

Mentone Little Athletics - Program 1

Round 15

18-Mar-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	Long Jump	70m BS (4)	Long Jump (Pit 2)		100m BS (2)	Shot Put 2				
	Girls - Jemima Hoult, Zoe C, Kisarna B	21		Long Jump	70m BS (3)	Long Jump (Pit 1)		100m BS (1)	Shot Put 1				
Under 7	Boys - Jane Carter, Rebecca Symons	15		70m BS (2)	Shot Put 2			100m	Long Jump (Pit 2)				
	Girls - Sue Tobin, Daina K	15		70m BS (1)	Shot Put 1			100m	Long Jump (Pit 1)				
Under 8	Boys - Dani Francis, Laura B, Alice J	24		100m (1)	Discus 1				200m	Long Jump (TJ Pit 2)			
	Girls - Madeline Woods	23		100m (2)	Long Jump (TJ Pit 1)				200m	Discus 1			

NOTES:
 Set-Up at 7:30 = Under 6 Boys & Girls
 Pack-Up = Under 10 Boys & Girls
 BS = Back Straight
 (#) = Track sequence for scheduling reasons

Under 9 - 16

All Hurdles on Back Straight

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 (3)	Shot Put 2 (2kg)		60m H (1)	Shot Put 2		High Jump 1	400m (2)	High Jump 1					
	Girls - Tina Towler	16		100m (2)	High Jump 1		60m H (2)	High Jump 1		Shot Put 2	400m (1)	Shot Put 2					
Under 10	Boys - Steve Convy	11		100m (1)	Turbo Jav		60m H (3)	Long Jump 1				400m (4)	Long Jump 1				
	Girls - Roger Winders	19		Long Jump 1	100m (4)	Long Jump 1		60m H (4)	Turbo Jav			400m (3)					
Under 11	Boys - Martin Walker	18		High Jump 2	100m (6)	High Jump 2		60m H (5)	High Jump 2		Shot Put 2		1500m				
	Girls - Kali Everitt, Ella Collis	22		Shot Put 1	100m (5)	Shot Put 2 (2kg)		60m H (6)	Shot Put 1		High Jump 2		1500m				
Under 12	Boys - Jemima Hoult	18		Triple Jump 1		100m (8)	Triple Jump 1		60m H (7)	Discus 2 (750g)				1500m			
	Girls - Tim Leonard	13		Discus 2 (750g)		100m (7)	Discus 2		60m H (8)	Triple Jump 1				1500m			
Under 13	Boys - Thomas Mogensen, Rod Ockerby	10			80m H (1)	Javelin				200m (2)	Long Jump 2				1500m		
	Girls - Katie Ryan	10		Long Jump 2	80m H (2)	Long Jump 2					200m (3)	Javelin			1500m		
Under 14	Boys - Glenda Smith, Maree Grech	7		90m H (2)	Discus 1 (1kg)					200m (1)	Triple Jump 2				1500m		
	Girls - Alex Woods	15		Triple Jump 2	80m H (3)	Triple Jump 2			Discus 1 (1kg)		200m (5)	Discus 1	1500m				
Under 15-16	Boys - Glenda Smith, Maree Grech	7		100m H (1)	Discus 1 (1kg)					200m (1)	Triple Jump 2				1500m		
	Girls - Megan Rosenbrock	12		90m H (3)	Triple Jump 2					200m (4)	Discus 1 (1kg)				1500m		

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, 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	
U8	1.5 kg	
U9, U10, U11	2kg	2kg
U12	3kg	2kg
U13, U14	3kg	3kg
U15	4kg	3kg
U16	4kg	3kg

Discus Weights

Age	Boys	Girls
U6, U7	350g	
U8, U9, U10	500g	
U11, U12	750g	
U13	1kg	750g
U14, U15, U16	1kg	

Javelin

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

LJ / TJ

Age	Mat/Board Size
U6-U8	1.22m x 1.0m
U9 - U10	1.22m x 0.5m
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	14, 15 & 16 Boys	12 Girls	11 Girls	9 Boys	10 Boys	10 Girls	13 Girls	12 Boys	14, 15 & 16 Girls	9 Girls	11 Boys
10:30					13 Boys						
10:50	15 & 16 Girls	12 Boys	11 Boys	9 Girls	10 Girls	10 Boys	13 Boys	12 Girls	14, 15 & 16 Boys	9 Boys	11 Girls
11:00					10 Girls						
11:10	14 Girls	12 Boys	11 Boys	9 Girls	10 Girls	10 Boys	13 Boys	12 Girls	14, 15 & 16 Boys	9 Boys	11 Girls
11:30					13 Girls						
11:40											
12:00											

	Back Straight			Front Straight		Club policy for competing out of age group and/or programmed event is outlined on page 12 of the 2016-17 season handbook
	100m Hurdles	10 flights (yellow)	76 cm	100 metres		
10:00	1	15 & 16 Boys	76 cm	1	10 Boys	Note to Track Marshalls and Starters <ul style="list-style-type: none"> 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.
	2	14 Boys	76 cm	2	9 Girls	
	3	15 & 16 Girls	76 cm	3	9 Boys	
	4	15 & 16 Girls	76 cm	4	10 Girls	
	5	11 Girls	76 cm	5	11 Girls	Note to Team Mangers <ul style="list-style-type: none"> Requests for an athlete to compete outside of their age group or in a non-programmed event to be made by the Team Manger 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.
	6	13 Boys	76 cm	6	11 Boys	
	7	13 Girls	76 cm	7	12 Girls	
	8	14 Girls	76 cm	8	12 Boys	
10:30	60m Hurdles	6 flights (orange)		Circular Track		Note to Finish line and IT/Records Manager <ul style="list-style-type: none"> 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 Areatn Co-ordinator (as circumstances require). Results will count towards points, PBs and records.
	1	9 Boys	45 cm	200 metres		
	2	9 Girls	45 cm	1	14, 15 & 16 Boys	
	3	10 Boys	60 cm	2	13 Boys	
	4	10 Girls	60 cm	3	13 Girls	
	5	11 Boys	60 cm	4	15,16 Girls	
	6	11 Girls	60 cm	5	14 Girls	
	7	12 Boys	68 cm			
	8	12 Girls	68 cm			
				1500 metres		
				Age group order & combinations will flexible - based on numbers and availability		