



**TRINBAGO 2023  
COMMONWEALTH YOUTH GAMES  
ATHLETICS AND PARA ATHLETICS  
TECHNICAL MANUAL**



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# Welcome



**Ephraim Serrette**

Local Organising Committee  
Trinbago 2023 Commonwealth Youth Games

It brings me great pleasure to welcome my Commonwealth family to the beautiful twin isles of Trinidad and Tobago.

As a country that prides itself on its diverse culture and rich heritage, the Trinbago 2023 Commonwealth Youth Games Local Organising Committee will undoubtedly produce an astounding sporting event. These Games will reflect our melting pot of people, culture, history and heritage.

On behalf of the Government and the people of the Republic of Trinidad and Tobago, I would like to extend heartfelt thanks and appreciation to the Commonwealth Games Federation for bestowing on us the momentous honour of hosting such a celebrated global sporting event.

We are humbled by the great accolade of being ambassadors for our region and welcome everyone to our sister isle, Tobago.

**Welcome ALL! TRINBAGO 2023 COMMONWEALTH YOUTH GAMES**

## Glossary of Terms

BBF	Buccoo Beach Facility
CGA	Commonwealth Games Association
CGF	Commonwealth Games Federation
CYG	Commonwealth Youth Games
HCS	Hasely Crawford Stadium
IAAF	World Athletics
IF	International Federation
IPC	International Paralympic Committee
LAR	Late Athlete Replacement
NAC	National Aquatic Centre
NCV	National Cycling Velodrome
PPB	Pigeon Point Beach Facility
SIC	Sport Information Centre
SPC	Shaw Park Complex
SPF	Shaw Park Field
TIC	Technical Information Centre

## 1 Introduction

Trinbago 2023 Commonwealth Youth Games is a phenomenal opportunity for youths from the global sphere to showcase their athletic prowess, meet friends and explore varied cultures. Equally important, the Games provide an avenue for our Commonwealth brothers and sisters to witness camaraderie at the highest level, a memorable experience that would last a lifetime.

### 1.1 Welcome to TRINBAGO 2023

We take this time to reflect on two phrases that epitomise the Games:

*“Here every creed and race find an equal place” Patrick S. Castagne (1962)*

This is a profound line in Trinidad and Tobago’s national anthem. This represents the warmth and love of all our people living harmoniously. We welcome you to share this unique experience and hope you enjoy your time in our beautiful twin isle nation.

Yet another powerful phrase coined by The Honourable Shamfa Cudjoe, Minister of Sport and Community Development and Member of Parliament for Tobago West.

*“Trinidad and Tobago, not just to party, but to play.”*

Best of luck to all the athletes.

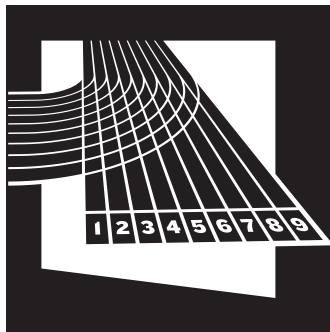
### 1.2 About Trinidad

Trinidad is the most southernmost island in the Caribbean, situated 130km (81) miles south of Grenada and 11Km (6.8 miles) off the coast of Venezuela.

It is the home of Carnival, and the birthplace of the steelpan and calypso.

We welcome you to Trinidad for the Trinbago 2023 Commonwealth Youth Games!

See you in August!



### 1.3 Trinbago 2023 Overview

Commonwealth Youth Games 2023	
Opening Ceremony	4th August 2023
Competition Period	5th – 10th August 2023
Closing Ceremony	11th August 2023
Number of Athletes	1000 athletes

#### 1.3.1 Key Dates

Dates	Events
3 May 2023	Sport Entry registration, Accreditation
3 May 2023	Event Competition Schedule issued
	Team Leader Manual v2, Sport Guides v2, Sport Entries Guide v2, Anti-Doping Manual
15 May 2023	Accreditation Deadline
19 June 2023	Final Entry by Name deadline (final entry)
	Team Size Calculator v2 deadline
20 June 2023	Late Athlete Replacements
02 August 2023	Village Opens
02 August - 04 August 2023	CGA Arrivals
02 August 2023 – 09 August 2023	Track & Field Training
04 August 2023	Opening Ceremony
06 August 2023	Technical Meeting
07 – 10 August 2023	Track & Field Competition

