



**NORTH AMERICAN, CENTRAL AMERICAN AND CARIBBEAN ATHLETICS ASSOCIATION (NACAC)  
USA TRACK AND FIELD  
2010 U-23 CHAMPIONSHIPS**

## **TEAM MANUAL**

### **LOCAL ORGANIZING COMMITTEE - The City of Miramar, Florida**

- ❖ Chairman
- ❖ Chairperson
- ❖ Competition
- ❖ Marketing
- ❖ Technology
- ❖ Financial Services
- ❖ Protocol
- ❖ Security
- ❖ Accommodation
- ❖ Transportation
- ❖ Site and Grounds
- ❖ Ceremonies
- ❖ Awards Presentation
- ❖ Medical Services
- ❖ Doping Control
- ❖ Legal Services
- ❖ Secretariat

### **COMPETITION OFFICIALS**

- ❖ **Organizational Delegate** - Victor Lopez (PUR)
- ❖ **Technical Delegate** - Gerry Swan (BER)
- ❖ **Head ITO** – John Blackburn (USA)  
**ATO's:**
  1. Mercedes Roman (MEX)
  2. Andrew Maglorie (LCA)
  3. Carlos Clemente (ESA)
- ❖ **Intl. Race Walking Judges:** Gabriel Roldan (MEX) – Head Race Walking Judge
  1. Robert Hickey (USA)
  2. Rod Larsen (USA)
  3. Jose R. Madrid (MEX)
  4. Edwin Roche (PUR)
- ❖ **Competition Director** - Robin Brown-Beamon (USA)
- ❖ **Meeting Manager** – Robin Brown-Beamon (USA)
- ❖ **Technical Manager** – David Katz (USA)
- ❖ **Announcer** - TBA



## NACAC Member Federations

Anguilla (AIA), Antigua & Barbuda (ANT), Aruba (ARU), Bahamas (BAH), Barbados (BAR), Belize (BIZ), Bermuda (BER), British Virgin Islands (IVB), 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), Netherland Antilles (AHO), Nicaragua (NCA), Puerto Rico (PUR), St. Kitts & Nevis (SKN), St. Lucia (LCA), St. Vincent & The Grenadines (VIN), Trinidad and Tobago (TRI), Turks & Caicos (TKS). United States of America (USA), U. S. Virgin Islands (ISV).

### 1. PLACE AND DATE:

The 2010 NACAC U-23 will take place from July 9th - 11<sup>th</sup>, 2010 at the **Ansin Sports Complex** in Miramar, Florida, USA. The facility has a MONDO FX track, certified by the IAAF (International Association of Athletics Federation). The track has 8 lanes and all jumping and throwing areas. The warm up track is adjacent.

### 2. PARTICIPATION:

Under 23 and up to 19 years old athletes from all regional countries affiliated to the NACAC may participate. Each country may enter up to two competitors for each individual event, and one team in each of the relay events.

The U23 ages are: 20, 21, 22 years old Born in 1988, 1989, 1990

### 3. IMPORTANT DATES

Participation Confirmation	<b>May 1st, 2010</b>
Numerical entries	<b>May 1st, 2010</b>
Nominal entries (final)	<b>June 28, 2010</b>

All information must to be sent via e-mail to:

Robin Brown Beamon  
[robin@beamongroup.com](mailto:robin@beamongroup.com)

### 4. OFFICIALS PER TEAM

ATHLETES	OFFICIALS	ATHLETES	OFFICIALS
1	1	25 - 29.	6
2 - 6.	2	30 - 34.	7
7 - 12.	3	35 - 39.	8
13 - 18.	4	40 - 44.	9
19 - 24.	5	45 - 49.	10
		50 a +	1 per 10



## 5. RULES AND REGULATIONS

The NACAC U-23 will be held in accordance with the current rules and regulations of the International Association of Athletics Federations (IAAF) (Manual 2010 – 2011)

Technical matters will be resolved according to the IAAF rules and regulations. The Local Organizing Committee will resolve general matters not provided for in these regulations.

