2019

Trinidad & Tobago Secondary Schools'

TRACK & FIELD

CHAMPIONSHIPS

March 14th & 15th

Hasely Crawford Stadium Port of Spain

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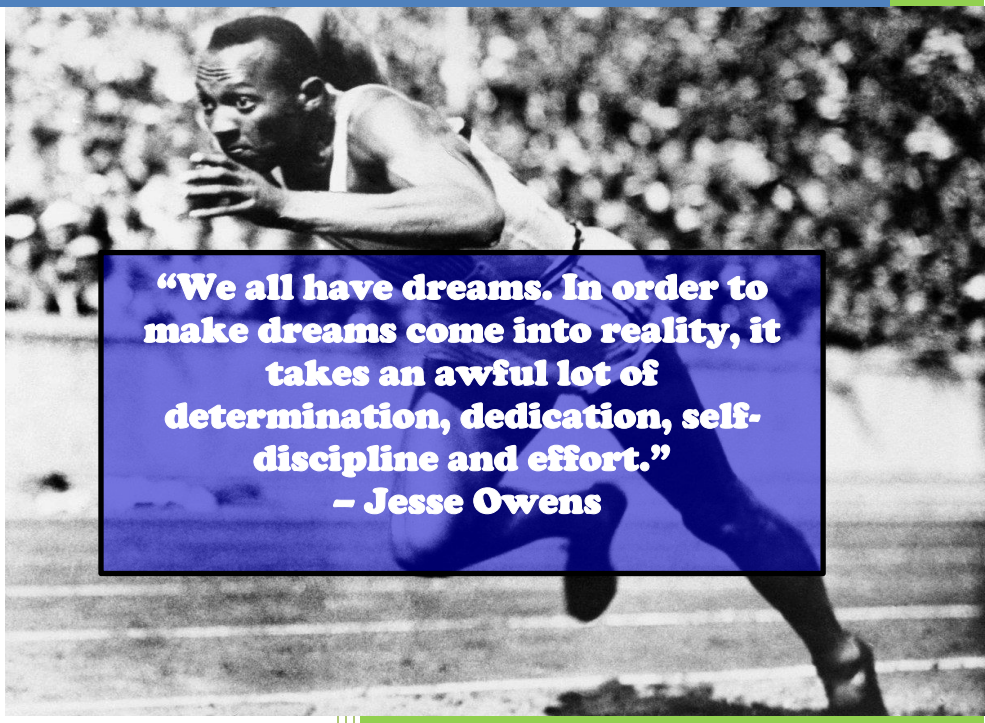
Hello Track Fans, Welcome to our Secondary Schools' Track & Field Championships 2019 Magazine. Thanks to you, our loyal supporters over the years, who will be with us on this new journey and welcome to all new viewers. Stay with us as we take you to higher heights. Enjoy!!



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TTSSTFA Publication

Designed & Edited by Sherry Nyack (PAStudio)

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Contents

4	Mission & Vision Opening Ceremony Program	16	Athlete's Checklist for Better Training
5	Officials' & Athletes' Oaths	18	Order of Events: Day 1
6	Photo highlights from 2018 Championships	20	Order of Events: Day 2
8	Highlights from 2017-2018 Athletics Festival	22	Male Track Events Record Holders
10	President's Address	24	Female Track Events Record Holders
11	Executive members District Coordinators Trophies at Stake	26	Male Field Events Record Holders
12	Honouring Kendall John	27	Female Track Events Record Holders
13	2018 Champs Previous Winners	28	Featured Athletes
14	Championships' Rules	31	List of Officials
15	Technical Details	32	Acknowledgements

Our Vision

To be the leading Schools' National Sporting Organisation (SNSO) in Trinidad and Tobago.

Our Mission

The Trinidad and Tobago Secondary Schools' Track and Field Association provides opportunities for track and field development of secondary schools students with the aim of unleashing their full potential through:

- Effective organisation of track and field events
- The development of officiating and coaching capacity
- Developing meaningful relationships with stakeholders

Opening Ceremony

Parade of Teams

National Anthem

Invocation

Welcome

Officials' Oath

Athletes' Oath

Greetings

Declaration

Inspection/Greeting of the teams

The Athletes' Oath

We declare that we will take part in the National Secondary Schools' Track and Field Championship In the spirit of true sportsmanship, recognizing the rules which govern it, for the honour of our schools, our Districts, and the glory of sport

The Officials' Oath

We declare that we will officiate in the National Secondary Schools' Track & Field Championship in the spirit of true sportsmanship, recognizing the rules which govern it, and for the honour, and the glory of sport.

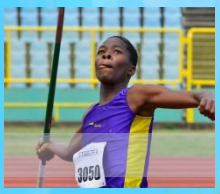
Photo Highlights from 2018 Championships

Photos courtesy Clayton Clarke

Made by Rainshine

Photo Highlights from 2018 Championships

Photos courtesy Clayton Clarke



Made by Rainshine

Highlights from 2018-2019 Athletics' Festival

The overall winners for all the events are listed below:

Cross Country Run & Health Fair

TTSSTFA's 2018-2019 Athletics' Festival started on Sunday 28th October 2018 at The Queen's Park Savannah, Port of Spainwith our annual Cross Country Run & Health Fair.

Event		Name	School	Time
6km	Boys	1st: Matthew Pulchan	Point Fortin West Sec.	22:19
		2nd: Wesley Rampersad	Iere High School	22:29
		3rd: Isaiah Mayers	Point Fortin West Sec.	22:44
	Girls	1st: Janeil Bailey	East Mucurapo Secondary	27:44
		2nd: Camille Lewis	Sangre Grande Secondary	27:46
		3rd: Beyonce Moses	Roxborough Secondary	29:33
4km	Boys	1st: Kaled John	Point Fortin West Sec.	16:58
		2nd: Bradley Pooran	Iere High School	16:59
		3rd: Migkayl Gaffor	QRC	17:48
	Girls	1st: Sophie Potter	International School of POS	17:31
		2nd: Kaya Rankine	St. Augustine Girls' High Sch.	18:02
		3rd: Kayleigh Forde'	St. Joseph's Convent POS	18:18

5K Classic Road Race

The 5K Classic Road Race held on Sunday 2nd December 2018 at St. Augustine Secondary School was the 2nd event for this year's Athletics' Festival.

