



11th ANNUAL CAROLINA SPRING BREAK CLASSIC
City of Carolina Sport and Recreation Department
Puerto Rico Foundation for the Development of Athletics (FUPPDA)
City of Carolina
March 19, 2016

Dear Coach:

It is pleasure to extent to you and your University an invitation for the 11th Annual Carolina Spring Break Classic sponsored by, the Department of Sport and Recreation of Carolina and the Puerto Rico Foundation for the Development of Athletics (FUPPDA).

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,

Victor Lopez

Competition Director





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- Competition Date: Saturday March 19, 2016
- Location: Basilio Rodriguez Track and Field Stadium - Carolina
- Competition Divisions: University athletes from invited universities from USA and LAI and invited athletes from the Puerto Rico National Team.
- High School: There will be several special running events for high school and junior/youth athletes with the following restrictions. Two athletes in each gender from each of the Carolina clubs (Six athlete's total) and the next two athletes from the national ranking up to the Tuesday before the Meet. In other words we will run just one heat of eight athletes with four or six, depending the entries from the Carolina Clubs. In the 800m. girls we will run 16 athletes with each Carolina club entering up to three athletes (Nine totals) and the next seven athletes selected from the national ranking.
- In the relays each Carolina club could enter one relay in each gender and the other five relays will be invited from the national ranking.
- Rules of the Competition: IAAF rules.
- 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.



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- 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.
- 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:** 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.
- Weight in:** All implements must be turn in and weighted in by the Technical Director 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 four attempts.



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- Officials: La Asociación de Oficiales de Atletismo del Norte, Inc. (AOAN)
will be officiating the competition.
- Secretariat: Prof. Manuel de Jesus - S.O.D.M. Meet Management
- Photo Finish: wilson@tiempodellegada.com – Profs. Wilson Morales/Noel Cedeño
- Technical Delegate-Referee: Prof. Michael A. Serralta
- Technical Director: Mr. Miguel Rodríguez
- Events to be contested: University Men/Women
100, 200, 400, 800, 1500, 3000, 100H, 110H, 400H, 4x100,
4x400LJ, HJ, TJ, PV, SP, DT, HT, JV
- **Invitational 600 meter Men – Herminio Isaac Classic**
- High School Events:
Boys – 100m, 400m, 110H, 400H, 4x100, 4x400
Girls – 100m, 800m, 100H, 4x100, 4x400
- Entries: Entries must be done online no later than Tuesday March 17th,
2015 at www.sodmpr.com to Manuel de Jesus,
mdejesus@sagrado.edu with copy to mserralta.iaaf@gmail.com
No late entries will be accepted.

Each university could enter a maximum of four (4) participants per event. 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 four attempts. Also, the athletes will be grouped by best marks therefore, please enter your athlete's best mark.



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Final Declarations: Final declarations and scratches in running events must be done at least an hour before the start or as soon as possible. This is compulsory and the head coach must notify Prof. Manuel de Jesus at the Secretariat. Field events participants must report directly to the competition site.

Uniforms: Athletes must wear the official school or club uniform. 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 and www.athleticsnacac.org.

For more information contact:

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Competition Director
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TENTATIVE COMPETITION SCHEDULE

Running Events

12:00 hrs.	4X100 (girls)	High School
12:10	4x100 (boys)	High School
12:20	4x100 (women)	University
12:35	4x100 (men)	University
12:45	1,500 (women)	University
12:55	1,500 (men)	University
13:05	100 H (girls)	High School
13:15	100 H (women)	University
13:30	110 H (boys)	High School
13:45	110 H (men)	University
13:50	400 (boys)	High School
14:00	400 (women)	University
14:10	400 (men)	University
14:15	100 (girls)	High School
14:25	100 (boys)	High School
14:30	100 (women)	University
15:00	100 (men)	University
15:30	800 (girls)	High School
15:40	800 (women)	University
15:50	800 (men)	University
16:00	600 (men) "Herminio Isaac Classic"	Invitational
16:05	400 H (women)	University
16:20	400 H (boys)	High School
16:35	400 H (men)	University
16:45	200 (women)	University
17:15	200 (men)	University
17:45	3,000 (women)	University
18:00	3,000 (men)	University
18:15	4x400 (girls)	High School



18:25	4x400 (boys)	High School
18:35	4x400 (women)	University
18:45	4x400 (men)	University

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TENTATIVE COMPETITION SCHEDULE

Field Events

08:00 hrs.	Hammer Throw (Women) Followed by Men's Hammer	
11:00	Shot Put (women)	University
12:00	Discus (men)	University
12:00	Long Jump (men)	University
12:00	Pole Vault (men)	University
12:00	High Jump (women)	University
12:30	Shot Put (men)	University
13:30	Discus (women)	University
13:30	Long Jump (women)	University
14:00	Pole Vault (women)	University
14:30	High Jump (men)	University
15:00	Javelin (women)	University
15:00	Triple Jump (men) University followed by women	
16:00	Javelin (men)	University

**** FINAL COMPETITION SCHEDULE WILL BE DONE AND ADJUSTED AFTER ALL THE ENTRIES ARE IN.**



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Competition Rules and Modifications

1. Rules governing the competition - IAAF
2. Call Room - all athletes for track events must report one hour before the event starts. This measure is because order of events prevail but the schedule can be change according to the registration of competitors.
3. General Warm-up Area - in the green area outside the second curve.
4. Field Events - (1) athletes will report directly to the event for their participation. (2) once the event starts any athlete without exception may not be included to participate.
5. Implements - all throwing implements must be certified by the Technical Director (Mr. Miguel Rodríguez) two hours before the start of the event.
6. Attempts - in throwing events and horizontal jumps each competitor is entitled to four trials. If the total number of participants exceeds sixteen (16) athletes it will be divided into two groups.
7. Starting Heights and Progressions. Pole Vault – females 2.30m; males 3.00m. Progressions for both genders will be 10cm. High Jump – females 1.35m; males 1.55m. Progressions for both will be 5cm.
8. 800m. - Because of race schedule there will be two heats if all participants are present. This means that athletes will share a lane. Runners, preferably from the same institution or high time low time.
9. Coaching Box - (1) the coaches have the right to be in the event area outside lane eight if space is appropriately provided; (2) if athletes are not competing in the event, the coach will lose the right to be in the area. This is a privilege to help your athlete.
 - a. High Jump - Javelin: first curve.



- b. Hammer Throw – Discus Throw: 1,500m start.
- c. Shot Put: top of grass area at 200m start.
- d. Pole Vault: 300m area.
- e. Horizontal Jumps: unfortunately outside the competition area.