

MARCH EDITION



WORLD MASTERS ATHLETICS
ALACHUA COUNTY
— FLORIDA
INDOOR CHAMPIONSHIPS 2025

COMPETITION HANDBOOK

ALACHUA COUNTY, FL

MARCH 22-30

20
25

WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS 2025



ESCAPOLOGY®

the live escape game™

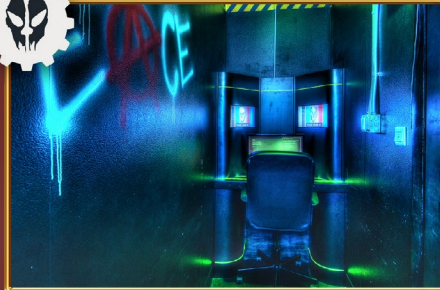
RUN TO ESCAPOLOGY TO GET

20% OFF

ONE OF OUR SIX FIVE-STAR ESCAPE ROOMS!



LOST CITY



TH3 C0D3



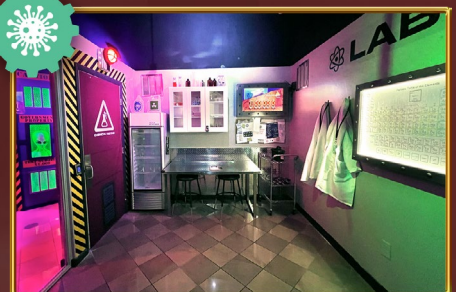
SCOOPY-DOO™ AND THE
SPOOKY CASTLE ADVENTURE



MURDER ON THE ORIENT EXPRESS



MANSION MURDER



ANTIDOTE: CHEMICAL WARFARE

BOOK NOW WITH CODE

MASTERS20



Reserve our event space with seating for
up to 50 to best meet your teams needs!

TABLE OF CONTENTS

GENERAL INFORMATION 13

History	14
Community Information	18
General Schedule	21
Competition Venues	24
Transportation	29
Welcome Center	32
Team Managers Office & Meetings	35
Security	35
Ceremonies & Events	37
Medical Services	39
Physiotherapy Service	40
Photography	40
Merchandise	40
Internet Access	40
Media	41

COMPETITION INFORMATION 44

Entries and Confirmation	45
Warm-up Areas and Training	46
Equipment and Implements	47
Competition Procedures	48
Display of Results	49
Personal Items	49
Spikes and Shoes	50
Seeding	50
Protests and Appeals	51
Starting	52
Track Relays	52
Field Events	53
Pentathlon	53
Non-Stadia Events	54
Withdrawal Procedure	55
Anti-Doping Procedures	56

APPENDIX 58

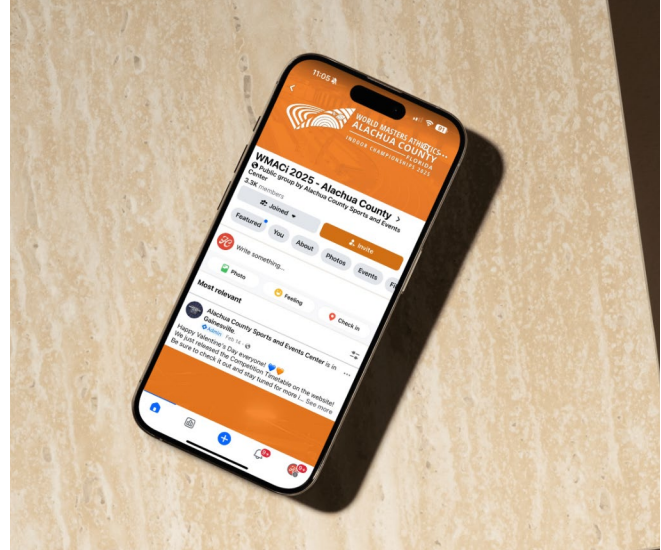
Alachua County Sports and Events Center Map	59
10K Road Race Course	60
10K Road Walk Course	61
West End Course Map	62
Schedule & Timetables	62
Starting Heights & Progressions	74
Advancement Tables	75
Implement Specifications	78

STAY IN THE KNOW

FOLLOW US ON SOCIAL MEDIA

Instagram: @wmaci2025.alachua

Facebook Group: WMACi 2025 - Alachua County



CONTACT INFORMATION

Email: info@wmaci2025.com

Website: www.wmaci2025.com

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

STATEMENT

This Competition Handbook was correct at the time of printing. Details are subject to change, please refer to the website.



**ORGANIZERS &
SPONSORS**

THE WMACI 2025 IS MADE POSSIBLE FROM THE SUPPORT OF OUR PARTNERS



The background features a vibrant yellow field. In the upper left, a series of thick, concentric orange arcs curve downwards and to the right. On the right side, a series of thin, vertical yellow stripes are set against a white background.

WELCOME MESSAGES



MARGIT JUNGSMANN *WMA President*

Dear Athletes and members of the Masters Athletics family,

Welcome to the 2025 World Masters Athletics Indoor Championships! It is with immense pride and excitement that I extend my heartfelt greetings to all participants as we gather for this premier event in Alachua County, Florida. This event is more than just a competition—it is a celebration of the passion, dedication, and camaraderie that define masters athletics.

The World Masters Athletics (WMA) has always been dedicated to promoting premier athletic events for athletes aged thirty-five and over, of all abilities. We encourage your passion for active, healthy competition, global camaraderie, and celebratory spirit. This mission lies at the core of everything we do, and it is exemplified in this momentous gathering.

We are overjoyed to make our return to North America after a 14-year absence. The choice of Alachua County as our host highlights not only the world-class facilities but also the warm and welcoming community that awaits you. When not competing, I encourage you to take time to explore Alachua County and the beautiful state of Florida. Whether it's the stunning natural springs, diverse wildlife, rich cultural experiences, or world-famous attractions, there is something for everyone to enjoy.

I extend our deepest gratitude to the Alachua County Board of County Commissioners and the Gainesville Sports Commission for their unwavering support of this event. Their collaboration has been instrumental in making this championship a reality. Additionally, a special thank you goes to RADDSPORTS and the Alachua County Sports and Events Center, as well as Viking Companies for organizing and managing the event with such dedication and expertise. We are also grateful to USATF for their continued support, which has been invaluable.

As you prepare to compete, remember that these championships are not only about winning but also about fostering lifelong friendships and creating memories that will last a lifetime. Each of you embodies the spirit of the WMA, and it is an honor to witness your dedication and passion.

Thank you for being a part of this incredible event. Best of luck to all our athletes – may you achieve your personal bests and leave with a heart full of joy and accomplishment.

Warm regards,

Margit Jungmann
WMA President



CHARLES S. CHESTNUT, IV *Chair, Alachua County Commission*

Greetings,

On behalf of Alachua County, Florida, it is our distinct pleasure to warmly welcome athletes, officials, dignitaries, and guests to the 2025 World Masters Athletics Indoor Championships. We are deeply honored to host this prestigious event, which unites athletes from around the world in a celebration of competition, camaraderie, and community.

We take immense pride in welcoming you to our dynamic region, a destination rich in culture and natural beauty. Recognized by USA Today as the best city in Florida to relocate to, Gainesville and Alachua County offer a diverse, engaging, and welcoming environment that we hope will inspire and energize you throughout your visit.

As the proud home of the University of Florida—one of the nation’s leading public universities—our community is renowned for its commitment to excellence in education, research, and innovation. This year is particularly meaningful, as Alachua County celebrates its 200th anniversary. Steeped in history and brimming with cultural experiences, our area embodies a spirit of inclusivity and diversity.

For those seeking adventure beyond the competition, our region’s unique landscapes offer countless opportunities to explore. From spotting bison and wild horses at Paynes Prairie State Park to swimming in our pristine freshwater springs, we encourage you to immerse yourself in the natural wonders that make our community so special.

We are also proud to showcase the newly constructed Alachua County Sports and Events Center, a state-of-the-art facility with 90,000 square feet of versatile event space.

Your dedication to your sport is truly inspiring, and we wish you the utmost success in your endeavors. It is our sincere hope that your time in Alachua County leaves you with cherished memories and a desire to return in the future.

Sincerely,

A handwritten signature in blue ink that reads "Charles S. Chestnut, IV".

Charles S. Chestnut, IV
Chair, Alachua County Commission



SVEIN DYRKOLBOTN *Chairman, Alachua County Local Organizing Committee*

Dear Athletes, Team Personnel and Guests,

On behalf of the Alachua County Local Organizing Committee, we welcome you to the 10th World Masters Athletics Indoor Championships. As the first community in the United States to host this prestigious event, we are proud and excited to showcase our beautiful community and the Celebration Pointe area.

I applaud the hard work and effort of masters athletes from throughout the world and look forward to providing a world-class stage on which to perform. Our community is ready to deliver an outstanding experience and welcome the 99 countries registered.

We appreciate the support that the team personnel and guests provide, as it is vital to the success of the athletes. We hope you enjoy your time in Alachua County and will want to return to see us again soon.

This effort is made possible by the hard work and dedication of many organizations and individuals, and I would like to thank our Local Organizing Committee and volunteers for their contributions to making this event a success.

We wish you the best of luck!

Sincerely,

Svein Dyrkolbotn
Chairman, Alachua County Local Organizing Committee



**ECO-
RESPONSIBILITY**

ECO-RESPONSIBILITY

Protecting the environment is becoming increasingly important in everyone's life and the Local Organizing Committee (LOC) of the 2025 World Masters Athletics Indoor Championships (WMACi25) is committed to conducting these Championships as responsible Eco citizens of the world.

With the media and modern communication technologies, saving paper seems to be an obvious way to contribute, but many of us are still reluctant to address it, especially when it comes to starting lists and results which, for the WMACi25 are systematically published on various web sites (WMA, LOC) and in the event before being available in print.

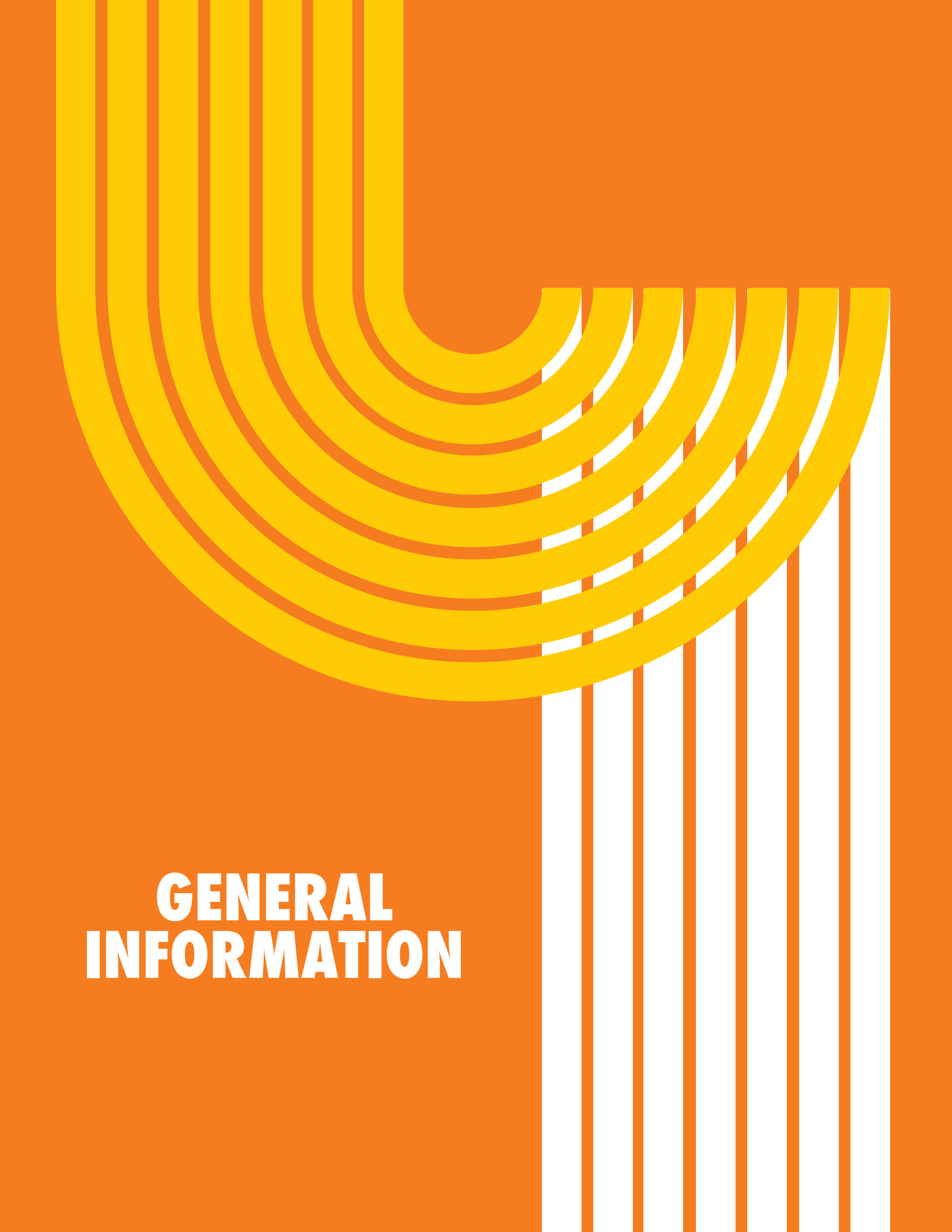
WMACi25 is no exception, and this is why every effort will be made to reduce the quantity of documents printed and distributed to the teams.

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

To further our sustainability efforts, food waste from the concessionary kitchens at the WMACi25 will be diverted from the landfill. When food waste goes to the landfill, it produces harmful methane emissions which are 80 times more potent than carbon dioxide (CO2). The WMACi25 Local Organizing Committee, in partnership with O-Town Compost, is providing an eco-friendly food waste collection service that is convenient, odor, and pest free. Food waste will be hauled to a composting site in Alachua County, Florida, helping to reduce greenhouse gases and the need for permitting of more landfill space.

Visit Gainesville, Alachua County, in collaboration with the Alachua County Environmental Protection Department (EPD) and Parks and Open Space, has launched the "Routes to Roots" campaign. This sustainability initiative is aimed at offsetting the carbon footprint of travel by planting trees. The campaign invites visitors, residents, and businesses to contribute to tree planting efforts, enhancing the local environment while supporting carbon sequestration. The Routes to Roots campaign kicks-off in conjunction with the upcoming World Masters Athletics Indoor Championships, with a goal to raise funds to plant 20 trees at the forthcoming Arboretum at West End. Donations of all sizes are welcomed, with a donation of \$75 covering the cost to plant and maintain a tree. To learn more, visit the Visit Gainesville, Alachua County booth in the front lobby of the Alachua County Sports and Events Center during competition.



The background features a large, stylized graphic composed of multiple concentric, U-shaped curves in a bright yellow color, set against a solid orange background. These curves originate from the top left and fan out towards the right. On the right side of the page, there are several vertical stripes of varying widths, alternating between the same orange color and white, creating a striped effect that extends from the top to the bottom.

GENERAL INFORMATION

GENERAL INFORMATION

WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS

The World Masters Athletics Championships Indoor (WMACi) are held biennially. The WMACi are open only to men and women who are aged 35 years and over at the first day of competition and who are medically fit to compete. For the first time in the history of the WMACi, this event will be held in the United States of America, conducted over 8 days, March 23-30, 2025, in Alachua County, Florida.

