



18th CAROLINA SPRING BREAK CAMP/CLASSIC

City of Carolina, Puerto Rico

Department of Sports of the City of Carolina

North America, Central America, and Caribbean Athletics Association – NACAC AA

Puerto Rico Athletic Federation – FAPUR

Puerto Rico Foundation for the Development of Athletics (FUPPDA)

March 14-16, 2024

Dear Coach, Dear WA Federation:

It is a pleasure to extend to you and to your Federation/University/Club an invitation for the 18th Annual Carolina Spring Break Classic sponsored by The Department of Sports of the City of Carolina, the WA-NACAC AA, the Puerto Rico Athletics Federation – FAPUR and the Puerto Rico Foundation for the Development of Athletics (FUPPDA).

SPECIAL TECHNICAL & ORGANIZATIONAL RULES AND REGULATIONS ESTABLISHED:

- Field events will have a total of four (4) attempts per participant and the top three will have two more attempts.
- The meet will be for Senior International Athletes from WA National Federations, University Students-Athletes, High Performance Club Athletes and U20 & U18 athletes that meet the standards within the top best marks of the projected number of entries for each event. For the selection of the participants in each event we will take into consideration the marks of 2023 and/or any legit mark done in 2024. **The Meet Organizational Committee will have the absolute right to accept or not the individuals(s) entries.**



(THE EVENTS AND MAXIMUM NUMBER OF ENTRIES FOR THIS YEAR EDITION ARE THE FOLLOWING)

EVENT(S)	GENDER	ENTRIES
100 meters	F	24
100 meters	M	24
200 meters	F	24
200 meters	M	24
300 meters	F	8
300 meters	M	8
400 meters	F	16
400 meters	M	16
600 meters	M	8
800 meters	F	8
800 meters	M	8
1500 meters	F	12
1500 meters	M	12
5,000 meters	F	12
5,000 meters	M	12
3,000 meters Steeplechase	F	12
3,000 meters Steeplechase	M	12
100 meters Hurdles	F	16
110 meters Hurdles	M	16
400 meters Hurdles	F	16
400 meters Hurdles	M	16
4x100 meters Relay	F	12
4x100 meters Relay	M	12
4x400 meters Relay	F	8
4x400 meters Relay	M	8
Long Jump	F	8
Long Jump	M	8
Triple Jump	F	8
Triple Jump	M	8
High Jump	F	8
High Jump	M	8
Shot Put	F	8
Shot Put	M	8
Javelin Throw	F	8
Javelin Throw	M	8
Hammer Throw	F	8
Hammer Throw	M	8
TOTAL PARTICIPANTS	--	448





For invited participants from outside Puerto Rico, please let us know, as soon as possible, the following:

1. Confirmation of Participation.
2. Send to us as soon as possible, date of arrival with all the details (airline, flight number, a breakdown of the number of participants (athletes-males and females, coaches, other support personnel, etc.)
3. Information on departure.
4. A detailed training schedule if you are arriving before the competition days.

Send the above information to us via email.

The City of Carolina and the Organizing Committee are looking forward to hosting you and your athletes, therefore do not hesitate to contact us if you have any specific needs and questions.

Cordially,

ORGANIZING COMMITTEE

Prof. Víctor López – Founder/ President of FUPPDA & Meet Organizer

Prof. Luis Reyes – Director of the Department of Sports / Co-Meet Organizer– City of Carolina

Prof. Luis Dieppa – President of FAPUR

Prof. Jorge A. Paris – Assistant Sports Director of Carolina

Prof. Jessica de la Cruz – Coordinator of Recreational Activities – City of Carolina

Competition Dates: Thursday, March 14, to Saturday, March 16, 2024
Location: Basilio Rodriguez Athletic Stadium, Carolina, Puerto Rico

Competition Divisions: University athletes from invited universities from USA and Puerto Rico and invited athletes from the Puerto Rico National Team and international athletes from the NACAC Area and other WA National federation. This division starts from the age of 20+ or up.



U18 athletes from the three Carolina Youth Clubs, FAPUR and invited club athletes, selected based on the national ranking up to two weeks before, invited by the city of Carolina.

U20 events are selected based on the possibility of qualifying for the World Athletics U20 Championships and this will be the 1st circuit event. If an athlete U20 does not have an event in his/her category can participate in the senior category if they meet the cut of the quota.

