

**North America  
Central America  
Caribbean  
(NACAC)**



**Technical Manual**

**North America Central America Caribbean  
(NACAC)  
Athletic Association**

**NACAC Executive Council**

**President: Mr. Victor Lopez(PUR)  
Vice President: Mr. Noel Lynch (BAR)  
Treasurer: Mr. Alain Jean-Pierre (HAI)  
General Secretary: Mr. Candido Velez (PUR)**

**Council Members**

**Mrs. Donna Watson (BER)  
Mrs. Geen Clarke (CRC)  
Mr. Alan Baboolal (TRI)  
Mr. Bob Hersh (USA)**

**EX OFFICIO**

**Mr. Lamine Diack – IAAF President  
Mrs. Pauline Davis (BAH)  
Ms. Abbie Hoffman (CAN)  
Mr. Alberto Juantorena (CUB)**

**NACAC Technical Delegate: Cesar Moreno Bravo (MEX)  
Organizational Delegate: Ms. Donna Watson (BER)**

**Jane Edstrom (Can) ITO    Eric Zemper (USA) ITO  
Mercedes Roman (Mex) ATO    James Kelly (SKN) ATO**

**NACAC Doping Control Delegate: Dr. Adrian Lorde (BAR)**

**Jury of Appeal to be appointed on site.**



The City of Kamloops, the Kamloops Track & Field Club, and the Local Organizing Committee extend an invitation to the 31 athletic federations of the NACAC Athletic Association to attend the 2014 NACAC Under 23 Championships in Kamloops, British Columbia, Canada, on August 8, 9, and 10, 2014.

Our city is recognized as the Tournament Capital of Canada and is a premier host centre for tournaments, cultural events, high-performance training camps, and national and international competitions.

Kamloops has a history of sport tourism and hosting championship events. Kamloops is recognized as a friendly city that supports sports and recreation. Enthusiastic volunteers, spirited ambassadors, and great athletic facilities make Kamloops the perfect place to host the NACAC Athletic Association's Under 23 International Athletics Championships.

We know that your visit to Kamloops and your participation in this event will be a fabulous experience. We are looking forward to you joining us in August 2014.

Please put NACAC 2014 Kamloops into your athletic calendar of events today.

Best wishes,

Kamloops Local Organizing Committee



## Local Organizing Committee

Chairman	Bob Cowden	rcowden@shaw.ca
Meet Manager	Judy Armstrong	j2armstrong@shaw.ca
Competition Director	Peter Fejfar	pgfe@dccnet.com
City of Kamloops	Sean Smith	ssmith@kamloops.ca
City of Kamloops	Byron McCorkell	bmccorkell@kamloops.ca
Finance Director	Doug Stewart	dstewart@kamloops.ca
Athletics Canada Liaison	Mathieu Gentes	mgentes@athletics.ca
Accreditation Director	Barb Waters	bwaters@bccf.com
Competition Equipment	Al McLeod	al.mcleod@shaw.ca
Venue Manager	Norm Allen	njallen@telus.net
Officials Directors	John/Carol Cull	johncull@telus.net
Athlete Entry Director	Brian Beck	wbrianbeck@shaw.ca
Awards Director	Jim McQueen	trailrunner.jim@hotmail.com
Medical/Doping Director	Andy Philpot	sphilpot@telus.net
Opening Ceremonies Director	Helen Newmarch	hnewmarch@shaw.ca
Languages/Attache Director	Wilma Stonehocker	wstonehocker@hotmail.com
Transportation/Signage Director	Tony Dufficy	atony@shaw.ca
Volunteer Director	Dayl Dhaliwal	ddhaliwal@interiorsavings.com
Tourism Kamloops	Patrick O'Donovan	Patrick@tourismkamloops.com
Media Director	Bart Cummins	bartcummins@shaw.ca
Athlete Accommodation	Joel Ingram	jingram@trurez.ca

## International Technical Officials

Peter Hocking (Can) ARWJ	hockingp@live.com
David Weicker (Can) ARWJ	dweicker@athletics.ca
Raymond Funkhouser (USA) ARWJ	rfunkhouser@pbigordon.com
Cesar E. Rosales (Hon) ARWJ	profesordeportes@yahoo.es
Belkis Manon (Dom) ARWJ	belkismanon@yahoo.com
Tiffany Banks (USA) Area Starter	PurpleDiva70@yahoo.com



## 1. Place and Date

The 2014 NACAC Under 23 will take place from August 8-10, 2014, at Hillside Stadium, Tournament Capital Centre (TCC), 910 McGill Road, Kamloops, British Columbia, Canada.

