



# OCEANIA ATHLETICS

SAIPAN 2023



## Welcome:

Robin Sapong – Oceania Athletics President

Hafa adai, Tirow and Rananim,

As the President of the Oceania Athletics Association, it is my great honor and privilege to extend a warm welcome to all of you gathered here today for the fourth edition of the Oceania Cup. This prestigious event, which is set to take place in Saipan in June 2023, marks an extraordinary milestone in our journey of athletic excellence.

First and foremost, I would like to express my heartfelt Tirow to the people of Saipan. Your graciousness, hospitality, and unwavering support have made this event possible. It is through your efforts that Saipan has transformed into a captivating host city, ready to welcome athletes from across Oceania with open arms. Your dedication and commitment have not gone unnoticed, and I sincerely thank you for your invaluable contributions.

I would also like to take this opportunity to express my gratitude to our partners, stakeholders, and the Local Organizing Committee (LOC). Your unwavering support and tireless efforts have been instrumental in shaping this event. From the meticulous planning to the execution of every detail, your dedication has ensured that the Oceania Cup is a world-class sporting spectacle. Together, we have created an environment that fosters athletic excellence and promotes unity among our diverse nations.

To the athletes, I extend my sincerest congratulations for earning your place in this prestigious competition. Your talent, discipline, and perseverance have brought you to this moment. As you step onto the track, field, or court, remember that you represent the hopes and dreams of your respective countries. May the Oceania Cup serve as a platform for you to showcase your skills, inspire others, and forge lifelong friendships.

To the officials and organizers, I commend you for your dedication and hard work. Your tireless efforts in ensuring a fair and well-organized competition are crucial to its success. Your expertise and attention to detail will create an environment that allows our athletes to thrive and achieve their personal bests. Your contributions behind the scenes are essential, and I thank you for your commitment to excellence. I would also like to extend a special acknowledgement and gratitude to the officials who have travelled to the Northern Marianas to assist in officiating the Oceania Cup. Your presence and contributions play a vital role in upholding the integrity of the event and guaranteeing a level playing field for all athletes.

As we come together in the spirit of friendly competition, let us embrace the values of sportsmanship, respect, and fair play. May the Oceania Cup serve as a catalyst for unity, cultural exchange, and the celebration of our rich diversity.

Once again, I extend my heartfelt gratitude to the people of Saipan, our partners, stakeholders, and the LOC. Your unwavering support and commitment have made the fourth edition of the Oceania Cup a reality. Together, let us make this event a resounding success.

Thank you and best wishes to all participants.

Robin Sapong-Eugenio

Oceania Masters President – Ruth Tangiaiu Mave:

Hafa Adai Hello

Oceania Masters Athletics welcome you to the beautiful Northern Marianas Islands NMI for the auspicious occasion of holding this the first Masters Championship in Micronesia. Oceania is made up of 20 islands spanning the areas known as Polynesia, Melanesia and Micronesia.

We are very pleased to acknowledge the NMI for their generosity and commitment to providing the Oceania Masters athletes an opportunity to discover this special place in our Oceania region.

The Northern Marianas Islands successfully hosted the Pacific Mini Games 2022, and they are very proud to provide their finest facilities NMI has to offer so that athletes can compete at their best levels whether they are seasoned competitors or if this is their first competition event.

We know you will love the people and host country and the special camaraderie that comes from participating in an Oceania Masters Championship.

The Oceania Masters Athletics board wish you all an enjoyable and engaging competition and all the best to achieving your goals at this historic event.

Ruth Tangiaiu Mave  
**OMA President**

## Organisation

### Oceania Athletics Council

<b>President</b>	Robin Spong	Northern Marianas
<b>Vice President</b>	Trevor Spittle	New Zealand
<b>Treasurer</b>	Titaua Juventin	French Polynesia
<b>Council Member</b>	Matt Mahon	Australia
<b>Council Member</b>	Derek Mandell	Guam
<b>Council Member</b>	Joseph Rodan Junior	Fiji
<b>Council Member</b>	Lord Sebastian Coe	Great Britain
<b>Council Member</b>	Dame Valerie Adams	New Zealand
<b>Council Member</b>	Geoffrey Gardner	Norfolk Island

### Oceania Masters Athletics Council

<b>President</b>	Ruth Mave	Cook Islands
<b>Vice President</b>	Albert Miller	Fiji
<b>Treasurer</b>	Stewart Foster	New Zealand
<b>Secretary</b>	Hazel McDonnell	Australia
<b>Council Member</b>	Neal Kranz	Guam
<b>Council Member</b>	Donna Hiscox	Australia
<b>Council Member</b>	Joan Merrilees	New Zealand
<b>Council Member</b>	Tim Rogers	Norfolk Island
<b>Patron</b>	Jim Blair	New Zealand

### Oceania Athletics Staff

<b>Executive Director</b>	Yvonne Mullins	+61418885496
<b>Competition Manager</b>	Tom O'Shaughnessy	+61410136856
<b>Athlete Performance Manager</b>	Alison Fairweather	+61414366762
<b>Development Manager</b>	Regan Kama	
<b>Media and Communications Coordinator</b>	Kobie Donovan	

## Event List:

### **Oceania Cup**

100m, 200m, 400m, 800m, 1500m, 3000m, 100/110m Hurdles, 400m Hurdles, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Long Jump, Triple Jump, High Jump, Mixed 4x100, Mixed 4 x 400

### **Oceania Masters Championships.**

60m, 100m, 200m, 400m, 800m, 1500m, 5000m, Short Hurdles, Long Hurdles, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Weight Throw, Long Jump, Triple Jump, High Jump, Octathlon/Heptathlon, Pentathlon, Weight Pentathlon, 3000m Walk, 5000m, Walk, 10km Road Walk, Half Marathon, 4x100m, Medley Relay

## Timetable

*Timetable and Times subject to change and will be finalised after the close of final entries.*

### **Day 1 Thursday 22nd June**

2:00 PM	Throws Pentathlon: #1 Women Hammer Throw Masters
2:00 PM	Throws Pentathlon: #1 Men Hammer Throw Masters
2:45 PM	Throws Pentathlon: #2 Women Shot Put Masters
2:45 PM	Throws Pentathlon: #2 Men Shot Put Masters
3:00 PM	Men 100 Metre Sprint Invitational
3:00 PM	Women 100 Metre Sprint Invitational
3:30 PM	Throws Pentathlon: #3 Women Discus Throw Masters
3:30 PM	Throws Pentathlon: #3 Men Discus Throw Masters
3:30 PM	Women 60 Metre Sprint Masters
4:00 PM	Men 60 Metre Sprint Masters
4:15 PM	Throws Pentathlon: #4 Women Javelin Throw Masters
4:15 PM	Throws Pentathlon: #4 Men Javelin Throw Masters
5:00 PM	Throws Pentathlon: #5 Women Weight Throw Masters
5:00 PM	Throws Pentathlon: #5 Men Weight Throw Masters
5:00 PM	Women 5000 Metre Run Masters
5:00 PM	Men 5000 Metre Run Masters
5:30 PM	Women 5000 Metre Race Walk Masters
5:30 PM	Men 5000 Metre Race Walk Masters

