

Auckland Junior Athletics Festival 10 October 2020

Sat 10 Oct 2020	Athletes		Officials
9 - 10.20	<b>Get Set Go</b> For Under 7's/Tiny Tots		9 - 10 am Throws
9 - 10.20	<b>Run Jump Throw</b> For under 12-year olds Athletics for Under 15's		
	Athletes	Coaches	
10 .30-11	Break		10 -11am Jumps
	Relay baton change protocols 7 -14year-olds.		
11-11.30	Hurdle training 10-14-year olds.		
11.30-12	Triple Jump 10-14-year olds		11-12 Health and Safety
11-12	Track: Middle distance 10-14-year olds		
2 - 5pm	Pre-season Open Senior Meet #1		