

USPFC TRACK & FIELD-2026

GUIDING BODIES

United States Police and Fire Championships (USPFC)

7944 Convoy Ct., San Diego, CA 92111

Tele: (858) 571-9919; E-mail: 4info@cpaf.org

U.S.A. Track and Field

132 E. Washington St, Suite 800, Indianapolis, IN 46204

Tele: 317.261.0500 FAX: 317.261.0481; Website: www.usatf.org

World Masters Athletics (WMA)

Website: www.world-masters-athletics.org

The Track and Field competition for the Games is subject to the rules of USATF and WAVA as per the official handbook.

Entry Deadline: June 4, 2026

AGE CATEGORIES

The following age categories, UNLESS OTHERWISE STATED, apply to all Individual events, and are separate events for Men and Women (Subject to the definition of "COMPETITION" in the General Sport Rules for Track and Field).

18-29	45-49	65-69
30-34	50-54	70-74
35-39	55-59	75-79
40-44	60-64	80+

IMPORTANT NOTE: in Individual Track and Field events, competitors shall compete within their actual age category **ONLY**. Age is determined as of the first day of the Games.

Men's, Women's & Mixed Relay events will be offered in the following age categories:

18-29

30-39

40-49

50-59

60+

Relays are 4-person teams. Men's & Women's Teams may register a 5th to act as a reserve runner in case of injury. Only the 4 team members that complete the race will be awarded medals.

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AGES IN DIVISIONS NOT OFFERED ARE INCLUDED IN THE NEXT YOUNGEST AGE DIVISION OFFERED.

EVENTS

The following will be offered in both Men's and Women's events and all age categories:

Five (5) year age increments:

High Jump

Long Jump

Triple Jump

Shot Put

Javelin

Discus

Hammer

Pole Vault

100 Meter Run

200 Meter Run

400 Meter Run

800 Meter Run

1500 Meter Run

5000 Meter Run

Pentathlon (Men Only)

The following events will be offered in reduced age divisions:

MEN

80 Meter Hurdles-70-74, 75-79, 80+

100 Meter Hurdles-50-54, 55-59, 60-64, 65-69

110-Meter-High Hurdles-18-29, 30-34, 35-39, 40-44, 45-49

200 Meter Hurdles-80+

300 Meter Hurdles-60-64, 65-69, 70-74, 75-79

400 Intermediate Hurdles-18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59

2000M Steeplechase-35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

3000 Meter Steeplechase-18-29, 30-34

WOMEN

100 Meter Hurdles-18-29, 30-34, 35+

400 Meter Hurdles-18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55+

2000M Steeplechase-35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

3000 Meter Steeplechase- 18-29, 30-34

RELAYS

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MEN

4x100 Meter
4x400 Meter

WOMEN

4x100 Meter
800 Meter (2x100, 1x200, 1x400)

MIXED (must be 2 men & 2 women)

4x400 Meter

Schedule for IMPLEMENT WEIGHTS

Discus

Men: (2.0 kg):	18-49
Men: (1.5 kg):	50-59
Men: (1.0 kg):	60+
Women (1.0 kg):	18-74
Women (.75 kg):	75+

Hammer

Men: (7.26 kg):	18-49
Men: (6.0 kg):	50-59
Men: (5.0 kg):	60-69
Men: (4.0 kg):	70-79
Men: (3.0 kg):	80+
Women: (4.0 kg):	18-49
Women: (3.0 kg):	50+
Women: (2.0 kg):	g75+

Javelin

Men: (800 g):	18-49
Men: (700 g):	50-59
Men: (600 g):	60-69
Men: (500 g):	70-79
Men: (400 g):	80+
Women: (600 g):	18-49
Women: (500 g):	50-59
Women: (400 g):	60+

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Shot put

Men: (7.26 kg):	18-49
Men: (6.0 kg):	50-59
Men: (5.0 kg):	60-69
Men: (4.0 kg):	70-79
Men: (3.0 kg):	80+
Women: (4.0 kg):	18-49
Women: (3.0 kg):	50-74
Women: (2.0 kg):	75+

3,000 Meter Steeplechase

Men: 18-29	36" (.914m) barriers
Men: 30-34	30" (.762m) barriers
Women: 18-34	30" (.762m) barriers

2,000 Meter Steeplechase

Men: 35+	30" 18 (.762m) barriers and 5 water jumps
Women: 35+	30" 18 (.762m) barriers and 5 water jumps

110-Meter-High Hurdles

Men: 18-29	- 42"
Men: 30-49	- 39"

100 Meter Hurdles

Men: 50-59	36" (13.0 m to 1st hurdle 8.5m between and 10.50m to finish)
Men: 60-69	33" (12.0 m to 1st hurdle 8.0m between and 16.00m to finish)

80 Meter Hurdles

Men: 70-79	30" (12.0 m to 1st hurdle 7.0m between and 19.00m to finish)
Men: 80+	27" (12.0 m to 1st hurdle 7.0m between and 19.00m to finish)

100 Meter Hurdles

Women: 18-34	33"
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80 Meter Hurdles

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Women: 40-49 30" (12.0 m to 1st hurdle 8.0m between and 12.00m to finish)

Women: 50-59 30" (12.0 m to 1st hurdle 7.0m between and 19.00m to finish)

Women: 60+ 30" (12.0 m to 1st hurdle 7.0m between and 19.00m to finish)

400 Meter Intermediate Hurdles

Men: 18-49 36"

Men: 50-59 33"

300 Meter Intermediate Hurdles

Men: 60-69 30" (50.0 m to 1st hurdle 35m between and 40m to finish)

Men: 70-79 27" (50.0 m to 1st hurdle 35m between and 40m to finish)

200 Meter Intermediate Hurdles

Men: 80+ 27" (20.0 m to 1st hurdle 35m between and 40m to finish)

FACILITY

The meet should be held at a college, junior college track, or equivalent, capable of handling the number of events and competitors involved in the meet and approved by the USATF. The track will have an artificial (rubberized) surface 400-meter track, eight (8) lanes. All Pole Vault, High Jump, Long Jump and Javelin run-up areas will be polyurethane or equivalent.

