

# SA-SP Primary School T&F Invitational Meet 2023

## Team Managers' Briefing



Briefing: Wednesday, 8<sup>th</sup> March 2023 @  
2000hrs



Team Managers' Briefing



EVENT DAY : 11-12 March -2023 (Sat &  
Sun)



From 0800hrs

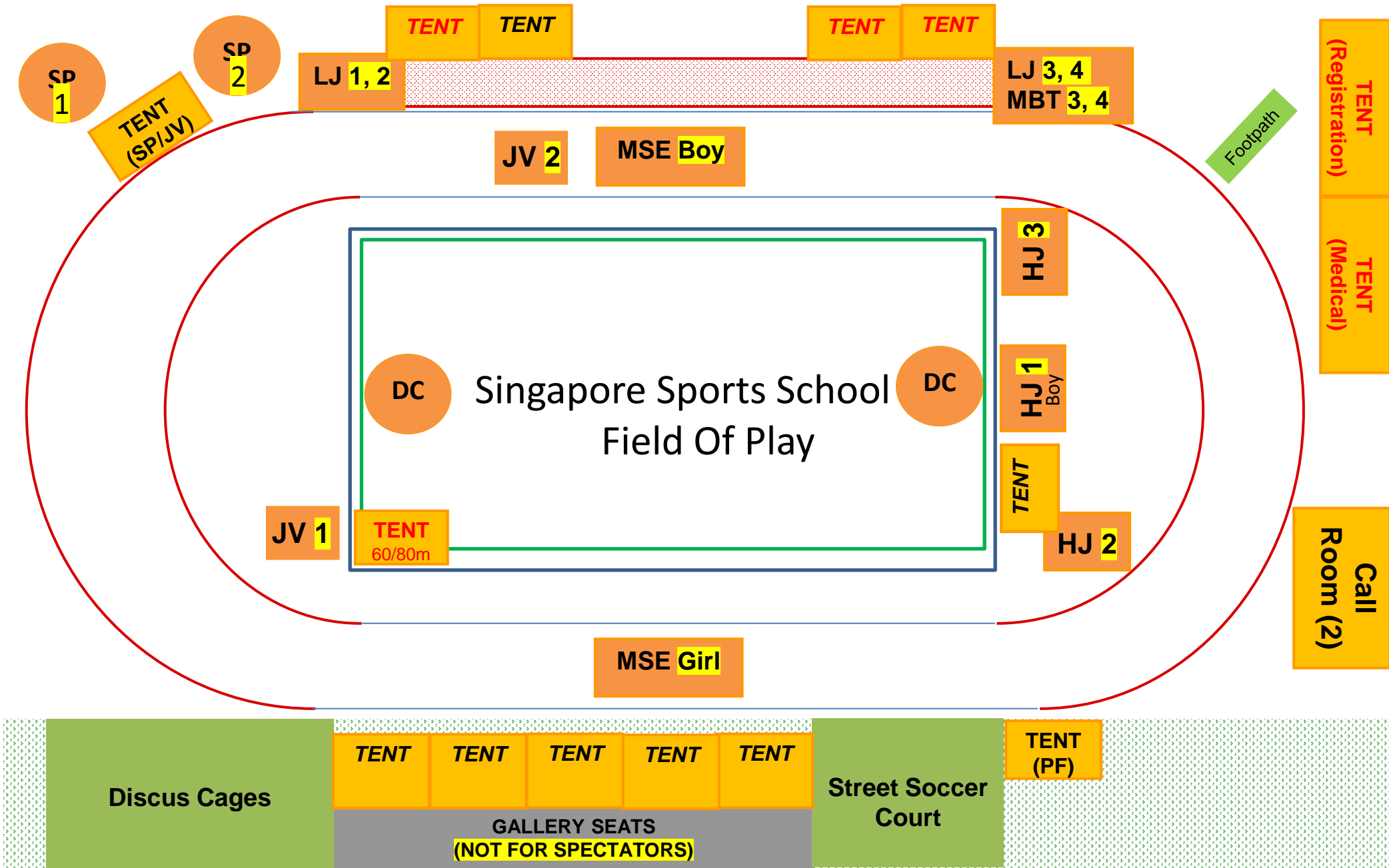
# REPORTING FOR EVENT

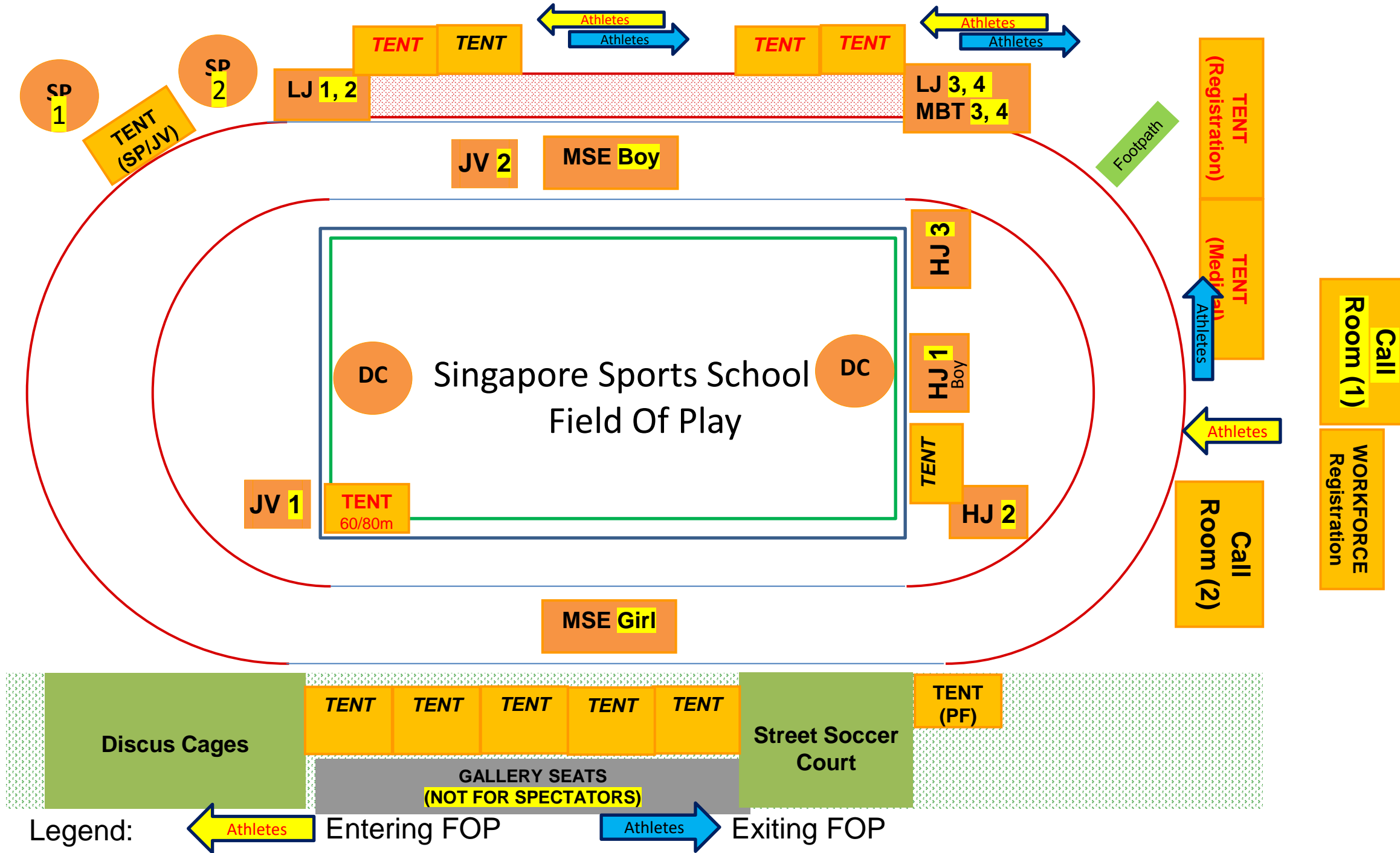
- Team Manager check-in their Team at least 1 hour before the event at Registration Tent
- Competitors – REPORT - 30mins before the event
  - TRACK EVENT – REPORT TO CALL ROOM – 30MINS
  - FIELD EVENT – REPORT TO RESPECTIVE FOP – 30MINS
- Late and did not report to Call Room
  - CAN and MAY be barred from that event

