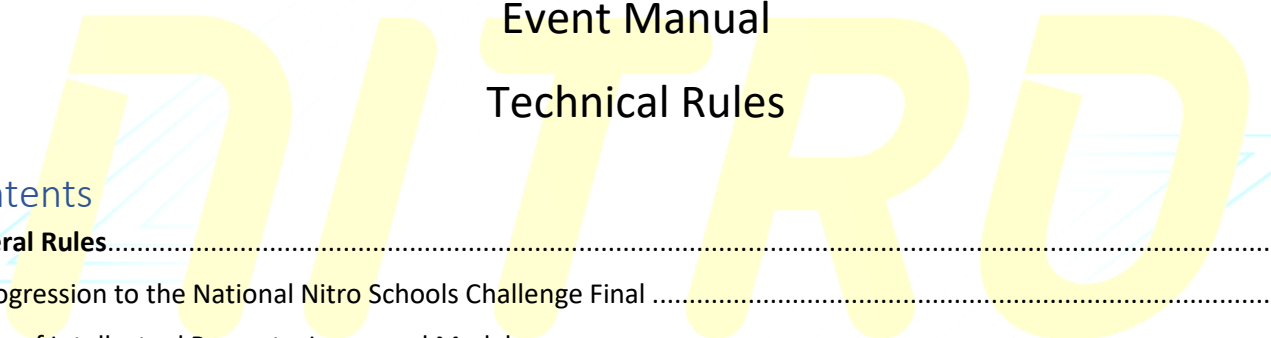




# Nitro Schools Challenge

## Event Manual Technical Rules



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# Nitro Schools Challenge

## General Rules

1. Age will be determined as at the 31<sup>st</sup> December 2018
2. There are three age divisions
  - a. Junior 13 – 14 years (U15)
  - b. Intermediate 15 -16 years (U17)
  - c. Senior 17 -18 years (U19)
3. There is a minimum and maximum number of competitors permitted in each division
  - a. Junior **Maximum of 7**
  - b. Intermediate **Maximum of 11**
  - c. Senior **Maximum of 11**
4. The following limit will apply to each Division on the number of individual and relay events a person may compete in
  - a. Junior Maximum of 2 individual events and **2 relays**
  - b. Intermediate Maximum of 2 individual events and **2 relays**
  - c. Senior Maximum of 2 individual events and **2 relays**
5. Each competitor may only compete in one Division during the competition.

**6. A competitor can only compete in one division across the day of competition**

7. The following events are recommended to be conducted in each Division:-

<b>Junior</b>	<b>Intermediate</b>	<b>Senior</b>
2 x 100m Relay	2 x 300m Relay	2 x 100m Relay
60m	60m	60m
Shot Put	Shot Put	Shot Put
800m	1000m	1000m
Javelin	Javelin	Javelin
150m	200m	400m
Long Jump	Long Jump	Long Jump
4 x 200m Relay	100m/90m Hurdles	110m/100m Hurdles
	High Jump	High Jump
	Medley Relay 200/200/400/800	Medley Relay 200/200/400/800

8. For individual track and field events listed above (except relays), only one representative from each school/team will compete in these events.
9. Schools/teams are required to enter the names of each student/athlete for each event and relay prior to event day. Teams/Schools can substitute/change athletes/students up to 45 mins prior to the timetable event start on the day of competition, provided that any changes/substitutions made comply with the maximum number of events permitted for each individual in each Division as listed above in Rule 4.
10. Individual competitors within a team will be scored for each performance based on their place in each event. Where there is a tie in a field or track event that can not be separated then the points allocated to those placings will be combined and shared between the number of individuals/teams that have tied. This may see 'half points' allocated for some events.

11. Prior to the start of competition, each team/school will select one event as a *Power Play* event where their final placings in that event will be awarded 'double points'.
12. At the end of all events in each division, the team/school medals will be awarded to the top 3 teams/schools in each division. Where there is a tie in any or all of the top 3 places, a count back will occur as follows
  - a. The team with the highest number of first placings from each of the events within the Division; or if still a tie;
  - b. The team/school with the highest number of second placings; or if still a tie
  - c. The team/school with the highest number of third placings.
13. If Teams are still tied after Rule 10, then the Competition Manager can select any event in the Division to be re-contested to determine the final top 2 or 3 placings.
14. All team members must be bona fide students at the school.