WORLD MASTERS ATHLETICS

World Masters Athletics (WMA) was founded as the World Association of Veterans Athletes (WAVA) on August 9, 1977, in Sweden. The change of name of the organization to World Masters Athletics was made in 2001. The main responsibilities of WMA include:

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

THE WMA BOARD MEMBERS

Margit Jungmann - President
Lynne Schickert - Executive Vice President
Alan Bell - Vice President of Competition
Colleen Barney - Treasurer
Juan Ordóñez - Secretary General

DELEGATES (WMA REPRESENTATIVES)

Antti Pihlakoski - World Athletics Representative
Léonie Paulette Etong - Africa
Sivapragasam Sivasambo - Asia
Walentina Fedjuschina - Europe
Guillermo Guzmán - North/Central America and Caribbean
Cameron Burrows - Oceania
Richard Amigo - South America



WMACI25 LOCAL ORGANIZING COMMITTEE (LOC)

Honorary Committee

Sen. Jennifer Bradley – Florida Senate
 Rep. Chuck Brannon – Florida House of Representatives
 Dr. Paul Broadie – President, Santa Fe College
 Congresswoman Kat Cammack – U.S. House of Representatives
 Nanette Carnes
 Chuck Clemons – Former Speaker Pro Tempore of the Florida House
 Mark Everett - Olympian
 Dr. Kent Fuchs – President, University of Florida
 Eric Godet – President, Greater Gainesville Chamber of Commerce
 Representative Chad Johnson – Florida House of Representatives
 Marty Liquori - Olympian
 Keith Perry – Former State Senator
 Sheriff Chad Scott - Alachua County Sheriff

Alachua County Local Organizing Committee, Inc. Board of Directors

Svein Dyrkolbotn – Chairman
 Richard Blalock – Vice-Chairman
 Jody Davis – Treasurer
 Dr. Heather Gibson – Secretary
 James Di Virgilio
 Scott Walker

Organizing Committee

Stephen V. Rodriguez - Director
 Joleen Cacciatore Miller – Deputy Director
 Michael Armstrong – Competition Director
 Dick Boyd – Officials Coordinator
 Sara Grove – Visitor Services Manager
 Emily Stillwell – Volunteer Manager
 Suzy McGuire – Community Engagement
 Scott Peters – Venue Manager
 Morgan Tahvonen – Marketing / Social Media
 Michael Washington – Athletes Village
 Bridgette Welch - Medal Ceremonies
 Dr. Jason Zaremski – Chief Medical Officer
 Chelcy Angulo – Event Coordinator
 Thomas Jagoda – Event Coordinator
 Antonio Longa – Event Coordinator
 Nick Perez-Abreu – Event Coordinator

Timing & Results

Elliott Welder - Half-Mile Timing

Registration

Keith Lively - Simply Register

Alachua County Government

Board of County Commissioners

Charles “Chuck” Chestnut, IV, Chair – District 5
 Ken Cornell, Vice Chair – District 4
 Mary Alford – District 1
 Anna Prizzia – District 3
 Marihelen Wheeler – District 2

Administration

Michele Lieberman - County Manager
 Gina Peebles - Assist. County Manager & Chief of Staff
 Harold Theus - Chief Fire Rescue
 Jessica Hurov - Tourism and Economic Development Director
 Jason Maurer - Parks and Open Space Director

WMA COMPETITION TEAM

Stadia Team

Serralta, Michael (PUR) - Competition Director
 Cardona, Gio (COL) - ITO
 Carvalho, Helena (POR) - Call Room Director
 Courtney, Bill (GBR) - Safety Director
 Johnson, Martin (USA) - ITO
 Keaveney, Brian (CAN) - Head of Jury of Appeal
 Lively, Keith (USA) - WMA Systems Manager
 Minervini, Lesley (GBR) - Track Event Continuity Director
 Pashkin, Sandy (USA) - Technical Information Manager
 Staines, Gordon (GBR) - International Starter
 Vidler, David (GBR) - International Photo Finish Judge
 Vine, Matt (AUS) - Combined Events Director

Non-Stadia Team

Jenkins, Archie (GBR) - Competition Director
 Amigo, Richard (PAR) - ITO
 Krynicki, Janusz (POL) - Race Walk ITO
 Repic-Cujic, Vesna (SER) - ITO
 Tracanelli, Giovanni (ITA) - ITO

WMA MANAGEMENT AND ORGANIZATIONAL/MEDIA TEAM

Dirkin, Guy (GBR) - Media and Marketing Manager
 Krankowski, Slawek (POL) - Organizational Manager
 van Osch, Fennie (NED) - Operational Administration Manager
 Seto, John (USA) - Communication Manager
 Northcott, Clara (CAN) - Media Team
 Seemann, Jan-Boyke - IVO Media Team
 Krankowska, Magdalena (POL) - IVO Organizational Team
 Larsson, Susanna (SWE) - IVO Organizational Team
 Smedberg, Ulla (SWE) - IVO Organizational Team

WMA APPOINTED INTERNATIONAL RACE WALK JUDGES (IRWJ)

Repic-Cujc, Vesna (SEJ) - Chief Walk Judge
 Alfaro, Maria (MEX) - Walk Judge
 Amigo, Richard (PAR) - Walk Judge
 Burrows, Jo (USA) - Walk Judge
 Krynicki, Janusz (POL) - Walk Judge

WMA APPOINTED INTERNATIONAL VOLUNTEER OFFICIALS (IVO'S)

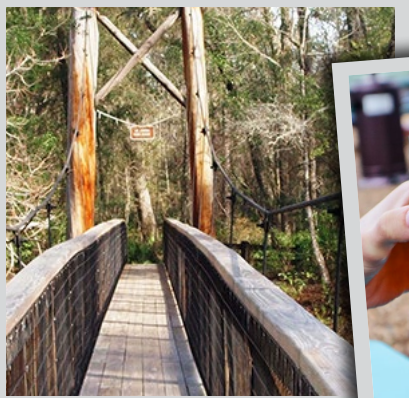
Anholm, Ian (GBR)	Martin, Phil (CAN)
Apareico Fernández, Roberto (CUB)	Muehlberger, Brigitta (AUT)
Boucetta, Smail (ALG)	Mulawa, Krzysztof (POL)
Chalon, Ethan (SWE)	Pidgeon, Jane (GBR)
Clemert, Marcus (SWE)	Pidgeon, Fred (GBR)
Dertinger, Kathryn (CAN)	Ratajczyk, Kzysztof (POL)
Graham, Christine (AUS)	Schestack, Franz (AUT)
Gross, Susanne (GER)	Schickert, Bob (AUS)
Hancock, Fiona (GBR)	Swierc, Sebastian (POL)
Heimonen, Erja (FIN)	Vidler, Lorraine (GBR)
Marr, Lynne (GBR)	

UNITED STATES OF AMERICA OFFICIALS

Adams, Brint
 Alcalde, Albert
 Allen, Doug
 Aquino, Melita
 Babcock, Susan
 Barna, Gail
 Benoy, Robert
 Blackburn, John
 Boyd, Richard
 Brand, Connie
 Breglio, Carol
 Breglio, James
 Brown, Walter
 Bruening, Lisa
 Bruening, Sean
 Bullock, Nicole
 Burbage, Roger
 Burnett, Greg
 Chiavaroli, Joey
 Chiavaroli, Randy
 Cianci, Sebastian
 Clark, David
 Clark, Jacob
 Clark, Jim
 Collier, Kyle
 Cornelius, Lloyd
 Crocker, Christina
 Crowley, Michael
 Cummings, Chris
 De La Rosa, Melinda
 De La Rosa, Omar
 Dias, Jonathan
 Dixon, Doug
 Eason, Terry
 Egan, Daniel
 Epstein, Daniel
 Evans, Dwayne
 Everdell, Paula
 Fergus, David
 Flowers, Chelsea
 Ford, Jake
 Forti, Chris
 Freeman, Angela

Friedman, Chuck
 Fry, David
 Gambrel, Sadie K.
 Geiger, Al
 Gidari, Bob
 Glass, Doug
 Halik, Ed
 Harris, Don
 Harrison, Gerald
 Hayes, Erin
 Haygood, Elizabeth
 Heckel, Mark
 Heiser, Susan
 Homan, Karen
 James, Claude Anthony
 Johanson, Doug
 Johnson, Anthony
 Johnston, Kathy
 Kahler, Martin
 Kem, Fred
 Kempf, Michael
 Kern, Robert
 King, Tim
 Kish, Jake
 LaBadie, Joan
 Lajoie, Rick
 Lama, Landen
 LaVack, Fred
 LaVack, Melanie
 Leavy, Bill
 Lemmons, Brandon
 Lowery, Kioka
 Maloney, Mark
 Mangogna, Rose
 Matos, Ron
 Matune, John
 McCarrell, Terri
 Mclaughlin, Jean
 McLymond, Kathleen
 Meadows, JJ
 Michta, Susan
 Mildner, Sidney
 Mitchell, Brianna

Mitchell, Lexy
 Mitchell, Patty
 Monks, Joe
 Moore, Yolonda
 Murphy, Michael
 Navarra, Pamela
 Odea, Bill
 Padgaonkar, Ajay
 Parker, Zina
 Pivarsky, Kathleen E
 Powell, Gerone
 Redlinski, Rozanne
 Reed, Betsy
 Rhode, James
 Rittenour, David
 Rossler, Linda
 Rouse, Patricia
 Rowland, Jordyn
 Rowland, Vicki
 Sanville, Tim
 Sargent, Paul
 Saunders, Rick
 Schall, Mark
 Schornstein, Richard
 Schwindt, Tanya
 Semones, Katrina
 Shufelt, Dee
 Snead, Monica
 Stancliff, Chris
 Thomas, Marcus
 Thurston, Janice
 Vallabhapurapu, Ravi
 Prasad
 Venyah, Norman
 Vienneau, Dennis
 Watts, Isaiah
 Weir, Douglas
 White, Alcmene
 White, Annette B.
 Williams, Rhiny
 Wills, Nickie
 Wright, Diane
 Yamazaki, Takeshi "Casey"



ABOUT ALACHUA COUNTY

Alachua County, located in the north-central part of Florida, is a vibrant and diverse area encompassing a total of 969 square miles. The county seat is Gainesville, which is home to the University of Florida, a major public university that plays a significant role in the county's economy and culture.

Alachua County was founded on December 29, 1824, and was named after the Timucuan word for "sinkhole." The county has a rich history, with several historical sites and museums that showcase the area's past. The city of Alachua, for example, has a historic downtown district that is listed on the National Register of Historic Places.

The University of Florida is the largest employer in the county and a major economic driver. In addition to the university, Alachua County has a diverse economy that includes healthcare, technology, and agriculture. The county is also home to several natural attractions, such as Paynes Prairie Preserve State Park and the Santa Fe River. These natural areas offer opportunities for hiking, biking, birdwatching, and other outdoor activities.

Alachua County is a diverse and welcoming community with a variety of cultural attractions, including museums, theaters, and art galleries. The county is also home to a thriving food scene, with a wide range of restaurants and cafes to choose from. Whether you're looking for a vibrant college town or a quiet rural community, Alachua County has something to offer everyone.

POPULATION

285,994 (as of 2023)

LANGUAGE

English

EMERGENCY PHONE NUMBER

In case of emergency, dial 911 for ambulance, police and fire emergency services.

CURRENCY

The United State of America's national currency is the US Dollar (USD). Currency exchange is available at banks, international airports and currency exchange offices. Banks offer the same range of services typical in other European nations, and cash withdrawal machines or Automated Teller Machines (ATMs) are widespread. Payment with cards: VISA, MasterCard, American Express and Discover Card are available in most of shops, restaurants and other points of sale.

TIME ZONE

Alachua County is in the Eastern Time Zone, but during the WMACi25, it will be Eastern Daylight Time or EDT, which is GMT-4.

ELECTRICITY

Main voltage in Alachua County is 120V. If your country does not use the same main voltage as the United States, you need a power adapter.

WATER

Tap water in Alachua County (unless otherwise indicated) is safe for consumption.

CALLING ABROAD

If you are expecting a call from abroad, the international country code for USA is +01 and the area code for Alachua County is 352. If you wish to call abroad, you must dial "011" and then the country code of the destination country, then the area code (if applicable), and finally the phone number itself.

CLIMATE

March in Alachua County, Florida is a pleasant time of year with mild temperatures and increasing sunshine as spring approaches. Expect daily high temperatures to be in the low-mid-70's Fahrenheit (around 22-25 degrees Celsius). Overnight lows will likely be in the mid-50's Fahrenheit (around 13-15 degrees Celsius). Precipitation (rain fall) in March is minimal, with an average rainfall during the last month of March being 6.6mm or .26 inches. Humidity can range from 57% - 81% depending on the day.

WIFI

Most businesses and locations throughout Alachua County offer free WIFI and cellular coverage is available throughout.

SMOKING

The Florida Clean Air Act (FCAA) is a state law that prohibits smoking in most public and private businesses, including restaurants. This law was enacted in 1985 and amended in 2003 to include a voter-approved amendment that prohibits smoking in workplaces that previously allowed smoking. The FCAA also prohibits vaping and the use of e-cigarettes in workplaces. In addition, Alachua County does not permit smoking in any park or park property, near schools, and does not allow the purchase of smoking or vaping products by anyone under the age of 21.

DRIVING

Visitors to Alachua County, Florida may drive on a valid driver's license from your country of residence. Vehicles travel on the right-hand side of the road and the wearing of seat belts is required for all passengers. Florida law prohibits using a phone while driving, including texting, emailing, and instant messaging. Drivers must put their phones down and focus on driving, cannot manually type into a wireless device, and cannot use a wireless device while driving through school zones, work zones, or at designated school crossings.

ALCOHOL LAWS

There are strict laws regarding alcohol consumption in Alachua County. Alcohol cannot be purchased or consumed by anyone under the age of 21. Drinking and driving is strictly prohibited. Liquor stores can only sell liquor from 7am – 11pm and beer and wine from 7am – 2am. Restaurants, bars, and clubs can serve alcohol from 7am – 2am, seven days a week. You cannot consume alcohol in an open container on public streets, sidewalks, or parking facilities.

PUBLIC NUDITY LAWS

The State of Florida has public nudity laws and it is illegal to be naked in public, in a vulgar or indecent manner. Designated changing areas will be available at each venue. For liability reasons, the venues do not have public shower facilities.

TIPPING

In the United States, tipping is a customary practice in many service industries, particularly in restaurants. It is important to understand that tipping is not just a bonus for exceptional service; it is an integral part of how service staff, especially in restaurants, are compensated.

A standard tip in restaurants is 15-20% of the total bill before tax. If the service was exceptional, feel free to tip more. For delivery, 10-15% of the total bill before tax is customary. Tipping is generally not expected in fast-food restaurants or when you are simply picking up takeout.

SANITATION

Toilet paper should be flushed away.

SOME HELPFUL WORDS

ENGLISH	SPANISH	GERMAN	ITALIAN	FRENCH
Good morning	Buenos días	Guten Morgen	Buongiorno	Bonjour
Good evening	Buenas noches	Guten Abend	Buonasera	Bonsoir
Bye/Good bye	Adiós	Tschüss/Auf Wiedersehen	Arrivederci	Au revoir
Hello	Hola	Hallo	Ciao	Salut
Please	Por favor	Bitte	Per favore	S'il vous plait
Thank you	Gracias	Danke	Grazie	Merci
Can you help me?	¿Puedes ayudarme?	Können Sie mir helfen?	Mi potete aiutare?	Pouvez-vous m'aider?
A beer, please	Una cerveza, por favor	Ein Bier, bitte	Una birra per favore	Une bière, s'il vous plait

GENERAL SCHEDULE

SATURDAY, MARCH 22, 2025

- 08:00 Opening of the Welcome Center, including Accreditation, Confirmation (Declaration), and Technical Information Center (TIC)
- 14:30 First Team Managers Meeting (See details under Team Managers, Meetings & Offices)
- 17:00 Officials Briefing
- 18:00 Opening Ceremony

SUNDAY, MARCH 23, 2025

- 08:00 Welcome Center Opens
- 09:00 Indoor Track & Field Competition Begins
- 09:00 Cross Country Competition Begins

MONDAY, MARCH 24 - TUESDAY, MARCH 25, 2025

- 08:00 Welcome Center Opens
- 09:00 Indoor Track & Field Competition Begins
- 09:00 Outdoor Long Throws Competition Begins

WEDNESDAY, MARCH 26, 2025

- 08:00 Welcome Center Opens
- 09:00 Indoor Track & Field Competition Begins
- 09:30 Outdoor Long Throws Competition Begins

THURSDAY, MARCH 27 - FRIDAY, MARCH 28, 2025

- 08:00 Welcome Center Opens
- 09:00 Indoor Track & Field Competition Begins
- 09:15 Outdoor Long Throws Competition Begins

SATURDAY, MARCH 29, 2025

- 07:00 Welcome Center Opens
- 08:00 10K Road Race Competition Begins
- 08:00 Indoor Track & Field Competition Begins
- 09:00 Outdoor Long Throw Competition Begins

SUNDAY, MARCH 30, 2025

- 07:00 Welcome Center Opens
- 08:00 10K Race Walk Competition Begins
- 08:00 Indoor Track & Field Competition Begins
- 09:00 Outdoor Long Throw Competition Begins

Closing Ceremony (*See details under Ceremonies and Events*)



KANAPAH BOTANICAL GARDENS

RIVERS + SPRINGS

ALACHUA COUNTY | HOME OF WORLD-CLASS ATHLETICS

Champions Welcome Here!

Let the pros at Visit Gainesville, Alachua County guide your stay. As the official tourism management organization for Alachua County, Florida, we're here to welcome you to our diverse and dynamic destination filled with rich culture and natural beauty.

LA CHUA TRAIL



STOP BY THE VISIT GAINESVILLE, ALACHUA COUNTY BOOTH AT THE ALACHUA COUNTY SPORTS AND EVENTS CENTER FOR TRIP RECOMMENDATIONS AND RESOURCES.

IN THE MIDDLE OF IT ALL



COOL OFF AND CELEBRATE

Grab some friends and soak up the Florida spring weather at one of the area's seven award-winning craft breweries. Each brewery offers its own unique atmosphere, with distinctive beers and ales, food trucks and live music.