Age Group		Name	School	Time
U13	Girls	1st Isis Gaskin	Bishop Anstey East	23:26
		2nd Michaela Smith	Bishop Anstey East	30:13
	Boys	1st Joshua Gonzales	Sangre Grande Sec.	18:18
		2nd Hezekiah Moses	Sangre Grande Sec.	20:35
U15	Girls	1st Sophie Potter	ISPS	19:36
		2nd Janeil Bailey	Mucurapo East	20:06
		3rd Hannah Heath	Five Rivers Sec.	20:40
	Boys	1st Malachai Byam	Mucurapo East	18:20
		2nd Ryan Joseph	St James Secondary	18:25
		3rd Mikayla Gafoor	QRC	19:36
U17	Girls	1st Zahra Gaskin	Bishop Anstey East	19:29
		2nd Jean-Marie Farinha	Bishop Anstey East	20:59
		3rd Lynn Marie Acres	Mt Hope Secondary	31:43
	Boys	1st Kareem Ramjohn	Five Rivers Sec.	16:39
		2nd Lemuel Roach	QRC	19:35
		3rd Blessing Brewster	Five Rivers Sec.	19:55
17+	Girls	1st Camille Lewis	Sangre Grande Sec.	21:43
		2nd Gabrielle Ali	Bishop Anstey East	25:25
		3rd Nellie Alexander	Mt Hope Secondary	36:04
	Boys	1st Genesis Joseph	St Francis Boys Coll.	15:43
		2nd Kareem Mason	St Mary's College	16:05
		3rd Hezekiah Boodoo	Manzanilla Sec.	16:21
Teachers	Female	1st Ms. Flores		35:06
	Male	1st John Olton		24:09
		2nd Shane Newallo		35:06

Relay Festival

Our annual Relay Festival was held on Thursday February 14th 2019 at the Larry Gomes Stadium, Arima.

Event	Age Group		Winner
4x100m	U13	Mixed	Toco Secondary 1:05:30
	U15	Girls	St Francois 50.98
		Boys	St Anthony's College 48.00
	U17	Girls	St Francois 52.82
		Boys	St Anthony's College 46.50
	17+	Girls	Bishops P O S 49.54
		Boys	Queen's Royal College 42.83
4x200m	U13	Mixed	Toco Secondary 2:18.25
	U15	Girls	Bishops P O S 1:52.72
		Boys	Queen's Royal College 1:41.02
	U17	Girls	El Dorado West 1:53.89
		Boys	St Anthony's College 46.50
	17+	Girls	Bishops P O S 1:44.90
		Boys	Queen's Royal College 1:32.33
4x400m	U15	Girls	St Francois 4:21.01
		Boys	St Anthony's College 3:56.10
	U17	Girls	Toco Secondary 4:36.24
		Boys	Holy Cross College 3:41.56
	17+	Girls	North Eastern College 4:23.22
		Boys	Queen's Royal College 3:28.44
4x800m	Open	Girls	Bishops P O S 12:08.67
		Boys	Toco Secondary 8:45.89
Sprint Medley	Open	Girls (1x1x2x4)	Bishops P O S 1:52.67
		Boys(1x2x3x4)	Queen's Royal College 2:03.99

Education Minister Garcia meets Otis Barker and other student athletes at the Relay Festival Launch

Spectators at the Relay Festival

Supporters from Pleasantville Secondary at the Relay Festival

QRC – Top School Male (Relay Festival 2019)

Bishop Anstey – Top School Female (Relay Festival 2019)

2019 Relay Festival Overall Winner – Toco Secondary

Message from the President of TTSSTFA, Mr. Joseph Brewster

Welcome to the Trinidad and Tobago Secondary Schools' Track and Field Championships 2019. This is the final event on our athletic calendar. We have already enjoyed the Cross Country, 5k Classic and the just concluded Relay Festival. We have also gone through 8 grueling zonal qualifiers and now we are set to stage our marquee event. Special commendation must be given to all the teachers and school officials, coaches along with the different stakeholder who made these events possible.

These championships provide a stage on which our student-athletes can showcase their talents. This stage has in the past showcased the talent of many of our current and past national athletes. And the opportunity is here once again for our students -athletes to be seen not only by you the spectators here at the stadium, but by thousands of television viewers in Trinidad and Tobago and the Caribbean, through our media partner Flowsports.

Our Association is constantly striving to improve our product offering to our students. As such, we are constantly seeking to partner with corporate Trinidad and Tobago in this venture. We thank our partners, Blue Waters, Sunshine Snacks, Guardian General, Vembev (Gatorade) and S.M. Jaleel. We also thank the NAAA for their guidance and assistance in creating a high quality event. Special thanks as well is extended to the Officials Association of Trinidad and Tobago for their tireless contribution in making the Championship a great event.

A special thanks must be reserved for Dr. Philip Allard and the recent past Executive of the TTSSTFA. Under the leadership of Dr. Allard this Association has grown from strength to strength and can now begin to explore new avenues. We look forward to wonderful comradery and competition over the next two days and may the best students and schools win. Indeed, all of our dear students are winners, having made it the to the National Championships.

Cheers to a bright future as the new Executive guides to new heights.

T.T.S.S.T.F.A. Executive Committee

President	- Joseph Brewster
1st Vice President	- Dale Peter
2nd Vice President	- Janelle Edwards
Secretary	- Danielle Trim
Assistant Secretary	- Andy Joseph
Treasurer	- Philip Allard
P.R.O.	- Arnold Rampersad
Trustees	- Robert Warner
	- Zico Kennedy
	- Candy Hinds

District Coordinators

Port Of Spain & Environs	- Hayes Jones
St. George East	- Michelle Stoute
North East	- Verona Davis-Modeste
Tobago	- Xavier King
Caroni	- George Dottin
Victoria	- Aravind Ramgoolam
St. Patrick	- Dexter Saklal
South East	- Robert Warner

Trophies at Stake

1. Champion School Overall
2. Champion School Girls
3. Champion School Boys
4. Victor and Victrix Ludorum
5. Champion athlete male U13, U15, U17, 17+
6. Champion athlete female U13, U15, U17, 17+

Honouring Kendall John

Mr Kendall John's love for Track and Field began at an early age as he represented his Primary School, Cumana RC and his Secondary School Five Rivers Junior Secondary in the 100m, 200m and 400 metres.

When he became a teacher, assigned to Toco Composite School, he transitioned from running to managing the school team. Kendall actively solicited and provided monetary support for the Carifta qualifiers of the school. Mr John even attended and still attends Carifta Games around the Caribbean to give his students the much needed support of seeing a familiar face and hearing a familiar voice.

As he gained promotion in the field of education, Kendall's support never waned. As Principal of the Toco Secondary School, he accepted the position of Coordinator of the North Eastern Education District Track and Field Association and he immediately set about encouraging more schools to participate. He proudly sat as the "TOCO" Principal, as the school dominated all Secondary School Track and Field events.

