

OAA COMPETITION CIRCULAR – 08.2025

Oceania Athletics Championships 2026 – Competition Information

10 December 2025

Information

Date	Monday 18 th May to Saturday 23 rd May 2026
Venue	Arafura Stadium
City	Darwin, AUS
Participation	All Oceania Member Federations and Associate Members are invited to participate.
Age Groups	Senior, Para, U16, U18, U20, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 +
Preliminary Entries	Midnight Monday 9 th February AEST – UTC +10
Final Entries	Midnight Monday 27 th April AEST – UTC +10
Final Accommodation Deadline	Midnight Monday 23 rd March AEST – UTC +10
Qualification Period	January 1, 2025, until Sunday 26 th April 2026

Oceania Athletics is pleased to announce that the 2026 Oceania Athletics Championships will be held in Darwin, Northern Territory, Australia. The event will be Oceania Athletics largest event ever, with athletes of all ages and abilities competing for the same medals, at the same time, at the same venue.

The Championships will provide an important opportunity for athletes to qualify for World events and provide development opportunities for all Member Federations. Oceania Athletics is working closely with Athletics Northern Territory and local partners to deliver an outstanding competition in a vibrant and welcoming environment.

Medals will be awarded to the first three (3) athletes representing an Oceania Member Federation. For any event that has invitational athletes, or athletes from outside Oceania, Invitational Medals will be awarded to those athletes should they place in the top 3.

Darwin, the capital of Australia's Northern Territory, offers a unique blend of tropical lifestyle, rich cultural diversity, and warm hospitality. The city is known for its stunning sunsets, access to world-renowned natural attractions such as Kakadu and Litchfield National Parks, and a relaxed outdoor atmosphere. With excellent sporting facilities, convenient transport links, and a wide range of accommodation and dining options, Darwin provides an ideal setting for athletes and visitors to enjoy both competition and exploration during their stay.

In the following pages, you will find important information regarding participation at the Oceania Athletics Championships, including the General Programme, entries, competition, travel and accommodation information.

General Program

Day	Date	Time	Venue
Saturday	16 th May	Arrivals	Darwin Airport
Saturday	16 th May	All Day	Arafura Stadium
Sunday	17 th May	Arrivals	Darwin Airport
Sunday	17 th May	1:00pm	Oceania Athletics Congress Meeting
Sunday	17 th May		Club Tropical
Sunday	17 th May		Arafura Stadium
Sunday	17 th May	Training	Arafura Stadium
Sunday	17 th May	Evening	Opening Ceremony and Function
Monday	18 th May	9am–6pm	Oceania Athletics Championships Day 1
Tuesday	19 th May	9am–6pm	Oceania Athletics Championships Day 2
Wednesday	20 th May	9am–6pm	Oceania Athletics Championships Day 3
Thursday	21 st May	9am–6pm	Oceania Athletics Championships Day 4
Friday	22 nd May	9am–6pm	Oceania Athletics Championships Day 5
Saturday	23 rd May	9am–6pm	Oceania Athletics Championships Day 6
Saturday	23 rd May		Departures
Sunday	24 th May		Darwin Airport
			Darwin Airport

A detailed Schedule will be available in the *Oceania Athletics Championships Team Manual*.

Senior Championships

The Senior competition will be the Oceania Area Athletics Championships. These events will be recognised as such, and in turn be awarded GL Level points for the World Athletics Rankings System and will count as the Area Champion in regard to World Championships Qualification for 2027.

Each Member Federation will be allowed to enter up to 3 athletes per Senior Event and will be able to enter up to one (1) reserve in each Senior event.

Athletes to be eligible for quota funding from OAA, will have to have met the entry standard as set out by OAA (appendix 1).

Athletes will need to be 16 years (born in 2010 or before) and above to be entered in Senior events.

Entries will need to be submitted by each Member Federation by the close of entries. There will be no replacement of athletes outside of the reserve athlete once the close of entries deadline has been reached.

Medals will be awarded to the first three (3) athletes representing an Oceania Member Federation according to the baseline performance table. For any event that has invitational athletes, or athletes from outside Oceania, Invitational Medals will be awarded to those athletes should they place in the top 3.

A maximum of one (1) Invitational or Exhibition athlete may advance to the final eight in any event.

