

## ATHLETICS

### Site: Stade des Salins

Saint-Tropez

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

**AGE CATEGORIES:** Reference date 31st December 2024

**A:** Under 35

**C:** From 45 to 54

**E:** From 65 to 69

**G:** More than 75

**B:** From 35 to 44

**D:** From 55 to 64

**F:** From 70 to 75

**COMPETITION SCHEDULE:** Meeting every day 30 min before the competition

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AFTERNOON</b>	<b>AFTERNOON</b>		<b>AFTERNOON**</b>	<b>AFTERNOON</b>
Long jump	100 m (heats & finals)		Discus	High jump (cat.A,B,C,D)
Shot put	High jump (cat.E,F & G)		800 m	200 m (Heats & finals)
400 m	1500 m		4 x 100 m relay	3000 m
5000 m			Hammer	
			Javelin	

**\*\* The track and field day on Friday June 21 will take place at *La Londe-les-Maures stadium*.**

**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 - 75				
<b>G</b>	More than 75				

## 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 - 75	2 kg	2 kg		500 - 400 g
<b>G</b>	More than 75				

**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.**