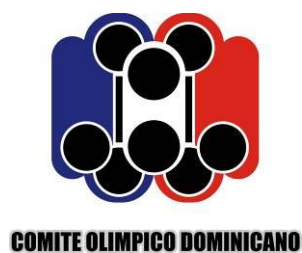




# TECHNICAL MANUAL

**FELIX SANCHEZ OLYMPIC STADIUM**  
Santo Domingo, Dominican Republic  
2-4, JULY 2010



## **1. ORGANIZATIONAL STRUCTURE**

**1.1** The Central American and Caribbean Athletic Confederation (CACAC), has assigned the organization of the **"XVIII Central American and Caribbean Junior A & B Championships"** to the Federación Dominicana de Asociaciones de Atletismo. The following persons are responsible for the organization and coordination of the competition:

### **CACAC Executive Council**

1. Mr. Víctor López	President
2. Mr. Alain Jean Pierre	First Vice-President
3. Mr. Jesus Molina	Second Vice-President
4. Mr. Alpheus Finlayson	Third Vice-President
5. Mrs. Evelyn Claudio	Secretary-Treasurer
6. Mrs. Esther Maynard	Member at Large
7. Mr. Rey O'Neal	Member at Large
8. Mr. Ramiro Verela	Member at Large
9. Mr. Neville McCook	Ex-Officio Member

### **1.2 Organizing Committee**

1. Mr. Felipe Payano	Minister of Sports
2. Mr. Jose Ludwig Rubio	President F.D.A.A. - Chairman LOC
3. Mr. Alberto Florian	Director of Food Commission
4. Mr. Gerardo Suero Correa	Director of Finances
5. Mr. José Lozada	Director Greeting Committee
6. Mr. Radhamés Brea	Lodging Director
7. Mrs. Mayra Rosado	Protocol Director
8. Mr. Genaro Mendez	Treasurer
9. Mr. Ramón Valdéz	Transportation Director
10. Mr. Manuel Gonell	Security Director
11. Mr. Ricardo Morales	General Director
12. Mr. Ramón Santos	Press Director



### 1.3 International Officials

Mr. Alain Jean Pierre	Organizational Delegate
Prof. Michael A. Serralta	Technical Delegate
Dr. Milton Pinedo	Doping Control Delegate
Prof. Ricardo Ramírez	Area Technical Official
Prof. Ruben Quintanilla	Area Technical Official
Mrs. Esther Maynard	Area Technical Official
Mr. Cándido Vélez	Race Walking Judge
Mr. Juan H. Del Toro	Race Walking Judge
Mr. Wilson Morales	Photofinish Official Operator
Mr. Noel Cedeño	Meet Manager Operator
Mr. Rosendo Benson	Official Announcer
Mr. Lemuel Santiago	International Starter
Mr. Carlos Clemente	Communication Manager

### 1.4 Officials of the Competition

The Senior Officials of the Competition will be announced during the Technical Meeting of the Championships.

### 1.5 Jury of Appeal

Mr. Neville McCook, Mr. Alain Jean-Pierre, Mr. Rey O'Neal and two delegates who will appointed at the technical meeting.

## 2. ENTRIES

### 2.1 Championship Participation Confirmation

Each participating country of the "XVIII Central American and Caribbean Junior A & B Championships" shall confirm its attendance no later than midnight on 26<sup>th</sup> April 2010 to the Organizing Committee.

### 2.2 Preliminary Entries

The Numerical or Preliminary Entry of each country shall be sent to the Organizing Committee no later than midnight on 31<sup>th</sup> May 2010 by using the Preliminary Entry Form sent by the Organizing Committee.



## 2.3 Final Entries

Nominal or Final Entries shall be sent to the Organizing Committee no later than midnight on 28 June, 2010. Entries shall be sent on the Final Entry Forms provided by the Organizing Committee.

If Final Entries of a Federation are not submitted by the deadline, without exception, such Federation shall pay a penalty/fine of US\$100.00 (One hundred dollars of the United States of America) as agreed and established by the CACAC Executive Council.

