



Balkan Athletic Masters Indoor Championships (BAMACI) 2026

Novo mesto, Slovenia 14th and 15th of March 2026





BAMACI 2026
NOVO MESTO
14-15.03.2026

TECHNICAL MANUAL

Figure 1: The Olympic Centre Novo mesto

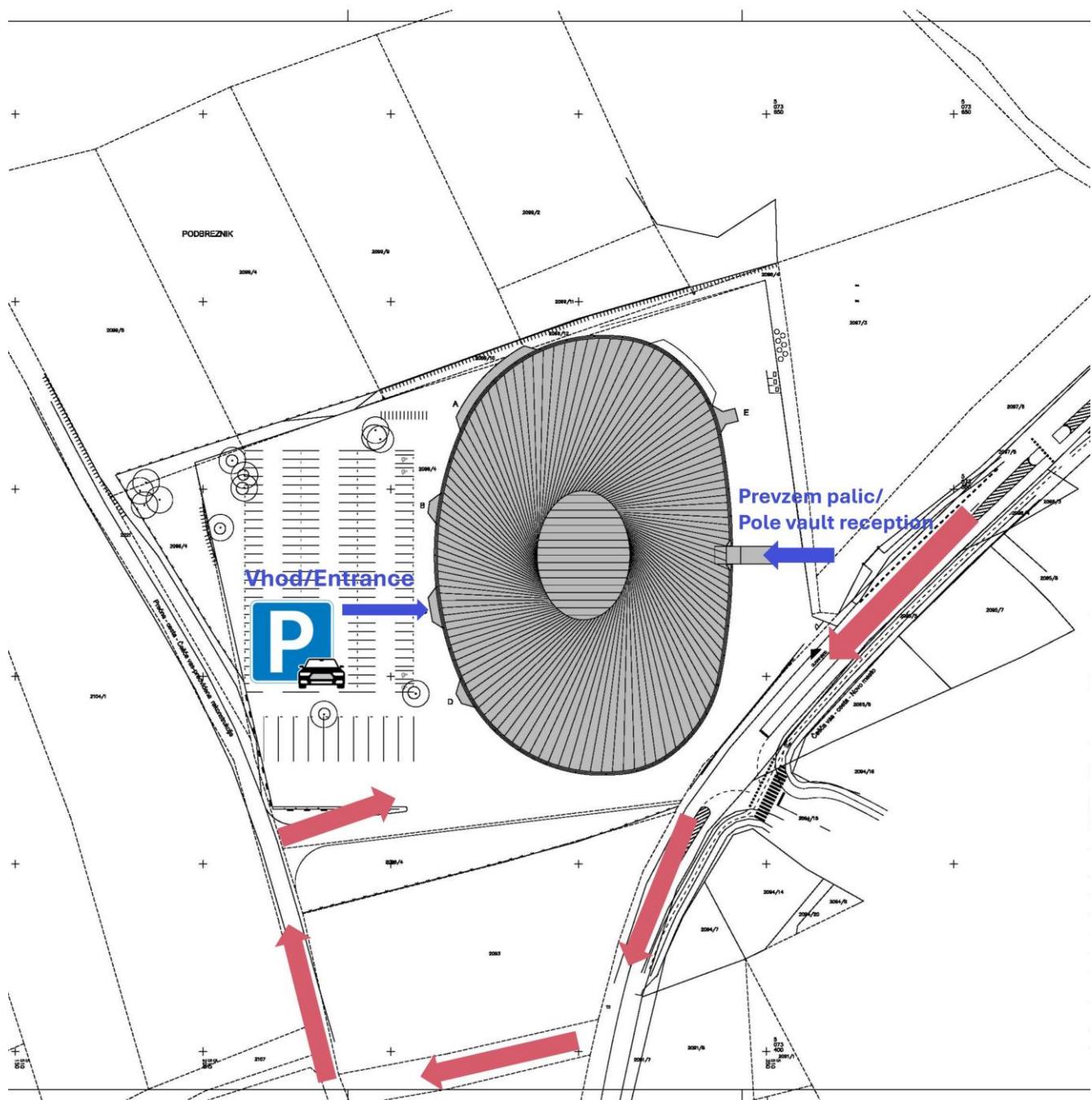


Figure 1



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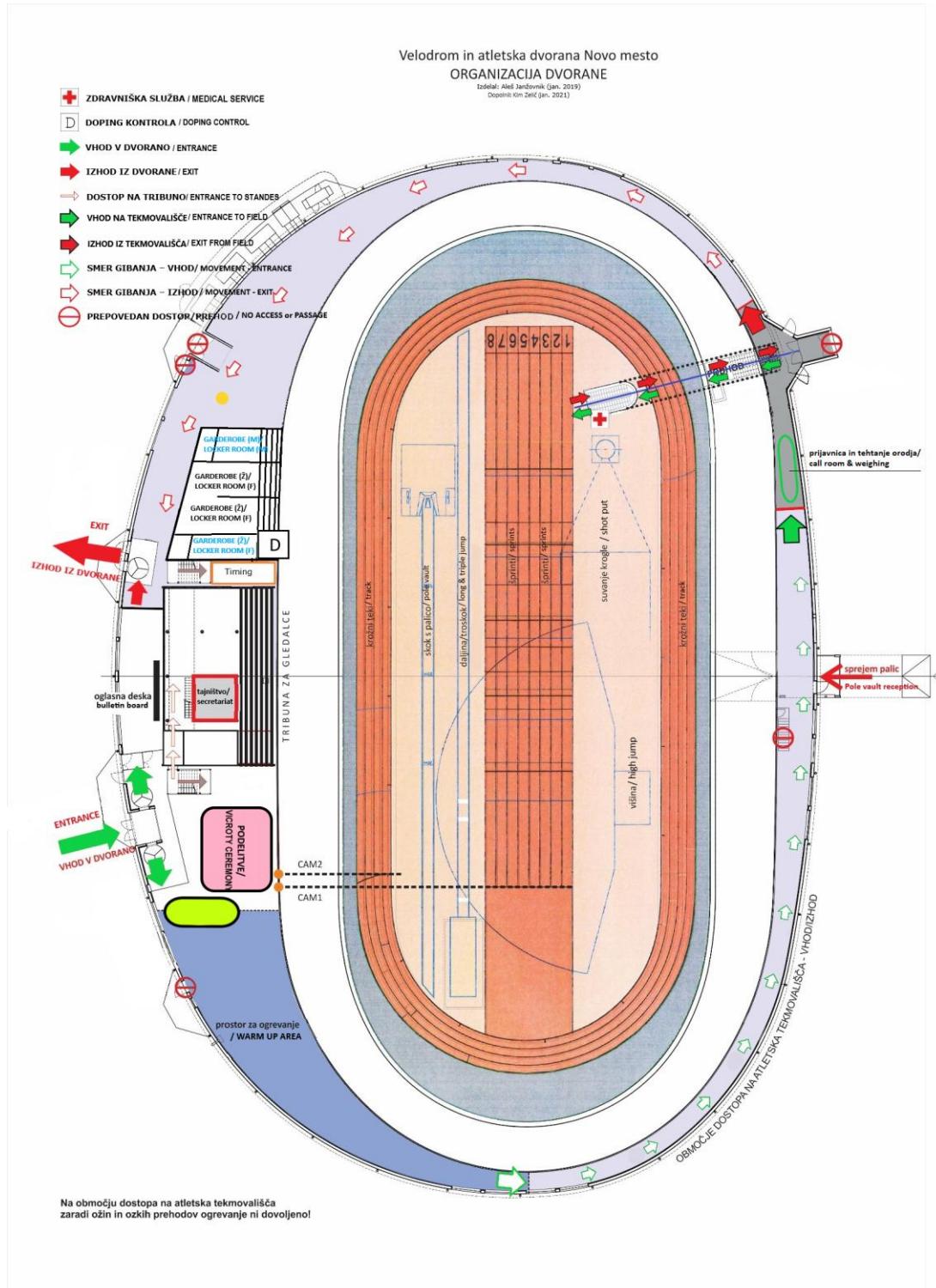


Figure 2: The Olympic Centre Novo mesto



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Figure 3: Stadium Portoval Novo mesto



SPECIAL NOTICES

GENERAL

The competition will be in accordance with the IAAF and WMA Athletic regulations.

Competition will take place between 14th and 15th of March 2026 in two venues (indoor hall of The Olympic Centre Novo mesto; Zaloška cesta 20, 8000 Novo mesto and stadium Portoval; Topliška cesta 4, 8000 Novo mesto). Additional information's about Championships can be found on official webpage <https://balkanmasters.com>

Due to specific technical requirements of indoor hall of Olympic centre Novo mesto we kindly ask all participants to follow all the rules regarding movement within the object.

On BAMACI 2026 can compete athletes born before March 14th, 1991, who are physically fit. All athletes must respect the athletic rules, as well as these propositions, set by the technical and organizing committee of the competition.

Two or more categories can compete together, but the placement is determined separately for each.

There will be organized shuttle bus between two competition venues.

REGISTRATION AND REGISTRATION FEE:

The registration of the competitors will be done online by the relevant National federation who will receive a user name and password for access to the registration form for the SAM software application. Deadline for the registration is until **15th of February 2026**.

