

FINAL ENTRY

Frame Running

Development Camp & World International Cup

Bagsværd / Denmark • July 5-12, 2026



Photo: Jacob Ki Nielsen



**Frame Running Development Camp
& World International Cup**

• July 5-12, 2026 • Bagsværd / Denmark

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Photo: Kirsten Obdrup

Invitation

It is our great pleasure to be able to invite you to the 29th *Frame Running Development Camp & World International Cup* on July 5-12, 2026.

Once again, we are going to celebrate Frame Running with a wonderful week of training, social activities, and competition for everyone who wants to join the international Frame Running community. In the light of Frame Running having reached a major milestone by becoming part of the athletics program at the Paralympic Games in Los Angeles 2028, it is more important than ever to ensure a truly successful Camp & Cup.

Our mission is to share the joy and possibilities of Frame Running with as many athletes as possible across the globe. We envision the

Frame Running Development Camp & World International Cup as a place where athletes of all levels not only gain valuable competition experience, but also build friendships, find inspiration, and – for some – take their very first step toward a future on the Paralympic stage.

We warmly invite you to join us for Frame Running Development Camp & World International Cup 2026 and be part of this journey of growth, community, and sporting excellence.

In this invitation you can read all about how to register. Please read it thoroughly before starting the online registration. If you have any questions, please contact us at: msi@parasportfrederiksberg.dk

Overview

Organizers:

The Danish Local Camp Committee (*LOC*), Parasport Frederiksberg and Parasport Denmark

Dates / 2026

Arrival:	July 5
Coaching Course:	July 5-8
Classification:	July 5-7
Opening Ceremony:	July 5-7
Competition (Cup):	July 9-11
Departure:	July 12
International Meetings:	July 6-9
Training:	July 6-8

Venue and Training Facilities:

Bagsværd School and Bagsværd Stadium (see p. 7-9).

List of Contents

Invitation and Overview	2
Team Manager, Coaching Course, and Preliminary Program	3
Competition Regulations	4
Competition Information including Preliminary Timetable	6
Training Sessions: July 6-8	7
Training Venue & Camp Facilities (map and addresses)	8
School Accommodation & Meals	8
Important General Information	8
Hotel Accommodation	10
Transportation (map)	11
Entry Fees	12
Registration Procedures and Deadlines	13



Team Manager

Each country must choose a Team Manager to oversee communication with the LOC before and during the Frame Running Development Camp & World International Cup 2026. We want to establish as close a dialogue as possible with the team managers. Therefore, we have created a WhatsApp group and ask all team managers to join it via this QR code.



From May 13, the LOC will post important new information through WhatsApp chat conversation. Therefore, remember to choose a team manager from your team when you fill out the online registration. If a country has more than one Team Manager attending the Frame Running Development Camp & World International Cup 2026, they must choose only one person to represent all the teams as the country's team manager. During the month of May, we will make inquiries about the name of this person.

We offer a Team Registration Meeting (TRM) before the camp for new countries who are experiencing the camp for the first time.

Frame Running Coaching Course

Through an exciting combination of theory, practice, and interactive coaching, you will gain new tools and ideas to create motivating and developmental training sessions for all participants. The course provides you with the latest knowledge of Frame Running and plenty of inspiration on how, as a coach, you can enhance joy, strengthen community, and raise the overall quality of grassroots sport. The instructors of the course are experienced coaches of the Danish National Frame Running Team. They will share their proven training methods and guide participants through both theoretical insights and practical exercises. There must be a minimum of 5 participants for the course to be conducted. If you are already registered as staff/personal assistant at the Cup, you can join the course for only 500 DKK. Otherwise, the standard prices apply (see option 1-4, p. 12). Please note that full participation in the course is required - combining this with staff/personal assistant duties may pose a challenge.

