



TECHNICAL MANUAL

FOR THE



T.A. Robinson Track & Field Stadium

Nassau, Bahamas

March 29th - April 1st, 2013



LOCAL ORGANIZING COMMITTEE

WEBSITE: www.carifta2013.com

E-MAIL: info@carifta2013.com

ORGANIZATIONAL DELEGATION:

Chairman - Mr. Basil Christie
President BAAA - Mr. Mike Sands
Finance - Mr. Monty Braithwaite
Marketing - Mr. Shervin Stuart
Public Relations - Mr. Alpheus Finlayson
Accommodations - Mr. Gene Albury
Ticketing/Accreditations - Mrs. Laura Pratt-Charlton
Legal Services - Mr. Drumeco Archer
Transportation - Mr. Foster Dorsett
Security - Mr. James Carey
Attachés - Mr. André Sheppard
Site & Grounds - Mr. Doyle Burrows
Awards Ceremonies - Ms. Gina Dorsett/Malcolm Adderley
Fund Raising - Mrs. Linda Thompson/Andrew Gape
Medical Services - Dr. Rickey Davis/Dr. Cyprian Strachan
Sports Chaplin - Gerard Deonarine
Opening/Closing Ceremonies - Fred Ferguson

ORGANIZATIONAL DELEGATE:

Mr. Allan Baboolal

TECHNICAL DELEGATE:

Mr. Conrad Francis

TECHNICAL OFFICIALS

Meet Director – Mr. Trevor Moss
Technical Director - Mr. Frank Rahming
Meet Officials - Mr. Ralf McKinney

DOPING CONTROL DELEGATE:

Dr. Jerome Lightbourne



1. GENERAL INFORMATION

1.1 ARRIVAL AND DEPARTURE

Delegations are requested to plan their arrival in Nassau for Thursday 28th March and their departure for Tuesday 2nd April, 2013. Be reminded that accommodations will be provided for those dates; from **arrival on Thursday 28th, March 2013** to **departure Tuesday 2nd, April 2013**. Delegations wishing to arrive before 28th, March and depart after 2nd, April are required to inform the organizing committee. They will be responsible and subject to pay regular accommodations costs for the extra days.

1.2 ACCOMMODATION LEVY

The accommodation levy is **US\$125.00** per team member according to team size regulations. Teams traveling with officials above the specified quota will be required to pay a levy of an additional **US\$100 daily** per person. However, the organizing committee will need to be notified early in order to accommodate any additional officials over the quota.

1.3 PAYMENT OF ACCOMMODATION LEVY

This must be done in **US Dollars** on arrival before teams are checked into their respective hotels. Bankers drafts and Certified cheques should be made payable to the *Nassau Carifta Games (2013) Limited*.

1.4 ACCOMMODATION

Meals will be provided from **lunch on 28th, March to breakfast on 2nd, April**. Meals outside this time frame will be at the team's expense. **Teams will be accommodated, four (4) persons to a room. Delegations will be accommodated at the Paradise Island Harbour Resort.** Countries are requested to insure that they indicate immediately their intent to participate.

1.5 ACCREDITATION

Delegations must provide an electronic passport-size photograph for each delegation member to be used on their identification card. These must be forwarded to the organizing committee at the time of the submission of final entries on **11th March, 2013. Failure to provide the required photographs in advance of arrival will result in a prolonged accreditation process.**



1.6 DEPARTURE TAX

This is included in your ticket cost; hence, none will be collected at the airport at departure.

1.7 CURRENCY

The currency used in the Bahamas is the Bahamian Dollar which is on par with the United States Dollar. The United States Dollar is accepted by all businesses.

1.8 COMMUNICATIONS

Bahamas Telecommunications Corporation provides telephone services for the Bahamas. Calls can be made world-wide using their services.

2. OPENING CEREMONIES

The opening ceremony, for the 42nd Carifta Games, is planned for Friday March 29th, 2013 at 6:00pm. Delegations will be transported from the games village and VIP's Hotels beginning at 5:00pm. The LOC requests that all delegations plan to participate in the opening ceremonies.

3. RULES OF COMPETITION

The 42nd Carifta Games will be held in accordance with the rules and regulations of the International Association of Athletic Associations (IAAF). All technical matters will be resolved according to the IAAF rules. General matters not covered by these rules will be resolved by the Organizing Committee.