Should entries warrant it in the 400, 800 and Hurdles, the Technical Delegate may include a 'B' final to be conducted prior to the 'A' final.

Each Member Federation will be allowed to enter up to one (1) team per relay. The Technical Delegate may allow Member Federations to enter more than one (1), subject to the entries received.

The Pole Vault, Decathlon, Heptathlon, 10,000m and 10,000m Walk Oceania Championships will be conducted at a different venue and time, with further information to be provided to Federations in early 2026.

Events

100, 200, 400, 800, 1500, 5000, 100/110 H, 400 H, 3000 SC, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, 5000m Walk, 4x100m, Mixed 4x400m.

Age Championships

Oceania Athletics has a long history of providing competition opportunities for athletes of all ages, including the Masters Athletics Championships. Over time, the sport and its participants have evolved, with greater inclusivity, diversity, and alignment across all levels of athletics. To ensure our events remain relevant, accessible, and reflective of our modern community, Oceania Athletics will conduct the Oceania Age Athletics Championships.

This change aims to modernise the event's identity, promote inclusivity, and encourage greater participation from athletes across all divisions. The term "Masters" can sometimes be viewed as exclusive or outdated, whereas "Age Group Championships" provides a clearer and more contemporary description of the event's purpose. Importantly, this is a name and branding change only — competition structures, rules, and eligibility criteria will remain the same.

U16

U18

U20

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70-74

75-79

80-84

85-89

90 +

Under 16 Championships

There will be no restrictions on the number of entries a Member Federation can enter in the U16 events. For High Jump, athletes will need to meet the minimum starting height.

Age Groups are calculated on the 31st of December of the year of Competition (2026). To compete in the under 16 age group, athletes must be 14 years or older and be born in 2012 or 2011.

Under 16 athletes are not eligible to be a part of their Member Federation Quota. All Under 16 Athletes will need to pay the competition entry fees.

For the U16 Championships, entries will be taken individually, and via the Oceania Athletics Entry platform.

Events

100, 200, 400, 800, 1500, 3000, 90/100 H, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw.

Under 18 Championships

Each Member Federation will be allowed to enter up to (three) 3 athletes per U18 Championships event. Each Member Federation will be able to enter up to one (1) reserve in each Under 18 events. Entries in High Jump and Triple Jump must have met the minimum Entry Standard.

Age Groups are calculated on the 31st of December of the year of Competition (2026). To compete in the under 18 age group, athletes must be 15 years or older and be born in 2009, 2010, or 2011.

Entries will need to be submitted by each Member Federation. Each MF will be given information on how to submit their entries via the entry portal or through the approved entry form.

Under 18 athletes who are not a part of their Member Federation Quota will need to pay the competition fees as set out.

Medals will be awarded to the first three (3) athletes representing an Oceania Member Federation according to the baseline performance table. For any event that has invitational athletes, or athletes from outside Oceania, Invitational Medals will be awarded to those athletes should they place in the top 3.

Events

100, 200, 400, 800, 1500, 3000, 100/110 H, 400 H, 2000 SC, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, 5000m Walk, 4x100m, Mixed 4x400m

Under 20 Championships

The U20 Championships will be for Pacific Island Member Federation. Each Pacific Island Member Federation will be allowed to enter up to 3 athletes per U20 Championships event. Entries in High Jump and Triple Jump must have met the minimum Entry Standard.

Age Groups are calculated on the 31st of December of the year of Competition (2026). To compete in the under 20 age group, athletes must be 17 years or older and be born in 2007, 2008 or 2009.

Entries will need to be submitted by each Member Federation. Each MF will be given information on how to submit their entries via the entry portal or through the approved entry form.

Under 20 athletes who are not a part of their Member Federation Quota will need to pay the competition fees as set out.

Medals will be awarded to the first three (3) athletes representing an Oceania Member Federation according to the baseline performance table. For any event that has invitational athletes, or athletes from outside Oceania, Invitational Medals will be awarded to those athletes should they place in the top 3.

Events

100, 200, 400, 800, 1500, 5000, 100/110 H, 400 H, 3000 SC, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 5000m Walk, Mixed 4x400m

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+ Championships

Oceania Athletics will conduct Age Group Championships. Medals will be awarded to the first three (3) athletes representing an Oceania Member Federation in each respective age group. For any event that has invitational athletes, or athletes from outside Oceania, Invitational Medals will be awarded to those athletes should they place in the top 3.

