

COMPETITION SCHEDULE

EMACI Torun 2024		Sunday 17th	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22st	Saturday 23th
60m	Heats		Men	Women				
	Semifinals			All				
	Finals				All			
200m	Heats					All		
	Semifinals					All		
	Finals						All	
400m	Heats	All						
	Semifinals		All					
	Finals			All				
800m	Semifinals				All			
	Finals					All		
1500m	Semifinals						All	
	Finals							All
3000m	Finals	All						
60m hurdles	Semifinals						Men	Women
	Finals						Men	Women
3000m Walk			Men	Women				
Cross Country 8 km / 6 km W/M70+				All				
Marathon								All
5 km Race Walk							All	
4x200m	Finals							All
4x200m mixed	Finals							All
Pentathlon					M35-55	M60+	Women	
Long Jump		W60+	W35-55, M35-40	M45+				
Triple Jump				W60+	M60+	W35-55	M35-45	M50-55
High Jump		Men/W35-65	W70+					
Pole vault					Women All	M35-50	M55-70	M75+
Shot Put			M35-70	M75+, W35-60	W65+			
Weight throw		M45-60	M75+,	W65+, M65-70	W35-60	M35-40,		
Javelin		M65+	W55-60	M45-60	M35-40,	W65+	W35-50	
Discus		W35-60	W65+	M35-40	M60+	M45-55		
Hammer throw		M35-40	W35-50		M45-55	M60+	W55+	