

## 2016 WORLD ATHLETICS DAY COMPETITION MANUAL

### **Days:**

Friday: 6<sup>th</sup> May 2016

Saturday: 7<sup>th</sup> May 2016

### **Venue:**

Stadion Ergilio Hato at Brievengat

### **Set-up:**

I. Kids (7/8 and 9/10) in quadrathlon

II. Age Group (11/12 and 13/14) in penta - and heptathlon

III. 220 (7/8 & 9/10) and 400 (11/12 & 13/14) meter relay

1<sup>st</sup>/2<sup>nd</sup> Day

1<sup>st</sup>/2<sup>nd</sup> Day

1<sup>st</sup> Day

### **Time:**

6<sup>th</sup> May 2016

7<sup>th</sup> May 2016

### **Regulation and scores:**

The implements will be according to the 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".

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

An event is valid only with participation of three (3) or more athletes.

### **Technical meeting:**

Thursday 28<sup>th</sup> April 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 as 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.

### **Athletes' Registration:**

Registration should be done using the form available on the website of

<http://www.goeasyware.com> starting on Monday 18<sup>th</sup> April 2016. The registration deadline is on Sunday 24<sup>th</sup> April 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 website. This new bib number will be valid through the whole year and should be kept and used during 2016.

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

**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 Thursday 28<sup>th</sup> April 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 number is 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 31<sup>st</sup> 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.

#### **1. 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.

#### **2. Sprinting/running/walk events**

- 60 meter dash
- 80 meter dash
- 60 meter hurdle
- 80 meter hurdle
- 400 meter run
- 600 meter run
- 800 meter run
- 1000 meter run
- 1200 meter run

#### **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 11-12 110/115 cm
- Girls/Boys 13-14 120/125 cm

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.

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.

#### 6. 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.

#### 7. Shot put

a. The shot will have a weight of 3 kilograms for U-15; boys and girls.

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

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

#### Awards and Awards ceremonies:

During this meet we will award the winning athletes. A scheme of the award ceremonies will be submitted together with the names and events of the athletes to be awarded.

The athletes should approach the award podium through the call room.

Appropriate sport clothing is mandatory for the ceremonies.

#### 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 both competition days.

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

#### Entrance fee:

Entrance for the general public will be Fls. 3.= per day or Fls. 5.= for two days.

Tickets are available at the board of the Curaçao Athletics Federation, associated clubs and at the entrance of the stadium

**Important dates:**

- 18<sup>th</sup> April: Registration open on the website of Easy Ware;  
<http://www.goeasyware.com>.
- 24<sup>th</sup> April: Registration due date at 24:00 hrs. No further registration is possible after this date/hour.
- 26<sup>th</sup> April: The starting list will be submitted by mail to the clubs.
- 28<sup>th</sup> April: 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.
- 28<sup>th</sup> April: 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.
- 3<sup>th</sup> May: The final revised start list will be submitted by mail to the clubs.
- 6<sup>th</sup> and 7<sup>th</sup> May: Competition days.

**Call room:**

Athletes to report at the call room 30 minutes before the start of an event.

**Scheme Friday 6<sup>th</sup> May (subject to change):**

Friday 6-May-2016							
U-9		U-11		U-13		U-15	
18:00	BT	18:00	LJ			18:00	80m Girls
19:00	60m	19:15	60m	18:30	60mGirls	18:15	80m Boys
				18:45	60mBoys	19:00	BT Girls
				18:45	HJ Girls	19:00	LJ Boys
20:00	4x60 Mix	20:15	4x60 Mix	19:40	HJ Boys	20:00	LJ Girls
						20:00	BT Boys
				20:45	4x60 Mix		
						21:00	4x100 Mix

**Scheme Saturday 7<sup>th</sup> May (subject to change)**

Saturday 7-May-2016							
U-9		U-11		U-13		U-15	
18:00	LJ	17:00	BT	17:00	LJ	17:00	60mH Girls
19:10	600m Boys	19:16	600m Girls	18:00	BT	17:20	80mH Boys
19:40	400m Girls	19:50	800m Boys	20:00	800m Girls	17:40	HJ
				19:10	1000m Boys	17:50	SP
						20:15	1200m Boys
						21:30	1000m Girls

