



OPEN MASTERS GAMES

ABU DHABI 2026

ATHLETICS



Updated: November 3rd, 2025

1. General Information

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

1.1. Governance

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

1.2. Eligibility

All registered participants in Athletics can compete in multiple events. For example, a participant entered in the Road event may also choose to compete in up to six events in Track and Field.

In line with the sport specific rules, a participant must compete in their designated age group, with your age determined as of 7th February 2026. For example, if you turn 40 by the **7th of February 2026**, you will compete in the 40-44 age category.

Health Declaration

Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely participate in OMGAD events.

1.3. Dates

	Feb 7 Saturday	Feb 8 Sunday	Feb 9 Monday	Feb 10 Tuesday	Feb 11 Wednesday	Feb 12 Thursday	Feb 13 Friday	Feb 14 Saturday	Feb 15 Sunday
Road Race (10km/5km/2.5km/Half Marathon)									
Track and Field									
Para Road Race (10km/5km/2.5km/Half Marathon)									
Para Track and Field									

1.4. Venue

Hudayriyat Island (Road Race)

 [Pin Location](#)

Zayed Sports City (Track and Field)

 [Pin Location](#)

2. Competition Information

2.1. Disciplines, Events & Grading

The 2.5km / 5km / 10km and Half Marathon events will be held on the same day during the Games. As such, each participant must choose to enter at the time of registration, one of the below events:

Discipline	Categories		
	Distance	Gender	Age
Road Race	2.5km	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		Female	
	5km	Male	
		Female	
	10km	Male	
		Female	
	Half Marathon	Male	
		Female	

Para-Sport Road Race	2.5km	Male	35+, 50+
		Female	
	5km	Male	
		Female	
	10km	Male	
		Female	
	Half Marathon	Male	
		Female	

Discipline	Categories		
	Event	Gender	Age
Track	100m	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		Female	
	200m	Male	
		Female	
	400m	Male	
		Female	
	800m	Male	
		Female	
	1500m	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		Female	
	5000m	Male	
		Female	
	10000m	Male	
		Female	
	80m Hurdles	Male	70+, 75+, 80+, 85+, 90+, 95+, 100+
		Female	40+, 45+, 50+, 55+, 60+, 65+, 70+
	100m Hurdles	Male	50+, 55+, 60+, 65+
		Female	30+, 35+
	110m Hurdles	Male	30+, 35+, 40+, 45+
		Female	80+, 85+
	200m Hurdles	Male	70+, 75+
		Female	60+, 65+, 70+, 75+
	300m Hurdles	Male	50+, 55+, 60+, 65+
		Female	

	400m Hurdles	Male	30+, 35+, 40+, 45+, 50+, 55+
		Female	30+, 35+, 40+, 45+
	4 x 100m Relay	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		Female	90+, 95+, 100+
	4 x 400m Relay	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		Female	90+, 95+, 100+
Field	High Jump	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		Female	60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	Long Jump	Male	90+, 95+, 100+
		Female	
	Triple Jump	Male	
		Female	
	Discus Throw	Male	
		Female	
	Hammer Throw	Male	
		Female	
	Javelin Throw	Male	
		Female	
	Shot Put	Male	
		Female	
Track	1500m Race Walk	Male	
		Female	
	3000m Race Walk	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		Female	
	5000m Race Walk	Male	
		Female	

Discipline	Categories		
	Event	Gender	Age
Para-Sport Track	100m	Male	
		Female	
	200m	Male	35+, 50+
		Female	
	400m	Male	
		Female	

	800m	Male	35+, 50+
		Female	
	1500m	Male	
		Female	
Para-Sport Field	Long Jump	Male	35+, 50+
		Female	
	Shot Put	Male	
		Female	
	Javelin Throw	Male	
		Female	
	Club Throw	Male	
		Female	
	Discus Throw	Male	
		Female	

Age groups can be combined if required.

- Visually impaired athletes (B1, B2, B3) compete together, ranking and placement is determined by points.
- B1, B2, B3 athletes (completely blind or with the lowest visual acuity) are required to wear a blindfold during the competition and run together with a sighted guide, tethered to them. Sighted guide's participation fees to be waived. If an athlete wins a medal, the guide will receive a medal as well, which will not be included in the official medal count.
- Para athletes compete in road races with regular athletes and results are categorised into separate categories.

2.2. Format

If required by number of entries, all individual events up to and including 400m will be conducted by heats & finals.

