



Athlete Program Booklet

Queensland Sport and Athletics Centre

6–10 September 2025

MAJOR SPONSORS



Official sponsor
and supplier of our medals and merchandise



Official Pain Relief Brand and Company sponsor
and supplier to our event

PARTNERS

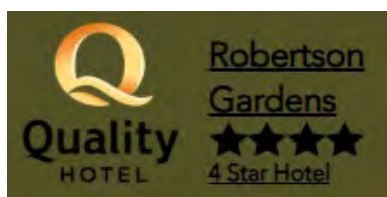


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ACKNOWLEDGEMENT OF COUNTRY

Oceania Masters Athletics acknowledges Aboriginal and Torres Strait Islander peoples as the First Australians and recognise their culture, history, diversity and deep connection to the Land, Seas and Waters of Queensland.

We acknowledge the Traditional Custodians of the land on which we gather for the Championships — the Jagera and Turrbal peoples.

We also acknowledge and honour the First Nations peoples of all the countries and territories represented at these Championships who come from across the Oceania region. We recognise their deep histories, rich cultures and enduring connection to their lands, waters and cultural heritage.

WELCOME TO INTERNATIONAL ENTRANTS

We welcome international entrants coming from countries outside of the Oceania Region. Oceania athletes will compete alongside masters athletes from Great Britain and Northern Ireland, India, Ireland, Iran, Sri Lanka and the United States of America

WELCOMES**Local Organising Committee***Jill Taylor (Chair)*

On behalf of the Local Organising Committee, it is my great pleasure to welcome you to the 2025 Oceania Masters Athletics

Championships. It's truly exciting to see this event return to the calendar after such a long hiatus—our last gathering was in Mackay in 2019, and the interruption due to COVID-19 pandemic has been deeply felt across our athletics community. That makes this year's Championships all the more special.

We are thrilled to once again provide masters athletes from across the Oceania region with the opportunity to compete at a higher level, share in the camaraderie of international sport, and celebrate the spirit of lifelong athleticism. This event marks not just a return, but a renewal, with the Oceania Masters Championships reinstated as a regular fixture every two years, offering consistent pathways for competition, connection, and personal achievement.

Thank you for being part of this important moment. We look forward to an inspiring week of performances, friendships, and memories. Wishing you all the very best for a successful and enjoyable Championships!

Queensland Masters Athletics*Nick Macmillan (President)*

On behalf of Queensland Masters Athletics, we are delighted to present the 2025 Oceania Masters Athletics Champion

ships together with Oceania Masters Athletics. It's great to see this event back on the calendar, and to welcome so many athletes from all around Oceania and beyond. The enthusiasm for this event has been remarkable, and we wish you all an enjoyable competition.

As always, the event depends on volunteers – thank you to our LOC, officials and volunteers, some who have come a long way to help. Please show them your appreciation.

Looking forward to some good performances, hopefully a few PBs, and above all the sportsmanship and fun that happen when masters athletes get together.

Oceania Masters Athletics*Cameron Burrows (President)*

On behalf of my fellow OMA Council members and the LOC, I warmly welcome you to the 2025 Oceania Masters Athletics

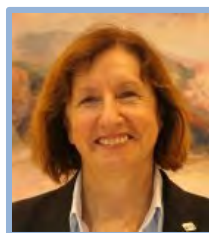
Championships, held from Saturday 6 to Wednesday 10 September in the vibrant city of Brisbane, Australia.

We are delighted to have 733 athletes and supporters from across Oceania come together in a spirit of friendship and competition, united by determination to achieve your best. Whether you are a seasoned competitor or a first-time participant, these Championships celebrate you as an athlete.

This year marks a historic milestone: the first inclusion of para-athlete categories in international masters athletics. We are proud to be part of this step towards greater inclusivity and excited to see athletes from all walks of life showcase their abilities—hopefully the first of many such events.

Thank you to the LOC for embracing the challenge of organising this event in a short timeframe, and to the officials and volunteers—many also athletes—whose generosity, skill, and dedication make the Championships possible.

Good luck to all—run fast, jump high, throw far, and enjoy every moment. May it be an unforgettable experience filled with personal achievements, renewed friendships, and lasting memories. Welcome to Brisbane and let the Championships begin!

World Masters Athletics*Margit Jungmann (President)*

On behalf of World Masters Athletics (WMA) and the Board, I extend my personal welcome to you as a participant or guest at

the 2025 OMA Championships in Brisbane Australia.

Following on from the years of the COVID pandemic and limited masters competition opportunities, these championships will be memorable. It will allow the masters athletes of the region to come together in fellowship and compete in a fair, well conducted and high-quality event. As it is several years since a stand-alone Oceania Masters Athletics championship has been conducted, having 733 athletes from overseas and regional member countries now competing in 2025 is a wonderful outcome for the LOC. I congratulate the OMA team on this success.

World Masters Athletics extends its best wishes to the local organising committee, technical officials, volunteers and all others who have supported the event and have been involved in making these Championships a success.

Enjoy athletics, friendship and new experiences with others in our great masters athletics family.

We extend an invitation to join us all again at the WMA Stadia Championships in Daegu, Korea from 22 August–3 September 2026.