## WORLD ATHLETICS DAY COMPETITION 2016

## 50 AÑA CURAÇOASE ATLETIEK BOND

4/18/2016

5/6/2016 - 5/6/2016

6th &amp; 7th May 2016

EV#	1	GIRLS	7 - 8		CAC Quadrathon	U-9	Div.: 1
EV#	2	GIRLS	7 - 8	60	CQ1 Dash		Div.: 1
EV#	3	GIRLS	7 - 8		CQ1 Baseball Th		Div.: 1
EV#	4	GIRLS	7 - 8		CQ1 Long Jump		Div.: 1
EV#	5	GIRLS	7 - 8	400	CQ1 Run		Div.: 1
EV#	6	BOYS	7 - 8		CAC Quadrathon	U-9	Div.: 1
EV#	7	BOYS	7 - 8	60	CQ1 Dash		Div.: 1
EV#	8	BOYS	7 - 8		CQ1 Baseball Th		Div.: 1
EV#	9	BOYS	7 - 8		CQ1 Long Jump		Div.: 1
EV#	10	BOYS	7 - 8	600	CQ1 Run		Div.: 1
EV#	11	GIRLS	9 - 10		CAC Quadrathon	U-11	Div.: 2
EV#	12	GIRLS	9 - 10	60	CQ2 Dash		Div.: 2
EV#	13	GIRLS	9 - 10		CQ2 Baseball Th		Div.: 2
EV#	14	GIRLS	9 - 10		CQ2 Long Jump		Div.: 2
EV#	15	GIRLS	9 - 10	600	CQ2 Run		Div.: 2
EV#	16	BOYS	9 - 10		CAC Quadrathon	U-11	Div.: 2
EV#	17	BOYS	9 - 10	60	CQ2 Dash		Div.: 2
EV#	18	BOYS	9 - 10		CQ2 Baseball Th		Div.: 2
EV#	19	BOYS	9 - 10		CQ2 Long Jump		Div.: 2
EV#	20	BOYS	9 - 10	800	CQ2 Run		Div.: 2
EV#	21	GIRLS	11 - 12		CAC Pentathlon	U-13	Div.: 3
EV#	22	GIRLS	11 - 12	60	CPt Dash		Div.: 3
EV#	23	GIRLS	11 - 12	800	CPt Run		Div.: 3
EV#	24	GIRLS	11 - 12		CPt Long Jump		Div.: 3
EV#	25	GIRLS	11 - 12		CPt High Jump		Div.: 3
EV#	26	GIRLS	11 - 12		CPt Baseball Th		Div.: 3
EV#	27	BOYS	11 - 12		CAC Pentathlon	U-13	Div.: 3
EV#	28	BOYS	11 - 12	60	CPt Dash		Div.: 3
EV#	29	BOYS	11 - 12	1000	CPt Run		Div.: 3
EV#	30	BOYS	11 - 12		CPt Long Jump		Div.: 3
EV#	31	BOYS	11 - 12		CPt High Jump		Div.: 3
EV#	32	BOYS	11 - 12		CPt Baseball Th		Div.: 3
EV#	33	GIRLS	13 - 14		CAC Heptathlon	U-15	Div.: 4
EV#	34	GIRLS	13 - 14	80	CHp Dash		Div.: 4
EV#	35	GIRLS	13 - 14	60	CHp Hurdles		Div.: 4
EV#	36	GIRLS	13 - 14	1000	CHp Run		Div.: 4
EV#	37	GIRLS	13 - 14		CHp Long Jump		Div.: 4
EV#	38	GIRLS	13 - 14		CHp High Jump		Div.: 4
EV#	39	GIRLS	13 - 14		CHp Baseball Th		Div.: 4
EV#	40	GIRLS	13 - 14		CHp Shot Put		Div.: 4
EV#	41	BOYS	13 - 14		CAC Heptathlon	U-15	Div.: 4
EV#	42	BOYS	13 - 14	80	CHp Dash		Div.: 4
EV#	43	BOYS	13 - 14	80	CHp Hurdles		Div.: 4

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4/18/2016

5/6/2016 - 5/6/2016

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EV#	44	BOYS	13 - 14	1200	CHp Run		Div.: 4
EV#	45	BOYS	13 - 14		CHp Long Jump		Div.: 4
EV#	46	BOYS	13 - 14		CHp High Jump		Div.: 4
EV#	47	BOYS	13 - 14		CHp Baseball Th		Div.: 4
EV#	48	BOYS	13 - 14		CHp Shot Put		Div.: 4
EV#	49	MIXED	7 - 8	220	Relay	U-9	Div.: 1
EV#	50	MIXED	9 - 10	220	Relay	U-11	Div.: 2
EV#	51	MIXED	11 - 12	4x100	Relay	U-13	Div.: 3
EV#	52	MIXED	13 - 14	4x100	Relay	U-15	Div.: 4