

GO! ATHLETICS SERIES

Teams Athletics for Athletes

WELCOME TO THE PAKURANGA GO! DAY (EVENT 5) - 14 MARCH 2026

The GO! Series is officially a teenager (sort of). Today is our 13th GO! Day held over the last three summers and we are so excited to be hosted by the mighty Papakura Athletic Club at Massey Park.

What a great turnout for our second “Friday Night Lights” GO! Series event at Mount Smart on Friday 23 January. In the race for the GO! Series Shield, Lynndale Athletics Club continue to lead the table with many clubs in hot pursuit including Ellerslie, Riverhead, North Harbour Bays, Pakuranga and Point Chevalier.

In the GO! Series Trophy, Pakuranga continues to set a hot pace and continue to lead the table although only coming second on points on the night. North Harbour Bays, Point Chevalier, Ellerslie, Lynndale and Riverhead continue to chase hard for the GO! Series Trophy.

 **GO! ATHLETICS SERIES**

25-26 GO! Day 4 – SHIELD TABLE

#	Club	Points
1	 Lynndale Amateur Athletics & Harrier Club	975P
2	 Ellerslie Athletic & Harrier Club	900P
3	 Riverhead Athletic Club	870P
4	 North Harbour Bays Athletics Club	825P
4	 Pakuranga Athletic Club	825P
4	 Point Chevalier Amateur Athletics Club	825P
7	 Papakura Athletic & Harrier Club	745
8	 Pukekohe Amateur Athletic & Harrier Club	735
9	 Manurewa Athletics & Harrier Club	685
9	 Waitakere City Athletics Club	685
11	 Hillsborough Junior Club	665
12	 Owairaka Athletics Club	555
13	 Takapuna Amateur Athletic & Harrier Club	435
14	 Eastern Athletic & Harrier Club	415
14	 Auckland City Athletics Club	295
16	 Roskill South Athletics Club	285
17	 Warkworth Athletic & Harrier Club	145
18	 Hobsonville Point Athletics Club	140

 **GO! ATHLETICS SERIES**

25-26 GO! Day 4 – TROPHY TABLE

#	Club	Points
1	 Pakuranga Athletics Club	995P
2	 North Harbour Bays Athletics Club	895P
3	 Point Chevalier Amateur Athletics Club	890P
4	 Ellerslie Athletics Club	870P
5	 Lynndale Athletics & Harrier Club	865P
6	 Riverhead Athletics Club	845P
7	 Papakura Athletics & Harrier Club	710
7	 Pukekohe Amateur Athletic & Harrier Club	710
9	 Waitakere City Athletics Club	680
10	 Hillsborough Athletics Club	655
10	 Manurewa Athletics & Harrier Club	610
12	 Owairaka Athletics Club	540
13	 Takapuna Amateur Athletic & Harrier Club	485
14	 Eastern Athletic & Harrier Club	440
15	 Beachlands Maraetai Athletic Club	380
16	 Auckland City Athletics Club	270
17	 Roskill South Athletics Club	260
18	 Calliope Athletics Club	150
19	Warkworth Athletics Club	135
20	Hobsonville Point Athletics Club	130

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!** evening.

Locations of the various events that your athlete will participate in during **GO!** Day 5 are shown on the following page together with the programme for **GO!** Day 5.

CHECK-IN, WRISTBANDS AND MEDALS

It is important that all athletes check-in at the club room so they can receive the **GO!** Day 5 wristbands, medals for those who have attended any 3 **GO!** Days this summer and if your athlete has attended all 5 **GO!** Days this summer, they will receive the awesome **GO!** Slam medal.

We are expecting some quite large numbers so if you can allow a bit more time for check-in, everything will run smoothly.

