



NACAC NEWSLETTER



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NACAC AA PRESIDENT MESSAGE

Víctor López

As we are approaching the end of the year, we are producing this newsletter in a brief and concise way to summarize the 2018 and to look ahead at the 2019. Therefore, hopefully you will find the publication informative and, like us, I encourage you to reflex on the year that is about to end and in the future ahead of us. I am a firm believer in going through a process of reflection every night before I go to bed to make sure that what I did during the day was positive and that I was able to make a difference somehow in my life and in somebody's life. With that in mind, let me express myself in my usual honest, sincere and friendly way.

What a year 2018 has been for our sport and for us personally and for NACAC AA, with so many meetings, positive results by our athletes, winners of IAAF awards, many development projects and changes in the IAAF, based on the reform and restructure that our parent organization is going on through since late August 2015 to the present. Many changes, especially in the area of Governance and the headquarters operations and administration are very positive and we have seen the differences. But others changes and innovations in the technical and competition areas

we still have work to do and, moreover, to make sure that all our stakeholders have been consulted. Yes, we are all for more changes and innovations in our sport but we must consult those who are affected by these changes. The message has been sent already, especially by the Areas Associations, athletes, coaches, athletes' representatives, the normal spectators and the media. I am sure we will find a happy medium among the whole IAAF Athletics Family.

REPORT ON THE NACAC/IAAF SOLIDARITY RELIEF FUNDS PROJECT

As you all know, the Caribbean and part of the USA were hit in 2017 by four hurricanes: Harvey, José, Irma and María that destroyed and devastated whatever was on their path. Since we knew that the impact of Irma and María to some of our most vulnerable islands and territories was inevitable, we maintained a daily communication with President Coe to keep him informed and to start getting ready for whatever relief aid that we could put together to make sure that we help our brothers and sisters aftermath. Irma impacted mainly the British Virgin Islands, Antigua & Barbuda, USA Virgin Islands, the northeast part of



Puerto Rico and the northeast coast of Cuba. The devastation of the island of Tortola, BVI was of the greatest magnitude practically destroying the whole infrastructure of the island and losing one of our best coaches, Xavier “Dag” Samuels, who was killed by Irma. Also, the islands Antigua & Barbuda were hit and Barbuda was wipeout completely. But the biggest hurricane of them all, María, was just approaching a week after Irma and there are no words to describe the devastation that María caused in Dominica, St. Martin, USA Virgin Islands, Puerto Rico, Turks and Caicos and other islands nations and territories. According to the USA National Weather Bureau, María was the biggest and the stronger hurricane that has ever past through the Caribbean. But the IAAF, under the leadership of President Sebastian Coe with our NACAC AA support and collaboration, started a campaign right away to put together a Solidarity Relief Aid Funds to assist all our members that were struggling from the hit of the hurricanes.



The number one priority was the safety and well-being of our athletes, coaches and leaders and that the athletes were able to continue training and the relocation of a number of them to places where they could continue their training programs. Since the telecommunications and the power systems were totally destroyed in all the countries and territories hit by the hurricanes, we lost contact with our friends and leaders from those places. Therefore, as soon as we were able to communicate with the presidents of the Member

Federations from the countries that were destroyed, we set up a meeting in January 2018 in San Juan, Puerto Rico with President Coe and some members of his staff with all the Presidents of the federations that were devastated in order for them to give us a report and a testimony on the damages and the needs that they had.



After the meeting we started the project of the IAAF-NACAC Solidarity Relief Aid Funds that was divided in two phases. The first Phase was to make sure that the athletes were relocated to places where they could continue with their training and that they were able to travel to championships and competitions like CARIFTA Games and NACAC championships.

