



Welcome to the inaugural Nitro Schools Challenge.

Over the past 12 months the Member Associations of Athletics Australia have completed a review of the AA Schools Knockout competition with the assistance of schools across Australia.

School Knockout has been a successful product that has attracted the support of over 500 schools each year. The Knockout program was developed as a team and performance-based carnival that encouraged schools to participate and perform as a team.

While there is no doubt Knockout has been a successful program, the introduction of Nitro Athletics provided a new platform to continue to encourage participation in a team-based competition with some fun and varied athletic events.

The NITRO strategy has been applied during the review of Schools Knockout and the Nitro Schools Challenge remains authentic to the objectives of Schools Knockout. It is still a team-based event with increased team sizes in each Division with a simple scoring platform that focuses on the collective performance of the team. Like Nitro we have introduced some new team events and incorporated some team strategy options which we believe will make the event exciting and fun.



Nitro Schools Challenge

General Rules

1. Age will be determined as at the 31st 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 Minimum of 6 maximum of 7
 - b. Intermediate Minimum of 10 maximum of 11
 - c. Senior Minimum of 10 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 1 relay
 - b. Intermediate Maximum of 2 individual events and 1 relay
 - c. Senior Maximum of 2 individual events and 1 relay
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 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/90mHurdles	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 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'.
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 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 be eligible to compete in 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 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 to other States/Territories.
4. National Pool offers will be made as teams decline

Event Specific Information

The following rules will apply to each event: -

Event	
<ul style="list-style-type: none"> 2 x 100m Relay 	<p>This relay is conducted in lanes commencing at the 200m start. Two athletes in each team. Maximum of 8 teams to race in each heat. Teams will be seeded randomly for this event. 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"> 2 x 300m Relay 	<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 IAAF 4x400m rules for the 3rd and 4th 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"> 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. 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 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. On the third attempt, a bonus section will come into play. 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> <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. 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). 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. 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 each athlete will elect three jump heights and will have up to three attempts to clear that each nominated height. Prior to competition, the Competitions Manager should determine six jump heights taking into account the ability of each Division. 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). Only countbacks will apply to separate athletes where necessary. No jump offs. 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"> • Relays 	<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. The 4th 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. The position of the final runner at the final relay change is determined by the IAAF Rules.</p>
<ul style="list-style-type: none"> • Events not described in this table 	<p>Will 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.

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 100m

- For 1st 100 points ABC College
- For 2nd 80 points DEF School
- For 3rd 70 points GHI College elected the 2 x 100m 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