



2025

TECHNICAL MANUAL
JANUARY 10TH & 11TH, 2025
SEASON OPENER 2025



CURAÇAOSE ATLETIEK BOND

COMPETITION, RULES AND REGULATIONS:

The competition held on January 10th and 11th, 2025 in Curaçao is a four in one competition, meaning that the following events will take place:

- | | |
|------------------------------------|---|
| I. Kids (U-7, U-9, U-11): | Sprint, Long distance, Throw events & Horizontal jumps. |
| II. Age Group (U-13): | Sprint, Long distance, Throw events, Horizontal jumps & Vertical jumps. |
| III. Age Group (U-15): | Sprint, Long distance, Throw events, Horizontal jumps, Vertical jumps & Hurdles |
| IV. U-17, U-20 Senior and Masters: | According to schedule |

These competitions are official, and technical matters will be resolved according to the World Athletics rules and regulations. CAB will resolve general matters unforeseen in these regulations. Except in cases where something else is specified, the World Athletics competition rulebook and the NACAC age group combined events rules will be used. Photo finish equipment will be used for the track events.

The NACAC Age group Scoring tables:

[NACAC-Age-Group-11.12-13.14-Scoring-Tables-Revised-2017.pdf](#)

COMPETITION VENUE AND DATES:

The January competitions will be held in Curaçao, at the **Ergilio Hato Stadium** (SDK) at Brievengat:

Date		Time
Friday	January 10 th , 2025	18.00 - 21.00
Saturday	January 11 th , 2025	9.00 – 11.30 & 17.00 – 20.00

FOOD

Food and drinks can be purchased at the designated area inside the stadium.

ENTRANCE:

The entrance fee for the public for this competition will be five (5) guilders for the whole weekend or three (3) guilders for each day. Kids under the age of 12 will enter for free.

WARM UP FACILITIES:

Warm up should be done on the warm up track behind the stadium. Only athletes and coaches should access the warm up track. Please refrain all other persons to enter this area.

There will be no Start Blocks provided by the federation on the warm-up area. Each club/athlete should provide their own Start Block during warm-up.

REGISTRATION:

The athlete's entries must contain the names, events and personal data. These entries contribute to the start list and they provide an overview of the athlete's development in a later stage. These entries also provide the athlete with possible appropriate lane drawing during track events.

All athlete's must be registered through **ATLETIEK.NU** Track & Field Competition administration.

Entries will be accepted online from **Friday, December 27th, 2024** and the system will be closed on **Saturday, January 4th, 2025** at mid-night (23.59 hrs). **No entries are accepted after the closing time.**

Athlete's registration is the responsibility of the club.

All athletes should be registered according to their age on December 31st, 2025. If possible, events with less than three (3) athletes is merged with another category.

PARTICIPATION:

Athletes registered through a CAB affiliated club are entitled to participate. The **registration fee** for this competition is **Naf. 5, - per athlete** registered with a CAB club and for non-registered athletes Naf. 20,-. Payment due date is **Tuesday, January 7th, 2025**.

Payments by bank transfer must be made to the following account:

Name: Curaçaose Atletiek Bond
 Bank: Maduro & Curiels Bank (MCB)
 Bank#: 278 960 04

LIST OF EVENTS:

The following events will be contested in the stipulated age category:

Under 7	
Boys	Girls
60 m	60 m
600 m	400 m
Ball throw	Ball throw
Long Jump	Long Jump

Under 9	
Boys	Girls
60 m	60 m
600 m	400 m
Ball throw	Ball throw
Long Jump	Long Jump

Under 11	
Boys	Girls
60 m	60 m
800 m	600 m
Ball throw	Ball throw
Long Jump	Long Jump

Under 13	
Boys	Girls
60 m	60 m
1000 m	800 m
Ball throw	Ball throw
Long Jump	Long Jump
High Jump	High jump

Under 15	
Boys	Girls
80 m	80 m
1200 m	1000 m
Ball throw	Ball throw
Long Jump	Long Jump
High Jump	High Jump
Shotput	Shotput

U-17, U-20, Senior , & Masters	
Track events	Field events
100mH	Shotput
110mH	High Jump
100m	Long Jump
200m	Triple Jump
400m	Discuss Throw
400mH	Javelin Throw

80 m hurdles	60 m hurdles
--------------	--------------

800m	
1500m	
3000m	
5000m	

NUMBERS:

BIB numbers are **mandatory**.

