



DUTCH CARIBBEAN INVITATIONAL

Days:

Saturday: 14th March 2015

Sunday: 15th March 2015

Venue:

Stadion Ergilio Hato at Brievengat

Set-up:

Four (4) competitions in one;

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| I. Kids (7/8 and 9/10) | 1 st /2 nd Day |
| II. Kids (11/12 and 13/14) in penta- and heptathlon | 1 st /2 nd Day |
| III. Junior, Senior and Masters | 1 st /2 nd Day |
| IV. Long dist. competition (walk/run) 5000/3000m on road/ track | 1 st /2 nd Day |
| V. Heptathlon and octathlon according to the Carifta Manual | 1 st /2 nd Day |

Time:

Saturday 14th March 2015

07:00 hrs. – 12:00 hrs.

Sunday 15th March 2015

08:00 hrs. – 12:00 hrs.

Regulation and scores:

The implements will be according to the 2014 – 2015 IAAF competition rules and CAC Age Group 2013 Championship Team Manual.

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

Registration:

Only athletes register to the CAB via their clubs are allowed to participate. Those athlete have paid their start license of Fls. 20.= for 2015.

Other athletes not registered via club can still participate, but as "exhibition" and are entitled for another price award next to our "own" athletes.

An event is valid only with participation of three (3) or more athletes. No award will be submitted for events with less than three (3) athletes.

Sponsored by:



Technical meeting:

Tuesdays 10th March 2015 at 19:30 hrs in the technical information center (TIC) at SDK.

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

All changes discussed and agreed upon during the technical meeting will be considered an official part of this meet.

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

Athletes' Registration:

Registration should be done using the form available on the website of <http://www.goeasyware.com> starting on Monday 2nd March 2015.

The registration deadline is on Sunday 8th March 2015 at 24:00 hrs.

Please enter an athlete into an event providing **the best mark** (if available).

Providing this best mark of the athlete is interesting for the athletes, coaches and other to see the start list and development in a later stage. With the seed mark; the athlete will also get the most appropriate position in the lanes during track events.

All athletes registered for a start license for 2015 will get a new bib number. This is valid bib number is valid through the whole year and should be kept and used during 2015.

Registration fee is: Naf. 5,= per athlete registered with CAB, for non-registered athletes the fee will be USD. 12,=. It's preferable for the payments to use the 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 Tuesdays 10th March 2015 during the technical meeting.

Note: The treasurer for this meet is mrs. Irene Macaya (662-7143).

Bib numbers:

All athletes should wear their (1) bib number during the competition.

The usage of bib numbers will be mandatory.

Participants from abroad will get a bib number upon registration.

Events, categories and technical rules:

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

Events with less than three (3) athletes will be merged with another category.

Clubs are responsible to submit registration of athletes in the events.

1. Regulation

Except in cases where something else is specified, the IAAF competition rulebook and the CAC Age Group 2013 Championship Team Manual will govern.

Photo finish equipment will be used for the track events.

2. Sprinting/running/walk events

- 60 meter dash
- 80 meter dash
- 100 meter dash
- 200 meter dash
- 400 meter run
- 600 meter run
- 800 meter run

- 1000 meter run
- 1200 meter run
- 1500 meter run
- 3000 meter run
- 5000 meter walk
- 60 meter hurdle
- 80 meter hurdle
- 100 meter hurdle
- 110 meter hurdle

Rules for the younger athletes (U-9, U-11, U-13 and U-15):

- Each competitor will have the right to take two (2) false starts; if the athlete takes the third false start the athlete will be disqualified.
- In track events, the competitors will have to stay inside their assigned lane or could be disqualified for running outside it.
- The usage of start-block is permitted for all events <400 meter.

3. High Jumps

Each competitor has a right to complete three (3) tries on 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:

- Girls/Boys 11-12 100/105 cms
- Girls/Boys 13-14 110/115 cms
- Women Open 130 cms
- Men U18 140 cms
- Men 18+ 150 cms

b. The cross bar will be elevated:

- 5 cms. Until three (3) competitors are left.
- 3 cms. Until finish the last.
- the last athlete decides the elevation of the cross bar in cms (1, 2 or 3 cms).

4. Long Jumps

a. For the U-9 and the U-11 athletes the take-off should be done from the white zone 1.22m long and 30cm wide 1 meter away in from the edge of the landing pit. This zone is marked with white paint.

For all other athletes the take of zone will be as per IAAF regulation from the standard take-off board.

b. Each competitor in the category U-9, U-11, U-13 & U-15 will have the right to complete three (3) attempts. Athletes of the other categories will have six (6) attempts.

5. Triple Jumps According to IAAF Rules book.

Each competitor will have the right to complete three (3) attempts. Deviation on this rule will be discussed with the coaches during the technical meeting.

6. Baseball Throw

- a. A baseball ball (400g.) will be used.
- b. The throw must be executed over the shoulder.
- c. Each competitor will have the right to complete three (3) attempts.
- d. A javelin sector will be drawn. Only throws within the sector are valid.

7. Shot put

- a. The shot must have a weight of 3 kilograms for U-15 & women U-18, 4 kg for women open, 5 kg for Men U-18, 6 kg for men U-20 and 7.26 kg for 20+ (senior).
- b. Each competitor in the category U-15 will have the right to complete three (3) attempts. Athletes of the other categories will have six (6) attempts.
- c. The competitors shall use either the full technique or the final phase.

8. Javelin/discuss throw

- a. The javelin must have a weight of 500 gram for U18 women and 600 kg for women open and Men U-18 and respectively 700 gram and 800 gram for men U20 and 20+
- b. The discuss must have a weight of 1 kg for women open and respectively 1.5 kg, 1.75 kg and 2 kg for men U-18, U20 and 20+
- c. Each competitor will have the right to complete six (6) attempts.

