

Mentone Little Athletics - Program 1

5th December 2015

Round 9



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	Shot Put 2
	Girls - Sue Tobin		70m BS	100m	LJ Pit 1	LJ Pit 1	Shot Put 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		100m	70m BS	Shot Put 1	Shot Put 1	LJ Pit 1	LJ Pit 1
Under 8	Boys - Kev Lowden		100m*	Discus 1	Discus 1	200m	LJ (TJ Pit 2)	LJ (TJ Pit 2)
	Girls - Tina Towler, Jess Welford		100m	LJ (TL Pit 2)	LJ (TL Pit 2)	200m	Discus 2	Discus 2

NOTES:

SET - UP U8 Girls & Boys 7.30 am

PACK - UP U9 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
Under 9	Boys - Jo Collins	WARM UP	60mh BS	Shot Put 2	Shot Put 2	Shot Put 2	100m	High Jump 1	High Jump 1	High Jump 1	400m	
	Girls - Pierre Petoud		60mh BS	High Jump 1	High Jump 1	High Jump 1	100m	Shot Put 2	Shot Put 2	Shot Put 2	400m	
Under 10	Boys - Martin Walker		60mh BS	Turbo Jav	Turbo Jav	Turbo Jav	100m	LJ Pit 2	LJ Pit 2	LJ Pit 2	400m	
	Girls - Kali Everitt, Ella Collis		60mh BS		100m	LJ Pit 1	LJ Pit 1	LJ Pit 1		400m*	Turbo Jav	Turbo Jav
Under 11	Boys - Jemima Hoult		100m*	60mh BS	High Jump 2	High Jump 2	High Jump 2	Shot Put 1	Shot Put 1	Shot Put 1	1500m	
	Girls - Tim Leonard		100m*	60mh BS	Shot Put 1	Shot Put 1	Shot Put 1	High Jump 2	High Jump 2	High Jump 2	1500m	
Under 12	Boys - Thomas Mogensen		100m		60mh BS	TJ Pit 2	TJ Pit 2	TJ Pit 2	Discus 2	Discus 2	Discus 2	1500m
	Girls - Katie Ryan		100m		60mh BS	Discus 1	Discus 1	Discus 1	TJ Pit 2	TJ Pit 2	TJ Pit 2	1500m
Under 13	Boys - Glenda Smith, Maree Grech		Discus 1	Discus 1	Discus 1	80mh BS*		TJ Pit 1	200m	TJ Pit 1	TJ Pit 1	1500m
	Girls - Alex Woods		LJ Pit 2	LJ Pit 2	LJ Pit 2	80mh BS	Javelin	200m*	Javelin	Javelin		1500m
Under 14	Boys - Glenda Smith, Maree Grech		Discus 1	Discus 1	Discus 1		90mh BS	TJ Pit 1	200m	TJ Pit 1	TJ Pit 1	1500m
	Girls - Megan Rosenbrock		TJ Pit 1	TJ Pit 1	TJ Pit 1	80mh BS		200m	Discus 1	Discus 1	Discus 1	1500m
Under 15-16	Boys - Steve Hore, Katrina Smith		Discus 1	Discus 1	Discus 1		100mh BS	TJ Pit 1	200m	TJ Pit 1	TJ Pit 1	1500m
	Girls - Steve Burgess		TJ Pit 1	TJ Pit 1	TJ Pit 1		90mh BS	200m	Discus 1	Discus 1	Discus 1	1500m

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	
U12 - U16	1.22m x 0.2m	