

THE 2009 PAN AM JUNIOR
TRACK AND FIELD
ATHLETICS
CHAMPIONSHIPS

TEAM MANUAL



PAN AM JUNIORS
PORT OF SPAIN 2009

July 31st – August 2nd
PORT OF SPAIN, TRINIDAD AND TOBAGO

WEB SITE www.ttnaaa.org

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Welcome

The Local Organizing Committee, on behalf of the people of the Republic of Trinidad and Tobago and the local Track and Field family, would like to take this opportunity to warmly welcome all participating countries to the 15th edition of the Pan Am Junior Championships in Athletics.

We sincerely hope that at the end of your short stay you would have experienced the passion of a population that shares in the love for sport, friendship and the development of the full potential of the youth.

Pan American Junior Championships

The biennial Pan American Junior Championships were first held in 1980. The women's age group changed from under 19 to under 20 (to correspond with the men's age group) in 1989.

Venues of past Championships:

1980 Sudbury (CAN), 1982 Barquisimeto (VEN), 1984 Nassau (BAH), 1986 Winter Park (USA), 1989 Santa Fe (ARG), 1991 Kingston (JAM), 1993 Winnipeg (CAN), 1995 Santiago (CHI), 1997 Havana (CUB), 1999 Tampa (USA), 2001 Santa Fe (ARG), 2003 Bridgetown (BAR), 2005 Windsor (CAN), 2007 Sao Paulo (BRA)

Pan American Family

The members of the Council of the Pan-American Athletics Commission are as follows:

President:	Amadeo I. D. Francis	(PUR)
Vice President:	Claude Blackmore	(GUY)
Treasurer:	Joanne Mortimore	(CAN)
Directors:	Roberto Gesta de Melo	(BRA)
	Robert Hersh	(USA)
	Alain Jean-Pierre	(HAI)
	Alberto Juantorena	(CUB)
	Victor Lopez	(PUR)
	Neville McCook	(JAM)
	Cesar Moreno Bravo	(MEX)
	Cecil Smith	(CAN)

Member Countries

1. Anguilla (AIA)
2. Antigua and Barbuda (ANT)
3. Argentina (ARG)
4. Aruba (ARU)
5. Bahamas (BAH)
6. Barbados (BAR)
7. Belize (BIZ)
8. Bermuda (BER)
9. Bolivia (BOL)
10. Brazil (BRA)
11. British Virgin Islands (IVB)
12. Canada (CAN)
13. Cayman Islands (CAY)
14. Chile (CHI)
15. Colombia (COL)
16. Costa Rica (CRC)
17. Cuba (CUB)
18. Dominica (DMA)
19. Dominican Republic (DOM)
20. Ecuador (ECU)
21. El Salvador (ESA)
22. Grenada (GRN)
23. Guatemala (GUA)
24. Guyana (GUY)
25. Haiti (HAI)
26. Honduras (HON)
27. Jamaica (JAM)
28. Mexico (MEX)
29. Montserrat (MNT)
30. Netherlands Antilles (AHO)
31. Nicaragua (NCA)
32. Panama (PAN)
33. Paraguay (PAR)
34. Peru (PER)
35. Puerto Rico (PUR)
36. Saint Kitts and Nevis (SKN)
37. Saint Vincent and the Grenadines (VIN)
38. Saint Lucia (LCA)
39. Surinam (SUR)
40. Trinidad & Tobago (TRI)
41. Turks and Caicos Islands (TKS)
42. United States of America (USA)
43. United States Virgin Islands (ISV)
44. Uruguay (URU)
45. Venezuela (VEN)

International Officials

Function	Name	Country
IAAF Delegate	Neville Teddy Mc Cook	Jamaica
Organizational Delegate	Jose Ludwig Rubio Rodriguez	Dominican Republic
Technical Delegate	James Kelly	St. Kitts
Pan Am Delegate	Claude Blackmore	Guyana
NACAC Delegate	Mike Sands	Bahamas
Medical/Doping Control Delegate	Dr. Ian Hypolite	Trinidad and Tobago
Competition Delegate	Conrad Francis	Grenada
Jury of Appeal	Amadeo Francis (Chair)	Puerto Rico
International Technical Officials	Isnardo Garcia	Colombia
	Carlos Barrios Casasola	Guatemala
Area Technical Officials	Garth Gayle	Jamaica
	Stephanie Rahming	Bahamas
	Durly Lucas	Trinidad and Tobago
	Maryanne Daniel	Canada
International Race Walk Judges	Isnardo Garcia	Colombia
	Carlos Barrios Casasola	Guatemala
	Roberto Apaceiro	Cuba