The competition is open also for competitors from countries which are not members of BAMA; they will not be included in the official ranking of BAMACS, and can send applications in time to email: zavs@zavs.si

Each participant may compete in no more than 6 (six) disciplines individually, maximum 3 disciplines per day, and in relays.

The registration fee including 1 discipline is € 32 + € 2 (doping control) + € 0 (for inspection of the stadia by technical director of BAMA) so totally € 34. Any additional event has an extra cost of € 7. Relays fee is € 20 per relay.



RUNING EVENTS

Competitors have to carry their number on the front side for all running events longer than 200m. In event 400m competitors have to run two bends in the assigned lane. At the end of secund bend (after passing green line, marked with yellow prism) they can brake lane in to to inner lane for the remainder of the race.

POLE VAULT

Pole vaults have to be submitted to dedicated place (see Figure 1) from there pole vaults will be delivered to the field by technical staff.

Pole vault reception schedule:

- Saturday, 14th of March 2026, from 8:15 till 8:30
- Sunday, 15th of March 2026, from 13:45 till 14:00

Schedule my change to accommodate final time table and number of competitors.

STARTING NUMBERS

Team leaders will pick up competitors start numbers during technical meeting that will be organized in The Olympic Centre Novo mesto

ACCESS TO COMPETITION VENUES

Access to both competition venues will be possible only with valid accreditation or start number.

TECHNICAL MEETING

The technical meeting will be organized on 13th of March 2026 in conference room at The Olympic Centre Novo mesto between 19:00 in 20:00 CET.

SECRETARIAT

Secretariat of the competition will be situated in conference room The Olympic Centre Novo mesto. It will start operating 90 minutes before start of the competition.

Competition will follow time table that will be officially announced in starting list.

Team leaders can file official complaint no later than 30 minutes after the official results are published to the responsible person in Secretariat.



DRESSING ROOM

The Olympic Centre Novo mesto:

Dressing rooms with showers and toilets are located underneath west stand and are clearly marked.

Stadium Portoval Novo mesto:

Dressing rooms with showers and toilets are located in administrative building of Stadium Portoval Novo mesto and are clearly marked.

Organizers do not guarantee for the safety of personal belongings of the athletes in the dressing rooms.

WARM UP AREA

The Olympic Centre Novo mesto:

Warm up is allowed only on dedicated part of indoor hall (see Figure 2) and outside of the hall. Access to the field will be possible only through Call Room (one way). Exit from the field will be possible through exit corridor (one way).

Technical and final portion of warm up will be possible on the field. For sprint events final warm up will be possible on back straight (east side). For other running events final warm up will be possible on 60m infield straight. For technical event final warm up will be possible in the area where competition will be held.

Stadium Portoval Novo mesto:

Warm up before entering the field will be possible on two dedicated areas (see Figure 3) Technical portion of warm up will be possible in the area where competition will be held.

CALL ROOM

The Olympic Centre Novo mesto:

Call Room is located on east side of the hall next to tunnel that leads to the field.

The judges at the reception centre will check the athletes' equipment and numbers for the competitors. Spikes of a maximum length of 6 mm are permitted, except for high jump and a pole vault where a maximum length of 9 mm is permitted. Compliance of running shoes will also be checked.

All competitors must register at the Call Room according to the following schedule:

- Running: 20 minutes before stat of the event
- Hurdles: 25 minutes before stat of the event
- Technical events: 35 minutes before stat of the event
- Pole vault: 65 minutes before stat of the event



All competitors will be escorted to the competition by accredited persons

Times for departure to the field will be finalized after number of competitors per event will be finalized.

Estimated times of departure to the field are as follows:

- Running: 15 minutes before start of the event
- Hurdles: 20 minutes before start of the event
- Technical events: 30 minutes before start of the event
- Pole vault: 60 minutes before start of the event

Exact schedule of arrival and departure to/from Call Room will be published together with final time table for the competition.

When exiting the field all competitors use exit corridor in order not to come in to contact with competitor that are entering the field. Exit is organized in opposite direction that Call Room entrance (to the left side).

Stadium Portoval Novo mesto:

Call Room is located on east entrance to the stadium near start of 300m.

All competitors must register at the Call Room according to the following schedule:

- Technical events: 35 minutes before start of the event

All competitors will be escorted to the competition by accredited persons

Times for departure to the field will be finalized after number of competitors per event will be finalized.

Estimated times of departure to the field are as follows:

- Technical events: 30 minutes before start of the event

Exact schedule of arrival and departure to/from Call Room will be published together with final time table for the competition.

