



VERACRUZ 2014
XXII CENTRAL AMERICAN
AND CARIBBEAN GAMES

TECHNICAL MANUAL **ATHLETICS**

XXII CENTRAL AMERICAN AND CARIBBEAN GAMES
VERACRUZ 2014





TECHNICAL MANUAL

This document is susceptible to updates, it is highly recommended to consult our official website: www.veracruz2014.mx to get the most recent version of this manual

ATHLETICS

IAAF

International Association Of Athletics Federations

President: Lamine Diack

17, Rue Princesse Florestine B.P. 359 CM-98007
Monte Carlo Cédex- Monaco
+(377) 9310 8888 +(377) 9315 9515 Fax
president@iaaf.org | general.secretary@iaaf.org
www.iaaf.org

CACAC

Central American and Caribbean Athletics Confederation

President: Alain Jean Pierre

No. 48 Rue Cleveraux, Petion-Ville, Haiti
+(509) 2514 2876
alainhaitioo@hotmail.com

FMA

Mexican Athletics Federation

President: Antonio Lozano Pineda

Av. Rio Churubusco Pta. 9 Ciudad Deportiva, Magdalena Mixhuca,
Del. Iztacalco, C.P. 08010, Mexico, D.F. (3er piso)
+(52.55) 5803 0100 ext. 191
fma_atletismo@yahoo.com.mx | antonio_loz@yahoo.com.mx
www.atletismofma.com.mx



TECHNICAL DELEGATE

Jesús Molina (CUB)

+ (537) 881 4698 office + (535) 2568945 Mobile + (537) 768 1299 private
 atletismocuba@yahoo.es

DATE AND PLACE OF COMPETITION

The Athletics competition at the XXII Central American and Caribbean Games, Veracruz 2014 will take place Sunday, November 23rd to Sunday, November 30th, 2014

Event	Date	Competition venue
Track and field	Monday, November 24th to Friday, November 28th, 2014.	Heriberto Jara Corona Stadium in Xalapa, Ver.
Marathon	Sunday, November 23rd and Sunday, November 30th, 2014.	Veracruz-Boca del Rio Coastal Route, Veracruz, Ver.
Walk	Sunday, November 23rd and Saturday, November 29th, 2014.	Salvador Diaz Miron Street, Veracruz, Ver.

EVENTS AND MEDALS

The events announced for the Athletics competition at the XXII Central American and Caribbean Games, Veracruz 2014 are:

WOMEN'S

Events	Medals		
	Gold	Silver	Bronze
100 m	1	1	1
200 m	1	1	1
400 m	1	1	1
800 m	1	1	1
1,500 m	1	1	1
5,000 m	1	1	1
10,000 m	1	1	1
100 m hurdles	1	1	1
400 m hurdles	1	1	1
3,000 m steeplechase	1	1	1
4 x 100 m relay	1	1	1
4 x 400 m relay	1	1	1
High Jump	1	1	1
Long Jump	1	1	1
Triple Jump	1	1	1
Pole vault	1	1	1
Shotput throw	1	1	1
Discus throw	1	1	1
Javelin throw	1	1	1
Hammer throw	1	1	1
20 km Walk	1	1	1
Marathon	1	1	1
Heptathlon	1	1	1
Total Medals Women's	23	23	23



MEN'S

Events	Medals		
	Gold	Silver	Bronze
100 m	1	1	1
200 m	1	1	1
400 m	1	1	1
800 m	1	1	1
1,500 m	1	1	1
5,000 m	1	1	1
10,000 m	1	1	1
110 m hurdles	1	1	1
400 m hurdles	1	1	1
3,000 m steeplechase	1	1	1
4 x 100 m relay	1	1	1
4 x 400 m relay	1	1	1
High Jump	1	1	1
Long Jump	1	1	1
Triple Jump	1	1	1
Pole vault	1	1	1
Shotput throw	1	1	1
Discus throw	1	1	1
Javelin throw	1	1	1
Hammer throw	1	1	1
20 km Walk	1	1	1
50 km Walk	1	1	1
Marathon	1	1	1
Decathlon	1	1	1
Total Medals Men's	24	24	24
Total Medals Athletics	47	47	47



COMPETITION FORMAT

Eliminations, Semifinals and Finals as per IAAF stipulations.

