

GO! ATHLETICS SERIES

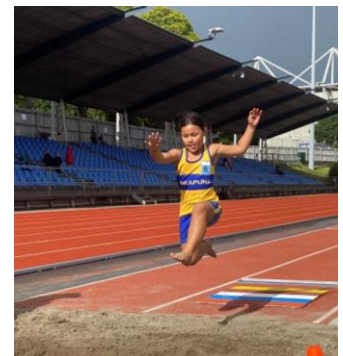
Teams Athletics for Athletes

WELCOME TO *GO!* DAY 2 - 2 MARCH 2024

After an exhilarating *GO!* Day 1 the *GO!* Team is so happy to be back for *GO!* Day 2. But not an ordinary *GO!* Day 2. We have an extraordinary double points *GO!* Day 2 because why have single points when you can have double *GO!* Points for your club? We are so excited!

After *GO!* Day 1 the *GO!* League Table looked like this.

Position	Club	Points
1	Pakuranga Athletic Club	200
2	Papakura Athletic & Harrier Club	195
3	Waitakere City Athletic Club	190
4	Owairaka Amateur Athletics and Harrier Club	185
5	North Harbour Bays Athletics	180
6	Birkenhead Calliope Athletic Club	175
7	Ellerslie Amateur Athletic Club	170
8	Takapuna Amateur Athletic and Harrier Club	165
9	Point Chevalier Amateur Athletic Club	160
10	Riverhead Athletics Club	155
11	Roskill South Amateur Athletic Club	150
12	Hillsborough Junior Athletics Club	145
13	Pukekohe Amateur Athletics and Harrier Club	140
14	Manurewa Amateur Athletic and Harrier Club	135
15	Warkworth Athletic and Harrier Club	130
16	Eastern Athletic and Harrier Club	125
17	Massey Athletic Club Inc	120
18	Papatoetoe Athletic Club	115
19	Night Ninjas	110



What will the *GO!* League Table look like after *GO!* Day 2? Remember the more events you do, the more points you earn for your club, the more difference your efforts will make for points at the end of *GO!* Day 2.

Let's *GO!* you good things and have a great time at *GO!* Day 2!

The **GO!** Series is 100% volunteer powered. Each event will require parents to assist **GO!** Team volunteers to ensure the event runs smoothly. If you are asked to assist, please say yes.

Athletes will need to go to each location at the designated time. Our MC will keep you informed throughout the morning.

GO! DAY INFORMATION

EVENT BLOCKS

The morning will be split into 20 minute time blocks.

At 9am, 5 and 6 year olds will start, with a finish at 10.10am.

At 10.20am, 7 to 14 year olds will start, with a midday finish.

The MC will announce marshalling for each block.

TRACK INFORMATION

Metal or rubber spiked shoes **CANNOT** be worn by any athlete.

Athletes can either use the standing start or crouch start for all events.

Start blocks **WILL NOT** be used for any track event.

FIELD INFORMATION

Throws and Long Jump will have as many attempts as can be fitted into the time slot available.

No athlete's personal throwing implements will be accepted for this competition.

Metre boards will be used for Long Jump up to and including Grade 11.

EVENT LOCATIONS



GO! DAY 2 PROGRAMME

5 & 6 - BOYS & GIRLS

Time	5 Girls	6 Girls	5 Boys	6 Boys
900	Vortex Throw 1	Overhead Shot 1	Long Jump Long 1	Long Jump Long 2
920	60	60	60	60
935	Long Jump Long 1	Long Jump Long 2	Vortex Throw 1	Overhead Shot 1
955	Radar 300m	150	Radar 300m	150

7-14 BOYS

TIME	7 Boys	8 Boys	9 Boys	10 Boys	11 Boys	12 Boys	13 Boys	14 Boys
1020	60	60	Javlin Throws 1	Radar 300m	Shot Put Shot 2			
1040	Long Jump Long 1	Long Jump Long 2	100	Shot Put Shot 2	High Jump	100	100	100
1100	Radar 300m	Shot Put Shot 2	Long Jump Long 2	100	100	Overhead Shot 1		
1120	Shot Put Shot 1	150	550	High Jump	Shot Put Shot 2	550	550	550
1140	Long Jump Long 2	Javlin Throws 1	Shot Put Shot 2	550	550	High Jump		

7-14 GIRLS

TIME	7 Girls	8 Girls	9 Girls	10 Girls	11 Girls	12 Girls	13 Girls	14 Girls
1020	60	60	Overhead Shot 1	High Jump	Discus			
1040	Overhead Shot 1	Discus Discus 1	100	Radar 300m	100	100	100	100
1100	Long Jump Long 1	Javlin Throws 1	Discus Discus 1	Javlin Throws 1	High Jump			
1120	Radar Water Jump	150	Long Jump Long 1	Discus	550	550	550	550
1140	Discus Discus 1	Long Jump Long 1	550	550	Overhead Shot 1			



COFFEE VENDORS

Coffee vendors are on-site for your convenience.

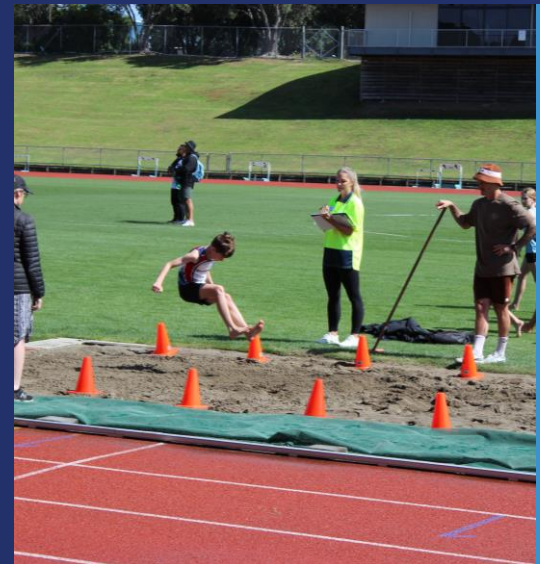
Please show the vendors some GO! Series love as they have taken the time to be here as part of the GO! Series.

The GO! Team needs YOU!

All members of the GO! Team are volunteers who have given up their time on a Saturday morning to be part of the GO! Series. No volunteers = No GO! Day for our athletes.

We will always welcome anyone who is interested in volunteering to help run the GO! Days and be part of the GO! Team. Email your interest to:

goseries@athleticsauckland.nz



GO! DAY 2 PATIENCE

A reminder that this is GO! Day 2. While the GO! Team has endeavoured to plan for every eventuality, even the GO! Team admits its ability to see into the future is occasionally a bit limited. We are sure that things will arise that we will work through and change for other GO! Days.

Thank you in advance for your patience.