Please note: The coaching course will begin with a theory session on July 5, 2026, at 10:00 AM. Please use the link or QR-code for further info:



Preliminary Program	Sunday July 5	Monday July 6	Tuesday July 7	Wednesday July 8	Thursday July 9	Friday July 10	Saturday July 11	Sunday July 12
Camp	Arrival	✓	✓	✓	✓	✓	✓	Departure
Training		✓	✓	✓				
International Frame Running Cup Frame Running Open Cup Frame Running Masters Cup Frame Running Junior Open Cup				Opening Ceremony	✓	✓	✓	
Classification		✓	✓	✓				
Social Activities		✓	✓	✓	✓	✓	Closing Party	
International Development Meetings		✓	✓	✓				
Team Manager Meetings	✓	✓	✓	✓	✓	✓	✓	



Competition Regulations

The competition (consisting of four cups) is held in accordance with the World Para Athletics Rules and Regulations and takes place in accordance with the international classification standards. When distributing the medals, we will follow international standards.

The rules and regulations of World Para Athletics can be read here: www.paralympic.org

- To optimize the races, the LOC retain the right to mix runners from different classes in each heat.
- The competition will consist of four cups that are running simultaneously to offer participants of all ages and classification groups the possibility to compete.
- If an athlete only participates in the Cup and not in the Camp, the participant must be classified in advance by an international classifier.
- Participants are only allowed to sign up for one of the four Cups and cannot switch between them. For example, once you choose the International Frame Running Cup, you cannot compete in the Open Cup distances/disciplines 40m and 60m.
- The maximum number of distances (see below for specifics) per athlete is limited to 4 distances. Athletes must meet a time standard to compete in distances longer than 800m. See the time standards for 1500m and 5000m under Competition Sign-Up (p. 6).

The 4 Cups of the Competition

International Frame Running Cup

The athlete must be internationally classified as T71 or T72 and can only participate in the distances that are part of the International Frame Running Cup.

Distances/disciplines: 100m, 200m, 400m, 800m, 1500m, 5000m

Status: World Para Athletics (WPA) Internationally Recognized Competition

Results: Registered @WPA (WPA license needed)

Age: Senior (the athlete is at least 14 years old or is turning 14 before January 1, 2027)

Classes: (T71, T72)

Frame Running Open Cup

All athletes can participate here. However, you cannot simultaneously be part of any other competition types. Athletes can compete in all distances. Any athlete who is not internationally classified as T71/T72 or is classified as Open or FR-AST will automatically participate here.

Distances/races: 40m, 60m, 100m, 200m, 400m, 800m, 1500m, 5000m

Status: NPC Denmark Recognized Competition

Results: Registered @ NPC Denmark

Age: Senior (the athlete is at least 14 years old or is turning 14 before January 1, 2027)

Classes: (T71, T72) or (Open, FR-AST)

Frame Running Junior Cup

To participate in the Frame Running Junior Cup, the athlete must be no older than 13 years old and must turn 14 after December 31, 2026.

Distances/disciplines: 40m, 60m, 100m, 200m, 400m, 800m, 1500m, 5000m

Status: LOC Recognized Competition

Results: NPC Denmark Recognized Competition

Age: Junior (the athlete is maximum 13 years old and is not turning 14 until after December 31, 2026)

Classes: (T71, T72) or (Open, FR-AST)

Frame Running Masters Cup

For all athletes aged 30+ who choose not to participate in the Open or International Frame Running Cup, participation in all distances is allowed. In addition to being divided by class, the athletes will also be grouped by age, with an age span of ten years. The age groups are as follows: 30–39, 40–49, and 50+.

Distances/disciplines: 40m, 60m, 100m, 200m, 400m, 800m, 1500m, 5000m

Status: NPC Denmark Recognized Competition

Results: Registered @ NPC Denmark

Age: Senior (the athlete is at least 30 years old or is turning 30 before January 1, 2027)

Classes: (T71, T72) or (Open, FR-AST).

What is the Frame Running Masters Cup?