Progression in the events up to & including 110m:

- 1 to 8 competitors – Direct final
- 9 to 16 competitors - 2 heats: First 3 in each heat + 2 fastest advance to final
- 17 to 24 competitors - 3 heats: First 2 + 2 fastest advance to final
- 25 or more competitors - Semi-finals will be held and progression under WA rules

Progression in the events 200-400m (including hurdles events):

- 1 to 6 competitors - Direct final
- 7 to 12 competitors - 2 heats: First 2 in each heat + 2 fastest advance to final
- 13 to 18 competitors - 3 heats: First 2 in each heat advance to final
- 19 to 24 competitors - 4 heats: winner of each heat + 2 fastest advance to final
- 25 or more competitors - Semi-finals will be held and progression under WA rules

4x100m relay, 4x400m relay, 800m and all longer distances will be conducted as finals (in case of many entries there may be several finals organized, medal holders will be determined by their finish times).

All field events will be conducted without qualification rounds.

2.3. Schedule

ATHLETICS

Updated October 9th

ATHLETICS			07-Feb	08-Feb	09-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
Grade	Gender	Age	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
THE FOLLOWING EVENTS ARE IN ZAYED SPORTS CITY											
T&F	Male	30 - 35	10000m	110m H	5000m RW	400m	3000m RW	400m H	1500m RW	4x400	
	Male	30 - 35	100m	Shot Put	5000m	High Jump	1500m	Javelin	800m		
	Male	30 - 35	Discus		200m		4x100		Hammer		
	Male	30 - 35			Long Jump		Triple Jump				
	Male	40 - 45	10000m	110m H	5000m RW	400m	3000m RW	400m H	1500m RW	4x400	
	Male	40 - 45	100m	Shot Put	5000m	High Jump	1500m	Javelin	800m		
	Male	40 - 45	Discus		200m		4x100		Hammer		
	Male	40 - 45			Long Jump		Triple Jump				
	Male	50 - 100	4x400	10000m	Shot Put	5000m RW	400m				
	Male	50 - 100		100m		5000m		3000m RW	High Jump	1500m RW	
	Male	50 - 100		Discus		200m		1500m		800m	
	Male	50 - 100				Long Jump		4x100		Hammer	
	Male	50 - 100						Triple Jump			
	Male	50 - 65			100m H						
	Male	70 - 100			80m H						
	Male	50 - 55							400m H		
	Male	60 - 75							300m H		
	Male	80 - 85							200m H		
	Female	30 - 35	10000m	100m H	5000m RW	400m	3000m RW	400m H	1500m RW	4x400	
	Female	30 - 35	100m	Shot Put	5000m	High Jump	1500m	Javelin	800m		
	Female	30 - 35	Discus		200m		4x100		Hammer		
	Female	30 - 35			Long Jump		Triple Jump				
	Female	40 - 45	10000m	80m H	5000m RW	400m	3000m RW	400m H	1500m RW	4x400	
	Female	40 - 45	100m	Shot Put	5000m	High Jump	1500m		800m		
	Female	40 - 45	Discus		200m		4x100		Hammer		
	Female	40 - 45			Long Jump		Triple Jump				
	Female	40 - 45					Javelin				
	Female	50 - 100	4x400	10000m	80m H	5000m RW	400m	3000m RW	High Jump	1500m RW	
	Female	50 - 100		100m	Shot Put	5000m		1500m		800m	
	Female	50 - 100		Discus		200m		4x100		Hammer	
	Female	50 - 100				Long Jump		Triple Jump			
	Female	50 - 100						Javelin			
	Female	50 - 65							300m H		
	Female	70 - 75							200m H		
Para	Male	35+, 50+		Para 100m	Para 800m	Para 200m	Para 400m	Para 1500m			
	Male	35+, 50+		Para Discus	Para Long Jump	Para Shot put	Para Javelin	Para Club Throw			
	Female	35+, 50+		Para 100m	Para 800m	Para 200m	Para 400m	Para 1500m			
	Female	35+, 50+		Para Discus	Para Long Jump	Para Shot put	Para Javelin	Para Club Throw			
THE FOLLOWING EVENTS ARE ON HUDAYRIYAT ISLAND											
Para	Male	35+, 50+									Para - 2.5km Road
	Male	35+, 50+									Para - 5km Road
	Male	35+, 50+									Para - 10km Road
	Male	35+, 50+									Para - Half marathon
	Female	35+, 50+									Para - 2.5km Road
	Female	35+, 50+									Para - 5km Road
	Female	35+, 50+									Para - 10km Road
	Female	35+, 50+									Para - Half marathon
Road	Male	all									2.5km Road
	Male	all									5km Road
	Male	all									10km Road
	Male	all									Half marathon
	Female	all									2.5km Road
	Female	all									5km Road
	Female	all									10km Road
	Female	all									Half marathon

2.4. Rules

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 participants will be

required to continue the event on the footpath, or for safety reasons, may be withdrawn from the event.