**NOTE:** Entries on the prescribed forms may be sent to:

**Local ORGANIZING COMMITTEE**

**Estadio Olimpico Felix Sanchez**

Ortega y Gasset, Esq. John F. Kennedy

Centro Olímpico Juan Pablo Duarte

Santo Domingo. Dominican Republic

Tel.:(809)732-3322

Fax:(809)381-0828

E-mail: [dom@mf.iaaf.org](mailto:dom@mf.iaaf.org)

## 3. INVITED COUNTRIES

**3.1** The Countries invited to participate in these championships are:

Anguilla	French Guyana	Grenada	Martinique	Saint Vincent
Antigua & Barbuda	Cayman Islands	Guadaloupe	Montserrat	Suriname
Aruba	Colombia	Guatemala	Netherlands Antilles	Turks & Caicos
Bahamas	Costa Rica	Guyana	Nicaragua	Trinidad & Tobago
Barbados	Cuba	Haiti	Panama	US Virgin Islands
Belize	Dominica	Honduras	Puerto Rico	Venezuela
Bermuda	Dominican Republic	Jamaica	Saint Kitts & Nevis	
British Virgin Islands	El Salvador	Mexico	Saint Lucia	

**NOTE:** The airport for travel arrangements is **Las Americas International Airport**, Santo Domingo, Dominican Republic.

## 4. LIST OF EVENTS

**4.1** Junior B Category: 14 to 16 years as of 31<sup>st</sup> December 2010 (Born between 1994 and 1996)

**Women:**

*Races:* 100 meters, 200 meters, 400 meters, 800 meters, 1200 meters

*Hurdles:* 100 meters (0.762 m.) and 300 meters (0.762 m.)

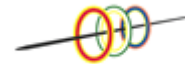
*Relays:* 4 X 100 meters and 4 X 400 meters

*Race Walking:* 4,000 meters (Track)

*Jumps:* High Jump, Long Jump, and Triple Jump

*Throws:* Shot Put (4kgs.), Discus Throw (1 kg.), Javelin Throw(600 gms.)

*Combined:* Heptathlon (100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m.)



**Men:**

<i>Races:</i>	100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 3,000 meters
<i>Hurdles:</i>	100 meters (0.914m) and 400 meters (0.840m)
<i>Steeplechase:</i>	2,000 meters
<i>Relays:</i>	4 X 100 meters and 4 X 400 meters
<i>Race Walking:</i>	5,000 meters (Track)
<i>Jumps:</i>	High Jump, Long Jump, Triple Jump, and Pole Vault
<i>Throws:</i>	Shot Put(5.0 kg.), Discus Throw(1.5 kg.), Javelin Throw(700 grs.), and Hammer Throw(5.0 kg.)
<i>Combined:</i>	Octathlon (100m, Long Jump, Shot Put, 400 meters, 100m/H, High Jump, Javelin Throw, 1000m.)

**4.2 Junior A Category: 17 to 19 years as of 31<sup>st</sup> December 2010 (Born between 1991 and 1993)****Women:**

<i>Races:</i>	100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 3,000 meters, 5,000 meters
<i>Hurdles:</i>	100 meters (0.840m) and 400 meters (0.762m)
<i>Steeplechase:</i>	2,000 mts (0.762m)
<i>Relays:</i>	4 X 100 meters and 4 X 400 meters
<i>Race Walking:</i>	5,000 meters (Track)
<i>Jumps:</i>	High Jump, Long Jump, Triple Jump, and Pole Vault
<i>Throws:</i>	Shot Put (4 kg.), Discus Throw(1 kg.), Javelin Throw(600 gms.), and Hammer Throw(4 kg)
<i>Combined:</i>	Heptathlon (100m/H, High Jump, Shot Put, 200m, Long Jump, Javelin Throw, 800m)

**Men:**

<i>Races:</i>	100 meters, 200 meters, 400 meters, 800 meters, 1,500 meters, 5,000 meters, 10,000 meters
<i>Hurdles:</i>	110 meters (0.99m) and 400 meters (0.914m)
<i>Steeplechase:</i>	3,000 meters (0.914m)
<i>Relays:</i>	4 X 100 meters and 4 X 400 meters
<i>Race Walking:</i>	10,000 meters (Track)
<i>Jumps:</i>	High Jump, Long Jump, Triple Jump, and Pole Vault
<i>Throws:</i>	Shot Put (6 kg.), Discus Throw(1.750 kg.), Javelin Throw(800 gms.), and Hammer Throw(6 kg.)
<i>Combined:</i>	Decathlon (100 meters, Long Jump, Shot Put, High Jump, 400 meters, 110m/H, Discus, Pole Vault, Javelin Throw, 1,500 meters)

**4.3** Each country may enter up to two (2) competitors in each individual event. In relay events, each country may enter a team of six (6) athletes, of which four (4) will run in the first round and the other two (2) may be used as substitutes in the team's composition in subsequent rounds. In Combined Events up to three (3) athletes may be entered. An athlete may not take part in more than three (3) individual events and two (2) relays.

