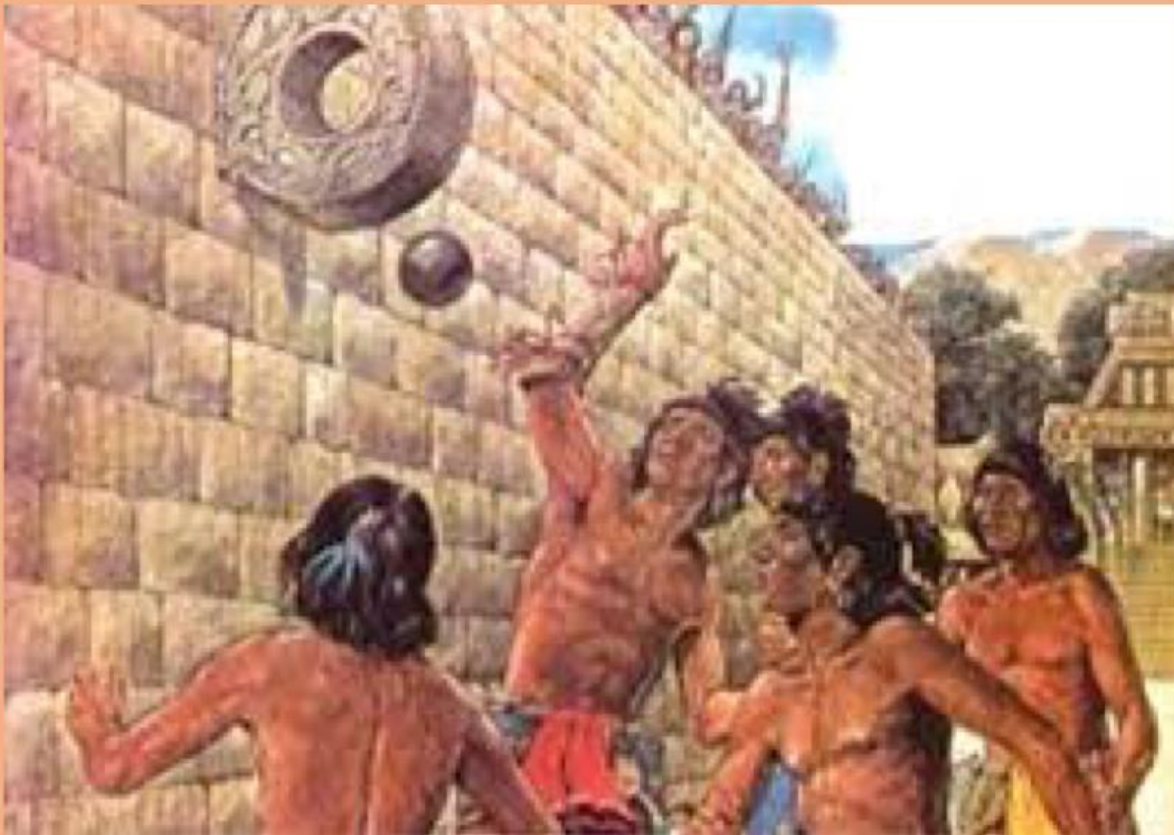




**U-18 & U-23 NACAC
ATHLETIC CHAMPIONSHIPS
5 – 7 JULY 2019
QUERÉTARO, MÉXICO**



TECHNICAL MANUAL





1. RESPONSIBLE AUTHORITIES

NACAC EXECUTIVE COUNCIL	
Víctor López (PUR)	President
Stephanie Hightower (USA)	Vice-President
Alain Jean-Pierre (HAI)	Treasurer:
Michael A. Serralta (PUR)	General Secretary
Allan Baboolal (TTO)	Member at Large
Geen Clarke (CRC)	Member at Large
Garth Gayle (JAM)	Member at Large
Catherine Jordan (BAR)	Member at Large
Ex Officio Members	
Sebastian Coe (GBR)	IAAF President
Alberto Juantorena (CUB)	IAAF Vice-President
Pauline Davis-Thompson (BAH)	IAAF Council Member
Abby Hoffman (CAN)	IAAF Council Member
Past NACAC Presidents	
Amadeo I D. Francis (PUR)	1988-2007
Neville McCook (JAM)	2007-2013
FMAA EXECUTIVE COUNCIL	
Antonio Lozano Pineda	President
Rafael Gómez González	Vice-President
Melecio Angulo Hernández	Treasurer
Sergio Barajas Acosta	General Secretary
Christian Martínez Pedraza	Coimmissar
Hugo Aguilar Rangel	Member at Large
Dulce María Flores Torres	Legal Representative
Marcelino Colín Domínguez	Athletes Representative

