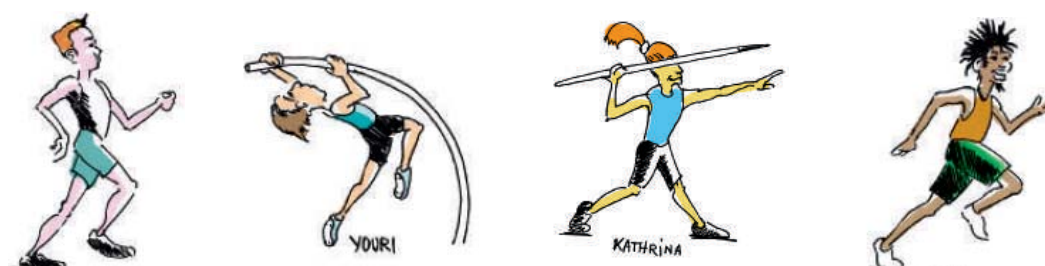


INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS



IAAF Team Athletics Championships

- A TEAM EVENT FOR 13-15 YEAR OLDS -



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“13-15 year olds” Championships in Athletics for athletes in Federal Clubs and in Schools

The IAAF proposes a new type of competition to be carried out as a championship for young athletes of 13 / 15 years (boys and girls).

This type of meeting is:

- A continuation of Kids’ Athletics which is proposed to children of 7 - 12 years
- A tool which is put at the disposal of Schools and Federations to develop Athletics among 13-15 year-old athletes
- A preparatory phase for young athletes for future regional, national or even world wide championships in their category in Schools and Federations.

The proposal is structured as following:

- Championship formula
- Form of Competition, team ranking
- Technical events and conditioning tests
- Practical and technical requirements

1. “13-15” Team Championships

To maintain the young athletes’ motivation during the athletic season, a championship by team will be proposed.

The participating teams will come from clubs, sports or school associations or from PE classes and each team will consist in 6 team members of the same age category (boys and girls).

This championship will be conducted over 8 days of meeting during the sport season. Each day will count for the final ranking of the Championship.

It is composed of:

- Two days of tests (not consecutive but spaced out with 4 weeks minimum) which will be organised with a wide range of physical conditioning tests.
- Two days will be devoted to a Cross-Country event
- Four other days will be devoted to running, jumping and throwing events.

Everyday of the meeting, teams will score points (according to the number of teams competing: 10 teams = 10 points for the first one, 9 points for the second, etc.) which will be recorded during the championship to give the ranking of each team at the end of the last day of the meeting.

The teams who can not attend will score 0 point for the competition it did not complete.

2. Structure of the Competition

2.1. Track Events

2.1.1. Participation Rules

In addition to the Relay, the athletes will choose two or three events presented in the competition among two or three event groups, respecting the principle of: one running, and/or one jumping and/or one throwing event:

- Sprint
- Hurdles
- Throws
- Jumps
- Endurance (running or walking)

For the various event groups, each team will manage to get them represented by 3 performances maximum, according to the selection of the other team members.

The programme from one day to another will be complete at the end of the meeting in such a way that all the events from an event group will be presented.

Teams will take part in a relay event which will count for the general ranking of each team.

EVENT GROUP	Events for GIRLS	Events for BOYS
SPRINT	50 m – 100 m	50 m – 100 m
HURDLES	50 m H (0.76/10.5m/7.5m/5 hurdles) Safe hurdles	50 m H (0.76/10.5m/7.5m/5 hurdles) 100 m H (0.84/13m/8.5m/10 hurdles) Safe hurdles
MIDDLE DISTANCE	1000 m	1000 m – 2000 m
WALKING RACE	2000 m	3000 m
JUMP	L.J. T.J H.J. Pole Vault (Short approach)	L.J. T.J H.J. Pole Vault (Short approach)
THROW	S.P. (3kg) – J.T. (500g) D.T. (800g) – H.T. (3kg) (Max. weight recommended)	S.P. (4kg) – J.T. (600g) D.T. (1kg) – H.T. (4kg) (Max. weight recommended)
RELAY	4 x 50 m	4 x 50 m

* For the Championship, organisers have to present at least two events out of the four ones from the jumping and throwing event groups. It is highly recommended to enlarge the range of throws and jumps at the most.

