



# NACAC U18 & U23 CHAMPIONSHIP

San Jose National Stadium, Costa Rica July 21st-23rd, 2023

## TEAM MANUAL



**VERSION #4 – JULY 17, 2023**



## **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. Betsabé Barrantes – FECOA 1 <sup>st</sup> Vice President	Accreditation and Award Committee
Ms. Sandra Arce – FECOA 2nd Vice President	Accommodation and Food Committee
Mr. Marcos Brenes – FECOA General Secretary	General Secretary
Mr. Juan Carlos Sánchez - 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

Mr. Ruben Quintanilla (ESA)	President
To be declared	Member
To be declared	Member
To be declared	Member
To be declared	Member
Sandra Arce (CRC)	Secretary

### COMPETITION DIRECTION

Mr. Keith Joseph (VIN)	NACAC Organizational Delegate
Mr. Michael Serralta (PUR)	NACAC Technical Delegate
Dr. Adrian Lorde	Doping Control Delegate
Mr. Adrian Guzmán (CRC)	Doping Control – CRC
Mrs. Catherine Umaña (CRC)	Competition Director
Ms. Ileana Alpizar (CRC)	Meeting Director
Mr. Allan Ayala (GUA)	Presentation Director
Mr. Luis Quijano (CRC)	Technical Manager
Mr. Héctor Caceres (ESA)	Photo Finish Judge
Mr. Henry Angulo (CRC)	Competition Secretary



## INTERNATIONAL OFFICIALS

Faustino Heredia (CUB) - Chief	International Area Technical Official
Betsy Reed (USA)	International Area Technical Official
John E. Sierra (PUR)	International Area Technical Official
Silvestre Revuelta (MEX)	International Area Technical Official
John Blackburn (USA)	International Area Technical Official
Daniel Michaud (CAN) - Chief	International Area Race-Walking Judge
Wendy Vargas (CRC)	International Area Race-Walking Judge
Rolando Abrego (ESA)	International Area Race-Walking Judge
Juan H. Del Toro (MEX)	International Area Race-Walking Judge
Cándido Velez (PUR)	International Area Race-Walking Judge
Paul Poiez (USA)	International Area Starter
Noel Cedeño	International Area Photo Finish Judge

## INFORMATION ABOUT THE HOST COUNTRY.

The NACAC U18 & U23 Championship will be held on July 21<sup>st</sup>, 22<sup>nd</sup> and 23<sup>rd</sup>, 2023, 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

## Rules and regulations

### 1. ENTRIES AND RELEVANT DATES

- Numeric Entries June 16, 2023
- Final Entries June 30, 2023
- Arrivals date July 19, 2023 (after 14:00hrs.)
- Technical Meeting July 20, 2023 (at night)
- Competition dates July 21 to 23, 2023
- Departures date July 24, 2023 (Before 11:00hrs.)

All documentation must be sent in the official forms to the Costa Rican Athletics Federation at:

Name	Position	e-mail	Telephone
Michael A. Serralta	Technical Delegate	<a href="mailto:mserralta.nacac@gmail.com">mserralta.nacac@gmail.com</a>	+1 (787) 402-7130
Catherine Umaña	Competition Director	<a href="mailto:catherine.umanab@gmail.com">catherine.umanab@gmail.com</a>	(506) 8519-1386
Isaac Vargas	FECOA Manager	<a href="mailto:gestor1@fecoa.org">gestor1@fecoa.org</a>	(506) 8442-7050



## **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 (Event Registration). 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 into 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 2001 – 2002 – 2003

U 18: Born in 2006 – 2007 – 2008

## **3. STADIUM**

The track is 400 meters in 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 training on **July 20th**, 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:

- Wednesday, 19<sup>th</sup> July – Check-In at Hotel from 14:00hrs. Dinner included.
- Thursday, 20<sup>th</sup> to Sunday 23<sup>rd</sup> July, all three meals included (Breakfast, Lunch, Dinner).
- Monday, 24<sup>th</sup> July – Check-Out before 11:00hrs. 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 you of 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
<b>More than 50 athletes, 1 official more for every 5 athletes</b>			

