

2016 SEASON OPENING COMPETITION MANUAL

Days:

Thursday: 25th February 2016
Friday: 26th February 2016
Saturday: 27th February 2016

Venue:

Stadion Ergilio Hato at Brievengat

Set-up:

Four (4) competitions in one;
I. Kids (7/8 and 9/10)
II. Age Group (11/12 and 13/14) in penta - and heptathlon
III. Junior, Senior and Masters
IV. Long dist. competition (walk/run) 5000m on road/ track

| 1st/2nd/3rd Day
| 1st/2nd/3rd Day
| 2nd/3rd Day
| 2nd/3rd Day

Time:

Thursday: 25 th February 2016	17:30 hrs. – 19:00 hrs.
Friday: 26 th February 2016	18:00 hrs. – 21:30 hrs.
Saturday: 27 th February 2016 (outside stadium)	15:00 hrs. – 18:00 hrs.
(inside stadium)	18:00 hrs. – 21:15 hrs.

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>

Season opening:

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.

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:

Wednesdays 24th February 2016 at 18:00 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 15th February 2016.

The registration deadline is on Saturday 20th February 2016 at 22:00 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 Wednesdays 24th February 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.

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
- 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 11-12 110/115 cms
- Girls/Boys 13-14 120/125 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.

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 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.

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 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 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.

8. 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:

During this meet we will award the winning athletes of the January meet. 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 the 2nd and 3rd 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 general public will be free.

Important dates:

15th February: Registration open on the website of Easy Ware;
<http://www.goeasyware.com>.

- 20th February: Registration due date at 22:00 hrs. No further registration is possible after this date/hour.
- 22th February: The starting list will be submitted by mail to the clubs.
- 23th February: 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.
- 23th February: 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.
- 25th/26th/27th Feb: 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.

Scheme Thursday 25th February (subject to change):

Start	Events	Categories
17:30	Ball Throw (2 attempts)	U-9
17:30	Long Jump (2 attempts)	U-11
17:30	High jump Girls (120cm)	U-15
17:30	Shot put Boys 3Kg (3 attempts)	U-15
17:30	Long jump Girls	U-13
18:20	Ball Throw (2 attempts)	U-11
18:20	Long Jump (2 attempts)	U-9
18:20	High jump Boys (125cm)	U-15
18:20	Shot put Girls 3Kg (3 attempts)	U-15
18:20	Long jump Boys (3 attempts)	U-13

Scheme Friday 26th February (subject to change):

Start	Events	Categories
18:00	5000m Race Walk women & Men (Hand time)	Open
18:15	3000m Run women & Men	Open
1830	Season Opening Ceremony	
18:40	100m Men prelim	U-18,U-20,U-35 & 35+
18:00	Long Jump Girls	U-15
18:00	Long Jump Boys	U-15

18:00	High Jump Girls (110cm)	U-13
18:00	High Jump Boys (115cm)	U-13
18:45	100m Women prelim	U-18,U-20,U-35 & 35+
19:00	60m Girls & Boys	U-9
19:00	Shotput Women (3Kg)	U-18
19:00	Shotput Women (4Kg)	Open
19:00	Shotput Men (5.0Kg/6.0Kg)	U-18 , U-20 & U-35
19:00	Shotput Men	Master 35+
19:00	Long jump Women	Open
19:00	Long jump Men	U-18,U-20,U-35 & 35+
19:15	60m Girls & Boys	U-11
19:30	100m Women Final	U-18,18+
19:40	100m Men Final	U-18
19:50	100m Men Final	U-20
20:00	100m Men Final	20+
20:10	100m Men/Women Final	Master 35+
20:15	60m Girls	U-13
20:20	80m Girls	U-15
20:25	60m Boys	U-13
20:30	80m Boys	U-15
20:40	400m Women Final	Open
20:45	400m Men Final	U-18
20:50	400m Men Final	18+
21:00	1500m Women / MenFinal	Open
21:15	4x100m	Open Women
21:20	4x100m	Open Men
21:30	Closing	

Scheme Saturday 27th February (outside the stadium)

