



NOVEMBER 9 TO 12, 2023

# ATHLETE TECHNICAL MANUAL



## ENTRY PROCEDURES, REGISTRATION AND SCHEDULE

Entry Procedures: [ENTRY PROCEDURE/ PROC. DE REGISTRO | NCCMA 2023 \(nccmacdjuarez.com\)](#)

Register here: [HOME/INICIO | NCCMA 2023 \(nccmacdjuarez.com\)](#)

Competition Schedule: [SCHEDULE/PROGRAMA | NCCMA 2023 \(nccmacdjuarez.com\)](#)

**Registrations will close on OCTOBER 13, 2023 at 11:59 pm Pacific Time**

Relay Forms and entry will be at the meet ( \$20.00 each relay.) Each Country may only enter one relay in each age group..

## ACCREDITATIONS



Accreditation will take place outside of Benito Juarez Stadium in the Hall of Fame Room.

The accreditation center will be open November 7 and November 8, 2023 from 9:00 am to 5:00 pm, and one hour before the start of competition November 9-12.

The athlete must show their passport or photo identification issued by their country, to receive their credentials.

## COMPETITION LOCATIONS

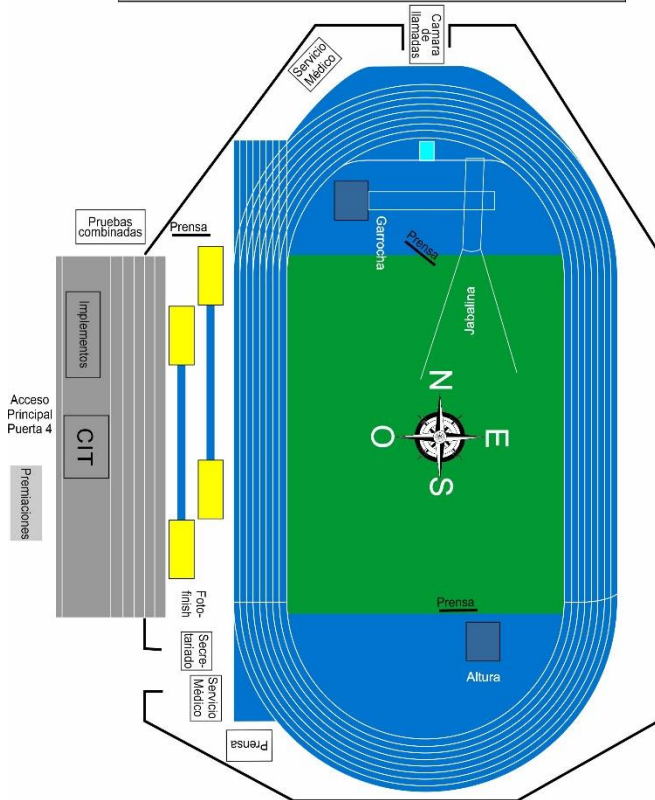
### GENERAL VIEW OF COMPETITION AREAS



❖ **BENITO JUÁREZ STADIUM AND UNIVERSITY COMPLEX – Main Stadium for Stadia Events**