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 an 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 21<sup>st</sup> Exclusions for athletes who will not be competing on Saturday, July 22<sup>nd</sup>, must be reported on Friday, July 21<sup>st</sup> before 16:00hrs. Exclusions for athletes who will not be competing on Sunday, July 23<sup>rd</sup>, must be reported on Saturday, July 22<sup>th</sup>, 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. A 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 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

Each team will be integrated by two men and two women, who will run in the order established by World Athletics Rules. 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 oversee taking the athletes to the competition area and taking them to the exit points once they finish the event. Before entering the competition area, ONE (1) call will be made for the athletes to do the registration, 1 hour prior to the event's official 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 be 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 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 2022. **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 World Athletics Regulations and must be accompanied by a deposit of USD \$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 that needs to be asked during the Technical Meeting should be addressed via email the day before the Technical Meeting at 23:59hrs as the deadline, to the emails provided in Section 1.



## TECHNICAL MEETING

It will be held at the Production Room in the National Stadium on Thursday, July 20<sup>th</sup>, 2023, at 19:30hrs. 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 the meeting.

**Prior to the start of the meeting, the Competition Secretary will be delivering the preliminary bibs and start lists by country for their respective review. Athlete's 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

## NACAC U18 & U23 ATHLETICS CHAMPIONSHIPS

### SCHEDULE

Friday, July 21, 2023					
1st Session					
No.	Time	Events	Cat.	Gen.	Round
101	07:00	5,000m.	U23	M	Final
102	08:00	100m.	U23	M	Dec. U23-1
103	08:00	Pole Vault	U23	F	Final
104	08:00	High Jump	U23	F	Final
105	08:00	Discus Throw (1.5k)	U18	M	Final
106	08:10	100m.	U18	M	Dec. U18-1
107	08:25	100m. hurdles (0.76)	U18	F	Hep. U18-1
108	08:35	100m. hurdles (0.84)	U23	F	Hep. U23-1
109	08:50	5,000m.	U23	F	Final
110	09:15	Long Jump	U23	M	Dec. U23-2
111	09:15	Long Jump	U18	M	Dec. U18-2
112	09:20	400m. hurdles (0.84)	U18	M	Semi-Final
113	09:30	Discus Throw (1.0k)	U23	F	Final
114	09:40	3,000m.	U18	F	Final
115	10:00	3,000m.	U18	M	Final
116	10:00	High Jump	U18/U23	F	Hep. U18/U23 -2
117	10:30	Triple Jump (11.00m.)	U18	M	Final
118	10:30	100m.	U18	F	Semi-Final
119	10:45	100m.	U23	F	Semi-Final
120	11:00	100m.	U18	M	Semi-Final
121	11:15	100m.	U23	M	Semi-Final
122	11:15	Discus Throw (2.0k)	U23	M	Final
123	11:15	Shot Put (7.26k)	U23	M	Dec. U23-3
124	11:15	Shot Put (5.0k)	U18	M	Dec. U18-3

