

WESTON CREEK REDBACKS
Timing Gates on Circular

PROGRAM 1

AGE GROUP	1	2	3	4	5
Under 6	On Track Level 1 Vertical Jump Centre of track	70m	On Track Level 1 Projection skill Centre of track	Vortex/Comet Ball	
Under 7	100m	On Track level 2 Run & Jump (1) Discus 3 area	On Track Level 2 Over-arm Throw Discus 3 area	70m	
Under 8	Long Jump (1)	Hurdles 60m 45cm	200m	Shot Put (1) Yellow-1.5 kg	70m*
Under 9	Hurdles 60m* 45cm	Vortex/Comet discus (2)	400m	Long Jump (3) 1m mat	70m
Under 10	Discus (1)* 500g	800m	Hurdles 60m* 60cm	Long Jump (1) 0.5m mat	200m
Under 11	High Jump (2) (Blue)	800m	Discus (2)* 750gm	Hurdles 60m 60cm	200m
Under 12	800m (with u13 first)	Shot (1) 2kg orange/ 3kg white	200m	High Jump (2)* (Blue)	Hurdles 60m 68cm
Under 13	800m	Shot (2) 3kg white	100m	200m	Long Jump (2)*
Under 14	800m	Triple Jump (2)	100m	Discus (1)*	200m
Under 15 -17	800m	Shot (3) * 3/4/5 kg	100m	Triple Jump (2)	200m

* Denotes coaching session

Throws Set-up: Discus 1 (500g, 750g, 1kg, 1.5kg), Discus 2 (350g, 500g, 750g) & 3 (350g); Shot Put 1 (1kg, 1.5kg); Shot Put 2 (1kg, 1.5kg)

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