### 1.3.1 Key Dates (Continued)

<b>07 August 2023</b>	Time Trial Competition
<b>11 August 2023</b>	Closing Ceremony
<b>12 August 2023</b>	CGA Departures
	Village Closes

### 1.3.2 Competition Clusters and Venues

Island	Clusters	Venue	Sports
<b>Trinidad</b>	Couva	National Aquatic Complex	Swimming
		National Cycling Velodrome	Track Cycling
		To be advised	Road Cycling, Time Trial
	Port of Spain	Hasely Crawford Stadium	Athletics & Para-Athletics
<b>Tobago</b>	Tobago	Shaw Park Cultural Complex	FAST5 Netball
		Shaw Park Recreational Grounds	Rugby Sevens
		Buccoo Bay Facility	Triathlon
		Pigeon Point Beach Facility	Beach Volleyball

## 2 Key contacts for Athletics and Para Athletics

Role	Name	Email Address
CGF Sport Manager	Sam Munkley	
International Technical Delegate	Iverson Ladewig	
OC Sport Director	Reyah Richardson	reyah_r@hotmail.com
Sport Competition Manager	Gregory D'Andrade	mrgreg2009@hotmail.com
Assistant Sport Competition Manager	Roger Frontin	rfrontin@gmail.com
CGA Services	Annette Knott	cgaservices@cygtt.com

### 3 Competition Information

The Athletics and Para Athletics will take place from Monday 7 August to Thursday 10 August 2023 at the Hasely Crawford Stadium (HCS) in Port of Spain.

HCS, the competition and training venue, is 5km and has a travel time of approximately 10 minutes from the Trinidad Games Village.

Only athletes who are 16 and 17 years of age (born in 2006 and 2007) will be allowed to compete in the Athletics competition and must meet the age requirements at midnight on **31st December 2023**.

Only athletes who are 14 - 18 years of age (born in 2005, 2006, 2007, 2008 and 2009) will be allowed to compete in the **Para Athletics** competition, and must meet the age requirements at midnight on 31 December 2023.

#### 3.1 Medal Events

Number of medal events in Athletics: Twenty-four (24)

Men's Medal Events	Women's Medal Event
100m	100m
200m	200m
400m	400m
800m	800m
1500m	1500m
3000m	3000m
110m Hurdles	100 Hurdles
Long Jump	Long Jump
High Jump	High Jump
Shot Put	Shot Put
Discus Throw	Discus Throw
Javelin Throw	Javelin Throw



<b>Mixed Medal Event</b>
<b>4 x 100m Relay</b>
<b>4 x 400m Relay</b>

Number of medal events in Para Athletics: Six (6)

<b>Men's Medal Events</b>	<b>Women's Medal Events</b>
100m T38 (Eligible Sport Classes: T35/36/37/38)	100m T38 (Eligible Sport Classes: T35/36/37/38)
Long Jump T38 (Eligible Sport Classes: T35/36/37/38)	Long Jump T38 (Eligible Sport Classes: T35/36/37/38)
Discus F42-44/F61-64 F42/43/44/F61/62/63/64 (Raza Points)	Discus F42-44/F61-64 F42/43/44/F61/62/63/64 (Raza Points)

### 3.2 Awarding of Medals

Medals will be awarded to the first, second, and third place finishers in the Final of each Individual and Relay events.

**Note:** Any athlete who competes in the first round but not the Final of a Relay event is entitled to a medal, but only four athletes will be presented on the podium.

- As per the CGF Allocation Policy, medals will be awarded for all individual and team events in accordance with the criteria below:
  - o Events with five or more athletes: Gold, Silver and Bronze
  - o Events with four athletes: Gold and Silver only
  - o Events with three or two athletes: Gold Only

### 3.3 Competition Schedule

The competition schedule for Athletics and Para Athletics is provided in Appendix A.



