



January 28-29, 2023

Centro Desportivo da Madeira - Ribeira Brava

REGULATION

1. GENERAL RULES

- 1.1. *MASTER ATHLETICS International Meeting (MAIM)* it's an international masters competition organized by *Associação de Atletismo da Região Autónoma da Madeira (AARAM)*.
- 1.2. The competition will be held according with WA and WMA regulations.
- 1.3. All athletes are covered by local organisation insurance.
- 1.4. When athletes make their registration in the meeting, they may choose to participate in the number of events they wish, accordingly with the timetable.
 - 1.4.1. The organization may need to adjust the programme or timetable accordingly to the number of athletes assigned on each event.
 - 1.4.2. The organization undertakes to carry out the events in which there are, at least, three athletes registered.
- 1.5. Athletes must compete accordingly with their age group by the date of the meeting.
- 1.6. Each athlete is responsible for their own physical fitness degree.
- 1.7. In throws and horizontal jumping events, there will be 4 attempts to all athletes.
- 1.8. The initial height of the bar, for both high jump and pole vault, will be determined by the organization on the competition day, accordingly with the athletes assigned on the event.
- 1.9. Any issue missing in this regulation will be held by organization according with the national and international regulations.

2. MADEIRA MASTERS CHAMPIONSHIPS (CRV)

- 2.1. Simultaneously will occur the Madeira Masters Championships (only master athletes affiliated with AARAM are entitled to participate).

MASTER 2023 ATHLETICS

International Meeting



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3. COMPETITION SCHEDULE

JANUARY, 28 / SATURDAY – FUNCHAL (RG3)

TIME	EVENT	GENDER	AGE GROUPS	NOTES
9:45	SHOT PUT	WOMEN	ALL	2 / 3 / 4 KG
10:25	SHOT PUT	MEN	ALL	3 / 4 / 5 / 6 / 7,26 KG
11:10	HAMMER THROW	MIXED	ALL	2 / 3 / 4 / 5 / 6 / 7,26 KG

JANUARY, 28 / SATURDAY – RIBEIRA BRAVA (CDM)

TIME	EVENT	GENDER	AGE GROUPS	NOTES
15:00	60 M	WOMEN	ALL	
15:15	60 M	MEN	ALL	
15:20	JAVELIN	WOMEN	ALL	400G/500G/600G
15:30	LONG JUMP	MEN	ALL	BOARD: 1M / 2,5M
15:40	1 500 M	WOMEN	ALL	
16:00	1 500 M	MEN	ALL	
16:15	JAVELIN	MEN	ALL	400G/500G/600G/700G/800G
16:15	LONG JUMP	WOMEN	ALL	BOARD: 1M / 2,5M
16:20	400 M	WOMEN	ALL	
16:35	400 M	MEN	ALL	
17:00	POLE VAULT	MIXED	ALL	1,80M →
17:00	4 x 100 M	WOMEN	ALL	
17:00	4 x 100 M	MEN	ALL	
17:15	3 000 M WALK	WOMEN	ALL	
17:15	5 000 M WALK	MEN	ALL	

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JANUARY, 29 / SUNDAY – RIBEIRA BRAVA (CDM)

TIME	EVENT	GENDER	AGE GROUPS	NOTES
9:45	3 000 M	MEN	ALL	
10:00	TRIPLE JUMP	MEN	ALL	TÁBUA: EM FUNÇÃO DOS INSCRITOS
10:05	3 000 M	WOMEN	ALL	
10:05	3 000 M	MEN	M60+	
10:15	DISCUS THROW	MEN	ALL	1KG / 1,5KG / 2 KG
10:30	200 M	WOMEN	ALL	
10:45	200 M	MEN	ALL	
11:00	HIGH JUMP	MIXED	ALL	1,00M (+4) →
11:00	DISCUS THROW	WOMEN	ALL	750G / 1KG
11:00	800 M	WOMEN	ALL	
11:10	800 M	MEN	ALL	
11:30	60 M HURDLES	MEN	M35 → M49	13,72+9,14M - 0,99M / 5H
11:35	60 M HURDLES	MIXED	W35 → W39 M50 → M59	W: 13+8,5M - 0,84M / 5H M: 13+8,5M - 0,91M / 5H
11:40	60 M HURDLES	MIXED	W40 → W49 M60 → M69	W: 12+8M - 0,76M / 5H M: 12+8M - 0,84M / 5H
11:45	60 M HURDLES	MIXED	W50 → W59 M70 → M79	12+7M - 0,76M / 5H
12:00	4 x 400 M	WOMEN	ALL	
12:00	4 x 400 M	MEN	ALL	



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4. **REGISTRATION, FEE AND CONFIRMATION**

- 4.1. Registrations are made on **Lap2go** platform with a link available on the event site.
- 4.2. The registration fee is **15€** allowing to participate in **one event**.
 - 4.2.1. There will be an additional fee of **10€** for each **additional event** assigned.
- 4.3. The entries for MAIM **will close on January 20 at 23h59**.
- 4.4. On competition day, athletes must confirm their participation before the start of the meeting (till 30 minutes before).

5. **PRIZES AND CLASSIFICATIONS**

- 5.1. In this meeting there will be no team classification.
- 5.2. There will be individual classification in each event, by gender and age group.
- 5.3. A medal will be awarded to the winner in each event, by gender and age group.
- 5.4. All *MAIM* participants will receive a commemorative medal of the meeting.

6. **CALL ROOM**

- 6.1. There will be a call room by the south track entrance.
- 6.2. Times to access to call room and track entrance (Ribeira Brava):
 - Races – 15 and 10 minutes before event time
 - High jump – 25 and 20 minutes before event time
 - Pole vault – 30 and 25 minutes before event time
 - Other field events – 20 and 15 minutes before event time
- 6.3. On events that will take place at the military facilities (RG3), **hammer** and **shot put**, athletes must have their **ID/Passport** to access the facility. All confirmations are made on site.