



PANAMERICAN U20 ATHLETICS CHAMPIONSHIP

July 21-23, 2017

Trujillo - Perú



TEAM MANUAL





Qualification Rounds

Track Events: The composition of heats for the first rounds will be prepared by the Technical Secretariat under the supervision and approval of the IAAF Technical Delegate, taking into account the best marks made by the athletes during 2016 and that they have been reported in the final nominal registration. The process of advancing from one round to another will be governed by rule 166 of the IAAF and the APA.

Height Progressions in Vertical Jumps (Event-Sex-Starting Height-1st Progression-2nd Progression)

Mens High Jump 1.80m 5cm. up to 2.10cm. 3cm.

Womens High Jump 1.50m. 5cm. up to 1.70cm. 3cm.

Mens Pole Vault 4.30m. 10cm. up to 4.90cm. 5cm.

Women Pole Vault 3.00m. 10cm. up to 3.60cm. 5cm.

Decathlon and Heptathlon

The starting heights in the high jump and pole vault will be agreed in the technical meeting among all the delegates who have athletes in these modalities and the IAAF regulation - Art. 181, will be applied in the height segments.

Technical Officials

The technical officials and assistants necessary for the officiating of the competitions will be proposed by the Peruvian Athletic Federation of Athletics and endorsed by the Pan-American Association of Athletics.

Awards

Prizes will be awarded in medals and trophies, individually and by teams, for both women and men as follows:

Medals

- 1st Place: Golden Medal
- 2nd Place: Silver Medal
- 3rd Place: Bronze Medal

Trophies

- 🏆 Heptathlon and Decathlon, for the winners of the event.
- 🏆 To the best technical mark, in women and men.
- 🏆 Champion Women- Men
- 🏆 Runner-up Women- Men
- 🏆 Third Place Women-Men

- 🏆 OVER-ALL CHAMPION
- 🏆 RUNNER-UP
- 🏆 THIRD PLACE





Insurance

Federations are responsible for having insurance to cover illnesses or injuries of the members of their delegation or of their team when traveling internationally.

6. INSTRUCTIONS FOR ATHLETES

Implements

The organization will make available to the athletes, for all the events that will be contested in the Championship, official material and implements in accordance with the IAAF rules.

The organization will authorize implements different from those of the organization as long as they are presented to the Technical Director of the event two hours prior to the beginning of the session or corresponding day.

Pole Control

The poles must be presented to the Jumps Referee, Two (2) hours before the start of the event.

Training Schedule

The trainings will be programmed by the organization, with the head of each delegation according to the needs and space, the schedules will be announced during the Technical Meeting.

For this purpose the use of the Chan Chan Stadium and the Mansiche Stadium will be considered.

Call Room - Schedule, A single Call Room will be used at the side entrance of the track, mandatory for all athletes. The combined events athletes should only be present before the first event of each day (morning and afternoon).

In the Call Room the athletes will be identified by their accreditation and numbers (bibs) and the competition material will be controlled according to IAAF rules (shoes, length and number of spikes, uniforms, handbags, personal items). Shoes with spikes over 6 mm will not be allowed, except in the high jump and javelin throw events where you can use spikes of 9 mm maximum type pyramid.

EVENTS	CALLROOM ENTRANCE	EXIT TO STADIUM
Races and Walks	35 minutes	8 minutes
Relays and Hurdle Races	40 minutes	15 minutes
Long and Triple Jump	50 minutes	30 minutes
Throws	60 minutes	45 minutes
Pole Vault	70 minutes	60 minutes





C. INTERNATIONAL TECHNICAL DELEGATE

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15. PROGRAMA DE COMPETENCIA / COMPETITION TIMETABLE

Competition:

Each of the events will be carried out in the established time according to the Timetable.

Technical Information Office – (TIO) Located in the lower part of the main stage of the stadium, where delegates must confirm the participation of athletes, withdraw newsletters, results, present protest, request information on competitions, transportation, official communications and development of events.

PROGRAMA DE COMPETENCIA / COMPETITION TIMETABLE

Primera Jornada/First Session/21 julio			
Hora / Time	Prueba / Event	Rama/Gender	Ronda/ Serie
09:00	100 Metros/Meters	Hombres/Men	1ra Decathlon
09:10	Lanzamiento Martillo/Hammer Throw	Hombres/Men	Final
09:30	100 Metros/Meters	Mujeres/Women	Semifinal
09:40	Salto Largo/Long jump	Hombres/Men	2da Decathlon
09:45	Salto con Pértiga/Pole Vault	Hombres/Men	Final
09:50	100 Metros/Meters	Hombres/Men	Semifinal
10:10	1500 Metros/Meters	Hombres/Men	Semifinal
10:20	1500 Metros/meters	Mujeres/Women	Semifinal
10:30	Lanzamiento Martillo/Hammer Throw	Premiación/Awards	
10:45	100 metros /Vallas/Hurdles	Mujeres/Women	Semifinal
11:00	110 metros /Vallas/Hurdles	Hombres/Men	Semifinal
11:15	Impulsión de la Bala/Shot Put	Hombres/Men	3ra Decathlon
11:20	400 Metros Planos/Meters	Mujeres/Women	Semifinal
11.40	400 Metros Planos/Meters	Hombres/Men	Semifinal
11.45	Salto con Pértiga/Pole Vault	Premiación/Awards	

Segunda Jornada/Second Session/21 julio			
Hora / Time	Prueba / Event	Rama/Gender	Ronda/ Serie
17.00	Salto Alto/High Jump	Hombres/Men	4ta Decathlon
17.05	100 Metros/Vallas/Hurdles	Mujeres/Women	Final
17.10	Impulsión de la Bala/Shot Put	Mujeres/Women	Final
17.15	110 Metros/Vallas/Hurdles	Hombres/Men	Final



