

WESTON CREEK REDBACKS LITTLE ATHLETICS PROGRAM – WEEK 3 – 3 NOVEMBER 2018

AGE GROUP	EVENT 1	EVENT 2	EVENT 3	EVENT 4
UNDER 6 – GROUP 1	ELIMINATION 30 RELAY STRAIGHT TRACK	BULLSEYE JAV	1 MINUTE DISTANCE CHALLENGE INDIVIDUAL	
UNDER 6 – GROUP 2	ELIMINATION 30 RELAY STRAIGHT TRACK	BULLSEYE JAV	1 MINUTE DISTANCE CHALLENGE INDIVIDUAL	
UNDER 7 – GROUP 1	ELIMINATION 50 RELAY STRAIGHT TRACK	BULLSEYE TEDDY	1 MINUTE DISTANCE CHALLENGE INDIVIDUAL	
UNDER 7 GROUP 2	ELIMINATION 50 RELAY STRAIGHT TRACK	BULLSEYE TEDDY	1 MINUTE DISTANCE CHALLENGE INDIVIDUAL	
UNDER 8	LONG JUMP (1) LOLLY POP CHALLENGE 1M MAT	ELIMINATION 50 RELAY STRAIGHT TRACK	BULLSEYE DISCUS (2) 500G	1 MINUTE DISTANCE CHALLENGE INDIVIDUAL
UNDER 9	LIGHTNING HIGH JUMP TEAMS	ELIMINATION 50 RELAY STRAIGHT TRACK	BULLSEYE SHOT PUT (2) 2KG (ORANGE)	1 MINUTE DISTANCE CHALLENGE TEAMS
UNDER 10	ELIMINATION 50 TEAMS CIRCULAR TRACK (HOME STRAIGHT)	LONG JUMP (2) 0.5M MAT TARGET = 3M	2 MINUTE DISTANCE CHALLENGE TEAMS	BULLSEYE SHOT PUT (1) 2KG (ORANGE)
UNDER 11	ELIMINATION 50 TEAMS CIRCULAR TRACK (BACK STRAIGHT)	BULLSEYE JAVELIN	2 MINUTE DISTANCE CHALLENGE TEAMS	LONG JUMP (4) 0.5M MAT TARGET = 3.8M
UNDER 12	ELIMINATION 50 TEAMS CIRCULAR TRACK (BACK STRAIGHT)	BULLSEYE DISCUS (1) 750G	2 MINUTE DISTANCE CHALLENGE TEAMS	TRIPLE JUMP (1) PAINTED BOARD TARGET = 7.5M
UNDER 13	2 MINUTE DISTANCE CHALLENGE TEAMS	LONG JUMP (3) PAINTED BOARD TARGET = 3.8M	ELIMINATION 50 STRAIGHT TRACK	BULLSEYE JAVELIN
UNDER 14-17	2 MINUTE DISTANCE CHALLENGE TEAMS	BULLSEYE SHOT PUT (1) Various weights See Redbook, p.24	ELIMINATION 50 CIRCULAR TRACK (HOME STRAIGHT)	LIGHTNING HIGH JUMP TEAMS

SHADED AGE GROUPS = NON-COMPETITIVE