GUIDING BODIES

World Police and Fire Games Federation (WPFGF)
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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
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. This point should be
announced and printed in any handout material given to competitors,
including the Entry Book and Confirmation Letter.

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:

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 - 29</td>
<td>50 - 54</td>
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</tr>
<tr>
<td>30 - 34</td>
<td>55 - 59</td>
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<tr>
<td>35 - 39</td>
<td>60 - 64</td>
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<tr>
<td>40 - 44</td>
<td>65 - 69</td>
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<tr>
<td>45 - 49</td>
<td>70 - 74</td>
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<tr>
<td>50 - 54</td>
<td>75 +</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 +</td>
<td>40 +</td>
<td></td>
</tr>
<tr>
<td>30 +</td>
<td>50 +</td>
<td></td>
</tr>
<tr>
<td>60 +</td>
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</tbody>
</table>
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.

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; 65-69; 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): 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
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

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 1st hurdle-8m between-12m to finish)
Women: 18-39 33” Hurdles

80 Meter Hurdles Heights
Women: 40+ 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:  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+

OFFICIALS

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 alternative plan is given by WPFGF.

Meet Director:  This position is vital to the success of the meet. The Sport Coordinator shall appoint an experienced and qualified IAAF (or national/state affiliate) event specialist as the Meet Director. This will be a paid position to insure accountability.

IAAF (or national/state affiliate) Officials: IAAF (or national/state affiliate) officials will be used to officiate the Track and Field program, Finish Line procedure and handle any protests in regards to the IAAF/WMA 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 I.A.A.F. (or national/state affiliate) 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. It is recommended that a procedure be implemented to award these people a complimentary gift (T-shirt, cap, etc.).

Minimum of 35 IAAF officials will be required for each day of the meet. Changes may have to be made; however, any change will only be made with the knowledge and approval of both the Host and the WPFGF.

The IAAF (or national/state affiliate) 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 I.A.A.F. qualified starter. The Starter and Recall Starters are mandatory and can be contacted through the IAAF (or national/state affiliate). These officials require a fee.

**Clerk of the Course:** The Clerk must be tied into the Finish Lynx system in order to maintain common data.

**PERSONNEL**

**Announcer:**
It is mandatory that a qualified track announcer is used at the meet. He/She should be seated as near as possible to the Clerk of the Course, or have direct communication. A “color” announcer is great and will add excitement to the meet. This position is usually paid.

**Minimum Staff**
- Pit Workers - 12
- Hurdles Personnel – 12
- Results – 2
- Check-in – 4
- Errands/Messages – 2
- Awards - 2

The meet will require auxiliary personnel to handle the pits, the hurdles, messages, etc. The list of what these people can do is endless and they’re invaluable.

The Sport 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.

Where volunteers can be found: utilize law enforcement officers and/or firefighters, police explorers, track clubs, college track personnel, Boy Scouts, Girl Scouts, or any group willing to help.

**MEDICAL**

**Track Trainer:**
A staff of 3 (minimum) is necessary to control the volume of injuries. There must be a tent near the field along with all necessary tables and equipment.

**Therapist:**
A physical therapist can assist competitors with tight, stiff muscles. Many private physical therapist groups will donate their time. 3 to 6 personnel should be on-site daily.

A golf cart type shuttle vehicle should be made available to move injured off the track to the ambulance.
Paramedic/Ambulance:
This is necessary as a precaution to serious injury and for transportation to a hospital.

Communications shall be available at each venue and preparations made in case it is necessary to summon emergency services.

FACILITY

The meet will be held at a college or junior college track, or equivalent, capable of handling the number of events and competitors involved in the meet, approved by the WPFGF. The track will have an artificial, rubber surfaced, 400 meter track with 8 lanes (minimum). All Pole Vault, Long Jump and Javelin run-up areas will be polyurethane or equivalent.

Once the facility has been selected, the cooperation of the track coach or venue manager is invaluable. Under the “Equipment” section following, are some points that should be worked out between the coordinator and the venue personnel, as they are mandatory. This also pertains to the dates and times facility will be exclusively available, open and maintained for the WPFG Meet.

EQUIPMENT

Athletes must provide their own equipment
Hurdles
Public Address System
Showers and Restrooms
Refreshments
Computerized system for Seeding & Results
Hy-Tek data entry program
Finish Lynx system along with a backup system
Wind gauges will be utilized at this meet.

SCHEDULE

The schedule (Order of Events) proposed by the Host must be approved by WPFGF.

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

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

Setting Up Trial Heats:
Most tracks are capable of running 8 lanes on the curve and 9 lanes on the straight-aways. In the events from the 100 Meter Run 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, there would be 2 heats of 6 runners each with the top two and next best times qualifying times for Finals. On the other hand, should only 7 contestants report, there would be no heats in the event 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 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 Assignment:**
In heats, lanes are assigned by drawing. In Finals, lanes are assigned by heat winners and qualifying times.

**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, 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.

**Meet Closure For Adding Events:**
It is recommended the meet be closed 2 weeks prior to the Games. However, events may be added prior to the first day of competition with the Sport Coordinator's approval.

In an event where only one athlete entered, the competitor may enter the event in a younger age category. If there is no younger age category available, or the competitor does not wish to move out of his/her own classification, the event will be contested.

**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 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.

**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 be directed to go promptly to their event site. They will be given time for warm ups.
AWARDS

WPFGF will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

THE WPFG 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 WPFGF 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 WPFGF shall be submitted in a timely manner to this WPFGF Director.

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

PLEASE USE THE WPFGF DIRECTORS AS A RESOURCE.

TRACK & FIELD (ATHLETICS)
ORDER OF EVENTS

The order of track events shall be scheduled by the Host and approved by the WPFGF, considering natural track doubles such as 100 and 200 Meter Runs. Changes in the suggested order may become necessary. Any change must be completed with the knowledge and approval of both the Host and the WPFGF. No changes will be made after mailing of Confirmation Letters.