Friday, July 21, 2023					
2nd Session					
No.	Time	Events	Cat.	Gen.	Round
125	14:00	Triple Jump (13.00m.)	U23	M	Final
126	14:00	Shot Put (4.0k)	U23	F	Final
127	14:00	High Jump	U23	M	Dec. U23-4
128	14:00	Discus Throw (1.0k)	U18	F	Final
129	14:15	400m.	U18	M	Semi-Final
130	14:30	400m.	U23	F	Semi-Final
131	14:45	400m.	U23	M	Semi-Final
132	15:15	400m. hurdles (0.76)	U18	F	Final
133	15:30	Shot Put (4.0k)	U23	F	Hep. U23-3
134	15:30	Shot Put (3.0k)	U18	F	Hep. U18-3
135	15:30	400m. hurdles (0.76)	U23	F	Final
136	15:30	High Jump	U18	M	Dec. U18-4
137	15:30	Javelin Throw (700g)	U18	M	Final
138	15:45	400m. hurdles (0.84)	U18	M	Final
139	16:00	400m. hurdles (0.91)	U23	M	Final
140	16:30	200m.	U18	F	Hep. U18-4
141	16:40	200m.	U23	F	Hep. U23-4
142	16:45	Triple Jump (9.00m)	U18	F	Final
143	16:50	400m.	U18	M	Dec. U18-5
144	17:00	400m.	U23	M	Dec. U23-5
145	17:00	Javelin Throw (500g)	U18	F	Final
146	17:15	Shot Put (7.26k)	U23	M	Final
147	17:15	100m.	U18	F	Final
148	17:25	100m.	U23	F	Final
149	17:35	100m.	U18	M	Final
150	17:45	100m.	U23	M	Final
151	18:00	4x400m. Mixed Relay	U18	F-M	Final
152	18:15	4x400m. Mixed Relay	U23	F-M	Final



Saturday, July 22, 2023					
3rd Session					
No.	Time	Events	Cat.	Gen.	Round
201	06:00	10,000m. Race Walk	U23	M	Final
202	07:00	5,000m. Race Walk	U23	F	Final
203	07:00	5,000m. Race Walk	U18	F	Final
204	08:00	Long Jump	U23	F	Hep. U23-5
205	08:00	Long Jump	U18	F	Hep. U18-5
206	08:00	Javelin Throw (800g)	U23	M	Final
207	08:00	Pole Vault	U18	M	Final
208	08:00	110m. hurdles (0.91)	U18	M	Dec. U18-6
209	08:15	110m. hurdles (1.06)	U23	M	Dec. U23-6
210	08:30	110m. hurdles (0.91)	U18	M	Semi-Final
211	08:45	110m. hurdles (1.06)	U23	M	Semi-Final
212	09:00	100m. hurdles (0.76)	U18	F	Semi-Final
213	09:30	Long Jump	U18	F	Final
214	09:30	Discus Throw (2.0k)	U23	M	Dec. U23-7
215	09:30	Discus Throw (1.5k)	U18	M	Dec. U18-7
216	11:00	Long Jump	U23	F	Final
217	11:00	Javelin Throw (600g)	U23	F	Hep. U23-6
218	11:00	Javelin Throw (500g)	U18	F	Hep. U18-6

Saturday, July 22, 2023					
4th Session					
14:00hrs.		OPENING CEREMONY			
No.	Time	Events	Cat.	Gen.	Round
219	15:00	Hammer Throw (7.26k)	U23	M	Final
220	16:00	Pole Vault	U18	M	Dec. U18-8
221	16:00	Pole Vault	U23	M	Dec. U23-8
222	16:00	High Jump	U18	M	Final
223	16:30	Hammer Throw (4.0k)	U23	F	Final
224	16:40	100m. hurdles (0.76)	U18	F	Final
225	16:55	100m. hurdles (0.84)	U23	F	Final
226	17:00	Long Jump	U23	M	Final
227	17:10	110m. hurdles (0.91)	U18	M	Final
228	17:20	110m. hurdles (1.06)	U23	M	Final
229	17:30	Shot Put (3.0k)	U18	F	Final
230	17:40	400m.	U18	F	Final
231	17:50	400m.	U18	M	Final
232	18:00	Javelin Throw (800g)	U23	M	Dec. U23-9
233	18:00	Javelin Throw (700g)	U18	M	Dec. U18-9
234	18:00	400m.	U23	F	Final
235	18:10	400m.	U23	M	Final
236	18:20	800m.	U18	F	Hep. U18-7
237	18:30	800m.	U23	F	Hep.U23-7
238	18:40	200m.	U18	F	Semi-Final
239	18:55	200m.	U18	M	Semi-Final
240	19:00	Shot Put (5.0k)	U18	M	Final
241	19:10	200m.	U23	F	Semi-Final
242	19:25	200m.	U23	M	Semi-Final
243	19:35	1,500m.	U18	M	Dec. U18-10
244	19:45	1,500m.	U23	M	Dec. U23-10
245	20:00	Relay 4x100m.	U18	F	Final
246	20:10	Relay 4x100m.	U18	M	Final
247	20:20	Relay 4x100m.	U23	F	Final
248	20:30	Relay 4x100m.	U23	M	Final

