

**WESTON CREEK REDBACKS LITTLE ATHLETICS PROGRAM – WEEK 6 – 24 NOVEMBER 2018**

<b>AGE GROUP</b>	<b>EVENT 1</b>	<b>EVENT 2</b>	<b>EVENT 3</b>	<b>EVENT 4</b>
<b>UNDER 6 – GROUP 1</b>	50M	LONG JUMP GRASS RUN UPS 1M MAT	RELAY PRACTICE	
<b>UNDER 6 – GROUP 2</b>	50M	LONG JUMP GRASS RUN UPS 1M MAT	RELAY PRACTICE	
<b>UNDER 7 – GROUP 1</b>	RELAY PRACTICE	LONG JUMP (2) 1M MAT	50M	
<b>UNDER 7 GROUP 2</b>	RELAY PRACTICE	LONG JUMP (3) 1M MAT	50M	
<b>UNDER 8</b>	HIGH JUMP SCISSORS MAT	RELAY PRACTICE	SHOT PUT (2) 1.5KG (YELLOW)	400M
<b>UNDER 9</b>	LONG JUMP (1) 1 MAT	RELAY PRACTICE	DISCUS (3) 500G	400M
<b>UNDER 10</b>	400M	HIGH JUMP	RELAY PRACTICE	DISCUS (1) 500G
<b>UNDER 11</b>	400M	LONG JUMP (4) 0.5M MAT	RELAY PRACTICE	JAVELIN 400G
<b>UNDER 12</b>	RELAY PRACTICE	DISCUS (2) 750G	400M	TRIPLE JUMP (1) PAINTED BOARD
<b>UNDER 13</b>	RELAY PRACTICE	DISCUS (1) GIRLS – 750G BOYS – 1KG	400M	LONG JUMP (2) PAINTED BOARD
<b>UNDER 14-17</b>	RELAY PRACTICE	SHOT PUT (1) Various weights See Redbook, p.24	400M	HIGH JUMP