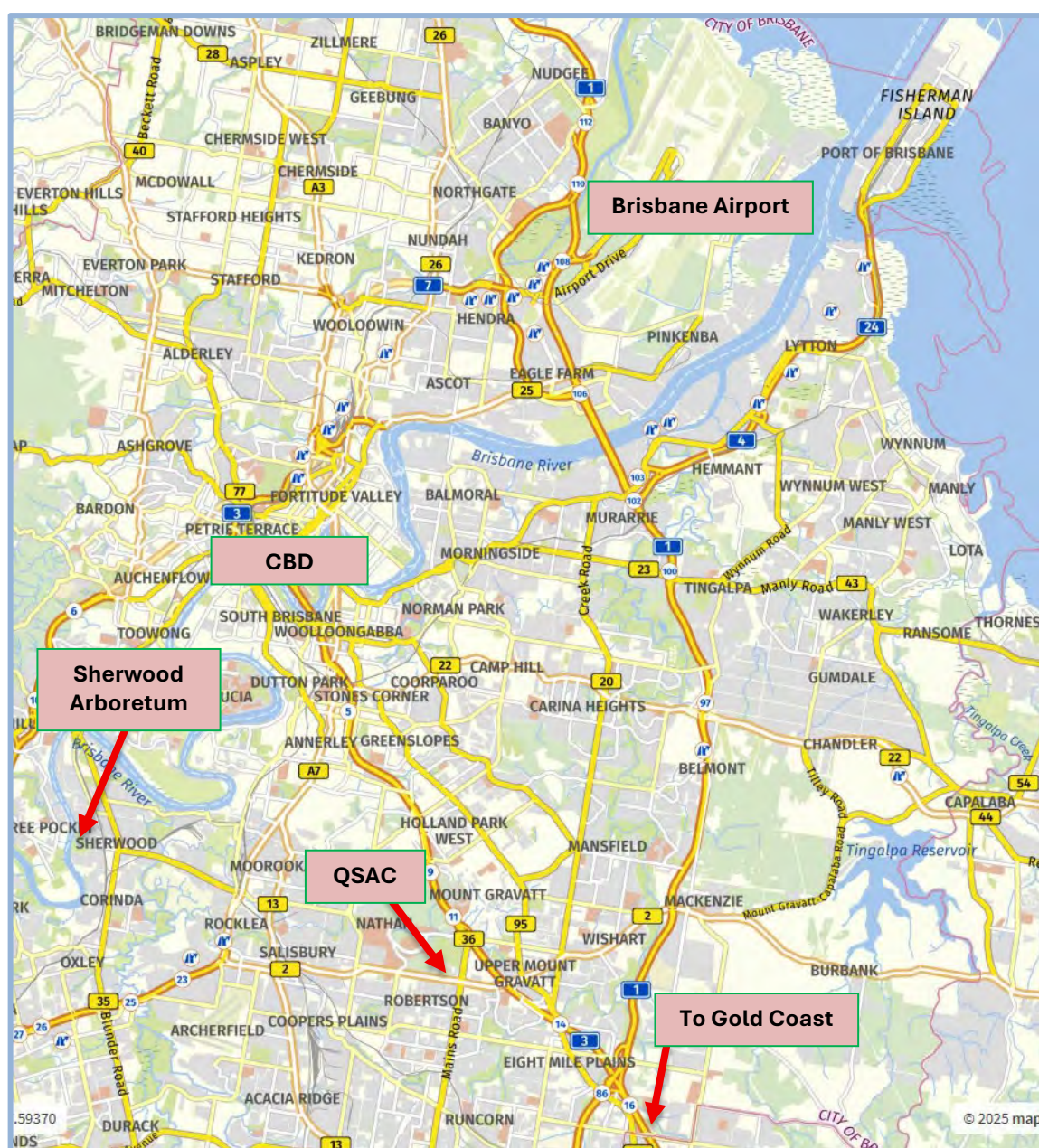
GETTING THERE

Getting to QSAC

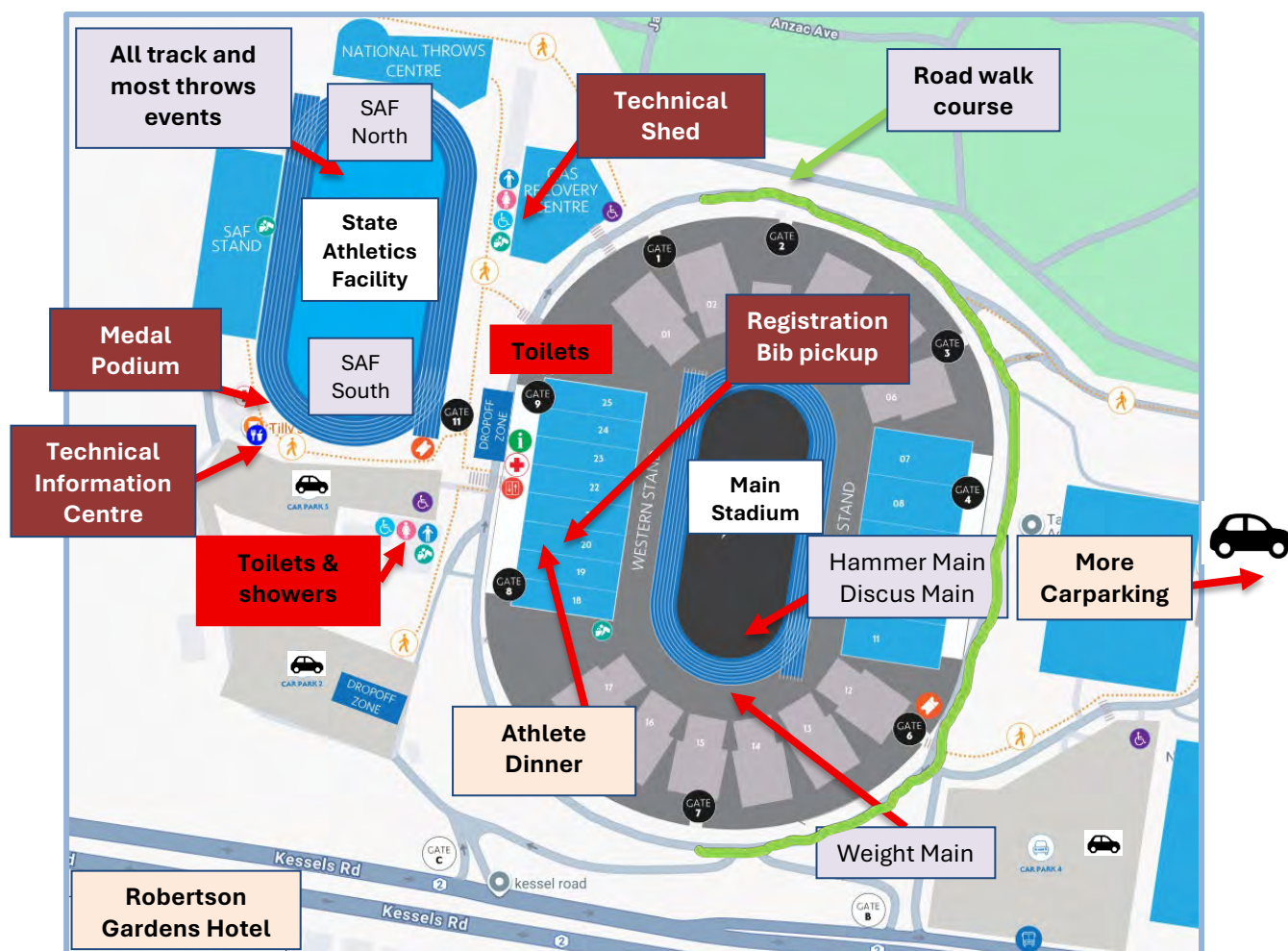
The Queensland Sport and Athletics Centre is located on Kessels Road in Nathan, approximately 10 kilometres south of the Brisbane (mins by car) CBD and 20 kilometres south of Brisbane Airport (30 mins by car). It is about a half hour bus ride OR walk from Garden City.

The closest bus stops to QSAC are Mains Road Park and Ride and Kessels Road stop 57. There are also several other bus stops in the QSAC area.

Plan your journey using the [Translink Journey Planner](#).



Queensland Sport and Athletics Centre (QSAC)



10k Walk Course

Course: The 10km road walk is within the QSAC precinct.

The course is an out and back course on the eastern side of the Main Stadium.

The start line is at the Northern end, with toilets nearby.

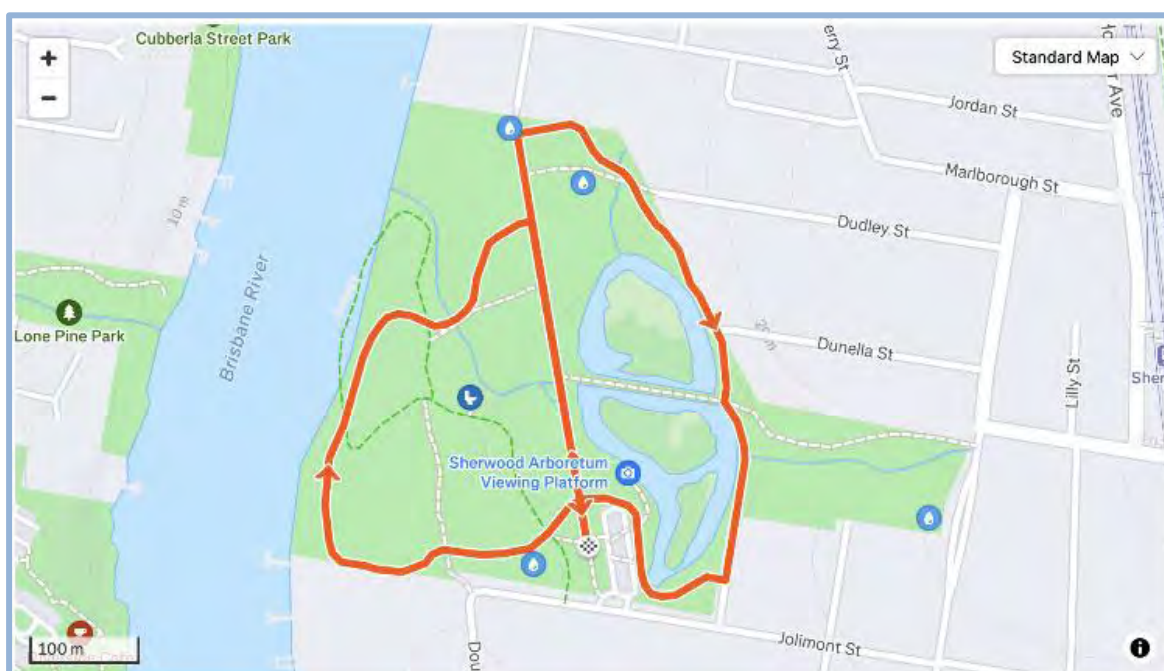
Cross Country Course

Course: Sherwood Arboretum 39A Turner Street, Sherwood.

The Sherwood Arboretum is a Brisbane City Council top level park. It is a reasonable course with a few hills, no public roads and parking. There is a good start/finish area and other amenities, including toilets.

The Sherwood Railway Station is a short walk away. The course is grass with a bit of dirt and leaf litter, with a few path crossings and about 40m of concrete path leading to a wood surfaced narrow bridge.

In each 2km loop there are 3–4 elevation changes from 4 metres to 12–18 metres, with one on the southern boundary that is quite sharp.



Sherwood Arboretum is a 25-minute drive from QSAC.

It's only 800 metres from the Sherwood train station (10-minute walk).

OMA2025 Happy Hours - our nightly social events!



Gather at the end of each day at the Robertson Gardens Hotel, just across from QSAC, to mingle with fellow athletes, enjoy a relaxing drink or two (rehydration) and a great dinner.

Extended Happy Hours just for us:

Robertsons are supporting our event by putting on an extended Happy Hour each night (between 5pm–7pm), and discounts on dinner and drinks.

Sat 6 Sep

Musgrave Room

Sun 7 Sep to Wed 10 Sep

Gardens Restaurant (incl. Bar and Games Room)

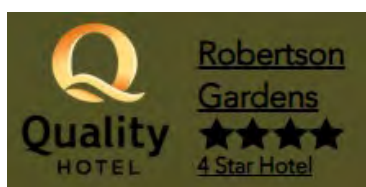
Drinks:

\$7 house beers

\$8 house wines and spirits

Food:

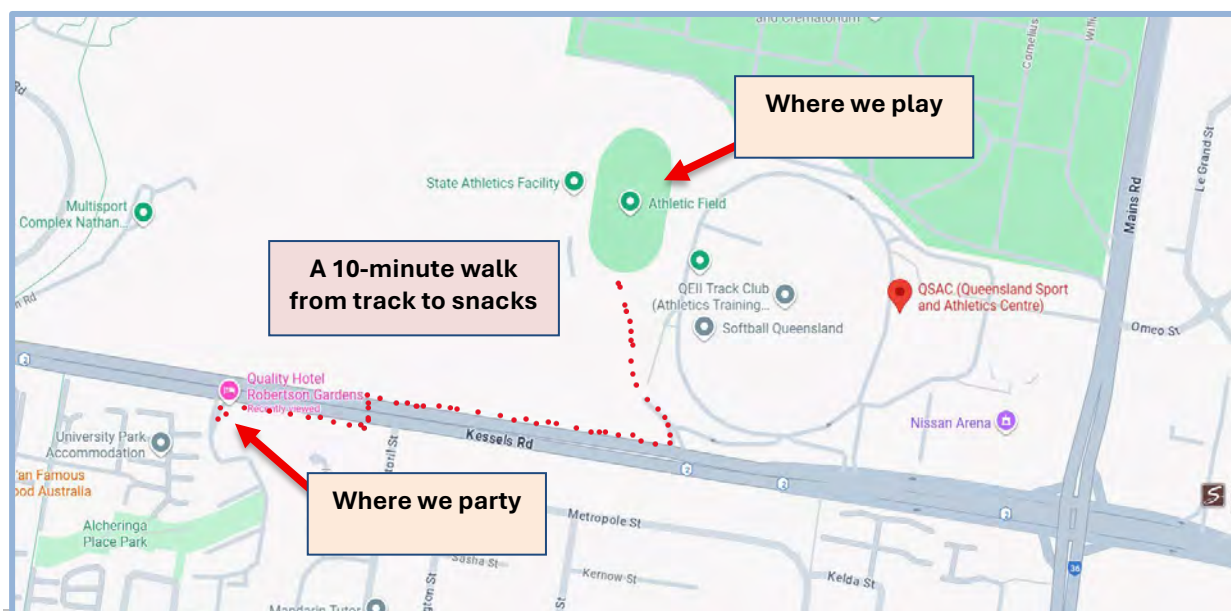
10% discount on food orders from 5.30pm–8.30pm



Robertson Gardens Hotel

281 Kessels Road, Nathan, QLD, 4111

<https://www.robertsongardens.com.au/>



Organisers and Key Contacts

Oceania Masters Athletics Council	
President	Cameron Burrows (Australia)
Vice President	Jill Taylor (Australia)
Secretary	Joe Begley (Australia)
Treasurer:	Stewart Foster (New Zealand)
Councillors	Suzie Gaynor (Australia) Jayne Hardy (Australia) David Lobb (Cook Islands) Andrew Stark (New Zealand)
Oceania delegate to WMA	Cameron Burrows (Australia)
Patron	Jim Blair
Public Officer	Jan Banens
Statistician	Clyde Riddoch

OMA2025 Organising Committee	
Chair	Jill Taylor
	Nick Macmillan
	Wilma Perkins
	Stan Perkins
	John Milne
	Cameron Burrows
	Jayne Hardy
	Joe Begley
Para Athlete Manager	Bianca Keehn

Team Managers			
Australia	Richard Blurton	r.blurton@iinet.net.au	0434 287 757
	Steve McGugan	steve.mcgugan86@gmail.com	0404 403 656
	Judy Farrell	ausmastersaths@gmail.com	0428 585 768
Cook Islands	David Lobb	lobby@raromail.com	
New Zealand	Andrew Stark		
Samoa	Tyson Iosefa PT		

SERVICES AVAILABLE

Photographic services

Accredited photographers are available to view and download from GeoSnapShot.

Our photographers are:

Jo Harlow Photography

Kylie Nyssen, Athletics Through My Lens

Danielle Sibenaler Photography

Michael Thomas Sports Photography

Richard Haines Photography

Neil Cam Sports Images



GeoSnapShot is an online photography platform that uses AI technology to help you find and purchase photos from events.

Using your bib number or by uploading a selfie, the platform will use facial and bib recognition to locate all your photos from the event. Once found, you can buy and download your high-resolution digital photos. Find your photos at:



Event catering

Food and drinks are available onsite at **TILLY's Kitchen**, the accredited QSAC catering services.

Located at the 100m finish line end of State Athletics Facility, you'll find coffee and cold drinks, a range of hot food and grab and go items.

Medal Engraving

Engraver Alan Lucas will be onsite delivering a medal engraving service. Cost is \$6 per medal, cash payment preferred but can accept PAYid and PayPal if required.

