

2025 Ministry of Sports Inter-Schools TRACK & FIELD CHAMPIONSHIPS TECHNICAL BULLETIN

From: Ministry of Sports

Venue: YASCO Sports Complex, St. John's, Antigua

Date: March 7 -9, 2025

Following are the Technical Regulations for the 2025 Cool & Smooth Inter Schools Track and Field Championships.

1. TIME: 2:00pm

The meet begins at **3:00pm**. The Schedule of Events is attached to this bulletin. All Schools/Athletes must be at YASCO by **1:30 pm**

2. EVENTS

Females

100m, 200m 400m, 800m, 1500m, 3000m, Shot Put, Javelin, High Jump, Long Jump, Triple Jump, 4 x 100m, and 4 x 400m Relays.

Males

100m, 200m 400m, 800m, 1500m, 3000m (u-17), 5000m (u-20), Shot Put, Javelin, High Jump, Long Jump, Triple Jump, 4 x 100m, 4 x 400m Relays.

3. FACILITIES

a) Track:

World Athletic Class 2 certified Mondo eight (8) lane 400-meter track. Also provided is a grass surface warm-up area located to the east of the competition Arena at the facility. The warm-up facility does not allow for training/warm-up by athletes involved in the Throws and Jumps.

Arrangements will therefore be made for participants in these events to go through their paces in the competition arena 45 minutes prior to events.

(note only ¼ inch pyramid spikes are allowed for the running events)

- b) *Field:* 1 High Jump Landing Area, 1 Long Jump area, 2 Javelin Throwing Area and 2 Throwing Circles
- c) *Equipment:* **Female:** Shot: 3kg; 4. kg; Javelin: 600g
Male: Shot: 4kg; 6 kg, 7.260 kg; Javelin: 700g
800g
- d) *Athletes Area:* An Athletes' area with Tents is provided for the Athletes holding area and is located to the east of the competition Arena at the facility.
- e) *Call Room:* One (1) Tent will be set up to accommodate the Registration and Holding of Athletes before being escorted onto the Arena
- f) *Toilets:* Portable toilet facilities for athletes and officials will be located near the Call Room Area.

4. COMPETITORS CLOTHING

Athletes must wear their school's uniform or their own uniform and will not be allowed to compete in any National uniform of Antigua and Barbuda.

5. REGISTRATION

Event registration will be done online and facilitated by the Antigua and Barbuda Athletics Association and should be completed by **Monday 24th February 2025 by 10:00 pm. NO CHANGES will be made after the portal is closed.**

Registration would be done in two stages:

- 1. Complete registration at the link provided below:**

<https://www.trackie.com/event/2025-cool-smooth-ministry-of-sports-interschools-athletics-championships/1018788/>

2. Age verification of athletes (Biopage of passport or Photo ID) will be completed by Ms. Nerissa Pelle and Ms. Celisa Maloney via a schedule visitation to your school. Please ensure the documents are on hand for your registration process to be complete.

If you have any questions, please contact Ms. Pelle on 268-727-4058.

6. RULES AND REGULATIONS

The 100 m, 200 m, 400m, 4x100m, and 4x400 start will be run in lanes. The second leg of the 4x400m will run in lanes to 110m and break into lane one. The 800m will be run in lane up to 110m break into lane one for the duration of the race. The 1500m will start from scratch. Long Jump, Triple Jump, Shot Put and Javelin, each participant is allowed four (4) attempts.

IAAF Rules will be enforced for all events. All athletes must wear the numbers assigned to them. Where only one number is provided, this should be worn on the athlete's chest except for the High Jump where it can be placed on the chest or the back depending on the jumping style of the athlete. Athletes participating in more than one event simultaneously should indicate this upon registration at the Call Room on the first call.

Any encroachment onto the Staging Area (Arena) is prohibited and will be viewed as a serious offence. Coaches may accompany athletes to assist with the marking of the run for Jumping Events, but must leave thereafter before the commencement of the competition or when the Chief Judge or Referee so indicates.

