

ATHLETE COMPETITION MANUAL



**NORTH, CENTRAL AMERICAN
AND THE CARIBBEAN
MASTERS ATHLETICS
CHAMPIONSHIP
NOVEMBER 6TH - 9TH**



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STAY INFORMED

**DON'T MISS ANYTHING
FOLLOW US...**



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For any questions or problems, athletes should first contact their team manager for assistance.

CHECK THE WEBSITE REGULARLY. THIS MANUAL IS CORRECT AT THE TIME OF PUBLICATION. IMPORTANT INFORMATION MAY BE ADDED.

The image features a dark blue background with several abstract, flowing shapes. A large, light blue, multi-lined shape resembling a stylized heart or a speech bubble is centered in the upper half. In the bottom left corner, there is a golden silhouette of a winged figure, possibly an angel or a person celebrating, with arms raised. In the bottom right corner, there are colorful, overlapping abstract shapes in shades of red, orange, yellow, green, and blue. The text "ORGANIZERS AND SPONSORS" is centered in the middle of the page in a bold, white, sans-serif font.

**ORGANIZERS
AND SPONSORS**

THE 2025 NCCMA CHAMPIONSHIP
IS MADE POSSIBLE THANKS TO THE
SUPPORT OF OUR SPONSORS



ATLETAS MASTER CIUDAD DE
MÉXICO



Violeta Guzmán Olj
Atletismo para Todos





**WELCOME
MESSAGE**



GUILLERMO GUZMÁN. NCCMA President

Dear all—athletes, companions, coaches, technical officials, and support teams,

It is my pleasure to extend to each and every one of you the warmest of welcomes. As regional representative and president of the NCCMA, it is truly an honor for me to host you at this grand event that brings together the great family we all form part of. Today, Mexico City becomes the host of our 2025 regional event, where, in addition to athletic competition, you will be able to enjoy the many tourist, cultural, gastronomic, and historical attractions this vibrant city has to offer.

The 2025 NCCMA Regional Championship not only gives us the opportunity to test ourselves athletically alongside fellow athletes, but also connects us in every way and fosters a spirit of brotherhood among our nations.

I am deeply grateful to the Masters Athletes Association of Mexico City for their dedication and commitment, as well as to the Local Organizing Committee for making this great international athletic celebration possible. I am confident that we will all return home with a unique experience that will stay with us for the rest of our lives.

I invite you to compete with passion, enthusiasm, and joy—to forge new friendships and to enjoy our city and all it has to offer.

WELCOME TO ALL!





LOCAL ORGANIZING COMMITTEE

For the Local Organizing Committee, it is a privilege to announce that the 2025 North, Central American, and Caribbean Masters Athletics Championships will be held from November 6 to 9 at the iconic Mexican Olympic Committee. This major event will bring together masters athletes from the region and invited delegations in an atmosphere of healthy competition, international camaraderie, and sporting excellence.

Mexico City, with its rich history, cultural diversity, and hospitality, will be the ideal setting to share unforgettable moments on and off the track. We are honored to host you and are committed to offering a high-level organizational experience, with vision, quality, and human warmth.

We eagerly await your arrival and hope that this celebration of masters athletics will strengthen our ties and leave a memorable mark on the history of Masters Athletics and on each and every one of you.

2025 NCCMA MASTERS ATHLETICS CHAMPIONSHIPS

The North, Central American and Caribbean Masters Athletics Championships have been held every two years since 1992, in Xalapa, Mexico. This will be the 16th edition. It is open only to men and women over 30 years of age on the first day of competition and who are medically fit to compete.

For the first time ever, this event will be held in Mexico City, lasting four days, from November 6 to 9, 2025, at the Mexican Olympic Committee.



**ENTRY PROCEDURES,
REGISTRATION
SCHEDULE**

ENTRY REQUIREMENTS AND PROCEDURE

GENERAL RULES

The 2025 North, Central and Caribbean Masters Athletics (NCCMA) Championships”) will be held under the regulations of World Athletics as modified for Masters by World Masters Athletics (“WMA”) via their Competition Rules and any other special rules specified for this competition.

