

TEAM MANUAL

INTERNATIONAL PARA ATHLETICS MEETING



**ZAGREB
OPEN
2026**

OCTOBER 2, 2026
SPORTS PARK MLADOST, ZAGREB, CROATIA



HRVATSKI PARAATLETSKI SAVEZ
CROATIAN PARA ATHLETICS



REPUBLIC OF CROATIA
Ministry of
Tourism and Sport



ZAGREBAČKI
PARASPORTSKI
SAVEZ

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WELCOME TO ZAGREB!

Zagreb is a city with a rich history and a dynamic present, interesting architecture, an exceptional atmosphere, and unobtrusive hospitality.

It is known for the quality of life it offers. A leisurely stroll, the smell of fresh fruit coming from the picturesque market in the very centre of the city, bundles of flowers, friendly encounters. It is like traveling back in time.

Zagreb is home to more than 30 neatly kept parks skilfully interwoven with Zagreb's network of streets and squares. The city is green, not only literally but also when it comes to ecology.

For more information about Zagreb, please visit

www.infozagreb.hr/en/



GENERAL INFORMATION

ARRIVING TO ZAGREB BY CAR

One of Zagreb's many advantages is its location. The city is anchored between Central and Southeastern Europe as well as the Adriatic Sea, thus making it an important transport hub. Travelling by land, Zagreb provides easy access to all major Croatian cities as well as the capitals of neighbouring countries.

Major international road routes are:

- Trieste-Ljubljana-Zagreb
- Graz-Maribor-Zagreb
- Klagenfurt-Ljubljana-Zagreb
- Budapest-Varaždin-Zagreb

ARRIVING TO ZAGREB BY TRAIN

The Main Railway Station is on King Tomislav Square, just a 10 minute walk from the centre.

ARRIVING TO ZAGREB BY BUS

The bus terminal is on Marin Držić Avenue, and it's only a few minutes away from Ban Josip Jelačić Square by tram (line 6).

The information office number is: +385 72 50 04 00. Information and assistance in purchasing tickets online: +385 1 60 08 610. The traffic office is at: +385 1 60 08 605.

ARRIVING TO ZAGREB BY PLANE

As a modern European metropolis, Zagreb is proud to have the contemporary and elegant Franjo Tuđman International Airport, named after the first President of the Republic of Croatia.

How to get to and from the airport by public transport

You can reach the airport easily and conveniently — without needing a taxi or your own car — by using public transport:

- Pleso Prijevoz operates regular shuttle bus service between Zagreb Airport and Zagreb Central Bus Station. Pleso Prijevoz also operates regular shuttle bus service between Zagreb Airport and Rijeka. More information about the services can be found at Pleso Prijevoz's [website](#) (The ride duration: 35 - 40 minutes).
- ZET is the company offering public transportation in and around the city of Zagreb. Bus line 290 operates between Kvaternik Square and Velika Gorica, with a stop at Zagreb Airport in each direction. Timetable for the bus line 290 can be found at ZET's [website](#) (The ride duration: 45 - 50 minutes).

CURRENCY & LANGUAGE

The official currency of Croatia is the **Euro** (EUR, €). Credit and debit cards are widely accepted.

The official language is **Croatian**. **English** is widely spoken, particularly in Zagreb and in hotels, restaurants and other tourist and service facilities.

TIME ZONE

Croatia uses **Central European Time** (CET/CEST). On October 2, 2026, Zagreb will be on CEST (UTC+2).

WEATHER

Early October in Zagreb can be changeable, and teams should prepare for cooler temperatures and possible rain.

ELECTRICITY & POWER PLUGS

The standard voltage in Croatia is **230 V**, with a frequency of **50 Hz**. Croatia uses **Type C** and **Type F** power plugs and sockets, which are standard across much of continental Europe.

Participants travelling from countries using different plug types are advised to bring an appropriate power **adapter**.



IMPORTANT TELEPHONE NUMBERS IN CASE OF EMERGENCY

- **112** European emergency number in Croatia
- **192** Police
- **193** Fire department
- **194** Medical emergency