LOCAL ORGANISING COMMITTEE	
Francisco Domínguez Servién	President
Antonio Lozano Pineda	Vice President
Markus J. López Winkler	Vice President
César Moreno Bravo	General Director
Edward Sánchez del Río	Operational Coordinator
Antonio Pérez	Operational Coordinator
Hugo Aguilar Rangel	Technical Coordinator
Francisco Trejo	Administration Coordinator
Erick Aldape	Logistics Coordinator

JURY OF APPEAL		
Stephanie Hightower	(USA)	President
Alberto Juantorena	(CUB)	Member
Geen Clarke	(CRC)	Member
Juan Carlos Ramírez	(ESA)	Member
TBD	(MEX)	Member
Carlos Clemente	(ESA)	Secretary

INTERNATIONAL AREA OFFICIALS	
Michael A, Serralta	(PUR) Technical Delegate
Alain J. Pierre	(HAI) Organisational Delegate
Adrian Lorde	(BAR) Doping Control Delregate
Rubén Quintanilla	(ESA) Chief Area Technical Official
Laurie Boemker	(USA) Area Technical Official
John Sierra Castellanos	(PUR) Area Technical Official
Atuanet Depestre	(CUB) Area Technical Official
Nathanael Durán	(CRC) Area Technical Official
Silvestre Revuelta	(MEX) Area Technical Official
Cándido Vélez	(PUR) Chief Area RW Judge
Rolando Abrego	(ESA) Area RW Judge
Roberto Apaceiro	(CUB) Area RW Judge
Carlos Barrios	(GUA) Area RW Judge
Wendy Vargas	(CRC) Area RW Judge
Ricardo Servín	(MEX) Area RW Judge
Gerardo Medina	(MEX) Area Starter
Wilson Morales	(PUR) Area Photofinish Judge
Carlos Barrios	(GUA) Area Video Referee



2. SITE AND DATE

The U-18 & U-23 NACAC Athletics Championships will be held in Santiago de Querétaro, Mexico, from 5th through 7th July 2019. The event will take place at the Querétaro 2000 INDEREQ Stadium, Boulevard Bernardo Quintana s/n Col. Villas del Parque, C.P. 76159, Querétaro, Qro.

3. INFORMATION ABOUT QUERETARO

Its name comes from the purépecha *k'erenda-rhu*, which means place of rocks.

Located in the Bajío, region of Central Mexico, Queretaro offers remarkable examples of colonial architecture, proof of this is its center, declared a World Heritage Site by UNESCO (1996). Here you can try a wide gastronomic offer, visit old houses, admire a wonderful aqueduct and walk among its streets full of history.

The City of Queretaro is one of the oldest in the New Spain historically preserved great value: it was the core point of the beginning of the independence of Mexico and, during the American invasion (847) was held as the country's capital.

But beyond its legacy, this peaceful colonial city, whose center was declared a World Heritage Site by UNESCO (1996), is also a great tourist destination.

RELEVANT DATA	
Population	One Million
Language	Spanish
Currency	Mexican Peso
Time Zone	GMT. -7
Altitude	1,825 mamsl
Elctricity Vlt, Frc	127 V, 60 Hz
Drinking water	Bottled

ESTIMATED FOR JULY, 2019		
Temperature	Max.	27º Celsius
	Min.	15º Celsius
Sunrise	07:07	
Sunset	20:25	
Average Rainfall	4.3 in	
Humidity	55%	

4. PARTICIPANTS

The Championships are open to athletes born in the following years, representing countries affiliated to NACAC IAAF Area,

- a) U-23, born in the years 1997, 1998 and 1999, and
- b) U-18 born in 2002 and 2003 (U-18)





6. COUNTRIES INVITED



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), St. Kitts & Nevis (SKN), St. Lucia (LCA), St. Vincent & The Grenadines (VIN), Trinidad and Tobago (TRI), Turks & Caicos (TKS). United States of America (USA), U. S. Virgin Islands (ISV).

