

5TH NACAC ATHLETICS CHAMPIONSHIPS



TECHNICAL MANUAL

August 15-17, 2025

Freeport, Grand Bahama, The Bahamas

Update: August 7, 2025 – 20:30hrs.



NACAC ATHLETICS COUNCIL

President	Mr. Mike Sands (BAH)
Vice-President	Ms. Cydonie Mothersill (CAY)
Vice-President	Mr. Garth Gayle (JAM)
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EXOFICIO

World Athletics President	Lord Sebastian Coe (GBR)
World Athletics Council Member	Abby Hoffman (CAN)
World Athletics Council Member	Donna Raynor (BER)
World Athletics Council Member	Willie Banks (USA)



LOCAL ORGANIZING COMMITTEE

1. Chairman	Rommel Knowles
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3. Drumeco Archer	Managing Director
4. Co Deputy Chair	Norris Bain
5. Chief Financial Officer	Valarie Green Smith
6. Operations Manager	Norris Bain
7. Advisor	Grafton Ifill
8. Director of Sports	Kelsie Johnson Sills
9. Minister of Grand Bahama	Chavonia McBride
10. Facilities Director	Moses Johnson/Lawrence Hepburn
11. Meet Organizer	Pharez Cooper
12. Accommodations	Ministry Youth Sports Culture
13. Transportation	Cecil Thompson
14. Medical	Rand Memorial Hospital
15. Anti-Doping	Petra Haven
16. Security	Royal Bahamas Police Force
	Royal Bahamas Defense Force
17. Award Ceremonies	MYSC
18. Broadcast/Media	Boardcasting Corporation-The Bahamas
19. Volunteers	Brakell Martin
20. Information Director	Miriam Byfield
21. Attache	Rayette Spence

EXECUTIVE COMMITTEE

1. Permanent Secretary Neil Campbell	Ministry Youth Sports & Culture
2. Director Kelsie Johnson Sills	Ministry Youth Sports & Culture
3. Romell Knowles	Games Chairman
4. Drumeco Archer	BAAA President
5. Grafton Ifill	Government Liaison & NSA Chairman
6. Moses Johnson	National Sport Authority
7. Valarie Greene Smith	Chief Financial Officer
8. Chavonia McBride	Ministry of Grand Bahama
9. Norris Bain	Ministry of Youth Sports & Culture
10. Ministry of Finance	Government of The Bahamas



NACAC INTERNATIONAL DELEGATES AND WORLD ATHLETICS REFEREES

NACAC Organizational Delegate: Cydonie Mothersill (CAY)

NACAC Technical Delegate: Michael Armstrong (USA)

Doping Control Delegate: Dr. Warren Blake (JAM)

World Athletics Referees

Daniel Michaud – Gold (CAN)

Betsy Reed – Gold (USA)

Sodia Peters – Silver (JAM)

John-Paul Clarke – Silver (CAY)

Noel Cedeño – Silver (PUR)

Jane Edstrom – Gold (CAN)

World Athletics Race-Walking Judges

Daniel Michaud – Gold IRWJ (CAN) – Chief

David O. Domínguez – Gold IARWJ (MEX)

Maryanne Daniel – Gold IARWJ (USA)

Carlos A. Barrios – Gold IRWJ (GUA)

Edwin Roche – Gold IRWJ (PUR)

Roberto Apaciero – Silver ARWJ (CUB)

International Starters

Lisa Ferdinand – WAIS (CAN)

Raúl Torres De Jesús – IAS (PUR)

International Photo Finish Judge

Scott Kammerer Chadez – IAPFJ (USA)

Jury of Appeal

Abigail Hoffman – (CAN) – Chair

Keith Joseph – (VIN)

Brendan Williams – (DMA)

TBD – (BAH)

International Announcer

Allan Ayala (GUA)

BAAA National Officials (BACO)

Competition Director

Competition Secretary

Meeting Manager

Timing and Results

Race Walk

Technical Manager

Asst. Technical Manager

Laura Pratt-Charlton

Sandra Butler

Camille Burnside

Trevor Moss

BAAA / BACO

Tito Moss

Nikito Johnson



1. SITE AND DATE

The 2025 NACAC Athletic Championships will be held in Freeport, Grand Bahama, The Bahamas, from August 15 -17, 2025. The event will take place at the Grand Bahama Sports Complex.

2. ABOUT FREEPORT – GRAND BAHAMA, THE BAHAMAS

IT'S BETTER IN THE BAHAMAS

With a beautiful mix of boutique hotels, luxury resorts, gorgeous beaches, championship golf courses, and some of the friendliest people in the world, Grand Bahama Island is one of the most popular islands in The Bahamas.

Located just 55 miles east of Florida, Grand Bahama Island is nestled among miles of powder-white sands, nature preserves, and emerald-green seas. Our cultural experiences and natural wonders make Grand Bahama Island ideal for everything from kayaking, dolphin watching, and eco-adventures to jeep safaris, scuba diving, and bike tours.

SOMETHING FOR EVERYONE

Grand Bahama Island is the perfect picture place for an unforgettable vacation. Families can go swimming with dolphins, couples can treat themselves to a romantic dinner overlooking the ocean, and friends can try their luck at deep-sea fishing during a weekend getaway. No matter who you are or where you come from, you'll love our island spirit and culture, especially during our annual festivals and local events, and the variety of sports and water activities available. Try one of our many eco-adventures or check out local shopping districts for great deals on duty-free merchandise. There truly is something for everyone on Grand Bahama Island!