### 3.4 Meetings Prior to the Start of Competition

#### 3.4.1 Field of Play (FOP) Familiarisation

The FOP familiarization (for team managers, coaches, and athletes) will occur as follows:

**Date: Saturday 5th August 2023**

Time: 15:00 – 18:00

Location: Hasely Crawford Stadium

All athletes are also able to familiarise themselves with the FOP as well as the athlete pathways and facilities, including the warm-up track and warm-up throws area, Call Room, staging areas and Post Event Control areas during this time.

Sprint athletes will be allowed event specific training with starters and competition start blocks.

However, athletes in throwing and jumping events will not be able to specifically train within the competition arena and may only familiarise themselves with the venue.

#### 3.4.2 Technical Meeting

The technical meeting (for team managers) will occur as follows:

**Date: Sunday 6th August 2023**

Time: 15:00

Venue: Hyatt Regency Hotel (Room TBD) at the Trinidad Games Village

The technical meeting takes place one day prior to the Athletics and Para Athletics competition commencing and can be attended by no more than two delegates from each CGA.

All teams must confirm their entries prior to the conclusion of the technical meeting so that the schedule and timing of events can be optimized based on the number of entries in each event, i.e., unnecessary heats and rounds can be avoided.

The technical meeting provides new information and updates on previously disseminated information.

The Technical meeting includes:

- Timetable amendments (if any)
- Qualifying procedures for Track events
- Qualifying standards and conditions for Field Events
- Starting heights and raising of the bar for the vertical jumps
- Answers to written questions

Any enquiries concerning the technical conduct of the Athletics competition must be made in writing. These questions will be answered at the technical meeting. Questions must be submitted using forms available at the SIC at the Games Villages.

These forms must be returned to the SIC at the Games Village no later than 24 hours prior to the technical meeting. No other questions will be accepted during the technical meeting.

### 3.5 Competition Format

#### 3.5.1 Qualifying heights, distances, and progressions

The qualification procedure for the Track and Field events (number of rounds, number of heats in each round, and the method of progression from one round to the next), the qualifying standards, as well as the starting heights and the height increments for the vertical jumps, will be determined by the Technical Delegate after the closing date for entries.

Team leaders will be informed of the decision at or before the Technical Meeting. Starting heights and height increments for the finals will be announced after any qualifying rounds. Full documentation of the qualification procedures will also be available at the Sport Information Desk (SIC) and Technical Information Centre (TIC).

#### 3.5.2 Track Event Specific Information

Track events will proceed as follows:

- i. Lanes 1–8 will be used for all events run in lanes.
- ii. The starters commands will be given in English.
- iii. Eight athletes will progress to the finals of individual events up to and including the 400m, and to the finals of the 4x100m and 4x400m relays. If there are eight or fewer athletes/teams entered in any of these events, there will be no heats in that event, i.e., all athletes/teams in that event will go directly to the final.
- iv. Eight athletes will nominally progress to finals of the 800m. If there are twelve or fewer athletes/teams entered in any of these events, there will be no heats in that event, i.e., all athletes/teams in that event will go directly to the final.
- v. Twelve athletes will nominally progress to finals of the 1500m. If there are fifteen or fewer athletes/teams entered in any of these events, there will be no heats in that event, i.e., all athletes/teams in that event will go directly to the final.
- vi. All entered athletes will progress to the finals of the 3000m.
- vii. To avoid the need for additional heats and rounds, up to 12 athletes may be drawn in the heats of the 800m and above.

The following will also apply for relay events:

- i. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, up to a total of four additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.
- ii. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time (the time by which the athletes must be present in the Call Room) for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the Organisers and may be made only until the final call time (the time at which the athletes are listed to depart the Call Room) for the particular heat in which the team is competing. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

### 3.5.3 Field Event Specific Information

Field events will proceed as follows:

- i. Twelve athletes will nominally compete in the final of all field events. However, a greater number of athletes may compete in a final to avoid the need for a qualification round.
- ii. Where there are more than eight athletes in a horizontal jumping or throwing event, the top eight athletes with at least one measured mark (recovered from a fair jump or throw) after the third round of trials shall be awarded three additional trials, and their competing order for the fourth through sixth rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials.
- iii. Where there are eight or fewer athletes in a horizontal jumping or throwing event, all athletes shall be awarded six trials, and their competing order for the fourth through sixth rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials.

