

TECHNICAL MANUAL



NATIONAL SPORTS CENTRE
LOCATED AT 50 FROG LANE,
DEVONSHIRE, BERMUDA

APRIL 10-13, 2020



LOCAL ORGANIZING COMMITTEE

Chairman – BNAA President

Vice Chairman - BNAA Vice President

Treasurer – BNAA Treasurer

Meet Director – BNAA Gen. Sec

Technology and Results Coordinator

Legal Services

Transportation

Government Liaison Officer

Marketing

Security

Accommodation

Accreditation

Officials

Volunteers

Graphics Designer

Site and Grounds

Ceremonies & Presentation

Medical Services

Mrs. Donna Raynor

Mrs. Mia Bean

Mrs. Jarita Vickers

Dr. Freddie Evans

Mr. Wayne Raynor

Mrs. Angie Berry

Mr. Raymond Raynor

Mr. Carlos Durham

Mr. Domico Watson

Mr. Quinton Francis

Mrs. Mia Bean

Mrs. Michele Williams

Dr. Freddie Evans

Ms. Deborah Bean

Mr. Domico Watson

Mr. Craig Tyrrell

TBD

Mr. Sandro Fubler



INTERNATIONAL TEAM DESIGNATIONS

Organizational Delegate

Technical Delegate

Doping Control Delegate

Prof. Michael Serralta (*Puerto Rico*)

Prof. John-Paul Clarke (*Cayman Islands*)

Mrs. Deborah Jones-Hunter (*Bermuda*)

INTERNATIONAL AREA TECHNICAL OFFICIALS

Chief IATO

Mr. Garth Gayle (*Jamaica*)

IATO

Ms. Stephanie Rahming (*Bahamas*)

IATO

Mr. Philcol Downardson Jeffers (*St. Vincent & Grenadines*)

IATO

Mr. Andre Procope (*Barbados*)

IATO

Ms. Janelle Edwards (*Trinidad & Tobago*)

INTERNATIONAL AREA STARTER

IAS

Mr. Ludlow Watts (*Jamaica*)

INTERNATIONAL AREA PHOTO-FINISH JUDGE

IAPFJ

Ms. Michelle Stoute (*Trinidad & Tobago*)

VIDEO REFEREE

IVR

Mr. James Kelly (*St. Kitts & Nevis*)

JURY OF APPEAL

TBD – Technical Meeting



NACAC FAMILY

PRESIDENT

Mr. Michael Sands (*Bahamas*)

VICE PRESIDENT

Ms. Catherine Jordan (*Barbados*)

GENERAL SECRETARY

Mr. Keith Joseph (*St. Vincent & Grenadines*)

TREASURER

Mr. Ephraim Serrette (*Trinidad & Tobago*)

COUNCIL MEMBERS

Mr. Howard Cornelius (*Antigua & Barbuda*)

Mr. Calixto Sierra (*Honduras*)

Ms. Cydonie Mothersill (*Cayman*)

Ms. Evelyn Farrell (*Aruba*)

PAST PRESIDENT

Mr. Victor Lopez (*Puerto Rico*)



MEMBERS EX-OFFICIO

IAAF PRESIDENT

Lord Sebastian Coe (*UK*)

IAAF COUNCIL MEMBER

Ms. Abby Hoffman (*Canada*)

Mr. Willie Banks (*USA*)

Mr. Alberto Juantorena (*Cuba*)

I N T R O D U C T I O N

THE **BERMUDA NATIONAL ATHLETIC ASSOCIATION (BNAA)** was founded as the Bermuda Track and Field Association (BTFA) in 1971 to promote and develop Track and Field Athletics nationally and internationally.

In April 1974 the BTFA affiliated with the International Association of Athletics Federations (IAAF), which is the world governing body for athletics, thus becoming the National Governing Body of Track and Field Athletics, Road Running, Cross Country and Walking in Bermuda.

The Board of Directors of the BNAA together with the Local Organizing Committee for the XLIX Carifta Games are pleased to welcome you to Bermuda, our island home and look forward to sharing the beauty and hospitality of our island with you during your visit.

These Games will mark the 5th time the games have been held in Bermuda the last being held in 2012.

