



2019 Coles Nitro Schools Challenge

INFORMATION PACK

NITRO



Nitro Schools Challenge- 2019

General Rules

1. Age will be determined as at the 31st December 2019
2. There are three age divisions
 - a. Junior 13 – 14 years (2005,2006)
 - b. Intermediate 15 - 16 years (2003,2004)
 - c. Senior 17 - 19 years (2000,2001,2002)
3. There is a 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 cannot change Divisions once competition has commenced

7. The following events will be conducted in each Division: -

Junior	Intermediate	Senior
2 x 2 x 400m Relay	2 x 2 x 400m relay	2 x 2 x 400m 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
	100m/90mHurdles	110m/100m Hurdles
	High Jump	High Jump
4 x 100m	Swedish Relay 100,300,200,400	Swedish Relay 100,300,200,400

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 on the prescribed form which will be provided once entries have closed. 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 everyone 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 cannot 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. Each team/school will select one event (within the Division) as a *Power Play* event on the prescribed form where final placings in that event will be awarded 'double points'. Power plays are to be provided one hour before competitions commences.
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 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 12, 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 be eligible to compete in the National Final to be held in Perth in December 2019.
2. If either or both top two placed teams/schools do not wish to compete in the Final, then the 3rd and/or 4th placed schools will be invited to do so.
3. Where schools/teams do not accept the invitation to compete in the National final for any State/Territory, then the place (s) will go into a national pool and be offered by Athletics Australia to other States/Territories as a 'wild card entry'.

Event Specific Information

The following rules will apply to each event: -

Event	
<ul style="list-style-type: none"> 2 x 2 x 400m Relay 	<p>Two athletes in each team will complete two 400m. The start of the race will be from the 800m start line and without blocks. The first runners will stay in lanes for 100m and then once past the cut in move across to lane 1. The exchange zone will be the same as for the 4 x 400m and teams will be placed in changeover order when runners pass the 200m start line.</p> <p>The first runner will then pass to the second runner who will complete 400m and then pass the baton back to the first runner who in turn will complete 400m and hand over the baton for the final leg to the second runner.</p> <p>Maximum of 8 teams to race in each heat.</p> <p>Teams will be seeded randomly for this event.</p>
<ul style="list-style-type: none"> 60m 	<p>To be conducted in lanes with heats to be randomly selected.</p>
<ul style="list-style-type: none"> Shot Put 	<p>Three throws per athlete with weights as set out in the Weights and Heights Schedule.</p>
<ul style="list-style-type: none"> 800m/1000m 	<p>For 800m, max number to start in lanes is 10. Event will be randomly seeded.</p> <p>For 1000m maximum number per heat is 10 with the event to commence on the 200m curve.</p> <p>Hip numbers to be worn by each athlete and the event will be randomly seeded.</p>
<ul style="list-style-type: none"> Javelin 	<p>Three attempts per athlete with either the first or second attempt to be a legal throw.</p> <p>On the third attempt, a bonus section will come into play.</p> <p>A second vector will be set up and clearly marked with either cones or bright coloured vector tape. This will be the 'bonus sector' and will set up for each Division. The objective is to land the javelin within the sector to earn 15 bonus points which will be added to the overall event placing. The bonus vector will apply to all throwers in the 3rd round (provided they have landed a legal throw as mentioned above).</p> <div data-bbox="891 1007 1406 1366" style="text-align: center;"> <p>The diagram illustrates a 'Bonus Sector' for a javelin event. It consists of a large blue triangle with a smaller yellow triangle centered inside it. A red arrow points from the text 'Bonus Sector' to the yellow triangle, indicating that the target area for earning bonus points is the inner yellow triangle.</p> </div> <p>The event will still be scored based on the longest to shortest performance and 'bonus points' added to the final event placings.</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"> • Long Jump 	<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 'accuracy' and advise the Officials of the distance they will attempt to jump (e.g. I will jump 4m10) (provided the athlete has posted at least one legal jump).</p> <p>If the athlete does not wish to elect accuracy, then they will jump for distance.</p> <p>For the third attempt there will be 'no fouls' however the athlete must make contact with the take-off board with some part of their foot. The jump will be measured from the normal point irrespective of where the athlete took off from. Where the athlete elected 'accuracy' 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"> • High Jump 	<p>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.</p> <p>For each division each athlete will elect three jump heights and will have up to three attempts to clear that each nominated height.</p> <p>Prior to competition, the Competitions Manager should determine six jump heights taking into account the ability of each Division.</p> <p>For example:- for Senior Girls the commencing height could be 1.50cm then subsequent heights 155cm, 160cm, 167cm, 173cm and 180cm (recommend nominating up to six heights). Prior to the start of competition, athlete 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>

• Relays	4 x 100m in accordance with IAAF Rules and Swedish Relay will be conducted in the following order (100m,300m, 200m, 400m)
• Events not described in this table	Will be conducted in accordance with the IAAF Rules

Weights and Specifications

	Junior (2005, 2006)	Intermediate (2003, 2004)	Senior (2000,2001,2002)
Shot Put GIRLS	3kg	3kg	3kg
Shot Put BOYS	4kg	4kg	5kg
Hurdles Girls		90m Hurdles (76.2cm)	100m Hurdles (76.2cm)
Hurdles Boys		100m Hurdles (84cm)	110m Hurdles (91cm)
Javelin GIRLS	500g	500g	500g
Javelin BOYS	700g	700g	700g

Scoring

Each event within each division will be scored by the final placing of each team/individual in each event.

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 based on the table above: - Example 1

Where 8 teams in a Division and for the first event - 2 x 2 x 400m Relay

For 1st 100 points ABC College

For 2nd 80 points DEF School

For 3rd 70 points GHI College elected the 2 x 2 x 200m as their *Power Play*

Using the above example and scoring double event points

1st GHI College 140 (2 x 70)

2nd ABC College 100

3rd DEF School 80