PAN AMERICAN U-20 ATHLETICS CHAMPIONSHIPS TECHNICAL REGULATIONS

Villavicencio – Colombia
July 11 – 13, 2025

1 – General

1.1. The Pan American Athletics Association (APA) will hold the Pan American U-20 Athletics Championships every two (2) years.

1.2. The full title of the event shall be U-20 Pan American Athletics Championships followed by the location and year of the competition. A shorter version of the event title may be considered subject to APA approval.

1.3. The championships may only be held on an 8 (eight)-lane synthetic track with a minimum WA Class 2 certification.

2 – Program of Events

2.1. The Championships will normally be held over three consecutive days and with a minimum of four sessions

2.2. The Program comprises the following 45 events, 22 for men, 22 for women, and 1 Universal (Mixed):

2.2.1. Men:

100m – 200m – 400m – 800m – 1.500m – 3.000m – 5.000m
110m hurdles (0,991m) – 400m hurdles (0,914m) – 3.000m steeplechase
High Jump – Pole Vault – Long Jump –Triple Jump
Shot Put (6kg) – Discus Throw (1,750kg) – Hammer Throw (6kg) – Javelin Throw (800g)
Decathlon
10.000m Race Walk
4x100m Relay – 4x400m Relay

2.2.2. Women:

100m – 200m – 400m – 800m – 1.500m – 3.000m – 5.000m
100m hurdles (0,838m) – 400m hurdles (0,762m) – 3.000m steeplechase
High Jump – Pole Vault – Long Jump –Triple Jump
Shot Put (4kg) – Discus Throw (1kg) – Hammer Throw (4kg) – Javelin Throw (600g)
Heptathlon
10.000m Race Walk
4x100m Relay– 4x400m Relay

2.2.3. Universal (Mixed)

4x400m Relay

When the 4x400m Mixed Relay is to be held, the order in which all teams will run in all rounds of that event as determined by APA is Man, Woman, Man, Woman.

Weights, measurements, and trademarks must comply with the specifications of the WA Technical Rules.

3 – Participation

3.1. Invitation to Participate

All APA Member Federations, hereinafter referred to as “Members,” shall be invited by APA to participate in the U-20 Pan American Athletics Championships. This invitation, in the official languages of APA, shall be sent as soon as possible before the Championships.

The Organizing Member, hereinafter referred to as “OM,” shall, at the same time, also send a letter of invitation to all Members to participate.

3.2. Age Categories

3.2.1. U18 Athletes:

Any athlete who is 16 or 17 years old on December 31 of the competition year may compete in any event except throwing events, combined events, 10,000 m, and race walking events. However, an U18 athlete may compete in a maximum of 3 track events (including relays), of which only 2 may exceed 200m (either an individual event or a relay leg).

3.2.2. Athletes under 16 years old:

No athlete under 16 on December 31 of the year of the competition may be entered.

3.3. Participation Principles

3.3.1. Only affiliated Federations that are in good standard with APA and World Athletics (WA), including the payment of their corresponding fees, may participate in the championships.

3.3.2. Requirements for an athlete to participate in the championships:

a) Have been born or naturalized in the country they represent;

b) Be within the age limit established by the competition;

c) Be duly registered with their country's Federation;

d) Be duly entered for the competition by their national Federation.

3.3.3. Athletes´ age will be verified, if necessary, with official documents issued in their respective countries of origin, such as:

a) passport;

b) identity card, indicating the year of birth.

4 – Entries

4.1. Entries shall be made by the participating Federation within the deadline set by the OM, using the system (either forms or computer system) established by the OM and approved by APA.

4.2. There shall be two (2) registration phases:

4.2.1. Preliminary Entries: specifying the approximate number of male and female athletes and officials in their delegations, in total and per event, and providing estimated arrival and departure times. The OM will provide the forms and/or system for preliminary registrations.

This must be done before June 20, 2025.

