



2nd NACAC AGE GROUP U13 & U15 CHAMPIONSHIPS
San Salvador, El Salvador July 26th – 27th, 2019



2ND NACAC
AGE GROUP
U13 & U15
EL SALVADOR
July 26th & 27th 2019

Update May 20th, 2019





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NACAC

The 2nd North American, Central American & Caribbean Athletics Association's Age Group U13 & U15, will be held under the auspice of the International Associations of Athletics Federations (IAAF) and North America, Central America & Caribbean Athletics Association (NACAC), and is one of the many events of the official calendar of NACAC.

NACAC EXECUTIVE COUNCIL

President/IAAF Area Rep.: Prof. Víctor López (PUR)

Vice President: Stephanie Hightower (USA)

Treasurer: Alain Jean Pierre (HAI)

General Secretary: Prof. Michael A. Serralta (PUR)

MEMBERS AT LARGE

Allan Baboolal (TTO)

Geen Clarke (CRC)

Garth Gayle (JAM)

Catherine Jordan (BAR)

EX OFICIO

IAAF President: Lord Sebastian Coe (GBR)

IAAF Vice President: Alberto Juantorena (CUB)

IAAF Council Member: Pauline Davis (BAH)

IAAF Council Member: Abbie Hoffman (CAN)



ORGANIZATIONAL STRUCTURE

The North American, Central American & Caribbean Athletics Association (NACAC), has assigned the organization of NACAC Age Group Championships to Federación Salvadoreña de Atletismo (Athletics Federation of El Salvador). The following persons are responsible for the organization and coordination of the competition:

| | | |
|-----------------------------------------|---|-----------------------------------|
| NACAC Technical/Organizational Delegate | - | Carlos Clemente (ESA) |
| International Technical Officials | - | 1. Ruben Quintanilla (ESA)(Chief) |
| | - | 2. Nathanael Duran (CRC) |
| | - | 3. Rolando Abrego (ESA) |
| | - | 4. Catherine Umaña (CRC) |

LOCAL ORGANIZING COMMITTEE

| | | |
|---------------------------|---|------------------------------------------------|
| Chairman LOC | - | Juan Carlos Ramirez |
| Logistics Commission | - | Roxana Zuniga |
| Technical Commission | - | Roger Manzur |
| Accommodation | - | Rene Navas / Oscar Constanza |
| Accreditation | - | Giovanni Beltran |
| Transportation Commission | - | INDES – Enrique Portillo |
| Financial Commission | - | Gloria Ramos |
| Media Commission | - | Daniela Gonzalez |
| Medical | - | Dr. Rafael Morales / Elba Alfaro / Karen Doñan |
| Protocol and Awards | - | Patricia Ortiz |
| Volunteers | - | Oscar Alas |

COMPETITION

| | | |
|-----------------------|---|------------------------------|
| Competition Director | - | Rolando Abrego |
| Meeting Manager | - | Carmen Elena Martinez |
| Technical Manager | - | Luis Diaz |
| Photofinish | - | Hector Caceres |
| Competition Secretary | - | Guadalupe Martinez |
| Announcer | - | Allan Ayala (GUA) |
| Jury of Appeal | - | TBD during Technical Meeting |

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1. GENERAL INFORMATION OF EL SALVADOR

| | | |
|------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Name: | El Salvador |  |
| Location: | Central America | |
| Area: | 21,048.78 km ² | |
| Population: | 6, 500,000 | |
| Language: | Spanish |  |
| Currency: | US Dollar (\$) | |
| Electricity: | 110v | |
| Water quality: | Non-drinking, use bottled water | |
| Health: | No vaccines required | |
| Phone: | Country code: 503 | |
| Capital: | San Salvador | |
| Altitude: | 620 m. | |
| Max Temperature: | 33° C | |
| Average Temperature: | 30° C | |
| Min Temperature: | 19° C | |
| Humidity: | 90% | |
| International Airport: | El Salvador International Airport Oscar Arnulfo Romero (SAL) |  |

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2. INVITED COUNTRIES

Member Federations:

Anguilla (AIA), Antigua and 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), Saint Kitts and Nevis (SKN), Saint Lucia (LCA), Saint Vincent and Grenadines (VIN), Turks and Caicos (TKS), US Virgin Islands (ISV), United States of America (USA), Trinidad and Tobago (TTO - Host country)

Associate Members:

Curacao (CUR), Guadeloupe (GPE), Martinique (MTQ), Saint Maarten (SXM)

3. GENERAL INFORMATION

AIRPORT

The arrival airport is the Oscar Arnulfo Romero International Airport (SAL), located 45 minutes from San Salvador. Delegations should send as soon as possible to the Organizing Committee their arrival/departure schedule in order to properly coordinate their reception.

