



## Central Coast Summer Athletics Programme 2012-2013

### Central Coast Regional Athletics Centre

*Hosted by Mingara Athletics Club*

**Coordinators & Meet Manager**

Paul Carr 0425 816348 Marg Beardslee 0410438928

*Programs subject to change depending on weather, availability of equipment, athletes and officials*

- Electronic Timing will be introduced over the summer

- Events will be seeded by time where possible

- ANSW events yet TBC may cause event changes.

- High Jump subject to official availability

- Hurdles can be added to program provided set up and pack up assistance is provided

- Walkers welcome in any event 800 and over.

#### Cost to Central Coast Venues (incl track entry):

**Registered Athletes:** ANSW, Little A, A League

Snr \$6 Uni / 'P'\$5 Ltle A / Jnr / Pens \$4 / Fam \$15

**Non-Registered Athletes**

Senior \$10 Juniors/ others \$6



#### Series Summary

**PB Series: Oct to Dec** Individual Winners improved times each event.

**Post Code: Jan – Mch:** Nth vs Sth Athletes score on residential address

**CCH:** ANSW permit meets combined Central Coast Hunter regional comp.

**Skins Events: most** are held over a number of rounds. Competitors are eliminated after each round until there are only 2 left to contest the final round. Winner of final is Skin Champion. Times don't count only places.

**Permit Meets:** All ANSW Club Premiership / Local Meets \* Pending approval

Series A	B Series
8:45 Javelin High Jump	8:45 Discus
9:00 1500m	9:00 3000m
9:20 100m	9:20 60m
9:40 Shot Put & LJump	9:45 Triple Jump /Long
10:00 400m	9.50 200m
10:15 60m	10:15 800m
10:30 Freddo Frog Relay	10:30 Freddo Frog Relay
4x100 or 8,4,2,2	4x100 or 2/4x200

Date	Event	Venue
October 2012 Sat 6 <sup>th</sup>		Gerry Thomas Gala Meet Local CCTF 1
10.00	Gerry Thomas 100m Heats	
10.20	Javelin	
10.35	400m	
11.00	Central Coast Mile Championship	
11.15	High Jump / Shot Put	
11.30	Gerry Thomas 100m Final	
11.45	2km XC / Long Jump	
12.15	Presentation & BBQ	
2 <sup>nd</sup>	Tues Night	Regional Track Night Hcap 3km 60 800 200
Sat 6	PB Series 1	Gerry Thomas
11-14		NSW All Schools
Sat 13		Adcock local Comp TBC Cancer Relay at Mingara
Sat 20	PB Series 2	CC Local comp 2 'A' CCRAC Mingara
Sat 27	PB Series 3	CC Local Comp 3 "B" Club Premiership #1
<b>November</b>		
Sat 3		Pan Pacific Masters
Tues 6	Tues Race Night	Race Night 3km Hcap 60m 1km 300m *Permit TBA
Sat 10	PB Series 4 /ANSW	CC Local comp 4 'A' CCRAC Mingara State 3000m Champs SOPAC
Sat 17	ANSW	State Relays No local comp
Sat 24	PB Series 5	CC Local comp 5 'B' CCRAC Mingara
<b>December</b>		
Sat 1	PB Series 6	CC Local comp 6 "A" CCRAC Mingara Club Prem #3
Tues 4	Tues Night	CC Track Night *Permit TBA CC 3km Champs grades 60m/800m/200
Sat 8	PB Series 7	CC Local comp 7 'B' CCRAC Mingara Club Prem #4 Zatopec Vic
Sat 15		Adcock Local Friendly TBC Little A Zone Mingara Club Prem #5
Sat 22	PB Presentation	<b>CC Local #8 Skins/Hcap &amp; Christmas Party</b> 8:45 Javelin

	Christmas Party	9:00 1600m HCP 9:30 60m skins 9:45 Triple Jump/ Long Jump 10:00 400m HCP 10:30 800m HCP 10:45 Relay Club Prem #6
	ANSW	
Sat 29		
<b>January 2011</b>		
Sat 5	Post Code 1	CC Local #9 Oddballs 8:45 Javelin / High Jump 9:00 Mile 9:20 300m 9:35 Shot Put / Long Jump 9:50 600m 10:15 150m 10:30 Anything goes 800 ANSW State Multit and 10km Walk
	ANSW	
Tues 8	Tues Night	CC Regional Track Night 1500m 60 800 2x 200relay/400
Sat 12	Post Code 2	CC Local comp 10 'A' CCRAC Mingara Club Champs
Thurs 17	ANSW	Allcomers
Sat 19	Post Code 3	CC Local comp 11 'B' CCRAC Mingara Australian Youth Festival
Fri-Sun 25 / 26 / 27		Country Champs Glendale No local competition
<b>February</b>		
Sat 2		Hunter Track Classic
Tues 5	Tuesday Night	CC Regional Track Night Hcap 2km, 3km(opt)800 200 60
Fri/Sat/Sun 8/9/10	Post Code ANSW	CC Local comp 12 'A' CCRAC Mingara NSW Juniors SOPAC
Sat 16	Post Code ANSW	CC Local comp 13 'B' CCRAC Mingara State 5000m / Waratah Allcomers
Sat 23	Post Code	CC Sprint & Field Chmps Local Comp 14 100 400 1500 HJ LJ Jav Shot
<b>March</b>		
Fri/Sat/Sun 1/2/3	Post Code ANSW	CC Local comp 13 'B' CCRAC Mingara State Open
Tues 5	Tues Night	CC Regional Track Night 3k/ CC 5000m Champs 60 800 200
Sat 9		CC Local 14 Final Postcode preso & BBQ Sydney Track Classic
Sat 16/17th		State Masters
23/24		State Little A's
30	AA	Australian Masters
<b>April</b>		
Tues 6	Tues Night	CC Regional Track Race Night 1 <sup>st</sup> of Winter Series
Sat 6	ANSW	Allcomers
13-15 <sup>th</sup>	AA	Open Nationals SOPAC

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