LOCAL FOOD + SHOPPING

The Alachua County Sports and Events Center is conveniently located near standout local restaurants where fresh ingredients and talented chefs shine and is surrounded by popular chain restaurants and stores. Nearby shopping offers an eclectic mix of boutiques, galleries and bookstores.



WANDER THE WATERS

Alachua County boasts some of the most beautiful fresh-water springs in the world. Prepare to be amazed by the crystal-clear water, abundant wildlife, trees and flowers. Swim at the spring headwaters, or book a canoe or kayak trip with a local outfitter to paddle through these unique landscapes.



Ben Hill Griffin Stadium, photo by John Meran

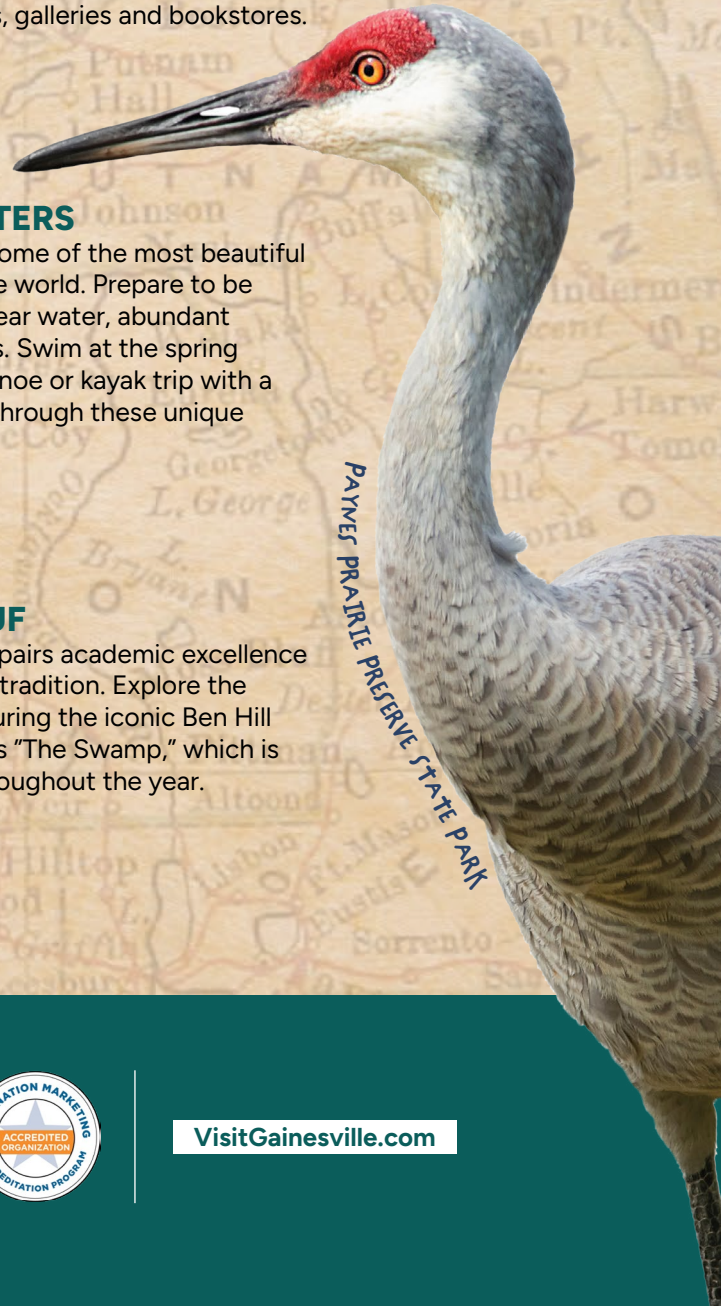
EXCELLENCE AT UF

The University of Florida pairs academic excellence with world-class athletic tradition. Explore the 2,000-acre campus featuring the iconic Ben Hill Griffin Stadium, known as "The Swamp," which is free to visit and open throughout the year.

**ROUTES
TO ROOTS**

ALACHUA COUNTY
CARBON OFFSET PROJECT

Make a gift to help
Alachua County reach
the 2025 World Masters
fundraising goal
to plant trees
in our community.



PAYNES PRAIRIE PRESERVE STATE PARK

Visit
GAINESVILLE
Alachua County, FL
WORLD-CLASS ATHLETICS



**what's
good.**

GAINESVILLE + ALACHUA COUNTY
GUIDE OF EVENTS



VisitGainesville.com

COMPETITION VENUES

Competition will occur in two main locations in Alachua County. Celebration Pointe, located along I-75 and the Archer Road exit, is an entertainment and retail district which is home to the main venue, the Alachua County Sports and Events Center (ACSEC). All indoor track & field events will take place at the ACSEC and the start/finish of the 10K Road Race will be located just outside the Center. The 10K Race Walk will take place a short walk away, within Celebration Pointe.

The Cross Country and outdoor long throws (discus, hammer and javelin) will take place at West End, which was a golf course that has been purpose built for the WMACi25. West End is located across the street from the Town of Tioga and is within an area called Jonesville.



CELEBRATION POINTE

Alachua County Sports & Events Center

4870 Celebration Pointe Avenue, Gainesville, Florida 32608

Events/Functions

- All Indoor Track & Field Events
- Start/Finish of the 10K Road Race (Running)
- Team Physio Area
- WMA Offices
- Shot Put and Weight Throw Implement Inspection
- Pole Vault Pole Check-In
- Call Room for All Indoor Track & Field Events

Please see the Appendix for the facility map.

Facilities

- 200m Mondo banked track with six (6) lanes
- 8-lane Mondo sprint lanes for 60m and 60m hurdles
- 2 – Long Jump and Triple Jump competition areas
- 2 – Throwing rings for weight/shot and shot put
- 1 – Pole Vault competition area
- 2 – High Jump competition areas
- Maximum allowable spike length is 1/4 inch (6mm or shorter is acceptable) on the Mondo surfaces and in the high jump area. Only pyramid spikes are permitted. Spikes are not permitted on the gray floor or common areas.

Parking

Celebration Pointe has two large parking garages to service the event. The North Parking Garage is the closest to the Alachua County Sports and Events Center, which is steps away from the Welcome Center and entrance to the Center. Parking is free. The South Parking Garage will serve as overflow parking. For both garages, all event parking will be on levels three (3) and above as the first and second floors of parking are reserved for Celebration Pointe tenants and employees.

Concessions

The Alachua County Sports and Events Center offers concessions with a variety of options, including healthy foods. In addition, the Center offers a bar with beer, wine, and liquor. The Celebration Pointe area has many restaurants just steps from the Center. The Athlete Village will also have food options.

10K Road Race Course

The 10K Road Race course is a 5K loop which runners will complete two times. The Start is located on Celebration Pointe Avenue next to the Athlete Village. The Finish is located on Bass Pro Shops Boulevard next to the Alachua County Sports and Events Center. Spectators can view the 10K Road Race Start/Finish from the southeast corner of the Alachua County Sports and Events Center and will see the runners a total of five times from this location. There is a bridge that will be crossed four times throughout the race which has moderate incline & decline. The remainder of the course is flat with a slight incline at the finish.

Please see the Appendix for the 10K Road Race course map.



Celebration Pointe Avenue

4800 – 4900 Celebration Pointe Avenue, Gainesville, Florida 32608

Events/Functions

- Athlete Village features vendors, daily entertainment and more. Check the WMACi 2025 website (www.wmaci2025.com) the week prior of competition.
- Welcome Center (Accreditation, Confirmation (Declaration) & TIC)
4871 Celebration Pointe Avenue, Gainesville, Florida 32608

Hotel Indigo Gainesville - Celebration Pointe

5020 SW 30th Lane, Gainesville, Florida 32608

Events/Functions

- Team Managers Meeting Room, Office
- WMA Host Hotel

The Promenade at Celebration Pointe

4800 – 4900 Celebration Pointe Ave, Gainesville, Florida 32608

Events/Functions

Awards

Facilities

The Promenade at Celebration Pointe is just steps from the Alachua County Sports and Events Center and the Athlete Village. This is a special event stage and event lawn located in the heart of Celebration Pointe, surrounded by restaurants, pubs and retail outlets. Athletes will be center stage, with the presentation of medals recognizing their accomplishments and performance at the WMACi25.

The Vibe at Celebration Pointe Apartments

4442 SW 32nd Road, Gainesville, Florida 32608

Events/Functions

10K Race Walk check-in and call room

Parking

Celebration Pointe has two large parking garages to service the event. The South Parking Garage is the closest to the Race Walk Course. Parking is free. The North Parking Garage will serve as overflow parking. For both garages, all event parking will be on levels three (3) and above as the first and second floors of parking are reserved for Celebration Pointe tenants and employees.

10K Race Walk Course

The 10K Race Walk course is a 1K loop along a 500m stretch of road located on SW 43rd Street in Celebration Pointe. The race course is just north of the hom hotel + suites and just east of The Vibe at Celebration Pointe Apartments. The Start / Finish is at the midway point of the loop and runners will begin by heading south and will be taking left turns at each end of the course. The course is flat. *Please see the Appendix for the 10K Race Walk course map.*



Warm-Up Area

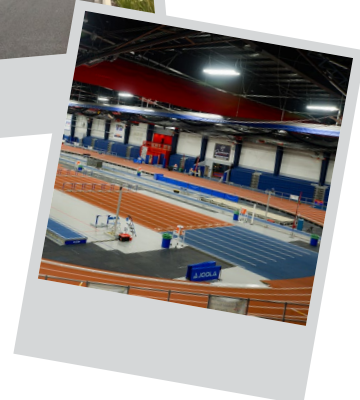
2650 Bass Pro Shops Blvd. Gainesville, Florida 32608

Events/Functions

Warm-ups

Facilities

- 260m of Mondo warm-up area, four (4) lanes wide
- One (1) Pole Vault area
- One (1) Long Jump area
- Hurdles and start blocks will be provided in this area.
- Maximum allowable spike length on this surface is 1/4 inch (6mm or shorter is acceptable). Only pyramid spikes are permitted.



MAP LEGEND

- 1 North Parking Garage
- 2 South Parking Garage (Overflow)
- 3 Bus / Shared Ride Lot
- 4 Welcome Center (*Accreditation, Confirmation, TIC*)
- 5 Warm-up Area
- 6 Alachua County Sports and Events Center
- 7 Hotel Indigo (*Team Managers Room, WMA Host Hotel*)
- 8 10K Road Race check-in and call room
- 9 10K Road Race Start and Finish
- 10 Athletes Village
- 11 Awards

West End

12830 Newberry Road, Newberry, Florida 32699

Events/Functions

- Cross Country
- Hammer
- Discus
- Javelin

Facilities

- 2K Cross Country Course Loop
- World Athletics Compliant Discus Ring and Cage
- World Athletics Compliant Hammer Ring and Cage
- World Athletics Compliant Mondo Javelin Runway
- Discus, Hammer and Javelin Implement Inspection
- Maximum allowable spike length is 3/8 inch (9mm or shorter is acceptable) on the Javelin surface.

Please see the facility map in the Appendix.

Cross Country Course

The Cross Country course is a 2K loop which is entirely grass. It is a flat and fast race course with minimal changes in elevation. The course is spectator friendly and there are several vantage points from which to view the racing. Please see the Appendix for the Cross Country course map.

Parking

West End has limited parking, which is free. We encourage athletes to utilize the free transportation from Celebration Pointe.

Concessions

West End will have food trucks on-site to provide food and beverage concessions. For those driving, the Town of Tioga is located just across Newberry Road, which has several restaurants. Just a mile West on Newberry Road, there is a supermarket and restaurants as well.

ABOUT TOWN OF TIOGA



Tioga Town Center is an award-winning 23-acre mixed-use lifestyle center featuring over 30 businesses, and 184 luxury apartment homes. Tioga Town Center fully embraces the invigorating mix of living, shopping, working and dining with numerous retail stores and restaurants, Class A office space, health & fitness center, education, a public playground, and more. With over 10 different bars and restaurants to choose from, there's something for everyone. Tioga Town Center also plays host to many events, including their first concert of the year, featuring Chris McNeil on Friday, March 28th from 7-10pm. Come explore the best of everything local at Tioga Town Center!



TRANSPORTATION

GAINESVILLE REGIONAL AIRPORT

The Gainesville Regional Airport is a short distance from area hotels and the venues. There are several transportation options including:

- Uber
- Lyft
- Taxi
- Bus (RTS)
- Hotel Shuttle

Uber and Lyft are permitted to service the Gainesville Regional Airport. There are three taxi companies that service the Gainesville Regional Airport, and they can be called using the red taxi call buttons located on columns outside the terminal.



The following partner hotels have complimentary limited airport shuttle service. You will need to schedule this service in advance, directly with the hotel.

HOTEL	DISTANCE TO ACSEC	DISTANCE TO AIRPORT
Best Western Gateway Grand	8mi / 13km	11km / 18km
Comfort Inn University	.8mi / 1.3km	10mi / 16km
Hampton Inn Gainesville	1.4mi / 2.25km	10mi / 16km
Holiday Inn University Center	4.9 mi / 8km	5.3mi / 9km
Sleep Inn & Suites University /Shands	1.3 mi / 2km	10 mi / 16km

The Gainesville Regional Airport has on-site car rental companies on-site, including major companies such as Alamo, Avis, Budget, Dollar, Enterprise, Hertz and National.

Visit Gainesville, Alachua County will service a Visitor Center at the Gainesville Regional Airport. Visit Gainesville Alachua County Visitor Center representatives can assist you with area information and navigate transportation options upon arrival.

ORLANDO REGIONAL AIRPORT

Orlando International Airport (MCO) is a major destination airport in Florida. Just 119mi / 192km from the Alachua County Sports and Events Center, MCO offers several transportation options including Uber, Lyft, Taxi, Car Rental and Private Car. The WMACi25 Local Organizing Committee has partnered with a third-party transportation provider to offer shared ride shuttle services at a fee. Contact Shuttleliner of Ocala to book your shuttle to and from MCO. You can make your reservations online at www.shuttlelinerofocala.com and just scroll down to find the WMACi25 logo and link for reservations. This is a third-party service and the WMACi25 Local Organizing Committee is not responsible for reservations. For any questions, please contact Shuttleliner of Ocala directly.

TRANSPORTATION BETWEEN VENUES (CELEBRATION POINTE AND WEST END)

The WMACi25 Local Organizing Committee will operate a shuttle service to connect the two venues. This service is available at no cost for credentialed athletes and credentialed accompanying persons. The venue-to-venue shuttle will operate on the following schedule but is subject to change.

Please check the www.wmaci2025.com website for the most current schedule.

March 22, 2025

CELEBRATION POINTE TO WEST END	WEST END TO CELEBRATION POINTE
08:00	09:30
09:00	10:30
10:00	11:30
11:00	12:30
12:00	13:30
13:00	14:30
14:00	15:30
15:00	16:30
	17:30
	18:30

March 23, 2025

CELEBRATION POINTE TO WEST END	WEST END TO CELEBRATION POINTE
07:00	09:30
08:00	10:30
09:00	11:30
10:00	12:30
11:00	13:30
12:00	14:30
13:00	15:30
14:00	16:30
15:00	17:30
16:00	18:30

March 24 - March 30, 2025

CELEBRATION POINTE TO WEST END	WEST END TO CELEBRATION POINTE
07:00	
08:00	09:30
09:00	10:30
10:00	11:30
11:00	12:30
12:00	13:30
13:00	14:30
14:00	15:30
15:00	16:30
16:00	17:30
17:00	18:30

HOTEL TO ALACHUA COUNTY SPORTS & EVENTS CENTER TRANSPORTATION

The WMACi25 Local Organizing Committee created a transportation network through private charter consisting of four routes leading to the Alachua County Sports and Events Center. These hotel to venue (ACSEC) routes will operate March 22 – March 30, 2025, on an hourly basis.

Credentialed athletes and accompanying persons who ordered a transportation pass may utilize this service. Passes will be distributed with your credentials at accreditation. Credentialed athletes and accompanying persons who did not order a transportation pass may purchase one at the Welcome Center at a rate of \$50 per person.

These routes will run on an hourly basis starting 30 minutes prior to the opening of the Welcome Center (accreditation, confirmation, TIC) and 30 minutes following the close of the Welcome Center.

