



Australian Masters Athletics

AUSTRALIAN MASTERS ATHLETICS INC.

AMA WINTER THROWS CHAMPIONSHIPS MANUAL

GUIDELINES AND PROCEDURES

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Edited and updated by:

Jayne Hardy
AMA Competition Director

Contents	Page No.
1. Allocation of Championships	4
2. Organising the Winter Throws Championships	4
3. AMA Policies	4
4. Planning Schedule	5
5. Requirements prior to competition	5
6. Requirements during competition	6
7. Championship's review and finalisation	8
Appendices	
1. Planning schedule	9
2. Athletics programme	10
3. Rules – general	10
4. Equipment	14
5. Officials check list	17
6. Checking and repairing equipment	18

PART 1 WINTER THROWS CHAMPIONSHIPS

1. Allocation of Winter Throws Championships

The Winter Throws Championships (WTC) are allocated to a member club which puts forward an application to run the event for three years as part of the AMA triennium contracts. Each State or Territory therefore has the responsibility to run this event for the three-year period, once approved. A Local Organising Committee (LOC) is usually established approximately twelve to eighteen months prior to the date of hosting it in the first year. The Championships will be held over a 3-day period before the start of the upcoming summer athletic season, usually organised to happen on the October long weekend.

2. Organising the Winter Throws Championships

The purpose of this manual is to provide a framework and guidance for conducting these Championships. It is based on 28 years of the competition being conducted by ACTMA, NSWMA, and QMA.

It is accepted that there could always be individual circumstances or limitations encountered by an organising committee that may impact the conduct of these Championships. In those instances, the relevant LOC is strongly encouraged to discuss those matters with the AMA Competition Director. The LOC is organising these Championships on behalf of AMA, and needs to work closely with the AMA Competition Director on all aspects. AMA has mandated certain minimum standards which are defined in sections 5 and 6 below, and a best practice programme defined in Appendix 2. These can only be modified with AMA agreement.

The state/territory will submit a preliminary budget to the AMA Competition Director as part of the triennium submission. The aim with this event is to give athletes something to aim for during their off-season training and by no means should cost the state/territory a large amount of money.

3. AMA Policies

The following AMA Policies for the conduct of the Championships must be followed:

- The LOC must carry out a comprehensive Risk Management Assessment and produce a Risk Management Plan for AMA approval. Particular attention must be paid to throwing events to ensure warm up and competition throws are supervised by officials.
- Athletes are encouraged to wear their State/Territory uniforms at this event.
- Only financial members of (State/Territory/Int'l) masters' clubs are eligible to compete at these Championships.
- It is generally accepted there should be no late entries. However, the LOC may use its discretion, and charge a fee for late entries.
- Athletes may only compete within their age group category in individual and combined events.
- Programme variation and timetable development must be negotiated with, and have the approval of, the AMA Championships Director.
- Hytek Meet Manager can be used for programme and results management, but it is by no means mandatory. Any form of competition software can be used. An online entry system would be the best method of athlete entries being collected.
- All venues, equipment and rules must comply with World Athletics (WA), World Masters Athletics (WMA) approved variations to those rules and any AMA requirements.

- AMA requires an athlete administration fee from each athlete to compete at the Winter Throws Championship, and will advise the LOC accordingly of that charge.
- The LOC will propose its administration fee and event fees to AMA for approval. Ideally these should be set to give an overall break-even financial result, and accordingly States with higher costs/lower entry levels will charge higher fees. However, there is clearly a highest acceptable level, and AMA's acceptance of LOC fees will take due account of the budget situation.
- Members of Overseas Masters clubs may compete.
- An electronic Results Booklet shall be produced. Copies shall be forwarded to the competing athletes, the AMA Competition Director, and the AMA Secretary, to go on the AMA website.

4. Planning Schedule

At approximately 6 – 8 months prior to the Championships, the organising member Club needs to appoint a Manager/Convener of its Local Organising Committee (LOC) with full responsibility (subject to State or Territory and national oversight) for the Championships. The Convener should appoint an organising committee with each committee member having a clearly defined role.