4.2.2. Final Entries, which must contain the following information:

a) list of athletes, with their names and dates of birth;

b) list of athletes per event, with their names, dates of birth, and best performances in the competition year;

c) list of officials and coaches;

d) Athletes´ medical certificates.

They must be sent before July 4, 2025.

4.2.3. Each Federation may enter up to a maximum of 3 (three) athletes per event and 1 (one) team in each of the relays.

4.2.4. Each athlete may participate in up to a maximum of 3 (three) individual events and in the relays.

4.2.5. Participating federations may make changes to their team until the Technical Meeting.

4.2.6. Any athlete registered in the alphabetical list is an automatic substitute for any other athlete in any event.

4.2.7. The maximum number of officials or coaches, in the case of incomplete delegations, shall be as follows:

Athletes	Officials	Athletes	Officials
1 a 5	1	41 a 46	8
6 a 10	2	47 a 52	9
11 a 16	3	53 a 58	10
17 a 22	4	59 a 64	11
23 a 28	5	65 a 70	12
29 a 34	6	71 a 76	13
35 a 40	7	76 a 82	14

4.3. Entries are free of charge.

5 – Accommodation and Meals

5.1. All accommodation and meal expenses for participating teams shall be borne by the participating federation. The Organizing Committee shall make hotel reservations for a period of two (2) days before and one (1) day after the date of the championships, on a full-board basis, and shall inform the federations affiliated with APA of the amounts to be paid upon their teams' arrival at the hotels.

Fees and payment: a. Delegations will pay $30.00 USD per person per day for a maximum of five days, within the delegation fee (see table below) upon arrival and before receiving their accreditation. b. Any extra days spent by any member of the delegation (including athletes) beyond the five days established by the organization must be paid for before receiving their accreditations, and they will pay the normal rate of the respective hotel.

Atletas	Oficiales	Atletas	Oficiales
1 a 6	1	37 a 42	7
7 a12	2	43 a 48	8
13 a 18	3	49 a 54	9
19 a 24	4	55 a 61	10
25 a 30	5	62 a 67	11
31 a 36	6	68 o más	1 oficial adicional por cada 10 atletas

5.1.1. Any arrivals or departures outside this period must be informed by the federation to the OM so that the respective hotel reservation can be made.

6 – Team Classification

6.1. In the Championships, a points classification will be used to determine the teams' positions in the competition results.

6.2. The team with the highest number of points will be the winner, based on the final results of its two best athletes in the individual events and its team in the relays. In the event of a tie, the team with the highest number of first places will be the winner; if the tie persists, the highest number of second places, and then the third places.

6.3. To determine the team classification, the following table will be applied, based on the final results of the events:

1st place - 13 points	2nd place - 8 points	3rd place - 6 points
4th place - 5 points	5th place - 4 points	6th place - 3 points
7th place - 2 points	8th place - 1 point	

6.3.1. Points obtained in relays and combined events will be counted double.

6.3.2. Points obtained in the mixed relay will be counted double and divided between female and male.

6.4. In addition to the score, there will be a medal table that must be published, ranking the teams by gold medals, then silver and finally bronze, since in the case of the mixed event, the medal will count for both genders.

7. – Awards

7.2. The following awards, provided by the host Federation, will be presented at the championships:

a) gold, silver and bronze medals for athletes ranked 1st, 2nd and 3rd, both in individual events and in relays;

b) trophies for the champion, runner-up and third-place teams in the men's category;

c) trophies for the champion, runner-up and third-place teams in the women's category;

d) trophies for the winning team, runner-up and third place in both genders;

e) trophies for the combined events´ winners;

7.3. The host Federation may establish an optional financial award, at its own expense and with APA´s approval, for the highest-ranked athletes in the championship events.

8. – Management and Judging

8.2. The host Federation shall be responsible for managing the championships, under the supervision of APA.

8.3. APA shall be responsible for appointing international officials for the championships, in accordance with WA rules, as follows:

a) 1 (one) Technical Delegate .

b) 5 (five) International Technical Officials (Area).

c) 5 (five) International Race Walk Judges (Area).

d) 1 (one) International “Photo Finish” Judges.

e) 1 (one) International Starter (Area).

f) Jury of Appeal.

