



XXIII CENTRAL AMERICAN AND CARIBBEAN ATHLETICS SENIOR CHAMPIONSHIPS



XXIII CAMPEONATO CENTROAMERICANO
Y DEL CARIBE DE ATLETISMO
MAYAGÜEZ, P.R. | 14 AL 17 DE JULIO DE 2010

TECHNICAL MANUAL

(Updated June 20, 2011)

July 15-17, 2011 Mayagüez, Puerto Rico



**INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS
IAAF**

Mr. Lamine Diack
President

**NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETICS ASSOCIATION
NACAC**

Mr. Neville McCook
President

**CENTRAL AMERICAN AND CARIBBEAN ATHLETICS CONFEDERATION (CACAC)
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Neville McCook (JAM) – Ex Oficio Member (Area Representative NACAC – IAAF)

Esther Maynard (BAR)

Rey O'Neal (IVB)

Ramiro Varela (COL)

COUNTRIES (34)

- | | | | |
|--------------------------|----------------------|---------------|----------------------------------|
| • Anguilla | • Colombia | • Haiti | • Saint Kitts & Nevis |
| • Antigua & Barbuda | • Costa Rica | • Honduras | • Saint Vincent & The Grenadines |
| • Aruba | • Cuba | • Jamaica | • Suriname |
| • Bahamas | • Dominica | • Mexico | • Trinidad & Tobago |
| • Barbados | • Dominican Republic | • Montserrat | • Turks & Caicos Islands |
| • Belize | • El Salvador | • Nicaragua | • U.S. Virgin Islands |
| • Bermuda | • Grenada | • Panama | • Venezuela |
| • British Virgin Islands | • Guatemala | • Puerto Rico | |
| • Cayman Islands | • Guyana | • Saint Lucia | |

COUNTRIES INVITED			
• Curaçao *	• French Guyana *	• Guadalupe *	• Martinique *
* Observer members invited to participate.			

ATHLETICS FEDERATION OF PUERTO RICO (FAPUR)

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Prof. Angel L. Alicea General Secretary
Mr. Luis Reyes Representative of the Public Interest

ORGANIZATION DELEGATE

Mr. Alain Jean Pierre (HAI)

TECHNICAL DELEGATE

Mrs. Esther Maynard (BAR)

COMPETITION DIRECTOR

Prof. Cándido Vélez

COMPETITION SECRETARY

Prof. Noel Cedeño

JURY OF APPEAL

Mr. Neville McCook (JAM)
Mr. Rey O'Neal (BVI)
Mr. Alpheus Finlayson (BAH)
+ Two delegates
Secretary – Carlos Clemente (ESA)

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Prof. Carlos A. Barrios (GUA) - Chief
Prof. Roberto Apaceiro (CUB)
Mrs. Carol Coram (USA)
Mr. Dennis Beerling (CAN)
Mr. James Kelly (SKN)

INTERNATIONAL RACE WALKING JUDGES

Mrs. Jennifer Machado (PUR)
Mr. Juan H. del Toro (MEX)
Mr. Manuel Calderon (PAN)

Mr. Ron Daniel (USA) - Chief
Prof. Carlos Barrios (GUA)
Prof. Roberto Apaceiro (CUB)

ANNOUNCER

Mr. Rosendo Benson (PUR)

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Mrs. Carla J. Alonso, Protocol Director

1. PLACE AND DATE

- 1.1. The competition will take place in the José Antonio Figueroa Freyre Stadium (Estadio Centroamericano), July 15-17, 2011
- 1.2. The Race Walking events are going to celebrates in the Stadium.
- 1.3. The Half Marathon (21.098 km.) will be held in the City of Villalba.

2. PARTICIPATION

2.1. General Regulations

The Central American and Caribbean Championship will be ruled by the IAAF 2010/2011 official regulations. Cases not foreseen herein will be solved by the IAAF – NACAC/CACAC Technical Delegate.

2.2 Participants

Athletes from countries affiliated to the Central American and Caribbean Confederation (CACAC) and from National Federations affiliated to IAAF are eligible to participate. Each country will register up to two (2) athletes per event and in a relay team six (6) athletes.

In the Half Marathon and in the Combined Events, three (3) athletes per country are able to participate.

In order to participate in the relays, all the enrolled athletes are eligible, nevertheless, once a relay team has initiated its participation in the competition, only two (2) additional athletes could participate as substitutes in the composition of the team for subsequent rounds. The substitutions can be made solely of the list of athletes either enrolled in the competition, or for that event or any other.

2.3 Participations Requirements

To have born in the country that he/she represents.

To be a natural citizen of the country that he/she represents and to be a resident of the country for at least five (5) years.

To be dully registered in his/her country Federation.

To be dully registered in the competition by his/her National Federation.

2.4 Preliminary Registration

All CACAC member countries shall send the number registration in the preliminary registration forms to be electronically sent, before May 30, 2011 to Competition Director.

Before April 20, 2011, countries must send a confirmation of participation in the Championship.

2.5 Final Registration

The final nominal registration, with all data requested in the official form should be electronically sent to the competition director before July 4, 2011.

In the case there are not enough participants to hold an event, no less than five (4) competitors from three (3) countries, the Organizing Committee will immediately inform those countries whose athletes were registered to the event.