Now we are completing the second Phase which is to provide funds and grants for repair of facilities such as offices and replacement of lost equipment for their offices and athletics fields. Therefore each of the 10 member federations impacted submitted a proposal to the Solidarity Relief Panel with the list of specific equipment and materials that they needed and I am happy to announce that, all the proposals were approved and those federations are up and running almost as normal as before the hurricane. I would like to express my sincere words of appreciation to my fellow members of the Panel, Neil Lindholm, IAAF Compliance Officer and Helen Delany, IAAF Governance and International



Relations Director and, of course, to President Sebastian Coe, who led us and was able to get the financial resources from a number of organizations, foundations and companies to made the project a reality. In 2018, we were very fortunate in the Caribbean since we were not hit by any natural disasters, although we received a great amount of rain some of it causing flooding damages like in Trinidad and Tobago and one large hurricane, Michael, that hit the southeast coast of USA causing big damages.



In other aspects such as championships, competitions, development, marketing, athlete performances and leadership, the NACAC AA overall had a very positive year. I believe that one of the highlights of the year was winning the IAAF Continental Cup as NACAC and CONSUDATLE (APA) shared the composition of Team Americas and we won for the second time in three versions that have been held of the Continental Cup. Team AMERICAS was composed by a large amount of Olympic and World Championships medalists and finalists that united all their forces to deliver a showcase in Ostrava. My congratulations to the members of Team AMERICAS which included athletes, coaches, personal coaches, managerial staff, medical staff, athletes representatives and leaders from the whole Hemisphere.

I would like to conclude my message by emphasizing to the NACAC Athletics Family that we will be facing in 2019 a very challenging year in many aspects. First, the IAAF will be implementing

a new Constitution that is a document that is classified as a 21th Century piece of sport legislation. It is a very ambitious instrument that we feel will set up a new paradigm for other international federations. It is very important that every member of the IAAF Family become familiar with this constitution in order to make sure that we maintain a democratic, transparent, fair play, free of drugs and enhancing the gender equity and equality in all our Member Federations.

2019 is a year of Elections Congresses in all our Area Associations and in the IAAF which perhaps makes the next year the most important in decades in our sport. For example, the composition of the IAAF Council will be changing and the individuals that will be running for a position or office in the IAAF Council must go through a Vetting Process to determine if the individual is eligible for nomination for election to the IAAF Council and, if elected, could be eligible to hold the office.

Soon the IAAF Compliance Office will be sending, unless it has been sent already, a communication to all the Member Federations with the Vetting Process package of documents that must be fill out by those individuals who are nominated to run for any IAAF Office position. This Vetting Process not only include individuals that will be running for the IAAF Council but those that will be selected for the different IAAF Commissions and Working Groups and for members of the IAAF staff.

In closing this message, I would like to make public that early this year, I made the decision not to run for reelection as president of the NACAC AA. Although I am in a great state of health and that I feel strong and in great spirit to keep helping in the development of our sport and contributing to the IAAF, I understand that after 19 years as the president, first of the CACAC and then since 2013



as president of the NACAC AA, it is time to pass the baton to somebody else to assume this important leadership role. I am not counting the 20 years that I served as the president of the CACAC Technical Committee and the 15 years that I was a member of the IAAF Technical Committee and Chairman of the IAAF Coaches Commission since 2005 and president of the NACAC Coaches Association since 1989. On and off almost 50 years serving our sport in different leadership roles besides being an active coach since 1971, after retiring as an active athlete.