COMPETITION INFORMATION

INTERNATIONAL PARA ATHLETICS MEETING
ZAGREB OPEN 2026

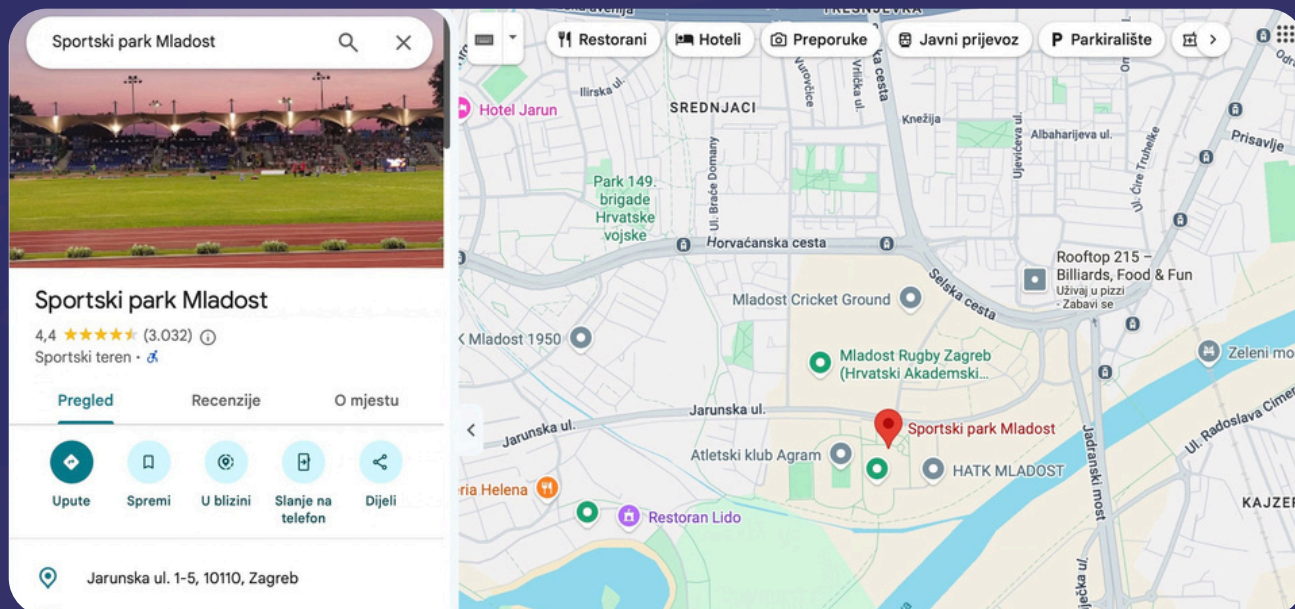


October 2, 2026



Sports Park Mladost

Address: Jarunska ulica 5, 10000 Zagreb, Republic of Croatia



Organizer: Para Athletic Club Zagreb
Partner: Croatian Para Athletics
Co-organizer: Zagreb Para Sports Association

Competition office: Para Athletic Club Zagreb
Address: Zinke Kunc 3A, 10000 Zagreb,
Republic of Croatia

LOC President: Marina Banović
Head of LOC: Damjan Sedić
Competition Director: Goran Žeželj
Competition Secretary: Valentina Kramarić Pukljak
WPA Technical Delegate: Antony George Shaw

Contact: paraatletski.klub.zagreb@gmail.com
Facebook: PAK Zagreb - Paraatletski klub Zagreb
Instagram: @pakzagreb

WPA status: WPA Approved competition

MAP OF THE COMPETITION VENUE



ZAGREB OPEN 2026

WARM-UP AREA

WARM-UP AREA

WARM-UP AREA

KAVEZ / CAGE

STOJEĆE KOPLJE /
STANDING JAVELIN

STOJEĆA KUGLA /
STANDING SHOT PUT

PLATFORM(A) 3

PLATFORM(A) 2

PLATFORM(A) 1

SKOK U DALJ / LONG JUMP

TRIBINA / TRIBUNE

PRIJAVNI CENTAR /
CALL ROOM

PREDAJA REKVIZITA / IMPLEMENT CHECK
PREDAJA BACAČKIH STOJICA / THROWING CHAIRS CHECK

IMPORTANT INFORMATION AND HOW TO FOLLOW AND WATCH

International Para Athletics Meeting Zagreb Open 2026

START LISTS & RESULTS:

<https://hpas.hr/zagreb-open-2026/>

TIMETABLE

<https://hpas.hr/zagreb-open-2026/>

LIVE STREAM

[@croatianparaathletics on YouTube](#)

PHOTOS

[PAK Zagreb - Paraatletski klub Zagreb on Facebook](#)

WHERE TO PICK UP YOUR BIBS?

The Team Leader of each participating team is required to collect the welcome package, which will include the athletes' bibs, on the day of the competition, **Friday, October 2, 2026**

