

AAMC Invitational Track & Field Meet 2015

For the Field Events Only

Organization:

This meet is organized by the AAMC team (Athletics Association Masters Curaçao) with the much appreciated professional help (Super Volunteers) of the Curaçao Track & Field Federation (C.A.B.) Officials and friends

Days and Time:

Saturday, March 21, 2015, 08:00 hrs. – max.12:00 hrs.

Sunday, March 22, 2015, 08:00 hrs. – max.12:00 hrs.

Venue:

Stadium Ergilio Hato (SDK) at Brievengat.

Field events:

The following Field events will take place:

Throwing: Shot-put, Discus and Javelin.

Jumping: Long-jump, High-jump, Triple Jump or Step-step Jump.

Teams:

01 Batavus **02** Deportivo San Kristobal **03** Cheetah **04** Go Fast

05 Olympic **06** Glory Runners **07** Sloke **08** Sparta

09 Eagles **10** New Revolution **11** Trupial

Regulation and scores:

The implements will be according to the 2014 – 2015 IAAF competition rules ***but appropriately modified for the different ages of the athletes.***

Except in cases where something else is specified in this meet manual, the 2014 –2015 IAAF competition rulebook will be used.

Technical meeting:

On **Tuesday, March 17, 2015** at 19:30 hrs., there will be a mandatory meeting in the **technical information center** (TIC) at SDK.

Start list, schedule and all other final details will be discussed during this meeting.

All changes discussed, made and agreed upon will be considered an official part of this meet.

The registration fee should also be paid before or during the technical meeting.

NOTE: Teams NOT represented in the technical meeting will be EXCLUDED from the meet.

The CACAC/NACAC - area age per December 31 of the current year.

Age-group	D-Girls 12/13 yr	D-Boys 12/13 yr	C-Girls 14/15 yr	C-Boys 14/15 yr	B-Girls 16/17 yr	B-Boys 16/17 yr	A-Girls 18/19 yr	A-Boys 18/19 yr
Shot	<u>2 KG</u>	<u>3 KG</u>	<u>3KG</u>	<u>4KG</u>	<u>3 KG</u>	<u>5 KG</u>	<u>4 KG</u>	<u>6 KG</u>
Discus	<u>.75 KG</u>	<u>1 KG</u>	<u>1 KG</u>	<u>1 KG</u>	<u>1 KG</u>	<u>1.5 KG</u>	<u>1 KG</u>	<u>1.75 KG</u>
Javelin	<u>400 Gr.</u>	<u>400 Gr.</u>	<u>500 Gr.</u>	<u>600 Gr</u>	<u>600 Gr.</u>	<u>700 Gr.</u>	<u>600 Gr.</u>	<u>800 Gr.</u>

Starting Height/ Distance	D-Girls 12/13 yr	D-Boys 12/13 yr	C-Girls 14/15 yr	C-Boys 14/15 yr	B-Girls 16/17 yr	B-Boys 16/17 yr	A-Girls 18/19 yr	A-Boys 18/19 yr
High Jump	0.95 m	1.00 m	1.05 m	1.10 m	1.10 m	1.20 m	1.20 m	1.30 m
Long Jump								
Triple Jump	NO	NO	NO	NO	NO			
Step-step Jump	7 m.	7 m.	7 m.	7 m.	7 m.	NO	NO	NO

Number of Athletes:

Each team is allowed a maximum 3 entrees/athletes per event, per age group (Notice the change from 2013)

(For Example: 3 boys of the 13-14 age-groups throw the shot-put for Trupial and 3 girls of the 13-14 age-groups throw the shot-put for Trupial)

Athletes' Registration:

All athletes should be registered according to their date of birth.

Athletes can ONLY participate if they bring ONE adult volunteer to the meet. This can be a relative (Father, mother, uncle, aunt, nephew, niece, neighbor, teacher or any other adult.)

The athlete **MUST** bring his/her volunteer with him/her to the "bull-pen" (sign-up table), when checking in. The volunteer will receive an orange vest and his/her assignment to an event.

This orange vest must be returned (for future meets) at the end of the assigned event.

An athlete without a volunteer will receive a DNS (Did Not Show) on the Meet results sheet for all the events he/she signed up for. And will NOT participate!!!!

Registration should be done using the form available on the website of <http://www.goeasyware.com> starting on Tuesday, March 10, 2015.

The registration deadline is on Saturday, March 14, 2015 at 24:00 hrs.

Note: The best way to enter an athlete into an event is by **providing the best mark/result** (if available). Providing this best mark of the athlete is interesting for the athletes, coaches and others to see.

