



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
2-6 pm	2-6 pm	2-6 pm	2-6 pm
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
	<i>Hammer**</i>	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 12 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	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				
E	65 - 69	4 kg	4 kg	1 kg	600 g
F	70 - 74				
G	75 - 79				
H	More than 80				

WOMENS

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	2 kg	2 kg		
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.