4. COMPETITION VENUE AND DATES

COMPETITION VENUE will be THE THOMAS A. ROBINSON NATIONAL TRACK AND FIELD STADIUM, NASSAU, BAHAMAS. This facility has an eight (8) lane BEYNON SURFACE track. Spike length must not exceed 9mm except for the high jump and javelin throw where spike length must not exceed 12mm (IAAF rule 143.4).

Competition dates are Friday 29th, March to Monday 1st, April 2013. Note that a tentative schedule appears in this Manual.

5. WARM-UP AND TRAINING FACILITIES

This information will be made available to delegations upon arrival.

6. TEAM SIZE



BOYS UNDER 20	18 athletes –Born 1994 or later;
GIRLS UNDER 20	18 athletes - Born 1994 or later;
BOYS UNDER 17	15 athletes - Born 1997 or later;
GIRLS UNDER 17	15 athletes - Born 1997 or later;

Ages are as of December 31st, 2013

A country is allowed four (4) additional athletes. These athletes may be applied to any one category or may be applied to more than one category provided that only four athletes are used.

7. **TEAM OFFICIALS QUOTA**

A maximum number of 11 officials will be allowed as follows:

01 – 06	Competitors	One official except for teams with male and female Athletes; then two officials will be accepted, one must be female.
07 – 12	Competitors	2 Officials
13 – 18	Competitors	3 Officials
19 – 24	Competitors	4 Officials
24 – 30	Competitors	5 Officials
31 – 36	Competitors	6 Officials
37 – 42	Competitors	7 Officials
43 – 48	Competitors	8 Officials
49 – 54	Competitors	9 Officials
55 – 61	Competitors	10 Officials
62 – 70	Competitors	11 Officials

8. **EVENTS:**

BOYS UNDER 20:

100m, 200m, 400m, 800m, 1500m, 5000m;



110m Hurdles (0.99m), 400m Hurdles (0.914m);

4 x 100m, 4 x 400m;

Shot Put (6.0kg), Discus (1.75kg), Javelin (800gms);

High Jump, Long Jump, Triple Jump and Pole Vault;

GIRLS UNDER 20:

100m, 200m, 400m, 800m, 1500m;

100m H, (0.84m); 400m H, (0.76m);

4 x 100m, 4 x 400m;

Shot Putt (4kg), Discus (1.0kg), Javelin (600gms);

High Jump, Long Jump, Triple Jump;

BOYS UNDER 17:

100m, 200m, 400m, 800m, 1500m, 3000m;

110m H, (0.914m); 400m H, (0.84m);

4 x 100m, 4 x 400m;

Shot Put (5.0kg), Discus (1.5kg), Javelin (700gms);

High Jump, Long Jump, Triple Jump;

GIRLS UNDER 17:

100m, 200m, 400m, 800m, 1500m;

100m H, (0.76m), 300m H (0.76m);

4 x 100m, 4 x 400m;

Shot Put (3kg), Discus (1.0kg), Javelin (500gms);

High Jump, Long Jump, Triple Jump;



OPEN EVENTS

Girls - 3000m, Pentathlon: 100m H (0.84m), Shot Putt, High Jump,

Long Jump, 800m;

Boys - Heptathlon: 110m H (0.99m), Long Jump. Javelin (800gms), 200m;

High Jump, Discus (1.75kg), 1500m;

NUMBER OF COMPETITORS PER EVENT

Each team is permitted 2 competitors for individual events and one team per relay.

TECHNICAL MEETING

This will be held on **Thursday 28th March, 2013 in the evening (approximately 7:00pm)**. Countries may be represented by two delegates.

CALL ROOM INFORMATION

A tent will be set up for the call room. Information about its location, in or around the stadium, will be available at the technical meeting. Athletes reporting to the call room must have their identification and competition number provided by the organizing committee. Clothing must be the approved uniform of their National Federation. The following items are not allowed in the call room: CD Players, Walkman, Cameras, Mobile Phones, Head-Sets, personal implements. These items will be collected at the call room and held. Athletes can collect from the call room after their event.