**4.4** If an event cannot be conducted due to insufficient participants, defined as having "not less than five (5) competitors of three (3) countries", the Organizing Committee shall notify immediately, via fax or e-mail, those countries that had entered athletes for such an event.



## **5. COMPETITION VENUE AND TRAINING FACILITIES**

### **5.1 Main Stadium**

#### **Estadio Olimpico Felix Sanchez**

Ortega y Gasset, Esq. John F. Kennedy  
Centro Olímpico Juan Pablo Duarte  
Santo Domingo, Dominican Republic

**5.2** The "XVIII Central American and Caribbean Junior A & B Championships" will be held at the "**Estadio Olímpico Félix Sánchez**" on 2-4, July 2010. The stadium is equipped with the latest technical facilities for the Championships, the track is made of synthetic material, with eight lanes (Conica-IAAF CLASS I CERTIFIED), as well as the field areas – high jump, triple jump, long jump, pole vault, shot put, discus and javelin throw. The stadium will provide medical and physiotherapeutic assistance, a technical information centre (TIC), press area and cafeteria.

### **5.3 Warm-up Area**

A warm-up area will be provided. It is located in the eastern area adjacent to the stadium and includes 6 lanes 400 meters of Conica surface and an area for throws and jumps.

On the days preceeding the Championships, competitors may utilise the warm-up area as follows:  
June 30<sup>th</sup> and 1<sup>st</sup> July: Hours 09:00 to 19:00 hrs.

They may also make use of the implements, previously approved.

### **5.4 Training Area**

For starting block practice, competition officials will be available at the **Estadio Olímpico Félix Sánchez** on the following days:

30<sup>th</sup> June 2010: Hours 16:00 to 19:00 hrs.

1<sup>st</sup> July 2010: Hours 09:00 to 12:00 hrs.

## **6. HEADS OF DELEGATION**

**6.1** Upon arrival, at the Accreditation Centre located at the Dominican Bay Hotel, the Heads of Delegation shall pay the sum of US \$125.00 for each athlete and official to cover the period 12:00 noon Wednesday 30<sup>th</sup> June to 12:00 noon Monday 5<sup>th</sup> July 2010 or any part thereof. Heads of Delegation will then receive the individual identifications, which participants must wear at all times in order to have access to accommodation, transportation, the Stadium, and other authorised facilities.

### **6.2 Technical Meeting**

The Technical Meeting will take place in the Mauricio Baez Auditorium on Thursday 1<sup>st</sup> July at 15:00 hours.

**NOTE:** Transportation will be provided from the officials hotels to the Mauricio Baez Auditorium and will depart from the Teams hotel at 14:00 hours.

### **6.3 Accomodation**

The official teams hotel will be **Hotetur Dominican Bay Resorts** located at Boca Chica, five minutes from the airport and thirty minutes to the stadium.



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#### 6.4 CACAC Congress

It will take place on 4<sup>th</sup> July at 12:00 hours at the Dominican Bay Hotel. After the Congress, at 14:00 hours, a lunch will be served in the same place to all the delegates.

### 7. **TECHNICAL INFORMATION CENTRE (TIC)**

7.1 The Technical Information Centre will be located at the west side stand of Félix Sánchez Stadium,

7.2 The TIC shall serve as the link between the Organizing Committee and the delegations.

### 8. **PARTICIPATION CONFIRMATION**

8.1 Upon arrival, each delegation will be provided with a set of Confirmation of Entry sheets, which must be filled out and submitted to the TIC.

Confirmation of entries for the first day of competition shall be submitted during the Technical Meeting. For the following days, the sheets shall be submitted to the TIC located at the **Estadio Olímpico Félix Sánchez** before 10:00 hours on the day before the competition.

### 9. **COMPETITION NUMBERS**

9.1 Numbers will be checked in the Call Room to ensure that they correspond with the athletes' names. They shall be worn visibly on the breast and back, (except for those competing in the high jump and pole vault).

9.2 Competitors in running events will be issued additional adhesive numbers, which shall be worn on the sides of their shorts.

#### 9.3 Procedure for Protests

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event (**IAAF Rule 146**). The athlete or an authorized representative shall make any protest verbally in the first instance to the Referee on his/her behalf. The Referee may take a decision over the protest or may submit it to the Jury of Appeal.

Any protest presented before the Jury of Appeal shall be in writing on the official forms provided by the Organizing Committee, signed by a responsible official on behalf of the athlete and accompanied by a deposit of US\$100.00, refundable if appeal upheld (**IAAF Rule 146/5**). A copy of the protest shall be given to the official presenting the protest. The copy will detail the time and date of the protest and the payment of the above-mentioned rate.