www.grandbahamavacations.com



3. ABOUT GRAND BAHAMA SPORT COMPLEX

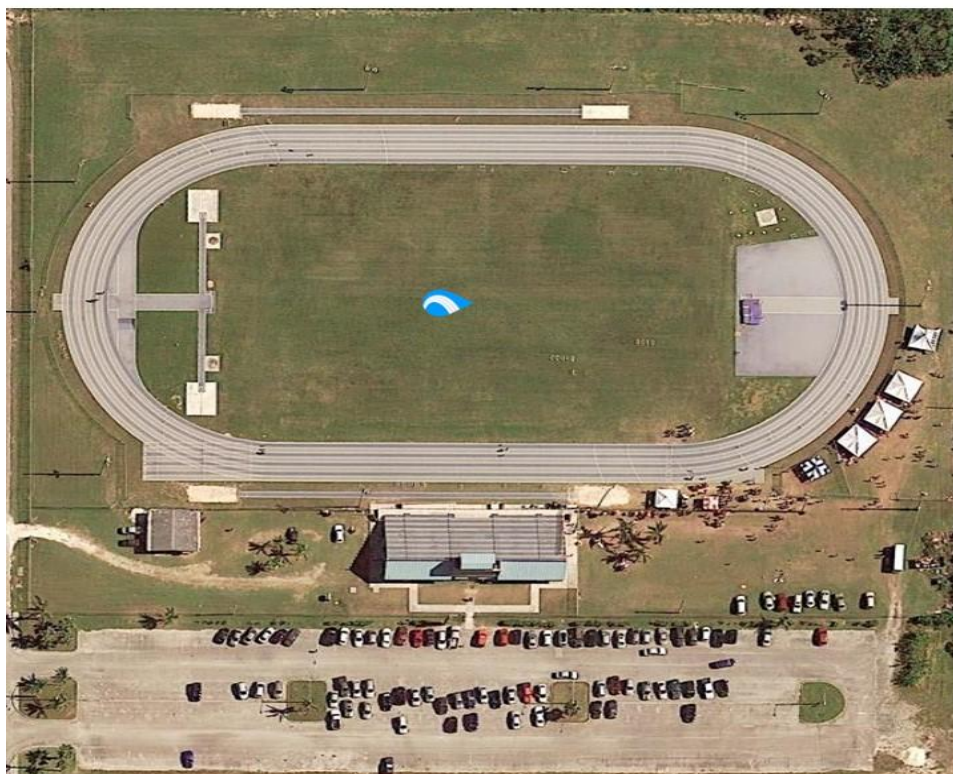
The event will be held from Friday, August 15th to Sunday, August 17th at Freeport Stadium, in Grand Bahama, The Bahamas.

The stadium is a World Athletics Level II certified facility that offers:

- 400-meter mondo track with eight synthetic lanes.
- 2 long jump / triple jump pits
- 1 high jump area
- 1 pole vault area
- throws area that includes 1 hammer circle, 1 discus circle, 2 shot put circles, and 2 javelin runways. The warm-up area will be located adjacent to the backstretch of the stadium.

GRAND BAHAMA STADIUM

400M MONDO TRACK IN CITY OF FREEPORT



The Grand Bahama Sports Complex opened in 1999 and is the center for Track and Field competitions on Grand Bahama Island. It is home to Donald Thomas 2007 World Champion for High Jump; Michael Mathieu and Andrea Williams 2007 World Championship Silver Medalists and Silver Medalists for the 4x400m Relay at the 2008 Olympic Games. Features: 8 full lanes of MONDO Surface Finish Lynx Electronic Timing System.

4. COUNTRIES INVITED

1	AIA	Anguilla	19	HAI	Haiti
2	ANT	Antigua y Barbuda	20	HON	Honduras
3	ARU	Aruba	21	ISV	US Virgin Islands
4	BAH	Bahamas (Host Country)	22	IVB	British Virgin Islands
5	BAR	Barbados	23	JAM	Jamaica
6	BER	Bermuda	24	LCA	Saint Lucia
7	BIZ	Belize	25	MEX	Mexico
8	CAN	Canada	26	MNT	Montserrat
9	CAY	Cayman Islands	27	NCA	Nicaragua
10	CRC	Costa Rica	28	PUR	Puerto Rico
11	CUB	Cuba	29	SKN	St. Kitts & Nevis
12	DMA	Dominica	30	TKS	Turks & Caicos
13	DOM	Dominican Republic	31	TTO	Trinidad & Tobago
14	ESA	El Salvador	32	USA	United States of America
15	GRN	Grenada	33	VIN	St. Vincent and the Grenadines
16	GUA	Guatemala	34	CUW	Curacao
17	GLP	Guadeloupe	35	SXM	St. Marteen
18	MTQ	Martinique			

5. VISAS

Countries that do NOT need a VISA

AIA – ANT– ARU – BAR – BER – BIZ – CAN – CAY – CRC – DMA – ESA – GRN – GUA – GLP –MTQ – HON – IVB – ISV – JAM – LCA – MEX – MNT – NCA – PUR – SKN – VIN – TTO – TKS – USA – CUW –SXM

Countries that need a VISA

CUB – DOM – HAI

<https://mofa.gov.bs/evisa-online-services/>

See Appendix A for more updated information on Visa requirements.



6. IMPORTANT DATES

- | | |
|---|--|
| ▪ Preliminary numeric entries and participation | Friday, June 27, 2025 |
| ▪ Final day for numeric entries and participation | Friday, July 11, 2025 |
| ▪ <u>Last day for final entries</u> | <u>Monday, August 4, 2025</u> |
| ▪ Last day for LOC visa information forms | Monday, July 15, 2025 |
| ▪ Arrival of Delegations | Wednesday, August 13, 2025 |
| ▪ Training Days | Wed. & Thu. August 13-14, 2025 |
| ▪ Technical Meeting | Thursday, August 14, 2025, at 7:00 pm |
| ▪ Championship Competition Days | Fri., August 15 – Sun. August 17, 2025 |
| ▪ Departure of Delegations | Monday, August 18, 2025 |

NOTE: Requested information must be submitted on the designated official forms and sent via email to the addresses below:

Noel Cedeño, cede2671@gmail.com

Mike Armstrong, michtarm@gmail.com

Michael A. Serralta, mserralta.nacac@gmail.com

7. ACCOMMODATIONS

Arrival date and time must be submitted by the final entry deadline to ensure accurate room allocation at the designated hotels. The official accommodation period begins from August 13 (beginning with dinner) to August 18 (ending with breakfast).

Accommodation for athletes and teams will be provided at the following locations:

VIVA WYNNDHAM FORTUNA BEACH RESORT

Website: <https://www.wyndhamhotels.com/wyndham/freeportbahamas/viva-wyndham>





GRAND LUCAYAN BAHAMAS – LIGHTHOUSE POINTE

Website: www.grandlucayan.com



PELICAN BAY HOTEL

Website: www.pelicanbayhotel.com



ROYAL ISLANDER HOTEL

Website: www.royalislanderhotel.com





MEALS SCHEDULE

Athletes and teams will eat their meals in their respective dining halls.

Mealtimes will be:

- Breakfast: 07:00hrs to 10:30hrs
- Lunch: 11:30hrs to 14:30hrs
- Dinner: 18:00hrs to 22:00hrs

LEVY & ACCREDITATION

The accommodation levy is USD \$250 per team member. Heads of delegation must finalize payment of the levy in order to complete the accreditation process. Delegations arriving outside this period will be charged the applicable daily hotel rate. Further details will be provided in the official bulletin prior to the Championships.

