



2019 Golden North SA Schools Challenge Championship Competition Overview

The SA School Knockout (SKO) Championship will be conducted for the Junior (U15), Intermediate (U17) and Senior (U19) Age Divisions.

Competition Rules

- + Team based competition for school students.
- + Junior (U15), Intermediate (U17) & Senior (U19).
- + Age taken at 31 December in the year of competition.
- + The SA SKO Championship is open to any school wishing to compete.
- + Students may only compete in one team
- + The national final will be held - TBC
- + The national final for Junior, Intermediate & Senior divisions, for both boys and girls, will consist of a maximum of 16 teams, with at least two representatives from each state (where applicable).
- + There is no prize-money or travel assistance funding available to teams competing in the SA or national final.

Entry Details

Please fill out the team registration form and return it to Athletics SA no later than:

Wednesday 4th September 2019

Schools MUST use the entry form provided.

- Fill in your contact details, including email address – so it can be used for regular Knockout updates.
- Indicate the divisions you would like your teams to enter. (e.g. Junior girls)

Entry Fee

- **The cost per team is \$120, including GST.**
- Entry fees cover Stadium hire, cleaning, event management, chief official and administration costs.

**Athletics SA will invoice your school post competition. Please note that all entries received will be invoiced accordingly and no compensation will be made if teams decide to withdraw.*

NO LATE ENTRIES WILL BE ACCEPTED!



Junior Teams (U15 born 2005 or later)

- ✚ Teams may fill 7 positions across the 6 individual events + 1 relay
- ✚ Teams consist of a minimum of 5 and maximum of 6 athletes
- ✚ Athletes can do a maximum of two individual events
- ✚ Athletes must do a minimum of 1 individual event
- ✚ There is no minimum age for competitors. All team members must be bona fide students of the school in the year of the national competition.

Junior events are:

Track	60m (1 athlete per team)
	800m (1 per team)
	2x100m relay (1 team, 2 athletes) – Individual event
	4x200m relay
Field	Shot Put (1 per team)
	Long Jump (1 per team)
	Javelin (1 per team)

Junior specifications for throws events

Implement weights are:

Boy's	4kg shot put
	700gm javelin
Girl's	3kg shot put
	500gm javelin

Intermediate Teams (U17 born 2003 or later) & Senior Teams (U19 born 2001 or later)

- ✚ Teams may fill 10 positions across the 9 individual events + 1 relay
- ✚ Teams consist of a minimum of 7 and maximum of 10 athletes
- ✚ Athletes can do a maximum of 3 individual events
- ✚ Athletes must do a minimum of 1 individual event
- ✚ There is no minimum age for competitors. All team members must be bona fide students of the school in in the year of the national competition.

Intermediate events are:

Track	60m (1 athlete per team)
	200m (1 per team)
	1000m (1 per team)
	2x300m relay (1 team, 2 athletes) – Individual event
	Boys 100m hurdles (84.0cms)/ Girls 90m hurdles (76.2cms) (1 per team)
	Swedish relay (100m, 300m, 200m, 400m)
Field	Javelin (1 per team)
	Shot Put (1 per team)
	High Jump (1 per team)
	Long Jump (1 per team)



Intermediate specifications for throws events

U15/ U16 national specifications will be used

Boys	4kg shot put 700gm javelin
Girls	3kg shot put 500gm javelin

Senior events are:

Track	60m (1 athlete per team) 400m (1 per team) 1000m (1 per team) 2x100m (1 team, 2 athletes) – Individual event Boys 110m hurdles (91cms)/ Girls 100m hurdles (76cms)(1 per team) Medley relay (200m, 200m, 400m, 800m)
Field	Javelin (1 per team) Shot Put (1 per team) High Jump (1 per team) Long Jump (1 per team)

Senior specifications for throws events:

U17/ U18 national specifications will be used

Boys	5kg shot put 700gm javelin
Girls	3kg shot put 500gm javelin

Progression- From State to National Final

The top 2 teams in each division after the completion of the 2 rounds of competition automatically qualify for the National Final.

Please note: at the national School Knockout, points are awarded for the place in which they finish their event, from 1st place having 36 points to 36th place having 1 point.