

MEET DIRECTORS GUIDE LINES
FOR MASTERS ^{CHAMPIONSHIP} COMPETITION IN THE.

PERSONNEL: YOU CAN NOT HAVE TOO MANY OFFICIALS ON HAND, ON TIME, AND ON THE BALL!

1. STARTER, TAC CERTIFIED
2. RECALL STARTER
3. CLERK OF THE COURSE
4. A REFEREE
5. HEAD FINISH LINE JUDGE
6. HEAD TIMER + ACCUTRAC READER
7. TAC CERTIFIED FIELD EVENT OFFICIAL TO HEAD EACH FIELD EVENT CREW.
8. AN ANNOUNCER WHO IS KNOWLEDGEABLE ON MASTERS EVENTS + COMPETITORS. PLUS SPOTTERS TO HELP + FEED INFORMATION TO ANNOUNCER. COMPLETE LIST OF CONTESTANTS ~~EQUIPMENT~~ LISTED NUMERICALLY, AND ALPHABETICALLY + A COPY OF ALL HEAT + EVENT SHEETS.

EQUIPMENT:

1. A FULL COMPLEMENT OF OFFICIAL IMPLEMENTS EXCEPT POLES FOR POLEVAULT.

SEE NMD
BOX.

2. AN AUTOMATIC ~~STARTING~~ TIMING DEVICE + PERSONNEL TO OPERATE IT.

3. COPY CAPABILITY

4. TYPIST(S)

5. WIND GAUGE + OPERATORS.

PHYSICAL PLANT. ALL WEATHER.

1. 8 LANE TRACK. (MINIMUM)

2. PREFERABLY DOUBLE CAPABILITY FOR ALL FIELD EVENTS

3. DRESSING ROOMS, W/ SHOWERS

4. BATH ROOMS

5. ~~SEAT~~ CONCESSION STAND.

6. SHADE AREA.

ENTRY BLANK:

MUST CONTAIN THE FOLLOWING ^{INFORMATIVE} *

AND BE APPROVED BY OUTDOOR COORDINATOR PRIOR TO PUBLICATION.

1. ENTRY DEADLINE

2. DATE OF EVENT

3. NAME, AGE, BIRTHDATE, SEX, THE ^{INCLUDE AFFILIATION} # OF EVENTS, _{IN} OF EVENT.

4. EVENTS ENTERED W/ BEST TIME OF THAT YEAR.

5. WAIVER - TO INCLUDE DISCLOSURE OF LOCAL CONDITIONS (EG. TEMP.)

6. AWARDS, IN BYR AGE GROUPS THRU 90-95

7. ENTRY FEES

8. ACCOMMODATIONS W/ DIRECTIONS + MAP ^{IN RELATION} TO TRACK (over)

9. LIST HOST, SPONSOR, TAC LOGO.
10. ENTRY BLANK SHOULD BE PART OF PAID ADD. IN N.M. NEWS EITHER ONE OR TWO ISSUES PRIOR TO DATE OF EVENT.
11. INFORMATION ON TRACK SURFACES + SHOE LIMITATIONS
- 5 PUBLISHED TIME SCHEDULE IN 5 AGE GROUPS. FOR ALL EVENTS.

DUTIES

1. OBTAIN THE SANCTION ALONG WITH INSURANCE PROVIDED BY SAME.
2. THE ~~#~~ REGISTRATION #'S REQUIRED BY ALL CONTESTANTS
3. DETAIL RULE DIFFERENCES IN MASTERS COMPETITION TO OFFICIALS.
E.G. (START, JAVELIN, BLOCKS, SECTORS ETC)
4. COMPETITORS #'S ON FRONT + BACK + HIT FOR ID ON ACCUTRAC PICTURES + BY ANNOUNCER
5. ALL RECORDS ^{RECORDED} MUST BE ACCOMPANIED BY FILLED OUT APPLICATIONS + ACCUTRAC PICTURES WHERE AVAILABLE - M. D. ^{Director} ~~THE~~ RESPONSIBLE FOR SENDING TO RECORDS CHAIRMAN.
6. A COMPLETE SET OF RESULTS TO ~~BE~~ N. M. NEWS WITH IN ONE WEEK OF CLOSE OF COMPETITION.
7. APPOINT A GAMES COMMITTEE TO ADJUDICATE COMPLAINTS & NAMES MUST BE IN OUTDOOR COORDINATORS HANDS PRIOR TO START OF COMPETITION.
8. ENFORCE TIME LIMITS IN FIELD EVENTS
9. RUNNING EVENT TIME LIMITS MAY BE IMPOSED.
10. CHECK IN FOR HEATS + FINAL AT LEAST 1 HOUR PRIOR TO EVENT
11. RESULTS RECORDED IN THIS FORMAT TO ^{AT LEAST} 6 PLACES ~~6~~ BUT PREFERABLY ALL FINALISTS.

100 METER MEN

40-44

1. JOE DOKES	43	11.32
2. PETER FLASH	41	11.37

DM

12. FINALS IN FIELD EVENTS CONTAIN SAME # ^{OF COMPETITORS.} AS LANES ON TRACK.
13. ADVANCE TO FINALS FROM HEATS BY TIME - EG. FIRST PLACE + NEXT FASTEST TIMES.
14. SEED HEATS BY TIME SUBMITTED ON ENTRY APPLICATION -
15. WITH LARGE NUMBERS OF COMPETITORS IN FIELD EVENTS DIVIDE INTO FLIGHTS OF 8-10 W/ 3 TRIES - 8 ADVANCE TO FINALS W/ 3 MORE TRIES.
15. ALSO USE 2 PITS OR RUNWAYS WHEN POSSIBLE.
16. 800 M AND FURTHER - USE TIMED SECTIONS RATHER THAN HEATS - ALL BEST TIMES IN ONE SECTION W/ MAX OF 12 ENTRANTS.
17. OBTAIN RACEWALK JUDGES.

~~MEDICAL~~

☺ MEDICAL SERVICES

1. AMBULANCE W/ADVANCED LIFE SUPPORT SYSTEM ON HAND (NOT ON CALL)
2. PARAMEDICS OR DOCTOR ON HAND,
3. TRAINERS ON HAND W/ADEQUATE FACILITIES.
5. FIRST AID TREATMENT AVAILABLE

EVENTS TO BE CONTESTED

GET FROM NOTES ON CONVENTION

RULE 251 OF THE ATHLETICS CONGRESS, COVERING TAC NATIONAL AND REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS; AND GUIDELINES FOR MASTERS MEET DIRECTORS TO FOLLOW IN ALL MASTERS T&F MEETS.

(Approved by TAC Masters T&F Committee in Reno at 1981 TAC Convention, and ratified by TAC)

Technical Rules

The technical rules of the Open T&F Committee under the Athletics Congress and the IAAF shall be followed with these exceptions:

a. Eligibility

1. Any personage 30 or over on the 1st day of the meet is eligible.
2. The age group in which you compete is determined by your age on the 1st day of the meet.
3. All members of a relay team must be registered in the same club. Unattached teams may run, but not count in official results (no awards)
4. There shall be no regional restrictions to any Masters competitor involving awards or eligibility to compete.

b. Age Divisions

All divisions will be 5-year divisions, except for relays, which will be 10-yr divisions.

c. Competition in Age Divisions

1. A competitor may run in a younger age division, but may not compete in an older age division.
2. If a competitor runs in a younger age division, that athlete must compete in that age division in all subsequent individual events. Relays are excluded from this restriction.

d. Starting Blocks and Stance

The general starting rule is waived. Use of blocks and stance is discretionary by competitor.

