



2020 MANITOBA SUMMER GAMES TECHNICAL PACKAGE

SPORT: Athletics

AGE CATEGORIES AND ELIGIBILITY

Age Categories:

Open to both male and female athletes in the following age categories:

- **U14** is considered born in the years 2007 or 2008
- **U16** is considered born in the years 2005 or 2006

Eligibility:

Athletes are ineligible to compete if:

- In the previous competitive season, (2018-2019) the athlete was selected to the Provincial Team attending the National Legion Championships
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TEAM COMPOSITION

Athletes:

There will be 13 females and 13 males from each of the two categories, for a total of 26 athletes per age categories, and a total of 52 athletes per region.

Note: with a plus or minus factor of 2 (i.e. 12 females and 8 males)

Staff:

There will be a maximum of 6 staff members per region. This will include 4 coaches (1 Head Coach + 3 Assistant Coaches), 1 manager, and 1 chaperone.

Total Team Size:

There will be a maximum number of 58 team members per region.

TEAM SELECTION PROCESS AND TIMELINE

- **Team Selection:**
 - There will be a selection track meet in each region (respectively) to determine who makes the MB Games Regional Track and Field Team.
 - These track meets will occur in Spring 2020. Team Selection information will be found on the [Athletics Manitoba Website](#).
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COACH AND MANAGER ELIGIBILITY

- All coaches and managers must be 18 years of age and over as of June 30, 2020.
 - The Head Coach must be Sport Coach certified. Certification must be achieved by games time. Exemptions will be considered on a case by case basis.
 - Sport Manitoba's Respect in Sport (e-module) must be completed.
 - All staff must complete at least one of the following:
 - MASRC's Aboriginal Coaching Module
 - CAWWS's Keeping Girls in Sport (e-module) courses before the Manitoba Summer Games
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COACH AND MANAGER SELECTION PROCESS AND TIMELINE

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.

Athletics Manitoba aims to have the Head Coach/Event Coach's/Team Manager's named before November 30th, 2019.

NUMBER OF TEAMS PER REGION

Winnipeg	2
South	1
West	1
East	1
North	1
Total	6

COMPETITION RULES

Rules and Regulations:

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

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- All field events (Throws and Jumps) will receive 3 attempts with the top 8 athletes receiving and additional 3 attempts
- 80m/100m, 150m/200m will be run as heats and finals. Times finals will be run in the 800m, 1200m and Medley Relay. The 4x100m and 4x200m relays will be determined closer to the event based on entries and the final schedule.
- Scratches: Any athlete 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 Athletics MB officials will assist with key/lead roles and will be supplemented by volunteers and technical assistants.
 - Minimum Level 1 official requirement for all chief roles.
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COMPETITION FORMAT

Events:

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

- 4 x 100M, Co-Ed 4 X 200, Medley (4-2-2-8)
- Long Jump, Ball Throw (U14), Javelin (U16), Discus, Shot Put, High Jump, Triple Jump (U16), Standing LJ (U14)
- 80m/100m, 150m/200m, 800m, 1200m
- Pentathlon (80m/100m, HJ, SP, LJ, 800m)
- Jumps Relay, Throws Relay
- Cross Country
 - U14- 2km
 - U16- 3km

Entries:

- Regional team coaching staffs will be provided with a roster template that must be completed and returned to Athletics Manitoba office
- Athletes may be entered in up to 5 events at the Manitoba Games
- The Pentathlon will count as 4 events
- The cross-country races do NOT count toward the total number of events per athlete. (*Please refer to Appendix A for more details*).
- Each region may enter up to two relay teams per track event.
- Each region may enter up to three athletes per individual event.

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- The individual athletes on each relay team (track and field relays) will not be declared on the roster template but will be submitted in person at the Coaches/Managers meeting at the Games.
- Relay declaration forms will be provided to coaches in advance to be submitted upon arrival at the Coaches/Managers meeting.
- Field relays will consist of 3 athletes per team, with 1 athlete declared per event. Their distances will be added together for their final score.
- Scratches – Any athlete 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 (*Please refer to Appendix B for more details*).