## 6. TECHNICAL MEETING

The Technical Meeting will take place on **Thursday, July 8, 2010 @ 5:00 p.m.** Teams wishing to raise questions of a technical nature **must** submit these questions to the Secretariat on the prescribed form, no later than 10:00 a.m. on July 08, 2010. **Absolutely no questions will be accepted from the floor during the technical meeting.**

The Technical Delegate will preside over the meeting, which will be conducted in English, translated in Spanish.

No more than two (2) delegates from each participating team may attend the meeting.

The agenda shall be as follows:

1. Welcome
2. Presentation of officials present
3. General information on timetable, qualifying rounds, raising of the bars, protest, doping control, Opening and Closing ceremonies
4. Answer to delegation questions (submitted previously)
5. Any other business

## 7. ARRIVAL - DEPARTURE AND ACCOMODATION

Delegations are expected to arrive no earlier than July 7, 2010 and depart on July 12, 2010.

**An accommodation levy of 25.00 USD per day/per team member and official must be paid to the Accreditation Centre before teams are allowed to be fully accredited and checked into the Hotel.**

The levy shall cover the period July 7, 2010 through July 12, 2010.

Athletes and team officials will be accommodated at:

**Hyatt Regency Bonaventure Conference Center & Spa  
250 Racquet Club Road  
Weston, FL 33326 (USA)**

Teams will be accommodated 3 females/3 males to a room. ***Countries are requested to immediately indicate their intent to participate.***

VIPS will be accommodated at the:

**Hyatt Regency Bonaventure Conference Center & Spa  
250 Racquet Club Road  
Weston, FL 33326 (USA)**



The Hotel is within a 30 minute drive away from the Ansin Sports Complex. Delegations must notify the Local Organizing Committee of their arrival date, time, airline and flight number at least 14 days in advance so that they may be received at the airport. **Arrival information must be re-confirmed at least 48 hours in advance to assure airport transportation.**

## 8. ACCREDITATION

The Accreditation Centre will be located at the Hotel. Accreditation Cards will be presented upon arrival at the Accreditation Centre. The ages of all competitors will be verified at the Accreditation Centre through passports or relevant travel documents which all competitors must present.

**Participating countries are asked to submit along with their final entries a passport sized photo of each member of their delegation. Teams which fail to produce these photos by the stipulated date may incur a lengthy waiting period at Accreditation Center.**

## 9. NATIONAL FLAG

Each delegation is asked to provide 2 National Flags at Accreditation, which will be used during the opening ceremony and flown at the Ansin Sports Complex for the duration of the competition.

## 10. EVENTS

The following events will be contested:

WOMEN	EVENTS
Races	100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 5,000 meters, 10000 meters , 10k Race Walk
Hurdles	100 meters (0.84m) and 400 meters (0.76m), 3000 steeplechase (0.76m)
Relays	4 x 100 meters and 4 x 400 meters
Jumps	High, Long, Triple, Pole Vault
Throws	Shot Put (4kg), Discus (1kg), Javelin (600 grs), Hammer (4kg)
Combined	Heptathlon
MEN	EVENTS
Races	100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 5,000 meters, 10000 meters, 20k Race Walk
Hurdles	110 meters (1.06m) and 400 meters (0.91m), 3000 steeplechase (0.91m)
Relays	4 x 100 meters and 4 x 400 meters
Jumps	High, Long, Triple, Pole Vault
Throws	Shot Put (7.27kg), Discus (2kg), Javelin (800 grs), Hammer (7.27kg)
Combined	Decathlon



## COMPETITORS

Each country may enter up to two athletes in each individual event. In relay events, each country may enter a team of six (6) athletes.

### 11. CONFIRMATION OF PARTICIPANTS

Upon arrival each team will be provided with a set confirmation of Entry sheets, which must be filled out and submitted to the TIC.

Confirmation of entries for the first day of competition shall be submitted during the Technical Meeting. For the following competition days, ONLY the omissions of entries shall be submitted to the TIC by 6:00 pm on the day before the competition.

