



GSC SPORTS CENTER – ANTALYA

TRACK & FIELD



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IAAF approved athletic fields and equipment for all track & field events with competition timing system.

Training Areas

- Track & Field areas are certified as Class 2 by IAAF
- 8-lane 400 meter oval track with an IAAF certified surface
- 4-lane 110 meter indoor running track with 10 meters split times measurement system
- 1,7 km natural running trail surrounding the premises
- 3 outdoor pits for long and triple jump
- 1 indoor pit for long and triple jump
- 2 hammer and discus cages
- 8 shot put areas
- 3 javelin throw runways
- 2 high jump and 2 pole vaulting mats
- 1,5 & 2,5 degrees incline running track
- 1,7 km outdoor natural running trail
- Stair climbing areas with various heights
- 2000m² main gym with Technogym Cardio & Strength Training Devices

- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls, etc.)
- Studios for Mat and Group training

Track & Field Specific Equipment

- Javelin, discus, shot put and hammer sets
- 100 height & counterweight adjustable hurdles
- Speed sacs
- California speed sleds
- Training equipment (cones, slalom sets, hurdles, agility ladders, etc.)
- Vertimax vertical jump and speed training device
- Photo finish system with wind speed detection
- Portable time measurement system



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Track & Field Specific Tests and Training Opportunities

- 30 m sprint analysis with OPTOJUMP system to analyze various phases
- 2D & 3D Motion analyses for jumping and throwing techniques
- Aerobic capacity (Lactate & VO2max tests) – HP Cosmos treadmills and QUARK CPET
- Anaerobic power test with MONARK ergometer
- Isokinetic strength tests and training with ISOMED 2000
- 3D ground reaction force analysis with 2 KISTLER force plates
- Body Composition with gold standard BODPOD

- Jump tests with OPTOJUMP system
- Gait Analysis
- HYDROWORX for post injury training and conditioning
- 3D Posture and Spine Analysis
- Footscan test for foot pathologies
- Agility tests and trainings with SPEEDCOURT
- Anthropometric tests
- Track & Field specific test protocols for all age groups

Recovery Opportunities

- Whole body cryotherapy -110°C Icelab (3-chamber)– Zimmer MedizineSysteme
- Hydroworx – Underwater Treadmill
- Steam Bath & Sauna, Cave Sauna
- Pre-Post Activity Massage

Medical Utilities

- Color Doppler Ultrasound for diagnosis of musculoskeletal system pathologies
- 3 therapy rooms fully equipped with Zimmer MedizineSysteme's newest line of all physical therapy products including high energy laser
- Isomed 2000 isokinetic system and Technobody Prokin for strength, proprioception and balance exercises
- Medically approved Technogym Selection Med series equipment
- Additional 3 manual physical therapy tables
- Platelet Rich Plasma and other specific injections

3ADIM SPORT TRAVEL & TOURS

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