ASSOCIATED MEMBERS

Curaçao (CUW), Guadeloupe (GPE),
Martinique (MRQ), Saint Marteen (SXM)



7. VISAS

CITIZENS OF THESE COUNTRIES DO NOT NEED MEXICAN VISA						
AIA	ARU	BAH	BAR	BER	BIZ	CAN
CAY	CAY	CUW	GPE	ISV	IVB	JAM
MNT	MTQ	PUR	SXM	TKS	TRI	USA

COUNTRIES WHOSE CITIZENS DO NEED MEXICAN VISA					
ANT	CUB	DMA	DOM	GRN	GUA
HAI	HON	ESA	LCA	NCA	SKN
VIN					





Those who require the Mexican Visa are requested to send to the FMAA (mex@mf.iaaf.org), 30 April the latest, a copy of the relevant page of the passport including the following information:

- Name, as appear in the Passport
- Position (athlete, coach, physio, etc.)
- Passport Number
- Date of expiration
- Embassy in which the visa will be processed

With the above data the FMAA will issue the official invitation that will help to obtain the visa

8. RELEVANT DATES

Participation Acknowledgment	ASAP
Numerical Entries deadline	1 May 2019
Visa information sent	April
Nominal (Final) Entries deadline	3 June 2019
Travel Itinerary notification	14 June 2019
Arrival to Queretaro	3 July 2019
Technical Meeting	4 July 2019
Competition Days	5, 6 & 7 July 2019
Departure from Queretaro	8 July 2019

9. ENTRIES.-

- 9.1 We strongly recommend notifying the intention to participate or to not to mex@mf.iaaf.org as soon as a decision is taken.
- 9.2 The numerical entries must be sent to inscripciones.fma@gmail.com and to mex@mf.iaaf.org on 19 February 2019 the latest, indicating the total number of athletes and officials that are expected to attend the Championships
- 9.3 The nominal entries must be submitted using the FMAA On-line Entry System, by 4 June 2019. In order to do this, a registration must be obtained, well in advance in: <https://www.fmaa-portal.com/registro-nacac-2019>





9.4 Confirmations. Upon arrival, each team will be provided with a set of Confirmation forms, which must be completed and submitted to the Technical Information Center (CIT), located in the host Hotel.

10. ARRIVAL TO QUERETARO

- a. Teams are expected to arrive on the afternoon of Wednesday, July 3 and to leave in the morning of Monday, July 8.
- b. Querétaro can be reached directly by plane, to the Intercontinental Airport of Querétaro, or arrive by plane to Mexico City and then transfer by bus right from the Airport to the Querétaro bus station. The bus trip (First Plus class) is approximately 3 hours and the approximate cost per person is 405.00 MXN. See following link: (<http://www.aicm.com.mx/pasajeros/transporte/buses>)
- c. The Organizing Committee, will pick up the participant delegations from either the Queretaro Airport or the Bus Station and, provided the detailed information of the itinerary is received by the Organizing Committee not later than 11 June 2019, transferred to the HQ Hotel

11. FINANCIAL DUTIES.

As part of the entry process, all the athletes and official personnel from each delegation (coaches, officials, delegates) must pay \$250.00 USD per participant upon arrival and before accreditation.

12. ACCOMMODATION AND MEALS.

The official period of the championships covers the following days :

- Wednesday 3 July – Check in from 3:00 pm, dinner included.
- Thursday 4 through Sunday 7 de July – Includes all three meals.
- Monday 8 July – Check out before 11:00 am Includes breakfast.

Athletes and team officials will be accommodated in hotels that will later be informed of location for each team. Teams will be accommodated in double and triple rooms.