8.3.1. The Jury of Appeal for the championships shall be composed of three (3) members of the APA Council appointed by the Council, or by other persons appointed at the Technical Meeting.

8.4. The championships´ judging shall be organised primarily by judges of the host Federation.

8.5. APA may invite judges from other Federations to officiate at the championships.

8.6. To organize the judging team, the host Federation shall be guided by the provisions of WA Technical Rules.

8.7. The distribution of the events and the timetable preparation shall be the responsibility of the host Federation, subject to the approval of the Technical Delegate appointed by APA for the championships.

8.8. In track events, the composition of the heats and rounds shall be the responsibility of the Technical Delegate appointed by APA, in accordance with the WA Technical Regulations.

8.9. The height at which the bar will be placed in the jumping events will be determined by the Technical Delegate appointed by APA, in accordance with the WA Technical Regulations.

8.10. Lanes draw, starting order and order of attempts will be carried out by the Technical Delegate appointed by APA.

8.11. When there is insufficient confirmation to hold semi-final rounds, the finals will be held at the scheduled time for the finals.

9. – Technical Meeting

9.2. A Technical Meeting will be held to bring together the delegates of the federations present at the event one day before the start of the competition.

9.2.1. The Technical Meeting will be chaired by the technical delegate appointed by APA, accompanied by the Competition Director and the Secretary.

9.2.2. APA President, the President of the host Federation, the Technical Delegate appointed by APA and the Competition Director will also form part of the board of directors, and the President will be responsible for opening the proceedings.

9.3. Up to two delegates per participating federation may participate in the Technical Meeting.

9.4. The Technical Meeting shall only be used to discuss technical matters related to the competition, including confirmations, results, etc.

10.– Opening Ceremony

10.2. An opening ceremony must be held on the day before prior to the start of the competitions.

10.3. The host Federation is responsible for preparing the programme for the opening ceremony of the championships, which must be approved by the APA.

10.4. During the ceremony, the national anthem of the host country must be played and its flag must be flown on the flagpole, together with that of the APA.

10.5. The highest authority of the host country present shall be in charge of declaring the championships open.

11.– Protests

11.2. All appeals must be made verbally to the event´s Referee by the athlete or their representative immediately; or through the technical information centre if it concerns the result of an event, no later than 30 minutes after it has been officially announced.

11.3. Appeals related to results must be submitted in writing on forms provided by the Organisation, signed by the official delegate on behalf of the athlete, no later than 30 minutes after the results have been officially announced. In these cases, WA regulations shall apply, and the appeal must be accompanied by US$100 or its equivalent in the national currency of the country hosting the championships.

12.– Publicity and Promotion

12.2. The host Federation shall make every effort, together with the media, to give the widest possible publicity to the championships.

12.3. To this end, the Federation shall be required to create the necessary structure to serve media professionals.

12.4. APA shall have all commercial rights for any form of advertising relating to the Pan American Athletics Championships organised or sponsored by it, and may transfer these rights, in whole or in part, to the federations hosting the events.

12.4.1. Filming and broadcasting on television, streaming or any other medium or recording of the championships will be subject to APA authorisation.

12.4.2. Annually, in accordance with the marketing convenience of the competition championships, the General Champion Trophy may bear the name of any sponsors.

12.4.3. The Organiser shall guarantee the online publication of the competition results on the official APA website.

13.– Antidoping Control

13.2. At Championships, there must be mandatory anti-doping control, complying with WADA and WA (AIU) standards and rules, which is the responsibility of the host Federation, and, in the case of an official government agency in the host country responsible for this control, the host Federation will be responsible for all contacts to carry out the control.

14.– General

14.2. The winning athletes in the championships will be considered ‘Pan American U-20 Athletics Champions’.

14.3. All urgent matters not covered by these regulations will be subject to APA´s decision.

14.4. The Organisation will send the Timetable separately as soon as possible.