The TCC facility has a 400 m outdoor track and a 200 m indoor track. The outdoor track has eight lanes with all jumping and throwing areas. The warm-up track is a 200 m indoor track with jumping and throwing areas. The warm-up facility is adjacent to the outdoor facility.

The indoor and outdoor tracks and field venues are available for practice all day Wednesday and Thursday. In addition, the indoor and outdoor tracks and outdoor field facilities are available Friday, Saturday, and Sunday during non-competition time.

## 2. Participation

Athletes under 23 years old from all regional countries affiliated with the NACAC Athletic Federation may participate. Each country may enter up to two competitors for each individual event and one team in each of the relay events.

**The U23 ages are: 20, 21, and 22 years old (Born in 1992, 1993, 1994).  
Ages are as of December 31, 2014.**

## 3. Important Dates

Confirmation to participate	May 1, 2014	Email: kamloops2014@athletics.ca
Numerical entries	June 1, 2014	Email: kamloops2014@athletics.ca
Nominal entries (final)	July 1, 2014	Email: kamloops2014@athletics.ca

## 4. Rules and Regulations

The NACAC U23 will be held in accordance with the current rules and regulations of the International Association of Athletics Federations (IAAF) Manual 2014-2015

## 5. Technical Meeting

The Technical Meeting will take place on Thursday, August 7, 2014, at 5:00 pm at TCC. Teams wishing to raise questions of a technical nature must submit these questions to the Competition Director, Peter Fejfar, on the prescribed form (see Appendix 7), no later than 8:00 am, at the Accreditation Station located in TCC. Absolutely NO questions will be accepted from the floor during the Technical Meeting.

The Competition Director will preside over the meeting, which will be conducted in English.



No more than two (2) delegates from each participating teams may attend the meeting.

The agenda shall be as follows:

- Country roll call;
- Welcome;
- Presentation of officials present;
- General information on timetable, qualifying rounds, raising of the bars, protest, doping control, and opening and closing ceremonies;
- Answer to delegation questions (submitted previously); and
- Any other business.

## 6. **Arrival - Departure and Accommodation**

Delegations are expected to arrive on Wednesday, August 6, and depart on Sunday, August 10 or Monday, August 11.

An accommodation levy of \$50 (Canadian) per day per team member, according to the official team size, must be paid to the Accreditation Centre before teams are allowed to be fully accredited and checked into the Thompson Rivers University (TRU) Residence.

The levy shall cover the period of August 6-11.

Athletes and team officials will be accommodated at the TRU Residence. Teams will be accommodated two (2) to a unit and each person will have an individual bedroom. Countries are requested to indicate immediately their intent to participate.

The NACAC Executive Family will be accommodated at the TRU Residence.

The TRU Residence is a five-minute walk to Hillside Stadium and to Food Services.

Local hotels are within a five-minute drive to TCC.

Delegations must notify the Local Organizing Committee (LOC) at least 48 hours in advance of their arrival date, time, and flight number, so that they may be received at the airport.

## 7. **Accreditation**

The Accreditation Centre will be located inside TCC. Accreditation cards will be presented upon arrival at the Accreditation Centre.

The ages of all competitors will be verified at the Accreditation Centre through passports or relevant travel documents. Competitors must be present.



8. **Officials per Team**

Number of Athletes	Number of Officials
1	1
2-6	2
7-12	3
13-18	4
19-24	5
25-29	6
30-34	7
35-39	8
40-44	9
45-49	10
50+	1 for every 10 athletes

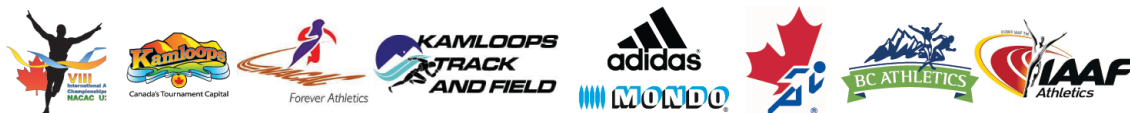
9. **National Flag**

Each delegation is requested to provide two national flags at Accreditation. The flags will be used during the opening ceremony and flown at Hillside Stadium for the duration of the competition.