Initial height and progression of high Jump and javelin:

MEN'S HIGH JUMP. START AT 1.90M

From	To	Increase in cms
1.90	2.10	5
2.10	2.22	3
2.22	-	2

WOMEN'S HIGH JUMP. START AT 1.60M

From	To	Increase in cms
1.60	1.70	5
1.70	1.82	3
1.82	-	2

MEN'S POLE VAULT. START AT 4.60M

From	To	Increase in cms
4.60	4.90	15
4.90	5.20	10
5.20	-	5

WOMEN'S POLE VAULT. START AT 3.00M

From	To	Increase in cms
3.00	2.10	15
3.75	4.05	10
4.05	-	5



COMPETITION SCHEDULE

November 23rd

Time	Event	Gender	Observations
8:30	20 km Walk	Women's	FINAL
10:40	20 km Walk	Men's	FINAL
	Starting line and finish line at the Malecon in Veracruz		
17:00	Marathon	Women's	FINAL
	Starting line and finish line at the Malecon in Veracruz		

November 24th

Time	Event	Gender	Observations
13:00	100 m	Men's	Dec 1
13:45	Long Jump	Men's	Dec 2
14:25	Hammer throw	Women's	FINAL
15:10	Shotput throw	Men's	Dec 3
15:15	100 m	Men's	1R
15:50	400 m hurdles	Women's	SF
16:15	800 m	Women's	SF
16:20	High Jump	Men's	Dec 4
16:30	Pole vault	Women's	FINAL
16:45	10,000 m	Women's	FINAL
17:30	100 m	Women's	SF
17:35	Discus throw	Men's	FINAL
17:50	100 m	Men's	SF
18:10	5,000 m	Men's	FINAL
18:40	400 m	Men's	Dec 5



November 25th

Time	Event	Gender	Observations
13:00	110 m hurdles	Men's	Dec 6
13:20	100 m hurdles	Women's	Hep 1
13:35	Discus throw	Men's	Dec 7
14:00	High Jump	Women's	Hep 2
14:55	Pole vault	Men's	Dec 8
15:05	Shotput throw	Men's	FINAL
15:50	100 m hurdles	Women's	SF
16:15	400 m	Women's	SF
16:40	Shotput throw	Women's	Hep 3
16:45	400 m	Men's	SF
17:05	Long Jump	Men's	FINAL
17:15	800 m	Women's	FINAL
17:20	Javelin throw	Men's	Dec 9
17:40	100 m	Women's	FINAL
18:00	200 m	Women's	Hep 4
18:20	100 m	Men's	FINAL
18:40	1500 m	Men's	Dec 10

November 26th

Time	Event	Gender	Observations
14:30	Hammer throw	Men's	FINAL
15:00	200 m	Men's	1 R
15:30	Long Jump	Women's	Hep 5
15:35	400 m hurdles	Men's	SF
16:00	High Jump	Women's	FINAL



November 26th

Time	Event	Gender	Observations
16:10	1,500 m	Men's	FINAL
16:35	200 m	Women's	SF
16:55	200 m	Men's	SF
17:05	Long Jump	Women's	FINAL
17:10	Javelin throw	Women's	Hep 6
17:20	100m hurdles	Women's	FINAL
17:40	400 m	Women's	FINAL
18:00	400 m	Men's	FINAL
18:20	800 m	Women's	Hep 7
18:40	400 m hurdles	Women's	FINAL

November 27th

Time	Event	Gender	Observations
14:00	110 m hurdles	Men's	SF
14:20	4x100 m	Women's	SF
14:45	4x100 m	Men's	SF
15:10	4x400 m	Women's	SF
15:20	Triple Jump	Men's	FINAL
15:35	4x400	Men's	SF
15:50	Shotput throw	Women's	FINAL
16:00	10,000 m	Men's	FINAL
16:45	800 m	Men's	SF
16:55	High Jump	Men's	FINAL
17:05	1,500 m	Women's	FINAL
17:15	Javelin throw	Women's	FINAL



November 27th

Time	Event	Gender	Observations
17:30	5,000 m	Women's	FINAL
18:05	400 m hurdles	Men's	FINAL
18:25	200 m	Women's	FINAL
18:50	200 m	Men's	FINAL