Our logo, depicts our motto "***We Move Together***". Our goal is to bring together and involve people of all ages, race, colors and nationalities together for this event. With all of the negativity in the world this is a time to forget about it and enjoy each other in sports.

WEATHER IN BERMUDA

April in Bermuda marks the arrival of warmer spring weather. During April the temperatures in Bermuda typically vary between a daily high of 73.0 degrees (22 C) and a daily low of approximately 63.0 degrees (17 C).

On a typical April day, during the early morning hours you will probably find the temperature will be around 66.2 degrees (18 C), rising to around 69.4 (20 C) degrees by early afternoon. The average temperature for this time of year is 66.5 degrees (18 C).

GENERAL INFORMATION

All delegations will be received at the L. F. Wade International Airport by representatives of the Local Organizing Committee.

They will be immediately transported to the Accreditation Centre at the Games Village, Fairmont Southampton, (101 South Shore Road, Southampton SN 02. Telephone 1-441-238-8000, Email: <https://m.fairmont.com/southampton-bermuda>) where the head of each delegation is expected to immediately settle all financial obligations of US\$125.00 per athlete and accompanying officials, within the official quota for the Carifta Games.

Please note that charges for the accommodation and meals of additional personnel must be paid at this time as well.

The delegations will then receive their room allocations and individual identification cards, which they must wear for the duration of the championship. These cards will act as an access pass to the games village, transportation, warm-up area, the competition arena and other facilities.

AIRPORT

The Airport of entry into Bermuda is L. F. Wade International Airport.

ENTRY REQUIREMENTS

A valid passport is required as well as a valid return ticket. Where visas are usually required for Jamaica, Haiti and Dominican Republic they are waived to enter Bermuda for athletes and officials **ONLY**.

Please note that countries travelling via the United States of America will have to abide by US visa requirements.

CURRENCY

The currency used in Bermuda is the Bermuda Dollar which is on par with the United States Dollar. The US Dollar is accepted by all business centers and stores.

BANKING

Banks will be closed from Friday April 10 - 12, 2020 for the Easter holiday and will reopen on Monday, April 13, 2020. There are bank machines for all banks throughout the island.

The following banks are available locally

HSBC Bank Bermuda Limited:

Banking Hours: Monday - Friday 9:00 a.m. to 4:00 p.m.

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Butterfield Bank:

Banking Hours: Monday- Friday 9:00 a.m. to 4:00 p.m.

Banking Hours: Monday - Friday 9:00 a.m. to 4:00 p.m.

Capital G:

Banking Hours: Monday - Friday 9:00 a.m. to 4:00 p.m.

All the banks operate a 24 hour Automated Teller Machine (ATM) service, Bermuda Dollars only.

Please check your local bank for the rate of exchange.

COMMUNICATIONS

Three (3) major telephone companies provide services in the island of Bermuda Cellular Services, Digicel and One communications. BTC, Digicel, One Communications and Link provide the local land services. Long distance services are provided by BTC, Digicel, Link Bermuda, TBI and One Communications.

Please contact your local mobile telephone provider for compatibility with these three providers.

WATER SYSTEM

The water supply in Bermuda is safe to drink. If desired, however, bottled water is widely available.

OPENING CEREMONY

The Opening Ceremony of the XLIX CARIFTA Games is planned for Friday, April 10, 2020 at 6:00 p.m. Transportation will be provided from the Athletes Village and the VIP's hotel to the National Stadium at 5:00 pm. All delegations are expected to participate and should assemble on the eastern end of the stadium by 5:30 pm.

NATIONAL FLAGS

Each delegation is required to provide its National Flag at Accreditation, which will be used during the Opening Ceremony and flown at the National Sports Centre for the duration of the competition. Countries are asked to supply its National flag by Friday, 14 February 2020.

RULES AND REGULATIONS

The XLIX Carifta Games will be held in accordance with the current rules and regulations of the International Association of Athletic Federations (IAAF).

Technical matters will be resolved according to the IAAF rules and regulations. The Local Organizing Committee will resolve general matters unforeseen in these regulations.

