



NACAC U18 - U23 CHAMPIONSHIP

San Jose National Stadium, Costa Rica July 9th-11th, 2021

TEAM MANUAL



NACAC
Championship North, Central
America and Caribbean
U18 & U23

VERSION 3 – MAY 21st, 2021



ORGANIZING COMMITTEE AND COMPETITION DIRECTION

NACAC - NORTH, CENTRAL AMERICA AND CARIBBEAN ATHLETICS ASSOCIATION

Mr. Mike Sands	NACAC President	BAHAMAS
Ms. Catherine Jordan	NACAC Vice President	BARBADOS
Mr. Glenville Jeffers	NACAC Treasurer	SAINT KITT & NEVIS
Mr. Keith Joseph	NACAC Secretary General	SAINT VINCENT
Ms. Cydonie Mothersill	NACAC member	CAYMAN ISLANDS
Mr. Calixto Sierra	NACAC member	HONDURAS
Ms. Evelyn Farrell	NACAC member	ARUBA
Mr Howard Corneluis	NACAC member	ANTIGUA & BARBUDA

ORGANISING COMMITTEE AND ITS COMMISSIONS

Ms. Geen Clarke – FECOA President	Organizing Committee President
Ms. Sandra Arce – FECOA 1 st Vice President	Accreditation and Award Committee
Ms. Betsabé Barrantes – FECOA 1 st Vice President	Accommodation and Food Committee
Mr. Vernon Hilarión – FECOA General Secretary	General Secretary
Mr. Marco Brenes - FECOA Technical Director	Technical Committee
Mr. Allan Segura – FECOA Pro-secretary	Transportation Committee
Mr. Victor Lopez - FECOA Treasurer	Marketing and Finance Committee
Mr. Diego Obando - FECOA Prosecutor	Accommodation and Food Committee
Mr. Isaac Vargas, Mr. Oscar Delgado, Mr. Luis Quijano	Logistics Committee
Mr. Hugo Quesada - FECOA Press Coordinator	Press Committee



JURY OF APPEAL

To be declared	President
To be declared	Member
To be declared	Member
To be declared	Member
To be declared	Member
To be declared	Secretary

COMPETITION DIRECTION

Mr. Keith Joseph (VIN)	NACAC Organizational Delegate
Mr. Michael Serralta (PUR)	NACAC Technical Delegate
Mr. Adrian Guzmán (CRC)	Doping Control Delegate
Mr. Nathanael Durán (CRC)	Competition Director
Ms. Ileana Alpizar (CRC)	Meeting Director
Mr. Hugo Quesada (CRC)	Presentation Director
Mr. Luis Quijano (CRC)	Technical Manager
Mr. Isaac Vargas (CRC)	Photo Finish Judge
Mr. Henry Angulo (CRC)	Competition Secretary



INTERNATIONAL OFFICIALS

Rubén Quintanilla (ESA) - Chief	International Area Technical Official
John Sierra Castellanos (PUR)	International Area Technical Official
John Charles Blackburn (USA)	International Area Technical Official
Stephanie Rahming (BAH)	International Area Technical Official
Wendy Vargas (CRC)	International Area Race-Walking Judge
Humberto Del Toro (MEX)	International Area Race-Walking Judge
Rolando Abrego (ESA)	International Area Race-Walking Judge
Carlos Barrios (GUA)	International Area Race-Walking Judge
Patricia Hanna (USA)	International Area Race-Walking Judge
Cándido Velez (PUR) - Chief	International Area Race-Walking Judge
Gerardo Medina (MEX)	International Area Starter
Wilson Morales (PUR)	International Area Photo Finish Judge

INFORMATION ABOUT THE HOST COUNTRY.

The NACAC U18 & U23 Championship will be held on July 9th, 10th and 11th, 2021, at the National Stadium of Costa Rica located in the city of San José, Costa Rica.

The city of San José has historically been characterized by its hospitality and good weather; for this reason, it is recognized as the capital of the athletics championships and cultural and sporting activities. We appreciate your valuable visit and participation in this championship in July.



Elevation and weather.

Elevation: 1172 meters above sea level.

Weather: Wet, sunny, and warm for most of the year.

Temperature: From 19C° (67F°) to 27C° (80F°) approximately.

Rainy season: From May to November.

Entry points to Costa Rica.

