

Mentone Little Athletics - Program 2

Date 16/1/2016

Round 10



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 | WARM UP | Boys - Jane Carter, Rebecca Symons | 100m | Discus 1 | Discus 1 | 70m | LJ Pit 2 | LJ Pit 2 |
| | | Girls - Sue Tobin | 100m | Discus 2 | Discus 2 | 70m | LJ Pit 1 | LJ Pit 1 |
| Under 7 | | Boys - Laura Burgoine, Alice Jenner | 100m | LJ Pit 2 | 200m | LJ Pit 2 | Discus 1 | Discus 1 |
| | | Girls - Madeline Woods, Dani Francis | 100m | LJ Pit 1 | 200m | LJ Pit 1 | Discus 2 | Discus 2 |
| Under 8 | | Boys - Kevin Lowden | 60mh BS* | High Jump 1 | High Jump 1 | 70m | Shot Put 1 | Shot Put 1 |
| | | Girls - Tina Towler, Jess Welford | 60mh BS | Shot Put 2 | Shot Put 2 | 70m | High Jump 1 | High Jump 1 |

NOTES:

SET - UP 7.30 AM U6 BOYS & GIRLS

PACK - UP U13 to 16 BOYS & GIRLS

Under 9 - 16

| Age Group | 9:30 AM | 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 | WARM UP | Boys - Jo Collins | 70m BS | LJ Pit 1 | LJ Pit 1 | LJ Pit 1 | 100m BS* | Shot Put 2 | Shot Put 2 | Shot Put 2 | 800m | | |
| | | | Girls - Pierre Petoud | 70m BS | LJ Pit 2 | LJ Pit 2 | LJ Pit 2 | 100m BS | | | 800m | Shot Put 2 | Shot Put 2 |
| Under 10 | | Boys - Martin Walker | 70m BS | TJ Pit 1 | TJ Pit 1 | TJ Pit 1 | 100m BS | Discus 1 | Discus 1 | Discus 1 | 800m | | |
| | | Girls - Kali Everitt, Ella Collis | 70m BS | TJ Pit 2 | TJ Pit 2 | TJ Pit 2 | 100m BS | Discus 2 | Discus 2 | Discus 2 | 800m | | |
| Under 11 | | Boys - Jemima Houlst | Discus 1 | Discus 1 | 100m | Discus 1 | TJ Pit 2 | TJ Pit 2 | 200m | TJ Pit 1 | | 400m | |
| | | Girls - Tim Leonard | Discus 2 | Discus 2 | 100m | Discus 2 | TJ Pit 1 | TJ Pit 1 | 200m | TJ Pit 1 | | 400m | |
| Under 12 | | Boys - Thomas Mogensen | 100m | Javelin | Javelin | Javelin | | 200m | LJ Pit 2 | LJ Pit 2 | LJ Pit 2 | 400m | |
| | | Girls - Katie Ryan | | 100m | | LJ Pit 1 | LJ Pit 1 | 200m* | LJ Pit 1 | Javelin | Javelin | Javelin | 400m |
| Under 13 | | Boys - Glend Smith, Maree Grech | 300m H | | High Jump 1 | High Jump 1 | High Jump 1 | 100m | Shot Put 1 | Shot Put 1 | Shot Put 1 | 800m | |
| | | Girls - Alex Woods | 300m H | | Shot Put 2 | Shot Put 2 | 100m | Shot Put 2 | High Jump 1 | High Jump 1 | High Jump 1 | 800m | |
| Under 14 | | Boys - Glenda Smith, Maree Grech | 300m H | | High Jump 1 | High Jump 1 | High Jump 1 | 100m | Shot Put 1 | Shot Put 1 | Shot Put 1 | 800m | |
| | | Girls - Megan Rosenbrock | 300m H | | Shot Put 1 | Shot Put 1 | 100m | Shot Put 1 | High Jump 2 | High Jump 2 | High Jump 2 | 800m | |
| Under 15-16 | | Boys - Steve Hore, Katrina Smith | 300m H | | High Jump 2 | High Jump 2 | High Jump 2 | 100m | Shot Put 1 | Shot Put 1 | Shot Put 1 | 800m | |
| | | Girls - Scott Butler, Steve Burgess | 300m H | | Shot Put 1 | Shot Put 1 | 100m | Shot Put 1 | High Jump 2 | High Jump 2 | High Jump 2 | 800m | |

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 |