



TECHNICAL MANUAL



**THE NATIONAL STADIUM
KINGSTON, JAMAICA
APRIL 16-18, 2022**

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PARTNERS



1. NACAC COUNCIL

PRESIDENT:	Mike Sands	BAH
VICE PRESIDENT:	Catherine Jordan	BAR
TREASURER:	Glenville Jeffers	SKN
GENERAL SECRETARY:	Keith Joseph	VIN
COUNCIL MEMBERS:	Cydonie Mothersill	CAY
	Calixto Sierra	HON
	Evelyn Farrell	ARU
	Howard Cornelius	ANT

MEMBERS EX OFFICIO:

World Athletics PRESIDENT:	Lord Sebastian Coe	GBR
World Athletics VICE-PRESIDENT:	Alberto Juantorena	CUB
World Athletics COUNCIL MEMBERS:	Willie Banks	USA
	Abby Hoffman	CAN

NACAC PAST PRESIDENTS

Victor Lopez 2013-19	PUR
Neville McCook (Deceased) - 2007-13	JAM
Amadeo Francis-1988-2007	PUR



2. LOCAL ORGANIZING COMMITTEE (LOC)

CHAIRMAN:	Dr. the Hon Michael Fennell
JAAA PRESIDENT:	Garth Gayle
VICE CHAIRMAN	Ludlow Watts
GENERAL MANAGER & ACCOMMODATIONS	Marie Tavares
LEGAL AFFAIRS	Lincoln Eatmon
FINANCE	Compton Rodney
COMPETITIONS DIRECTOR	Ian Forbes
TECHNOLOGY/ RESULTS COORDINATOR	Leroy Cooke
TRANSPORTATION COORDINATOR	Major Desmon Brown
GOVERNMENT LIAISON OFFICER	Suzette Ison
SECURITY	Snr Supt. Terrence Bent
ACCREDITATION	Brian Smith
TECHNICAL OFFICIALS	Vilma Charlton
MEDICAL SERVICES	Dr Carl Bruce
ANTI-DOPING	Dr Warren Blake
PROTOCOL OFFICER	Amb. Ricardo Allicock
PUBLIC RELATIONS, COMMUNICATIONS VOLUNTEERS	Carole Beckford
LOGISTICS	Gregory Hamilton
CEREMONIES	Lenford Salmon



3. INTERNATIONAL TECHNICAL OFFICIALS

NACAC TECHNICAL TEAM INFORMATION-CARIFTA GAMES – JAMAICA 2022

#	NAME	POSITION	COUNTRY
1	Keith Joseph	Organizational Delegate	VIN
2	Michael A. Serralta	Technical Delegate	PUR
3	Adrian Lorde	Doping Control Delegate	BAR
4	John Andalcio	International Area Technical Official	TTO
5	Stephanie Rahming-Taylor	International Area Technical Official	BAH
6	Philcol Dowardson Jeffers	International Area Technical Official	VIN
7	Andre Procope	International Area Technical Official	BAR
8	Janelle Edwards	International Area Technical Official	TTO
9	Ludlow Watts	International Area Starter	JAM
10	Michelle Stoute	International Area Photo-Finish Judge	TTO
11	James Kelly	International Video Referee	SKN

3.1 JURY OF APPEAL

The Jury of Appeal will be designated during the Technical Meeting. Members will be selected from participating countries and the Jury of Appeal Secretary designated is Mr. Carlos Clemente from El Salvador.



4. GETTING TO KNOW JAMAICA

Jamaica is an island country situated in the Caribbean Sea Spanning 10,990 square kilometers (4,240 sq mi) in area, it is the third-largest island of the Greater Antilles and the Caribbean. With 2.9 million people, Jamaica is the third-most populous Anglophone country in the Americas (after the United States and Canada, and the fourth-most populous country in the Caribbean. Kingston is the country's capital and largest city.

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On August 6, 1962, Jamaica became independent with full dominion status within the Commonwealth, under a constitution that retained the British monarch as head of state. This year, the island celebrates 60 years of Independence, and The Jamaica Athletics Administrative Association (JAAA) celebrates 90 years of existence.

From each morning's glorious sunrise until the sea swallows the sun at night, Jamaica presents a magnificent palette of experiences, a kaleidoscope of colours and sounds that make the island a precious jewel in the Caribbean. The birthplace of Reggae, Jamaica is often described as the home of rhythm and sway.

Jamaica has a tropical climate which is influenced by the sea and the northeast trade winds, which are dominant throughout the year. Coastal breezes blow onshore by day and offshore at night. During the winter months, from December to March, colder winds known locally as "northers" reach the island from the North American mainland. The mountains cause variations in temperature according to elevation, but there is little change from season to season. Temperatures on the coasts can reach the low 90s F (about 32 °C), and minimum temperatures in the low 40s F (about 4 °C) have been recorded on the high peaks. Average temperatures in Kingston, at sea level range between the high 80s F (about 31 °C) and the low 70s F (about 22 °C).



5. GENERAL INFORMATION

5.1 ARRIVAL AND DEPARTURE

Delegations are requested to arrive in Jamaica for Thursday April 14, 2022, and their Depart on Tuesday April 19, 2022. Be reminded that official CARIFTA Games accommodation will be provided only for those dates. Delegations who seek to arrive before April 14th, and departing after April 19, 2022, are required to inform the Organizing Committee no later than March 16, 2022, for the LOC to assist with pre and post Games accommodation that **WILL BE** at the expense of the Federation.

