

WORLD MASTERS ATHLETICS CHAMPIONSHIPS STADIA

COMPETITION HANDBOOK

29 June - 10 July 2022 Tampere, Finland



photo: Visit Tampere / Laura Vanzo



wmatampere2022.com

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Welcome

Dear athletes, visitors and organisers!



Welcome to the WMA World Championships in Tampere. The largest inland city in the Nordic countries, Tampere offers a professional setting for international championships. Tampere is one of the national centres of excellence designated by the Finnish Olympic Committee. In the past, the city has successfully hosted, for example, the European and World Youth Athletics Championships.

The WMA World Championships have not been held at the international level during the last four years. The Championships were last held in Malaga in 2018. Now, thousands of international competitors, support teams and fans can once again meet each other in a safe environment.

Athletics beats in the hearts of Finns. We encourage athletes to break records. We are excited by the performances of competitors, regardless of nationality. But most of all, we watch in admiration as athletes transcend themselves even in difficult situations. Finns value the determination, resilience, perseverance and willpower of sport.

With these words, I wish all athletes, organisers and spectators a successful Championships.

A handwritten signature in black ink, which reads "Sauli Niinistö". The signature is fluid and cursive, with a long horizontal stroke at the end.

Sauli Niinistö
President of the Republic of Finland
Patron of the World Masters Athletics Championships

Welcome from Margit Jungmann, President, World Masters Athletics

The City of Tampere and Finnish Athletics are our hosts for the 2022 World Masters Athletics Championships. More than three years after the World Masters Indoor championships in Torun - which were an overwhelming success - international masters athletics is finally coming back to meet for its first World Championship since the start of the pandemic. The pandemic has paralyzed sports life worldwide and for too long has made a championship for the Masters family impossible. We all are happy that more than 4600 athletes from 90 countries have registered and are now waiting impatiently to be able to compete at a high level in sports, but above all to meet friends from all over the world again. The LOC is prepared to host a safe championship. We will certainly have to follow a few rules that we did not have before the pandemic. I trust that our hosts in Finland will conduct the event with a great sense of responsibility.

Tampere is welcoming the athletes and their partners from all over the world also to discover their region and enjoy their stay. The City of Tampere is fully supporting this Championship and you can be sure to find a very friendly welcome. Hospitality is a major strength of Finland and its people. The big city in southwest Finland has retained its small town flair; the atmosphere is friendly and relaxed. The city is located in a picturesque spot on the narrow country corner between two lakes. There is great scenery to discover and lots of things to do. So be prepared to enjoy some time taking in what this City and the region has to offer the Masters athletes from around the world.

The bonus for athletes and their accompanying friends and family is that all of the competition venues are within a short distance from the City centre and the major accommodation facilities. Finnish Athletics and the City of Tampere have a lot of experience in hosting international events and can provide an excellent group of officials. The Local Organising Committee is working hard to ensure a high quality Championship. We can look forward to going to Tampere as we can have every confidence that this will be a memorable, successful and high quality experience for all who take part. I thank the LOC team, the city representatives and the Finnish Athletics for their support in the organisation and management of this competition in difficult circumstances. I want to express my personal thanks to the team that had always stood at the side of WMA. Even in difficult times, we have not lost the faith and courage that, together, we will be able to organize a world championship for Masters Athletes in Tampere.

On behalf of World Masters Athletics I welcome you in Tampere as participant, official, volunteer, guest and all others that have been or will be involved in making these 2022 WMA Championships a success. Let us look forward to a happy and healthy stay in Tampere. Enjoy athletics, friendship and new experiences in our great Masters Athletics family! Let us show by our presence and friendship that peace is the most important in the world.

On behalf of the WMA Council

Margit Jungmann

WMA PRESIDENT



Welcome from Reijo Hayrinen, President, Local Organising Committee

The World Masters Athletics Championships Stadia in 2022 has been organised in the City of Tampere in cooperation with the City of Tampere, the Athletics Clubs Tampereen Pyrintö and Kunto Pirkat and Finnish Masters Athletics Association.

Finland has a long tradition in organizing international sporting events. We have strong professional skills amongst officials and volunteers. The outstanding infrastructure and developed information technology allows us to organize a modern event that meets all the requirements of a Masters athlete.

In Finland competitive and motion sports play an important part in the whole society. Our society supports the idea of an active citizen during their whole life. International success in the Olympics and at World Championship level have created sports with a positive atmosphere.

The City of Tampere, Athletic Clubs and Finnish Masters Athletics have a strong reputation in Finnish and international sports. In Tampere there are very good facilities to organize a successful Masters event and to provide a positive atmosphere for every athlete.

We warmly welcome all athletes, officials, supporters and spectators to Tampere to participate in the sports-friendly atmosphere the World Masters Athletics Championships.



Eco-Responsibility

Protecting the environment is becoming increasingly important in everyone's life and the Local Organising Committee (LOC) of the World Masters Athletics Championships (WMA) is committed to conducting these Championships as responsible eco-citizens of the world.

With the media and modern communication technologies, saving paper seems to be an obvious way to contribute, but many of us are still reluctant to address it, especially when it comes to starting lists and results which, for the World Masters Athletics Championships, are systematically published on various web sites (WMA, LOC) before being available in print.

The WMA is no exception and this is why every effort will be made to reduce the quantity of documents printed and distributed to the teams via their mailboxes, in the Technical Information Centre (TIC), at the stadia and the hotels.

Other important information of general interest (e.g. schedule changes) will also be posted on the display panel in the TIC. Thank you for your cooperation and for your contribution to this important cause.

Tap water is safe to drink in Finland. Athletes will get refillable water bottles as a courtesy from the City of Tampere.

Contact Us

Email: office@tampereenpyrinto.fi Website: wmatampere2022.com

For any questions or problems, athletes should first contact their Team Manager for assistance. For additional information, athletes should visit the Technical Information Centre.

Statement

This Competitor Handbook was correct at the time of publishing. Details may be subject to change.

GENERAL INFORMATION

World Masters Athletics Championships

The World Masters Athletics Championships (WMA) are held biannually. The WMA are open only to men and women who are aged 35 years and over at the first day of competition and who are medically fit to compete. The event is usually held over 12 days, with day and half non-competition days.

World Masters Athletics

World Masters Athletics (WMA) was founded as the World Association of Veterans Athletes (WAVA) on August 9, 1977 in Sweden. Its main responsibilities include:

- To organise, regulate and manage athletics for masters (women and men aged 35 and over)
- To sanction Master Athletics World Championships and other international athletic competitions for masters
- To ratify and record Masters world records in different five-year age categories, but also to keep statistics and other best performance records for masters athletes
- To encourage friendship, understanding and cooperation through Masters athletics

The WMA Council

President	Margit Jungmann, Germany
Executive Vice President	Lynne Schickert, Australia
Secretary	Maria Alfaro, Mexico
Vice President, Competition	Brian Keaveney, Canada
Treasurer	Jean Thomas, France
World Athletics Representative	Antti Pihlakoski, Finland

The WMA Area Representatives

Africa	Leonie Paule Etong
Asia	Sivapragasam Sivasambo

Europe	Walentina Fedjuschina
North/Central America	Guillermo Guzman
Oceania	Ruth Mave
South America	Richard Amigo

Local Organising Committee

The delivery of WMAC 2022 Tampere is being undertaken by the 2022 Tampere Local Organising Committee (LOC).

The LOC is composed of:

President, Local Organising Committee	Reijo Häyrinen
Director, Major Events, City of Tampere, Vice-President	Perttu Pesä
Competition Management	Tapio Lindroos
Finance and Legal	Jarmo Hakanen
International Coordination	Oki Vuonoranta (MF)
Competition Liaison	Eira Kähtävä
Director, Sport and Youth, City of Tampere	Pekka P Paavola
Manager, Tampere Stadium, City of Tampere	Jari Tolvanen
Manager, Hervanta Athletics Field, Non Stadia, City of Tampere	Mikko Heinonen
Ceremonies	Vesa Lappalainen
Competition Director, Finnish Athletics	Mika Muukka
Competitions, Finland Masters Athletics	Raimo Koskela
Chairman, Kunto-Pirkat	Anja Rovio
CEO, Tampereen Pyrintö	Elisa Hakanen
Secretary, Finland Masters Athletics	Karita Soukko
Volunteer coordinator	Tiia Heikkinen

WMA Meetings

General Assembly

The WMA General Assembly is a meeting held in conjunction with each WMA World Championship Stadia and consists of the WMA Council and the delegates appointed by Affiliates.

At a General Assembly, Council Officers' reports are presented for approval, WMA Office Bearers are elected and proposed amendments to the Constitution, Bye-Laws or Rules of Competition are agreed or rejected according to the voting rules. Bids to host future WMA championships are also sanctioned.

Other interested parties may attend the General Assembly but do not have voting rights.

The WMA General Assembly will be held at the WMA Headquarter Hotel, the Original Sokos Hotel Ilves, Hatanpään valtatie (street name) 1, 33100 Tampere, on Monday 4 July 2022 commencing at 09:00. Delegate registration will commence from 07:30 and Delegates must be seated by 08:50. Up to 160 participants are expected to attend.


Committee and Regional Meetings

Regional and Committee meetings will be held in several rooms at the Main Stadium (Ratina) on Thursday 7 July 2022 at designated times. These times will be posted both for Team managers at the Team Managers meetings and on LOC information board.

Separate Team meetings for countries can be booked through the TIC.

Tampere

Tampere will provide a safe, friendly and welcoming environment for the World Masters Athletics and the 2022 World Masters Athletics Championships. World Masters Athletics can be guaranteed that the event will be strongly embraced by the friendly locals who will go out of their way to ensure that visitors to the region will leave with many fond memories.

Population	403.000 (area)
Language	Finnish, English is common
Currency	Finland's national currency is the Euro. Currency exchange is available at banks, some hotels and international airports. Banks offer the same range of services typical in other European nations, and cash withdrawal machines or Automated Teller Machines (ATMs) are widespread. ATM machines are labelled either Otto or Nosto. Finland applies rounding rules under which retail payments are rounded in principle to the nearest 5 cent with cash payments.
Time zone	Western Standard Time (AWST) is GMT + 2.
Electricity	Main voltage in Tampere is 220V. If your country does use the same mains voltage as Finland, all you need is a power adapter. In Finland the power plugs and sockets are of type F. 
Water	Tap water in Finland (unless otherwise signed) is safe for consumption.
Calling abroad	If you are expecting a call from abroad, the international country code for Tampere is +358 and the area code for Tampere is 3 (conventional phone). For mobile phone, remove first zero of the phone number. If you wish to call abroad, you must dial + then the country code of the destination country.
Emergency phone number	In case of emergency, dial (112) for ambulance, police and fire emergency services.
Climate	Average Climatic Conditions for Tampere in June-July: Average Minimum Temperature 19.4°C (66.9°F) Average Maximum Temperature 27.5°C (81.5°F) Average Number of Days of Rain 2 days Average hours of sunshine per day 17 hours Average Relative Humidity 72%
WiFi	There will free WiFi around venue area. Instruction on access will be given at the Accreditation Centre and on LOC boards at the venues

Smoking	Smoking is banned in all indoor areas of pubs, bars and clubs in Tampere. Smoking bans apply in outdoor eating areas, where people eat and/or drink sitting at tables (e.g. restaurants, cafes, delis, lunch-bars and hotels). Smoking is also not permitted in taxis, rental cars or public transportation as well as all Competition venues
Driving	Visitors to Tampere may drive on a valid overseas driver's licence for the same class of vehicle. Vehicles travel on the right-hand side of the road and the wearing of seat belts is compulsory for all passengers. It is illegal to call or write text messages on a cell/mobile phone while driving. Eating whilst driving is also prohibited.
Alcohol Laws	There are strict laws regarding alcohol consumption in Finland. It is prohibited to drive after you drink alcohol.
Covid-19 regulations	To comply with EU regulations during the pandemic, you need to follow local and national regulations.
Sanitation	In Finland used toilet paper should be flushed away, not left alongside toilet for collection as is the custom in some countries.
Parking	Paid parking is most common. Sometimes you can park with a parking disc. Public parking places are marked with blue P - sign

Some helpful words

English	German	Spanish	Italian	Finnish
Good morning	Guten Morgen	Buenos días	Buongiorno	Hyvää huomenta
Good evening	Guten Abend	Buenas noches	Buonaserà	Hyvää iltaa
Bye/Good bye	Tschüss/Auf Wiedersehen	Adiós	Arrivederci	Näkemiin
Hello	Hallo	Hola	Ciao	Hei
Please	Bitte	Por favor	Per favore	
Thank you	Danke	Gracias	Grazie	Kiitos
Can you help me?	Können Sie mir helfen?	¿Puedes ayudarme?	Mi potete aiutare?	Voitko auttaa minua?
A beer, please	Ein Bier, bitte	Una cerveza, por favor	Una birra per favore	Yksi olut, kiitos
Where is the restroom?	Wo ist die Toilette?	¿Dónde está el baño?	Dov'è il bagno?	Missä on toiletti /WC?