10. **Events**

<b>WOMEN</b>	<b>EVENTS</b>
Races	100 m; 200 m; 400 m; 800 m; 1,500 m; 5,000 m; 10,000 m; and 10 km Race Walk
Hurdles	100 m (0.838 m); 400 m (0.762 m); and 3,000 m Steeplechase (0.762 m)
Relays	4 x 100 m and 4 x 400 m
Jumps	High, Long, Triple, and Pole Vault
Throws	Shot Put (4 kg), Discus (1 kg), Javelin (600 g), Hammer (4 kg)
Combined	Heptathlon

<b>MEN</b>	<b>EVENTS</b>
Races	100 m; 200 m; 400 m; 800 m; 1,500 m; 5,000 m; 10,000 m; and 20 km Race Walk
Hurdles	100 m (1.067 m); 400 m (0.914 m); and 3,000 m Steeplechase (0.914 m)
Relays	4 x 100 m and 4 x 400 m
Jumps	High, Long, Triple, and Pole Vault
Throws	Shot Put (7.26 kg), Discus (2 kg), Javelin (800 g), Hammer (7.26 kg)
Combined	Decathlon



**11. Confirmation of Participants**

Upon arrival, each team will be provided with a set of confirmation of entry sheets, which must be filled out and submitted to the Technical Information Centre (TIC).

Confirmation of entries for the first day of competition shall be submitted during the Technical Meeting. For the following competition days, ONLY the omissions of entries shall be submitted to the TIC by 6:00 pm on the day before the competition.

**12. Qualifying Rounds**

Qualifying rounds will be held in field events if the number of participants exceeds twelve (12), in which case, the competitors will be allowed three (3) attempts. The need for these qualifying rounds will be determined at the Technical Meeting. The best twelve (12) performers, as well as those tied for twelfth (12th) place, will qualify for the competition. The formation of the preliminary rounds (heats for the track events) will be carried out by the Competition Director, taking into consideration the athletes' best performances during the last 12 months, as stated in their regulation form. Advancement to the next round will be regulated by IAAF Rule 166.2.

**13. Initial and Successive Heights**

The bar will be set initially at the given height and shall be raised by increments of 5 cm or 3 cm, as listed below:

High Jump - Women

1.60 m up 5 cm to 1.70 m, then up 3 cm to 1.79 m, and thereafter up by 2 cm.

High Jump - Men

1.90 m up 5 cm to 2.10 m, then up 3 cm to 2.19 m, and thereafter up by 2 cm.

Pole Vault - Women

3.00 m up 10 cm to 3.50 m, thereafter up by 5 cm.

Pole Vault - Men

4.00 m up 10 cm to 5.00 m, thereafter up by 5 cm.





**14. Athlete Control**

All competitors must report to the check-in area no later than the time indicated below that is before the start of the event.

No.	Event	Calls	Access to Competition Zone
1	Sprints	2	15 minutes
2	Hurdles	2	20 minutes
3	Middle and Long Distance	2	15 minutes
4	Relays	2	15 minutes
5	High Jump	2	45 minutes
6	Pole Vault	2	60 minutes
7	Long and Triple	2	45 minutes
8	Throws	2	45 minutes

The check-in area will be in the vicinity of the competition area. Only athletes who are preparing for the day's events are expected to be in this area.

The Call Room will be located close to the competition area. All athletes must report to the Call Room bearing their individual identification and competition number provided by the Organizing Committee. Clothing worn must be the declared uniform by the national federations. Spikes will be checked, and each spike shall not exceed 9 mm except in High Jump and Javelin, where spikes will not exceed 12 mm (IAAF Rule 143.4). Absolutely NO electronics will be allowed in the Call Room at any time. Athlete bags will be checked. The LOC is not responsible for lost items.

Athletes will access and leave the competition arena accompanied by the judges.

There will be two (2) calls for the athletes to report before they can access the competition arena. There will be an interval of fifteen (15) minutes between the first and second call and then athletes will be marshaled to the competition arena. Under no circumstances will athletes be allowed to enter the competition arena if they fail to comply with the above-mentioned rules.

**15. Results**

The results of each event will be transmitted as rapidly as possible to the announcer. Results will also be display at Hillside Stadium. It is anticipated that at the conclusion of each session a summary of that session's activity will be made available to the Chef de Mission in the Secretariat at the stadium. A complete report of all finals will be provided after the meet.