Hurdles

Spacing. All high hurdles spacing shall be: 15 yards to 1st hurdle; 10 yards between each hurdle; 15 yards to finish.

Exceptions: Women 30-49 and men 70+: 100m hurdles; standard spacing.* Women 50+: 80m hurdles standard spacing.* 8 hurdles.

(*42' 7 3/4" to 1st hurdle; 27' 10 1/2" between each hurdle)

Heights - Men	110m	400m
30-39	39"	36"
40-49	36"	33"
50-59	33"	30"
60+	30"	30"

Heights - Women	30"	30"
30-39	33"	30"
40+	30"	30"

Higher heights may be run by an individual at the meet director's discretion.

Shot Put	Men	Women
30-39	16 lb.	4 kilo
40-49	16 lb.	4 kilo
50-59	12 lb.	3 kilo
60+	8 lb.	3 kilo

Heavier weights may be thrown by an individual at the meet director's discretion. All throws by an individual must be made with the same weight.

Javelin	Men	Women
30-39	800 gm.	600 gm.
40-49	800 gm.	600 gm.
50-59	800 gm.	400 gm.
60+	600 gm.	400 gm.

Discus	Men	Women
30-39	2 kilo	1 kilo
40-49	2 kilo	"
50-59	1.6 kilo	"
60+	1 kilo	"

Hammer	Men	Women
30-39	16 lb.	8 lb.
40-49	16 lb.	"
50+	12 lb.	"

Indoors

50-59	35 lb.
60+	25 lb.

MEET DIRECTORS GUIDELINES

A. Order of Events for 3-Day Meet

1. Day One
 - 1) 5000m walk Pentathlon
 - 2) 400m heats
 - 3) 10,000m finals in 5-year divisions (as far as possible)
2. Day Two
 - 1) Steeplechase Pole vault
 - 2) 110 hurdle heats Long jump
 - 3) " " finals Hammer
 - 4) 800m finals Shot put (seeded sections if necessary)
 - 5) 100m heats
 - 6) 100m finals
 - 7) 400m finals
 - 8) 400m relay
 - 9) 3200m relay
3. Day Three
 - 1) 5000m run High jump
 - 2) 20k walk Triple jump
 - 3) 400m hurdles Javelin
 - 4) 1500m
 - 5) 200m trials & finals
 - 6) 1600m relay

B. General Guidelines for meet conduct

1. Order of competition in all events, including field events: women first; oldest to youngest. Where trials are involved, that age division moves to the end of order competition (except 400m)
2. All field events run in at least two sections.
3. Pre-registration for all events, except relays.
4. Meet Director supplies one implement in each age division.
5. Awards: Medals for 1st 3 places; national certificates for 6 places; championship patches for all events.
6. General Rule 90 is in effect field events.
7. Copy of meet results to national records chairman, National Masters News, TAC National and Regional offices within 30 days.
8. Request officials from regional office at earliest possible time.
9. Wind gauge must be on hand.
10. Weights and measures official must be on hand.
11. Make sure enough lap counters are available in all distance races and walks.
12. Meet Director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition, a hold harmless clause shall be signed by each competitor.
13. Publicity pictures (black & white) a must. Please identify individuals and write a summary of the meet.
14. Hurdle heights should be printed on the results sheet.
15. 30-39 year-olds will use 39" heights for the 110-meter hurdles.
16. A records clerk should be appointed to verify and submit records.
17. The local Penn Mutual agent should be contacted for support, publicity, etc.
18. The entry form should be printed in the National Masters News in the two issues prior to the meet.
19. In competition, combining age groups should be avoided when possible.



NATIONAL MASTERS NEWS



The only national publication devoted exclusively to track & field and long distance running for men and women over age 30

December 27, 1986

Bruce:

Your guidelines look excellent.

I've enclosed a couple of things I've accumulated over the years, which you may want to incorporate into your guidelines.

- 1) Supplies needed. This is probably second-nature to you, but, when I did the age-hcp meet, I started from scratch, and found that I needed a hell of a lot of items. I wrote them all down, so I don't forget next year.
- 2) Check List of Items Needed on Entry Form. You may not want to get into this much detail, but I found it very helpful in drawing up my form.
- 3) Guidelines Approved in Reno at the 1981 Convention, most of which never got into the TAC Rule Book. Use whatever you think still applies. Some of it duplicates what you have.

Hope this helps.



CHECK LIST OF
ITEMS FOR T&F ENTRY FORM /AD/FLYER

1. Name of meet
2. Place
3. Date
4. Sponsored by
5. Hosted by
6. Sanctioned by
7. Eligibility (TAC Registration required?)
8. Age-Divisions
9. Entry fees
10. Entry deadline.
11. Post entries accepted?
12. When & where to register & pick up packet
13. Directions by car, plain & train
14. Facilities (length of spikes, runways, etc.)
15. Transportation (to & from airport, within city, car needed?)
16. Awards (three places? patch? etc.)
17. Accomodations (list of hotels, special rates, etc.)
18. Standards for Hurdles and Weights (WAVA & TAC standards?)
19. Relay eligibility rules & events
20. Schedule of events
21. Order of competition (oldest to youngest?)
22. How many jumps/throws in preliminaries?
23. If prelims scheduled at a different time from finals, how will competitor know if a prelim will be run? (i.e. if there's more than 8 entrants)
24. HJ & PV policy (will bar be lowered during event?)
25. Any time allowance for field event competitors?
26. Any seeding?
27. Any sightseeing activities available? Discounts?
28. Any business meeting?
29. Any brunch, banquet or dance?
30. Any refunds if no show?
31. Will results be mailed or published in National Masters News?
32. Will results be posted shortly after event?
33. Will divisions be combined? If so, how? (50+ for 10K, etc.)
34. Will sections be run if more than a certain number show up?
35. Technical rules
 - a. Age on first date of meet
 - b. Relay members must be from same club
 - c. Any regional distinctions for awards
 - d. Competitor can run in younger division, but not older
 - e. General starting-block ruled waived

- f. Javelin measured flat throw from where grip lands
- g. A 60-degree arc is used for Hammer, discus, shot & weight
- h. Taping of two fingers, or wrist, is allowed
- i. Four-point stance discretionary

- 36. Will wind gauge be used?
- 37. Will proper implements be available?
- 38. Is proof of age required?
- 39. Should entrant submit photo for publicity?