General Schedule

Day	Date	Activity
Monday	27 June 2022	TIC opens for Registration and Accreditation - only at the Main Stadium (Ratina) (see details under "Technical Information Centre")
Tuesday	28 June 2022	Technical Officials Briefings at Ratina Stadium Opening Ceremony (See details under "Ceremonies and Awards")
Wednesday	29 June 2022	First day of competition
Monday	4 July 2022	Non-competition day WMA General Assembly – Original Sokos Hotel Ilves
Thursday	7 July 2022	WMA Regional and Committee meetings 09:00 onwards at Ratina Stadium 12:00 start of afternoon Competition

Sunday	10 July 2022	Final day of competition Closing Ceremony – Main Stadium (Ratina) (See details under “Ceremonies and Awards”)
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Competition Venues

Venue	Event/Service
<p>Tampere (Ratina) Stadium (Stadium 1 – main stadium)</p> <p>Address: Ratinalankatu 1, 33100 Tampere At the City Centre</p>	<ul style="list-style-type: none"> • Competition 29 June-10 July 2022 <p>Stadium Facilities</p> <ul style="list-style-type: none"> • 8-lane Mondo surface track; 2 High Jump sites; 2 Pole Vault sites; 6 Long/Triple Jump sites; 3 Shot Put Circles; 2 Discus Circles; 2 Javelin sectors; Floodlighting for night events. • <i>Opening Ceremony</i> 19:00 Tuesday 28 June • <i>Closing Ceremony</i> Sunday 10 July after final events • Technical Information Centre (TIC) opens Monday 27 June for registration and accreditation of all participants • Accreditation cards and uniform collection for Technical Officials will be at Volunteers Centre (see the map)
<p>Hervanta Athletics Field (Stadium 2)</p> <p>Address: Lindforsinkatu 15, 33720 Tampere</p> <p>Hervanta Field is located just over 10 kilometres from Ratina Stadium. The journey is easy with the tram. Tram stops are a short walk away at both ends.</p>	<ul style="list-style-type: none"> • Competition 29 June-3 July 2022 <p>Stadium Facilities</p> <ul style="list-style-type: none"> • 6-lane Mondo surface track with 8-lane straight; 2 High Jump sites; 1 Pole Vault site; 2 Long/Triple Jump sites; 2 Shot Put Circles; 1 Discus Circle; 2 Javelin sectors. <p>Restrooms, no showers, food stand, because parking is very limited, we urge the competitors to use tram number 3. There will be signage from tram stop to the Stadium.</p>
<p>Tampere Exhibition and Sport Centre (TESC)</p> <p>Address: Ilmailunkatu 20, 33900 Tampere</p> <p>TESC (also known as Pirkkahalli) is situated about 6 km from the main stadium. There are bus connections between the City Centre and TESC.</p>	<ul style="list-style-type: none"> • Competition 29 June-10 July 2022 <p>Stadium Facilities</p> <ul style="list-style-type: none"> • 3 Hammer / Weight Throw facilities; 3 Shot Put Circles; 3 Discus Circles; 3 Javelin sectors • Start and finish for Road Race Walks, 10k Road Race and Half Marathon, Cross country • Changing rooms, showers, cafeteria, call room, indoor warm up

<p>Pyynikki Athletics Field</p> <p>Address: F.E. Sillanpäänkatu, 33230 Tampere</p> <p>Located about 1.5 km from the Main Stadium</p>	<p>Warm Up and Training Facility</p> <p>Official training time 12.00 – 15.00 during 29 June-10 July 2022</p> <ul style="list-style-type: none"> • A 6 lane 350m Mondo surface track; Long Jump site and Shot Put Circle, High Jump, Hurdles
<p>Warm up for long throws</p>	<p>At TESC (LOC posting)</p>

Transport

There is an international airport at Tampere-Pirkkala with 20 minutes travel to the City Centre. Bus number 103 operate between Airport and Tampere City Centre. Tampere airport can be reached directly from Helsinki with Finnair, Stockholm with SAS, London with Ryanair and Riga, Oslo, Copenhagen, Frankfurt, Munich, Amsterdam, Malaga and Rhodes with airBaltic.

The Helsinki airport is the main airport into Finland and is situated around 180 km from Tampere. From Helsinki airport there are good train connections to Tampere, taking around 2 hours to Tampere with one change. The train station is located between Terminals 1 and 2. Use the green ticket sell machine at the platform. Seat for long distance trains are always included with the ticket.

You can look for train timetable from following website www.vr.fi/en

You will get two tickets, one for the commuter train and one for the long distance train (Intercity train or Pendolino). You will be able to see the time the train will leave airport, the transfer time at Tikkurila station and long distance train to Tampere. Please note the number of the long distance train connection so that you can see the departure platform at Tikkurila station. This will be indicated on monitors at the station. For Intercity train the number start with IC like IC46 and for Pendolino with S like S23.

On arrival to Helsinki Airport first take the commuter train from the Airport (P-train) to Tikkurila station. Then change to the long distance train to Tampere.

There are also bus connections from the Airport to Tampere although Covid-19 has reduced the connections.

Look for following websites to see the connections.

<https://www.matkahuolto.fi/passengers/timetables>

<https://www.onnibus.com/from-tampere-to-helsinki-vantaa-airport-cheap-bus-tickets>

Several rental cars suppliers are available at Helsinki airport. Check the following website for travel to Tampere.

<https://www.finavia.fi/en/airports/helsinki-airport/access/car-rental>

Transport to the Competition Venues

Free public transportation to the Competition Venues will be provided for accredited athletes, team members, officials and accompanying persons who have accreditation card. The Tram (Ratikka) is a very high quality and punctually operating part of the Tampere region public transport system. Travelling by tram is easy.

Once athletes are accredited, their accreditation card has the public transportation as a QR-code included in it. Public transportation includes trams and buses. The Accreditation card is personal and non-transferable. If it is misplaced, there is a charge of 40 euros for a replacement card at the Accreditation Centre.

The QR-code must be inserted in card reader in tram or bus.

Stadium to Stadium Travel

There will a map and timetable at LOC information board.

Technical Information Centre (TIC)

Location

The Technical Information Centre (TIC) will be located at Ratina, the main Stadium.

There will be a Market Square behind the main stands at the Stadium.

TIC Operating Hours

The TIC will operate from 30 minutes before the first event to 30 minutes after the last event.

Team Managers meeting room

The Team Managers meeting room will be located at Ratina. The first Team Managers' meeting will be held Tuesday 28 June at 16:30.

On competition days from **Thursday 30 June**, Team Managers' meetings will be held between 09:00 – 10:00. There will be no Team Managers' meeting on 4 and 7 July and there is no meeting held on the last day of competition Sunday 10 July.

Team Managers must submit all questions on the Team Managers' form by 15:00, at the TIC the previous day.

Reports from the daily Team Managers' meetings will be posted on the 2022 Tampere website.

Technical Officials Briefings

Briefings for Technical Officials will be held in the **Cafeteria** at Ratina, Tuesday 28 June.

WMA IVOs	11:00 -13:00
ALL Technical Officials	14:00 - 16:00

Technical Officials are to collect their accreditation passes and uniforms at the Volunteers Centre prior to this Briefing.

Accreditation Centre (at Ratina Stadium)

The Accreditation Centre will operate during the following hours:

Non Competition days:

Monday 27 June – Tuesday 28 June 10:00 – 21:00

Monday 4 July and Thursday 7 July 11:00 – 20:00

Competition days:

Wednesday 29 June – Sunday 3 July 09:00 – 21:00

Tuesday 5 July – Sunday 10 July 10:00 – 19:00

Registration Pack and Accreditation Pass Collection

All registered athletes, accompanying persons and Team support personnel (e.g. media, medical staff, team managers) will receive an event accreditation pass together with registration pack upon registering at the Accreditation Centre during operating hours. The registration pack will include an accreditation pass and competition numbers (bibs). Competition Handbook is available at Competition website.

To collect their accreditation pass, registered athletes, accompanying persons and support personnel must present a passport or other government-issued identification (with picture included).

The accreditation pass is only valid for the person to whom it is issued and cannot be transferred or sold. The 2022 Tampere accreditation pass should be displayed at all times in the designated 2022 Tampere venues/areas, except when athletes are competing. The color coding on each pass determines the access privileges provided to that person.

Control points will be managed by contracted security, volunteers or staff. Access to the competition areas at each venue will be restricted to those with a valid reason and an appropriate accreditation pass.

The Team Managers' accreditation pass will allow access to the team manager meetings and the team managers' meeting room.

A country / team support person (eg team medical personnel) will be issued with accreditation. Suitable space for team medical personnel will be provided at the main stadium (see Stadium Map in Appendix)

Registered and accredited media (e.g. journalists, photographers, videographers etc) will have access to a dedicated 'media zone'. See Media section for further information.

Lost or damaged accreditation passes

A replacement for a lost or damaged accreditation pass can be purchased at Accreditation Centre for 40€.

Steps to Compete

Step 1. ACCREDITATION

Obtain your accreditation and bibs at before competing.

Step 2. CONFIRMATION

Athletes must confirm their participation for each event entered, before the beginning of the first round or the first event of the pentathlon or combined events. If they have not confirmed their participation, they are not allowed to compete in that event.

Confirm participation in the event or events in which you will participate online or in person at TIC.

Confirmation will be closed 17.00 Finnish time **the day before** for each Event.

Confirmation will open two days before the Event.

Confirmation is **not required** for following Events:

10 km and 20km Road Race Walks
Cross – country
10k road race
Half Marathon

Athletes have no obligation to participate in all the events in which they have entered.

Step 3. CALL ROOM

Each venue will conduct a Call Room. For each event, athletes must report to the Call Room by the scheduled Call Room time.

TIC Services

The following services will be available within the TIC

- Distribution and receipt of relay entry forms (4x4 100m and 4 x 400m)
- Distribution and receipt of team forms
- Team Manager meeting room bookings
- Distribution and receipt of Team Manager meeting question forms
- Processing of appeals (receipt and return of appeal forms)

The following items/services will be available for purchase within the TIC:

- Results Diploma (Certificate) 5€
- Replacement accreditation passes 40€ or competition numbers (bibs) 10€ /20€ with transponder chip.
- Individual results 2€
- Credit card or cash (euros) will be acceptable for payment
- Language services, translation at Accreditation Centre
- Lost property (collected nightly from all venues)
- Team forms are for available for the following events:
 - Cross country
 - Road Race Walks
 - Half Marathon

Information

The information boards at venues will display:

- General event information (e.g. transport)
- Changes for competition times, if required due to unforeseen circumstances

Country information walls will be located at the Accreditation centre.