### Day 2 Friday 23rd June

1:00 PM	Octathlon: #1 Men 100 Metre Sprint Masters
1:00 PM	Men Shot Put Oceania Cup
1:00 PM	Women Discus Throw Oceania Cup
1:15 PM	Octathlon: #2 Men Long Jump Masters
1:45 PM	Women 100 Metre Hurdles Oceania Cup
2:00 PM	Men 110 Metre Hurdles Oceania Cup
2:00 PM	Men Triple Jump Oceania Cup
2:15 PM	Octathlon: #3 Men Shot Put Masters
2:45 PM	Men Discus Throw Masters
2:45 PM	Women Discus Throw Masters
3:00 PM	Women High Jump Oceania Cup
3:00 PM	Women Triple Jump Masters
3:00 PM	Men Triple Jump Masters
3:15 PM	Men 800 Metre Run Masters
3:30 PM	Women 800 Metre Run Masters
4:00 PM	Men 1500 Metre Run Oceania Cup
4:15 PM	Women 1500 Metre Run Oceania Cup
4:30 PM	Women Shot Put Oceania Cup
4:30 PM	Men Discus Throw Oceania Cup
4:30 PM	Men High Jump Oceania Cup
4:45 PM	Men 400 Metre Sprint Oceania Cup
4:50 PM	Octathlon: #4 Men 400 Metre Sprint Masters
4:55 PM	Women 400 Metre Sprint Oceania Cup
5:00 PM	Women Triple Jump Oceania Cup
5:15 PM	Men 100 Metre Sprint Masters
5:25 PM	Women 100 Metre Sprint Masters
5:35 PM	Men 100 Metre Sprint Oceania Cup
5:45 PM	Women 100 Metre Sprint Oceania Cup

**Day 3 Saturday 24th June ROAD EVENTS**

- 6:00 AM Women 10k Race Walk RR Masters
- 6:00 AM Men 10k Race Walk RR Masters
- 6:00 AM Women Half Marathon RR Masters
- 6:00 AM Men Half Marathon RR Masters

**Day 3 Saturday 24th June**

- 12:30 PM Men Hammer Throw Masters
- 12:30 PM Women Hammer Throw Masters
- 1:00 PM Octathlon: #5 Men 110 Metre Hurdles Masters
- 1:00 PM Women Long Jump Masters
- 1:15 PM Octathlon: #6 Men High Jump Masters
- 1:20 PM Women 800 Metre Run Oceania Cup
- 1:30 PM Men 800 Metre Run Oceania Cup
- 1:45 PM Men Long Jump Masters
- 1:45 PM Women 200 Metre Sprint Masters
- 1:55 PM Men 200 Metre Sprint Masters
- 2:00 PM Men Hammer Throw Oceania Cup
- 2:00 PM Women 200 Metre Sprint Oceania Cup
- 2:15 PM Men 200 Metre Sprint Oceania Cup
- 2:15 PM Women Shot Put Masters Champs
- 2:15 PM Men Shot Put Masters Champs
- 2:30 PM Women 300 Metre Hurdles Masters
- 2:45 PM Men 300 Metre Hurdles Masters
- 3:00 PM Women Hammer Throw Oceania Cup
- 3:00 PM Men Long Jump Oceania Cup
- 3:00 PM Women 400 Metre Hurdles Masters
- 3:20 PM Men 400 Metre Hurdles Masters
- 3:35 PM Women 400 Metre Hurdles Oceania Cup
- 3:45 PM Men 400 Metre Hurdles Oceania Cup
- 4:00 PM Octathlon: #7 Men Javelin Throw Masters
- 4:15 PM Women Long Jump Oceania Cup
- 4:20 PM Men 3000 Metre Run Oceania Cup
- 4:35 PM Women 3000 Metre Run Oceania Cup
- 4:45 PM Women Javelin Throw Oceania Cup
- 4:45 PM Men Javelin Throw Oceania Cup
- 4:55 PM Octathlon: #8 Men 1000 Metre Run Masters
- 5:15 PM Mixed 4x100 Metre Relay Oceania Cup
- 5:30 PM Mixed 4x400 Metre Relay Oceania Cup



**Day 4 Sunday 25th June**

1:00 PM	Outdoor Pentathlon: #1 Men Long Jump Masters
1:00 PM	Outdoor Pentathlon: #1 Women 100 Metre Hurdles Masters
1:00 PM	Women Javelin Throw Masters
1:00 PM	Men Javelin Throw Masters
1:15 PM	Women 100 Metre Hurdles Masters
1:15 PM	Women 80 Metre Hurdles Masters
1:15 PM	Men 80 Metre Hurdles Masters
1:15 PM	Men 100 Metre Hurdles Masters
1:30 PM	Outdoor Pentathlon: #2 Women High Jump Masters
2:00 PM	Outdoor Pentathlon: #2 Men Javelin Throw Masters
2:00 PM	Women 3000 Metre Race Walk Masters
2:00 PM	Men 3000 Metre Race Walk Masters
2:45 PM	Women Weight Throw Masters
2:45 PM	Men Weight Throw Masters
2:30 PM	Outdoor Pentathlon: #3 Women Shot Put Masters
3:00 PM	Outdoor Pentathlon: #3 Men 200 Metre Sprint Master
3:45 PM	Outdoor Pentathlon: #4 Women Long Jump Masters
4:00 PM	Women 400 Metre Sprint Masters
4:00 PM	Men 400 Metre Sprint Masters
4:00 PM	Outdoor Pentathlon: #4 Men Discus Throw Masters
4:00 PM	Women High Jump Masters
4:00 PM	Men High Jump Masters
4:30 PM	Outdoor Pentathlon: #5 Women 800 Metre Run Masters
4:40 PM	Men 1500 Metre Run Masters
4:50 PM	Women 1500 Metre Run Masters
5:00 PM	Outdoor Pentathlon: #5 Men 1500 Metre Run Masters



## Oceania Cup Teams

Australia



Northern Marianas



### Polynesian Team

American Samoa



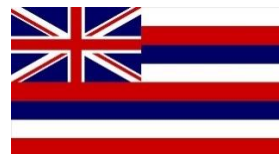
Cook Islands



French Polynesia



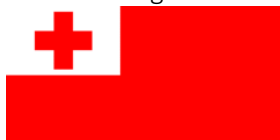
Hawaii



Samoa



Tonga



Tuvalu



### Micronesian Team:

Federated States of Micronesia



Guam



Kiribati



Marshall Islands



Nauru



Palau



### Melanesian Team:

Fiji



Norfolk Island



Papau New Guinea



Solomon Islands



Vanuatu



## Travel Information

### Passport and Visa Information

As the Northern Mariana Islands is a Commonwealth of the United States of America, you will need a valid USA visa for travel and stay in Saipan.

### Airport information

Francisco C. Ada/Saipan International Airport. is the gateway to the CNMI, serving Saipan, Rota & Tinian. It can accommodate wide-bodied aircraft, i.e. DC 10's and 747's. Runway is 8,700 feet long, 150 feet wide with a parallel taxiway and connecting taxiways. Main terminal accommodates international passengers with six jetways.