If you have medals from other competitions, such as the Nationals, Great Barrier Reef Masters or QMA Championships, then bring them along and he will do them as time permits. While priority will be given to OMA2025 medals, Alan is prepared to do the extra medals at home after the championships and send them back to you in an AusPost trackable satchel for \$15 in total. Contact email is

lucasar@y7mail.com

Tip: get in early and get them done!

Massage services

SMART Treatments is honoured to be the provider of massage at the Oceania Masters Athletics 2025.



Karren Lette, Jim Konstantis, Tami Emery and Kay Cavanagh bring decades of experience, offering massage and cupping services during the event

Make your bookings online at:

<https://www.planfy.com/booking-widget/s-m-a-r-t-treatments>



Medical services



Medical services at events will be provided by **First Response Sports** located trackside.

#HeartHealthMatters

Athletes are invited to take part in the **#HeartHealthMatters** program, a free preventive heart health screening services offered exclusively to athletes during the championships.

We are very excited to be partnering with the



Heartbeat of

Football Foundation to provide free preventive heart health screening services to all attendees at OMA2025. Their marquee will be set up trackside, so please take advantage of this opportunity to have your heart health checked!

Get the facts on your HEART health with a FREE check-up at the Champs:

In less than 10 minutes, the check-up will measure a person's blood pressure, cholesterol and blood sugar levels, and provide information on modifiable risk factors and healthy heart habits.

How Does it Work?

A trained professional takes a tiny blood sample via a finger prick – results are available immediately for each person to take away with them and share with their GP if required. They also provide advice on healthy heart habits – all in less than 10 minutes.

The **#HeartHealthMatters** program delivers preventive heart health screening on the spot at the champs, removing barriers to getting tested back home (time and cost) and providing information in a friendly and familiar setting. Cost of living pressures are forcing people to de-prioritise their health and our healthcare system is distressed – the onsite checkup is part of the solution!

Why Heart Health

Cardiovascular disease is the leading single cause of disease burden and death in Australia (both men and women). Cardiovascular heart disease is a significant issue for all Australians including women. Approximately 20 women die each day of coronary heart disease, killing almost three times as many Australian women as breast cancer. Yet the general perception of heart disease is that it is a male disease.

Cardiovascular Disease in Australia:

- causes 27% of deaths each year
- claims the life of one person every 12 minutes
- affects more than 4 million Australians
- costs the Australian economy \$10+ billion annually.

Wi Fi

Wi Fi is available at QSAC.

EVENT VIDEOS

Vic Pascoe will be videoing events during the Championships. These will be added daily to the OMA dedicated YouTube channel '**Oceania Masters Athletics**' located at

https://studio.youtube.com/channel/UC8HYOLj5Y_-9kE61Udn6TCg

GENERAL COMPETITION RULES

Competition is conducted under the World Athletics (WA), World Masters Athletics (WMA) and Australian Masters Athletics (AMA) rules, subject to any special rules adopted by the Local Organising Committee (LOC).

Entry signifies agreement. There are no entry qualifications required for any masters competition worldwide.

All participating athletes are encouraged to take the time to read and adhere to the rules and regulations of WA, WMA and AMA to allow smooth conduct of the Championships.

Copies of the current rules can be found at:

<https://worldathletics.org/about-iaaf/documents/book-of-rules>

<https://world-masters-athletics.org/>

<https://www.australianmastersathletics.org.au/future-events/>

Eligibility to compete

Only registered athletes may compete at the Oceania Masters Championships. Oceania region entrants must be a financial member of their country's masters athletics organisation or athletics body affiliated with World Masters Athletics, and must wear their country's approved masters athletics uniform.

Other international athletes are permitted to compete but must present proof of their current membership of an approved masters athletics association in their country. Overseas athletes are not eligible to win an Oceania Masters Championships title but may win medals.

Entries – age groups

Age groups are determined by your age on the first day of the competition. Age groups may be combined to provide for more efficient running of the competition; however, medals will still be awarded for the separate age groups.

Uniforms

Entrants must wear the official uniform of their country's masters athletics association. Where a country does not have a masters athletics association, athletes must wear their country's or club's athletics uniform. If a uniform cannot be obtained, athletes must wear a plain white top.

Competition bibs

All athletes must wear the issued competition bibs.

For track and out of stadia events: 2 bibs to be worn

For all field events: 1 bib to be worn, either on the front or back

The entire bib must be always visible and no part of the bib shall be folded under the uniform or be tampered with.

Your competition bib is in your athlete pack, which must be picked up before your first event from the **OMA2025 Registration Area** (ground floor of the main QSAC building).

Bib collection times are:

Friday	12 noon to 5:00pm
Saturday	7:30am to 2:30pm
Sunday	7:30am to 2:30pm
Monday	7:30am to 12 noon
Tuesday	7:30am to 12 noon

Honest effort

An athlete is expected to compete honestly with bona fide effort. For example: In a running race you must run more than 50% of the distance. You cannot walk the entire distance of a running race.

Doping controls and medical conditions

World Masters Athletics has a zero-tolerance position on the illegal use of performance enhancers, in line with World Athletics.

Testing may take place during the Championships.

Rule 37.1 of the WMA outlines the anti-doping controls (<https://world-masters-athletics.org/anti-doping/>). A Banned Medication Search is available for athletes to check their medications.

If are you taking a banned medication, an athlete can apply for a Therapeutic Use Exemption (TUE). The responsibility for applying for an exemption rests with the athlete by submitting a Therapeutic Use Exemptions (TUE) Standard Application which is available on the WMA website. Athletes need to take a copy of the approved TUE to the championship where drug testing may apply.

Shoes and spikes

Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes, which must have a sole with a maximum thickness of no more than 30mm).

At the Queensland Sport Athletics Centre, only Christmas Tree or Pyramid spikes are permitted. Needle spikes are banned and are not to be used under any circumstances. This will be checked. Spike length is a maximum of 7mm for track and 9mm for Javelin and Jumps.

PERMITTED



Pyramid Spikes

PERMITTED



Christmas Tree Spikes

BANNED



Needle Spikes

Athlete sign in

Only entrants in events with a scheduled Heat time in the program need to sign in.

Sign in sheets will be in the Registration Check in area and must be signed up to an hour before the event start time.

NOTE: Athletes who do not sign in at this time will be unable to compete in their event.

*If a Heat is no longer needed due to dropouts, the Final will still be held at the time set down in the program

All other entrants go to their event as scheduled:

Track Events – report to the start line area 10 minutes before event start time.

Field Events – report to the competition area 20 minutes before event start time.

Pole Vault Events – report to the competition area 40 minutes before event start time

Scratching/withdrawing from an event

Athletes should advise if they are withdrawing from an event either on the day of competition or prior to the commencement of the competition at the Technical Information Centre or email: vpoceaniamastersathletics@gmail.com

Timetable changes

The timetable and any changes to the timetable or these regulations will be available on the official event website: www.oceania-masters-athletics.org

Adverse weather

In the event of adverse weather conditions that may affect the safety of athletes, the Competition Director has the authority to halt, delay, defer, change, or cancel affected events.

Arena safety

Only officials and competitors are allowed on the infield.

Competitors and officials must move around the outside of the track when proceeding from one side of the ground to the other.

Safety officers will be appointed and all competitors are required to obey any directions given.

Warm-up

During the championships, warm-ups are permitted on the back straight of the State Athletics Facility, BUT not when track events longer than 200m are on. The main track is NOT available for warm-up, however, the ring road and grassy areas around the main stadium can be used.

Athletes in field events will be given time at the event for two (2) practice throws.

