ASSOCIATION of PANAMERICAN ATHLETICS
Americas Athletics
APA

PAN AM SENIOR ATHLETICS CHAMPIONSHIP TECHNICAL REGULATIONS

Medellín – Colombia
June 26, 27, 28, 2026

1 – General

1.1. Pan American Athletics Association (APA) will hold the Pan American Senior Athletics Championships every two (2) years.

1.2. The full title of the event will be Pan American Athletics Championships followed by the location and year of the competition. A shorter version of the event title may be considered, subject to APA approval.

1.3. The championships may only be held on a synthetic track with a minimum of eight (8) lanes, certified Class 1 by World Athletics (WA). In some cases, the possibility of holding the championships on a Class 2 track will be considered, provided that suitable warm-up areas are available and all WA regulations are met.

2 – Program of Events

2.1. The Championships will be held over a minimum of six (6) sessions and three consecutive days.

2.2. The Program comprises the following 48 events: 24 for men, 24 for women, and 2 Mixed Relays

2.2.1. Men:

100m – 200m – 400m – 800m – 1.500m – 5.000m – 10.000m
110m hurdles – 400m hurdles – 3.000m steeplechase
High Jump– Pole Vault – Long Jump – Triple Jump
Shot Put – Discus Throw – Hammer Throw – Javelin Throw
Decathlon
Half Marathon
Half Marathon and Marathon Race Walk
4x100m Relay – 4x400m Relay

2.2.2. Women:

100m – 200m – 400m – 800m – 1.500m – 5.000m – 10.000m
100m hurdles – 400m hurdles – 3.000m steeplechase
High Jump– Pole Vault – Long Jump – Triple Jump
Shot Put – Discus Throw – Hammer Throw – Javelin Throw
Heptatlon
Half Marathon
Half Marathon and Marathon Race Walk
4x100m Relay – 4x400m Relay

2.2.3. Universal (Mixed events)

4x100 & 4x400m Relays

When any Mixed 4x400 and 4x100 Relay is to be run, the order in which all teams will run in all rounds of that event, as determined by the APA, is Men, Women, Men, Women.

Weights, measurements, and marks must conform to WA Technical Rules specifications.

3 – Participation

3.1. Invitation to Participate

All APA Member Federations, hereinafter referred to as "Members," will be invited by APA to participate in the Pan American Senior Athletics Championships. This invitation will be made in APA's official languages and the call for participation will be sent no less than four months in advance.

3.2. Age Categories

3.2.1. Athletes U-20:

Any athlete aged 18 or 19 on December 31 of the year of the competition may compete in any event, except Marathon Race Walk.

3.2.2. Athletes U18:

Any athlete aged 16 or 17 years on December 31 of the year of the competition may compete in any event, with the exception of Throwing Events, Combined Events, 10.000m and Race Walk Events

3.3. Participation Principles

3.3.1. Only Member Federations that are up-to-date with their obligations to APA and World Athletics (WA), including the payment of their corresponding fees, may participate in the championships.

3.3.2. Requirements for an athlete to participate in the Championships:

a) Be born or naturalized in the country he/she represents;

b) Be within the age limit established by the competition;

c) Be duly registered in his/her Federation;

d) Be duly entered in the competition by his/her Federation.

Athletes from other geographical areas of WA, specially invited by APA, may participate in the championships, up to a maximum of 2 (two) per event, and will not be considered for the scoring and awards of the event.

3.3.3. Athletes' age will be verified, if necessary, with official documents issued in their respective countries of origin, such as:

a) passport;

b) identity card, indicating the year of birth.

4 – Entries

4.1. Entries will be made by the participating Federation within the period determined by APA, within the system (by forms or computer system) that will be established by APA.

4.2. There will be 2 (two) entry phases:

4.2.1. Preliminary Entries: specifying the approximate number of male and female athletes and officials in their teams, both in total and per event, indicating the expected arrival and departure times. APA will provide the forms and/or the system for preliminary entries. These must be sent to the following email address: asociacion.panamericana.de.atletismo@athleticspanam.com before March 27, 2026

4.2.2. Final entries, must be sent to the following email address: asociacion.panamericana.de.atletismo@athleticspanam.com before May 29, 2026, and must contain the following information:

a) a list of athletes, including their name and date of birth;

b) a list of athletes by event, including their name, date of birth, and best performance of the athlete in the year of competition;

c) list of officials and coaches;

d) athletes´ medical fitness certificates.

4.2.3. Each Federation may enter up to a maximum of three (3) athletes per event and one (1) team in each relay.

4.2.4. Each athlete may participate in up to a maximum of three (3) individual events and relays.

4.2.5. Participating Federations may make changes to their team until the Technical Meeting of the competition, provided these changes are duly justified and signed by the Member Federations.

4.2.6. The maximum number of team officials or coaches allowed for delegations is as follows:

Athletes	Officials	Athletes	Officials
1 to 5	1	41 to 46	8
6 to 10	2	47 to 52	9
11 to 16	3	53 to 58	10
17 to 22	4	59 to 64	11
23 to 28	5	65 to 70	12
29 to 34	6	71 to 76	13
35 to 40	7	76 to 82	14
		83 to 85	15

4.3. Registration is free.

5 – Accommodation and Meals

5.1. All accommodation and meal expenses for participating teams will be covered by the event organizers based on the published rates. The Organizing Committee will make hotel reservations two (2) days before and one (1) day after the championship dates, on a full-board basis,

Quotas and Payment: Any additional days of stay for any member of the delegation (including athletes) beyond the five days established by the organizers will be charged before accreditation, and they will be charged the standard rate of the respective hotel.