Masters Cup is for athletes who are 30 years old or older or will turn 30 before January 1, 2027. With the Masters Cup, we aim to provide athletes aged 30 and above with a fair opportunity and make them feel like they still have a chance to win. The Masters Cup is designed for athletes aged 30 and above who want to continue participating and competing in Frame Running but may feel that they can't quite keep up with the younger competitors. Athletes will be categorized based on their class and age, ensuring fair competition.

The rules are as follows:

- Athletes are divided based on both class and age, with a 10-year age range. For example, an athlete in class T71 who is 33 years old will be placed in the Masters category T71 30-40 years, and so on. The age groups are as follows: 30–39, 40–49, and 50+.
- A Masters athlete can compete in the same heat as non-Masters athletes. In such cases, the Masters athlete will have their own final race within the heat.





Photo: Jacob Ki Nielsen



Competition Information

Competition Sign-Up

In the sign-up form all athletes must choose which disciplines/distances they wish to participate in. Each athlete can participate in a maximum of 4.

Athletes must meet a time standard to compete in distances/disciplines longer than 800m.

- 1500m: 7:00 min. for International Frame Running Cup or 10:00 min. for all other distances.
- 5000m: 30:00 min. for International Frame Running Cup or 40:00 min. for all other distances.

In the final registration, the athlete chooses which distances they wish to participate in. It is NOT possible to make subsequent changes -- so choose carefully which 4 distances you wish to participate in, preferably in consultation with your coach. If an athlete is unable to compete at a registered distance, there is always the option to unsubscribe from the distance without this affecting further participation in the competition.

Participation in 60m and 40m is limited to:

- Juniors (under 14)
- FR-AST (athletes who need help with steering during the competition)
- athletes who are not internationally classified
- athletes not participating in the International Frame Running Cup

Which of the cups an athlete will compete in depends on which age group and classification group the athlete belongs to. To optimize the

heats, the LOC retain the right to mix runners from different classes in each heat. It will be possible for athletes to participate in the Cup(s) even though they have not participated in the Camp (see Participation fee option 4 p. 12). It will cost 850 DKK including 4 disciplines incl. lunch for three days.

Medal Ceremonies

The medal ceremonies will take place continuously throughout the competition.

Regarding National Classification

Unfortunately, WPA is not able to offer international classification. However, we have been granted permission to conduct national classifications. This means that athletes who still hold a classification from the old system (RR1/RR2/RR3), or who have never been classified, may receive a national classification. This classification can indicate which international class the athlete would likely be assigned to (T71/T72). The national classification will not be valid for the International Frame Running Cup and only serves to give athletes experience with the classification process.

If the athlete wishes to be classified at the camp, we reserve the right to call the athlete in for classification on Saturday, July 4th. The team manager will be notified as soon as possible after registration.

WPA-license

To have results from World International Frame Running Cup registered with WPA, an athlete must be 14 years or above and must have a valid WPA license and SDMS number. For more information on how to obtain a WPA license contact your National Paralympic Committee: See also attached [letter from WPA](#).

Preliminary Competition Timetable

Time / Date	Wednesday, July 8	Thursday, July 9	Friday, July 10	Saturday, July 11
09.00 - 10.00				800m - Finals
10.00 - 10.30		100m - Heats	1500 m - Finals	200m - Heats
10.30 - 11.00			400m - Heats	
11.00 - 12.00		Pause		
12.00 - 13.00	Opening Ceremony	800m - Heat	Pause	Pause
13.00 - 14.00		100m - Finals		200m - Finals
14.00 - 15.00	40m - Finals			
15.00 - 16.00	5000m - Finals		400m - Finals	60m - Finals
16.00 - 17.00				Closing Ceremony
17.00 - 18.00				



Training Sessions: July 6-8

Each group will have the opportunity to choose up to three scheduled training sessions per day (see schedule below).

