



OAK TREE
MEDICAL CENTER
CARIFTA
GAMES
2023

TEAM MANUAL

THOMAS A. ROBINSON NATIONAL STADIUM
NASSAU, NEW PROVIDENCE, THE BAHAMAS

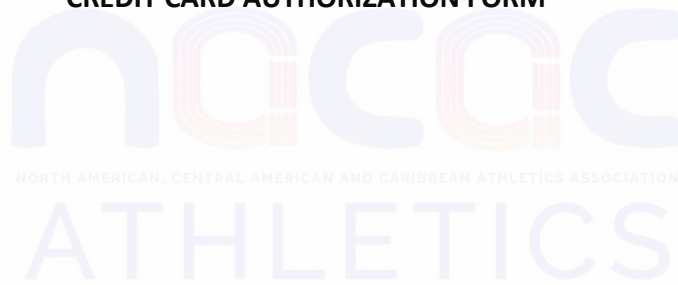
APRIL 7TH - 10TH

THE BAHAMAS 2023

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PARTNERS



aliv



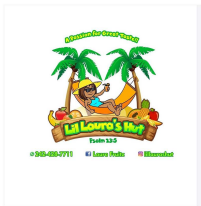
THE MOVIGROUP



OAKTREE MEDICAL CENTER



BOOMER GEORGE



Tech Logic



Ministry of Youth, Sports & Culture



1. NACAC COUNCIL



NACAC COUNCIL		
PRESIDENT:	Mike Sands	BAH
VICE PRESIDENT	Catherine Jordan	BAR
TREASURER:	Glenville Jeffers	SKN
GENERAL SECRETARY:	Keith Joseph	VIN
COUNCIL MEMBERS	Cydonie Mothersill	CAY
	Calixto Sierra	HON
	Evelyn Farrell	ARU
	Howard Cornelius	ANT

MEMBERS EX OFFICIO:		
World Athletics PRESIDENT:	Lord Sebastian Coe	GBR
World Athletics VICE-PRESIDENT:	Alberto Juantorena	CUB
World Athletics Council Members:	Willie Banks	USA
	Abby Hoffman	CAN

NACAC PAST PRESIDENTS		
Victor Lopez	2013-19	PUR
Neville McCook	2007-13	JAM
Amadeo Francis	1988-2007	PUR



EXECUTIVE MANAGEMENT

Chairman	Harrison Thompson
Chief Executive Officer	Lynden Maycock
Project Manager	Janeen McCartney
Chief Financial Officer	Valaria Smith
Legal	Drumeco Archer

SENIOR DIRECTORS

Logistics	D'Anne Barrett
Operations, Social Functions and Volunteers	Tarahan Mackey
Technology	Michael Cartwright
Deputy Senior Director – IT	Trevor Moss
Competition	Laura Pratt-Charlton
Deputy Sr. Director – Competition	David Charlton
Venue:	Helson Ambrose
Partnership & Marketing	Fernerin Hanna
Media Services	Tonique Williams
Security	Kevin Rolle



BAAA EXECUTIVES

President	Drumeco Archer
1st Vice President	Foster Dorsett
2nd Vice President	John Ingraham
VP of Business Operations	Pharez Cooper
VP of Technical Operations	Tito Moss
VP of Finance	Laketah Charlton
Assistant VP of Finance	Sharon Gardiner
VP of Public Relations	Sheldon Longley
Chief Executive Officer	Mabelene Miller
Deputy Chief Executive Officer	Laura Pratt-Charlton
Special Project Officer	Dionne Britton
Special Project Officer	Demarius Cash
World Athletics Council Member	Mike Sands
Grand Bahama AAA President	Emmitt Higgins
Athletes' Representative	Anthonique Strachan
Bahamas Association of Certified Officials (BACO) President	Valderine Kemp
Coaches' Association President	Corrington Maycock
Council Chairman	Jason Edwards



4. TECHNICAL OFFICIALS



INTERNATIONAL TECHNICAL OFFICIALS

Organizational Delegate (OD)	Keith Joseph (VIN)
Technical Delegate (TD)	Patrick P. Mathurin (LCA)
Medical & Anti-Doping Delegate (DO)	Dr. Warren Blake (JAM)

International Referees

World Athletics Referee Silver	Stephanie Rahming-Taylor (BAH)
World Athletics Referee Silver	Laurie Ann Boemker (USA)
World Athletics Referee Silver	Eunice Greenaway (SKN)
World Athletics Referee Silver	Philcol Dowardson Jeffers (VIN)
World Athletics Referee Silver	Andre Marcel M. Procope (BAR)
World Athletics Referee Silver	Janelle Elaine Edwards (TTO)
World Athletics Referee Silver	Garth Gayle (JAM)

International Area Starter	Ian Sydney Gordon (CAN) – Silver Level
International Area Photo-Finish Judge	Mario Haughton (JAM) – Silver Level

National Athletics Referees Bahamas Association of Certified Officials (BACO)

4.1 JURY OF APPEAL

James E. A. Kelly (SKN)
John-Paul Clarke (CAY)
Michael A. Serralta (PUR)
Cydonie Mothersill (CAY)
5th member - selected at the Technical Meeting

5. GETTING TO KNOW THE BAHAMAS



The Bahamas, officially the Commonwealth of The Bahamas, is an island country within the Lucayan Archipelago of the West Indies in the North Atlantic. It takes up 97% of the Lucayan Archipelago's land area and is home to 88% of the archipelago's population.

The capital is Nassau on the island of New Providence. The Royal Bahamas Defence Force describes The Bahamas' territory as encompassing 470,000 km² (180,000 sq mi) of ocean space.

The Bahama Islands were inhabited by the Lucayans, a branch of the Arawakan-speaking Taíno, for many centuries. Christopher Columbus was the first European to see the islands, making his first landfall in the "New World" in 1492 when he landed on the island of San Salvador.

