



# 3<sup>rd</sup> NACAC AGE GROUP U13 & U15 CHAMPIONSHIPS Managua, Nicaragua December 17<sup>th</sup> – 18<sup>th</sup>, 2021



## **TECHNICAL MANUAL**

Update Nov 5th, 2021











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#### **NACAC**

The 3<sup>rd</sup> 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/WA Area Rep.: Mike Sands (BAH)

Vice President: Catherine Jordan (BAR)

Treasurer: Glenville Jeffers (SKN)

General Secretary: Keith Joseph (VIN)

#### **COUNCIL MEMBERS**

Cydonie Mothershill (CAY)

Calixto Sierra (HON)

Evelyn Farrell (ARU)

**Howard Cornelius (ANT)** 

#### **EX OFFICIO**

WA President: Lord Sebastian Coe (GBR)

WA Council Member: Willie Banks (USA)

WA Council Member: Alberto Juantorena (CUB)

WA Council Member: Abbie Hoffman (CAN)











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#### **ORGANISATIONAL STRUCTURE**

The North American, Central American & Caribbean Athletics Association (NACAC), has assigned the organization of NACAC Age Group Championships to Federacion Nicaraguense de Atletismo.

The following persons are responsible for the organization and coordination of the competition:

NACAC Organizational Delegate - Keith Joseph (VIN)
NACAC Technical Delegate - Carlos Clemente (ESA)

International Area Technical Officials - 1. John Sierra Castellanos (PUR)(Chief)

2. Rubén Quintanilla (ESA)
3. Nathanael Duran (CRC)
4. Isaac Vargas - Results (CRC)

#### LOCAL ORGANIZING COMMITTEE

Chairman LOC - Xiomara Larios
Logistics Commission - Maryin Munguia
Technical Commission - Douglas Gutierrez
Accommodation - Claudia Medrano
Accreditation - Marisol Paiz
Transportation Commission - Freddy Hurtado

Financial Commission - Claudia Medrano / Glenda Zavala

Media Commission
 Moises Avalos
 Medical Commission
 Julio Caldera
 Protocol and Awards
 Sandra Reyes
 Volunteers
 Daniel Sequeira

#### **COMPETITION**

Competition Director - Douglas Gutierrez

Meeting Manager - Roger Zamora

Technical Manager - Santos Treminio

Photofinish - Hector Caceres (ESA)

Competition Secretary & Results - Isaac Vargas (CRC)

Announcer - Hector Vanegas / Allan Ayala (GUA)

Jury of Appeal - TBA during Technical Meeting













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#### 1. GENERAL INFORMATION OF NICARAGUA

Name: Nicaragua

Location: Central America

Area: 130,375 km2

Population: 6, 486,000

Language: Spanish

Currency: Cordoba

Electricity: 110v

Water quality: Non-drinking, use bottled water

Phone: Country code: 505

Capital: Managua

Altitude: 83 m.

Max Temperature: 34° C

Average Temperature: 28° C

Min Temperature: 22° C

International Airport: Augusto Cesar Sandino International Airport (MGA)















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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) Host Country, 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) Associate Members:

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

#### 3. GENERAL INFORMATION

#### **AIRPORT**

The arrival airport is the Augusto Cesar Sandino (MGA), located 30 minutes from Managua. Delegations should send as soon as possible to the Organizing Committee their arrival/departure schedule in order to properly coordinate their reception.

Website: https://www.eaai.com.ni/

AIRLINES THAT FLY TO EL SALVADOR INCLUDE Aeromexico, Avianca, Copa Airlines.

#### PASSPORT PRESENTATION / ACCREDITATION

Upon arrival, all delegations will be transported to the accreditation center at the **Hotel Hilton Princess** where athletes will be requested to show their travel documents.

The accreditation will be open:

Wednesday December 15<sup>th</sup> 12:00pm - 20:00pm Thursday December 16<sup>th</sup> 9:00am – 20:00pm Friday December 17<sup>th</sup> 9:00am - 12:00pm

Officials from the LOC at the accreditation Center will check passport and travel documents of all competitors. 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 **HILTON PRINCESS HOTEL** in **double, triple and quadruple accommodations**.