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5.2 AIRPORT

The closest airport of entry into Jamaica is the Norman Manley International Airport (KIN). However, flights into Sangster International Airport (MBJ) might be more frequent. The travel time into Kingston is approximately a 3-hour drive.



5.3 ENTRY REQUIREMENT

A valid passport with at least an expiration date of more than 6 months is required. Athletes and officials from Haiti, Cayman Islands, & British Virgin Islands will require a visa.

A **NEGATIVE PCR COVID-19 Test** result within 72 hours of arrival is required for each member of the delegation along with a travel approval certificate. Application for the certificate can be obtained at <https://travelauth.visitjamaica.com>. It is recommended that the travel approval be sought before arrival at the departing airport. Each team member must also sign a COVID-19 Waiver which is also a requirement for registration and should be uploaded on the registration portal. Athletes under 18 must have their waiver signed by a Parent/Guardian. The waiver is included in the Appendix and the hardcopy must be presented at Accreditation.

5.4 CURRENCY

We advise teams to make use of the ATM's which are available throughout Kingston. Both debit and credit cards are widely accepted in Jamaica. Please note that Banks and Cambios may be closed during the event because of the Public Holidays.

The official currency is the Jamaican Dollar (J\$). We advise that you exchange currency at Cambios and banks. The rates fluctuate on a daily basis but a base rate of JD\$150 to USD\$1 can be used.

6. ACCOMMODATION

6.1 ACCOMMODATION

Athletes and team officials will be accommodated at the Rex Nettleford Hall at the University of the West Indies Mona. It is 5Km from the National Stadium and 10 minutes transit time without traffic.

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6.2 ACCOMMODATION LEVY

The accommodation levy is **US\$ 150.00** per team member within the team size quota. Teams traveling with officials above the specified quota will be required to pay **US\$ 100.00** per day if they wish to be accommodated with their teams.

The Local Organizing Committee will need to be notified by March 16, 2022, in writing in order to ensure that any additional officials over the quota can be accommodated at the Games accommodation facilities.

6.3 MEALS

Meals will be provided from dinner on Thursday April 14, 2022, to breakfast on Tuesday April 19, 2022. Breakfast, lunch, and dinner will be at the accommodation site. Teams that need nutritional assistance on days of competition must notify the LOC. Water and hydration fluid will be provided at the competition venue for the members of the delegation.

6.4 ACCREDITATION REGISTRATION & AGE VERIFICATION

The accreditation center will be located at the Rex Nettleford Hall. Registration must be done online using the designated portal.

<https://athleticsja.org/carifta-games-2022/>



Deadlines for registrations are as follows:

Numerical Entries: February 15, 2022(Form submitted via email)

Final Entries: April 1, 2022 (completed on Registration Portal)

Participating teams are requested to submit (upload) a passport size electronic photo and a copy of the bio page of passport for all team members (athletes and team officials) along with their final entries in order to facilitate the accreditation process.

The ages of all competitors will be verified at the Accreditation Center. Passports or travel documents of all competitors must be presented upon arrival before the accreditation process can be completed.

Heads of delegations must finalize payment of the levy in US currency in order to complete the accreditation process and receive their room keys.

Delegations will receive individual accreditation passes which must be worn for the duration of the Games. These cards will act as access passes to Games accommodation, meals, transport, warm up area, competition venue and other facilities as indicated.

Please note that charges for accommodation and meals of additional personnel must be paid at this time as well.

The loss or theft of an accreditation pass must be reported immediately to the Accreditation Center at the Accommodation facility. A replacement card will only be provided at a cost of **US\$ 15.00**. It is imperative that teams send the required information by the deadline dates to minimize wait time.

7. COMPETITION

7.1 RULES OF COMPETITION

The 49th Staging of CARIFTA Games will be held in accordance with the rules and regulations of World Athletics. All technical matters will be resolved according to current World Athletics rules.

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7.2 COMPETITION VENUE AND DATES

The competition venue will be the National Stadium at the Independence Park Limited Complex, Kingston 6. This facility has an eight (8) lane BSW synthetic track (Category 1 Rating). There is also an adjacent 8 lane BSW synthetic track used for Warmup. Spike lengths must not exceed 9mm, except for the high jump and javelin throw where spike lengths must not exceed 12mm.



7.3 WARM-UP AND TRAINING FACILITIES

Warmup and Training will be at the National Stadium Complex, Independence Park Limited. Additional information will be made available to delegations upon arrival.

7.4 TEAM SIZE

BOYS UNDER 20	(maximum 20 athletes)	Born 2003 or later;
GIRLS UNDER 20	(maximum 20 athletes)	Born 2003 or later;
BOYS UNDER 17	(maximum 20 athletes)	Born 2006 or later;
GIRLS UNDER 17	(maximum 20 athletes)	Born 2006 or later;

Ages are as of December 31, 2022

A country is allowed four (4) additional athletes. These athletes may be applied to any one category or may be applied to more than one category provided that only four athletes are used.

