



Sports Program & Information – Athletics

OFFICIAL ATHLETICS WELCOME

Welcome to Perth and the Australian Masters Games. The athletics program for these games have been organised by Athletics West and Masters WA.

We welcome competitors, accompanying guest and especially officials and volunteers without whom these Games would be impossible to stage.

We welcome you in the best spirit of friendly rivalry, we hope you meet new challenges, make new friends, and enjoy the hospitality Perth and Western Australia has to offer.

We wish you a safe and successful competition.

SPORT VOLUNTEERS AND OFFICIALS

The Organising Committee, Athletics West and Masters WA would like to thank all the officials and volunteers who have given their time to help make this event a success.

CALENDAR OF EVENTS

Saturday 23rd – Tuesday 25th April
Track and Field – WA Athletics Stadium

Tuesday 26th April
Road Walk – Perry Lakes Reserve
Street Mile – Perry Lakes Reserve
Cross Country – Perry Lakes Reserve

COMPETITION VENUE

WA Athletics Stadium, Herb Elliot Drive via Stephenson Avenue, Mt Claremont. The venue is located between HBF Stadium and Bendat Basketball Stadium.

Out of Stadia events will be held at Perry Lakes Reserve, Bold Park Drive Floreat.

SERVICES

INFORMATION

Information will be available at the TIC area located at the northern end of the grandstand.

MEDICAL ASSISTANCE

Trained First Aid officials must be in attendance for the duration of the Championships at all venues. First Aid will be located opposite the TIC at the northern end of the grandstand.

CANTEEN

There will be food trucks available to participants and members of the public located in front of the stadium.

PHOTOGRAPHER

The Games organisation will have photographers at all sports.

WARM UP

All warming up must be done on the “back straight” taking care to avoid events.

WATER FOR COMPETITORS

For all events over 5000m a water station will be provided. Water will also be available at the finish line.

ARENA SAFETY

Only officials and competitors are allowed on the track area inside the fence. Only officials and Field Event competitors are allowed on the infield. Competitors and officials must move around the outside of the track when proceeding from one side of the ground to the other.

COMPETITION RULES – GENERAL

Competition will be conducted according to World Athletics Rules other than where modified by World Masters Athletics (WMA) and/or Australian Masters Athletics (AMA) Rules. Entry signifies agreement with these rules. Copies of the current Rules and Regulations can be found at:

<https://www.worldathletics.org/about-iaaf/documents/book-of-rules>

<https://world-masters-athletics.com/documents/competition-rules/>

ADVERSE CONDITIONS

In the event of adverse weather conditions, the Competition Director has the authority to halt, delay, defer, change, or cancel affected events.

COMPETITION SAFETY

Competitors are required to obey any rulings made by Athletics West. Failure to do so may result in disqualification.

UNIFORMS/NUMBERS

All competitors are required to obtain their numbers before entering their events. These will be available in the TIC area each day of the track and field from 1 hour before the first event of the day, and from the sign in desk at each non-stadia event.

Numbers must be worn on the front and back except in the jumps, where competitors require only one number to be worn front or back, and the throws where the number must be worn on the back. Numbers must not be folded or creased in a way which obscures any information on the bibs. Numbers must be retained for use in all events entered.

AGE GROUPS

Competitors age groups commence at 30 years and proceed in five-year increments, i.e., 30-34, 35-39 etc. Your age group is determined by your age on the first day of competition.

AWARDS

The first three placegetters will each receive medals. First, second and third placegetters must wait at the conclusion of their event to be taken to the Awards Presentation Area by an official. Awards will be presented as soon as possible after arriving at the area. If you are scheduled for an overlapping event inform the official who will then make alternative arrangements for the presentation.

RACE WALKS

All race walk events will be judged according to World Athletics Rules 230:

“Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position”.

Clothing in Walk Events – World Athletics Rule 143.1 clearly states that athletes must not wear clothing that could impede the view of judges. This means that competitors should not wear tights or other leg wear that covers the knees.

HONEST EFFORT

“An athlete is expected to compete honestly and with bona fide effort.”

ATHLETE ASSISTANCE

The following is not permitted: Coaching of athletes from inside the arena or pacing of athletes in stadia or non-stadia events by anyone not competing in the same race. Either could lead to the disqualification of the athlete concerned.

