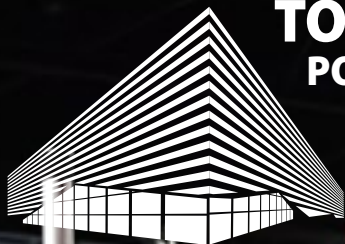


14. European Masters Athletics
Championships Indoor 2024

TORUŃ
POLAND



**European Masters Marathon
Championships**

17-23.03.2024

Competition Handbook



ORGANIZERS, PARTNERS, SPONSORS



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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.



Sławomir Nitras

Minister of Sport and Tourism

Ladies and Gentlemen,

It is my pleasure to take honorary patronage of the 14th European Masters Athletics Championships Indoor and the European Masters Marathon Championships, which are very important events for the Masters community. Thousands of athletics enthusiasts, for whom age is no barrier to achieving their goals and dreams, will come to Toruń.

The European Masters Championships Indoor at the Toruń Arena are a unique opportunity for participants to compete against former Olympic athletes and members of Polish national teams. The European Masters Marathon Championships, held on the streets of Toruń as a symbolic gift from the world authorities of Masters athletics, will also enjoy a unique setting. This is because we are celebrating the 100th anniversary of marathons in Poland: in 1924 the first marathon run, held on the route from Płutowo (near Chełmno) to Toruń, took place in our country.

I am pleased that athletics competitions in the Masters category are so popular in Poland and that the number of adult participants, including seniors, is constantly growing. I cordially invite Masters athletes from Poland and Europe to participate in the Championships and compete in a variety of disciplines, with over 300 sets of medals waiting to be won. It will certainly be an unforgettable time, spent actively, abounding in memories and new friendships. I also encourage you to enjoy the tourist attractions and the beautiful landscape of Pomorze and Kujawy regions.

I wholeheartedly congratulate the Polish Masters Athletics on organising such an important event of international standing. Thank you for your unceasing promotion of physical activity among adults and older persons, which is also an objective of the Ministry of Sport and Tourism. Thousands of participants entering your competitions are the best proof that sport brings generations together regardless of age, playing an important role in the promotion of health, physical activity and integration.

I wish all the participants of the 14th European Masters Athletics Championships Indoor and the European Masters Marathon Championships success in the competitions, the possibility to overcome their own limitations and to enjoy a beautiful sporting experience. May the best ones win.



Piotr Całbecki

Marshal of the Kujawsko-Pomorskie Voivodeship

The Kujawsko-Pomorskie Voivodeship and Toruń, the city of Nicolaus Copernicus, are once again pleased to host participants and fans of the Masters European Indoor Athletics Championships. Thank you for organizing your sports summit meeting with us.

The Queen of Sports and competitions involving her veterans have solid traditions and contemporary successes in our region. It was our athletes who contributed to the victory of the Polish team in the medal classification of 2023 World Indoor Championships, which according to the unanimous assessment of World Masters

Athletics authorities and players were organized at the highest level. I am sure that this time we will deserve your highest rate as well.

Especially, since we have so much to offer outside the sports arena! The legacy of Nicolaus Copernicus, Gothic monuments, protected nature areas and an interesting culinary tradition create this place worth getting to know better. I am convinced that you will experience unforgettable moments here. You will always be welcome here!

Citius, altius, fortius, faster, higher, stronger! Good luck and have fun!



Michał Zaleski

Mayor of Toruń

Ladies and Gentlemen!

I would like to invite athletes and enthusiasts of athletics to come to Toruń. We are proud that the 14th Masters European Athletics Indoor Championships 2024 will be held in Toruń. I am sure you will once again feel the warmth of Toruń's hospitality and take advantage of all the sports facilities in Toruń where the Championships will be held. We expect sensational results and a great event!

For the community of athletic masters, Toruń is a completely unique city. After all, it has already hosted the participants of the Masters Indoor Athletics World Championships twice, and this year it will host masters

from all over the Old Continent. I can assure you that we are ready for your presence and will do everything to ensure that Toruń's highest and internationally recognized standard of organizing athletics events is maintained.

May all the competitors achieve the best possible results here in Toruń, and may the spectators experience exciting moments while watching the competition in the spirit of fair play. Savor the aura of a city that shares with you, in equal measure, its athletic fascination, the fame of Nicolaus Copernicus, the beauty of the UNESCO-listed Gothic Old Town and the aroma of the legendary gingerbread of Toruń.



Wacław Krankowski

PMA President

Ladies and Gentlemen

Dear Athletes and Fans

Dear Colleagues

When in March 2022 I signed the contract in Braga, Portugal, for the organisation of the next European Indoor Championships in Toruń, I did not know that “along the way”, in 2023, we would meet at the World Indoor Championships. This meeting was supposed to be organized by Edmonton, Canada, which decided not to organise the event.

Thanks to the joint work of the organising committee, we managed to organise this Championships, which will be remembered in history as a great success. A success primarily because you trusted us and so many of you came to Toruń again.

We thank you for this and are already looking forward to the next meeting. I know that Sport Masters is not only about sports competition, but also a chance to meet new people, cultures and interesting cities and countries. I think that real athletes will be happy to come to us, and tourist athletes will forgive us for inviting them to Toruń for the fourth time in 9 years.

In return, we guarantee them hospitality, functional facilities and professional organisation, and we also propose trips outside Toruń. Poland is truly beautiful. Please take the chance and see for yourself. I am sure you will share my opinion.

I cordially invite you to Toruń. Two great sporting events are waiting for you here: the 14th European Masters Indoor Championships and a special edition of the European Masters Marathon Championships - celebrating the 100th Anniversary of long distance running in Poland.

As always, let us compete in sports in the spirit of Fair Play. Let's show that we really are the MASTERS ATHLETICS FAMILY.

Hospitable Toruń awaits and misses you. See you in March.



Sławek Krankowski

LOC General Director

On behalf of the Local Organising Committee, I thank you for entering and participating in the 2024 EMA Championships, Indoors and Marathon. I can assure you that the LOC and EMA have worked closely together to ensure the highest organizational level of the championships.

I extend to all participants best wishes for a successful start in their events and a happy and enjoyable stay in Toruń.

Eco-Responsibility

Protecting the environment is becoming increasingly important in everyone's life and the Local Organising Committee (LOC) of the European Masters Athletics Championships Indoor (EMACI) is committed to conducting these Championships as responsible eco-citizens of the world.

With the media and modern communication technologies, saving paper seems to be an obvious way to contribute, but many of us are still reluctant to address it, especially when it comes to starting lists and results which, for the European Masters Athletics Championships Indoor, are systematically published on various web sites (EMA, LOC) before being available in print.

The EMACI is no exception and this is why every effort will be made to reduce the quantity of documents printed and distributed to the teams via their mailboxes, in the Technical Information Centre (TIC), at the stadia and the hotels.

Other important information of general interest (e.g. schedule changes) will also be posted on the display panel in the TIC. Thank you for your cooperation and for your contribution to this important cause.

Contact

Website: emaci2024.com

For any questions or problems, athletes should first contact their Team Manager for assistance. For additional information, athletes should visit the Technical Information Centre.

Statement

This Competition Handbook was correct at the time of printing. Details are subject to change, please refer to the website.

GENERAL INFORMATION

European Masters Athletics Championships Indoor

The European Masters Athletics Championships Indoor (EMACI) are held every two years. The EMACI are open only to men and women who are aged 35 years and over at the first day of competition and who are medically fit to compete. This event will be held over 7 days, from 17-23.03.2024 in the historic city of Toruń, Poland.

The EMA Council

Walentina Fedjuschina - President

Francesco De Feo - Executive Vice-President

Ercan Ozkan - Vice-President Finances

Giovanni Tracanelli - Vice-President Competition

Maria Clarisse Duarte - General Secretary

The PMA Council

Wacław Krankowski - President

Jerzy Krauze - Marketing Vice-President

Mirosław Łuniewski - Statistics Vice-President

Tadeusz Maj - Non Stadia Competitions Vice-President

Elżbieta Ryczek - Secretary

Dorota Weber - Treasurer

Honorary Committee

Organization Committee

The delivery of EMACI Toruń 2024 is being undertaken by the Toruń 2024 Local Organising Committee (LOC). The organizing committee is composed of:

Zbigniew Fiderewicz, Vice-President of the City of Toruń – President;

Mariola Soczyńska, Director of Sport and Recreation Department – Vice-president;

Wacław Krankowski, President of the Polish Masters Athletics – Vice-president;

Sławomir Krankowski – General Director of the 14th European Masters Athletics Championships Indoor Toruń 2024;

Marcin Kowallek, Director of the Public Utility Department – Member;

Ewa Banaszczuk – Kisiel, Acting Director of the Promotion Department – Member;

Marcin Lutowski – Director of the Population Protection Department – Member;

Krzysztof Wasilkiewicz - acting Director of the Municipal Sport and Recreation Centre in Toruń – Member;

Adam Banaszak - Vice President of the Board of TIS Sp. z o.o. – Member;

Mariusz Gaik, acting Chief of Police in Toruń – Member;

Sławomir Grudziński - Deputy Commander of the Municipal State Fire Service – Member;

Mirosław Bartulewicz, Chief of the Municipal Guard in Toruń – Member;

Sławomir Pawenta, Head of the Sport Section, Member;

Andrzej Rabuszak, Head of the Population Protection Department – Member;

Tomasz Przybysz, Sport and Recreation Department - Secretary.

Executive Organizing Committee:

Wacław Krankowski - LOC Vice-president;

Sławek Krankowski - General Director;

Krzysztof Ratajczyk - Deputy Director;

Janusz Krynicki - Competition Director;

Janusz Rozum - Competition Coordinator, Deputy Competition Director;

Elżbieta Ryczek - Secretary;

Dorota Weber – Treasurer;

Julian Pełka – Honorary PMA President - Organisational and Sport Advisor;

Janusz Nath - Competition Office;

Paweł Weber - Competition Office;

Anna Kosicka, Tomasz Przedwojewski - Call Room;

Magdalena Krankowska – Accreditation Manager;

Jerzy Krauze - Meetings Coordinator;

Mirosław Łuniewski - Coordinator Waking Events, Statistician;

Maciej Kwiatkowski - Coordinator Events Non-stadia;

Gabriel Mańkowski - Safety Coordinator;

Tomasz Goworski – Combined Events Coordinator;

Rajmund Jagodziński – Deputy Competition Manager;

Mirosław Matecki, Bartosz Jędrzejewski - Technical Managers;

Dagna Wlekińska, Tadeusz Maj – Medal Ceremony Managers;

Irena Matczyńska, Sylwia Wiśniewska - Volunteers Coordinators;

Wiktor Matczyński - Director of Technical Information Centre;

Tomek Przedwojewski - IT Manager;

Krzystian Krystoforski – Transport Coordinator;

Kinga Wiśniewska – Accommodation Coordinator;

Sławomir Pawenta - Coordinator of Communication with Local Authorities;

Zdzisław Raczyński - Media Coordinator;

Agnieszka Peplińska - Polish Team PR Manager;

Karol Wojtczak - Medical Services;

Jerzy Duber – Logistics coordinator;

Tadeusz Dziekoński – Route validator;

Timing - DomTel Sport Timing, STS-Timing

EMA Competition Management Team

Technical Delegates

Ivan Pukšar, CRO, Indoor Technical Delegate;

Ercan Ozkan, TUR, Indoor support Manager;

Vesna Repic, SRB, Non Stadia Technical Delegate.

DCO TEAM

Martine Prevost, FRA, DCO / SO.

Safety Officers TEAM

Bill Courtney, GBR, Safety Officer;

Serge Beckers, BEL, Safety Officer.

International Starter

Allan Bell, GBR, International Starter.

EMA Appointed International Race Walk Judges (IRWJ)

Ewa Golebowska, POL, Chief Judge;

Orsolya Gruber, HUN, IRWJ/EMATO;

Sylvia Hanusova, SVK, IRWJ/EMATO;

Inge Marie Scholer, DEN, IRWJ/EMATO;

Christian Melchior, GER, IRWJ/EMATO.

EMATO TEAM

Helena Carvalho, POR, EMATO Coordinator/ Call Room Manager;

Martin Roald Arbol, DEN, Track EMATO / Jury of Appeal President;

Sebastian Swierc, POL, EMATO Field;

Elio Capurso, ITA, EMATO - Throws.

Jury of Appeal TEAM

Fennie Van Osch, NED, Jury of Appeal Secr; Tech Meet minutes, TM Coordinator.

EMA appointed International Volunteer Officials (IVOs)

Ilaria Malcangi, ITA;

Fred Pidgeon, GBR;

Jane Pidgeon, GBR;

María Rosa Busquets Fuster, ESP;

Franz Schestack, AUT;

Brigitta Mühlberger, AUT;

Mark Heckel, USA;

Pat Fitzgibbon, IRL;

Archie Jenkins, GBR;

Saviard Laurent, FRA;

Lynne Marr, GBR;

Virgílio Pedro Pinto, POR;

Boris Lacković, CRO;

Srećko Ovčar, CRO;

Duška Lorbek Mandić, SRB;

Sanja Marciuš Ovčar, CRO;

Roberto Pellicoro, ITA;

Sofia Vimbai Hove, ITA;

Albertino Pereira Costa Pinto, POR.