By Air: Through Juan Santamaría International Airport

By Land:

- North border: Peñas Blancas, Costa Rica-Nicaragua.
- South border: Paso Canoas, Costa Rica-Panamá.



GUEST COUNTRIES



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), Nicaragua (NCA), Puerto Rico (PUR), San Kitts and Nevis (SKN), Saint Lucia (LCA), Saint Vincent and the Grenadines (VIN), Trinidad and Tobago (TRI), Turks and Caicos (TKS), United States of America (USA), U.S. Virgin Islands (ISV).

ASSOCIATE MEMBERS

Curacao (CUW), Guadeloupe (GPE), Martinique (MTQ), Saint Martin (SXM)





VISAS

Countries that do NOT need VISA:

ANT – ARU – BAH – BAR – BER – BIZ – CAN – CAY – ESA – GRN – GUA – HON – ISV – IVB – LCA – MEX – MNT – PUR – SKN – TKS – TTO – USA – VIN

Countries that need VISA:

DMA - DOM -NCA

Countries that have restricted VISA (Need Special Processing)

CUB - HAI - JAM

COVID-19 ENTRY REQUIREMENTS BY COSTA RICA FOR ALL COUNTRIES

Due to the global situation by COVID-19, we inform you that our Immigration and Health authorities have defined some entry requirements for all people visiting our country:

1. Every person must fill out the “Health Pass” form located at the following link:
<https://salud.go.cr/>
2. Every person must demonstrate that they have travel insurance, either purchased from one of the insurers supervised by the Costa Rican General Superintendency of Insurance or an international insurance approved by the Costa Rican Institute of Tourism, which must cover at least the costs of accommodation and medical expenses generated by COVID-19 disease. In case of a group insurance, the coverage must be sufficient to cover the costs of accommodation and medical expenses generated by COVID-19 disease for all people associated with it.
3. To be able to host this event, the Costa Rican Track and Field Competition Protocol approved by the Costa Rican Health Minister and Sports Minister must be followed strictly. This document is attached to this Manual for your knowledge and strict application for all participants of this Championship.



Rules and regulations

1. ENTRIES AND RELEVANT DATES

- Numeric Entries June 1st, 2021
- Final Entries June 14th, 2021
- Arrivals date July 8th, 2021 (after 2pm)
- Technical Meeting July 8th, 2021 (at night)
- Competition dates July 9th to 11th, 2021.
- Departures date July 12th, 2021. (before 11am)

All documentation must be sent in the official forms to the Costa Rican Athletics Federation at gestor1@fecoa.org, with carbon copy to the Technical Delegate Mr. Michael Serralta at mserralta.nacac@gmail.com and the Competition Director Natanael Durán at nduran91@gmail.com. You can call for any support to the following number: (506) 2549-0950.

IMPORTANT:

The Numeric Entries will be handled by the attached form. For the Final Entries, the FECOA entries web system will be enabled and required to be used (<https://eventos.fecoa.org/EventosNew.aspx>). To be able to use the system, each Member Federation must provide an email in the Numeric Entries form. FECOA will enable that email and after that, the information can be entered in the web system. For support please use the number provided above.

All Member Federations need to confirm via email the correct receipt of the forms.

2. PARTICIPATION.

This Championship is open to all NACAC athletes born in the following years:

- U 23: Born in 1999 – 2000 – 2001
- U 18: Born in 2004 – 2005 – 2006



3. STADIUM

The track is 400 meters length with 8 lanes made of synthetic material. It's certified Level 2 by WA. In addition, it has two areas for long and triple jump, one area for high jump, pole vault, javelin throw, hammer throw and shot put, respectively. The warm-up area is located at the north side, with a synthetic track of 80 meters, enabled with 4 lanes. All the competition areas will be available for athletes for trainings on **July 8th**, in the afternoon, and between and after competition sessions within the next days.

4. FINANCIAL RESPONSABILITIES:

As part of the championship accreditation process, all members of each delegation (athletes, coaches, officials, delegates) must pay \$250.00 USD per participant upon arrival and prior to the accreditation.

5. ACCOMMODATION AND FOOD:

The official dates for accommodation and food times are described below:

- Thursday 8th July – Check-In at Hotel from 2:00pm. Dinner included.
- Friday 9th to Sunday 11th July, all three meals included (Breakfast, Lunch, Dinner).
- Monday 12th July – Check-Out before 11:00am. Breakfast included.

