



XX U-20 ATHLETIC PANAMERICAN CHAMPIONSHIP

July 18 – 21, 2019 San José, Costa Rica



COSTA RICA 2019
**XX CAMPEONATO
PANAMERICANO
DE ATLETISMO U20**

TEAM MANUAL



EXECUTIVE COUNCIL APA

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Allan Segura Medina

Pro Secretary





DELEGATES AND INTERNATIONAL OFFICIALS

- **Organizational Delegate** Sra. Xiomara Larios (NCA)
- **Technical Delegate** Sr. Giovanni Cardona (COL)
- **Doping Delegate** Sr. Rafael Augusto Robles (GUA)
- **International Starter** Sra. Tiffany Banks (USA)
- **International Photofinish Official** Sr. Noel Cedeño (PUR)
- **Technical Officials**
 - Carlos Barríos (GUA) - Chief
 - Eduard Gorman (USA)
 - Tania Toro (PUR)
 - Daniela Villegas (CHI)
 - Andre Procope (BAR)
 - Nilton César Ferst (BRA)
- **Race Walking Judges**
 - Rolando Abrego (ESA) – Chief
 - David Domínguez (MEX)
 - Walter Orozco (ECU)
 - Edwin Roche (PUR)
 - Wendy Vargas Nájar (CRC)
 - Guillermo Vallejos (ARG)
- **Judge Video Referee** Jaime Santos (COL)
- **Jury of Appeal**
 - Michael A. Serralta (PUR) - President
 - Alberto Juantorena (CUB)
 - Manuel Bravo (ECU)
 - Marcos Oviedo (VEN)
 - Assigned after the Technical Meeting (CRC)

APA MEMBERS FEDERATIONS

Anguila	Costa Rica	Panamá
Antigua y Barbuda	Cuba	Paraguay
Argentina	Dominica	Perú
Aruba	República Dominicana	Puerto Rico
Bahamas	Ecuador	St. Kitts & Nevis
Barbados	El Salvador	San Vicente y las Granadinas
Belice	Granada	Santa Lucía
Bermuda	Guatemala	Surinam
Bolivia	Guyana	Trinidad y Tobago
Brasil	Haití	Turks & Caicos
Islas Vírgenes Británicas	Honduras	Estados Unidos de Norteamérica
Canadá	Jamaica	Islas Vírgenes Americanas
Islas Caimán	México	Uruguay
Chile	Monserrate	Venezuela
Colombia	Nicaragua	



1. CHAMPIONSHIP DATE AND HOST CITY

The U20 Pan American Championship of 2019 will be held on July 19, 20 and 21, at the National Stadium in the city of San José, Costa Rica.

The city of San José has historically been characterized by its hospitality and good weather; for this reason it is recognized as the capital of the athletics and cultural and sports activities championships. We thank you in advance for your valuable visit and participation to this championship in July.

The event will be held in three days: Friday 19, Saturday 20 and Sunday 21 July, at the National Stadium, located in the Parque Metropolitano de la Sabana, in San José, Costa Rica.

The track has a length of 400 meters with 8 lanes of synthetic material, certified Level 2, also has two areas enabled for the long and triple jump, an area enabled for the high jump, an area enabled for the pole vault, an area enabled for javelin throwing, a circle for the discus and hammer throw and an area enabled for bullet drive.

The heating area is located on the north side, with a synthetic track of 80 meters, enabled with 4 lanes. Both track areas and the areas enabled for jumps and throws will be available to athletes for their training on Wednesday 17 and Thursday 18 July. Additionally, it will be available to you other days after the official events.



Altitude and Climate

Height: 1172 meters above sea level.

Climate: Humid, sunny and warm part of the year.

Temperature: de 19°C a 27°C approx.

Rainy season: from May to November.

Access Routes – to San José, Costa Rica.

Airway: Juan Santamaría International Airport

Land route: North Border, Peñas Blancas, Costa Rica-Nicaragua's limits.
South Border, Paso Canoas, Costa Rica-Panamá's limits.



Countries that require a visa:

CONSULAR VISA IN A PASSPORT WITH A MINIMUM VALIDITY OF 6 MONTHS:

- COLOMBIA
- NICARAGUA
- ECUADOR
- REPÚBLICA DOMINICANA

RESTRICTED VISA IN A PASSPORT WITH A MINIMUM VALIDITY OF 6 MONTHS.