Reporting time to Call Room for events:

Sprints	20mins. before the event:
Hurdles	20mins. before the event:
Middle and Long Distance	20mins. before the event:
Relays	30mins. before the event:
High Jump	60mins. before the event:
Pole Vault	60mins before the event:
Long and Triple Jump	60mins before the event:
Throws	45mins before the event:



Starting and successive heights for High Jump and Pole Vault:

High Jump – Under 17 Girls:

Start at 1.55m, increments of 5cms to 1.65m, increments of 3cms to 1.77m, thereafter 2cm

High Jump – Under 17 Boys:

Start at 1.70m, increments of 5cms to 2.0m, increments of 3cms to 2.09m, thereafter 2cms

High Jump – Under 20 Girls:

Start at 1.60m, increments of 5cms to 1.70m, increments of 3cms to 1.76m, thereafter 2cms

High Jump – Under 20 Boys:

Start at 1.80m, increments of 5cms to 2.05m, increments of 3cms to 2.14m, thereafter 2cms

Pole Vault – Under 20 Boys

Start at 3.00m, increments of 10cms to 4.00m, thereafter 5cms.

DEADLINES

8th January, 2013 - confirmation of participation, on the approved form with approximate team size including number of officials, must reach the local organizing committee. These may be sent by E-mail to info@carifta2013.com

11th March 2013 - the following must reach the organizing committee-

Final Entries on approved forms;

Registration of athletes on approved forms;

Registration of officials on approved form;

Travel schedule on approved form;

Passport size photograph for each member of delegation with name, designation and country printed on back of photograph, or sent electronically.



These may be sent to the Local Organizing Committee.

MEDIA **

Media accreditation forms can be found in the Appendices. Completed forms must be received by on or before midnight **March 11th 2013**. Please ensure that applications from media houses in your country are stamped by your Federation.

VIP'S

Delegations with accompanying government officials are required to notify the organizing committee with full details by **11th, March 2013**.

NATIONAL FLAGS

Each delegation is requested to provide their national flag which will be flown in the National Stadium for the duration of the competition. These will be returned after the event.

CONTACTS

Chairperson, Organizing Committee

CARIFTA CONGRESS

Carifta Congress luncheon is tentatively scheduled for Sunday **March 31st**, 2013 at 11:00am. Delegations will be given the venue on arrival.



APPENDICES

1. Media Accreditation Form;
2. Schedule of Events;
3. Numerical Team Entry Form;
4. Technical Meeting Question Form;
5. Protest Form;
6. Technical Meeting Agenda;
7. Carifta Congress Agenda;



MEDIA ACCREDITATION

THIS FORM MUST BE COMPLETED AND RETURNED TO THE ORGANIZING COMMITTEE ON OR BEFORE MID-NIGHT 11TH, MARCH 2013. IT MUST BE SIGNED AND STAMPED BY THE LOCAL FEDERATION.

Media Person’s Name (separate form for each person).....

Address.....

Country.....

Media House.....

Type of company (on-line paper, on-line sports magazine, TV).....

Type of Accreditation (Journalist, Cameraman, Photographer).....

Please attach a digital passport photo.

Once application is received the LOC will confirm by email. Accreditation Cards will be available at the Secretariat in the Thomas A. Robinson Stadium.

Signature of Applicant (electronic)

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STAMP AND SIGNATURE OF ATHLETIC FEDERATION:

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DEADLINE FOR RECEIPT OF MEDIA FORMS 11th, MARCH 2013

Remit complete forms to: bahamasathletics@aol.com



SCHEDULE OF EVENTS

DAY 1 SESSION 1

9:00	100m H	Pent. Girls (1)	9:00	High Jump	U-17 Girls
9:15	110m H	Hept. Boys (1)			
10:15	100m Heats	U-17 Girls	9:45	Shot	Pent. Girls (2)
10:30	100m Heats	U-17 Boys		Discus	U-20 Boys
10:45	100m Heats	U-20 Girls			
			10:00	Long Jump	Hept. Boys (2)
11:00	100m Heats	U-20 Boys			
11:15	400m Semis	U-17 Girls	11:00	Shot	U-17 Girls
11:30	400m Semis	U-20 Girls			
11:45	400m Semis	U-17 Boys		Javelin	U-17 Boys
12:00	400m Semis	U-20 Boys			

