

WESTON CREEK REDBACKS LITTLE ATHLETICS PROGRAM – WEEK 7 – 1 DECEMBER 2018

AGE GROUP	EVENT 1	EVENT 2	EVENT 3	EVENT 4
UNDER 6 – GROUP 1	CROSS COUNTRY	RELAY PRACTICE	100M	
UNDER 6 – GROUP 2	CROSS COUNTRY	RELAY PRACTICE	100M	
UNDER 7 – GROUP 1	100M	RELAY PRACTICE	ON TRACK HURDLES SKILLS	
UNDER 7 GROUP 2	100M	RELAY PRACTICE	ON TRACK HURDLES SKILLS	
UNDER 8	60M HURDLES 45CM	DISCUS (2) 500G	RELAY PRACTICE	LONG JUMP (1) 500G
UNDER 9	60M HURDLES 45CM	SHOT PUT (2) 2KG (ORANGE)	RELAY PRACTICE	HIGH JUMP SCISSORS MAT
UNDER 10	LONG JUMP (1) 0.5M MAT	60M HURDLES 60CM	SHOT PUT (1) 2KG (ORANGE)	RELAY PRACTICE
UNDER 11	SHOT PUT (1) 2KG (ORANGE)	60M HURDLES 60CM	TRIPLE JUMP (2) 0.5M MAT	RELAY PRACTICE
UNDER 12	RELAY PRACTICE	HIGH JUMP	60M HURDLES 68CM	JAVELIN 400G
UNDER 13	JAVELIN GIRLS – 400G BOYS – 600G	RELAY PRACTICE	TRIPLE JUMP (3) PAINTED BOARD	80M HURDLES 76CM
UNDER 14-17	DISCUS (1) SEE REDBOOK FOR WEIGHTS, P.24	RELAY PRACTICE	TRIPLE JUMP (4) PAINTED BOARD	90 / 100M HURDLES 76CM