EVENT LOCATIONS



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

Time	5 Girls	6 Girls	5 Boys	6 Boys
4:30 PM	Long Jump <i>Long Jump 1</i>	Vortex Throw <i>Discus 1</i>	Overhead Throw <i>Shot 1</i>	Vertical Jump Radar Gun
4:45 PM	60m <i>Home straight</i>	60m <i>Home straight</i>	60m <i>Home straight</i>	60m <i>Home straight</i>
5:00 PM	Vortex Throw <i>Discus 1</i>	Long Jump <i>Long Jump 1</i>	Vertical Jump Radar Gun	Overhead Throw <i>Shot 1</i>
5:15 PM	x-country	x-country	x-country	x-country

7-14 BOYS

Time	7 Boys	8 Boys	9 Boys	10 Boys	11 Boys	12-14 Boys
5:45 PM	60m <i>60m start</i>	60m <i>60m start</i>	60m <i>60m start</i>	Vertical Jump Radar Gun	Vertical Jump Radar Gun	Hammer <i>Discus</i>
6:05 PM	Overhead Throw <i>Shot 1</i>	Javelin <i>Throw</i>	High Jump <i>High Jump 1</i>	100m <i>100m start</i>	100m <i>100m start</i>	100m <i>100m start</i>
6:25 PM	200m <i>200m start</i>	200m <i>200m start</i>	200m <i>200m start</i>	Vortex <i>Throw</i>	Vortex <i>Throw</i>	High Jump <i>High Jump 1</i>
6:45 PM	Long Jump <i>Long jump 1</i>	Vertical Jump Radar Gun	Overhead Throw <i>Shot 1</i>	x-country	x-country	x-country
7:05 PM	x-country	x-country	x-country	Hammer <i>Discus</i>	Hammer <i>Discus</i>	Vortex <i>Throw</i>

7-14 GIRLS

Time	7 Girls	8 Girls	9 Girls	10 Girls	11 Girls	12-14 Girls
5:45 PM	60m <i>60m start</i>	60m <i>60m start</i>	60m <i>60m start</i>	Overhead Throw <i>Shot 1</i>	Javelin <i>Throw</i>	Long Jump <i>Long jump 1</i>
6:05 PM	Long Jump <i>Long jump 1</i>	Vertical Jump Radar Gun	Vortex <i>Discus</i>	100m <i>100m start</i>	100m <i>100m start</i>	100m <i>100m start</i>
6:25 PM	200m <i>200m start</i>	200m <i>200m start</i>	200m <i>200m start</i>	Vertical Jump Radar Gun	Overhead Throw <i>Shot 1</i>	Hammer <i>Discus</i>
6:45 PM	Vortex <i>Discus</i>	Javelin <i>Throw</i>	High Jump <i>High Jump 1</i>	x-country	x-country	x-country
7:05 PM	x-country	x-country	x-country	Long Jump <i>Long jump 1</i>	High Jump <i>High Jump 1</i>	Overhead Throw <i>Shot 1</i>

GO! DAY PROGRAMMES

The **GO!** Team has had a few questions about why the programmes are not posted earlier and this is a great question. When creating the **GO!** Series, our objective was to provide our **GO!** Athletes as much athletics as possible during a **GO!** Day. This means we design the programme on Thursday after entries close and we know approximately how many athletes we have per age and gender group

so we can ensure that group sizes are not too large so our **GO!** Athletes can do as much running, jumping and throwing as they can fit into each block.

Rest assured that we do our best to provide each **GO!** athlete with as wide a variety of fun athletics experiences on each **GO!** Day that we can squeeze into the programme.

GO! DAY INFORMATION

EVENT BLOCKS

The morning will be split into 20 minute time blocks.

At 4.30pm, 5 and 6 year olds will start, with a finish at 5.30pm.

At 5.45pm, 7 to 14 year olds will start, with a 7.30pm 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.

GIVE WINTER ATHLETICS A GO

What do champion middle-distance athletes such as Jakob Ingebrigtsen (World Champion and Olympic medalist) and Cole Hocker (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.



GO! DAY 5 PATIENCE

A reminder that this is **GO!** Day 5 for the summer of 2025 / 2026. While the **GO!** Team endeavours to plan for everything, there always seems to be something that comes along to test our well-oiled machine and we learn from these for future **GO!** Days. Thank you in advance for your patience 😊.



COFFEE AND FOOD VENDORS

There will be food and refreshments available for purchase from the clubrooms. Please show the hosting club some GO! Series love as they have taken the time to host us 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

