

TEAM MANUAL
Of the
50th CARIFTA GAMES
April 7-10, 2023

THOMAS A. ROBINSON NATIONAL STADIUM
Nassau, Bahamas



NACAC COUNCIL

President:	Mike Sands	(BAH)	
Vice President:	Catherine Jordan	(BAR)	
Treasurer:	Glenville Jeffers	(SKN)	
General Secretary:	Keith Joseph	(VIN)	
Council Members:	Cydonie Mothersill Calixto Sierra Evelyn Farrell Howard Cornelius	(CAY) (HON) (ARU) (ANT)	
World Athletics President:	Lord Sebastian Coe	(GBR)	
World Athletics Vice President:	Alberto Juantorena	(CUB)	
World Athletics Council Members:	Willie Banks Abby Hoffman	(USA) (CAN)	
NACAC Past Presidents	Victor Lopez Neville McCook (d) Amadeo Francis	2013-2019 2007-2013 1998-2007	(PUR) (JAM) (PUR)

LOCAL ORGANIZING COMMITTEE (LOC)

EXECUTIVE MANAGEMENT

Chief Executive Officer:	Lynden Maycock
Project Manager:	Janeen McCartney
Chief Financial Officer:	Valaria Smith

SENIOR DIRECTORS/MANAGEMENT

Logistics:	Anne Barrett (Senior Director)
Venue:	Helson Ambrose (Senior Director)-
Security:	Kevin Rolle (Senior Director)
Information Tech	Michael Cartwright (Senior Director)
Operations, Social Functions	Tarahan Mackey Senior Director -,

VOLUNTEERS

Media Services Director	Tonique Williams
Deputy Senior Director – IT	Trevor Moss
Marketing Senior Director	Fernerin Hanna
Senior Director - Competition	Laura Charlton
Deputy Senior Director – Competition	David Charlton

BAHAMAS ASSOCIATION OF ATHLETIC ASSOCIATION

President	Drumeco Archer
1st Vice President	Foster Dorsett
2nd Vice President	John Ingraham
VP of Business Operations	Pharez Cooper
VP of Technical Operations	Tito Moss
VP of Finance	Laketah Charlton
VP of Public Relations	Sheldon Longley
Chief Executive Officer	Mabelene Miller
Assistant CEO	Laura Pratt-Charlton
Special Project Officer	Dionne Britton
Special Project Officer	Demarius Cash
Assistant VP of Finance	Sharon Gardiner

INTERNATIONAL TECHNICAL OFFICIALS

Organizational Delegate (OD)	Keith Joseph (VIN)
Technical Delegate (TD)	Patrick P. Mathurin (LCA)
Doping Delegate (DO)	Dr. Warren Blake (BAR)

International Referees

World Athletics Referee Silver	Stephanie Anne M. Rahming (BAH)
World Athletics Referee Silver	Laurie Ann Boemker (USA)
World Athletics Referee Silver	John Vincent Andalcio (TTO)
World Athletics Referee Silver	Philcol Dowardson Jeffers (VIN)
World Athletics Referee Silver	Andre Marcel M. Procope (BAR)
World Athletics Referee Silver	Janelle Elaine Edwards (TTO)
World Athletics Referee Silver	Garth Gayle (JAM)

International Area Starter	Ian Sydney Gordon (CAN) – Silver Level
International Area Photo-Finish Judge	Mario Haughton (JAM) – Silver Level

JURY OF APPEAL

Mike Armstrong (USA)
John-Paul Clarke (CAY)
Michael A. Serralta (PUR)
Cydonie Mothershill (CAY)
5th member - selected at the Technical Meeting

GENERAL INFORMATION

ARRIVAL AND DEPARTURE

Delegations are requested to plan their arrival in Nassau for Thursday, April 6th, 2023, and departure for Tuesday, April 11th, 2023. Accommodation will be provided for those dates exclusively. Delegations wishing to arrive before April 6th and depart after April 11th are required to inform the Local Organizing Committee. It must be noted that in cases such as these delegations will be responsible and subject to paying regular accommodation costs for the extra days.

AIRPORT

The airport of entry into The Bahamas is the Lynden Pindling International Airport (NAS).

ENTRY REQUIREMENTS

A valid passport (preferably with an expiration date of more than 6 months ahead) is required, as well as a valid return ticket. Athletes and officials from Haiti will require a visa. Athletes from French Guyana will require a yellow fever card to gain entrance to The Bahamas.