Now School Supervisor III, Mr John continues to advocate for the cause of Secondary School Track and Field and attends all the events where possible.

The Trinidad and Tobago Secondary Schools' Track and Field Association is happy to recognise and honour Mr Kendall John as a true stalwart and champion of Secondary Schools' Track and Field.

2018 Individual Age Group Winners

Category	Name	Events
U13 Female	Kernisha Baptiste, El Dorado East Secondary	1st - 100m, 2nd – 200m
U13 Male	Kayin Morris, Woodbrook Secondary	1st - 100m and 200m
U15 Female	Natasha Fox, Point Fortin West	1st - High Jump, 200m and 400m
U15 Male	Jaden Kirton, Toco Secondary	1st - Javelin and Long Jump; 2nd – Discus
U17 Female	Shaniqua Bascombe, St. James Secondary	1st - 100m, 200m and 100m hurdles
U17 Male	Dimitri Richards, Toco Secondary	1st – High Jump, 3rd – 400m Hurdles
17+ Female	Cheziah Phillip, Toco Secondary	1st – 110m Hurdles,1st 200m, 2nd 100m,
17+ Male	Tyrell Edwards, Toco Secondary Konnel Jacob, Speyside High	1st - 100m and 200m 1st - Shot Put and Discus

TTSSTFA Championships Previous Winners

Year	Champion School	Victor	Victrix
2018	Toco Secondary	Jaden Kirton - Toco Secondary	Natasha Fox - Point Fortin West Secondary Shaniqua Bascombe - St. James Secondary Malika Coutain (Vessigny Secondary)
2017	Toco Secondary	Troy Richards - Toco Secondary	Patrice Richards - Holy Faith Convent Xea Bruce - Toco Secondary Camille Lewis - Sangre Grande Secondary
2016	Toco Secondary	Shakeem Mc Kay - Queen's Royal College	Anya Akili - Bishops High
2015	Toco Secondary	Avindale Smith - Arima Central Secondary	Ayana Glasgow - Toco Secondary
2014	Toco Secondary		

Rules of the Championships

1. The Secondary Schools National Track and Field Championships will be open to ALL FULL TIME students of Secondary Schools in Trinidad and Tobago who fulfill the age requirements in Regulation 2 below.
2. There will be events in FOUR (4) age groups, Under 13, Under 15, Under 17 and 17+. Ages shall be calculated as at December 31st of the year of competition except the 17+ age group where the age of twenty-one (21) years should not have been attained by July 3rd.
3. Athletes must compete only in the age group to which they belong, except in events which are not catered for in their age group.
4. Substitution can only be made by Official School Representative or named designate and shall be made at the Technical Meeting prior to the Championships. If an athlete is injured during the course of the Championships consideration for substitution will be made after medical consultation at least one hour before the start of the event.
5. Confirmation of registration will take place ONE (1) hour before the scheduled start of the event.
6. All athletes must report not less than FIFTEEN (15) minutes before the scheduled start of event.
7. Athlete shall, at all times be identified by their school numbers and school colours; and be suitably attired. Failure to comply will result in disqualification from the event.
8. An athlete shall compete in no more than FOUR (4) individual events.
9. There will be semi-finals and finals on both days of the championships. Named athletes from District Championships athletes will participate in each event except the relays where one school team selected from District championships will participate.
10. Points shall be awarded as follows:
    a. 1st: 10; 2nd: 8; 3rd: 6; 4th: 5; 5th: 4;
    b. 6th: 3; 7th: 2; 8th: 1; Relays – double points
11. In the event of a tie in any event full points will be given to the competitors involved.
12. Team officials are strictly forbidden from entering the track or onto the inner field except with the permission of a referee.
13. If an athlete in a field event is unavoidably late, he/she may be allowed only the remaining trials at the time of arrival with the permission of the Field Referee.
14. An athlete who defaults an event must get the approval of the referee, before being allowed to participate in any other event in the Championships.
15. Any athlete (or school official) may make a verbal protest to the Referee, pending the official protest which must be made in writing on the prescribed form, within THIRTY (30) minutes of the announcement of the results. A fee of one hundred dollars ($100) will be charged for each protest.
16. In all cases of dispute the final decision rests with the Jury of Appeal.
17. In the event of a tie for the Championships, the award shall be given to the district/school gaining the greater number of first places, and if a tie still exists, the points shall be awarded to the one with the greater number of second places and so on.
18. Except where provided by these Regulations, the Rules of the International Affiliates of Athletic Federations shall apply.
19. Athletes shall not be allowed to compete in school uniform, national athletic uniform or club uniforms.

Technical Data

BOYS

Hurdle height	U13	U15	U17	17+
80m		76cm		
100m			91cm	
110m				99 cm
300m				
400m			84cm	91cm
Discus		1.00kg	1.50kg	1.75kg
Javelin		600g	700g	800g
Shot	3.00kg	4.00kg	5.00kg	6.00kg

GIRLS

Hurdle height	U13	U15	U17	17+
80m		76cm		
100m			76cm	84cm
110m				
300m			76cm	
400m				76cm
Discus		1.00kg	1.00kg	1.00kg
Javelin		500g	500g	600g
Shot	3.00kg	3.00kg	3.00kg	4.00kg

STARTING HEIGHTS FOR HIGH JUMP

	BOYS	GIRLS
U13	1.20m up 5cm to 1.60m – up 3cm	1:10m up 5cm to 1.50m - up 3cm
U15	1.25m up 5cm to 1.70m - up 3cm	1.15m up 5cm to 1.50m - up 3cm
U17	1.40m up 5cm to1.80m - up 3cm	1.30m up 5cm to 1.70m - up 3cm
17+	1.50m up 5cm to1.90m - up 3cm	1.40m up 5cm to 1.70m - up 3cm

Athlete's Checklist for Better Training

By Elizabeth Quinn
Updated June 23, 2018
https://www.verywellfit.com/athletes-checklist-10-tips-for-better-training-3120817

Whether you're new to exercise or an elite athlete, it's important to be reminded of basic training concepts and get some advice from time to time. Your training time needs to be well-spent to develop your fitness and specific sports skills. Use these tips to ensure you are making the most of it.

1. Match Your Abilities with Your Interests

You have to enjoy your training program or you probably won't stick with it long enough to see results. Rather than picking a generic program or doing what your friends do, adjust your workout time and intensity so it fits your lifestyle and your current fitness level and allows you to push yourself as needed. Most importantly, find a workout routine that meets your personal goals. If you don't know where to begin, working with a personal trainer is highly recommended. If you're more advanced, using a personal trainer is a great way to fine-tune your fitness plan.