Local Organizing Committee

Chairman	Ephraim Serrette
Finance	Carlene Haynes Hasely Crawford
Marketing	George Comissiong
Accreditation/Accommodation	Allan Baboolal
Transport /Logistics	Peter Samuel
Protocol	Michelle Stoute-Lopez
Security	Ali St. Louis Dexter Voisin

Date and Venue of Championships

The 2009 Pan American Junior Athletic Championships will take place from July 31st - August 2nd at the Hasely Crawford Stadium, in Port of Spain, Republic of Trinidad and Tobago. The facility has been entirely remodeled and has a new MONDO track, certified by the IAAF (International Association of Athletics Federation). It has 8 lanes and all jumping and throwing areas; the warm up track is adjacent.

Participation Requirement

- a) To have been born in the country the athlete represents.
- b) To be a natural citizen of the country the athlete represents and to be a resident of this country for at least five (5) years.
- c) To be duly registered in the country's Federation.
- d) To be duly registered in the competition by the athlete's National Federation.
- e) All athletes shall be born on or after January 1st 1990.
- f) Proof of age (passport or travel document) must be submitted at the time of accreditation.

Confirmation of Participation

Countries must send a confirmation of participation in the Championship by June 1st, 2009.

All Pan Am member countries shall electronically send the numerical registration on the preliminary registration forms, by June 15th (12:00 midnight local time in the Republic of Trinidad and Tobago).

Final Registration

All entries must be received on the official entry form no later than 15 days prior to the start of the Championships. **Entries are due in the hands of the Local Organizing Committee (LOC) by July 15th 2009 at 12:00 midnight and may be faxed to (868) 645-4247.**

Entries must include full name, date of birth, a picture in digital form and best performance in 2009. Each country may enter TWO (2) athletes per individual event and ONE (1) relay team of 6 athletes per relay event.

Teams are also requested to fax travel arrangements with their entries.

Events of the Championships

MEN	
RUNNING EVENTS	100 – 200 – 400 – 800 – 1500 – 5000 - 10000
HURDLE EVENTS	110 meters and 400 meters
STEEPLECHASE	3000 meters
JUMPING EVENTS	High Jump, Pole Vault, Long Jump, Triple Jump
THROWING EVENTS	Discus, Javelin, Shot-put, Hammer
RACE WALKING EVENTS	10,000m on the track
RELAYS	4x100 – 4x400 meters
COMBINED EVENTS	DECATHLON
WOMEN	
RUNNING EVENTS	100 – 200 – 400 – 800 – 1500 – 3000
HURDLE EVENTS	100 meters and 400 meters
STEEPLECHASE	3000 meters
JUMPING EVENTS	High Jump, Pole Vault, Long Jump, Triple Jump
THROWING EVENTS	Discus, Javelin, Shot-put, Hammer
RACE WALKING EVENTS	10,000 meters on the track.
RELAYS	4x100 – 4x400 meters
COMBINED EVENTS	HEPTATHLON

Entry Visas

Delegations are asked to contact the Trinidad and Tobago Embassy or Consulate in their country for information about visa applications. The countries requiring entry visas for stays not exceeding 90 days are **Bolivia, Haiti and Paraguay.**

Accreditation

The levy is US\$100 per team member. This covers the accommodation for five nights from Wednesday 29th 2009. Official departure from the hotel is midday Monday 3rd August 2009.

The payment of the levy is required upon arrival before accreditation.

PAYMENT CAN BE MADE IN US\$ OR TT\$ CASH

A CREDIT CARD IS REQUIRED BY THE HOTEL FOR A SECURITY DEPOSIT

Accreditation


During the Championships, participants shall at all times be identified by the accreditation card of their category. These cards shall be worn at all times while at the Championship venues and shall be required to gain access to the dining hall for all meals. The card is also necessary to access the transport system.

