

V NACAC CHAMPIONSHIP AGE GROUP U13 & U15 Managua, Nicaragua July 5 and 6, 2025.



TECHNICAL MANUAL

Version – 1. May 4, 2025

V NACAC CHAMPIONSHIP AGE GROUP U13 & U15.

Managua, Nicaragua. July 5-6, 2025

The V edition of the U13 and U15 age groups of the North American, Central American and Caribbean Athletics Association, will be held under the auspices of World Athletics and the Athletics Association of North, Central America and the Caribbean (NACAC), and is one of the many events on the official NACAC calendar.

NACAC EXECUTIVE COUNCIL

WA Area President/Representative: Mike
Sands (BAH)

Vice President: Catherine Jordan (BAR)

Treasurer: Glenville Jeffers (SKN)

General Secretary: Keith Joseph (VIN)

MEMBERS OF THE COUNCIL

Cydonie Mothershill (CAY)

Calixto Sierra (HON)

Evelyn Farrell (ARU)

Howard Cornelius (ANT)

EX OFFICE

WA President: Lord Sebastian Coe (GBR)

WA Council Member: Willie Banks (USA)

WA Council Member: Alberto Juantorena (CUB)

WA Council Member: Abbie Hoffman (CAN)



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ORGANIZATIONAL STRUCTURE

The North American, Central American and Caribbean Athletics Association (NACAC) has assigned the organization of the NACAC Age Group Championships to the Nicaraguan Athletics Federation.

The following people are responsible for the organization and coordination of the competition:

John E. Sierra Castellanos. (PUR). Technical Delegate.

International Area Technical Officers.

1. Carlos Clemente (ESA)
2. Hector Caceres (ESA)
3. Jeffrey Vélez (PUR)
4. Iván Méndez (NCA)

LOCAL ORGANIZING COMMITTEE

- | | |
|-----------------------|--|
| 1. Xiomara Larios. | President of the Organizing Committee. |
| 2. Daniel Sequeira. | International relations. |
| 3. Maryin Munguía. | Logistics Commission. |
| 4. Douglas Gutiérrez. | Technical Commission. |
| 5. Claudia Medrano. | Accommodation Commission. |
| 6. Marisol Paiz. | Accreditation Commission. |
| 7. Freddy Hurtado. | Transport Commission. |
| 8. Anielka Espinoza. | Financial Commission. |
| 9. Moisés Ávalos. | Media Commission. |
| 10. Julio Caldera. | Medical Commission. |
| 11. Sandra Reyes. | Protocol and Awards Commission. |



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COMPETITION

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|--|-------------------------------|
| 1. Douglas Gutiérrez. | Director of Competition. |
| 2. Roger Zamora. | Director of Meetings. |
| 3. Santos Treminio. | Technical Director. |
| 4. Héctor Cáceres (ESA). | Photofinish |
| 5. Douglas López.
and Results. | Secretary of Competition |
| 6. Héctor Vanegas / Allan Ayala (GUA). | Announcer. |
| 7. Jury of Appeal. | TBA during Technical Meeting. |

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1. GENERAL INFORMATION ABOUT NICARAGUA

Number:	Nicaragua.
Location:	Central America
Surface:	130,375 km ²
Population:	6.486.000
Language:	Spanish
Coin:	Córdoba
Electricity:	110v
Water quality:	No potable, use agua embotellada
Telephone:	Country Code: 505
Capital:	Managua
Altitude:	83 m.
Maximum temperature:	34° C.
Average temperature:	28° C
Minimum temperature:	22° C
International Airport:	Augusto Cesar Sandino International Airport (MGA)





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2. GUEST COUNTRIES

Member associations:

Anguilla (AIA), Antigua and Barbuda (ANT), Aruba (ARU), Bahamas (BAH), Barbados (BAR), Belize (BIZ), Bermuda (BER), British Virgin Islands (BVI), Canada (CAN), Cayman Islands (CAY), Costa Rica (CRC), Cuba (CUB), Dominica (DMA), Dominican Republic (DOM), El Salvador (ESA), Grenada (GRN), Guatemala (GUA), Haiti (HAI), Honduras (HON), Jamaica (JAM), Mexico (MEX), Montserrat (MNT), **Nicaragua (NCA) Host Country**, Puerto Rico (PUR), Saint Kitts and Nevis (SKN), Saint Lucia (LCA), Saint Vincent and the Grenadines (VIN), Turks and Caicos Islands (TKS), U.S. Virgin Islands (ISV), Trinidad and Tobago (TTO).

