

# NACAC CHAMPIONSHIPS U18 - U23

Sport Complex Una Nueva Historia, Apizaco, Tlaxcala, México  
July 10 -12, 2026

## *TECHNICAL MANUAL*



## U18 & U23 ATHLETICS CHAMPIONSHIPS 2026

*ENGLISH VERSION – APRIL 20, 2026*

## **ORGANIZING COMMITTEE AND COMPETITION DIRECTION**

### **NACAC - NORTH, CENTRAL AMERICA AND CARIBBEAN ATHLETICS ASSOCIATION**

Mr. Mike Sands	NACAC President	Bahamas
Mrs. Cydonie Mothersill	NACAC Vice President - Female	Cayman Islands
Mr. Garth Gayle	NACAC Vice President – Male	Jamaica
Mr. Trevor Welch	NACAC Treasurer	Barbados
Mr. Michael A. Serralta	NACAC Interim General Secretary	Puerto Rico
Mrs. Edith Skippings	NACAC Member	Turks & Caicos
Mr. Brendan Williams	NACAC Member	Dominica
Mrs. Gloria Ramos	NACAC Member	El Salvador
Sr. Howard Corneluis	NACAC Member	Antigua & Barbuda
O'Dayne Richards	Athletes Commission	Jamaica
Ms. Abby Hoffman	WA Council Member	Canada
Mr. Mike Conley	WA Council Member	USA
Mrs. Donna Raynor	WA Council Member	Bermuda
Mr. Willy Banks	WA Council Member	USA

## ORGANISING COMMITTEE AND ITS COMMISSIONS

Dr. Daniel Moncayo Cervantes	Organizing Committee President
Dr. René Valdez del Pardo	Vice Presidente Comité Organizador
Lic. Abigail Rosales Márquez	Accreditation Committee
Mtro. Gustavo Capetillo Sánchez	Award Committee
Lic. Abigail Rosales Márquez	Accommodation and Food Committee
Lic. José Martín Paulin Luna Mtro. Julio César Felix Mucientes Lic. Luis Enrique Herrera Camarillo	Technical Committee
Lic. Adrián Aguilar Ramos Lic. Randy Noé Sánchez	Transportation Committee
L.C. José Alejandro López Armendariz	Marketing and Finance Committee
Lic. Gerardo Fabián Sepulveda Medina Lic. Juan Salvador Ochoa Domínguez	Logistics Committee
Lic. Jessica Arteaga Marroquín	Press Committee

## JURY OF APPEAL

Gloria Ramos	Chairperson
To be declared	Secretary
Garth Gayle	Member
Edith Skippings	Member
To be declared at Technical Meeting	Member
To be declared by FMAA	Member

## COMPETITION DIRECTION

Brendan Williams (DMA)	NACAC Organizational Delegate
Martin Paulin Luna (MEX)	NACAC Technical Delegate
Dra. Zaida Edith Hernández Bautista (MEX)	NACAC Doping Control
Silvestre Revuelta Andrade (MEX)	Competition Director
Alejandro Ruiz Leyva (MEX)	Meeting Director
Tamara Lechuga (MEX)	Presentation Director
Josué Morales Acosta (MEX)	Technical Director
Noel Cedeño (PUR)	Photo Finish Judge
Efrén García (MEX)	Competition Secretary

## INTERNATIONAL OFFICIALS

John-Paul Clarke (CAY)	International Area Technical Official
Antuanet Dupestre (CUB)	International Area Technical Official
Rubén Quintanilla (ESA)	International Area Technical Official
Faustino Heredia (CUB)	International Area Technical Official
Tania Toro (PUR)	International Area Technical Official
Tzitzí Raxa Arias (MEX)	International Area Technical Official
Catherine Umaña Boza (CRC)	International Area Technical Official
David Obed Domínguez (MEX)	International Area Race-Walking Judge
Luis Quijano (CRC)	International Area Race-Walking Judge
Reginald B. Weissglas (USA)	International Area Race-Walking Judge
Hugo Esmily Díaz (GUA)	International Area Race-Walking Judge
Roberto Apaceiro (CUB)	International Area Race-Walking Judge
Edwin Roche (PUR)	International Area Race-Walking Judge
Tiffany Banks (USA)	International Area Starter
Gerardo Medina (MEX)	International Area Starter
Noel Cedeño (PUR)	International Area Photo Finish Judge

## INFORMATION ABOUT THE HOST COUNTRY

The NACAC U-18 and U-23 Championships will be held on July 10 -12, 2026, at the Una Nueva Historia Sports Complex Stadium, located in the city of Apizaco, in the State of Tlaxcala, Mexico.

