

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



Program 1	1	2	3	4	5	6 (5a)	6a
Tiny Tots	50						
U/6 B	50	SHOT 3	VORTEX	LONG 1	100		
U/6-U/7 G	50	DIS 3	LONG 1	SHOT 4	100		
U/7 B	50	SHOT 4	LONG 2	DIS 3	100		
U/8 G	HIGH JUMP 3		70	SHOT 3	100	DIS 3	
U/8 B	SHOT 3	70	DIS 3	LONG 2	100		
U/9 G	DIS 2	70	HIGH JUMP 3		400	TURBO	100
U/9 B	LONG 2	70	DIS 2	400	TURBO	100	
U/10 G	DIS 1	70	SHOT 2	400	HIGH JUMP 3		100
U/10 B	TURBO	70	DIS 1	400	LONG 3	100	
U/11 G	HIGH JUMP 1		800	LONG 3	100	DIS 2	200
U/11 B	HIGH JUMP 2		800	DIS 1	100	LONG 4	200
U/12 G&B	LONG 3	800	HIGH JUMP 1		100	DIS 1	200
U/13 G	800	LONG 3	100	JAVELIN	HIGH JUMP 1		200(H)
U/13 B	SHOT 2	800	TJ 3	100	DIS 1	200(H)	
U/14 G	800	LONG 4	100	SHOT 2	HIGH JUMP 2		200(H)
U/14 B	TJ 4	800	SHOT 1	100	JAVELIN	200(H)	
U/15-17 G&B	SHOT 1	800	JAVELIN	100	TJ 4	300 HUR	