7.5 TEAM OFFICIALS' QUOTA

A maximum number of 12 officials will be allowed as follows:

01 – 06 Competitors	One official except for teams with male and female athletes; then two officials will be accepted, one must be female.
07 – 12 Competitors	2 Officials
13 – 18 Competitors	3 Officials
19 – 24 Competitors	4 Officials
24 – 30 Competitors	5 Officials
31 – 36 Competitors	6 Officials
37 – 42 Competitors	7 Officials
43 – 48 Competitors	8 Officials
49 – 54 Competitors	9 Officials
55 – 61 Competitors	10 Officials
62 – 68 Competitors	11 Officials
69 – 80 Competitors	12 Officials

7.6. DOPING CONTROL

Tests for doping will be conducted throughout the competition in accordance with the World Athletics Procedural Guidelines that govern Doping Control under the management of The Jamaica Anti-Doping Commission (JADCO). By participating in the CARIFTA GAMES Kingston 2022, all athletes expressly agree to undergo random doping tests.

Under 18 athletes must have the written consent from Parent/Guardian. The consent form is included in Appendix XVII.



7.7 INVITED COUNTRIES

JAMAICA will be the host country for the 2022 CARIFTA Championships. Participation is open to the following National Federations (NF's):



ANGUILLA



CURACAO



ST. KITTS
&
NEVIS



ANTIGUA
BARBUDA



DOMINICA



ST. LUCIA



ARUBA



FRENCH GUIANA



ST. MAARTEN



BAHAMAS



GRENADA



ST. VINCENT & THE
GRENADINES



BARBADOS



GUADELOUPE



SURINAME



BELIZE



GUYANA



TRINIDAD &
TOBAGO



BERMUDA



HAITI



TURKS &
CAICOS'



BONAIRE



JAMAICA



UNITED STATES
VIRGIN ISLANDS



BRITISH
VIRGIN
ISLANDS



MARTINIQUE



CAYMAN
ISLANDS



MONSTERRAT



7.8 EVENTS:

BOYS UNDER 20:

100m, 200m, 400m, 800m, 1500m, 5000m;
 110m Hurdles (0.991m), 400m Hurdles (0.914m);
 4 x 100m, 4 x 400m;
 Shot Put (6.0kg), Discus (1.75kg), Javelin (800g);
 High Jump, Long Jump, Triple Jump;

GIRLS UNDER 20:

100m, 200m, 400m, 800m, 1500m;
 100m H, (0.838m); 400m H, (0.762m);
 4 x 100m, 4 x 400m;
 Shot Put (4kg), Discus (1.0kg), Javelin (600g);
 High Jump, Long Jump, Triple Jump;

BOYS UNDER 17:

100m, 200m, 400m, 800m, 1500m, 3000m;
 110m H, (0.914m); 400m H, (0.838m);
 4 x 100m, 4 x 400m;
 Shot Put (5.0kg), Discus (1.5kg), Javelin (700g);
 High Jump, Long Jump, Triple Jump;

GIRLS UNDER 17:

100m, 200m, 400m, 800m, 1500m;
 100mH (0.762m), 400mH (0.762m);
 4 x 100m, 4 x 400m; Shot Put (3kg), Discus (1.0kg), Javelin (500g);
 High Jump, Long Jump, Triple Jump;

OPEN EVENTS:

Girls – 3000m

Boys – Pole Vault

Heptathlon (2 consecutive days):

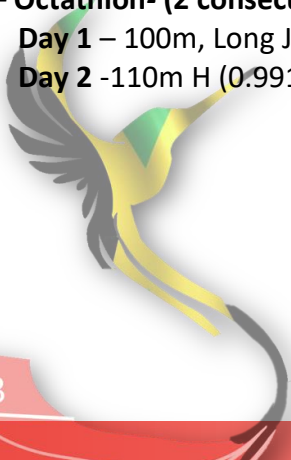
Day 1 – 100m H (0.84m), High Jump, Shot Put (4kgs), 200m.

Day 2 – Long Jump, Javelin (600g), 800m.

Boys – Octathlon- (2 consecutive days):

Day 1 – 100m, Long Jump, Shot Put (6kgs), 400m.

Day 2 -110m H (0.991 cm), High Jump, Javelin (800g), 1500m.



7.9 NUMBER OF COMPETITORS PER EVENT

Each team is permitted two (2) competitors for individual events and one team per relay. If an event cannot be conducted due to insufficient participants, defined as having “not less than five (5) competitors of three (3) different countries”, the LOC shall immediately notify through e-mail, those countries that had entered athletes for such an event and consider the event an **Exhibition**.

7.10 TECHNICAL MEETING

This will be held on **Friday April 15, 2022, at 5:00pm**, at The National Arena at Independence Park. Countries may be represented by two delegates or appoint a proxy if unable to attend.

7.11 TECHNICAL INFORMATION CENTRE (TIC)

The Technical Information Centre will be located at the Stadium East facility (Warm-up Track).

7.12 CONFIRMATION ENTRY SHEETS

Upon arrival each team will be provided with a set of Confirmation of Entry sheets, which must be confirmed and submitted to the TIC. Confirmation of entries for the first day of competition shall be submitted during the Technical Meeting. For the following days, **ONLY** the confirmation of omissions should be submitted to the TIC by 4:00 p.m.

7.13 START LISTS AND OFFICIAL RESULTS

Start Lists will be provided daily online and at the TIC. A copy will be given to the Team Leader or his/her designate. Results will be posted once the events have been concluded.

7.14 CALL ROOM INFORMATION

The Call Room is situated at the warmup track.

