

# Mentone Little Athletics - Twilight Program (2)

## Round 6

9-Nov-2018



### Under 6 - 8

Age Group		5:45 PM	6:00 PM	6:10 PM	6:20 PM	6:30 PM	6:40 PM
Under 6	Boys - Martin Walker	WARM UP	100m	Discus 2	70m (BS)	Discus 2 (350g)	
	Girls - Sue Tobin		100m	Discus 1	70m (BS)	Discus 1 (350g)	
Under 7	Boys - Milly Webster, Mia Gray		100m	Shot Put 1 (1kg)		200m	Shot Put 1
	Girls - Alex Woods		100m	Shot Put 2 (1kg)		200m	Shot Put 2
Under 8	Boys - Stefan Nel, Eden Pillay		70m (BS)	High Jump 1 (Scissors)			60m h
	Girls - Anthony Dance		70m (BS)	High Jump 2 (Scissors)			60m h

#### NOTES:

Set-Up at 5:00pm = Under 6 Boys & Girls

Pack-Up = Under 11 Boys & Girls

BS = Back Straight

### Under 9 - 12

Age Group		6:40 PM	6:50 PM	7:00 PM	7:10 PM	7:20 PM	7:30 PM	7:40 PM	7:50 PM	8:00 PM	8:10 PM
Under 9	Boys - Janine Dixon	WARM UP	60m H	LJ Pit 1		70m	LJ Pit 1	Shot Put 1 (2kg)		800m	Shot Put 1
	Girls - Jemima Hoult, Zoe Cunningham		60m H	Shot Put 1 (2kg)		70m	Shot Put 1	LJ Pit 2		800m	LJ Pit 2
Under 10	Boys - Laura Burgoine		TJ Pit 1	60m H	TJ Pit 1		70m (BS)	Discus 1 (500g)		800m	Discus 1
	Girls - Maddy Woods, Holly Clayton		TJ Pit 2	60m H	TJ Pit 2		70m (BS)	Discus 2 (500g)		800m	Discus 2
Under 11	Boys - TBC		Discus 1 (750g)		60m H	Discus 1	100m	TJ Pit 2			400m
	Girls - Alex Woods		Discus 2 (750g)		60m H	Discus 2	100m	TJ Pit 1			400m
Under 12	Boys - Kev Lowden	100m	Javelin (400g)		80m H	Javelin	LJ Pit 1			400m	
	Girls - Roger Winders	100m	LJ Pit 2		80m H	LJ Pit 2	Javelin (400g)			400m	

#### 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