

Play on the Gold Coast in 2014!



Pan Pacific
Masters Games
GOLD COAST | AUSTRALIA
1 - 9 November 2014

Tourism and Events
Queensland

AUSTRALIA'S
GOLDCOAST.

Australia's
Gold Coast
Events for you

AUSTRALIAN HURDLES AND IMPLEMENTS SPECIFICATIONS HURDLES

AGES	Race Distance	Hurdle Height	To 1 st Hurdle	Between Hurdles	To Finish	No. of Hurdles
WOMEN						
30 - 39	100 Mts	.840 m	13.0 m	8.5 m	10.5 m	10
40 - 49	80 Mts	.762 m	12.0 m	8.0 m	12.0 m	8
50 - 59	80 Mts	.762 m	12.0 m	7.0 m	19.0 m	8
60 Plus	80 Mts	.686 m	12.0 m	7.0 m	19.0 m	8
30 - 49	400 Mts	.762 m	45.0 m	35.0 m	40.0 m	10
50 - 59	300 Mts	.762 m	50.0 m	35.0 m	40.0 m	7
60 - 69	300 Mts	.686 m	50.0 m	35.0 m	40.0 m	7
70 Plus	200 Mts	.686 m	20.0 m	35.0 m	40.0 m	5
MEN						
30 - 49	110 Mts	.991 m	13.72 m	9.14 m	14.02 m	10
50 - 59	100 Mts	.914 m	13.0 m	8.5 m	10.5 m	10
60 - 69	100 Mts	.840 m	12.0 m	8.0 m	16.0 m	10
70 - 79	80 Mts	.762 m	12.0 m	7.0 m	19.0 m	8
80 Plus	80 Mts	.686 m	12.0 m	7.0 m	19.0 m	8
30 - 49	400 Mts	.914 m	45.0 m	35.0 m	40.0 m	10
50 - 59	400 Mts	.840 m	45.0 m	35.0 m	40.0 m	10
60 - 69	300 Mts	.762 m	50.0 m	35.0 m	40.0 m	7
70 - 79	300 Mts	.686 m	50.0 m	35.0 m	40.0 m	7
80 Plus	200 Mts	.686m	20.0 m	35.0 m	40.0 m	5

IMPLEMENTS

AGES	Shot Put	Discus	Hammer	Javelin	Weight
WOMEN					
30 - 49	4.00 k	1.00 k	4.00 k	600 gms	9.08 k
50 - 59	3.00 k	1.00 k	3.00 k	500 gms	7.26 k
60 - 74	3.00 k	1.00 k	3.00 k	500 gms	5.45 k
75 Plus	2.00 k	0.75 k	2.00 k	400 gms	4.00 k
MEN					
30 - 49	7.26 k	2.00 k	7.26 k	800 gms	15.88 k
50 - 59	6.00 k	1.50 k	6.00 k	700 gms	11.34 k

Play it, Live it, Love it!



60 - 69	5.00 k	1.00 k	5.00 k	600 gms	9.08 k
70 - 79	4.00 k	1.00 k	4.00 k	500 gms	7.26 k
80 Plus	3.00 k	1.00 k	3.00 k	400 gms	5.45 k

STEEPLECHASE: 3000 Mts Men 30 – 59 years @ .914 m

2000 Mts Men 60+ years & Women @ .762 m

THROWS PENTATHLON: HAMMER – SHOT – DISCUS – JAVELIN – WEIGHT

SCORING: All Multi Events scoring will be as per WAVA **Age- Factored** points scoring system

COLOUR CODE FOR SHOT and HAMMER

YELLOW	GREEN	RED	WHITE	BLUE	ORANGE
7.26 k	6.00 k	5.00 k	4.00 k	3.00 k	W75+ 2.00K

WEIGHT

15.88 k	11.34 k	9.08 k	7.26 k	5.45 k	W75 + 4.00K
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