



PROCLAMATION

Track & Field

Class division

- ❖ Men
- ❖ Women
- ❖ Individual tournament for women and men with additional team score (3 players per company).

Division

1. The participants are divided in 5 classes according to age
2. The grouping applies to both men and women

Class-A:	18 - 30 years
Class-B:	31 - 40 years
Class-C:	41 - 50 years
Class-D:	51 - 60 years
Class-E:	over 60 years

Disciplines

There are 11 athletics trials:

- 100 m
- 200 m
- 400 m
- 800 m
- 1500 m
- 5000 m
- 4x100 m
- Long jump
- High jump
- Shot put
- Javelin

Weights:

- Shot: M: Classes A, B, C: 7.25kg
Class D: 6.00kg
Class E: 5.00kg
W: Classes A, B, C: 4.00kg
Classes D, E: 3.00kg
- Javelin: M: Classes A, B, C: 800g
Class D: 700g
Class E: 600g
W: Classes A, B, C: 600g
Classes D, E: 500g



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High jump

- Starting heights:
 - 1.00m, 4cm increments, men's classes
 - 0.90m, 4cm increments, women's classes

Rules

1. Unless otherwise specified, the rules of the International Association of Athletics Federations apply
2. Even a referee must apply the international rules
3. In the team tournament, a team consists of 3 athletes (at least 1 woman or 1 man) who must compete in the following 4 events: 100m, 1500m, long jump and shot put.
4. Detailed game rules are published in the tournament program