



# II NACAC HALF MARATHON AREA CHAMPIONSHIP

San Jose, Costa Rica, May 22, 2022

## TEAM MANUAL



Half  
Marathon

# NACAC

Championship 

*San José, Costa Rica*

**VERSION 1 – April 1, 2022**



**ORGANIZING COMMITTEE AND COMPETITION DIRECTION**  
**NACAC - NORTH, CENTRAL AMERICA AND CARIBBEAN ATHLETICS ASSOCIATION**

|                        |                            |                    |
|------------------------|----------------------------|--------------------|
| Mr. Mike Sands         | NACAC President            | BAHAMAS            |
| Ms. Catherine Jordan   | NACAC Vice President       | BARBADOS           |
| Mr. Glenville Jeffers  | NACAC Treasurer            | SAINT KITT & NEVIS |
| Mr. Keith Joseph       | NACAC Secretary General    | SAINT VINCENT      |
| Ms. Cydonie Mothersill | NACAC Member               | CAYMAN ISLANDS     |
| Mr. Calixto Sierra     | NACAC Member               | HONDURAS           |
| Ms. Evelyn Farrell     | NACAC Member               | ARUBA              |
| Mr Howard Corneluis    | NACAC Member               | ANTIGUA & BARBUDA  |
| Mr. Michael Serralta   | NACAC Competition Director | PUERTO RICO        |

**ORGANISING COMMITTEE AND ITS COMMISSIONS**

|  |                                   |
|--|-----------------------------------|
| Ms. Geen Clarke – FECOA President                            | Organizing Committee President    |
| Ms. Sandra Arce – FECOA 1 <sup>st</sup> Vice President       | Accreditation and Award Committee |
| Ms. Betsabé Barrantes – FECOA 1 <sup>st</sup> Vice President | Accommodation and Food Committee  |
| Mr. Marco Brenes - FECOA Technical Director                  | Technical Committee               |
| Mr. Allan Segura – FECOA Pro-secretary                       | Transportation Committee          |
| Mr. Victor Lopez - FECOA Treasurer                           | Marketing and Finance Committee   |
| Mr. Diego Obando - FECOA Prosecutor                          | Accommodation and Food Committee  |
| Mr. Isaac Vargas, Mr. Oscar Delgado, Mr. Luis Quijano        | Logistics Committee               |
| Mr. Hugo Quesada - FECOA Press Coordinator                   | Press Committee                   |



## JURY OF APPEAL

|                |           |
|----------------|-----------|
| To be declared | President |
| To be declared | Member    |
| To be declared | Member    |
| To be declared | Secretary |

## COMPETITION DIRECTION

|                           |                          |
|---------------------------|--------------------------|
| Mr. David Katz (USA)      | NACAC Technical Delegate |
| Mr. Adrián Lorde (BAR)    | Doping Control Delegate  |
| Mr. Nathanael Durán (CRC) | Competition Director     |
| Ms. Ileana Alpizar (CRC)  | Meeting Director         |
| Mr. Hugo Quesada (CRC)    | Presentation Director    |
| Mr. Luis Quijano (CRC)    | Technical Manager        |
| Mr. Isaac Vargas (CRC)    | Photofinish              |
| Mr. Diego Obando (CRC)    | Competition Secretary    |

## INFORMATION ABOUT THE HOST COUNTRY



The city of San José has historically been characterized by its hospitality and good weather; for this reason, it is recognized as the capital of the athletics championships and cultural and sporting activities. We appreciate your valuable visit and participation in this championship in July.

### Elevation and weather

**Elevation:** 1172 meters above sea level.

**Weather:** Wet, sunny, and warm for most of the year.

**Temperature:** From 19C° (67F°) to 27C° (80F°) approximately.

**Rainy season:** From May to November.

**Entry points to Costa Rica.**

**By Air:** Through Juan Santamaría International Airport

**By Land:**

- North border: Peñas Blancas, Costa Rica-Nicaragua.
- South border: Paso Canoas, Costa Rica-Panama.

