



# World Athletics Day 2014 Curaçao

## **Days:**

Friday: 10<sup>th</sup> May 2014  
Saturday 11<sup>th</sup> May 2014

## **Venue:**

Stadion Ergilio Hato at Brievengat



## **Set-up:**

Four (4) competitions in one;

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

## **Time:**

Friday 9 <sup>th</sup> May 2014	18:00 hrs. – 22:00 hrs.
Saturday 10 <sup>th</sup> May 2014	08:00 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 govern.

## **Technical meeting:**

Thursday 8<sup>th</sup> May 2014 at 19:00 hrs in the technical information center (TIC) at SDK.  
*Participation to this meeting is **mandatory** for all local clubs.*

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 1<sup>st</sup> May 2014.

The registration deadline is on Tuesday 6<sup>th</sup> March 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](http://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,=.** 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 8<sup>th</sup> May 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.

#### **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 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
- 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-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 (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, 5 kg for Men U-18, 6 kg for men U-20 and 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-11, U-13 and U-15 mix (2 girls and 2 boys) and U-18 and 18+ per gender.

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.

**Awards and Awards ceremonies:**

No awards will be granted during this meet. All competitors will receive a "World Athletics Day Curacao 2014" commemorative dog tag.

**Entrance fee:**

Entrance for the general public will be free.

**Important dates:**

- 1<sup>st</sup> May: Submit all information to the clubs and federations.
- 1<sup>st</sup> May: Registration open on the website of Easy Ware; <http://www.goeasyware.com>.
- 6<sup>th</sup> May: Registration due date. No further registration is possible after this date.
- 8<sup>th</sup> May: The starting list will be submitted by mail to the clubs.
- 8<sup>th</sup> May: 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.
- 8<sup>th</sup> May: 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.
- 9<sup>th</sup> and 10<sup>th</sup> May: Competition days

### Program Friday 9<sup>th</sup> May 2014:

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 Pace 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+
		20:30	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+
20:04	20:19	20:34	400m Women Final	Open
20:10	20:25	20:40	400m Men Final	U-18
20:16	20:31	20:46	400m Men Final	18+
20:22	20:37	20:52	1500m Women Final	Open
20:30	20:45	21:00	1500m Men Final	open
21:00	21:15	21:30	4x100m	Open Women
21:06	21:21	21:36	4x100m	Open Men
		22:00	Adjournment	

### Program Saturday 10<sup>th</sup> May 2014:

1st call	2nd call	Start	Event outside Stadium	Categories
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+
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 Women (130cm)	Open
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 Hurdles Men	Open
		9:30	Long Jump Girls	U-15
		9:30	High Jump Girls (105cm)	U-13
		9:30	High Jump Boys (110cm)	U-13
		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
9:10	9:25	9:40	200m Men prelim	U-20
9:16	9:31	9:46	200m Men prelim	20+
9:22	9:37	9:52	3000m Run women & Men	Open
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	800m Girls	U-13
10:18	10:33	10:48	1200m Boys	U-15
10:26	10:41	10:56	600m Girls	U-11
10:36	10:51	11:06	600m Boys	U-9
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	Adjournment	