- CUBA
- HAITÍ
- JAMAICA

2. PARTICIPATION

General Rules:

The U20 Pan American Athletics Championships will be governed by the Official Rules of the IAAF, the unforeseen cases will be resolved by the Technical Delegate of the IAAF / APA.

Participants:

Athletes from countries that are affiliated with the Pan American Athletics Association (APA) may participate and their National Federations are affiliated to the International Association of Athletics Federations (IAAF).

Each country may register a maximum of two (2) athletes per event and one relay team, (Male / Female)

Each federation can register a team of a maximum of 6 athletes per relay and by gender. The final composition of the relay and order must be officially declared in the Technical Information Center (CIT) one hour before the relay and before the first call for the first round of each relay.

Participación Requirements

- a) Be born in the country you represent.
- b) Be naturalized in the country that represents with residence in it of at least five years.
- c) Be properly registered in the Athletic Federation of your country.
- d) Be duly registered in the competition by your National Federation..

Age by categories

- a) *Junior Athletes:* Any athlete who has reached the age of 18 or 19 in December 2019 (born in 2000 and 2001) can compete in any event.
- b) *Youth Athletes:* Any athlete who has reached the age of 16 or 17 in December 2019 (born in 2002 or



2003) can compete in any event. But the maximum number of events in which you can participate is two more, the relay. If the two individual events are on track, only one can be greater than 200 meters.

c) *Pre-Youth Athletes*: No athlete who has reached the age of 16 in December of 2019 (born in 2004 or later) can participate.

The passport of each athlete or any other official document that indicates the date of birth must be presented as evidence of the age of each athlete and confirmed.

For each athlete registered the Local Organizing Committee has to photocopy the document submitted as evidence.

Preliminary Registration:

All the countries of the Pan-American area must send their numerical inscriptions in the official forms that the organization of the event will send in a timely manner to each of the member Federations. It must be done no later than May 17, 2019, the deadline for preliminary registration.

Final Registration:

The final registration, with the personal data of each competitor, including the best result achieved in each participant event in 2019, must be done no later than June 14, 2019, in the corresponding official forms.

3. EVENTS

	RACES	HURDLES	STEEPLECHASE	JUMPS	THROWS	RACE WALKING	RELAYS	COMBINED EVENTS
MEN	100 200 400 800 1500 5000 10000	110 400	3000	Long Triple High Pole Vault	Discus Javelin Hammer Shotput	10000	4x100 4x400	Decatlón

	RACES	HURDLES	STEEPLECHASE	JUMPS	THROWS	RACE WALKING	RELAYS	COMBINED EVENTS
WOMEN	100 200 400 800 1500 3000 5000	100 400	3000	Long Triple High Pole Vault	Discus Javelin Hammer Shotput	10000	4x100 4x400	Heptatlón



4. CONFIRMATIONS

The head of the delegation or official representative of each country must confirm in writing in special formats of the organization the list of registered athletes who will participate in each of the competitions, before 12:00 pm the day before the performance of the Test in the Technical Information Office of the Championship. Only athletes who are duly registered in the corresponding events may be register.

The previous thing is, in order to avoid that it is included in qualifying events and of classification to athletes who, in spite of being enrolled, do not participate in them.

The withdrawal forms will be delivered to the heads of the delegations at the technical meeting.

5. INSTRUCTIONS FOR HEADS OF DELEGATION

Upon arrival, the Organizing Committee will have an information desk for the reception of the delegations and the transfer to the Accreditation and Hosting sites.

Hosting

The organization will provide lodging and meals from two (2) days before until one (1) day after the Championship to all delegations.

Fee and payment

Delegations will pay \$ 50.00 per day per person for a maximum of five days, within the delegation fee (see table below) upon arrival and before receiving their credentials.

The extra days of permanence of any person of the delegation (including athletes), who are not within the five days established by the organization, will be canceled before the accreditations and these will pay the normal rate of the respective hotel.