### Progression to the National Nitro Schools Challenge Final

1. The top two placed teams/schools in each State/Territory Final will qualify for the National Final to be held in Cairns in December 2018.
2. If either or both top two placed teams/schools do not wish to compete in the National Final, then the 3<sup>rd</sup> and/or 4<sup>th</sup> placed schools from the respective State will be invited to do so.
3. Where no schools/teams accept the invitation to compete in the National final from a particular State/Territory, then those places will go into a national pool and be offered to other States/Territories. A maximum of 16 teams in each division will be permitted in the National Final
4. National Pool offers will be made as soon as possible once teams decline until all 16 places have been filled

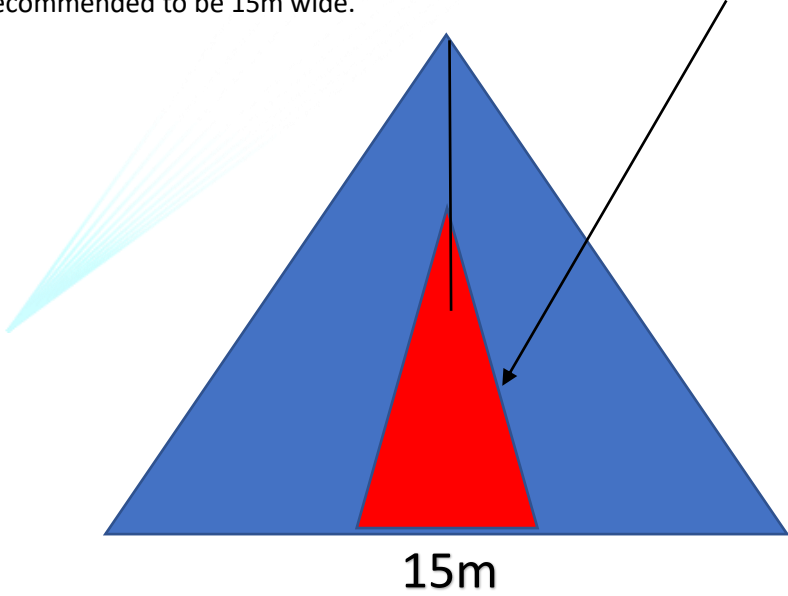
### Use of Intellectual Property, Logos and Medals

Athletics Australia will design State and National Medals to be used for this competition. Member Associations can purchase medals at cost from Athletics Australia prior to each competition.

Each Member Association is asked to use the logos provided in the *Intellectual Property* section for all marketing and promotional material whether printed or online or in social media.

## Event Specific Information

The following rules will apply to each event:-

Event	
<ul style="list-style-type: none"> <li>2 x 100m Relay</li> </ul>	<p>This relay is conducted in lanes commencing at the 200m start. Two athletes in each team. Maximum of 8 (or 9, 10 if there is a 9 or 10 land track) teams to race in each heat. Teams will be seeded randomly for this event by Meet Manager. The first and only changeover will be at the 100m changeover and athletes will change in accordance with the IAAF Rules (NB 30m changeover)</p>
<ul style="list-style-type: none"> <li>2 x 300m Relay</li> </ul>	<p>Two runners per team and will commence on the 200m curved line. Maximum number of teams per heat will be 8,9,10 depending upon the number of circular lanes. The second runner will commence at the 1500m start with a 30m changeover identified by cones to be positioned on the inside of the track delineating the change-over zone. The rules for this changeover will be as the 4x400m rules for the 3<sup>rd</sup> and 4<sup>th</sup> runners. The order of teams will be determined at the 150m mark of the first runners leg of the relay. The second runner will be required to wear a hip number.</p>
<ul style="list-style-type: none"> <li>60m</li> </ul>	<p>To be conducted in lanes with heats to be randomly selected.</p>
<ul style="list-style-type: none"> <li>Shot Put</li> </ul>	<p>Three throws per athlete with weights in accordance with the Athletics Australia technical rules.</p>
<ul style="list-style-type: none"> <li>800m/1000m</li> </ul>	<p>For 800m, max number to start in lanes is 10 with option to run 12 per heat but to start on the curve. Event to be randomly seeded. For 1000m maximum number per heat is 10 with the event to commence on the 200m curve. Hip numbers to be worn by each athlete. Event to be randomly seeded.</p>
<ul style="list-style-type: none"> <li>Javelin</li> </ul>	<p>A second vector to be set up as the 'bonus' section. Three attempts per athlete with at least one attempt to be a legal throw to throw for bonus points. On the third attempt, the bonus section will come into play. A second vector is to be set up and marked with cones; or a bright coloured vector tape or other identifying objects so that it can be clearly seen by the athletes. The vector will be determined by calculating the average distance thrown from the previous years competition for that division. Recommended to use discretion where there is a significant difference between performances in each Division. For example:- <i>Junior Girls Division</i> – The second sector to be set up in a V shape 20m from the javelin throw line and extend a further 20m into the outfield. The opening of the second vector is recommended to be 15m wide.</p> 

