



**CANADIAN MASTERS  
ATHLETICS  
VÉTÉRANS CANADIENS  
EN ATHLÉTISME**

## **Canadian Masters Athletics and World Masters Athletics Records Rules for Acceptance**

Canadian and world records continue to be broken by our members all over the world. However, many members are unclear about how to process a potential record. For the guidance of our members, we are providing some information regarding the rules which must be followed in setting and obtaining credit for Canadian Masters Athletics (CMA) and World Masters Athletics (WMA) five-year age group records. The general aim of these rules is to ensure the integrity of the records and to protect the existing holders of records – in other words, to ensure that records are changed only within the appropriate rules.

### **Rules for Canadian Records**

The following are the rules applicable to the setting of Canadian records:

- 1) A Canadian Masters record can be set anywhere by an athlete who must be either a Canadian citizen resident in Canada or abroad, or a person who is a permanent resident of Canada. At the time of setting the Canadian Masters record, the athlete must be eligible to compete as a Canadian in national and international competition. Being a citizen of another country, or a member of a Masters organization in another country, does not disqualify such an athlete from setting a Canadian Masters record.
- 2) To set a record, the athlete must be the appropriate age for the five-year age group on the actual date of the competition. Contrary to the procedure followed by Athletics Canada, one result cannot be accepted as a record for more than one age group. On the first day of a meet taking place over several days, the age of the athlete is determined for the entire competition, for age grouping and medals. However, the actual age on the date of competition is used for record purposes, so an athlete who changes his or her age group during the meet can later set an age group record in the new age group, provided the event specifications (distances, weights or heights, for example) are the same. The exception to this rule is an event which takes place over more than one day, such as a Decathlon or Pentathlon, for which the age on the first day of the event is used for record purposes. Therefore, on any registration for an event, and on any record application form, it is important for the athlete to indicate the day, month and year of birth, and not just his or her age.
- 3) If an athlete has not previously set a Canadian Masters record, and has not provided the CMA with a proof of age in the form of a copy of his or her birth certificate, passport, permanent resident card or citizenship card for any other reason, a copy of one of these documents must be provided to the applicable CMA Records Chair when claiming a record.
- 4) The athlete must be a competitive member of Athletics Canada (AC)/CMA at the time of setting a Canadian Masters record.
- 5) Except for records set at the events referred to in items 7 and 8 below, it is the responsibility of an athlete who believes that he or she has set a Canadian Masters record to have the correct record application form completed, signed and sent to the applicable CMA Records Chair, as identified on the CMA website.
- 6) All Canadian Masters records must be reviewed and recommended by the applicable CMA Records Chair, who will forward them to the CMA Board, which must approve all record applications in order for them to be effective.
- 7) Canadian Masters records set at the following events will be automatically accepted by the applicable CMA Records Chair, without any documentation being required, other than the reporting of complete results (and possibly the proof of age, as indicated in 3 above):
  - a) WMA Championship events, Indoor or Outdoor, including Non-Stadia;
  - b) North, Central American and Caribbean Masters Athletics (NCCMA) Championship events, Outdoor, including Non-Stadia;
  - c) CMA Championships, Indoor or Outdoor, including Non-Stadia; and
  - d) All USA Track & Field (USATF) National Masters Championships, Indoor or Outdoor, including Non-Stadia.
- 8) Canadian Masters records set at the following events will be accepted without any documentation being required, other than the reporting of results (and possibly the proof of age, as indicated in 3 above), provided that they are brought to the attention of the applicable CMA Records Chair:
  - a) Olympic Games;
  - b) World Athletics (WA, formerly IAAF) World Championships, and other WA-sanctioned events;
  - c) AC Championships;
  - d) Canadian University Indoor Championships;
  - e) Commonwealth Games;
  - f) Pan-American Games;
  - g) National Track League Meets;
  - h) European Masters Athletics Championships;
  - i) All USATF National Open Championships, Indoor or Outdoor, including Non-Stadia; and
  - j) A maximum of one indoor and one outdoor Provincial Masters Track & Field Championship per province per season, for which the event organizers have completed, provided to Robert Jackson at [rjactm@nb.aibn.com](mailto:rjactm@nb.aibn.com) and fulfilled the requirements of the **"Masters Provincial Track & Field Championships Form"**, to the satisfaction of the CMA.
- 9) Results from "elite" Track & Field meets, including, but not limited to, the USATF Distance Classic, the Penn Relays, the Payton Jordan Invitational and the Portland Track Festival, may be recommended by the applicable CMA Records Chair and presented