November 28th

Time	Event	Gender	Observations
15:00	Discus throw	Women's	FINAL
15:30	Javelin throw	Men's	FINAL
15:45	110 m hurdles	Men's	FINAL
16:10	800 m	Men's	FINAL
16:35	3,000 m steeplechase	Women's	FINAL
16:50	Triple Jump	Women's	FINAL
17:05	3,000m steeplechase	Men's	FINAL
17:30	Javelin throw	Men's	FINAL
17:35	4x100 m	Women's	FINAL
18.00	4x100 m	Men's	FINAL
18:25	4x400 m	Women's	FINAL
18:50	4x400 m	Men's	FINAL

November 29th

Time	Event	Gender	Observations
7:00	50k Walk	Men's	FINAL
	Starting line and finish line at the Malecon in Veracruz		
17:00	Marathon	Men's	FINAL
	Starting line and finish line at the Malecon in Veracruz		



MAXIMUM NUMBER OF COMPETITORS

According to the CACSO established quota, there will be a maximum of **500 athletes** including both genders.

NOCs may only enter competitors that have qualified as per the specifications established by CACAC for the XXII Central American and Caribbean Games Veracruz 2014.

Each NOC may enter up to 1 competitor per event at the XXII Central American and Caribbean Games. If it is found that the number of entered athletes surpasses the established quota of 500 athletes after entries are closed, then the Technical Meeting, along with the Organizing Committee will be in charge of letting the national federations know which athletes must be excluded from the competition as a result of their personal performance.

COMPETITORS' AGES

Male athletes that compete in Marathon and 50km Walk must be at least 18 years of age by December 31st, 2014 (born in 1996).

Female athletes competing in Marathon must be at least 18 years of age by December 31st, 2014 (born in 1996).

For all other events, competitors must be at least 16 years of age by December 31st, 2014 (born in 1998).



VERACRUZ 2014 QUALIFICATION SYSTEM

Will be as follows:

- a) Each NOC may enter up to 2 athletes per individual event.
- b) If the CACSO established quota is surpassed, CACAC will reduce the number of athletes entered to 500, taking ranking and entries into each scheduled event into consideration.
- c) Relay. The NOCs that enter teams for relay events may enter a maximum of 2 athletes for a single event. All other members of the relay must be officially entered in individual events. Exceptions may be considered by CACAC.
- d) Mexico, as host country, is automatically qualified to every Athletics event in the XXII Central American and Caribbean Games, Veracruz 2014, with 2 athletes per event.
- e) Entry periods: Before **September 14th, 2014** the participating National Athletics Federations, including the host country, must turn in the official entry form given out by the Organizing Committee to CACAC, with the names of the athletes and the respective events they will compete in so as to be considered for entry into the XXII Central American and Caribbean Games, Veracruz 2014.

If the number of forms exceeds the quota of 500 athletes that was established by CACSO (including the host country), then CACAC will be in charge of selecting the number of athletes per NOC that may be entered.



CACAC will inform the NOCs and the Organizing Committee of the final list of slots no later than **September 30th, 2014**, so the affected NOCs are able to comply with the CACSO established deadlines for entry by name and number. Once this list is published, the final number of slots may not vary.

Qualification system approval

This qualification system was approved by CACAC on November 9th, 2012.

TECHNICAL MEETING

- The Technical Meeting for track and field events will take place on **Friday, November 21st, 2014**, at the Central American and Caribbean Village in Xalapa at a time to be confirmed.
- The Technical Meeting for Marathon and Walk will take place **Saturday, November 22nd, 2014** at the Central American and Caribbean Village in Veracruz, at a time to be confirmed.
- Up to two representatives from each NOC will be able to assist this Technical Meeting.
- The invitation card for the Technical Meeting will be available to the Heads of Team at the Sports Information Center at the Central American and Caribbean Village in upon their arrival.
- The Technical Meeting and the Organizing Committee's competition manager for Athletics will preside the meeting, which shall take place in Spanish and English.



TECHNICAL OFFICIALS

I. International judges will be designated by the Central American and Caribbean Athletics Confederation in the following categories:

1. Technical Delegate.
2. International Technical Officials.
3. International Walking Judges.
4. International Timekeeper for Road Running.
5. International Starter Judge.
6. International Photo Finish Judge.
7. Jury of Appeals.
8. After deliberation, the presence of an International Statistician may be deemed necessary instead of the International Starter Judge.

