



AUCKLAND CITY
ATHLETICS CLUB

2024/25 Season

2nd December 2024

Congratulations to the ACA members who took part in the ACA Club Night and the McKinnon Shield.

This Week

- **Wednesday at 6pm at Mt Smart** is the **ACA Club Night**.
- Good luck to the ACA members competing at the **NZSSAA Track, Field and Road Race Championships** this weekend in **Timaru**.
- On **Sunday 8th December** is **Go! Series (Children's) - Day 2** to enter refer to the Athletics Auckland website or click on this link <https://athleticsauckland.co.nz/go-series-entries-are-open/>
- Entries are open for the **Daikin Night of 5s/Including AAI 5000m Championships**. To enter refer to the Athletics Auckland website or click on this link <https://nightof5s.com/>

ACA Club Nights – Track and Field Season

ACA club nights are on every Wednesday evenings between 6pm and 7.30pm at Towers Track, Mt Smart. All Secondary School and Registered Club athletes aged 12 years and up are welcome to compete at ACA Wednesday Club Night competitions.

On ACA Club Nights 60 Hurdles will start at normal sprint hurdle start line and be **HAND-TIMED** at 60m from start line. **Please Note: the following number of Field Event trials will apply unless athlete numbers allow extras:**

- HJ - 6 jumps per athlete;
- LJ & TJ - 4 jumps per athlete;
- Discus, Javelin & Shot Put- 4 throws per athlete.

FIELD EVENTS ON ACA CLUB NIGHTS ARE ENTIRELY DEPENDENT ON SUFFICIENT VOLUNTEERS BEING AVAILABLE TO HELP RUN EVENTS.

Dec 2024/Jan 2025 - ACA Club Nights Programme

Date	Track Events				Field Events	
	6pm	6.20pm	6.40pm	7pm	6pm	6.45pm
Wed 4 th Dec	60m/100m/Hurdles by request	1500m	200m	3000m/5000m	LJ/TJ	SP
Wed 11 th Dec (Last ACA Club Night for 2024)	60m/100m/Hurdles by request	800m	400m	3000m/5000m	LJ/HJ	DT/JT
Wed 15 th Jan (First ACA Club Night for 2025)	60m/100m/Hurdles by request	1500m	200m	3000m/5000m	LJ/TJ	SP

Programmes are subject to adjustment according to athlete numbers

The programme may be changed during the season

GO! Series

The GO! Series is a teams-based athletics initiative launched by Athletics Auckland to provide opportunities for youth (5-14 years old) athletes to participate in inter-club athletics competition. Club versus club to determine who can wrestle the GO! Series trophy from Papakura for the 2024/2025.

Athletes earn points by doing what they enjoy most. Running, jumping and throwing within defined point scoring zones. All points will go towards the athlete's club. These points will accumulate per athlete per event.

DATES

GO! Day 1 – Saturday 16 November 2024 at Lloyd Elsmore Park in Pakuranga

GO! Day 2 – Sunday 8th December 2024 at Douglas Track in Waitakere

GO! Day 3 – Friday 31 January 2025 at Mt Smart Stadium

GO! Day 4 – Saturday 15th February 2025 at Mt Smart Stadium

GO! Day 5 – Saturday 8th March at Mt Smart Stadium

TIME

9am-12pm (5 and 6s 9am to about 10.15am, 7 and over from about 10am) except Friday 31 January being 6pm to 8.30pm

WHO

All club registered athletes (5-14 years) can enter the GO! Series.

ENTRY FEE

\$40 entry for the whole series

\$10 entry per individual day.

WHAT YOUR ATHLETE RECEIVES

Athletes who enter the full series (all 5 GO! days) receive a GO! Series medal at GO! Day 5, (athlete will receive a medal at the fifth event when signed up to all 5 events).

All athletes who enter the GO! Series will get a GO! Series bracelet to keep.

All athletes who enter and attend a GO! Day will receive a GO! Day ribbon. 5 different ribbons to collect over the season.

Attend all 5 GO! Days and collect the prestigious GO! Series GRAND SLAM ribbon.

WHAT YOU GET

A DJ to keep the stadium rocking as the athletes do their thing.

The ability for you to get nice and close to the action as a GO! Series volunteer, and

Food and coffee vendors on-site. The GO! Team knows how important that Saturday morning coffee is.