3. EVENTS AND COMPETITION SYSTEM

MEN	
Races	100 – 200 – 400 – 800 – 1500 – 5000 - 10000 – ½ Marathon
Hurdles races	110 – 400 m
Steeplechase races	3000 m
Jumps	High, Pole Vault, Long, Triple
Throwing	Discus, Javelin, Shot Put, Hammer
Race Walk	20,000 m
Relays	4x100 – 4x400 m
Combined events	DECATHLÓN
WOMEN	
Races	100 – 200 – 400 – 800 – 1500 – 5000 - 10000 – ½ Marathon
Hurdles races	100 – 400 m
Steeplechase races	3000 m
Jumps	High, Pole Vault, Long, Triple
Throwing	Discus, Javelin, Shot Put, Hammer
Race Walk	10,000 m
Relays	4x100 – 4x400 m
Combined events	HEPTATHLÓN

3.1 Participation Confirmation

The Team leaders or their representatives will have to confirm the names of those competitors who already are enrolled and who will take part in the competition.

The confirmations of participation of the athletes will not be accepted after the day and hours limits. (See table below).

For the events which are held the first day of the championship, the team leaders or their representatives will have to confirm the inscriptions of their athletes when the technical meeting finishes on July 14.

For the events which are held in and after the second day of competition, the confirmation of the entries will have to take place before 12:00 hours of the day previous to the event.

The group leaders will also have the possibility of confirming all the entries before the first day of competition.

The forms for the declaration and final confirmation will be distributed to each delegation upon their arrival to the country. These forms will have to be completed and taken to the

Technical Information Center (TIC) in the Stadium according to the dates guidelines indicated in the following table.

Day of the Competition	Final Confirmation Date Limit
Friday 15	Thursday, July 14 – Technical Meeting Final
Saturday 16	12:00 – Friday, July 15
Sunday 17	12:00 – Saturday, July 16

Once confirmed, the absence of the athletes to any event or abstention to participate will be applied Rule 142-4 IAAF, which states that the athlete will not be able to continue participating in the later events, including the relays.

3.2 Seeding and Qualification:

Track events: The formation of groups in series for the first eliminatory rounds will be prepared by the Technical Commission under the supervision and approval of the Technical Delegate. The process of advance from a round to another one will be governed by Rule 166 of the IAAF

Progression of the heights in the jumps

EVENT	GENDER	INICIAL HIGH	1 ST PROGESSION	2 ND PROGRESSION
HIGH JUMP	MEN	1.90 cm	5 cm to 2.10 cm	3 cm
	WOMEN	1.55 cm	5 cm to 1.70 cm	3 cm
POLE VAULT	MEN	4.30 cm	10 cm to 4.90 cm	5 cm
	WOMEN	3.00 cm	10 cm to 3.60 cm	5 cm

Decathlon and Heptathlon: The starting heights for the combined events, will be decided in the Technical Meeting by the delegates who have athletes in those events. In the High Jump, from the decided start altitude, the twig will be risen 3 in 3 cm, in the Pole Vault 10 in 10 cm.

4 COMPETITION/AWARD PROGRAM

4.1 Each of the events will take place in the established time, as per the following schedule.

Primera Jornada/ First Session

Sesión Mañana / Morning Session

Viernes 15 de julio de 2011 // Friday, July 15, 2011

No. <i>Num</i>	HORA <i>TIME</i>	PRUEBA <i>EVENT</i>	SEXO <i>GENDER</i>	FASE <i>PHASE</i>
101	06:30	10,000 m Marcha / <i>Walk</i>	Femenino/Women	Final
102	08:00	Lanzamiento Martillo/ Hammer	Femenino/Women	Final
103	09:00	100 m	Masculino / Men	Decatlón / <i>Decathlon</i>
104	09:15	400 m	Femenino/ Women	Semifinal
105	09:40	400 m	Masculino / Men	Semifinal
106	09:45	Salto de Longitud/ <i>Long Jump</i>	Masculino / Men	Decatlón / <i>Decathlon</i>
107	10:00	400m vallas / w/h	Femenino/ Women	Semifinal
108	10:20	400m vallas/ w/h	Masculino / Men	Semifinal
109	11:00	Impulso de la Bala / <i>Shot Put</i>	Masculino / Men	Decatlón / <i>Decathlon</i>

Segunda jornada / Second Session

Sesión Tarde / Afternoon Session

Viernes 15 de julio de 2011 / Friday, July 15, 2011

No. <i>Num.</i>	HORA <i>TIME</i>	PRUEBA <i>EVENT</i>	SEXO <i>GENDER</i>	FASE <i>PHASE</i>
	15:00	Ceremonia Apertura/Open Ceremony		
110	16:00	Lanzamiento Disco/Discus	Masculino/Men	Final
	16:40	Premiación/Award 10,000 m Race Walk	Femenino/Women	
	16:45	Premiación/Award Hammer	Femenino/Women	
111	17:00	100 m	Femenino / Women	Semifinal
112	17:00	Salto de Altura / High Jump	Masculino / Men	Decatlón / Decathlon
113	17:20	100 m	Masculino / Men	Semifinal
114	17:30	Impulso de la Bala / Shot Put	Masculino / Men	Final
115	17:40	400 m	Femenino / Women	Final
	17:45	Premiación/Award Discus	Masculino/Men	
116	18:00	400 m	Masculino / Men	Final
117	18:00	Salto con Pértiga / Pole Vault	Femenino / Women	Final
118	18:00	Salto Triple / Triple Jump	Femenino / Women	Final
119	18:00	Lanzamiento del Disco/ Discus	Femenino / Women	Final
	18:05	Premiación/Award 400m	Femenino/Women	
	18:15	Premiación/Award 400m	Masculino/Men	

