

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



Program 11	1	2	3	4	5
Tiny Tots					
U/6-7 G	100m	VORTEX	SHOT 4	70m	
U/6-7 B	SHOT 4	100m	VORTEX	70m	
U/8 G	100m	SHOT 4	70m	LONG 1	
U/8 B	100m	LONG 1	70m	SHOT 4	
U/9 G	TURBO	100m	DIS 2	400m	HIGH 3
U/9 B	HIGH 3	DIS 2	100m	TURBO	400m
U/10 G	DIS 2	100m	LONG 1	400m	SHOT 2
U/10 B	SHOT 1	LONG 2	400m	DIS 2	100m
U/11 G	400m	SHOT 2	100m	LONG 2	DIS 2
U/11 B	SHOT 2	100m	400m	LONG 4	DIS 1
U/12 G	400m	SHOT 1	100m	JAV	LONG 2
U/12 B	LONG 2	400m	JAV	100m	SHOT 1
U/13 G	HIGH 2	400m	LONG 2	DIS 1	100m
U/13 B	DIS 1	LONG 4	400m	HIGH 2	100m
U/14 G	400m	JAV	100m	SHOT 1	TRIPLE 3
U/14 B	TRIPLE 4	400m	SHOT 1	100m	JAV
U/15-17 G	400m	DIS 1	TRIPLE 4	100m	HIGH 1
U/15-17 B	HIGH 1	100m	DIS 1	400m	TRIPLE 4

COME & TRY PROGRAM

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