

## Oceania Athletics Virtual Championships:

Oceania Athletics is pleased to announce 2021 Oceania Athletics Virtual Championships.

With the world, and especially the Pacific feeling the affects of the Global Covid-19 Pandemic, it has meant that it is now, over 2 years, since we have been able to gather as an Oceania Athletics Family in person.

### Oceania Athletics:

The Oceania Athletics Association (OAA) is the governing body for the sport of athletics in Oceania. With the Oceania House located at the Gold Coast, Australia, the OAA works closely with its Member Federation aiming to develop the sport on all levels of proficiency.

Oceania Athletics has 20 Member Federations and 3 Associate Member Federations divided into 3 regions, Micronesia, Melanesia, and Polynesia.

### Oceania Athletics Council:

President	Robin Sapong Eugenio	Northern Marianas
Vice President	Trevor Spittle	New Zealand
Treasurer	Titaua Juventin	French Polynesia
Council Member	Matt Mahon	Australia
Council Member	Joseph Rodan Junior	Fiji
Council Member	Tony Green	Papua New Guinea
Council Member	Dame Valerie Adams	New Zealand
Council Member	Lord Sebastian Coe	Great Britain
Council Member	Geoffrey Gardner	Norfolk Island

### Oceania Athletics Staff

Executive Director	Yvonne Mullins
Competition Manager	Tom O'Shaughnessy
Athlete Performance Manager	Alison Fairweather
Development Manager	Regan Kama
Media & Communications	Kobie Donovan

### Technical Officials Appointments:

Technical Delegate	Anthony Curry
Competition Director	Tom O'Shaughnessy
Jury of Appeal (Chair)	Trevor Spittle
Jury of Appeal	Robin Sapong, Yvonne Papidimos

## Competition Dates:

Performances must occur between the 15<sup>th</sup> October until the 20<sup>th</sup> December.

## Entries:

Athletes need to have a membership of an athletics club or federation is required, and an athlete must be in good standing with their Member Federation.

Only athletes from an Oceania Athletics Member Federation or Associate Member Federation can enter.

Athletes of any age can enter. See the information regarding age categories below.

## Entry Fee:

\$10 for each event.

Athletes can enter as many events and entries as they would like, they would just need to pay the Entry Fee.

Athletes will be able to enter via a paper nomination, entries submitted via this way will incur a \$10 administration as well as the \$10 for each event entry. For a paper nomination, please contact [competitions@oceaniaathletics.com](mailto:competitions@oceaniaathletics.com)

## Age Categories

### *Open:*

Any athlete of any age can enter the open age group. Athletes will need to ensure they adhere to the correct weight and height specifications.

### *U18 Athletes*

Any Athlete aged 16 or 17 years on 31 December in the year of the competition (e.g. athletes born in 2004 or 2005) may compete in any event. Athletes will need to ensure they adhere to the correct weight and height specifications.

### *Under 16 Athletes*

Any Athlete aged 14 or 15 years on 31 December in the year of the competition (e.g. athletes born in 2007 or 2006) may compete in any event. Athletes will need to ensure they adhere to the correct weight and height specifications.

### *Under 14 Athletes:*

Any Athlete aged 1 or 13 years on 31 December in the year of the competition (e.g. athletes born in 2008 or later) may compete in any event. Athletes will need to ensure they adhere to the correct weight and height specifications.

### *Masters:*

Masters age will be taken on the first day of the competition, October 15<sup>th</sup>, 2021.

Medals will be awarded in the following categories:

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

Athletes will need to ensure they adhere to the correct weight and height specifications.

#### *Para:*

Para Athletes will need to hold atleast a national classification to be eligible.

Medals will be awarded and be calculated using a Baseline Performance. The baseline performances can be found [here](#).

Medals will **ONLY** be awarded in the following Events:

Track: 100m, 400m, 800m

Field: Long Jump, Shot Put, Discus Throw, Javelin Throw

Athletes will need to have an eligible classification to compete in the event according to World Para Athletics.

T11, T12, T13, T20, T35, T36, T37, T38, T40, T41, T42, T43, T44, T45, T46, T47, T61, T62, T63, T64, T32, T33, T34, T51, T52, T53, T54,

F11, F12, F13, F20, F35, F36, F37, F38, F40, F41, F42, F43, F44, F45, F46, F61, F62, F63, F64, F31, F32, F33, F34, F51, F52, F53, F54, F55, F56, F57

Athletes will throw their recommended age category weight according to World Para Athletics. The weight will need to be submitted with the athletes' results.

