

WESTON CREEK REDBACKS
Timing Gates on Circular

PROGRAM 1

AGE GROUP	1	2	3	4	5
Under 6	200m	On Track Level 1 Vertical Jump Centre of track	50m	On Track Level 1 Projection Skill Centre of Track	
Under 7	200m	Discus (3)	50m	On Track Level 2 Over-arm Throw Discus 3 area	
Under 8	Shot Put (1)	Hurdles 60m 45cm	50m	200m	
Under 9	Hurdles 60m 45cm	200m	Long Jump (1) 1m mat	70m	
Under 10	Long Jump (1) 0.5m mat	800m	Discus (2)	Hurdles 60m 60cm	
Under 11	High Jump (2) (Blue)	800m	Hurdles 60m 60cm	Javelin (400g)	
Under 12	800m (U12 first)	Shot Put (2)	200m	High Jump (2) (Blue)	Hurdles 60m 68cm
Under 13	800m	Javelin (600g)	200m	Long Jump (2)	
Under 14-17	800m	Triple Jump (2)	200m	Discus (2)	

Throws Set-up: Discus 2 (Snr, Jnr); Discus 3 (Jnr); Shot Put 1 (Snr, Jnr); Shot Put 2 (Snr); Javelin

Jumps Set-up: Pits 1 & 2 (0.5m, 1m mat), High Jump 2 (blue mats)

Tracks Set-up: Straight - 60m Hurdles, Circular - 50m, 70m, 200m, 800m

Boys and Girls MUST compete in separate races

Age groups may be combined

Minimum time until next track event (minutes): Hurdles (15), Straight track (15), 200m/400m (30), Walks/800m (45), 1500 (60)