

Mentone Little Athletics - Program 3

Round 3

20-Oct-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 - Martin Walker	WARM UP	100m BS	On track		70m BS	On track	Shot Put 2 (1kg)				
	Girls - Sue Tobin		100m BS	On track		70m BS	On track	Shot Put 1 (1kg)				
Under 7	Boys - Milly Webster, Mia Gray		70m	Shot Put 2 (1kg)			200m	On track				
	Girls - Alex Woods		70m	Shot Put 1 (1kg)			200m	On track				
Under 8	Boys - Stefan Nel, Eden Pillay		70m	Long Jump 1				400m	On track			
	Girls - Anthony Dance		70m	Long Jump 2				400m	On track			

NOTES:

Set-Up at 7.30 = Under 6 Boys & Girls

Pack-Up = Under 11 Boys & Girls

BS = Back Straight

* 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	12:00 PM
Under 9	Boys - Janine Dixon	Warm Up	700m Walk	Long Jump (TJ2)	100m BS	Long Jump (TJ2)			200m	Discus 2							
	Girls - Jemima Hoult, Zoe Cunningham		700m Walk	100m BS	Discus 2			200m	Long Jump (TJ2)								
Under 10	Boys - Laura Burgoine		1100m Walk	100m BS	High Jump 2			200m	Shot Put 1								
	Girls - Maddy Woods, Holly Clayton		1100m Walk	Shot Put 2	100m BS	Shot Put 2			200m	High Jump 1							
Under 11	Boys - TBC		1100m Walk	Long Jump 2				200m	Javelin				800m	Javelin			
	Girls - Alex Woods		1100m Walk	Long Jump 1			200m	Long Jump 1		Javelin			800m	Javelin			
Under 12	Boys - Kev Lowden	1500m Walk	Shot Put 1			200m	Shot Put 1		High Jump 2					800m			
	Girls - Roger Winders	1500m Walk	High Jump 1				200m	Shot Put 2					800m				
Under 13	Boys - Tanya Stefanec	1500m Walk	Discus 1		100m	Discus 1		Triple Jump 1	400m	Triple Jump 1							
	Girls - Kali Everitt, Rebecca Augustine	1500m Walk	Triple Jump 1			100m	Triple Jump 1		Discus 1	400m	Discus 1						
Under 14, 15&16	Boys - Thomas Mogensen, Luke McHugh	1500m Walk		100m	Javelin			Long Jump 1			400m	Long Jump 1					
	Girls - Katie Ryan, Darren Baron, Tony Francis	1500m Walk	100m	Javelin				Long Jump 2			400m	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
80m	U12	68cm	Black	6 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)

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)

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

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