



GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.

Program 1	1	2	3	4	5	6 (5a)	6a
Tiny Tots	50						
U/6 G	50	LONG 2	SHOT 3	VORTEX	100		
U/6 B	50	SHOT 3	VORTEX	LONG 1	100		
U/7 G	50	DIS 3	LONG 1	SHOT 4	100		
U/7 B	50	SHOT 4	LONG 2	DIS 3	100		
U/8 G	HIGH JUMP 3		70	SHOT 3	100	DIS 3	
U/8 B	SHOT 3	70	DIS 3	LONG 2	100		
U/9 G	DIS 2	70	HIGH JUMP 3		400	TURBO	100
U/9 B	LONG 2	70	DIS 1	400	TURBO	100	
U/10 G	DIS 1	70	SHOT 2	400	HIGH JUMP 3		100
U/10 B	TURBO	70	DIS 2	400	LONG 3	100	
U/11 G	HIGH JUMP 1		800	LONG 3	100	DIS 2	200
U/11 B	HIGH JUMP 2		800	DIS 2	100	LONG 4	200
U/12 G	LONG 3	800	HIGH JUMP 1		100	DIS 1	200
U/12 B	800	DIS 1	HIGH JUMP 2		100	JAVELIN	200
U/13 G	800	LONG 3	100	JAVELIN	HIGH JUMP 1		200(H)
U/13 B	SHOT 2	800	TJ 3	100	DIS 1	200(H)	
U/14 G	800	LONG 4	100	SHOT 2	HIGH JUMP 2		200(H)
U/14 B	TJ 4	800	SHOT 1	100	JAVELIN	200(H)	
U/15-17 G	SHOT 1	800	JAVELIN	100	TJ 4	300(H)	
U/15-17 B	JAVELIN	800	TJ 4	100	SHOT 1	300(H)	

Program 2	1	2	3	4	5	6 (5a)	6a
Tiny Tots	70						
U/6 G	70	LONG 1	200	DIS 3	50		
U/6 B	70	DIS 3	200	LONG 1	50		
U/7 G	70	SHOT 4	200	VORTEX	50		
U/7 B	70	VORTEX	DIS 3	200	50		
U/8 G	DIS 3	100	SHOT 4	200	HIGH JUMP 3		
U/8 B	HIGH JUMP 3		100	SHOT 3	200	DIS 3	
U/9 G	TURBO	100	LONG 2	200	SHOT 2	700W	
U/9 B	SHOT 2	100	LONG 1	200	TURBO	700W	
U/10 G	200	SHOT 1	TURBO	100	LONG 1	1100W	
U/10 B	200	SHOT 2	100	DIS 2	LONG 2	1100W	
U/11 G	200	JAVELIN	100	TJ 3	DIS 2	1100W	
U/11 B	200	TJ 3	100	JAVELIN	SHOT 1	1100W	
U/12 G	SHOT 1	200	LONG 4	100	TJ 3	1500W	
U/12 B	200	LONG 4	SHOT 1	100	TJ 4	1500W	
U/13 G	JAVELIN	200	TJ 3	100	DIS 1	1500W	
U/13 B	HIGH JUMP 1		200	LONG 4	100	JAVELIN	1500W
U/14 G	TJ 3	200	DIS 1	100	JAVELIN	1500W	
U/14 B	HIGH JUMP 2		200	DIS 1	100	LONG 3	1500W
U/15-17 G	DIS 1	200	HIGH JUMP 1		100	TJ 4	1500W
U/15-17 B	TJ 4	200	HIGH JUMP 2		100	DIS 1	1500W

Program 3	1	2	3	4	5	6	6a
Tiny Tots	100 (pack)						
U/6 G	60H	DIS 3	300	SHOT 4	50		
U/6 B	60H	SHOT 4	300	DIS 3	50		
U/7 G	60H	VORTEX	500	LONG 1	50		
U/7 B	60H	LONG 1	500	VORTEX	50		
U/8 G	60H	LONG 2	700	SHOT 3	70		
U/8 B	60H	SHOT 3	700	LONG 2	70		
U/9 G	LONG 2	60H	DIS 2	800	TURBO	70	
U/9 B	TURBO	60H	LONG 2	800	70	DIS 2	
U/10 G	DIS 2	60H	TURBO	800	HIGH JUMP 3		70
U/10 B	HIGH JUMP 3		60H	DIS 2	800	SHOT 1	70
U/11 G	400	LONG 4	80H	HIGH JUMP 1		1500	SHOT 2
U/11 B	400	JAVELIN	80H	HIGH JUMP 2		1500	LONG 3
U/12 G	400	HIGH JUMP 1		80H	LONG 2	1500	JAVELIN
U/12 B	400	HIGH JUMP 2		80H	DIS 2	1500	LONG 4
U/13 G	DIS 1	400	TJ 3	80H	SHOT 2	1500	
U/13 B	TJ 3	400	SHOT 2	80H	DIS 1	1500	
U/14 G	SHOT 2	400	DIS 1	80H	LONG 3	1500	
U/14 B	JAVELIN	400	SHOT 1	90H	TJ 4	1500	
U/15-17 G	SHOT 1	400	LONG 4	90/100H	JAVELIN	1500	
U/15-17 B	LONG 4	400	JAVELIN	100/110H	SHOT 1	1500	