Language Services

As the LOC will welcome guests from over 90 different countries to Tampere, providing language services is vital to ensuring a high level of customer service. In addition to Finnish, the four (4) official languages of the event are:

- English
- Spanish
- German
- French

Volunteers with language skills will be available at the TIC to assist with Accreditation and other enquiries.

Security

General Information

The safety and security of all guests at Tampere is an event priority. Contracted security guards and volunteers will maintain the security of all competition venues during the day and overnight.

Should you witness any incidents relating to security, please bring them to the attention of event staff or the closest security guard as a matter of priority. It is important to report every incident, suspected or real, to enable decision makers to take action to protect all WMAC 2022 Tampere participants.

Countries are permitted to erect their own tents inside the stadiums or at the non-stadia venues. Those countries wishing to erect their own tent need to contact the LOC before July 20 for further instructions.

Prohibited Items and Practices

The following items and practices are prohibited at WMAC 2022 Tampere competition and event venues:

- Glass objects
- Explosive devices
- Weapons
- Large banners, or banners with commercial messages or offensive references/language
- Use, possession and supply of Illicit drugs
- Unlawful use, unlawful possession and unlawful supply of prescription drugs
- Smoking
- The distribution of flyers or any materials not approved by the 2022 Tampere LOC, whether for the purposes of promotion or any other communication
- Unauthorised tables or stands of retail business, trade, political and/or religious groups

- Items or practices forbidden by law in Finland

Secure Bag Drop

Close to each Call Room, a secure bag drop facility for athletes will be available at all competition venues including non-stadia.

General Advice

- Limit the amount of cash you carry with you.
- Keep a copy of your passport and credit card numbers separate from your wallet and your money.

Lost Property

Items found during the event will be stored at the information desk at each venue, until close of competition. Each night, lost property will be transported to the TIC at the main Stadium. To recover any lost items, make enquiries at either the venue information desk or the service desk within the TIC.

If you lose your property outside the Stadium or a competition venue, check at the TIC for the City's lost property facility.

Ceremonies and Events

Opening Ceremony

All WMAC 2022 Tampere competitors, officials and supporters are invited to attend the official opening Ceremony. Key details are as follows:

Date: Tuesday 28 June 2022

Times: 19:00 – 20:30

Location: Tampere (Ratina) Stadium

Program includes:

- Team parade
- Official speeches
- Officials' and Athletes' oath
- Arrival of World Masters Athletics flag / Finnish flag
- Entertainment

Athletes involved in the team parade will be required to arrive and stand by your Country flag onsite in the parking lot between Ratina Stadium and the restaurant boats from 17:30. The Athletes and Volunteers Parade will commence at 19:00. Each country will be placed in alphabetical order in Finnish with Finland being the final team to march into the Stadium.

Closing Ceremony

All WMAC 2022 Tampere competitors and supporters are invited to attend the official Farewell Ceremony. Key details are as follows:

Date: Sunday 10 July 2022
Times: At the end of the final events
Location: Tampere (Ratina) Stadium

Program includes:

- Official speeches
- World Masters Athletics flag handover to WMAC 2024 Gothenburg, Sweden

Medal Ceremonies

In Tampere, medals will be presented at the main stadium for all stadia competition which events are held at Ratina Stadium. After results have been posted at the end of the event, medal ceremonies for the Cross Country, 10km walk and 20km walk, 10km road and half marathon events will be held at TESC.

A Medal ceremonies timetable will be published each day and placed for on LOC boards and the website. Athletes are requested to attend the medal ceremony in an outfit representative of their country. National flags are NOT permitted for display during the medal presentation.

During the medal ceremony, medals and diplomas will be presented to each athlete (first, second and third). The winner's national anthem will be played. Due to current Covid practices, which recommend restricting time in close contact, the athletes will take the medals from the tray by themselves. A podium will be available in a separate space for taking personal photographs. Access by spectators will be limited.

A medal ceremony may be delayed if there is an appeal with regard to the results.

Appeals must be lodged at the TIC at the main Stadium (Ratina). Appeal time limit: **90 minutes** after the results are posted.

Where an appeal has been lodged, the medal presentation will be held over until the final result has been declared.

Medal Collection

Should an athlete not be able to attend their medal ceremony, they will be able to collect their medal from the medal ceremony area on the day of the event, or from the TIC the next day onwards following the event, except the last day. Team Managers are permitted to collect medals on behalf of their athletes.

Engraving

Medal engraving is available within Ratina Stadium.

Tourism Services

If you want to know information about tourism services, what to see and do you should visit the Tampere Tourism Website: www.visittampere.fi

Visitor Services

The Tampere visitor centre can supply all the latest information on events, activities, shopping and attractions in the City of Tampere and provide free resources including city maps, trails and visitor guides.

Tampere Visitor Centre/Visit Tampere

Tel: +358 3 56566800 (Mon - Fri 10-15)

Email: visittampere@visittampere.fi

Website: <https://visittampere.fi/en/info/about-tampere/>

There are information boards in several places in the City Centre. These boards can be identified by the letter I at the top.

Experience the Finnish lakes! Tampere is located between two lakes and just cross the Ratina Stadium there is possibility to go cruising at Lake Pyhäjärvi. Read more about these cruises at wmatampere2022.com website.

There is also possibility to join walking tour around Tampere where authorized professional tourist guides will show you Tampere in a nutshell! You will see the most important sights of the city centre and learn the essentials about the city of Tampere, its history, industrial past, current know-how, culture and diverse events.

Medical Services

Emergency

For emergency and ambulance services, dial **112**.

Covid-19 Entry Requirements

Covid-19 Entry Requirements

Before you travel to Finland, check the Finnish Border Guard website (<https://raja.fi/en/covid19-info>) for the latest information on entry requirements and which vaccines are accepted in Finland.

Health Advice

All international visitors are **strongly advised to obtain travel insurance, including medical coverage**, prior to arriving in Finland.

It is recommended that athletes and other tourists obtain any required vaccinations and check that their medical insurance covers travel and accidents in Finland.

Covid-19 Advice at Competition

Hand Sanitizer will be available for use throughout all venues.

At the medal ceremonies, the athletes will take the medals from the tray by themselves. A podium in a separate area will be available for taking personal photographs. Access by spectators will be limited.

- Do not compete if you are feeling unwell.
- Keep a safe distance from other athletes.
- Keep a safe distance at cafeterias, food booths, market square and in the stadiums.
- The officials have the right to limit the number of people at the indoor facility.

On the LOC website you find a form which you must indicate whether you need a Covid – 19 test on your way home from Tampere. Should you stay longer in Finland, you need to organize the test yourself prior leaving (for example: Testing at Helsinki Airport).

First Aid

First aid services will be provided by qualified first-aid staff from organisation at all competition and event venues. They are skilled in case of emergency. Maps and signage indicating first aid locations will be present at all venues. The First Aid locations can be located by a white cross on a green background.

First Aid staff will offer basic first aid and transportation to a hospital if further care is deemed necessary.

Any health care services provided outside of these first aid facilities will be at a cost to the individual, including the cost of all health, medical, hospital and associated resources and services.

There will be defibrillators at Competition venues.

Hospitals

Tampere University Hospital's First Aid (Acuta), Biokatu 35, 33520 Tampere.

Physiotherapy Service

In the Ratina stadium, the LOC will provide a physiotherapy area where accredited personnel from a country can install their massage table. This area is not available to non-accredited team members assisting their athletes with massage services.

The LOC will also provide physiotherapy services in the main stadium, for those countries which do not have their own physiotherapy support. A booking service will be located at TIC.

Catering

A variety of food and drink will be available at each competition venue.

Merchandise

Championship merchandise from Karhu, our major clothing sponsor, will be available for sale at Ratina Stadium. In their support for this event, Karhu will also provide clothing for our officials and volunteers.

Media

Media Enquiries

For interviews or comments on matters other than their individual performances, athletes should refer these requests to the 2022 Tampere Media Manager by email: media@pyrinto.fi

This process will ensure the accuracy of the information and help to maintain good relationships with the media. Volunteers should not give any interviews or appear in any promotions, advertisements or endorsements, without the prior consent of the 2022 Tampere LOC.

Media Access

All media representatives attending WMAC 2022 Tampere **MUST** be accredited. Contact the Entry Manager for your country to be registered.

The media accreditation pass will provide access to spectator and dedicated media zones within the venue. Media zones include media viewing and work areas at competition and event venues, as well as the Media Centre.

The official event photographer, Arto Nevala will provide a professional photography service. Photographs will be available for purchase from the photography outlet located within the Ratina Stadium Market Square and will be available online during the championships and post event.

The official photographer will have exclusive access to the field of play. Official photographers will be required to wear an official photographer bib at all times whilst on duty.

Accredited photographers will have the opportunity to book field of play opportunities at the Media Centre. Daily spaces are limited, and early bookings are encouraged.

To access the field of play, accredited photographers must have made a booking, be wearing a media bib (sourced from the Media Centre) and be escorted by a media volunteer.

Should any interference occur at field of play, the photographer will be removed and escorted out of the field of play.

Media Centre

All accredited media will have access to the dedicated media facilities within the Media Centre, located at the Ratina Stadium. Presentation of their accreditation pass is required for access. Media accreditation passes will be collected from Accreditation Centre.

The Media Centre will be open at the following times:

During Competition days Media Centre will be open between 09:00 -21:00

Facilities available within the Media Centre will include: places for computers together a computer connected to a printer. Instruction for WiFi will be advised at the Centre.

COMPETITION INFORMATION

Entries

Final Entries

Refer to organisation's website: www.wmatampere2022.com

Change of Events

Participants are **NOT** allowed to change or add events.

Warm up for Field Events

There are NO separate warm-up areas for field events. There will be some time allowed for athletes to finalise their warm-up in the competition area with can be seen at LOC Board. Pyynikki training field will be open for training daily between 12:00 -15:00.

Equipment and Implements

Use of Official and Personal Implements

The LOC will provide at least three (3) World Athletics implements complying with WA/WMA specifications for each throwing event.

Personal implements are permitted for competition, provided they have previously been officially checked and certified by the Judge at the competition venue equipment control room at Ratina Stadion. Personal Throwing implements shall only be issued to the specific competition of their owners. Any other competitor in the owner's specific competition has the right to use that equipment if they so wish.

The deadline for certification of personal implements for Combined Events and Throws Events will be by 19.00 the previous day.

Athletes may collect their personal implements at the end of the event from the equipment room at that venue. Unclaimed equipment from Hervanta and TESC will be taken to Ratina at the end of the day and can be collected from TIC. Meet implements and personal implements which will be used for the final will go to the final and will be returned at the equipment room after the final. Each athlete is allowed to bring a limit of two personnel throwing implements for that event.

Only LOC starting blocks can be used.

Poles

A range of poles will be provided to athletes at a rental cost of €60. Poles will be available for use during competition and must not be taken from the venue, otherwise the athlete will be responsible for cost of replacement.

Athletes bringing their own poles are required to hand in their poles for storage at the Main Stadium. Poles will be securely stored for use by the athlete. A competitor's personal pole will be delivered to the competition site when required. Put your bib number on your pole case.

LIST OF LOC POLES (see detailed Athlete info at LOC website)	
335/40	415/80
335/45	425/65
335/50	425/70
335/55	425/75
365/55	430/78
365/60	440/90
365/65	460/70
365/70	460/75
400/55	460/80
400/60	460/85
400/65	460/90
400/70	460/95
400/75	

Athletes who require transportation of their poles from Helsinki airport, need to inform the LOC (by email or form) and provide payment for the charge.

Competition Procedures

Rules of Competition

The World Masters Athletics Championships are governed by the WMA rules of Competition and the technical rules of World Athletics (WA). The WMA Competition Rules are available online at www.world-masters-athletics.org.

