



XX World Masters Athletics

Championships Stadia - Porto Alegre - Brazil - 2013

Apresentado por:



Co-Patrocinador:



Apoio:

Realização:



Promover a
igualdade faz
a diferença



Execução:

Promoção:



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MENSAGEM DO GOVERNADOR

GREETINGS FROM GOVERNOR



Tarso Genro - Governador do Rio Grande do Sul

It's a pleasure we are hosting the XX World Master Athletics in our State, a sport event with a high level which will put Rio Grande do Sul in a huge international events group to reinforce our main initiative in this field: the state law sports incentive, and through this law we could make huge projects. I would like to transmit a big hug to thank all you here. There are athletes from 82 countries, officials, volunteers, workers, helpers that came to honor Rio Grande do Sul. Thanks for all and I hope you have a great time in our State. Good competition for all.

É com imensa satisfação que recebemos em nosso estado o XX Campeonato Mundial de Atletismo Master, um evento esportivo de altíssimo nível que além de colocar o Rio Grande do Sul no circuito dos grandes eventos internacionais vem consolidar uma de nossas principais iniciativas na gestão pública da área: a lei estadual de incentivo ao esporte, por meio da qual fortalecemos parcerias com a iniciativa privada e viabilizamos a realização de grandes projetos. Quero nesta oportunidade transmitir um abraço fraterno e solidário, agradecer a presença de todos vocês aqui. São 82 países, atletas, dirigentes, assessores que vêm honrar o Rio Grande do Sul integrando esse evento maravilhoso. Agradeço a todos e espero que tenham uma excelente estadia aqui em nosso estado. Eu desejo uma grande competição a todos os atletas.

GREETINGS FROM MAYOR

MENSAGEM DO PREFEITO

A group of bold Gaúchos Sportsman made in Porto Alegre the Universiade/63 50 years ago. For 10 days in a row, our Capital, with around 630.000 people that time, has got university sports elite, more than 700 youngsters representing 27 countries. The Universiade left marks in this city, one of these marks is the sports site well known as Brigada Militar Gymnasium.

Therefore, the most important thing from that event was to ensure that we are capable of hosting huge international events like WMA and now Porto Alegre is one of the Brazilian´s city that hosts big events like this.

Today the city that has more than 1,4 million habitants is honored to host XX Master Athletes Series for the first time in South America, with more than 4.000 Athletes from 82 countries. Even if we have achieved a great economic and social development in the last 50 years, we are still bold, welcoming and we love sports.

We would like to salute all the competitors and we hope they have a great time in our city.

Há 50 anos, um grupo de ousados e denodados desportistas gaúchos conseguiu realizar em Porto Alegre a Universiade/63. Por 10 dias, a Capital dos gaúchos, então com pouco mais de 630 mil habitantes, atraiu a elite esportiva universitária, mais de 700 jovens representando 27 países. A Universidade deixou marcos na cidade, entre os quais o espaço esportivo que hoje conhecemos como Ginásio da Brigada Militar.

Entretanto, o que nos legou de mais importante naquele evento foi a certeza de que, com a soma de esforços e muita determinação, ganhamos condições de sediar os grandes encontros internacionais, o que tem colocado Porto Alegre como uma das capitais brasileiras que mais acolhem eventos dessa grandeza.

Agora a metrópole em que se transformou nossa cidade, com mais de 1,4 milhão de habitantes, tem a honra de sediar o XX Campeonato Mundial de Atletismo Master, que, como a Universiade/63, pela primeira vez aporta na América do Sul, congregando mais de quatro mil atletas de 82 países. Mesmo com o desenvolvimento econômico e social alcançado nos últimos 50 anos, continuamos ousados e sendo uma cidade de gente acolhedora e participativa, que ama os esportes; uma metrópole multicultural, que busca a excelência na prestação de serviços, preserva as tradições e investe em ações inovadoras.

Com esse espírito fraterno, saudamos os competidores, organizadores e todos os visitantes envolvidos no XX Campeonato Mundial de Atletismo Master, com a certeza de que conviver em Porto Alegre é uma experiência para ser lembrada e revivida.



***José Fortunati - Prefeito
de Porto Alegre***

MENSAGEM DO ABRAM



**Francisco Hypólito da Silveira -
Presidente da ABRAM**

Dear Athletes and Team Managers, on behalf The Local Organizing Committee, it is a great pleasure that we officially welcoming you to our beautiful City of Porto Alegre.

Every two years, we, athletes and Team managers, from all over the World come together to socialize through athletics (track and field) and now October 15th to 27th – 2013, it is up to Porto Alegre to this task.

Assuming this World Championship, we conducted raids to Championships and tournaments in various continents, because for us it was a challenge to conduct a Championship in Brazil and to be the first in South America.

This is a great challenge that became a reality and now there will be a World Championship here in our city thanks to 86% of foreign Athletes and 11% Brazilians that are going to visit us. We, Gaúchos from this State, represent 3% among 4.132 athletes.

We may get older, but men and women over 35 years old that chosen a healthier way of living are coming or they are already in Porto Alegre teaching us an a life example, a legacy that will stay. Our legacy will be the affection, admiration and respect to them. And it is with this feelings that we are welcoming them to Porto Alegre.

Prezados atletas e dirigentes, em nome do Comitê Organizador Local, é com grande satisfação que oficialmente damos boas-vindas em nossa bela cidade de Porto Alegre.

A cada dois anos, nós atletas e dirigentes de todo o mundo, nos reunimos para confraternizarmos através do atletismo, e agora de 15 a 27 de outubro de 2013, cabe a Porto Alegre recebê-los.

Ao conquistarmos este Campeonato Mundial, realizamos incursões de divulgação em Campeonatos e Torneios de vários Continentes, pois para nós era um grande desafio ser um Campeonato no Brasil e ser o primeiro na América do Sul.

Este desafio tornou-se uma realidade e agora em Porto Alegre ocorrerá um Campeonato Mundial, graças à participação de 86% de estrangeiros e 11% de brasileiros que nos visitam. Somos 3% de gaúchos dentre os 4.132 atletas.

A idade avançou, mas os Senhores, homens e mulheres de 35 a 99 anos que optaram por uma vida saudável, vieram e estão em Porto Alegre ensinando-nos, onde vão deixar o maior legado possível, o exemplo de vida. Nós também vamos deixar um legado: o carinho, admiração e respeito. E é com este sentimento que estamos os recebendo em Porto Alegre.

GREETINGS FROM WMA'S PRESIDENT

MENSAGEM DO PRESIDENTE WMA

It is my pleasure to welcome all athletes, officials and their supporters, family and friends to Porto Alegre for the XXth. WMA Stadia Championships. This is the first WMA Championship to be held in South America and it is a proud achievement for the Brazilian people, in particular those who come from this region and city. The event has been a massive organising challenge, but with the support of State and City Governments, the business community and the Brazilian Athletics Federation, plus a dedicated team of local people, the event is now ready.

We trust that all athletes will enjoy their participation in the championships and achieve the performance levels they desire. Remember that the friendships formed during the next few days will probably last the rest of your life so take the opportunity to share time with your fellow competitors. Finally there are two special groups of people who work very hard on all of our competitions and provide the skills and expertise that is so necessary for these championships to be successful. I refer specifically to the competition officials and volunteers who pay for the privilege of working long hours to ensure you get a fair competition conducted within the rules of our sport. Please thank them when you have the opportunity to do so – it makes their job that little more enjoyable and worthwhile.

Thanks also to the WMA Council and committees who have put in an extraordinary effort to help and guide the LOC in their preparations. They are volunteers who give everything because of their love of our sport. Let the championships begin and let it be one of the best ever.

É um imenso prazer receber todos os atletas, árbitros e seus auxiliares, famílias e amigos em Porto Alegre para a XX edição do WMA. Esta será a primeira vez que o WMA será sediado na América do Sul e é um orgulho para o povo brasileiro, especialmente para as pessoas do Rio Grande do Sul. Este evento foi um grande desafio, porém com o apoio do Governo do Estado, Prefeitura, Federação Brasileira de Atletismo e colaboradores da cidade, o WMA está pronto para começar.

Estamos confiantes que todos os atletas tenham uma boa participação e consigam boas performances. As amizades conquistadas ao longo da competição serão válidas para o resto de suas vidas, portanto aproveitem para passarem bons momentos juntos de todos os competidores. Finalmente existem dois grupos de pessoas a quem eu gostaria de agradecer, os árbitros e os voluntários que trabalharão duro para garantir uma competição justa e organizada aos competidores.

Agradeço também aos Conselheiros do WMA e ao Comitê, que se esforçaram muito para ajudar o LOC nas preparações. São voluntários que se doaram pelo amor ao esporte. Hora de começar a competição e que seja a melhor de todas.



Stan Perkins - Presidente do WMA

MENSAGEM DO SECRETÁRIO DE ESPORTES RS



Kalil Sehbe - Secretário de Esportes do RS

The biggest Rio Grande do Sul's heritage is its people. Through centuries, people from many nationalities arrived here seeking for opportunities and a good quality of life. Here they rooted and now they're part of Gaúcho people. This is the biggest reason to give a big welcome to all that visit us. This is exactly how we would like you to feel: comfortable and welcoming.

We are rebuilding our sports infrastructure like one of the best in the country. We can realize this looking to our traditional soccer teams, in our sports and fun public sites and our World Master Athletics 2013 official stadia. One of them is CETE (Training Sports State Center), the main site, where we will receive competitors, coaches and many other visitors with caring and attention, offering everything they need to provide a successful event. As a reference, CETE is the place where many Brazilian champions athletes like Olympic Champion Paulão (Volleyball) and World Champion Daiane dos Santos (Gymnastics) and João Derly (Judo) started their careers as athletes.

Beyond the main reason for your coming to Rio Grande do Sul, we would like to offer many other attractive things from our State: Natural beauty, music, culture, entertainment and gastronomy from all origins. You are invited to get to know Porto Alegre which is preparing itself for hosting World Cup 2014. After all, here everybody feels at home.

O maior patrimônio do Rio Grande do Sul é a sua gente. Ao longo dos séculos, pessoas das mais diferentes nacionalidades aqui chegaram em busca de oportunidades e qualidade de vida. E aqui fixaram raízes, participando da formação do povo gaúcho. Esta é a maior razão para bem receber todos os que nos visitam. E é exatamente assim que queremos que você se sinta plenamente acolhido.

Estamos consolidando nossa infraestrutura esportiva como uma das melhores de nosso país. Podemos verificar isso na qualidade de nossos tradicionais clubes esportivos, nos espaços públicos de esporte e lazer e, em especial, nos estádios oficiais do World Master Athletics 2013. É o caso do Centro Estadual de Treinamento Esportivo (CETE), principal sede, onde receberemos competidores, técnicos e demais visitantes com toda a atenção e carinho, oferecendo os serviços necessários para um evento de pleno sucesso. Como referência, o CETE é o berço de atletas de renome internacional como o campeão olímpico Paulão (Vôlei) e os campeões mundiais Daiane dos Santos (Ginástica Artística) e João Derly (Judô).

Além do foco principal de sua vinda ao Rio Grande do Sul, gostaríamos também de lhe oferecer mais dos nossos atrativos. Belezas naturais, música, cultura, diversão e gastronomia de todas as origens. Você está convidado a vivenciar a Porto Alegre e o Rio Grande do Sul que também se preparam para receber pessoas de todo o Planeta durante a Copa do Mundo da FIFA Brasil 2014™. Afinal, aqui o mundo todo se sente em casa. Seja bem-vindo!

GREETINGS FROM POA SPORTS SECRETARY

MENSAGEM DO SECRETÁRIO DE ESPORTES POA

Dear Athletes,

Welcome to Porto Alegre, it's a pleasure to have you here and we hope you have a great time.

It's a honour to provide an integration of all through sports, athleticism and physic activities. With a hard work and effort, we are trying to give the best conditions to all participants and welcoming them. We hope all enjoy Porto Alegre and take its best memories and i wish you all come back here someday, you will Always be welcome here.

Prezados e Prezadas Atletas e demais visitantes. É com imensa satisfação que lhes damos boas-vindas.

Esta satisfação de recebê-los em nossa Porto Alegre é resultado do fato de podermos promover a integração de todos através da atividade física, do atletismo, do esporte. Promovermos a saúde e a vida. Com muito trabalho e esforço, buscamos reunir as melhores e possíveis condições para que todos os participantes tenham um ótimo acolhimento. Esperamos que apreciem nossa cidade e que todos guardem boas lembranças. E retornem. Serão sempre bem-vindos.



***José Edgar Meurer - Secretário
Municipal de Esportes, Recreação
e Lazer de Porto Alegre***

MENSAGEM DO CEO



Vinícius Garcia - CEO do WMA

Leading this big complex event for the first time in South America, was a huge and adorable challenge and a honor for me and for my team at the same time. Our goal since the beginning wasn't only to mark our capital's history with this memorable event in terms of planning, organisation, hospitality, huge quality of Gaúcho people and execution, but to create a big know-how that leaves a legacy in sports events terms, in a way that since its realization, the city could host many others events like this one.

To achieve this goals, this job couldn't have been done without all Government's support, specially people from Kalil Sehbe, Rio Grande dos Sul Sports and fun office's secretary, from Renita Dametto, which worked really hard to manage the events in all moments, from Porto Alegre Sports and fun office's secretary Edgar Meurer and from ABRAM, Associação Brasileira de Atletismo Master (Brazilian Master Athletism Association). Beyond this, it's really important to thank all WMA's Council members for all their patience and professionalism. These excelent workers and friends were tireless working together as a team to make this event happen.

Liderar este grande evento de forma inédita na América do Sul, com toda a complexidade envolvida, foi um enorme e adorável desafio e ao mesmo tempo uma honra para mim e para toda a nossa equipe. O nosso foco desde que iniciamos nosso trabalho junto ao campeonato não foi apenas marcar a história da nossa capital e do nosso Estado com um evento memorável, tanto em termos de planejamento, organização, execução e hospitalidade, grande característica do povo gaúcho, mas de criar um grande know-how que viesse a deixar um forte legado em gestão de grandes eventos esportivos, de forma que a partir da sua realização a cidade pudesse passar a atrair muitos outros eventos deste porte.

Para alcançar estes objetivos, este trabalho não poderia ter sido feito sem todo o apoio dado pelo Governo do Estado do Rio Grande do Sul, especialmente nas pessoas do Secretário do Esporte e do Lazer do Estado do Rio Grande do Sul, Kalil Sehbe, da Presidente da Fundação de Esporte e Lazer do Estado do Rio Grande do Sul, Renita Dametto, que foi incansável na batalha de gerir o evento em todos os momentos, do Secretário de Recreação, Esporte e Lazer da cidade de Porto Alegre, Edgar Meurer, e da ABRAM, Associação Brasileira de Atletismo Master. Além disso, é muito importante agradecer aos membros do Conselho do WMA - World Master Athletics, pela sua paciência, perseverança e profissionalismo. Estes excelentes profissionais e amigos foram também incansáveis no trabalho conjunto para fazer acontecer este grande evento.

GREETINGS FROM FUNDERGS

MENSAGEM DA FUNDERGS

The Sports and Fun foundation of Rio Grande do Sul is the public politics executor for this field in our state. In 2001, when we accept this challenge together with Porto Alegre's City Hall, receiving the flag of this magnificent event, we realized the huge commitment we would have ahead. Therefore, since we established ambitious goals, inserted in a huge planning, we turned adversities in successful conquests.

The creation of LOC, formed by public and private institutions and third sector, made us get over the troubles, becoming an incredible experience. This is the main strategy to guarantee we work together with one common goal: Make the best WMA ever in South America.

This motivation doubled our interest in the event. We are convinced the event will take us to the success. We desire each athlete take in their memories our hospitality and be sure we dedicated ourselves to the maximum to create the best conditions for each one to have a wonderful competition. We hope WMA be really unforgettable!

A Fundação de Esporte e Lazer do Rio Grande do Sul exerce o papel de executora das políticas públicas para a área em nosso estado. Em 2011, quando nos associamos ao desafio assumido pela prefeitura de Porto Alegre, recebendo em Sacramento (USA) a bandeira deste magnífico evento, percebemos o imenso compromisso que tínhamos pela frente. No entanto, a partir do estabelecimento de metas ambiciosas, inseridas em um amplo planejamento, transformamos adversidades em sucessivas conquistas.

A criação do Comitê Organizador Local (LOC), constituído por instituições públicas e privadas e o terceiro setor, propiciou a superação dos obstáculos, tornando-se uma experiência riquíssima. Esta foi a principal estratégia para garantir que trabalhássemos unidos e sob um objetivo comum: realizar o melhor Campeonato Mundial de Atletismo Master na América do Sul.

Nossa motivação multiplicou o envolvimento e o interesse no evento. Estamos convictos que ela também nos conduzirá ao sucesso. Então, leve na sua memória nossa hospitalidade e a certeza de que nos dedicamos ao máximo para criar as melhores condições para que cada um realize uma competição com muita alegria e satisfação. E que o WMA 2013 seja realmente inesquecível!



**Renita Dametto - Presidente da
FUNDERGS**

AUTORIDADES WMA E LOC

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Efetivos:	Clóvis Casanova, Rosângela Correa Ibarra e Miguelangelo Pegoraro
Suplentes:	Lutero Renato de Araújo e Elza Maria Ferreira Alves

Tribunal de Apelação

Gilson Miquelino Nogueira, Zenaide Soares da Silva, Edeimar Abegail Elias Melleu, Juarez da Silva Castanheira, José Luiz de Souza, Milton Pereira dos Santos, Normando Tadeu Braga Cezar.

Diretoria WMA

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From October 13th, all participants are requested to report to the (TIC) center, where they will be able to collect their registration package and other relevant information. The TIC is located in the Main Station.

The TIC will be open as follows:

A partir do dia 13 de outubro, os participantes poderão apresentar-se ao local do TIC, onde poderão retirar o kit e registro de numeração e ter acesso a outras informações relevantes. O (TIC) está localizado no CETE.

O TIC estará aberto como indicado a seguir:

Data / Date	Abertura / Opening Time	Fechamento / Closing Time
13/10 / 10/13 - 15/10 - 10/15	10:00	18:00
16/10 / 10/16 - 19/10 - 10/19	7:00	21:00
20/10 / 10/20	10:00	18:00
21/10 / 10/21 - 22/10 - 10/22	7:00	21:00
23/10 - 10/23	10:00	18:00
24/10 / 10/24 - 27/10 - 10/27	7:00	21:00



CERIMÔNIAS



The opening ceremony will take place at CETE on October 15th at 19h00 with Villa Lobos Orquestry singing the national anthem and Rio Grande do Sul's anthem and others Brazilian songs. The ceremony will be presented by Daniela Sallet with a simultaneous translator. There will be the delegations' parade, authorities's speeches, referees and athletes' oath and cultural presentations from Invernada Juvenil, DTG Sangue Nativo and Copacabana Samba's School.

The Athletes party will take place at Casa do Gaúcho on October 22nd starting at 19h, with the presence of authorities and the Gaúchas Traditional Dance Group TCHÊ/UFRGS artistic presentation. This event will count on bilingual receptionists.

The closing ceremony will happen on October 27th at CETE. Images of the best WMA's moments will be shown on a huge screen, and with authorities's speeches, tributes to all participants and the symbolic passing of flag to the next 2014 WMA's hosts with the presentation of Invernada Adulta - DTG Lenço Colorado and to finish, Rio Grande do Sul's anthem will be sang by police's music band.

No dia 15 de outubro acontecerá no CETE - Centro Estadual de Treinamento Esportivo, às 19h, a Cerimônia de Abertura do XX Campeonato Mundial de Atletismo Master, tendo a Orquestra Villa Lobos recitando os hinos nacional e rio-grandense e uma trilha de músicas brasileiras em seu repertório. A abertura contará com tradução simultânea para o inglês. Terá também o desfile das delegações, discurso das autoridades, juramento de atletas e árbitros e as apresentações culturais da Invernada Juvenil, do DTG Sangue Nativo e da Escola de Samba Copacabana.

No dia 22 de outubro acontecerá a festa oficial dos atletas na Casa do Gaúcho, a partir das 19h, com apresentação artística do Grupo de Danças Tradicionais Gaúchas TCHÊ, da Universidade Federal do Rio Grande do Sul, contando também com shows, apresentação de DJ e pratos típicos. A Cerimônia de Encerramento acontecerá no dia 27 de outubro, às 18 horas, no CETE, com apresentação das imagens dos melhores momentos, assim como pronunciamentos oficiais, simbólico ato do repasse da bandeira do evento para o país que sediará em 2014 e apresentação da Invernada Adulta DTG Lenço Colorado. A finalização será feita com a execução do hino Rio-Grandense pela banda da Brigada Militar.

INTRODUCING RIO GRANDE DO SUL

CONHECENDO O RIO GRANDE DO SUL

PORTO ALEGRE



Centro Administrativo Fernando Ferrari - CAFF

Known as the symbol of cultural diversity and integration of nature, Porto Alegre counts with many entertainment, culture, gastronomy, shopping, fun and historical roadmaps to get to know this wonderful city which has a cosmopolitan body and a province soul. Traditions and Gaúcha culture awaken curiosity, you can enjoy the famous sunset over Guaíba Lake, a spectacle that only the luminosity of Porto Alegre can offer. The mixture from European civilization can be realized in people's costumes, culinary and architecture. This strong influence can be noticed in its colours and tastes.

Congressmen and their companions will discover the best of the city with Tourism Line city tour, a picturesque double-decker bus trip with an open-air top deck or with boat outings along the calm water of Guaíba Lake. Don't forget to visit our main attractions like Medicine History Museum, Science, Technology Museum PUCRS, Sports Museum, Shopping Centers, Parks and Squares. The not to be missed happy hour on the charming and bustling Calçada da Fama (Sidewalk of Fame), on Padre Chagas Street, is host to a number of pubs, cafés and refined restaurants. Not far away, artists and students enjoy popular Brazilian music in a veritable cocktail of rhythm in Cidade Baixa, filled with thematic and alternative bars, with options ranging from traditional draught beer at the end of the day to after hour gatherings in laid back and original nightclubs.

The official tourism agency will offer, beyond day-tours, regions tourism options to Serra Gaúcha, (Hortênsias Region, Vinhedos Region, Canyons), Beach (Torres), Jesuit Missions and Costa Doce. International flights lasting about 1h30 to Montevideu (Uruguay), Punta Del Este (Uruguay) and Buenos Aires (Argentina), will be offered.

CONHECENDO O RIO GRANDE DO SUL

PORTO ALEGRE

Conhecida como símbolo de diversidade cultural e de integração à natureza, Porto Alegre conta com inúmeras opções de lazer e entretenimento, oferece roteiros culturais, históricos, gastronômicos, de compras e de lazer para conhecer esta cidade que tem corpo de uma metrópole, o espírito cosmopolita e a alma de uma província.

Tradições e culturas gaúchas despertam a curiosidade, e o pôr do sol no Lago Guaíba é outro um espetáculo à parte. A miscigenação de raças predominantemente de colonização europeia é percebida nos costumes, na culinária e na arquitetura, e essa forte influência é perceptível nas cores e sabores da capital gaúcha. Congressistas e acompanhantes descobrirão o melhor da cidade com a Linha de Turismo, um ônibus de dois andares conversível, ou em passeios de barco pelas tranquilas águas do Rio Guaíba. Outras atrações turísticas, como o Museu de História, Museu de Tecnologia PUCRS, Museu de Esportes, Shopping Centers, Parques e Praças, não podem ser esquecidas, como o "Happy Hour" na charmosa e movimentada Calçada da Fama na rua Padre Chagas, que possui uma grande variedade de pubs, cafés e restaurantes refinados. Não muito longe dali, artistas e estudantes podem degustar um delicioso petisco acompanhado de uma boa música no ritmo da Cidade Baixa, em um de seus alternativos e temáticos bares, ao final do dia, após um longo dia de trabalho.

A agência de turismo oficial oferecerá, além de day-tours, opcionais de turismo pré e pós-evento para os destinos turísticos regionais como Serra Gaúcha (Região das Hortênsias, Região dos Vinhedos, Canyons), Litoral (Torres), Missões Jesuíticas e Costa Doce. Também os opcionais internacionais a cerca de 1h30min de voo, como Montevideú, Punta del Este (Uruguai) e Buenos Aires (Argentina).



Praia de Ipanema



Porto Alegre à noite



Catedral Metropolitana de Porto Alegre

TORRES



Praia da Cal - Torres - RS

Torres is a Brazilian county located in the north of Rio Grande do Sul state. The city view is a highlight among all state beaches because its rock walls in the sea shore. Wolf Island, the only maritime island of the state is located right in front of Torres. Because of its hills, Torres was extremely important as a watch tower for Portuguese people and their expansion over Spanish territory. A fort was built there in the last quarter of XVIII century, but it was destroyed few months later.

Torres é um município brasileiro situado no extremo norte do litoral Atlântico do estado do Rio Grande do Sul. A paisagem da cidade se destaca por ser a única praia do Rio Grande do Sul em que sobressaem paredões rochosos à beira-mar, e por ter à sua frente a única ilha marítima do estado, a Ilha dos Lobos. E por dispor de morros junto à praia, logo foi reconhecido seu valor estratégico como ponto de observação e controle de passagem, de importância militar e política no processo de expansão do território português sobre o espanhol. Foi fundada ali na última quadra do século XVIII uma fortificação, que logo foi desmantelada quando a conquista se efetivou.

CONHECENDO O RIO GRANDE DO SUL

ITAPUÃ



Farol de Itapuã

It's a great option for you to have fun and rest, from Public Market till the entrance of Itapuã Village, in Viamão county, there are 45km of asphalt road.

The Village has its main street made of rocks, and its people are welcoming and still. Back in 1752, portuguese immigrants, from Açores Island and Wood came to Brazil landing in Duck lagoon and in Guaíba shore beginning its colonization. You can enjoy the streets, get to know Nossa Senhora dos Navegantes little church, watch the fishermen boats, walking on Itapuã's beach, near the the jetties, that protect the Náutico dos Ventos Club marina from the Strong winds and sea waves. Itapuã supprises for its beauty, tranquility, life and colour and the most attraction is the Guaíba lake Waters and the Duck lagoon.

Itapuã harbor was very important to the local production. Later fish activities contributed for people's improvement. Guaíba lake provides fishes like Piava and Bagre, which are really tasty, specially at the time of their catch. You can have these at restaurants in the region.

The division mark between the Guaiba lake and Duck lagoon is the Itapuã lighthouse, which is a beautiful tourist attraction, constructed in 1858 to warn fishermen and sailers about the danger of the place.

The park preserves a huge green area formed by wonderful bush species specially in the spring, calling people's attention with their colours and species and animals like howler monkeys and capybaras.

ITAPUÃ

É uma ótima opção de descanso e lazer; do Mercado Público até a entrada da Vila de Itapuã, município de Viamão, são 45 km de estrada asfaltada. A Vila, com sua rua principal de paralelepípedos, conserva ainda as características de um povoado acolhedor e tranquilo. Foi em 1752 que imigrantes portugueses, das Ilhas dos Açores e Madeira, desembarcaram às margens da Laguna dos Patos e do Lago Guaíba, iniciando a colonização.

Pode-se passear por suas ruas, conhecer a Igrejinha de Nossa Senhora dos Navegantes, observar os barcos dos pescadores atracados ao longo do arroio, caminhar na praia de Itapuã, junto aos molhes, que protegem a marina do Clube Náutico dos ventos e das ondas que, em algumas épocas do ano, são bem fortes. Itapuã tem muitos recantos que surpreendem pela beleza, pela tranquilidade e, também, pela exuberância da vida e das cores. A grandeza das águas do Lago Guaíba, que ali encontra a imensidão da Laguna dos Patos, constitui, sem dúvida, o maior atrativo turístico da região.

