

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Resultados****Evento 1 Mujeres Lanzamiento de Martillo****ACAC MAYOR: 71.32m # 05/07/2009 ARASAY THONDIQUE, CUBA**

| Nombre | Equipo | Finales |
|------------------------------|--------|---------|
| Finales | | |
| 1 240 Hernandez G.. Samantha | Mexico | 54.27m |
| 2 236 Gonzalez V.. Yolanda | Mexico | 54.26m |

Evento 2 Mujeres Heptatlon**ACAC MAYOR: 6189 # 16/07/1995 MAGALYS GARCIA, CUBA**

| Nombre | Equipo | Finales |
|--------------------------------|--------------------------|---------|
| Finales | | |
| 1 276 Ruiz T.. Chrvstal | Mexico | 5467 |
| 2 56 Smith. Shianne | Bermuda | 5222 |
| 3 329 Montes DE Oca. Milagros | Republica Dominicana | 5204 |
| 4 283 Saucedo DE LA T.. Jessam | Mexico | 5164 |
| 5 302 Felix. Alvsbeth | Puerto Rico | 5065 |
| 6 62 To0dman. Kanishque | British Virgegin Islands | 4188 |

Evento 2 Heptatlon: #1 Mujeres 100 Metros Vallas Heptatlon

| Nombre | Equipo | Finales | Viento |
|--------------------------------|--------------------------|---------|--------|
| Finales | | | |
| 1 276 Ruiz T.. Chrvstal | Mexico | 14.11 | 0.3 |
| 2 56 Smith. Shianne | Bermuda | 14.27 | 0.3 |
| 3 329 Montes DE Oca. Milagros | Republica Dominicana | 14.42 | 0.3 |
| 4 283 Saucedo DE LA T.. Jessam | Mexico | 14.63 | 0.3 |
| 5 302 Felix. Alvsbeth | Puerto Rico | 14.75 | 0.3 |
| 6 62 To0dman. Kanishque | British Virgegin Islands | 15.26 | 0.3 |
| 7 141 Morales M.. Ruth A. | Guatemala | 15.93 | 0.3 |

Evento 2 Heptatlon: #2 Mujeres Salto de Altura Heptatlon

| Nombre | Equipo | Finales |
|--------------------------------|--------------------------|---------|
| Finales | | |
| 1 302 Felix. Alvsbeth | Puerto Rico | 1.75m |
| 2 276 Ruiz T.. Chrvstal | Mexico | 1.69m |
| 3 283 Saucedo DE LA T.. Jessam | Mexico | 1.66m |
| 4 329 Montes DE Oca. Milagros | Republica Dominicana | 1.60m |
| 5 141 Morales M.. Ruth A. | Guatemala | 1.57m |
| 6 56 Smith. Shianne | Bermuda | 1.54m |
| 7 62 To0dman. Kanishque | British Virgegin Islands | 1.51m |

Evento 2 Heptatlon: #3 Mujeres Lanzamiento de Bala Heptatlon

| Nombre | Equipo | Finales |
|--------------------------------|--------------------------|---------|
| Finales | | |
| 1 56 Smith. Shianne | Bermuda | 11.69m |
| 2 283 Saucedo DE LA T.. Jessam | Mexico | 11.10m |
| 3 329 Montes DE Oca. Milagros | Republica Dominicana | 10.52m |
| 4 276 Ruiz T.. Chrvstal | Mexico | 10.00m |
| 5 62 To0dman. Kanishque | British Virgegin Islands | 9.38m |
| 6 302 Felix. Alvsbeth | Puerto Rico | 8.75m |
| 7 141 Morales M.. Ruth A. | Guatemala | 8.45m |

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| Nombre | Equipo | Finales | Viento |
|--------------------------------|-------------------------|---------|--------|
| Finales | | | |
| 1 276 Ruiz T.. Chrvstal | Mexico | 24.69 | 2.0 |
| 2 56 Smith. Shianne | Bermuda | 24.77 | 2.0 |
| 3 283 Saucedá DE LA T.. Jessam | Mexico | 25.28 | 2.0 |
| 4 302 Felix. Alvsbeth | Puerto Rico | 25.41 | 2.0 |
| 5 329 Montes DE Oca. Milagros | Republica Dominicana | 25.75 | 2.0 |
| 6 141 Morales M.. Ruth A. | Guatemala | 26.38 | 2.0 |
| 7 62 To0dman. Kanishque | British Virggin Islands | 26.73 | 2.0 |

Evento 2 Heptatlon: #5 Mujeres Salto de Longitud Heptatlon

| Nombre | Equipo | Finales | Viento |
|--------------------------------|-------------------------|---------|--------|
| Finales | | | |
| 1 276 Ruiz T.. Chrvstal | Mexico | 5.95m | -0.4 |
| 2 302 Felix. Alvsbeth | Puerto Rico | 5.89m | 1.2 |
| 3 283 Saucedá DE LA T.. Jessam | Mexico | 5.66m | -1.3 |
| 4 62 To0dman. Kanishque | British Virggin Islands | 5.45m | 0.1 |
| 5 329 Montes DE Oca. Milagros | Republica Dominicana | 5.32m | -2.0 |
| 6 56 Smith. Shianne | Bermuda | 5.24m | -1.8 |
| 7 141 Morales M.. Ruth A. | Guatemala | 4.59m | -1.0 |

Evento 2 Heptatlon: #6 Mujeres Lanzamiento de Jabalina Heptatlon

| Nombre | Equipo | Finales |
|--------------------------------|-------------------------|---------|
| Finales | | |
| 1 329 Montes DE Oca. Milagros | Republica Dominicana | 41.71m |
| 2 56 Smith. Shianne | Bermuda | 36.79m |
| 3 302 Felix. Alvsbeth | Puerto Rico | 33.48m |
| 4 276 Ruiz T.. Chrvstal | Mexico | 33.15m |
| 5 283 Saucedá DE LA T.. Jessam | Mexico | 32.89m |
| 6 141 Morales M.. Ruth A. | Guatemala | 30.55m |
| 7 62 To0dman. Kanishque | British Virggin Islands | 23.83m |

Evento 2 Heptatlon: #7 Mujeres 800 Metros Carrera Heptatlon

| Nombre | Equipo | Finales |
|--------------------------------|-------------------------|---------|
| Finales | | |
| 1 276 Ruiz T.. Chrvstal | Mexico | 2:18.19 |
| 2 56 Smith. Shianne | Bermuda | 2:19.24 |
| 3 329 Montes DE Oca. Milagros | Republica Dominicana | 2:20.49 |
| 4 283 Saucedá DE LA T.. Jessam | Mexico | 2:27.38 |
| 5 302 Felix. Alvsbeth | Puerto Rico | 2:36.18 |
| 6 62 To0dman. Kanishque | British Virggin Islands | 2:48.55 |

Evento 3 Mujeres Lanzamiento de Bala**ACAC MAYOR: 19.13m # 05/07/2009 MISLEYDIS GONZALEZ, CUBA**

| Nombre | Equipo | Finales |
|---------------------------|-------------------|---------|
| Finales | | |
| 1 358 Borel. Cleopatra | Trinidad & Tobago | 17.56m |
| 2 219 Dzul C.. Cecilia | Mexico | 16.33m |
| 3 260 Pulido R.. Laura G. | Mexico | 15.69m |
| 4 111 Alfred. Melissa | Dominica | 13.15m |

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MORELIA, MICHOACAN****Resultados****Evento 4 Hombres Salto con Garrocha****ACAC MAYOR: 5.61m # 27/06/1999 DOMINIC JOHNSON, SAINT LUCIA**

| Nombre | Equipo | Finales |
|--------------------------------|----------------------|---------|
| Finales | | |
| 1 268 Rios R.. Raul A. | Mexico | 5.10m |
| 2 212 Castillero H.. Victor M. | Mexico | 4.80m |
| 3 328 Montes C.. Jorge | Republica Dominicana | 4.65m |
| 4 298 Cintron. Yeisel | Puerto Rico | 4.65m |

Evento 5 Mujeres 100 Metros Planos**Top 8 Advance by Time****ACAC MAYOR: 11.02 # 09/07/2005 CHANDRA STURRUP, BAHAMAS**

| Nombre | Equipo | Semifinal | Viento | H# |
|-------------------------------|----------------------|-----------|--------|----|
| Preliminares | | | | |
| 1 158 Bailev. Aleen | Jamaica | 11.31 q | 1.2 | 2 |
| 2 12 Armbrister. Cache | Bahamas | 11.35 q | 1.2 | 2 |
| 3 334 Sanchez H.. Marielvs | Republica Dominicana | 11.37 q | 0.3 | 1 |
| 4 335 Chalas F.. Fannv | Republica Dominicana | 11.38 q | 1.3 | 3 |
| 4 161 Brooks. Sherrv-Ann | Jamaica | 11.38 q | 0.3 | 1 |
| 6 19 Ferguson Mc.. Debbie | Bahamas | 11.42 q | 1.3 | 3 |
| 7 368 Hackett. Semov | Trinidad & Tobago | 11.45 q | 1.2 | 2 |
| 7 346 Browne. Omhunique | St.Kitts And Nevis | 11.45 q | 1.3 | 3 |
| 9 296 Cancel. Genoiska | Puerto Rico | 11.56 | 1.2 | 2 |
| 10 384 Thomas. Revare | Trinidad & Tobago | 11.71 | 0.3 | 1 |
| 11 39 Bailev. Jade | Barbados | 11.74 | 1.3 | 3 |
| 12 225 Flores H.. Iza Daniela | Mexico | 11.76 | 1.2 | 2 |
| 13 55 Kimg. Arantxa | Bermuda | 11.89 | 0.3 | 1 |
| 14 230 Franz Ch.. Isabel | Mexico | 11.94 | 1.3 | 3 |
| 15 82 Scott N.. Shantelv | Costa Rica | 12.11 | 1.3 | 3 |
| 16 75 Davis J.. Glenda | Costa Rica | 12.21 | 1.2 | 2 |

Evento 5 Mujeres 100 Metros Planos**ACAC MAYOR: 11.02 # 09/07/2005 CHANDRA STURRUP, BAHAMAS**

| Nombre | Equipo | Finales | Viento |
|----------------------------|----------------------|---------|--------|
| Finales | | | |
| 1 161 Brooks. Sherrv-Ann | Jamaica | 11.21 | 0.1 |
| 2 334 Sanchez H.. Marielvs | Republica Dominicana | 11.24 | 0.1 |
| 3 158 Bailev. Aleen | Jamaica | 11.34 | 0.1 |
| 4 335 Chalas F.. Fannv | Republica Dominicana | 11.41 | 0.1 |
| 5 12 Armbrister. Cache | Bahamas | 11.42 | 0.1 |
| 6 346 Browne. Omhunique | St.Kitts And Nevis | 11.68 | 0.1 |
| 7 19 Ferguson Mc.. Debbie | Bahamas | 11.85 | 0.1 |
| --- 368 Hackett. Semov | Trinidad & Tobago | FS | 0.1 |

Evento 6 Hombres 100 Metros Planos**8 Advance: Top 1 Each Heat plus Next 4 Best Times****ACAC MAYOR: 10.02 # 09/07/2005 DARREL BROWN, TRINIDAD Y TOBAGO**

| Nombre | Equipo | Semifinal | Viento | H# |
|----------------------|---------|-----------|--------|----|
| Preliminares | | | | |
| 1 168 Fisher. Andrew | Jamaica | 10.07 Q | 1.7 | 2 |

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| | Nombre | Equipo | Semifinal | Viento | H# |
|----|------------------------|--------------------------------|------------------|---------------|-----------|
| 2 | 396 Hinds. Andrew | Barbados | 10.13 Q | 1.4 | 4 |
| 3 | 24 Hart. Shavez | Bahamas | 10.16 Q | 1.2 | 3 |
| 4 | 351 Rogers. Jason | St.Kitts And Nevis | 10.18 Q | 3.0 | 1 |
| 5 | 21 Fraser. Warren | Bahamas | 10.19 q | 3.0 | 1 |
| 5 | 44 Gittens. Ramon | Barbados | 10.19 q | 1.7 | 2 |
| 7 | 144 Haarris. Adam | Guvana | 10.20 q | 1.4 | 4 |
| 8 | 1 Hughes. Zharnel | Anguilla | 10.23 q | 1.7 | 2 |
| 9 | 306 Lopez. Miguel | Puerto Rico | 10.24 | 1.7 | 2 |
| 9 | 156 Rolando P.. Cruz | Honduras | 10.24 | 3.0 | 1 |
| 11 | 159 Bailev. Oshane | Jamaica | 10.30 | 1.2 | 3 |
| 12 | 317 Anduiar. Yohandri | Republica Dominicana | 10.39 | 1.4 | 4 |
| 13 | 314 Rodriguez. Carlos | Puerto Rico | 10.40 | 1.2 | 3 |
| 14 | 338 Lionel. Corneil | Saint Lucia | 10.42 | 1.2 | 3 |
| 14 | 371 James. Jamol | Trinidad & Tobago | 10.42 | 1.7 | 2 |
| 16 | 350 Lawrence. Briiesh | St.Kitts And Nevis | 10.43 | 1.7 | 2 |
| 17 | 147 Juin. Jonathan | Haiti | 10.47 | 1.4 | 4 |
| 18 | 293 Morris. Julius | Monserrat | 10.54 | 1.7 | 2 |
| 18 | 292 Viera C.. Alexis | Mexico | 10.54 | 1.2 | 3 |
| 18 | 9 Walsh. Chavaughn | Antigua & Barbuda | 10.54 | 3.0 | 1 |
| 21 | 294 Rvan. Lester | Monserrat | 10.56 | 3.0 | 1 |
| 22 | 286 Tamez H.. Julian | Mexico | 10.58 | 1.7 | 2 |
| 22 | 3 Rogers. Emris | Anguilla | 10.58 | 3.0 | 1 |
| 22 | 54 Houston. Harold | Bermuda | 10.58 | 1.2 | 3 |
| 25 | 383 Taffe. Avodele | Trinidad & Tobago | 10.59 | 1.4 | 4 |
| 26 | 344 Williams. Courtney | St. Vincent And The Grenadines | 10.60 | 1.4 | 4 |
| 27 | 126 Williams. Paul | Grenada | 10.64 | 1.4 | 4 |
| 28 | 66 Cuffv. Tvrell | Cavman Islands | 10.66 | 1.2 | 3 |
| 28 | 65 Adolphus. Rhvmeich | Cavman Islands | 10.66 | 1.4 | 4 |
| 30 | 127 Wilson. Michael | Grenada | 10.74 | 1.2 | 3 |
| 31 | 151 Monrose. Roddv | Haiti | 10.81 | 3.0 | 1 |

