

AGE GROUPS

Athlete's age will be determined as at the first day of competition, June 1, 2024.

The Championships will have 5-year age groups starting from 30 years until 90 years and above.

M&W 30	M&W 60
M&W 35	M&W 65
M&W 40	M&W 70
M&W 45	M&W 75
M&W 50	M&W 80
M&W 55	M&W 85
M&W 90+	

The 2024 Edition will be held alongside the Area Championships for Senior, U18 and Para Athletes, making it a truly inclusive Championships, something that is not replicated anywhere else in the world.

EVENTS

100m	High Jump
200m	Long Jump
400m	Triple Jump
800m	Pole Vault
1500m	Javelin
5000m	Shot Put
Sprint Hurdles	Discus
Long Hurdles	Hammer
Steeplechase	Weight Throw
3000m Track Race Walk	
5000m Track Race Walk	
10km Road Race Walk	
Cross Country	
Half Marathon	
Pentathlon	
Throws Pentathlon	
Heptathlon	
Decathlon	

NOMINATIONS CLOSE
May 3rd 2024



VENUE

HFC National Stadium has recently been resurfaced and has World Athletics Class II Certification.

Out of stadia events will be conducted around Suva, including Albert Park, and at the Suva Sea Wall.





THE HOST

Fiji is a hub in the Pacific, with 13 Oceania Member Federations having direct flight access into Fiji, and no Federation needing a Visa, it makes the logistics smoother for all.

Fiji has an unspoiled, unique environment of extreme beauty and tranquillity, making it a dream destination for couples, friends, and families looking to enjoy a tropical holiday together. From the mainland island of Viti Levu to the outer islands, there's more beauty than you'll be able to take in.



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EVENT INFORMATION

<https://athletics-oceania.com/mac-2024/>



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2024 Oceania Athletics Masters Championships

Suva - Fiji | June 1 - 8