Call Room Procedures

Athletes must report to the Call Room and competition areas at the latest:

Event	Call Room (minutes before event)	Competition Area (minutes before event)
All track events including Relays	30	15
All field events (except Pole Vault)	45	30
Pole Vault	75	60
Decathlon – Day 1 and 2	30	15
Heptathlon – Day 1	30	15
Heptathlon – Day 2	45	30

Check the site maps in the Appendix for location of Call Rooms at each Stadium.

Once athletes have reported to the Call Room, they will not be permitted to leave. All necessary information concerning the competition will be provided to the athletes in the Call Room. The Call Room officials will verify the accreditation, competition number, uniform, shoes and personal effects of the athletes. All athletes will be escorted from the Call Room to the competition area.

Non-Stadia

For non-stadia events, athletes must report to the Call Room at least 20 minutes prior to the event start time for 10km walk and 20km walk; 15 minutes for the Cross Country and 30 minutes for the Half Marathon. The Call room and kit drop will be located at B-hall at the TESC.

Languages

Finnish and English will be the primary languages spoken in all Tampere 2022 Call Rooms. Where possible, French and German speaking officials will be available in the Call Rooms. If necessary, athletes may report to the Call Room with an accredited translator.

Uniform

In WMA Championships, all athletes **MUST** wear a competition top that is approved by their national Masters Member. In WMA Championships where team events are contested, or where an athlete does not have an affiliated Masters Member, it is mandatory to wear a uniform **clearly** identifying the country that the athlete represents and which must be accepted by the Call Room Referee or the WMA Technical Delegate.

A Club singlet or vest is **NOT** acceptable.

All advertising on the uniforms of the athletes during the competition and the awards will be in accordance with the rules of World Athletics regarding size and content.

Notice

Rule 5.1. Athletes must not wear clothing which could impede the view of the Judges.

Competition Numbers (Bibs)

All athletes will receive three bibs and twelve (12) pins, which must be collected from the Accreditation centre. For consideration of the environment, the LOC strongly suggest that Athletes bring their own set of safety pins.

In all competition, the athlete must wear two bibs, properly attached to their competition top, with one bib on the front and one on the back; except for jumps, where the bib may be placed on the front or back or both.

For Non-Stadia races, the bib provided with the transponder must be worn on the front of their competition top.

The bibs must not be cut, bent or otherwise modified, under penalty of disqualification.

In all events, athletes wear their own competition bibs.

Any replacement bib will be charged at a fee of 10€ without transponder (chip) and 20€ with transponder chip. Replacement bibs can be purchased only from the TIC.

Competition Site Exit Procedures

In combined events, athletes will leave the field of play after the event, with a Judge to the next event. There will be toilets for athletes during the championship, but it is necessary to be accompanied by a volunteer or a Judge to use the toilets during the competition.

All athletes must leave the competition area and proceed through the **Kit Area** where track athletes will collect their personal belongings.

Display of Results

The results will be displayed at each competition venue where the events are conducted.

Results will also be available on the website at www.wmatampere2022.com under "results".

A hard copy of individual results will be available for sale at the TIC.

Personal Items

Athletes are not allowed to take into or use in the competition area tape recorders, radios, cell/mobile phones, cameras or any other electronic devices. These items will be confiscated and may be recovered in the post event control room at the end of the event.

Any advertising on the uniforms or bags of athletes must be in accordance with WA rules. Every item not in accordance with these rules will be confiscated and returned at the end of the competition.

Spikes

The call room staff will be responsible for checking the spikes on the athletes' shoes. The maximum length spikes for track events will be 7mm, with 9mm for field events.

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 30 mm).

ONLY Christmas Tree or Pyramid spikes are allowed to be used. Needle spikes are **not** permitted.

Seeding for Heats (Ranking)

There may be heats for running events with several rounds from the 100m up to and including the 1500m, and athletes will be assigned to heats according to the time provided with their entry.

For events with several rounds, the first round (Prelims) will **always** be conducted at the scheduled time listed in this book. If a round needs to be cancelled because of withdrawals, the middle round (Semis) will be cancelled. Finals will **always** be conducted at finals time.

For races longer than 1500m, athletes will be seeded (ranked) and placed into separate sections based on their time. The slower section (Group B or C) will be conducted first.

Advancement Procedure

See Appendix.

Competition Schedule

The Competition Schedule by day and by site is provided in the Appendix or is available on the website: www.wmatampere2022.com

Schedule Changes

Any change to the competition program will be discussed during the daily Team Managers and technical meetings and/or through an official notice displayed on the official information boards at each venue and on the country boards in the TIC.

The changes will also be posted on the information boards at each venue. No event will start earlier than the scheduled time on the program.

Timing and Performance Measurement

Results and Records

The WMA Records Officer automatically records the world records broken during the championships.

For enquiries about national records, athletes should contact their team manager. See Rule 31 of WMA Competition Rules.

Post-Competition Procedures

Results for each venue will be posted at that competition site. All final results will be posted online on the website www.wmatampere2022.com

Protests and Appeals

Protests and appeals must be made in compliance with the rules of World Athletics and WMA as modified below and appeals submitted no later than 90 minutes after the display of the results. Results will be displayed at each competition venue. A Protest is an immediate disagreement about any aspect of any event. An appeal is a disagreement with a Referees' decision about a Protest. There cannot be an Appeal without a Protest being held and a Referee decision.

Protests

Protests concerning the status of an athlete to participate in the championships must be made to the Referee or the Technical Delegate(s), prior to the commencement of the competition. Should the matter not be settled satisfactorily before the start of the event, the athlete shall be allowed to compete "under protest". The problem will then be referred to the WMA Council for a final decision.

Protests concerning the conduct or the result of an event, should be made immediately to the Referee, or the Head Judge, of the event.

Appeals

If the athlete does not agree with a decision made by the Referee, the athlete or their team manager may then make a written appeal to the Jury of Appeal.

Any appeal must be lodged at the TIC at the Ratina Stadium. The time limit for lodging an appeal is 90 minutes from the time the results are posted.

If the event is held in the LAST two (2) hours of the day of competition and the TIC has closed, the time allowed for appeal will be extended into the opening time of the TIC the following day. The Appeal shall be in writing using the form provided for this purpose. The forms can be requested from the TIC. The form should be signed by the team manager, the athlete or official acting on behalf of the athlete concerned.

A deposit of €100 will be required to confirm the appeal. If the appeal is not upheld, the deposit of €100 will not be returned.

An appeal can only be lodged at the TIC. The appeal panel shall issue a written decision which is final. The decision will be available at the TIC.

Starting Blocks and Starter's Commands

Starting blocks are not mandatory, but only starting blocks provided by the LOC will be allowed.

Starter's Commands

In accordance with World Athletics rules, the starter will give the commands in English.

For races up to and including 400m and 4x400m relays, the commands will be:

- "On your marks"
- "Set"
- Electronic Gun / Pistol

For races 800m and longer, the commands will be:

- "On your marks"
- Electronic Gun / Pistol

Stadia events will use an Electronic Gun with recalls by pistol. In Non-Stadia events only a pistol will be used.

False Starts

For running events, any athlete who makes a false start will be warned with a yellow card. Athletes who commit two false starts will be notified by a red card and will be eliminated from the competition. This rule also applies to Combined Events.

Composition of Finals

The finals will consist of:

- 8 athletes for the 100m, 200m, the 400m, sprint hurdles and the long hurdles.
- 12 athletes for the 800m.
- 16 athletes in the 1500m.
- For races longer than 1500m, there will be direct finals.

See race advancement procedure tables in Appendix.

In track races of 2000m and over, age categories with a large number of participants will be divided into sections. The best performances will compete in the last section. Athletes with no performance time will be randomly placed by the computer in the slower sections.

The final results will take into account all finals and will rank the athletes by time.

Lap Timing and Counting

For the 5000m races, lap counting is done automatically by the Bib Chip. There will also be a manual (human) backup system, in which lap counters and judges keep track of the progression of the athletes.

The Chip for Non-Stadia events is part of your front bib. As the chip is a disposable item it is not necessary to return it.

Track Relay

Relay Team entries must be made using the official form available from the TIC. The Team Manager must hand in the completed form to the TIC before the deadline for each relay.

The 4 x 100m relay entry form is due before 12:00 noon Friday 8 July 2022.

The 4 x 400m relay entry form is due before 12:00 noon Saturday 9 July 2022.

The Team Manager must submit any changes to the running order, or the use the alternates listed on the relays form at the TIC up **until 2 hours before the event start**, but no new relay teams or names will be accepted.

All runners **must** have been entered in an individual event and must wear their own bibs.

Only one team entry in each 5-year age group will be accepted from each country.

One team member must be from the entered age group, the other team members may be in the same age group or from an older age group. An athlete can compete for only one age group for each relay distance (4 x 100 / 4 x 400m).

On the form, the team manager must list the names of four (4) members of the team and up to three (3) substitutes (alternates or reserves), if the team wishes to use substitutes (potential replacements). The form submitted names should show the composition of the relays and the order of running. The final running order (using only the runners submitted names on relay entry form) must be made at the TIC **up until 2 hours before the event start**. In case of last minute injury, the call room referee has the authority to approve a listed substitute.

Affiliates who do not have a team manager should submit their forms directly to the TIC.

Relay teams comprising members of several countries or a mixture of men and women will not be allowed to run.

Field Events

Vertical Jumps

All vertical jump events will be direct finals. There will be no qualifying rounds.

When there are 22 or more athletes entered, the event there will be divided in 2 groups based on their marks. The athletes with the lower marks will compete in Group B.

For high jump and pole vault, both feet must be off the ground during the jump. Athletes are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the field judge.

For competitions where age categories are mixed, the winner of each age group may request a special height not in usual bar heights normal progression. The other competitors will not be allowed to jump at this special height but will resume the competition at the next official height.

Starting Heights and Progression in the Competition

The starting heights and progression through the competition are detailed in the Appendix. The competition will **NOT** start at a height.

- lower than that indicated in appendices
- lower than the equipment permits

Horizontal Jumps and Throws

The event will be conducted as a final. There will be no qualifying rounds. If the entries require 2 or more groups, each athlete will have 3 jumps or throws in their group. Group A will be the athletes with the best submitted marks and compete last. After the completion of all groups, the 8 athletes with the best performances will have a further three trials. The competing order for the last three trials shall be in reverse ranking order recorded after the first three rounds of trials.

Combined Events

Athletes will only move from one competition area to another as instructed by the Combined Events referee.

The referee will be the official source of information for the location and schedule of events.

The referee will announce the results to the participants at the end of each event.

Depending on the number of declared athletes, several groups of the same age group can be formed.

The groups of a same age category will have different start times. Group A will be the athletes with the better submitted scores.

Throws Pentathlon

The order of events for the Throwing Pentathlon will be:

Hammer, Shot Put, Discus, Javelin, and Weight.

Depending on the number of declared athletes, several groups of the same age group can be formed.

The groups of a same age category will have different start times. Group A will be the athletes with the better submitted scores.

Non-Stadia Events: Race Walking (10km and 20km), Cross Country, 10km Road Race and Half-Marathon

Except for the 10km Road Race, team medals will be awarded for all other non-stadia events.

The rules for Non-Stadia Team Scoring are in the WMA Rules of Competition (Rule 13.2).

If there are three (3) or more athletes in the same age group from a country, the registration of a team is not required. Team awards are based on the combined times of the first 3 athletes of that country in each age group.

To form a team where a country does not have 3 athletes in the same age group, all of the WMA Competition rules listed in rule 13.2 must be followed, otherwise the team will be disqualified.

The form is available at the TIC and must be submitted to the TIC at the main Stadium (Ratina) before 17:00 on the day before competition for Cross Country, Half Marathon and 10km walks and 20km walks.

Cross-Country

The cross-country events will be held in a forest area, at Tampere Exhibition and Sport Centre, about 8 km from the Stadium. Races will be conducted in the following categories:

6km Cross Country (Male and Female age groups 70 and over)

8km Cross Country (Male and Female age groups 35- 65)

A Refreshment post will be provided at every lap as stated in the rules of World Athletics and WMA. No personal drinks will be allowed. Medical staff will be present on the course and at the start and finish lines.

