

## REDBACKS PROGRAM – Week 3

<b>UNDER 6</b>	Obstacle Course	100m Front Straight	Hurdles (off track)	Throws
<b>UNDER 7</b>	Throws or Discus 350g	Hurdles (off Track)	100m Front Straight	Obstacle Course
<b>UNDER 8</b>	Hurdles (off Track)	Turbo Jav	Long Jump	100m Front Straight
<b>UNDER 9</b>	Turbo Jav	200m	High Jump	Hurdles (off Track)
<b>UNDER 10</b>	Hurdles inside track	Long Jump	200m	Turbo Jav
<b>UNDER 11</b>	1500	Hurdles inside track	Triple Jump	Javelin
<b>UNDER 12</b>	1500	Javelin	Hurdles inside track	Triple Jump
<b>UNDER 13-17</b>	1500	High Jump	Shot Put	Hurdles inside track

### Hurdles Height

Age group	Hurdle height
Under 6/7/8& 9	20/30/45cm
Under 10 & 11	60cm
Under 12	68cm
Under 13 to 17	76cm (68cm for U13 200m)

### Hurdles distance

U6 - U10	60 Metres
U11 – U13	80 Metres

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 18 - Javelin Specifications

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