



**8th Aruba Dutch Caribbean Quadrathlon, Pentathlon &  
Heptathlon Age Group Championship 2016  
Infantile A, Infantile B & Infantile C  
Aruba, 8 & 9 July 2016**

**Organized by:**

This competition is organized by Aruba Athletic Federation (A.A.F.).

**Invited Countries**

The countries invited are Bonaire, Curaçao, Sint Maarten, Saba, Sint Eustatius, Suriname and Aruba (host country)

**Competition Days**

Friday 8 & Saturday 9 of July 2016

**Venue**

Compleho Deportivo Guillermo Prospero Trinidad at Stadionweg in Dakota, Oranjestad

**Opening Cermony**

Friday 8 of July at 5.00 p.m. in Compleho Deportivo Prospero Trinidad

- National Anthem
- Welcome word – President A.A.F.
- Opening – Minister of Sport
- Official start of Torch Race

**Closing and Awards ceremony**

**T.B.A.**

**Team's composition**

A team consists of a maximum of 2 female athletes & 2 male athletes per category which means each country will participate with one team of 12 athletes (4 per category).

A country with a team consisting of less than 12 athletes may compete, but the athletes will only be scored individually.

Aruba as host country will have 2 teams in each category.

### **Accommodation**

The delegations, coaches and delegates will stay at the **Nally Apartments, in Bucuti.**

### **Accommodation supporters**

A.A.F is not responsible for accommodation of supporters.

Supporters can stay at Bell Blue Aruba Apartments for \$ 110, - per night/ max.6 persons per room. Supporters must arrange their accommodation directly with the hotel.

### **Accreditation Passport presentation and Age Verification**

Accreditation center will be at Compeho Deportivo Guillermo Prospero Trinidad (stadium) room 39.

### **Accommodation Levy and team size**

There will be an accommodation levy of US \$150, 00 per team member, this must be paid at the accreditation center before teams can be accredited.

The levy shall cover the period from **12 noon Friday July 8<sup>th</sup> till Saturday July 9<sup>th</sup> 2015(2 nights).**

Accommodation outside the official period will be at the expense of each delegation. Delegations who has no option to arrive on Friday, must announce this in advance, to evaluate what arrangements can be made.

The number of team officials accompanying each delegation shall be limited as follows:

- 2-5 competitors - 2 officials
- 6-8 competitors - 3 officials
- 9-12 competitors - 4 officials

One of the officials must be the Head of Delegation and one must be female.

If a team wishes to board additional officials in the accommodation provided by A.A.F., the fee for these additional officials will be US \$150,- per person per day.

### **Transport**

Transport will be provided to and from the airport on arrival and departure to the accommodation and from the accommodation to the competition area on the competition days.

Delegations must inform the A.A.F. of participation and travel plans (arrival and departure) and before the **20th of May, 2016.**

## **Meals – Schedule**

Breakfast will be served at the Accommodation 6.30 – 8.00 a.m.  
Lunch and Dinner will served at the Stadium.

## **Technical Information**

### **Final entries-Competition Days**

- Confirmation of participation      Friday 20<sup>th</sup> of May 2016
- Closing Numerical Entries      Friday 20<sup>th</sup> of May 2016
- Closing of Final Entries      Friday 17<sup>th</sup> of June 2016  
www.goeasyware.com
- Arrival of Delegations      Friday 8<sup>th</sup> of July 2016
- Technical Meeting      Friday 8<sup>th</sup> of July 2016 pm
- Competition Days      Friday 8<sup>th</sup> and Saturday 9<sup>th</sup> of July
- Departure of Delegations      Sunday 10<sup>th</sup> of July

## **Athletes 'Registration**

Registration should be done using the website

<http://www.goeasyware.com>

The registration deadline is **on FRIDAY 17 JUNE at 24:00 hrs.**

Note: The best way to enter an athlete into an event is by providing his or her best mark (if available).

## **Technical Meeting**

**Technical meeting will be held on Friday 8<sup>th</sup> July 2016 at 2.30 pm** in the meeting room of the Stadium.

No more than two (2) delegates from each participating team may attend the meeting. Before the meeting each delegate will receive the athlete's bib numbers and can review the entries lists.

The agenda shall be as follows:

### **Agenda – Technical Meeting**

1. Welcome
2. General information on timetable, raising of the bars, protest procedure, awards, opening and closing ceremonies
3. Answer to delegation's questions (must submitted in advance)
4. Appointing of the Jury of Appeal
5. Closing

## **Results of event**

As soon as results are compiled they will be posted on a board in the Stadium and each Head delegate will receive a copy.

### **Technical Rules, Events and categories for Age Group:**

**Quadrathlon Infantile “C”:** U-11 (9-10 yrs) Born between January 1<sup>st</sup>, 2006 and December 31<sup>st</sup>, 2007.

Events: **60 meter dash, 600/800 meter, Long Jump, Ball Throw and Relay 4 x 80 meter.**

**Pentathlon Infantile “B”:** U-13 (11-12 yrs) Born between January 1<sup>st</sup>, 2004 and December 31<sup>st</sup>, 2005.

Events: **60 meter dash, 800/1000 meter, Long Jump, Ball Throw, High Jump and Relay 4 x 100 meter.**

**Heptathlon Infantile “A”:** U-15(13-14 yrs) Born between January 1<sup>st</sup>, 2002 and December 31<sup>st</sup>, 2003.

Events: **80 meter dash, 1000/1200 meter, Hurdles 60/80 meter, Long Jump, Ball Throw, High Jump, Shot Put and Relay 4 x 100 meter.**

### **1. Regulations and scores**

Except in cases where otherwise else is specified, the IAAF competition rulebook and the CACAC Age Group combined events scoring tables will be used.

