

MERCANTILE ATHLETIC FEDERATION

(AFFILIATED TO THE ATHLETIC ASSOCIATION OF SRI LANKA)



ACTIVITIES 2018

WWW.MERCANTILEATHLETICS.COM

WWW.FACEBOOK.COM/MERCANTILEATHLETICS

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Email Address - mafsrilanka@yahoo.com

Competition Information

35th Annual Athletics Championship's

1. Dates – 18th and 19th August 2018

2. Venue
Track and Field events

The Outdoor stadium at Sugathadasa International Outdoor Sports Complex will be the venue for athletic competitions.

The Stadium has an eight lane synthetic track with facilities for all standards athletic events.

3. Walking Events

The race walking events will be held on Synthetic track

4. Time

18th August 2018 – 7.30AM – 8.00PM

19th August 2018 – 7.30AM - 8.00PM

5. Annual Memberships

Annual membership fees will be Rs 25,000/- for year 2017.

Cheque should be crossed A/C payee only and drawn in favor of

“Mercantile Athletic Federation” and posted along with attached form

6. Entry Fees

Individual 01st Event = Rs 500/=

Individual 02nd Event = Rs 500/=

Individual 03rd Event = Rs 500/=

E.g.: If athlete participating for individual three events he / she has to pay only Rs 1,500/=

7. Team Event

Relay Events = Rs 1,000/=(Per event)

Closing Date -15th July 2018

8.Participants

Only competitors, whose private companies are members of the Mercantile Athletic Federation,
Age Groups

Men - Novices / Championships/ Over 30 / Over 35 / Over 40 / Over 45 / Over 50 / Over 55

Women - Novices /Championships / Over 30 / Over 35 / Over 40 / Over 45 / Over 50 / Over 55

Please Note: Novices are those who have not been placed 01st.02nd or 03rd in major athletic meets including Mercantile, State Services, Nationalized Services, and Public Schools.

If you fill two or more age groups in one form, these entries will be rejected

Radiuses the events (minimum 3 Company & 5 Athlete) will Cancel event

9. Age Groups

Men	Women	Born on or After	Born on or Before
30	30	19 th August 1983	18 th August 1988
35	35	19 th August 1978	18 th August 1983
40	40	19 th August 1973	18 th August 1978
45	45	19 th August 1968	18 th August 1973
50	50	19 th August 1963	18 th August 1968
55	55	19 th August 1968	18 th August 1963

10. Team Events

Novices Men & Women = 4*100m / 4*400m
Championships Men & Women = 4*100m / 4*400m
Over 30+ Men & Women = 4*100m / 4*400m
Over 35 + Men & Women = 4*100m / 4*400m
Over 40+45, Men / Women = 4*100m / 4*400m
Over 50+55 Men /Women = 4*100m / 4*400m

**Each participating company may enter One team for each age group.
Each team shall compose of six (6) athletes.**

11.Individual Events

Each Athlete takes part in only three (03) individual events and the one (2) relay