Information about the Call Rooms will be available at the technical meeting. Athletes reporting to the Call Room must have their identification and competition number provided by the organizing committee. Clothing must be the approved uniform of their National Federation. The following items are not allowed in the call room: I-pods, I-pads, MP3 Players, CD Players, Walkman, cameras, mobile phones, headsets, and personal implements. These items will be collected and held at the Call Room. Athletes can collect their items from the Call Room after their event.



7.15 COMPETITION NUMBERS

Numbers will be checked in the Call Room to ensure that they correspond with the athletes' names.

They shall be worn visibly on the front and back, except for those competing in the high jump and pole vault.

Competitors in running events will be issued additional adhesive numbers, which shall be worn on the sides of their shorts.

7.16 REPORTING TIME TO CALL ROOM FOR EVENTS

No.	Event	Calls	Entering the Competition Zone
1	Short Distance Races	2	5 mins before
2	Hurdles Races	2	10 mins before
3	Long Distance Races	2	5 mins before
4	Relays	2	10 mins before
5	Jumps Except Pole Vault	2	30 mins before
6	Throws	2	30 mins before
7	Pole Vault	2	45 mins before

Marshals will accompany athletes when they enter and leave the competition arena. There will be two calls for the athletes to report to Call Room. Consequently, the athletes will be marshaled to the competition arena. Under no circumstance will athletes be allowed to enter the competition arena if they fail to comply with the above-mentioned rules. The Call Times will be provided at the Technical Meeting.

Starting and successive heights for High Jump and Pole Vault

High Jump – Under 17 Girls:

Start at 1.55m, increments of 5cm to 1.70m, increments of 3cm to 1.76m, thereafter 2cm

High Jump – Under 17 Boys:

Start at 1.70m, increments of 5cm to 2.0m, increments of 3cm to 2.09m, thereafter 2cm

High Jump – Under 20 Girls:

Start at 1.60m, increments of 5cm to 1.75m, increments of 3cm to 1.81m, thereafter 2cm

High Jump – Under 20 Boys:

Start at 1.85m, increments of 5cm to 2.05m, increments of 3cm to 2.14m, thereafter 2cm

Pole Vault Boys– Open:

Start at 3.00m, increments of 15cm to 3.60m, increments of 10cm to 4.00m thereafter 5cm.

7.17 DEADLINES

February 15, 2022 – Numerical entries-confirmation of participation, on the approved form with approximate team size, including number of officials and number of VIPs must have reached the LOC. These may be sent by e-mail to: CARIFTA2022@jaaa.org.jm

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April 1, 2022 – the following must have reached the LOC:

- Final entries;
- Registration of athletes;
- Registration of officials/and over-quota officials;
- *List of VVIPs, with full titles, for accreditation and their photos should be uploaded online at least one week before arrival;*
- *A copy of all passport bio page;*
- *Travel schedule;*
- *Passport size photograph for each member of delegation with name, designation and country printed on back of photograph, or sent electronically.*
- *Signed COVID-19 Waiver for each team member*

All registrations will take place online at:

<https://athleticsja.org/CARIFTA-games-2022/>



8. PROTOCOL & CEREMONIES

8.1 OPENING CEREMONY

More details will be provided later by bulletin.

8.2 AWARDS CEREMONY

The first three athletes in each individual event and the first three teams in each relay race will be presented with a gold, silver, or bronze medal respectively. The medal presentations will usually take place before the doping control procedures and as soon as possible after the conclusion of the event. (When a ceremony is held on the following day, athletes shall report to the TIC no later than 30 minutes before the scheduled ceremony time. The medal ceremonies schedule will be published.

LOC staff will be responsible to gather the first three athletes or relay teams and escort them to the ceremony waiting area where they will prepare for the ceremony. When a delegation competes in relay Semi-Finals and finals with more than four athletes, only the four athletes in the Final will be awarded medals during the official ceremony. The other athletes will receive their medals later through the TIC.

All athletes must wear masks. All assistants involved in the awards ceremony will wear masks. Physical distance must be observed on the podium. Medals will be delivered on a tray without physical contact between the presenter and the athlete. Each athlete will put on their own medal while avoiding physical contact during the ceremony.

Athletes must wear delegation's official uniform at Medal Ceremonies.

The Austin Sealy Award will be presented for the Most Outstanding Athlete of the 2022 Championships.



8.3 CARIFTA CONGRESS

The Congress will be held on Sunday, April 17, 2022, at the Jamaica Pegasus Hotel at 10:00am. The following is the draft Agenda.

AGENDA
ROLL CALL
INVOCATION

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Welcome and Opening Remarks

Garth Gayle
JAAA President

Dr. the Hon Michael Fennell
LOC Chairman

Mike Sands
President of NACAC

Lord Sebastian Coe
President, World Athletics

The Hon. Olivia Grange CD, MP
Minister, Ministry of Culture, Gender, Entertainment & Sport

MINUTES OF THE CARIFTA CONGRESS OF 2019
MATTERS ARISING FROM THE MINUTES OF THE CARIFTA CONGRESS 2019

REPORTS

PROPOSALS FROM NACAC COMPETITIONS COMMISSION FOR FUTURE CARIFTA GAMES

DECLARATION OF BIDS FOR CARIFTA GAMES OF 2023, 2024, 2025

OTHER CARIFTA BUSINESS

ADJOURNMENT

CARIFTA Congress Luncheon



9. MEDIA

A valid passport with at least an expiration date of more than 6 months is required. Media personnel from Haiti, Cayman Islands, & British Virgin Islands will require a visa.