Program 4	1	2	3	4	5	6 (5a)	6a
Tiny Tots	VORTEX						
U/6 G	70	SHOT 4	100	DIS 3	LONG 1		
U/6 B	70	DIS 3	LONG 1	100	SHOT 4		
U/7 G	70	LONG 2	VORTEX	100	DIS 3		
U/7 B	70	VORTEX	LONG 2	100	SHOT 3		
U/8 G	LONG 1	70	DIS 3	100	VORTEX		
U/8 B	HIGH JUMP 3		70	VORTEX	100	DIS 3	
U/9 G	LONG 2	70	DIS 2	400	SHOT 2	100	
U/9 B	SHOT 2	70	HIGH JUMP 3		400	DIS 2	100
U/10 G	DIS 1	70	LONG 3	400	SHOT 1	100	
U/10 B	DIS 2	70	SHOT 2	400	HIGH JUMP 3		100
U/11 G	HIGH JUMP 1		200	LONG 1	100	SHOT 2	800
U/11 B	HIGH JUMP 2		200	LONG 2	100	SHOT 1	800
U/12 G	100	JAVELIN	200	DIS 1	HIGH JUMP 1		800
U/12 B	100	DIS 1	200	JAVELIN	HIGH JUMP 2		800
U/13 G	SHOT 1	200(H)	HIGH JUMP 1		100	LONG 4	800
U/13 B	JAVELIN	200(H)	SHOT 1	100	TJ 4	800	
U/14 G	LONG 3	200(H)	HIGH JUMP 2		100	JAVELIN	800
U/14 B	LONG 4	200(H)	TJ 4	100	JAVELIN	800	
U/15-17 G	300(H)	SHOT 1	100	TJ 3	800	DIS 1	
U/15-17 B	300(H)	LONG 4	100	TJ 4	DIS 1	800	

Program 5	1	2	3	4	5	6 (5a)	6a
Tiny Tots	HJ 3						
U/6 G	50	HJ 3	VORTEX	200	SHOT 4	70	
U/6 B	50	VORTEX	HJ 3	200	SHOT 3	70	
U/7 G	SHOT 4	50	200	HJ 3	DIS 3	70	
U/7 B	DIS 3	50	SHOT 3	200	HJ 3	70	
U/8 G	LONG 1	DIS 3	70	VORTEX	200		
U/8 B	VORTEX	LONG 1	70	DIS 3	200		
U/9 G	LONG 2	700W	DIS 2	200	SHOT 1	100	
U/9 B	DIS 2	700W	SHOT 1	200	LONG 2	100	
U/10 G	LONG 3	1100W	SHOT 2	100	DIS 2	200	
U/10 B	SHOT 1	1100W	LONG 2	100	TURBO	200	
U/11 G	JAVELIN	1100W	TJ 3	100	SHOT 2	200	
U/11 B	TJ 4	1100W	JAVELIN	100	DIS 1	200	
U/12 G	1500W	DIS 2	100	SHOT 2	TJ 3	200	
U/12 B	1500W	LONG 2	100	SHOT 1	TJ 4	200	
U/13 G	1500W	SHOT 2	100	TJ 3	200	DIS 2	
U/13 B	1500W	LONG 3	200	JAVELIN	HIGH JUMP 1		100
U/14 G	1500W	DIS 1	200	TJ 4	100	SHOT 1	
U/14 B	1500W	LONG 4	200	DIS 1	HIGH JUMP 2		100
U/15-17 G	1500W	JAVELIN	HIGH JUMP 1		200	LONG 4	100
U/15-17 B	1500W	SHOT 1	HIGH JUMP 2		200	JAVELIN	100

Program 6	1	2	3	4	5	6 (5a)	6a
Tiny Tots	long 1&2						
U/6 G	300	DIS 3	LONG 1	VORTEX	60H		
U/6 B	300	VORTEX	LONG 2	DIS 3	60H		
U/7 G	SHOT 4	500	DIS 3	LONG 1	60H		
U/7 B	DIS 3	500	SHOT 4	LONG 2	60H		
U/8 G	700	SHOT 3	VORTEX	60H	LONG 1		
U/8 B	700	LONG 2	SHOT 3	60H	VORTEX		
U/9 G	SHOT 2	800	HIGH JUMP 3		60H	DIS 2	LONG 1
U/9 B	SHOT 1	800	LONG 3	60H	HIGH JUMP 3		DIS 2
U/10 G	DIS 2	800	SHOT 1	60H	LONG 2	TURBO	
U/10 B	TURBO	800	SHOT 2	60H	DIS 2	LONG 2	
U/11 G	1500	JAVELIN	80H	TJ 3	400	DIS 1	
U/11 B	1500	DIS 2	80H	TJ 4	400	SHOT 2	
U/12 G	1500	SHOT 1	80H	JAVELIN	400	TJ 4	
U/12 B	1500	TJ 3	80H	SHOT 1	400	JAVELIN	
U/13 G	JAVELIN	80H	LONG 4	1500	HIGH JUMP 1		400
U/13 B	DIS 1	80H	HIGH JUMP 1		1500	LONG 3	400
U/14 G	TJ 4	80H	JAVELIN	1500	HIGH JUMP 2		400
U/14 B	90H	HIGH JUMP 2		1500	DIS 1	400	SHOT 1
U/15-17 G	90/100H	LONG 4	1500	HIGH JUMP 1		400	DIS 1
U/15-17 B	100/110H	DIS 1	1500	HIGH JUMP 2		400	LONG 4