

**ATHLETICS****Site : Estadio De Atletismo Campo Elías Gutiérrez**

Villa Olimpica, Cartagena

GPS : 10.406198, -75.495532

*The following informations can change. Please check the modifications on our website and directly at the Games Center.*

**CATEGORIES:** Reference date 31st December 2023**A:** Under 35 years old**C:** From 45 to 54 years old**E:** From 65 to 69 years old**B:** From 35 to 44 years old**D:** From 55 to 64 years old**F:** 70 years old and over**COMPETITION SCHEDULE:** Meeting every day 30 min before the tournaments

| MONDAY           | TUESDAY                          | WEDNESDAY | THURSDAY                     | FRIDAY           |
|------------------|----------------------------------|-----------|------------------------------|------------------|
| <b>1PM - 5PM</b> | <b>1PM - 5PM</b>                 |           | <b>8AM - 11PM</b>            | <b>1PM - 5PM</b> |
| Long jump        | 100 m<br>(heats and final)       |           | High jump M<br>(cat.A,B,C,D) | Discus throw     |
| Shot put         | Javelin throw M,W<br>(cat.A,B,C) |           | Javelin M,W<br>(cat. D,E,F)  | 800 m            |
| 400 m            | High jump M<br>(cat.E,F) & W     |           | 200 m<br>(Heats and final)   | 4 x 100 m relay  |
| 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 |
|----------|-------------|---------|---------|--------|---------|
| <b>A</b> | Under 35    | 7,26 kg | 7,26 kg | 2 kg   | 800 g   |
| <b>B</b> | 35 - 44     |         |         |        |         |
| <b>C</b> | 45 - 54     | 5 kg    | 5 kg    | 1,5 kg | 700 g   |
| <b>D</b> | 55 - 64     |         |         |        |         |
| <b>E</b> | 65 - 69     | 4 kg    | 4 kg    | 1 kg   | 600 g   |
| <b>F</b> | 70 and over |         |         |        |         |

## WOMEN

| Category | Age         | Hammer | Weight | Discus | Javelin     |
|----------|-------------|--------|--------|--------|-------------|
| <b>A</b> | Under 35    | 4 kg   | 4 kg   | 1 kg   | 600 g       |
| <b>B</b> | 35 - 44     |        |        |        |             |
| <b>C</b> | 45 - 54     | 3 kg   | 3 kg   |        | 500 g       |
| <b>D</b> | 55 - 64     |        |        |        |             |
| <b>E</b> | 65 - 69     |        |        |        |             |
| <b>F</b> | 70 and over | 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.**