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A **NEGATIVE PCR COVID-19 Test** result within 72 hours of arrival is required, and a travel approval certificate. Application for the certificate can be obtained at <https://travelauth.visitjamaica.com>. It is recommended that the travel approval be sought before arrival at the departing airport.

Each member of the Media must sign a COVID-19 Waiver which is also a requirement for Accreditation and should be uploaded on the registration portal. The waiver is included in the Appendix and the hardcopy must be presented at Accreditation.

Accreditation form must be completed and returned to the LOC no later than Monday, April 11, 2022. It must be duly authorized by the Member Federation. Each individual **MUST** complete an application and submit a digital passport size photo.

Options for Accommodation arranged by LOC:

1. Jamaica Pegasus Hotel, US \$169 (Single Occupancy), US\$194.50 (Double Occupancy). Rates includes all taxes and daily buffet breakfast. **Booking code JPHCMR**
2. Courtleigh Hotel& Suites, US\$164.66 (Single Occupancy), US\$177.31 (Double Occupancy). Rates includes all taxes and daily buffet breakfast. **Booking code CHSCMR.**

Transportation is available for Media Personnel from the competition venue to media hotel each day.

Services provided to media at venue includes Wi-fi Internet access



THE JAMAICA PEGASUS HOTEL



THE COURTLEIGH HOTEL & SUITES

9.1 MEDIA ACCREDITATION FORM

COUNTRY: _____

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APPLICANT NAME (LAST NAME, FIRSTNAME)		
COMPANY (INCLUDING ADDRESS)		
EMAIL		
MEDIA TYPE		
WORK PHONE	MOBILE PHONE	
COMMENT OR MESSAGE		
ARRIVAL DATE	FLIGHT INFO	ARRIVAL TIME
APPLICANT SIGNATURE		DATE
AUTHORISED SIGNATURE/STAMP		DATE
MUST BE SUBMITTED BEFORE MIDNIGHT – APRIL 11, 2022		



10. LIST OF APPENDICES

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APPENDIX II	NUMERICAL ENTRIES
APPENDIX III	FINAL ENTRIES – UNDER 17 FEMALES
APPENDIX IV	FINAL ENTRIES – UNDER 17 MALES
APPENDIX V	FINAL ENTRIES – UNDER 20 FEMALES
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APPENDIX XVI	COVID19 WAIVER



APPENDIX I: SCHEDULE OF EVENTS

SATURDAY, APRIL 16 – DAY 1 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
09:00	100M Hurdles Heptathlon Girls – Event 1 (0.84M)	
09:05		High Jump U-17 Girls Final
09:10	100m Octathlon Boys – Event 1	
09:15		Javelin Throw U-20 Boys Final (800g)
09:20	100m U-17 Girls Heats	
09:25		Shot Put U-17 Girls Final (3kg)
09:40	100m U-17 Boys Heats	
10:00	100m U-20 Girls Heats	
10:20	100m U-20 Boys Heats	
10:25		High Jump Heptathlon Girls – Event 2
10:35		Long Jump Octathlon Boys – Event 2
10:40	400m U-17 Girls Semi-Finals	
10:55	400m U-17 Boys Semi-Finals	
11:10	400m U-20 Girls Semi-Finals	
11:25	400m U-20 Boys Semi-Finals	
11:40	MEDAL CEREMONY	

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SATURDAY, APRIL 16 – DAY 1 SESSION 2		
16:00	100m U-17 Girls Semi-Finals	
16:05		Discus Throw U-20 Boys Final (1.75kg)
16:10		Triple Jump U-20 Girls Final
16:10	100m U-17 Boys Semi-Finals	
16:15		Shot Put Octathlon Boys – Event 3 (6kg)
16:20	100m U-20 Girls Semi-Finals	
16:30	100m U-20 Boys Semi-Finals	
16:40	MEDAL CEREMONY	
16:45		High Jump U-20 Boys Finals
16:50	1500m U-17 Girls Final	
17:00	1500m U-17 Boys Final	
17:10	1500m U-20 Girls Final	
17:15		Long Jump U-17 Boys Final
17:20	1500m U-20 Boys Final	
17:25	MEDAL CEREMONY	
17:30		Shot Put Heptathlon Girls – Event 3 (4kg)
17:50		Discus Throw U-20 Girls Final (1kg)
17:55	400m U-17 Girls Final	
18:00	400m U-17 Boys Final	
18:05	400m U-20 Girls Final	
18:10	400m U-20 Boys Final	
18:15	400m Octathlon Boys – Event 4	
18:25	200m Heptathlon – Event 4	
18:30	MEDAL CEREMONY	
18:45	100m U-17 Girls Final	
18:50	100m U-17 Boys Final	
18:55	100m U-20 Girls Final	
19:00	100m U-20 Boys Final	
19:05	MEDAL CEREMONY	