Starting

It is not compulsory in this competition for athletes to use a crouch start or starting blocks, or to have both hands in contact with the track.

False starts – In any race, individual athletes who are charged with a false start as determined by the Starter, shall be warned. Individual athletes who are charged with their second false start in the same race, as determined by the Starter shall be disqualified. This includes the combined events.

Starting blocks – Athletes may only use the starting blocks provided by the venue.

Progression rules

Rules for progression and qualifying trials are as follows. Confirmed athletes are the number of athletes checked-in and remain subject to change by competition management once entries close.

The lane draw for the first round of competition (heat or straight final) will be random.

Track progressions

For events up to and including 200 metres.

- 2 heats: first 2 in each heat plus the next 4 fastest to the final
- 3 heats: first 2 in each heat plus the next 2 fastest to the final

The 'next fastest' will be decided on times to 0.01 second. If the times are equal and space is available, then both or all such athletes will advance. Where there is no space available then the highest placing in the round will determine who will progress to the next round. If athletes are still equal and no spare lane is available, the photo finish will be re-read to 0.001 second if possible. If further ties remain then there will be a coin toss.

The draw shall be made **45 minutes** before the advertised start time of the event. Where all scheduled trials of a competition are not required then:

- the first round will be cancelled for events with two trials and the final will be held at the scheduled final time.

Walking events

The **No Advantage** concept will be applied as a modification to World Athletics Rule 54.2 for athletes aged 65 and older:

Where older athletes are unable to fully comply with the required 'straightened' leg but are not gaining any speed advantage because of a 'soft knee', then judges shall apply the No Advantage concept and not issue a yellow or red card.

The No Advantage concept allows for a slight bending of the knee, particularly in older walkers where a perfectly straight leg cannot be achieved but where these walkers are seriously trying to race walk correctly.

Protests and appeals

Protests and appeals must be lodged initially with the relevant Referee, as per World Athletics Rules (WA TR8). 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.

Appeals to the Jury can be made after a protest to the Referee is dismissed. Jury appeals must be in writing on the appropriate form, available from the Technical Information Centre, and lodged with the \$50 fee. Appeals may be lodged by either the athlete or athlete's representative and are to be lodged in the Technical Information Centre.

Medal presentations and awards

Medals (Gold, Silver, Bronze) will be awarded to the first three Oceania athletes in an event. If an international athlete places, they will also receive an appropriate medal. Medals will be awarded to Para athletes for their classifications.

At QSAC:

After finals, medal presentations will be made as soon as possible after the event.

All placegetters are asked to assist with this procedure by going with an official to the Medal Presentation Area at the completion of their event.

At the Cross Country:

Medal presentations will be made at Sherwood Arboretum as soon as possible after the event.

Para athlete participation

The Oceania Masters Athletics Championships will be the first International Masters athletics event to incorporate para classifications. Aside from seated throws, athletes will compete with their age group and will be awarded medals per category.

Athletes will also create National Masters Athletics records with their results from the Championships, as well as the opportunity to set Oceania Masters Athletics records. Event organisers are very excited to provide the opportunity for classified athletes to compete within their categories and hope that this will set a precedent for future Masters Athletics events.

World Masters Athletics will also be keeping a close eye on the event, which is a proud moment for Oceania Masters Athletics in leading the way.

Records

Oceania Championships records are located on our OMA website at:

http://www.oceania-masters-athletics.org/wp-content/uploads/OMA-Records_tom-updated_May-2025.pdf

TRACK COMPETITION RULES

Heats

1. Heats will be held in the 100m, 200m and 400m.
2. The 60m will be run as Timed Finals.
3. All competitors for events where Heats are scheduled MUST sign in 60 minutes prior to the advertised heat time.
4. Sign in sheets will be removed 60 minutes prior to the advertised Heat start time.
5. Where there are insufficient competitors, the event will be run as a straight Final at the scheduled Final time. No further sign in will be required.
6. Lane draws are as per World Athletics (WA) rules.

Finals

Advancement to the Finals (100m, 200m and 400m) shall be as per WMA guidelines:

For 2 heats: first 2 in each heat and next 4 fastest,

For 3 heats: first 2 in each heat and next 2 fastest.

Any other track event (including the 400m), where the number of competitors exceeds the available lanes, will be run as Timed Finals. Times submitted at registration will be used for seeding with the slowest group to run first. If no time was submitted by an athlete, they will be included in the slower group.

Starting

it is not compulsory in masters athletics to use a crouch start or starting blocks or have both hands in contact with the track.

- Start directions for races shorter than 800m will be '**On Your Marks; Set; Gun**'.
- For events 800m and longer, the starting instruction will be '**On Your Marks; Gun**'.
- In any race, athletes charged with a false start by the Chief Starter will be warned. Any athlete charged with a second false start will be disqualified.
- Athletes may not use personal blocks. Blocks will be supplied for all events.

Hurdles

An athlete may go over the hurdles in any manner, provided Rule WA TR22 is observed – the hurdle is not displaced, or its height displaced in any other manner including tilting in any direction.

All races shall be run in lanes. Athletes shall go over each hurdle and keep to their own lane throughout. Failure to do so will result in a disqualification unless Rule 17.4 of the Technical Rules applies.

An athlete shall be disqualified if:

- their foot or leg is at the instance of clearance beside the hurdle on either side or below the horizontal plane of the top of the hurdle or
- they knock down or displace any hurdle by hand, body, or the front side of the lower limb or
- they directly or indirectly knock down or displace a hurdle in their own lane in such a manner that there is effect or obstruction upon any other athlete/s in the race or another Rule is also infringed.

Relays

Australian and New Zealand athletes: Your Team Manager will coordinate interest closer to the event.

Tue 9 Sept	Men's 4 x 100m Men's Medley Relays
Wed 10 Sept	Women's 4 x 100m Women's Medley Relays

Medley relay order comprises 1 x 800m runner, 1 x 400m runner and 2 x 200m runners.

Relay Event	Age Group
4x100m	W 150–194
4x100m	W 195–229
4x100m	W 230 & over
4x100m	M 150–199
4x100m	M 200–239
4x100m	M 240 & over
Relay Medley	W 150–194
Relay Medley	W 195–229
Relay Medley	W 230 & over
Relay Medley	M 150–199
Relay Medley	M 200–239
Relay Medley	M 240 & over

Race walking

For nationally sanctioned race walking events, the No Advantage concept is to be applied as a modification to World Athletics rule for athletes aged 65 and older.

Where older athletes are unable to fully comply with the required 'straightened' leg but are not gaining any speed advantage because of a 'soft knee', the judges shall apply the No Advantage concept and not issue a yellow or red card.

All race walking athletes must notify the competition officials before the start of a race walking event of their intention to achieve a world record. Walks Judges must judge an athlete's race walking world record attempt using World Masters Athletics (WMA) race walking rules. For each race walking event involving athletes aged 65 and over, competition officials, at their discretion, may require athletes attempting to achieve a world record to compete in a race walking event of the same distance run under WMA race walking rules.

Wind readings

Wind readings are required for the 60m, 100m, 200m, Sprint Hurdles and Horizontal Jumps.

For record purposes:

- The reading must not exceed +2m/s
- In the Pentathlon, the average of the events requiring wind readings must not exceed +2m/s.

(Note: if a DNF is recorded in an event requiring a wind reading, the reading for that event is not included in the wind reading average).

Track and Field Pentathlon

Competitors will be allowed three trials in the Throws and the Long Jump. Competing order will be random for each event. 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

Water for competitors

For all events 5000m and over, refreshment stations will be provided at suitable positions on the track or course. Refreshment stations are optional for the 2000m/3000m Steeplechase). Water will also be made available near the finish line for all events 800m and above.

