



SRI LANKA MASTERS ATHLETICS 36th (OPEN) CHAMPIONSHIPS - 2023

(To be held at Sugathadasa Stadium, Colombo - 13 – 15 January 2023)

ENTRY FORM

(Please print, type or write in capital letters)

01.	Country :	Age Group :	Gender :
02.	Name in full (in block Capitals)		
03.	Name with initials	Mr/Mrs/Ms	
04.	Date of Birth & Age (Please attach passport Copy)	No entry will be accepted with the passport copy	
05.	Contact nos & email address	Land/office: Email :	Mobile :
06.	Address		
07.	Age Group & Gender	Age Group :	Gender :
08.	Events (Maximum 04 individual events)	1..... 2..... 3.....4.....	
08.	Entry fees : 1 ST Event : US \$ 10.00 Additional Events : US \$ 10, 00 each	Entry fees to be paid on arrival in Sri Lanka	
09.	Closing date for entries : 23rd December 2022		
10	Entry to be sent to : Meet Secretary W.K.P.B.Senaviratne “Ratnamali”, Farm Estate Kadugannawa Mobile : 071 272 2147 - 072 4454441 email :senekandy@gmail.com	Foreign participants are very kindly expected to send their entries by email to : anthonysamarasinghe@hotmail.com If the entries are forwarded through the Associations or Clubs, the Associations / Clubs can send lists of athletes with the name, gender, age group, Date of birth & events clearly given. They may also forward the entry forms as well.	
<p>I do hereby confirm that the above information furnished by me are true & correct to the best of my knowledge and I am in fit & proper physical condition to complete in the events I have entered for. I will not seek any damage or compensation in the event of bodily harm/injury caused before or during the competition. I further agree to follow the rules & regulations of the meet and have no objection for Meet Officials to freely photograph the competition.</p> <p>..... Signature</p> <p>..... Date</p>			

Sri Lanka Masters Athletics - 36th Annual (Open) Championships - 2023
(To be held at the Sugathadasa Stadium, Colombo 14 on the 13 - 15 January
2023)

Age

Men	Women	Born on or after	Born on or before
30	30	21 st Jan 1988	20 th Jan 1993
35	35	21 st Jan 1983	20 th Jan 1988
40	40	21 st Jan 1978	20 th Jan 1983
45	45	21 st Jan 1973	20 th Jan 1978
50	50	21 st Jan 1968	20 th Jan 1973
55	55	21 st Jan 1963	20 th Jan 1968
60	60	21 st Jan 1958	20 th Jan 1963
65	65	21 st Jan 1953	20 th Jan 1958
70	70	21 st Jan 1948	20 th Jan 1953
75	75	21 st Jan 1943	20 th Jan 1948
80	80	21 st Jan 1938	20 th Jan 1943
85	85	21 st Jan 1933	21 st Jan 1938
90	90	21 st Jan 1928	20 th Jan 1933

Event List

No	Event	Men	Women
1	100 M	30 - 85	30 - 85
2	200 M	30 - 85	30 - 85
3	400 M	30 - 85	30 - 85
4	800 M	30 - 85	30 - 85
5	1500 M	30 - 85	30 - 85
6	5000 M	30 - 85	35 - 85
7	110M Hurdles	30- 45	----
8	100 M Hurdles	50 - 65	35
9	80 M Hurdles	70 - 85	40 - 80
10	400 M Hurdles	30 - 55	30 - 45
11	300 M Hurdles	60 - 75	50 - 65
12	200 M Hurdles	70 - 80	----
13	5 KM Walk	30 - 85	30 - 85
14	Long Jump	30 - 85	30 - 85
15	High Jump	30 - 85	30 - 85
16	Triple Jump	30 - 85	05 - 85
17	Shot Put	30 - 85	30- 85
18	Discus Throw	30 - 85	30 - 85
19	Pole Vault	All Age	All Age
20	Javelin Throw	30 - 85	30 - 85
21	Hammer Throw	30 - 85	30- 75
22	3000 M Steeple Chase	30 - 55	----
23	2000 M Steeple Chase		All Age
24	10,000 M	30 - 60	30 - 60

Hurdles - Women

Age Group	Event	Height	To 1 st Hurdle	Interval	Last Hurdle to Finish	Total Hurdles
30,35	100 M	.840 (33")	13 M	8.5 M	10. 5 M	10
40, 45	80 M	.762 (30")	12 M	8 M	12 M	8
50, 54	80 M	.762 (30")	12 M	7 M	19 M	8
60, 65	80 M	.686 (27")	12 M	7 M	19 M	8
35,40,45	400 M	.762 (30")	45 M	35M	40 M	10
50,55	300 M	.762 (30")	50 M	35M	40 M	7
60,65	300 M	.686 (27")	50 M	35M	40 M	7
70 - 85	200 M	. 686 (27")	20 M	35 M	40 M	5

Men

Age Group	Event	Height	To 1 st Hurdle	Interval	Last Hurdle to Finish	Total Hurdles
30, 45	110 M	.991(39 ")	13.72 M	9.14 M	14.02 M	10
50, 55	100 M	.914 (36")	13.00 M	8.5 M	10. 5 M	10
60,65	100 M	.840 (30")	12.00 M	8.0 M	16.0 M	10
70,75	80 M	.762 (30")	12.00 M	7.0 M	19.0 M	8
80,85	80 M	.686 (27")	12.00 M	7 M	19.0 M	8
30,35,40,45	400 M	.914 (36")	45 M	35M	40 M	10
50,55	300 M	.840 (33")	45 M	35M	40 M	10
60,65	300 M	.762 (30")	50 M	35M	40 M	7
70 - 75	300 M	. 686 (27")	50 M	35 M	40 M	7

Weight Guidelines for Throwing Events

Women

Age Group	Shot Put / Hammer	Discus	Javelin
30 - 45	4 kg	1 kg	600 g
50 - 70	3 kg	1 kg	500g
75 +	2 kg	0.75kg	400g

Men

Age Group	Shot Put / Hammer	Discus	Javelin
30 - 45	7.20 kg	2 kg	800 g
50 - 55	6.0 0 kg	1.5 kg	700g
60 - 65	5.00 kg	1.kg	600g
70 -75	4.00 kg	1. kg	500g
80+	2 kg	1.kg	400g