Official teams fee

ATHELETS	01-06	07-12	13-18	19-24	25-30	31-36	37-42	43-48	49-54	55-61	62 a +
OFFICIALS	1	2	3	4	5	6	7	8	9	10	12

The Heads of Delegation must announce sufficiently in advance (maximum 06 July) the number of accompanying persons who do not fall within the quota to guarantee the availability of their lodging and food. They will pay \$ 50.00 USD per day for a maximum of five days.

Hotels

To be decided.

Accreditations

The Organization will accredit all the Athletes and members of the participating delegations officially registered, a document that must be carried, for their identification and access to the scenarios. **In case**



of international journalists, they must make their request through their respective federations or under the license of the same before the organizing committee.

Participation Numbers

- Dorsals: Each athlete will receive four (4) numbers that will be delivered at the technical meeting: two (2) for the shirt (One on the chest and one on the back), One (1) for the warming uniform and One (1) for the briefcase.

The numbers can not be bent, cut or modified for any reason, in accordance with the rules of the IAAF, under penalty of disqualification of the athlete.

Athletes Clothing

Participating athletes will have to wear the official uniform of their delegation, which must comply with the IAAF regulations.

Awards ceremonies

It is part of the competition and will be held according to the Program, therefore athletes must present themselves in the official uniform of their country.

Official Results

The official results of each test will be announced by the loudspeaker in Spanish and English. The results will be considered official from the moment of their reading by the official speaker.

A copy of the test results will be published in the technical information office. Likewise, each participating Federation will have a box in which the head of the delegation will receive all the results and information of the competition. These lockers will be in the technical information office (TIO).

Additionally all the results will be posted in real time on the page: <https://eventos.fecoa.org/Eventos.aspx>.

Qualification Rounds

Track Events: The formation of series groups for the first qualifying rounds will be prepared by the Technical Secretariat under the supervision and approval of the IAAF Technical Delegate, taking into consideration the best marks made by the athletes during 2019 and that they have been reported in the final nominal inscription. The process of advancing from one round to another will be governed by rule 166 of the IAAF and the APA.

Height Progressions in Vertical Jumps (Sex-Event-Starting Height-1st Progression- 2nd Progression)

Mens High Jump 1.80m 5cm to 2.10m 3cm.

Womens High Jump 1.50m. 5cm. hasta 1.70m. 3cm.

Mens Pole Vault 4.30m. 10cm. hasta 4.90m. 5cm.

Womens Pole Vault 3.00m. 10cm. hasta 3.60m. 5cm.



Decathlon y Heptathlon

The starting heights in the high jump and pole vault events will be agreed at the technical meeting, among all the delegates who have athletes in these modalities and the IAAF regulations will be applied.

- Art. 181, in the height segments.

Technical Officials

The technical officials and assistants necessary for the control of the competitions, will be proposed by the Costa Rican Athletics Federation and endorsed by the Pan-American Athletics Association.

Awards

Prizes will be awarded in medals and trophies, individually and by teams, for both men and women as follows:

Medals

- 1st Place: Golden Medal
- 2nd Place: Silver Medal
- 3rd Place: Bronze Medal

Trophies:

- ❖ Heptathlon and Decathlon, for the winners or the event.
- ❖ To the best technical mark, in women and men.
- ❖ Champion Women - Men
- ❖ Second Place Women - Men
- ❖ Third Place Women - Men

- ❖ GENERAL CHAMPION
- ❖ SECOND PLACE
- ❖ THIRD PLACE

Protest

All protest must be made orally in the first instance to the Referee by the athlete himself or his delegate.

Protest related to results must be submitted in writing in formats provided by the Organization, signed by the official Delegate on behalf of the athlete, no later than 30 minutes after the results have been officially announced. In these cases, Article 146 of the IAAF regulations will apply, accompanying the protest with US100 US Dollars.

All protest must be submitted to the head of the technical information office. The person filing a protest will receive a copy that will contain the annotation of the reception time.

The Jury of Appeal will respond in writing as soon as possible. The result of the protest will be made public on the notice board of the technical information office.



Technical Information Center and Competition Information Center

It will be located in the Estadio Nacional. The information center will be the link of the delegations and teams with the Local Organizing Committee.

The following will be available:

- Materials for the Technical Congress
- Distribution of competency lists and results
- Official communications for delegates
- General Information of Transportation
- Doping control request for national records
- Protests and Claims
- The Record Certificates for national records of the different participating countries may be requested at the technical information office.

