

## Central Coast Run Jump Throw

### Track Series Coordinators

Paul Carr	0425 816 348
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### CCRJT Event Program

Program	A	B	C
8:45	Registration		
9:00	XC Long every program		
9:00	XC-A	XC-B	XC-C
9:00	Javelin	Shot	Discus
9:30	100	200/60	400/60
10:00	Long	High	TJ/LJ
10:15	1500	800	Mile
10:30	2x200	Medley	4x100
10:45	Chippy 50m 😊		

Runs, jumps and throws 6 event categories. Each event category will have its own points score for each age group.

<b>Cross Country (XC)</b>	3 courses about 1.8km
<b>Long Distance XC</b>	Approximately 5km
<b>Sprint</b>	100m, 200m, 400m
<b>Middle Distance</b>	1500m, 800m, Mile
<b>Jump</b>	Long, High, Triple
<b>Throw</b>	Javelin, Shot Put, Discus
If Walks category is wanted it will be held with the middle distance	

### Age groups:

Under 10, 10-13, 14-16, 17-20, 21- 39 (Open), 40- 49, 50-59, 60 and above

## Central Coast Nitro Challenge

**Southern Beaches -v-Central Waves -v- Northern Lakes – v – New Teams**

8:30am	Registration
9:00	Funky Relay
9:15	Run Twice Sprint
10:00	Distance Challenge
10:00	Sand Pit Jump
10:30	Sprint Relay
10:45	Chippy Race 😊

### 2018-2019 Calendar

**Central Coast Nitro Challenge**  
September 22, October 6 and 20

#### CCRJT Points Score Season

<b>3 November</b>	A	<b>5 January</b>	B
<b>17 November</b>	B	<b>12 January</b>	C
<b>8 December</b>	C	<b>19 January</b>	A
<b>22 December</b>	A	<b>2 February</b>	B
		<b>16 February</b>	C

#### Social and Fun Days

<b>22 December</b>	Christmas
<b>2 March</b>	Awards & Fun meet
<b>16 March</b>	Fun meet

### Coast Runners Shop Tues Race Night

First Tuesday every month. \$2 plus track entry fee.

6pm	800m/400m	6:20	60m/100
6:30	1500/3k/5k	6:40	200m

General schedule subject to change, check Facebook



Note: Programs subject to change on the day depending on weather conditions and availability of equipment, athletes and officials. Check CCRJT Facebook and Website

## Central Coast Run Jump Throw

[www.ccrjt.com.au](http://www.ccrjt.com.au)

[www.facebook.com/CCRJT](http://www.facebook.com/CCRJT)

### 2018-2019 Season

Regional Athletics Centre Mingara

8:30 am Saturday

*FOR EVERYONE... all ages and abilities to run, jump and throw on a regular basis. Have fun and keep fit in a friendly atmosphere.*



Proudly brought to you by the Mingara Athletics Club Inc (MAC)



Competition Fees (includes track entry):

MAC ANSW Members and Little A Members with MAC		
	Season	General Members
Adults	\$90	\$10 membership & \$8 per meet
U20, Students, Pensioners	\$60	\$10 membership & \$5 per meet
Family (within reason)	\$230	\$30 membership & \$20 per meet

Central Coast Run Jump Throw only Members (non-MAC)		
	Season	General Members
Adults	\$100	\$20 membership & \$8 per meet
U20, Students, Pensioners	\$65	\$15 membership & \$5 per meet
Family (within reason)	\$250	\$50 membership & \$20 per meet