Athletes and Team Officials will stay in a four to five stars hotel near the stadium, in double and triple rooms. The LOC will inform the exact location.

Delegations arriving or departing out of the period provided, must pay an additional fee of \$100.00 USD per day per person that will include accommodation and food.



6. TEAM OFFICIALS:

The maximum number of officials depends on the number of athletes participating in the competition.

Please refer to the following table:

#Athletes	#Official	#Athletes	#Official
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
More than 50 athletes, 1 official more for every 5 athletes			

Any additional officials out of the allowed (delegates, coaches, doctors, physiotherapists, etc.) are responsible for their own accommodation and food. We suggest arranging this prior to arrive to Costa Rica.

7. ENTRIES CRITERIA

Entries will be allowed as following:

Per athlete: Up to three (3) individual events and two (2) relays.
 For relays: One (1) team per country.

8. EVENTS OFFICIALIZATION

- For an event to be official, at least three (3) countries must have been entered.
- If the minimum number of athletes is not achieved, the event will be held as EXHIBITION.
- The Technical Delegate shall inform the events officialization after receiving the final entries and those events that might be not realized.

IMPORTANT: The Local Organizing Committee will have the right to do changes to the competition schedule if after the final entries deliver, there are not enough athletes to realize an event. No changes will be made to the schedule after those changes made after receiving the final entries, except if there's a justified reason.



9. COMPETITION REGULATIONS

The NACAC U18 and U23 Championship will be held in accordance with the current World Athletics and NACAC Rules and Regulations. The Local Organizing Committee and the Technical Delegate will resolve any problem not covered in these regulations.

10. PARTICIPATION CONFIRMATION

During the Technical Meeting, each delegation **must EXCLUDE THE ATHLETES WHO WILL NOT COMPETE** in the first two competition sessions (morning and evening) on Friday, July 9th. Exclusions for athletes who will not be competing on Saturday, July 10th, must be reported on Friday, July 9th, before 16:00. Exclusions for athletes who will not be competing on Sunday, July 11th, must be reported on Saturday, July 10th, before 16:00. All these exclusions must be done at the Technical Information Center that will be located at the Stadium, using the forms provided for this purpose.

If an athlete is confirmed but is not attending and participating in the respective event, is subject to disqualification as Rule 4.4 WA indicates.

11. IMPLEMENTS

The Local Organizing Committee will provide all official implements for each event. The detailed list will be provided later. However, for all the athletes who wish to use their own implements, they must take those implements to the Stadium Technical Storage (At least 2 hours prior the event), where the Technical Manager will check them and determine if they meet the WA requisites to be able to be used at the respective event.

12. EVENTS:

U18		Event	U23	
Women	Men		Women	Men
✓	✓	100m	✓	✓
✓	✓	200m	✓	✓
✓	✓	400m	✓	✓
✓	✓	800m	✓	✓
✓	✓	1500m	✓	✓
✓	✓	3000m	-	-
-	-	5000m	✓	✓
-	-	10000 m	✓	✓
✓ (0.76m)	-	100m hurdles	✓ (0.83m)	-
-	✓ (0.91m)	110m hurdles	-	✓ (1.06m)
✓ (0.76m)	✓ (0.83m)	400m hurdles	✓ (0.76m)	✓ (0.91m)
✓ (0.76m)	✓ (0.91m)	2000m Steeplechase	-	-
-	-	3000m Steeplechase	✓ (0.76m)	✓ (0.91m)
✓	-	5000m Race Walk	✓	-
-	✓	10000m Race Walk	-	✓
✓	✓	4x100m relays	✓	✓
	✓	4x400m Mixed Relays		✓
✓	✓	High Jump	✓	✓
✓	✓	Long Jump	✓	✓
✓	✓	Triple Jump	✓	✓
✓	✓	Pole Vault	✓	✓
✓ (3 Kg)	✓ (5 Kg)	Shot Put	✓ (4 Kg)	✓ (7.26 Kg)
✓ (1 Kg)	✓ (1.5 Kg)	Discus Throw	✓ (1 Kg)	✓ (2 Kg)
✓ (500gr)	✓ (700gr)	Javelin Throw	✓ (600g)	✓ (800g)
✓ (3 Kg)	✓ (5 Kg)	Hammer Throw	✓ (4 Kg)	✓ (7.26 Kg)
✓		Heptathlon	✓	
	✓	Decathlon		✓

MIXED RELAYS

This is a new event for both Categories. This event replaces the previous 4x400m relays for men and women. Each team will be integrated by two men and two women, who will be able to run in the order their team decides. Any athlete participating in the Championship may be part of this relay.

The names and order in which they will run must be reported to the TIC 1 (one) hour before the first call at the call room.



13. CALL ROOM

The Call Room Referee will supervise the transit from the warm-up zone to the competition area to ensure that the athletes wear the official uniform of their country, that the bibs are worn correctly and correspond to the start lists, that the shoes, number and size of spikes meet the requirements, that the advertising on athletes' clothing and bags are in accordance with the Rules and Regulations and that any unauthorized material is not being carry onto the track.

In the access to the warm-up area, athletes can find the Call Room, where the LOC will provide the registration tables. Before athletes can enter the warm-up area, they need to pass through the registration process.

Judges will be on charge of taking the athletes to the competition area and take them to the exit points once they finish the event. Before entering to the competition area, ONE (1) call will be made for the athletes to do the registration, 1 hour prior to the event oficial time. After this, the athletes should enter the competition area based on the times in the table below.

No.	Event	Calls	Entering the Competition Zone
1	Short Distance Races	2	10 minutes before
2	Hurdles Races	2	15 minutes before
3	Long distance Races	2	10 minutes before
4	Relays	2	15 minutes before
5	Jumps except Pole Vault	2	30 minutes before
6	Throws	2	30 minutes before
7	Pole Vault	2	45 minutes before

For combined events, athletes need to do the registration process before each competition session, and once they enter the competition area, they will still there until they finish the last event in this session. A resting area will be provided by the LOC for them during each session.



14. AWARDS

Awards Ceremony: Athletes who have won the three best places for each individual event (combined events and relays counted as an individual event itself), will be awarded with a medal that will be given at the podium during an awards ceremony. It's mandatory to wear the official uniform of the represented country. (pants and jacket or presentation shirt, where the flag colors should prevail). **Athletes in shorts, lycra, sandals, etc. won't be allowed.**

The awards will be as follows:

- a) Gold medals for athletes in the first place, for individual, combined and relay events.
- b) Silver medals for athletes in the second place, for individual, combined and relay events.
- c) Bronze medals for athletes in the third place, for individual, combined and relay events.

15. UNIFORMS AND BIB NUMBERS

Competition uniforms presented by delegations for their athletes shall comply with the guidelines of Rule 5 of the WA Competition Regulations 2020. **Competition uniforms must predominantly contain the colors of the flag of the country to which they represent.**

Two (2) bibs will be given to each athlete, and they shall be put visibly on the chest and back, except in all Jump Events where they can use one (1) either on the chest or back. The number cannot be bent or cut.

16. PROTESTS

Protests shall be in accordance with RULE 8 of the WA Regulations and must be accompanied by a deposit of US\$100.00. These protests should be delivered on the respective forms through the TIC and no more than 30 minutes after the results official announcement of the event involved.

17. QUESTIONS FOR THE TECHNICAL MEETING

Any question needed to be asked during the Technical Meeting, should be addressed via email the day before the Technical Meeting at 11:59pm as the deadline, to the emails provided in Section 1.



TECHNICAL MEETING

It will be held at Hotel Best Western Irazú on Thursday, July 8th, 2021, at 7:30 p.m. Two (2) representatives of each country may be present. If four (4) countries have no representative at the official start time, 30 minutes will be waited to start with the meeting.

Prior to start the meeting, the Competition Secretary will be delivering the preliminary bibs and start lists by country for their respective review. Athletes exclusions can be made at this time, and inclusions if they comply with the established regulations of NACAC and this Team Manual.

Agenda

1. Welcome
2. Honor Table Presentation.
3. International Technical Competition Officers Presentation.
4. Competition Program and Events Confirmation.
5. Description of competition zone and call room.
6. Qualification procedures for track events
7. Qualification procedures for field events
8. Heights Progression in Vertical Jumps
9. Other announcements (accommodation, food, transportation)
10. Answers to written questions
11. Closure