# EVENT FLOW



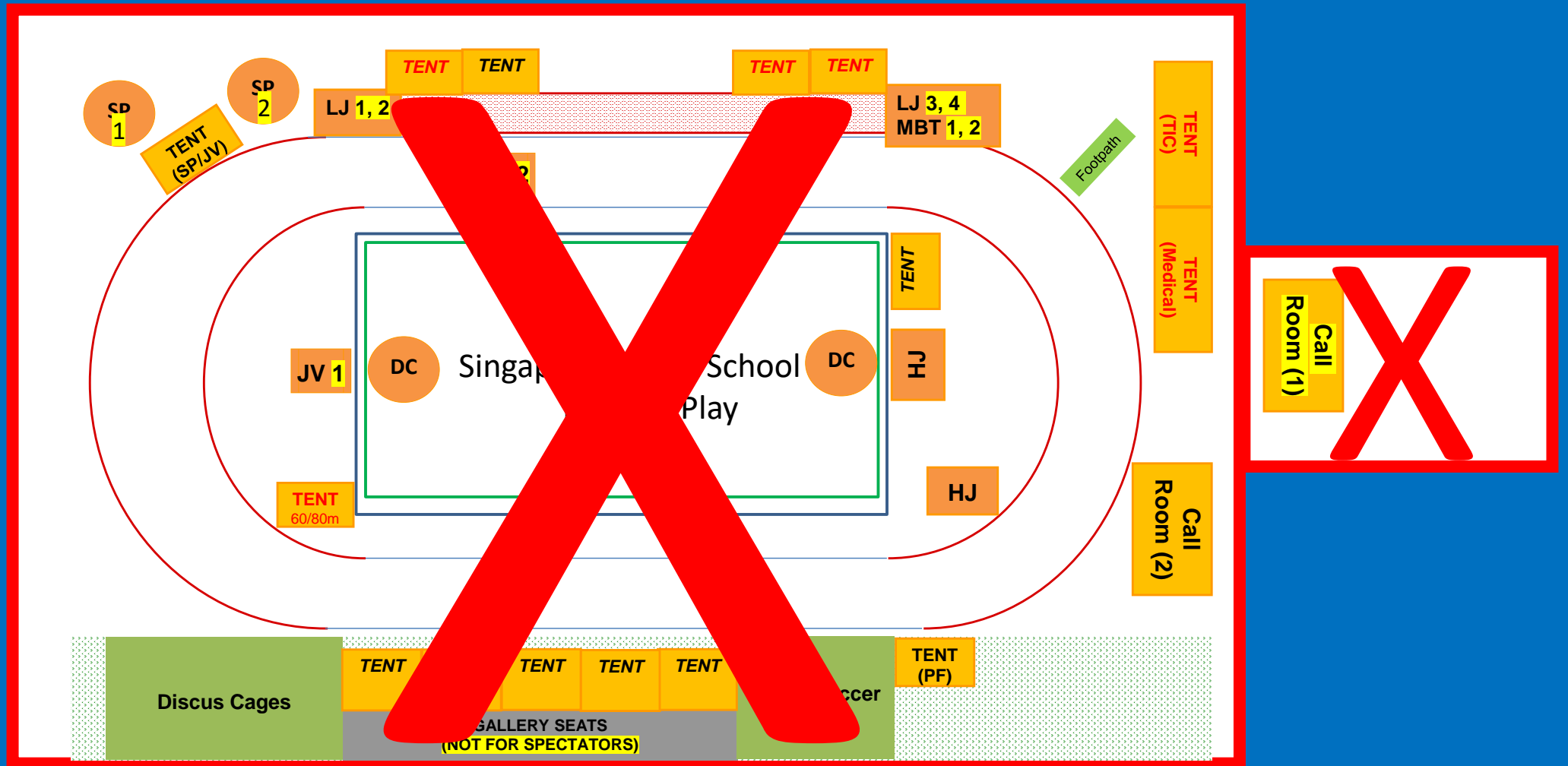
The Arena @  
Champions Way





# Parents & Supporters

Parents / Supporters NOT allowed to be in the competition arena / field of play or participate in any form of sideline coaching and/or interference during the meet.



# Track events

- Races Up to 80m, RUN IN LANES
- 2 False Start (same competitor)
  - Starting Block optional
  - Standing or Crouch
- Spikes shoes with spike nails no longer than 6mm can be used except for the multi-skill event and running
