

Athletics Auckland Junior Festival meets: Mt. Smart Jan 2021

Sat 16 Jan 2021 Mt. Smart	Athletes (subject to change)		Coaches
TRACK 9.30 - 9.50am	Warm-up session  For all athletes		Neil Bartlett
10.00 - 10.30am	Acceleration/starts session		
	Athletes	All Grades	
10.30-10.40am 10.40-11.10am	Break		
	Speed development session		
11.10-11.50am	60m race 100m race 300m race  (No electronic timing available)		
FIELD 10.00-10.30am  10.30-11.00am	Shot Put		
	Long Jump		
11-10-11.50am	Intro to new events: Triple jump, Javelin, Hurdles and Steeplechase- Coaching by request. For athletes aged 12 years +		
11.50-12.00pm	Group warm down if time allows		

Sat Jan 23 2021 Mt. Smart	Athletes (subject to change)	Coaches
Track 9.30 - 9.50am	Warm-up session For all athletes	Neil Bartlett
10 - 10.30am	Acceleration/starts session	
10.30-10.40am 10.40-11.10am	Athletes All Grades  Break  Speed development session	
11.10- 11.50am	60m race 150m race  (No electronic timing available)	
FIELD & TRACK 10.00-10.30am  10.30-11.00am  11.10-11.50am  11.50-12.00pm	Discus  High Jump  Intro to new events: For 12-year-old athletes and above. By request.  Group warm down if time permits	