It was generally believed that The Bahamas islands were formed approximately 200 million years ago, when Pangaea started to break apart. In current times, it endures as an archipelago containing over 700 islands and cays, fringed around different coral reefs.

The Bahamas is a parliamentary constitutional monarchy, with King Charles III as head of state represented locally by a governor-general. Political and legal traditions closely follow those of England and the Westminster system.

The Bahamas relies heavily on tourism to generate most of its economic activity. Tourism as an industry not only accounts for about 70% of The Bahamian GDP, but after tourism, the next most important economic sector is banking and offshore international financial services, accounting for some 15% of GDP.

The culture of the islands is a mixture of African (Afro-Bahamians being the largest ethnicity), British and American due to historical family ties, and migration of freed slaves from the United States to The Bahamas.

The Bahamas has a rich culture. Bahamians have created a rich literature of poetry, short stories, plays and short fictional works. The Bahamas's most popular festival is Junkanoo. Junkanoo is a traditional Afro-Bahamian street parade of 'rushing', music, dance and art held in Nassau (and a few other islands) every Boxing Day and New Year's Day. Junkanoo is also used to celebrate other holidays and events such as Emancipation Day.

Bahamians are usually considered a friendly and sociable people. This is reflected in a popular cultural event the Regatta. Regattas are important social events in many family island settlements. They usually feature one or more days of sailing by old-fashioned work boats, as well as onshore festivals.



6. GENERAL INFORMATION

6.1 ARRIVAL AND DEPARTURE

Delegations are requested to plan their arrival in Nassau for Thursday, April 6th, 2023 and departure for Tuesday, April 11th, 2023. Accommodation will be provided for those dates exclusively. Delegations wishing to arrive before April 6th and depart after April 11th are required to inform the Local Organizing Committee. It must be noted that in cases such as these delegations will be responsible and subject to pay regular accommodation costs for the extra days.

6.2 AIRPORT

The airport of entry into The Bahamas is the Lynden Pindling International Airport (LPIA), airport code (NAS).



6.3 ENTRY REQUIREMENTS

A valid passport (preferably with an expiration date of more than 6 months ahead) is required, as well as a valid return ticket. Athletes and officials from Haiti will require a visa. Haitian Nationals with a USA Green card do not require a visa. Athletes from French Guyana will require a yellow fever card to gain entrance to The Bahamas.

OBTAINING A BAHAMIAN VISA

The application process to obtain a Bahamian Visa is now digitized.

Please visit the following website: www.mofa.gov.bs/evisa

Once you are on the web page, please click on “Consular Services” in the banner headings. From the drop down menu, choose “Visitor’s Visa – Consular Services.” When you are on that web page it will tell you which countries need Visas to enter The Bahamas and which ones do not require an entry visa. Under “Visa Categories” please choose “Self-sponsored Visas” and “Single Entry.” Follow the instructions to complete the Application form and upload your or your team member’s Visa information along with documents. These instructions apply to individuals or Teams. Once you have an Application ID number, please communicate that number through the LOC to email address: visa@carifta50.com as the Consular Division has promised to expedite all applications for these games.

For persons needing a Visa only

Once we know your travel dates, we will issue an invitation letter to the team or the individual. You will need to upload this invitation along with the other required documents. Please note, it is in your best interest not to leave applying for Visas until the last minute.



6.4 CURRENCY

The currency used in The Bahamas is the Bahamian Dollar (BSD) which is fixed at BSD \$1.00 to the United States of America {USD). The US Dollar is accepted in most business centers and stores.

6.5 BANKING

Banks will be closed for the Easter period from 1:00 p.m. on Thursday April 6, 2023 and reopens on Tuesday April 11, 2023.

The following banks are available locally:

- Bank of The Bahamas
- Scotiabank
- Royal Bank of Canada
- First Caribbean Bank
- Commonwealth Bank
- Fidelity Bank

Banking hours: Monday - Friday 9:30 a.m. - 3:00 p.m.

All banks operate a 24-hour Automated Teller Machine (ATM) service. Please check your local bank for the rate of exchange.

6.6 COMMUNICATIONS

Aliv and BTC provide telephone services for The Bahamas. Calls can be made world-wide using their services.

Please contact your mobile telephone provider for compatibility with these mobile service providers.



6.7 WATER

The water supply is safe to drink. If desired, however, bottled water is widely available.

7. ACCOMMODATION

7.1 ACCOMMODATION

All athletes and team officials will be accommodated at the official Games Village – Superclubs Breezes Hotel.



Occupancy shall be double (2 persons per room) and as was mentioned previously will be from 12:00 noon on Thursday, 6th April to Tuesday, 11th April, 2023 (**checkout time**). Teams wishing to arrive or depart outside of the specified team accommodation period will do so at their own cost.

7.2 ACCOMMODATION LEVY

An accommodation levy of **\$250.00 US** per team member, according to the official team size must be paid to the Accreditation Centre before teams are allowed to be fully accredited and checked into the Games Village. Teams traveling with officials above the specified quota will be required to pay **an additional \$100.00 US per day** if they wish to be accommodated with their teams. However, the Local Organizing Committee will need to be notified early in order to accommodate any additional officials over the quota.

The levy shall cover the period 12 noon Thursday, April 6, 2023 to 12 noon (**checkout time**). Tuesday, April 11, 2023.

Delegations must notify the Local Organizing Committee, at least 48 hours in advance, of their arrival date, time and flight number, so that they may be received at the airport.