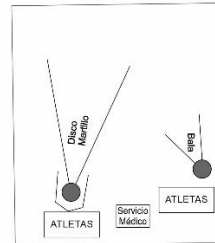


**ÁREA DE CALENTAMIENTO**



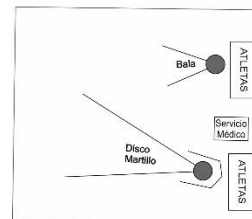
**THROWS AREA 1**

**ZONA DE LANZAMIENTOS 1**



**THROWS AREA 2**

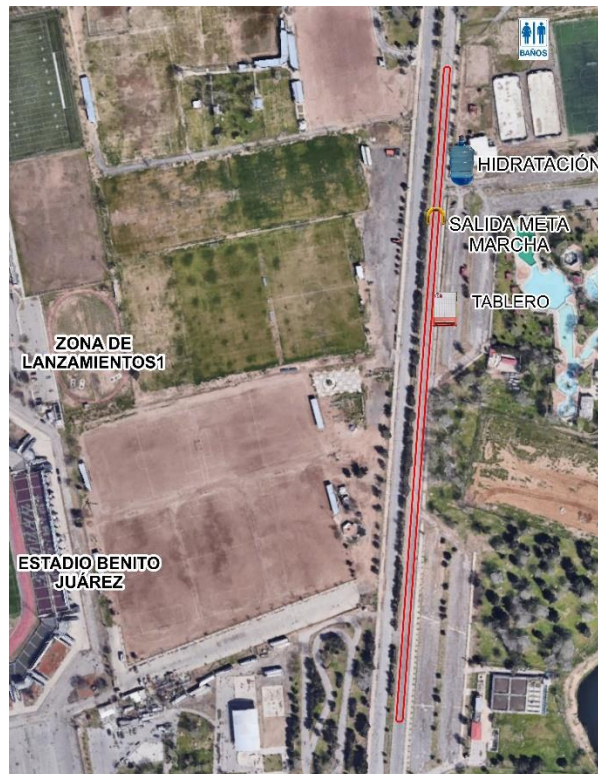
**ZONA DE LANZAMIENTOS 2**



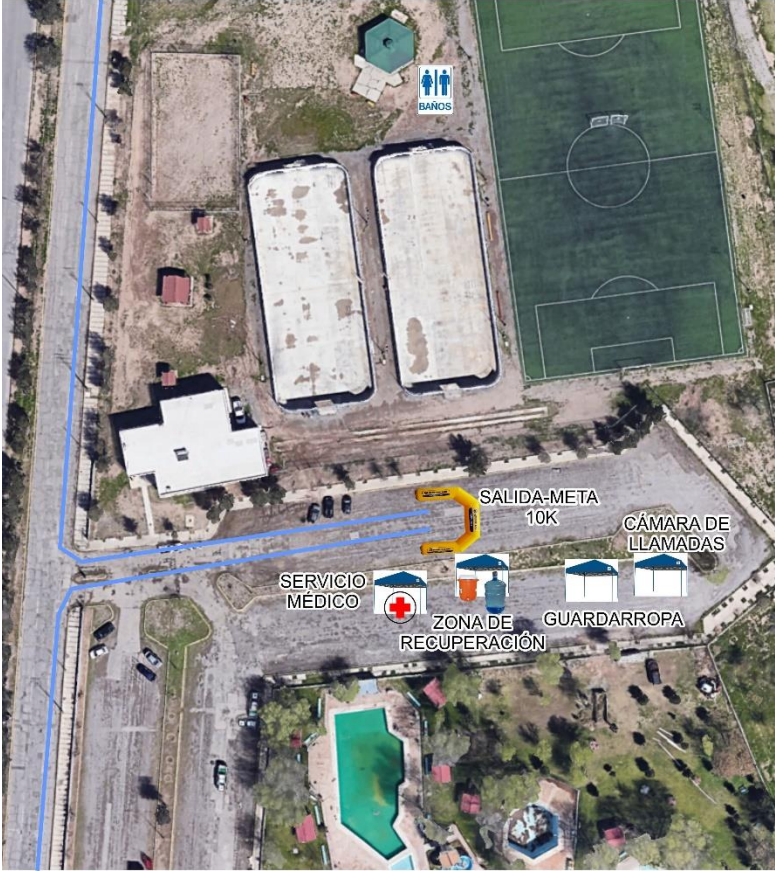
## CHAMIZAL PARK – Non-Stadia Events



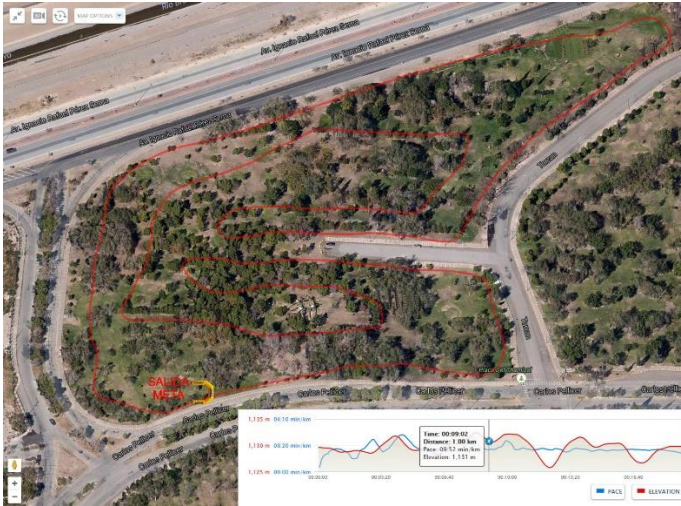
## LAYOUT OF THE RACEWALK AREA



LAYOUT OF THE 10KM AREA



CROSS COUNTRY ROUTE



## LOCAL TRANSPORTATION



Transportation will be provided by the organizing committee from the participating hotels [HOTELS/ HOTELES | NCCMA 2023 \(nccmacdjuarez.com\)](#) to the competition stadium, and vice versa, from November 8 to November 12.

The discount code for the Hotel Gamma is G1Q204 and for the Fiesta Inn is G1PY3C@CDJ

## COMPETITION RULES

The 2023 WMA Rules of Competition will be used.

### UNIFORMS

The athletes' uniform top must clearly identify the country which the athlete is representing. Each country is responsible for designating the tops which will be allowed to be worn by their athletes.

### RACE NUMBERS (BIBS)

Three numbers will be provided at accreditation. They must be worn by athletes without being bent or folded. One of the numbers must be worn on the chest, another on the back and the other is for use on a bag or backpack. In the field events, only one number is required to be worn, either on the chest or back.

### SPIKES

In events inside the stadium, the maximum length of spikes is  $\frac{1}{4}$ " (6mm), and only pyramid shaped spikes are allowed.

In the high jump and javelin events, the maximum length of spikes are  $\frac{3}{8}$ " (9mm).

In cross-country events, the size of spikes that the athlete prefers may be used.

### TIMING SYSTEM

In Non-Stadia events, the chip system will be used for timing. The chips will be issued in the Non Stadia call room and tied to the shoes. They must be returned after the competition.

## CALL ROOM

In the call room it will be checked that the athletes comply with the regulations of their bibs, spikes, etc.

The following call room table times are before the scheduled competition time.

Athletes who do not go through the call room making will NOT compete.

The athlete will have to present their official identification together with their bib numbers to be able to enter the call room. Once the Call Room is closed, competitors will not be allowed access.