120	18:30	1,500 m	Femenino / Women	Final
121	18:40	1,500 m	Masculino / Men	Final
122	18:55	400m vallas / w/h	Femenino / Women	Final
	19:00	Premiación/Award 1,500m	Femenino/Women	
	19:05	Premiación/Award 1,500m	Masculino/Men	
123	19:10	400m vallas / w/h	Masculino / Men	Final
124	19:20	400 m	Masculino / Men	Decatlón / Decathlon
125	19:30	10000 m	Masculino / Men	Final
	19:35	Premiación/Award Shot Put	Masculino/Men	
	19:40	Premiación/Award 400m w/h	Femenino/Women	
	19:45	Premiación/Award 400m w/h	Masculino/Women	
	19:50	Premiación/Award Triple Jump	Femenino/Women	
	19:55	Premiación/Award Discus	Femenino/Women	
126	20:15	100 m	Femenino / Women	Final
	20:20	Premiación/Award 10,000m	Masculino/Men	
127	20:25	100 m	Masculino / Men	Final
	20:30	Premiación/Award 100 m	Femenino/Women	
	20:35	Premiación/Award 100 m	Masculino/Men	

Tercera jornada / Third Session

Sesión Mañana / Morning Session

Sábado 16 de julio de 2011/ Saturday July 16, 2011

No.	HORA	PRUEBA	SEXO	FASE
Num.	TIME	EVENT	GENDER	PHASE
	08:00	Lanzamiento del Martillo / <i>Hammer</i>	Masculino / Men	Final

201				
202	08:30	110 m vallas / w/h	Masculino / Men	Decatlón / Decathlon
203	08:50	100 m vallas / w/h	Femenino / Women	Heptatlón / Heptathlon
204	09:30	800 m	Femenino / Women	Semifinal
205	09:30	Lanzamiento del Disco / Discus	Masculino / Men	Decatlón / Decathlon
206	09:45	800 m	Masculino / Men	Semifinal
207	09:45	Salto de Altura / High Jump	Femenino / Women	Heptatlón / Heptathlon
208	10:30	Salto con Pértiga / Pole Vault	Masculino / Men	Decatlón / Decathlon
209	10:30	4x100 m	Femenino / Women	Semifinal
210	10:45	4x100 m	Masculino / Men	Semifinal

Cuarta jornada / Fourth Session

Sesión Tarde / Afternoon Session

Sábado 16 de julio de 2011 / Saturday, July 16, 2011

No.	HORA	PRUEBA	SEXO	FASE
Num.	TIME	EVENT	GENDER	PHASE
211	16:30	Impulso de la Bala / Shot Put	Femenino / Women	Heptatlón / Heptathlon
212	17:00	200 m	Femenino / Women	Semifinal
213	17:00	Salto con Pértiga / Pole Vault	Masculino / Men	Final
214	17:00	Salto de Altura / High Jump	Femenino / Women	Final
215	17:20	200 m	Masculino / Men	Semifinal
216	17:30	Lanzamiento de la Jabalina / Javelin	Masculino / Men	Decatlón / Decathlon
217	17:40	5,000 m	Femenino / Women	Final
	17:45	Premiación/Award Pole Vault	Femenino/Women	
	17:50	Premiación/Award Hammer	Masculion/men	

218	18:00	5,000 m	Masculino / <i>Men</i>	Final
	18:25	Premiación/Award 5,000 m	Femenino/Women	
219	18:30	Salto de Longitud / <i>Long Jump</i>	Masculino / <i>Men</i>	Final
220	18:45	Lanzamiento de la Jabalina/ <i>Javelin</i>	Masculino / <i>Men</i>	Final
	18:50	Premiación/Award 5,000 m	Masculino/Men	
221	19:30	200 m	Femenino / <i>Women</i>	Final
222	19:40	200 m	Masculino / <i>Men</i>	Final
223	19:50	200 m	Femenino / <i>Women</i>	Heptatlón / <i>Heptathlon</i>
	19:55	Premiación/Award 200m	Femenino/Women	
224	20:00	1500 m	Masculino / <i>Men</i>	Decatlón / <i>Decathlon</i>
	20:05	Premiación/Award 200m	Masculino/Men	
225	20:10	3,000 c/o / w/s	Masculino / <i>Men</i>	Final
	20:15	Premiación/Award High Jump	Femenino/Women	
	20:20	Premiación/Award Decatlon	Masculino/Men	
	20:25	Premiación/Award Long Jump	Masculino/Men	
226	20:30	4x100 m	Femenino / <i>Women</i>	Final
	20:35	Premiación/Award 3,000m w/s	Masculino/Men	
	20:40	Premiación/Award Javelin	Masculino/Men	
227	20:45	4x100 m	Masculino / <i>Men</i>	Final
	20:50	4 x 100 m	Femenino/Women	
	20:55	4 x 100 m	Masculino/Women	