Under no circumstances can any athlete have double participation (two different categories).

WACT/NACAC Challenger: This competition is a WACT/NACAC Challenger meeting where athletes competing in it will be awarded points for the World Ranking.

Rules of the Competition: World Athletics Rules will be applied to all events.

Local Transportation: The City of Carolina will provide local transportation to visiting universities from USA and invited international athletes, to and from the airport, to and from the hotel to training venues and to and from competition site with previous arrangement with the Organizing Committee. You must let us know your arrival and departure itinerary training program beforehand. The pickup and drop off must be within the City of Carolina jurisdiction.

Facilities: The Basilio Rodriguez Stadium has a brand new 400 meters Beynon Class 2 WA Certified track, and seating capacity for 3,000 spectators with all field events facilities, except for Pole Vault, that will be held at the Ana G. Mendez University Track & Field Stadium on Thursday, March 14 at 3:00pm.

Parking: There are plenty of parking spaces at the facilities in the Carolina Sports Complex.

Medical Services: Paramedics will be on site for any emergency as well as an ambulance.



- Warm up:** Preliminary warm up will be done in the Guillermo Angulo basketball arena and in the road behind the arena before reporting to the call room.
- Trainers:** Tents will be provided in the green areas outside lane eight and in the green area after the finish line.
- Call Room:** Athletes in running events must check in at least an hour before their event at the Secretariat and call room area for confirmation. Athletes that do not comply with this rule will be scratched from the event.
- Weight in:** All implements must be turned in and weighed in by the Technical Director at least two (2) hours before the start of the first throwing event each day for proper certification of such implements. Attempts In the throwing events and in the horizontal jumps the athletes will have four attempts.

INTERNATIONAL CERTIFIED OFFICIALS:

- WA/NACAC Technical Delegate:** Prof. Michael A. Serralta
- International Silver Starter:** Prof. Raul Torres
- Officials:** The AOAN will be officiating the competition.
- Meet Management & Photo Finish:** TIEMPO DE LLEGADA, INC.
 Prof. Wilson Morales – WA Silver PF Judge
 Prof. Noel Cedeño – WA Silver PF Judge
 Prof. Tania Toro – WA Silver Referee
- Competition Directors:** Prof. John E. Sierra Castellanos – WA Silver Referee
 Prof. Ana A. Sabala Sotomayor – WA NTO
- Technical Director:** Prof. Miguel Rodriguez – NACAC Technical Manager
 Mr. Jeffrey Velez – NACAC Technical Manager

Entries: Entries must be done online no later than Friday, March 8th, 2024, to Prof. Noel Cedeño using the official entry site: <https://trackie.com/event/18th-annual-carolina-pr-spring-break-classic/1003815/> . **No late entries will be accepted.**





Since we are running heats against time it is a must that you enter a legit time for each competitor. Failing to do this means that your athlete will not be accepted in the meeting or will be running in the slowest heat if there is space.

Final Declarations: Final declarations and scratches in running events must be done at least two hours before the start or as soon as possible. This is compulsory, and the head coach must notify Prof. Noel Cedeño at the Secretariat. Field events participants must report directly to the competition site area.

Uniforms: Athletes must wear the official school or club uniform. Bib numbers will be issued to all athletes and must be used by all the athletes.

Awards: A T-shirt will be awarded to the first three places in all the individual events and relays. There will be prize money awarded for the first three places (\$800.00, \$500.00, \$300.00) in the Herminio Isaac Classic 600m and in the women and men 300m Special Events.

Results: Will be posted instantly in the following web page: tiempodellegada.com

Live Broadcast To be confirmed and announced.

For more information, contact:

Prof. Víctor López
Founder/ President of FUPPDA & Meet Organizer
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Tel. (787) 367-1421

Prof. Michael Serralta
NACAC Technical Delegate
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Tel. (787) 402-7130

Prof. Noel Cedeño
Meet Management & Competition Secretariat
cede2671@gmail.com
Tel. (787) 617-1414



COMPETITION SCHEDULE

SCHEDULE OF EVENTS – DAY 1 – THURSDAY, MARCH 14, 2024

PISTA ATLETICA – UAGM

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
001	Pole Vault (starting height: 3.00 meters)	3:00 p.m.	X		Thursday
002	Pole Vault (starting height: 3.70 meters)	4:30 p.m.		X	Thursday

