



# Tobago Falcons Athletic Club

Established 20/07/2000  
PO Box 188 Scarborough Tobago

## FALCON GAMES 2012 PROGRAMME

Saturday 31 <sup>st</sup> March, 2012		DAY ONE	
NO.	TIME	EVENT	CLASS
01	9.30 a.m	60 Meters	Girls 11-12 years
02	9.40 a.m	60 Meters	Boys 11-12 years
03	9.50 a.m	80Meters	Girls 13-14 Years
04	10.00 a.m	80 Meters	Boys 13-14 years
81		60 Meters	Girls Under 9
82		60 Meters	Boys Under 9
01a	10.10 a.m,	High Jump	Girls 11-12 years
02a	10.20 a.m	High Jump	Boys 11-12 years
05	10.25 a.m	150 Meters	Girls Under 11 Heats
03a	10.30 a.m	Long Jump	Girls 13-14 Years
06	10.35 a.m	150 Meters	Boys Under 11 Heats
04a	10.40 a.m	Long Jump	Boys 13-14 Years
07	10.45 a.m	200 Meters	Girls Under 13 Heats
08	10.55 a.m	200 Meters	Boys Under 13 Heats
09	11.05 a.m	200 Meters	Girls Under 15 Heats
10	11.15 a.m	200 Meters	Boys Under 15 Heats
11	11.25 a.m	200 Meters	Girls Under 17 Heats
01b	11.30 a.m	Ball Throw	Girls 11-12 years
02a	11.35a.m	Ball Throw	Boys 11-12 years
12	11.35 a.m	200 Meters	Boys Under 17 Heats
03b	11.45 a.m	Shot Put	Girls 13-14 Years
04b	11.50 a.m	Shot Put	Boys 13-14 Years
13	11.55 a.m	200 Meters	Boys Under 20 Heats
14	12.05 p.m	200 Meters	Women Heats
15	12.15 p.m	200 Meters	Men Heats
	<b>3.00 p.m.</b>	<b>OPENING CEREMONY</b>	
05a.	4.00 p.m.	150 Meters	Girls Under 11 Final
06a	4.05 p.m.	150 Meters	Boys Under 11 Final
03c	4.10 p.m	High Jump	Girls 13-14 Years
04c	4.10 p.m	High Jump	Boys 13-14 Years
16 A & B	4.10 p.m.	Shot Put	Girls U-17 & Women Final
17	4.10 p.m.	Discus *	Men Final
18 A & B	4.10 p.m	Long Jump	Girls U – 17 & Women Final
07a	4.10 p.m.	200 Meters	Girls Under 13 Final
08a	4.15 p.m.	200 Meters	Boys Under 13 Final
19 A & B	4.40 p.m.	400 Meters Hurdles	Girls U-17 & Women Final
20	4.50 p.m.	400 Meters Hurdles	Boys Under 17 Final
21	5.00 p.m.	400 Meters Hurdles	Men Final
22	5.10 p.m.	800 Meters	Girls Under 17 Final
23	5.20 p.m.	800 Meters	Boys Under 17 Final
24	5.35 p.m.	800 Meters	Women Final
25	5.40 p.m.	800 Meters	Men Final
26	5.45 p.m.	Long Jump	Boys Under 17 Final
27	5.45 p.m.	Shot Put *	Boys Under 17 Final
28 A & B	5.45 p.m.	Javelin	Women & G U-17 Final
29	5.45 p.m.	High Jump	Men Final
09a	5.55 p.m.	200 Meters	Girls Under 15 Final
10a	6.00 p.m.	200 Meters	Boys Under 15 Final
11a	6.05 p.m.	200 Meters	Girls Under 17 Final
12a	6.10 p.m.	200 Meters	Boys Under 17 Final
83		200 Meters	Masters Women
84		200 Meters	Masters Men
13a	6.20 p.m..	200 Meters	Boys Under 20 Final
14a	6.25 p.m.	200 Meters	Women Final
15a	6.30 p.m.	200 Meters	Men Final
30	6.40 p.m	3000 Meters	Women Final
31	7.00 p.m	5000 Meters	Men Final
32	7.25 p.m.	4x100 Meters Relay	Mixed Under 11 Final
33	7.35 p.m.	4x100 Meters Relay	Mixed Under 13 Final
34	7.45 p.m.	4x100 Meters Relay	Mixed Under 15 Final

