

COMPETITION FORMAT

Event (FIELD)	Category	Competition Format	Remarks			
Shot Put						
SHOT PUT (3 KG)	W50-54	3 trials	All Measured			
SHOT PUT (3 KG)	W55-58	3 trials	All Measured			
SHOT PUT (7,26 KG)	M30-34	3 trials	All Measured			
SHOT PUT (7,26 KG)	M35-39	3 trials	All Measured			
SHOT PUT (7,26 KG)	M40-44	3 trials	All Measured			
SHOT PUT (7,26 KG)	M45-49	3 trials	All Measured			
SHOT PUT (5 KG)	M60-64	3 trials	All Measured			
SHOT PUT (5 KG)	M65-69	3 trials	All Measured			
SHOT PUT (6 KG)	M50-54	3 trials	All Measured			
SHOT PUT (6 KG)	M55-59	3 trials	All Measured			
Javelin						
JAVELIN (500G)	W50-54	3 trials	All Measured			
JAVELIN (500G)	W55-59	3 trials	All Measured			
JAVELIN (600G)	W35-39	3 trials	All Measured			
JAVELIN (800G)	M40-44	3 trials	All Measured			
JAVELIN (800G)	M45-49	3 trials	All Measured			
JAVELIN (700G)	M50-54	3 trials	All Measured			
JAVELIN (700G)	M55-59	3 trials	All Measured			
JAVELIN (600G)	M60-64	3 trials	All Measured			
JAVELIN (600G)	M65-69	3 trials	All Measured			
JAVELIN (500G)	M75 & above	3 trials	All Measured			
Discus						
DISCUS (1 KG)	W30-34	3 trials	All Measured			
DISCUS (1 KG)	W50-54	3 trials	All Measured			
DISCUS (1 KG)	W55-59	3 trials	All Measured			
DISCUS (2 KG)	M35-39	3 trials	All Measured			
DISCUS (2 KG)	M40-44	3 trials	All Measured			
DISCUS (1.5KG)	M50-54	3 trials	All Measured			
DISCUS (1.5KG)	M55-59	3 trials	All Measured			
DISCUS (1 KG)	M60-64	3 trials	All Measured			
DISCUS (1 KG)	M65-69	3 trials	All Measured			
Hammer						
HAMMER (3 KG)	W50-59	3 trials	All Measured			
HAMMER (7.26KG)	M40-49	3 trials	All Measured			
HAMMER (6KG)	M50-59	3 trials	All Measured			
HAMMER (5KG)	M60-69)	3 trials	All Measured			
Long Jump						
Long Jump	W30-75 Above	3 trials	All Measured			
Long Jump	M30-75 above	3 trials	All Measured			
Triple Jump						
TRIPLE JUMP	M35-M39	3 trials	3m, 5m, 7m, 9m Board All Measured			
TRIPLE JUMP	M40-M44	3 trials				
TRIPLE JUMP	M45-M49	3 trials				
TRIPLE JUMP	M50-54	3 trials				
TRIPLE JUMP	M55-59	3 trials				
TRIPLE JUMP	M60-M64	3 trials				
TRIPLE JUMP	M65-M69	3 trials				
TRIPLE JUMP	M75-M79	3 trials				
High Jump						
HIGH JUMP	W50-54	elimination after 3 consecutive failures	1m + 5cm.... (athletes from all age gp can choose when they want to start as the height progresses)			
HIGH JUMP	M60-64	elimination after 3 consecutive failures				
HIGH JUMP	M40-44	elimination after 3 consecutive failures				
HIGH JUMP	M35-39	elimination after 3 consecutive failures				
Hurdles						
Distance	Age Group	Hurdle Height (m)	No of Hurdles	To First Hurdles (m)	Between Hurdles (m)	To Finish (m)
400m	M30-49	0,914	10	45	35	40
400m	M50-59	0.84	10	45	35	40
300m	M60-69	0,762	7	50	35	40
100m	M60-64	0.84	10	12	8	16
80m	W45-49	0.762	8	12	8	12