Sunday, July 23, 2023					
5th Session					
No.	Time	Events	Cat.	Gen.	Round
301	07:00	10,000m.	U23	F	Final
302	09:00	Pole Vault	U23	M	Final
303	09:00	High Jump	U23	M	Final
304	09:00	Triple Jump (11.00)	U23	F	Final
305	09:00	800m.	U18	F	Final
306	09:10	800m.	U18	M	Final
307	09:20	800m.	U23	F	Final
308	09:30	800m.	U23	M	Final
309	09:30	Hammer Throw (5.0k)	U18	M	Final
310	10:00	200m.	U18	F	Final
311	10:10	200m.	U18	M	Final
312	10:20	200m.	U23	F	Final
313	10:30	200m.	U23	M	Final
314	10:30	Long Jump	U18	M	Final
315	10:30	High Jump	U18	F	Final
316	10:45	2,000m. Steeplechase (0.84)	U18	M	Final
317	11:00	Javelin Throw (600g)	U23	F	Final
318	11:00	3,000m. Steeplechase (0.91)	U23	M	Final
319	11:30	1,500m.	U18	F	Final
320	11:40	1,500m.	U18	M	Final
321	11:50	1,500m.	U23	F	Final
322	12:00	1,500m.	U23	M	Final
323	12:15	Relay 4x400m.	U18	F	Final
324	12:25	Relay 4x400m.	U18	M	Final
325	12:35	Relay 4x400m.	U23	F	Final
326	12:45	Relay 4x400m.	U23	M	Final



## **ANNEXES:**

### **Annex A – No Show Penalty**

#### **No-Show Penalty**

Please be advised that as happens with World Athletics, NACAC Athletics has found itself being forced to insist that going forward, MF's that have submitted their Nominal (Final) Entries and do not attend the competition with the number as at Final Entry, and without an acceptable excuse, will be penalized.

The reason for this initiative is because of the negative impact that the Local Organizing Committee and MF's must contend with when such situations arise, not the least of which is the heavy financial burden. These situations significantly hamper the LOC's planning for the hosting of a successful event and erodes the integrity of both the host MF and NACAC Athletics.

**No-Show Penalty in Costa Rica will be \$100.00 (USD) per athlete dropped.**

### **Annex B – NACAC U18 & U23 Athletics Championship Transmission**

The NACAC U18 & U23 Athletics Championship Will be transmitted by live streaming. The link to connect and view the event is:

**<https://www.facebook.com/FECOA?mibextid=ZbWKwL>**



## Annex C – Technical Meeting Questions Form

### Questions for the Technical Meeting

Country: \_\_\_\_\_

It must be sent to the Local Organizing Committee ([gestor1@fecoa.org](mailto:gestor1@fecoa.org), [catherine.umanab@gmail.com](mailto:catherine.umanab@gmail.com), [mserralta.nacac@gmail.com](mailto:mserralta.nacac@gmail.com)) or delivered to the Technical Information Center) no later than midnight on Thursday, August 20, 2023.