- events 1000m and 1600m - only full rubber-soled shoes are allowed
- Cut-off time (1000m & 1600m)
  - 7min, 6:30min, 10min for Girls J1, J2, S1 divisions respectively
  - 6min, 5:30min, 9min for Boys J1, J2, S1 divisions respectively

# Field Events

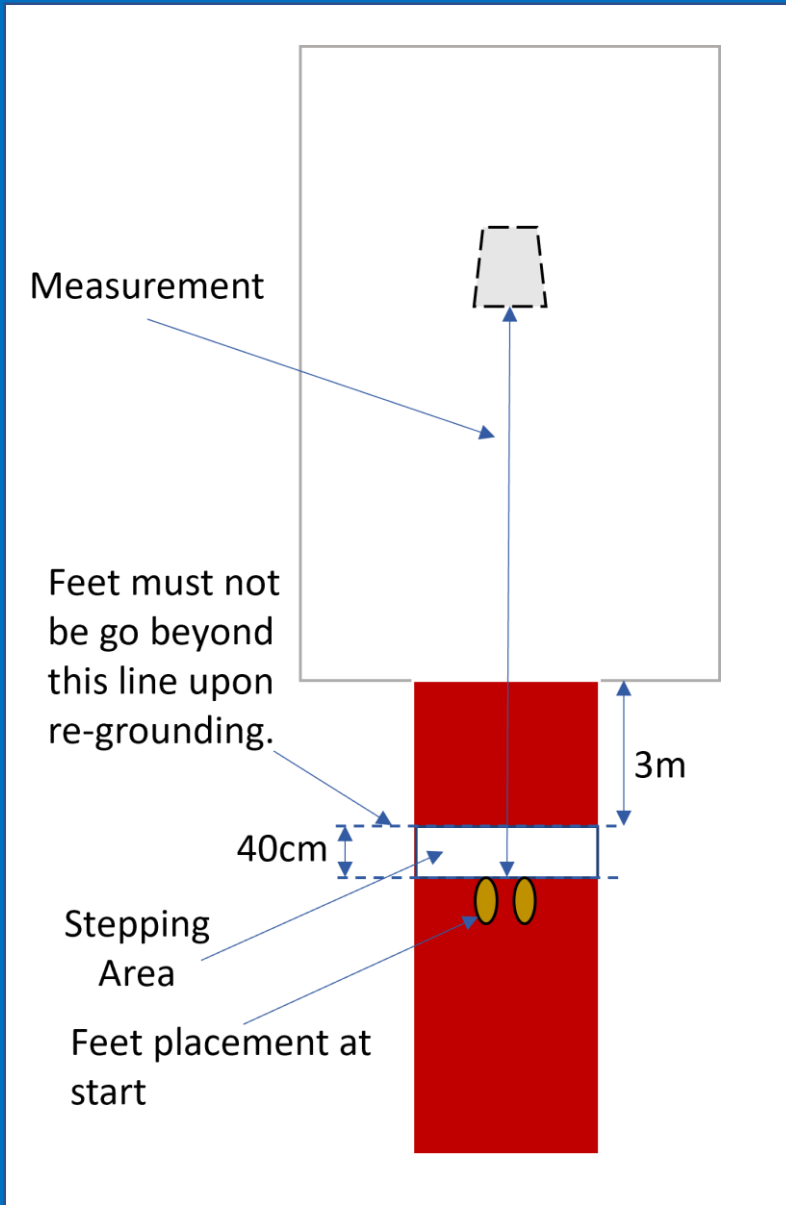
- Long Jump with Take-Off Zone (S1 – 50cm, J1 & J2 – 80cm)
  - 2 attempts
- Scissor Jump
  - 3 consecutive failure
  - Starting height
    - J1 & J2 Girls - 0.90m, 1.00m, 1.05m + 2cm (3 athletes remaining)
    - J1, J2 & S1 Boys - 1.00m, 1.10m, 1.20m + 2cm (3 athletes remaining)



