



Days:

Friday: 20th June 2014
Saturday 21st June 2014

Venue:

Stadion Ergilio Hato at Brievengat

Set-up:

Four (4) competitions in one;

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| I. Kids (7/8 and 9/10) | 1 st /2 nd Day |
| II. Kids (11/12 and 13/14) in penta- and heptathlon | 1 st /2 nd Day |
| III. Junior, Senior and Masters | 1 st /2 nd Day |
| IV. Long dist. competition (walk/run) 5000/3000 m on road/ track | 1 st /2 nd Day |

Time:

Friday 20 th June 2014	18:00 hrs. – 22:00 hrs.
Saturday 21 st June 2014	08:00 hrs. – 12:30 hrs.

Regulation and scores:

The implements will be according to the 2014 – 2015 IAAF competition rules and CAC Age Group 2013 Championship Team Manual.

Except in cases where something else is specified in this meet manual, the 2014 – 2015 IAAF competition rulebook will govern.

Curacao Championship:

This meet is valid for the 2014 Championship. Only athletes register to the CAB via their clubs are allowed to participate. Those athlete have paid their start license of Fls. 20.= for 2014.

Other athletes not registered via club can still participate, but as “exhibition” and are entitled for another price award next to our “own” athletes.

An event is valid for a championship only with participation of three (3) or more athletes. No award will be submitted for events with less than three (3) athletes.

Sponsored by:



Technical meeting:

Thursday 19th June 2014 at 19:00 hrs in the technical information center (TIC) at SDK. Start list, schedule and all other final details will be discussed during this meeting. All changes discussed and agreed upon will be considered an official part of this meet. The registration fee 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 Sunday 1st June 2014.

The registration deadline is on Friday 13th June 2014 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 interesting 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.

For local members, please, register your athletes with the **same bib number** as been used in the previous meets of 2014.

Please, submit these bib numbers also in your data base on www.goeasyware.com.

See 2014 registration for the bib numbers.

Registration fee is: Nafl. 3,= per athlete registered with CAB, for non-registered athletes the fee will be USD. 10,=. 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 19th June 2014 during the technical meeting.

Note: The treasurer for this meet appointed by the board is Mr. Glenn Mc Donald.

Bib numbers:

All athletes should wear their (1) bib number during the competition.

The usage of bib numbers will be mandatory.

International participants will get a bib number upon registration.

Events, categories and technical rules:

All athletes should be registered according to their date of birth.

This competition is valid for the championship of 2014. Events with less than three (3) athletes will be cancelled. 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 2013 Championship Team Manual will govern.

Photo finish 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
- 800 meter run
- 1000 meter run

- 1200 meter run
- 3000 meter run
- 5000 meter walk
- 60 meter hurdle
- 80 meter hurdle
- 100 meter hurdle
- 110 meter hurdle

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.

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 taken as a foul.

a. The starting height for each category will be:

- Girls/Boys 11-12 100/105 cms
- Girls/Boys 13-14 110/115 cms
- Women Open 130 cms
- Men U18 140 cms
- Men 18+ 150 cms

b. The cross bar will be elevated:

- 5 cms. Until three (3) competitors are left.
- 3 cms. Until finish the event

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, U-13 & U-15 will have the right to complete three (3) attempts. Athletes of the other categories will have six (6) attempts.

5. Triple Jumps According to IAAF Rules book.

Each competitor 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 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 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 U18 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, U20 and 20+
- c. Each competitor will have the right to complete six (6) attempts.

9. Relays

- a. A 4x100 meter relay will be run for categories U-13, U-15 and masters mix (2 girls/women and 2 boys/men) and U-18 and 18+ per gender.
- b. Combined clubs; two (2) or more clubs combined together are not allowed to participate to the relays.

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 to be submitted. 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 championship 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 the general public will be free.

Important dates:

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| 20 th May: | Submit all information to the clubs and federations. |
| 1 st June: | Registration open on the website of Easy Ware;
http://www.goeasyware.com . |
| 13 th June: | Registration due date. No further registration is possible after this date. |
| 18 th June: | The starting list will be submitted by mail to the clubs. |
| 19 th June: | 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. |
| 19 th June: | 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 (Mr. Glenn Mc Donald) during the technical meeting. |
| 20 th and 21 st May | Cash payment is also possible during the technical meeting.
2014 MCB Curacao Athletics Championship. |

Program Friday 20th June 2014 (subject to change):