FIELD COMPETITION RULES

Competitors will compete in the order shown on the start sheet, except where the referee rules otherwise.

In the Throwing events, Long Jump and Triple Jump, the best eight competitors after three trials will be eligible for a further three trials.

When there are eight or fewer competitors in any age, all competitors will be eligible for six trials.

An athlete who records three fouls in the first three trials is eligible to continue where there are eight or less competitors and will throw/jump first in the fourth round.

No competitor will be allowed to enter the competition after the start of the fourth round.

Competitors who need to leave during the event may compete out of turn for that round. On return, athletes may only continue at the round in progress but may do so in that round even if their normal position in the round has passed (except the final round).

In field events, all athletes are entitled to a minimum of two official warm-up trials, in competition order, irrespective of time constraints. Where weather conditions may make this difficult, the Chief Field Official can determine what is best for competitors.

Safety at throwing events

Athlete seating should be placed to ensure a very low risk of danger from wayward implements.

At warm-up and during competition, competitors must ensure that all persons are watching the athlete throwing and are well out of the likely direction that the implement may take. This includes being outside of the sector lines and behind the gates on cages. The throws area is out of bounds to anyone who is not directly involved in the running of that event. Any competitor or official approaching the throws area must approach from behind the sector area or cage if one is being used.

Personal throwing equipment

Athletes who wish to include their own throwing implements in the Championships equipment pool (which may be used by any athlete in the same competition), must lodge the equipment with the Technical Manager at the **Technical Shed**, no later than **2 hours**, before the scheduled start time of their event on the day of competition. If an event starts prior to 10am, then the equipment must be lodged at the Technical Shed on the previous day.

Please note that World Athletics TR32.2 limits the number of personal implements added to the pool per person to a maximum of two.

The implements will be impounded until after the event when athletes may collect them from the Technical Shed. Athletes are encouraged to provide their own vaulting poles. A limited range of poles will be provided for the event.

Field events

In throwing and horizontal jump events all athletes will have three trials. At the conclusion of the three trials, the top eight (8) athletes will have three further trials.

No competitor will be allowed to enter the competition after the start of the fourth round.

If an athlete is entered in both a track and field event or two field events held at the same time, the athlete may move between the events. An athlete may be allowed to take a round in field events in a different order in all except the final round of competition. If an athlete is absent for a round and the competition continues into the next round, the athlete will be deemed to have passed that round. Athletes will need to manage their own events and liaise with relevant event officials.

Throws Pentathlon

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

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

The 60-second rule

The WMA 60-second rule will apply for all Throws and Jumps.

This means that a competitor, once called for their throw or jump (apart from Pole Vault), will have 60 seconds to start the attempt. At 30 seconds, a yellow flag will be raised to show how much time is left to start the attempt. If time runs out, the competitor will have a 'no throw/jump' recorded. The 60 seconds does not start until the competitor has taken up their preferred implement.

Wind readings for horizontal jumps

Wind readings are required for the Long Jump and Triple Jump. For records purposes, the reading must not exceed +2m/s.

Pole vault and high jump

Both feet must be off the ground during the vault or jump. 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.

Advancement will normally be by 3cm increments in High Jump and 5cm increments in the Pole Vault unless all competitors agree to a higher increment. When a High Jump or Pole Vault competition includes competitors in different age groups and there is only one competitor left in an age group, the height to which the bar is raised shall be decided by the athlete, even though other competitors in other age groups may still be competing. Those competitors must continue in the normal progression and may not jump at these special heights.

Competitors joining the Pole Vault and High Jump after the start of competition must start at the time of entry.

Starting height and suggested progressions for vertical jumping events.

Pole Vault – Progressions

All ages:

1.00m, 1.10m, 1.20m, 1.30m, 1.40m, 1.50m, 1.60m, 1.70m, 1.80m, 1.90m,
2.00m, 2.10m, 2.20m, 2.30m, 2.40m, 2.50m, 2.60m, 2.70m, 2.80m, 2.90m,
3.00m, 3.10m, 3.20m, 3.30m, 3.40m, 3.50m, 3.60m, 3.70m, 3.80m, 3.90m, 4.00m

High Jump – Progressions

All ages:

0.78m, 0.81m, 0.84m, 0.87m, 0.90m, 0.93m, 0.96m, 0.99m, 1.02m, 1.05m,
1.08m, 1.11m, 1.14m, 1.17m, 1.20m, 1.23m, 1.26m, 1.29m, 1.32m, 1.35m,
1.38m, 1.41m, 1.44m, 1.47m, 1.50m, 1.53m, 1.56m, 1.59m, 1.62m, 1.65m.

Javelin 700 grams

From 1 April 2025, there are new specifications for the 700g Javelin. This change affects the M50–M54 and M55–59 age groups only. The new javelin must be used for this competition.

Hammer and weight throws

If the athlete 'starts the throw' with a circular action of the hammer or weight throw around the head, this must be done with two hands on the handle. The 'moment of release' is when both hands come away from the handle of the implement almost simultaneously. It cannot be seen that one hand only releases the implement.

NON-STADIA COMPETITION RULES

Reporting in

Athletes must sign in at least 20 minutes before the scheduled start time to enable athletes to be accounted for at the end of the event.

Finishing

Athletes must remain in their finish order until their number has been recorded. Medals will be presented as soon as possible after each race.

Water stations

Water will be provided for the cross country and road walks.

Athletes may leave labelled drink bottles on the table for their own use but cannot accept outside assistance anywhere else on the course.

Road walk

The same judging and World Record attempt rules outlined for stadia race walking apply to non-stadia road walk events.

EVENT SPECIFICATIONS

Steeplechase

	Event	Barrier Heights	Barriers	Water Jumps
Women	2000m	0.762m	18	5
Men 30–59	3000m	0.838m	28	7
Men 60+	2000m	0.762m	18	5

Throwing equipment

	<i>Hammer</i>	<i>Shot</i>	<i>Discus</i>	<i>Javelin</i>	<i>Weight</i>
Women					
30–49	4.00kg	4.00kg	1.00kg	600gms	9.080kg
50–59	3.00kg	3.00kg	1.00k	500gms	7.260kg
60–64	3.00kg	3.00kg	1.00kg	500gms	5.450kg
75+	2.00kg	2.00kg	0.750kg	400gms	4.000kg
Men					
30–49	7.26kg	7.26kg	2.00kg	800gms	15.880kg
50–59	6.00kg	6.00kg	1.50kg	700gms	11.340kg
60–69	5.00kg	5.00kg	1.00kg	600gms	9.080kg
70–79	4.00kg	4.00kg	1.00kg	500gms	7.260kg
80+	3.00kg	3.00kg	1.00kg	400gms	5.450kg

Hurdles

	Race distance	Hurdle height	Number of hurdles	Distance to first hurdle	Distance between hurdles	Distance to Finish
Women: Short						
30–39	100m	0.840m	10	13m	8.5m	10.5m
40–49	80m	0.762m	8	12m	8m	12m
50–59	80m	0.762m	8	12m	7m	19m
60+	80m	0.686m	8	12m	7m	19m
Women: Long						
30–49	400m	0.762m	10	45m	35m	40m
50–59	300m	0.762m	7	50m	35m	40m
60–69	300m	0.686m	7	50m	35m	40m
70+	200m	0.686m	5	20m	35m	40m
Men: Short						
30–49	110m	0.991m	10	13.72m	9.14m	14.02m
50–59	100m	0.914m	10	13m	8.5m	10.5m
60–69	100m	0.840m	10	12m	8m	16m
70–79	80m	0.762m	8	12m	7m	19m
80+	80m	0.686m	8	12m	7m	19m
Men: Long						
30–49	400m	0.914m	10	45m	35m	40m
50–59	400m	0.840m	10	45m	35m	40m
60–69	300m	0.762m	7	50m	35m	40m
70–79	300m	0.686m	7	50m	35m	40m
80+	200m	0.686m	5	20m	35m	40m