Evento 6 Hombres 100 Metros Planos**ACAC MAYOR: 10.02 # 09/07/2005 DARREL BROWN, TRINIDAD Y TOBAGO**

| | Nombre | Equipo | Finales | Viento |
|----------------|--------------------|--------------------|----------------|---------------|
| Finales | | | | |
| 1 | 168 Fisher. Andrew | Jamaica | 10.14 | 0.5 |
| 2 | 396 Hinds. Andrew | Barbados | 10.19 | 0.5 |
| 3 | 44 Gittens. Ramon | Barbados | 10.19 | 0.5 |
| 4 | 24 Hart. Shavez | Bahamas | 10.23 | 0.5 |
| 5 | 351 Rogers. Jason | St.Kitts And Nevis | 10.24 | 0.5 |
| 6 | 144 Haarris. Adam | Guvana | 10.24 | 0.5 |
| 7 | 1 Hughes. Zharnel | Anguilla | 10.25 | 0.5 |
| 8 | 21 Fraser. Warren | Bahamas | 10.30 | 0.5 |

Evento 7 Hombres Lanzamiento del Disco**ACAC MAYOR: 66.50m # 25/07/1985 LUIS DELIS, CUBA**

| | Nombre | Equipo | Finales |
|----------------|------------------|---------------|----------------|
| Finales | | | |
| 1 | 203 Wright. Chad | Jamaica | 60.79m |

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| Nombre | Equipo | Finales |
|---------------------------------|-------------------|---------|
| 2 216 Cota C.. Mario | Mexico | 58.58m |
| 3 386 Wilson. Ouincv | Trinidad & Tobago | 55.83m |
| 4 257 Ochoa L.. Rafael DE J. | Mexico | 50.66m |
| 5 116 Simon. Dillon | Dominica | 49.36m |
| 6 128 Acaiabon C.. Ever Orlando | Guatemala | 40.17m |

Evento 8 Hombres 10000 Metros Planos

ACAC MAYOR: 28:54.06 # 15/07/2011 JUAN CARLOS ROMERO, MEXICO

| Nombre | Equipo | Finales |
|----------------------------|-------------------|-----------|
| Finales | | |
| 1 237 Romero B.. Juan C. | Mexico | 30:11.84 |
| 2 258 Pedraza G.. Sergio | Mexico | 30:16.76 |
| 3 393 Arevalo R.. Alfredo | Guatemala | 32:23.55 |
| 4 372 Jones. Richard | Trinidad & Tobago | 35:08.93 |
| 5 362 Cox. Curtis | Trinidad & Tobago | 35:24.13 |
| --- 298 Cintron. Yeisel | Puerto Rico | SCR |
| --- 289 Vargas S.. Daniel | Mexico | X30:24.24 |
| --- 290 Vargas S.. Juan G. | Mexico | X30:34.61 |
| --- 248 Luna D.. Tomas | Mexico | X30:46.91 |
| --- 138 Jeremias. Saloi | Guatemala | X31:53.10 |
| --- 313 Rivera. Luis | Puerto Rico | X32:08.28 |

Evento 9 Hombres Salto de Longitud

ACAC MAYOR: 8.31m # 06/07/2008 WILFREDO MARTINEZ, CUBA

| Nombre | Equipo | Finales | Viento |
|-----------------------------|----------------------|---------|--------|
| Finales | | | |
| 1 207 Alvarez M.. Alberto | Mexico | 7.85m | 1.1 |
| 2 322 Florian. Eddv | Republica Dominicana | 7.80m | 0.8 |
| 3 357 Blaise. Kiron | Trinidad & Tobago | 7.73m | 1.5 |
| 4 178 Jackson. Jermaine | Jamaica | 7.72m | 2.1 |
| 5 174 Gordon. Nicholas | Jamaica | 7.59m | -0.5 |
| 6 14 Bastian. Rudon | Bahamas | 7.55m | 1.2 |
| 7 272 Rodriguez V.. Abraham | Mexico | 7.31m | 0.8 |
| 8 155 Castro B.. Jason | Honduras | 7.30m | 0.1 |
| 9 115 Silvain. Bavon | Dominica | 7.11m | 1.2 |
| 10 114 Registe. David | Dominica | 7.02m | 0.4 |
| 11 369 Herbert. Dwain | Trinidad & Tobago | 6.99m | 1.4 |
| --- 45 Graves. Charles | Barbados | FOUL | |
| --- 64 Morgan. Carl | Cavman Islands | FOUL | |

Evento 10 Mujeres 400 Metros Planos

8 Advance: Top 2 Each Heat plus Next 2 Best Times

ACAC MAYOR: 50.63 # 27/07/1989 ANA FIDELIA QUIROT, CUBA

| Nombre | Equipo | Semifinal | H# |
|---------------------------|--------------------------------|-----------|----|
| Preliminares | | | |
| 1 342 Alexander. Kineke | St. Vincent And The Grenadines | 52.33 Q | 3 |
| 2 142 Baird. Kadecia | Guvana | 52.73 Q | 1 |
| 3 254 Medina S.. Gabriela | Mexico | 52.92 Q | 2 |
| 4 173 Gordon. Chrissan C | Jamaica | 52.78 Q | 3 |

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| Nombre | Equipo | Semifinal | H# |
|------------------------------|----------------------|-----------|----|
| 5 333 Sanchez. Ravsa | Republica Dominicana | 53.32 Q | 2 |
| 6 199 Wilkins. Bobbv-Gave | Jamaica | 53.75 Q | 1 |
| 7 398 Rodriguez. Carol | Puerto Rico | 53.37 q | 3 |
| 8 365 Fermin. Shawna | Trinidad & Tobago | 53.47 q | 3 |
| 9 299 Claxton. Grace | Puerto Rico | 53.98 | 2 |
| 10 50 Sealv. Sade | Barbados | 54.09 | 2 |
| 11 17 Clarke. Lanece | Bahamas | 54.38 | 2 |
| 12 285 Soberanes A.. Claudia | Mexico | 54.43 | 3 |
| 13 6 Edwards. Samantha | Antigua & Barbuda | 54.44 | 3 |
| 14 375 Modeste. Ramona | Trinidad & Tobago | 54.52 | 1 |
| 15 26 Jones. Amara | Bahamas | 54.63 | 1 |
| 16 83 Scott N.. Sharolvn | Costa Rica | 54.73 | 1 |
| 17 145 Fonrose. Arielle | Haiti | 56.31 | 1 |

Evento 10 Mujeres 400 Metros PlanosACAC MAYOR: **50.63 # 27/07/1989 ANA FIDELIA QUIROT, CUBA**

| Nombre | Equipo | Finales |
|---------------------------|--------------------------------|---------|
| Finales | | |
| 1 142 Baird. Kadecia | Guvana | 51.32 |
| 2 173 Gordon. Chrissan C | Jamaica | 52.52 |
| 3 342 Alexander. Kineke | St. Vincent And The Grenadines | 52.81 |
| 4 254 Medina S.. Gabriela | Mexico | 52.90 |
| 5 199 Wilkins. Bobbv-Gave | Jamaica | 53.01 |
| 6 365 Fermin. Shawna | Trinidad & Tobago | 53.16 |
| 7 398 Rodriguez. Carol | Puerto Rico | 53.81 |
| 8 333 Sanchez. Ravsa | Republica Dominicana | 54.19 |

Evento 11 Hombres 400 Metros Planos**8 Advance: Top 3 Each Heat plus Next 2 Best Times**ACAC MAYOR: **44.84 # 28/07/1989 ROBERTO HERNANDEZ, CUBA**

| Nombre | Equipo | Semifinal | H# |
|--------------------------------|----------------------|-----------|----|
| Preliminares | | | |
| 1 380 Solomon. Jarrin | Trinidad & Tobago | 46.08 Q | 2 |
| 2 319 Cuesta. Gustavo | Republica Dominicana | 46.42 Q | 1 |
| 3 37 Williams. Latov | Bahamas | 46.50 Q | 1 |
| 4 32 Nevmour. Weslev | Bahamas | 46.66 Q | 2 |
| 5 179 Johnson. Omar | Jamaica | 46.55 Q | 1 |
| 6 330 Peguero. Arizmeendi | Republica Dominicana | 46.69 Q | 2 |
| 7 171 Gauntlett. Akheem | Jamaica | 46.79 q | 2 |
| 8 74 Brenes C.. Nerv | Costa Rica | 46.83 q | 2 |
| 9 143 George. Winston | Guvana | 46.94 | 1 |
| 10 252 Martinezz H.. Jose Fdo. | Mexico | 47.59 | 2 |
| 11 78 Lvnch A.. Jarlex | Costa Rica | 47.79 | 1 |
| 12 352 Roland. Lestrod | St.Kitts And Nevis | 48.17 | 2 |
| 13 229 Fraire R.. Jose DE J. | Mexico | 48.29 | 1 |
| 14 118 Avala H.. Rolando | EL Salvador | 48.67 | 2 |
| 15 307 Martinez. Felix | Puerto Rico | 50.59 | 1 |
| --- 376 Ouow. Rennv | Trinidad & Tobago | DNF | 1 |

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MORELIA, MICHOACAN****Resultados****Evento 11 Hombres 400 Metros Planos****ACAC MAYOR: 44.84 # 28/07/1989 ROBERTO HERNANDEZ, CUBA**

| Nombre | Equipo | Finales |
|---------------------------|----------------------|---------|
| Finales | | |
| 1 380 Solomon. Jarrin | Trinidad & Tobago | 45.54 |
| 2 179 Johnson. Omar | Jamaica | 45.67 |
| 3 319 Cuesta. Gustavo | Republica Dominicana | 46.20 |
| 4 74 Brenes C.. Nerv | Costa Rica | 46.22 |
| 5 330 Peguero. Arizmeendi | Republica Dominicana | 46.90 |
| 6 171 Gauntlett. Akheem | Jamaica | 51.16 |
| --- 32 Nvmour. Weslev | Bahamas | FS |
| --- 37 Williams. Latov | Bahamas | DNF |

Evento 12 Mujeres Salto de Altura**ACAC MAYOR: 1.94m # 10/07/2005 LAVERNE SPENCER, SAINT LUCIA**

| Nombre | Equipo | Finales |
|-------------------------------|-------------|---------|
| Finales | | |
| 1 340 Spencer. Levern | Saint Lucia | 1.95m # |
| 2 339 Scheper. Jeanelle | Saint Lucia | 1.92m |
| 3 157 Atkinson-Grier. Saniel | Jamaica | 1.84m |
| 4 265 Rifka G.. Maria Romarv | Mexico | 1.78m |
| 5 249 Maldonado C.. Gloria A. | Mexico | 1.75m |
| 6 2 Proctor. Shinelle | Anguilla | 1.70m |

Evento 13 Hombres Lanzamiento de Jabalina**ACAC MAYOR: 82.16m # 04/07/2009 GUILLERMO MARTINEZ, CUBA**

| Nombre | Equipo | Finales |
|-----------------------------|----------------|---------|
| Finales | | |
| 1 208 Armenta C.. Carlos A. | Mexico | 72.49m |
| 2 69 Pascal. Alexander | Cavman Islands | 71.85m |
| 3 247 Lagunes B.. Jose | Mexico | 69.64m |
| 4 124 Gibbs. Emron | Grenada | 68.12m |
| 5 189 Powell. Orrin | Jamaica | 67.10m |

Evento 14 Mujeres 1500 Metros Planos**ACAC MAYOR: 4:18.00 # 28/06/1997 ANA FIDELIA QUIROT, CUBA**

| Nombre | Equipo | Finales |
|----------------------------|----------------------|---------|
| Finales | | |
| 1 226 Flores M.. Brenda E. | Mexico | 4:27.55 |
| 2 104 Muñoz P.. Adriana | Cuba | 4:31.79 |
| 3 284 Silis V.. Aleiandra | Mexico | 4:32.06 |
| 4 325 Mancebo. Maria | Republica Dominicana | 4:39.36 |
| 5 324 Keen. Jocelvn | Republica Dominicana | 5:00.88 |
| 6 57 Williams. Tamika T | Bermuda | 5:04.14 |

Evento 15 Hombres 1500 Metros Planos**ACAC MAYOR: 3:41.27 # 27/07/1989 LINSTON MCKENZIE, JAMAICA**

| Nombre | Equipo | Finales |
|--------------------------------|--------|---------|
| Finales | | |
| 1 281 Sandoval P.. Christopher | Mexico | 3:52.94 |
| 2 238 Guerrero S.. Fabian | Mexico | 3:53.53 |

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MORELIA, MICHOACAN****Resultados****Finales ... (Evento 15 Hombres 1500 Metros Planos)**

| Nombre | Equipo | Finales |
|------------------------------|--------------------------------|---------|
| 3 318 Beras. Jose Alberto | Republica Dominicana | 4:02.61 |
| 4 343 Nicol-Samuel. Delohnni | St. Vincent And The Grenadines | 4:06.82 |
| 5 316 Abreu. Alvaro | Republica Dominicana | 4:17.14 |

