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Track and Field Abridged Rules



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General Information

Guiding Bodies

World Police & Fire Games Federation (WPFGF)
7944 Convoy Ct., San Diego, CA 92111 USA
Tele (858) 571-9919; Email 4info@cpaf.org

International Amateur Athletic Federation (IAAF)
17 rue Princesse Florestine, BP 359; MC 98007 Monaco
Tele: +37.7.93.10.88.88 FAX: +37.7.93.15.95.15
Website: www.iaaf.org Email: headquarters@iaaf.org

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

Venue

University of Manitoba Stadium

Entry Deadline

July 15, 2023

Event Information

Age Categories:

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

18 - 29	45 - 49	65 - 69
30 - 34	50 - 54	70-74
35 - 39	55 - 59	75-79
40 - 44	60 - 64	80+

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

18 +	40 +	60+
30 +	50 +	

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

Pole Vault

Discus

Hammer

Javelin

Shot Put

Triple Jump

110 metre - high hurdles

100 metre - high hurdles

80 metre - high hurdles

400 metre - intermediate hurdles

300 metre - intermediate hurdles

100 Meter Run

200 Meter Run

400 Meter Run

800 Meter Run

1500 Meter Run

2000 Meter Steeplechase

3000 Meter Steeplechase 36" .914 m Hurdles

3000 Meter Steeplechase 30" .762 m Hurdles

2000 Meter Steeplechase 30" .762 m Hurdles

5000 Meter Run

5000 Meter Racewalk

10,000 Meter Run

Ten (10) year age increments:

400 Meter Relay

1600 Meter Relay

4X400 Mixed relay

The events listed below have **DIFFERENT** implemented weights or have **LIMITS** on the number of age categories offered.



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Triple Jump

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

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

75+

Discus

Men: (2.0 kg): 18-49

Men: (1.5 kg): 50-59

Men: (1.0 kg): 60+

Women (1.0 kg): 18-74

Women (.75 kg): 75+

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): 70-79

Men: (3.0 kg): 80+

Women: (4.0 kg): 18-49

Women: (3.0 kg): 50-74

Women: (2.0 kg): 75+

Javelin

Men: (800 gm): 18-49

Men: (700 gm): 50-59

Men: (600 gm): 60-69

Men: (500 gm): 70-79

Men: (400 gm): 80+

Women: (600 gm): 18-49

Women: (500 gm): 50-74

Women: (400 gm): 75+

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



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Men: (4.0 kg): 70-79
Men: (3.0 kg): 80+
Women: (4.0 kg): 18-49
Women: (3.0 kg): 50-74
Women: (3.0 kg): 75+

3000 Meter Steeplechase 36" .914 m Hurdles (28 Barriers & 7 Water Jumps)

Men: 18-59

3000 Meter Steeplechase 30" .762 m Hurdles (28 Barriers & 7 Water Jumps)

Women: 18-34

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

Men: 60+

Women: 35+

110-Meter-High Hurdles Heights

Men: 18-34 42" Hurdles

Men: 35-49 39" Hurdles

100 Meter Hurdles Heights

Men: 50-59 36" Hurdles

Men: 60-69 33" Hurdles (16m to 1st hurdle-8m between-12m to finish)

Women: 18-39 33" Hurdles

80 Meter Hurdles Heights

Men: 70-79 30" Hurdles

Women: 40-59 30" 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 & Women: 18+, 30+, 40+, 50+, 60+

1,600 Meter Relay

Men & Women: 18+, 30+, 40+, 50+, 60+

1,600 Co-Ed Relay

2-Men & 2-Women: 20+, 30+, 40+, 50+



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Decathlon

100 Metres
Long Jump
Shot Put
High Jump
400 Metres
110 Metres Hurdles
Discus Throw
Pole Vault
Javelin Throw
1500 Metres

Heptathlon

100 metre hurdles
High Jump
Shot Put
200 metre
Long Jump
Javelin Throw
800 Metres

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.

Active competitors from police, fire and eligible first responder agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**.

Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes cross country lines.

Sport Equipment

Pole vaulting athletes must supply their own poles with the exception of decathlon athletes.

Awards

Medals will be awarded first through third place (1st-3rd).



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Competition Format

Scheduling

Scheduled for 7 days of competition. See [sport schedule](#) for details.

Setting Up Trial Heats

Heats and trials will be drawn according to IAAF Rules

Heat Assignments

Heats are assigned as follows: Clerk of the Course on the second call for an event should have all the contestants' names and affiliations listed as identified by their Bib Number. This list should then be divided into heats by random draw of the computer.

The order of competition will be:

- 1) Women's Events
- 2) Men's Events

Age category order of competition will be: Oldest to youngest

Lane Assignments

In heats, lanes are assigned by random drawing. In Finals, lanes are assigned by heat winners and qualifying times.



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Sport Rules

Check-In Procedures

All competitors will check-in at the Athlete Control Centre on-site by the following procedures: At least one 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

Warmups should be provided in an area away from the track. Warmups are not allowed on the track during competition days. A second track facility, or the main track venue during specific hours, should be made available to competitors to practice prior to and during the Games.

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. Competitors should be directed to where they will be escorted by a "marshal" to their event. Field event competitors should report at the Athlete Control Centre and will be directed to be escorted to their event site. They will be given time for warmups.

Protests

Protests will be handled according to IAAF Rules.

Note: *There will be a \$50 protest fee.*



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Players Conduct

Any serious violation of conduct, such as fighting or violence toward other participants or officials will result in the participant's immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFGF, who will investigate each incident to determine if additional discipline will be imposed.