



Community Nitro

Briefing Document

Event Date: Saturday 4th May 2019 10.30am – 12.30pm

A new team-based competition combining strength, endurance, power & extreme energy!

Nitro Athletics focuses on providing the most challenging and engaging fusion of discipline, technique and teamwork by adding a Nitro spark to traditional athletic events. Athletes will be forced to apply tactics and strategy in sprint, distance and field.

Teams

There will be 3 age categories (U/7's – U/9's, U/10's – U/12's, U/13's – U/15s) – all in the Mixed category (50% Gender Split)

Each team will consist of six athletes of Little Athletics age group(s) as per above with 3 male and 3 female in each category. Teams can be composed either by schools, athletics clubs and also friends!

There will be a maximum of 8 teams in each category (24 teams in total)

Each athlete can compete in two individual events and one relay. Should there be a clash in track/field events, the athlete will be permitted to take their throws or jumps once their race has finished

Prizes

There will be team prizes for the first placed team in each of the 3 age categories.

Team Logistics

Each team will provide a team manager and nominate a team captain

Registration - The team manager will be asked to provide athletes names and the events in which they will be competing 5 days prior. Changes to the teams can be made up to 24 hours prior (12pm on Friday 3rd May, 2019)

All team members will be given two bibs with their team identifier and their surname

A start list with each athlete's team name and unique number will be published on the morning of the event.

The team manager and team captain will be required to attend a briefing at 9.30am and should meet at VIP room 1.

The event will commence at 10:30am. Entrance to SOPAC will be free for everyone from 9.00am.



All teams will be allocated a space in-field, from where they can cheer on their team, and should cross the track by exception

Water, Fruit etc will be provided and the SOPAC canteen will be open

All teams to nominate a team song to include on the play list

Events

- 1) **60m sprint** - Each team will nominate 2 athletes, with 16 athletes for each category competing in two heats of 8. Each athlete will be timed and ranked 1-16 and allocated team points based on the table below. Mixed teams will nominate 1 male 1 female athlete
- 2) **150m sprint** - Each team will nominate 2 athletes, with 16 athletes for each category competing in two heats of 8. Each athlete will be timed and ranked 1-16 and allocated team points based on the table below. Mixed teams will nominate 1 male 1 female athlete
- 3) **800m elimination** - Each team will nominate 2 athletes, with 16 athletes for each category competing in a single race of 16 athletes. After 400m raced, the bottom half the field will be eliminated. The top eight athletes will be awarded points as per the table below, with the bottom 8 athletes each receiving 75 points. No spikes will be permitted in this race.
- 4) **Shot Put** - Each team will nominate 2 athletes each of whom will have two throws. The weight of the shot put will be 3kg. Their longest throw will be marked and ranked 1-16. Measurements will only be made if the ranking is not clear. The 16 athletes will be allocated points based on the table below
- 5) **Long Jump** - Each team will nominate 2 athletes each of whom will have two jumps. Their longest jump will be marked and ranked 1-16. Measurements will only be made if the ranking is not clear. The 16 athletes will be allocated points based on the table below
- 6) **Vortex Throw** - Each team will nominate 2 athletes each of whom will have two throws. Their longest throw will be marked and ranked 1-16. Measurements will only be made if the ranking is not clear. The 16 athletes will be allocated points based on the table below
- 7) **Relay 2 x 100m** - Each team will nominate 2 athletes per event (in mixed team 1 male & 1 female), and there will therefore be a maximum of 8 teams competing in 1 heat. Each team will be timed and ranked 1-8 and allocated team points based on the table below. Mixed teams will nominate 1 male & 1 female athlete
- 8) **Medley relay, 2 x 100m, 1 x 200m, 1 x 400m** - Each team will nominate 4 athletes per event and there will therefore be a maximum of 8 teams competing in 1 heat. Each team will be timed and ranked 1-8 and allocated team points based on the table below. Mixed teams will nominate 2 male & 2 female athletes

Joker



Each team will be given the opportunity to play a joker. At the race briefing, the team manager will nominate an event at which they think their team will win. If the team goes on to win that event they will win a bonus 200 points

Points Scoring

Points Scoring	60m, 150m, LJ, SP, Vx	800m elimination	Relays
1st Place	200	200	400
2nd Place	180	180	360
3rd Place	170	170	340
4th Place	160	160	320
5th Place	150	150	300
6th Place	140	140	280
7th Place	130	130	260
8th Place	120	120	240
9th Place	110	75	220
10th Place	100	75	200
11th Place	90	75	180
12th Place	80	75	160
13th Place	70	75	140
14th Place	60	75	120
15th Place	50	75	100
16th Place	40	75	80

Schedule

TRACK EVENTS				
TIME		Event #	Event	Heats
10.30am	30 mins	1	150M	U/7's - U/9's - 2 heats U/10's - U/12's - 2 heats U/13's - U/15's - 2 heats
11.00am	20 mins	2	800M (elimination)	U/7's - U/9's - 1 heat U/10's - U/12's - 1 heat U/13's - U/15's - 1 heat
11.20am	20 mins	3	2 x 100M	U/7's - U/9's - 1 heat U/10's - U/12's - 1 heat U/13's - U/15's - 1 heat
11.40am	20 mins	4	60M	U/7's - U/9's - 2 heats U/10's - U/12's - 2 heats U/13's - U/15's - 2 heats
12.00pm	30 mins	5	Medley Relay 2x100 1x200 1x400	U/7's - U/9's - 1 heat U/10's - U/12's - 1 heat U/13's - U/15's - 1 heat
12.30pm	15 mins	Presentations		

FIELD EVENTS			
TIME	LONG JUMP	SHOT PUT	VORTEX
U/7's - U/9's	10.30am	11.00am	11.30am
U/10's - U/12's	11.30am	10.30am	11.00am
U/13's - U/15's	11.00am	11.30am	10.30am