

# Auckland Junior Athletics Festival summary of event

Waitakere 31 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><b><u>Get Set Go sessions- Under 7's:</u></b> Group warm-up of attendees</p> <p><b>Rotation 1: Stability-</b> Activities promoting stabilisation of movements.</p> <p><b>Rotation 2: Locomotion-</b> Skipping, running and dogging activities, to promote movement awareness.</p> <p><b>Rotation 3: Manipulative-</b> Various throwing activities.</p> <p><b>Running Races:</b> Advised on the day.</p>	<p>9.00am-9.55am</p> <p><b>Observe Get Set Go in action</b></p>
<p><b>U12 Athletes sign in at 10.15am</b></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><b><u>Run Jump throw sessions- Under 12's:</u></b></p> <p>Group warm-up of attendees</p> <p><b>Rotation 1: Running</b> Various running activities.</p> <p><b>Rotation 2: Jumping</b> Various hopping and jumping activities.</p> <p><b>Rotation 3: Throwing</b> Various throwing activities.</p> <p><b>Rotation 4: Athletics</b> Long Jump and Combination jump activities.</p> <p><b>Running Races:</b> Advised on the day.</p>	<p>10.45am – 11.50am</p> <p><b>Observe Run Jump Throw in action</b></p>
<p><b>U15 Athletes sign in at 10.30am</b></p> <p>10.45am:</p> <p>11.00am-11.25am:</p> <p>11.25am-11.50am:</p> <p>11.50am-12.15pm:</p> <p>12..15pm-12.30pm:</p>	<p><b><u>Athlete sessions- 12 to 14 year olds:</u></b></p> <p>Group warm-up of attendees</p> <p><b>Rotation 1: Sprints</b> (25 mins)</p> <p><b>Rotation 2: High Jump</b> (25 mins)</p> <p><b>Rotation 3: Shot</b> (25 mins)</p> <p><b>Rotation 4: Track Races</b> (10 mins)</p>	