OBTAINING A BAHAMIAN VISA

The application process to obtain a Bahamian Visa is now digitized. Please visit the following website: www.mofa.gov.bs/evisa Once you are on the web page, please click on “Consular Services” in the banner headings. From the drop down menu, choose “Visitor’s Visa – Consular Services.” When you are on that web page it will tell you which countries need Visas to enter The Bahamas and which ones do not need one. Under “Visa Categories” please choose “Self-sponsored Visas” and “Single Entry.” Follow the instructions to complete the Application form and upload your or your team member’s Visa information along with documents. These instructions apply to individuals or Teams. Once you have an Application ID number, please communicate that number to me through the LOC email address: visa@carifta50.com as the Consular Division has promised to expedite all applications for these games.

For persons needing a Visa only!

Once we know your travel dates, we will issue an invitation letter to the team or the individual. You will need to upload this invitation along with the other required documents. Please note, it is in your best interest not to leave applying for Visas until the last minute.

CURRENCY

The currency used in the Bahamas is the Bahamian Dollar (BAH) which is fixed at BAH \$1.00 to the United States of America (USD). The US Dollar is accepted in most business centers and stores.

BANKING

Banks will be closed from 2:00 p.m. on Thursday, April 6, 2023 and reopens on Tuesday, April 11, 2023 for the Easter period.

The following banks are available locally:

- Bank of The Bahamas
- Scotia Bank
- Royal Bank of Canada
- First Caribbean Bank
- Commonwealth Bank.

Banking hours: Monday - Friday
 8:00 a.m. - 2:00 p.m.

All banks operate a 24-hour Automated Teller Machine (ATM) service. Please check your local bank for the rate of exchange.

COMMUNICATION

Bahamas Telecommunications Corporation and Aliv provide telephone services for the Bahamas. Calls can be made worldwide using their services.

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

WATER

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

ACCOMMODATION

All athletes and team officials will be accommodated at the official Games Village – Superclubs Breezes Resort & Spa. Meals will be provided from lunch on Thursday 6th, April to breakfast on Tuesday 11th April, 2023. Meals outside this time frame will be at the team's expense.

Occupancy shall be double (2 persons per room) and as was mentioned previously will be from 12:00 noon on Thursday, 6th April to Tuesday, 11th April, 2023 (**checkout time**). Teams wishing to arrive or depart outside of the specified team accommodation period will do so at their own cost.

ACCOMMODATION LEVY

An accommodation levy of **\$250 US** per team member, and must be paid to the Accreditation Centre before teams are allowed to be fully accredited and checked into the Games Village. Teams traveling with officials above the specified quota will be required to pay **an additional \$100 US per day** if they wish to be accommodated with their teams. However, the Local Organizing Committee will need to be notified early in order to accommodate any additional officials over the quota.

The levy shall cover the period from 12 noon Thursday, April 6, 2023, to 12 noon (**checkout time**). Tuesday, April 11, 2023.

Delegations must notify the Local Organizing Committee (LOC), at least 48 hours in advance, of their arrival date, time, and flight number, so that they may be received at the airport.

ACCREDITATION & AGE VERIFICATION

The Accreditation Centres will be located at the Games Village, Superclubs Breezes hotel for athletes and coaches **only** and the Kendal G. Isaacs Gym (KGLI) at the Thomas A. Robinson (TAR) Sports Center for all others.

No athletes can be accredited without their certified birth dates being presented (passport and/or birth certificate). Deadlines for registrations are as follows:

Numerical Entries: **Friday 24th February, 2023**

Final Entries: **Friday 10th March, 2023**

Participating teams are requested to submit (upload) a passport-size electronic photo of team members (athletes and team officials) along with their final entries in order to facilitate the accreditation process. The ages of all competitors will be verified at the Accreditation Centre. Passports or travel documents of all competitors must be presented upon arrival before the accreditation process can be completed.

Heads of delegations must finalize payment of the levy in US currency in order to complete the accreditation process and receive their room keys. Please be informed that you also have the possibility to swipe when making the payment at both Accreditation Centres. Delegations will receive individual accreditation passes which must be worn for the duration of the Games. These cards will act as access passes to Games hotels, meals, transport, warm-up area, competition arena, and other facilities as indicated. The passes will also grant medical support on-site and/ or at the hospital.

Please note that charges for accommodation and meals of additional personnel must be paid at this time as well. The loss or theft of an accreditation pass must be reported immediately to an Accreditation Centre. A replacement card will only be provided at a cost of US \$10.00 after the LOC has approved the explanation offered by the Head of Delegation of the team involved.

It is important that teams send the required information by the deadline dates to minimize waiting at the Accreditation Centers.

OPENING CEREMONY

The Opening Ceremony of the 50th CARIFTA Games is planned for Friday, April 7th, 2023. This will take place at the Thomas A Robinson Complex.

NATIONAL FLAGS

Each delegation is requested to provide a National Flag at Accreditation Centre. These flags will be used during the opening ceremony and flown at the National Stadium for the duration of the competition.