- Monday offers balance training, strength training, and Frame Running training focusing on starts as well as long-distance training for all groups.
- Tuesday offers coordination training, strength training, and Frame Running training focusing on technique as well as long-distance training for all groups.
- Wednesday participants will have the option to choose between long-di-

stance training or meditation.

With this new structure and training plan, all athletes will have the opportunity to work on many important aspects of Frame Running and hopefully take home a lot of new knowledge and inspiration.

In the registration, athletes must state their functional level and indicate whether they wish to train once, twice, or three times per day.

We reserve the right to make changes to the training sessions.

MONDAY, JULY 6			
Time	TEAM 1	TEAM 2	TEAM 3
7:00-9:00	Breakfast		
9:00-10:30	Frame Running training: Focus on start	Balance training (9:15-10:15)	Strength training (9:15-10:15)
10:30-12:00	Strength training (10:45-11:45)	Frame Running training: Focus on start	Balance training (10:45-11:45)
11:30-13:00	Lunch		
14:00-15:30	Balance training (14:15-15:15)	Strength training (14:15-15:15)	Frame Running training: Focus on start
16:00-17:00	Long distance training		

TUESDAY, JULY 7			
Time	TEAM 1	TEAM 2	TEAM 3
7:00-9:00	Breakfast		
9:00-10:30	Coordination training (9:15-10:15)	Strength training (9:15-10:15)	Frame Running training: Focus on technique
10:30-12:00	Frame Running training: Focus on technique	Coordination training (10:45-11:45)	Strength training (10:45-11:45)
11:30-13:00	Lunch		
14:00-15:30	Strength training (14:15-15:15)	Frame Running training: Focus on technique	Coordination training (14:15-15:15)
16:00-17:00	Long distance training		

Wednesday, JULY 8			
Time	TEAM 1	TEAM 2	TEAM 3
7:00-9:00	Breakfast		
9:00-10:30	Optional training: Choice of long-distance training or meditation		
11:00-12:00	Lunch		
12:00-14:00	Opening Ceremony		



Training Venue & Camp Facilities



All camp activities take place at Bagsværd Stadium and Bagsværd School. The two facilities are located right next to each other.

Addresses:

Bagsværd School
Bagsværd Hovedgade 62
DK-2880 Bagsværd

Bagsværd Stadium
Bagsværd Hovedgade 86-90
DK-2880 Bagsværd



School Accommodation & Meals

Accommodation will be at Bagsværd School in large classrooms with foldable beds, accommodating 6–8 people per room. A few hospital beds and box-spring beds are reserved for those who have special needs. The school is fully accessible for wheelchair users.

There are many standard toilets as well as several accessible toilets. **Both accessible and standard toilets are unisex, meaning they can be used by all genders.** Next to the school, there is a sports hall with accessible shower and changing facilities. There is a changing room for men and a changing room for women with 3 showers in each.

If you choose to stay at the school, please be prepared for basic accommodations, similar to a dormitory setting. Our priority is that athletes who need it, can sleep with their assistants, which means rooms may be mixed gender. **If you have any special requirements, it is important that you inform us.**

Breakfast, lunch, and dinner will be served at Bagsværd school common area. All meals include beverages. Important information regarding the meats served; these are all halal.

Diet

When you sign up you have two options to choose from: Either regular diet (all meat is halal) or vegetarian diet. There will be some gluten free options for those who are gluten intolerant. Other individual needs and dietary preferences, allergies and intolerances will not be accommodated for.

Meals included in the participation fee:

- Daily breakfast (not included in entry option 2-4)
- Daily large lunch sandwich
- Daily dinner (not included in entry option 3-4)
- Drinks for all meals
- Snacks and drinks during training and competitions
- Party dinner, 2 courses and alcoholic beverages (not included in option 4).
- We serve meals from dinner Sunday evening July 5 to breakfast Sunday morning July 12.

We offer lunch for those who wish. If you want lunch on July 5, please notify us before hand before the June 1.