Apizaco is a dynamic and strategic city in the state of Tlaxcala, renowned for its railway heritage, entrepreneurial spirit, and the warmth of its people. Its privileged location, with excellent road connectivity to Tlaxcala, Puebla, and Mexico City, makes it an ideal venue for regional, national, and international sporting and cultural events.

Nearby is the city of Tlaxcala, one of Mexico's most historically and culturally rich cities. The capital of the country's smallest state combines tradition, hospitality, and modernity in a safe and welcoming environment. Its Historic Center, with well-preserved colonial architecture, emblematic plazas, and vibrant cultural spaces, offers an unparalleled setting for visitors.



### Elevation and weather

**Elevation:** 2380 meters above sea level.

**Weather:** temperate sub-humid with frequent rainfall in summer.

**Average Temperature in July:** From 19°C to 9°C.

**Rainy season:** July is a month with frequent rainfall.

## Official Airports

Puebla International Airport (Hermanos Serdán) (PBC)  
Mexico City International Airport (Benito Juárez) (AICM)  
International Airport Felipe Ángeles (NLU)

## PAÍSES INVITADOS



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), México (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 (TTO), Turks and Caicos (TKS). United States of America (USA), U.S. Virgin Islands (ISV).

## VISAS

**Each team must review the current regulations and requirements of their country for entry into Mexico.**

**Countries that do NOT need VISA:**

BAH – BAR – BIZ – CAN – CRC – JAM – PUR – TTO – USA – ISV

**Countries that NEED VISA:**

ANT – CUB – DMA – DOM – NCA – ESA – GRN – GUA – HAI – HON – LCA – MNT – SKN – VIN

**Countries that need to confirm status for getting VISA:**

ARU – IVB – TKS

**Note: Please check if your country has any special requirements to enter Mexico.**

## RULES AND REGULATIONS

### 1. ENTRIES AND RELEVANT DATES

- Numeric Entries: May 15, 2026
- Final nominal Entries: June 15, 2026
- Arrivals date: July 8 (Check-in, 14:00hrs.)
- Technical Meeting: July 9 (evening)
- Competition dates: July 10-12, 2026
- Departure dates: July 13 (Check-out, 11:00hrs.)

All documentation must be submitted using the official forms to the official email addresses listed below.:

Name	Position	Email	Phone
Martin Paulin	Technical Delegate	martinpaulin.dt.nacac@gmail.com	+52 552 496 0255
Silvestre Revuelta	Competition Director	silvermich800@hotmail.com	+52 443 213 7160
René Valdez	Mexican Federation	contactodirecto@atletismomexicano.org	+52 647 108 0905

## IMPORTANT:

Registration is handled through the attached form. Each Federation must provide an email address on the registration form, which will be used for competition communications.

**All Member Federations must confirm via email the complete receipt of registration forms.**

## 2. PARTICIPATION

This Championship is open to all NACAC athletes born in the following years:

**U23:** Born in **2004 – 2005 – 2006 – 2007 – 2008** (See note)

**U18:** Born in **2009 – 2010 – 2011**

**Note: In the case of U23, we are allowing the age range to be opened to five years to give the U20s the opportunity to qualify for the World Athletics U20 Championships, which final entries deadline has been extended to July 20, 2026.**

## 3. STADIUM

The track is 400 meters long with eight lanes made of Mondo synthetic material, certified Level 1 by WA. It also features two areas designated for long jump and triple jump, one for high jump, one for pole vault, one for javelin throw, a circle for discus and hammer throw, and two areas for shot put. The warm-up area is located on the east side, with an 80-meter synthetic track and three lanes. Both the track and the areas designated for jumps and throws will be available for athletes to train **on the afternoon of July 8th**. They will also be available on subsequent days after the official events.

## 4. FINANCIAL RESPONSABILITIES:

As part of the championship accreditation process, all members of each delegation (athletes, coaches, officials, delegates) must pay \$250.00 USD per participant upon arrival and prior to the accreditation.

## 5. ACCOMMODATION AND MEALS:

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

- Wednesday July 8th, – Check-In at Hotel from 14:00hrs. Dinner included.
- Thursday July 9th to Sunday July 12th - All three meals included (Breakfast, Lunch, Dinner).
- Monday July 13th – Check-out before 11:00hrs. Breakfast included.