Website: <http://www.cepa.gob.sv/tag/aeropuerto-internacional-de-el-salvador>

AIRLINES THAT FLY TO EL SALVADOR INCLUDE Aeromexico, American Airlines, Avianca, Copa, Delta, Iberia, Spirit, United, Volaris.

PASSPORT PRESENTATION / ACCREDITATION

Upon arrival, all delegations will be transported to the accreditation center at the **Federacion Salvadoreña de Atletismo Offices**, located at the National Stadium Jorge “Magico” Gonzalez, where athletes will be requested to show their travel documents.

The accreditation will be open:

Thursday July 25th 8:00am - 19:00pm

Friday July 26th 8:00am to 14:00pm

Passport and travel documents of all competitors will be checked by officials from the LOC at the accreditation Center. These will be returned promptly, following verification of Age, by the LOC and the Technical Delegate.

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ACCOMMODATIONS

The delegations, coaches and delegates will stay at the following hotels in **double, triple and quadruple accommodations**.

THE OC WILL INFORM IN A FEW DAYS THE HOTEL FOR THE TEAMS.

ACCOMMODATION LEVY AND TEAM SIZE

There will be an accommodation levy of **US \$150.00** per team member. This must be paid at the accreditation center before teams are allowed to be accredited. The levy shall cover the period from **12:00 noon Thursday, July 25th to 12:00 noon Sunday July 28th, (3 Nights)**. Accommodation outside of the official period will be at the expense of each delegation.

The number of team officials accompanying each delegation shall be limited as follows:

- 1 competitor 1 team official
- 2 - 5 competitors 2 officials
- 6 - 8 competitors 4 officials

If a team wishes to board additional officials in the accommodation provided by the Organizing Committee, the fee for these additional officials will be \$150.00 per person per day.

Delegations must inform local organizing committee of travel plans so that the reception committee can be present at the airport.

TRANSPORTATION

Transportation will be provided round trip from the airport to the accommodation and from the accommodation to the competition area.

MEALS – SCHEDULE

- Breakfast at the Accommodation (6:30 – 8:00 a.m.)
- Lunch at the Stadium (12:45 – 2:00 p.m.)
- Dinner at the Accommodation (7:30 – 9:00 p.m.)

MEDICAL INFORMATION

Medical facilities will be available to provide necessary medical services. The medical service (FIRST AIDS) is free of charge; however, it will be the participant's responsibility to pay for any additional specialized services, including ambulance, emergency room, medical specialist consultation, hospitalization, surgery, medical procedures, laboratory, x-rays, special studies, and physical therapy treatments.

Official Hospitals are:

Hospital Militar

Av. Bernal y Blvd. Universitario Residencial San Luis, San Salvador, El Salvador, C.A.

Tel: (503) 2274.1820/2250.0080

https://www.fuerzaarmada.mil.sv/?page_id=751

Hospital San Rafael (Santa Tecla)

Final 4° Calle Oriente 9-2 Santa Tecla, El Salvador, C.A.

Atención Emergencias 24 horas

(503) 2523-9500

<http://www.transparencia.gob.sv/institutions/h-san-rafael>

MEDICAL AND LIFE INSURANCE

Each country, according to the IAAF rules, is responsible for the insurance of the participants in their delegation. Member federations are responsible for taking out insurance to cover illness or injury/life to members of their delegation and/or team when travelling internationally.

Team leaders will be asked to confirm all athletes are medically fit to participate and should have a list of any medications/ allergies/ recent illnesses /injuries of all team members. Medical forms including blood type should be available to the Event Doctor should they be required in case of injury or illness during the competition.



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VISAS

Countries should all consult the nearest El Salvador Embassy or Consulate to confirm if a VISA, other documentation or fees are required to enter.

The Organizing Committee will make every effort to help Federations get your visas, but you must follow the procedures and allow sufficient time to be processed. A letter of invitation will be provided if needed. Please inform the LOC early.

Please check the follow link to confirm if your country need visa <https://rree.gob.sv/visas/>

CURRENCY

Legal currency of El Salvador is the US Dollar (US\$)

NATIONAL FLAGS

Each delegation is requested to provide two national flags for the competition and awards ceremonies decoration. The flags must measure 1.20m x 0.80m and 3m x 2m respectively. They will be flown in the stadium during the competitions.



