

GO! ATHLETICS SERIES

Teams Athletics for Athletes

WELCOME TO **GO!** DAY 3 - 16 MARCH 2024

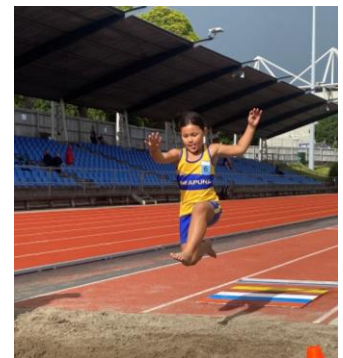
"ATHLETICS AT ITS FASTEST AND FUNNEST!"

After an exciting and breathtaking **GO!** Day 2 the **GO!** Team is so happy to be back for **GO!** Day 3, but not an ordinary **GO!** Day. A triple points, yes count them, triple points **GO!** Day to celebrate the third and final day **GO!** Day in the **GO!** Series for the 2023/2024 summer season.

We are super excited to see which club will be crowned **GO!** Series Champions. Remember the more events you do, the more points you earn for your club to be crowned **GO!** Series Champions.

After **GO!** Day 2 the **GO!** League Table looked like this.

Position	Club	Points
1	Papakura Athletic & Harrier Club	595
2	Pakuranga Athletic Club	590
3	Waitakere City Athletic Club	560
4	Birkenhead Calliope Athletic Club	535
5	Hillsborough Junior Athletics Club	525
6	Point Chevalier Amateur Athletic Club	510
7=	Owairaka Amateur Athletics and Harrier Club	505
7=	Takapuna Amateur Athletic and Harrier Club	505
9	Ellerslie Amateur Athletic Club	500
10	Eastern Athletic and Harrier Club	435
11	North Harbour Bays Athletics	430
12	Manurewa Amateur Athletic and Harrier Club	425
13	Pukekohe Amateur Athletics and Harrier Club	420
14	Papatoetoe Athletic Club	415
15=	Massey Athletic Club Inc	390
15=	Warkworth Athletic and Harrier Club	390
17	Riverhead Athletics Club	385
18	Roskill South Amateur Athletic Club	370
19	Beachlands Maraetai	240
20	Te Atatu Athletic Club	210
21	Night Ninjas	110



GO! SERIES MEDALS

If you entered for the entire **GO!** Series prior to **GO!** Day 1, your **GO!** Series medal will be available for collection from Carol at the officials lounge during **GO!** Day 3.

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 3 PROGRAMME

5 & 6 - BOYS & GIRLS

Time	5 Girls	6 Girls	5 Boys	6 Boys
900	Overhead Shot 1	Vortex Throw 1	Vortex Throw 2	Bean bag Discus 1
920	60m	60m	60m	60m
935	Vortex Throw 1	Bean Bag Discus 1	Overhead Shot 1	Vortex Throw 2
955	150m	Radar 350m	150m	Radar 350m

7-14 BOYS

TIME	7 Boys	8 Boys	9 Boys	10 Boys	11 Boys	12 Boys	13 Boys	14 Boys
1020	60m	60m	60m	Overhead Discus 1	Hammer Discus 2	Vortex Throw 2		
1040	Javelin Throw 1	Overhead Discus 1	Discus Discus 2	200m cone finish line	200m cone finish line	200m cone finish line	200m cone finish line	200m cone finish line
1100	Shot Put Shot 1	120m cone finish line	120m cone finish line	Javelin Throw 1	Overhead Discus 1	Long Jump Long 2		
1120	300m	Vortex Throw 2	Long Jump Long 2	300m	300m	Radar 350m	Radar 350m	Radar 350m
1140	Overhead Shot 1	300m	Overhead Discus 1	Long Jump Long 1	Javelin Throw 1	Hammer Discus 2		

7-14 GIRLS

TIME	7 Girls	8 Girls	9 Girls	10 Girls	11 Girls	12 Girls	13 Girls	14 Girls
1020	60m	60m	60m	Overhead Shot 1	Javlin Throw 1	Long Jump Long 1		
1040	Vortex Throw 2	Shot Put Shot 1	Long Jump Long 1	200m cone cone	Radar 350m	Radar 350m	Radar 350m	Radar 350m
1100	120m cone finish line	120m cone finish line	120m cone finish line	Vortex Throw 2	Long Jump Long 1	Hammer Discus 2		
1120	Overhead Discus 1	Overhead Shot 1	Javlin Throw 1	Long Jump Long 1	Hammer Discus 2	300m	300m	300m
1140	300m	300m	300m	300m	300m	Vortex Throw 2		



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.

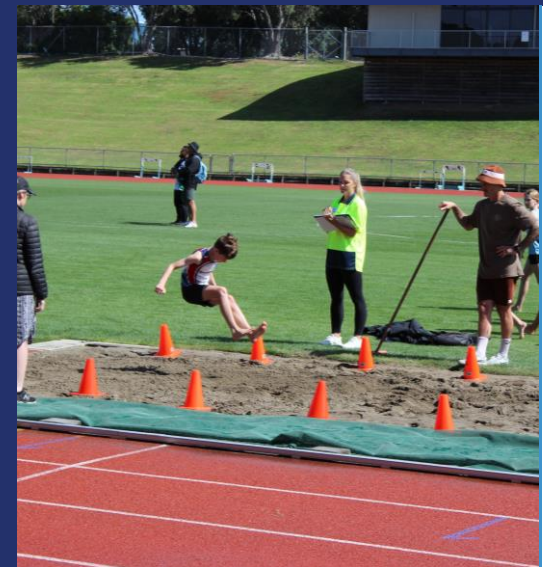
GO! Series Volunteers!

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.

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.

If you would like to be part of the GO! Team, email your interest to:

goseries@athleticsauckland.nz



GO! SERIES SURVEY

Within a few weeks, you will receive an email with a link to a survey about the GO! Series. Please take a few minutes to complete the survey so we can make the GO! Series bigger, better, brighter and more GOier! for the 2024/2025 summer season.

GO! DAY 3 PATIENCE

A reminder that this is GO! Day 3. 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.

Thank you in advance for your patience.