## 3.6 Competition Rules

The Athletics and Para Athletics competitions at Trinbago 2023 will be delivered in accordance with:

- i. the current World Athletics Competition and Technical Rules (<https://worldathletics.org/download/download?filename=0400178d-ce56-43ff-aa9c-6b4433aafcea.pdf&urlslug=Competition>) and
- ii. World Para Athletics Rules ([https://www.paralympic.org/sites/default/files/2023-02/2023\\_02\\_24%20World%20Para%20Athletics%20Rules%20and%20Regulations%20February%202023.pdf](https://www.paralympic.org/sites/default/files/2023-02/2023_02_24%20World%20Para%20Athletics%20Rules%20and%20Regulations%20February%202023.pdf)) .

### 3.6.1 Protests and appeals

#### 3.6.1.1 Protests

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The Competition Director shall be responsible for ensuring that the time of the announcement of every result is recorded.

Any protest shall, in the first instance, be made orally to the Referee by an athlete, by someone acting on their behalf or by an official representative of a team. Such a person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

Where the Referee is not accessible or available, the protest should be made to them through the TIC. To arrive at a fair decision, the Referee should consider any available evidence which they think necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury of Appeal.

#### 3.6.1.2 Appeals

All involved parties (i.e., a person or team competing in the same round of the event to which the protest relates) have the right to appeal the Referees' decision to the Jury of Appeal.

An appeal to the Jury of Appeal must be made within 30 minutes of:

- i. the official announcement of the amended result of an event arising from the decision made by the Referee; or
- ii. the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by the athlete, by someone acting on their behalf or by an official representative of a team and shall be accompanied by a deposit of \$100 USD which is forfeited if the appeal is not allowed.

Such a person or team may appeal only if they are competing in the same round of the event to which the appeal relates.

Note: the relevant Referee shall, after their decision on a protest, immediately inform the TIC of the time of the decision. If the Referee is unable to communicate this orally to the relevant team(s)/athlete(s), the official time of the announcement will coincide with the time the decision is posted at the TIC.

### 3.7 Entries and Eligibility

#### 3.7.1 Submission of Entries

The CGAs must submit all final entries by Monday 19 June 2023 at 23:59 UTC-4. Submissions must be made through the Online Sport Entries System, and no entries will be accepted after that time in accordance with the CGF Late Entries Policy.

For Trinbago 2023, CGAs are only permitted entries in medal events as follows:

Events	Entries
Individual events	2 athletes per event
Relay events *	1 team per event

\*A CGA may enter a maximum of 6 athletes in a Relay event in the Online Sport Entries System. Where an athlete is entered in 100m and 400m they must also be identified for the Relay.

#### 3.7.2 Eligibility Rules and Regulations for Athletics

All athletes competing in Athletics must comply with the following eligibility conditions:

- Not be currently under disqualification or suspension by the CGF, or their respective Affiliated CGA or WA or under the World Anti-Doping Code.
- Have complied with all applicable rules and regulations of the CGF, WA and the World Anti-Doping Code as may be modified and applied by the Federation to ensure that the overriding principles of the Commonwealth Games are observed. In the case of any inconsistency, CGF rules and regulations will prevail.
- Have met the CGF's eligibility standards in accordance with the CGF Constitution.
- All athletes must have a World Athletics Athlete Code.
- Athletes must follow the following age requirements:
  - Any athlete aged 17 on 31 December 2023 (born in 2006) may compete in any event.
  - Any athlete aged 16 years on 31 December 2023 (born in 2007) may compete in any event.