ATHLETIC EVENTS - 2018							
MEN NOVICES	MEN CHAMPIONSHIP	MASTER 30+ MEN	MASTER 35+ MEN	MASTER 40+ MEN	MASTER 45+ MEN	MASTER 50+ MEN	MASTER 55+ MEN
100M	100M	100M	100M	100M	100M	100M	100M
200M	200M	200M	200M	200M	200M	200M	200M
400M	400M	400M	400M	400M	400M	400M	400M
800M	800M	800M	800M	800M	800M	800M	800M
1500M	1500M	1500M	1500M	1500M	1500M	1500M	1500M
5000M	5000M	1500M RACE WALK					
110 M HURDLE	110 M HURDLE	5000M	5000M	5000M	3000M	3000M	3000M
400M HURDLE	400M HURDLE	110 M HURDLE	110 M HURDLE	110 M HURDLE	110 M HURDLE	100 M H	100 M HURDLE
LONG JUMP	LONG JUMP	400M HURDLE	400M HURDLE	400M HURDLE	400M HURDLE	400MH	400M HURDLE
HIGH JUMP	HIGH JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP
TRIPLE JUMP	TRIPLE JUMP	HIGH JUMP					
SHOT PUT	SHOT PUT	TRIPLE JUMP					
DISCUS THROW	DISCUS THROW	SHOT PUT					
HAMMER THROW	HAMMER THROW	DISCUS THROW	DISCUS THROW	DISCUS THROW	DISCUS THROW	DISCUS THROW	JAVELIN.THROW
JAVELIN.THROW	JAVELIN.THROW	HAMMER THROW					
4X 400M	4 X 400M	JAVELIN.THROW	JAVELIN.THROW	JAVELIN.THROW	JAVELIN.THROW	JAVELIN.THROW	
4 X 100M	4 X 100M	4 X 100M	4 X 100M				
		4 X 100M	4 X 100M	40+ AND 45+ =	100M*4 /4X400M	50+ AND 55+ =	100M*4 / 4X 400M
WOMEN NOVICES	WOMEN CHAMPIONSHIP	MASTER 30+ WOMEN	MASTER 35+ WOMEN	MASTER 40+ WOMEN	MASTER 45+ WOMEN	MASTER 50+ WOMEN	MASTER 55+ WOMEN
100M	100M	100M	100M	100M	100M	100M	100M
200M	200M	200M	200M	200M	200M	200M	200M
400M	400M	400M	400M	400M	400M	400M	400M
800M	800M	800M	800M	800M	800M	800M	800M
1500M	1500M	1500M	1500M	1500M	1500M	1500M	800M RACE WALK
3000M	3000M	800M RACE WALK	LONG JUMP				
100 M HURDLE	100 M HURDLE	100 M HURDLE	100 M HURDLE	100 M HURDLE	100 M HURDLE	LONG JUMP	SHOT PUTT
400M HURDLE	400M HURDLE	400M HURDLE	LONG JUMP	LONG JUMP	LONG JUMP	HIGH JUMP	DISCUS THROW
LONG JUMP	LONG JUMP	LONG JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	TRIPLE JUMP	
HIGH JUMP	HIGH JUMP	HIGH JUMP	TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP	SHOT PUTT	
TRIPLE JUMP	TRIPLE JUMP	TRIPLE JUMP	SHOT PUT	SHOT PUT	SHOT PUT	DISCUS THROW	
SHOT PUT	SHOT PUTT	SHOT PUT	DISCUS THROW	DISCUS THROW	DISCUS THROW	JAVELIN.THROW	
DISCUS THROW	DISCUS THROW	DISCUS THROW	JAVELIN.THROW	JAVELIN.THROW	JAVELIN.THROW	100 M HURDLE	
JAVELIN.THROW	JAVELIN.THROW	JAVELIN.THROW					
HAMMER THROW	HAMMER THROW	HAMMER THROW					
4X 400M	4X 400M	4X 400M	4X 400M	40+ AND 45+ =	100M*4 /4X400M	50+ AND 55+ =	100M*4 / 4X 400M
4 X 100M	4 X 100M	4 X 100M	4 X 100M				

12.Entries

The Mercantile Athletic Federation must receive entry forms for all companies by not later than **16th July 2018**

All entry forms has to be certified by company Human Resources Manager, President of Sports Club and Secretary of Sports club

Participant employee has to be completed Six month service in the company.

Please fill entry forms in block letters

Please photocopy the entry form if the need arises

**NIC No and Employee No has to mention in the entry forms
If not Human Resource manager has to give certified letter.**

13. Competition rules and regulations

The athletics competition shall be held in accordance with the current IAAF (International Association of Athletic Federation) rules

14.Call Room

When athlete report to the call room before each event he / she has to produce N I C or Company ID

The time limit for athletes to report to the call room before each event as follows:

Track Events except Hurdle and Relays

Thirty (30) minutes, before the official start of the competition

Hurdle and Relays

Forty (40) minutes before the official start of the competition

Field Event except High Jump

Forty (40) minutes before the official start of the competition

High Jump

Sixty (60) minutes before the official start of the competition

Walk Events

Thirty (30) minutes before the official start of the competition

15.Protest and Appeals

Appeals will be resolved according to the IAAF rules.

Protests concerning the results or conduct of an event shall be made within 30minutes of the official announcement of the result of that event.

It shall be in writing, signed by the athlete, Team manager, and sports secretary

A fee of Rs 2000 /= (Non Refundable) cash

Medical Control

Mercantile Athletic Federation shall not be responsible for the any accidents and injuries that will occur to the participants during the competition.