The Local Organizing Committee will not be responsible for delegations that fail to adhere to the designated dates or do not provide complete arrival and departure information, including airline and flight numbers.

8. TEAM OFFICIALS QUOTA

A maximum number of officials will be allowed as follows:

ATHLETES	OFFICIALS
1	1
2 – 6	2
7 – 12	3
13 – 18	4
19 - 24	5
25 – 36	6
37 – 42	7
43 – 48	8
49 – 54	9
55+	1 per each 10



NOTE:

1. Only officials listed in the chart will be accredited. Those not included must purchase tickets to access the stadium.
2. **Any final entry from any member federation that does not present itself for the championships will be penalized with \$100.00 (USD) for each athlete not present.**

9. TRANSPORTATION & ARRIVAL INFORMATION

Official Airport

Grand Bahama International Airport (FPO) is the designated airport for all delegations arriving by air. It is located approximately 15 minutes from the athletes' accommodations.

Upon arrival, delegations will be received at the exit of the baggage claim area. Volunteers will guide teams to ground transportation to transfer to their accommodations.

Ground Transportation in Freeport – Grand Bahama

The Organizing Committee will provide ground transportation from **Wednesday, August 13, to Monday, August 18, 2025**. Transportation schedules will be available at the Welcome Desk at each hotel.

Airport Transfers

Airport transportation services will only be available to delegations that have submitted completed **Arrival and Departure Forms**, including the name of the Member Federation, to the Local Organizing Committee. Team Leaders must confirm departure details at their respective Welcome Desks.



Training Transportation

Bus transportation to and from Freeport Stadium for training will be provided as follows:

- **August 13:** 4:00 PM – 8:00 PM
- **August 14:** 8:00 AM – 12:00 PM and 2:00 PM – 6:00 PM

Final schedules will be posted at each hotel.

Competition Transportation

Detailed transportation schedules for competition days will be posted at the Welcome Desk at each hotel and the TIC located at Grand Bahama Sports Complex.

Bahamas Travel Health Requirements

Member Federations are responsible for verifying with their country health department any specific requirements to enter Bahamas.

TECHNICAL INFORMATION

1. RULES AND REGULATIONS

Unless otherwise stated, the 5th NACAC Athletics Championships will be conducted in accordance with the rules and regulations of World Athletics (WA). All technical matters will be resolved in accordance with WA rules.

2. SAFEGUARDING

Safeguarding Standards

In accordance with the WA and NACAC Safeguarding Standards, and the recent WA decision at the 2024 Lima U-20 World Championship, NACAC has established that all delegations must have a Safeguarding Officer among their team members. This must be officially communicated to the NACAC Safeguarding Officer Catherine Jordan – glydor23@yahoo.com



3. World Athletics Footwear Standards and Shoe Regulations

World Athletics regulates the thickness of athletic shoe soles to ensure fair competition and promote athlete safety. The maximum allowed thickness for track and field events is 20 millimeters for all distances and field events. This rule was implemented on November 1, 2024. Road races have a slightly higher limit of 40 millimeters.

Here's a breakdown of the regulations:

- **Track and Field Events:** All track and field events, including sprinters, distance runners, and field event athletes (like jumpers and throwers), are capped at 20mm sole thickness.
- **Road Races:** Road race shoes can have a sole thickness up to 40mm.
- **Enforcement:** World Athletics enforces these rules to ensure fair play and protect athletes from potentially harmful shoe technologies. They work with shoe manufacturers to understand the impact of new technologies and adjust rules as needed.



4. SCHEDULED EVENTS

FEMALE	MALE
22 EVENTS	22 EVENTS
100m	100m
200m	200m
400m	400m
800m	800m
1500m	1500m
5000m	5000m
10000m*	10000m*
100m Hurdles (0.84)	110m Hurdles (1.06)
400m Hurdles (0.76)	400m Hurdles (0.91)
3000m Steeplechase (0.76)	3000m Steeplechase (0.91)
20000m Race Walk	20000m Race Walk
Long Jump	Long Jump
High Jump	High Jump
Triple Jump (11.00m)	Triple Jump (13.00m)
Pole Vault	Pole Vault
Shot Put (4.0kg)	Shot Put (7.26kg)
Discus Throw (1.0kg)	Discus Throw (2.0kg)
Javelin Throw (600g)	Javelin Throw (800g)
Hammer Throw (4.0kg)	Hammer Throw (7.2kg)
Heptathlon	Decathlon
Relay 4x100m	Relay 4x100m
Relay 4x400m	Relay 4x400m
Mixed Relays 4x100m & 4x400m	

10000m

A minimum of three countries must submit entries by the deadline for the 10,000m events to be conducted **at the Championships**. If this requirement is not met, the event will be cancelled.



Relays

All mixed relay events will be conducted as timed finals. The fastest eight seed times will be placed in the final section. Seed times will be determined using performance rankings from the qualifying period: September 1, 2024, to August 1, 2025.

5. AGE ELIGIBILITY REQUIREMENT

- ***Senior Athletes***
Athletes born in 2005 or earlier (20 years of age or older).
- ***Junior Athletes***
Athletes born in 2007 or 2006 (ages 18 or 19) may participate in all events, provided they adhere to the event-specific heights, weights, and distances.
- ***Youth Athletes***
Athletes born in 2009 or 2008 (ages 16 or 17) may participate in events, provided they adhere to the event-specific heights, weights, and distances, except for the male throwing events, the 20,000m race walk, and the 3,000m steeplechase.
- Athletes aged 15 or younger (born in 2010 or later) are **not eligible to participate**.

6. Age Verification

Athletes will be required to present a valid Passport during the accreditation process to verify their age.



7. ATHLETES' ENTRIES

Entries will be accepted using the following criteria:

- **By Event** - A maximum of two (2) athletes per country is allowed, except for events not run in lanes (1500m, 5000m, 3000m steeplechase, and 20,000m race walk), where up to four (4) athletes per country may enter.
 - For events allowing four (4) entries per country, in accordance with NACAC rules, only the top two (2) finishers from each Member Federation will count toward placing and medal standings.
- **Relays:** Only one (1) team per country is permitted.
- **Minimum Standards:** There are no minimum qualifying standards for entry.
- **Qualification Period:** Seed performances must fall within the qualification period of September 1, 2024, to August 1, 2025.

Final entries must be submitted online. For more details, refer to Appendix C.

8. PARTICIPATION CONFIRMATION

Upon arrival, delegations will receive several forms that must be completed and returned to the Technical Information Centre (TIC).