Toruń

Toruń is one of the oldest and one of the most beautiful towns in Poland and will provide a safe, friendly and welcoming environment for the 2024 European Masters Athletics Indoor Championships. The event will be strongly embraced by the friendly locals who will go out of their way to ensure that visitors to Toruń and the region will leave with many fond memories. Toruń will charm all participants with the beauty of its Gothic Old Town which was entered onto the UNESCO World Heritage List in 1997.

Its night-time panorama, observed from the bridge or from the left bank of the Vistula River is considered one of the seven wonders of Poland.

Nicolaus Copernicus – the man who “stopped the Sun and moved Earth” was born in Toruń. Since the Middle Ages the town has been famous for its delicious gingerbread.

Population: 172 554

Language: Polish

Currency: Poland’s national currency is the Złoty. Currency exchange is available at banks, hotels, international airports and currency exchange offices. Banks offer the same range of services typical in other European nations, and cash withdrawal machines or Automated Teller Machines (ATMs) are widespread. Payment with cards: VISA, MasterCard, American Express and Diners are available in most of shops, restaurants and other points of sale.

Time zone: Central European Standard Time is GMT+1 and from Sunday March 31st Central European Daylight Time which is GMT+2.

Electricity: Mains voltage in Toruń is 220V. If your country does use the same mains voltage as Poland, all you need is a power adapter.

Water: Tap water in Toruń (unless otherwise signed) is safe for consumption.

Calling abroad:

- If you are expecting a call from abroad, the international country code for Poland is +48 and the area code for Toruń is 56.
- If you wish to call abroad, you must dial the exit code (“00” or “+”) + the country code of the destination country.

Emergency phone number: In case of emergency, dial (112) for ambulance, police and fire emergency services.

Climate:

Average Climatic Conditions for Toruń in March:

- Average Minimum Temperature -1°C (32.5°F)
- Average Maximum Temperature 8°C (46.4°F)
- Average Number of Days of Rain 12 days
- Average hours of sunshine per day 4,9 hours
- Average Relative Humidity 78%

WiFi: Toruń offers free public WiFi around the city area.

Smoking: Smoking is banned in all indoor areas of pubs, bars and clubs in Toruń. Smoking bans apply in outdoor eating areas, where people eat and/or drink sitting at tables (e.g. restaurants, cafes, delis, lunch-bars and hotels). Smoking is also not permitted in taxis, rental cars or public transportation.

Driving: Visitors to Toruń may drive on a valid overseas driver's licence for the same class of vehicle. Vehicles travel on the right-hand side of the road and the wearing of seat belts is compulsory for all passengers. It is illegal to call or write text messages on a cell/mobile phone driving.

Alcohol Laws: There are strict laws regarding alcohol consumption in Toruń. It is recommended not to drive after you drink alcohol.

Sanitation: Toilet paper should be flushed away.

Some helpful words

English	German	Spanish	Italian	French	Polish
Good morning	Guten Morgen	Buenos días	Buongiorno	Bonjour	Dzień dobry
Good evening	Guten Abend	Buenas noches	Buonasera	Bonsoir	Dobry wieczór
Bye/Good bye	Tschüss/Auf Wiedersehen	Adiós	Arrivederci	Au revoir	Do widzenia
Hello	Hallo	Hola	Ciao	Salut	Cześć
Please	Bitte	Por favor	Per favore	S'il vous plait	Proszę
Thank you	Danke	Gracias	Grazie	Merci	Dziękuję
Can you help me?	Können Sie mir helfen?	¿Puedes ayudarme?	Mi potete aiutare?	Pouvez-vous m'aider?	Czy możesz mi pomóc?
A beer, please	Ein Bier, bitte	Una cerveza, por favor	Una birra per favore	Une bière, s'il vous plait	Poproszę piwo

General Schedule

Friday (15 March 2024)

- Opening of TIC for Registration and Accreditation (see details under “Technical Information Centre”)

Saturday (16 March 2024)

- Opening Ceremony - Sports Hall Arena Toruń (See details under “Ceremonies and Awards”)
- Officials Briefing
- First Team Manager Meeting (See details under “Technical Information Centre”)

Sunday-Saturday (17-23 March 2024)

- Competition (See schedule under “Competition Procedure”)

Saturday (23 March 2024)

- European Masters Marathon Championships
- Last day of Competition
- Closing Ceremony

(See details under “Ceremonies and Awards”)

PLACE OF THE EVENT

Competition Venues



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



ARENA TORUŃ

(Indoor Stadium, Toruń, 73-89 Gen. J. Bema Street) This venue is 2km from City Centre and can be accessed by walking (20 minutes, or by public transport or taxis).

All functions for operation of the EMA Indoor Championships are located in this building including a Restaurant and Bar

- TIC for registration and accreditation of all persons, confirmation of events for athletes and uniform collection for Technical Officials
- Technical Officials Briefing Saturday 16 March
- Opening Ceremony - Saturday 16 March
- Indoor Competition - 17-23 March
- Closing Ceremony - Saturday 23 March

Facilities

- 6-lane 200m banked track and 8 lanes for 60m and 60m hurdles races
- 2 high jump, 1 pole vault, 1 long jump, 1 triple jump sites

Warm-up Area

- hurdles, 1 long jump, 1 triple jump sites - when not used in competition
- gym - no cost



Main Stadium and Throws Arena

Outdoor Stadium 500m from ARENA Toruń Sports Hall

- Javelin, Discus Throw, Hammer Throw, Weight Throw



RUDELKA PARK

- 8km and 6km Cross Country - Tuesday
19 March



5km Road Race Walk

- Bema Street - Friday 22 March

Marathon

- two laps course with the start in the Bema Street and finish at the Main Stadium - Saturday 23 March



See the map of each competition venue and the program schedule in the Appendix. Change rooms with showers and toilets are available at Arena Toruń and Main Stadium.

Transport

Toruń has excellent road connections. There is also good access from airports in Bydgoszcz, Poznań, Gdańsk and Warsaw.

Airport to Toruń City Centre

Ratuszanka, in partnership with Toruń LOC can offer transfers to and from Toruń from airports at:

Warszawa Okęcie	€45
Poznań	€40
Gdańsk	€40
Bydgoszcz	€25

On arrival at the airport, athletes will find a person waiting with a board with Championship logo. Report to this person and you will be directed to the waiting bus which will take everyone to the hotel you have booked. The price of the ticket is per person one way and includes standard airplane luggage. Refer to their website <https://torunsport.pl> for further information and order procedure. Contact email: office@torunsport.pl.

Transport to the Competition Venues

All competition will take place in the main Indoor Sports Hall Arena Toruń, the main Outdoor Stadium or along routes directly surrounding the main hall which is located 2 km from the city centre. Venues can be reached:

- on foot – approximately 20 minutes
- by local bus – free for accredited athletes, accompanying persons and supporting personnel
- by taxi – the cost is approximately EUR 6.00

Toruń has a very extensive public transport network. There are dozens of bus lines and several tram lines. Rail is also a convenient mean of transport inside the town. In town there are also 44 taxi stalls. A taxi ride within the administrative boundaries of the city costs approximately €2 plus €0,5 for every kilometre.

Transport costs in Toruń are your own responsibility until you have collected your registration package at the Technical Information Centre, Arena Toruń.

Once athletes are accredited, they will be provided with an accreditation card which will allow them to use means of public transportation free during their participation in the Championship. This card is personal and non-transferable. Important: **free transport is offered from Saturday 16 March till Saturday 23 March.**

Parking at Competition Venues

There are paid parking lots near each competition site and paid underground parking at the Arena. Parking outside designated areas for this purpose is prohibited and you may be fined.

Technical Information Centre (TIC)

Location

The Technical Information Centre (TIC) will be located at the Indoor Sports Hall ARENA Toruń. The Entry Hall of the Indoor Stadium will be used for accreditation and the confirmation process for events.

TIC Operating Hours

TIC will operate from one (1) hour before the first event to one (1) hour after the last event. The layout design for the TIC can be found in the Appendix.

Team Managers Office

The Team Managers' Office will be located at ARENA Toruń. The first Team Managers' meeting will be held Saturday 16 March at 15:30 at Arena Toruń.

On competition days from Monday 18 March, Team Managers' meetings will be held from 09:00 at Arena Toruń in a conference room on the 3rd floor of the Hotel Meeting. There will be no Team Manager's meeting on the last day of competition Saturday March 23rd.

All questions must be submitted on the team manager's form by 19:00, at the TIC.

Reports from the daily Team Managers' meetings will be posted on the EMACI 2024 website.

Officials Briefings

A Briefing for ALL Officials will be held in a conference room on the 3rd floor of the Hotel Meeting at ARENA Toruń, from 14:00-15:00 on Saturday March 16th. Officials will collect their accreditation passes and uniforms at ARENA Toruń prior to the Briefing.

Accreditation

The Accreditation Centre will operate during the following hours:

Non-Competition days:

Friday 15 March 12:00 – 20:00

Saturday 16 March 08:00 – 21:00

Competition days:

Sunday - Friday (17-22 March) 08:00 – 21:00

Saturday 23 March 07:00 – till the end of last event

Registration Pack and Accreditation Pass Collection

All registered athletes, officials, accompanying persons and supporting personnel must collect their registration pack from the accreditation area at ARENA Toruń during operating hours. The registration pack will include an accreditation pass, competition handbook (if ordered) and competition numbers (bibs) with pins.

Steps to Compete

Step 1. Visit the Accreditation area at the Indoor Stadium ARENA Toruń to obtain your bibs and accreditation before competing.

Step 2. Athletes must confirm by 18:00 the day before they will compete except for Marathon which requires no confirmation. (A Confirmation Receipt will be provided at confirmation).

Step 3. There are two Call Rooms. One for all events in the Arena (number 8 on map page 50). For all events in the Main Stadium and throws arena the Call Room is in the Main Stadium, in the corridor overlooking the pitch, see diagram on page 55. Call rooms for non-stadia events are at the start of the event - see maps.

Accreditation Passes

Accreditation is a process designed to ensure that Toruń 2024 participants and guests are provided with the appropriate level of physical access to all Toruń venues and areas.

All registered athletes, accompanying persons and supporting personnel (e.g. media, medical staff, and team managers) will receive an event accreditation pass upon registering at the accreditation area. To collect their accreditation pass, registered athletes, accompanying persons and supporting personnel must present a passport or other government-issued identification (with picture included). Team managers are permitted to collect the accreditation of an athlete and make confirmation of events for an athlete.

The accreditation pass is only valid for the person to whom it is issued and cannot be transferred or sold. This Toruń 2024 accreditation pass should be displayed at all times in the designated Toruń 2024 venues/areas, except when athletes are competing.

The color coding on each pass determines the access privileges provided to the person.

Control points will be managed by contracted security, volunteers or staff. Access to the competition areas at each venue will be restricted to those with a valid reason and appropriate accreditation pass.

If a person violates the access control rules, the contracted security personnel will hold that person until a resolution is determined (e.g. revocation of accreditation).

Accreditation for Supporting Personnel

The team managers' accreditation pass will allow them access to the team manager meetings and team managers' office.

A medical staff accreditation pass will be issued to registered team sports medicine professionals (eg team physiotherapists). Suitable space will be dedicated to these services at competition venues.

Registered and accredited media (e.g. journalists, photographers, videographers etc.) will have access to a dedicated 'media zone'. See Media section for further information.

Lost or damaged accreditation passes

A replacement for a lost or damaged accreditation pass can be purchased from the LOC Office at the Arena for 20€.

Sales

The following items/services will be available for purchase within the TIC:

- Results Diploma (Certificate) €2 (PLN 10)
- Replacement of accreditation passes €20 (PLN 90)
- Individual results €2 (PLN 10)
- Replacement of competition numbers (bibs) €10 (PLN 50)

Athletes can pay by cash or a credit/debit card.

TIC

The following services will be available within the TIC:

- Schedule changes
- Distribution and receipt of relay entry forms
- Distribution and receipt of team forms for Cross-Country, Marathon and 5 km Race Walk (before 17:00 of the day before the competition)
- Team Manager meeting room bookings
- Distribution and receipt of Team Manager meeting question forms (deadline 19:00)
- Processing of appeals (receipt and return of appeal forms)

Information

The information boards within ARENA Toruń will display:

- General event information (e.g. transport)
- Changes for competition times, if required due to unforeseen circumstances

Language Services

As the LOC in Toruń will welcome guests from many different countries, providing language services is vital to ensuring a high level of customer service. The four (4) official languages of the event are:

- English
- Spanish
- German
- French

Volunteers with these and other language skills will be available at the TIC.

Security

General Information

The safety and security of all Toruń 2024 guests is an event priority. Contracted security guards and volunteers will maintain the security of all competition venues during the day and overnight.