No pacing will be permitted. It is a disqualification offence.

Results will be available at the finish area. Awards will be presented on conclusion of each event at the presentation area at the Tampere Exhibition and Sport Centre (TESC).

Race-Walking Events

Race-walking will be judged by a team of International race-walking judges.

Athletes can be disqualified during or after the race.

Road Race-Walking Races (10km, 20km)

The road-walking loops are 1 km. The races will start and finish near the Tampere Exhibition and Sport Centre (TESC). (See Appendix for a map of the course)

Rule 5.1. Athletes must not wear clothing which could impede the view of the Judges.

The athletes are allowed to have their own refreshments. They must be clearly marked with the bib number and will be available on the table for personal refreshments.

Athletes are required to give their personal refreshments to the staff at least thirty (30) minutes before the start of the race. For this they must bring the drinks to the tables provided for this purpose in the designated area. A maximum of two officials per country may be stationed behind the drinks table to manage the personal refreshments of the athletes competing.

No refreshments to be issued outside the refreshment zone.

Country representatives must not in any way interfere with the progress of the race.

An athlete who receives or collects refreshment or water from a place other than the official stations or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card.

Medical staff will be located around the course and near the finish line.

10km Road Race

The 10km Road Races (one lap plus a short section) will start and finish near Tampere Exhibition and Sport Centre and the route runs along the walkways near the TESC.

Start times for groups in the 10km Road Race are as listed in the Competition Timetable.

Medals will be awarded to the top three (3) individuals in each age category, men and women, at the presentation area at TESC. There are **no team medals** awarded for this event.

Half Marathon

The Half Marathon will start at 09:00. Men and women will start together. Check Appendix for a map of the course. The Half Marathon (2 laps plus a short section) will start and finish near Tampere Exhibition and Sport Centre using the same route as the 10km road races, with small additions.

The athletes' personal bags should include the name of the athlete and bib number and will be held in a secure location.

Refreshment tables will be provided each lap as stipulated in the regulations of World Athletics and WMA.

Athletes with their own refreshments will leave them at the indicated place at the start line before 08:30. Personal refreshments will be identified by the bib number of the athlete. The athlete must also specify on which refreshment table these are to be placed (5km, 10km, 15km). Personal refreshments will be available on tables specially provided for this purpose.

A maximum of two officials per country may be stationed behind the table to manage the personal refreshments of the athletes competing.

No refreshments to be issued outside the refreshment zone.

Country representatives must not in any way interfere with the progress of the race.

An athlete who receives or collects refreshment or water from a place other than the official stations or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card.

The Half Marathon will be closed after three hours.

Participating athletes must not be accompanied by persons on bike, running or by other means of transport.

Results will be available at the finish area.

Safety Officers

The WMA Council shall appoint a Safety Director who shall have overall responsibility for the safety of athletes competing in the championships, safety aspects at competition venues and generally to ensure the overall safety of all aspects of the competition.

The Safety Director will be supported by a team of Safety Officers appointed by WMA and the LOC.

Safety Officers have the authority to withdraw from competition any athlete whose continued participation in the competition would, in the opinion of the Safety Officers, endanger the athlete's

health and/or the safety of the other competitors. The decision to withdraw an athlete from any competition may be exercised by the Safety Director, a Safety Officer or through Deputies appointed to assist the Safety Officers.

Wherever possible the Safety Officers will consult with a medical staff before taking action to withdraw an athlete from competition.

Safety Officers and any appointed Deputies will be clearly identified.

ANTI-DOPING PROCEDURES

Anti-doping Control

WMA, through Finland Masters Athletics and the LOC has engaged the services of the FINCIS (SUEK) to undertake drug testing as part of the WMA Stadia Championships. Drug testing will be conducted under WA/WMA Rules that comply with the provisions of the World Anti-Doping Agency (WADA). Representatives of WMA and FINCIS will be supervising the anti-doping operations.

Selection Procedures

The selection of athletes for testing is randomly made and any athlete regardless of their age and sex and the type of event in which they are participating may be chosen. The Procedural Guidelines established by WADA are strictly adhered to in the testing of all athletes.

If you are selected for a test you will be advised of this fact by a drug testing official (Chaperon) who will be clearly identified and accredited as part of the testing team. You will be informed of your selection to undergo a doping test and the drug testing official will then escort you to the testing control area. All competitors should be aware that the refusal of a test will be deemed the same as a positive doping test.

Testing Procedures

The testing procedure will be fully explained to you by the control Team and you may request information on any matter about the drug testing procedure, during or after completing the required forms. And queries or complaints should be noted before finally signing the forms.

If you have been granted a Therapeutic Use Exemption (TUE) you should provide details on the drug testing form.

Athlete's Rights

An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official (Chaperon) who advises you of the selection will then remain with you until such time as you are presented at the testing control area.

You may nominate another person (one only) to accompany you to the drug testing process. With the consent of your drug testing official, and at all times in full view of the official, you may:

- Attend a victory ceremony
- Compete in future events
- Receive necessary medical attention;
- Fulfill media commitments
- Warm down (cool off) or recuperate.

Athlete's Responsibilities

It is the athlete's responsibility to ensure that the following is done during the sample collection process:

- You are aware of and comply with the WA/WMA/WADA doping control regulations
- You comply with the drug testing procedure
- You control the urine sample until it is sealed in the sample collection kit
- The sealed sample collection kit is secured and identified
- All appropriate documentation is accurate, complete and signed

Note: If any part of the drug testing procedure concerns you it is recommended that you record your concern on the drug testing form and notify your Team Manager or Federation.

This form should be with you at all times and should not be given to anyone else.

Appendix

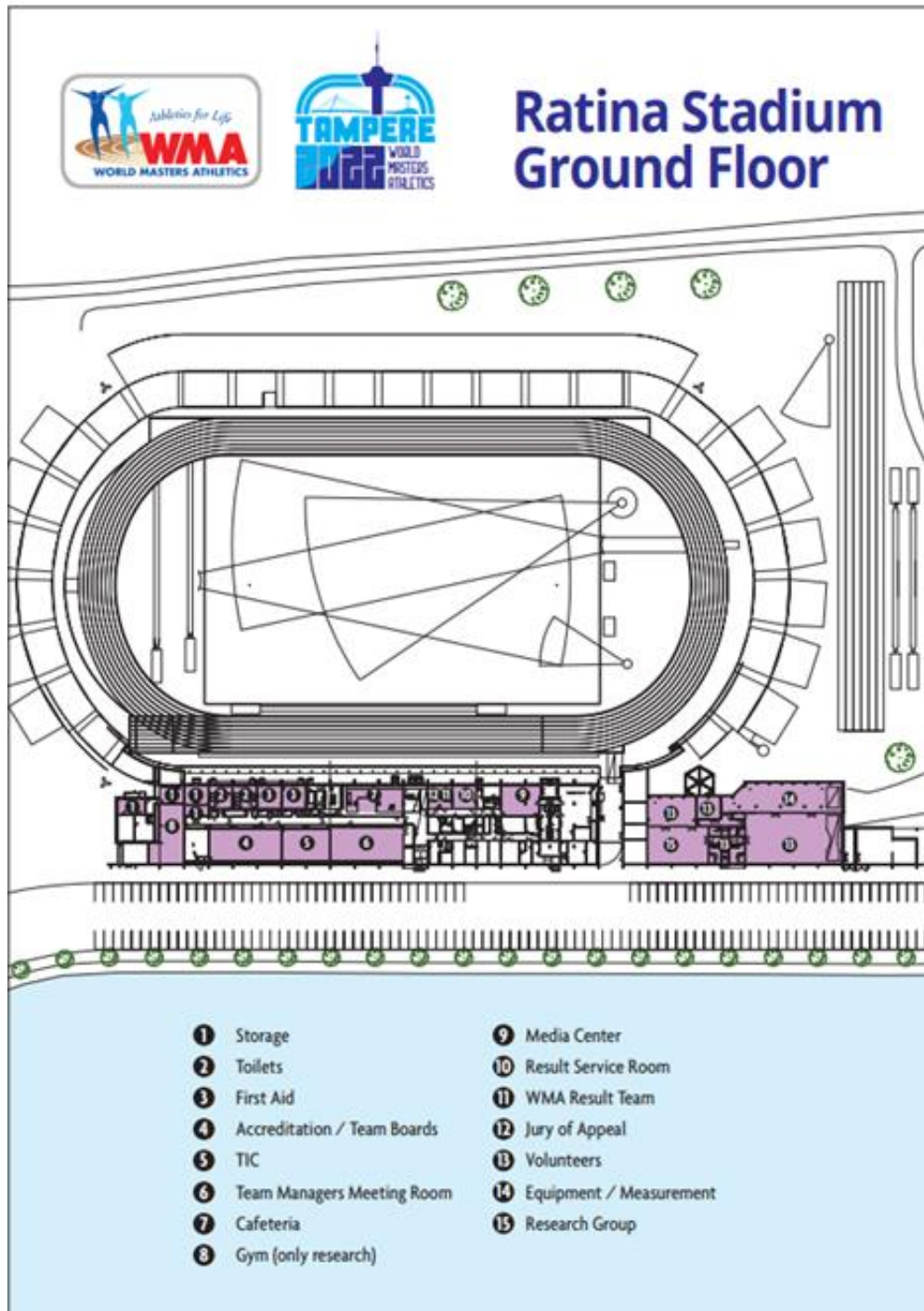
Venue Maps and Technical Specifications

TAMPERE (RATINA) STADIUM (Main Stadium)

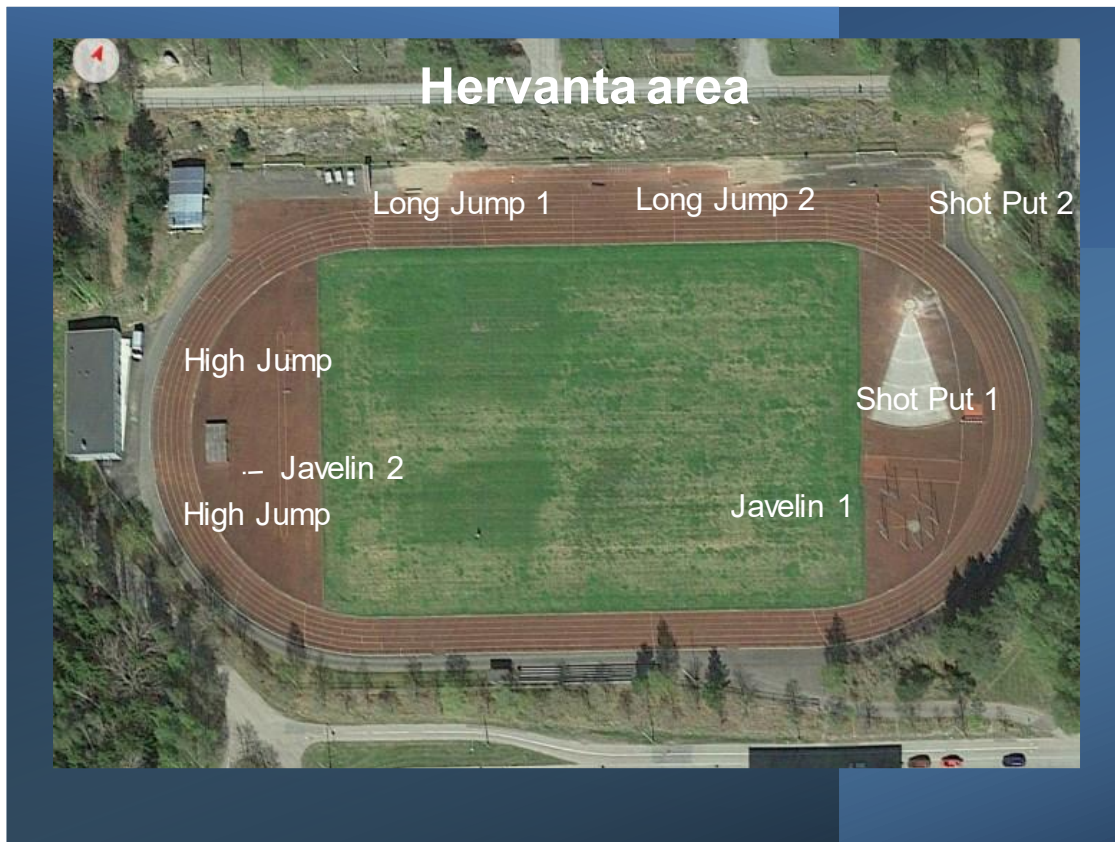
LAYOUT RATINA STADION 2022



Ground floor



HERVANTA ATHLETICS FIELD (Stadium 2)



