

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



Program 8	1	2	3	4	5
Tiny Tots					
U/6-7 G	100m	SHOT 4	200m	LONG 1	
U/6-7 B	100m	LONG 1	SHOT 4	200m	
U/8 G	SHOT 4	100m	VORTEX	200m	
U/8 B	100m	VORTEX	200m	SHOT 4	
U/9 G	100m	LONG 2	DIS 2	200m	SHOT 1
U/9 B	LONG 1	SHOT 2	100m	DIS 2	200m
U/10 G	HIGH JUMP 3	100m	SHOT 2	200m	TURBO
U/10 B	TURBO	100m	HIGH JUMP 3	200m	SHOT 2
U/11 G	200m	DIS 2	100m	SHOT 2	LONG 1
U/11 B	SHOT 2	100m	LONG 1	200m	DIS 2
U/12 G	200m	HIGH JUMP 2	100m	LONG 2	DIS 1
U/12 B	DIS 1	200m	LONG 2	100m	HIGH JUMP 2
U/13 G	LONG 4	JAV	200m	SHOT 1	100m
U/13 B	JAV	200m	SHOT 1	LONG 4	100m
U/14 G	200m	DIS 1	HIGH JUMP 1	100m	LONG 2
U/14 B	LONG 2	200m	DIS 1	100m	HIGH JUMP1
U/15-17 G	200m	SHOT 1	LONG 4	100m	JAV
U/15-17 B	SHOT 1	200m	JAV	100m	LONG 4

COME & TRY PROGRAM

C & T #1	LONG 3	200m	DIS 3	100m	
C & T #2	100m	LONG 3	200m	DIS 3	
C & T #3	DIS 3	100m	LONG 3	200m	
C & T #4	200m	DIS 3	100m	LONG 3	