4. TECHNICAL INFORMATION

FINAL ENTRIES – COMPETITION DAYS

- | | |
|----------------------------------------------|-------------------------------------------------------------|
| ▪ Friday 26th April 2019 | Confirmation of participation |
| ▪ Friday 31st May | Closing Numerical Entries (athletes and officials quantity) |
| ▪ Friday 28th June | Closing of Final Entries (in official form) |
| ▪ Day 1 Thursday 25th July | Official Arrival of delegations (at noon) |
| Thursday 25th July | Technical Meeting at 7:00 pm Hotel TBD |
| ▪ Day 2 Friday 26th July | Competition Sessions 1 and 2 |
| ▪ Day 3 Saturday 27th July | Competition Sessions 3 and 4 |
| ▪ Day 4 Sunday 28th July | Official Departure of delegations (at noon) |

Final entries deadline is midnight of **Friday 28th June, 2019 (El Salvador time)**. Entries must be emailed to esa@mf.iaaf.org

Send CC to the **Technical Delegate** clementecarlos@yahoo.com

Contact us @: **+503.2298.0842 Federation Offices / +503.7883.7305 Carlos Clemente (Technical Delegate)**

COMPETITION STADIUM

The Championships will take place at the Jorge "Magico" Gonzalez stadium located in San Salvador, El Salvador. The stadium's facility is about 15-25 minutes from the accommodations where the athletes and officials will be staying and has a 400m Synthetic Track. The track has 8 lanes, four (4) areas for long jump and high jump, two (2) areas for baseball throw and two (2) shot put circles. The warm up area will be located close to the stadium. The Call Room will be located in this area. The athletes will report to the Call Room prior to the start of each competition session.



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COMPETITION NUMBERS (BIB NUMBERS)

Each athlete will be assigned three (3) competition numbers which must be worn visibly on the breast and back during competition (except in the High Jump). Athletes without numbers will not be allowed to enter competition area. The numbers must not be bent or cut. The third number will be used on the athlete's bag.

TECHNICAL MEETING

The technical meeting will be held at **7:00 pm Thursday July 25th** The place TBD

Questions of a technical nature must be submitted to the Technical Delegate by teams on the prescribed form, no later than 15:00 pm on July 25th. Absolutely no questions will be accepted from the floor during the technical meeting.

The Technical Delegate will preside over the meeting, which will be conducted in English and translated in Spanish. No more than two (2) delegates from each participating team may attend the meeting. The agenda shall be as follows:

AGENDA – TECHNICAL MEETING

1. Welcome
2. Presentation of officials present
3. General information on timetable, rising of the bars, protest, awards, opening and closing ceremonies
4. Answer to delegation questions (submitted previously)
5. Selection of Jury of Appeal
6. Closing

NOTE: Before the meeting, each delegate will receive athlete bib numbers and review the entries lists.

RESULTS OF THE EVENT

As soon as results are compiled it will be posted on the El Salvador Federation website: <https://atletismoelsalvador.revsys.net/> and available for teams.

NACAC AGE GROUP 2019 TECHNICAL RULES

ENTRIES

- Each team may enter two competitors in each combined event per category.
- A maximum of eight (8) athletes in 4 categories will be accepted per country.
- A country can enter a team in one of the categories and be eligible to win that category's championship.
- Countries unable or unwilling to enter full teams in the various categories may enter an individual athlete in any category. No country may enter more than two athletes in any category.

EVENTS AND CATEGORIES

CATEGORY U13 - PENTATHLON

11 - 12 years, born from January 1st, 2007 to December 31st, 2008.

Events: **60 meter dash, 800/1000 meters, Long Jump, High Jump, Baseball Throw.**

Note: 10 year old athletes or younger (born in 2009 or after) and 13 year old athletes or older (born in 2006 or before) will not be able to participate in this category.

CATEGORY U15 - HEPTATHLON

13 - 14 years, born from January 1st, 2005 to December 31st, 2006.

Events: **80 meter dash, 1000/1200 meters, 60/80 meter hurdles, Long Jump, High Jump, Baseball Throw and Shot Put.**

Note: 12 year old athletes or younger (born in 2007 or after) and 15 year old athletes or older (born in 2004 or before) will not be able to participate in this category.

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1. REGULATION AND SCORES

Except in cases where something else is specified, the IAAF competition rulebook and the NACAC age group combined events scoring tables will be used. Photo finish equipment will be used for the track events.

2. SPRINTING EVENTS:

- 60 meter dash
- 80 meter dash
- 60 meter hurdles (girls)
- 80 meter hurdles (boys)

Hurdle measurements for girls: (6 hurdles) height: 0.76mts - 30''

- ✓ Start to 1st hurdle 12.00 meters
- ✓ Between hurdles 8.00 meters
- ✓ Last hurdle to finish line 8.00 meters

Hurdle measurements for boys: (8 hurdles) height: 0.84mts - 33''

- ✓ Start to 1st hurdle 13.00 meters
- ✓ Between hurdles 8.50 meters
- ✓ Last hurdle to finish line 7.50 meters

- **Starting blocks are optional but all athletes have to start the sprint events in a starting position. The athletes will receive 2 commands: “on your marks” and “set” before the gun shot.**
- Each competitor will have the right to two (2) false starts; if the athlete has a third false start the athlete will be disqualified.
- In track events, the competitors will have to stay inside their assigned lane and could be disqualified for running outside their lanes.
- In order to obtain points all competitors must complete each race. A competitor who falls will have to stand up and finish the race to accumulate points.

3. HIGH JUMP

Each competitor has a right to complete three (3) tries at each height, starting the jump in two consecutive occasions without completing the jump will constitute a try and will be taken as a foul.

a. The starting height for each category will be:

- Boys 11-12 1.10 cm
- Boys 13-14 1.25 cm
- Girls 11-12 1.00 cm
- Girls 13-14 1.15 cm

b. The cross bar will be elevated:

- 5 cm until three (3) competitors are left.
- 3 cm until the event is completed.

4. LONG JUMP

a. The takeoff board will be white and it must be 1.22m long and 30cm wide.

b. The takeoff board must be set at least 2.00m away from the landing pit.

c. Each competitor will have the right to complete three (3) attempts.

5. BASEBALL THROW

a. An official baseball ball (5onz or 150g) will be used.

b. The throw must be executed over the shoulder.

c. Each competitor will have the right to complete three (3) attempts.

6. SHOT PUT

- a. The shot will weigh 3 kg.
- b. Each competitor will have the right to complete three (3) attempts.
- c. The competitor shall use either the full technique or the final phase.

7. RELAYS

- a. A 4x100m mixed gender relay will be run for each category. (U13 and U15)
- b. The relay must be composed of two (2) boys and two (2) girls
- c. The order of the team is decision of each team (e.g. boy, girl, boy, girl)
- d. The Exchange zone of the baton will be of twenty (30) meters and there will be no pre-zone or acceleration zone.
- e. No points will be awarded for the relays. Nevertheless, the first three (3) places of each category will be awarded.

AWARDS AND SCORING

Scoring will be done in accordance with the games scoring tables for NACAC age group competition. Awards will be presented in the following way:

- a) A Gold, Silver and Bronze medal will be awarded for the **first three places in each individual event** in each category. Competitors who finish **4th - 8th** in each event will receive a ribbon or medal.
- b) A trophy will be awarded to the **first three overall INDIVIDUAL winners in each category** with the highest total number of cumulative points in the entire competition. *TOTAL 12 TROPHIES (4 categories)*
- c) A trophy will be awarded to the **first three TEAMS in each category** with the highest total number of cumulative points in the entire competition. *TOTAL 12 TROPHIES (4 categories)*
- d) A trophy will be awarded to the **COUNTRY with the grand total** sum of all the points of all the categories. This will include both divisions, male and female. **1 TROPHY**

VISIT EL SALVADOR



COMPETITION SITES

From the airport to San Salvador Hotels – 45-60 minutes

From the San Salvador Hotels to the Nacional Stadium – 30 minutes

TOURISTS SITES

From San Salvador to La Libertad Beach – 45 minutes

From San Salvador to Ilopango Lake – 30 minutes

From San Salvador to Coatepeque Lake and Santa Ana Volcano – 75 minutes

From San Salvador to San Salvador volcano – 20 minutes

INFO LINKS

<http://elsalvador.travel/en/>

COMPETITION SCHEDULE – Updated May 20th

| DAY 1 | | FRIDAY JULY 26, 2019 | | | Updated Apr 30 | MORNING SESSION | |
|-----------------------------------------------------------------|-------|---------------------------------------|--------------|------------|----------------|------------------------|--|
| BREAKFAST AT THE HOTEL (6:30 - 8:00 am) | | | | | | | |
| # | TIME | EVENT | GENDER | CATEGORY | ROUND | ATHLETES | |
| 08:15 CALL ROOM OPEN (Report 1 hour prior the 1st event) | | | | | | | |
| 1 | 09:00 | 60 meters | Girls | U13 | Penta 1 | 28 | |
| 2 | 09:20 | 60 meters | Boys | U13 | Penta 1 | 29 | |
| 3 | 09:30 | High Jump (2 pits) - Group A & B | Girls | U13 | Penta 2 | 28 | |
| 4 | 09:40 | 80 meters | Girls | U15 | Hepta 1 | 35 | |
| 5 | 09:50 | Baseball Throw - Group A & B | Boys | U13 | Penta 2 | 29 | |
| 6 | 10:00 | 80 meters | Boys | U15 | Hepta 1 | 33 | |
| 7 | 10:10 | Long Jump (2 pits) - Group A & B | Girls | U15 | Hepta 2 | 35 | |
| 8 | 10:30 | Shot Put (3k) (2 circles) Group A & B | Boys | U15 | Hepta 2 | 33 | |
| 11:30 AWARDS CEREMONY | | | | | | | |
| LUNCH AT THE STADIUM (12:00 - 2:00 pm) | | | | | | | |