SUNDAY, APRIL 17 – DAY 2 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
09:00	110m Hurdles Octathlon Boys – Event 5	
09:05		Long Jump Heptathlon – Event 5
09:10		Javelin Throw U-20 Girls Final (600g)
09:15	400m Hurdles U-17 Girls Semi-Finals (0.76m)	
09:20		Shot Put U-20 Girls Final (4kg)
09:25	400m Hurdles U-20 Girls Semi-Finals (0.76m)	
09:35	400m Hurdles U-17 Boys Semi-Finals (0.84m)	
09:40		High Jump Octathlon Boys – Event 6
09:45	400m Hurdles U-20 Boys Semi-Finals (0.91m)	
10:00	800m U-17 Girls Semi-Finals	
10:15	800m U-17 Boys Semi-Finals	
10:20		Javelin Throw Heptathlon Girls – Event 6 (600g)
10:30	800m U-20 Girls Semi-Finals	
10:35		Long Jump U-20 Boys Final
10:45	800m U-20 Boys Semi-Finals	
11:00	200m U-17 Girls Semi-Finals	
11:10	200m U-17 Boys Semi-Finals	
11:20	200m U-20 Girls Semi-Finals	
11:30	200m U-20 Boys Semi-Finals	
11:40	MEDAL CEREMONY	

SUNDAY, APRIL 17 – DAY 2 SESSION 2		
15:00	4x100m Relay U-17 Girls Semi-Finals	
15:05		High Jump U-17 Boys Final
15:10	4x100m Relay U-17 Boys Semi-Finals	
15:15		Long Jump U-17 Girls Final
15:20	4x100m Relay U-20 Girls Semi-Finals	
15:25		Javelin Octathlon Boys – Event 7 (800g)
15:30	4x100m Relay U-20 Boys Semi-Finals	
15:35		Shot Put U-17 Boys Finals (5kg)
15:45	400m Hurdles U-17 Girls Finals (0.76m)	
15:55	400m Hurdles U-20 Girls Finals (0.76m)	
16:05	400m Hurdles U-17 Boys Finals (0.84m)	
16:15	400m Hurdles U-20 Boys Finals (0.91m)	
16:20	MEDAL CEREMONY	
16:30	200m U-17 Girls Semi-Finals	
16:35		Triple Jump U-17 Boys Final
16:40	200m U-17 Boys Semi-Finals	
16:50	200m U-20 Girls Semi-Finals	
17:00	200m U-20 Boys Semi-Final	
17:05		Javelin Throw U-17 Boys Final (700g)
17:10	800m Heptathlon Girls – Event 7	
17:15		Pole Vault Open Division Boys Final
17:20	1500m Octathlon Boys – Event 8	
17:30	MEDAL CEREMONY	
17:40	3000m Open Division Girls Final	
17:55	3000m U-17 Boys Final	
18:10	MEDAL CEREMONY	
18:20	4x100m Relay U-17 Girls Finals	
18:30	4x100m Relay U-17 Boys Finals	
18:40	4x100m Relay U-20 Girls Finals	
18:50	4x100m Relay U-20 Boys Finals	
19:00	MEDAL CEREMONY	

MONDAY, APRIL 18 – DAY 3 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
09:00	100m Hurdles U-17 Girls Semi-Finals (0.76m)	
09:05		Javelin Throw U-17 Girls Final (500g)
09:10		High Jump U-20 Girls Final
09:15	100m Hurdles U-20 Girls Semi-Finals (0.84m)	
09:30	110m Hurdles U-17 Boys Semi-Finals (0.91m)	
09:40		Long Jump U-20 Girls Final
09:45	110m Hurdles U-20 Boys Semi-Finals (0.99m)	
10:00	4x400m Relay U-17 Girls Semi-Finals	
10:15	4x400m Relay U-17 Boys Semi-Finals	
10:30	4x400m Relay U-20 Girls Semi-Finals	
10:45	4x400m Relay U-20 Boys Semi-Finals	
10:50	MEDAL CEREMONY	

MONDAY, APRIL 18 – DAY 3 SESSION 2		
TIME	TRACK EVENTS	FIELD EVENTS
16:00	100m Hurdles U-17 Girls Finals (0.76m)	
16:05		Triple Jump U-17 Girls Final
16:10	100m Hurdles U-20 Girls Finals (0.84m)	
16:15		Discus Throw U-17 Girls Final (1kg)
16:25	110m Hurdles U-17 Boys Finals (0.91m)	
16:30		Shot Put U-20 Boys Final (6kg)
16:35	110m Hurdles U-20 Boys Finals (0.99m)	
16:40	MEDAL CEREMONY	
16:55	800m U-17 Girls Final	
17:05	800m U-17 Boys Final	
17:15	800m U-20 Girls Final	
17:25	800m U-20 Boys Final	
17:30	MEDAL CEREMONY	
17:40		Triple Jump U-20 Boys Final
17:45	200m U-17 Girls Final	
17:50		Discus Throw U-17 Boys Final (1.75kg)
17:55	200m U-17 Boys Final	
18:05	200m U-20 Girls Final	
18:15	200m U-20 Boys Final	
18:20	MEDAL CEREMONY	
18:35	5000m U-20 Boys Final	
19:05	4x400m Relay U-17 Girls Final	
19:15	4x400m Relay U-17 Boys Final	
19:25	4x400m Relay U-20 Girls Final	
19:35	4x400m Relay U-20 Boys Final	
19:45	MEDAL CEREMONY	
20:00	CLOSING CEREMONIES	