35	7.55 p.m.	4x100 Meters Relay	Girls Under 17 Final
36	8.05 p.m.	4x100 Meters Relay	Boys Under 17 Final
37	8.15 p.m.	4x100 Meters Relay	Boys Under 20 Final
38	8.25 p.m.	4x100 Meters Relay	Women Final
39	8.35 p.m.	4x100 Meters Relay	Men Final

Sunday 01<sup>st</sup> April, 2012

**DAY TWO**

01c	9.30 a.m	Long Jump	Girls 11-12Years
02c	9.30 a.m	Long Jump	Boys 11-12 Years
03d	9.30 a.m	60Meters Hurdles	Girls 13-14 years
04d	9.40 a.m	80 Meters Hurdles	Boys 13-14 Years
40	9.45 a.m.	Discus *	Boys Under 17 Final
41	9.50 a.m	400 Meters	Girls Under 15 Heats
42	9.50 a.m	400 Meters	Boys Under 15 Heats
43	10.00 a.m	400 Meters	Girls Under 17 Heats
44	10.10 a.m	400 Meters	Boys Under 17 Heats
45	10.30 a.m	400 Meters	Boys Under 20 Heats
46	10.40 a.m	400 Meters	Women Heats
47	10.50 a.m	400 Meters	Men Heats
03e	11.00 a.m	Ball Throw	Girls 13-14 Years
04e	11.00 a.m	Ball Throw	Boys 13-14 Years
48	11.00 a.m	100 Meters	Girls Under 11 Heats
49	11.10 a.m	100Meters	Boys Under 11 Heats
50	11.20 a.m	100 Meters	Girls Under 13 Heats
51	11.30 a.m	100 Meters	Boys Under 13 Heats
52	11.40 p.m	100 Meters	Girls Under 15 Heats
53	11.50 a.m	100 Meters	Boys Under 15 Heats
54	12.00 p.m	100 Meters	Girls Under 17 Heats
55	12.10 p.m	100 Meters	Boys Under 17 Heats
56	12.30 p.m	100 Meters	Boys Under 20 Heats
57	12.40 p.m	100 Meters	Women Heats
58	12.50 p.m	100 Meters	Men Heats

**INTERVAL**

59	3.30p.m	High Jump	Girls Under 17 & Women Final
60	3.30 p.m	Javelin *	Men Final
61	3.30 p.m.	Long Jump	Men Final
62	3.30 p.m.	Shot Put *	Men Final
01e	3.30 p.m	800 Meters	Girls 11-12 Year
02e	3.40 p.m	1000 Meters	Boys 11.12 Year
03f	3.50 p.m	1000 Meters	Girls 13-14 Year
04f	4.00 p.m	1200 Meters	Boys 13-14 Year
63	4.10 p.m.	100 Meters Hurdles	Girls Under 17 Final
64	4.20 p.m.	100 Meters Hurdles	Women Final
65	4.30 p.m.	110 Meters Hurdles	Boys Under 17 Final
66	4.40 p.m.	110 Meters Hurdles	Boys Under 20 Final
67 A & B	4.45 p.m.	High Jump	Boys Under 17 Finals
68	4.45 p.m.	Javelin *	Boys Under 17 Final
69	4.50 p.m.	110 Meters Hurdles	Men Final
41a	5.00 p.m.	400 Meters	Girls Under 15 Final
42a	5.05 p.m.	400 Meters	Boys Under 15 Final
43a	5.10 p.m.	400 Meters	Girls Under 17 Final
44a	5.15 p.m.	400 Meters	Boys Under 17 Final
45a	5.20 p.m.	400 Meters	Boys Under 20 Final
46a	5.25 p.m.	400 Meters	Women Final
47a	5.30 p.m.	400 Meters	Men Final
70 A & B	5.45 p.m.	Discus	Girls Under 17 & Women Final
71	5.45 p.m	Triple Jump	Men Open
72	5.40 p.m.	1500 Meters	Boys Under 17 Final
73	5.50 p.m.	1500 Meters	Women Final
74	6.00 p.m.	1500 Meters	Men Final