### 12. QUALIFYING ROUNDS

Qualifying rounds will be held in field events if the number of participants exceed twelve (12), in which case, the competitors will be allowed three (3) attempts. The need for these qualifying rounds will be determined at the Technical Meeting. The best twelve (12) performers, as well as, those tied for twelfth (12<sup>th</sup>) place will qualify for the competition. The formation of the preliminary rounds (heats for the track events will be carried out by the Competition director, taking into consideration the athletes best performances during the last twelve months, as stated in their regulation form. Advancement to the next round will be regulated by IAAF Rule 141.7

### 13. INITIAL AND SUCCESSION HEIGHTS

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

#### **High Jump – Women**

1.60m up 5cm to 1.70m; up 3cm to 1.79m and thereafter up by 2cm

#### **High Jump – Men**

1.90m up 5cm to 2.10m; up 3cm to 2.19m and thereafter up by 2cm

#### **Pole Vault – Women**

3.00m up 10cm to 3.50m; thereafter by 5cm

#### **Pole Vault – Men**

4.00m up 10cm to 5.00m; thereafter by 5cm

#### 14. ATHLETE CONTROL AND CIRCULATION OF ATHLETES

All competitors must report to the check-in area no later than the time indicated below, that is before the start of the event.

No.	Event	Calls	Access to Competition Zone before the start of the Event
1	Sprints	2	15 minutes
2	Hurdles	2	20 minutes
3	Middle and Long Distance	2	15 minutes
4	Relays	2	15 minutes
5	High Jump	2	45 minutes
6	Pole Vault	2	45 minutes
7	Long and Triple	2	45 minutes
8	Throws	2	30 minutes

The check-in area will be in the vicinity of the warm-up area. Only athletes who are preparing for the day's events are expected to be in this area.

**The Call Room** will be located in the warm-up area. All athletes must report to the Call Room bearing the individual identification and competition number provided by the Organizing Committee. Clothing worn must be the declared uniform by the National Federations.

Athletes will access and leave the competition arena accompanied by the judges.

There will be two (2) calls for the athletes to report before they can access the competition arena; there will be an interval of fifteen (15) minutes between the first and second call, then athletes will be marshalled to the competition arena. Under no circumstance will athletes be allowed to enter the competition arena if they fail to comply with the above- mentioned rules.

**The following will be accomplished in the Call Room:**

##### Identification

- The accreditation of each athlete shall be checked.

##### Numbers

- Numbers will be checked to insure that they correspond with the numbers in the programme. They shall be worn visibly on the breast and back, except for those competing in the high jump and pole vault and may not be cut folded or bent so as to hide any markings. Competitors in running events will be issued additional adhesive numbers which shall be worn on the right side of their shorts.



### **Shoes**

- The Call Room Officials shall confirm the correct number and length of spikes in the shoes of the competitors.

### **Clothing**

- Clothing must be the official clothing approved by the national Federation. The competitor will not be allowed to wear any advertisement of a sponsor other than the manufacturer of the clothing and in strict conformity with the IAAF Rules, on any item which he takes onto the field of competition.

### **Bags**

- The call officials shall check the contents and cover up any advertisement on the exterior of such bags.

### **Personal Item**

- A competitor shall not be allowed to enter the arena with any video apparatus, tape recorder, radios, or any clothing or implements with advertising.

All objects retained in the Call Room will be returned to their owners after the events.

## **15. RESULTS**

The results of each event will be transmitted as rapidly as possible to the announcer. Results will also be displayed on a display board. It is anticipated that at the conclusion of each session, a summary of that session activity will be made available to the Chef de Mission, in the secretariat at the stadium. A complete report of all finals will be provided after the Meet.

## **16. PROTEST**

Any protest shall be made in the first instance to the Referee by the athlete or an authorized representative on his/her behalf. Protest concerning the results or conduct of an event shall be lodged within thirty (30) minutes of the official announcement of the results of that event. It shall be in writing on the official forms provided by the Organizing Committee, signed by a responsible official on behalf of the athlete and accompanied by a deposit of US \$100.00.

