

Mentone Little Athletics - Program 1

29th October 2016

Round 4



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 - Stefan Nel (assistant Eden Pillay)	9	WARM UP	On-Track	On-Track	On-Track	LJ Pit 2	70m BS (2)	LJ Pit 2
	Girls - Jemima Hoult, Zoe C, Kisarna B	19		On-Track	On-Track	On-Track	LJ Pit 1	70m BS (1)	LJ Pit 1
Under 7	Boys - Jane Carter, Rebecca Symons	13		100m (2)	On-Track	On-Track	LJ Pit 2 TJ lane)	LJ Pit 2 TJ lane)	70m BS (1)
	Girls - Sue Tobin, Daina K	15		100m BS (2)	LJ Pit 1	LJ Pit 1	On-Track	On-Track	70m BS (2)
Under 8	Boys - Dani Francis, Laura B, Alice J	20		100m (1)	Discus 1	Discus 1	200m	On-Track	On-Track
	Girls - Madeline Woods	23		100m BS (1)	Discus 2	Discus 2	200m	On-Track	On-Track

NOTES:

SET-UP U8 Girls & Boys 7.30 am
PACK-UP Under 10 Girls & Boys
BS = Back Straight
(#) = Priority given for scheduling reasons

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 - Kevin Lowden	26	WARM UP	60mh (3)	Shot Put 2	Shot Put 2	100m BS (8)	Shot Put 2	High Jump 1	High Jump 1	200m (12)	High Jump 1	High Jump 1
	Girls - Tina Towler	16		60mh (1)	High Jump 1	High Jump 1	100m BS (7)	High Jump 1	Shot Put 2	Shot Put 2	200m (13)	Shot Put 2	
Under 10	Boys - Steve Convy	11		60mh (4)		100m BS (6)	Turbo Jav	Turbo Jav	LJ Pit 1	LJ Pit 1	200m (14)	LJ Pit 1	
	Girls - Roger Winders	19		60mh (2)	LJ Pit 1	100m BS (5)	LJ Pit 1	LJ Pit 1			200m (9)	Turbo Jav	Turbo Jav
Under 11	Boys - Martin Walker	18		100m BS (1)	60mh (5)	High Jump 2	High Jump 2	High Jump 2	Shot Put 1	Shot Put 1	200m (10)	Shot Put 1	
	Girls - Kali Everitt, Ella Collis	22		100m BS (2)	60mh (6)	Shot Put 1	Shot Put 1	Shot Put 1	High Jump 2	High Jump 2	200m (11)	High Jump 2	
Under 12	Boys - Jemima Hoult	18		100m BS (4)		60mh (8)	TJ Pit 2	TJ Pit 2	TJ Pit 2	200m (8)	Discus 2	Discus 2	Discus 2
	Girls - Tim Leonard	13		100m BS (3)	60mh (7)	Discus 1	Discus 1	200m (3)			TJ Pit 2	TJ Pit 2	TJ Pit 2
Under 13	Boys - Thomas Mogensen, Rod Ockerby	10		Javelin	Javelin	80mh (1)		LJ Pit 2	200m (6)	LJ Pit 2	400m (1)	LJ Pit 2	
	Girls - Katie Ryan	10		LJ Pit 2	LJ Pit 2	80mh (2)	LJ Pit 2	200m (2)	Javelin	Javelin		400m (2)	
Under 14	Boys - Glenda Smith, Maree Grech	7		Discus 1	Discus 1		90mh (2)	TJ Pit 1	200m (4)	TJ Pit 1	TJ Pit 1	400m (3)	
	Girls - Alex Woods	15		TJ Pit 1	TJ Pit 1	80mh (3)	TJ Pit 1	200m (1)		Discus 1	Discus 1	Discus 1	400m (5)
Under 15-16	Boys - Glenda Smith, Maree Grech	7		Discus 1	Discus 1		100mh	TJ Pit 1	200m (5)	TJ Pit 1	TJ Pit 1	400m (4)	
	Girls - Megan Rosenbrock	12		TJ Pit 2	TJ Pit 2	TJ Pit 2	90mh (1)	Discus 1	Discus 1	200m (7)			400m (6)

OPTIONAL

Team managers to let **Arena Manager (Tiger)** know if there are any athletes keen on 1500m for this week. We will try to schedule this after all 400m have been held

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

LJ / TJ

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