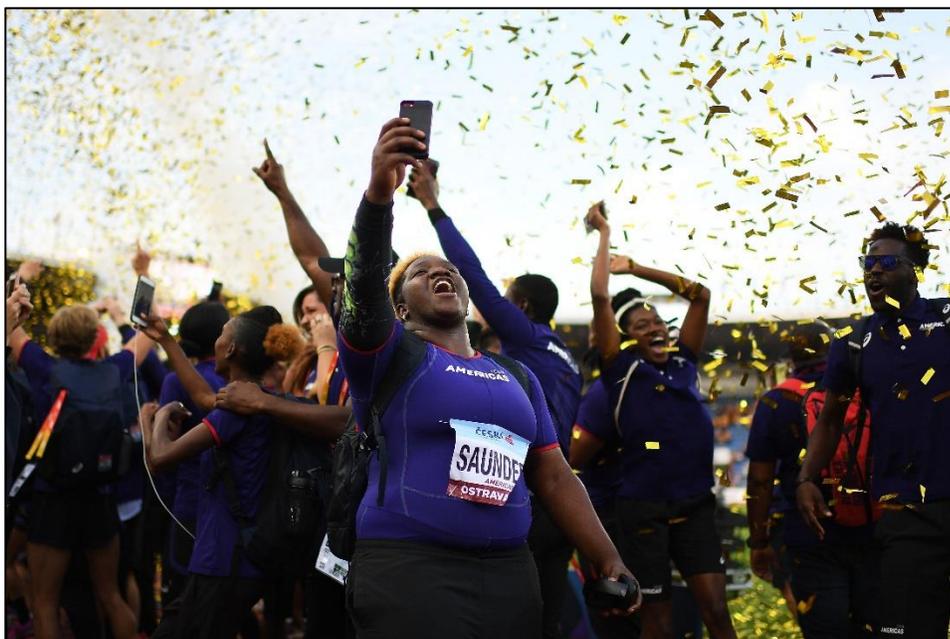
Therefore, for those who have the intention of running for the position of NACAC president, to be able to do an honest job and serve this very diverse and important organization in the right way, I would like to tell you that this is a 24/7 job, 365 days a year, working ad-honorem, traveling constantly through the whole year and catering and serving all our stakeholders. But do not get me

wrong, I am not going anywhere since, I was born in Athletics and will die in Athletics. Furthermore, in one way or another I will stay involved in our beloved sport in whatever capacity the sports needs me at any level, international, regional and national.

Finally, I wish each and everyone Happy Holidays and a 2019 full of health, happiness and success in all aspects among your loved ones. Please keep in mind that 2019 is full of important area and hemisphere championships and competitions were we expect to have your Federations participating. It is the only way to show your progress and be accountable.

Sincerely yours,

Victor





GENERAL SECRETARY MESSAGE

Michael Serralta

We are ending the year and what a way of finishing the season with a win of The IAAF Continental Cup celebrated in Ostrava, Czech Republic.

The Continental Cup presented a new competition format which created several doubts with the athletes but once all rules were explained in detail, it provided an excellent environment for the athletes and for the enjoyment of the fans. The IAAF achieved its goal



We had great results over-all, but we had two females that stole the show as part of Team Americas at the IAAF Continental Cup Shaunae Miller-Uibo, who won the 200 meters and was on our gold medal team for the 4x100m women's relay and anchored the 4x400m mixed relay.

The other female was our team captain **Caterine Ibargüen**, who closed out the season winning again the double of long jump and triple jump. This completed her season winning the double in the Diamond League, in the CAC Games as well as the Continental Cup.



We also had several gold medal performances such as the men's 100m, 200m, 3,000m, 4x100m, high jump, pole vault, triple jump, shot put, and discus throw. On the women's side we had also gold medals in 100m hurdles, 400m hurdles, 4x100m, 4x400m mixed, discus throw and hammer throw.



At the end of October, the NACAC Athlete of the Year Awards were announced, and we had the following results:

Women Athlete of the Year

Shaunae Miller-Uibo – Bahamas



Men's Athlete of the Year

Fedrick Dacres – Jamaica



Women's Junior Athlete of the Year

Brianna Williams – Jamaica



Men's Junior Athlete of the Year

Yordan Díaz – Cuba



Also, NACAC selected its **Coach of the Year**, which went to **Julian Robinson** from Jamaica who has developed world class throwers in that nation.





We ended the season with our CADICA regional championship for U-14 & U-16 celebrated in San José, Costa Rica and they had excellent results establishing six new records. Costa Rica was the over-all champion.



Finally, NACAC received a great surprise when the **IAAF Women of the Year Award** was honored to **Evelyn Claudio López**, who has dedicated over 44 years of her life as a volunteer to track and field. This will be a year to remember!

IAAF Award to the Female Rising Star went to **Sydney McLaughlin** from the USA. She had an outstanding year in her event of 400m hurdles.



The IAAF Coaching Achievement Award was for the Dr. Joe Vigil from the USA





DEVELOPMENT DEPARTMENT

Our Development Department closed out the year with three activities: IAAF Level II Starters Course, NACAC Level II Photo-Finish Course and the Elite Youth Training Camp, which took place in Dominican Republic. NACAC Development Manager, Luis Roberto Reeves, will give more details.