RULES AND REGULATION

The 50th CARIFTA Games will be held in accordance with the current rules and regulations of World Athletics (WA).

Technical matters will be resolved according to the WA Competition and Technical Rules. The Local Organizing Committee (LOC) will resolve general matters not provided for in these regulations.

COMPETITION AND VENUE

The 50th CARIFTA Games will be held in New Providence, Bahamas from Friday 7th - Monday 10th April, 2023.

The competition will take place at the Thomas A. Robinson National Stadium located in New Providence. The Stadium has a seating capacity of fifteen thousand (15, 000) people.

The Stadium consists of an eight (8) lane 400-meter track, two (2) Javelin areas, four (4) Long Jump and Triple Jump areas, two (2) Pole Vault pits, one (1) Discus area, two (2) Shot Put circles and two (2) High Jump areas; all laid by Mondo under WA specifications

WARM UP FACILITY

In addition to the 150m warm-up straight there is also a 400m Beynon surface as well as a warmup area for the long throws and shot put. All are in close proximity to the competition stadium.

INVITED COUNTRIES

Participation is open to the following Member Federations (MF's)

Anguilla (AIA)	Grenada (GRN)
Antigua & Barbuda (ANT)	Haiti (HAI)
Aruba (ARU)	Jamaica (JAM)
Bahamas (BAH) - Host	Martinique (MTQ)
Barbados (BAR)	Montserrat (MNT)
Belize (BIZ)	Saint Kitts & Nevis (SKN)
Bermuda (BER)	Saint Lucia (LCA)
British Virgin Islands (IVB)	Saint Marteen (SXM)
Cayman Islands (CAY)	Saint Vincent & the Grenadines (VIN)
Curacao (CUW)	Suriname (SUR)
Dominica (DMA)	Trinidad & Tobago (TTO)
French Guyana (GUF)	Turks & Caicos Islands (TKS)
Guadeloupe (GLP)	US Virgin Islands (ISV)
Guyana (GUY)	

MEDICAL INFORMATION

Off-site medical service will be available.

On-site medical and physiotherapy services will be available at the Thomas A. Robinson Stadium and on-call medical services at the Games Village.

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

INSURANCE

Participating Member Federations (MF's) of the North America, Central America, and Caribbean Area Association (NACAC) can access the yearly insurance coverage provided for members during travel and competition.

ATHLETICS OPERATION

DOPING CONTROL

Test for doping will be conducted throughout the competition in accordance with the WA Procedural Guidelines for Doping Control. The Doping Control area will be located in the Thomas A. Robinson Stadium.

NUMBER OF COMPETITORS

Each country will be allowed a maximum of two (2) competitors per event provided that the official team size regulation is followed.

Team Size

Girls Under 17	-	maximum of 20 athletes born 2007 and after
Boys Under 17	-	maximum of 20 athletes born 2007 and after
Girls Under 20	-	maximum of 20 athletes born 2004 and after
Boys Under 20	-	maximum of 20 athletes born 2004 and after
Maximum team size	-	80 athletes

NB – Ages are of December 31, 2023

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

TEAM OFFICIAL QUOTA

A maximum number of twelve (12) officials will be allowed a follows:

01-06	One (1) 1 accompanying official except for team male and female athletes, where two (2) will be accepted, one of whom must be female, will be accepted
07-12 Competitors	2 accompanying officials
13-18 Competitors	3g accompanying officials
19-24 Competitors	4 accompanying officials
25-30 Competitors	5 accompanying officials
31-36 Competitors	6 accompanying officials
37-42 Competitors	7 accompanying officials
43-48 Competitors	8 accompanying officials
49-54 Competitors	9 accompanying officials
55-61 Competitors	10 accompanying officials
62-68 Competitors	11 accompanying officials
69-80 Competitors	12 accompanying officials

PRELIMINARY ENTRIES

Numerical entries stating the number of officials and competitors for each event should be sent to the Local Organizing Committee (LOC) by **midnight on Friday, February 24th, 2023.** Entries may be sent via email to athletics@carifta50.com comply with the deadline.

FINAL ENTRIES

Nominal entries containing 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 **midnight on Friday 10th, March 2023.** Entries should be sent to the Local Organizing Committee via directathletics.com to comply with the deadline. No changes or additions to entries will be accepted after this date. Nominal entries should not contain more competitors or officials than numerical entries.

NOTE: Entries on prescribed forms (appendices 2-6) which are available in this manual and on the CARIFTA 2023 Website may be sent to:

CARIFTA 2023 Secretariat
Email: carifta2023@gmail.com

NB. Teams will be penalized without exception, 50% of the accommodation levy per person if after submission of the final team entry, the team sizes decreases.

LIST OF EVENTS

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

U-17 category: 15-16 years as of 31st December 2023 (Born 2007 or after).

