

GO! ATHLETICS SERIES

Teams Athletics for Athletes

WELCOME TO GO! DAY 2 - 6 DECEMBER 2025

GO! North for **GO!** Day 2 and we are so excited to be hosted by our friends at North Harbour Bays Athletic Club for our 10th **GO!** Day over the last 2 years. After an exciting **GO!** Day 1 at Pakuranga, the league table has Pakuranga Athletic Club in the number 1 position having played their powerplay.

In the **GO!** Series Trophy, Pakuranga ended the day with the most points and played their Power Play meaning double ladder points to take them to the top of the standings, closely followed by Pukekohe, Hillsborough, Ellerslie and North Harbour Bays rounding out the Top 5.

In the new **GO!** Series Shield, Pukekohe ended the day with the most points, closely followed by Hillsborough, Manurewa and Ellerslie. With Pakuranga playing their Power Play, they went from 7th on the day to take top spot in the Shield.



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25-26 GO! Day 1 – TROPHY TABLE

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



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25-26 GO! Day 1 – SHIELD TABLE

#	Club	Points
1	Pakuranga Athletic Club	350 ^P
2	Pukekohe Athletics Club	200
3	Hillsborough Junior Athletics Club	195
4	Manurewa Athletics Club	190
5	Ellerslie Amateur Athletic & Harrier Club	185
6	Lynndale Amateur Athletics & Harrier Club	180
7	Papakura Athletics Club	170
8	Waitakere City Athletics Club	165
9	North Harbour Bays Athletic Club	160
10	Takapuna Amateur Athletic & Harrier Club	155
11	Eastern Athletics Club	150
12	Auckland City Athletics Club	145
13	Owairaka Athletics Club	140
14	Pt Chevalier Amateur Athletics Club	135
15	Riverhead Athletic Club	130

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.

