

USPFC TRACK & FIELD-2025

GUIDING BODIES

United States Police and Fire Championships (USPFC)
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U.S.A. Track and Field
132 E. Washington St, Suite 800, Indianapolis, IN 46204
Tele: 317.261.0500 FAX: 317.261.0481; Website: www.usatf.org

World Masters Athletics (WMA)
Website: www.world-masters-athletics.org

The Track and Field competition for the Games is subject to the rules of USATF and WAVA as per the official handbook.

Entry Deadline: May 22, 2025

AGE CATEGORIES

The following age categories, UNLESS OTHERWISE STATED, apply to all Individual events, and are separate events for Men and Women (Subject to the definition of "COMPETITION" in the General Sport Rules for Track and Field).

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

IMPORTANT NOTE: in Individual Track and Field events, competitors shall compete within their actual age category **ONLY**. Age is determined as of the first day of the Games.

Men's, Women's & Mixed Relay events will be offered in the following age categories:

18-29
30-39
40-49
50-59
60+

Relays are 4-person teams. Men's & Women's Teams may register a 5th to act as a reserve runner in case of injury. Only the 4 team members that complete the race will be awarded medals.

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

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EVENTS

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
Triple Jump
Shot Put
Javelin
Discus
Hammer
Pole Vault
100 Meter Run
200 Meter Run
400 Meter Run
800 Meter Run
1500 Meter Run
5000 Meter Run
Pentathlon (Men Only)

The following events will be offered in reduced age divisions:

MEN

80 Meter Hurdles-70-74, 75-79, 80+
100 Meter Hurdles-50-54, 55-59, 60-64, 65-69
110-Meter-High Hurdles-18-29, 30-34, 35-39, 40-44, 45-49
200 Meter Hurdles-80+
300 Meter Hurdles-60-64, 65-69, 70-74, 75-79
400 Intermediate Hurdles-18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59
2000M Steeplechase-35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
3000 Meter Steeplechase-18-29, 30-34

WOMEN

100 Meter Hurdles-18-29, 30-34, 35+
400 Meter Hurdles-18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55+
2000M Steeplechase-35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
3000 Meter Steeplechase- 18-29, 30-34

RELAYS

MEN

4x100 Meter
4x400 Meter

WOMEN

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4x100 Meter

800 Meter (2x100, 1x200, 1x400)

MIXED (must be 2 men & 2 women)

4x400 Meter

Schedule for IMPLEMENT WEIGHTS

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):	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+
Women: (2.0 kg):	g75+

Javelin

Men: (800 g):	18-49
Men: (700 g):	50-59
Men: (600 g):	60-69
Men: (500 g):	70-79
Men: (400 g):	80+
Women: (600 g):	18-49
Women: (500 g):	50-59
Women: (400 g):	60+

Shot put

Men: (7.26 kg):	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: (2.0 kg): 75+

3,000 Meter Steeplechase

Men: 18-29 36" (.914m) barriers
Men: 30-34 30" (.762m) barriers
Women: 18-34 30" (.762m) barriers

2,000 Meter Steeplechase

Men: 35+ 30" 18 (.762m) barriers and 5 water jumps
Women: 35+ 30" 18(.762m) barriers and 5 water jumps

110-Meter-High Hurdles

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

100 Meter Hurdles

Men: 50-59 36" (13.0 m to 1st hurdle 8.5m between and 10.50m to finish)
Men: 60-69 33" (12.0 m to 1st hurdle 8.0m between and 16.00m to finish)

80 Meter Hurdles

Men: 70-79 30" (12.0 m to 1st hurdle 7.0m between and 19.00m to finish)
Men: 80+ 27" (12.0 m to 1st hurdle 7.0m between and 19.00m to finish)

100 Meter Hurdles

Women: 18-34 33"

80 Meter Hurdles

Women: 40-49 30" (12.0 m to 1st hurdle 8.0m between and 12.00m to finish)
Women: 50-59 30" (12.0 m to 1st hurdle 7.0m between and 19.00m to finish)
Women: 60+ 30" (12.0 m to 1st hurdle 7.0m between and 19.00m to finish)

400 Meter Intermediate Hurdles

Men: 18-49 36"

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Men: 50-59 33"

300 Meter Intermediate Hurdles

Men: 60-69 30" (50.0 m to 1st hurdle 35m between and 40m to finish)

Men: 70-79 27" (50.0 m to 1st hurdle 35m between and 40m to finish)

200 Meter Intermediate Hurdles

Men: 80+ 27" (20.0 m to 1st hurdle 35m between and 40m to finish)

OFFICIALS

USATF officials will be used to officiate the Track and Field program, finish line procedure and handle any protests in regard to USATF/WAVA rules. These officials are as important as the facility itself and are highly respected for their knowledge of track rules and their sound judgment. A delegate should be appointed as a technical advisor to the organizing committee.

Officials of the USATF can be contacted by writing to your local branch office. Inform them of the size of the meet, dates, starting times and the type of competition. While there is no cost involved for these officials, it is recommended that a procedure be implemented to award them a complimentary gift (T-shirt, cap, etc.).

Minimum of 20 USATF Officials will be required for each day of the meet. Changes may have to be made; however, any changes will only be made with the knowledge and approval of both the Host and USPFC.

The USATF will provide, if requested, a Meet Referee who will sit with the Sport Coordinator and advise him/her of all rules. This will add to the professionalism of the meet and keep protests to a minimum.

STARTER AND RECALL STARTER: You must use a USATF qualified starter. The Starter and Recall Starter are mandatory and can be contacted through the USATF. These officials require a fee.

Meet Manager and Finish Lynx operator. You must use a computerized Meet Manager and fully automatic timing program. A system and the operator can be located in most communities.

