

Mentone Little Athletics - Program 1

Round 4

28 October 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             | 10 | WARM UP | Long Jump  | 70m BS (4) | Long Jump1 | 100m BS (2) | Long Jump1        | On Track |                   |         |         |  |
|           | Girls - Alex Woods                    | 10 |         | Long Jump  | 70m BS (3) | Long Jump2 | 100m BS (1) | Long Jump2        | On Track |                   |         |         |  |
| Under 7   | Boys - Stefan Nel, Eden Pillay        | 10 |         | 70m BS (2) | On Track   |            | 100m (2)    | Long Jump (Pit 2) |          |                   |         |         |  |
|           | Girls - Jemima Houlst, Zoe Cunningham | 18 |         | 70m BS (1) | On Track   |            | 100m (1)    | Long Jump (Pit 1) |          |                   |         |         |  |
| Under 8   | Boys - Jane Carter, Janine Dixon      | 10 |         | 100m (2)   | Discus 2   |            |             | 200m              | Discus 2 | On Track / Relays |         |         |  |
|           | Girls - Sue Tobin                     | 17 |         | 100m (1)   | Discus 1   |            |             | 200m              | Discus 1 | On Track / Relays |         |         |  |

**NOTES:**  
 Set-Up at 7.30 = **Under 8 Boys & Girls**  
 Pack-Up = **Under 10 Boys & Girls**  
 BS = Back Straight  
 (#) = Track sequence for scheduling reasons

Under 9 - 16

| Age Group   |                                       |    | 9:15 AM  | 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 - Laura Burgoine, Alice Jenner   | 19 | Relays - sign in and marshalling (behind high jumps) | Relays - 4 X 100 only U8s upwards | 60m H (2)      | Shot Put 2 (2kg) |             | 100m (1)      | Shot Put 2 (2kg) |             | High Jump 1     |               | 400m (2)      | High Jump 1 |          |             |          |  |
|             | Girls - Madeline Woods, Holly Clayton | 20 |  |                                   | 60m H (1)      | High Jump 1      |             | 100m (2)      | High Jump 1      |             | Shot Put 2      |               | 400m (1)      | Shot Put 2  |          |             |          |  |
| Under 10    | Boys - Kevin Lowden                   | 17 |  |                                   | 60m H (3)      | Long Jump 1      |             |               |                  | 100m (6)    |                 |               | 400m (1)      | Turbo Jav   |          |             |          |  |
|             | Girls - Tina Towler                   | 9  |  |                                   | 60m H (4)      |                  |             | Turbo Jav     | 100m (3)         | Turbo Jav   |                 | Long Jump 1   |               |             | 400m (3) | Long Jump 1 |          |  |
| Under 11    | Boys - TBC                            | 9  |  |                                   | High Jump 2    | 60m H (6)        | High Jump 2 |               | 100m (4)         | High Jump 2 |                 | Shot Put 1    |               |             |          | 1500m       |          |  |
|             | Girls - Roger Winders                 | 19 |  |                                   | Shot Put 1     | 60m H (5)        | Shot Put 1  |               | 100m (5)         | Shot Put 1  |                 | High Jump 2   |               |             |          | 1500m       |          |  |
| Under 12    | Boys - Martin Walker                  | 15 |  |                                   | Triple Jump 1  |                  | 60m H (7)   | Triple Jump 1 |                  | 100m (7)    | Discus 2 (750g) |               |               |             | 1500m    |             |          |  |
|             | Girls - Kali Everitt, Ella Collis     | 15 |  |                                   | Discus 2       |                  | 60m H (8)   | Discus 2      |                  | 100m (8)    | Triple Jump 1   |               |               |             | 1500m    |             |          |  |
| Under 13    | Boys - James Byrne, Anthony Dance     | 15 |  |                                   | Javelin        |                  |             |               | 80m H (1)        |             |                 | 200m (1)      | Long Jump 2   |             |          |             | 1500m    |  |
|             | Girls - Tim Leonard                   | 11 |  |                                   | Long Jump 2    |                  |             | 80m H (2)     | Long Jump 2      |             |                 |               | Javelin       | 200m (5)    | Javelin  | 1500m       |          |  |
| Under 14    | Boys - Thomas Mogensen, Rod Ockerby   | 9  |  |                                   | Discus 1 (1kg) |                  |             |               | 90m H (1)        | Discus 1    | TJ 2            | 200m (4)      | Triple Jump 2 |             |          |             | 1500m    |  |
|             | Girls - Katie Ryan                    | 6  |  |                                   | Triple Jump 2  |                  |             | 80m H (3)     |                  |             | 200m (2)        | Discus 1      |               |             |          | 1500m       |          |  |
| Under 15-16 | Boys - Thomas Mogensen, Rod Ockerby   | 4  |  |                                   | Discus 1 (1kg) |                  |             |               | 100m H (1)       | TJ 2        | 200m (4)        | Triple Jump 2 |               |             |          | 1500m       |          |  |
|             | Girls - Megan Rosenbrock, Alex Woods  | 13 |  |                                   | Triple Jump 2  |                  |             | 90m H (2)     |                  |             | 200m (3)        | Discus 1      |               |             |          | 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, U16        | 76cm   | Yellow   | 10 Flights |
| 200m     | U13              | 76cm   | Green    | 5 Flights  |
| 200m     | U14              | 76cm   | Green    | 5 Flights  |
| 300m     | U15, U16         | 76cm   | Green    | 7 Flights  |