Major airlines operating:

- Delta Air Lines
- Asiana Airlines
- United Airlines
- China Eastern
- Jeju Air
- Sichuan Airlines
- Jin Air
- PAL Express

Flights are direct from cities in Japan, Korea, Hong Kong, China and Guam and the Philippines. Commuter terminal serves as feeder for Tinian and Rota using single engines Cherokees, and an ATR 42 aircraft (inter-island travel). Airlines operating from the commuter terminal are Star Marianas and Arctic Circle.

Major duty free concessionaire (Duty Free Shoppers) offers high-quality products. Experienced caterer (LSG Lufthansa) provides food and beverage service for flight kitchen and restaurants.

Automated teller machine, tourist information booths, cargo handling services, snack shop, free wireless internet service, and overnight parking facilities.

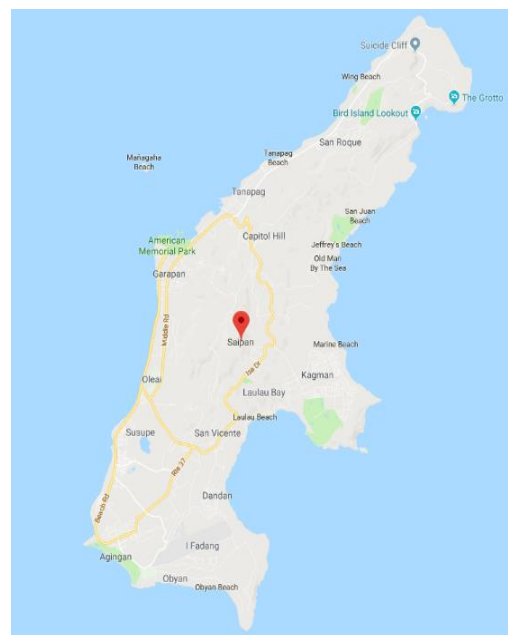
Airport is open 24 hours, seven days a week.

### Oversized luggage/equipment

Each airline has different regulations regarding oversize baggage, and extra baggage allowances. If your federation is transporting equipment, please make OAA aware of all equipment. OAA will do the best to ensure all equipment is transported to and from. If any additional cost, this will need to meet by the Member Federation.

## Northern Mariana Islands Information:

<b>Area</b>	44.55sq mi (115.4 km <sup>2</sup> )
<b>Population</b>	55,000
<b>Capital</b>	Capital Hill
<b>Currency</b>	U.S Dollar
<b>Language</b>	English, Chamorro, Carolinian
<b>Religion</b>	Christianity
<b>Electricity</b>	Single Phase 60 cycles 115/230 Volts AC
<b>ZIP Code</b>	96950
<b>Emergency</b>	911



Commonwealth of the Northern Mariana Islands. The Commonwealth is a 14-island chain. Three islands are inhabited, Saipan, Rota and Tinian.

Saipan is the second largest island in the Mariana Islands archipelago, after Guam. It is located about 120 mi (190 km) north of Guam and 5 nautical miles (9.3 km) northeast of Tinian, from which it is separated by the Saipan Channel. Saipan is about 12 mi (19 km) long and 5.6 mi (9.0 km) wide, with a land area of 115.38 km<sup>2</sup> (44.55 sq mi). The western side of the island is lined with sandy beaches and an offshore coral reef which creates a large lagoon. The eastern shore is composed primarily of rugged rocky cliffs and a reef.

The highest elevation on Saipan is a limestone-covered mountain called Mount Tapochau at 1,560 ft (480 m). Unlike many of the mountains in the Mariana Islands, it is not an extinct volcano, but is a limestone formation. To the north of Mount Tapochau towards Banzai Cliff is a ridge of hills. Mount Achugao, situated about 2 miles north, has been interpreted to be a remnant of a stratified composite volcanic cone whose Eocene centre was not far north of the present peak.

### People & Culture

The local people in Saipan are Chamorro and Carolinian, though there are also large populations of Chinese, Japanese, Korean, Filipino, Thai, and U.S. expats. Many of the non-indigenous people came to work in Saipan's tourism industry, or the former garment industry. U.S. expats often come to work in Saipan as teachers, lawyers or environmentalists and end up making Saipan their home. The result is a mixing pot of cultures among the local residents, and a thriving tourism industry that caters to people from all over the world. It is not uncommon to be at a restaurant and overhear conversations spoken in English, Chamorro, Japanese, Korean, Tagalog or Chinese.

The Northern Marianas were settled around 1500 BC by Chamorros who shared cultural ties with Guam's indigenous people. This early group of Chamorros are responsible for the 'latte stones' found throughout the Marianas. Reaching as high as 20ft (6m), these limestone posts are capped with a piece of limestone or brain coral in the shape of a large bowl.

Ferdinand Magellan named the islands the *Islas de los Ladrones* (Islands of Thieves) in 1521; they were renamed *Las Marianas* upon the arrival of Spanish priest Luis Diego Sanvitores, in honor of the Spanish queen Maria Ana of Austria. In 1668, Sanvitores and five other Jesuits established the first mission in the Marianas, touching off two decades of hostilities between the priests and less-than-welcoming Chamorros. Spanish troops managed to quell the uprising in the late 1680s.

The people of the Northern Marianas voted to become a US commonwealth in 1975, ensuring continued US economic support. In return, the US military got to lease nearly 30 sq mi (75 sq km) of land in the islands. Under the terms of the commonwealth agreement, the Northern Marianas retain the right to internal self-government, while the USA retains control of foreign affairs. In 1986 a new commonwealth covenant became effective, granting islanders US citizenship.

## Music

Music on Saipan can generally be broken down into three categories local, mainland American, and Asian. Local consists of Chamorro, Carolinian, Micronesian and Hawaiian Reggae, called Palauan music and song, often with traditional dance for many occasions. Mainland American consists of many of the same varieties that can be found on U.S. radio, and Asian consists of Japanese, Korean, Thai and Philippine music, among others. There are seven radio stations on Saipan, which play mainly popular and classic English-language songs as well as local and Philippine music.

## Climate

Saipan has a borderline tropical rainforest climate (Köppen *Af*)/tropical monsoon climate (Köppen *Am*), moderated by seasonal trade winds from the northeast from November to March, and easterly winds from May to October. Average year-round maximum temperature is 84 °F or 28.9 °C. There is little seasonal temperature variation, and Saipan has been cited by the Guinness Book of World Records as having the least fluctuating temperatures in the world. However, temperature is affected by elevation; hence the island shows considerable variations between the coastal and mountainous areas

The drier season runs from December to June and the rainier season from July to November. Typhoon season runs from July to December and Saipan, along with the rest of the Mariana Islands, is subject to at least one typhoon each year.

## Transportation

Travel to and from the island is available from several airlines via Saipan International Airport. A ferry once operated between Saipan and Tinian but was halted in 2010, reportedly for maintenance, but in fact it was never reinstated. Taxis are available within Saipan only.

One of the island's two main thoroughfares, Beach Road, is located on the western coast of Saipan. At some parts of the road, the beach is only a few feet away. Flame trees and pine trees line the street. The street also connects more than six villages that lie on the western coast of the island. Middle Road is the island's largest road and runs through its central section. Like Beach Road, Middle Road connects several villages throughout the island. Several offices, shops, hotels, and residences lie on or nearby these highways. Middle road is labelled "Chalan Pale Arnold" on maps, but very few people call it that. Currently, as of 2017, a few vehicle companies, such as Toyota and Mazda have opened up on Saipan, leading to a major shift to cars.

