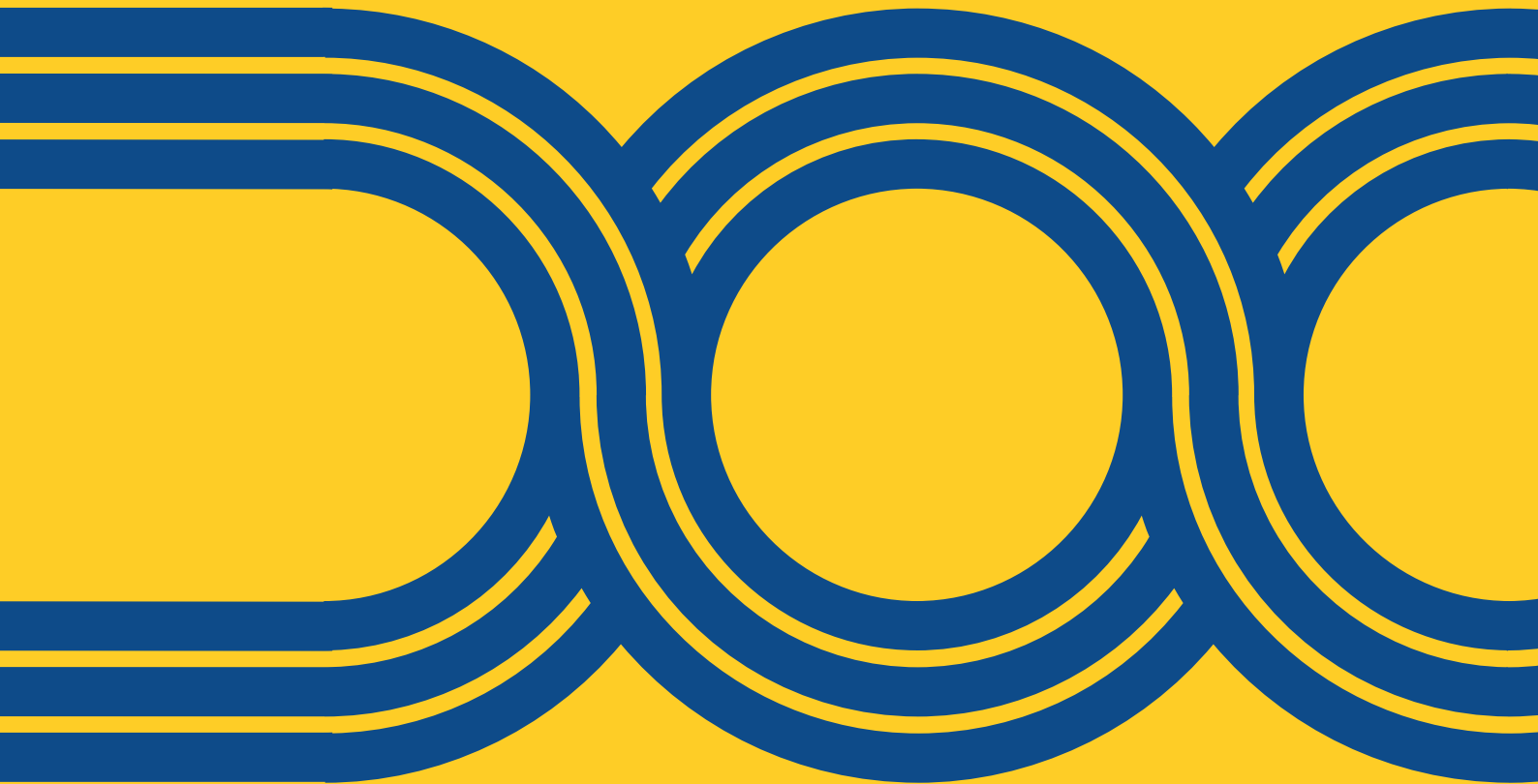




4–6 September 2026 in Malmö

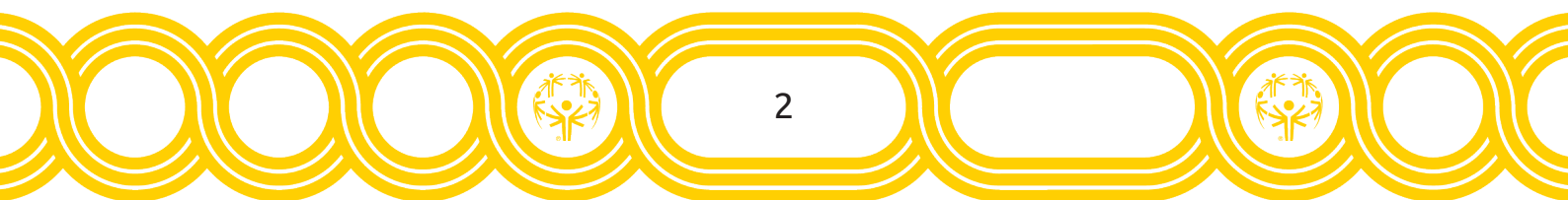
Competition Guide: **Athletics**



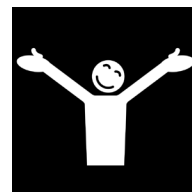
**SPECIAL
OLYMPICS
SWEDEN**
INVITATIONAL
GAMES 2026

Content

3	Welcome to SOSIG!
4	Competition Information
5	Before the Competition
6	During the Competition
7	Packing List
8	Speci-Lo
9	General



Welcome to SOSIG!



We are so happy that you will participate.

Here you will meet new friends, experience exciting competitions and feel the joy of competing together with others.

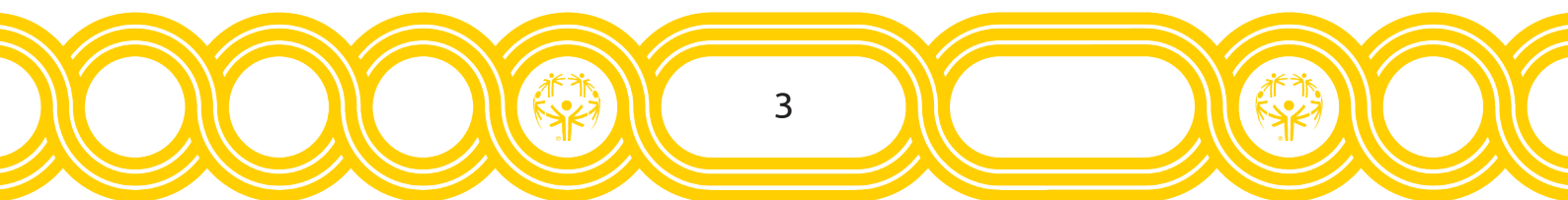
There will be athletes from Sweden and 25 other countries who will be competing in Malmö!

The most important thing to remember is to:

- **Have fun**
- **Do your best**
- **Be part of the community with all the athletes and leaders**

We at Special Olympics Sweden really look forward to meeting you!

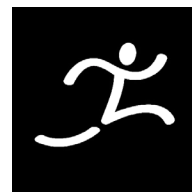
Best regards,
Special Olympics Sverige



Competition Information

Athletics sport organizers:

- Swedish Athletics Association
- MAI - Malmö Athletics Sports Association



Contact Details

Annika Hovang
+46733-269090
Info@mai.se



Competition Venue:

Heleneholms IP
Address: Ystadvägen 23, Malmö



Changing Rooms:

There are changing rooms on site.



Information session for coaches

There will be a digital meeting in August, before SOSIG.
The meeting will be in English.
The team contact person will receive an invitation with a link.



Other important things to consider

You are allowed to use your own equipment, such as the shot put and javelin. You must first submit them for weighing and approval.



Approved equipment may be used by everyone during the competition.
You can pick up your own equipment after the competition on Sunday.

Javelin: 300 grams used for women, 400 g for men
Shot: 3 kg for women, 4 kg for men



Before the Competition

What to bring:

- Any personal equipment such as shot put and javelin (optional)
- Competition clothing
- Shoes
- Warm-up clothes to stay warm between events
- Towel
- Water bottle



Registration

You register your presence by marking yourself on the start list for the events you will be participating in. You need to be there no later than **30 minutes** before the competition starts.



Check-In

Registering your presence upon arrival means that you confirm that you are there and ready to compete.

What happens after check-in?

On the start list you can see when your event starts and which other participants you will be competing with.

Warm up well in advance of your event start.



During the competition

Special rules

- In the long jump, shot put, and javelin, each athlete gets 6 attempts.
- In running events, the finals are held directly. No preliminary heats are used.

Divisioning

Divisioning takes place on Saturday.

You compete in the events you are registered for.