Upon arrival, head coaches from each team should pick up their envelope with the BIB numbers. They need to distribute these to their athletes. The numbers will be checked at the call room to ensure that they correspond with the athlete's name. They must be worn visibly on the breast. Each athlete must wear their one (1) originally **printed** BIB-number during the competition. Self-made numbers are not accepted.

Competitors in running events will be issued additional adhesive numbers by their liaison, which shall be worn on the sides of their shorts.

START LISTS AND OFFICIAL RESULTS:

Starting lists and official results are available on atletiek.nu

CALL ROOM:

There will be NO physical Call Room at the warm-up field at the west side of the stadium. The call room is situated in the stadium. No calls will be made at the warm up track. Athletes are responsible to be at the call room on time.

The athlete must bear the competition number provided by the organization. Participation is not possible upon closing of an event.

The times for the calls will be as follows:

- Report Time of a Track Event and all age group events: **20 minutes** before event;
- Report Time of a Field Event: **30 minutes** before event (warm up included);

After the final call no athletes will be entered in the competition. Athletes will be marshalled to the competition arena by the liaison and under no circumstances will athletes be allowed to enter the competition arena if they fail to comply with the above-mentioned rules.

For those events taking place within the 45 minutes of reporting time, there will be a "waiting zone" in the competition area for athletes. The liaison will accompany its group to this area. The athletes are not allowed to leave the competition area.

TECHNICAL RULES:

SPRINTING EVENTS

Hurdle measurements for girls: (6 hurdles)	height: 0.76mts - 30''
- Start to 1st hurdle	12.00 meters
- Between hurdles	8.00 meters
- Last hurdle to finish line	8.00 meters

Hurdle measurements for boys: (8 hurdles)	height: 0.84mts - 33''
- Start to 1st hurdle	13.00 meters
- Between hurdles	8.50 meters
- Last hurdle to finish line	7.50 meters

Starting blocks are optional but all athletes must start the sprint events in a starting position. The athletes will receive 2 commands: "on your marks" and "set" before the gun shot.

For the age group, each competitor will have the right to two (2) false starts; if the athlete has a third false start the athlete will be disqualified. For all other track events, World Athletics Rules on false start applies.

In track events, the age group competitor will have to stay inside their assigned lane and could be disqualified for running outside their lanes. In order to obtain points all competitors must complete each race. A competitor who falls will have to stand up and finish the race to accumulate points.

HIGH JUMP

For the age group, 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. For all other high jump events, World Athletics Rules applies.

For the age group, the bar will be set initially at the given height and shall be raised by increments of 5 cm or 3 cm, as listed below:

EVENTS	STARTING HEIGHT	PROGRESSION
High Jump Girls U-13	1.00m	+5cms until three (3) competitors are left, +3 cm until events is completed
High Jump Girls U-15	1.15m	+5cms until three (3) competitors are left, +3 cm until events is completed
High Jump Boys U-13	1.10m	+5cms until three (3) competitors are left, +3 cm until events is completed
High Jump Boys U-15	1.25m	+5cms until three (3) competitors are left, +3 cm until events is completed
Women	to decide in TMeeting	
Men	to decide in TMeeting	
Masters	to decide in TMeeting	

LONG JUMPS

The U-7, U-9, & U-11 athletes must take-off from the white zone, which is marked with white paint. This area is 1 meter away from the edge of the landing pit.

For all other athletes, the take of zone will be as per IAAF regulation from the standard take-off board. The take-off board must be white, and it must be 1.22m long and 30 cm wide. This board must be set at least 2.00m away from the landing pit.

