

WESTON CREEK REDBACKS
Timing Gates on Straight

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 Discus (1)	Shot (2) On Track shot
Under 7	200m	On Track level 2 Run & Jump (1) Discus 3 area	On Track Level 2 Over-arm Throw Discus 3 area	70m	Shot (1) OT Shot
Under 8 boys	Long Jump (1) 1m mat	Hurdles 60m 45cm	200m	Shot Put (1) Yellow-1.5 kg	70m*
Under 8 girls	Long Jump (2) 1m mat	Hurdles 60m 45cm	200m	Shot Put (2) Yellow-1.5 kg	70m*
Under 9	Hurdles 60m* 45cm	400m	Vortex Discus (1)	70m	Long Jump (1) 0.5m mat
Under 10	Discus (2)* 500g	800m	Long Jump (1) 0.5m mat	Hurdles 60m 60cm *	200m
Under 11	High Jump (2) (Blue)	800m	Javelin (400g)	Hurdles 60m 60cm	200m
Under 12	800m	Shot (1) 2kg orange/ 3kg white	200m	High Jump (2)* (Blue)	Hurdles 60m 68cm
Under 13	800m	Shot (2) 3kg white	100m	Long Jump (2)*	200m or 400m
Under 14-17	800m	Triple Jump (2)	100m	Discus (2)* 1 kg / 1.5 kg	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, Jnr); Javelin

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

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