

# Mentone Little Athletics - Program 3



## 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		
Under 9	Boys - Martin	Walks - Competition Walkers Only	WARM UP	Walk Technique	TJ Pit 1	80mh BS	TJ Pit 1	70m *		200m	Discus 1				
	Girls - Kali & Ella				Discus 1		80mh BS	70m		200m*	TJ Pit 2				
Under 10	Boys - Andrew				High Jump 1		80mh BS	70m			Shot Put 1	200m			
	Girls - Tim				High Jump 2				80mh BS*	70m	Shot Put 2	200m			
Under 11	Boys - Thomas			Javelin	Walk Technique	Javelin	70m *	80mh BS	LJ Pit 1					800m	
	Girls - Julie-Anne & Nicole			LJ Pit 1		LJ Pit 1	70m	80mh BS		Javelin				800m	
Under 12	Boys - Tess			Shot Put 1		Shot Put 1	70m	High Jump 1	80mh BS	High Jump 1					
	Girls - Alex			Shot Put 2		Shot Put 2	70m		80mh BS	High Jump 2					800m
Under 13	Boys - Glenda & Maree			100m*	TJ Pit 2	Walk Technique	TJ Pit 2		Discus 1			200m			400m
	Girls - Megan			100m			Discus 1		200m	TJ Pit 1					400m
Under 14	Boys - Steve			100m			LJ Pit 2			200m	LJ Pit 2	400m	Javelin		
	Girls - Dee & Chris			100m			Javelin				200m	LJ Pit 2	400m	LJ Pit 2	
Under 15-16	Boys - Kev			100m		LJ Pit 2			200m	LJ Pit 2	400m	Javelin			
	Girls - Peter & Scott			100m		Javelin				200m	LJ Pit 2	400m	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	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

### Long Jump

Mat Size	U9 - U11	1.22m x 0.5m
Board Size	U12 - U16	1.22m x 0.2m

### Discus Weights

Age	Boys	Girls
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)

### Shot Put Weights

Age	Boys	Girls
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)

### High Jump - Starting Heights

Age	Boys	Girls
U9	65 cm	60 cm
U10	75 cm	70 cm
U11	85 cm	80 cm
U12	95 cm	90 cm
U13	1.05 m	1.00m
U14	1.15 m	1.10m
U15-16	1.25m	1.20 m

### Javelin

Age	Boys	Girls
U10	Turbo	Turbo
U11 - U12	400 g	400 g
U13 - U14	600 g	400 g
U15	600 g	500 g
U16	700 g	500 g