5.1.1. Cualquier llegada y salida fuera de este plazo deberá ser informada por la federación a la APA para que se realice la respectiva reserva de hotel.

6 – Team Classification

a. In the Championships, a classification by points will be made to determine the teams' position in the competition's final result.

b. The team with the highest number of points will be the winner, based on the final results of its two best athletes in the individual events and its team in the relays. In case of a tie, the team with the highest number of first places will be the winner; if the tie persists, the team with the highest number of second places, and so on..

c. To determine the team's classification, the following table will be applied, based on the final results of the events:

1 st place - 10 points	2nd place - 8 points	3rd place - 6 points
4th place - 5 points	5th place - 4 points	6th place - 3 points
7th place - 2 points	8th place - 1 points	

i. The points obtained in the relays and in the combined events will be counted double.

ii. The points obtained in the relays (mixed, 4x100 and 4x400) will be counted twice and divided between women and men.

d. In addition to the score, there will be a medal table that must be made public, ranking the teams by gold medals, then silver and ending with bronze; in the case of the mixed event, the medal will be counted for both genders.

7 – Awards

a. The following prizes will be awarded at the Championships, provided by the Organizing Member:

a) gold, silver and bronze medals for athletes classified in 1st, 2nd and 3rd places, both in the individual events and in the relays;

b) trophies for champion, vice-champion and third teams - masculine gender;

c) . trophies for champion, vice-champion and third teams - female gender;

d) trophies for champion, vice-champion and third teams - the sum of both genders;

e) trophies for the combined events winners;

b. APA may allow an optional cash prize, in accordance with income obtained from potential sponsors for this purpose. Information will be made known in advance

8 – Management and Officiating

a. The management of the Championships will be carried out by APA.

b. APA will be responsible for the appointment of the Championships' International Technical Officials in accordance with WA Technical Rules as follows:

a) 1 (one) International Technical Delegate.

b) 6 (six) International Technical Officials (Area)

c) 6 (six) International Race Walking Judges (Area);

d) 1 (one) International "Photo Finish" Judge".

e) 1 (one) International Starter (Area).

f) Jury of Appeal. (minimum 3 people)

i. The Appeals Jury for the championships will be made up of 3 (three) members of the APA Council indicated by it, or by other persons indicated in the Technical Meeting.

c. The judging of the championships will be under the direction of the international technical officials and the group of national judges, who must have at least completed the WA first education level

d. APA may invite judges from other Federations to officiate at the championships.

e. To form the championship judging team, the host organization must follow the guidelines established by the International Technical Delegate (ITD), the competition director, and the WA technical rules.

f. The distribution of events and the preparation of the timetable will be the responsibility of the International Technical Delegate appointed by APA for the championships.

g. In track events, the composition of the heats and rounds will be the responsibility of the International Technical Delegate appointed by APA, in accordance with the WA Technical Regulations.

h. Initial and successive bar heights for the jumps will be determined by the International Technical Delegate appointed by APA, in accordance with the WA Technical Regulations.

i. The draw for lanes, starting order, and order of attempts will be conducted by the International Technical Delegate appointed by APA.

j. When there is not enough confirmation to hold semi-final series, the finals will be held at the time scheduled for the finals.

9 Technical Meeting

a. At the championships, a Technical Meeting will be held, bringing together the delegates from the Federations present at the event, one day before the start of the competition.

i. The Technical Meeting will be chaired by the International Technical Delegate designated by APA, accompanied by the Competition Director and the Technical Secretary of the event.

ii. The APA President and/or any Vice-Presidents present will also be part of the panel, and the President will open the technical meeting.

b. Up to two (2) delegates per participating Federation may attend the Technical Meeting.

c. The Technical Meeting will only be used to discuss technical matters related to the competition, including confirmations, results, etc.

10 – Onening Ceremony

a. An opening ceremony must be held at the championships on the day before or prior to the start of the competitions.

b. The APA and the host city are responsible for preparing the program for the championships' opening ceremony.

c. During the ceremony, the national anthem of the host country must be sung, and its flag must be flown on the flagpole, along with the APA flag.

d. The highest-ranking official of the host country present will be responsible for officially opening the championships.

11 – Protests

a. All protests must be made verbally to the Event´s Referee by the athlete or their delegate immediately; or through the championships' technical information center if the protest concerns the result of an event, no more than 30 minutes after it is announced.

b. Appeals related to results must be submitted in writing on forms provided by the Organization, signed by the Official Delegate on behalf of the athlete, no more than 30 minutes after the results have been officially announced. In these cases, the WA regulations will apply. The appeal must be accompanied by US$100 or its equivalent in the national currency of the host country. This amount will be refunded if the protest is successful; if it is unsuccessful, the funds will be deposited into APA treasury.

12 – Publicity and Promotion

a. The host country of the championships shall make every effort, in conjunction with the media, to ensure the widest possible publicity for the championships.

b. To this end, the host country shall be required to create the necessary infrastructure to support media professionals.

c. APA shall hold all commercial rights, for any form of advertising, related to the Pan American Athletics Championships it organizes or sponsors, and may transfer these rights, in whole or in part, to the host country.

d. The filming and broadcasting of the championships via television, streaming, or any other means or recording of the championships belongs to APA.

e. The Organizer shall guarantee the online publication of the competition results on the official APA website.

13 – Anti-Doping Control

a. Championships must have mandatory anti-doping controls that comply with WADA and WA (AIU) rules and regulations. These controls are the responsibility of the host country. If an official government agency in the host country is responsible for these controls, the host Federation will handle all arrangements for conducting the controls.

14 – General Provisions

a. Winning athletes in the championships will be considered “Pan American Athletics Champions”.

b. All urgent matters not covered by these regulations will be subject to the decision of APA and the current WA rules.