Age for these age groups will be taken as of 18th May 2026.

There will be no restrictions on the number of entries a Member Federation can enter in the Age Group Championships events.

Technical Information regarding implement weights and hurdle heights for individual age groups can be found in Appendix 4.

For the Age Group Championships, entries will be taken individually, and via the Oceania Athletics Entry platform.

Events

60, 100, 200, 400, 800, 1500, 3000, 5000, Sprint H, Long H, Steeplechase, Long Jump, Triple Jump, High Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Weight Throw, 3000m Walk, 5000m Walk, Mixed 4x100m, Mixed 4x400m, Pentathlon, Throws Pentathlon

Para Championships

The Para Championships are officially sanctioned by World Para Athletics. All athletes will need to have at least a national level classification to compete and be eligible for a medal.

There will be no restrictions on the number of entries a Member Federation can enter in the Para Championships events.

There are restrictions on what events what classes can enter, which is outlined in Appendix 3.

The Para Championships will be a senior competition, and therefore, senior implements will be used according to an athlete's classification. The full table can be found in appendix 4.

Athletes will need to be 16 years as of the 31st of December (born in 2010 or before) and above to be entered in Senior events.

For the Para Championships, entries will be taken individually, and via the Oceania Athletics Entry platform.

Medals will be awarded to the first three (3) athletes representing an Oceania Member Federation according to the baseline performance table. For any event that has invitational athletes, or athletes from outside Oceania, Invitational Medals will be awarded to those athletes should they place in the top 3.

Events

100, 200, 400, 800, 1500, Long Jump, Shot Put, Discus Throw, Javelin Throw

Entry Information

Oceania Athletics will send out information and publicise information regarding how Member Federations and Athletes can enter the Championships in January/February 2026.

For Senior, U20 and U18 Championships events, only an approved representative will be allowed to enter athletes.

For other age groups and divisions, entry will be taken via online portal by individual athletes.

Member Federations will be required to submit preliminary entries, with the following information.

- If Federation requires accommodation in OAA Village Accommodation
- Number of Persons staying in the OAA Village Accommodation.
- Number of Athletes, Team Staff and Gender of those persons.

Member Federations will be required to submit the following information with their final entries.

- Athletes Name, Date of Birth, Eligibility Requirements, Events Entered, qualification performances
- Travel Details
- Final accommodation requirements
- Team Staff Names and Travel Details

Member Federations will be required to submit verifiable performances for all athletes who are entered. All athletes entered the Championships must have a verifiable result or performance to be entered. For High Jump, Triple Jump, Steeplechase, Hurdle events, athletes will need to have met the entry standard.

No athlete shall be accepted in a Federation's quota unless they have met the minimum Championship Qualifying Standards.

Any MF who does not supply verifiable results with their entries will risk their entries not being accepted. All entries need to be submitted by the entry deadline.

Age Groups are calculated on the 31st of December of the year of Competition for Under 20, Under 18 and Under 16 events. (Under 16 Athletes must be born in 2011 or 2012, Under 18 Athletes must be born in 2009, 2010 or 2011 and Under 20 Athletes must be born in 2007, 2008 or 2009)

Age groups for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+ will be calculated on the first day of competition, which will be **May 18th, 2026**.

Member Federations can send a maximum of three (3) athletes in Championships (Senior, U20 or U18) event. Federations can enter up to one (1) reserve in each Championship event (Senior, U20 or U18).

Member Federations will be able to enter athletes who have not achieved the Entry Standard. However, they are not eligible for funding. These entries must be approved by the Technical Delegate into their nominated event.

For High Jump, Triple Jump, Steeplechase, Hammer Throw and Hurdle events, all athletes will need to have met the entry standard in Championships events (Senior, U20, U18).

Quota and Financial Information

Member Federations will receive a quota from OAA for Athletes and Team Official. The Quota will be sent to Federations individually and is based on attendance at previous Oceania Athletics Championships and events.

Athletes will need to have met the Championship Entry Standards (appendix 1) and ensure there is a gender balance to receive financial support. Each Federation will have one (1) Team Official who will receive financial support.