| | | FRIDAY JULY 26, 2019 | | | AFTERNOON SESSION | | |
|-----------------------------------------------------------------|-------|--------------------------------------------------|--------------|------------|--------------------------|----------|--|
| # | TIME | EVENT | GENDER | CATEGORY | ROUND | ATHLETES | |
| 02:30 OPENING CEREMONY | | | | | | | |
| 02:45 CALL ROOM OPEN (Report 1 hour prior the 1st event) | | | | | | | |
| 9 | 03:30 | Baseball Throw - Group A & B | Girls | U13 | Penta 3 | 28 | |
| 10 | 03:30 | Long Jump (2 pits) - Group A & B | Boys | U15 | Hepta 3 | 33 | |
| 11 | 03:30 | High Jump (2 pits) - Group A & B | Boys | U13 | Penta 3 | 29 | |
| 12 | 05:00 | Shot Put (3k) (2 circles) Group A & B | Girls | U15 | Hepta 3 | 35 | |
| 13 | 06:45 | <u>4x100 Relays</u> | <u>Mixed</u> | <u>U13</u> | <u>Final</u> | 14 | |
| 14 | 07:00 | <u>4x100 Relays</u> | <u>Mixed</u> | <u>U15</u> | <u>Final</u> | 16 | |
| 07:00 AWARDS CEREMONY | | | | | | | |
| DINNER AT THE STADIUM (7:00 - 8:30 pm) | | | | | | | |

| DAY 2 | | SATURDAY JULY 27, 2019 | | | MORNING SESSION | | |
|-----------------------------------------------------------------|-------|---------------------------------------------|-------------|------------|------------------------|----------|--|
| BREAKFAST AT THE HOTEL (6:30 - 8:00 am) | | | | | | | |
| # | TIME | EVENT | GENDER | CATEGORY | ROUND | ATHLETES | |
| 08:15 CALL ROOM OPEN (Report 1 hour prior the 1st event) | | | | | | | |
| 15 | 09:00 | 60 meters hurdles (0.76m) | Girls | U15 | Hepta 4 | 35 | |
| 16 | 09:00 | Long Jump - North Group A & B | Boys | U13 | Penta 4 | 28 | |
| 17 | 09:30 | 80 meters hurdles (0.84m) | Boys | U15 | Hepta 4 | 33 | |
| 18 | 09:30 | Baseball Throw - Group A & B | Girls | U15 | Hepta 6 | 35 | |
| 19 | 10:00 | High Jump (2 pits) - Group A & B | Boys | U15 | Hepta 5 | 33 | |
| 20 | 10:30 | Long Jump - South Group A & B | Girls | U13 | Penta 4 | 29 | |
| 11:30 AWARDS CEREMONY | | | | | | | |
| LUNCH AT THE STADIUM (12:00 - 2:00 pm) | | | | | | | |

| | | SATURDAY JULY 27, 2019 | | | AFTERNOON SESSION | | |
|-----------------------------------------------------------------|-------|---------------------------------------------|--------------|------------|--------------------------|----------|--|
| # | TIME | EVENT | GENDER | CATEGORY | ROUND | ATHLETES | |
| 02:45 CALL ROOM OPEN (Report 1 hour prior the 1st event) | | | | | | | |
| 21 | 03:30 | Baseball Throw - Group A & B | Boys | U15 | Hepta 6 | 33 | |
| 22 | 03:30 | High Jump (2 pits) - Group A & B | Girls | U15 | Hepta 5 | 35 | |
| 23 | 05:00 | 800 meters | Girls | U13 | Penta 5 | 28 | |
| 24 | 05:30 | 1000 meters | Boys | U13 | Penta 5 | 29 | |
| 25 | 06:00 | 1000 meters | Girls | U15 | Hepta 7 | 35 | |
| 26 | 06:30 | 1200 meters | Boys | U15 | Hepta 7 | 33 | |
| 06:30 AWARDS AND CLOSING CEREMONY | | | | | | | |
| DINNER AT THE STADIUM (7:30 - 9:00 pm) | | | | | | | |