

PNAHC – Athletics

When: Tuesday October 4th is when the season officially starts and club nights are at 5:45 Tuesday's with lots of different options for kids to choose from.

What: For athletes 7 years and over we have three [programmes](#): A, B & C which are rotated throughout the season for over 20 club nights.

For ages 3-6 years a separate programme called 'Run, Jump, Throw' which is focuses on the delivery of basic Athletics foundation movement patterns.

Where: [Massey Community Athletics Track](#)

Contact: George McConachy (President) – mcybcc@inspire.net.nz or message on [Facebook](#)