### 3.7.3 Eligibility Rules and Regulations for Para Athletics

All athletes competing in Para Athletics must comply with the following eligibility conditions:

- Not be currently under disqualification or suspension by the CGF, or their respective Affiliated CGA or IPC or under the World Anti-Doping Code.
- Have complied with all applicable rules and regulations of the CGF, IPC and the World Anti-Doping Code as may be modified and applied by the CGF to ensure that the overriding principles of the Commonwealth Games are observed. In the case of any inconsistency, CGF rules and regulations will prevail.
- Have met the CGF's eligibility standards in accordance with the CGF Constitution.
- Be internationally classified with a confirmed sport class status or review with a fixed review date of 2024 or later by the start of the Para Athletics competition of Trinbago 2023.
- Hold an active World Para Athletics Licence for the 2023 season by the sport entries deadline of 19 June 2023.
- Have complied with the age regulations as stipulated by World Para Athletics: 14 - 18 years of age on or before 31st December 2023 (born in 2005, 2006, 2007, 2008 and 2009).

### 3.8 Late Athlete Replacement

- In accordance with the CGF Late Athlete Replacement (LAR) Policy, following the Sports Entries (Entry by Name) deadline, the CGF, in consultation with the IF and CGF Medical Commission (when deemed appropriate by the CGF), may approve a permanent replacement of an athlete by another eligible athlete only in the same sport and discipline and event(s) where there are extenuating/extraordinary circumstances (e.g., medical circumstances, Anti-Doping rule violations and appeals) that may prevent the participation of an athlete in Trinbago 2023.
- This policy applies following the close of the Sports Entries (Entry by Name) deadline up until two (2) hours before the start time of the technical meeting.
- For further information, please consult the CGA Late Athlete Replacement Policy.

### 3.9 Clothing and Equipment

All team and competition clothing and personal equipment must comply with Commonwealth Games Federation (CGF) regulations – Policy on Branding on Competition Clothing and Equipment and the current IF rules. Team Leaders is asked to familiarise themselves with the above policy and the Sport-by-Sport Guidelines, which can be accessed via the CGA Portal.

### 3.9.1 Replacement of clothing and equipment

**It is suggested that each CGA have sufficient spare kit to cover any incident which makes an athletes clothing ineligible for use.**

### 3.9.2 Athletic Sport Equipment

All sports equipment available for the athletics competition and training will be recognised equipment suitable for major televised competitions and comply with World Athletics Certification.

There will be a suitable number of implements for throwing events available at both Training, Warm up and Competition venue. World Athletics has approved the following list of official throwing implements for use at Trinbago 2023. A full list of provided implements can be found in Appendix B.

Personal throwing implements are permitted providing:

- They are readily identifiable, and World Athletics certified
- They are not already on the Official List
- They have been checked for compliance with World Athletics rules
- They are made available to all other athletes until the end of the final of the event.

Athletes must submit their Personal Implements to the TIC at HCS before 12:00 Noon on the day prior to their official competition. This can be done by either the Athlete, Coach or Team Official. A receipt will be given in return for the implement.

Once Officials are happy that the implement conforms to World Athletics or Para World Athletics standards the implement will be added to the stock of implements for that event. If the implement does not conform to the exacting standards the TIC will contact the athlete via the contact numbers provided and inform them of the outcome.

## 3.10 Competition Procedures

### 3.10.1 Athlete identification Items

General principle

All athletes receive, at a minimum, athlete identification items as follows:

- Two bibs for the competition vest, both carrying the number allocate to the athlete at the start of the competition, which must be worn on the chest and back, except for athletes competing in jumping events, who must wear one bib on either the front or back.
- One bib for their track-suit jacket or sweatshirt



For track and field, the same bibs are to be used by the athletes, regardless of the number of events in which they compete, except in the case of relays.

#### Event specific information

- Hip numbers (Track)  
The athletes competing in track events will receive two adhesive hip numbers in the Call Room before entering the FOP. The hip numbers must be secured to both sides of the athlete's shorts/legs.
- Relays (Track)  
The bibs for the relays (carrying the country code – e.g., 'TTO') will be handed out at the Call Room. These should be worn on the front, whilst the athlete's numbered bib will be worn on the back.
- Jumps (Field)  
The athletes competing in the jumping events are required to wear only one bib either on the front of the torso or back only.

