

# LAUNCH

## ATHLETICS

24th March

12.30-3.30

Otago Anniversary Monday

### WHAT IS LAUNCH ATHLETICS

Launch Athletics - Otago is an innovative afternoon of competition for athletes grade 12 - Year 13 in high school.

Four teams, each led by two senior athletes, will go head-to-head over three hours of thrilling events. Participants will compete in unique, unconventional events and earn points for their team while enjoying the lively atmosphere.

### WHY LAUNCH ATHLETICS

We need to ignite excitement among our developing athletes to keep them engaged and motivated to continue in athletics. This can be achieved not only by introducing innovative team-based competitions with unique event formats and an energetic atmosphere, but also by showcasing the diverse pathways our sport offers for those who choose to remain involved.

### WHICH EVENTS ARE AT LAUNCH ATHLETICS

Track: 60m, 150m, 300m, 1000m, Medley Relay (400, 200, 200, 100)

Field: High Jump, Long Jump, Shot Put, Discus

Performance Tests: Standing Long Jump, Overhead Throw,  
Vertical Jump

### EXPERIENCED AND ENGAGING TEAM CAPTAINS

Providing athletes with mentors and advice from their peers is one of the most important and effective tools we can provide in the development of a junior athlete. Team Captains are sought from New Zealand's top athletes, including the region's best (and upcoming) athletes to provide local and national support.

### SCORING POINTS

Every point counts in Launch Athletics! More information to come on how Launch Athletics Otago will be scored.

**ENTRIES CLOSE: 16th March 2025**

<https://events.mygameday.app/event/launchathleticsotago24march2025/products>