Accreditation Categories

The following are the different categories of accreditation:

- | | |
|-------------------------|------------------------------|
| - VVIP | - Medical and Doping Control |
| - VIP | - Local Organizing Committee |
| - Athletes | - Technical Personnel |
| - Competition Officials | - Volunteers |
| - Team Officials | - Media |
| - Team Leaders | - Photographers |

Accreditation Zones

1	VIP	8	Competition Management (LOC Zone)
2	Competition Arena	9	Athletes Village
3	Mixed Zones	10	Volunteer Area
4	Media Area	11	Doping Control Areas * Strict Restriction
5	Media Seating	12	Medical Areas * Strict Restriction
6	Athlete Seating (Team Seats)	13	Technical Information Centre
7	Training and Warm Up Areas	14	Dining Area
 - All Access			

Accreditation Hours

The Accreditation process will take place at the Accreditation Centre in the Games Village – Hyatt Regency Hotel

Dates	Hours
Tuesday, July 28 th 2009	All day (Full operation) 8 a.m. to 10 p.m.
Wednesday July 29 th 2009	All day (Full operation) 8 a.m. to 10 p.m.
Thursday July 30 th 2009	All day (Full operation) 8 a.m. to 10 p.m.
Friday July 31 st 2009	As required at Hasely Crawford Stadium
Saturday August 1 st 2009	As required at Hasely Crawford Stadium

Team Official Quota

Athletes	Officials	Athletes	Officials	Athletes	Officials
01-06	1	07-12	2	13-18	3
19-24	4	25-30	5	31-36	6
37-42	7	43-48	8	49-54	9
55-61	10	62 & over	12		

Accommodation



THE HYATT REGENCY HOTEL – PORT OF SPAIN, TRINIDAD

The Hyatt Regency will house the athletes and coaches for the 2009 Pan Am Junior Championships. The hotel is located less than one kilometer from the Hasely Crawford Stadium.

Postal Address	Communications
Hyatt Regency Hotel #1 Wrightson Road Port of Spain Trinidad Trinidad and Tobago	Tel: 868 623 2222 Fax: 868 821 6401 www.trinidad.hyatt.com

Cost for extra days

The cost for extra days shall be US\$150 per person. This cost is for days exceeding the five days of the Championships stated in the contract (Wednesday July 29th to Monday August 3rd 2009) **and it applies to all members of the team.**

DATES	COSTS – applies to members of the team
Tuesday, July 28 th 2009	US\$150 (does not include meals)
Wednesday July 29 th 2009	Covered under the contract
Thursday July 30 th 2009	Covered under the contract
Friday July 31 st 2009	Covered under the contract
Saturday August 1 st 2009	Covered under the contract
Sunday August 2 nd 2009	Covered under the contract
Monday August 3 rd 2009	US\$150 (does not include meals)
Tuesday August 4 th 2009	US\$150 (does not include meals)

Transportation

VIP Transportation: A limited number of cars are available for the VIP's. All Pan Am Family Members will have access to transportation between the Hyatt Regency Hotel and the Hasely Crawford Stadium.

Athletes' and coaches' Transportation: Free transport will be available between the Games Village and the Hasely Crawford Stadium on each day of the Championships. The accreditation cards will permit access to this transport.

Departure from Port of Spain

On the day of their departure, all participants staying at the hotel will be transported from the accommodation to the Piarco Airport. The LOC is not responsible for transporting participants beyond Monday 3rd August, 2009.

Access to the Stadium

Entry into the Hasely Crawford Stadium: Accreditation must be displayed in order to enter the stadium.

Seating: Seating for non-competing athletes, non-working officials and special reserved seating for coaches of particular events will be outlined at the Technical Meeting.

Venue Orientation

A tour of the Hasely Crawford Stadium for team Leaders and/ or their representatives will take place on Thursday, July 30th 2009 at 3:00 p.m. This tour shall provide an opportunity for team leaders to familiarize themselves with the flow of the athletes and the exact locations of the most important areas in the stadium e.g. Competition Management, Technical Information Centre (TIC), Call Rooms, Warm up Areas, Changing Rooms, Mixed Zone, Athlete Seating section, Medical Services and Doping Control.

Technical Meeting

The Technical Meeting will be held on Thursday, July 30th 2009, at 7:00 p.m. in the designated meeting room at the Hyatt Regency Hotel. Each country **must** attend the Technical Meeting with a maximum of 2 delegates per country allowed. Two passes per country will be distributed at the Accreditation Centre. The Technical Meeting shall be conducted in English and Spanish. Requests for other interpretations shall be entertained if made upon registration.