# Field Events

- Medicine Ball Throw (J1 – 1kg)
  - 2 attempts
- Long Implement Throw (J2 – Tom Petroff Turbo Javelin 300 grams)
  - 2 attempts
- Shot Put (S1 Boys – 3kg, J1, J2 and S1 Girls – 2kg)
  - 2 attempts
- Modified Discus Throw (S1 – Multi-Grip Rubberised Discus 500 grams)
  - 3 attempts

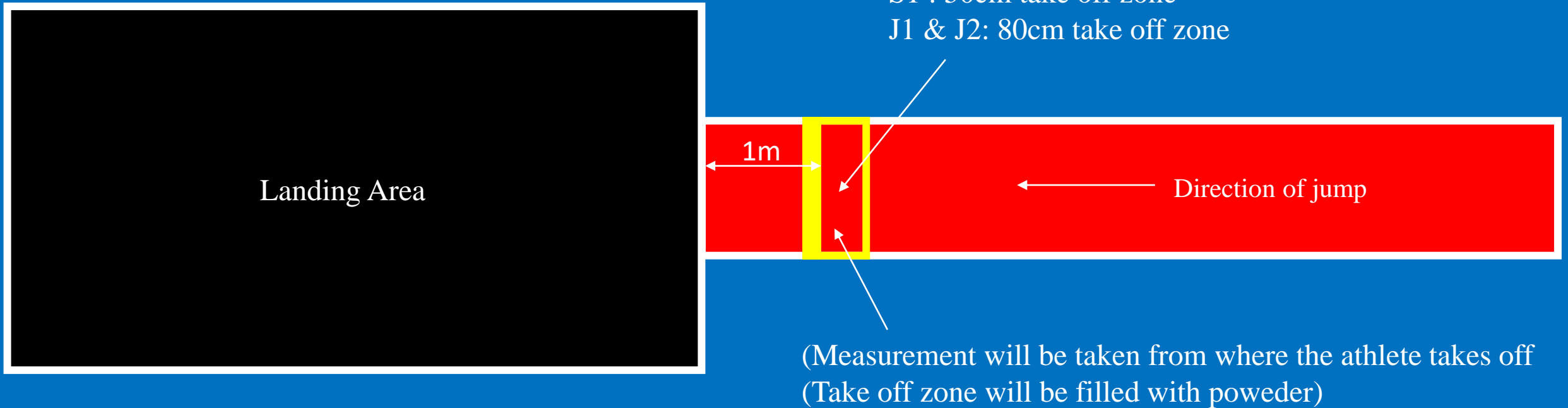
# Medicine Ball Throw (conducted at Long Jump Pit)