The Convener must liaise closely with the AMA Competition Director throughout the planning stage to ensure all the latest WMA or local AMA changes have been implemented. A suggested timeline is shown in Appendix 1.

Early planning is strongly advocated to ensure that booking venues, ordering equipment, designing, and ordering of any medals/certificates/ribbons, confirming officials, establishing the programme, developing communications, and procuring software is completed in a timely manner.

At the end of the Championships a debrief and LOC report are important conclusions to the event.

5. Requirements Prior to Competition

Development of Competition programme

There has been a best practice programme for the Championships since its inception. This programme and other programme requirements are in Appendix 2. The LOC can use this programme as a starting point, and must agree a final programme with the AMA Competition Director well before publishing any programme.

Entries

All entries and payment are to be online.

Information

Direct all queries or information needs to the LOC Convenor or Competition Director. Refer queries on policy and/or technical issues to the AMA Competition Director.

Check In – TIC (Technical Information Centre)

Check In will be available on the first day before competition begins and be open throughout the Championships. Signs will be available to direct competitors to the TIC area for them to pick-up their registration packages. Full lists of competitors will be required at each alphabetical Check In area.

Privacy

Under the provisions of Privacy Legislation, all information provided to the organisers is subject to strict legal requirements. A Privacy Clause will be published with the entry form and the programme.

Waivers

Recent changes to the law and the insurance industry have given waivers more authority than they once possessed. A waiver will be published with the entry form and the programme to alert competitors to the responsibilities of competing.

Insurance

Public Liability Insurance is provided via Athletics Australia. Individual Associations may have their own insurance for their registered athletes. Athletes who are not registered with their State Athletic Association or Masters Association will, therefore, not be covered by Personal Accident Insurance. The LOC needs to ensure that all personnel employed as contractors (e.g. photography, First Aid etc.) also carry Public Liability Insurance.

Programme Book

A hard and/or soft copy programme book will be made available for the athletes. If you don't have to print a booklet, it cuts down on the costs.

The program book will include:

- AMA President's message and LOC Convener's message and list of organising committee.
- Major Officials listing and sponsors recognition (if available).
- Acknowledgement to Country.
- Location and layout of all venues and information on how to get to them.
- List of Entrants by age group, M/F and which events they are in.
- Timetable of events, including a map of the venue and which site the field event will be at, if there are multiple options. These will be marked appropriately on the field.
- The current Championship records as well as the Australian and World records.
- Competition rules. This must include field rules and technical specifications.
- Services and information which entrants would need to know prior to entering will need to be available as soon as possible on the website. This will include information about available public transport, venue parking, results, warm up, canteen, photographer, merchandise, first aid, as well as the shoe spike type and length.
- Information regarding the function.

6. Requirements during Competition

6.1 Technical

Venues

It would be ideal for the venue to have two javelin runways, two discus sites (with one to be available for hammer throw events with inserts), and at least two shot put sites. Weight throw can be conducted from the hammer throw site or the discus site which will include inserts. There must be a cage for the Weight Throw events and be as close to the grass infield as possible. Matting/carpet can be used to cover the concrete/ rubber between the circles and the infield to avoid damage to

the surface and implements. Where possible, avoid the crossing of throwing sectors when events run at the same time. Competitors, officials, and volunteers must be aware of issues with throwing implements at the same time and if necessary, throwers may need to wait for the sector to be clear before throwing.

Competition Rules

All competition rules must be adhered to. These are included in Appendix 3.

Electronic Distance Measurement

EDM's are the preferred method of measuring for all long throwing events. This should be a priority consideration for each LOC. However, if unavailable, all Australian record distances must be re-measured with a certified steel measuring tape or measure the fibreglass tape against the steel tape.

Officials

A discrete area for the officials should be provided where they have facilities for relaxation, meals, toilets, meetings, and administration. Ensure detailed assignments are prepared well before time and the officials given 'job sheets.' Officials will need a copy of the programme booklet.

"Running sheets" for the equipment required during the competition will need to be produced.

Officials and volunteers may be given special T-shirts/Polo shirts and hats so that they can be identified. This is ideal, but not always possible with the cost involved.

