

# GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



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

## HJ 3

High Jump Game

- For learning the scissor jump technique
- NO measurements are recorded
- NO Club Records
- NO Points awarded