls - Alex Woods	15		Shot Put 1		100m (7)	Shot Put 1		200m H (3)	High Jump 2				800m		
Under 15-16	Boys - Glenda Smith, Maree Grech	7		100m (2)	High Jump 2				Shot Put 1	300m H (5)	Shot Put 1		800m			
	Girls - Megan Rosenbrock	12		Shot Put 1		100m (8)	Shot Put 1		High Jump 2	300m H (6)	High 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
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
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	SP 3	Javelin	LJ 1	LJ 2	TJ 1	TJ 2	HJ 1	HJ 2
10:00	11 Girls	11 Boys	14, 15 & 16 Girls	13 Girls	9 Girls	12 Boys	9 Boys	12 Girls	10 Boys	10 Girls	13 Boys	14, 15 & 16 Boys
11:00	10 Boys	10 Girls	14, 15 & 16 Boys	13 Boys	9 Boys	12 Girls	12 Boys	9 Girls	11 Girls	11 Boys	13 Girls	14, 15 & 16 Girls

	Back Straight			Front Straight			
	60m Hurdles	6 flights (orange)		100 metres			
10:00	1	9 Girls		45 cm	1	14 Boys	
	2	9 Boys		45 cm	2	15 & 16 Boys	
	3	10 Girls		60 cm			
	4	10 Boys		60 cm	3	13 Boys	
	5	11 Girls		60 cm	4	12 Boys	
	6	11 Boys		60 cm	5	12 Girls	
	7	12 Girls		68 cm	6	13 Girls	
	8	12 Boys		68 cm	7	14 Girls	
	Circular Track				8	15 & 16 Girls	
10:50	200m Hurdles	5 flights (green)			9	9 Boys	
	1	13 Girls		68 cm	10	9 Girls	
	2	13 Boys		68 cm	11	10 Boys	
	3	14 Girls		76 cm	12	10 Girls	
	4	14 Boys		76 cm	13	11 Girls	
11:20	300m Hurdles	7 flights (green)			14	11 Boys	
	5	15 & 16 Boys		76 cm			
	6	15 & 16 Girls		76 cm			
11:40	400 Meters						
	1	12 Girls					
	2	12 Boys					
	3	11 Boys					
	4	11 Girls					
11:50	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.