Commentary

Commentary on events is an important part of this event with Australian and World Record attempts or achievements being highlighted where possible.

The announcer needs to periodically make the following announcements.

- Time of and location for the function.
- Time and location of each new event

6.2 Function

Social Event

A Social Event can be held as an opportunity for athletes, family, and helpers to celebrate the accomplishments and get together for a catch up and a chance to make friends. The format of the event is decided by the LOC, but must minimise the time of formalities & maximise the opportunity for social interaction. Due to the event being held when both the AFL and the NRL grand finals are on, it would be advantageous to have a venue where there is a TV.

6.3 Services

Information

For information, visit the Information area or contact the LOC Competition Director or a member of the LOC listed in the Programme Booklet.

Results

Enter results into a designated webpage immediately from the competition software. Post paper results in a prominent position in the Stadium as soon as possible after the completion of the event.

The Throws Pentathlon results should be submitted to the competition software operator progressively after each of the five events. On completion of the Championships, a text file of results should be exported from the competition software (file – export-semicolon delimited results) and emailed to Don Quinn – don@quinvale.com for upload to the Masters Rankings. In addition, email a copy of the Heavy Weight Pentathlon results spreadsheet.

Medical Assistance

Trained First Aid officials must be in attendance for the duration of the Championships at all venues. Signage should indicate where to find First Aid services. It is essential that all First Aid incidents are documented.

Photographer

The LOC may make some arrangement for photographs to be taken. These photographs are for use in the results booklet and the website.

Merchandise

As a minimum, have an event polo/T shirt made available both to pre-order on the entry form, and/or to purchase at the event. AMA recognises that this can lead to a financial risk through unsold stock. The LOC should discuss with AMA how this risk can be mitigated. One possible way is to have the merchandise organisers take on the responsibility of sales and they keep the money.

Internet Access

If possible, have an area where free internet (or Wi-Fi) is available.

Lost property Area

Indicate where lost property may be collected.

7. Championships Review and Finalisation

De-brief

Hold a de-brief on the Championships within a week of their conclusion. Review the overall running of the Championships in terms of planning, entries, budget etc. This will assist in developing an LOC report on the Championships (to be provided to AMA and the organisers of the next Championships) as well as ensuring that all activities associated with closing off the Championships are dealt with.

In the report, highlight matters that worked well and give guidance as to where things could be improved. This will be beneficial with keeping this manual informative.

Results Booklet

Send electronic results to the AMA Secretary and Member Club Record Officers, Secretaries and Website Managers, the AMA Competition Director, and the Convener of the LOC for the following Championships, within a month of the conclusion of the Championships.

In the results booklet, show all results and those for the multi-events need to show individual event performances and points as well as the final points. This is important for the records officer to validate any new records. All awards need to be recognised and summary statistics would be useful.

APPENDICES

Appendix 1 Planning Schedule

Pre-Event Planning

8 months to 6 months

- Form Local Organising Committee (LOC) – advise AMA of the Convener.
- Propose dates and investigate and book Track and Field venue.
- Advise State and Territory Clubs of dates, venues, and accommodation options.
- Devise entry form format.
- Book medical personnel.
- Investigate the options for an official photographer.
- Provide entry form for AMA website, and State/Territory websites and present this at the preceding AMA Council meeting.

6 months to 3 months

- Design Programme Book, check with AMA Competition Director and obtain quotes for production.
- Plan timetable of events.
- Ensure sufficient equipment is available.
- Ensure Throws venues (circles, cages, runways) are of a high standard –institute rectification if necessary. E.g.: pitted/damaged circles, damaged runways.

3 months to 5 weeks

- Send copy of draft Programme Book and timetable to AMA Competition Director for feedback.

5 weeks

- Entries close (No late entries or temporary member entries accepted). Guideline only.

5 weeks to 3 weeks

- Send copy of State/Territory entrants to state secretaries to confirm they are registered.
- Finalise timetable of events in consultation with AMA Competition Director.
- If using Hytek Meet Manager, update it with the latest Australian and World Records or arrange to include in the Programme Book.
- Place provisional timetable on the Web.

3 weeks to 1 week

- Send Program Book to printer and place final timetable on the Web.

