


















GO! ATHLETICS SERIES

Teams Athletics for Athletes

WELCOME TO **GO!** DAY 2 - 8 DECEMBER 2024

GO!West for **GO!**Day 2 and we are so excited to be hosted by our friends at Waitakere City Athletic Club. After an exciting **GO!**Day 1 at Pakuranga, the league table has Pakuranga Athletic Club in the number 1 position having played their powerplay.

#	Club	Points
1	 Pakuranga Athletic Club <small>Pakuranga Athletic Club</small>	400 ^P
2	 Papakura Athletics Club	195
3	 Waitakere City Athletics Club	190
4	 Ellerslie Athletics Club	185
5	 North Harbour Bays Athletics Club	180
6	 Lynndale Athletics Club	175
7	 Owairaka Athletics Club	170
8	 Manurewa Athletics Club	165
9	 Hillsborough Junior Athletics Club	160
10	 Warkworth Athletics Club	155
11	 Point Chevalier Athletics Club	150
12	 Eastern Athletic & Harrier Club	145
13	 Papatoetoe Athletic Club	140
14	 Takapuna Athletic Club	135
15	 Roskill South Athletic Club	130
16	 Pukekohe Athletic Club	125
17	 Riverhead Athletic Club	120

Where will your club be after **GO!**Day 2? The more your athlete runs, jumps and throws, the more points they earn.

A reminder that the **GO!**Series is 100% volunteer powered. Each event will need parents to assist **GO!**Team volunteers to ensure the event runs smoothly. Please make yourself available to assist.

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

Locations of the various events that your athlete will participate in during **GO!**Day 2 are shown on the following page together with the programme for **GO!**Day 2.

RIBBONS AND WRISTBANDS

Ribbons and wristbands will be available for collection from the table in the "Dolls House". We have quite a few **GO!** athletes attending so there may be some queues from time to time.

EVENT LOCATIONS



GO! DAY 1 PROGRAMME

5-6 - BOYS & GIRLS

TIME	5 Girls	6 Girls	5 Boys	6 Boys
9:00 AM	Long Jump <i>Long Jump 1</i>	Vortex Throw <i>Throw 1</i>	Bean Bag Throw <i>Shot 1</i>	Standing Jump
9:20 AM	60m <i>Home straight</i>	60m <i>Home straight</i>	60m <i>Home straight</i>	60m <i>Home straight</i>
9:35 AM	Vortex Throw <i>Throw 1</i>	Long Jump <i>Long Jump 1</i>	Standing Jump	Bean Bag Throw <i>Shot 1</i>
9:55 AM	150m	150m	150m	150m

GO! DAY 2 PATIENCE

A reminder that this is **GO!** Day 2 for the summer of 2024 / 2025. While the **GO!** Team has endeavoured to plan for everything, we are sure that things will arise that we will work through and change for future **GO!** Days.

Thank you in advance for your patience.

7-14 BOYS

TIME	7 Boys	8 Boys	9 Boys	10 Boys	11 Boys	12-14 Boys
10:20 AM	Long jump <i>Long jump 2</i>	Overhead Throw <i>Shot 1</i>	Javelin <i>Throw 1</i>	100m <i>100m start</i>	100m <i>100m start</i>	100m <i>100m start</i>
10:40 AM	60m <i>60m start</i>	60m <i>60m start</i>	60m <i>60m start</i>	Hammer <i>Discus 1</i>	Hammer <i>Discus 1</i>	Long jump <i>Long jump 2</i>
11:00 AM	Overhead Throw <i>Shot 1</i>	Javelin <i>Throw 1</i>	Long jump <i>Long jump 2</i>	200m cone <i>finish line</i>	200m cone <i>finish line</i>	200m cone <i>finish line</i>
11:20 AM	150m <i>150m start</i>	150m <i>150m start</i>	150m <i>150m start</i>	Long jump <i>Long jump 2</i>	Long jump <i>Long jump 2</i>	Javelin <i>Throw 1</i>
11:40 AM	Vortex <i>Parachute</i>	Long jump <i>Long jump 2</i>	Shot Put <i>Shot 1</i>	300m <i>300m start</i>	300m <i>300m start</i>	300m <i>300m start</i>

7-14 GIRLS

TIME	7 Girls	8 Girls	9 Girls	10 Girls	11 Girls	12-14 Girls
10:20 AM	Discus <i>Discus 1</i>	Vortex <i>Parachute</i>	Long jump <i>Long jump 1</i>	100m <i>100m start</i>	100m <i>100m start</i>	100m <i>100m start</i>
10:40 AM	60m <i>60m start</i>	60m <i>60m start</i>	60m <i>60m start</i>	Long jump <i>Long jump 1</i>	Shot Put <i>Shot 1</i>	Javelin <i>Throw 1</i>
11:00 AM	Vortex <i>Parachute</i>	Long jump <i>Long jump 1</i>	Discus <i>Discus 1</i>	200m cone <i>finish line</i>	200m cone <i>finish line</i>	200m cone <i>finish line</i>
11:20 AM	150m <i>150m start</i>	150m <i>150m start</i>	150m <i>150m start</i>	Shot Put <i>Shot 1</i>	Hammer <i>Discus 1</i>	Long Jump <i>Long jump 1</i>
11:40 AM	Long jump <i>Long jump 1</i>	Discus <i>Discus 1</i>	Javelin <i>Throw 1</i>	300m <i>300m start</i>	300m <i>300m start</i>	300m <i>300m start</i>

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 10.20am.

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.

SUNSET **GO!** SERIES - FRIDAY 31 JANUARY 2025

The **GO!** Team is soooo excited.

Friday 31 January 2025 between 6pm and 8.30pm at Mt Smart Stadium we are holding our first ever Sunset **GO!** Series evening. Woohoo! What could be better than your young athlete having a great time doing their athletics as the sun goes down and the lights come on, all with hot chips and great company. The **GO!** Team can't think of a better way to spend a summers Friday evening than with a few hundred of our best **GO!** Friends.

Be there or be square as they once said.

Entries for the Sunset **GO!** Evening are open now at www.athleticsauckland.co.nz.

PARKING AT TRUSTS STADIUM

There is now a parking fee to park at the Trust Stadium carpark. There is ample on-street car parking available on the surrounding streets and within the stadium as below with entry via Gate 1. The stadium parking will be on a first come first served basis.



COFFEE AND FOOD VENDORS

Coffee vendors are on-site for your convenience and the kitchen is open in the grandstand with lots of yummy stuff available. 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!

If you are able to assist as a volunteer on a **GO!** Day, please email the **GO!** Team at goseries@athleticsauckland.co.nz. You'll be joining the coolest team in any sport in the known and unknown universe 😊.