Should you witness any incidents relating to security, please bring them to the attention of event staff or the closest security guard as a matter of priority. It is important to report every incident, suspected or real, to enable decision makers to take action to protect all Toruń 2024 guests.

Prohibited Items and Practices

The following items and practices are prohibited at Toruń 2024 competition and event venues:

- Glass objects
- Explosive devices
- Weapons
- Large banners, or banners with commercial messages or offensive references/ language
- Use, possession and supply of Illicit drugs
- Unlawful use, unlawful possession and unlawful supply of prescription drugs
- Smoking
- The distribution of flyers or any materials not approved by Toruń 2024 LOC, whether for the purposes of promotion or any other communication
- Unauthorised tables or stands of retail business, trade, political and/or religious groups
- Items or practices forbidden by law in Poland

Bag Searches

Bag searches may be conducted upon entry to all competition and event venues. Should Toruń 2024 guests be found in possession of any prohibited items as detailed or found engaging or likely to engage in any unlawful, criminal and or antisocial behaviour, contracted security personnel will have the right and authority to deny offending persons access to or to remove them from competition and event venues.

Secure Bag Drop

A secure bag drop facility for athletes will be available at all competition venues.

General Advice

- Limit the amount of cash you carry with you.
- Keep a copy of your passport, traveller's cheques and credit card numbers separate from your wallet and your money.

Lost Property

Items found during the event will be stored at each venue, until close of competition. Each night, lost property will be transported to the Accreditation Centre at ARENA Toruń. To recover any lost items, either visit the venue information desk or the service desk within the Accreditation Centre.

Ceremonies and Events

Welcoming Ceremony

All competitors, officials and supporters are invited to attend the official Welcoming Ceremony. Key details are as follows:

Date: Saturday 16 March 2024

Time: starts at 18:00

Location: ARENA Toruń

Transport: Bus, private car

Program includes:

- Team parade
- Official speeches
- Officials' and Athletes' oath
- Arrival of European Masters Athletics flag
- Entertainment

Athletes involved in the team parade (max 20 athletes + 5 athletes for every 100 registered athletes per one country, for example, a team of 150 athletes has a limit of 25) will be required to arrive and check-in in the Warming Up area before 17:30. The Athletes and Volunteers Parade will commence at 18:00. Each country will be placed in alphabetical order with Poland being the final team to march in.

Athlete's Party

Due to the outstanding number of entries for Toruń, scheduling the events means there is no evening available to hold an Athlete's Party.

Farewell Ceremony

All competitors, officials and supporters are invited to attend the official Farewell Ceremony. Key details are as follows:

Date: Saturday 23 March 2024

Time: After the relays 4x200m but before mixed relays

Location: ARENA Toruń

Program includes:

- Official speeches
- European Masters Athletics flag handover to the next organiser (if already awarded).

Medal Ceremonies

Medals will be presented at ARENA Toruń on the same day as the event, including all non-stadia competition.

Medal ceremonies will generally be conducted after results have been posted at the end of the event. Athletes are requested to attend the medal ceremony in an outfit representative of their country.

During the medal ceremony, the athletes will stand on the dais, medals and diplomas will be presented to each athlete (first, second and third) and the first place winner's national anthem will be played.

A medal ceremony may be delayed if there is an appeal with regard to the results.

Appeals must be lodged at the TIC at the Sports Hall Arena Toruń (see "Protest and Appeals").

Where an appeal has been lodged, the medal presentation will be held over until the final result has been declared.

Medal Collection

Should an athlete not attend the medal ceremony area at the time of the ceremony they may collect the medal from the medal ceremony desk located close to the medal ceremony area until the end of the Championships. Team managers are also permitted to collect medals on behalf of their athletes.

Engraving

Medal engraving is available within the ARENA Toruń sports hall.

Medical Services

Emergency Numbers

112 - Emergency

986 - Municipal Police

997 - National Police

998 - Fire Service

999 - Ambulance Service

First Aid

First aid services will be provided by qualified first-aid staff from NZOZ "RATUJ" at all competition and event venues. These staff are skilled in case of emergency. Maps and signage indicating first aid locations will be displayed at all venues.

Staff will offer basic first aid and transportation to a hospital if further care is deemed necessary.

Any health care services provided outside of these first aid facilities will be at a cost to the individual, including the cost of all health, medical, hospital and associated resources and services.

Health Advice

All international visitors are strongly advised to obtain travel insurance, including medical coverage, prior to arriving in Poland.

It is recommended that athletes and other tourists obtain any required vaccinations and check that their medical insurance covers travel and accidents in Poland.

Hospitals

- Wojewódzki Szpital Zespolony im. L. Rydygiera w Toruniu, 53-59 Świętego Józefa Street, Toruń
- Specjalistyczny Szpital Miejski w Toruniu, 17/19 Stefana Batorego Street, Toruń

Physiotherapy Service

In ARENA Toruń, the LOC will provide a dedicated physiotherapy area where accredited physiotherapists who are supporting their country's team can install their massage tables.

The LOC will also provide physiotherapy services in ARENA Toruń, for those countries which do not have their own support staff. To obtain treatment athletes will need to register.

Catering

A variety of food and drink outlets will be available at ARENA Toruń (see the plan in appendix).

WiFi – Internet Access

Complimentary WiFi internet access will be available in Arena Toruń.

Photography

The official event photographer will provide a professional photography service. Photos from the event (high-quality print) will be available for purchase in the store located on the 1st floor of ARENA Toruń and online (only file - www.emaci.zalamo.pl) during and after the event.



The official photographer will have exclusive access to the field of play, with the exception of accredited media. Official photographers will be required to wear an official photographer bib at all times whilst on duty.

Merchandise

Championship merchandise will be available for sale during the event in ARENA Toruń.

Media

Media Enquiries

For interviews or comments on matters other than their individual performances, athletes should refer these requests to the Toruń 2024 Media Manager located at ARENA Toruń, Zdzisław Raczyński. This process will ensure the accuracy of the information and help to maintain good relationships with the media. Volunteers should not give any interviews or appear in any promotions, advertisements or endorsements, without the prior consent of the Toruń 2024 LOC.

Media Access

All media representatives attending EMACI Toruń 2024 MUST be accredited.

The media accreditation pass will provide access to spectator and dedicated media zones within a venue. Media zones include media viewing and work areas at competition and event venues, as well as the Media Centre.

Accredited media will have the opportunity to book field of play opportunities at the Media Centre. Spaces are limited, and early bookings are encouraged.

To access the field of play, accredited media must have made a booking, be wearing a media bib (sourced from the Media Centre) and be escorted by a media volunteer.

Media Centre

All accredited media will have access to the dedicated media facilities within the Media Centre, located at ARENA Toruń. Presentation of their accreditation pass is required for access.

The Media Centre will be open at the following times: 10:00-22:00

Media kits, WiFi, computer and printing facilities will be available within the Media Centre.

Entries and Confirmation

Final Entries

Refer to organisation's website: www.emaci2024.com

Confirmation of Entries

Athletes **MUST** confirm their participation for each event entered, except for the marathon, by 18:00 the day before an event.

The Confirmation Desk will be located in the Accreditation area at ARENA Toruń during the hours shown below.

Non-Competition days:

Friday 15 March 12:00 – 20:00

Saturday 16 March 08:00 – 21:00

Competition days:

Sunday - Friday (17-22 March) 08:00 – 21:00

Change of Events

Participants are **NOT** allowed to change or add events. Athletes may only cancel their event/s, for which they were registered. They cannot take the place of another athlete in an event. In the case of non-compliance with these rules, the athlete may be disqualified from the entire competition.

Warm Up areas

In the Arena the only warm-up area is listed as number 5 on the map and is only to be used to warm-up to just before your event. Last warm-up is in the venue of your event.

Torun moves!



For nearly 800 years Torun falls in the memory of anyone who had ever got a chance to know its unique character.

Torun is one of the most beautiful and most frequently visited tourist destinations in Poland. The main magnet attracting annually almost 2,3 million visitors from all over the world is the Medieval Old Town quarter which has been a UNESCO World Heritage Site.

Torun 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.

Torun is a city which is always on the way! The journey from the city center to the airport in Bydgoszcz takes only 45 minutes. The international airport in Gdańsk is only a 100 -minute drive away. In Torun one can use the well-developed network of the public transport or...take a pleasant walk as most of the attractions are situated within the green and mostly-pedestrianised Old Town. If one considers a grand place to stay, Torun has to offer numerous hotels belonging to multinational networks and the smaller ones occupying the historical interiors of the Old Town houses and granaries. They would ensure a comfortable stay and an easy access to all of the city's attractions.





Torun is not only a historical place, but also a city thriving with various up-to-date pursuits. The city has state-of-the-art sports venues where international competitions are regularly held. The city boasts the most modern speedway motor racing stadium in Europe and the impressive sports and concert hall ARENA TORUN, opened in 2014.

Moreover, Torun is keen on academic education. Since 1945 Torun has been the seat of the largest university in northern Poland, which is named after the great astronomer Nicolaus Copernicus. The large number of students gives the city a unique character of a bustling and vibrant academic hub. Fans of science are attracted to Torun by the „Mill of Knowledge” Modernity Center which features interactive exhibitions and installations from the fields of physics, astronomy and natural sciences. Yet another attraction for science buffs is the Planetarium located in the Old Town.

What is more, Torun is a city of numerous festivals and cultural events. One of the most popular events is the acclaimed International Festival of Light BELLA SKYWAY FESTIVAL* during which artists from all over the world present light installations and displays in the historical space of the Old Town. Apart from various museums and galleries, as well as, the exhibitions at the Contemporary Art Center and the JORDANKI Cultural and Convention Center, with their amazing modernist architecture hosts public and private theaters providing highly tasteful entertainment.

Numerous hotels, both those belonging to multinational networks and the smaller ones occupying the historical interiors of the Old Town houses and granaries, ensure a comfortable stay and an easy access to all attractions of the city.

This year marks the 550th 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. A visit to the museum is a unique opportunity to be in a place where young Nicolaus, together with his parents and siblings, spent his childhood and where he probably sometimes ate the famous Toruń gingerbread. It is also a house from the windows of which for the first time in his life he watched the starry sky over the bustling, medieval, rich, merchant Toruń.

For more info:



Training

Arena Toruń

Sunday – Friday - after competition at the main indoor competition area and warm-up area, up to 21:30

Main Stadium

Saturday - 10:00-13:00

Sunday – Friday - after the competition up to 18:00 - depending on the weather conditions

Warm Up for Field Events

There are NO separate warm-up areas for field events. There will be some opportunities for athletes to finalise their warm-up in the competition area.

The gym is available all the time, but not on an exclusive basis.

Equipment and Implements

Use of Official and Personal Implements

The LOC will provide at least three (3) WA implements complying with WA/WMA/EMA specifications for each throwing event.

Personal implements are permitted for competition, provided they have previously been officially checked and certified by the Judge at the competition venue equipment control room. See Main Stadium photograph on page 55. Personal Throwing implements shall only be issued to the specific competition of their owners. Any other competitor in the owner's specific competition has the right to use that equipment if they so wish.

Only metal (outdoor) shot puts and weights will be used for competition.

If your event starts after 10:00, the deadline for certification of personal implements for the Pentathlon and Throws events is two (2) hours before the start of your age group, at the venue of the event. If your event starts before 10:00 the deadline will be one (1) hour before.

Athletes may collect their personal implements at the end of the event from the equipment control room at that venue. Meet implements and personal implements which will be used for the final will go to the final and will be returned at the equipment control room after the final.

Poles

A range of poles will be provided to athletes. Poles will be available for use during competition and must not be taken from the venue, otherwise the athlete will be responsible for cost of replacement.

Athletes wishing to store their poles before the competition must bring them to the warm-up area (number 5 on page 50). The LOC is not responsible for athlete's pole vault poles. A competitor's personal pole will be delivered to the competition site when required.

Athlete competition poles must be identified with the athlete's bib number.

*Pole vault poles available during the Championships.
The rental fee: PLN 120 (€25)*

No	Length	Manufacturer	Hardness	Flex
1	3,20m	Pacer One	60	30,4
2	3,20m	Pacer One	70	27,7
3	3,35m	Pacer One	70	28,5
4	3,50m	Pacer One	90	27,4
5	3,50m	Pacer One	100	25,4
6	3,65m	Pacer One	90	28,5
7	3,65m	Pacer One	100	26,7
8	3,65m	Pacer One	110	25,5
9	3,65m	Pacer One	120	22,4
10	3,65m	Pacer One	130	20,6
11	3,90m	Pacer One	110	27,0
12	3,90m	Pacer One	120	24,5
13	4,15m	Carbon Fx	130	24,4
14	4,15m	Carbon Fx	135	23,4
15	4,15m	Carbon Fx	140	22,4
16	4,15m	Carbon Fx	145	21,4
17	4,25m	UCS Spirit	140	23,0
18	4,25m	UCS Spirit	145	23,0
19	4,25m	UCS Spirit	145	22,0
20	4,25m	UCS Spirit	150	21,0
21	4,25m	UCS Spirit	150	20,5
22	4,25m	UCS Spirit	155	19,3
23	4,25m	Carbon Fx	135	22,0
24	4,25m	Carbon Fx	140	23,0
25	4,25m	Carbon Fx	145	22,6
26	4,25m	Carbon Fx	145	22,0
27	4,25m	Carbon Fx	150	21,0
28	4,25m	Carbon Fx	155	20,2
29	4,25m	Carbon Fx	160	19,6
30	4,25m	Carbon Fx	160	19,0
31	4,40m	Carbon Fx	130	26,0
32	4,40m	Carbon Fx	135	25,0
33	4,40m	Carbon Fx	140	24,0
34	4,40m	Carbon Fx	145	23,0
35	4,40m	Carbon Fx	145	22,5
36	4,40m	Carbon Fx	150	21,5
37	4,40m	Carbon Fx	155	21,0
38	4,40m	Carbon Fx	155	20,5

Competition Procedures

Rules of Competition

The European Masters Athletics Championships are governed by the WMA/EMA Rules of Competition and the technical rules of the WA/WMA. The WMA/EMA Rules of Competition are available online at www.european-masters-athletics.org.

