



# NORDIC PARA ATHLETICS CHAMPIONSHIPS 2026

We welcome you to Sweden and Uppsala for the Nordic Para Athletics Championships 2026.

Finland, Sweden, Norway, Denmark, Iceland and the Faroe Islands

The competitions will be held at the Uppsala Athletics Stadium (*Uppsala Friidrottsarena*), Råbyvägen 77, Uppsala. 5 – 6 September 2026

The competition is organized by Uppsala IF Friidrott, founded in 1905. We have more than 1 000 athletes and we are a regular host for national and international athletic competitions.

In the surroundings of Uppsala Athletics Stadium there is a warm-up/training field for throwing, two 60 m lanes for strides and a big park with trails and big grass areas for warm-ups.

The hotel for all teams is close to the arena, only a 200 m walk. Here you will also have all your meals.

Here is a [AREA MAP](#) with all important locations.

## Important dates

31 May Preliminary registration for the hotel; single room, double room or triple rooms are available. Send an e-mail to [linus@uiffriidrott.se](mailto:linus@uiffriidrott.se) with the tag "Nordic Para Athletics 2026" including the number of each type of room.

5 Aug Last day to unbook any rooms at the hotel.

26 Aug Competition entry for athletes on [EasyRecord](#) (done by the head coach on [EasyRecord](#) or excel-form) Both "Hotel form" and "Excel-form" must be sent to [linus@uiffriidrott.se](mailto:linus@uiffriidrott.se) with all information about the teams, including allergies.

3 Sep Payment is due; an invoice will be sent to you beforehand.

September

Friday 4th Training and Technical Meeting

Saturday 5th Competitions start at 11.00 at Uppsala Friidrottsarena

Sunday 6th Competitions end at 16.00

## Transportation from Arlanda (30 - 50 min)

1. Bus transport with Gimo Buss; send an e-mail to [info@gimobuss.se](mailto:info@gimobuss.se) to get in contact with them, they have a bus with six (6) wheelchair spots available
2. Train from Sky City Arlanda Central to Uppsala (you can pay at the counter in Sky City)
3. Bus from Uppsala Central station (stop A1) to Lagerlöfsgatan (bus 3 to Nyby)  
Walk approximately 400 m to get to Arenahotellet

## Accommodation and dining

Accommodation at Arenahotellet, Edit Södergrans gata 6, Uppsala





Destination  
**Uppsala.**



Breakfast, lunch and dinner will be served at the hotel.

Report ALLERGIES when registering. *(In the accommodation form!)*

Since there is only a 200m walk to the stadium there will be no transportation to the arena.

### Competition fee / person

- Single room 448 €
- Double room 333 €
- Triple room 295 €
- Wheelchair accessible room (140 cm bed + fold out bed, same price as other rooms, 19 rooms available)
- Two nights 4-6 September
- Dinner Friday and Saturday
- Breakfast Saturday and Sunday
- Lunch Saturday and Sunday
- Competitions fees (15€ per event, *is included in total fee if staying at the hotel*)

### Hotel Rooms

For more information about the hotel, see [Our Hotel Rooms - Arenahotellet](#)

### Homepage

All information about the competition can be found here: [Nordic Para Athletics Championships 2026](#)





## Para athletics program and competition classes in the Nordic Championships

Registration for competition sports and classes on [EasyRecord](#).

### Wheelchair/Sitting (PI) Athletes:

- **Track – Classes:**
  - T31, T32, T33, T34, T51, T52, T53, T54
- **Throwing – Classes:**
  - F31, F32, F33, F34, F51, F52, F53, F54, F55, F56, F57

### Ambulant/Standing (PI) Athletes:

- **Track/Jump – Classes:**
  - T35, T36, T37, T38
  - T40, T41, T42, T43, T44, T45, T46, T47
  - T61, T62, T63, T64
  - T71, T72
- **Throwing – Classes:**
  - F35, F36, F37, F38
  - F40, F41, F42, F43, F44, F45, F46
  - F61, F62, F63, F64

### Visually Impaired (VI) Athletes:

- **Track/Jump – Classes:**
  - T11, T12, T13
- **Throwing – Classes:**
  - F11, F12, F13

### Intellectually Impaired (II) Athletes:

- **Track/Jump – Classes:**
  - T20
- **Throwing – Classes:**
  - F20



## Table of events and combinations

Class	100m	200m	400m	800m	1500m	5000m	High Jump	Long Jump	Discus	Shot Put	Javelin	Club	Class																
11					*	*	*		*	*	*		11																
12													12																
13													13																
20											20																		
31													31																
32													32																
33													33																
34													34																
35	35 & 38												35																
36	36 & 38												36																
37	37 & 38											37																	
38	35, 36 or 37											38																	
40													40																
41													41																
42	61-64	61-64	61-64	61-64	61-64	61-64	61-64	61-64	61-64	61-64	61-64			42															
43														43															
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57								57																					
61	42-44	42-44	42-44	42-44	42-44	42-44	42-44	42-44	42-44	42-44	42-44		61																
62													62																
63													63																
64													64																
71													71																
72													72																

\* Class 11 can compete with Class 12. Class 12 can compete with Class 13. However, Class 11 should not compete with Class 13.

\*\* Possible combinations: T51-53 or T52-54.

\*\*\* T53 and T54 compete as a combined event.

\*\*\*\* Possible combinations: any grouping of three consecutive classes.

\*\*\*\*\* Possible combinations: any grouping of three consecutive classes within 53-57 (females) or 54-57 (males).

In competitions, classes can be combined if there are 3 or fewer competitors in the class.





## Contact information

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