OFFICE MANAGEMENT

Regarding our office obligations with IAAF and Member Federations things have finally gotten back on track as we prepare for next year's activities and the NACAC Congress which will be held in Querétaro, Mexico before our NACAC U-18 & U-23 Championships. We need the support and participation of all our Member Federations. Our staff is committed to continue providing guidance to all member federations and to improve the quality and knowledge of officials and coaches which will eventually pay off and create better results.

NACAC 2019 EXPECTATIONS

Our goals are very high regarding the competition calendar starting off with the NACAC Half Marathon Championship in Puerto Rico and followed by the following events: NACAC Cross Country Championship in Trinidad & Tobago, IAAF World Cross Country Championship in Denmark,

IAAF Race Walking Cup Challenge and Panam Race Walking Cup in Mexico, IAAF World Relays in Japan, NACAC Age Group Championship in El Salvador, NACAC U-18 & U-23 Championship in Mexico, Pan American U-20 Championship in Costa Rica, Pan American Games in Lima, Perú, USA vs Europe in Belarus and the IAAF World Championships in Doha, Qatar.

We will have new challenges facing us in 2019 with the new philosophy presented by IAAF encouraging us to be more creative.





NACAC DEVELOPMENT DEPARTMENT REPORT

Luis Roberto Reeves

Since March 2018, we have been working as the NACAC Development Manager acquitted and now, at the beginning of the last month of the year 2018 we can proudly say it had been a good year for athletics. I always say that **Learning = Changing** so, in the NACAC Area we are going to change a lot.



TOECS Group Photo Santo Domingo (DOM)

Up to date we have completed the following development activities in our area:

- **Events Presentation, Public Announcer Seminar**
March 9-11, 2018 GRENADA
- **IAAF TOECS LEVEL II RACE WALKING COURSE**
June 5-10, 2018 DOMINICAN REPUBLIC
- **Meet Management Seminar**
June 14-16, 2018 TRINIDAD & TOBAGO

- **Combined Events Coaching Seminar**

July 02-03, 2018 OTAWA, CANADA

- **NACACTFCA Coaches Conference**

August 9-10, 2018 TORONTO, CANADA

- **WOMEN ATHLETICS LEADERS OF THE AMERICAS (WALA)**

November 15-18 DOMINICAN REPUBLIC

To keep the development process going, we had to re-schedule some CECS Courses and other activities planned for 2018 to offer them in 2019. Beginning on 2 December, we hosted the following development activities:

- **IAAF NACAC Academy Course**

December 02-08, 2018 BRADENTON FL, USA

- **NACAC Area Starters Panel**

December 14-16, 2018 DOMINICAN REPUBLIC

- **NACAC Photo-Finish Panel**

December 14-16, 2018 DOMINICAN REPUBLIC

- **NACAC Elite Junior Training Camp**

December 16-22, 2018 DOMINICAN REPUBLIC



Evelyn Claudio López, WALA Chairperson, at the Leadership Seminar in Santo Domingo



Harry Mara, NACAC Coaches Conference, Toronto, Canada. Theory and practical sessions under the observation of the IAAF President, Sebastian Coe.



Stephanie Hightower, NACAC Vice President and IAAF Council Member and delegates from USA to the WALA Leadership Seminar Santo Domingo.

For your information (FYI): A brief description of our 2018 development activities.

In the Event Presentation and Public Announcer Seminar held in St. George, Grenada the instructors were Andy Kay (GBR) and Paul Swangard (USA) with the participation of 5 Member Federations, 3 Women and 10 Men. The IAAF TOECS Level II Race Walking Judge Course held in Santo Domingo, Dominican Republic the instructors were Cándido Vélez (PUR) and Gary Westerfield (USA) having 7 Member Federations,



7 Women and 18 Men. The Meet Management Seminar was hosted by Trinidad & Tobago. Only one Federation participated with 5 Women and 1 Man. During the NACAC Combined Events Championship, Harry Mara, gave a Coaching Seminar in coordination with Athletics Canada and NACAC the first weekend of July. On August during the NACAC Athletics CHAMPIONSHIP the NACAC hosted a great Coaches Conference with Harry Mara (USA), Key Speaker, Carl Lewis (USA), Leroy Burrell (USA), Carmyn James (CAN), Wolfgang Ritzdorf (GER), and other Master Coaches from Canada.

