



## 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 25<sup>th</sup>, 2016

#### AGE CLASSIFICATION

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- 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

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##### 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)

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- 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

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

#### MEDALS

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- 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.
- The 8x50m relay will NOT be a medal event
- Cross country – medals will be awarded to the top three finishers individually, as well as the top three regional teams.

Revised July 25, 2016



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### COMPETITION RULES

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#### 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

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- **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 7<sup>th</sup> 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



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### EVENTS

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

- i. 4 x 100M, Co-Ed 4 X 200, Medley (8-2-2-8), Distance Medley (12-4-10-6)
- ii. Long Jump, Ball Throw (Bantam), Javelin (Midget), Discus, Shot Put, High Jump, Triple Jump (Midget), Standing LJ (Bantam)
- iii. 80m/100m, 150m/200m, 80m/100m Hurdles, 800m
- iv. Tetrathlon Relay (80m/100m, Long Jump, Shot Put, 800m)
- v. 8x 50m Shuttle relay will be contested as a FUN non-medal event. It will be a co-ed, all ages event with Coaches, Volunteers and Officials allowed (encouraged!) to be recruited and included on regional teams
- vi. Cross Country – 3k Midget, 2k Bantam

### ENTRIES

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- Regional team coaching staffs will be provided with a roster template that must be completed and returned to Athletics Manitoba office ([programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)) by Sunday July 24<sup>th</sup>.
- 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 8x50m relay and the Cross Country races do NOT count toward the total number of events per athlete. **Please refer to APPENDIX A for additional details.**
- 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 7<sup>th</sup> at the Games. This includes the Tetrathlon.
- Relay declaration forms will be provided to coaches in advance and can be submitted in advance or upon arrival at the Coaches/Manager meeting.
- **Relay declaration forms for the TETRATHLON relay should be submitted by Wednesday July 27<sup>th</sup>.**
- 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

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- Teams must be declared as part of the provided roster template that must be completed and returned to Athletics Manitoba office ([programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)) by Sunday July 24<sup>th</sup>.
- 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 – 1<sup>st</sup> – 1 point, 2<sup>nd</sup> – 2 points, etc)
- Team places will be awarded based on lowest team score placing 1<sup>st</sup>, 2<sup>ND</sup> lowest 2<sup>nd</sup>, etc
- **All events will follow IAAF competition rules with LTAD appropriate adaptation provided by Athletics Manitoba if necessary.**

Revised July 25, 2016



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### APPENDIX A

#### 8x 50M RELAY

- This event was originally included in the schedule as a fun team event that would help to fulfill the track event requirement for those athletes who are primarily interested in field events.
- Due to the subsequent inclusion of the 150m/200m individual events, many teams were encountering an issue with the 6 event maximum individual entries and therefore in order to stay within the limits the official status of 8x 50m event had to be changed.
- The 8x 50m relay will now be a non-medal event and a non-scoring event.
- It WILL however count as a track event for those athletes who need it to fulfill their track event requirement.
- We strongly encourage all Regions to include a team in this event. It will be a fun opportunity for teams to work together with coaches and volunteers.

#### SCORING

- The top 8 athletes per event will score for their Region as per the following table.

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1pt

#### FIELD RELAYS

- In addition to the individual athlete results, where there are 3 athletes from one region in a field event their results will be combined to form a team result (there MUST be 3 athletes in order for a Team result to count).
- Their distances will be added together, with medals distributed for the Team performances and points will once again be awarded to the top 8 finishers as per the table noted above.

#### TETRATHLON

- The Tetrathlon consists of the 80m/100m (Bantam/Midget), Long Jump, Shot Put and the 800m.
- Each event of the Tetrathlon is completed by a different athlete.
- Each event will be scored using Youth points tables, with the final point total deciding the winning teams.
- The same Top 8-point system will then be applied to those final rankings.
- On the results each team name will be comprised of all 4 athlete's last names.