

REDBACKS PROGRAM – Week 2

UNDER 6	300m	Long Jump	50m	Throws	WALKS (U10 & U11 1,100m, U12+ 1,500m)
UNDER 7	Throws or Shot Put	400m	Long Jump	50m	
UNDER 8	50m	Shot Put	400m	Long Jump	
UNDER 9	400m	Long Jump	70m	Shot Put	
UNDER 10	Long Jump	400m	70m	Discus	
UNDER 11	High Jump	400m	Discus	200m	
UNDER 12	400m	Discus	High Jump	200m	
UNDER 13-17	200m	Triple Jump	400m	Javelin	

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

Table 18 - Javelin Specifications

Boys	U11 to U 12 (400g)	U13 – U14 (600g)	U15 – U17 (700g)
Girls	U11 to U 14 (400g)	U15 – U17 (500g)	