Questions for the Technical Meeting should be submitted in writing by 10:00 a.m. Thursday, July 30th 2009 at the Accreditation Centre in the Games Village - only questions submitted prior to the start of the meeting will be entertained.

Agenda for Technical Meeting

1. Welcome
2. Presentation of Officials present
3. General Information
4. Responses to questions received.
5. Other Business

Technical Information Center (TIC)

Information for team delegations shall be available from the Technical Information Centre (TIC). The TIC will be located next to the gym in the stadium.

Opening hours of TIC

Date	Opening Hours
Friday July 31 st 2009	10:30 – 20:30
Saturday August 1 st 2009	09:30 – 20:30
Sunday August 2 nd 2009	12:00 – 20:30

Competition Rules

The 2009 Pan Am Junior Track and Field Athletic Championships shall be held in accordance with the present Competition Rules of the IAAF. 2008-2009

Final Confirmation of Competitors

Team Leaders or their representatives shall confirm, prior to the first or only round of each event, the names of those competitors or relay teams already entered that will actually take part in the competition. In principle, confirmation of athletes and relay teams shall not be accepted after the deadline.

Each country shall have a mail box at the Technical Information centre (TIC) for results, start lists, heat sheets and other messages of importance.

Team Leaders or their representatives shall make the final confirmation of **all** entries at the TIC as per the following schedule on the proscribed form.

Events	Declarations due at TIC	Start List/ Heat Sheets available
Day 1	Thursday 30 th , 16:00 – 21:00	22:00
Day 2	Friday 31 st , 09:30 – 20:30	22:00
Day 3	Saturday 1 st , 12:00 – 20:30	22:00

Relay Teams

Each Federation may enter one (1) team for each relay event. Relay teams may be composed of up to six (6) athletes. The four competitors in a relay team may only be made from the list of athletes already entered for the competition whether for that or any other event. Please refer to IAAF Rule 170.17 and 170.18.

Final confirmation of running order shall be done at TIC one hour prior to the event.

Team Clothing

During the Pan Am Junior Track and Field Athletic Championships, competitors shall wear the official uniform of their delegation, which in turn shall conform to the IAAF Competition Rules (Rule 143) and the IAAF Advertising Regulations. Illegal markings on team clothing and athletes' bags shall be covered.

Spikes

That part of each spike which projects from the sole or the heel shall not exceed 9mm, except in the High Jump and the Javelin Throw, where it shall not exceed 12mm. Spike lengths shall be checked in the Call Room.

Competition Numbers

Each athlete taking part in the competition shall receive a total of four competition numbers: two for the competition vest, one for the warm up tracksuit and one for the athlete's bag. These numbers shall not be cut, folded or obscured in any way. The same bib number shall be used by the athlete regardless of the number of events in which the athlete participates. All competitors shall wear the number bibs visibly on the breast or back except in the High Jump and Pole Vault where one number bib may be worn on the breast or back only. Athletes' number bibs shall be distributed at the Technical Meeting. Any number bibs not picked up at the Technical Meeting can be collected at the Technical Information Centre (TIC).

Vaulting Poles

Vaulting Poles or bags for vaulting pole shall be clearly labeled bearing the name of the athlete the athlete's competition number. All vaulting poles shall be stored in a secure area at the Hasely Crawford Stadium.

All vaulting poles shall be transferred on the evening prior to competition from the training site to the competition arena for inspection. If a vaulting pole does not comply with the IAAF Rules, the team Leader shall be informed immediately through the TIC.

Implements

The implements that will be used in the competition comply with IAAF specifications. Athletes may use their own implements provided that such implements are IAAF certified. Implements shall be checked not later than 18:00 the evening before the competition. Except for vaulting poles, all personal implements submitted shall be made available to all athletes during the competition.

Warm up

The warm up area is to be found on the northern side of the stadium. A 150m strip of Mondo serves as the warm up area for track events. The grass field will serve as the warm up area for jumps and throws – except hammer throw and pole vault. There is a training gym in close proximity to the warm up area.