#### Website:

https://www.hiltonhotels.com/es\_XM/nicaragua/hilton-princess-managua/

#### **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 <u>12:00 noon Thursday</u>, <u>December 16<sup>th</sup> to 12:00 noon Sunday December 19<sup>th</sup></u>, (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 competitors2 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 US \$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.











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#### **TRANSPORTATION**

Transportation will be provided round trip from the airport to the Hotel and from the Hotel to the competition area. During the accreditation process, you will receive the transportation schedule.

#### **MEALS – SCHEDULE**

- Breakfast at the Hotel (6:00 8:00 a.m.)
- Lunch at the Hotel (12:00 2:00 p.m.)
- Dinner at the Hotel (7:00 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 Hospital is:

#### **Hospital Fernando Velez Paiz**

Located at 10 minutes from the Stadium Carretera Sur Km 6 ½, Managua - Managua Tel: +505 2298 0320

#### **COVID PROTOCOL AND ENTRY REQUIREMENTS**

As part of the health measures issued by the Nicaraguan Government, all persons who enter to NICARAGUA by air, land or sea must carry a document that certifies that they have performed the **COVID-19 PCR nasopharyngeal swab test** (No rapid tests or Blood PCR is accepted), performed with a period not exceeding 72 hours before entering the country, and that it has been negative. Attached extract of the Ministerial

The cost of the PCR tests to return to your country is **US \$ 150** per person, if you need to take a PCR test to return, you must inform one week in advance of your arrival to Nicaragua. Nicaragua does NOT carry out tests of another type, only PCR test (nasopharyngeal swab test).











#### 3rd NACAC AGE GROUP U13 & U15 CHAMPIONSHIPS

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#### **Resolution of the Nicaraguan Ministry of Health:**







Resolución Ministerial No. 346 -2020

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Que Nicaragua es Estado Parte del Reglamento Sanitario Internacional (2005) el cual fue aprobado en la Resolución WHA 58.3 de la Asamblea Mundial de la Salud, cuya finalidad es: Prevenir la propagación, controlarla y darle una respuesta de salud pública proporcionada y restringida a los riesgos para la salud pública y evitando al mismo tiempo las interferencias innecesarias con el tráfico y el comercio internacional.

Por tanto, esta Autoridad,

#### RESUELVE:

PRIMERO:

Para fortalecer el control epidemiológico de las enfermedades bajo vigilancia internacional incluyendo las enfermedades respiratorias en todos los puntos de entrada, se tomarán en cuenta las siguientes medidas:

- a) Solicitar a los viajeros resultado negativo de la prueba: Reacción en Cadena de la Polimerasa (PCR) en tiempo real para COVID-19, realizado en un período no mayor a 72 horas antes del ingreso al país.
- Viajeros no nacionales que presentan fiebre o síntomas respiratorios no podrán ingresar al país.
- Viajeros nacionales que presentan fiebre o síntomas respiratorios podrán ingresar al país, pero pasarán a resguardo domiciliar, cumpliendo el protocolo establecido en el país.
- d) Los viajeros a su ingreso que presenten resultado negativo de la prueba: Reacción en Cadena de la Polimerasa (PCR) en tiempo real para COVID-19 y que no presenten ningún síntoma respiratorio, podrán tener libre movilidad en el país y se les dará seguimiento vía telefónica, por personal de salud por un período de catorce días.

SEGUNDO:

Designese a la Dirección General de Vigilancia para la Salud Pública, para que divulgue la presente Resolución Ministerial a los Directores de SILAIS y a los Directores de Establecimientos de Salud Públicos y Privados que brindan atención a la población.

TERCERO:

Se designa a la Dirección General de Vigilancia para la Salud Pública, para la implementación y monitoreo de la aplicación y cumplimiento de la presente Resolución Ministerial, estableciendo en todo caso las coordinaciones necesarias con los SILAIS y Directores de Establecimientos de Salud Públicos y Privados.

CUARTO:

La presente Resolución Ministerial surte efecto a partir de la fecha, comuníquese la presente a cuantos corresponda conocer de la misma.

Dado en la ciudad de Managua, a los trece días del mes de julio del año dos mil veinte.

MARTHA VERÓNICA REYES ALVAREZ

Ministra de Salud











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#### MEDICAL AND LIFE INSURANCE

Each country, according to the WA 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.

