

**Mentone Little Athletics - Program 3**

**Round 7**

**18-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	
<b>Under 6</b>	Boys - TBC, Milly Webster	10	<b>WARM UP</b>	100m BS (1)	On track		70m BS (1)	On track	Shot Put 2 (1kg)				
	Girls - Alex Woods	10		100m BS (2)	On track		70m BS (2)	On track	Shot Put 1 (1kg)				
<b>Under 7</b>	Boys - Stefan Nel, Eden Pillay	10		70m (1)	Shot Put 2 (1kg)			200m	On track				
	Girls - Jemima Houlst, Zoe Cunningham	18		70m (2)	Shot Put 1 (1kg)			200m	On track				
<b>Under 8</b>	Boys - Jane Carter, Janine Dixon	10		70m (3)	Discus 2 (500g)				400m	On track			
	Girls - Sue Tobin	17		70m (4)	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
<b>Under 9</b>	Boys - Laura Burgoine, Alice Jenner	19	<b>WARM UP</b>	700m Walk (1)		100m BS (3)	Long Jump (TJ2)					200m (7)	Discus 2				
	Girls - Madeline Woods, Holly Clayton	20				100m BS (4)	Discus 2			200m (6)	Long Jump (TJ2)						
<b>Under 10</b>	Boys - Kevin Lowden	17		1100m Walk (2)		100m BS (2)	High Jump 2			200m (5)	Shot Put 1						
	Girls - Tina Towler	9				100m BS (1)	Shot Put 2				200m (8)	High Jump 1					
<b>Under 11</b>	Boys - TBC	9		1500m Walk (3)		Long Jump 2			200m (4)	Javelin				800m (2)			
	Girls - Roger Winders	19				Long Jump 1		200m (1)	Long Jump 1					800m (1)	Javelin		
<b>Under 12</b>	Boys - Martin Walker	15			Shot Put 1			200m (2)	High Jump 2					800m			
	Girls - Kali Everitt, Ella Collis	15			High Jump 1			200m (3)	Shot Put 2					800m			
<b>Under 13</b>	Boys - James Byrne, Anthony Dance	15			100m (2)	Discus 1				Triple Jump 1			400m (5)	Triple Jump 1			
	Girls - Tim Leonard	11			100m (3)	Triple Jump 1			Discus 1			400m (6)	Discus 1				
<b>Under 14</b>	Boys - Thomas Mogensen, Rod Ockerby	9			100m (1)	Javelin		Long Jump 2				400m (3)					
	Girls - Katie Ryan	6			100m (4)	Javelin			400m (1)	Long Jump 1							
<b>Under 15-16</b>	Boys - Thomas Mogensen, Rod Ockerby	4			100m (1)	Javelin		Long Jump 2				400m (4)					
	Girls - Megan Rosenbrock, Alex Woods	13			100m (5)	Javelin			400m (2)	Long Jump 2							

**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

**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)

**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)

**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

	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	10 Girls	not required	14/15/16 Boys	11 Girls	11 Boys	13 Girls	9 Boys for Long Jump	12 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	12 Girls	not required	11 Boys	14/15/16 Girls	14/15/16 Boys	13 Boys	9 Girls for Long Jump	10 Girls	12 Boys
11:50						11 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 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 policy outlined on page 13 of the 2017-18 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.