Training Timetable

Training timetable shall be arranged between the Local Organizing Committee and delegations according to days and sessions of competitions and requirements of each team.

Call Room

The Call Room area is in a building in the warm up area. The Call Room shall not be accessible to team officials.

Call Room reporting Times

All athletes shall report to the Call Room no later than the following time prior to the scheduled start of their event:

Event Group	Enter Call Room Door	Arena Arrival
Pole Vault	75 minutes	60 minutes
High Jump	55 minutes	40 minutes
Horizontal Jumps	45 minutes	30 minutes
Throws	45 minutes	30 minutes
Relays	25 minutes	10 minutes
Hurdles	25 minutes	10 minutes
Other Track	25 minutes	8 minutes

Combined Events

Competitors in the combined events (Heptathlon and Decathlon) only have to report to the Call Room in the warm up area at the start of each day. Two Combined Events Rest Rooms shall be provided where athletes can rest and wait for their next event. These rooms, located in the stadium, are considered as the Call Rooms for all subsequent events on that day. As the presence of the athletes in these rooms between events is not obligatory, it is imperative that all athletes report to these rooms before the start of a particular event to undergo the final check.

Access to the Combined Events Rest Room is restricted to competitors and one other accredited person per athlete (coach, doctor, therapist etc.) who is in possession of the appropriate Combined Events Rest Area pass. The pass shall be distributed through the TIC.

Starting heights and progressions in the Vertical Jumps

The starting heights of the bar and the progression of heights have been established as:

EVENT	STARTING HEIGHT AND PROGRESSION
High Jump Men	1.80, 1.85, 1.90, 1.95, 2.00, 2.05, 2.10, 2.15, 2.18, 2.21, 2.24, 2.27
High Jump Women	1.50, 1.55, 1.60, 1.65, 1.70, 1.73, 1.76, 1.79, 1.82, 1.85, 1.88
Pole Vault Men	4.00, 4.15, 4.30, 4.45, 4.60, 4.75, 4.90, 5.00, 5.05, 5.10, 5.15, 5.20, 5.25
Pole Vault Women	2.85, 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.00, 4.05, 4.10, 4.15
<u>Decathlon and Heptathlon</u>	
<ul style="list-style-type: none">• A team official from each country shall declare the desired initial height for each competitor by 12:00 noon the day before the event is to be held so that the Technical Delegate may determine the initial height.• The successive heights of the bar shall be going up by 10 cm for the Pole vault and going up by 3 cm for the High Jump.	

Starter's Orders

The commands of the starter shall be in English. For races up to 400m inclusive, including all relays, they will be:

- "ON YOUR MARKS"
- "SET"
- The Gun shall be fired

For races longer than 400m they will be:

- "ON YOUR MARKS"
- The Gun shall be fired

Mixed Zone

At the conclusion of each event, all athletes shall be directed to depart from the Competition Arena via the Mixed Zone. The Mixed Zone is an area where accredited media are allowed to conduct short interviews immediately after athletes have competed. The athletes must pass through the Mixed Zone to exit the Competition Arena and they are requested to cooperate with members of the Press or broadcasters.

Post Event Control (PEC)

Post Event Control is located adjacent to the Mixed Zone. Baskets containing athlete's clothing and bags shall be delivered here from the start area for track athletes. Athletes' accreditation passes shall be returned to them at this point. Doping Control stewards shall complete the formal paperwork with any athletes who are selected to undergo doping control.

Victory Ceremonies

Medals shall be awarded to the top 3 placed athletes or teams in each event. Victory ceremonies shall take place as soon as practically possible after each event is completed. The official national uniform with no spike shoes is obligatory for victory ceremonies.

Protests and Appeals

Protests are allowed and shall be resolved according to IAAF Rule 146. Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of that event to the Referee at the event site in the first instance.

An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee. It must be in writing, signed by the responsible official on behalf of the athlete, and shall be accompanied by a deposit of US\$100 which shall be forfeited if the protest is not upheld. All appeals shall be lodged at the TIC.

The Jury of Appeal shall be determined by the President of the Pan Am commission, the Technical Delegate and the Organizing Committee and shall be announced at the Technical Meeting.