Start	Events	Categories
15:00	Discus Women Open (1Kg)	Open
15:00	Discus Men (1.5Kg, 1.75Kg & 2Kg)	U-18,U-20 & U-35
15:00	Discus Men	Master 35+
16:00	Javelin Women (500gr)	U-18
16:00	Javelin Women (600gr)	Open
16:00	Javelin Men (700gr & 800gr)	U18 , U20 & U-35
16:00	Javelin Men	Master 35+
17:00	Ball Throw Boys/Girls	U-15
18:00	Ball Throw Boys/Girls	U-13

Scheme Saturday 26th February (inside the stadium)

Start	Events	Categories
18:00	High Jump Women (140cm)	Open
18:00	High jump Men (150cm and 125m)	Open/Master
18:30	Long Jump Girls	U-13
18:30	Long Jump Boys	U-13
18:00	60m hurdles Girl	U-15
18:15	80m Hurdles Boy	U-15
18:30	100m hurdles Women	Open
18:45	110m Hurdles Men	Open
18:55	200m Women prelim	Open
19:00	200m Men prelim	Open
19:05	200m Men prelim	U-18
19:10	600m Boys	U-9
19:15	600m Girls	U-11
19:20	400m Girls	U-9
19:30	800m Boys	U-11
19:45	800m Girls	U-13
19:55	1200m Boys	U-15
20:00	1000m Boys	U-13

20:10	1000m Girls	U-15
20:00	Triple Jump Men/Women	Open
20:20	200m Women Final	Open
20:25	200m Men Final	U-18
20:30	200m Men Final	Open
20:35	800m Women final	Open
20:40	800m Men Final	Open
20:50	4 x 400m Women	Open
21:00	4 x 400m Men	Open
21:10	Closing	

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2/15/2016

2/24/2016 - 2/26/2016

25th - 27th February 2016

EV#	1	KIDS	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	KIDS	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	KIDS	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	KIDS	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	AGE	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	AGE	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	AGE	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

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2/15/2016

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EV#	41	AGE	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
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	JUNIOR	WOMENS	14 - 17	100	Dash	U-18	Div.: 5
EV#	50	JUNIOR	MENS	14 - 17	100	Dash	U-18	Div.: 5
EV#	51	JUNIOR	WOMENS	18 - 19	100	Dash	U-20	Div.: 6
EV#	52	JUNIOR	MENS	18 - 19	100	Dash	U-20	Div.: 6
EV#	53	SENIOR	WOMENS	20 - 34	100	Dash	U-35	Div.: 7
EV#	54	SENIOR	MENS	20 - 34	100	Dash	U-35	Div.: 7
EV#	55	MASTER	WOMENS	35 - 75	100	Dash	34+	Div.: 8
EV#	56	MASTER	MENS	35 - 75	100	Dash	34+	Div.: 8
EV#	57	JUNIOR	WOMENS	14 - 17	200	Dash	U-18	Div.: 5
EV#	58	JUNIOR	MENS	14 - 17	200	Dash	U-18	Div.: 5
EV#	59	JUNIOR	WOMENS	18 - 19	200	Dash	U-20	Div.: 6
EV#	60	JUNIOR	MENS	18 - 19	200	Dash	U-20	Div.: 6
EV#	61	SENIOR	WOMENS	20 - 34	200	Dash	U-35	Div.: 7
EV#	62	SENIOR	MENS	20 - 34	200	Dash	U-35	Div.: 7
EV#	63	MASTER	WOMENS	35 - 75	200	Dash	34+	Div.: 8
EV#	64	MASTER	MENS	35 - 75	200	Dash	34+	Div.: 8
EV#	65	OPEN	WOMENS	14 - 75	400	Dash		Div.: 9
EV#	66	JUNIOR	MENS	14 - 17	400	Dash	U-18	Div.: 5
EV#	67	OPEN	MIXED	14 - 74	800	Run		Div.: 9
EV#	68	OPEN	MIXED	14 - 74	1500	Run		Div.: 9
EV#	69	OPEN	MIXED	14 - 74	3000	Run		Div.: 9
EV#	70	OPEN	WOMENS	14 - 74	100	Hurdles		Div.: 9
EV#	71	OPEN	MENS	14 - 74	110	Hurdles		Div.: 9
EV#	72	OPEN	WOMENS	14 - 74	400	Hurdles		Div.: 9
EV#	73	OPEN	MENS	14 - 74	400	Hurdles		Div.: 9
EV#	74	AGE	MIXED	11 - 12	4x100	Relay	U-13	Div.: 3
EV#	75	AGE	MIXED	13 - 14	4x100	Relay	U-15	Div.: 4
EV#	76	OPEN	WOMENS	14 - 74	4x100	Relay		Div.: 9
EV#	77	OPEN	MIXED	14 - 74	4x100	Relay		Div.: 9
EV#	78	AGE	MIXED	11 - 12	4x400	Relay	U-13	Div.: 3
EV#	79	AGE	MIXED	13 - 14	4x400	Relay	U-15	Div.: 4
EV#	80	OPEN	WOMENS	14 - 74	4x400	Relay		Div.: 9