Participants may be excluded from participation in all further events in the competition, including relays and road races, in cases where:

1. They confirmed for an event but failed to participate;
2. Have qualified in heats for further participation in an event, but have then failed to participate further in that event;
3. Have failed to compete honestly.

NOTE

- Provision of a medical certificate, by a medical officer approved by OMGAD, may be accepted as sufficient reason that the participant 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 Sport Info Desk of the Stadium.
- Other justifiable reasons may be accepted by the Technical Delegate, acceptance will be at the sole discretion of the Technical Delegate.

3. Technical Details

3.1. Technical Delegate

The Technical Delegate for the OMGAD Athletics competition will be Dr. Rajaa Alkaabi. Dr. Alkaabi will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Other Technical Details

Track Events

- Masters' competitors are not required to use starting blocks or a crouch start. 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.

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.

4. Equipment & Uniform

4.1. Equipment

Personal Implements

- 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 during the competitions, only participants in the equipment owner's age category will be able to use their equipment (personal implements may be used by all athletes of the same age category during the competitions).
- Implements must be lodged at the Sport Info Desk of the Stadium by 12pm in the day of the event (for the convenience of participants they may also be lodged day before the event). After the competition personal implements may be taken at the Sport Info Desk of the Stadium. In case personal implements do not meet necessary requirements, they will be also given back to athletes at the Sport Info Desk of the Stadium.
- Competitors are advised to bring their own water bottles and strapping tape.



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

Competition Bibs and Timing Chips

- Track & Field and Road Race will have different numbers.
- Every participant of stadium events will be provided with two bibs at the Accreditation Centre. Competitors in track events must wear their bibs visibly on both the front and back of their clothing except High Jump, where only one bib may be worn on either the front or back.
- Bibs for relay events will be provided for athletes in the call room.
- Road event participants will be provided with one bib with a timing chip at the Accreditation Centre. This must be worn in a visible location during the Road Race.
- Exchange of bibs or any manipulation with time chip will cause disqualification from all athletics competitions.

Starting Blocks

- Starting blocks will be provided. Crouch or block starts *are not compulsory* for master's competitors.

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.

4.2. Uniform

As competitors are not representing their club, association or country, there is no requirement to wear any affiliated 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.

Uniform must comply with WA rules:

- Not to be objectionable
- Material non-transparent even if wet
- Not to impede the view of the Judges
 - *In Race Walking Events, athletes shall not wear clothing that prevents a clear and complete view of the knee area. However, long tights that are adherent to the athletes' legs are acceptable.*
- For relay events athletes of each team must wear the same upper part of the uniform so that to help identification of their teams.

5. Awarding

5.1. Medals

The top 3 athletes will be awarded the gold medal, silver medal and bronze medal respectively.

5.2. Ceremonies

- In OMGAD2026, athletes are individuals and represent themselves. National flags and anthems will not be included in medal ceremonies.
- The medal ceremony will be held after each final.
- The medal ceremony will be conducted in Arabic and English.

6. Protests and Appeals

6.1. Protests

- Competition-related disputes and protests shall be handled according to rules and related regulations of the international association of the sport. If there are no rules regarding such disputes and protests in place, the

competitor may first make verbal protest and submit written protest to OMGAD within 30 minutes after the end of a contest.

- No protest can be lodged by any team members or staff against a judging (scoring) decision during the competition period.

6.2. Appeals

- Based on the principle of trust, the Organizer will not take the initiative to review the grade of athletes upon registration. Matters regarding athlete qualifications and grades should be submitted to the Organizer with relevant supporting materials before the Games or when the fact occurs. The complaint will be handled in accordance with the rules and relevant regulations of international sports federations and relevant regulations.
- Applications that are not submitted within the stipulated time or with incomplete materials will not be accepted.

7. Doping Control

7.1. Regulations

- Doping Control should be conducted in accordance with WADA World Anti-Doping Code (<https://www.wada-ama.org/en>) and International Masters Games Association (IMGA) Anti-Doping Rules (<https://imga.ch/masterssports/anti-doping>).
- Participants are deemed to have agreed to be subject to doping control procedures in accordance with the International Masters Games Association Anti-Doping Rules upon entry to the competition. Participants must obey antidoping rules and conduct themselves in a considerate manner.

8. Updates

The final version of the competition guide will be released by December 1st. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae