



25 de Marzo 2013

Estimados Países Miembros de CACAC:

En nombre de la Federación de Curazao de Atletismo y el Comité Organizador de los XV Campeonatos CAC Grupo de Edad es un placer extender una invitación formal a todas las Federaciones, a participar en el próximo Campeonato CAC Grupo de Edad, que se celebrará en Curaçao 29 - 30 junio de 2013.

Será un honor para nosotros recibir su país y atletas.

Por favor confirma su participación a más tardar el 12 de abril 2013 a través de los e-mails de cab.2008 @ hotmail.com con copia al Delegado Técnico clementecarlos@yahoo.com.

Esperamos poder darle la bienvenida a nuestra hermosa isla y estamos seguros de que juntos podemos experimentar un buen evento competitivo y agradable.

Saludos deportivos,
En nombre de la Federación Atlética Curaçao

Sr. Willem Cordilla
Presidente

Sra. Arlene Bitorina
Secretaria

Postadres: PO Box 4350
Phone numbers: (5999)736-8103 (home)
(5999) 523-2332 (mobiel)

E-mail: cab.2008@hotmail.com
Rekeningnummer : MCB27896004



March, 25th 2013

Dear CACAC Members Federations,

On behalf of the Curacao Athletic Federation and the Organizing Committee of the XV CAC Age Group Championships it is our pleasure to extend a formal invitation to all Federations, to participate in the upcoming CAC Age Group Championships, to be held in Curaçao 29 - 30 June, 2013.

It will be our honor to host your country and athletes.

Please confirm your participation at the latest on April 12, 2013 via the e-mails of cab.2008@hotmail.com with a copy to the Technical Delegate clementecarlos@yahoo.com.

We look forward to welcome you to our beautiful island and are confident that together we can experience a good competitive and pleasant event.

Sports fully yours,
On behalf of the Curaçao Athletic Federation

Mr. Willem Cordilla
President

Mrs. Arlene Bitorina
Secretary

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CENTRAL AMERICA AND CARIBBEAN
Age group Championship | 2013 Curaçao

TEAM MANUAL

XV CENTRAL AMERICAN & CARIBBEAN AGE GROUP ATHLETICS CHAMPIONSHIPS PENTATHLON “Infantile B” (11-12 years) HEPTATHLON “Infantile A” (13-14 years)

Dedicated to Anthony Minguel and Erwin Martes, chairman and secretary of the first Age Group Championship held in Curaçao in 1983.

June 29th – 30th, 2013.
Sentro Deportivo Kòrsou Stadium
Willemstad, Curaçao.

Update April 1st, 2013



The XV Central American & Caribbean Athletics Age Group A & B Championship (Pentathlon-Heptathlon), is carried under the auspice of the International Associations of Athletics Federations (IAAF) and North America, Central American & Caribbean Athletics Confederation (CACAC), and is one of the many events of the official calendar of CACAC.

1. ORGANIZATIONAL STRUCTURE

The Central American and Caribbean Athletic Confederation (CACAC), has assigned the organization of the “XV Central American and Caribbean Age Group Championships” to the Curaçaosche Atletiek Bond (C.A.B.). The following persons are responsible for the organization and coordination of the competition:

CACAC EXECUTIVE COUNCIL EXECUTIVE BOARD (2012 - 2015)

President: Alain Jeanpierre (HAI)

1st Vice-President: Alpheus Finlayson (BAH)

2nd Vice-President: Ephrain Serrette (TRI)

3rd Vice-President: Jesus Molina (CUB)

Members at-large:

Esther Maynard (BAR), Roberto Verdesia (CRC), Ray O’Neal (IVB)

Honorary President:

Victor Lopez (PUR)

LOCAL ORGANIZING COMMITTEE

Curaçao Athletic Federation Board President:	Willem Cordilia
General Secretary/Statistician:	Arlene Bitorina
Treasurer:	Mayra Maria
Athlete Liaison/P.R.	Anthony Stephens
Technical/Material	Sidney Valks