RECORDS

All Australian records set at the Australian Masters Games will be notified automatically by the organisers to the National Records Officer. World records applications should be filled out by the applicant as soon as possible after the event and forwarded to the Western Australian statistician. Results, wind readings and any other relevant data will be forwarded to the State Statisticians and the AMA Record Officer as soon as possible after the completion of the Games.

For field events and multi-events, athletics will need to ensure that distances not measured by EDM are checking using a steel tape and that the piece of equipment used is recertified.

PROTESTS

Any protests concerning an athlete’s right to compete must be lodged with the Referee before the start of the relevant event. If the matter is not promptly resolved, the athlete in question shall be allowed to compete “under protest” pending a subsequent decision.

Any protest arising from the competition shall be made to the Referee not later than 30 minutes after completion of the relevant event. Any appeal against the Referee’s decision shall be in writing to the Jury of Appeal and accompanied by a deposit of \$50 which shall be forfeited if the appeal is considered frivolous, returned if upheld and otherwise at the discretion of the jury.

SIGNING IN & REPORTING

1. Competitors in track events up to and including 400m, where the Competition Programme shows that heats are scheduled, must sign in at least 60 minutes prior to the advertised heat time. Athletes who do not sign in at this time will be unable to participate. Sign in is not required for the final. Sign in sheets will be available on the day prior to competition adjacent to the Registration area. If after sign in there are insufficient athletes to require heats, an announcement will be made, and the final will be held at the published time for the final.
2. Athletes in events without heats and all field events athletes are not required to sign-in.
3. Athletes in non-laned track events will need to collect a hip number to be pinned on the right side of the shorts prior to their event. These will be available from a desk adjacent to the Registration area.
4. All track competitors must report to their event marshal 15 minutes prior to the advertised start time of their event.
5. Pole Vault competitors should report 30 minutes prior to the advertised start time of their event.
6. Throws and Jumps competitors should report 20 minutes prior to the advertised start time of their event.

7. Where athletes have timetable clashes it may be possible to compete in both events. It is essential that you report to both events within the reporting period and discuss with officials how you can do both events within the rules. Track events take precedence over Field events and, while officials will attempt to meet the needs of athletes in conflicting events, events will not be held up to meet those requirements.

COMPETITION RULES - TRACK

STARTING

Starting blocks will be provided. Personal blocks are not allowed. The use of blocks and crouch starts are not mandatory for Masters' athletes.

In events below 800m, directions at the start shall be "On your marks; Set; Gun (or approved substitute).

An athlete charged with a false start shall be warned. If that athlete is charged with a second false start in the same race they will be disqualified.

SPIKES

Spikes may be ceramic or metal and must not exceed 7mm. They must be of the Christmas Tree or Pyramid shape – i.e., Blunt ended. Sharp spikes are not permitted.

LAP RECORDERS

Events with distances 2000m and longer will have lap scoring.

SLOW RUNNERS

The program is designed to allow sufficient time for events to allow all runners to finish their event before the next event starts. Should an event take longer than anticipated the runner(s)/walker(s) concerned may be asked to move to the outer lanes to complete their race and allow the next race to commence.

PENTATHLON

Competitors will be allowed only three trials in throws and the long jump. For each competitor, a second break at the start of a running event will result in disqualification. Failure to start in any one event means that the competitor has abandoned the competition.

Whilst times are shown in the programme these are approximate and only the first event time is accurate. Competitors will move to the next event whenever the event area is clear and sufficient time has elapsed.

Order of events:

Women: 100m, Shot, Long Jump, Javelin, 800m.

Men: Long Jump, Javelin, 200m, Discus, 1500m.

STEEPLECHASE

	Event	Barriers	Barriers	Water Jumps
Women	2000m	.762m	18	5
Men 30-59	3000m	.914m	28	7
Men 60+	2000m	.762m	18	5

HURDLES

Provided that this Rule (WA TR22 formally IAAF 168) is otherwise observed, and the hurdle is not displaced, or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.