#### 3.10.2 Call Rooms

Athletes will not be allowed access to the Call Rooms without their Trinbago 2023 accreditation pass, and thus will not be allowed to compete if they do not produce their Trinbago 2023 accreditation pass.

Access to the Call Rooms (i.e., via Call Room 1) closes 30 minutes prior to the start of each track event, and 60 minutes prior to the start of each field event.

Any participant failing to appear by this time without a valid reason will be disqualified from the competition and may be excluded from participating in all further events in the Games, including relays.

The general procedures in the Call Rooms are as follows:

- Identification of athletes by means of their accreditation pass and bib
- Checking of athlete's uniform and shoes
- Inspection of personal belongings
- Checking for compliance with WA, WPA and CGF Branding on Competition Clothing and Equipment regulations.

Team Leaders must ensure that all their athletes comply with the above before entering Call Room 1 to avoid delays.

## Call Room procedures – Track and Field

The Call Room officials will also:

- Confirm shoes conform to WA Rule 5.2
- Confirm that spikes (number, shape and size) conform to WA Rule 5.3 & 5.4. The maximum sizes allowed are, for all track events, not more than 9mm. For High Jump and Javelin Throw: not more than 12mm
- Check Para Athletics equipment
- Distribute CGA athlete bibs for relay events.

Accreditation passes for competing athletes are collected in Call Room 2 and returned upon the completion of their respective events in Post Event Control.

A dedicated, heat by heat/group by group, call-up schedule is issued once final entries are confirmed. It is displayed at the warm-up areas, the TIC and SIC daily.

Note: all athletes in track events will depart Call Room 2, weather permitting, 'ready to run'. Only a disposable water bottle is permitted to be taken onto the FOP.

Team staff are not allowed to access the Call Rooms

Athletes will enter the FOP upon exiting Call Room 2, and will be escorted to their event location such that they have appropriate time for further warmup (primarily in the field events) and for introductions prior to the start of their event.

During an event, no athlete may leave the competition area without the permission of the Chief Judge. In cases where an athlete must leave the FOP, an Official / Steward must escort the athlete.

### 3.10.3 Personal belongings

Personal belongings which are not required on the FOP will be taken by Call Room officials and securely looked after. These items will be transported safely by the Call Room officials to the Post Event Control Room and made ready for collection at the completion of the event. Combined Event athletes may leave personal items in the Combined Events rest area.

Athletes in track events are only permitted to take a disposable water bottle onto the FOP. These water bottles when not required should be placed in a waste container available at the start of each event.

Field event athletes with sports bags will have these checked and any items not considered appropriate will be confiscated and securely transported to the Post Event Control Room.

Athletes in Field events are only permitted to take a backpack or similar sized bag with them into the FOP.

In the Call Room, a strict inspection is made of items in the athlete's possession. The following items will be confiscated and returned to the athlete in Post Event Control:

- Additional spikes
- Syringes
- Illegal medications
- Personal implements
- Cameras
- Video recorders or any other form of recording or communications device
- Mobile phone
- Glass items
- Clothing with advertising too large to be taped
- Towels with advertising too large to be taped
- Shoe insoles for Long Jump and High Jump if they increase the sole beyond 13mm and the heel beyond 19mm in the High Jump only
- Weights attached to the body
- Tape to mark the track for any event
- Materials which may be used to roughen the circle in Shot, Hammer and Discus
- iPods, or other music device
- Aerosol sprays (except appropriate sprays used by Pole Vaulters, Discus and Javelin Throwers)
- Other items as determined by the Call Room Chief Judge
- A receipt will be issued for each item.

#### 3.10.4 Refreshments – Track and Field

For Track and Field, sealed bottles containing water are available to all athletes in the competition area. An Athlete lounge is available where refreshments will also be available.

#### 3.10.5 Timing

Official timing and measurement provider will be advised in version 2 of the Trinbago 2023 Athletics Sports Guide.

#### 3.10.6 Accredited seating

##### Athletes and Team Officials

A designated seating area for athletes and team official will be available in the Hasely Crawford Stadium, and such seating is allocated on a first come, first served basis. Access is permitted upon presentation of a valid Trinbago 2023 accreditation pass with the appropriate sport code and/or access privileges.