ORGANIZING COMMITTEE

Minister of Sports	Rubina Bitorina
President C.A.B. – Chairman LOC	Willem Cordilia
CACAC Technical Delegate	Carlos Clemente (ESA)
CACAC Organizational Delegate	Geen Clarke (CRC)
Competition Director	Arlene Bitorina
Meeting Manager	Rudy Josepha
Technical Manager	Govert Scheepers
Logistic Coordinator	Ruthsel Martina
Facilities Coordinator	Nephtaly de Boer
Financial Coordinator	Mayra Maria
Secretariat	Jossette Isidora
Media Coordinator	Anthony Stephens

2. INVITED COUNTRIES

The Countries invited to participate in these championships are (36 countries):

Anguilla, Antigua and Barbuda, Aruba, Bahamas, Barbados, Belize, Bermuda, British Virgin Islands, Cayman Islands, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, El Salvador, Grenada, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Jamaica, Mexico, Martinique, Montserrat, Nicaragua, Panama, Puerto Rico, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and Grenadines, Suriname, Turks and Caicos, Trinidad and Tobago, US Virgin Islands, Venezuela. Curacao (Host country)

THE OC REQUEST ONE FLAG OF YOUR COUNTRY WHEN YOU ARRIVE TO CURACAO.

3. GENERAL INFORMATION

All delegations are reminded that the championships will be held in Willemstad, Curacao, hence your final destination, by air should be Hato International Airport or Curacao International Airport.

Website: www.curacao-airport.com

Direct flights to Curacao: FROM Miami, St.Maarten, Surinam, Trinidad, Panama, Venezuela, Colombia, Santo Domingo, Haiti, Aruba and Jamaica.

Hotel / Passport presentation / Accreditation, Age Verification.

Upon arrival, all delegations will be transported to the championships hotel and accreditation center at **TRUPIAL INN** where members will be requested to show their travel documents.

All delegations are requested to email a Passport copy and passport photo for each member of their team at the final entry date (JUNE 7th) to expedite the accreditation process. When the teams arrive to Curacao, each delegation will be accredited and allowed access to rooms.

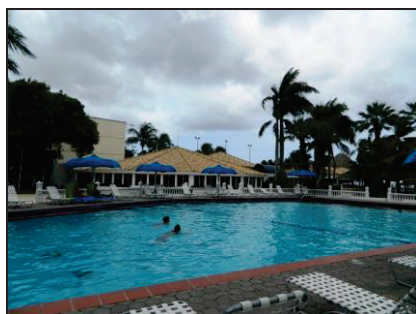
Passport and travel documents of all competitors will be held for the LOC by the accreditation Center. These will be returned promptly, following verification of Age by the LOC and the Technical Delegate.

Accommodations

* The delegations, coaches and delegates will be stay at the **TRUPIAL INN** hotel and **VENETO HOLIDAY BEACH RESORT**, in triple and quadruple accommodations.



Website: www.trupialinn.com email: info@trupialinn.com Trupial Inn Hotel & Casino, Groot Davelaarweg 5 Willemstad, Curaçao Tel.: (005999) 737-8200 Telefax. (005999) 737-1545



Website: www.venetocuracao.com email: info@holiday-beach.com PO BOX 2178, Peter Euwensweg, Willemstad, Curacao Tel: (00599) 462-540, (00599) 690-4016

* The Hotel for the VIP's will be the **HILTON CURACAO**



Website: www.hiltoncuracaoresort.com Hilton Curacao Resort John F Kennedy Boulevard, Willemstad,
2133 Curacao, Netherlands Antilles Telephone: +599 9 462-5000 Fax: +599 9 462-584

Accommodation Levy and Team Size

An accommodation levy is of US \$125.00 per team member, according to the official team size, must be paid at the accreditation center before teams are allowed to be accredited. The levy shall cover the period from 12:00 noon **Friday, June 28th to 12:00 noon Monday July 1st, 2013 (3 Nights)**.

The number of team officials accompanying each delegation shall be limited as follows:

- 1 competitor 1 team official
- 2 - 5 competitors 2 officials
- 6 - 8 competitors 3 officials

If a team wishes to board additional officials in the accommodations provided by the Organizing Committee, they may only board half as many as the number of team officials stated above. The fee for these additional officials will be \$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.