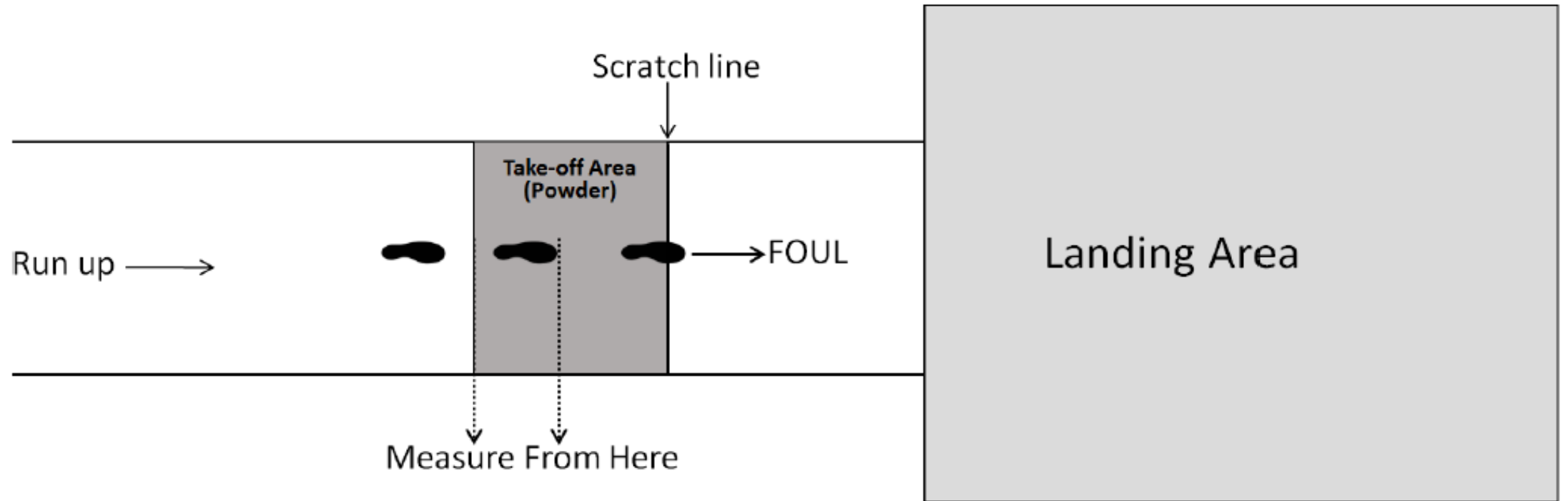
- Weights
  - Junior 1 – 1kg
  - Junior 2 – 2kg
- Starting position
  - Standing position with both feet just before Stepping Area.
  - Medicine Ball is held at chest level in both hands
- Throwing – The throw must be performed in a chest-pass like action:
  - From the start of the throw, the ball must not be lower than the waist of the thrower.
  - The ball must be released with both hands.
  - During the throw, the thrower's feet are allowed to push off from the ground, but the medicine ball must be released before the feet are re-grounded.
  - The feet must be re-grounded no further than the edge of the stepping area nearer to the landing pit.

