

WESTON CREEK REDBACKS LITTLE ATHLETICS PROGRAM – WEEK 2 – 27 OCTOBER 2018

AGE GROUP	EVENT 1	EVENT 2	EVENT 3	EVENT 4
UNDER 6 – GROUP 1	100M	LONG JUMP GRASS RUN UPS 1M MAT	ON TRACK HURDLES SKILLS	
UNDER 6 – GROUP 2	100M	LONG JUMP GRASS RUN UPS 1M MAT	ON TRACK HURDLES SKILLS	
UNDER 7 – GROUP 1	CROSS COUNTRY	LONG JUMP (2) 1M MAT	100M	
UNDER 7 GROUP 2	CROSS COUNTRY	LONG JUMP (3) 1M MAT	100M	
UNDER 8	HIGH JUMP SCISSORS MAT	200M	SHOT PUT (1) 1.5KG (YELLOW)	50M
UNDER 9	LONG JUMP (1) 1 MAT	200M	DISCUS (2) 500G	800M
UNDER 10	1500M – COMBINED AGE	HIGH JUMP	200M	DISCUS (1) 500G
UNDER 11		SHOT PUT (2) 2KG (ORANGE)	200M	TRIPLE JUMP (3) 0.5M MAT
UNDER 12		JAVELIN 400G	200M	HIGH JUMP
UNDER 13		TRIPLE JUMP (4) PAINTED BOARD	200M	SHOT PUT (2) 3KG (WHITE)
UNDER 14-17		DISCUS (1) Various weights See Redbook, p.24	200M	TRIPLE JUMP (4) PAINTED BOARD