

Mentone Little Athletics - Program 2

Round 5

4-Nov-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	100m (4)	Discus 2 (350g)				70m (2)	On-Track			
	Girls - Alex Woods	10		100m (3)	Discus 1 (350g)				70m (1)	On-Track			
Under 7	Boys - Stefan Nel, Eden Pillay	10		100m (1)	On-Track		200m	Discus 2 (350g)					
	Girls - Jemima Hoult, Zoe Cunningham	18		100m (2)	On-Track		200m	Discus 1 (350g)					
Under 8	Boys - Jane Carter, Janine Dixon	10		Shot Put 1		70m (2)	Shot Put 1	60m h	On-Track				
	Girls - Sue Tobin	17		Shot Put 2		70m (1)	Shot Put 2	60m h	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			RELAYS	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	9:20 AM	60m H (1)	LJ Pit 1			70m (13)	LJ Pit 1	Shot Put 3						800m (10)	
	Girls - Madeline Woods, Holly Clayton	20	U8s U9s	60m H (2)	Shot Put 3			70m (14)	Shot Put 3	LJ Pit 2						800m (9)	
Under 10	Boys - Kevin Lowden	17		TJ Pit 1	60m H (3)	TJ Pit 1			70m (11)	TJ Pit 1	Discus 2						800m (8)
	Girls - Tina Towler	9	TJ Pit 2	60m H (4)	TJ Pit 2			70m (12)	TJ Pit 2	Discus 1						800m (7)	
Under 11	Boys - TBC	9	9:30 AM	100m (2)	Discus 1	60m H (5)	Discus 1			TJ Pit 2			400m (1)				
	Girls - Roger Winders	19	U10s U11s	100m (1)	Discus 2	60m H (6)	Discus 2			TJ Pit 1			400m (2)				
Under 12	Boys - Martin Walker	15		100m (3)	Javelin (400g)		60m H (7)	Javelin (400g)			LJ Pit 1			400m (3)			
	Girls - Kali Everitt, Ella Collis	15	LJ Pit 2	100m (4)	LJ Pit 2	60m H (8)	LJ Pit 2			Javelin (400g)			400m (4)				
Under 13	Boys - James Byrne, Anthony Dance	15	9:40 AM	High Jump 1		100m (7)	High Jump 1			200m H (2)	Shot Put 1			800m (1)			
	Girls - Tim Leonard	11		Shot Put 2	100m (6)	Shot Put 2		200m H (1)	High Jump 1						800m (2)		
Under 14	Boys - Thomas Mogensen, Rod Ockerby	9	U12s U13s	High Jump 2		100m (8)	High Jump 2			Shot Put 2	200m H (4)	Shot Put 2			800m (3)		
	Girls - Katie Ryan	6		100m (5)	Shot Put 1			200m H (3)	High Jump 2						800m (6)		
Under 15-16	Boys - Thomas Mogensen, Rod Ockerby	4	U14s U15s	High Jump 2		100m (9)	High Jump 2			Shot Put 2		300m H (5)	Shot Put 2		800m (4)		
	Girls - Megan Rosenbrock, Alex Woods	13		Shot Put 1		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	14, 15 & 16 Girls	13 Girls	9 Girls	12 Boys	9 Boys	12 Girls	10 Boys	10 Girls	13 Boys	14, 15 & 16 Boys
11:00	10 Girls	10 Boys	14, 15 & 16 Boys	13 Boys	9 Boys	12 Girls	12 Boys	9 Girls	11 Girls	11 Boys	13 Girls	14, 15 & 16 Girls

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

Age group order & combinations will be flexible - based

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

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