Girls	Event
Flat Races	100m, 200m, 400m, 800m, 1500m
Hurdles	100m (0.762m) and 400m (0.762m)
Relays	4x100m and 4x400m
Jumps	High, Long, Triple.
Throws	Shot Put (3.0 kg), Discus (1.0 kg), Javelin (500g)

Boys	Event
Flat Races	100m, 200m, 400m, 800m, 1500m, 3000m.
Hurdles	110m (0.914m) and 400m (0.838m)
Relays	4x100m and 4x400m
Jumps	High, Long, Triple.
Throws	Shot Put (5.0 kg), Discus (1.5 kg), Javelin (700g)

U-20 category: 17-19 years as of 31st December 2023 (Born 2004 or later)

GIRLS	EVENTS
Flat Races	100m, 200m, 400m, 800m, 1 500m, 3 000m (Open)
Hurdles	100 meters (0.762m) and 400 meters (0.762)
Relays	4 x 100 meters and 4 x 400 meters
Jumps	High, Long, Triple, Pole vault
Throws	Shot Put (4.0kg), Discus (1.0kg), Javelin (600g)
Combined (Open)	Heptathlon Day 1: (100mh, High jump Shot put, 200m) Day 2: (Long jump, Javelin, 800m)

Boys	Event
Flat Races	100m, 200m, 400m, 800m, 1500m, 5000m
Hurdles	110m (0.991m), 400m (0.914m)
Relays	4x100m; 4x400m
Jumps	High, Long, Triple, Pole Vault

Throws	Shot Put (6.0kg), Discus (1.75kg), Javelin (800g)
Combined (Open)	Octathlon <i>Day 1: (100m, Long jump, Shot put (6kg), 400m)</i> <i>Day 2: (110mh, High jump, Javelin 800g), 1500m</i>
Mixed Relay	4 x 400m: Two females, two males – Order is as stated by WA Competition and Technical Rules.

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 “no less than five (5) competitors of three (3) different countries”, the Local Organizing Committee shall notify immediately, via email, those countries that had entered athletes for such an event. If there are any drops during the Technical Meeting and it falls below the required number, the event shall be deemed an exhibition event.

CONFIRMATION

Upon arrival, each team will be provided with a set confirmation of Entry sheets, which must be filled out and submitted to the Technical Information Centre (TIC). Confirmation of entries for the first day of the competition shall be submitted during the Technical Meeting. For the following days, ONLY the confirmation of omissions shall be submitted to the TIC by 6:00 p.m. 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 will be worn on the sides of their shorts.

START LIST AND OFFICIAL RESULTS

Starting List 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 in the warm-up area. All athletes must report to the Call Room bearing the individual identification and competition number provided by the Local 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	5 minutes
2	Hurdles	2	10 minutes
3	Middle and Long Distance	2	10 minutes
4	Relays	2	10 minutes
5	High Jump	2	45 minutes
6	Pole Vault	2	45 minutes
7	Long and Triple	2	30 minutes
8	Throws	2	30 minutes

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

There will be two (2) calls for the athletes to report before they can access the competition arena; there will be an interval of 10 minutes between the first and second call, then athletes will be marshaled 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 events.

STARTING AND SUCCESSIVE HEIGHTS IN THE JUMPS

- The bar will be set initially at the given height and shall be raised in increments as indicated below:
 - **High Jump – Under 17 Girls**
 - Starting height of 1.55m up 5cm to 1.70m; increments of 3cm to 1.76m and thereafter up by 2cm
 - **High Jump – Under 17 Boys**
 - Starting height of 1.70m up 5cm to 2.0m; increments of 3cm to 2.09m and thereafter up by 2cm
 - **High Jump – Under 20 Girls**
 - Starting height of 1.60m up 5cm to 1.75m; increments of 3cm to 1.81m and thereafter up by 2cm

- **High Jump – Under 20 Boys**
 - Starting height of 1.85m, up 5cm to 2.05m; increments of 3cm to 2.14m and thereafter up by 2cm
- **Pole Vault– Girls Open**
 - Starting height of 2.40m, up by 10cm to 3.00m; and thereafter 5cm
- **Pole Vault– Under 20 Boys**
 - Starting height of 3.00m, up by 15cm to 3.60m; increments of 10cm to 4.00m and thereafter 5cm

AWARDS CEREMONY

Awards Ceremonies will take place periodically throughout the competition, as listed in the schedule of events. Medalists should report to the awards tent upon request, fully dressed in the official uniform of their respective National Federation (NF) for the ceremony. In accordance with the WA 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

The coveted Austin Sealy Trophy will be awarded to the Most Outstanding Athlete of the 2023 Championships

TECHNICAL MEETING

The Technical Meeting will take place on Friday 7th April at 9:00 a.m. at the Thomas A. Robinson Stadium.