Athletes will need to ensure they adhere to the correct weight and height specifications according to their classification.

#### Rules of Competition

The Championships will be conducted according to the rules of the World Athletics and the Oceania Athletics Association.

Performance must take place in an organised competition, otherwise an Accredited National Level Technical needs to sign off the results.

Competitions should take place where possible at an athletics facility. If you are unable to access an athletics facility, athletes can measure out a running route or throwing area in a safe space. This needs to be adhering to any Government Rules and Regulations.

The competition and/or technical official must be listed in your submission of entry.

The competition can be contested safely and all WHO and government guidelines for health and safety must be followed.

The competition is setup to accommodate almost anyone who wants to participate.

#### Wind Readings:

Wind Readings must be submitted in events that require a wind reading.

## Results

Published at halfway through the competition and at the end of the competition.

They will be published on the Oceania Athletics Website and Social Media Pages.

Final Results will be published in the first week of January.

Times submitted don't need to be Fully Automatic, however you will need to submit how they were timed. An Adjustment for hand times to convert to FAT will be made by Oceania Athletics.

### **Results Submission Deadline:**

All must be submitted by 11:59PM AEST on the second day after the competition finishes, which will be 22<sup>nd</sup> December.

Athletes can see their performances throughout the Challenge but will only be able to see a leaderboard at the halfway point of the competition.

Preliminary results will be visible to everyone within 48 hours of the Results Submission Deadline.

Everyone is encouraged to review results and provide feedback. The Challenge team will review submitted results and information throughout the Challenge and for up to two weeks afterward.

Final results will be published by the first week of January.

## Awards:

A maximum of 3 medals will be awarded in each event.

Medals will be posted out in January.

All participants will get a certificate of participation emailed to their nominated email address.

## Ties:

Ties will be dealt with by the Jury of Appeal. Other competition results may be requested to break a tie.

## Protests and Appeals

Any protests to the results must be lodged via email to [competitions@oceaniaathletics.com](mailto:competitions@oceaniaathletics.com)

All protests will have to be submitted within 3 days of the results being published.

Appeals to the Jury are to be made in writing on the appropriate appeal form which can be requested from Oceania Athletics

The cost of an appeal will be \$100 AUD.

## Equipment

All competition equipment used should be World Athletics Certified.

## Para Events:

Results for Para athletes and events will be calculated using a Baseline Performance. The baseline can be found [here](#).

Athletes will throw their recommended age category weight according to World Para Athletics. The weight will need to be submitted with the athletes' results.

## Classification

All athletes who compete in the Para Classification will need to have at least a national level classification to be eligible to compete. If you have any questions regarding the Para Categories and Classification for the competition, please contact [competitions@oceaniaathletics.com](mailto:competitions@oceaniaathletics.com) for the requirements.

Athletes will compete under the WPA Rules.

## Para Classification List:

### *Running and jumping (20 classes)*

- T11-13 (Vision impairment)
- T20 (Intellectual impairment)
- T35-38 (Co-ordination impairments (hypertonia, ataxia and athetosis))
- T40-41 (Short stature)
- T42-44 (Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)
- T45-47 (Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement)
- T61-64 (Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference)

### *Wheelchair racing (7 classes)*

- T32-34 (Co-ordination impairments (hypertonia, ataxia and athetosis))
- T51-54 (Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)

### *RaceRunning (3 classes)*

- RR1, RR2, RR3 (athletes with severe co-ordination impairment (hypertonia, ataxia, athetosis))

### *Standing throws (19 classes)*

- F11-13 (Vision impairment)
- F20 (Intellectual impairment)
- F35-38 (Co-ordination impairments (hypertonia, ataxia and athetosis))
- F40-41 (Short stature)
- F42-44 (Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)
- F45-46 (Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement)
- F61-64 (Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference)

### *Seated throws (11 classes)*

- F31-34 (Co-ordination impairments (hypertonia, ataxia and athetosis))
- F51-57 (Limb deficiency, leg length difference, impaired muscle power or impaired range of movement)

More information on classification and classes can be found [here](#).



### Safety and Health:

Safety of athletes and all involved is paramount. Everyone involved must adhere to all applicable safety practices. Furthermore, it will be the responsibility of participating athletes to act within World Health Organization (WHO) and/or local government guidelines for health and safety when participating in this event.

