

## WESTON CREEK REDBACKS

### PROGRAM 3

### Timing Gates on Circular

AGE GROUP	1	2	3	4	5
<b>Under 6</b>	On Track Level 1 Hopping Skills Discus area 3	50m	On Track Level 1 Pass/Receive Baton Discus area 3		
<b>Under 7</b>	On Track Level 2 Run over objects Centre of Track	100m	Long Jump (3 or 4)	Discus (3)*	300m Walk
<b>Under 8</b>	300m Walk*	Vortex/comet ball (Javelin Area)	100m	Long jump (1/3)	50m
<b>Under 9</b>	Long Jump (2)*	700m Walk	100m	Shot (2) *	70m
<b>Under 10</b>	100m	High Jump (2) (Blue)	1100m Walk	Vortex ( Javelin Area)	400m
<b>Under 11</b>	100m	Shot (1)	1100m Walk	Triple Jump (2)*	400m
<b>Under 12</b>	100m	1500m Walk	Triple Jump (2)* 1m mat	400m	Discus (2)
<b>Under 13</b>	1500m Walk	200m (not inside 3 lanes)	Discus (1)	400m	High Jump (2) (Blue)*
<b>Under 14</b>	1500m Walk	200m (not inside 3 lanes)	Javelin*	400m	Long Jump (2)
<b>Under 15-17</b>	200m (not inside 3 lanes)	1500m Walk *	Long Jump(1)	400m	Javelin*

\* Denotes Coaching session

**Throws Set up:** Discus 1; Discus 2 (350, 500, 750g); Shot Put 1 (1kg), Shot 2; Vortex (using Javelin 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:** Circular - 50m, 100m, 200m, 400m, Walks