

# Mentone Little Athletics - Twilight Program

Friday 13th November 2015

## Round 7



### Under 6 - 8

Age Group		5.45 pm	6.00 pm	6.15 pm	6.30 pm	6.45 pm	7.00 pm	7.15 pm
Under 6	Boys - Jane Carter, Rebecca Symons	WARM UP	Discus 2	Discus 2	70m BS		100m BS	
	Girls - Sue Tobin		70m BS		Discus 2	Discus 2	100m BS	
Under 7	Boys - Laura Burgoine, Alice Jenner		70m BS	Shot Put 2	Shot Put 2	Shot Put 2	100m BS	
	Girls - Madeline Woods, Dani Francis		70m BS	Shot Put 3	Shot Put 3	Shot Put 3	100m BS	
Under 8	Boys - Kevin Lowden		100m	70m BS		LJ Pit 1	LJ Pit 1	
	Girls - Tina Towler, Jess Welford		100m		70m BS	LJ Pit 2	LJ Pit 1	

NOTE:

SET - UP U12 Girls & Boys 5.00 PM

PACK - UP U10 Girls & Boys

### Under 9 - 16

Age Group		5.40 PM	5.50PM	6.00 pm	6.15 pm	6.30 pm	6.45 pm	7.00 pm	7.15 pm	7.30 pm	7.45 pm	8.00 pm	8.15 pm	
Under 9	Boys - Jo Collins	1100m WALK	WARM UP	LJ Pit 1	LJ Pit 1	LJ Pit 1	100m	Discus 2	Discus 2	Discus 2	200m			
	Girls - Pierre Petoud			LJ Pit 2	LJ Pit 2	LJ Pit 2		100m		200m	Discus 2	Discus 2	Discus 2	
Under 10	Boys - Martin Walker		Turbo Jav	Turbo Jav	Turbo Jav		100m		200m	LJ Pit 1	LJ Pit 1	LJ Pit 1		
	Girls - Kali Everitt, Ella Collis			100m			Turbo Jav	Turbo Jav	200m	LJ Pit 2	LJ Pit 2	LJ Pit 2		
Under 11	Boys - Jemima Hoult		WARM UP	1500 WALK		100m		Shot Put 1	Shot Put 1	TJ Pit 1	TJ Pit 1	200m		
	Girls - Tim Leonard				Shot Put 1	Shot Put 1	Shot Put 1	100m	TJ Pit 2	TJ Pit 2	TJ Pit 2	200m		
Under 12	Boys - Thomas Mogensen	TJ Pit 2			TJ Pit 2	TJ Pit 2	100m	Shot Put 2	Shot Put 2	Shot Put 2	200m			
	Girls - Katie Ryan	TJ Pit 1			TJ Pit 1	TJ Pit 1	100m		Shot Put 1	Shot Put 1	Shot Put 1	200m		
Under 13	Boys - Glenda Smith, Maree Grech	High Jump 2			High Jump 2	High Jump 2	100m	Discus1	Discus1	Discus1	200m			
	Girls - Alex Woods	Discus 1			Discus 1	Discus 1		100m	High Jump 1	High Jump 1	High Jump 1	200m		
Under 14	Boys - Glenda Smith, Maree Grech	High Jump 2	High Jump 2	High Jump 2	100m	Discus1	Discus 1	Discus 1	200m					
	Girls - Megan Rosenbrock		100m		High Jump 2	High Jump 2	High Jump 2		Discus 1	200m	Discus 1	200m		
Under 15-16	Boys - Steve Hore, Katrina Smith	High Jump 2	High Jump 2	High Jump 2	100m	Discus1	Discus 1	Discus 1		200m				
	Girls - Scott Butler		100m		High Jump 2	High Jump 2	High Jump 2		Discus 1	Discus 1	200m			

#### 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