

# GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



Program 2	1	2	3	4	5	6 (5a)	6a
Tiny Tots	70						
U/6 B	70	DIS 3	200	LONG 1	50		
U/6-U/7 G	70	SHOT 4	200	VORTEX	50		
U/7 B	70	VORTEX	DIS 3	200	50		
U/8 G	DIS 3	100	SHOT 4	200	HIGH JUMP 3		
U/8 B	HIGH JUMP 3		100	SHOT 3	200	DIS 3	
U/9 G	TURBO	100	LONG 2	200	SHOT 2	700W	
U/9 B	SHOT 2	100	LONG 1	200	TURBO	700W	
U/10 G	200	SHOT 1	TURBO	100	LONG 1	1100W	
U/10 B	200	SHOT 2	100	DIS 2	LONG 2	1100W	
U/11 G	200	JAVELIN	100	TJ 3	DIS 2	1100W	
U/11 B	200	TJ 3	100	JAVELIN	SHOT 1	1100W	
U/12 G&B	SHOT 1	200	LONG 4	100	TJ 3	1500W	
U/13 G	JAVELIN	200	TJ 3	100	DIS 1	1500W	
U/13 B	HIGH JUMP 1		200	LONG 4	100	JAVELIN	1500W
U/14 G	TJ 3	200	DIS 1	100	JAVELIN	1500W	
U/14 B	HIGH JUMP 2		200	DIS 1	100	LONG 3	1500W
U/15-17 G&B	DIS 1	200	HIGH JUMP 1		100	TJ 4	1500W