Evento 16 Mujeres 10000 Metros Caminata EVENTO RUTA

ACAC MAYOR: 47:19.91 # 17/07/2011 MILANGELA F. ROSALES, VENEZUELA

| Nombre | Equipo | Finales |
|--------------------------------|-------------|----------|
| 1 235 Gonzalez R.. Ma. Guadalu | Mexico | 47:48.30 |
| 2 388 Rosales D.. Milangela F. | Venezuela | 49:27.10 |
| 3 245 Jauregui A.. Zavra | Mexico | 50:00.90 |
| 4 121 Lopez C.. Esmeralda | EL Salvador | 52:23.40 |

Evento 17 Hombres Decatlon

ACAC MAYOR: 8654 # 04/07/2009 LEONEL SUAREZ, CUBA

| Nombre | Equipo | Finales |
|-------------------------------|----------------------|---------|
| 1 278 Sagaon G.. Rodrigo | Mexico | 7011 |
| 2 269 Rivera M.. Jorge E. | Mexico | 6773 |
| 3 150 Louis. Josue | Haiti | 6619 |
| 4 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 6528 |

Evento 17 Decatlon: #1 Hombres 100 Metros Planos Decatlon

| Nombre | Equipo | Finales | Viento |
|-------------------------------|----------------------|---------|--------|
| 1 278 Sagaon G.. Rodrigo | Mexico | 11.23 | 2.1 |
| 2 150 Louis. Josue | Haiti | 11.24 | 2.1 |
| 3 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 11.44 | 2.1 |
| 4 269 Rivera M.. Jorge E. | Mexico | 11.60 | 2.1 |

Evento 17 Decatlon: #2 Hombres Salto de Longitud Decatlon

| Nombre | Equipo | Finales | Viento |
|-------------------------------|----------------------|---------|--------|
| 1 150 Louis. Josue | Haiti | 7.00m | -1.0 |
| 2 269 Rivera M.. Jorge E. | Mexico | 6.65m | 0.2 |
| 3 278 Sagaon G.. Rodrigo | Mexico | 6.41m | -1.9 |
| 4 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 6.36m | -1.1 |

Evento 17 Decatlon: #3 Hombres Lanzamiento de Bala Decatlon

| Nombre | Equipo | Finales |
|-------------------------------|----------------------|---------|
| 1 150 Louis. Josue | Haiti | 12.63m |
| 2 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 12.39m |
| 3 269 Rivera M.. Jorge E. | Mexico | 12.18m |
| 4 278 Sagaon G.. Rodrigo | Mexico | 11.77m |

Evento 17 Decatlon: #4 Hombres Salto de Altura Decatlon

| Nombre | Equipo | Finales |
|--------------------|--------|---------|
| 1 150 Louis. Josue | Haiti | 2.04m |

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Resultados****Finales ... (Evento 17 Decatlon: #4 Hombres Salto de Altura Decatlon)**

| | Nombre | Equipo | Finales |
|---|-----------------------------|----------------------|----------------|
| 2 | 269 Rivera M.. Jorge E. | Mexico | 2.01m |
| 3 | 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 1.89m |
| 4 | 278 Sagaon G.. Rodrigo | Mexico | 1.80m |

Evento 17 Decatlon: #5 Hombres 400 Metros Planos Decatlon

| | Nombre | Equipo | Finales |
|----------------|-----------------------------|----------------------|----------------|
| Finales | | | |
| 1 | 278 Sagaon G.. Rodrigo | Mexico | 48.94 |
| 2 | 269 Rivera M.. Jorge E. | Mexico | 50.69 |
| 3 | 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 50.87 |
| 4 | 150 Louis. Josue | Haiti | 52.61 |

Evento 17 Decatlon: #6 Hombres 110 Metros Vallas Decatlon

| | Nombre | Equipo | Finales | Viento |
|----------------|-----------------------------|----------------------|----------------|---------------|
| Finales | | | | |
| 1 | 150 Louis. Josue | Haiti | 14.48 | -0.3 |
| 2 | 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 15.49 | -0.3 |
| 3 | 278 Sagaon G.. Rodrigo | Mexico | 15.64 | -0.3 |
| 4 | 269 Rivera M.. Jorge E. | Mexico | 15.72 | -0.3 |

Evento 17 Decatlon: #7 Hombres Lanzamiento del Disco Decatlon

| | Nombre | Equipo | Finales |
|----------------|-----------------------------|----------------------|----------------|
| Finales | | | |
| 1 | 269 Rivera M.. Jorge E. | Mexico | 39.83m |
| 2 | 278 Sagaon G.. Rodrigo | Mexico | 39.17m |
| 3 | 150 Louis. Josue | Haiti | 38.28m |
| 4 | 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 29.74m |

Evento 17 Decatlon: #8 Hombres Salto con Garrocha Decatlon

| | Nombre | Equipo | Finales |
|----------------|-----------------------------|----------------------|----------------|
| Finales | | | |
| 1 | 278 Sagaon G.. Rodrigo | Mexico | 4.50m |
| 2 | 269 Rivera M.. Jorge E. | Mexico | 4.30m |
| 3 | 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 4.10m |
| 4 | 150 Louis. Josue | Haiti | 2.70m |

Evento 17 Decatlon: #9 Hombres Lanzamiento de Jabalina Decatlon

| | Nombre | Equipo | Finales |
|----------------|-----------------------------|----------------------|----------------|
| Finales | | | |
| 1 | 278 Sagaon G.. Rodrigo | Mexico | 56.48m |
| 2 | 150 Louis. Josue | Haiti | 53.43m |
| 3 | 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 48.12m |
| 4 | 269 Rivera M.. Jorge E. | Mexico | 45.89m |

Evento 17 Decatlon: #10 Hombres 1500 Metros Carrera Decatlon

| | Nombre | Equipo | Finales |
|----------------|-----------------------------|----------------------|----------------|
| Finales | | | |
| 1 | 278 Sagaon G.. Rodrigo | Mexico | 4:57.59 |
| 2 | 397 DE LA Cruz. Juan Carlos | Republica Dominicana | 5:05.09 |
| 3 | 269 Rivera M.. Jorge E. | Mexico | 5:22.03 |

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MORELIA, MICHOACAN****Resultados****Finales ... (Evento 17 Decatlon: #10 Hombres 1500 Metros Carrera Decatlon)**

| Nombre | Equipo | Finales |
|--------------------|--------|---------|
| 4 150 Louis. Josue | Haiti | 5:41.43 |

Evento 18 Hombres Lanzamiento de Martillo

ACAC MAYOR: 74.98m # 01/08/1993 ALBERTO SANCHEZ, CUBA

| Nombre | Equipo | Finales |
|----------------------------|-------------|---------|
| Finales | | |
| 1 81 Sawvers F.. Roberto | Costa Rica | 68.92m |
| 2 218 Del Real G.. Diego | Mexico | 65.35m |
| 3 130 Berrios S.. Diego A. | Guatemala | 61.88m |
| 4 233 Gatica S.. Jose A. | Mexico | 61.19m |
| 5 301 DE Jesus. Wilfredo | Puerto Rico | 59.22m |
| 6 303 Figueroa. Alexis | Puerto Rico | 57.80m |

Evento 19 Mujeres 10000 Metros Planos

ACAC MAYOR: 33:50.68 # 03/07/2009 YUDISLEIVIS CASTILLO, CUBA

| Nombre | Equipo | Finales |
|-------------------------------|-------------|-----------|
| Finales | | |
| 1 231 Garcia B.. Kathia | Mexico | 35:19.92 |
| 2 206 Alonso A.. Daniela | Mexico | 36:05.94 |
| 3 139 Hernandez X... Elida | Guatemala | 37:44.35 |
| 4 135 Cruz V.. Dina Judith | Guatemala | 37:56.75 |
| 5 119 Barrera DE A.. Xiomara | EL Salvador | 39:45.01 |
| --- 291 Vazquez B.. Martha I. | Mexico | X35:49.23 |
| --- 234 Gomez M.. Violeta R. | Mexico | X37:14.57 |

Evento 20 Mujeres Salto con Garrocha

ACAC MAYOR: 4.40m # 03/07/2009 YARISLEY SILVA, CUBA

| Nombre | Equipo | Finales |
|----------------------------|-------------|---------|
| Finales | | |
| 1 215 Correa S.. Carmelita | Mexico | 3.95m |
| 2 275 Ruiz D.. Tiziana | Mexico | 3.90m |
| 3 304 Gonzalez. Alexandra | Puerto Rico | 3.85m |
| 4 311 Planell. Diamara | Puerto Rico | 3.85m |
| 5 123 Velasco B.. Andrea | EL Salvador | 3.25m |

Evento 21 Hombres 5000 Metros Planos

ACAC MAYOR: 13:53.30 # 27/07/1985 FRANCISCO PACHECO, MEXICO

| Nombre | Equipo | Finales |
|-----------------------------|-------------------|----------|
| Finales | | |
| 1 209 Barrios N.. Juan Luis | Mexico | 14:08.19 |
| 2 238 Guerrero S.. Fabian | Mexico | 14:48.94 |
| 3 393 Arevalo R.. Alfredo | Guatemala | 15:22.23 |
| 4 138 Jeremias. Saloi | Guatemala | 15:22.24 |
| 5 377 Ramirez. Denzil | Trinidad & Tobago | 16:26.17 |
| 6 392 Mason. Elliot | Antigua & Barbuda | 16:53.84 |

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Resultados****Evento 22 Hombres 110 Metros Vallas****8 Advance: Top 3 Each Heat plus Next 2 Best Times****ACAC MAYOR: 13.43 # 03/07/2009 RYAN BRATHWAITE, BARBADOS**

| Nombre | Equipo | Semifinal | Viento | H# |
|--------------------------------|-------------------|-----------|--------|----|
| Preliminares | | | | |
| 1 363 Davis. Wavne | Trinidad & Tobago | 13.50 Q | 1.9 | 1 |
| 2 41 Brathwaite. Shane | Barbados | 13.60 Q | 1.1 | 2 |
| 3 181 Keddo. Eric | Jamaica | 13.62 Q | 1.1 | 2 |
| 4 148 Julmis. Jeffrev | Haiti | 13.67 Q | 1.9 | 1 |
| 5 105 O'farril O.. Yordan | Cuba | 13.64 Q | 1.1 | 2 |
| 6 305 Llanos. Enrique | Puerto Rico | 13.76 Q | 1.9 | 1 |
| 7 271 Rodriguez P.. Genaro | Mexico | 13.89 q | 1.9 | 1 |
| 8 300 Cotto. Hector | Puerto Rico | 14.03 q | 1.1 | 2 |
| 9 195 Smith. Aceem | Jamaica | 14.08 | 1.9 | 1 |
| 10 224 Flores G.. Jose Antonio | Mexico | 14.12 | 1.1 | 2 |
| 11 154 Benet. Ronald | Honduras | 14.32 | 1.1 | 2 |
| 12 131 Bonilla F.. Luis Carlos | Guatemala | 14.63 | 1.9 | 1 |

Evento 22 Hombres 110 Metros Vallas**ACAC MAYOR: 13.43 # 03/07/2009 RYAN BRATHWAITE, BARBADOS**

| Nombre | Equipo | Finales | Viento |
|----------------------------|-------------------|---------|--------|
| Finales | | | |
| 1 41 Brathwaite. Shane | Barbados | 13.70 | -3.4 |
| 2 363 Davis. Wavne | Trinidad & Tobago | 13.75 | -3.4 |
| 3 105 O'farril O.. Yordan | Cuba | 13.82 | -3.4 |
| 4 148 Julmis. Jeffrev | Haiti | 13.83 | -3.4 |
| 5 181 Keddo. Eric | Jamaica | 13.92 | -3.4 |
| 6 300 Cotto. Hector | Puerto Rico | 14.25 | -3.4 |
| 7 305 Llanos. Enrique | Puerto Rico | 14.26 | -3.4 |
| 8 271 Rodriguez P.. Genaro | Mexico | 14.39 | -3.4 |

Evento 23 Mujeres 100 Metros Vallas**ACAC MAYOR: 12.61 # 05/07/2008 ANAY TEJEDA, CUBA**

| Nombre | Equipo | Finales | Viento |
|------------------------------|----------------------|---------|--------|
| Finales | | | |
| 1 186 Morgan. Monique | Jamaica | 13.25 | -1.5 |
| 2 40 Beckles. Kierre | Barbados | 13.37 | -1.5 |
| 3 323 Idllete. Lavone | Republica Dominicana | 13.41 | -1.5 |
| 4 355 Barber. Aleesha | Trinidad & Tobago | 13.44 | -1.5 |
| 5 196 Spence. Indira | Jamaica | 13.49 | -1.5 |
| 6 211 Cardenas O.. Alejandra | Mexico | 13.97 | -1.5 |
| 7 287 Tamez R.. Georgina A. | Mexico | 13.97 | -1.5 |

Evento 24 Mujeres Salto Triple**ACAC MAYOR: 14.97m # 03/07/2009 YARGELIS SAVIGNE, CUBA**

| Nombre | Equipo | Finales | Viento |
|-----------------------------|-------------------|---------|--------|
| Finales | | | |
| 1 30 Mvers. Tamara | Bahamas | 13.18m | -0.6 |
| 2 354 Alexander. Avanna | Trinidad & Tobago | 13.17m | -1.6 |
| 3 242 Hernandez G.. Liliana | Mexico | 12.90m | -1.4 |
| 4 274 Rosado A.. Rita S. | Mexico | 12.40m | -0.8 |