The **crouch start is compulsory** for races from 100m, 200m, and 400m, along with the two relays (4 x 100m, 4 x 400m and mixed relay). Starting Blocks will be provided. For all specified events and will be run in lanes.

The starting heights for the High Jump are:

**Females: Under 15: 1.00m
Under 17: 1.25m
Under 20: 1.35m**

**Males: Under 15: 1:20m
Under 17: 1.35m
Under 20: 1:50m**

The bar will be set initially at the given height and shall be increased by increments of 5cm for the next 4 heights then 3cm thereafter.

7. CALL ROOM

Athletes are required to report to the Call Room Judge's desk for all events. There will be two (2) calls for each **TRACK EVENT**.

1st Call: Thirty (30) minutes before each event **Athletes or officials** must indicate that the athlete is present.

2nd Call: Fifteen (15) minutes before the event. This is a **FINAL Call**. Athletes must report to the Call Room Manager.

Athletes will be escorted to the competition area Five (5) minutes before the scheduled start of the events.

In the Field Events, athletes will proceed to the competition area after the first call forty-five (45) minutes before the scheduled time of the event.

ADDITIONAL RULES FOR INTERSCHOOLS' ATHLETICS CHAMPIONSHIPS 2023

- 1. The categories are as follows: Under 15, 17, and 20 male and female.**
- 2. Athletes MUST NOT reach the ages of 15, 17, or 20 in the year of competition.**
- 3. Each school is allowed TWO (2) athletes per event except the relays where four is required.**
- 4. Each athlete MUST run in his or her respective age category as registered.**
- 5. Semifinals will be held in the 100M, 200M, and 400M.**
- 6. The finalist will be determined by the eight (8) fastest times.**
- 7. All athletes MUST perform the crouch start in the 100M, 200M, 400M and the lead-off legs of the 4X100M relay, 4X400M relays.**
- 8. The 3000M under 17yrs boys and 3000M open females. 5000M males are under 20 males (only) to two (2) athletes per school.**
- 9. The overall number of girls and boys winning school will be determined by the highest accumulated points.**
- 10. The MVP in each age category will be awarded to the athlete with the most accumulated points.**

11. **The Most Outstanding Athlete will be based on the athlete's best performance. This is separate from the MVP of each age category.**
12. **No athlete will be allowed to participate in more than four (4) individual events.**
13. **Points will be given to the top eight (8) places and will be distributed as follows: 10, 8, 6, 5, 4, 3, 2, 1 point.**
14. **An athlete is only allowed to run in one (1) category for its 4X100M relays.**
15. **The deadline for registration is Monday 24th February 2025 at 10:00 PM.**
16. **No athlete will be allowed to compete in any National Uniform of Antigua and Barbuda.**
17. **All protests should be written and signed by two (2) of the following: The Principal, PE Teacher or Team Manager. A deposit of 100EC Dollars should accompany the protest to be refunded if the protest is won.**
18. **A Jury of Appeal Committee will be in place on the days of competition to handle any protest actions.**
19. **NO athlete is allowed to participate under another athlete's name.**
20. **BIB numbers are to be worn by all athletes in competition. They are to be worn in the front of their uniform. No athlete would be allowed to participate without their bib numbers.**
21. **A TECHNICAL MEETING AND DISTRIBUTION would be held on Wednesday 5th March 2025 at Sir Vivian Richards Stadium at 10:00am SHARP. All school representatives should be present to collect all packages for the event. PLEASE NOTE: NO DISTRIBUTION WILL BE DONE AFTER THIS DAY.**
22. **Passes for school representatives will be distributed as follows:**
 - 1 – 10 athletes representing school = 2 Admission Pass and 1 Vehicle Pass**
 - 11 – 20 athletes representing school = 3 Admission Pass and 1 Vehicle Pass**
 - 21 – 30 athletes representing school = 4 Admission Pass and 2 Vehicle Pass**
 - 31 – 40 athletes representing school = 5 Admission Pass and 3 Vehicle Pass**
 - 40+ athletes representing school = 6 Admission Pass and 5 Vehicle Pass**

