

U15 BSME Athletics

Hosted by



مدرسة سنت كريستوفر
**St Christopher's
School Bahrain**

Boys and Girls

St Christopher's School in Saar

Saturday 16 November 2019

8:00am – 1:00pm

BSME U15 Athletics

When?

The athletics meeting will be held on the final day, Saturday 16th November 2019. Teams should arrive at the venue by 8am with the first events scheduled to begin at 8:30am.

Where?

The event will be held at St Christopher's Junior School in Saar.

[Saar School](#)

Entries and point allocations - School entries

- 2 entries per school per event for all track and field events are allowed.
- Both entries from each school will be awarded points.

Entries and point allocations - Individual entries

- Each athlete is able to compete in a maximum of 2 track or field events, 1 other event and a relay.
- E.g.: 2 track events, 1 field event and a relay
OR
- 2 field events, 1 track event and a relay.

Events and participants summary table

Event	Number of Boys competing per school	Number of Girls competing per school
100m	2	2
320m	2	2
800m	2	2
600m	2	2
Long Jump	2	2
Shot Putt	2	2
High Jump	2	2
Javelin	2	2
Relay 4 x 320m	4	4

Point allocations

All Events Point Allocation																								
Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th
Points	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

- Points awarded for the relays will count as double.
- A results board should be visible for all participating schools and spectators.
- Each school will be allocated an event points total based on the position they are placed after merging the points obtained from both their A and B athletes.
 - Each event is scored separately.

- In each event the total points (from the 2 athletes) will then be ranked to give a position for that event.
- Points will then be awarded based on the ranked position achieved by the school.
- This process will be repeated for each event.
- Schools will be allocated areas for their competitors around the field. Each school needs to ensure that they have adequate supervision for their team. Due to the confined space, should remain in their designated areas unless going to an event.
- Please note if an individual wins an event they get 24 points, the points that are added to the score table are a combination of both athletes and their overall ranking which will be between 12 -1. 1st school position is 12 points, e.g.:
 - A girl comes 2nd in the 800m (earning 23 points) and her team mate comes 10th (15 points). That means that this school has earned 38 points for the girls 800m.
 - This will be compared to all other schools accumulated points, allowing each school to be ranked for the 800m.
 - The winning school (combination of both athletes positions) will be awarded 12 points for that event.
- There is an overall school winner which will be recognised in the prize giving:
 - A Boys Team winner
 - A Girls Team winner
- The overall winner for Athletics will be the combined result of the Boys and Girls results. Separate Boys and Girls results gets carried forward to the overall results.

Events Offered

Due to the facilities available the following events will be offered:

Track	Field
100m	High Jump
320m	Long Jump
600m	Shot Putt
800m	Turbo Javelin
4 x 320m relay	

- There is a 100m straight, but the bends are too tight for 200m sprinting or 4x100m.
- The track has 6 lanes and is 320m around. All races will finish at the same finish line, but will have different start lines. The surface is Astroturf, so spikes are optional.

How will the competition run?

For the 100m all athletes will be timed in their heats. The fastest 6 will progress to the final. The remaining 18 will be ranked and allocated points on their times. The winner of the final will receive 24 points, (even if their time is slower than a time run by another finalist when qualifying), 2nd will receive 23 points and so on.

In all other events, the winning time or distance will win the event. All athletes will be ranked according to their time or distance. For the 800m and 600m can you please nominate an A runner and B runner, so that we have similar ability runners in these events heats.

Officials

- Each school must ensure that 1 member of staff is available to help with events.
- All decisions made at the athletic event will be at the discretion of the chief organiser and therefore no video or photographing will be allowed from coaches to be used as evidence.

Order of events

We intend to follow the timetable below:

Track Events Girls 8.30	Field Events Boys 8.30	Track Events Boys 10.30	Field Events Girls 10.30
600 (B Runners)	Long Jump	600 (B Runners)	Long Jump
600 (A Runners)	Shot Putt	600 (A Runners)	Shot Putt
320 4 Races	Javelin	320 4 Races	Javelin
100 4 Heats	High Jump	100 4 Heats	High Jump
800 (B Runners)		800 (B Runners)	
800 (A Runners)		800 (A Runners)	
100 Final		100 Final	
4 x 320 2 Races		4 x 320 2 Races	

- **Girls Track** events and **Boys field** events will start at 8.30am. We will change around at approximately 10.30.
- For the 600m and 800m there will be an A and B race, however the overall winner can come from either race.
- The 600m 800m and 320m are all straight finals.
- The 100m will be heats, the fastest 6 will qualify for the final.
- The finalists will score 24 points - 19 points, even if their time is less.
- There is one relay event 4 x 320 and each school will enter 1 team.

Athletics - Track

The Start

- For long distance, "on your marks" followed by a whistle.
- For sprints, "take your mark, set" followed by a whistle.

The Races

- 100m and 320m shall be run in lanes. Competitors should keep to their allotted lane from start to finish in these events.
- Any competitor jostling, running or walking across or obstructing another competitor so as to impede progress shall be liable to be disqualified.
- The first lap of the 4 x 320m relay will be run in lanes. Teams are not required to stay in lanes for the remaining laps. Runners will break at the start/finish line.
- Athletes do not need to stay in lanes for the 800m or 600m.
- For the 320 and the 4 x 320 runners will draw a lane immediately before the race starts.

False Starts

- The starter of individual athletic races events should be the most experienced official.
- In the event of a false start, the race must be restarted.
- Competitors must be aware of the 'false start' alarm An explanation must be given to the student that caused the false start.
- Competitors will be allowed two false starts; any additional false start is at the discretion of the Games Coordinator, but must keep the disruption to other competitors at a minimum.
- If competitors exceed the false start allowance, the race should continue but the offending competitor will be allocated last place.

