



OPEN MASTERS GAMES

ABU DHABI 2026

ATHLETICS



V4

Released: January 23, 2026

**UNITED BY SPORTS,
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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.

Health Insurance

- All participants **MUST** have a medical insurance policy while in the U.A.E.
- Residents and citizens must ensure their respective health insurance policy covers sports injuries.

The Ziyarah Plan, provided by Daman, is a health insurance policy specifically created for the Open Masters Games. You can purchase this plan using the link below

<https://www.damanhealth.ae/products/inbound-emergency-medical-travel-insurance-ziyarah-open-masters/>

Ziyarah Plan (Open Masters Games)

Ensuring your peace of mind for the upcoming event

Coverage Period: 15 days

Scope of Coverage:

- Up to AED 250,000, comprehensive coverage for medical emergencies and sports-related injuries incurred during the event period.
- Direct billing at network providers.
- Consultations through Pura App (Maximum up to 3 consultations).

Eligibility Requirements:

- Registered players and their accompanying family members.
- Health insurance plan to be purchased before participants travel to UAE.

Premium details:

- Up to 60 years: AED 86 (VAT extra)
- 61 years & above: AED 215 (VAT extra)

Important Note for Residents and UAE Nationals

UAE residents (Expats) & UAE nationals will need to ensure their respective health insurance plans cover sports injuries, as they will not be eligible for this plan.

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OPEN MASTERS GAMES
Abu Dhabi 2026

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)¹

[Pin Location](#)

¹ Track and Field Venue changed to Zayed Sports City 29/09



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		
	Female	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+	
5000m	Male	60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+	
	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+	
200m Hurdles	Male	80+, 85+	
	Female	70+, 75+	
300m Hurdles	Male	60+, 65+, 70+, 75+	
	Female	50+, 55+, 60+, 65+	
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		
4 x 400m Relay	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+	
	Female		
Field	High Jump	Male	
		Female	
Long Jump	Male		
	Female		
Triple Jump	Male		
	Female		
Discus Throw	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+	
	Female		
Hammer Throw	Male	90+, 95+, 100+	

Track	Javelin Throw	Female	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
		Male	
		Female	
	Shot Put	Male	
		Female	
	1500m Race Walk	Male	
		Female	
	3000m Race Walk	Male	
		Female	
	5000m Race Walk	Male	
		Female	

2.2. Para Athletics

Discipline	Categories				
	Event	Gender	Age	Classification ²	
Para-Sport Track	100m	Male	35+, 50+	<ul style="list-style-type: none"> • V.I: T/F 11 – 13 • Coordination: T/F 31 – 34, T/F 35 – 38 • Short Stature: T/F 40 – 41 • Lower Limb: T/F 42 – 44, T/F 51 – 54, F55 – 57 • Upper Limb: T/F 45 – 46, T47 • Lower Limb Prosthetic: T/F 61 – 64 • Frame Running: T71 - 72 	
		Female			
	200m	Male			
		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.

² Added para classification clarification on 17/11

- 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.
- The OMGAD2026 will offer national classification opportunities in the days prior to the start of the competition. International Classifiers will be available for the following impairments:
 - PI: Physical Impairment
 - VI: Visual Impairment
- Athletes will need to present themselves for classification at the date and time designated by the sport. As a result, the classification outcomes will not be officially recognized by the respective International Federations.
- Eligible Sport Class:
 - Athletes with Visual Impairment: T/F 11-13
 - Athletes with Coordination Impairment: T/F31-34, T/F35-38
 - Athletes with Short Stature: T/F 40-41 –
 - Athletes with lower limbs impairments: T/F 42-44, T/F51-54, F55-57
 - Athletes with upper limbs impairments: T/F 45-46, T47
 - Athletes with lower limbs impairments competing with prosthetics: T/F 61-64
 - Athletes competing in Frame Running: T71-72

Eligible sport class status to participate in the Games are as follows.