2. Simplify

Training is largely about consistency and focus. While a technical training program of heart rates, charts, and graphs works for the most dedicated athletes, it may not be necessary for you. If you are feeling overwhelmed, simplify your training to alternating hard, easy, long, and short workouts and practice skills needed in your sport. Beyond that, try to enjoy your workouts and listen to your body.

3. Avoid Overtraining

Allowing your body to rest is as important as building strength and endurance. You don't get stronger by constantly training hard. You'll build fitness by alternating workouts with recovery. The best way to avoid overtraining is to listen to your body. If your heart rate remains elevated after a night's rest, if your legs feel heavy, and if your motivation fades, you may need more rest. For those who train year-round, it's wise to take a week off every three months. This is also the time to change up your routine.

4. Variation
Vary your workouts, pace, and intensity to enjoy a well-rounded fitness routine that is less likely to result in burn-out or plateaus. Alternate training intensity and time from day to day. No matter what your pace or goal, your training program should include a mix of training days. Even the best training programs will gradually lose efficiency if you don't vary your routine. This may be fine for those who simply want to maintain fitness or keep healthy, but if you want to improve, you need variation. Ideally, workouts should be modified every month. Cross training is another great way to vary your routine and improve your fitness.

5. Be Flexible
If you have to miss a training day, don't worry, just continue on your training plan. It's the consistency of your training, rather than one particular workout, that is important

6. Set Realistic Goals
It's important to find a balance between what you want and what you're able to do when you are setting goals for exercise. You may want to set a personal best in every race you enter, but it's probably not realistic. Be honest about your current fitness and your potential. You may want to run a marathon next year, but if you don't have time to train more than an hour three times per week, that goal is not realistic. If you're new to a sport or fitness routine, be conservative in your estimates until you know what you can accomplish, otherwise, you are more prone to injury.

7. Be Patient
It takes time and consistency to build up fitness and performance, so avoid falling into the mindset that more is always better. You'll only end up injured or frustrated.

8. Be Consistent
Even if you're starting with very short workouts, it's important to do them on a regular basis, several days a week. Avoid falling victim to the weekend warrior syndrome of working out long and hard only on weekends and doing nothing during the week. Injuries are much more common for those who are inconsistent with exercise.

9. Nutrition Is Critical
Sports nutrition and hydration go a long way to improve your ability to exercise and train. If you are on a regular exercise routine, it's a good time to reassess your eating habits and learn nutritious ways of eating.

10. Use Proper Equipment
Sports injury prevention begins with the right equipment. No matter what sport or exercise routine you do, you need to make sure your equipment and footwear fit properly. Don't run in worn-out shoes or ride an ill-fitting bicycle. Pads, helmets, mouth guards are made to help protect athletes and all appropriate sports safety equipment should be worn and fit you well.

Order Of Events

Day 1: Thursday March 14th 2019

#	Time	Event	Age Group	Round
1	10:00am	Hammer Throw (4kg)	Girls Open	Exhibition
2	10:00am	Hammer Throw (6kg)	Boys Open	Exhibition
3	10:00am	Long Jump	Girls U17	Final
4	10:00am	Long Jump	Boys U17	Final
5	10:00am	High Jump	Girls O17	Final
6	10:00am	High Jump	Boys O17	Final
7	10:20am	Discus(1kg)	Girls U17	Final
8	10:00am	60m Hurdles (0.76m)	Girls U15	Final
9	10:00am	Shot (3kg)	Girls U13	Final
10	10:10am	80m Hurdles (0.84m)	Boys U15	Final
11	10:20am	100m Hurdles (0.76m)	Girls U17	Final
13	10:30am	100m Hurdles (0.84m)	Girls O17	Final
14	10:40am	110m Hurdles (0.91m)	Boys U17	Final
15	10:50am	110m Hurdles (0.99m)	Boys O17	Final
OPENING CEREMONY				
12	11:00am	Javelin (400g)	Girls U15	Final
16	11:00am	100m	Girls U13	Prelims
17	11:20am	Long Jump	Girls O17	Final
19	11:20am	Long Jump	Boys O17	Final
21	11:20am	High Jump	Girls U15	Final
18	11:10am	100m	Boys U13	Prelims
20	11:20am	100m	Girls U15	Prelims
22	11:30am	100m	Boys U15	Prelims
23	11:30am	Discus (1kg)	Girls O17	Final
27	11:30am	Shot (6kg)	Boys O17	Final
24	11:40am	100m	Girls U17	Prelims
25	11:50am	100m	Boys U17	Prelims
26	12:00pm	100m	Girls O17	Prelims
29	12:10pm	100m	Boys O17	Prelims
28	12:30pm	Javelin (500g)	Girls U17	Final
32	12:30pm	Long Jump	Girls U13	Final
34	12:30pm	Long Jump	Boys U13	Final
30	12:30pm	400m	Girls U13	Prelims
31	12:40pm	400m	Boys U13	Prelims
33	12:50pm	400m	Girls U15	Prelims
35	1:00pm	400m	Boys U15	Prelims
MEDAL PRESENTATION				
36	1:00pm	High Jump	Boys U15	Final
47	1:00pm	High Jump	Boys U17	Final
40	1:00pm	Shot (5 kg)	Boys U17	Final
41	1:00pm	Javelin (600g)	Boys U15	Final
38	1:00pm	Discus (1kg)	Girls U15	Final
37	1:10pm	400m	Girls U17	Prelims
39	1:20pm	400m	Boys U17	Prelims
42	1:30pm	400m	Girls O17	Prelims
43	1:40pm	400m	Boys O17	Prelims
MEDAL PRESENTATION				