MEAL OPTIONS: Meals are served at Bagsværd School and include beverages	Breakfast	Lunch	Dinner
Option 1	✓	✓	✓
Option 2		✓	✓
Option 3		✓	
Option 4		✓	



Important General Information

- If an athlete has an assistant, the assistant is to be included in the number of staff registered by the Team manager.
- The athlete and the assistant must choose the same accommodation option.
- It is not possible to receive a discount as a personal assistant – the participation fee is the same for everyone.
- Unfortunately, the LOC is also unable to offer scholarships or financial support to participants

Guest Passes

It will be possible to purchase a guest pass (day pass) for family members, friends etc. which gives access to Bagsværd School and beverages (not meals) for one day. The guest pass can be purchased through online registration or in the online team guide on the day of use. The guest pass should be returned at the entrance each day when the guest leaves the Camp venue. From May 1 - July 1 there will be an option to buy a guest pass via [FrameRunning.org](https://www.framerunning.org). The guest pass can be purchased for DKK 50,00 and is valid for one day. It will be possible to purchase more than one guest pass for DKK 50,00 per day. [Link to purchase of guest pass.](#)





Hotel Scandic Sydhavnen



Hotel Scandic Falkoner

Hotel Accommodation

Hotel Scandic Sydhavnen

Sydhavns Plads 15

DK-2450 København SV

Phone: (+45) 88 33 36 66

E-mail: sydhavnen@scandichotels.com

(free parking for overnight guests)

Scandic Falkoner

Falkoner Allé 9,

DK-2000 Frederiksberg

Phone: (+45) 72 42 55 00

E-mail: falkoner@scandichotels.com

(parking fee)

There are no rooms reserved in advance, but we recommend booking your hotel with Scandic. You may choose any Scandic hotel and make use of Parasport Denmark's discount: <https://www.scandichotels.com>



The link/QR-code gives you a 14% discount, which is already calculated in the prices you see, when you click on the link. Participants are responsible for booking their own rooms and handling the payment.

If you wish to make use of our transportation option to and from the airport, you may *only* choose between these two hotels.

Hotel accommodation at Hotel Scandic Sydhavnen and Scandic Falkoner is available in the form of single, twin, and double rooms, including breakfast. On the page you can click on the box "Special needs" and select "Accessible room" if you need that.

Lunch will be served at Bagsværd School. Options 1–4.

Dinner will be served at Bagsværd School. Options 1–2.

(See p. 12)

General recommendations.

Book as early as possible.

