

REDBACKS PROGRAM – Week 1

UNDER 6	Long Jump	70m	Throws	200m
UNDER 7	200m	Long Jump	70m	Throws
UNDER 8	Discus	200m	High Jump	70m
UNDER 9	100m	Long Jump	800m	Discus
UNDER 10	High Jump	100m	800m	Shot Put
UNDER 11	800m	Shot Put	100m	Long Jump
UNDER 12	Shot Put	800m	Long Jump	100m
UNDER 13-17	800m	Long Jump	100m	Discus

Table 14 - Boys - Shot Put Specifications

Boys	Under 6 & 7	Under 8	Under 9, 10,11 & 12	Under 13 & 14	Under 15 &16	Under 17
Weight	1 kg (Blue)	1.5 kg (Yellow)	2 kg (Orange)	3 kg (White)	4 kg (Red)	5kg (Green)

Table 15 - Girls - Shot Put Specifications

Girls	Under 6 & 7	Under 8	Under 9, 10, 11 & 12	Under 13, 14, 15, 16 & 17
Weight	1 kg (Blue)	1.5 kg (Yellow)	2 kg (Orange)	3 kg (White)

Table 16 - Boys - Discus Specifications

Boys	Under 6 & 7	Under 8, 9,10 & 11	Under 12 & 13	Under 14,15 & 16	Under 17
Weight	350 g	500 g	750 g	1 kg	1.5 kg

Table 17 - Girls - Discus Specifications

Girls	Under 6 & 7	Under 8, 9,10 & 11	Under 12 & 13	Under 14 -17
Weight	350 g	500 g	750 g	1 kg