

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



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

HJ 3	High Jump Game	<ul style="list-style-type: none"> - For learning the scissor jump technique - NO measurements are recorded - NO Club Records - NO Points awarded
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