## Event List:

### *Under 14, Under 16:*

100m, 200m, 400m, 800m, 1500m, 3000m, 3000m Racewalk, Steeplechase, Long Jump, Triple Jump, High Jump, Shot Put, Javelin Throw, Discus Throw, Hammer Throw,

### *Under 18:*

100m, 200m, 400m, 800m, 1500m, 3000m, 5000m Racewalk, Steeplechase, Long Jump, Triple Jump, High Jump, Shot Put, Javelin Throw, Discus Throw, Hammer Throw,

### *Open:*

100m, 200m, 400m, 800m, 1500m, 5000m, 5000m Racewalk, Steeplechase, Long Jump, Triple Jump, High Jump, Shot Put, Javelin Throw, Discus Throw, Hammer Throw,

### *Para:*

100m, 400m, 800m, Long Jump, Shot Put, Discus Throw, Javelin Throw

### *Masters:*

60m, 100m, 200m, 400m, 800m, 1500m, 5000m, 5000m Racewalk, Steeplechase, Short Hurdles, Long Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Javelin Throw, Discus Throw, Hammer Throw, Heavy Weight, Throws Pentathlon, Heptathlon/Decathlon, 10km Road Race

## Hurdle Specifications:

Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish(m)
W35-39	100	0.84	10	13	8.5	10.5
W40-49	80	0.762	8	12	8	12
W50-59	80	0.762	8	12	7	19
W60+	80	0.686	8	12	7	19
W35-49	400	0.762	10	45	35	40
W50-59	300	0.762	7	50	35	40
W60-69	300	0.686	7	50	35	40
W70+	200	0.686	5	20	35	40

Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish(m)
M35-49	110	0.991	10	13.72	9.14	14.02
M50-59	100	0.914	10	13	8.5	10.5
M60-69	100	0.84	10	12	8	16
M70-79	80	0.762	8	12	7	19
M80+	80	0.686	8	12	7	19
M35-49	400	0.914	10	45	35	40
M50-59	400	0.84	10	45	35	40
M60-69	300	0.762	7	50	35	40
M70-79	300	0.686	7	50	35	40
M80+	200	0.686	5	20	35	40

## STEEPLECHASE SPECIFICATIONS

Age Group	Race (m)	Height (m)	No of Barriers	Water Jumps
WU14-U18 + W35+	2000m	.762m (30")	18	5
W-Open	3000m	.762m (30")	28	7
MU14-U16 + M60+	2000m	.762m (30")	18	5
MU18	2000m	.838m (33")	18	5
M-Open + 35-59	3000m	.914m (36")	28	7

## IMPLEMENT SPECIFICATIONS

<b>Women</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight (kg)</b>
W-U14	3.00kg	3.00kg	1.00kg	400g	NA
W-U16	3.00kg	3.00kg	1.00kg	500g	NA
W-U18	3.00kg	3.00kg	1.00kg	500g	NA
W-Open	4.00kg	4.00kg	1.00kg	600g	NA
W35-49	4.00kg	4.00kg	1.00kg	600g	9.080 (20lb)
W50-59	3.00kg	3.00kg	1.00kg	500g	7.260 (16lb)
W60-74	3.00kg	3.00kg	1.00kg	500g	5.450 (12lb)
W75+	2.00kg	2.00kg	0.75kg	400g	4.000(8.8lb)

<b>Men</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight (kg)</b>
M-U14	3.00kg	3.00kg	1.00kg	600g	NA
M-U16	4.00kg	4.00kg	1.00kg	700g	NA
M-U18	5.00kg	5.00kg	1.50kg	700g	NA
M-Open	7.26kg	7.26kg	2.00kg	800g	NA
M35-49	7.26kg	7.26kg	2.00kg	800g	15.88(35lb)
M50-59	6.00kg	6.00kg	1.50kg	700g	11.34(25lb)
M60-69	5.00kg	5.00kg	1.00kg	600g	9.080 (20lb)
M70-79	4.00kg	4.00kg	1.00kg	500g	7.260 (16lb)
M80+	3.00kg	3.00kg	1.00kg	400g	5.450 (12lb)

### F01, F11, F12, F13, F20, F60

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
Open	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g
U20	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g
U17	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g
U15	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g
U13	750g	750g	3.0kg	3.0kg	600g	400g

### F40, F41

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
Open	1.0kg	750g	4.0kg	3.0kg	600g	400g
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g
U15	1.0kg	750g	3.0kg	2.0kg	400g	400g
U13	750g	500g	2.0kg	2.0kg	400g	400g