Transportation

Transportation will be provided from the airport to the hotel and vice versa. From the hotel to the competition area and back, by official transports.

Meals – Schedule

- Breakfast at the hotel (6:30 – 7:45 a.m.)
- Lunch at the Stadium (12:45 – 2:00 p.m.)
- Dinner at the hotel (7:30 – 9:00 p.m.)

Medical Information

Medical facilities will be available to provide necessary medical services.

On site medical and physiotherapy services will be available at the stadium and on call at the championship hotel. Medical services are essentially for complementing athletes' preparation during competition and in case of emergency. Any major medical treatment will be the responsibility of the individual or the Association they represent. The hospital will be St Elizabeth Hospitaal

Entry Requirements

Visas are not required for travel to Curacao by most countries. The C.A.B. in conjunction with the governmental department in charge will however, work with delegations requiring such including: Colombia, Jamaica, Dominican Republic, Haiti and Guyana to ensure they will be accommodated.

Departure Tax

Departure tax from Curaçao is **USD \$39.00** per person.

Currency

Legal currency of Curaçao is the Netherlands Antilles Guilder although the US\$ is accepted throughout the country. One (1) US\$ is one guilder and seventy five cents (1.75) ANG.

Opening Ceremonies

A short Opening Ceremony will be held on Friday, June 28th during the 2nd Session. All teams are requested to participate. Further information will be available upon arrival.

4. TECHNICAL INFORMATION

Final Entries – Competition Days

- | | |
|--|---|
| ▪ Friday April 12 th | Final date to confirm participation. |
| ▪ Friday May 3 rd | Closing Numerical Entries (athletes and officials quantity) |
| ▪ Friday June 7 th | Closing of Final Entries (in official form) |
| ▪ Day 1 Friday June 28th | Arrival delegations (at noon) |
| ▪ Friday June 28th | Technical Meeting at 7:00 pm |
| ▪ Day 2 Saturday June 29th | Competition Session 1 and 2 |
| ▪ Day 3 Sunday June 30th | Competition Session 3 and 4 |
| ▪ Day 4 Monday July 1st | Departure delegations (at noon) |

Final entries deadline is midnight (Curaçao time) Entries must be emailed to cab.2008@hotmail.com
Send CC to the Technical Delegate clementecarlos@yahoo.com

Competition Stadium

The Championships will be carried out on June 29th & 30th, 2013 at the "Sentro Deportivo Korsou" stadium located in Brievengat, Curaçao. The stadium's facility is located 20 minutes from the hotel where the athletes and officials will be staying, has a new 400 m Mondo Track, certified level 2 by IAAF. The track has 8 lanes, two (2) areas for long jump, high jump, baseball throw and shot put. The warm up area will be located close to the stadium, in this area will be located a Call room, to check-in the athletes prior to the start of each competition session.



Competition Numbers (Bib Numbers)

Each athlete will be assigned one (1) competition number which must be worn visibly on breast during competition. Athletes without numbers will not be allowed to enter competition area. The numbers must not be bent or cut.

Technical Meeting

The technical meeting will be held at 7:00 pm Friday June 28th at the Trupial Inn Hotel.

Teams wishing to raise questions of a technical nature must submit their questions to the Technical Delegate on the prescribed form, no later than 12:00 p.m. on June 28th. Absolutely no questions will be accepted from the floor during the technical meeting.

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

- * Before the meeting each delegate will receive athlete bib numbers and review the entries lists.
- 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. Selection of Jury of Appeal
- 6. Closing

Results and Pictures of the event

As soon as results are compiled they will be posted and available for teams, visit the CACAC website www.cacacathletics.org. Pictures will be posted in Facebook, search: **CACAC ATHLETICS**

TECHNICAL RULES

ENTRIES

- Each team may enter two competitors in each combined event per category. A maximum of 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. However, no country may enter more than two athletes in any category.

EVENTS AND CATEGORIES

- **"INFANTILE B" PENTATHLON**

11 - 12 years, born from January 1st, 2001 to December 31st, 2002.

