

International Masters Challenge GER – FRA – BEL
29. September 2019 in Rehlingen

Veranstalter: Saarländischer Leichtathletik-Bund
im Auftrag des Deutschen Leichtathletik-Verbandes

Ausrichter: LC Rehlingen

Austragungsstätte: Bungertstadion Rehlingen

Ausschreibung:

M40+ / M50+ 100m – 400m – 1500m – 5000m – 4 x 200m
Hochsprung/High jump – Weitsprung/Long jump
Kugelstoß/Shot put – Diskuswurf /Discus throw –
Speerwurf/Javelin throw

W40+ / W50+ 100m – 400m – 800m – 3000m – 4 x 200m
Hochsprung/High jump – Weitsprung/Long jump
Kugelstoß/Shot put – Diskuswurf/Discus throw –
Speerwurf/Javelin throw

Zeitplan/Schedule (Änderungen vorbehalten/subject to alteration)

Zeit	M40+	M50+	W40+	W50+
14.00			Speer/Javelin	Speer/Javelin
14.30	Kugel/Shot put	Weit/Long jump	Hoch/High jump	Hoch/High jump
14.45			800m	
14.50				800m
15.00	Speer/Javelin	1500m/Speer/Javelin		
15.10	1500m/Weit/Long j.			Kugel/Shot put
15.25			100m	
15.30				100m
15.35		100m		
15.40	100m			
15.50		Kugel/Shot put	Weit/Long jump	
16.00	Hoch/High jump	Hoch/High jump	Diskus/Discus	Diskus/Discus
16.05				400m
16.10			400m	
16.15		400m		
16.20	400m			
16.30			Kugel/Shot put	Weit/Long jump
16.35			3000m	3000m
16.50	5000m	5000m		
17.00	Diskus/Discus	Diskus/Discus		
17.15			4 x 200m	4 x 200m
17.25	4 x 200m	4 x 200m		

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Competition rules

1. As a general principle, WMA rules will be used when applicable e.g.
 - a. Starting blocks are not compulsory (WMA Rule 161: Starting Blocks: Master competitors are not required to use starting blocks or a crouch start or have both hands in contact with the track for the start of any race.)
 - b. One false start per athlete will be tolerated (WMA Rule 162: The Start: In any race, individual athletes who are charged with a false start, as determined by the head starter, shall be warned. Individual athletes, who are charged with their second false start in the same race, as determined by the head starter, shall be disqualified).
2. Team can be modified for each event as long as this particular event has not started
3. Six lanes for six participants
4. High jump:
 - a. Athletes will chose their first height
 - b. Bar will climb 3 to 3 cm
 - c. Last jumper (winner) of each category has free choice of height (WMA Rule 181.3: When a high jump and pole vault competition includes competitors in different age groups jumping and vaulting in the same competition pool, and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable IAAF Rules, even though other competitors in other age groups may still be jumping/vaulting. Said competitors must continue in the normal progression and may not jump at these special heights.)
5. 4x200m Relays
 - a. Teams should be announced 30 minutes before start, in order of running
 - b. Two races: W40/50 and M40/50. 40ers in inside lanes and 50ers in outside lanes; lanes allotted according to the classification before the relays
 - c. Each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. (IAAF rule 170.3)
 - d. Order for last leg: the athletes shall line up in the order of the start list (inside to out) (IAAF rule 170)
6. Points:
 - a. 7, 5, 4, 3, 2, 1 for all events but
 - b. relays: 7, 4, 2 pts
7. Classification: one per team and category (= 4), plus one global
8. Lanes and throwing/jumping order: see addendum

Other

1. Ceremonies
 - a. Opening: 13:45 Hr
 - b. Closing: 18:00 Hr
2. Dinner: from 19:00 Hr on