

ATHLETICS SPORT INFORMATION GUIDE

Athletics

The cornerstone of competitive sport, athletics encompasses a range of track and field events celebrating speed, endurance, and strength. Athletes from around the world will push their limits in iconic disciplines like sprints, long-distance races, jumps, and throws.

Competition dates

Athletics competition for the Open Masters Games Abu Dhabi 2026 (OMGAD2026) offers each athlete the opportunity to compete in multiple disciplines at the Games, with each discipline contested on separate days.

The provisional Athletics competition schedule for OMGAD2026 is as follows:

	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday	February 13 Friday	February 14 Saturday	February 15 Sunday
Road (10km/Half Marathon)									●
Track and Field	●	●	●	●	●	●	●	●	

All dates and times are subject to change, pending final entries received.

Venue to be confirmed

Competition Format

The Athletics competition consists of three disciplines. All registered athletes in Athletics can compete in multiple disciplines. For example, an athlete entered in the Road event may also choose to compete in a distance event in Track and Field.

Each athlete can enter up to six events in Track and Field, plus one event in Road.

In line with the sport specific rules, an athlete must compete in their designated age group, with your age determined as at 7th February 2026. For example, if you turn 40 by the 7th February 2026, you would compete in the 40-44 age category.

If there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category in which they originally entered.

The age categories for Athletics at the Open Masters Games Abu Dhabi are as follows:

Individual Men:

30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

Individual Women:

30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

Para-Sport Men/Women:

30+, 40+, 50+

Relays Men and Women:

30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

The relay races shall be conducted in five-year age groups. The age group of the relays is the age group of the youngest athlete.

Road

The 10km and Half Marathon events will be held on the same day during the Games. As such, each athlete must choose to enter at the time of registration, either the 10km or the Half Marathon only. The following Road events are offered:

Discipline	Event	Age Categories
Road	5km	Men's/Women's: All age categories
Road	10km	Men's/Women's: All age categories
Road	Half Marathon	Men's/Women's: All age categories
Para-Sport Road	10km	Men's/Women's: 30+, 40+, 50+

It is possible to register with the intention to walk in the Road events; however, as the event is conducted on public roads and permission is provided to close all or parts of those roads, there are certain time restrictions after which athletes will be required to continue the event on the footpath, or for safety reasons, may be withdrawn from the event.

To enter in a Para-Sport event at the Games, you must be able to meet minimum disability criteria. Please review the Para-Sport Classification requirements in the Para-Sports Information Guide and where an athlete has an existing recognised national or international classification, please indicate this as part of

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the registration process. If an athlete is not able to meet these requirements, registration will be transferred to the open section of the competition.

Track and Field

The Track and Field event schedule follows the World Masters Athletics competition programme (with minor exceptions). Each athlete can enter up to six events in Track and Field.

The following Track and Field events are offered:

Discipline	Event	Age Categories
Track	100m	Men's/Women's: All age categories
Track	200m	Men's/Women's: All age categories
Track	400m	Men's/Women's: All age categories
Track	800m	Men's/Women's: All age categories
Track	1500m	Men's/Women's: All age categories
Track	80m Hurdles	Men's: 70+, 75+, 80+, 85+, 90+, 95+, 100+ Women: 45+, 50+, 55+, 60+, 65+, 70+
Track	100m Hurdles	Men's: 50+, 55+, 60+, 65+ Women: 30+, 35+
Track	110m Hurdles	Men's: 30+, 35+, 40+, 45+
Track	200m Hurdles	Men's: 80+, 85+ Women's: 70+, 75+
Track	300m Hurdles	Men's: 60+, 65+, 70+, 75+ Women's: 50+, 55+, 60+, 65+
Track	400m Hurdles	Men's: 30+, 35+, 40+, 45+, 50+, 55+ Women's: 30+, 35+, 40+, 45+
Track	4 x 100m Relay	Men's/Women's: All age categories
Track	4 x 400m Relay	Men's/Women's: All age categories
Track and Field	Decathlon (Men)	Men's: All age categories
Track and Field	Heptathlon (Women)	Women's: All age categories
Field	High Jump	Men's/Women's: All age categories
Field	Pole Vault	Men's/Women's: All age categories
Field	Long Jump	Men's/Women's: All age categories
Field	Triple Jump	Men's/Women's: All age categories