Call Room Procedures

Athletes must report to the Call Room at the latest at the times shown below:

Event	Call Room (minutes before event)
All Track Events	20
All Indoor field events, except pole vault and high jump	30
Pole Vault	60
High Jump	35
Discus/Javelin/Hammer	30
Pentathlon (first event)	20
Non-Stadia Events	30

Once athletes have reported to the Call Room, they will not be permitted to leave. All necessary information concerning the competition will be provided to the athletes in the Call Room. The Call Room officials will verify the accreditation, competition number, uniform, shoes and personal effects of the athletes. All athletes will be escorted from the Call Room to the competition area. Athletes wishing to use their own poles must arrange with the Call Room to have their poles delivered to the pole vault venue before their event.

Non-Stadia

For ALL non-stadia events, athletes must report to the Call Room on site at least 30 minutes prior to the event start time.

Languages

Polish and English will be the primary languages spoken in all Toruń 2024 Call Rooms. French and German speaking officials may also be available. If necessary, athletes may report to the Call Room with an accredited translator.

Uniform

In EMA Championships, all athletes MUST wear a competition top that is approved by their national Masters Member. In EMA Championships where team events are contested, or where an athlete does not have an affiliate Masters Member, it is mandatory to wear a uniform clearly identifying the country that he /she represents in order to be accepted by the Call Room Referee or the EMA Technical Delegate.

A club singlet or vest is not acceptable. All advertising on the uniforms of the athletes during the competition and the awards will be in accordance with the rules of the WA and EMA regarding the size and content.

Competition Numbers (Bibs)

All athletes will receive three bibs and twelve (12) pins in their registration pack, which must be collected from the Accreditation Centre.

In all competition, the athlete must wear two bibs, properly attached to their competition top, with one bib on the front and one on the back. The exception is for jumps and throws, where the bib may be placed on the front or back or both.

The bibs must not be cut, bent or otherwise modified, under penalty of disqualification.

In relay events, athletes wear their own competition bibs.

Any replacement bib will be charged at a fee of 10€. Replacement bibs can be purchased at the TIC.

Timing Chips Arena

3000m and 3000m Race Walk timing chips (to be attached to athlete shoe) will be distributed to athletes before each of these distance races in the Arena Call Room and must be returned at the end of each race at the finish line.

Timing Chips Non-Stadia

Timing chips (to be attached to athlete shoe) must be picked up from 2,5 hours to 30 minutes before the start of each race in the Call Room. They must be returned to the volunteers at the end of each race. There will be a penalty of 10€ for not returning.

Competition Site Exit Procedures

In the high jump and pole vault events, athletes are permitted to leave the competition area after they have been eliminated.

In the Pentathlon, athletes will leave the track after the event, with a Judge. There will be toilets available for athletes during the championship, but it is necessary to be accompanied by a Judge or a technical assistant to use the toilets during the competition.

All athletes must leave the competition area and proceed through the post-event area where track athletes will collect their personal belongings.

Display of Results

The results will be displayed at each competition venue where the events are conducted. Results will also be available on the website at emaci2024.com under “results”. A hard copy of individual results will be available for sale at the TIC.

Personal Items

Athletes are not allowed to take into or use in the competition area tape recorders, radios, cell/mobile phones, cameras or any other electronic devices. These items will be confiscated and may be recovered in the post event control room at the end of the event. Any advertising on the uniforms or bags of athletes must be in accordance with WA rules. Every item not in accordance with these rules will be confiscated and returned at the end of the competition.

Spikes and Shoes

The call room staff will be responsible for checking of legality of shoes (according to the World Athletics approved shoe list) as well as spikes on the athletes’ shoes. EMA rules state that shoe’s for competition must have a maximum sole depth of 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm). The maximum length spikes for Indoor events will be 6mm.

Seeding for Heats (Ranking)

There may be heats for running/hurdling events with several rounds from the 60m up to and including the 1500m, and athletes will be assigned to heats according to the time provided with their entry.

For events with several rounds, the first round (Heats) will always be conducted at the scheduled time listed in this book. If a round needs to be cancelled because of withdrawals, the middle round (Semis) will be cancelled. Finals will always be conducted at finals time.

For longer races with direct finals, athletes will be seeded (ranked) and placed into separate sections based on their time. The slower section (Group B) will be conducted first. The final results will take into account all finals and will rank the athletes by time.

Advancement Procedure

See Appendix.

Competition Schedule

The Competition Schedule by day and by site is provided in the Appendix or is available on the website: emaci2024.com

Schedule Changes

Any change to the competition program will be discussed during the daily Team Managers and technical meetings and/or through an official notice displayed on the official information boards at each venue and on the country boards in the Arena.

The changes will also be posted on the information boards at each venue. No event will start earlier than the scheduled time on the program.

Timing and Performance Measurement

Results and Records

The EMA Records Officer automatically records the European records broken during the championships.

For enquiries about national records, athletes should contact their team manager.

Post-Competition Procedures

Results for each venue will be posted at that competition site. All certified final results will be posted on-line on the website emaci2024.com.

Protests and Appeals

Protests and appeals must be made in compliance with the rules of the WA WMA and EMA as modified below.

Results will be displayed at each competition venue. A Protest is an immediate disagreement about any aspect of any event. An appeal is a disagreement with a Referees' decision about a Protest. There cannot be an Appeal without a Protest being held and a Referee decision.

Protests

Protests concerning the status of an athlete to participate in the championships must be made to the Competition Director, prior to the commencement of the competition. Should the matter not be settled satisfactorily before the start of the event, the athlete shall be allowed to compete "under protest". The problem will then be referred to the EMA Delegate for a final decision.

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The Officials and the Organisers of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded. Any protest shall be made orally to the Referee by an athlete, by someone acting on their behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which

a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which they think necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury of Appeal. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to them through the Technical Information Centre.

Appeals

If the athlete does not agree with a decision made by the Referee, the athlete or their Team manager may then make a written appeal to the Jury of Appeal.

An appeal to the Jury of Appeal must be made within 30 minutes:

- of the official announcement of the amended result of an event arising from the decision made by the Referee;
- or of the advice being given to those making the protest, where there is no amendment of any result.

The Appeal shall be in writing using the form provided for this purpose. The forms can be requested from the TIC. The form should be signed by the team manager, the athlete or official acting on behalf of the athlete concerned.

A deposit of 100€ will be required to confirm the appeal. If the appeal is not upheld, the deposit of 100€ will not be returned.

An appeal can only be lodged at the TIC. The Jury of Appeal shall issue a written decision. The decision will be available at the TIC.

Starting Blocks and Starter's Commands

Starting blocks are not mandatory, but only starting blocks provided by the LOC will be allowed.

Starter's Commands

In accordance with WA rules, the starter will give the commands in English.

For races up to and including 400m and 4x200m relays, the commands will be:

- "On your marks"
- "Set"
- Electronic Gun / Pistol

For races from 800m, the commands will be:

- "On your marks"
- Electronic Gun / Pistol

False Starts

For running events, any athlete who makes a false start will be warned with a yellow/black card. Athletes who commit two false starts will be notified by a red/black card and will be eliminated from the competition. This rule also applies to Combined Events.

Composition of Finals

See race advancement procedure tables in the Appendix. For races longer than 1500m, there will be direct finals.

Lap Timing and Counting

For the 3000m track races, lap counting is done automatically by the electronic transponder system. There will also be a manual (human) backup system, in which lap counters and judges keep track of the progression of the athletes. The chip issued in the Call Room for the 3000m is attached to the athlete's shoe and must be returned at the finish line upon the completion of your race.

The Chip for Non-Stadia events, issued in the Call Room, is attached to the athlete's shoe and must be returned at the finish line upon the completion of your race.

Track Relay

For this Indoor championship, athletes have the opportunity to compete in **TWO** Track Relay events

1. **4 x 200m Relay** (Men and Women, separate events in each age group)
2. **4x 200m Mixed Relay** (two males, two females in each age group)

Athletes can compete in both the Mixed Relay and the traditional 4 x 200m Relay.

All runners must have been entered in an individual event and must wear their own bibs.

Entries for teams in both Relays must be made using the official form available from the TIC. The Team Manager must hand in the completed form to the TIC before the deadline for each relay.

The 4 x 200m relay entry forms are due before 15:00 Friday 22 March 2024.

Any changes to the running order, or the alternates listed on the relays form can be submitted by the Team Manager at the TIC up until two (2) hours before the event start, but no new relay teams or names will be accepted.

For both relays, only one team entry in each 5-year age group will be accepted from each country.

One team member must be from the entered age group, the other team members may be in the same age group or from an older age group. An athlete can compete for only one age group in the relay.

On the form, the team manager must list the names of four (4) members of the team and, if the team wishes to use substitutes (alternates or reserves), then up to three (3) substitutes must also be listed. The names submitted on the form should show the composition of the relays and the order of running.

For the mixed relays EMA will allow the 4 athletes to compete in the following order: man/woman/man/woman.

Any change to the final running order (using only the runners names submitted on the relay entry form) must be made at the TIC no later than two (2) hours before the event start. In case of a certified last-minute injury, the Call Room Referee has the authority to approve a listed substitute.

Affiliates who do not have a team manager should submit their forms directly to the TIC.

Field Events

Vertical Jumps

All vertical jump events will be direct finals. There will be no qualifying rounds.

For high jump and pole vault, both feet must be off the ground during the jump. Athletes are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the field judge.

For competitions where age categories are mixed, the winner of each age group may request a special height not in usual bar heights normal progression. The other competitors will not be allowed to jump at this special height but will resume the competition at the next official height.

Starting Heights and Progression in the Competition

The starting heights and progression through the competition are detailed in the Appendix. The competition will NOT start at a height:

- lower than that indicated in appendices
- lower than the equipment permits

Horizontal Jumps and Throws

The event will be conducted as a final. There will be no qualifying rounds. If the entries require 2 or more groups, each athlete will have 3 jumps or throws in their group. Group A will be the athletes with the best submitted marks and compete last. After the completion of all groups, the 8 athletes with the best performances will have a further three trials. The competing order for the last three trials shall be in reverse ranking order recorded after the first three rounds of trials.

Pentathlon

Athletes will only move from one competition area to another as instructed by the Combined Events Referee.

The Referee will be the official source of information for the location and schedule of events.

The Referee will announce the results to the participants at the end of each event.

Depending on the number of declared athletes, several groups of the same age group can be formed.

The starting heights in the vertical jumps are determined by the athletes.

Non-Stadia Events: 5km Road-Race Walking, 8km & 6km Cross Country and Marathon

A Refreshment post will be provided at every venue as stated in the rules of the WA and EMA. Medical staff will be present on the course for each event and at the start and finish lines. Team medals will be awarded for all non-stadia events.

The rules for Non-Stadia Team Scoring are in the WMA/EMA Rules of Competition.

If there are three (3) or more athletes in the same age group from a country, the registration of a team is NOT required. Team awards are based on the combined times of the first three (3) athletes of that country in each age group.

To form a team where a country does not have three (3) athletes in the same age group, all of the WMA/EMA Competition rules listed in rule 13 must be followed, otherwise the team will be disqualified.

The Non-Stadia team registration form is available at the TIC and must be submitted to the TIC at ARENA Toruń before 17:00 on the day before competition for Cross Country, Marathon and 5km Road Race Walk.

Athletes who joined an age group team can only have the right to an individual medal if their own age category is in the race of their composite team.

Toilets and secure baggage area will be available at all non stadia events.

Cross-Country

The Cross-Country events will be held in Rudelka Park near ARENA Toruń. This is a forest venue. The surface is variable: sidewalk, grass, forest paths, hilly terrain. Chip timing will be used.

Races will be conducted in the following categories:

- 6km Cross Country (Male and Female age groups 70 and over)
- 8km Cross Country (Male and Female age groups 35- 65)

Facilities can be used at the Indoor Stadium ARENA Toruń. Portable toilets will be available in the start area and chip timing will be used. As stated in the rules of the WA and WMA/EMA, no personal drinks will be allowed.