**INTERMISSION**

48a	6.30 p.m.	100 Meters	Girls Under 11 Final
49a	6.35 p.m.	100 Meters	Boys Under 11 Final
50a	6.40 p.m.	100 Meters	Girls Under 13 Final
51a	6.45 p.m.	100 Meters	Boys Under 13 Final
52a	6.50 p.m.	100 Meters	Girls Under 15 Final
53a	6.55 p.m.	100 Meters	Boys Under 15 Final
54a	7.00 p.m.	100 Meters	Girls Under 17 Final
55a	7.05 p.m.	100 Meters	Boys Under 17 Final
85		100 Meters	Masters Women
86		100 Meters	Masters Men
56a	7.10 p.m.	100 Meters	Boys Under 20 Final
57a	7.15 p.m.	100 Meters	Women Final
58a	7.20 p.m.	100 Meters	Men Final
75	7.30 p.m.	4 x 400 Meters Relay	Mixed Under 15 Final
76	7.40 p.m.	4 x 400 Meters Relay	Girls Under 17 Final
77	7.50 p.m.	4 x 400 Meters Relay	Boys Under 17 Final
78	8.00 p.m.	4 x 400 Meters Relay	Boys Under 20 Final
79	8.10 p.m.	4 x 400 Meters Relay	Women Final
80	8.20 p.m.	4 x 400 Meters Relay	Men Final

## AGE GROUP EVENTS

There shall be two age group categories for male and female this year.

- (a) Females: 11-12years, 13 -14 years. Born 2000 - 2001
- (b) Males: 11 – 12 years, 13 – 14 years. Born 1998 - 1999

### Events - Female

<u>Day</u>		<u>11-12years</u>		<u>13 -14 years</u>
1	#01	60m dash	#03	80m dash
	#01a	High Jump	#03a	Long Jump
	#01b	Ball Throw	#03b	Shot Put (3kg)
			#03c	High Jump
2	#01c	Long Jump	#03d	60m Hurdles
	#01d	800m	#03e	Ball Throw
			#03f	1000m

### Events - Male

<u>Day</u>		<u>11 – 12 years</u>		<u>13 – 14 years</u>
1	#02	80m dash	#04	80m dash
	#02a	High Jump	#04a	Long jump
	#02b	Ball Throw	#04b	Shot Put (3kg)
			#04c	High Jump
2	#02c	Long Jump	#04d	80m Hurdles
	#02d	1000m	#04e	Ball Throw
			#04f	1200m

(1) Except where otherwise stated, the rules of the IAAF, will apply the conduct of the events of the competition.

### (2) High Jump

- a) Each competitor shall be allowed three attempts at each height. Starting on an attempt twice without jumping will constitute one attempt.
- b) Starting Heights shall be:
  - c) Male            11 - 12 years            80cms
  - Male            13 - 14years            110cms
  - Female        11 – 12 years            70cms
  - Female        13 – 14 years            90cms

d) Increments shall be as follows:

5cms until 3 competitors left  
2cms until last competitor is left  
Thereafter, increments shall be at the last competitor's discretion.

### (3) Long Jump

- a) The take off board shall be white and shall measure 1.22 X 30cm.
- b) The minimum distance between the take-off board and the landing pit shall be 1 meter.
- c) Each competitor is allowed 3 attempts.

### (4) Shot Put

- a) The ball used shall be 3kg in weight.
- b) Each competitor is allowed 3 attempts.
- c) The competitor shall put from the final phase of the event, i.e. from the front of the circle.

(5) Ball Throw

- a) A standard sized ball shall be used.
- b) The throw shall be an overhead throw.
- c) Each competitor is allowed 3 attempts.

(6) In the following events:

60 Meters  
80 Meters  
Hurdles Events

- a) Each competitor is allowed to take two false starts, but shall be disqualified on the third false start.
- b) Competitors must remain in assigned lanes and those who leave their lanes during the race could be disqualified.
- c) In order to score points, competitors must complete race. A competitor who falls during the race must get up and finish in order to score points.

d) Height of hurdles shall be:

Male	13-14 years	84cms.	33"
Female	13-14 years	76.2cms	30"

e) Distance for Males:

Start to first hurdle:	13.00 Meters
Between hurdles:	8.50 Meters
Last hurdle to finish line	7.50 Meters

f) Distance for Females:

Start to first hurdle:	12.00 Meters
Between hurdles:	8.00 Meters
Last hurdle to finish line	8.00 Meters