Medical Services

All Athletes will be protected in case of personal accidents that occur due to their participation in sports.

A team of professional doctors will provide health services to the participants of the Pan-American Championship. The Organizing Committee will provide primary medical services in the Estadio Nacional, only during the period of training or competition. If required, you will be transferred to a nearby hospital in the locality.

Insurances

The Federations are responsible for having insurance to cover illnesses or injuries of the members of their delegation or their team when they travel internationally.

6. INSTRUCTIONS FOR ATHLETES

Implements

The organization will make available to the athletes, for all the events that will be played in the Championship, official material according to the rules of the IAAF, except for the poles for pole vaults.

The organization will authorize implements different from those of the organization if they are presented to the Technical Director of the event two hours before the start of the session or corresponding day.

Pole Control

The poles must be presented to the Jumping Referee, two (2) hours before the start of the event.

Training Schedule

The trainings will be programmed by the organization, with the head of each delegation according to the needs and space, the schedules will be announced during the Technical Congress.

For this purpose, the use of the National Stadium of Costa Rica will be considered, which will be available from July 17 for all delegations.

Call Room – Schedule, A single Call Room will be used at the side entrance of the track, a compulsory step for all athletes. Combined event athletes should only appear before the first round of each day (morning



and afternoon).

In the Chamber of Calls the athletes will be identified by means of their accreditation and numbers (dorsal) and the competition material will be controlled according to the rules of the IAAF (shoes, length and number of nails, T-shirt, bags, personal items). Shoes with nails larger than 6 mm will not be allowed pyramid type, except in the high jump and javelin throwing tests where 9 mm nails can be used as maximum pyramid type.

EVENTS	CALL ROOM ENTRANCE	ENTRANCE TRACK / FIELD
Races and walking races	35 minutes	8 minutes
Relays and Hurdles	40 minutes	15 minutes
Long and Triple Jump	50 minutes	30 minutes
Throws	60 minutes	45 minutes
Pole Vault	70 minutes	60 minutes

Team delegates or officers will not be allowed in the Call Room.

Entrance to the track, jumping or throwing areas is done in an orderly manner preceded by judges and protocol guides. Who will be located, at the start of the competition for its presentation. Once the event is over, they will go out in an orderly manner through the mixed zone.

In the throwing and horizontal jumping competitions, the athletes eliminated at the end of the qualifying round will leave the competition sector accompanied by a judge. In the same way, the athletes who complete their participation in high jump and pole vault will do it. At the end of the field tests the athletes will retire in line behind the judges.

7. JURY APPEAL

The Jury of Appeal for the Championship will consist of members of the APA y NACAC.

8. TECHNICAL MEETING

The technical meeting will be held on July 18 at 02:00 PM at the National Stadium of Costa Rica. It will be directed by the Technical Delegate.

A maximum of two (2) representatives per delegation will attend the technical meeting. The technical meeting will serve to discuss exclusively technical issues related to the competition, including confirmations, results, etc.

9. CEREMONY

Opening Ceremony

A brief opening ceremony will be held at the National Stadium on Friday, July 19, followed by a flag stop. Federations must bring three flags, one of which will be used for the opening ceremony and to be displayed at the stadium for the award ceremony. Each delegation must participate in the stoppage, at least, with two female athletes, two male athletes and one official.



Awards ceremonies

After the competition, the first three positions will be awarded in award ceremonies that will be periodically held during the competition as it appears in the program. The medalists will be presented to the award area dressed in the regulatory uniform of their respective National Federation.

Closing Ceremony

A short closing ceremony will be held immediately at the end of the last Championship event, followed by a Celebration Party of all the Championship participants.

10. ANTI-DOPING CONTROL

11. It will be carried out in accordance with the rules of procedure for the control of doping of the IAAF.

12. MEDIA SERVICES

A tribune for the accredited press will be in an area in the stands. Printing and results can be collected at the Press Center.

Photographers can take pictures from the corridor and if they have a vest and special accreditation, they can enter the track to take pictures. The vests are distributed in the Press Center.

13. DEPARTURES

The departure time must be delivered with the final inscriptions. If there is a change, you must notify the person in charge of air tickets or tickets at the Reception and Welcome of your accommodation.

Transportation will be provided to the Juan Santamaría International Airport.