The Jury of Appeal will give a written resolution to the protest as soon as possible. This resolution will be published in the TIC.



## **10. STARTING LISTS AND OFFICIAL RESULTS**

- 10.1** Lists will be posted daily at the TIC; a copy will be given to the Team Leader upon identification. Results will be posted once the events have been concluded.

## **11. IMPLEMENTS**

- 11.1** The official implements to be used during the Championships will be provided by the Organizing Committee and will comply with IAAF specifications.
- 11.2** Competitors will be allowed to use their personal implements provided they are delivered to the Implement Control Room located in the Stadium, at least 24 hours prior to the event for validation that they comply with IAAF specifications. The implements will be returned to the owners after the event.
- 11.3** If an implement fails to comply with the IAAF specifications, it will not be accepted and the Team Leader will be notified of the situation. Approved implements will become part of the Organizing Committee's implements and all participants may utilise them.

## **12. INITIAL HEIGHTS**

- 12.1** Below is the detail of the initial and successive heights for the vertical jump events.

- 12.1.1** *Junior B Men High Jump: 1.70 meters*  
The bar will be raised in increments of 5 cms. until 1.90 mts. is reached; thereafter, the bar will be raised in increments of 3cms. until there is only one competitor left.
- 12.1.2** *Junior A Men High Jump: 1.85 meters*  
The bar will be raised in increments of 5 cms. until 2.05 mts. is reached; thereafter, the bar will be raised in increments of 3cms. until there is only one competitor left.
- 12.1.3** *Junior A Men High Jump (Decathlon): 1.50 meters*  
The bar will be raised in increments of 3 cms. along the complete event.
- 12.1.4** *Junior B Women High Jump: 1.40 meters*  
The bar will be raised in increments of 5 cms. until 1.60 mts. is reached; thereafter, the bar will be raised in increments of 3cms. until there is only one competitor left.
- 12.1.5** *Junior A Women High Jump: 1.50 meters*  
The bar will be raised in increments of 5 cms. until 1.70 mts. is reached; thereafter, the bar will be raised in increments of 3cms. until there is only one competitor left.
- 12.1.6** *Junior A Women High Jump (Heptathlon): 1.40 meters*  
The bar will be raised in increments of 3 cms. along the complete event.
- 12.1.7** *Junior A Men Pole Vault: 3.60 meters*  
The bar will be raised in increments of 10 cms. until 4.00 mts. is reached; thereafter, the bar will be raised in increments of 5 cms. until there is only one competitor left.
- 12.1.8** *Junior A Women Pole Vault: 2.40 meters*  
The bar will be raised in increments of 10 cms. until 3.00 mts. is reached; thereafter, the bar will be raised in increments of 5 cms. until there is only one competitor left.
- 12.1.9** *Junior A Men Pole Vault (Decathlon): 3.00 meters*  
The bar will be raised in increments of 10 cms. along the complete event.



## **13. ATHLETES AND OFFICIALS INSTRUCTIONS**

### **13.1 Rules and Regulations**

The athletic competition of the "***XVIII Central American and Caribbean Junior A & B Championships***" will be conducted in accordance with the current Competition Rules of the International Association of Athletic Federations 2010-2011. Technical matters will be resolved according to IAAF Rules and Regulations. The Organizing Committee in consultation with the Technical Delegate will resolve general matters unforeseen in these regulations.

### **13.2 Timing**

For track races, fully automatic timing obtained from a Photo Finish system will be utilised in accordance with IAAF Rule 165.

### **13.3 Call Room**

The Call Room will be located in the warm-up area. All athletes must report to the Call Room bearing the individual identification and competition number provided by the Organizing Committee. Clothing worn must be the official clothing approved by their National Federation.

The times for the calls will be as follows:

<b>No.</b>	<b>Event</b>	<b>Calls</b>	<b>Access to Competition Zone Before the start of the event</b>
<b>1</b>	Sprints	2	15 minutes
<b>2</b>	Hurdles and Steeplechase	2	20 minutes
<b>3</b>	Middle and Long Distance	2	15 minutes
<b>4</b>	Relays	2	15 minutes
<b>5</b>	High Jump	2	45 minutes
<b>6</b>	Pole Vault	2	45 minutes
<b>7</b>	Long and Triple	2	45 minutes
<b>8</b>	Throws	2	30 minutes

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

There will be two calls for the athletes to report before they can access the competition arena; there will be an interval of 15 minutes between the first and second calls. Then athletes will enter the competition arena. Under no circumstance will athletes be allowed to enter the competition arena if they fail to comply with the above-mentioned rules.

All objects retained in the Call Room will be returned to their owners after the event.

### **13.4 Weather Conditions**

- |    |                             |                         |
|----|-----------------------------|-------------------------|
| a. | Height Above the Sea Level: | 0.00 m.                 |
| b. | Average Temperature:        | 32 <sup>o</sup> Celcius |
| c. | Average Humidity:           | 80%                     |
| d. | Average Wind Speed:         | 15 - 20 Km/Hr           |



## **14. MEDICAL ASSISTANCE**

### **14.1 Hotel**

Medical assistance will be available 24 hours a day. The exact locations will be indicated at the Technical Meeting.

### **14.2 Stadium**

Medical assistance, physiotherapy, and ambulance services will be available daily during the competition at the **Estadio Olímpico Félix Sánchez** from one hour before and until one hour after the schedule of events.

### **14.3 Insurance**

The Organizing Committee will provide limited insurance for participating athletes during their stay in Dominican Republic, during the period of June 30<sup>th</sup> to 5<sup>th</sup> July 2010, Midday.

## **15. CEREMONIES**

### **15.1 Award Ceremony**

Athletes placing in the first three positions will mount the podium to receive their medals. The official uniform of the athletes' country, competition number, and spikeless footwear must be worn during the ceremony.

In accordance with IAAF Rules and Regulations, Awards will be distributed in the following manner:

#### ***Individual Events:***

- 1<sup>st</sup> Place: Gold Medal
- 2<sup>nd</sup> Place: Silver Medal
- 3<sup>rd</sup> Place: Bronze Medal

#### ***Relays:***

- 1<sup>st</sup> Place: Gold Medal for every participating member of the team
- 2<sup>nd</sup> Place: Silver Medal for every participating member of the team
- 3<sup>rd</sup> Place: Bronze Medal for every participating member of the team

#### ***Team Competition:***

- Trophy to the 1<sup>st</sup> place of the women category
- Trophy to the 1<sup>st</sup> place of the men category
- Trophy to the 1<sup>st</sup> place overall (men and women categories)

### **15.2 Opening Ceremony**

The Opening Ceremony will take place on thursday 1<sup>th</sup> July at 20:00 hours. at the **Mauricio Baez Auditorium**. All participating delegations are expected to take part in the ceremony wearing the official uniform approved by their Federations. They shall be in the place one hour before the ceremony – 19:00 hours. Transport will be provided from the official hotel to the stadium, it will leave at 18:30 hours.

### **15.3 Closing Ceremony-Party**

A Closing Party and buffet dinner will be offered to all athletes and officials on 4<sup>th</sup> July (venue to be determined).



## **16. FINANCIAL STIPULATIONS**

The Organizing Committee will provide local transportation, room and full board for all participating countries, at the rate of US\$125.00 (One Hundred and Twenty Five dollars of the United States of America) for each athlete and official to cover five (5) nights or part thereof. This payment shall be made prior to accreditation, in cash, in US currency. Accommodation will be provided for the nights of June 30, 1, 2, 3, and 4<sup>th</sup> of July 2010. Meals will be provided from lunch of Wednesday, 30<sup>th</sup> June and until breakfast of Monday, 5<sup>th</sup> July for a total of 15 meals per person. **All the individuals arriving or departing prior of after the dates established by LOC (June 30<sup>th</sup>.-July 5<sup>th</sup>), will be responsible of paying US\$75.00 PER PERSON PER NIGHT IN DOBLE ROOM.**

Local transport will cover the route from the official hotel to the stadium and from the stadium to the hotel.

Delegations must notify the Organizing Committee, at least a week in advance, of their arrival date, time, and flight number so that they can be transported from the airport. The maximum number of officials accommodated with their team at the subsidised rate is as follows:

01	Competitor	1 accompanying official
02 to 06	Competitors	2 accompanying officials
07 to 12	Competitors	3 accompanying officials
13 to 18	Competitors	4 accompanying officials
19 to 24	Competitors	5 accompanying officials
25 to 30	Competitors	6 accompanying officials
31 to 35	Competitors	7 accompanying officials
36 to 40	Competitors	8 accompanying officials
41 to 45	Competitors	9 accompanying officials
46 to 50	Competitors	10 accompanying officials
51 +	Competitors	1 person per every 10 additional competitors

**Additional officials:** A fee of US\$125.00 (One Hundred and Twenty Five dollars) plus US\$50.00 (Fifty dollars) per night shall be charged for each additional person according to team size regulations. Requests for additional officials accommodation must reach the LOC no later than 25<sup>th</sup> June 2010 midnight.