Shot Put Weights

| Age          | Boys   | Girls |
|--------------|--------|-------|
| U6           | 1 kg   |       |
| U8           | 1.5 kg |       |
| U9, U10, U11 | 2 kg   |       |
| U12          | 3 kg   | 2 Kg  |
| U13,U14      | 3 kg   | 3 kg  |
| U15,U16      | 4 kg   | 3 kg  |

Discus Weights

| Age         | Boys         | Girls |
|-------------|--------------|-------|
| U6, U7      | 350g         |       |
| U8          | 500g         |       |
| U12         | 750g (green) |       |
| U14, U15/16 | 1kg (blue)   |       |

Javelin

| Age     | Boys  | Girls |
|---------|-------|-------|
| U10     | Turbo | Turbo |
| U11-U12 | 400g  | 400g  |
| U13     | 600g  | 400g  |
| U15     | 600g  | 500 g |
| U16     | 700g  | 500 g |

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 |

|       | 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  | 13 Boys  | 10 Boys  | 13 Girls | 12 Boys  | 14, 15 & 16 Girls | 9 Girls | 11 Boys  |
| 10:30 |                   |          |          |         | 10 Girls |          |          |          |                   |         |          |
| 10:50 |                   |          |          |         |          |          |          |          |                   |         |          |
| 11:00 | 14, 15 & 16 Girls | 12 Boys  | 11 Boys  | 9 Girls | 13 Girls | 10 Girls | 13 Boys  | 12 Girls | 14, 15 & 16 Boys  | 9 Boys  | 11 Girls |
| 11:10 |                   |          |          |         | 10 Boys  |          |          |          |                   |         |          |
| 11:30 |                   |          |          |         |          |          |          |          |                   |         |          |
| 11:40 |                   |          |          |         |          |          |          |          |                   |         |          |
| 12:00 |                   |          |          |         |          |          |          |          |                   |         |          |

|       | Back Straight       |                           |                            | Front Straight  |                  |             |
|-------|---------------------|---------------------------|----------------------------|---|------------------|-------------|
|       | <b>60m Hurdles</b>  | <b>6 flights (orange)</b> |                            | <b>100 metres</b>   |                  |             |
| 10:30 | 1                   | 9 Girls                   | 45 cm                      | 1   | 9 Boys           |             |
|       | 2                   | 9 Boys                    | 45 cm                      | 2   | 9 Girls          |             |
|       | 3                   | 10 Boys                   | 60 cm                      | 3   | 10 Girls         |             |
|       | 4                   | 10 Girls                  | 60 cm                      | 4   | 11 Boys          |             |
|       | 5                   | 11 Boys                   | 60 cm                      | 5   | 11 Girls         |             |
|       | 6                   | 11 Girls                  | 60 cm                      | 6   | 10 Boys          |             |
|       | 7                   | 12 Boys                   | 68 cm                      | 7   | 12 Boys          |             |
|       | 8                   | 12 Girls                  | 68 cm                      | 8   | 12 Girls         |             |
| 11:00 | <b>80m Hurdles</b>  | <b>9 flights (black)</b>  |                            | <b>Circular Track</b>   |                  |             |
|       | 1                   | 13 Boys                   | 76 cm                      | <b>200 metres</b>   |                  |             |
|       | 2                   | 13 Girls                  | 76 cm                      | 1   | 13 Boys          |             |
|       | 3                   | 14 Girls                  | 76 cm                      | 2   | 14 Girls         |             |
|       | <b>90m Hurdles</b>  |                           | <b>9 flights (white)</b>   |   | 3                | 15,16 Girls |
|       | 1                   | 14 Boys                   | 76 cm                      | 4   | 14, 15 & 16 Boys |             |
|       | 2                   | 15 & 16 Girls             | 76 cm                      |   |                  |             |
|       | <b>100m Hurdles</b> |                           | <b>10 flights (yellow)</b> |   | 5                | 13 Girls    |
|       | 1                   | 15 & 16 Boys              | 76 cm                      | <b>400 metres</b>   |                  |             |
|       |                     |                           |                            | Age group order flexible - based on arrival times             |                  |             |
|       |                     |                           |                            | <b>1500 metres</b>  |                  |             |
|       |                     |                           |                            | Age group order & combinations will flexible based on numbers |                  |             |

**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 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.

**Note to Finish line and IT/Records Manager**

- 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 Arean Co-ordinator (as circumstances require). Results will count towards points, PBs and records.