- to the CMA Board for consideration as records on a case-by-case basis, without any documentation being required, other than the reporting of complete results (and possibly the proof of age, as indicated in 3 above).
- 10) The following are the main detailed requirements for setting Canadian Masters Track & Field records:
    - a) All Track & Field events must be held to WMA specifications (for example, implements must be weighed, proper hurdle heights used, three judges for Racewalks, etc.) in accordance with the WMA and WA Handbooks;
    - b) Photo timing is required for performances on the track in events up to and including the 800m, but may be used for longer events;
    - c) When photo timing is used, a Fully Automated Timing (“FAT”) photo printout clearly showing the athlete in question and the finish time must be submitted, together with confirmation from the photo-timing official that a zero test was completed;
    - d) If hand timing is used, three watches are required on each athlete setting a record; and
    - e) Intermediate distances may be considered for records (for example, the 1500m mark in a 5000m race), provided that appropriate timing is carried out for the shorter distance, as would normally be done at the finish and the athlete completes the original race distance (in the example above, the 5000m).
  - 11) The following are some of the detailed requirements for setting Canadian Masters Road Race “records”:
    - a) Records for Road Races are not kept with the same degree of precision as with Track & Field records because of differences in courses, and we therefore refer to them as “Road Bests”, rather than “records”. For this reason, the Road Best is rounded up to the next full second;
    - b) This difference is also reflected in the Race Director’s certification on the Road Best application form, which says only that he or she believes that the timing was accurate, and correctly attributed to the athlete, a lower standard than that used for track events. As well, only one time is required, but we provide space for a backup time, if available;
    - c) In events where chip timing is used, only the gun time is considered the start time for records;
    - d) A Road Best will not be accepted if it is set on a course: i) where the elevation of the finish is lower than the start by more than 1 metre per 1,000 metres of race distance; or ii) where the start and the finish, in a straight line between them, are further apart than 50% of the race distance;
    - e) An intermediate point in a longer race may be used for record purposes for a shorter distance, provided that such intermediate distance has been separately measured and certified, the appropriate timing is carried out at such distance as would normally be done at the finish and it complies with all other applicable rules. Records can’t be accepted based on the athlete’s own timing, or an uncertified measurement of the distance; and
    - f) When a Road Best is set in a WA Gold Label Race, in circumstances where the Records Chair believes that the event and course are acceptable for setting Road Bests, but the Records Chair has not been able to receive a completed Best on the Roads Application Form, the Records Chair will complete the application on behalf of the athlete, and present it as a recommended Canadian Road Best.
  - 12) Canadian records, the names of Records Chairs, the “Zero Test Procedure” for World Records, and Canadian Record Application Forms, can be found at: <http://canadianmasters.ca/records/>

#### **Procedures for World Records by Canadian Athletes**

- 1) Notwithstanding Canadian rules 7 and 8 above, Canadians setting World Masters records require the appropriate WMA Record form (<http://www.world-masters-athletics.org/records/recordapplication.pdf>) to support their world record, as well as an FAT photo finish printout, the Zero Test printout, and field sheets, if applicable, as indicated on the WMA application form. To apply for a WMA record, the athlete(s) must be members of AC/CMA, and provide proof of citizenship or permanent residency and birth certificate, if not already on file with the WMA. WA and WMA rules apply. According to the WMA, the only real proof of age is a birth certificate.
- 2) No application form is required if the record has been set at a WMA or Regional WMA Championship event, including our Region, NCCMA; the Olympic Games; the WA World Championships; Grand Prix Meets; the Commonwealth Games; and equivalent regional meets, such as the Pan-American Games. This is subject to the provision of results and the confirmation of age, to the WMA Records Manager.
- 3) Canadians should forward the required WMA documentation for a World Masters record to the applicable CMA Records Chair. The CMA will ratify a Canadian record, based on the WMA documentation, and will send the forms on to the Regional Records Coordinator for ratification as an NCCMA record. If complete, the documentation is then sent to the WMA Records Manager.
- 4) It is recommended that any Canadian who forwards an application for a world record keep a photocopy of the application and any attachments, in order to be able to follow up in case the application isn’t received and processed by the WMA Records Manager. As well, when the application has been sent to the appropriate CMA Records Chair, the athlete should email the CMA Records Liaison, indicating the record which was broken, and the person to whom the documentation has been forwarded.
- 5) New world records are updated periodically on the WMA web site by the WMA Records Manager, after the paperwork has been checked and accepted ([www.world-masters-athletics.org](http://www.world-masters-athletics.org)).

Note: Not everyone can break a record, but it is nice to have your record on line for all to see when you do. However, remember that records take time to be ratified, even if your paperwork has been received, and even longer if the forms haven’t been completed properly. Please keep a set of record application forms with you when you go to meets and insist that the forms be completed and returned to you before you leave the competition, unless the forms are given directly to the applicable CMA Records Chair.

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