



Athletics

Competition Manual

10th Micronesian Games
15-24 June 2024

Marshall Islands Micronesian Games Organizing Committee
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1 ATHLETICS

1.1 General Information

Dates	20-24 June 2024 (pending submission of numerical entry forms)
Venue	Majuro Track Facility (MTF)
Technical Meeting	17 June 2024
Competition Manager	Bobby Zed +692 458-0501 bobby.zed10@gmail.com
Oceania Athletics Association Technical Delegate	Yvonne Mullins yvonne@oceaniaathletics.com +61 418885496

2 COMPETITION DETAILS

2.1 Technical Committee

Technical Delegate	Yvonne Mullins (AUS)
Competition Manager	Bobby Zed (MHL)

One representative from each participating member association.

2.2 Officials

- 2.2.1 Officials for the tournaments will be drawn from accredited referees nominated by the participating MGAs. All MGAs entering teams are expected to send one suitable referee per team. Referees will be assigned to events and evaluated under the supervision of Oceania Athletics Association (OAA). Table officials will be supplied and assigned by the host country, in consultation with OAA. All officials must attend the official clinics to be presented by the Representative of OAA.

3 CONDUCT OF THE TOURNAMENT

3.1 Dates & Venues

- 3.1.1 The MAJOL2024 Athletics Competition for men and women will be held at the Majuro Track Facility, Majuro RMI from 20-24 June 2024.

3.2 Practice Schedule

3.2.1 This will be determined at a later date and distributed to all teams when they arrive.

3.3 Technical Meeting

3.3.1 The Technical Meeting will be held no more than 48 hours prior to the commencement of the competition. Schedule will be communicated prior to your arrival. Visit Sport Information Center (SIC), located in the Athletes’ Village, for technical meeting schedules.

3.3.2 The Technical Committee shall be chaired by the Technical Delegate or the chair will be appointed by the Technical Delegate..

3.3.3 This meeting will provide the most current sport specific information and shall ensure that the Majol2024 Athletics competition is conducted in accordance with the technical rules and regulations of World Athletics. Updated information will be distributed at this time.

3.3.4 Two (2) Representatives from each Team may attend the Technical Meeting. The Technical Delegate will welcome representatives and the Technical Delegate will preside over the meeting. All matters pertaining to the competition will be covered at this Meeting.

3.4 Agenda

1	Welcome remarks by the Competition Manager
2	Introduction of Relevant Key Competition Technical Officials
3	Final Timetable
4	Confirmation of the Jury of Appeal
5	Protests and Appeals to the Jury
6	Confirmation of Entries
7	*Relay Teams
8	Failure to Participate
9	Operation of the Call Tent
10	Opening Heights of the Bar and Increments for Raising the Bar in HJ
11	Medal Ceremonies and Procedures
12	Distribution of Competition Numbers
13	Other Concerns

4 COMPETITION DETAILS

4.1 Competition Date/Venue

DATES	20-24 June 2024 (pending submission of numerical entry forms)
VENUES	Majuro Track & Field, Uliga

4.2 List of Events

The following list of events will be confirmed or updated after receipt of Numerical Entry forms and based on consultation with the Athletics contact of each MGA.

MEN	WOMEN
100m	100m
200m	200m
400m	400m
800m	800m
1,500m	1,500m
5,000m	5,000m
10,000m	10,000m
110m Hurdles	100m Hurdles
400m Hurdles	400m Hurdles
4X100m Relay	4X100m Relay
4X400m Relay	4X400m Relay
Javelin Throw	Javelin Throw
Discus Throw	Discus Throw
Hammer Throw	Hammer Throw
Shot Put	Shot Put
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump

4.3 Competition Schedule

4.3.1 The final competition schedule will be confirmed following the Accreditation and Sport Entry System deadline and consultation with technical delegate

4.4 Medal Awards

4.4.1 Medal Award Ceremony will be held upon conclusion of the Events in accordance to a structured medal presentation schedule provided by the Technical Committee.

5 COMPETITION RULES & REGULATIONS

5.1 Competition Facilities

5.1.1 The Track shall have 8 lanes and conform to relevant World Athletics rules.

5.1.2 Warm-up Facilities: Athletes will be given time to warm-up at the track prior to their events.

5.1.3 Only athletes called up for events will be allowed at the track for their warm-up after checking in at the Call Center.