Teams wishing to raise questions of a technical nature **must** submit these questions to the Secretariat on the prescribed form (Appendix), no later than **12 noon on Thursday, April 6, 2023**. Absolutely no questions will be accepted from the floor during the technical meeting.

The Technical Delegate (TD) 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.



CARIFTA CONGRESS

The Congress of the 50th CARIFTA Games will be held on **Monday 10th April, 2023 at 11:00 am at a venue to be determined.** Transportation will be provided to delegates.

APPENDICES

- 1. SCHEDULE OF EVENTS (subject to change)**
- 2. NUMERICAL TEAM ENTRY FORM**
- 3. FINAL ENTRY FORM – UNDER 18 GIRLS**
FINAL ENTRY FORM – UNDER 18 BOYS
FINAL ENTRY FORM -UNDER 20 GIRLS
FINAL ENTRY FORM- UNDER 20 BOYS
- 4. TEAM OFFICIAL REGISTRATION FORM**
- 5. TECHNICAL MEETING QUESTION FORM**
- 6. PROTEST FORM**
- 7. TECHNICAL MEETING AGENDA**
- 8. CARIFTA CONGRESS AGENDA**

APPENDIX I: SCHEDULE OF EVENTS

DAY 1 – FRIDAY, APRIL 7, 2023

OPENING CEREMONY - 50th CARIFTA GAMES Thomas A. Robinson National Stadium Nassau, New Providence, Bahamas



SATURDAY, APRIL 8 – DAY 2 MORNING SESSION

No.	TIME	TRACK EVENTS	FIELD EVENTS
101	09:00	100M Hurdles Heptathlon Girls – Event 1 (0.84M)	
102	09:05		High Jump U-17 Girls Final
103	09:10	100m Octathlon Boys – Event 1	
104	09:15		Javelin Throw U-20 Boys Final (800g)
105	09:20	100m U-17 Girls Heats	
106	09:25		Shot Put U-17 Girls Final (3kg)
107	09:40	100m U-17 Boys Heats	
108	10:00	100m U-20 Girls Heats	
109	10:20	100m U-20 Boys Heats	
110	10:25		High Jump Heptathlon Girls – Event 2
111	10:35		Long Jump Octathlon Boys – Event 2
112	10:40	400m U-17 Girls Semi-Finals	
113	10:55	400m U-17 Boys Semi-Finals	
114	11:10	400m U-20 Girls Semi-Finals	
115	11:25	400m U-20 Boys Semi-Finals	
	11:40	MEDAL CEREMONY	

SATURDAY, APRIL 8 – DAY 2 AFTERNOON SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
116	16:00	100m U-17 Girls Semi-Finals	
117	16:05		Discus Throw U-20 Boys Final (1.75kg)
118	16:10		Triple Jump U-20 Girls Final
119	16:10	100m U-17 Boys Semi-Finals	
120	16:15		Shot Put Octathlon Boys – Event 3 (6kg)
121	16:20	100m U-20 Girls Semi-Finals	
122	16:30	100m U-20 Boys Semi-Finals	
	16:40	MEDAL CEREMONY	
123	16:45		High Jump U-20 Boys Finals
124	16:50	1500m U-17 Girls Final	
125	17:00	1500m U-17 Boys Final	
126	17:10	1500m U-20 Girls Final	
127	17:15		Long Jump U-17 Boys Final
128	17:20	1500m U-20 Boys Final	
	17:25	MEDAL CEREMONY	
129	17:30		Shot Put Heptathlon Girls – Event 3 (4kg)
130	17:50		Discus Throw U-20 Girls Final (1kg)
131	17:55	400m U-17 Girls Final	
132	18:00	400m U-17 Boys Final	
133	18:05	400m U-20 Girls Final	
134	18:10	400m U-20 Boys Final	
135	18:15	400m Octathlon Boys – Event 4	
136	18:25	200m Heptathlon – Event 4	
137	18:35	100m Special Olympics	
138	18:45	100m U-17 Girls Final	
139	18:50	100m U-17 Boys Final	
140	18:55	100m U-20 Girls Final	
141	19:00	100m U-20 Boys Final	
	19:05	MEDAL CEREMONY	

