

TECHNICAL MANUAL



ATHLETICS

INAUGURAL CARIBBEAN GAMES 2009

HASELY CRAWFORD STADIUM

**Port of Spain
Trinidad and Tobago
West Indies**

13-15 JULY 2009



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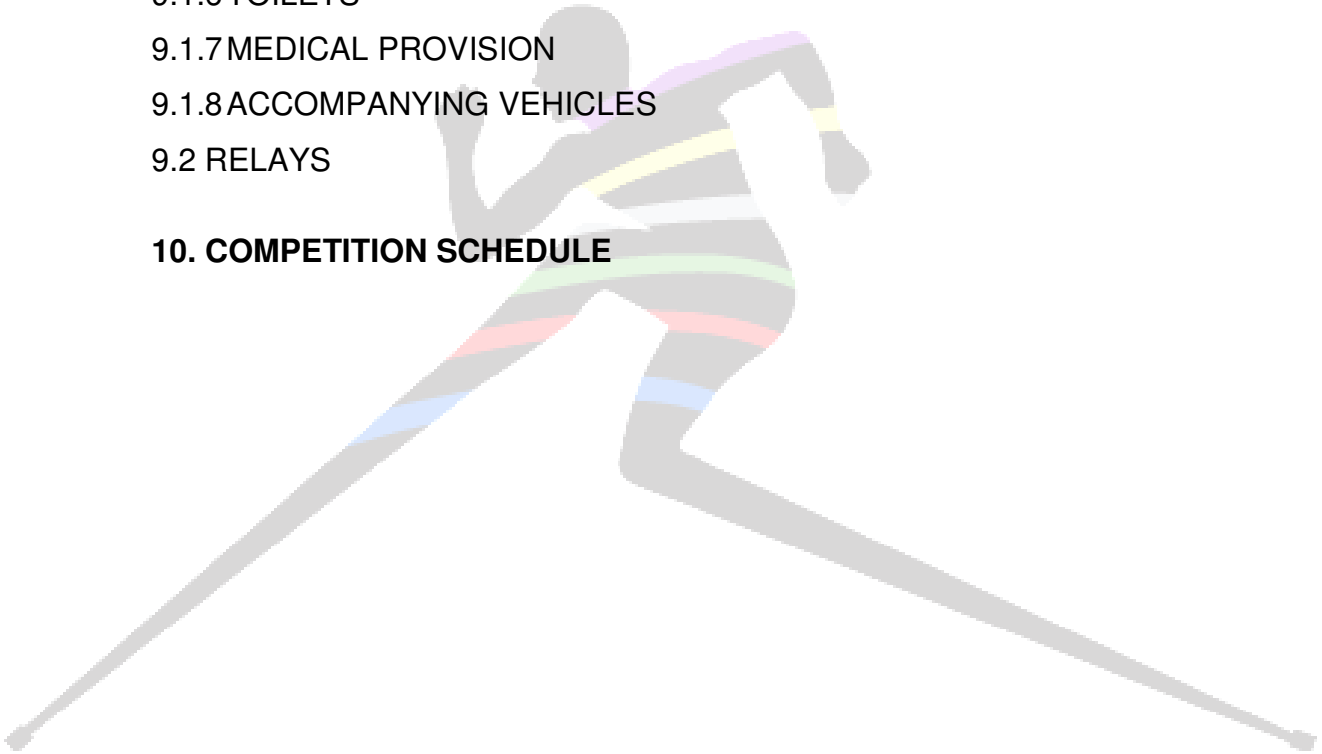
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1. GOVERNING BODIES

1.1 THE CARIBBEAN ASSOCIATION OF NATIONAL OLYMPIC COMMITTEES (CANOC):

President:	Mr. Steve Stoute
Vice President:	Mr. Don Anderson
Secretary:	Mr. Elton Prescott
Treasurer:	Mr. Alfred Emmanuel
Committee Members:	Mr. Angel Morales
	Mr. John Lewis
	Dr. Lawrence Davis

