



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
2pm - 6pm	1pm - 5pm		1pm - 5pm	2pm - 6pm
Hammer	400 m		High jump (cat.A,B,C,D)	4 x 100 m
Shot put	High jump (cat.E,F & G)		200 m (Heats & finals)	Long jump
100 m (heats & finals)	1500 m		800m	3000 m
5000 m				Javelin
				Discus

**** 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
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			1 kg	600 g
E	65 - 69	4 kg	4 kg		
F	70 - 74				
G	More than 75				

WOMEN

Category	Age	Hammer	Weight	Discus	Javelin
A	Under 35	4 kg	4 kg	1 kg	600 g
B	35 - 44				
C	45 - 54	3 kg	3 kg		500 g
D	55 - 64				
E	65 - 69				
F	70 - 74	2 kg	2 kg		
G	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.