Awards and Awards ceremonies:

The winning competitors in each event/categories shall receive a gold medal, the competitor placed second a silver medal and the competitor placed in third a bronze.

The award ceremonies will take place according to the scheme to be submitted. The athletes should approach the award podium through the call room. Appropriate sport clothing is mandatory for the ceremonies.

An event is valid for a medal only with participation of three (3) or more athletes. No award will be submitted for events with less than three (3) athletes.

Entrance fee:

Entrance for the general public will be free.

Important dates:

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| 2 nd March: | Submit all information to the clubs and federations. |
| 4 th March: | Registration open on the website of Easy Ware;
http://www.goeasyware.com . |
| 8 th March: | Registration due date. No further registration is possible after this date. |
| 10 th March: | The starting list will be submitted by mail to the clubs. Technical Meeting starting at 19:30 in the TIC at SDK. During this meeting only withdrawal of athletes from the competition or from one or more events is possible. Payment due day. 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 (Mrs. Irene Macaya) during the technical meeting. Cash payment is also possible during the technical meeting. |
| 14 th & 15 th March: | Competition days. |

Scheme Saturday 14th March (subject to change):

1st Call	2nd Call	Start	Saturday Event	Categories
6:30	*	7:00	5000m Race Walk Women & Men	Master 35+
7:30	*	8:00	100m Women 100mH	Heptathlon
7:36	*	8:06	100m Women	18+
7:42	*	8:12	100m Men Prelim	U-18
7:48	*	8:24	100m Men Prelim	U-20/Octathlon
8:04	*	8:30	100m Men Prelim	20+ Master
8:10	*	8:40	80m Girls & Boys	U-15
8:10	*	8:40	High Jump Women	Open/Heptathlon
8:25	*	8:55	60m Girls & Boys	U-13
8:30	*	9:00	60m Girls & Boys	U-9
8:30	*	9:00	Long Jump Men	U-18, 18+/Octathlon
		9:00	Shotput Boys & Girls	U-15
8:45	*	9:15	60m Girls & Boys	U-11
		9:15	Ball Throw Boys & Girls	U-13
9:00	*	9:30	1500m Men & Women	Open
		9:30	Ball Throw Boys & Girls	U-9
		9:45	Ball Throw Boys & Girls	U-11
9:30	*	10:00	Shotput Women (3kg ,4kg)	U-18, 18+/Heptathlon
9:30	*	10:00	100m Women Final	U-18
		10:00	High Jump Boys & Girls	U-15
9:36	*	10:06	100m Women Final	18+
9:42	*	10:12	100m Men Final	Master 35+
		10:15	Long Jump Boys & Girls	U-13
9:48	*	10:18	100m Men Final	U-18
9:54	*	10:24	100m Men Final	U-20
10:00	*	10:30	100m Men Final	20+
10:00	*	10:30	Shot Put Men (5kg,6kg , 7.25kg)	U18, U-20, 20+/Octathlon
10:48	*	11:18	400m Women Final	Open
10:54	*	11:24	400m Men Final	U-18
11:00	*	11:30	400m Men Final	18+
11:10	*	11:40	200m Women	Heptathlon

*) 15 min after the first call

Scheme Sunday 15th March (subject to change):

1st Call	2nd Call	Start	Saturday Event (outside the stadion)	Categories
7:30	*	8:00	Discus Women(1kg)	U-18 ,18+ ,Master 35+
7:30	*	8:00	Javelin Men(700gr, 800gr)	U-18 ,18+ /Octathlon
7:30	*	8:00	Javelin Men	Master 35+
		9:00	Javelin Women(500gr, 600gr)	U-18, 18+, 35+/ Heptathlon
		9:00	Discus Men(1.5kg , 1.75kg, 2kg	U-18, U20, 20+
		9:00	Discus Men	Mater 35+
1st Call	2nd Call	Start	Saturday Event	Categories
7:20	*	7:50	300m run Women Men	Open
7:30	*	8:00	High Jump Girls	U13
7:30	*	8:00	High Jump Boys	U-13
7:30	*	8:00	Long Jump Women	Open /Heptathlon
7:45	*	8:15	60mH Girls	U-15
8:00	*	8:30	80mH Boys	U-15
		8:30	Ball Throw Girls	U-15
		8:45	Ball Throw Boys	U-15
8:15	*	8:45	400mH	Open
8:30	*	9:00	110mH Men	Open/Octathlon
8:45	*	9:15	200m Women Prelim	U-18, 18+
8:51	*	9:21	200m Men Prelim	U-18 ,U-20, 20+
9:15	*	9:45	High Jump Men (140cm, 150cm)	U-18, 18+/Octathlon
		9:45	Long Jump Girls	U-15
		10:00	Long Jump Boys	U-15
9:40	*	10:20	800m Women Final	Open/Heptathlon
10:00	*	10:28	800m Men Final	U18, 18+
		10:36	800m Girls	U-13
10:15	*	10:45	Triple Jump Men & Women	Open
		10:44	1000m Girls	U-15
		10:52	1000m Boys	U-13
		11:00	1200m Boys	U-15
10:38	*	11:08	1000m Men	Open / Octathlon
10:46	*	11:16	200m Women Final	U-18
10:52	*	11:22	200m Women Final	18+
10:58	*	11:28	200m Men Final	U-18
11:06	*	11:36	200m Men Final	U-20
11:12	*	11:42	200m Men Final	20+
11:30	*	12:00	4x400m	Open

*) 15 min after the first call