II - The entirety of the Track and Field Jury will be selected by the National Federation and will include all officials that are considered necessary for the proper development of the competition, which considers:

- a) Directive officials
- b) Competition officials
- c) Complimentary officials
- d) Judges

In the event of out of stadium events (Walk and Marathon) it is recommended to use a local group or committee (of one exists) that is in charge of the Organization of Marathons and Road Races Nationally or Internationally.

The deadline for selection for the aforementioned personnel is January 2014, taking into consideration the need for preparation for the entire Jury, as well as the work that will need to be done by the Insurers.



PROTESTS AND APPEALS

The procedure to be followed in the event of a protest will be as follows:

Protests relative to the results of an event must be made within 30 minutes after the results are published at the Technology Information Center (TIC) and the stadium's electronic scoreboard.

Protests can first be made verbally to the Judge by an athlete or official in his or her representation, or through the TIC. Once the Judge has made a decision about the protest, the athlete still has the right to make an appeal to the Jury of Appeals.

The appeal to the Jury of Appeals must be made within 30 minutes from the decision made by the Judge, this appeal must be made in writing, in the proper form that can be found at the TIC and must be signed by an officer who is responsible for the team. This appeal must be accompanied by a deposit of UDS \$100.00 which will be lost if the protest does not proceed. The person who makes the protest will receive a signed copy of the appeal.

The Jury of Appeals will present a response, in writing, to the appeal as soon as possible, which will be delivered to the person who made the formal protest at the TIC.

ORDER OF PARTICIPATION FOR ATHLETES

Within the competition process, Order of participation will be determined as follows:

RACES

Preliminary round will take place for races where the number of athletes is too high to allow the competition to develop in one round



(Direct final). Preliminary rounds will be organized by the Technical Delegate.

Except for extraordinary circumstances, to determine the number of rounds and series in each round, as well as qualification procedure (Advancing order) will be used in the tables presented in Article 166-2 of the IAAF's Regulations.

Athletes will be placed in series in a zigzag formation for the first round. The zigzag formation will be based on the information received about the athletes' performance in a predetermined period. The next rounds will have athletes grouped as per the procedure that is established in the IAAF's Regulations Article 166-3, 4, 5, 6 and 7.

COMPETITIONS

Preliminary Qualification Rounds will take place in the events where the number of participating athletes is so high a Direct Final cannot take place.

Qualification conditions, qualification times and the number of athletes to compete in the final will be decided by the Technical Meeting.

General conditions for the qualification competition in the events including high Jump and Pole vault will be established by what is determined in Article 180, points 7 to 14.



CALL ROOM

All track and field athletes must be present at Call Room No. 1, which can be found in the warm up area of the Xalapa stadium according to the established schedule which will be announced at the Technical Meeting. Calls will also be made through a megaphone system as well as announcements in the Warm-Up Zone.

Also established will be the Call rooms for the Out-of-Stadium events in the nearby areas.

Athletes participating in combined events must only be present at call rooms before the first event of each session.

Those competitors that are not present at the stipulated time in the call room could be excluded from their event and the consecutive events they are entered for, including relay events.

Once at the Call Room, athletes will be identified by their card and competition number, as well as being inspected by the judges in everything related to numbers, shoes, uniforms, cleats, bags, and all personal use materials as is established by the IAAF Regulations.

The following are the tentative schedules for athletes to be present at the call room, with the knowledge that these may be adapted according to venue conditions, and amount of participants per event:

Event	1st call	Entry into stadium
Track	50 min before event begins	10 min before event begins
Field (not counting high Jump and Pole vault)	70 min	30 min
High Jump	80 min	40 min
Pole vault	90 min	60 min



FINAL CONFIRMATION BY PARTICIPANTS

Final Participant confirmation will be made by the Heads of Team through a form that will be distributed at SICs and the Technical Meeting.

This final confirmation must be made 48 hrs. before for the first day events, before 12:00, for the rest of the events, confirmation must be made 24 hrs. before 9:00 either at the Stadium's TIC or the SIC at the Central American and Caribbean Village.

DRINK STANDS

There will be drink stands and provisioning every 5 Km as is established in the IAAF Regulations. Each stand will be divided into 3 areas:

- Personal Beverages
- Isotonic Beverages
- Water

There will be signs 100mt before each drink stand.