# Long Jump

## S1 – 50cm, J1 & J2 – 80cm



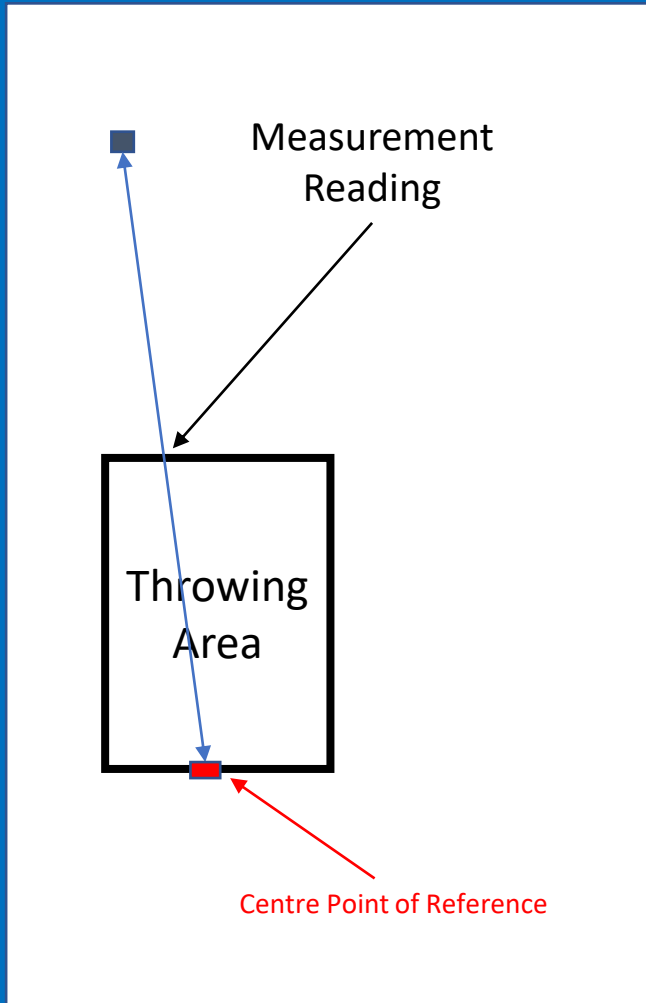
# Long Jump (50cm and 80cm)



# Long Implement Throw (TurboJav) Modified Discus Throw



# Long Implement Throw (TurboJav)



- Implement – Turbo Javelin
  - Weight – 300gms
  - Length – 70cm
- Starting position
  - Thrower starts in any position in a 5m x 2m throwing area
- Throwing – The throw must be performed in an overhand manner (**does not need to be above the head**):
  - Held with 1 hand only
  - Cannot be slung, hurled or use other non-orthodox methods
  - Cannot completely turn around until implement has been thrown.
  - Front head (tip) of the implement must strike the ground 1<sup>st</sup> for throw to be valid
- 2 Attempts per thrower
- Measurement – From edge of the throwing area to the mark made by implement nearest to the throwing area when it first lands.



# Modified Discus Throw – 500g

- Throwing Action – The discus shall be thrown using a standing rotational throw
- At least one foot remains grounded throughout the whole throw.



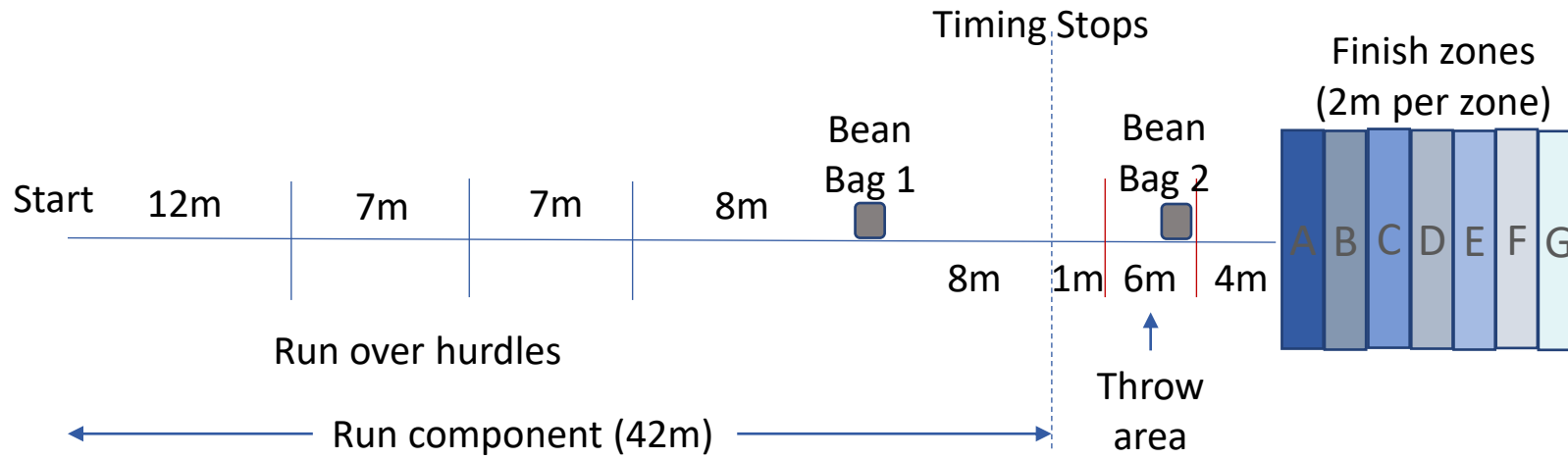
- The discus may not be held using the handle.