Only athletes in the Senior, Under 20 or Under 18 Championship events who have met the entry standards will be eligible for quota positions.

Where a Member Federation's Athletes do not meet the Championship Entry Standard up to one (1) male and one (1) female athlete and one (1) official will be deemed to be the maximum quota.

All other divisions are a self-funded competition.

Member Federation Quota Team Members will receive the following financial support:

- Airfare from departing international airport – Appendix 2
- Twin or Share Accommodation (calculated according to the least number of days required according to airline schedules) ##
 - Arrivals will be either Saturday 16th or Sunday 17th May
 - Departures will be Saturday 23rd May, Sunday 24th May.
- Meals (calculated according to accommodation)
- Ground Transport in Host City
- Any necessary Overnight Stays to and from Host City**
- Competition Levy and entry fees

OAA will work out based on flight schedules a team's accommodation. If a team or athlete chooses to extend or change their flight schedules, they will be responsible for the extra accommodation costs.

NB: Member Federation Quota Athletes and Team Officials will only be offered an airfare from their home Federation OR from where they reside – whichever is the cheapest possible option as determined by the OAA Office.

Examples:

- Samoan Athlete living in New Zealand will receive an airfare from Auckland or the cost from Samoa - whichever is the cheapest possible option as determined by the OAA Office.
- Guam athlete living in the USA will receive the equivalent cost of travel from Guam or the cost from the USA - whichever is the cheapest possible option as determined by the OAA Office.
- Fiji athlete living in Sydney will receive an airfare from Sydney or the cost from Fiji - whichever is the cheapest possible option as determined by the OAA Office.

Airfares will only be funded from the departing international airport (appendix 2) in the Member Federation or from where the participant resides - whichever is the cheapest option as determined by the OAA Office.

The official Championship airport is Darwin Airport. OAA will only fund airfares to Darwin Airport.

Travel tickets of quota athletes will be issued preferably by Oceania Athletics, provided Members send their Preliminary Entries and Final Entries by the respective deadlines.

If a Federation purchases airline tickets for their quota athletes, the price of such tickets must be submitted together with the Preliminary Entries for the prior written approval of Oceania Athletics. Federations acknowledge that the cheapest available price will be taken as a reference. Only approved travel costs will be reimbursed upon the submission to Oceania Athletics of the corresponding invoice(s), and the athlete participating in the Competition.

No travel will be booked by the Oceania Athletics office without confirmation of visas for travelling person.

Once travel is confirmed, if any athlete/official does not travel/compete, the MF will be charged for all expenses incurred by OAA.

All under 18 athletes will need to be accompanied by a Team Official of the same gender. Athletes need to be at least 15 years of age to travel to Oceania Athletics Competitions.

Federation Funding Obligations

- Visa Applications (if your Federation requires a visa to attend the Area Championships or any transiting countries, please write to the OAA Office for advice)
- Any Government mandated covid isolation periods or testing either on the way to the Championships or return home from the Championships
- Departure taxes
- Medical and travel insurance
- All other domestic airfares are the responsibility of the Member Federation
- Additional accommodation outside of the agreed period according to arrivals and departures
- Once travel bookings are made, they will NOT be able to be changed without financial penalty to the Federation

Any funded/travelling athlete must have reached a minimum age of 15 years by the 31st of December 2026. Under 18 athletes are not permitted to travel unless they are accompanied by a parent/guardian or Team Official of the same gender.

Competition Fees

Athletes will be required to pay a competition levy for the Oceania Athletics Championships. The levies are as follows:

Senior Championships	Costs met by Oceania Athletics for Member Federation Teams
Age Groups/Para Events	Will be finalised on open of entries in early 2026

Additional Athletes and Team Staff

The Association would like to encourage your Federation to send more than your quota athletes. Any additional persons will be the financial responsibility of the Member Federation.

If a Member Federation wishes to have these additional athletes and team staff in the OAA Village there will be an additional charge.

Accommodation and Meals costs for additional team members will be advised in early 2026. Additional cost will be per person / per day payable prior to or on arrival into Darwin for the Oceania Championships.