16. **Protest**

Any protest shall be made in the first instance to the Referee by the athlete or an authorized representative on his/her behalf. Protest concerning the results or conduct of an event shall be lodged within thirty (30) minutes of the official announcement of the results of that event. It shall be in writing on the official forms provided (see Appendix 8) by the Organizing Committee, signed by a responsible official on behalf of the athlete, and accompanied by a deposit of \$100 US (IAAF Rule 146.7b).

17. **Technical Information Centre (TIC)**

A Technical Information Centre (TIC) shall be located at the Hillside Stadium and shall serve as the link between the Organizing Committee and the various delegations. The following will be available will be available at the Centre:

- Material for the Technical Meeting;
- Technical information;
- Competitors' numbers for distribution;
- Official communication for delegates;
- Distribution of official results;
- General information; and
- Transportation.

18. **Medical**

All competition sites will have First Aid medical staff. St. John's Ambulance's First Aid team will have a central station adjacent to the track throughout the event. Individual first responders will be available on site and in radio communication with officials. The First Aid team has many years of experience at sports events.

The Sage Orthopedic Sports Medicine Clinic is located at the Tournament Capital Centre adjacent to Hillside Stadium. There are two medical clinics within three blocks of Hillside Stadium: Summit Medical Clinic, 4-1380 Summit Drive; and the Urgent Care Clinic, 4-910 Columbia Street. Royal Inland Hospital is a five-minute drive from Hillside Stadium.

The medical service is free of charge; however, it will be the participant's responsibility to pay for any additional specialized services, including ambulance, emergency room, medical specialist consultation, hospitalization, surgery, medical procedures, laboratory, x-rays, special studies, and physical therapy treatments.

The Director of the Medical Team is Andy Philpot, philpot1518@gmail.com.



## 19. Ceremonies

Awards ceremonies will take place throughout the competition, as listed in the schedule of events. Medallists will report to the Awards Waiting Area upon request, fully dressed in the official uniform of their respective national federation for the ceremony. In accordance with the IAAF Rules and Regulations, awards will be distributed in the following manner:

### Individual Awards

1st Place: Gold medal  
2nd Place: Silver medal  
3rd Place: Bronze medal

### Relays

1st Place: Gold medal for every participating member of the team  
2nd Place: Silver medal for every participating member of the team  
3rd Place: Bronze medal for every participating member of the team

The Opening Ceremony is planned for August 8 at 1:00 pm at the Tournament Capital Centre Indoor Track Venue. All delegations are expected to participate.

## 20. Judges

The Officials Director of the Organizing Committee will appoint all officials and other auxiliary personnel for the competition.

## 21. Jury of Appeal

The Jury of Appeal will be appointed onsite, and in accordance with IAAF Rule 119, the Jury of Appeal will be comprised of one IAAF Council member attending the games and at least two other persons appointed by the Organizing Committee.

## 22. Doping Control

Tests for doping will be conducted throughout the competition in accordance with the IAAF Council member attending the games and at least two (2) other persons appointed by the Organizing Committee.

The NACAC Doping Control Delegate is Dr. Adrian Lorde (BAR).

## 23. Safety

Day lockers are available for athletes at the Tournament Capital Centre. The Organizing Committee is **not responsible** for lost items.

## 24. Insurance

Member federations are responsible for taking out insurance to cover illness or injury to members of their delegation and/or team when travelling internationally.



## 25. **Visas**

### \*\*\* IMPORTANT \*\*\*

Team Officials need to determine if a visa is required in order to enter Canada for their athletes and team members. Obtaining a visa to enter Canada may take weeks from the date of application.

A list of countries requiring a visa to enter Canada is included, with telephone numbers, in Appendix 9.

The NACAC U23 Local Organizing Committee will do all it can to help you get your visa, but **you must follow the procedure and allow enough time for it to be processed.**

## 26. **Facilities/Equipment**

- Eight-lane, 400 m track;
- Throws circles are concrete;
- Throwing implements will be provided by the Local Organizing Committee;
- Athletes can bring their personal implements. Weigh-ins will take place at the meet;
- Warm-up will be available at Hillside Stadium and the Tournament Capital Centre's Indoor Track;
- Change rooms will be provided with showers and washroom facilities. Teams will not have access to a secure room of their own;
- Teams are responsible for the transportation of their equipment; and
- The shipping of pole vault poles to and from the competition is the responsibility of the visiting team.

