

## WESTON CREEK REDBACKS

### Timing Gates on Straight

#### PROGRAM 3 (Modified)

AGE GROUP	1	2	3	4
<b>Under 6</b>	On Track Level 1 Hopping Skills Discus area 3	50m	On Track Level 1 Pass/Receive Baton Discus area 3	200m
<b>Under 7</b>	On Track Level 2 Run over objects Centre of Track	100m	Discus (3)* 350g	300m Walk
<b>Under 8</b>	300m Walk*	100m	Long jump (1) 1m mat	50m
<b>Under 9</b>	Long Jump (1)* 0.5m mat	100m	Shot (2) * 2kg (Orange)	70m
<b>Under 10</b>	Discus 1 (500g)	100m	Vortex Discus (1) Area	200m (not inside 2 lanes)
<b>Under 11</b>	100m	Shot (1) 2kg (Orange)	400m	Triple Jump (2)* 0.5m mat
<b>Under 12</b>	100m	Triple Jump (2)* 0.5m mat	400m	Discus (2) 2kg / 3kg (White)
<b>Under 13</b>	Discus (2) 750g / 1Kg	400m	Shot (1) 3kg (White)	200m (not inside 2 lanes)
<b>Under 14-17</b>	400m (not inside 2 lanes)	Javelin* 400/500/600/700g	200m	Long Jump (1)

\* Denotes Coaching session

**Throws Set up:** Discus 2 (Snr); Discus 1 & 3 (Jnr); Shot Put 1 (Jnr & Snr), Shot 2 (Jnr); Vortex (using Discus (1) area)

**Jumps Set up:** Long 1 (1m, 0.5m mat); Triple 2(0.5m mat & 6 cones)

**Tracks Set-up:** Straight - 50m, 70m, 100m; Circular - 200m, 400m, Walks