TRANSPORTATION ROUTES

ROUTE 1

Stops

Drury Inn & Suites Gainesville

4000 Southwest 40th Boulevard
Gainesville, Florida 32608

Servicing

Drury Inn & Suites Gainesville
Hampton Inn Gainesville
Red Roof Inn Plus+ Gainesville
Sleep Inn & Suites University/Shands
Springhill Suites Gainesville

ROUTE 2

Stops

1. Fairfield Inn & Suites Gainesville I-75

3877 Southwest 37th Boulevard
Gainesville, Florida 32608

2. Cracker Barrel Old Country Store

4001 SW 43rd Street
Gainesville, Florida 32608

Servicing

Country Inn and Suites Gainesville
Fairfield Inn & Suites Gainesville I-75
hom Hotel & Suites Gainesville

ROUTE 3

Stops

1. DoubleTree by Hilton Gainesville

3726 Southwest 40th Boulevard
Gainesville, Florida 32608

2. Red Roof Plus+ Gainesville

3500 Southwest 42nd Street
Gainesville, Florida 32608

Servicing

Comfort Inn & Suites Gainesville
Courtyard by Marriott Gainesville
DoubleTree by Hilton Gainesville
Red Roof Inn Plus+ Gainesville

ROUTE 4

Stops

Homewood Suites by Hilton Gainesville

3333 Southwest 42nd Street
Gainesville, Florida 32608

Servicing

Holiday Inn Express & Suites Gainesville I-75
Homewood Suites by Hilton Gainesville
Hilton Garden Inn Gainesville

PUBLIC TRANSPORTATION

The public transportation in Alachua County is operated by Gainesville Regional Transit System. Routes, timetables and pricing can be found at www.go-rtts.com.

WELCOME CENTER

LOCATION

The Welcome Center will be located at 4871 Celebration Pointe Avenue, Gainesville, Florida 32608. This is an empty retail space at Celebration Pointe which is centrally located to Medal Ceremonies, Athlete Village and the Alachua County Sports & Events Center. The Welcome Center will include Accreditation Declaration Confirmation and the Technical Information Center (TIC) services.

WELCOME CENTER OPERATING HOURS

Accreditation

March 22, 2025	08:00 - 20:00
March 23 - March 28, 2025	08:00 - 20:00
March 29, 2025	07:00 - 20:00
March 30, 2025	07:00 - till the end of last event

Technical Information Center (TIC)

TIC will operate from one (1) hour before the first event to two (2) hours after the last event.

REGISTRATION PACK AND ACCREDITATION PASS COLLECTION

All registered athletes, accompanying persons and supporting personnel must collect their registration pack from the Accreditation area within the Welcome Center during operating hours. The registration pack will include an accreditation pass, competition handbook (if ordered), competition numbers (bibs) with pins, and pre-ordered merchandise.



STEPS TO COMPETE

Step 1

Visit the Accreditation area to obtain your bibs and accreditation before competing.

Step 2

Athletes must confirm by 17:00 the day before they will compete **except for Non-Stadia** events which require no confirmation. (A Confirmation Receipt will be provided at confirmation). Online confirmation is available at www.wmaci2025.com starting March 16, 2025.

Step 3

Report to call room at appropriate time prior to event start time. There is one call room for all events inside the Alachua County Sports and Events Center. See map of the Alachua County Sports and Events Center in the Appendix. All Non-Stadia events will have call rooms at their respective venues.

ACCREDITATION PASSES

Accreditation is a process designed to ensure that WMACi25 participants and guests are provided with the appropriate level of physical access to venues and areas. All registered athletes, accompanying persons and supporting personnel (e.g. media, medical staff, and team managers) will receive an event accreditation pass upon registering online. To collect their accreditation pass, registered athletes, accompanying persons and supporting personnel must present a passport or other government-issued identification (with picture included). Team managers are permitted to collect the accreditation of an athlete and make confirmation of events for an athlete.

The accreditation pass is only valid for the person to whom it is issued and cannot be transferred or sold. The WMACi25 accreditation pass must be always displayed in the designated WMACi25 venues/areas, except when athletes are competing.

The coding on each pass determines the access privileges provided to the person. Control points will be managed by contracted security, volunteers or staff. Access to the competition areas at each venue will be restricted to those with a valid reason and appropriate accreditation pass.

If a person violates the access control rules, the contracted security personnel will hold that person until a resolution is determined (e.g. revocation of accreditation).

ACCREDITATION FOR SUPPORTING PERSONNEL

The team managers' accreditation pass will allow them access to the team manager meetings and team managers' office. A physio staff accreditation pass will be issued to registered team sports medicine professionals (team physiotherapists). Suitable space will be dedicated to these services at the Alachua County Sports and Events Center.

Registered and accredited media (e.g. journalists, photographers, videographers etc.) will have access to a dedicated 'media zone'. See Media section for further information. The recognized Team Manager for each country shall collect all credentials for team support personnel (including physios, journalists, and managers) at the Welcome Center.

SALES

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

- Results Diploma (Certificate) for non-finalist athletes: \$3
- Replacement of accreditation passes: \$25
- Individual results: \$3
- Replacement of competition numbers (bibs): \$15
- Transportation Pass: \$50

Athletes can pay only by credit card

TECHNICAL INFORMATION CENTER (TIC)

The following services will be available within the TIC:

- Schedule changes
- Distribution and receipt of relay entry forms (Due before 12:00 on March 29, 2025)
- Distribution and receipt of team forms for Cross-Country, 10K Race Walk, and 10K Road Race (before 17:00)
- Team Manager meeting room bookings
- Distribution and receipt of Team Manager meeting question forms
- Processing of appeals (receipt and return of appeal forms)

APPEALS

Appeals must be lodged at the Technical Information Center (TIC) at the Alachua County Sports and Events Center. Any appeal must be submitted in writing no more than two (2) hours after the posting of results. Where an appeal has been lodged, the medal presentation will be held over until the result has been officially declared.

INFORMATION

The information boards in the Welcome Center will display:

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

LANGUAGE SERVICES

As the LOC in Alachua County will welcome guests from many different countries, providing language services is vital to ensuring a high level of customer service. The official language of the event is English, however, an effort will be made to have translation services for Spanish, German and French, in addition to other languages. Volunteers with these and other language skills will be available at the Welcome Center.

TEAM MANAGERS OFFICE & MEETINGS

The Team Managers Office will be located on the ground floor of the Hotel Indigo Gainesville – Celebration Pointe at 5020 SW 30th Lane, Gainesville, Florida 32608 in the Celebration Ballroom. All team managers meetings will be held in this room.

The first team managers meeting will be held on Saturday, March 22, 2025, at 14:30 and will include the Cross Country briefing.

On competition days, from Monday, March 24, 2025, to Saturday, March 29, 2025, team managers meetings will be held at 09:00 in the Team Managers office. There will be no team managers meeting on the first day & last day of competition.

All questions must be submitted on a Team Managers Form by 17:00, at the TIC. Reports from the daily team managers meetings will be posted on the WMACi25 website at www.wmaci2025.com.

SECURITY

GENERAL INFORMATION

The safety and security of all WMACi25 guests is an event priority. Contracted security guards and volunteers will maintain the security of all competition venues during the day and overnight.

Should you witness any incidents relating to security, please bring them to the attention of event staff or the closest security guard as a matter of priority. It is important to report every incident, suspected or real, to enable decision makers to take action to protect all WMACi25 guests.

PROHIBITED ITEMS AND PRACTICES

The following items and practices are prohibited at WMACi25 competition and event venues:

- Explosive devices
- Weapons
- Large banners, or banners with commercial messages or offensive references/language
- Use, possession and supply of Illicit drugs
- Unlawful use, unlawful possession and unlawful supply of prescription drugs
- Smoking
- The distribution of flyers or materials not approved by the WMACi25 Local Organizing Committee, whether for the purposes of promotion or any other communication
- Unauthorized tables, displays, and promotions or sales of goods and services
- Items or practices forbidden by law in Alachua County, the State of Florida and the United States of America

SECURE BAG DROP

Bag drop may be conducted upon entry to all competition and event venues. Should WMACi25 guests be found in possession of any prohibited items as detailed or found engaging or likely to engage in any unlawful, criminal, or inappropriate behavior, contracted security personnel or WMACi25 officials will have the right and authority to deny offending persons access to or to remove them from competition and event venues

BAG SEARCHES

A bag drop facility for athletes will be available at each call room. Though there will be general supervision of bags left at the designated bag drop, the WMACi25 is not responsible for any lost, stolen, or missing items.

GENERAL ADVICE

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

LOST PROPERTY

Items found during the event will be stored at each venue, until the end of competition for that day. Each night, lost property will be transported to the Welcome Center at the Alachua County Sports and Events Center.

To recover any lost items, visit the lost and found desk within the Welcome Center.



CEREMONIES & EVENTS

OPENING CEREMONY

All competitors, officials and supporters are invited to attend the official Opening Ceremony. Key details are as follows:

Date: Saturday, March 22, 2025

Start Time: 18:00

Venue Opens: 17:30

Location: Alachua County Sports and Events Center

Transport: WMACi25 transportation, rental car and hired car

Program Includes

- Parade of Nations
- Official Speeches
- Officials' and Athletes' flag
- Live Entertainment

Athletes involved in the Parade of Nations (max 8 per country) will be required to arrive and check-in at 17:00 at the indoor throws area of the Alachua County Sports and Events Center. The Parade of Nations will commence at 18:00. Each country will be placed in alphabetical order with the USA being the final team to march in.

FAREWELL CEREMONY

All competitors, officials and supporters are invited to attend the official Farewell Ceremony. Key details are as follows:

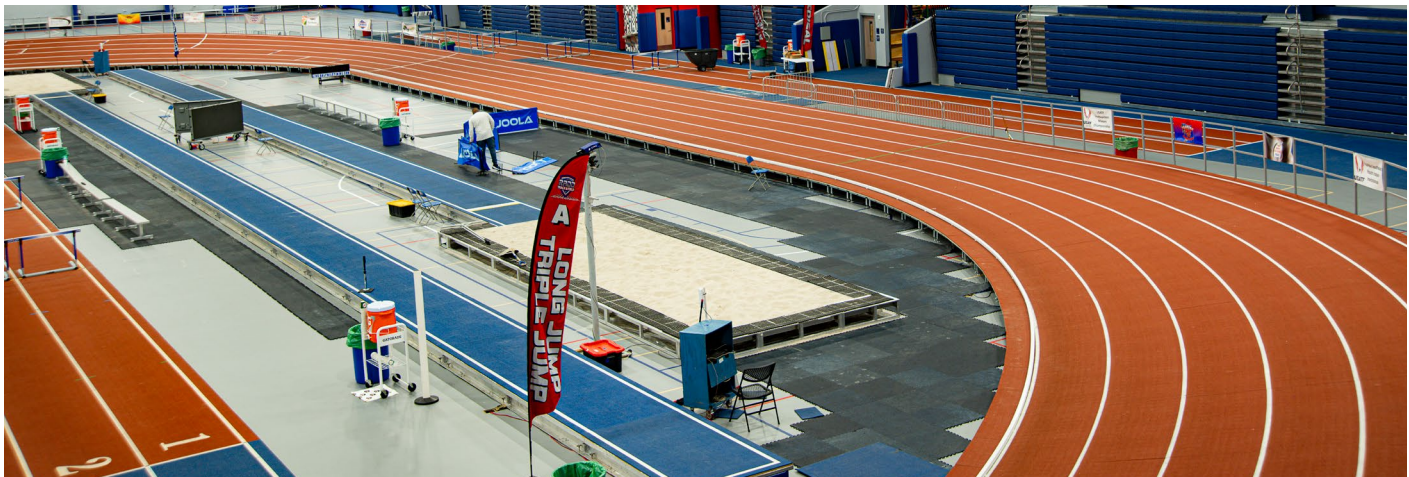
Date: Sunday, March 30, 2025

Start Time: After the 4x200m relays but before mixed relays

Location: Alachua County Sports and Events Center

Program Includes

- Official speeches
- World Masters Athletics flag handover from Alachua County to WMA



MEDAL CEREMONIES

Medals will be presented at the Promenade at Celebration Pointe on the same day as the event, including all non-stadia competitions. Medal ceremonies will generally be conducted after results have been posted at the end of the event. Athletes are requested to attend the medal ceremony in an outfit representative of their country.

During the medal ceremony, the athletes will stand on the dais, medals and diplomas will be presented to each athlete (first, second and third) and the first-place winner's national anthem will be played. A medal ceremony may be delayed if there is an appeal regarding the results of that event.

Medal Collection

Should an athlete not attend the medal ceremony of their event, they may collect the medal from the medal ceremony desk located close to the medal ceremony area until the end of the Championships. Team managers are also permitted to collect medals on behalf of their athletes.



MEDICAL SERVICES

EMERGENCY NUMBERS

911 – In the United States of America, all emergencies are called into “911” including medical emergencies. When calling, be prepared to state the nature of your emergency and your location.

FIRST AID AND MEDICAL RESPONSE

The WMACi25 Local Organizing Committee has contracted with UF Health to provide oversight of medical services at competition venues. The staff at UF Health are skilled in case of emergency. Maps and signage indicating medical locations will be displayed at all venues.

The priority of medical personnel is to offer first response, basic first aid, and transportation to a hospital if further care is deemed necessary.

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

MEDICAL INSURANCE AND LIABILITY

All international visitors are strongly advised to obtain travel insurance, including medical coverage, prior to arriving to the United States of America. It is recommended that athletes and other tourists obtain any required vaccinations and check that their medical insurance covers travel and accidents in the USA. Athletes or National Federations are responsible for providing insurance for themselves or their delegations during the event. The WMACi25 Local Organizing Committee is not responsible for providing insurance nor for the absence of insurance.

The WMACi25 Local Organizing Committee accepts no liability for any claims of injury, illness, or death arising from the traveling to and the participation in the WMACi25 nor any claims relating to the cancellation of the event or medical costs related to illness or injury that may affect a participant during the event.

HOSPITALS AND EMERGENCY ROOMS

Closest to Celebration Pointe

UF Health Emergency Center – Kanapaha

7405 SW Archer Road
Gainesville, Florida 32608

UF Health Shands Hospital

1515 SW Archer Road
Gainesville, Florida 32608

HCA Florida Gainesville Emergency

4094 SW 41st Boulevard
Gainesville, Florida 32608

Closest to West End

UF Health Emergency Center – Kanapaha

7405 SW Archer Road
Gainesville, Florida 32608

HCA Florida West End Emergency

12311 West Newberry Road
Newberry, Florida 32669

PHYSIOTHERAPY SERVICE

In the Alachua County Sports and Events Center, the WMACi25 Local Organizing Committee will provide a dedicated physiotherapy area where accredited physiotherapists who are supporting their country's team can install their massage tables.

The WMACi25 Local Organizing Committee may be able to provide referrals to national federations who cannot travel with their medical support personnel. The WMACi25 Local Organizing Committee will not provide physiotherapy services to individuals from countries which do not have their own medical support personnel.

No third party physios will be permitted to sell their services or to set-up within the competition venues and surrounding areas. Physios who wish to be on site to provide and sell services may purchase a vendor booth at the Athlete's Village. Email info@wmaci2025.com for vendor information.

PHOTOGRAPHY

The official event photographer will provide a professional photography service. The official photographer will have exclusive access to the field of play, except for accredited media. Official photographers will be required to always wear an official photographer's bib while on duty.

MERCHANDISE

WMACi25 merchandise will be available for sale during the event by Karhu, the official on-site merchandise provider for WMACi25. The WMACi25 on-site merchandise booth will be located at the Athlete Village outside of the Welcome Center. Any pre-sale merchandise ordered online is to be picked up at Accreditation and not at the WMACi25 on-site merchandise booth

INTERNET ACCESS

The Alachua County Sports and Events Center offers free WIFI access to guests within the building. Celebration Pointe offers free WIFI in common areas of the facilities.

MEDIA

MEDIA INQUIRIES

For interviews or comments on matters other than their individual performances, athletes should refer these requests to the WMACi25 Media Manager located at Alachua County Sports and Events Center in the media center. This process will ensure the accuracy of the information and help to maintain good relationships with the media. Volunteers should not give any interviews or appear in any promotions, advertisements or endorsements, without the prior consent of the WMACi25 Local Organizing Committee.

MEDIA ACCESS

All media representatives attending WMACi25 MUST be accredited. The media accreditation pass will provide access to spectator areas and dedicated media zones within a venue. Media zones include media viewing and work areas at competition and event venues, as well as the Media Center. Approved media credentials will be available at the Media Center.

Accredited media will have the opportunity to book field of play opportunities at the Media Center. Spaces are limited, and early bookings are encouraged. To access the field of play, accredited media must have made a booking, be wearing a media bib (sourced from the Media Center) and be escorted by a media volunteer.

MEDIA CENTER

All accredited media will have access to the dedicated media facilities within the Media Center, located at the Alachua County Sports and Events Center. Presentation of their accreditation pass is required for access.

The Media Center will be open at the following times: 10:00 - 22:00

Media kits, WiFi, and printing facilities will be available within the Media Center.



CELEBRATION POINTE

MORE WAYS TO CELEBRATE

CELEBRATION POINTE IS NORTH CENTRAL FLORIDA'S
PREMIER DESTINATION TO LIVE, SHOP, WORK AND PLAY.