1st call	2nd call	Start	Friday event	Catergories
18:00	18:15	18:30	100m Men prelim	U-18,U-20,20+
18:00	18:10	18:30	Long jump Women	open
18:00	18:10	18:30	Long jump Men	U-18,18+
18:06	18:21	18:36	100m Women prelim	U-18,18+
18:20	18:35	18:50	80m Girls & Boys	U-15
18:30	18:45	19:00	60m Girls & Boys	U-13
18:36	18:51	19:06	60m Girls & Boys	U-9
18:30	18:15	19:00	Shotput Women (3kg)	U-18
18:30	18:15	19:00	Shotput Women (3kg)	Open
18:30	18:15	19:00	Shotput Men (5.0kg/6.0kg)	U-18 & U-20
18:30	18:15	19:00	Shotput Men	Master 35+
18:42	18:57	19:12	5000m Race walk women & Men	Master 35+
		19:15	High jump Girls & Boys(105& 110cm)	U-15
18:48	19:03	19:18	60m Girls & Boys	U-11
		19:20	Ball Throw	U-9
		19:30	Long jump Girls & Boys	U-13
		19:30	Ball Throw	U-11
19:40	19:55	20:10	100m Women Final	U-18,18+
19:46	20:01	20:16	100m Men Final	U-18
19:52	20:07	20:22	100m Men Final	U-20
19:58	20:13	20:28	100m Men Final	20+
		20:34	100m Men/Women Final	Master 35+
		20:30	Ball Throw Girls & Boys	U-13
		20:30	Shotput Boys & Girls	U-15
20:00	20:15	20:30	High jump Men (140/150cm)	U-18/18+,Master
20:04	20:19	20:40	400m Women Final	Open
20:10	20:25	20:46	400m Men Final	U-18
20:16	20:31	20:52	400m Men Final	18+
20:22	20:37	21:00	1500m Women Final	Open
20:30	20:45	21:30	1500m Men Final	Open
21:00	21:15	21:36	4x100m (Mix Gender)	U-13, U-15, Master
		21:40	4x100m	Open Women
21:06	21:21	21:44	4x100m	Open Men
		22:00	Adjourney	

Program Saturday 21st June 2014 (subject to change):

1st call	2nd call	Start	Event outside Stadium	Catergories
8:00		8:30	Discus Women (1kg)	U-18
8:00		8:30	Discus Women (1kg)	18+
8:00		8:30	Discus Men (1.5kg,1.6kg,1.75kg & 2kg)	U-18,U-20 & 20+
8:00		8:30	Discus Men	Master 35+
		9:30	Javelin Women (500gr)	U-18
		9:30	Javelin Women (600gr)	18+
		9:30	Javelin Men (700gr & 800gr)	U18 & 18+
		9:30	Javelin Men	Master 35+
1st call	2nd Call	Start	Event inside Stadium	Categories
7:30	7:45	8:00	3000m Run women & Men	Open
7:30	7:45	8:15	60m Hurdles Girls	U-15
7:30	7:45	8:15	Long Jump Girls & Boys	U-9 / U-11
7:30	7:45	8:15	High Jump Girls (105cm)	U-13
			High Jump Boys (110cm)	U-13
7:45	8:00	8:30	80m Hurdles Boys	U-15
		8:30	Ball Throw Girls	U-15
8:00	8:15	8:45	100m hurdles Women	Open
		8:45	Ball Throw Boys	U-15
8:15	8:30	9:00	110m Hurdels Men	Open
		9:30	Long Jump Girls	U-15
		9:30	High Jump Women (130cm)	Open
		9:45	long Jump Boys	U-15
8:50	9:05	9:20	200m Women prelim	U-18 / 18+
9:02	9:17	9:32	200m Men prelim	U-18/U-20/20+
9:30	9:55	10:10	800m Women final	open
9:37	10:02	10:17	800m Men Final	U-18,18+
9:40	10:05	10:20	Triple Jump Men	Open
9:44	10:09	10:24	400m Girls	U-9
10:52	10:17	10:32	800m Boys	U-11
10:10	10:25	10:40	600m Girls	U-11
10:18	10:33	10:48	600m Boys	U-9
10:26	10:41	10:56	800m Girls	U-13
10:36	10:51	11:06	1200m Boys	U-15
10:44	10:59	11:14	1000m Boys	U-13
11:04	11:09	11:24	1000m Girls	U-15
11:14	11:19	11:34	200m Women Final	U-18,18+
11:10	11:25	11:40	200m Men Final	U-18
11:16	11:31	11:46	200m Men Final	U-20
11:22	11:37	11:52	200m Men Final	20+
		12:15	Adjourney	