

# MASTER 2022 ATHLETICS

International Meeting



January 29-30, 2022

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. Special procedures will be held regarding **Covid-19** and all athletes and remaining sport agents, should comply with the organization determinations.
  - 1.3.1. To be given access to the event desk office and right to participate in the competition, all athletes should have and show it upon request at the event desk office, a negative Covid-19 test performed until up to 72 hours before the meeting starts.
- 1.4. All athletes are covered by local organisation insurance.
- 1.5. When athletes make their registration in the meeting, they may choose to participate in the number of events they wish, accordingly with the timetable.
  - 1.5.1. The organization may need to adjust the programme or timetable accordingly to the number of athletes assigned on each event.
  - 1.5.2. The organization undertakes to carry out the events in which there are, at least, three athletes registered.
- 1.6. Athletes must compete accordingly with their age group by the date of the meeting.
- 1.7. Each athlete is responsible for their own physical fitness degree.
- 1.8. In throws and horizontal jumping events, there will be 4 attempts to all athletes.
- 1.9. 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.
- 1.10. 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).

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### 3. COMPETITION SCHEDULE

#### JANUARY, 29 / SATURDAY – FUNCHAL (RG3)

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

#### JANUARY, 29 / SATURDAY – RIBEIRA BRAVA (CDM)

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

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## JANUARY, 30 / SUNDAY – RIBEIRA BRAVA (CDM)

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