APPENDIX II: NUMERICAL ENTRIES

COUNTRY: _____

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NUMERICAL ENTRIES						
EVENT	U17 FEMALES	U17 MALES	U20 FEMALES	U20 MALES	OPEN	TOTAL
100M						
200M						
400M						
800M						
1500M						
3000M						
5000M						
100MH						
110MH						
400MH						
LONG JUMP						
TRIPLE JUMP						
HIGH JUMP						
POLE VAULT						
SHOTPUT						
DISCUS						
JAVELIN						
HEPTATHLON						
OCTATHLON						
4x 100M						
4x 400M						
TEAM						
TOTAL FEMALE						
TOTAL MALE ATHLETES						
TOTAL FEMALE						
TOTAL MALE OFFICIALS						
 AUTHORIZED SIGNATURE/STAMP (President/General Secretary)					DATE	

APPENDIX III: FINAL ENTRIES– U17 FEMALES

COUNTRY: _____

ATHLETE (LAST NAME, FIRST NAME): _____

DATE OF BIRTH(MM/DD/YYYY): _____

UNDER 17 FEMALES		
EVENT	ENTRY (X)	MARK (SEASON'S BEST)
100M		
200M		
400M		
800M		
1500M		
100MH		
400MH		
LONG JUMP		
TRIPLE JUMP		
HIGH JUMP		
SHOTPUT		
DISCUS		
JAVELIN		
4X100M		
4X400M		
AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)		DATE



APPENDIX IV: FINAL ENTRIES – U17 MALES

COUNTRY: _____

ATHLETE (LAST NAME, FIRST NAME): _____

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DATE OF BIRTH(MM/DD/YYYY): _____

UNDER 17 MALES		
EVENT	ENTRY (X)	MARK (PERSONAL BEST)
100M		
200M		
400M		
800M		
1500M		
3000M		
110MH		
400MH		
LONG JUMP		
TRIPLE JUMP		
HIGH JUMP		
SHOTPUT		
DISCUS		
JAVELIN		
4X100M		
4X400M		
AUTHORIZED SIGNATURE/STAMP (PRESIDENT/ GENERAL SECRETARY)		DATE



APPENDIX V: FINAL ENTRIES – U20 FEMALES

COUNTRY: _____

ATHLETE (LAST NAME, FIRST NAME): _____

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DATE OF BIRTH (MM/DD/YYYY): _____

UNDER 20 FEMALES		
EVENT	ENTRY (X)	MARK (PERSONAL BEST)
100M		
200M		
400M		
800M		
1500M		
3000M		
100MH		
400MH		
LONG JUMP		
TRIPLE JUMP		
HIGH JUMP		
SHOTPUT		
DISCUS		
JAVELIN		
4X100M		
4X400M		
AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)		DATE



APPENDIX VI: FINAL ENTRIES – U20 MALES

COUNTRY: _____

ATHLETE (LAST NAME, FIRST NAME): _____

DATE OF BIRTH (MM/DD/YYYY): _____

UNDER 20 MALES		
EVENT	ENTRY (X)	MARK (PERSONAL BEST)
100M		
200M		
400M		
800M		
1500M		
5000M		
110MH		
400MH		
LONG JUMP		
TRIPLE JUMP		
HIGH JUMP		
POLE VAULT		
SHOTPUT		
DISCUS		
JAVELIN		
4X100M		
4X400M		
AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)		DATE



APPENDIX VII: FINAL ENTRIES—OPEN FEMALE/MALE

COUNTRY: _____

ATHLETE: (LAST NAME, FIRST NAME): _____

OPEN FEMALE			
EVENT	ENTRY (X)	MARK (PERSONAL BEST)	DATE OF BIRTH (MM/DD/YYYY)
3000M			
HEPTATHLON			
AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)			DATE
MUST BE SUBMITTED BEFORE MID-NIGHT APRIL 1, 2022			

COUNTRY: _____

ATHLETE (LAST NAME, FIRST NAME): _____

OPEN MALE			
EVENT	ENTRY (X)	MARK (PERSONAL BEST)	DATE OF BIRTH (MM/DD/YYYY)
OCTATHLON			
POLE VAULT			
AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)			DATE
MUST BE SUBMITTED BEFORE MID-NIGHT APRIL 1, 2022			



APPENDIX VIII: REGISTRATION OF TEAM OFFICIALS

COUNTRY: _____

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NO.	LAST NAME	FIRSTNAME	FUNCTION
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
	AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)		DATE
MUST BE SUBMITTED BEFORE MID-NIGHT APRIL 1, 2022			



APPENDIX IX: DELEGATIONS ARRIVALS/DEPARTURES

COUNTRY: _____

ARRIVALS			
NAME.	DATE (MM/DD/YYYY)	FLIGHT#	ARRIVAL TIME
DEPARTURES			
NAME.	DATE (MM/DD/YYYY)	FLIGHT#	DEPARTURE TIME
AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)			DATE
MUST BE SUBMITTED BEFORE MID-NIGHT APRIL 1, 2022			



**APPENDIX X: REGISTRATION OF CONGRESS DELEGATES AND
FEDERATIONS EXECUTIVES**

COUNTRY: _____

NO.	LAST NAME	FIRSTNAME	FUNCTION
1.			
2.			
	AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)		DATE
MUST BE SUBMITTED BEFORE MID-NIGHT APRIL 1,2022			



