



**12th CAROLINA SPRING BREAK CLASSIC**  
**City of Carolina**  
**Puerto Rico Foundation for the Development of Athletics (FUPPDA)**  
**Interuniversity Athletic League (LAI)**  
**March 17-18, 2016**

Dear Coach:

It is a pleasure to extend to you and your University an invitation for the 12th 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





Competition Dates:	Friday, March 17 and Saturday, March 18, 2017
Location:	University of Turabo Track and Field Facilities – Gurabo, Puerto Rico
Competition Divisions:	University athletes from invited universities from USA and LAI and invited athletes from the Puerto Rico National Team.
Rules of the Competition:	IAAF rules and the LAI rules where they may apply.
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 University of Turabo has a track and field facility with a 400 meter synthetic track, and seating capacity for 2,000 spectators with all field events facilities, a sport medicine facility and a weight room.
Parking:	There are plenty of parking spaces in the University of Turabo facilities.
Medical Services:	Paramedics will be on site for any emergency as well as an ambulance.
Warm up:	The warm up area will be located at the softball park right behind the track. Whenever possible athletes can use the back straightaway for accelerations.
Trainers:	Tents will be provided in the warm up area for university 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 turned 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.
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: NOCESA SPORT – Profs. Wilson Morales/Noel Cedeño
- Meet Manager: Prof. Michael A. Serralta
- Technical Director: Mr. Jorge L. Ortiz
- Entries: Entries must be done online no later than Tuesday March 17th, 2015 at [www.sodmpr.com](http://www.sodmpr.com) to Manuel de Jesus, [mdejesus@sagrado.edu](mailto:mdejesus@sagrado.edu) with copy to [victorlopezppq@gmail.com](mailto:victorlopezppq@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.

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](http://www.sodmpr.com).

For more information, contact:

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Competition Director  
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LAI Technical Director  
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[jorgeensixto@yahoo.com](mailto:jorgeensixto@yahoo.com)



### ORDER OF EVENTS

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
101	HAMMER THROW	12:00 p.m.	X		Friday
102	HAMMER THROW			X	Friday
103	DISCUS THROW	3:00 p.m.	X		Friday
104	DISCUS THROW			X	Friday
105	LONG JUMP	4:00 p.m.		X	Friday
106	HIGH JUMP	4:00 p.m.	X		Friday
107	POLE VAULT	4:00 p.m.	X		Friday
108	3,000 METERS RACE WALK	4:00 p.m.	X		Friday
109	5,000 METERS RACE WALK	5:00 p.m.		X	Friday
110	5,000 METERS	6:00 p.m.		X	Friday
111	10,000 METERS	7:00 p.m.	X		Friday

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
112	POLE VAULT	1:00 p.m.		X	Saturday
113	SHOT PUT	1:00 p.m.	X		Saturday
114	JABALIN THROW	1:00 p.m.		X	Saturday
115	4 X 100 METERS RELAY	1:00 p.m.	X		Saturday
116	4 X 100 METERS RELAY			X	Saturday
117	400 METERS HURDLES		X		Saturday
118	400 METERS HURDLES			X	Saturday
119	100 METERS		X		Saturday
120	100 METERS			X	Saturday
121	100 METERS HURDLES		X		Saturday
122	110 METERS HURDLES			X	Saturday
123	LONG JUMP	3:00 p.m.	X		Saturday
124	HIGH JUMP	3:00 p.m.		X	Saturday
125	SHOT PUT	3:00 p.m.		X	Saturday
126	JABALIN THROW	3:00 p.m.	X		Saturday
127	800 METERS		X		Saturday
128	800 METERS			X	Saturday
129	<b>600 METERS "HERMINIO ISAAC CLASSIC"</b>	4:00 p.m.		X	Saturday
130	TRIPLE JUMP			X	Saturday
131	400 METERS		X		Saturday
132	TRIPLE JUMP		X		Saturday
133	400 METERS			X	Saturday
134	1,500 METERS		X		Saturday
135	1,500 METERS			X	Saturday
136	200 METERS		X		Saturday
137	200 METERS			X	Saturday
138	3,000 METERS STEEPLECHASE		X		Saturday
139	3,000 METERS STEEPLECHASE			X	Saturday
140	4 X 400 METERS		X		Saturday
141	4 X 400 METERS			X	Saturday



## Notes:

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 prevails but the schedule can be change per the registration of competitors.
3. General Warm-up Area - in the 400m. warm-up track of the University complex.
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. Jorge L. Ortiz 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. Coaching Box - (1) the coaches have the right to be in the event area outside lane eight if space is available; (2) any person not eligible to be in the area will forfeit the coaches privilege. This is to help your athlete.

Revised: Friday, January 22, 2017