Cross Country call room will open at 7am

Results will be available in the area of competition. Awards will be given in the Ceremonies area at ARENA Toruń.

Spectators will have the opportunity to view the race at every lap but must stay off the course.

Road Race Walk Events

Race-walking will be judged by a team of international Race Walk Judges.

Athletes can be disqualified during or after the race. The WA Penalty Zone will not be used in any Masters race walk events.

The road race walk course will be conducted outside the Indoor Stadium and use two lanes of the street. See Appendix for a map of the course. Chip timing will be used.

Country representatives must not in any way interfere with the progress of the race.

Medical staff will be located around the course and near the finish line.

Marathon

The Marathon will start at 10:00. Men and women will start together. The Marathon (two lap) will start in the roadway in front of Arena Toruń and finish at the Main Stadium. See Appendix for a map of the course.

The athletes' personal bags should include the bib number, and will be held in a secure location.

Refreshment tables will be provided as stipulated in the regulations of the WA and WMA/EMA.

Athletes with their own refreshments will leave them at the indicated place at the start line before 9:00. Personal refreshments will be identified by the bib number of the athlete. The athlete must also specify on which refreshment table these are to be placed (number 1, 2 or 4 - see the map).

Personal refreshments will be available on tables specially provided for this purpose.

A maximum of two officials per country may be stationed behind the table to manage the personal refreshments of the athletes competing.

No refreshments to be issued outside the refreshment zone.

Country representatives must not in any way interfere with the progress of the race.

An athlete who receives or collects refreshment or water from a place other than the official stations or takes the refreshment of another athlete, should, for a first such

offence, be warned by the Referee normally by showing a Yellow Card. For a second offence, the Referee shall disqualify the athlete, normally by showing a Red Card.

Limit time for marathon is 6 hours. There will be limit time at the end of the first lap - 3 hours. After 3 hours (first lap) and 6 hours athletes will be listed as DNF.

Participating athletes must not be accompanied by persons on bikes, running or by other means of transport.

Results will be available at the finish area.

Safety Officers

The EMA Council shall appoint a Safety Director who shall have overall responsibility for the safety of athletes competing in the championships, safety aspects at competition venues and generally to ensure the overall safety of all aspects of the competition.

The Safety Director will be supported by a team of Safety Officers appointed by EMA and the LOC.

Safety Officers have the authority to withdraw from competition any athlete whose continued participation in the competition would, in the opinion of the Safety Officers, endanger the athlete's health and/or the safety of the other competitors. The decision to withdraw an athlete from any competition may be exercised by the Safety Director, a Safety Officer or through Deputies appointed to assist the Safety Officers.

Wherever possible the Safety Officers will consult with a Medical representative before taking action to withdraw an athlete from competition.

Safety Officers and any appointed Deputies will be clearly identified.

Withdrawal Procedure

Safety Officers or their appointed Deputies will initially orally speak with the athlete to alert them of safety or health concerns, or, if appropriate, issue a yellow card warning to the athlete. If the concerns continue and a decision is taken to remove the athlete from the competition because of health and or safety reasons, a RED card will be shown to the athlete as well as an oral instruction, advising that the athlete that he has been disqualified. The athlete must then immediately cease to participate in the event and leave the competition area.

ANTI-DOPING PROCEDURES

Anti-doping Control

EMA, through Polish Masters Athletics and the LOC has engaged the services of POLADA to undertake drug testing as part of the EMA Indoor Championships. Drug testing will be conducted under the WA/WMA/EMA Rules that comply with the provisions of the World

Anti-Doping Agency (WADA). Representatives of EMA and POLADA will be supervising the anti-doping operations.

Selection Procedures

The selection of athletes for testing is randomly made and any athlete regardless of their age and sex and the type of event in which they are participating may be chosen. The Procedural Guidelines established by WADA are strictly adhered to in the testing of all athletes.

If you are selected for a test you will be advised of this fact by a drug testing official (DCO or Chaperone) who will be clearly identified and accredited as part of the testing team. You will be informed of your selection to undergo a doping test and the drug testing official will then escort you to the testing control area. All competitors should be aware that the refusal of a test will be deemed the same as a positive doping test.

Testing Procedures

The testing procedure will be fully explained to you by the control Team and you may request information on any matter about the drug testing procedure, during or after completing the required forms. Any queries or complaints should be noted before finally signing the forms.

If you have been granted a Therapeutic Use Exemption (TUE) you should carry a copy of the exemption with you as proof when being tested and provide details on the drug testing form.

Athlete's Rights

An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official (DCO, Chaperone) who advises you of the selection will then remain with you until such time as you are presented at the testing control area.

You may nominate another person (one only) to accompany you to the drug testing process. With the consent of your drug testing official, and at all times in full view of the official, you may:

- Attend a victory ceremony
- Compete in future events
- Receive necessary medical attention;
- Fulfil media commitments
- Warm down (cool off) or recuperate.

Athlete's Responsibilities

It is the athlete's responsibility to ensure that the following is done during the sample collection process:

- You are aware of and comply with the WA/WMA/EMA/WADA doping control regulations
- You comply with the drug testing procedure
- You control the urine sample until it is sealed in the sample collection kit
- The sealed sample collection kit is secured and identified
- All appropriate documentation is accurate, complete and signed

Note: If any part of the drug testing procedure concerns you it is recommended that you record your concern on the drug testing form and notify your Team Manager or Federation.

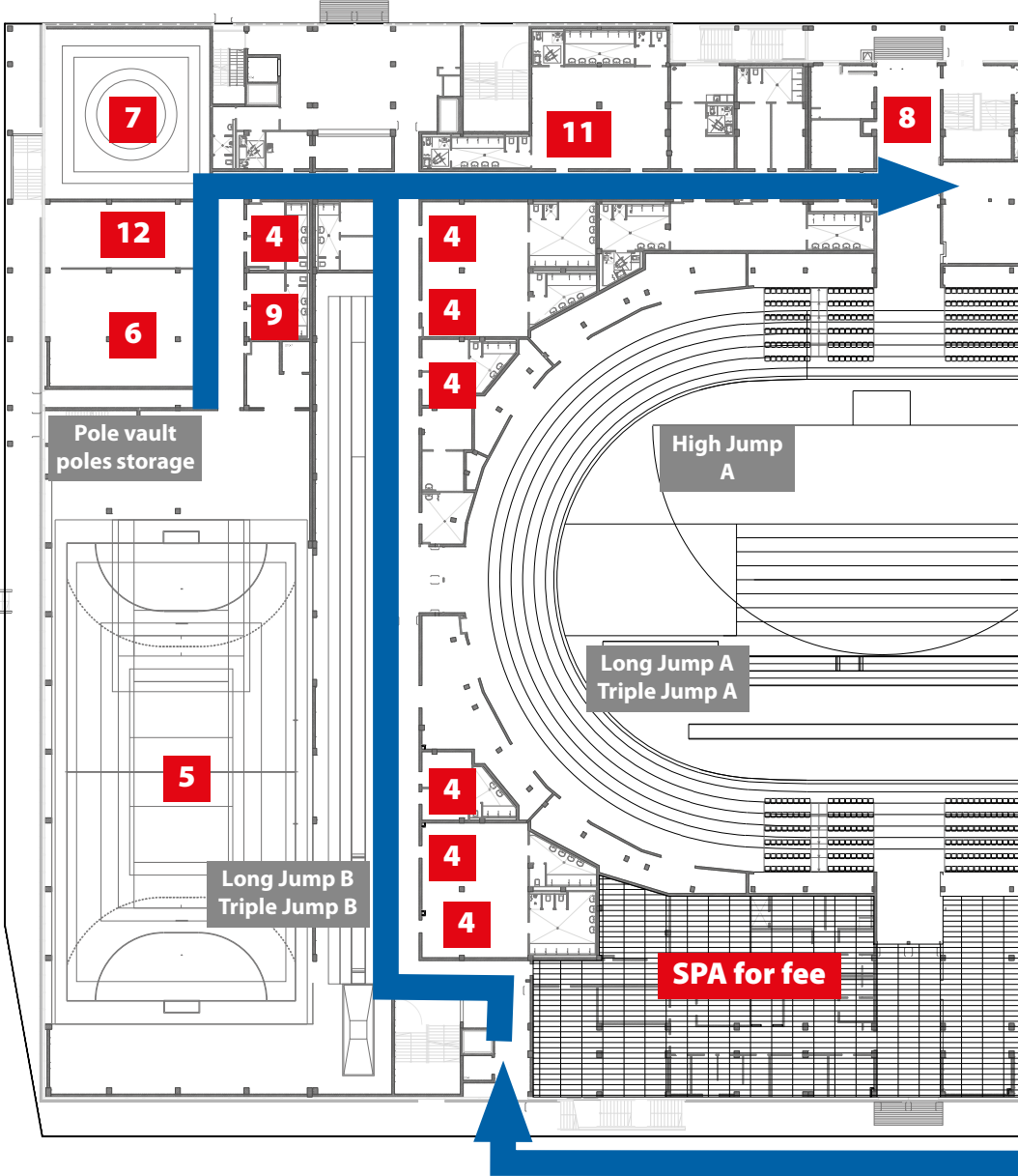
This form should be with you at all times, and should not be given to anyone else.

