

Mentone Little Athletics - Program 3

Round 3

21-Oct-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 - TBC, Milly Webster	WARM UP	100m BS (1)	On track		70m BS (1)	On track	Shot Put 2 (1kg)				
	Girls - Alex Woods		100m BS (2)	On track		70m BS (2)	On track	Shot Put 1 (1kg)				
Under 7	Boys - Stefan Nel, Eden Pillay		70m (1)	Shot Put 2 (1kg)			200m	On track				
	Girls - Jemima Houlst, Zoe Cunningham		70m (2)	Shot Put 1 (1kg)			200m	On track				
Under 8	Boys - Jane Carter, Janine Dixon		70m (3)	Discus 2 (500g)				400m	On track			
	Girls - Sue Tobin		70m (4)	Discus 1 (500g)				400m	On track			

NOTES:

Set-Up at 7.30 = Under 6 Boys & Girls

Pack-Up = Under 11 Boys & Girls

BS = Back Straight

(#) = Track sequence for scheduling reasons

* On Track will run until Christmas Break

Under 9 - 16

Age Group		9:30 AM	9:40 AM	9:50 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
Under 9	Boys - Laura Burgoine, Alice Jenner	Warm Up	700m Walk (1)	100m BS (3)	Long Jump (TJ2)				200m (7)	Discus 2						
	Girls - Madeline Woods, Holly Clayton		700m Walk (1)	100m BS (4)	Discus 2			200m (6)	Long Jump (TJ2)							
Under 10	Boys - Kevin Lowden		1100m Walk (2)	100m BS (2)	High Jump 2			200m (5)	Shot Put 1							
	Girls - Tina Towler		1100m Walk (2)	100m BS (1)	Shot Put 2				200m (8)	High Jump 1						
Under 11	Boys - TBC		1100m Walk (2)	Long Jump 2			200m (4)	Javelin				800m (2)				
	Girls - Roger Winders		1100m Walk (2)	Long Jump 1		200m (1)	Long Jump 1		800m (1)			Javelin				
Under 12	Boys - Martin Walker		1500m Walk (3)	Shot Put 1			200m (2)	High Jump 2				800m				
	Girls - Kali Everitt, Ella Collis		1500m Walk (3)	High Jump 1			200m (3)	Shot Put 2				800m				
Under 13	Boys - James Byrne, Anthony Dance	1500m Walk (3)	100m (2)	Discus 1				Triple Jump 1		400m (5)	Triple Jump 1					
	Girls - Tim Leonard	1500m Walk (3)	100m (3)	Triple Jump 1				Discus 1		400m (6)	Discus 1					
Under 14	Boys - Thomas Mogensen, Rod Ockerby	1500m Walk (4)	100m (1)	Javelin		Long Jump 2			400m (3)							
	Girls - Katie Ryan	1500m Walk (4)	100m (4)	Javelin		400m (1)		Long Jump 1								
Under 15-16	Boys - Thomas Mogensen, Rod Ockerby	1500m Walk (4)	100m (1)	Javelin		Long Jump 2			400m (4)							
	Girls - Megan Rosenbrock, Alex Woods	1500m Walk (4)	100m (5)	Javelin		400m (2)		Long Jump 2								

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

Shot Put Weights

Age	Boys	Girls
U6, U7	1kg (red)	1kg (red)
U8	1.5 kg (purple)	1.5 kg (purple)
U9, U10, U11	2kg (yellow)	2kg (yellow)
U12	3kg (green)	2kg (yellow)

Discus Weights

Age	Boys	Girls
U6, U7	350g (red)	350g (red)
U8, U9, U10	500g (yellow)	500g (yellow)
U11, U12	750g (green)	750g (green)
U13	1kg (blue)	750g (green)

Javelin

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

	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	13 Boys	9 Girls	12 Boys	10 Girls	not required	14/15/16 Boys	11 Girls	11 Boys	13 Girls	9 Boys for Long Jump	12 Girls	10 Boys
10:30 10:40				14/15/16 Girls								
11:00 11:10 11:20 11:30	13 Girls	9 Boys	10 Boys	12 Girls	not required	11 Boys	14 Girls	14/15/16 Boys	13 Boys	9 Girls for Long Jump	10 Girls	12 Boys
11:50				11 Girls		15/16 Girls						

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				400m		
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	
					800m		
				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 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 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.