- Each competitor in the category of U-7, U-9 & U-11 will have the right to complete respectively two (2) attempts.
- Each competitor in the category of U-13 & U-15 will have the right to complete respectively three (3) attempts.
- Each competitor in the open category will have the right to complete respectively six (6) attempts.

TRIPLE JUMP

The take of zone will be as per World Athletics regulations from the standard take-off board. The take-off board must be white, and it must be 1.22m long and 30 cm wide. This board must be set at least 9.00m away from the landing pit.

Each competitor in will have the right to complete respectively six (6) attempts.

BASEBALL THROW

A baseball ball (400g.) will be used. The throw must be executed over the shoulder.

- Each competitor in the category of U-7, U-9 & U-11 will have the right to complete respectively two (2) attempts.
- Each competitor in the category of U-13 & U-15 will have the right to complete respectively three (3) attempts.

SHOT PUT

- For the open category, World Athletics regulations applies. Each competitor will have the right to complete maximum six (6) attempts.
- For age group competitors, the shot must have a weight of 3 kilograms. Each competitor will have the right to complete three (3) attempts. The competitor must use either the full technique or the final phase.

Shotput weights:

U-17 girls	3 kg.
Women open	4 kg.
Masters	To decide in TMeeting
U-17 boys	5 kg.
U-20 men	6 kg.
U-20+ men	7.260 kg.
Masters	To decide in TMeeting

JAVELIN/DISCUS THROW

For Javelin/Discus throw, World Athletics regulation applies. Each competitor will have the right to complete maximum six (6) attempts.

Javelin weights:

U-17 girls 500gr.
Women open 600gr.
Masters To decide in TMeeting

U-17 boys 700gr.
U-20 men 800gr.
U-20+ men 800gr.
Masters To decide in TMeeting

Discus weights:

u-17 girls 1kg.
Women open 1 kg
Masters To decide in TMeeting

U-17 boys 1.75 kg.
U-20 men 1.75 kg
U-20+ men 2 kg
Masters To decide in TMeeting

AWARDS:

There will be no award ceremony. Awards will be distributed in the following manner:

Individual events:

1st place: 1st Place Award
2nd place: 2nd Place Award
3rd place: 3rd Place Award

Overall Winners:

1st place: 1st Place Award
2nd place: 2nd Place Award
3rd place: 3rd Place Award

Age Group

This competition is a multi-events competition and is based on total point score. Ribbons will be presented to not only the overall winners, but also each event within a category will be awarded.

An overall winner is an athlete, who completed all the events assigned to his/her category. Scoring for the multi-events (U-13 and U15) is in accordance with the scoring table for NACAC age group competition.

Events with less than three (3) athletes will not be awarded. If during this specific event, a new record is set by an athlete, this record will be noted and recognized.

In any event in which an athlete is not present in the Call Room at the relevant time as published in the schedule, this person will be excluded from participation for that specific event. However, this excluded athlete will be allowed to participate in the next scheduled events. For the remainder of the

competition this athlete will not receive individual medals/ribbons and a scoring for overall winner, nonetheless results will be published.

TECHNICAL MEETING:

The technical meeting will take place on **Tuesday, January 7th 2024 at 19.15 hrs** in the Skybox.

Teams wishing to raise questions of a technical nature must submit these questions through CAB's e-mail address: board@curacao-athletics.com.

Topics covered:

- Start list;
- Schedule;
- Attempts
- All others;

All changes discussed and agreed upon during the technical meeting is considered an official part of this meet. During this meeting only **withdrawal** of athletes from the competition or from one or more events is possible.

JURY OF APPEAL:

Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the results of that event (**IAAF Rule 146**). The athlete or an authorized representative shall make any protest verbally in the first instance to the Referee on his/her behalf. The Referee may take a decision over the protest or may submit it to the Jury of Appeal.

