

Athletics Auckland Coach Education Courses: Info & Registration details- Jan-Feb 2021

Date: Saturday 16 January: Junior Festival event

Time: 9.30am to 12.00pm

Venue: Mt Smart stadium, 51 O'Rorke road, Penrose

Event content: Sprints, Shot Put and Long Jump. Introduction to Triple jump, Javelin, Hurdles and Steeplechase events, for athletes 12 and above (by request)

Details: Learn the technical requirements of these events, then compete.

Registration: To register, email Neil at: development@athleticsauckland.co.nz with your name, grade and club or register on the day.

Date: Saturday 23 January: Junior Festival event

Time: 9.30am to 12.00pm

Venue: Mt. Smart stadium, 51 O'Rorke road, Penrose

Event content: Sprints, Discus and High jump. Introduction to additional events as for 16 January (on request)

Details: Learn the technical requirements of these events, then compete.

Registration: To register, email Neil at: development@athleticsauckland.co.nz with your name, grade and club or register on the day.

Date: Tuesday 26 January, February 2 and February 9: Race Walk clinics with Alana Barber – International athlete

Time: 4.30pm to 5.30pm

Venue: Massey Park, Papakura

Clinic content: The basics for beginning and intermediate race walkers

Details: Will cover the rules and the technical requirements for race walking.

Registration: To register, email Neil at: development@athleticsauckland.co.nz with your name, grade and club