For relay events, each country may designate a pool of up to six (6) athletes, of which only four (4) may compete.



Forms confirming final participation must be submitted to the TIC according to the following schedule:

9. SEMI-FINALS

Competition Day	Final Confirmation Date
Friday, August 15	Thursday, August 14 – At the end of the Technical Meeting
Saturday, August 16	Friday, August 15 by 3:00 pm
Sunday, August 17	Saturday, August 16 by 3:00 pm

Semi-finals will be seeded based on performance rankings as of August 1, 2025.

10. STARTING HEIGHTS FOR VERTICAL JUMPS

The following are preliminary starting heights for vertical jump events. Final heights and increments will be confirmed by the Technical Delegate after final entries:

HIGH JUMP	WOMEN	MEN
	Starting at 1.60m, 1.65m, 1.70m, and then by 3cm until one (1) athlete is left	Starting at 1.90m, 1.95m, 2.00m, 2.05m, 2.10m, and then by 3cm until only one (1) athlete is left
POLE VAULT	WOMEN	MEN
	Starting at 3.00m and raising by 15cm until 3.60m and then by 5cm until only one (1) athlete is left	Starting at 4.00m and raising by 15cm until 5.00m and then by 5cm until only one (1) athlete is left

11. ENTRANCE CONTROL

The Athlete Control Centre (ACC) will be located southwest of the complex, south of the general admission. Athletes will present their personal accreditation and competition number to be able to enter the competition area in the track. The athletes must have spikes (maximum 6mm) except Javelin and High Jump (9mm), previously declared, and with the official uniform of the country he or she represents. The owner of the track can determine otherwise and declare to use 6mm. for all events, as good facility management.



The time for the entrance and exit to and from the Call Room will be the following:

#	Event	# of Calls	Exit from the Warmup Area	Entering the Competition Area
1	Races	2	15 minutes before	10 minutes before
2	Hurdles	2	15 minutes before	15 minutes before
3	Relays	2	15 minutes before	10 minutes before
4	High Jump	2	15 minutes before	45 minutes before
5	Pole Vault	2	15 minutes before	60 minutes before
6	Long and Triple Jump	2	15 minutes before	30 minutes before
7	Throws	2	15 minutes before	40 minutes before

Two calls will be made before the athletes go to the competition area. There will be 15 minutes between one call and the other and then the athlete will enter the track.

The athletes will enter the track accompanied by officials and will not be able to come out unless they are accompanied by an official.



12. COMPETITION NUMBERS

Each athlete will receive four (4) bibs: one with their name and three with their competition number. The name bib must be worn on the front. One number bib should be worn on the back (except for jumping events), one placed on the warm-up uniform, and the other attached to the athlete's bag to backpack. Bib placement will be checked in the Call Room to ensure all bibs are correctly assigned to the athlete.

13. START LISTS AND OFFICIAL RESULTS – PLEASE VERIFY

Start lists must be collected from the Technical Information Centre (TIC) prior to the start of each competition day. Official results will be provided only to the designated delegate of each country or to the individual appointed during the Technical Meeting.

Updated information—including news, entry lists, results, and photos—will be available on the official website before, during, and after each event.

The TIC will be located in the warm-up area and will serve as the central hub for all event-related information. A complete Results Report will be distributed to all delegations at the conclusion of the Championships.

14. PRIZE MONEY

Prize money will be distributed in all events. The amount for each event and position will be notified in a future newsletter.

15. TECHNICAL INFORMATION CENTER (TIC)

The Technical Information Centre (TIC) will be located at the stadium. Each hotel will also have an Information Desk near the lobby.



The TIC, located near the warm-up area at the stadium, will manage the following:

- Technical information
- Official messages for Delegates
- Distribution of official results
- General information (transportation, meals, accommodation)

16. MEDICAL SERVICES

Medical personnel and paramedics will be on duty throughout the competition. Physiotherapy services will also be available for all delegations.

17. POST COMPETITION PROCEDURES

17.1 General

All athletes must exit the track through the mixed zone, where media may conduct brief interviews. Athletes selected for doping control will be escorted from the mixed zone. Others will proceed to the award ceremony or return to the warm-up area.

17.2 Exit Procedures

- **17.2.1 Track Events:** Immediately after the finish line.
- **17.2.2 Field Events (Final Rounds):** After the first three (3) attempts and again after the final three (3) attempts.
- **17.2.3 Long Jump & Triple Jump:** Athletes proceed directly to the mixed zone. If selected, they will be escorted to doping control or the award ceremony.
- **17.2.4 High Jump & Pole Vault:** Athletes exit together at the conclusion of the event and proceed to the mixed zone. If selected, they will be escorted to doping control or the award ceremony.



18. PROTOCOL CEREMONIES

Award Ceremonies

Athletes placing in the top three (3) of each event must report to the podium in medal order and must wear their official national team uniform. Award ceremonies will occur following the posting of official results, per World Athletics & NACAC Athletics protocol procedures. A detailed schedule will be available at the TIC.

19. Call Room Schedule

Events	Call Room Opens	Call Room Closes	Enter Field of Play
Sprints & Race Walk	40 minutes	30 minutes	10 minutes
Hurdles & Steeplechase	40 minutes	30 minutes	15 minutes
Relays	50 minutes	35 minutes	15 minutes
Field Events	50 minutes	40 minutes	35 minutes
High Jump	50 minutes	40 minutes	35 minutes
Pole Vault	80 minutes	70 minutes	60 minutes



20. JURY OF APPEALS

The NACAC Athletics Council will appoint the Jury of Appeals. (The members are listed on page 4.)

Appeals Process:

- Appeals must first be submitted to the Referee of the respective event.
- If unresolved, appeals may then be submitted to the Jury of Appeals via the following process:
 - Complete the official Appeal Form, provided during the Technical Meeting.
 - The form must be signed by the Delegate or Team Leader.
 - Submit the appeal at the TIC at the National Stadium within 30 minutes of the official result announcement.
 - A deposit of \$100 USD must accompany each appeal.
 - Appeal decisions will be posted at the TIC Bulletin Board and Press Center.
 - Award ceremonies for the event in question will be suspended until the appeal is resolved.

21. DOPING CONTROL

In accordance with World Athletics regulations, doping control will take place in a designated area at the National Stadium.

Athletes selected for testing will be notified at the end of their event and must be accompanied by a Doping Control Official throughout the process. Athletes must complete and sign all required forms. Each athlete may be accompanied by a team official and a translator, if needed, from their delegation.



