

WESTON CREEK REDBACKS LITTLE ATHLETICS PROGRAM – WEEK 4 – 10 NOVEMBER 2018

| AGE GROUP | EVENT 1 | EVENT 2 | EVENT 3 | EVENT 4 |
|--------------------------|------------------------------|--|--------------------------------|----------------------------------|
| UNDER 6 – GROUP 1 | 100M REDBACK GIFT HEATS | LONG JUMP GRASS RUN UPS 1M MAT | ON TRACK HURDLES SKILLS | |
| UNDER 6 – GROUP 2 | 100M REDBACK GIFT HEATS | LONG JUMP GRASS RUN UPS 1M MAT | ON TRACK HURDLES SKILLS | |
| UNDER 7 – GROUP 1 | CROSS COUNTRY | LONG JUMP (2) 1M MAT | 100M REDBACK GIFT HEATS | |
| UNDER 7 GROUP 2 | CROSS COUNTRY | LONG JUMP (3) 1M MAT | 100M REDBACK GIFT HEATS | |
| UNDER 8 | HIGH JUMP SCISSORS MAT | 100M REDBACK GIFT HEATS | SHOT PUT (1) 1.5KG (YELLOW) | 700M WALK |
| UNDER 9 | LONG JUMP (1) 1 MAT | 100M REDBACK GIFT HEATS | DISCUS (2) 500G | 700M WALK |
| UNDER 10 | 100M REDBACK GIFT HEATS | HIGH JUMP | 1100M WALK | DISCUS (1) 500G |
| UNDER 11 | SHOT PUT (2) 2KG (ORANGE) | 1100M WALK | TRIPLE JUMP (1) 0.5M MAT | 100M REDBACK GIFT HEATS |
| UNDER 12 | 1500M WALK COMBINED AGE | JAVELIN 400G | 100M REDBACK GIFT HEATS | HIGH JUMP |
| UNDER 13 | | TRIPLE JUMP (4) PAINTED BOARD | 100M REDBACK GIFT HEATS | SHOT PUT (2) 3KG (WHITE) |
| UNDER 14-17 | | DISCUS (1) Various weights See Redbook, p.24 | 100M REDBACK GIFT HEATS | TRIPLE JUMP (2) PAINTED BOARD |