

ATHLETICS (TRACK & FIELD)

Overview

1. The Alberta 55 Plus Games and all sanctioned Alberta 55 plus events will follow the rules of the I.A.A.F. (International Amateur Athletic Federation). These rules can be found by searching www.iaaf.org. Certain modifications have been made to take into consideration the age category and level of competition.
2. It is recommended that a rubberized asphalt track be utilized whenever possible for any Alberta 55 plus sanctioned event. If a rubberized track is not available, it is suggested the track be shale.
3. The Start and finish lines as well as individual lanes should be clearly marked.
4. To start a sprint (100 to 400m) the command by the starter are: 'on your mark', 'set', and then the gun is fired to start the race. For the longer races (800m and up) the commands by the starter are: 'on your mark' and then the gun is fired to start the race.
5. For Races in lanes (up to 400m) the runners must stay in their own lane for the whole race. For races longer than 400m runners can run in the inside lane, but must not step on the curb or inside the track.
7. In the case of a tie for medal standings, medals will be awarded to all tying runners.
8. A medical examination within two months of the start of the Games is strongly recommended. A Games waiver MUST be signed before participant can compete at any playoff level.
9. For time predicted races, each event should be conducted as one group.
 - a. Prior to the race, participants must submit their name and predicted time to the race marshal ½ hour prior to the start of the race.
 - b. Wheel chair participation in Time predicted races will be permissible.
 - c. Participants cannot use any watches or timers to pace themselves. No lap times will be provided.
 - d. As participants finish the race, their time will be recorded. Upon completion of the race, all actual times will be compared to predicted times. Times must be within a second, i.e. 4 minutes 21 seconds (4:21).
 - e. The participant closest to his/her predicted time will be the winner, and so on for subsequent places.
 - f. In the case of a tie the higher placing will go to the fastest total time

AGE CATEGORIES

Event	55+W	55+M	60+W	60+M	65+W	65+M	70+W	70+M	75+W	75+M
100m										
200m										
1500m										
3000m										
10,000m										
Javelin										
Shot Put										
Long Jump										
Time Predict. 2000m										
4x100m W Relay										
4x100m M Relay										

1. There are 5 age categories for men and women: 55+, 60+, 65+, 70+ and 75+. For the 8 events these age categories apply.

2. For the Predicted Walk, it is an open event for all age categories: 55+ Women and 55+ Men.

EVENTS

1. There are 9 events offered in 5 age categories, plus a separate event: the Time Predicted Walk. Also a relay is included as an open extra event at the Provincial Games.

2. The 9 events are: 100 m., 200 m., 1500 m., 3000 m., 10,000 m., Javelin Throw, Shot Put and Long Jump. The Predicted Walk is 2000 m.: 1000 m. on each of 2 days.

3. The relay is 4x100 m., one for Men and one for Women.

EQUIPMENT SPECIFICATIONS

For the javelin throw and shot put the following implement weights for each age category will be used, as approved by the IAAF Veterans Committee.

AGE	JAVELIN		SHOT	
	Men	Women	Men	Women
55+	700 g.	500 g.	6 kg.	3 kg.
60+	600 g.	400 g.	5 kg.	3 kg.
65+	600 g.	400 g.	5 kg.	3 kg.
70+	500 g.	400 g.	4 kg.	3 kg.
75+	500 g.	400 g.	4 kg.	3 kg.

RULES AND 'PLAYOFF' INFORMATION

1. Rules of the I.A.A.F. shall apply.
2. Maximum of 20 participants per zone.
3. Each zone may enter a maximum of 2 participants per event.
4. Each participant may enter up to 4 events (in the same age category) plus 1 relay if selected by the Zone Chef de Mission.
5. Each zone may enter 1 Women's and 1 Men's 55+ relay team.
6. Participants must compete in the same age category for all events except the relay and/or the time predicted races where all competitors will compete in 55+.
7. There will be room for 2 men and 2 women in each age group per zone.
8. Men/women should not be entered into events within an age group already occupied by 2 men or 2 women unless there is a different age group that is short men/women.
9. Zones will be able to perform "zone fills" up to a total maximum of 20 participants per zone. This will allow more participants to compete in their proper age category.
10. **Time-Predicted Walk/Run**
 At Area/Zone Playoffs, participants in each event will predict the time it takes to walk/run 1000 metres.
 At the Provincial Games, participants will walk/run 1000 metres on each of two days, for a total of 2000 metres. They will be required to predict their time for each of the 1000 metre walk/run ½ hour prior to competing each day. The lowest combined total difference for the two days will determine the winners e.g. if 6 seconds over on the first day, and 3 seconds under on the second day, combined total time difference is 9 seconds. Participants will be permitted to know their times after the first 1000 metre walk/run. Participants may not use watches or receive pacing information.

ATHLETICS PROPOSED SCHEDULE AT A PROVINCIAL GAMES: Please note the following proposed 3-day schedule for Track & Field events at the Games:

Day 1:

100m heats
Javelin
1500m timed final
Long Jump
Time-Predicted
- First 1000m
100m final

Day 2:

200 heats
Shot Put
Time-Predicted-Second 1000m
3000m timed final
200m final

Day 3:

10,000m timed final
4x 1000m Relay

For more information, or for a copy of the rules, contact:

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