Para Hurdles – T20, T22

WOMEN	Age	Race	Hurdle Height	Number of Hurdles	Distance to first hurdle	Interval	Distance to finish
Short	30–39	100m	0.0762m	10	13m	8.5m	10.5m
	40–69	80m	0.0686m	8	12m	7m	19m
	70–100+	60m	0.0686m	5	12m	7m	20m
Long	30–39	400m	0.0686m	10	45m	35m	40m
	40–69	300m	0.0686m	7	50m	35m	40m
	69–100+	200m	0.0686m	5	20m	35m	40m
MEN	Age	Race	Hurdle Height	No of hurdles	Distance to first hurdle	Interval	Distance to finish (m)
Short	30–49	100m	0.0914m	10	13m	8.5m	10.5m
	50–59	100m	0.0840m	10	12m	8m	16m
	60–69	80m	0.0762m	8	12m	7m	19m
	69–79	80m	0.0686m	8	12m	7m	19m
	80–100+	60m	0.0686m	5	12m	7m	20m
Long	30–49	400m	0.0840m	10	45	35m	40m
	50–59	400m	0.0762m	10	45	35m	40m
	60–79	300m	0.0686m	7	50	35m	40m
	80–100+	200m	0.0686m	5	20	35m	40m

Para specifications

Copies of the technical specifications for each event per classification and age group, and the baseline percentages against which Oceania Masters Athletics determined the athlete percentage for each event are available on the championships website.

<https://www.oceania-masters-athletics.org/para-specifications/>

These baseline percentages will also be used as a Standard in lieu of an available record due to the 2025 Oceania Masters Athletics Championships being the first International Masters Athletics event to incorporate Para categories, and therefore such standards have not previously existed. Athletes who improve on these standards will create an Oceania Masters Athletics record, which can only be accomplished at the OMA Championships.

Athletes will compete with their age cohort alongside the corresponding able-bodied event. Seated Throws will be the only stand-alone event due to setup requirements. Athletes wishing to compete in Seated Throws (Shot Put and Discus) must have advised the organising committee at registration.

Please note that classifications for each event are modelled on the Athletics Australia format.

EVENT SCHEDULE - TRACK

DAY 1: Saturday 6 September - TRACK

8:00am 10km road walk
 9:00am 800m W70+
 9:05am 800m W65
 9:10am 800m W55-64
 9:15am 800m W45-54
 9:20am 800m W40
 9:25am 800m W30-39
 9:36am 800m M75+
 9:41am 800m M70
 9:46am 800m M60-69
 9:51am 800m M55
 9:56am 800m M50
 10:01am 800m M45
 10:06am 800m M40
 10:11am 800m M30-39
 10:30am 100m heats W65
 10:36am 100m heats W55
 10:41am 100m heats W45
 10:46am 100m heats W40
 10:51am 100m heats W35
 10:56am 100m heats W30
 11:15am 100m heats M55
 11:21am 100m heats M50
 11:30am 100m heats M45
 11:39am 100m heats M40
12:00pm Opening Ceremony
 12:30pm 400m hurdles M30-49
 12:37pm 400m hurdles M50
 12:42pm 400m hurdles M55
 12:49pm 400m hurdles W40
 12:54pm 400m hurdles W30,35,45
 1:01pm 300m hurdles M60-69
 1:07pm 300m hurdles W50-59
 1:14pm 300m hurdles M70-79
 1:20pm 300m hurdles W65
 1:28pm 200m hurdles M80
 2:00pm 100m finals W80+
 2:03pm 100m finals W75
 2:06pm 100m finals W70
 2:09pm 100m finals W65
 2:12pm 100m finals W60
 2:15pm 100m finals W55
 2:18pm 100m finals W50
 2:21pm 100m finals W45
 2:24pm 100m finals W40
 2:27pm 100m finals W35
 2:30pm 100m finals W30
 2:40pm 100m finals M85+
 2:43pm 100m finals M80
 2:46pm 100m finals M75
 2:49pm 100m finals M70
 2:51pm 100m finals M65
 2:54pm 100m finals M60
 2:57pm 100m finals M55
 3:00pm 100m finals M50
 3:03pm 100m finals M45
 3:06pm 100m finals M40
 3:09pm 100m finals M35
 3:12pm 100m finals M30
 3:30pm 3000m steeplechase M30-59 (11)
 3:50pm 2000m steeplechase W30+ (21)
 4:10pm 2000m steeplechase M60+ (11)

DAY 2: Sunday 7 September - TRACK

9:00am 200m heats W55
 9:06am 200m heats W45
 9:12am 200m heats W40
 9:18am 200m heats W35
 9:30am 200m heats M75
 9:36am 200m heats M70
 9:42am 200m heats M55
 9:48am 200m heats M50
 9:52am 200m heats M45
 9:58am 200m heats M40
 11:00am 200m finals W80
 11:03am 200m finals W75
 11:06am 200m finals W70
 11:09am 200m finals W65
 11:12am 200m finals W60
 11:15am 200m finals W55
 11:18am 200m finals W50
 11:21am 200m finals W45
 11:24am 200m finals W40
 11:27am 200m finals W35
 11:30am 200m finals W30
 11:45am 200m finals M85+
 11:48am 200m finals M80
 11:51am 200m finals M75
 11:54am 200m finals M70
 11:57am 200m finals M65
 12:00pm 200m finals M60
 12:03pm 200m finals M55
 12:06pm 200m finals M50
 12:09pm 200m finals M45
 12:12pm 200m finals M40
 12:15pm 200m finals M35
 12:18pm 200m finals M30
3:00pm @ Sherwood Arboretum:
 8km Cross Country M30-69, W30-69
 6km Cross Country M70+, W70+

DAY 3: Monday 8 September - TRACK

9:00am 1500m Walk W60+
9:15am 1500m Walk M60+
9:30am 1500m Walk W30-59
9:45am 1500m Walk M30-59
10:00am 400m heats W40
10:08am 400m heats M55
10:16am 400m heats M50
10:22am 400m heats M45
10:28am 400m heats M40
10:40am 1500m W60+
10:50am 1500m W45-59
11:00am 1500m W30-44
11:10am 1500m M70+
11:20am 1500m M60-69
11:30am 1500m M50-59
11:40am 1500m M45
11:50am 1500m M30-44
1:00pm:
110m hurdles M30-49
100m hurdles M50, W35
100m hurdles M55
100m hurdles M60
100m hurdles M65
1:30pm:
80m hurdles W40 0:76
80m hurdles W45
1:45pm:
80m hurdles M70-79
80m hurdles W50-59
80m hurdles W60+, M80+
2:00pm 400m finals W70+
2:05pm 400m finals W65
2:10pm 400m finals W60
2:15pm 400m finals W55
2:20pm 400m finals W50
2:25pm 400m finals W45
2:30pm 400m finals W40
2:35pm 400m finals W35
2:40pm 400m finals W30
2:50pm 400m finals M80+
2:55pm 400m finals M75
3:00pm 400m finals M70
3:05pm 400m finals M65
3:10pm 400m finals M60
3:15pm 400m finals M55
3:20pm 400m finals M50
3:25pm 400m finals M45
3:30pm 400m finals M40
3:35pm 400m finals M30-39