DAY 1 SESSION 11

17:00	100m Semis	U-17 Girls	16:30	High Jump	Pent. Girls (3)
17:10	100m Semis	U-17 Boys	17:00	Triple Jump	U-17 Boys
17:20	100m Semis	U-20 Girls		Javelin	Hept. Boys (3)
17:30	100m Semis	U-20 Boys	17:40	Shot	U-20 Girls
17:40	1500m Finals	U-17 Girls			
17:50	1500m Finals	U-17 Boys	18:00	High Jump	U-20 Boys
18:00	1500m Finals	U-20 Girls			
18:10	1500m Finals	U-20 Boys	18:30	Long Jump	U-20 Girls
18:45	200m	Hept. Boys (4)			
19:00	400m Finals	U-17 Girls			
19:10	400m Finals	U-17 Boys			
19:20	400m Finals	U-20 Girls			
19:30	400m Finals	U-20 Boy			
19:40	100m Finals	Special Olympics Girls			
20:50	100m Finals	Special Olympics Boys			
20:00	100m Finals	U-17 Girls			
20:10	100m Finals	U-17 Boys			
20:20	100m Finals	U-20 Girls			
20:30	100m Finals	U-20 Boys			



DAY 11 SESSION 111

9:00	200m Heats	U-17 Girls	9:00	Long Jump	Pent. Girls (4)
9:10	200m Heats	U-17 Boys		High Jump	Hept. Boys (5)
9:20	200m Heats	U-20 Girls		Shot	U-17 Boys
9:30	200m Heats	U-20 Boys			
9:45	800m Heats	U-17 Girls			
10:00	800m Heats	U-17 Boys			
10:15	800m Heats	U-20 Girls			
10:30	800m Heats	U-20 Boys	10:30	Discus	U-17 Girls
11:00	300m H Semis	U-17 Girls			
11:15	400m H Semis	U-20 Girls			
11:30	400m H Semis	U-17 Boys			
11:45	400m H Semis	U-20 Boys			

DAY 11 SESSION 1V

			15:30	High Jump	U-17 Boys
				Long Jump	U-17 Girls
				Javelin	U-20 Boys
16:00	4 x 100m Semis	U-17 Girls			
16:15	4 x 100m Semis	U-17 Boys			
16:30	4 x 100m Semis	U-20 Girls			
16:45	4 x 100m Semis	U-20 Boys			
17:00	200m Semis	U-17 Girls	17:00	Triple Jump	U-20 Girls
17:15	200m Semis	U-17 Boys			
17:30	200m Semis	U-20 Girls	17:30	Pole Vault	U-20 Boys
17:45	200m Semis	U-20 Boys		Discus	Hept. Boys (6)
18:15	300m H Finals	U-17 Girls			
18:30	400m H Finals	U-20 Girls			
18:45	400m H Finals	U-17 Boys			
19:00	400m H Finals	U-20 Boys			
19:15	800m	Pent. Girls (5)	19:15	Long Jump	U-20 Boys
19:30	1500m	Hept. Boys (7)		Discus	U-20 Girls
19:40	3000m Finals	Open Girls			
19:55	3000m Finals	U-17 Boys			
20:00	4 x 100m finals	Special Olympics			
20:15	4 x 100m Finals	U-17 Girls			
20:25	4 x 100m Finals	U-17 Boys			
20:35	4 x 100m Finals	U-20 Girls			
20:45	4 x 100m Finals	U-20 Boys			



DAY 111 SESSION V

			9:00	Javelin High Jump	U-17 Girls U-20 Girls
9:15	100m H Semis	U-17 Girls			
9:30	110m H Semis	U-17 Boys			
9:45	100m H Semis	U-20 Girls			
10:00	110m H Semis	U-20 Boys			
10:30	4 x 400m Semis	U-17 Girls			
10:45	4 x 400m Semis	U-17 Boys			
11:00	4 x 400m Semis	U-20 Girls			
11:15	4 x 400m Semis	U-20 Boys			

DAY 111 SESSION VI

			16:00	Javelin Long Jump Shot	U-20 Girls U-17 Boys U-20 Boys
16:15	800m Finals	U-17 Girls			
16:25	800m Finals	U-17 Boys			
16:35	800m Finals	U-20 Girls			
16:45	800m Finals	U-20 Boys			
			17:00	Triple Jump	U-17 Girls
17:15	100m H Finals	U-17 Girls			
17:30	100m H Finals	U-20 Girls			
17:45	110m H Finals	U-20 Boys			
18:00	110m H Finals	U-20 Boys	18:00	Triple Jump Discus	U-20 Boys U-17 Boys
18:15	5000m Finals	U-20 Boys			
18:45	200m Finals	U-17 Girls			
18:55	200m Finals	U-17 Boys			
19:05	200m Finals	U-20 Girls			
19:15	200m Finals	U-20 Boys			
19:30	4 x 400m Finals	U-17 Girls			
19:40	4 x 400m Finals	U-17 Boys			
19:50	4 x 400m Finals	U-20 Girls			
20:00	4 x 400m Finals	U-20 Boys			