Order Of Events

Day 1: Thursday March 14th 2019

#	Time	Event	Age Group	Round
44	2:00pm	1500m	Girls U15	Final
45	2:10pm	1500m	Boys U15	Final
46	2:20pm	1500m	Girls U17	Final
48	2:30pm	Discus (1.75kg)	Boys O17	Final
49	2:30pm	1500m	Boys U17	Final
50	2:40pm	1500m	Girls O17	Final
51	2:50pm	1500m	Boys O17	Final
MEDAL PRESENTATION				
52	3:00pm	Shot (4kg)	Girls O17	Final
16a	3:00pm	100m	Girls U13	Final
18a	3:05pm	100m	Boys U13	Final
20a	3:10pm	100m	Girls U15	Final
22a	3:15pm	100m	Boys U15	Final
24a	3:20pm	100m	Girls U17	Final
25a	3:25pm	100m	Boys U17	Final
26a	3:30pm	100m	Girls O17	Final
29a	3:35pm	100m	Boys O17	Final
MEDAL PRESENTATION				
30a	3:45pm	400m	Girls U13	Final
31a	3:50pm	400m	Boys U13	Final
33a	3:55pm	400m	Girls U15	Final
35a	4:00pm	400m	Boys U15	Final
37a	4:05pm	400m	Girls U17	Final
39a	4:10pm	400m	Boys U17	Final
42a	4:15pm	400m	Girls O17	Final
43a	4:20pm	400m	Boys O17	Final
MEDAL PRESENTATION				
53	4:30pm	4 x 100m Relay	Girls U13	Final
54	4:40pm	4 x 100m Relay	Boys U13	Final
55	4:50pm	4 x 100m Relay	Girls U15	Final
56	5:00pm	4 x 100m Relay	Boys U15	Final
57	5:10pm	4 x 100m Relay	Girls U17	Final
58	5:20pm	4 x 100m Relay	Boys U17	Final
59	5:30pm	4 x 100m Relay	Girls O17	Final
60	5:40pm	4 x 100m Relay	Boys O17	Final
MEDAL PRESENTATION				

Order Of Events

Day 2: Friday March 15th 2019

#	Time	Event	Age Group	Round
61	10:00am	Shot (4kg)	Boys U15	Finals
68	10:00am	Long Jump	Girls U15	Final
69	10:00am	Long Jump	Boys U15	Final
71	10:00am	High Jump	Girls U13	Final
72	10:00am	High Jump	Boys U13	Final
75	10:00am	Discus (1.5kg)	Boys U17	Final
62	10:00am	400m Hurdles (0.76m)	Girls U17	Timed Final
63	10:10am	400m Hurdles (0.76m)	Girls O17	Timed Final
64	10:20am	400m Hurdles (0.84m)	Boys U17	Timed Final
65	10:30am	400m Hurdles (0.91m)	Boys O17	Timed Final
MEDAL PRESENTATION				
66	10:45am	200m	Girls U13	Prelims
67	10:55am	200m	Boys U13	Prelims
70	11:05am	200m	Girls U15	Prelims
73	11:15am	200m	Boys U15	Prelims
74	11:25am	200m	Girls U17	Prelims
76	11:30am	Shot (3kg)	Girls U17	Final
77	11:30am	Javelin (600g)	Girls O17	Final
78	11:35am	200m	Boys U17	Prelims
79	11:45am	200m	Girls O17	Prelims
80	11:55am	200m	Boys O17	Prelims
MEDAL PRESENTATION				
81	12:00pm	1500m WALK	Girls Open	Final
82	12:00pm	Triple Jump	Boys U17	Final
83	12:00pm	Triple Jump	Boys O17	Final
90	12:00pm	Triple Jump	Girls Open	Final
84	12:00pm	High Jump	Girls U17	Final
85	12:00pm	1500m WALK	Boys Open	Final
86	12:00pm	Discus (1kg)	Boys U15	Final
87	12:30pm	Shot (3kg)	Girls U15	Final
MEDAL PRESENTATION				

Order Of Events

Day 2: Friday March 15th 2019

#	Time	Event	Age Group	Round
88	1:00pm	Javelin (700g)	Boys U17	Final
91	1:00pm	Pole Vault	Girls Open	Final
92	1:00pm	Pole Vault	Boys Open	Final
66a	1:00pm	200m	Girls U13	Final
67a	1:05pm	200m	Boys U13	Final
70a	1:10pm	200m	Girls U15	Final
73a	1:15pm	200m	Boys U15	Final
74a	1:20pm	200m	Girls U17	Final
78a	1:25pm	200m	Boys U17	Final
93	1:30pm	Shot (3kg)	Boys U13	Final
79a	1:35pm	200m	Girls O17	Final
80a	1:40pm	200m	Boys O17	Final
MEDAL PRESENTATION				
94	2:00pm	Javelin (800g)	Boys O17	Final
95	2:00pm	800m	Girls U15	Final
96	2:10pm	800m	Boys U15	Final
97	2:20pm	800m	Girls U17	Final
98	2:25pm	800m	Boys U17	Final
99	2:30pm	800m	Girls O17	Final
100	2:35pm	800m	Boys O17	Final
89	2:45pm	3000m	Girls Open	Final
101	3:00pm	5000m	Boys Open	Final
MEDAL PRESENTATION				
102	3:30pm	4 x 400m Relay	Girls U15	Final
103	3:40pm	4 x 400m Relay	Boys U15	Final
104	3:50pm	4 x 400m Relay	Girls U17	Final
105	4:00pm	4 x 400m Relay	Boys U17	Final
106	4:10pm	4 x 400m Relay	Girls O17	Final
107	4:20pm	4 x 400m Relay	Boys O17	Final
MEDAL PRESENTATION				

Male Track Events Record Holders

Event	Age Group	Record Holder	2018 Winner
100m	U14	Johnathan Holder, QRC, 2006 11.52 s.	(U13) Kayin Morris, Woodbrook Sec 13.41 s.
	U15	Sherman Allsop South East, 2005 11.05 s.	Jesaiah Greeridge, Woodbrook Sec 11.81 s.
	U17	Mark Asson, 2010 10.24 s.	Shakeem Mc Kay, QRC 10.89
	17+	D. Pierre, 2005 10.26 s.	Tyrell Edwards, Toco Sec 10.55
200m	U14	Johnathan Holder, QRC, 2006 23.86 s.	Kayin Morris, Woodbrook Sec 26.79
	U15	Nicholas Douglas, 2010 22.34 s.	Naeem Nelson, Miracle Minist 23.90
	U17	Mark Noriega, El Dorado, 1989 21.25 s	Shakeem Mc Kay, QRC 22.08
	17+	Hayden Stephens, El Dorado Senior, 1989 21.13 s	Tyrell Edwards, Toco Sec 21.71
400m	U14	M. Worrel, San Juan Gov't Sec, 2006 57.47 s.	
	U15	I. Taylor, Fyzabad Sec, 2006 53.49 s.	Cyril Summer, SEPOS 53.64
	U17	Mark Noriega, El Dorado Senior, 1989 48.04 s.	
	17+	Jamil James, Pres. San F'do, 2003 47.21 s.	Onal Mitchell, P/ Fortin East 47.90
800m	U15	Darnel Creig, Scarborough Sec., 2003 2:10.21	Theron O'Brien, El Dorado West Sec 2:18.78
	U17	Garvin Nero, Fatima, 2006 1:56.88	Kareem Ramjohn, Five Rivers Sec 2:06.50
	17+	Simeon Bovell, P/Town Senior Sec, 2003 1:51.85	Aarin Simon, Bon Air Sec 1:56.20