	<p>Recommendation is to use a rope sector - 20m x 20m x 15m and pegs to affix to the infield so that it can be moved for other Divisions if required.</p> <p>To score 15 bonus points, the javelin must land within the designated internal sector. Throws beyond the sector or to the left or right can still be measured for distance if outside this internal vector.</p> <p>The outcome of this event will reward the longest distance, but it provides an opportunity for accuracy to score 15 points and move up one place in the event.</p>
<ul style="list-style-type: none"> <li>• Long Jump</li> </ul>	<p>Three attempts for each athlete with the first two for distance and must be legal jumps. For the third attempt, the athlete can elect a 'distance' that they will attempt to jump (provided the athlete has posted at least one legal jump). If not, then the athlete simply jumps for distance only and must be a legal jump.</p> <p>For the third attempt there will be 'no fouls' but the athlete must make contact with the board with some part of their foot. The jump will be measured from the normal point irrespective of where the athlete took off from.</p> <p>If the athlete elects 'accuracy' then they will nominate a distance. If the athlete lands a jump within 10cm of the nominated distance they will receive 15 bonus points to be added to their overall place within that event.</p> <p>If the athlete elects distance (and has previously had at least one legal jump) the athlete will jump, and the performance measured.</p>
<ul style="list-style-type: none"> <li>• High Jump</li> </ul>	<p><b>For each division the Technical Delegate / Competition Manager will nominate heights and progressions. From the nominated heights each athlete will elect three jump heights and will have up to three attempts to clear that nominated height. The athlete's heights are not required to be consecutive heights.</b></p> <p>For example: - for Senior Girls the commencing height could be 1.50m then subsequent heights 155cm, 160cm, 167cm, 173cm and 180cm (recommend nominating up to six heights).</p> <p>Prior to the start of competition, athletes must nominate which three heights they wish to attempt to clear. Each athlete will have 3 attempts. If an athlete clears a height on their first attempt, they will not accumulate more attempts for future jumps. Each athlete will have a minimum of three jumps in this competition (assumes they clear each nominated height on the first attempt), or a maximum of 9 jumps (assume they take all three attempts at each height nominated).</p> <p>Only countbacks will apply to separate athletes where necessary. No jump offs.</p> <p>Where there is a tie those event points will be combined and divided between the number of athletes that are tied.</p>
<ul style="list-style-type: none"> <li>• Relays</li> </ul>	<p>4 x 200m commences at the start/finish line. The first and second runners remain in their lanes with the third runner moving into Lane 1 after passing the cut over cones at the 1500m start line.</p> <p>The 4<sup>th</sup> runner runs in lane 1 and will wear a hip number.</p> <p>Medley Relay – 200/200/400/800 - The first and second runners remain in lanes, and the third runner cuts in after 100m of their 400m at the cut over point at the 1500m start line.</p> <p>The position of the final runner at the final relay change is determined by the IAAF Rules.</p> <p>*Recommendation is to seed heats based on the points score prior to the second last or final event on the program.</p>
<ul style="list-style-type: none"> <li>• Events not described in this table</li> </ul>	<p>Are to be conducted in accordance with the IAAF Rules</p>

## Scoring

Each event within each division will be scored by the final placing of each team/individual in each event. The following table provides for up to 20 teams. For more than 20 teams, please refer to the scoring table in the Member Association documents.

No Teams

1	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220
2	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200
3	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190
4	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180
5	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170
6	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160
7		20	30	40	50	60	70	80	90	100	110	120	130	140	150
8			20	30	40	50	60	70	80	90	100	110	120	130	140
9				20	30	40	50	60	70	80	90	100	110	120	130
10					20	30	40	50	60	70	80	90	100	110	120
11						20	30	40	50	60	70	80	90	100	110
12							20	30	40	50	60	70	80	90	100
13								20	30	40	50	60	70	80	90
14									20	30	40	50	60	70	80
15										20	30	40	50	60	70
16											20	30	40	50	60
17												20	30	40	50
18													20	30	40
19														20	30
20															20

Teams/individuals will be scored as followed:-

Where 8 teams in a division and for the first event - 2 x 100m

For 1<sup>st</sup> 100 points                      ABC College  
 For 2<sup>nd</sup> 80 points                        DEF School  
 For 3<sup>rd</sup> 70 points                        GHI College      \*Power Play

If a team has elected an event as their POWER PLAY then the points awarded for that individual event will be 'doubled' This will need to be completed by the Admin Delegate under the JD in the run Menu.

