



# The 20th Asia Masters Athletics Championships

Sun

Sep 24 2017

Thu

Sep 28 2017



## TECHNICAL HANDBOOK

## **RULES & REGULATIONS AND ENTRY INFORMATION**

### **1. ORGANIZATION**

**Host:** CHINA

The 20th AMAC Executive Committee

**Co-Hosts:** Chinese Athletics Association

Jiangsu Sports Bureau

Jiangsu Rugao People's Government

With the cooperation of ASIA MASTERS ATHLETICS

### **2. DATE**

Sunday, September 24, 2017 through Thursday, September 28, 2017

### **3. SCHEDULE**

Sunday 24 Sept	Day 1	08:00	Competitions start
		17:30	<b>Opening Ceremony</b>
		19:30	<b>Welcome Reception</b>
Monday 25 Sept	Day 2	08:00	Competitions start
Tuesday 26 Sept	Day 3	08:00	Competitions start
Wednesday 27 Sept	Day 4	08:00	Competitions start
Thursday 28 Sept	Day 5	08:00	Competitions start
		17:30	<b>Closing Ceremony</b>

### **4. VENUE**

Jiangsu Rugao Olympic Sports Center

Address: No. 888 Wanshou South Road, Rugao, Jiangsu

E-mail: [rglj2016@sina.com](mailto:rglj2016@sina.com) Postal code: 226500

Tel.: 0513-87630880 Fax: 0513-87630880

### **5. CHECK-IN AND TEAM MANAGERS' MEETING**

#### **5.1 Check-in and collection of chest numbers & Accreditation cards**

The check-in formalities for all the participating teams will be handled by the Organizing Committee from **8:00-22:00 on September 22** and **8:00-10:00 on September 23** (Beijing time) at: Jiangsu Rugao Olympic Sports Center.

## 5.2 Contact information

Jiangsu Rugao Olympic Sports Center

No. 888 Wanshou South Road, Rugao, Jiangsu,

Postal code: 226500.

Tel.: 0513-87630880

Fax: 0513-87630880

E-mail: [rglj2016@sina.com](mailto:rglj2016@sina.com),

## 5.3 Team Managers' Meeting

The Organizing Committee will hold the Team Managers' Meeting at **10:30 on September 23, 2017**, in which relevant competition issues will be declared and the participating teams shall finally confirm the lists of competing athletes. Each team shall assign 1 Team Manager and 1 Team Representative to attend this meeting.

## 5.4 Asia Masters Athletics Women's Seminar

At 9:00 a.m. on September 25, 2017, Asia Masters Athletics will hold the Asia Masters Athletics Women's Seminar in Rugao Olympic Sports Center. The participants are female representatives of Affiliates of Asia Masters Athletics.

## 5.5 2017 Asia Masters Athletics General Assembly

At 16:00 p.m. on September 26, 2017, Asia Masters Athletics will hold the General Assembly of all the **Affiliates** of Asia Masters Athletics in Rugao Jinling Jingding Hotel.

## 6. ENTRY

### 6.1 Entry requirements

6.1.1 Athletes are required to form teams in the name of Affiliates of the Asia Masters Athletics to enter the competition, with no individual entry accepted. As for age category of athletes, only those male and female athletes who are physically fit and born on or before September 24 of 1982 are accepted to enter the 20th Asia Masters Athletics Championships, with the first day of this competition (September 24, 2017) acting as a standard day. The registration means that all participants must comply with relevant provisions in the Handbook of the Asia Masters Athletics and those specified by the Organizing Committee.

6.1.2 Special stipulations: The athletes from outside Asia Region, can also participate in this championships. As for age of athletes, only those males and females who are physically fit and born on or before September 24 of 1982 are accepted to enter the 20th Asia Masters Athletics Championships, with the first day of this competition (September 24, 2017) acting as a standard day. The registration means that all participants must comply with relevant provisions in the manual of the Asia Masters Athletics and those specified by the organizing committee.

**6.2 Entry limit**• **Events**

Events		Age Groups		Cut-off time	
		Male	Female		
Track events	100m	All	All		
	200m	All	All		
	400m	All	All		
	800m	All	All		
	1500m	All	All	M/W	
				35-59	15 mins
				60+ and above	18 mins
	5000m M/W	All	All	<u>Men</u>	
35-59				30 mins	
60-79				40 mins	
80+ and above				45 mins	
<u>Women</u>					
35-49				35 mins	
50-69	40 mins				
			70+ and above	50 mins	
10000m	All	All	<u>Men</u>		