Pan Am Junior Championships Athletics Schedule 2009

Friday July 31st, 2009

Session 1

No	Time	Event	Gender	Phase
101	07:00	10,000m Walk	Women	Final
102	09:00	100m	Men	Decathlon
103	09:15	1500m	Women	Final
104	09:40	1500m	Men	Final
105	09:45	Long Jump	Men	Decathlon
106	10:00	400m	Women	Semi-Final
107	10:20	400m	Men	Semi-Final
108	11:00	Shot-Put	Men	Decathlon

Session 2

No	Time	Event	Gender	Phase
109	16:00	High Jump	Men	Decathlon
110	16:00	100m Hurdles	Women	Semi-Final
111	16:00	Discus Throw	Men	Final
112	16:20	110m Hurdles	Men	Semi-Final
113	16:30	Shot Put	Women	Final
114	16:40	100m	Women	Semi-Final
115	17:00	100m	Men	Semi-Final
116	17:00	Pole Vault	Women	Final
117	17:00	Triple Jump	Women	Final
118	17:00	Javelin Throw	Men	Final
119	17:30	100m Hurdles	Women	Final
120	17:40	110m Hurdles	Men	Final
121	17:55	400m	Women	Final
122	18:10	400m	Men	Final
123	18:20	400m	Men	Decathlon
124	18:45	100m	Women	Final
125	19:05	100m	Men	Final

Saturday August 1st, 2009

Session 3

No	Time	Event	Gender	Phase
201	07:00	10.000m Walk	Men	Final
202	09:00	100m Hurdles	Women	Heptathlon
203	09:20	110m Hurdles	Men	Decathlon
204	09:45	High Jump	Women	Heptathlon
205	10:15	Discus Throw	Men	Decathlon
206	11:00	4x100m	Women	Semi-final
207	11:15	4x100m	Men	Semi-Final
208	11:15	Hammer Throw	Men	Final
209	11:30	Pole Vault	Men	Decathlon

Session 4

No	Time	Event	Gender	Phase
210	16:00	Shot Put	Women	Heptathlon
211	16:00	200m	Women	Semi-Final
212	16:00	Javelin Throw	Men	Decathlon
213	16:00	Discus Throw	Women	Final
214	16:20	200m	Men	Semi-Final
215	16:30	High Jump	Women	Final
216	16:30	800m	Women	Semi-Final
217	16:40	800m	Men	Semi-Final
218	17:00	Long Jump	Men	Final
219	17:10	3,000m Steeplechase	Men	Final
220	17:15	Pole Vault	Men	Final
221	17:30	400m Hurdles	Women	Semi-Final
222	17:45	400m Hurdles	Men	Semi-Final
223	18:00	10,000m	Men	Final
224	18:40	200m	Women	Final
225	18:50	200m	Men	Final
226	19:00	200m	Women	Heptathlon
227	19:10	1500m	Men	Decathlon
227	19:25	5000m	Women	Final
228	19:55	4x100m	Women	Final
229	20:15	4X100m	Men	Final

Sunday August 2nd, 2009

Session 5

No	Time	Event	Gender	Phase
301	09:00	Long Jump	Women	Heptathlon
302	10:00	Hammer Throw	Women	Final
303	10:10	Javelin Throw	Women	Heptathlon
304	10:20	4x400m	Women	Semi-Final
305	10:30	4X400m	Men	Semi-Final

Session 6

No	Time	Event	Gender	Phase
306	16:30	Long Jump	Women	Final
307	16:45	400m Hurdles	Women	Final
308	17:00	400m Hurdles	Men	Final
309	17:00	High Jump	Men	Final
310	17:00	800m	Women	Final
311	17:10	800m	Men	Final
312	17:20	800m	Women	Heptathlon
313	17:30	Shot Put	Men	Final
314	17:30	Triple Jump	Men	Final
315	17:30	Javelin Throw	Women	Final
316	17:40	3000m	Women	Final
317	18:10	5000m	Men	Final
318	18:40	3,000m Steeplechase	Women	Final
319	19:15	4x400m	Women	Final
320	19:25	4x400m	Men	Final

Medical Services

Medical services shall be provided at the Stadium and in the Games Village.

Media Centre

Located in the main stand, the media centre shall be open from one hour prior to the start of each day's competition to one hour following the completion of each day's events. Results, start lists and access to high-speed wireless internet shall be available in the Media Centre.

Press Tribunes

A row of seats located in the stadium main stands have been reserved for the accredited Media. These stands are open at all times during the events taking place in the competition arena.