Quinta jornada / Fifth Session

Sesión Mañana / Morning Session

Domingo 17 de julio de 2011 / Sunday, July 17, 2011

No. <i>Num.</i>	HORA <i>TIME</i>	PRUEBA <i>EVENT</i>	SEXO <i>GENDER</i>	FASE <i>PHASE</i>
301	06:00	20,000 m Marcha/Walk	Masculino/ <i>Men</i>	Final
302	09:00	Salto de Longitud / <i>Long Jump</i>	Femenino / <i>Women</i>	Heptatlón / <i>Heptathlon</i>
303	10:00	100 m vallas/ w/h	Femenino / <i>Women</i>	Semifinal
304	10:20	110 m vallas/ w/h	Masculino / <i>Men</i>	Semifinal
305	10:30	Lanzamiento de la Jabalina / <i>Javelin</i>	Femenino / <i>Women</i>	Heptatlón / <i>Heptathlon</i>
306	10:50	4x400 m	Femenino / <i>Women</i>	Semifinal
307	11:00	4x400 m	Masculino / <i>Men</i>	Semifinal

Sexta jornada / Sixth Session

Sesión Tarde / Afternoon Session

Domingo 17 de julio de 2011 / Sunday, July 17, 2011

No. <i>Num.</i>	HORA <i>TIME</i>	PRUEBA <i>EVENT</i>	SEXO <i>GENDER</i>	FASE <i>PHASE</i>
308	16:30	½ Maratón / <i>Half Marathon*</i>	Femenino/ <i>Masculino</i> <i>Women/Men</i>	Final
309	17:00	Salto de Longitud/ <i>Long Jump</i>	Femenino / <i>Women</i>	Final
	17:25	Premiación/Award Pole Vault	Masculino/ <i>Men</i>	
	17:40	Premiación/Award 20,000 m	Masculino/ <i>Men</i>	

		Race Walk		
310	17:45	100 m vallas / w/h	Femenino / <i>Women</i>	Final
311	18:00	110 m vallas / w/h	Masculino / <i>Men</i>	Final
312	18:00	Salto de Altura / <i>High Jump</i>	Masculino / <i>Men</i>	Final
313	18:15	800 m	Femenino / <i>Women</i>	Final
	18:20	Premiación/Award 100m w/h	Femenino/Women	
	18:25	Premiación/Award 110m w/h	Masculino/Men	
314	18:25	800 m	Masculino / <i>Men</i>	Final
315	18:30	Impulso de la Bala / <i>Shot Put</i>	Femenino / <i>Women</i>	Final
316	18:30	Salto Triple / <i>Triple Jump</i>	Masculino / <i>Men</i>	Final
317	18:30	Lanzamiento de la Jabalina/ <i>Javelin</i>	Femenino / <i>Women</i>	Final
	18:35	800m	Femenino/Women	Heptatlón/Heptatlon
318	18:40	10,000 m	Femenino / <i>Women</i>	Final
	18:45	Premiación/Award 800m	Femenino/Women	
	18:50	Premiación/Award 800m	Masculino/Men	
	18:55	Premiación/Award Long Jump	Femenino/Women	
	19:00	Premiación/Award Heptatlon	Femenino/Women	
	19:35	Premiación/Award 10,000m	Femenino/Women	
319	19:40	3000 m c/o <i>w/steeplechase</i>	Femenino / <i>Women</i>	Final
	19:45	Premiación/Award Shot Put	Femenino/Women	
	19:50	Premiación/Award Javelin	Femenino/Women	
	19:55	Premiación/Award 3,000 <i>w/steeplechase</i>	Femenino/Women	

	20:00	Premiación/Award Triple Jump	Masculino/Men	
320	20:15	4x400 m	Femenino / Women	Final
	20:20	Premiación/Award High Jump	Masculino/Men	
321	20:25	4x400 m	Masculino / Men	Final
	20:30	Premiación/Award Marathon	Femenino/Women	
	20:35	Premiación/Award Marathon	Masculino/Men	
	20:40	Premiación/Award 4 x 400m	Femenino/Women	
	20:45	Premiación/Award 4 x 400m	Masculino/Men	
	20:40	Ceremonia Clausura/Closing Ceremony		

* El Medio Maratón se va a estar celebrando en la Ciudad de Villalba en conjunto con el Campeonato del ½ Maratón Nacional / *The Half Marathon will be held in The City of Villalba in conjunction with the National Half Marathon Championship.*

NOTA: Sujeto a cambios. Algunos de los horarios o el orden de algunas pruebas puede variar luego de la celebración del Congreso Técnico el día 14 de Julio de 2011, así lo disponen los reglamentos. *NOTE: Subject to change. According to regulations, some of the time and event schedule may change after the Technical Congress meeting on July 14, 2011.*

5. PLACES OF TRAINING AND COMPETITION

5.1 The Stadium is equipped with:

- Track of 400 meters (Mondo Sportflex Super X-IAAF Class II Certified) with 8 lanes
- 2 Triple/ Long jump areas
- 1 circle for Disc/Hammer Throw
- 2 runaways for Javelin Throw
- 4 areas for Pole Vault
- 2 areas for High Jump
- 2 circles for Shot Put

5.2 Warm Up-Area Track

- 200 meters track (Mondo Sportflex Super X) with 5 lanes
- 1 Triple/Long jump area
- 1 Pole Vault
- 1 High Jump area
- 1 Shot Put circle

6. INSTRUCTIONS FOR TEAM DELEGATES

6.1 Arrival

The Local Organizing Committee will have an information booth in the international airport to receive all delegations and transfer them to their lodging and accreditation.