SUNDAY, APRIL 9 – DAY 3 MORNING SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
201	09:00	110m Hurdles Octathlon Boys – Event 5	
202	09:05		Long Jump Heptathlon – Event 5
203	09:10		Javelin Throw U-20 Girls Final (600g)
204	09:15	400m Hurdles U-17 Girls Semi-Finals (0.76m)	
205	09:20		Shot Put U-20 Girls Final (4kg)
206	09:25	400m Hurdles U-20 Girls Semi-Finals (0.76m)	
207	09:35	400m Hurdles U-17 Boys Semi-Finals (0.84m)	
208	09:40		High Jump Octathlon Boys – Event 6
209	09:45	400m Hurdles U-20 Boys Semi-Finals (0.91m)	
210	10:00	800m U-17 Girls Semi-Finals	
211	10:15	800m U-17 Boys Semi-Finals	
212	10:20		Javelin Throw Heptathlon Girls – Event 6 (600g)
213	10:30	800m U-20 Girls Semi-Finals	
214	10:35		Long Jump U-20 Boys Final
215	10:45	800m U-20 Boys Semi-Finals	
216	11:00	200m U-17 Girls Heats	
217	11:10	200m U-17 Boys Heats	
218	11:20	200m U-20 Girls Heats	
219	11:30	200m U-20 Boys Heats	
	11:40	MEDAL CEREMONY	

SUNDAY, APRIL 9 – DAY 3 AFTERNOON SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
220	15:00	4x100m Relay U-17 Girls Semi-Finals	
221	15:05		High Jump U-17 Boys Final
222	15:10	4x100m Relay U-17 Boys Semi-Finals	
223	15:15		Long Jump U-17 Girls Final
224	15:20	4x100m Relay U-20 Girls Semi-Finals	
225	15:25		Javelin Octathlon Boys – Event 7 (800g)
226	15:30	4x100m Relay U-20 Boys Semi-Finals	
227	15:35		Shot Put U-17 Boys Finals (5kg)
228	15:45	400m Hurdles U-17 Girls Finals (0.76m)	
229	15:55	400m Hurdles U-20 Girls Finals (0.76m)	
230	16:05	400m Hurdles U-17 Boys Finals (0.84m)	
231	16:15	400m Hurdles U-20 Boys Finals (0.91m)	
	16:20	MEDAL CEREMONY	
232	16:30	200m U-17 Girls Semi-Finals	
233	16:35		Triple Jump U-17 Boys Final
234	16:40	200m U-17 Boys Semi-Finals	
235	16:50	200m U-20 Girls Semi-Finals	
236	17:00	200m U-20 Boys Semi-Final	Pole Vault Open Division Boys Final
237	17:05		Javelin Throw U-17 Boys Final (700g)
238	17:10	800m Heptathlon Girls – Event 7	
239	17:20	1500m Octathlon Boys – Event 8	
	17:30	MEDAL CEREMONY	
240	17:40	3000m Open Division Girls Final	
241	17:55	3000m U-17 Boys Final	
	18:10	MEDAL CEREMONY	
242	18:20	4x100m Relay U-17 Girls Finals	
243	18:30	4x100m Relay U-17 Boys Finals	
244	18:40	4x100m Relay U-20 Girls Finals	
245	18:50	4x100m Relay U-20 Boys Finals	
	19:00	4x400m Mixed Relay (Open) Finals	
	19:10	MEDAL CEREMONY	

MONDAY, APRIL 10 – DAY 4 MORNING SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
301	09:00	100m Hurdles U-17 Girls Semi-Finals (0.76m)	Pole Vault (Open) Girls Final
302	09:05		Javelin Throw U-17 Girls Final (500g)
303	09:10		High Jump U-20 Girls Final
304	09:15	100m Hurdles U-20 Girls Semi-Finals (0.84m)	
305	09:30	110m Hurdles U-17 Boys Semi-Finals (0.91m)	
306	09:40		Long Jump U-20 Girls Final
307	09:45	110m Hurdles U-20 Boys Semi-Finals (0.99m)	
308	10:00	4x400m Relay U-17 Girls Semi-Finals	
309	10:15	4x400m Relay U-17 Boys Semi-Finals	
310	10:30	4x400m Relay U-20 Girls Semi-Finals	
311	10:45	4x400m Relay U-20 Boys Semi-Finals	

MONDAY, APRIL 10 – DAY 4 AFTERNOON SESSION			
No.	TIME	TRACK EVENTS	FIELD EVENTS
	15:30	MEDAL CEREMONY	
312	16:00	100m Hurdles U-17 Girls Finals (0.76m)	
313	16:05		Triple Jump U-17 Girls Final
314	16:10	100m Hurdles U-20 Girls Finals (0.84m)	
315	16:15		Discus Throw U-17 Girls Final (1kg)
316	16:25	110m Hurdles U-17 Boys Finals (0.91m)	
317	16:30		Shot Put U-20 Boys Final (6kg)
318	16:35	110m Hurdles U-20 Boys Finals (0.99m)	
	16:40	MEDAL CEREMONY	
319	16:55	800m U-17 Girls Final	
320	17:05	800m U-17 Boys Final	
321	17:15	800m U-20 Girls Final	
322	17:25	800m U-20 Boys Final	
	17:30	MEDAL CEREMONY	
323	17:35	200m Special Olympics	
324	17:40		Triple Jump U-20 Boys Final
325	17:45	200m U-17 Girls Final	
326	17:50		Discus Throw U-17 Boys Final (1.75kg)
327	17:55	200m U-17 Boys Final	
328	18:05	200m U-20 Girls Final	
329	18:15	200m U-20 Boys Final	
	18:20	MEDAL CEREMONY	
330	18:35	5000m U-20 Boys Final	
331	19:05	4x400m Relay U-17 Girls Final	
332	19:15	4x400m Relay U-17 Boys Final	
333	19:25	4x400m Relay U-20 Girls Final	
334	19:35	4x400m Relay U-20 Boys Final	
	19:45	MEDAL CEREMONY	
	20:00	CLOSING CEREMONIES	

