



Days:

Saturday: 15th February 2014.

Sunday: 16th February 2014.

Venue:

Stadion Ergilio Hato at Brievengat

Time:

Saturday 15th February 2014 08:30 hrs. – 12:00 hrs.

Sunday 16th February 2014 08:30 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:

Tuesday 11th February 2014 at 19:30 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 made 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 Tuesday 4th February 2014.

The registration deadline is on Saturday 8th February 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.

Sponsored by:



Please, register your athletes with the **same bib number** as used during the last competition (24/25 January) and or in 2013.

Registration fee is: Naf. 3,= per athlete registered with CAB, for non-registered athletes the fee will be Naf. 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 Tuesday 11th February 2014 during the technical meeting.

Note: This meet will have a separate treasurer appointed by the board in the person of mr. Glenn Mc Donald (Sloke).

Did not show (DNS):

The athletes that didn't show-up without any reason*) during the last meet (24th & 25th January) have to paid a fine of Naf. 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.

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 2014 - 2015 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 **kids and 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 and boys in the category U-13 95cms and 100cms respectively.
- Girls and boys in the category U-15 105cms and 110cms respectively.
- Women Open 130 cms
- Men U18 & 18+ 140 & 155 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. 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 will have the right to complete three (3) attempts

For 15+ competitors four (4) attempts. .

5. Triple Jumps

According to IAAF Rules book.

Each competitor will have the right to complete four (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 Kg for girls/boys U-15. Shot of 4Kg for girls/women U-18 and 6 Kg for women of 18 and over.

Men U-18; 5Kg, men U-20; 6Kg and 7.26 Kg for 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 four (4) 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 gram for U-18 and 600 gram for women open of 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-17, U20 and 20+

c. Each competitor will have the right to complete three (4) attempts.

Awards and Awards ceremonies:

The winning competitors in each event/categories; U-9, U-11, U-13 and U-15 shall receive a gold medal, the competitor placed second a silver medal and the competitor placed in third a bronze.

Note: There will be no awards for athletes in the categories 15 and over.

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 for the general public will be free.

Important dates:

- 4th February: Submit all information to the clubs.
4th February: Registration open on the website of Easy Ware;
<http://www.goeasyware.com>.
8th February: Registration due date. No further registration is possible after this date.
10th February: The starting list will be submitted by mail to the clubs for comments. If possible, please send your comments before the technical meeting to CAB secretary (cab.2008@hotmail.com).
11th February: Technical Meeting starting at 19:30 in the container at SDK. During this meeting only **withdrawal** of athletes from the competition or from one or more events is possible.
11th February: Payment due day for entries Nafl. 3.= (associated athletes) and Nafl. 10.= (others) and fine for DNS Nafl. 10.=.
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.
15th & 16th February: Competition days

Program Saturday 15th February 2014:

START	EVENT morning Stadium	CATEGORIES
8:30	5000m Race walk Women and Men	Open
9:00	80m Girls & Boys	U-15
9:10	60m Girls & Boys	U-13
9:20	60m Girls & Boys	U-9
9:30	60m Girls & Boys	U-11
9:40	60m Women/Men	Master 35+
9:00	Long Jump Women	Open
9:00	Long Jump Men	U-18 & 18+
10:00	Shot Put Women (3 kg)	U-18
10:00	Shot Put Women (4 kg)	Open
10:00	Shot Put Men (5.0 kg)	U-18 & 18+
10:00	Shot Put Men (6.0 kg)	U-20/20+
10:00	Shot Put Men	Master 35+
9:30	High Jump Girls & Boys (start 95/100cm)	U-13
9:30	High Jump Girls & Boys (start 105/110cm)	U-15
9:50	100m Women prelim	U-18
10:00	100m Men prelim	U-18/20+
10:10	400m Women final	U-18 & 18+
10:20	400m Men final	U-18
10:30	400m Men final	U-20
10:40	400m Men final	20+
10:50	400m Girls & Boys	U-9
11:00	400m Girls & Boys	U-11
11:10	1500m Women final	Open
11:20	1500m Men final	Open
11:30	100m Women final	U-18
11:35	100m Women final	18+
11:40	100m Men final	U-18
11:45	100m Men final	U-20
11:50	100m Men final	20+
12:00	Closed	

Note: Subject to change

Program Sunday 16th February 2014:

START	EVENT morning outside SDK	CATEGORIES
8:30	Discus Women (1 kg)	Open
8:30	Discus Men (1.75 kg)	U-20
8:30	Discus Men	Master 35+
9:30	Javelin Women(600 gr)	Open
9:30	Javelin Men (800 gr)	Open
9:30	Javelin Men	Master 35+
START	EVENT morning in the Stadium	CATEGORIES
9:00	Hurdles 60 m Girls	U-15
9:10	Hurdles 80 m Boys	U-15
9:20	Hurdles 110 m	Open
9:00	Ball Throw Boys & Girls	U-13
9:30	Shot Put Boys & Girls	U-15
10:30	High Jump Women (start 130cm)	Open
10:30	High Jump Men (start 140/155cm)	U-18 & 18+
10:30	Triple Jump Men	Open
9:30	200m Women prelim	U-18
9:40	200m Men prelim	20+
10:00	800m Women final	Open
10:10	800m Men final	U-18 & 18+
10:20	800m Girls	U-13
10:30	3000m Run Women and Men	Open
10:40	1200m Boys	U-15
10:50	1000m Boys	U-13
11:00	1000m Girls	U-15
11:10	200m Men final	U-20
11:20	200m Men final	U-18
11:30	200m Women final	U-18
11:40	200m Men final	20+
12:00	Closed	

Note: Subject to change