Venue Maps and Technical Specifications

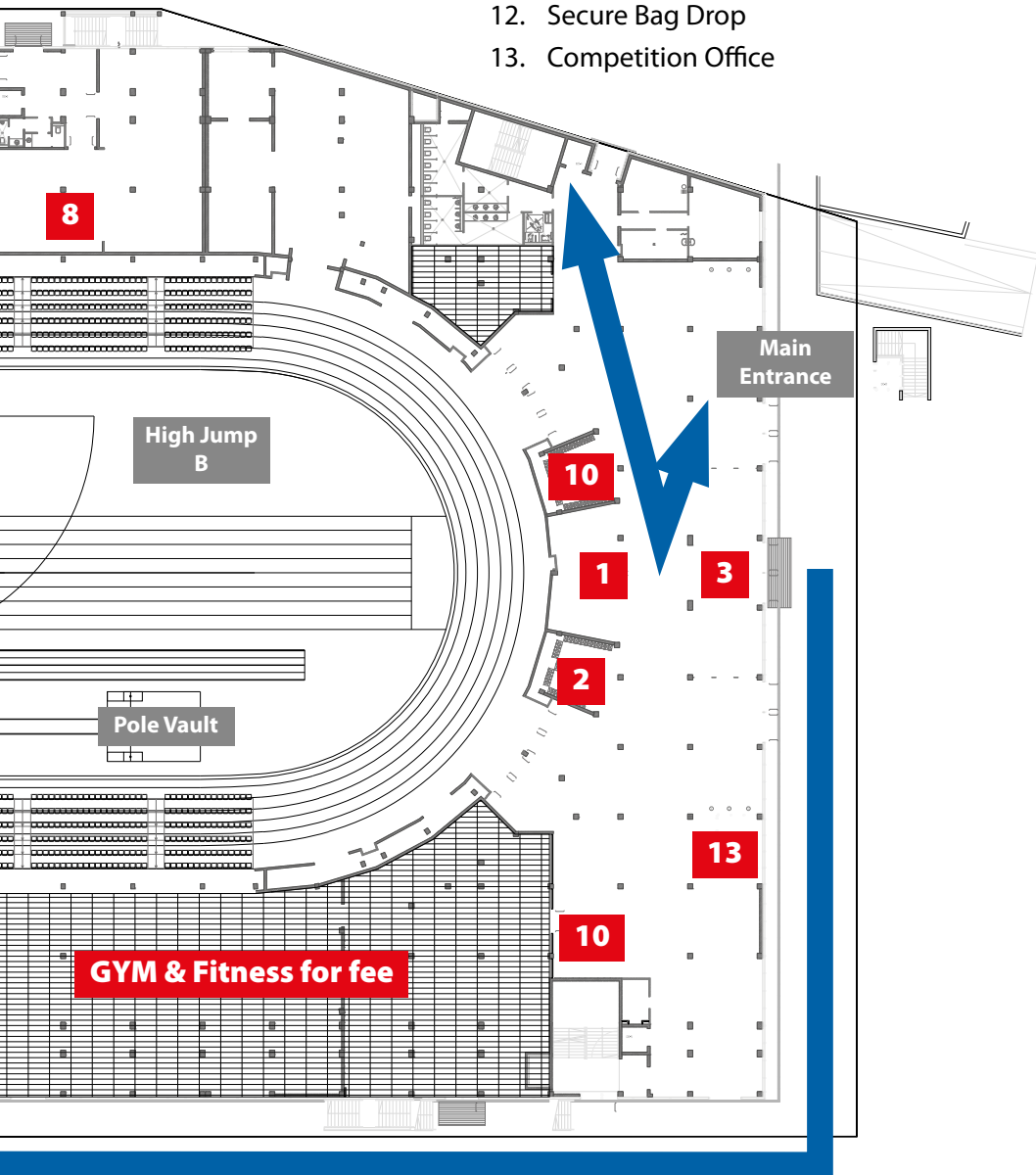
ARENA Toruń

1. Accreditation
2. Confirmation, Printing of diplomas
3. TIC, Competition office

Ground floor



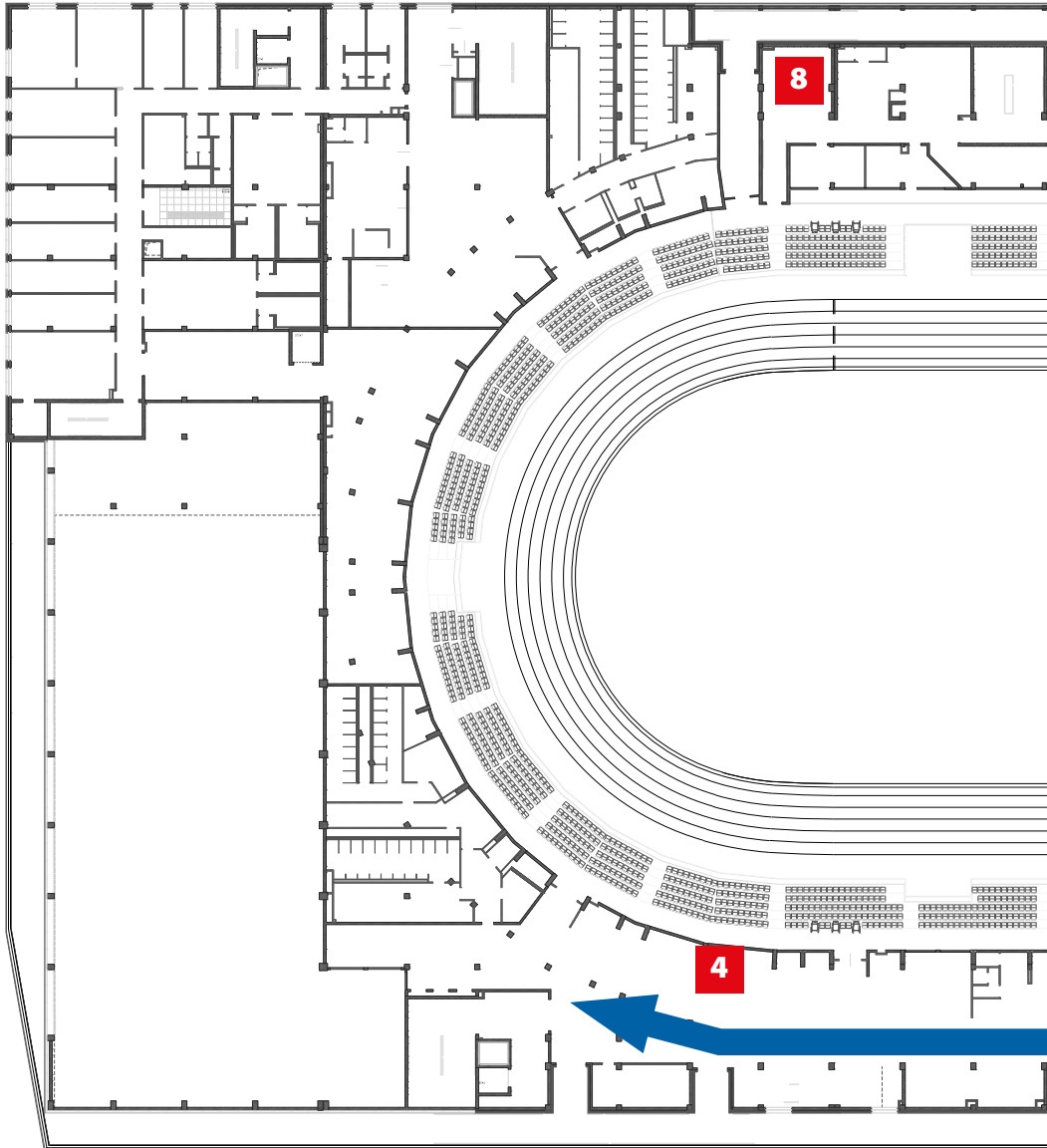
- 4. Changing rooms
- 5. Warming Up
- 6. Gym - no fee
- 7. Athlete Health Research
- 8. Call room
- 9. Antidoping
- 10. Catering
- 11. Massage room
- 12. Secure Bag Drop
- 13. Competition Office



direction of movement of athletes

Layout Maps - First floor

1. Photo service
2. Promotion of the events
3. Trading stands
4. Massage area



Cross Country Map

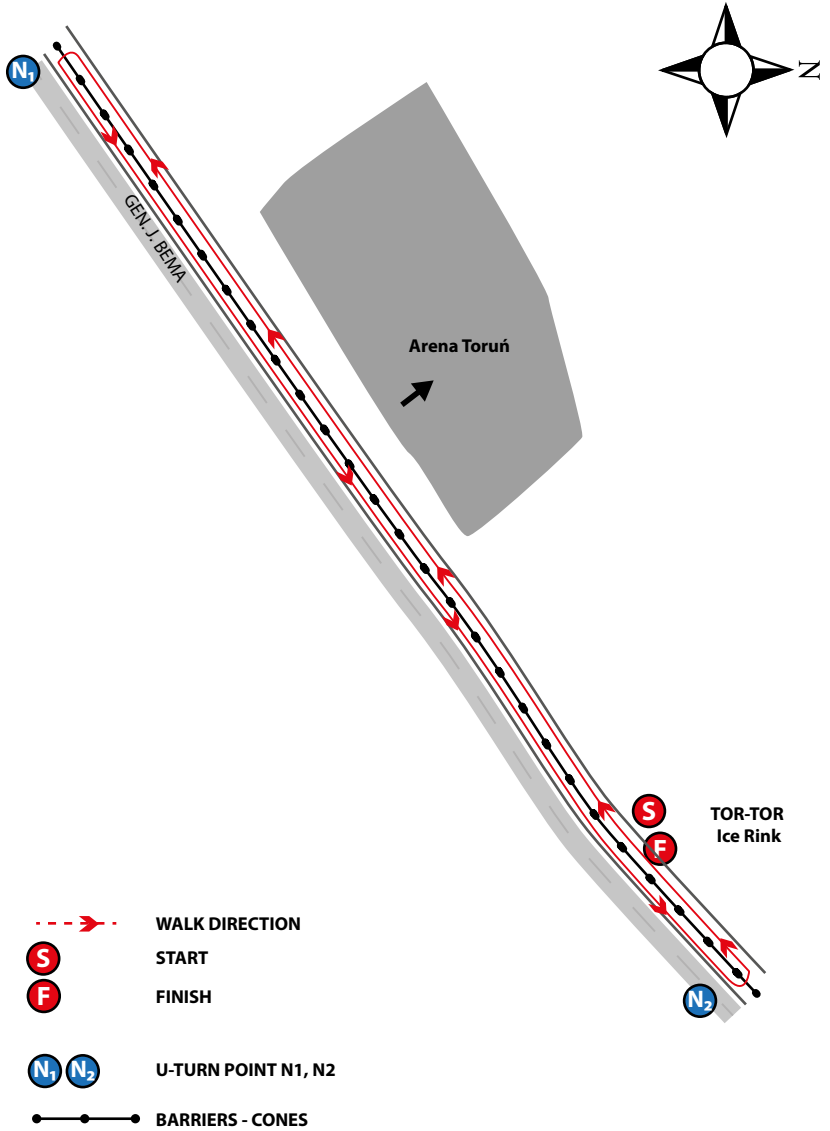
Each lap is 2 km long.

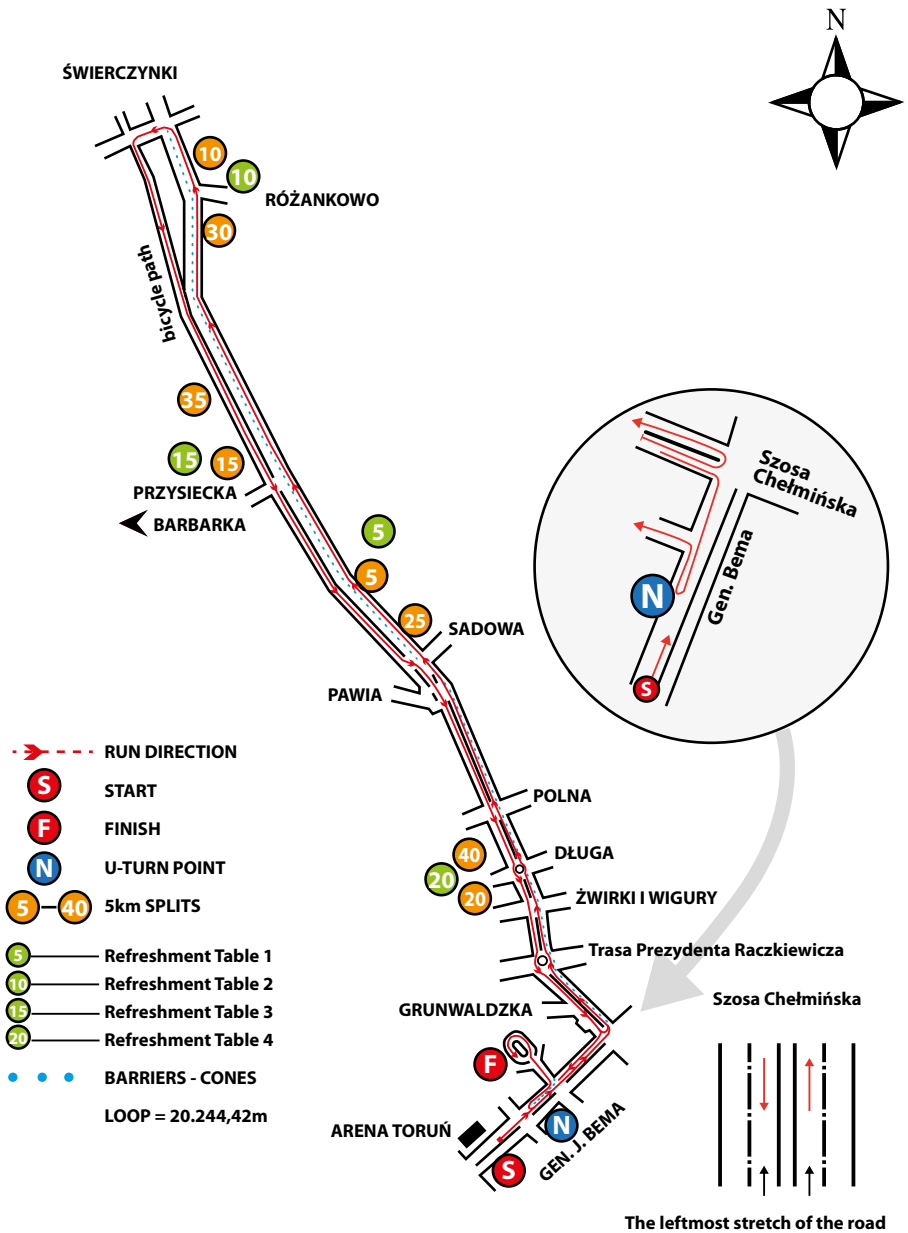




5km Race Walk

Each lap is 1 km long.





