

**WESTON CREEK REDBACKS**  
Timing Gates on Circular

**PROGRAM 1**

| <b>AGE GROUP</b>   | <b>1</b>   | <b>2</b>  | <b>3</b>  | <b>4</b>                        | <b>5</b>                |
|--------------------|--|---|---|---------------------------------|-------------------------|
| <b>Under 6</b>     | On Track Level 1<br>Vertical Jump<br>Centre of track | 70m   | On Track Level 1<br>Projection skill<br>Centre of track | Vortex/Comet Ball<br>Discus (1) |                         |
| <b>Under 7</b>     | 100m   | On Track level 2<br>Run & Jump (1)<br>Discus 3 area | On Track Level 2<br>Over-arm Throw<br>Discus 3 area     | 70m                             |                         |
| <b>Under 8</b>     | Long Jump (1)<br>1m mat                              | Hurdles 60m<br>45cm                                 | 200m  | Shot Put (1)<br>Yellow-1.5 kg   | 70m*                    |
| <b>Under 9</b>     | Hurdles 60m*<br>45cm                                 | 400m  | Vortex/Comet Ball<br>Discus (1)                         | 70m                             | Long Jump (1)<br>1m mat |
| <b>Under 10</b>    | Discus (2)*<br>500g                                  | 800m  | Long Jump (1)<br>0.5m mat                               | Hurdles 60m<br>60cm *           | 200m                    |
| <b>Under 11</b>    | High Jump (2)<br>(Blue)                              | 800m  | Javelin (400g)  | Hurdles 60m<br>60cm             | 200m                    |
| <b>Under 12</b>    | 800m   | Shot (1) 2kg orange/<br>3kg white                   | 200m  | High Jump (2)*<br>(Blue)        | Hurdles 60m<br>68cm     |
| <b>Under 13</b>    | 800m   | Shot (2)<br>3kg white                               | 100m  | Long Jump (2)*                  | 200m or 400m            |
| <b>Under 14-17</b> | 800m   | Triple Jump (2)                                     | 100m  | Discus (2)*                     | 200m or 400m            |

\* Denotes coaching session

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

**Jumps Set-up:** Pits 1 & 2 (1m mat), Pits 3 & 4 (0.5m, 1m mat); High Jump 1 (blue mats)

**Tracks Set-up:** Straight - 60m Hurdles, Circular - 50m, 70m, 100m, 200m, 800m