

Handbook – Nordic Masters Championships 2026

The Nordic Masters Championships are organized according to the rules of World Athletics, as modified by World Masters Athletics and the Nordic Masters Committee.

General information

- Athletes must register online via OpenTrack.
- The registration deadline is Sunday, 14 June 2026, 23:59 CET. No registrations will be accepted after the deadline.
- All entries are subject to validation by each athlete's national athletics federation. Federations will confirm the athlete's date of birth, citizenship and/or residency qualifications, and other relevant requirements.
- After an athlete's registration has been validated, its status will display as "Accepted" on the entry list. Validation is a manual process, so it may take a few days after the entry deadline before the athlete is validated.
- Athletes with questions should contact their National Masters Athletics Committee.
- The national master committees must check and approve each athlete by June 20th. Only once the approval is given, the athlete is allowed to take part in the championship.

Qualification for entry

- The Nordic Masters Championships are open to all athletes born on or before 1 January 1991.
- The age group an athlete competes in follows the calendar year of birth (not the exact date of birth).

Age categories

- M/W 35–39
- M/W 40–44
- M/W 45–49
- M/W 50–54

- M/W 55–59
- M/W 60–64
- M/W 65–69
- M/W 70–74
- M/W 75–79
- M/W 80–84
- M/W 85–89
- M/W 90–94
- M/W 95–99

Venues

Main stadium

- Bislett Stadion in the heart of Oslo, also known as “The World Record Track.”
- The Welcome Centre inside the stadium includes: Accreditation and bib pick-up, Technical Information Centre (TIC), Event Final Confirmation Desk, and General Information.
- All track events, jumps, shot put, discus throw (M60+), and javelin (M55+ and W55+) will take place at Bislett.
- **Warm up**
 - Indoor warm-up facilities under the stands

Secondary stadium

- Stovnerbanen, Smiuvegen 253, 0981 Oslo
- 12 km from Bislett, along Route 163.
- **Events:**
 - Hammer throw (men Friday, women: Sunday)
 - Weight throw. (men Friday, women: Sunday)
- **Warm-up**
 - Warm-up in the stadium away from the immediate competition area.
- **Transport:**

- T-Bane (Metro) Line 4 or 5 (Vestli). Exit at Stovner Senter – approximately 11 minute walk to the stadium.
- Buses to Smedstua on R163, 8 minute walk
- The organizers will, if necessary, provide transportation for participants that compete both at Bislett and at Stovnerbanen close in time

Third stadium, Rud friidrettsstadion/Bærum Idrettspark

- Bærum idrettspark, Hauger Skolevei 36, 1351 Rud
- 18 km from Bislett, West of Oslo City.
- **Transport:**
 - T-bane (Metro) Line 3 to Kolsås, 5 minutes walk
 - By car: 30 minutes.
 - The organizers will, if necessary, provide transportation for participants that compete both at Bislett and at Rud close in time.
- **Events:**
 - Saturday: Javelin throw M35-50, Javelin throw W35-50
 - Sunday: Discus throw (M35-55)
- **Warm-up**
 - Warm-up in the stadium away from the immediate competition area.

Prize ceremonies

- Prize ceremonies will be held in the stadium short time after the end of each event

Bibs

- All registered athletes must pick up their bibs at the TIC before entering the field of play. Athletes who have their first event in Hammer throw and Weight throw on Friday will collect their bibs at Stovnerbanen

TIC opening hours

- Friday 3 July: 09:00–20:00
- Saturday 4 July: 09:00–18:00

- Sunday 5 July: 09:00–15:00

Note: Please align these dates with the official competition dates before publication.

Confirmation of participation and call room

- There will be manual, paper based confirmation only in the sprint events (100-400). In all other events, competitors report directly to the event site 20 minutes before start.
- Check-in lists will be available outside the TIC
- Deadlines for confirmation will be:
 - Friday 12:00 – all 100m races
 - Saturday 12:00 – all 200m races
 - Sunday 12:00 – all 400m races
- There will be no central call room.
- All athletes must report to the start/competition area of their event 20 minutes before the scheduled start for final call.
- At final call, officials will check national vests, bib numbers, and shoes.

Relays

- Relay entries must be declared to the TIC by 17:00 CET on Friday, using the LOC-provided form.
- The final team line-up and running order must be confirmed no later than at final call at the event start area.

Shoes:

According to WMA Regulations, the following applies to shoes used in competition:

- Spiked shoes: maximum 30mm sole thickness
- Non-spiked shoes: maximum 40mm sole thickness

Implements and equipment

Throwing events

- The LOC will provide competition implements for throwing events.
- Personal implements must be submitted for control no later than 1 hour before the event starts at the local stadium. Officials will deliver approved implements to the competition site before the event.

Pole vault

Competitors are recommended to bring their own poles.

The poles in the table below can be used by the participants free of charge

	<u>Length</u>	<u>lbs</u>	<u>kg</u>
ESSX	320	120	54
ESSX	350	140	63
Nordic	350	145	66
Pacer	400	??	??
Spirit	430	175	80
Spirit	430	175	80
Essx	445	160	72
Essx	445	170	77
Spirit	460	??	??
Essx	460	165	75

Technical meeting

- Thursday 2 July at 19:00 at Idrettens hus, Ullevaal stadion, Sognsveien 73
- T-bane (Metro) to Ullevaal stadion, walk 3 minutes

Timetable

- The timetable will be published in opentrack:
<https://norway.opentrack.run/en-gb/x/2026/NOR/nordicmasters/timetable/>
- Any changes to the schedule will be communicated to Team Managers.