

**Mentone Little Athletics**
**PERSONAL BEST DAY**
**24-Mar-2018**


Field Events	Event chief	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45
<b>Discus 1</b>	<b>James B Anthony D</b>	Girls 11, 12 & 13			Boys 11, 12 & 13			Girls & Boys 14, 15 & 16					
<b>Discus 2</b>	<b>Megan + committee</b>	Girls 6, 7 & 8			Boys 6, 7 & 8			Girls & Boys 9 & 10					
<b>Shot Put 1</b>	<b>Katie R + committee</b>	Girls & Boys 14, 15 & 16			Girls 11, 12 & 13			Boys 11, 12 & 13					
<b>Shot Put 2</b>	<b>TBD + committee</b>	Girls & Boys 9 & 10			Girls 6, 7 & 8			Boys 6, 7 & 8					
<b>Javelin</b>	<b>Thomas M + committee</b>	Girls & Boys 10 (Turbo)			Girls & Boys 11 to 16								
<b>High Jump 1</b>	<b>Tim Leonard + committee</b>	Girls & Boys 14, 15 & 16						Girls & Boys 12 & 13					
<b>High Jump 2</b>	<b>Adrian W + committee</b>	Girls & Boys 8 & 9						Girls & Boys 10 & 11					
<b>Long Jump 1</b>	<b>Roger W + committee</b>	Girls 6, 7 & 8		Girls 9 & 10		Girls 13, 14, 15 & 16		Girls 11 & 12					
<b>Long Jump 2</b>	<b>TBD + committee</b>	Boys 6, 7 & 8		Boys 9 & 10		Boys 13, 14, 15 & 16		Boys 11 & 12					
<b>Triple Jump 1</b>	<b>Kevin L + committee</b>	Boys 10 & 11						Boys 12 -16					
<b>Triple Jump 2</b>	<b>Tina T + committee</b>	Girls 10 & 11						Girls 12 - 16					

Track Schedule	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45
<b>Front Straight</b>			70m	70m					100m U9+	100m U9+		
<b>Back Straight</b>		60h U8 & 9	60h U10 & 11	60h U12	80h 90h 100h				100m U6-8	100m U6-8		
<b>Circular</b>	200m H	800m				200m	200m	1500m			400m	400m

\* There are no 300m hurdles or Walks

**NOTES:**

Set-Up at 8:00 **Girls - all age groups**

Pack-Up **Boys - all age groups**

Officials Meeting in club room - **8:45**

**Other Officials**

<b>Starters</b>	Mark Wilcock David Pipito Matt
<b>Announcer</b>	Jacinta Francis
<b>Timekeepers</b>	Scott Wilcock Matt Lotspeich
<b>Arena Co-ordinators</b>	Tiger Pillay Jacinta Francis
<b>Results validation</b>	
<b>Start Mashall Back Straight</b>	Parent Duty
<b>Start Mashall Front Straight</b>	Parent Duty

### Hurdles

Distance	Age Group	Markings	Flights
60m	U8, U9	Orange	6 Flights
	U10, U11	Orange	6 Flights
	U12	Orange	6 Flights
80m	U13, U14G	Black	9 Flights
90m	U14B, U15G, U16G	White	9 Flights
100m	U15B, U16B	Yellow	10 Flights
200m	U13	Green	5 Flights
200m	U14	Green	5 Flights
300m	U15-U16	Green	7 Flights

### Long Jump & Triple Jump

Age	Mat/Board Size
U6-U8	1.22m x 1.0m
U9 - U10	1.22m x 0.5m
U11 - U16	1.22m x 0.2m

### Shot Put Weights

Age	Boys
U6, U7	1kg
U8	1.5 kg
U9, U10, U11	2kg
U12	3kg
U13, U14	3kg
U15	4kg
U16	4kg

### Discus Weights

Age	Boys	Girls
U6, U7	350g	
U8, U9, U10	500g	
U11, U12	750g	
U13	1kg	750g
U14, U15, U16	1kg	

### Javelin

Age	Boys	Girls
U10	Turbo	
U11 - U12	400g Red	
U13 - U14	600g Yellow	400g Red
U15	700g Blue	500g White
U16	700g Blue	500g White