

Extract from WMA Rules of Competition, pp6-7

Rule 3 Regulations Governing the Conduct of International Competitions

3.1 Championship Events

3.1.1 WMA World Outdoor Championships (Stadia)

3.1.1.1 Each WMA World Outdoor Championships (Stadia) shall include the following events. Each event will be offered for both males and females except as noted.

Stadia:

| | |
|---------------------------|------------------------|
| 100m | High Jump |
| 200m | Pole Vault |
| 400m | Long Jump |
| 800m | Triple Jump |
| 1500m | Hammer Throw |
| 5000m | Shot Put |
| 110/100/80m Short Hurdles | Discus Throw |
| 400/300/200m Long Hurdles | Javelin Throw |
| 4x100m Relay | Weight Throw |
| 4x400m Relay | Decathlon (Male) |
| 3000/2000m Steeplechase | Heptathlon (Female) |
| 5000m Track Race Walk | Throws Pentathlon |

Non-Stadia:

| | |
|--|---------------------|
| 6km Cross Country (Male and Female age groups 70 and over) | |
| 8km Cross Country (Male and Female age groups 35- 65) | |
| 10km Road Race (not a team event) | Half Marathon |
| 10km Road Race Walk | 20km Road Race Walk |

3.1.1.1.2 The Half Marathon shall be the last long-distance event.

3.1.1.1.3 The WMA Championship Marathon shall be an event hosted as part of an established Marathon. (not a team event)

3.1.2 WMA World Indoor Championships (Stadia)

3.1.2.1 Each WMA World Indoor Championships shall include the following events. Each event will be offered for both males and females except as noted.

3.1.2.2 Stadia:

| | |
|--------------|-----------------------|
| 60m | High Jump |
| 200m | Pole Vault |
| 400m | Long Jump |
| 800m | Triple Jump |
| 1500m | Shot Put |
| 3000m | Weight Throw |
| 60m Hurdles | 3000m Track Race Walk |
| 4x200m Relay | Indoor Pentathlon |

3.1.2.3 The following Championships Events are optional. If offered, they will be hosted concurrently with the Indoor Championships:

3.1.2.3.1 WMA Winter Championship events:

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| 6km Cross Country (Male and Female age groups 70 and over) |
| 8km Cross Country (Male and Female age groups 35- 65) |
| 10km Road Race (not a team event) |
| 5km Road Race Walk (not a team event) |
| Half Marathon |
| 10km Road Race Walk |

3.1.2.3.2 WMA Winter Throwing Championship events:

Hammer Throw, Discus Throw, Javelin Throw