Team Levy may be paid on site by credit card, US cash or bank draft. Wire transfers may also be done using the instructions below:

Wiring Instructions:

J P Morgan Chase Bank
New York, New York
SWIFT: CHASUS33XX
ABA: 021000021

Bank of The Bahamas
Limited
Shirley Street Branch
Nassau, Bahamas
SWIFT CODE BOTBBSNS
A/C # 0011188414

2023 CARIFTA Games
Company
A/C #1350006100
Branch 03157

7.3 MEALS

Meals will be provided from lunch on Thursday 6th, April to breakfast on Tuesday 11th April, 2023. Meals outside this time frame will be at the team's expense.



7.4 ACCREDITATION & AGE VERIFICATION

The Accreditation Centres will be located at the Games Village, SuperClubs Breezes hotel for athletes and coaches **only**. All others will be at The Kendal G. L. Isaacs Gym (KGLI) at the Thomas A. Robinson (TAR) Sports Center.



No athletes can be accredited without their certified birth dates being presented (passport and/or birth certificate). Deadlines for registrations are as follows:

Numerical Entries **Friday 24th February, 2023**

Final Entries **Sunday 12th March, 2023**

Participating teams are requested to submit (upload) a passport size electronic photo of team members (athletes and team officials) along with their final entries in order to facilitate the accreditation process. The ages of all competitors will be verified at the Accreditation Centre. Passports or travel documents of all competitors must be presented upon arrival before the accreditation process can be completed.

Heads of delegations must finalize payment of the Team Levy in US currency in order to complete the accreditation process and receive their room keys. Please be informed that you also have the possibility to swipe when making the payment at both Accreditation Centres. Delegations will receive individual accreditation passes which must be worn for the duration of the Games. These cards will act as access passes to Games hotels, meals, transport, warm up area, competition arena and other facilities as indicated. The passes will also grant medical support on site and/ or at the hospital.

Please note that charges for accommodation and meals of additional personnel must be paid at this time as well. The loss or theft of an accreditation pass must be reported immediately to the Accreditation Centre at the SuperClub Breezes. A replacement card will only be provided at a cost of **US\$ 10.00** after the LOC has approved the explanation offered by the Head of Delegation of the particular team involved.

It is important that teams send the required information by the deadline dates to minimize wait at the Accreditation Centres.

The Accreditation Centre is located at the Games Village. Accreditation Cards will be presented upon arrival at the Accreditation Centre and after the verification process.

8. COMPETITION



8.1 RULES AND REGULATION

The 50th CARIFTA Games will be held in accordance with the current rules and regulations of World Athletics (WA).

Technical matters will be resolved according to the WA Technical Rules and Regulations. The Local Organizing Committee (LOC) will resolve general matters not provided in these regulations.

8.2 COMPETITION AND VENUE

The 50th CARIFTA Games will be held in New Providence, The Bahamas from Friday 7th - Monday 10th April, 2023.

The competition will take place at the Thomas A. Robinson National Stadium located in New Providence. The Stadium has a seating capacity of fifteen thousand (15,000) people.

The Stadium consists of an eight (8) lane 400-meter track, two (2) Javelin areas, four (4) Long Jump and Triple Jump areas, two (2) Pole Vault pits, one (1) Discus area, two (2) Shot Put circles and two (2) High Jump areas; all laid by Mondo under WA specifications.



TRACK & FIELD

8.3 WARM UP FACILITY

In addition to the 150m warm-up straight there is also a 400m Beynon surface as well as a warm-up area for the long throws and shot put. All are in close proximity to the competition stadium.



8. COMPETITION CONT...

8.4 INVITED COUNTRIES

The Bahamas will be the host country for the 2023 CARIFTA Games. Participation is open to the following Member Federations (MF's)

	ANGUILLA		CURACAO		ST. KITTS & NEVIS
	ANTIGUA BARBUDA		DOMINICA		ST. LUCIA
	ARUBA		FRENCH GUYANA		SAINT MAARTEN
	BAHAMAS		GRENADA		ST. VINCENT & THE GRENADINES
	BARBADOS		GUADELOUPE		SURINAME
	BELIZE		GUYANA		TRINIDAD & TOBAGO
	BERMUDA		HAITI		TURKS & CAICOS
	BONAIRE		JAMAICA		UNITED STATES VIRGIN ISLANDS
	BRITISH VIRGIN ISLANDS		MARTINIQUE		
	CAYMAN ISLANDS		MONTSERRAT		

8.5 MEDICAL INFORMATION

Off-site medical services will be available.

On-site medical and physiotherapy services will be available at the **Thomas A. Robinson National Stadium** and on-call medical services at the **Games Village**.

These medical services are essentially for complementing athlete preparation during the competition and for cases of emergency. It is expected that the major medical treatment, if necessary, will be borne by the individual and/or by the Association he/she represents.

8.6 INSURANCE

Participating Member Federations (MF's) of the North American, Central American, and Caribbean Athletics Association (NACAC) can access the yearly insurance coverage provided for members during travel and competition.

ATHLETICS OPERATION

8.7 DOPING CONTROL

Test for doping will be conducted throughout the competition in accordance with the WA Procedural Guidelines for Doping Control. The Doping Control area will be located in the Thomas A. Robinson National Stadium.

8.8 NUMBER OF COMPETITORS PER EVENT

Each country will be allowed a maximum of two (2) competitors per event provided that the official team size regulation is followed.

8.9 TEAM SIZE

Girls Under 17	-	(maximum of 20 athletes)	Born 2007, 2008 and 2009
Boys Under 17	-	(maximum of 20 athletes)	Born 2007, 2008 and 2009
Girls Under 20	-	(maximum of 20 athletes)	Born 2004, 2005 and 2006
Boys Under 20	-	(maximum of 20 athletes)	Born 2004, 2005 and 2006
Maximum team size	-	80 athletes	

NB-Ages are at December 31, 2023

A country is allowed four (4) additional athletes. These athletes may apply to any one category or may be applied to more than one category provided that only four (4) athletes are used.