16. Awarding Ceremonies

When athlete report to the Awarding Ceremony he / she has to produce N I C or Company ID

Prizes

First Place – Gold Medal and Certificate for the winner each event

Second Place – Silver Medal and Certificate for the winner each event

Third Place – Bronze Medal and Certificate for the winner each event

Please Note:

- **Participant employee has to be completed Six Month Year service in the company.**
- **Only 01 Relay teams are allowed to participate from each company for each age group.**

17 .Scores:

Individual Events

1. 01st place = 05

2. 02nd place = 03

3. 03rd place = 01

Relay Events

4. 01st place = 07

5. 02nd place = 05

6. 03rd place = 03

18. All Track events select by best timing only (there is no heats and semifinals)

**Throwing events, long jump and triple jump
(Only three terms and best 8,one throw, one jump)**

No any changes of events

Final decisions decide by organizing committee

19. Weight Guidelines for Throwing Event at this Championship

Age Groups	Shot put	Discuss Throw	Javelin throw

For Women

35,40,45	4kg	1kg	600g
50-85	3kg	1kg	600g

For Men

35,40,45	7.26kg	2kg	800g
50,55	6kg	1.5kg	700g
60,65	5kg	1kg	600g
70,75	4kg	1kg	600g
80+	3kg	1kg	600g

35th MERCANTILE ANNUAL ATHLETIC CHAMPIONSHIPS CHALLENGE TROPHIES

**BEST ATHLETE OVER 55 WOMEN
BEST ATHLETE OVER 55 MEN
BEST ATHLETE OVER 50 WOMEN
BEST ATHLETE OVER 50 MEN
BEST ATHLETE OVER 45 WOMEN
BEST ATHLETE OVER 45 MEN
BEST ATHLETE OVER 40 WOMEN
BEST ATHLETE OVER 40 MEN
BEST ATHLETE OVER 35WOMEN
BEST ATHLETE OVER 35 MEN
BEST ATHLETE OVER 30 WOMEN
BEST ATHLETE OVER 30 MEN
BEST ATHLETE CHAMPIONSHIP CATEGORY WOMEN
BEST ATHLETE CHAMPIONSHIP CATEGORY MEN
BEST ATHLETE NOVICES CATEGORY WOMEN
BEST ATHLETE NOVICES CATEGORY MEN
BEST ATHLETE WOMEN - INDIAN
BEST ATHLETE MEN- INDIAN
BEST ATHLETE WOMEN
BEST ATHLETE MEN
OVERALL MASTERS RUNNERS UP WOMEN
OVERALL MASTERS CHAMPIONS WOMEN
OVERALL MASTERS RUNNERS UP MEN
OVERALL MASTERS CHAMPIONS MEN
OVERALL CHAMPIONSHIP CATEGOR RUNNERS UP WOMEN
OVERALL CHAMPIONSHIP CATEGOR CHAMPIONS WOMEN
OVERALL CHAMPIONSHIP CATEGOR RUNNERS UP MEN
OVERALL CHAMPIONSHIP CATEGOR CHAMPIONS MEN
OVERALL NOVICES CATEGOR RUNNERS UP WOMEN
OVERALL NOVICES CATEGOR CHAMPIONS WOMEN
OVERALL NOVICES CATEGOR RUNNERS UP MEN
OVERALL NOVICES CATEGOR CHAMPIONS MEN
OVERALL RUNNERS UP WOMEN
OVERALL CHAMPIONS WOMEN
OVERALL RUNNERS UP MEN
OVERALL CHAMPIONS MEN**

**35th MERCANTILE ANNUAL ATHLETIC 6th place
35th MERCANTILE ANNUAL ATHLETIC 5th place
35th MERCANTILE ANNUAL ATHLETIC 4th place
35th MERCANTILE ANNUAL ATHLETIC 3rd place
35th ANNUAL ATHLETIC - INDIAN TEAM
35th ANNUAL ATHLETIC RUNNERS UP
35th ANNUAL ATHLETIC CHAMPIONS**

**Mercantile Athletic Federation
Protest and Appeal Form – Competitions**

Event No..... Event

Name of Company

Name of Participant Name Bib no.....

