



## Track and Field



# COMPETITION MANUAL

Updated: August 2025



## **GUIDING BODIES**

World Police and Fire Games Federation (WPFGF)  
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World Masters Athletics (WMA)  
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## **[CLICK HERE FOR GOVERNING BODY FULL RULES](#)**

International rules will be followed unless specified in WPFG Guidelines

**Note:** The Track and Field competition is subject to the rules of the WA 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.** Date of Birth on the first day of competition will determine age group. **This does not apply to Relays.** Relays age group determined by the age of the youngest individual.

## **EVENTS**

### **AGE CATEGORIES:**

**IMPORTANT NOTE: In Individual Track and Field events; competitors shall compete within their actual age category ONLY.**

**Age of Date: First day of competition**

**Entry Deadline: 2/28/2027**

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

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

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

18+, 40+, 30+, 50+, 60+, 70+

### **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: Up to 70+      4 X 100 Meter Relay  
4 X 400 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; 75-79, 80+

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 gms):	18-49
Men: (700 gms):	50-59
Men: (600 gms):	60-69
Men: (500 gms):	70-79
Men: (400 gm)	80+
Women: (600 gms):	18-49
Women: (500 gms):	50-74
Women: (400 gms):	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
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+

### **3000 Meter Steeplechase 36" .914 m Hurdles**

Men:	18-59
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### **3000 Meter Steeplechase 30" .762 m Hurdles**

Women:	18-34
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### **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  
Women: 18-39 33" Hurdles

### **80 Meter Hurdles Heights**

Men: 70-79 30" Hurdles  
Men: 80+ 27" Hurdles  
Women: 40-59 30" Hurdles  
Women: 60+ 27" 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)  
Men 70-79 (27"/.686 M)  
Women 50-59 (30"/.762 M)  
Women 60-69 (27"/.686 M)

### **200 Meter Intermediate Hurdles Heights**

Men 80+ (27"/.686 M)  
Women 70+ (27"/.686 M)

### **4 x 100 Meter Relay**

Men & Women: 18+, 30+, 40+, 50+, 60+, 70+

### **4 x 400 Meter Relay**

Men & Women: 18+, 30+, 40+, 50+, 60+, 70+

### **4 x 400 Co-Ed Relay**

2-Men & 2-Women: 20+, 30+, 40+, 50+, 60+



## **EQUIPMENT**

Generally athletes must provide their own equipment, but a variety of throwing implements should be provided. An effort should be made to secure Poles for Pole Vault.

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 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.**

The schedule (Order of Events) proposed by the Host must be approved by WPFG. An abbreviated Schedule of Events indicating the days in which events will be held must be printed in the Entry Book published by the Host.

By the date of the Confirmation letter, a detailed Time Schedule of Events should be created and attached to the confirmation letter sent to all entries.

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

### **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, trials will be necessary

The computer will draw lane assignments for the trials. A limit will be placed on the total number of entries per the above races per age group (24).

Qualifying for the Finals will be determined by First Place in each Trial and the next fastest times to reach the limit of the Track capacity.

The order of competition will be: 1) Women's Events



## 2) Men's Events

Age category order of competition will be: Oldest to youngest

### **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

#### **Weights and Measures:**

All implements shall be weighed/measured based on current 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.

#### **Warmups:**

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: 20 minutes prior to start receive lane assignment
- 3rd Call: 15 minutes prior to start remain in the Bull Pen area for escort

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 warmups.

### **AWARDING OF MEDALS TO ATHLETES**

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete **SHALL** present their Athlete's Credential. If the athlete does not present their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.