Photo finish equipment (ET) will be used for the track events.

### **2. Sprint Events**

- 60 meter dash
- 80 meter dash
- 60 meter hurdles ( 13/14 yrs)
- 80 meter hurdles ( 13/14 yrs)

Hurdles measurement for Girls is 6 hurdles at 0.76 meter- 30”

- ✓ Start to 1<sup>st</sup> hurdle is 12.0 meters
- ✓ Between hurdles is 8.0 meters
- ✓ Last hurdle to finish line is 8.0 meters

Hurdles measurements for Boys is 8 hurdles at 0.84 meter- 33”

- ✓ Start to 1<sup>st</sup> hurdle is 13.0 meters
- ✓ Between hurdles is 8.5 meters
- ✓ Last hurdle to finish line is 7.5 meters
- Each competitor will have the right to commit two (2) false starts, if the athlete commit the third false start he or she will be disqualified.
- In track events, the competitors will have to stay inside their assigned lanes or could be disqualified for running outside it.

- In order to obtain points all competitors will have to complete each race. A competitor who falls will have to stand up and finish the race to accumulate points.

### **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 scored as a foul.

**A.** The starting height for each category will be:

- Boys 11-12 1.00 cm
- Girls 11-12 0.90 cm
  
- Boys 13-14 1.10 cm
- Girls 13-14 1.05 cm

**B.** The cross bar will be elevated:

- 5 cm, until three (3) competitors are left.
- 3 cm, until finish the event.

### **4. Long Jumps**

**A.** The takeoff board (zone) will be marked with white paint with dimension of 1.22 m long and 30 cm wide.

**B.** The take off board (zone) will set 2 m away from the landing pit.

**C.** Each competitor will have the right to complete three (3) attempts.

### **5. Baseball Throw**

**A.** A baseball ball (400gr) will be used.

**B.** The throw must be executed over the shoulder.

**C.** Each competitor will have the right to complete three (3) attempts.

### **6. Shot Put**

**A.** The shot must have a weight of 3 kilograms.

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

**C.** Each competitor will have the right to complete three (3) attempts.

### **7. Long Distance**

- 600 meter for girls U-11 (9-10)
- 800 meter for boys U-11 (9-10)
- 800 meter for girls U-13 (11-12)
- 1000 meter for boys U-13 (11-12)
- 1000 meter for girls U-15 (13-14)
- 1200 meter for boys U-15 (13-14)

In order to obtain points all competitors will have to complete each race. A competitor who falls will have to stand up and finish the race to accumulate points.

### **8. Relays**

- A. A 4 x 80m mix gender team relay will be run for category 9-10 years.
- B. A 4 x 100m mix gender team relay will be run for category 11-12 and 13- 14 years.
- C. The exchange zone of the baton will be of twenty (20) meters and there will be no pre-zone or acceleration zone.
- D. No points will be awarded.
- E. The winning team shall receive a gold, silver and bronze medal, for the respectively 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

### **Awards**

Awards will be presented in the following order:

**A.** A Gold, Silver and Bronze medal will be awarded for **the first three places in each event** and each category.

**B.** A Trophy will be awarded to **the first three overall individual winners in each category** with the highest total number of cumulative points in the entire competition.

**C.** A plaque will be awarded to **the first three teams in each category** with the highest total number of cumulative points in the entire competition. This will include all categories, male and female. Plaque will be handed to the **Head Coach**.

**D.** **One** trophy will be awarded to **the Country with the grand total** sum of all points of all the categories. This will include all categories, male and female.

The award ceremonies will take place in the closing ceremony.

**Appropriate attire is mandatory for the ceremonies.**

### **Entrance:**

Will be afls 5,00 or \$ 3,00 per person for non delegations members.

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**NUMERICAL ENTRY FORM**

**COUNTRY:** \_\_\_\_\_

To be forwarded to the Local Organizing Committee  
no later than MAY 20th,2016

CATERGORY	GENDER	AGE GROUP	SUB-TOTAL	GRAND TOTAL
ATHLETES	FEMALE	9-10 yr		
		11-12 yr		
		13-14 yr		
	MALE	9-10 yr		
		11-12 yr		
13-14 yr				
OFFICIALS				
	FEMALE			
	MALE			

Date:  
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Signature:

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**FINAL ENTRY FORM**

**COUNTRY:** \_\_\_\_\_

To be forwarded to the Local Organizing Committee no later than **June 17th 2016**

**ATHLETES**

<b>GENDER</b>	<b>AGE GROUP</b>	<b>SURNAME</b>	<b>FIRST NAME</b>	<b>D.O.B. DD/MM/YY</b>
<b>Female</b>	<b>9-10 yr</b>			
	<b>11-12 yr</b>			
	<b>13-14 yr</b>			
<b>Male</b>	<b>9-10 yr</b>			
	<b>11-12 yr</b>			
	<b>13-14 yr</b>			

**OFFICIALS**

<b>GENDER</b>	<b>SURNAME</b>	<b>FIRST NAME</b>	<b>FUNCTION</b>

**Date:** \_\_\_\_\_ **Form entered by:** \_\_\_\_\_  
**Function:** \_\_\_\_\_  
**Signature:** \_\_\_\_\_



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**TECHNICAL MEETING**

**FRIDAY 8th July, 2016 - Stadium Room 39**

**AGENDA**

1. Welcome
2. Presentation of Meet Officials
3. General Information
  - Schedule of Events
  - Starting heights and progressions
  - Protest procedures
  - Opening and Closing Ceremonies
  - Awards Presentation
  - Jury of Appeal
4. Answers to questions received from teams
5. Closing remarks