## Field Event Coaches' Seating

Dedicated seating is provided for field event coaches close to each event site. The seats are accessed by means of a specific pass for that event, one per athlete. The passes must be obtained by a team manager from and returned to the TIC at HCS. Each ticket will be valid for a specific event. Coaches must report to a desk adjacent to Call Room 1 to be marshalled to the dedicated field event seating area and vacate the associated seats immediately after the conclusion of the event.

## 3.11 Post Competition Procedures

### 3.11.1 Leaving the Field of Play

All athletes must exit the FOP via the Mixed Zone. The Mixed Zone allows broadcast and media to interview athletes in a designated area as they leave the FOP.

After passing through the Mixed Zone, athletes move to Post Event Control where they recover their clothing, accreditation and any goods that have been confiscated in the Call Room.

In cases of a medal ceremony, during the same session, press conference or doping control, the athletes concerned are escorted to the relevant area from Post Event Control.

### 3.11.2 Medal ceremonies

To ensure the medal ceremony commences on time, sport specific chaperones will escort medallists to the medal ceremony marshalling area.

The Medal Ceremonies Producer will explain the medal ceremony processes and the Athlete Escorts direct medallists to the medal podium for the medal ceremony.

The Medal Ceremonies for Trinbago 2023 are conducted in the following manner:

- The medal ceremony is announced.
- As the medallists' names are called, the athlete/s who place first, second and third place take their position on the medal podium. The winning athlete/s is positioned slightly above the second (where possible), who is on their right, with the third placed athlete/s on their left.
- Medals and gifts are presented.
- After the presentation, the approved anthem of the winning athlete/s' nation/ territory is played. Medallists and spectators turn towards the flagpoles/ trapeze. During the playing of the anthem, the nation/territory flags of the first, second and third placed athletes are hoisted on the flagpole/trapeze.
- A photo opportunity led by Media Operations will take place at the podium before athletes are directed back to the medal ceremony marshalling area.

## 4 Training Information

There is one training venue for Athletics.

Athletics and Para Athletics training commences on Wednesday 02 August 2023 and finishes on the last day of competition, Thursday 10 August 2023.

Training will be allowed between 9:00am and 12:00 Noon each day.

Tents will be available at the training/warm-up facility for the use of teams. These will be available on a first-come first-served basis.

### 4.1 Track

The training/warm-up track is adjacent to the competition venue and is made up of a six lane “Beynon” artificial surface identical to the competition track.

It has a 120 meters section with a curve as well as a straight section of 83 meters.

The radius of the bends in both the training/warm-up track and competition track are not identical.

### 4.2 Throws

The training/warm-up areas for the long jump, shot put, and (both athletics and para-athletics) discus are adjacent to the training/warm-up track.

There is no training/warm-up area for the javelin. Competitors in the javelin will be allowed to train in the competition arena and be given addition warm-up time in the competition arena prior to their competition.

## 5 Services

### 5.1 Transport between HCS and TGV

Shuttle buses will operation on all training and competition days, transferring athletes and team officials between the HCS and TGV.

For each training session, the first bus will arrive at the start of the session and operate at regular intervals of 30 minutes. The last bus will depart 30 minutes after the end of the session.

For each competition session, the first bus will arrive 120 minutes prior to the start of the session and operate at regular intervals of 30 minutes. The last bus will depart 90 minutes after the end of the session.

### 5.2 Medical Services

The Trinbago 2023 Medical team provides immediate and necessary healthcare for all Games client groups across the official competition and training venues during the Games period of 2 to 10 August 2023.

A first line medical program has been developed for Games time and includes:

- Games Village Polyclinics
- Athlete medical services at competition venues
- First aid at competition, training/warm-up, and non-competition venues
- Access to hospital and emergency care
- Access to public health information
- Communicable disease and public health incident response

Further Information on Medical, Anti-doping, Equipment, Transportation and Meals will be available in the next version of the Trinbago 2023 Athletics Sport Guide.