APPENDIX II: NUMERICAL ENTRIES

50th CARIFTA GAMES
April 7-10, 2023
Thomas A. Robinson National Stadium,
New Providence, Bahamas

NUMERICAL ENTRIES

To be forwarded to the Local Organizing Committee (LOC) no later than **12:00 Midnight on Friday, February 24, 2023**

Email: athletics@carifta50.com

EVENT	U-17 Girls	U-18 Boys	U-20 Girls	U-20 Boys
100m				
200m				
400m				
800m				
1500m				
3000m				
5000m				
100m/110m Hurdles				
300/400m Hurdles				
HIGH JUMP				
LONG JUMP				
TRIPLE JUMP				
POLE VAULT				
SHOT PUT				
JAVELIN				
DISCUS				
HEPTATHLON				
OCTHALON				
TEAM OFFICIALS				
TECHNICAL OFFICIALS				
TOTAL				

Signature: _____
President/ General Secretary

Date _____

APPENDIX III: FINAL ENTRIES

50th CARIFTA GAMES
 April 7-10, 2023
 Thomas A. Robinson National Stadium,
 New Providence, Bahamas

COUNTRY: _____

GIRLS UNDER 17 YEARS

FINAL ENTRY

(To be submitted no later than midnight Friday 10th, 2023)

EVENT	SURNAME	FIRST NAME	DATE OF BIRTH			PERSONAL BEST
			YR	MTH	DAY	
100m						
200m						
400m						
800m						
1500m						
3000m						
5000m						
100 M Hurdles						
400M Hurdles						
High Jump						
Pole Vault						

50th CARIFTA GAMES

April 7-10, 2023

Thomas A. Robinson National Stadium,
New Providence, Bahamas

COUNTRY: _____

GIRLS UNDER 17 YEARS

FINAL ENTRY

(To be submitted no later than midnight Friday 10th, 2023)

Long Jump						
Triple Jump						
Shot put						
Javelin						
Discus						
4 x 100m Relay						
4x400m Relay						
Mixed Relay (Open)						

50th CARIFTA GAMES
 April 7-10, 2023
 Thomas A. Robinson National Stadium,
 New Providence, Bahamas
April 7-10, 2023

COUNTRY: _____

BOYS UNDER 17 YEARS

FINAL ENTRY

(To be submitted no later than midnight Wednesday, March 24, 2023)

EVENT	SURNAME	FIRST NAME	DATE OF BIRTH			PERSONAL BEST
			YR	MTH	DAY	
100m						
200m						
400m						
800m						
1500m						
3000m						
5000m						
100 M Hurdles						
400M Hurdles						
High Jump						
Pole Vault						

50th CARIFTA GAMES
 April 7-10, 2023
 Thomas A. Robinson National Stadium,
 New Providence, Bahamas

COUNTRY: _____

BOYS UNDER 17 YEARS

FINAL ENTRY

(To be submitted no later than midnight Friday 10th, 2023)

Long Jump						
Triple Jump						
Shot put						
Javelin						
Discus						
4 x 100m Relay						
4x400m Relay						
Mixed Relay (Open)						

50th CARIFTA GAMES

April 7-10, 2023

Thomas A. Robinson National Stadium,
New Providence, Bahamas

COUNTRY: _____

GIRLS UNDER 20 YEARS

FINAL ENTRY

(To be submitted no later than midnight Friday 10th, 2023)

EVENT	SURNAME	FIRST NAME	DATE OF BIRTH			PERSONAL BEST
			YR	MTH	DAY	
100m						
200m						
400m						
800m						
1500m						
3000m						
5000m						
100 M Hurdles						
400M Hurdles						
High Jump						
Pole Vault						

50th CARIFTA GAMES

April 7-10, 2023

Thomas A. Robinson National Stadium,
New Providence, Bahamas

COUNTRY: _____

BOYS UNDER 20 YEARS

FINAL ENTRY

(To be submitted no later than midnight Friday 10th, 2023)