5.2 Implement Specifications

MEN	WOMEN
Shot put 7.26kg	Shot put 7.26kg
Discus 2.0kg	Discus 1.0kg
Javelin 800g	Javelin 600g
Hammer 7.26kg	Hammer 4kg

5.3 Entries

5.3.1 There is a limit of 3 participants to an event from any one Member Federation.

5.3.2 Confirmation of entries is the responsibility of Team Managers.

5.3.3 Any subsequent changes to entries must be done at the SIC no later than one hour prior to the scheduled time of competition.

5.3.4 If additional rounds are required or heats are canceled, all affected competitors will be notified through their Team Manager. **Any change in schedule will be announced to teams through their Team Manager and posted at SIC as soon as changes are made.

- 5.3.5 If an athlete fails to scratch from an event after confirmation or does not compete in all rounds of an event for which he/she has qualified, he/she will not be permitted to compete in any other event in the championships including the relays. —WA Technical Rules 4.4 see [Appendix B](#).
- 5.3.6 Each Member Federation may enter 1 relay team only for all the relay events. Up to 6 athletes' names may be submitted, with the final four athletes confirmed no later than one hour prior to the start of the event, and the order of running.

5.4 Clothing, Shoes and Competition Numbers

- 5.4.1 All athletes competing for their National Team must wear correct National Team competition uniform while competing or participating in Medal Ceremonies.
- 5.4.2 The maximum allowable spike length is 3/8".
- 5.4.3 Competition numbers will be issued at the Technical Meeting to Team Managers who will be responsible for issuing these Numbers to their athletes in accordance with the relevant list.
- 5.4.4 The competition number must be worn on the front and back of the competition vest and must be firmly attached so that the entire number and any lettering are easily read. —WA Technical Rules 5, see [Appendix C](#).

5.5 Call Room Procedures

- 5.5.1 All athletes are required to report to the Registration Tent prior to their event.
- 5.5.2 The registration Tent is located near the Grandstand.
- 5.5.3 Only Athletes are permitted in the Call Tent: in fact, only athletes are permitted within the designated area. Coaches and Team Managers are not allowed within the designated area.
- 5.5.4 Call Time for athletes to enter the Call Tent is the same for all events - both for Field as well as Track Events as follows:

First Call: 45 minutes prior to scheduled start time of the event.

Final Call: 35 minutes prior to scheduled start time of the event.

In cases where there is no suitable warm-up area close to the venue, time should be allotted athletes to warm-up properly at the track, out of range of ongoing competition.

- 5.5.5 Athletes who report late (5 minutes after Final Call has been called) to the Call Tent may be excluded from participation in the event.
- 5.5.6 In the Call Tent, the Judges will identify the athletes by their ID and their competition numbers. Judges at the Call Tent will ensure the athletes' competition equipment and uniform meet prescribed measurements and regulations. Any unallowable items such as videos, phones, communication devices, private implements, etc. will be kept at the Call Tent for collection by the athlete after his or her event.
- 5.5.7 Once the Call Tent procedures have been completed, a Judge will escort the athletes to their event.
- 5.5.8 If an athlete is already competing in another event at the designated Call Time, the Team Manager or his or her representative must notify the Call Tent prior to the Final Call time.

5.6 Private Implements

- 5.6.1 Athletes who wish to use their own throwing implements during the Competition must lodge them with the Technical Manager at the Technical Room (the SIC office) no later than one hour prior to the Scheduled start of competition on each day. The implements will be impounded until after the completion of the event when athletes may collect them from the Technical Manager.
- 5.6.2 Personal implements lodged with the Technical Manager will be added to the pool of implements to be used in the specified event and may be used by any athlete competing in that event, not just the athlete who lodged the implement.
- 5.6.3 Starting blocks will be supplied by the MAJOL2024 OC and must be used for all events up to and including the 400 meters and all the relays. No other starting blocks are permitted.