8. AWARDS

- Medals will be awarded to the top three in each event.
- Trophies will be awarded to the outstanding Male and Female in each age category.
- Trophies will be awarded to the top three (3) Female and Male school's

**2025 COOL & SMOOTH/ MINISTRY OF SPORTS INTERSCHOOLS
ATHLETICS CHAMPIONSHIP**

At
The YASCO Sports Complex
Schedule of Events Day 1
Friday, March 7th, 2025

| <u>TIME</u> | <u>EVENT</u> | <u>AGE CATEGORY</u> | |
|-------------|--------------|---------------------|--------|
| 3:00PM | LONG JUMP | UNDER 15 GIRLS | FINALS |
| 3:00PM | LONG JUMP | UNDER 15 BOYS | FINALS |
| 3:00PM | HIGH JUMP | UNDER 17 BOYS | FINALS |
| 3:00PM | SHOT PUT | UNDER 17 GIRLS | FINALS |
| 3:00PM | SHOT PUT | UNDER 20 GIRLS | HEATS |
| 3:00PM | 100M | UNDER 15 GIRLS | HEATS |
| 3:10PM | 100M | UNDER 15 BOYS | HEATS |
| 3:20PM | 100M | UNDER 17 GIRLS | HEATS |
| 3:30PM | 100M | UNDER 17 BOYS | HEATS |
| 3:40PM | 100M | UNDER 20 GIRLS | HEATS |
| 3:50PM | 100M | UNDER 20 BOYS | HEATS |
| 4:00PM | JAVELIN | UNDER 17 GIRLS | FINALS |
| 4:00PM | JAVELIN | UNDER 20 GIRLS | FINALS |
| 4:15PM | HIGH JUMP | UNDER 17 GIRLS | FINALS |
| 4:25PM | TRIPLE JUMP | OPEN BOYS | FINALS |
| 4:35PM | 1500M | UNDER 15 GIRLS | FINALS |
| 4:45PM | 1500M | UNDER 17 GIRLS | FINALS |
| 4:55PM | 1500M | UNDER 20 GIRLS | FINALS |
| 5:05PM | 100M | UNDER 15 GIRLS | FINALS |
| 5:15PM | 100M | UNDER 15 BOYS | FINALS |
| 5:25PM | 100M | UNDER 17 GIRLS | FINALS |
| 5:35PM | 100M | UNDER 17 BOYS | FINALS |
| 5:45PM | 100M | UNDER 20 GIRLS | FINALS |
| 5:55PM | 100M | UNDER 20 BOYS | FINALS |
| 6:05PM | 5000M | OPEN BOYS | FINALS |