O porto de Itapuã foi importante para o escoamento de toda produção local. Mais tarde as atividades da pesca contribuíram para o crescimento do povoado. O Lago Guaíba oferece peixes de água doce, como a piava e o bagre, os quais podem ser saboreados, principalmente, na época da safra, nos restaurantes, além de poderem ser adquiridos na Colônia Z4. Marco divisório entre as águas do Guaíba e as da Lagoa dos Patos, o Farol de Itapuã, ponto turístico de uma beleza singular, construído, em 1858, sinaliza para os pescadores e navegadores, até hoje, os perigos do local.

O Parque preserva uma vegetação nativa formada por espécies da Mata Atlântica: gerivás, butiazeiros, figueiras centenárias, que sombreiam as areias com seus longos galhos. Na primavera, uma grande variedade de bromélias e orquídeas, com suas cores fortes e variadas, chama a atenção dos turistas.

Além da vegetação, o turista pode ser surpreendido pelos bugios que habitam as margens do Guaíba e estão se multiplicando no Parque. As capivaras, os mãos-pelada e as jaguatiricas podem ser observados. O que encanta todos são bandos de pássaros, como biguás e joãos-grandes, que sobrevoam as águas do Guaíba.

CONHECENDO O RIO GRANDE DO SUL

GRAMADO E CANELA



Mundo a Vapor (World Steam) - Canela - RS

Inspired on small european cities, Gramado and Canela are really charming. In Gramado we can visit the Black Lake, Mini World, Wax Museum, Dreamland, Harley Davidson Motor Show Museum, Automobile Museum and many Chocolate factories. In Canela, the Waterfall, the Snail Park, World Steam and the Rock Church are the main attractions.



Pórtico de Entrada - Gramado - RS

Inspiradas nas pequenas cidades europeias, Gramado e Canela têm um charme todo especial. Em Gramado podemos visitar o Lago Negro, Mini Mundo, Museu de Cera Dreamland, Museu Harley-Davidson Motor Show e Museu do Automóvel, além de diversas fábricas de chocolate. Já em Canela, a Cascata e Parque do Caracol, Mundo a Vapor e Igreja de Pedras são as principais atrações.

VALE DOS VINHEDOS



Vale dos Vinhedos is a region that has an area of 82km² located in Serra Gaúcha, in the State of Rio Grande do Sul. It's 130km far from Porto Alegre, the state capital. The wines produced there are unique in Brazil to present a seal of origin since 2002 and a seal of denomination since 2011. These seals guarantee the quality of wine produced there. The Wine Producers Association from Vale dos Vinhedos guarantees they obey the quality standards demanded by these seals. The area has smooth hills covered by vines. This is the most traditional Brazilian region in wine production and represents the cultural legacy and the history left by Italian immigrants, coming from Italy in 1875 arriving in Bento Gonçalves. The customs and traditions are rooted in people and even in its landscape. The construction of churches devoting the saints, their accent, vine cultivation and wine production are hallmarks of Italian immigration.

Valleys and mountains covered by vines are the beauty of the Vinhedos Valley, visited today by those who like wine tourism. They are small properties sharing space with great wine producers, famous in national and international scenarios because of the quality and personality of the wines.

O Vale dos Vinhedos é uma região que ocupa uma área de 82 quilômetros quadrados na Serra Gaúcha, no estado do Rio Grande do Sul, no Brasil. Situa-se a 130 quilômetros de Porto Alegre, a capital do estado. Os vinhos produzidos no vale são os únicos do país a apresentar o selo de indicação de procedência (desde 2002) e o de denominação de origem (desde 2011), que são garantias de qualidade dos vinhos ali produzidos. A Associação dos Produtores de Vinhos do Vale dos Vinhedos certifica os vinhos que obedecem aos padrões de qualidade exigidos por esses selos. A área possui suaves colinas cobertas por parreirais, plátanos e araucárias. É a região brasileira mais tradicional na produção de vinhos. O Vale dos Vinhedos representa o legado cultural e histórico deixado pelos imigrantes italianos, chegados ao Brasil em 1875 em Bento Gonçalves. Os costumes e tradições estão enraizados nas pessoas e, até mesmo, na paisagem do Vale dos Vinhedos.

A construção de capelas e capitéis, a devoção aos santos, o dialeto vênето e, principalmente, o cultivo da videira e a produção do vinho são marcas da imigração italiana.

Vales e montanhas cobertos de parreirais marcam a beleza do Vale dos Vinhedos, hoje visitado por quem aprecia o enoturismo. São pequenas propriedades rurais dividindo espaço com vinícolas renomadas, que, ao longo dos últimos anos, conquistaram destaque nacional e internacional pela qualidade e personalidade dos seus vinhos.

OUTROS SERVIÇOS

Aeroporto / Airport:	+55 51 3358.2000
Bombeiros / Fireman:	193
Brigada Militar / State Police:	190
Polícia Civil / State Police:	+55 51 3228.2400
Polícia Federal/ Federal Police:	+55 51 3235.9000
Correios / Mail:	0800 570 0100
Informações Municipais / City Informations:	156
IML / Medical Legal Institute:	+55 51 3288 2661
Polícia Rodoviária Federal / Road Police:	+55 51 3371.2021
Prefeitura / Ward Office:	156
Pronto Socorro (SAMU) / Emergency:	192
Rodoviária / Bus Station:	+55 51 3210.0101
Trânsito e Transporte / Traffic and Transportation:	118
Companhia de Táxi / Taxi Companion:	+55 51 3223-3030
International phone calls:	+ Country code / City code / Phone number



15/10/2013 - Opening Ceremony Day**Departs: 1st time: 5pm****2st time: 6pm****Returns: 1st time: 9pm****2st time: 10pm****16 e 17/10/2013 - Cross Country and Stadia Events****1st time: 5am** - Directly to "parque marinha do brasil**2st time: 5:30am** - Directly to "parque marinha do brasil**From 6am to 9am:** Every 30 minutes**From 9am to 5pm:** Every hour**From 5pm to 8pm:** Every 30 minutes**From 8pm to 10pm:** Every hour

Additional bus in case of competition delay.

20 and 23/10/2013 - Free Day

No transportation service available.

Maps of public transportation service will be provided at the tic.

22/10/2013 - Athletes Party**Departs: 1st time: 5pm****2st time: 7pm****Returns: 1st time: 1am****2st time: 2am****3rd time: 3am****18,19,21,22,24,25,26 e 27/10/2013 - Stadia and Non Stadia Events****1st time: 18,19,21,24,25: 6am****1st time: 22, 26 e 27: 5am**, second time 5:30am directly to "gasometro**Intervals: From 6am to 9am:** every 30 minutes**From 9am to 5pm:** every hour**From 5pm to 8pm:** every 30 minutes**From 8pm to 10pm:** every hour

Additional bus in case of competition delay.

20, 23/10/2013 - General Assembly

Special Transportation Service

Officials - Express Hotel

Special bus service

Every day starting 5am

Return at the end of the competition

Officials and WMA Council - Lagheto Hotel

Special Van Service Starting at 5am

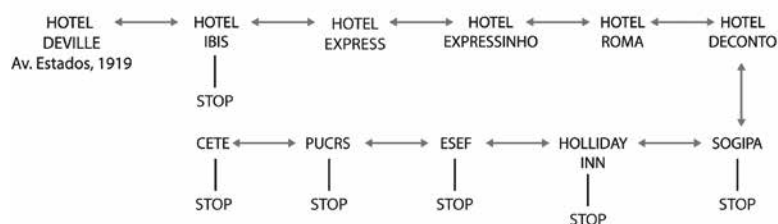
2 suv cars provided to wma council

ROTAS DE ÔNIBUS



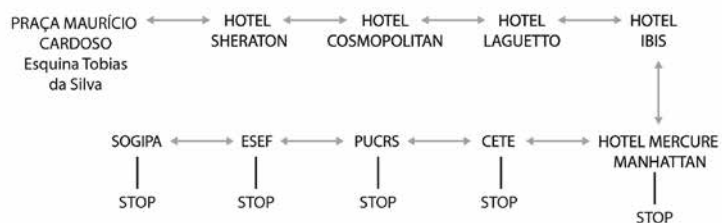
ROUTE 1
ROTA 1

TWO-WAY ROUTE



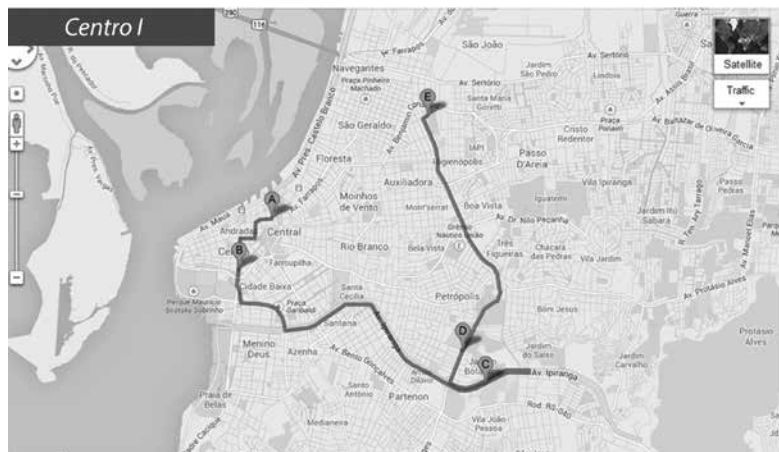
ROUTE 2
ROTA 2

TWO-WAY ROUTE



BUS ROUTES

ROTAS DE ÔNIBUS



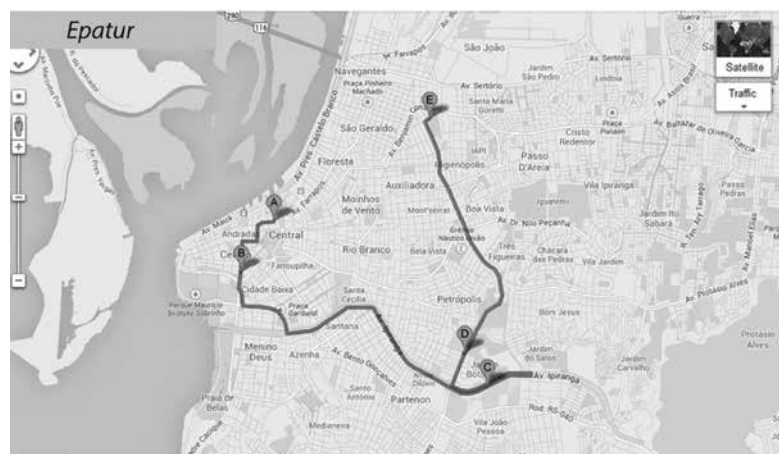
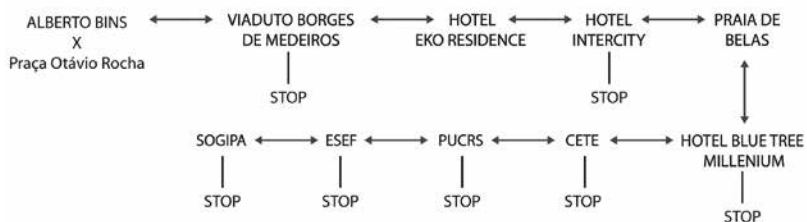
ROUTE 3A
ROTA 3A

TWO - WAY ROUTE



ROUTE 3B
ROTA 3B

TWO - WAY ROUTE



ROUTE 4
ROTA 4

TWO - WAY ROUTE



REGRAS DE COMPETIÇÃO

All athletes must follow a three step process in order to be allowed to compete. Those not following this process correctly and in a timely manner will not be allowed to compete. That process is:

1. Registration - to be done upon arrival in Porto Alegre.

Registration Office is located on the main Stadium - CETE. This is where you will pick up your registration packet including your Accreditation Card, Competitor Numbers, Declaration Cards, and all other material that you will need to compete and to enjoy your visit. You may register up until just before the Declaration deadline.

2. Declaration - turn in the Declaration Card to the Technical Information Center (TIC) for each event in which you will be competing. This includes all Stadia and Non-Stadia events. Special Exception is made for the Half Marathon and Marathon.

You will not be allowed to compete in an event for which you have not turned in a Declaration Card in a timely manner to the TIC. The Declaration Cards will be accepted all days, the deadline for submitting Declaration cards is 18:00 the evening before your event. If you have special circumstances concerning Declaration, please speak to Referee or TIC personnel. If you decide to withdraw from an event you must retrieve the Declaration Card from the TIC, or failing that, you must report to the Call Room for the event to withdraw or else be liable for disqualification from further events in the Championships. If athletes are unable to declare in a timely manner because they are arriving after 18:00 due to their travel arrangements, they can do this through their Team Managers (who will be in the possession of blank declaration cards for that purpose provided by the TIC). If no Country Team Managers are available, the athlete has to contact the LOC (info@wma2013.com) prior to arrival in order to make his declaration by email valid. Important: this special allowed system is only put in place for athletes arriving by air plane later than declaration closing time the day before their event. Wrongful use of this allowance will result in disqualification. The athlete has to prove his arrival hour in the airport of Porto Alegre or by joining his official flight details in his declaration email or by showing his official flight details prior to the start of the event in the Call Room. No other reason is allowed.

Reporting - both Stadia and Non-Stadia athletes must report to the appropriate Call Room at the Location where their competition is being held in a timely manner according to their Event Time Schedule, having already done your initial warm up.

The Call Room for the Main Stadium - CETE is located in the tents on the tennis fields near to the start of the 200m. Follow the signs down from the Main Stadium entrances. PUCRS Stadium Call Room will be together with the covered warm-up area under the grandstands. SOGIPA Call Room will be in a tent near the 1500 meter start. In ESEF Throwing Field Call Room is in the big sports-hall near to the cafeteria before entering the throwing fields. You will be checked in, your uniform and equipment will be inspected, you will be briefed, and you will be escorted out to your event as a group. If possible some general warm up will be given. And then

formal, warm-up will be conducted at the event site. At least English, Portuguese and Spanish will be spoken in the Call Room. You may bring a translator to the call room if desired.

If you have a question or a problem with anything, the first person to ask is your Team Manager. They speak your language, and they know the procedures. Failing that, you should ask at the Technical Information Center (TIC) in CETE or at the Call Rooms of the other venues (PUCRS, SOGIPA, ESEF, Half Marathon, Marathon, Road Walks, Cross Country).

1. REGISTRATION

1.1 Accreditation cards

All athletes and Team Managers will receive an Accreditation Card in their Registration Package which they will

COMPETITION RULES

REGRAS DE COMPETIÇÃO

receive at Registration area at the on Main Stadium - CETE. It must be worn at all times and should be clearly visible. Security personnel will control all areas. The accreditation is not transferable and does not allow the holder to escort other persons beyond checkpoints. Athletes will only be allowed in the competition areas when participating in a scheduled event.

1.2 Accreditation procedure

Accreditation cards will be produced in advance of the event, according to the final entry information received. Photos will not be included on the accreditation documents. Athletes and Officials must show an ID card when picking up their accreditation.

Special Accreditation cards will be provided to Team Managers for access to Technical Meeting Room, Press Center, etc. Also, blanco declaration cards will be provided to Team Managers in order to be able to execute declaration on behalf of athletes arriving late due to flight or travel arrangements arriving from the home country to Porto Alegre.

All accreditation matters will be handled at the Registration Office on the Main Stadium - CETE. Distribution of additional accreditation passes (Team Managers, Press, Guests) will be done at the Registration Office.

1.3 Loss of accreditation

Any lost or damaged accreditation cards should be reported immediately to the Registration Office on the Main Stadium - CETE. If appropriate, a new card can be produced.

2. TECHNICAL INFORMATION CENTER (TIC)

The Technical Information Centre (TIC) is located in the Main Stadium - CETE. See map in Appendix A. Many TIC services will be also offered in the Call Rooms in the PUCRS Stadium (2nd Stadium see map in Appendix B), in SOGIPA Stadium (3rd Stadium see map in Appendix C) and at the ESEF (throwing field see map in Appendix D) only on the days when there is competition scheduled at those other venues.

2.1 Services

- Specific services of the TIC are (but not limited to) the following:
- Urgent notices and technical information such as schedule changes;
- Answer general questions concerning the competitions;
- Process requests for completion of regional/affiliate record applications;
- Distribute and receive Relays entry forms ;
- Distribute and receive Non-Stadia Team Age Group Change forms ;
- Distribute and receive Technical Meeting forms;
- Processing of Appeals (Appeals for all venues will be received only at the TIC in the Main Stadium - CETE).

2.2 TIC in the Main Stadium - CETE hours of operation (question : could it be that TIC stays open from 8.00 until 21.00 on competition days and until 18.00 on rest days, in any case they need to be listed here)

- Competition days: from 7:00am to 9pm;
- Free days: from 10:00pm to 6pm

2.3 LOC Desk services

(LOC Desk is situated on the Main Stadium - CETE)

- Miscellaneous requests for material

REGRAS DE COMPETIÇÃO

- Result sheet sales (see Section 6)
- Printed Diploma sales
- Official Results Book sales (see Chapter 6.1)
- Athlete's Party ticket sales

2.4 Lost and found

The main lost and found center for all venues will be at the LOC Desk on the Main Stadium - CETE. Temporary Lost and Found will be at each remote Venue but the items will be transferred to the Main Stadium - CETE the LOC Desk at the end of the day.

3. TEAM MANAGER (TECHNICAL/ORGANIZATIONAL) MEETINGS

The appropriate WMA Technical Delegate(s) and/or Organizational Delegate(s) will preside over all meetings, which will be conducted in English with translations as necessary available.

The initial Team Managers' meeting will take place on Tuesday 15 October at 15:00 in the Technical Meeting Room which is located in the Main Stadium - CETE (follow signs up from main stadium entrances.)

Starting on Wednesday 16th of October, there will be Team Managers' meetings at 14.00 on each competition day in the same place. No more than two (2) representatives from each participating member federation (plus an interpreter or attaché if necessary) may participate in the meeting. Observers are welcome if there is room, but they may not participate unless invited and must not cause any disturbance or will be asked to leave. There will be no Technical Meeting on Sunday the 20th, Wednesday the 23rd and Sunday the 27th.

Each Team Manager meeting will have the specific agenda listed below. This agenda will be followed with the goal of keeping the initial meeting to 1.5 hours, or less, and daily meetings to 1.0 hours or less after the initial meeting, spontaneous questions will only be taken if there is time. Technical and Organizational questions and comments are required to be submitted in written form on a specific Team Manager Meeting Form (which is available at the TIC and at Team Manager Meetings) Those that are submitted to the TIC by 10.00 the day of the next meeting will be answered as fully as possible by the appropriate LOC/WMA person(s) at the meeting the following morning. Spontaneous questions, by their nature, may not be fully answered as further research and/or different people may be required.

3.1 Technical/ organizational team managers' meeting agenda

- Greeting by Chair.
- Introduction of Special Guests by Chair.
- Self introduction by Team Managers.
- Answers to written Technical questions or comments from Team Managers' Meeting Forms submitted to the TIC by 10.00 on that day
- Special announcements concerning upcoming events.
- Answers to written Organizational questions or comments from Team Managers' Meeting Forms submitted to the TIC by 10.00 on that day
- Other business as necessary and as time permits.
- A register of all attendances at Technical meetings will be made and kept by the LOC.

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REGRAS DE COMPETIÇÃO

4. TEAM MAILBOXES

will be located in the Main Stadium - CETE and each major delegation will also have a box with their affiliate name on it. All others will be grouped. Access to these mailboxes will be restricted to Team Managers only. It is the responsibility of the Team Managers to inform their teams of information from the Team Managers' meetings and to post notices on their Affiliate bulletin boards in the Main Stadium - CETE.

5. SIGNAGE

All signs will be in six languages whenever possible (English, Portuguese, Spanish and other available languages)

6. RESULTS

For the Main Stadium - CETE, the results posting area is along the outer glass wall of the lower level of the Centre across the parking lot from the Main Stadium. The results posting area will be near the Call Room in all other venues. The results will also be posted on the website: <http://WMA2013.com>

Athletes must not remove these results as they are for all competitors to view. Copies of individual results may be purchased from the LOC Desk in the Main Stadium - CETE for R\$ 2,00 per page.

7. NON STADIA TEAM EVENTS (CROSS COUNTRY, ROAD WALKS, HALF MARATHON & MARATHON)

Everyone competing is automatically on a team for their Affiliate. No more than two athletes from any older age group can move down to a younger age group to form an age group team (the youngest person on the team determines the team age group).

Medals will be awarded to the 1st three teams finishing in each age group. Team awards will be based on the combined time of the first three team members of the same affiliate. All team members must run in the same race. The Team Manager must complete and submit the official Team Declaration Form if anyone is changing age groups. The forms must be submitted to the TIC in the Main Stadium - CETE 18:00 the evening before the team event in question. If you have special circumstances, contact a Referee or the TIC. If it is found an athlete has run in a younger age group, which already has sufficient members to make a team, the team will be disqualified. An athlete can only score on one team. If an athlete who is moving down in age for a team is in the same race as his own age group, then he/she is also eligible for individual medals in his/her own age group. If it is a different race, then they give up the chance for individual medals if they change age groups. In the team events, all team members must wear Affiliate approved team uniforms clearly identifying the country they represent. (see Section 13.6 Uniforms for more detail)

Note: Not following these rules will lead to disqualification of the team.

8. AWARD CÉREMONIES

All awards for events at all venues will be presented at the Awards Staging Area in the Main Stadium - CETE. Athletes must report to the award staging area 15 minutes prior to their award ceremony. The award ceremony will begin 2 hour after finishing the Final of the Athletes Event, except when an Appeal is installed against a result. Whenever the decision of the Appeal is made, the athletes concerned will be informed as to the time of their award ceremony. The last award ceremony per day will be for the Events, which will end at 4 pm (16:00) at the latest. For the events that end after 4 pm the award ceremony will be held the following morning. The award ceremony will take place at the area next to the results LED panel, between the TIC and the Media Center. The athletes must wear their official team uniform for the Awards Ceremony. Professional pictures will be taken and will be available for sale in the Main Stadium - CETE. Competitors that are not able to collect their medals at the ceremonies may collect the medals from the LOC Desk at the Main Stadium - CETE after the ceremony. No medals will be given before the

REGRAS DE COMPETIÇÃO

award ceremony. If you have special circumstances, please contact the Director of Awards in the Awards area at the Main Stadium - CETE.

Note: Custom medal engraving services will be available in the Main Stadium - CETE.

9. PUBLIC ANNOUNCEMENTS

The competitors participating and the results of the events, announcements, and general information will be given in English, Portuguese and Spanish and in as many other languages as practicable over the public address system.

10. RECORDS

World records during competition will be automatically noted by the WMA statistician without any special actions on the part of the athlete. Anyone requiring Regional or Affiliate record forms completed should do so through their Team Manager and this is to be done at the TIC in the Main Stadium - CETE

11. CHANGING ROOMS-SHOWERING FACILITIES-TOILETS

Changing rooms, shower facilities and toilets are shown on the competition venues maps in Appendix A, B, C, D.

12. DECLARATION PROCEDURES

All competitors must declare their intention to compete in an event by handing in the appropriate "Declaration Card" which they were given in their Registration Package upon Registering. The cards are to be handed in only at the TIC on the Main Stadium - CETE. It is important to note the deadlines that are listed here! In general, all Declaration Cards for all events may be turned in only up until 18:00 on the day before the event (or 16:00 on the 20th and 23rd). If athletes are unable to declare in a timely manner because they are arriving after 18:00 (or 16:00 on the 20th or 23rd) due to their travel arrangements, they can do this through their Team Managers (who will be in the possession of blank declaration cards for that purpose). If no Country Team Managers are available, the athlete has to contact the LOC (info@wma2013.com) prior to arrival in order to make his declaration by email valid. (note : Therefore a special important note must be made on the website of the championship informing the athletes of this and LOC must make blank declaration cards available for Team Managers).

Important: this special allowed system is only put in place for athletes arriving by air plane later than declaration closing time the day before their event. Wrongful use of this allowance will result in disqualification. The athlete has to prove his arrival hour in the airport of Porto Alegre or by joining his official flight details in his declaration email or by showing his official flight details prior to the start of the event in the Call Room. No other reason is allowed.

Those not following these rules will not be allowed to participate in that event. If you have special circumstances, please contact a Referee or the TIC. You (or your Team Manager) will receive a signed receipt showing that you did hand in the declaration card. Please keep this receipt as proof of your Declaration in case there is any question and have it with you prior to arrival in the Call Room. See your event's schedule for the declaration time deadline as well as the reporting time, event time, award time, etc.

Athletes are only required to declare once for each event, before the start of the first round or before the first event of Combined Events. Further declarations for subsequent rounds will not be necessary. If there is a "bona fide" reason for not taking part in subsequent rounds athletes should let the appropriate Referee or TIC know, within 30 minutes of qualifying for the subsequent round. If an athlete finds out later that they cannot compete in any event in which they are entered or have qualified for, then a Referee or the TIC should be notified immediately. For last minute withdrawals, notice may be given in the Call Room. Failure to do this will lead to disqualification from competing in other subsequent events in the Championships.

13. RULES OF COMPETITION**13.1 Constitution and by-laws**

Competition will be conducted in accordance with the technical rules of the IAAF except as modified by the technical rules of WMA and by this Competitor's Handbook.

13.2 Program changes

Any changes in the competition program will be given to the Team Managers at the daily Team Manager's Technical meeting and/or in the team Mailboxes, and posted on the notice boards in the appropriate stadiums. No round or stage of any event shall commence at a time earlier than that shown in the Event Schedule. The only exception would be a heat or a flight where all are present and ready and all agree to start a few minutes early.

13.3 Events

Competitors can only cancel events. They are not permitted to change events or increase the number of events for which they have already entered. They also may not take another athlete's place in an event. Those not following these procedures will be disqualified from all subsequent events.

13.4 competition numbers (BIBS)

All athletes will receive two identical numbers, one to be worn on the front and one on the back in all events except the High Jump, Pole Vault and the Throws. In the vertical jumps only one number need be worn on either the front or back. In the Throws, only one number must be worn if desired, and it must be worn on the back. Numbers must not be folded or cut in any way. This will lead to disqualification. These numbers are for identification purposes and must be firmly attached as instructed by the Call Room (with four safety pins). In the relay events, athletes will use their normal competition bib numbers and the final runner must also wear an extra number.

13.5 Transponder timing systems

Transponder Timing Systems will be used in the Championships and for distance races on the track (5000m, 10000m and 5000m track walk). Transponders that fasten around the ankle will be handed out in the TIC when the competitor turns in the declaration card for these events. And these transponders will be collected at the finish line at the end of each race. A fee of R\$160,00 will be charged on the athlete if they do not turn in the transponder to authorized personnel at the finish line after their race.

Transponders for the Cross Country, Road Walk, Half Marathon and Marathon events will be given to each athlete when they hand in their declaration cards to the TIC. Note that, as a service to competitors doing the Marathon only Registration and Declaration will be available at the TIC 500 meters from the Half Marathon and Marathon start. In Cross Country and Marathon, a R\$ 160,00 charge will be assessed each athlete if they fail to turn in the transponder to authorized personnel at the finish line. There are separate transponders being used for the Cross Country and Marathon races. If you must withdraw from the Cross Country, Road Walk, Half Marathon or Marathon before the race, you must pick up your declaration card and return the transponder to the TIC. If you withdraw any time during your race you must return the transponder to the finish line. Athletes must properly wear at all times only the transponder that was issued to them at the Declaration Area. Instructions on the proper use of the transponders will be given by the issuing officials in the TIC or along with the transponder. Athletes will be required to wear their bib numbers and transponders and pass through a test area before the start of each applicable event to verify that the proper transponder is in place and that the transponder is operating properly.