8. COMPETITION CONT...

8.10 TEAM OFFICIAL QUOTA

A maximum number of twelve (12) officials will be allowed as follows:

01-06	One (1) accompanying official except for team male and female athletes, where two (2) will be accepted, one of whom must be female, will be accepted
07-12 Competitors	2 accompanying officials
13-18 Competitors	3 accompanying officials
19-24 Competitors	4 accompanying officials
25-30 Competitors	5 accompanying officials
31-36 Competitors	6 accompanying officials
37-42 Competitors	7 accompanying officials
43-48 Competitors	8 accompanying officials
49-54 Competitors	9 accompanying officials
55-61 Competitors	10 accompanying officials
62-68 Competitors	11 accompanying officials
69-80 Competitors	12 accompanying officials

PRELIMINARY ENTRIES

Numerical entries stating the number of officials and the competitors for each event should be sent to the Local Organizing Committee (LOC) by **midnight on Friday February 24, 2023**. Entries may be sent via email to athletics@carifta50.com to comply with the deadline.

FINAL ENTRIES

Nominal entries containing names, events and personal data of each competitor, including his/ her best time in any event in which he/ she has participated in the past twelve (12) months should be sent to the Local Organizing Committee no later than midnight on Sunday, March 12th, 2023. Entries should be sent to the Local Organizing Committee via www.directathletics.com, to comply with the deadline. Any Country needing an extension of the deadline should make the request in writing to NACAC. Nominal entries should not contain more competitors or officials than the numerical entries.

NOTE: Entries on prescribed forms (appendices 2-6) which are available in this manual and on the CARIFTA 2023 Website may be sent to:

Carifta 2023 Secretariat

Email: athletics@carifta50.com

NB. Teams will be penalized without exception, 50% of the accommodation levy per person if after submission of the final team entry, the team sizes decreases.

8. COMPETITION CONT...

8.11 LIST OF EVENTS

The following events will be contested in the stipulated age categories:

U-17 category: 15-16 years as of 31st December 2023 (Born 2007 or after).

GIRLS

EVENTS

Flat Races	100m, 200m, 400m, 800m, 1500m
Hurdles	100m (0.762m) and 400m (0.762m)
Relays	4x100m and 4x400m
Jumps	High, Long, Triple.
Throws	Shot Put (3.0 kg), Discus (1.0 kg), Javelin (500g)

BOYS

EVENTS

Flat Races	100m, 200m, 400m, 800m, 1500m, 3000m.
Hurdles	110m (0.914m) and 400m (0.838m)
Relays	4x100m and 4x400m
Jumps	High, Long, Triple.
Throws	Shot Put (5.0 kg), Discus (1.5 kg), Javelin (700g)

U-20 category: 17-19 years as of 31st December 2023 (Born 2004 or later)

GIRLS

EVENTS

Flat Races	100m, 200m, 400m, 800m, 1500m, 3000m (Open)
Hurdles	100 meters (0.762m) and 400 meters (0.762)
Relays	4 x 100 meters and 4 x 400 meters
Jumps	High, Long, Triple, Pole vault
Throws	Shot Put (4.0kg), Discus (1.0kg), Javelin (600g)
Combined (Open)	Heptathlon Day 1: (100mh, High jump, Shot put, 200m) Day 2: (Long jump, Javelin, 800m)

BOYS

EVENTS

Flat Races	100m, 200m, 400m, 800m, 1500m, 5000m
Hurdles	110m (0.991m), 400m (0.914m)

Relays	4x100m; 4x400m
Jumps	High, Long, Triple, Pole Vault
Throws	Shot Put (6.0kg), Discus (1.75kg), Javelin (800g)
Combined (Open)	Octathlon Day 1: (100m, Long jump, Shot put (6kg), 400m) Day 2: (110m, High jump, Javelin 800g), 1500m
Mixed Relay	4 x 400m: Two females, two males – Starter must be female.

8.12 COMPETITORS

Each country may enter up to two (2) athletes in each individual event. 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. In Combined Events up to three (3) athletes may be entered.

If an event cannot be conducted due to insufficient participants, defined as having "no less than five (5) competitors of three (3) countries", the Local Organizing Committee shall notify immediately, via email, those countries that had entered athletes for such an event.

8.13 CONFIRMATION ENTRY SHEETS

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

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

8.14 COMPETITION NUMBERS

Numbers will be checked in the Call Room to ensure that they correspond with the athletes' name. They shall be worn visibly on the breast and back, (except for those competing in the high jump and pole vault).

Competitors in running events will be issued additional adhesive numbers, which will be worn on the sides of their shorts.

8.15 START LISTS AND OFFICIAL RESULTS

Starting Lists will be posted daily at the TIC: a copy will be given to the Team Leader upon identification. Results will be posted once the events have been concluded.

8.16 CALL ROOM INFORMATION

The Call Room will be located in the warm-up area. All athletes must report to the Call Room bearing the individual identification and competition number provided by the Local Organizing Committee. Clothing worn must be the official clothing approved by their National Federation.

8.17 REPORTING TIME TO CALL ROOM FOR EVENTS

The times for the calls will be as follows:

No.	Event	Calls	Access to Competition Zone before the start of the Event
1	Sprints	2	5 minutes
2	Hurdles	2	10 minutes
3	Middle and Long Distance	2	10 minutes
4	Relays	2	10 minutes
5	High Jump	2	45 minutes
6	Pole Vault	2	45 minutes
7	Long and Triple	2	30 minutes
8	Throws	2	30 minutes

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

There will be two (2) calls for the athletes to report before they can access the competition arena; there will be an interval of 10 minutes between the first and second calls, then athletes will be marshalled to the competition arena. Under no circumstance will athletes be allowed to enter the competition arena if they fail to comply with the above mentioned rules.