During the Championships, each athlete will represent a country, and each country has a national Masters athletics organization that is a member of WMA (“National Organization”).

ELIGIBILITY REQUIREMENTS

The Championships are open only to men and women who are age 30+ (born on or before 6 November 1995) and who are physically fit. Entering the Championships does not require any specific level of performance.

An athlete must be a citizen of the country they will represent, or they must be a resident of that country for a minimum of 3 years. If an athlete has represented a different country at a previous WMA World Championship or Regional Championship, they must have change-of-allegiance paperwork on file with WMA at least 30 days before the registration deadline.

All athletes must meet the requirements of WMA and their National Organization, and they must have their registration accepted by their National Organization in order to be eligible to participate in the Championships. It is each athlete’s responsibility to ensure that they understand and meet all the requirements prior to registering for the Championships. An athlete’s National Organization has the right to reject registrations of athletes whom they consider ineligible or who do not meet their requirements.

Submission of a registration signifies that the athlete agrees to follow the rules laid down by WMA and the technical and organizing committees. NCCMA has the right to reject registrations of athletes whom they consider ineligible or who do not meet WMA’s requirements.

Age Groups

Individual events are divided into five-year age groups, starting with 30-34 years.

General Information about Registration

Registration for the Championships consists of two main parts:

1. Registration

Athletes must register online. All registrations must include full payment to be considered valid . **The early registration deadline is 01 October 2025. Late registration starts 02 October and ends 08 October, with late fee of \$50.00.** Registrations after this deadline will not be accepted.

2. Validation

All registrations are subject to validation by each athlete’s National Organization. National Organizations will confirm the athlete’s date of birth, citizenship and/or residential qualifications, and other relevant requirements. After an athlete’s registration has been validated, its status will display as “accepted” on the list of registrations on the Championships website.

National Organizations may also reject registrations of athletes whom they consider ineligible or who do not meet their requirements.

Validation is a manual process that each National Organization completes, so there will be some time (days or weeks) between when an athlete submits their registration and when it is validated. Athletes who have questions about the status of their registration or about the requirements for their country should contact their National Organization. For athletes who represent a country that is not a WMA Member Country, their registrations will be subject to the approval of the WMA Council. **The validation deadline is October 12, 2025.**

REGISTRATION FEES

(In US dollars)

Registration Fee:	\$45.00
First individual Event:	\$15.00
Each additional Event:	\$10.00
Pentathlon:	\$25.00
Late Registration:	\$50.00

No refunds are available. All fees are for registration fees, not participation fees, and there are no refunds for any reason.

There is a \$25.00 registration fee for relays. Only one relay per country, per relay distance, per age group is allowed. Registration for relays will be made during the Championships by the team managers.

Online Registration Procedure

1. Complete the online registration form prior to the registration deadline.
2. Submit payment by credit card (Visa or Mastercard) at the end of the registration process.
3. Save and/or print the confirmation screen for your records.
4. Send a copy of your birth certificate to your National Organization for validation purposes if you have not already done so in the past, and meet any other requirements set forth by your National Organization.
5. Your National Organization will complete the validation process for your registration.

National Organization Requirements

NCCMA requires that each National Organization validate all of its country's registrations electronically via the online entry system. NCCMA will accept only those athletes whose registrations have been validated by National Organizations. Payment is required at the time the registrations are submitted. All registrations must be submitted online and paid before the early deadline of 01 October 2025 (or the late registration deadline, as appropriate). Any registration after 01 October must also include the \$50.00 late Fee. The FINAL registration deadline is 08 October 2025. No exceptions will be allowed. In addition, all registrations must be validated on or before the 12 October 2025. Any registrations that have not been validated by this deadline may be rejected, and those athletes will be ineligible to compete.

