



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		On-Track	60m h	On-Track		
	Girls - Sue Tobin	17		Shot Put 2		70m (1)	Shot Put 2		On-Track	60m h	On-Track		

NOTES:
 Set-Up at 7.30 = **Under 6 Boys & Girls**
 Pack-Up = **Under 11 Boys & Girls**
 BS = Back Straight
 (#) = Track sequence for scheduling reasons

* All hurdles are on the Back Straight

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
Under 9	Boys - Laura Burgoine, Alice Jenner	19	WARM UP	60m H (1)	LJ Pit 1				70m (1)	Shot Put 1				800m
	Girls - Madeline Woods, Holly Clayton	20		60m H (2)	Shot Put 1				70m (2)	LJ Pit 2				800m
Under 10	Boys - Kevin Lowden	17		TJ Pit 1	60m H (3)	TJ Pit 1			70m (3)	Discus 2				800m
	Girls - Tina Towler	9		TJ Pit 2	60m H (4)	TJ Pit 2			70m (4)	Discus 1				800m
Under 11	Boys - TBC	9		Discus 1	60m H (5)	Discus 1		100m (2)		TJ Pit 2		400m (1)	TJ Pit 2	
	Girls - Roger Winders	19		Discus 2	60m H (6)	Discus 2		100m (1)		TJ Pit 1		400m (2)	TJ Pit 1	
Under 12	Boys - Martin Walker	15		Javelin		60m H (7)	Javelin	100m (3)	Javelin	LJ Pit 1		400m (3)	LJ Pit 1	
	Girls - Kali Everitt, Ella Collis	15		LJ Pit 2		60m H (8)	LJ Pit 2	100m (4)	LJ Pit 2	Javelin		400m (4)	Javelin	
Under 13	Boys - James Byrne, Anthony Dance	15		<p style="text-align: center;">Under 13 to Under 16 will participate in Round 2 of the Circuit hosted by Brighton LAC</p> <p style="text-align: center;">There are no events for Under 13 - 16 at Mentone.</p>										
	Girls - Tim Leonard	11												
Under 14	Boys - Thomas Mogensen, Rod Ockerby	9												
	Girls - Katie Ryan	6												
Under 15-16	Boys - Thomas Mogensen, Rod Ockerby	4												
	Girls - Megan Rosenbrock, Alex Woods	13												

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