



## ATHLETICS

**Site: Pavello Municipal d'Esports**

**(10, 12 June)**

Carrer dels Mestres, s/n, 17310 Lloret de Mar

GPS : 41°42'09.3"N 2°50'27.1"E

**Site: Palafrugell Stadium**

**(9, 13 June)**

Carrer Ample, 107, 17200 Palafrugell, Girona, Espagne

GPS : 41°54'36.8"N 3°09'48.3"E

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

**AGE CATEGORIES:** Reference date 31st December 2025

**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 74

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2pm - 6pm</b>	<b>2pm - 6pm</b>		<b>2pm - 6pm</b>	<b>2pm - 6pm</b>
<b>Hammer</b>	<b>400 m</b>		<b>High jump</b> (cat.A,B,C,D)	<b>4 x 100 m</b>
<b>Shot put</b>	<b>High jump</b> (cat.E,F & G)		<b>200 m</b> (Heats & finals)	<b>Long jump</b>
<b>100 m</b> (heats & finals)	<b>1500 m</b>		<b>800m</b>	<b>3000 m</b>
<b>5000 m</b>				<b>Javelin</b>
				<b>Discus</b>

**\*\* The track and field day on Monday June 9 & Friday June 13 will take place at Palafrugell Stadium.**

**PRACTICAL INFORMATION:**

**100m and 200m:**

- Qualifying method: **REFERS ONLY TO THE TIME.** The best 3 times move on to the final (for each category). However, according to the number of entrants and the events, there might 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 - 74				
<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	1 kg	500 g
<b>D</b>	55 - 64				
<b>E</b>	65 - 69				
<b>F</b>	70 - 74	2 kg	2 kg		
<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:**

If more than 8 participants in a category: 3 trials + 3 additional trials for the best 8.

If fewer than 8 participants in a category: 5 trials per person.

**Shot put, Javelin, Disc, Hammer:**

If more than 8 participants in a category: 3 trials + 3 extra trials for the best 8

If fewer than 8 participants in a category: 5 trials per person.

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