## **17. TECHNICAL INFORMATION CENTER**

A Technical Information Center (TIC) shall be located at the Ansin Sports Complex and Hyatt Regency Hotel and shall serve as the link between the Organizing Committee and the various delegations. The following will be available at the Center:

- Material for the Technical Meeting (Hyatt Hotel)
- Technical information (Ansin Sports Complex)
- Competitors' numbers for distribution (Hyatt Hotel on July 7, 2010 / Ansin Sports Complex - July 8-11)
- Official communication for delegates (Ansin Sports Complex & Hyatt Hotel)
- Distribution of official results (Ansin Sports Complex & Hyatt Hotel)
- General information (Ansin Sports Complex & Hyatt Hotel)
- Transportation (Ansin Sports Complex & Hyatt Hotel)



## 18. CEREMONIES

Awards Ceremonies will take place periodically throughout the competition, as listed in the schedule of events. Medalists should report to the awards tent upon request, fully dressed in the official uniform of their respective National Federation (NF) for the Ceremony. In accordance with the IAAF Rules and Regulations, Awards will be distributed in the following manner:

### Individual Awards

- 1<sup>st</sup> Place : Gold Medal
- 2<sup>nd</sup> Place : Silver Medal
- 3<sup>rd</sup> Place : Bronze Medal

### Relays:

- 1<sup>st</sup> Place : Gold Medal for every participating member of the team
- 2<sup>nd</sup> Place: Silver Medal for every participating member of the team
- 3<sup>rd</sup> Place: Bronze Medal for every participating member of the team

The Opening Ceremony is planned for 09 July 2010 at the Ansin Sports Complex. The exact time will be determined and all delegations will be notified. ***All delegations are expected to participate.***

## 19. JUDGES

The Organizing Committee with the approval of the meet Director will appoint all officials and other auxiliary personnel necessary for the competition.

## 20. JURY OF APPEAL

A Jury of Appeal will be appointed in accordance with Article 112 of the IAAF Manual comprising of one IAAF Council member attending the games and at least two other persons appointed by the Organizing Committee.

## 21. DOPING CONTROL

Test for doping will be conducted throughout the Competition in accordance with the IAAF Procedural Guidelines for Doping Control. The location of the Doping Control area will be on-site at the Ansin Sports Complex.



## General Information

**Venue:**

Ansin Sports Complex  
10801 Miramar Boulevard  
Miramar, Florida 33025  
(USA)

**Language:**

English

**Currency:**

U.S. Dollar

**Altitude Above Sea Level:** 6 feet

**Average Temperature:** 81 degrees F/27 degrees C

**Average Relative Humidity:** 28%

## NUMERICAL ENTRIES / INSCRIPCIONES NUMERICAS

The U23 ages are: 20, 21, 22 years old Born in 1988, 1989, 1990

**Las edades U23 son: 20, 21, 22 años de edad, nacidos en 1988, 1989, 1990**

To be sent to the Organizing Committee no later than **01 May 2010**

**Debe ser enviado al Comité Organizador no mas tardar del 01 Mayo 2010**

COUNTRY/PAIS

EVENT/EVENTO	WOMEN/FEM	MEN/MASC	TOTAL
100m			
200m			
400m			
800m			
1500m			
5000m			
10000m			
100mh - 110mh / <i>vallas</i>			
400mh / <i>vallas</i>			
3000st / <i>obst.</i>			
4x100			
4x400			
High Jump / <i>Altura</i>			
Long Jump / <i>Longitud</i>			
Triple Jump / <i>Triple</i>			
Pole Vault / <i>Pertiga</i>			
Shot Put / <i>Bala</i>			
Discus Throw / <i>Disco</i>			
Javelin Throw / <i>Jabalina</i>			
Hammer Throw / <i>Martillo</i>			
Heptatlon / <i>Decathlon</i>			

PAGE 1/1 (Nominal Entries)



**FINAL ENTRIES / INSCRIPCIONES FINALES**

The U23 ages are: 20, 21, 22 years old Born in 1988, 1989, 1990  
**Las edades U23 son: 20, 21, 22 años de edad, nacidos en 1988, 1989, 1990**

**To be sent to the Organizing Committee no later than 28 June 2010**  
**Debe ser enviado al Comité Organizador no mas tardar del 01 Junio 2010**

COUNTRY/PAIS

EVENT <i>EVENTO</i>	NAME <i>NOMBRE</i>	BIRTHDATE <i>FECHA/NAC</i>	PERSONAL BEST <i>MEJOR MARCA</i>
100m	1.		
	2.		
200m	1.		
	2.		
400m	1.		
	2.		
800m	1.		
	2.		
1500m	1.		
	2.		
5000m	1.		
	2.		
10000m	1.		
	2.		
100mh - 110mh / <i>vallas</i>	1.		
	2.		
400mh / <i>vallas</i>	1.		
	2.		
3000st / <i>obst.</i>	1.		
	2.		

PAGE 1/2 (Final Entries)



EVENT <i>EVENTO</i>	NAME <i>NOMBRE</i>	BIRTHDATE <i>FECHA/NAC</i>	PERSONAL BEST <i>MEJOR MARCA</i>
High Jump / <i>Altura</i>	1.		
	2.		
Long Jump / <i>Longitud</i>	1.		
	2.		
Triple Jump / <i>Triple</i>	1.		
	2.		
Pole Vault / <i>Pertiga</i>	1.		
	2.		
Shot Put / <i>Bala</i>	1.		
	2.		
Discus Throw / <i>Disco</i>	1.		
	2.		
Javelin Throw / <i>Jabalina</i>	1.		
	2.		
Hammer Throw / <i>Martillo</i>	1.		
	2.		
Heptatlon / Decathlon	1.		
	2.		
4x100	1.		
	2.		
	3.		
	4.		
	5.		
	6.		
4x400	1.		
	2.		
	3.		
	4.		
	5.		
	6.		

PAGE 2/2 (Final Entries)



**OFFICIALS FORMS / INSCRIPCIONES DE OFICIALES**

**To be sent to the Organizing Committee no later than 01 May 2010**  
**Debe ser enviado al Comité Organizador no mas tardar del 01 Mayo 2010**

COUNTRY/PAIS

#	NAME/NOMBRE	FUNCTION/FUNCION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

PAGE 1/1 (Officials)



**TECHNICAL MEETING QUESTIONS/ PREGUNTAS PARA REUNION TECNICA**

To be submitted no later than 10:00 a.m. on 08 July 2010  
*Debera ser entregada a mas tardar las 10:00 a.m. del dia 08 Julio 2010*

COUNTRY/PAIS: \_\_\_\_\_

Question 1/ *Pregunta 1:*

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Question 2 / *Pregunta 2:*

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Question 3 / *Pregunta 3:*

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\_\_\_\_\_  
DELEGATE/ *DELEGADO*

\_\_\_\_\_  
DATE/*FECHA*



**PROTEST FORM/ FORMULARIO DE PROTESTA**

Event/*Evento*: \_\_\_\_\_

Description/*Descripcion*:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fee/*Deposito*: **USD100.00**

Delegate Name/*Nombre del Delegado*: \_\_\_\_\_

Signed/*Firma*: \_\_\_\_\_

Country/*Pais*: \_\_\_\_\_

BY LOC/*POR CO*:

Received by/*Recibido por*: \_\_\_\_\_

Signed/*Firma*: \_\_\_\_\_

Date and Hour/*Hora y fecha*: \_\_\_\_\_



## NACAC U-23 ENTRY STANDARDS

<b>EVENT</b>	<b>MALE</b>	<b>FEMALE</b>
<b>100m</b>	10.75	11.80
<b>200m</b>	21.80	24.50
<b>400m</b>	48.00	53.80
<b>800m</b>	1:54.50	2:15.05
<b>1500m</b>	4:05.9	4:14.00
<b>3000m</b>	-	9:10.50
<b>5000m</b>	14:14.00	17:40.5
<b>10,000m</b>	34:38.50	39:35.60
<b>Steeplechase</b>	8:54.75	9:58.56
<b>Hurdles Sprint</b>	14.98	14.52
<b>Hurdles 400m</b>	53.90	58.20
<b>High Jump</b>	1.95m	1.70m
<b>Long Jump</b>	6.70m	5.90m
<b>Triple Jump</b>	14.80m	13.30m
<b>Pole Vault</b>	4.85m	3.60m
<b>Shot Put</b>	15.30m	12.10m
<b>Discus Throw</b>	60.00m	50.60m
<b>Hammer Throw</b>	66.00m	60.40m
<b>Javelin Throw</b>	58.35m	50.02m
<b>4x100m Relay</b>	40.90	45.20
<b>4x400m Relay</b>	3:17.0	3:49.90
<b>20,000m Race Walk</b>	1:45:00	-
<b>10,000m Race Walk</b>	-	58:00

