

## Gatorade Race Night Summer Series

October - March

First Tuesday of every month:  
Everybody welcome  
Cost \$2.00 plus entry ground.

### General Schedule

5.40 3000m B Grade  
6.00 60m A & B Grades  
6.10 3000m A Grade  
6.25 800m  
6.35 200m

### September Pre-Summer: Tues Nights

## Tuesday Night

1 Sept 2009

### Final Gatorade Race Night Winter Series

Central Coast 10km & 1 Hour Champs

5.40 3000m Permit Race  
6.00 800m  
6.15 200m  
**6.15 BBQ onwards**  
**6.30 Central Coast 10km Champs**  
**Central Coast 1 hour Champs**

## Tuesday Night

8 Sept 2009

### Skins Night

See last page for description of events

5.30 Missing out 3000m  
5.45 B Grade 400m skins (3 rounds)  
5.55 Javelin skins (4 rounds)  
6.05 A Grade 400m skins (4 rounds)  
6.20 B Grade 60m skins (3 rounds)  
6.30 A Grade 60m skins (4 rounds)  
6.40 Long Jump skins (4 rounds)  
6.45 800m Allcomers  
6.55 200m Allcomers

## Tuesday Night

15 September 2009

5.45 **Central Coast Mile Champs**  
Mile – A Grade  
Mile – B Grade  
Mile – C Grade  
6.10 60m  
6.30 300m

## Central Coast

### Gatorade RAC 2009-2010 Saturday Track Program

Hosted by Mingara Athletics Club

*Note: All Programs will be subject to change on the day depending on weather and availability of equipment, athletes and officials*

- Events will be seeded where possible
- ANSW events yet TBC may cause event changes.
- High Jump subject to equipment.
- Hurdles can be added to program provided set up and pack up assistance is provided
- Walkers welcome in any event 800 and over.

**PB Series** Sept to Dec Winners on individual improved times in each event.

**Post Code Series** Jan to March

**Cost (includes track entry):**

**Registered Athletes:**

Senior \$6  
Junior 'P', Pensioners & Uni \$4  
Family \$15

**Non-Registered Athletes**

Senior \$10  
Juniors, others \$6

26 Sept

### Gerry Thomas Memorial

8.45 **Central Coast 5000m champs**  
8.45 Javelin  
9.15 100m  
9.30 Long and Triple Jumps  
9.45 200m  
10.05 1500m  
10.15 Discus & 400m  
10.30 4 x 100

3 October 2009

8.45 Shot and High Jump  
9.00 1500m  
9.15 100m  
9.45 200m  
10.05 800m  
10.15 Javelin  
10.20 400m  
10:45 Relay Any 800m, 4 per team

**Tuesday Night 6 October 2009**  
**Gatorade Regional Track Night**

10 October 2009

8.45 Javelin  
9.00 1600m 9.15 60m  
9.30 Long and Triple Jumps  
9.45 110m  
10.05 1000m  
10.15 Shot  
10.20 300m  
10:45 2 x 200m

## Oct 10 – 18 World Masters Games

17 October 2009

**Cancer Relay**

**No local Comp Mingara**

24 October 2009

8.45 Shot and High Jump  
9.00 Two mile  
9.30 60m  
9.45 100m  
10.00 800m  
10.15 Discus  
10.20 200m  
10:45 Relay Any 800m, 4 per team

31 October 2009

**Metro Premiership**

[Http://www.nswathletics.org.au/](http://www.nswathletics.org.au/)

**Tuesday Night 3 Nov**

**Gatorade Regional Track Night**

NSW All Schools 5 – 8 Nov 2009

7 November 2009

**Country Premiership 1**

8.45 Shot and High Jump  
9.00 1500m  
9.15 60m (non Scoring)  
9.35 100m, Long Jump  
10.00 800m, (non Scoring)  
10.20 400m  
10:45 Relay 2,2,4,8

14 November 2009

**Country Premiership 2**

**State 3000m SOPAC**

8.45 Discus 9.00 3000m  
9.20 60m (non Scoring)  
9.50 800m and Javelin  
10.10 200 and Triple  
Long Jumps (non Scoring)  
10.30 Relay 4 x 100m

21 November 2009

**State Relays No local competition**  
**State Relays 21 – 22 Nov**

28 November 2009 **Country  
Premiership 3**

8.45 Javelin and High Jump  
9.00 1500m  
9.15 60m (non Scoring)  
9.35 100 & Shot (non Scoring)  
10.00 400m  
10.20 800m (non Scoring)  
10:45 Relay 4 x 100m