PERSONNEL

SPORT COORDINATOR: Track requires an individual(s) who has had experience in the sport. A college level track coach is required unless prior approval for an alternate plan is given by USPFC.

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MEET DIRECTOR: This position is vital to the success of the meet. The coordinator shall hire an experienced and qualified USATF event specialist as the Meet Director. This will be a paid position to insure accountability

ANNOUNCER: A qualified Track announcer is required at the meet. He/she should be seated as near as possible to the Finish Line Timer or have direct communication. A "color" announcer is great and will add excitement to the meet. This position is usually paid.

Pit Workers - 12

Hurdles Personnel - 12

Results - 2

Check-in - 4

Errands/Messages - 2

Awards - 2

The meet will require a minimum of 34 auxiliary personnel to handle the pits, the hurdles, messages, etc. The list of what these people can do is endless and their help invaluable.

The coordinator must ensure these people are trained. Clinics may have to be conducted to ensure these people know exactly what is expected of them and how to do it. Utilize law enforcement officers and/or firefighters, police explorers, track clubs, college track personnel, boy scouts, girl scouts, or any group willing to help.

EQUIPMENT

Hurdles

Public Address System

Restrooms

Refreshments

Computerized system for Seeding & Results

Fully Automatic Timing system

Wind gauge(s) must be utilized at all appropriate events

SCHEDULE

The Order of Events will be scheduled by the USPFC.

This Track meet can be conducted on ONE day or TWO if necessary.

Allow five (5) minutes between events and ten (10) for hurdle events.

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

There are several other points that can make the meet a better success:

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Setting Up Trial Heats:

Most tracks are capable of running 8 lanes on the curve and 9 lanes on the straightaways. In the events from the 100-meter dash through the 400-meter run, heats will be necessary. Since the listing of trial heats prior to the reporting of contestants to the Clerk of the Course is a waste of good effort, don't try. The number of heats should be directly related to the number of contestants who report to the Clerk of the Course.

EXAMPLE: Women 400 Meter Run: Should 12 contestants report to the Clerk then there would be 2 heats of 6 runners each with the top two and next best times qualifying 8 for Finals. On the other hand, should only 7 contestants report then there would be no heats in the events and all contestants would be placed into the Finals. Late contestants should not be accommodated; if they don't report soon enough, it is their own fault.

Heat Assignments:

Heats are assigned as follows: Clerk of the Course on the 2nd call for an event should have all the contestants' names and affiliations listed. This list should then be delivered to the computer operator who will enter the information. The Computer will draw heats and lane assignments.

Lane Assignment:

In finals, lanes are assigned as per USATF rules.

GENERAL SPORT RULES for Track and Field

CHECK-IN PROCEDURE

All competitors will register by the following procedure: 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 Track events or flight allocations for field competition.

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CALL TO COMPETITION

The announcer will give three (3) calls prior to the time the athlete competes.

1st call	25 minutes prior
2nd call	20 minutes prior
3rd call	15 minutes prior (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 be directed to go promptly to their event site. They will be given time for warm-ups.

COMPETITION

Each event will begin with the Women and then the Men in reverse order by age.

In the event there are less than two (2) athletes entered, the competitors may enter the event of a lower age group classification. If there are no lower age classification, or the competitor does not wish to move out of his/her own classification, the event will be contested.

WEIGHTS AND MEASURES

All implements will be weighed/measured based on current USATF/WAVA standards related to the age of the competitor. All implements not making weight or measurements will be impounded. Athletes may reclaim their implements after their event has been concluded.

WARM-UPS

Warm-ups should be provided in an area away from the track. Warm-ups 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.

PROTESTS

All protests must be filed in writing to the Meet Referee within thirty (30) minutes upon completion of the event and posting of results. The referee may decide on the protest or may refer the matter to the Jury. If the referee makes a decision, there shall be a right of appeal to the Jury. The decision by the Jury of Appeal shall be final.

MEET CLOSURE FOR ADDING EVENTS: Events may be added prior to the first day of competition with the Sport Coordinator's approval. It is recommended the meet be closed

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two (2) weeks prior to the Games. All added events must be accomplished through Host Registration.

NOTE: Competitors who designate "pooling" to enter a Relay event will be pooled by the USPFC Director prior to the "Games". The only "pooling" on-site will be done by the Sport Coordinator or USPFC Director for Track & Field. Any pooling/substitution on-site will be completed according to USPFC General Rules.

The Track Coordinator should set up a booth at the Track site to answer all questions and protests. He/she should keep himself/herself free and available as much as possible.

A system should be established to reproduce the results of each day's efforts making copies available for posting at the site and results room at the Host Headquarters.

There shall be no unsupervised practicing in the throwing events. Spectators must be kept off the track and infield.

ORDER OF EVENTS FOR TRACK & FIELD

The order of events should be scheduled considering natural track doubles such as the 100- and 200-Meter Runs. When possible, the schedule should be for two days based on anticipated 200 - 400 competitors. A tentative order of events/schedule for all track events will be completed and submitted to USPFC for approval at least 180 days prior to the event. This approved tentative order of events/schedule will be placed on the Web Site at least 90 days prior to the Games and titled T&F "Tentative Order of Events". A specific schedule with days/time for each individual event will be completed and approved by USPFC for inclusion in the Confirmation Letters. **No changes will be made after mailing of Confirmation Letters.**

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AWARDS

Medals (1st through 3rd place) will be calculated based on the number of entries. USPFC will advise you of the number of sets needed, plus a reasonable margin.

ATTENTION COORDINATORS

**THE USPFC GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is
Knowledgeable and experienced in providing assistance
during the preparation and running of the sport.
Questions, a detailed accounting of your preparations,
and any area requiring approval of the USPFC
shall be submitted in a timely
manner to this USPFC Director.

The USPFC Directors want to work with you
to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.