

2017 CURAÇAO ATHLETICS SEASON OPENING

Days:

Friday: 13th January 2017

Saturday: 14th January 2017

Venue:

Stadion Ergilio Hato at Brievengat

Set-up:

Four (3) competitions in one;

- I. Kids (7/8 and 9/10) sprint, long distance, long jump (female) & ball throw(male).
- II. Age Group(11/12 & 13/14) in sprint, long distance, long jump(female) & ball throw(male).
- III. Junior, Senior and Masters (According to schedule)

Time:

Friday: 13th January 2017

17:45 - 21:00

Saturday: 14th January 2017

outside the stadium
inside the stadium

14:15 - 17:15

15:00 - 20:00

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:

Athletes registered via their clubs are allowed to participate.

Start license of FIs. 20.= per athlete for 2017 should be paid at the latest January 31st,2017 via clubs to deposited on the CAB MCB account 27896004.

Other athletes not registered via club can still participate.

Not registered athletes should pay FIs. 20.= 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.

Events with participation of less than three(3) will continue for registration purposes.

Technical meeting:

Thursday 12th January 2017 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.=) should also be paid before the technical meeting via deposit and a copy should be given to the board member in charge.

Athletes' Registration:

Registration should be done using the attached excel form with all details mentioned.

The registration deadline is, Wednesday 11th January 2017 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 this competition will receive a new bib number.

Registration fee is: Nafl. 5,= per athlete registered with a CAB club. For non- registered athletes the fee will be Nafl. 20.=. Payments should be done via CAB's bank account at MCB 27896004.

A copy of the bank transaction should be submitted to the board member in charge for the federation during the technical meeting.

Payment due date is Thursday 12th January 2017 transaction form at the technical meeting.

Bib numbers:

All athletes will get a bib number upon registration.

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 is mandatory.

Events, categories and technical rules:

All athletes should be registered according to their age on 31st December 2017. Events with less than three (3) athletes will be merged with another category if possible. Clubs are responsible to submit registration of athletes in the events.

1. Sprint-, run- and 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

2. 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 of 400 meter and under.

3. High Jumps, According to IAAF Rules book.

Each competitor has a right to complete three (3) tries on each height.

a. The starting height for each category will be:

- Women Open 130 cms
- Men U18 140 cms
- Men 18+ 150 cms
- Masters tbd during the technical meeting

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 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 & U11 will have the right to complete respectively two (2) attempts.
- c. U-13 & U-15 will have the right to complete three (3) attempts.
- d. Athletes of the open categories will have maximum six (6) attempts.

5. Triple Jumps According to IAAF Rules book.

Each competitor will have maximum six (6) 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 & U11 will have the right to complete 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 According to IAAF Rules book.

- a. The shot must have a weight of 3 kilograms for 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. Athletes will have maximum six (6) attempts.
- c. The competitors shall use either the full technique or the final phase.

8. Javelin/discuss throw According to IAAF Rules book.

- 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.

The jury of appeal:

Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the results of that event (**IAAF Rule 146**). The athlete or an authorized representative shall make any protest verbally in the first instance to the Referee on his/her behalf. The Referee may take a decision over the protest or may submit it to the Jury of Appeal.

Any protest presented before the Jury of Appeal shall be in writing on the official forms provided by the Meet Secretary, signed by a responsible coach on behalf of the athlete and accompanied by a deposit of Fls. 25, = which shall be forfeited if the appeal is not allowed. (**IAAF Rule 146/7**) A photocopy of the protest shall be given to the coach presenting the protest. The copy will detail the time and date of the protest and the payment of the above- mentioned fee.

The Jury of Appeal will give a written resolution to the protest as soon as possible. This resolution will be published in the TIC.

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 attached.

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.

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 this competition will be Fls. 3.= per day. Tickets are available at the entrance of the stadium. Clubs will receive their tickets upon registration of their athletes for coaches and (3) boardmembers.

Important dates:

9th January Registration open via excel form to be sent to secretary of the federation;

Cab.2008@hotmail.com

11th January: Registration due date at 24:00 hrs. No further registration is possible after this date/hour.

12th January: The starting list will be submitted by mail to the clubs.

12th January: 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.

12th January: Payment due day. All payments to be made using CAB's bank account MCB 27896004. A copy of the bank account should be submitted to the meet treasurer during the technical meeting.

Cash payment is not possible during the technical meeting.

13th and 14th January: Competition days.

Call room:

Athletes to report at the call room 45 minutes before the start of an event. Once an event is closed no further participation is possible.

FRIDAY 13th January 2017:

Time	Event	Category
17:45	100mh	WOMEN OPEN
17:50	110mh	MEN OPEN
18:00	Ball Throw (2x)	Boys U9
18:00	60m	Girls U9
18:05	Ball Throw (2x)	Boys U11
18:10	60m	Girls U11
18:10	Shotput	Women U-18,18+
18:15	High Jump	Men Open
18:20	60m	Girls U13
18:30	60m	MEN OPEN
18:35	60m	Boys U11
18:40	Long Jump (2x)	Girls U9
18:45	60m	Boys U9
18:45	Long Jump (2x)	Girls U11
18:55	80m	Girls U15
19:00	Official Ceremony	
19:15	High Jump	Women Open
19:20	80m	Boys U15
19:30	60m	Boys U13
19:35	Shotput	Men U-18,U-20,U-35,35+
19:35	Long Jump (3x)	Girls U13
19:40	Ball Throw (3x)	Boys U13
19:50	Ball Throw (3x)	Boys U15
19:50	100m	Women Open Final
19:55	Long Jump (3x)	Girls U15
20:00	100m	Men Open Final
20:20	400m	Women Open Final
20:25	400m	Men Open Final
20:25	Triple Jump	Men/Women Open
20:30	1500m	Mixed Open Final

SATURDAY 14th January 2017:

Time	Event	Category
14:15	Discus (6x)	Women U-18,18+
14:15	Discus (6x)	Men U-18,U-20,U-35,35+
15:00	5000 walk	OPEN
16:00	Javelin (6x)	Women U-18,18+
16:00	Javelin (6x)	Men U-18,U-20,U-35,35+
16:00	600m	Boys U 9
16:05	600m	Boys U 11
16:15	1000m	Boys U13
16:30	1000m	Girls U 15
16:40	Official Ceremony	
17:00	400m	Girls U9
17:00	Long Jump	Women Open
17:15	400m	Girls U11
17:30	800m	Girls U 13
17:45	1200m	Boys U 15
18:00	Infield Medal Ceremony Block	
18:20	200m	Woman Open
18:25	200m	Men Open
18:00	Long Jump	Men Open
18:35	3000/5000	OPEN
19:05	800m	Women Open
19:10	800m	Men Open
19:20	4x100m	Mix U 13
19:30	4x100m	Mix U 15
19:40	4x100m	Women
19:50	4x100m	Men