

Mentone Little Athletics - Program 3

Round 6

Round - 7/11/2015



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	10:00 AM
Under 6	Boys - Jane Carter, Rebecca Symons	WARM UP	70m	100m	LJ Pit 2	LJ Pit 2	Shot Put 1		
	Girls - Sue Tobin		70m	100m*	LJ Pit 1	LJ Pit 1	Shot Put 2	Shot Put 2	
Under 7	Boys - Laura Burgoine, Alice Jenner		70m	Shot Put 1	200m	Shot Put 1	LJ Pit 2	LJ Pit 2	
	Girls - Madeline Woods, Dani Francis		70m	Shot Put 2	200m	Shot Put 2	LJ (TJ Pit 2)		
Under 8	Boys - Kevin Lowden		70m	LJ (TJ Pit 2)	LJ (TJ Pit 2)	400m	Discus 1	Discus 1	
	Girls - Tina Towler, Jess Welford		70m	LJ (TJ Pit 1)	LJ (TJ Pit 1)	400m	Discus 2	Discus 2	

NOTES:

Set Up 7.30 am - U6 GIRLS

Pack Up - U13 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 PM	12:00 PM	12:15 PM	12:30 PM
Under 9	Boys - Jo Collins			TJ Pit 1	TJ Pit 1	80mh BS	TJ Pit 1	70m*		200m	Discus 2	Discus 2	Discus 2	
	Girls - Pierre Petoud			Discus 2	Discus 2	80mh BS	Discus 2	70m		200m	TJ Pit 1	TJ Pit 1	TJ Pit 1	
Under 10	Boys - Martin Walker			High Jump 1	High Jump 1	High Jump 1	80mh BS	70m	Shot Put 2	200m	Shot Put 2	Shot Put 2		
	Girls - Kali Everitt, Ella Collis			Shot Put 2	Shot Put 2	Shot Put 2	80mh BS	70m	High Jump 1	200m	High Jump 1	High Jump 1	High Jump 1	
Under 11	Boys - Jemima Hoult			Javelin	Javelin	Javelin	70m	80mh BS	LJ Pit 1	LJ Pit 1	LJ Pit 1	800m		
	Girls - Tim Leonard			LJ Pit 1	LJ Pit 1	LJ Pit 1	70m	80mh BS	Javelin	Javelin	Javelin	800m		
Under 12	Boys - Thomas Mogensen			High Jump 2	High Jump 2	High Jump 2	70m	80mh BS	Shot Put 1	Shot Put 1	Shot Put 1	800m		
	Girls - Katie Ryan			Shot Put 1	Shot Put 1	Shot Put 1	70m	80mh BS	High Jump 2	High Jump 2	High Jump 2	800m		
Under 13	Boys - Glenda Smith, Maree Grech			100m	LJ Pit 2	LJ Pit 2	LJ Pit 2		200m			Javelin	Javelin	400m
	Girls - Alex Woods			100m	TJ Pit 2	TJ Pit 2	TJ Pit 2		200m	Discus 1	Discus 1	Discus 1	400m	
Under 14	Boys - Glenda Smith, Maree Grech			100m	LJ Pit 2	LJ Pit 2	LJ Pit 2		200m			Javelin	Javelin	400m
	Girls - Megan Rosenbrock				100m		Javelin	Javelin	200m	LJ Pit 2	LJ Pit 2	LJ Pit 2	400m	
Under 15-16	Boys - Steve Hore, Katrina Smith			100m	LJ Pit 2	LJ Pit 2	LJ Pit 2		200m			Javelin	Javelin	400m
	Girls - Scott Butler				100m		Javelin	Javelin	200m	LJ Pit 2	LJ Pit 2	LJ Pit 2	400m	

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