

WESTON CREEK REDBACKS

Timing Gates on Circular

PROGRAM 3 (Evening)

AGE GROUP	1	2	3	4
Under 6	On Track Level 1 Hopping Skills Discus area 3	50m	On Track Level 1 Pass/Receive Baton Discus area 3	
Under 7	On Track Level 2 Run over objects Centre of Track	100m	Long Jump (3)	Discus (3)*
Under 8	100m	Vortex Discus (1) Area	50m	Long Jump (3)
Under 9	Long Jump (3)*	100m	70m	Shot (2) *
Under 10	Long Jump (1)	100m	Vortex Discus (1) Area	400m
Under 11	100m	Shot (1)	400m	Triple Jump (2)* 1m mat
Under 12	Triple Jump (2)* 1m mat	100m	Discus (2)	400m
Under 13	200m	Discus (2)	400m	Long Jump (1)
Under 14-17	Javelin*	200m	Long Jump (1)	400m

* Denotes Coaching session

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

Jumps Set up: Long 1, Long 3 (1m mat); Long 2 (0.5, 1m mat); High 2 (Blue)

Tracks Set-up: Circular - 50m, 100m, 200m, 400m – Mark Track for 50m, 70m and 100m