Field	Discus Throw	Men's/Women's: All age categories
Field	Hammer Throw	1500m Track Race Walk*
Field	Javelin Throw	Men's/Women's: All age categories
Field	Shot Put	Men's/Women's: All age categories
Track	1500m Track Race Walk	Men's/Women's: All age categories
Track	3000m Track Race Walk	Men's/Women's: All age categories
Track	5000m Track Race Walk	Men's/Women's: All age categories

The following Para-Sport Track and Field events are offered:

Discipline	Event	Age Categories
Para-Sport Track	100m	Men's/Women's: 30+, 40+, 50+
Para-Sport Track	200m	
Para-Sport Track	1500m	
Para-Sport Track	Long Jump	
Para-Sport Track	Shot Put	
Para-Sport Track	Javelin Throw	

To enter in a Para-Sport event at the Games, you must be able to meet minimum disability criteria. Please review the Para-Sport Classification requirements in the Para-Sports Information Guide and where an athlete has an existing recognised national or international classification, please indicate this as part of the registration process. If an athlete is not able to meet these requirements, registration will be transferred to the open section of the competition.

Competition Details

The OMGAD Athletics event will be conducted in line with the competition rules of the World Athletics (WA), International Paralympic Committee (IPC) Athletics and World Masters Athletics, UAE Athletics Federation, or as otherwise specified in this document.

The competition programme largely follows the World Masters Athletics list of events, however a Marathon, 10km Road Race Walk and 20km Road Race Walk will not be held at OMGAD.

Competition seeding

There are no pre-determined qualification standards to compete in the Athletics competition at OMGAD.

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To assist with competition scheduling, during the registration process, each athlete is requested where prompted to enter a 'Best' result (time, distance, score). Please provide your most recent result in this event or if you have not competed in this event before, please leave blank.

Technical Delegate

The Technical Delegate for the OMGAD Athletics competition will be announced in Version 2 and after being endorsed by the WA. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

Starts

Masters competitors are not required to use starting blocks, a crouch start or having both hands in contact with the track for the start of any race is acceptable.

In any race, individual competitors who are charged with a false start, as determined by the starter, shall be warned. Individual competitors who are charged with their second false start in the same race, as determined by the starter, will be disqualified.

Spikes

Spikes longer than 7mm are not permitted on the track. Spikes of up to 9mm in length will be permitted for the javelin throw and high jump. Pyramid/Cone and Christmas Tree shapes are allowed. Strictly NO Needle/Pin shapes.

Advancement Rule for Track

All finals will be conducted at the times advertised for the event in the final programme.

In 1500m and under, the initial round, if required, will be seeded heats in which the top seeds shall be distributed as evenly as possible and in which members of the same affiliate shall be distributed as evenly as possible.

In 5000m and longer events, including track walks, there shall be seeded final sections and final placings will be decided on finishing times if required.

Progression

In events where heats are conducted in 100m, 200m, 400m and all hurdle events, 8 competitors will advance to the final.

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1 to 8 competitors - Direct to final

9 to 16 competitors - 2 heats First 3 and next 2 fastest to final

17 to 24 competitors - 3 heats First 2 and next 2 fastest to final

25 or more competitors - Semi-finals will be held and progression under WA rules

800m - 12 competitors will progress to the final. No semi-finals will be conducted.

1500m - 16 competitors will progress to the final. No semi-finals will be conducted.

Steeplechase

There will be seeded sections and final placings will be decided on finishing time.

Competitors may hurdle or vault the barriers, or step on the top rail in a continuous motion, but they may not climb them. The hands and feet may touch top surface of the barrier only. No other part of the body may touch any part of the barrier.

Field Events

When a field event competition includes different age groups, each age group must be considered a separate competition for the purpose of deciding which competitors will advance.

High Jump/ Pole Vault

Masters competitors are allowed to touch the landing area before clearing the bar, but they cannot use the landing area to any advantage, as determined by the judge.

Hammer

Two hands must be used at all times when throwing the hammer.

Weight

Two hands must be used at all times when throwing the weight. The rule of competition shall be the same as the Hammer.

Combined Event Competitions

In all combined events, only a single attempt at each running event is allowed, and a maximum of 3 attempts is allowed in all field events, except high jump and pole vault where 3 successive invalid attempts, or voluntary withdrawal, eliminate an athlete.

