

## CURAÇAO ON ROAD TO CARIFTA 2017

### **Days:**

Friday: 10th February 2017

Saturday: 11th February 2017

### **Venue:**

Stadion Ergilio Hato at Brievengat

### **Set-up:**

Three (3) competitions in one;

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

### **Time:**

Friday: 10th February 2017

17:30 – 22:00

Saturday: 11th February 2017 outside the stadium

14:15 - 17:45

inside the stadium

15:00 - 20:30

### **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 Fls. 20.= per athlete for 2017 should be paid at the latest 31<sup>st</sup>

January 2017 via clubs to be deposited on the CAB MCB account 27896004. The start license is valid for a year.

Other athletes not registered via a club can still participate.

Not registered athletes should pay Fls. 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 9th February 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.=) for this event 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 website of Easy Ware;

<http://www.goeasyware.com/easysport/easy/whichmeetlogin.php>

The registration deadline is, Wednesday 30th 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 9th February 2017 transaction form at the technical meeting.

**Bib numbers:**

All athletes that were registered during the 13<sup>th</sup> and 14<sup>th</sup> January meet got a bib number. This same bib number should be worn during all CAB's 2017 competition. All athletes should wear their one (1) originally **printed** bib number during the competition. Self-made number will not be 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 for 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
5000m walk	

### 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      130cm
- Men U18            140cm
- Men 18+           150cm
- 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 a maximum of 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 kg 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/discus throw** According to IAAF Rules book.

- a. The javelin must have a weight of 500g for U-18 women and 600g for women open and men U-18 and respectively 700g and 800g for men U20 and 20+
- b. The discus 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. For the category Kids and Age Group medals will be presented **only** the overall winners.

The award ceremonies will take place according to the scheme attached.

The athletes should approach the award podium through the medal stand. Time to be present at the medal stand will be given to the athlete after their event.

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.

### **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) board members.

### **Important dates:**

**23<sup>th</sup> January:** Registration open on the website of Easy Ware

**30<sup>th</sup> January:** Registration due date at 24:00 hrs. **No** further registration is possible after this date/hour.

**31<sup>st</sup> January:** Due day for payment of start license; Fls. 20.= per athlete via clubs to deposited on the CAB MCB account 27896004.

**2<sup>nd</sup> February:** The starting list will be submitted by mail to the clubs for verification.

**9<sup>th</sup> 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.

**9<sup>th</sup> February:** 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.

**10<sup>th</sup> & 11<sup>th</sup> February:** Competition days.

### **Call Room:**

The Call Room will be located at the warm up field at the west side of the stadium.

All athletes must report to the call room to be entered in the competition.

Report Time of a Track Event: **45 minutes** before event.

Report Time of a Field Event: **60 minutes** before event (warm up included).

Once an event is closed no further participation is possible.

### **Meet secretary:**

All information, concern, enquiries about this meet should be sent by the meet secretary: [competitions@curacao-athletics.com](mailto:competitions@curacao-athletics.com).

**FRIDAY 10-2-2017 EVENING SESSION**

<b>Time</b>	<b>EV #</b>	<b>Event</b>	<b>Category</b>
17:30	61	100m Hurdles	Women Open
17:40	62	110m Hurdles	Men Open
17:50	51	100m Prelims	Women Open
17:55	39	Ball Throw	Girls U 15
18:00	52	100m Prelims	Men Open
18:05	45	Long Lump	Boys U 15
18:10	3	Ball Throw	Girls U 9
18:15	13	Ball Throw	Girls U 11
18:20	7	60m	Boys U 9
18:30	17	60m	Boys U 11
18:35	72,74	Shotput	Women 14-34,35+
18:40	67	High Jump	Men 14-34, 35+
18:45	28	60m	Boys U 13
18:50	26	Ball Throw	Girls U 13
18:55	2	60m	Girls U 9
19:00	12	60m	Girls U 11
19:05	9	Long Jump	Boys U 9
19:20		OPENING CEREMONIE	
19:40	22	60m	Girls U 13
19:45	19	Long Jump	Boys U 11
19:50	66	High Jump	Women 14-34,35+
19:55	34	80m	Girls U 15
20:00	73,75,76,77	Shot Put	Men 14-34, 35+
20:05	42	80m	Boys U 15
20:10	30	Long Jump	Boys U 13
20:20	53	200m Prelims	Women Open
20:25	54	200m Prelims	Men Open
20:50		MEDAL PRESENTATION	
21:10	70	Triple Jump	Women 14-34,35+
21:15	58	1500m	Mixed Open
21:30	71	Triple Jump	Men 14-34, 35+
21:40	55	400m	Women Open

**SATURDAY 11-2-2017 AFTERNOON SESSION**

<b>Time</b>	<b>EV #</b>	<b>Event</b>	<b>Category</b>
14:15	78,80	Discus Throw	Women 14-34, 35+
14:55	38	High Jump	Girls U 15
15:00	79,81,82,83	Discus Throw	Men 14-34, 35+
15:00	63	5000m Walk	OPEN
16:00	10	600m	Boys U 9
16:05	20	600m	Boys U 11
16:15	46	High Jump	Boys U15
16:15	84,86	Javelin Throw	Women 14-34,35+
16:20	29	1000m	Boys U 13
16:30	36	1000m	Girls U 15
16:45	5	400m	Girls U 9
16:55	85,87,88,89	Javelin Throw	Men 14-34, 35+
17:00	15	400m	Girls U 11
17:00	68	Long Jump	Women 14-34,35+
17:15	23	800m	Girls U 13
17:25	57	800m	Mixed Open
17:35	44	1200m	Boys U 15
17:50		MEDAL PRESENTATION	
18:05	69	Long Jump	Men 14-34, 35+
18:15	51	100m Final	Women OPEN
18:20	52	100m Final	Men Open
18:35	59,60	3000m-5000m	Mixed Open
19:00		MEDAL PRESENTATION	
19:20	53	200m Final	Women OPEN
19:25	54	200m Final	Men OPEN
19:45	49	4x100m Relay	Mix U 13
19:55	50	4x100m Relay	Mix U 15
20:05	64	4x100m Relay	Women
20:15	65	4x100m Relay	Men
20:20		MEDAL PRESENTATION	