SCHEDULE OF EVENTS – DAY 2 – FRIDAY, MARCH 15, 2024

PISTA BASILIO RODRIGUEZ, CAROLINA

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
101	Hammer Throw (U20 & Open)	9:00 a.m.	X		Friday
102	Hammer Throw	11:00 a.m.		X	Friday
103	High Jump (U18) – Carolina	3:00 p.m.	X		Friday
104	Shot Put	3:00 p.m.	X		Friday
105	Discus Throw (U20) – FAPUR	3:00 p.m.		X	Friday
106	Long Jump (U20 & Open)	3:00 p.m.	X		Friday
107	4 X 100 meters Relay (U18) – Carolina	3:30 p.m.	X		Friday
108	4 X 100 meters Relay (U18) – Carolina	3:40 p.m.		X	Friday
109	4 X 100 meters Relay (U20) – FAPUR	3:50 p.m.	X		Friday
110	4 X 100 meters Relay (U20) – FAPUR	4:00 p.m.		X	Friday
111	4 X 100 meters Relay (Heat – 1)	4:10 p.m.	X		Friday
112	4 X 100 meters Relay (Heat – 2)	4:20 p.m.	X		Friday
113	4 X 100 meters Relay (Heat – 1)	4:30 p.m.		X	Friday
114	Discus Throw	4:30 p.m.		X	Friday
115	Shot Put	4:30 p.m.		X	Friday
116	High Jump (18) – Carolina	4:30 p.m.		X	Friday
117	4 X 100 meters Relay (Heat – 2)	4:40 p.m.		X	Friday
118	400m hurdles (U20) – FAPUR	5:00 p.m.		X	Friday
119	Triple Jump	5:00 p.m.		X	Friday
120	800 meters (U18) – Carolina	5:15 p.m.	X		Friday
121	800 meters (U18) – Carolina	5:20 p.m.		X	Friday
122	800 meters (U20) – FAPUR / Carolina	5:25 p.m.		X	Friday
123	100 meters (U18) – Carolina	5:30 p.m.	X		Friday
124	100 meters (U18) – FAPUR	5:30 p.m.	X		Friday
125	100 meters (U18) – Carolina	5:33 p.m.		X	Friday
126	100 meters (U18) – FAPUR	5:36 p.m.		X	Friday
127	100 meters (U20) – Carolina	5:40 p.m.	X		Friday
128	100 meters (U20) – FAPUR	5:43 p.m.	X		Friday
129	100 meters (U20) – Carolina	5:46 p.m.		X	Friday
130	100 meters (U20) – FAPUR	5:50 p.m.		X	Friday



SCHEDULE OF EVENTS – DAY 2 – FRIDAY, MARCH 15, 2024 (cont.)
PISTA BASILIO RODRIGUEZ, CAROLINA

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
131	400 meters (U18) - Carolina	6:00 p.m.	X		Friday
132	400 meters (U18) – FAPUR	6:04 p.m.	X		Friday
133	400 meters (U20) – FAPUR	6:08 p.m.	X		Friday
134	400 meters (U18) – Carolina	6:12 p.m.		X	Friday
135	400 meters (U18) – FAPUR	6:16 p.m.		X	Friday
136	400 meters (U20) – FAPUR	6:20 p.m.		X	Friday
137	Shot Put	6:00 p.m.		X	Friday
138	Discus Throw	6:00 p.m.	X		Friday
139	High Jump (starting height: 1.40 meters)	6:00 p.m.	X		Friday
142	Long Jump (18) – Carolina	6:05 p.m.	X		Friday
143	100 meters hurdles (U18) – Carolina	6:35 p.m.	X		Friday
144	100 meters hurdles (U20) – Carolina	6:40 p.m.	X		Friday
145	100 meters hurdles (U20) – FAPUR	6:45 p.m.	X		Friday
148	110 meters hurdles (U20) – Carolina	6:55 p.m.		X	Friday
149	110 meters hurdles (U20) – FAPUR	7:00 p.m.		X	Friday
150	1,500 meters (U18) – Carolina	7:10 p.m.	X		Friday
151	1,500 meters (U18) – Carolina	7:15 p.m.		X	Friday
152	200 meters (Heat – 1)	7:20 p.m.	X		Friday
153	200 meters (Heat – 2)	7:23 p.m.	X		Friday
154	200 meters (Heat – 3)	7:26 p.m.	X		Friday
155	Long Jump (18) – Carolina	7:20 p.m.		X	Friday
156	200 meters (Heat – 1)	7:30 p.m.		X	Friday
157	200 meters (Heat – 2)	7:33 p.m.		X	Friday
158	200 meters (Heat – 3)	7:36 p.m.		X	Friday
159	200 meters (U18) – Carolina	7:39 p.m.	X		Friday
160	200 meters (U20) – Carolina	7:42 p.m.	X		Friday
	200 meters (U20) – FAPUR	7:45 p.m.	X		Friday
161	200 meters (U18) – Carolina	7:48 p.m.		X	Friday
162	200 meters (U20) – Carolina	7:51 p.m.		X	Friday
	200 meters (U20) – FAPUR	7:55 p.m.		X	Friday
163	5,000 meters	8:00 p.m.	X		Friday