5.7 Medal Ceremonies

- 5.7.1 Medal Ceremonies will take place after the Final of each event as scheduled.
- 5.7.2 Athletes involved in a Medal Ceremony will be gathered together by an official and taken to the Ceremony Area where they will be briefed and wait for the Ceremony to be announced.
- 5.7.3 Athletes will be led to the Presentation Area by Ceremonies staff.

5.8 Field of Play

- 5.8.1 Access to the Field of Play is restricted to Technical Officials, athletes competing in events in progress, accredited media and officially designated medical personnel. Under no circumstances are non-competing athletes, coaches, members of Delegations, Team Management personnel or spectators allowed on the Field of Play during competition or for one hour prior to competition. The Field of Play is defined as anywhere within the designated areas.

5.9 Practice Schedule

- 5.9.1 The Practice Schedule will be available at the Technical Meeting and posted at the SIC. The schedule will be set upon availability of the facilities.

6 ELIGIBILITY

6.1 Athlete Eligibility

- 6.1.1 In order to be eligible to compete at the Micronesian Games, an athlete must comply with one of the following criteria:

(1) The athlete must have been born in any state, country, or territory which is a member of the Micronesian Games Council -- that is, Palau, Guam, CNMI, Yap, Chuuk, Pohnpei, Kosrae, Marshall Islands, Nauru, or Kiribati -- and must have lived in any of those states, countries, or territories for a period of three years up to and including the start of the Games; OR

(2) The athlete must be the child of at least one parent, or two grandparents, who were born in any state, country, or territory which is a member of the Micronesian Games Council (see above), without regard to residence; OR

(3) The athlete must have resided in any state, country, or territory which is a member of the Micronesian Games Council (see above) for a period of seven years up to and including the start of the Games, AND, resides in the state, country, or territory for which the athlete will compete, as of the start of the Games, without regard to ancestry.

The temporary absence of an athlete from the territory of a member of the Micronesian Games Council for purposes such as education, sports, training, military service, and health care, or other legitimate absences of a similar kind, are not considered as interrupting a previously established residency.

In addition, athletes must:

- (a) Complete all necessary entry and participation forms;
- (b) Not be currently under disqualification or suspension by any relevant authority;
- (c) Comply with all relevant rules and regulations of the Micronesian Games Council, the MGC Constitution, and the World Anti-Doping Code.

It is the responsibility of each participating state, country, or territory to ensure that all competitors comply with these requirements.

These requirements apply only to athletes. There are no eligibility requirements for coaches or technical officials.

Entries by name must be submitted at least 30 days prior to the start of the Games. Late entries will not be accepted. At the close of entries, the MAJOL2024 OC will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have 10 days to challenge the eligibility of a competitor. A \$50 bond is required for each challenge. The bond is refundable if the challenge is successful but is forfeited if the challenge is unsuccessful.

The burden of proof of eligibility is on the sponsoring state, country, or territory, rather than the challenging state, country, or territory. In the event of a challenge, the sponsoring state, country, or territory must submit documents proving eligibility.

Challenges to athlete eligibility are made to the Micronesia Games Council Executive Board, not to the MAJOL2024 OC, which will refer them for decision

by a Disputes Tribunal, consisting of three persons appointed by the Micronesia Games Council Executive Board. All challenges to eligibility shall be decided at least 10 days prior to the start of the Games. The decisions of the Disputes Tribunal are final and may not be appealed.

A state, country, or territory whose athlete is successfully challenged and is deemed ineligible to compete will be liable for a penalty in the amount of USD\$100. Failure to pay the penalty means that the state, country, or territory will not be allowed to compete in the sport in which the ineligible athlete was registered.

The contents of this section are a summary of the relevant provisions of the Micronesia Games Council Constitution. While every attempt has been made to assure the accuracy of this summary, in the event of any inconsistencies between this summary and the provisions of the Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.

7 PROTESTS TO THE JURY OF APPEAL

7.1 PROTESTS

7.1.1 Any protest must be lodged with the Competition Manager in writing in English and signed by the leader of the delegation. A check or cash in the amount of \$100.00 must be included with each protest.

7.2 JURY OF APPEAL

7.2.1 The Jury of Appeal shall consult, all relevant person, including the Referee and Judges. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including video evidence, is not conclusive, the decision of the Referee shall be upheld. The Jury Chairman gives the jury's decision to the Competition Manager, who institutes preparation of an Amended Result, if required.