Using the above example

Amended results 2 x 100m

1<sup>st</sup>      GHI College      140  
 2<sup>nd</sup>      ABC College      100  
 3<sup>rd</sup>      DEF School      80

## Timetable Examples

Divisions conducted separately

<b>Junior</b>			Hts			Time	End	
	10.00am	2 x 100m Junior Girls (3.5 mins per heat)	4	10.00am	Long Jump Junior Boys _ Pit 1 13	39	10.40am	
	10.15am	2 x 100m Junior Boys (4 mins per heat)	4		Long Jump Junior Boys - Pit 2 12	36	10.40am	
	10.30am	end						
				10.00am	Javelin - Junior Boys -	75	11.15am	
	10.40am	60m Junior Girls (3 mins per heat)	3					
	10.50am	60m Junior Boys (3 mins per heat)	3					
	11.00am	End		10.00am	Shot Put - Junior Girls Pit 1 (13)	39	10.40am	
					Shot Put - Junior Girls Pit 1 (12)	36	10.40am	
	11.10am	800m Junior Girls 4 mins per heat (25)	2					
	11.20am	800m Junior Boys 4 mins per heat (25)	2	10.50am	Long Jump Junior Girls - Pit 1 13	39	11.30am	
	11.30am	End			Long Jump Junior Girls - Pit 2 12	36	11.30am	
	11.40am	150m Junior Girls - (3 mins per heat)	4	10.50am	Shot Put Junior Boys Pit 1 13	39	11.30am	
	11.56am	150m Junior Boys - (3 mins per heat)	4		Shot Put Junior Boys Pit 2 12	36	11.30am	
	12.12pm	End						
				11.15am	Javelin - Junior Girls	75	12.30pm	Other end
	12.25pm	4 x 200m Junior Girls (4 mins per heat)	4					
	12.40pm	4 x 200m Junior Boys (4 mins per heat)	4					
	12.55pm	End						
	1.00pm	Medal Presentations						

<b>Intermediate</b>		<b>Based on 20 Teams in Intermediate Boys/Girls</b>						
	1.30pm	2 x 300m Intermediate Girls (3 mins per heat)	3	1.30pm	Long Jump Intermediate Girls	60	2.30pm	
	1.40pm	2 x 300m Intermediate Boys (3 mins per heat)	3					
	1.50pm	End		1.30pm	Shot Put Intermediate Girls	60	2.30pm	
	2.00pm	60m Intermediate Girls	3	1.30pm	Javelin Intermediate Boys	60	2.30pm	
	2.10pm	60m Intermediate Boys	3					
				1.30pm	High Jump Intermediate Boys	60	2.30pm	
	2.20pm	1000m Intermediate Girls (10 per heat) 5m per event	2					
	2.30pm	1000m Intermediate Boys (10 per heat) 5m per event	2	2.45pm	Long Jump Intermediate Boys	60	3.45pm	
	2.40pm	end						
		(during heats set up hurdles front straight)		2.45pm	Shot Put Intermediate Boys	60	3.45pm	
	2.50pm	100mH (84cm) Intermediate Boys 8 per ht	3	2.45pm	Javelin Intermediate Girls	60	3.45pm	
	3.10pm	90mh (72cm) Intermediate Girls 8 per ht	3					
	3.20pm	end and hurdles off		2.45pm	High Jump Intermediate Girls	60	3.45pm	
	3.30pm	200m Intermediate Girls	3					
	3.40pm	200 Intermediate Boys	3					
	3.50pm	End						
	4.00pm	Medley Relay Intermediate Girls	3					
	4.15pm	Medley Relay Intermediate Boys	3					
	4.30pm	End						