NASSAU, BAHAMAS
29TH, MARCH – 1ST, APRIL 2013

NUMERICAL TEAM ENTRY FORM

COUNTRY:-.....;
TO BE FORWARDED TO THE ORGANIZING COMMITTEE, 42ND CARIFTA GAMES, NO LATER THAN MID-NIGHT, 8TH, JANUARY 2013

EVENT	U-17 GIRLS	U-17 BOYS	U-20 GIRLS	U-20 BOYS
100M				
200M				
400M				
800M				
1500M				
3000M				
5000M				
100M/110M H				
300M/400M H				
HIGH JUMP				
LONG JUMP				
TRIPLE JUMP				
POLE VAULT				
SHOT				
DISCUS				
JAVELIN				
HEPTATHLON				
PENTATHLON				

No. of athletes
Each category

TOTAL NUMBER OF ATHLETES:
TOTAL NUMBER OF OFFICIALS:

Signature:-..... Date:-.....
President/General Secretary



**42ND CARIFTA GAMES
NASSAU, BAHAMAS
29TH, MARCH – 1ST, APRIL 2013**

TECHNICAL MEETING QUESTIONS

(TO BE SUBMITTED NO LATER THAN 6:00PM THURSDAY 28TH, MARCH 2013)

COUNTRY:-.....

QUESTION 1:

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QUESTION 2:

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QUESTION 3:

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.....
Team Official

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Date



29TH, MARCH – 1ST, APRIL 2013

TECHNICAL MEETING – THURSDAY 28TH, MARCH 2013

AGENDA

Distribution of team packages:

1. Welcome / Invocation
2. Introductions:
 - . IAAF REPRESENTATIVES
 - . NACAC REPRESENTATIVES
 - . LOC REPRESENTATIVES
 - . LOCAL SPONSORS
 - . LOCAL FEDERATION EXECUTIVES
 - . MEET DIRECTOR
 - . TECHNICAL DELEGATE
 - . TECHNICAL/COMPETITION OFFICIALS
3. General Information:
 - . EVENT SCHEDULE
 - . BUS SCHEDULE
 - . QUALIFYING ROUNDS
 - . STARTING HEIGHTS AND PROGRESSIONS
 - . PROTESTS
 - . DOPING CONTROL
 - . AWARDS PRESENTATION
 - . OPENING / CLOSING CEREMONIES
 - . QUESTIONS ANSWERED

4. Closing Remarks:

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**42ND CARIFTA GAMES
NASSAU, BAHAMAS
29TH, MARCH – 1ST, APRIL 2013**

CONGRESS MEETING – SUNDAY 31ST, MARCH 2013

AGENDA

1. Roll Call
2. Invocation
3. Welcome and Remarks: President BAAA
4. Welcome and Remarks: Ministry of Youth, Sports and Culture
5. Remarks: IAAF Representative
6. Minutes of last Congress / Acceptance
7. Matters Arising from Minutes
8. Presentation – Bids to host 43rd and 44th
Carifta Games
9. Reports: NACAC
CACAC
RDC
10. AOB
11. Adjournment

LUNCH / LUNCH / LUNCH

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NASSAU, BAHAMAS
29TH MARCH-1ST APRIL, 2013

FINAL ENTRY

COUNTRY:..... UNDER 17 GIRLS

To be submitted no later than midnight 11th March, 2013

Event	Surname	First Name	Date of Birth			Personal Best
			Yr	Mth	Day	
100m	_____	_____	_____	_____	_____	_____
200m	_____	_____	_____	_____	_____	_____
400m	_____	_____	_____	_____	_____	_____
800m	_____	_____	_____	_____	_____	_____
1500m	_____	_____	_____	_____	_____	_____
3000m	_____	_____	_____	_____	_____	_____
Open						
100m	_____	_____	_____	_____	_____	_____
Hurdles						
300m	_____	_____	_____	_____	_____	_____
Hurdles						
High	_____	_____	_____	_____	_____	_____
Jump						
Long	_____	_____	_____	_____	_____	_____
Jump						
Triple	_____	_____	_____	_____	_____	_____
Jump						
Shot	_____	_____	_____	_____	_____	_____
Discus	_____	_____	_____	_____	_____	_____
Javelin	_____	_____	_____	_____	_____	_____
4 x 100m						
			Yes / No			
4 x 400m						
			Yes / No			

FINAL ENTRY



COUNTRY:.....