Male Track Events Record Holders

Event	Age Group	Record Holder	2018 Winner
1500m	U15	Mark London, Tobago, 2007 4:26.50	Renaldo Caraballo, P/Town West Sec 5:10.92
	U17	Quentin John, Vessigny Sec, 1988 4:08.55	Troy Llanos, Fatima College 4:38.12
	17+	Junior Mitchell, St Andrews Coll., 1992 3.58.66	Otis Barker, Toco Sec 4:15.80
5000m	Open	Junior Mitchell, St Andrews Coll., 1992 15:30.24	Kurt/Kyle Younglao, ASJA College 17:32.18
1500m Walk	Open	Kenverne Brathwaite, Scarborough Sec., 2008 7:29.65	Ronaldo Hernandez, Matura Sec 8:19.18
Hurdles	U15 - 80m	Nicholas Castillo, 2011 11.39 s.	(U15 – 100m) Wayne Edwards, St Anthony Coll. 16.06 s.
	U17 - 100m	Kevin Henry, 2011 13.09 s.	(U17 – 110m) Rinaldo Moore, St Anthony Coll. - 16.18 s.
	17+ - 110m	Jehue Gordon, 2010 13.30 s.	Joel Andrews, Valencia Sec. 15.77 s.
	U17 - 400m	Reuben Walters, 2011 56.00 s.	Brian Morris, Mt Hope Sec 1:01.38
	17+ – 400m	Ansil Nicholson, El Dorado Sec., 2008 53.88 s.	Kobe John, St Anthony College 56.31
4x100m Relay	U14	Tobago, 2006 49.43 s.	
	U15	Diego Martin Jnr Sec., 1987 46.00 s.	Trinity College East 49.99
	U17	St. George West, 2003 43.44 s.	Queen's Royal College 44.95
	17+	El Dorado Sec., 2002 41.55 s.	Speyside High School 45.02
4x400m Relay	U15	Caroni, 2003 3:47.09	Trinity College East 4:03.56
	U17	St. George West, 2005 3:21.98	Queen's Royal College 3:33.31
	17+	St. George West, 2007 3:15.98	Fatima College 3:27.57

Female Track Events Record Holders

Event	Age Group	Record Holder	2018 Winner
100m	U14	Marsha Lewis, Cunupia High, 2002 12.45 s.	(U13) Kernisha Baptiste, El Dorado East Sec. 15.11 s.
	U15	Alicia Tyson, San F'do East, 1992 11.31 s.	Kareesa Kirton, Providence Girls 12.83 s.
	U17	Michelle Lee Ahye, Tranquility Gov't, 2008 11.48 s.	Shaniqua Bascombe, St James Sec 12.21
	17+	M. Cabral, St. George East, 2005 11.45 s.	Jenae Spinks, Holy Name POS 11.50
200m	U14	Alicia Tyson, San F'do East, 1990 24.75 s.	(U13) Adriana Quamina, NorthEastern Coll. 28.90
	U15	Alicia Tyson, San F'do East, 1992 23.76 s.	Natasha Fox, P/Fortin West 25.27
	U17	J. Francis, St George West, 2005 24.22 s.	Natasha Fox, P/Fortin West 25.27
	17+	Kelly Ann Batiste, Tobago, 2004 23.83 s.	Cheziah Phillip, Toco Sec 25.49
400m	U14	Brittany St. Louis, Mt Hope Jnr, 2002 1:01.67	
	U15	Natasha Fox, P/Fortin West, 2018 56.55	Natasha Fox, P/Fortin West 56.55
	U17	Rae-ann Serville, St Joseph Convent POS, 2018 56.07	Rae-ann Serville, St Joseph Convent POS 56.07
	17+	Khyesha Hills, H.F.C., Pt Fortin, 2003 54.80 s.	Joanna Rogers, St Francois Girl 56.30
800m	U15	N. Reyes, Caroni, 2005 2:20.56	Christie-M Maharaj, Bon Air Sec 2:32.95
	U17	Jean-Marie Farinha, Bishops East, 2018 2:09.03	Jean-Marie Farinha, Bishops East, 2018 2:09.03
	17+	Denelle DeVerteuill, North Eastern Coll., 2003 2:14.37	Joanna Rogers, St Francois Girls 2:20.02

Female Track Events Record Holders

Event	Age Group	Record Holder	2018 Winner
1500m	U15	Samantha Shukla, St Joseph Convent, 2005 5:13.28	Christie-M Maharaj, Bon Air Sec 5:42.97
	U17	Pilar McShine, St George's College, 2003 4:48.64	Zahra Gaskin, Bishops East 5:38.25
	17+	Pilar McShine, St George's College, 2005 4:49.53	Camille Lewis, Sangre Grande Sec 5:47.31
3000m	Open	Samantha Shukla, Morvant/Laventille, 2008 10:02.80	Rebecca Lezama, Holy Name POS 12:18.34
1500m Walk	Open	Daphne Walcott, Tobago, 2007 8:59	Parrice Roberts, El Dorado West Sec 10:06.95
Hurdles	U15 - 80m	Deandra Daniel, Williamsville Sec., 2006 12.07 s.	(U15 – 100m) Xea Bruce, Toco Sec 15.37 s.
	U17 - 100m	Jeanelle Ovid, Bishop Anstey, 2008 15.27 s.	(U17 – 110m) Shaniqua Bascombe, St James Sec 14.58 s.
	17+ - 110m	Gabriella Cumberbatch, 2011 14.84 s.	Cheziah Phillip, Toco Sec 15.04
	U17 - 300m	Sparkle MCKnight, Chag Jr. Sec., 2006 48.50 s.	(U17 – 400m) Jada James, Toco Sec 1:08.17
	17+ - 400m	Kernisha Spann, 2011 1:01.45	
4x100m Relay	U14	P.O.S., 2010 51.45 s.	
	U15	St George West, 2007 49.61 s.	Point Fortin West Sec 53.54
	U17	St. George West, 2008 48.08 s.	El Dorado West Sec 52.87
	17+	St. George West, 2003 46.90 s.	Bishop's Anstey High 50.48
4x400m Relay	U15	St. George West, 2007 4.03.27	Bishop's Anstey High 4:50.32
	U17	Caroni, 2007 3:53.66	Toco Sec 4:26.64
	17+	St. George West, 2003 3:54.46	North Eastern College 4:11.52

