



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)

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)

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.

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, 2012.
- 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-five (45)**



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

DATES

- August 7th – Team travel and Arrival at Games
- August 8-9th – Track and Field Competition
- August 10th - Cross country Competition and Team Departures

COMPETITION RULES

Rules and Regulations

- All events will follow IAAF competition rules with LTAD appropriate adaptation

Officials

- Registered MTFOA officials will assist all meets 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

QUALIFICATION

- There will be a qualifier meet in each region
- The meet will occur between must be held between May 10, 2016-June 15, 2016
- The qualifier meet will be a traditional meet/Cross Country meet and the regional coaching staff will select their regional team according to performances.
- Athletics Manitoba summer staff will work with each region to set up, promote and run the meet
- The Head Coach and their coaching staff will be present at the meet to observe performances and make team selections
- Regions that do not have enough athletes to fill teams will be filled by athletes from other rural regions first and city athletes second.
- Appeals will be dealt with on a case by case basis, by the regional coaching staff. If assistance is required Athletics Manitoba can be engaged upon request.
- Where ever possible, all regions must have at least one relay team in each event and one Cross Country team of each gender for each age group

EQUIPMENT

- **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:** No blocks allowed for Bantam athletes in any events. No blocks for relay events. Blocks will be allowed for midget athletes competing in the individual hurdle and 100m events only.
- **High jump starting height:** to be determined prior to event and will be increased by 5 cm increments.
- **Javelin:** 500g for Midget female athletes; 600g for Male Midget athletes
- **Ball Throw:** 11" softball for all athletes.
- **Batons:** Relay batons are needed for all relay events – minimum of 6
- **Apparel:** Proper athletics attire must be worn at all times, this includes:
 - Regional colored competition shirt and athletic shorts and shoes.
- **All events will follow IAAF competition rules with LTAD appropriate adaptation provided by Athletics Manitoba if necessary.**

Revised March 24, 2016



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

EVENTS

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

Events – No relays will be run at regional qualifiers

- i. 8 X 50m, 4 x 100M, Co-Ed 4 X 200, Medley (8-2-2-8), Distance Medley (12-4-10-6)
- ii. Long Jump, Ball Throw/Javelin, Discus, Shot Put, High Jump, Triple Jump (Midget only), Standing LJ relay.
- iii. 80m/100m, 80m/100m Hurdles, 800m
- iv. Tetrathlon Relay (80m/100m, Long Jump, Shot Put, 800m)
- v. Two relay teams per region may be entered in each track relay (4 athletes per team).
- vi. One relay team per region may be entered in each field relay. (3 athletes per team).
- vii. Tetrathlon relay participants will be declared the night before the event.
- viii. All Track events will be timed finals – unless otherwise stated
- ix. Relay entries must be declared up to the 24hrs before the event
- x. Relay order can be declared at the event

ENTRIES

- Athletes may enter up to 6 events at the Manitoba Games final; however the selection of events must include at least one running and one field event
- Each region may enter up to two relay teams per track event and one team per field event.

THROWS

- At the Manitoba Games final athletes in the Throws will be allowed three (3) throws each.

HORIZONTAL JUMPS

- At the Manitoba Games final athletes in the Horizontal Jumps will be allowed three (3) jumps each.

HEATS/FINALS FOR RUNNING EVENTS

- Heats will be run at the Manitoba Games in the following events if numbers warrant: Individual 80m/100m and 4x100m relays.
- If not stated all events will be timed finals.

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



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

CROSS COUNTRY

- Teams will be declared at the announced entry deadline
- 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 teams.