

WESTON CREEK REDBACKS, CHAMPIONSHIPS PROGRAM – WEEK 1

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6 – Group 1	Long Jump (1) 1m mat	100m	Shot Put (3) 1kg (blue)	50m	
Under 6 – Group 2	Long Jump (2) 1m mat	100m	Shot Put (2) 1kh (blue)	50m	
Under 7 – Group 1	Shot Put (3) 1kg (blue)	100m	Long Jump (1) 1m mat	50m	
Under 7 – Group 2	Shot Put (2) 1kh (blue)	100m	Long Jump (2) 1m mat	50m	
Under 8 – Group 1	100m	Discus (2) 500g	70m	Long Jump (4) 1m mat	
Under 8 – Group 2	100m	Discus (1) 500g	70m	Long Jump (1) 1m mat	
Under 9	100m	High Jump Scissors mat	70m	Shot Put (1) 2kg (orange)	
Under 10	1500m	Long Jump (3) 0.5m mat	70m	Discus (2) 500g	
Under 11	1500m	Javelin 400g	100m	High Jump	
Under 12	Shot Put (1) Boys – 3kg Girls – 2kg	1500m	Long Jump (3) Painted board	100m	
Under 13	200m Hurdles 68cm	Long Jump (4) Painted Board	1500m	Discus (1) Boys – 1kg Girls – 750g	100m
Under 14-17	200m Hurdles 76cm	High Jump	1500m	Javelin Various weights See p.30 of Redbook	100m