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13.6 Uniform

INDIVIDUALS: In accordance with WMA rules for all events, all competitors must wear a singlet or vest that is approved by their national masters/veterans body. Vests and singlets must also comply with IAAF rules. **TEAMS:** Athlete competing in all team events must do so only in Affiliate approved national vests or singlets that clearly identifies the affiliate they are representing. Non compliance will lead to disqualification. A club uniform, that does not clearly identify the affiliate they are representing, even if it is approved by the affiliate, is not acceptable for any event. This rule is not a punishment but is so that all competitors clearly know the teams they are competing with and so that announcers and spectators can distinguish the teams.

13.7 Advertising

All advertising on athletes' clothing must conform to IAAF and WMA regulations as to size and content. Conformance will be checked by Call Room personnel and other officials.

13.8 Bib numbers & additional numbers

Athletes are advised to securely pin their bib numbers to their uniform with four (4) safety pins. This is to prevent the loss of these numbers which are needed to aid in the proper lap counting and identification of each athlete. In relay races competitors use their own bib numbers. And, in addition, the final relay runner will receive a special number. Team Leaders will pick up the special relay numbers.

13.9 The Spike

The spikes on athletes' shoes will be checked by the Call Room and other officials, to ensure they comply with IAAF rules. When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 7mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for half its length closest to the tip, fit through a square sided 4mm gauge.

13.10 Markers

Athletes can use a maximum of one (1) marker in the relay events and a maximum of two (2) in the field events per IAAF rules 170.11, 180.3. With the exception of the High Jump, these markers must be placed off the runway. Athletes will not be allowed to use their own markers (with the exception of adhesive tape) for field events. Marker blocks will be furnished for use of field event athletes. For the long jump, triple jump, pole vault and javelin competitors are required to use only adhesive tape or the markers provided by the Organizing Committee.

No chalk, powder pen markers, or permanent markers of any kind are to be used on or near any runway or the track under liability of immediate disqualification.

13.11 Personal belongings

A third bib number is issued to each athlete in order to be pinned on to the personal bag of the athlete for identification reasons. This bag will or remain in the Call Room personal belongings area or will be taken on to the track by the athlete. Starting at the Call Room inspections will be made for proper uniform, spikes, advertising, prohibited items, etc. Note that additional implements will not be permitted on the field. Competitors will be able to take one bag with them to the field if it has been examined by Call Room Personnel. According to IAAF rules, use by athletes of cassette recorders, radios, mobile phones, etc. shall not be permitted.

Any confiscated items may be retrieved from the Lost and Found area at each competition site and at the end of the day from the Lost and Found at the LOC Desk in the Main Stadium - CETE. All advertising on clothes or bags must comply with IAAF rules and regulations, and any which do not will be confiscated and returned after the event.

All Non-Stadia will have a personal kit storage area near the start line. Bib numbers will be used for identification.

13.12 Control of application of regulations

During the Championships, the confirmation of all athletes with the regulations will be supervised by WMA and LOC administrators and the Officials including the WMA Safety Judges. They can be identified by distinctive arm bands.

13.13 Safety judges

The WMA Council shall appoint a Safety Judge with authority to withdraw from competition any athlete who is improperly performing the event or whose continued participation in that competition would, in the opinion of the Safety Judge, endanger the athlete's health or the progress of the other competitors. The Safety Judge may exercise his authority through deputies and both the Safety Judge and any deputies shall be clearly identifiable as such.

- Safety Judges are necessary to:
- Ensure that no athlete's health is endangered by the competition or event.
- Ensure that every competitor has the motor skills to compete in the event and maintain the integrity of the event.
- Ensure that program is not delayed unnecessarily or demeaned by the performance of a competitor.
- Ensure that coordination and communication with Medical Services personnel is such that immediate response and actions are taken to safeguard the athletes.

A Safety Team usually consists of at least a WMA Safety Judge and, a Medical representative. Additional Safety Officers may assist.

Safety Officer Disqualification Procedure:

1. A warning is given to the competitor by means of a yellow card or verbal notice by the Safety Officer or Medical representative.
2. After two warnings have been given to the same athlete, the Safety Officer and the Medical Representative, if available, will meet immediately and must agree as to disqualifying the athlete. The Safety Officer, or Medical representative, will then verbally, and/or by red card disqualify the competitor. The athlete is then required to immediately abandon the event and leave the area.

These Safety Officers will be clearly identified with arm bands and/or distinctive yellow or orange vests labeled "Safety Officer".

In this Championships, the Safety Officers are:

- Bill Courtney
- Christine Courtney
- Nicola Maggio
- Michael Serralta
- Albano Ariza
- Carroll De Weese – Non Stadia

They will be put in place according to the time schedule and other elements of interest (athletic venues, age categories, events,)

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13.14 Leaving the competition area during competition

In the qualifying rounds for horizontal jumps and throwing events, when an athlete has reached the qualifying standard, he/she may leave the competition area at the end of the round accompanied by a judge. In the High Jump and Pole Vault, athletes who have been eliminated may leave the competition area (as above) after the completion of a height, except in the Final whereby the athletes placed first, second and third will leave together at the end of the event. Toilets are available for athletes during the competition but they should be accompanied by a Judge, Marshall, or other designated attendant.

13.15 Combined event procedures

Each Combined Event group will be assigned a Group Leader. Athletes will move from event to event under the direction of their Group Leader. The Group Leaders will be the source of information as to where and when each event will be held. At the completion of each event, either the appropriate Referee if available, or the Group Leaders will check and deliver the results sheets to the appropriate competition secretary for input. The Group Leaders will obtain and announce the results of each event including the running scores to the Group between each event per IAAF rules. The final points totals will be calculated per the WMA Age Grading system for combined events as shown in the Current WMA Handbook.

14. PROTESTS AND APPEALS**14.1 Protest**

Protests and Appeals must be made in compliance with IAAF/WMA rules as modified below. A Protest is an immediate disagreement about any aspect of any event. An Appeal is the disagreement with a Referee's decision about a Protest. There cannot be an Appeal without a Protest and a Referee decision (or a Referee's direct referral to the Jury of Appeal without making a decision).

Protests concerning the status of an athlete to participate in the championships must be made prior to the commencement of such competition to the Technical Delegate(s). Should the matter not be settled satisfactorily before the event, the athlete shall be allowed to compete "under protest" and the matter will be referred to the WMA Council for a final decision. Protests concerning the conduct of an event, should be made immediately to the Judge, preferably the Head Judge, of the event. Judges should do everything possible to preserve the rights of the Athlete such as provisionally measuring throws, etc.

Protests concerning the results of an event, shall, in the first instance, be made orally to the Event Judge or the Referee by the athlete him/herself or by someone acting on their behalf. The Referee will consider the facts as per the competition and WMA/IAAF rules and make an oral or written decision. Should this not be resolved satisfactory for all parties, an athlete will have the right of appeal to the Jury of Appeal within two (2) hours of the official announcement (or posting) of the result of that event at CETE the venue where the event was conducted

14.2 Appeal

If the protestor is not satisfied with the Referee's decision, it may be appealed to the Jury of Appeal. Since there are several competition sites and there is only one Jury of Appeal at the Main Stadium – CETE, the protest time limits will be two (2) hours after the Referee's decision in all the competition sites (Main Stadium, PUCRS, SOGIPA, ESEF, Half Marathon, Marathon, Road Walks and Cross Country). The Appeal to the Jury must be in writing on the official WMA Appeal Form, signed by the Team Manager or an official on behalf of the athlete, and must be signed by the athlete concerned. The Appeal must be accompanied by a deposit of US\$ 100 (R\$ 210,00), or its equivalent, which must be forfeited if the Appeal is not upheld. Appeals to the Jury of Appeals can only be made at the Technical Information Center (TIC). Appeal forms will be available there. To arrive at a fair decision, the Jury of Appeal can

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consult all the available evidence and interview all those whom they consider necessary. The Jury will issue a written decision for each protest and it will be available at the TIC.

15. STADIA EVENTS

15.1 Reporting requirements

Athletes do not have to compete in every event that they entered, but they are liable to be banned from further competition if:

1. They turn in Declaration Card but do not appear at the Call Room. They do not have to compete but must report a bona fide reason for not competing to the Call Room and/or the Referee) (example: a written excuse from meet medical personnel is an example of a bona fide reason but certainly not the only one).
2. They compete in any round of an event and earn advancement but do not report for next round. They do not have to compete further but do have to notify the Referee or the TIC of their intention to withdraw or else be liable for disqualification from further events in the Championships. That notification must be given as soon as possible after qualifying. Any bona fide reason can be the basis for the withdrawal.

All declared competitors must report to the Call Room according to the schedule given in the Event Time Schedule. The event schedule uses the following guidelines for reporting to the Call Room and for leaving the Call Room to go to the Competition Area. All times shown are prior to the actual scheduled start time of the event:

Event	Call Room (minutes)	Competition Area (minutes)
Hurdles	30	15
Other Track Events	25	10
Long/Triple Jump	45	30
Throws	45	30
High Jump	60	45
Pole Vault	80	65
Relays	35	15
Combined Event - Day 1	35	15
Combined Event - Day 2	35	15

15.2 Call room procedures (see Appendices A, B, C, & D for locations)

Once in the call room athletes will be identified by their accreditation card and their competition bib numbers. After this is completed the judges will check clothing, shoes, personal belongings, etc. If necessary, competitors will be briefed by Call Room or other officials.

Competitors, once they have reported, will not be allowed to leave the call room except under the control of Call Room officials. Athletes not complying with these procedures will be disqualified.

Competitors will be escorted by heats or flights to their respective track or field event area by Call Room personnel. If possible, athletes will be given a general warm-up time and then they will be given a formal warm-up time before the start of the heats or flights. Track athletes will be taken to the unused portion of the track and allowed a general warm-up there under supervision of the Call Room official but must not interfere in any way with current races being conducted.

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15.3 Start commands for running events

Per IAAF rules, the Starter’s commands will be given in English. Up to and including the 400m, the following commands will be used:

- On your marks
- Set
- (Gun Shot)

For races of 800m and further, the following commands will be used:

- On your marks
- (Gun Shot)

Note: The WMA false start rule exception will be in effect for all races. 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. This includes the Combined Events.

15.4 Heat seeding lane draws – advancement procedures WMA Rule 166.2 and Appendix K

WMA Championships, the initial round , if required, there shall be seeded heats (based on best times using the declared entry seed marks) in which the top seeds shall be distributed as evenly as possible and in which members of the same Affiliate shall be distributed as evenly as possible. Initial round qualifiers, and all subsequent rounds shall be as per the WMA qualification procedure (App K) with the object of advancing the best competitors to the final.

The Competition Director or his designee may alter the composition of heats, as well as the number of participants per heat, depending on the number of competitors actually reporting. First preliminary rounds, if required, shall always be run at their scheduled times. Further rounds will then be cancelled as necessary. All finals will be run at their scheduled times.

For Outdoor races which are run entirely in lanes, lane assignments in rounds after the first round shall be based on competitors’ performances times at the most recent stage of the event and shall be as follows :

Fastest time in previous round	Lane 4
Second fastest time in previous round	Lane 5
Third fastest time in previous round	Lane 3
Forth fastest time in previous round	Lane 6
Fifth fastest time in previous round	Lane 2
Sixth fastest time in previous round	Lane 7
Seventh fastest time in previous round	Lane 1
Eight fastest time in previous round	Lane 8

Where two or more competitors have recorded the same time at the most recent stage, those competitors shall draw for the lanes involved.

In track events longer than 1500 metres, competitors may be restricted to the two outer lanes at any time within five minutes of the scheduled commencement time of the next track event at that venue.

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In the 5000m, 10000m and the 5000m Track Walk, there shall be seeded final sections (based on best times supplied by the athlete on the official entry form) and final placings shall be decide on finishing times.

15.5 Advancement procedures

Final will consist of 8 individuals in 100, 200, 400, Short Hurdles, and Long Hurdles.

WMA OUTDOOR ADVANCEMENT PROCEDURE

8 Lane Tracks (100, 200, 400, Short & Long Hurdles)

NUMBER OF COMPETITORS	PRELIMINARY					QUARTERFINAL					SEMIFINAL					FINALS
	HEATS	QUALIFYING				HEATS	QUALIFYING				HEATS	QUALIFYING				
1-8																1
9-16											2	3	P	2	T	1
17-24											3	2	P	2	T	1
25-32						4	2	P	8	T	2	3	P	2	T	1
33-40						5	2	P	6	T	2	3	P	2	T	1
41-48						6	2	P	4	T	2	3	P	2	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	12	T	4	2	P	8	T	2	3	P	2	T	1
81-88	11	2	P	10	T	4	2	P	8	T	2	3	P	2	T	1
89-96	12	2	P	8	T	4	2	P	8	T	2	3	P	2	T	1
97-104	13	2	P	14	T	5	2	P	6	T	2	3	P	2	T	1
105-112	14	2	P	12	T	5	2	P	6	T	2	3	P	2	T	1

P = Number qualifying by place in each heat. T = Number qualifying by time from entire round.

Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in zigzag distribution, ran in random lanes and order.

Subsequent round heats shall be seeded in zigzag distribution based on place first then time per IAAF rules.

WMA 800 METER OUTDOOR ADVANCEMENT PROCEDURE

NUMBER OF COMPETITORS	QUARTERFINAL					SEMIFINAL					FINALS
	HEATS	QUALIFYING				HEATS	QUALIFYING				
12-24						2	2	P	8	T	1
25-36						3	2	P	6	T	1
37-48	4	3	P	12	T	2	2	P	8	T	1
49-60	5	3	P	9	T	2	2	P	8	T	1
61-72	6	3	P	6	T	2	2	P	8	T	1
73-84	7	3	P	15	T	3	3	P	3	T	1
85-96	8	3	P	12	T	3	3	P	3	T	1
97-108	9	3	P	9	T	3	3	P	3	T	1
109-120	10	3	P	18	T	4	2	P	4	T	1
121-132	11	3	P	15	T	4	2	P	4	T	1

P = Number qualifying by place in each heat. T = Number qualifying by time from entire round.

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Finals: Final consisting of 12 individuals in the 800 with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in random lanes and order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per

IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows : fastest qualifier in lane 1, second fastest in lane 2, and so on through lane 8. 9th, 10th, 11th and 12th fastest qualifiers in lanes 8, 6, 4 and 2. When two competitors are in one lane, the faster seed shall be on the inside. If any group goes to a direct final, lane assignments shall be per seed marks.

1500 METER:

NUMBER OF COMPETITORS	SEMIFINAL					FINALS
	HEATS	QUALIFYING				1
1-16						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	2	P	2	T	1

P = Number qualifying by place in each heat. T = Number qualifying by time from entire round.

Final consisting of 16 individuals in the 1500 with lane assignments as below. Semifinal round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in random lanes and order. Lane assignments shall be based on competitor's performance times in the first round of the event and shall be as follows : fastest qualifier in lane 1, second fastest in lane 2, and so on through lane 8. 9th through 16th place will be placed in lane 8,7,6,5,4,3,2 and 1. When two competitors are in one lane, the faster seed shall be on the inside. If any group goes to a direct final, lane assignments shall be per seed marks.

15.6 Timed sections (for races longer than 1500 meters)

In the longer track events (5000 meters and up), age groups with large number of entries will be formed into timed sections, based on the seeding performances declared on the entries with the best performers competing in the last section. Athletes with no seeding performance indication will automatically be placed in the slower sections. The final results will be combined from all sections of each age group.

5000 meter If necessary, the 5000 meter will be ran in timed sections of preferably no more than 24 competitors with the better seeded runners in the final section.

10000 meter If necessary, the 10000 meter will be ran in timed sections of preferably no more than 27 competitors with the better seeded runners in the final section.

15.7 Steeplechase

The specifications and rules for the Steeplechase shall be as per WMA/IAAF Rules.

2000m SC and 3000m SC: The Steeplechase will be conducted in sections seeded by performances declared on the entry form as modified by updates to the TIC. The better seeds will be placed in the final section. The sections will preferably be of 16 or fewer competitors. The final results will be combined from all sections of each age group.

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15.8 Lap timing and counting

In the distance events there will be a race clock near the finish line, so the athletes may see their times. In addition to transponder timing, lap scorers will be assigned to athletes and will record their lap splits to aid in the placing of the athletes correctly.

When being lapped, competitors should move to the outer lanes so that sudden lane changes do not interfere with the lapping athletes.

In WMA Championships, in track events longer than 1500 meters, competitors may be restricted to the two outer lanes at any time within five minutes of the scheduled commencement time of the next track event at that venue. Also, a series of cones may be used to guide those athletes finishing out of the inside lanes so as to help the time keepers and lap scorers.

15.9 Field events

JAVELIN: Javelin specifications will be as per WMA/IAAF rules.

HAMMER and WEIGHT THROW: It is required that two hands be used at all time when throwing the hammer and weight throw. Specifications for the hammer and weight shall be as per WMA/IAAF rules. **VERTICAL JUMPS:** Each vertical jump competition will be conducted as a final (no qualifying round or preliminaries). Various age groups will be combined as necessary. Both feet must be off the ground for at least an instant during the jump.

Competitors are allowed to touch the landing area before clearing the bar during an attempt but may not use the landing area to any advantage as determined by the Field Judge.

Where age groups are combined, the winner of each age group may request special height raises that are not in the normal progression. However, the rest of the competitors may not jump at these special heights but must continue in the normal progression.

STARTING HEIGHTS AND PROGRESSIONS: The starting heights and progressions are shown in Appendix K. If all athletes agree, starting heights may be below or above those shown but using the same progression shown. In no circumstance will the starting height be lower than the capability of the equipment or lower than the landing pads.

HORIZONTAL JUMPS AND THROWS: If the number of athletes is too large to allow the competition to be conducted satisfactorily in a single final then a qualifying round will be scheduled in the Long Jump, Triple Jump, Hammer, Javelin, Discus, Weight, and Shot Put. This qualifying round will be identified as such on the meet schedule and will be conducted per IAAF rules.

When a qualifying round is held, all athletes shall compete in, and qualify through, that round. Performances in a qualifying round count for records but do not count as part of the competition. Each competitor will have up to three attempts in the qualifying round. All those matching or bettering the qualifying standards listed in the Appendix L below, and the additional best performers up to a total of twelve, will advance to the Final. Athletes will not be allowed to jump or throw again in the qualifying round once they have achieved the qualifying standard. Qualifiers may leave the competition area at the end of a round if they are escorted by the appropriate Officials.

In the separately scheduled Final, all twelve competitors will have 3 trials in reverse qualifying order with the best 8 competitors having a further 3 trials in reverse order of the performances up to that point.

Note: If 12 or fewer competitors report to a Qualifying Round, then the Finals can be conducted at that time scheduled for the Qualifying Round if all athletes consent.

The order of events in the Throws Pentathlon, Decathlon and Heptathlon will be the following:

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PENTATHLON	DECATHLON		HETTALON	
	FIRST DAY	SECOND DAY	FIRST DAY	SECOND DAY
Hammer Throw	100 M	Discus Throw	80/100 Hurdles	Long Jump
Shot Put	Long Jump	80/100/110 Hurdles	High Jump	Javelin
Discus Throw	Shot Put	Pole Vault	Shot Put	800 M
Javelin Throw	High Jump	Javelin Throw	200 M	
Weight Throw	400 M	1500 M		

The regulations governing the Weight are the same as the hammer throw, and normal Pentathlon rules apply for trials. The final points totals will be calculated as per the WMA Age Grading system for combined events as shown in the WMA Website (Age Factors 2010)

15.10 Implements (including personal implements)

The LOC will provide a number of implements complying with IAAF/WMA specifications for all throwing competitions.

Personal competition implements are permitted as long as they have been submitted to the Main Equipment Room for control in a timely manner. The Main Equipment Room is located on the Main Stadium - CETE. The deadlines for submittal of personal implements to the Equipment Room are the same as those for declarations (18:00 day before the event).

Personal implements utilized in the competition may be used by all other competitors in that particular event but no others.

Implements will be returned by meet officials to the Main Equipment Room upon completion of the competition. Personal implements will be returned back to athletes only from the Main Equipment Room. All implements to be used in finals will remain in the Main Equipment Room after the Qualifying Round.

The LOC accepts no liability for the loss or damage of personal implements.

A small number of vaulting poles will be provided for the use of athletes. These poles may be tentatively designated for specific competitions by individual athletes on a first come, first served basis. A sign-up sheet for these poles will be maintained at the Main Equipment Room in Main Stadium - CETE. Please note that the Decathlon will be contested at two different Stadiums simultaneously and this will, of course, affect the availability of the poles.

Starting blocks will be provided by the organizers. Competitors will not be allowed to use their own starting blocks.

15.11 Relay teams (Track)

Each Affiliate will be allowed only one relay team in each age group. It is allowable for athletes to compete in a lower age group in relays to make a full team within that lower age group. The age group of any relay team will be that of the youngest member of that relay team. Teams can enter only by submitting an official relay entry form to the TIC located on the Main Stadium - CETE. The entry forms shall be submitted by the accredited Team Manager, no later than 18:00 of the day before the Relays. Those Affiliates with no Team Manager can submit relay entries directly to the TIC. Relay teams of mixed Affiliates, or mixed gender will not be permitted. If you have special circumstances concerning the Relays contact a Referee or the TIC.

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Relay team categories:

4x100m Each 5 year age group; 35, 40, 45, etc. for both Males and Females.

4x400m Each 5 year age group; 35, 40, 45, etc. for both Males and Females.

15.12 Track and road walks

All race walk judges will be qualified in that specialty.

IAAF/WMA Rules and regulations will be in force for deciding the legality of all race walkers. A disqualification board (DQ Board) will be posted for the athletes to see whilst the race is in progress. The board will show the athlete's bib number and red card violation symbol(s) that have been received and in addition will show athlete disqualifications.

Only the Chief Judge or the Chief Judge's assistant may disqualify an athlete. There will be judges throughout the course to watch for any infringement of the rules.

Warnings will be given by Judges showing a yellow paddle with the appropriate symbol of the offence. Each Judge can only give one warning and, if the offence persists, the Judges will send a red card disqualification notice to the Chief Judge. When the Chief Judge has received three red cards from Judges from at least three different countries, then the Chief Judge, or his Assistant will disqualify the competitor by showing them a red paddle. Any athletes that are disqualified must immediately leave the track or the road and remove distinguishing numbers. The Chief Judge has the authority to directly disqualify athletes not conforming to the rules in the last 100 meters of the race and the athlete will be allowed to finish the race.

Note: An athlete may still be disqualified after finishing a race. Abusive behavior towards the officials will not be tolerated and may result in disqualification.

15.13 Combined events

In the Combined events the height of the High Jump bar will be increased 3 cm throughout the competition and the height of the pole vault bar will be increased by 10cm throughout the competition. The starting heights in each of these events shall be the lowest on the following progression chart that is requested by any participating athlete and that is physically possible on the equipment being used.

The High Jump Progression will be on the following sequence as appropriate: .58, .61, .64, .67, .70, .73, .76, .79, .82, .85, .88, .91, .94, .97, 1.00, 1.03, 1.06, 1.09, 1.12, 1.15, 1.18, 1.21, 1.51, 1.54, 1.57, 1.60, 1.63, 1.66, 1.69, 1.72, 1.75, 1.78, 1.81, 1.84, 1.87, 1.24, 1.27, 1.30, 1.33, 1.36, 1.39, 1.42, 1.45, 1.48, 1.90, 1.93, 1.96, 1.99, 2.02, 2.05, 2.08, 2.11, 2.14, 2.17, 2.20, etc.

The Pole Vault Progression will be on the following sequence as appropriate: .60, .70, .80, .90, 1.00, 1.10, 1.20, 1.30, 1.40, 1.50, 1.60, 1.70, 1.80, 1.90, 2.00, 2.10, 2.20, 2.30, 2.40, 2.50, 2.60, 2.70, 2.80, 2.90, 3.00, 3.50, 3.60, 3.70, 3.80, 3.90, 4.00, 4.10, 4.20, 4.30, 4.40, 4.50, 4.60, 4.70, 4.80, 4.90, 5.00, 5.10, 5.20, 5.70, etc.

Note: Competitors must attempt to start or make a trial in all events in the Combined Event to have their results classified.

Some Age Groups will have more than one Section. Section B, which will start first, will contain the lower scoring individuals or those without a seeding score. Section A will start second and contain the individuals with the highest seeding scores.

REGRAS DE COMPETIÇÃO

If necessary and possible, Sections will be adjusted after the first day of competition with the goal of having the best performers are in the final Section A. Athletes are advised to confirm which Section they are in before leaving on the first day as this will determine what time they will be starting on the second day. All Sections will be combined together to determine overall Age Group results.

16. NON STADIA EVENTS

16.1 Cross Country

The Cross Country event takes place at Marinha do Brasil Park, near the Administration of SMAN - Secretariat of Municipal Environment. Each race is 8 kilometers in length. Each lap is 2 kilometers so there is a total of four laps. The course is set in a gently rolling forested area. There is one water/ sponging station per lap. No personal drinks are permitted. Spectators are not allowed on the course. Athletes are not allowed on the course except during their race. Personal kits may be checked at a tent near the start/finish line and may be retrieved by Bib number. Medical personnel will be on the course and near the start/finish Line. Refreshments will be available for purchase near the start line. Portable toilets will be stationed on the course and at the start/finish area.

Results will be available at the venue but the awards will be presented at the awards area at the Main Stadium-CETE per awards times on the Event Schedule.

16.2 Road Walks

The Road Walks will take place at the Gasômetro. Water and sponge stations will be provided as per WMA/IAAF Rules and Guidelines.

Athletes with their own refreshment, clearly marked with their race number, must make sure that they are handed in before the start of the event, on the reserved tables in the Refreshment Area. Special tables will be provides for these personal drinks.

Maximum of 2 officials from the athlete's country may be stationed at the table to give and collect any drinks bottles. There will be a digital clock showing the running time near the start/finish line on each lap.

Medical personnel will be on the course and near the start/finish line. Portable toilets will be stationed on the course and at the start/finish area. Refreshments can only be handed out to athletes at the official refreshment areas.

16.3 Half Marathon and Marathon

The Half Marathon and Marathon will start at the Orla Rio Guaíba, near the courts skateboards. The Half Marathon will consist in one lap of approximately 21 km and the Marathon will be two circuits of 21 km loop. Bags with name and bib number tags may be left at the Call Room tent at the Park where they will be controlled for the athlete's collection with his bib number. Water and sponge stations will be provides as per WMA/IAAF Rules and Guidelines.

Athletes with their own refreshment must make sure that they are handed in at least 1 hour before the start of the event, clearly marked with their bib number, and the water station at which they wish them to be placed. Special tables will be provides for these personal drinks.

The maximum time limit for the marathon is 6 hours. Any athletes not reaching the half-way point within 3 hours must retire from the course at that time. No one will be allowed to accompany athletes on bicycles or by any

other means. Refreshments can only be handed out to athletes at the official refreshment areas. Results will be available at the venue, but the awards will be presented at the awards area at the Main Stadium - CETE per awards times on the Event Time Schedule.

17. ORGANIZATIONAL MATTERS

17.1 Opening ceremony

The Opening Ceremony will take place at 18:00 - 20:00 on Tuesday 15 October 2013 at the Main Stadium - CETE. The program will consist of a formal program and then entertainment. All participating affiliate delegations (all athletes and administrators) and all Technical Officials are requested to take part in the opening ceremony. The athletes shall be in their approved uniform and the organizers request that everyone will carry a little flag of their own country in their hands.

