



## TECHNICAL MANUAL

FEBRUARY 21<sup>ST</sup> & 22<sup>ND</sup>, 2025

Nos stima atletismo



## **COMPETITION, RULES AND REGULATIONS:**

The competition held on February 21<sup>st</sup> and 22<sup>nd</sup>, 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:

<b>Date</b>		<b>Time</b>
Friday	February 21 <sup>st</sup> , 2025	18.00 - 21.00
Saturday	February 22 <sup>nd</sup> , 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 **Saturday, February 8<sup>th</sup>, 2025** and the system will be closed on **Saturday, February 15<sup>th</sup>, 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 31<sup>st</sup>, 2025.

## **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, February 18<sup>th</sup>, 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:

<b>Under 7</b>	
<b>Boys</b>	<b>Girls</b>
60 m	60 m
600 m	400 m
Ball throw	Ball throw
Long Jump	Long Jump

<b>Under 9</b>	
<b>Boys</b>	<b>Girls</b>
60 m	60 m
600 m	400 m
Ball throw	Ball throw
Long Jump	Long Jump

<b>Under 11</b>	
<b>Boys</b>	<b>Girls</b>
60 m	60 m
800 m	600 m
Ball throw	Ball throw
Long Jump	Long Jump

<b>Under 13</b>	
<b>Boys</b>	<b>Girls</b>
60 m	60 m
1000 m	800 m
Ball throw	Ball throw
Long Jump	Long Jump
High Jump	High jump

<b>Under 15</b>	
<b>Boys</b>	<b>Girls</b>
80 m	80 m
1200 m	1000 m
Ball throw	Ball throw
Long Jump	Long Jump
High Jump	High Jump
Shotput	Shotput

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

80 m hurdles	60 m hurdles
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800m	
1500m	
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](http://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:**

### **Hurdles**

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.

### 100M

The 100m will be held as an open event consisting of heats and finals. In case less than eight (8) athletes have been entered, the event will go straight to finals.

### 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:

1<sup>st</sup> place: 1<sup>st</sup> Place Award

2<sup>nd</sup> place: 2<sup>nd</sup> Place Award

3<sup>rd</sup> place: 3<sup>rd</sup> Place Award

### Overall Winners:

1<sup>st</sup> place: 1<sup>st</sup> Place Award

2<sup>nd</sup> place: 2<sup>nd</sup> Place Award

3<sup>rd</sup> place: 3<sup>rd</sup> 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:**

There will be no technical meeting prior to this competition.

All scratches and or questions teams wish to raise must be submitted through CAB's e-mail address: [board@curacao-athletics.com](mailto:board@curacao-athletics.com). By **Tuesday, February 18<sup>th</sup> 2025 at 20:00**.

The final schedule will be available on Atletiek.nu on Wednesday, February 19<sup>th</sup> 2025. In case any major changes are made, these will be communicated by email to the teams on this date as well.

## **Protests:**

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.

There referees for this competition will be Elfried Laker and Natasha Blomont.

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 of 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, Rudy Josepha, and Willem Cordilia.

## **IMPORTANT DATES:**

- Saturday, February 8<sup>th</sup> 2054: Registration open atletiek.nu  
Saturday, February 15<sup>th</sup>, 2025: Registration due date at 23.59 hrs.  
***After this date and hour: NO registration is accepted!***  
Monday, February 17<sup>th</sup>, 2025: The final entry lists available on atletiek.nu for the clubs to verify.  
Tuesday, February 18<sup>th</sup>, 2025: Scratches and our questions due by 20:00 through [board@curacao-athletics.com](mailto:board@curacao-athletics.com)  
Tuesday, February 18<sup>th</sup>, 2025: Payment due date  
Tuesday, February 18<sup>th</sup>, 2025: Submit list of volunteers to provide assistance during the competition  
Wednesday, February 19<sup>th</sup>, 2025: Final schedule available  
Friday, February 21<sup>st</sup>, 2025: Competition day  
Saturday, February 22<sup>nd</sup>, 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: \_\_\_\_\_