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Failure to Participate

Athletes may be excluded from participation in further events in the competition, including relays, in cases where:

1. They confirmed for an event but failed to participate
2. Have qualified in heats, qualifying rounds etc. for further participation in an event, but have then failed to participate further in that event
3. Have failed to compete honestly, with bona fide effort

NOTE

- Referee decides if bona fide effort or not
- Provision of a medical certificate, by a medical officer approved by OMGAD, may be accepted as sufficient reason that the athlete became unable to compete after confirmations closed or after competing in a previous round, but will be able to compete in further events on a subsequent day of competition. Application must be made to the Technical Delegate through TIC.
- Other justifiable reasons may be accepted by the Technical Delegate, acceptance will be at the sole discretion of the TD

Simultaneous Entries

If entered in a track and a field event, or in more than one field event taking place at the same time, the referee may:

- For one round at a time, or of each height in high jump and pole vault, allow the athlete to take their trial in a different order from the draw
- If the athlete decides not to attempt that trial, or is not present for their trial, it will be a 'pass' once the allowable time (1 minute) for the trial has expired.

For High Jump and Pole Vault, if an athlete is not present when all other athletes who are present have complete competition, the Referee shall deem that the athlete has abandoned competition once the period for one further trial has elapsed.

Protests & Appeals

Protests must be made in compliance with WA/WMA rules as modified below.

Protests

1. Protests concerning the status for an athlete to participate in the championships must be made to the Technical Delegate prior to the commencement of the competition.
2. Any protest regarding the competition shall be made orally to the referee by the athlete, or a person acting on their behalf, within 30 minutes of the official announcement of the result. TIC can assist in locating referees. The referee may decide on this issue or refer it to the Jury of Appeal.
3. In field events, if an athlete makes an immediate oral protest against having an attempt judged as a failure, the Referee will direct that the attempt be measured and the result recorded as per WA rule 146.4. However, the attempt will be recorded as a fail.

Appeals

1. If an athlete is not satisfied with the Referee's decision, the athlete may appeal to the Jury of Appeal. This appeal must be submitted in writing on the official appeal form, available from TIC. The form must be lodged with TIC within 30 minutes of the referee's decision.
2. To arrive at a fair decision, the Jury of Appeal can consult all the available evidence and interview all those whom they consider necessary. The Jury will issue a written decision for each protest and it will be available at the TIC.
3. The Jury is the final right of appeal

Equipment

Starting Blocks, Spikes and Vaulting Poles

- a) Starting blocks will be provided. Private blocks will not be permitted.
- b) Crouch or block starts are not compulsory for master's competitors.
- c) Spikes longer than 7mm are not permitted on the track. Spikes of up to 9mm in length will be permitted for the javelin throw and high jump events.
- d) Vaulters must bring their own poles unless prior arrangement is made with OMGAD. For equipment delivery information please see section 5.3 below.

Personal Field Equipment

- a) Competitors may use their own throwing implements provided they have been checked, approved and become part of the pool of implements for the event. If age groups are combined, only athletes in the equipment owner's age category will be able to use their equipment.

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b) For events commencing prior to midday (12pm), implements must be lodged at the Technical Room by 5pm the day before competition. For events commencing after 12pm, implements must be checked at least 3 hours before the start time of the event.

c) Competitors are advised to bring their own water bottles and strapping tape.

d) Individuals are responsible for the safekeeping and storage of their own equipment.

Equipment Delivery

An Athlete has the option to ship personal sports equipment to be used at the games. More information to follow as to the address and process in Version 2 of this Guide.

All items must arrive at the stadium at the latest the day before the start of competition.

Clothing / Uniforms

As competitors are not representing their club, association or country, there is no requirement to wear any particular uniform. Competitors may wear their club, association or national uniform if they wish and if their club, association or country allows them to do so.

Competition Numbers and Timing Chips

Track & Field and Road Race will have different numbers.

Track and Field

Every athlete will be provided with two numbers at the Accreditation Centre. Competitors in track events and cross country must wear their numbers visibly on both the front and back of their clothing except High Jump and Pole Vault, where only one bib may be worn on either the front or back.

Road Race

Road event athletes will be provided with a race number at the Accreditation Centre. This must be worn in a visible location during the Road Race.

All Track and Field and Athletics Road Race and Timing Chips will be collected from the Welcome Centre when OMGAD packs are collected.

Updates

This guide will be updated Version 2 by 1 September 2025. Important additional information will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae

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