



# **ATHLETICS**

## **COMPETITION MANUAL**

***JULY 21-23, 2014***

POHNPEI MICRONESIAN GAMES ORGANIZING COMMITTEE  
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## **1. TECHNICAL INFORMATION CENTER (TIC)**

The Technical Information Center (TIC) is located next to the Pohnpei Track and Field grandstand.

The Manager of the TIC is (to be named) who reports directly to the Competition Director, Rendy Germinaro.

The TIC is open one hour before competition begins until one hour after the last competition is over each session.

### **RESPONSIBILITIES OF THE TIC:**

- Liaise between the Teams and the Technical Delegate and Competition Management
- Confirmation of Entries
- Official communications with the Delegations
- Distribution of technical material through the mail box system, including Competition information – timetable, start lists, Official Results, results of Appeals to the Jury, any Official Announcements and any general information
- Receipt of Final Confirmations
- Displaying of Results on Notice Boards outside the TIC
- Receipt of Protests from athletes or Team Representatives
- General Sports Information
- Access to the TIC is limited to Team Representatives (2), members Of the MAC Competition Management, Media Representatives.

## **2. TECHNICAL MEETING**

The Technical Meeting will take place Sunday, July 20, 2014 at 1200 noon at the Pohnpei Track and Field grand stand.

Two (2) Representatives from each Team may attend the meeting. The Competition Director, Rendy Germinaro, will welcome and preside over the Meeting. All matters pertaining to the competition will be covered at this Meeting.

Key Competition Officials including TIC Manager, Call Room Manager Track and Field Events Referees, will be present to answer any questions.

### **AGENDA**

- Welcome by the Competition Director
- Introduction of Relevant Key Competition Technical Officials
- Final Timetable

- Confirmation of the Jury of Appeal
- Protests and Appeals to the Jury
- Confirmation of Entries
  - \*Relay Teams
- Failure to Participate
- Operation of the Call Room
- Opening Heights of the Bar and Increments for Raising the Bar in HJ
- Medal Ceremonies and Procedures
- Distribution of Competition Numbers
- Other Concerns

### **3. COMPETITION FACILITIES**

- 3.1 The Track has 6 lanes and conforms to relevant IAAF rules.
- 3.2 Warm-up Facilities - Athletes will be given time to do their warm-up at the track prior to their events, as there is no facilities close enough to offer proper warm-up.
- 3.3 Only athletes called up for events will be allowed at the track for their warm-up after checking in at the Call Room.

### **4. CONDUCT OF THE COMPETITION**

The 2014 Micronesian Games shall be conducted according to the Rules of the International Association of Athletics Federations (IAAF). In the case of disputes, the Jury's decision is final.

### **5. IMPLEMENT SPECIFICATIONS**

<u>Men</u>	<u>Women</u>
Shot Put 7.26kg	Shot Put 4.0kg
Discus 2.0kg	Discus 1.0kg
Javelin 800g	Javelin 600g

### **6. ENTRIES**

- 6.1 There is a limit of 3 participants to an event from any one Member Federation.

- 6.2 Confirmation of entries is the responsibility of Team Managers.

Any subsequent changes to entries must be done at the Technical Information Centre (TIC) no later than one hour prior to the scheduled time of competition at 0800 hours on Monday 21 July, Tuesday 22 July and Wednesday 23 July 2014.

- 6.3 If any additional rounds are required other than those already scheduled rounds or heats are cancelled, all affected competitor will be notified through their Team Manager. \*\*Any change in the schedule will be announced to teams through their Team Manager as soon as changes are made.

- 6.4 If an athlete fails to scratch from an event after confirmation or does not compete in all rounds of an event for which he/she has qualified, he/she will not be permitted to compete in any other event in the championships including the relays. (IAAF rule 142.4) see Appendix A.
- 6.5 Each Member Federation may enter 1 relay team only for all the relay events. Up to 6 athletes names may be submitted, with the final four athletes confirmed no later than one hour prior to the start of the event, and the order of running.