- Accommodation Twin Share (calculated on per person / per day)
- Meals (calculated according to accommodation)
- Ground Transport in Host City
- Airport Transfers
- Competition Levy

Additional Athletes and Team Staff would be responsible for the following:

- Flights
- Visa Applications (if your Federation requires a visa to attend the Area Championships or any transiting countries, please write to the OAA Office for advice)
- Any Government mandated covid isolation periods either on the way to the Championships or return home from the Championships
- Departure taxes
- Medical and travel insurance
- All other domestic airfares are the responsibility of the Member Federation
- Additional accommodation outside of the agreed period according to arrivals and departures

For Member Federations wishing to have extra athletes and team staff in the OAA Village, this will need to be submitted with the preliminary entries.

Member Federations will have their accommodation invoice based on the final entries. There will be a tolerance of two persons, with any substantial changes, will be passed onto the Member Federation.

Team Officials and Staff

All team officials/management/medical/media will need to be accredited. Each MF will have an assigned number of Team Officials as apart of each their quota. This number will be distributed to each MF individually.

There will be a cost for additional accreditations for team officials/management/medical/media. This will be distributed in early 2026.

Field of Play Access

Field of play will be restricted to Technical Officials, Athletes and approved accredited personnel.

Member Federations may apply to have team staff access the field of play prior to the competition starting.

Please note that there will be no alterations or marks to the Field of play to be made by Team Staff.

Each MF will only receive a restricted number of Field of Play access bibs. These will be distributed to Member Federations individually.

Ground Transport

There will be ground transport in the form of buses to and from the Competition Venue. Transport will be provided during competition times and either side of the competition times.

Access to transport will be limited and only available to those staying in the approved OAA accommodation, Technical Officials, and those with approved accreditation.

Safeguarding

Oceania Athletics will have their own Safeguarding Event Plan which will be available to all teams and accredited personnel.

In this policy, all accredited personnel at the Oceania Championships will need to have completed the World Athletics Safeguarding Essentials Course.

~~However, In addition~~ all Member Federations should have their own Safeguarding Policy (covering topics such as travel, supervision, communication, training etc.) and a code of conduct with a reporting procedure to cover all athletes and Team Officials attending an OAA Event.

Members will ensure such safeguarding risk assessment is kept under review and that specific measures are taken where U18 athletes are attending an OAA Event. For example, consideration of rooming arrangements where the athletes' parents / legal guardians are not in attendance and are under the custody and care of Team Officials.

All Federations will identify a Team Official to act as a Safeguarding Officer who will be responsible for safeguarding risk assessment and safeguarding matters generally. Information on how to conduct risk assessment, develop a code of conduct and templates can be found here:

<https://www.worldathletics.org/aboutiaaf/documents/member-federation-resource-centre>

Athlete Declaration and Consent Forms

As part of Oceania Athletics safeguarding measures. All athletes will need to complete the Oceania Athletics Athlete Declaration and Consent Form. These forms will be sent to all Member Federations and Teams.

No travel will be booked for teams until all forms, for all athletes and team officials, have been returned to OAA.

Opening Ceremony

All Federations will be invited to the Opening Ceremony. The Ceremony will take place on Sunday 17th of May. Athletes aren't required to attend the ceremony, however, may choose to do so.

More information will be made available in the Team Manual.

Oceania Athletics Association Annual Congress

The OAA Council has resolved to take advantage of the fact that all Member Federations have been invited to attend the Oceania Area Championships in Darwin, Australia and takes this opportunity to invite those already in attendance at the Oceania Area Championships to attend the Annual Congress in person.

As previously circulated, Members of the OAA Council, Honorary Life Members, and Delegates from each of the Member Federations affiliated to the Oceania Athletics Association are hereby called upon to gather in person or via technology at on Sunday, 17 May 2026 – 1.00pm Darwin Time.

Please note that OAA will not be offering travel or accommodation funding for any Delegates who attend the 2026 Annual Congress in person.

The OAA Office is available to assist with accommodation options should your Delegate be traveling to Darwin and not already accommodated with your Team.

For those Delegates who are representing their Member Federation at the Annual Congress, and who are members of their Team, they will be accommodated with the Team.