17.2 Closing ceremony

The Closing Ceremony will take place in the Main Stadium - CETE immediately following the completion of the Relays and Relay awards on Sunday 27 October 2013. The Ceremony is anticipated to be approximately 18:00. The official handover of the WMA Flag from Porto Alegre to Lyon (France) will take place during this ceremony and we invite as many team members as possible to take part in the final get together and farewell.

17.3 Medical and physiotherapy services

MEDICAL SERVICES: The Local Organizing Committee (LOC) Medical Services will provide attention to athletes during the competitions at all the venues and non-stadia events, 1 hour prior to the start and 1 hour after the end of the last competition. First aid services will only be available when there is scheduled competition at a venue. This service will be free of charge. However, it will be the athlete's responsibility to pay for any additional specialized services including emergency room and medical specialist consultation, hospitalization, surgery, medical procedures, laboratory, x-rays or special studies and physical therapy treatments.

It is strongly suggest that all athletes have their medical insurance available or some means to be able to cover the costs of any of these medical services if necessary A medical screening and referral service will be available including an 'on-call' telephone number. For physical therapy treatments the athletes will be referred to a Sports Medicine Clinic in Porto Alegre. Information regarding these services will be available at the Main Stadium - CETE and at the venues.

There will be an on-call Doctor for emergencies available 24 hours daily for emergency requests. The number for emergencies is 112. All athletes are responsible for payment of all hospital and medical treatment and doctor prescribed drugs beyond the first aid in the immediate competition area.

MASSAGE SERVICES: Massage and physiotherapy services will be offered for sale and individual Affiliates' massage and physiotherapy personnel will be located on the Main Stadium - CETE. It will be necessary to book for an appointment.

17.4 Doping Control

WMA, through the Porto Alegre LOC has engaged the services of the Montreal's Laboratory Anti-Doping Agency to undertake doping testing as part of the WMA Stadia Championships. Doping testing will be conducted under the IAAF/WMA Rules that comply with the provisions of the World Anti-Doping Agency (WADA).

REGRAS DE COMPETIÇÃO

TESTING 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 an athlete is selected for a test he/she will be advised of this fact by a doping testing official who will be clearly identified and accredited as part of the testing team. The athlete will be informed of the selection to undergo a doping test and the doping testing official will then escort the athlete to the testing control area. The testing procedure will be fully explained and the athlete may request information on any matter about the doping testing procedure.

ATHLETE'S RIGHTS: An athlete is normally advised of their selection for a doping test immediately after they have completed an event. The doping testing official who advises the athlete of the selection will then remain with the athlete until such time as he/she is presented at the testing control area.

The athlete may nominate another person (one only) to accompany him to the doping testing process (With the consent of the doping testing official, and at all times in full view of the official, the athlete may:

- Attend a victory ceremony;
- Compete in future events;
- Receive necessary medical attention;
- Fulfill media commitments;
- Warm down (cool off) or recuperate,
- Request and require the assistance of an interpreter.

ATHLETE'S RESPONSIBILITIES: it is the athlete's responsibility to ensure that the following is done during the sample collection process:

- The athlete is aware of and complies with the IAAF/WMA/WADA doping control regulations
- The athlete complies with the doping testing procedure
- The athlete controls 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
- The athlete must prove identity by producing photo identification such as a passport (or copy) or identity card

Note: If any part of the doping testing procedure concerns you it is recommended that you record your concern on the drug testing form and notify your Team Manager or Federation. If you have been granted a TUE you should provide details on the doping testing form.

TEST RESULTS AND SANCTIONS: If the test result is negative the athlete will hear nothing further. If the test sample 'A' returns a positive result the athlete will be immediately contacted and given the opportunity to provide an explanation and to have the 'B' sample tested (at the athlete's expense). The athlete may waive his rights to supply this information or to have the 'B' sample tested. It should be noted that should the athlete be selected for a test and do not comply with a request to provide a sample that sanctions may be applied.

Note: The LOC does not conduct hearings or apply sanctions. Positive tests will be reported to the National Federation/ Association for their follow up within the provisions of the Anti-Doping Rules. In some circumstances the WMA will be responsible for this process.

17.5 There will be special transportation for the Opening Ceremony, Athletes Party, the Regional and Committee Meetings, the General Assembly.

17.6 Regional and committee meetings: 20 October 2013

WMA Regional and Committee meetings will be held Sunday 20 October. Location:

PUCRS - Parque Esportivo da PUCRS

Av. Ipiranga, 6690 - Prédio 81 - 7o. Andar - Porto Alegre/RS - Fone: (51) 3320.3622

Please arrive timely to permit an orderly start of the meetings. The same room may be scheduled for use by subsequent meetings. The assigned rooms for your meeting will be clearly identified. Food will not be provided by WMA. Restaurant facilities are available in same building, first floor.

PUCRS STADIUM MEETING ROOMS.

09h30 - Europe, North & Central America and Caribbean-Europe, Amérique du Nord et Centrale et Caraïbes Africa, Asia, Oceania and South America-Afrique, Asie, Océanie, Amérique du Sud

11h00 - WMA Council and Regional Council Meeting

11h45 - Coffee Break as and when possible

13h00 - Stadia Committee-Comité pour les épreuves sur piste

13h30 - Law and Legislation-Comité de législation

14h30 - Records Committee-Comité des Records

14h30 - Non Stadia Committee-Comité pour les épreuves hors Stade

14h30 - Anti-Doping & Medical Committee-Comité Antidopage et Médical

14h30 - Organizational and Advisory Committee-Comité Consultatif chargé de l'Organisation

15h30 - Women's Committee-Comité des Femmes

17.7 The WMA General Assembly Meeting: to be held on Wednesday the 23rd October 2013

The General Assembly (GA) to be held on Wednesday 23th October.

Location .PUCRS – Parque Esportivo da PUCRS

Av. Ipiranga, 6690 – Prédio 81 – 5o. Andar – Porto Alegre/RS – Fone : (51)3320.3622

- The meeting will start promptly at 09h00
- Registration will start at 07.30 and finish at 08h30
- All delegates must be seated by 08h50

Please arrive punctually.

Registration will include distribution of headsets for language translations and electronic voting equipment which will be individually signed for.

Seats are assigned by Affiliates.

Your registration package will include a copy of the General Assembly Booklet and the Draft New Constitution, By-Law and Championship Rules as well as other items for voting.

During registration there will be complimentary light refreshments and biscuits available. Registered delegates will be served a luncheon. Guests to the Assembly may privately use the restaurant facilities at the Building.

REGRAS DE COMPETIÇÃO

17.8 Attaches

Attaches are foreign language skilled assistants to the athletes, the competition organization and the guests. If you need translation help, contact the attaches info desks in Main Stadium - CETE.

Stadium's grandstand and sports venues' info desks are open from one hour before the first event to the completion of last event.

17.9 Athletes' party

The Athletes' Party will be held on the "Casa do Gaúcho", 301 Otavio Francisco Caruso da Rocha Street, October 22th and will start at 8pm, with special regional shows, dance floor, dj performances and good regional food. Transportation is scheduled to be provided from the official hotel routes to "Casa do Gaúcho" starting at 7pm.

18. APPENDICES

Appendix A1: Map of the area



COMPETITION RULES

REGRAS DE COMPETIÇÃO

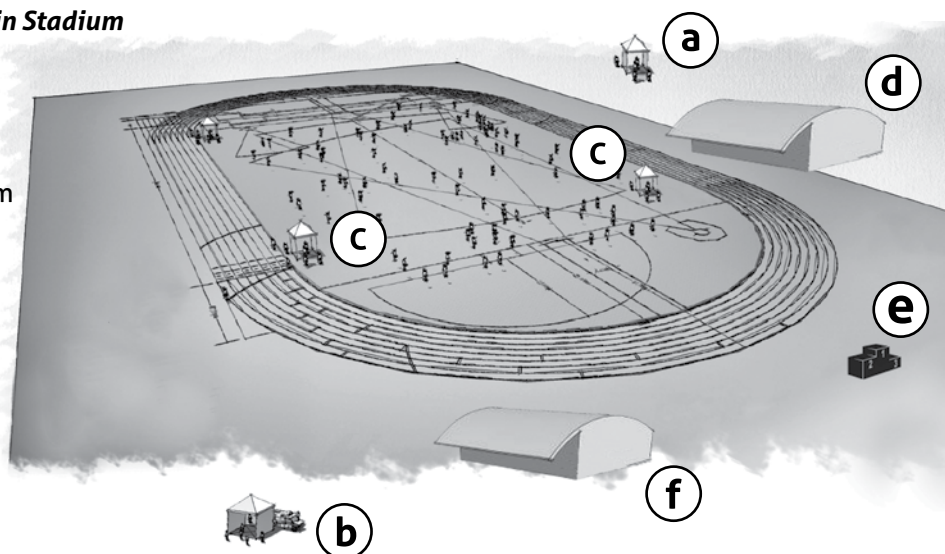
Appendix A2: Map of the CETE Main Stadium

CETE

- a - Câmara de chamada / Call Room
- b - Ambulatório / Ambulatory
- c - Arbitragem / Official
- d - Imprensa / Press
- e - Premiação / Awards
- f - TIC

Nota: O ambulatório estará localizado do lado de fora da pista.

Note: The ambulatory will be located outside of the competition's area.

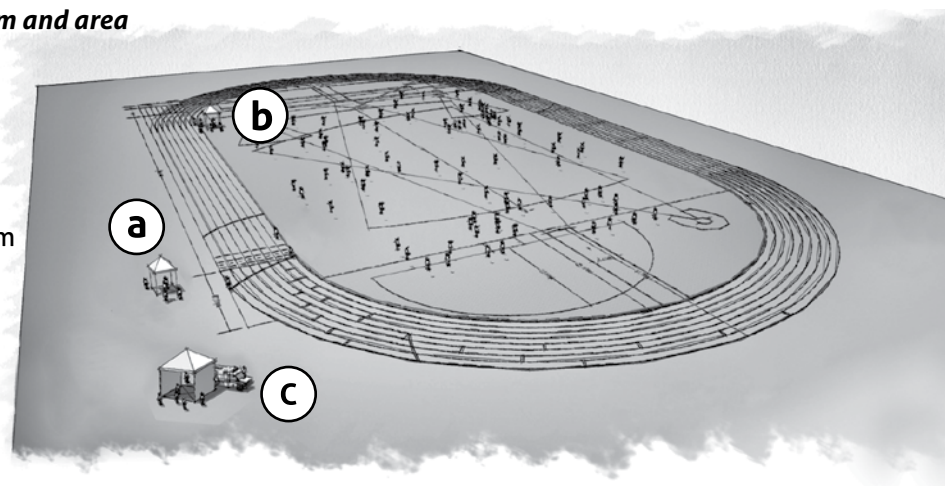


Appendix B: Map of SOGIPA Stadium and area

Appendix C: Map of PUCRS Stadium and area

SOGIPA / PUC

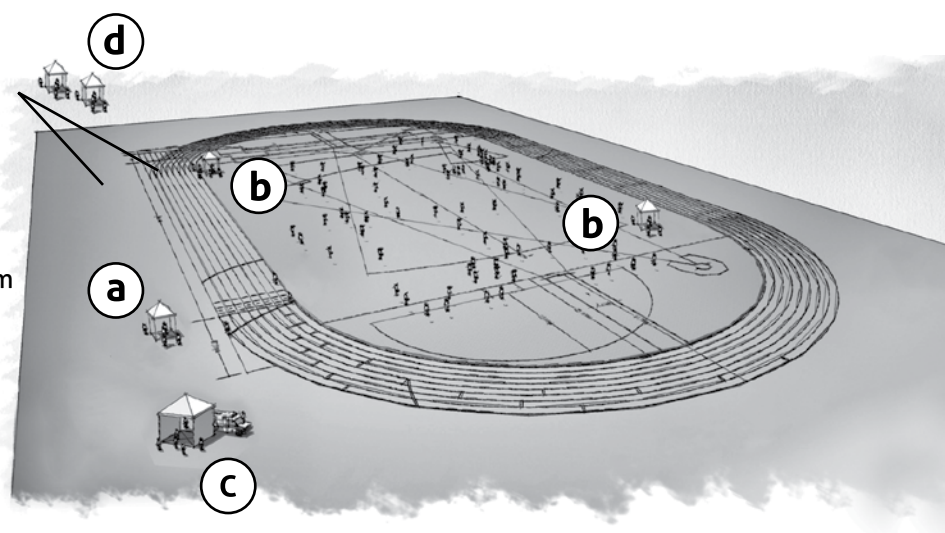
- a - Câmara de chamada / Call Room
- b - Arbitragem / Official
- C - Ambulatório / Ambulatory



Appendix D: Map of ESEF Throwing Field and area

ESEF

- a - Câmara de chamada / Call Room
- b - Arbitragem / Official
- c - Ambulatório / Ambulatory
- d - Áreas para provas de lançamentos e arremesso / Throwing events area



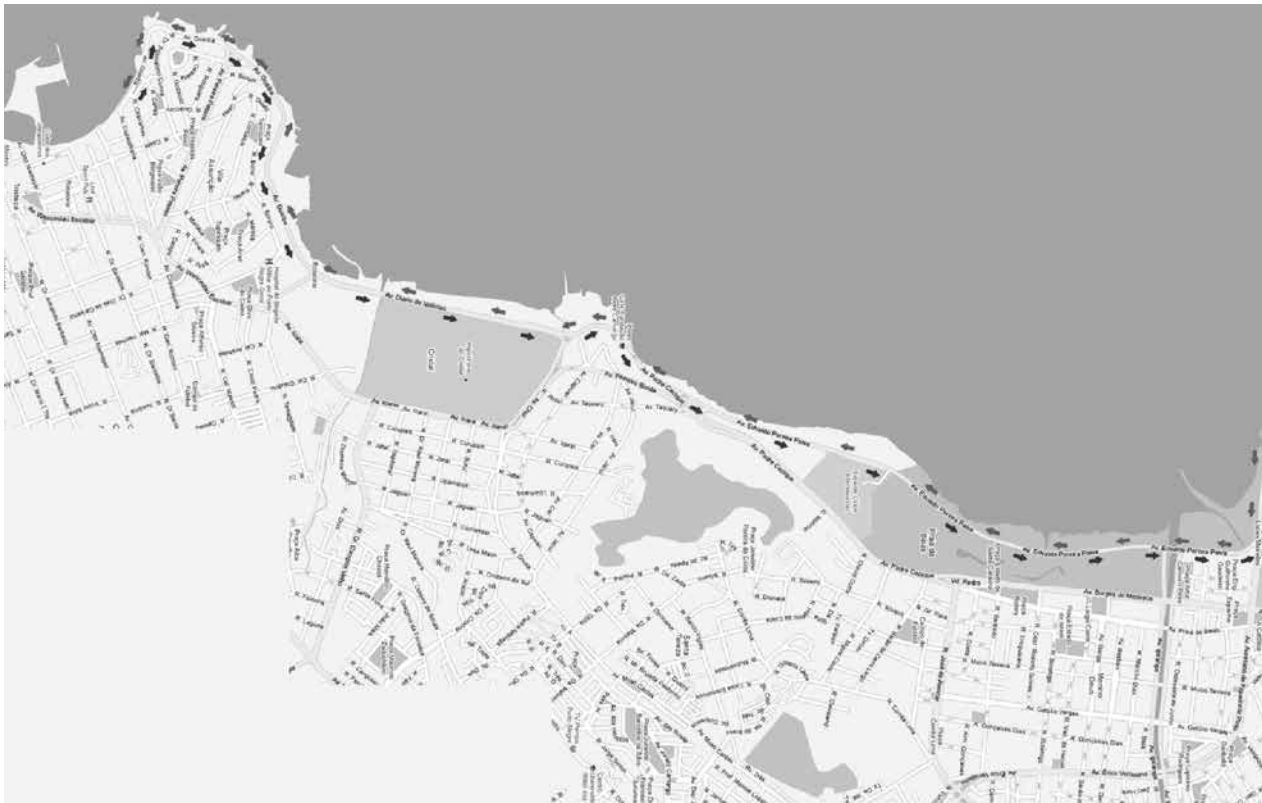
REGRAS DE COMPETIÇÃO

Appendix E: Map of CROSS COUNTRY Course

Appendix F: Map of ROAD WALKING AVENUE



Appendix G: Map of HALF MARATHON AND MARATHON ROUTE



COMPETITION RULES

REGRAS DE COMPETIÇÃO

APPENDIX I / ANEXO I HIGH JUMP STARTING HEIGHTS AND PROGRESSION HEIGHTS / SALTO VERTICAL, ALTURA INICIAL E PROGRESSÃO

WOMEN / MULHERES – HIGH JUMP / SALTO EM ALTURA

ANEXO I / APPENDIX I - Salto vertical, altura inicial e progressão

MULHERES/WOMEN - Salto em altura/high jump

Idade/Age	Mínimo/Minimum	Progressão/ Progression	Três últimos/ Last Three
W35	1.32	6 cm	3 cm
W40	1.26	6 cm	3 cm
W45	1.20	6 cm	3 cm
W50	1.12	4 cm	2 cm
W55	1.04	4 cm	2 cm
W60	0.96	4 cm	2 cm
W65	0.88	4 cm	2 cm
W70	0.85	3 cm	2 cm
W75	0.82	3 cm	2 cm
W80	0.79	3 cm	2 cm
W85	0.76	3 cm	2 cm
W90	0.73	3 cm	2 cm

HOMENS/MEN – Salto em altura/high jump

Idade/Age	Mínimo/Minimum	Progressão/ Progression	Três últimos/ Last Three
M35	1.63	6 cm	3 cm
M40	1.57	6 cm	3 cm
M45	1.48	6 cm	3 cm
M50	1.42	6 cm	3 cm
M55	1.33	6 cm	3 cm
M60	1.24	4 cm	2 cm
M65	1.16	4 cm	2 cm
M70	1.08	4 cm	2 cm
M75	1.00	4 cm	2 cm
M80	0.92	4 cm	2 cm
M85	0.84	4 cm	2 cm
M90	0.72	4 cm	2 cm

REGRAS DE COMPETIÇÃO

MULHERES/WOMEN - Salto com vara/pole vault

Idade/Age	Mínimo/Minimum	Progressão/ Progression	Três últimos/ Last Three
W35	2.00	10 cm	10 cm
W40	1.90	10 cm	10 cm
W45	1.80	10 cm	10 cm
W50	1.70	10 cm	10 cm
W55	1.60	10 cm	10 cm
W60	1.50	10 cm	5 cm
W65	1.40	10 cm	5 cm
W70	1.30	5 cm	5 cm
W75	1.20	5 cm	5 cm
W80	1.10	5 cm	5 cm
W85	1.00	5 cm	5 cm
W90	0.90	5 cm	5 cm

HOMENS/MEN – Salto com vara/pole vault

Idade/Age	Mínimo/Minimum	Progressão/ Progression	Três últimos/ Last Three
M35	3.40	15 cm	10 cm
M40	3.20	15 cm	10 cm
M45	3.00	15 cm	10 cm
M50	2.80	15 cm	10 cm
M55	2.60	15 cm	10 cm
M60	2.40	10 cm	5 cm
M65	2.10	10 cm	5 cm
M70	1.80	10 cm	5 cm
M75	1.50	10 cm	5 cm
M80	1.20	5 cm	5 cm
M85	1.00	5 cm	5 cm
M90	0.80	5 cm	5 cm

Nota: No Salto com Vara a menor altura deve ter o ajuste mínimo do equipamento utilizado, com, e não deve ser inferior aos colchões. O salto em altura não deve ser nada menos do que a altura dos padrões disponíveis dos colchões, e não será permitida nenhuma ajuda adicional.

Note: In Pole Vault the lowest height shall be the minimum adjustment of the equipment used, with any officially sanctioned aids such as extensions, and shall be no lower than the landing pads. the high jump shall be no less than the height of the available standards and high jump landing pads, and no extra aids shall be used.

COMPETITION RULES

REGRAS DE COMPETIÇÃO

APÊNDICE J - Índice de qualificação para a final / APPENDIX J - Qualifying standards for qualifying rounds

Idade/Age	Mínimo/Minimum	Progressão/ Progression	Três últimos/ Last Three
M 35			
M 40	13.00	54.00	54.00
M 45			49.00
M 50		48.00	48.00
M 55	13.00	48.00	48.00
M 60	13.00	41.00	
M 65	11.90	41.00	41.00
M 70		38.00	38.00
M 75		30.00	

Categoria/ Age Group	Peso/Shot Put	Categoria/ Age Group	Salto em distância/ Long Jump
W 50	11.20	W40	4.55

Categoria/ Age Group	Salto em distância/ Long Jump	Salto triplo/ Triple Jump
M40	6.10	
M45	6.05	
M50	5.60	12.00
M55	5.00	
M60		
M65		
M70	4.00	

ANEXO K - Especificações barreiras / APPENDIX K - Hurdles specifications

BARREIRAS - MULHERES / HURDLES - WOMEN

Barreiras / Hurdles	Categoria/ Age Group	Distância/ Distance	Alt. Barreiras/ Hurdle Height	Nº Barreiras / Nº Hurdles	Distância do 1º/ Distance from 1º	Distância entre/ Distance Between	To Finish
Curtas/Short	W 35-39	100m	.840m (33")	10	13m	8.5m	10.5m
	W 40-49	80m	.762m (30")	8	12m	8m	12m
	W 50-59	80m	.762m (30")	8	12m	7m	19m
	W 60+	80m	.686m (27")	8	12m	7m	19m
Longas/Long	W 35-49	400m	.762m (30")	10	45	35m	40m
	W 50-59	300m	.762m (30")	7	50m	35m	40m
	W 60-69	300m	.686m (27")	7	50m	35m	40m
	W 70+	200m	.686m (27")	5	20m	35m	40m
Obstáculos/ Steeplechase	W 35+	2000 m	.762m (30")	18 obstáculos e 5 saltos água/ 18 barriers & 5 water jumps			

REGRAS DE COMPETIÇÃO

BARREIRAS - HOMENS / HURDLES - MEN

Barreiras / Hurdles	Categoria/ Age Group	Distância/ Distance	Alt. Barreiras/ Hurdle Height	Nº Barreiras / Nº Hurdles	Distância do 1º/ Distance from 1º	Distância entre/ Distance Between	To Finish
Curtas/Short	M 35-49	110m	.991m (39")	10	13,72m	9.14m	14.02m
	M 50-59	100m	.914m(36")	10	13m	8.50m	10.50m
	M 60-69	100m	.840m (33")	10	12m	8m	16m
	M 70-79	80m	.762m (30")	8	12m	7m	19m
	M 80+	80m	.686m (27")	8	12m	7m	19m
Longas/Long	M 35-49	400m	.914m (36")	10	45m	35m	40m
	M 50-59	400m	.840m (33")	10	45m	35m	40m
	M 60-69	300m	.762m (30")	7	50m	35m	40m
	M 70-79	300m	.686m (27")	7	50m	35m	40m
	M 80+	200m	.686m (27")	5	20m	35m	40m
Obstáculos/ Steeplechase	M 35-59	3000 m	.914m (36")	28 obstáculos e 7 saltos água/ 28 barriers & 7 water jumps			
	M 60+	2000 m	.762m (30")	18 obstáculos e 5 saltos água/ 18 barriers & 5 water jumps			

ANEXO L - Especificações dos materiais e implementos / APPENDIX L - Implement specifications

IMPLEMENTOS - MULHERES / IMPLEMENTS - WOMEN

Categoria/ Age Group	Martelo/ Hammer	Peso/ Shot Put	Disco/Discus	Dardo/Javelin	Martelete/Weight
W 35-49	4 K	4 K	1.0 K	600 G	9.08 K (20#)
W 50-59	3 K	3 K	1.0 K	500 G	7.26 K (16#)
W 60-74	3 K	3 K	1.0 K	400 G	5.45 K (12#)
W 75+	2 K	2 K	.750 K	400 G	4.00 K (12#)

IMPLEMENTOS - HOMENS / IMPLEMENTS - MEN

Categoria/ Age Group	Martelo/ Hammer	Peso/ Shot Put	Disco/Discus	Dardo/Javelin	Martelete/Weight
M 35-49	7.260 K (16#)	7.260 K (16#)	2.0 K	800 G	15.880 K (35#)
M 50-59	6 K	6 K	1.5 K	700 G	11.340 K (25#)
M 60-69	5 K	5 K	1.0 K	600 G	9.080 K (20#)
M 70-79	4 K	4 K	1.0 K	500 G	7.260 K (16#)
M 80+	3 K	3 K	1.0 K	400 G	5.450 K (12#)

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REGRAS DE COMPETIÇÃO

Appendix M: Vertical Jumps Starting Heights & Progressions

MEN: Each age group will start at the minimum starting height listed in the table below or at any progression above that all athletes agree upon. For example, M35 HJ age group may start at the listed 1.45 or 1.50 or 1.55 etc. if all competitors agree. The competition will then proceed with the progression listed. When there are three or less competitors left in the competition at a new height the progression will reduce to 'Last Three'. Example: when there is three or less left in the M35 HJ competition at a new height the progression will reduce from 5 cm to 3 cm. The starting height may be lower (with the same progression) if all competitors agree. For example: M35 HJ could start at 1.40 if someone requested and all competitors agreed.

WOMEN: Each age group will start at the minimum starting height listed in the table below or at any progression above that all athletes agree upon. For example W35 HJ age group may start at 1.20 or 1.24 or 1.28 etc. The competition will then proceed with the progression listed. When there are three or less competitors left in the competition at a new height, the progression will reduce to 'Last Three'. Example: when there is three or less left in the W35 HJ competition at a new height, the progression will reduce from 4 cm to 3 cm. The starting height may be lower (with the same progression) if all competitors agree. For example: W35 HJ could start at 1.16 if someone requested and all competitors agreed.

Appendix N: Qualifying Standards

The following shall be the minimum performances for automatic qualification from a Qualifying Round into the Finals of the event. All those that make this performance, or better, will advance and will not be allowed to take any further attempts in the Qualifying Round.

