

## WESTON CREEK REDBACKS

### Timing Gates on Straight

#### PROGRAM 2

AGE GROUP	1	2	3	4	5
<b>Under 6</b>	On Track Level 1 Running Skills Centre of Track	100m	On Track Level 1 Leaping Skills Centre of Track		
<b>Under 7</b>	On Track Level 2 Starts Discus area 3	50m	Long Jump (3 & 4)	70m	<i>Vortex (Discus 3)</i>
<b>Under 8</b>	100m*	High Jump (1) (Scissor)	50m	Discus (3) 500g	200m
<b>Under 9</b>	800m [U9 run first]	Discus (1)	100m	High Jump (1)* (Scissor/Yellow)	70m
<b>Under 10</b>	70m	1500m	Shot Put (2)* 2kg – orange	100m	Long Jump (1) 0.5m mat
<b>Under 11</b>	70m	Long Jump (1) 0.5m mat	1500m	Javelin* 400g	100m
<b>Under 12</b>	Long Jump (2) 0.5m mat	1500m	Javelin 400g	100m	Optional Throw (2)
<b>Under 13</b>	1500m	Triple Jump (2)*	Hurdles (76cm) 80m	100m	Javelin (600g)
<b>Under 14</b>	1500m	Javelin	100m	High Jump (2) (Blue)	Hurdles (80m, 90m)
<b>Under 15 -17</b>	1500m	Javelin	100m	High Jump (2) (Blue)	Hurdles (90 m, 100m)

\*Denotes Coaching session

**Throws Set-up:** Discus 1 (500g,), 2 (350g, & 500g); Shot 1 (1, 2, 3, 4kg), Shot 2 (2, 3kg), Shot 3 (1kg); Javelin (400g, 600g)

**Jumps Set-up:** Long 1 & 2 (1m mats), Long 4 (0.5m mat); High 1 (Scissor/Yellow); High 2 (Blue)

**Tracks Set-up:** Circular - 200, 800 & 1500, Hurdles 80/90/100m; Straight – 50m, 70m, 100m