1.2 THE LOCAL ORGANISING COMMITTEE OF THE CARIBBEAN GAMES 2009(LOC):

Chairman:	Ms. Dennise Demming
	Mr. David O'Brien
	Mr. Douglas Camacho
	Dr. Arthur Potts
	Dr. Iva Gloudon
	Mr. Brian Lewis
	Mr. Mushtaque Mohammed
	Dr. Basil Ince
	Mr. Nasser Racha
	Mr. Ashwin Creed
	Mr. Arnold Cato
CANOC Rep:	Mr. Elton Prescott

1.3 COMPETITION MANAGEMENT TEAM

The Competition Management team is as follows:

- Athletics Competition Manager – Horace Hart
- Out of Stadium, Assistant Competition Manager – TBA
- In Stadium, Assistant Competition Manager – Michelle Stoute-Lopez
- Technical Director – John Andalcio
- Technical Managers – Clayton Williams & Woodrow Williams
- Manager for Peripheric Services – TBA

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NB. Additional appointments will be made prior to Games time to deliver the Athletics competition

1.4 NATIONAL ATHLETICS AMATEUR ASSOCIATION EXECUTIVE:



President:	Mr. Ephraim Serrette
1 st Vice President:	Mr. George Commissiong
2 nd Vice President:	Mr. Ian Hypolite
3 rd Vice President:	Mr. James Dedier
4 th Vice President:	Mr. Durlly Lucas
Secretary:	Mr. Allan Baboolal
Treasurer:	Ms. Carlyne Haynes
Assistant Secretary:	Mr. Dexter Voisin
PRO:	Mr. Peter Samuel
Committee Member:	Mrs. Michelle Stoute-Lopez
Committee Member:	Mr. Kenny Bermudez
Committee Member:	Mr. John Andalcio
Committee Member:	Mr. Gerrard Franklyn
Committee Member:	Mrs. Lucretia Warner-Burns
Trustee:	Mr. Hasely Crawford
Trustee:	Mr. Guinness Perasd
Trustee:	Ms. Dawn Washington

1.5 OFFICE: NATIONAL AMATEUR ATHLETICS ASSOCIATION (NAAA)

c/o The Secretariat
The Caribbean Games 2009
Hasely Crawford Stadium
Port of Spain
Tel.: (868) 624 8126 Fax: 627-0663
Email: info@caribbeangames2009.com

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2. COMPETITION SCHEDULE OF EVENTS & SPORT INFORMATION

SUMMARY

Below you will find the schedule of events and other critical information. The competition will be held over three days and comprises six sessions.

Competition Dates	The Athletics Competition of the 1 st Caribbean Games will be conducted on 13, 14, 15 JULY 2009
Competition Venue	The Athletics Competition will be held at the Hasely Crawford Stadium, Mucurapo, Trinidad
Training Venues	The Athletics training venues will be as follows: <ul style="list-style-type: none">• Track and Jumps – Hasely Crawford Stadium, Port of Spain• Throws – The SPEC, UWI, St Augustine
International Federation	The International Association of Athletics Federations (IAAF)
National Federation	National Amateur Athletic Association of Trinidad and Tobago (NAAA) tri@mf.iaaf.org
Technical Delegates	Esther Maynard
Competition Managers	Michelle Stoute-Lopez , Horace Hart

3. TECHNICAL DELEGATES/NATIONAL TECHNICAL DIRECTOR – APPOINTMENT & RESPONSIBILITIES

International Technical Delegate appointed by the IAAF – Esther Maynard
National Technical Director – John Andalcio

3.1 Technical Officials' Appointment:

- Technical Officials are required to ensure that the IAAF's rules and regulations are implemented in all aspects of the competition.
- The number of Technical officials required, their roles and qualifications have been determined by the National Amateur Athletics Association (NAAA).

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- The appointment of internationally qualified Technical Officials has been coordinated by the IAAF/NACAC, in conjunction with the CANOC.