Appendix 1: Entry Standards

	Open Men	Open Women	U20 Men	U20 Women	U18 Men	U18 Women
100m	11.40	13.20	11.80	13.70	11.95	13.90
200m	23.40	27.00	24.00	28.00	24.20	28.40
400m	51.50	59.00	55.00	63.00	58.00	63.00
800m	2.07.00	2.23.00	2.15.00	2.40.00	2.15.00	2.45.00
1500m	4.20.00	5.20.00	4.30.00	5.25.00	4.40.00	5.30.00
2000m Steeplechase					7.44.00	9.00.00
3000m Steeplechase	11.00.00	13.00.00	12.00.00	15.40.00		
3000m					10.00.00	12.00.00
5000m	17.20.00	22.30.00	17.45.00	24.30.00		
100m Hurdles		17.00		18.00		19.00
110m Hurdles	17.00		17.00		17.00	
400m Hurdles	60.00	68.00	63.00	72.00	68.00	76.00
5000m Walk	24.45	26.30	27.30	29.45	30.30	35.00
Long Jump	6.00	4.80	5.60	4.40	5.40	4.40
Triple Jump	13.00	11.00	11.60	10.00	11.20	10.00
High Jump	1.75	1.50	1.65	1.35	1.55	1.25
Discus	36.00	30.00	34.00	28.00	32.00	28.00
Hammer	40.00	32.00	32.00	27.00	30.00	30.00
Javelin	45.00	32.00	40.00	31.00	35.00	30.00
Shot Put	11.50	10.00	11.00	10.00	10.00	10.00
4x100m Relay	Yes	Yes	No	No	Yes	Yes
Mixed 4x100m Relay	No	No	No	No	No	No
Mixed 4x400m Relay	Yes	Yes	Yes	Yes	Yes	Yes

All performances must be achieved during competitions organised or authorised by World Athletics, its Area Association or its Member Federations and conducted in conformity with World Athletics Rules.

Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with Rule 9 of the World Athletics Technical Rules, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders to justify the conduct of separate races and there was no pacing or assistance given by an athlete (s) of one gender to an athlete(s) of the other gender.

Oceania Athletics and the Technical Delegate have the right to reject a qualifying performance.

Appendix 2: Approved International Departure Airport

Federation	Airport
ASA	Pago Pago
COK	Rarotonga
FIJ	Nadi
FSM	Pohnpei
GUM	Agana
KIR	Tarawa
MHL	Majuro
NRU	Nauru
NFI	Kingston
NMI	Saipan
NZL	Auckland
PLW	Koror
PNG	Lae
SAM	Apia
SOL	Honiara
PYF	Papeete
TGA	Tongatapu
TUV	Funafuti
VAN	Port Vila

Appendix 3: Approved Para Classes and Events

Class	100m	200m	400m	800m	1500m	Shot Put	Discus	Javelin	Long Jump	
T/F01	✓	✓	✓	✓	✓	✓	✓	✓	✓	
T/F11	✓	✓	✓	✓	✓	✓	✓	✓	✓	
T/F12	✓	✓	✓	✓	✓	✓	✓	✓	✓	
T/F13	✓	✓	✓	✓	✓	✓	✓	✓	✓	
T/F20	✓	✓	✓	✓	✓	✓	✓	✓	✓	
T/F21	✓	✓	✓				✓	✓	✓	
F31										
T/F32	✓	✓	✓				✓	✓		
T/F33	✓	✓	✓	✓	✓	✓	✓	✓		
T/F34	✓	✓	✓	✓	✓	✓	✓	✓		
T/F35	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T/F36	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T/F37	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T/F38	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T/F40	✓	✓	✓				✓	✓		
T/F41	✓	✓	✓				✓	✓		
T/F42	✓	✓	✓				✓	✓	✓	✓
T/F43	✓	✓	✓				✓	✓	✓	✓
T/F44	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T/F45	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T/F46	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T47	✓	✓	✓							✓
T/F51	✓	✓	✓	✓	✓					
T/F52	✓	✓	✓	✓	✓	✓	✓	✓		
T/F53	✓	✓	✓	✓	✓	✓	✓	✓		
T/F54	✓	✓	✓	✓	✓	✓	✓	✓		
F55						✓	✓	✓		
F56						✓	✓	✓		
F57						✓	✓	✓		
T/F60	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T/F61	✓	✓	✓			✓	✓	✓	✓	✓
T/F62	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T/F63	✓	✓	✓				✓	✓	✓	✓
T/F64	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
T71	✓									
T72	✓									

