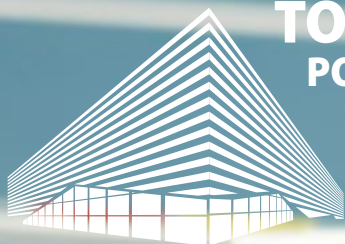


14. European Masters Athletics  
Championships Indoor 2024

TORUŃ  
POLAND



17-23.03.2024

**ENTRY BOOKLET**



## ORGANIZERS, PARTNERS, SPONSORS



Sylvia Noskiewicz



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# WELCOME



**Walentina Fedjuschina**

EMA President

**Dear Masters Family,**

I hope this letter finds you in high spirits and excellent health. On behalf of the EMA, it is with immense pleasure and excitement that I extend a warm invitation to you for the highly anticipated European Master Indoor Championships in Torun, Poland.

Torun, known for its rich sporting heritage, is gearing up to host this prestigious championship, where seasoned athletes from across Europe will come together to display their remarkable skills and compete at the highest level. As a city renowned for its passion for sports, you can expect nothing less than a fantastic sporting spectacle during your time at the championships.

The level of organization for this event is truly exceptional, with meticulous attention to detail to ensure a seamless and memorable experience for all participants and spectators. The venue boasts state-of-the-art facilities that have been tailored to meet the needs of athletes, creating an environment conducive to achieving record-breaking performances.

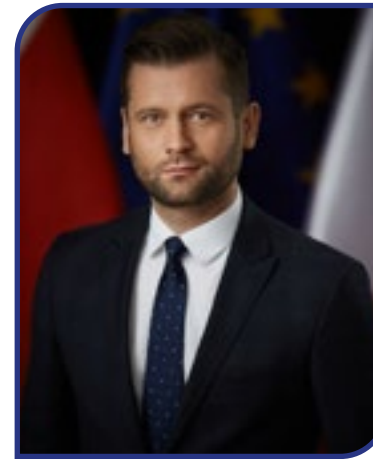
Beyond the adrenaline-pumping competitions, Torun's charm lies in the warmth and hospitality of its people. You will find yourself embraced by a friendly community that will make your stay a delightful one. Whether you are exploring the historical landmarks or indulging in the local cuisine, Torun promises an enriching cultural experience.

The European Master Indoor Championships not only celebrate athletic excellence but also embody the true spirit of sportsmanship and camaraderie. It is an opportunity for athletes, coaches, and sports enthusiasts alike to forge lasting bonds and cherish the shared passion for sports.

EMACI 2024 promises an unforgettable experience, celebrating sports, excellence, and the indomitable human spirit. We eagerly look forward to welcoming you to this extraordinary sporting extravaganza.

Thank you for your time, and we are excitedly counting down the days to the championships.

With warm regards.



**Kamil Bortniczuk**

Minister of Sport and Tourism

**Ladies and Gentlemen,**

After nine years, the European Masters Indoor Athletics Championships are returning to Toruń. From 17 to 23 March 2024 the City of Copernicus will be hosting Europe's best athletes from the masters category.

I am truly pleased that this great sporting event will again be organized by Poland. The masters athletes provide an example of how to enjoy sport and maintain good physical condition. It is of great importance to remain active and practice sport, which positively impacts health and well-being at any age. Activation of citizens and promotion of a healthy and sporty lifestyle among Poles is the main goal of the Ministry of Sport and Tourism. We are successively increasing expenditure on the development of sports infrastructure and grassroots sport. This year, the Ministry of Sport and Tourism has a record budget of nearly 3.5 billion PLN.

Toruń is a well-known place on the map of masters athletics as it has already hosted the World Masters Indoor Athletics Championships twice: in 2019 and 2023. I am convinced that the invaluable experience in holding sports events will translate into top-level organisation of the next year's European Masters Indoor Athletics Championships.

I warmly invite athletes and fans from all over Europe to come to Toruń for the 9th European Masters Indoor Athletics Championships.



## Piotr Całbecki

Marshal of the Kujawsko-Pomorskie Region

Welcome to Kujawsko-Pomorskie Region the participants of the 14th European Masters Athletics Championships Indoor Toruń 2024!

