



# GO! ATHLETICS SERIES

## Teams Athletics for Athletes





















### WELCOME TO GO! DAY 5 - 8 MARCH 2025

Welcome to GO! Day 5, our last GO! Day for the summer of 2024/2025 and what an exciting GO! Series it has been. From GO! Day 1 in November at Pakuranga, GO! Day 2 at Waitakere, a sizzling hot Sunset GO! Day 3 under the bright lights of Mt Smart, GO! Day 4 and now the final GO! Day for the summer. What a journey it has been and the GO! Team is so excited to bring you GO! Day 5.





### LEAGUE TABLE – GO! Day 4

#	Club	Points
1	 Pakuranga Athletics Club	995P
2	 Papakura Athletic & Harrier Club	975P
3	 Waitakere City Athletics Club	960P
4	 Riverhead Athletic Club	780P
5	 Ellerslie Amateur Athletic & Harrier Club	705
5=	 North Harbour Bays Athletics Club	705
7	 Hillsborough Junior Athletics Club	670
8	 Point Chevalier Amateur Athletic Club	660
9	 Manurewa Amateur Athletics Club	605
9=	 Papatoetoe Athletic Club	605
11	 Eastern Athletic & Harrier Club	585
12	 Warkworth Athletic & Harrier Club	565
13	 Lynndale Amateur Athletic & Harrier Club	555
14	 Pukekohe Athletics & Harrier Club	550
15	 Owairaka Athletic Club	490
16	 Glendene Amateur Athletic Club	295
17	 Calliope Athletic and Harrier Club	290
18	 Roskill South Athletic Club	135
19	 Takapuna Athletic Club	135
20	 Beachlands Maraetai Athletic Club	130

After GO! Day 4, the GO! Series league table is getting very tight at the top. Pakuranga Athletics Club remain in top spot, closely followed by Papakura Athletics Club and Waitakere City Athletics Club. Who will be crowned GO! Series Champions after GO! Day 5?

Will current leaders Pakuranga maintain their advantage after GO! Day 5? Will the fast-finishing Papakura and Waitakere catch-up? It is all to play for at GO! Day 5. The more club athletes who attend, the more points get accumulated for the club.

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

Locations of the various events that your athlete will participate in during GO! Day 5 is shown later in this GO! Newsletter together with the programme for GO! Day 5.

### RIBBONS, WRISTBANDS AND MEDALS

Ribbons including the GRAND SLAM ribbon and wristbands will be available for collection from the “officials lounge”.

For those who entered the entire series, your GO! Series medal can be collected at the same as the ribbons.

## CAR PARKING - IMPORTANT INFORMATION

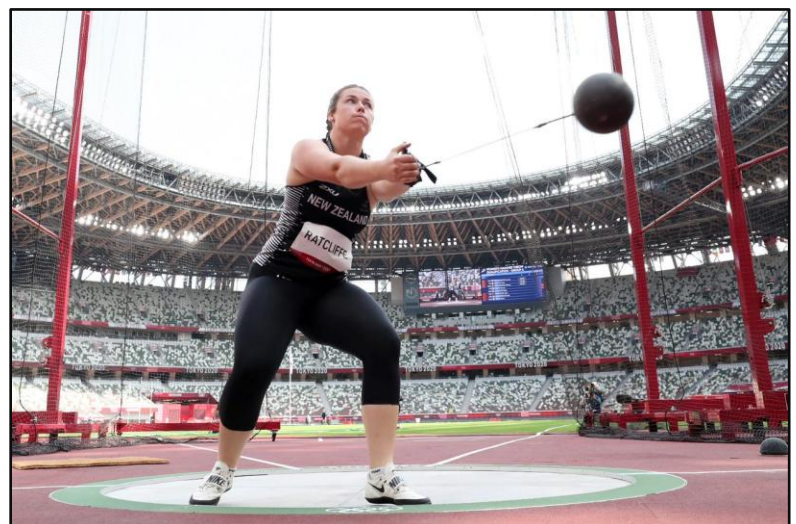
Mt Smart Stadium have indicated to us that most of the car parking at the stadium will be used by staff and contractors for the D1 NZ National Drifting Championships on Saturday 8 March and Sunday 9 March with parking only available to pass holders. We would recommend parking on O'Rorke Road or Rockridge Road as shown below.



## INTRODUCING JULIA RATCLIFFE - COMMONWEALTH GAMES GOLD AND SILVER MEDALIST

The **GO!** Team is happy to announce that Commonwealth Games Gold and Silver medalist, Oceania Champion, World University Games bronze medalist and 2020 Tokyo Olympian hammer thrower Julia Ratcliffe will be taking our hammer throw modules at **GO!** Day 5 for our older athletes.

With a Personal Best hammer throw of 72.33 metres, she has a wealth of experience to engage our young athletes with.