22. FACILITIES AND IMPLEMENTS

- The competition will take place on a 400-meter, 8-lane track equipped with a false start detection system.
- Race walk events will be held on the track.
- A designated warm-up area must be used for all pre-competition activities.
- The Local Organizing Committee (LOC) will provide World Athletics-approved implements. A list will be shared in a bulletin prior to the Championships.
- Athletes may bring personal implements (discus, javelin, shot put, hammer, pole vault) for use, subject to approval by the Technical Delegate. These must be submitted for inspection and weighing on the day before the 1st session and the morning of the 4th and 5th sessions.
- The Team Delegate must declare personal implements at the TIC after the Technical Meeting.
- Approved implements will be stored at the National Stadium and returned after the event. A voucher system will be used.
- Each delegation is responsible for transporting its implements to and from the competition.

23. RULES FOR THE USE OF THE TRACK

Access to the track and field during the Championships is restricted to:

- Competing athletes
- Event officials and designated volunteers
- Authorized NACAC Council Members and LOC personnel
- Accredited media, including a limited number of photographers

Marshals will ensure that only authorized individuals are in the competition area. Coaches and other unauthorized personnel must remain in designated viewing areas.



24. TECHNICAL MEETING

The Technical Meeting will be held at Grand Lucayan Hotel on **Thursday, August 14, 2025, at 7:00 PM.**

Prior to the meeting, beginning at 4:00 PM in the same location, the LOC will distribute competition numbers and preliminary entries for delegate review.

All written questions must be submitted by noon **on Thursday, August 14, 2025**, using the form in Appendix E (also available at the TIC) or via email to michtarm@gmail.com and mserralta.nacac@gmail.com. No questions will be taken from the floor.

The meeting will be conducted in English with Spanish translation and will be presided over by the Technical Delegate. Two delegates per country may attend.

Agenda:

- Quorum confirmation
- Welcome from the LOC and NACAC
- Introduction of International Technical Officials
- General information
- Confirmation of heights for vertical jumps
- Responses to submitted questions
- Athlete participation confirmation
- Closing remarks



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Friday, August 15, 2025

SESSION 1 – AUGUST 15, 2025			
Time	Event	Gender	Serie
09:00	100 meters	Male	Prelims
09:05	Discus Throw	Male	Final
09:30	100 meters	Male	1st Decathlon
09:55	400 meters Hurdles	Female	Semifinals
10:05	Long Jump	Male	2 nd Decathlon
10:10	400 meters Hurdles	Male	Semifinals
10:35	100 meters Hurdles	Female	Semifinals
10:50	110 meters Hurdles	Male	Semifinals
11:00	Shot Put	Male	3 rd Decathlon
11:10	400 meters	Female	Semifinals
11:30	400 meters	Male	Semifinal
11:45	100 meters	Female	Semifinals
12:00	100 meters	Male	Semifinals



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Friday, August 15, 2025

SESSION 2 – AUGUST 15, 2025			
Time	Event	Gender	Serie
17:15	Discus Throw(M)		Awards
17:25	High Jump	Male	4 th Decathlon
17:30	Long Jump	Female	Final
17:35	Hammer Throw	Male	Final
17:50	Shot Put	Male	Final
18:15	800 meters	Male	Semifinals
18:30	100 meters Hurdles	Female	Final
18:45	110 meters Hurdles	Male	Final
19:00	400 meters	Male	5 th Decathlon
19:05	Long Jump(F)-Hammer(M)-Shot(M)-100mh(F)-110mh(M)		Awards
19:25	5,000 meters	Male	Final
19:45	10,000 meters	Female	Final
20:30	100 meters	Female	Final
20:40	100 meters	Male	Final
20:45	100m(F)-100m(M)- 5,000m(M)-10,000m(F)		Awards



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Saturday, August 16, 2025

SESSION 3 – AUGUST 16, 2025			
Time	Event	Gender	Serie
06:30	20,000 meters Race Walk	Female – Male	Final
09:00	200 meters	Male	Prelims
09:15	110 meters Hurdles	Male	6 th Decathlon
09:15	Long Jump	Male	Final
09:50	Discus Throw	Male	7 th Decathlon
10:55	Pole Vault	Male	8 th Decathlon
11:00	Discus Throw	Female	Final
11:15	200 meters	Female	Semifinals
11:30	200 meters	Male	Semifinals



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Saturday, August 16, 2025

SESSION 4 – AUGUST 16, 2025			
Time	Event	Gender	Serie
15:00	OPENING CEREMONY		
16:15	Relay 4x100 meters	Male	Semifinals
16:30	Hammer Throw	Female	Final
17:40	High Jump	Female	Final
17:45	20,000m RW-Discus(F)-Hammer (F)- Long Jump(M)		Awards
17:55	Triple Jump	Male	Final
18:00	Javelin Throw	Male	9 th Decathlon
18:00	400 meters Hurdles	Female	Final
18:10	400 meters Hurdles	Male	Final
18:28	800 meters	Female	Final
18:35	800 meters	Male	Final
18:38	400m Hurdles(F-M)-800m(F-M)		Awards
18:58	200 meters	Female	Final
19:05	200 meters	Male	Final
19:15	High Jump(F)-Triple Jump(M)-200m(F-M)		Awards
19:30	Javelin Throw	Female	Final
19:35	1500 meters	Male	10 th Decathlon
19:50	1500 meters	Female	Final
20:05	1500 meters	Male	Final
20:25	Mixed Relay 4x400 meters	Female-Male	Final
20:30	Javelin(F)-Mixed Relay 4x400 m-1500m(F-M)		Awards
20:45	Mixed Relay 4x100 meters	Female-Male	Final



5th NACAC Area Championships
Freeport, Grand Bahama, The Bahamas

Schedule of Events

Sunday, August 17, 2025

SESSION 5 – AUGUST 17, 2025			
Time	Event	Gender	Serie
16:10	4x100m Relay (Mixed) - Decathlon		Awards
16:30	Javelin Throw	Male	Final
17:10	High Jump	Male	Final
17:15	Shot Put	Female	Final
17:40	400 meters	Female	Final
17:50	400 meters	Male	Final
18:00	3,000 meters Steeplechase	Female	Final
18:15	3,000 meters Steeplechase	Male	Final
18:15	Triple Jump	Female	Final
18:30	Javelin (M) - 400m (F) (M) – 3,000m SC (F) (M)		Awards
18:50	5,000 meters	Female	Final
19:10	High Jump (M) – Shot (F) – 5,000m (F)		Awards
19:30	Relay 4x400 meters	Female	Final
19:40	Relay 4x400 meters	Male	Final
19:45	Triple Jump (F) - Relay 4x400m (F) (M)		Awards
20:00	Relay 4x100 meters	Female	Final
20:15	Relay 4x100 meters	Male	Final
20:30	Relay 4x100m (F) (M)		Awards

Updated: August 7, 2025 – 20:30hrs



APPENDICES

- APPENDIX A VISA REQUIREMENTS
- APPENDIX B PROCESS FOR FINAL ENTRIES
- APPENDIX C TECHNICAL MEETING QUESTION FORM
- APPENDIX D APPEAL FORM
- APPENDIX E CHAMPIONSHIP RECORDS



Appendix A: Visa Requirements

2025 NACAC Area Championships – 5th Edition Freeport Grand Bahama, The Bahamas

Do I need a Visa?