## **7. CLOTHING, SHOES & COMPETITION NUMBERS**

- 7.1 All athletes competing for their National Team must wear correct National Team competition uniform while competing or participating in Medal Ceremonies.
- 7.2 The maximum allowable spike length is 3/8".
- 7.3 Competition numbers will be issued at the Technical Meeting to Team Managers who will be responsible for issuing these Numbers to their athletes in accordance with the relevant list.
- 7.4 The competition number must be worn on the front of the competition vest and must be firmly attached so that the entire number and any lettering are easily read. The number shall not be altered in any way except as prescribed in IAAF rule 143.8 (Appendix 2).

## **8. CALL ROOM PROCEDURES**

- 8.1 All athletes are required to report to the Call Room (locally called Registration Tent) prior to their event.
- 8.2 The Call Room is located below the container by the entrance gate.
- 8.3 Only Athletes are permitted in the Call Room: in fact, only athletes are permitted within the fenced area. Coaches and Team Managers are not allowed within anywhere in the fenced area.
- 8.4 Call Time for athletes to enter the Call Room is the same for all events - both for Field as well as Track Events as follows:

First Call – 45 minutes prior to scheduled start time of the event.

Final Call – 35 minutes prior to scheduled start time of the event.

As we do not have a suitable warm-up area close by, the time allows for athletes to warm-up properly at the track out of range of ongoing competition.

- 8.5 Athletes who report late (5 minutes after Final Call has been called) to the Call Room may be excluded from participation in the event.

- 8.6 In the Call Room, the Judges will identify the athletes by their ID and their competition numbers. Judges at the Call Room will ensure the athletes' competition equipment and uniform meet prescribed measurements and regulations. Any unallowable items such as videos, walkman, communication devices, private implements, etc. will be kept at the Call Room for collection by the athlete after his or her event.
- 8.7 Once the Call Room procedures have been completed, a Judge will escort the athletes to their event.
- 8.8 If an athlete is already competing in another event at the designated Call Time, the Team Manager or his or her representative must notify the Call Room prior to the Final Call time.

## **9. PRIVATE IMPLEMENTS**

- 9.1 Athletes who wish to use their own throwing implements during the Competition must lodge them with the Technical Manager at the Technical Room (the TIC office) no later than one hour prior to the Scheduled start of competition on each day. The implements will be impounded until after the completion of the event when athletes may collect them from the Technical Manager.
- 9.2 Personal implements lodged with the Technical Manager will be added to the pool of implements to be used in the specified event and may be used by any athlete competing in that event, not just the athlete who lodged the implement.
- 9.3 Starting blocks will be supplied by the Organizing Committee and must be used for all events up to and including the 400 metre and all the relays. No other starting blocks are permitted.

## **10. JURY OF APPEAL**

- 10.1 The Jury of Appeal shall be appointed at the Technical Meeting. The Jury of Appeal will comprise 4 persons, one each from different Countries and four alternates also from different countries who will take place of any members of the Jury of Appeal whose teams are involved in an appeal.
- 10.2 The Chairman of the Jury of Appeal shall be the Chief Referee or the present IAAF Representative.

## **11. PROTESTS & APPEALS**

- 11.1 Protests concerning the result or conduct of an event must be lodged initially with the appropriate Referee in accordance with the IAAF Rules. Protests must be lodged within 30 minutes of the official announcement of the result of that event.
- 11.2 Protests may be made directly to the appropriate Referee or through the Technical Information Center (TIC) by the athlete concerned or by a member of the Team Management on his behalf.

- 11.3 Appeals to the Jury must be made within 30 minutes of the official.
- 11.4 Announcement of the decision made by the Referee. Appeals shall be in writing on the appropriate form, signed by a responsible official on behalf of the athlete and accompanied by a fee of USD20.00, which shall be forfeited if the Appeal is not upheld. All Appeals to the Jury shall be lodged at the TIC.

