



INTERNATIONAL
SOCIETY OF
OLYMPIC HISTORIANS

**ISOH 2026
OLYMPIC
HISTORY
YOUTH
COMPETITION**

ISOH 2026 OLYMPIC HISTORY YOUTH COMPETITION
THE FIRST OLYMPIANS OF MY COUNTRY: THE ROAD TO THE GAMES
COMPETITION RULES

COMPETITION THEME

The First Olympians of my Country: The Road to the Games

How it all began: the first journeys, the first setbacks, and the first victories

A Requirements & Content Guidelines

Your poster should reflect the chosen theme and may include:

- Historical background and key milestones
- Notable personalities (athletes, coaches, officials, pioneers)
- Social, cultural or ethical aspects of the Olympic Movement
- Regional or national perspective
- Facts, dates, and illustrative examples
- Quotes and testimonies (if available)

B Poster Structure

1. Title (free placement)

2. Name of participant, title of poster, NOC/country and email

3. NOC Logo (placed in the designated white square)

4. Recommended sections:

- Relevance (Why is this topic important?)
- Purpose (Main objectives of the presentation)
- Key content (facts, figures, examples, visuals)
- References (sources used)

C Format & Design Requirements

1 Paper size: **A1 (594 × 841 mm)** in vertical orientation.

The exact dimensions and placement can be found on the following page.

2 Visuals: photographs, infographics, timelines and maps are encouraged

3 Language: **English or French**

4 A digital PDF version of the poster must be submitted via email at youthcompetition@isoh.org before **June 6, 2026**. ISOH will publish the competition results and the best posters through its own channels, including its website, social media, and the Journal of Olympic History. By submitting their entry, participants agree to the distribution of their posters and related information by ISOH.

5 The official ISOH logo and competition footer (attached PDF) must be placed in the lower part of the poster as a fixed design element.

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POSTER TEMPLATE AND DIMENSIONS

International Society of Olympic Historians
Eggweg 6, 9100 Herisau, Switzerland, youthcompetition@isoh.org, www.isoh.org

