



**5<sup>th</sup> ANNUAL CAROLINA SPRING BREAK CLASSIC  
2<sup>ND</sup> QUALIFYING MEET - 2010 JUSTAS LAI  
City of Carolina Sport and Recreation Department  
Puerto Rico Foundation for the Development of Athletics (FUPPDA)  
Puerto Rico Interuniversity Athletic League (LAI)  
City of Carolina  
March 19-20, 2010**

Dear Coach:

It is pleasure to extent to you and your University an invitation for the 5th Annual Carolina Spring Break Classic and the 2nd 2010 QualifyingMeet of the Justas LAI sponsored by, the Department of Sport and Recreation of Carolina, the Puerto Rico Foundation for the Development of Athletics (FUPPDA) and the Interuniversity Athletic League of Puerto Rico (LAI).

Please let us know, as soon as possible, the following:

1. Confirmation of Participation (If you already have done so, disregard this item).
2. Send to us as soon as possible, date of arrival with all the details (airline, flight number, a breakdown of the number of participants (athletes-males and females, coaches, other support personnel, etc.)
3. Information on departure.
4. A detailed training schedule.

Send the above information to us via email.

The City of Carolina is looking forward to hosting you and your athletes during this period therefore do not hesitate to contact us if you have any specific needs and questions.

Cordially,

Luis Reyes  
Director of Sports and Recreation City of Carolina

José E. Arrarás  
Commissioner LAI

Victor Lopez  
President FUPPDA  
Meet Director

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**5th ANNUAL CAROLINA SPRING BREAK CLASSIC  
2<sup>nd</sup> 2010 JUSTAS LAI QUALIFYING MEET**

- Competition Date: Friday March 19 and Saturday March 20, 2010
- Location: Basilio Rodriguez Track and Field Stadium - Carolina
- Competition Divisions: University student-athletes eligible to compete at the 2010 Justas LAI, student-athletes from invited universities from the USA members of the NCAA and **invited athletes from the Puerto Rico National Team.**
- Rules of the Competition: IAAF rules and LAI and NCAA rules where applicable.
- Local Transportation: The City of Carolina will provide local transportation to visiting universities from USA, to and from the airport, to and from the hotel to training venues and to and from competition site with previous arrangement with the Organizing Committee.
- Facilities: The City of Carolina has a track and field stadium with a 400 meter synthetic track, and covered 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.
- Medical Services: Paramedics will be on site for any emergency as well as an ambulance.



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Warm up:	The warm up area will be located in the green area outside the second curve. Whenever possible athletes can use the back straightaway for accelerations.
Trainers:	Tents will be provided in the warm up area for school trainers.
Call Room:	<u>Athletes in running events must check in at least an hour before their event at the tent located in the warm up area. Athletes that do not comply with this rule will be scratch from the event. We will use a rolling schedule. After all the entries are in we will produce a timetable but it will be used only as a guideline.</u>
Weight in:	All implements must be turn in and weighted in by the Technical Manager at least two (2) hours before the start of the first throwing event each day for proper certification of such implements.
Attempts	In the throwing events and in the horizontal jumps the athletes will compete in groups and each competitor will have three attempts.
Officials:	La Asociación de Oficiales de Atletismo del Norte (AOAN) will be officiating the competition.
Secretariat	Prof. Manuel de Jesus - S.O.D.M. Meet Management
Photo Finish	NOCESA SPORT – Profs. Wilson Morales/Noel Cedeño
Technical Director	Prof. Reinaldo Oliver
Meet Manager & Referee:	Prof. Michael Serralta



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Technical Manager                      Mr. Jorge Ortiz

Events to be contested:                100,200,400,800,1500,5000 (men),10,000(women),  
100H,110H,400H,3,000stepleCHASE,4x100,4x400, 5,000  
race walk, LJ,HJ,TJ,PV,SP,DT,HT,JV

Entries:                                      Entries must be done online no later than Tuesday March  
16<sup>th</sup>, 2010 at [www.sodmpr.com](http://www.sodmpr.com) to Manuel  
de Jesus, [mdejesus@sagrado.edu](mailto:mdejesus@sagrado.edu) with copy to  
[victorlp8@aol.com](mailto:victorlp8@aol.com). No late entries will be accepted.

Each university could enter a maximum of four (4)  
participants per event with the exception of the 5,000,  
10,000 and the Race Walking Events where they could  
enter a maximum of five.

Since we are running heats against time it is a must that you  
enter a seeded time for each competitor. Failing to do this  
means that your athlete will be seeded in a slow heat.

In the throwing events and in the horizontal jumps the  
athletes will compete in groups and each athlete will have  
three attempts. Also, the athletes will be grouped by best  
marks therefore, please enter your athlete's best mark.

Final Declarations:                      Final declarations in running events must be done at least  
an hour before the start of each event on both days. This is  
compulsory. Field events participants must report directly  
to the competition site.

Uniforms:                                      Athletes must wear the official school uniform as stated by  
the LAI and NCAA rules.



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- Bib Numbers**                      Bib numbers will be used only by athletes in running events and must be worn on the front.
- Awards:**                              A T-shirt will be awarded to the first three places in all the individual events and relays.
- Results:**                              Will be posted as soon as possible in the bulletin board located behind the stands in the stadium and in the following web pages, [www.sodmpr.com](http://www.sodmpr.com), [www.cacathletics.org](http://www.cacathletics.org).
- Television:**                          The meet is going to be televised live for five hours by DIRECT TV. Therefore we request your cooperation making sure that your athletes are on time for the start of their event.

For more information contact:

Víctor López  
Meet Director  
PO Box 4770  
Carolina, Puerto Rico 00984  
Telephone: (787) 791-7032 - Home  
Fax: (787) 253-2982  
Cellular (787) 367-1421  
Email: [victorlp8@aol.com](mailto:victorlp8@aol.com)

Or

Reinaldo Oliver  
(787) 462-8616



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**ORDER OF EVENTS**

**RUNNING EVENTS**

**FRIDAY MARCH 19**

4:30 PM- LAI 80<sup>th</sup> ANNIVERSARY  
CEREMONY

5:00 PM- 5,000 Race Walk (W)  
5,000 Race Walk (M)  
5,000 (W)  
10,000 (M)

**SATURDAY MARCH 20**

10:00 – 4x100 (W)  
4x100 (M)  
400 Hurdles (W)  
400 Hurdles (M)  
100m (W)  
100m (M)  
800m (W)  
800m (M)  
100H (W)  
110H (M)  
400m (W)  
400m (M)  
1,500m (W)  
1,500m (M)  
200m (W)  
200m (M)  
3,000m Steple (W)  
3,000m Steple (M)  
4x400m (W)  
4x400m (M)



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**ORDER OF EVENTS**

**FIELD EVENTS**

**FRIDAY MARCH 19**

11:00 AM – Hammer Throw (W)  
followed by Men's

11:00 - Pole Vault (M) followed by  
Women's

1:00 - High Jump (W) followed by Men's

Javelin Throw (W) followed by Men's

**SATURDAY MARCH 20**

10:00 – Long Jump (M) followed by Women

10:00 - Shot Put (M) followed by Women's

10:00 - Discus Throw (W) followed by  
Men's

Triple Jump (W) followed by Men's

- WE WILL BE USING A ROLLING SCHEDULE THEREFORE IT IS IMPORTANT THAT YOUR ATHLETES BE READY ON TIME.
- WE WILL PRODUCE A TIMETABLE AFTER ALL THE ENTRIES ARE IN BUT WE WILL USE IT AS A GUIDE.



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