## EVENT LOCATIONS



## GO! DAY 5 PROGRAMME

## 5-6 - BOYS &amp; GIRLS

TIME	5 Girls	6 Girls	5 Boys	6 Boys
9:00 AM	Overhead Throw <i>Shot 1</i>	Long Jump <i>Long Jump 1</i>	Bean Bag Throw <i>Parachute</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	Long Jump <i>Long Jump 1</i>	Overhead Throw <i>Shot 1</i>	Standing Jump	Bean Bag Throw <i>Parachute</i>
9:55 AM	120m cone <i>finish line</i>	120m cone <i>finish line</i>	120m cone <i>finish line</i>	120m cone <i>finish line</i>

## GO! DAY 5 PATIENCE

This is the 8<sup>th</sup> GO! Day the GO! Team has put together over the last 2 years and while we would like to think we have got everything sorted, there are still the odd few banana skins that attempt to trip us up from time to time. If one of these banana skins appears during GO! Day 5, bear with us and we thank you for your patience while we try to give our young athletes the best possible experience.

If you have suggestions to make each GO! Day even better, we would love to hear them at [goseries@athleticsauckland.co.nz](mailto:goseries@athleticsauckland.co.nz).

## 7-14 BOYS

TIME	7 Boys	8 Boys	9 Boys	10 Boys	11 Boys	12-14 Boys
10:20 AM	60m <i>60m start</i>	60m <i>60m start</i>	60m <i>60m start</i>	Vortex 1 <i>Throw 1</i>	Overhead Throw <i>Shot 1</i>	Overhead Throw <i>Shot 1</i>
10:40 AM	Standing Jump	Hammer <i>Discus 1</i>	Hammer <i>Discus 1</i>	100m <i>100m start</i>	100m <i>100m start</i>	100m <i>100m start</i>
11:00 AM	120m cone <i>finish line</i>	120m cone <i>finish line</i>	120m cone <i>finish line</i>	Hammer <i>Discus 1</i>	Vortex 1 <i>Throw 1</i>	Vortex 1 <i>Throw 1</i>
11:20 AM	Overhead Throw <i>Shot 1</i>	Long Jump <i>Long jump 1</i>	Long Jump <i>Long jump 1</i>	400m cone <i>finish line</i>	400m cone <i>finish line</i>	400m cone <i>finish line</i>
11:40 AM	300m <i>300m start</i>	300m <i>300m start</i>	300m <i>300m start</i>	Overhead Throw <i>Shot 1</i>	Hammer <i>Discus 1</i>	Hammer <i>Discus 1</i>

## 7-14 GIRLS

TIME	7 Girls	8 Girls	9 Girls	10 Girls	11 Girls	12-14 Girls
10:20 AM	60m <i>60m start</i>	60m <i>60m start</i>	60m <i>60m start</i>	Vortex <i>Parachute</i>	Hammer <i>Discus 1</i>	Hammer <i>Discus 1</i>
10:40 AM	Vortex <i>Throw 1</i>	Vortex <i>Throw 1</i>	Overhead Throw <i>Shot 1</i>	100m <i>100m start</i>	100m <i>100m start</i>	100m <i>100m start</i>
11:00 AM	120m cone <i>finish line</i>	120m cone <i>finish line</i>	120m cone <i>finish line</i>	Overhead Throw <i>Shot 1</i>	Long Jump <i>Long jump 1</i>	Long Jump <i>Long jump 1</i>
11:20 AM	Standing Jump	Standing Jump	Hammer <i>Discus 1</i>	400m cone <i>finish line</i>	400m cone <i>finish line</i>	400m cone <i>finish line</i>
11:40 AM	300m <i>300m start</i>	300m <i>300m start</i>	300m <i>300m start</i>	Long Jump <i>Long jump 1</i>	Vortex <i>Throw 1</i>	Vortex <i>Throw 1</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 10.10am.

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.

## ATHLETICS AUCKLAND JUNIOR PENTATHLON CHAMPIONSHIPS

The Athletics Auckland Junior Pentathlon Championships will occur at My Smart on Saturday 15<sup>th</sup> March with 7-9s starting at 9am and doing 3 events with 10-14s starting at midday and doing 5 events. The athletes who accumulate the most event points across the events will be awarded medals in their respective age groups.

Entries close midnight on Sunday 9<sup>th</sup> March. Be quick!

GO! to [www.athleticsauckland.co.nz](http://www.athleticsauckland.co.nz) for specific date and event timing and to enter online.

## TRY WINTER ATHLETICS

What do champion middle-distance athletes such as Jakob Ingebrigtsen (World Champion and Olympic medalist) and Cole Hoker (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 and road season starts in April. This provides you with the perfect opportunity to embrace the event of champions and run cross country over winter which will enhance your summer running.

Visit [www.athleticsauckland.co.nz](http://www.athleticsauckland.co.nz) for more information.



## COFFEE AND FOOD VENDORS

Coffee vendors are on-site for your convenience and food is available from the shop. 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](mailto:goseries@athleticsauckland.nz)