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

STARTING AND SUCCESSIVE HEIGHTS IN THE JUMPS

- The bar will be set initially at the given height and shall be raised by increments as indicated below:
 - **High Jump – Under 17 Girls**
 - Starting height of 1.55m up 5cm to 1.70m; increments of 3cm to 1.76m and thereafter up by 2cm
 - **High Jump – Under 17 Boys**
 - Starting height of 1.70m up 5cm to 2.0m; increments of 3cm to 2.09m and thereafter up by 2cm
 - **High Jump – Under 20 Girls**
 - Starting height of 1.60m up 5cm to 1.75m; increments of 3cm to 1.81m and thereafter up by 2cm
 - **High Jump – Under 20 Boys**
 - Starting height of 1.85m, up 5cm to 2.05m; increments of 3cm to 2.14m and thereafter up by 2cm
 - **Pole Vault- Girls Open**
 - Starting height of 2.40m, up by 10cm to 3.00m; and thereafter 5cm
 - **Pole Vault- Under 20 Boys**
 - Starting height of 3.00m, up by 15cm to 3.60m; increments of 10cm to 4.00m and thereafter 5cm

8.18 TECHNICAL MEETING

The Technical Meeting will take place on Friday 7th April at 9:00 a.m. at the Thomas A. Robinson National Stadium.

Teams wishing to raise questions of a technical nature **must** submit these questions to the Secretariat on the prescribed form (Appendix), no later than **12 midnight on Friday March 24, 2023.** Absolutely no questions will be accepted from the floor during the technical meeting.

The Technical Delegate (TD) will preside over the meeting, which will be conducted in English.

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

9. PROTOCOL & CEREMONIES

9.1 OPENING CEREMONY

The Opening Ceremony of the 50th CARIFTA Games is planned for Friday, April 7th, 2023. This will take place at the Thomas A. Robinson National Stadium Complex.

NATIONAL FLAGS

Each delegation is requested to provide a National Flag at the Accreditation Centre. These flags will be used during the opening ceremony and flown at the National Stadium for the duration of the competition.

9.2 AWARDS CEREMONIES

Awards Ceremonies will take place periodically throughout the competition, as listed in the schedule of events. Medalists should report to the awards area upon request, fully dressed in the official uniform of their respective National Federation (NF) for the ceremony.

LOC staff will be responsible to gather the first three athletes or relay teams and escort them to the ceremony waiting area where they will prepare for the ceremony. When a delegation competes in relay Semi-Finals and finals with more than four athletes, only the four athletes in the Final will be awarded medals during the official ceremony. The other athletes will receive their medals later

In accordance with the WA Rules and Regulations, Awards will be distributed in the following manner:

AWARDS

Individual Events:

- 1st Place: Gold Medal
- 2nd Place: Silver Medal
- 3rd Place: Bronze Medal

Relays:

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



The coveted Austin Sealy Trophy will be awarded to the Most Outstanding Athlete of the 2023 Championships

9.3 CARIFTA CONGRESS

The Congress of the 50th CARIFTA Games will be held on **Monday, April 10, 2023 at 11:00 am** at the **Andre Rodgers National Baseball Stadium**. Transportation will be provided to delegates.





10.1 MEDIA REGISTRATION PROCESS

The 50th CARIFTA Games Bahamas 2023 Media Registration process allows media representatives to apply for accreditation in order to cover the 50th CARIFTA Games Bahamas 2023.

The Online Accreditation process opens on January 25, 2023. The deadline to make application for Media Accreditation is Tuesday March 30, 2023.

Media Application

Media personnel making application for accreditation to cover the 50th CARIFTA Games Bahamas 2023 must complete the Online Media Application Form located at <https://www.carifta50.com/mediaapplication> on the Media page of the CARIFTA website.

The application must be completed in its entirety. All applications must be submitted with a letter of employment from your Media Outlet stamped by the national track and field federation where your Media Outlet is domicile.

Completion of the Application process does not automatically guarantee accreditation.

Once the application has been reviewed and approved by the Local Organizing Committee, the applicant will receive a Confirmation Letter by email. The Confirmation Letter will provide information on the media Accreditation and Accommodations processes for approved Media.

Media personnel planning to attend the Games are able to access information via the CARIFTA website at <https://www.carifta50.com/media> or may contact Tonique Williams, Sr. Director, Event Media Services at 1.242.376.9295 or by email at media@carifta50.com.

11. LIST OF APPENDICES



APPENDICES

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DAY 1 – FRIDAY, APRIL 7, 2023

OPENING CEREMONY - 50th CARIFTA GAMES
Thomas A. Robinson National Stadium
Nassau, New Providence, Bahamas



SATURDAY, APRIL 8 – DAY 2 MORNING SESSION

No.	TIME	TRACK EVENTS	FIELD EVENTS
101	09:00	100M Hurdles Heptathlon Girls – Event 1 (0.84M)	
102	09:05		High Jump U-17 Girls Final
103	09:10	100m Octathlon Boys – Event 1	
104	09:15		Javelin Throw U-20 Boys Final (800g)
105	09:20	100m U-17 Girls Heats	
106	09:25		Shot Put U-17 Girls Final (3kg)
107	09:40	100m U-17 Boys Heats	
108	10:00	100m U-20 Girls Heats	
109	10:20	100m U-20 Boys Heats	
110	10:25		High Jump Heptathlon Girls – Event 2
111	10:35		Long Jump Octathlon Boys – Event 2
112	10:40	400m U-17 Girls Semi-Finals	
113	10:55	400m U-17 Boys Semi-Finals	
114	11:10	400m U-20 Girls Semi-Finals	
115	11:25	400m U-20 Boys Semi-Finals	
	11:40	MEDAL CEREMONY	

