

WESTON CREEK REDBACKS

PROGRAM 3

Timing Gates on Straight

AGE GROUP	1	2	3	4	5
Under 6	On Track Level 1 Hopping Skills Discus area 3	50m	On Track Level 1 Pass/Receive Baton Discus area 3	200m	
Under 7	On Track Level 2 Run over objects Centre of Track	100m	Discus (3)* 350g	300m Walk	
Under 8 boys	300m Walk*	100m	Vortex/comet ball Discus (1) Area	50m	Long jump (2) 1m mat
Under 8 girls	300m Walk*	100m	Long jump (1) 1m mat	50m	Vortex/comet ball Discus (1) Area
Under 9	Long Jump (1)* 0.5m mat	100m	700m Walk	70m	Shot (2) * 2kg (Orange)
Under 10	High Jump (2) (Blue)	1100m Walk	100m	Vortex Discus (1) Area	400m
Under 11	100m	Shot (1) 2kg (Orange)	1100m Walk	Triple Jump (2)* 0.5m mat	400m
Under 12	100m	Triple Jump (2)* 0.5m mat	1500m Walk	400m	Discus (2) 2kg / 3kg (White)
Under 13	1500m Walk	Discus (2) 750g / 1Kg	200m (not inside 2 lanes)	High Jump (2) (Blue mats)*	400m
Under 14-17	1500m Walk	Javelin* 400/500/600/700g	200m (not inside 2 lanes)	Long Jump (1)	400m

* Denotes Coaching session

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 and 2 (1m, 0.5m mat); Triple 2(0.5m mat & 6 cones); High 1 (Blue mats)

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