6.2 Accommodations

The organization will be responsible for lodging and meals starting from two (2) days prior and one (1) day after the championship (five nights total). Each delegate or head of delegation shall pay US \$25 in cash per member per day of each athlete, coach and official before the accreditation. This is under the Financial Obligation of the CACAC Regulations, Rule 4.3 according to the quota in the following table.

ATHLETES	OFFICIALS	ATHLETES	OFFICIALS
1 – 5	1	35 -40	7
6 – 10	2	41 – 46	8
11 -16	3	47 – 52	9
17 – 22	4	53 – 58	10
23 – 28	5	59 -64	11
29 -34	6	65 - 70	12

The extra days or athletes and officials not included in the competition shall be paid at the accreditation center.

6.3 Accreditation

The Organizing Committee shall make the accreditation of all athletes and members of delegations duly registered by each National Federation. These ID must be carried for your identification and access to places during the event.

6.4 Transportation

Participants shall be guaranteed with transportation upon their arrival at the airports. Likewise a transportation system shall be arranged for competitions, official visits, official functions and departure to the airport.

6.5 Bib Numbers

The Organizing Committee shall designate a number to each athlete. Four numbers shall be given and must be used in the following way:

- a. For warm up uniform,
- b. For competition jersey, one in the front and one in the back,
- c. For the suitcase.

Numbers cannot be folded, cut or modified under any circumstances in accordance with the IAAF Regulations upon penalty of disqualification of the athlete.

Athletes competing in races shall be given two numbers, to be used in each side of shorts or lycras, in the call room before going to the track.

6.6 Athletes Uniforms

All athletes must wear the uniforms of their delegation which should comply with the IAAF Regulations.

6.7 Official results

The official results of each event will be announced by the loudspeaker in the official languages of the event (Spanish and English). These will consider officials from the moment of their announcement by the official announcer. In the Technical Information Center there will be a post-office box where each delegation will have these results and any other additional information.

7. OFFICIALS OF COMPETITION AND JURY OF APPEALS

7.1 Judges

The personnel of judges and necessary officials for the control of the competition are members of the Officials of Athletics of the Federation of Athletics of Puerto Rico (COAPUR).

7.2 International officials

The International Technical Officials, Area Technical Officials, International Race Walking Judges and Area Race Walking Judges have been designated by the Association of Athletics of North America, Central America and of the Caribbean (IAAF-NACAC) and the Central American and Caribbean Confederation (CACAC).

7.3 Jury of Appeal

A Jury of Appeal will be integrated by three (3) members of the CACAC Executive Council and two (2) delegates who attend the technical meeting.

8 TECHNICAL MEETING

The Technical Meeting will be held on **Thursday, July 14** at 17:00 hours at the Stadium "José Antonio Figueroa Freyre. **No more than two representatives from each participating Member Federation may attend the meeting. The Accreditation Card will be required to attend the meeting.** There will be English and Spanish simultaneous translation. With the intention of making the meeting more accurate and following the norms of international events, questions should be presented in writing to the Technical Delegate before or until 15:00 hours of **Wednesday, July 13**. The Technical Meeting will be under the direction of the Technical Delegate designated by the NACAC/CACAC who will answer all the questions previously presented. The president of the Athletic Federation of Puerto Rico and other members of the Council of the Confederation, will constitute the Directive Table.

Points of the Agenda:

- Welcome by the LOC President, President of the FAPUR and the President of the CACAC
- Introduction of Dignitaries, International Delegates and Officials
- Timetable changes (if any)
- Progressions in Track Events and Qualifying Standards in Field Events
- Starting Heights and Raising of the Bar

- Medical / Anti-doping Information
- Opening and Closing Ceremonies
- Answers to written questions

Note:

- **Competition number (bib) will be distributed when finished the technical meeting.**
- **The clothes will be photographed when finished the Technical Meeting.**

9 TECHNICAL INFORMATION CENTER (TIC)

9.1 Technical Information Center (TIC): The main function of the Technical Information Center it is to assure a fluid interrelation and communication between the delegations participants and the LOC, the Technical Delegate, the Director of the Competition and people in charge of the technical matters.

9.2. Location and Responsibilities

This center will be located within the Stadium and will be open every day of the competition one hour before the beginning of the first event up to one hour after the publication of the results of the last event, during the period from the July 14- 17.

The Technical Information Center (TIC) will be in charge of providing the following information to the delegates:

9.2.1. Technical meeting

Distribution of admission pass and pertinent papers, distribution and receipt of written question and others.

