

ATHLETICS

Site : Complexo Desportivo de VRSA - Track & field

Vila Real de Santo Antonio

The following information can change. Please check the modification on our website and directly at the Games Centre.

CATEGORIES: Reference date, 3rd July 2022

A: Under 35 years old

C: From 45 to 55 years old

E: From 65 to 70 years old

B: From 35 to 45 years old

D: From 55 to 65 years old

F: Over 70 years old

COMPETITION SCHEDULE: Meeting every day at 1.00 pm, tournaments start at 1.30 pm

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.30 pm - 6.30 pm	1.30 pm - 6.30 pm		1.30 pm - 6.30 pm	1.30 pm - 6.30 pm
Long jump	100 m (heats and final)		High jump M (cat.A,B,C,D)	Discus throw
Shot put	Javelin throw M,W (cat.A,B,C)		Javelin M,W (cat D.E,F)	800 m
400 m	High jump M (cat.E,F) & W		200 m (Heats and final)	4 x 100m
5000 m	1500 m		3000 m	Hammer Throw

PRACTICAL INFORMATION:

Qualifying method: **REFERS ONLY TO THE TIME.** The 8 best times move on to the final. However, according to the number of entrants and the events, there will be no final but a direct ranking based on time. 4x100m: 3 age categories minimum have to be represented within a team.

MEN

Category	Age	Hammer	Weight	Discus	Javelin
A	Under 35	7,26 kg	7,26 kg	2 kg	800 g
B	35 - 44				
C	45 - 54	5 kg	5 kg	1,5 kg	700 g
D	55 - 64				
E	65 - 69	4 kg	4 kg	1 kg	600 g
F	After 70				

WOMEN

Category	Age	Hammer	Weight	Discus	Javelin
A	under 35	4 kg	4 kg	1 kg	600 g
B	35 - 45				3 kg
C	45 - 55				
D	55 - 65				
E	65 - 70				
F	After 70	2 kg	2 kg		500 - 400 g

Accompanying people can compete with the entrants but will not be ranked.
Numbers will be delivered directly on the event site.

Please **MAKE SURE** to be on time.

In the case a competitor is called for 2 events at the same time, he shall go to the racing event first.

A special ranking will be done for the Pentathlon (100m, long jump, high jump, shot put, 1500m). For the 100m and the 1500m, SERIES times will be taken into account.

Details:

- Long jump starts at 2m for W, 3m for M - (3 jumps per person + 3 jumps for finalists) – (only 4 if less than 8 participants in the age category)
- Shot put, Javelin, Disc, High jump - 3 shots per person + 3 shots for the finalists – (only 4 if less than 8 participants in the age category)

Medals award ceremony directly on site at the end of the event.