I had the honor to attend the IAAF Development Heads Meeting in Ostrava, September 10-14, 2018 to work with the process of Decentralization. The meeting attendance were representatives from each Continental Areas: Harald Muller IAAF Development Director, Aziz Dauda (MAR) AFRICA, Salman Iqbal Butt (PAK) ASIA, Marko Vasic (SRB) EUROPE, Luis Roberto Reeves García (PUR) NACAC, Yvonne Mullins (AUS) OCEANIA, Juan Alberto Scarpín (ARG) CONSUDATLE.



IAAF Development Heads Meeting in Ostrava, 10-14 September 2018

Decentralization will be the challenge for all Member Federation in NACAC and worldwide. We must deal with some issues for the 2019 as part of this process regarding Responsibility, Communication, Creative thinking for areas activities and the new Coaches Education and Certification System to be implemented worldwide. The IAAF Development meeting was intense and motivating, new ideas and a lot of changes will impact our area and we need to work together in order to keep the development of the NACAC area the best and strongest in the world.

The IAAF will be delegating more responsibility to the Areas regarding, Courses and administrative process to take care of our sports. That is why we need to improve our:

- **RESPONSIBILITY**, to deal with budget, MF Business Plan for 2019 regarding the strategies on perspective plan for development.
- **COMMUNICATION**, annual reports, actualizing the coaches database in our area for all certified coaches by the IAAF.
- **DEVELOP CREATIVE THINKING** for area activities like training camps, seminars, workshops, competitions to be included in the area report.
- **THE COLLABORATION OF EACH MEMBER FEDERATION** taking care in sponsoring part of the cost of the Development Activities. There is a big possibility to start charging for the development activities to make them cost effective worldwide.

Soon we will give you more information regarding the 2019 activities and follow up with the consulting process of your goals and in what manner can we be of assistance in the administrative and development activities in our sport to meet the needs of each NACAC Member Federation.



(Picture 1) Gary Westerfield, TOECS Level II Course Santo Domingo

(Picture 2) Mondo representative Latasha Pittman (USA), Luis Roberto Reeves García (PUR), Elena Mantilla (PER), Víctor López (PUR), NACAC President



WALA Seminar with 65 international participants from 30 countries in Santo Domingo, Dominican Republic



NACAC WOMEN COMMISSION REPORT

By Evelyn Claudio López, Wala Chairwoman

A successful event was the 2018 Women Athletic Leaders of the Americas Leadership Seminar sponsored by the NACAC Development Department, MONDO and UCS on November 15th-18th, 2018 at the Catalonia Hotel in the Dominican Republic. The opening ceremony and inauguration was done by the President of the local Athletic Association, Mr. Gerardo Suero, NACAC President Victor López and Mr. Luis Mejías, President of the Dominican Republic NOC, and member of the International Olympic Committee, who endorsed our commitments and encourage the WALA leaders to prepare themselves for the positions to be held.

Sixty five (65) participants including four (4) delegates from CONSUDATLE: Bolivia, Ecuador, Peru and Venezuela and NACAC Delegates from 24 Member Federations were excited to acknowledge all the achievements of the organization since 2010, among others: Two books published, A Step by Step Method to organize a Women Commission or Committee in every Member Federation, a Research done until 2017 of the participation of women in the NACAC Area Association, the WALA 2010-2015 and the

2016-2019 Strategic Plans, a Template for recording Member Federations financial affairs and all the PowerPoint Presentations.

The theme for this year 8th Leadership Seminar was the Road to inclusion and participation in the 2019 IAAF elections. Therefore, one of the lecturers was NACAC President and Area Rep, Prof. Victor López, who explained the IAAF Constitutional changes and the legacy of the NACAC San Juan Office. He proudly informed that our area have been chosen by the IAAF as the leader in female participation and inclusion and two of our WALA members are actively collaborating with the Athletic world and are members of the IAAF Gender Equity and Equality Task Force, chaired by NACAC Vice President, Stephanie Hightower.