Associate Members:

Curacao (CUR), Guadeloupe (GPE), Martinique (MTQ), St. Maarten (SXM)

3. GENERAL AIRPORT

INFORMATION

The arrival airport is Augusto Cesar Sandino (MGA), located 30 minutes from Managua. Delegations must send their arrival/departure time to the Organizing Committee as soon as possible in order to properly coordinate their reception.

Website: <https://www.eaai.com.ni/>

AIRLINES THAT FLY TO NICARAGUA INCLUDE . American Airlines, Copa Airlines, Avianca, Aeromexico, Spirit Airlines and United Airlines.

PASSPORT PRESENTATION / ACCREDITATION

Upon arrival, all delegations will be transported to the Hilton **Princess Hotel Accreditation Center** where athletes will be asked to show their travel documents.

Accreditation will be open:

Friday, July 4 9:00am - 12:00pm

LOC officers at the Accreditation Center will verify the passport and travel documents of all competitors. These will be returned as soon as possible, after verification of age, by the LOC and the Technical Delegate.

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ACCOMMODATION

Delegations, coaches and delegates will be accommodated at the **HILTON PRINCESS HOTEL** in **double, triple and quadruple rooms.**



Website:

https://www.hiltonhotels.com/es_XM/nicaragua/hilton-princess-managua/

ACCOMMODATION RATE AND TEAM SIZE

There will be a lodging tax of **US\$150.00** per team member. This must be paid at the accreditation center before accreditation of the equipment is allowed. The levy will cover the period from **12:00 noon on Friday, July 4 to 12:00 noon on Monday, July 7 (3 nights).** Accommodation outside the official period will be at the expense of each delegation.

The number of team officials accompanying each delegation will be limited as follows:

▪	1 competitor	1 Team Official
▪	2 - 5 competitors	2 officials
▪	6 - 8 competitors	4 officials

If a team wishes to accommodate additional officials in the accommodation provided by the Organizing Committee, the fee for these additional officials will be US\$150.00 per person per day.

Delegations must inform the local organizing committee of travel plans so that the reception committee can be present at the airport.

PAYMENT METHOD: It will be paid in US dollars at the time of accreditation, no delegation will be able to use lodging, food and internal transportation, as long as the registration is not canceled.



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TRANSPORT

Round-trip transportation will be provided from the airport to the hotel and from the hotel to the competition area. During the check-in process, you will receive the transport schedule.

MEALS – SCHEDULE

- Breakfast at the Hotel (6:00 – 8:00 a.m.)
- Lunch at the Hotel (12:00 – 2:00 p.m.)
- Dinner at the Hotel (7:00 – 9:00 p.m.)

MEDICAL INFORMATION

Medical facilities will be available to provide necessary medical services. The medical service (FIRST AIDS) is free; However, it will be the participant's responsibility to pay for any additional specialized services, including ambulance, emergency room, specialist medical consultation, hospitalization, surgery, medical procedures, laboratory, x-rays, special studies, and physical therapy treatments.

The Official Hospital is:

Hospital Fernando Vélez Paiz

Located 10 minutes from the Carretera Sur Stadium Km 6 1/2, Managua - Managua

Tel: +505 2298 0320.

MEDICAL AND LIFE INSURANCE

Each country, according to WA rules, is responsible for the insurance of the participants in its delegation. Member associations are responsible for taking out insurance that covers the illness or injury/life of members of their delegation and/or team when they travel internationally.

Team leaders will be asked to confirm that all athletes are medically fit to participate and must have a list of any recent medications/allergies/illnesses/injuries from all team members. Medical forms, including blood type, must be available to the event doctor in case they are needed in the event of injury or illness during the event.



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VISAS

All countries should check with the nearest Nicaraguan Embassy or Consulate to confirm if a VISA, other documentation, or fees are required to enter.

The Organising Committee will make every effort to assist the Federations in obtaining their visas, but must follow the procedures and allow sufficient processing to take place. A letter of invitation will be provided if required. Please inform the LOC in advance.