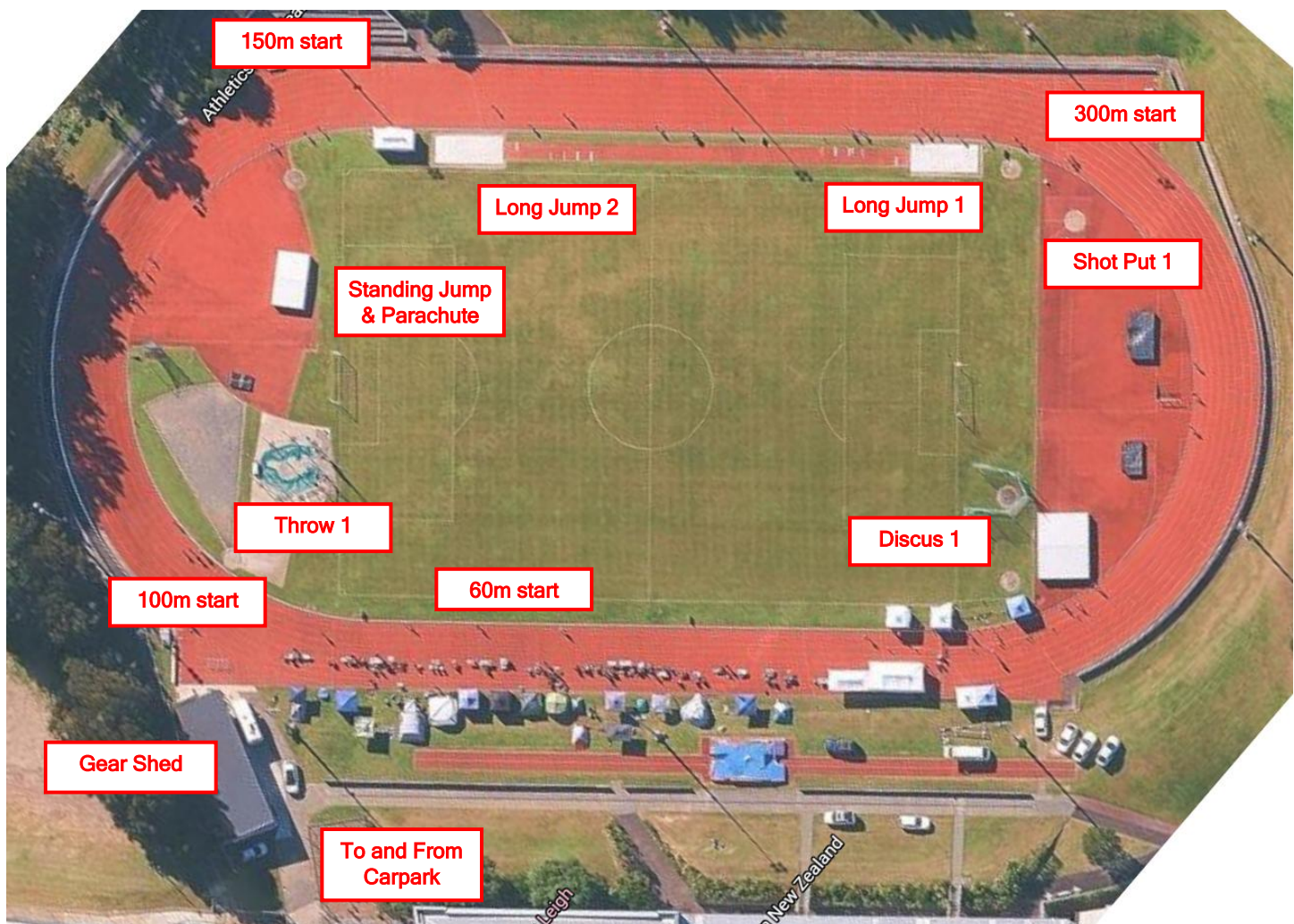
WRISTBANDS

Your **GO!** Day 2 wristbands will be available for collection from the table in the gear shed.

CHECK-IN AND MEDALS

It is important that all athletes check-in at the gear shed. This is so we can keep a record of attendees for the all-important **GO!** Series medals available after **GO!** Day 3 and the **GO!** Slam medal available at **GO!** Day 5.

EVENT LOCATIONS



GO! DAY 1 PROGRAMME**5-6 - BOYS & GIRLS**

	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

7-14 BOYS

	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>	Javlin <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>	Vortex <i>Discus 1</i>	Vortex <i>Discus 1</i>	Long jump <i>Long jump 2</i>
11:00 AM	Overhead Throw <i>Shot 1</i>	Javlin <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>	Javlin <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

	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>	Vortex <i>Parachute</i>	Shot Put <i>Shot 1</i>	Javlin <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>	Vortex <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>	Javlin <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.

CHRISTMAS GO! SERIES - SATURDAY 20 DECEMBER 2025

The GO! Team loves Christmas and this year we give the gifts with our first ever Christmas GO! Day on Saturday 20th December at Mt Smart Stadium between 9am and midday.

For our Christmas GO! Day we are having a "bring a friend" day so we can share the fun of the GO! Series with the friends of our GO! Friends. Any athlete who has entered and paid can bring one friend with them to experience the GO! Series.

What better way to spend a Saturday morning at Christmas than with our best friends.

SUNSET GO! SERIES - FRIDAY 23 JANUARY 2026

The GO! Team is sooooo excited.

