```swift
import SwiftUI
import PlaygroundSupport

struct ContentView: View {
    @State private var position = 0
    var body: some View {
        VStack {
            HStack {
                Button("Top") { position = 0 }
                Button("Middle") { position = 500 }
                Button("Bottom") { position = 1000 }
            }
            ScrollView {
                ScrollViewReader { proxy in VStack {
                        ForEach(0...1000, id: \.self) { index in
                            Text("Row \(index)")
                        }
                    }
                    .onChange(of: position) { value in
                        withAnimation {
                            proxy.scrollTo(value, anchor: .center)
                        }
                    }
                }
            }
        }
    }
}

PlaygroundPage.current.setLiveView(ContentView())
```