Athletes and team officials will be accommodated in hotels near the stadium, in double and triple rooms. Their specific locations will be announced in due course.

Delegations arriving before or departing after the dates detailed above will be responsible for the regular hotel and meal costs.

## 6. TEAM OFFICIALS:

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

Please refer to the following table:

ATHLETES	OFFICIALS	ATHLETES	OFFICIALS
1	1	25 – 29	6
2 – 6	2	30 – 34	7
7 – 12	3	35 – 39	8
13 – 18	4	40 – 44	9
19 – 24	5	45 – 49	10
<b>More than 50 athletes, 1 official more for every 5 athletes</b>			

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 Mexico.

## 7. ENTRIES CRITERIA

Entries will be allowed as follows:

- Per athlete: Up to three (3) individual events and two (2) relays.  
For relays: One (1) team per-country.

## 8. EVENTS OFFICIALIZATION

- For an event to be official, at least three (3) countries must have been entered.
- If the minimum number of athletes is not achieved, the event will be held as an EXHIBITION.
- The Technical Delegate shall inform the official events after receiving the final entries and those events that might not take place.

**IMPORTANT:** The Organizing Committee reserves the right to change the event schedule if, by the final registration deadline, there are not enough athletes to hold a race. No changes will be made to the program besides those changes made after receiving the final entries, except if there's a justified reason.

## 9. COMPETITION REGULATIONS

The NACAC U18 and U23 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.

## 10. PARTICIPATION CONFIRMATION

### Exclusions

During the Technical Meeting, each delegation must **EXCLUDE THE ATHLETES WHO WILL NOT COMPETE** in the first two competition sessions (morning and evening) on Friday, July 10th

Exclusions for athletes who will not be competing on Saturday, July 11th, must be reported on Friday, July 10th before 16:00hrs.

Exclusions for athletes who will not be competing on Sunday, July 23rd, must be reported on Saturday, July 22nd, before 16:00.

All these exclusions must be done at the Technical Information Center that will be located at the Stadium, using the forms provided for this purpose.

If an athlete is confirmed but is not attending and participating in the respective event, is subject to disqualification as Rule 4.4 WA indicates.

## 11. IMPLEMENTS

The Local Organizing Committee will provide all official implements for each event. A detailed list will be provided later. However, for all the athletes who wish to use their own implements, they must take those implements to the Stadium Technical Storage (At least 2 hours prior the event), where the Technical Manager will check them and determine if they meet the WA requisites to be able to be used at the respective event.

## 12. EVENTS:

CATEGORIA U18		EVENTOS	CATEGORIA U23	
MUJERES	HOMBRES		MUJERES	HOMBRES
✓	✓	100 m	✓	✓
✓	✓	200 m	✓	✓
✓	✓	400 m	✓	✓
✓	✓	800 m	✓	✓
✓	✓	1500 m	✓	✓
✓	✓	3000 m	-	-
-	-	5000 m	✓	✓
-	-	10000 m	✓	✓
✓ (0.76m)	-	100m hurdles	✓ (0.83m)	-
-	✓ (0.91m)	110m hurdles	-	✓ (1.06m)
✓ (0.76m)	✓ (0.84m)	400m hurdles	✓ (0.76m)	✓ (0.91m)
✓ (0.76m)	✓ (0.84m)	2000m obstacles	-	-
-	-	3000m obstacles	✓ (0.76m)	✓ (0.91m)
✓	✓	5000m race walk	✓	✓
✓	✓	Relay 4x100m	✓	✓
✓	✓	Relay 4x400m	✓	✓
	✓	Relay 4x400m Mixed		✓
	✓	Relay 4x100m Mixed		✓
✓	✓	High Jump	✓	✓
✓	✓	Long Jump	✓	✓
✓	✓	Salto Triple	✓	✓
✓	✓	Pole Vault	✓	✓
✓ (3 Kg)	✓ (5 Kg)	Shot Put	✓ (4 Kg)	✓ (7.26 Kg)
✓ (1 Kg)	✓ (1.5 Kg)	Discus Throw	✓ (1 Kg)	✓ (2 Kg)
✓ (500gr)	✓ (700gr)	Javelin Throw	✓ (600g)	✓ (800g)
✓ (3 Kg)	✓ (5 Kg)	Hammer Throw	✓ (4 Kg)	✓ (7.26 Kg)
✓		Heptathlon	✓	
	✓	Decathlon		✓

## MIXED RELAYS

Each team will be integrated by two men and two women, who will run in the order established by World Athletics Rules (M-W-M-W). Any athlete participating in the Championship may be part of this relay.