13:30 - 15:00

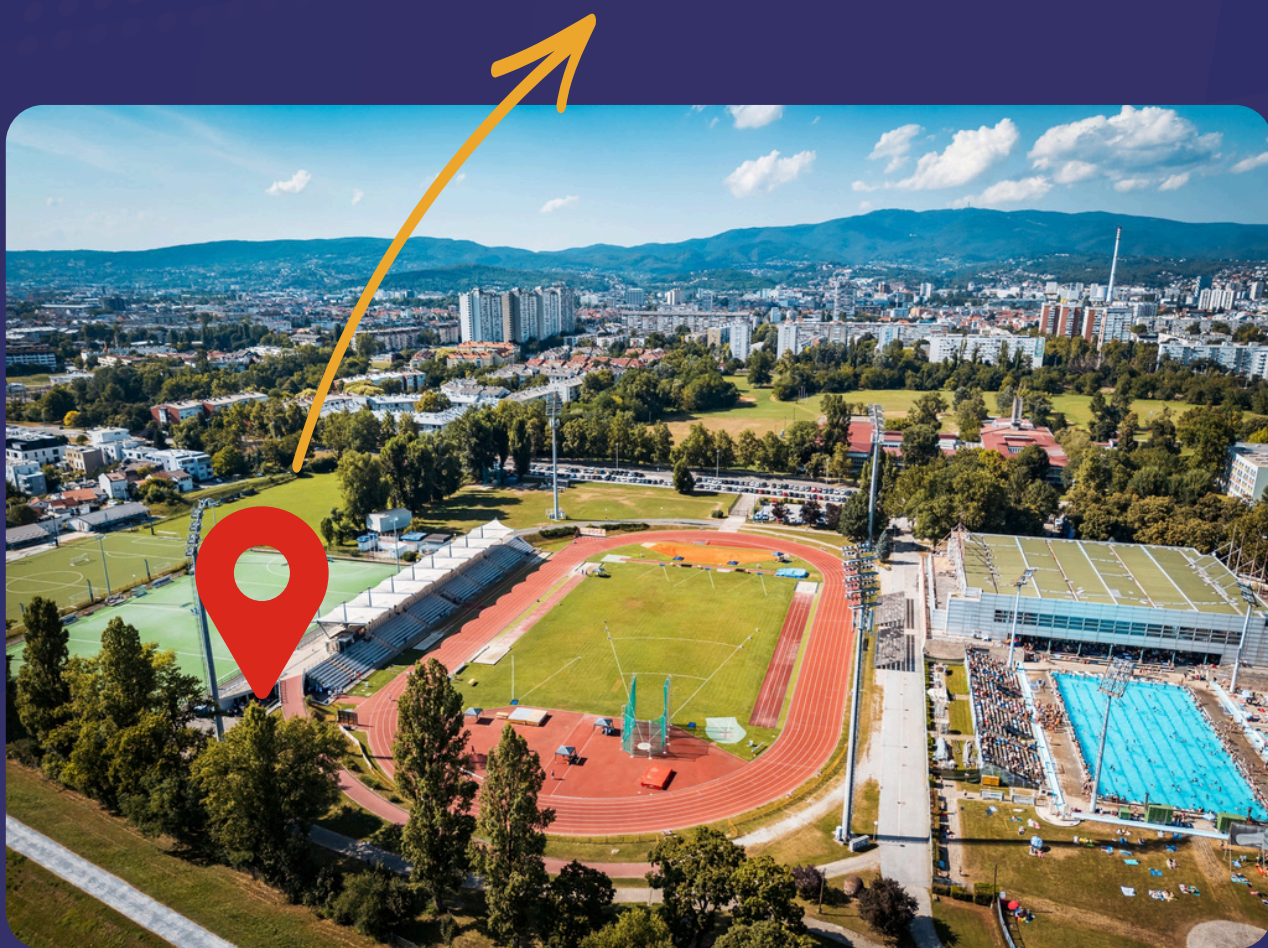
in the **Call Room** at the competition venue **Sports Park Mladost**, address: Jarunska ulica 5, 10000 Zagreb, Republic of Croatia.



WHERE TO PICK UP YOUR BIBS?

The **Call Room** will be located near the finish line, on the ground floor of the stadium, as indicated on the venue map.

CALL ROOM



PARTICIPANT ATTENDANCE AND SIGNATURE SHEET

The International Para Athletics Meeting Zagreb Open 2026 project is co-funded by the **Ministry of Tourism and Sport of the Republic of Croatia**. As part of the project requirements, **all participating athletes** are kindly requested to confirm their attendance by signing the **Participant Attendance and Signature Sheet**.

The sheet will be included in each team's welcome package, and all athletes are required to sign it upon arrival at the competition venue. By signing the sheet, athletes confirm their participation in the competition and acknowledge that participation was provided free of charge, with no entry fee required.

A preview of the Participant Attendance and Signature Sheet is available on the next page for your reference.

Thank you in advance for your cooperation.

PREVIEW OF THE PARTICIPANT ATTENDANCE AND SIGNATURE SHEET



REPUBLIC OF CROATIA
Ministry of
Tourism and Sport



PARTICIPANT ATTENDANCE AND SIGNATURE SHEET

TEAM XXXX

By signing below, I hereby declare that I participated in the *International Para Athletics Meeting Zagreb Open 2026*, held in Zagreb on October 2, 2026, and that participation in the competition was free of charge.

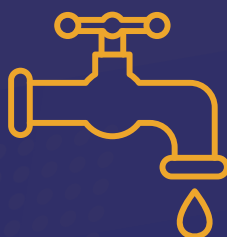
FIRST AND LAST NAME OF PARTICIPANT

SIGNATURE

FOOD & BEVERAGE



A limited quantity of **complimentary** cold food and beverage will be available for athletes and team officials for collection at the competition venue on the day of the competition.



Please note that **tap water** in Zagreb is safe to drink.



GOOD LUCK!

We wish all athletes, team officials and guests a pleasant stay in Zagreb and the best of luck at the International Para Athletics Meeting Zagreb Open 2026.

Enjoy the competition and your time in our city!



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