9.2.2. Information of the Competition

Notification of the list of athletes, Meet Program, start list for semifinals and final rounds and results. The TIC will be the liason between the delegations and the Technical Delegate/Organizing Committee/Director of Competition in any technical matters and technical and equipment requirements of the delegations.

9.2.3. Distribution of Bib numbers

The team leaders will be able to get the numbers of their athletes at the end of the Technical Meeting. Each athlete will receive four (4) numbers.

9.2.4. Urgencies Notices

Collection and distribution of all urgent information for the delegations from the Technical Delegate and the Competition Director.

9.2.5. Publications of Results

The results will be placed in bulletin boards located outside the Technical Information Center (TIC).

9.2.6. Technical information

All the related technical information to the competition will be distributed to the delegations through a system of post-office boxes.

9.2.7. Post-office boxes

These boxes will be located, in the Technical Information Center (TIC). The people who have a special accreditation will be able to collect the information for their delegation.

9.2.8. Final declarations

The forms for the confirmation of the participants in the events will be collected in the Technical Information Center (TIC) at the Stadium.

10 PRE-COMPETITION PROCEDURES

10.1 Call Rooms

The control of the athletes will start in the First Call Room. This Call Room will be located at the Warm up Area. All the competitors must report at the First Call Room according to the posted schedules. The competitors who do not report in time at the Call Room, with a valid reason (ex. with a medical certificate given by the official doctor of the championship), they will be excluded to participate in that and all the other events of the championship, including the relays. Team officials and coaches are not allowed to enter the Call Rooms. Athletes who compete in combined events (heptathlon, decathlon) will have to check-in in the Call Rooms before the first event of each session. The control for the subsequent events will take place in the site provided for them inside the stadium. Nevertheless, for the first event of the afternoon session the competitors will have to check-in. The second and Last Call Room will be located on the bottom floor inside the Stadium building.

10.2 Schedule for the report of the Athletes and Entrance to the Stadium

The procedures at the Call Room will be the following:

10.2.1 Identification of the competitors

It will be made using the valid Accreditation and their numbers, without exceptions.

10.2.2 Verification of Uniforms of the Athletes

All the competitors must wear the official national uniform of their delegation. The Call Room referee will request that the athletes who are not wearing their official team uniform obtain and change their clothes before they enter and go through the procedures of the Call Room.

10.2.3 Verification of Shoes

The shoes of all the athletes will be verified to make sure that they are approved by the IAAF (also it sees point 11.4).

10.2.4 Inspection of Personal Belongings

A strict inspection will be done to check the prohibited articles that the athletes might have in their possession. According to rule 144, it is not allowed the use of radios, cassettes, radios, mp3, radio transmitters, mobile phones, cameras, etc. by the athletes. The retained articles

could be recovered at the Technical Information Center (TIC)) after the event. Any publicity in the clothes and bags must abide by the rules of the IAAF publicity regulations. Any illegal publicity will be covered with tape. **The athletes will not remove such tape. If they do it, it will be penalized with disqualification.**

10.2.5 Team Leaders

The Team Leaders must assure that all their athletes comply with the previous rule before entering the Call Room to avoid any delay.

10.2.6 Shoes Spikes

They will be checked (number and size). The allowed maximum lengths for the spikes are the following ones: Track events, Long and Triple Jump, Pole Vault and High Jump: 6mm (1/4") and Javelin: 9mm (3/8"). The types of models of spikes that will be allowed are Pyramid or Christmas Tree spikes.

10.2.7 Competitors of track events:

Will be provided with hip numbers for them to be placed in the trousers, on both sides.

10.2.8 After the completion of these procedures and as determined by the Referee, the athletes will line up behind a judge who will accompany them to the competition area of their respective event.

11. COMPETITION PROCEDURES

11.1. Bib numbers:

All the competitors must wear the number assigned. The numbers will agree with the numbers in the program. Each competitor must wear two (2) numbers during the competition, in the chest and back, excepting High Jump and Pole vault, where only one number will be placed in the chest or the back. If they wear a track suit during the competition, the numbers must also be worn on the tracksuit.

A bib number should also be attached in the competition bag of the athlete who enters the competition area. The bib number must be in agreement with the rules of the IAAF and they will not be cut or folded. Not complying with these rules of the IAAF will be cause for disqualification.

11.2. Starters Commands

All starter commands will be given in English. Up to the 400m and also the relays, the following commands will be used:

“On your marks”

“Set”

Fire of the gun

For races of 800m and over, the following commands will be used:

"On your marks"
Fire of the gun

If for any reason the Starter Judge esteem that it is necessary to stop the process, the commands will be:

"Up" (up to 400m)
"Over" (over 800m)

In agreement with the Rules of the IAAF, starting blocks will be linked to an IAAF approved false start detector system up to and including the 4 x 400m relays

11.3 Training with Official Starters

Athletes will be able to train with the official starters and starting blocks to be used at the Championships on Thursday 14 July between 15:00 and 16:00 at the Stadium.

11.4 Official Implements

The LOC will provide the official implements for the competition, except the poles vaults.