## **12. MEDAL CEREMONIES**

- 12.1 Medal Ceremonies will take place after the Final of each event as scheduled.
- 12.2 Athletes involved in a Medal Ceremony will be gathered together by an official and taken to the Ceremony Area where they will be briefed and wait for the Ceremony to be announced.
- 12.3 Athletes will be led to the Presentation Area by Ceremonies staff.

## **13. FIELD OF PLAY**

Access to the Field of Play is restricted to Technical Officials, athletes competing in events in progress, accredited media and officially designated medical personnel. Under no circumstances are non-competing athletes, coaches, members of Delegations, Team Management personnel or spectators allowed on the Field of Play during competition or for one hour prior to competition. The Field of Play is anywhere within the fenced area.

## **14. ELIGIBILITY**

In order to be eligible to compete at the Micronesian Games, an athlete must comply with one of the following criteria:

- (1) The athlete must have been born in any state, country, or territory which is a member of the Micronesian Games Council -- that is, Palau, Guam, the CNMI, Yap, Chuuk, Pohnpei, Kosrae, the Marshall Islands, Nauru, or Kiribati -- and must have lived in any of those states, countries, or territories for a period of three years up to and including the start of the Games; OR
- (2) The athlete must be the child of at least one parent, or two grandparents, who were born in any state, country, or territory which is a member of the Micronesian Games Council (see above), without regard to residence; OR
- (3) The athlete must have resided in any state, country, or territory which is a member of the Micronesian Games Council (see above) for a period of seven years up to and including the start of the Games, AND, resides in the state, country, or territory for which the athlete will compete, as of the start of the Games, without regard to ancestry.

The temporary absence of an athlete from the territory of a member of the Micronesian Games Council for purposes such as education, sports, training, military service, and health care, or other legitimate absences of a similar kind, are not considered as interrupting a previously-established residency.

In addition, athletes must:

- (a) Complete all necessary entry and participation forms;
- (b) Not be currently under disqualification or suspension by any relevant authority;
- (c) Comply with all relevant rules and regulations of the Micronesian Games Council, the MGC Constitution, and the World Anti-Doping Code.

It is the responsibility of each participating state, country, or territory to ensure that all competitors comply with these requirements. These requirements apply only to athletes. There are no eligibility requirements for coaches or technical officials.

Entries by name must be submitted at least 30 days prior to the start of the Games. Late entries will not be accepted. At the close of entries, the Pohnpei Organizing Committee will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have ten days to challenge the eligibility of a competitor. A \$50 bond is required for each challenge. The bond is refundable if the challenge is successful, but is forfeited if the challenge is unsuccessful.

The burden of proof of eligibility is on the sponsoring state, country, or territory, rather than the challenging state, country, or territory. In the event of a challenge, the sponsoring state, country, or territory must submit documents proving eligibility.

Challenges to athlete eligibility are made to the Micronesia Games Council Executive Board, not to the Pohnpei Organizing Committee, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesia Games Council Executive Board. All challenges to eligibility shall be decided at least 10 days prior to the start of the Games. The decisions of the Disputes Tribunal are final and may not be appealed.

A state, country, or territory whose athlete is successfully challenged and is deemed ineligible to compete will be liable for a penalty in the amount of \$100. Failure to pay the penalty means that the state, country, or territory will not be allowed to compete in the sport in which the ineligible athlete was registered.

The contents of this section are a summary of the relevant provisions of the Micronesia Games Council Constitution. While every attempt has been made to assure the accuracy of this summary, in the event of any inconsistencies between this summary and the provisions of the Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.

## **15. Doping Control**

Athletes are advised that random drug testing will be conducted for the duration of the 2014 Micronesian Games.

It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Any athlete that tests positive for a prohibited substance will be disqualified from the 2014 Micronesian Games.