	M/W			35-49 50-69 70-79 80+ and above <u>Women</u> 35-49 50-69 70-79 80+ and above	60 mins 65 mins 70 mins 80 smin  65 mins 70 mins 75 mins 85 mins
	5000mW M/W	All	All	<u>Men</u> 35-49 50-69 70-79 80+ and above <u>Women</u> 35-49 50-69 70-79 80+ and above	50 mins 55 mins 60 mins 65 mins  55 mins 60 mins 65 mins 70 mins
	80mH	M70-80	W40-60+		
	100mH	M50-65	W35		
	110mH	M35-45			
	200mH	M80+	W70+		
	300mH	M60-75	W50-65		

	400mH	M35-55	W35-45		
	2000mSC	M60+	All		
	3000mSC	M35-55	/		
	4×100mR	Age groups	Age groups	*	
	4×400mR	Age groups	Age groups	*	
Jumps	High Jump	All	All		
	Pole Vault	All	All		
	Long Jump	All	All		
	Triple Jump	All	All		
Throws	Shot Put	All	All		
	Discus	All	All		
	Hammer	All	All		
	Javelin	All	All		

- Each participant can enter maximum of **4 individual events** (excluding the relay events)
- Relay teams may mix age groups and compete in the lowest age group. A relay team must consists of 6 members of the same country. A relay athlete competing in the lower age group for 1 relay team remains assigned to the same lower age group for relays.
- Entry of the relay teams and payment of the relay events fee must be submitted for registration during the Team Managers' Meeting on September 23, 2017.
- Each Affiliate may enter only 1 team in each Relay event.
- **Age groups**

Class	Age	Date of birth
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Male	Female		
M35	W35	35-39	Born from September 25, 1977 to September 24, 1982
M40	W40	40-44	Born from September 25, 1972 to September 24, 1977
M45	W45	45-49	Born from September 25, 1967 to September 24, 1972
M50	W50	50-54	Born from September 25, 1962 to September 24, 1967
M55	W55	55-59	Born from September 25, 1957 to September 24, 1962
M60	W60	60-64	Born from September 25, 1952 to September 24, 1957
M65	W65	65-69	Born from September 25, 1947 to September 24, 1952
M70	W70	70-74	Born from September 25, 1942 to September 24, 1947
M75	W75	75-79	Born from September 25, 1937 to September 24, 1942
M80	W80	80-84	Born from September 25, 1932 to September 24, 1937
M85	W85	85-89	Born from September 25, 1927 to September 24, 1932
M90	W90	90-94	Born from September 25, 1922 to September 24, 1927

M95	W95	95-99	Born from September 25, 1917 to September 24, 1922
M100+	W100+	100 and above	Born on or before September 24, 1917

### 6.3 Registration time

- For all track events : 30 minutes to call room  
10 minutes to competition area
- For all field events : 45 minutes to call room  
30 minutes to competition area
- For Pole Vault event: 75 minutes to call room  
60 minutes to competition area

## 7. HEALTH INFORMATION

7.1 Participants are recommended to do medical check up before and prepare against the heat, dehydration and so on in advance.

7.2 The Organizing Committee will provide First-Aid service but will not be responsible for the unpredictable accidents, injuries, sickness, thefts or property damages. The Organizing Committee assumes all the participants' families and concerning people understand this and anything that happens to the participants will be self-responsible.

7.3 Participants are recommended to carry the health insurance certificate in case of accidents.

7.4 The organizer will subscribe to accident insurance for the participants, event officials and volunteers during the event.

## 8. GENERAL INFORMATION

### 8.1 Use of images and personal information

- Personal information listed in the Entry Form will be used as necessary information for the Championships' management.
- Name, address, and phone number listed in the Entry Form will be used for administrative circular of Championships.
- Participants need to accept that photographs may be taken in any of the activities at the Championships, and such images are the property of the organization. The organization may publish and otherwise use the images for promotional purposes or for any other purposes without the need to obtain any further consent from participants.

8.2 As for unmentioned matters, the Organizing Committee will publish relevant information on the official website of the 20th Asia Masters Athletics Championships (<http://www.AmAc2017.cn>). More detailed information can be obtained after logging into this website.



8.3 The Organizing Committee possesses the authority for the interpretation of this regulation.

## Competition Rules

9. The competition will be held in accordance with IAAF Rules as modified for masters by World Masters Athletics (WMA) / Asia Masters Athletics (AMA), via their handbook and any special rules specified for this competition by the Organizing Committee

10. Participating athletes are required to wear the chest number clothes, uniformly compiled and distributed by the Organizing Committee.

### 11. Awards

11.1 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners will be awarded certificates and medals at the podium; 4<sup>th</sup> to 8<sup>th</sup> place finishers will be awarded the certificates at the award booth.

11.2 Special stipulations of the award: For the **competitors from outside Asia Region**, only record the competition results and do not record the competition ranking.

