

TECHNICAL SPECIFICATIONS

The specifications for some events and various implements change with the age of the competitor. This allows for the changes in ability as we progress through the age groups. Included in the technical specifications is the order in which events are contested in the multi-event competitions. While WMA rules generally follow WA (formerly IAAF) rules there are differences as set out here. [Technical Specifications](#) PDF to download

WORLD MASTERS ATHLETICS COMPETITION RULES

- [Hurdles](#)
- [Steeplechase](#)
- [Multi-Events](#)
- [Throwing Implements](#)
- [Super Weight Rules](#)
- [Heavy Weight Rules](#)

Hurdles Specifications

Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
Women: Short						
30-39	100	.840	10	13	8.5	10.5
40-49	80	.762	8	12	8.0	12
50-59	80	.762	8	12	7.0	19
60+	80	.686	8	12	7.0	19
Women: Long						



30-49	400	.762	10	45	35	40
50-59	300	.762	7	50	35	40
60-69	300	.686	7	50	35	40
Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
70+	200	.686	5	20	35	40
Men: Short						
30-49	110	.991	10	13.72	9.14	14.02
50-59	100	.914	10	13	8.5	10.5
60-69	100	.840	10	12	8.0	16
70-79	80	.762	8	12	7.0	19
80+	80	.686	8	12	7.0	19
Men: Long						
30-49	400	.914	10	45	35	40
50-59	400	.840	10	45	35	40
60-69	300	.762	7	50	35	40
70-79	300	.686	7	50	35	40
80+	200	.686	5	20	35	40



Steeplechase Specifications

Women			Men		
Age	Distance	Height	Age	Distance	Height
30+	2,000m	0.762m	30-59	3,000m	0.838m
			60+	2,000m	0.762m

Multi Events Specifications

Pentathlon	Decathlon	Heptathlon	Throws Pentathlon
Women: 100m, Shot Put, Long Jump, Javelin, 800m Men: Long Jump, Javelin, 200m, Discus, 1500m	Day 1: 100m, Long Jump, Shot, High Jump, 400m Day 2: Hurdles, Discus, Pole Vault, Javelin, 1500m	Day 1: Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m	All Women & Men Hammer, Shot Put, Discus, Javelin, Weight



Throwing Implements Specifications

Please see also the [Detailed Specifications Of Throwing Implements](#)

	Hammer (kg)	Shot (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
Women					
30-49	4.00	4.00	1.00	600	9.080 (20lb)
50-59	3.00	3.00	1.00	500	7.260 (16lb)
60-74	3.00	3.00	1.00	500 (01/01/2014)	5.450 (12lb)
75+	2.00	2.00	0.75	400	4.000 (8.8lb)
Men					
30-49	7.26	7.26	2.00	800	15.880 (35lb)
50-59	6.00	6.00	1.50	700	11.340 (25lb)
60-69	5.00	5.00	1.00	600	9.080 (20lb)
70-79	4.00	4.00	1.00	500	7.260 (16lb)
80+	3.00	3.00	1.00	400	5.450 (12lb)