



**14th CAROLINA SPRING BREAK CLASSIC**  
**North American, Central American and Caribbean Athletics Association - NACAC**  
**Puerto Rico Foundation for the Development of Athletics (FUPPDA)**  
**Intercollegiate Athletic League (LAI)**  
**March 15-16, 2019**

Dear Coach:

It is pleasure to extent to you and your University an invitation for the 14th Annual Carolina Spring Break Classic sponsored by, the Department of Sport and Recreation of Carolina and the Puerto Rico Foundation for the Development of Athletics (FUPPDA) and NACAC AA.

Please let us know, as soon as possible, the following:

1. Confirmation of Participation (If you already have done so, disregard this item).
2. Send to us as soon as possible, date of arrival with all the details (airline, flight number, a breakdown of the number of participants (athletes-males and females, coaches, other support personnel, etc.)
3. Information on departure.
4. A detailed training schedule.

Send the above information to us via email.

The City of Carolina is looking forward to hosting you and your athletes during this period therefore do not hesitate to contact us if you have any specific needs and questions.

Cordially,

Victor Lopez/Luis Reyes  
 Meeting Organizers

Michael A. Serralta  
 Competition Director





- Competition Dates:** Friday, March 15 and Saturday, March 16, 2019
- Location:** University Ana G. Mendez Track & Field Facilities – Gurabo, Puerto Rico
- Competition Divisions:** University athletes from invited universities from USA and LAI and invited athletes from the NACAC Area Member Federations.
- Rules of the Competition:** IAAF rules and the LAI rules where they may apply.
- Local Transportation:** The City of Carolina will provide local transportation to visiting universities from USA, to and from the airport, to and from the hotel to training venues and to and from competition site with previous arrangement with the Organizing Committee.
- Facilities:** The University Ana G. Mendez has a track & field facility with a 400-Meter synthetic track, and seating capacity for 2,000 spectators with all field events facilities, a sport medicine facility and a weight room.
- Parking:** There are plenty of parking spaces in the University Ana G. Mendez facilities.
- Medical Services:** Paramedics will be on site for any emergency as well as an ambulance.
- Warm up:** The warm up area will be located at the softball park right behind the track. Whenever possible athletes can use the back straightaway for accelerations.
- Trainers:** Tents will be provided in the warm up area for university trainers.
- Call Room:** Athletes in running events must check in at least an hour before their event at the tent located in the warm up area. Athletes that do not comply with this rule will be scratch from the event. We will use a rolling schedule. After all the entries are in, we will produce a timetable, but it will be used only as a guideline.
- Weight in:** All implements must be turn in and weighted in by the Technical Director at least two (2) hours before the start of the first throwing event each day for proper certification of such implements.
- Attempts In the throwing events and in the horizontal jumps the athletes will compete in groups and each competitor will have four attempts.
- Officials:** La Asociación de Oficiales de Atletismo del Norte, Inc. (AOAN) will be officiating the competition.



- Secretariat: Prof. Manuel de Jesus - S.O.D.M. Meet Management
- Photo Finish: NOCESA SPORT – Profs. Wilson Morales/Noel Cedeño
- Competition Director: Prof. Michael A. Serralta
- Technical Director: Mr. Jorge L. Ortiz
- Entries: Entries must be done online no later than Tuesday March 12th, 2019 at [www.sodmpr.com](http://www.sodmpr.com) to Manuel de Jesus, [mdejesus@sagrado.edu](mailto:mdejesus@sagrado.edu) with copy to [mserralta.nacac@gmail.com](mailto:mserralta.nacac@gmail.com). No late entries will be accepted.

Each university could enter a maximum of four (4) participants per event, except for the 5,000m and 10,000m race where they may enter five (5) participants. Since we are running heats against time it is a must that you enter a seeded time for each competitor. Failing to do this means that your athlete will be seeded in a slow heat.

In the throwing events and in the horizontal jumps the athletes will compete in groups and each athlete will have four attempts. Also, the athletes will be grouped by best marks therefore, please enter your athlete’s best mark.

Final Declarations: Final declarations and scratches in running events must be done at least an hour before the start or as soon as possible. This is compulsory, and the head coach must notify Prof. Manuel de Jesus at the Secretariat. Field events participants must report directly to the competition site.

Uniforms: Athletes must wear the official school, club or national uniform. Bib Numbers will be used by athletes in all running events and must be worn on the front, except in field events where they may use one bib number in front or in back.

Awards: A T-shirt will be awarded to the first three places in all the individual events and relays.

Results: Will be posted as soon as possible in the bulletin board located behind the stands in the stadium and in the following web pages, [www.sodmpr.com](http://www.sodmpr.com).

For more information, contact:

Michael A. Serralta  
Competition Director  
Tel. (939) 437-0044  
Email: [mserralta.nacac@gmail.com](mailto:mserralta.nacac@gmail.com)

Jorge L. Ortiz  
LAI Technical Director  
Tel: (787) 422-8482  
email: [yoyoensisto@yahoo.com](mailto:yoyoensisto@yahoo.com).