- R = Review
- FRD = Fixed Review Date
- C = Confirmed

2.3. Format

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

If a preliminary competition round (heats or semifinals) was scheduled to determine the strongest athletes for the subsequent final, but an insufficient number of athletes necessary to conduct the preliminary round reported to the Call Room, then this competition round will be canceled. The athletes who did not report will be recorded as DNS (Did Not Start). The athletes who did report will be automatically advanced to the final. The final will be held at the originally scheduled time, with participation limited only to those athletes who reported to the call room for the preliminary competition round.

Relay teams must be submitted at Sport Info Desk of the stadium no later than 2pm in the competition day of the relevant relay. To do so all 4 members of a relay team must appear in the Sport Info Desk of the stadium and fill the relay form. Relay team may consist of

athletes with different age but “relay team age” will be counted by age of the youngest participant of a relay team.

2.4. Schedule

[Click here to download the schedule](#) (events by days).

- **All events will take place within the dates mentioned in this schedule. There will be no instance where preliminary rounds and their corresponding finals are scheduled on separate days.**
- Schedule "events by time" will be published closer to the Games.

2.5. 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.

Track and Field



- **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

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. Technical Meeting

The technical meeting for participants in track and field events will take place on Thursday the 5th of February at 4pm in the athletics stadium.

3.3. 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.

Call Room Procedures

- *For field events Athletes must appear in the Call Room of the stadium no later than 40 min before the start time of the event*
- *For track events (including relays) Athletes must appear in the Call Room of the stadium no later than 30 min before the start time of the event*
- *Athletes competing in the field events will be allowed to take their bags to the Field of Play*
- *Athletes competing in the track events will not be allowed to take their bags & take-off uniform for the Field of Play (meaning, they will need to leave Call Room "as they run" and after the finish they will be able to collect their bags in the Athletes Lounge located next to Call Room. LOC is not responsible for any loss or damage of personal staff left in the Call Room.*

4. Equipment & Uniform

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4.1. Equipment

Implement Specifications

	Hammer	Shot	Discus	Javelin
Women				
35-49	4kg	4kg	1kg	600gm
50-59	3kg	3kg	1kg	500gm
60-74	3kg	3kg	1kg	500gm
75+	2kg	2kg	0.75kg	400gm
Men				
35-49	7.26kg	7.26kg	2kg	800gm
50-59	6kg	6kg	1.5kg	700gm
60-69	5kg	5kg	1kg	600gm
70-79	4kg	4kg	1kg	500gm
80+	3kg	3kg	1kg	400gm

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).
- Personal implements must be lodged at the Sport Info Desk of the Stadium on the 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 mass running participants will have different competition bibs.
- Every participant of track and field (stadium) events will be provided with two bibs and 8 safety pins at the Sport Info Desk of the athletics stadium. Competitors in track events and all field events (except High Jump) must wear their bibs visibly on both the front and back of their clothing. In High Jump only one bib may be worn on either the front or back. Bibs are provided one time and should be used by athletes on individual all track and field events she/he has registered.
- 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 on February 13-14 only. Location where the bibs for road race events may be collected will be provided additionally. Exchange of bibs or any manipulation with time chip will cause disqualification from all athletics competitions. The bib must be worn in a visible location during the Road Race.

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 (and the top 3 teams in relay events accordingly) 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.
- After the end of each final 1-3 place holders must come into the Medal Ceremony Gathering Room located next to Call Room no later than 20 minutes after the end of the relevant final.
- Accreditation must be shown to proceed to the Medal Ceremony Gathering Room.

- Medal ceremonies volunteers will escort 1-3 place holders for the Ceremony from the Medal Ceremony Gathering Room.
- Medal Ceremonies on February 7th ,8th and 9th will be staged in the athletics stadium.
- Medal ceremonies on February 10th, 11th, 12th, 13th, 14th will be staged in the Medal Plaza of Zayed Sport City (around 5 min walking distance from the athletics stadium).
- Athletes failed to appear on the Medal Ceremony Gathering Room within 20 minutes after the end of the relevant final will be able to collect their medals in the Medal Ceremony Gathering Room at the very end of each competition day.

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://imqa.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.