<b>Tuesday Night 1 December</b> <b>Gatorade Regional Track Night</b>
<b>4 – 6 Dec Australian All Schools</b>
<b>5 December 2009</b> 8.45 Shot 9.00 3000m 9.15 60m 9.35 100, Discus 10.00 200m, Long & T Jumps 10.20 800m 10:45 4 x 100m
<b>12 December 2009</b> <b>Zone LAs Mingara</b> <b>No Local Comp Mingara</b>
<b>19 December 2009</b> <b>Christmas Skins and BBQ</b> 8.45 Javelin skins (4 rounds) 9.00 Missing out 3000m 9.15 B Grade 400m skins (3 rounds) 9.35 A Grade 400m skins (4 rounds) 9.50 B Grade 60m skins (3 rounds) 10.00 A Grade 60m skins (4 rounds) 10.10 800m Allcomers 10.20 200m Allcomers 10.35 30m last person standing skins <b>10.45 Christmas BBQ</b> <b>11.00 4 x 100 sausage sandwich relay</b>
<b>26 December 2009</b> <b>Boxing Day</b> <b>No local comp Mingara</b>
<b>2 January 2010</b> <b>Pentathlon Week 1</b> 8.45 Javelin and High Jump 9.00 1 mile 9.15 60m 9.30 100, Short Hurdles 9.50 200m, Shot 10.15 2000m Steeple 10:45 Relay 4 x 100m
<b>Tuesday Night 5 Jan 2010</b> <b>Gatorade Regional Track Night</b>
<b>9 January 2010</b> <b>Pentathlon Week 2</b> 8.45 Shot 9.00 1500m 9.25 60m 9.40 100, Discus 10.00 400m, 400m Hurdles 10.15 Long and Triple Jump 10.30 800m 10:45 Relay 2 x 200m
<b>Jan 9 – 10 NSW Multis &amp; Underage Steeple &amp; 10km Wk</b>
<b>16 January 2010</b> <b>Country Champs (16 – 17 Jan)</b> <b>&amp; Final Country Premiership Round</b> <b>No local competition</b>

<b>23 January 2010</b> <b>Central Coast Sprint &amp; Field Championships 1</b> 8.45 Javelin 9.00 1500m 9.15 60m 9.35 100m, Discus 10.00 400m 10.15 Long and Triple Jump 10.30 800m 10:45 Relay 4 x 200m
<b>30 January 2010</b> <b>Central Coast Sprint &amp; Field Championships 2</b> 8.45 Shot and High Jump 9.00 Mile, 2 Mile 9.20 60m 9.45 200m 10.15 Triple Jump 10.20 800m 10:45 Relay 4 x 100m <b>State 5000m</b>
<b>Tuesday Night 2 Feb 2010</b> <b>Gatorade Regional Track Night</b>
<b>6 February 2010</b> 8.45 Javelin 9.00 1500m 9.15 100m 9.30 Long and Triple Jumps 9.45 200m 10.05 800m 10.15 Discus 10.20 400m 10:45 4 x 100m relay
<b>12– 14 Feb</b> <b>National U14–U20 Champs</b> <b>Aus 20km Wk Nat U14 – U20</b>
<b>13 February 2010</b> 8.45 Shot and High Jump 9.00 3000m 9.25 60m 9.45 200 and Javelin 10.15 800m 10:45 Relay 8,4,2,2
<b>20 February 2010</b> 8.45 Javelin 9.00 1500m 9.15 100m 9.30 Long and Triple Jumps 9.45 200m 10.05 800m 10.15 Discus 10.20 400m 10:45 4 x 100m relay
<b>27 February 2010</b> 8.45 Shot and High Jump 9.00 3000m 9.25 60m 9.45 200 and Discus 10.15 800m 10:45 Relay Any 800m, 4 per team <b>Sydney GP</b>
<b>Tuesday Night 2 March 2010</b> <b>Gatorade Regional Track Night</b>

<b>March 2010</b> <b>State Masters,</b> <b>National U23 Champs</b> <b>No Local Comp Mingara</b>
<b>7 – 10 March AA U14 – U20</b>
<b>13 March 2010</b> 8.45 Javelin 9.00 1500m 9.15 100m 9.30 Long and Triple Jumps 9.45 200m 10.05 800m 10.15 Discus 10.20 400m 10:45 4 x 100m relay
<b>20 March 2010</b> <b>End of Season Celebration Any Event</b> <b>Relay Day, Presentations &amp; BBQ</b> 8.45 Shot and High Jump 9.00 1600m 9.20 100m 9.40 150m and Javelin 10.00 400m 10:20 200m 10:40 800m
<b>20 March LA</b> <b>26-28 March State Champs &amp; 10k</b> <b>2 – 5 April Stawell Aust Masters</b> <b>9 – 10 April Aust Snr/Jnr Multis</b> <b>16 – 18 April National Open</b>
<b>Skins Events</b> The majority of Skins events are held over a number of rounds with competitors eliminated after each round until there are only 2 left to contest the final round to see who will be crowned Skin Champion. On the track times don't count only places. <b>Missing Out in Style 3000m</b> The whole field starts the race and a number of competitors at the end of the field at the end of each lap (finish line) are eliminated, until at the bell only the front two runners are left to battle it through to the finish. The number of competitors eliminated after each lap will depend on the number of people starting the race. <b>400m Enduro</b> Up to four rounds of the 400m Enduro will be held. By round 3 there will only be 4 runners left and only two will make it the Enduro Final. <b>Killer Fact:</b> In A Grade the next round starts 30 seconds after the winner of the previous round. In B Grade it is 60 seconds. <b>60m Panic</b> Up to four rounds, two minutes apart, only two can make the final round. When the gun goes you have 2 minutes to finish the round and be ready to start the next round. <b>No Foul Long Jump</b> Four rounds, foul and you are out! You are only as good as your last jump. Only two jumpers with one jump each can claim the Skin. <b>Continuous Javelin</b> Everyone has one throw. The longest 6 get another go. Then the longest four and finally the longest two go for the prize. Don't fall short or you are out! <b>Last Person Standing</b> All sprint 30m, sprint back, first 8 continue, then first 6, then first 4, then first 2, then first one sprints 30m out and back. <b>4 x 100m Sausage Relay – not for queasy stomachs</b> Sandwich is baton. On go, first runner takes bite and runs. Each baton change includes a bite. Last runner must carry remains of sandwich to finish line and then eat the rest. Vegetarian sausages are ok.