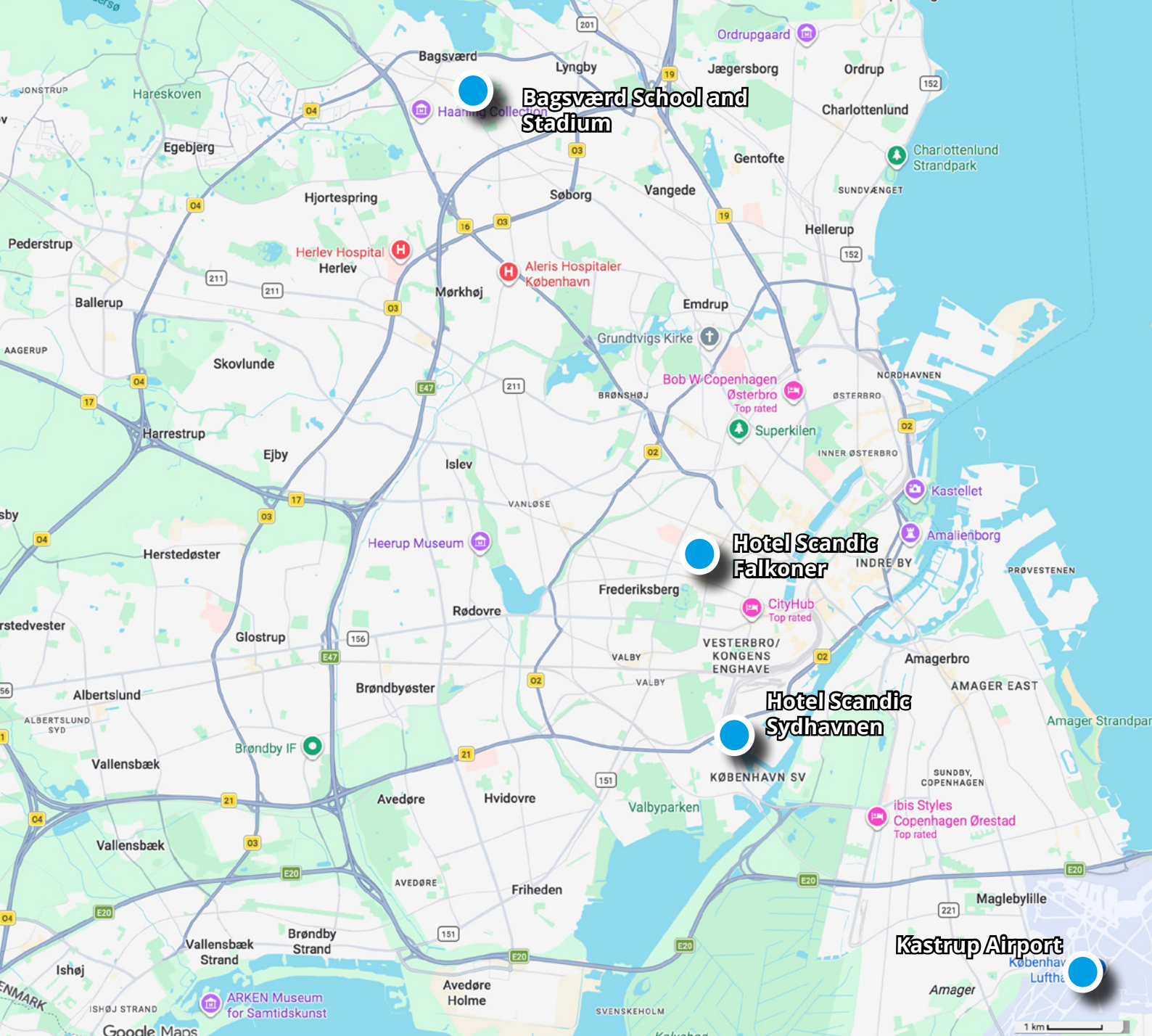
Athletes/countries must provide a payment card as a guarantee when they book on the Scandic website www.scandichotels.com. However, payment will be made directly at the hotel upon arrival.

Cancellation of hotel room

Changes and cancellations must always be made in writing.

IMPORTANT: When you book on the website where you reserve a "standard" room, you can click on the box "Special needs" and select "Accessible room" if you need that - this allows Scandic to reserve an accessible room. If this is not done, they cannot guarantee the availability of an accessible/wheelchair-friendly room.





Transportation

There will be an option for airport pickup on the arrival day (Sunday July 5) and airport drop-off on the departure day (Sunday July 12) at Copenhagen Airport (CPH). Please note that this transport on **arrival day** only includes the following stops: **CPH Airport, Bagsværd School, Scandic Sydhavnen** and **Scandic Falkoner**. And, on **departure day** only: **Bagsværd School, Scandic Sydhavnen** and **Scandic Falkoner** to CPH Airport.

In your online registration, you must let us know whether you require transportation to and from the airport. We will then send you a transportation form. Your transportation request will only be registered upon receiving of payment, and you can be assured that your transport is confirmed.

Public transport

The public transport in Copenhagen is easy to use and the connection between Hotel Scandic Sydhavnen (Sydhavnen St.) and The Camp (Bagsværd St.) is relatively fast and accessible. For more information visit the QR: code or link to the [Journey Planner](http://www.rejseplanen.dk) (www.rejseplanen.dk - also as available as mobileapp)



Entry Fees

We are offering 4 different registration options regarding participation. Unless otherwise stated the participation fee always includes: Training, the competition and social activities.