PROVAS FORA DE PISTA

October 16th - 16 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
MARINHA	7:00	M	75-99	8 KM CROSS COUNTRY	FINAL
MARINHA	8:30	W	65-84	8 KM CROSS COUNTRY	FINAL
MARINHA	9:50	M	70	8 KM CROSS COUNTRY	FINAL
MARINHA	10:55	M	65	8 KM CROSS COUNTRY	FINAL
MARINHA	11:50	W	55-64	8 KM CROSS COUNTRY	FINAL
MARINHA	14:00	W	35-44	8 KM CROSS COUNTRY	FINAL
MARINHA	15:00	W	45-54	8 KM CROSS COUNTRY	FINAL
MARINHA	16:00	M	60	8 KM CROSS COUNTRY	FINAL

October 17th - 17 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
MARINHA	8:00	M	50	8 KM CROSS COUNTRY	FINAL
MARINHA	9:00	M	45	8 KM CROSS COUNTRY	FINAL
MARINHA	10:00	M	40	8 KM CROSS COUNTRY	FINAL
MARINHA	11:00	M	35	8 KM CROSS COUNTRY	FINAL

October 22nd - 22 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
GASÔMETRO	8:45	M	60-89	10 km ROAD WALK	FINAL
GASÔMETRO	10:25	W	35-59	10 km ROAD WALK	FINAL
GASÔMETRO	12:00	M	35-59	10 km ROAD WALK	FINAL

October 26th - 26 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
GASÔMETRO	7:00	W	60-84	20 km ROAD WALK	FINAL
GASÔMETRO	9:45	M	35-59	20 km ROAD WALK	FINAL
GASÔMETRO	9:45	W	35-59	20 km ROAD WALK	FINAL

October 27th - 27 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
MARINHA	7:00	M	35+	MARATHON	FINAL
MARINHA	7:00	W	35+	HALF MARATHON	FINAL
MARINHA	7:00	W	35+	MARATHON	FINAL

October 16th - 16 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	08:00	M	35	DECATHLON	FINAL
CETE	08:10	M	40	DECATHLON	FINAL
CETE	09:10	M	45	DECATHLON	FINAL
CETE	09:55	M	50 GROUP A	DECATHLON	FINAL
CETE	11:15	M	50 GROUP B	DECATHLON	FINAL
CETE	11:45	M	55	DECATHLON	FINAL
MARINHA	07:00	M	75-99	8 KM CROSS COUNTRY	FINAL
MARINHA	08:30	W	65-84	8 KM CROSS COUNTRY	FINAL
MARINHA	09:50	M	70	8 KM CROSS COUNTRY	FINAL
MARINHA	10:55	M	65	8 KM CROSS COUNTRY	FINAL
MARINHA	11:50	W	55-64	8 KM CROSS COUNTRY	FINAL
MARINHA	14:00	W	35-44	8 KM CROSS COUNTRY	FINAL
MARINHA	15:00	W	45-54	8 KM CROSS COUNTRY	FINAL
MARINHA	16:00	M	60	8 KM CROSS COUNTRY	FINAL
PUCRS	09:00	W	35	HEPTATHLON	FINAL
PUCRS	09:10	W	40	HEPTATHLON	FINAL
PUCRS	09:15	W	45	HEPTATHLON	FINAL
PUCRS	10:50	W	50	HEPTATHLON	FINAL
PUCRS	10:55	W	55	HEPTATHLON	FINAL
PUCRS	11:00	W	60	HEPTATHLON	FINAL
PUCRS	12:20	W	65	HEPTATHLON	FINAL
PUCRS	12:30	W	70	HEPTATHLON	FINAL
PUCRS	12:35	W	75	HEPTATHLON	FINAL
SOGIPA	08:00	M	60 GROUP A	DECATHLON	FINAL
SOGIPA	08:10	M	60 GROUP B	DECATHLON	FINAL
SOGIPA	09:00	M	65	DECATHLON	FINAL
SOGIPA	10:45	M	70	DECATHLON	FINAL
SOGIPA	11:25	M	75	DECATHLON	FINAL
SOGIPA	11:50	M	80	DECATHLON	FINAL
SOGIPA	11:55	M	85	DECATHLON	FINAL

October 17th - 17 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	07:00	M	35	DECATHLON	FINAL
CETE	08:30	M	40	DECATHLON	FINAL
CETE	10:20	M	45	DECATHLON	FINAL
CETE	12:10	M	50 GROUP A	DECATHLON	FINAL
CETE	14:10	M	50 GROUP B	DECATHLON	FINAL
CETE	15:40	M	55	DECATHLON	FINAL
CETE	10:00	M	50 GROUP A	SHOT PUT	QUALIFYING
MARINHA	07:00	M	55	8 KM CROSS COUNTRY	FINAL
MARINHA	08:00	M	50	8 KM CROSS COUNTRY	FINAL
MARINHA	09:00	M	45	8 KM CROSS COUNTRY	FINAL
MARINHA	10:00	M	40	8 KM CROSS COUNTRY	FINAL
MARINHA	11:00	M	35	8 KM CROSS COUNTRY	FINAL
PUCRS	09:40	W	35	HEPTATHLON	FINAL
PUCRS	09:40	W	40	HEPTATHLON	FINAL

PUCRS	10:40	W	45	HEPTATHLON	FINAL
PUCRS	12:00	W	50	HEPTATHLON	FINAL
PUCRS	12:00	W	55	HEPTATHLON	FINAL
PUCRS	13:30	W	60	HEPTATHLON	FINAL
PUCRS	14:30	W	65	HEPTATHLON	FINAL
PUCRS	15:30	W	70,75	HEPTATHLON	FINAL
SOGIPA	07:00	M	60 GROUP A	DECATHLON	FINAL
SOGIPA	08:45	M	60 GROUP B	DECATHLON	FINAL
SOGIPA	09:45	M	65	DECATHLON	FINAL
SOGIPA	11:40	M	70	DECATHLON	FINAL
SOGIPA	12:50	M	75	DECATHLON	FINAL
SOGIPA	15:15	M	80,85	DECATHLON	FINAL

October 18th - 18de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	08:00	M	35	HIGH JUMP	FINAL
CETE	08:00	M	50	LONG JUMP	QUALIFYING
CETE	08:00	M	55	LONG JUMP	FINAL
CETE	08:00	W	55	SHOT PUT	QUALIFYING
CETE	08:15	W	60	100 METER	PRELIMINARY
CETE	08:35	W	55	100 METER	PRELIMINARY
CETE	08:05	W	50	100 METER	PRELIMINARY
CETE	09:18	W	45	100 METER	PRELIMINARY
CETE	09:38	W	40	100 METER	PRELIMINARY
CETE	10:00	M	45	POLE VAULT	FINAL
CETE	10:00	W	60	LONG JUMP	FINAL
CETE	10:00	W	55	LONG JUMP	FINAL
CETE	10:15	M	70	HAMMER THROW	FINAL
CETE	10:18	M	70	100 METER	PRELIMINARY
CETE	10:38	M	65	100 METER	PRELIMINARY
CETE	11:01	M	60	100 METER	PRELIMINARY
CETE	11:34	M	55	100 METER	PRELIMINARY
CETE	11:45	M	60	LONG JUMP	FINAL
CETE	11:45	W	65	LONG JUMP	FINAL
CETE	11:58	M	50	100 METER	PRELIMINARY
CETE	12:36	M	45	100 METER	PRELIMINARY
CETE	13:09	M	40	100 METER	PRELIMINARY
CETE	13:37	M	35	100 METER	PRELIMINARY
CETE	14:00	M	70	LONG JUMP	FINAL
CETE	14:00	M	40	HIGH JUMP	FINAL
CETE	14:00	M	65	LONG JUMP	FINAL
CETE	14:00	W	70-89	POLE VAULT	FINAL
CETE	14:32	W	80	100 METER	SEMIFINAL
CETE	14:42	W	75	100 METER	SEMIFINAL
CETE	14:52	W	70	100 METER	SEMIFINAL
CETE	15:07	W	65	100 METER	SEMIFINAL
CETE	15:22	W	60	100 METER	SEMIFINAL
CETE	15:32	W	55	100 METER	SEMIFINAL
CETE	15:38	W	50	100 METER	SEMIFINAL
CETE	15:48	W	45	100 METER	SEMIFINAL

SCHEDULE EVENTS

PROGRAMAÇÃO

CETE	15:58	W	40	100 METER	SEMIFINAL
CETE	16:00	M	50	POLE VAULT	FINAL
CETE	16:06	W	35	100 METER	SEMIFINAL
CETE	16:15	W	50	LONG JUMP	FINAL
CETE	16:18	M	80	100 METER	SEMIFINAL
CETE	16:28	M	75	100 METER	SEMIFINAL
CETE	16:38	M	70	100 METER	SEMIFINAL
CETE	16:48	M	65	100 METER	SEMIFINAL
CETE	16:58	M	60	100 METER	SEMIFINAL
CETE	17:13	M	55	100 METER	SEMIFINAL
CETE	17:23	M	50	100 METER	SEMIFINAL
CETE	17:38	M	45	100 METER	SEMIFINAL
CETE	17:53	M	40	100 METER	SEMIFINAL
CETE	18:08	M	35	100 METER	SEMIFINAL
ESEF	08:00	M	45	SHOT PUT	FINAL
ESEF	08:00	M	60	WEIGHT THROW	FINAL
ESEF	08:00	W	65	HAMMER THROW	FINAL
ESEF	08:00	W	70	SHOT PUT	FINAL
ESEF	10:00	M	50	SHOT PUT	FINAL
ESEF	10:00	M	55	WEIGHT THROW	FINAL
ESEF	10:00	W	60	HAMMER THROW	FINAL
ESEF	10:00	W	75	SHOT PUT	FINAL
ESEF	12:00	W	50	WEIGHT THROW	FINAL
ESEF	14:00	M	55	SHOT PUT	QUALIFYING
ESEF	14:00	M	65	HAMMER THROW	FINAL
ESEF	14:00	M	70	DISCUS THROW	QUALIFYING
ESEF	14:00	W	55	WEIGHT THROW	FINAL
ESEF	14:00	W	80-94	SHOT PUT	FINAL
ESEF	15:30	W	50	SHOT PUT	QUALIFYING
PUCRS	08:00	M	80+	5000 mTRACK WALK	FINAL
PUCRS	08:00	M	75	5000 mTRACK WALK	FINAL
PUCRS	09:40	M	70	5000 mTRACK WALK	FINAL
PUCRS	10:20	M	65	5000 mTRACK WALK	FINAL
PUCRS	11:10	M	60	5000 mTRACK WALK	FINAL
PUCRS	12:00	M	55	5000 mTRACK WALK	FINAL
PUCRS	14:00	M	50	5000 mTRACK WALK	FINAL
PUCRS	14:45	M	45	5000 mTRACK WALK	FINAL
PUCRS	15:30	M	35,40	5000 mTRACK WALK	FINAL
SOGIPA	08:00	M	40	DISCUS THROW	FINAL
SOGIPA	08:00	M	80+	5000 METER	FINAL
SOGIPA	08:00	M	85-99	JAVELIN THROW	FINAL
SOGIPA	09:05	W	70+	5000 METER	FINAL
SOGIPA	10:05	M	75	5000 METER	FINAL
SOGIPA	10:15	M	80	JAVELIN THROW	FINAL
SOGIPA	10:45	M	70	5000 METER	FINAL
SOGIPA	11:30	W	65	5000 METER	FINAL
SOGIPA	12:10	W	60	5000 METER	FINAL
SOGIPA	12:45	M	65	5000 METER	FINAL
SOGIPA	14:00	M	35	DISCUS THROW	FINAL
SOGIPA	14:00	M	75	JAVELIN THROW	FINAL
SOGIPA	14:05	W	55	5000 METER	FINAL

PROGRAMAÇÃO

SCHEDULE EVENTS

SOGIPA	14:50	W	50	5000 METER	FINAL
SOGIPA	15:20	W	45	JAVELIN THROW	FINAL
SOGIPA	16:00	W	45	5000 METER	FINAL
SOGIPA	16:35	W	40	5000 METER	FINAL
SOGIPA	17:00	W	35-44	JAVELIN THROW	FINAL
SOGIPA	17:10	W	35	5000 METER	FINAL

October 19th - 19 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	08:00	W	65	HIGH JUMP	FINAL
CETE	08:00	M	45	LONG JUMP	FINAL
CETE	08:00	M	35	LONG JUMP	QUALIFYING
CETE	08:30	W	85-94	100 METER	FINAL
CETE	08:30	W	80	100 METER	FINAL
CETE	09:36	W	75	100 METER	FINAL
CETE	09:42	W	70	100 METER	FINAL
CETE	09:48	W	65	100 METER	FINAL
CETE	09:54	W	60	100 METER	FINAL
CETE	10:00	W	55	100 METER	FINAL
CETE	10:06	M	35	JAVELIN THROW	FINAL
CETE	10:12	M	65	HIGH JUMP	FINAL
CETE	10:18	W	50	100 METER	FINAL
CETE	10:24	W	45	100 METER	FINAL
CETE	10:30	W	40	100 METER	FINAL
CETE	10:30	W	70	LONG JUMP	FINAL
CETE	10:30	W	75-94	LONG JUMP	FINAL
CETE	10:36	W	35	100 METER	FINAL
CETE	10:42	M	95	100 METER	FINAL
CETE	10:48	M	90	100 METER	FINAL
CETE	10:54	M	85	100 METER	FINAL
CETE	11:00	M	80	100 METER	FINAL
CETE	11:06	M	75	100 METER	FINAL
CETE	11:12	M	70	100 METER	FINAL
CETE	11:18	M	65	100 METER	FINAL
CETE	11:24	M	60	100 METER	FINAL
CETE	11:30	M	55	100 METER	FINAL
CETE	11:36	M	50	100 METER	FINAL
CETE	11:42	M	45	100 METER	FINAL
CETE	11:48	M	40	100 METER	FINAL
CETE	11:54	M	35	100 METER	FINAL
CETE	12:00	M	85-99	LONG JUMP	FINAL
CETE	12:00	M	80	LONG JUMP	FINAL
CETE	13:00	W	60	HIGH JUMP	FINAL
CETE	13:45	W	40	LONG JUMP	FINAL
CETE	13:45	W	35	LONG JUMP	FINAL
CETE	14:00	M	55	POLE VAULT	FINAL
CETE	14:00	M	40	JAVELIN THROW	FINAL
CETE	14:00	W	65	800 METER	SEMIFINAL
CETE	14:14	W	55	800 METER	SEMIFINAL
CETE	14:28	W	50	800 METER	SEMIFINAL

SCHEDULE EVENTS

PROGRAMAÇÃO

CETE	14:42	W	45	800 METER	SEMIFINAL
CETE	14:56	W	40	800 METER	SEMIFINAL
CETE	15:10	W	35	800 METER	SEMIFINAL
CETE	15:15	M	75	LONG JUMP	FINAL
CETE	15:15	W	45	LONG JUMP	FINAL
CETE	15:24	M	75	800 METER	SEMIFINAL
CETE	15:48	M	65	800 METER	SEMIFINAL
CETE	16:02	M	60	800 METER	SEMIFINAL
CETE	16:23	M	55	800 METER	SEMIFINAL
CETE	16:44	M	50	800 METER	SEMIFINAL
CETE	16:45	M	50	LONG JUMP	FINAL
CETE	17:00	W	50,55	POLE VAULT	FINAL
CETE	17:05	M	45	800 METER	SEMIFINAL
CETE	17:26	M	40	800 METER	SEMIFINAL
CETE	17:30	M	70	HIGH JUMP	FINAL
CETE	17:40	M	35	800 METER	SEMIFINAL
ESEF	08:00	M	60	SHOT PUT	FINAL
ESEF	08:00	M	70	DISCUS THROW	FINAL
ESEF	08:00	M	85-99	WEIGHT THROW	FINAL
ESEF	08:00	W	70	HAMMER THROW	FINAL
ESEF	10:00	M	50	HAMMER THROW	FINAL
ESEF	10:00	M	55	SHOT PUT	FINAL
ESEF	10:00	M	65	DISCUS THROW	FINAL
ESEF	10:00	M	75	WEIGHT THROW	FINAL
ESEF	10:00	M	80	WEIGHT THROW	FINAL
ESEF	10:15	W	80-94	HAMMER THROW	FINAL
ESEF	14:00	M	45	HAMMER THROW	FINAL
ESEF	14:00	M	50	DISCUS THROW	QUALIFYING
ESEF	14:00	W	45	WEIGHT THROW	FINAL
ESEF	14:00	W	50	SHOT PUT	FINAL
ESEF	14:00	W	65	DISCUS THROW	FINAL
ESEF	15:20	W	40	WEIGHT THROW	FINAL
ESEF	16:00	W	60	DISCUS THROW	FINAL
ESEF	16:15	W	55	SHOT PUT	FINAL
ESEF	16:15	W	75	HAMMER THROW	FINAL
ESEF	16:40	W	35	WEIGHT THROW	FINAL
PUCRS	08:00	W	75	5000 mTRACK WALK	FINAL
PUCRS	08:00	W	80	5000 mTRACK WALK	FINAL
PUCRS	08:50	W	70	5000 mTRACK WALK	FINAL
PUCRS	09:40	W	65	5000 mTRACK WALK	FINAL
PUCRS	10:30	W	60	5000 mTRACK WALK	FINAL
PUCRS	11:20	W	55	5000 mTRACK WALK	FINAL
PUCRS	14:00	W	50	5000 mTRACK WALK	FINAL
PUCRS	14:50	W	35-49	5000 mTRACK WALK	FINAL
SOGIPA	08:00	M	60	5000 METER	FINAL
SOGIPA	08:50	M	55	5000 METER	FINAL
SOGIPA	09:40	M	50	5000 METER	FINAL
SOGIPA	10:30	M	45	5000 METER	FINAL
SOGIPA	11:20	M	40	5000 METER	FINAL
SOGIPA	14:00	M	35	5000 METER	FINAL
SOGIPA	14:40	M	55	400 m HURDLES	SEMIFINAL

PROGRAMAÇÃO

SCHEDULE EVENTS

SOGIPA	15:00	M	50	400 m HURDLES	SEMIFINAL
SOGIPA	15:20	M	45	400 m HURDLES	SEMIFINAL
SOGIPA	15:40	M	40	400 m HURDLES	SEMIFINAL
SOGIPA	16:05	M	35	400 m HURDLES	SEMIFINAL
SOGIPA	16:25	W	45	400 m HURDLES	SEMIFINAL
SOGIPA	17:00	W	40	400 m HURDLES	SEMIFINAL
SOGIPA	17:10	W	50	300 m HURDLES	SEMIFINAL
SOGIPA	17:20	W	55	300 m HURDLES	SEMIFINAL
SOGIPA	17:40	W	60	300 m HURDLES	SEMIFINAL
SOGIPA	18:00	M	75	300 m HURDLES	SEMIFINAL
SOGIPA	18:20	M	70	300 m HURDLES	SEMIFINAL
SOGIPA	18:40	M	65	300 m HURDLES	SEMIFINAL
SOGIPA	19:00	M	60	300 m HURDLES	SEMIFINAL

October 21st - 21 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	8:00	M	80-89	POLE VAULT	FINAL
CETE	8:00	W	55	TRIPLE JUMP	FINAL
CETE	9:00	W	75	200 m HURDLES	FINAL
CETE	9:07	W	70	200 m HURDLES	FINAL
CETE	9:14	W	65	300 m HURDLES	FINAL
CETE	9:21	W	60	300 m HURDLES	FINAL
CETE	9:32	W	55	300 m HURDLES	FINAL
CETE	9:39	W	50	300 m HURDLES	FINAL
CETE	9:48	W	45	400 m HURDLES	FINAL
CETE	9:55	W	40	400 m HURDLES	FINAL
CETE	10:00	M	45	HIGH JUMP	FINAL
CETE	10:00	M	75	POLE VAULT	FINAL
CETE	10:00	W	50	TRIPLE JUMP	FINAL
CETE	10:00	W	60	JAVELIN THROW	FINAL
CETE	10:00	W	80	DISCUS THROW	FINAL
CETE	10:02	W	35	400 m HURDLES	FINAL
CETE	10:15	W	60	200 METER	PRELIM
CETE	10:33	W	55	200 METER	PRELIM
CETE	10:54	W	50	200 METER	PRELIM
CETE	11:14	W	45	200 METER	PRELIM
CETE	11:40	W	40	200 METER	PRELIM
CETE	12:10	M	85-99	800 METER	FINAL
CETE	12:18	M	80	800 METER	FINAL
CETE	12:26	M	75	800 METER	FINAL
CETE	12:34	M	70	800 METER	FINAL
CETE	12:42	M	65	800 METER	FINAL
CETE	12:50	M	60	800 METER	FINAL
CETE	12:58	M	55	800 METER	FINAL
CETE	13:06	M	50	800 METER	FINAL
CETE	13:14	M	45	800 METER	FINAL
CETE	13:22	M	40	800 METER	FINAL
CETE	13:30	M	35	800 METER	FINAL
CETE	14:00	M	60	TRIPLE JUMP	FINAL
CETE	14:00	W	35-49	POLE VAULT	FINAL

SCHEDULE EVENTS

PROGRAMAÇÃO

CETE	14:00	W	65	JAVELIN THROW	FINAL
CETE	14:00	W	75-94	HIGH JUMP	FINAL
CETE	15:00	W	80-89	800 METER	FINAL
CETE	15:08	W	75	800 METER	FINAL
CETE	15:16	W	70	800 METER	FINAL
CETE	15:24	W	65	800 METER	FINAL
CETE	15:32	W	60	800 METER	FINAL
CETE	15:40	W	55	800 METER	FINAL
CETE	15:48	W	50	800 METER	FINAL
CETE	15:56	W	45	800 METER	FINAL
CETE	16:00	M	55	TRIPLE JUMP	FINAL
CETE	16:00	M	65	JAVELIN THROW	FINAL
CETE	16:00	W	85-94	DISCUS THROW	FINAL
CETE	16:04	W	40	800 METER	FINAL
CETE	16:12	W	35	800 METER	FINAL
CETE	16:36	W	75	200 METER	SEMIFINAL
CETE	16:42	W	70	200 METER	SEMIFINAL
CETE	16:57	W	65	200 METER	SEMIFINAL
CETE	17:00	W	70	HIGH JUMP	FINAL
CETE	17:12	W	60	200 METER	SEMIFINAL
CETE	17:20	W	55	200 METER	SEMIFINAL
CETE	17:28	W	50	200 METER	SEMIFINAL
CETE	17:36	W	45	200 METER	SEMIFINAL
CETE	17:48	W	40	200 METER	SEMIFINAL
CETE	18:00	W	35	200 METER	SEMIFINAL
ESEF	8:00	M	60	HAMMER THROW	FINAL
ESEF	8:00	M	85-99	SHOT PUT	FINAL
ESEF	8:00	M	45	DISCUS THROW	FINAL
ESEF	8:00	W	75	DISCUS THROW	FINAL
ESEF	10:00	W	55	DISCUS THROW	QUALIFYING
ESEF	10:00	W	70	DISCUS THROW	FINAL
ESEF	10:00	W	45	SHOT PUT	FINAL
ESEF	10:15	M	55	HAMMER THROW	FINAL
ESEF	10:15	M	50	DISCUS THROW	FINAL
ESEF	14:00	M	55	DISCUS THROW	QUALIFYING
ESEF	14:00	M	75	SHOT PUT	FINAL
ESEF	14:00	W	50	HAMMER THROW	FINAL
ESEF	16:00	M	80	SHOT PUT	FINAL
ESEF	16:10	W	55	HAMMER THROW	FINAL
ESEF	16:15	M	60	DISCUS THROW	QUALIFYING
ESEF	16:30	W	50	DISCUS THROW	QUALIFYING
ESEF	18:00	M	35	WEIGHT THROW	FINAL
ESEF	18:00	M	40	WEIGHT THROW	FINAL
ESEF	18:00	W	35	SHOT PUT	FINAL
ESEF	18:00	W	40	SHOT PUT	FINAL
PUCRS	9:00	M	75	200 METER	PRELIMINARY
PUCRS	9:24	M	70	200 METER	PRELIMINARY
PUCRS	9:48	M	65	200 METER	PRELIMINARY
PUCRS	10:18	M	60	200 METER	PRELIMINARY
PUCRS	10:54	M	55	200 METER	PRELIMINARY
PUCRS	11:24	M	50	200 METER	PRELIMINARY

PROGRAMAÇÃO

SCHEDULE EVENTS

PUCRS	12:12	M	45	200 METER	PRELIMINARY
PUCRS	12:48	M	40	200 METER	PRELIMINARY
PUCRS	13:18	M	35	200 METER	PRELIMINARY
PUCRS	15:00	M	80	200 METER	SEMIFINAL
PUCRS	15:12	M	75	200 METER	SEMIFINAL
PUCRS	15:22	M	70	200 METER	SEMIFINAL
PUCRS	15:34	M	65	200 METER	SEMIFINAL
PUCRS	15:46	M	60	200 METER	SEMIFINAL
PUCRS	16:06	M	55	200 METER	SEMIFINAL
PUCRS	16:18	M	50	200 METER	SEMIFINAL
PUCRS	16:36	M	45	200 METER	SEMIFINAL
PUCRS	16:54	M	40	200 METER	SEMIFINAL
PUCRS	17:06	M	35	200 METER	SEMIFINAL
SOGIPA	8:00	M	40	LONG JUMP	FINAL
SOGIPA	8:00	W	70-89	10000 METER	FINAL
SOGIPA	9:15	W	65	10000 METER	FINAL
SOGIPA	10:00	M	35	LONG JUMP	FINAL
SOGIPA	10:15	W	60	10000 METER	FINAL
SOGIPA	11:15	W	55	10000 METER	FINAL
SOGIPA	14:00	M	50	JAVELIN THROW	QUALIFYING
SOGIPA	14:00	W	50	10000 METER	FINAL
SOGIPA	15:00	W	45	10000 METER	FINAL
SOGIPA	15:50	W	35,40	10000 METER	FINAL
SOGIPA	16:00	M	45	JAVELIN THROW	QUALIFYING

October 22nd - 22 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	9:30	W	85-94	JAVELIN THROW	FINAL
CETE	9:45	M	80	TRIPLE JUMP	FINAL
CETE	9:45	M	85-99	HAMMER THROW	FINAL
CETE	10:00	M	35	400 m HURDLES	FINAL
CETE	10:07	M	40	400 m HURDLES	FINAL
CETE	10:14	M	45	400 m HURDLES	FINAL
CETE	10:24	M	50	400 m HURDLES	FINAL
CETE	10:31	M	55	400 m HURDLES	FINAL
CETE	10:41	M	60	300 m HURDLES	FINAL
CETE	10:48	M	65	300 m HURDLES	FINAL
CETE	10:55	M	70	300 m HURDLES	FINAL
CETE	11:00	W	80	JAVELIN THROW	FINAL
CETE	11:02	M	75	300 m HURDLES	FINAL
CETE	11:12	M	80	200 m HURDLES	FINAL
CETE	11:20	M	85	200 m HURDLES	FINAL
CETE	11:20	M	75	TRIPLE JUMP	FINAL
CETE	13:52	M	50	200 METER	SEMIFINAL
CETE	14:00	M	35	POLE VAULT	FINAL
CETE	14:00	M	70	TRIPLE JUMP	FINAL
CETE	14:00	W	75	JAVELIN THROW	FINAL
CETE	14:00	W	85-94	200 METER	FINAL
CETE	14:06	W	80	200 METER	FINAL
CETE	14:12	W	75	200 METER	FINAL

SCHEDULE EVENTS

PROGRAMAÇÃO

CETE	14:18	W	70	200 METER	FINAL
CETE	14:24	W	65	200 METER	FINAL
CETE	14:30	W	60	200 METER	FINAL
CETE	14:36	W	55	200 METER	FINAL
CETE	14:42	W	50	200 METER	FINAL
CETE	14:48	W	45	200 METER	FINAL
CETE	14:54	W	40	200 METER	FINAL
CETE	15:00	W	35	200 METER	FINAL
CETE	15:06	M	90-99	200 METER	FINAL
CETE	15:12	M	85	200 METER	FINAL
CETE	15:18	M	80	200 METER	FINAL
CETE	15:24	M	75	200 METER	FINAL
CETE	15:30	M	70	200 METER	FINAL
CETE	15:36	M	65	200 METER	FINAL
CETE	15:42	M	60	200 METER	FINAL
CETE	15:45	W	70	JAVELIN THROW	FINAL
CETE	15:48	M	55	200 METER	FINAL
CETE	15:54	M	50	200 METER	FINAL
CETE	16:00	M	45	200 METER	FINAL
CETE	16:00	M	65	TRIPLE JUMP	FINAL
CETE	16:06	M	40	200 METER	FINAL
CETE	16:12	M	35	200 METER	FINAL
CETE	16:30	M	40	POLE VAULT	FINAL
ESEF	8:00	M	70	WEIGHT THROW	FINAL
ESEF	8:30	W	55	DISCUS THROW	FINAL
ESEF	9:00	W	35	HAMMER THROW	FINAL
ESEF	10:00	M	65	WEIGHT THROW	FINAL
ESEF	10:00	M	35	SHOT PUT	FINAL
ESEF	10:30	M	75	HAMMER THROW	FINAL
ESEF	10:30	W	50	DISCUS THROW	FINAL
ESEF	14:00	M	40	SHOT PUT	FINAL
ESEF	14:00	M	60	DISCUS THROW	FINAL
ESEF	14:00	W	60	WEIGHT THROW	FINAL
ESEF	15:30	W	45	HAMMER THROW	FINAL
ESEF	16:00	M	55	DISCUS THROW	FINAL
ESEF	16:00	W	65	WEIGHT THROW	FINAL
ESEF	17:10	W	40	HAMMER THROW	FINAL
GASÔMETRO	7:00	W	60-84	10 km ROAD WALK	FINAL
GASÔMETRO	8:45	M	60-89	10 km ROAD WALK	FINAL
GASÔMETRO	10:25	W	35-59	10 km ROAD WALK	FINAL
GASÔMETRO	12:00	M	35-59	10 km ROAD WALK	FINAL
SOGIPA	7:00	M	70	10000 METER	FINAL
SOGIPA	8:00	M	60	JAVELIN THROW	QUALIFYING
SOGIPA	8:00	M	55	HIGH JUMP	FINAL
SOGIPA	8:00	M	65	10000 METER	FINAL
SOGIPA	8:45	W	60	TRIPLE JUMP	FINAL
SOGIPA	9:00	M	60	10000 METER	FINAL
SOGIPA	10:00	M	60	HIGH JUMP	FINAL
SOGIPA	10:00	M	55	JAVELIN THROW	QUALIFYING
SOGIPA	10:00	W	65	TRIPLE JUMP	FINAL
SOGIPA	10:35	M	55	10000 METER	FINAL