13. TEAM OFFICIALS.

The maximum number of officials depends on the quota of participating athletes in the competition. Please refer to the following chart:

Additional officials (delegates, coaches, medical, physios, etc.) are responsible of their own accommodation, which we recommend being arranged beforehand.





ATHLETES	OFFICIALS	ATHLETES	OFFICIALS
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	19
More that 50 Atletes, 1 official each 5 atheletes			

14. ACCREDITATIONS The accreditation center will be located in the [Crowne Plaza Hotel \(https://www.ihg.com/crowneplaza/hotels/us/es/queretaro/mqecc/hoteldetail\)](https://www.ihg.com/crowneplaza/hotels/us/es/queretaro/mqecc/hoteldetail), operating as follows:

- Wednesday 03 July from 15:00 am to 20:00 pm
- Thursday 04 July from 10:00 am to 15:00 pm

14. RULES AND REGULATIONS

The NACAC U-23 & U-18 Championships will be held in accordance to the current IAAF and NACAC Rules and Regulations. The Local Organizing Committee will resolve issues of a general nature not provided for in these regulations.

15. GENERAL PROGRAMME

GENERAL PROGRAMME		
NACAC Congress (Crowne Plaza Hotel)		
June 30		Arrival of Congress Delegates
July 01	08:00	Registration
July 01	09:00	NACAC Congress
July 02	09:00	NACAC Congress
U-18 & U-23 Championships		
July 03		Arrival of Participants
July 03		Confirmation of participation
July 04	17:00	Technical Meeting
July 05	08:00	1st Competition Session
July 05	17:00	2nd Competition Session
July 06	08:00	3rd Competition Session
July 06	16:30	4th Competition Session
July 07	08:00	5th Competition Session
July 08		Departure of Participants





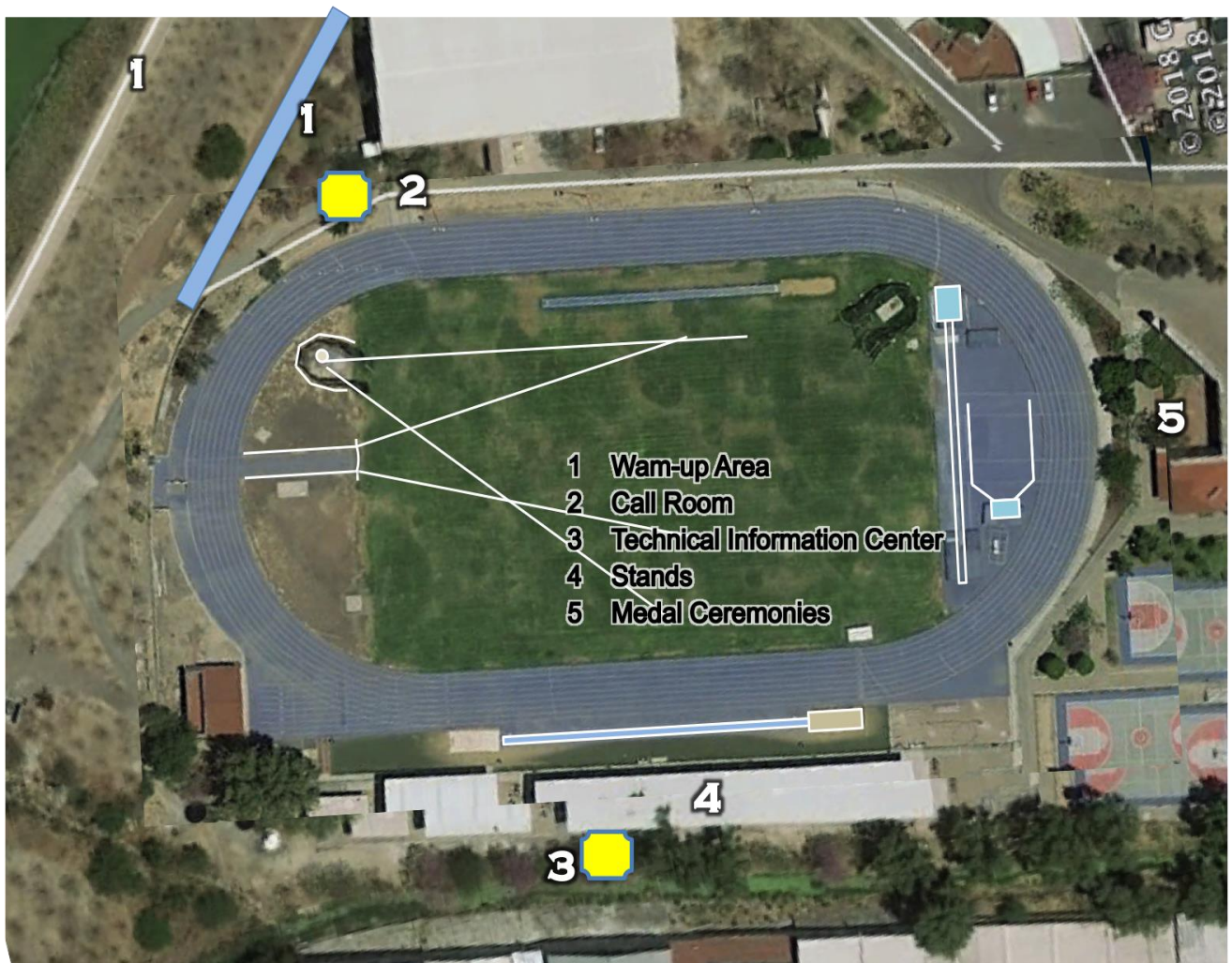
14. SCHEDULED EVENTS:

U - 23		EVENTS	U - 18	
Women	Men		Women	Men
✓	✓	100m	✓	✓
✓	✓	200m	✓	✓
✓	✓	400m	✓	✓
✓	✓	(800m	✓	✓
✓	✓	1,500m	✓	✓
✗	✗	3,000m	✓	✓
✓	✓	5,000m	✗	✗
✓	✓	10,000m	✗	✗
✓ (0.838m)	✗	100m Hurdles	✓ (0.762m)	✗
✗	✓ (1.067m)	110m Hurdles	✗	✓ (0.914m)
✓ (0.762m)	✓ (0.914m)	400m Hurdles	✓ (0.761m)	✓ (0.838m)
✗	✗	2,000m Steeple.	✓ (0.762m)	✓ (0.914m)
✓ (0.761m)	✓ (0.914m)	3,000m Steeple	✗	✗
✓	✗	5,000m RW	✓	✗
✗	✓	10,000m RW	✗	✓
✓	✓	4x100m relays	✓	✓
✓		4x400m Mixed relays	✓	
✓	✓	High Jump	✓	✓
✓	✓	Pole Vault	✓	✓
✓	✓	Long Jump	✓	✓
✓	✓	Triple Jump	✓	✓
✓ (4 Kg)	✓ (7.260 Kg)	Shot Put	✓ (3 Kg)	✓ (5 Kg)
✓ (1 Kg)	✓ (2 Kg)	Discus Throx	✓ (1 Kg)	✓ (1.5 Kg)
✓ (4 Kg)	✓ (7.260 Kg)	Hammer Throw	✓ (3 Kg)	✓ (5 Kg)
✓ (600ar)	✓ (800ar)	Javelin Throw	✓ (0.500ar)	✓ (700ar)





15. THE FIELD OF PLAY. It is shown in the hereunder graphic. The warm-up area consists of an 80-meter four-lane synthetic track, as well as adjoining areas covered with grass or similar material. The Call Room will be a tent that communicates the warm-up area and the competition areas. The Technical Information Center (TIC) will operate in another tent, located behind the stands. In addition, there will be other tents for technical works, such as the secretariat, photo finish, etc. Medal Ceremonies will take place off the track, in a space specially prepared for it. The samples for antidoping control will be taken in the Medical Section, about three hundred meters away from the runway.





16. CONFIRMATION OF PARTICIPATION. Upon arrival in Querétaro, the delegations will receive two forms that must be completed and delivered to the TIC before the start of the Technical Meeting:

- Confirmation of the athletes who will participate in each event.
- Questions to ask at the Technical Meeting.

17. TECHNICAL MEETING. It will take place in the "Plaza Diamante I" Hall of the Crowne Plaza Hotel on Thursday, July 4 at 6:00 p.m., with the following agenda:

- Welcome by the LOC and NACAC
- Information on logistical matters.
- Presentation of Authorities
- Presentation of International Technical Officials
- The Competition Timetable
- Advance progressions for track events
- Advance progressions for field events
- Sequence of heights for vertical jumps
- Implements available for throwing events
- Answers to questions presented in writing.
- Farewell and closing session

18. CALL ROOM. Athletes must report to the Call Room according to what indicated in the following table:

Minutes before the scheduled time for the event			
Event	CALL ROOM		Entrance to Stadium
	Opens	Close	
Track Events	20	10	5
High Jump	65	55	50
Pole Vault	75	65	60
Other field events	55	45	40





19. COMPETITION TIMETABLE. This timetable may undergo some modifications by knowing the exact number of athletes participating in each event

FRIDAY 5 JULY					SATURDAY 6 JULY					SUNDAY 7 JULY				
SESSION 1					SESSION 3					SESSION 5				
08:00	5,000m	U-23	Fem	FINAL	08:00	10,000m	U-23	Fem	FINAL	08:00	10,000m	U-23	Male	FINAL
08:05	High Jump	U-18	Fem	FINAL	8:20	Shot Put (5 kg)	U-18	Male	FINAL	08:05	High Jump	U-23	Male	FINAL
08:10	Long Jump	U-18	Male	FINAL	08:30	Javelin Throw (700 g)	U-18	Male	FINAL	08:10	Triple Jump	U-18	Male	FINAL
08:15	Discus Throw (1 Kg)	U-18	Fem	FINAL	08:45	10,000 Race Walk	Both	Male	FINAL	8:30	800m	U-18	Fem	FINAL
08:25	5,000m Race Walk	Both	Fem	FINAL	9:20	Pole Vault	U-18	Fem	FINAL	08:40	800m	U-23	Fem	FINAL
09:00	400m H's (0.762)	U-18	Fem	Semifinal	09:45	800m	U-18	Fem	Semifinal	08:50	800m	U-18	Male	FINAL
09:15	400m H's (0.762)	U-23	Fem	Semifinal	09:55	800m	U-23	Fem	Semifinal	09:00	800m	U-23	Male	FINAL
09:30	400m H's (0.838)	U-18	Male	Semifinal	10:10	800m	U-18	Male	Semifinal	09:05	Javelin Throw (800g)	U-23	Male	FINAL
09:45	400m H's. (0.914)	U-23	Male	Semifinal	10:15	Javelin Throw (500g)	U-18	Fem	FINAL	09:10	200m	U-18	Fem	FINAL
09:50	Discus Throw (2 kg)	U-23	Male	FINAL	10:20	Shot Put (4 kg)	U-23	Male	FINAL	09:20	200m	U-23	Fem	FINAL
09:55	Pole Vault	U-18	Male	FINAL	10:25	800m	U-23	Male	Semifinal	09:25	Pole Vault	U-23	Fem	FINAL
10:05	100m	U-18	Fem	Semifinal	10:40	100m H's (0.762)	U-18	Fem	Semifinal	09:30	200m	U-18	Male	FINAL
10:10	Long Jump	U-23	Fem	FINAL	10:55	100m H's (0.838)	U-23	Fem	Semifinal	09:40	200m	U-23	Male	FINAL
10:25	100m	U-23	Fem	Semifinal	11:10	110m H's (0.914)	U-18	Male	Semifinal	09:50	1,500m	U-18	Fem	FINAL
10:45	100m	U-18	Male	Semifinal	11:25	110m H's (1.067))	U-23	Male	Semifinal	09:55	Triple Jump	U-23	Fem	FINAL
11:05	100m	U-23	Male	Semifinal	11:40	2,000m Steeple. (0.762)	U-18	Fem	FINAL	10:00	1,500m	U-23	Fem	FINAL
12:00	Hammer Throw (3 Kg)	U-18	Fem	FINAL	11:55	2,000m Steeple. (0.914)	U-18	Male	FINAL	10:10	1,500m	U-18	Male	FINAL
12:00	Hammer Throw (4 Kg)	U-23	Fem	FINAL	12:30	Hammer Throw (5 Kg)	U-18	Male	FINAL	10:20	1,500m	U-23	Male	FINAL
					12:30	Hammer Throw(7.26 Kg)	U-23	Male	FINAL	10:35	4x400m Mixed Relay	Sub 18 Fem/Male		FINAL
										10:50	4x400m Mixed Relay	Sub 23 Fem/Male		FINAL
SESSION 2					SESSION 4									
17:00	400m	U-18	Fem	semifinal	16:30	200m	U-18	Fem	Semifinal					
17:05	Long Jump	U-18	Fem	FINAL	16:40	High Jump	U-18	Fem	FINAL					
17:15	400m	U-23	Fem	semifinal	16:45	200m	U-23	Fem	Semifinal					
17:20	Discus Throw (1.5 Kg)	U-18	Male	FINAL	16:50	Triple Jump	U-18	Fem	FINAL					
17:30	400m	U-18	Male	semifinal	17:00	200m	U-18	Male	Semifinal					
17:45	400m	U-23	Male	semifinal	17:10	Javelin Throw (600g)	U-23	Fem	FINAL					
18:00	400m H's (0.762)	U-18	Fem	FINAL	17:15	200m	U-23	Male	Semifinal					
18:05	High Jump	U-23	Male	FINAL	17:30	100m H's (0.762)	U-18	Fem	FINAL					
18:10	400m H's (0.762)	U-23	Fem	FINAL	17:40	100m H's (0.838)	U-23	Fem	FINAL					
18:15	Shot Put (3 Kg)	U-18	Fem	FINAL	17:45	Shot Put (7.260 Kg)	Sub 23	Male	FINAL					
18:20	400m H's (0.838)	U-18	Male	FINAL	17:50	110m H's (0.914)	U-18	Male	FINAL					
18:30	400m H's. (0.914)	U-23	Male	FINAL	18:00	110m H's (1.067))	U-23	Male	FINAL					
18:35	Long Jump	U-23	Male	FINAL	18:10	Pole Vault	U-23	Male	FINAL					
18:45	100m	U-18	Fem	FINAL	18:15	400m	U-18	Fem	FINAL					
18:50	Discus Throw (1 Kg)	U-23	Fem	FINAL	18:20	Triple Jump	U-23	Fem	FINAL					
18:55	100m	U-23	Fem	FINAL	18:25	400m	U-23	Fem	FINAL					
19:05	100m	U-18	Male	FINAL	18:35	400m	U-18	Male	FINAL					
19:15	100m	U-23	Male	FINAL	18:45	400m	U-23	Male	FINAL					
19:25	5,000m	U-23	Male	FINAL	18:55	3,000m Steeple (0.762)	U-23	Fem	FINAL					
					19:10	3,000m Steeple (0.914)	U-23	Male	FINAL					
					19:25	4x100m Relay	U-18	Fem	FINAL					
					19:35	4x100m Relay	U-23	Fem	FINAL					
					19:45	4x100m Relay	U-18	Male	FINAL					
					19:55	4x100m Relay	U-23	Male	FINAL					





20. **IMPLEMENTS.** The Organizing Committee will provide official implements for each scheduled event. The final list will be provided in the near future. However, should an athlete wish to use their own implement, it must be handed to the stadium's warehouse on the eve of the relevant event. The verification of its dimensions will be done and if they comply with the IAAF regulations, the implement will be incorporated into the competition. In that case, the implement may be used by any athlete who so wishes.

21. **MIXED RELAYS.** It is a new modality incorporated to both categories. This event replaces the previous 4x400 men and women races.

Each team will be integrated with two men and two women who will be able to run in the order in which their team determines. Any athlete entered to the Championships may be part of this relay.

The names and the order in which they will run must be reported to the TIC one (1) hour before the scheduled time for the event.

Mexico City, February 18, 2019