The Finish

- The competitors shall be placed in the order in which any part of the body i.e. torso (as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the edge of the finish line nearer to the start.
- The sprint timer app will be used in races.

Relay Races

- The baton must be carried in the hand throughout the race. If dropped, the athlete who dropped it, may leave the lane in order to retrieve the baton and recover it. Provided this procedure is adopted, no other athlete is impeded and by so doing the distance of the race is not lessened, dropping the baton shall not result in disqualification.
- Competitors after handing-over the baton should remain in their lanes until the course is clear to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of a stage that competitor is liable to cause the disqualification of his or her own team.
- On completion of the final leg the baton is to be handed to an official by the last runner.
- No competitor may run two sections for a team.
- A change over zone should be marked on the track (the distance will be at the discretion of the hosting school).
- Athletes will have their times disqualified in the heat if stepped outside of the change over zone during the hand off transition and interferes with other Athletes.. (The violation will be at the discretion of the marshalls to make the call).

Substitutions/Injury

- Substitutions should be made on trust, and it is the participating school's responsibility to ensure that athletes do not exceed the maximum entries allowed. Failure for school's to check this will result in a sanction.
- If the team cannot continue they will be offered last place in the finals unless they are able to replace an eligible athlete that is not involved in another relay.
- Changes are allowed on the day of the Athletics event, communication will be completed by the participating schools who will fill out the official change of entry sheet which will be signed by the PE teacher.
- Organisers should provide coloured paper sheets to all schools so changes are possible. If a student goes over his/her number of entries the points for the additional event will be zero.

Athletics - Field

- Events will be staggered. All competitors must take part in the event within the time allotted. Failure to do so could result in disqualification.
- Two athletes from each school for each event.
- Once the competition has begun competitors are not permitted to use the runways or takeoff areas for practice or warm up purposes nor are they permitted to use throwing sites for practice trials, with or without implements.
- Competitors must wear trainers for all events. Bare feet are not permitted.

High Jump

- High jump will take place in a suitable location.
- Jumpers do not have to land on their feet. However a jumper should use a recognised High Jump technique. This will allow for a variety of jumping styles not necessarily the scissors kick. Any clear illegal or dangerous techniques will be pointed out to a competitor and disqualification will only occur for safety reasons.
- One-foot take off is required.
- Competitors allowed 2 Practice attempts
- The height of the bar will start at
 - U15 Boys - 110cm, Girls -100cm
- The bar will be raised 5cm between each round.

- Competitors may commence jumping at any of the heights above the minimum height and may jump at their discretion at any subsequent height.
- Elimination will be after 7 jumps overall or 3 consecutive failed attempts. E.g. start at 110cm fails once can choose to attempt a higher height.
- Even after all the other competitors have failed, a competitor is entitled to continue until he or she has forfeited the right to compete further and the best jump shall be recorded as the winning height.
- After the competitor has won the competition the heights to which the bar is raised shall be decided after the judge of the competition has consulted the wishes of the competitor.
- Ties shall be decided by counting back. The competitor with the fewest failures in the previous height and then the height before, etc. will be the winner. (i.e. two athletes clear 1.40m but on countback athlete A cleared 1.35 first time whilst athlete B cleared it second time then athlete A is the winner.)

Long Jump

- Competitors will be allowed three jumps each.
- A run up shall be allowed.
- Competitors allowed 2 Practice attempts
- Competitors shall be credited with the best of all their attempts
- In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie still remains, the third best jump will be decisive. If the tie still remains the competitors shall share the position.
- The takeoff shall be from the white line or take off board as marked.
- The back of the heel of the jumper's trainers is measured from the takeoff line or where the competitor's body landed closest to the takeoff line. If the competitor falls back after landing it is this mark that is to be measured.
- The distance shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

Shot Putt

- A 3.25kg shot will be used for the girl's event, a 4kg shot will be used for the boy's event.
- The 'push' must come out from the neck (not a throw).
- The 'push' must come out from the neck (NOT A THROW)
- Each competitor has 3 attempts.
- Whilst we will be trying to avoid 'disqualifications' it is also important that the children are aware of the correct throwing technique
- Competitors are allowed 2 practice throws.
- Competitors must not step out of the front of the circle, or on top of the block, or the attempt will not be counted.
- Competitors must exit out of the back half of the throwing circle.
- The measurement will be taken from where the shot first lands and back to the inner rim of the circle, but the shot must land within the landing sector.

Turbo Javelin

- Turbo javelin will be offered at the weight of 600g.
- Competitors allowed 2 Practice attempts
- An athlete is not allowed to touch line of the rim.
- When throwing, proper technique requires the athlete to hold the javelin with only one hand on the cord grip. Gloves aren't allowed, and tape on the fingers is permitted only if its to cover an open wound.
- The javelin must be thrown with an over-the-shoulder motion. The competitor can't turn his/her back to the throwing area until the javelin is airborne.
- The javelin must land within the "sector" to register a score. This fan-shaped area extends out from the ends of the arch-shaped foul line. The javelin can't land on the lines marking the sides of the sector. The head of the javelin has to hit the ground first or the throw is a foul.

Medals & Trophies

Athletics			
Individual Events	Gold Medals	Silver Medals	Bronze Medals
Boys Athletics Winners	Trophy		
Girls Athletic Winners	Trophy		
Combined Winners Boys and Girls	Gold medals Trophy 1st	Silver Medals Trophy 2nd	Bronze Medals Trophy 3rd