

# 02

---

## Athletics





## 02 ATHLETICS

1. Dates : Saturday, May 13 – Thursday, May 18 (6 Days)

2. Venue : Iksan Sports Complex Auxiliary Stadium in Jeollabuk-do  
(1397 Muwang-ro, Samseong-dong, Iksan)

### 3. Sport & Events

◆ Each athlete can participate in 4 events  
(however, only one event is allowed for road race).

Disciplines	Gender	Events	Age Categories	
Track	Men/ Women	100m	30+ 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+ 75+ 80+ 85+ 90+ 95+ 100+ (5 years interval)	
		200m		
		400m		
		800m		
		1,500m		
		5,000m		
		10,000m		
		4×100mR		<160, 160~199, 200~239, 240+ (total age of 4 athletes)
		4×400mR		
		80mH		70+ 75+ 80+ 85+ 90+ 95+ 100+
		100mH		50+ 55+ 60+ 65+
		110mH		30+ 35+ 40+ 45+
		200mH		80+ 85+
		300mH		60+ 65+ 70+ 75+
		400mH		30+ 35+ 40+ 45+ 50+ 55+
3,000mSC	30+ 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+			
Field	Men/ Women	High Jump	30+ 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+ 75+ 80+ 85+ 90+ 95+ 100+ (5 years interval)	
		Pole Vault		
		Long Jump		
		Triple Jump		
		Javelin Throw		
		Shot Put		
		Discus Throw		
		Hammer Throw		
		Weight Throw		

Disciplines	Gender	Events	Age Categories
Pentathlon (Throwing)	Men/ Women	Javelin Throw	30+ 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+ 75+ 80+ 85+ 90+ 95+ 100+ (5 years interval)
		Shot Put	
		Discus Throw	
		Hammer Throw	
		Weight Throw	
Road Races	Men/ Women	Half Marathon (21.0975Km)	30+ 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+ 75+ 80+ 85+ 90+ 95+ 100+ (5 years interval)
		10Km	
		5Km	

#### 4. Eligibility

◆ Anyone who is 30 years of age or older (born before May 12, 1994)

#### 5. Rules and Methods

##### ◆ Rules

- Rules of World Athletics, and World Masters Athletics (WMA) is applied.
- Every athlete can participate in events only after reporting to the Sport Check-in Center to confirm the entry before the start of each event.

##### ◆ Methods (Track)

- Track events are determined using the photo finish system.
- The events for 2 teams or more will be timed race final.
- The long distance race (5,000m, 10,000m, 3,000mSC) the time limit is applied.

##### ◆ Methods (Throw)

- Athletes will throw 3 times per event.

##### ◆ Methods (Jump)

- Athletes will jump 3 times per event.
- The bar height for the high jump and the pole vault shall comply with the rules of the athletics.

##### ◆ Methods (Road Race)

- A referee can make athletes who can't continue the race or interrupt other athletes can be dropped out of the race at his/her own discretion.
- The time limit is applied to each course. If an athlete finishes a course substantially later than others, a referee can recommend him/her to stop the race.
- Athletes shall pay full attention to their own physical condition. The organizer shall not be liable for any disease/injury that occurs to an athlete because each athlete is responsible for his/her own health.

◆ Any records in Asia-Pacific Masters Games 2023 Jeonbuk Korea are not admitted as official records.

## 6. Sports Equipment

- ◆ The organizer will prepare the poles for pole vault and throwing equipments needed for the events. Any individual equipment shall be checked on the day before an event.
- ◆ Shot Put Equipment

	Age Categories	Weight		Age Categories	Weight
Men	49 years or younger	6kg	Women	49 years or younger	4kg
	50 years or older	5kg		50 years or older	3kg

## 7. Uniform

- ◆ Athletes need to put on safe clothing suitable for athletics and put the number assigned to each athlete's clothing.
- ◆ The spikes on the bottom of shoes shall be maximum 9mm long.
  - However, high jump athletes can use the spike that is less than 12mm.
  - ※ During sport check-in to confirm the entry, there are procedures to check shoes, athlete's number and uniform, so please bring it with you.

## 8. Medal Ceremony

- ◆ Awarding the 1st, 2nd and 3rd place winner per gender, disciplines, and age categories.
- ◆ Medal ceremony will be presented after the completion of each event.