When exiting the field all competitors use exit corridor in order not to come in to contact with competitor that are entering the field.



THROWING DEVICES

The Olympic Centre Novo mesto:

Competitors must submit their personal devices for measurement at the Call Room no later than 60 minutes before the start of the event. After the controlee, devices will be delivered to the field by accredited persons. Competitors can pick up their personal devices after event is finished in the Call Room. For Shot put only devices for indoor competitions are allowed!

Stadium Portoval Novo mesto:

Competitors must submit their personal devices for measurement at the Call Room no later than 60 minutes before the start of the event. After the controlee, devices will be delivered to the field by accredited persons. Competitors can pick up their personal devices after event is finished in the Call Room.

RAISING OF THE BAR

Initial hight of the bar will be determent before the start of the competition according to the registered results of the competitors.

Minimum bar hight for hight jump is 90cm

Minimum bar hight for pole vault is 200cm

TIMING

Time measurements will be performed by Timing Ljubljana with devices for fully automatic electronic metering and photo-finish.

RESULTS

The results will be announced through the announcer and will be displayed on information boards after every attempt in technical events and every heat in running events.

The results will be published on the bulletin board in The Olympic Centre Novo mesto.

The newsletter with the results for team leaders and the press will be available 30 minutes after competition will finish in the secretariat. The newsletter with the results will also be published on the website after the competition will finish.

VICTORY CEREMONY

Victory ceremony for all events will be done in The Olympic Centre Novo mesto. Victory ceremony will be done immediately after official result for particular event will be confirmed.

Victory ceremony timing table will be displayed on a dedicated monitor next to the podium.



MEDICAL SEVICE

The Olympic Centre Novo mesto:

Medical service will be present during competition. It will be located next to entrance to the field (left of the stairway).

Stadium Portoval Novo mesto:

Medical service will be present during competition. It will be located next to entrance to the field (near call room).

DOPING CONTROL

During competition doping control personnel will be present. Doping control will be executed in accordance with the rules of WA in AZS.

Doping control room is located in designated area under west stand in The Olympic Centre Novo mesto and will be clearly marked.

OBJECTIONS AND COMPLAINTS

Objections must be submitted to chief judges for particular event (running, jumping, throws or call room). Official complaints must be submitted to secretariat in accordance with the provisions of Article 8 of the Technical Rules.

ACCREDITATION

Press personnel and other members of organization committee will have to pitch up their accreditation in conference room (secretariat) located in The Olympic Centre Novo mesto. Coaches and competitors will receive accreditations at a technical meeting.

Only valid accreditation will grant access to competition venues.

LANE DRAW

Lane draw and draw of starting positions will be performed in accordance with Article 20 of the Technical Rules.



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HURDLES AND IMPLEMENT SPECIFICATION

Hurdles	Indoor						
Women	Age Group	Race Disance	Hurdle Height	Number of Hurdles	Distance to first	Distance Between	Distance to Finish
Indoor	W35-39	60m	84,0cm	5	13m	8,5m	13m
	W40-49	60m	76,2cm	5	12m	8m	16m
	W50-59	60m	76,2cm	5	12m	7m	20m
	W60-W69	60m	68,6cm	5	12m	7m	20m
	W70+	60m	68,6cm	5	11m	6m	25m
Men	Age Group	Race Disance	Hurdle Height	Number of Hurdles	Distance to first	Distance Between	Distance to Finish
Indoor	M35-49	60m	99,1cm	5	13,72m	9,14m	9,72m
	M50-59	60m	91,4cm	5	13m	8,5m	13m
	M60-69	60m	84,0cm	5	12m	8m	16m
	M70-79	60m	76,2cm	5	12m	7m	20m
	M80+	60m	68,6cm	5	11m	6m	25m

Implements						
Women	Age Group	Hammer	Shot Put	Discus	Javelin	Weight
	W35-49	4 kg	4 kg	1 kg	600 g	9,08 kg
	W50-59	3 kg	3 kg	1 kg	500 g	7,26 kg
	W60-74	3 kg	3 kg	1 kg	500 g	5,45 kg
	W75+	2 kg	2 kg	0,75 kg	400 g	4 kg
Men	Age Group	Hammer	Shot Put	Discus	Javelin	Weight
	M35-49	7,26 kg	7,26 kg	2 kg	800 g	15,88 kg
	M50-59	6 kg	6 kg	1,5 kg	700 g	11,34 kg
	M60-69	5 kg	5 kg	1 kg	600 g	9,08 kg
	M70-79	4 kg	4 kg	1 kg	500 g	7,26 kg
	M80+	3 kg	3 kg	1 kg	400 g	5,45 kg