

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



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