No.	TIME	TRACK EVENTS	FIELD EVENTS
116	16:00	100m U-17 Girls Semi-Finals	
117	16:05		Discus Throw U-20 Boys Final (1.75kg)
118	16:10		Triple Jump U-20 Girls Final
119	16:10	100m U-17 Boys Semi-Finals	
120	16:15		Shot Put Octathlon Boys – Event 3 (6kg)
121	16:20	100m U-20 Girls Semi-Finals	
122	16:30	100m U-20 Boys Semi-Finals	
	16:40	MEDAL CEREMONY	
123	16:45		High Jump U-20 Boys Finals
124	16:50	1500m U-17 Girls Final	
125	17:00	1500m U-17 Boys Final	
126	17:10	1500m U-20 Girls Final	
127	17:15		Long Jump U-17 Boys Final
128	17:20	1500m U-20 Boys Final	
	17:25	MEDAL CEREMONY	
129	17:30		Shot Put Heptathlon Girls – Event 3 (4kg)
130	17:50		Discus Throw U-20 Girls Final (1kg)
131	17:55	400m U-17 Girls Final	
132	18:00	400m U-17 Boys Final	
133	18:05	400m U-20 Girls Final	
134	18:10	400m U-20 Boys Final	
135	18:15	400m Octathlon Boys – Event 4	
136	18:25	200m Heptathlon – Event 4	
137	18:35	100m Special Olympics	
138	18:45	100m U-17 Girls Final	
139	18:50	100m U-17 Boys Final	
140	18:55	100m U-20 Girls Final	
141	19:00	100m U-20 Boys Final	
	19:05	MEDAL CEREMONY	

NORTH AMERICAN, CENTRAL AMERICAN AND CARIBBEAN ATHLETICS ASSOCIATION

SUNDAY, APRIL 9 – DAY 3 MORNING SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
201	09:00	110m Hurdles Octathlon Boys – Event 5	
202	09:05		Long Jump Heptathlon – Event 5
203	09:10		Javelin Throw U-20 Girls Final (600g)
204	09:15	400m Hurdles U-17 Girls Semi-Finals (0.76m)	
205	09:20		Shot Put U-20 Girls Final (4kg)
206	09:25	400m Hurdles U-20 Girls Semi-Finals (0.76m)	
207	09:35	400m Hurdles U-17 Boys Semi-Finals (0.84m)	
208	09:40		High Jump Octathlon Boys – Event 6
209	09:45	400m Hurdles U-20 Boys Semi-Finals (0.91m)	
210	10:00	800m U-17 Girls Semi-Finals	
211	10:15	800m U-17 Boys Semi-Finals	
212	10:20		Javelin Throw Heptathlon Girls – Event 6 (600g)
213	10:30	800m U-20 Girls Semi-Finals	
214	10:35		Long Jump U-20 Boys Final
215	10:45	800m U-20 Boys Semi-Finals	
216	11:00	200m U-17 Girls Heats	
217	11:10	200m U-17 Boys Heats	
218	11:20	200m U-20 Girls Heats	
219	11:30	200m U-20 Boys Heats	
	11:40	MEDAL CEREMONY	

SUNDAY, APRIL 9 – DAY 3 AFTERNOON SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
220	15:00	4x100m Relay U-17 Girls Semi-Finals	
221	15:05		High Jump U-17 Boys Final
222	15:10	4x100m Relay U-17 Boys Semi-Finals	
223	15:15		Long Jump U-17 Girls Final
224	15:20	4x100m Relay U-20 Girls Semi-Finals	
225	15:25		Javelin Octathlon Boys – Event 7 (800g)
226	15:30	4x100m Relay U-20 Boys Semi-Finals	
227	15:35		Shot Put U-17 Boys Finals (5kg)
228	15:45	400m Hurdles U-17 Girls Finals (0.76m)	
229	15:55	400m Hurdles U-20 Girls Finals (0.76m)	
230	16:05	400m Hurdles U-17 Boys Finals (0.84m)	
231	16:15	400m Hurdles U-20 Boys Finals (0.91m)	
	16:20	MEDAL CEREMONY	
232	16:30	200m U-17 Girls Semi-Finals	
233	16:35		Triple Jump U-17 Boys Final
234	16:40	200m U-17 Boys Semi-Finals	
235	16:50	200m U-20 Girls Semi-Finals	
236	17:00	200m U-20 Boys Semi-Final	Pole Vault Open Division Boys Final
237	17:05		Javelin Throw U-17 Boys Final (700g)
238	17:10	800m Heptathlon Girls – Event 7	
239	17:20	1500m Octathlon Boys – Event 8	
	17:30	MEDAL CEREMONY	
240	17:40	3000m Open Division Girls Final	
241	17:55	3000m U-17 Boys Final	
	18:10	MEDAL CEREMONY	
242	18:20	4x100m Relay U-17 Girls Finals	
243	18:30	4x100m Relay U-17 Boys Finals	
244	18:40	4x100m Relay U-20 Girls Finals	
245	18:50	4x100m Relay U-20 Boys Finals	
	19:00	4x400m Mixed Relay (Open) Finals	
	19:10	MEDAL CEREMONY	

MONDAY, APRIL 10 – DAY 4 MORNING SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
301	09:00	100m Hurdles U-17 Girls Semi-Finals (0.76m)	Pole Vault (Open) Girls Final
302	09:05		Javelin Throw U-17 Girls Final (500g)
303	09:10		High Jump U-20 Girls Final
304	09:15	100m Hurdles U-20 Girls Semi-Finals (0.84m)	
305	09:30	110m Hurdles U-17 Boys Semi-Finals (0.91m)	
306	09:40		Long Jump U-20 Girls Final
307	09:45	110m Hurdles U-20 Boys Semi-Finals (0.99m)	
308	10:00	4x400m Relay U-17 Girls Semi-Finals	
309	10:15	4x400m Relay U-17 Boys Semi-Finals	
310	10:30	4x400m Relay U-20 Girls Semi-Finals	
311	10:45	4x400m Relay U-20 Boys Semi-Finals	