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Resultados****Finales ... (Evento 24 Mujeres Salto Triple)**

| | Nombre | Equipo | Finales | Viento |
|---|---------------------------|-----------|---------|--------|
| 5 | 52 Brunson. Jamsmine | Bermuda | 12.26m | -2.7 |
| 6 | 134 Cruz P.. Estefanv | Guatemala | 11.91m | -0.8 |
| 7 | 132 Camargo C.. Ana Lucia | Guatemala | 11.89m | -0.5 |

Evento 25 Mujeres 800 Metros Planos**ACAC MAYOR: 1:59.01 # 27/06/1997 ANA FIDELIA QUIROT, CUBA**

| | Nombre | Equipo | Finales |
|----------------|----------------------------|----------------------|---------|
| Finales | | | |
| 1 | 175 Goude. Natova | Jamaica | 2:02.02 |
| 2 | 163 Campbell. Semova | Jamaica | 2:03.08 |
| 3 | 87 Almanza B.. Rose Marv | Cuba | 2:03.10 |
| 4 | 254 Medina S.. Gabriela | Mexico | 2:03.11 |
| 5 | 11 Adderly. Teshon | Bahamas | 2:06.65 |
| 6 | 120 Landaverde Gh.. Gladvs | EL Salvador | 2:10.46 |
| 7 | 214 Cibrian C.. Veronica | Mexico | 2:11.39 |
| 8 | 389 Lopez. Michelle | Puerto Rico | 2:12.00 |
| 9 | 324 Keen. Jocelvn | Republica Dominicana | 2:14.87 |
| 10 | 385 Williams. Dominique | Trinidad & Tobago | 2:17.45 |

Evento 26 Hombres 800 Metros Planos**ACAC MAYOR: 1:45.56 # 05/07/2009 YAIMER LOPEZ, CUBA**

| | Nombre | Equipo | Finales |
|----------------|-----------------------------|----------------------|---------|
| Finales | | | |
| 1 | 94 Gonzalez N.. Andv | Cuba | 1:49.54 |
| 2 | 166 Cunningham. Ricardo | Jamaica | 1:49.97 |
| 3 | 176 Hibbert. Jowayne | Jamaica | 1:50.10 |
| 4 | 220 Eichberger A.. James P. | Mexico | 1:50.13 |
| 5 | 318 Beras. Jose Alberto | Republica Dominicana | 1:50.25 |
| 6 | 53 Evans. Aaron | Bermuda | 1:50.88 |
| 7 | 210 Belman O.. Cesar D. | Mexico | 1:51.86 |
| 8 | 349 Jeffers. Masai | St.Kitts And Nevis | 1:55.09 |

Evento 27 Mujeres 3000 Metros Obstáculos**ACAC MAYOR: 9:54.01 # 10/07/2005 MARDREA HYMAN, JAMAICA**

| | Nombre | Equipo | Finales |
|----------------|-----------------------------|----------------------|----------|
| Finales | | | |
| 1 | 266 Rios A.. Azucena | Mexico | 10:56.55 |
| 2 | 325 Mancebo. Maria | Republica Dominicana | 11:09.21 |
| 3 | 241 Hernandez S.. Elisa | Mexico | 11:20.28 |
| 4 | 140 Marrocuin F.. Evonne H. | Guatemala | 12:18.06 |
| --- | 51 Berrv. Ashlev | Bermuda | DNF |

Evento 28 Mujeres Lanzamiento del Disco**ACAC MAYOR: 64.46m # 06/07/1981 MARIA BETANCOURT, CUBA**

| | Nombre | Equipo | Finales |
|----------------|------------------------|----------|---------|
| Finales | | | |
| 1 | 190 Randall. Allison | Jamaica | 55.26m |
| 2 | 228 Flores P.. Paulina | Mexico | 50.16m |
| 3 | 223 Estrada L.. Irais | Mexico | 49.84m |
| 4 | 111 Alfred. Melissa | Dominica | 42.73m |

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Resultados****Evento 29 Mujeres 4x100 Metros Relevo de Velocidad****ACAC MAYOR: 43.06 # 05/07/2003 Shandria Brown, BAHAMAS****Tanicka Clarke-Debbie Ferguson-Christine Amertill-**

| Equipo | Relevo | Finales |
|--|---------------------------|-------------------------------|
| Finales | | |
| 1 Jamaica | | 43.58 |
| 1) 197 Thompson, Elaine | 2) 187 Palmer, Nadine | 3) 158 Bailey, Aleen |
| 2 Trinidad & Tobago | | 43.67 |
| 1) 364 Durant, Kamaria | 2) 379 Selvon, Kai | 3) 384 Thomas, Revare |
| 3 Bahamas | | 44.08 |
| 1) 16 Carter, Tyla | 2) 12 Armbrister, Cache | 3) 19 Ferguson Mc., Debbie |
| 4 Republica Dominicana | | 44.12 |
| 1) 334 Sanchez H., Marielys | 2) 335 Chalas F., Fanny | 3) 327 Mejia B., Marlerv |
| 5 Mexico | | 45.72 |
| 1) 239 Hermosillo G., Mayra L.2) 230 Franz Ch., Isabel | 3) 227 Flores N., Melissa | 4) 225 Flores H., Iza Daniela |
| --- British Virgin Islands | | SCR |
| 1) 63 Wattlev, Britnev | 2) 59 King, Karene | 3) 58 Kelly, Ashley |
| | | 4) 60 Malone, Chantel |

Evento 30 Hombres 4x100 Metros Relevo de Velocidad**8 Advance: Top 3 Each Heat plus Next 2 Best Times****ACAC MAYOR: 38.47 # 10/07/2005 AARON ARMSTRONG, TRINIDAD Y TOBAGO****MARK BURNS-JACEY HARPER-DARREL BROWN**

| Equipo | Relevo | Semifinal | H# |
|----------------------|--------|-----------|----|
| Preliminares | | | |
| 1 Bahamas | | 38.92 Q | 2 |
| 2 Trinidad & Tobago | | 39.03 Q | 1 |
| 3 Jamaica | | 39.15 Q | 1 |
| 4 Puerto Rico | | 39.38 Q | 2 |
| 5 Barbados | | 39.18 Q | 1 |
| 6 St.Kitts And Nevis | | 39.68 Q | 2 |
| 7 Mexico | | 40.05 q | 1 |
| 8 Cayman Islands | | 40.27 q | 2 |

Evento 30 Hombres 4x100 Metros Relevo de Velocidad**ACAC MAYOR: 38.47 # 10/07/2005 AARON ARMSTRONG, TRINIDAD Y TOBAGO****MARK BURNS-JACEY HARPER-DARREL BROWN**

| Equipo | Relevo | Finales |
|--------------------------|-------------------------------|--------------------------|
| Finales | | |
| 1 Bahamas | | 38.77 |
| 1) 23 Griffin, Adrin | 2) 27 Kolle, Jamial | 3) 28 MACKKEY, Trevordv |
| 2 Jamaica | | 38.86 |
| 1) 159 Bailey, Oshane | 2) 168 Fisher, Andrew | 3) 162 Brown, Jermaine |
| 3 Trinidad & Tobago | | 39.26 |
| 1) 371 James, Jamol | 2) 383 Taffe, Avodele | 3) 378 Richards, Jereem |
| 4 Barbados | | 39.56 |
| 1) 42 Deshong, Nicholas | 2) 49 Kadogan, Levi | 3) 41 Brathwaite, Shane |
| 5 Puerto Rico | | 39.72 |
| 1) 305 Llanos, Enrique | 2) 306 Lopez, Miguel | 3) 314 Rodriguez, Carlos |
| 6 St.Kitts And Nevis | | 39.82 |
| 1) 347 Clarke, Allistar | 2) 351 Rogers, Jason | 3) 345 Adams, Antoine |
| 7 Mexico | | 40.49 |
| 1) 264 Ramirez R., Cesar | 2) 205 Alanis P., Juan Carlos | 3) 286 Tamez H., Julian |
| | | 4) 292 Viera C., Alexis |

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MORELIA, MICHOACAN****Resultados****Finales ... (Evento 30 Hombres 4x100 Metros Relevé de Velocidad)**

| Equipo | Relevo | Finales |
|--------------------------|--------------------|---------------------|
| 8 Cayman Islands | | 40.63 |
| 1) 65 Adolphus, Rhymeich | 2) 67 Hamil, David | 3) 64 Morgan, Carl |
| | | 4) 66 Cuffy, Tyrell |

Evento 31 Hombres 20 Mile Caminata EVENTO RUTA

ACAC MAYOR: 1:20.49 # 25/06/1999 NOE HERNANDEZ, MEXICO

| Nombre | Equipo | Finales |
|-----------------------------|-------------|---------|
| Finales | | |
| 1 250 Martinez B.. Jorge A. | Mexico | 1:27.17 |
| 2 279 Salazar E.. Julio C. | Mexico | 1:29.51 |
| 3 84 Segura M.. Allan | Costa Rica | 1:39.14 |
| 4 122 Mirfa V.. Salvador | EL Salvador | 1:42.44 |

Evento 35 Mujeres Salto de Longitud

ACAC MAYOR: 6.81m # 05/07/2003 EVA GOULBOURNE, JAMAICA

| Nombre | Equipo | Finales | Viento |
|------------------------------|------------------------|---------|--------|
| Finales | | | |
| 1 194 Simpson. Francine | Jamaica | 6.49m | -0.2 |
| 2 55 King. Arantxa | Bermuda | 6.45m | -0.3 |
| 3 35 Staort. Bianca | Bahamas | 6.42m | -0.5 |
| 4 60 Malone. Chantel | British Virgin Islands | 6.35m | -0.2 |
| 5 201 Willis. Todea-Kav | Jamaica | 6.32m | -0.4 |
| 6 288 Treviño H.. Iyonna A. | Mexico | 6.04m | -0.4 |
| 7 30 Mvers. Tamara | Bahamas | 5.79m | -0.1 |
| 8 276 Ruiz T.. Chrystal | Mexico | 5.77m | 0.1 |
| 9 354 Alexander. Avanna | Trinidad & Tobago | 5.70m | 0.1 |
| 10 331 Piesimonn. Ismeralvs | Republica Dominicana | 5.63m | +0.0 |
| 11 132 Camargo C.. Ana Lucia | Guatemala | 5.39m | -0.2 |
| 12 134 Cruz P.. Estefanv | Guatemala | 5.34m | 0.1 |

Evento 36 Mujeres 200 Metros Planos

8 Advance: Top 2 Each Heat plus Next 2 Best Times

ACAC MAYOR: 22.36 # 28/07/1989 GRACE JACKSON, JAMAICA

| Nombre | Equipo | Semifinal | Viento | H# |
|-------------------------------|--------------------------------|-----------|--------|----|
| Preliminares | | | | |
| 1 342 Alexander. Kineke | St. Vincent And The Grenadines | 23.09 Q | 0.2 | 3 |
| 2 158 Bailev. Aleen | Jamaica | 23.55 Q | -0.2 | 1 |
| 3 334 Sanchez H.. Marielvs | Republica Dominicana | 23.60 Q | -0.1 | 2 |
| 4 59 King. Karene | British Virgin Islands | 23.64 Q | 0.2 | 3 |
| 5 353 Ahve. Michelle-Lee | Trinidad & Tobago | 23.77 Q | -0.1 | 2 |
| 6 398 Rodriguez. Carol | Puerto Rico | 23.77 Q | -0.2 | 1 |
| 7 34 Smith. Nevia | Bahamas | 23.77 q | 0.2 | 3 |
| 8 193 Segree. Audra | Jamaica | 23.79 q | 0.2 | 3 |
| 9 142 Baird. Kadecia | Guvana | 23.79 | 0.2 | 3 |
| 10 346 Browne. Omhunique | St.Kitts And Nevis | 23.86 | -0.1 | 2 |
| 11 296 Cancel. Genoiska | Puerto Rico | 24.02 | -0.1 | 2 |
| 12 39 Bailev. Jade | Barbados | 24.21 | 0.2 | 3 |
| 13 225 Flores H.. Iza Daniela | Mexico | 24.25 | -0.1 | 2 |
| 14 58 Kellv. Ashlev | British Virgin Islands | 24.30 | -0.2 | 1 |
| 15 47 Jackson. Ariel | Barbados | 24.41 | -0.1 | 2 |

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MORELIA, MICHOACAN****Resultados****Preliminares ... (Evento 36 Mujeres 200 Metros Planos)**

| Nombre | Equipo | Semifinal | Viento | H# |
|------------------------------|------------|-----------|--------|----|
| 16 285 Soberanes A.. Claudia | Mexico | 24.54 | -0.2 | 1 |
| 17 82 Scott N.. Shantelv | Costa Rica | 25.20 | -0.2 | 1 |
| 18 75 Davis J.. Glenda | Costa Rica | 25.59 | -0.1 | 2 |
| 19 12 Armbrister. Cache | Bahamas | 49.43 | -0.1 | 2 |

Evento 36 Mujeres 200 Metros Planos**ACAC MAYOR: 22.36 # 28/07/1989 GRACE JACKSON, JAMAICA**

| Nombre | Equipo | Finales | Viento |
|----------------------------|--------------------------------|---------|--------|
| Finales | | | |
| 1 342 Alexander. Kineke | St. Vincent And The Grenadines | 23.00 | -0.6 |
| 2 158 Bailey. Aleen | Jamaica | 23.08 | -0.6 |
| 3 334 Sanchez H.. Marielvs | Republica Dominicana | 23.15 | -0.6 |
| 4 193 Segree. Audra | Jamaica | 23.39 | -0.6 |
| 5 59 King. Karene | British Virgin Islands | 23.56 | -0.6 |
| 6 398 Rodriguez. Carol | Puerto Rico | 23.69 | -0.6 |
| --- 353 Ahve. Michelle-Lee | Trinidad & Tobago | FS | -0.6 |