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

Note: 10 year old athletes or younger (born in 2003 or after) and 13 year old athletes or older (born in 2000 or before) will not be able to participate in this category.

- **"INFANTILE A" HEPTATHLON**

13 - 14 years, born from January 1st, 1999 to December 31st, 2000.

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 2001 or after) and 15 year old athletes or older (born in 1998 or before) will not be able to participate in this category.

1. REGULATION AND SCORES

Except in cases where something else is specified, the IAAF competition rulebook and the CACAC 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 it's optional but all athletes have to start the sprint events in "crouch" position. The athletes will receive 2 commands: "on your marks" and "set" before the gun shot.**
- Each competitor will have the right to take two (2) false starts; if the athlete takes the 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 will have to complete each race. A competitor who falls will have to stand up and finish the race to accumulate points.

3. HIGH JUMP

Each competitor has a right to complete three (3) tries on 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 cms.
- Boys 13-14 1.25 cms.
- Girls 11-12 1.00 cms.
- Girls 13-14 1.15 cms.

b. The cross bar will be elevated:

- 5 cms. Until three (3) competitors are left.
- 3 cms. Until finish the event

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 baseball ball (400g.) will be used.
- The throw must be executed over the shoulder.
- Each competitor will have the right to complete three (3) attempts.

6. SHOT PUT

- The shot must have a weight of 3 kilograms.
- Each competitor will have the right to complete three (3) attempts.
- The competitor shall use either the full technique or the final phase.

7. RELAYS

- A 4x100m. mixed gender relay will be run for each category. (Infantile B and Infantile A)
(The relay must be composed of two (2) boys and two (2) girls)
- The order of the team is decision of each team (eg. boy, girl, boy, girl)
- The Exchange zone of the baton will be of twenty (20) meters and there will be no pre-zone or acceleration zone.
- 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 CACAC age group competition. Awards will be presented in the following way:

- A Gold, Silver and Bronze medal will be awarded for the **first three places in each event** in each category. Competitors who finish **4th - 8th** in each event will receive a ribbon.
- A trophy will be awarded to the **first three overall winners in each category** with the highest total number of cumulative points in the entire competition.
TOTAL 12 TROPHIES (4 categories)
- 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)*
- A trophy will be given to the **Country with the grand total amount** of the sum of all the points of all the categories. This will include both divisions, male and female. 1 TROPHY

XV CAC AGE GROUP CHAMPIONSHIPS

Willemstad, Curacao

COMPETITION SCHEDULE (version 1 April 1)

DAY 1

SATURDAY JUNE 29th, 2013

**MORNING
SESSION**

BREAKFAST AT THE HOTEL (6:30 - 8:00 am)						
#	TIME	EVENT	GENDER	CATEGORY	Combi #	Athle
08:15 Report All Athletes to Call Room						
1	09:00	60 meters	Female	11 - 12.	Penta 1	
2	09:30	60 meters	Male	11 - 12.	Penta 1	
3	09:30	High Jump	Female	11 - 12.	Penta 2	
4	10:00	80 meters	Female	13 - 14.	Hepta 1	
5	10:30	80 meters	Male	13 - 14.	Hepta 1	
6	10:30	Long Jump	Female	13 - 14.	Hepta 2	
7	11:00	High Jump	Male	11 - 12.	Penta 2	
8	11:30	Long Jump	Male	13 - 14.	Hepta 2	
12:15 AWARDS CEREMONY						
LUNCH AT THE STADIUM (12:45 - 2:00 pm)						

**AFTERNOON
SESSION**

#	TIME	EVENT	GENDER	CATEGORY	Combi #	Athle
02:30 OPEN CEREMONY						
03:00 Report All Athletes to Call Room						
9	03:30	Throwing Ball	Female	11 - 12.	Penta 3	
10	03:30	Shot Put	Female	13 - 14.	Hepta 3	
11	05:00	Shot Put	Male	13 - 14.	Hepta 3	
12	05:00	Throwing Ball	Male	11 - 12.	Penta 3	
13	06:30	<u>4x100 Relays</u>	<u>Mix</u>	<u>11 - 12.</u>	<u>Final</u>	
14	06:45	<u>4x100 Relays</u>	<u>Mix</u>	<u>13 - 14.</u>	<u>Final</u>	
07:00 AWARDS CEREMONY						
DINNER AT THE HOTEL (7:30 - 9:00 pm)						