		<b>Based on 15 teams in Senior Boys/girls</b>						
<b>Senior</b>	5.00pm	2 x 100m Relay Girls	2	5.00pm	Long Jump Senior Girls	45	5.45pm	
	5.06pm	2 x 100m Relay Boys	2					
	5.15pm	End		5.00pm	Shot Put Senior Girls	45	5.45pm	
	5.25pm	60m Girls	2	5.00pm	Javelin Senior Boys	45	5.45pm	
	5.30pm	60m Boys	2					
	5.40pm	End		5.00pm	High Jump Senior Boys	45	5.45pm	
	5.50pm	1000m Girls	1	6.15pm	Long Jump Senior Boys	45	7.00pm	
	6.00pm	1000m Boys	1					
		<i>set up hurdles</i>		6.15pm	Shot Put Senior Boys	45	7.00pm	
	6.15pm	110m Hurdles Boys	2	6.15pm	Javelin Senior Girls	45	7.00pm	
	6.30pm	100m hurdles Girls	2					
	6.40pm	end and hurdles off		6.15pm	High Jump Senior Girls	45	7.00pm	
	6.50pm	400m Girls	2					
	7.00pm	400m Boys	2					
	7.10pm	End						
	7.10pm	Medley Relay Girls	2					
	7.20pm	Medley Relay Boys	2					
	7.30pm	End						

Divisions conducted simultaneously

Track			Teams		Starts			Ends
3.30pm	1000m	Intermediate G	23	Ht 2	3.30pm	Shot Put	Junior G	4.40pm
3.40pm	1000m	Intermediate B	9	Ht 1	3.30pm	Long Jump	Junior B	4.00pm
3.46pm	1000m	Senior G	11	Ht 1	3.30pm	High Jump	Int G	4.40pm
3.52pm	1000m	Senior B	7	Ht 1	3.30pm	Javelin	Int B	4.00pm
4.00pm	800m	Junior Girls	23	Ht 3				
4.15pm	800m	Junior Boys	9	Ht 1				
					4.15pm	Long Jump	Senior B	4.45pm
4.25pm	110m Hurdles	Senior boys	7	Ht 1	4.15pm	Javelin	Int G	5.25pm
4.33pm	100m Hurdles	Intermediate Boys	9	Ht 1				
	100m hurdles	Senior Girls	11	Ht 2	4.55pm	High Jump	Senior B	5.25pm
4.56pm	90m Hurdles	Intermediate Girls	23	Ht 3	4.55pm	Shot Put	Senior G	5.30pm
					4.55pm	Long Jump	Int B	5.25pm
5.05pm	2 x 100m Relay	Junior Girls	23	Hts 3	5.40pm	Shot Put	Junior B	6.10pm
5.15pm	2 x 100m Relay	Junior Boys	9	Hts 1				
5.20pm	2 x 300m Relay	Intermediate G	23	Hts 3	5.45pm	High Jump	Int B	6.15pm
5.30pm	2 x 300m Relay	Intermediate B	9	Hts 1	5.45pm	Long Jump	Junior G	6.55pm
5.35pm	2 x 300m Relay	Senior G	11	Hts 2	5.45pm	Javelin	Senior B	6.05pm
5.43pm	2 x 300m Relay	Senior B	7	Hts 1	6.20pm	Javelin	Senior G	6.50pm
					6.20pm	Shot Put	Int G	7.30pm
5.55pm	60m	Junior Girls	23	Hts 3				
6.05pm	60m	Junior Boys	9	Hts 1	6.45pm	High Jump	Senior G	7.15pm
6.10pm	60m	Intermediate G	23	Hts 3	7.00pm	Javelin	Junior G	8.15pm
6.20pm	60m	Intermediate B	9	Hts 1	7.10pm	Long Jump	Senior G	7.40pm
6.25pm	60m	Senior G	11	Hts 2	7.45pm	Shot Put	Int B	8.15pm
6.35pm	60m	Senior B	7	Hts 1	7.50pm	Long Jump	Int G	9.00pm
					8.15pm	Javelin	Junior B	8.45pm
6.55pm	150m	Junior Girls	23	Hts 3	8.30pm	Shot Put	Senior B	9.00pm
7.05pm	150m	Junior Boys	9	Hts 1				

7.15pm	200m	Intermediate G	23	Hts 3
7.25pm	200m	Intermediate B	9	Hts 1
7.30pm	400m	Senior G	11	Hts 2
7.40pm	400m	Senior B	7	Hts 1
7.55pm	4 x 200m	Junior Girls	23	Hts 3
8.10pm	4 x 200m	Junior Boys	9	Hts 1
8.15pm	Medley	Intermediate G	23	Hts 3
8.30pm	Medley	Intermediate B	9	Hts 1
8.40pm	Medley	Senior G	11	Hts 2
8.55pm	Medley	Senior B	7	Hts 1

**NITRO**

## Meet Manager File Set up

Each Member Association has been provided with a MM file template to use.