2.1.2. Results Calculation

Team results will be recorded as following:

- The two best performances of the team are recorded for all group events. The 10 best performances (2x5groups) multiplied by the coefficient 4, will represent the first part of the team result.
- The results of Relays will be recorded in comparison with the results registered by all the teams. Points are recorded according to the usual system (10 teams = 1st team scores 10 points, 2nd team scores 9 points, etc.). A coefficient equal to 4 will be weighted.

Team result =

a) Team ranking according to the 10 best individual performances (in the 5 event groups). Points are given on the following basis: 1st team scores 10 points, 2nd team scores 9 points, etc.

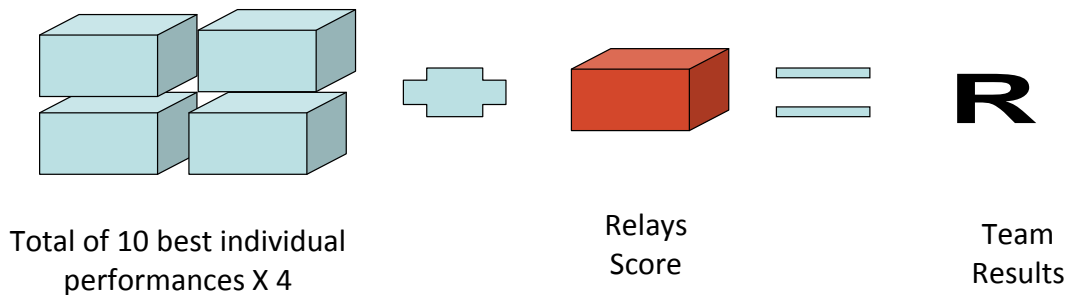
b) Performances of the relays: points are given according to the usual system.

General Competition results are made up of the teams' ranking on the results made up when totaling the overall points in the individual events multiplied by 4, and the relays score.

The points for the Championships are given in the following way: 10 teams. The first team gets 10 points, the second 9 points, etc.

If two teams are level, relays performances will be determining.

Results cards are presented in this document.



2.2. Physical Conditioning Tests

They will be conducted as a competition. Every team members will take part in all given tests.

Conditioning Tests:

- Sprint: 30m - standing start
- Throw: backward throw of a medicine-ball: 2kg boys/ 1kg girls
- Jump: two hops from the right and left foot: addition of 2 performances
- « 12' Cooper » Endurance Test

The result will be obtained by totaling the points of the 6 team members for all the tests (according to the enclosed scoring tables). The total will be compared to those of the other teams and the usual system will be applied: 10 teams = 1st team scores 10 points, 2nd scores 9, etc.

NB: A Certificate of Athletics Physical Shape will be given to each successful athlete.

2.3. Cross-country

Two days during the championships will be dedicated to cross-country running. The distance for this event will not exceed 2000/2500m for girls and 3000/3500m for boys.

If possible, it will be carried out in nature over a distance without any major difficulty.

The team ranking will be obtained by totaling the points of all team members (1^o =1 point, 2^o = 2 points, etc.). Teams are ranked and a number of points will be scored according to the usual procedure (10 teams: 1st one scores 10 points, 2nd one scores 9 points, etc.).

3. Organisation of the competition

After a warm-up – collective, if possible – the events can take place.

3.1. Organisation and Set-up

The event programme will consist of 4 running events (among the 3 groups), 2 jumping and 2 throwing events, selected in the given list.

Each event will be carried out within a 30-minute time maximum.

The programme will be organised as following:

- hurdles : 15'
- 1st set-up of throwing and jumping areas: 30'
- sprint 15'
- 2nd set-up of throwing and jumping areas: 30'
- relay 4x50m: 15'
- middle distance running and walking: 15'

Then collective results are released (+ 5minutes)

Time limit for the meeting: 2 hours maximum.

Specific note:

For the FIELD EVENTS, during the competition, each athlete will have THREE trials in the long jump, triple jump and the throws and SIX trials in high jump and pole vault. Level groups can be created for vertical jumping.

If the team number is too high, field events will have to be doubled or tripled. If it is possible, other throwing and jumping events should be provided to reach a number of participants inferior to 12.

3.2. Required Jury

General Organisation

- One Referee: responsible for the competition and in charge of time keeping.
- One competition Recorder per team.
- An assistant: in charge of the scoring table.