The names and order in which they will run must be reported to the TIC 2 (two) hours before the first call in the call room.

## 13. CALL ROOM

Athletes must report in person with their accreditation and bib numbers **according to the scheduled times for each event**. Competitors who do not report within the established times to the call room without a valid reason (for example, a medical certificate issued by the official Games physician) will be excluded from participating in this and all other events, including relays. The Call Room Referee will supervise the flow of athletes through the call room, where tables will be set up for all competitors to register.

The required checks will be carried out to ensure that athletes are wearing their country's official uniform, that their bib numbers are correctly worn and correspond to the start lists, that their shoes, spike size, and number are correct, that the advertising on athletes' clothing and bags complies with the Rules and Regulations, and that no unauthorized material is brought onto the track.

After the call room, the athletes will have access to a 100-meter, three-lane straight track where they will be able to warm up before entering the competition.

N°	Event	Calls	Enter to Competition Zone
1	Sprints	2	10 minutes before
2	Hurdles	2	15 minutes before
3	Middle-Distance Races	2	10 minutes before
4	Relays	2	15 minutes before
5	High Jump	2	30 minutes before
6	Long Jump & Throws	2	30 minutes before
7	Pole Vault	2	60 minutes before

In the Combined Events, athletes must register at the start of each day of competition and, once inside the competition area, must remain there until the last event of the day is completed. The organizing committee will provide a designated rest area for athletes throughout the day.

## 14. AWARDS

**Awards Ceremony:** Athletes who have won the three best places for each individual event (combined events and relays counted as an individual event itself), will be awarded 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, combined and relay events.
- b) Silver medals for athletes in the second place, for individual, combined and relay events.
- c) Bronze medals for athletes in the third place, for individual, combined and relay events.

## 15. 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 2026.

Two (2) bib numbers will be given to each athlete, and they shall be put visibly on the chest and back, except in all Jump Events where they can use only one (1) either on the chest or back. The number cannot be bent or cut.

## 16. APPEALS

Appeals shall be in accordance with World Athletics Regulations and must be accompanied by a deposit of USD \$100.00. These appeals should be delivered on the respective forms through the TIC and no more than 30 minutes after the official announcement of the event results involved.

## 17. QUESTIONS FOR THE TECHNICAL MEETING

Any question that needs to be asked during the Technical Meeting should be addressed via email the day before the Technical Meeting at 23:59hrs as the deadline, to the emails provided in Section 1.

### TECHNICAL MEETING

The meeting will be held in a room adjacent to the competition stadium on Thursday, July 9th at 7:00 PM. Two (2) representatives from each country may attend.

Prior to the start of the meeting, the competition secretary will distribute the bib numbers and preliminary seedings for each country for review. Athletes or events may be excluded, or adjustments made, in accordance with the NACAC Regulations and this Technical Manual.

### AGENDA

1. Welcome
2. Honor Table Presentation
3. International Technical Competition Officers Presentation
4. Competition Program and Events Confirmation
5. Description of competition zone and call room
6. Qualification procedures for track events
7. Qualification procedures for field events
8. Heights Progression in Vertical Jumps
9. Other announcements (accommodation, food, transportation)
10. Answers to written questions
11. Closure