Dining

Fuel up or unwind with a meal at Celebration Pointe! With a variety of dining options, from American classics at [Miller's Ale House](#) and [Peach Valley Café](#) to international cuisine like wood-fired Neapolitan pizza at [MidiCi](#) and fresh sushi and hibachi at [Hana Sushi](#), there's something for every craving.

Shopping & Entertainment

Shop, play, relax, and explore at Celebration Pointe! Find top athletic gear at [Fit2Run](#), test your skills with an escape room at [Escapology](#), or enjoy arcade fun at [Dave & Buster's](#). Unwind with a rejuvenating spa day at [Azulene Day Spa II](#) or treat yourself to a manicure at [The Nail Spa](#). Plus, catch live music at our monthly concerts and other exciting events. There's always something happening around the Pointe!



FOR QUESTIONS OR MORE INFORMATION, EMAIL US AT INFO@CELEBRATIONPOINTE.COM!



EXPLORE OUR DIRECTORY!

DINE

Dave & Buster's
 Fat Tuesday
 Hana Sushi & Asian Cuisine
 Hotel Indigo
 Kilwins
 Le Macaron French Pastries
 MidiCi The Neopolitan Pizza
 Miller's Ale House
 Peach Valley Café
 Prime & Pearl
 Sensei Asian Bistro
 Spurrier's Gridiron Grille
 Starbucks
 Texas Roadhouse



SHOP

Azulene Day Spa II
 Bass Pro Shops
 Fit2Run
 Gadget Guys
 The Good Feed Store
 International Diamond Center
 Nike Factory Store
 Palmetto Moon
 The Nail Spa
 Tioga Dental Celebration Pointe
 Zubi's Diamonds & Fine Jewelers



PLAY

Alachua County Sports & Events Center
 Dave & Buster's
 Escapology Gainesville
 Evolve Pilates & Fitness
 F45 Training Swamptown
 Regal Celebration Pointe 10 & RPX



TO VIEW OUR FULL
DIRECTORY & MAP

Scan Here





COMPETITION INFORMATION

ENTRIES AND CONFIRMATION

FINAL ENTRIES

Visit the 2025 World Masters Athletics Indoor Championships website at www.wmaci2025.com.

CONFIRMATION OF ENTRIES

Athletes must confirm by 17:00 the day before they will compete **except for Non-Stadia** events which require no confirmation. There are three ways to confirm events for the WMACi25. Online confirmations will open on Sunday, March 16, 2025.

Confirmation Option #1

Visit the Confirmation Desk at the Welcome Center, during the hours of operation. A confirmation receipt will be provided upon confirming at the Confirmation Desk.

Confirmation Option #2

Login into your Simply Register account at <https://www.simplyregister.net/register/?e=126375> using the same link, user name, and password as you did for registration. This link can also be found at www.wmaci2025.com. Select "Manage My Registration", login, and then confirm/scratch.

Confirmation Option #3

Simply Register will send an email (to the email address you entered when you registered) on Sunday, March 16, 2025, to all registered athletes, with a link to confirm online without having to login into your account. Please be sure that confirmation@simplyregister.net is added to your address book or friends list and be sure to check your SPAM or Junk folders frequently for important information.

CHANGE OF EVENTS

Participants are not allowed to change or add events. Athletes may only cancel their events, for which they were registered. Athletes cannot take the place of another athlete in an event. In the case of non-compliance with these rules, the athlete may be disqualified from the entire competition.

WARM-UP AREAS & TRAINING

WARM-UP AREAS

For Indoor Track events held in the Alachua County Sports and Events Center, the only warm-up area is listed as number 6 on the map found on page 24 of this handbook. This area is to be used to warm-up prior to reporting to the call room. Last warm-up is at the location of your event.

There are no separate warm-up areas for field events. Warm-up will be at the competition area supervised by competition judges.

TRAINING

Alachua County Sports and Events Center

The WMACi25 Local Organizing Committee has arranged opportunities for athletes to train at the Alachua County Sports and Events Center (ACSEC) from March 3, 2025 – March 19, 2025. The ACSEC will offer a morning and afternoon session as follows for a per athlete fee of \$10 per session or \$200 for unlimited sessions. Athletes must request their training passes in advance. Visit www.wmaci2025.com/training/ to register online and in advance. Indoor throwing facilities will not be available for training. Note: in order to prepare for competition and the Opening Ceremony, the facilities at ACSEC will not be accessible from March 20, 2025 until 5:30pm on March 22, 2025 by competition judges.

West End

West End will be open for cross country course inspection and training on March 22, 2025 from 09:00 – 12:00.

West End throwing facilities will be available for outdoor long throws training on March 23, 2025 from 15:00-18:30. From March 24 – 29, 2025, West End will remain open for outdoor long throws training daily at the conclusion of all competitions until the last shuttle departs the venue at 18:30. No training or practice will be permitted until all competitions at West End are completed and officials have deemed the facilities open for training.

EQUIPMENT & IMPLEMENTS

USE OF OFFICIAL AND PERSONAL IMPLEMENTS

The WMACi25 Local Organizing Committee will provide at least three (3) WA/WMA compliant implements for each throwing event.

Personal implements are permitted for competition, provided they have previously been officially checked and certified by the Judge at the competition venue equipment control room (implement inspection). Personal implements shall only be issued to the specific competition of their owners. Any other competitor in the owner's specific competition has the right to use that equipment if they wish. Only indoor shot puts and weights will be used for indoor competition. No outdoor (metal) implements will be permitted indoors. If your event starts after 10:00, the deadline for certification of personal implements for the Pentathlon and Throws events is two (2) hours before the start of your age group, at the venue of the event. If your event starts before 10:00 the deadline will be one (1) hour before.

Athletes may collect their personal implements at the end of the event from the equipment control room (implement inspection) at that venue. Meet implements and personal implements which will be used for the final will go to the final and will be returned to the equipment control room (implement inspection) after the final.

EQUIPMENT CONTROL ROOM (IMPLEMENT INSPECTION)

The equipment control room (implement inspection) will be open during regular venue operating hours on the days of competition. The equipment control room (implement inspection) at West End for the outdoor long throws, will first open on March 23, 2025 following the conclusion of Cross Country competition estimated at 15:00.

POLES

For the convenience of athletes, the WMACi25 Local Organizing Committee has partnered with the Florida Pole Vault Factory (FLPVF) to provide pole rentals on-site. The FLPVF has an expansive inventory of almost 200 poles including Pacer One, Fiber Sport, Pacer FXV, UCS Spirit, Pacer Composite, and ESSX. Rental poles will be available for use during competition and must not be taken from the venue, otherwise the athlete will be responsible for cost of replacement. For more information and for online pole rental, please visit www.wmaci2025.com/training/

Athletes bringing their own poles for competition may bring their poles to the competition site no later than two hours prior to their scheduled event start time on the day of competition. Poles must be identified with the athlete's bib number. The WMACi25 Local Organizing Committee bears no responsibility for lost, stolen or damaged poles.

COMPETITION PROCEDURES

RULES OF COMPETITION

The World Masters Athletics Championships are governed by the WMA Rules of Competition and the technical rules of the WA. The WMA Rules of Competition are available online at <https://world-masters-athletics.org/wp-content/uploads/2024/09/WMA-Competition-and-Technical-Rules-2025.pdf>.

CALL ROOM PROCEDURES

Athletes must report to the Call Room, at the latest, at the times shown below:

EVENT	CALL ROOM (MINUTES BEFORE EVENT)
All Track Events	20 minutes
Indoor Long Jump, Shot Put, Triple Jump and Weight Throw	35 minutes
Indoor Pole Vault	65 minutes
Indoor High Jump	40 minutes
Indoor Pentathlon	20 minutes (first event)
Outdoor Discus, Hammer and Javelin	35 minutes
Non-Stadia Events	75 minutes

Once athletes have reported to the Call Room, they will not be permitted to leave, except for Non-Stadia events. Non-Stadia event athletes can leave the call room. All necessary information concerning the competition will be provided to the athletes in the Call Room. The Call Room officials will verify the accreditation, competition number, uniform, shoes and personal effects of the athletes. All athletes will be escorted from the Call Room to the competition area.

Languages

English will be the primary languages spoken in all WMACi25 Call Rooms. Officials speaking other languages may also be available. If necessary, athletes may report to the Call Room with an accredited translator.

Uniform

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

A club singlet or vest is not acceptable. All advertising on the uniforms of the athletes during the competition and the awards will be in accordance with the rules of the WA and WMA regarding the size and content.

Competition Numbers (Bibs)

All athletes will receive three bibs and twelve (12) pins in their registration pack, which must be collected from the Accreditation Center in the Welcome Center.

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

The bibs must not be cut, bent or otherwise modified, under penalty of disqualification. In relay events, athletes wear their own competition bibs. Any replacement bib will be charged at a fee of \$15 USD. Replacement bibs can be purchased at the Welcome Center.

Timing Chips

Non-Stadia events, 3000m, and 3000m Race Walk timing chips will be distributed to athletes at the time of accreditation and will be attached to their bib number, which must be worn on the front. Athletes losing their timing chip may obtain a replacement at their respective Call Room for a replacement fee of \$10 USD.

COMPETITION SITE EXIT PROCEDURES

In the high jump and pole vault events, athletes are permitted to leave the competition area after they have been eliminated.

In the Pentathlon, athletes will leave the track after the event, with a Judge. There will be toilets available for athletes during the championship, but it is necessary to be accompanied by a Judge or a technical assistant to use the toilets during the competition.

All athletes must leave the competition area and proceed through the post-event area where track athletes will collect their personal belongings.

DISPLAY OF RESULTS

The results will be displayed at each competition venue where the events are conducted. Results will also be available on the website at www.wmaci2025.com on the results page. A hard copy of individual results will be available for sale at the Welcome Center.

PERSONAL ITEMS

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

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

SPIKES AND SHOES

The call room staff will be responsible for checking the legality of shoes as well as spikes on the athlete's shoes. WMA rules state that shoes for competition must have a maximum sole depth of 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm). The maximum length spikes for Indoor events will be 1/4 inch (6mm or shorter is acceptable). The maximum length spikes for the Outdoor javelin event will be 3/8 inch (9mm or shorter is acceptable). Only pyramid spikes are permitted.

SEEDING FOR HEATS

There may be heats for running/hurdling events with several rounds from the 60m up to and including the 1500m, and athletes will be assigned to heats according to the time provided with their entry. For events with several rounds, the first round (Heats) will always be conducted at the scheduled time listed in this book. If a round needs to be cancelled because of withdrawals, the middle round (Semis) will be cancelled. Finals will always be conducted at finals time.

For longer races with direct finals, athletes will be seeded (ranked) and placed into separate sections based on their time. The slower section will be conducted first. The final results will take into account all finals and will rank the athletes by time.

ADVANCEMENT PROCEDURE

See Appendix for advancement tables. Please note that the 400m advancement table has been modified.

COMPETITION SCHEDULE

The Competition Schedule by day and by site is provided in the Appendix or is available on the website at www.wmaci2025.com.

RESULTS AND RECORDS

The WMA Records Officer automatically records the world records broken during the championships. For enquiries about national records, athletes should contact their team manager.

POST-COMPETITION PROCEDURES

Results for each venue will be posted at that competition site. All certified final results will be posted online at www.wmaci2025.com.

PROTESTS AND APPEALS

Protests and appeals must be made in compliance with the rules of the WA and WMA as modified below and appeals submitted no later than two (2) hours after the display of the results. Results will be displayed at each competition venue. A protest is an immediate disagreement about any aspect of any event. An appeal is a disagreement with a Referees' decision about a protest. There cannot be an appeal without a protest being held and a Referee decision.

PROTESTS

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

Protests concerning the conduct or the result of an event should be made immediately to the Judge, preferably the Head Judge, of that event. Judges will do everything possible to preserve the rights of the athlete such as provisionally measuring throws or jumps.

APPEALS

If the athlete does not agree with a decision made by the Referee, the athlete or their team manager may then make a written appeal to the Jury of Appeal. Any appeal must be lodged at the TIC at the Welcome Center. The time limit for lodging an appeal is two (2) hours from the time the results are posted.

The Appeal shall be in writing using the form provided for this purpose. The forms can be requested from the TIC. The form should be signed by the team manager, the athlete or official acting on behalf of the athlete concerned.

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

An appeal can only be lodged at the TIC. The Appeal Panel shall issue a written decision. The decision of the Appeal Panel will be available at the TIC.

STARTING BLOCKS, STARTER'S COMMANDS & FALSE STARTS

STARTER BLOCKS

Starting blocks are not mandatory, but only starting blocks provided by the WMACi25 Local Organizing Committee will be allowed.

STARTER'S COMMANDS

In accordance with WA rules, the starter will give the commands in English. For races up to and including 400m and 4x200m relays, the commands will be:

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

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

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

FALSE STARTS

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

COMPOSITION OF FINALS

See race advancement procedure tables in the Appendix. For races longer than 1500m, there will be direct finals.

TRACK RELAYS

For this Indoor championship, athletes have the opportunity to compete in two (2) Track Relay events.

- 4 x 200m Relay (Men and Women, separate events in each age group)
- 4 x 200m Mixed Relay (two males, two females in each age group)

The relay races shall be conducted in five-year age groups between teams entered by the country's designated team manager. Each country may enter only one male and one female team in each age group for each relay. An athlete may compete for a team only once in each relay event, which may be a lower age group than that of the athlete. The age group of the team is the age group of the youngest athlete on the entry form and an athlete from that age group must compete in the relay.

In the mixed relay, two (2) males and two (2) females shall comprise the relay team and four (4) alternates comprised of at most two (2) males and two (2) females may be listed in the entry form. The mixed relays must complete in the following order: female-female-male-male. An athlete who has competed in the 4 x 200m Relay may also compete in the 4 x 200m Mixed Relay. An athlete may compete in a lower age group than that of the athlete. The age group of the team is the age group of the youngest athletes on the entry form and each relay must compete at least one (1) male and one (1) female of the age group of the team. Entries for teams in both Relays must be made using the official form available from the TIC. The Team Manager must hand in the completed form to the TIC before the deadline for each relay.

The 4 x 200m and mixed relay entry forms are due before 12:00 on Saturday, March 29, 2025. Any changes to the running order, or the alternates listed on the relays form can be submitted by the Team Manager at the TIC up until two (2) hours before the event start, but no new relay teams or names will be accepted. In case of a last-minute injury, the Call Room Referee has the authority to approve a listed substitute.

Affiliates who do not have a team manager should submit their forms directly to the TIC. Relay teams comprising members of several countries will NOT be allowed to run.

FIELD EVENTS

VERTICAL JUMPS

All vertical jump events will be direct finals. There will be no qualifying rounds. For high jump and pole vault, both feet must be off the ground during the jump. Athletes are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the field judge.

STARTING HEIGHTS & PROGRESSION IN THE COMPETITION

The starting heights and progression through the competition are detailed in the Appendix. The competition will NOT start at a height lower than the equipment permits.

HORIZONTAL JUMPS AND THROWS

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

PENTATHLON

Athletes will only move from one competition area to another as instructed by the Combined Events Referee. The Referee will be the official source of information for the location and schedule of events. The Referee will announce the results to the participants at the end of each event.

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

NON-STADIA EVENTS

6K and 8K Cross Country | 10K Race Walk | 10K Road Race

AWARDS

Medals will be awarded to the first three individuals in each age category, men and women. There will be first three team awards in all events. All medal presentations will be in the Athlete Village at Celebration Pointe.

CALL ROOM

The call room officials will check bib numbers, uniforms and shoes. Chips must be worn on the front bib. The call room for each category will open 75 minutes before race start time and close 20 minutes before the start. Start times can be found in the competition schedule in the Appendix of this handbook. Once athletes have reported to the call room, they will be permitted to leave.

Replacement bibs and chips can be purchased at the TIC in the Welcome Center. Athletes who do not have their chip will not be allowed to compete.

CONFIRMATION

There is no confirmation for non-stadia events, but athletes must report to the call room.

BAG DROP

A secure bagdrop facility will be available near the call room. Personal bags must be clearly labelled with their bib number. Though this area is secure, the WMACi25 Local Organizing Committee bears no responsibility for damaged, lost, or stolen items.

MEDICAL

Medical staff will be located at the finish and with monitoring around and access to the course.

CROSS COUNTRY COURSE INSPECTION AND BRIEFING

The course will be ready for inspection on Saturday, March 22, 2025, 09:00 – 12:00. Please see the transportation section of this handbook, but athletes are ultimately responsible for their own travel arrangements to West End.

Cross Country course briefing will be at the first team managers meeting scheduled for 14:30 on Saturday, March 22, 2025. Declared composed team will still have to be submitted to the TIC before the 17:00 on Saturday, March 22, 2025 deadline.

