**2016第19屆亞洲常青田徑錦標賽**

**報名注意事項**

**2.4**

報名日期: 104.12.25~105.01.25 (協會不受理逾期報名)

**2.5**

報名各項費用

|  |  |  |  |
| --- | --- | --- | --- |
| 項 目 | 期限內費用 | 逾期費用 | 備 註 |
| 亞洲總會會費 | 美金10 | 美金10 | 每一運動員 |
| 管理費 | 美金 5 | 美金10 | 每一運動員 |
| 註冊費 | 美金 5 | 美金 5 | 每一運動員 |
| 第一項 | 美金10 | 美金15 | 每一運動員 |
| 第2~4項 | 美金 5 | 美金15 | 每一運動員 |
| 接力賽 | 美金20 | 美金35 | 每一運動員 |
| 歡迎晚會 | 美金20 | 美金20 | 每一運動員 |
| 歡送晚會 | 美金25 | 美金25 | 每一運動員 |
| 歡迎晚會眷屬 | 美金25 | 美金25 | 每一人員 |

**年齡組別分組表**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **年齡範圍** | **Men男子** | **Women女子** | **到(迄) 日/月/年** | **從(起) 日/月/年** |
| 35 –39 | M35 | W35 | 4 .5. 1981 | 3 .5. 1976 |
| 40 –44 | M40 | W40 | 4 .5. 1976 | 3 .5. 1971 |
| 45 –49 | M45 | W45 | 4 .5. 1971 | 3 .5. 1966 |
| 50 –54 | M50 | W50 | 4 .5. 1966 | 3 .5. 1961 |
| 55 –59 | M55 | W55 | 4 .5. 1961 | 3 .5. 1956 |
| 60 –64 | M60 | W60 | 4 .5. 1956 | 3 .5. 1951 |
| 65 –69 | M65 | W65 | 4 .5. 1951 | 3 .5. 1946 |
| 70 –74 | M70 | W70 | 4 .5. 1946 | 3 .5. 1941 |
| 75 –79 | M75 | W75 | 4 .5. 1941 | 3 .5. 1936 |
| 80 –84 | M80 | W80 | 4 .5. 1936 | 3 .5. 1931 |
| 85 –89 | M85 | W85 | 4 .5. 1931 | 3 .5. 1926 |
| 90–94 | M90 | W90 | 4 .5. 1926 | 3 .5. 1921 |
| 95–99 | M95 | W95 | 4 .5. 1921 | 3 .5. 1916 |
| 100+ | M100 | W100 | 4 .5. 1916 |

4.1 各年齡組比賽項目

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Event** | **男子組** | **女子組** |
| 1 | 100m | All | All |
| 2 | 200m | All | All |
| 3 | 400m | All | All |
| 4 | 800m | All | All |
| 5 | 1,500m | All | All |
| 6 | 5,000m | All | All |
| 7 | 10,000m | All | **NO** |
| 8 | 80m Hurdles 欄架 | M70 – M80+ | W40 – W60+ |
| 9 | 100m Hurdles 欄架 | M50 – M65 | W35 |
| 10 | 110m Hurdles 欄架 | M35 – M45 | **NO** |
| 11 | 200m Hurdles 欄架 | M80+ | W70+ |
| 12 | 300m Hurdles 欄架 | M60 – M75 | W50 – W65 |
| 13 | 400m Hurdles 欄架 | M35 – M55 | W35 – W45 |
| 14 | 5000m Race Walk 競走 | All | All |
| 15 | 4 x 100m Relay 接力 | All | All |
| 16 | 4 x 400m Relay 接力 | All | All |
| 17 | 2000m Steeplechase障礙 | M60+ | All |
| 18 | 3000m Steeplechase障礙 | M35 – M55 | **NO** |
| 19 | High Jump 跳高 | All | All |
| 20 | Long Jump 跳遠 | All | All |
| 21 | Triple Jump 三級跳遠 | All | All |
| 22 | Pole Vault 撐竿跳高 | All | All |
| 23 | Discus 鐵餅 | All | All |
| 24 | Hammer 鏈球 | All | All |
| 25 | Javelin 標槍 | All | All |
| 26 | Shot Put 鉛球 | All | All |
| **Total Events (by Age Group)** | **291** | **273** |
| **Overall Total Events** | **563** |

各性別、年齡、組別-- 跳高練習及比賽高度

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 性別 (男、女) | 年齡組別 | 練習高度 | 比賽開始 | 每次晉升高度 |
| High Jump男子跳高 | M35 | 1.35 M  | 1.35 M  | 5CM |
| M40-45 | 1.25 M | 1.25 M |
| M50 | 1.20 M | 1.20 M |
| M55 | 1.10 M | 1.10 M |
| M60-M65 | 1.00 M | 1.00 M |
| M70 | 0.95 M | 0.95 M |
| M75-M80 | 0.85 M | 0.85 M |
| M85+ | 0.75 M | 0.80 M |
| High Jump女子跳高 | W35 | 1.10 M | 1.15 M | 3CM |
| W40 | 0.95 M | 1.00 M |
| W45-W50 | 0.85 M | 0.90 M |
| W55-W60 | 0.80 M | 0.85 M |
| M65-M75 | 0.70 M | 0.72 M |
| M80+ | 0.60 M | 0.62 M |