## Flora and Fauna

Saipan's flora is predominantly limestone forest. Some developed areas on the island are covered with *Leucaena leucocephala*, also known as "tangan-tangan" trees that were introduced sometime after World War II. Remaining native forest occurs in small isolated fragments on steep slopes at low elevations and highland conservation areas of the island. Coconuts, papayas, and Thai hot peppers locally called "Donne Sali" or "Boonie Peppers" are among the fruits that grow wild. Mango, taro root, and bananas are a few of the many foods cultivated by local families and farmers. Saipan is home to a number of endemic bird species. Among them: the Mariana fruit dove, White-throated Ground Dove, Bridled White-eye, Golden White-eye, Micronesian Myzomela and the endangered Nightingale Reed Warbler.

## Places to See

<b>Managaha</b>	-	Snorkeling, scuba diving and parasailing
<b>Suicide Cliff</b>	-	Historic site & grim WWII memorial
<b>American Memorial Park</b>	-	Playgrounds, sport field & wetlands
<b>Laulau Beach</b>	-	Beach
<b>Micro Beach</b>	-	Beach and snorkelling
<b>Mount Tapochau</b>	-	Sightseeing
<b>The Grotto</b>	-	Scuba diving
<b>Bird Island Lookout</b>	-	Sightseeing

## Electricity



The Northern Marianas use the same sockets and plugs as the USA.

## Banks

Bank	Branch	Address	Zip
Bank of Guam	<a href="#">Chalan Piao Branch</a>	Beach Road, Alupyang Place	96950
	<a href="#">Garapan Branch</a>	Commonwealth Maritime Bldg	96950
Bank of Hawaii	<a href="#">Chalan Kanoa Branch</a>	Townhouse Building, Beach Road	96950
	<a href="#">Garapan Branch</a>	Boh Building, Marina Heights Business Park, Chalan Pale Arnold Road	96950
Bank of The Federated States of Micronesia	<a href="#">Saipan Branch</a>	Pmb 656 Box 10003	96950
First Hawaiian Bank	<a href="#">Gualo Rai Branch</a>	Gualo Rai Commercial Center	96950
	<a href="#">Oleai Branch</a>	Oleai Center, Beach Road, Chalan Laulau	96950

## Common words and Phrases (Chamorro)

Hello	Håfa adai! or Håfa dai! ( <i>Hah-fuh-die</i> )
How are you?	Håfa tatatmanu hao? ( <i>Hah-fuh-tah-taht-mah-noo-How?</i> )
Good	Maolek ( <i>M-Ow-leck</i> )
Very Good	Todu maolek ( <i>toe do mau lek</i> )
What is your name?	Hayi na'an mu? ( <i>Ha-dzi-nah-un-moo?</i> )
My name is John	Guahu Si Juan. ( <i>Gwah-Hu-C-Wan.</i> )
Thank you	Si Yu'us ma'asi' ( <i>C-dzu-oohs-Muh-ah-C</i> )
You're welcome	Buen probechu ( <i>Bwen-pro-bet-sue</i> )
Goodbye	Adios ( <i>Ah-Deh-Oss</i> )
Good morning	Buenas dias ( <i>Bwenas-Dee-as</i> )
Good evening	Buenas tatdes ( <i>Bwenas-taht-des</i> )
Good night	Buenas noches ( <i>Bwenas-no-tses</i> )
Good night ( <i>see you tomorrow</i> )	Esta agupa ( <i>eh-stah-ah-goo-pah</i> )
Can I use the bathroom?	Kao siña yu usa i kemmon? ( <i>kow see nya dzu oosa ee kem-mon</i> )

## Water

Travellers to any destination in the world can develop travellers' diarrhea from consuming contaminated water or food.

In some areas in the Oceanic Pacific Islands, food and water can also carry diseases. Practise safe food and water precautions while travelling in the Oceanic Pacific Islands. *Remember: Boil it, cook it, peel it, or leave it!*

### Medical and travel insurance

All athletes and officials are responsible for subscribing to an insurance policy that covers illness and/or injury to any member of their delegation and/or team travelling to and from competitions and during the event itself. In the current climate, the insurance policy should also include cover for Covid.

### Medical Procedures

During the competition, including training and warm-up, first aid services will be available. These will include First aid support. Physio and other medical personnel can be available at cost of federation.

Any team members who enter the Village with a pre-existing condition will be charged for medical, dental or physiotherapy costs incurred.

### Duty of Care

The Duty of Care will remain with Team Management and athletes for the entire period of their stay in Saipan.



## Doping Control

Drug testing may be undertaken at the Oceania Cup and Oceania Masters Championships. The Local Organising Committee has provided an adequate facility in which the sampling and secure storage of samples can be conducted. Drug testing will be conducted under the World Athletics/World Masters Athletics Rules that comply with the provisions of the World Anti-Doping Agency (WADA).

Please ensure that your athletes understand the procedures. Make sure that someone responsible who knows the procedures attends the process with them. It is a very personal experience and if it is the first time that they are required to complete the procedure, they may find it very embarrassing. They have no choice in the matter, once asked by a member of the Drug Testing Agency.

The selection of athletes for testing is randomly made and any athlete regardless of their age and sex and the type of event in which they are participating may be chosen. The Procedural Guidelines established by WADA are strictly adhered to in the testing of all athletes.

If you are selected for a test you will be advised of this fact by a drug testing official (Chaperon) who will be clearly identified and accredited as part of the testing team. You will be informed of your selection to undergo a doping test and the drug testing official will then escort you to the testing control area. All competitors should be aware that the refusal of a test will be deemed the same as a positive doping test.

If you have been granted a Therapeutic Use Exemption (TUE) you should provide details on the drug testing form.

## Athlete's Rights

An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official (Chaperon) who advises you of the selection will then remain with you until such time as you are presented at the testing control area.

You may nominate another person (one only) to accompany you to the drug testing process. With the consent of your drug testing official, and at all times in full view of the official, you may:

- Attend a victory ceremony
- Compete in future events
- Receive necessary medical attention
- Fulfill media commitments
- Warm down (cool off) or recuperate

## Athlete's responsibilities

It is the athlete's responsibility to ensure that the following is done during the sample collection process:

- You are aware of and comply with the WA/WMA/WADA doping control regulations
- You comply with the drug testing procedure
- You control the urine sample until it is sealed in the sample collection kit
- The sealed sample collection kit is secured and identified
- All appropriate documentation is accurate, complete and signed

**Note:** *If any part of the drug testing procedure concerns you it is recommended that you record your concern on the drug testing form and notify your Team Manager or Federation.*

### Oleai Sports Complex:

Oleai Sports Complex is a multi-use stadium in Saipan on the western Pacific Ocean Northern Mariana Islands. It is a Class 2 World Athletics Certified Facility.

It has previously held the Oceania Championships in 2008, the Micronesian Championships in 2005 and 2018, and the Micronesian Games in 1969, 1990.

It was the host venue for the athletics at the 2022 Pacific Mini Games, as well as the opening and closing ceremonies.

It has the following:

- 8 Lanes on the straight and circular
- 2 Long/Triple Jump runways
- 2 Javelin Runways
- 2 Shot Put Circles
- 1 Hammer/Discus Cage
- 1 D for High jump
- Inside Water Jump for steeplechase

Teams and athletes will have access to full change room and bathroom facilities. These will be located in the gymnasium.