**2025 COOL & SMOOTH/ MINISTRY OF SPORTS INTERSCHOOLS
ATHLETICS CHAMPIONSHIP**

Schedule of Events DAY 2
Saturday, March 8, 2025

| <u>TIME</u> | <u>EVENT</u> | <u>AGE CATEGORY</u> | |
|-------------|--------------|---------------------|--------|
| 3:00PM | JAVELIN | UNDER 17 BOYS | FINALS |
| 3:00PM | JAVELIN | UNDER 20 BOYS | FINALS |
| 3:00PM | HIGH JUMP | UNDER 15 GIRLS | FINALS |
| 3:00PM | HIGH JUMP | UNDER 15 BOYS | FINALS |
| 3:10PM | 400M | UNDER 15 GIRLS | HEATS |
| 3:10PM | 400M | UNDER 15 BOYS | HEATS |
| 3:20PM | 400M | UNDER 17 GIRLS | HEATS |
| 3:30PM | 400M | UNDER 17 BOYS | HEATS |
| 3:40PM | 400M | UNDER 20 GIRLS | HEATS |
| 3:50PM | 400M | UNDER 20 BOYS | HEATS |
| 4:00PM | SHOT PUT | UNDER 17 BOYS | FINALS |
| 4:00PM | SHOT PUT | UNDER 20 BOYS | FINALS |
| 4:10PM | LONG JUMP | UNDER 20 GIRLS | FINALS |
| 4:30PM | LONG JUMP | UNDER 20 BOYS | FINALS |
| 4:40PM | 1500M | UNDER 15 BOYS | FINALS |
| 4:50PM | 1500M | UNDER 17 BOYS | FINALS |
| 5:00PM | 1500M | UNDER 20 BOYS | FINALS |
| 5:10PM | 400M | UNDER 15 GIRLS | FINALS |
| 5:20PM | 400M | UNDER 15 BOYS | FINALS |
| 5:30PM | 400M | UNDER 17 GIRLS | FINALS |
| 5:40PM | 400M | UNDER 17 BOYS | FINALS |
| 5:50PM | 400M | UNDER 20 GIRLS | FINALS |
| 6:00PM | 400M | UNDER 20 BOYS | FINALS |
| 6:10PM | 3000M | OPEN GIRLS | FINALS |
| 6:30PM | 4X100M RELAY | UNDER 15 GIRLS | FINALS |
| 6:40PM | 4X100M RELAY | UNDER 15 BOYS | FINALS |
| 6:50PM | 4X100M RELAY | UNDER 17 GIRLS | FINALS |
| 7:00PM | 4X100M RELAY | UNDER 17 BOYS | FINALS |
| 7:10PM | 4X100M RELAY | UNDER 20 GIRLS | FINALS |
| 7:20PM | 4X100M RELAY | UNDER 20 BOYS | FINALS |

**2025 COOL & SMOOTH/ MINISTRY OF SPORTS INTERSCHOOLS
ATHLETICS CHAMPIONSHIP**

Schedule of Events DAY 3
Sunday, March 9, 2025

| <u>TIME</u> | <u>EVENT</u> | <u>AGE CATEGORY</u> | |
|-------------|--------------|---------------------|--------|
| 3:00PM | HIGH JUMP | UNDER 20 GIRLS | FINALS |
| 3:00PM | HIGH JUMP | UNDER 20 BOYS | FINALS |
| 3:00PM | SHOT PUT | UNDER 15 GIRLS | FINALS |
| 3:00PM | 200M | UNDER 15 GIRLS | HEATS |
| 3:10PM | 200M | UNDER 15 BOYS | HEATS |
| 3:20PM | 200M | UNDER 17 GIRLS | HEATS |
| 3:30PM | 200M | UNDER 17 BOYS | HEATS |
| 3:40PM | 200M | UNDER 20 GIRLS | HEATS |
| 3:50PM | 200M | UNDER 20 BOYS | HEATS |
| 4:00PM | 800M | UNDER 15 GIRLS | FINALS |
| 4:10PM | 800M | UNDER 15 BOYS | FINALS |
| 4:20PM | 800M | UNDER 17 GIRLS | FINALS |
| 4:30PM | 800M | UNDER 17 BOYS | FINALS |
| 4:40PM | 800M | UNDER 20 GIRLS | FINALS |
| 4:50PM | 800M | UNDER 20 BOYS | FINALS |
| 5:00PM | SHOT PUT | UNDER 15 BOYS | FINALS |
| 5:00PM | LONG JUMP | UNDER 17 GIRLS | FINALS |
| 5:00PM | LONG JUMP | UNDER 17 BOYS | FINALS |
| 5:15PM | 200M | UNDER 15 GIRLS | FINALS |
| 5:25PM | 200M | UNDER 15 BOYS | FINALS |
| 5:35PM | 200M | UNDER 17 GIRLS | FINALS |
| 5:45PM | 200M | UNDER 17 BOYS | FINALS |
| 5:55PM | 200M | UNDER 20 GIRLS | FINALS |
| 6:05PM | 200M | UNDER 20 BOYS | FINALS |
| 6:15PM | TRIPLE JUMP | OPEN GIRLS | FINALS |
| 6:15PM | 3000M | UNDER 17 BOYS | FINALS |
| 6:30PM | 4X400M Relay | OPEN GIRLS | FINALS |
| 6:50PM | 4X400M Relay | OPEN BOYS | FINALS |