To meet the needs of each area, incorporate new objectives, actions and key performance indicators for the WALA Plan, each delegate presented the needs of each Member Federation and their priorities. Since some countries sent more than one delegate, all the guests were able to introduce themselves and report on their



national situation. For the first time this year, we invited Mr. Dennis Marshall from the Bahamas who is one of the two male elected as representatives in the IAAF Women Committee, had simultaneous translation in three languages (English, Spanish and French) and invited the Member Federations from CONSUDATLE. The Delegate from Ecuador announced the organization of the first women athletic group in South America and the WALA

As the Chairperson of WALA, I informed of the newly created group in the Dominican Republic and explained the criteria used by Member Federations to choose the 2018 delegates, the WALA commitment to use the Mentorship Program to “pass the baton” in 2019 and the use of “consensus” and roundtable decision making process rather than the parliamentary procedures.



Jóvenes líderes se preparan en El Salvador

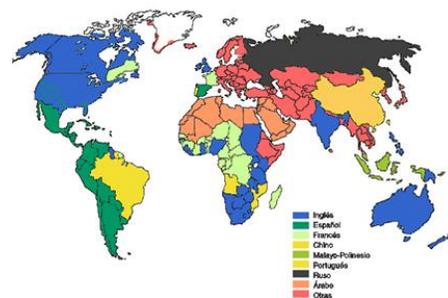
Due to the area emergency situation in 2017 since our area was devastated by hurricanes Irma, José and María, the Emergency Relief Fund Project was created and half a million dollars have been distributed to the Member Federations.

An emergency meeting was held with the delegates from the countries devastated by the hurricanes, research was done to acknowledge the damages and ways to help both the NACAC Relief Project were identified. Photos of the natural disasters were presented while the delegates were informing of the current situation in their countries.

Both WALA Chairwoman and NACAC President expressed their gratitude to Lord Sebastian Coe and his staff for their immediate commitment to help our national athletic federations.



WALA voice was heard and representatives from each country met in 2017 to discuss the Relief Fund Project and the ways to help each country.



WALA Chairwoman led the Brainstorming Session to discuss and self-assign the tasks of the Commissions and explained that the “Board of Directors” is composed by the chairwoman of each Commission. Their goal is to include Spanish as one of the IAAF languages.



Stephanie Hightower led the discussion of the strategies for the election process in the IAAF 2019.

The Delegates received in their WALA pen drives the information regarding the vetting process and other disclosures and guidelines as well as all the Powerpoint Presentations, published books and templates, research done by WALA, etc. We were delighted to inform that a female Vice President is required by the IAAF Constitution.

A Historical Colonial City Tour was scheduled for all the participants before the closing ceremony, a MONDO dinner in which each participant received an Attendance Certificate equivalent of 13 hours continuum education.



WALA logo includes Pink as a Cancer Prevention Plan, Green for Environmental Defense and an athlete returning from Europe to NACAC Championships.

To all my national and international friends I would like to express my gratitude for choosing me IAAF WOMAN OF THE YEAR. Your messages and support inspire me to continued supporting gender equity and equality.
Evelyn Claudio López





THE AMERICAS REMAINS ON TOP OF THE ATHLETICS WORLD Javier Clavelo



With no Olympic Games or world outdoor championships, 2018 was a year of great success for Athletics in the Americas, confirmed as the leading region with a commanding victory at the 3rd IAAF Continental Cup.

The event that brought together four geographical regions provided with a unique opportunity to bring together traditional rivals on the track now wearing the colours of team AMERICAS with athletes from 19 countries hailing from the north, south and central corners of the continent.

The Czech city of Ostrava witnessed a week full of camaraderie and dedication from athletes committed to bring the Continental Cup trophy back to the Americas after their win in 2010.

Colombia's Caterine Ibargüen, the team captain, made the highest contribution with a double

victory in both the Long and Triple Jumps, 10 days after achieving a similar feat at the Diamond League.