Name of participant Number

Gender

Age Group

Appeal handed over at (Time) Date

Name of Person Forwarding the appeal

Participant Signature

Team Manager Signature.....

Designation

Appeal

.....

.....

Decision of the July of Appeal

.....

Appeal will be resolved according to the IAAF rules.

Protests concerning the results or conduct of an event shall be made within 30 minutes of the official announcement to the result of that event.

It shall be in writing, signed by the athlete, team manager, and sports secretary

Fees of Rs. 2000/= (Non Refundable) Cash

Mercantile Athletic Federation Tug of War Tournament

I wish to inform you that 2nd Mercantile tug of war tournament will be held on 18th & 19th August 2018 at Sugathadasa Stadium, Colombo .

This tournament will be eligible for who has employee more than (06) six months in Private Sector Company.

Terms and Conditions

1. Entry fees will be 2000/= for each team
2. Team entry forms should be certified by Human Resource manager
3. Please send each team members company ID copies along with the entry form.

Rules and regulations

Team shall consist of (08) eight pulling members at the start of the competition

One trainer and two reserve members are allowed.

Weight class – Not exceeding 680 Kilos

The weighing and stamping shall be completed at least one hour before the published time for the start of the competition.

Initial round will be (01) one pull and other rounds will be (03) pulls

Sport Equipment

Sport Dress - Team will wear normal sports clothing consisting of shorts / sport shirt or jersey

Shoes -Competitors boots are not permitted

Pulling rules -Long pulling (Anchor man pass the main line)

Application closing date will be 4th July 2018

Please send entry forms for following address

Thank You

Yours Sincerely



Tornado Jayasundera Secretary General Mercantile Athletic Federation

mafsrilanka@yahoo.com

Tel No -0711979797 / 0711166097

2nd Mercantile Road Race 2018

Dates – 15th September 2018

Venue – Colombo

Time – 6.00AM

Entry Fees

Individual per Athlete = Rs 300/-

Team Event

Team Events = Rs 3,000/=(10 Members)

.Participants

Only competitors, whose private companies are members of the Mercantile Athletic Federation, Age Groups

Men -Open - 15 KM
Open Mercantile Sector - 15KM
Over 35- 55 Mercantile Sector - 10KM
Open Schools -(Over 16 -18) - 5KM

Women - Open - 15 KM
Open Mercantile Sector - 15KM
Over 30-50 Mercantile Sector - 5KM
Over Schools – (Over 16-18) - 5KM

Family Race (3 Member's) - 5KM

Entries

The Mercantile Athletic Federation must receive entry forms for all companies by not later than **1st August 2018**

All entry forms has to be certified by company Human Resources Manager, President of Sports Club and Secretary of Sports club

Participant employee has to be completed Six month service in the company.

Please fill entry forms in block letters

Please photocopy the entry form if the need arises

**NIC No and Employee No has to mention in the entry forms
If not Human Resource manager has to give certified letter.**

Competition rules and regulations

The athletics competition shall be held in accordance with the current IAAF (International Association of Athletic Federation) rules

Medical Test

When athlete report to the Medical Test before each event he / she has to produce N I C or Company ID

The time limit for athletes to report to the Medical Test before 1hour (5.00AM)

Protest and Appeals

Appeals will be resolved according to the IAAF rules.

Protests concerning the results or conduct of an event shall be made within 30minutes of the official announcement of the result of that event.

It shall be in writing, signed by the athlete, Team manager, and sports secretary

A fee of Rs 2000 /= (Non Refundable) cash

Medical Control

Mercantile Athletic Federation shall not be responsible for the any accidents and injuries that will occur to the participants during the competition.

16. Awarding Ceremonies

When athlete report to the Awarding Ceremony he / she has to produce N I C or Company ID

Prizes

First Place – Cash Price Gold Medal and Certificate for the winner each event

Second Place – Cash Price Silver Medal and Certificate for the winner each event

Third Place – Cash Price Bronze Medal and Certificate for the winner each event

4th to 10th Place - Certificates

17 .Scores:

Individual Events

1. 01st place = 05
2. 02nd place = 03
3. 03rd place = 01

Team Events

4. 01st place = 07
5. 02nd place = 05
6. 03rd place = 03

GENERAL SECRETARY

Tornado Jayasundera

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