

WESTON CREEK REDBACKS LITTLE ATHLETICS PROGRAM – WEEK 1 – 20 OCTOBER 2018

AGE GROUP	EVENT 1	EVENT 2	EVENT 3	EVENT 4
UNDER 6 – GROUP 1	CROSS COUNTRY	LONG JUMP GRASS RUN UPS 1M MAT	70M	
UNDER 6 – GROUP 2	CROSS COUNTRY	LONG JUMP GRASS RUN UPS 1M MAT	70M	
UNDER 7 – GROUP 1	70M	LONG JUMP (2) 1M MAT	ON TRACK HURDLES SKILLS	
UNDER 7 GROUP 2	70M	LONG JUMP (3) 1M MAT	ON TRACK HURDLES SKILLS	
UNDER 8	60M HURDLES 45CM	DISCUS (2) 500G	800M	LONG JUMP (2) 500G
UNDER 9	60M HURDLES 45CM	SHOT PUT (3) 2KG (ORANGE)	100M	HIGH JUMP SCISSORS MAT
UNDER 10	LONG JUMP (1) 0.5M MAT	60M HURDLES 60CM	SHOT PUT (1) 2KG (ORANGE)	800M
UNDER 11	HIGH JUMP	60M HURDLES 60CM	DISCUS (1) 750G	800M
UNDER 12	800M	SHOT PUT (2) 2KG (ORANGE) – GIRLS 3KG (WHITE) – BOYS	60M HURDLES 68CM	LONG JUMP (3) PAINTED BOARD
UNDER 13	DISCUS (1) 1KG – BOYS 750G – GIRLS	800M	HIGH JUMP	80M HURDLES 76CM
UNDER 14-17	JAVELIN SEE REDBOOK FOR WEIGHTS, P.31	800M	LONG JUMP (1) PAINTED BOARD	90 / 100M HURDLES 76CM