## NACAC U18 & U23 ATHLETICS CHAMPIONSHIPS

### Apizaco, Tlaxcala 2026

### SCHEDULE

Friday, July 10th, 2026					
1st Session					
No.	Time	Events	Cat.	Gen.	Round
101	08:00	5,000m.	U18	F	Final
102	08:00	5,000m.	U23	F	Final
103	08:30	100m.	U23	M	Dec. U23-1
104	08:40	100m.	U18	M	Dec. U18-1
105	08:55	100m. hurdles (0.76)	U18	F	Hep. U18-1
106	09:05	100m. hurdles (0.84)	U23	F	Hep. U23-1
107	09:25	5,000m.	U18	M	Final
108	09:25	5,000m.	U23	M	Final
109	10:10	400m. hurdles (0.76)	U18	F	Semi-Final
110	10:20	400m. hurdles (0.76)	U23	F	Semi-Final
111	10:30	400m. hurdles (0.84)	U18	M	Semi-Final
112	10:40	400m. hurdles (0.91)	U23	M	Semi-Final
113	10:50	3,000m.	U18	F	Final
114	11:10	3,000m.	U18	M	Final
115	11:35	100m.	U18	F	Semi-Final
116	11:50	100m.	U23	F	Semi-Final
117	12:05	100m.	U18	M	Semi-Final
118	12:20	100m.	U23	M	Semi-Final
Field Events					
119	09:00	Pole Vault	U23	F	Final
120	09:00	Pole Vault	U18	F	Final
121	09:00	Discus Throw (1.5k)	U18	M	Final
103	09:30	Long Jump	U23	M	Dec. U23-2
104	09:30	Long Jump	U18	M	Dec. U18-2
105/106	09:50	High Jump	U18/U23	F	Hep. U18/U23 -2
122	10:30	Discus Throw (1.0k)	U23	F	Final
123	11:30	Triple Jump (11.00m.)	U18	M	Final
103	11:30	Shot Put (7.26k)	U23	M	Dec. U23-3
104	11:30	Shot Put (5.0k)	U18	M	Dec. U18-3
124	11:40	High Jump	U23	F	Final
125	12:15	Discus Throw (2.0k)	U23	M	Final

**Friday, July 10th, 2026**

**2nd Session (Afternoon)**

No.	Time	Events	Cat.	Gen.	Round
126	15:15	400m.	U18	F	Semi-Final
127	15:30	400m.	U18	M	Semi-Final
128	15:45	400m.	U23	F	Semi-Final
129	16:00	400m.	U23	M	Semi-Final
109	16:30	400m. hurdles (0.76)	U18	F	Final
110	16:45	400m. hurdles (0.76)	U23	F	Final
111	17:00	400m. hurdles (0.84)	U18	M	Final
112	17:15	400m. hurdles (0.91)	U23	M	Final
104	17:45	400m.	U18	M	Dec. U18-5
103	17:55	400m.	U23	M	Dec. U23-5
115	18:10	100m.	U18	F	Final
116	18:20	100m.	U23	F	Final
117	18:30	100m.	U18	M	Final
118	18:40	100m.	U23	M	Final
105	18:55	200m.	U18	F	Hep. U18-4
106	19:05	200m.	U23	F	Hep. U23-4
130	19:20	4x400m. Mixed Relay	U18	F-M	Final
131	19:30	4x400m. Mixed Relay	U23	F-M	Final
Field Events					
132	15:00	Triple Jump (13.00m.)	U23	M	Final
133	15:00	Shot Put (4.0k)	U23	F	Final
103	15:00	High Jump	U23	M	Dec. U23-4
104	15:00	High Jump	U18	M	Dec. U18-4
134	15:00	Discus Throw (1.0k)	U18	F	Final
106	16:30	Shot Put (4.0k)	U23	F	Hep. U23-3
105	16:30	Shot Put (3.0k)	U18	F	Hep. U18-3
135	16:30	Javelin Throw (700g)	U18	M	Final
136	17:45	Triple Jump (9.00m)	U18	F	Final
137	18:00	Javelin Throw (500g)	U18	F	Final
138	18:15	Shot Put (7.26k)	U23	M	Final

**Saturday, July 11th, 2026**

**3rd Session (Morning)**

No.	Time	Events	Cat.	Gen.	Round
201	08:00	5,000m. Race Walk	U23	F	Final
202	08:00	5,000m. Race Walk	U18	F	Final
203	08:45	5,000m. Race Walk	U23	M	Final
204	08:45	5,000m. Race Walk	U18	M	Final
104	09:30	110m. hurdles (0.91)	U18	M	Dec. U18-6
103	09:45	110m. hurdles (1.06)	U23	M	Dec. U23-6
205	10:00	110m. hurdles (0.91)	U18	M	Semi-Final
206	10:15	110m. hurdles (1.06)	U23	M	Semi-Final
207	10:30	100m. hurdles (0.76)	U18	F	Semi-Final
208	10:40	100m. hurdles (0.76)	U23	F	Semi-Final
209	11:05	1,500m.	U18	F	Final
210	11:15	1,500m.	U18	M	Final
211	11:25	1,500m.	U23	F	Final
212	11:35	1,500m.	U23	M	Final
Field Events					
106	08:00	Long Jump	U23	F	Hep. U23-5
105	08:00	Long Jump	U18	F	Hep. U18-5
213	08:00	Javelin Throw (800g)	U23	M	Final
214	08:00	Pole Vault	U18	M	Final
215	09:30	Long Jump	U18	F	Final
103	09:30	Discus Throw (2.0k)	U23	M	Dec. U23-7
104	09:30	Discus Throw (1.5k)	U18	M	Dec. U18-7
216	11:00	Long Jump	U23	F	Final
106	11:00	Javelin Throw (600g)	U23	F	Hep. U23-6
105	11:00	Javelin Throw (500g)	U18	F	Hep. U18-6