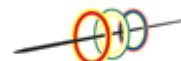
## **17. VISAS AND TAXES**

Delegations requiring special invitation letters to obtain visas, shall submit a written request with a copy of the valid passports of each member of their team before June 15<sup>th</sup>. to:

### **Local ORGANIZING COMMITTEE**

Ortega y Gasset, Esq. John F. Kennedy  
Centro Olimpico Juan Pablo Duarte  
Santo Domingo, Dominican Republic  
Tel.:(809)732-3322  
Fax:(809)381-0828  
E-Mail: [dom@mf.iaaf.org](mailto:dom@mf.iaaf.org)

All participating countries shall cover the payment of a Dominican Republic tourist card tax (**US\$10.00 per person**) payable at the Airport's arrival.



**CAC JUNIOR A & B CHAMPIONSHIPS**  
**ESTADIO OLIMPICO FELIX SANCHEZ – SANTO DOMINGO**  
**2 – 4 JULY, 2010**

**SCHEDULE OF EVENTS**

Below you will find the schedule of events. The competition will be held over three days and six sessions.

**Notes:**

- In the event that the recommended repairs have been completed, a schedule will be provided with a timetable that is more convenient for the competition at the Technical Meeting.
- Both Women's Junior A and B will be performing the heptathlon at the same timetable in separate groups.

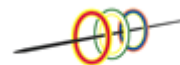
**DAY 1 –2<sup>nd</sup>. JULY 2010 – A.M. SESSION 1**

No.	TIME	EVENT			
101	08:00	5,000 Meters Walk	WOMEN	JUNIOR A	FINAL
102	08:05	Long Jump	MEN	JUNIOR A	Eliminatory & Final
103	08:10	Hammer Throw	MEN	JUNIOR A	Eliminatory & Final
104	09:00	100 Meters	MEN	JUNIOR A	DECATHLON (1)
105	09:15	100 Meters	WOMEN	JUNIOR B	SEMIFINAL
106	09:30	100 Meters	MEN	JUNIOR B	SEMIFINAL
107	09:35	Javelin Throw	WOMEN	JUNIOR A	Eliminatory & Final
108	09:45	Long Jump	MEN	JUNIOR A	DECATHLON (2)
109	09:45	100 Meters	WOMEN	JUNIOR A	SEMIFINAL
110	10:00	100 Meters	MEN	JUNIOR A	SEMIFINAL
111	10:15	300 Meters Hurdles	WOMEN	JUNIOR B	SEMIFINAL
112	10:20	Discus Throw	WOMEN	JUNIOR A	Eliminatory & Final
113	10:30	400 Meters Hurdles	WOMEN	JUNIOR A	SEMIFINAL
114	10:45	400 Meters Hurdles	MEN	JUNIOR B	SEMIFINAL
115	11:00	Shot Put	MEN	JUNIOR A	DECATHLON (3)
116	11:00	400 Meters Hurdles	MEN	JUNIOR A	SEMIFINAL



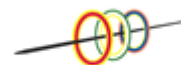
## DAY 1 –2<sup>nd</sup>. JULY 2010 - P.M. SESSION 2

No.	TIME	EVENT			
117	14:00	400 Meters	WOMEN	JUNIOR B	SEMIFINAL
118	14:15	400 Meters	WOMEN	JUNIOR A	SEMIFINAL
119	14:20	High Jump	MEN	JUNIOR A	DECATHLON (4)
120	14:30	400 Meters	MEN	JUNIOR B	SEMIFINAL
121	14:35	Javelin Throw	WOMEN	JUNIOR B	Eliminatory & Final
122	14:45	400 Meters	MEN	JUNIOR A	SEMIFINAL
123	14:50	Triple Jump	WOMEN	JUNIOR A	Eliminatory & Final
124	15:00	1,200 Meters	WOMEN	JUNIOR B	FINAL
125	15:10	1,500 Meters	WOMEN	JUNIOR A	FINAL
126	15:20	1,500 Meters	MEN	JUNIOR B	FINAL
127	15:30	1,500 Meters	MEN	JUNIOR A	FINAL
128	15:40	100 Meters	WOMEN	JUNIOR B	FINAL
129	15:50	100 Meters	WOMEN	JUNIOR A	FINAL
130	16:00	Shot Put	WOMEN	JUNIOR B	Eliminatory & Final
131	16:00	100 Meters	MEN	JUNIOR B	FINAL
132	16:10	100 Meters	MEN	JUNIOR A	FINAL
133	16:15	High Jump	WOMEN	JUNIOR B	FINAL
134	16:20	4,000 Meters Walk	WOMEN	JUNIOR B	FINAL
135	16:30	Javelin Throw	MEN	JUNIOR B	Eliminatory & Final
136	16:40	300 Meters Hurdles	WOMEN	JUNIOR B	FINAL
137	16:55	400 Meters Hurdles	WOMEN	JUNIOR A	FINAL
138	17:00	Triple Jump	MEN	JUNIOR B	Eliminatory & Final
139	17:10	400 Meters Hurdles	MEN	JUNIOR B	Eliminatory & Final
140	17:15	High Jump	WOMEN	JUNIOR A	FINAL
141	17:20	400 Meters Hurdles	MEN	JUNIOR A	FINAL
142	17:30	400 Meters	MEN	JUNIOR A	DECATHLON (5)
143	17:40	10,000 Meters	MEN	JUNIOR A	FINAL
144	18:20	4 X 100 Meters Relay	WOMEN	JUNIOR B	SEMIFINAL
145	18:35	4 X 100 Meters Relay	MEN	JUNIOR B	SEMIFINAL
146	18:50	4 X 100 Meters Relay	WOMEN	JUNIOR A	SEMIFINAL
147	19:05	4 X 100 Meters Relay	MEN	JUNIOR A	SEMIFINAL



