

International Masters Challenge BEL – FRA – GER  
29. September 2019 in Rehlingen



**VERANSTALTER:** Saarländischer Leichtathletik-Bund (SLB) im Auftrag des Deutschen Leichtathletik-Verbandes (DLV)  
**AUSRICHTER:** LC Rehlingen  
**AUSTRAGUNGSSTÄTTE:** Bungertstadion Rehlingen

**Ausschreibung:**

**Senioren M40+/M50+**

100m – 400m – 1.500m – 5000m – 4 x 200m – Hochsprung/High jump – Weitsprung/Long jump  
 Kugelstoß/shot put – Diskuswurf/Discus throw – Speerwurf/Javelin throw

**Seniorinnen W40+/W50+**

100m – 400m – 800m – 3000m – 4 x 200m – Hochsprung/High jump – Weitsprung/Long jump  
 Kugelstoß/shot put – Diskuswurf/Discus throw – Speerwurf/Javelin throw

**Zeitplan/Schedule (Änderungen vorbehalten/subject to alteration)**

Zeit	Senioren M40+	Senioren M50+	Seniorinnen W40+	Seniorinnen W 50+
14.00			Speer / Javelin	Speer / Javelin
14.30	Kugel / Shot put	Weit / Long jump	Hoch / High jump	Hoch / High jump
15.00	Speer / Javelin	Speer / Javelin		800m
15.05			800m	
15.10	Weit / Long jump			Kugel / Shot put
15.15		1500m		
15.25	1500m			
15.35				100m
15.40			100m	
15.50		100m / Kugel / Shot put	Weit / Long jump	
15.55	100m			
16.00	Hoch / High jump	Hoch / High jump	Diskus / Discus	Diskus / Discus
16.05				400m
16.10			400m	
16.20		400m		
16.25	400m			
16.30			Kugel / Shot put	Weit / Long jump
16.35			3000m	3000m
16.50	5000m	5000m		
17.00	Diskus / Discus	Diskus / Discus		
17.15			4 x 200m	4 x 200m
17.25	4 x 200m	4 x 200m		

# International Masters Challenge BEL – FRA – GER

## 29. September 2019 in Rehlingen



### International Masters Challenge BEL – FRA – GER

#### 29. September 2019 in Rehlingen

#### Competition rules

1. As a general principle, WMA rules will be used when applicable e.g.
  - a. Starting blocks are not compulsory (WMA Rule 161: Starting Blocks: Master competitors are not required to use starting blocks or a crouch start or have both hands in contact with the track for the start of any race.)
  - b. One false start per athlete will be tolerated (WMA Rule 162: The Start: In any race, individual athletes who are charged with a false start, as determined by the head starter, shall be warned. Individual athletes, who are charged with their second false start in the same race, as determined by the head starter, shall be disqualified).
2. Team can be modified for each event as long as this particular event has not started
3. Six lanes for six participants
4. High jump:
  - a. Athletes will chose their first height
  - b. Bar will climb 3 to 3 cm
  - c. Last jumper (winner) of each category has free choice of height (WMA Rule 181.3: When a high jump and pole vault competition includes competitors in different age groups jumping and vaulting in the same competition pool, and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable IAAF Rules, even though other competitors in other age groups may still be jumping/vaulting. Said competitors must continue in the normal progression and may not jump at these special heights.)
5. 4x200m Relays
  - a. Teams should be announced 30 minutes before start, in order of running
  - b. Each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone (IAAF rule 170.3)
  - c. Order for last leg: the athletes shall line up in the order of the start list (inside to out) (IAAF rule 170)
6. Points:
  - a. 7, 5, 4, 3, 2, 1 for all events but
  - b. relays: 7, 4, 2 pts
7. Classification: one per team and category (= 4), plus one global
8. Lanes and throwing/jumping order: see addendum

#### Other

1. Ceremonies
  - a. Opening: 13:45 Hr
  - b. Closing: 18:00 Hr
2. Dinner: from 19:00 Hr on