40. Entry form

- a. Name
- b. Address
- c. City
- d. State
- e. Zip
- f. Phone
- g. Team/club
- h. TAC #
- i. Birthdate
- j. Age as of 1st date of meet
(or age-division entering)
- k. Male or female
- l. Events entering
- m. Best recent mark (if seeding)
- n. Entry fee for each event
- o. Total entry fee
- p. Fee for T-shirt & banquet
- q. Fee for hotel room (if applicable)
- r. Total fee
- s. Number of people attending social
- t. T-shirt size
- u. Make checks payable to:
- v. Disclaimer
- w. Signed
- x. Date
- y. Send entry to:
- z. Phone for more info

41. Logos of sponsors & hosts

NATIONAL
GUIDELINES FOR MASTERS LDR CHAMPIONSHIPS

(submitted by Bob and Carole Langenbach Dec. 7, 1985)

I. Bid Procedure

- A. Bids shall be made at the Annual Mtg. (Dec. convention) of the Masters LDR Comm. for 2 years in advance. (For example, bids made for '87 were presented and awarded in '85). Any distance not awarded may be bid for at the next convention.
- B. Bids must be submitted in writing to the chairman before the presentation (preferably by mail several weeks in advance).
- C. In addition to the regular masters national championships, any US Assoc. may bid on the US vs Canada x-c event (usually 10 k). This traditionally is held alternating years in the US and Canada and varies in location from east coast, central area, and west coast (close to the Canadian border).
- D. Criteria for selection by the committee:
 - 1. Geographical and calendar distribution
 - 2. Certified course
 - 3. Experienced bidder
 - 4. Masters only when feasible

II. Rules for the Race

A. Competition

- 1. Current TAC card required
- 2. Age on day-of-race determines individual's division; minimum age 40 for men and women
- 3. Five-yr. age div. for awards up to age 100
Medals can be procured from:
- 4. Runner can compete in younger div. as team member or as individual. If he/she runs on younger team, the runner may still compete as an individual in his/her true age div. if both divisions are run simultaneously.
- 5. Team competition: maximum of 8 declared entries per team, with the following to score:

<u>age group</u>	<u>up to and including 25 km</u>		<u>over 25 km</u>	
40-49	men 5	women 3	men 3	women 3
50-59	5	3	3	3
60-69	3	3	3	3
70+	3	3	3	3

- 6. National Clubs are not eligible to compete in national masters championships as a team. (Operating Rule 11.a.1.)
- 7. Only bona-fide TAC-registered clubs are eligible to compete in team div.

B. Requirements

- 1. Race entry fee shall be limited to \$_____.
- 2. Awards: championship medals to at least the top 3 in each age division, men and women; optional to 6th place. Team medals to the scoring members of the top 3 teams in each div. (40-49, 50-59, 60-69, 70+). Championships patch to winner of each div. and scoring members of each winning team div. Medals may be procured from:

3. Scoring: Team scores shall be determined by totaling the times of all scoring members - low score wins. (See team competition chart)
4. Course must be certified so that records can be set. (road championships)

III. Responsibilities of Race Administrators

A. Planning

1. Race must be advertised (at least listed in the schedule) of National Masters News and TAC's Athletics Record. Preferably, entry information should be sent to each Assoc. through its Masters LDR Chairman to pass along to its members. (See TAC Directory for these contacts) Optional: mail to previous yr's entrants.
2. Keep accurate financial records that can be reported to the national masters ldr chairman after the event.
3. If possible, give financial aid to defending champions, male and female, of as many div. as possible to ensure championship caliber competition.

B. Race administration

1. If the masters championship is part of a larger event, recognize masters competitors on race day with public address system announcements, separate start, separate chute, etc.
2. Distinguish masters competitors in some way (color-coded numbers, special tag on their backs, etc.) during the race so runners know who their age div. competitors are.
3. All finishers' times must be recorded accurately including a dependable back-up select-timing system so that records can be later verified (road events). All road and x-c times should be rounded up to the nearest second (for example: 39:01.1 becomes 39:02 and 39:01.0 becomes 39:01).
4. Send complete masters results to National Masters News: P.O. Box 2372
(in a timely manner) Van Nuys, CA 91404
5. Send complete masters results to NRDC: P.O.Box 42888, Tucson, AZ 85733. Results should include age and home town of competitor in addition to runner's time and place. Keep entry forms after the event in case more info is requested by NRDC, such as date-of-birth of record-maker, his/her address, etc. It is not necessary to send x-c results.
6. If possible, send complete results to all finishers.
7. Send all awards to those athletes who did not receive them at the event.



PENN MUTUAL, TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS INFORMATION SHEET



Entry Fees

\$5 first event \$16 relays
\$3 additional events \$10 pentathlon

AGE AS OF AUGUST 15 DETERMINES AGE GROUP

Entry Deadline

Postmarked August 1, 1981

Transportation

From San Jose Airport to Motel and return — Call 354-5880. This number will be in operation on Thursday, Friday, Saturday and Sunday only.
To San Jose City College for Steeple & Hammer — The transport will leave Los Gatos Lodge

Late Entrys

Will be returned

Facilities

Chevron 400 Track & Runways
1/4 inch Spikes or Flats only
Concrete Throwing Rings
Grass Javelin Runway
Lockers & Showers — Bring lock & towel
Physiotherapy & First Aid Tent — 8-4 daily

Awards

TAC Championship Medals — First three places
Certificates first six places

Schedule of Events

Published schedule will be closely adhered to — prelims scheduled and not needed will be announced on meet day. This info will also be available by phone after August 7, 1981, according to info available at that time. Elite hurdles entrants may not enter WAVA spacing hurdle events.

Registration

NO REGISTRATION NEEDED ON RACE DAY

1. Pick up packet
2. Report to start when event called
3. No refunds for no-show
4. TAC registration will be available and required to obtain your packet.

Banquet or BBQ

400 only — Steak dinner — Saturday Night, 7:30, St. Mary's Hall — \$16 per person

TAC Masters Meeting

Saturday, August 15, Mountain Charlie's Banquet Room — 8:30

Results

Results will be published in the September National Masters News Letter. No results will be mailed. Subscription to NMN for \$12/year — write: National Masters News Letter, P.O. Box 2372, Van Nuys, California 91404.

10,000 METERS — will be run in 2 sections — 50 & over and Women and 30-49
1st section the clock will be stopped after 1 hour, 10 minutes 2nd section — 55 minutes
800m OR ABOVE — if there are too many entrants, sections will be run and entrants selected — seeded according to submitted times.

ORDER OF COMPETITION FIELD — Women first, oldest to youngest

STEEPLECHASE & HAMMER THROW — will be contested at San Jose City College

*Please note W.A.V.A. hurdle spacing, heights and weight implements will be used.
70+ steeplechase will be at 2,000 meters.

Los Gatos, California August 15, 16, 1981 Los Gatos High School Track

• ENTRY FEES •

\$5.00 first event, \$3.00 each additional event
\$16 for relays, \$10.00 for Pentathlon

ENTRY DEADLINE: August 1, 1981

AWARDS FOR 6 PLACES WHEN EVENTS FULL.

Banquet — \$16 per person, Saturday, August 15

Saturday, August 15

STEEPLE CHASE
HAMMER
5,000 WALK
10,000 METER
400 PRELIMS
400 RELAY
800 FINAL
POLE VAULT
SHOT PUT
LONG JUMP
100m PRELIM
110m HURDLES
110m ELITE HURDLES
400m FINALS
100m FINALS

Sunday, August 16

5,000m RUN
200m PRELIM
DISCUS
HIGH JUMP
400m I.H.
200m FINALS
1500m FINAL
JAVELIN
TRIPLE JUMP
1600m RELAY
PENTATHALON

TEAR OFF ENTRY BLANK AND RETURN TO:

PENN MUTUAL TAC NATIONAL
MASTERS TRACK & FIELD CHAMPIONSHIPS

BRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030, 408/354-7333

Name _____
(Last) (First)

Phone _____

Date of Birth _____

Age as of August 15, 1981 _____

Events Entered _____

Current Times _____

Club Affiliation _____

Amount Enclosed _____

Address _____
(Number & Street)

(City) (State) (Zip)

Circle one: MALE FEMALE

Banquet

T-Shirts
S M L XL

Your TAC # _____

(Make checks payable to Los Gatos Athletic Association, Inc.)
NO REFUNDS FOR DEFAULT

Please indicate any recent records or championships.
Submit photos if available.