For the following events :

- sprint:
 - 1 starter
 - 3 timekeepers
 - 3 linesmen (finishing line)
- jumps: 3 judges per event station
- throws: 3 judges per event station

For Sprint Relays :

- All the jury for sprint
- 6 judges for Exchange

3.3. Required Equipment

Carrying out this competition implies a minimum athletic materials and preparation:

- a straight line for sprint and a track with lanes for middle distance running and walking (ground, grass/lawn or any other sports ground)
- a sand pit for jumping
- a throwing platform with non-temporary materials (concrete) of 2m50 in diameter.

Equipment necessary to carry out this competition:

- hurdles/obstacles (minimum 10)
- throwing implements (shots 3 and 2kg, discuses, javelins)
- 1 or several stopwatches
- 1 or several measuring tapes
- A few markers on the throwing area.

3.4. Standard Timetable

0h: Set-up of Sprint hurdling events

0h 15: Set-up of throwing event 1 and jumping event 1

- 0h45: Set-up of sprinting events
- 1h00: Set-up of throwing event 2 and jumping event 2
- 1h30: Set-up of relay events
- 1h45: Set-up of middle distance running and walking events
- 2h: Release of the team results

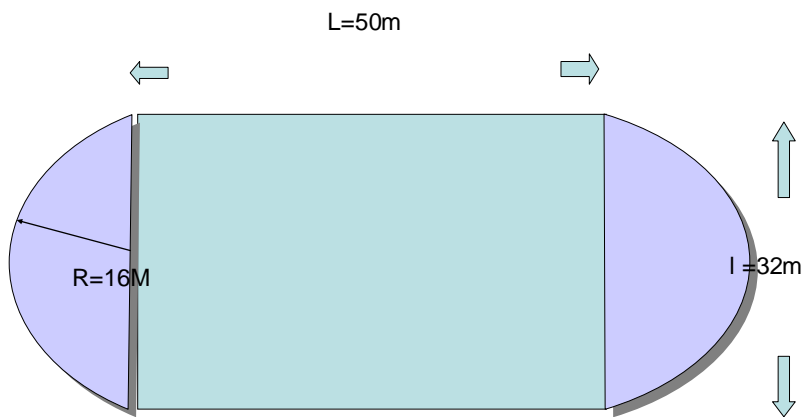
Tricks:

- Place the hurdles before the competition
- On throwing and jumping stations, mention first - on the event list the athletes who selected sprinting events.

3.5. A 200m Track

It is possible to organise a 200-m track in a precise manner by following the instructions below:

200m track



Other solution: $L = 60\text{m}$ R and $\text{Width} = 13\text{m}$

4. Results Cards and Scoring

Scoring Table for Track events: 13-15 Champs.

Team	sprint		hurdles		middle/long distance		throw		jump		total	rank	score
	perf1	points	perf1	points	perf1	points	perf1	points	perf1	points			
A													
	perf2	points	perf2	points	perf2	points	perf2	points	perf2	points			
B	perf1	points	perf1	points	perf1	points	perf1	points	perf1	points			
	perf2	points	perf2	points	perf2	points	perf2	points	perf2	points			
C													
	perf2	points	perf2	points	perf2	points	perf2	points	perf2	points			

Team	RELAY	RANK	SCORE	points Ind. Event	X 4	total	Ranking points	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								
K								

Relays : Summary Form

Team	Time for Relay	Rank	Points
1			
2			
3			
4			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Global Form: Individual Results to Optional Events

Athletes	Event 1	Points	Event 2	Points	Total	Rank
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

For each sprint relay

Results to Relay

Results to Sprint:

Team	Results	Observation
1		
2		
3		
4		

Team Competition: Conditioning Tests Form

Test form:

Team Form:

athlete	30m 1	30m 2	Best Perf. 30m	Jump 1	Jump 2	Best Perf. Jump	Throw 1	Throw 2	Best Perf. Throw	End.
1										
2										
3										
4										
5										
6										
total	xxx	xxx		xxx	xxx		xxx	xxx		

Conditioning Tests Form

Performance in specific events

For each team: competition event group / team

Team Card:

Optional events:

athletes	Event 1	Points	Event 2	Points	Event 3	Points	Total
1							
2							
3							
4							
5							
6							
total							

Organisation of a conditioning tests day (for about 50 athletes)

- 0** Collective warm-up (well-conducted by a qualified coach = Training of other present coaches)
- 30'** Tests of 30-metre distance for every athletes
Complete 2 (or 3) sequences with the same timekeepers
Everyone has 2 trials
- 60'** Throwing and jumping tests
In 2 half-groups (drawing lots to determine who starts with J and T)
3 trials for each event
- 75'** Change of throwing and jumping stations
- 90'** Set-up of Endurance
- 2 h** Release of team results and distribution of individual diplomas.