## DAY 2 – 3<sup>th</sup> JULY 2010 - A.M. SESSION 3

No.	TIME	EVENT			
201	07:30	10,000 Meters Walk	MEN	JUNIOR A	FINAL
202	07:50	Hammer Throw	WOMEN	JUNIOR A	Eliminatory & Final
203	08:45	110 Meters Hurdles	MEN	JUNIOR A	DECATHLON (6)
204	09:00	100 Meters Hurdles	WOMEN	JUNIOR A – B	HEPTATHLON (1)
205	09:15	100 Meters Hurdles	WOMEN	JUNIOR A	SEMIFINAL
206	09:20	Shot Put	WOMEN	JUNIOR A	Eliminatory & Final
207	09:30	100 Meters Hurdles	WOMEN	JUNIOR B	SEMIFINAL
208	09:35	Discus Throw	MEN	JUNIOR A	DECATHLON (7)
209	09:45	100 Meters	MEN	JUNIOR B	OCTATHLON (1)
210	09:45	Long Jump	WOMEN	JUNIOR B	Eliminatory & Final
211	09:55	800 Meters	WOMEN	JUNIOR B	SEMIFINAL
212	10:00	High Jump	WOMEN	JUNIOR A – B	HEPTATHLON (2)
213	10:10	800 Meters	WOMEN	JUNIOR A	SEMIFINAL
214	10:15	Javelin Throw	MEN	JUNIOR A	Eliminatory & Final
215	10:25	800 Meters	MEN	JUNIOR B	SEMIFINAL
216	10:30	Long Jump	MEN	JUNIOR B	OCTATHLON (2)
217	10:40	800 Meters	MEN	JUNIOR A	SEMIFINAL
218	10:45	Pole Vault	MEN	JUNIOR A	DECATHLON (8)



## DAY 2 – 3<sup>th</sup> JULY 2010 - P.M. SESSION 4

No.	TIME	EVENT			
219	15:30	Shot Put	WOMEN	JUNIOR A – B	HEPTATHLON (3)
220	15:30	100 Meters Hurdles	WOMEN	JUNIOR B	FINAL
221	15:30	High Jump	MEN	JUNIOR B	FINAL
222	16:00	Pole Vault	MEN	JUNIOR A	FINAL
223	16:00	Shot Put	MEN	JUNIOR B	OCTATHLON (3)
224	16:00	100 Meters Hurdles	WOMEN	JUNIOR A	FINAL
225	16:15	Triple Jump	MEN	JUNIOR A	Eliminatory & Final
226	16:15	400 Meters	WOMEN	JUNIOR B	FINAL
227	16:30	Javelin Throw	MEN	JUNIOR A	DECATHLON (9)
228	16:30	400 Meters	WOMEN	JUNIOR A	FINAL
229	16:40	400 Meters	MEN	JUNIOR B	FINAL
230	16:50	400 Meters	MEN	JUNIOR A	FINAL
231	17:00	200 Meters	WOMEN	JUNIOR A – B	HEPTATHLON (4)
232	17:15	2,000 Meters Steeplechase	WOMEN	JUNIOR A	FINAL
233	17:30	Shot Put	MEN	JUNIOR A	Eliminatory & Final
234	17:30	Discus Throw	MEN	JUNIOR B	Eliminatory & Final
235	17:30	2,000 Meters Steeplechase	MEN	JUNIOR B	FINAL
236	17:45	3,000 Meters Steeplechase	MEN	JUNIOR A	FINAL
237	18:00	Long Jump	MEN	JUNIOR B	Eliminatory & Final
238	18:05	400 Meters	MEN	JUNIOR B	OCTATHLON (4)
239	18:20	5,000 Meters	WOMEN	JUNIOR A	FINAL
240	18:45	1,500 Meters	MEN	JUNIOR A	DECATHLON (10)
241	19:00	4 X 100 Meters Relay	WOMEN	JUNIOR B	FINAL
242	19:10	4 X 100 Meters Relay	MEN	JUNIOR B	FINAL
243	19:20	4 X 100 Meters Relay	WOMEN	JUNIOR A	FINAL
244	19:30	4 X 100 Meters Relay	MEN	JUNIOR A	FINAL