REGISTER HERE



SCHEDULE

6-9 November 2025		THURSDSAY	FRIDAY	SATURDAY	SUNDAY
100m	Heats	ALL			
	Finals		ALL		
200m	Heats			ALL	
	Finals				ALL
400m	Heats		ALL		
	Finals			ALL	
800m	Finals	ALL			
1500m	Finals			ALL	
3000m	Finals				ALL
5000m	Finals		ALL		
3000m Race Walk	Finals			ALL	
5000m Race Walk	Finals	ALL			
Short Hurdles	Heats/Finals		ALL		
Long Hurdles	Finals				ALL
Steeplechase	Finals			ALL	
4 x 100m	Finals		ALL		
4 x 400m	Finals				ALL
Pentathlon	Finals	ALL			
Long Jump	Finals		ALL		
Triple Jump	Finals			Men	Women
High Jump	Finals			Women	Men
Pole Vault	Finals		ALL		
Shot Put	Finals	M 30-59	W 30-59	M 60+	W 60+
Javelin	Finals	M 30-59	W 30-59	M 60+	W 60+
Weight	Finals	W 30-59	M 60+	W 60+	M 30-59
Discus	Finals	W 60+	M 30-59	W 30-59	M 60+
Hammer	Finals	M 60+	W 60+	M 30-59	W 30-59

Pentathlon Men (Long Jump, Discus, 200, Javelin, 1500)
Pentathlon Women (Hurdles, High Jump, Shot, Long Jump, 800m)

ACCREDITATIONS

Accreditation will take place at the Mexican Olympic Committee on November 5th from 9:00 a.m. to 5:00 p.m. On other days, from November 6th to 9th, it will be from 7:00 a.m. to 4:00 p.m. Athletes must present their passport or official photo ID issued by their country to receive their accreditation.

