

CORE PROGRAM OF THE TRADITIONAL MEDITERRANEAN GAMES

INDIVIDUAL SPORTS

ATHLETICS

MEN	WOMEN
100m	100m
200m	200m
400m	400m
800m	800m
1500m	1500m
5000m	5000m
110m Hurdles	100m Hurdles
400m Hurdles	400m Hurdles
3000m Steeple	3000m Steeple
4x100m Relay	4x100m Relay
4x400m Relay	4x400m Relay
High Jump	
	Pole vault
Long Jump	Long Jump
Shot Put	
Discus	Discus
	Hammer throw
Half marathon	Half marathon

BADMINTON

MEN	WOMEN
Individual	Individual
Doubles	Doubles

BOWLS

EVENTS	MEN	WOMEN
Pétanque	Double	Double
Lyonnaise	Progressive Throw	Progressive Throw
	Precision Throw	Precision Throw

BOXING : 9 categories for the Men

CYCLING

MEN	WOMEN
Road Race	Road Race
Time Trial	Time Trial

FENCING

MEN	WOMEN
Epée	Epée
	Foil
	Sabre

GOLF

MEN	WOMEN
Individual Tournament	Individual Tournament
Team Tournament	Team Tournament

GYMNASTICS

MEN	WOMEN
Artistic	Artistic
	Rhythmic

WEIGHTLIFTING : 2 events M and 2 events W, in the Olympic categories, to be chosen by the organisation at each event.

JUDO

MEN	WOMEN
- 60 Kg	- 48 Kg
- 66 Kg	- 52 Kg
- 73 Kg	- 57 Kg
- 81 Kg	- 63 Kg
- 90 Kg	- 70 Kg
- 100 Kg	- 78 Kg
+ 100 Kg	+ 78 Kg

KARATE

	MEN	WOMEN
Kumite	- 60 Kg - 67 Kg - 75Kg - 84 Kg +84 Kg	- 50 Kg - 55 Kg - 61 Kg - 68 Kg + 68 Kg

WRESTLING

MEN (Greco-Roman)	MEN (Freestyle)	WOMEN (Freestyle)
60Kg	60Kg	50Kg
66Kg	66Kg	63Kg
74Kg	74Kg	
84Kg	84Kg	
96Kg		

SWIMMING

MEN	WOMEN
50m freestyle	50m freestyle
100m freestyle	100m freestyle
200m freestyle	200m freestyle
400m freestyle	400m freestyle
1500m freestyle	800m freestyle
50m backstroke	50m backstroke
100m backstroke	100m backstroke
200m backstroke	200m backstroke
50m breaststroke	50m breaststroke
100m breaststroke	100m breaststroke
200m breaststroke	200m breaststroke
50m butterfly	50m butterfly
100m butterfly	100m butterfly
200m butterfly	200m butterfly
200m medley	200m medley
400m medley	400m medley
4x100m freestyle relay	4x100m freestyle relay
4x200m freestyle relay	4x200m freestyle relay
4x100m medley relay	4x100m medley relay

TAEKWONDO

MEN	WOMEN
-58 kg	-49 kg
-68 kg	-57 kg
- 80 kg	-67 kg
+80 kg	+67 kg

TENNIS

MEN	WOMEN
Singles	Singles
Doubles	Singles

TABLE TENNIS

MEN	WOMEN
Singles	Singles
Team	Team

SHOOTING

SKEET

MEN	WOMEN
Trap	Trap

PRECISION TARGET

MEN		WOMEN	
PISTOL	RIFLE	PISTOL	RIFLE
10m Air Pistol	10m Air Rifle	10m Air Pistol	10m Air Rifle

ARCHERY: individual and doubles, M & W.

SAILING

MEN	WOMEN
RS :X	RS :X
Laser	Laser radial

TEAM SPORTS

BASKETBALL: 3x3 M & W

HANDBALL: M & W

WATER POLO: M & W