ITOs and ATOs have been appointed to officiate in the Caribbean Games 2009 Athletics competition.

The Jury of Appeal will be announced during the Technical Meeting of the Championships.

Technical Officials requiring a national level qualification as determined by NAAA/IAAF have been appointed by Caribbean Games 2009 in conjunction with the CANOC.

The Senior Officials of the Competition will be announced during the Athletics Technical Meeting.

3.2 Responsibilities of Technical Delegate's/National Technical Director for Athletics:

- The Competition Schedule;
- Approval of sport equipment to be used in competition;
- All elements of the Field of Play (FOP);
- Signage and other aspects of the FOP, in accordance with the IAAF rules;
- Management of appointed Technical Officials;
- Approval of the Timing, Scoring and Results Delivery Plan;
- Training Venues & Schedules;
- Approval of Venue Plans.

3.3 Technical Meeting:

The Technical Meeting has been scheduled as follows:

Date: Sunday 12 July 2009

Time: 10:00 am

Venue: Chefs Meeting Hall, Caribbean Games Village

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4. COMPETITION INFORMATION

4.1 LIST OF EVENTS

Women:	
Races:	100m, 200m, 400m, 800m, 1,500m, 5,000m, 10,000m, H/Marathon
Hurdles:	100m and 400m
Steeplechase	3,000m
Relays:	4 X 100m and 4 X 400m
Jumps:	High, Long, Triple, and Pole Vault
Throws:	Shot Put, Discus, Javelin, and Hammer
Combined Events:	Heptathlon
Men:	
Races:	100m, 200m, 400m, 800m, 1,500m, 5,000m, 10,000m. H/Marathon
Hurdles:	110m and 400m
Steeplechase:	3,000 meters
Relays:	4 X 100m and 4 X 400m
Jumps:	High, Long, Triple, and Pole Vault
Throws:	Shot Put, Discus, Javelin, and Hammer
Combined:	Decathlon

4.2 COMPETITION VENUE

The Athletics competition of the Caribbean Games 2009 will be held at the Hasely Crawford Stadium, Mucurapo, Trinidad, on 13, 14, 15, July 2009. The stadium is equipped with a Mondo surface with eight lanes, as well as the field areas for high jump, triple jump, long jump, pole vault, shot put, discus and javelin throw. The Local Organising Committee for the Caribbean Games 2009 (LOC) will provide medical and physiotherapeutic assistance, a Technical Information Centre (TIC), press area, cafeteria, shower and locker rooms.

4.2.1 Travel Time

The Hasely Crawford Stadium is located approximately 45 minutes from the CGV, based on athlete bus transport.

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4.2.2 The Field of Play (FOP)

The Mondo track consists of 8 lanes, High Jump, Discus Throw/Hammer Throw , Pole Vault, Long Jump/Triple Jump, Shot Put and Javelin Throw areas

4.2.3 Sport Information

A Technical Information Centre (TIC) will be established at the Hasely Crawford Stadium. The Technical Information Centre will be the distribution and collection point of relevant competition information for NOC/CGA Team Leaders.

At the Caribbean Games Village (CGV), a Sport Information Centre (SIC) will also be established. The Sport Information Centre will be a central point of information for all sports, and also contain the functions of Sport Entries at Games time.

4.2.4 Mixed Zone

A Mixed Zone will be established at the Hasely Crawford Stadium that will enable interaction between athletes as they are leaving the competition arena and accredited media representatives.

All athletes will be required to exit the competition arena through the established Mixed Zone.

4.3 Warm-up Area

A warm-up area will be provided. It is located in the northern area adjacent to the stadium and includes 150 meters of Mondo strip and an area for throws.

4.3.1 Training:

10 th – 11 th July	From 09:00 to 12:00 hrs/15:00 to 18:00
12 th July	From 09:00 to 12:00 hrs.