**F31, F32, F33, F34, F35, F46, F37, F38**

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
<b>Open</b>	<b>F31</b>	NE	NE	NE	NE	NE	NE
	<b>F32</b>	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE
	<b>F33</b>	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g
	<b>F34</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	<b>F35</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	<b>F36</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	<b>F37</b>	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g
	<b>F38</b>	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g
<b>U20</b>	<b>F31</b>	NE	NE	NE	NE	NE	NE
	<b>F32</b>	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE
	<b>F33</b>	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g
	<b>F34</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	<b>F35</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	<b>F36</b>	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	<b>F37</b>	1.0kg	1.0kg	5.0kg	3.0kg	600g	600g
	<b>F38</b>	1.5kg	1.0kg	5.0kg	3.0kg	800g	600g
<b>U17</b>	<b>F31</b>	NE	NE	NE	NE	NE	NE
	<b>F32</b>	750g	750g	1.0kg	1.0kg	NE	NE
	<b>F33</b>	750g	750g	2.0kg	2.0kg	500g	500g
	<b>F34</b>	750g	750g	3.0kg	2.0kg	500g	500g
	<b>F35</b>	750g	750g	3.0kg	2.0kg	500g	500g
	<b>F36</b>	750g	750g	3.0kg	2.0kg	500g	500g
	<b>F37</b>	750g	750g	4.0kg	2.0kg	500g	500g
	<b>F38</b>	1.0kg	750g	4.0kg	2.0kg	600g	500g
<b>U15</b>	<b>F31</b>	NE	NE	NE	NE	NE	NE
	<b>F32</b>	750g	750g	1.0kg	1.0kg	NE	NE
	<b>F33</b>	750g	750g	2.0kg	2.0kg	500g	400g
	<b>F34</b>	750g	750g	3.0kg	2.0kg	500g	400g
	<b>F35</b>	750g	750g	3.0kg	2.0kg	500g	400g
	<b>F36</b>	750g	750g	3.0kg	2.0kg	500g	400g
	<b>F37</b>	750g	750g	3.0kg	2.0kg	500g	400g
	<b>F38</b>	750g	750g	3.0kg	2.0kg	500g	400g
<b>U13</b>	<b>F31</b>	NE	NE	NE	NE	NE	NE
	<b>F32</b>	500g	500g	1.0kg	1.0kg	NE	NE
	<b>F33</b>	500g	500g	2.0kg	1.0kg	400g	400g
	<b>F34</b>	500g	500g	2.0kg	2.0kg	400g	400g
	<b>F35</b>	500g	500g	2.0kg	2.0kg	400g	400g
	<b>F36</b>	500g	500g	2.0kg	2.0kg	400g	400g
	<b>F37</b>	500g	500g	2.0kg	2.0kg	400g	400g
	<b>F38</b>	500g	500g	2.0kg	2.0kg	400g	400g

**F42, F43, F44, F45, F46, F61, F62, F63, F64**

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
Open	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g
U20	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g
U17	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g
U15	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g
U13	750g	750g	3.0kg	3.0kg	500g	400g

**F51, F52, F53, F54, F55, F56, F57**

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
Open	F51	1.0kg	1.0kg	NE	NE	NE	NE
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
U20	F51	1.0kg	1.0kg	NE	NE	NE	NE
	F52	1.0kg	1.0kg	2.0kg	2.0kg	600g	600g
	F53	1.0kg	1.0kg	3.0kg	3.0kg	600g	600g
	F54	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F55	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F56	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
	F57	1.0kg	1.0kg	4.0kg	3.0kg	600g	600g
U17	F51	750g	750g	NE	NE	NE	NE
	F52	750g	750g	2.0kg	2.0kg	500g	500g
	F53	750g	750g	2.0kg	2.0kg	500g	500g
	F54	750g	750g	3.0kg	2.0kg	500g	500g
	F55	750g	750g	3.0kg	2.0kg	500g	500g
	F56	750g	750g	3.0kg	2.0kg	500g	500g
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g
U15	F51	750g	750g	NE	NE	NE	NE
	F52	750g	750g	2.0kg	2.0kg	400g	400g
	F53	750g	750g	2.0kg	2.0kg	400g	400g
	F54	750g	750g	2.0kg	2.0kg	400g	400g
	F55	750g	750g	2.0kg	2.0kg	400g	400g
	F56	750g	750g	2.0kg	2.0kg	400g	400g
	F57	750g	750g	2.0kg	2.0kg	500g	400g
U13	F51	500g	500g	NE	NE	NE	NE
	F52	500g	500g	2.0kg	2.0kg	400g	400g
	F53	500g	500g	2.0kg	2.0kg	400g	400g
	F54	500g	500g	2.0kg	2.0kg	400g	400g
	F55	500g	500g	2.0kg	2.0kg	400g	400g
	F56	500g	500g	2.0kg	2.0kg	400g	400g
	F57	500g	500g	2.0kg	2.0kg	400g	400g

## Frequently Asked Questions':

**Q: How are horizontal jumps and throws contested and measured?**

**A:** If possible, people, other than the athlete, should be watching for fouls, marking the landing and measuring the attempts. Officials and proper jumping and throwing facilities are recommended.

