

Mentone Little Athletics - Program 3

Round 7

26-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)	10	WARM UP	70m BS (2)	On track				Shot Put 2 (1kg)				
	Girls - Jemima Hoult, Zoe C, Kisarna B	21		70m BS (1)	On track				Shot Put 1 (1kg)				
Under 7	Boys - Jane Carter, Rebecca Symons	15		Shot Put 2 (1kg)	200m	Shot Put 2 (1kg)		On track					
	Girls - Sue Tobin, Daina K	15		Shot Put 1 (1kg)	200m	Shot Put 1 (1kg)		On track					
Under 8	Boys - Dani Francis, Laura B, Alice J	24		70m (1)	Discus 2 (500g)			400m		On track			
	Girls - Madeline Woods	23		70m (2)	Discus 1 (500g)			400m		On track			

NOTES:

Set-Up at 7.30 = Under 8 Boys & Girls

Pack-Up = Under 13 Boys & Girls

BS = Back Straight

(#) = Track sequence for scheduling reasons

\* 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
Under 9	Boys - Kevin Lowden	26	Warm Up	700m Walk (1)	100m BS (3)	Long Jump (TJ2)					200m (7)	Discus 2					
	Girls - Tina Towler	16		700m Walk (1)	100m BS (4)	Discus 2			200m (6)	Long Jump (TJ2)							
Under 10	Boys - Steve Convy	11		1100m Walk (2)	100m BS (2)	High Jump 2				200m (5)	Shot Put 1						
	Girls - Roger Winders	20		1100m Walk (2)	100m BS (1)	High Jump 1					200m (8)	Shot Put 2					
Under 11	Boys - Martin Walker	19		1100m Walk (2)	Long Jump 2				200m (4)	Javelin					800m (2)		
	Girls - Kali Everitt, Ella Collis	22		1100m Walk (2)	Long Jump 1			200m (1)	Long Jump 1					800m (1)	Javelin		
Under 12	Boys - Jemima Hoult	18		1500m Walk (3)	Shot Put 1				200m (2)	High Jump 2					800m		
	Girls - Tim Leonard	13		1500m Walk (3)	Shot Put 2				200m (3)	High Jump 1					800m		
Under 13	Boys - Thomas Mogensen, Rod Ockerby	11	1500m Walk (3)	100m (2)	Discus 1					Triple Jump 1		400m (5)	Triple Jump 1				
	Girls - Katie Ryan	10	1500m Walk (3)	100m (3)	Triple Jump 1					Discus 1		400m (6)	Discus 1				
Under 14	Boys - Glenda Smith, Maree Grech	7	1500m Walk (4)	100m (1)	Javelin		Long Jump 2				400m (3)						
	Girls - Alex Woods	15	1500m Walk (4)		100m (4)	Javelin			400m (1)	Long Jump 1							
Under 15-16	Boys - Glenda Smith, Maree Grech	7	1500m Walk (4)	100m (1)	Javelin		Long Jump 2				400m (4)						
	Girls - Megan Rosenbrock	12	1500m Walk (4)		100m (5)	Javelin			400m (2)	Long Jump 2							

Shot Put Weights

Age	Boys	Girls
U6, U7	1kg (red)	1kg (red)
U9, U10, U11	2kg (yellow)	2kg (yellow)
U12	3kg (green)	2kg (yellow)

Discus Weights

Age	Boys	Girls
U8, U9, U10	500g (yellow)	500g (yellow)
U13	1kg (blue)	750g (green)

Javelin

Age	Boys	Girls
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	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	13 Boys	9 Girls	12 Boys	12 Girls	not required	14/15/16 Boys	11 Girls	11 Boys	13 Girls	9 Boys for Long Jump	10 Girls	10 Boys
10:30 10:40				14/15/16 Girls								
11:00 11:10 11:20 11:30	13 Girls	9 Boys	10 Boys	10 Girls	not required	11 Girls	14 Girls	14/15/16 Boys	13 Boys	9 Girls for Long Jump	12 Girls	12 Boys
11:50				11 Boys		15/16 Girls						

Back Straight				Circular Track			
	100m				200m		
10:00	1	10 Girls		10:30	1	11 Girls	
	2	10 Boys			2	12 Boys	
	3	9 Boys		10:40	3	12 Girls	
	4	9 Girls			4	11 Boys	
				10:50	5	10 Boys	
					6	9 Girls	
				11:00	7	9 Boys	
					8	10 Girls	
Front Straight				400m			
	100m				400m		
10:00	1	14/15/16 Boys		11:10	1	14 Girls	
	2	13 Boys			2	15/16 Girls	
	3	13 Girls		11:20	3	14 Boys	
	4	14 Girls			4	15/16 Boys	
	5	15/16 Girls		11:30	5	13 Boys	
					6	13 Girls	
					800m		
				11:40	1	11 Girls	
					2	11 Boys	
				11:50	3	12 Girls	
					4	12 Boys	

**Club policy for competing out of age group and/or programmed event is outlined on page 12 of the 2016-17 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 policy outlined on page 12 of the 2016-17 handbook.

**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 Manager to the Arena Co-ordinator prior to commencement of the session.
- There are no guarantees 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 policy, 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 Arena Co-ordinator (as circumstances require). Results will count towards points, PBs and records.