**PENN MUTUAL, TAC NATIONAL MASTERS
TRACK AND FIELD CHAMPIONSHIPS
INFORMATION SHEET**



Entry Fees

\$5 first event \$16 relays
\$3 additional events \$10 pentathlon

AGE AS OF AUGUST 15 DETERMINES AGE GROUP

Entry Deadline

Postmarked August 1, 1981

Transportation

From San Jose Airport to Motel and return — Call 354-5660. This number will be in operation on Thursday, Friday, Saturday and Sunday only.
To San Jose City College for Steeple & Hammer — The transport will leave Los Gatos Lodge

Late Entries

Will be returned

Facilities

Chevron 400 Track & Runways Grass Javelin Runway
1/4 inch Spikes or Flats only Lockers & Showers — Bring lock & towel
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STEEPLECHASE & HAMMER THROW — will be contested at San Jose City College
*Please note W.A.V.A. hurdle spacing, heights and weight implements will be used.
70+ steeplechase will be at 2,000 meters.

**Los Gatos, California
August 15, 16, 1981
Los Gatos High School Track**

• ENTRY FEES •
\$5.00 first event, \$3.00 each additional event
\$16 for relays, \$10.00 for Pentathlon

ENTRY DEADLINE: August 1, 1981
AWARDS FOR 6 PLACES WHEN EVENTS FULL.

Banquet — \$16 per person, Saturday, August 15

Saturday, August 15

STEEPLE CHASE
HAMMER
5,000 WALK
10,000 METER
400 PRELIMS
400 RELAY
800 FINAL

POLE VAULT
SHOT PUT
LONG JUMP
100m PRELIM
110m HURDLES
110m ELITE HURDLES
400m FINALS
100m FINALS

Sunday, August 16

5,000m RUN
200m PRELIM
DISCUS
HIGH JUMP
400m I.H.
200m FINALS
1500m FINAL
JAVELIN
TRIPLE JUMP
1600m RELAY
PENTATHALON

TEAR OFF ENTRY BLANK AND RETURN TO:

PENN MUTUAL TAC NATIONAL
MASTERS TRACK & FIELD CHAMPIONSHIPS

BRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030, 408/354-7333

Name _____
(Last) (First)

Phone _____

Date of Birth _____

Age as of August 15, 1981 _____

Events Entered _____

Current Times _____

Club Affiliation _____

Amount Enclosed _____

(Make checks payable to Los Gatos Athletic Association, Inc.)
NO REFUNDS FOR DEFAULT

Address _____
(Number & Street)

(City) (State) (Zip)

Circle one: MALE FEMALE

Banquet

T-Shirts
S M L XL

Your TAC # _____

Please indicate any recent records or championships.
Submit photos if available.

5TH ANNUAL ATHLETICS CONGRESS (TAC) CONVEN

INDIANAPOLIS, DECEMBER 1-4, 1983

Minutes of Masters Track & Field Committee Meetings

by JERRY DONLEY, Secretary and AL SHEAHEN Presiding: Masters T&F Chairman Jim Weed

1984 Masters T&F Budget

In 1984, Masters T&F expects an allocation of \$10,000 from the TAC general fund, (compared to \$5,000 in 1983) to be distributed as follows: Records \$500, National Masters News \$500, Chairman \$1,750, Outdoor Championships \$2,500, Indoor Championships \$1,750, Committee expenses \$1,000, Multi-event championships \$500, Regional Championships \$1,500.

Awards

Awards for the outstanding 1983 performers went to: Male: Jack Greenwood; Female: Polly Clarke; Administration: Jim Weed; Walkers: Bev LaVeck and John Knifton.

In the future, awards to be considered are: Best performance, best performer, best submaster, most outstanding athlete, best multi-event performer, masters athlete of the year (man and woman).

The Awards sub-committee (Al Sheahen and Pete Mundle) submitted a list of competitors who had outstanding performances in 1983. The Committee accepted the list (published in this issue), and asked the sub-committee to set standards for 1984 awards, and to report back to the Committee, as soon as possible, as to the standards, the nature of the awards, and the manner of presentation.

Age-Graded Tables

The Committee voted that the Chairman is to spend funds to establish and publish grading tables for all events and ages.

1984 Nationals

Al Tarpennig, meet director for the 1984 TAC National Masters T&F Championships in Eugene, Oregon August 17-19, presented a proposed schedule. A week-long series of events is planned prior to the meet, including:

- 1) A post-Olympic, international meet;
- 2) An 8K Fun Run, 3) Social evening and dance for masters and their guests;
- 4) Travel offerings, events and tours;
- 5) Low air fares; 6) Housing at reduced rates; 7) A gala reception with special entertainment.

1985 Nationals

Indianapolis was the sole and successful bidder for the 1985 National Masters Championships August 23-25. Brian Kimball, Tom Ristine, Sam Bell and Meet Director Marshall Goss showed a video tape of the extensive commitment which Indianapolis has made to sports. The stadium is first-rate, and is located downtown, within easy walking distance of Howard Johnson's, which has offered a \$38 single/\$42 double special masters rate, and the Hyatt Regency, \$45/\$55 special.

Entry fees will be \$8 for the first and \$2 for additional events. Free transportation will be provided from the airport. There should be no need to rent a car. Howard Johnson's will provide four meeting rooms at no charge. All field events will be in the infield. The track is 9-lane, 48", with a wide 104-degree radius.

Site Selection

Site-Selection Sub-Committee Chairman Nick Winowich presented a site-selection bid form. The Committee agreed it is to be filled out by anyone wishing to host a national championship.

Championship Medals

The rule, adopted in 1982, to award separate "non-championship" medals to foreign competitors in the National Championships, was dropped, 16-9. Gold, silver and bronze medals will henceforth be awarded to the winners at the Nationals, regardless of residence or citizenship. By unanimous vote, the highest placing American will receive a national championship patch.

National Pentathlon Championships

The National Masters Pentathlon Championship was withdrawn from

Continued on page 11

Minutes of Masters Running Commi

by J.J. PERRY, Secretary Presiding: Masters LDR Chairman Bob Boal

Awards

The Awards Committee consisted of Tony Diamond, Ruth Anderson and Charles DesJardins. Selected as outstanding performers in 1983 were:

AGE	MAN	WOMAN
40-44	Bill Stewart	Cindy Dalrymple
45-49	Ken Winn	Sandra Kiddy
50-54	Norm Green	Marion Irvine
55-59	Alex Ratelle	Margaret Miller
60-64	Jim McCown	Jaclyn Casselli
65-69	Don Longenecker	Edna Laflin
70-74	Bill Brobston	Bess James
75-79	Ed Benham	Leona Lugers
80-84	Max Popper	Ruth Rothfarb
85+	Rudy Fahl	

The Otto Essig Award for meritorious service to Masters Long Distance Running went to Tony Diamond.