MEN			
SHOT PUT 7.26 kg			
Nordic	Olympic Super dia: 128mm	Yellow	1-99-0021
Nordic	Olympic Super dia: 125mm	Black	1-99-0022
UCS	Turned steel dia: 120mm	Red	1-99-0117
UCS	Turned steel dia: 129 mm	Red	1-99-0019
Polanik	Stainless steel	Silver	1-00-0197
DISCUS 2 kg			
Nordic	Gold, brass rim	White/Gold	1-99-0006
Nordic	Maxi Rim, stainless steel	White/Gold	1-99-0007
UCS	Purple Flyer High Moment	Purple	1-99-0123
Polanik	Competition, steel rim	Red	1-99-0155
HAMMER 7.26 kg			
Nordic	Brass dia: 110mm	Gold	1-99-0008
Nordic	Brass dia: 115mm	Silver	1-99-0032
UCS	Steel dia: 110mm	Silver	1-99-0125
Polanik	Stainless steel dia: 110mm	Silver	1-00-0203
JAVELIN 800g			
Nordic	Master 60m	Blue	1-99-0034
Nordic	Master 70m	Blue	1-99-0013
Nordic	Super Elite 80m	White	1-99-0019
Nordic	Super Elite 90m	White	1-99-0020
Nemeth	Club 70m	Violet	1-99-0106
Nemeth	Club 80m	Violet/Yellow/Blue	1-99-0105
Nemeth	Club 85m	Violet/Yellow/Blue	1-99-0104
Nemeth	Classic 90m	Violet/Yellow/Green	1-99-0100

Polanik	Class II 70m	Violet/Yellow	1-00-0211
Polanik	Class III 80m	Light green/Light yellow	1-00-0212

WOMEN			
SHOT Put 4kg			
Nordic	Steel dia: 104mm	Black	1-99-0026
Nordic	Steel dia: 100mm	Blue	1-99-0027
Nordic	Steel dia: 108mm	Red	1-99-0025
UCS	Turned steel dia: 105mm	Yellow	1-99-0115
UCS	Turned steel dia: 109mm	Yellow	1-99-0112
Polanik	Brass dia: 100mm	Gold	1-00-0198
DISCUS 1kg			
Nordic	Super Spin Brass	Black/Gold	1-99-0031
UCS	Purple High Moment	Purple	1-99-0121
Polanik	Competition	Blue	1-99-0153
HAMMER 4kg			
Nordic	Stainless steel dia: 95mm	Silver	1-99-0010
Nordic	Brass dia: 95mm	Gold	1-99-0009
UCS	Steel dia: 95mm	Silver	1-99-0126
Polanik	Stainless steel dia: 95mm	Silver	1-00-0201
JAVELIN 600g			
Nordic	Star 50m	Green	1-99-0029
Nordic	Diana 60m	Pink	1-99-0015
Nordic	Diana 70m	Pink	1-99-0017
Nordic	Diana 80m	Lilac/White	1-99-0018
Nemeth	Standard 60m	Violet	1-99-0108
Nemeth	Standard 70m	Violet	1-99-0107
Nemeth	Club 75m	Violet/Yellow/Blue	1-99-0103
Polanik	Class II 60m	Violet/Yellow	1-00-0208
SHOT PUT			
Nordic	Shot Put 5 kg	Gold	1-03-0294
Nordic	Shot Put 6 kg	Gold	1-03-0295
Nordic	700 g Javelin 65 m	Lilac	1-03-0289
Nordic	700 g Javelin 75 m	Blue	1-04-0307
Nordic	Discus 1.5 kg Competition	Red	1-03-0296
Nordic	Discus 1.75 kg Competition	Red	1-02-0288
Nordic	Hammer 5 kg	Gold	1-03-0297
Nordic	Hammer 6 kg	Gold	1-02-0284

11.4.1 Personal Implements

Personal Implements will also be allowed, providing that:

- they are readily identifiable and are IAAF certified,
- they are not already on the official list,
- they have been checked in accordance with IAAF Rules and the Technical Delegate instructions,
- they are made available to all the other athletes until the end of the Final of the event.

11.4.2 Vaulting Poles

All the vaulting poles will be turned in at the equipment storage room in the warehouse of the Stadium. All the poles will be transported by the LOC to the stadium for the inspection in the morning of the competition. All the poles and the covers will have the identification of the athletes (name and country). If any pole does not comply with the rules, it will be informed to the team leader immediately. The Technical Manager will take the vaulting poles to the competition site.

11.4.3 Markers (track and runways)

Athletes will not be allowed to use their own markers. We will demand the competitors to use the markers provided by the LOC for Long Jump, Triple Jump and Pole vault. For High Jump and the relays, the LOC will provide tape to the athletes. In all field events the athletes can use a maximum of two (2) markers, and for relays only one mark is allowed.

11.4.4 Clothes and shoes

The competitors will participate with their national uniform (see 10.3.2). The Award Ceremony is considered part of the competition. To assure complying with such rules by the competitors, we will ask each team leader to present/display a complete set of the official uniform of the delegation. These will be photographed for the inspection and approval of the Technical Delegate and a copy will be sent to the officials in the Call Room to allow them to inspect the clothes. The athletes' shoes will have to be those approved for the use in the surface of the track Mondo Sportflex Super X.

