

Mentone Little Athletics - Program 1

Round 8

3-Dec-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	Long Jump	70m BS (4)	Long Jump (Pit 2)		100m BS (2)	On Track				
	Girls - Jemima Hoult, Zoe C, Kisarna B	21		Long Jump	70m BS (3)	Long Jump (Pit 1)		100m BS (1)	On Track				
Under 7	Boys - Jane Carter, Rebecca Symons	15		70m BS (2)	On Track			100m	Long Jump (Pit 2)				
	Girls - Sue Tobin, Daina K	15		70m BS (1)	On Track			100m	Long Jump (Pit 1)				
Under 8	Boys - Dani Francis, Laura B, Alice J	24		100m (1)	Discus 1				200m	Long Jump (TJ Pit 2)			
	Girls - Madeline Woods	23		100m (2)	Long Jump (TJ Pit 1)			200m	Discus 1				

NOTES:
 Set-Up at 7:30 = **Under 7 Boys & Girls**
 Pack-Up = **Under 12 Boys & Girls**
 BS = Back Straight
 (#) = Track sequence for scheduling reasons

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	100m (3)	Shot Put 2 (2kg)		60m H (1)	Shot Put 2		High Jump 1	400m (2)	High Jump 1				
	Girls - Tina Towler	16		100m (2)	High Jump 1		60m H (2)	High Jump 1		Shot Put 2	400m (1)	Shot Put 2				
Under 10	Boys - Steve Convy	11		100m (1)	Turbo Jav		60m H (3)	Long Jump 1				400m (4)	Long Jump 1			
	Girls - Roger Winders	19		Long Jump 1	100m (4)	Long Jump 1		60m H (4)	Turbo Jav			400m (3)				
Under 11	Boys - Martin Walker	18		High Jump 2	100m (6)	High Jump 1		60m H (5)	High Jump 2		Shot Put 2		1500m			
	Girls - Kali Everitt, Ella Collis	22		Shot Put 1	100m (5)	Shot Put 2 (2kg)		60m H (6)	Shot Put 1		High Jump 2		1500m			
Under 12	Boys - Jemima Hoult	18		Triple Jump 1		100m (8)	Triple Jump 1		60m H (7)	Discus 2 (750g)				1500m		
	Girls - Tim Leonard	13		Discus 2 (750g)		100m (7)	Discus 2		60m H (8)	Triple Jump 1				1500m		
Under 13	Boys - Thomas Mogensen, Rod Ockerby	10			80m H (1)	Javelin			200m (2)	Long Jump 2			1500m			
	Girls - Katie Ryan	10		Long Jump 2	80m H (2)	Long Jump 2				200m (3)	Javelin			1500m		
Under 14	Boys - Glenda Smith, Maree Grech	7		90m H (2)	Discus 1 (1kg)				200m (1)	Triple Jump 2				1500m		
	Girls - Alex Woods	15		Triple Jump 2	80m H (3)	Triple Jump 2			Discus 1 (1kg)		200m (5)	Discus 1	1500m			
Under 15-16	Boys - Glenda Smith, Maree Grech	7		100m H (1)	Discus 1 (1kg)				200m (1)	Triple Jump 2				1500m		
	Girls - Megan Rosenbrock	12		90m H (3)	Triple Jump 2				200m (4)	Discus 1 (1kg)				1500m		

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

Shot Put Weights

Age	Boys	Girls
U9, U10, U11	2kg (yellow)	

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

Discus Weights

Age	Boys	Girls
U8	500g	
U12	750g (green)	
U14, U15/16	1kg (blue)	

Javelin

Age	Boys	Girls
U10	Turbo	Turbo
U13	600 g Yellow	400 g Red