



**NATIONAL GAS COMPANY/  
NATIONAL ASSOCIATION OF ATHLETICS ADMINISTRATIONS  
2019 COMBINED EVENTS CHAMPIONSHIPS**



**25-26 MAY**

HASELY CRAWFORD STADIUM  
PORT OF SPAIN, TRINIDAD  
PROPOSED LIST OF EVENTS

EVENT NO.	EVENT TITLE	CATEGORY	ELIGIBILITY	EVENTS
1	TRIATHLON (A) - Girls	UNDER 9	<ul style="list-style-type: none"> <li>Boys and Girls born from 1 Jan. 2011 or later</li> </ul>	<ul style="list-style-type: none"> <li>60m</li> <li>Long Jump</li> <li>Ball Throw (400g)</li> </ul>
2	TRIATHLON (B) - Boys			
3	TETRATHLON (A) - Girls	UNDER 11 (9-10)	<ul style="list-style-type: none"> <li>Boys and Girls born from 1 Jan. 2009 - 31 Dec. 2010</li> </ul>	<ul style="list-style-type: none"> <li>60m</li> <li>Long Jump</li> <li>800m</li> <li>Ball Throw (400g)</li> </ul>
4	TETRATHLON (B) - Boys			
5	PENTATHLON (A) - Girls (N. A. C.A.C. Age Group)	UNDER 13 (11-12)	<ul style="list-style-type: none"> <li>Boys and Girls born from 1 Jan. 2007 - 31 Dec. 2008</li> </ul>	<ul style="list-style-type: none"> <li>60m</li> <li>800m/1000m</li> <li>Long Jump</li> <li>High Jump</li> <li>Ball Throw (400g)</li> </ul>
6	PENTATHLON (B) - Boys (N. A. C.A.C. Age Group)			
7	HEPTATHLON (A) - Girls (N. A. C.A.C. Age Group)	UNDER 15 (13-14)	<ul style="list-style-type: none"> <li>Boys and Girls born from 1 Jan. 2005 - 31 Dec. 2006</li> </ul>	<ul style="list-style-type: none"> <li>80m</li> <li>1000m/1200m</li> <li>60mH (.76m)/80mH (.84m)</li> <li>Long Jump</li> <li>High Jump</li> <li>Ball Throw (400g)</li> <li>Shot Put (3kg)</li> </ul>
8	HEPTATHLON (B) - Boys (N. A. C.A.C. Age Group)			
9	HEPTATHLON (C) - Girls Youth	UNDER 17 (15-16)	<ul style="list-style-type: none"> <li>Girls born from 1 Jan. 2003- 31 Dec. 2004</li> </ul>	<ul style="list-style-type: none"> <li>100mH (0.762/0.838m)</li> <li>High Jump</li> <li>Shot Put (3kg)/(4kg)</li> <li>200m</li> <li>Long Jump</li> <li>Javelin Throw (500g/600g)</li> <li>800m</li> </ul>
10	HEPTATHLON (D) - Girls Junior	UNDER 20 (18-19)	<ul style="list-style-type: none"> <li>Girls born from 1 Jan. 2000 - 31 Dec. 2001</li> </ul>	
11	HEPTATHLON (E) - Women	WOMEN (Open)	<ul style="list-style-type: none"> <li>Born before 1 Jan. 2000</li> </ul>	
12	DECATHLON (A) - Boys (Youth)	UNDER 17 (15-16)	<ul style="list-style-type: none"> <li>Boys born from 1 Jan. 2003 - 31 Dec. 2004</li> </ul>	<ul style="list-style-type: none"> <li>100m</li> <li>Long Jump</li> <li>Shot Put (5/6/7.26kg)</li> </ul>

