

## Auckland Junior Athletics Festival- Schedule 17 October 2020

Sat 17 Oct 2020 8.30am:	ATHLETES Please assemble in the Grandstand	OFFICIALS, COACHES & PARENTS
9.00am:	<u><b>Athlete sessions- 7 to 9 year olds:</b></u> Group warm-up of attendees.	9.00am – 10.00am
9.10am-9.30am:	<b>Rotation 1: Long Jump</b> Standing jumps Short jumps Full run-up jumps	Pre C grade Throws
9.35am-9.55am:	<b>Rotation 2: Shot Put</b> Standing throws Throws from power position Throws from half step position	
10.00am-10.25am:	<b>Rotation 3: Track Sprints</b> Skip drills Running drills Sprint runs 1 x 40m 1 x 60m 1 x 80m	10.00am – 11.00am  Pre C grade Jumps
10.25am-10.30am:	<b>Warm down activity</b>	
9.00am-10.30am:	<u><b>COACHES, PARENTS &amp; VOLUNTEERS</b></u>  <b>ATHLETICS NZ: GET SET GO presentation: How to use GSG in your club setting</b>  <b>Note: No athletes to participate in this session. To be presented by Stephanie Biggs from Athletics NZ. Registrations are via the Athletics Auckland website under Competitions/Events/Oct 17 Junior festival</b>	11.00am – 12.00pm:  Health & Safety Presentation.  <u><b>N.B. For Club Officials &amp; Coaches</b></u>
10.30am:	<u><b>Athlete sessions- 10 to 14 year olds:</b></u> Group warm-up of attendees.	
10.40am-11.05am:	<b>Rotation 1: Long Jump</b> Standing jumps Short jumps Full run-up jumps	
11.05am-11.30am:	<b>Rotation 2: Shot Put</b> Standing throws Throws from power position Throws from half step position	
11.30am-11.55am:	<b>Rotation 3: Track Sprints</b> Skip drills Technique drills Sprint runs 1 x 60m 1 x 100m 1 x 150m	
11.55am-12.00pm:	<b>Warm down activity</b>	
12.00pm-12.30pm:	<b>Open Coaches forum</b>	
2.00pm-4.30pm:	<b>Pre-season Open Senior meet #2</b>	