

Mentone Little Athletics - Program 1

Round 5

3-Nov-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	Long Jump1	70m BS	Long Jump1	100m BS	Long Jump1	On Track (Shot Put 1)			
	Girls - Sue Tobin		Long Jump2	70m BS	Long Jump2	100m BS	Long Jump2	On Track (Shot Put 2)			
Under 7	Boys - Milly Webster, Mia Gray		70m BS	On Track (Shot Put 1)		100m	On Track (SP1)	Long Jump (Pit 2)			
	Girls - Alex Woods		70m BS	On Track (Shot Put 2)		100m	On Track (SP1)	Long Jump (Pit 1)			
Under 8	Boys - Stefan Nel, Eden Pillay		100m	Discus 1			200m	On Track (Long Jump TJ1)			
	Girls - Anthony Dance		100m	Discus 2			200m	On Track (Long Jump TJ2)			

NOTES:

Set-Up at 7.30 = Under 7 Boys & Girls

Pack-Up = Under 9 Boys & Girls

BS = Back Straight

Under 9 - 16

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 - Janine Dixon	WARM UP	60m H	Shot Put 2		100m	Shot Put 2		High Jump 1		400m	High Jump 1				
	Girls - Jemima Hoult, Zoe Cunningham		60m H	High Jump 1		100m	High Jump 1		Shot Put 2		400m	Shot Put 2				
Under 10	Boys - Laura Burgoine		60m H	Long Jump 1				100m		400m		Turbo Jav				
	Girls - Maddy Woods, Holly Clayton			60m H		Turbo Jav	100m	Turbo Jav	Long Jump 1			400m	Long Jump 1			
Under 11	Boys - TBC		High Jump 2	60m H	High Jump 2		100m	High Jump 2	Shot Put 1				1500m			
	Girls - Alex Woods		Shot Put 1	60m H	Shot Put 1		100m	Shot Put 1	High Jump 2				1500m			
Under 12	Boys - Kev Lowden		Triple Jump 1		80m H	Triple Jump 1		100m	Discus 2				1500m			
	Girls - Roger Winders		Discus 2		80m H	Discus 2		100m	Triple Jump 1				1500m			
Under 13	Boys - Tanya Stefanec		Javelin			80m H			200m	Long Jump 2				1500m		
	Girls - Kali Everitt, Rebecca Augustine		Long Jump 2			80m H	Long Jump 2		Javelin	200m	Javelin		1500m			
Under 14,15,16	Boys - Thomas Mogensen, Luke McHugh		Discus 1				80/90/100m H	Discus 1	TJ 2	200m	Triple Jump 2			1500m		
	Girls - Katie Ryan, Darren Barone, Tony Francis		Triple Jump 2				80/90/100m H		200m	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
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	Age Group	Dimensions
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