TAMPERE EXHIBITION AND SPORT CENTRE (TESC)



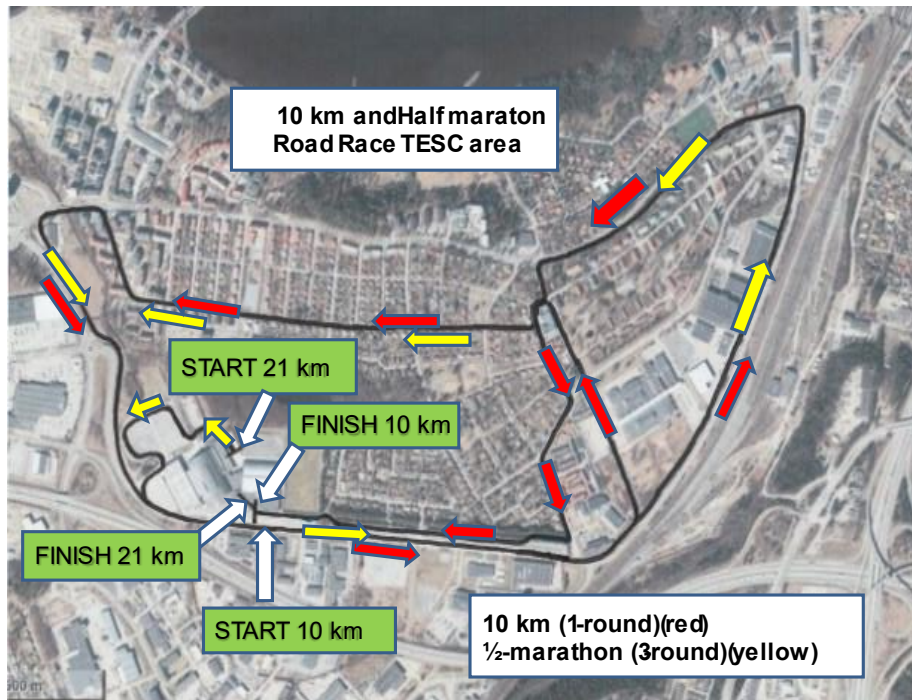




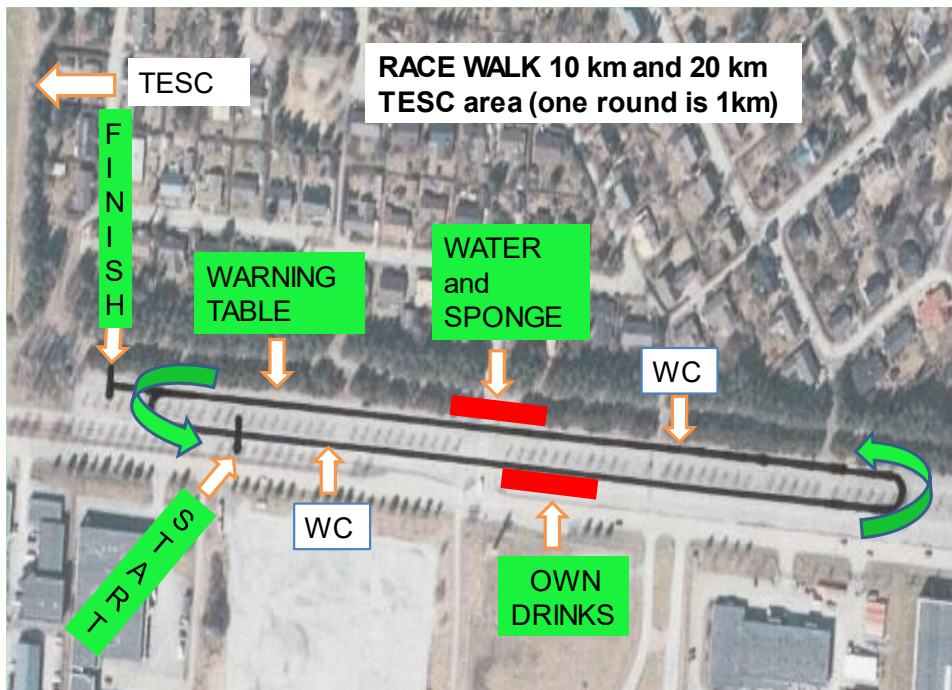
CROSS COUNTRY



10KM ROAD and HALF MARATHON



10KM WALK – 20KM WALK



Competition Schedule



WMA TAMPERE 2022

30 June - 10 July

Timetable



Wednesday 29 June

29.6 Tampereen Stadion (Ratina)			
Decathlon Day 1			
9:00	M75+	Decathlon	
9:20	M70	Decathlon	
11:10	M65	Decathlon	
12:30	M60	Decathlon	
Track			
9:15	M80	100m	Q
9:30	M70	100m	Q
9:50	M65	100m	Q
10:15	M60	100m	Q
10:45	M55	100m	Q
10:50	W55	100m	Q
11:30	W50	100m	Q
11:45	M50	100m	Q
12:50	W45	100m	Q
13:10	M45	100m	Q
13:40	M40	100m	Q
14:10	W40	100m	Q
14:30	M35	100m	Q
16:00	M55	800m	Q
Field			
10:40	M55	Shot Put	F
12:05	M45	Shot Put	F
12:35	M50	Shot Put	F
14:15	M35	Shot Put	F
14:40	M40	Shot Put	F

29.6 Hervanta		
Heptathlon Day 1		
10:00	W50	Heptathlon
10:20	W45	Heptathlon
11:30	W40	Heptathlon
11:55	W35	Heptathlon
Track		
13:00	W70+	5000m Race Walk
15:10	W60-W65	5000m Race Walk
17:20	W50-W55	5000m Race Walk
18:30	W35-W40-W45	5000m Race Walk

29.6 Tampere Exhibition and Sports Center (TESC)		
11:30	W50	Hammer
11:30	W70	Hammer
11:30	W75+	Hammer
13:30	W45	Hammer
13:30	W65	Hammer
15:30	W40	Hammer
15:30	W60	Hammer
17:30	W35	Hammer
17:30	W55	Hammer

Thursday 30 June

30.6 Tampereen Stadion (Ratina)				30.6 Tampereen Stadion (Ratina)			
Decathlon Day 2				18:00	W60	100m	Final
9:00	M75+	Decathlon		18:05	M55	100m	Final
9:15	M70	Decathlon		18:10	W55	100m	Final
11:20	M65	Decathlon		18:15	M50	100m	Final
11:35	M60	Decathlon		18:20	W50	100m	Final
Track				18:25	M45	100m	Final
09:30	M85	100m	S	18:30	W45	100m	Final
09:35	M80	100m	S	18:35	M40	100m	Final
09:40	M75	100m	S	18:40	W40	100m	Final
09:50	M70	100m	S	18:45	M35	100m	Final
10:00	W70	100m	S	18:50	W35	100m	Final
10:10	M65	100m	S	Field			
10:25	W65	100m	S	12:00	W75+	Shot Put	F
10:35	M60	100m	S	13:30	W70	Shot Put	F
10:45	W60	100m	S	15:10	W65	Shot Put	F
10:55	M55	100m	S	16:50	W60	Shot Put	F
11:10	W55	100m	S	18:40	W55	Shot Put	F
12:00	M50	100m	S	30.6 Hervanta			
12:10	W50	100m	S	Heptathlon Day 2			
12:20	M45	100m	S	11:00	W50	Heptathlon	
12:30	W45	100m	S	11:00	W45	Heptathlon	
12:40	M40	100m	S	12:25	W40	Heptathlon	
12:50	W40	100m	S	12:25	W35	Heptathlon	
13:00	M35	100m	S	Track			
13:10	W35	100m	S	10:30	M35-M40-M45	5000m Race Walk	
13:30	M75	800m	S	11:30	M50	5000m Race Walk	
13:40	M70	800m	S	12:30	M55	5000m Race Walk	
14:00	M65	800m	S	30.6 Tampere Exhibition and Sports Center (TESC)			
14:15	W65	800m	S	Cross Country			
14:25	M60	800m	S	10:00	M70+	6km	
14:45	W60	800m	S	11:15	W70+	6km	
14:50	M55	800m	S	12:30	M60-M65	8 km	
15:05	W55	800m	S	13:35	M55	8 km	
15:15	M50	800m	S	14:40	W50-W55-W60-W65	8 km	
15:35	W50	800m	S	15:45	M45-M50	8 km	
15:50	M45	800m	S	16:50	W35-W40-W45	8 km	
16:05	M40	800m	S	17:55	M35-M40	8 km	
16:25	M35	800m	S	30.6 Tampere Exhibition and Sports Center (TESC)			
17:00	M90+	100m	Final	10:00	M55	Hammer	
17:05	M85	100m	Final	10:00	M80+	Hammer	
17:10	W85+	100m	Final	12:00	M50	Hammer	
17:15	M80	100m	Final	12:00	M75	Hammer	
17:20	W80	100m	Final	14:00	M45	Hammer	
17:25	M75	100m	Final	14:00	M70	Hammer	
17:30	W75	100m	Final	16:00	M40	Hammer	
17:35	M70	100m	Final	16:30	M65	Hammer	
17:40	W70	100m	Final	18:00	M35	Hammer	
17:45	M65	100m	Final	18:00	M60	Hammer	
17:50	W65	100m	Final				
17:55	M60	100m	Final				

Friday 1 July

1.7 Tampereen Stadion (Ratina)			
Decathlon Day 1			
9:00	M55	Decathlon	
9:15	M50	Decathlon	
12:15	M45	Decathlon	
12:35	M40	Decathlon	
13:45	M35	Decathlon	
Track			
09:40	M35	400m Hurdles	S
09:50	M40	400m Hurdles	S
10:00	M45	400m Hurdles	S
10:15	M50	400m Hurdles	S
10:25	M55	400m Hurdles	S
10:35	W40	400m Hurdles	S
10:45	W45	400m Hurdles	S
11:00	M60	300m Hurdles	S
11:10	M65	300m Hurdles	S
11:20	W50	300m Hurdles	S
11:30	W55	300m Hurdles	S
11:40	M70	300m Hurdles	S
11:50	M75	300m Hurdles	S
12:00	M80	200m Hurdles	S
14:10	M85+	800m	Final
14:20	M80	800m	Final
14:30	W80+	800m	Final
14:40	M75	800m	Final
14:50	W75	800m	Final
15:00	M70	800m	Final
15:10	W70	800m	Final
15:20	M65	800m	Final
15:30	W65	800m	Final
15:40	M60	800m	Final
15:50	W60	800m	Final
16:00	M55	800m	Final
16:10	W55	800m	Final
16:20	M50	800m	Final
16:30	W50	800m	Final
16:40	M45	800m	Final
16:50	W45	800m	Final
17:00	M40	800m	Final
17:10	W40	800m	Final
17:20	M35	800m	Final
17:30	W35	800m	Final
Field			
9:30	M85+	Shot Put	F
9:30	M80	Shot Put	F
9:30	M75	Shot Put	F
11:30	M70	Shot Put	F
17:45	M60	Shot Put	F
19:40	M65	Shot Put	F

