

Technical Package
2012 Manitoba Summer Games
ATHLETICS (Track and Field)

AGE CLASSIFICATION

- Open to both male and female in two age categories:
 1. **Bantam** is considered born in the years 1999 or 2000 (Learn to Train/Train to Train)
 2. **Midget** is considered born in the years 1997 or 1998 (Train to Train)

ELIGIBILITY RESTRICTIONS (in addition to General Rules)

- Athletes are **ineligible** to compete if:
 1. The athlete has met or exceeded provincial qualifying standards for high-performance recognition.

TEAM SIZE

Athletes

- **20** males and **20** females with a plus or minus factor of two. (i.e. 22 females and 18 males) There is no designated ratio of bantam and midget.

Staff

1. **3** coaches and **2** managers (one of whom must be female and one of whom must be male)
 2. All coaches and managers must be 18 years of age and over as of June 30, 2012.
 3. At least one coach on the team must have recognized track and field certification (Run, Jump, Throw or Sport Coach Trained equivalent).
 4. All staff must complete Sport Manitoba's Respect In Sport.
- **Maximum Regional Team Size = forty-five (45)**

COMPETITION SITE REQUIREMENTS

- 400 meter track with a minimum of 6 lanes
- Long jump pit with minimum 30m runway and sand landing area
- Unobstructed, preferably grass covered, area for throwing events
- Discus event requires a throwing cage (can be portable). For both shot and discus it would be desirable to have a cement throwing circle (but not mandatory).
- High jump pits must meet PSO safety requirements. High jump runway must be a safe, solid surface.

COMPETITION DATES

- Minimum of 2 days for competition

COMPETITION RULES

- **Rules and Regulations**

IAAF rules will be used as guidelines with modifications made to age groups in accordance with the rules of Athletics Manitoba Inc.

- **Officials**

Registered MTFOA officials will assist all meets supplemented by volunteers.

- **Athletes**

Athletes must wear their official regional coloured shirt for competition at the Games.

TYPE OF EQUIPMENT

- **Shot put:** 4 kg for all Male Midget athletes, 3kg for all other athletes.
- **Blocks:** No blocks allowed for Bantam athletes in any events.
- **High jump starting height:** to be determined prior to event and will be increased by 5 cm increments.
- **Discus:** 1 kg discus for Midget athletes; 750g discus for Bantam athletes
- **Javelin:** 500g for Midget female athletes; 600g for Male Midget athletes
- **Apparel:** All athletes must be wearing their regional colored shirt and appropriate track and field attire, i.e., shorts, running shoes. Regional coaches need to approve non-Games issued attire.
- **Ball Throw:** 11" softball for all athletes.

EVENTS

The following events will be run for both males and females.

1. Individual events

- i. Bantam Athletes may compete in 80m hurdles, 100m, 150m, 800m, 1200m, High Jump, Long Jump, Standing Long Jump, Ball Throw, Shot Put, Discus
- ii. Midget Athletes may compete in 80m female hurdles, 100m male hurdles, 100m, 200m, 300m, 800m, 1200m, 2000m, High Jump, Long Jump, Triple Jump, Javelin, Discus, Shot Put, Ball Throw

2. Relay events – No relays will be run at regional qualifiers

- i. 4 x 100M, 4 x 200M Co-ed (2 males and 2 females)
- ii. Two relay teams per region may be entered in each relay.

ENTRIES

- Athletes may enter up to 5 individual events at the regional qualifier and Manitoba Games final.
- Each region may send three entries per individual event to final.
- Each region may enter up to two relay teams per category at final.
- Once selected for a regional team, athletes may enter a maximum of five individual events plus one relay at the final.

THROWS

- At regional final athletes will be allowed three (3) throws.
- At Manitoba Games, all athletes will be allowed three (3) throws in the preliminary round. Top eight (8) athletes will then be given three (3) more throws.

HORIZONTAL JUMPS

- At regional final athletes will be allowed three (3) jumps.
- At Manitoba Games, all athletes will be allowed three (3) jumps in the preliminary round. Top eight (8) athletes will then be given three (3) more jumps.

HEATS/FINALS FOR RUNNING EVENTS

- Heats will be run at the Manitoba Games in the following events if numbers warrant: 100m, 150m, 200m, 4x100m relays and all hurdles.

HURDLES

Class	Distance	# hurdles	Height	Distance to first	Distance between
Bantam Girls/Boys	80M	8	30" (0.76m)	12M	7.5M
Midget Girls	80M	8	30" (0.76m)	12M	8.0M
Midget Boys	100M	8	33" (0.84m)	13M	8.5M

MEDALS

- Gold, silver and bronze will be awarded to the first, second and third place individual and relay finishers at the Provincial Finals.