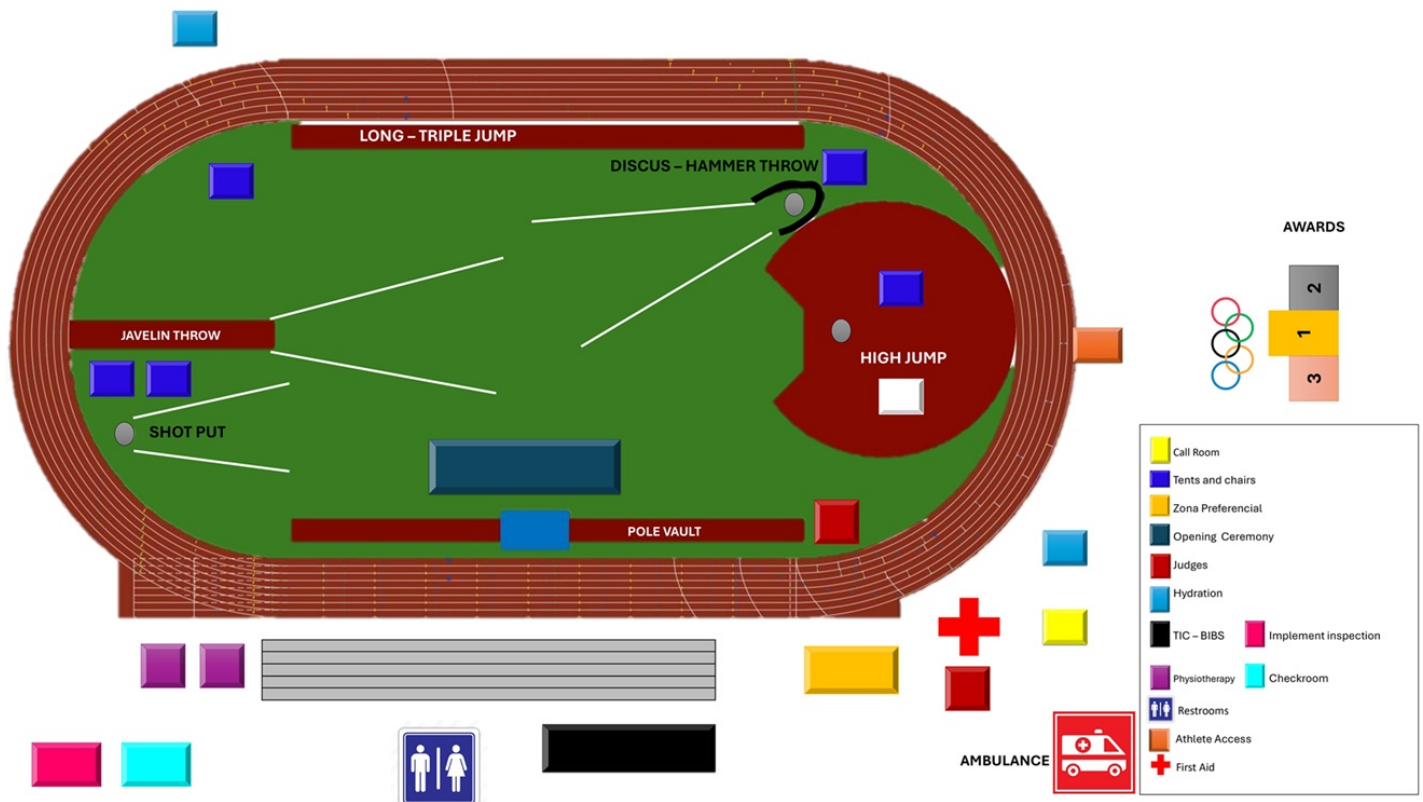
COMPETITION VENUE

COMITÉ OLÍMPICO MEXICANO

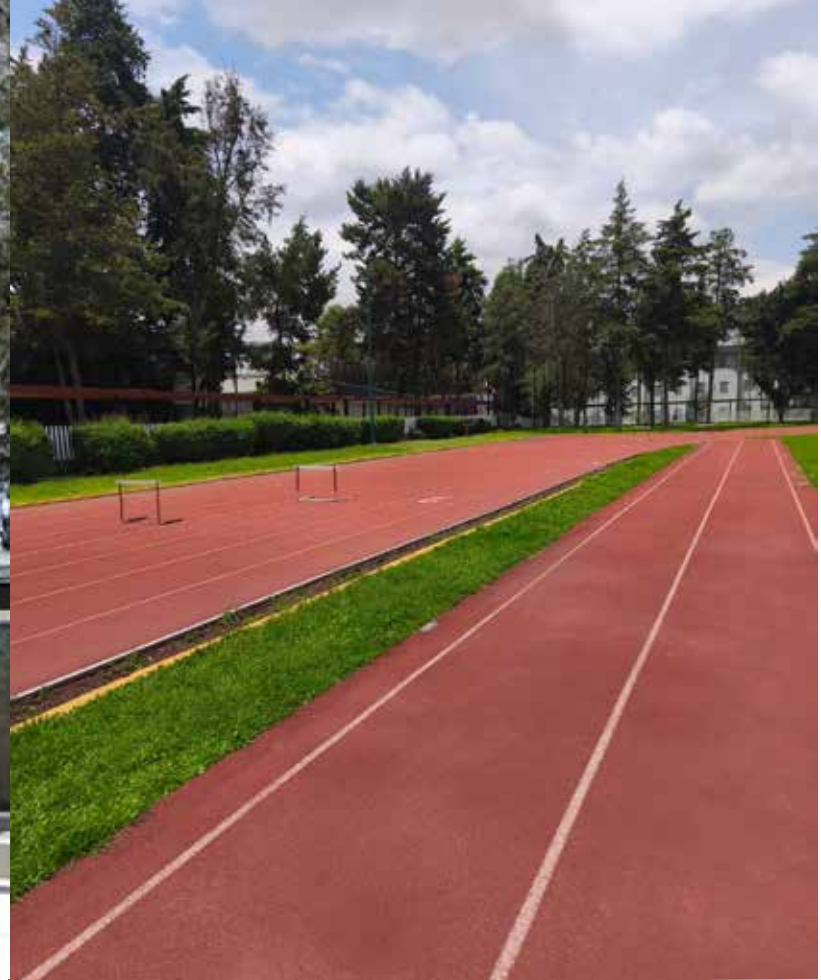
Av. del Conscripto y Anillo Periférico S/N,
Col. Lomas de Sotelo, C.P. 11200,
Alcaldía Miguel Hidalgo, CDMX.



