



**AUSTRIAN MASTERS ATHLETIC CHAMPIONSHIPS STADIA 2025**

**Date:** Saturday, 13<sup>th</sup> of September 2025, Beginning: 11:00 a.m.  
Sunday, 14<sup>th</sup> of September 2025, Beginning: 09:30 a.m.

**Venue:** Amstetten/Lower Austria – Umdasch-Stadium (Stadionstraße)

**Organizer:** Austrian Athletics (ÖLV)

**LOC:** LCA Umdasch Amstetten, E-mail: hofer.micha64@gmail.com

**Meeting Director:** Rudolf Eisenstöck, Tel.: +43 664/8414252, E-mail: rudolf@eisenstoeck.at

**Federation Representative:** Heinz Eidenberger, eidenberger@oelv.at Tel.: +43 650/6555766

**Registration:**

For international competitors till Monday, 8<sup>th</sup> of September 2025.

Link: <https://oelv.athmin.at/registration-external.aspx?event=34218>

Registration fee € 15,-- for the first event, €12,-- each, for further events, payable per transfer to

LCA Umdasch Amstetten  
IBAN: AT82 2020 2000 0000 2501  
BIC: SPAMAT21XXX

International registrations will only be processed after receipt of the payment, except for competitors from non-Euro countries. They are allowed to pay in cash at the registration office. Late entries are possible till one hour before the beginning of each event. Late entry fee € 20,-- for the first event, €17,-- each for further events.

**Opening hours of the registration office:**

Friday, 12<sup>th</sup> of September 2025, 5:00 to 7:00 p.m.

Saturday, 13<sup>th</sup> of September 2025, from 9:00 a.m.

Sunday, 14<sup>th</sup> of September, from: 8:30 a.m.

**Venue:**

8 line tartan venue, maximum spike length 6mm

**Own implements:**

Are allowed due to the rules of Austrian Athletics after implements control.

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**Throwers warm up:**

Directly at the venue

**Award Ceremonies:**

Directly after the event. International competitors will receive special medals, if they manage to finish under the first three overall in their age group. **Who will not manage to be at the ceremony on time will not receive a medal!**

**Liability:**

The LOC or Austrian Athletics will not take any liability for harm or damages to persons and property, in particular not for injuries or theft. By submitting the registration, the participant confirms that that he is well trained and in the health condition to compete.

**Accomodation:**

Mostviertel Tourismus E-Mail: [info@mostviertel.at](mailto:info@mostviertel.at), Web: [mostviertel.at](http://mostviertel.at)  
Amstetten [amstetten.gv.at](http://amstetten.gv.at) (Die Stadt / Tourismus)

## Schedule (version from September 10<sup>th</sup>):

Please be aware, that changes of the timetable might be possible. We recommend to check the times from time to time on the homepage of Austrian Athletics under <https://oelv.athmin.at/event-details.aspx?event=34218&int=&returnTo=L2V2ZW50cy5hc3B4>

Saturday, 13<sup>th</sup> of September 2025

Startzeit		Männer			Startzeit	Frauen		Startzeit
	M35-M45	M50-M55	M60-M65	M70-M100		W35-W50	W55-W90	
11:00	100 m		Shot Put		11:00	High Jump	High Jump	11:00
11:00	Hammer	Hammer		Shot Put	11:00			11:00
11:10		100 m			11:10			11:10
11:20			100 m		11:20			11:20
11:30				100 m	11:30			11:30
11:40					11:40	100 m		11:40
11:50					11:50		100 m	11:50
12:15	200 m			Discus	12:15			12:15
12:25		200m			12:25	Shot Put		12:25
12:35			200 m		12:35			12:35
12:45				200 m	12:45			12:45
13:00	Long Jump				13:00		200 m	13:00
13:15					13:15	200 m		13:15
13:30			High Jump	High Jump	13:30			13:30
14:00	800m		Discus		14:00		Shot Put W55&W60	14:00
14:10		800 m			14:10			14:10
14:20			800 m		14:20			14:20
14:30		Long Jump		800 m	14:30			14:30
15:15	Fun Relay 4x100m	Fun Relay 4x100m	Fun Relay 4x100m	Fun Relay 4x100m	15:15	Fun Relay 4x100m	Fun Relay 4x100m	15:15
15:15					15:15	Hammer	Hammer	15:15
15:30					15:30	800 m		15:30
15:40					15:40		800 m	15:40
15:45		Discus			15:45			15:45
16:00			Long Jump		16:00			16:00
16:15					16:15			16:15
16:30	Pole Vault	Pole Vault			16:30			16:30
16:45			Hammer		16:45		Shot Put W65+	16:45
17:00	5000 m	5000 m			17:00			17:00
17:15					17:15			17:15
17:30	Discus			Long Jump	17:30	5000 m	5000 m	17:30
17:45					17:45			17:45
18:00			5000 m	5000 m	18:00			18:00
18:00				Hammer	18:00			18:00

