

WESTON CREEK REDBACKS

PROGRAM 2

Timing Gates on Straight

AGE GROUP	1	2	3	4	5
Under 6	On Track Level 1 Running Skills Centre of Track	100m	On Track Level 1 Leaping Skills Centre of Track	Long Jump (2) 1m mat	
Under 7	On Track Level 2 Starts Discus area 3	50m	Long Jump (1) 1m mat	70m	Vortex (Discus 3)
Under 8 boys	100m*	Discus (1) 500g	50m	High Jump (1)* (Scissor)	200m
Under 8 girls	100m*	Discus (2) 500g	50m	200m	High Jump (1)* (Scissor)
Under 9	800m	High Jump (1)* (Scissor / Yellow)	100m	Discus (1) 500g)	70m
Under 10	Shot Put (2)* 2kg(Orange)	1500m	70m	Long Jump (1) 0.5m mat	100m
Under 11	70m	Long Jump (1) 0.5m mat	1500m	Discus (2) 750g	100m
Under 12	Long Jump (2) 0.5m mat	1500m	Shot Put (2) 2kgOrange/3kgWhite	200m	Javelin (400g)
Under 13	Hurdles (76cm) 80m	1500m	Javelin (400g / 600g)	100m	Triple Jump (2)*
Under 14-17	High Jump (2) (Blue)	1500m	Shot Put (1) 3kg(White)/4kg(Red) 5kg(Green)	100m	Hurdles (76cm) 80m, 90m, 100m, 200m

*Denotes Coaching session

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

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

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