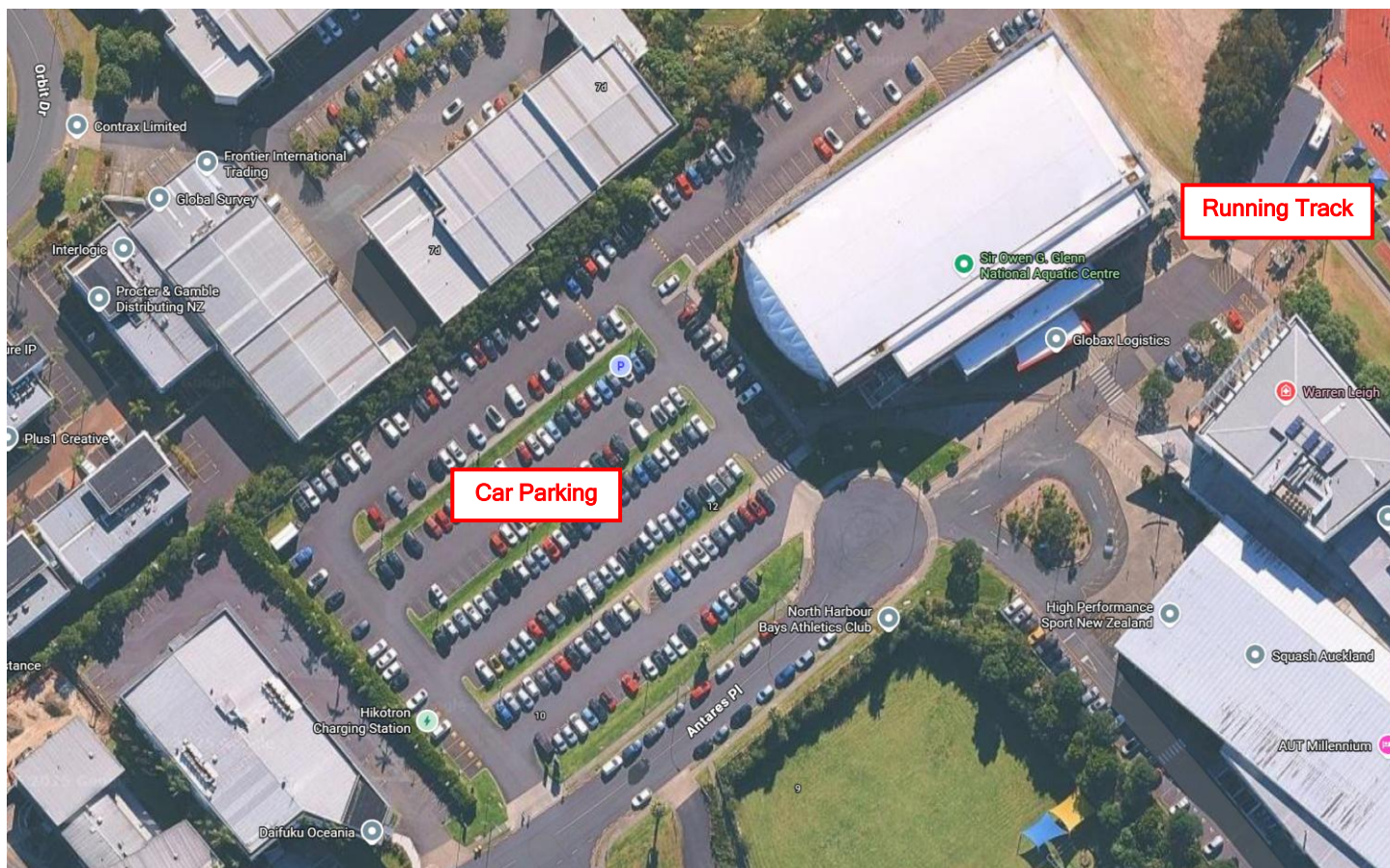
Friday 23 January 2026 between 6.30pm and 9pm at Mt Smart Stadium we are holding our second ever Sunset GO! Series evening. Woohoo! What could be better than your young athlete having a great time doing their athletics as the sun goes down and the lights come on, all with hot chips and great company. The GO! Team can't think of a better way to spend a summer's 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 AUT MILLENIUM

Parking at AUT Millenium occurs off Antares Place as shown in the nap below with the first 3 hours at no charge. There is also ample on-street car parking available on the surrounding streets



COFFEE AND FOOD VENDORS

Coffee and food vendors are located within the AUT Millenium complex. There will also be food available to purchase from the North Harbour Bays athletics club.

GO! DAY 2 PATIENCE

A reminder that this is **GO!** Day 2 for the summer of 2025 / 2026. 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.