I'm glad that our region is the host of such important event. Also I'm proud that here, in Toruń, the veterans of the Queen of Sports from all over Europe have arranged the meeting. The more so that Poland is represented at these competitions by, among others, sports stars from our Region.

Masters athletics has great traditions and modern successes in Kujawsko-Pomorskie. It was the representatives of the Region who made the greatest

contribution to the victory of the Polish national team in the medal classification of the World Indoor Championships 2023. The champs which, in the opinion of the World Masters Athletics authorities and athletes, went down in history as organized at the highest level. We are sure that next year's European Championships will also be organized perfectly.

Kujawsko-Pomorskie Region is a special place on the map of Poland. The heritage of Nicolaus Copernicus, gothic monuments, areas of protected nature and landscape, high-class food production and culinary traditions make up a whole that is not forgotten. I am convinced that the participants of the event and the fans will have unforgettable impressions here and want to visit us in the future. You are always welcome here.

Citius, altius, fortius, faster, higher stronger! Let this Olympic motto, as well as the principles of fair play, guide you during the competition.



## Michał Zaleski

Mayor of Toruń

### Ladies and Gentlemen!

On March 16, 2024, the 14th European Masters Athletics Championships Indoor will begin at the Toruń Sports and Exhibition Hall. Toruń will once again host one of the most important events in the sport of masters athletes!

To the stars of European athletics we will show Toruń as an important point on the sports map of Poland and the continent, a proven organizer of championship events and having excellent sports facilities at its disposal. I can assure you that also the 14th European Masters Indoor Athletics Championships Toruń, 2024 will be held at the highest world level.

Therefore, I invite athletes, coaches, trainers and fans of athletics to Toruń, so that once again we can experience together great sport emotions in the Arena Toruń, and then enjoy the outstanding qualities of our city - the medieval Old Town - a UNESCO World Heritage Site, the views of the Vistula River, the taste of delicious Toruń gingerbread and the world-famous Copernican tradition.

See you in Toruń in March 2024!



## Wacław Krankowski

PMA President

### Ladies and Gentlemen

### Dear Athletes and Fans

### Dear Colleagues

A year ago, at this time, we were preparing for the visit of the WMA authorities and agreed on the details of the contract to organise the 9th World Masters Athletics Championships Indoor. We signed the contract on 29 August 2022. Working with WMA, kindness of Toruń Mayor Michał Zaleski and engagement of Polish Masters Athletics contributed to preparing and organizing championships in 6 months

which had a higher standard than in 2019.

This happened because we had a common goal – to organise a competition that meets the expectations of the athletes. After all, it is the athletes who are the most important, and for the organizers the greatest joy is to see their satisfaction.

At the WMA Indoor Championships in 2023, this was achieved because there were no decision-makers issuing orders, no all-knowing WMA activists, no controllers. There were PARTNERS who were aware of a kind of post-ban uncertainty due to the prevailing pandemic, the war in Ukraine and the short time frame for the task. It worked, we all passed the test. Caring for athletes has ensured our success.

Being aware of this fact and these experiences, we would like to once again invite YOU to Toruń. We hope that it will be an extraordinary meeting. Our dream is to make you think that you are going „to your home, to your city, to your friends and acquaintances“. After all, many of you, in such a short period of time (2015, 2019, 2023) will be coming to us for the fourth time, but after all, there will also be 9 vintage „Youngsters“ who we are also very much counting on.

We have proven sports facilities that are conducive to record-breaking results, we have proven teams of organisers, judges and volunteers. We have a beautiful historic city full of monuments and friendly, hospitable inhabitants. All we need for complete happiness is your presence. We have already started counting down the days until our meeting.

We also have an additional attraction – the year 2024 is the hundredth anniversary of organising the first Marathon run in Poland. On the final day of the European Indoor Championships, the European Marathon Championships will take place on 23 March 2024. You are most welcome to join. We are confident that this will be an extraordinary, historic sporting event.

