



13 - 20 JUNE 2026  
CROATIA



## ATHLETICS

### Site: Stadion Veruda - Pula

Ul. Velog Jože 14, 52100, Pula, Croatia  
GPS : 44°51'30.1"N 13°50'03.3"E

*The following information may change. Please check for updates on our website and directly at the Games Center.*

**AGE CATEGORIES:** Reference date: December 31, 2026

A: Under 35 years	C: 45-54 years	E: 65-69 years	G: 75-79 years
B : 35-44 years	D : 55-64 years	F : 70-74 years	H: Over 80 years

**COMPETITION SCHEDULE:** Meeting every day 30 minutes before the competition.

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

**\*\* Hammer throw will take place in the throwing cage next to the Games Centre in Medulin.**

### PRACTICAL INFORMATION:

#### **100m & 200m:**

Qualification method: **BASED ONLY ON TIME.**

- 8 participants or fewer: no heats
- Between 9 and 12 participants: the six best times qualify for the final
- More than 10 participants in a category: the eight best times qualify for the final

#### **4x100m:**

- At least 3 age categories must be represented within a team.

## MENS

Category	Age	Hammer	Weight	Discus	Javelin
A	Under 35	7,26 kg 5 kg 4 kg	7,26 kg 5 kg	2 kg 1,5 kg	800 g 700 g 600 g
B	35 - 44				
C	45 - 54				
D	55 - 64				
E	65 - 69				
F	70 - 74				
G	75 - 79				
H	More than 80				

## WOMENS

Category	Age	Hammer	Weight	Discus	Javelin
A	Under 35	4 kg 3 kg 2 kg	4 kg 3 kg	1 kg	600 g 500 g
B	35 - 44				
C	45 - 54				
D	55 - 64				
E	65 - 69				
F	70 - 74				
G	75 - 79				
H	More than 80				

Accompanying persons may compete and will be given a special ranking.

Numbers will be distributed directly at the event venue.

Please ensure you arrive on time.

If a competitor is called for two events at the same time, the track event takes priority.

A special ranking will be established for the pentathlon (100m, long jump, high jump, shot put, 1500m).  
For the 100m and 1500m, heat times will be used.

### DETAILS:

#### Long Jump:

- More than 8 participants: 3 attempts + 3 additional for the top 8
- Fewer than 8 participants: 5 attempts per person

#### Shot Put, Javelin, Discus, Hammer:

- More than 8 participants: 3 attempts + 3 additional for the top 8
- Fewer than 8 participants: 5 attempts per person

Medal ceremonies will take place on site at the end of the event.