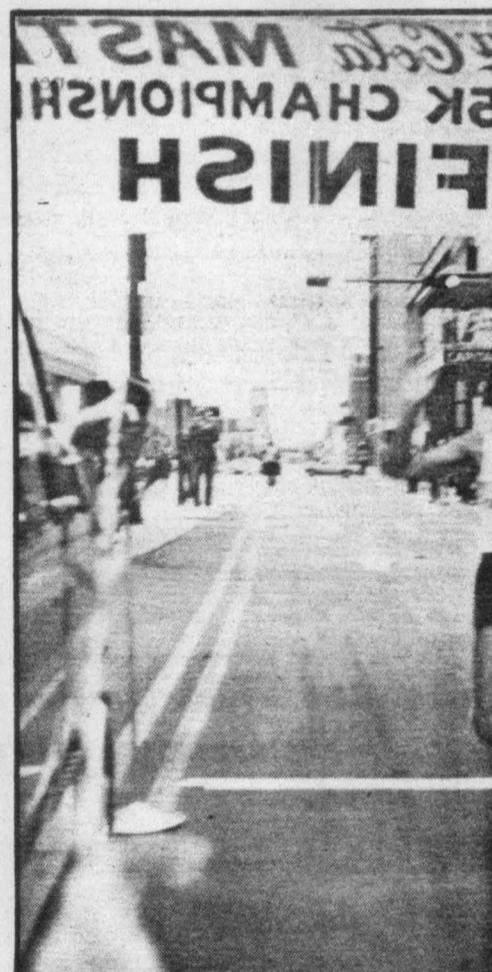
The Levi's Running ranking system should be of considerable benefit in selecting outstanding athletes in the future.

TAC Committee Reports

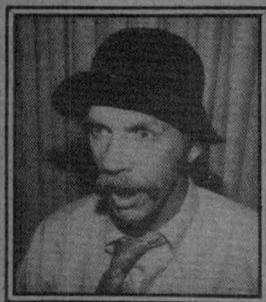
WAVA: Anderson reported on the World Games in Puerto Rico and said the South African issue would be aired in Rome in 1985. DesJardins said the site selection will be done four years in advance. Meet management will be

WAVA Hurdle and Implement Standards, adopted by the U.S. TAC Masters Track & Field Committee for use in all TAC Masters T&F meets, beginning January 1, 1984.

Hurdles						Implements				
Age group	Distance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last hurdle to finish	Shot	Discus	Hammer	Javelin	
M40-49	110m	.991m	13.72m	*9.14m	*14.02m	7.26K	2.00K	7.26K	800gm	
M50-59	110m	.914m	13.72m	*9.14m	*14.02m	*6.00K	1.50K	*6.00K	800gm	
M60-69	100m	.840m	13.00m	8.50m	10.50m	*5.00K	1.00K	*5.00K	600gm	
M70+	80m	.762m	12.00m	8.00m	12.00m	4.00K	1.00K	*5.00K	600gm	
W35-39	100m	*.840m	13.00m	8.50m	10.50m	4.00K	1.00K	--	600gm	
W40+	80m	.762m	12.00m	8.00m	12.00m	3.00K	1.00K	--	400gm	
M40-49	400m	.914m	45.00m	35.00m	40.00m					
M50-59	400m	.840m	45.00m	35.00m	40.00m					
M60+	400m	.762m	45.00m	35.00m	40.00m					
W35+	400m	.762m	45.00m	35.00m	40.00m					
*Changes										
		.991m=39"		9.14m=30'		7.26K=16 lb.				
		.914m=36"		8.50m=27'10 1/2"		6.00K=13 lb. 4 oz.				
		.840m=33"		8.00m=26'3"		5.00K=11 lb. 1/2 oz.				
		.762m=30"		1.00m=3.2808'		4.00K= 8 lb. 13 oz.				



Bette Poppers, 41, Littleton, Colorado, female winner of 10K Championships, Little Rock, Arkansas, October 22.



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

Axelbolted

Marathons, as an old saying goes, come and go. Lately I admit, it seem they are mostly gone. It seemed such a good idea; turning 50 and all that, mounting the one great effort with no holds barred — high mileage, intervals, weight loss, proper diet and topped off with some fine tuning in the weight room. Let's face it, people do funny things when they reach 50. Hidgon threw a surprise birthday party for himself, dressed up in a white top hat and tails and did a dance routine with his two sons. My wife, who beat me so easily to 50, decided to either give up or take up sex, neither of us can remember anymore. Sturak, as everyone knows, decided to take an early retirement from the corporate jungle. To hell with it, buddy, the weather was lousy in Oregon anyway.

In January, my wife went to Florida to play in some amateur golf tournaments. After she'd been away two weeks I called and told her to come home. I was afraid if she stayed any longer we'd do something tacky when she got back and you know how complicated that kind of thing can be. She claimed the piano bar at the Holiday Inn was absolutely dead anyway so, in order to avoid something crazy happening, she came back early. Who can possibly guess what my old pal Phil Mulkey will do when he reaches 50?

Anyway, I had something quite different in mind. I was going to mount my one good marathon. No more of this 2:59:59 with the puke light on during the last six miles and then a great big Gatorade throw-up on the finish line. This time I'd do it right. In my mind it was easy; take it out at 6:45, move it down to 6:40 at 10, hold it there until 20 and then finish with a rash of sub 6:30's. That's the stuff 50-year-old marathons are made of.

As recounted earlier in these pages, I had a trial run of sorts on a downhill course in Utah. So it didn't happen, who cares, there's nothing happening in Utah anyway. It was a trial balloon so to speak, a part of a much larger plan. The larger plan called for a megaculmination in Phoenix at the Fiesta Bowl Marathon. Fiesta Bowl is a great marathon with few turns and a tasteful downhill presence about it.

I knew Phoenix was more my kind of place as soon as I climbed in the air-

port limo and checked out the local FM radio. Once over lightly on the current events, heavy rock tunes and gynecology. They know how to make a guy from Chicago feel right at home. So the people are a little weird about this cowboy stuff, what harm can there be in wearing a few blue rocks and calling it jewelry? I do have reservations as to whether wearing venetian blind rope as necktie will ever catch on in the Ivy League, but again, why not? Guess it takes all kinds, as I've said many times, this is what makes our great West great, people from Iowa acting in a way they wouldn't dare act in Iowa.

Even though I'm in the best condition of my entire career, I can't afford to leave anything to chance. I contact a friend in Phoenix and ask him to put me in touch with the local 2:55 crowd. I have my own game plan for sure but a little friendship pacing couldn't be all bad. If word gets back to Ken and Jen Young — so be it. I'm grabbing this time for all I can get.

Speaking of Ken and Jen, something should be done about these poor souls. I'm always reminded of the Gulag Archipelago whenever I read NRDC Newsletter. Working so hard, no doubt in the bowels of some gray computer building. No food, no water, going at an exhaustive pace, doing what, I'm never exactly certain, I think it has to do with certifying the earth. Who cares? They do, dammit! That's why I support them, in whatever they're doing, I guess.