### Meet Set Up



### Set up Divisions for each Age groups competing

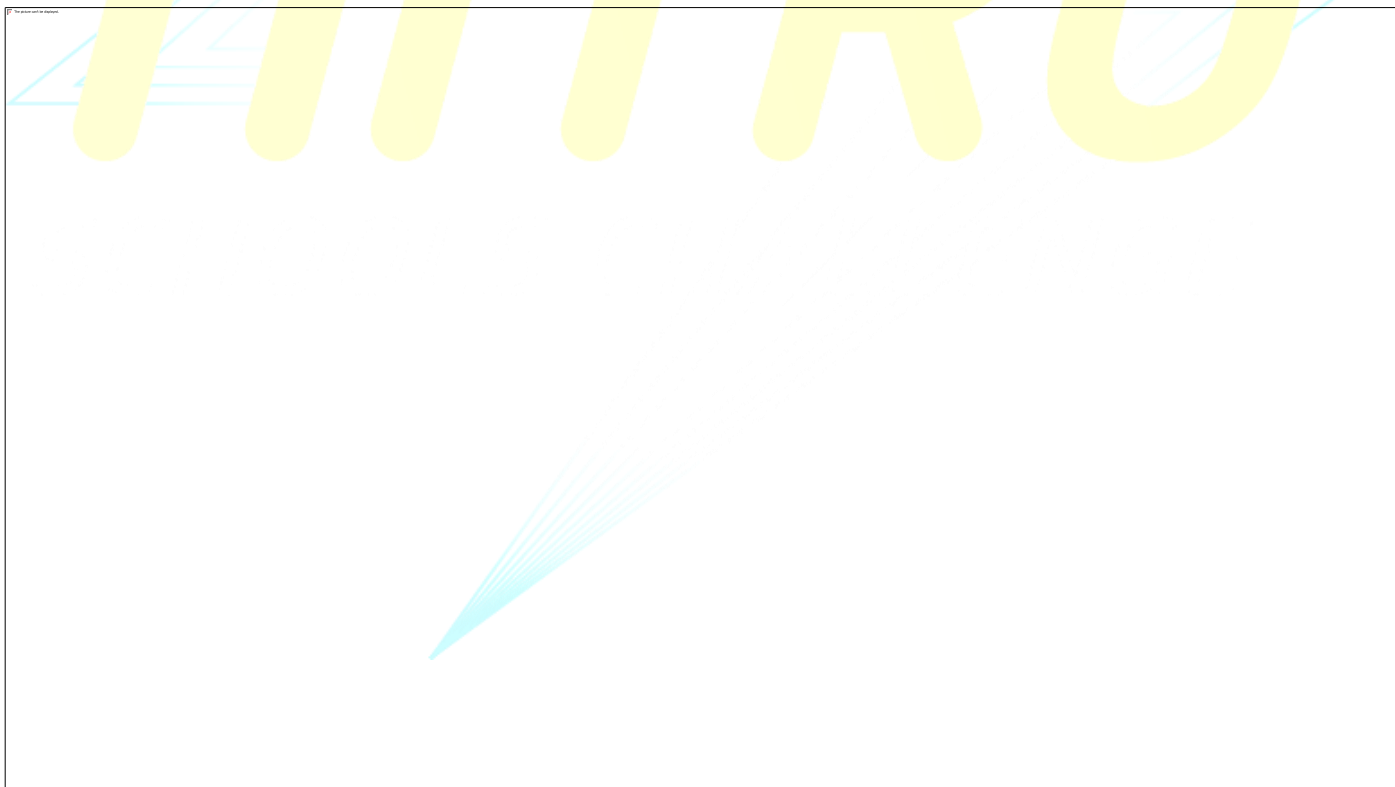


Setting up Divisions will provide for points score to be changed depending upon the number of teams competing in each Division.

Once Divisions are set up you will need to make some changes to allow for different points scores in each Division. Click on SET UP then go to ENTRY/Scoring Preferences



And under the SCORING/AWARDS Tab make sure Different point system for each Division is selected.



Then go back to SCORING SET UP and select each DIVISION to enter the scoring table which is based on the number of teams in each Division.

Event Set up and Athlete import is as usual for each MM File.

## Adjusting Scores for Power Plays

Once results are in for each event, and you are in the RUN menu select JD or use CTRL J



The following screen allows Power Plays to be amended in the JD Points section.



# Intellectual Property

Approved imagery