PACING

This is considered a warning/yellow card. Pacing by athletes in the race or other persons not in the race is not allowed. Athletes may and can be given a red card for the infraction during or after the race.

PROTESTS

Protest and appeals must be in compliance with WA and WMA rules. Appeals must be submitted in writing no later than two (2) hours after the display of the results. The results must be submitted to the TIC with \$100 USD cash. The race referee must be consulted first.

RACE WALK

Athletes can be disqualified during or after the race. The WA penalty zone will be used.

Race Walking Penalty Zone

An athlete will be required to enter the Penalty Zone and remain there for one minute once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by them.

An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, shall be disqualified by the Referee.

If an athlete receives a third red card and it is no longer practicable to direct them to the Penalty Zone before the end of the race, the Referee shall add the time they would have required to spend in the Penalty Zone to their finishing time and adjust the finishing order as may be necessary.

RESULTS

Results will be online at www.wmaci2025.com under the results page.

REFRESHMENTS

No refreshments are to be issued outside the refreshment zone. Water will be available at the end of each lap in the Cross Country, Race Walk, and 10K Road Race and at the finish.

SAFETY OFFICER

The safety officer has the authority to withdraw any athlete considered to endanger their health or the safety of other competitors. They will be disqualified in accordance with WMA 3.21.

SHOES

The call room staff will be responsible for checking the legality of shoes, as well as spikes on the athletes' shoes. WMA rules state that shoe's for competition must have a maximum sole depth of 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).

START TIMES

Check the competition schedule found in the Appendix of this handbook.

TOILETS

Available near all event call rooms.

WARM-UP

Strictly no warming up on the course when a race is in progress.

NON-STADIA TEAM SCORING

Non-Stadia team scoring will be conducted in accordance with WMA Rules of Competition Rule 13. Team awards are based on the combined times of the three scoring athletes of that country in each age group. If there are three (3) or more athletes in the same age group (a natural team), the registration of a team is not required. In this situation, if a composed team is registered, the age category team is disqualified.

Composed team declarations close promptly at 17:00 (no further alterations allowed):

10K Road Race	March 28, 2025
10K Race Walk	March 29, 2025

Athletes who do not have their chip will not be allowed to compete. Replacement bibs and chips can be purchased at the TIC in the Welcome Center.

WITHDRAWAL PROCEDURE

Safety Officers or their appointed Deputies will initially orally speak with the athlete to alert them of safety or health concerns, or, if appropriate, issue a yellow card warning to the athlete. If the concerns continue and a decision is taken to remove the athlete from the competition because of health and or safety reasons, a RED card will be shown to the athlete as well as an oral instruction, advising the athlete that they have been disqualified. The athlete must then immediately cease to participate in the event and leave the competition area. The decision to remove any athlete will appear in the results as a DQ, in accordance with WMA Rule 3.2.

ANTI-DOPING PROCEDURES

ANTI-DOPING CONTROL

WMA has engaged the services of USADA to undertake drug testing as part of the WMA Indoor Championships. Drug testing will be conducted under the WA/WMA Rules that comply with the provisions of the World Anti-Doping Agency (WADA). Representatives of WMA and USADA will be supervising the anti-doping operations.

Selection Process

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

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

Testing Procedures

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

If you have been granted a Therapeutic Use Exemption (TUE) you should carry a copy of the exemption with you as proof when being tested and provide details on the drug testing form.

Athlete's Rights

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

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

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

Athlete's Responsibilities

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

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

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

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

WORLD MASTERS ATHLETICS CHAMPIONSHIPS
2026 WMAC
DAEGU



HOMEPAGE

Opening Ceremony

Aug. 21, 2026

Championship Period

Aug. 22 – Sep. 3, 2026

📍 Daegu Stadium

**Open to anyone(35+ years old)
around the world!**

Registration Period

**Dec. 23, 2025 –
June. 23, 2026**

HOSTED BY



**DAEGU
METROPOLITAN CITY**

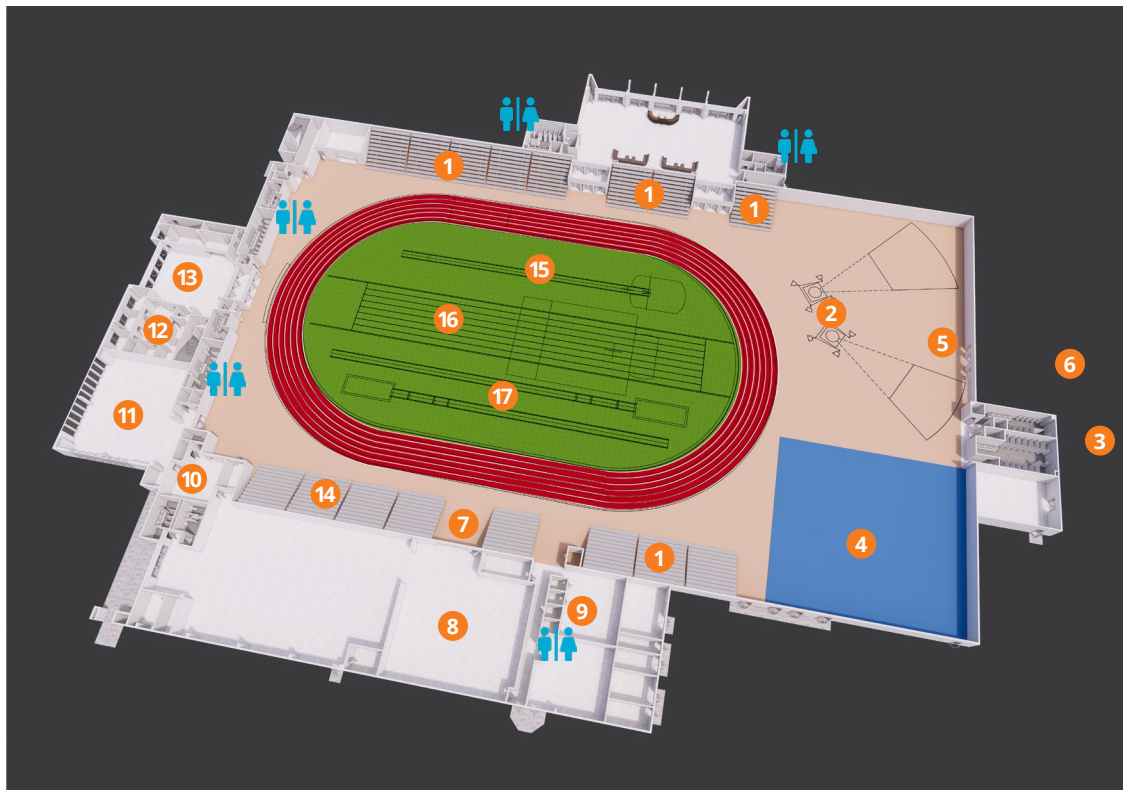
ORGANIZED BY





APPENDIX

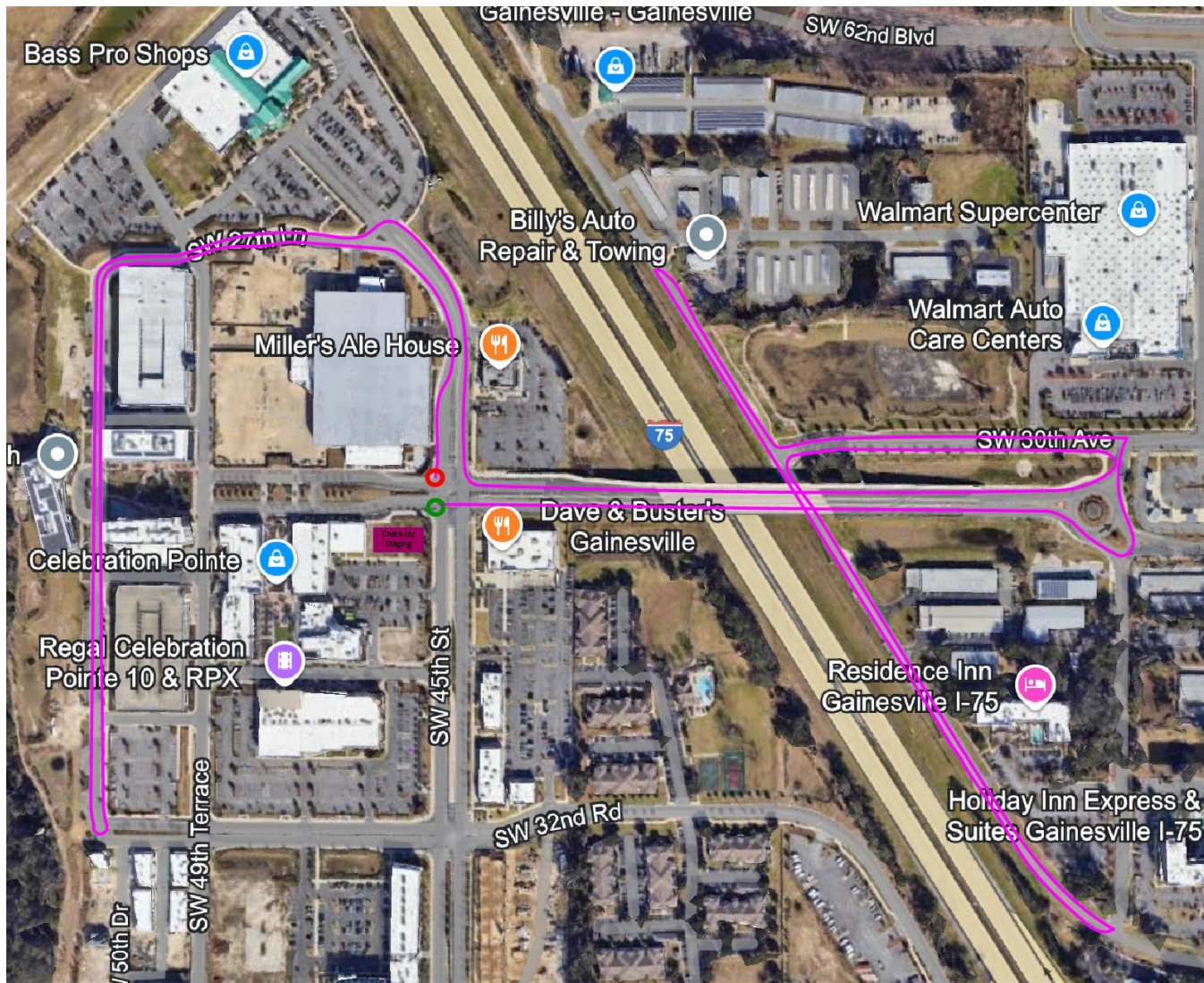
ALACHUA COUNTY SPORTS AND EVENTS CENTER FACILITY MAP



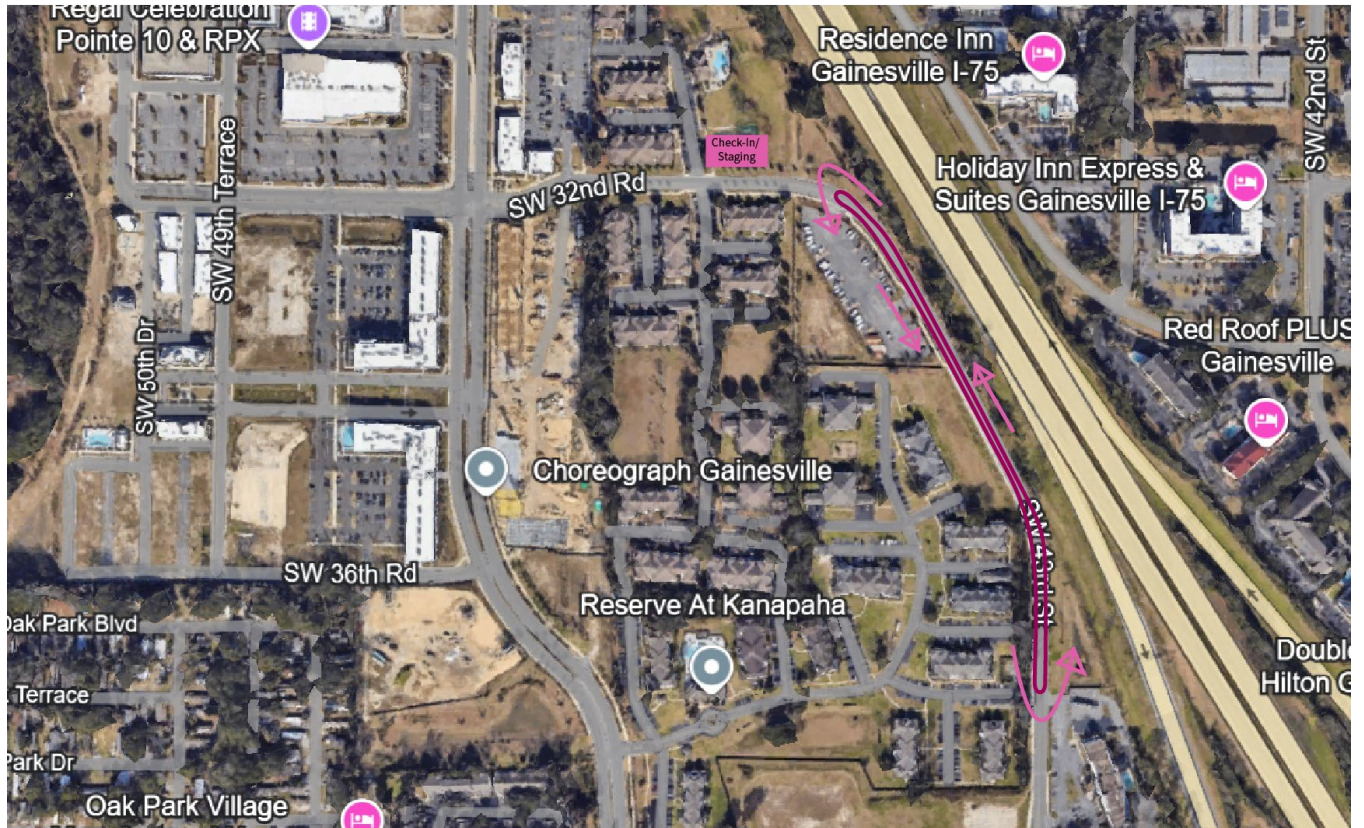
MAP LEGEND

- | | |
|--|----------------------------------|
| 1 Spectator Seating | 9 Doping Control |
| 2 Throws areas | 10 Medical |
| 3 Athlete Only Restroom - Changing Room
<i>No Showers</i> | 11 Team Physios |
| 4 High Jump Area | 12 WMA Offices |
| 5 Implement Inspection | 13 Media Center |
| 6 Pole Vault Pole Check-in | 14 Holding Area |
| 7 Call Room Entrance | 15 Pole Vault Area |
| 8 Call Room | 16 Sprint Lanes |
| | 17 Long Jump / Triple Jump Areas |