	Race Distance	Hurdle Height	Number of Hurdles	To first Hurdle	Between Hurdles	To Finish
Women: Short						
30- 39	100m	.840m	10	13m	8.5m	10.5m
40- 49	80m	.762m	8	12m	8m	12m
50- 59	80m	.762m	8	12m	7m	19m
60+	80m	.686m	8	12m	7m	19m
Women: Long						
30- 49	400m	.762m	10	45m	35m	40m
50- 59	300m	.762m	7	50m	35m	40m
60-69	300m	.686m	7	50m	35m	40m
70+	200m	.686m	5	20m	35m	40m
Men: Short						
30- 49	110m	.991m	10	13.72m	9.14m 8.5m	14.02m
50- 59	100m	.914m	10	13m	8m	10.5m
60- 69	100m	.840m	10	12m	7m	16m
70- 79	80m	.762m	8	12m	7m	19m
80+	80m	.686m	8	12m		19m
Men: Long						
30- 49	400m	.914m	10	45m	35m	40m
50- 59	400m	.840m	10	45m	35m	40m
60- 69	300m	.762m	7	50m	35m	40m
70-79	300m	.686m	7	50m	35m	40m
80+	200m	.686m	5	20m	35m	40m

COMPETITION RULES - FIELD

Competitors will compete in the order shown on the start.

WMA rules allow only 30 seconds per attempt for all field events, (except for Pole Vault which is 60 seconds). These will be strictly applied.

SPIKES

Spikes may be ceramic or metal and must not exceed 9mm except for javelin and high jump which must not exceed 12mm. They must be of the Christmas Tree or Pyramid shape – i.e. Blunt ended. Sharp spikes are not permitted.

PERSONAL EQUIPMENT

Athletes may use personal throwing equipment in throwing events. Personal throwing equipment must be submitted to the Technical Officer for scrutiny at least one hour prior to the event. Personal throwing equipment must be available to all competitors for general use during the event.

POLE VAULT AND HIGH JUMP

Both feet must be off the ground during the vault or jump. Masters' competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge.

When a high jump or pole vault competition includes competitors in different age groups and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable World Athletics rules, even though other competitors in other age groups may still be competing. Said competitors must continue in the normal progression and may not jump at these special heights.

Competitors joining the pole vault and high jump after the start of competition must commence at the height at time of entry.

THROWS AND HORIZONTAL JUMPS

The best eight competitors after three rounds will be eligible for a further three trials. When there are eight or less competitors in an age group all will be eligible for six trials. The final 3 trials are in the order shortest to longest distance recorded in the first 3 rounds.

In throws events all athletes are entitled to a minimum of two official warm-up throws in competition order irrespective of time constraints.

Two hands must be used to throw the hammer and the weight.

THROWS PENTATHLON

Competitors will be allowed three trials only. Failure to start in any one event means that the competitor has abandoned the competition.

Order of events: Hammer, Shot, Discus, Javelin, and Weight Throw.

SPECIFICATIONS THROWING – EQUIPMENT

	Hammer	Shot	Discus	Javelin	Weight
Women					
30- 49	4.00kg	4.00kg	1.00 kg	600gms	9.080kg
50- 59	3.00kg	3.00kg	1.00kg	500gms	7.260kg
60-74	3.00kg	3.00kg	1.00kg	500gms	5.450kg
75+	2.00kg	2.00 kg	0.750kg	400gms	4.000kg
Men					
30- 49	7.26kg	7.26kg	2.00kg	800gms	15.880kg
50- 59	6.00kg	6.00kg	1.50kg	700gms	11.340kg
60 -69	5.00kg	5.00kg	1.00kg	600gms	9.080kg
70- 79	4.00kg	4.00kg	1.00kg	500gms	7.260kg
80+	3.00kg	3.00kg	1.00kg	400gms	5.450kg

COMPETITION RULES – NON-STADIA

Athletes must report in at least 20 minutes before the scheduled start time of their race. Athletes will be called up to marshal 20 meters behind the start line at approximately 10 minutes before the start time.

As each athlete finishes it is essential that they enter the finish chute and remain in finish order until their number is recorded.

There will be one drinks station located near the finish line. Water will be provided, and athletes may leave drinks bottles on this table for their own use.

CROSS COUNTRY

The Cross-Country event will be held at Perry Lakes Reserve (Floreat) on Tuesday 26th April. The course will consist of 4 laps (3 laps for 70+ athletes), each approximately 2km. It is recommended that spikes not be worn. Athletes must not use the course for warming up. Laps will be recorded.

10KM ROAD WALK

The Cross-Country event will be held at Perry Lakes Reserve (Floreat) on Tuesday 26th April. The course consists of 10 laps of 1km. Laps will be recorded.

STREET MILE

The Street Mile event will be held at Perry Lakes Reserve (Floreat) on Tuesday 26th April.