

Mentone Little Athletics - Open Day Program

DATE - 01/10/2016



Under 6 - 8

Age Group	8:30 AM	8:45 AM	9:00 AM	9:15 AM	9:30 AM	9:45 AM	10:00 AM
Under 6	Boys - Stefan Nel	WARM UP	On track		70m BS	On track	
	Girls - Jemima Hoult, Zoe C, Kisarna B		On track		70m BS	On track	
Under 7	Boys - Jane Carter, Rebecca Symons		On track		70m BS	On track	
	Girls - Sue Tobin, Daina K		On track		70m BS	On track	
Under 8	Boys - Laura Burgoine, Alice Jenner		On track	70m	On track		
	Girls - Madeline Woods		On track	70m	On track		

NOTES:

? = Run event if track/venue available

BS = Back Straight

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 PM	12:00 PM	12:15 PM	12:30 PM
Under 9	Boys - Kevin Lowden	WARM UP	LJ Pit 2a	100m BS	LJ Pit 2a	LJ Pit 2a	Discus 2	200m	Discus 2	Discus 2		
	Girls - Tina Towler		Discus 2	100m BS	Discus 2	Discus 2	LJ Pit 2a	200m	LJ Pit 2a	LJ Pit 2a		
Under 10	Boys - Steve Convy		100m BS	High Jump 2	High Jump 2	200m	High Jump 2	Shot Put 1	Shot Put 1	Shot Put 1		
	Girls - Roger Winders, Pierre Petoud		100m BS	High Jump 1	High Jump 1	200m	High Jump 1	Shot Put 2	Shot Put 2	Shot Put 2		
Under 11	Boys - Martin Walker		Javelin	Javelin	Javelin	LJ Pit 2b	200m	LJ Pit 2b	LJ Pit 2b		800m	
	Girls - Kali Everitt, Ella Collis		LJ Pit 2b	LJ Pit 2b	LJ Pit 2b	Javelin	200m	Javelin	Javelin		800m	
Under 12	Boys - Jemima Hoult	Shot Put 1	Shot Put 1	200m	Shot Put 1	High Jump 2	High Jump 2	High Jump 2	High Jump 2	800m		
	Girls - Tim Leonard	Shot Put 2	Shot Put 2	200m	Shot Put 2	High Jump 1	High Jump 1	High Jump 1	High Jump 1	800m		
Under 13	Boys - Thomas Mogensen, Rod Ockerby	100m	TJ Pit 1a	TJ Pit 1a	TJ Pit 1a	Discus 1	Discus 1	Discus 1	400m			
	Girls - Katie Ryan	100m	Discus 1	Discus 1	Discus 1	TJ Pit 1a	TJ Pit 1a	TJ Pit 1a	400m			
Under 14	Boys - Glenda Smith, Maree Grech		100m	?200m	?200m	LJ Pit 1b	LJ Pit 1b	400m	Javelin	Javelin	Javelin	
	Girls - Alex Woods	LJ Pit 1b	100m	LJ Pit 1b	LJ Pit 1b	?200m	?200m	400m	Javelin	Javelin	Javelin	
Under 15-16	Boys - Glenda Smith, Maree Grech		100m	?Javelin	?200m	LJ Pit 1b	LJ Pit 1b	400m	Javelin	Javelin	Javelin	
	Girls - Megan Rosenbrock		100m	?LJ Pit 2b	?200m	?200m	?200m	400m	LJ Pit 2b	LJ Pit 2b	Javelin	Javelin

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	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

Matting for LJ / TJ

Mat Size	U6-U8	1.22m x 1.0m
	U9 - U11	1.22m x 0.5m
Board Size	U12 - U16	1.22m x 0.2m