1 week

- Pack entrants' participation bags with programme booklet and merchandise.

- Set up rooms for the event – Registration, Meet Manager.
- Results, Officials, Announcer's, Medical, Lost Property, Equipment etc. Arrange signage.

Post Event Actions

Week 1

- Compile all results – draft to go on the AMA website.
- Ensure all records notified as appropriate - World, Australian, Championship, and State.
- Debrief LOC

Week 2

- Send electronic results book to National and State records officers, State Secretaries, AMA Secretary, AMA Competition Director.
- Write and send report, including recommendations, to AMA Competition Director.

Appendix 2 Winter Throws Programme

AMA Best Practice Programme

Day 1 – Individual events	Day 2 – Throws Pentathlon	Day 3 – Heavy Weight Pentathlon
Hammer	Hammer	Weight #1
Shot	Shot	Weight #2
Discus	Discus	Weight #3
Javelin	Javelin	Weight #4
Weight Throw	Weight	Weight #5
Single Arm Weight Throw	Super Weight	56lb
	Function?	100lb

Points to note when finalising the programme timetable:

- For throws, and pentathlons ideal maximum is 12.
- Avoid where possible older men or women in first throws events of the day.
- For field events, try and vary the age groups that start in the first events of the day.
- Allow adequate time to complete throws events including warm-up. Note: one competitor having 6 attempts is a minimum of ~6 minutes.
- Random order for field events.
- Where two 'long throws' are on the same field on the same day, try to have an age group that throws long distances with an age group that does not throw as far in the other event to avoid clashes in the sector for officials and volunteers.

Appendix 3 Rules

Competition Rules – General

Competition will be conducted under World Athletics (WA) Rules and WMA approved variations to those rules. Entry signifies agreement.

Age Groups

Your age group is determined by your age on the first day of competition. The Championships cater for all athletes, male and female, including Para-athletes, in five-year age groups starting at thirty years but there is no separate award or record category for Para-athletes. However, Para-athletes will be allowed to compete in any event provided that does not lead to unreasonable disruption of the programme. For example, it is unlikely that seated throws could be accommodated.

Eligibility to Compete

Only registered masters' athletes may compete at AMA Championships. Australian entrants must be members of a State or Territory Association/Club.

Overseas athletes are allowed to compete but must be members of an approved masters club. Such an athlete is not eligible to win an Australian title.

The host state or territory may provide a temporary membership to potential competitors, in their state only, if a full capitation fee is paid to AMA and all other registration fees are paid.

Doping Control

AMA subscribes to the Anti-Drugs policy advocated by WMA. Testing may take place.

Awards

Originally, medals were given to first, second and third place for each event in each age group. This was proving relatively expensive and the decision was made to give a commemorative medal instead. These Championships were not intended to cost a lot. Venues can be very expensive which means cost cutting. Certificates, plaques, ribbons, medals etc can be part of what each LOC can incorporate.

The first three athletes in each event will receive a ribbon/certificate/place card. Masters' athletes from other countries may compete and, if placed, will receive their appropriate award.

There are two perpetual trophies and now with keepsakes for the **best Female and Male Throwers of the Meet**. These will be presented by the LOC. The criteria for these awards pertain to:

- how many World records, Australian records, Championship records are set/broken,
- how many actual events the athlete competes in,
- how well did the athlete place in the events, and
- how well their efforts compared to world standards.

Medals/certificates/ribbons can be presented at the field event site as long as there are no disputes or appeals.

Sign in

Athletes must first report to the TIC at the venue to receive any merchandise as well as the program and other necessary information. Athletes should then report to their event at least 20 minutes prior to the start of that event.

Shoes and spike lengths

Information should be provided on spike length and type of spike suitable for the javelin runway in the Entry Form and Programme booklet. The maximum length spikes is 9mm for field events.

ONLY Christmas Tree or Pyramid spikes are allowed to be used. Needle spikes are not permitted. Please note that some venues may have different requirements for spike length depending on the brand of synthetic track.