## 9. Schedule

Date	Time	Events
Saturday, May 13	09:30~13:00	Men 100m (Preliminary/Final), Men Long Jump (Preliminary/Final) Men 80mH (Preliminary/Final), 110mH (Preliminary/Final)
	10:30~14:00	Women 100m (Preliminary/Final), Women Long Jump (Preliminary/Final) Women 80mH (Preliminary/Final), 100mH (Preliminary/Final)
	11:30~12:30	Men 1500m (Preliminary/Final), Men Pole Vault (Preliminary/Final)
	12:30~13:30	Women 1500m (Preliminary/Final), Women Pole Vault (Preliminary/Final)
Sunday, May 14	08:30~	Half Marathon, 10km, 5km
	10:30~11:30	Men 200m (Preliminary/Final), 200mH (Preliminary/Final) Men High Jump (Preliminary/Final)
	11:30~12:30	Women 200m (Preliminary/Final), 200mH (Preliminary/Final) Women High Jump (Preliminary/Final)
	12:30~13:30	Men 800m (Preliminary/Final)
	13:30~14:30	Women 800m (Preliminary/Final)
Monday, May 15	09:00~10:30	Men 5000m (Preliminary/Final), Men Triple Jump (Preliminary/Final)
	10:30~12:00	Women 5000m (Preliminary/Final), Women Triple Jump (Preliminary/Final)
	12:00~12:30	Men 4x100mR (Preliminary/Final), Men Javeline Throw (Preliminary/Final)
	12:30~13:00	Women 4x100mR (Preliminary/Final), Women Javeline Throw (Preliminary/Final)
Tuesday, May 16	09:30~10:30	Men 400m (Preliminary/Final), 400mH (Preliminary/Final) Men Shot Put (Preliminary/Final)
	10:30~11:30	Women 400m (Preliminary/Final), 400mH (Preliminary/Final) Women Shot Put (Preliminary/Final)
	11:30~12:30	Men 3000mSC (Preliminary/Final), Pentathlon (Preliminary/Final)
	12:30~13:30	Women 3000mSC (Preliminary/Final), Pentathlon (Preliminary/Final)

Date	Time	Events
Wednesday, May 17	09:30~10:30	Men 300mH (Preliminary/Final), Discus Throw(Preliminary/Final)
	10:30~11:30	Women 300mH (Preliminary/Final), Discus Throw (Preliminary/Final)
	12:30~13:00	Men 4x400mR(Preliminary/Final), Pentathlon (Preliminary/Final)
	13:00~13:30	Women 4x400mR (Preliminary/Final), Pentathlon (Preliminary/Final)
Thursday, May 18	09:00~10:30	Men 10,000m(Preliminary/Final), Hammer Throw(Preliminary/Final)
	10:30~12:00	Women 10,000m (Preliminary/Final), Hammer Throw (Preliminary/Final)

※ The schedule above is subject to change due to any operational reason or bad weather.

## 10. Information and Precautions

### ◆ Sport Check-in

- Athletes need to check in with one's AD Card one hour before the start of each event.
- Track/field: Saturday, May 13 – Thursday, May 18, 2023 (09:00~14:00) at Iksan Stadium
- Road race (Marathon): Sunday, May 14, 2023  
(07:30~09:30) at Iksan Stadium
- ※ Athlete numbers, detailed schedule, and chips (half-marathon, 10km) will be distributed.
- ※ Athletes shall report to Sport Check-in Center only after Accreditation (Be cautious that the Accreditation Center is different from the Sport Check-in Center for each event).

### ◆ Readiness of athletes before the start of each event

- Athletes need to be at the event site 20 minutes before for track events and 40 minutes before for field events. Athletes enter into the event site with the relevant referee.
- The relay race team shall submit the list of runners one hour before the start of relay race and enter into the event site as being led by a staff 20 minutes before the start of each event.
- ※ Athletes' meeting place: 100m behind the starting line in the main stadium.
- ※ The meeting place is not accessible inside the stadium. The meeting place is accessible through the gate outside the stadium.
- ※ Athletes can't enter into the stadium (arena) before the athletes meeting.
- ※ Athletes who do not attend in the athletes meeting until the end of meeting are considered as a withdraw from the event.

### ◆ Athletes participating in several events need to report to the referee in charge of athletes meeting and the referee per event in order to prevent interrupting any events.

### ◆ Several events are implemented per age category. It is required for athletes to participate in such events in accordance with event timetable (however, rankings are announced per age group.)

### ◆ Athletes without an athlete number on the back and waist will be disqualified.

- Athletes for jump events can put the number on one of the chest or back.