**Saturday, July 11th, 2026**

**4th Session (Afternoon)**

No.	Time	Events	Cat.	Gen.	Round
207	16:00	100m. hurdles (0.76)	U18	F	Final
208	16:15	100m. hurdles (0.84)	U23	F	Final
205	16:30	110m. hurdles (0.91)	U18	M	Final
206	16:40	110m. hurdles (1.06)	U23	M	Final
126	17:00	400m.	U18	F	Final
127	17:10	400m.	U18	M	Final
128	17:20	400m.	U23	F	Final
129	17:30	400m.	U23	M	Final
105	17:40	800m.	U18	F	Hep. U18-7
106	17:50	800m.	U23	F	Hep.U23-7
217	18:00	200m.	U18	F	Semi-Final
218	18:15	200m.	U18	M	Semi-Final
219	18:30	200m.	U23	F	Semi-Final
220	18:45	200m.	U23	M	Semi-Final
104	18:55	1,500m.	U18	M	Dec. U18-10
103	19:05	1,500m.	U23	M	Dec. U23-10
221	19:20	Relay 4x100m.	U18	F	Final
222	19:30	Relay 4x100m.	U18	M	Final
223	19:40	Relay 4x100m.	U23	F	Final
224	19:50	Relay 4x100m.	U23	M	Final
Field Events					
225	15:00	Hammer Throw (7.26k)	U23	M	Final
226	16:00	High Jump	U18	M	Final
104	16:00	Pole Vault	U18	M	Dec. U18-8
103	16:00	Pole Vault	U23	M	Dec. U23-8
227	16:30	Hammer Throw (4.0k)	U23	F	Final
228	17:00	Long Jump	U23	M	Final
229	17:30	Shot Put (3.0k)	U18	F	Final
103	18:00	Javelin Throw (800g)	U23	M	Dec. U23-9
104	18:00	Javelin Throw (700g)	U18	M	Dec. U18-9
230	19:00	Shot Put (5.0k)	U18	M	Final

**Sunday July 12th, 2026**

**5th Session**

No.	Time	Events	Cat.	Gen.	Round
301	07:30	10,000m.	U23	F	Final
302	08:15	10,000m.	U23	M	Final
303	09:00	800m.	U18	F	Final
304	09:10	800m.	U18	M	Final
305	09:20	800m.	U23	F	Final
306	09:30	800m.	U23	M	Final
217	10:00	200m.	U18	F	Final
218	10:10	200m.	U18	M	Final
219	10:20	200m.	U23	F	Final
220	10:30	200m.	U23	M	Final
307	10:45	2,000m. Steeplechase (0.84)	U18	F	Final
308	11:00	2,000m. Steeplechase (0.84)	U18	M	Final
309	11:20	3,000m. Steeplechase (0.91)	U23	F	Final
310	11:40	3,000m. Steeplechase (0.91)	U23	M	Final
311	12:00	Mixed Relay 4x100m.	U18	F/M	Final
312	12:10	Mixed Relay 4x100m.	U23	F/M	Final
313	12:20	Relay 4x400m.	U18	F	Final
314	12:35	Relay 4x400m.	U18	M	Final
315	12:50	Relay 4x400m.	U23	F	Final
316	13:05	Relay 4x400m.	U23	M	Final
Field Events					
317	09:00	Pole Vault	U23	M	Final
318	09:00	High Jump	U23	M	Final
319	09:00	Triple Jump (11.00)	U23	F	Final
320	09:30	Hammer Throw (5.0k)	U18	M	Final
321	10:30	Hammer Throw (3.0k)	U18	M	Final
322	10:30	Long Jump	U18	M	Final
323	10:30	High Jump	U18	F	Final
324	11:30	Javelin Throw (600g)	U23	F	Final

## **ANNEXES:**

### **Annex A – No Show Penalty**

Please be advised that as happens with World Athletics, NACAC Athletics has found itself being forced to insist that going forward, MF's that have submitted their Nominal (Final) Entries and do not attend the competition with the number as at Final Entry, and without an acceptable excuse, will be penalized.