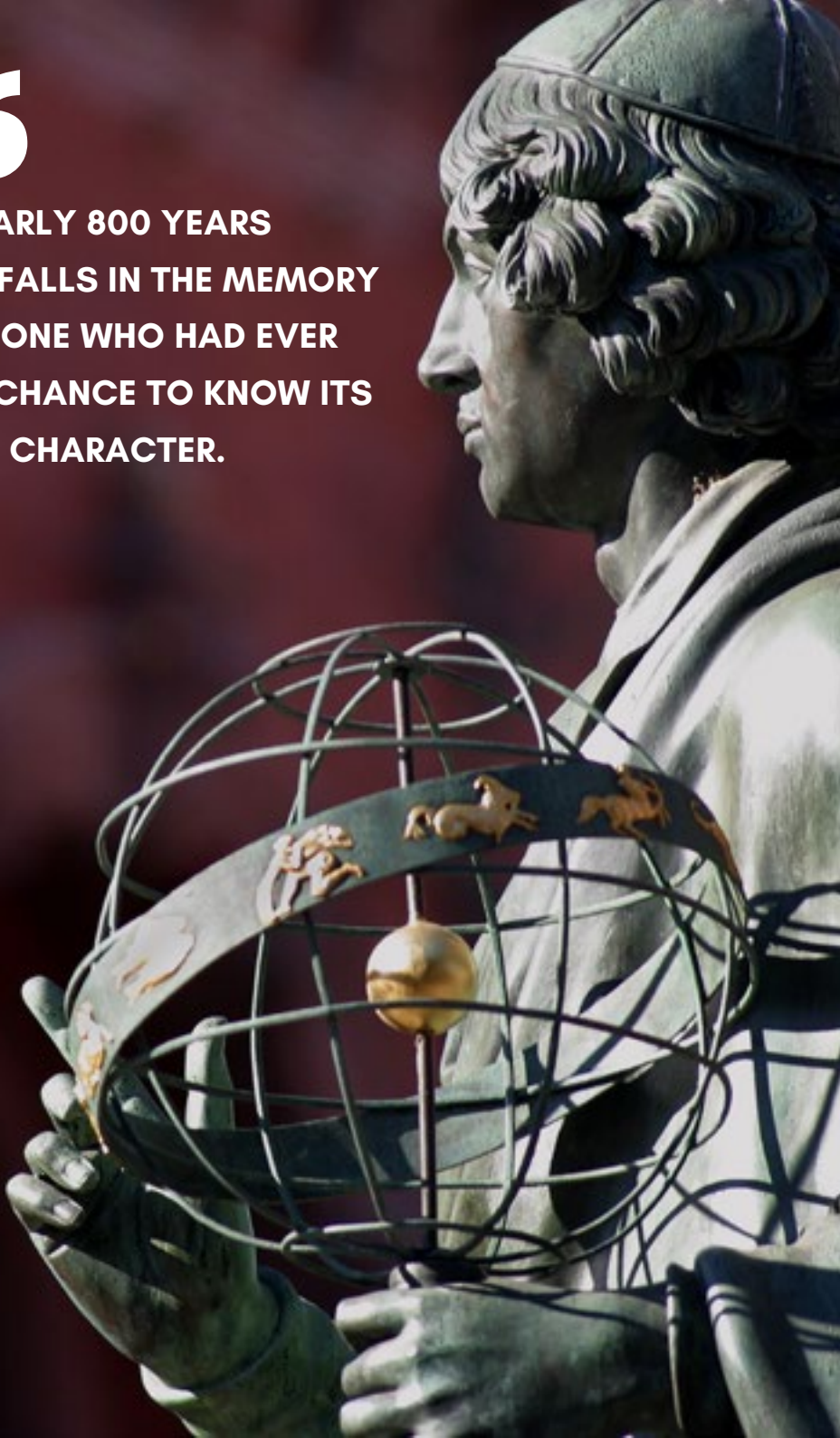
Knowing the commitment with which you treat sports competition and the need to meet your rivals again, we are convinced that we will meet most of you and you will convince the “Youth” to visit this extraordinary city, the city of master athletes, in Toruń.

We are already looking forward to it - you are cordially invited.



“

FOR NEARLY 800 YEARS  
TORUN FALLS IN THE MEMORY  
OF ANYONE WHO HAD EVER  
GOT A CHANCE TO KNOW ITS  
UNIQUE CHARACTER.



## PLACE OF THE EVENT

14. European Masters Athletics Championships Indoor - Toruń 2024 will take place in Sports Hall ARENA Toruń.



All typical indoor competitions will take place in this hall just 2km from the city centre.





