

WESTON CREEK REDBACKS LITTLE ATHLETICS PROGRAM – WEEK 5 – 17 NOVEMBER 2018

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