



**Days:**

Friday 21<sup>st</sup> March 2014.  
Saturday 22<sup>nd</sup> March 2014.

**Venue:**

Stadion Ergilio Hato at Brievengat, Curacao

**Set-up:**

Four (4) competitions in one;

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|---|-------------|
| I. Age Group (11/12 and 13/14)                            | 1st/2nd Day |
| II. Junior, Senior and Masters                            | 1st/2nd Day |
| III. Long distance competition (walk/run) 5000 m on track | 1st/2nd Day |



**Time:**

Friday 21 <sup>st</sup> March 2014	18:00 hrs. – 22:00 hrs.
Saturday 22 <sup>nd</sup> March 2014.	07:30 hrs. – 12:00 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 be used.

**Technical meeting:**

Thursday 20<sup>th</sup> March 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.

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Sponsored by:



### **Athletes' Registration:**

Registration should be done using the form available on the website of <http://www.goeasyware.com> starting on Friday 7<sup>th</sup> March 2014.

The registration deadline is on Tuesday 18<sup>th</sup> March 2014 at 24:00 hrs.

**Note:** The best way to enter an athlete into an event is by **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 used during the meets of January and February 2014.

***Please, change and or add the bib number accordingly in your club data base in the website of Go Easy Ware.***

**Registration fee is: NafL. 3,= per athlete registered with CAB, for non-registered athletes the fee will be USD. 10,=.** All payments to be made preferably using 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 20<sup>th</sup> March 2014 during the technical meeting.

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

### **Did not show (DNS):**

The athletes that didn't show-up without any reason during the last meet (15<sup>th</sup> & 16<sup>th</sup> February) have to paid a fine of NafL. 10,= in order to participate in this meet. This amount should be paid together with the registration fee.

### **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.

#### **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
- 100 meter dash
- 200 meter dash
- 400 meter run
- 800 meter run
- 1000 meter run
- 1200 meter run
- 3000 meter run

- 5000 meter walk

Rules for **age group** athletes:

- 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
- 3 cms. Until finish the event for heptathlon and octathlon

### **4. Long Jumps**

- a. The takeoff board will be white and it must be 1.22m. long and 30cm. wide.
- b. The takeoff board must be set at least 2.00m. away from the landing pit.
- c. Each competitor in the category 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 (4) 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 and heptathlon, 5 kg for Men U-18, 6 kg for men U-20 and octathlon 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 4x 100 m gender relay will be run for category Open male and female.
- b. The winning team shall receive a gold, silver and bronze medal; for the respectively 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

### **Call room:**

All athletes should report to the call room 20 minutes before the start time of an event.

Participation to an event will close 10 minutes before the start time.

### **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.

### **Entrance fee:**

Entrance will be free.

### **Important dates:**

- 24<sup>th</sup> February: Submit all information to the clubs and federations.
- 7<sup>th</sup> March: Registration open on the website of Easy Ware;  
<http://www.goeasyware.com>.
- 18<sup>th</sup> March: Registration due date. No further registration is possible after this date.
- 19<sup>th</sup> March: The starting list will be submitted by mail to the clubs and federations for comments.
- 20<sup>th</sup> March: 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.
- 20<sup>th</sup> March: 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.  
Cash payment is also possible during the technical meeting.
- 21<sup>st</sup> & 22<sup>nd</sup> March.: Competition days

**Program Friday 21<sup>st</sup> March 2014:**

<b>START</b>	<b>EVENT morning Stadium</b>	<b>CATEGORIES</b>
17:30	100m hurdles (0.84m) Women	Open/Heptathlon
18:00	5000m Race walk Women and Men	Open
18:20	100m Men prelim	U-18/U20/20+/Octathlon
18:30	100m Women prelim	U-18/18+
18:40	80m Girls & Boys	U-15
18:50	60m Girls & Boys	U-13
19:00	60m Women/Men	Master 35+
18:30	Long Jump Women	Open
18:30	Long Jump Men	U-18 & 18+/Octathlon
19:00	Shot Put Boys/Girls	U-15
19:30	Shot Put Women (3 kg)	U-18
19:30	Shot Put Women (4 kg)	Open/Heptathlon
19:30	Shot Put Men (5.0 kg)/ (6.0 kg)	U-18 & U-20/Octathlon
19:30	Shot Put Men	Master 35+
19:00	Long Jump Girls & Boys	U-13
19:00	High Jump Girls & Boys (start 105/110cm)	U-15
19:00	High Jump Women	Heptathlon
19:10	100m Women final	U-18
19:20	100m Men final	U-18
19:40	100m Men final	U-20
19:50	100m Men final	20+
20:00	Ball Throw Girls & Boys	U-13
20:00	400m Women final	Open
20:10	400m Men final	U-18
20:20	400m Men final	18+/Octathlon
20:30	1500m Women final	Open
20:40	1500m Men final	Open
20:50	200m Women Final	Master/ Heptathlon
	<b>AWARDS</b>	
21:30	4 * 100m	Open Women
21:40	4 * 100m	Open Men
22:00	Closed	

**Program Saturday 22<sup>nd</sup> March 2014:**

<b>START</b>	<b>EVENT morning outside SDK</b>	<b>CATEGORIES</b>
8:30	Discus Women (1 kg)	U-18
8:30	Discus Women (1 kg)	18+
8:30	Discus Men	U-18,U-20,20+
8:30	Discus Men	Master 35+
9:30	Javelin Women(500 gr)	U-18
9:30	Javelin Women(600 gr)	18+/Heptathlon
9:30	Javelin Men (700/800 gr)	U18,U-20,20+
9:30	Javelin Men	Master 35+
10:15	Javelin Men	Octathlon
<b>START</b>	<b>EVENT morning Stadium</b>	
8:15	Hurdles 110 m Men	Open/Octathlon
8:15	Long Jump Women	Heptathlon
8:15	High Jump Women (start 130cm)	Open
8:15	High Jump Girls (start 100cm)	U-13
8:40	Hurdles 60 m Girls	U-15
9:00	Hurdles 80 m Boys	U-15
9:00	Ball Throw Boys & Girls	U-15
9:00	Long Jump Girls & Boys	U-15
9:15	High Jump Men (start 140/150cm)	U-18 & 18+/Octathlon
9:15	High Jump Boys (start 105cm)	U-13
9:20	200m Women prelim	U18/18+
9:30	200m Men prelim	U18/U20/20+
9:50	3000m Run Women and Men	Open
10:10	800m Men final	U-18 & 18+
10:20	800m Girls	U-13
10:30	800m Women final	Open/Heptathlon
10:30	Triple Jump Men	Open
10:40	1200m Boys	U-15
10:50	1000m Boys	U-13
11:00	1000m Girls	U-15
11:10	1500m Boys	Octathlon
11:20	200m Women final	U-18
11:30	200m Women final	18+
11:40	200m Men final	U-18
11:50	200m Men final	U-20
12:00	200m Men final	20+
13:00	Closed	