Appendix 4: Technical information: Implements Weights and Hurdle Heights

Hurdle Heights and Specifications

Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish(m)
W-U16	90	0.762	9	13	8	13
W-U18	100	0.762	10	13	8.5	10.5
W-U20	100	0.838	10	13	8.5	10.5
W-Open	100	0.838	10	13	8.5	10.5
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
W-U18	400	0.762	10	45	35	40
W-U20	400	0.762	10	45	35	40
W-Open	400	0.762	10	45	35	40
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)
M-U16	100	0.838	10	13	8.5	10.5
M-U18	110	0.914	10	13.72	9.14	14.02
M-U20	110	0.991	10	13.72	9.14	14.02
M-Open	110	1.067	10	13.72	9.14	14.02
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
M-U18	400	0.838	10	45	35	40
M-U20	400	0.914	10	45	35	40
M-Open	400	0.914	10	45	35	40
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

Steeplechase Specifications

Age Group	Race (m)	Height (m)	No of Barriers	Water Jumps
W-U18	2000m	.762m (30")	18	5
W-U20	3000m	.762m (30")	28	7
W-Open	3000m	.762m (30")	28	7
W-30+	2000m	.762m (30")	18	5
M-U18	2000m	.838m (33")	18	5
M-U20	3000m	.914m (36")	28	7
M-Open	3000m	.914m (36")	28	7
M30-59	3000m	.914m (36")	28	7
M-60+	2000m	.762m (30")	18	5

Jumps – Starting Heights and Take off Boards

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 three (3) take off boards. The spacing of the boards will be as provided at the competition venue, and nominally, the distances will be 11m, 9m and 7m.

The High Jump-starting heights will consider the entry standard, and the athletes entered. All athletes entered will need to a Season Best and Personal Best on entry. Here is an indication of previous starting heights and winning heights.

Starting Heights	2024	2022	2019	2017	2015	2014	2013	2010	2008	2006
MU18 - HJ	1.55	1.80	1.60	1.60	1.70	-	1.40	-	1.55	-
WU18 - HJ	1.40	1.30	1.30	1.20	1.40	-	1.25	-	1.25	1.25
MU20 - HJ	1.55	1.85	1.60	1.60	-	1.55	-	1.65	-	-
WU20 - HJ	1.35	1.60	1.40	1.30	-	1.35	-	1.30	-	-
MSEN - HJ	1.80	1.60	1.80	1.70	1.70	1.65	1.65	1.65	1.65	1.65
WSEN - HJ	1.50	1.60	1.35	1.50	1.40	1.40	1.30	1.30	-	-

Winning Heights	2024	2022	2019	2017	2015	2014	2013	2010	2008	2006
MU18 - HJ	2.03	2.01	2.05	2.00	2.06	-	1.95	-	1.90	-
WU18 - HJ	1.76	1.74	1.71	1.67	-	-	1.58	-	1.67	1.75
MU20 - HJ	2.05	2.07	2.11	2.09	-	2.09	-	-	-	-
WU20 - HJ	1.45	1.82	1.82	1.64	-	1.63	-	1.80	-	-
MSEN - HJ	2.28	2.24	2.30	2.04	2.15	2.00	2.06	2.20	1.92	2.07
WSEN - HJ	1.86	1.85	1.86	1.67	1.80	1.63	1.55	1.80	-	-

