



**Days:**

Friday: 24<sup>th</sup> January 2014.  
Saturday 25<sup>th</sup> January 2014.

**Venue:**

Stadion Ergilio Hato at Brievengat

**Opening ceremony:**

This meet will be the opening of the 2014 Track and Field season and will have a break at 20:00 – 20:20 for the official opening ceremony.  
All events will be put on hold during the opening ceremony.  
At 20:20 start signal by the minister of sport and education. The inaugural race will be the 400 meter run for women.  
Further details about the opening ceremony will follow.

**Time:**

Friday 24<sup>th</sup> January 2014. 18:00 hrs. – 22:00 hrs.  
Saturday 25<sup>th</sup> January 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 be used.

**Technical meeting:**

Thursday 23<sup>rd</sup> January 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 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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### **Athletes' Registration:**

Registration should be done using the form available on the website of <http://www.goeasyware.com> starting on Monday 6<sup>th</sup> January 2014.

The registration deadline is on Sunday 19<sup>th</sup> January 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.

Please, register your athletes with the **same bib number** as used in 2013. See 2013 registration for the bib numbers.

**Registration fee is: NafL. 5,= per athlete registered with CAB, for non-registered athletes the fee will be NafL. 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 16<sup>th</sup> January 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).

### **Bib numbers:**

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

**The usage of bib numbers will be mandatory.**

This bib number will be the same numbers as used in 2013.

### **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 **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 11-12            95 cms.
- Girls 13-14            105 cms.
- Women Open            125 cms.
- Men U17/U20/20+ 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. 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.

### **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, 4 kg for women open, 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 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 600 kg 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 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:**

- 31<sup>st</sup> December: Submit all information to the clubs.
- 6<sup>th</sup> January: Registration open on the website of Easy Ware;  
<http://www.goeasyware.com>.
- 19<sup>th</sup> January: Registration due date. No further registration is possible after this date.
- 21<sup>st</sup> January: The starting list will be submitted by mail to the clubs for comments.
- 23<sup>rd</sup> January: 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.
- 23<sup>rd</sup> January: 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.
- 24<sup>th</sup> & 25<sup>th</sup> Jan.: Cash payment is also possible during the technical meeting.  
Competition days

**Program Friday 24<sup>th</sup> January 2014:**

<b>Time</b>	<b>Events</b>	<b>Categories</b>
18:00	5000m Race walk Women and Men	Open
18:30	80m Girls & Boys	U-15
18:40	60m Girls & Boys	U-9
18:50	60m Girls & Boys	U-11
19:00	60m Girls & Boys	U-13
19:10	60m Women	Master 35+
19:20	60m Men	Master 35-59
19:20	60m Men	Master 60+
18:30	Long Jump Women	Open
18:30	Long Jump Men	U-18 & 18+
18:30	Shot Put Women (4 Kg)	Open
18:30	Shot Put Men (5.0 Kg)	U-18
18:30	Shot Put Men (6.0 Kg)	U-20/20+
18:30	Shot Put Men	Master
19:30	100m Women prelim	U-18
19:40	100m Men prelim	U-18
19:50	100m Men prelim	U-20/20+
20:00	Season Opening Ceremony	All
19:20	Ball Throw Girls	U-13
19:20	Ball Throw Boys	U-13
19:30	Shot Put Boys	U-15
19:30	Shot Put Girls	U-15
20:20	400m Women final	U-18 & 18+
20:30	400m Men final	U-18
20:40	400m Men final	U-20
20:50	400m Men final	20+
21:00	1500m Women final	Open
21:10	1500m Men final	Open
21:20	100m Women final	U-18
21:30	100m Women final	18+
21:40	100m Men final	U-18
21:50	100m Men final	U-20
22:00	100m Men final	20+

**Note:** Subject to change

**Program Saturday 25<sup>th</sup> January 2014:**

<b>Time</b>	<b>Events</b>	<b>Categories</b>
8:00	3000m Run Women and Men	Open
8:15	110m hurdles Men	Open
8:30	Discus Women (1 Kg)	Open
8:30	Discus Men (2.0 Kg)	Open
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+
8:30	Ball throw Girls	U-9
8:30	Ball Throw Boys	U-9
9:30	Ball throw Girls	U-11
9:30	Ball Throw Boys	U-11
10:30	Ball Throw Girls & Boys	U-15
8:30	High Jump Women (start 130cm)	Open
8:30	High Jump Men (start 140/155cm)	U-18 & 18+
8:30	Long Jump Girls & Boys	U-13
9:30	Long Jump Girls & Boys	U-15
10:30	Triple Jump Men	Open
8:30	200m Women prelim	U-18
8:40	200m Men prelim	U-18
8:50	200m Men prelim	U-20/20+
9:00	800m Women final	Open
9:10	800m Men final	U-18 & 18+
9:20	400m Girls	U-9
9:30	800m Boys	U-11
9:40	800m Girls	U-13
9:50	1200m Boys	U-15
10:00	600m Boys	U-9
10:10	600m Girls	U-11
10:20	1000m Boys	U-13
10:30	1000m Girls	U-15
10:40	200m Women final	U-18
10:50	200m Women final	18+
11:00	200m Men final	Master 35+
11:10	200m Men final	U-18
11:20	200m Men final	U-20
11:30	200m Men final	20+

**Note:** Subject to change