PROGRAMAÇÃO

SOGIPA	14:00	M	45	JAVELIN THROW	FINAL
SOGIPA	14:00	M	50	10000 METER	FINAL
SOGIPA	14:00	W	55	HIGH JUMP	FINAL
SOGIPA	14:00	W	45	TRIPLE JUMP	FINAL
SOGIPA	15:30	M	45	10000 METER	FINAL
SOGIPA	16:00	M	50	JAVELIN THROW	FINAL
SOGIPA	16:00	W	50	HIGH JUMP	FINAL
SOGIPA	16:00	W	35-44	TRIPLE JUMP	FINAL
SOGIPA	17:00	M	40	10000 METER	FINAL
SOGIPA	17:45	M	35	10000 METER	FINAL
SOGIPA	18:25	M	75-99	10000 METER	FINAL

October 24th - 24 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	8:00	W	75-94	TRIPLE JUMP	FINAL
CETE	9:00	M	70	400 METER	PRELIMINARY
CETE	9:15	M	65	400 METER	PRELIMINARY
CETE	9:39	M	60	400 METER	PRELIMINARY
CETE	9:45	M	75	HIGH JUMP	FINAL
CETE	10:00	W	70	TRIPLE JUMP	FINAL
CETE	10:14	M	55	400 METER	PRELIMINARY
CETE	10:34	M	50	400 METER	PRELIMINARY
CETE	11:00	W	60,65	POLE VAULT	FINAL
CETE	11:07	M	45	400 METER	PRELIMINARY
CETE	11:20	M	85-94	HIGH JUMP	FINAL
CETE	11:37	M	40	400 METER	PRELIMINARY
CETE	12:01	M	35	400 METER	PRELIMINARY
CETE	12:16	W	50	400 METER	PRELIMINARY
CETE	12:31	W	45	400 METER	PRELIMINARY
CETE	12:46	W	40	400 METER	PRELIMINARY
CETE	14:00	M	50	TRIPLE JUMP	FINAL
CETE	14:00	M	65	POLE VAULT	FINAL
CETE	14:00	M	65	1500 METER	SEMIFINAL
CETE	14:20	M	60	1500 METER	SEMIFINAL
CETE	14:40	M	55	1500 METER	SEMIFINAL
CETE	15:10	M	50	1500 METER	SEMIFINAL
CETE	15:40	M	45	1500 METER	SEMIFINAL
CETE	15:45	M	45	TRIPLE JUMP	FINAL
CETE	16:00	W	45	HIGH JUMP	FINAL
CETE	16:10	M	40	1500 METER	SEMIFINAL
CETE	16:30	M	35	1500 METER	SEMIFINAL
CETE	16:50	W	55	1500 METER	SEMIFINAL
CETE	17:10	M	70	1500 METER	SEMIFINAL
CETE	17:20	M	40	TRIPLE JUMP	FINAL
CETE	17:20	W	40	HIGH JUMP	FINAL
CETE	17:30	W	50	1500 METER	SEMIFINAL
CETE	18:45	M	35	TRIPLE JUMP	FINAL
CETE	18:45	W	35	HIGH JUMP	FINAL
ESEF	8:00	M	90-99	DISCUS THROW	FINAL
ESEF	8:00	M	40	HAMMER THROW	FINAL

SCHEDULE EVENTS

PROGRAMAÇÃO

ESEF	8:00	M	70	SHOT PUT	FINAL
ESEF	8:00	W	45	DISCUS THROW	FINAL
ESEF	8:00	W	55	JAVELIN THROW	FINAL
ESEF	10:00	M	35	HAMMER THROW	FINAL
ESEF	10:00	M	65	SHOT PUT	FINAL
ESEF	10:00	M	85	DISCUS THROW	FINAL
ESEF	10:00	W	50	JAVELIN THROW	FINAL
ESEF	10:15	W	40	DISCUS THROW	FINAL
ESEF	11:15	W	80-94	WEIGHT THROW	FINAL
ESEF	14:00	M	60	JAVELIN THROW	FINAL
ESEF	14:00	M	80	DISCUS THROW	FINAL
ESEF	14:00	W	35	DISCUS THROW	FINAL
ESEF	14:00	W	65	SHOT PUT	FINAL
ESEF	14:00	W	75	WEIGHT THROW	FINAL
ESEF	15:30	W	70	WEIGHT THROW	FINAL
ESEF	16:00	M	50	WEIGHT THROW	FINAL
ESEF	16:00	M	55	JAVELIN THROW	FINAL
ESEF	16:00	M	75	DISCUS THROW	FINAL
ESEF	16:00	W	60	SHOT PUT	FINAL
ESEF	17:00	M	45	WEIGHT THROW	FINAL

October 25th - 25 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	9:09	M	75	80 m HURDLES	SEMIFINAL
CETE	9:21	M	70	80 m HURDLES	SEMIFINAL
CETE	9:33	W	55	80 m HURDLES	SEMIFINAL
CETE	9:45	W	50	80 m HURDLES	SEMIFINAL
CETE	9:58	W	45	80 m HURDLES	SEMIFINAL
CETE	10:13	M	65	100 m HURDLES	SEMIFINAL
CETE	10:28	M	60	100 m HURDLES	SEMIFINAL
CETE	10:49	M	55	100 m HURDLES	SEMIFINAL
CETE	11:01	M	50	100 m HURDLES	SEMIFINAL
CETE	11:15	M	45	110 m HURDLES	SEMIFINAL
CETE	11:36	M	40	110 m HURDLES	SEMIFINAL
CETE	11:48	M	35	110 m HURDLES	SEMIFINAL
CETE	14:00	M	85	80 m HURDLES	FINAL
CETE	14:06	M	80	80 m HURDLES	FINAL
CETE	14:12	W	75	80 m HURDLES	FINAL
CETE	14:18	W	70	80 m HURDLES	FINAL
CETE	14:24	W	65	80 m HURDLES	FINAL
CETE	14:30	W	60	80 m HURDLES	FINAL
CETE	14:40	M	75	80 m HURDLES	FINAL
CETE	14:46	M	70	80 m HURDLES	FINAL
CETE	14:52	W	55	80 m HURDLES	FINAL
CETE	14:58	W	50	80 m HURDLES	FINAL
CETE	15:04	W	45	80 m HURDLES	FINAL
CETE	15:10	W	40	80 m HURDLES	FINAL
CETE	15:20	M	65	100 m HURDLES	FINAL
CETE	15:26	M	60	100 m HURDLES	FINAL
CETE	15:32	W	35	100 m HURDLES	FINAL

CETE	15:42	M	55	100 m HURDLES	FINAL
CETE	15:48	M	50	100 m HURDLES	FINAL
CETE	15:58	M	45	110 m HURDLES	FINAL
CETE	16:04	M	40	110 m HURDLES	FINAL
CETE	16:10	M	35	110 m HURDLES	FINAL
CETE	16:20	M	85	400 METER	SEMIFINAL
CETE	16:25	M	80	400 METER	SEMIFINAL
CETE	16:36	M	75	400 METER	SEMIFINAL
CETE	16:51	M	70	400 METER	SEMIFINAL
CETE	16:55	M	65	400 METER	SEMIFINAL
CETE	17:05	M	60	400 METER	SEMIFINAL
CETE	17:20	M	55	400 METER	SEMIFINAL
CETE	17:30	M	50	400 METER	SEMIFINAL
CETE	17:40	M	45	400 METER	SEMIFINAL
CETE	17:50	M	40	400 METER	SEMIFINAL
CETE	18:00	M	35	400 METER	SEMIFINAL
CETE	18:05	W	75	400 METER	SEMIFINAL
CETE	18:10	W	70	400 METER	SEMIFINAL
CETE	18:20	W	65	400 METER	SEMIFINAL
CETE	18:30	W	60	400 METER	SEMIFINAL
CETE	18:40	W	55	400 METER	SEMIFINAL
CETE	18:50	W	50	400 METER	SEMIFINAL
CETE	19:00	W	45	400 METER	SEMIFINAL
CETE	19:10	W	40	400 METER	SEMIFINAL
CETE	19:20	W	35	400 METER	SEMIFINAL
ESEF	8:00	W	35,40	THROWS PENTATHLON	FINAL
ESEF	8:00	W	70	THROWS PENTATHLON	FINAL
ESEF	9:15	W	80-94	THROWS PENTATHLON	FINAL
ESEF	9:15	W	65	THROWS PENTATHLON	FINAL
ESEF	14:00	W	75	THROWS PENTATHLON	FINAL
ESEF	14:00	W	45	THROWS PENTATHLON	FINAL
ESEF	15:00	W	60	THROWS PENTATHLON	FINAL

October 26th - 26de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	9:00	M	90-99	400 METER	FINAL
CETE	9:08	M	85	400 METER	FINAL
CETE	9:16	M	80	400 METER	FINAL
CETE	9:24	M	75	400 METER	FINAL
CETE	9:31	M	70	400 METER	FINAL
CETE	9:38	M	65	400 METER	FINAL
CETE	9:45	M	60	400 METER	FINAL
CETE	9:52	M	55	400 METER	FINAL
CETE	9:59	M	50	400 METER	FINAL
CETE	10:06	M	45	400 METER	FINAL
CETE	10:13	M	40	400 METER	FINAL
CETE	10:20	M	35	400 METER	FINAL
CETE	10:26	W	85	400 METER	FINAL
CETE	10:32	W	80	400 METER	FINAL
CETE	10:38	W	75	400 METER	FINAL

SCHEDULE EVENTS

PROGRAMAÇÃO

CETE	10:44	W	70	400 METER	FINAL
CETE	10:51	W	65	400 METER	FINAL
CETE	10:58	W	60	400 METER	FINAL
CETE	11:05	W	55	400 METER	FINAL
CETE	11:12	W	50	400 METER	FINAL
CETE	11:19	W	45	400 METER	FINAL
CETE	11:26	W	40	400 METER	FINAL
CETE	11:33	W	35	400 METER	FINAL
CETE	14:00	M	80+	1500 METER	FINAL
CETE	14:00	M	65	THROWS PENTATHLON	FINAL
CETE	14:10	M	75	1500 METER	FINAL
CETE	14:20	M	70	1500 METER	FINAL
CETE	14:30	M	65	1500 METER	FINAL
CETE	14:38	M	60	1500 METER	FINAL
CETE	14:46	M	55	1500 METER	FINAL
CETE	14:54	M	50	1500 METER	FINAL
CETE	15:02	M	45	1500 METER	FINAL
CETE	15:08	M	40	1500 METER	FINAL
CETE	15:16	M	35	1500 METER	FINAL
CETE	15:22	W	80-89	1500 METER	FINAL
CETE	15:34	W	75	1500 METER	FINAL
CETE	15:44	W	70	1500 METER	FINAL
CETE	15:54	W	65	1500 METER	FINAL
CETE	16:04	W	60	1500 METER	FINAL
CETE	16:14	W	55	1500 METER	FINAL
CETE	16:24	W	50	1500 METER	FINAL
CETE	16:34	W	45	1500 METER	FINAL
CETE	16:44	W	40	1500 METER	FINAL
CETE	16:54	W	35	1500 METER	FINAL
ESEF	8:00	M	80	THROWS PENTATHLON	FINAL
ESEF	8:00	M	35,40	THROWS PENTATHLON	FINAL
ESEF	9:00	M	85,90	THROWS PENTATHLON	FINAL
ESEF	9:15	M	45	THROWS PENTATHLON	FINAL
ESEF	13:00	M	70	THROWS PENTATHLON	FINAL
ESEF	14:00	M	75	THROWS PENTATHLON	FINAL
GASÔMETRO	7:00	M	60-89	20 km ROAD WALK	FINAL
GASÔMETRO	7:00	W	60-84	20 km ROAD WALK	FINAL
GASÔMETRO	9:45	M	35-59	20 km ROAD WALK	FINAL
GASÔMETRO	9:45	W	35-59	20 km ROAD WALK	FINAL

October 27th - 27 de outubro

Stadium/ Local	Start / Começo	Gender /Sexo	Age Group / Idade	Event / Modalidade	Round / Rodada
CETE	8:20	M	70	2000 m STEEPLECHASE	FINAL
CETE	8:35	M	65	2000 m STEEPLECHASE	FINAL
CETE	8:50	M	60	2000 m STEEPLECHASE	FINAL
CETE	9:05	W	65-79	2000 m STEEPLECHASE	FINAL
CETE	9:25	W	60	2000 m STEEPLECHASE	FINAL
CETE	9:45	W	55	2000 m STEEPLECHASE	FINAL
CETE	10:00	W	50	2000 m STEEPLECHASE	FINAL
CETE	10:15	W	45	2000 m STEEPLECHASE	FINAL

PROGRAMAÇÃO

SCHEDULE EVENTS

CETE	10:30	W	35-44	2000 m STEEPLECHASE	FINAL
CETE	10:50	M	55	3000 m STEEPLECHASE	FINAL
CETE	11:07	M	50	3000 m STEEPLECHASE	FINAL
CETE	11:24	M	45	3000 m STEEPLECHASE	FINAL
CETE	11:41	M	40	3000 m STEEPLECHASE	FINAL
CETE	11:58	M	35	3000 m STEEPLECHASE	FINAL
CETE	12:20	M	75,80	4 x 100 m RELAY	FINAL
CETE	12:27	W	70,75	4 x 100 m RELAY	FINAL
CETE	12:34	M	70	4 x 100 m RELAY	FINAL
CETE	12:40	W	65	4 x 100 m RELAY	FINAL
CETE	12:46	M	65	4 x 100 m RELAY	FINAL
CETE	12:52	W	60	4 x 100 m RELAY	FINAL
CETE	12:58	M	60	4 x 100 m RELAY	FINAL
CETE	13:04	W	55	4 x 100 m RELAY	FINAL
CETE	13:10	M	55	4 x 100 m RELAY	FINAL
CETE	13:16	W	50	4 x 100 m RELAY	FINAL
CETE	13:22	M	50	4 x 100 m RELAY	FINAL
CETE	13:28	W	45	4 x 100 m RELAY	FINAL
CETE	13:34	M	45	4 x 100 m RELAY	FINAL
CETE	13:40	W	40	4 x 100 m RELAY	FINAL
CETE	13:46	M	40	4 x 100 m RELAY	FINAL
CETE	13:52	W	35	4 x 100 m RELAY	FINAL
CETE	13:58	M	35	4 x 100 m RELAY	FINAL
CETE	14:04	W	70,75	4 x400 m RELAY	FINAL
CETE	14:12	M	75,80	4 x400 m RELAY	FINAL
CETE	14:20	M	70	4 x400 m RELAY	FINAL
CETE	14:28	W	65	4 x400 m RELAY	FINAL
CETE	14:28	W	60	4 x400 m RELAY	FINAL
CETE	14:36	M	65	4 x400 m RELAY	FINAL
CETE	14:44	M	60	4 x400 m RELAY	FINAL
CETE	14:52	W	55	4 x400 m RELAY	FINAL
CETE	15:00	M	55	4 x400 m RELAY	FINAL
CETE	15:07	W	50	4 x400 m RELAY	FINAL
CETE	15:15	M	50	4 x400 m RELAY	FINAL
CETE	15:22	M	45	4 x400 m RELAY	FINAL
CETE	15:29	W	45	4 x400 m RELAY	FINAL
CETE	15:36	W	40	4 x400 m RELAY	FINAL
CETE	15:43	M	40	4 x400 m RELAY	FINAL
CETE	15:50	W	35	4 x400 m RELAY	FINAL
CETE	15:57	M	35	4 x400 m RELAY	FINAL
ESEF	8:00	M	60	THROWS PENTATHLON	FINAL
ESEF	9:20	M	55	THROWS PENTATHLON	FINAL
MARINHA	7:00	M	35+	HALF MARATHON	FINAL
MARINHA	7:00	M	35+	MARATHON	FINAL
MARINHA	7:00	W	35+	HALF MARATHON	FINAL
MARINHA	7:00	W	35+	MARATHON	FINAL

MEN RECORDS LIST

LISTA DE RECORDES - HOMENS

Men Outdoor 100 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	9.97	Linford Christie	GBR	35	23.09.95	Johannesburg
M 40	10.29	Troy Douglas	NED	40	07.06.03	Leiden
M 45	10.72	Willie Gault	USA	45	24.06.06	Indianapolis
M 50	10.88	Willie Gault	USA	50	07.05.11	Los Angeles
M 55	11.44	Bill Collins	USA	57	25.04.08	Philadelphia
M 60	11.70	Ronald Taylor	GBR	61	04.06.94	Athens
M 65	12.37	Stephen Robbins	USA	65	02.08.08	Eugene
M 65	12.37	Vladmir Vyboštík	SVK	65	18.08.12	Zittau
M 70	12.77	Bobby Whilden	USA	70	06.09.05	Pittsburgh
M 75	13.49	Robert Lida	USA	75	04.08.12	Lisle
M 80	14.35	Payton Jordan	USA	80	10.05.97	Modesto
M 85	16.16	Suda Giichi	JPN	85	23.08.98	Konosou
M 90	17.53	Frederico Fischer	BRA	90	07.09.07	Riccione
M 95	20.41	Frederico Fischer	BRA	95	30.06.12	Porto Alegre
M100	29.83	Hidekichi Miyazaki	JPN	100	03.10.10	Kyoto

Men Outdoor 200 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	20.11	Linford Christie	GBR	35	25.06.95	Villeneuve
M 40	20.64	Troy Douglas	NED	40	27.08.03	Paris
M 45	21.80	Willie Gault	USA	47	26.04.08	Philadelphia
M 50	22.44	Willie Gault	USA	50	07.05.11	Los Angeles
M 55	23.36	Bill Collins	USA	55	05.08.06	Charlotte
M 60	24.00	Ronald Taylor	GBR	61	10.06.94	Athens
M 65	24.65	Charles Allie	USA	65	26.07.13	Berea
M 70	26.48	Guido Müller	GER	70	01.07.09	München
M 75	27.73	Robert Lida	USA	75	05.08.12	Lisle
M 80	29.54	Hisamitsu Hijiya	JPN	81	16.09.12	Miyazaki
M 85	34.24	Ugo Sansonetti	ITA	85	20.06.04	Caorle
M 90	38.57	Frederico Fischer	BRA	90	10.09.07	Riccione
M 95	48.69	Friederich E. Mahlo	GER	95	10.09.07	Riccione
M100	77.59	Philip Rabinowitz	RSA	100	17.12.04	Cape Town

Men Outdoor 400 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	45.76	Ibrahima Wade	FRA	35	23.07.04	Saint-Denis
M 40	47.81	Enrico Saraceni	ITA	40	28.07.04	Trnava
M 45	50.18	Khalid Mulazim	USA	45	29.07.11	Berea
M 50	51.39	Fred Sowerby	USA	50	27.08.99	Orlando
M 55	52.24	Charles Allie	USA	55	12.07.03	Carolina
M 60	53.88	Ralph Romain	TRI	63	22.07.95	Buffalo

LISTA DE RECORDES - HOMENS

M 65	56.09	Charles Allie	USA	65	18.05.13	Raleigh
M 70	59.34	Guido Müller	GER	70	07.08.09	Lahti
M 75	64.10	Hugh Coogan	AUS	76	05.11.11	Brisbane
M 80	70.01	Hisamitsu Hijiya	JPN	81	16.09.12	Miyazaki
M 85	80.47	Lucas Nel	RS	87	16.10.10	Sydney
M 90	95.04	Ugo Sansonetti	ITA	90	07.08.09	Lahti
M 95	2:21.82	Orville Rogers	USA	95	12.07.13	Olathe
M100	3:41.00	Erwin Jaskulski	AUT	100	13.03.03	San Sebastian

Men Outdoor 800 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	1:43.36	Johnny Gray	USA	35	16.08.95	Zürich
M 40	1:48.22	Anthony Whiteman	GBR	40	06.06.12	Indianapolis
M 45	1:54.18	Saladin Allah	USA	45	02.07.05	Pomona
M 50	1:58.65	Nolan Shaheed	USA	50	13.05.00	Eagle Rock
M 55	2:03.7	Stan Immelman	RSA	55	01.12.01	Port Elizabeth
M 60	2:08.56	Nolan Shaheed	USA	61	23.04.11	Los Angeles
M 65	2:14.33	Earl Fee	CAN	66	18.07.95	Buffalo
M 70	2:20.52	Earl Fee	CAN	70	17.06.99	Boston
M 75	2:34.3	David Carr	AUS	75	26.07.07	Perth
M 80	2:48.5	David Carr	AUS	80	26.02.13	Perth
M 85	3:21.23	Yoshimitsu Miyauchi	JPN	85	19.11.09	Nagoya-City
M 90	4:04.85	Holger Josefsson	SWE	91	02.08.09	Lahti
M 95	6:02.94	Herb Kirk	USA	95	23.07.91	Turku

Men Outdoor 1500 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	3:32.51	Bernard Lagat	USA	35	22.07.10	Monaco
M 40	3:42.65	Vyacheslav Shavunin	RUS	40	27.05.10	Sochi
M 45	3:52.43	Jesus Borrego	ESP	46	12.07.08	Herrera
M 50	4:05.2	Tom Roberts	AUS	50	22.03.84	Melbourne
M 55	4:12.35	Keith Bateman	AUS	56	15.07.11	Sacramento
M 60	4:24.00	Nolan Shaheed	USA	61	30.04.11	Norwalk
M 65	4:39.87	Simon Herlaar	NED	65	16.07.94	Bedford
M 70	4:52.95	Ron Robertson	NZL	70	15.07.11	Sacramento
M 75	5:22.40	Shichiro Midorikawa	JPN	75	17.06.07	Fukushima
M 80	5:48.93	Ed Whitlock	CAN	80	15.07.11	Sacramento
M 85	6:51.32	Yoshimitsu Miyauchi	JPN	85	20.09.09	Nagoya-City
M 90	8:07.17	Holger Josefsson	SWE	91	06.08.09	Lahti
M 95	12:57.7	Petter Green	NOR	95	08.08.07	Stjørdal
M100	16:46.41	Leslie Amey	AUS	100	01.04.00	Brisbane

MEN RECORDS LIST**LISTA DE RECORDES - HOMENS***Men Outdoor 1 Mile*

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	3:51.38	Bernard Lagat	USA	36	06.08.11	London
M 40	4:01.62	Vyacheslav Shavunin	RUS	40	21.08.10	Joensuu
M 45	4:16.09	Tony Young	USA	46	31.05.08	Gresham
M 50	4:25.04	Nolan Shaheed	USA	51	23.06.01	Eugene
M 55	4:35.04	Keith Bateman	AUS	55	18.12.10	Sydney
M 60	4:51.85	Tony McManus	NZL	62	07.01.12	Timaru
M 65	4:56.4	Derek Turnbull	NZL	65	29.02.92	
M 70	5:19.75	Joop Rüter	NED	70	11.07.03	Rotterdam
M 75	5:41.80	Ed Whitlock	CAN	75	28.07.06	Windsor
M 80	6:26.6	David Carr	AUS	80	21.06.12	Perth
M 85	8:04.7	Josef Galia	GER	87	04.09.85	
M 90	10:30.9	Peter Brownbill	AUS	90	18.06.08	Melbourne
M 95	14:48.2	Herb Kirk	USA	95	06.10.90	

Men Outdoor 3000 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	7:29.00	Bernard Lagat	USA	35	29.08.10	Rieti
M 40	8:02.54	Vyacheslav Shavunin	RUS	40	07.06.10	Moskva
M 45	8:27.7	Nigel Gates	GBR	45	19.08.98	Brighton
M 50	8:41.2	Christian Geffrey	FRA	50	07.07.07	Maromme
M 55	8:56.80	Keith Bateman	AUS	55	13.11.10	Sydney
M 60	9:29.47	Adriaan Heijdens	NED	60	27.06.00	Etten Leur
M 65	9:47.4	Derek Turnbull	NZL	65	08.02.92	
M 70	10:42.40	Siem Herlaar	NED	70	02.07.99	Beverwijk
M 75	11:10.43	Ed Whitlock	CAN	75	25.07.06	Toronto
M 80	12:13.56	Ed Whitlock	CAN	80	26.07.11	Toronto
M 85	14:13.4	Julian Bernal Medina	ESP	85	20.02.05	La Coruna
M 90	18:36.0	Petter Green	NOR	90	19.06.02	Stjørdal
M 95	26:17.4	Petter Green	NOR	95	20.06.07	Stjørdal

Men Outdoor 5000 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	12:53.60	Bernard Lagat	USA	36	22.07.11	Monaco
M 40	13:43.15	Mohammed Ezzher	FRA	40	03.07.00	Sotteville
M 45	14:23.6	Lucien Rault	FRA	46	19.06.82	Vannes
M 50	14:53.2	David Martin Rees	GBR	50	10.05.03	Neath
M 55	15:29.7	Keith Bateman	AUS	55	05.01.11	Blacktown
M 60	16:12.57	Adriaan Heijdens	NED	60	03.07.99	Uden
M 65	16:38.8	Derek Turnbull	NZL	65	13.03.92	Christchurch
M 70	18:15.53	Ron Robertson	NZL	70	09.07.11	Sacramento
M 75	19:07.02	Ed Whitlock	CAN	75	23.07.06	Dieppe

LISTA DE RECORDES - HOMENS

MEN RECORDS LIST

M 80	20:58.12	Ed Whitlock	CAN	80	19.06.11	Toronto
M 85	24:51.7	Gordon Porteous	GBR	86	18.07.99	Edinburgh
M 90	31:25.45	Gordon Porteous	GBR	90	26.06.04	Birmingham
M 95	50:10.56	Frank Levine	USA	95	09.07.09	Oshkosh

Men Outdoor 10000 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	26:51.20	Haile Gebrselassie	ETH	35	24.05.08	Hengelo
M 40	28:30.88	Martti Vainio	FIN	40	25.06.91	Hengelo
M 45	30:02.56	Antonio Villanueva	MEX	45	29.11.87	Melbourne
M 50	30:55.16	Peter De Vocht	BEL	50	08.09.10	Tessenderlo
M 55	31:51.86	Keith Bateman	AUS	55	26.03.11	Sydney
M 60	34:09.09	Eddy Vierendeels	BEL	60	04.05.13	Duffel
M 65	34:42.2	Derek Turnbull	NZL	65	13.03.92	Christchurch
M 70	38:04.13	Ed Whitlock	CAN	70	09.07.01	Brisbane
M 75	39:25.16	Ed Whitlock	CAN	75	21.07.06	Dieppe
M 80	42:39.95	Ed Whitlock	CAN	80	11.07.11	Sacramento
M 85	52:50.80	Max Raschke	GER	88	18.09.93	München
M 90	69:27.5	Gordon Porteous	GBR	90	17.10.04	Coatbridge