Evento 37 Hombres 200 Metros Planos**8 Advance: Top 1 Each Heat plus Next 3 Best Times****ACAC MAYOR: 20.03 # 11/07/2005 USAIN BOLT, JAMAICA**

| Nombre | Equipo | Semifinal | Viento | H# |
|----------------------------|--------------------------------|-----------|--------|----|
| Preliminares | | | | |
| 1 366 Gordon. Lalonde | Trinidad & Tobago | 20.57 Q | 0.3 | 2 |
| 2 345 Adams. Antoine | St.Kitts And Nevis | 20.68 Q | -0.9 | 3 |
| 3 184 Livermore. Jason | Jamaica | 20.73 Q | -0.1 | 1 |
| 4 143 George. Winston | Guvana | 20.78 Q | -0.3 | 4 |
| 5 367 Greaux. Kvlé | Trinidad & Tobago | 21.11 Q | -1.2 | 5 |
| 6 162 Brown. Jermaine | Jamaica | 20.82 q | -0.3 | 4 |
| 7 144 Haarris. Adam | Guvana | 20.87 q | -0.1 | 1 |
| 8 336 Santos. Luzuelin | Republica Dominicana | 20.88 q | -0.9 | 3 |
| 9 125 Redhead. Joel | Grenada | 20.99 | 0.3 | 2 |
| 10 28 MACKEY. Trevordvano | Bahamas | 21.01 | -0.9 | 3 |
| 11 306 Lopez. Miguel | Puerto Rico | 21.02 | -0.9 | 3 |
| 12 314 Rodriguez. Carlos | Puerto Rico | 21.14 | -0.1 | 1 |
| 13 243 Herrera V.. Jose C. | Mexico | 21.20 | -1.2 | 5 |
| 14 156 Rolando P.. Cruz | Honduras | 21.22 | -0.1 | 1 |
| 15 317 Anduiar. Yohandri | Republica Dominicana | 21.25 | 0.3 | 2 |
| 16 54 Houston. Harold | Bermuda | 21.37 | -0.9 | 3 |
| 17 338 Lionel. Corneil | Saint Lucia | 21.38 | -0.3 | 4 |
| 18 264 Ramirez R.. Cesar | Mexico | 21.40 | 0.3 | 2 |
| 19 149 Lorrius. Steven | Haiti | 21.45 | 0.3 | 2 |
| 20 80 Robinson. Garv | Costa Rica | 21.50 | -1.2 | 5 |
| 21 293 Morris. Julius | Montserrat | 21.66 | -1.2 | 5 |
| 22 344 Williams. Courtney | St. Vincent And The Grenadines | 21.81 | -0.9 | 3 |
| 23 9 Walsh. Chavaughn | Antigua & Barbuda | 22.08 | -1.2 | 5 |
| 24 67 Hamil. David | Cavman Islands | 22.11 | -0.3 | 4 |
| 25 77 Linch A.. Jordan | Costa Rica | 22.42 | -0.3 | 4 |
| 26 42 Deshong. Nicholas | Barbados | 23.53 | 0.3 | 2 |
| --- 43 Ellis. Burkheart | Barbados | DNF | -0.1 | 1 |

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MORELIA, MICHOACAN****Resultados****Preliminares ... (Evento 37 Hombres 200 Metros Planos)**

| Nombre | Equipo | Semifinal | Viento | H# |
|------------------------|--------|-----------|--------|----|
| --- 147 Juin. Jonathan | Haiti | DNF | -0.3 | 4 |

Evento 37 Hombres 200 Metros Planos**ACAC MAYOR: 20.03 # 11/07/2005 USAIN BOLT, JAMAICA**

| Nombre | Equipo | Finales | Viento |
|------------------------|----------------------|---------|--------|
| Finales | | | |
| 1 345 Adams. Antoine | St.Kitts And Nevis | 20.13 | 0.5 |
| 2 366 Gordon. Lalonde | Trinidad & Tobago | 20.28 | 0.5 |
| 3 184 Livermore. Jason | Jamaica | 20.29 | 0.5 |
| 4 336 Santos. Luguelyn | Republica Dominicana | 20.55 | 0.5 |
| 5 367 Greaux. Kvlé | Trinidad & Tobago | 20.58 | 0.5 |
| 6 144 Haarris. Adam | Guvana | 20.60 | 0.5 |
| 7 143 George. Winston | Guvana | 20.67 | 0.5 |
| 8 162 Brown. Jermaine | Jamaica | 20.92 | 0.5 |

Evento 38 Mujeres 400 Metros Vallas**ACAC MAYOR: 55.12 # 05/07/2003 ALLISON BECKFORT, JAMAICA**

| Nombre | Equipo | Finales |
|------------------------------|------------|---------|
| Finales | | |
| 1 167 Dowie. Danielle | Jamaica | 56.39 |
| 2 83 Scott N.. Sharolvn | Costa Rica | 57.74 |
| 3 270 Rodriguez N.. Zudikev | Mexico | 58.12 |
| 4 246 Juarez M.. Ma. Fabiola | Mexico | 1:00.76 |

Evento 39 Hombres Salto de Altura REVISION RES**ACAC MAYOR: 2.44m # 29/07/1989 JAVIER SOTOMAYOR, CUBA**

| Nombre | Equipo | Finales |
|-----------------------------|--------------------------|---------|
| Finales | | |
| 1 170 Garwood. Darrell | Jamaica | 2.22m |
| 2 38 Wilson. Jamal | Bahamas | 2.22m |
| 3 204 Abascal B.. Arturo J. | Mexico | 2.10m |
| 4 387 Missick. Domanique | Turks And Caicos Islands | 2.10m |
| 4 117 Williams. Brendan | Dominica | 2.10m |
| 6 222 Esquer A.. Enrique A. | Mexico | 2.00m |
| 7 61 Stoute. Keron | British Virgein Islands | 1.95m |
| --- 36 Thomas. Donald | Bahamas | FAIL |
| --- 13 Ingraham. Rvan | Bahamas | X2.25m |

Evento 40 Hombres 400 Metros Vallas**8 Advance: Top 3 Each Heat plus Next 2 Best Times****ACAC MAYOR: 48.51 # 05/07/2009 JAVIER CULSON, PUERTO RICO**

| Nombre | Equipo | Semifinal | H# |
|---------------------------|-------------------|-----------|----|
| Preliminares | | | |
| 1 110 Valle M.. Amaurv R. | Cuba | 50.43 Q | 2 |
| 2 395 Gibson. Jefferv | Bahamas | 50.57 Q | 1 |
| 3 373 Mavers. Emmanuel | Trinidad & Tobago | 50.49 Q | 2 |
| 4 295 Aleiandro. Eric | Puerto Rico | 50.65 Q | 1 |
| 5 308 Mason. Jamele | Puerto Rico | 50.53 Q | 2 |
| 6 164 Cato. Rosrov | Jamaica | 50.67 Q | 1 |
| 7 188 Phillips. Isa | Jamaica | 50.64 q | 2 |

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Resultados****Preliminares ... (Evento 40 Hombres 400 Metros Vallas)**

| | Nombre | Equipo | Semifinal | H# |
|----|-----------------------------|----------------------|-----------|----|
| 8 | 320 Cuevas. Winder | Republica Dominicana | 50.70 q | 2 |
| 9 | 394 Murrav. Leslie | Usvirgin Island | 51.10 | 1 |
| 10 | 100 Beauvois. Aliue | Haiti | 52.50 | 1 |
| 11 | 76 Drummond H.. Gerard | Costa Rica | 52.53 | 2 |
| 12 | 213 Ceballos L.. Jose Luis | Mexico | 52.55 | 2 |
| 13 | 267 Rios A.. Sergio | Mexico | 53.72 | 1 |
| 14 | 48 Joseph. Kion | Barbados | 54.34 | 1 |
| 15 | 131 Bonilla F.. Luis Carlos | Guatemala | 57.16 | 1 |

Evento 40 Hombres 400 Metros Vallas

ACAC MAYOR: 48.51 # 05/07/2009 JAVIER CULSON, PUERTO RICO

| | Nombre | Equipo | Finales |
|----------------|-------------------------|----------------------|---------|
| Finales | | | |
| 1 | 373 Mavers. Emmanuel | Trinidad & Tobago | 49.72 |
| 2 | 395 Gibson. Jefferv | Bahamas | 49.94 |
| 3 | 110 Valle M.. Amaurv R. | Cuba | 50.02 |
| 4 | 164 Cato. Rosrov | Jamaica | 50.05 |
| 5 | 295 Aleiandro. Eric | Puerto Rico | 50.62 |
| 6 | 308 Mason. Jamele | Puerto Rico | 50.65 |
| 7 | 188 Phillips. Isa | Jamaica | 51.24 |
| 8 | 320 Cuevas. Winder | Republica Dominicana | 51.38 |

Evento 41 Mujeres 5000 Metros Planos

ACAC MAYOR: 16:03.68 # 05/07/2009 YUDISLEIVIS CASTILLO, CUBA

| | Nombre | Equipo | Finales |
|----------------|----------------------------|-------------|----------|
| Finales | | | |
| 1 | 273 Romero R.. Marisol G. | Mexico | 16:04.93 |
| 2 | 226 Flores M.. Brenda E. | Mexico | 17:11.89 |
| 3 | 139 Hernandez X... Elida | Guatemala | 18:17.55 |
| 4 | 119 Barrera DE A.. Xiomara | EL Salvador | 18:47.82 |

Evento 42 Mujeres Lanzamiento de Jabalina

ACAC MAYOR: 61.61m # 27/06/1999 LAVERNE EVE, BAHAMAS

| | Nombre | Equipo | Finales |
|----------------|---------------------------|-------------|---------|
| Finales | | | |
| 1 | 310 Ortiz. Coralís | Puerto Rico | 57.48m |
| 2 | 255 Menendez B.. Betzabet | Mexico | 48.90m |
| 3 | 251 Martinez G.. Diana S. | Mexico | 47.40m |

Evento 43 Hombres Salto Triple

ACAC MAYOR: 17.33m # 05/07/2009 ALEXIS COPELLO, CUBA

| | Nombre | Equipo | Finales | Viento |
|----------------|---------------------------|-------------------|---------|--------|
| Finales | | | | |
| 1 | 112 Durañona. Yordanvs | Dominica | 16.45m | -1.2 |
| 2 | 207 Alvarez M.. Alberto | Mexico | 16.39m | 0.6 |
| 3 | 370 Hercules. Christopher | Trinidad & Tobago | 16.00m | -0.5 |
| 4 | 357 Blaise. Kiron | Trinidad & Tobago | 15.82m | -3.1 |
| 5 | 277 Cadenas. Jair | Mexico | 15.75m | -2.1 |
| 6 | 198 Walker. Wilbert | Jamaica | 15.73m | -1.0 |
| 7 | 33 Parker. Cameron | Bahamas | 15.67m | 1.2 |

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Resultados****Finales ... (Evento 43 Hombres Salto Triple)**

| | Nombre | Equipo | Finales | Viento |
|---|----------------------|----------|---------|--------|
| 8 | 155 Castro B.. Jason | Honduras | 15.16m | 0.9 |
| 9 | 45 Graves. Charles | Barbados | 15.09m | 0.2 |

Evento 46 Hombres 3000 Metros Obstáculos

ACAC MAYOR: 8:30.08 # 04/07/2009 JOSE SANCHEZ, CUBA

| | Nombre | Equipo | Finales |
|----------------|---------------------------|----------------------|---------|
| Finales | | | |
| 1 | 262 Quintana M.. Javier | Mexico | 9:17.56 |
| 2 | 244 Ibarra C.. Luis E. | Mexico | 9:27.92 |
| 3 | 316 Abreu. Alvaro | Republica Dominicana | 9:42.51 |
| 4 | 133 Chan M.. Miguel Angel | Guatemala | 9:54.85 |

Evento 47 Hombres Lanzamiento de Bala

ACAC MAYOR: 20.21m # 10/07/2007 DORIAN SCOTT, JAMAICA

| | Nombre | Equipo | Finales |
|----------------|-----------------------------|-------------------|----------|
| Finales | | | |
| 1 | 191 Richards. Odavne | Jamaica | 20.97m # |
| 2 | 282 Santana S.. Josue R. | Mexico | 17.74m |
| 3 | 216 Cota C.. Mario | Mexico | 17.67m |
| 4 | 382 Stewart. Akeem | Trinidad & Tobago | 17.12m |
| 5 | 137 Folgar B.. Luis Pedro | Guatemala | 15.32m |
| 6 | 136 Estrada S.. Miguel Jose | Guatemala | 14.26m |

Evento 48 Mujeres Relevo de Distancia REVISION RES

ACAC MAYOR: 3:27.36 # 01/08/1993 REVOILLE CAMPBELL, JAMAICA

WINSOME COLE-BERENLEY GRANT-INEZ TURNER

| | Equipo | Relevo | Finales |
|----------------|----------------------------|------------------------------|------------------------------|
| Finales | | | |
| 1 | Trinidad & Tobago | | 3:30.64 |
| | 1) 365 Fermin, Shawna | 2) 374 McKnight, Sparkle | 3) 375 Modeste, Ramona |
| | | | 4) 359 Brooks, Alena |
| 2 | Mexico | | 3:34.52 |
| | 1) 221 Espinosa S., Mariel | 2) 270 Rodriguez N., Zudikey | 3) 285 Soberanes A., Claudia |
| | | | 4) 254 Medina S., Gabriela |
| 3 | Bahamas | | 3:36.41 |
| | 1) 25 Henfield, Shakeithra | 2) 17 Clarke, Lanece | 3) 15 Byfield, Miriam |
| | | | 4) 26 Jones, Amara |
| 4 | Puerto Rico | | 3:38.13 |
| | 1) 299 Claxton, Grace | 2) 398 Rodriguez, Carol | 3) 296 Cancel, Genoiska |
| | | | 4) 389 Lopez, Michelle |
| --- | Jamaica | | DO |
| | 1) 199 Wilkins, Bobby-Gaye | 2) 173 Gordon, Chrissan C | 3) 175 Goude, Natoya |
| | | | 4) 192 Robinson, Kayon |