## **APPENDIX A:**

### **WHERE TO GO FOR HELP**

#### **COMPETITION OFFICIALS**

Competition Director: Rendy Germinaro

Administration Delegate: Yvonne Mullins

Meeting Manager:

Track Referee:

Jumps Referee:

Jumps Chief:

Throws Referee:

Technical Equipment Manager:

Photo Finish:

Starters:

Start Line Crew:

Technical Information Centre:

Entries and Results:

Call Room Manager:

Post Event / Ceremonies:

\*\*\*\*\*

Any and all queries may be addressed to Rendy Germinaro or Yvonne Mullins

## APPENDIX B:

### **RULE 142**

#### **Entries**

1. Competitions under the Rules are restricted to eligible athletes (See Chapter 2).
2. The eligibility of an athlete to compete outside of his own country is as set forth in Rule 4.2. Such eligibility shall be assumed unless an objection to his status is made to the Technical Delegate(s). (See also Rule 146.1).

#### ***Simultaneous Entries***

3. If an athlete is entered in both a Track and Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed. In the case of the High Jump, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.

#### ***Failure to Participate***

4. At all competitions under Rules 1.1(a), (b), (c) and (f), except as provided below, an athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:

- (a) a final confirmation was given that the athlete would start in an event but then failed to participate;
- (b) he qualified in a preliminary round of an event for further participation in that event but then failed to participate further.

The provision of a medical certificate, endorsed by a medical officer appointed or approved by the IAAF and/or the Organising Committee, may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmations closed or after competing in a previous round but will be able to compete in further events on a subsequent day of the competition. Other justifiable reasons (e.g. factors independent of the athlete's own actions, such as problems with the official transport system) may, after confirmation, also be accepted by the Technical Delegate(s).

*Note (i): A fixed time for the final confirmation of participation shall be published in advance.*

*Note (ii): Failure to participate includes failure to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results. The situation foreseen in this Note will not apply to Combined Events individual events.*

# APPENDIX C

## RULE 143

### **Clothing, Shoes and Athlete Bibs**

#### ***Clothing***

1. In all events athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of the Judges. Athletes' vests should have the same colour on the front and back. At all competitions under Rules 1.1(a), (b), (c), (f) and (g), and when representing their Member under Rules 1.1(d) and (h), athletes shall participate in the uniform clothing approved by their National Governing Body. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.

#### ***Shoes***

2. Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any unfair additional assistance, including by the incorporation of any technology which will give the wearer any unfair advantage. A shoe strap over the instep is permitted. All types of competition shoes must be approved by IAAF.

#### ***Number of Spikes***

3. The sole and heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used but the number of spike positions shall not exceed 11.

#### ***Dimensions of Spikes***

4. When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge.

#### ***The Sole and the Heel***

5. The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself.

In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm and the heel in High Jump shall have a maximum thickness of 19mm. In all other events the sole and/or heel may be of any thickness.

*Note: The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side, including the above-mentioned features and including any kind or form of loose inner sole.*

***Inserts and Additions to the Shoe***

6. Athletes may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage which he would not obtain from the type of shoe described in the previous paragraphs.

***Athlete Bibs***

7. Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the breast and back, except in the High Jump and Pole Vault, where one bib may be worn on the breast or back only. The bib shall correspond usually with the number allocated to the athlete on the start list or in the programme. If track suits are worn during the competition, bibs shall be worn on the track suit in a similar manner. Either the athletes' names or other suitable identification on the bibs will be allowed instead of numbers on any or all of the bibs.

8. These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them.

9. Where Photo Finish System is in operation, the Organising Committee may require athletes to wear additional number identification of an adhesive type on the side of their shorts. No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.

# APPENDIX D

# Protest Form

Protest lodged by or on behalf of ..... Federation .....

Event No: ..... Event: ..... Competition Number: .....