MONDAY, APRIL 10 – DAY 4 AFTERNOON SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
	15:30	MEDAL CEREMONY	
312	16:00	100m Hurdles U-17 Girls Finals (0.76m)	
313	16:05		Triple Jump U-17 Girls Final
314	16:10	100m Hurdles U-20 Girls Finals (0.84m)	
315	16:15		Discus Throw U-17 Girls Final (1kg)
316	16:25	110m Hurdles U-17 Boys Finals (0.91m)	
317	16:30		Shot Put U-20 Boys Final (6kg)
318	16:35	110m Hurdles U-20 Boys Finals (0.99m)	
	16:40	MEDAL CEREMONY	
319	16:55	800m U-17 Girls Final	
320	17:05	800m U-17 Boys Final	
321	17:15	800m U-20 Girls Final	
322	17:25	800m U-20 Boys Final	
	17:30	MEDAL CEREMONY	
323	17:35	200m Special Olympics	
324	17:40		Triple Jump U-20 Boys Final
325	17:45	200m U-17 Girls Final	
326	17:50		Discus Throw U-17 Boys Final (1.75kg)
327	17:55	200m U-17 Boys Final	
328	18:05	200m U-20 Girls Final	
329	18:15	200m U-20 Boys Final	
	18:20	MEDAL CEREMONY	
330	18:35	5000m U-20 Boys Final	
331	19:05	4x400m Relay U-17 Girls Final	
332	19:15	4x400m Relay U-17 Boys Final	
333	19:25	4x400m Relay U-20 Girls Final	
334	19:35	4x400m Relay U-20 Boys Final	
	19:45	MEDAL CEREMONY	
	20:00	CLOSING CEREMONIES	





50th CARIFTA GAMES
 April 7-10, 2023
 Thomas A. Robinson National Stadium,
 New Providence, Bahamas

NUMERICAL ENTRIES

To be forwarded to the Local Organizing Committee (LOC) no later than **12:00 Midnight on**
Friday, February 24, 2023
Email: athletics@carifta50.com

EVENT	U-17 Girls	U-18 Boys	U-20 Girls	U-20 Boys
100m				
200m				
400m				
800m				
1500m				
3000m				
5000m				
100m/110m Hurdles				
300/400m Hurdles				
HIGH JUMP				
LONG JUMP				
TRIPLE JUMP				
POLE VAULT				
SHOT PUT				
JAVELIN				
DISCUS				
HEPTATHLON				
OCTHALON				
TEAM OFFICIALS				
TECHNICAL OFFICIALS				
TOTAL				

Signature: _____
 President/ General Secretary

Date _____

50th CARIFTA GAMES

**Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas
April 7-10, 2023**

COUNTRY: _____

GIRLS UNDER 17 YEARS

FINAL ENTRY

(To be submitted no later than midnight Sunday, March 12, 2023)

EVENT	SURNAME	FIRST NAME	DATE OF BIRTH			PERSONAL BEST
			YR	MTH	DAY	
100m						
200m						
400m						
800m						
1500m						
3000m						
5000m						
100 M Hurdles						
400M Hurdles						
High Jump						
Pole Vault						



50th CARIFTA GAMES
Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas
April 7-10, 2023

COUNTRY: _____ GIRLS UNDER 17 YEARS

FINAL ENTRY

(To be submitted no later than midnight Sunday, March 12, 2023)

Long Jump						
Triple Jump						
Shot put						
Javelin						
Discus						
4 x 100m Relay						
4x400m Relay						
Mixed Relay (Open)						



50th CARIFTA GAMES
Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas
April 7-10, 2023

COUNTRY: _____ **BOYS UNDER 17 YEARS**

FINAL ENTRY

(To be submitted no later than midnight Sunday, March 12, 2023)

EVENT	SURNAME	FIRST NAME	DATE OF BIRTH			PERSONAL BEST
			YR	MTH	DAY	
100m						
200m						
400m						
800m						
1500m						
3000m						
5000m						
100 M Hurdles						
400M Hurdles						
High Jump						
Pole Vault						



50th CARIFTA GAMES

Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas

April 7-10, 2023

COUNTRY: _____

BOYS UNDER 17 YEARS

FINAL ENTRY

(To be submitted no later than midnight Sunday, March 12, 2023)

Long Jump						
Triple Jump						
Shot put						
Javelin						
Discus						
4 x 100m Relay						
4x400m Relay						
Mixed Relay (Open)						





50th CARIFTA GAMES
Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas
April 7-10, 2023

COUNTRY: _____ **GIRLS UNDER 20 YEARS**

FINAL ENTRY

(To be submitted no later than midnight Sunday, March 12, 2023)

EVENT	SURNAME	FIRST NAME	DATE OF BIRTH			PERSONAL BEST
			YR	MTH	DAY	
100m						
200m						
400m						
800m						
1500m						
3000m						
5000m						
100 M Hurdles						
400M Hurdles						
High Jump						
Pole Vault						





50th CARIFTA GAMES
Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas
April 7-10, 2023

COUNTRY: _____ **GIRLS UNDER 20 YEARS**

FINAL ENTRY

(To be submitted no later than midnight Sunday, March 12, 2023)

Long Jump						
Triple Jump						
Shot put						
Javelin						
Discus						
4 x 100m Relay						
4x400m Relay						
Mixed Relay (Open)						



50th CARIFTA GAMES
Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas
April 7-10, 2023

COUNTRY: _____ **BOYS UNDER 20 YEARS**

FINAL ENTRY

(To be submitted no later than midnight Sunday, March 12, 2023)

EVENT	SURNAME	FIRST NAME	DATE OF BIRTH			PERSONAL BEST
			YR	MTH	DAY	
100m						
200m						
400m						
800m						
1500m						
3000m						
5000m						
100 M Hurdles						
400M Hurdles						
High Jump						
Pole Vault						



50th CARIFTA GAMES
Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas
April 7-10, 2023

COUNTRY: _____ **BOYS UNDER 20 YEARS**

FINAL ENTRY

(To be submitted no later than midnight Sunday, March 12, 2023)

Long Jump						
Triple Jump						
Shot put						
Javelin						
Discus						
4 x 100m Relay						
4x400m Relay						
Mixed Relay (Open)						





50th CARIFTA GAMES
Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas

REGISTRATION FORMS - OFFICIALS

COUNTRY: _____

(To be submitted no later than midnight Sunday, March 12, 2023)

No. of OFFICIALS	NAME (SURNAME FIRST)	FUNCTION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		





50th CARIFTA GAMES

Thomas A. Robinson National Stadium, Nassau, New Providence, Bahamas

TECHNICAL MEETING QUESTIONS

(To be submitted no later than midnight Friday, March 24, 2023)

COUNTRY: _____

QUESTION 1: _____

QUESTION 2: _____

QUESTION 3: _____

TEAM OFFICIAL _____ **DATE** _____





50th CARIFTA GAMES
April 7-10, 2023
Thomas A. Robinson National Stadium,
New Providence, Bahamas

PROTEST FORM FOR THE JURY OF APPEAL

(Present with duplicate; original for the jury and copy for the official representative).

Name of the Athlete: _____
Event: _____ Country: _____
In accordance with World Athletics the protest must be accompanied by \$100.00 [USD]

Protest made by: _____ Representative of the athlete
ARTICLE of the World Athletics rulebook of reference: _____

MOTIVE FOR THE PROTEST: _____

Signature: _____

Received the protest and deposit,
Jury of Appeals Secretary: _____

To be completed exclusively by the Jury of Appeal

(Five Copies: Jury of Appeal, Referee, Representative, Secretary and Meet Manager)

Official Result Announced: _____ Time Verbal Protest presented to Referee: _____
Time Received: _____ Date: _____ 2022



Jury of Appeals Decision: _____

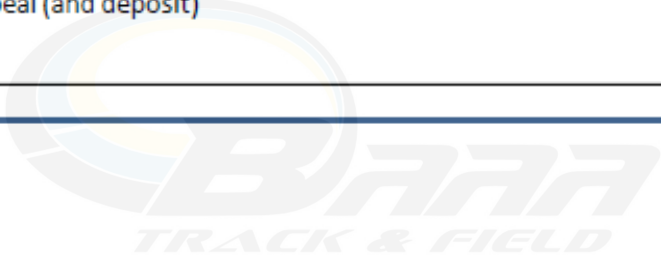
Unanimous Decision / majority _____ The Deposit will be returned _____

The Representative was informed _____ 2022 _____ hrs.

The Meet Manager and the Secretary where informed at _____ hrs.
Date _____ 2022.

Signature of the Jury of Appeal Members:
1. _____
2. _____
3. _____

I received the appeal (and deposit)
Representative: _____



50th CARIFTA GAMES
April 7-10, 2023
Thomas A. Robinson National Stadium,
New Providence, Bahamas

AGENDA for Technical Meeting of Friday 7th April, 2023

1. Welcome & Introductions
2. Presentation of Meet Officials
3. General Information
 - ❖ Schedule of Events
 - ❖ Qualifying Rounds
 - ❖ Starting heights and progressions
 - ❖ Protest
 - ❖ Doping Control
 - ❖ Awards Presentation
 - ❖ Opening/ Closing Ceremonies
4. Answers to questions received prior to deadline
5. Closing Remarks
6. Walk About



50th CARIFTA GAMES
April 7-10, 2023
Thomas A. Robinson National Stadium,
New Providence, Bahamas

AGENDA FOR THE 50th CARIFTA CONGRESS

1. Call to Order
2. Roll Call
3. Invocation
4. Welcome and Opening Remarks: Mike Sands - President of NACAC
5. Remarks by Lord Sebastian Coe – President of World Athletics
6. Remarks by Drumeco Archer – President of the Bahamas Association of Athletic Associations (BAAA)
7. Remarks by The Hon. Mario Bowleg - Minister for Youth Sports & Culture
8. Minutes of CARIFTA Congress 2022
9. Matters Arising Out of the Minutes of the 2022 CARIFTA Congress
10. Reports
11. Proposals from NACAC Competitions Commission for Future CARIFTA Games
12. Declaration of Bids for CARIFTA Games 2024 / 2025 / 2026
13. Other CARIFTA Business
14. Adjournment

LUNCHEON



AUTHORIZATION FOR CREDIT CARD CHARGE

By my signature below, I authorize 2023 CARIFTA GAMES COMPANY LTD, to charge my credit card the amount identified for the use of the fields for practice at the Thomas A. Robinson National Stadium. I further state that I am the authorized signer for the credit card identified.

CREDIT CARD INFORMATION FORM

Name of Cardholder _____

Company Name _____

Credit Card Number (Visa/Master Card) _____

CVV/Security Code _____

Expiration Date (MM/YY) _____

Address of Cardholder: _____

City: _____ Zip Code _____

Tel Number of Cardholder _____

Amount to be credited \$ _____

Card Holder's Signature _____

Card Holder ID _____

FOR ACCOUNTING USE ONLY:

Customer # _____ Posting Date: _____ Amount \$ _____ Initials _____







TEAM MANUAL

APRIL 7TH - 10TH

THE BAHAMAS 2023