Spikes:

Type:



Christmas Tree



Pyramid

Only Christmas Tree or Pyramid spikes are permitted on the SOPAC tracks. Needle spikes may not be used under any circumstances

Length:

7mm for Track, 9mm for High Jump and Javelin

WMA Competition Rule 5.13.3

Any shoe used in Competition must have a sole with a maximum thickness of no more than 40 mm (except any shoe that contains spikes must have sole with maximum thickness of no more than 30mm).

Honest Effort

“An athlete is expected to compete honestly and with bona fide effort.”

Protests

Any protests concerning an athlete’s right to compete must be lodged with the Technical Delegate before the start of the relevant event. If the matter is not promptly resolved, the athlete in question shall be allowed to compete “under protest” pending a subsequent decision.

Any protest arising from the competition shall be made to the Referee not later than 30 minutes after completion of the relevant event. Any appeal against the Referee’s decision shall be in writing to the Jury of Appeal and accompanied by a deposit of \$50 which shall be forfeited if the appeal is considered frivolous, returned if upheld and otherwise at the discretion of the jury.

Warming Up

Throwers will be given, within timetable constraints, reasonable time to prepare for their event at the event site. This would normally mean a minimum of two warm up throws.

Records

World, Australian, and Championship records will be available for athletes to see in the competition booklet. The Championship records will be put on the start list for each event. As the Australian and World records are available on the AMA website, perhaps a link to the AMA site on the Championship website would be helpful.

Athletes who think they may break an Australian or World record should notify the official in charge when they report in. Australian and World Records will be automatically notified to the State and National Records Officer/s. Steel tapes must be readily available. Record application forms for world records will need to be available. Organisers will need to have available a supply of forms for claiming records.

The LOC will provide results to all State Statisticians and AMA’s Record Officer as soon as possible after the completion of the Championships. Any World and Australian records are usually completed and sent to the AMA Records Officer by the LOC.

For field events and multi–events, athletes will need to ensure that distances are checked against a certified steel tape and that the piece of equipment used is re-checked for correct specifications. In the case of EDM (Electronic Digital Measurer) readings, that reading will be taken as final.

Arena Safety

Only officials and competitors are allowed on the infield. Safety is a priority for competitors, officials, volunteers, and spectators. All safety provisions as required by the Risk Management Plan must be implemented.

Adverse weather

In the event of adverse weather conditions that may affect the safety of athletes, the LOC Competition Director has the authority to halt, delay, defer, change, or cancel affected events.

Competition Rules - Field

Competitors will compete in the order shown on the start sheet except where the referee rules otherwise. The best eight competitors in each age group after three rounds will be eligible for a further three trials in the individual events. When there are eight or less competitors in an age group, all will be eligible for six trials.

No competitor will be allowed to enter the competition after the commencement of the fourth round. Competitors who need to leave during an event may compete out of turn for that round. On return, athletes may only continue at the round in progress (but may do so in that round even if their normal position in the round has passed).

The LOC should aim for no more than 12 competitors in a group and where possible should make every effort to provide seating at all field events. If the number of competitors greatly exceeds the limit, then this means the groups will compete consecutively and the placegetters will be determined by the longest distances from those combined groups.

In field events, all athletes are entitled to a minimum of two official warm-up trials irrespective of time constraints. Weather conditions may make this difficult and the Chief Field official can determine what is best for the competitors.

The 60 second rule

The 60 second rule will apply for all throws. This means that a competitor, once called for their throw will have 60 seconds to start the attempt – after 45 seconds, a yellow flag will be raised to show how much time is left to start the attempt. If time runs out, the competitor will have a ‘no throw.’ The 60 seconds does not start until the competitor has their preferred implement. The allowable time for throws will be in accordance with WMA rules.

Hammer and Weight

Two hands must be used to throw the hammer and weight. Preliminary swings, before those that are part of the throw, may be with one hand. An athlete may interrupt a trial once started, may leave lay the implement down inside or outside the circle or runway and may leave the circle or runway. All the movements however, shall be included in the maximum time for a trial.

Single Arm Weight Throw

This event used to be called the Weight for Distance – it was renamed in 2022. The weight used for this event is the weight one under the usual Weight Throw individual event thrown. The weight must be thrown from a discus circle, using any technique but with only one hand. See Appendix 4 for which weight each age group throws.