(In the future there will be minimum Field event standards: Athletes should ONLY be entered if they throw/jump a certain distance or better. See also diagram at the end of this manual)

Please, register your athletes with the **same bib number** as used during the last competition and or in 2014.

Registration fee is: NafL. 5,= per athlete registered with CAB.

For non-registered athletes, (including the unattached competitors) the fee will be NafL. 10,=.

All payments to be made preferably using CAB's bank account at MCB 27896004. A copy of the bank transaction should be submitted to the treasurer of the federation during the technical meeting.

Payment due date is Tuesday March 17, 2015.during the technical meeting.

Bib numbers:

All athletes (except the unattached competitors) should wear their (1) bib number during the competition. **The usage of bib numbers will be mandatory.**

Athletes must report directly to each venue:

All athletes must report (register) directly to the venue of the event and receive instructions of the CAB Official.

Warming-up (Practice) Jumps & -Throws:

All athletes are allowed a maximum of 3 Warming-up Jumps & -Throws **PRIOR to the event.** This stops at the official starting time of the event!

So come early for your warming-up Jumps & -Throws

All officials will be at the venue of the event to supervise the Warming-up (Practice) Jumps & -Throws

High Jumps

Each competitor has a right to complete **three (3) tries** at each height, starting the jump in two consecutive occasions without completing the jump will constitute a try and will be taken as a foul.

a. The starting height for each category will be:

- See diagram above

b. The cross bar will be elevated:

- 5 cms. Until three (3) competitors are left.
- 3 cms. Until finish the event

Long Jumps

- a. The takeoff board will be white and it must be 1.22m.long and 30cm.wide.
- b. The takeoff board must be set at least 2.00m.away from the landing pit.
- c. Each competitor will have the right to complete **three (3) official attempts.**
- d. We may be using 2 long jump pits to speed up the event.

Triple Jumps

- a. The athletes who have to do the Triple jump will be:
 - See diagram above
- b. Each competitor will have the right to complete **three (3) official attempts.**
- c. We may be using 2 triple jump pits to speed up the event.

Step-Step Jump

- a. The athletes who have to do the step-step jump will be:
 - See diagram above
- b. For athletes in the D-, C- and Girls in the B- Category the first take off will be at 7 meter before the sandpit.
- c. The takeoff “board” will be painted white and it must be 1.22m.long and 30cm.wide.
- d. Each competitor will have the right to complete **three (3) official attempts.**
- e. We may be using 2 triple jump pits to speed up the event.

Shot put

- a. The shots used for this Field meet will be:
 - See diagram above
- b. Each competitor will have the right to complete **three (3) official attempts.**
- c. The competitors shall use either the full technique or the final phase.

Javelin/discuss throw

- a. The javelins/discus used for this Field meet will be:
 - See diagram above
- c. Each competitor will have the right to complete **three (3) official attempts.**

Awards and Awards ceremonies:

There will be **NO awards** for this “Field Events Only” meet.

Entrance fee:

Entrance for the general public will be free.

Important dates:

Tuesday, March 3, 2015: Submit all information to the clubs.

Tuesday, March 3, 2015: Registration opens on the website of Easy Ware;<http://www.goeasyware.com>.

Saturday, March 14'15: Registration due date. No further registration is possible after this date.

Monday, March 16'15: The starting list will be submitted by mail to the clubs for comments. If possible, please send your comments before the technical meeting to CAB secretary (cab.2008@hotmail.com).

Tuesday, March 17'15: Technical Meeting starting at 19:30 in the container at SDK.
During this meeting **only withdrawal** of athletes from the competition or from one or more events is possible.

Tuesday, March 17'15: Payment due day for entries Nafl. 5.= (associated athletes) and Nafl. 10.= (others) and fine for DNS Nafl. 10.=. for the previous CAB meet of February 20,21,22, 2015

All payments to be made preferably using CAB's bank account MCB 27896004. A copy of the bank account should be submitted to the meet treasurer (Mr. Glenn Mc Donald) during the technical meeting.

Cash payment is also possible during the technical meeting.

Competition days: Saturday, March 21, 2015, 08:00 hrs. – max.12:00 hrs.

Sunday, March 22, 2015, 08:00 hrs. – max.12:00 hrs.

Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Long Jump Pit # 1	8:00 AM	C-Boys U-15 yr	8:00 AM	C-Girls U-15 yr	Ver-springen
Long Jump Pit # 2	8:00 AM	D-Boys U-13 yr	8:00 AM	D-Girls U-13 yr	Ver-springen

Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Long Jump Pit # 1	9:00 AM	A-Boys 18+ yr	9:00 AM	A-Girls 18+	Ver-springen
Long Jump Pit # 2	9:00 AM	B-Boys U-18 yr	9:00 AM	B-Girls U-18 yr	Ver-springen

Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Triple Jump Pit # 1	10:00 AM	D-Girls U-13 yr	10:00 AM	B-Boys U-18 yr	Hink Stap Sprong
Triple Jump Pit # 2	10:00 AM	C-Girls U-15 yr	10:00 AM	A-Boys 18+ yr	Hink Stap Sprong

Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Triple Jump Pit # 1	11:00 AM	D-Boys U-13 yr	11:00 AM	B-Girls U-18 yr	Hink Stap Sprong
Triple Jump Pit # 2	11:00 AM	C-Boys U-15 yr	11:00 AM	A-Girls 18+ yr	Hink Stap Sprong

Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
High Jump Mat # 1	8:00 AM	B-Girls U-18 yr	8:00 AM	D-Girls U-13 yr	Hoog Springen
High Jump Mat # 2	8:00 AM	A-Girls 18+ yr	8:00 AM	C-Girls U-15 yr	Hoog Springen

Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
High Jump Mat # 1	11:00 AM	B-Boys U-18 yr	11:00 AM	D-Boys U-13 yr	Hoog Springen
High Jump Mat # 2	11:00 AM	A-Boys 18+ yr	11:00 AM	C-Boys U-15 yr	Hoog Springen

Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Discus	8:00 AM	D-Girls U-13 yr	8:00 AM	D-Boys U-13 yr	Discus Werpen
Discus	8:00 AM	C-Girls U-15 yr	8:00 AM	C-Boys U-15 yr	Discus Werpen
Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Discus	9:00 AM	B-Girls U-18 yr	9:00 AM	A-Boys 18+ yr	Discus Werpen
Discus	9:00 AM	A-Girls 18+	9:00 AM	B-Boys U-18 yr	Discus Werpen
Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Shotput	8:00 AM	B-Boys U-18 yr	9:00 AM	C-Girls U-15 yr	Kogel Stoten
Shotput	8:00 AM	A-Boys 18+ yr	9:00 AM	D-Girls U-13 yr	Kogel Stoten
Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Shotput	9:00 AM	D-Boys U-13 yr	10:00 AM	B-Girls U-18 yr	Kogel Stoten
Shotput	9:00 AM	C-Boys U-15 yr	10:00 AM	A-Girls 18+	Kogel Stoten
Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Javelin	11:00 AM	D-Girls U-13 yr	10:00 AM	D-Boys U-13 yr	Speer Werpen
Javelin	11:00 AM	C-Girls U-15 yr	10:00 AM	C-Boys U-15 yr	Speer Werpen
Event	TIME	Saturday March 21	TIME	Sunday March 22	Event
Javelin	10:00 AM	B-Girls U-18 yr	11:00 AM	B-Boys U-18 yr	Speer Werpen
Javelin	10:00 AM	A-Girls 18+	11:00 AM	A-Boys 18+ yr	Speer Werpen

Future minimum standards (distances and heights) for the field events:

Age-group	D-Girls	D-Boys	C-Girls	C-Boys	B-Girls	B-Boys	A-Girls	A-Boys
Weight	12/13 yr	12/13 yr	14/15 yr	14/15 yr	16/17 yr	16/17 yr	18/19 yr	18/19 yr
Shot	2 KG	3 KG 6 meter	3KG 5 meter	4KG 6 meter	3 KG 6 meter	5 KG 8 meter	4 KG	6 KG
Discus	.75 KG	1 KG	1 KG 15 meter	1 KG 20 meter	1 KG 20 meter	1.5 KG 20 meter	1 KG	1.75 KG
Javelin	400 Gr.	400 Gr.	500 Gr. 15 meter	600 Gr. 25 meter	600 Gr. 25 meter	700 Gr. 25 meter	600 Gr. 25 meter	800 Gr. 25 meter

Minimum Height/ Distance	D-Girls 12/13 yr	D-Boys 12/13 yr	C-Girls 14/15 yr	C-Boys 14/15 yr	B-Girls 16/17 yr	B-Boys 16/17 yr	A-Girls 18/19 yr	A-Boys 18/19 yr
High Jump	0.95 m	1.00 m	1.05 m	1.10 m	1.10 m	1.20 m	1.20 m	1.30 m
Long Jump	2.5 m.	3 m.	3 m.	3.5 m.	4 m	4.5 m	4 m	5 m.
Triple Jump	NO	NO	NO	NO	NO	7 m	7 m	8 m
Step-step Jump	7 m.	7 m.	7 m.	7 m.	7 m.	NO	NO	NO

