

Revision: 11th May 2016

2016 WORLD ATHLETICS DAY COMPETITION MANUAL 1

Days:

Friday: 13th May 2016

Saturday: 14th May 2016

Venue:

Stadion Ergilio Hato at Brievengat

Set-up:

Four (4) competitions in one;

- I. Kids (7/8 and 9/10) quadrathlon and Age Group (11/12 and 13/14) in pentathlon and heptathlon the overall top eight of 6th and 7th May 2016. Day 1 and Day 2
- II. Junior, Senior and Masters Day 1 and Day 2

Time:

Friday: 13th May 2016

17:30 - 21:45

Saturday: 14th May 2016

outside the stadium
inside the stadium

14:00 - 17:30
17:30 - 21:45

Regulation and scores:

The implements will be according to the 2016 – 2017 IAAF competition rules and CAC Age Group 2015 Championship Team Manual.

Except in cases where something else is specified in this meet manual. Download the 2016-2017 IAAF competition rules.

<http://athleticsnacac.org/index.php/Latest/iaaf-competition-rules-2016-2017-now-online.html>

Participation:

Only athletes register to the CAB via their clubs are allowed to participate. Those athlete that have paid their start license of Fls. 20.= for 2016.

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

Not registered athletes should pay Fls. 15.= for participation to this meet.

Note:

The over-all top eight (8) - Kids (7/8 and 9/10) quadrathlon and Age Group (11/12 and 13/14) in pentathlon and heptathlon – out from the meet of 13th and 14th May will be entered by the meet secretary.

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.

Technical meeting:

Tuesday 10th May 2016 at 19:00 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 (Fls. 5.=) and start license (Fls. 20.=) - if not paid yet -, should also be paid before or during the technical meeting.

Participation categories and awarding of our masters athletes will be also discussed during this meeting.

Consideration should be taken to facilitate the participation of all our master athletes.

Athletes' Registration:

Registration should be done using the form available on the website of <http://www.goeasyware.com> starting on Monday 2nd May 2016. The registration deadline is on Saturday 7th May 2016 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 of interest 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 2016 have received a **new** bib number (hard copy), please use this bib number of 2016 in the database of go easy ware. So you have to register using the 2016 bib number in the goeasyware. This new bib number will be the valid through the whole year and should be kept and used during 2016.

If an athlete forgot his number; a new number will be available at the meet secretary for the amount of Fls. 5.=.

A list of numbers submitted to the athletes of each club will be sent separate to all clubs.

Registration fee is: Naf. 5.= per athlete registered with CAB. For non-registered athletes the fee will be Naf. 15.=. 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 Tuesday 10th May 2016 during the technical meeting.

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

Bib numbers:

All athletes should wear their one (1) originally **printed** bib number during the competition. Self-made number will be not accepted.

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 age on 31st December 2016.

Events with less than three (3) athletes will be merged with another category. Clubs are responsible to submit registration of athletes in the events.

Regulation

Except in cases where something else is specified, the IAAF competition rulebook and the CAC Age Group 2015 Championship Team Manual will govern.

Photo finish timing equipment will be used for the track events.

1. 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
- └ 100 meter hurdle
- └ 110 meter hurdle

3. 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.

4. 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
- Masters tbd during the technical meeting

b. The cross bar will be elevated:

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

5. 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 will have the right to complete respectively two (2) attempts. Competitors in the category of U-13 & U-15 will have the right to complete three (3) attempts. Athletes of the other categories will have maximum six (6) attempts.

6. 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.

7. Baseball Throw

a. A baseball ball (400g.) will be used.

b. The throw must be executed over the shoulder.

c. Each competitor in the category U-9 & U-11 will have the right to complete respectively two (2) attempts. Competitors in the category of U-13 & U-15 will have the right to complete three (3) attempts.

d. A javelin sector will be drawn. Only throws within the sector are valid.

8. 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 maximum six (6) attempts.

c. The competitors shall use either the full technique or the final phase.

9. Javelin/discuss throw

a. The javelin must have a weight of 500 kg for U-18 women and 600 kg for women open and men U-18 and respectively 700 kg and 800 kg 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, U-20 and 20+ athletes.

c. Each competitor will have the right to complete maximum six (6) attempts.

