

**Non-European Participation in the European Master Indoor Championships -
Torun, Poland – March 17th-23rd, 2024**

Track events 800 M or less, including hurdles and relays	Can enter, but participation is restricted to round one only	Can receive a diploma with the performance
1500M*	Can enter. In races with a direct final participation welcome.	Can receive a diploma with the performance
1500M*	Can enter. In races with two rounds , participation is only allowed in the first round .	Can receive a diploma with the performance
* Note 1500M	The entry numbers will not be known until after the registrations deadline. EMA will not know if one or two rounds will be contested until several weeks after close of registration.	
Track events longer than 1500 M (3000 and 3000RW)	Can enter without limitations	Can receive a diploma with the performance
Non-Stadia Running and Walking Events	Can enter without limitations	Can receive a diploma with the performance
Marathon	Can enter without limitations and participate to the Open Race (open to athletes over 18)	Can receive the Open Marathon prizes (not European title medal)
Long Jump and Triple Jump	Can enter, but will be allowed first three attempts unless there are less than 8 competitors in an age category – in this case the non Europeans will be allowed to have 6 attempts (with no right to EMA title)	Can receive a diploma with the performance
Vertical Jumps (High Jump and Pole Vault)	All non-European athletes can enter finals	Can receive a diploma with the performance
All Individual Throws	Can enter, but will be allowed first three attempts unless there are less than 8 competitors in an age category – in this case the non Europeans will be allowed to have 6 attempts (with no right to EMA title)	Can receive a diploma with the performance
All Combined events	Can enter without limitations	Can receive a diploma with the performance