The hall includes:

- a 6-lane track with the length of 200m;
- 8 lanes for 60m and 60m hurdle races;
- 3 high jump areas;
- 1 pole vault area;
- 1 long jump and one triple jump areas;
- 1 shot put area;
- warm-up area.

The hall includes modern social, medical, conference, restaurant, bar and office facilities.

All the functions connected to operation of the EMA Indoor Championships will be located in one building.

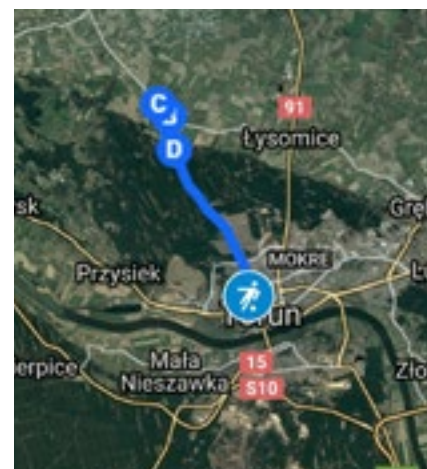


1. ARENA TORUŃ – main sports hall
2. MAIN STADIUM – javelin and discus throw
3. THROWS ARENA – hammer throw, weight throw
4. Bema Street - Racewalking 5 km, start and finish of Marathon
5. Rudelka Park – CROSS-COUNTRY

Javelin, discus throw will take place at Main Stadium located 500 m from the hall. Hammer throw and weight throw will be organised on the field surrounding the Main Stadium.



Marathon Course  
It's two laps of Marathon with Start and Finish at Bema Street



# COMPETITION SCHEDULE

<b>EMACI Torun 2024</b>		<b>Sunday 17th</b>	<b>Monday 18th</b>	<b>Tuesday 19th</b>	<b>Wednesday 20th</b>	<b>Thursday 21st</b>	<b>Friday 22st</b>	<b>Saturday 23th</b>
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+	



# TORUN MOVES!

EXPLORING  
POLAND'S HIDDEN  
GEMS

PARIS FOR THOSE IN LOVE, BRUSSELS FOR CHOCOLATE LOVERS AND ROME FOR THOSE FASCINATED WITH HISTORY. THE PICTURESQUE HISTORICAL TORUŃ IS A PLACE WHICH IDEALLY COMBINES ALL THESE THINGS.



## BIRTHPLACE OF NICOLAUS COPERNICUS

2023 marks the 500th anniversary of the birth of the most famous Pole in the world – Nicolaus Copernicus, so when planning a stay in his hometown, Toruń that a perfect time to know his history better. The best place for this is to visit his family home, which has survived to our times in excellent condition and where today there is a museum dedicated to his life and the times in which he lived.

## LEGENDARY TASTE OF TORUŃ GINGERBREAD

Since the 14th century Toruń has been famous for the tradition of baking this spicy delicacy. In the local museums not only can you listen to the legend of the gingerbread origins but you may also admire genuine old baking forms and ovens, and try your hand at making your own gingerbread cakes under the watchful eye of a master baker!

## UNESCO WORLD HERITAGE SITE - THE MAIN MAGNET

Toruń is one of the most beautiful and most frequently visited tourist destinations in Poland attracting annually almost 2,3 million visitors from all over the world

Toruń is a true paradise for all those who can appreciate the authenticity of the visited places and who look forward to an unforgettable encounter with history.

“ A visit to the museum is a unique opportunity to be in a place where young Nicolaus spent his childhood and where he probably sometimes ate the famous Toruń gingerbread.

For more info :  
[www.visittorun.com](http://www.visittorun.com)

THE NIGHT PANORAMA OF TORUŃ IS CONSIDERED AS  
ONE OF THE SEVEN WONDERS OF POLAND.





## COMMUNICATION

Poland is located in the geographic centre of Europe, and Toruń in the centre of Poland.



Moreover, Toruń is very well connected to almost the whole of Europe thanks to a regular network of bus and train connections. When journeying from the north you can use the ferry port in Gdańsk and then take a 2-hour drive on the motorway to Toruń.

The city has an efficient public transportation network, free of charge for the Championships participants, that includes several dozen bus and tram lines. Several taxi corporations, offering good prices, supplement public transportation. A taxi fare from the sports hall to the city centre, where most hotels are located, costs only 4 Euro.