SCHEDULE OF EVENTS – DAY 3 – SATURDAY, MARCH 16, 2024
PISTA BASILIO RODRIGUEZ – CAROLINA, PUERTO RICO

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
201	Race Walk 10K	7:00 a.m.	X	X	Saturday
202	Javelin Throw	2:00 p.m.		X	Saturday
203	Long Jump	2:00 p.m.		X	Saturday
204	400 meters hurdles (Heat – 1)	2:00 p.m.	X		Saturday
205	400 meters hurdles (Heat – 2)	2:10 p.m.	X		Saturday
206	400 meters hurdles (Heat – 1)	2:25 p.m.		X	Saturday
207	400 meters hurdles (Heat – 2)	2:35 p.m.		X	Saturday
208	100 meters (Heat – 1)	2:45 p.m.	X		Saturday
209	100 meters (Heat – 2)	2:50 p.m.	X		Saturday
210	100 meters (Heat – 3)	2:55 p.m.	X		Saturday
211	100 meters (Heat – 1)	3:00 p.m.		X	Saturday
212	100 meters (Heat – 2)	3:10 p.m.		X	Saturday
213	100 meters (Heat – 3)	3:15 p.m.		X	Saturday
214	800 meters	3:20 p.m.	X		Saturday
215	800 meters	3:25 p.m.		X	Saturday
216	Javelin Throw (U20 & Open)	3:30 p.m.	X		Saturday
217	High Jump (starting heights: 1.70 meters)	3:30 p.m.		X	Saturday
218	Triple Jump	3:30 p.m.	X		Saturday
219	400 meters (Heat – 1)	3:30 p.m.	X		Saturday
220	400 meters (Heat – 2)	3:35 p.m.	X		Saturday
221	400 meters (Heat – 3)	3:40 p.m.	X		Saturday
222	400 meters (Heat – 1)	3:45 p.m.		X	Saturday
223	400 meters (Heat – 2)	3:50 p.m.		X	Saturday
224	400 meters (Heat – 3)	3:55 p.m.		X	Saturday
225	100 meters hurdles (Heat – 1)	4:10 p.m.	X		Saturday
226	100 meters hurdles (Heat – 2)	4:15 p.m.	X		Saturday
227	110 meters hurdles (Heat – 1)	4:30 p.m.		X	Saturday
228	110 meters hurdles (Heat – 2)	4:35 p.m.		X	Saturday
229	300 meters (Special Event)	4:45 p.m.	X		Saturday
230	300 meters (Special Event)	4:50 p.m.		X	Saturday
231	600 meters “Herminio Isaac Classic”	5:00 p.m.		X	Saturday
232	3,000 meters Steeplechase	5:05 p.m.	X		Saturday
233	3,000 meters Steeplechase	5:20 p.m.		X	Saturday
234	1,500 meters	5:05 p.m.	X		Saturday
235	1,500 meters	5:15 p.m.		X	Saturday
236	5,000 meters	5:20 p.m.		X	Saturday
237	4 X 400 meters Relay (U18)	5:40 p.m.	X		Saturday
238	4 X 400 meters Relay (U18)	5:50 p.m.		X	Saturday
239	4 X 400 meters Relay (U20)	6:00 p.m.	X		Saturday
240	4 X 400 meters Relay (U20)	6:10 p.m.		X	Saturday
241	4 X 400 meters Relay	6:20 p.m.	X		Saturday
242	4 X 400 meters Relay	6:30 p.m.		X	Saturday