### <u>VISAS</u>

Countries should all consult the nearest Nicaragua 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.

## Citizens with passports:

Antigua and Barbados, Bahamas, Barbados, Belize, Canada, United States, Panama, Puerto Rico, Mexico, Dominican Republic, Saint Vincent and the Grenadines, Saint Lucia, Saint Kitts & Nevis and Trinidad and Tobago.

Anguilla, Bermuda, Cayman Islands, Monserrat (with UK passport) Martinique, San Bartolomé, San Martin (with French passport), Virgin Islands (with United States of America passport),

Note: Category "A", are visa exempt, with the right to stay 90 days extendable until completing 180 days.

🏠 Citizens with passports: Dominica, Grenada and Jamaica.

Note: Category "B", they require a consular visa without consultation or a border visa, with the right to stay for 30 days, extendable to complete 90 days.

Citizens with passports: Cuba and Haiti,

Note: Category "C", require a consulted consular visa, with the right to stay for 30 days, extendable to complete 90 days.

In all cases, to enter the national territory they must meet the immigration and health requirements.











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#### **CURRENCY**

Legal currency of Nicaragua is the Cordoba (36 Cordobas = 1 USD)

#### **NATIONAL FLAGS**

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

#### 4. TECHNICAL INFORMATION

#### **FINAL ENTRIES – COMPETITION DAYS**

•	Friday 8 <sup>th</sup> October 2021	Confirmation of participation
•	Friday 22 <sup>th</sup> October	Closing Numerical Entries (athletes and officials' quantity)
•	Friday 26 <sup>th</sup> November	Closing of Final Entries and Travel info (in official form)
•	Day 1 Thursday 16 <sup>th</sup> December	Official Arrival of delegations (at noon)
	Thursday 16 <sup>th</sup> December	Technical Meeting at 7:00 pm Hotel Hilton
•	Day 2 Friday 17 <sup>th</sup> December	Competition Sessions 1 and 2
•	Day 3 Saturday 18 <sup>th</sup> December	Competition Sessions 3 and 4
•	Day 4 Sunday 19 <sup>th</sup> December	Official Departure of delegations (at noon)

Final entries deadline is midnight of **Friday 26<sup>th</sup> November, 2021 (Nicaragua time)**. Entries must be emailed to <a href="mailto:nca@mf.worldathletics.org">nca@mf.worldathletics.org</a>

Send CC to the **Technical Delegate** <u>clementecarlos@yahoo.com</u>

Contact us @: +505.2266.4480 Federation Offices / +505.8775.6640 Xiomara Larios - Federation President +503.7883.7305 Carlos Clemente (Technical Delegate)











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## **COMPETITION STADIUM**

The Athletics Stadium is located in the Nicaraguan Institute of Sports, Plaza España, it has a synthetic track certified Level 2 (WA) Conica brand with 8 lanes, two pits for Long Jump, 2 Shot Put Circles, lane for Throwing Ball and areas for High Jump. The warm-up area is located in the west area of the stadium.









## **COMPETITION NUMBERS (BIB NUMBERS)**

Each athlete will be assigned three (3) competition numbers which must be worn visibly on the chest and back during competition (except in 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.











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#### **TECHNICAL MEETING**

The technical meeting will be held at **7:00 pm Thursday December 16**<sup>th</sup> at the Hilton Princess Hotel. Questions of a technical nature must submit to the Technical Delegate by teams on the prescribed form, <u>no later than 14:00 pm on December 16</u><sup>th</sup>. Absolutely no questions will be accepted from the floor during the technical meeting.

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

#### **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. Presentation 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 boards and available for teams in the NACAC website.











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## **NACAC AGE GROUP 2021 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, 2009 to December 31st, 2010.

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

Note: 10 year old athletes or younger (born in 2011 or after) and 13 year old athletes or older (born in 2008 or before) will not be able to participate in this category.

#### **CATEGORY U15 - HEPTATHLON**

13 - 14 years, born from January 1st, 2007 to December 31st, 2008.

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 2009 or after) and 15 year old athletes or older (born in 2006 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 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.













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#### 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 (5oz 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.