#### Question 1:

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#### Question 2:

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#### Question 3:

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Team Delegate

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Date



## Annex C – Vertical Jumps Progression

### Combined Events (Heptathlon / Decathlon)

Women High Jump U18: 1.35m

Women High Jump U23: 1.35m

Men’s High Jump U18: 1.50m

Men’s Pole Vault U18: 2.10m

Men’s High Jump U23: 1.50m

Men’s Pole Vault U23: 2.50m

### Individual Events

**Women High Jump U18:** 1.40m – 1.45m – 1.50m – 1.55m – 1.60m – 1.65m – 1.68m – 1.71m (+3)

**Women Pole Vault U18:** 2.10m – 2.25m – 2.40m – 2.55m – 2.70m – 2.85m – 3.00m (+10)

**Women High Jump U23:** 1.60m – 1.65m – 1.70m – 1.73m – 1.76m – 1.79m – 1.81m (+3)

**Women Pole Vault U23:** 2.25m – 2.40m – 2.55m – 2.70m – 2.85m – 3.00m – 3.15 (+10)

**Men’s High Jump U18:** 1.70m – 1.75m – 1.80m – 1.85m – 1.90m – 1.95m – 1.98m – 2.01m (+3)

**Men’s Pole Vault U18:** 3.00m – 3.15m – 3.30m – 3.45m – 3.60m – 3.75m – 3.90m (+10)

**Men’s High Jump U23:** 1.85m – 1.90m – 1.95m – 2.00m – 2.05m – 2.10m – 2.15m (+3)

**Men’s Pole Vault U23:** 4.20m – 4.35m – 4.50m – 4.65m (+10)



## Annex D – Appeal Form

# Solicitud de Apelación *Appeal Form*

Conforme a World Athletics, toda solicitud al Jurado de Apelación debe ser presentada ante el CIT, dentro de los 30 minutos siguientes al anuncio oficial de los resultados protestados, y debe ser acompañada de un depósito de USD \$100.00.

*In accordance with World Athletics, all applications to the Jury of Appeal shall be presented to the TIC within the 30 minutes following the official announcement of the protested results and must be accompanied by a deposit of USD \$100.00.*

Protesta presentada en nombre de (Código del País)  
*Protest presented in behalf of (Country Code)*

Por:  
*By:*

Evento:  
*Event:*

Fecha:  
*Date:*

Hora:  
*Time:*

Regla que se considera fue contravenida:

*WA Rule alleged to have been contravened:*

En qué consiste la apelación:  
*Grounds for lodging the appeal:*

  
  
  
  

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**Para Uso Oficial: *Official use only:***  
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Resultado anunciado a las:  
*Result announced at:*

Protesta presentada al CIT a las:  
*Appeal presented to the TIC at:*

Decisión del Jurado de Apelación:  
*Jury of Appeal's decision:*

Presidente del Jurado de Apelación:  
*Chairman of the Jury of Appeal:*

Informado al solicitante  
*Applicant informed*

Fecha:  
*Date:*

Hora:  
*Time:*

*Resultado recibido por  
Report received by*

## Annex E – List of Implements

# NACAC U18 - U23

## JULY 21 – 23, 2023

### LIST OF IMPLEMENTS

JABALINA / JAVELIN						
CATEGORÍA Age Group	GÉNERO Gender	Peso(Kg) Weight(Kg)	MARCA Brand	Descripción/Color	N° Catálogo	Certificado
U23	men	0,800	Polanik	Competition, Air flyer. Duraluminium.orange/white	AF10-800	1-11-0503
U23	men	0,800	Polanik	Competition Space Master 800, cigar head, alum. Electric lime	SM13-800	1-13-0656
U23	men	0,800	Polanik	Competition, Air flyer. Duraluminium. Purple/pink cord. Red	AF10-800	1-11-0503
U23	men	0,800	Polanik	Competition, Air flyer. Duraluminium.transp. Blue, red cord.	AF10-800	1-11-0503
U23	men	0,800	Polanik	Competition, Air flyer. Duraluminium.transp. Blue, red cord.	AF10-800	1-11-0503
U23	woman	0,600	Polanik	Competition Space Master duraluminium,electric lime transp. Black cord.	SM10-600	1-11-0502
U23	woman	0,600	Polanik	Competition Space Master duraluminium,electric lime transp. Black cord.	SM10-600	1-11-0502
U23	woman	0,600	Polanik	Competition Space Master duraluminium,electric lime transp. Black cord.	SM10-600	1-11-0502
U23	woman	0,600	Polanik	Competition Sky Challenger, duraluminium transp. Red, blue cord	SC10-600	1-11-0501