# What is the Junior 1 Division Multi-Skill Event?

A single race with 4 main segments that develops a various fundamental psychomotor skills important in Track & Field:

- Standing Start (Reaction)
- Run over 3 hurdles (Coordination + Speed + Rhythm)
- Pick up bean bag + acceleration (Agility + Coordination + Dynamic balance + Speed)
- 1 overhand throw with master hand + 1 overhand throw with non-master hand (Bilateral Development + Coordination)



Scoring: points given based on the timing of the run component (42m) and distance of throws based on the score tables on the next slide.



## Criterion-Based Recognition for Multi-skill Event

Time Range		
Boys	Girls	Points
< 8.5 sec.s	< 9 sec.s	12
8.5 to 8.9x sec.s	9 to 9.4x sec.s	11
9 to 9.4x sec.s	9.5 to 9.9x sec.s	10
9.5 to 9.9x sec.s	10 to 10.4x sec.s	9
10 to 10.4x sec.s	10.5 to 10.9x sec.s	8
10.5 to 10.9x sec.s	11 to 10.4x sec.s	7
11 to 11.4x sec.s	11.5 to 11.9x sec.s	6
11.5 to 11.9x sec.s	12 to 12.4x sec.s	5
12 to 12.4x sec.s	12.5 to 12.9x sec.s	4
12.5 to 12.9x sec.s	13 to 13.4x sec.s	3
13 to 13.4x sec.s	13.5 to 13.9x sec.s	2
13.5 to 13.9x sec.s	14 to 14.4x sec.s	1

Distance (per throw)		
Boys	Girls	Points
Beyond F (>16m)	Beyond E (>14m)	6
F (14m)	E (12m)	5
E (12m)	D (10m)	4
D (10m)	C (8m)	3
C (8m)	B (6m)	2
B (6m)	A (4m)	1

**Total points = Run + 1<sup>st</sup> throw + 2<sup>nd</sup> throw**

**Maximum points = 24 points**

- Gold Medal – 22 & above
- Gold Achievement Pin – 20 & 21
- Silver Achievement Pin – 18 & 19
- Bronze Achievement Pin – 15 to 17

# Specifications of Equipment

---



	<b>Height</b>	<b>Start to 1st Hurdle</b>	<b>Between Hurdles</b>	<b>Last Hurdle to Beanbag</b>	<b>Weight of Beanbag</b>
<b>Boys</b>	44.0cm	12m	7m	8m	330gm
<b>Girls</b>	44.0cm	12m	7m	8m	220gm

## Demo Video – Multi-Skill Event (3)



Footage from NSG 2019

## Points to Note – Multi-Skill Event



✘ Athlete steps on line or area beyond line



☑ Athlete does not step on line or area beyond line

END