



## **2024 MANITOBA SUMMER GAMES**

### **Athletics Technical Package - June 14, 2023**

Technical Packages are a critical part of the Manitoba Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist Host Societies by detailing competition formats and scoring procedures, identify the maximum number of participants permitted, and state minimum requirements for coach/manager certifications.

Technical Packages are developed prior to Games primarily by the Provincial Sport Organization (PSO) following the guidelines and requirements of Sport Manitoba.

If an individual wishes to seek clarification or initiate change to a Technical Package leading up to a Games, the request should first be directed to the PSO. The PSO will evaluate all requests and if it has merit, the request will be submitted to Sport Manitoba for consideration. Changes to age groups, eligibility requirements, team sizes, coaching staff requirements, or event/competition formats will not be considered within 18 months of the Games.

## 1. SPORT: ATHLETICS

## 2. PARTICIPANTS

### 2.1. Athletes

**Able-bodied:** Up to 20 athletes (with a maximum of 12 per gender), per age category (U16, U14), per regional team.

**Para:** Up to 6 athletes (with a maximum of 5 per gender) per regional team.

### 2.2. Coaches and Managers

Up to 4 coaches (1 Head Coach, 3 Assistant Coaches) per regional team.

- Regional teams with 1-3 para athletes will be allowed 1 additional Assistant Coach.
- Regional teams with 4-6 para athletes will be allowed 2 additional Assistant Coaches.

Up to 2 managers per regional team.

Region	# of Teams
Winnipeg	2
South	1
West	1
East	1
North	1
<b>Total</b>	<b>6</b>

## 3. CLASSIFICATION

**U16:** Open to athletes born in the years 2009–2010.

**U14:** Open to athletes born in the years 2011–2012.

## 4. ELIGIBILITY

#### 4.1. Athletes

All athletes must meet the eligibility requirements identified in the Manitoba Games [Eligibility Policy](#).

All athletes must be registered with Athletics Manitoba.

Athletes who were selected to the Provincial Team attending the National Legion Championships in the 2022-2023 competitive season are ineligible for selection.

#### 4.2. Coaches and Managers

##### 4.2.1. Sport Manitoba Requirements

All coaches and managers competing in the Games must have completed:

- Child Abuse Registry Check
- Criminal Record Check (CRC-PIC or E-PIC)
- [Respect in Sport](#)
- [Understanding the Rule of Two eLearning Module](#)

##### 4.2.2. Sport-Specific Requirements

All coaches and managers must be at least 18 years of age as of June 30, 2024.

Head Coaches must be minimum NCCP Sport Coach certified; exemptions will be considered on a case-by-case basis.

All coaches and managers must complete at least one of the following:

- MASRC Aboriginal Coaching Module
- CWS Keeping Girls in Sport e-Module
- NCCP Coaching Athletes with a Disability

## 5. COMPETITION

### 5.1. Events

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

- 4 X 100M, 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), Cross Country (U14 - 2km, U16 - 3km)

Para Athletic events:

- Wheelchair - 60m, 100m, 150m
- Seated Throws - Shot Put, Discus, ball throw/javelin
- Unified Relays: Non-Medal Events
  - 8 X 40m Shuttle Relay
  - 8 X Shot Put Relay
  - Relay teams must include a minimum 1 able bodied and 1 para-athlete, and 1 male and 1 female, all ages.

Regional team coaching staff 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.

Each regional team may enter up to two relay teams per track event.

Each regional team may enter up to three athletes per individual event. 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.

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.

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. 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, 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.

## 6. MEDALS

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

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

Cross-Country: up to 6 athletes on a team will receive medals (e.g. 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 events.

## 7. COMPETITION UNIFORMS

### 7.1. Responsibilities

Athletics Manitoba will supply the competitive uniform in the regional colours as per the Manitoba Games Competitive Uniform Policy.

Athletes are to provide their own shorts and shoes. Spikes will not be permitted for any athlete.

### 7.2. Regional Team Colours

- North: Black
- West: Green

- East: Grey
- South: Red
- Winnipeg Blue: Blue
- Winnipeg Gold: Yellow

## 8. EQUIPMENT

- Shot put: 4kg for all Male U16 athletes, 3kg for all others
- Discus: 0.75kg for all U14 athletes, 1kg for all U16 athletes
- High jump–starting height: To be determined at the Coaches Meeting before the events begin and will increase by 5 cm increments. Pentathlon will increase by 3cm increments.
- Javelin: 500g for U16 female athletes, 600g for U16 male.
- Ball throw: 11" softball for all athletes.
- No blocks.
- Spikes will not be permitted for any athletes.
- Athletics Manitoba will provide a throwing chair for seated throws.

## 9. PROTESTS AND APPEALS

### 9.1. Overview

For the purpose of all Manitoba Games powered by Manitoba Hydro competitions, rules and regulations, which govern the PSOs, will be used to consider all appeals on sport-specific technical issues.

### 9.2. Process

- Appeals on technical issues and non-technical issues must be made in writing on an appeal form available from the Sport Committee Chairperson, signed by the coach/manager and the Regional Chef de Mission.
- The appeal must be submitted to the Sport Committee Chairperson within one hour of the end of competition or the time of the initial decision being rendered on technical issues.
- The Sport Committee Chairperson will submit the written appeal to the Sport Appeal Committee within one hour of receiving the written appeal.

- The Sport Appeal Committee will consist of the host sport-specific chairperson, the head official (umpire/referee) of the game/competition, the PSO Technical Representative, Host Society representative (non-voting), and an appointed representative from Sport Manitoba (non-voting).
- The decision of the Sport Appeal Committee will be made within one hour of the time the protest is submitted to the host sport-specific chairperson.
- The decision of the Sport Appeal Committee will be final.