17.25	400 Metros Planos/Meters	Mujeres/Women	Final
17.30	Salto con Pértiga/Pole Vault	Mujeres/Women	Final
17.30	Salto Largo/Long jump	Mujeres/Women	Final
17.35	400 Metros Planos/Meters	Hombres/Men	Final
17.45	100(H) 400 (M) 400 (H)	Premiación/Awards	
18.05	800 Metros/Meters	Mujeres/Women	Semifinal
18.15	800 Metros/Meters	Hombres/Men	Semifinal
18.20	Lanzamiento del Disco/Discus	Hombres/Men	Final
18.30	400 Metros Planos/Meters	Hombres/Men	5ta Decathlon
18.45	3000 Metros Planos/Meters	Mujeres/Women	Final
19.05	Bala/Shot Put/Pertiga/Pole Vault/100 (M) 100(H)	Premiación/Awards	
19.00	5.000 Metros/Meters	Hombres/Men	Final
19.30	Largo/L.Jump/5.000/Disco/discus	Premiación/Awards	
19:30	Salto Largo/Long Jump	Hombres/Men	Final
19:50	100 Metros/Meters	Mujeres/Women	Final
20.00	100 Metros/Meters	Hombres/Men	Final
20.05	PREMIACION PRUEBAS RESTANTES	Premiación/Awards	

Tercera Jornada/Third Session/22 Julio			
Hora / Time	Prueba / Event	Rama/Gender	Ronda/ Serie
16:00	Relevos/Relays 4x100	Mujeres/Women	Semifinal
16:15	Relevos/Relays 4x100	Hombres/Men	Semifinal
16:30	110 Metros /Vallas/Hurdles	Hombres/Men	6ta Decathlon
16:40	100 Metros /Vallas/ Hurdles	Mujeres/Women	1ra Heptlon
16:50	10,000 Metros /Marcha/Race walk	Hombres/Men	Final
17:10	Lanzamiento Disco/Discus	Hombres/Men	7ma Decathlon
17:20	Salto Alto/High Jump	Mujeres/Women	2da Heptlon
17:30	Triple salto/ Triple Jump	Mujeres/Women	Final
17:40	200 Metros/Meters	Mujeres/Women	Semifinal
17.50	200 Metros/Meters	Hombres/Men	Semifinal
18:00	10.000 Metros /Marcha/Race walk	Premiacion	
18.10	400 Metros/Vallas/Hurdles	Mujeres/Women	Semifinal
18.10	400 Metros/Vallas/Hurdles	Hombres/Men	Semifinal
18:20	Salto con Pértiga/Pole Vault	Hombres/Men	8va Decathlon
18.25	Impulsión de la Bala/Shot Put	Mujeres/Women	3ra Heptahlon
18:30	800 Metros/Meters	Mujeres/Women	Final
18.40	800 Metros/Meters	Hombres/Men	Final
		Premiación/Awards	
18:40	Lanzamiento de Jabalina/Javelin	Hombres/Men	Final
18.50	200 Metros/Meters	Mujeres/Women	Final

19.00	200 Metros/Meters	Hombres/Men	Final
18.55	Salto Alto/High Jump	Mujeres/Women	Final
19.15	3000 con Obstáculos/Steeplechase	Hombres/Men	Final
19.45	Lanzamiento de Jabalina/Javelin	Hombres/Men	9na Decathlon
19.30	5000 Metros/Meters	Mujeres/Women	Final
19.50	200 Metros/Meters	Mujeres/Women	4ta Hephthlon
		Premiación/Awards	
20.50	10000 Metros/Meters	Hombres/Men	Final
21:30	1.500 Metros/Meters	Hombres/Men	10ma Decathlon
21.15	Relevos/Relays 4x100	Mujeres/Women	Final
21.30	Relevos/Relays 4x100	Hombres/Men	Final
		Premiación/Awards	

Cuarta Jornada/ Fourth Session/23 julio			
Hora / Time	Prueba / Event	Rama/Gender	Ronda/ Serie
16.30	Relevos/Relays 4x400	Mujeres/Women	Semifinal
16.45	Relevos/Relays 4x400	Hombres/Men	Semifinal
17:00	10.000 metros/meters /marcha/RaceWalk	Mujeres/Women	Final
17:00	Lanzamiento del Martillo/Hammer	Mujeres/Women	Final
17:10	Salto Largo / Long Jump	Mujeres/Women	5ta Heptahlon
18.10	PREMIACIONES	Premiación/Awards	
18.15	Impulsión de la Bala/Shot Put	Hombres/Men	Final
18.30	1500 metros/Meters	Mujeres/Women	Final
18.40	1500 Metros/Meters	Hombres/Men	Final
18:45	Lanzamiento de Jabalina/Javelin	Mujeres/Women	6ta Heptahlon
18.50	400 Metros/Vallas/Hurdles	Mujeres/Women	Final
19.00	400 Metros/Vallas/Hurdles	Hombres/Men	Final
19:00	Salto Alto/High Jump	Hombres/Men	Final
19:10	Triple Salto/ Triple Jump	Hombres/Men	Final
19.20	3000 con Obstaculos/Steeplechase	Mujeres/Women	Final
19.25	Lanzamiento de Jabalina/Javelin	Mujeres/Women	Final
19.35	800 Metros/Meters	Mujeres/Women	7ma Heptahlon
19.50	Relevos/Relays 4x400	Mujeres/Women	Final
20.00	Relevos/Relays 4x400	Hombres/Men	Final
Premiación/Awards			