

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



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

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