APPENDIX XI: GOVERNMENT OFFICIALS/VIP SPONSORS

COUNTRY: _____

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NO.	LAST NAME	FIRSTNAME	FUNCTION
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
	AUTHORIZED SIGNATURE/STAMP (PRESIDENT/GENERAL SECRETARY)		DATE
MUST BE SUBMITTED BEFORE MID-NIGHT APRIL 1, 2022			



APPENDIX XII: TECHNICAL MEETING AGENDA

TECHNICAL MEETING AGENDA			
1.	Call to order: Prayer/Welcome		
2.	<table border="1"> <tr> <td>Introductions</td> <td> <ul style="list-style-type: none"> • WA Representatives • ACAC Representatives • Organizational Delegate • Technical Delegate • Competition Director • International Area Starter • IATO's • Jury of Appeal • NTO's Chief Judges </td> </tr> </table>	Introductions	<ul style="list-style-type: none"> • WA Representatives • ACAC Representatives • Organizational Delegate • Technical Delegate • Competition Director • International Area Starter • IATO's • Jury of Appeal • NTO's Chief Judges
Introductions	<ul style="list-style-type: none"> • WA Representatives • ACAC Representatives • Organizational Delegate • Technical Delegate • Competition Director • International Area Starter • IATO's • Jury of Appeal • NTO's Chief Judges 		
3.	<table border="1"> <tr> <td>Technical Information</td> <td> <ul style="list-style-type: none"> • Schedule/Program • Qualifying Rounds • Starting Heights and Progressions • Protests • Questions • Doping Control </td> </tr> </table>	Technical Information	<ul style="list-style-type: none"> • Schedule/Program • Qualifying Rounds • Starting Heights and Progressions • Protests • Questions • Doping Control
Technical Information	<ul style="list-style-type: none"> • Schedule/Program • Qualifying Rounds • Starting Heights and Progressions • Protests • Questions • Doping Control 		
4.	<table border="1"> <tr> <td>Organizational Information</td> <td> <ul style="list-style-type: none"> • Bus Schedule • Awards Ceremony • Opening/Closing Ceremonies • Questions </td> </tr> </table>	Organizational Information	<ul style="list-style-type: none"> • Bus Schedule • Awards Ceremony • Opening/Closing Ceremonies • Questions
Organizational Information	<ul style="list-style-type: none"> • Bus Schedule • Awards Ceremony • Opening/Closing Ceremonies • Questions 		
5.	Closing Remarks		
6.	Changes to Entries		



APPENDIX XIII: TECHNICAL MEETING QUESTIONS

COUNTRY: _____

TECHNICAL MEETING	
Q1.	
Q2.	
Q3.	
Q4.	
TECHNICAL OFFICIAL	DATE
MUST BE SUBMITTED BEFORE 17:00HRS – APRIL 14, 2022	



APPENDIX XIV: PROTEST FORM



PROTEST FORM FOR THE JURY OF APPEAL

(Present with duplicate; original for the jury and copy for the official representative).

Name of the Athlete: _____

Event: _____ Country: _____

In accordance with World Athletics the protest must be accompanied by \$100.00 [USD]

Protest made by: _____ Representative of the athlete

ARTICLE of the World Athletics rulebook of reference: _____

MOTIVE FOR THE PROTEST: _____

Signature: _____

Received the protest and deposit,
Jury of Appeals Secretary: _____

To be completed exclusively by the Jury of Appeal

(Five Copies: Jury of Appeal, Referee, Representative, Secretary and Meet Manager)

Official Result Announced: _____ Time Verbal Protest presented to Referee: _____

Time Received: _____ Date: _____ 2022

Jury of Appeals Decision: _____

Unanimous Decision / majority The Deposit will be returned _____

The Representative was informed _____ 2022 _____ hrs.

The Meet Manager and the Secretary where informed at _____ hrs.
 Date _____ 2022.

Signature of the Jury of Appeal Members:
 1. _____
 2. _____
 3. _____

I received the appeal (and deposit)
 Representative: _____



APPENDIX XV: DOPING CONTROL CONSENT FORM



Jamaica Anti-Doping Commission (JADCO) Doping Control Parental Consent Form

I _____
(Parent/Guardian)

hereby consent to my child/ward being tested by the Jamaica Anti-Doping Commission at any event, competition or other activity which is organised, held, convened, authorised or recognised by any National Federation in Jamaica or by any member or affiliate organisation of any National Federation in Jamaica including any club, association, school, team or league.

Particulars of child/ward

Name: _____
(First Name) (Middle Name) (Last Name)

Date of Birth: _____
(Day) (Month) (Year)

Sex:
 Male
 Female

Signature: _____
(Parent/Guardian)

Date: _____
(Day) (Month) (Year)

APPENDIX XVI: COVID-19 WAIVER

WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19 ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT

In consideration of being allowed to participate on behalf of _____
(insert name of school, club or sports organization)

in the JAAA PUMA DEVELOPMENT SERIES 2022 and related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS JAMAICA ATHLETICS ADMINISTRATIVE ASSOCIATION their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, whether arising from the negligence of releases or otherwise, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of participant: _____

Participant signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, even if arising from their negligence, to the fullest extent provided by law.

Name of parent/guardian: _____

Parent guardian/signature: _____

Date signed: _____

NOTES

NACAC Approval: Monday, March 7, 2022





CARIFTA 2022 JAMAICA