✦ **Citizens with passports:**

Antigua and Barbados, Bahamas, Barbados, Belize, Canada, Dominican Republic, Panama, Puerto Rico, Mexico, Saint Vincent and the Grenadines, Saint Lucia, Saint Kitts and Nevis, Trinidad and Tobago, United States.

Anguilla, Bermuda, Cayman Islands, Monserrat (with UK passport)
Martinique, Saint Barthélemy, Saint Martin (with French passport),
Virgin Islands (with a United States passport),

Note: Categories "A" are exempt from visas, with a right to stay of 90 days extendable until completing 180 days.

✦ Citizens with passports: Dominica, Grenada, and Jamaica.

Note: Category "B", require consular visa without consultation or border visa, with the right to stay for 30 days, extendable until 90 days are completed.

✦ Citizens with passports: Cuba and Haiti,

Note: Category "C" requires a consular visa consulted, with the right to stay for 30 days, extendable until 90 days are completed.

✦ In all cases, to enter the national territory they must comply with immigration and health requirements.



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UNIFORM

The legal tender of Nicaragua is the Córdoba (37 Córdobas = 1 USD)

NATIONAL FLAGS

Each delegation is requested to provide two national flags for the competition and decoration of the award ceremony. Flags must measure 1.20m x 0.80m and 3m x 2m respectively. They will be flown in the stadium during competitions.

4. TECHNICAL INFORMATION

FINAL REGISTRATIONS – COMPETITION DAYS

- **Friday, May 9:** Confirmation of participation.
- **Friday, May 23:** Closing of numerical registrations (number of athletes and officials).
- **Friday, June 13:** Final registration and travel information closes (officially).
- **Day 1: Friday, July 4:** Official arrival of the delegations (at noon).
Friday, July 4: Technical Meeting at 7:00 p.m . Hilton Princes Hotel.
- **Day 2: Saturday 5th July:** Competition Sessions 1 & 2
- **Day 3: Sunday 6th July:** Competition Sessions 3 & 4
- **Day 4: Monday, July 7:** Official departure of the delegations (at noon)

The final registration deadline is midnight on **Friday, June 13, 2025 (Nicaragua time)**. Entries must be emailed to nca@mf.worldathletics.org

Send CC to Technical Delegate johnesierra@live.com

Contact Us @: +505.2266.4480 *Federation Offices* / +505.8775.6640 *Xiomara Larios - Federation President*

+1 (787).363.0829 *John E. Sierra Castellanos (Technical Delegate)*

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COMPETITION STADIUM

The Athletics Stadium is located in the Nicaraguan Institute of Sports, Plaza España, it has a Level 2 (WA) certified synthetic track Conica brand with 8 lanes, two pits for Long Jump, 2 Shot Put Circles, lane for Ball Throw and areas for High Jump. The warm-up zone is located in the west area of the stadium.



COMPETITION BIBS (NUMBERS)

Each athlete will be assigned three (3) competition bibs that must be visibly worn on the chest and back during the competition (except for Jumps). Athletes without bibs will not be able to enter the competition area. The numbers should not be bent or cut. The third number will be used in the athlete's bag.



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TECHNICAL MEETING

The technical meeting will take place **on Friday, July 4 at 7:00 p.m.** at the Hilton Princess Hotel. Questions of a technical nature must be submitted to the Technical Delegate by teams on the prescribed form, no later than 2:00 p.m. on July 4. Absolutely no questions will be accepted in the room during the technical meeting.

The Technical Delegate will chair the meeting, which will be held in Spanish and translated into English. No more than two (2) delegates from each participating team may attend the meeting.

AGENDA – TECHNICAL MEETING

1. Welcome
2. Presentation of the officials present
3. General information about schedules, bar climbing, protest, awards ceremony, opening and closing ceremonies
4. Response to the Delegation's Questions (Tabled)
5. Presentation of the Jury of Appeal
6. Closing

NOTE: Before the meeting, each delegate will receive the athletes' bibs and review the registration lists.

EVENT RESULTS

As soon as the results are collected, they will be posted to the dashboards and made available to teams on the site <https://atletismonicaragua.revsys.net/EventosNew.aspx>



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NACAC AGE GROUP TECHNICAL RULES 2025

TICKETS

- Each team may register two competitors in each combined event per category.
- A maximum of eight (8) athletes will be accepted in the 4 categories per country.
- A country can enter a team in one of the categories and be eligible to win the championship in that category.
- Countries that are unable or unwilling to register full teams in the various categories may register an individual athlete in any category. No country may register more than two athletes in any category.