8 ATHLETES' VILLAGE

8.1 Accommodations

8.1.1 Athletes and coaches will be housed at the Marshall Islands High School campus.

8.2 Meals

8.2.1 Meals will be provided at the Athlete's Village cafeteria upon presentation of an accreditation card and meal voucher. Only accredited persons will be provided meals.

8.2.2 If the sports competition schedule conflicts with the dining hall hours, teams may request takeout meals. It's the responsibility of the Chef de Mission to request takeout meals during the CdM meeting at least 24 hours in advance and to pick up the takeout meals in the dining hall; takeout meals will not be delivered.

8.3 Medical

8.3.1 Primary care medical facilities (first aid) will be available, without charge, at the sports venue. More advanced care will be on call. Care other than primary care is the sole responsibility of the individual, and will be made available on the same basis (including cost) as it is to the general public.

8.4 Sport Information Center (SIC)

8.4.1 The SIC located at the Athletes' Village, will be open and manned during regular business hours.

8.4.2 The SIC is the formal communication center for the receipt and distribution of all sports information and results.

8.4.3 A set of daily results will be prepared and will be available at the SIC.

8.5 Transportation

8.5.1 Transportation will be provided for teams by the MAJOL2024 OC. Games transportation schedule will be disseminated at a later date.

8.6 Security

8.6.1 Security will be provided at all MAJOL2024 venues.

9 DOPING CONTROL

9.1 Random Testing

9.1.1 Athletes are advised that random drug testing will be conducted for the duration of the 2024 Micronesian Games.

9.2 Prohibited Substances

9.2.1 It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Athletes who test positive for a prohibited substance will be disqualified from, including but not limited to, the 2024 Micronesian Games.

9.2.2 Complete listing of prohibited substances can be found on WADA website.

10 CODE OF CONDUCT

10.1 Conduct

10.1.1 The conduct of athletes, coaches, managers, and team officials are expected to adhere to the highest standards reflective of national pride and the spirit of the 2024 Micronesian Games. All participants shall appreciate the goodwill and regional unity that are the objectives of these Games.

10.2 Tobacco, Betel-nut, Vape, Alcohol and Drugs

10.2.1 The use and consumption of Tobacco, Betel-nut, Vape, Alcohol and Drugs in or around any Games facility is prohibited.

Good Luck to all the Teams!!!!

APPENDIX A — SCHEDULE

The final competition schedule will be confirmed following the Accreditation and Sport Entry System deadline and consultation with technical delegate.

Session: 1 Day 1

Day 2 - Thursday 20/06/2024 - Starts at 08:30 AM

Event	Round
8:30 AM #1 Men Hammer Senior	Finals
8:30 AM #2 Women Hammer Senior	Finals
9:15 AM #3 Men 400 Metre Sprint Senior	Prelims
9:30 AM #4 Women 400 Metre Sprint Senior	Prelims
3:45 PM #5 Women Long Jump Senior	Finals
4:00 PM #6 Men Discus Senior	Finals
4:45 PM #7 Men 100 Metre Sprint Senior	Prelims
5:00 PM #8 Women 100 Metre Sprint Senior	Prelims
5:30 PM #9 Men High Jump Senior	Finals
6:00 PM #10 Women Javelin Senior	Finals
6:00 PM #11 Men 1500 Metre Run Senior	Finals
6:15 PM #12 Women 1500 Metre Run Senior	Finals
6:35 PM #13 Men 100 Metre Sprint Senior	Finals
6:50 PM #14 Women 100 Metre Sprint Senior	Finals
7:00 PM #15 Mixed 4x400 Metre Relay	Finals

Session: 2 Day 2

Day 2 - Friday 21/06/2024 - Starts at 03:30 PM

Event	Round
3:30 PM #16 Men Javelin Senior	Finals
3:45 PM #17 Women 100 Metre Hurdles Senior	Finals
4:00 PM #18 Women High Jump Senior	Finals
4:15 PM #19 Men 110 Metre Hurdles Senior	Finals
4:30 PM #20 Women 400 Metre Sprint Senior	Finals
4:45 PM #21 Men 400 Metre Sprint Senior	Finals
5:00 PM #22 Men Long Jump Senior	Finals
5:15 PM #23 Men 5000 Metre Run Senior	Finals
5:30 PM #24 Women Shot Put Senior	Finals
5:45 PM #25 Women 5000 Metre Run Senior	Finals
6:30 PM #26 Women 4x100 Metre Relay Senior	Finals
6:45 PM #27 Men 4x100 Metre Relay Senior	Finals