There will be tents around the venue for teams and athletes to use whilst not competing.

### Training:

There will be training available at Oleai Sports Complex

<b>Monday 19<sup>th</sup> June:</b>	Afternoon
<b>Tuesday 20<sup>th</sup> June:</b>	Afternoon
<b>Wednesday 21<sup>st</sup> June:</b>	Morning Afternoon
<b>Thursday 22<sup>nd</sup> June:</b>	Morning Afternoon

If athletes or team require use of a weights or gymnasium, please arrange a time with OAA and LOC.

During the competition, athletes will be able to warm up on the track, however whilst throwing events are being conducted, no athletes can warm up on the infield.

### Ground Transport – Oceania Cup:

There will be ground transport from the Hotel to Oleai Sport Complex for both training times and competition.

A detailed timetable will be available on arrival and sent to teams.

## Accommodation – Oceania Cup Teams

Teams for the Oceania Cup will be accommodated at:

### **Aquarius Beach Tower**

<http://aquariusbeachtower-saipan.h-rez.com/>

110 Beach Road, Saipan, 96950, Northern Mariana Island

+1 670-235-7873

Aquarius Beach Tower is a charming hotel conveniently located only 4.7km (2.9mi) from the centre of Saipan, and only 2.3km from the competition venue in Oleai Sports Complex.

Room facilities include balcony, climate control, clock radio, coffee/tea maker and in-room safe. Iron/ironing boards and a microwave are supplied in the rooms. Bathroom amenities include hair dryer and shower/tub combination. In-room entertainment options at Aquarius Beach Tower include television. Guests will appreciate complimentary wireless high-speed Internet access. Housekeeping services are also available.

Dining facilities at Aquarius Beach Tower include a cafeteria. There is also room service available. The hotel boasts a 24-hour front desk service. Public areas at Aquarius Beach Tower are comfortably air-conditioned. Other hotel amenities include picnic area. *Other services:* elevator/lift, laundry facilities and safe-deposit box - front

### Arrivals and Departures:

All Oceania Cup Team Members will be meet at the airport and be transferred to their hotel. On departure, team members will be transported to the airport, with times to be finalised in Saipan.

### Meals

Meals will be as follows for the Oceania Cup Team Members:

Breakfast:	Will be available at the hotel
Lunch:	All athletes will be given a per diem for lunch
Dinner:	6:30pm until 8pm at the surf club located next to Aquarius.

## Technical Information:

The Oceania Cup and Oceania Masters Championships will be conducted under the rules of Oceania Athletics, World Athletics and World Masters Athletics.

### Technical Meeting:

The Technical Meeting will be held at Oleai Sports Complex on Thursday 22<sup>nd</sup> of June at 10am.

### Entries Seeds and Draws

The draw will be conducted in accordance with the World Athletics Rules. Further details will be provided at the Technical Meeting.

### Confirmation of Entries

All athletes and teams will need to confirm their entries by close of competition the day prior to the event starting.

After the close of confirmation of each event, heat allocation and lane draws will then be conducted for those events requiring them. Draws for all events will be posted online and sent to participants via email once available.

Team Managers/athletes must notify any scratchings/withdrawals to the TIC no later than two (2) hours before the scheduled starting time for each event using the Official Scratching Form. Where an athlete is injured during warm up, the TIC should be informed immediately.

An athlete shall be excluded from participation in all further events in the competition, including relays where:

- A final confirmation was given that the athlete would start in an event, but then failed to participate, so that it was not practicable to delete the name officially from the list of starters for the event;
- He / she qualified in preliminaries or heats for further participation in an event, but then failed to participate further.
- The provision of a medical certificate, endorsed by a medical officer appointed or approved by the Organising Committee, may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmation closed or after competing in a previous round, but will be able to compete in further events on a subsequent day of the competition (World Athletics Competition Rule 4.4)

### **Additional Heats/Elimination Rounds**

If additional heats are required, all entries for that event will be notified electronically via email.

### **Preliminary Round Not Required**

By the same token if a preliminary round is not required, once again entries will be notified through their team manager.

### **Final Times**

All finals will be conducted at the times advertised for the event final on the programme.

**Relays:**

Relay Entries must be submitted at the Technical Information Centre (TIC) 1 hour prior to the end of competition on the day prior to the conduct of the event.

The composition of a team and the order of running for a relay shall be officially declared no later than the published first call time (the time by which the athletes must be present in the Call Room) for the first their respective heat of each round of the competition.

Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition may be used in the composition of the relay team for any round. However, once a relay team has started in a competition up to a total of four additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified. (WA Rule TR24.10)

***Oceania Cup Mixed 4x100m:***

Each team will comprise of 4 athletes, two athletes of each gender. The changeover zone will be 30m. Teams are free to pick their own order.

***Oceania Cup Mixed 4x400m:***

Each team will comprise of 4 athletes, two athletes of each gender. The changeover zone will be 20m. The last three runners will all be required to wear hip numbers. These hip numbers will be given to athletes in the call room. The order will be as World Athletics Rules, and will be Man, Woman, Man, Woman.

***Masters Championships Relay Races***

Track Relays will be conducted as multi-age events.

Men: 150-199, 200-239, 240 plus

Women: 150-194, 195-229, 230 plus

There will be the following relays:

4 x 100m

Medley 200m, 200m, 400m, 800m

*Non-Stadia Teams will be calculated according to entries.*

**Bibs/Numbers**

Every athlete shall be provided with two (2) bibs, which will be distributed to athletes prior to the start of the competition.

For Oceania Cup athletes, they will be given to Team Managers who will be responsible for issuing them to athletes from their Federation.

For Masters athletes, they will be required to collect their bibs from the Technical and Administration Centre.

The bibs shall be worn visibly on the front of the torso and back except in the jumping events where one bib may be worn on the front of the torso or back only.

Each runner in a relay team must wear the bib with their country name on his/her front and back. Relay runners will be given this bib in the call room.

No athlete will be allowed to take part in any competition without displaying the appropriate bib (TR5.8)

These bibs must be worn as issued and may not be cut, folded or obscured in any way. (TR5.9)

In running events of 10,000 metres or longer the bibs may be perforated to assist the circulation of air. But the perforation must not be made on any of the numbers or letters which appear on them.

The entire number and sponsorship information must be easily read.

Any athlete who requires a replacement bib, it cost a fee of USD50.

**Masters Bibs:**

Masters athletes will be given The number shall correspond with the number allocated to the athlete in the programme.

30-34	30001 -
35-39	35001 -
40-44	40001 -
45-49	45001 -
50-54	50001 -
55-59	55001 -
60-64	60001 -
65-69	65001 -
70-74	70001 -
75-79	75001 -
80-84	80001 -
85-89	85001 -
90-94	90001 -
95-99	95001 -

### **Protests, Appeals and Arbitration Procedures**

Protests are permitted and will be processed in accordance with World Athletics Technical Rule 8

In the first instance, protests must be made orally to the appropriate Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (WA TR8.3).

The Jury of Appeal will deal with any appeals lodged against a decision of a Referee and arising from the conduct of the competition in accordance with the World Athletics rules.