Photographers' positions in the stadium

The list of the photographers' positions in the stadium is available at the Media centre. Special distinguishing tops MUST be worn by photographers operating inside of the arena. Photographers have to make application for these positions. These shall be distributed at the Media Centre.

Television/Video Coverage

The rights to Television /Video coverage are owned by the LOC Media houses wishing to broadcast part or all the events of the Championships must contact the LOC.

Ceremonies

Brief opening and closing ceremonies shall be organized. Details shall be disclosed in the Technical Meeting.

The Championships website

The official website for the Pan Am Junior Championships in Athletics is: www.tnaaa.org . It shall present information, news articles, pictures and results of the Championships.

Information Desks

Information Desks shall be installed at the Games Village and at the Stadium.

Currency Exchange

Trinidad and Tobago and US dollars shall be the only currencies accepted. Team members are asked to exchange all other currencies before entering Trinidad and Tobago.

Headquarters

Postal Address	Communications
P.O. Box 605, Port of Spain, Trinidad Trinidad and Tobago, W.I	Tel.: (868) 645 6976 Fax: (868)-645-4247 E-Mail: tri@mf.iaaf.org

Recreational Activities

Trinidad and Tobago are the southernmost islands of the Caribbean. Cultural and historical landmarks, beautiful gardens and natural areas, international cuisine, events and festivals make this country one of the most attractive places in the Caribbean.

The following website will help you explore what is happening during the Pan Am Junior Championships. <http://www.gotrinidadandtobago.com/home/home.php>



JULY 31 – AUGUST 2 2009



**PORT OF SPAIN
TRINIDAD**

PRELIMINARY ENTRY FORM

Member Federation of: _____

Address: _____

Telephone: _____

Fax: _____

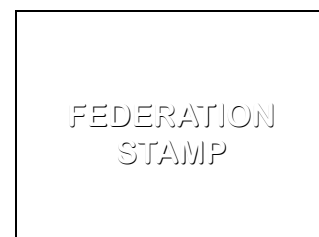
E-mail: _____

Our Federation will participate in the 15th Pan American Junior Championships to be held July 31st – August 2nd 2009 in Port of Spain Republic of Trinidad and Tobago.

FUNCTION	MEN	WOMEN	TOTAL
Athletes			
Head of Delegation			
Team Leader			
Coaches			
Doctors			
Physiotherapists			
TOTAL			

This Form must reach the Local Organizing Committee not later than June 15th, 2009

Trinidad and Tobago National Association of Athletic Administration
 P.O. Box 605,
 Port of Spain, Tel.: (868) 645 6976
 Tel./Fax: (868)-645-4247
 E-Mail: tri@mf.iaaf.org
 Trinidad
 Trinidad and Tobago, W.I



Date

Signature

Name (Block Letters)

Position



JULY 31 – AUGUST 2 2009
PORT OF SPAIN
TRINIDAD



FINAL ENTRY FORM - ATHLETES

EVENTS	SURNAME	FIRST NAME	FEMALE			PERSONAL BEST
			MALE			
			Date of Birth			
			D	M	Y	
100m						
200m						
400m						
800m						
1500m						
3,000m						
3,000m Steeplechase						
5,000m						
10,000m						
100m/110m Hurdles						
400m Hurdles						
10,000m Walk						
Relay 4x100m						
Relay 4x400m						



JULY 31 – AUGUST 2 2009
PORT OF SPAIN
TRINIDAD



FINAL ENTRY FORM - ATHLETES

FEDERATION			FEMALE			PERSONAL BEST
			MALE			
EVENTS	SURNAME	FIRST NAME	Date of Birth			PERSONAL BEST
			D	M	Y	
Pole Vault						
High Jump						
Long Jump						
Triple Jump						
Shot Put						
Discus Throw						
Javelin Throw						
Hammer Throw						
Heptathlon/ Decathlon						

This Form must reach the Local Organizing Committee not later than July 15th, 2009

Trinidad and Tobago National Association of Athletic Administration

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 Tel./Fax: (868)-645-4247
 E-Mail: tri@mf.iaaf.org
 Trinidad
 Trinidad and Tobago, W.I

FEDERATION
STAMP

Date

Signature

Name (Block Letters)

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