EMACI Torun 2024		Sunday 17th	Monday 18th	
60m	Heats		Men	W
	Semifinals			A
	Finals			
200m	Heats			
	Semifinals			
	Finals			
400m	Heats	All		
	Semifinals		All	
	Finals			A
800m	Semifinals			
	Finals			
1500m	Semifinals			
	Finals			
3000m	Finals	All		
60m hurdles	Semifinals			
	Finals			
3000m Walk			Men	W
Cross Country 8 km / 6 km				A
Marathon				
5 km Race Walk				
4x200m	Finals			
4x200m mixed	Finals			
Pentathlon				
Long Jump		W60+	W35-55, M35-40	M
Triple Jump				W
High Jump		Men/W35-65	W70+	
Pole vault				
Shot Put			M35-70	M
Weight throw		M45-60	M75+,	W
Javelin		M65+	W55-60	M
Discus		W35-60	W65+	M
Hammer throw		M35-40	W35-50	

Competition Schedule, General Timetable

Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22st	Saturday 23th
Women				
II				
	All			
		All		
		All		
			All	
II				
	All			
		All		
			All	
				All
			Men	Women
			Men	Women
Women				
II				
				All
			All	
				All
				All
	M35-55	M60+	Women	
45+				
60+	M60+	W35-55	M35-45	M50-55
	Women All	M35-50	M55-70	M75+
75+, W35-60	W65+			
65+, M65-70	W35-60	M35-40,		
45-60	M35-40,	W65+	W35-50	
35-40	M60+	M45-55		
	M45-55	M60+	W55+	

SUNDAY 17th March | Day 1

ARENA TRACK

09:00	400 m	Heats	M70
09:24	400 m	Heats	M65
09:48	400 m	Heats	M60
10:24	400 m	Heats	M55
10:48	400 m	Heats	M50
11:12	400 m	Heats	M45
11:32	400 m	Heats	M40
11:54	400 m	Heats	M35
12:20	3000 m	Final	W70+
13:10	3000 m	Final	W65
13:25	3000 m	Final	W60
13:50	3000 m	Final	W55
14:10	3000 m	Final	W50
14:30	3000 m	Final	W45
14:45	3000 m	Final	W40
15:00	3000 m	Final	W35
15:15	3000 m	Final	M80+
15:45	3000 m	Final	M75
16:15	3000 m	Final	M70
16:40	3000 m	Final B	M65
17:05	3000 m	Final A	M65
17:25	3000 m	Final B	M60
17:45	3000 m	Final A	M60
18:05	3000 m	Final B	M55
18:25	3000 m	Final A	M55
18:40	3000 m	Final B	M50
18:55	3000 m	Final A	M50
19:10	3000 m	Final B	M45
19:25	3000 m	Final A	M45
19:40	3000 m	Final B	M40
19:55	3000 m	Final A	M40
20:10	3000 m	Final B	M35
20:25	3000 m	Final A	M35

ARENA FIELD

Long Jump			
09:00	W60	Final	
10:40	W65	Final	
12:00	W70	Final	
13:25	W75+	Final	

High Jump			
	I		
09:00	M35	Final	
10:25	M40	Final	
11:50	M45	Final	
13:30	M50	Final	
15:00	M55	Final	
16:30	M60	Final	

ARENA FIELD

High Jump		
	II	
09:00	M65	Final
10:45	M70	Final
13:00	M80	Final
14:35	M75	Final
15:50	M85+	Final
17:10	W35	Final

High Jump		
	III	
09:00	W40	Final
10:15	W45	Final
11:30	W50	Final
12:50	W55	Final
14:45	W60	Final
16:15	W65	Final

OUTSIDE THE ARENA

Weight Throw		
09:00	M45	Final
10:30	M50	Final
12:10	M55	Final
13:40	M60	Final

Hammer Throw		
15:20	M35	Final
16:30	M40	Final

Javelin		
09:00	M85+	Final
10:20	M80	Final
11:40	M75	Final
13:00	M70	Final
14:45	M65	Final

Discus		
09:00	W35	Final
10:10	W40	Final
11:25	W45	Final
12:40	W50	Final
14:10	W60	Final
15:20	W55	Final

Monday, March 18. | DAY 2

ARENA TRACK

09:00	60 m	Heats	M70
09:16	60 m	Heats	M65
09:36	60 m	Heats	M60
10:00	60 m	Heats	M55
10:24	60 m	Heats	M50
10:44	60 m	Heats	M45
11:04	60 m	Heats	M40
11:24	60 m	Heats	M35
11:40	3000m RW	Final	M35-45
12:05	3000m RW	Final	M50-55
12:30	3000m RW	Final	M60-65
13:00	3000m RW	Final	M70
13:30	3000m RW	Final	M75+
14:06	400 m	SF	M75
14:18	400 m	SF	M70
14:30	400 m	SF	M65
14:42	400 m	SF	M60
14:54	400 m	SF	M55
15:06	400 m	SF	M50
15:18	400 m	SF	M45
15:30	400 m	SF	M40
15:42	400 m	SF	M35
15:54	400 m	SF	W70
16:06	400 m	SF	W65
16:18	400 m	SF	W60
16:30	400 m	SF	W55
16:48	400 m	SF	W50
17:06	400 m	SF	W45
17:24	400 m	SF	W40
17:36	400 m	SF	W35

ARENA FIELD

Long Jump		
09:00	W35	Final
10:30	W40	Final
11:50	W45	Final
13:20	W50	Final
15:10	W55	Final
16:30	M35	Final
18:15	M40	Final

ARENA FIELD

High Jump		
11:30	W70	Final
13:00	W75+	Final

Shot Put		
09:00	M35	Final
10:25	M40	Final
12:10	M45	Final
13:35	M50	Final
15:10	M55	Final
16:45	M60	Final
18:30	M65	Final
20:10	M70	Final

OUTSIDE THE ARENA

Weight Throw		
08:30	M75	Final
09:50	M80	Final
11:10	M85+	Final

Hammer Throw		
12:30	W35	Final
13:50	W40	Final
15:05	W45	Final
16:05	W50	Final

Discus Throw		
09:00	W65	Final
10:30	W70	Final
11:40	W75	Final
12:40	W80+	Final

Javelin Throw		
13:50	W55	Final
15:10	W60	Final

ARENA TRACK

09:00	60 m	Heats	W60
09:16	60 m	Heats	W50
09:36	60 m	SF	M80
09:44	60 m	SF	M75
09:52	60 m	SF	M70
10:00	60 m	SF	M65
10:08	60 m	SF	M60
10:16	60 m	SF	M55
10:24	60 m	SF	M50
10:32	60 m	SF	M45
10:40	60 m	SF	M40
10:48	60 m	SF	M35
10:56	60 m	SF	W75
11:04	60 m	SF	W70
11:16	60 m	SF	W65
11:28	60 m	SF	W60
11:36	60 m	SF	W55
11:48	60 m	SF	W50
11:56	60 m	SF	W45
12:08	60 m	SF	W40
12:20	60 m	SF	W35
13:00	3000m	RW - Final	W35-40
13:30	3000m	RW - Final	W45-50
14:05	3000m	RW - Final	W55-60
14:40	3000m	RW - Final	W65+
15:20	400 m	Final	W80+
15:26	400 m	Final	W75
15:32	400 m	Final	W70
15:38	400 m	Final	W65
15:44	400 m	Final	W60
15:50	400 m	Final	W55
15:56	400 m	Final	W50
16:02	400 m	Final	W45
16:08	400 m	Final	W40
16:14	400 m	Final	W35
16:20	400 m	Final	M90+
16:26	400 m	Final	M85
16:32	400 m	Final	M80
16:38	400 m	Final	M75
16:44	400 m	Final	M70
16:50	400 m	Final	M65
16:56	400 m	Final	M60
17:02	400 m	Final	M55
17:08	400 m	Final	M50
17:14	400 m	Final	M45
17:20	400 m	Final	M40
17:26	400 m	Final	M35

ARENA FIELD

Long Jump		
08:00	M85+	Final
09:20	M70	Final
10:50	M65	Final
12:45	M75-80	Final
14:20	M60	Final
16:30	M55	Final
18:15	M50	Final
19:45	M45	Final

Outside the main Arena

Triple Jump		
10:00	W60	Final
11:20	W65	Final
12:40	W70+	Final

Shot Put

09:00	M75	Final
10:40	M80	Final
11:50	M85+	Final
13:20	W35	Final
14:30	W40	Final
15:40	W45	Final
17:00	W50	Final
18:45	W55	Final
20:10	W60	Final

OUTSIDE THE ARENA

Weight Throw

09:00	W65	Final
10:30	W70	Final
11:30	W75+	Final
12:55	M65	Final
14:40	M70	Final

Javelin Throw

09:00	M45	Final
10:15	M50	Final
11:45	M55	Final
13:15	M60	Final

Discus Throw

14:00	M40	Final
15:30	M35	Final

Cross Country

08:30	W70+, M80+
09:30	M70-75
10:20	W55-65
11:10	W45-50
11:55	W35-40
12:35	M65
13:20	M60
14:05	M55
14:50	M50
15:30	M45
16:10	M40
16:45	M35

ARENA TRACK

08:30	60 hurdles	Pentathlon	M45
09:16	60 hurdles	Pentathlon	M35
09:46	800 m	SF	W65
10:02	800 m	SF	W60
10:18	800 m	SF	W55
10:34	800 m	SF	W50
10:40	60 hurdles	Pentathlon	M40
10:58	800 m	SF	W45
11:14	800 m	SF	W40
11:30	800 m	SF	W35
11:46	60 hurdles	Pentathlon	M55
12:06	800 m	SF	M75
12:22	800 m	SF	M70
12:38	800 m	SF	M65
12:54	800 m	SF	M60
13:26	60 hurdles	Pentathlon	M50
13:40	1000m	Pentathlon	M45
14:00	800 m	SF	M55
14:32	800 m	SF	M50
14:56	800 m	SF	M45
15:28	1000m	Pentathlon	M35
15:48	800 m	SF	M40
16:20	800 m	SF	M35
16:44	1000m	Pentathlon	M40
17:55	1000m	Pentathlon	M55
18:56	60 m	Final	W85+
19:00	60 m	Final	W80
19:04	60 m	Final	W75
19:08	60 m	Final	W70
19:12	60 m	Final	W65
19:16	60 m	Final	W60
19:20	60 m	Final	W55
19:24	60 m	Final	W50
19:28	60 m	Final	W45
19:32	60 m	Final	W40
19:36	60 m	Final	W35
19:40	1000m	Pentathlon	M50
20:00	60 m	Final	M90+
20:04	60 m	Final	M85
20:08	60 m	Final	M80
20:12	60 m	Final	M75
20:16	60 m	Final	M70
20:20	60 m	Final	M65
20:24	60 m	Final	M60
20:28	60 m	Final	M55
20:32	60 m	Final	M50
20:36	60 m	Final	M45
20:40	60 m	Final	M40
20:44	60 m	Final	M35

ARENA FIELD

Pole Vault		
09:00	W35-40	Final
12:00	W45-50	Final
15:00	W55	Final
17:30	W60+	Final

ARENA FIELD

Triple Jump		
08:00	M75	Final
Long Jump		
09:00	M45	Pentathlon
10:00	M35	Pentathlon
11:15	M40	Pentathlon
12:35	M55	Pentathlon
13:55	M50	Pentathlon
Triple Jump		
15:30	M60	Final
17:30	M65	Final
19:10	M70	Final
20:35	M80+	Final

Shot Put		
09:00	W80+	Final
10:00	M45	Pentathlon
11:15	M35	Pentathlon
12:35	M40	Pentathlon
13:55	M55	Pentathlon
15:25	M50	Pentathlon
17:00	W65	Final
18:30	W70	Final
19:45	W75	Final

High Jump - I		
11:00	M45	Pentathlon
13:30	M40	Pentathlon
16:55	M50	Pentathlon

High Jump - II		
12:30	M35	Pentathlon
15:15	M55	Pentathlon

OUTSIDE THE ARENA

Weight Throw		
11:10	W35	Final
12:25	W40	Final
13:30	W45	Final
14:35	W50	Final
16:00	W55	Final
17:15	W60	Final

Discus Throw		
08:30	M60	Final
10:10	M65	Final
11:55	M70	Final
13:40	M75	Final
15:05	M80	Final
16:10	M85+	Final

Javelin Throw		
14:00	M35	Final
15:15	M40	Final

Hammer Throw (stadium)		
17:30	M55	Final

Hammer Throw		
08:30	M45	Final
09:40	M50	Final

ARENA TRACK			
08:00	200m	Heats	W65
08:16	60 Hurdles	Pentathlon	M75+
08:24	200 m	Heats	W60
08:44	200 m	Heats	W55
09:00	60 Hurdles	Pentathlon	M70
09:12	200 m	Heats	W50
09:36	200 m	Heats	W45
10:00	200 m	Heats	M70
10:20	60 Hurdles	Pentathlon	M65
10:32	200 m	Heats	M65
11:08	200 m	Heats	M60
11:48	200 m	Heats	M55
12:28	60 Hurdles	Pentathlon	M60
12:44	200 m	Heats	M50
13:20	200 m	Heats	M45
13:48	1000 m	Pentathlon	M75+
14:04	200 m	Heats	M40
14:28	200 m	Heats	M35
14:52	800 m	Final	W75+
15:00	800 m	Final	W70
15:08	800 m	Final	W65
15:16	800 m	Final	W60
15:24	800 m	Final	W55
15:32	800 m	Final	W50
15:40	1000 m	Pentathlon	M70
15:50	800 m	Final	W45
15:58	800 m	Final	W40
16:06	800 m	Final	W35
16:14	800 m	Final	M85+
16:22	800 m	Final	M80
16:30	800 m	Final	M75
16:38	800 m	Final	M70
16:46	800 m	Final	M65
16:54	800 m	Final	M60
17:02	800 m	Final	M55
17:10	800 m	Final	M50
17:18	800 m	Final	M45
17:26	800 m	Final	M40
17:34	800 m	Final	M35
17:42	200 m	SF	W70
17:54	200 m	SF	W65
18:02	200 m	SF	W60
18:10	200 m	SF	W55
18:18	1000 m	Pentathlon	M65
18:38	200 m	SF	W50
18:50	200 m	SF	W45
19:02	200 m	SF	W40
19:14	200 m	SF	W35
19:26	200 m	SF	M80
19:38	200 m	SF	M75

ARENA TRACK			
19:50	1000 m	Pentathlon	M60
20:10	200 m	SF	M70
20:18	200 m	SF	M65
20:30	200 m	SF	M60
20:42	200 m	SF	M55
20:54	200 m	SF	M50
21:06	200 m	SF	M45
21:18	200 m	SF	M40
21:30	200 m	SF	M35

ARENA FIELD

Pole Vault		
09:30	M35	Final
11:30	M40	Final
13:45	M45	Final
16:00	M50	Final

Long Jump		
09:00	M75+	Pentathlon
10:10	M70	Pentathlon
11:30	M65	Pentathlon
13:00	M60	Pentathlon