1.7 Hervanta		
Heptathlon Day 1		
10:00	W75+	Heptathlon
10:20	W65-W70	Heptathlon
11:30	W60	Heptathlon
11:55	W55	Heptathlon
Track		
12:00	M80+	5000m Race Walk
13:00	M75	5000m Race Walk
15:10	M70	5000m Race Walk
17:20	M65	5000m Race Walk
18:30	M60	5000m Race Walk

1.7 Tampere Exhibition and Sports Center (TESC)		
12:00	W35	Weight Throw
12:00	W50	Weight Throw
13:30	W40	Weight Throw
13:30	W55	Weight Throw
13:30	W60	Weight Throw
15:00	W45	Weight Throw
15:00	W65	Weight Throw
16:30	W75+	Weight Throw
16:30	W70	Weight Throw

Saturday 2 July

2.7 Tampereen Stadion (Ratina)			
Decathlon Day 2			
9:00	M55	Decathlon	
9:15	M50	Decathlon	
10:50	M45	Decathlon	
11:05	M40	Decathlon	
13:35	M35	Decathlon	
Track			
10:00	M70	200m	Q
10:20	M65	200m	Q
10:40	M60	200m	Q
12:05	M55	200m	Q
13:15	M50	200m	Q
14:00	M45	200m	Q
14:55	M40	200m	Q
15:50	M35	200m	Q
12:35	W55	200m	Q
13:45	W50	200m	Q
14:30	W45	200m	Q
15:25	W40	200m	Q
Field			
10:00	M85+	Long Jump	F
10:00	W35	Shot Put	F
10:00	M60	Long Jump	F
11:30	W40	Shot Put	F
11:30	M80	Long Jump	F
11:30	M75	Long Jump	F
13:00	W45	Shot Put	F
13:30	M70	Long Jump	F
14:30	W50	Shot Put	F
15:30	M65	Long Jump	F

2.7 Hervanta			
Heptathlon Day 2			
11:00	W75+	Heptathlon	
11:00	W65-W70	Heptathlon	
12:25	W60	Heptathlon	
12:25	W55	Heptathlon	
Track			
10:00	M65	5000m	B Final
10:40	M65	5000m	A Final
11:20	M60	5000m	B Final
12:00	M60	5000m	A Final
12:40	M55	5000m	B Final
13:20	M55	5000m	A Final
16:00	M50	5000m	B Final
16:40	M50	5000m	A Final
17:20	M45	5000m	B Final
18:00	M45	5000m	A Final
18:40	M40	5000m	F
19:20	M35	5000m	F

2.7 Tampere Exhibition and Sports Center (TESC)		
11:00	M55	Weight Throw
11:00	M80+	Weight Throw
12:30	M50	Weight Throw
12:30	M75	Weight Throw
14:00	M45	Weight Throw
14:00	M70	Weight Throw
15:30	M40	Weight Throw
15:30	M65	Weight Throw
17:00	M35	Weight Throw
17:00	M60	Weight Throw

Sunday 3 July

3.7 Tampereen Stadion (Ratina)			
Track			
11:00	M85	200m	S
11:10	M80	200m	S
11:20	M75	200m	S
11:35	W75	200m	S
11:40	M70	200m	S
11:55	W70	200m	S
12:00	M65	200m	S
12:15	W65	200m	S
12:30	M60	200m	S
12:45	W60	200m	S
13:00	M55	200m	S
13:15	W55	200m	S
13:30	M50	200m	S
13:45	W50	200m	S
14:00	M45	200m	S
14:15	W45	200m	S
14:30	M40	200m	S
14:45	W40	200m	S
15:00	M35	200m	S
15:15	W35	200m	S
16:08	M90+	200m	Final
16:16	W80+	200m	Final
16:24	M85	200m	Final
16:32	M80	200m	Final
16:40	W75	200m	Final
16:45	M75	200m	Final
16:50	W70	200m	Final
16:55	M70	200m	Final
17:00	W65	200m	Final
17:05	M65	200m	Final
17:10	W60	200m	Final
17:15	M60	200m	Final
17:20	W55	200m	Final
17:25	M55	200m	Final
17:30	W50	200m	Final
17:35	M50	200m	Final
17:40	W45	200m	Final
17:45	M45	200m	Final
17:50	W40	200m	Final
17:55	M40	200m	Final
18:00	W35	200m	Final
18:05	M35	200m	Final

3.7 Tampereen Stadion (Ratina)			
Field			
9:30	W80+	Javelin	F
9:30	W65	Javelin	F
11:00	W70	Javelin	F
11:00	W75	Javelin	F
11:20	M35	High Jump	F
11:20	M40	High Jump	F
13:00	W35-W45	Pole Vault	F
13:00	W60	Javelin	F
13:00	W50-W55-W60	Pole Vault	F
13:40	M50	High Jump	F
13:40	M45	High Jump	F
15:00	M35	Discus	F
16:00	M55	High Jump	F
16:00	W65+	Pole Vault	F
17:00	M40	Discus	F
19:00	M45	Discus	F

3.7 Hervanta			
Track			
10:00	W70 +	5000m	F
10:50	W60-W65	5000m	F
11:25	W55	5000m	F
12:00	W50	5000m	F
12:40	W45	5000m	F
13:15	W40	5000m	F
14:50	W35	5000m	F
15:30	M80+	5000m	F
16:10	M75	5000m	F
16:50	M70	5000m	B Final
17:30	M70	5000m	A Final
Field			
10:00	W35	Javelin	
11:30	W40	Javelin	
13:30	W45	Javelin	
15:00	W50	Javelin	
16:45	W55	Javelin	

3.7 Tampere Exhibition and Sports Center (TESC)			
10km Road Race Walk			
10:45	M60+	10km Road Race Walk	
12:30	W60+		
15:10	W35-W55		
16:45	M35-M55		

Monday 4 July GENERAL ASSEMBLY, NO COMPETITIONS

Tuesday 5 July

5.7 Tampereen Stadion (Ratina)			
Track			
10:00	M35	400m Hurdles	Final
10:05	M40	400m Hurdles	Final
10:10	M45	400m Hurdles	Final
10:20	M50	400m Hurdles	Final
10:25	M55	400m Hurdles	Final
10:35	W35	400m Hurdles	Final
10:40	W40	400m Hurdles	Final
10:45	W45	400m Hurdles	Final
10:55	M60	300m Hurdles	Final
11:00	M65	300m Hurdles	Final
11:05	W50	300m Hurdles	Final
11:10	W55	300m Hurdles	Final
11:20	M70	300m Hurdles	Final
11:25	M75	300m Hurdles	Final
11:30	W60	300m Hurdles	Final
11:35	W65	300m Hurdles	Final
11:45	W70	200m Hurdles	Final
11:50	W75	200m Hurdles	Final
11:55	M80	200m Hurdles	Final
12:00	W80+	200m Hurdles	Final
12:05	M85+	200m Hurdles	Final
12:30	M70	1500m	S
12:50	M65	1500m	S
13:10	M60	1500m	S
13:25	M55	1500m	S
13:55	M50	1500m	S
14:15	M45	1500m	S
14:55	M40	1500m	S
15:15	M35	1500m	S
15:30	W50	1500m	S
16:00	M70	400m	Q
16:20	M65	400m	Q
16:40	M60	400m	Q
17:00	M55	400m	Q
17:20	M50	400m	Q
17:40	M45	400m	Q
17:50	W45	400m	Q
18:10	M40	400m	Q
18:30	M35	400m	Q

5.7 Tampereen Stadion (Ratina)			
Field			
10:00	W55	Long Jump	F
10:00	W50	Long Jump	F
10:00	W80+	Discus	F
10:00	W65	Discus	F
10:00	M50	Pole Vault	F
10:00	M55	Pole Vault	F
11:30	M80+	High Jump	F
11:30	M75	High Jump	F
11:30	W75	Discus	F
11:30	W70	Discus	F
12:00	W45	Long Jump	F
12:00	W40	Long Jump	F
13:00	M45	Pole Vault	F
13:00	M40	Pole Vault	F
13:00	W60	Discus	F
13:30	M70	High Jump	F
13:40	M65	High Jump	F
14:00	W70	Long Jump	F
14:00	W75+	Long Jump	F
16:00	M60	High Jump	F
16:00	W65	Long Jump	F
16:00	W60	Long Jump	F
15:00	M45	Javelin	F
18:00	W35	Long Jump	F
16:00	M35	Pole Vault	F
17:00	M40	Javelin	F
18:30	M35	Javelin	F

5.7 Tampere Exhibition and Sports Center (TESC)		
10:00	W55	Discus
11:30	W50	Discus
13:00	W45	Discus
14:30	W40	Discus
16:00	W35	Discus

Wednesday 6 July

6.7 Wednesday Tampereen Stadion (Ratina)			
Track			
11:00	M50	Hurdles 100m	Q
11:50	M80	400m	S
12:10	W75	400m	S
12:20	M75	400m	S
12:40	W70	400m	S
12:50	M70	400m	S
13:00	W65	400m	S
13:15	M65	400m	S
13:30	W60	400m	S
13:50	M60	400m	S
14:10	W55	400m	S
14:30	M55	400m	S
14:50	W50	400m	S
15:15	M50	400m	S
15:35	W45	400m	S
15:50	M45	400m	S
16:10	W40	400m	S
16:30	M40	400m	S
16:50	W35	400m	S
17:05	M35	400m	S
Field			
10:00	M75	Pole Vault	F
10:00	M80+	Pole Vault	F
11:00	M55	Long Jump	Flight 1
11:00	M55	Long Jump	Flight 2
11:00	W60	High Jump	F
13:00	M50 B	Long Jump	Flight 1
13:00	M50 A	Long Jump	Flight 2
13:00	M70	Pole Vault	F
13:00	M65	Pole Vault	F
13:00	W50	High Jump	F
13:00	W35	High Jump	F
13:30	M50	Discus	F
15:00	M45 B	Long Jump	Flight 1
15:00	M45 A	Long Jump	Flight 2
15:00	W55	High Jump	F
15:30	M55	Discus	F
16:00	W40-W45	High Jump	F
16:00	M60	Pole Vault	F
17:00	M40	Long Jump	F
17:00	M35	Long Jump	F

6.7 20km Road Race Walk - TESC		
Tampere Exhibition and Sports Center		
10:00	W35+	20km Road Race Walk
13:00	M35-M60	
16:00	M65+	

6.7 Tampere Exhibition and Sports Center (TESC)			
10:00	W35	Throws Pentathlon	
10:00	W50	Throws Pentathlon	
10:00	W60	Throws Pentathlon	
12:50	W40	Throws Pentathlon	
12:50	W55	Throws Pentathlon	
14:10	W45	Throws Pentathlon	

Thursday 7 July
Meetings in the morning

7.7 Tampereen Stadion (Ratina)			
Track			
14:00	M85+	1500m	Final
14:15	M80	1500m	Final
14:30	M75	1500m	Final
14:45	W75+	1500m	Final
15:00	M70	1500m	Final
15:15	W70	1500m	Final
15:30	M65	1500m	Final
15:45	W65	1500m	Final
16:00	M60	1500m	Final
16:15	W60	1500m	Final
16:30	M55	1500m	Final
16:45	W55	1500m	Final
17:00	M50	1500m	Final
17:15	W50	1500m	Final
17:30	M45	1500m	Final
17:45	W45	1500m	Final
18:00	M40	1500m	Final
18:15	W40	1500m	Final
18:30	M35	1500m	Final
18:45	W35	1500m	Final
Field			
13:00	M55	Javelin	F
13:00	W65-W70	High Jump	F
14:00	M80+	Triple Jump	F
15:00	M70	Discus	F
15:30	M75	Triple Jump	F
16:00	M50	Javelin	F
16:00	W75+	High Jump	F
17:00	M65	Discus	F
17:30	M70	Triple Jump	F