Back to pacing. My friend insists he knows just the pacer. This guy is so anal he counts steps to the mile and has never been more than a step and a half off in any race in his life. He's so precise he would win the green eye shade award every year if he was an accountant. His name is Dr. Axelbolt and my friend makes all the arrangements. We're to meet the morning of the race at 6:45 a.m. at the 6:45 pace slot, sounds good. What I hadn't planned on was the chaos surrounding the starting area.

The trouble had to do with the before-race depletion process. This race was perfect for depletion because the start was out in the middle of nowhere. No homes or churches and knee high shrubs, just desert and bush on either side of the road for as far as

you could see. Problem was, this desert and bush was full of Andy Frain, security guys in police outfits yelling, "You can't do that here, this is private property!. You're under arrest, sister, and in big trouble." Like everyone else, I scrambled back on the road and tried to think of alternatives. Porto Johns never quite did it for me.

Suffice to say, after a large coffee and free refill at McDonalds, I had more important things on my mind than finding Axelbolt. In the midst of all this, you got it, the damn gun went off. I tore off in panic with a game plan that now consisted of don't lose a shoe in this crowd whatever you do, you'll never find it.

At one mile, I was 20 seconds off pace and 45 seconds slow at two miles. I couldn't believe it! All the preparation, all the planning, all the work. It wasn't happening! An old standard popped immediately into my head — low grade infection, that's it! No doubt about it. Too bad pal, it happens all the time, even to the best of them. Remember Bill Rodgers at Boston?

Now I'm at 5 miles and figure I'll drop out at 10 or maybe 15 with severe stomach cramps. Then I remember Axelbolt. What a jerk! Even if I didn't have this low grade infection that will eventually lead to cramps — what kind of guy says he'll help you launch a max effort and then takes a duck? When I meet him after the race I'll let him have a few facts about how much I appreciate his help.

Out of curiosity, I ask a black guy running beside me if he knows what pace he's running. "Sure do man, cruising pace." I asked another runner what pace he was on, "Nothing fancy, I'm just trying to break five hours." I didn't have the heart to tell him his pace was about two hours quick at the moment. Oh well, there wouldn't be

any reason for a meat wagon if there wasn't any meat.

About now, a guy comes up on me from behind and I ask him what he's going for. "About three hours, but I'll build the pace very gradual." Mind if I tag along? He sort of sighs a tepid approval. I make two or three further attempts at conversation but nothing comes of it. At a mile split he looks at his watch and says, "Right on the money." By now I've looked the guy over, hawk face, thin, duck foot plant, lime fluorescent socks, Tiger shoes and octagonal Granny glasses. I give it another mile and him another look at his watch before I pop the question, the answer to which I already know. Are you Axelbolt? "Yes, I am," he says, not, "Do I know You?" not, "Are you Miller?" not even, "Are you a Doctor too?" Just, "Yes, I am." Don't try to kid me, Axelbolt, you know damn well who I am. I'm Marathon Miller, I'm a man who is battling a low grade infection that will eventually lead to cramps and you are a triple jerk.

The conversation doesn't really get much better, we just keep running those "right on the money" miles. At 10 miles we're at 2:58 pace, at 15 miles at 2:56 pace and at 20 miles I feel a twinge in my thigh. I coast the last 10K in around 54 minutes. I am totally motivated the last two miles by the old, "I will not walk" trick that only an experienced runner knows how to use effectively.

I still can't believe a man who has run over 50 marathons, okay so it's more like 25, could get caught in the dumbest marathon maneuver possible — going out too fast with ego.

Axelbolt? Stuff it! Somewhere, sometime, somehow — I'll get another crack at you pal, and this time I won't be burdened by a low grade infection, etc., etc. □



Bill McCaffrey, left, of Croton-Hudson, N.Y. was the winner of the National Masters 5K 55-59 age division title February 5 in Clearwater, Florida in 18:07. He was followed, in order, by, left to right, Ken Carmen, Garden City, Mich., Richard Packard, Cambridge, Mass., Dave Allison, Clearwater, Fla., John Keegan, Indian Rocks Beach, Fla.; and Howard McKnight, also Clearwater.

should be recorded for all competitors, cross country style, so that the officials can properly place all legal finishers after removing any walkers who may have been disqualified after finishing the race.

Section II MASTERS PROGRAM

RULE 250

GENERAL RULES

1. The Masters Track and Field Committee shall conduct and supervise a program for track and field and race walking for all athletes over the age of forty.

There shall be the following age divisions:

1A 40-44; 1B 45-49; 2A 50-54; 2B 55-59; 3A 60-64; 3B 65-69; 4A 70-74; 4B 75-79; 5A 80-84; 5B 85-89.

3. The age of the competitor on the date of competitions shall determine the competitor's division. An athlete may compete in a younger age category provided the athlete enters the particular event in one division only. In any team events a competitor may go down in age.
4. In all National and Regional Masters Championships there must be a full complement of events, by five-year age divisions, as noted in paragraph two, for both men and women, with a minimum of three prizes per event. More than three prizes per age division can be awarded at the discretion of the meet sponsor.
The sponsoring organization in all Association Championships and in all non-championship events may determine age divisions other than by five-year groups. There must be a minimum of three prizes per age division, with women treated the same as men.
5. The Meet Director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition, a hold harmless clause shall be signed by each competitor.
6. The sanctioning body shall determine entry fees.

RULE 251

MASTERS TRACK AND FIELD CHAMPIONSHIPS

1. **Championships. Track and Field.** The following championships shall be held:
 - (a) **Indoor Track and Field. (events)**
60 yards, 300 yards, 600 yards, 1000 yards, one mile run, two mile run, one mile relay, two mile relay, two mile walk, shot put, long jump, high jump, 35 lb. weight throw, 60 yard high hurdles, pole vault, triple jump.
 - (b) **Outdoor Track and Field. (events)**
100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 5000 meter, 10,000 meter, 110 meter high hurdles, 400 meter hurdles, 5000 meter walk, 20,000 meter walk, 400 meter relay, 1600 meter relay, 3200

meter relay, shot put, long jump, triple jump, high jump, pole vault, javelin, discus, hammer throw, 3000 meter steeplechase, Pentathlon.

(c) Decathlon/Pentathlon

(1) All events will be conducted under Rule 251, excepting the 70 year olds, who will run 100m, 30 hurdles. Spacing between hurdles will be same as womens 100m hurdles.

(2) Masters Decathlon and Pentathlon scoring:
will use current IAAF tables up to 59 years.
will use current WAVA Multievent tables for 60 year and over.

(d) Weight Pentathlon

(1) All events will be conducted under Rule 251.

(2) Events:

Event	MEN				WOMEN	
	40-49	50-59	60 +	35-49	50 +	
Shot Put	7.26K	6.K	5.K	4K	3K	
Discus	2.K	1.5K	1.K	1K	1K	
Hammer	7.26K	6.K	5K	4K	4K	
Weight Toss	35 #	35 #	25 #	16 #	16 #	
Javelin	800gm	800gm	600gm	600gm	400gm	

(e) Heptathlon

(1) Will use womens multi-event IAAF scoring table. All events will be conducted under Rule 251.

