

Athletics

Athletics track address: Beukenlaan 9 6823 MA Arnhem

Competition organiser: Karin Nienhuis

Age groups:

Class A 18–29 M/W

Class B 30–39 M/W

Class C 40–49 M/W

Class D 50–59 M/W

Class E over 59 M/W

The year of birth is decisive, not the date of birth!

Disciplines

Track events: 100m, 200m, 400m, 800m, 1500m, 5000m, 4 x 100m The relay races are not divided into age classes!

Field events: Long jump, high jump, shot put, javelin throw

Team

Each team has 3 members, of which at least one has to be female; all team members must compete in all 4 individual events. There is no division into classes. Events: 100m, 1500m, long jump, shot put
Points: Master factors

Weights

Shot: M: Classes A, B, C: 7.25kg Class D: 6.00kg Class E: 5.00kg

Shot: W: Classes A, B, C: 4.00kg Classes D, E: 3.00kg

Javelin: M: Classes A, B, C: 800g Class D: 700g Class E: 600g

Javelin W: Classes A, B, C: 600g Classes D, E: 500g

Pick up your starting number from the TIC (Technical Information Centre) at the clubhouse.

During these games, a TIC has been set up to act as the first point of contact for athletes and coaches. You can turn to the TIC for (among other things) the following:

- Signing in/out

- Collection of starting numbers
- Protests
- Competition information

The TIC is located in the club building of the athletic association, The locker rooms open at 8:00 AM and are open until half an hour after the last event is completed.

Signing in/out

You must report to the TIC no later than 1 hour before the start of the first competition event you will be competing in. Furthermore, you must report to the jury 15 minutes before the start of your event. NOTE: failure to report, or report in a timely manner, means not participating!

There is one warm-up field next to the athletics track. Take full advantage of this. For the technical sections, there is only limited time for warm-up on the competition grounds. The warm-up field is for general use.

Warming up for shot put and javelin is only possible prior to the event at the competition site. This also applies to high jump, long jump.

Materials

Throwing materials must be presented for inspection at the material weighing (the material room next to the dressing rooms) at least 1 hour before the start of the event. The materials will be inspected there. All materials will be uniquely marked.

The track crew will bring these materials to the appropriate event in time for the start of each event.

Shoes

In these games, Technical Rule 5 of the competition rules applies. This means that your shoes must meet all regulatory requirements. Deviating from seniors, the following maximum sole thicknesses apply for Masters for all events:

- Spikes: maximum 30mm
- Shoes without spikes: maximum 40mm

Length of spike points for the round track should not exceed 9 mm. The exceptions are high jump and javelin. These spike points may be 11mm.

High jump Starting heights:

1.00m, 4cm increments, men's classes 0.90m, 4cm increments, women's classes

Starting command

The starting command will be in English and is: Up to and including 400m and 4 x 100m relay: "On your marks" = step up to the starting line. "Set" = take your position

For longer distances of 800m and more

“On your marks” = step up to the starting line. Fire of the gun = run

Publication of starting lists and results All starting lists, live intermediate results and results will be published on athletics.nu.

There will be no bulletin boards. Results will be provided with the correct status (‘Not yet official’, ‘Official’, ‘Corrected’, ‘Under protest’) and time, so you can always see what time the latest version of the result was published. For questions about a result, please contact the TIC.

A competitor, who at the time of reporting to the competition site is busy processing another event, can indicate this in advance to the jury of the event that is still to come. Running numbers go before technical numbers. You may still make the attempt if the round is not yet over. If the round is finished and you are not back yet, then this attempt is voided.

Medal Ceremony (CP)

The schedule shows the times of the award ceremonies. Prize winners report the stage.

Protests: Protests, pertaining to the result or the course of the event, must be submitted within 30 minutes after the event result has been officially announced. Protests should always first be submitted verbally to the referee of the relevant event by the athlete themselves or by someone acting on their behalf. If the protest is submitted after the end of the event, the referee can be contacted through the TIC.