EVENTS AND CATEGORIES

U13 CATEGORY - PENTATHLON

11 - 12 years old, born between January 1, 2013 and December 31, 2014.

Events: **60-meter dash, 800/1000-meter, long jump, high jump, baseball throw.**

Note: Athletes 10 years of age or younger (born in 2015 or later) and athletes 13 years of age or older (born in 2010 or earlier) will not be eligible to participate in this category.

U15 CATEGORY - HEPTATHLON

13 - 14 years old, born between January 1, 2011 and December 31, 2012.

Events: **80-meter dash, 1000/1200-meter dash, 60/80-meter hurdles, long jump, high jump, baseball throw, and shot put.**

Note: Athletes 12 years of age or younger (born in 2013 or later) and athletes 15 years of age or older (born in 2010 or earlier) will not be eligible to participate in this category.



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1. RULES AND SCORING

Except where otherwise specified, NACAC Age Group Combined Event Scoreboards will be used. Photofinish equipment will be used for track testing.

2. SPEED EVENTS:

- 60-meter run
- 80-meter run
- 60 meters hurdles (girls)
- 80m hurdles (men)

Girls' hurdles measurements: (6 hurdles) height: 0.76mts - 30"

- ✓ Exit at the 1st ditch 12.00 meters
- ✓ Between fences 8.00 meters
- ✓ Last obstacle to the finish line 8.00 meters

Men's hurdle measurements: (8 hurdles) height: 0.84mts - 33"

- ✓ Exit to 1st hurdle 13.00 meters
- ✓ Between fences 8.50 meters
- ✓ Last obstacle to reach the finish line 7.50 meters

- **Starting blocks are optional, but all athletes must start sprint events in a crouch position. Athletes will receive 2 commands in English: "on your marks" and "set" before shooting.**

- Each competitor will be entitled to two (2) false starts; If the athlete has a third false start, the athlete will be disqualified.
- In track testing, competitors will have to stay within their assigned lane and could be disqualified for running outside their lanes.

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3. HIGH JUMP

Each competitor is entitled to complete three (3) attempts at each height, starting the jump on two consecutive occasions without completing the jump will constitute an attempt and will be taken as a foul.

to. The starting heights for each category will be:

- Children 11-12 1.10 mts
- Children 13-14 1.25 mts
- Girls 11-12 1.00 mts
- Girls 13-14 1.15 mts

b. The bar will be raised as follows:

- 5 cm until there are three (3) competitors left.
- 3 cm until the event is completed.

4. LONG JUMP

to. The take-off board will be white and must be 1.22 m long and 30 cm wide.

b. The take-off board must be positioned at least 2.00 m away from the landing pit.

c. Each competitor will have the right to make three (3) attempts.

5. BASEBALL TOSS

to. An official baseball (5 oz or 150 g) will be used.

b. The throw must be executed over the shoulder.

c. Each competitor will have the right to make three (3) attempts.



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6. BULLET BOOST

- to. The weight of the bullet 3 kg.
- b. Each competitor will be entitled to make three (3) attempts.
- c. The competitor will use the full technique or the final phase.

7. RELAYS

- to. A mixed 4x100m relay will be run for each category. (U13 and U15)
- b. The relay must be composed of two (2) boys and two (2) girls
- c. The order of the team is decided by each team (e.g. boy, girl, boy, girl)
- d. The pole exchange area shall be thirty (30) meters and there shall be no pre-zone or acceleration zone.
- and. No points will be awarded for relays. However, medals will be awarded to the first three (3) places in each category.