Awards and Awards ceremonies:

Athletes will not be awarded during this competition.

All participants will receive a World Athletics Day Dog tag.

Assistance from clubs:

All clubs participating to this meet should delegate at least **two (2)** persons to assist the officials with the meet as writers, material handler, implement retriever, etc. on the 1st

and 2nd competition date.

Please, submit the names of those assistants together with your registration in event # 115; "club assistance".

Without assistance of our clubs it will be NOT possible to run this meet as scheduled.

Entrance fee:

Entrance for the will be Fls. 2.=. Tickets are available at the entrance of the stadium.

Important dates:

- 2nd May Registration open on the website of Easy Ware;
<http://www.goeasyware.com>.
- 7th May: Registration due date at 22:00 hrs. No further registration is possible after this date/hour.
- 8th May: The starting list will be submitted by mail to the clubs.
- 10th May: Technical Meeting starting at 19:00 in the TIC at SDK. During this meeting only **withdrawal** of athletes from the competition or from one or more events is possible.
- 10th May: 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.
- 13th and 14th May: Cash payment is also possible during the technical meeting. Competition days.

Call room:

Athletes to report at the call room 30 minutes before the start of an event. Once an event is closed no further participation is possible.

Live results:

Live results will be available during and after the competition on:
<http://goeasyware.com/meet15/index.htm>

Scheme Friday 13th May: inside the stadium (subject to change):

17:30	Ball throw	U-15
17:30	Long Jump	U-11
17:30	High Jump	U-13
18:00	Ball Throw	U-9
18:00	3000m Run women & Men	Open
18:00	Long Jump	U-15
18:15	100m Men prelim	U-35
18:30	60m Girls & Boys	U-11
18:45	60m Girls & Boys	U-9

19:00	60m Girls & Boys	U-13
19:15	100m Women Final	Open
19:00	Shotput Women (3 Kg)	U-18
19:00	Shotput Women (4 Kg)	Open
19:00	Long Jump Women	Open
19:00	Long Jump Men	Open
19:30	80m Girls & Boys	U-15
19:45	100m Master Final	Master 35+
20:00	100m Men Final	U-35
20:15	400m Women Final	Open
20:25	400m Men Final	Open
20:45	1500m Women/Men Final	Open
21:00	4x100m	Open Women
21:10	4x100m	Open Men
21:15	Closing	

Scheme Saturday 14th May: outside the stadium (subject to change):

14:00	Discus Women (1Kg)	U-18
14:00	Discus Women (1Kg)	U-20 , U-35 & master
14:00	Discus Men (1.5Kg, 1.6kg, 1.75Kg & 2Kg)	U-18,U-20 & U-35
14:00	Discus Men	Master 35+
15:30	Javelin Women (500g)	U-18
15:30	Javelin Women (600g / 500g)	U-20 , U-35 & master
15:30	Javelin Men (700g & 800g)	U18 , U20 & U-35
15:30	Javelin Men	Master 35+

Scheme Saturday 14th May: inside the stadium (subject to change):

17:30	Ball Throw	U-11
17:30	Long Jump	U-9
18:00	Long Jump	U-13
17:30	60/80m hurdles	U-15
18:00	100m hurdles women	Open

18:15	110m hurdles Men	Open
18:00	High Jump	U-15
18:30	200m Men prelim Women	Open
18:30	200m Men prelim Men	Open
18:45	200m Men prelim Men	Open
19:00	Ball Throw	U-13
19:00	High Jump Women/Men	Open
20:00	Triple Jump	Open
19:00	Shotput	U-15
19:00	600m	Open
19:10	600m	Open
19:20	400m	Open
19:30	800m	U-15
19:40	800m	Master 35+
20:00	200m Final Men	U-35
20:10	200m Final Women	Open
20:20	1000m	Open
20:30	1200m	Open
21:00	800m Men/Women Final	Open Women
21:15	Dog Tags World Athletics Day	All
21:30	4x400m Men	Open Men
21:45	Closing	