

WPFG ABRIDGED RULES - TRACK & FIELD (Athletics) -- Page 1

GUIDING BODIES

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Web-Site: www.iaaf.org E-Mail: headquarters@iaaf.org

World Masters Athletics (WMA)
[Formerly the World Association of Veteran Athletes (WAVA)]
Web-site: www.world-masters-athletics.org

Note: The Track and Field competition is subject to the rules of the I.A.A.F. and WMA as per the official handbook.

Individual competitors must compete ONLY within their actual age category. This does not apply to Relays

EVENTS

AGE CATEGORIES:

IMPORTANT NOTE: In Individual Track and Field events; competitors shall compete within their actual age category ONLY.

Unless otherwise noted, Men's and Women's Individual events will be offered in the following age categories:

18 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 - 64
40 - 44	65 - 69
45 - 49	70 - 74
	75 +

Men's and Women's Team Relay events will be offered in the following age categories:

18 +	40 +
30 +	50 +
	60 +

AGES IN DIVISIONS NOT OFFERED ARE INCLUDED IN THE NEXT YOUNGEST AGE DIVISION OFFERED.

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EVENT DESCRIPTIONS:

The following will be offered in both Men's and Women's events and all age categories:

Five (5) year age increments:	High Jump
	Long Jump
	100 Meter Run
	200 Meter Run
	400 Meter Run
	800 Meter Run
	1500 Meter Run
	3000 Meter Steeplechase
	2000 Meter Steeplechase
	5000 Meter Run
	5000 Meter Racewalk
	10,000 Meter Run
Ten (10) year age increments:	400 Meter Relay
	1600 Meter Relay

The events listed below have DIFFERENT IMPLEMENT WEIGHTS or have LIMITS ON THE NUMBER OF AGE CATEGORIES OFFERED.

Hurdles and Implements Specifications as per attached chart

Triple Jump

Men:	18-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65+
Women:	18-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65+

Discus

Men: (2.0 kg):	18-49
Men: (1.5 kg):	50-59
Men: (1.0 kg):	60+
Women (1.0 kg):	All Age Categories

Hammer

Men: (7.26 kg/16 lbs.):	18-49
Men: (6.0 kg):	50-59
Men: (5.0 kg):	60-69
Men: (4.0 kg):	70+
Women: (4.0 kg):	18-49
Women: (3.0 kg):	50-74
Women: (2.0 kg):	75+

Javelin

Men: (800 gms):	18-49
Men: (700 gms):	50-59

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Men: (600 gms):	60-69
Men: (500 gms):	70+
Women: (600 gms):	18-49
Women: (500 gms):	50-59
Women: (400 gms):	60+

Pole Vault

Men:	All age groups
Women:	All age groups

Shot Put

Men: (7.26 kg/16 lbs.):	18-49
Men: (6.0 kg):	50-59
Men: (5.0 kg):	60-69
Men: (4.0 kg):	70+
Women: (4.0 kg):	18-49
Women: (3.0 kg):	50+

3000 Meter Steeplechase 36" .914 m Hurdles

Men:	18-29; 30-34; 35-39; 40-44; 45-49
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3000 Meter Steeplechase 30" .762 m Hurdles

Men:	50-54; 55-59
Women:	18-29; 30-34

2000 Meter Steeplechase 30" .762 m Hurdles (18 barriers & 5 Water jumps)

Men:	60-64; 65-69; 70-74; 75+
Women:	35+

110 Meter High Hurdles Heights

Men:	18-29	42" Hurdles
Men:	30-49	39" Hurdles

100 Meter Hurdles Heights

Men:	50-59	36" Hurdles
Men:	60-69	33" Hurdles (16m to 1 st hurdle-8m between-12m to finish)
Women:	18-39	33" Hurdles

400 Meter Intermediate Hurdles Heights

Men:	18-49	36"/.914M Hurdles
Men:	50-59	33"/.840M Hurdles
Women:	18-49	30"/.762M Hurdles

300 Meter Intermediate Hurdles Heights

Men:	60-69	(30"/.762 M)
Women:	50-59	(30"/.762 M)

400 Meter Relay

Men: 18-29; 30-39; 40-49; 50-59; 60+

Women: 18-29; 30-39; 40-49; 50-59; 60+

1,600 Meter Relay

Men: 18-29; 30-39; 40-49; 50-59; 60+

Women: 18-29; 30-39; 40-49; 50-59; 60+

SCHEDULE

In no case will an event run before its scheduled time.

GENERAL SPORT RULES for Track and Field

Check-In Procedures:

All competitors will check-in on-site by the following procedures: At least 1 hour before the start of their event, the athlete should be requested to check-in at the clerk's desk to confirm he/she is present and has a lane assignment for the track events or a flight allocation for the field competition.

Weights and Measures:

All implements shall be weighed/measured based on current IAAF/WMA standards related to the age of the competitor. All implements not making weight or measurement will be impounded. Athletes may reclaim their implement(s) after the meet has concluded.

Warm Ups:

Warm ups are not allowed on the track during competition days.

Call to Competition:

The announcer will give 3 calls prior to the time the athlete competes:

1st Call: 60 minutes prior to start

2nd Call: 40 minutes prior to start

3rd Call: 15 minutes prior to start

The "3rd Call" shall be the Final Call.

All athletes failing to report on the Final Call will be scratched.