



2024-2025 Junior Track and Field Championships

Welcome to the 2024-2025 Athletics Auckland Junior Track and Field Championships. We look forward to hosting you and your athlete over two weekends at Mt Smart Stadium, Arena 2.

The Championships are 100% volunteer powered. No volunteers = no championships for our young athletes. If you are asked to assist with running an event by your club, please say yes.

GENERAL

Apart from officials and volunteers, there will be **no access** by parents to the track or field area.

The MC will announce marshalling for each block. Please listen carefully.

Athletes must have an age patch and wear club uniform. Patches can be purchased from the officials lounge for \$2 (exact change only please).

Event locations are shown on the map on the next page.

TRACK INFORMATION

Track athletes will marshal in the gazebo's near the start line of the particular event as shown with the white boxes (black text) on the event locations plan (next page). For the 200m, walk around the grass bank please.

Track events will marshal 10 minutes before the nominated start time.

FIELD INFORMATION

Athletes will marshal directly to the event when called.

Field events will marshal 20 minutes before the nominated start time.

No personal throwing implements will be permitted to be used for the event.



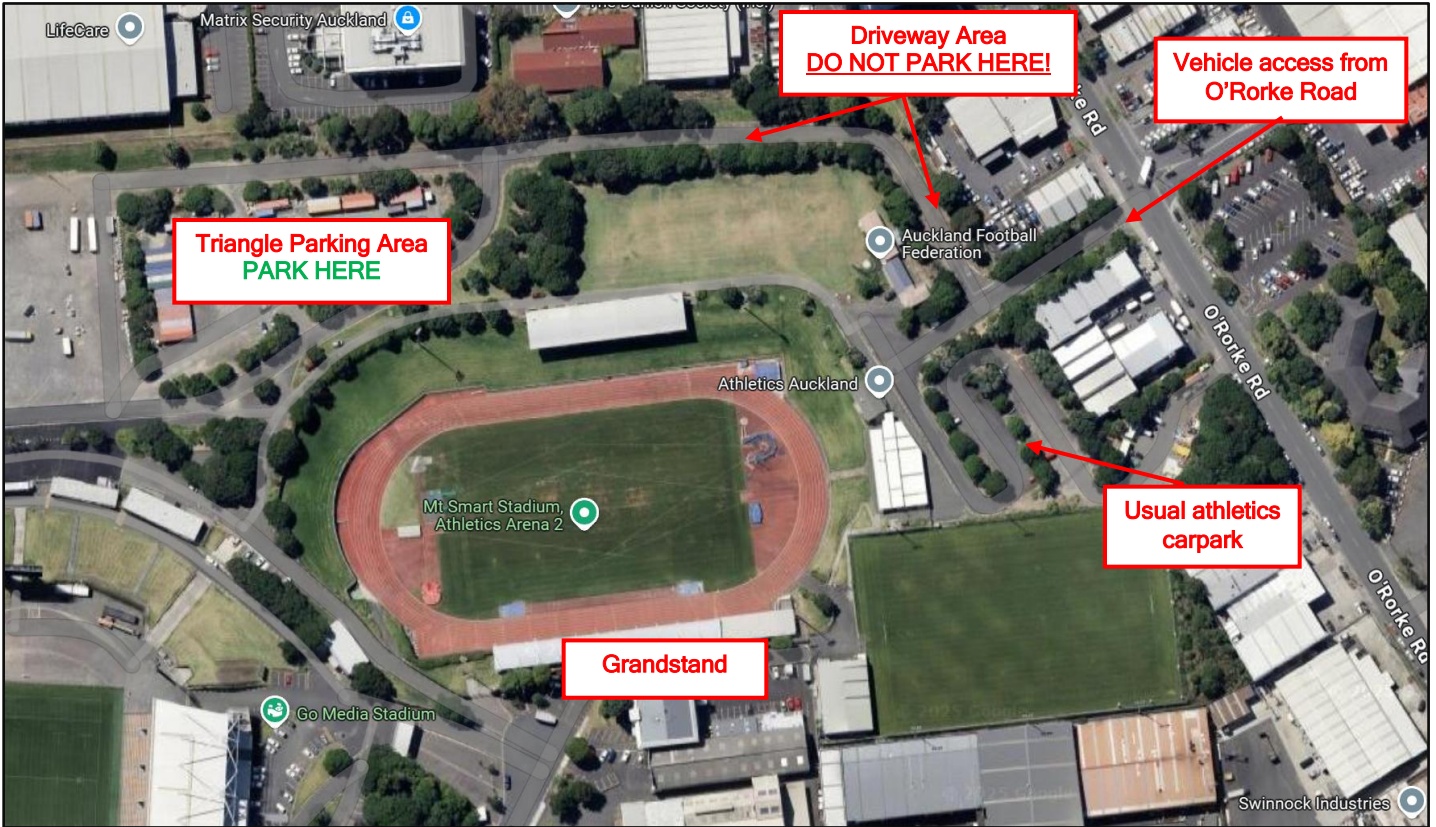
MEDAL PRESENTATIONS

Medal presentations will occur immediately after the completion of the event at the medal dais in the medal presentation area. Photo opportunities will be available from the deck outside the official's lounge.

CAR PARKING - IMPORTANT INFORMATION

Mt Smart Stadium have indicated to us that if people park on the grass areas on the driveway where the signs say "No Parking", **your vehicle is highly likely be towed**. No ifs, no buts. The triangle area at the end of the driveway will be available for car parking as shown in the following diagram. Please park in this location if the usual athletics car park is full.

Please allow extra parking time when arriving for your athletes' events as we have a high number of entries on all four days of the championships.



EVENT LOCATIONS



FRIDAY 21 FEBRUARY PROGRAMME

- 6.30pm¹ High Jump for 14G, 14B, 13G, 13B, 12G, 12B
 High Jump 1 - 13B and 14G together, then 12G
 High Jump 2 - 14B, then 12B and 13G together
- 7.00pm 800m races for 7-14 years (7pm Start) - 7B starting and ending with 14G

SUNDAY 23 FEBRUARY 10 TO 14 YEAR OLDS - GIRLS PROGRAMME

		10 Girls	11 Girls	12 Girls	13 Girls	14 Girls
Block 0	8.30am			80m hurdles	80m hurdles	80m hurdles
Block 1	9.00am	400m	400m	400m	400m	400m
	9.00am	Shotput 2				Long jump 1
Block 2	9.45am			Discus 1		
	9.50am		Shotput 2		Long jump 1	
Block 3	10.35am	200m	200m	200m		200m
Block 4	11.05am	Discus 1			200m	
	11.20am			Long jump 1	Shotput 1	Shotput 1
	11.40am		Discus 1			
Block 5	12.15pm	100m	100m	100m	100m	100m
Block 6	12.45pm	Long jump 1				
	1pm			Shotput 1		
	1.20pm				Discus 2	Discus 2
	1.45pm		Long jump 1			
Block 7	2pm	1200m/1600m/2000m racewalk				
Finish	3.15pm					

SUNDAY 23 FEBRUARY 10 TO 14 YEAR OLDS - BOYS PROGRAMME

		10 Boys	11 Boys	12 Boys	13 Boys	14 Boys
Block 0	8.30am			80m hurdles	80m hurdles	100m hurdles
	8.30am					Long jump 2
Block 1	9.00am	Discus 1		Long jump 2	Shotput 1	
	9.30am		Shotput 1			Discus 2
Block 2	10.05am	400m	400m	400m	400m	400m
	10.25am	Shotput 2			Long jump 2	
Block 3	10.35am					
	11am		Long jump 2	Discus 2		
Block 4	11.35am	200m	200m	200m	200m	200m
Block 5	12pm				Discus 2	
	12.30pm	Long jump 2	Discus 1	Shotput 2		Shotput 2
Block 6	1.05pm	100m	100m	100m	100m	100m
Block 7	2pm	1200m/1600m/2000m racewalk				
Finish	3.15pm					

¹ Or earlier if all participants are there

Every effort will be made to ensure the programme runs on time and in the order laid out.