For starting block practice, competition officials will be available on the following days:

10 th - 11 th July 2009	From 16:00 to 18:00 hrs.
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5. Qualifying Standards

WOMEN	EVENT	MEN
11.50	100m	10.40
23.80	200m	21.00
53.00	400m	46.25
02.07.0	800m	01.49.0
04.25.0	1500m	03.48.0
17.00.0	5000m	14.20.0
35.30.0	10000m	29.50.0
14.00	100m / 110m Hurdles	14.40
1:00.40	400m Hurdles	52.00
No Entry Standard	3000m Steeplechase	09.00.0
No Entry Standard	Half Maratón	No Entry Standard

WOMEN	EVENT	MEN
No Entry Standard	4 X 100 Relays	No Entry Standard
No Entry Standard	4 X 400 Relays	No Entry Standard
No Entry Standard	Half Marathon	No Entry Standard
1.75	High Jump	2.12
6.10	Long Jump	7.60
13.00	Triple Jump	16.50
3.50	Pole Vault	5.00
14.40	Shot Put	17.00
48.00	Discus Throw	53.00
49.00	Javelin Throw	71.00
55.00	Hammer Throw	60.00
4.800	Heptathlon / Decathlon	6.750

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NB. The following considerations apply:

1. Performances must be achieved during the period 1st January 2008 to 30th June 2009.
2. Performances must be achieved during an official competition organized in conformity with the IAAF rules.
3. Performances must be achieved during competitions organized or sanctioned by the IAAF, NACAC or the National Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organized.
4. No mixed gender competition results will be accepted for competitions held completely in the stadium.
5. Wind assisted performances will not be accepted.

6. PARTICIPATION

6.1 Quota

The athletics component of the Caribbean Games 2009 has been allocated a quota of 500 athletes. In the event more than 500 athletes have qualified the LOC will make the necessary adjustments.

6.2 Championship Participation

Each NOC/CGA may enter up to two (2) qualified competitors in each individual event. In the event an NOC/CGA does not have any qualifier the organization would be allocated one male and one female athlete in keeping with the spirit of universality in the Olympic Movement.

In relay events, each country may enter a team of six (6) athletes, of which four (4) will run in the first round and the other two (2) may be used as substitutes in the team's composition in subsequent rounds.

6.3 Insufficient Participants

If an event cannot be conducted due to insufficient participants, defined as having "not less than five (5) competitors of at least three (3) NOC/CGAs", the LOC shall notify immediately, via fax or e-mail, those NOC/CGAs that had entered athletes for such an event indicating its cancellation. Should the teams already be in Trinidad and Tobago for the Games when final entries are deemed insufficient the event shall be held with those present as an 'Exhibition Event'.

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7. ENTRIES

All entries must be submitted in accordance with the entry requirements of the CANOC Statutes. All athletes must meet the CANOC Eligibility Conditions

7.1 Numerical Entries

The Numerical or Preliminary Entry of each NOC/CGA shall be sent to the Local Organizing Committee for the Caribbean Games 2009 (LOC) no later than midnight on 11th January 2009 by using the Numerical Entry Form sent by the LOC.

7.2 Final Entries

Nominal or Final Entries shall be sent to the Local Organizing Committee no later than midnight on 11th June 2009. Entries shall be sent on the Final Entry Forms provided by the LOC.

NOTE: Entries on the prescribed forms may be sent by the NOC/CGA to:

THE SECRETARIAT

Local Organising Committee for the Caribbean Games 2009

Hasely Crawford Stadium

Port of Spain

Tel: (868) 624 8126 Fax: (868) 627 0663

Email: info@caribbeangames2009.com

7.3 Confirmation of Entries

Team managers, or their representatives, must confirm that the names of those competitors already entered will actually take part in the competition. Confirmation of athletes will not be accepted after the appropriate deadline. For events held on the first day of competition, this deadline will be at the end of the Technical Meeting. For events held after the first day of competition, confirmation of entries must be made by midday on the day before the event at the Technical Information Centre at the Hasely Crawford Stadium (or at the SIC in the CGV).