Super Weight

The usual rules apply for this event regarding weighing the implements and measuring the distances. The event will be held using a Hammer circle and standard sector measurements. State and Australian records can be claimed. See Appendix 4 for which weight each age group throws.

Appendix 4 Equipment

Specifications of all implements for age groups

Please see below tables that show the necessary weights, colour codes and specifics for each age group for the Hammer, Shot Put, Discus, Javelin., Weight Throw, the Throws Pentathlon, the Heavy Weight Pentathlon, the Super Weight, and the Single Arm Weight.

THROWING EVENT SPECIFICATIONS

	Hammer Throw (kg)	Shot Put (kg)	Discus Throw (kg)	Javelin Throw (gm)	Weight Throw (kg)
Women					
30-49	4.00	4.00	1.00	600	9.080 (20lb)
50-59	3.00	3.00	1.00	500	7.260 (16lb)
60-74	3.00	3.00	1.00	500	5.450 (12lb)
75+	2.00	2.00	0.75	400	4.000 (8.8lb)
Men					
30-49	7.26	7.26	2.00	800	15.880 (35lb)
50-59	6.00	6.00	1.50	700	11.340 (25lb)
60-69	5.00	5.00	1.00	600	9.080 (20lb)
70-79	4.00	4.00	1.00	500	7.260 (16lb)
80+	3.00	3.00	1.00	400	5.450 (12lb)

HEAVY WEIGHT PENTATHLON:

	Weight #1	Weight #2	Weight #3	Weight #4	Weight #5
Women					
30-49	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)	15.880 (35lb)
50-59	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)
60-74	3.000 (6.6lb)	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)
75+	2.000 (4.4lb)	3.000 (6.6lb)	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)
Men					
30-49	9.080 (20lb)	11.340 (25lb)	15.880 (35lb)	20.000 (45lb)	25.400 (56lb)
50-59	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)	15.880 (35lb)	20.000 (45lb)
60-69	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)	15.880 (35lb)
70-79	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)	11.340 (25lb)
80+	3.000 (6.6lb)	4.000 (8.8lb)	5.450 (12lb)	7.260 (16lb)	9.080 (20lb)

Throws Pentathlon

Competitors will be allowed three trials with each implement. Competing order will be random for each event. Failure to start in any one event means that the competitor has abandoned the competition. A start time for the first event is all that is required.

Order of events: Hammer, Shot, Discus, Javelin, and Weight Throw.

Heavy Weight Pentathlon

Competitors will be allowed three trials in each throw. Competing order will be random for each event. Failure to start in any one event means that the competitor has abandoned the competition. A start time for the first event is all that is required.

Order of events: *Weight #1* – two lighter than standard weight; *Weight #2* – one lighter than standard weight; *Weight #3* – standard weight for the age group; *Weight #4* – one heavier than standard; *Weight #5* – two heavier than standard.

SINGLE ARM WEIGHT THROW and SUPER WEIGHT

	Single Arm Weight Throw	Super Weight
Women		
30-49	7.260 (16lb)	15.880 (35lb)
50-59	5.450 (12lb)	11.340 (25lb)
60-74	4.000 (8.8lb)	9.080 (20lb)
75+	3.000 (6.6lb)	7.260 (16lb)
Men		
30-49	11.340 (25lb)	25.400 (56lb)
50-59	9.080 (20lb)	25.400 (56lb)
60-69	7.260 (16lb)	19.958kg (44lb)
70-79	5.450 (12lb)	15.880 (35lb)
80+	4.000 (8.8lb)	11.340 (25lb)

Single Arm Weight event: The implement is thrown from a discus circle, using any technique but with only one hand on the handle for delivery.

COLOUR CODE FOR MASTERS THROWING IMPLEMENTS

Standard Colours of Equipment:

COLOUR	Hammer and Shot Put	Weight Throw
Yellow	7.26 kg	15.88 kg (35 lb)
Green	6.00 kg	11.34 kg (25 lb)
Red	5.00 kg	9.08 kg (20 lb)
White	4.00 kg	7.26 kg (16 lb)
Blue	3.00 kg	5.45 kg (12 lb)
Black	2.00 kg	4.00 kg (8.8 lb)

Suggested colours for Heavy Weights: 45lb/20.412kg – white 56lb/25.401kg - orange
100lb/45.359kg – light blue or black.