Field Events report directly to their competition area 30 minutes before the scheduled start

Track Event see below

EVENT	CALL ROOM OPENS	CALL ROOM CLOSES	ENTRY TO THE COMPETITION AREA
TRACK	30 min	15 min	5 minutes
RELAY	40 min	20 min.	10 minutes.
NON STADIA	40 min	20 min.	10 minutes.
FIELD EVENTS – Report directly to the competition area			30 min.

## IMPLEMENTS

The organizing committee will have implements that comply with the current World Athletics and WMA regulations. Athletes who want to use their own implements will have to register them in the Implement Inspection Room, one day before their competition for verification. If the implement complies with the regulations, it can be used in their competition by any athlete in that flight. The implement will be returned to its owner after the competition is completed, in the Implement Inspection Room. The Organizing Committee is not responsible for the damage that the implements could suffer during the competition.

### Pole Vault and High Jump

Poles will not be provided.

The lowest opening height in the pole vault will be 80cm

The lowest opening height in the high jump will be 80cm

## PROTESTS AND APPEALS

Protests concerning the result or conduct of an event shall be made to the ITO or Referee at once and not later than 30 minutes after the publication of the result of that event.

An Appeal of the decision of the ITO or Referee must be writing with the appeal fee of \$100.00 USD. to the TIC, located near the entrance to the Stadium. The Appeal must be filed within 30 minutes from the decision made by the ITO or Referee.

The appeal fee of \$100.00 USD is nonrefundable unless your appeal is upheld.

## **RESULTS**

Both online and in stadium

## **AWARDS**

Stadia and Non Stadia awards will be given at the Podium on the outside of the stadium

## **MEDICAL SERVICE**

First aid and ambulance service will be provided during the event.

It is the athlete's responsibility to have medical insurance that covers major medical expenses and COVID 19.

Massage may be available – at a cost.

## **OPENING CEREMONY AND SPECIAL EVENTS**

Opening Ceremony – Wednesday, 8 November X Plaze

NCCMA General Assembly – Friday, November 10, Liceo Charro