EVENTS

The program will vary depending on number of entries but will include a combination of the below with new events added to the series over time.

Shot Put (athletes will receive points for landing their put in different parts of the shot put sector)

Discus (athletes will receive points for landing their discus different parts of the discus sector)

Long Jump (athletes will receive points for landing in different sectors of the long jump pit)

Ball/Vortex/Javelin Throw (athletes will throw as close to the bulls-eye target (first ground contact) with points in each circle)

High Jump (athletes will get 4 jumps to score as many points as possible. Points are awarded for clearing a height. Athletes may complete all jumps at same height if desired)

60 metres, 150 metres, 300 metres. 600 metres

To enter click on the below link or refer to the Athletics Auckland website. <https://athleticsauckland.co.nz/go-series-entries-are-open/>

Daikin Night of 5s/Including AAI 5000m Championships

Entries are open for the Daikin Night of 5s/Including AAI 5000m Championships. To enter refer to the Athletics Auckland website or click on this link <https://nightof5s.com/>

Pricing

Late	Super Late
December 2nd – December 8th at 11:59pm	December 9th – December 13th at 11:59pm
\$60	\$70

2024 DRAFT EVENT PROGRAMME

Saturday December 21, 2024

FIELD

- 3.30pm – Mixed Hammer – 8 athletes max
- 4.30pm – Mixed Discus – 8 athletes max
- 6:00pm – Mixed Pole Vault

TRACK

- 4:45pm – Mixed U16 2,000m
- 5:00pm – Master's Men 100m Heats (x2)
- 5:06pm – Gift 100m Women's Heats (x2)
- 5:12pm – Gift 100m Men's Heats (x2)
- 5:24pm – Mixed Grade/Open 5,000m
(Qualification time 18:00+)
- 5:52pm – Women's 200m
- 5:54pm – Men's D 5,000m
(Qualification time between 16:00 – 18:00)
- 6:19pm – Men's C 5,000m
(Qualification time between 15:15 – 16:00)
- 6:44pm – Men's Para 100m (straight final)
- 6:48pm – Women's Para 100m (straight final)
- 6:52pm – Master's Women 100m (straight final)
- 6:56pm – Master's Men 100m Final
- 7:00pm – Gift 100m Women's Final
- 7:04pm – Gift 100m Men's Final
- 7:16pm – Under Armour Run Club 5,000m (Women)
- 7:41pm – Under Armour Run Club 5,000m (Men)
- 8:06pm – Women's C 800m
- 8:11pm – Men's C 800m
- 8:16pm – Women's B 800m
- 8:21pm – Men's B 800m
- 8:26pm – Women's A 800m
- 8:31pm – Men's A 800m
- 8:40pm – Women's B 5000m
(Qualification 17.30-19.00)
- 9:05pm – Men's B 5,000m
(Qualification time between 14:30 – 15:15)
- 9:27pm – Women's Elite 5,000m
(Qualification time sub 17.30)
- 9:49pm – Men's Blincoe Cup 5000m
(Qualification time sub 14:30)

Recovery Lounge

The Athlete Recovery Lounge is running a special trial offer for ACA members. Please checkout the flyer below or refer to the website <https://recoverylounge.co.nz/>



Recovery Lounge

*19 Auburn St, (Inside Sports
Lab) Grafton*

www.recoverylounge.co.nz

**PROMO CODE ACA
SPECIAL OFFER TRIAL
\$20 -Normally \$60 for
single visit**

CONTACT - PAUL 021
479 739 OR GAVIN
BUTLER 0274 315 895



Up and Coming Events

Wednesday 4 th December	ACA Club Night	Towers Track, Mt Smart
Sunday 8 th December	Go! Series Day 2	Douglas Track in Waitakere
Friday 6 th Saturday 7 th and Sunday 8 th December	NZSSAA Track, Field and Road Race Championships	Timaru
Wednesday 11 th December (Last ACA Club Night for 2024)	ACA Club Night	Towers Track, Mt Smart
Saturday 14 th December	McKinnon Shield 6	Tower Track, Mt Smart
Saturday 21 st December	Daikin Night of 5s/Including AAI 5000m Championships	AUT Millennium Stadium

Questions/Help/Clarification

If you have any questions, please refer to our website acaclub.co.nz otherwise please email auckland.city.athletics.club@gmail.com

