

U16 NATIONAL CHAMPIONSHIPS 2025

Technical Regulations & Programme

DATE & VENUE

The U16 National Championships will take place at the Germain Comarmond Stadium in Bambous from 09:00 AM on Saturdays, April 26 and May 3, 2025.

PARTICIPATION

The championships are open to Boys and Girls aged 13, 14, and 15, born in 2010, 2011, and 2012.

- Each participant may compete in a maximum of three events.
- For track events, athletes are not allowed to compete in more than one event exceeding 300m.
- A maximum of 2 relay teams per category is allowed.

COMPETITION PROGRAMME

All athletics events will be conducted in accordance with World Athletics (WA) regulations under the supervision of the Mauritius Athletics Association (MAA).

The U16 National Championships will feature 32 individual events and two relay races. **Event List:**

Boys	Girls
100m	100m
100m Hurdles (84cm)	100m Hurdles (76cm)
300m	300m
300m Hurdles (84cm)	300m Hurdles (76cm)
800m	800m
3000m	3000m
3000m Race Walk	3000m Race Walk
1500m Steeplechase	1500m Steeplechase
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Pole Vault	Pole Vault
Shot Put (4kg)	Shot Put (3kg)
Discus Throw (1.5kg)	Discus Throw (800g)
Javelin Throw (600g)	Javelin Throw (500g)
Hammer Throw (4kg)	Hammer Throw (3kg)
4x100m Inter-Club Relay	4x100m Inter-Club Relay

TECHNICAL ORGANISATION

The Mauritius Athletics Association (MAA) will oversee the organisation of the championships, managing all aspects of the competition and appointing technical officials.

EVENT PROCEDURES

- Track events will follow WA Technical Rule 20.
- Field event positions will be determined by a random draw conducted by the Competition Director.

Track Events Format:

Event	Format
100m, Hurdles, 300m, 300m Hurdles	Heats, Semi-Finals, and Finals
800m	Heats and Finals
1500m Steeplechase, 3000m, 3000m Race Walk	Finals

Field Events Format:

- High Jump, Pole Vault, Triple Jump, Hammer, Discus, and Javelin Throw: Direct Final
- Long Jump, Shot Put, the top 12 athletes from the qualification phase will advance to the final (3+3 format).
- **Triple Jump take-off board:**
 - **Girls:** 8m
 - **Boys:** 9m

*** High Jump & Pole Vault height progression will be based on entries

CALL ROOM PROCEDURE

Event	First Check-in	Final Call	Entry to Stadium
Track Events	1 hour before	25 mins before	10 mins before
Hurdles	1 hour before	25 mins before	15 mins before
Jumps	1 hour before	30 mins before	20 mins before
Throws	1 hour before	30 mins before	20 mins before

AWARD CEREMONY

The medal ceremonies will take place 15 minutes after the official announcement of results.

Position	Award
1st Place	Gold Medal
2nd Place	Silver Medal
3rd Place	Bronze Medal

BEST ATHLETES

The best athletes of the championships will receive a voucher.

PARTICIPATION FORM

The attached participation form must be submitted to the Secretariat of the Mauritius Athletics Association no later than Thursday April 17, 2025.