DAY 4: Tuesday 9 September - TRACK

8:10am 100m Pent W40
8:20am 5000m W65+, M70+
9:00am 100m Pent W30-39
9:10am 5000m W30-64
9:45am 100m Pent W60+
9:55am 5000m M50-69
10:30am 100m Pent W45-54
10:40am 5000m M30-49
11:15am 100m Pent W55
11:30am 800m Pent W40
11:40am 800m Pent W30-39
11:45am 60m M85+
11:48am 60m M80
11:51am 60m M75
11:54am 60m M70
12:00pm 60m M65
12:03pm 60m M60
12:06pm 60m M55
12:12pm 60m M50
12:18pm 60m M45
12:24pm 60m M40
12:30pm 60m M35
12:33pm 60m M30
12:45pm 800m Pent W60+
1:10pm 800m Pent W45-54
1:50pm 800m Pent W55
2:00pm 4 x 100m Relay
M240+
M200-239
M150-199
2:20pm Medley Relay - 800, 400, 200, 200
M240+
M200-239
M150-199

DAY 5: Wednesday 10 September - TRACK

8:00am 5000m walk W30+
8:45am M30+
9:30am 60m W75+
9:33am 60m W70
9:36am 60m W65
9:39am 60m W60
9:41am 60m W55
10:15am 200m Pent M45-54
10:30am 60m W50
10:33am 60m W45
10:36am 60m W40
10:42am 60m W35
10:45am 60m W30
11:00am 200m Pent M30-44
11:30am 1500m Pent M45-54
11:45am 200m Pent M70+
12:15pm 1500m Pent M30-44
12:30pm 200m Pent M65
1:00pm 1500m Pent M70+
1:15pm 200m Pent M55-64
1:45pm 1500m Pent M65
2:30pm 1500m Pent M55-64
2:40pm 4 x 100m Relay
W230+
W195-229
W150-194
3:15pm 4 x 800 Relay record attempt 5 yr age groups
3:45pm Medley Relay - 800, 400, 200, 200
W230+
W195-229
W150-194

EVENT SCHEDULE - FIELD

DAY 1: Saturday 6 September - FIELD

	Long Jump 1	Long Jump 2	Javelin 1	Javelin 2	Hammer	Shot 1	Shot 2	Weight 1	Weight 2	High Jump
Location	SAF West	SAF West	SAF North	SAF South	SAF	SAF North	SAF South	Main Track	Main Track	SAF South
8:30am	M40		M50		M60–69	W50	W45	W55		W60+
10:00am	M75		M70	M55	M80+	W65	W35	W40		W50–59
10:45am			M75							
11:30am	M30–39	M55	M60		M40–49	W70 W80		W45	W60	W30–39
1:00pm	M45	M50	M80+		M55	W75	W30	W65 W70		W40–49
2:30pm			M65	M40	M30–39	W55	W40	W30–39		
3:00pm		M70 M80+								
3:15pm				M45	M50			W50	W75+	
4:00pm	M60–69		M30–39		M70–79	W60				

DAY 2: Sunday 7 September - FIELD

	Shot Put 1	Shot Put 2	Weight	Triple Jump	Discus 1	Discus 2	Long Jump
Location	SAF North	SAF South	Main Track	SAF Pit 2	SAF Nth Cage	Main Track	SAF Pit 1
8:30am	M50		M30 –M44		W40		W50–59
10:00am	M80+	M60	M55	M30–44	W50	W55	W60–69
11:30am	M40	M65	M45–54	M70	W30	W35	W45
1:00pm	M55	M70–79	M60	M45–54	Seated	W45	W30 W70+
2:30pm	M30–39		M80+	M55–69	W75+	W60	W35
4:00pm	M45		M65–M79		W65–74		W40

DAY 3: Monday 8 September - FIELD

	Discus 1	Discus 2	High Jump	Shot	Hammer 1	Hammer 2	Javelin 2	Javelin 1	Triple Jump
Location	SAF North	Main Track	SAF South	SAF North	SAF	Main Track	SAF South	SAF North	SAF West
8:30am					W55			W50	W60+
10:00am	M60	M80+	M30–44		W40	W65–74	W45	W60	W30–39
11:30am	M40	M50	M65–74		W50	W75+	W35	W55	
1:00pm	M65	M70–79	M45–54	Seated	W30–39		W40	W65	W50–59
2:30pm	M30–39	M55	M75+		W60		W30	W70+	W40–49
4:00pm	M45		M55–64		W45				

DAY 4: Tuesday 9 September - FIELD

	Shot (1) Outdoor Pentathlon	Long Jump Outdoor Pentathlon	Javelin 1 Outdoor Pentathlon	Hammer	Shot 2	Discus	Javelin 2	Weight	Pole Vault
Location	SAF North	SAF West	SAF North	SAF-Hammer	SAF South	SAF North	SAF South	SAF Hammer	SAF North
8:15am									M60–69
8:25am	W40								
8:30am				M70+					
9:15am	W30–39	W40		M60–69	M70+				
10:00am	W60+	W30–39	W40	M50–59	M60–69	M70+			M70+
10:30am									
10:45am	W45–54	W60+	W30–39	M30–49	M50–59	M60–69	M70+		
11:30am	W55	W45–54	W60+		M30–49	M50–59	M60–69	M70+	
11:45am									M30–49
12:15pm		W55	W45–54			M30–49	M50–59	M60–69	
12:30pm									
1:00pm			W55				M30–49	M50–59	
1:45pm								M30–49	M50–59

DAY 5: Wednesday 10 September - FIELD

	Long Jump Outdoor Pentathlon	Javelin 1 Outdoor Pentathlon	Discus 1 Outdoor Pentathlon	Hammer Throws Pentathlon	Shot Put Throws Pentathlon	Discus Throws Pentathlon	Javelin 2 Throws Pentathlon	Weight Throws Pentathlon	Weight Throws Pentathlon	Pole Vault
Location	SAF West	SAF North	SAF North	SAF Hammer	Main Track	Main Track	SAF South	SAF Hammer	SAF Shot North	SAF North
8:20am	M45–54									
8:30am				W70+						W50+
9:15am	M30–44	M45–54		W60–69	W70+					
10:00am	M70+	M30–44		W55	W60–69	W70+				
10:30am			M45–54							W30–49
10:45am	M65	M70+		W45–54	W55	W60–69	W70+			
11:15am	M55–64		M30–44							
11:30am		M65		W30–39	W45–54	W55	W60–69		W70+	
12:00pm			M70+							
12:15pm		M55–64		W40	W30–39	W45–54	W55		W60–69	
12:45pm			M65							
1:00pm		W45–54 Throw Pent			W40	W30–39		W55		
1:30pm			M55–64							
1:45pm		W30–39 Throw Pent				W40		W45–54		
2:30pm		W40 Throw Pent						W30–39		
3:15pm								W40		

OMA MEMBERS and ASSOCIATES



**Oceania Masters Athletics
comprises
22 Member and Associate countries.**

MEMBERS

American Samoa
Australia
Cook Islands
Federated States of Micronesia
Fiji
French Polynesia (Tahiti)
Guam
Kiribati
Marshall Islands
Nauru
New Zealand
Norfolk Island
Northern Mariana Islands
Palau
Papua New Guinea
Samoa
Solomon Islands
Tonga
Tuvalu
Vanuatu

ASSOCIATES

New Caledonia
Niue