8. COMPETITION RULES, REGULATIONS AND PROCEDURES

The Caribbean Games 2009 Athletics Competition will be conducted in accordance with the current IAAF Competition Rules approved at the IAAF Congress in August 2007.

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8.1 Clothing

During competition, each athlete is expected to compete in their official NOC/CGA team uniform. Athletes must comply with the CANOC Statutes, relating to identification on personal competition clothing and personal equipment. Athletes must also comply with the IAAF Competition Rules 2007 and the current IAAF Advertising Regulations.

Athletes should attend all medal ceremonies in their official team tracksuit and appropriate footwear, even where the medal ceremony is scheduled for a different day to the day of competition.

8.2 Bags

Any bags on the Field of Play must conform to the CANOC and IAAF regulations on advertising.

8.3 Number Bibs

Number bibs will be distributed at the Technical Meeting. All competitors must wear the number bibs they have been allocated.

Every competitor must wear two numbers during the competition, one on the front and the other on the back, except in the High Jump and Pole Vault events when only one number needs to be worn either on the front or the back. In relays, each athlete shall wear the letters of the designated national delegation on the front and their individual number on the back. If tracksuits are worn during the competition, the numbers must be worn on the tracksuit in a similar manner. Four pins must be used to attach each number to the clothing. A number bib must be attached on the bag that is carried to the stadium.

Number bibs must be worn in accordance with IAAF Rules and must not be cut, folded or obscured in any way.

8.4 Shoes/Spikes

The spikes on the athletes' shoes will be checked (number and size). If they do not comply with IAAF Rule 143.2-6 the athlete will be asked to change them to the correct size. In accordance with IAAF Rule 143.4 the following maximum spike lengths will be allowed:

- Track events, Long and Triple Jump, and Pole Vault: 9mm
- High Jump and Javelin: 12mm

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8.5 The Sole and Heel

In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm and the heel in the High Jump shall have a maximum thickness of 19mm. In all other events the sole and/or heel may be of any thickness.

8.6 Taking Objects into the Stadium

Any advertising on clothes or bags must comply with both CANOC and IAAF Rules and Regulations on advertising. Any illegal advertising shall be removed or taped over beforehand.

According to IAAF Rule 144.2, use by athletes of cassette recorders, radios, mobile phones, cameras, videos etc., shall not be permitted on the FOP. Such items will be confiscated in the Call Room. Confiscated articles may be retrieved at the Technical Information Centre at the Hasely Crawford Stadium after the event.

Team Managers should ensure that their athletes comply with the above before entering the Call Room.

8.7 Pole Vault Poles

In the Pole Vault events, athletes must use their own poles. Each pole bag must carry the corresponding athlete's name, competition number and country. Team Leaders or the athlete must lodge vaulting poles for competition at Hasely Crawford Stadium by 5:00 pm on the day before competition. The person lodging the poles will be issued with a receipt after the details are recorded on the appropriate form.

The vaulting poles will be taken to the competition site by the Technical officials no later than 90 minutes prior to the commencement of the competition session.

All vaulting poles will be returned after competition.

8.8 Private Implements

Private implements are to be submitted no later than 5:00pm on the day prior to the Competition.

8.9 Markers (Track & Runway)

Athletes will be allowed to use their own markers for the Long Jump, Triple Jump, Javelin and Pole Vault. Athletes will be provided with adhesive tape.

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8.10 Call Room

The technical officials will issue the appropriate calls for athletes to enter into the Call-Room prior to their respective events.

It is the responsibility of the Team Managers to ensure that their athletes are aware of the Last Call for entry into the Call Room. Athletes arriving late will be excluded from participation in the event.

The procedures in the Call Room shall be as follows:

- Identification of competitors by means of the accreditation cards and number bibs.
- The uniforms will be checked against the photographs of the declared uniforms of the delegations. Athletes who are not wearing their official team uniform will be required to acquire the correct attire before they can be processed through the Call Room.
- Soles and spikes will be checked for conformity with IAAF Rule 143.2-6.
- A strict inspection shall be made for illegal advertising and any prohibited items which the athletes may have in their possession. Team Managers should ensure that their athletes comply with the above before entering the Call Room to avoid delays.

NB. Team Management and Coaches will not be permitted in the Call Rooms

8.11 Call Times

Call Times will be provided and finalised at the Technical Meeting.

8.12 Warm Up at Field Event Sites

Once athletes arrive at the event site they will be allowed a minimum of two practice trials in all throwing events, and more if time allows, at the discretion of the Chief Judge.

Competitors in horizontal and vertical jumps will be allowed as much practice as possible in the time available.

8.13 Starters Commands

All start commands will be given in English. Up to and including the 400m and also for the Relays, the following commands will be used:

- **“On your marks”**
- **“Set”**
- **The sound of the gun.**

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

- **“On your marks”**
- **The sound of the gun.**

NB. Starting blocks will be linked to an IAAF approved false start apparatus for events up to and including the 4 x 400m Relay.

8.14 Leaving the Field of Play during Competition

Competitors may only leave the event site, during competition, with the permission of the Referee or Chief Judge and will be accompanied by a Technical Official. When leaving the Field of Play, all athletes will be escorted through Post Event Control.

In Combined Events athletes will leave the Field of Play in between individual disciplines as directed by the Combined Events Referee. Clearly labeled rest rooms are available.

At the Technical Meeting, Team Management will be provided with two passes per athlete to ensure support staff can have access to these rooms.

8.15 Exit from Field of Play after Competition

After the competition the athletes must leave the Field of Play via the exit by closest to the finish line, to which they will be escorted by officials and then through the Mixed Zone. They will be able to collect their possessions in Post Event Control.

8.16 Sport Equipment

All equipment has been IAAF approved.

8.17 Timing, Scoring & Results

cfptiming has been appointed as the “Official Timekeeper” for the Caribbean Games 2009 and is responsible for the full delivery of Timing, Scoring & Results services for the athletics events.

8.18 Dispute Resolution

Relevant disputes or protests, along with applicable appeals, will be dealt with in accordance with the CANOC Statutes and the rules or processes defined by the IAAF.

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Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of that event.

Any protest shall, in the first instance, be made orally to the Referee by the athlete or by someone acting on his/her behalf.

An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee. This appeal must be in writing on the official forms, signed by the responsible official on behalf of the athlete.

The appeal should be accompanied by a deposit of **USD \$100**. The fee will be forfeited if the protest is not upheld.

All appeals must be submitted to the Technical Information Centre at the Hasely Crawford Stadium from where they will be immediately forwarded to the Secretary of the Jury of Appeal.

Subsequent issues or appeals may be dealt with by the CANOC and following this, the Court of Arbitration for Sport.

9. RULES OF THE DISCIPLINES

9.1 HALF MARATHON

The Half Marathon competition will be conducted on the road.

9.1.1 Half Marathon route familiarisation

A Half Marathon familiarisation bus-tour will take place for all participating athletes and team representatives. This familiarisation bus-tour will start at and return to the CGV.

The bus will travel to the start of the half marathon and follow the exact course to its return to the Hasely Crawford Stadium.

The Half Marathon familiarisation bus tour has been scheduled as follows:

Date: Saturday 11 July 2009

Time: 10:30 am

Departure: Transport Mall, Caribbean Games Village

9.1.2 Competition Procedures

Both the Men's and Women's Half Marathon will take place on Sunday 12 July 2009. The Women's Half Marathon will start at 5:00am and the Men's Half Marathon will start at 5:30am.

9.1.3 Route

The route has been measured, on an ideal line, by a qualified official Road Race Course Measurer using a calibrated bicycle and checked by an IAAF measurer in

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accordance with official measuring protocol. The route will be kept traffic free and marshals will be stationed at all turns and other appropriate points.

9.1.4 Drink Stations

Drink Stations will be set-up in accordance with IAAF Rules. The drink stations will be sign-posted at a distance of approximately 100m before the runner reaches the drink station.

NB: It will be the competitors' responsibility to ensure that their personal drinks are marked so they can be easily identified.

9.1.5 Sponging Stations

Sponging stations supplying only water filled sponges will be set-up at approximately 7.5 km, 12.5km, 17.5km. These stations will be sign posted at a distance of approximately 100m before the runner reaches the sponging station.

9.1.6 Toilets

There will be toilets available throughout the course.

9.1.7 Medical Provision

The Half Marathon will be appropriately staffed with medical personnel, including ambulances. At all times full radio/telephone links will be maintained along the course to the Stadium and with emergency services.

Runners who retire from the race will be transported to the finish. There will be a sweep up bus following the race for this purpose with medical personnel aboard.

9.1.8 Accompanying Vehicles

There will be lead vehicles for both events.

At all times there will be a police motor cyclist with the leading runners, others will be on the route to take care of all security.

9.2 Relays

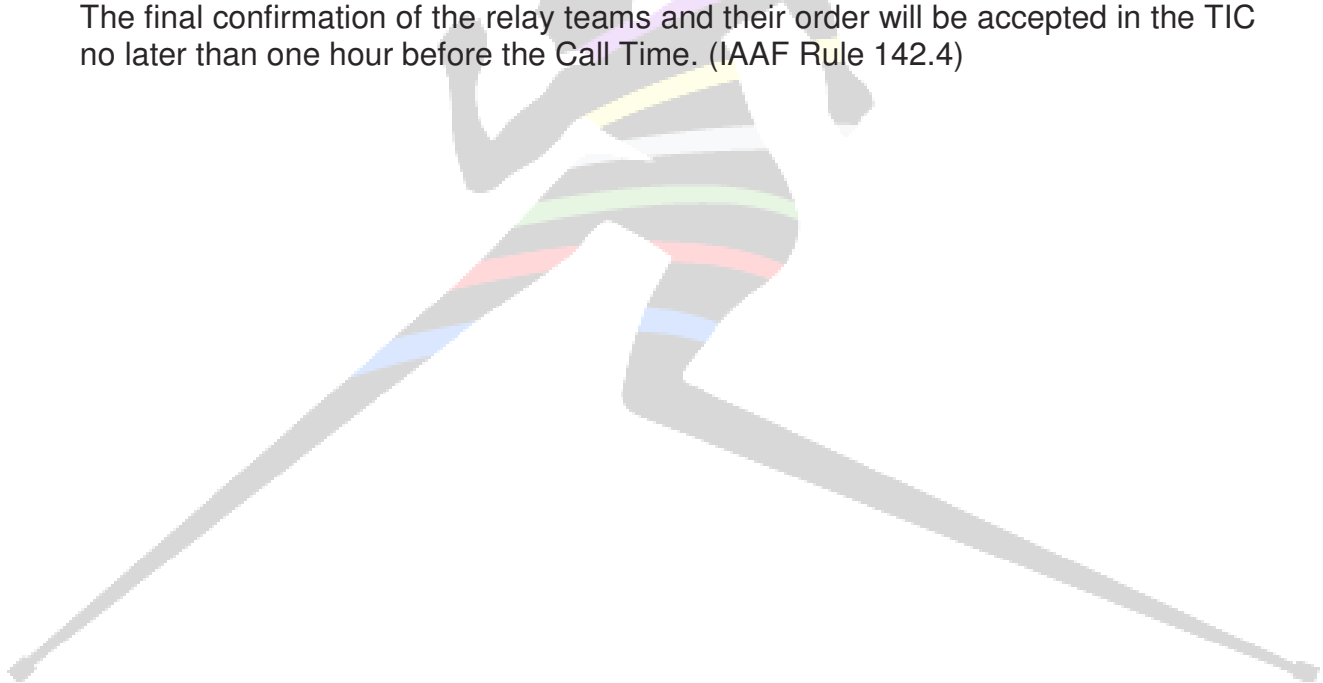
Relay teams may be composed of up to six athletes. Once the team has taken part in the event, only two additional athletes may take part in subsequent rounds as substitutes. Substitutes may only be taken from the list of athletes entered for the athletic competition whether for the relays or for any other athletic event.

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However, any athlete who, after the final confirmation has been given or after qualifying, during a qualifying round or a heat for any event, has failed to participate in the event cannot be entered as a substitute in the relays. (IAAF Rule 142.4). A medical certificate from an approved medical officer or the permission of the Technical Delegate may be accepted as sufficient reason and the athlete may be able to be entered in events on subsequent days.

The final confirmation of the relay teams and their order will be accepted in the TIC no later than one hour before the Call Time. (IAAF Rule 142.4)





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Monday, July 13					Tuesday, July 14					Wednesday, July 15				
08:10	Hammer Throw	M	FINAL		08:45	110m Hurdles	M	Dec 6		08:00	Hammer Throw	W	Final	
09:00	100m	M	Dec 1		09:05	100m Hurdles	W	Hep 1		08:10	Long Jump	W	Hep 5	
09:25	100m	W	SF		09:20	Long Jump	W	Final		08:50	5000m	W	Final	
09:45	Long Jump	M	Dec 2		09:25	200m	W	SF		09:25	110m Hurdles	M	SF	
09:50	100m	M	SF		09:35	Discus Throw	M	Dec 7		09:40	Javelin Throw	W	Hep 6	
10:00	Javelin Throw	W	FINAL		09:45	200m	M	SF		09:50	4 x 100m	W	SF	
10:15	400m Hurdles	W	SF		10:00	High Jump	W	Hep 2		10:15	4 x 100m	M	SF	
10:35	400m Hurdles	M	SF		10:05	100m Hurdles	W	SF						
11:00	Shot Put	M	Dec 3		10:25	800m	W	SF						
					10:45	Pole Vault	M	Dec 8						
17:00	400m	W	SF		10:50	800m	M	SF						
17:25	400m	M	SF		17:15	3000m Steeplechase	W	Final		17:45	800m	W	Final	
17:40	High Jump	M	Dec 4		17:20	High Jump	M	Final		17:50	Pole Vault	M	Final	
17:50	1500m	W	Final		17:35	Pole Vault	M	Final		18:00	Discus Throw	M	Final	
17:55	Triple Jump	W	Final		17:40	100m Hurdles	W	Final		18:05	800m	M	Final	
18:00	Shot Put	W	Final		17:50	Shot Put	W	Hep 3		18:25	110m Hurdles	M	Final	
18:05	1500m	M	Final		18:05	400m	W	Final		18:45	5000m	M	Final	
18:25	100m	W	Final		18:20	Javelin Throw	M	Dec 9		19:00	Long Jump	M	Final	
18:45	100m	M	Final		18:25	400m	M	Final		19:15	800m	W	Hep7	
18:50	Javelin Throw	M	Final		18:45	3000m Steeplechase	M	Final		19:40	4 x 100m	W	Final	
19:05	400m Hurdles	W	Final		19:10	200m	W	Hep 4		20:00	4 x 100m	M	Final	
19:25	400m Hurdles	M	Final		19:15	Shot Put	M	Final		20:25	4 x 400m	W	Final	
19:30	High Jump	W	Final		19:30	200m	W	Final		20:45	4 x 400m	M	Final	
19:35	Triple Jump	M	Final		19:35	Long Jump	M	Final						
19:45	400m	M	Dec 5		19:50	200m	M	Final						
20:05	10.000m	M	Final		20:00	Discus Throw	W	Final						
					20:10	1500m	M	Dec 10						
					19:30	10000m	M	Final						

N.B. Refer to Section 8.1.1 for information on the Half Marathon, scheduled for Sunday 12 July 2009

TECHNICAL MANUAL

ATHLETICS

