



## 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	MORNING** 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
	Hammer**	High Jump (cat.A,B,C,D)	Javelin

**\*\* Hammer throw will take place, the morning, 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
<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>	75 - 79				
<b>H</b>	More than 80				

**WOMENS**

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	2 kg	2 kg		
<b>F</b>	70 - 74				
<b>G</b>	75 - 79				
<b>H</b>	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.**