Follow-up Form for Endurance Event (1 judge for 10 participants)

Each column represents one completion of a turn.

Each turn is divided in 8 portions of 25m to have a more acute final performance.

Team Member	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1																		
2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		
10																		

5. Scoring / Quotation Tables

JUMPING EVENTS Girls

Points	HJ	LJ	Triple J	POLE	Points
20	+	+	+	+	20
19	151	500	1000	260	19
18	149	490	990	255	18
17	147	480	980	250	17
16	145	470	970	245	16
15	143	460	960	240	15
14	141	450	950	230	14
13	139	440	940	220	13
12	136	430	930	210	12
11	133	415	920	200	11
10	130	400	900	190	10
9	127	385	880	180	9
8	124	370	860	170	8
7	120	355	840	160	7
6	115	340	810	150	6
5	110	320	780	140	5
4	105	300	740	130	4
3	95	280	7	120	3
2	85	250	6	1	2
1	-	-	-	-	1

JUMPING EVENTS Boys

Points	HJ	LJ	Triple J	POLE	Points
20	+	+	+	+	20
19	180	635	1300	340	19
18	176	620	1270	330	18
17	172	605	1240	320	17
16	168	590	1210	310	16
15	164	575	1180	300	15
14	160	560	1150	290	14
13	156	545	1120	280	13
12	152	530	1090	270	12
11	148	515	1060	260	11
10	144	500	1030	250	19
9	140	485	1000	240	9
8	136	470	960	230	8
7	132	450	920	220	7
6	126	430	880	200	6
5	118	410	840	180	5
4	110	380	800	160	4
3	102	350	750	140	3
2	94	300	700	120	2

THROWING EVENTS Girls

Points	Javelin	Discus	Hammer	Shot	Points
20	+	+	+	+	20
19	33	33	33	10.7	19
18	32	32	32	10.5	18
17	31	31	31	10.3	17
16	30	30	30	10.1	16
15	29	29	29	9.8	15
14	28	28	28	9.5	14
13	27	27	27	9.2	13
12	25.5	25.5	25.5	8.8	12
11	24	24	24	8.4	11
10	22.5	22.5	22.5	8	10
9	21	21	21	7.5	9
8	19	19	19	7	8
7	17	17	17	6.5	7
6	15	15	15	6	6
5	13	13	13	5.5	5
4	11	11	11	5	4
3	9	9	9	4.5	3
2	6	6	6	4	2
1	-	-	-	-	1

THROWING EVENTS Boys

Points	Javelin	Hammer	Shot	Discus	Points
20	+	+	+	+	20
19	48	39	14	41	19
18	46	38	13,5	40	18
17	44	37	13	39	17
16	42	36	12,5	38	16
15	40	34,5	12	36,5	15
14	38	33	11,50	35	14
13	36	31,5	11	33,5	13
12	34	30	10,50	32	12
11	32	28,5	10	30,5	11
10	30	27	9,50	29	10
9	28	25,5	9	27,5	9
8	26	24	8,50	26	8
7	24	22	8	24	7
6	22	20	7,40	22	6
5	20	18	6,80	20	5
4	17	15	6,20	17	4
3	14	12	5,60	14	3
2	12	8	5	10	2
1	-	-	-	-	1

RUNNING EVENTS Boys

Points	1000m	3000m M	2000m	Points
20	-	-	-	20
19	2.45	16.20	6.04	19
18	2.48	16.30	6.08	18
17	2.51	16.45	6.12	17
16	2.55	17	6.16	16
15	2.59	17.15	6.20	15
14	3.03	17.30	6.24	14
13	3.08	17.45	6.30	13
12	3.13	18	6.38	12
11	3.18	18.15	6.46	11
10	3.23	18.30	6.56	10
9	3.28	18.45	7.06	9
8	3.33	19	7.15	8
7	3.38	19.15	7.25	7
6	3.43	19.30	7.35	6
5	3.48	20	7.45	5
4	3.55	20.40	7.55	4
3	4.	21.20	8.05	3
2	4.10	22	8.15	2
1	+	+	+	1

RUNNING EVENTS Girls

Points	50 m	100m	50m H	1000m	2000m M	Points
20	-	-	-	-	-	20
19	7.1	13.2	8.3	3.12	11.40	19
18	7.2	13.3	8.4	3.14	11.50	18
17	7.3	13.4	8.5	3.18	12	17
16	7.4	13.5	8.6	3.22	12.10	16
15	7.5	13.6	8.7	3.26	12.20	15
14	7.6	13.8	8.8	3.30	12.30	14
13	7.7	14	9	3.34	12.40	13
12	7.8	14.2	9.2	3.38	12.50	12
11	7.9	14.5	9.4	3.42	13	11
10	8	14.8	9.6	3.48	13.15	10
9	8.2	15.1	9.8	3.54	13.30	9
8	8.4	15.4	10	4.02	14	8
7	8.6	15.8	10.3	4.10	14.30	7
6	8.8	16.2	10.6	4.18	15	6
5	9.1	16.6	10.9	4.26	15.30	5
4	9.4	17	11.2	4.34	16	4
3	9.7	17.5	11.5	4.42	16.30	3
2	10	18	12	5	17	2
1	+	+	+	+	+	1

SPRINT HURDLING EVENTS Boys

Points	50m	100m	50m H	100mH	Points
20	-	-	-	-	20
19	6.3	11.6	7.3	14.6	19
18	6.4	11.7	7.4	14.7	18
17	6.5	11.9	7.5	14.8	17
16	6.6	12.1	7.6	14.9	16
15	6.7	12.3	7.8	15	15
14	6.8	12.5	8	15.2	14
13	6.9	12.7	8.2	15.4	13
12	7	13	8.5	15.6	12
11	7.1	13.3	8.8	15.8	11
10	7.2	13.6	9.1	16	10
9	7.4	14	9.5	16.2	9
8	7.6	14	10	16.5	8
7	7.8	14.5	10.5	17	7
6	8.1	15	11	17.5	6
5	8.4	15.5	11.5	18	5
4	8.7	16	12	18.5	4
3	9	16.5	12.5	19	3
2	9.3	17	13	20	2
1	+	+	+	+	1

IAAF Tests Scoring Tables

MB	GIRLS	BOYS
1	1perf	1 perf
2	460	420
3	500	460
4	550	520
5	600	570
6	640	630
7	690	690
8	740	750
9	790	810
10	840	870
11	890	950
12	940	1020
13	990	1090
14	1040	1170
15	1090	1250
16	1140	1330
17	1200	1420
18	1260	1510
19	1310	1610
20	+ 1310	+1610

Hop	GIRLS	BOYS
1	1perf	1perf
2	400	420
3	410	440
4	425	460
5	440	480
6	455	500
7	470	520
8	485	540
9	505	560
10	525	580
11	540	600
12	560	630
13	580	660
14	600	690
15	620	715
16	640	740
17	660	770
18	690	800
19	715	835
20	+715	+835

30m	GIRLS	BOYS
1	1perf	1perf
2	5''9	5''7
3	5''8	5''6
4	5''7	5''5
5	5''6	5''4
6	5''5	5''3
7	5''4	5''2
8	5''3	5''1
9	5''2	5''0
10	5''1	4''9
11	5''0	4''8
12	4''9	4''7
13	4''8	4''6
14	4''7	4''5
15	4''6	4''4
16	4''5	4''3
17	4''4	4''2
18	4''3	4''1
19	4''2	4''
20	- 4''2	-de 4'

Cooper	BOYS	GIRLS
20	+3400	+2800
19	3400	2800
18	3350	2750
17	3300	2700
16	3250	2650
15	3200	2600
14	3150	2550
13	3100	2500
12	3000	2450
11	2900	2400
10	2800	2350
9	2700	2300
8	2600	2250
7	2500	2200
6	2400	2150
5	2300	2100
4	2200	2000
3	2100	1900
2	2000	1800
1	- 2000	-1800

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