

GOLDEN GROVE LITTLE ATHLETICS CENTRE

TILLEY RESERVE, Hancock Road Surrey Downs.



Program 7	1	2	3	4 (3a)	5
Tiny Tots	100m (straight)				
U/6 B	LONG 2	200m	SHOT 3	100m	
U/6-7 G	SHOT 4	200m	LONG 1	100m	
U/7 B	SHOT 3	200m	LONG 2	100m	
U/8 G	200m	LONG 1	100m	SHOT 4	Relay Teams Training
U/8 B	200m	LONG 2	100m	SHOT 3	Relay Teams Training
U/9 G	HIGH JUMP 3		100m	DIS 1	Relay Teams Training
U/9 B	200m	DIS 1	100m	TURBO	Relay Teams Training
U/10 G	100m	TURBO	HIGH JUMP 3		Relay Teams Training
U/10 B	100m	LONG 3	DIS 1		Relay Teams Training
U/11 G	HIGH JUMP 1		100m	SHOT 2	Relay Teams Training
U/11 B	HIGH JUMP 2		SHOT 2	100m	Relay Teams Training
U/12 G	DIS 1	100m	HIGH JUMP 1		Relay Teams Training
U/12 B	SHOT 2	100m	HIGH JUMP 2		Relay Teams Training
U/13 G	LONG 3	100m	SHOT 1		Relay Teams Training
U/13 B	SHOT 1	100m	LONG 3		Relay Teams Training
U/14 G	LONG 4	100m	JAVELIN		Relay Teams Training
U/15-17 G	JAVELIN	100m	LONG 4		Relay Teams Training
U/15-17 B	100M	LONG 4	SHOT 2		Relay Teams Training

2023/24