Option 1

Participation fee including:

- Participation in the Camp (Training as well as other social and international activities)
- Participation in the Cup (Competition)
- Accommodation at Bagsværd School (classrooms with 4-6 others).
- Daily breakfast, lunch sandwich and dinner
- Festive meal (2-course menu)
- Drinks included in all meals

DKK 3.900,00 per person

Option 3 (Self-booked accommodation)

Participation fee including:

- Participation in the Camp (Training as well as other social and international activities)
- Participation in the Cup (Competition)
- Daily lunch sandwich (no dinner)
- Festive meal (2-course menu)
- Drinks included in all meals

DKK 1.700,00 per person

Option 2 (Self-booked accommodation)

Participation fee including:

- Participation in the Camp (training as well as other social and international activities)
- Participation in the Cup (Competition)
- Daily lunch sandwich and dinner
- Festive meal (2-course menu)
- Drinks included in all meals

DKK 2.550,00 per person

Option 4 (Self-booked accommodation)

Participation fee which only covers:

- Participation in the Cup (Competition)
- Daily lunch sandwich during competition days
- Drinks included in all meals

DKK 850,00 per person

(Athletes must be pre-classified as either T71, T72 or Open). This option does not provide the opportunity to participate in the party

Participation fee including	Option 1	Option 2	Option 3	Option 4*
Participation in the Camp	✓	✓	✓	✗
Participation in the Cup (Competition)	✓	✓	✓	✓
Accommodation at Bagsværd School	✓	✗	✗	✗
Daily breakfast	✓	✗	✗	✗
Daily lunch sandwich during the Camp	✓	✓	✓	✗
Daily lunch sandwich on Competition days	✓	✓	✓	✓
Daily dinner buffet	✓	✓	✗	✗
Festive meal, 2-course menu	✓	✓	✓	✗
Drinks included in all meals	✓	✓	✓	✓
Accommodation	✓	✗	✗	✗
Price	DKK 3.900 per person	DKK 2.550 per person	DKK 1.700 per person	DKK 850 per person

✓ = included

✗ = not included

* Athletes must be pre-classified as either T71 or T72 or Open

When choosing self-booking (options 2-4), we recommend that you take advantage of Parasport Denmark's discount at Scandic.





Photo: Kirsten Obdrup



Use of Personal Information

Because of a law regarding usage of personal data and pictures, the LOC is obliged to get permission to keep personal data and use pictures of the participants. We guarantee that personal data is only used for camp-related purposes. Pictures taken at the camp may be used as documentation or promotion of Frame Running. The permission is given through online registration.

Registration procedures and deadlines

Deadlines for 2026	Description
April 1 - April 30	Final registration (by name) and Participation Fee (below link or QR-code)
May 12 - 30	All registered athlete data including staff will be sent to each country for approval. We offer a Team Register Meeting (TRM) before the camp for new countries who are experiencing the camp for the first time.
June 27	All Team Managers receive Team Guide

[Link to online registration](#)



Payment

Participant fee must be transferred before April 30, otherwise an extra 20% fee will be added.

Participation quota:

Since we have limited room for accommodation at our school's premises, all countries will, in case of overbooking, receive a quota, which determines how many of your country's participants (athletes and staff together), we can accommodate at our school's premises. In case the school's accommodations fill up, we will contact each team between May 5 and May 9, in which case we refer to entry option 2 and 3 above.

Cancellation procedure

General cancellation procedure for option 2-4, 50% of the full payment will be refunded if cancellations are made by June 1, 6 pm. EST, none of the payment will be refunded in case of cancellations after that time and no changes to bookings will be accepted either.

In all other cases payments will not be refunded.

Only teams that have paid the full participation fee are allowed in the competitions.

