

REGULATIONS



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Meeting Internacional Ourense

Saturday 21st february 2026

GENDER CLAUSE

The Galician Athletics Federation (FGA) guarantees effective equality between men and women as one of its basic principles of action. Therefore, any generic masculine references in these regulations are understood to also include their corresponding feminine forms, except in cases where a specific gender distinction is explicitly stated.

ORGANIZATION

The Galician Athletics Federation, in collaboration with the Xunta de Galicia, the Ourense Provincial Council, and the Ourense City Council, will organize the **II Ourense International Indoor Athletics Meeting**, to be held on **Saturday, February 21, 2026**, at **Expourense**.



PARTICIPATION AND ADMISSION CRITERIA

Athletes with a valid license may participate in the meeting events. Admission will be by invitation and at the discretion of the organization.

For youth events, athletes must hold a valid license issued by the Galician Athletics Federation. Admission will be based on marks achieved in 2025 and 2026.

REGISTRATION

1. **Meeting events:** until **Sunday, February 8, 20:00h**
2. **Youth events:** until **Sunday, February 15, 20:00h.**

INFORMATION: organizacion@atletismo.gal

1. National athletes:

Through the RFEA Intranet.

2. Foreign athletes:

Via email to organizacion@atletismo.gal including the following details:

1. Full name.
2. Nationality.
3. Documento de.
4. License number
5. Date of birth.
6. Event desired
7. Personal best and 2025 best.
8. Club name.

ACCEPTED ATHLETES

The provisional list of accepted athletes will be published on **February 10, 2026**, with 48 hours for coaches and athletes to report any issues to the email organizacion@atletismo.gal. The final list will be published on **February 13, 2026**.

Accepted limits:

- 10 athletes per field event
- 24 athletes in 60m and 60m hurdles
- 12 athletes in 800m
- 19 athletes in 1500m
- 8 athletes in 400m

Youth categories: maximum 16 in track events and 12 in field events. The final list will be published on **February 17, 2026**.

The inclusive 60m will admit 8 athletes.

Lists will be available at (www.atletismo.gal).

The FGA reserves the right of admission.

TECHNICAL RULES

Regulations are as stated herein. Any unmentioned cases will follow RFEA and World Athletics rules, in that order.

Competition.

Access restricted to judges, athletes, and volunteers. Warm-up and competition schedules and spaces must always be respected.

Athletes must exit the competition area after finishing their event as directed by judges or volunteers.

Long Jump and Shot Put.

- Youth: 4 attempts.
- Senior: 3 qualifying attempts, top 8 proceed to 3 final attempts (total 6).

Pole Vault / High Jump.

Heights progression will be determined once entries are known and in accordance with RFEA and World Athletics qualifying standards for the 2026 short track international championships.

Races.

- 60m and 60m hurdles: heats + final (top 2 per heat + next 2 best times qualify).
- 400m: Final A and B, both scored (4 athletes per race).
- 800m and 1500m: Final A (scored, with pacemakers) and Final B (non-scored).
- 800m: 6 athletes + 1 pacemaker in Final A.
- 1500m: 9 athletes + 1 pacemaker in Final A (10 per heat).

Implements Approval.

Must be presented 60 minutes before the event.

TRAVEL AND ACCOMMODATION SUPPORT

After admission and participation, athletes may apply for accommodation (1 night) and travel aid (up to €70) by emailing organizacion@atletismo.gal.

Eligible: athletes residing outside Galicia who are among the top 3 in the 2025 national indoor ranking. For 60m and 60m hurdles, 100m and 110m hurdles rankings will be used respectively.

Payment by bank transfer after submission of invoices and receipts. Incomplete submissions will not be paid.

Foreign athletes may receive individual evaluation if their level matches the top 3 in the national 2025 ranking.

BIB CONFIRMATION / COLLECTION

Bib numbers must be collected at least 1 hour before the athlete's event.

Digital federation license or ID is required at the call room.

MEDICAL SERVICES / ANTI-DOPING

An ambulance and medical team will be available. Anti-doping control will be conducted.

EVENTS

Men:

60m

400m

800m

Pole vault

Long jump

Women:

60m

400m

1500m

Shot put

High jump

PRIZES

Meeting events:

- 1st place: €400
- 2nd place: €300
- 3rd place: €200
- 4th place: €100

Best male and female performance (WA tables): €500 each.

Presence at the awards ceremony is mandatory.

Prizes will be paid only after anti-doping results are confirmed.

PROVISIONAL SCHEDULE

17:20 60m inclusive
17:30 High Jump (Women)
17:35 Long Jump (Men)
17:40 400m Final B (Men)
17:47 400m Final A (Men)
17:54 60m Hurdles SF B (Men)
18:00 60m Hurdles SF A (Men)
18:15 400m Final B (Women)
18:23 400m Final A (Women)
19:00 60m SF A (Women) / Shot Put (Women)
19:07 60m SF B (Women)
19:15 1500m Final B (Women) / 800m Final B (Men)
19:25 1500m Final A (Women)
19:35 60m Hurdles Final (Men)
19:45 60m Final (Women)
20:10 800m Final A (Men)

MORE INFORMATION



organizacion@atletismo.gal



[@meetingourense](https://www.instagram.com/meetingourense)



www.atletismo.gal



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