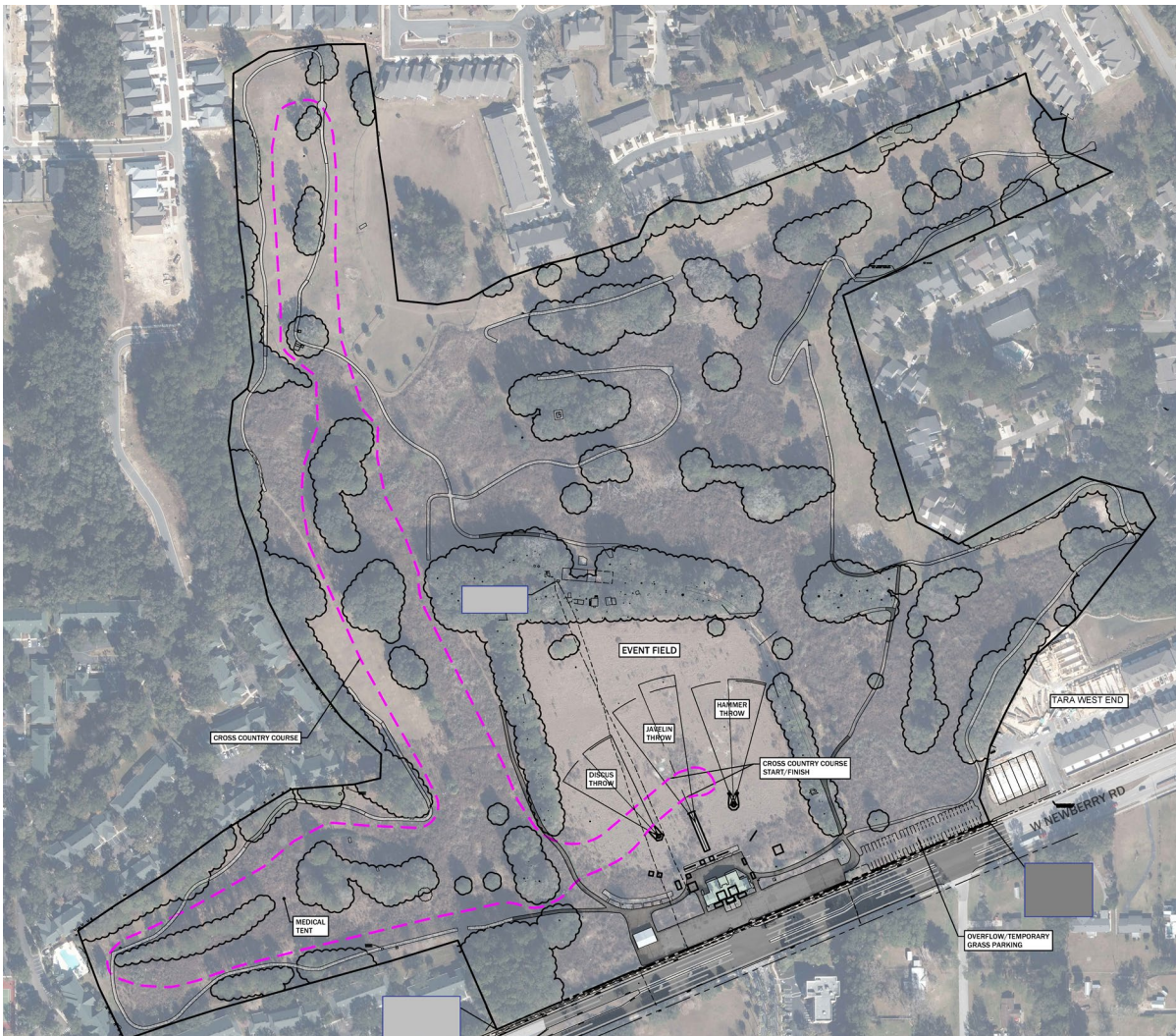
10K ROAD RACE COURSE



10K ROAD WALK COURSE



WEST END COURSE MAP



FULL COMPETITION SCHEDULE

WMA Indoor Championships Preliminary Schedule - Alachua County, Florida 23-30 MARCH 2025									
Opening Ceremony: 22 March 2025 at 18:00									
WMAI 2025		Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
60m	Heats	Women	Men						
	Semifinals	Women	Men						
	Finals		Women						
200m	Heats			Men					
	Semifinals				Men	Women			
	Finals				Men	Women			
400m	Semifinals *								
	Finals					Men	Women	ALL	
	Semifinals								ALL
800m	Finals	ALL							
	Semifinals								
	Finals						ALL		
1500m	Semifinals							ALL	
	Finals								
	Finals			Men		Women			
3000m	Heats							ALL	
	Semifinals								
	Finals								
60m hurdles	Heats								
	Semifinals								ALL
	Finals								ALL
3000m Walk									
	Cross Country	ALL							
	10km Walk Road								
10km Run Road								ALL	
	Finals								ALL
	Finals								
4 x 200m mixed									
	Pentathlon	M65+/W50-60	M55-60/W65+	M35-50/W35-45					
	Long Jump				W35-55	W60+	M50-60	M35-45/M80+	M65-75
Triple Jump					M35-45/M80+	M50-60	W35-55	M65-75	W60+
	High Jump				M50-60	M65-75	W60+	W35-55	M35-45/M80+
	Pole Vault				M65-75	W35-55	M35-45/M80+	W60+	M50-60
Shot Put			M35-45	M60-65	M70-75	W35-50	W55-65	W70+/M80+	M50-55
	Weight Throw		W35-50	M70-75	W55-65	W70+/M80+	M35-45	M50-55	M60-65
	Javelin		W55-65	W70+/M80+	M35-45	M50-55	M60-65	M70-75	W35-50
Discus			W70+/M80+	M35-45	M50-55	M60-65	M70-75	W35-50	W55-65
	Hammer		M50-55	W55-65	W35-50	M35-45	W70+/M80+	M60-65	M70-75

MEN'S COMPETITION SCHEDULE

WMA Indoor Championships Preliminary Schedule - Alachua County, Florida 23-30 MARCH 2025														
Opening Ceremony: 22 March 2025 at 18:00														
Event	Round	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+
60m	Heat	24	24	24	24	24	24	24	24	24	24	24	24	24
	Semifinals	24	24	24	24	24	24	24	24	24	24	24	24	24
	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
200m	Heat	26	26	26	26	26	26	26	26	26	26	26	26	26
	Semifinals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
400m	Semifinals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Semifinals	23	23	23	23	23	23	23	23	23	23	23	23	23
800m	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
	Semifinals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
1500m	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
	Heat	29	29	29	29	29	29	29	29	29	29	29	29	29
	Semifinals	30	30	30	30	30	30	30	30	30	30	30	30	30
3000m	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Heat	28	28	28	28	28	28	28	28	28	28	28	28	28
	Semifinals	23	23	23	23	23	23	23	23	23	23	23	23	23
60 Hurdles	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Heat	30	30	30	30	30	30	30	30	30	30	30	30	30
	Semifinals	30	30	30	30	30	30	30	30	30	30	30	30	30
3000m Walk	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	23	23	23	23	23	23	23	23	23	23	23	23	23
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
Cross Country	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
10km Road Walk	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
4 x 200m	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
Pentathlon	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
Long Jump	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
Triple Jump	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
High Jump	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
Pole Vault	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
Shot Put	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
Weight Throw	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
Javelin	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
Discus	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
Hammer	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28

WOMEN'S COMPETITION SCHEDULE

WMA Indoor Championships Preliminary Schedule - Alachua County, Florida 23-30 MARCH 2025														
Opening Ceremony: 22 March 2025 at 18:00														
Event	Round	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95+
60m	Heat	23	23	23	23	23	23	23	23	23	23	23	23	23
	Semifinals	23	23	23	23	23	23	23	23	23	23	23	23	23
	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
200m	Heat	27	27	27	27	27	27	27	27	27	27	27	27	27
	Semifinals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
400m	Semifinals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Semifinals	23	23	23	23	23	23	23	23	23	23	23	23	23
800m	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
	Semifinals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
1500m	Semifinals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
3000m	Heat	29	29	29	29	29	29	29	29	29	29	29	29	29
	Semifinals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
60 Hurdles	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Finals	23	23	23	23	23	23	23	23	23	23	23	23	23
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
10km Road Walk	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
4 x 200m	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
4 x 200m mixed	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
Pentathlon	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	25	25	25	25	25	25	25	25	25	25	25	25	25
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
Long Jump	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
Triple Jump	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
High Jump	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
Pole Vault	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
Shot Put	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
Weight Throw	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
Javelin	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24
Discus	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
Hammer	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Finals	24	24	24	24	24	24	24	24	24	24	24	24	24

SCHEDULE & TIMETABLES

SUNDAY, MARCH 23, 2025

Alachua County Sports and Events Center			
Race Time	Event	Cat	Type
9:00	Hurdles	W60	Pentathlon
9:15	Hurdles	W55	Pentathlon
9:30	Hurdles	M80+	Pentathlon
9:45	60m	W65	Heats
10:00	60m	W60	Heats
10:30	Hurdles	M75	Pentathlon
11:00	Hurdles	W50	Pentathlon
11:15	60m	W55	Heats
11:35	60m	W50	Heats
11:55	60m	W45	Heats
12:10	60m	W80	SemiF
12:18	60m	W75	SemiF
12:26	60m	W70	SemiF
12:34	60m	W65	SemiF
13:00	Hurdles	M70	Pentathlon
13:30	Hurdles	M65	Pentathlon
14:00	60m	W60	SemiF
14:08	60m	W55	SemiF
14:15	60m	W50	SemiF
14:23	60m	W45	SemiF
14:30	60m	W40	SemiF
14:36	60m	W35	SemiF
15:15	800m	M80	SemiF
15:20	800m	M75	SemiF
15:32	800m	M70	SemiF
15:45	800m	M65	SemiF
16:05	800m	M60	SemiF
16:30	800m	M55	SemiF
16:50	800m	M50	SemiF
17:05	800m	M45	SemiF
17:20	800m	M40	SemiF
17:50	800m	M35	SemiF
18:05	800m	W75	SemiF
18:10	800m	W65	SemiF
18:20	800m	W60	SemiF
18:30	800m	W55	SemiF
18:45	800m	W50	SemiF
19:00	800m	W45	SemiF
19:15	800m	W40	SemiF
19:30	800m	W35	SemiF

West End	
Cross Country	
Start Time	Cat
9:00	M70+/W70+
10:15	W35-69
11:15	M55-69
12:15	M35-54

Alachua County Sports and Events Center	
Pentathlon Events	
Cat	Order of Events
Women	Hurdles, High Jump, Shot Put Long Jump, 800m
Men	Hurdles, Long Jump, Shot Put High Jump, 1000m

Alachua County Sports and Events Center							
Race Time	Event	Cat	Type	Race Time	Event	Cat	Type
9:00	Hurdles	W75+	Pentathlon	17:58	800m	M50	Final
9:15	Hurdles	W70	Pentathlon	18:06	800m	M45	Final
9:30	Hurdles	M60	Pentathlon	18:14	800m	M40	Final
9:50	60m	M75	Heats	18:22	800m	M35	Final
10:05	60m	M70	Heats	18:30	60m	M90	SemiF
10:45	Hurdles	W65	Pentathlon	18:35	60m	M85	SemiF
11:00	60m	M65	Heats	18:41	60m	M80	SemiF
11:30	60m	M60	Heats	18:53	60m	M75	SemiF
12:00	60m	M55	Heats	19:01	60m	M70	SemiF
12:30	Hurdles	M55	Pentathlon	19:13	60m	M65	SemiF
12:50	60m	M50	Heats	19:25	60m	M60	SemiF
13:20	60m	M45	Heats	19:37	60m	M55	SemiF
13:40	60m	M40	Heats	19:50	60m	M50	SemiF
14:15	60m	M35	Heats	20:00	60m	M45	SemiF
14:30	60m	W85+	Final	20:07	60m	M40	SemiF
14:34	60m	W80	Final	20:20	60m	M35	SemiF
14:38	60m	W75	Final				
14:42	60m	W70	Final				
14:46	60m	W65	Final				
14:50	60m	W60	Final				
14:54	60m	W55	Final				
14:58	60m	W50	Final				
15:02	60m	W45	Final				
15:06	60m	W40	Final				
15:10	60m	W35	Final				
15:30	800m	W80+	Final				
15:38	800m	W75	Final				
15:45	800m	W70	Final				
15:57	800m	W65	Final				
16:05	800m	W60	Final				
16:13	800m	W55	Final				
16:21	800m	W50	Final				
16:30	800m	W45	Final				
16:39	800m	W40	Final				
16:47	800m	W35	Final				
16:55	800m	M90	Final				
17:03	800m	M85	Final				
17:11	800m	M80	Final				
17:19	800m	M75	Final				
17:27	800m	M70	Final				
17:35	800m	M65	Final				
17:43	800m	M60	Final				
17:51	800m	M55	Final				

Indoor Throws		
Start Time	Event	Cat
9:00	Shot Put	M45
17:00	Shot Put	M40
19:00	Shot Put	M35
9:00	Weight T	W40
14:45	Weight T	W45
16:15	Weight T	W35
17:45	Weight T	W50

West End		
Outdoor Throws		
Start Time	Event	Cat
9:00	Discus	M85+
10:15	Discus	M80
11:15	Discus	W70
13:00	Discus	W80+
14:30	Discus	W75
9:30	Javelin	W60
11:30	Javelin	W65
13:30	Javelin	W55
9:45	Hammer	M55
11:15	Hammer	M50

Alachua County Sports and Events Center	
Pentathlon Events	
Cat	Order of Events
Women	Hurdles, High Jump, Shot Put Long Jump, 800m
Men	Hurdles, Long Jump, Shot Put High Jump, 1000m

Alachua County Sports and Events Center			
Race Time	Event	Cat	Type
9:00	Hurdles	W45	Pentathlon
9:15	Hurdles	W35,40	Pentathlon
9:30	Hurdles	M35	Pentathlon
9:45	Hurdles	M50	Pentathlon
10:15	60m	M90,100	Final
10:20	60m	M85	Final
10:24	60m	M80	Final
10:28	60m	M75	Final
10:32	60m	M70	Final
10:36	60m	M65	Final
10:40	60m	M60	Final
10:44	60m	M55	Final
10:48	60m	M50	Final
10:52	60m	M45	Final
10:56	60m	M40	Final
11:00	60m	M35	Final
11:30	Hurdles	M45	Pentathlon
11:45	3000m	M85+	Final
12:15	3000m	M80	Final
12:45	Hurdles	M40	Pentathlon
13:00	3000m	M75	Final
13:30	3000m	M70	Final 1
13:50	3000m	M70	Final 2
14:10	3000m	M65	Final 1
14:30	3000m	M65	Final 2
14:45	3000m	M60	Final 1
15:05	3000m	M60	Final 2
15:20	3000m	M55	Final 1
15:35	3000m	M55	Final 2
15:50	3000m	M50	Final 1
16:05	3000m	M50	Final 2
16:20	3000m	M45	Final
16:35	3000m	M40	Final 1
16:50	3000m	M40	Final 2
17:05	3000m	M35	Final

Indoor Throws		
Start Time	Event	Cat
9:00	Shot Put	M60
16:15	Shot Put	M65
9:15	Weight T	M75
15:00	Weight T	M70

West End		
Outdoor Throws		
Start Time	Event	Cat
9:00	Javelin	W75+
11:00	Javelin	W70
12:30	Javelin	M85+
14:00	Javelin	M80
9:30	Discus	M45
11:15	Discus	M40
12:45	Discus	M35
9:15	Hammer	W65
11:30	Hammer	W60
13:30	Hammer	W55

Alachua County Sports and Events Center	
Pentathlon Events	
Cat	Order of Events
Women	Hurdles, High Jump, Shot Put Long Jump, 800m
Men	Hurdles, Long Jump, Shot Put High Jump, 1000m

Alachua County Sports and Events Center			
Race Time	Event	Cat	Type
9:00	200m	M80	Heats
9:15	200m	M75	Heats
9:30	200m	M70	Heats
10:00	200m	M65	Heats
10:30	200m	M60	Heats
11:10	200m	M55	Heats
11:40	200m	M50	Heats
12:15	200m	M45	Heats
12:45	200m	M40	Heats
13:20	200m	M35	Heats
14:00	3000m	W70+	Final
14:30	3000m	W65	Final
15:00	3000m	W60	Final
15:20	3000m	W55	Final
15:40	3000m	W50	Final
16:05	3000m	W45	Final
16:25	3000m	W40	Final
16:40	3000m	W35	Final
17:00	200m	M85	SemiF
17:08	200m	M80	SemiF
17:15	200m	M75	SemiF
17:22	200m	M70	SemiF
17:30	200m	M65	SemiF
17:37	200m	M60	SemiF
17:45	200m	M55	SemiF
17:55	200m	M50	SemiF
18:05	200m	M45	SemiF
18:15	200m	M40	SemiF
18:25	200m	M35	SemiF

Indoor Jumps		
Start Time	Event	Cat
9:00	Long Jump	W45
11:00	Long Jump	W40
12:30	Long Jump	W35
14:00	Long Jump	W50
16:00	Long Jump	W55
9:15	Triple Jump	M35
10:45	Triple Jump	M85+
12:15	Triple Jump	M80
14:00	Triple Jump	M45
15:30	Triple Jump	M40
10:00	High Jump 1	M50
11:00	High Jump 2	M55
12:30	High Jump 1	M60
10:00	Pole Vault	M65
13:00	Pole Vault	M75
15:15	Pole Vault	M70

Indoor Throws		
Start Time	Event	Cat
9:15	Weight T	W55
11:15	Weight T	W65
13:15	Weight T	W60
9:45	Shot Put	M75
12:00	Shot Put	M70

West End		
Outdoor Throws		
Start Time	Event	Cat
9:30	Javelin	M45
11:30	Javelin	M40
13:00	Javelin	M35
9:15	Discus	M55
11:30	Discus	M50
9:00	Hammer	W50
11:00	Hammer	W45
12:45	Hammer	W40
14:30	Hammer	W35

