

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

GUIDING BODIES

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World Masters Athletics (WMA)
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Note: The Track and Field competition is subject to the rules of the I.A.A.F. and WMA as per the official handbook. This point should be announced and printed in any handout material given to competitors, including the Entry Book and Confirmation Letter.

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:

Open: 18 - 29	Grand Master (A): 50 - 54
Senior (A): 30 - 34	Grand Master (B): 55 - 59
Senior (B): 35 - 39	Grand Master (C): 60 - 64
Master (A): 40 - 44	Grand Master (D): 65 - 69
Master (B): 45 - 49	Grand Master (E): 70 - 74
	Grand Master (F): 75 - 79

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

Open: 18 - 29	Master: 40 - 49
Senior: 30 - 39	Grand Master: 50 - 59
	Grand Master: 60 +

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

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. Where offered, age categories follow 5-year age increments, except for Open.

Hurdles and Implements Specifications as per attached chart

Triple Jump

Men:	Open, Senior (A) &(B), Master (A) & (B), Grand Master (A), (B), (C) & (D)
Woman:	Open & Senior (B)

Discus

Men (2.0 Kg)	Open, Senior (A) & (B) & Master (A) & (B)
Men (1.5 Kg)	Grand Master (A) & (B)
Men (1.0 Kg)	Grand Master (C) & Up
Women (1.0 Kg)	All Age Categories

Hammer

Men (7.26 Kg)	Open, Senior (A) & (B) & Master (A) & (B)
Men (6.0 Kg)	Grand Master (A) & (B)
Men (5.0 Kg)	Grand Master (C) & (D)
Men (4.0 Kg)	Grand Master (E) & Up
Women (4.0 Kg)	Open [18-34] & Senior (B) [35 & over]

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Javelin

Men (800 grams)	Open, Senior (A) & (B) Master (A) & (B)
Men (700 grams)	Grand Master (A) & (B)
Men (600 grams)	Grand Master (C) & (D)
Men (500 grams)	Grand Master (E) & (F)
Women (600 grams)	Open, Senior (A) & (B) & Master (A) & (B)
Women (500 grams)	Grand Master (A) & (B)
Women (400 grams)	Grand Master (C) & Up

Pole Vault

Men:	All Age Categories
Women:	Open, Senior (A) & (B) [only]

Shotput

Men (7.26 Kg)	Open, Senior (A) & (B) Master (A) & (B)
Men (6.0 Kg)	Grand Master (A) & (B)
Men (5.0 Kg)	Grand Master (C) & (D)
Men (4.0 Kg)	Grand Master (E) & Up
Women (4.0 Kg)	Open, Senior (A) & (B) Master (A) & (B)
Women (3.0 Kg)	Grand Master (A) & Up

3000 Meter Steeplechase 36" .914 m Hurdles

Men:	Open; Senior; Master
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3000 Meter Steeplechase 30" .762 m Hurdles

Men:	Grand Master A & B
Women:	Open thru Senior A

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

Men:	Grand Master C, D, E and F
Women:	Senior B

110 Meter High Hurdles

Men (42"/1.067 M)	Open
Men (39"/.991 M)	Senior (A) & (B) & Master (A) & (B)

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100 Meter Hurdles

Men (36"/.914 M)	Grand Master (A) & (B)
Men (33"/.840 M)	Grand Master (C) & (D) See WMA specifications
Women (33"/.840 M)	Open and Senior (A) & (B) [only]

400 Meter Intermediate Hurdles

Men (36"/.914 M)	Open, Senior (A) & (B) & Master (A) & (B)
Men (33"/.840M)	Grand Master (A) & (B)
Women (30"/.762 M)	Open, Senior (A) & (B) & Master (A) & (B) [only]

300 Meter Intermediate Hurdles

Men (30"/.762 M)	Grand Master (C) & (D)
Women (30"/.762 M)	Grand Master (A) & (B)

SCHEDULE

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

Allow 5 minutes between events (10 minutes between Hurdle events).

GENERAL SPORT RULES for Track and Field

Check-In Procedures:

All competitors will check-in on-site by the following procedures: At least one hour before the start of their event.

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.