



## PANAMERICAN CROSS COUNTRY CUP

**FEBRUARY 22, 2015**

BARRANQUILLA- COLOMBIA

**TEAM MANUAL**



### APA EXECUTIVE COUNCIL

<b>VICTOR LOPEZ</b>	PUR	President
<b>CIRO SOLANO HURTADO</b>	COL	Vice-president
<b>EVELYN CLAUDIO</b>	PUR	General Secretary
<b>ALAIN JEAN PIERRE</b>	HAI	Treasurer
<b>CLAUDE BLACKMORE</b>	GUY	Member
<b>ROB GUY</b>	CAN	Member
<b>ESTHER MAYNARD</b>	BAR	Member
<b>MARCOS OVIEDO</b>	VEN	Member
<b>ROBERTO GESTA DE MELO</b>	BRA	Ex Officio Member (CONSUDATLE)

### FEDERACION COLOMBIANA DE ATLETISMO

<b>RAMIRO VARELA MARMOLEJO</b>	President
<b>CIRO SOLANO HURTADO</b>	First Vice-President
<b>FERNANDO SIERRA MARTINEZ</b>	Administrative Vice-President
<b>JUAN CARLOS CORREA GOMEZ</b>	Financial Vice-President
<b>FELIX MARRUGO TORRES</b>	Technical Vice-President
<b>RAMIRO ALBERTO GENES</b>	Commissary
<b>OSCAR ALI ACOSTA CUESTA</b>	Alternate Commissary

### APA MEMBERS FEDERATIONS

Anguilla	Ecuador	Trinidad and Tobago
Antigua y Barbuda	El Salvador	Turks & Caicos
Argentina	Granada	United States of America
Aruba	Guatemala	US Virgin Islands
Bahamas	Guyana	Uruguay
Barbados	Haiti	Venezuela
Belize	Honduras	Suriname
Bermuda	Jamaica	
Bolivia	Mexico	
Brazil	Montserrat	
British Virgin Islands	Nicaragua	
Canada	Panamá	
Cayman Islands	Paraguay	
Chile	Peru	
Colombia	Puerto Rico	
Costa Rica	St. Kitts & Nevis	
Cuba	St. Vincent & Grenadines	
Dominica	St. Lucia	
Dominican Republic		



