

**WESTON CREEK REDBACKS**  
Timing Gates on Straight

**PROGRAM 2**

<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 Running Skills Centre of Track	100m	On Track Level 1 Leaping Skills Centre of Track	70m	
<b>Under 7</b>	Long Jump (1) 1m mat	100m	On Track Level 2 Starts Centre of Track	70m	
<b>Under 8</b>	100m	Discus (1)	Long Jump (1) 1m mat	70m	
<b>Under 9</b>	High Jump (1) (Scissor/Yellow)	800m	Discus (1)	100m	
<b>Under 10</b>	1500m	Shot Put (2)	70m	100m	
<b>Under 11</b>	1500m	Discus (2)	100m	Long Jump (1) 1m mat	
<b>Under 12</b>	Long Jump (2) 0.5m mat	1500m	Javelin (400g)	100m	
<b>Under 13</b>	Hurdles (76cm) 80m	1500m	Shot Put (2)	100m	Triple Jump (2)
<b>Under 14-17</b>	100m	1500m	Shot Put (1)	Hurdles (80m, 90m, 100m)	High Jump (2) (Blue)

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

**Jumps Set-up:** Long 1 & 2 (0.5m,1m mats), High 1 (Scissor/Yellow); High 2 (Blue)

**Tracks Set-up:** Circular - 800 & 1500, Hurdles 80/90/100m; Straight – 50m, 70m, 100m

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)