Male Field Events Record Holders

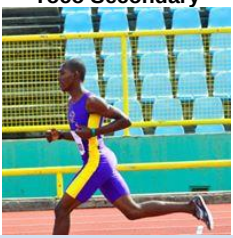
Event	Age Group	Record Holder	2018 Winner
Hammer Throw	Open		Jamaal Alexander, Matelot 46.55m
Long Jump	U14	Nicholon Caesar, Scarborough Sec., 2009 5.6 m.	
	U15	Nicholas Douglas, 2010 6.57 m.	Jaden Kirton, Toco Sec 5.68m
	U17	Shawn Bovell, El Dorado Sec., 1992 6.94 m.	Jesse Garraway, QRC 5.60m
	17+	Kyron Blaise, North Eastern, 2007 7.38 m.	Giovanni Elder, Speyside 6.25m
Triple Jump	U17	Shawn Bovell, El Dorado Sec., 1992 14.05 m	Laquan Dyer, Toco Sec 12.05m
	17+	Seon Stafford, 2010 15.29 m	Anderson Subero, Sangre Grande Sec - 12.74m
High Jump	U14	Nicholon Caesar, Scarborough Sec., 2009 1.60 m	
	U15	Kashef Daniel, Tobago, 2004 1.76 m.	Aaron Antoine, Waterloo Sec 1.65m
	U17	Jason Mitchell, Signal Hill, 1993 & Peter Carter, St. George West, 2004 1.90 m.	Dimitri Richards, Toco Sec 1.76m
	17+	Keri Chai Hong, QRC, 1993 2.00 m.	Shervon Antoine, Toco Sec 1.82m
Javelin	U15	Jaden Kirton, Toco Sec , 2018 46.45m	Jaden Kirton, Toco Sec 46.45m
	U17	Gerrin Francois, Carapichaima Jr. Sec., 2006 54.54 m.	Nathaniel Mathura, El Dorado East Sec 54.16m
	17+	Keshorn Walcott, Toco Secondary, 2011 61.14 m.	
Discus	U15	Kenejah Williams, 2010 47.29 m	Isaiah Gemon, Fatima College 32.57m
	U17	Anthony Alexander, QRC, 1992 46.84 m.	Nathaniel Mathura, El Dorado East Sec 34.09m
	17+	Quincy Wilson, Belmont Boys, 2009 56.97 m.	Konnel Jacob, Speyside 50.35m
Shotput	U14	Shervon Worrel, Bishops High School, 2008 11.85 m	
	U15	Kenejah Williams, 2010 14.21 m.	Isaiah Gemon, Fatima College 11.68m
	U17	Romeo Hezekiel, 2010 15.84 m.	Jamaal Alexander, Matelot 13.61m
	17+	Romeo Hezekiel, 2011 16.96 m.	Konnel Jacob, Speyside 17.22m
Pole Vault	Open	J. Eccles, North Eastern, 2005 3.35m.	Anderson Subero, Sangre Grande Sec 3.20m

Female Field Events Record Holders

Event	Age Group	Record Holder	2018 Winner
Hammer Throw	Open		Shershelle Murray, Matelot 25.28m
Long Jump	U14	Shemiah Clarke, S.A.G.S., 2009 4.64 m.	(U13) Adriana Quamina, Northeastern Coll. 4.15m
	U15	Karlene Taylor, Scarborough Sec., 1992 4.98 m.	Kayla Caesar, St Francois Girl 4.15m
	U17	Carisa Leacock, St. George West, 2006 5.41 m.	Jayda Williams, Miracle Ministry 5.27m
	17+	R. Watkins, St. George West, 2005 6.09 m.	Mpule St Louis, Arima North Sec. - 5.26m
Triple Jump	Open	Sheron Mark, Bishop Anstey, 200 12.22 m	Trishell Mc Laren, Matelot 10.00m
High Jump	U14	Tricia Marshall, Pt. Fortin Sec., 1989; Sherine Phillip, North East. Coll., 2006; Sherece Benskin, St George College, 2007; Ayanna Glasgow, 2010 1.45m	
	U15	Deandra Daniel, Williamsville, 2006 1.65 m.	Natasha Fox, P/Fortin West 1.40m
	U17	Jenelle Ovid, St. George West, 2007 Deandra Daniel, Marabella Senior, 2008 1.70 m.	Malika Coutain, Vessigny Sec 1.53m
	17+	R. Watkins, St. George West, 2005 1.75 m.	Camille Lewis, Sangre Grande Sec 1.60m
Javelin	U15	Akidah Briggs, 2011 27.53 m.	Aaliyah John, Morv/ Lav Sec 25.34m
	U17	Marsha Mark, Pt. Fortin Sec., 1990 38.06 m.	Abreena Barker, Toco Sec 25.75m
	17+	Vernice Frederick, North Eastern, 2007 40.60 m.	
Discus	U15	Chelsea James, 2011 28.41 m	Keishanna Joseph, Toco Sec - 20.80m
	U17	Anastacia Daire, 2009 33.33 m	Shakeira Kirk, Pent Light & Life - 30.66m
	17+	Annie Alexander, San Juan Sec., 2006 43.46 m.	Elizabeth Galera, Bishops East 27.26m
Shotput	U14	R. Parris, Caroni, 2005 8.29 m	
	U15	Portious Warren, 2010 11.41m.	Maria La Foucade, Rio Claro East Sec - 9.48m
	U17	Rhonda Hackett, Signal Hill, 1993 11.82 m.	Shakeira Kirk, Pent Light & Life - 10.79m
	17+	Annie Alexander, San Juan Sec., 2006 14.31 m.	Melissa Boxhill, Bishops Cent 10.02m
Pole Vault	Open		Shade Guy, Matelot 2.00m

Featured Athletes

Otis Barker
Toco Secondary



National Championships 2018 - 1st place 17+ 1500m and 2nd place 800m

Otis is our perennial champion in the Cross Country and 5K Road Race Classic

Shaniqua Bascombe
St. James Secondary

Victrix Ludorum National Championships 2018 Bascombe sped to victories in the girls' Under-17 100m in 12.21 seconds, 200m in 24.39 and 100m hurdles in14.58.

2018 Carifta Games 2018 - 2nd place U17 200m and 3rd place U17 4x400m.

Bascombe is the T&T Olympic Committee (TTOC) Junior Sports-Woman of the Year and NAAA's Girls' Youth Athlete of the Year

At the 2019 NAAA Track and Field Series, she bettered the girls' U17 200m standard twice on the second and final day of the Carifta trials. She clocked 24.97 seconds in the 200m preliminaries and followed up with victory in the final in 24.25. She was also victorious in the 100m wining in 12.14.