## REGULATION

<b><u>EVENT</u></b>	<b>PANAMERICAN CROSS COUNTRY CUP</b>																									
<b><u>GENDER</u></b>	Male and Female																									
<b><u>CATEGORIES AND SCHEDULE</u></b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">CATEGORY</th> <th style="width: 15%;">BIRTHDATES</th> <th style="width: 15%;">GENDER</th> <th style="width: 15%;">EVENTS</th> <th style="width: 15%;">START AT</th> </tr> </thead> <tbody> <tr> <td rowspan="2" style="text-align: center;"><b>JUVENIL (Junior)</b></td> <td rowspan="2" style="text-align: center;"><b>1996- 1997 1998-1999</b></td> <td style="text-align: center;">WOMEN</td> <td style="text-align: center;">5 K- 6 K</td> <td style="text-align: center;"><b>8:00 AM</b></td> </tr> <tr> <td style="text-align: center;">MEN</td> <td style="text-align: center;">6 K- 8 K</td> <td style="text-align: center;"><b>9:00 AM</b></td> </tr> <tr> <td rowspan="2" style="text-align: center;"><b>MAYORES (Senior)</b></td> <td rowspan="2" style="text-align: center;"><b>1995 o antes</b></td> <td style="text-align: center;">WOMEN</td> <td style="text-align: center;">7 K - 8 K</td> <td style="text-align: center;"><b>10:00 AM</b></td> </tr> <tr> <td style="text-align: center;">MEN</td> <td style="text-align: center;">9 K -12 K</td> <td style="text-align: center;"><b>11:00 AM</b></td> </tr> </tbody> </table>					CATEGORY	BIRTHDATES	GENDER	EVENTS	START AT	<b>JUVENIL (Junior)</b>	<b>1996- 1997 1998-1999</b>	WOMEN	5 K- 6 K	<b>8:00 AM</b>	MEN	6 K- 8 K	<b>9:00 AM</b>	<b>MAYORES (Senior)</b>	<b>1995 o antes</b>	WOMEN	7 K - 8 K	<b>10:00 AM</b>	MEN	9 K -12 K	<b>11:00 AM</b>
CATEGORY	BIRTHDATES	GENDER	EVENTS	START AT																						
<b>JUVENIL (Junior)</b>	<b>1996- 1997 1998-1999</b>	WOMEN	5 K- 6 K	<b>8:00 AM</b>																						
		MEN	6 K- 8 K	<b>9:00 AM</b>																						
<b>MAYORES (Senior)</b>	<b>1995 o antes</b>	WOMEN	7 K - 8 K	<b>10:00 AM</b>																						
		MEN	9 K -12 K	<b>11:00 AM</b>																						
<b><u>CITY</u></b>	Barranquilla- Colombia																									
<b><u>ROUTE</u></b>	<ul style="list-style-type: none"> <li>• The entire route will be marked by hurdles, cones and maker tape.</li> <li>• Hydration points at the start, during the race and and the finish line.</li> <li>• The route will be informed at the technical meeting.</li> </ul>																									
<b><u>DATE</u></b>	<b>February 22, 2015 * SUNDAY *</b>																									
<b><u>ADDRESS</u></b>	Federación Colombiana de Atletismo.																									
<b><u>ENTRIES</u></b>	<p><b>Preliminary Entries</b> All countries should send their entries in the official forms until January 23, 2015, to: <a href="mailto:col@mf.iaaf.org">col@mf.iaaf.org</a> – <a href="mailto:fedeatletismo@fecodatle.org">fedeatletismo@fecodatle.org</a> - <a href="mailto:direccion.tecnica@fecodatle.org">direccion.tecnica@fecodatle.org</a></p> <p><b>Final Entries</b> The final entry with personal information of each competitor, including the best result in each event during the last year, and date of birth must be send no later than on February 16, 2015, in the official forms, to the follow emails: <a href="mailto:col@mf.iaaf.org">col@mf.iaaf.org</a> – <a href="mailto:fedeatletismo@fecodatle.org">fedeatletismo@fecodatle.org</a> - <a href="mailto:direccion.tecnica@fecodatle.org">direccion.tecnica@fecodatle.org</a></p>																									
<b><u>TECHNICAL OFFICIALS</u></b>	Technical Officials and assistants necessary to control the events, will be named by the Federación Colombiana de Atletismo.																									



<p><b><u>TEAM UNIFORMS</u></b></p>	<p>Participating athletes have to wear the official uniform of their country, conforming to the IAAF rules.</p> <p>The Award Ceremony is part of the competition and will be done according to the programming, so the athletes must be dress the official uniform of their country.</p>										
<p><b><u>LODGING AND MEALS</u></b></p>	<p>The organization will assume expenses for lodging and meals for two (2) days before and one (1) day after the event..</p> <p style="text-align: center;"><b>Official quota by teams</b></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Athletes</th> <th>Officials</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"><b>01-06</b></td> <td style="text-align: center;"><b>1</b></td> </tr> <tr> <td style="text-align: center;"><b>07-12</b></td> <td style="text-align: center;"><b>2</b></td> </tr> <tr> <td style="text-align: center;"><b>13-18</b></td> <td style="text-align: center;"><b>3</b></td> </tr> <tr> <td style="text-align: center;"><b>19-24</b></td> <td style="text-align: center;"><b>4</b></td> </tr> </tbody> </table> <p>The Federation shall announce in advance the number of accompanying persons who do not meet the rule above, to ensure the availability of their room and board. The costs for these additional groups borne by the respective delegations and paid in cash upon arrival of the delegations.</p>	Athletes	Officials	<b>01-06</b>	<b>1</b>	<b>07-12</b>	<b>2</b>	<b>13-18</b>	<b>3</b>	<b>19-24</b>	<b>4</b>
Athletes	Officials										
<b>01-06</b>	<b>1</b>										
<b>07-12</b>	<b>2</b>										
<b>13-18</b>	<b>3</b>										
<b>19-24</b>	<b>4</b>										
<p><b><u>ABOUT THE ATHLETES</u></b></p>	<ul style="list-style-type: none"> <li>a) Being born in the country represented.</li> <li>b) Being naturalized in the country represented.</li> <li>c) Be within the age limit set by the competition (born in 1995, 1996 and 1994 for the Junior category or prior for the Senior category)</li> <li>d) Be duly registered with the Federation of your country.</li> <li>e) Be duly registered in the competition for their National Federation.</li> <li>f) The age of the athletes will be checked by the official documents issued in their country origin, such as passport, identity card, indicating the year of birth.</li> <li>g) No athlete can participate in a different category to the corresponding age or performed at enrollment.</li> <li>h) Athlete who arrives at the finish line with a different bib number for its category will be disqualified.</li> <li>i) The three (3) first athletes to reach the finish line must award podium thirty minutes (30) after the the event is completed.</li> <li>j) All athletes who obtain awards must be submitted their passport or official ID.</li> </ul>										