**NACAC MEMBER FEDERATION COUNTRIES**



Anguilla (AIA), Antigua & Barbuda (ANT), Aruba (ARU), Bahamas (BAH), Barbados (BAR), Belize (BIZ), Bermuda (BER), British Virgin Islands (IVB), Canada (CAN), Cayman Islands (CAY), Costa Rica (CRC), Cuba (CUB), Dominica (DMA), Dominican Republic (DOM), El Salvador (ESA), Grenada (GRN), Guatemala (GUA), Haiti (HAI), Honduras (HON), Jamaica (JAM), Mexico (MEX), Montserrat (MNT), Nicaragua (NCA), Puerto Rico (PUR), San Kitts and Nevis (SKN), Saint Lucia (LCA), Saint Vincent and the Grenadines (VIN), Trinidad and Tobago (TRI), Turks and Caicos (TKS), United States of America (USA), U.S. Virgin Islands (ISV).

## NACAC MEMBER FEDERATION – ASSOCIATE MEMBERS

Curacao (CUW), Guadeloupe (GPE), Martinique (MTQ), Saint Martin (SXM)



## VISAS

### Countries that do NOT need VISA:

ANT – ARU – BAH – BAR – BER – BIZ – CAN – CAY – ESA – GRN – GUA – HON – ISV – IVB – LCA – MEX –  
MNT – PUR – SKN – TKS – TTO – USA – VIN

### Countries that need VISA:

DMA - DOM -NCA

### Countries that have restricted VISA (Need Special Processing)

CUB - HAI - JAM

## COVID-19 REQUIREMENTS BY COSTA RICA

Due to the global situation by COVID-19, the Ministry of Health requires the use of a face mask in close spaces and during any sport event. Also, it encourages the proper hand wash procedures.

As of April 1, the temporary migratory measures for entry to Costa Rica by the Government, Migration and the Ministry of Health are repealed. This eliminates the requirement to complete the epidemiological form known as the Health Pass and the payment of medical insurance for unvaccinated foreigners.



## Rules and regulations

### 1. ENTRIES AND RELEVANT DATES

- Numeric Entries April 29, 2022
- Final Entries May 06, 2022
- Arrival's date May 21, 2022
- Technical Meeting May 21, 2022
- Competition dates May 22, 2022
- Departure's date May 23, 2022

All documentation must be sent in the official forms to the Costa Rican Athletics Federation at [gestor1@fecoa.org](mailto:gstor1@fecoa.org), with copies to the Technical Delegate Mr. David Katz at [Katz@flrrt.com](mailto:Katz@flrrt.com), the NACAC Competition Director Mr. Michael Serralta at [mserralta.nacac@gmail.com](mailto:mserralta.nacac@gmail.com) and to the Championship Competition Director Mr. Natanael Durán at [nduran91@gmail.com](mailto:nduran91@gmail.com). You can call for any support to the following number: (506) 2549-0950.

### **IMPORTANT:**

The Numeric Entries will be handled by the attached form. For the Final Entries, the FECOA entries web system will be enabled and required to be used (<https://eventos.fecoa.org/EventosNew.aspx>). To be able to use the system, each Member Federation must provide an email in the Numeric Entries form. FECOA will enable that email and after that, the information can be entered in the web system. For support please use the number provided above.

**All Member Federations need to confirm via email the correct receipt of the forms.**

### 2. PARTICIPATION.

This Championship is open to all Senior NACAC athletes.



**3. FINACIAL DUTIES:**

As part of the championship accreditation process, all members of each delegation (athletes, coaches, officials, delegates) must pay \$150.00 USD per participant upon arrival and prior to the accreditation.

**4. ACCOMMODATION AND FOOD:**

The official dates for accommodation and food times are described below:

**4.1 Income to Hotel**

- Check Inn at hotel from 11:00 a.m. (CRC Time)
- Check Out at the hotel from 11:00 a.m. (CRC Time)

**4.2 Food Time:**

- Breakfast: 06:30 a.m. to 10:00 a.m. (CRC Time)
- Lunch: 11:30 a.m. to 02:00 p.m. (CRC Time)
- Dinner: 06:00 p.m. to 09:00 p.m. (CRC Time)

HOTEL: Aurora Holiday Inn San José, C. 5, El Carmen, San José.

Delegations arriving or departing out of the period provided, must pay an additional fee of **\$100.00** USD per day per person that will include accommodation and food.

**5. TEAM OFFICIALS:**

The maximum number of officials depends on the number of athletes participating in the competition.