### 12. PROTEST

12.1 Any protest related to the competition shall be made in writing by team manager or coach, with the cash of US\$ 100, which will not be paid back in the case of failure.

12.2 Any athletes proved to violate the rules of Asia Masters Athletics Championships will be disqualified from the competition.

12.3 Athletes participating in all the events (indoor and outdoor) are required to perform the doping sampling detection during the competition. For athletes with positive detection results, all their scores and rankings will be disqualified.

13. Participants are not allowed to bring their own equipment except for the poles for pole vault event.

13.1 The poles should be sent to the below address on below dates.

- Rugao Olympic Sports Center, No. 888 Wanshou South Road, Rugao
- To **Mr. Wang Guanfei** (Tel.: 0513-87630880)
- **before September 23, 2017.**

13.2 For the collection of poles after the event: please make arrangements with the official.

## Registration

### 14. Entry Forms

14.1 Entry Forms shall be submitted through the Affiliates of Asia Masters Athletics in various Asian countries. If athletes come from any Asian country which is not Affiliated to Asia Masters Athletics, then those entry forms must be reviewed and approved by the Asia Masters Athletics.

14.2 Participants can obtain Entry Forms from the Asia Masters Athletics Affiliates in their respective countries.

14.3 Participants shall send Entry Forms, copies of ID cards or passports (indicating the athlete's date of birth), fitness certificates and Entry Fee to the Asia Masters Athletics Affiliates in their countries

14.4 Special stipulations: Participants who are not from member associations of Asia Masters Athletics Association can obtain Entry Forms from the registration system on the official website and submit forms to the Asia Masters Athletics Association for review and approval.

### 15. Online Registration procedures for the Asia Masters Athletics Affiliates in various countries

15.1 Log into the official website of "The 20th Asia Masters Athletics Championships (<http://www.AmAc2017.cn>)" and "Online registration for the 20th Asia Masters Athletics Championships" to download descriptions on the online registration for "The 20th Asia Masters Athletics Championships".

15.2 Fill in the Online Registration and Entry Form.

15.3 Use a credit card to pay the fees when submitting the Entry Form upon the completion of registration. (deadline for submission of Entry Forms: **June 23, 2017**)

15.4 The Asia Masters Athletics Affiliates in the athletes' countries must send the summary sheets of participating athletes (computer typescripts and copies) and all the materials concerning the registration of athletes (**which are affixed with seals of such associations**) through mails or express deliveries to the Organizing Committee of Asia Masters Athletics Championships **before June 23, 2017**.

15.5 Special stipulations: Participants who are not from **Affiliates** of Asia Masters Athletics must send the summary sheets of participating athletes (computer typescripts and copies) and all the materials concerning the registration of athletes (**which are affixed with seals of such associations**) through mails or express deliveries to the Rugao organizing committee of 20<sup>th</sup> Asia Masters Athletics Championships and to Asia Masters Athletics for review and approval **before June 23, 2017**.

### 16. Manual Registration procedures for the Asia Masters Athletics Affiliates in various countries

16.1 For the Asia Masters Athletics Affiliates which have no accessible to internet facilities or sending big contingents may register their entries manually by filling in the Master Entry List and send to the Organizing Committee together with the original entry forms and all the materials concerning the registration of athletes (**which are affixed with seals of such associations**) through mail or express deliveries to the Organizing Committee of 20<sup>th</sup> Asia Masters Athletics Championships **before June 23, 2017**.

**16.2 Payment for the Manual Registration:**

***Receiving U.S.Dollars at***  
**China Construction Bank**

Amount:	USD
U.S. Intermediary Bank:	BANK OF AMERICA N.A.
(Intermediary Bank)	NewYork, NY
SWIFT BIC:	BOFAUS3N
Customer's Bank:	China Construction Bank
NANTONG BRANCH	
(Beneficiary's Bank)SWIFT BIC:	PCBCCNBJNTX
Address:	No.1,Yaogang Road,Nantong City,Jiangsu Province,P.R.of China

Customer (beneficiary):	A/C No: 32050164723609014051
Name:	Nantong Tianyue Business Company
Address:	No.188, Yishou Road of Rucheng Town in Rugao
Tel:	0513-87655161 13328081566

## Registration fees

### 17. Entry Fees

Each participant shall pay the following fees:

- 17.1 AMA Fee: US\$10 (fee paid to the Asia Masters Athletics)
- 17.2 Management Fee: US\$5 (fee paid to the Organizing Committee)
- 17.3 1<sup>st</sup> Event Fee: US\$10  
2<sup>nd</sup> to 4<sup>th</sup> event Fee: US\$5 (per event)

### Event Entry Fee to be paid by participants:

One Event (Total)	= US\$25
Two Events (Total)	= US\$30
Three Events (Total)	= US\$35
Four Events (Total)	= US\$40