Obtaining a visa invitation letter from the Local Organizing Committee (LOC)

For everyone or group who requires a visa, the LOC Visa Information Form must be completed in all its sections so that the required invitation letter for the purpose of visa application can be properly issued.

This form must be sent to the:

When completing the LOC Visa Information Form, please make sure that:

- Each passport has two consecutive blank visa-designated pages
- ***The expiry date of the passport is at least six months after the last day of the expected stay in Grand Bahama.***
- If the passport does not meet these two requirements, a new passport must be obtained, or the existing one is to be prolonged before you can request the invitation letter.
- You indicate in which Consulate you will make your application. Follow this link to find the consular information for The Bahamas.

After receiving receipt of the completed LOC Visa Information Form, the LOC will issue, and email you, the official invitation letter. You will be able to print as many copies as needed for the members of your group. The visa invitation letter will enable a person to apply for entry visa to The Bahamas for the period from August 1 to 30, 2025. The Ministry of Foreign Affairs requires Visa for the following countries:



Cuba, Dominican Republic, Haiti

2025 NACAC Area Championships – 5th Edition
Freeport Grand Bahama, The Bahamas

LOC Visa Information Form

Send to: gterahmcintoshobrian@bahamas.gov.bs by July 15, 2025

COUNTRY					
Full Name	Position	Date of Birth (mm/dd/yy)	Passport Number	Date of Issue (mm/dd/yy)	Date of Expiry (mm/dd/yy)
e.g., John James Smith	Athlete	12/01/81	FH849372	03/09/2013	03/09/2018





Appendix B: Process for Final Entries

2025 NACAC Area Championships – 5th Edition
Freeport Grand Bahama, The Bahamas

Procedure for Final Entries

1. Final entries will be processed online using the following link:

www.trackie.com/event/5th-nacac-athletics-championships/1030181/

2. A copy of the final entries in excel format must be sent to:

- a) Mike Armstrong michtarm@gmail.com
- b) Michael A. Serralta mserralta.nacac@gmail.com
- c) Trevor Moss tmoss@locbahamas.org
- d) Sandra Butler smnbutler@yahoo.com
- e) Noel Cedeño cede2671@gmail.com
- f) Jem Roker (LOC) jemsroker2004@gmail.com

3. Each Federation will be provided with a password by Friday, July 24, 2025, to complete their entries. Instructions will be provided to facilitate the person in charge of Member Federation entries.

4. Each Federation is responsible for completing their entries by the stated deadline (Monday, August 4, 2025 – midnight EST).

5. After final entries are sent to the local organizing committee, any member federation that drops an athlete from competition will be fined with \$100.00 (USD) per athlete.



How to register athletes in Trackie.com for NACAC Championships
Cómo inscribir atletas en Trackie.com para los Campeonatos NACAC

Click on the registration link: <https://www.trackie.com/event/nacacchamps2025>
Haga clic en el enlace de registro:


In here you can see all the information regarding the Championship. We will post information in the management news area. You can start registering your team using the register button. In the Enter access code area write in capital letters **FREPORT2025** and **press submit** to gain access to the entries platform.

Aquí puedes ver toda la información referente al Campeonato. Publicaremos información en el área de gestión de noticias. Puede comenzar a registrar a su equipo usando el botón de registro. En el área Ingresar código de acceso, escriba en letras mayúsculas **FREPORT2025** y **presione enviar** para acceder a la plataforma de entradas.



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August 15-17th, 2025
Freeport, Grand Bahama

Access Code Required

This registration form is locked to an access code.




Enter access code:

Questions? Please [contact](#) the event directly.

It will take you here:
Te llevará aquí:

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 5th NACAC ATHLETICS CHAMPIONSHIPS [View Info](#) [Contact Us](#) [Clear Form](#)

August 15-17th, 2025
Freeport, Grand Bahama

01. Registrant Information 02. Relay Information 03. Confirmation 04. Receipt

of individuals you want to register [Import](#) [Team Roster](#) [I want to only register relays](#) * Required fields

First Name * Last Name * Gender * ☐ Male ☐ Female

Date of Birth * (YYYY-MM-DD) / / Team - *Is yours missing?*

☐ This registrant is competing in a relay ONLY.


Event

Event * Category * Seed-mark : : .

[Add another event](#)



First look for team size number:
Primer vistazo al número de tamaño del equipo:




 **5th NACAC ATHLETICS CHAMPIONSHIPS** [View Info](#) [Contact Us](#) [Clear Form](#)

August 15-17th, 2025
Freeport, Grand Bahama

01. Registrant Information 02. Relay Information 03. Confirmation 04. Receipt

of individuals you want to register: 1   [I want to only register relays](#) * Required fields

First Name *  Last Name * Gender *
 ☐ Male ☐ Female

Date of Birth * (YYYY-MM-DD)
 / /

Team - *Is yours missing?* *

☐ This registrant is competing in a relay

Event
Event *
 Select...

[+ Add another event](#)

Category * Seed-mark
 Senior hr : min : sec . ms

[PROCEED TO NEXT](#) [ADD ANOTHER REGISTRANT](#) [SAVE & COMPLETE LATER](#)

You will see the numbers of athletes. Press in Registrant # 1 and start input the registrant info.

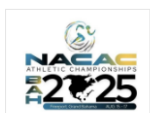
Remember the **correct gender of the athlete**. We need DOB (be sure WA has it for their correct profile) and your team will appear in the dropdown menu. Then if the athlete will compete only in relays mark the box if not leave it unmarked. Then assigned the individual event or events the athlete will participate.

NO RELAYS YET, JUST INDIVIDUAL EVENTS.

Verás los números de atletas. Presione en Registrante # 1 y comience a ingresar la información del registrante.

