



Central Coast Nitro Challenge

9, 16 & 30 September 2017



Central Coast Run Jump Throw



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

Teams:

The teams will be based on geographic areas of the Central Coast. You will be allocated to a team based on where you live.

| | | |
|---------------------------------|-------------------------------------|------------------------------------|
| Southern Beaches | Central Waves | Northern Lakes |
| Patonga, | Terrigal, Erina | Chittaway, Tuggerah |
| Umina, Ettalong | Holgate, Wamberal | Wyong |
| Woy Woy | Long Jetty, The Entrance | Toukley, Norah Head |
| Gosford, Lisarow | Ourimbah | Budgewoi |
| Kilcare, Kincumber | Killarney Vale, Tumbi Umbi | Gorokan |
| Avoca | Berkeley Vale | Lake Macquarie |
| Team Captain – Greg Rowe | Team Captain – Nate Shergold | Team Captain – Jason Cheney |

Points – First place receives points equal to the total number of teams or competitors in the event, last place receives one point

Eg 10 teams or competitors, 1st gets 10 points, 2nd gets 9 points etc

Officials Points – 5 points will be earned for each official for each event for their team.

Points will be normalised so that all events carry the same number of points.

Power Play – there will be two Power Plays each day where triple points are on offer.

Each team Captain will nominate an event for a Power Play, their team's points will be tripled for that event.

The Event Co-ordinator (Paul Carr) will nominate one event for the day where triple points will be awarded to all teams.

Registration and Team Allocation – 8:30am

Events: Register and Team Allocation at 8:30am

| | 9 September | 16 September | 30 September |
|--|---|---|--|
| Funky Relay <i>9am to 9:45</i> | Cross Country: First leg – start to Maccas to carpark Second leg – carpark to pond to carpark Third leg – carpark to manhole to finish <i>Multiple relay teams for each Team</i> | Throws: Event relay 15 minutes – Javelin 15 Minutes – Shot Put 15 Minutes – Discus Team of one (yourself) Total distance counts | Cross Country & Track: First Leg – start to Maccas to 1500 start Second Leg – 1500m on track Third Leg – Track finish line to pond to finish line Fourth Leg – 800m on track <i>Multiple relay teams for each Team</i> |
| Non-Nitro 9am | Javelin | 400m | Shot Put |
| Run Twice Sprint <i>9:15 to 9:45</i> | Run twice and total time counts (outside 6 lanes) | | |
| | 60 metres | 150 metres | 120 metres |
| Distance Challenge <i>10am</i> | 3 minute challenge Teams of one bloke and one gal Bloke runs for 3 minutes Gal runs for 3 minutes Total distance counts <i>Multiple teams for each Team</i> | Elimination Mile Everyone runs three laps. Runners are the dropped every 50 metres on the last lap until 2 are left for last 50 metres. Distance – where you were dropped from the event | 3km Pairs Pair up with a team mate. Combine time counts |
| Sand Pit Jump <i>10am</i> | No Foul Long Jump Stay behind the board. Foul and your shortest jumps counts! | Standing Long Jump Standing Jump from edge of pit | No Board! Start your run up at the 9 metre board and take off as close as possible to the pit. Distance measured from the 9 metre board |
| Sprint Relay <i>10:30am</i> | 4 x 100 2 gals and 2 blokes | 2 x 200 1 gal and 1 bloke | 4 x 100 1 under 10, 1 over 45 plus 2 others |
| 10:45 | Chippy Race | | |