COMPETITION VENUE AND DATES

The XLIX Carifta Games will be held in Bermuda from Saturday, 11 April to Monday 13 April, 2020.

The competition will take place at the National Sports Centre, 50 Frog Lane, Devonshire. The Centre has a capacity of 4500 people.

The Centre consist of an eight (8) lane IAAF Certified 400 meter track, two (2) Javelin areas, two (2) Long and Triple Jump areas, two (2) Shot Put circles, one(1) Discus area, two (2) Pole Vault Pit and two (2) High Jump areas; all laid by Tartan under IAAF specifications.

WARM UP FACILITIES

The warm up area is a large well maintained, grass area (approximately 17,000 square meters) located to the north of and approximately 200m walk from the athletics Centre.

Athletes in the javelin and discus events will use the eastern portion of the field. To the south of that portion of the field is a separate area that will be used solely by athletes in the shot put discipline.

Athletes in all other disciplines will use the west side of the large field.

Only accredited persons with authorized access will be allowed in the Warm-up Area.

Tented Cubicles for Masseurs:

There will be a limited number of tented cubicles at the warm-up area available for use by the team masseurs, chiropractors and other accredited personnel to provide pre and post-competition treatment to athletes.

INVITED COUNTRIES

PARTICIPATION IS OPEN TO THE FOLLOWING NATIONAL FEDERATIONS (NFS):

ANGUILLA (AIA)

ANTIGUA & BARBUDA (ANT)

ARUBA (ARU)

BAHAMAS (BAH)

BARBADOS (BAR)

BELIZE (BLZ)

BERMUDA (BER) HOST

BONAIRE (BON)

BRITISH VIRGIN ISLANDS (IVB)

CAYMAN ISLANDS (CAY)

CURACAO (CUW)

DOMINICA (DMA)

GRENADA (GRN)

GUADELOUPE (GLP)

GUYANA (GUY)

FRENCH GUYANA/CAYENNE (GUF)

HAITI (HAI)

JAMAICA (JAM)

MARTINIQUE (MTQ)

MONTSERRAT (MNT)

ST. LUCIA (LCA)

ST. MARTEEN (MAF)

ST. VINCENT & THE GRENADINES (VIN)

SURINAME (SUR)

TRINIDAD & TOBAGO (TTO)

TURKS & CAICOS ISLANDS (TKS)

US VIRGIN ISLANDS (ISV)

ST. KITTS & NEVIS (SKN)

ACCOMMODATION

All athletes and team officials will be accommodated at the official Games Village, Fairmont Southampton, 101 South Shore Road, Southampton, Bermuda.

Team accommodation will be provided from **12:00 noon Thursday 9th April to 12:00 noon Tuesday 14th April 2020**. Teams wishing to arrive or depart outside of the specified team accommodation period will do so at their own cost.

MEDICAL INFORMATION

Off-site medical services will be available at the King Edward VII Memorial Hospital located approximately 5 minutes from the Centre, and 10 minutes from the Games Village.

On-site medical and physiotherapy services will be available at the Centre and an on call medical service at the Games Village.

An ambulance will be on call at the competition arena during the days of the Games to deal with any emergency that arises.

These medical services are essentially for complementing athlete preparation during the competition and for cases of emergency. It is expected that major medical treatment, if found necessary, will be borne by the individual and/or by the Association he/she represents.

For the duration of their stay for the Games there will be a waiver of the Registration with the Health Practitioners Board for medical personnel accompanying teams. However, these personnel can only provide care to their own team members or assist other teams as requested and may accompany their charges to the national hospital. They will not be allowed to practice in the national hospital in the event that the situation requires such medical attention.

Space will be available to physiotherapists of participating teams to care for their charges at the warm up facility. However, teams are asked to provide their own massage tables.

DOPING CONTROL

Tests for doping will be conducted throughout the competition in accordance with the IAAF Procedural Guidelines for Doping Controls. The Doping Control area will be located at the National Sports Centre in the Swimming facility locker room located between the competition area and the warm up field area.

INSURANCE

Participating Member Federations (MFs) of the North America, Central America & Caribbean Area Association (NACAC) should ensure that they are in good standing with this organization, in order to access the yearly insurance coverage provided for members during travel and competitions. Non-members will have to provide their own travel insurance.

ACCREDITATION & AGE VERIFICATION

The Accreditation Centre will be located at the Games Village, **Fairmont Southampton**.

On-line pre-accreditation may be done on the Registration Form provided on the website established by the LOC for the XLIX CARIFTA GAMES; <https://www.carifta2020bda.com>

Participating teams are requested to send photos of team members along with their nominal entries in order to facilitate the accreditation process.

The ages of all competitors will be verified at the Accreditation Centre. All passports of all competitors must be presented on arrival before completing the accreditation process.

Heads of delegations must finalize payment of the levy in US currency, in order to complete the accreditation process and receive their room keys.

The loss or theft of an accreditation card must be reported immediately to the Accreditation Centre. A replacement card will only be provided after the LOG is satisfied with the explanation offered by the Head of Delegation of the particular team involved.

ACCOMMODATION LEVY

An accommodation levy of **US\$150.00** 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 Games Village.

The levy shall cover the period 12:00 noon Thursday, 9 April to 12:00 noon Tuesday, 11 April, 2020.

A fee of **US\$150.00 plus US\$100.00** per person per night shall be charged for every additional person according to team size regulations. This does not apply to the approved technical official(s) accompanying teams and who will be working the Meet.

Delegations must notify the local Organizing Committee, at least 72 hours in advance, of their arrival date, time and flight number, so that they may be received at the airport.

Please be advised that any delegation requesting single rooms will have to pay for them at a rate of **US\$150.00** per night.

NUMBER OF COMPETITORS

Each country may enter up to two (2) athletes 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.

If an event cannot be conducted due to insufficient participants, defined as having "not less than five (5) competitors of three (3) countries", the Local Organizing Committee shall notify immediately via email those countries that had entered athletes for such an event or may consider the event an Exhibition.

TEAM SIZE

Boys Under 20	Athletes born 2001 – 2003
Girls Under 20	Athletes born 2001 – 2003
Boys Under 17	Athletes born 2004 – 2006
Girls Under 17	Athletes born 2004 – 2006

TEAM OFFICIAL QUOTA

1 – 6 Competitors	One (1) Official Unless Team Consists of Male and Female athletes Then two(2) Officials, One each male and female
7 – 12 Competitors	Two (2) Officials
13 – 18 Competitors	Three (3) Officials
19 – 24 Competitors	Four (4) Officials
25 – 30 Competitors	Five (5) Officials
31 – 36 Competitors	Six (6) Officials
37 – 42 Competitors	Seven (7) Officials
43 – 48 Competitors	Eight (8) Officials
49 – 54 Competitors	Nine (9) Officials
55 – 61 Competitors	Ten (10) Officials
62 – 68 Competitors	Eleven (11) Officials
69+ Competitors	Twelve (12) Officials

Note that the maximum team size is 80 athletes

TECHNICAL OFFICIAL QUOTA

In order to complement the number of Technical Officials (TO) available locally to conduct the meet, it is necessary to invite a limited number of TOs from some of the participating countries.

The LOC will provide full room and board for the visiting TOs. It is expected that the NFs and/or the TOs will facilitate and cover the costs of their travel arrangements.

PRELIMINARY ENTRIES

Numerical entries stating the total number of athletes and officials as well as the competitors for each event should be sent to the Local Organizing Committee by:

midnight on Saturday, 1 February, 2020.

Entries may be sent via email, in order to comply with the deadline.

FINAL ENTRIES

Nominal entries containing the names, events and personal data of each competitor, including his/her best time in any event in which he/she has participated in the past twelve (12) months, should be sent to the Local Organizing Committee no later than **mid-night on Friday, 20 March, 2020 - 3 weeks prior to the date of the Meet**. Entries **will be accepted** online from **Monday, 2 March, 2020** and the system will be closed on the final date at mid-night. Nominal entries should not contain more competitors or officials than the numerical entries.

NOTE: Preliminary Entries on the prescribed forms (*appendix 2*), which is available in this Manual are to be sent to:

Carifta Games 2020 Secretariat
Email: *athleticsbda@gmail.com*

TECHNICAL INFORMATION CENTRE (TIC)

The Technical Information Centre (TIC) will be located at the National Sports Centre.

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

LIST OF EVENTS UNDER 17

The following events will be contested in the stipulated age category:

MALE	FEMALE
100M	100M
200M	200M
400M	400M
800M	800M
1500M	1500M
110MH (0.91M)	100MH (0.76M)
400MH (0.84M)	400MH (0.76M)
3000M	3000M (OPEN)
4 X 100M	4 X 100M
4 X 400M	4 X 400M
SHOT PUT (5.0K)	SHOT PUT (3.0K)
DISCUS (1.5K)	DISCUS (1.0K)
JAVELIN (700G)	JAVELIN (500G)
LONG JUMP	LONG JUMP
TRIPLE JUMP	TRIPLE JUMP
HIGH JUMP	HIGH JUMP

LIST OF EVENTS UNDER 20

The following events will be contested in the stipulated age category:

MALE	FEMALE
100M	100M
200M	200M
400M	400M
800M	800M
1500M	1500M
110MH (0.99M)	100MH (0.84M)
400MH (0.91M)	400MH (0.76M)
5000M	3000M (OPEN)
4 X 100M	4 X 100M
4 X 400M	4 X 400M
SHOT PUT (6.0K)	SHOT PUT (4.0K)
DISCUS (1.75K)	DISCUS (1.0K)
JAVELIN (800G)	JAVELIN (600G)
LONG JUMP	LONG JUMP
TRIPLE JUMP	TRIPLE JUMP
HIGH JUMP	HIGH JUMP
POLE VAULT	POLE VAULT

OPEN EVENTS

MALE OCTATHLON

Combined event over two Consecutive days

DAY 1

100M - LONG JUMP - SHOT PUT (6.0K) - 400M

DAY 2

110MH (0.99M) - HIGH JUMP - JAVELIN (800G) - 1500M

FEMALE HEPTATHLON

Combined event over two Consecutive days

DAY 1

100MH (0.84M) - HIGH JUMP - SHOT PUT (4.0K) - 200M

DAY 2

LONG JUMP - JAVELIN (600G) - 800M

CONFIRMATION

Upon arrival each team 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, ONLY the confirmation of omissions shall be submitted to the TIC by 4.00 pm on the day before the competition.

COMPETITION NUMBERS

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).

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

START LISTS AND OFFICIAL RESULTS

Starting 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.

CALL ROOM

The Call Room will be located at the northern end of the stadium and 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:

No	Event	Calls	Access to Competition Zone before the start of the event
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	45 minutes
7	Long and Triple Jump	2	45 minutes
8	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 call, then athletes will be marshalled to 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.

STARTING AND SUCCESSIVE HEIGHTS IN THE JUMPS

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

High Jump - Under 17 Girls

1.40m up 5cm to 1.65m; up 3cm to 1.77m and thereafter up by 2cm.

High Jump - Under 17 Boys

1.65m up 5cm to 2.00m; up 3cm to 2.09m and thereafter up by 2cm.

High Jump - Under 20 Girls

1.50m up 5cm to 1.65m; up 3cm to 1.74m and thereafter up by 2cm.

High Jump - Under 20 Boys

1.80m up 5cm to 2.05m; up 3cm to 2.14m and thereafter by 2cm.

Pole Vault - Under 20 Boys

3.00m up 10cm to 4.20m; thereafter by 5cm.

JURY OF APPEAL

The Jury of Appeal will be announced at the Technical Meeting.

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 the appeal is 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.

A W A R D S C E R E M O N Y

Award ceremonies will take place as stated on the competition schedule. Medalists will be held in the entrance to the ground level of the grand stand. All athletes must be fully dressed in the official uniform of their respective National Federation (NF) for the ceremony. In accordance with IAAF Rules and Regulations, Awards will be distributed in the following manner:

AWARDS

INDIVIDUAL EVENTS:

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

TECHNICAL MEETING

The Technical Meeting will take place on Friday, April 10 at 2:00 p.m. at Fairmont Southampton.

Teams wishing to raise questions of a technical nature must submit these questions to the Secretariat on the prescribed Form (appendix 8), no later than 6:00 pm Thursday April 3, 2020. 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.

