

# Mentone Little Athletics - Program 1

Round 15

5th March 2016



## 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	Boys - Jane Carter, Rebecca Symons	WARM UP	70m BS	100m	LJ Pit 2	LJ Pit 2	Shot Put 2	
	Girls - Sue Tobin		70m BS	100m	LJ Pit 1	LJ Pit 1	Shot Put 1	
Under 7	Boys - Laura Burgoine, Alice Jenner		70m BS	100m	Shot Put 2	Shot Put 2	LJ Pit 2	LJ Pit 2
	Girls - Madeline Woods, Dani Francis		70m BS	100m	Shot Put 1	Shot Put 1	LJ Pit 1	LJ Pit 1
Under 8	Boys - Kevin Lowden		100m	Discus 1	Discus 1	200m	LJ (TJ Pit 2)	LJ (TJ Pit 2)
	Girls - Tina Towler, Jess Welford		100m	LJ (TJ Pit 2)	LJ (TJ Pit 2)	200m	Discus 2	Discus 2

NOTES:

**SET - UP 7.30 AM U6 GIRLS & BOYS**

**PACK-UP U13 - 16 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	Boys - Jo Collins	WARM UP	High Jump 1	High Jump 1	High Jump 1	400m	Shot Put 2	Shot Put 2	100m	Shot Put 2	60mh BS		
	Girls - Pierre Petroud		Shot Put 2	Shot Put 2	Shot Put 2	400m	High Jump 1	High Jump 1	100m	High Jump 1	60mh BS		
Under 10	Boys - Martin Walker		LJ Pit 2	LJ Pit 2	LJ Pit 2	400m	Turbo Javelin	Turbo Javelin	Turbo Javelin	100m	60mh BS		
	Girls - Kali Everitt, Ella Collis		Turbo Javelin	Turbo Javelin	Turbo Javelin	400m	LJ Pit 2	LJ Pit 2	LJ Pit 2	100m	60mh BS		
Under 11	Boys - Jemima Hoult		1500m	Shot Put 1	Shot Put 1	Shot Put 1	High Jump 2	High Jump 2	High Jump 2	100m		60mh BS	
	Girls - Tim Leonard		1500m	High Jump 2	High Jump 2	High Jump 2	Shot Put 1	Shot Put 1	Shot Put 1	100m		60mh BS	
Under 12	Boys - Thomas Mogensen		1500m	TJ (Pit 2)	TJ (Pit 2)	TJ (Pit 2)	Discus 2	Discus 2	Discus 2	100m		60mh BS	
	Girls - Katie Ryan		1500m	Discus 2	Discus 2	Discus 2	TJ (Pit 2)	TJ (Pit 2)	100m	TJ (Pit 2)		60mh BS	
Under 13	Boys - Glenda Smith, Maree Grech		1500m	TJ (Pit 1)	TJ (Pit 1)	TJ (Pit 1)	200m	Discus 1	80mh BS	Discus 1	Discus 1		
	Girls - Alex Woods		1500m	LJ Pit 1	LJ Pit 1	LJ Pit 1	200m*		80mh BS	Javelin	Javelin	Javelin	
Under 14	Boys - Glenda Smith, Maree Grech		1500m	TJ (Pit 1)	TJ (Pit 1)	TJ (Pit 1)	200m	Discus 1	Discus 1	90mh BS	Discus 1		
	Girls - Megan Rosenbrock		1500m	Discus 1	Discus 1	Discus 1	200m	TJ (Pit 1)	80mh BS	TJ (Pit 1)	TJ (Pit 1)		
Under 15-16	Boys - Steve Hore, Katrina Smith		1500m	TJ (Pit 1)	TJ (Pit 1)	TJ (Pit 1)	200m	Discus 1	Discus 1	100mh BS	Discus 1		
	Girls - Scott Butler, Steve Burgess		1500m	Discus 1	Discus 1	Discus 1	200m	TJ (Pit 1)	TJ (Pit 1)	90mh BS	TJ (Pit 1)		

### 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

### 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