## ORDER OF EVENTS

**FRIDAY, MARCH 15, 2019**

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
101	HAMMER THROW	8:00 a.m.		X	Friday
102	HAMMER THROW		X		Friday
103	DISCUS THROW	12:00 p.m.		X	Friday
104	DISCUS THROW		X		Friday
105	SHOT PUT (U20)	1:00 p.m.	X		Friday
106	SHOT PUT (U20)			X	Friday
107	POLE VAULT	1:00 p.m.	X		Friday
108	HIGH JUMP	1:00 p.m.	X		Friday
109	LONG JUMP	2:30 p.m.		X	Friday
110	HIGH JUMP (U20)	3:00 p.m.	X		Friday
111	4 X 100 METERS (U20)	3:30 p.m.	X		Friday
112	4 X 100 METERS (U20)	3:45 p.m.		X	Friday
113	800 METERS (U20)	4:00 p.m.	X		Friday
114	800 METERS (U20)	4:15 p.m.		X	Friday
115	TRIPLE JUMP	4:30 p.m.	X		Friday
116	3,000 METERS STEEPLECHASE (U20)	4:30 p.m.		X	Friday
117	HIGH JUMP (U20)	3:00 p.m.		X	Friday
118	100 METERS (U20)	4:50 p.m.	X		Friday
119	100 METERS (U20)	4:55 p.m.		X	Friday
120	5,000 METERS	5:00 p.m.		X	Friday
121	LONG JUMP (U20)	5:00 p.m.		X	Friday
122	400 METERS (U20)	5:30 p.m.	X		Friday
123	400 METERS (U20)	5:35 p.m.		X	Friday
124	1,500 METERS (U20)	5:45 p.m.	X		Friday
125	1,500 METERS (U20)	6:00 p.m.		X	Friday
126	TRIPLE JUMP (U20)	6:00 p.m.	X		Friday
127	200 METERS (U20)	6:05 p.m.		X	Friday
128	4 X 400 METERS (U20)	6:10 p.m.	X		Friday
129	4 X 400 METERS (U20)	6:20 p.m.		X	Friday
130	10,000 METERS	6:30 p.m.	X		Friday



## ORDER OF EVENTS

**SATURDAY, MARCH 16, 2019**

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
201	HAMMER THROW (U20)	8:00 a.m.		X	Saturday
202	HAMMER THROW (U20)		X		Saturday
203	DISCUS THROW (U20)	12:00 p.m.		X	Saturday
204	DISCUS THROW (U20)		X		Saturday
205	POLE VAULT	12:00 p.m.		X	Saturday
206	SHOT PUT	12:00 p.m.	X		Saturday
207	JAVELIN THROW	12:00 p.m.		X	Saturday
208	4 X 100 METERS RELAY	12:00 p.m.	X		Saturday
209	4 X 100 METERS RELAY			X	Saturday
210	400 METERS HURDLES (U20)		X		Saturday
211	400 METERS HURDLES		X		Saturday
212	400 METERS HURDLES			X	Saturday
213	100 METERS		X		Saturday
214	100 METERS			X	Saturday
215	800 METERS		X		Saturday
216	800 METERS			X	Saturday
217	LONG JUMP (U20)	2:00 p.m.	X		Saturday
218	HIGH JUMP	2:00 p.m.		X	Saturday
219	SHOT PUT	2:30 p.m.		X	Saturday
220	LONG JUMP	3:00 p.m.	X		Saturday
221	JAVELIN THROW	3:00 p.m.	X		Saturday
222	100 METERS HURDLES		X		Saturday
223	110 METERS HURDLES			X	Saturday
224	<b>600 METERS "HERMINIO ISAAC CLASSIC"</b>	3:30 p.m.		X	Saturday
225	400 METERS		X		Saturday
226	400 METERS			X	Saturday
227	TRIPLE JUMP			X	Saturday
228	1,500 METERS		X		Saturday
229	1,500 METERS			X	Saturday
230	200 METERS		X		Saturday
231	200 METERS			X	Saturday
232	3,000 METERS STEEPLECHASE		X		Saturday
233	3,000 METERS STEEPLECHASE			X	Saturday
234	4 X 400 METERS		X		Saturday
235	4 X 400 METERS			X	Saturday



## Notes:

1. **Rules governing the competition - IAAF rules and the LAI rules where they may apply.**
2. **Call Room** - all athletes for track events must report one hour before the event starts. This measure is because order of events prevails, but the schedule can be change per the registration of competitors.
3. **General Warm-up Area** - in the 400-meter warm-up lane in the track of the University complex.
4. **Field Events:**
  - a. athletes will report directly to the event for their participation.
  - b. once the event starts any athlete without exception may not be included to participate.
5. **Implements** - all throwing implements must be certified by the Technical Director, Mr. Jorge L. Ortiz two hours before the start of the event.
6. **Attempts** - in throwing events and horizontal jumps each competitor is entitled to four trials. If the total number of participants exceeds sixteen (16) athletes, it will be divided into two groups.
7. **Starting Heights and Progressions.**
  - a. Pole Vault – females 2.30m; males 3.50m. Progressions for both genders will be 15cm. until 3.35m for females and 4.25 for males, progression will be 10cm. for both until one competitor is left.
  - b. High Jump – females 1.35m; males 1.65m. Progressions for both will be 5cm. until one competitor is left.
8. **Coaching Box:**
  - a. the coaches have the right to be in the event area outside lane eight if space is available;
  - b. any person not eligible to be in the area will forfeit the coach's privilege.
9. There will be several events for Under 20 athletes from the development system of the City of Carolina.
10. **Rules governing Under 20 competition - IAAF rules apply.**
  - a. Under 20 Men and Women: any athletes 18 or 19 years on 31<sup>st</sup> December in the year of the competition.
  - b. The City of Carolina has two participants guaranteed in all events.
  - c. Athletes will be selected based on the rankings off the FAPUR up to Saturday, March 9, 2019.
  - d. Top six will be selected in all lane events. Distance races from 800 meters up and field events will have up to ten selected.

Final Revision: Sunday, March 4, 2019 11:00hrs.