Cross Country:

- Teams must be declared as part of the provided roster template that must be completed and returned to Athletics Manitoba Office.
- A team will consist of a *maximum* of 6 and a *minimum* of 4 athletes with **the best 4 performances counting in the team score**.
- Teams will be scored based on finishing place – (i.e. 1st = 1 point, 2nd = 2 points, etc.)
- Team places will be awarded based on lowest team score placing 1st, 2nd lowest, etc.
 - Medals for cross-country:
 - Teams: Up to 6 athletes on a team will receive medals. (i.e. If the top 4 scoring athletes on a 6-athlete team medal, all 6 athletes will receive medals).
 - Individuals: Top 3 finishers will receive medals.

EQUIPMENT AND SITE REQUIREMENTS

Equipment Specifications:

- Shot put: 4kg for all Male U16 athletes, 3kg for all other athletes
- Discus: 0.75kg for all U14 athletes, 1kg for all U16 athletes
- High jump-starting height: To be determine at the Coaches Meeting before the vents begin and will increase by 5cm increments. Pentathlon will increase by 3cm increments.
- Javelin: 500g for U16 female athletes, 600g for U16 male athletes
- Ball throw: 11” softball for all athletes
- No blocks
- Spikes will not be permitted for any athletes

Site Requirements:

- 400-meter track with a minimum of 6 lanes

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- Long jump pit with a 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, there needs to be a cement throwing circle (regulation size).
- High Jump pits must meet PSO safety requirements.
- High jump runway must be a safe, solid surface. 2 pits are needed for this event.
- Access to a golf course or park for the cross-country course.

COMPETITIVE UNIFORM

The Provincial Sport Organization will supply the competitive uniform in the regional colors as per the Manitoba Games competitive uniform procedure.

Regional Team Colors

- South – Red
- East – Grey
- North – Black or White
- West –Green
- Winnipeg Blue – Royal Blue
- Winnipeg Gold – Yellow

Note: Spikes will not be permitted for any athlete. This is due to the asphalt surface of the track.

FILL POLICY

Athletics Manitoba does not anticipate using a fill policy.

MEDAL REQUIREMENTS

Gold, silver and bronze will be awarded to the first, second and third place individuals for all individual competitions at the Track Meet.

Members of all first, second or third place relays will all receive medals.

For Cross-Country: Up to 6 athletes on a team will receive medals. (i.e. If the top 4 scoring athletes on a 6-athlete team medal, all 6 athletes will receive medals). There will be no medals for Individual Entries.

Gold -148	Silver -148	Bronze -148
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PROVINCIAL TECHNICAL ADVISOR ROLE AND RESPONSIBILITIES

1. Provide sport technical knowledge to all aspects of the Manitoba Games.
 2. Assist in the development and understanding of the 2020 Manitoba Summer Games Sport Technical Package and sport schedules.
 3. Meet with all Games partners as required.
 4. Work with Sport Manitoba Regional staff and the Provincial Host Committee Sport Chairs to ensure successful competitions (i.e. officials, facilities etc.) at the regional and provincial level.
 5. Conduct or facilitate athlete, coach and official's development clinics.
 6. Be available to attend regional qualifying or team selection events, attend the Provincial Finals, participate in the coaches meeting prior to the final competition and act as the chairperson of the Sport Appeal Committee at the Provincial Finals.
 7. Provide a written evaluation following the Provincial Finals.
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CONTACT INFORMATION

Additional information may be obtained by contacting your Manitoba Games Athletics Technical Advisor.

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Appendix A

Scoring:

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

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
8 points	7 points	6 points	5 points	4 points	3 points	2 points	1 point

Pentathlon:

- The pentathlon consists of the 100m, High Jump, Long Jump, Shot Put and the 800m.
 - Women's Order: 100m, HJ, LJ, SP and 800m
 - Men's Order: 100m, LJ, SP, HJ, 800m
- Each event of the Pentathlon is completed by the SAME athlete
- Each event will be scored using Youth points tables.
- The same Top 8-point system will then be applied to those final rankings.

Appendix B

Athlete Scratch Deadline

- Day 1 morning session: scratches must be submitted by the end of the Sunday Coaches meeting
- Day afternoon session: scratches must be submitted by the end of the noon Medal Presentations
- Day 2 morning session: scratches must be submitted by the end of the 5pm Medal presentations
- Day 2 afternoon session: scratches must be submitted by the end of the noon Medal presentations.