

WESTON CREEK REDBACKS
Timing Gates on Circular

PROGRAM 3

AGE GROUP	1	2	3	4	5
Under 6	On Track Level 1 Pass/Receive Baton Centre of Track	100m	50m	On Track Level 1 Hopping Skills Discus area 3	
Under 7	100m	50m	On Track Level 2 Run over objects Centre of Track	300m Walk	
Under 8	High Jump (1) (Yellow)	100m	Vortex/Comet Ball Discus area 3	300m Walk	
Under 9	Long Jump (1)	700m Walk	Shot (1)	400m	
Under 10	200m	High Jump (2) (Blue)	1100m Walk	400m	
Under 11	200m (U11 first)	Shot (1)	1100m Walk	Triple Jump (2) 1m mat	400m
Under 12	1500m Walk	Triple Jump (2) 1m mat	400m	Discus (2)	
Under 13	1500m Walk	Discus (2)	400m	High Jump (2) (Blue)	
Under 14-17	1500m Walk	Javelin (600g)	400m	Long Jump (1)	

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

Jumps Set up: Long 1, Long 2 (1m mat); Long/ Triple 4 (1m mat & 6 cones); High 1 (Blue), 2 (Yellow)

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

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)