



TRINIDAD & TOBAGO  
NATIONAL ASSOCIATION OF ATHLETICS ADMINISTRATIONS  
N.A.C.A.C. AGE GROUP TRIALS 2017



SATURDAY 22<sup>ND</sup> – SUNDAY 23<sup>RD</sup> APRIL

HASELY CRAWFORD STADIUM

PORT OF SPAIN

TRINIDAD

LIST OF EVENTS

EVENT NO.	EVENT TITLE	CATEGORY	ELIGIBILITY	EVENTS
1	PENTATHLON A- Girls	(11-12)	• Boys and Girls born from Jan. 1 2005 – Dec. 31 2006	• 60m • 800m/1000m • Long Jump • High Jump • Ball Throw (400g)
2	PENTATHLON B- Boys			
3	HEPTATHLON A- Girls	(13-14)	• Boys and Girls born from Jan. 1 2003 – Dec. 31 2004	• 80m • 1000m/1200m • 60mH (.76m)/80mH(.84m) • Long Jump • High Jump • Ball Throw (400g) • Shot Put(3kg)
4	HEPTATHLON B - Boys			

## 2017 NACAC AGE GROUP TRIALS

### RULES

1. All athletes registered with the National Association of Athletics Administrations of Trinidad and Tobago for 2017, and who meet the age requirement, are eligible for participation in the 2017 N.A.C.A.C. Age Group Trials.
2. All athletes are required to participate in their club's official uniform.
3. The athlete's 2017 registration number must be worn in the front and the back of the uniform, except in the High Jump event, where the athlete will be able to use a single number.
4. Except in cases where something else is specified, the IAAF competition rule book will be used.
5. The NACAC age group combined events scoring tables will be used.
6. **Sprint and Hurdle Events**

#### **For Heptathlon A – Girls (6 hurdles)**

- *Start to 1<sup>st</sup> hurdle* 12.00metres
- *Between hurdles* 8.00metres
- *Last hurdle to finish line* 8.00metres

## 2017 N.A.C.A.C. AGE GROUP TRIALS

### RULES (continued)

#### **For Heptathlon B - Boys (8 hurdles)**

- *Start to 1<sup>st</sup> hurdle*      13.00metres
- *Between hurdles*              8.50metres
- *Last hurdle to finish line*      7.50metres

- Each competitor will have the right to take two (2) false starts; if the athlete takes the third false start the athlete will be disqualified.
- The competitors in the track events will have to stay inside their assigned lane or could be disqualified for running outside it.
- In order to obtain points all competitors will have to complete each race. A competitor who falls will have to stand up and finish the race to accumulate points.

#### 7. **High Jump**

Each competitor has a right to complete three (3) tries on each height, starting the jump in two consecutive occasions without completing the jump will constitute a try and will be taken as a foul.

The starting heights for the following categories will be as follows:

- *Pentathlon A*                      *Girls 11-12*      80cms
- *Heptathlon A*                      *Girls 13-14*      100cm
- *Pentathlon B*                      *Boys 11-12*      90cms
- *Heptathlon B*                      *Boys 13-14*      120cms

For the above categories the cross bar will be elevated as follows:

- *5cms until three (3) competitors are left.*
- *3cms until finish the event.*

#### 8. **Long Jump**

- *The takeoff board will be white and it must be 1.22m long and 30cm wide.*
- *The takeoff must be set at least 2.00m away from the landing pit.*
- *Each competitor will have the right to complete three (3) tries.*

#### 9. **Throws**

##### ***Ball Throw***

- *A 400g ball will be used.*
- *The throw must be executed over the shoulder.*
- *Each competitor will have the right to complete three (3) tries.*

##### ***Shot Put (Heptathlon A & B)***

- *The Shot must have a weight of 3 kilograms.*
- *Each competitor will have the right to complete three (3) tries.*

10. Competitors in the combined events only have to report to the Call Room in the warm up area at the start of each day. A rest area, located in the stadium, for the athletes' use between events will be designated by the relevant referee. This rest area is considered to be the Call Room for all subsequent events on that day. All athletes are required to report to this area before the start of a particular event to undergo the final check.

11. Access to the athletes' rest area is restricted to competitors and persons authorized by the referee of the event.