

# 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 B	LONG 3	300	VORTEX	DIS 3	60H		
U/6-7 G	SHOT 4	300/500	DIS 3	LONG 1	60H		
U/7 B	DIS 3	500	SHOT 4	LONG 2	60H		
U/8 G	SHOT 3	700	LONG 2	VORTEX	60H		
U/8 B	LONG 4	700	SHOT 3	60H	VORTEX		
U/9 G	SHOT 2	800	LONG 1	60H	HIGH JUMP 3		DIS 2
U/9 B	HIGH JUMP 3		DIS 2	60H	SHOT 2	800	LONG 1
U/10 G	SHOT 1	800	DIS 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/13-14 G	JAVELIN	80H	LONG 4	1500	HIGH JUMP 1		400
U/13 B	DIS 1	80H	HIGH JUMP 1		1500	LONG 3	400
U/14-17 B	HURDLES	HIGH JUMP 2		1500	DIS 1	400	LONG 4
U/15-17 G	90/100H	LONG 4	1500	HIGH JUMP 2		400	DIS 1