Recuerda el **género correcto del atleta**. Necesitamos fecha de nacimiento (asegúrese de que WA la tenga para su perfil correcto) y su equipo aparecerá en el menú desplegable. Luego, si el atleta competirá solo en relevos, marque la caja, si no, déjela sin marcar. Luego se asigna el evento o eventos individuales en los que participará el atleta.

TODAVÍA NO HAY RELEVOS, SOLO EVENTOS INDIVIDUALES.



5th NACAC ATHLETICS CHAMPIONSHIPS

[View Info](#) [Contact Us](#)August 15-17th, 2025
Freeport, Grand Bahama[Clear Form](#)

01. Registrant Information

02. Relay Information

03. Confirmation

04. Receipt

of individuals you want to register

10



Import



Team Roster



Share fields

[I want to only register relays](#)

* Required fields

Refine...

Registrant #1	
Registrant #2	
Registrant #3	
Registrant #4	
Registrant #5	
Registrant #6	
Registrant #7	
Registrant #8	
Registrant #9	
Registrant #10	

First Name *

Last Name *

Gender *

☐ Male ☐ Female

Date of Birth * (YYYY-MM-DD)

 / /

Team - Is yours missing? *

☐ This registrant is competing in a relay ONLY.

Event

Event *

Category *

Seed-mark

 hr : min : sec . ms[+ Add another event](#)

PROCEED TO NEXT STEP

ADD ANOTHER REGISTRANT

SAVE & COMPLETE LATER

Team dropdown box. All teams are in there. Todos los equipos están aquí.

If you need to add another event just dial here:

Si necesita agregar otro evento, simplemente marque aquí

Team - Is yours missing? *

Anguilla (AIA)

Antigua and Barbuda (ANT)

Aruba (ARU)

Bahamas (BAH)

Barbados (BAR)

Belize (BIZ)

Select...

100m

200m

400m

800m

1500m

5000m

Select...

[+ Add another event](#)

Example of fulfillment then press on registrant # 2 and subsequently until you finish all the athletes.

Remember if the athlete is participating only in relays you need to mark the box.

Ejemplo, luego presione sobre el inscrito # 2 y posteriormente hasta terminar todos los atletas.



Recuerde que, si el atleta participa solo en relevos, debe marcar la casilla.

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Freeport, Grand Bahama

01. Registrant Information 02. Relay Information 03. Confirmation 04. Receipt

of individuals you want to register: [Import](#) [Team Roster](#) [I want to only register relays](#) * Required fields

First Name * Last Name * Gender * ☒ Male ☐ Female

Date of Birth * (YYYY-MM-DD) / / Team - Is yours missing? *

☐ This registrant is competing in a relay ONLY.

Event

Event * Category * Seed-mark

Event * Category * Seed-mark

[PROCEED TO NEXT STEP](#) [ADD ANOTHER REGISTRANT](#) [SAVE & COMPLETE LATER](#)

Dial here

Presione aqui para el próximo paso

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Freeport, Grand Bahama

01. Registrant Information 02. Relay Information 03. Confirmation 04. Receipt

of relays you want to register:

[PREVIOUS STEP](#) [PROCEED TO NEXT STEP](#) [SAVE & COMPLETE LATER](#)

Relays mark number of relays to register. 4x100m, 4x400m, mixed 4x100m, mixed 4x400m (max 4 per country)

Se marcan el número de relevos a registrar. 4x100m, 4x400m, mixto 4x100m, mixto 4x400m (máximo 4 por país)



Relays screen:

Look for your country name if not there, mark the correct gender of the relay, names will be in the dropdown box, if not write the name next to the magnifier and it will appear in the box. No need to put down the correct order. You can register a maximum of 8 athletes per relay. Press the event correctly in the details section, one for each relay, **do not mark both boxes at any time**.

Remember if the event is a mixed one you need to mark the mixed box.

Pantalla de relevos:

Busca el nombre de tu país si no está allí, marca el género correcto del relé, los nombres estarán en el cuadro desplegable, si no escribe el nombre junto a la lupa y aparecerá en el cuadro. No es necesario hacer el pedido correcto. Puedes inscribir un máximo de 8 atletas por relevo. Pulsa correctamente el evento en el apartado de detalles, uno para cada relé, **no marques ambas casillas en ningún momento**.

Recuerde que, si el evento es mixto, debe marcar la casilla mixta.

When you finish press proceed to the next step:


Cuando termines, presiona y continúa con el siguiente paso:

In here you confirm your registration. Verify all your athletes and relays are completed. If not, you can press **edit registration** and go back and make the changes or add any other athlete. This registration is only for athletes not Team Officials. Aquí confirmas tu registro. Verifique que todos sus atletas y relevos estén completos. Si no, puede



presionar **editar registro** y regresar y realizar los cambios o agregar cualquier otro atleta. Este registro es solo para atletas, no para oficiales de equipo.

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**5th NACAC ATHLETICS CHAMPIONSHIPS** View Info Contact Us August 15-17th, 2025
Freeport, Grand Bahama

01. Registrant Information 02. Relay Information 03. Confirmation 04. Receipt

Your registration is **not yet** complete, confirm registration below.

Please review your information - [Edit information](#)

Name	Gender	Team	Description	Category	Price
Noel Cedeno (2002-08-15)	Male	Puerto Rico	Shot Put (18.25) Discus Throw (65.12)	Senior	\$0.00
Lolo Jones (2000-05-18)	Male	Puerto Rico	This registrant is competing on a relay only.		
Luis Lopez (2003-09-25)	Male	Puerto Rico	200m (20.38)	Senior	\$0.00
Carlos Guzman (2005-12-31)	Male	Puerto Rico	100m (10.15)	Senior	\$0.00
Puerto Rico <ul style="list-style-type: none">Carlos Guzman (2005-12-31)Luis Lopez (2003-09-25)Lolo Jones (2000-05-18)Noel Cedeno (2002-08-15)	Male	Puerto Rico	4x400m (3:03.59)	Senior	\$0.00
Puerto Rico <ul style="list-style-type: none">Noel Cedeno (2002-08-15)Luis Lopez (2003-09-25)Carlos Guzman (2005-12-31)Lolo Jones (2000-05-18)	Male	Puerto Rico	4x100m (39.12)	Senior	\$0.00
Total:					\$0.00

Your Email Address *

Your Phone Number - International Number

(000) XXX-XXXX

CONFIRM REGISTRATION EDIT REGISTRATION SAVE & COMPLETE LATER

If everything its ok and you are set up write down your official email address and your phone number and press confirm registration. You will receive a trackie.com email with your receipt. Please forward the email to the NACAC Competition Department and Technical Delegate: mserralta.nacac@gmail.com, michtarm@gmail.com