## Schedule (version from September 10<sup>th</sup>)

Sunday, 14<sup>th</sup> of September 2025

Startzeit		Männer			Startzeit	Frauen		Startzeit
	M35-M45	M50-M55	M60-M65	M70-M100		W35-W50	W55-W90	
09:30	Shot Put		Javelin		09:30	5000m RW	5000m RW	09:30
09:30					09:30	Discus		09:30
09:45	High Jump	High Jump			09:45			09:45
10:00					10:00			10:00
10:15	5000m RW	5000m RW	5000m RW	5000m RW	10:15			10:15
10:30		Shot Put			10:30	Long Jump		10:30
10:45				Javelin	10:45		Discus W65+	10:45
11:00					11:00	400 m	400 m	11:00
11:10	400 m				11:15			11:15
11:20		400 m						
11:30			400 m		11:30	Javelin	Long Jump	11:30
11:40				400 m				
12:00					12:00		Discus W55&60	12:00
12:15					12:15			12:15
12:30	Javelin	Javelin			12:30	1500 m		12:30
12:40					12:40		1500 m	12:40
12:45			Pole Vault	Pole Vault	12:45			12:45
13:00	1500 m				13:00		Javelin	13:00
13:10		1500 m			13:10			13:10
13:20			1500 m		13:20			13:20
13:30				1500 m	13:30			13:30

### Competition Rules:

Age Groups and Implements:

Men:

Age Group	Shot Put	Discus	Hammer	Javelin
M35-M45	7,26 kg	2,0 kg	7,26 kg	800 g
M50-M55	6,00 kg	1,5 kg	6,00 kg	700 g
M60-M65	5,00 kg	1,0 kg	5,00 kg	600 g
M70-M75	4,00 kg	1,0 kg	4,00 kg	500 g
M80-M100	3,00 kg	1,0 kg	3,00 kg	400 g

Women:

Age Group	Shot Put	Discus	Hammer	Javelin
W35-W45	4,00 kg	1,0 kg	4,00 kg	600 g
W50-W55	3,00 kg	1,0 kg	3,00 kg	500 g
W60-W70	3,00 kg	1,0 kg	3,00 kg	500 g
W75+	2,00 kg	0,75 kg	2,00 kg	400 g

Starting Height and Progression:

High Jump:

Woman 0,80m + 5cm / from 1,40m + 3cm

Men 0,80m + 5cm / from 1,60m + 3cm

Pole Vault: 2,00m + 20cm / from 2,40m + 10cm

The competitions will be carried out due to the roles of Austrian Athletics, World Athletics and World Masters Athletics. Walking in running competitions will lead to immediate disqualification, IWR TR 4.4.3 (WA Competition and Technical Rules 4.4.3)!

The year of birth dedicates the age group.

We will not enforce the World Athletics Shoes Rule (TR5) at this Championship, because the results achieved during these Championships will not have relevance for the Global Calendar or the World Ranking (Elite Class).

No medal standards are required.

### **Medal for international competitors:**



CMYK printing on two sides  
size:860\*36mm