U23	woman	0,600	Polanik	Competition Sky Challenger, duraluminium transp. Red, blue cord	SC10-600	1-11-0501
U23	woman	0,600	Polanik	Competition Air Flyer, duraluminium, transp. Blue, red cord.	AF10-600	1-11-0500
U23	woman	0,600	Polanik	Competition Air Flyer, duraluminium, transp. Blue, red cord.	AF10-600	1-11-0500
U23	woman	0,600	Polanik	Competition Air Flyer, duraluminium, Purple/pink,orange cord.	AF10-600	1-11-0500
U23	woman	0,600	Polanik	Competition Air Flyer, duraluminium, Purple/pink,orange cord.	AF10-600	1-11-0500

### MARTILLO / HAMMER

CATEGORÍA Age Group	GÉNERO Gender	Peso(Kg) Weight(Kg)	MARCA Brand	Descripción/Color	N° de Catálogo	Certificado
U23	man	7,26	UCS	Stainless steel,7,26 Kg dia:110mm	722-1110/722. 4000/4200	1-99-0125
U23	man	7,26	UCS	Stainless steel,7,26 Kg dia:110mm	722-1110/722. 4000/4200	1-99-0125
U23	man	7,26	UCS	Stainless steel,7,26 Kg dia:110mm	722-1110/722. 4000/4200	1-99-0125
U23	man	7,26	UCS	Stainless steel,7,26 Kg dia:110mm	722-1110/722. 4000/4200	1-99-0125
U23	man	7,26	UCS	Stainless steel,7,26 Kg dia:110mm	722-1110/722. 4000/4200	1-99-0125
U23	woman	4,0	UCS	Stainless steel dia: 95mm	722-2095/722. 4000/4200	1-99-0126
U23	woman	4,0	UCS	Stainless steel dia: 95mm	722-2095/722. 4000/4200	1-99-0126
U23	woman	4,0	UCS	Stainless steel dia: 95mm	722-2095/722. 4000/4200	1-99-0126
U23	woman	4,0	UCS	Stainless steel dia: 95mm	722-2095/722. 4000/4200	1-99-0126

### BALA / SHOT PUT

CATEGORÍA Age Group	GÉNERO Gender	Peso(Kg) Weight(Kg)	MARCA Brand	Descripción/Color	N° de Catálogo	Certificado
U23	man	7,26	UCS	Turned steel. Dia:129mm.	721-3129	1-99-0119
U23	man	7,26	UCS	Turned steel. Dia:129mm.	721-3129	1-99-0119
U23	man	7,26	UCS	Turned steel. Dia:125mm.	721-3125	1-99-0118
U23	man	7,26	UCS	Turned steel. Dia:125mm.	721-3125	1-99-0118
U23	woman	4,0	UCS	Turned steel. Dia:105mm.	721-2105	1-99-0115
U23	woman	4,0	UCS	Turned steel. Dia:105mm.	721-2105	1-99-0115
U23	woman	4,0	UCS	Turned steel. Dia:105mm.	721-2105	1-99-0115
U23	woman	4,0	NELCO	Turned iron dia:100mm.	N1118EB	1-99-0136
U23	woman	4,0	NELCO	Turned iron dia:100mm.	N1118EB	1-99-0136
U23	woman	4,0	ATE	Stainless steel dia:95mm.	8140095	1-12-0626

