

# Mentone Little Athletics - Program 3

Round 4

27-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 8 Boys & Girls

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

### 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