Safety at throwing events:

All throwing events present a risk to competitors and officials and any unauthorised person venturing into the throwing arena.

Key matters to enforce are:

- Athlete seating should be placed to ensure a very low risk of danger from wayward implements.
- At warm-up, competitors must ensure that all persons are watching the person throwing and are well out of the likely direction that the implement may take. This will mean being outside the sector lines and behind gates on cages.
- During competition, the officials must ensure that they are watching the throw being delivered. They can stand in the sector to get the best vantage point for the fall of the implement which cannot always be seen from outside the sector.
- The Javelin and Discus events are often the most controversial to mark the fall of the implement – the Field referee needs to ensure an experienced fall judge/official is in this position.
- Any competitor or person approaching the throws area shall approach from behind the sector area or cage if one is being used.

Technical requirements

Equipment and technical needs can be complex. Changes from WMA/ World Athletics (WA) may have an impact on the requirements and conduct of the Championships. Contact with the AMA Competition Director is crucial in this regard. A Technical Manager is responsible for all equipment used during the Championships, its housing, its measurement, and its supply. If a person from another organisation e.g., the state/territory open body is appointed, that person must be made aware of the different specifications required for Masters Athletics. Sufficient equipment in the form of tents, tables and chairs needs to be provided for the comfort of officials and athletes at all sites.

Suggested Equipment Required

Field	General
Shot, Javelin/Discus	Tents, tables, chairs Two-way Radios
Hammers and spare wires,	Sign-in Sheets Start Lists
Weights and spare chains	Rule Books
Tape Measures	Drink cups/table Water Containers
Steel tape measures	Recording Sheets Stationery
EDM (if available)	- pens/pencils
Tape spikes, Sector tapes & markers	- pins, sticky tape
Stop Boards	- staplers/staples, hole punch
Throw markers, Brooms/Mats	- photocopy paper
Ladder, Hammer, Pliers, Plastic tape	- marker pens, masking tape, clip boards

All throwing implements must be checked for compliance with the rules and specifications of WMA, AMA, and World Athletics (WA).

Personal Equipment

Personal throwing equipment must be submitted to the Technical Officer for scrutiny at least two hours prior to the event, be measured officially and delivered to the athlete's event in time for athletes to warm up prior to the advertised starting time. Personal throwing equipment must be available to all competitors for general use during the event.

If the events are scheduled to start prior to 10am, implements must be submitted for inspection the previous day if facilities are available. Otherwise, the LOC may use its discretion.

Appendix 5 Officials Check List

Officials and volunteers need to be "signed up" as early as possible. Approaches to other organisations such as state/territory open bodies' officials may be prudent. The Officials Manager is responsible for ensuring all necessary officials are present. It is acceptable that athletes assist in the running of their events.

Minimum officials/helpers required – this will most likely include many of the athletes competing. This event is put on to get athletes to engage with masters' activities and have fun.

- Competition Director (CD): plans the technical organisation of the competition,
- Meeting Manager (MM): responsible for the correct conduct of the competition, including allocation of officials (MM and CD can be combined)
- Technical Manager: ensures all technical requirements are complied with
- Field Referee: ensures that the Rules are observed and decides upon issues that arise during the competition
- Field Judges –Throws (one of which acts as Chief Judge) (5)- {Judge, implements retrieve, fall judge, recorder, measurer}
- Safety Officer/Manager: -coordinates all safety activities and investigations.
- Meet Manager operators/Results: Places results on notice boards
- Announcer(s) must speak clearly, be able to provide commentary across the full range of events and be knowledgeable about the sport and in particular Masters Athletics.
- Jury of Appeal (five suitably qualified people appointed with three to hear each appeal)

Outside of those listed above the following helpers may be needed:

- Runners to carry results slips to recorders
- To set up ground/shade tents and chairs
- To retrieve implements
- To manage refreshments for officials

Appendix 6 Checking Equipment

Throwing equipment most likely to be out of specification are hammers and javelins. Discus and shot are generally quite good and while heavy weights are usually okay, a testing procedure needs to be used for length and weight as well as the handle.