DAY 2 SUNDAY JUNE 30th, 2013

**MORNING
SESSION**

BREAKFAST AT THE HOTEL (6:30 - 8:00 am)

#	TIME	EVENT	GENDER	CATEGORY	Combi #	Athle
08:15 Report All Athletes to Call Room						
15	09:00	60 meters hurdles	Female	13 - 14.	Hepta 4	
16	09:00	Long Jump	Male	11 - 12.	Penta 4	
17	09:30	80 meters hurdles	Male	13 - 14.	Hepta 4	
18	09:30	High Jump	Female	13 - 14.	Hepta 5	
19	10:30	Long Jump	Female	11 - 12.	Penta 4	
20	10:45	High Jump	Male	13 - 14.	Hepta 5	
12:15 AWARDS CEREMONY						

LUNCH AT THE STADIUM (12:45 - 2:00 pm)

**AFTERNOON
SESSION**

#	TIME	EVENT	GENDER	CATEGORY	Combi #	Athle
03:00 Report All Athletes to Call Room						
21	03:30	Throwing Ball	Female	13 - 14.	Hepta 6	
22	04:00	800 meters	Female	11 - 12.	Penta 5	
23	04:45	Throwing Ball	Male	13 - 14.	Hepta 6	
24	04:30	1000 meters	Male	11 - 12.	Penta 5	
25	05:00	1000 meters	Female	13 - 14.	Hepta 7	
26	05:30	1200 meters	Male	13 - 14.	Hepta 7	
06:00 AWARDS AND CLOSING CEREMONY						

DINNER AT THE HOTEL (7:30 - 9:00 pm)

For more information on Curaçao (located close to the coast of Venezuela)

Please visit the follow website: www.curaçao.com



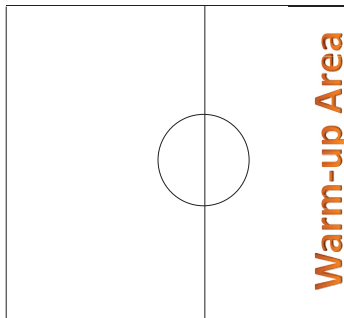


Central and America and Caribbean Age Group Championship Curaçao 2013




Area map
Scale: Non

- = Food and Beverage
- = Beverage; Water
- = Rest Room
- = First Aid
- = Parking Lot
- = No Parking
- = Tent
- = Coaches zone
- = Wi-Fi

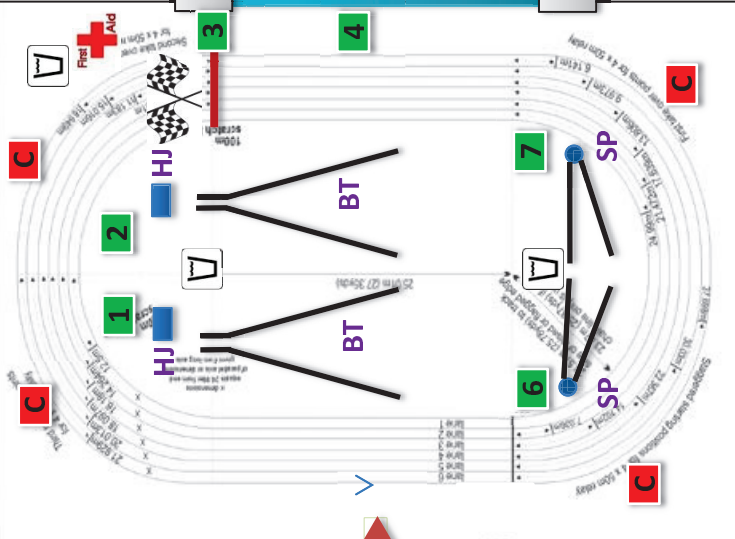


**Warm-up Area
Call Room**

**Lunch
& Rest Area**



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



TIC