

**WESTON CREEK REDBACKS COMPETITION PROGRAM, CLUB CHAMPIONSHIPS, WEEK 3**

| Age Group         | Event 1                           | Event 2  | Event 3                            | Event 4                          | Event 5                            |
|-------------------|-----------------------------------|--|------------------------------------|----------------------------------|------------------------------------|
| Under 6 – Group 1 | Long Jump (1)<br>1m mat           | 200m<br>Lanes 3-10                                   | Playground<br>15 minutes free time |                                  |                                    |
| Under 6 – Group 2 | Long Jump (2)<br>1m mat           | 200m<br>Lanes 3-10                                   | Playground<br>15 minutes free time |                                  |                                    |
| Under 7 – Group 1 | 100m                              | Discus (3)<br>350g                                   | 200m<br>Lanes 3-10                 |                                  |                                    |
| Under 7 – Group 2 | 100m                              | Discus (2)<br>350g                                   | 200m<br>Lanes 3-10                 |                                  |                                    |
| Under 8 – Group 1 | 200m<br>Lanes 3-10                | Shot Put (1)<br>1.5kg (yellow)                       | 50m                                | High Jump<br>Scissors mat        | 700m walk                          |
| Under 8 – Group 2 | 200m<br>Lanes 3-10                | High Jump<br>Scissors mat                            | 50m                                | Shot Put (1)<br>1.5kg (yellow)   | 700m walk                          |
| Under 9           | 200m<br>Lanes 3-10                | Long Jump (4)<br>0.5m mat                            | 400m<br>Lanes 3-10                 | Discus (2)<br>500g               | 700m walk                          |
| Under 10          | 200m<br>Lanes 3-10                | Javelin<br>Coaching only – for<br>next year          | 1100m walk                         | Discus (1)<br>500g               | 400m<br>Lanes 3-10                 |
| Under 11          | Long Jump (3)<br>Painted board    | 1100m walk   | Shot Put (2)<br>2kg (orange)       | 400m                             |                                    |
| Under 12          | 1500m walk<br>Combined age groups | High Jump  | 200m<br>Lanes 3-10                 | Javelin                          | 400m<br>Lanes 3-10                 |
| Under 13          |                                   | Shot Put (2)<br>3kg (white)                          | 100m                               | Triple Jump (1)<br>Painted board | 400m<br>Lanes 3-10                 |
| Under 14-17       |                                   | Discus (1)<br>Various weights<br>See p.29 of Redbook | 400m<br>Lanes 3-10                 | Long Jump (2)<br>Painted Board   | 300m Hurdles<br>(under 15-17 only) |

**Shaded events = non-championships event**