## 27. **Rules and Procedures for the Field of Play**

### Access to the Field of Play

During scheduled competition, the Hillside Stadium Field of Play is restricted to:

- Athletes competing in the specific event (who have been processed through the Call Room);
- Officials and volunteers required for the specific event;
- NACAC Council and Local Organizing Committee members; and
- Accredited and scheduled media.

Referees will remove any other people from the field of play, including officials and volunteers who are not required for the event. Coaches are not permitted in the field of play, and no "coaching areas" are provided.



28. **North America Central America Caribbean (NACAC) Athletic Federations**

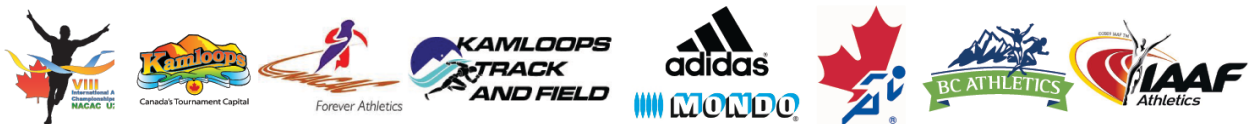
Invitations have been extended to all 31 NACAC Athletic Federations:

Anguilla	Antigua and Barbuda
Aruba	Bahamas
Barbados	Belize
Bermuda	British Virgin Islands
Canada	Cayman Islands
Costa Rica	Cuba
Dominica	Dominican Republic
Grenada	Guatemala
Haiti	Honduras
Jamaica	Mexico
Montserrat	Nicaragua
Puerto Rico	Saint Kitts and Nevis
Saint Lucia	Saint Vincent and the Grenadines
El Salvador	Trinidad and Tobago
Turks and Caicos Island	United States
United States Virgin Islands	



## **APPENDICES**

- Appendix 1 Confirmation of Participation
- Appendix 2 Team Entry Form
- Appendix 3 Final Entry of Events
- Appendix 4 Tentative Schedule of Events
- Appendix 5 Flight Information Form
- Appendix 6 Technical Meeting Agenda
- Appendix 7 Technical Meeting Question Form
- Appendix 8 Protest Form
- Appendix 9 Visa Requirement to Enter Canada



**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

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**Appendix 1**

**CONFIRMATION OF PARTICIPATION**

**To be sent to the Organizing Committee no later than May 1, 2014**  
**Debe ser enviado al Comité Organizador o más tardar del 1 May 2014**

Email to [kamloops2014@athletics.ca](mailto:kamloops2014@athletics.ca)

Country/Pais	
Function/Funcion	
Men Athletes/Atletas Varones	
Women Athletes/Atletas Mujeres	
Officials/Oficiales	
Total	

Name/Nombre: \_\_\_\_\_  
(print)

Function/Funcion \_\_\_\_\_  
(print)

Signature: \_\_\_\_\_

Date/Fecha \_\_\_\_\_  
(year/month/day)



**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

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**Appendix 2**

**TEAM ENTRY FORM**

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

EVENT	WOMEN	MEN	TOTAL
100 m			
200 m			
400 m			
800 m			
1,500 m			
5,000 m			
10,000 m			
10,000 m RW			
20,000 m RW			
100 m H			
110 m H			
400 m H			
3,000 mS C			
4x100 m Relay			
4x400 m Relay			
HIGH JUMP			
LONG JUMP			
TRIPLE JUMP			
POLE VAULT			
SHOT PUT			
DISCUS			
HAMMER			
JAVELIN			
HEPTATHLON			
DECATHLON			





**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

**Appendix 3**

**FINAL ENTRY FORMS**

**COUNTRY:** \_\_\_\_\_ **Final Entry List - Women**

(Please Print or Type)

Event	Surname	First name	Date of Birth			Season Best
			Yr	Mo	Day	
100 m						
200 m						
400 m						
800 m						
1,500 m						
5,000 m						
10,000 m						
10,000 m RW						
100 m Hurdles						
400 m Hurdles						
3,000 m SC						
4x100 m Relay						
4x400 m Relay						
High Jump						
Long Jump						



**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

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**COUNTRY:** \_\_\_\_\_ **Final Entry List - Women**

Page 2

Event	Surname	First name	Date of Birth			Season Best
			Yr	Mo	Day	
Triple Jump						
Pole Vault						
Shot Put						
Discus						
Hammer						
Javelin						
Heptathlon						