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2/15/2016

2/24/2016 - 2/26/2016

25th - 27th February 2016

EV#	81	OPEN	MENS	14 - 74	4x400	Relay		Div.: 9
EV#	82	OPEN	MIXED	14 - 74	5000	Walk		Div.: 9
EV#	83	OPEN	WOMENS	14 - 74		High Jump		Div.: 9
EV#	84	JUNIOR	MENS	14 - 19		High Jump	U-20	Div.: 6
EV#	85	SENIOR	WOMENS	20 - 34		High Jump	U-35	Div.: 7
EV#	86	MASTER	MENS	35 - 74		High Jump	35+	Div.: 8
EV#	87	OPEN	WOMENS	14 - 74		Long Jump		Div.: 9
EV#	88	JUNIOR	MENS	14 - 19		Long Jump	U-20	Div.: 6
EV#	89	SENIOR	MENS	20 - 34		Long Jump	U-35	Div.: 7
EV#	90	MASTER	MENS	35 - 74		Long Jump	35+	Div.: 8
EV#	91	OPEN	WOMENS	14 - 74		Triple Jump		Div.: 9
EV#	92	OPEN	MENS	14 - 74		Triple Jump		Div.: 9
EV#	93	JUNIOR	WOMENS	14 - 17		Shot Put	U-18	Div.: 5
EV#	94	JUNIOR	MENS	14 - 17		Shot Put	U-18	Div.: 5
EV#	95	ADVANCE	WOMENS	19 - 74		Shot Put	18+	Div.: 10
EV#	96	JUNIOR	MENS	18 - 19		Shot Put	U-20	Div.: 6
EV#	97	SENIOR	MENS	20 - 34		Shot Put	U-35	Div.: 7
EV#	98	MASTER	MENS	35 - 74		Shot Put	35+	Div.: 8
EV#	99	JUNIOR	WOMENS	14 - 17		Discus Throw	U-18	Div.: 5
EV#	100	JUNIOR	MENS	14 - 17		Discus Throw	U-18	Div.: 5
EV#	101	ADVANCE	WOMENS	18 - 74		Discus Throw	18+	Div.: 10
EV#	102	JUNIOR	MENS	18 - 19		Discus Throw	U-20	Div.: 6
EV#	103	SENIOR	MENS	20 - 34		Discus Throw	U-35	Div.: 7
EV#	104	MASTER	MENS	35 - 74		Discus Throw	35+	Div.: 8
EV#	105	JUNIOR	WOMENS	14 - 17		Javelin Throw	U-18	Div.: 5
EV#	106	JUNIOR	MENS	14 - 17		Javelin Throw	U-18	Div.: 5
EV#	107	ADVANCE	WOMENS	18 - 74		Javelin Throw	18+	Div.: 10
EV#	108	JUNIOR	MENS	18 - 19		Javelin Throw	U-20	Div.: 6
EV#	109	SENIOR	MENS	20 - 34		Javelin Throw	U-35	Div.: 7
EV#	110	MASTER	MENS	35 - 74		Javelin Throw	35+	Div.: 8
EV#	111	ASSISTANC	MIXED		10MI	Run	CLUB ASSIS	Div.: 11