### DAY 3 – 4<sup>th</sup> JULY 2010 - A.M. SESSION 5

No.	TIME	EVENT			
301	08:00	5,000 Meters Walk	MEN	JUNIOR B	FINAL
302	08:05	Pole Vault	MEN	JUNIOR B	FINAL
303	08:10	Hammer Throw	MEN	JUNIOR B	Eliminatory & Final
304	08:30	Long Jump	WOMEN	JUNIOR A – B	HEPTATHLON (5)
305	09:00	100 Meters Hurdles	MEN	JUNIOR B	OCTATHLON (5)
306	09:15	100 Meters Hurdles	MEN	JUNIOR B	SEMIFINAL
307	09:25	Discus Throw	WOMEN	JUNIOR B	Eliminatory & Final
308	09:30	110 Meters Hurdles	MEN	JUNIOR A	SEMIFINAL
309	09:45	High Jump	MEN	JUNIOR B	OCTATHLON (6)
310	09:45	200 Meters	WOMEN	JUNIOR B	SEMIFINAL
311	09:50	Javelin Throw	WOMEN	JUNIOR A – B	HEPTATHLON (6)
312	10:00	200 Meters	WOMEN	JUNIOR A	SEMIFINAL
313	10:15	200 Meters	MEN	JUNIOR B	SEMIFINAL
314	10:30	200 Meters	MEN	JUNIOR A	SEMIFINAL
315	10:45	3,000 Meters	MEN	JUNIOR B	FINAL
316	11:00	800 Meters	WOMEN	JUNIOR A – B	HEPTATHLON (7)

### DAY 3 – 4<sup>th</sup> JULY 2010 - P.M. SESSION 6

No.	TIME	EVENT			
317	15:00	High Jump	MEN	JUNIOR A	FINAL
318	15:05	Javelin Throw	MEN	JUNIOR B	OCTATHLON (7)
319	15:10	Long Jump	WOMEN	JUNIOR A	Eliminatory & Final
320	15:15	800 Meters	WOMEN	JUNIOR B	FINAL
321	15:20	Pole Vault	WOMEN	JUNIOR A	FINAL
322	15:30	800 Meters	WOMEN	JUNIOR A	FINAL
323	15:35	Shot Put	MEN	JUNIOR B	Eliminatory & Final
324	15:40	800 Meters	MEN	JUNIOR B	FINAL
325	15:50	800 Meters	MEN	JUNIOR A	FINAL
326	15:55	Discus Throw	MEN	JUNIOR A	Eliminatory & Final
327	16:05	1,000 Meters	MEN	JUNIOR B	OCTATHLON (8)
328	16:20	200 Meters	WOMEN	JUNIOR B	FINAL
329	16:30	200 Meters	WOMEN	JUNIOR A	FINAL
330	16:40	200 Meters	MEN	JUNIOR B	FINAL
331	16:50	200 Meters	MEN	JUNIOR A	FINAL
332	17:00	5,000 Meters	MEN	JUNIOR A	FINAL
333	17:05	Triple Jump	WOMEN	JUNIOR B	Eliminatory & Final
334	17:20	100 Meters Hurdles	MEN	JUNIOR B	FINAL
335	17:35	110 Meters Hurdles	MEN	JUNIOR A	FINAL
336	17:45	3,000 Meters	WOMEN	JUNIOR A	FINAL
337	18:00	4 X 400 Meters Relay	WOMEN	JUNIOR B	FINAL
338	18:15	4 X 400 Meters Relay	MEN	JUNIOR B	FINAL
339	18:25	4 X 400 Meters Relay	WOMEN	JUNIOR A	FINAL
340	18:35	4 X 400 Meters Relay	MEN	JUNIOR A	FINAL