Alachua County Sports and Events Center			
Race Time	Event	Cat	Type
9:00	3000m Race Walk	W75+	Final
9:40	3000m Race Walk	W70	Final
10:20	3000m Race Walk	W65	Final
11:00	3000m Race Walk	W60	Final
11:35	3000m Race Walk	W55	Final
12:05	3000m Race Walk	W45,50	Final
12:40	3000m Race Walk	W35,40	Final
13:15	200m	W65	Heats
13:40	200m	W60	Heats
14:00	200m	W55	Heats
14:25	200m	W50	Heats
14:45	200m	W45	Heats
15:10	200m	W40	Heats
15:30	200m	W35	Heats
15:45	200m	M90	Final
15:50	200m	M85	Final
15:55	200m	M80	Final
16:00	200m	M75	Final
16:05	200m	M70	Final
16:10	200m	M65	Final
16:15	200m	M60	Final
16:20	200m	M55	Final
16:25	200m	M50	Final
16:30	200m	M45	Final
16:35	200m	M40	Final
16:40	200m	M35	Final
16:45	200m	W80	SemiF
16:52	200m	W75	SemiF
17:05	200m	W70	SemiF
17:15	200m	W65	SemiF
17:25	200m	W60	SemiF
17:35	200m	W55	SemiF
17:45	200m	W50	SemiF
17:55	200m	W45	SemiF
18:05	200m	W40	SemiF
18:15	200m	W35	SemiF

Indoor Jumps		
Start Time	Event	Cat
9:00	Long Jump	W80+
10:30	Long Jump	W75
12:00	Long Jump	W70
13:30	Long Jump	W65
15:30	Long Jump	W60
9:15	Triple Jump	M60
11:15	Triple Jump	M55
13:15	Triple Jump	M50
10:00	High Jump 1	M75
11:00	High Jump 2	M70
12:00	High Jump 1	M65
10:00	Pole Vault	W50,55
13:00	Pole Vault	W45
15:00	Pole Vault	W35,40

Indoor Throws		
Start Time	Event	Cat
9:00	Weight T	W70
10:45	Weight T	M80+
12:15	Weight T	W80+
14:00	Weight T	W75
9:30	Shot Put	W35
11:00	Shot Put	W40
12:45	Shot Put	W45
14:15	Shot Put	W50

WEST END THROWS		
Start Time	Event	Cat
9:15	Javelin	M50
11:15	Javelin	M55
9:30	Discus	M65
12:00	Discus	M60
9:45	Hammer	M45
11:00	Hammer	M40
12:15	Hammer	M35

Alachua County Sports and Events Center			
Race Time	Event	Cat	Type
9:00	3000m Race Walk	M80+	Final
9:40	3000m Race Walk	M75	Final
10:15	3000m Race Walk	M70	Final
10:45	3000m Race Walk	M65	Final
11:10	3000m Race Walk	M60	Final
11:45	3000m Race Walk	M55	Final
12:20	3000m Race Walk	M50	Final
12:55	3000m Race Walk	M45	Final
13:30	3000m Race Walk	M35,40	Final
14:00	200m	W80	Final
14:05	200m	W75	Final
14:10	200m	W70	Final
14:15	200m	W65	Final
14:20	200m	W60	Final
14:25	200m	W55	Final
14:30	200m	W50	Final
14:35	200m	W45	Final
14:40	200m	W40	Final
14:45	200m	W35	Final
15:00	1500m	W65	SemiF
15:15	1500m	W60	SemiF
15:30	1500m	W55	SemiF
15:45	1500m	W50	SemiF
16:00	1500m	M75	SemiF
16:15	1500m	M70	SemiF
16:30	1500m	M65	SemiF
16:50	1500m	M60	SemiF
17:25	1500m	M55	SemiF
17:50	1500m	M50	SemiF
18:15	1500m	M45	SemiF
18:30	1500m	M40	SemiF
18:50	1500m	M35	SemiF

Indoor Jumps		
Start Time	Event	Cat
9:30	Long Jump	M60
11:45	Long Jump	M55
14:45	Long Jump	M50
9:00	Triple Jump	W55
10:30	Triple Jump	W50
12:30	Triple Jump	W45
14:15	Triple Jump	W35,40
9:15	High Jump 1	W75
9:30	High Jump 2	W70
11:15	High Jump 1	W65
12:00	High Jump 2	W60
13:15	High Jump 1	W80+
10:00	Pole Vault	M45
12:15	Pole Vault	M35,40
14:30	Pole Vault	M80+

Indoor Throws		
Start Time	Event	Cat
9:00	Shot Put	W65
12:00	Shot Put	W55
15:00	Shot Put	W60
10:00	Weight T	M35
11:15	Weight T	M45
13:15	Weight T	M40

West End		
Outdoor Throws		
Start Time	Event	Cat
9:15	Javelin	M65
12:15	Javelin	M60
9:30	Discus	M75
11:30	Discus	M70
9:00	Hammer	M80+
10:30	Hammer	W80+
12:15	Hammer	W75
13:45	Hammer	W70

Alachua County Sports and Events Center						
Race Time	Event	Cat	Type	Start Time	Event	Cat
9:00	Hurdles	M50	Heats	9:15	Long Jump 1	M35
9:30	400m	W80	SemiF	11:00	Long Jump 1	M40
9:38	400m	W75	SemiF	12:45	Long Jump 1	M45
9:46	400m	W70	SemiF	14:45	Long Jump 1	M80
9:50	400m	W65	SemiF	15:15	Long Jump 2	M85+
10:05	400m	W60	SemiF	9:45	Triple Jump	M65
10:20	400m	W55	SemiF	11:30	Triple Jump	M75
10:40	400m	W50	SemiF	13:15	Triple Jump	M70
10:55	400m	W45	SemiF	9:30	High Jump 1	W55
11:10	400m	W40	SemiF	9:45	High Jump 2	W35,40
11:25	400m	W35	SemiF	12:00	High Jump 1	W50
11:33	400m	M85	SemiF	12:15	High Jump 2	W45
11:40	400m	M80	SemiF	10:00	Pole Vault	W70+
11:55	400m	M75	SemiF	13:00	Pole Vault	W60,65
12:15	400m	M70	SemiF	Indoor Throws		
12:40	400m	M65	SemiF	Start Time	Event	Cat
13:05	400m	M60	SemiF	9:00	Shot Put	M85+
13:35	400m	M55	SemiF	10:15	Shot Put	M80
14:05	400m	M50	SemiF	11:30	Shot Put	W85+
14:35	400m	M45	SemiF	12:30	Shot Put	W80
15:00	400m	M40	SemiF	13:00	Shot Put (cage)	W70
15:25	400m	M35	SemiF	14:00	Shot Put	W75
15:50	1500m	W80	Final	9:30	Weight T	M55
16:00	1500m	W75	Final	11:00	Weight T	M50
16:10	1500m	W70	Final	West End		
16:19	1500m	W65	Final	Outdoor Throws		
16:27	1500m	W60	Final	Start Time	Event	Cat
16:36	1500m	W55	Final	9:00	Javelin	M75
16:45	1500m	W50	Final	10:30	Javelin	M70
16:54	1500m	W45	Final	9:15	Discus	W45
17:03	1500m	W40	Final	11:00	Discus	W35
17:12	1500m	W35	Final	12:00	Discus	W40
17:21	1500m	M85+	Final	13:30	Discus	W50
17:35	1500m	M80	Final	9:30	Hammer	M65
17:47	1500m	M75	Final	12:30	Hammer	M60
17:57	1500m	M70	Final	Celebration Pointe		
18:06	1500m	M65	Final	10K Road Race		
18:15	1500m	M60	Final	Start Time	Cat	
18:24	1500m	M55	Final	8:00	Men	
18:33	1500m	M50	Final	8:10	Women	
18:42	1500m	M45	Final			
18:51	1500m	M40	Final			
19:00	1500m	M35	Final			

Alachua County Sports and Events Center							
Race Time	Event	Cat	Type	Race Time	Event	Cat	Type
8:00	Hurdles	W75	SemiF	12:20	Hurdles	W65	Final
8:06	Hurdles	M80	SemiF	12:24	Hurdles	W60	Final
8:09	Hurdles	W65	SemiF	12:30	Hurdles	M75	Final
8:12	Hurdles	W60	SemiF	12:34	Hurdles	M70	Final
8:22	Hurdles	W55	SemiF	12:38	Hurdles	W55	Final
8:30	Hurdles	W50	SemiF	12:43	Hurdles	W50	Final
8:42	Hurdles	M75	SemiF	12:50	Hurdles	W45	Final
8:50	Hurdles	M70	SemiF	12:54	Hurdles	W40	Final
9:00	Hurdles	W45	SemiF	13:00	Hurdles	M65	Final
9:08	Hurdles	W40	SemiF	13:04	Hurdles	M60	Final
9:18	Hurdles	M65	SemiF	13:10	Hurdles	W35	Final
9:30	Hurdles	M60	SemiF	13:18	Hurdles	M55	Final
9:45	Hurdles	M55	SemiF	13:22	Hurdles	M50	Final
9:53	Hurdles	M50	SemiF	13:30	Hurdles	M45	Final
10:00	Hurdles	M45	SemiF	13:34	Hurdles	M40	Final
10:08	Hurdles	M40	SemiF	13:38	Hurdles	M35	Final
10:14	Hurdles	M35	SemiF	13:50	4X200	W, M	Final
10:25	400m	W80	Final	16:30	4X200 Mix	Mixed	Final
10:29	400m	W75	Final				
10:33	400m	W70	Final				
10:36	400m	W65	Final				
10:40	400m	W60	Final				
10:44	400m	W55	Final				
10:48	400m	W50	Final				
10:52	400m	W45	Final				
10:56	400m	W40	Final				
11:00	400m	W35	Final				
11:04	400m	M90	Final				
11:08	400m	M85	Final				
11:12	400m	M80	Final				
11:16	400m	M75	Final				
11:20	400m	M70	Final				
11:24	400m	M65	Final				
11:28	400m	M60	Final				
11:32	400m	M55	Final				
11:36	400m	M50	Final				
11:40	400m	M45	Final				
11:44	400m	M40	Final				
11:48	400m	M35	Final				
12:00	Hurdles	W80+	Final				
12:04	Hurdles	M85+	Final				
12:08	Hurdles	M80	Final				
12:12	Hurdles	W75	Final				
12:16	Hurdles	W70	Final				

West End		
Outdoor Throws		
Start Time	Event	Cat
9:00	Javelin	W35,40
10:45	Javelin	W45
12:15	Javelin	W50
9:00	Discus	W65
11:15	Discus	W60
13:00	Discus	W55
9:15	Hammer	M70
11:15	Hammer	M75

Celebration Pointe	
10K Race Walk - Road	
Start Time	Cat
8:00	W60+
10:00	W35,40,45,50,55
12:00	M70+
14:00	M60,65
15:30	M35,40,45,50,55

Indoor Jumps		
Start Time	Event	Cat
9:00	Long Jump	M65
12:00	Long Jump	M70
14:30	Long Jump	M75
9:15	Triple Jump	W80+
10:30	Triple Jump	W75
12:00	Triple Jump	W70
13:30	Triple Jump	W65
15:00	Triple Jump	W60
9:15	High Jump 1	M35
9:30	High Jump 2	M80+
11:45	High Jump 1	M40
12:00	High Jump 2	M45
9:15	Pole Vault	M50
11:45	Pole Vault	M55
14:15	Pole Vault	M60

Indoor Throws		
Start Time	Event	Cat
9:30	Shot Put	M50
11:15	Shot Put	M55
9:00	Weight T	M65
10:45	Weight T	M60

STARTING HEIGHTS & PROGRESSIONS

MEN HIGH JUMP

CATEGORY	STARTING HEIGHT	PROGRESSION
M35	1.35m	5cm
M40	1.45m	5cm
M45	1.25	5cm
M50	1.25m	5cm
M55	1.25m	5cm
M60	1.25m	5cm
M65	1.25m	5cm
M70	1.00m	5cm
M75	1.10m	5cm
M80+	.90m	3cm

MEN POLE VAULT

CATEGORY	STARTING HEIGHT	PROGRESSION
M35 / M40	3.00m	15cm
M45	3.45m	15cm
M50	2.70m	15cm
M55	2.05m	15cm
M60	2.50m	15cm
M65	2.20m	15cm
M70	2.00m	10cm
M75	2.00m	10cm
M80+	1.20m	10cm

WOMEN HIGH JUMP

CATEGORY	STARTING HEIGHT	PROGRESSION
W35 / W40	1.20m	5cm
W45	1.20m	5cm
W50	1.20m	5cm
W55	1.10m	5cm
W60	0.90m	4cm
W65	0.90m	4cm
W70	0.90m	3cm
W75	0.80m	3cm
W80+	0.80m	3cm

WOMEN POLE VAULT

CATEGORY	STARTING HEIGHT	PROGRESSION
W35 / W40	2.00m	10cm
W45	1.80m	10cm
W50 / W55	1.50m	10cm
W60 / W65	1.10m	10cm
W70+	0.80m	10cm

ADVANCEMENT TABLES

8 LANE TRACK (60M, 60M HURDLES)

P = Number of athletes qualified by their pace

T = Number of athletes qualified by their time

NUMBER OF COMPETITORS	HEATS	QUALIFYING	SEMI FINALS	QUALIFYING	FINAL
1-8	0	-	0	-	1
9-16	0	-	2	2P + 4T	1
17-24	0	-	3	2P + 2T	1
25-32	4	2P + 8T	2	2P + 4T	1
33-40	5	2P + 6T	2	2P + 4T	1
41-48	6	2P + 4T	2	2P + 4T	1
49-56	7	2P + 10T	3	2P + 2T	1
57-64	8	2P + 8T	3	2P + 2T	1
65-72	9	2P + 6T	3	2P + 2T	1
73-80	10	2P + 4T	3	2P + 2T	1
81-88	11	1P + 13T	3	2P + 2T	1
89-96	12	1P + 12T	3	2P + 2T	1

6 LANE TRACK (200M)

P = Number of athletes qualified by their pace

T = Number of athletes qualified by their time

NUMBER OF COMPETITORS	HEATS	QUALIFYING	SEMI FINALS	QUALIFYING	FINAL
1-6	0	-	0	-	1
7-12	0	-	2	2P + 2T	1
13-18	0	-	3	1P + 3T	1
19-24	4	2P + 4T	2	2P + 2T	1
25-30	5	2P + 2T	2	2P + 2T	1
31-36	6	2P + 6T	3	1P + 3T	1
37-42	7	2P + 4T	3	1P + 3T	1
43-48	8	2P + 2T	3	1P + 3T	1
49-54	9	1P + 9T	3	1P + 3T	1
55-60	10	1P + 8T	3	1P + 3T	1

6 LANE TRACK (400M)

P = Number of athletes qualified by their pace

T = Number of athletes qualified by their time

NUMBER OF COMPETITORS	SEMI FINALS	QUALIFYING	FINAL
1-6	0	-	1
7-12	2	2P + 2T	1
13-18	3	1P + 3T	1
19-24	4	1P + 2T	1
25-30	5	6T	1
31-36	6	6T	1
37-42	7	6T	1
43-48	8	6T	1
49-54	9	6T	1

6 LANE TRACK (800M)

P = Number of athletes qualified by their pace

T = Number of athletes qualified by their time

NUMBER OF COMPETITORS	SEMI FINALS	QUALIFYING	FINAL
1-9	0	-	1
10-18	2	2P + 5T	1
19-27	3	2P + 3T	1
28-36	4	1P + 5T	1
37-45	5	1P + 4T	1
46-54	6	1P + 3T	1
55-63	7	1P + 2T	1
64-72	8	0P + 9T	1
73-81	9	0P + 9T	1
82-90	10	0P + 9T	1

6 LANE TRACK (1500M)

P = Number of athletes qualified by their pace

T = Number of athletes qualified by their time

NUMBER OF COMPETITORS	HEATS	QUALIFYING	FINAL
1-12	0	-	1
13-24	2	2P + 8T	1
25-36	3	2P + 6T	1
37-48	4	2P + 4T	1
49-60	5	2P + 2T	1
61-72	6	1P + 6T	1
73-84	7	1P + 5T	1

IMPLEMENT SPECIFICATIONS

THROWING IMPLEMENT SPECIFICATIONS

GENDER & AGE	HAMMER (KG)	SHOT PUT (KG)	DISCUS (KG)	JAVELIN (GM)	WEIGHT (KG)
WOMEN					
35-49	4.00	4.00	1.00	600	9.080 (20lb)
50-59	3.00	3.00	1.00	500	7.260 (16lb)
60-74	3.00	3.00	1.00	500	5.450 (12lb)
75+	2.00	2.00	0.75	400	4.000 (8.8lb)
MEN					
35-49	7.26	7.26	2.00	800	15.880 (35lb)
50-59	6.00	6.00	1.50	700	11.340 (25lb)
60-69	5.00	5.00	1.00	600	9.080 (20lb)
70-79	4.00	4.00	1.00	500	7.260 (16lb)
80+	3.00	3.00	1.00	400	5.450 (12lb)

RHYTHM OF THE



TUNE IN TO THE RHYTHM
OF THE MESTARI RUN 1.5



PROUD SPONSOR OF



WORLD MASTERS ATHLETICS
ALACHUA COUNTY
— FLORIDA
INDOOR CHAMPIONSHIPS 2025

WWW.KARHU.COM



GOOD LUCK!