- 17.4 Relay Event: 1 Team US\$20
- 17.5 International Welcome Reception Fee: **US\$25 per person - optional**  
(including the team managers, event officials, etc.)
- 17.6 Additional Entry Fee incurred by the delay in registration:  
**US\$15 per person. Deadline for delay in registration: July 8, 2017.**
- 17.7 International Welcome Reception

Date & Time:	To start at 19:30 on September 24, 2017
Place:	To be informed later
Host:	The Organizing Committee
Purpose:	Meeting with athletes from other Asian countries
Fee:	US\$25 per person

## **18. General**

18.1 The organizing committee will establish the logistics and reception center and recommend different levels of inns (hotels) and restaurants. Each team shall contact the reception center on issues of accommodation, transportation, visa and so on at its own discretion and expense. As for detailed contact information, the organizing committee will publish them on the official website of the 20th Asia Masters Athletics Championships (<http://www.AmAc2017.cn>).

### **18.2 Visa**

18.2.1 Athletes owning the visa-free state citizenship can be endowed with the qualifications to enter China without visas.

18.2.2 Athletes from countries that do not sign the visa-free or the visa exemption agreement with China can only enter China after gaining the Chinese visas.

18.2.3 The required visa type is decided by the visa applicant's nationality, predicted duration in China and the work duties assumed in the competition.

18.2.4 For more detailed information about application for Chinese visa, please visit "China Consular Affairs" ([wsb.sh.gov.cn](http://wsb.sh.gov.cn)) and the official website of this competition ([wwwamac2017.cn](http://wwwamac2017.cn)). All the visa applicants must assume the visa application expenses on their own.

## **19. Important information about Rugao, China**

### **19.1 Currency: RMB**

Currency conversion: it can be performed in the main international airports and various banks. Most of the banks have ATMs. Any bank card with the symbol of UnionPay can be used to draw money in the domestic teller machine in 24 hours. Credit cards issued by various banks can be used. The credit card issued by the banks can be used to pay in most of the stores and restaurants.

19.2 Restaurant: most of the restaurants are open every day. The supper time is usually from 17:30 to 21:30; most fast food stores are still open in late or provide 24-hour services.

19.3 Stores: under normal circumstances, the stores' business hour is from 8 a.m. to 10 p.m.; there are convenience stores opening in 24 hours. Some large supermarkets are open from 8 a.m. to 10 p.m.

19.4 Tap water: the tap water is clean and safe after treatment. It's suggested to boil it before drinking.

19.5 Power: standard voltage in China is 220 volts (60Hz, or cycle) and the socket is of a double hole type; if a travel adapter for voltage conversion is needed, it can be purchased in the local large shopping malls.

19.6 Time zone: Beijing Time is 8 hours earlier than Greenwich Time.

19.7 Language: the main language is Chinese.

19.8 Weather: In Rugao, September is the best occasion to conduct outdoor activities and hold large-scale competitions. Meanwhile, it is the best season to go sightseeing and enjoy the warm sunshine in the downtown area. During this period, the weather in Rugao is agreeable and comfortable, with better climate and less rain. The average maximum temperature in September is 27°C and the average minimum temperature is 20°C.

19.9 Safety: Rugao has good public security. Tourists can conduct recreational and tourism activities here.

19.10 Telephone: China's country code is 86 and Rugao telephone area code is 0513. Different regions have different area codes. Codes of various areas are shown as follows.

Shanghai	Beijing	Guangzhou	Nanjing	Tianjin	Shenzhen	Hangzhou	Wuxi	Suzhou
021	010	020	025	022	0755	0571	0510	0512

19.11 IDD

19.11.1 How to dial IDD to China

If you call China from abroad, first dial 86 (China's country code), and dial the area code (except for the first digit 0). Finally dial the telephone number of the contact person, such as: dial the telephone number in Rugao (area code is 0513) as +86-513-8 XXXXXXXX (fixed telephone); +86138XXXXXXXX.

19.11.2 How to dial IDD in China

First, the dialing sequence is: the phone number of any following international telephone company plus the country code, area code, and finally the phone number you want to call.

International telephone operators: 001, 002, 008, 00365, 00700 or others.

19.12 Cellphone: after tourists reach China's major airports (including Shanghai Pudong Airport, Shanghai Hongqiao Airport, Nanjing Lukou Airport, Wuxi Shuofang Airport, Nantong Xingdong Airport), they can go to the "Roaming Center" service desk for a simple registration to automatically access their mobile devices to local network service providers. In addition to roaming services, operators also offer prepaid SIM card purchases, which can also be reserved through the websites.