12 POST COMPETITION PROCEDURES

12.1 General

All the athletes will leave the track through the Mixed Zone area. In the Mixed Zone the mass media will be able to make short interviews. Additional data in relation to the interviews are explained below. After passing through the Mixed Zone the athletes they will go to the Control Area.

12.1.1. Procedures for Exit from the Track:

- Track events: immediately after the finish line.
- The final rounds in the field events: at the end of the first three rounds or at the end of last three attempts.- Jumpers and pole vaulters: they will leave the track through the mixed zone and then taken to the control area accompanied by a judge as soon as they are excluded from the competition, except for the three medalists who will leave together at the end of the event.
- Combined Events: at the end of each session in the Heptathlon and the Decathlon

12.1.2. Post Event Control Area

All the participants, after their event, will have to come to the Post Event Control Area located after the Mixed Zone. In the Control Area, Doping personnel will inform to all the athletes selected for the control. A Doping Control person designated for each athlete will accompany the athlete during all the phase of control including going to the Doping Room. The process of athletes for the Doping Control will be explained in the Technical Meeting.

The athletes who have not been chosen for the Doping Control and those who do not have to receive medals will be able to leave the area and go to their respective team areas. Once the athlete has left the area, they will not be able to return or re-enter. The winners of medals will be escorted to the awards area. Athletes selected for the doping control will be escorted to the Doping Control Center.

12.1.3. Interviews

Brief interviews will be allowed to be done immediately in the Mixed Zone Area after each event. The medalist will probably be requested to attend a press conference.

12.1.4. Claims

All claims will have to be formulated verbally in first instance to the event Referee by the athlete or his delegate. The protests related to results must be submitted in writing using the appropriate forms provided by the Organizing Committee, signed by the team delegate on behalf of the athlete, not more than 30 minutes after the official announcement of the official results. Refer to the Art.146 of the IAAF Regulation, accompanying the claim with U.S. \$100. All claims must be given to the person in charge of the Technical Information Center. The person who deposits a claim will receive a copy that will contain the annotation of the reception time. The Jury of Appeal will respond in writing as soon as possible. Public will be informed of the result of the claim posted in the bulletin board of the Technical Information Center (TIC) and a written copy will be given to the delegate of the team.

13. DOPING CONTROL

13.1. Controls and Medical Examinations

Any athlete who refuses to be put under a control or medical examination will be found guilty of doping, will be required to return the accreditation and will be expelled from the Games and possibly from future international competitions according to the sanctions settled down by the IAAF Regulations.

13.2. Doping Tests

The tests for the Doping Control will be made by the Medical Division of the Local Organizing Committee.

13.3. Companions

The athletes selected for the control of doping could be accompanied to the Doping Control Center by a Team official, who will have to carry a special accreditation.

14. MEDICAL AID

14.1. Athletes Village

There will be health facilities for support and medical aid from the LOC.

14.2. Central American Stadium José A. Figueroa Freyre

Within the stadium there will be a center for medical aid properly equipped. During the competition there will be medical personnel available to provide medical support.

14.3. Areas of Training/Warming Area

There will be First Aid Stations available with the necessary equipment.

15. CEREMONY

15.1 Opening Ceremony

The Opening Ceremony will take place Friday 15 of July 2011 at 15:00 the Stadium. All participants federations shall present themselves with a specific amount of athletes and officials at the opening ceremonies with their uniforms as scheduled in the championship program.

15.1 Awards Ceremony

The first three (3) athletes of each individual event and the members of the first three (3) relays will be awarded with the gold, silver or bronze medals. The award ceremony will take place according to an itinerary previously established and informed. The presentations of medals normally will take place before the doping control procedures. The first three (3) athletes or relay teams will be reunited by an official in the Area of Control and taken to the awards ceremonies area. The athletes must wear the official uniform of their delegation to the awards ceremonies. The award ceremonies will not be made generally before 30 minutes after the announcement of the results to comply with the prescribed time for any protest that could appear. The award ceremonies will be held the same day of the event, unless it is impossible. In this case, the award will take place on the following day.

16. GENERAL ASSEMBLY

The General Assembly (Congress) of the Central American and Caribbean Athletics Confederation will take place Sunday, July 17, 2011 at 9:00 AM in the Mayaguez Resort and Casino. A lunch will follow.

Apendix:

TRAINING/COMPETITION TRANSPORTATION PROGRAM

13 de julio de 2011/July 13		16 de julio de 2011/July 16	
Salida/Departure Villa/Village Añasco	Salida/Departure Estadio/Stadium	Salida/Departure Villa Añasco	Salida/Departure Estadio
14:30	16:00	06:15	-
15:30	20:00	07:15	09:15
14 de julio de 2011/July 14		08:15	10:15
06:30	09:15	09:15	11:30
08:30	12:00	14:45	-
14:30	16:00	15:30	18:30
15:30	20:00	17:00	21:00
15 de julio de 2011/July 15		17 de julio de 2011/July 17	
05:15	-	05:00	-
06:15	08:15	07:45	08:00
07:15	10:00	08:45	11:30
08:15	11:45	15:45	-
13:45	-	16:45	19:00
15:45	18:30	17:45	21:00
17:00	20:40		