

WESTON CREEK REDBACKS, CHAMPIONSHIPS PROGRAM – WEEK 2

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6 – Group 1	300m Packed start	Discus (3) 350g	70m		
Under 6 – Group 2	300m Packed start	Discus (2) 350g	70m		
Under 7 – Group 1	70m	Long Jump (2) 1m mat	400m Packed start		
Under 7 – Group 2	70m	Long Jump (3) 1m mat	400m Packed start		
Under 8 – Group 1	High Jump Scissors mat	400m Packed start	Shot Put (1) 1.5kg (yellow)	60m Hurdles 45cm	
Under 8 – Group 2	Shot Put (1) 1.5kg (yellow)	400m Packed start	High Jump Scissors mat	60m Hurdles 45cm	
Under 9	Long Jump (1) 0.5m mat	800m	Discus (1) 500g	60m Hurdles 45cm	
Under 10	800m	High Jump	60m Hurdles 60cm	Shot Put (2) 2kg (orange)	100m
Under 11	800m	Triple Jump (4) Painted board	60m Hurdles 60cm	Discus (2) 750g	200m
Under 12	Discus (1) 750g	60m Hurdles 68cm	Triple Jump (1) Painted board	800m	
Under 13	80m Hurdles 76cm	Javelin	800m	High Jump	200m
Under 14-17	80 / 90 / 100m Hurdles 76cm	Shot Put (2) Various weights See p.29 of Redbook	800m	Triple Jump (2) Painted board	200m

Shaded events = non-championships event