Any protest presented before the Jury of Appeal shall be in writing on the official forms provided by the Meet Secretary, signed by a responsible coach on behalf of the athlete and accompanied by a deposit of Naf. 100, =, refundable if the appeal is upheld (IAAF 146/7). A photocopy of the protest shall be given to the coach presenting the protest. The copy will detail the time and date of the protest and the payment of the above- mentioned fee. The Jury of Appeal will give a written resolution to the protest as soon as possible. This resolution will be published by the Meet Secretary.

The Jury of Appeal consists of Erwin Martis, Aubrey Linzey, Carlos da Cota Gomez, Rudy Josepha, and Willem Cordilia.

CLUB'S ASSISTANCE:

To ensure the smooth execution of competition, all clubs are required to provide assistance of volunteers according to the following guidelines:

- **Volunteer Requirement Per Athlete Count**
 - **1 - 5 athletes:** 1 volunteer
 - **6 - 10 athletes:** 2 volunteers
 - **11 - 20 athletes:** 3 volunteers
 - **21 - 30 athletes:** 4 volunteers
 - **>31 athletes:** 5 volunteers
- **Volunteer Selection Criteria**
 - Volunteers must be in good physical condition.

- They should demonstrate a willingness to assist, learn, and contribute positively to the competition's success.
- Volunteers already assigned as officials on a regular basis or as certified coaches providing assistance to the federation on a regular basis will not count as volunteers for this requirement.
- Depending on the assignment, volunteers must be at least 15 years old.
- **Submission of Volunteer Names**
 - Clubs must submit the names of their volunteers no later than two (3) days before the competition. Normally the Tuesday, during the Technical Meeting.
 - The Competition Director will provide a detailed volunteer assignment schedule to all clubs within this timeframe.
- **Volunteer Tasks and Supervision**
 - Volunteers will perform tasks such as event setup and takedown, retrieving implements, raking the landing pit for long jump events, logistical tasks, and other roles essential for the smooth progression of the competition.
 - Volunteers will always work under the guidance of a certified official.
 - Coaching of athletes is essential; therefore, clubs are encouraged to assign non-coaching personnel to fulfill these volunteer duties whenever possible to avoid disruption of coaching responsibilities during the competition.
- **Volunteer Check-In and Check-Out Procedure**
 - All volunteers must report to the **Volunteer Coordinator Desk** or **Material Handler** upon arrival at the competition venue.
 - Volunteers are required to **sign in** at the start of their assigned task and **sign out** once their duties are completed.
 - This procedure ensures accurate tracking of volunteer participation and adherence to assigned responsibilities.
- **Penalty for Non-Compliance**
 - A penalty of ANG 50.00 per missing volunteer will be imposed on clubs that fail to meet the volunteer requirement.
 - This penalty must be paid before the next competition.
 - Failure to pay the penalty will result in the club being withdrawn from the next competition.
 - This policy promotes fairness and accountability among clubs, ensures critical tasks are performed efficiently, and supports the overall success of competitions.
- **Note:**
 - This regulation is applicable only for clubs that are affiliated to the federation.

IMPORTANT DATES:

Friday, December 27 th , 2024:	Registration open at atletiek.nu
Saturday, January 4 th , 2025:	Registration due date at 23.59 hrs. <i>After this date and hour: NO registration is accepted!</i>
Monday, January 6 th , 2025:	The final entry lists available on atletiek.nu for the clubs to verify.
Tuesday, January 7 th , 2025:	Technical Meeting at 19:15 (Skybox)
Tuesday, January 7 th , 2025:	Payment due date
Tuesday, January 7 th , 2025:	Submit list of volunteers to provide assistance during the competition
Friday, January 10 th , 2025:	Competition day
Saturday, January 11 th , 2025:	Competition day

SCHEDULE OF EVENTS:

Atletiek.nu



Protest Form

Athlete: _____ Bib number: _____

Category: _____ Team: _____

Event: _____

Protest: _____

Fee: NAF 100,-

Name: _____ Signature: _____

Meet management only

Time filed: _____

Received by: _____

Signature: _____