Hammer Specifications

Min weight kg	Diameter range (mm)	Length Max (*) (mm)
7.260	110 – 130	1215
6.000	105 – 125	1215
5.000	100 – 120	1200
4.000	95 – 110	1195
3.000	85 – 100	1195
2.000	75 - 100	1195

* Length is measured from the inside of the grip to the end of the hammer. There is no longer a minimum length.

As the diameter of the hammer can vary, the length of wire needed to give length close to the maximum varies.

Checks to be made prior to competition:

- Length and weight, smoothness of head, handle shape and condition, smoothness of swivel, ends of twisted wire lie flat against length

Javelin Specifications

Minimum weight (gm)	800	700	600	500	400
Overall length (m)	2.60 – 2.70	2.30 – 2.40	2.20 – 2.30	2.00 – 2.10	1.85 – 1.95
Distance from tip of metal head to Centre of Gravity (m)	0.90 – 1.06	0.86 – 1.00	0,80 – 0.92	0.78 – 0.88	0.75 – 0.80
Length of metal head (mm)	250 - 330	250 - 330	250 - 330	220 – 270	200 – 250
Diameter of shaft at thickest point (mm)	25 - 30	23 - 28	20 - 25	20 - 24	20 – 23
Width of cord grip (mm)	150 - 160	150 - 160	140 - 150	135 - 145	130 – 140

Checks to be made prior to competition:

Weight: Often little can be done, but if just under weight, a smooth coat or two of enamel paint may help, plus changing the grip if well worn.

Balance Point: This is the most likely measurement to be incorrect. Often this will identify a javelin of “old specifications.” An apparatus to identify balance point (which must fall within the grip) is required and this should also give a measurement of the distance from the tip. If the balance point is wrong then painting the relevant section with a few coats of enamel, may help to bring it back into specification.

Length: This will identify javelins of “old specifications” or javelins which are not well made.

Condition: The point should not be damaged and the shaft should have smooth paintwork.

Grip: The maximum cord thickness is 4 mm giving an 8 mm increase in diameter at the grip. The grip should be in good condition.

Discus Specifications

Minimum weight (kg)	Outside dia. (mm)	Dia. of metal plate or flat centre area (mm)	Thickness of flat metal plate area (mm)	Thickness of rim – 6mm from edge (mm)
2.000	219 – 221	50 – 57	44 – 46	12 – 13
1.500	200 – 202	50 – 57	38 – 40	12 – 13
1.000	180 – 182	50 – 57	37 – 39	12 – 13
0.750	166 - 182	50 - 57	33 – 39	10 - 13

Note: There are two different diameters available for the 750gm discus. Both can be made available.

Checks to be made prior to competition:

Weight: If the discus is under-weight, then lead can be added under the centre plate. This needs to be secured so that it does not move around. If overweight some lead can be removed.

Smoothness: Both sides of the discus should be equally smooth with no pits, and the surface should be level with the rim. **Diameter:** Check the diameter is correct as there are 2 different sizes for the 750 gm.

Weight Throw Specifications

Minimum weight (kg)	Diameter range (mm)	Length (*) Max(mm)
15.880	145 – 165	410
11.340	130 – 150	410
9.080	120 – 140	410
7.260	110 – 130	410
5.450	100 – 120	410
4.000	95 - 110	410

* Length is measured from the inside of the grip to the end of the weight

Checks to be made prior to competition:

Shot Specifications

Minimum weight (kg)	Diameter range (mm)
7.260	110 – 130
6.000	105 – 130
5.000	100 – 130
4.000 –Men	95 – 130
4.000 –Women	95 -110
3.000 –Men	85 – 130
3.000 –Women	85 - 110
2.000	80 – 110

Checks to be made prior to competition:

Smoothness: The surface should be uniformly smooth with no pits or crevasses.

Spherical shape: The shot should be spherical with a C of G in the centre of the sphere.