7.7 Tampere Exhibition and Sports Center (TESC)			
11:00	M35	Throws Pentathlon	
11:00	M40	Throws Pentathlon	
12:30	M45	Throws Pentathlon	
17:00	M60	Discus	Flight 1
17:00	M60	Discus	Flight 2

Friday 8 July

8.7 Tampereen Stadion (Ratina)			
Track			
10:00	M35	110m Hurdles	S
10:10	M40	110m Hurdles	S
10:20	M45	110m Hurdles	S
10:40	M50	100m Hurdles	S
10:50	M55	100m Hurdles	S
11:05	M60	100m Hurdles	S
11:15	M65	100m Hurdles	S
11:40	W40	80m Hurdles	S
11:50	W45	80m Hurdles	S
12:05	W50	80m Hurdles	S
12:15	W55	80m Hurdles	S
12:30	M70	80m Hurdles	S
12:40	M75	80m Hurdles	S
12:50	W60	80m Hurdles	S
12:55	W65	80m Hurdles	S
13:00	M80	80m Hurdles	S
13:50	M90+	400m	Final
14:00	M85	400m	Final
14:10	M80	400m	Final
14:20	W80+	400m	Final
14:30	M75	400m	Final
14:38	W75	400m	Final
14:46	M70	400m	Final
14:54	W70	400m	Final
15:02	M65	400m	Final
15:10	W65	400m	Final
15:18	M60	400m	Final
15:26	W60	400m	Final
15:34	M55	400m	Final
15:42	W55	400m	Final
15:50	M50	400m	Final
15:58	W50	400m	Final
16:06	M45	400m	Final
16:14	W45	400m	Final
16:22	M40	400m	Final
16:30	W40	400m	Final
16:38	M35	400m	Final
16:46	W35	400m	Final
17:10	M75+	Steeplechase	F
17:30	M70	Steeplechase	F
17:50	M65	Steeplechase	F
18:10	M60	Steeplechase	B Final
18:30	M60	Steeplechase	A Final
18:50	W70+	Steeplechase	F
19:10	W55-W65	Steeplechase	F
19:30	W45-W50	Steeplechase	F
19:50	W35-W40	Steeplechase	F

8.7 Tampereen Stadion (Ratina)			
Field			
10:00	M80	Discus	F
11:00	M85+	Discus	F
12:00	M75	Discus	F
13:30	M70	Javelin	F
14:00	M35	Triple Jump	F
14:00	W35	Triple Jump	F
15:30	M40	Triple Jump	F
15:30	W40	Triple Jump	F
15:30	M65	Javelin	F
17:00	M45	Triple Jump	F
17:00	W45	Triple Jump	F
17:30	M60	Javelin	F

8.7 Tampere Exhibition and Sports Center (TESC)		
10km Road Run		
16:30	M35-M65	10km Road Race
17:00	W35+ M70+	10km Road Race

8.7 Tampere Exhibition and Sports Center (TESC)		
10:00	M50	Throws Pentathlon
10:00	W65	Throws Pentathlon
11:30	W75	Throws Pentathlon
13:00	W70	Throws Pentathlon
13:00	W80+	Throws Pentathlon
13:00	M55	Throws Pentathlon

Saturday 9 July

9.7 Tampereen Stadion (Ratina)			
Track			
10:00	M35	110m Hurdles	Final
10:06	M40	110m Hurdles	Final
10:12	M45	110m Hurdles	Final
10:24	M50	100m Hurdles	Final
10:30	M55	100m Hurdles	Final
10:42	W35	100m Hurdles	Final
10:52	M60	100m Hurdles	Final
11:00	M65	100m Hurdles	Final
11:15	W40	80m Hurdles	Final
11:21	W45	80m Hurdles	Final
11:32	W50	80m Hurdles	Final
11:38	W55	80m Hurdles	Final
11:44	M70	80m Hurdles	Final
11:50	M75	80m Hurdles	Final
12:05	W60	80m Hurdles	Final
12:11	W65	80m Hurdles	Final
12:17	W70	80m Hurdles	Final
12:23	W75+	80m Hurdles	Final
12:29	M80	80m Hurdles	Final
12:35	M85+	80m Hurdles	Final
13:00	M55	Steeplechase	F
13:20	M50	Steeplechase	F
13:40	M45	Steeplechase	F
14:00	M40	Steeplechase	F
14:20	M35	Steeplechase	F
15:00	M80+	4x100m	F
	W80+	4x100m	F
	M75	4x100m	F
	W75	4x100m	F
	M70	4x100m	F
	W70	4x100m	F
	M65	4x100m	F
	W65	4x100m	F
	M60	4x100m	F
	W60	4x100m	F
	M55	4x100m	F
	W55	4x100m	F
	M50	4x100m	F
	W50	4x100m	F
	M45	4x100m	F
	W45	4x100m	F
	M40	4x100m	F
	W40	4x100m	F
	M35	4x100m	F
	W35	4x100m	F

9.7 Tampereen Stadion (Ratina)			
Field			
12:00	W70	Triple Jump	F
12:00	W75+	Triple Jump	F
12:00	M85+	Javelin	F
12:00	M80	Javelin	F
13:30	W60	Triple Jump	F
13:30	W65	Triple Jump	F
14:00	M75	Javelin	F
15:00	W50	Triple Jump	F
15:00	W55	Triple Jump	F
16:30	M55	Triple Jump	F
16:30	M50	Triple Jump	F

9.7 Tampere Exhibition and Sports Center (TESC)		
10:30	M60	Throws Pentathlon
10:30	M70	Throws Pentathlon
12:00	M65	Throws Pentathlon

Sunday 10 July

10.7 Tampereen Stadion (Ratina)			
Track			
10:00	M80+	4x400m	F
	M75	4x400m	F
	M70	4x400m	F
	W65+	4x400m	F
	M65	4x400m	F
	W60	4x400m	F
	M60	4x400m	F
	W55	4x400m	F
	M55	4x400m	F
	W50	4x400m	F
	M50	4x400m	F
	W45	4x400m	F
	M45	4x400m	F
	W40	4x400m	F
	M40	4x400m	F
	W35	4x400m	F
	M35	4x400m	F
Field			
11:00	M65	Triple Jump	F
11:00	M60	Triple Jump	F

10.7 Tampere Exhibition and Sports Center (TESC)		
Half Marathon		
10:00	W35+/M35+	Half Marathon

10.7 Tampere Exhibition and Sports Center (TESC)		
09:00	M75	Throws Pentathlon
09:00	M80+	Throws Pentathlon

TECHNICAL SPECIFICATIONS

HURDLES

WOMEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
SHORT	35-39	100	.840	10	13	8.5	10.5
	40-49	80	.762	8	12	8.0	12
	50-59	80	.762	8	12	7.0	19
	60+	80	.686	8	12	7.0	19
LONG	35-49	400	.762	10	45	35	40
	50-59	300	.762	7	50	35	40
	60-69	300	.686	7	50	35	40
	70+	200	.686	5	20	35	40

WOMEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
MEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
SHORT	35-49	110	.991	10	13.72	9.14	14.02
	50-59	100	.914	10	13	8.5	10.5
	60-69	100	.840	10	12	8.0	16
	70-79	80	.762	8	12	7.0	19
	80+	80	.686	8	12	7.0	19
LONG	35-49	400	.914	10	45	35	40
	50-59	400	.840	10	45	35	40
	60-69	300	.762	7	50	35	40
	70-79	300	.686	7	50	35	40
	80+	200	.686	5	20	35	40

STEEPLECHASE

WOMEN			MEN		
Age	Distance	Height	Age	Distance	Height
35+	2000m	0.762m	35-59	3000m	0.914m
			60+	2000m	0.762m

MULTI EVENTS

Decathlon	Heptathlon	Throws Pentathlon
Day 1: 100m, Long Jump, Shot, High Jump, 400m Day 2: Hurdles, Discus, Pole Vault, Javelin, 1500m	Day 1: Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m	All Women & Men Hammer, Shot Put, Discus, Javelin, Weight

IMPLEMENT SPECIFICATIONS

THROWING IMPLEMENT SPECIFICATIONS

	Hammer (kg)	Shot Put (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
WOMEN					
35-49	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					
35-49	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)

WMA ADVANCEMENT TABLES

In events 1500m and under, heat assignments for the first round shall be based on the seed times submitted on the entry form. The athletes shall be placed in heats using the World Athletics zigzag distribution method. Heat Assignments in all subsequent rounds shall be based on place, then time, as per the WMA Advancement Tables below). Lane assignments are as per WA rules.

OUTDOOR

P = Number of athletes qualified by their place ; T = Number of athletes qualified by their time

8 lanes (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P 4 T	1
17-24	0		3	2 P 2 T	1
25-32	4	2 P 8 T	2	2 P 4 T	1
33-40	5	2 P 6 T	2	2 P 4 T	1
41-48	6	2 P 4 T	2	2 P 4 T	1
49-56	7	2 P 10 T	3	2 P 2 T	1
57-64	8	2 P 8 T	3	2 P 2 T	1
65-72	9	2 P 6 T	3	2 P 2 T	1
73-80	10	2 P 4 T	3	2 P 2 T	1
81-88	11	1 P 13 T	3	2 P 2 T	1
89-96	12	1 P 12 T	3	2 P 2 T	1

Note: Special Advancement for long hurdles (if 25 or more athletes confirm, there will be 4 semi-finals

(1P 4T))

9 lanes (100m)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-9	0		0		1
10-18	0		2	2 P 4 T	1
19-27	0		3	2 P 2 T	1
28-36	4	2 P 8 T	2	2 P 4 T	1
37-45	5	2 P 6 T	2	2 P 4 T	1
46-54	6	2 P 4 T	2	2 P 4 T	1
55-63	7	2 P 10 T	3	2 P 2 T	1
64-72	8	2 P 8 T	3	2 P 2 T	1
73-81	9	2 P 6 T	3	2 P 2 T	1

82-90	10	2 P 4 T	3	2 P 2 T	1
91-99	11	1 P 13 T	3	2 P 2 T	1
100-108	12	1 P 12 T	3	2 P 2 T	1

8 Lanes Tracks (800m)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-12	0		0		1
13-24	0		2	2 P 8 T	1
25-36	0		3	2 P 6 T	1
37-48	0		4	2 P 4 T	1
49-60	5	2 P 14 T	2	2 P 8 T	1
61-72	6	2 P 12 T	2	2 P 8 T	1
73-84	7	2 P 10 T	2	2 P 8 T	1
85-96	8	2 P 8 T	2	2 P 8 T	1
97-108	9	2P 6 T	2	2 P 8 T	1

8-9 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-16	0		1
17-32	2	3 P 10 T	1
33-48	3	2 P 10 T	1
49-64	4	2 P 8 T	1
65-80	5	2 P 6 T	1
81-96	6	2 P 4 T	1
97-112	7	1 P 9 T	1
113-128	8	1 P 8 T	1

VERTICAL JUMPS: STARTING HEIGHTS AND PROGRESSIONS

Women: High Jump		
Age	Starting Height	Progression
W35	1.40m	5cm
W40	1.30m	5cm
W45	1.30m	5cm
W50	1.25m	5cm
W55	1.20m	4cm
W60	1.15m	4cm
W65	1.05m	4cm
W70	1.00m	3cm
W75+	0.80m	3cm

Men: High Jump		
Age	Starting Height	Progression
M35	1.45m	5cm
M40	1.45m	5cm
M45	1.40m	5cm
M50	1.35m	5cm
M55	1.30m	5cm
M60	1.25m	5cm
M65	1.20m	5cm
M70	1.15m	5cm
M75	1.10m	5cm
M80	0.90m	3cm
M85+	0.80m	3cm

Women: Pole Vault		
Age	Starting Height	Progression
W35	1.50m	10cm
W40/45	1.50m	10cm
W50	1.40m	10cm
W55/60	1.40m	10cm
W65+	0.90m	10cm

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