Please refer to the following table:

| #Athletes | #Official |
|-----------|-----------|
| 1-2       | 1         |
| 3 – 6     | 2         |
| 7 – 12    | 3         |
| 13 – 18   | 4         |
| 19 – 24   | 5         |
|           |           |



Any additional officials out of the allowed (delegates, coaches, doctors, physiotherapists, etc.) are responsible for their own accommodation and food. We suggest arranging this prior to arrive to Costa Rica.

## 6. ENTRIES CRITERIA

Entries will be allowed as following:

Each country may enter 3 female athletes and 3 male athletes.

## 7. COMPETITION REGULATIONS

This Championship will be held in accordance with the current World Athletics and NACAC Rules and Regulations. The Local Organizing Committee and the Technical Delegate will resolve any problem not covered in these regulations.

## 8. CALL ROOM AND COMPETITION PROCEDURES

The first call room will be located at the hotel lobby. Call room will be open two hours before the start. The first call will be done one hour and a half before the start. During this period athletes will be subject to uniform, shoes, bib, and transponder verification, among any other detail. Thirty minutes before the start, athletes will be taken to the second Call Room (Next to the Start Line), where a last verification will be done before the start.

## 9. AWARDS

**Individual Awards:** Athletes who have won the three best places for each individual event (Women and Men), will be awarded with a medal that will be given at the podium during an awards ceremony. It's mandatory to wear the official uniform of the represented country. (pants and jacket or presentation shirt, where the flag colors should prevail). **Athletes in shorts, lycra, sandals, etc. won't be allowed.**

The awards will be as follows:

- a) Gold medals for athletes in the first place, for individual events.
- b) Silver medals for athletes in the second place, for individual events.
- c) Bronze medals for athletes in the third place, for individual events.



**Team Awards:** The best male and female athlete from each country will participate in the Team Championship.

## 10. PRIZES

| INDIVIDUAL PRIZES     | WOMEN         | MEN           |
|-----------------------|---------------|---------------|
| 1 <sup>st</sup> Place | <b>\$2000</b> | <b>\$2000</b> |
| 2 <sup>nd</sup> Place | <b>\$1000</b> | <b>\$1000</b> |
| 3 <sup>rd</sup> Place | <b>\$750</b>  | <b>\$750</b>  |

| TEAM PRIZES | WOMEN - Men   |
|-------------|---------------|
| 1st Place   | <b>\$3000</b> |
| 2nd Place   | <b>\$1500</b> |
| 3rd Place   | <b>\$1000</b> |
| 4th Place   | <b>\$800</b>  |
| 5th Place   | <b>\$600</b>  |

**NOTE:** Teams are comprised by the 1<sup>st</sup> female and 1<sup>st</sup> male to cross the finish line. The prize money for teams is based on one team per member federation, but the individual prize money is for all individual runners of the NACAC Area.

## 11. UNIFORMS AND BIB NUMBERS

Competition uniforms presented by delegations for their athletes shall comply with the guidelines of Rule 5 of the WA Competition Regulations 2020. **Competition uniforms must predominantly contain the colors of the flag of the country to which they represent.**

Three (3) bibs will be given to each athlete, and they shall be put visibly on the chest and back, and another in the bag.

## 12. PROTESTS

Protests shall be in accordance with RULE 8 of the WA Regulations and must be accompanied by a deposit of US\$100.00. These protests should be delivered on the respective forms through the TIC and no more than 30 minutes after the results official announcement of the event involved.



### **13. COURSE DESCRIPTION.**

Details regarding the course can be found in the following link:

<https://www.plotaroute.com/route/844223>

For more details see the Appendix A of this document.

### **14. QUESTIONS FOR THE TECHNICAL MEETING**

Any question needed to be asked during the Technical Meeting, should be addressed via email the day before the Technical Meeting at 11:59pm as the deadline, to the emails provided in Section 1.



## TECHNICAL MEETING

It will be held at Saturday May 22, 2022 at 07:30 p.m. (local time), at the Holiday Inn Hotel. Two (2) representatives of each country may be present. If four (4) countries have not any representant at the official start time, 30 minutes will be waited to start with the meeting.

### **Agenda**

1. Welcome
2. Honor Table Presentation.
3. Competition Program.
4. Course description and Call Room procedures.
5. Other announcements (accommodation, food, transportation)
6. Answers to written questions
7. Closure

