

Auckland Junior Athletics Festival summary of event

Papakura 16 October 2021

U7 Athletes sign in at 8.30am	ATHLETES Festival Pre-season meet (schedule subject to change)	OFFICIALS, COACHES & PARENTS
<p>8.45am:</p> <p>9.00am-9.12am:</p> <p>9.15am-9.27am:</p> <p>9.30am-9.42am:</p> <p>9.45am-9.55am:</p>	<p><u>Get Set Go sessions- Under 7's:</u> Group warm-up of attendees</p> <p>Rotation 1: Stability- Activities promoting stabilisation of movements.</p> <p>Rotation 2: Locomotion- Skipping, running and dogging activities, to promote movement awareness.</p> <p>Rotation 3: Manipulative- Various throwing activities.</p> <p>Running Races: Advised on the day.</p>	<p>8.45am: Athletics NZ intro to GSG/RJT</p> <p>9.00am-9.55am</p> <p>Observe Get Set Go in action</p>
<p>U12 Athletes sign in at 10.15am</p> <p>10.30am:</p> <p>10.45am-10.55am:</p> <p>10.58am-11.10am:</p> <p>11.13am-11.25am:</p> <p>11.28am-11.38am:</p> <p>11.40am-11.50am:</p>	<p><u>Run Jump throw sessions- Under 12's:</u> Group warm-up of attendees</p> <p>Rotation 1: Running Various running activities.</p> <p>Rotation 2: Jumping Various hopping and jumping activities.</p> <p>Rotation 3: Throwing Various throwing activities.</p> <p>Rotation 4: Athletics Long Jump and Combination jump activities.</p> <p>Running Races: Advised on the day.</p>	<p>10.30am – 11.50am</p> <p>Observe Run Jump Throw in action</p>
<p>U15 Athletes sign in at 10.30am</p> <p>10.45am:</p> <p>11.00am-11.40am:</p> <p>11.40am-12.20pm:</p> <p>12.20pm-12.30pm:</p> <p>Middle distance Athletes sign in at 10.45am:</p> <p>11.00am-12.00pm:</p>	<p><u>Athlete sessions- 12 to 14 year olds:</u> Group warm-up of attendees</p> <p>Rotation 1: Throws (40 mins)</p> <p>Rotation 2: High Jump (40 mins)</p> <p>Rotation 3: Track Races (10 mins)</p> <p>Rotation 4: Track: Middle Distance (60 mins)</p>	