The reason for this initiative is because of the negative impact that the Local Organizing Committee and MF's must contend with when such situations arise, not the least of which is the heavy financial burden. These situations significantly hamper the LOC's planning for the hosting of a successful event and erodes the integrity of both the host MF and NACAC Athletics.

**No-Show Penalty in Tlaxcala will be \$100.00 (USD) per athlete dropped after final entry.**

### **Annex B – NACAC U18 & U23 Athletics Championship Transmission**

The Championship will be broadcast via live streaming. The streaming link will be announced during the Technical Meeting.

## Annex C – Technical Meeting Questions Form

### Questions for the Technical Meeting

Country: \_\_\_\_\_

It must be sent to the Local Organizing Committee (martinpaulin.dt.nacac@gmail.com, silvermich800@hotmail.com, mserralta.nacac@gmail.com) or delivered to the Technical Information Center no later than midnight on Thursday July 9th, 2026.

#### Question 1:

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#### Question 2:

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#### Question 3:

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**Team Delegate**

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**Date**

## Annex C – Vertical Jumps Progression

(This information will be updated using information from the nominal final entries)

### Combined Events (Heptathlon / Decathlon)

High Jump Women U-18: 1.35m

High Jump Women U-23: 1.35m

High Jump Men U-18: 1.50m

Pole Vault U-18: 2.10m High

High Jump Men U-23: 1.50m

Pole Vault U-23: 2.50m

### Individual Events

**Women High Jump Sub-18:** 1.40m – 1.45m – 1.50m – 1.55m – 1.60m – 1.65m – 1.68m – 1.71m (+3)

**Women Pole Vault Sub-18:** 2.10m – 2.25m – 2.40m – 2.55m – 2.70m – 2.85m – 3.00m (+10)

**Women High Jump Sub-23:** 1.60m – 1.65m – 1.70m – 1.73m – 1.76m – 1.79m – 1.81m (+3)

**Women Pole Vault Sub-23:** 2.25m – 2.40m – 2.55m – 2.70m – 2.85m – 3.00m – 3.15 (+10)

**Men's High Jump Sub-18:** 1.70m – 1.75m – 1.80m – 1.85m – 1.90m – 1.95m – 1.98m – 2.01m (+3)

**Men's Pole Vault Sub-18:** 3.00m – 3.15m – 3.30m – 3.45m – 3.60m – 3.75m – 3.90m (+10)

**Men's High Jump Sub-23:** 1.85m – 1.90m – 1.95m – 2.00m – 2.05m – 2.10m – 2.15m (+3)

**Men's Pole Vault Sub-23:** 4.20m – 4.35m – 4.50m – 4.65m (+10)

## Annex D – Appeal Form

# Solicitud de Apelación Appeal Form

Conforme a World Athletics, toda solicitud al Jurado de Apelación debe ser presentada ante el CIT, dentro de los 30 minutos siguientes al anuncio oficial de los resultados protestados, y debe ser acompañada de un depósito de USD \$100.00.

*In accordance with World Athletics, all applications to the Jury of Appeal shall be presented to the TIC within the 30 minutes following the official announcement of the protested results and must be accompanied by a deposit of USD \$100.00.*

Protesta presentada en nombre de (Código del País)  
*Protest presented on behalf of (Country Code)*

Por:  
*By:*

Evento:  
*Event:*

Fecha:  
*Date:*

Hora:  
*Time:*

Regla que se considera fue contravenida:  
*WA Rule alleged to have been contravened:*

En qué consiste la apelación:  
*Grounds for lodging the appeal:*

  
  
  

Para Uso Oficial: *Official use only:*

Resultado anunciado a las:  
*Result announced at:*

Protesta presentada al CIT a las:  
*Appeal presented to the TIC at:*

Decisión del Jurado de Apelación:  
*Jury of Appeal's decision:*

Presidente del Jurado de Apelación:  
*Chairman of the Jury of Appeal:*

Informado al solicitante  
*Applicant informed*

Fecha:  
*Date:*

Hora:  
*Time:*

Resultado recibido por  
*Report received by*

## **Annex E – List of Implements**

# **NACAC U18 - U23 JULY 21 – 23, 2023 LIST OF IMPLEMENTS**

**This information will be available in the next version of this  
Technical Manual**