DISCO / DISCUS						
CATEGORÍA Age Group	GÉNERO Gender	Peso(Kg) Weight(Kg)	MARCA Brand	Descripción/Color	N° de Catálogo	Certificado
U23		2,0	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3200	1-09-0454
U23		2,0	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3200	1-09-0454
U23		2,0	UCS	Orange flyer med. Moment steel rim, fiberglass plates	720-1200	1-99-0122
U23		2,0	UCS	Orange flyer med. Moment steel rim, fiberglass plates	720-1200	1-99-0122
U23		1,0	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3100	1-09-0451
U23		1,0	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3100	1-09-0451
U23		1,0	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3100	1-09-0451
U23		1,0	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3100	1-09-0451
U23		1,0	UCS	Orange flyer med. Moment steel rim, fiberglass plates	720-1100	1-99-0120



### MARTILLO / HAMMER

CATEGORÍA Age Group	GÉNERO Gender	Peso(Kg) Weight(Kg)	MARCA Brand	Descripción/Color	N° de Catálogo	Certificado
U18	man	5,0	NO TIENE	Stainless steel, 5 Kg. dia:110mm.Silver	NO HAY	NO HAY
U18	man	5,0	NO TIENE	Stainless steel, 5 Kg. dia:110mm.Silver	NO HAY	NO HAY
U18	man	5,0	NO TIENE	Stainless steel, 5 Kg. dia:110mm.Silver	NO HAY	NO HAY
U18	man	5,0				
U18	man	5,0				
U18	woman	3,0	NELCO	Competition turned iron dia: 92mm. Blue.	NH22HT/N1125BN	1-14-0686
U18	woman	3,0	NELCO	Competition turned iron dia: 92mm. Blue.	NH22HT/N1125BN	1-14-0686
U18	woman	3,0				
U18	woman	3,0				

### BALA / SHOT PUT

CATEGORÍA Age Group	GÉNERO Gender	Peso(Kg) Weight(Kg)	MARCA Brand	Descripción/Color	N° de Catálogo	Certificado
U18	man	5,0	Nelco	Turned steel. Dia:110mm.Silver	NO TIENE	NO TIENE
U18	man	5,0	Nelco	Turned steel. Dia:110mm.Silver	NO TIENE	NO TIENE
U18	man	5,0	Nelco	Turned steel. Dia:110mm.Silver	NO TIENE	NO TIENE
U18	man	5,0				
U18	woman	3,0	UCS	Turned steel. Dia:92mm. Blue	NO TIENE	NO TIENE
U18	woman	3,0	UCS	Turned steel. Dia:92mm. Blue	NO TIENE	NO TIENE
U18	woman	3,0	UCS	Turned steel. Dia:92mm. Blue	NO TIENE	NO TIENE
U18	woman	3,0	NELCO	Stainless steel dia:92mm. Red	NO TIENE	NO TIENE
U18	woman	3,0	NELCO	Turned iron dia:92mm. silver	NO TIENE	NO TIENE
U18	woman	3,0	NELCO	Turned iron dia:92mm. silver	NO TIENE	NO TIENE

### DISCO / DISCUS

CATEGORÍA Age Group	GÉNERO Gender	Peso(Kg) Weight(Kg)	MARCA Brand	Descripción/Color	N° de Catálogo	Certificado
U18	man	1,5	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3150	1-09-0452
U18	man	1,5	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3150	1-09-0452
U18	man	1,5	UCS	Blue flyer steel rim, fiber glass plate. Blue	720-3150	1-09-0452
U18	man	1,5	POLANIK	Carbon premium brass rim, carbon sides, central plate. Blue	CPD11-1,5	1-11-0495
U18	man	1,5	POLANIK	Carbon premium brass rim, carbon sides, central plate. Blue	CPD11-1,5	1-11-0495
U18	man	1,5	NELCO	Super spin Olympia, steel rim, plastic sides, rim glide 67m. Silver, black, gold	N1104BS	1-14-0684
U18	man	1,5				
U18		1,5				
U18		1,5				