Once the facility has been selected, the cooperation of the track coach or venue manager is invaluable. The following are some points that should be agreed upon between the coordinator and the coach/manager, as they are mandatory: dates and times facility will be exclusively available, open, and maintained for USPFC meet.

EQUIPMENT

Hurdles

Public Address System

Restrooms

Refreshments

Computerized system for Seeding & Results

Fully Automatic Timing system

Wind gauge(s) must be utilized at all appropriate events

SCHEDULE

The Order of Events will be scheduled by the USPFC.

This Track meet can be conducted on ONE day or TWO if necessary.

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Allow five (5) minutes between events and ten (10) for hurdle events.

In no case will an event run before its scheduled time.

There are several other points that can make the meet a better success:

Setting Up Trial Heats:

Most tracks are capable of running 8 lanes on the curve and 9 lanes on the straightaways. In the events from the 100-meter dash through the 400-meter run, heats will be necessary. Since the listing of trial heats prior to the reporting of contestants to the Clerk of the Course is a waste of good effort, don't try. The number of heats should be directly related to the number of contestants who report to the Clerk of the Course.

EXAMPLE: Women 400 Meter Run: Should 12 contestants report to the Clerk then there would be 2 heats of 6 runners each with the top two and next best times qualifying 8 for Finals. On the other hand, should only 7 contestants report then there would be no heats in the events and all contestants would be placed into the Finals. Late contestants should not be accommodated; if they don't report soon enough, it is their own fault.

Heat Assignments:

Heats are assigned as follows: Clerk of the Course on the 2nd call for an event should have all the contestants' names and affiliations listed. This list should then be delivered to the computer operator who will enter the information. The Computer will draw heats and lane assignments.

Lane Assignment:

In finals, lanes are assigned as per USATF rules.

GENERAL SPORT RULES for Track and Field

CHECK-IN PROCEDURE

All competitors will register by the following procedure: At least one hour before the start of their event, the athlete should be requested to check-in at the Clerk's desk to confirm he/she is present and has a lane assignment for Track events or flight allocations for field competition.

CALL TO COMPETITION

The announcer will give three (3) calls prior to the time the athlete competes.

1st call 25 minutes prior

2nd call 20 minutes prior

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3rd call 15 minutes prior (**FINAL CALL**)

All athletes failing to report on the final call will be scratched. Competitors should be directed to where they will be escorted by a "marshal" to their event. Field event competitors should be directed to go promptly to their event site. They will be given time for warm-ups.

COMPETITION

Each event will begin with the Women and then the Men in reverse order by age.

In the event there are less than two (2) athletes entered, the competitors may enter the event of a lower age group classification. If there are no lower age classification, or the competitor does not wish to move out of his/her own classification, the event will be contested.

WEIGHTS AND MEASURES

All implements will be weighed/measured based on current USATF/WAVA standards related to the age of the competitor. All implements not making weight or measurements will be impounded. Athletes may reclaim their implements after their event has been concluded.

WARM-UPS

Warm-ups should be provided in an area away from the track. Warm-ups are not allowed on the track during competition days. A second Track facility or the main Track venue during specific hours should be made available to competitors to practice prior to and during the Games.

PROTESTS

All protests must be filed in writing to the Meet Referee within thirty (30) minutes upon completion of the event and posting of results. The referee may decide on the protest or may refer the matter to the Jury. If the referee makes a decision, there shall be a right of appeal to the Jury. The decision by the Jury of Appeal shall be final.

MEET CLOSURE FOR ADDING EVENTS: Events may be added prior to the first day of competition with the Sport Coordinator's approval. It is recommended the meet be closed two (2) weeks prior to the Games. All added events must be accomplished through Host Registration.

NOTE: Competitors who designate "pooling" to enter a Relay event will be pooled by the USPFC Director prior to the "Games". The only "pooling" on-site will be done by the Sport Coordinator or USPFC Director for Track & Field. Any pooling/substitution on-site will be completed according to USPFC General Rules.

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The Track Coordinator should set up a booth at the Track site to answer all questions and protests. He/she should keep himself/herself free and available as much as possible.

A system should be established to reproduce the results of each day's efforts making copies available for posting at the site and results room at the Host Headquarters.

There shall be no unsupervised practicing in the throwing events. Spectators must be kept off the track and infield.

ORDER OF EVENTS FOR TRACK & FIELD

The order of events should be scheduled considering natural track doubles such as the 100- and 200-Meter Runs. When possible, the schedule should be for two days based on anticipated 200 - 400 competitors. A tentative order of events/schedule for all track events will be completed and submitted to USPFC for approval at least 180 days prior to the event. This approved tentative order of events/schedule will be placed on the Web Site at least 90 days prior to the Games and titled T&F "Tentative Order of Events". A specific schedule with days/time for each individual event will be completed and approved by USPFC for inclusion in the Confirmation Letters. **No changes will be made after mailing of Confirmation Letters.**

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AWARDS

Medals (1st through 3rd place) will be calculated based on the number of entries. USPFC will advise you of the number of sets needed, plus a reasonable margin.

ATTENTION COORDINATORS

THE USPFC GENERAL RULES APPLY TO ALL SPORTS.

YOU MUST BE FAMILIAR WITH ITS CONTENTS.

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is Knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.