"Shaniqua continues to improve. She is far from being the finished product which will take another six years. Clearly, she is something very special. She ran her personal best in the 100m when she produced an 11.59-clocking and she will run even faster before the season is over" (Nancoo 2018).

Aaron Cardinez
St. Benedict's College

Date of birth: 23/02/2000
Currently with Simplex Athletic Club
Expecting to podium in the 400m and 200m this year.

Malika Coutain
Vessigny Secondary

Victrix Ludorum National Championships 2018
Coutain was victorious in the U17 high jump and copped silver medals in the U17 400m and 200m.

2018 Carifta Games – 3rd place U17 4x400m

2019 NAAA Track and Field Series - 2nd U17100m in12.98 and 1st U17 400m in 1:00.27,

Tyrell Edwards
Toco Secondary

2018 National Championships: 17+ Male Overall Winners. Capturing the boys 100m and 200m crown.

2018 Carifta Games – 2nd place 4x100m

Natasha Fox
Point Fortin West Secondary

Victrix Ludorum National Championships 2018
Fox landed the girls U15 high jump, leaping 1.40m, She also won gold medals in the 200m (25.27) and 400m (56.55).

National Gas Company (NGC) National Junior Championships 2018 -1st U15 200m and 400m

2018 Carifta Games – 3rd place U17 4x400m

NAAA Track and Field Series 2019 - 3rd place U17 100m (12.98)

Jaden Kirton
Toco Secondary

Victor Ludorum National Championships 2018
Jaden took home the top boys' honours with wins in the boys U15 javelin (46.45) and long jump (5.68) and gained second place in the discus (27.99).

In the NGC/NAAA Junior Champs in June 2018, he won the boy's U15 Javelin with a throw of 46.21m

Shakeem Mc Kay, ORC

National Championships 2018 - 1st U17 100m, 200m, 4x100 relay and 4x400 relay

2019 NAAA Track and Field Series -
Mc Kay lit up the track in both the boys U17 200m and 400m, winning the first race in 22.69. In the one-lap event, Mc Kay won in 51.11.

Antonia Sealy
Cedros Secondary

National Championships 2018 – 3rd place 17+ High Jump

Carifta Games 2016 - Girls u20 heptathlon
Pan American Combined Events Cup 2016 – 2nd U17 Heptathlon
Pan American Combined Events Cup 2017 – 1st U20 heptathlon

Avindale Smith, QRC

National Championships 2018 – 1st U17 4x100 relay

2019 NAAA Track and Field Series - 1st U17 400 and 200m (21.29).

Jayda Williams
Miracle Ministries Pentecostal High School

Events: Long Jump, Triple Jump, 100m Sprint

National Championships 2018 - 1st place U17 Long Jump
Southern Games 2018 - 1st place Women Long Jump –
NAAA Dev Meet 2018 - 1st place Women Long Jump Open
Hampton Int'l Games 2018 – 3rd place Women's Long Jump
NAAA Junior Championships 2018 - 1st place U17 Long Jump and Triple Jump
NAAA National Award 2018 – Most Outstanding Athlete Girls' U17 (Field)

Officials

Chairman Organising Committee	**Joseph Brewster**
Chairman of the Games	John Roopchan
Event Presentation Manager	Indra Ramsingh-Geoffroy
Technical Delegate	John Andalcio
Competition Director	Durly Lucas
Meet Manager	Michelle Penny
Technical Manager	Reynold Porter Lee
Equipment Manager	Kelly Kerr
Jury of Appeal	T.B.A.
Photo Finish & Electronic Meet Mgt	NAAA Officials
Referees	
- Jumps	Earl Bourne, Davina Washington & Clayton Walkes
- Track	Gary Jupiter & Judy Ann Harewood
- Start	Remy Nicome
- Call Room	Dawn Washington
Gates	Ryan Pereira
Walk Past	Dale Peters
Technical Support Crew	Robert Stevenson, Nicole Barbour & Arthur Campbell
Announcers	Garvin Joseph & Merere Gonzales
Wind Gauge Operators	Gabriella Nero & Petra Jerry
Start Team	Rick Francis & Remy Nicome & Jerry Antoine
Starter's Assistants	Kelly Kerr, Carl Wyatt & Nigel Matthew
Track Events Referee	Irwin Henry
Chief Umpire	Cheryl Reyes
Umpires	Alana Nero, Alson Plante, Anderson Alder, Chrysostom Lockhart, Curtis Brereton, David Thomas, Esrol Peters, Garrick Marcelin, Jill Sampson, Judy Ann Harewood, L Ramroop, M. Thomas, Michelle Lynche, Noel Serapio, Tricia John & Vivica Boswell
Call Room Chief Judge	Claudette Willoughby
Call Room Judges	Janet Cumberbatch, Winston Rudder & Eileen Collette
Athletes' Ushers	Denzil Walker, Shauna Downey, Chad Mathura & Dernelle Castellano
Walk Judges	Collin Mark & Matthew Guelmo
Field Events Referee	
- Throws	Earl Bourne
- Jumps	Irma Riley
Chief Judges	
- Long Jump	Michael Pierre & Gemma Chee Wah Bass
- High Jump	Clayton Williams
- Throws	Elsa Porter Lee (Shot Put); Irma Riley (Javelin); Joyce Thomas (Discus)
Field Technical Officials	Ruby Jackson, Irma Thomas, Gerard Elliott, Kenrick Russell, Suzan Garcia, Sherry Ann Edwards, Michelle Campbell, Marilyn Bradley, Garrick Marcelin, Matthew Guelmo, Nicole Lynch, Curtis Bruce, Cicely Holder, Jennifer Jackson, Susannah Joefield, Camille Superville, Marcia John, Althea Bushby, Kirk Williams, Irwin Henry, Lucretia Burns, Shakira Crosby & Garth Nicholls
Lap Scorer	Kelly Kerr
Chief Time Keeper	Annaz Mohammed
Security	Dexter Sakal, Hayes Jones, Robert Warner, Security Company Officials
Hospitality	Shelly Slater & Bernadine Hazard-Charles
Prizes	Jillian Huggins, Stephanie Power & Debbie Ann Lamorel
Runners	Students
PR & Marketing	Arnold Rampersad and Philip Allard
Media Liaison	Clayton Clarke
First Aid	Red Cross

Acknowledgements

- National Association of Athletic Administrators
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- RCLRC Staff
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- Blue Waters
- Sunshine Snacks
- S. M Jaleel & Co. Ltd
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