AWARDS AND SCORES

Scoring will be made according to the games score tables for the NACAC age group competition. The prizes will be awarded as follows:

- a) A Gold, Silver and Bronze medal will be awarded for the **first three places in each individual event** in each category. Competitors who finish **4th through 8th place** in each event will receive a medal.
- b) A trophy will be awarded to the **first three INDIVIDUAL overall winners of each category** with the highest total number of points accumulated in the entire competition. *TOTAL 12 TROPHIES (4 categories)*
- c) A trophy will be awarded to the **first three TEAMS in each category** with the highest total number of points accumulated in the entire competition. *TOTAL 12 TROPHIES (4 categories)*
- d) A trophy will be awarded to the **COUNTRY with the total sum** of all points in all categories. This will include both men's and women's divisions. **1 TROPHY**

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COMPETITION SCHEDULE – Updated April 18

DAY 1	Saturday, July 5	Updated May 4	MORNING SESSION			
BREAKFAST AT THE HOTEL (6:00 - 8:00 am)						
#	HOUR	EVENT	GENDER	CAT	ROUND	ATHLETES
	07:30	Athletes report the call room				
1	08:30	60 meters	Girls	U13	Penta 1	33
2	08:45	60 meters	Boys	U13	Penta 1	35
3	09:00	80 meters	Girls	U15	Hepta 1	36
4	09:00	High jump (2 pits)	Girls	U13	Penta 2	33
5	09:00	Baseball Pitch - Group A	Boys	U13	Penta 2	35
6	09:15	80 meters	Boys	U15	Hepta 1	35
7	09:30	Long jump (2 pits)	Girls	U15	Hepta 2	36
8	09:45	Shot Put (3k) (2 circles)	Boys	U15	Hepta 2	35
*	10:00	Baseball Pitch - Group B	Boys	U13	Penta 2	35
	11:00	AWARDS CEREMONY				
LUNCH AT THE HOTEL (12:00 - 2:00 pm)						

Saturday, July 5			AFTERNOON SESSION			
#	HOUR	EVENT	GENDER	CAT	ROUND	ATHLETES
	03:00	OPENING CEREMONY				
	03:30	Athletes report the call room				
9	05:00	Baseball Pitch - Group A	Girls	U13	Penta 3	33
10	05:00	High jump (2 pits)	Boys	U13	Penta 3	35
11	05:00	Long jump (2 pits)	Boys	U15	Hepta 3	35
12	05:00	Shot Put (3k) (2 circles)	Girls	U15	Hepta 3	36
*	06:00	Baseball Pitch - Group B	Girls	U13	Penta 3	33
13	07:30	4x100 Relay	Mixed	U13	Final	
14	07:45	4x100 Relay	Mixed	U15	Final	
	08:00	AWARDS CEREMONY				
DINNER AT THE HOTEL (8:00 - 10:00 pm)						

DAY 2	SUNDAY, JULY 06	Updated May 4	MORNING SESSION
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BREAKFAST AT THE HOTEL (6:00 - 8:00 am)						
#	HOUR	EVENT	GENDER	CAT	ROUND	ATHLETES
07:30 Athletes report the call room						
15	08:30	60 meter hurdles (0.76 m)	Girls	U15	Hepta 4	36
16	08:30	Long jump (2 pits)	Girls	U13	Penta 4	33
17	08:50	80 metres hurdles (0.84 m)	Boys	U15	Hepta 4	35
18	09:00	Baseball Pitch - Group A	Girls	U15	Hepta 5	36
19	09:15	High jump (2 pits)	Boys	U15	Hepta 5	35
20	09:45	Long jump (2 pits)	Boys	U13	Penta 4	35
*	10:00	Baseball Pitch - Group B	Girls	U15	Hepta 5	36
11:00 AWARDS CEREMONY						
LUNCH AT THE HOTEL (12:00 - 2:00 pm)						

SUNDAY, JULY 06

AFTERNOON SESSION

#	HOUR	EVENT	GENDER	CAT	ROUND	ATHLETES
04:00 Athletes report the call room						
21	05:00	High jump (2 pits)	Girls	U15	Hepta 6	36
22	05:00	Baseball Pitch - Group A	Boys	U15	Hepta 6	35
23	05:30	800 meters	Girls	U13	Penta 5	33
24	06:00	1000 meters	Boys	U13	Penta 5	35
*	06:00	Baseball Pitch - Group B	Boys	U15	Hepta 6	35
26	07:00	1000 meters	Girls	U15	Hepta 7	36
27	07:30	1200 meters	Boys	U15	Hepta 7	35
07:45 AWARDS CEREMONY AND CLOSING CEREMONY						
DINNER AT THE HOTEL (7:00 - 9:00 pm)						