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#### 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 thirty (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 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











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## **COMPETITION SCHEDULE – Updated Sep 28th**

DAY 1	F	RIDAY DECEMBER 17th	Updated Sep 28	MC	RNING	SESSION			
	BREAKFAST AT THE HOTEL (6:00 - 8:00 am)								
#	TIME	EVENT	GENDER	CAT	ROUND	ATHLETES			
_	08:30 Athletes report the to Call Room								
1	09:30	60 meters	Girls	U13	Penta 1	33			
2	09:45	60 meters	Boys	U13	Penta 1	35			
3	10:00	80 meters	Girls	U15	Hepta 1	36			
4	10:00	High Jump (2 pits)	Girls	U13	Penta 2	33			
5	10:00	Baseball Throw - Group A	Boys	U13	Penta 2	35			
6	10:15	80 meters	Boys	U15	Hepta 1	35			
7	10:30	Long Jump (2 pits)	Girls	U15	Hepta 2	36			
8	10:45	Shot Put (3k) (2 circles)	Boys	U15	Hepta 2	35			
*	11:00	Baseball Throw - Group B	Boys	U13	Penta 2	35			
	11:30 AWARDS CEREMONY AT THE STADIUM								
LUNCH AT THE HOTEL (12:00 - 2:00 pm)									

## **FRIDAY DECEMBER 17th**

## AFTERNOON SESSION

#	TIME	EVENT	GENDER	CAT	ROUND	ATHLETES	
	02:15	OPENII	OPENING CEREMONY				
	02:30	Athletes rep	Athletes report the to Call Room				
9	03:00	Baseball Throw - Group A	Girls	U13	Penta 3	33	
10	03:00	High Jump (2 pits)	Boys	U13	Penta 3	35	
11	03:00	Long Jump (2 pits)	Boys	U15	Hepta 3	35	
12	03:00	Shot Put (3k) (2 circles)	Girls	U15	Hepta 3	36	
*	04:00	Baseball Throw - Group B	Girls	U13	Penta 3	33	
13	05:00	4x100 Relays	<u>Mixed</u>	<u>U15</u>	<u>Final</u>		
14	05:15	4x100 Relays	<u>Mixed</u>	<u>U13</u>	<u>Final</u>		
	06:00 AWARDS CEREMONY AT THE STADIUM						
DINNER AT THE HOTEL (7:00 - 9:00 pm)							













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DAY 2	SATURDAY DECEMBER 18th		Updated Sep 28	MORNING SESSION					
	BREAKFAST AT THE HOTEL (6:00 - 8:00 am)								
#	TIME	EVENT	GENDER	CAT	ROUND	ATHLETES			
	08:30	08:30 Athletes report the to Call Room							
15	09:00	60 meters hurdles (0.76m)	Girls	U15	Hepta 4	36			
16	09:00	Long Jump (2 pits)	Girls	U13	Penta 4	33			
17	09:15	80 meters hurdles (0.84m)	Boys	U15	Hepta 4	35			
18	09:30	Baseball Throw - Group A	Girls	U15	Hepta 5	36			
19	09:45	High Jump (2 pits)	Boys	U15	Hepta 5	35			
20	10:30	Long Jump (2 pits)	Boys	U13	Penta 4	35			
*	11:00	Baseball Throw - Group B	Girls	U15	Hepta 5	36			
	11:30 AWARDS CEREMONY AT THE STADIUM								
LUNCH AT THE HOTEL (12:00 - 2:00 pm)									

## **SATURDAY DECEMBER 18th**

## AFTERNOON SESSION

#	TIME	EVENT	GENDER	CAT	ROUND	ATHLETES
_	02:30	Athletes report the to Call Room				
21	03:00	High Jump (2 pits)	Girls	U15	Hepta 6	36
22	03:00	Baseball Throw - Group A	Boys	U15	Hepta 6	35
23	03:30	800 meters	Girls	U13	Penta 5	33
24	04:00	1000 meters	Boys	U13	Penta 5	35
*	04:00	Baseball Throw - Group B	Boys	U15	Hepta 6	35
26	04:30	1000 meters	Girls	U15	Hepta 7	36
27	05:00	1200 meters	Boys	U15	Hepta 7	35
	06:00	AWARDS AND CLOSING CEREMONY AT THE STADIUM				
DINNER AT THE HOTEL (7:00 - 9:00 pm)						