Implement Specifications

Class	Women - Hammer	Women - Shot	Women - Discus	Women - Javelin	Men - Hammer	Men - Shot	Men - Discus	Men - Javelin
U16	3.00kg	1.00kg	500g	500g	4.00kg	1.00kg	700g	700g
U18	3.00kg	3.00kg	1.00kg	500g	5.00kg	5.00kg	1.50kg	700g
U20	4.00kg	4.00kg	1.00kg	600g	6.00kg	6.00kg	1.75kg	800g
Open	4.00kg	4.00kg	1.00kg	600g	7.26kg	7.26kg	2.00kg	800g
30-49	4.00kg	4.00kg	1.00kg	600g	7.26kg	7.26kg	2.00kg	800g
50-59	3.00kg	3.00kg	1.00kg	500g	6.00kg	6.00kg	1.50kg	700g
60-69	3.00kg	3.00kg	1.00kg	500g	5.00kg	5.00kg	1.00kg	600g
70-74	3.00kg	3.00kg	1.00kg	500g	4.00kg	4.00kg	1.00kg	500g
74-79	2.00kg	2.00kg	0.75kg	400g	4.00kg	4.00kg	1.00kg	500g
80+	2.00kg	2.00kg	0.75kg	400g	3.00kg	3.00kg	1.00kg	400g
F01		4.0kg	1.0kg	600g		7.26kg	2.0kg	800g
F11		4.0kg	1.0kg	600g		7.26kg	2.0kg	800g
F12		4.0kg	1.0kg	600g		7.26kg	2.0kg	800g
F13		4.0kg	1.0kg	600g		7.26kg	2.0kg	800g
F20		4.0kg	1.0kg	600g		7.26kg	2.0kg	800g
F21		3.00kg	750g	400g		4.00kg	1.00kg	600g
F31		NE	NE	NE		NE	NE	NE
F32		2.0kg	1.0kg	NE		2.0kg	1.0kg	NE
F33		3.0kg	1.0kg	600g		3.0kg	1.0kg	600g
F34		3.0kg	1.0kg	600g		4.0kg	1.0kg	600g
F35		3.0kg	1.0kg	600g		4.0kg	1.0kg	600g
F36		3.0kg	1.0kg	600g		4.0kg	1.0kg	600g
F37		3.0kg	1.0kg	600g		5.0kg	1.0kg	600g
F38		3.0kg	1.0kg	600g		5.0kg	1.5kg	800g
F40		3.0kg	750g	400g		4.0kg	1.0kg	600g
F41		3.0kg	750g	400g		4.0kg	1.0kg	600g
F42		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g
F43		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g
F44		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g
F45		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g
F46		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g
F51		NE	1.0kg	NE		NE	1.0kg	NE
F52		2.0kg	1.0kg	600g		2.0kg	1.0kg	600g
F53		3.0kg	1.0kg	600g		3.0kg	1.0kg	600g
F54		3.0kg	1.0kg	600g		4.0kg	1.0kg	600g
F55		3.0kg	1.0kg	600g		4.0kg	1.0kg	600g
F56		3.0kg	1.0kg	600g		4.0kg	1.0kg	600g
F57		3.0kg	1.0kg	600g		4.0kg	1.0kg	600g
F60		4.0kg	1.0kg	600g		7.26kg	2.0kg	800g
F61		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g
F62		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g
F63		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g
F64		4.0kg	1.0kg	600g		6.0kg	1.5kg	800g

Outdoor Pentathlon

In the Pentathlon, only a single attempt at each running event is allowed and a maximum of three attempts shall be allowed in all field events.

In sprints, all competitors are allowed one break. A second break will result in disqualification. Failure to start in any event means that the competitor has abandoned the competition.

Order of events:

Women: 100m, Shot, Long Jump, Javelin, 800m.

Men: Long Jump, Javelin, 200m, Discus, 1500m.

Throws Pentathlon

Competitors will be allowed three trials in each throw. Competing order will be random for each event. Failure to start in any one event means that the competitor has abandoned the competition.

Order of events: Hammer, Shot, Discus, Javelin, and Weight Throw.

Relays

At the Oceania Championships the following relays will be conducted.

4x100m Men and Women	Senior
Mixed 4x400m	Senior, U18, U20, Age Group*
Mixed 4x100m	Senior, U18, U20, Age Group*

Only one relay per country, per relay distance, per age group is allowed. Entry for relays will be done during the Championships by a representative or the team manager of each Federation.

if sufficient lanes are available, composite teams or additional teams from a Federation can be entered at the discretion of the Technical Delegate and Competition Director. These additional teams are not eligible for Oceania Championships Medals.

* Relays for the Age will be conducted as multi-age events.

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

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

Age is based on adding together the age group of each athlete and not actual age. Athletes can be nominated for more than one age division but can only compete in one age division.

Seeding Round

To ensure the Technical Delegate and the Competition can seed the first round of the sprint events, all athletes will need to have a performance at World Ranking Competition in 100m and 200m in the qualifying period.

If an athlete does not have a performance at World Ranking Competition, they will be entered into the Seeding Round.

Additionally, any athlete entered the Oceania Championships, is eligible to compete in the Seeding Round.