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).

Any written appeal to the Jury of Appeal must be made in writing on the appropriate appeal form available from the TIC. It must be signed by a responsible official on behalf of the athlete and submitted to the TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of USD\$100 cash, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing.

### **Health and Safety**

No athlete shall touch any implement prior or post competition without permission and supervision of a technical official being present at all times.

Cones will be placed in all circles and runways. Removal of these cones shall be by the technical official of the event.

A breach of these will result in a yellow card being issued by the appropriate referee.

### **Medical Services**

Trained medical personnel will be available at both stadia and non-stadia events throughout the competition.

### **Medical Conditions**

Any competitor with medical conditions that could affect medical treatment in the event of injury or illness are requested to notify these condition(s) with their entry form to assist in providing prompt appropriate care. This information should also be written on the back of the competitor's competition number.

### **Equipment**

All competition equipment provided by the LOC is certified by World Athletics.



### **Personal Implements**

Athletes who wish to use their own throwing implements during the Championships must lodge them with the Technical Manager in the Equipment Room no later than 1 hour prior to the end of competition the day prior to the event starting.

The implements will be impounded until after the event when athletes may collect them from the Technical Manager.

Personal implements lodged with the Local Organising Committee will be added to the pool of implements to be used in the competition and may be used by any athlete, not just the athlete who lodged it.

Athletes will be allowed to submit up to two (2) implements, providing that the following is met:

- They have World Athletics certification.
- They are in good condition and the brand is easily recognized.
- They are made available to all the other competitors until the end of the Final.
- They will have to be submitted to the Technical Manager in the Equipment Room at Stadium
- Basic implements will be provided for warm up and training.
- All personal Hammers must be presented with no Tape on the wire.
- All personal discus must be presented without stickers of any kind

Personal Implements will be returned to the athletes after the final of the competition. They will be available to be collected from Technical Room, 30 minutes after the conclusion of the event.

### **Starting Heights**

Starting heights along with progressions of raising the bar will be confirmed after the close of entries.

All athletes entered in Vertical Jumps and Combined Events, will be required to their athletes Seasons and Personal Bests to the Technical Delegate prior to the competition, who will then decide the starting heights and progression for Vertical Jumps.

### **Refreshment Stations**

Drinks Table for Track Distance Events

A drinks table may be set up on the back straight for athletes competing in the 5,000m and 10,000m on the track if weather conditions warrant such provision.

### **Drinks and Sponging Station for the Half Marathon**

Water and other suitable refreshments will be available at the start and finish of the half marathon event, and at designated aid stations along the course.

### **Personal Refreshments for the Half Marathon**

Athletes will be allowed to have their own Personal Refreshments. Athletes will be able to nominate at which stations they shall be made available to them. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organising Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

Where and when any personal refreshments will need to be submitted, will be given to teams with athletes in the Half Marathon, on arrival into Honiara.

Teams will be able to have up to two (1) official per athlete in the race at the designated area for personal refreshments.

An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

## Competition Clothing

For the Oceania Cup, competitors must wear the Member Federations Uniform, or otherwise if they don't have their MF uniform, they are to wear a black uniform. official team clothing.

In OMA Championships all competitors must wear a singlet or vest that is approved by their National Masters body. Athletes must wear their correct country uniforms to medal presentations, unless weather conditions are such that other attire is appropriate.

A competitor wearing any other clothing will not gain access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts, and tights) as well as to tracksuits.

Uniforms must adhere to World Athletics Regulations, which can be found here:

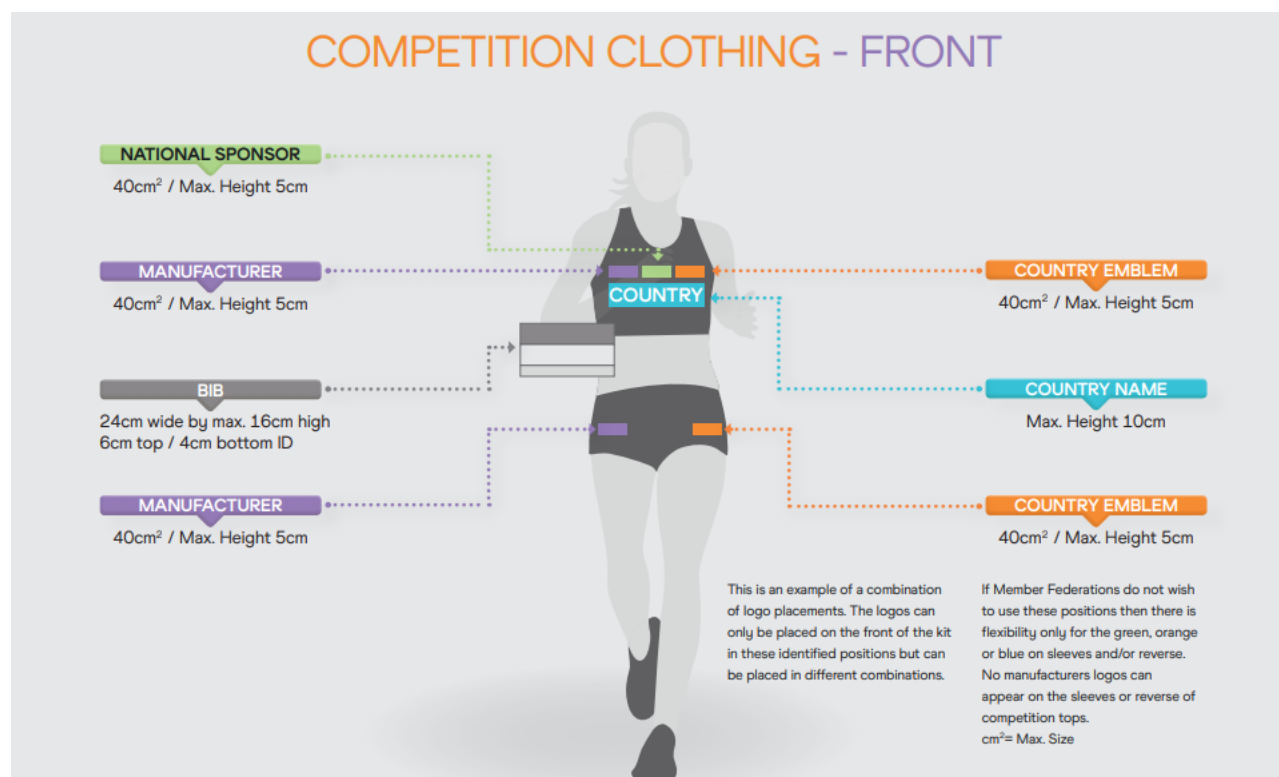
<https://worldathletics.org/about-iaaf/documents/member-federation-resource-centre>

The maximum spike lengths in the various events are:

Track, Long Jump, Triple Jump and Pole Vault: 7mm- "pyramid spikes"

High Jump and Javelin: 9mm - "pyramid spikes"

The competition will enforce World Athletics Technical Rule 5 in regard to competition footwear.



**Call Room/Marshalling:**

All athletes are required to Marshall before their event.

For track athletes, they will be required to marshal at the finish line, where they will be taken to their respective start line.

For Field event athletes, they will need to report to their event site.