13	DECATHLON (B) - Boys (Junior)	UNDER 20 (18-19)	<ul style="list-style-type: none"> <li>Boys born from 1 Jan. 2000 - 31 Dec. 2001</li> </ul>	<ul style="list-style-type: none"> <li>High Jump</li> <li>400m</li> <li>110mH(0.914/0.991m/1.06m)</li> <li>Discus Throw (1.5/1.75/2kg)</li> <li>Pole Vault</li> <li>Javelin Throw(700/800g)</li> <li>1500m</li> </ul>
14	DECATHLON (C) - Men	MEN (Open)	<ul style="list-style-type: none"> <li>Born before 1 Jan. 2000</li> </ul>	

## 2019 COMBINED EVENTS CHAMPIONSHIPS RULES

- All athletes registered with the National Association of Athletics Administrations of Trinidad and Tobago for 2019 are eligible for participation in the 2019 Combined Events Championships.
- All athletes are required to participate in their club's official uniform.
- The athlete's 2019 registration number must be worn in the front and the back of the uniform, except in the Jumping Events, where one bib number may be worn on the breast or back only.
- Except in cases where something else is specified, the IAAF competition rule book will be used.
- The IAAF scoring tables for combined events and the CAC age group combined events scoring tables will be used.
- Sprint and Hurdle Events**

### **For Heptathlon A – Girls (6 hurdles)**

- *Start to 1<sup>st</sup> hurdle*            12.00metres
- *Between hurdles*                8.00metres
- *Last hurdle to finish line*    8.00metres

### **For Heptathlon B - Boys (8 hurdles)**

- *Start to 1<sup>st</sup> hurdle*            13.00metres
- *Between hurdles*                8.50metres
- *Last hurdle to finish line*    7.50metres

All other hurdle events will be conducted under IAAF rules.

- For events One (1) – Eight (8), each competitor will have the right to two (2) false starts; if the athlete has a third false start the athlete will be disqualified. For all other events the IAAF rule 200.8(c) applies.
- For all categories, the competitors in the track events will have to stay inside their assigned lane or could be disqualified for running outside it.
- In order to obtain points all competitors will have to complete each race. A competitor who falls will have to get up and finish the race to accumulate points.

## 7. **High Jump and Pole Vault**

For events Five (5) – Eight (8), each competitor has a right to complete three (3) tries on each height, starting the jump in two consecutive occasions without completing the jump will constitute a try and will be taken as a foul.

The starting heights for the following categories will be as follows:

- *Pentathlon A*                      *Girls 11-12*    80cms
- *Heptathlon A*                      *Girls 13-14*   100cm
- *Pentathlon B*                      *Boys 11-12*    90cms
- *Heptathlon B*                      *Boys 13-14*   120cms

For the above categories the cross bar will be elevated as follows:

- *5cms until three (3) competitors are left.*
- *3cms until the event is finished.*

For all other categories the bar will be set initially at the established height and shall be raised in increments as follows:

- Pole Vault - 10cm
- High Jump- 3cm

#### 8. **Long Jump**

For events One (1) – Eight (8):

- *The takeoff board will be white and it must be 1.22m long and 30cm wide.*
- *The takeoff must be set at least 2.00m away from the landing pit.*
- *Each competitor will have the right to complete three (3) tries.*

All other long jump events will be conducted under IAAF rules.

### **2019 COMBINED EVENTS DEVELOPMENT MEET**

#### **RULES (continued)**

#### 9. **Throws**

##### ***Ball Throw***

- *A 400g ball will be used.*
- *The throw must be executed over the shoulder.*
- *Each competitor will have the right to complete three (3) tries.*

##### ***Shot Put (Heptathlon A&B)***

- *The Shot must have a weight of 3 kilograms.*
- *Each competitor will have the right to complete three (3) tries.*

All other throwing events will be conducted under IAAF rules.

10. Competitors in the combined events only have to report to the Call Room in the warm up area at the start of each day. A rest area, located in the stadium, for the athletes' use between events will be designated by the relevant referee. This rest area is considered to be the Call Room for all subsequent events on that day. All athletes are required to report to this area before the start of a particular event to undergo the final check.

11. Access to the athletes' rest area is restricted to competitors and persons authorized by the referee of the event.