Triple Jump		
14:45	W35	Final
15:45	W40	Final
17:00	W45	Final
18:05	W50	Final
19:05	W55	Final

Shot Put		
10:10	M75+	Pentathlon
11:30	M70	Pentathlon
13:00	M65	Pentathlon
14:45	M60	Pentathlon

High Jump - I		
11:20	M75+	Pentathlon
14:30	M65	Pentathlon

High Jump - II		
12:50	M70	Pentathlon
16:30	M60	Pentathlon

OUTSIDE THE ARENA

Javelin Throw		
09:00	W85+	Final
10:20	W80	Final
11:40	W75	Final
13:00	W65	Final
14:30	W70	Final

Discus Throw		
09:00	M45	Final
10:30	M50	Final
12:30	M55	Final

Hammer Throw (stadium)		
14:15	M80	Final
15:40	M85+	Final

Hammer Throw		
09:00	M60	Final
10:40	M65	Final
12:25	M70	Final
13:50	M75	Final

Weight Throw		
15:00	M35	Final
16:10	M40	Final

Friday, March 22 | Day 6

ARENA TRACK

08:30	60 Hurdles	pentathlon	W35
08:45	60 Hurdles	pentathlon	W40-45
09:00	1500 m	SF	M70
09:20	1500 m	SF	M65
09:50	60 Hurdles	pentathlon	W50
10:10	1500 m	SF	M60
10:40	60 Hurdles	pentathlon	W55-60
10:55	1500 m	SF	M55
11:25	1500 m	SF	M50
11:45	1500 m	SF	M45
12:15	1500 m	SF	M40
12:25	60 Hurdles	pentathlon	W65+
12:38	800 m	pentathlon	W35
12:50	1500 m	SF	M35
13:10	200 m	Final	W80+
13:15	200 m	Final	W75
13:20	200 m	Final	W70
13:25	200 m	Final	W65
13:30	200 m	Final	W60
13:34	200 m	Final	W55
13:38	200 m	Final	W50
13:42	200 m	Final	W45
13:46	200 m	Final	W40
13:50	200 m	Final	W35
13:54	200 m	Final	M90+
13:59	200 m	Final	M85
14:04	200 m	Final	M80
14:09	200 m	Final	M75
14:14	200 m	Final	M70
14:18	200 m	Final	M65
14:22	200 m	Final	M60
14:26	200 m	Final	M55
14:30	200 m	Final	M50
14:34	200 m	Final	M45
14:38	200 m	Final	M40
14:42	200 m	Final	M35
14:46	800 m	pentathlon	W40-45
15:00	60 Hurdles	SF	M70
15:12	60 Hurdles	SF	M65
15:24	60 Hurdles	SF	M60
15:36	800 m	pentathlon	W50
15:52	60 Hurdles	SF	M55
16:04	60 Hurdles	SF	M50
16:16	60 Hurdles	SF	M45
16:24	60 Hurdles	SF	M40
16:32	60 Hurdles	SF	M35
17:00	800 m	pentathlon	W55-60
18:00	60 Hurdles	Final	M80+
18:04	60 Hurdles	Final	M75
18:08	60 Hurdles	Final	M70
18:12	60 Hurdles	Final	M65
18:16	60 Hurdles	Final	M60
18:20	800 m	pentathlon	W65+
18:40	60 Hurdles	Final	M55
18:44	60 Hurdles	Final	M50
18:48	60 Hurdles	Final	M45
18:52	60 Hurdles	Final	M40
18:56	60 Hurdles	Final	M35

ARENA FIELD

Triple Jump		
08:45	M35	Final
10:05	M40	Final
18:20	M45	Final
Long Jump		
11:30	W35	Pentathlon
12:50	W40-45	Pentathlon
14:15	W50	Pentathlon
15:40	W55-60	Pentathlon
17:00	W65+	Pentathlon
Shot Put		
10:35	W35	Pentathlon
11:40	W40-45	Pentathlon
13:00	W50	Pentathlon
14:20	W55-60	Pentathlon
15:40	W65+	Pentathlon

High Jump - I		
09:00	W35	Pentathlon
10:35	W50	Pentathlon
13:00	W65+	Pentathlon

High Jump - II		
09:15	W40-45	Pentathlon
11:40	W55-60	Pentathlon

Pole Vault		
09:30	M55	Final
12:00	M60	Final
15:00	M65	Final
17:15	M70	Final

OUTSIDE THE ARENA

Javelin Throw		
09:30	W35	Final
10:40	W40	Final
12:00	W45	Final
13:10	W50	Final

Hammer Throw		
09:15	W55	Final
10:30	W60	Final
11:50	W65	Final
13:25	W70	Final
14:40	W75+	Final

Race Walking		
5 km	10:00	W55+
5 km	11:00	W35-50
5 km	11:45	M70+
5 km	12:40	M55-65
5 km	13:30	M35-50

Saturday March 23 | Day 7

ARENA TRACK

08:30	60 Hurdles	SF	W70
08:38	60 Hurdles	SF	W65
08:46	60 Hurdles	SF	W60
08:54	60 Hurdles	SF	W55
09:02	60 Hurdles	SF	W50
09:14	60 Hurdles	SF	W45
09:22	60 Hurdles	SF	W40
09:30	1500 m	Final	W75+
09:40	1500 m	Final	W65-70
09:50	1500 m	Final	W60
10:00	1500 m	Final	W55
10:10	1500 m	Final	W50
10:39	1500 m	Final	W45
10:28	1500 m	Final	W40
10:37	1500 m	Final	W35
10:45	1500 m	Final	M80+
10:55	1500 m	Final	M75
11:05	1500 m	Final	M70
11:15	1500 m	Final	M65
11:24	1500 m	Final	M60
11:33	1500 m	Final	M55
11:42	1500 m	Final	M50
11:50	1500 m	Final	M45
11:58	1500 m	Final	M40
12:06	1500 m	Final	M35
12:14	60 Hurdles	Final	W75+
12:18	60 Hurdles	Final	W70
12:22	60 Hurdles	Final	W65
12:26	60 Hurdles	Final	W60
12:30	60 Hurdles	Final	W55
12:34	60 Hurdles	Final	W50
12:38	60 Hurdles	Final	W45
12:42	60 Hurdles	Final	W40
12:46	60 Hurdles	Final	W35
13:00	4x200 m	Final	M80+
13:10	4x200 m	Final	W80+
13:20	4x200 m	Final	M75
13:30	4x200 m	Final	W75
13:39	4x200 m	Final	M70
13:48	4x200 m	Final	W70
13:57	4x200 m	Final	M65
14:05	4x200 m	Final	W65
14:13	4x200 m	Final	M60
14:21	4x200 m	Final	W60
14:29	4x200 m	Final	M55
14:37	4x200 m	Final	W55
14:45	4x200 m	Final	M50
14:53	4x200 m	Final	W50
15:01	4x200 m	Final	M45
15:09	4x200 m	Final	W45
15:17	4x200 m	Final	M40
15:25	4x200 m	Final	W40
15:33	4x200 m	Final	M35
15:41	4x200 m	Final	W35

ARENA TRACK

Closing Ceremony			
15:50			
16:05	4x200 MIX	Final	80+
16:15	4x200 MIX	Final	75
16:25	4x200 MIX	Final	70
16:35	4x200 MIX	Final	65
16:44	4x200 MIX	Final	60
16:53	4x200 MIX	Final	55
17:02	4x200 MIX	Final	50
17:10	4x200 MIX	Final	45
17:18	4x200 MIX	Final	40
17:26	4x200 MIX	Final	35

ARENA FIELD

Triple Jump		
09:30	M50	Final
11:00	M55	Final

Pole Vault		
09:30	M75	Final
11:15	M80	Final
13:15	M85	Final

OUTSIDE THE ARENA

Marathon		
10:00	All	Final

Technical specifications - Indoor

HURDLES

WOMEN	Race	Height	Number	To First	Interval	To Finish
35-39	60m	.840m	5	13m	8.5m	13m
40-49	60m	.762m	5	12m	8.0m	16m
50-59	60m	.762m	5	12m	7.0m	20m
60+	60m	.686m	5	12m	7.0m	20m

MEN	Race	Height	Number	To First	Interval	To Finish
35-49	60m	.991m	5	13.72m	9.14m	9.72m
50-59	60m	.914m	5	13m	8.5m	13m
60-69	60m	.840m	5	12m	8.0m	16m
70-79	60m	.762m	5	12m	7.0m	20m
80+	60m	.686m	5	12m	7.0m	20m

PENTATHLON

Men	Women
Hurdles, Long Jump, Shot Put, High Jump, 1000m	Hurdles, High Jump, Shot Put, Long Jump, 800m

IMPLEMENT SPECIFICATIONS

THROWING IMPLEMENT SPECIFICATIONS

	Hammer (kg)	Shot Put (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
WOMEN					
30-49	4.00	4.00	1.00	600	9.080 (20lb)
50-59	3.00	3.00	1.00	500	7.260 (16lb)

	Hammer (kg)	Shot Put (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
60-74	3.00	3.00	1.00	500	5.450 (12lb)
75+	2.00	2.00	0.75	400	4.000 (8.8lb)
MEN					
30-49	7.26	7.26	2.00	800	15.880 (35lb)
50-59	6.00	6.00	1.50	700	11.340 (25lb)
60-69	5.00	5.00	1.00	600	9.080 (20lb)
70-79	4.00	4.00	1.00	500	7.260 (16lb)
80+	3.00	3.00	1.00	400	5.450 (12lb)

ADVANCEMENT TABLES

P = Number of athletes qualified by their place; T = Number of athletes qualified by their time

8 lanes (60m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P + 4 T	1
17-24	0		3	2 P + 2 T	1
25-32	4	2 P + 8 T	2	2 P + 4 T	1
33-40	5	2 P + 6 T	2	2 P + 4 T	1
41-48	6	2 P + 4 T	2	2 P + 4 T	1
49-56	7	2 P + 10 T	3	2 P + 2 T	1
57-64	8	2 P + 8 T	3	2 P + 2 T	1
65-72	9	2 P + 6 T	3	2 P + 2 T	1
73-80	10	2 P + 4 T	3	2 P + 2 T	1
81-88	11	1 P + 13 T	3	2 P + 2 T	1
89-96	12	1 P + 12 T	3	2 P + 2 T	1

6 lanes Tracks (200m, 400m)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-6	0		0		1
7-12	0		2	2 P + 2T	1
13-18	0		3	1 P + 3T	1
19-24	4	2 P + 4T	2	2 P + 2T	1
25-30	5	2 P + 2T	2	2 P + 2T	1
31-36	6	2 P + 6T	3	1 P + 3T	1
37-42	7	2 P + 4T	3	1 P + 3T	1
43-48	8	2 P + 2T	3	1 P + 3T	1
49-54	9	1 P + 9T	3	1 P + 3T	1
55-60	10	1 P + 8T	3	1 P + 3T	1

6 Lanes Tracks (800m)

Number of Competitors	Heats	Qualifying	Final
1-9	0		1
10-18	2	2 P + 5T	1
19-27	3	2 P + 3T	1
28-36	4	1 P + 5T	1
37-45	5	1 P + 4T	1
46-54	6	1 P + 3T	1
55-63	7	1 P + 2T	1
64-72	8	0 P + 9T	1
73-81	9	0 P + 9T	1
82-90	10	0 P + 9T	1

6 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-12	0		1
13-24	2	2 P + 8 T	1
25-36	3	2 P + 6 T	1
37-48	4	2 P + 4 T	1
49-60	5	2 P + 2 T	1
61-72	6	1 P + 6 T	1
73-84	7	1 P + 5 T	1

VERTICAL JUMPS: STARTING HEIGHTS AND PROGRESSIONS

MEN HIGH JUMP

Cat.	Starting Height	Progression
M35	1.45m	5cm
M40	1.45m	5cm
M45	1.45m	5cm
M50	1.45m	5cm
M55	1.35m	5cm
M60	1.30m	5cm
M65	1.20m	5cm
M70	1.15m	5cm
M75	1.10m	5cm
M80	1.05m	3cm
M85+	0.80m	3cm

MEN POLE VAULT

Cat.	Starting Height	Progression
M35	3.40m	15cm
M40	3.20m	15cm
M45	3.00m	15cm
M50	3.00m	15cm

Cat.	Starting Height	Progression
M55	2.85m	15cm
M60	2.35m	15cm
M65	2.15m	15cm
M70	2.10m	10cm
M75+	1.30m	10cm

WOMEN HIGH JUMP

Age	Starting Height	Progression
W35/40	1.35m	5cm
W45/50	1.35m	5cm
W55	1.20m	4cm
W60	1.15m	4cm
W65	1.05m	4cm
W70	1.00m	3cm
W75+	0.80m	3cm

WOMEN POLE VAULT

Age	Starting Height	Progression
W35/40	2.80m	10cm
W45	2.30m	10cm
W50/55	1.80m	10cm
W60+	1.30m	10cm

Upcoming events

Upcoming events



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