It is the responsibility of the team managers and athletes to ensure that they are aware of the check-in times for marshalling.

Athletes arriving late may be excluded from participation in the event.

The following is the tentative schedule for athletes to report to marshalling before each event – these times may be adjusted based on venue conditions and number of competitors per event:

Events	Marshalling time.
Running Events	15 minutes
Horizontal Jumps and Shot Put	40 minutes
High Jump/Discus/Javelin/Hammer	60 minutes

If an athlete is already competing in another event at the designated call time, the Team Manager must notify the TIC of this prior to the designated call time.

Hip numbers will be distributed at the start line by officials. Athletes in races 800m and above will wear hip numbers on both hips corresponding to the position number. They will need to be secured by 4 pins on each corner.

The last three (3) runners in the 4x400m relays will also be given hip numbers to wear.

Athletes in track races should come ready to race to the marshalling.

Field Event athletes will be able to take a bag on to the field of play, so long as it meets the advertising regulations, and all prohibited items are removed.

Confiscated items will be taken off athletes in the Call Room. Confiscated items will be available for collection at Post Event Control once the athlete's event has finished.

### Competition Preparation and Delivery

Athletes may only use the official run up markers provided by the Organising Committee for the approach. These will be handed out by the competition officials at the competition area.

The warm-up trials will be supervised by the judges. Warm-ups in the throwing events will be by competition order.

In Field Events, all competitors in the following field events will be allowed three (3) trials. The top eight (8) competitors will then be allowed three more trials in the following events:

- Long Jump/Triple Jump
- Shot Put
- Discus/Hammer/Javelin

In the high jump a competitor is eliminated after three consecutive misses.

### Measurement

Measurement of the long throws will be by a certified Electronic Measuring Device Shot Put and the horizontal jumps will be measured by fibreglass tape measures. Any record performances will be certified by steel tape measures.

### Track Events – Progression to Finals

The number of rounds and heats to be conducted for all track events, and the number of athletes to progress to the next round will be determined in accordance with World Athletics Technical Rule 20.

100 / 200 / 400 / 800 / 400 Hurdles	1 – 8 athletes	Final only
	8 – 24 athletes	Two (2) rounds only
	Over 24 athletes	Three (3) rounds only
1500 / 5000 / 10000 / Steeplechase		Final only

### Progressions for events up to 400 metres

2 heats	First 3 per heat plus next 2 fastest to final
3 heats	First 2 per heat plus next 2 fastest to final
4 heats	First 3 per heat plus next 4 fastest to 2 semi-finals
2 semi-finals	First 3 per heat plus next 2 fastest to final
5 heats	First 4 per heat plus next 4 fastest to 3 semi-finals
3 semi-finals	First 2 per heat plus next 2 fastest times to final

Where it is decided that semi-finals shall be conducted, adjustments to the above progressions will be made and notified either at the Technical Meeting, or as soon as practicable thereafter. In the case of a tie, World Athletics Technical Rule 21 will apply.

### **Starting Blocks**

For the Oceania Cup Starting blocks must be used for all events up to and including 400m.

Master athletes are not required to use starting blocks or a crouch start or have both hands in contact with the track for the start of any race.

Only those supplied by the Local Organising Committee (LOC) may be used.

### **Starters Commands**

The starter commands will be given in English, as follows:

For distances up to and including 400m:

“On your marks”

“Set”

Fire the gun

For distances of 800m and more:

“On your marks”

Fire the gun

If for any reason the starter feels it is necessary to interrupt the process he/she will say:

“Stand Up”

In the Masters Championships races, individual athletes who are charged with a false start, as determined by the head starter, shall be warned. Individual athletes who are charged with their second false start in the same race, as determined by the header starter, shall be disqualified.

In the Oceania Cup, World Athletics Rule TR16.7 will be enforced.

### **Timing**

The official timing will be provided by Finish Lynx Digital Photo-finish and Timing Equipment and will be displayed on the official electronic timing instrument and photo finish cameras provided by the Brook Group, Ourimbah, New South Wales, Australia.

For all races of 800m or more, the elapsed time will be displayed on infield clock/display board.

### **Field of Play**

Safety is of primary importance, particularly on the Field of Play. The only persons permitted on the Field of Play during competitions are Technical Officials, athletes competing in current events, accredited medical personnel and other persons specifically approved by the Competition Director or the Meeting Manager, including but not restricted to media, venue personnel and the like.

Coaches, non-competing athletes, spectators and non-accredited personnel are not permitted to enter the Field of Play at any time during competitions or warm-up periods without express approval of the Competition Director or Meeting Manager. Should any such unauthorized incursions occur the Competition Director or Meeting Manager shall immediately cause all competition to cease until such time as all persons have vacated the Field of Play.

### **Leaving the stadium during competition**

An athlete may only leave the competition area when accompanied by a judge. The intention has to be communicated to the Referee.

### **Coaches Area**

An area is designated off the field of play near each field event site as a coaching area. Coaches are confined to this area, and athletes are able to talk to their coach in this designated area.

### **Warm Up:**

Field athletes will be allowed to warm up prior to their event at the event site. There will be no throwing without the supervision of a Technical Official. Warmups are factored into the marshalling time.

Track athletes may be allowed to warm up on the track at certain times, and these will be communicated via the loudspeaker at the stadium.

### **Completion of Competition**

Leaving stadium

After the competition, athletes leave immediately through Post Event Control where they retrieve their clothing. Any athletes required for doping control will be told at this time.

After leaving Post Event Control athletes will move through the Mixed Zone.

### **Post Event Control (PEC)**

Post Event control will be located just beyond the finish line.

PEC will have the following:

Medical and First Aid available.

Water

Confiscated items from the Call Room

As athletes go past PEC, there will be a mixed zone, where athletes will be available to Media outlets for interview opportunities.

Athletes may be asked to do an on-ground interview after their event, this will go to both broadcast and within the stadium.

Doping Control may be carried out. Any athlete selected for doping control will be collected from Post Event Control. If athletes have other events or duties, they should sign the acknowledgement and ask the chaperone to wait.

### **Interviews/Mixed Zone**

Immediately after the competition, athletes may be asked for an interview. It is for the athlete to decide whether he/she will give an interview. Athletes are requested to co-operate with the media.

### **Medal Presentations**

Medal presentations will be made as soon as possible after the event. All Masters events will be presented with Medals. Medals for Field Events will be presented at the field event site. Medals for track events will be presented as soon as possible after the event has concluded.



### **Announcements**

Official announcements will be made in English.

### **Start Lists**

Start Lists will be available for Team Managers immediately after the Technical Meeting. These will be updated after the end of each day for the next day's competition.

Start lists will be emailed to all teams and athletes once finalised.

### **Results:**

Results will be posted online via the Oceania website. At the competition of each day's competition, a summary will be posted and emailed to all team managers.

No printed results will be available at the Championships.

### **Administration/Technical Information Centre (ATIC)**

The TIC will be open during competition hours and two hours prior to competition and one hour after competition. When the TIC is not open, please direct all enquires to Oceania Athletics.

The Technical Information Centre will be responsible for:

- Confirmation of entries
- Final declaration of team relays
- Withdrawals and substitutions
- Protests and Appeals to the Jury
- Distribution of start lists and results to Team Management
- Display of start lists and results on the Notice Board outside the Technical Information Centre
- Issue of forms for claiming records
- Processing of record claims
- Organization of photo finish print if required for records
- Obtain any additional medical information from Team Management for the Medical Team
- Distribution of communications between the Organising Committee and the Team Management
- Receiving written questions from Team Managers for the Technical Meeting
- Answering technical questions asked by Team Management

One Manager per team should be nominated to liaise with the ATIC. This name will need to be provided at the Technical Meeting to the Organisational Delegates.

## Oceania Cup Technical Rules

### 1. Age Group and Team Size

- a. Senior Competition
- b. Athletes can only be eligible and entered in one (1) Team
- c. Age taken as of 31 December 2023.
- d. For the Senior Competition, Athletes must 16 years or older in the year of Competition (2023) to be able to compete.

### 2. Events and Entries

- a. 100, 200, 400, 800, 1500, 3000, 100 H/110 H, 400 H, 3000 SC
- b. Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw.
- c. Mixed 4x100 – 2 Men/2 Women – Teams are free to pick their own order
- d. Mixed 4 x 400 – to be conducted as per World Athletics Rules
- e. Teams must enter an athlete in every event.
- f. Teams can enter up to as many athletes in any event (except for SC and HJ), with maximum one male and one female athlete to score.
  - i. In High Jump and Steeplechase, teams will be limited to a maximum of 2 athletes per gender.
- g. Athletes will need to register a performance to be eligible to be scored.
- h. All athletes must be registered with their affiliated Association or Federation in accordance with the Constitution and Rules / Regulations of their Association or Federation.
- i. Each team may enter up to one (1) team in the relay event/s.

### 3. Team Scoring

- a. The highest ranked athlete from each team will score.
- b. Athlete must record a performance to score a point.
- c. The winning team will receive a trophy.

Place	Individual	Relays
1	10	20
2	8	16
3	6	12
4	5	10
5	4	8
6	3	6
7	2	4
8	1	2

### 4. Team Management and Team Coaches:

- a. Only accredited Team Management/Coaches shall be permitted to coach athletes from within the areas reserved for this purpose.

### 5. Track Events

- a. Seedings and lane allocations for track events will be random draw
- b. Atleast one athlete from each team will be in each heat
- c. All track events will be timed finals

## 6. Hurdle Height and Specifications

	Height	Number of Hurdles
Men 110m	106.7cm	10
Women 100m	84.4cm	10
Men 400m	91.1cm	10
Women 400m	76.2cm	10
Men 3000m Steeplechase	91.1cm	28 Hurdles and 7 Water Jumps
Women 3000m Steeplechase	76.2cm	28 Hurdles and 7 Water Jumps

## 7. Field Events

- Field Events, all athletes will receive 6 attempts.
- The competing order for this last round of trials will be in the reverse ranking order recorded after the first three rounds of trials. Final placing and points will be based on the performances of all trials in all rounds.
- The Long Jump will have one (1) take off board. This board will be set according to the Technical Delegate.
- The Triple Jump shall have a minimum of two (2) and maximum of three (3) take off boards. The spacing of the boards will be as provided at the competition venue. These spacing's will be advised to all teams prior to the competition. Nominally, the distances will be 13m, 11m, 9m or 7m (Depending on Gender).

## 8. Throwing Implement specifications

	Shot Put	Hammer Throw	Javelin Throw	Discus Throw
Men	7.26kg	7.26kg	800g	2kg
Women	4kg		600g	1kg

## 9. High Jump

- Height progressions and starting heights will be determined after the close of entries have been received.

## 10. Uniform and Footwear

- Each team must compete in the same uniform. The uniform must be submitted to OAA.
- Athletes must adhere to the World Athletics Shoe Rules.
- Any venue specific rules in relation to the type and maximum length of spikes will be advised by OAA within the team manual.

## Oceania Masters Championships Technical Rules:

### Running events

Competitors in running races must make a genuine attempt to run most of the race, predominantly walking is not acceptable and may be subject to disqualification.

### Steeplechase Specifications:

Age Group	Race (m)	Height (m)	No of Barriers	Water Jumps
W35+	2000m	.762m (30")	18	5
M35-59	3000m	.838m (33")	28	7
M60+	2000m	.762m (30")	18	5

### Hurdles Specifications

Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish(m)
W35-39	100	0.838	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	0.838	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	0.838	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

Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant.

### Relay Races

Track Relays will be conducted as multi-age events.

Men: 150-199, 200-239, 240 plus

Women: 150-194, 195-229, 230 plus

4 x 100m

Medley 200m, 200m, 400m, 800m

*Non-Stadia Teams will be calculated according to entries.*

### Field Events

When a field event competition includes competitors in different age groups, such groups must be considered separate competitions for the purpose of deciding which competitors shall be allowed to advance. These may be more than the usual maximum of competitors allowed additional trials.

When a high jump and pole vault competition includes competitors in difference age groups jumping and vaulting in the same competition pool, and there is only one competitor left in an age group, that competitor has the right to have the height of the bar raised in terms of applicable WA Rules, event though other competitors in other age groups may still be jumping/vaulting. Said competitors must continue in the normal progression and may not jump at these special heights.

### Implement Specifications – Masters:

Women	Hammer	Shot	Discus	Javelin	Weight
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)
M35-49	7.26kg	7.26kg	2.00kg	800g	15.880 (35lb)
M50-59	6.00kg	6.00kg	1.50kg	700g	11.340 (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)

### High Jump:

Both feet must be off the ground during the jump or vault. Masters competitors are allowed to touch the landing area before clearing the bar, but may not use the landing area to any advantage as determined by the Field Judge.

### Throwing the Hammer

It is required that 2 hands be used at all times when throwing the hammer.

### Throwing the Weight

It is required that 2 hands be used at all times when throwing the weight.

### Combined Events Competitions

In all Combined Events, only a single attempt at each running event is allowed and a maximum of three attempts shall be allowed in all field events except the High Jump and Pole Vault where three successive misses or voluntary withdrawal eliminates an athlete. In masters Combined Events, World Athletics Technical Rule 39 will apply.

The order of events

**Day 1**

Women's Heptathlon	Men's Decathlon	Women's Pentathlon	Men's Pentathlon
100m Hurdles	100m	100m	Long Jump
High Jump	Long Jump	Shot Put	Javelin
Shot Put	Shot Put	Long Jump	200m
200m	High Jump	Javelin	Discus
	400m	800m	1500m

**Day 2**

Women's Heptathlon	Men's Decathlon
Long Jump	110m Hurdles
Javelin	Discus
800m	Pole Vault
	Javelin
	1500m

**Men's and Women's Throws Pentathlon**

The order of events for both the men's and women's Throws Pentathlon are:  
 Hammer, Shot Put, Discus, Javelin, Weight Throw

**Awards**

The first three competitors in each event will receive medals. Entrants from outside Oceania who finish in the first three places will receive the appropriate medal but will not displace eligible Oceania competitors.

Medals will be presented at the field event sites for Field events, and at the conclusion of track finals for track events.

**Oceania Masters Championships Records:**

Athletes will be eligible to break Oceania Masters Championships records.

For a full list of Championships records, they can be found at the following link.

<https://www.oceaniamastersathletics.org/oma-championship-records/>

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