

# COMMUNITY NITRO ATHLETICS EVENT

Saturday 15<sup>th</sup> December 2018 at Arena Joondalup

	DISCIPLINE	EVENT	GENDER	DESCRIPTION
1.	SPRINTS	60m SPRINT	GIRLS	HEATS - 2x per Centre
			BOYS	HEATS - 2x per Centre
				Timed Heats only / Best Heat Times
2.	SPRINTS	150m SPRINT	GIRLS	HEATS – 2x per Centre
			BOYS	HEATS – 2x per Centre
				Timed Heats only / Best Heat Times
3.	SPRINTS	4x100m RELAY	MIXED	GIRL / BOY / GIRL / BOY
				2x – TEAMS per Centre
				Timed Heats only / Best Heat Times
4.	DISTANCE	2 Minute DISTANCE	GIRL / BOY	GIRL Runs for 2 minutes first then BOY
				BOYS start where the GIRL finishes
				2x – TEAMS per Centre - Start 800m
5.	DISTANCE	MEDLEY RELAY	MIXED	GIRL (200m) / BOY (400m) / GIRL (600m) / BOY (800m)
				2x – TEAMS per Centre
				Start 400m / Crossover 60m mark
6.	DISTANCE	2x300m RELAY	BOY / GIRL	Start 200m & 1500m Marks
				2x – TEAMS per Centre
				Race run in Lanes / NO Crossover
7.	JUMPS	LONG JUMP – TEAM	MIXED	TEAMS of 1x BOY / 1x GIRL
				2x JUMPS each
				2x – TEAMS per Centre
				Combined Distances as a TEAM
				Best Jump only used for each member
8.	JUMPS	HIGH JUMP	MIXED	TEAMS of 2x BOYS / 2x GIRLS
				3x Nominated Hts / 2x attempts per Ht
		Starting height 1.25m		5cm INCREMENTS
9.	THROWS	JAVELIN	MIXED	TEAMS of 2x BOYS / 2x GIRLS
				2x THROWS each
				BONUS POINTS for TARGET area
				Can only be achieved once
10.	THROWS	SHOT PUT	MIXED	TEAMS of 2x BOYS / 2x GIRLS
				3x THROWS each
				BONUS POINTS for best / furthest PB
11.	HURDLES	HURDLES RELAY	GIRL / BOY	HEATS – 2x TEAMS per Centre
				90m HURDLES / 100m HURDLES Return
				Timed Heats only / Best Heat Times

**NOTE:**

TEAMS of 2x GIRLS / 2x BOYS must have one (1) athlete from each Age Group

Eg. 1x U14G / 1x U15B / 1x U16B / 1x U17G

1x U14B / 1x U15B / 1x U16G / 1x U17G

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## Powerplay Points

Each Centre Captains to nominate one (1) Event where they can earn Double Points based on placement. Centres can nominate the same Event.

Centre Captains to nominate their Powerplay Event at beginning of evening as part of Introducing Teams.

Example: Hamersley nominate 2x300m Relay Event and place second  
Points will be 80 points for placing and further 80 points for Powerplay.

## Points System:

EVENT PLACINGS	POINTS SCORE
1 <sup>st</sup> PLACE	100 points
2 <sup>nd</sup> PLACE	80 points
3 <sup>rd</sup> PLACE	70 points
4 <sup>th</sup> PLACE	60 points
5 <sup>th</sup> PLACE	50 points
6 <sup>th</sup> PLACE	40 points
7 <sup>th</sup> PLACE	30 points
8 <sup>th</sup> PLACE	20 points
BONUS POINT	50 points
(for each nominated Event / each Gender – as detailed in Event descriptions)	
SPECIAL POINTS	Best Centre for Sportsmanship / Cheering
	To be selected by Announcer

## Rules / Policy / Selection Criteria:

Competition Format to engage the U14 – U17 Athletes for a Special Event as a Social / Fun environment

Centre Squads                      40 Athletes      (20 Girls / 20 Boys)

Limited Events per Athlete –      Maximum 2 Events / Minimum 1 Event

Mixed Events must have 2 Girls / 2 Boys per Event and must have only one per Age group

Centre Selection Policy              Selection based on a fair competition

If selection issues arise the Centre may enquire to the Event Sub-Committee for clarification

Team Managers (possibly Ex-Centre Athletes) to organise Teams / Events / Cheers Squads

Incorporate the U12 – 13's as your Centre Cheer Squads for atmosphere / Centre Tents located inside of track

Format Award                              Winning Centre to receive perpetual Annual Shield