**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

**Appendix 3**

**FINAL ENTRY FORMS**

**COUNTRY:** \_\_\_\_\_

**Final Entry List - Men**

(Please Print or Type)

Event	Surname	First name	Date of Birth			Season Best
			Yr	Mo	Day	
100 m						
200 m						
400 m						
800 m						
1,500 m						
5,000 m						
10,000 m						
20,000 m RW						
110 m Hurdles						
400 m Hurdles						
3,000 m SC						
4x100 m Relay						
4x400 m Relay						
High Jump						
Long Jump						

**COUNTRY:** \_\_\_\_\_

**Final Entry List - Men**



**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

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Page 2

Event	Surname	First name	Date of Birth			Season Best
			Yr	Mo	Day	
Triple Jump						
Pole Vault						
Shot Put						
Discus						
Hammer						
Javelin						
Decathlon						



**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

**Appendix 4**

**TENTATIVE SCHEDULE OF EVENTS - ENGLISH**



**VIII NACAC U-23 Championships**  
**Kamloops, BC, Canada, August 2014**



**TIMETABLE**

Feb 26 Version

Friday August 8				Saturday August 9				Sunday August 10			
16:00	100m Hurdles	Women	Hepta 1	16:00	100m	Men	Deca 1	07:00	110m Hurdles	Men	Deca 6
16:05	Discus	Women	<b>FINAL</b>	16:05	Javelin	Men	<b>FINAL</b>	07:15	20,000m Race Walk	Men	<b>FINAL</b>
16:10	Long Jump	Men	<b>FINAL</b>	16:10	Long Jump	Women	Hepta 5	07:40	Discus	Men	Deca 7
16:15	100m	Women	Semi Final	16:15	100m Hurdles	Women	Semi Final	08:50	Pole Vault	Men	Deca 8
16:25	Pole Vault	Men	<b>FINAL</b>	16:20	Shot Put	Women	<b>FINAL</b>	8:55	Long Jump	Women	<b>FINAL</b>
16:30	100m	Men	Semi Final	16:30	110m Hurdles	Men	Semi Final	09:00	200m	Women	Semi Final
16:40	High Jump	Women	Hepta 2	16:40	Long Jump	Men	Deca 2	9:10	Hammer	Men	<b>FNAL</b>
16:45	400m	Women	Semi Final	16:45	400m	Women	<b>FINAL</b>	09:15	200m	Men	Semi Final
17:05	400m	Men	Semi Final	17:00	400m	Men	<b>FINAL</b>	09:30	5,000m	Women	<b>FINAL</b>
17:25	10,000m	Men	<b>FINAL</b>	17:15	3000m Steeplechase	Women	<b>FINAL</b>	09:50	High Jump	Men	<b>FINAL</b>
17:40	Discus	Men	<b>FINAL</b>	17:20	Pole Vault	Women	<b>FINAL</b>	10:00	400m Hurdles	Women	<b>FINAL</b>
18:05	100 m	Women	<b>FINAL</b>	17:35	100m Hurdles	Women	<b>FINAL</b>	10:20	400m Hurdles	Men	<b>FINAL</b>
18:20	100m	Men	<b>FINAL</b>	17:40	Jabalina	Women	Hepta 6	10:35	800m	Women	<b>FINAL</b>
18:30	High Jump	Women	<b>FINAL</b>	17:50	110m Hurdles	Men	<b>FINAL</b>	10:45	Shot Put	Men	<b>FINAL</b>
18:35	1,500m	Women	<b>FINAL</b>	17:55	Triple Jump	Women	<b>FINAL</b>	10:50	800m	Men	<b>FINAL</b>
18:45	Shot Put	Women	Hepta 3	18:00	Shot Put	Men	Deca 3	11:00	Triple Jump	Men	<b>FINAL</b>
18:50	1,500m	Men	<b>FINAL</b>	18:05	800m	Women	Semi Final	11:05	200m	Women	<b>FINAL</b>
19:05	10,000m Race Walk	Women	<b>FINAL</b>	18:20	800m	MEN	Semi Final	11:20	200m	Men	<b>FINAL</b>
19:20	Hammer Throw	Women	<b>FINAL</b>	18:35	5,000m	Men	<b>FINAL</b>	11:25	Javelin Throw	Men	Deca 9
20:05	200 m	Women	Hepta 4	19:00	800m	Women	<b>Hepta 7</b>	11:35	3000m Steeplechase	Men	<b>FINAL</b>
				19:10	Javelin	Women	<b>FINAL</b>	12:00	4x400m Relay	Women	<b>FINAL</b>
				19:15	High Jump	Men	Deca 4	12:20	4x400m Relay	Men	<b>FINAL</b>
				19:20	4x100m Relay	Women	<b>FINAL</b>	12:40	1,500m	Men	<b>Deca 10</b>
				19:35	4x100m Relay	Men	<b>FINAL</b>				
				19:50	10,000m	Women	<b>FINAL</b>				
				21:00	400m	Men	Deca 5				



