

**Mentone Little Athletics**  
28th November 2015

**Multi Day Round 8**



**Under 6 - 8**

Age Group	8:15 AM	8:30 AM	8:45 AM	9:00 AM	9:15 AM	9:30 AM	9:45 AM	
Under 6	WARM UP	Boys - Jane Carter, Rebecca Symons	LJ Pit 1	LJ Pit 1	100m	70m BS	Shot Put 1	Shot Put 1
		Girls - Sue Tobin	LJ Pit 2	LJ Pit 2	100m	70m BS	Shot Put 2	Shot Put 2
Under 7		Boys - Laura Burgoine, Alice Jenner	70m	Shot Put 1	Shot Put 1	100m	LJ Pit 1	LJ Pit 1
		Girls - Madeline Woods, Dan Francis	70m	Shot Put 2	Shot Put 2	100m	LJ Pit 2	LJ Pit 2
Under 8		Boys - Kevin Lowden	70m BS	Discus 1	Discus 1	LJ (TJ) Pit 1	100m	LJ (TJ) Pit 1
		Girls - Tina Towler, Jess Welford	LJ (TJ) Pit 2	LJ (TJ) Pit 2	70m BS	Discus 2	100m	Discus 2

NOTES:

SET - UP 7.30 AM U8 GIRLS & BOYS

PACK - UP U10 GIRLS & BOYS

**Under 9 - 16**

Age Group	9:45 AM	10:00 AM	10:15 AM	10:30 AM	10:45 AM	11:00 AM	11:15 AM	11:30 AM	11:45 AM	12:00 PM	12:15 PM	12:30 PM	
Under 9	WARM UP	Boys - Jo Collins	80mh BS*	Discus 2	Discus 2	Discus 2	100m	LJ Pit (TJ1)	LJ Pit (TJ1)	LJ Pit (TJ1)		800m	
		Girls - Pierre Petoud	80mh BS	Shot Put 2	Shot Put 2	Shot Put 2	100m		LJ Pit 1	LJ Pit 1	LJ Pit 1	800m	
Under 10		Boys - Martin Walker	80mh BS		100m		Discus 2	Discus 2	Discus 2	800m		LJ Pit 2	LJ Pit 2
		Girls - Kali Everitt, Ella Collis		80mh BS	100m	LJ Pit 2	LJ Pit 2	LJ Pit 2		800m	Shot Put 2	Shot Put 2	Shot Put 2
Under 11		Boys - Jemima Hoult	100m*	80mh BS		LJ Pit 1	LJ Pit 1	LJ Pit 1	800m	Discus 2	Discus 2	Discus 2	
		Girls - Tim Leonard	100m*	80mh BS		Shot Put 1	Shot Put 1	Shot Put 1	LJ Pit 2	LJ Pit 2	LJ Pit 2	800m	
Under 12		Boys - Thomas Mogensen		100m	80mh BS	LJ Pit (TJ1)	LJ Pit (TJ1)		800m		Discus 1	Discus 1	Discus 1
		Girls - Katie Ryan	Shot Put 1	Shot Put 1	Shot Put 1	80mh BS	100m		LJ Pit (TJ2)	LJ Pit (TJ2)	LJ Pit (TJ2)	800m	
Under 13		Boys -	100m	Discus 1	Discus 1	80mh BS	Discus 1		800m		LJ Pit (TJ1)	LJ Pit (TJ1)	LJ Pit (TJ1)
		Girls - Alex Woods	LJ Pit (TJ)1	LJ Pit (TJ)1	80mh BS	100m		Shot Put 2	Shot Put 2	Shot Put 2	800m		
Under 14		Boys - Glenda Smith, Maree Grech	100m	Discus 1	Discus 1	Discus 1	90mh BS		800m		LJ Pit (TJ1)	LJ Pit (TJ1)	LJ Pit (TJ1)
		Girls - Megan Rosenbrock	LJ Pit 2	LJ Pit 2	LJ Pit 2	80mh BS		200m	Shot Put 1	Shot Put 1	Shot Put 1		800m
Under 15-16		Boys - Steve Hore, Katrina Smith	100m	Discus 1	Discus 1	Discus 1	100mh BS		800m		LJ Pit (TJ1)	LJ Pit (TJ1)	LJ Pit (TJ1)
		Girls - Steve Burgess	LJ Pit 2	LJ Pit 2	LJ Pit 2		90mh BS	200m	Shot Put 1	Shot Put 1	Shot Put 1		800m

**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	U9	45cm	Black	9 Flights
	U10, U11	60cm	Black	9 Flights
	U12	68cm	Black	9 Flights
	U13, U14G	76cm	Black	9 Flights
90m	U14B, U15G, U16G	76cm	White	9 Flights
100m	U15B, U16B	76cm	Yellow	10 Flights
300m	U13 - U16	68cm	Green	7 Flights

**Shot Put Weights**

Age	Boys	Girls
U6	1kg (red)	1kg (red)
U7	1kg (red)	1kg (red)
U8	1.5 kg (purple)	1.5 kg (purple)
U9	2kg (yellow)	2kg (yellow)
U10	2kg (yellow)	2kg (yellow)
U11	2kg (yellow)	2kg (yellow)
U12	3kg (green)	2kg (yellow)
U13	3kg (green)	3kg (green)
U14	3kg (green)	3kg (green)
U15	4kg (blue)	3kg (green)
U16	4kg (blue)	3kg (green)

**Discus Weights**

Age	Boys	Girls
U6	350g (red)	350g (red)
U7	350g (red)	350g (red)
U8	500g (yellow)	500g (yellow)
U9	500g (yellow)	500g (yellow)
U10	500g (yellow)	500g (yellow)
U11	750g (green)	750g (green)
U12	750g (green)	750g (green)
U13	1kg (blue)	750g (green)
U14	1kg (blue)	1kg (blue)
U15-U16	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