**Q: How will you maintain the quality in the results?**

We obviously prefer a competitor to compete in a normal track and field event following WA, WPA and WMA rules. This situation will not be possible for athletes in all locations. Participation is key given the difficulties this year. All results will be monitored and checked by the Results Team. All results will be reviewed as they are submitted and will be looking for outlying performance and general errors.

Athletes can verify their results and in certain cases challenge the validity of performances.

Overall, this virtual competition relies on the honour system.

The Results Team, at its sole discretion, can remove or flag performances determined to be better than the athlete's usual performance.

Any Athlete whose performance is disallowed, their entry fee will not be refunded.

Any results removed or flagged will be sent to the athlete for further clarification. If an athlete's performance is removed, no refund will be given.

**Q: How many events can we compete in?**

**A:** As many as you want and can do within the competition timeframe. You can only compete in an event once during the Championship Edition. You can compete as many times as you want during the Hemispheres Edition and select one performance for listing in the final results.

**Q: How are events supposed to be contested?**

**A:** Challenges are for everyone, regardless of the restrictions, as long as the competition can be contested safely and all WHO and government guidelines for health and safety can be followed. Challenges are setup to accommodate almost anyone who wants to participate.

**Q: Here in our country, we cannot compete on a track. Can athletes measure out the distance on a highway and time running that?**

**A:** Yes, as long as done safely. These are Category C performances. Obviously, running on a highway in traffic is not allowed! Athletes can measure a running route, including sprints on any safe area like a parking lot, clear street or field and time their performance. Events cannot be run on a treadmill, downhill or any other condition which would provide the athlete with a competitive advantage.

**Q: How are horizontal jumps and throws contested and measured?**

**A:** If possible, people, other than the athlete, should be watching for fouls, marking the landing and measuring the attempts. Officials and proper jumping and throwing facilities are required for Categories A and B.

**Q: How many attempts can be taken in jumps and throws?**

**A:** Six attempts for open and three attempts for combined events horizontal jumps and throws. High Jump and pole vault athletes are allowed to continue competing until they have three consecutive failed attempts.

**Q:** How can I run a steeplechase if no water is in the pit?

**A:** No water in the water jump is not safe and is not allowed. This is not the case everywhere, however, and hopefully more facilities will open again. Events like steeplechase might be able to be contested if it can be done safely without water like having all the barriers on the track or the cover over the water jump pit. Such circumstances would mean results would qualify for Category C.

**Q:** How can I pole vault or high jump without a pit?

**A:** Not all events can be done outside a normal track with jumping, vaulting and throwing facilities. Pole vault would not be an option without a safe runway and landing area. This is not the case everywhere, however, and hopefully more facilities will open again.

**Q:** What is a "Superweight"

**A:** A super weight is a heavy version of the weight throw and conforms to the same rules for construction, handles and throwing. The event is common in the USA and Australia with limited participation historically in other countries. This event is only contested for Masters Athletics. Weights are: M35-59 – 56lb (25.45k); M60-69 – 44lb (20k); M70-79 – 35lb (15.91k); M80+ – 25lb (11.36k); W35-49 – 35lb (15.91k); W50-59 – 25lb (11.36k); W60-74 – 20lb (9.09k); W75+ – 16lb (7.26k);

**Q:** Are results for eligible for World Rankings lists?

**A:** Only those who compete in a competition is pre-organized and run fully in accordance with WA, OAA, WMA or WPA Rules.

**Q:** Will the results be published after being submitted or after the Challenge is finished?

**A:** Results will not be published until after the submission deadline. Final results will be published after the process below is complete:

Performances will be reviewed by the Challenges Team as they are submitted and athletes will be contacted with requests for clarifications where applicable.

Preliminary results will be published as soon as possible after the submission deadline, most likely within 48 hours.

The Challenges Team will further review performances, follow up on feedback received and clarification requests then make appropriate changes.

Final results should be published within 4 weeks of the Challenge conclusion.