



5th CARIBBEAN SCHOLASTIC INVITATIONAL
Departamento de Recreación y Deportes Municipio Autónomo de Carolina
Fundación Puertorriqueña Pro Desarrollo del Deporte de Atletismo (FUPPDA)
Departamento de Recreación y Deportes (DRD)
National Scholastic Sports Foundation - NSSF

5th CARIBBEAN SCHOLASTIC INVITATIONAL

- Competition Date: June 5th, 2010
- Location: City of Carolina Track and Field Stadium
- Competition Division: High School/Juniors U-20 – Men & Women
- Rules of the Competition: IAAF
- Local Transportation: The City of Carolina will provide local transportation to visiting athletes from the USA and other Caribbean countries.
- Facilities: The City of Carolina has a track and field stadium with a 400 meter synthetic track, and seating capacity for 5,000 spectators with all field events facilities, a sport medicine facility and a weight room.
- Parking: There are plenty of parking spaces in the Roberto Clemente Sport Complex.
- Sport Medicine: Professional Sport Medicine Services will be provided by the Department of Sports of Carolina.
- Warm up: Warm up area will be located behind the Guillermo Angulo Basketball Arena and in the outside area behind the second curve.



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- Call Room: Athletes will check in at least an hour before their event at the tent located by the beginning of the home straightaway, outside the track.
- Weight in: All implements must be turn in and weighted in by the Technical Manager at least two (2) hour before the event for proper certification of such implements.
- Officials: La Asociacion de Oficiales de Atletismo Del Norte (AOAN) will be officiating the competition.
- Timing and TIC SODM & NOCESA
- Meet Manager & Referee: Mr. Michael Serralta
- Technical Manager Mr. Jorge Ortiz
- Events to be contested: **Men -100, 200, 400, 800, 1,500, 3,000, 110H, 400H, 4x100, 4x400, LJ, TJ, HJ, PV, SP, HT, DT, JT.**
Women – 100, 200, 400, 800, 1,500, 3,000, 100H, 400H, 4x100, 4x400, LJ, TJ, HJ, PV, SP, HT, DT, JT.
- Entries: High School/Junior U20 Champions from the NSSF USA Nationals, Puerto Rico top 16 athletes in the national junior ranking certified by the FAPUR and invited athletes from other CAC Countries. Athletes must be over 15 years old to be able to compete. Make sure you include athlete best time for the purpose of seeding.
- Entry Deadline: Entries must be done no later than June 1st, 2010. You must do your entries on line to: mdejesus@sagrado.edu with copy to victorlp8@aol.com. No late entries will be accepted.



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For more information contact:

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TENTATIVE COMPETITION SCHEDULE

Running Events

1:00 PM	4x100 (W)
1:10	4x100 (M)
1:20	1,500 (W)
1:30	1,500 (M)
1:45	100 H (W)
1:55	110 H (M)
2:05	400 (W)
2:15	400 (M)
2:25	100 (W)
2:45	100 (M)
3:00	800 (W)
3:10	800 (M)
3:25	400 H (W)
3:35	400 H (M)
3:50	200 (W)
4:10	200 (M)
4:30	3,000 (W)
4:45	3,000 (M)
5:00	4x400 (W)
5:10	4x400 (M)



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Field Events

11:00	Hammer Throw (Women) Followed by men
1:00	High Jump (W) Followed by men
1:00	Shot Put (W) followed by men
1:00	Discus (M) followed by women
1:00	Long Jump (M) followed by women
1:00	Pole Vault (M) followed by women
3:00	Javelin (M) followed by women
3:00	Triple Jump (M) followed by women



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ENTRY FORM

TEAM : _____

Category: **Male:**_____ **Female:**_____

Event	Name:	Personal Best:	2009 Best
100m	1. _____	_____	_____
	2. _____	_____	_____
200m	1. _____	_____	_____
	2. _____	_____	_____
400m	1. _____	_____	_____
	2. _____	_____	_____
800m	1. _____	_____	_____
	2. _____	_____	_____
1,500m	1. _____	_____	_____
	2. _____	_____	_____
3,000/5,000m	1. _____	_____	_____
	2. _____	_____	_____
110/100H	1. _____	_____	_____
	2. _____	_____	_____



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400H	1. _____	_____	_____
	2. _____	_____	_____
Long Jump	1. _____	_____	_____
	2. _____	_____	_____
Triple Jump	1. _____	_____	_____
	2. _____	_____	_____
High Jump	1. _____	_____	_____
	2. _____	_____	_____
Pole Vault	1. _____	_____	_____
	2. _____	_____	_____
Shot Put	1. _____	_____	_____
	2. _____	_____	_____
Discus	1. _____	_____	_____
	2. _____	_____	_____
Javelin	1. _____	_____	_____
	2. _____	_____	_____
Hammer	1. _____	_____	_____



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2. _____

4x100m

4x400m

Team Leader or Head Coach: _____

Address: _____

Tel. _____

Fax. _____

Email. _____