

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



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