

Mentone Little Athletics - Program 3

DATE - 22/10/2016

Round 3



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 - Stefan Nel	WARM UP	70m	On-Track	On-Track	On-Track	Shot Put 2	Shot Put 2	
	Girls - Jemima Hoult, Zoe C, Kisarna B		70m	On-Track	On-Track	On-Track	Shot Put 1	Shot Put 1	
Under 7	Boys - Jane Carter, Rebecca Symons		Shot Put 1	Shot Put 1	200m	On-Track	On-Track	On-Track	
	Girls - Sue Tobin, Daina K		Shot Put 2	Shot Put 2	200m	On-Track	On-Track	On-Track	
Under 8	Boys - Dani Francis, Laura B, Alice J		70m	On-Track	On-Track	400m	Discus 1	Discus 1	
	Girls - Madeline Woods		70m	On-Track	On-Track	400m	Discus 2	Discus 2	

NOTES:

SET-UP U6 Girls and Boys 7.30 am

PACK-UP U11 Girls & Boys

BS = Back Straight

*** = Priority given for scheduling reasons**

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 - Kevin Lowden	700W	WARM UP	100m	LJ Pit 2	LJ Pit 2	LJ Pit 2	200m	Discus 2	Discus 2	Discus 2			
	Girls - Tina Towler	700W		100m	Discus 2	Discus 2	Discus 2	200m	LJ Pit 2	LJ Pit 2	LJ Pit 2			
Under 10	Boys - Steve Convy	1100W		High Jump 2	High Jump 2	100m	High Jump 2	200m		Shot Put 1	Shot Put 1	Shot Put 1		
	Girls - Roger Winders	1100W		High Jump 1	100m	High Jump 1	High Jump 1	200m		Shot Put 2	Shot Put 2	Shot Put 2		
Under 11	Boys - Martin Walker	1100W		LJ Pit 2	LJ Pit 2	LJ Pit 2	200m				800m	Javelin	Javelin	Javelin
	Girls - Kali Everitt, Ella Collis	1100W		LJ Pit 1	LJ Pit 1	LJ Pit 1	200m		Javelin	Javelin	Javelin	800m		
Under 12	Boys - Jemima Hoult	1500W	Shot Put 1	Shot Put 1	Shot Put 1	200m	High Jump 2	High Jump 2	High Jump 2		800m			
	Girls - Tim Leonard	1500W	Shot Put 2	Shot Put 2	Shot Put 2	200m	High Jump 1	High Jump 1	High Jump 1	800m				
Under 13	Boys - Thomas Mogensen, Rod Ockerby	1500W	100m BS	Discus 1	Discus 1	Discus 1		400m	TJ Pit 1	TJ Pit 1	TJ Pit 1			
	Girls - Katie Ryan	1500W	100m BS	TJ Pit 1	TJ Pit 1	TJ Pit 1		400m	Discus 1	Discus 1	Discus 1			
Under 14	Boys - Glenda Smith, Maree Grech	1500W	Javelin	Javelin	100m BS	LJ Pit 1	LJ Pit 1	LJ Pit 1	400m					
	Girls - Alex Woods	1500W		100m BS	Javelin	Javelin	Javelin		400m	LJ Pit 1	LJ Pit 1	LJ Pit 1		
Under 15-16	Boys - Glenda Smith, Maree Grech	1500W	Javelin	Javelin	100m BS	LJ Pit 2	LJ Pit 2	LJ Pit 2	400m					
	Girls - Megan Rosenbrock	1500W		100m BS	Javelin	Javelin	Javelin	400m	LJ Pit 2	LJ Pit 2	LJ Pit 2			

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