**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

**Appendix 4**

**TENTATIVE SCHEDULE OF EVENTS - SPANISH**



VIII Campeonatos Sub 23 de NACAC  
 Kamloops, BC, Canadá, Agosto de 2014



**Horario de Competencias**

Versión Feb 26

Viernes 8 de agosto			Sábado 9 de agosto			Domingo 10 de agosto		
16:00	100m c/Vallas	Muj Hepta 1	16:00	100m	Hom Deca 1	07:00	110m c/Vallas	Hom Deca 6
16:05	Lanz. del Disco	Muj <b>FINAL</b>	16:05	Lanz. de Jabalina	Hom <b>FINAL</b>	07:15	20,000m Marcha	Hom <b>FINAL</b>
16:10	Salto de Longitud	Hom <b>FINAL</b>	16:10	Salto de Longitud	Muj Hepta 5	07:40	Lanz. del Disco	Hom Deca 7
16:15	100m	Muj Semi Final	16:15	100m c/Vallas	Muj Semi Final	08:50	Salto c/Pértiga	Hom Deca 8
16:25	Salto c/Pértiga	Hom <b>FINAL</b>	16:20	Lanz. de Bala	Muj <b>FINAL</b>	8:55	Salto de Longitud	Muj <b>FINAL</b>
16:30	100m	Hom Semi Final	16:30	110m c/Vallas	Hom Semi Final	09:00	200m	Muj Semi Final
16:40	Salto de Altura	Muj Hepta 2	16:40	Salto de Longitud	Hom Deca 2	9:10	Lanz. de Martillo	Hom <b>FINAL</b>
16:45	400m	Muj Semi Final	16:45	400m	Muj <b>FINAL</b>	09:15	200m	Hom Semi Final
17:05	400m	Hom Semi Final	17:00	400m	Hom <b>FINAL</b>	09:30	5,000m	Muj <b>FINAL</b>
17:25	10,000m	Hom <b>FINAL</b>	17:15	3000m c/Obstáculos	Muj <b>FINAL</b>	09:50	Salto de Altura	Hom <b>FINAL</b>
17:40	Lanz. del Disco	Hom <b>FINAL</b>	17:20	Salto c/Pértiga	Muj <b>FINAL</b>	10:00	400m c/Vallas	Muj <b>FINAL</b>
18:05	100 m	Muj <b>FINAL</b>	17:35	100m c/Vallas	Muj <b>FINAL</b>	10:20	400m c/Vallas	Hom <b>FINAL</b>
18:20	100m	Hom <b>FINAL</b>	17:40	Lanz. de Jabalina	Muj Hepta 6	10:35	800m	Muj <b>FINAL</b>
18:30	Salto de Altura	Muj <b>FINAL</b>	17:50	110m c/Vallas	Hom <b>FINAL</b>	10:45	Lanz. de Bala	Hom <b>FINAL</b>
18:35	1,500m	Muj <b>FINAL</b>	17:55	Salto Triple	Muj <b>FINAL</b>	10:50	800m	Hom <b>FINAL</b>
18:45	Lanz. de Bala	Muj Hepta 3	18:00	Lanz. de Bala	Hom Deca 3	11:00	Salto Triple	Hom <b>FINAL</b>
18:50	1,500m	Hom <b>FINAL</b>	18:05	800m	Muj Semi Final	11:05	200m	Muj <b>FINAL</b>
19:05	10,000m Marcha	Muj <b>FINAL</b>	18:20	800m	Hom Semi Final	11:20	200m	Hom <b>FINAL</b>
19:20	Lanz. de Martillo	Muj <b>FINAL</b>	18:35	5,000m	Hom <b>FINAL</b>	11:25	Lanz. de Jabalina	Hom Deca 9
20:05	200 m	Muj Hepta 4	19:00	800m	Muj <b>Hepta 7</b>	11:35	3000m c/Obstáculos	Hom <b>FINAL</b>
			19:10	Lanz. de Jabalina	Muj <b>FINAL</b>	12:00	Relevo de 4x400m	Muj <b>FINAL</b>
			19:15	Salto de Altura	Hom Deca 4	12:20	Relevo de 4x400m	Hom <b>FINAL</b>
			19:20	Relevo de 4x100m	Muj <b>FINAL</b>	12:40	1,500m	Hom <b>Deca 10</b>
			19:35	Relevo de 4x100m	Hom <b>FINAL</b>			
			19:50	10,000m	Muj <b>FINAL</b>			
			21:00	400m	Hom Deca 5			