**According to the rules of this competition, all protests presented to the Jury of Appeal must include a deposit of USD20.00. If the Protest fails, the money may not be returned.**

### IAAF rule(s) alleged to have been contravened

Grounds for lodging protest (attach extra information if necessary)

Signature: ..... Date: ..... Time: .....

**Official Use Only**

Time at which result was announced	Time at which oral protest was made to the Referee	Received Time

## Jury's Decision

The fee will be:       Returned       Not Returned

Chairperson: ..... Date: ..... Time: .....

Appellant notified: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Competition Director notified: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

## APPENDIX E

## DRAFT TIMETABLE

### DAY 1 – 21<sup>st</sup> July

7.00am	Women 10000 Meter Run	Final
7.00am	Men 10000 Meter Run	Final
9.00am	Women 100m Hurdles	(Heptathlon)
9.15am	Women 400 Meter	Heats
9.30am	Men 400 Meter	Heats
9.30am	Women High Jump	(Heptathlon)
3.00pm	Women Shot Put	(Heptathlon)
3.00pm	Women Javelin Throw	Final
3.30pm	Women 200 Meter Run	Heats
3.50pm	Men 200 Meter	Heats
4.00pm	Women Long Jump	Final
4.00pm	Men Discus Throw	Final
4.40pm	Women 200m	(Heptathlon)
5.00pm	Men Triple Jump	Final
5.00pm	Women 100 Meter Hurdles	Final
5.15pm	Men 110 Meter Hurdles	Final
5.30pm	Women 200 Meter Run	Final
5.40pm	Men 200 Meter	Final

\*100 / 110 hurdle heats if necessary on Day 1 (morning)

### DAY 2 – 22<sup>nd</sup> July

9.00am	Octathlon: Boys 100 Meter	
9.00am	Women Long Jump	(Heptathlon)
9.30am	Octathlon: #2 Boys Long Jump	
10.00am	Women Javelin	(Heptathlon)
3.00pm	Men Javelin Throw	Final
3.00pm	Octathlon: #3 Boys Shot Put	
3.45pm	Women 1500 Meter Run	Final
4.00pm	Women High Jump SH 1.30m	Final
4.00pm	Men 1500 Meter Run	Final
4.15pm	Women 800m	(Heptathlon)
4.30pm	Women 400 Meter	Final
4.40pm	Men 400 Meter	Final
4.50pm	Octathlon: #4 Boys 400 Meter	
5.00pm	Women Shot Put	Final
5.00pm	Men Long Jump	Final
5.00pm	Women 5000 Meter Run	Final
5.30pm	Men 5000 Meter Run	Final
6.00pm	Women 4x100 Meter Relay	Final
6.150pm	Men 4x100 Meter Relay	Final

### **DAY 3 – 23<sup>rd</sup> July**

9.00am	Octathlon: #5 Boys 110 Meter Hurdles	
9.30am	Octathlon: #6 Boys High Jump	
9.45am	Men 100 Meter Run	Heats
10.00am	Women 100 Meter Run	Heats
3.00pm	Men High Jump	Final
3.30pm	Octathlon: #7 Boys Javelin Throw	
3.30pm	Women Discus Throw	Final
4.00pm	Women Triple Jump	Final
4.00pm	Women 400 Meter Hurdles	Final
4.15pm	Men 400 Meter Hurdles	Final
4.30pm	Men Shot Put	Final
4.30pm	Women 100 Meter Run	Semis
4.45pm	Men 100 Meter Run	Semis
5.00pm	Women 800 Meter Run	Final
5.10pm	Men 800 Meter Run	Final
5.20pm	Octathlon: #8 Boys 1000 Meter Run	
5.30pm	Women 100 Meter Run	Final
5.40pm	Men 100 Meter Run	Final
6.00pm	Women 4x400 Meter Relay	Final
6.15pm	Men 4x400 Meter Relay	Final

### **DAY 4 – 24th July**

6.00am	Men and Women Half Marathon	Final
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