Si todo está bien y está configurado, escriba su dirección de correo electrónico oficial y su número de teléfono y presione confirmar registro. Recibirá un correo electrónico trackie.com con su recibo. Reenvíe el correo electrónico al Departamento de Competencia de NACAC y al Delegado Técnico: mserralta.nacac@gmail.com, michtarm@gmail.com

Any doubts or help send email to cede2671@gmail.com

Cualquier duda o ayuda enviar correo electrónico a cede2671@gmail.com



Appendix C: Technical Meeting Question Form

2025 NACAC Area Championships – 5th Edition
Freeport Grand Bahama, The Bahamas

Technical Meeting Questions

Country: _____

To be forwarded to the NACAC Technical Delegate (michtarm@gmail.com) & NACAC Competition Director(mserralta.nacac@gmail.com) or submitted to the Technical Information Centre (TIC) no later than **12:00pm, Thursday, August 14, 2025.**

Question 1:

Question 2:

Question 3:

Team Official

Date



Appendix D: Appeals Form

NACAC CHAMPIONSHIPS Freeport, Grand Bahama, The Bahamas

Jury of Appeal

Appeal lodged on behalf of:	<input type="text"/>	MF	<input type="text"/>
Athlete name:	<input type="text"/>	Bib number	<input type="text"/>
Event	<input type="text"/>	Appeal lodged by (name and position in Team)	<input type="text"/>

Reason for the Appeal:

Action Required:

Signature:

For TIC Use only :

Appeal submitted at	<input type="text" value="HH"/>	<input type="text" value="MM"/>	Format: 24 hours	Date	<input type="text" value="DD"/>	<input type="text" value="MM"/>	<input type="text" value="YYYY"/>
Official Results Published at	<input type="text" value="HH"/>	<input type="text" value="MM"/>	Format: 24 hours	Referee Decided on Protest at	<input type="text" value="HH"/>	<input type="text" value="MM"/>	
Appeal fee of USD100	<input type="checkbox"/>	Received	TIC Official: <input type="text"/>				

Decision of the Jury of Appeal

The Appeal Fee shall : ☐ shall not be returned ☐ Be returned

Date and time Format 24 hours

Signature



Appendix E – NACAC Championships Records

NACAC CHAMPIONSHIPS WOMENS RECORDS

Event	Name	Country	Performance	Date
100 meters	Shericka Jackson	JAM	10.83	8/20/2022
200 meters	Brittany Brown	USA	22.35	8/21/2022
400 meters	Shaunae Miller-Uibo	BAH	49.40	8/20/2022
800 meters	Ajee Wilson	USA	1:57.52	8/11/2018
1,500 meters	Heather Maclean	USA	4:04.53	8/21/2022
5,000 meters	Natosha Rogers	USA	15:11.68	8/19/2022
10,000 meters	Stephanie Bruce	USA	33:12.42	8/20/2022
100 meters Hurdles	Kendra Harrison	USA	12.55	8/11/2018
400 meters Hurdles	Shamier Little	USA	53.32	8/12/2018
3,000 meters Steeplechase	Gabrielle Jennings	USA	9:34.36	8/10/2018
20,000 meters Walk	Mirna Sucely Ortiz Flores	GUA	1:36:34.00	8/20/2022
Relay 4x100 meters	Pierre, Lawson, Bryant, Jefferson	USA	42.24	8/09/2015
Relay 4x400 meters	Whitney, Jefferson, Mitchell, Stepter-Bayne	USA	3:23.54	8/21/2022
High Jump	Vashti Cunningham	USA	1.92m	8/19/2022
Pole Vault	Katie Nageotte	USA	4.75m	8/11/2018
Long Jump	Quanesha Burks	USA	6.93m	8/09/2015
Triple Jump	Thea Noelia LaFond	DMA	14.49m	8/21/2022
Shot Put	Sarah Mitton	CAN	20.15m	8/21/2022
Discus Throw	Laulau Tausaga-Collins	USA	63.18m	8/19/2022
Javelin Throw	Kara Winger	USA	64.68m	8/21/2022
Hammer Throw	Deanna Price	USA	74.60m	8/10/2018
Heptathlon	Maria Gabriela Carrillo	ESA	5022pts.	7/15/2007



NACAC CHAMPIONSHIPS MENS RECORDS

Event	Name	Country	Performance	Date
100 meters	Ackee Blake	JAM	9.98	8/20/2022
200 meters	Andrew Hudson	JAM	19.87	8/21/2022
400 meters	Christopher Taylor	JAM	44.63	8/20/2022
800 meters	Ryan Martin	USA	1:45.79	8/09/2015
1,500 meters	Eric Holt	USA	3:37.62	8/21/2022
5,000 meters	Lomong Lopez	USA	13:57.53	8/08/2015
10,000 meters	Sean McGorty	USA	29:23.77	8/19/2022
110 meters Hurdles	Freddie Crittenden	USA	13.00	8/20/2022
400 meters Hurdles	Kyron McMaster	IVB	47.34	8/21/2022
3,000 meters Steeplechase	Evan Jager	USA	8:22.55	8/21/2022
20,000 meters Walk	Jose Eduardo Ortiz	GUA	1:26:21.08	8/20/2022
Relay 4x100 meters	Forsythe, Livermore, Bailey, Mitchell	JAM	38.07	8/09/2015
Relay 4x400 meters	Parros, Smith, Chambers, Harris	USA	3:00.07	8/09/2015
High Jump	Jeron Robinson, Michael Mason, Donald Thomas, Django Lovett	USA CAN BAH CAN	2.28m	8/11/2018
Pole Vault	Scott Houston	USA	5.45m	8/12/2018
Long Jump	Marquis Dendy	USA	8.29m	8/12/2018
Triple Jump	Yordany Durañona	DMA	16.98m	8/07/2015
Shot Put	Darrell Hill	USA	21.68m	8/10/2018
Discus Throw	Fedrick Dacres	JAM	68.47m	8/12/2018
Javelin Throw	Curtis Thompson	USA	84.23m	8/20/2022
Hammer Throw	Rudy Winkler	USA	78.29m	8/20/2022
Decathlon	Darvin A. Colon Herrera	HON	6330pts.	7/14/2007

NACAC CHAMPIONSHIPS MIXED RELAY RECORD

Event	Name	Country	Performance	Date
4x400 meters Mixed	Hall, Stepter-Baynes, Turner, Whitney	USA	3:12.05	8/20/2022