EVENT	SURNAME	FIRST NAME	DATE OF BIRTH			PERSONAL BEST
			YR	MTH	DAY	
100m						
200m						
400m						
800m						
1500m						
3000m						
5000m						
100 M Hurdles						
400M Hurdles						
High Jump						
Pole Vault						

50th CARIFTA GAMES
 April 7-10, 2023
 Thomas A. Robinson National Stadium,
 New Providence, Bahamas

COUNTRY: _____

BOYS UNDER 20 YEARS

FINAL ENTRY

(To be submitted no later than midnight Friday 10th, 2023)

Long Jump						
Triple Jump						
Shot put						
Javelin						
Discus						
4 x 100m Relay						
4x400m Relay						
Mixed Relay (Open)						

APPENDIX IV: REGISTRATION FORMS- OFFICIALS

50th CARIFTA GAMES

April 7-10, 2023

Thomas A. Robinson National Stadium,
New Providence, Bahamas

REGISTRATION FORMS- OFFICIALS

COUNTRY: _____

(To be submitted no later than midnight Wednesday, March 29, 2023)

Email: athletics@carifta50.com

No. of OFFICIALS	NAME (SURNAME FIRST)	FUNCTION
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

APPENDIX V : TECHNICAL MEETING QUESTIONS

50th CARIFTA GAMES

April 7-10, 2023

Thomas A. Robinson National Stadium,
New Providence, Bahamas

TECHNICAL MEETING QUESTIONS

(To be submitted no later than midnight Friday, March 24, 2023)

COUNTRY: _____

Question 1:

Question 2:

Question 3:

TEAM OFFICIAL

DATE

APPENDIX VI – PROTEST FORM FOR THE JURY OF APPEAL

50th CARIFTA GAMES
April 7-10, 2023
Thomas A. Robinson National Stadium,
New Providence, Bahamas

PROTEST FORM FOR THE JURY OF APPEAL

(Present with duplicate; original for the jury and copy for the official representative).

Name of the Athlete: _____
Event: _____ Country: _____
In accordance with World Athletics the protest must be accompanied by \$100.00 [USD]

Protest made by: _____ Representative of the athlete
ARTICLE of the World Athletics rulebook of reference: _____

MOTIVE FOR THE PROTEST: _____

Signature: _____

Received the protest and deposit,
Jury of Appeals Secretary: _____

To be completed exclusively by the Jury of Appeal

(Five Copies: Jury of Appeal, Referee, Representative, Secretary and Meet Manager)

Official Result Announced: _____ Time Verbal Protest presented to Referee: _____
Time Received: _____ Date: _____ 2022

Jury of Appeals Decision: _____

Unanimous Decision / majority

The Deposit will be returned _____

The Representative was informed _____ 2022 _____ hrs.

The Meet Manager and the Secretary where informed at _____ hrs.
Date _____ 2022.

Signature of the Jury of Appeal Members:

1. _____
2. _____
3. _____

I received the appeal (and deposit)

Representative: _____

APPENDIX VII – AGENDA FOR TECHNICAL MEETING

50th CARIFTA GAMES
April 7-10, 2023
Thomas A. Robinson National Stadium,
New Providence, Bahamas

AGENDA for Technical Meeting of Friday 7th April, 2023

1. Welcome & Introductions
2. Presentation of Meet Officials
3. General Information
 - ❖ Schedule of Events
 - ❖ Qualifying Rounds
 - ❖ Starting heights and progressions
 - ❖ Protest
 - ❖ Doping Control
 - ❖ Awards Presentation
 - ❖ Opening/ Closing Ceremonies
4. Answers to questions received prior to deadline
5. Closing Remarks
6. Walk About

APPENDIX VIII – AGENDA FOR THE CARIFTA CONGRESS

50th CARIFTA GAMES

April 7-10, 2023

Thomas A. Robinson National Stadium,

New Providence, Bahamas

AGENDA FOR THE 50th CARIFTA CONGRESS

1. Call to Order
2. Roll Call
3. Invocation
4. Welcome and Opening Remarks: Mike Sands - President of NACAC
5. Remarks by Lord Sebastian Coe – President of World Athletics
6. Remarks by Dumeco Archer – President of the Bahamas Association of Athletics Associations (BAAA)
7. Remarks by Minister of Sports
8. Minutes of CARIFTA Congress 2022
9. Matters Arising Out of the Minutes of the 2022 CARIFTA Congress
10. Reports
11. Proposals from NACAC Competitions Commission for Future CARIFTA Games
12. Declaration of Bids for CARIFTA Games 2024, 2025, 2026
13. Other CARIFTA Business
14. Adjournment

LUCHEON