

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



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	SHOT1	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 HUR	SHOT 1	100	TJ 3	800	DIS 1	
U/15-17 B	300 HUR	LONG 4	100	TJ 4	DIS 1	800	