Three other athletes ratified their dominance at both the Diamond League and the Continental Cup: Bahamas' Shaunae Miller-Uibo (200m), Jamaica's Fedrick Dacres and Cuba's Yaimé Pérez in the Discus Throw, as well as US sprinter Noah Lyles.

Other US athletes shone at the Diamond League: Christian Coleman (100m), Fred Kerley (400m), Brianna McNeal (100m hurdles) and Dalilah Muhammad (400m hurdles). In the latter event, British Virgin Islands' Kyron McMaster also lifted the trophy.



The year also marked the 3rd NACAC Senior Championships in Toronto, where 27 championships records were beaten in an event that drew more than 30 World and Olympic medalists.

Saint Lucia's Levern Spencer became the only athlete to win gold at all NACAC Championships. USA's Jenna Prandini, world record holder Kendra Harrison and Shamier Little also produced world class performances at an event that deserved a larger crowd, who was disappointed not see their star, three-time Olympic medalist Andre de Grasse, in action.

De Grasse changed roles and acted as moderator at the press conference. He entertained the crowd at the stands, as Olympic legend Carl Lewis, returning to Canada now as a coach.

The World Indoor Championships in Birmingham crowned three US stars: Harrison, Pole Vaulter Sandi Morris and Christian Coleman, who beat the world record at 60m with 6.34 two weeks earlier.

Birmingham saw the emergence of Cuban teenager Juan Miguel Echeverría, who defeated world champion Luvo Mayonga and became of the top attractions in the circuit, thanks ot his 8.83m wind-aided leap, the fifth longest jump in history under any conditions.

The collegiate system in the United States showed once again its power with emerging starts Michael Norman and Rai Benjamin. Norman ran a world indoor record and became the sixth fastest man outdoors in 400m. Benjamin became the equal fourth fastest man in 400m Hurdles.

In the junior ranks, four names stood out, starting with Cuba's Yordan Díaz and Jamaica's Briana Williams. At only 16 years of age, Williams achieved a sprint double at the World U20 Championships in Tampere. Diaz also won in the Finnish city, came 9cm shy of the world U20 record and ended the season with the Youth Olympic gold in Buenos Aires.

With a season shortened by injury, USA's Sydney McLaughlin confirmed herself as one of the most talented athlete to ever step on the track. At 18 years old, she lowered her world U20 record to 52.75 to rank ninth on the all-time lists.

Another Jamaican, Damion Thomas, equalled the world U20 record at 110m Hurdles with 12.99.

Another major event held in the region was the Central American and Caribbean Games in Barranquilla, Colombia, a city that witnessed the highest quality in the 92-year history of the event. Colombia, Cuba, México and Jamaica were the main protagonists.

A busy year ends with great memories for many of the countries of the Americas and NACAC, a preview of what 2019 has in store with the Pan American Games and the IAAF World Championships in Doha, Qatar.





CADICA U14 & U16 CHAMPIONSHIPS, COSTA RICA 2018

By Carlos Clemente

Technical Delegate, CADICA U14 & U16 Championships Costa Rica 2018

The U14 and U16 Central American Championships (CADICA) took place from November 9th to 11th, 2018 at the National Stadium in San José, Costa Rica, where the 7 countries of the area and more than 200 athletes met: Belize (6), Costa Rica (93), El Salvador (32), Guatemala (21), Honduras (22), Nicaragua (17) and Panama (23).



The President of NACAC, Prof. Víctor López, who participated during the technical meeting, was also part of the Jury of Appeals.



Geen Clarke, President of the Costa Rica Athletic Federation and Víctor López, NACAC President and IAAF Council Member inspect the facilities.

Six new Central American records of the U16 category were established in the 4x100 Women's relay events, 100m hurdles Male, Triple Jump Male, Women's Long Jump, Triple Jump Female and the Female Shot Put.





Costa Rica was the absolute champion with 52 medals, 24 gold, 19 silver and 9 bronze, followed by Guatemala with 21 medals (10 - 2 - 9) and third El Salvador with 36 medals (7 - 16 - 13).



