

Athletics

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.

Competition dates

Athletics competition for the Open Masters Games Abu Dhabi 2026 (OMGAD2026) offers each participant 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 Race (10km/5km/2.5km/Half Marathon)									
Track and Field									

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

Venues

Hudayriyat Island (Road Race)

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TBD (Track and Field)

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Competition Format

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.

If there are insufficient entries in an age category, categories may be combined 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 2026 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:**
35+, 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 participant.

Road Race

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	Event	Age Categories
Road Race	2.5km	Men's/Women's: All age categories
Road Race	5km	Men's/Women's: All age categories
Road Race	10km	Men's/Women's: All age categories
Road Race	Half Marathon	Men's/Women's: All age categories
Para-Sport Road Race	2.5km	Men's/Women's: 35+, 50+
Para-Sport Road Race	5km	Men's/Women's: 35+, 50+
Para-Sport Road Race	10km	Men's/Women's: 35+, 50+
Para-Sport Road Race	Half Marathon	Men's/Women's: 35+, 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 participants will be required to continue the event on the footpath, or for safety reasons, may be withdrawn from the event.

Track and Field

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

The following Track and Field events are offered:

Discipline	Event	Age Categories
Track	100m	

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Track	200m	Men's/Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
Track	400m	
Track	800m	
Track	1500m	
Track	5000m	
Track	10000m	
Track	80m Hurdles	Men's: 70+, 75+, 80+, 85+, 90+, 95+, 100+ Women: 40+, 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	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
Field	High Jump	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	Men's/Women's: All age categories
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	100m	Men's/Women's: 35+, 50+
Para-Sport	200m	
Para-Sport	400m	
Para-Sport	800m	
Para-Sport	1500m	
Para-Sport	Long Jump	
Para-Sport	Shot Put	
Para-Sport	Javelin Throw	
Para-Sport	Club Throw	
Para-Sport	Discus Throw	

To enter 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 a participant has an existing recognised national or international classification, please indicate this as part of the registration process. If a participant cannot meet these requirements, registration will be transferred to the open section of the competition.

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- 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.

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 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.

Competition Seeding

There are no pre-determined qualification standards to compete in the Athletics competition at OMGAD. To assist with competition scheduling, during the registration process, each participant is requested where prompted to enter a 'Best' result (time and distance). Please provide your most recent result in this event or if you have not competed in this event before, please leave it blank.

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.

Advancement Rules

If required, all events under 1500m will be conducted by heats & finals. In 5000m and longer events, including race walking, 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.
- 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

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Track Events

1. 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.
2. 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.

High Jump

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 always used when throwing the hammer.

Discus

One hand must be always used when throwing the discus.

Shot put

One hand must be always used when performing the shot put.

Failure to Participate

Participants 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.

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 TIC.
- Other justifiable reasons may be accepted by the Technical Delegate, acceptance will be at the sole discretion of the Technical Delegate.

Simultaneous Entries

If a participant has 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, the participant will be allowed to take their trial in a different order from the draw;
- If the participant 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, if a participant is not present when all other participants who are present have complete competition, the Referee shall deem that the participant has abandoned competition once the period for one further trial has elapsed.

Protests & Appeals

Protests must be made in compliance with World Athletics rules as modified below.

Protests

1. Protests concerning the status for a participant to compete in the competitions must be made to the Technical Delegate prior to the commencement of the event.
2. Any protest regarding the competition shall be made orally to the referee by the participant, 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 a participant makes an immediate oral protest 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 failure.

Appeals

1. If a participant is not satisfied with the Referee's decision, the participant may appeal to the Jury of Appeal. This appeal must be submitted in writing on the official appeal form, available from the Sport Info Desk (S.I.D). The form must be lodged with S.I.D 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 S.I.D.
3. The Jury is the final right of appeal.

Equipment

Starting Blocks

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

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Spikes

1. 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.
2. Pyramid/Cone and Christmas Tree shapes are allowed.
3. Strictly NO Needle/Pin shapes.

Personal Field Equipment

1. 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 participants in the equipment owner's age category will be able to use their equipment.
2. 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 three hours before the start time of the event.
3. Competitors are advised to bring their own water bottles and strapping tape.
4. Individuals are responsible for the safekeeping and storage of their own equipment.

Equipment

The local organising committee will provide the sports equipment in accordance with the World Athletics Rules.

Clothing / Uniforms

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.

Competition Bibs and Timing Chips

Track & Field and Road Race will have different numbers.

Every participant 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.

Road event participants 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 provided at the Sports Info Desk on the day of the event.

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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

The below schedule is a preliminary daily breakdown of each event. This schedule is subject to change based on final entries



ATHLETICS

Venue: TBD

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
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									
	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	Shot Put	5000m RW	400m	3000m RW	High Jump	1500m RW	
	Female	50 - 100		100m		5000m		1500m		800m	
	Female	50 - 100		Discus		200m		4x100		Hammer	
	Female	50 - 100				Long Jump		Triple Jump			
	Female	50 - 100						Javelin			
	Female	50 - 70			80m H						
	Female	50 - 65									
	Female	70 - 75							200m H		

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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			
	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

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