19.13 Purchase of prepaid SIM card (Chinese SIM card): tourists can also purchase the prepaid SIM cards in the convenience stores or on the websites of the service operators. The communication expenses of such cards are generally lower than the roaming expenses, so many business tourists will choose such communication services

20. Brief introduction to Rugao

Rugao is located in the southeastern part of Jiangsu Province, at the intersection of the Yangtze River and the Yellow Sea. It is close to the international metropolis Shanghai, with convenient traffic and a long history. It possesses a total area of 1477 square kilometers and a population of 1.45 million, which is also rated as one of the six longevity towns in the world by the International Natural Medicine Association. The name of "Rugao" originated from the Spring and Autumn Period (770 BC to 476 BC). Rugao has beautiful sceneries and rich resources, and owns so many unique and outstanding cultural landscapes, blending the traditional and modern elements perfectly. The preference of the Yangtze River leads to its exclusive convenience of openness as a pearl along the Yangtze River; the cultural accumulation of one thousand years brings up the elegance and charm as an evergreen treasured land; the life legends of the centenarians lead to the peaceful beauty of the longevity place. Rugao is beautiful like a song, and those who come here a lot will be blessed with longevity!

### 20.1 Accommodation

Rugao has the accommodation hotels of different specifications currently, which can meet participants' demands for various hotels and provide them with convenience. Rugao has luxury hotels, tourist hotels, eco-friendly hotels (green hotels) and ecological farms, which can provide more than 3200 guest rooms. The price levels can meet all kinds of budgets. All the hotels can give you first-class services and the warmth of home.

### 20.2 Catering

During the competition, it will provide unified catering services. According to different regions, cultures and eating habits, the organizing committee will cater for special requirements of the appropriate reception standards, consider the guests' demands for vegetarian diets, halal food, western food and other special requirements, and meet all the requirements of participants.

### 20.3 Traffic

Rugao is located in the core area of Yangtze River Delta's city group and close to the rivers and seas, with Shenyang-Haikou Expressway, Jiangsu-Haikou Expressway and Shanghai-Shaanxi Expressway through it. As a pearl in the north wing of Shanghai, it connects the north and the south, and has only a 2.5-hour distance to the city group of Nanjing and Hangzhou, as well as a 1.5-hour distance to Shanghai, Suzhou and Wuxi;

Nantong Xingdong Airport is 66.1km away from Rugao:

Nanjing Lukou Airport is 244.7km away from Rugao;

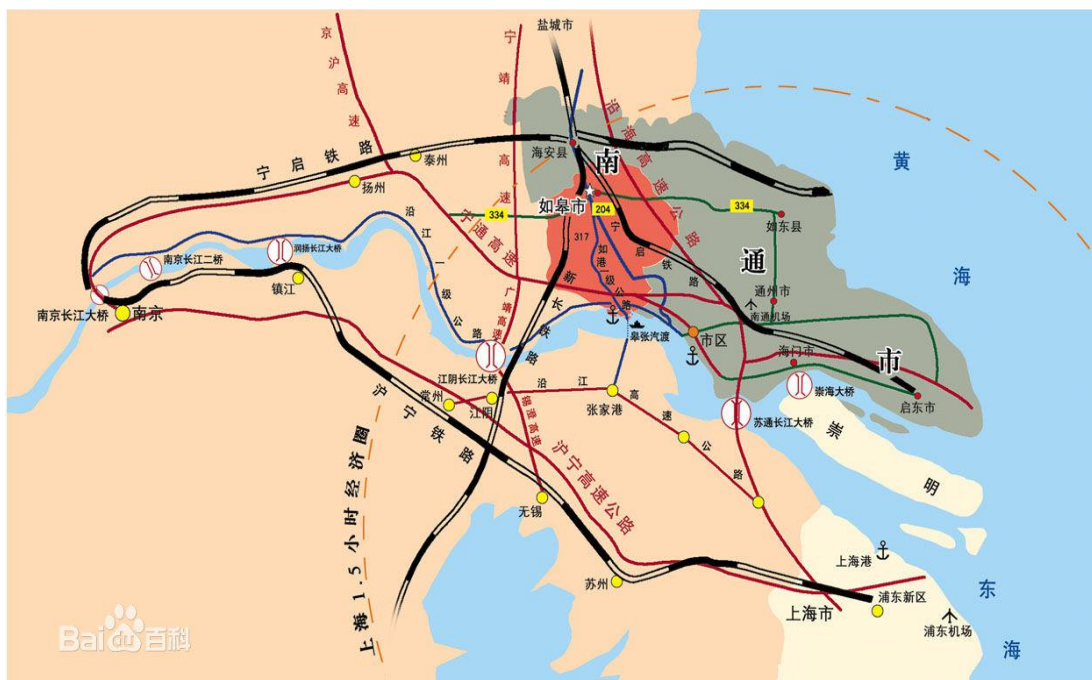
Shanghai Pudong Airport is 235.4km away from Rugao;

Shanghai Hongqiao Airport is 179.2km away from Rugao

Wuxi Shuofang Airport is 142.6km away from Rugao

If you need airport pickup service, please contact the logistics service center of the organizing

committee.



### 20.4 Main tourist site

#### ◆ World Famous Garden • Shuihui Garden ◆



--A splendid pearl on the Jianghai Plain. The garden has precious waterscape and beautiful reflections, which is both pretty and elegant; it expresses the ambition and records the memory via the garden, integrating poetry, culture, lyre-playing, chess, calligraphy, painting, ancient style, Chinese folk art forms, etc., which shows that it is a "Literati Garden" of the scholar style.





◆ The Thousand-year Temple • Dinghui Temple ◆



Dinghui Temple, a thousand-year ancient temple established in the Sui Dynasty, has blue water and buildings around it. Its gate is northwards, with the unique and rare style.



◆ Guzhuang Ecological Garden & Golden Island Ecological Garden ◆



Guzhuang Ecological Garden organically combines the cultural relics and natural landscape, forming the tour and sightseeing industry, which integrates the rural garden appreciation, rural customs experience and ancient tree appreciation. It attracts many domestic and foreign tourists every year.

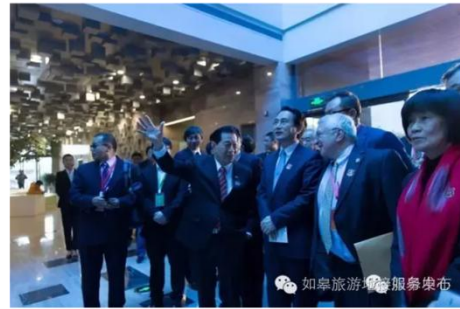
Golden Island is a heaven for plants and birds. The innumerable ginkgo, metasequoia, peach, pear and plum trees, poplar, camphor tree, red maple, laurel, cherry blossom tree and magnolia constitute a natural ecological garden.

◆ Henry Chang-Yu Lee Museum ◆

◆李昌钰博物馆◆



Henry Chang-Yu Lee Forensic Science Museum is the global first forensic science museum, with the precious books, literature and archives that Dr. Henry Chang-Yu Lee carefully collects and selflessly donates to his hometown, Rugao.



◆ The Chinese Workers and Peasants Red Army Memorial Hall of the Fourteenth Army ◆

--Awaken from the dream when hearing the trumpet for successive battles, set up the awe-inspiring righteousness, learn from the history and strengthen patriotism. The memorial hall occupies 6.3mu, with an architectural area of 7860 square meters. The area of the exhibit hall is around 6350 square meters, including 8 main halls and end hall, such as Jianghai Dawn, Wind Driven and Water Surged, Troops Dispatched under Cardinal Principles, etc., exhibiting over 1300 pictures, around 40000 characters of instructions, over 600 pieces of material data, which reflect the difficult and memorable revolution history of the Fourteenth Red Army.



**Annexure 1: Technical Specifications for Hurdles**

Gender	Category	Event	Class	Height	Number of Hurdles	Distance to First Hurdle	Distance Between Hurdles	Distance to Finish	Notes
Male	Sprint	110mH	M35-M45	0.991m	10	13.72m	9.14m	14.02m	
		100mH	M50-M55	0.914m	10	13.00m	8.50m	10.50m	
		100mH	M60-M65	0.840m	10	12.00m	8.00m	16.00m	
		80mH	M70-M75	0.762m	8	12.00m	7.00m	19.00m	
		80mH	M80+	0.686m	8	12.00m	7.00m	19.00m	
	Middle	400mH	M35-M45	0.914m	10	45.00m	35.00m	40.00m	
		400mH	M50-M55	0.840m	10	45.00m	35.00m	40.00m	
		300mH	M60-M65	0.762m	7	50.00m	35.00m	40.00m	
		300mH	M70-M75	0.686m	7	50.00m	35.00m	40.00m	Hurdle height: 0.7m
		200mH	M80+	0.686m	5	20.00m	35.00m	40.00m	Hurdle height: 0.7m
Female	Sprint	100mH	W35	0.840m	10	13.00m	8.50m	10.50m	
		80mH	W40-W45	0.762m	8	12.00m	8.00m	12.00m	
		80mH	W50-W55	0.762m	8	12.00m	7.00m	19.00m	
		80mH	W60+	0.686m	8	12.00m	7.00m	19.00m	Hurdle height: 0.7m
	Middle	400mH	W35-W45	0.762m	10	45.00m	35.00m	40.00m	

		300mH	W50-W55	0.762m	7	50.00m	35.00m	40.00m	
		300mH	W60-W65	0.686m	7	50.00m	35.00m	40.00m	Hurdle height: 0.7m
		200mH	W70+	0.686m	5	20.00m	35.00m	40.00m	Hurdle height: 0.7m

### Annexure 2: Technical Specifications for Steeplechase Heights

Gender	Events	Class	Hurdle height	Number of Obstacles	Number of Water Pits
Male	3000mSC	M35-M55	0.914m	28	7
	2000mSC	M60+	0.762m	18	5
Female	2000mSC	W35+	0.762m	18	5

### Annexure 3: Technical Specifications for Throwing Implements

Gender	Class	Shot/	Hammer	Discus	Javelin
Male	M35-M45	7.26kg	7.26kg	2.0kg	800g
	M50-M55	6.0kg	6.0kg	1.5kg	700g
	M60-M65	5.0kg	5.0kg	1.0kg	600g
	M70-M75	4.0kg	4.0kg	1.0kg	500g
	M80+	3.0kg	3.0kg	1.0kg	400g
Female	W35-W45	4.0kg	4.0kg	1.0kg	600g
	W50-W55	3.0kg	3.0kg	1.0kg	500g
	W60-W70	3.0kg	3.0kg	1.0kg	500g
	W75+	2.0kg	2.0kg	0.75kg	400g

**Annexure 4: Proposed Heights for  
High Jump**

Gender	Class	Height		
		Practice	Start	Progressions
Male	M35	1.35m	1.40m	5cm
	M40-M45	1.25m	1.30m	
	M50	1.20m	1.25m	
	M55	1.10m	1.15m	
	M60-M65	1.00m	1.05m	
	M70	0.95m	1.00m	
	M75-M80	0.85m	0.90m	
	M85+	0.75m	0.80m	
Female	W35	1.10m	1.15m	3cm
	W40	0.95m	1.00m	
	W45-W50	0.85m	0.90m	
	W55-W60	0.80m	0.85m	
	W65-W75	0.70m	0.72m	
	W80+	0.60m	0.62m	

**Annexure 5: Proposed Heights for  
Pole Vault**

Gender	Class	Height		
		Practice	Start	Progressions
Male	M35	2.60m	2.70m	10cm
	M40	2.40m	2.50m	
	M45	2.30m	2.40m	
	M50	2.10m	2.20m	
	M55	1.90m	2.00m	
	M60	1.70m	1.80m	
	M65	1.60m	1.70m	
	M70	1.50m	1.60m	
	M75	1.40m	1.50m	
	M80+	1.40m	1.50m	
Female	W35	1.60m	1.70m	10cm
	W40	1.50m	1.60m	
	W45-W50	1.40m	1.50m	
	W55-W60	1.30m	1.40m	
	W65+	1.20m	1.30m	
	W65+	1.20m	1.30m	

## Annexure 6

## Schedule of Events

Events	9/24 Sun		9/25 Mon		9/26 Tue		9/27 Wed		9/28 Thu	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
100m							All	All		
200m			All	All						
400m					All	All				
800m			M60-100	W60-100			M35-55			W35-55
1500m					All	All				
5000m			All					All		
10000m						W35-100			M35-100	
80mH					M70-85	W40-65				
100mH					M50-65	W35				
110mH					M35-45					
200mH							M80-100	W70-100		
300mH							M60-75	W50-65		
400mH							M35-55	W35-45		
2000mSC			M60-100	W35-100						
3000mSC			M35-55							
5000mW	All	All								

High Jump			M70-100	W60-100	M35	W35-55	M50-65		M40-45	
Pole Vault			M75-100	All	M60-70		M35-55			
Long Jump			M60-65	W60-100	M35-55	W35-55				
			M80-100		M70-75					
Triple Jump					M80-100	W60-100	M40-55	W35-55	M35	
									M60-75	
Shot Put			M70-100	All	M35-65					
Discus Throw				All	All					
Hammer Throw	M60-100	All	M35-55							
Javelin Throw							M70-100	All	M35-65	
4x100 m Relay									Age groups	Age groups
4x400 m Relay									Age groups	Age groups

\* The Schedule of Event will be confirmed according to the final situation of registrations and published in the official website of the 20th Asia Masters Athletics Championships in time.

**Annexure 7:****Entry Form**

No.	Official use only	Name	(Surname/family name)	Date of Birth	Day/Month/Year		Age on 24 Sept. 2017
			(First name)		//	years old	
Nationality					Telephone		
					E-mail address	@	
Address		(zip: )				Gender	Age groups
						M/W	
Events	1	2	3	4			
Relays	1			2			
Welcome Reception circle one	Participate			Absence			
<p>I agree that I'm physically fit and already well prepared for the competition on the basis of knowledge I've acquired and my beliefs. I accept the provisions concerning responsibilities for any accidents, injuries, physical damages and property losses related to and occurring in the competition, which are formulated by the Asia Masters Athletics and the Organizing Committee of 20<sup>th</sup> Asia Masters Athletics Championships.</p>							
Participant's name (personal signature):						Date:	



Fees		
AMA Fee	US\$ 10	Dollars
Management Fee	US\$ 5	Dollars
1 <sup>ST</sup> Event fee	US\$ 10	
2nd – 4 <sup>th</sup> Events ..... Events		Dollars
Welcome Reception Fee		Dollars
<b>Total</b>		<b>Dollars</b>

Notes:

- 1st event: US\$10, 2<sup>nd</sup> – 4<sup>th</sup> events : US\$5 (per event)  
plus AMA Fee US\$10 and Management Fee US\$5.
- Welcome reception: US\$25 per person.

## Fitness and Requirements

Competitors need to be medically and physically fit and be able to participate in the Championships. Before the entry, all participants must check the Health Checklist below. If there is an applicable item, participants need to consult with a primary care doctor and deal each item at one's own responsibility. Please carry the health insurance certificate just in case.

### HEALTH CHECKLIST:

(A) If there is at least one applicable item in the following 1 to 4, each participant needs to consult with a primary care doctor on whether to compete in the Championships or not. If needed, each participant must have a medical examination and/or heart examination. All participants need to deal each item at one's own responsibility.

- Have heart disease, including but not limited to the heart infarction, angina, cardiomyopathy, valve disease and irregular heartbeat, or in treatment for heart disease.
- Have a history of fainting episode.
- Have a family history of heart attack.
- Have not done a medical examination over one year.

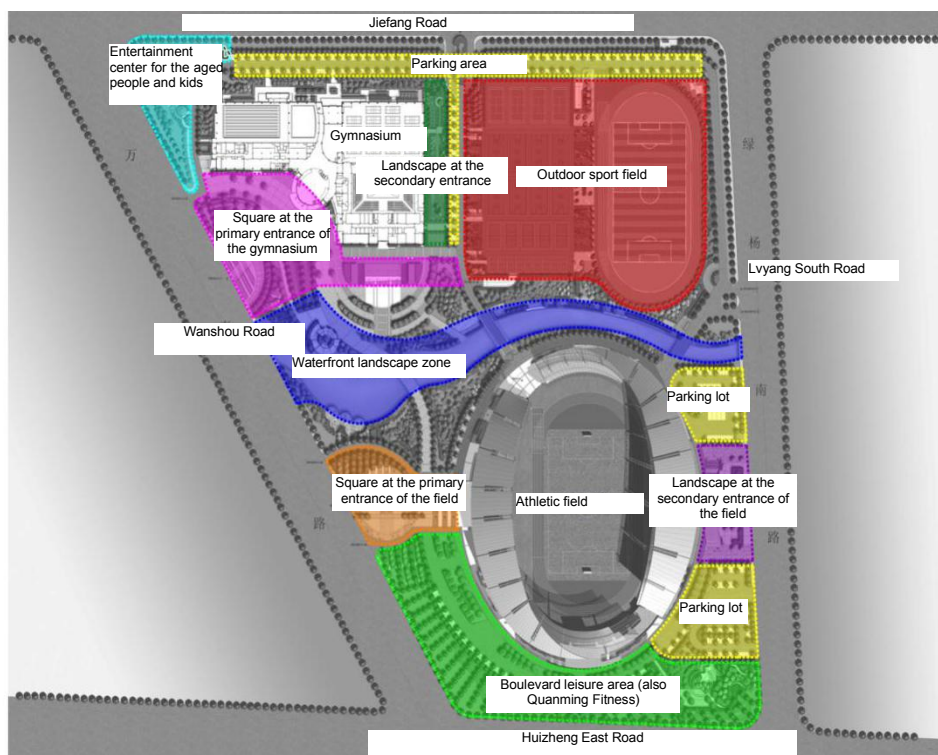
(B) If there is at least one applicable item in the following 5 to 8 which is a risk factor of heart infarction and angina, each participant needs to consult with a primary care doctor to stabilize its condition before the Championships.

- High blood pressure
- High blood sugar
- High cholesterol and/or natural fat
- Smoker

Interpretation: "Primary care doctor" shall refer to a doctor who takes care of a participant's health and physical condition.



### Athletic Field Distribution



04 Sketch Map of Function Division

如皋市校田径足球训练基地（全国青少年训练基地）规划建筑设计方案  
Rugao Football training base (National Youth Training Base)



Aerial view