



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792
www.athleticsmanitoba.com

TECHNICAL PACKAGE 2016 MANITOBA SUMMER GAMES ATHLETICS (TRACK AND FIELD) – UPDATED AS OF JULY 5th, 2016

AGE CLASSIFICATION

- Open to both male and female in two age categories:
 1. **Bantam** is considered born in the years 2003 or 2004 (Learn to Train/Train to Train)
 2. **Midget** is considered born in the years 2001 or 2002 (Train to Train)

TEAM SIZE

Athletes

- **Bantam:** 10 males and 10 females with a plus or minus factor of two. (i.e. 12 females and 8 males)
- **Midget:** 10 males and 10 females with a plus or minus factor of two. (i.e. 12 females and 8 males)

Staff

- 3 coaches and 2 managers (2 staff must be male and 2 staff must be female in order to meet athlete chaperone ratios)
- All coaches and managers must be 18 years of age and over as of June 30, 2016.
- The Head Coach must be Sport Coach trained or equivalent. Training must be achieved by games time. Exemptions will be considered.
- All staff must complete Sport Manitoba's Respect In Sport.
- There will be a call for Head Coach applications from each region. Athletics Manitoba will make the Head Coach selections. The Head Coaches will be responsible for selecting the rest of their coaching staff from their region.
- **Maximum Regional Team Size** = forty athletes, five staff (45)

ELIGIBILITY RESTRICTIONS (in addition to General Rules)

- Athletes are **ineligible** to compete if:
 1. In the previous competitive season, (2014-2015) the athlete has been selection to the Provincial Team attending the National Legion Championships.

DATES

- August 7th – Team travel and Arrival at Games, Team Practices and Coaches/Managers meeting
- August 8-9th – Track and Field Competition
- August 10th - Cross Country Competition and Team Departures



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COMPETITION RULES

Rules and Regulations

- All events will follow IAAF competition rules with LTAD appropriate adaptation
- All field events (Throws and Jumps) will receive 3 attempts.
- Track events will be run as timed finals with the exception of the 80m/100m and the 4x100m relays which will have heats and finals.
- Scratches – Any athletes that DNS (does not start) their event will be scratched from all subsequent events. Athlete scratches must be received prior to the scratch deadlines for each session.
- All track events will marshal at the marshalling tent 15 minutes prior to the start of the event.
- All field events will marshal at the event 15 minutes prior to the start of the event.

Officials

- Registered MTFOA officials will assist all events supplemented by volunteers.
- Minimum Level 1 official requirement for all chief roles

Athletes

- Athletes must wear their official regional colored shirt for competition at the Games. (Provided)
- Appropriate athletic attire must be worn for competition

TECHNICAL SPECIFICATIONS

- **Shot put:** 4 kg for all Male Midget athletes, 3kg for all other athletes.
- **Discus:** .75kg for all Bantam athletes, 1kg for all Midget athletes
- **Blocks:** Blocks will be provided and are allowed for all athletes in any event should they wish to use them.
- **High jump starting height:** To be determined at the Coaches Meeting on Sunday August 7th and will increase by 5 cm increments.
- **Javelin:** 500g for Midget female athletes; 600g for Male Midget athletes
- **Ball Throw:** 11" softball for all athletes.
- **Apparel:** Proper athletics attire must be worn at all times, this includes:
 - Regional colored competition shirt and athletic shorts and shoes.
 - Spikes will not be permitted for any athletes due to the asphalt surface of the track.

Hurdle Spacings

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

EVENTS

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

- 8 X 50m, 4 x 100M, Co-Ed 4 X 200, Medley (8-2-2-8), Distance Medley (12-4-10-6)
- Long Jump, Ball Throw (Bantam), Javelin (Midget), Discus, Shot Put, High Jump, Triple Jump (Midget), Standing LJ (Bantam).
- 80m/100m, 80m/100m Hurdles, 800m
- Tetrathlon Relay (80m/100m, Long Jump, Shot Put, 800m)
- Cross Country – 3k Midget, 2k Bantam

Revised July 5, 2016



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ENTRIES

- Regional team coaching staffs will be provided with a roster template that must be completed and returned to Athletics Manitoba office (programs@athleticsmanitoba.com) by Sunday July 24th.
- Athletes may be entered in up to 6 track and field events at the Manitoba Games final; however the selection of events must include at least one track and one field event
 - i.e. Minimum # of events per athlete = 1 and 1
 - Maximum # of events per athlete = 5 and 1
- The Cross Country races do NOT count toward the total number of events per athlete.
- Each region may enter up to two relay teams per track event.
- Each region may enter up to three athletes per individual event (Field events, Hurdles, 80/100m and 800m).
- The individual athletes on each relay team will not be declared on the roster template but will be submitted in person at the Coaches/Manager meeting August 7th at the Games. This includes the Tetrathlon.
- Relay declaration forms will be provided to coaches upon arrival at the Coaches/Manager meeting.
- Scratches – Any athletes that DNS (does not start) their event will be scratched from all subsequent events. Athlete scratches must be received prior to the scratch deadlines for each session.
 - Monday morning session – scratches must be submitted by the end of the Sunday Coaches meeting.
 - Monday afternoon session – scratches must be submitted by the end of the noon Medal Presentations.
 - Tuesday morning session – scratches must be submitted by the end of the 5pm Medal Presentations.
 - Tuesday afternoon session – scratches must be submitted by the end of the noon Medal Presentations.

CROSS COUNTRY

- Teams must be declared as part of the provided roster template that must be completed and returned to Athletics Manitoba office (programs@athleticsmanitoba.com) by Sunday July 24th.
- Regions may enter as many athletes as they want in the races.
- Only the top 3 athletes to finish will score from each region.
- Teams will be scored based on finishing place (ie – 1st – 1 point, 2nd – 2 points, etc)
- Team places will be awarded based on lowest team score placing 1st, 2ND lowest 2nd, etc
- **All events will follow IAAF competition rules with LTAD appropriate adaptation provided by Athletics Manitoba if necessary.**

MEDALS

- Gold, silver and bronze will be awarded to the first, second and third place individual and relay finishers at the Provincial Finals. Members of all first, second or third place relays will all receive medals.
- Cross country – medals will be awarded to the top three finishers individually, as well as the top three regional teams.