Men Outdoor Marathon

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	2:03:59	Haile Gebrselassie	ETH	35	28.09.08	Berlin
M 40	2:08:46	Andres Espinosa	MEX		28.09.03	Berlin
M 45	2:15:51	Kjell-Erik Stahl	SWE	45	29.09.91	Berlin
M 50	2:19:29	Titus Mamabolo	RSA		20.07.91	Durban
M 55	2:25:56	Piet van Alphen	NED	55	19.04.86	Rotterdam
M 60	2:36:30	Yoshihisa Hosaka	JPN	60	01.02.09	Beppu City
M 65	2:41:57	Derek Turnbull	NZL	65	12.04.92	London
M 70	2:54:48	Ed Whitlock	CAN	73	26.09.04	Toronto
M 75	3:04:54	Ed Whitlock	CAN	76	15.04.07	Rotterdam
M 80	3:15:54	Ed Whitlock	CAN	80	16.10.11	Toronto
M 85	4:34:55	Robert Horman	AUS	86	04.07.04	Gold Coast

Men Outdoor 80 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 70	12.96	Arno Hamaekers	GER	70	17.06.10	Limburgerhof
M 75	13.62	James Stookey	USA	75	04.09.05	McLean
M 80	14.75	Melvin Larsen	USA	80	31.08.05	San Sebastian
M 85	18.06	Kizo Kimura	JPN	85	18.08.96	Wakayama City
M 90	21.62	Ralph Maxwell	USA	91	07.07.11	Sacramento

MEN RECORDS LIST**LISTA DE RECORDES - HOMENS***Men Outdoor 100 m Hurdles*

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 50	13.57	Walt Butler	USA	50	05.07.91	Naperville
M 55	14.25	Herbert Kreiner	AUT	55	22.07.10	Nyiregyháza
M 60	14.37	Thaddeus Wilson	USA	60	29.07.11	Berea
M 65	15.47	Rolf Geese	GER	65	07.08.09	Lahti

Men Outdoor 110 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	12.96	Allen Johnson	USA	35	17.09.06	Athens
M 40	13.73	David Ashford	USA	40	11.07.03	Carolina
M 45	14.41	Karl Smith	JAM	46	05.08.06	Charlotte

Men Outdoor 300 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 60	42.31	Guido Müller	GER	60	01.08.99	Gateshead
M 65	43.89	Guido Müller	GER	65	25.07.04	Århus
M 70	45.24	Guido Müller	GER	70	10.07.09	Vaterstetten
M 75	52.91	Earl Fee	CAN	75	31.08.05	San Sebastian

Men Outdoor 400 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	48.13	Danny McFarlane	JAM	37	28.07.09	Monaco
M 40	49.69	Danny McFarlane	JAM	40	29.06.12	Kingston
M 45	55.18	Guido Müller	GER	47	01.08.86	Malmö
M 50	56.56	Howard Moscrop	GBR	50	05.07.08	Birmingham
M 55	58.92	Guido Müller	GER	56	16.07.95	Buffalo

Men Outdoor 200 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 80	36.95	Earl Fee	CAN	81	05.09.10	Mayaguez
M 85	45.13	Hugo Delgado Flores	PER	87	11.07.11	Sacramento
M 90	51.31	Ralph Maxwell	USA	90	29.08.10	Fort Collins

Men Outdoor 2000 m Steeplechase

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 60	6:30.21	Ron Robertson	NZL	60	14.07.01	Brisbane
M 65	7:18.10	Ron Robertson	NZL	67	01.08.08	Townsville
M 70	7:10.03	Ron Robertson	NZL	70	17.07.11	Sacramento

LISTA DE RECORDES - HOMENS

MEN RECORDS LIST

M 75	8:56.59	David Carr	AUS	75	23.03.08	Sydney
M 80	9:35.1	David Carr	AUS	80	01.02.13	Perth
M 85	11:36.93	Soichi Tamoi	JPN	85	24.11.08	Wakayama City
M 90	18:54.10	Charles Ross	USA	90	18.05.13	Raleigh

Men Outdoor 3000 m Steeplechase

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	8:04.95	Simon Vroemen	NED	36	24.08.04	Brussels
M 40	8:38.40	Angelo Carosi	ITA	40	11.07.04	Firenze
M 45	9:16.1	Nils Undersåker	NOR	45	12.09.84	Örsta
M 50	9:38.8	Nils Undersåker	NOR	50	10.06.89	Stjørdal
M 55	9:55.05	Ron Robertson	NZL	56	27.07.97	Durban

Men Outdoor High Jump

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	2.31	Dragutin Topic	SRB	38	28.07.09	Kragujevac
M 35	2.31	Jamie Nieto	USA	35	09.06.12	New York
M 40	2.28	Dragutin Topic	SRB	40	20.05.12	Beograd
M 45	2.04	Segatel Marco	ITA	45	19.07.07	Cernusco
M 50	1.98	Thomas Zacharas	GER	50	17.05.97	Baunatal
M 55	1.87	Carlo Tränhart	GER	55	17.08.12	Eberstadt
M 60	1.81	Vladimir Kuntsevich	RUS	60	20.08.12	Zittau
M 65	1.66	Phil Fehlen	USA	65	12.08.00	Eugene
M 70	1.59	Carl-Erik Särndal	SWE	70	07.08.07	Värnamo
M 75	1.47	Carl-Erik Särndal	SWE	75	20.08.12	Zittau
M 80	1.37	Richard Lowery	USA	80	23.06.11	Humble
M 85	1.22	Emmerich Zensch	AUT	85	27.07.05	Edmonton
M 90	1.11	Donald Pellmann	USA	90	04.10.05	St. George
M 95	.99	Donald Pellmann	USA	95	27.03.11	Palo Alto

Men Outdoor Pole Vault

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	5.90	Otto Björn	GER	35	01.06.13	Eugene
M 40	5.70	Jeff Hartwig	USA	40	29.06.08	Eugene
M 45	5.10	Larry Jessee	USA	45	10.08.97	El Paso
M 50	4.75	Gary Hunter	USA	51	04.08.07	Orono
M 55	4.60	Wolfgang Ritte	GER	55	08.06.08	V. Friedrichsf
M 60	4.04	John Altendorf	USA	64	24.07.10	Sacramento
M 65	3.89	John Altendorf	USA	65	13.08.11	Bend
M 70	3.31	Robert Brown	GBR	70	22.08.02	Potsdam
M 75	3.00	Bud Held	USA	78	28.05.06	San Diego
M 80	2.75	Bud Held	USA	80	04.10.08	Santa Barbara
M 85	2.24	Carol Johnston	USA	85	08.08.97	Norwalk

MEN RECORDS LIST

LISTA DE RECORDES - HOMENS

M 90	2.05	William Bell, Sr	USA	91	12.07.13	Olathe
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Men Outdoor Long Jump

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	8.50	Larry Myricks	USA	35	15.06.91	New York
M 35	8.50	Carl Lewis	USA	35	29.07.96	Atlanta
M 40	7.68	Aaron Sampson	USA	40	21.06.02	Cedar City
M 45	7.27	Tapani Taavitsainen	FIN	46	21.08.90	Bern
M 50	6.84	Tapani Taavitsainen	FIN	50	18.06.94	Geneve
M 55	6.35	Stig Bäcklund	FIN	55	21.07.95	Buffalo
M 60	6.07	Tom Patsalis	USA	60	10.07.82	Los Angeles
M 65	5.47	Lothar Fischer	GER	65	01.09.01	Ludwigshafen
M 65	5.47	Lamberto Boranga	ITA	65	27.07.08	Ljubljana
M 70	5.19	Melvin Larsen	USA	70	12.08.94	Eugene
M 75	4.83	Saburo Ishigami	JPN	75	25.08.05	Osaka
M 80	4.36	Saburo Ishigami	JPN	80	17.09.10	Tokio
M 85	3.77	Gudmund Skrivervik	NOR	85	23.07.06	Poznan
M 90	3.26	Donald Pellmann	USA	90	04.09.05	Fort Collins
M 95	2.14	Giuseppe Ottaviani	ITA	95	30.09.11	Cosenza

Men Outdoor Triple Jump

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	17.92	Jonathan Edwards	GBR	35	06.08.01	Edmonton
M 40	16.58	Ray Kimble	USA	40	02.07.93	Edinburgh
M 45	15.13	Wolfgang Knabe	GER	45	22.05.05	Garbsen
M 50	14.44	Wolfgang Knabe	GER	50	18.07.09	Lübeck
M 55	13.85	Stig Bäcklund	FIN	55	02.07.95	Kajaani
M 60	12.68	Stig Bäcklund	FIN	60	18.06.00	Kajaani
M 65	11.94	Hermann Strauss	GER	65	18.08.96	Leinfelden
M 70	10.71	Kyushichiro Shimizu	JPN	70	22.08.10	Maebashi City
M 75	10.10	Lothar Fischer	GER	75	31.07.11	Minden
M 80	8.95	Mazumi Morita	JPN	80	13.10.93	Miyazaki
M 85	8.17	Aatos Saino	FIN	85	04.07.10	Tampere
M 90	6.59	Kizo Kimura	JPN	90	29.07.01	Chiba
M 95	4.46	Giuseppe Ottaviani	ITA	95	01.10.11	Cosenza

Men Outdoor Shot Put

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	22.19	Brian Oldfield	USA	38	26.05.84	San Jose
M 40	21.41	Brian Oldfield	USA	40	22.08.85	Innsbruck
M 45	20.77	Ivan Ivancic	YUG	45	31.08.83	Koblenz
M 50	18.45	Klaus Liedtke	GER	50	20.07.91	Turku
M 55	17.50	Klaus Liedtke	GER	55	21.07.96	Gelsenkirchen

LISTA DE RECORDES - HOMENS

MEN RECORDS LIST

M 60	18.37	Klaus Liedtke	GER	60	23.06.01	Koln
M 65	15.90	Kurt Goldschmidt	GER	66	25.05.09	Hamburg
M 70	15.89	Karl-Heinz Marg	GER	70	12.07.08	Schweinfurt
M 75	13.84	Heiner Will	GER	75	13.04.02	Lübeck
M 80	13.98	Leo Saarinen	FIN	80	15.08.09	Kangasala
M 85	11.53	Erik Eriksson	FIN	85	15.05.09	Valkeakoski
M 90	9.73	Toimi Ahvenjärvi	FIN	90	02.07.11	Lappeenranta
M 95	8.21	Donald Pellmann	USA	95	27.03.11	Palo Alto
M100	5.11	Takashi Shimokawara	JPN	102	27.09.08	Miyazaki

Men Outdoor Discus Throw

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	71.56	Virgiljus Alekna	LTU	35	25.07.07	Kaunas
M 40	70.28	Virgiljus Alekna	LTU	40	23.06.12	Klaipeda
M 45	66.12	Al Oerter	USA	45	28.03.82	Westfield
M 50	68.40	Klaus Weiffenbach	GER	52	10.05.97	Medelby
M 55	64.58	Klaus Liedtke	GER	59	08.10.00	Medelby
M 60	66.36	Klaus Liedtke	GER	60	19.05.01	Schwerte-Erg.
M 65	59.75	Klaus Liedtke	GER	66	17.08.07	Oer- Erkenschwick
M 70	55.27	Carmelo Rado	ITA	74	30.09.07	Chiuro
M 75	49.21	Carmelo Rado	ITA	75	05.10.08	Besana Brianza
M 80	37.86	Osmo Renvall	FIN	80	23.07.91	Turku
M 85	33.10	Kauko Joupila	FIN	85	20.05.06	Helsinki
M 90	27.93	Donald Pellmann	USA	90	03.09.05	Fort Collins
M 95	18.21	Donald Pellmann	USA	95	27.03.11	Palo Alto
M100	10.72	Takashi Shimokawara	JPN	100	24.06.07	Kanagasaki-cho

Men Outdoor Hammer Throw

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	83.62	Igor Astapkovich	BLR	35	20.06.98	Staiiki
M 40	82.23	Igor Astapkovich	BLR	41	10.07.04	Minsk
M 45	79.42	Aleksandr Dryhol	UKR	46	29.01.12	Jablonec
M 50	71.71	Jud Logan	USA	50	17.10.09	Bowling Green
M 55	63.70	Hans Pötsch	AUT	56	05.07.90	Budapest
M 60	63.32	Arild Busterud	NOR	60	28.07.08	L?ubl?ana
M 65	55.74	Edward Burke	USA	66	01.07.06	Sacramento
M 70	59.04	Edward Burke	USA	70	07.08.10	Lisle
M 75	51.51	Robert Ward	USA	75	02.08.08	Eugene
M 80	43.31	Zdenek Benek	CZE	80	29.10.11	Brno
M 85	32.52	Erik Eriksson	FIN	85	30.08.08	Jalasjärvi
M 90	24.61	John Fraser	AUS	90	13.03.05	Murrumbena
M 95	22.01	Antonio Fonseca	BRA	96	13.07.11	Sacramento
M100	11.32	Trent Lane	USA	101	21.06.11	Humble

MEN RECORDS LIST

LISTA DE RECORDES - HOMENS

Men Outdoor Javelin Throw

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	92.80	Jan Zelezny	CZE	35	12.08.01	Edmonton
M 40	85.92	Jan Zelezny	CZE	40	09.08.06	Göteborg
M 45	77.15	Peter Blank	GER	45	28.05.07	Rehlingen
M 50	76.16	Roald Bradstock	GBR	50	02.06.12	Clermont USA
M 55	66.11	Michael Brown	USA	56	12.06.10	Raleigh
M 60	62.47	Esa Kiuru	FIN	60	21.07.07	Koria
M 65	58.58	Esa Kiuru	FIN	65	27.05.12	Helsinki
M 70	52.23	Gary Stenlund	USA	70	12.07.11	Sacramento
M 75	46.45	Paavo Niemälä	FIN	75	26.05.11	Raahe
M 80	39.06	William Platts	USA	80	07.10.08	St. George
M 85	35.08	William Platts	USA	85	29.06.13	Eugene
M 90	23.87	Helge Lönnroth	FIN	90	27.05.07	Vihti
M 95	20.80	Trent Lane	USA	95	11.06.05	Pittsburgh
M100	12.42	Takashi Shimokawara	JPN	101	26.10.07	Iwate

Men Outdoor Weight Throw

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	25.17	Juriy Tamm	EST	35	11.07.92	Mäntyharju
M 40	20.98	Ralf Jossa	GER	40	12.09.07	Riccione
M 45	20.79	Oleksandr Drygol	UKR	47	12.09.11	Lignano
M 50	24.24	Jud Logan	USA	50	17.10.09	Bowling Green
M 55	21.29	Arild Busterud	NOR	56	22.07.04	Randers
M 60	24.20	Arild Busterud	NOR	60	25.07.08	L?ubl?ana
M 65	20.53	Arne Lothe	NOR	65	13.07.03	Hyen
M 70	22.33	Edward Burke	USA	72	19.07.12	Los Gatos
M 75	18.26	Robert Ward	USA	75	31.08.08	Clermont USA
M 80	18.25	Zdenek Benek	CZE	80	29.06.11	Brno
M 85	15.34	Erik Eriksson	FIN	85	16.08.08	Pori
M 90	10.59	Torgeir Brandvold	NOR	90	22.07.04	Randers
M 95	7.56	Trent Lane	USA	96	29.04.06	St Amant

Men Outdoor Decathlon

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	8558	Lev Lobodin	RUS	35	29.05.04	G?tzis
M 40	8542	Kip Janvrin	USA	40	24.08.05	San Sebastian
M 45	7687	Viktor Grouzenkin	RUS	45	17.07.97	Durban
M 50	7556	Hubert Indra	ITA	51	29.06.07	Milano
M 55	7773	William Murray	USA	55	28.07.09	Lahti
M 60	8107	Rolf Geese	GER	61	24.08.05	San Sebastian
M 65	7837	Rolf Geese	GER	65	29.07.09	Lahti

LISTA DE RECORDES - HOMENS

M 70	7731	Phil Shipp	USA	70	02.07.05	Mayfield
M 75	7954	Robert Hewitt	USA	75	22.06.08	Joplin
M 80	7170	Darrot Pierre	FRA	80	07.07.01	Brisbane
M 85	6671	Pekka Penttilä	FIN	86	15.08.10	Taipalsaari
M 90	7069	Ralph Maxwell	USA	91	07.07.11	Sacramento

Men Outdoor Pentathlon

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	3669	Franz Mayr	GER	35	25.08.91	Aichach
M 40	3937	Mattias Sunneborn	SWE	40	15.06.11	Sätra
M 45	3820	Thomas Stewens	GER	46	29.09.12	Nieder-Olm
M 50	3834	Georg Werthner	AUT	50	26.07.06	Poznan
M 55	3804	Wim Threels	NED	56	28.07.08	Ljubljana
M 60	4340	Dieter Bartzsch	GER	60	18.06.00	Lage
M 65	3944	Roger Kroosma	USA	65	09.07.09	Oshkosh
M 70	3806	Sherwood Sagedahl	USA	73	02.08.12	Lisle
M 75	3733	Edmund Seib	GER	75	19.08.02	Potsdam
M 80	3646	Kazimierz Bulczynski	POL	80	12.06.10	Koszalin
M 85	3003	Jan Konarik	CZE	85	19.08.02	Potsdam
M 90	3284	Ralph Maxwell	USA	91	11.06.11	Raleigh

Men Outdoor Throws Pentathlon

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M 35	4133	Olav Jenssen	NOR	36	24.07.99	Oslo
M 40	4366	Staephen Whyte	GBR	41	09.03.05	San Sebastian
M 45	4575	Vasilios Maganas	GRE	47	13.07.01	Brisbane
M 50	4578	Tom O Jensen	DEN	52	16.06.12	Randers
M 55	4777	Arild Busterud	NOR	55	10.07.03	Carolina
M 60	4955	Arild Busterud	NOR	62	28.08.10	Heggedal
M 65	5044	Paul Economides	USA	65	07.08.10	Lisle
M 70	4984	Robert Ward	USA	71	15.08.04	Reading
M 75	5306	Carmelo Rado	ITA	75	26.10.08	Biella
M 80	4846	Leo Saarinen	FIN	80	15.08.09	Kangasala
M 85	4773	Erik Eriksson	FIN	85	16.08.08	Pori
M 90	3864	John Fraser	AUS	90	13.03.05	Murrumbeena
M 95	3998	Trent Lane	USA	95	29.07.05	Edmonton

Men Outdoor 4x100 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M35	41.89	Ho,Dussett,Pittman,Snaer	USA		17.07.11	Sacramento
M40	42.20	"Strong	Steph	Ber	Gault"	USA
M45	43.42	Ross,Franklyn,Oliver,Peters	GBR		08.08.99	Gateshead
M50	44.77	Frey,James,Fulton,Barnwell	USA		24.04.09	Philadelphia

MEN RECORDS LIST

LISTA DE RECORDES - HOMENS

M55	46.16	Franklyn,Walcott,Ross,Oliver	GBR	15.09.07	Riccione
M60	47.93	Peterson, Wilson,Allie,Sanders	USA	17.07.11	Sacramento
M65	50.13	Beckering,Scheidt,Hamaekers,Lenk	GER	13.09.05	San Sebastian
M70	51.96	Sims,Bennett,Colbert,Lida	USA	25.04.08	Philadelphia
M75	56.75	Konopka,Ingenrieth,Böckl,Kimmel	GER	08.08.09	Lahti
M80	61.83	Albrecht,Herbst,Schumacher,Breder,	GER	01.08.04	Århus
M85	77.55	Eble,Mahlo,Müller,Mülhe	GER	25.08.02	Potsdam

Men Outdoor 4x400 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M35	3:19.90	Sterling,Drummond,Gardner,Thomas	USA		03.09.05	San Sebastian
M40	3:20.83	Allah,Morning,Gonera,Blackwell	USA		28.04.01	Philadelphia
M45	3:24.84	Mulazim,Gosa,Lawson,Shute	USA		17.07.11	Sacramento
M50	3:31.76	Sullivan,Moody,Gatling,Blackwell	USA		17.07.11	Sacramento
M55	3:40.62	Allie,Haywood,Collins,Grant	USA		23.04.10	Philadelphia
M60	3:51.33	Collins,Grant,Haywood,Allie	USA		26.04.13	Philadelphia
M65	4:02.62	Buyers,Steinmann,Ireland,McIntyre	AUS		16.04.09	Adelaide
M70	4:17.47	Scheidt,Nehren,Klaus,Müller	GER		08.08.09	Lahti
M75	5:01.51	Konopka,Müller,Selzer,Reuter	GER		30.07.06	Poznan
M80	5:32.29	Carr,Harrod,Coffey,Hughes	AUS		05.11.12	Gold Coast
M85	8:43.75	Saukkosaari,Rantio,Koppinen,Lillqvist	FIN		08.08.09	Lahti

Men Outdoor 4x800 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
M35	7:55.67	Smith,Schroer,Rhodes,Anderson	USA		03.04.10	Williamsburg
M40-49	7:54.17	Hinton, Pope, Paulk, Young	USA		27.06.04	Eugene
M50-59	8:39.01	Egginton,Lawrence,Hawes,Jago	AUS		27.11.11	Melbourne
M60-69	9:33.95	Maijoor,Ravensbergen,Zethof,Herlaar	HOL		11.06.92	Beverwyk
M70-79	11:09.87	Selby,Escobson,Linde,Bryant	USA		02.08.98	Orono
M80-89	14:24.03	Wardle,Thompson,Whitlock,Fee	CAN		06.07.13	Toronto

LISTA DE RECORDES - MULHERES

Women Outdoor 100 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	10.74	Merlene Ottey	JAM	36	09.09.96	
W 40	11.09	Merlene Ottey	SLO	44	03.08.04	Naimette-Khovemont
W 45	11.34	Merlene Ottey	SLO	47	12.08.08	Glasgow
W 50	11.67	Merlene Ottey	SLO	50	13.07.10	Novo Mesto
W 55	13.30	Phil Raschker	USA	55	10.08.02	Orono
W 60	13.75	Ingrid Meier	GER	61	14.09.08	Aichach
W 65	14.10	Nadine O'Connor	USA	65	30.06.07	San Marcos
W 70	14.76	Kathy Bergen	USA	70	17.04.10	Walnut
W 75	15.91	Paula Schneiderhan	GER	75	06.09.97	Emmendingen
W 80	18.42	Hanna Gelbrich	GER	80	15.10.93	Miyazaki
W 85	19.83	Nora Wedemo	SWE	86	21.08.99	Norrtälje
W 85	19.83	Mitsu Morita	JPN	85	20.07.08	Isahaya City
W 90	23.18	Nora Wedemo	SWE	90	09.08.03	Eksjö
W 95	35.48	Katsuko Iwaki	JPN	95	03.10.10	Fukuroi City

Women Outdoor 200 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	21.93	Merlene Ottey	JAM	35	25.08.95	
W 40	22.72	Merlene Ottey	SLO	44	23.08.04	Athens
W 45	23.82	Merlene Ottey	SLO	46	27.08.06	BanskaBystrica
W 50	24.33	Merlene Ottey	SLO	50	18.07.10	Valenje
W 55	27.26	Ingrid Meier	GER	56	20.09.03	Röthenbach
W 60	28.54	Phil Raschker	USA	60	05.08.07	Orono
W 65	29.37	Nadine O'Connor	USA	65	08.07.07	Del Mar
W 70	31.39	Kathy Bergen	USA	72	22.07.12	Pasadena
W 75	33.86	Christa Bortignon	CAN	76	01.06.13	Stendal
W 80	40.78	Mitsu Morita	JPN	80	14.09.03	Suizenji
W 85	45.65	Mitsu Morita	JPN	85	20.07.08	Isahaya City
W 90	56.46	Olga Kotelko	CAN	90	03.08.09	Lahti
W 95	88.02	Katsuko Iwaki	JPN	95	03.10.10	Fukuroi City

Women Outdoor 400 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	50.56	Aurelia Penton	CUB	35	15.07.78	
W 40	53.68	Sara Montecinos	CHL	40	20.03.94	
W 45	56.15	Marie Lande Mathieu	PUR	46	12.07.03	Carolina
W 50	57.66	Marie Lande Mathieu	PUR	50	14.09.07	Riccione
W 55	61.55	Caroline Powell	GBR	58	09.09.12	Yeovil
W 60	66.69	Phil Raschker	USA	60	03.07.07	Louisville
W 65	68.21	Diane Palmason	CAN	65	08.08.03	Eugene

WOMEN RECORDS LIST

LISTA DE RECORDES - MULHERES

W 70	76.63	Anne Stobaus	AUS	70	16.07.11	Sacramento
W 75	82.39	Jeanne Daprano	USA	75	03.08.12	Lisle
W 80	1:40.45	Polly Clarke	USA	80	03.08.90	
W 85	1:49.46	Nina Naumenko	RUS	86	16.09.11	Lignano
W 90	2:50.28	Olga Kotelko	CAN	90	17.09.09	Richmond

Women Outdoor 800 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	1:56.53	Lyubov Gurina	RUS	36	30.07.94	Hetchtel
W 40	1:59.25	Yekatarina Podkopayeva	URS	42	30.06.94	Luxembourg
W 45	2:02.82	Yekatarina Podkopayeva	URS	46	26.06.98	Moscow
W 50	2:16.05	Jeanette Flynn	AUS	53	29.01.05	Brisbane
W 55	2:21.98	Jeanette Flynn	AUS	55	03.03.07	Brisbane
W 60	2:34.66	Sabra Harvey	USA	60	11.07.09	Oshkosh
W 65	2:41.81	Diane Palmason	CAN	65	09.08.03	Eugene
W 70	2:59.55	Elfriede Hodapp	GER	70	26.06.06	Löffingen
W 75	3:07.35	Jeanne Daprano	USA	75	23.10.11	Moor Park
W 80	3:45.00	Nina Naumenko	RUS	80	29.08.05	San Sebastian
W 85	4:56.10	Vladyklena Kokina	RUS	85	24.08.12	Zittau
W 90	6:59.18	Rosario Iglesias	MEX	90	09.07.01	Brisbane

Women Outdoor 1500 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	3:57.73	Maricica Puica	ROM	35	30.08.85	Bruxelles
W 40	3:59.78	Yekatarina Podkopayeva	URS	42	18.07.94	Nice
W 45	4:05.44	Yekatarina Podkopayeva	URS	46	03.08.98	Moscow
W 50	4:40.7	Gitte Karlshøj	DEN	50	16.05.09	Odense
W 55	4:57.4	Carolyn Oxton	GBR	55	26.08.98	Watford
W 60	5:12.27	Sabra Harvey	USA	61	25.07.10	Sacramento
W 65	5:30.7	Angela Copson	GBR	65	27.06.12	Nuneaton
W 70	6:00.50	Rimma Vasina	RUS	71	15.09.11	Lignano
W 75	6:34.22	Elfriede Hodapp	GER	75	03.07.10	Kevelaer
W 80	7:25.50	Melitta Czerwenka-Nagel	GER	80	10.07.10	Saarbrücken
W 85	8:51.67	Nina Naumenko	RUS	86	15.09.11	Lignano