Session: 3 Day 3
Day 3 - Sunday 22/06/2024 - Starts at 03:00 PM

	Event	Round
3:00 PM	#28 Women Triple Jump Senior	Finals
3:15 PM	#29 Women 200 Metre Sprint Senior	Prelims
3:30 PM	#30 Men 200 Metre Sprint Senior	Prelims
4:00 PM	#31 Women Discus Senior	Finals
4:30 PM	#32 Men Triple Jump Senior	Finals
4:45 PM	#33 Women 400 Metre Hurdles Senior	Finals
5:00 PM	#34 Men 400 Metre Hurdles Senior	Finals
5:15 PM	#35 Women 200 Metre Sprint Senior	Finals
5:30 PM	#36 Men Shot Put Senior	Finals
5:30 PM	#37 Men 200 Metre Sprint Senior	Finals
5:45 PM	#38 Women 800 Metre Run Senior	Finals
6:00 PM	#39 Men 800 Metre Run Senior	Finals
6:15 PM	#40 Men 4x400 Metre Relay Senior	Finals
6:30 PM	#41 Women 4x400 Metre Relay Senior	Finals

Session: 4 Day 4
Day 4 - Sunday 23/06/2024 - Starts at 06:00 AM

	Event	Round
6:00 AM	#42 Men 10000 Metre Run Senior	Finals
6:00 AM	#43 Women 10000 Metre Run Senior	Finals

APPENDIX B — FAILURE TO PARTICIPATE

WORLD ATHLETICS TECHNICAL RULES — RULE 4.4

FAILURE TO PARTICIPATE

4.4 At all competitions under paragraphs 1.1, 1.2, 1.3 and 1.6 of the International Competition definition, an athlete shall be excluded from participation in all further events (including other events in which they are simultaneously participating) in the competition, including relays, in cases where:

4.4.1 Final confirmation was given that the athlete would start in an event but then failed to participate;

Note: A fixed time for the final confirmation of participation shall be published in advance.

4.4.2 An athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further;

4.4.3 An athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

Note: The situation foreseen in Rule 4.4.3 of the Technical Rules will not apply to individual events within Combined Events.

APPENDIX C — ATHLETE BIBS

WORLD ATHLETICS TECHNICAL RULES — RULE 5

ATHLETE BIBS

- 5.7 Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the front of the torso and back, except in the Jumping Events, where one bib may be worn on the front of the torso or back only. Either the athlete's name or suitable identification will be allowed instead of numbers on any or all of the bibs. If numbers are used, they shall correspond with the number allocated to the athlete on the start list or in the program. If track suits are worn during the competition, bibs shall be worn on the track suit in a similar manner.
- 5.8 No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.
- 5.9 These bibs must be worn as issued and may not be cut, folded or obscured in any way. In running or walking events of 10,000 meters and longer, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals which appear on them.
- 5.10 Where a Photo Finish System is in operation, the Organizers may require athletes to wear additional number identification of an adhesive type on the side of their shorts or lower body.

APPENDIX D — PROTEST FORM

PROTEST FORM

Protest lodged by or on behalf of MGA

Event No: Event: Competition Number:

According to the rules of this competition, all protests presented to the Jury of Appeal must include a deposit of USD100.00. If the Protest fails, the money shall not be returned.

WA rule(s) alleged to have been contravened
.....

Grounds for lodging protest (attach extra information if necessary)
.....
.....
.....

Signature: Date: Time:

Official Use Only

TIME AT WHICH RESULT WAS ANNOUNCED	TIME AT WHICH ORAL PROTEST WAS MADE TO THE REFEREE	RECEIVED TIME
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Jury's Decision
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.....

The fee will be: Returned Not Returned

Chairperson: Date: Time:

Appellant notified: Date: Time:

Competition Manager notified: Date: Time: