

Have A Go ... at Masters Athletics

Sunday 29th September

3-5pm at the Caledonian



- Warm up for everyone (10min)
- 800m
- Shot put
- Long jump
- Javelin
- 60m
- Discus
- 100m
- Triple jump (for those keen to stay on)
- (A fun race involving the few children who come along – if there are children!)
- Slow jog/walk to warm down

NOTES:

- You do not have to have done athletics before (most possibly did at primary school!)
- You do not have to get fit before starting (this excuse is often heard.)
- If you want to continue doing athletics, you have the option of joining a club or just belonging to Otago Masters Athletics.
- We will encourage you to have a go at most disciplines on offer, but of course that will be up to you
- **If you will have children with you, a supervisor will be organised BUT you must let us know in advance please. (Noeline: noelineburden@hotmail.com or 0274983550)**