VIII NACAC U23 ATHLETIC CHAMPIONSHIPS  
Kamloops, British Columbia, Canada  
August 8-10, 2014

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Appendix 5

FLIGHT INFORMATION FORM

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

**Arrival:**

Date

Flight

Time

**Departure:**

Date

Flight

Time



**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

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**Appendix 6**

**TECHNICAL MEETING AGENDA**  
**Thursday, August 7, 2014**

1. Welcome/Invocation
2. Introductions  
  
IAAF Representatives  
NACAC Representatives  
LOC Representatives  
Meet Director  
Technical Delegate  
Technical/Competition Officials
3. General Information  
  
Event Schedule  
Qualifying Rounds  
Starting Heights and Progressions  
Protests  
Doping Control  
Awards Presentaton  
Opening/Closing Ceremonies  
Questions Answered
4. Closing Remarks





**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

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**Appendix 7**

**TECHNICAL MEETING QUESTION FORM**

To be submitted no later than 12:00 pm, Thursday, August 7, 2014, to the Technical Information Centre or Competition Director, Peter Fejfar, pgfe@dccnet.com.

Question 1:

Question 2:

Question 3:

Team Official: \_\_\_\_\_

Date: \_\_\_\_\_





**VIII NACAC U23 ATHLETIC CHAMPIONSHIPS**  
**Kamloops, British Columbia, Canada**  
**August 8-10, 2014**

**Appendix 9**

**VISA REQUIREMENT TO ENTER CANADA**

COUNTRY/ PAÍS	ABBREVIATION/ ABREVIATURA	VISA REQUIRED TO ENTER CANADA/ VISADO NECESARIO PARA ENTRAR A CANADÁ	NEAREST VISA PROCESSING OFFICE/ OFICINA MÁS CERCANA DE LA OFICINA DE VISAS DE CANADÁ	
Anguilla	AIA	No		
Antigua & Barbuda	ANT	No		
Aruba	ARU	No		
Bahamas	BAH	No		
Barbados	BAR	No		
Belize	BIZ	Yes	Guatemala City	(502) 2363-2436
Bermuda	BER	No		
British Virgin Islands	IVB	No		
Cayman Islands	CAY	No		
Commonwealth of Dominica	DMA	Yes	Port of Spain / Puerto de España	(868)224-3098
Costa Rica	CRC	Yes	Guatemala City	(502) 2363-2436
Cuba	CUB	Yes	Havana (Canadian Embassy)	(+53-7) 204-2516
Dominican Republic	DOM	Yes	Santo Domingo	+1 (829) 954- 8663
El Salvador	ESA	Yes	Guatemala City	(502) 2363-2436
Grenada	GRN	Yes	Port of Spain/ Puerto de España	(868)224-3098
Guatemala	GUA	Yes	Guatemala City	(502) 2363-2436
Haiti	HAI	Yes	Port-Au-Prince*	(509) 3600-0916
Honduras	HON	Yes	Guatemala City	(502) 2363-2436
Jamaica	JAM	Yes	Kingston*	(876) 632-7370
Mexico	MEX	Yes	Mexico City	52-5511638791
Montserrat	MNT	No		
Nicaragua	NIC	Yes	Guatemala City	(502) 2363-2436
Saint Kitts and Nevis	SKN	No		
Saint Lucia	LCA	Yes	Port of Spain/ Puerto de España	(868)224-3098
Saint Vincent and Grenadines	VIN	Yes	Port of Spain/ Puerto de España	(868)224-3098
Trinidad and Tobago	TRI	Yes	Port of Spain/ Puerto de España	(868)224-3098
Turks and Caicos Islands	TKS	No		