TIC – BIBS
November 5th



IMPORTANT: Some areas marked within the sketch are subject to change. If this happens, the image will be updated and you will be notified promptly.







COMPETITION RULES

The 2025 WMA Rules of Competition will be used.

UNIFORMS

The athletes' uniform top must clearly identify the country which the athlete is representing. Each country is responsible for designating the tops which will be allowed to be worn by their athletes.

COMPETITION NUMBERS (BIBS)

Three numbers will be provided at accreditation. They must be worn by athletes without being bent or folded. One of the numbers must be worn on the chest, another on the back and the other is for use on a bag or backpack. In the field events, only one number is required to be worn, either on the chest or back.

SPIKES

In events inside the stadium, the maximum length of spikes is ¼" (6mm), and only pyramid shaped spikes are allowed.

In the high jump and javelin events, the maximum length of spikes is 3/8" (9mm).

TIMING SYSTEM

In the 3000m and 5000m races, chips will be used. The chips will be issued in the call room and placed on your bib number. They must be returned after the competition.

CALL ROOM

In the call room it will be checked that the athletes comply with the regulations of their bibs, spikes, etc.

The athlete will have to present their official identification together with their bib numbers to be able to enter the call room. Once the Call Room is closed, competitors will not be allowed access.

The following call room table times are before the scheduled competition time.

Athletes who do not go through the call room will NOT compete.

CALL ROOM SCHEDULE

EVENT	CALL ROOM OPENS	CALL ROOM CLOSES	CALL ROOM EXIT
TRACK	25 min.	15 min	5 min.
RELAY	30 min.	20 min.	10 min.
THROWS	40 min.	30 min.	20 min.
LONG AND TRIPLE JUMP	40 min.	30 min.	20 min.
HIGH JUMP	50 min.	40 min.	30 min.
POLE VAULT	90 min.	80 min.	70 min.

IMPLEMENTS

The organizing committee will have implements that comply with the current World Athletics and WMA regulations. Athletes who want to use their own implements will have to register them in the Implement Inspection Room, one day before their competition for verification. If the implement complies with the regulations, it can be used in their competition by any athlete in that flight. The implement will be returned to its owner after the competition is completed, in the Implement Inspection Room.

The Organizing Committee is not responsible for any damage that the implements could suffer during the competition.

Pole vault and high jump

- No poles or pole list will be provided (more information in the future).
- The minimum opening height for pole vaulting will be 80 cm.
- The minimum opening height for high jump will be 80 cm.

PROTESTS AND APPEALS

Protests concerning the result or conduct of an event shall be made to the ITO or Referee at once and not later than 30 minutes after the publication of the result of that event.

Appeals against the decision of the ITO or referee must be submitted in writing, at a cost of \$100.00 USD,

to the TIC. The appeal must be submitted within 30 minutes of the ITO or referee's decision.

The appeal fee of \$100.00 USD is nonrefundable unless your appeal is upheld

RESULTS

Both online and in the stadium

AWARDS

The medal ceremony will take place on the podium, in the designated area (location to be confirmed). Guest athletes from other regions will also receive awards if they achieve a result that merits placing within the top three.

MEDICAL SERVICE

First aid and ambulance services will be provided during the event.

It is the athlete's responsibility to have medical insurance that covers major medical expenses. Massage may be available – at a cost.

OPENING CEREMONY AND SPECIAL EVENTS

Opening Ceremony: Thursday, November 6, 2025 at the end of competition.

NCCMA General Assembly: Friday, November 7, 2025 at the end of competition.