UNDER 17 BOYS

To be submitted no later than midnight Monday 11th March, 2013 ..

Event	Surname	First Name	Date of Birth			Personal Best
			Yr	Mth	Day	
100m	_____	_____	_____	_____	_____	_____
200m	_____	_____	_____	_____	_____	_____
400m	_____	_____	_____	_____	_____	_____
800m	_____	_____	_____	_____	_____	_____
1500m	_____	_____	_____	_____	_____	_____
3000m	_____	_____	_____	_____	_____	_____
110m	_____	_____	_____	_____	_____	_____
Hurdles	_____	_____	_____	_____	_____	_____
400m	_____	_____	_____	_____	_____	_____
Hurdles	_____	_____	_____	_____	_____	_____
High	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Long	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Triple	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Shot	_____	_____	_____	_____	_____	_____
Discus	_____	_____	_____	_____	_____	_____
Javelin	_____	_____	_____	_____	_____	_____
4 x 100m	_____	_____	_____	_____	_____	_____
						Yes /No
4 x 400m	_____	_____	_____	_____	_____	_____
						Yes /No



FINAL ENTRY

COUNTRY:

UNDER 20 GIRLS

To be submitted no later than midnight Monday 11th March, 2013

Event	Surname	First Name	Date of Birth			Personal Best
			Yr	Mth	Day	
100m	_____	_____	_____	_____	_____	_____
200m	_____	_____	_____	_____	_____	_____
400m	_____	_____	_____	_____	_____	_____
800m	_____	_____	_____	_____	_____	_____
1500m	_____	_____	_____	_____	_____	_____
3000m	_____	_____	_____	_____	_____	_____
Open	_____	_____	_____	_____	_____	_____
100m	_____	_____	_____	_____	_____	_____
Hurdles	_____	_____	_____	_____	_____	_____
400m	_____	_____	_____	_____	_____	_____
Hurdles	_____	_____	_____	_____	_____	_____
High	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Long	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Triple	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Shot	_____	_____	_____	_____	_____	_____
Discus	_____	_____	_____	_____	_____	_____
Javelin	_____	_____	_____	_____	_____	_____
Pentathlon	_____	_____	_____	_____	_____	_____
4 x 100m	_____	_____	_____	_____	_____	_____
			Yes /No			_____
4 x 400m	_____	_____	_____	_____	_____	_____
			Yes /No			_____



FINAL ENTRY

COUNTRY:.....

UNDER 20 BOYS

To be submitted no later than midnight Monday 11th March, 2013

Event	Surname	First Name	Date of Birth			Personal Best
			Yr	Mth	Day	
100m	_____	_____	_____	_____	_____	_____
200m	_____	_____	_____	_____	_____	_____
400m	_____	_____	_____	_____	_____	_____
800m	_____	_____	_____	_____	_____	_____
1500m	_____	_____	_____	_____	_____	_____
5000m	_____	_____	_____	_____	_____	_____
100m	_____	_____	_____	_____	_____	_____
Hurdles	_____	_____	_____	_____	_____	_____
400m	_____	_____	_____	_____	_____	_____
Hurdles	_____	_____	_____	_____	_____	_____
High	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Long	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Triple	_____	_____	_____	_____	_____	_____
Jump	_____	_____	_____	_____	_____	_____
Pole	_____	_____	_____	_____	_____	_____
Vault	_____	_____	_____	_____	_____	_____
Shot	_____	_____	_____	_____	_____	_____
Discus	_____	_____	_____	_____	_____	_____
Javelin	_____	_____	_____	_____	_____	_____
Heptathlon	_____	_____	_____	_____	_____	_____
4 x 100m	_____	_____	_____	_____	_____	_____
			Yes /No			_____
4 x 400m	_____	_____	_____	_____	_____	_____
			Yes /No			_____