Women Outdoor 1 Mile

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	4:17.33	Maricica Puica	ROM	35	21.08.85	Zürich
W 40	4:23.78	Yekatarina Podkopayeva	URS	40	09.06.93	Rome
W 45	4:48.42	Yekatarina Podkopayeva	URS	45	13.09.97	Fukuoka
W 50	5:00.59	Gitte Karlshøj	DEN	51	21.08.10	?rhus
W 55	5:27.57	Jeanette Flynn	AUS	55	25.11.06	Brisbane
W 60	5:48.94	Gerda Van Kooten	NED	60	06.07.99	Zundert

LISTA DE RECORDES - MULHERES

W 65	6:16.28	Marie Michelsohn	USA	65	12.05.07	Durham
W 70	6:47.91	Jeanne Daprano	USA	70	05.05.07	Durham
W 75	7:13.31	Jeanne Daprano	USA	75	02.06.12	Greenville
W 80	9:00.52	Gerry Davidson	USA	80	27.05.01	Irvine
W 85	11:03.11	Gerry Davidson	USA	85	22.07.06	Long Beach

Women Outdoor 3000 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	8:27.83	Maricica Puica	ROM	35	07.09.85	Roma
W 40	9:11.2	Joyce Smith	GBR	40	30.04.78	London
W 45	9:17.27	Yekatarina Podkopayeva	URS	45	22.06.97	München
W 50	9:47.20	Gitte Karlshøj	DEN	50	19.05.09	?rhus
W 55	10:13.8	Sandra Branney	GBR	55	31.05.09	Edinburgh
W 60	11:00.10	Bernadine Portenski	NZL	61	19.02.11	Wellington
W 65	11:48.2	Angela Copson	GBR	65	25.07.12	Leicester
W 70	13:21.93	Sandy Brunner	AUS	70	14.04.12	Adelaide
W 75	13:55.58	Yoko Nakano	JPN	76	21.09.12	Okayama City
W 80	15:34.64	Melitta Czerwenka-Nagel	GER	80	29.07.10	Saarbrücken
W 85	24:08.62	Ivy Granstrom	CAN	86	28.06.98	Eugene

Women Outdoor 5000 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	14:33.84	Edith Masai	KEN	39	02.06.06	Oslo
W 40	15:20.59	Elena Fidatov	ROM	40	07.08.00	Bucuresti
W 45	15:55.71	Nicole Leveque	FRA	45	01.06.96	Angers
W 50	16:51.17	Gitte Karlshøj	DEN	50	23.06.09	?rhus
W 55	17:52.82	Sandra Branney	GBR	55	21.06.09	Dunfermline
W 60	18:51.13	Bernadine Portenski	NZL	60	21.02.10	Wellington
W 65	20:13.23	Angela Copson	GBR	65	22.07.12	Derby
W 70	22:06.02	Cecilia Morrisson	GBR	70	12.07.10	Portsmouth
W 75	24:32.98	Melitta Czerwenka-Nagel	GER	76	15.06.06	Saarbrücken
W 80	26:56.10	Nina Naumenko	RUS	80	25.08.05	San Sebastian
W 85	32:51.05	Nina Naumenko	RUS	86	17.09.11	Lignano

Women Outdoor 10000 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	30:53.20	Jo Pavey	GBR	38	03.08.12	London
W 40	31:40.97	Alla Zhilyayeva	RUS	40	23.07.09	Cheboksary
W 45	32:34.06	Evy Palm	SWE	46	04.09.88	Helsinki
W 50	35:05.7	Fiona Matheson	GBR	50	16.10.11	Coatbridge
W 55	37:09.4	Sandra Branney	GBR	55	16.04.06	Wellington
W 60	39:04.23	Bernadine Portenski	NZL	60	28.02.10	Wellington
W 65	41:40.27	Angela Copson	GBR	65	05.08.12	Oxford

WOMEN RECORDS LIST

LISTA DE RECORDES - MULHERES

W 70	46:38.5	Marie Michelsohn	USA	70	27.05.12	San Mateo
W 75	50:00.93	Melitta Czerwenka-Nagel	GER	75	28.06.05	Saarbrücken
W 80	58:24.70	Nina Naumenko	RUS	80	28.08.05	San Sebastian
W 85	86:55.70	Ivy Granstrom	CAN	86	03.07.98	Saskatoon

Women Outdoor Marathon

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	2:21.29	Lyudmila Petrova	RUS	37	23.04.06	London
W 40	2:26:51	Priscilla Welch	GBR	42	10.05.87	London
W 45	2:29:00	Tatyana Pozdnyakova	UKR	46	13.10.02	Providence
W 50	2:31:05	Tatyana Pozdnyakova	UKR	50	06.03.05	Los Angeles
W 55	2:52:14	Rae Baymiller	USA		11.10.98	Chicago
W 60	3:02.50	Claudine Marchadier	FRA	60	25.11.07	La Rochelle
W 65	3:28:10	Lieselotte Schultz	FRG		29.09.85	Berlin
W 70	3:45.04	Christa Wulf	GER	70	18.04.04	Hamburg
W 75	3:53:42	Yoko Nakano	JPN	76	23.11.12	Otawara
W 80	4:36:52	Betty Jean McHugh	CAN	80	12.10.08	Victoria
W 85	5:14:26	Betty Jean McHugh	CAN	85	09.12.12	Honolulu
W 90	8:53:08	Mavis Lindgren	USA		28.09.97	Portland

Women Outdoor 80 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 40	11.24	Monica Pellegrinelli	SUI	40	31.08.05	San Sebastian
W 45	11.51	Christine Müller	SUI	46	22.07.04	Randers
W 50	12.08	Christine Müller	SUI	50	10.07.09	Vaterstetten
W 55	12.31	Helgi Lamp	EST	55	17.07.99	Haapsalu
W 60	13.26	Phil Raschker	USA	60	04.09.07	Riccione
W 65	14.03	Edith Graff	BEL	66	10.08.08	Lublana
W 70	16.10	Asta Larsson	SWE	73	30.07.04	?rhus
W 75	17.71	Christa Bortignon	CAN	75	22.09.12	San Diego
W 80	24.34	Johnnye Valien	USA	80	23.08.05	San Sebastian

Women Outdoor 100 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	12.47	Ludmila Enqvist	SWE	35	21.08.99	Sevilla

Women Outdoor 300 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 50	45.05	Christine Müller	SUI	50	27.07.08	Lublana
W 55	49.00	Jane Horder	GBR	55	21.07.12	Derby
W 60	51.64	Marge Alison	AUS	60	26.08.05	San Sebastian
W 65	54.06	Marge Alison	AUS	66	11.07.11	Sacramento

LISTA DE RECORDES - MULHERES

Women Outdoor 400 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	52.94	Marina Stepanova	URS	36	17.09.86	Tashkent
W 40	58.35	Barbara Gähling	GER	42	21.07.07	Erfurt
W 45	62.85	Barbara Gähling	GER	45	27.06.10	Kaiserslautern

Women Outdoor 200 m Hurdles

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 70	39.26	Noriko Nakamura	JPN	70	02.08.09	Lahti
W 75	39.89	Christa Bortignon	CAN	76	18.05.13	Kamloops
W 80	62.70	Michiko Yamane	JPN	81	03.07.11	Tottori City

Women Outdoor 2000 m Steeplechase

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	6:30.83	Leslie Lehane	USA	35	31.07.98	Orono
W 40	6:49.58	Lisa Ryan	USA	41	17.07.11	Sacramento
W 45	6:58.89	Lisa Valle	USA	45	17.07.11	Sacramento
W 50	7:42.04	Marie Bodilis-Loaëc	FRA	50	02.07.11	Nantes
W 55	7:58.43	Margaret Orman	NZL	55	27.07.97	Durban
W 60	8:47.61	Marie Michelsohn	USA	60	09.08.02	Orono
W 65	9:00.2	Marie Michelsohn	USA	66	04.10.08	Goleta
W 70	10:20.43	Marie Michelsohn	USA	70	03.08.12	Lisle
W 75	11:40.62	Anne Martin	GBR	75	17.07.11	Sacramento

Women Outdoor High Jump

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	2.01	Inga Babakova	UKR	35	03.06.03	Oslo
W 40	1.78	Julia Machin	GBR	40	22.05.10	Milton Keynes
W 45	1.76	Debbie Brill	CAN	46	06.08.99	Gateshead
W 50	1.60	Debbie Brill	CAN	51	19.06.04	Langley
W 55	1.55	Florence Picaut	FRA	55	18.05.08	Versailles
W 60	1.47	Weia Reinboud	NED	60	19.09.10	Naaldwijk
W 65	1.37	Ursula Stelling	GER	65	30.07.06	Poznan
W 70	1.30	Kathy Bergen	USA	70	24.07.10	Sacramento
W 75	1.18	Rosemary Chrimes	GBR	79	10.06.12	Nuneaton
W 80	1.06	Christel Happ	GER	80	18.07.10	Nyiregyháza
W 85	0.94	Olga Kotelko	CAN	85	28.08.04	Dorado
W 90	0.82	Olga Kotelko	CAN	90	01.08.09	Lahti

WOMEN RECORDS LIST**LISTA DE RECORDES - MULHERES***Women Outdoor Pole Vault*

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	4.55	Stacy Dragila	USA	38	28.06.09	Eugene
W 40	4.10	Doris Auer	AUT	40	06.08.11	Innsbruck
W 45	3.50	Dawn Hartigan	AUS	45	19.03.02	Melbourne
W 45	3.50	Carla Forcellini	ITA	45	15.05.05	Rome
W 45	3.50	Brigitte van de Kamp	NED	45	25.06.06	Lisse
W 50	3.40	Dawn Hartigan	AUS	50	06.03.07	Coberg
W 55	3.26	Dawn Hartigan	AUS	56	23.03.13	Melbourne
W 60	3.12	Nadine O'Connor	USA	64	22.07.06	Long Beach
W 65	3.19	Nadine O'Connor	USA	67	17.07.09	San Diego
W 70	2.95	Nadine O'Connor	USA	70	13.07.12	San Diego
W 75	2.03	Florence Meiler	USA	76	04.07.10	Valatie
W 80	1.40	Johnnye Valien	USA	80	06.08.05	Honolulu
W 80	1.40	Christel Happ	GER	80	21.07.10	Nyiregyháza
W 85	1.25	Johnnye Valien	USA	85	08.07.11	Sacramento

Women Outdoor Long Jump

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	6.99	Heike Drechsler	GER	35	29.09.00	Sidney
W 40	6.55	Tatyana Ter-Mesrobian	RUS	40	18.07.08	Kazan
W 45	5.62	Kriemhild Mann	GER	45	28.04.12	Osterode
W 50	5.41	Marie Kay	AUS	50	02.04.10	Perth
W 55	5.01	Christiane Schmalbruch	GER	56	01.08.93	Lübeck
W 60	4.75	Christiane Schmalbruch	GER	60	19.07.97	Durban
W 65	4.64	Christiane Schmalbruch	GER	65	16.08.02	Athens
W 70	4.26	Carol LaFayette-Boyd	CAN	70	10.08.12	Saint John
W 75	3.77	Paula Schneiderhan	GER	75	04.10.97	Nieder-Olm
W 80	3.05	Christel Happ	GER	80	02.07.10	Kevelaer
W 85	2.54	Masako Hasegawa	JPN	85	26.08.11	Wakayama City
W 90	1.77	Olga Kotelko	CAN	90	07.08.09	Lahti

Women Outdoor Triple Jump

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	14.65	Yamilé Aldama	GBR	39	31.05.12	Roma
W 40	14.06	Yamilé Aldama	GBR	40	01.06.13	Eugene
W 45	11.98	Akiko Ohinata	JPN	45	16.07.95	Buffalo
W 50	11.66	Akiko Ohinata	JPN	54	08.08.04	Skikishima
W 55	10.97	Akiko Ohinata	JPN	56	25.06.06	Kofu
W 60	11.04	Akiko Ohinata	JPN	60	06.06.10	Tajimi City
W 65	9.51	Christiane Schmalbruch	GER	65	22.08.02	Potsdam
W 70	8.65	Christiane Schmalbruch	GER	72	02.08.09	Lahti
W 75	8.11	Christa Bortignon	CAN	75	10.10.12	St. George

LISTA DE RECORDES - MULHERES

W 80	6.55	Elsa Enarsson	SWE	80	11.09.10	Olofström
W 85	5.50	Ruth Frith	AUS	86	25.03.95	Sydney
W 90	4.25	Olga Kotelko	CAN	90	18.09.09	Richmond

Women Outdoor Shot Put

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 100	4.10	Ruth Frith	AUS	101	22.08.10	Southport
W 35	21.46	Larisa Peleshenko	RUS	36	26.08.00	Moskva
W 40	19.05	Antonina Ivanova	URS	40	28.08.73	Orel
W 45	16.95	Denka Silhava	CZE	45	26.06.99	Ostrava
W 50	15.15	Alexandra Marghieva	MOL	50	04.08.09	Lahti
W 55	14.47	Sigrin Kofink	GER	56	21.07.91	Turku
W 60	13.68	Loghlin Mihaela	ROM	60	09.06.12	Bucharest
W 65	12.21	Sigrin Kofink	GER	65	19.08.00	Kevelaer
W 70	11.02	Rosemary Chrimes	GBR	70	07.06.03	Derby
W 75	10.71	Anne Chatrin	GER	75	12.05.12	Erfurt
W 80	9.50	Rosemary Chrimes	GBR	80	26.06.13	Birmingham
W 85	7.10	Austra Reinberga	LAT	85	18.08.12	Zittau
W 90	5.85	Nora Kutti	EST	90	09.10.12	Tartu
W 95	5.32	Gabre Gabric	ITA	95	23.07.10	Nyiregyháza

Women Outdoor Discus Throw

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 100	9.30	Ruth Frith	AUS	101	02.04.11	Brisbane
W 35	69.60	Faina Myelnik	URS	35	09.09.80	Donetsk
W 40	67.89	Iryná Yatchenko	BLR	42	29.06.08	Staiiki
W 45	64.09	Zdenka Silhava	CZE	45	11.08.99	Pardubice
W 50	45.67	Carol Finsrud	USA	50	15.09.07	Riccione
W 55	43.36	Tamara Danilova	RUS	57	10.08.96	Prien
W 60	39.24	Karen Illgen	GER	61	15.06.02	Halle
W 65	37.62	Tamara Danilova	RUS	65	28.08.05	San Sebastian
W 70	33.55	Tamara Danilova	RUS	70	23.07.10	Nyiregyháza
W 75	30.80	Anne Chatrin	GER	75	04.03.12	Erfurt
W 80	24.18	Rosemary Chrimes	GBR	80	26.06.13	Birmingham
W 85	15.68	Nora Kutti	EST	85	09.10.07	Tartu
W 90	14.80	Olga Kotelko	CAN	90	06.08.09	Lahti
W 95	12.86	Gabre Gabric	ITA	95	21.07.10	Nyiregyháza

Women Outdoor Hammer Throw

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 100	11.30	Ruth Frith	AUS	101	10.10.10	Turner
W 35	72.36	Olga Kuzenkova	RUS	36	02.08.07	Tula
W 40	57.08	Oneithea Lewis	USA	44	06.04.05	Reading

WOMEN RECORDS LIST

LISTA DE RECORDES - MULHERES

W 45	56.21	Oneithea Lewis	USA	45	16.07.05	Denver
W 50	55.46	Oneithea Lewis	USA	50	22.07.10	Sacramento
W 55	51.30	M.-Leena Parviainen	AUS	58	10.10.02	Melbourne
W 60	46.09	Helen Searle	AUS	60	29.09.01	Canberra
W 65	44.38	Jutta Schäfer	GER	65	17.08.97	Schweinfurt
W 70	37.40	Evaun B. Williams	GBR	70	02.08.08	L?ubl?ana
W 75	33.47	Christa Baum	GER	75	30.07.11	Minden
W 80	27.09	Rachel Hanssens	BEL	81	19.03.11	Gent
W 85	20.49	Hilja Bakhoff	EST	85	19.08.12	Zittau
W 90	16.71	Olga Kotelko	CAN	92	08.07.11	Sacramento
W 95	11.37	Ruth Frith	AUS	95	25.09.05	Brisbane

Women Outdoor Javelin Throw

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 100	6.43	Ruth Frith	AUS	100	23.08.09	Southport
W 35	68.34	Steffi Nerius	GER	36	31.08.08	Elstal
W 40	61.23	Felicia Moldovan	ROM	40	06.06.08	Bucuresti
W 45	50.47	Elisabeth Wallander	SWE	45	21.08.05	Helsingborg
W 50	44.20	Ingrid Thyssen	GER	50	05.08.06	Aachen
W 55	44.44	Natasa Bezjak	SLO	56	21.08.02	Potsdam
W 60	41.28	Gertraud Schönauer	AUT	60	12.07.97	Dasing
W 65	38.07	Evaun B. Williams	GBR	68	27.07.06	Poznan
W 70	33.73	Evaun B. Williams	GBR	71	03.08.09	Lahti
W 75	26.21	Birute Kalediene	LIT	75	03.09.08	Malmö
W 80	21.83	Rachel Hanssens	BEL	81	22.07.10	Nyiregyháza
W 85	18.56	Olga Kotelko	CAN	85	26.06.04	Eugene
W 90	13.54	Olga Kotelko	CAN	90	03.08.09	Lahti
W 95	9.03	Ruth Frith	AUS	96	19.03.06	Southport

Women Outdoor Weight Throw

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 100	4.68	Ruth Frith	AUS	101	02.04.11	Brisbane
W 35	17.82	Kirsi Koro	FIN	36	22.09.12	Virrat
W 40	19.09	Oneithea Lewis	USA	42	28.09.02	Newark
W 45	17.88	Oneithea Lewis	USA	45	13.08.05	Arlington
W 50	18.76	Oneithea Lewis	USA	51	11.07.11	Sacramento
W 55	17.02	Evaun B. Williams	GBR	56	10.06.94	Athens
W 60	17.84	Inge Faldager	DEN	60	24.07.08	L?ubl?ana
W 65	16.77	Annie van Anholt	NED	65	22.08.12	Zittau
W 70	15.00	Jutta Schaefer	ITA	72	10.03.04	Sindelfingen
W 75	12.65	Susanne Wissinger	GER	76	22.07.10	Nyiregyháza
W 80	10.56	Rachel Hanssens	BEL	83	22.08.12	Zittau
W 85	8.61	Hilja Bakhoff	EST	85	23.08.12	Zittau
W 90	7.90	Olga Kotelko	CAN	91	17.09.10	Courtenay

LISTA DE RECORDES - MULHERES

W 95	4.69	Gabre Gabric	ITA	96	02.07.11	Santhia
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Women Outdoor Pentathlon

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	4362	Inma Clopes Gasull	ESP	35	07.06.03	Murcia
W 40	3960	Jenny Brown	GBR	40	07.07.00	Jyväskylä
W 45	4034	Jenny Brown	GBR	45	28.07.04	Århus
W 50	4390	Anna Włodarczyk	POL	50	08.08.02	Orono
W 55	4511	Phil Raschker	USA	55	08.08.02	Orono
W 60	4635	Phil Raschker	USA	60	02.08.07	Oshkosh
W 65	4894	Marianne Maier	AUT	65	01.08.08	L?ubl?ana
W 70	3930	Erika Sauer	GER	70	15.07.10	Nyiregyháza
W 75	4743	Christa Bortignon	CAN	75	09.08.12	Saint John

Women Outdoor Throws Pentathlon

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 100	5570	Ruth Frith	AUS	101	02.04.11	Brisbane
W 35	3730	Christi McCahill	NZL	36	14.07.01	Brisbane
W 40	4841	Oneithea Lewis	USA	43	23.08.03	Fort Collins
W 45	4752	Oneithea Lewis	USA	45	13.08.05	Arlington
W 50	4800	Oneithea Lewis	USA	50	07.08.10	Lisle
W 55	4581	Margaretta Tomanek	BEL	56	08.10.05	Bogen
W 60	4789	Helen Searle	AUS	60	24.04.00	Hobart
W 65	5313	Evaun B. Williams	GBR	68	29.07.06	Poznan
W 70	5683	Evaun B. Williams	GBR	70	02.08.08	L?ubl?ana
W 75	4924	Susanne Wissinger	GER	76	22.07.10	Nyiregyháza
W 80	4831	Rachel Hanssens	BEL	82	27.08.11	Stekene
W 85	4211	Olga Kotelko	CAN	85	17.07.04	Calgary
W 90	4287	Olga Kotelko	CAN	90	06.08.09	Lahti
W 95	3989	Gabre Gabric	ITA	96	02.07.11	Santhia

Women Outdoor Heptathlon

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W 35	6860	Sabine Braun	GER	37	10.08.02	München
W 40	5843	Sonia Del Prete	FRA	40	05.06.10	Tours
W 45	6006	Marie Kay	AUS	49	29.07.09	Lahti
W 50	6202	Marie Kay	AUS	51	07.07.11	Sacramento
W 55	6057	Rita Hanscom	USA	55	29.07.09	Lahti
W 60	6341	Phil Raschker	USA	60	10.06.07	Hoover
W 65	5870	Marianne Maier	AUT	66	29.07.09	Lahti
W 70	5352	Erika Sauer	GER	71	07.07.11	Sacramento
W 75	6293	Christa Bortignon	CAN	76	02.06.13	Stendal
W 80	4623	Johnnye Valien	USA	80	23.08.05	San Sebastian

WOMEN RECORDS LIST

LISTA DE RECORDES - MULHERES

Women Outdoor 4x100 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W35	47.74	Hobson,Brims,Strong,Mogentale	AUS		23.03.08	Sydney
W40	48.01	Mogentale,Brims,Bezuidenhout,Strong	AUS		08.08.09	Lahti
W45	48.92	Motti,Brims,Forster,Mogentale	AUS		23.04.11	Brisbane
W50	51.50	Powell,Holder,McClelland,Godsell	GBR		03.08.08	L?ubl?ana
W55	55.18	Schmalbrucht,Reichert,Strasdas,Hoffmann	GER		23.07.95	Buffalo
W60	55.77	Drecoll,Reichert,Hoffman,Hoffman	GER		09.07.00	Jyväskylä
W65	60.38	Schmalbruch,Mahnke,Kimmel,Hofman	GER		01.08.04	Århus
W70	66.05	Schuele,Schneiderhan,Haule,Mangler	GER		17.10.93	Miyazaki
W75	70.19	Obera,Jordan,Donley,Meiler	USA		17.07.11	Sacramento
W80	1:49.15	Buschhaus,Kotelko,McLeod,Smith	CAN		13.09.08	Prince George
W85	1:50.31	Styles,Peterson,Valien,Stewart	USA		26.07.13	Berea

Women Outdoor 4x400 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W35	3:50.80	Mitchell,Mathews,Beadhall,Gabriel	GBR		08.08.99	Gateshead
W40	3:56.27	Roberts,Henderson,Brooker,Miles-Clark	USA		25.04.08	Philadelphia
W45	4:01.22	Forster,Motti,Mogentale,Brims	AUS		24.04.11	Brisbane
W50	4:10.80	Mahady,Holder,Saunders-Mullins,Powell	GBR		08.08.09	Lahti
W55	4:28.74	Trimble,Howe,Mullim,Power	GBR		24.07.10	Nyiregyháza
W60	4:55.53	Peake,Heagney,Perkins,Sims	AUS		17.07.11	Sacramento
W65	5:16.39	Allison,MacIver,Stobaus,Parrish	AUS		17.07.11	Sacramento
W70	5:53.62	Stauber,Staubermann,Sauer,Zickert,Wenn	GER		25.08.12	Zittau
W75	6:58.70	Petley,Cumming,VanDerVeecken,Peters	NZL		08.08.09	Lahti
W80	9:49.43	Takinami, Mori Saito, Matsumoto, Avles	BRA		11.11.06	Rio de Janeiro

Women Outdoor 4x800 m

Age group/ Grupo	Mark/ Marca	Name/Nome	Country/ País	Age/ Idade	Meet Date/ Data	Meet Location/ Localização
W35-39	9:25.27	Rizzo, Metz, Reifer, McGrath	USA		09.07.11	New York
W40-49	9:18.33	Padilla,Ryan,Burke,Friend-Uhl	USA		14.07.13	Olathe
W50-59	10:27.04	Groesz,Kunz,Martin,Steinbach	USA		06.08.06	Charlotte
W60-69	11:22.59	Heagney,Sims,Moorhouse,Flynn	AUS		01.04.13	Canberra
W70-79	15:41.25	LaFayette-Boyd,Montgomery,Cole,Visser	CAN		15.03.07	Regina

RELAÇÃO DE ÁRBITROS

Árbitros/ Refrees	País/Country	Árbitros/ Refrees	País/Country
Alice Kubek	CAN	Fonteboa Frank	USA
Arwel Williams	UK	Fonteboa Helen	USA
Benning, Dwight	USA	Foss, Valaree	USA
Benning, Gisela	USA	Harris, Walter	USA
Berkompas, Derrek	USA	Harvey, Rex	USA
Bill Courtney	UK	Head, John	USA
Bob Cowden	CAN	Helena Maria Pires de Carvalho	POR
Bob Miller	UK	Hickman, Darlene	USA
Bookin Weiner, Jerry	USA	Hott, Sherry	USA
Burbage, Roger	USA	Ian Gordon	CAN
Burbage, Roger	USA	Ian Schofield	UK
Burrows, Jo	USA	Jeanne Coker	UK
Buttermore, Bill	USA	Jenkins, Perry	USA
Chris Berry	UK	John Oldfield	UK/AUS
Chris Cohen	UK	Jon Mason	UK
Christine Courtney	UK	Judy Armstrong	CAN
Christine Oldfield	UK/AUS	Judy Peddle	CAN
Dave Vidler	UK	Kern, Beverley	USA
David Weicker	CAN	Kern, Robert	USA
DeNoon, Sandra L.	USA	Kleeman, George (Dr.)	USA
Deweese, Carroll	USA	Krsak, Karen	USA
Estelle Rung	CAN	Krsak, Len	USA
Everdell, Paula	USA	Lesley Minivini	UK
Fitzhugh, Ray (Sgt. Major)	USA	Linda Schofield	UK
Flanik, James (Jim)	USA	Louise Buskas	CAN

Árbitros/ Refrees	País/Country	Árbitros/ Refrees	País/Country
Mahoney, Lillian T.	USA	Sharon Herbert	UK
Margaret Frazer	UK	Smith, Eric	USA
McBee, Tom	USA	Springer, Robert	USA
McLymond, Kathy	USA	Stephens, Brian	USA
Melzer, Linda M.	USA	Stephens, Carolee	USA
Messenger, Richard	USA	Steve Marshall	UK
Messenger-Zirgibel, Donna	USA	Straway, Richard	USA
Michael Serrallta	PUR	Tice, Bob	USA
Mick Frazer	UK	Tom Hott	USA
Morency, Paul W.	USA	Tootle, Elinor	USA
Olafson, Dennis	USA	Vic Hockley	UK
Palma, Barbara J.	USA	Wayne, Tony	USA
Pat Hockley	UK	West, John	USA
Paul Smith	UK	Yerger, Jr., Kenneth R.	USA
Peter Hocking	CAN	Yerger-White, Monique	USA
PHD Waidyatilaka	SRI		
Pohto, Cheryl	USA		
Pohto, Doug	USA		
Reynolds, Dan	USA		
Ring, Warren	USA		
Roberts, Edwin	USA		
Roberts, Richard	PUR/USA		
Rose, Scott	USA		
Sabin, Crawford	USA		
Sager, Bob (Dr.)	USA		

OFICIAIS WMA / OFFICIALS WMA	
Árbitros/ Refrees	País/Country
Brian Keaveney	CAN
Carroll DeWeese	USA
César Arenas	COL
Jo Burrows	USA
María de los Ángeles Alfaro	MEX
Raomir Hernández	VEM
Washington Alvarez	PER