

Mentone Little Athletics - Program 2

Round 5

5-Nov-2016



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 - Stefan Nel (assistant Eden Pillay)	9	WARM UP	100m (4)	Discus 1 (350g)				On-Track				
	Girls - Jemima Hoult, Zoe C, Kisarna B	19		100m (1)	Discus 2 (350g)				On-Track				
Under 7	Boys - Jane Carter, Rebecca Symons	13		100m (2)	On-Track			200m	Discus 1 (350g)				
	Girls - Sue Tobin, Daina K	15		100m (3)	On-Track			200m	Discus 2 (350g)				
Under 8	Boys - Dani Francis, Laura B, Alice J	20		70m (BS) (2)	Shot Put 1 (1.5kg)				60mh	On-Track			
	Girls - Madeline Woods	23		70m (BS) (1)	High Jump 1				60mh	On-Track			

NOTES:
 Set-Up at 7.30 = **Under 7 Boys & Girls**
 Pack-Up = **Under 9 Boys & Girls**
 BS = Back Straight
 (#) = Track sequence for scheduling reasons

* All hurdles are on the 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 - Kevin Lowden	26	WARM UP	60m H (1)	LJ Pit 1			100m BS (1)	LJ Pit 1	Shot Put 3 (2kg)				800m (10)		
	Girls - Tina Towler	16		60m H (2)	Shot Put 3 (2kg)			100m BS (2)	Shot Put 3 (2kg)	LJ Pit 2				800m (9)		
Under 10	Boys - Steve Convy	11		TJ Pit 1	60m H (3)	TJ Pit 1		100m (11)	TJ Pit 1	Discus 1 (500g)				800m (8)		
	Girls - Roger Winders	19		TJ Pit 2	60m H (4)	TJ Pit 2		100m (12)	TJ Pit 2	Discus 2 (500g)				800m (7)		
Under 11	Boys - Martin Walker	18		100m (2)	Discus 1 (750g)	60m H (5)	Discus 1 (750g)			TJ Pit 2		400m (3)				
	Girls - Kali Everitt, Ella Collis	22		100m (1)	Discus 2 (750g)	60m H (6)	Discus 2 (750g)			TJ Pit 1		400m (4)				
Under 12	Boys - Jemima Hoult	18		100m (3)	Javelin (400g)		60m H (8)	Javelin (400g)		LJ Pit 1		400m (2)				
	Girls - Tim Leonard	13		LJ Pit 2	100m (4)	LJ Pit 2	60m H (7)	LJ Pit 2		Javelin (400g)		400m (1)				
Under 13	Boys - Thomas Mogensen, Rod Ockerby	10		High Jump 1		100m (7)	High Jump 1		200m H (2)	Shot Put 1 (3kg)			800m (1)			
	Girls - Katie Ryan	10		Shot Put 2 (3kg)		100m (6)	Shot Put 2 (3kg)		200m H (1)	High Jump 1			800m (2)			
Under 14	Boys - Glenda Smith, Maree Grech	7		High Jump 2		100m (8)	High Jump 2		Shot Put 2 (3kg)	200m H (4)	Shot Put 2 (3kg)		800m (3)			
	Girls - Alex Woods	15		100m (5)	Shot Put 1 (3kg)			200m H (3)	High Jump 2			800m (6)				
Under 15-16	Boys - Glenda Smith, Maree Grech	7		High Jump 2		100m (9)	High Jump 2		Shot Put 2 (4kg)		300m H (5)	Shot Put 2 (4kg)		800m (4)		
	Girls - Megan Rosenbrock	12		Shot Put 1 (3kg)		100m (10)	High Jump 2		300m H (6)	High Jump 2		800m (5)				

* All hurdles are on the Back Straight

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, 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, U11	2kg (yellow)	2kg (yellow)
U12	3kg (green)	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, U10	500g (yellow)	500g (yellow)
U11, U12	750g (green)	750g (green)
U13	1kg (blue)	750g (green)
U14, U15/16	1kg (blue)	1kg (blue)

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
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

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	11 Boys	11 Girls	15/16 Girls	13 Girls	9 Girls	12 Boys	9 Boys	12 Girls	10 Boys	10 Girls	13 Boys	14/15/16 Boys
10:30			14 Girls									
10:40				14/15/16 Boys								
11:00	10 Boys	10 Girls	13 Boys		9 Boys	12 Girls	12 Boys	9 Girls	11 Girls	11 Boys	13 Girls	14 / 15/ 16 Girls
11:50												

Back Straight				Front Straight				Circular Track			
	60m Hurdles 6 flights (orange)				100 metres				200 m Hurdles 5 flights (green)		
10:00	1	9 Boys	45 cm	10:00	1	11 Girls		11:00	1	13 Girls	68 cm
	2	9 Girls	45 cm		2	11 Boys			2	13 Boys	68 cm
10:10	3	10 Boys	60 cm		3	12 Boys			3	14 Girls	76 cm
	4	10 Girls	60 cm	10:10	4	12 Girls			4	14 Boys	300m H
10:20	5	11 Boys	60 cm		5	14 Girls		300 m Hurdles 7 flights (black)			
	6	11 Girls	60 cm		6	13 Girls		11:20	1	15/16 Boys	76 cm
10:30	7	12 Girls	68 cm	10:20	7	13 Boys			2	15/16 Girls	76 cm
	8	12 Boys	68 cm		8	14 Boys		400 metres			
					9	15/16 Boys		11:40	1	12 Girls	
					10	15/16 Girls			2	12 Boys	
10:40	100 metres			10:40	13	10 Boys			3	11 Boys	
	1	9 Boys			14	10 Girls			4	11 Girls	
	2	9 Girls						800 metres			
								11:50	13 - 16 Girls & Boys		
									9 & 10 Girls & Boys		