4 airports are located within 50km (Bydgoszcz) to 200km (Warszawa) from Toruń /others: Poznań - 150km and Gdańsk - 170km /, they offer flights to and from nearly all European countries. All these cities offer bus or train connections to Toruń and the ticket prices range from 5 to 15 Euro per person.

### DIRECTION

BERLIN – TORUŃ .....	414 km
BUCHAREST – TORUŃ .....	1548 km
BUDAPEST – TORUŃ .....	830 km
KIEV – TORUŃ .....	1025 km
LONDON – TORUŃ .....	1468 km
PARIS – TORUŃ .....	1427 km
ROME – TORUŃ .....	1890 km
STOCKHOLM – TORUŃ .....	835 km
VILNIUS – TORUŃ .....	634 km



## ACCOMMODATION



Check our partner's website: [meeting-torun.pl](http://meeting-torun.pl) and book the following hotels:



**Hotel Filmar**  
– EMA headquarters in Toruń



**Hotel Mercure**



**Hotel Copernicus**



**ibis budget Toruń**

Should you need assistance in searching for accommodation contact our partner at [meeting@emaci2024.com](mailto:meeting@emaci2024.com)

Are you interested in organised transport from airports to hotels?  
Visit our partner website: [torunsport.pl](http://torunsport.pl)





## HOTEL&CAMPING TRAMP IN TORUŃ

The 1-star hotel, located in a cozy retreat among trees, offers rooms for 2/3/4 people and bungalows houses.

Guests arriving with motorhomes will also find a place on a large campsite with access to a summer kitchen and toilets. Our Camping has been awarded 1 star.

HOTEL&CAMPING TRAMP is located **1.5 km** from the Old Town of Toruń.

Reservations: <https://www.booking.com/hotel/pl/i-camping-tramp.pl.html>

phone number: 666-359-924

and by mail: [tramp@mosir.torun.pl](mailto:tramp@mosir.torun.pl)

**SEE YOU IN TORUŃ!**

**VISIT US!**



## MERCHANDISE

### T-SHIRT



T-shirt made in Dry Fit technology with a round neckline, dyed in an environmentally friendly way (using less water and chemicals than traditional dyeing). Dry Fit technology ensures high comfort of use by preventing the material from sticking to the body. 100% polyester. Weight: 135 gsm.

**Colour:** red, white, blue, black

**Sizes:**

Ladies: XS / S / M / L / XL / XXL / 3XL

Man: XS / M / L / XL / XXL / 3XL / 4XL / 5XL

20€

16€

### POLO

Slim fit. Fabric was enzyme washed, so it is soft and has no irregularities. Fabric with silicone finishing, so it is smooth and feels nice to the touch. Two-layer stand-up collar made of single jersey. Collar and

side slits finished with contrastive strengthening tape on the inside. Shoulders with strengthening and stabilizing tape, which positively affects the durability of the seams. Sleeves finished with 1x1 rib. Placket with three buttons and contrastive strengthening tape. Double, thick seams with the highest quality threads.

Composition: 95% combed cotton, 5% elasthan.

Weight: 190 g/m<sup>2</sup>

**Colour:** red or white

**Sizes:**

Ladies: XS, S, M, L, XL, XL+

Man: S, M, L, XL, XXL, XXXL

30€



Size tables available at  
[emaci2024.com/merchandise](https://emaci2024.com/merchandise)







KUJAWY  
POMORZE

MECENAS SPORTU W REGIONIE  
PATRON OF SPORT IN THE REGION

Partner of  
14. European  
Masters Athletics  
Championships  
Indoor



Kujawsko-Pomorskie  
Region



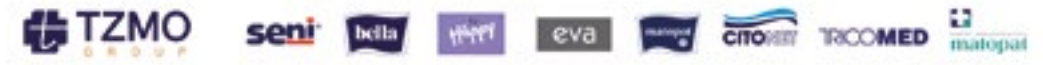
Torun Regional  
Development Agency



seni  
man

Don't give up your  
favorite activities!

seni-global.com  
tzmo-global.com








MEDIA



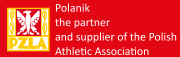
We fully equip athletics arenas



Polanik the partner of the Polish Masters Athletics 



Polanik Preferred Supplier





**Arena Toruń – przestrzeń możliwości**  
Arena Toruń a space of possibilities

