

Mentone Little Athletics - Program 3 - Relayathon

Round 14

9th March 2019



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	Long Jump (TJ1)		100m	U (TJ1)	Relayathon U6's		Shot Put 2 (1kg)		
	Girls - Sue Tobin		70m	Long Jump 1		100m	LJ1	Relayathon U6's		Shot Put 1 (1kg)		
Under 7	Boys - Milly Webster, Mia Gray		70m	Shot Put 2 (1kg)			200m	Long Jump (TJ1)		Relayathon U7's		
	Girls - Alex Woods		Shot Put 1 (1kg)	70m	Shot Put 1 (1kg)		200m	Long Jump 1		Relayathon U7's		
Under 8	Boys - Stefan Nel, Eden Pillay		Long Jump 2	70m	Long Jump 2		Relayathon U8's		400m	Discus 2		
	Girls - Anthony Dance		Long Jump (TJ2)	70m	Long Jump (TJ2)		Relayathon U8's		400m	Discus 1		
						Relayathon U8's		Relayathon U6's		Relayathon U7's		

NOTES:

Set-Up at 7.30 = Under 7 Boys & Girls

Pack-Up = Under 11 Boys & Girls

BS = Back Straight

Relayathon in Lane 8 - multiply laps by 1.13

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	12:10 PM	
Under 9	Boys - Janine Dixon	Warm Up	100m	Long Jump (TJ2)	Relayathon U9's		Long Jump (TJ2)		200m	Discus 2			700m Walk				
	Girls - Jemima Houl, Zoe Cunningham		100m	Discus 2	Relayathon U9's		Discus 2		200m	Long Jump (TJ2)			700m Walk				
Under 10	Boys - Laura Burgoine		High Jump 2	100m	High Jump 2		Relayathon U10's		200m	Shot Put 1			1100m Walk				
	Girls - Maddy Woods, Holly Clayton		Shot Put 2	100m	Shot Put 2		Relayathon U10's		200m	High Jump 1			1100m Walk				
Under 11	Boys - TBC		800m	Relayathon U11's		Long Jump 2		200m	Javelin			1100m Walk					
	Girls - Alex Woods		800m	Relayathon U11's		Long Jump 1		200m	Javelin			1100m Walk					
Under 12	Boys - Kev Lowden	800m	Shot Put 1			200m	Shot Put 1	High Jump 2		Relayathon U12's		1500m Walk					
	Girls - Roger Winders	800m	High Jump 1			200m	High Jump 1	Shot Put 2		Relayathon U12's		1500m Walk					
Under 13	Boys - Tanya Stefanec	Warm Up	Triple Jump 1		100m	Triple Jump 1		Discus 1		400m	Relayathon U13's			1500m Walk			
	Girls - Kali Everitt, Bec Augustine		Triple Jump 1		100m	Triple Jump 1		Discus 1		400m	Relayathon U13's			1500m Walk			
Under 14, 15&16	Boys - Thomas Mogensen, Luke McHugh		Javelin			100m	Javelin		Relayathon U14-16's		Long Jump 1		400m	Long Jump 1		1500m Walk	
	Girls - Katie Ryan, Tony Francis		Javelin			100m	Javelin		Relayathon U14-16's		Long Jump 2		400m	Long Jump 2		1500m Walk	
			Relayathon U11's		Relayathon U9's		Relayathon U10's		Relayathon U14-16's		Relayathon U12's		Relayathon U13's				

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

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)

Matting for U / TJ

Mat Size	Age Group	Dimensions
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