To see the full results and more images of the event visit the following links:

<http://eventos.fecoa.org/Evento.aspx?eve=658>

<https://www.facebook.com/media/set/?set=a.1033332790172945&type=1&l=97860072fa>



XII CAMPEONATO
CENTROAMERICANO
DE ATLETISMO
U14 • U16
San José, CRC 2018





ATHLETICS CALENDAR 2019 (updated Nov 8)

JAN 26	New Balance Indoor Grand Prix (IAAF WIT)	Boston, MA, USA
JAN 26	CADICA Cross Country Championships	San Jose, CRC
FEB 3	NACAC Half Marathon / 57th San Blas HMar/Mar	Coamo, PUR
FEB 9	Millrose Games (Indoor)	New York, NY, USA
FEB 16	NACAC Cross Country Championships	Port of Spain, TTO
FEB 22-23	Gibson – McCook Relays	Kingston, JAM
FEB 23-24	CADICA Race Walking Championships	Panama, PAN
MAR 16	14th Spring Break Classic	Carolina, PUR
MAR 17	3rd Barbados and Trinidad & Tobago Dual	Bridgetown, BAR
MAR 30	IAAF World Cross Country Championships	Aarhus, DEN
MAR 31	Varadero Half Marathon	Varadero, CUB
APR 6	Kim Collins Invitational (APM)	St. Kitts & Nevis (TBC-MF)
APR 13	Blas Beato Memoriam Track Meet	La Habana, CUB
APR 20	Panamerican Race Walking Cup – (IAAF PRWM)	Lazaro Cardenas, MEX
APR 20-22	47th CARIFTA Games	Georgetown, CAY
APR 26-27	Drake Relays (APM)	Des Moines, IA, USA
APR 27	Penn Relays (USA vs The World) (APM)	Philadelphia, PA, USA
MAY 4	1st Quadrangular Meet (HAI-DOM-TKS-MTQ)	Santo Domingo, DOM
MAY 4	Jamaica International Invitational (IWC)	Kingston, JAM
MAY 10-11	IAAF World Relays	Yokohama, JPN
MAY 11	Baie Mahault Meeting (APM)	Guadeloupe
MAY 12	Half Marathon/10K – City of Aymes (APM)	Guadeloupe
MAY 17-19	CADICA U18 – U20 Championships	(TBD)
JUN 1	Cayman Islands Invitational (APM)	George Town, CAY
JUN 6-10	Memorial Barrientos Track Meet	La Habana, CUB
JUN 7	Speed River Inferno Guelph (APM)	Ontario, CAN (TBC)
JUN 8-9	Whitsuntide Games	St. Georges, GRN
JUN 16	Adidas Boston Boost (Street)	Boston, MA, USA
JUN 21-23	CADICA Senior Championships	Managua, NCA
JUN 22	Racers Grand Prix (APM)	Kingston, JAM
JUN 28-29	Prefontaine Classic (Diamond League)	Eugene, OR, USA
JUN 28-30	NACAC Age Group (11-12/13-14)	San Salvador, ESA
JUN 29	BVI Twilight Meeting (APM)	Tortola, IVB
JUL 1	Harry Jerome Classic (APM)	Vancouver, BC, CAN
JUL 5-7	NACAC U23 & U18 Championships	Queretaro, MEX
JUL 6-7	Panamerican Combined Events (IAAF WC)	Ottawa, CAN (TBC)
JUL 19-21	Panamerican U20 Championships	San Jose, CRC
AUG 6-11 (T&F)	Panamerican Games	Lima, PER
SEP 9-10	USA vs Europe	Minsk, BLR
SEP 28-OCT 6	IAAF World Championships	Doha, QAT
OCT 19	Guadeloupe Petit-Bourg NACAC 10K (APM)	Guadeloupe
NOV 17	4th OECS Chatoyer NACAC 10K	Kingstown, VIN
NOV 22-24	CADICA U14 & U16 Championships	Panama, PAN



SEASONS GREETINGS

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DESEANDOLES LO MEJOR PARA EL 2019**

Víctor López



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