Pole Vault 撐竿跳高

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Men** | **Age Group** | **Practice** | **Starting** | **Progression** |
| Pole Vault男子組 | M35 | 2.60m | 2.70m | 10cm |
| M40 | 2.40m | 2.50m |
| M45 | 2.30m | 2.40m |
| M50 | 2.10m | 2.20m |
| M55 | 1.90m | 2.00m |
| M60 | 1.70m | 1.80m |
| M65 | 1.60m | 1.70m |
| M70 | 1.50m | 1.60m |
| M75 | 1.40m | 1.50m | 5cm |
| M80+ | 1.40m | 1.50m |
| Pole Vault女子組 | W35 | 1.60m | 1.70m | 10cm |
| W40 | 1.50m | 1.60m |
| W45-W50 | 1.40m | 1.30m |
| W55-W60 | 1.30m | 1.40m |
| W65-W75 | 1.20m | 1.30m | 5cm |

Technical Specification for Hurdles 跨欄項目 欄架距離與高度

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gender** | **Category** | **Event** | **Age****Group** |  **Height** | **Number****of****Hurdles** | **Distance to First Hurdle** | **Distance****Between****Hurdles** | **Distance to Finish** |
| Men男子組 | Short短距離 | 110mH | M35-M45 | 0.991m | 10 | 13.72m | 9.14m | 14.02m |
| 100mH | M50-M55 | 0.914m | 10 | 13.00m | 8.50m | 10.50m |
| 100mH | M60-M65 | 0.840m | 10 | 12.00m | 8.00m | 16.00m |
| 80mH | M70-M75 | 0.762m | 8 | 12.00m | 7.00m | 19.00m |
| 80mH | M80+ | 0.686m | 8 | 12.00m | 7.00m | 19.00m |
| Long長距離 | 400mH | M35-M45 | 0.914m | 10 | 45.00m | 35.00m | 40.00m |
| 400mH | M50-M55 | 0.840m | 10 | 45.00m | 35.00m | 40.00m |
| 300mH | M60-M65 | 0.762m | 7 | 50.00m | 35.00m | 40.00m |
| 300mH | M70-M75 | 0.686m | 7 | 50.00m | 35.00m | 40.00m |
| 200mH | M80+ | 0.686m | 5 | 20.00m | 35.00m | 40.00m |
| Women女子組 | Short短距離 | 100mH | W35 | 0.840m | 10 | 13.00m | 8.50m | 10.50m |
| 80mH | W40-W49 | 0.762m | 8 | 12.00m | 8.00m | 12.00m |
| 80mH | W50-W55 | 0.762m | 8 | 12.00m | 7.00m | 19.00m |
| 80mH | W60+ | 0.686m | 8 | 12.00m | 7.00m | 19.00m |
| Long長距離 | 400mH | W35-W45 | 0.762m | 10 | 45.00m | 35.00m | 40.00m |
| 300mH | W50-W55 | 0.762m | 7 | 50.00m | 35.00m | 40.00m |
| 300mH | W60-W65 | 0.686m | 7 | 50.00m | 35.00m | 40.00m |
| 200mH | W70+ | 0.686m | 5 | 20.00m | 35.00m | 40.00m |

Technical Specification for Steeplechase

障礙賽 欄架高度、欄間距離、欄架數量、圈數規格

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Gender** | **Event** | **Age Group** | **Height** | **Number of****Barriers** | **Number of****Water Jumps** |
| Men男子 | 3000m 障礙賽 | M35-M55 | 0.914m | 28 | 7 |
| 2000m 障礙賽 | M60+ | 0.762m | 18 | 5 |
| Women女子 | 2000m 障礙賽 | W35+ | 0.762m | 18 | 5 |

Technical Specification for Throws 擲部項目 各年齡組器材重量

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Gender** | **Age Group****年齡組** | **Shot Put/Hammer****鉛球/鏈球** | **Discus****鐵餅** | **Javelin****標槍** |
| Men | M35-M45 | 7.26kg | 2.0kg | 800g |
| M50 – M55 | 6.0kg | 1.5kg | 700g |
| M60 – M65 | 5.0kg | 1.0kg | 600g |
| M70 – M75 | 4.0kg | 500g |
| M80+ | 3.0kg | 400g |
| Women | W35 – W45 | 4.0kg | 1.0kg | 600g |
| W50 – W55 | 3.0kg | 500g |
| W60 – W70 | 3.0kg | 500g |
| W75+ | 2.0kg | 0.75kg | 400g |

**8.9.2 各項田、徑賽檢錄時間**

|  |  |
| --- | --- |
| **Event Type** | **Latest Reporting Time** |
| Track Events (exceptHurdles and Relays)徑賽(除欄架及接力) | 30 minutes before official start of competition比賽前30分鐘 |
| Hurdles and Relays欄架及接力 | 35 minutes before official start of competition比賽前35分鐘 |
| Field Events (exceptPole Vault and High Jump)田賽(除撐竿及跳高) | 50 minutes before official start of competition比賽前50分鐘 |
| High Jump跳高 | 60 minutes before official start of competition比賽前60分鐘 |
| Pole Vault撐竿跳高 | 80 minutes before official start of competition比賽前80分鐘 |
| Race Walking競走 | 30 minutes before official start of competition比賽前30分鐘 |