Evento 49 Hombres Relevo de Distancia

ACAC MAYOR: 3:00.83 # 22/07/2001 ORVILLE TAYLOR, JAMAICA

BRANDON SIMPSON-MARIO WATTS-DANNY MCFARLANE

| | Equipo | Relevo | Finales |
|----------------|----------------------------|-------------------------|-------------------------|
| Finales | | | |
| 1 | Trinidad & Tobago | | 3:02.19 |
| | 1) 376 Quow, Renny | 2) 373 Mayers, Emmanuel | 3) 361 Cedenio, MACHEL |
| | | | 4) 380 Solomon, Jarrin |
| 2 | Bahamas | | 3:02.66 |
| | 1) 37 Williams, Latoy | 2) 20 Ferguson, O'jay | 3) 395 Gibson, Jeffery |
| | | | 4) 32 Neymour, Wesley |
| 3 | Republica Dominicana | | 3:02.82 |
| | 1) 330 Peguero, Arizmeendi | 2) 319 Cuesta, Gustavo | 3) 332 Sanchez, Felix |
| | | | 4) 336 Santos, Luguelin |

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Resultados****Finales ... (Evento 49 Hombres Relevo de Distancia)**

| Equipo | Relevo | Finales |
|-----------------------------|------------------------------|--------------------------------|
| 4 Cuba | | 3:03.17 |
| 1) 107 Ruiz C., Noel | 2) 106 Rodriguez W., Orestes | 3) 98 Lescay P., Yoandrys |
| | | 4) 85 Acea M., Raydel |
| 5 Jamaica | | 3:03.69 |
| 1) 169 Fothergill, Allodin | 2) 177 Hyatt, Dane | 3) 160 Barret, Dwayne |
| | | 4) 179 Johnson, Omar |
| 6 Costa Rica | | 3:08.77 |
| 1) 78 Lynch A., Jarlex | 2) 80 Robinson, Gary | 3) 76 Drummond H., Gerard |
| | | 4) 74 Brenes C., Nery |
| 7 Mexico | | 3:10.38 |
| 1) 232 Garcia C., Orlando | 2) 229 Fraire R., Jose DE J. | 3) 263 Ramirez C., Oscar O. |
| | | 4) 252 Martinezz H., Jose Fdo. |
| 8 Puerto Rico | | 3:12.15 |
| 1) 297 Carrasquillo, Hector | 2) 295 Alejandro, Eric | 3) 307 Martinez, Felix |
| | | 4) 314 Rodriguez, Carlos |

XXIV CAMPEONATO CENTROAMERICANO Y DEL CARIBE. - 05/07/2013 to 07/07/2013**ATLETISMO MAYOR
MORELIA, MICHOACAN****Cuadro de Medallas****Combined: Hombres + Mujeres**

| Equino | Oro | Plata | Bronce | Total |
|--------------------------------|------------|--------------|---------------|--------------|
| Mexico | 17 | 19 | 11 | 47 |
| Jamaica | 11 | 6 | 4 | 21 |
| Trinidad & Tobago | 5 | 4 | 4 | 13 |
| Bahamas | 2 | 3 | 3 | 8 |
| Barbados | 1 | 2 | 1 | 4 |
| Cuba | 1 | 1 | 3 | 5 |
| Costa Rica | 1 | 1 | 1 | 3 |
| Saint Lucia | 1 | 1 | 0 | 2 |
| Puerto Rico | 1 | 0 | 1 | 2 |
| St. Vincent And The Grenadines | 1 | 0 | 1 | 2 |
| St.Kitts And Nevis | 1 | 0 | 0 | 1 |
| Dominica | 1 | 0 | 0 | 1 |
| Guyana | 1 | 0 | 0 | 1 |
| Republica Dominicana | 0 | 3 | 8 | 11 |
| Bermuda | 0 | 2 | 0 | 2 |
| Cayman Islands | 0 | 1 | 0 | 1 |
| Venezuela | 0 | 1 | 0 | 1 |
| Guatemala | 0 | 0 | 5 | 5 |
| Haiti | 0 | 0 | 1 | 1 |

XXIV Centroamericano y del Caribe

Programa de Competencias



Morelia, Michoacán, México, 3013



| Viernes 5 de Julio | | | | Sábado 6 de julio | | | | Domingo 7 de junio | | | |
|--|-------------|-----|-----------|-------------------|-------------|-----|-----------|--------------------|-------------|-----|-----------|
| 11:00 | Martillo | Muj | FINAL | 09:00 | 100m | Hom | Deca 1 | 09:00 | 110m Vallas | Hom | Deca6 |
| 11:05 | 100m Vallas | Muj | Hepta 1 | 09:05 | Longitud | Muj | Hepta 5 | 09:10 | Longitud | Muj | FINAL |
| 11:15 | Bala | Muj | FINAL | 09:10 | Martillo | Hom | FINAL | 09:20 | 200m | Muj | Semifinal |
| 11:25 | 100 Mts. | Muj | Semifinal | 09:15 | 10,000m | Muj | FINAL | 09:35 | Disco | Hom | Deca 7 |
| 11:30 | Garrocha | Hom | FINAL | 09:20 | Garrocha | Muj | FINAL | 09:40 | 200m | Hom | Semifinal |
| 11:45 | 100 Mts. | Hom | Semifinal | 09:55 | 400m | Muj | FINAL | 10:00 | 400m Vallas | Muj | FINAL |
| 11:50 | Altura | Muj | Hepta 2 | 10:05 | Longitud | Hom | Deca 2 | 10:10 | Altura | Hom | FINAL |
| 12:10 | 110m Vallas | Hom | Semifinal | 10:10 | 400m | Hom | FINAL | 10:15 | 400m Vallas | Hom | FINAL |
| 12:20 | Disco | Hom | FINAL | 10:25 | 5,000m | Hom | FINAL | 10:25 | Garrocha | Hom | Deca 8 |
| 12:25 | Longitud | Hom | FINAL | 10:30 | Jabalina | Muj | Hepta 6 | 10:30 | 5,000m | Muj | FINAL |
| 12:30 | 10,000m | Hom | FINAL | 10:55 | 110m Vallas | Hom | FINAL | 10:35 | Jabalina | Muj | FINAL |
| 13:10 | 400m | Muj | Semifinal | 11:05 | Bala | Hom | Deca 3 | 10:55 | 200m | Muj | FINAL |
| 13:30 | 400 Mts. | Hom | Semifinal | 11:10 | 100m Vallas | Muj | FINAL | 11:10 | 200m | Hom | FINAL |
| 13:40 | Altura | Muj | FINAL | 11:15 | Triple | Muj | FINAL | 11:20 | Triple | Hom | FINAL |
| 13:45 | Bala | Muj | Hepta 3 | 11:25 | 3,000m c/o | Muj | FINAL | 11:25 | 800m | Muj | FINAL |
| 13:50 | 100m | Hom | FINAL | 11:50 | 400m c/v | Muj | Semifinal | 11:40 | 800m | Hom | FINAL |
| 13:55 | Jabalina | Hom | FINAL | 12:00 | Altura | Hom | Deca 4 | 12:00 | 3,000m c/o | Hom | FINAL |
| 14:05 | 100m | Muj | FINAL | 12:10 | 400m c/v | Hom | Semifinal | 12:10 | Jabalina | Hom | Deca 9 |
| 14:20 | 1,500m | Muj | FINAL | 12:20 | Disco | Muj | FINAL | 12:20 | Bala | Hom | FINAL |
| 14:35 | 1,500m | Hom | FINAL | 12:25 | 800m | Muj | Hepta 7 | 12:25 | R 4x400m | Muj | FINAL |
| 14:50 | 200m | Muj | Hepta 4 | 12:40 | R 4x100m | Muj | FINAL | 12:45 | R 4x400m | Hom | FINAL |
| 15:05 | 4x100 | Hom | Semifinal | 13:00 | R 4x100m | Hom | FINAL | 13:05 | 1,500m | Hom | Deca 10 |
| | | | | 13:20 | 400m | Hom | Deca 5 | | | | |
| ULTIMA VERSION DESPUES DE CONGRESILLO TECNICO: 4 DE JULIO | | | | 17:30 | 10K Marcha | Muj | FINAL | | | | |
| | | | | 17:40 | 20k Marcha | Hom | FINAL | | | | |

XXIV CENTRAL AMERICAN AND CARIBBEAN ATHLETICS SENIOR CHAMPIONSHIPS



CENTRAL AMERICAN & CARIBBEAN
ATHLETIC CONFEDERATION
CONFEDERACION CENTROAMERICANA Y DEL
CARIBE DE ATLETISMO

TECHNICAL MANUAL

July 5 – 7, 2013
Morelia, Michoacán, México.

Updated April 3, 2013



INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS IAAF
Lamine Diack- President

NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETICS ASSOCIATION NACAC
Alain Jean Pierre - Haiti
Acting President

CENTRAL AMERICAN AND CARIBBEAN ATHLETICS CONFEDERATION (CACAC) EXECUTIVE COUNCIL

- Alain Jean-Pierre (HAI) - President
- Ephrem Serrete (T&T) - Vice President
- Jesús Molina (CUB) - Vice President
- Alpheus Finlayson (BAH) - Vice President
- Evelyn Claudio López (PUR) - Secretary – Treasurer
- Esther Maynard (BAR) – Member at-large
- Ray O’Neal (IVB) – Member at-large
- Roberto Verdesia (CRC) – Member at-large

COUNTRIES (34)

| | | | |
|------------------------|--------------------|-------------|--------------------------------|
| Anguilla | Colombia | Haiti | Saint Kitts & Nevis |
| Antigua & Barbuda | Costa Rica | Honduras | Saint Vincent & The GrenadinES |
| Aruba | Cuba | Jamaica | Suriname |
| Bahamas | Dominica | Mexico | Trinidad & Tobago |
| Barbados | Dominican Republic | Montserrat | Turks & Caicos Islands |
| Belize | El Salvador | Nicaragua | U.S. Virgin Islands |
| Bermuda | Grenada | Panama | Venezuela |
| British Virgin Islands | Guatemala | Puerto Rico | |
| Cayman Islands | Guyana | Saint Lucia | |



COUNTRIES INVITED

| | | | |
|-----------|-----------------|-------------|--------------|
| Curaçao * | French Guyana * | Guadalupe * | Martinique * |
|-----------|-----------------|-------------|--------------|

* Observer members invited to participate

MEXICAN FEDERATION OF ATHLETICS ASSOCIATIONS (FMAA)

Antonio Lozano Pineda - President
Sergio A. Barajas Acosta - Vice President
Chrystian A Martínez Pedraza - Secretary
José Alpízar Loredo - Treasurer
Francisco J Blanco Alonso - Member at-large
Ana Laura Gray – Member at-large
Jorge E. Tienda Martínez – Member at-large

INTERNATIONAL OFFICIALS

ORGANIZATION DELEGATE

Donna Watson (BER)

TECHNICAL DELEGATE

César Moreno Bravo (MEX)

INTERNATIONAL STARTER

Gerardo A. Medina (MEX)

INTERNATIONAL TECHNICAL OFFICIALS

Esther Maynard (BAR)

Rubén Quintanilla (ESA)

INTERNATIONAL RACE WALKING JUDGES

Cándido Vélez (PUR) Chief Judge

María de los Angeles Alfaro (MEX)

Sandra Guadalupe Colín (MEX)

Raymond Frankhuser (USA)

Belkis Mañón (DOM)

César E Rosales (HON)

Ricardo Servín (MEX)



International Statistician

Carlos Clemente (ESA)

JURY OF APPEAL

To be appointed on Site

COMPETITION DIRECTOR

Mercedes Román y Casillas (MEX)

ORGANIZING COMMITTEE

Honorary President: PROFESOR WILFRIDO LÁZARO MEDINA– President of the Municipality of Morelia

Executive President: ING. JORGE ARTURO MONTES SILVA- Sports Infrastructure Manager

Vice-president: SERGIO BARAJAS- President of Michoacán Athletic Association

General Director: ANTONIO LOZANO PINEDA – President (FMAA)

Operating Officer: PROFR. MIGUEL ANGEL GARCÍA MEZA- Morelia Institute

Technical Operations Manager: LIC. NANCY EVELYN GAONA RAMIREZ

Logistics Manager: L.E.A. JORGE ENRIQUE REYES GAMEZ

Transport: MTRA. KARLA VALVERDE ANDRADE
LIC. DELIA GARCIA ZAMUDIO

Press Officer: LIC. ROSAMARIA GONZALEZ MANCERA
LIC. ARTURO GONZALEZ ESCAMILLA

Hosting Manager: ING. KARLA OLIMPIA AYALA CISNEROS
MTRA. SOCORRO MORELIA GARCÍA GONZALEZ
LIC. FELIPE ZAVALA CARDENAS

Infrastructure and Equipment Manager: ARQ. ARLETH CARMINA BARAJAS
ACOSTA

Security Manager: LUIS SANCHEZ TELLES



GENERAL INFORMATION

MORELIA CITY

Morelia is the capital of the state of Michoacan. Located in the center of Mexico, just 3 hours from Mexico City.

Elevation: 1921 Meters / sea level

Population: 806 822 inhabitants

Average annual temperature of 17.5 ° C

July Climate: Temperate, humid with summer rains,
Maximum Temperature 30 ° C
Minimum Temperature July 13 ° C
Annual precipitation of 773.5 mm,
Humidity 50%

Morelia has a very important place in the history of the country, historic facts and personalities of our Independence were born or lived in it and several presidents of Mexico, poets and composers

The name Morelia began to be applied Morelia in honor of a hero of Independence called Morelos and also is being referred to as "The Pink City Quarry", since most of its buildings are made of Pink quarry.