14. CONTACTS INFORMATION

A. FEDERACIÓN DEPORTIVA COSTARRICENSE DE ATLETISMO

Email: gestor1@fecoa.org; info@fecoa.org

Phones: (506)2549-0950; (506)2549-0949

B. ASOCIACIÓN PANAMERICANA DE ATLETISMO - APA

Mr. Víctor López

APA President

Phone (787) 367-1421

Email: victorlopezpgp@gmail.com

Mrs. Evelyn Claudio

APA General Secretary

Tel. (787) 617-2175

Email: evelynclaudio344@gmail.com

www.americasathletics.org



C. INTERNATIONAL TECHNICAL DELEGATE

Mr. Giovanni Cardona (Col)

Phone. +57 301 537 8870

Email: gioatle@gmail.com

15. COMPETITION SCHEDULE

Competition:

Each of the events will be carried out at the established time according to the Timetable.

Technical Information Center - CIT Located in the lower part of the stadium, where delegates must confirm the participation of athletes, withdraw newsletters, results, submit claims, request information about competitions, transportation, official communications and event development.

PROGRAMA DE COMPETENCIA / COMPETITION SCHEDULE

Primera Jornada/First Session/19 julio			
Hora / Time	Prueba / Event	Rama/Gender	Ronda/ Serie
09:00	100 Metros/Meters	Hombres/Men	1ra Decathlon
09:10	Lanzamiento Martillo/Hammer Throw	Hombres/Men	Final
09:30	100 Metros/Meters	Mujeres/Women	Semifinal
09:40	Salto Largo/Long jump	Hombres/Men	2da Decathlon
09:45	Salto con Pértiga/Pole Vault	Hombres/Men	Final
09:50	100 Metros/Meters	Hombres/Men	Semifinal
10:10	1500 Metros/Meters	Hombres/Men	Semifinal
10:20	1500 Metros/meters	Mujeres/Women	Semifinal
10:30	Lanzamiento Martillo/Hammer Throw	Premiación/Awards	
10:45	100 metros /Vallas/Hurdles	Mujeres/Women	Semifinal
11:00	110 metros /Vallas/Hurdles	Hombres/Men	Semifinal
11:15	Impulsión de la Bala/Shot Put	Hombres/Men	3ra Decathlon
11:20	400 Metros Planos/Meters	Mujeres/Women	Semifinal
11.40	400 Metros Planos/Meters	Hombres/Men	Semifinal
11.45	Salto con Pértiga/Pole Vault	Premiación/Awards	

Segunda Jornada/Second Session/19 julio			
Hora / Time	Prueba / Event	Rama/Gender	Ronda/ Serie
17.00	Salto Alto/High Jump	Hombres/Men	4ta Decathlon
17.05	100 Metros/Vallas/Hurdles	Mujeres/Women	Final
17.10	Impulsión de la Bala/Shot Put	Mujeres/Women	Final
17.15	110 Metros/Vallas/Hurdles	Hombres/Men	Final
17.25	400 Metros Planos/Meters	Mujeres/Women	Final

17.30	Salto con Pértiga/Pole Vault	Mujeres/Women	Final
17.30	Salto Largo/Long jump	Mujeres/Women	Final
17.35	400 Metros Planos/Meters	Hombres/Men	Final
17.45	100(H) 400 (M) 400 (H)	Premiación/Awards	
18.05	800 Metros/Meters	Mujeres/Women	Semifinal
18.15	800 Metros/Meters	Hombres/Men	Semifinal
18.20	Lanzamiento del Disco/Discus	Hombres/Men	Final
18.30	400 Metros Planos/Meters	Hombres/Men	5ta Decathlon
18.45	3000 Metros Planos/Meters	Mujeres/Women	Final
19.05	Bala/Shot Put/Pertiga/Pole Vault/100 (M) 100(H)	Premiación/Awards	
19.00	5.000 Metros/Meters	Hombres/Men	Final
19.30	Largo/L.Jump/5.000/Disco/discus	Premiación/Awards	
19:30	Salto Largo/Long Jump	Hombres/Men	Final
19:50	100 Metros/Meters	Mujeres/Women	Final
20.00	100 Metros/Meters	Hombres/Men	Final
20.05	PREMIACION PRUEBAS RESTANTES	Premiación/Awards	

