



Central Coast Nitro Challenge

22 Sep, 6 and 20 Oct 2018



Central Coast Run Jump Throw

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

Make Your Own Team

Or join one of ours based one based on where you live.



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

Teams – There are no restrictions on the number of people in a team, but note that some events need both gals and blokes and some relays need four people. If a team wants to enter every event, they will need people willing to have a go at cross country, sprinting, running, jumping and throwing.

Nobody will miss out because of the team or event 'rules', we will make sure they can participate.

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 Captain will advise the Event Co-ordinator (Paul Carr) before the first event

The Event Co-ordinator will nominate one event for the day where triple points will be awarded to all teams. The Event Power Event will be nominated before the first event, but not revealed until the end of the meeting.

Registration and Team Allocation – from 8:30am

Chippy Race – for kids and those a little older who still feel like kids. Run 50 metres and get a bag of chips!

Rego from 8:30	22 September	6 October	20 October
Funky Relay 9am	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>	Have a Go Throw: Javelin Shot Put Discus Team of one (yourself) Total distance counts <i>Minimum of 2 throws of each implement</i>	Cross Country & Track: 1st Leg – start to Maccas to 1500 start 2nd Leg – 1500m on track 3rd Leg – Track finish line to pond to finish line 4th Leg – 800m on track <i>Multiple relay teams for each Team</i>
Non-Nitro 9am	Javelin	400m	Shot Put
Run Twice Sprint 9:15 to 9:45	Run twice and total time counts (outside 6 lanes)		
	70 metres	150 metres	120 metres
Distance Challenge 10am	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 dropped at points on the last lap until 2 are left for last 50. Distance scores – where you were dropped from the event	Lap Relay Teams of 3 mates. 1 st leg - 1 Lap 2 nd leg - 2 Laps 3 rd leg - 3 Laps <i>Multiple relay teams for each Team</i>
Sand Pit Jump 10am	No Board! Start your run up at the 9m board and take off as close as you can to the pit. Distance measured from the 9 metre board	Standing Long Jump Standing Jump from edge of pit	Jump and Throw Team You and a mate! Long Jump and Shot Put Add up your best jump and throw and add it your mate's best jump and throw
Sprint Relay 10:30am	2 x 60, 2 x 150 shuttle 2 gals and 2 blokes	2 x 200 1 gal and 1 bloke	The Pain 2 lanes per team 1 st lane – 100, 200, 100 2 nd lane – 400 Total time counts
10:45	Chippy Race		