(f) National Postal Relay

The following relays shall be held on a postal basis: 400 meter, 800 meter, 1600 meter, 3200 meter, 6400 meter, sprint medley (400-200-200-800), distance medley (1200-400-800-1600) and 1600 meter age medley (1st leg age 40-49, 2nd leg age 50-59, 3rd leg age 40-49, 4th leg age 60+). The equivalent distance may be run in yards with time adjustments by the director of the relays. All races must be run from January 1st to September 15th. An individual can run in more than one relay but not more than once in any one relay event. (Example: a competitor can run the 400 in the 1600 meter relay, the sprint medley, distance medley and the age-medley, but can not run in more than one mile relay, sprint medley, etc.) An athlete can go down in age. A fifty-year-old can compete in the 40-year-old division but a 40-year-old cannot compete in the 50-year-old division. All entries must be received by the Meet Director by October 1st. The above relays will be held for Division 1 Men, Division 2, 3, 4, and 5 combined men, Division 1 women and Divisions 2, 3, 4, and 5 combined women. The national committee shall have the authority to sanction additional national championships.

2. **Championships. Race Walking.** See Rule 252.

3. **Technical Rules**

The technical rules of the open Track and Field Committee under The Athletics Congress and the IAAF shall be followed with these exceptions:

- (a) Age on the first day of the meet will determine age group for meet.
- (b) All members of a relay team must be registered in the same club. Unattached teams may run, but not count in official results (no awards)
- (c) There shall be no Regional Championship restrictions to any Masters competitor involving awards or eligibility to compete.

(d) **Age Divisions**

All divisions will be 5 year divisions, except for relays, which will be in 10 year divisions.

(e) **Competition in Age Divisions**

1. A competitor may run in a younger age division, but may not compete in an older age division.
2. If a competitor runs in a younger age division, that athlete must compete in that age division in all subsequent individual events. Relays are excluded from this restriction.

(f) **Starting Blocks and Stance**

Regarding the use of starting blocks and a four-point stance: The general starting rule is waived. Use of blocks and stance is discretionary by the competitor.

(g) In the javelin, measure flat throws from the front of the grip. If the tails lands first, it is not a legal throw, and it must be recorded as a foul.

(h) Sectors for the Discus and Hammer will be 60 degrees.

4. **Standards for the Hurdles and Weights—Men.**

Hurdles

Age Group	Distance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last to finish
40-49	110m	.991m	13.72m	9.14m	14.02m
50-59	110m	.914m	13.72m	9.14m	14.02m
60-69	100m	.840m	13.00m	8.50m	10.50m
70+	80m	.762m	12.00m	8.00m	12.00m
40-49	400m	.914m	45.00m	35.00m	40.00m
50-59	400m	.840m	45.00m	35.00m	40.00m
60+	400m	.762m	45.00m	35.00m	40.00m

Weights

Age Group	Shot	Discus	Hammer	Javelin
40-49	7.26K	2.00K	7.26K	800gm
50-59	6.00K	1.50K	6.00K	800gm
60-69	5.00K	1.00K	5.00K	600gm
70+	4.00K	1.00K	5.00K	600gm

5. **Standards for the Hurdles and Weights—Women.**

Hurdles

Age Group	Distance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last to finish
35-39	100m	.840m	13.00m	8.50m	10.50m
40+	80m	.762m	12.00m	8.00m	12.00m
35+	400m	.762m	45.00m	35.00m	40.00m

Weights

Age Group	Shot	Discus	Hammer	Javelin
35-49	4.00K	1.00K	---	600gm
50+	3.00K	1.00K	---	400gm

6. In the shot put, hammer and weight, heavier implements may be used at the meet director's discretion except in championships. All throws by an individual must be with an implement of the same weight.
7. **Records**
The National Records Chairman shall maintain American records in all events.

RULE 252

RULES FOR MASTERS WALKING EVENTS

1. **Championships.**
The 2 mile indoor championship shall be conducted as part of the Indoor Regional and National Championships, with the same age groupings and awards as those given for the track and field events.
The 5 kilometer championship shall be held on the track and the 20 kilometer championship shall be held on the road as part of the Outdoor Championships, with the same age groupings and awards as those for the track and field events.
Additional championships shall be held at 10, 15, 25, 30, 35, 40, 50 and 100 kilometers, 100 miles, and the one hourwalk. These championships may be held in conjunction with the Senior Walking Championships.
2. **Technical Rules.**
The technical rules of The Athletics Congress Race Walking Committee shall be followed.
3. **Divisions and Awards.**
 - (a) Except for the indoor 2 mile walk and outdoor 5 kilometer and 20 kilometer walks, the National Championship Masters medal and patch shall be given to the individual champion in each of these three ten-year divisions: 40-49, 50-59 and 60 +. If there are more than three entrants in an age grouping, medals may be awarded by the host committee or sponsor to the second and third place finishers. The host committee or sponsor may provide awards by five-year subgroups when there is a large field of Masters walkers.
 - (b) Team awards shall be awarded to the three scoring members of the Masters team (made up of any three masters walkers from the same team or club; the team members can be from any combination of age groups and may be men and/or women). A team trophy shall be awarded to the winning team.
 - (c) All Master individual and team awards must be specified on the entry blank.
 - (d) Women walkers who qualify for Masters competition may compete with the men Master walkers, but shall be scored separately and given duplicate awards in individual competition. They may be included in the team competition as a member of a mixed team or with three women making up a separate women's Master team.

Section III MASTERS LONG DISTANCE RUNNING

RULE 270

GENERAL RULES

1. The Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes over the age of forty. The age divisions will be the same as for Master T&F (Rule 250). All General rules will be the same as those under Rule 250.

RULE 271

MASTERS LONG DISTANCE CHAMPIONSHIPS

1. Championships. Long Distance Championships shall be held as listed under Rule 15 with the addition of a 5,000 meter cross country and a one-half Marathon. There will also be an 8,000 meter Road Championship held in conjunction with the National Convention.
2. Team Championships. There will be a maximum of 8 declared entries for all teams in Masters Long Distance Championships. The scoring for teams will be as follows:

Age Group*	Up to and including 25K	Over 25K
40-49	5	3
50-59	5	3
60-69	3	3
70&up	3	3

*Three scorers for all women's teams

should be recorded for all competitors, cross country style, so that the officials can properly place all legal finishers after removing any walkers who may have been disqualified after finishing the race.

Section II MASTERS PROGRAM

RULE 250

GENERAL RULES

1. The Masters Track and Field Committee shall conduct and supervise a program for track and field and race walking for all athletes over the age of forty.

There shall be the following age divisions:

1A 40-44; 1B 45-49; 2A 50-54; 2B 55-59; 3A 60-64; 3B 65-69; 4A 70-74; 4B 75-79; 5A 80-84; 5B 85-89.

3. The age of the competitor on the date of competitions shall determine the competitor's division. An athlete may compete in a younger age category provided the athlete enters the particular event in one division only. In any team events a competitor may go down in age.
4. In all National and Regional Masters Championships there must be a full complement of events, by five-year age divisions, as noted in paragraph two, for both men and women, with a minimum of three prizes per event. More than three prizes per age division can be awarded at the discretion of the meet sponsor.

The sponsoring organization in all Association Championships and in all non-championship events may determine age divisions other than by five-year groups. There must be a minimum of three prizes per age division, with women treated the same as men.