<p><b><u>CALL ROOM</u></b></p>	<p>In compliance with the IAAF rules, in the Call Room the follow controls will be required to athletes, as bib numbers, advertising, personal items, etc., then their enter to the competition area <b>and will not be permitted entry athletes that have not been presented in the Call Room.</b></p> <p>In the warming area will be located report area where the athlete is present according to the following schedule according to their category.</p> <table border="1" data-bbox="448 595 1369 770"> <thead> <tr> <th>CATEGORY</th> <th>FIRST CALL</th> <th>ENTRY TO THE COMPETITION AREA</th> </tr> </thead> <tbody> <tr> <td>JUNIOR &amp; SENIOR</td> <td>35 Minutes</td> <td>25 Minutes</td> </tr> </tbody> </table>	CATEGORY	FIRST CALL	ENTRY TO THE COMPETITION AREA	JUNIOR & SENIOR	35 Minutes	25 Minutes								
CATEGORY	FIRST CALL	ENTRY TO THE COMPETITION AREA													
JUNIOR & SENIOR	35 Minutes	25 Minutes													
<p><b><u>POINTS</u></b></p>	<p>The score will be earn for the first six with the following points:</p> <table border="1" data-bbox="588 922 1227 1330"> <thead> <tr> <th>PLACE</th> <th>POINTS</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>10</td> </tr> <tr> <td>2</td> <td>6</td> </tr> <tr> <td>3</td> <td>4</td> </tr> <tr> <td>4</td> <td>3</td> </tr> <tr> <td>5</td> <td>2</td> </tr> <tr> <td>6</td> <td>1</td> </tr> </tbody> </table>	PLACE	POINTS	1	10	2	6	3	4	4	3	5	2	6	1
PLACE	POINTS														
1	10														
2	6														
3	4														
4	3														
5	2														
6	1														
<p><b><u>AWARDS</u></b></p>	<p>Three (3) top of each events will have their respective medal and economic incentive whose will be informed 30 days before the event.</p> <p>Likewise trophies are handed to the Champion, second place and third place teams.</p>														
<p><b><u>TECHNICAL MEETING</u></b></p>	<p>The technical meeting will be held on February 21 at 17:00, it will give to each delegate or athletes the competition numbers.</p> <p>Prior to the technical meeting the commission of age verification by the Colombian Federation will revise the ID of each athlete at 16:00 pm at the Official Hotel facilities.</p>														
<p><b><u>PROTESTS</u></b></p>	<p>Claims related results must be submitted in the writing forms provided by the Organization, signed by the delegate on behalf of the athlete, no more than 30 minutes after the results have been officially announced. In these cases, Article 146 of the IAAF rules shall apply, accompanying the claim with US\$100 or its equivalent in Colombian pesos.</p>														



<b><u>DOPING CONTROL</u></b>	Shall be in accordance with the rules of procedure for the IAAF Doping Control IAAF.
<b><u>CONTACT</u></b>	<b>COLOMBIA Athletics Federation</b> Email: <a href="mailto:fedeatletismo@fecodatle.org">fedeatletismo@fecodatle.org</a> ; <a href="mailto:col@mf.iaaf.org">col@mf.iaaf.org</a> Tel: 57 1 2884925