The Organising Committee reserves the right to allow the programme to run up to 30 minutes early if the situation arises so it's in the athlete's best interest to arrive early and remain at the venue until the completion of the events.

A full set of the 2025 Auckland Junior Championship rules can be found at the Athletics Auckland website.

FRIDAY 28 FEBRUARY PROGRAMME

6.30pm² High Jump for 10G, 10B, 11G, 11B

High Jump 1 - 11B then 10G

High Jump 2 - 11G and 10B together

7.00pm 1,500m races for 10-14 years (7pm Start) - 14B, 14G, 14B, 13G, 12B, 12G, 11B, 11G, 10B, 10G

Note that the 1,500's will commence with the 14 year age groups at 7pm and work backwards to finish with the 10 year age groups as the final event.

SUNDAY 2 MARCH 2025 - 7-9 YEAR OLDS PROGRAMME

Athletes 7-9 will marshal directly to the particular event. Listen for the MC announcement.

	Start time*	7 Girls	7 Boys	8 Girls	8 Boys	9 Girls	9 Boys
Block 1	12 noon	200m	Long jump 2	200m	Discus 1	200m	Shotput 2
Block 2	12.40 PM	Shotput 1	200m	Long jump 1	200m	Discus 1	200m
Block 2	1.20 PM	100m	Shotput 2	100m	Long jump 2	100m	Discus 1
Block 4	2.00 PM	Discus 1	100m	Shotput 1	100m	Long jump 1	100m
Block 5	2.40 PM	60m	Discus 1	60m	Shotput 2	60m	Long jump 2
Block 6	3.20 PM	Long jump 1	60m	Discus 1	60m	Shotput 1	60m

* Note that times are dependent on athlete numbers. If numbers are relatively low, block lengths can be reduced to 30 minutes.

JUNIOR PENTATHLON CHAMPIONSHIPS

The 2025 Junior Pentathlon Championships will be held on Saturday 15 February at Mt Smart Stadium. Keep an eye out for information around entry open and closing dates on the Athletics Auckland Facebook page and direct email.

A MESSAGE FROM THE ATHLETICS AUCKLAND JUNIOR DELEGATES COMMITTEE

In organising the Junior Championships, the Athletics Auckland Junior Delegates Committee has endeavored to plan for many eventualities. However, we are sure that things will arise that we will work through on the day. Thank you in advance for your patience.

While constructive feedback is always welcome, we particularly welcome those who put their hands up to assist the small team who make the Championships possible through volunteering their time for the benefit of all of the young athletes involved.

² Or earlier if all participants are there

GIVE WINTER ATHLETICS A GO

What do champion middle-distance athletes such as Jakob Ingebrigtsen (World Champion and Olympic medalist) and Cole Harker (2024 1500m Olympic Champion) have in common?

Apart from being very fast middle-distance runners and Olympic Champions, they both use cross-country events as a big part of their training regime. These events help to improve their speed, stamina and endurance.

The great news is that the Athletics Auckland cross country season starts in April. This provides your athlete with the perfect opportunity to embrace the event of champions and run cross country over winter which will enhance their fitness and summer running.

Many young athletes will do a team sport in the morning and run cross country in the afternoon. All part of the winter fun.

Visit www.athleticsauckland.co.nz for more information.



COFFEE AND FOOD VENDORS

While coffee and food vendors will be on-site on both Sundays, we also encourage you to bring other food as well. There will be no vendors on-site for the Friday evening events.

Please show the vendors some appreciation as they have taken the time to be here as part of our Junior Championships.

These are not the Olympics!

We all want our young athletes to have an enjoyable time while competing at the Junior Championships. Some things we ask you to remember:

1. All the officials are volunteers.
2. All the organisers are volunteers.
3. All athletes want to have an enjoyable experience competing with and against their friends.

We can all play our part in ensuring that our young athletes have the best experience possible.