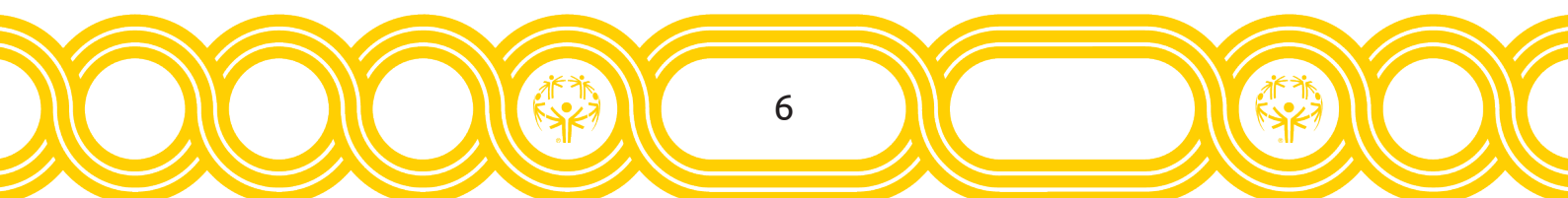
Your result is then used to create fair groups for Sunday's competitions/finals.



Award Ceremony

The ceremony takes place on Sunday.
Medals are awarded for 1st, 2nd, and 3rd place.

All participants receive a participation plaque.



Packing List

Here are tips on things to pack and bring to Malmö and the competitions.

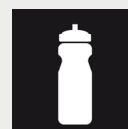
Match clothes

clothes you compete in



Water bottle

Marked with you name



Sports equipment

shot put or javelin



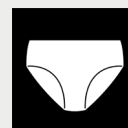
Non-match clothes

Clothes for when you are not competing



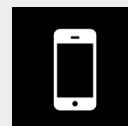
Underwear and socks

Underwear and socks that lasts your whole stay



Phone

Don't forget the charger



Rain wear

If it rains during the opening ceremony for example



Toiletry bag

Examples of items for your toiletry bag: deodorant, soap, shampoo, conditioner, toothbrush, toothpaste)



Medicine

If you are taking medicine, it's important to bring it yourself



Speci-Lo

Speci-Lo is Special Olympics Sweden's mascot.

She is a brave lynx who loves sports almost as much as she loves giving hugs.

Speci-Lo will be at SOSIG and is the athletes' very best friend.

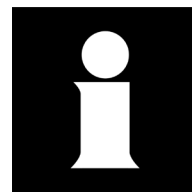
She cheers and encourages and helps the athletes bring out their inner lynx, just as a good friend should.



General Questions

If you have any questions you can e-mail us.

E-mail address: info@specialolympics.se



Website

At <https://www.sogames2026.se/> you find all the information about:

- Competition
- Event
- Surrounding Activities



There is always the latest information with updated times.

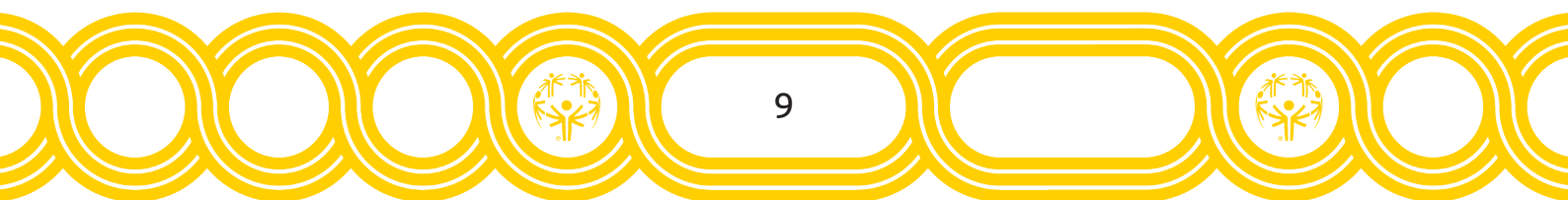
See you in Malmö!

We are very much looking forward to meeting you at
Special Olympics Sweden Invitational Games.

We wish you a great good luck!



Best regards,
Special Olympics Sverige





SPECIAL OLYMPICS SWEDEN

INVITATIONAL GAMES 2026

EVENT HOSTS

**Special
Olympics**
Sweden



VISIT | **skåne**



MAIN PARTNERS



PARTNERS



Scandic



Folksam

boet

SIEMENS
Healthineers

SUPPORTERS

hemma.
com/
together

VINGE



HEAR

OO
OCEAN

ULLMAX®

**GRAND
TRAVEL
GROUP**