Morelia has a rich cultural life in time. Thanks to the preserved architectural heritage from the colonial era, it's historic center was declared a World Heritage Site by UNESCO in 1991

Places to Visit.

Some of the most iconic sights are:

Historical Center

- The Cathedral, where every Saturday at 9:00 pm, there is a sound and light show with fireworks,
- Temple and former Convent of the Roses (First Conservatory of Music of America)
- the Government Palace,
- Headstock Palace (Old Jesuit college)
- Regional Museum,



- House of Morelos,
- Ex convent of Carmen.
- Colegio de San Nicolás de Hidalgo (first American educational institution)

Aqueduct of Morelia

Baroque style. It consists of 253 arches that were used to provide drinking water to the City and to provide jobs for the Indians.

Admire the Source of The Tarascas.

Address: Crossing Francisco I. East to Rt Madero Morelia - Toluca.

1. PLACE AND DATE

1.1 The competition will take place in the Sports Complex Bicentennial, in the city of Morelia, Michoacán, Mexico. 5 - 7 of July, 2013.

The Stadium is equipped with

8-lane Track 400 meters synthetic track

2 Pole Vault runways

2 High Jump areas

2 Triple/Long jump areas

2 Shot Put circles

1 circle for Discus/Hammer Throw

2 Javelin Throw runways

1.2 The Race Walking events will take place in a 2km circuit in the Historical Center of the City of Morelia

1.3 The Half Marathon (21.098 km) will take place in the Historical Center of the City of Morelia, Michoacán, Mexico.

2. PARTICIPATION

2.1 General Regulations

2.1.1 XXIV Central American and Caribbean Athletics Senior Championships will be ruled by the IAAF 2012/2013 official regulations. Cases not foreseen herein will be solved by the IAAF - NACAC/CACAC Technical Delegate

2.2 Participants

2.2.1 Athletes from countries affiliated to the Central American and Caribbean Confederation (CACAC) and from National Federations affiliated to IAAF are eligible to participate.



2.2.2 Each country may enter up to two (2) athletes per individual event. For the Half Marathon and Race Walking Events each country may enter up to three (3) athletes.

2.2.3 In order to participate in the relays, all the entered athletes are eligible; nevertheless, once a relay team has initiated its participation in the competition, only two (2) additional athletes could participate as substitutes in the composition of the team for subsequent rounds.

2.3 Participations Requirements

2.3.1 To have born in the country that he/she represents.

2.3.2 To be a natural citizen of the country that he/she represents and to be a resident of the country for at least five (5) years.

2.3.3 To be dully registered in his/her country Federation.

2.3.4 To be dully entered in the competition by his/her National Federation

2.4 Preliminary Registration

2.4.2 All countries shall complete and return the preliminary entry form (electronically) to the following address: cacac2013morelia@gmail.com, by **Sunday, June 2, 2013** (12:00 midnight Mexico City, DF).

2.5 Final Registration

2.5.1 All countries shall complete and return the Final entry form (electronically) to the following address: cacac2013morelia@gmail.com, by **Thursday, June 27, 2013** (12:00 midnight Mexico City, DF).

2.5.2 In the case there are not enough participants to hold an event, less than five (5) competitors from three (3) countries, the Organizing Committee will immediately inform those countries whose athletes were registered to the event.

3. EVENTS AND COMPETITION SYSTEM

MEN

| | |
|---------------|--|
| Races | 100 - 200 - 400 - 800 - 1500 - 5000 - 10000 - ½ Marathon |
| Hurdles races | 110 - 400 m |
| Steeplechase | 3000 m |



| | |
|-----------------|-----------------------------------|
| races | |
| Jumps | High, Pole Vault, Long, Triple |
| Throwing | Discus, Javelin, Shot Put, Hammer |
| Race Walk | 20,000 m |
| Relays | 4x100 - 4x400 m |
| Combined events | DECATHLÓN |

WOMEN

| | |
|-------------------|--|
| Races | 100 - 200 - 400 - 800 - 1500 - 5000 - 10000 - ½ Marathon |
| Hurdles races | 100 - 400 m |
| Steeplechase race | 3000 m |
| Jumps | High, Pole Vault, Long, Triple |
| Throwing | Discus, Javelin, Shot Put, Hammer |
| Race Walk | 10,000 m |
| Relays | 4x100 - 4x400 m |
| Combined events | HEPTATHLÓN |

3.1 Participation Confirmation

3.1.1 The Team leaders or their representatives must confirm the names of those competitors who already are entered and who will actually take part in the competition

3.1.2 The final confirmation forms will be distributed to each delegation upon their arrival to the country. These forms will have to be completed and taken to the Technical Information Center (TIC) in the Stadium according to the dates guidelines indicated in the following table:

| Competition Day | Final Confirmations Deadline |
|-----------------|------------------------------|
| Friday 5 | 17:00 – Thursday July 4 |
| Saturday 6 | 12:00 - Friday, July 5 |
| Sunday 7 | 12:00 - Saturday, July 6 |

3.1.2 Team leaders will also have the possibility of confirming all the entries before the first day of competition.

3.1.3 Once confirmed, the absence of the athletes to any event or abstention to participate will be applied Rule 142-4 IAAF, which states that



the athlete will not be able to continue participating in the later events, including the relays.

3.2. SEEDING AND QUALIFICATION

3.2.1 The seeding of series for the preliminary rounds will be prepared by the Technical Delegate. The advancement process to the following round will be presented by the Technical Delegate at the Technical Meeting

4. COMPETITION / MEDAL PRESENTATION SCHEDULE

The competition timetable can be found in **Appendix A**. Please note that small changes may still occur based on the final number of confirmed entries. The final timetable will be available at the Technical Meeting and distributed at the TIC.

5. INSTRUCTIONS FOR TEAM DELEGATES

5.1. Visas

Countries that require visa to enter Mexico:

Antigua & Barbuda (ANT), Cuba (CUB) Dominican (DMA), Dominican Republic (DOM), Grenada (GRN), Guatemala (GUA), Haiti (HAI) Honduras (HON), Nicaragua (NCA), San Cristobal and Nevis (SKN) St. Lucia (LCA), Saint Vincent and the Grenadines (VIN).

Countries requiring consular stamp:

People of these countries do not need visa, but must obtain consular stamp in the passport to enter Mexico as tourists: El Salvador (ESA), Jamaica (JAM)

5.2 National Flag

Each delegation must bring three national flags and delivered to the organizing committee on arrival. They will be used during the opening ceremony and deployed at the Headquarters Hotel and the Stadium during competition.

5.3 Arrivals

All delegations must arrive on July 3 to the Benito Juarez International Airport in Mexico City, D. F. Information will be available there, and transportation will be provided to the City of Morelia.



5.4 Departures

Transportation from Morelia to the Mexico City Airport will be provided on Monday July 8. No transportation services will be available after such date.

Delegations are expected to send the travelling details before the day June 27, 2013.

5.5 Accommodation

The organization will be responsible for lodging and meals starting from two (2) days prior and one (1) day after the championship (five nights total). Arrival July 3 with dinner and departure on July 8 with breakfast. Each delegate or head of delegation shall pay US \$50 in cash per member per day of each athlete, coach and official before the accreditation. This is under the Financial Obligation of the CACAC Regulations, Rule 4.3 according to the quota in the following table

| ATHLETES | OFFICIALS | ATHLETES | OFFICIALS |
|----------|-----------|----------|-----------|
| 1 – 5 | 1 | 35 -40 | 7 |
| 6 – 10 | 2 | 41 – 46 | 8 |
| 11 -16 | 3 | 47 – 52 | 9 |
| 17 – 22 | 4 | 53 – 58 | 10 |
| 23 – 28 | 5 | 59 -64 | 11 |
| 29 -34 | 6 | 65 - 70 | 12 |

The extra days spent by athletes, coaches or officials shall be borne by each delegation.

Hotel Information and Reservations

The 2 hotels are listed below, with the Internet address of your web page where you can find all the necessary details:

Hotel Alameda

Avenida Madero, Poniente 313, Centro
C.P. 58000

Morelia, Michoacán

MEXICO

Tel. / Fax: (443) 312 2023

01800-450-0000

<http://www.hotel-alameda.com.mx>



Hotel Villa San José

Patzimba No. 77, Col. Vista Bella,
C.P. 58090

Morelia, Michoacán
MÉXICO.

Tel./Fax: 01 (443)324 45 45

01 800 88 84 545

<http://www.villasanjose.com.mx>

5.6 Accreditation

The Organizing Committee will produce accreditation cards for all athletes and members of delegations duly registered by each National Federation. These cards must be carried for your identification and access to places during the event

5.7 Transportation

Transportation services will be provided by the Local Organizing Committee from 3-8 July. A detailed transportation schedule will be available at the Airport Welcome Desk Copies will also be available upon arrival at the TIC.

5.8 Bib Numbers

Four bib numbers per entered athlete shall be provided to each team leader, at the TIC, upon their arrival to Morelia. Numbers are to be worn as follows:

- (1) Warm-up clothing,
- (2) Competition jersey, back and front when applicable.
- (1) Personal competition bag.

Numbers cannot be folded, cut or modified under any circumstances in accordance with the IAAF Regulations upon penalty of disqualification of the athlete.

Hip numbers will be provided at the Call Room

5.9 Athletes Uniforms

All athletes must wear the uniforms of their delegation which should comply with the IAAF Regulations

5.10 Official Results

The official results of each event will be announced by the P.A. System in the official languages of the event (Spanish and English).

These will consider officials from the moment of their announcement by the official announcer. In the Technical Information Center where will be a post-



office box where each delegation will have these results and any other additional information

6. TECHNICAL MEETING

6.1 The Technical Meeting will take place on Thursday, July 4 at 17:00 hours at the Headquarters hotel.

6.2 No more than two representatives from each participating Member Federation may attend the meeting. The Accreditation Card will be required to attend the meeting.

6.3 English and Spanish simultaneous translation will be provided

6.4 All questions and proposals concerning the conduct of the competition must be made (in English or Spanish only) on the form provided to delegations upon arrival at the Technical Information Centre (TIC). This form must be returned to the TIC by 16:30 on July 4.

6.5 Points of the Agenda:

- Welcome
- Introduction of key officials
- Competition timetable
- Advancement procedures
- Qualifying standards (if needed)
- Sequence of heights for vertical jumps.
- Appeals procedures
- Medical/Anti-doping Information
- Opening and Closing Ceremonies

7. Technical Information Center (TIC)

7.1 The TIC will operate at the Headquarters Hotel from July 3 through July 4, from 9:00 to 13:00 and from 16:00 to 19:00.

At the Stadium the TIC will operate from July 5 through July 7, from one hour before the beginning of the first event up through one hour after the publication of the results of the last event.

7.2 It is from the TIC where Accredited Team leaders or their representatives can collect:

- Bib Numbers
- Written questions forms for the Technical Meeting



- Special access passes to the TIC's mail boxes
- Forms for the final confirmation of participation
- Competition Timetable
- Appeals forms
- Jury of Appeal's decision on presented appeals.
- Start lists
- Official Results
- Any item confiscated at the Call Room
- Any official information issued by the Organizing Committee

7.3 It is to the TIC where Accredited Team leaders or their representatives can present:

- Written questions for the Technical Meeting
- Fulfilled forms for the final confirmation of participation
- Any communication to any section of the Organizing Committee

8. CALL ROOM

8.1. The control of the competing athletes is done at the Call Room. This Call Room will be located between the Warm up Area and the track. All the competitors must report at the Call Room according to the posted schedules. The competitors who do not report on time at the Call Room, with a valid reason (e.g. a medical certificate given by the official doctor of the championship); they will be excluded to participate in that and all the other events of the championship, including the relays.

Team officials and coaches are not allowed to enter the Call Rooms. Athletes who compete in combined events (heptathlon, decathlon) will have to check-in in the Call Rooms before the first event of each session. The control for the subsequent events will take place in the site provided for them inside the stadium.

8.2 Athlete Reporting Times to Call Room

Athletes' Call Room reporting times will be according to the following schedule. All times are prior to the actual start time of the event:

| Event | Call Room Opens (minutes) | Call Room Closes (minutes) | Entry to Arena (minutes) |
|--------------|------------------------------|-------------------------------|-----------------------------|
| Track Events | 30 | 20 | 10 |
| High Jump | 60 | 50 | 40 |
| Pole Vault | 80 | 70 | 60 |



| | | | |
|--------------------|----|----|----|
| Other Field Events | 50 | 40 | 30 |
| Relays | 35 | 25 | 10 |

8.3 Call Room Procedures

Once in the Call Room, athletes will be identified by their accreditation card and their bib number. Call Room Officials will check the following in accordance with IAF Rules:

- bib numbers
- shoes and spikes
- uniforms (compliance with official National Uniform and IAAF Advertising Rules and Regulations) in case of non-compliance, Call Room Officials will ask athletes to change uniform or will cover any illegal advertising using tape.
- bags (identification on and content of)
- personal belongings: video and audio players, cameras, phones, radio transmitters, and electronic
- devices in general (except watches) are not admitted. Items with advertising that is too large to cover up with duct tape will not be permitted in the Stadium either. Athletes will not be permitted to bring tape (or any other material to use as a personal marker) and/or magnesium chalk as the organizing committee will be providing on site.
- magnesium powder (except for throwers and pole vaulters)

Note: For relay teams, all four members must report as a group at the same time.

8.4 Any banned article found in the athlete's belongings will be confiscated. It can be retrieved from the TIC after the event finishes.