Tercera Jornada/Third Session/20 Julio			
Hora / Time	Prueba / Event	Rama/Gender	Ronda/ Serie
16:00	Relevos/Relays 4x100	Mujeres/Women	Semifinal
16:15	Relevos/Relays 4x100	Hombres/Men	Semifinal
16:30	110 Metros /Vallas/Hurdles	Hombres/Men	6ta Decathlon
16:40	100 Metros /Vallas/ Hurdles	Mujeres/Women	1ra Heptlon
16:50	10,000 Metros /Marcha/Race walk	Hombres/Men	Final
17:10	Lanzamiento Disco/Discus	Hombres/Men	7ma Decathlon
17:20	Salto Alto/High Jump	Mujeres/Women	2da Heptlon
17:30	Triple salto/ Triple Jump	Mujeres/Women	Final
17:40	200 Metros/Meters	Mujeres/Women	Semifinal
17.50	200 Metros/Meters	Hombres/Men	Semifinal
18:00	10.000 Metros /Marcha/Race walk	Premiacion	
18.10	400 Metros/Vallas/Hurdles	Mujeres/Women	Semifinal
18.10	400 Metros/Vallas/Hurdles	Hombres/Men	Semifinal
18:20	Salto con Pértiga/Pole Vault	Hombres/Men	8va Decathlon
18.25	Impulsión de la Bala/Shot Put	Mujeres/Women	3ra Heptahlon
18:30	800 Metros/Meters	Mujeres/Women	Final
18.40	800 Metros/Meters	Hombres/Men	Final
		Premiación/Awards	
18:40	Lanzamiento de Jabalina/Javelin	Hombres/Men	Final
18.50	200 Metros/Meters	Mujeres/Women	Final
19.00	200 Metros/Meters	Hombres/Men	Final

18.55	Salto Alto/High Jump	Mujeres/Women	Final
19.15	3000 con Obstáculos/Steepplechase	Hombres/Men	Final
19.45	Lanzamiento de Jabalina/Javelin	Hombres/Men	9na Decathlon
19.30	5000 Metros/Meters	Mujeres/Women	Final
19.50	200 Metros/Meters	Mujeres/Women	4ta Hepthlon
		Premiación/Awards	
20.50	10000 Metros/Meters	Hombres/Men	Final
21:30	1.500 Metros/Meters	Hombres/Men	10ma Decathlon
21.15	Relevos/Relays 4x100	Mujeres/Women	Final
21.30	Relevos/Relays 4x100	Hombres/Men	Final
		Premiación/Awards	

Cuarta Jornada/ Fourth Session/21 julio			
Hora / Time	Prueba / Event	Rama/Gender	Ronda/ Serie
16.30	Relevos/Relays 4x400	Mujeres/Women	Semifinal
16.45	Relevos/Relays 4x400	Hombres/Men	Semifinal
17:00	10.000 metros/meters /marcha/RaceWalk	Mujeres/Women	Final
17:00	Lanzamiento del Martillo/Hammer	Mujeres/Women	Final
17:10	Salto Largo / Long Jump	Mujeres/Women	5ta Heptahlon
18.10	PREMIACIONES	Premiación/Awards	
18.15	Impulsión de la Bala/Shot Put	Hombres/Men	Final
18.30	1500 metros/Meters	Mujeres/Women	Final
18.40	1500 Metros/Meters	Hombres/Men	Final
18:45	Lanzamiento de Jabalina/Javelin	Mujeres/Women	6ta Heptahlon
18.50	400 Metros/Vallas/Hurdles	Mujeres/Women	Final
19.00	400 Metros/Vallas/Hurdles	Hombres/Men	Final
19:00	Salto Alto/High Jump	Hombres/Men	Final
19:10	Triple Salto/ Triple Jump	Hombres/Men	Final
19.20	3000 con Obstaculos/Steepplechase	Mujeres/Women	Final
19.25	Lanzamiento de Jabalina/Javelin	Mujeres/Women	Final
19.35	800 Metros/Meters	Mujeres/Women	7ma Heptahlon
19.50	Relevos/Relays 4x400	Mujeres/Women	Final
20.00	Relevos/Relays 4x400	Hombres/Men	Final
Premiación/Awards			