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

A P P E N D I C E S

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CARIFTA CONGRESS

The Congress Meeting of the XLIX CARIFTA Games will be held on **Friday April 10th, 2020**
at 10:00 am at the Fairmont Southampton.

SCHEDULE OF EVENTS

SATURDAY, APRIL 11 – DAY 1 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
9:00	100M Hurdles Heptathlon Girls – Event 1 (0.84M)	
9:05		High Jump U-17 Girls Final
9:10	100m Octathlon Boys – Event 1	
9:15		Javelin Throw U-20 Boys Final (800g)
9:20	100m U-17 Girls Heats	
9:25		Shot Put U-17 Girls Final (3kg)
9:40	100m U-17 Boys Heats	
10:00	100m U-20 Girls Heats	
10:20	100m U-20 Boys Heats	
10:25		
10:35		Long Jump Octathlon Boys – Event 2
10:40	400m U-17 Girls Semi-Finals	
10:55	400m U-17 Boys Semi-Finals	
11:10	400m U-20 Girls Semi-Finals	
11:25	400m U-20 Boys Semi-Finals	
11:40	MEDAL CEREMONY	

SATURDAY, APRIL 11 – DAY 1 SESSION 2

TIME	TRACK EVENTS	FIELD EVENTS
16:00	100m U-17 Girls Semi-Finals	
16:05		Discus Throw U-20 Boys Final (1.75kg)
16:10	100m U-17 Boys Semi-Finals	Triple Jump U-20 Girls Final
16:15		Shot Put Octathlon Boys – Event 3 (6kg)
16:20	100m U-20 Girls Semi-Finals	
16:30	100m U-20 Boys Semi-Finals	
16:40	MEDAL CEREMONY	
16:45		High Jump U-20 Boys Finals
16:50	1500m U-17 Girls Final	
17:00	1500m U-17 Boys Final	
17:10	1500m U-20 Girls Final	
17:15		Long Jump U-17 Boys Final
17:20	1500m U-20 Boys Final	
17:25	MEDAL CEREMONY	
17:30		Shot Put Heptathlon Girls – Event 3 (4kg)
17:50		Discus Throw U-20 Girls Final (1kg)
17:55	400m U-17 Girls Final	
18:00	400m U-17 Boys Final	
18:05	400m U-20 Girls Final	
18:10	400m U-20 Boys Final	
18:15	400m Octathlon Boys – Event 4	

18:25	200m Heptathlon - Event 4	
18:30	MEDAL CEREMONY	
18:45	100m U-17 Girls Final	
18:50	100m U-17 Boys Final	
18:55	100m U-20 Girls Final	
19:00	100m U-20 Boys Final	
19:05	MEDAL CEREMONY	

SUNDAY, APRIL 12 - DAY 2 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
9:00	110m Hurdles Octathlon Boys - Event 5	
9:05		Long Jump Heptathlon - Event 5
9:10		Javelin Throw U-20 Girls Final (600g)
9:15	400m Hurdles U-17 Girls Semi-Finals (0.76m)	
9:20		Shot Put U-20 Girls Final (4kg)
9:25	400m Hurdles U-20 Girls Semi-Finals (0.76m)	
9:35	400m Hurdles U-17 Boys Semi-Finals (0.84m)	
9:40		High Jump Octathlon Boys - Event 6
9:45	400m Hurdles U-20 Boys Semi-Finals (0.91m)	
10:00	800m U-17 Girls Semi-Finals	
10:15	800m U-17 Boys Semi-Finals	
10:20		Javelin Throw Heptathlon Girls - Event 6 (600g)
10:30	800m U-20 Girls Semi-Finals	

10:35		Long Jump U-20 Boys Final
10:45	800m U-20 Boys Semi-Finals	
11:00	200m U-17 Girls Semi-Finals	
11:10	200m U-17 Boys Semi-Finals	
11:20	200m U-20 Girls Semi-Finals	
11:30	200m U-20 Boys Semi-Finals	
11:40	MEDAL CEREMONY	

SUNDAY, APRIL 12 – DAY 2 SESSION 2		
TIME	TRACK EVENTS	FIELD EVENTS
15:00	4x100m Relay U-17 Girls Semi-Finals	
15:05		High Jump U-17 Boys Final
15:10	4x100m Relay U-17 Boys Semi-Finals	
15:15		Long Jump U-17 Girls Final
15:20	4x100m Relay U-20 Girls Semi-Finals	
15:25		Javelin Octathlon Boys – Event 7 (800g)
15:30	4x100m Relay U-20 Boys Semi-Finals	
15:35		Shot Put U-17 Boys Finals (5kg)
15:45	400m Hurdles U-17 Girls Finals (0.76m)	
15:55	400m Hurdles U-20 Girls Finals (0.76m)	
16:05	400m Hurdles U-17 Boys Finals (0.84m)	
16:15	400m Hurdles U-20 Boys Finals (0.91m)	
16:20	MEDAL CEREMONY	

16:30	200m U-17 Girls Semi-Finals	
16:35		Triple Jump U-17 Boys Final
16:40	200m U-17 Boys Semi-Finals	
16:50	200m U-20 Girls Semi-Finals	
17:00	200m U-20 Boys Semi-Final	
17:05		
17:10	800m Heptathlon Girls - Event 7	
17:15		Pole Vault <i>Open Division</i> Boys Final
17:20	1500m Octathlon Boys - Event 8	
17:30	MEDAL CEREMONY	
17:40	3000m <i>Open Division</i> Girls Final	
17:55	3000m U-17 Boys Final	
18:10	MEDAL CEREMONY	
18:20	4x100m Relay U-17 Girls Finals	
18:30	4x100m Relay U-17 Boys Finals	
18:40	4x100m Relay U-20 Girls Finals	
18:50	4x100m Relay U-20 Boys Finals	
19:00	MEDAL CEREMONY	

MONDAY, APRIL 13 - DAY 3 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
9:00	100m Hurdles U-17 Girls Semi-Finals (0.76m)	
9:05		Javelin Throw U-17 Girls Final (500g)
9:10		High Jump U-20 Girls Final
9:15	100m Hurdles U-20 Girls Semi-Finals (0.84m)	
9:30	110m Hurdles U-17 Boys Semi-Finals (0.91m)	
9:40		Long Jump U-20 Girls Final
9:45	110m Hurdles U-20 Boys Semi-Finals (0.99m)	
10:00	4x400m Relay U-17 Girls Semi-Finals	
10:15	4x400m Relay U-17 Boys Semi-Finals	
10:30	4x400m Relay U-20 Girls Semi-Finals	
10:45	4x400m Relay U-20 Boys Semi-Finals	
10:50	MEDAL CEREMONY	

MONDAY, APRIL 13 - DAY 3 SESSION 2		
TIME	TRACK EVENTS	FIELD EVENTS
16:00	100m Hurdles U-17 Girls Finals (0.76m)	
16:05		Triple Jump U-17 Girls Final
16:10	100m Hurdles U-20 Girls Finals (0.84m)	
16:15		Discus Throw U-17 Girls Final (1kg)
16:25	110m Hurdles U-17 Boys Finals (0.91m)	
16:30		Shot Put U-20 Boys Final (6kg)
16:35	110m Hurdles U-20 Boys Finals (0.99m)	

16:40	MEDAL CEREMONY	
16:55	800m U-17 Girls Final	
17:05	800m U-17 Boys Final	
17:15	800m U-20 Girls Final	
17:25	800m U-20 Boys Final	
17:30	MEDAL CEREMONY	
17:40		Triple Jump U-20 Boys Final
17:45	200m U-17 Girls Final	
17:50		Discus Throw U-17 Boys Final (1.75kg)
17:55	200m U-17 Boys Final	
18:05	200m U-20 Girls Final	
18:15	200m U-20 Boys Final	
18:20	MEDAL CEREMONY	
18:35	5000m U-20 Boys Final	
19:05	4x400m Relay U-17 Girls Final	
19:15	4x400m Relay U-17 Boys Final	
19:25	4x400m Relay U-20 Girls Final	
19:35	4x400m Relay U-20 Boys Final	
19:45	MEDAL CEREMONY	
20:00	CLOSING CEREMONIES	