9. COMPETITION PROCEDURES

9.1. Starters Commands

All starter commands will be given in English. Up to the 400m and also the relays, the following commands will be used:

- “On your marks”
- “Set”
- Fire of the gun

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

- “On your marks”
- Fire of the gun



If for any reason the Starter Judge considers that it is necessary to abort the process, the commands will be:

“Up”

9.2. Official Implements

The LOC will provide the official implements for the competition, except the poles vaults

MEN

SHOT PUT 7.26 kg

| | | | |
|---------|--------------------------|--------|-----------|
| Nordic | Olympic Super dia: 128mm | Yellow | 1-99-0021 |
| Nordic | Olympic Super dia: 125mm | Black | 1-99-0022 |
| UCS | Turned steel dia: 120mm | Red | 1-99-0117 |
| UCS | Turned steel dia: 129 mm | Red | 1-99-0019 |
| Polanik | Stainless steel | Silver | 1-00-0197 |

DISCUS 2 kg

| | | | |
|---------|---------------------------|------------|-----------|
| Nordic | Gold, brass rim | White/Gold | 1-99-0006 |
| Nordic | Maxi Rim, stainless steel | White/Gold | 1-99-0007 |
| UCS | Purple Flyer High Moment | Purple | 1-99-0123 |
| Polanik | Competition, steel rim | Red | 1-99-0155 |

HAMMER 7.26 kg

| | | | |
|---------|----------------------------|--------|-----------|
| Nordic | Brass dia: 110mm | Gold | 1-99-0008 |
| Nordic | Brass dia: 115mm | Silver | 1-99-0032 |
| UCS | Steel dia: 110mm | Silver | 1-99-0125 |
| Polanik | Stainless steel dia: 110mm | Silver | 1-00-0203 |



JAVELIN 800g

| | | | |
|---------|-----------------|--------------------------|-----------|
| Nordic | Master 60m | Blue | 1-99-0034 |
| Nordic | Master 70m | Blue | 1-99-0013 |
| Nordic | Super Elite 80m | White | 1-99-0019 |
| Nordic | Super Elite 90m | White | 1-99-0020 |
| Nemeth | Club 70m | Violet | 1-99-0106 |
| Nemeth | Club 80m | Violet/Yellow/Blue | 1-99-0105 |
| Nemeth | Club 85m | Violet/Yellow/Blue | 1-99-0104 |
| Nemeth | Classic 90m | Violet/Yellow/Green | 1-99-0100 |
| Polanik | Class II 70m | Violet/Yellow | 1-00-0211 |
| Polanik | Class III 80m | Light green/Light yellow | 1-00-0212 |

WOMEN SHOT Put 4kg

| | | | |
|---------|----------------------------|--------|-----------|
| Nordic | Steel dia: 104mm | Black | 1-99-0026 |
| Nordic | Steel dia: 100mm | Blue | 1-99-0027 |
| Nordic | Steel dia: 108mm | Red | 1-99-0025 |
| UCS | Turned steel dia: 105mm | Yellow | 1-99-0115 |
| UCS | Turned steel dia: 109mm | Yellow | 1-99-0112 |
| Polanik | Brass dia: 100mm | Gold | 1-00-0198 |

DISCUS 1kg

| | | | |
|---------|--------------------|------------|-----------|
| Nordic | Super Spin Brass | Black/Gold | 1-99-0031 |
| UCS | Purple High Moment | Purple | 1-99-0121 |
| Polanik | Competition | Blue | 1-99-0153 |

HAMMER 4kg

| | | | |
|---------|------------------------------|--------|-----------|
| Nordic | Stainless steel dia: 95mm | Silver | 1-99-0010 |
| Nordic | Brass dia: 95mm | Gold | 1-99-0009 |
| UCS | Steel dia: 95mm | Silver | 1-99-0126 |
| Polanik | Stainless steel dia: 95mm | Silver | 1-00-0201 |



JAVELIN 600g

| | | | |
|---------|--------------|--------------------|-----------|
| Nordic | Star 50m | Green | 1-99-0029 |
| Nordic | Diana 60m | Pink | 1-99-0015 |
| Nordic | Diana 70m | Pink | 1-99-0017 |
| Nordic | Diana 80m | Lilac/White | 1-99-0018 |
| Nemeth | Standard 60m | Violet | 1-99-0108 |
| Nemeth | Standard 70m | Violet | 1-99-0107 |
| Nemeth | Club 75m | Violet/Yellow/Blue | 1-99-0103 |
| Polanik | Class II 60m | Violet/Yellow | 1-00-0208 |

9.2.1. Personal Implements

Personal implements will also be allowed, providing that:

- they can be appropriately identified and have IAAF certification
- they are not already on the official list
- they have been checked in accordance with the Technical Delegate's instructions
- they are made available to all other competitors until the end of the final event.
- they are not to be used for training and will be available for use by all athletes during the competition.

Member Federations wishing to have personal implements added to the list may take the implements to the equipment sign-in desk at the outdoor warm-up area until 18:00 the evening before their competition (for athletes competing in multiple events: the evening prior to their first day of competition). If approved, the implements will be under the authority of the LOC from the time of checking to the end of the finals event

9.2.2. Vaulting Poles

All the vaulting poles will be turn in at the equipment storage room in the warehouse of the Stadium. All the poles will be transported by the LOC to the stadium for the inspection in the morning of the competition. All the poles and the covers will have the identification of the athletes (name and country). If any pole does not comply with the rules, it will be informed to the team leader immediately. The Technical Manager will take the vaulting poles to the competition site

9.2.3. Markers (track and runways)

Athletes will not be allowed to use their own tapes or markers. Competitors are to use the markers provided by the LOC for Long Jump, Triple Jump and Pole vault. For High Jump and the relays, the LOC will provide tape to the



athletes. In all field events the athletes can use a maximum of two (2) markers, and for relays only one mark is allowed

9.3. Clothes and shoes

The competitors will participate with their national uniform (see 10.3.2). The Award Ceremony is considered part of the competition. To assure complying with such rules by the competitors, we will ask each team leader to present/display a complete set of the official uniform of the delegation. These will be photographed for the inspection and approval of the Technical Delegate and a copy will be sent to the officials in the Call Room to allow them to inspect the clothes. The athletes' shoes will have to be those approved for the use in the synthetic surface of the track.

10. POST COMPETITION PROCEDURES

10.1 General

All the athletes will leave the track through the Mixed Zone area. In the Mixed Zone the mass media will be able to make short interviews. Additional data in relation to the interviews are explained below. After passing through the Mixed Zone the athletes they will go to the Control Area.

10.1.1. Procedures for Exit from the Track:

- Track events: immediately after the finish line.
- The final rounds in the field events: at the end of the first three rounds or at the end of last three attempts.
- Jumpers and pole vaulters: they will leave the track through the mixed zone and then taken to the control area accompanied by a judge as soon as they are excluded from the competition, except for the three medalists who will leave together at the end of the event.
- Combined Events: at the end of each session in the Heptathlon and the Decathlon

10.1.2. Post Event Control Area

All the participants, after their event, will have to come to the Post Event Control Area located after the Mixed Zone. In the Control Area, Doping personnel will inform to all the athletes selected for the control. A Doping Control person designated for each athlete will accompany the athlete during all the phase of control including going to the Doping Room. The process of athletes for the Doping Control will be explained in the Technical Meeting.



The athletes who have not been chosen for the Doping Control and those who do not have to receive medals will be able to leave the area and go to their respective team areas. Once the athlete has left the area, they will not be able to return or re-enter. The winners of medals will be escorted to the awards area. Athletes selected for the doping control will be escorted to the Doping Control Center.

10.1.3. Interviews

Brief interviews will be allowed to be done immediately in the Mixed Zone Area after each event. The medalist will probably be requested to attend a press conference

10.1.4. Protests

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of the event. Official results will be displayed in the TIC.

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

The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury. An appeal to the Jury must be made within 30 minutes of the official announcement of the decision made by the Referee, in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of USD \$100, or its equivalent in Mexican pesos, which will be forfeited if the protest is not upheld.

All appeals must be submitted on the appropriate form (in English or Spanish only) to the Technical Information Centre (TIC) from where they will be immediately forwarded to the Secretary of the Jury of Appeal.

The Jury of Appeal will respond in writing as soon as possible. Public will be informed of the result of the claim posted in the bulletin board of the Technical Information Center (TIC) and a written copy will be given to the delegate of the team

11. DOPING CONTROL

11.1. Controls and Medical Examinations

Any athlete who refuses to be put under a control or medical examination will be found guilty of doping, will be required to return the accreditation and will be expelled from the Championship and possibly from future international competitions according to the sanctions settled down by the IAAF Regulations



11.2. Doping Tests

The tests for the Doping Control will be made by the Medical Division of the Local Organizing Committee

11.3. Companions

The athletes selected for the control of doping could be accompanied to the Doping Control Center by a Team official, who will have to carry a special accreditation

12. MEDICAL AID

12.1. Athletes Village (Hotel)

There will be health facilities for support and medical aid from the LOC

12.2. Sports Complex Bicentennial

Within the stadium there will be a center for medical aid properly equipped. During the competition there will be medical personnel available to provide medical support

12.3. Areas of Training/Warming Area

There will be First Aid Stations available with the necessary equipment

13. CEREMONIES

13.1 Opening Ceremony

These activities will be:

Friday July 5 ,Opening Ceremony, and Sunday July7, the Closing Ceremony.

In the Technical Meeting, will report for all the details.

13.2. Awards Ceremony

After passing through the Mixed Zone, athletes will be escorted to the medal ceremonies waiting area where they will be briefed by the ceremonies staff. Medal ceremonies will generally take place 30 to 60 minutes after the event has ended, or the next day for events that finish late in session.

First, second and third place finishers (individuals and teams) will receive medals in accordance with IAAF protocol.

The country flags of all medalists are hoisted while the national anthem of the gold medalist is played.

As per IAAF regulations, athletes are required to wear their official national uniform during the ceremony.



14. GENERAL ASSEMBLY

The General Assembly (Congress) of the Central American and Caribbean Athletics Confederation will take place Sunday, July 7, 2013 at 9:00 AM in the **Villa San José Hotel**, lunch will follow.



Appendix A

Schedule Competition

| Friday 5 , July | | | | Saturday 6, July | | | | Sunday 7, de July | | | |
|-----------------|--------------|---|-----------|------------------|--------------|---|-----------|-------------------|--------------|---|-----------|
| | | | | | | | | | | | |
| | | | | | | | | 07:00 | 1/2 Marathon | W | FINAL |
| | | | | | | | | 07:10 | 1/2 Maratón | M | FINAL |
| | | | | | | | | | | | |
| 09:00 | Hammer | M | FINAL | 09:00 | 100m | M | Deca 1 | 09:00 | 110m Hurdles | M | Deca6 |
| 09:05 | 100m Hurdles | W | Hepta 1 | 09:05 | Long | W | Hepta 5 | 09:10 | Longitud | W | FINAL |
| 09:15 | Shot | W | FINAL | 09:10 | Hammer | M | FINAL | 09:20 | 200m | W | Semifinal |
| 09:20 | Pole Vault | M | FINAL | 09:15 | 10,000m | W | FINAL | 09:35 | Discus | M | Deca 7 |
| 09:25 | 100 Mts. | W | Semifinal | 09:20 | Pole Vault | W | FINAL | 09:40 | 200m | M | Semifinal |
| 09:40 | Height | W | Hepta 2 | 09:55 | 400m | W | FINAL | 10:00 | 400m Hurdles | W | FINAL |
| 09:50 | 100 Mts. | M | Semifinal | 10:05 | Long | M | Deca 2 | 10:10 | Height | M | FINAL |
| 10:10 | Discus | M | FINAL | 10:10 | 400m | M | FINAL | 10:15 | 400m Hurdles | M | FINAL |
| 10:15 | 10,000m | M | FINAL | 10:25 | 5,000m | M | FINAL | 10:25 | Pole Vault | M | Deca 8 |
| 10:25 | Long | M | FINAL | 10:30 | Javaline | W | Hepta 6 | 10:30 | 5,000m | W | FINAL |
| 10:55 | 400m | W | Semifinal | 10:55 | 110m Hurdles | M | FINAL | 10:35 | Javaline | W | FINAL |
| 11:20 | 400 Mts. | M | Semifinal | 11:10 | 100m Hurdles | W | FINAL | 10:55 | 200m | W | FINAL |
| 11:25 | Shot | W | Hepta 3 | 11:05 | Shot | M | Deca 3 | 11:10 | 200m | M | FINAL |
| 11:35 | Height | W | FINAL | 11:15 | Triple | W | FINAL | 11:20 | Triple | M | FINAL |
| 11:40 | Javaline | M | FINAL | 11:25 | 800m | W | Semifinal | 11:25 | 800m | W | FINAL |
| 11:45 | 100m | W | FINAL | 11:45 | 800m | M | Semifinal | 11:40 | 800m | M | FINAL |
| 12:00 | 100m | M | FINAL | 11:50 | Height | M | Deca 4 | 12:00 | 3,000m c/o | M | FINAL |
| 12:15 | 200m | W | Hepta 4 | 12:05 | 3,000m c/o | W | FINAL | 12:10 | J Javaline | M | Deca 9 |



| | | | | | | | | | | | |
|-------|------------------|---|-------|-------|---------------|---|---------|-------|----------|---|---------|
| 12:40 | 1,500m | W | FINAL | 12:10 | Discus | W | FINAL | 12:20 | Shot | M | FINAL |
| 13:00 | 1,500m | M | FINAL | 12:25 | 800m | W | Hepta 7 | 12:25 | R 4x400m | W | FINAL |
| | | | | 12:45 | R 4x100m | W | FINAL | 12:45 | R 4x400m | M | FINAL |
| | | | | 13:00 | R 4x100m | M | FINAL | 13:05 | 1,500m | M | Deca 10 |
| | | | | 13:20 | 400m | M | Deca 5 | | | | |
| 17:30 | 10,000 Race Walk | W | FINAL | 17:30 | 20k Race Walk | M | FINAL | | | | |