



## **GOLDEN NORTH** **SA Schools Knockout 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 - Adelaide
- ✚ 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:

#### **Monday 15<sup>th</sup> May 2017**

Schools **MUST** use the entry form provided.

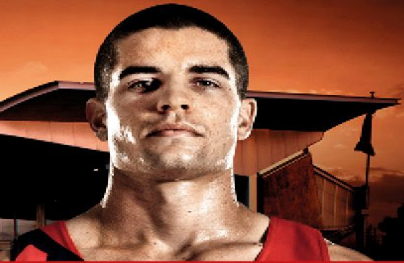
- Fill in your contact details, including email address – so it can be used for regular Knockout updates.
- Indicate the divisions you would like your teams to enter. (e.g. Junior girls)

#### **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 2003 or later)**

- ✚ Teams may fill 8 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 | 100m (2 athletes per team)<br>800m (2 per team)<br>Boys 100m hurdles (84.0cms)/Girls 90m hurdles (76.2cms) (1 per team)<br>4x200m relay |
| Field | Shot Put (1 per team)<br>Long Jump (1 per team)<br>Javelin (1 per team)   |

### **Junior specifications for throws events**

Implement weights are:

|        |                               |
|--------|-------------------------------|
| Boy's  | 4kg shot put<br>700gm javelin |
| Girl's | 3kg shot put<br>500gm javelin |

### **Intermediate Teams (U17 born 2001 or later) & Senior Teams (U19 born 1999 or later)**

- ✚ Teams may fill 11 positions across the 8 individual events + 1 relay
- ✚ Teams consist of a minimum of 7 and maximum of 9 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 2016

### **Intermediate events are:**

|       |   |
|-------|---|
| Track | 100m (2 athletes per team)<br>200m (2 per team)<br>800m (2 per team)<br>Boys 100m hurdles (84.0cms)/ Girls 90m hurdles (76.2cms) (1 per team)<br>Swedish relay (100m, 300m, 200m, 400m) |
| Field | Javelin (1 per team)<br>Shot Put (1 per team)<br>High Jump (1 per team)<br>Long Jump (1 per team)   |

### **Intermediate specifications for throws events**

U15/ U16 national specifications will be used

|       |                               |
|-------|-------------------------------|
| Boys  | 4kg shot put<br>700gm javelin |
| Girls | 3kg shot put<br>500gm javelin |



**Senior events are:**

|       |   |
|-------|---|
| Track | 100m (2 athletes per team)  |
|       | 400m (2 per team)   |
|       | 1500m (2 per team)  |
|       | 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.