NOTES:

Numerical Deadline recommendation – **Wednesday, February 12, 2020 – Midnight.**

Final Entries recommendation – **Wednesday, March 11, 2020 – Midnight.**

VERTICAL JUMPS PROGRESSIONS

Events	Starting Height	Progression
High Jump Girls U17	1.55m	+5cms to 1.70m, +3cms to 1.76m, +2cms
High Jump Girls U20	1.60m	+5cms to 1.75m, +3cms to 1.81m, +2cms
High Jump Boys U17	1.70m	+5cms to 2.00m, +3cms to 2.09m, +2cms
High Jump Boys U20	1.85m	+5cms to 2.05m, +3cms to 2.14m, +2cms
Pole Vault Girls Open	2.40m	+10cms to 3.00m, +5cms
Pole Vault Boys Open	3.00m	+15cms to 3.60m, +10cms to 4.00m, +5cms

CALL ROOM ARRIVAL TO COMPETITION SITE

Events	Time
Sprints, Middle Distance & Long Distance	5 minutes
Hurdles and Relays	10 minutes
All Throws	30 minutes
All Jumps	45 minutes

XLI CARIFTA GAMES
 NATIONAL SPORTS CENTRE, DEVONSHIRE, BERMUDA
APRIL 10 - 13
NUMERICAL ENTRIES

To be forwarded to the Local organizing committee no later than **Midnight, Saturday February 1st, 2020.**

EVENT	U17 GIRLS	U 17 BOYS	U20 GIRLS	U 20 BOYS
100M				
200M				
400M				
800M				
1500M				
3000M				
5000M				
100/110M Hurdles				
300/400M Hurdles				
HIGH JUMP				
LONG JUMP				
TRIPLE JUMP				
POLE VAULT				
SHOT PUT				
JAVELIN				
DISCUS				
HEPTATHLON				
PENTATHLON				
Number of athletes per section				

Total number of Athletes: _____

Total number of Officials: _____

Signature: _____

President/General Secretary



XLI CARIFTA GAMES
NATIONAL SPORTS CENTRE, DEVONSHIRE, BERMUDA
APRIL 10 - 13

TECHNICAL MEETING QUESTIONS
(TO BE SUBMITTED NO LATER THAN 6:00PM THURSDAY APRIL 8TH, 2020)

COUNTRY: _____

QUESTION 1: _____

QUESTION 2: _____

QUESTION 3: _____

Team Official: _____

Date: _____

Signature: _____



TECHNICAL MEETING AGENDA

- 1. Welcome & Introductions**
- 2. Presentation of Meet Officials**
- 3. General Information**
 - A.* Schedule of Events
 - B.* Qualifying rounds
 - C.* Starting heights and progressions
 - D.* Protest
 - E.* Doping Control
 - F.* Awards Presentation
 - G.* Opening/Closing Ceremonies
- 4. Answers to questions received prior to 05/04/2020**
- 5. Closing Remarks**

XLI CARIFTA GAMES
NATIONAL SPORTS CENTRE, DEVONSHIRE, BERMUDA
APRIL 10 - 13

PROTEST FORM

CATEGORY: _____

EVENT: _____

Description: _____

Fee US \$100.00

Signed: _____

Designation: _____

Country: _____



XLI CARIFTA GAMES CONGRESS

FAIRMONT SOUTHAMPTON PRINCESS

FRIDAY, APRIL 10TH AT 10:00AM

- 1. Roll Call**
- 2. Invocation**
- 3. Welcome**
Mrs. Donna Raynor – President BNAA
- 4. Welcome Remarks**
Government Representative
- 5. Remarks**
President IAAF, Sebastian Coe
- 6. Remarks**
President NACAC, Mike Sands
- 7. Matters Arising from the Minutes**
- 8. Confirmation/Presentation of venues for Carifta 2021 and 2022**
- 9. Reports**
A. President NACAC & IAAF Area Representative – Mr. Mike Sands
- 10. Any Other Business**
- 11. Adjournment**

LUNCH.....LUNCH





CARIFTA
2020
BERMUDA