Personal Beverages

Competitors may bring their own beverages, which will be given out in the Central American Village before the Event (Time and place will be informed during the Technical Meeting).

These beverages must be identified the following way:

- a) Athlete number
- b) Country (NOC abbreviation)
- c) Km the beverage must be found on

WATER AND SPONGE STANDS

There will be water and sponge stands located as is established in the IAAF Regulations, between water stands, on the following km marks: 2.5km, 7.5km, 12.5km, 17.5km, 22.5km, 27.5km, 32.5km and 37.5 km. There will be two areas at each stand (one for sponges and one for water)

Walk

Walking events will have the same principles applied, but adapted to the conditions of the established circuit.



STARTING CALLS

Starting calls will be given in English.

- For 400m events the call will be: On your marks. Set. (Starting shot)
- For 800m or more events, the call will be: On your marks. (Starting shot)

IMPLEMENTS

Concept	Brand
Shot put men 7.26 Kg	
Shot brass 110 mm 7.26 kg	UCS
Shot stainless steel 117 mm 7.26 kg	UCS
Shot steel 120 mm 7.26 kg	UCS
Shot cast iron 126 mm 7.26 kg	UCS
Shot steel 128 mm 7.26 kg	UCS
Shot put women 4 kg	
Shot brass 95 mm 4.0 kg	UCS
Shot steel 104 mm 4.0 kg	UCS
Shot steel 108 mm 4.0 kg	UCS
Discus men 2 kg	
Discus gold 2.0 kg	UCS
Discus maxi-rim 2.0 kg	UCS
Discus super spin 2.0 kg	UCS



Concept	Brand
Discus women 1 kg	
Discus super spin steel 1.0 kg	UCS
Discus gold 1.0 kg	UCS
Hammer mens 7.26 Kg	
Hammer brass 110 mm 7.26 kg	UCS
Hammer stainless steel 115 mm 7.26 kg	UCS
Hammer women 4 kg	
Hammer brass 4.0 kg	UCS
Hammer stainless steel 95 mm 4.0 kg	UCS
Javelin men 800 g	
Javelin master 60, 800 g	UCS
Javelin master 70, 800 g	UCS
Javelin super elite 80, 800 g	UCS
Javelin super elite 90, 800 g	UCS
Javelin champion, 800 g	UCS
Javelin orbit, 800 g	UCS
Javelin airglider, 800 g	UCS
Javelin champion carbon, 800 g	UCS
Javelin orbit carbon, 800 g	UCS
Javelin airglider carbon, 800 g	UCS
Javelin women 600 g	
Javelin star 50, 600 g	UCS
Javelin diana 50, 600 g	UCS
Javelin diana 60, 600 g	UCS
Javelin diana 70, 600 g	UCS
Javelin diana 80, 600 g	UCS



Concept	Brand
Javelin xena, 600 g	UCS
Javelin indra, 600 g	UCS
Javelin indra carbon, 600 g	UCS
Javelin diana 80 carbon, 600 g	UCS

Personal implements

Personal implements will be allowed as long as:

1. They are in good condition and can be accurately identified,
2. They are allowed by IAAF,
3. They are not on the official list,
4. They have been inspected according to the Technical Delegate's instructions,
5. They are incorporated to official elements and are available to all participants,
6. They are turned in at stadium's warehouse at 18:00 hrs. the day before competition (or the first day of competition in the case of multiple events).



MEDAL CEREMONIES

Medal ceremonies will take place according to CACSO's General Regulations, Chapter XIII.

Individual Events:

- First place: Gold medal and diploma
- Second place: Silver medal and diploma
- Third place: Bronze medal and diploma

Relay Events:

- First place: A diploma for the team and a gold medal and diploma for each athlete
- Second place: A diploma for the team and a silver medal and diploma for each athlete
- Third place: A diploma for the team and a bronze medal and diploma for each athlete



COMPETITION VENUE

The Track and Field competition will take place at the Heriberto Jara Corona Stadium in Xalapa, Ver.

The Walk and Marathon events will take place at their respective circuits, the maps and layouts of these circuits will be made known in **January 2014**.

METEOROLOGICAL CONDITIONS

Historical meteorological conditions in the state of Veracruz profile between 20 and 29°C in temperature for the month of November, and 59% relative humidity.