5. The Meet Director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition, a hold harmless clause shall be signed by each competitor.
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 - (a) **Indoor Track and Field.** (events)
60 yards, 300 yards, 600 yards, 1000 yards, one mile run, two mile run, one mile relay, two mile relay, two mile walk, shot put, long jump, high jump, 35 lb. weight throw, 60 yard high hurdles, pole vault, triple jump.
 - (b) **Outdoor Track and Field.** (events)
100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 5000 meter, 10,000 meter, 110 meter high hurdles, 400 meter hurdles, 5000 meter walk, 20,000 meter walk, 400 meter relay, 1600 meter relay, 3200

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(c) Decathlon/Pentathlon

(1) All events will be conducted under Rule 251, excepting the 70 year olds, who will run 100m, 30 hurdles. Spacing between hurdles will be same as womens 100m hurdles.

(2) Masters Decathlon and Pentathlon scoring:
will use current IAAF tables up to 59 years.

will use current WAVA Multievent tables for 60 year and over.

(d) Weight Pentathlon

(1) All events will be conducted under Rule 251.

(2) Events:

Event	MEN				WOMEN	
	40-49	50-59	60 +	35-49	50 +	
Shot Put	7.26K	6.K	5.K	4K	3K	
Discus	2.K	1.5K	1.K	1K	1K	
Hammer	7.26K	6.K	5K	4K	4K	
Weight Toes	35#	35#	25#	16#	16#	
Javelin	800gm	800gm	600gm	600gm	400gm	

(e) Heptathlon

(1) Will use womens multi-event IAAF scoring table. All events will be conducted under Rule 251.

(f) National Postal Relay

The following relays shall be held on a postal basis: 400 meter, 800 meter, 1600 meter, 3200 meter, 6400 meter, sprint medley (400-200-200-800), distance medley (1200-400-800-1600) and 1600 meter age medley (1st leg age 40-49, 2nd leg age 50-59, 3rd leg age 40-49, 4th leg age 60+). The equivalent distance may be run in yards with time adjustments by the director of the relays. All races must be run from January 1st to September 15th. An individual can run in more than one relay but not more than once in any one relay event. (Example: a competitor can run the 400 in the 1600 meter relay, the sprint medley, distance medley and the age-medley, but can not run in more than one mile relay, sprint medley, etc.) An athlete can go down in age. A fifty-year-old can compete in the 40-year-old division but a 40-year-old cannot compete in the 50-year-old division. All entries must be received by the Meet Director by October 1st. The above relays will be held for Division 1 Men, Division 2, 3, 4, and 5 combined men, Division 1 women and Divisions 2, 3, 4, and 5 combined women.

The national committee shall have the authority to sanction additional national championships.

2. **Championships. Race Walking.** See Rule 252.

3. **Technical Rules**

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(c) There shall be no Regional Championship restrictions to any Masters competitor involving awards or eligibility to compete.

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All divisions will be 5 year divisions, except for relays, which will be in 10 year divisions.

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2. If a competitor runs in a younger age division, that athlete must compete in that age division in all subsequent individual events. Relays are excluded from this restriction.

(f) Starting Blocks and Stance

Regarding the use of starting blocks and a four-point stance: The general starting rule is waived. Use of blocks and stance is discretionary by the competitor.

(g) In the javelin, measure flat throws from the front of the grip. If the tails lands first, it is not a legal throw, and it must be recorded as a foul.

(h) Sectors for the Discus and Hammer will be 60 degrees.

4. Standards for the Hurdles and Weights—Men.

Hurdles

Age Group	Distance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last to finish
40-49	110m	.991m	13.72m	9.14m	14.02m
50-59	110m	.914m	13.72m	9.14m	14.02m
60-69	100m	.840m	13.00m	8.50m	10.50m
70+	80m	.762m	12.00m	8.00m	12.00m
40-49	400m	.914m	45.00m	35.00m	40.00m
50-59	400m	.840m	45.00m	35.00m	40.00m
60+	400m	.762m	45.00m	35.00m	40.00m

Weights

Age Group	Shot	Discus	Hammer	Javelin
40-49	7.26K	2.00K	7.26K	800gm
50-59	6.00K	1.50K	6.00K	800gm
60-69	5.00K	1.00K	5.00K	600gm
70+	4.00K	1.00K	5.00K	600gm

5. Standards for the Hurdles and Weights—Women.

Hurdles

Age Group	Distance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last to finish
35-39	100m	.840m	13.00m	8.50m	10.50m
40+	80m	.762m	12.00m	8.00m	12.00m
35+	400m	.762m	45.00m	35.00m	40.00m

Weights

Age Group	Shot	Discus	Hammer	Javelin
35-49	4.00K	1.00K	---	600gm
50+	3.00K	1.00K	---	400gm

6. In the shot put, hammer and weight, heavier implements may be used at the meet director's discretion except in championships. All throws by an individual must be with an implement of the same weight.
7. **Records**
The National Records Chairman shall maintain American records in all events.

RULE 252

RULES FOR MASTERS WALKING EVENTS

1. **Championships.**
The 2 mile indoor championship shall be conducted as part of the Indoor Regional and National Championships, with the same age groupings and awards as those given for the track and field events.
The 5 kilometer championship shall be held on the track and the 20 kilometer championship shall be held on the road as part of the Outdoor Championships, with the same age groupings and awards as those for the track and field events.
Additional championships shall be held at 10, 15, 25, 30, 35, 40, 50 and 100 kilometers, 100 miles, and the one hourwalk. These championships may be held in conjunction with the Senior Walking Championships.
2. **Technical Rules.**
The technical rules of The Athletics Congress Race Walking Committee shall be followed.
3. **Divisions and Awards.**
 - (a) Except for the indoor 2 mile walk and outdoor 5 kilometer and 20 kilometer walks, the National Championship Masters medal and patch shall be given to the individual champion in each of these three ten-year divisions: 40-49, 50-59 and 60 + . If there are more than three entrants in an age grouping, medals may be awarded by the host committee or sponsor to the second and third place finishers. The host committee or sponsor may provide awards by five-year subgroups when there is a large field of Masters walkers.
 - (b) Team awards shall be awarded to the three scoring members of the Masters team (made up of any three masters walkers from the same team or club; the team members can be from any combination of age groups and may be men and/or women). A team trophy shall be awarded to the winning team.
 - (c) All Master individual and team awards must be specified on the entry blank.
 - (d) Women walkers who qualify for Masters competition may compete with the men Master walkers, but shall be scored separately and given duplicate awards in individual competition. They may be included in the team competition as a member of a mixed team or with three women making up a separate women's Master team.

Section III
MASTERS LONG DISTANCE RUNNING

RULE 270

GENERAL RULES

1. The Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes over the age of forty. The age divisions will be the same as for Master T&F (Rule 250). All General rules will be the same as those under Rule 250.

RULE 271

MASTERS LONG DISTANCE CHAMPIONSHIPS

1. Championships. Long Distance Championships shall be held as listed under Rule 15 with the addition of a 5,000 meter cross country and a one-half Marathon. There will also be an 8,000 meter Road Championship held in conjunction with the National Convention.
2. Team Championships. There will be a maximum of 8 declared entries for all teams in Masters Long Distance Championships. The scoring for teams will be as follows:

Age Group*	Up to and including 25K	Over 25K
40-49	5	3
50-59	5	3
60-69	3	3
70&up	3	3

*Three scorers for all women's teams