

WORLD MASTERS ATHLETICS

TORUŃ

INDOOR CHAMPIONSHIPS 2023



POLAND, Toruń 26.03-01.04.2023

Competition Handbook



CITY OF
TORUŃ



ORGANIZERS, PARTNERS, SPONSORS



Sylwia Noskiewicz



| | | | |
|---|-----------|---------------------------------------|-----------|
| WELCOME | 5 | General Information | 26 |
| GENERAL INFORMATION | 10 | Prohibited Items and Practices..... | 26 |
| World Masters Athletics Championships Indoor | 10 | Bag Searches | 26 |
| World Masters Athletics | 10 | Secure Bag Drop | 27 |
| The WMA Council | 10 | General Advice | 27 |
| The WMA Regional Representatives | 10 | Lost Property..... | 27 |
| Honorary Committee..... | 11 | Ceremonies and Events..... | 27 |
| Organization Committee..... | 11 | Welcoming Ceremony | 27 |
| Executive Organizing Committee: | 12 | Athlete's Party | 28 |
| WMA Competition Management Team..... | 13 | Farewell Ceremony | 28 |
| WMA appointed International Race Walk Judges (IRWJ) | 13 | Medal Ceremonies | 28 |
| WMA appointed International Volunteer Officials (IVOs)..... | 13 | Medical Services | 29 |
| Toruń..... | 15 | Emergency Numbers | 29 |
| Some helpful words | 16 | First Aid | 29 |
| General Schedule | 17 | Health Advice | 29 |
| IMPORTANT NOTICE | 17 | Hospitals..... | 29 |
| Competition Venues..... | 18 | Physiotherapy Service | 30 |
| Transport..... | 21 | Catering | 30 |
| Airport to Toruń City Centre | 22 | WiFi – Internet Access | 30 |
| Transport to the Competition Venues | 22 | Photography | 30 |
| Parking at Competition Venues | 22 | Merchandise..... | 30 |
| Technical Information Centre (TIC) | 23 | Media | 30 |
| Location | 23 | Media Enquiries | 30 |
| TIC Operating Hours..... | 23 | Media Access | 31 |
| Team Managers Office..... | 23 | Media Centre..... | 31 |
| Officials Briefings..... | 23 | COMPETITION INFORMATION | 33 |
| Accreditation | 23 | Entries and Confirmation | 33 |
| Accreditation Passes..... | 24 | Final Entries | 33 |
| Accreditation for Supporting Personnel..... | 24 | Confirmation of Entries | 33 |
| Security | 26 | Change of Events..... | 33 |
| | | Warm Up areas | 33 |
| | | Equipment and Implements | 35 |
| | | Competition Procedures..... | 37 |
| | | Rules of Competition | 37 |
| | | Call Room Procedures..... | 37 |
| | | Timing Chips Arena | 38 |

Timing Chips Non-Stadia..... 38
 Competition Site Exit Procedures..... 38
 Display of Results 39
 Personal Items 39
 Spikes and Shoes..... 39
 Seeding for Heats (Ranking) 39
 Advancement Procedure..... 39
 Competition Schedule 39
 Timing and Performance
 Measurement..... 40
 Protests and Appeals 40
 Starting Blocks and Starter's
 Commands 41
 False Starts 41
 Composition of Finals..... 41
 Lap Timing and Counting..... 41
 Track Relay 42
 Field Events..... 43
 Pentathlon 43
 Non-Stadia Events: 10km Road-Race
 Walking, 8km & 6km Cross Country,
 10km Road Race and
 Half-Marathon 44
 Withdrawal Procedure..... 46
ANTI-DOPING PROCEDURES 47
 Anti-doping Control 47
Tourism Services..... 49
APPENDIX 51
 Venue Maps and
 Technical Specifications..... 51
 Technical specifications - Indoor 77
 IMPLEMENT SPECIFICATIONS..... 78



Margit Jungmann
 President

This news was highly appreciated by the Masters family: The City of Toruń, Poland will be after 2019, the venue for the 2023 World Masters Athletics Indoor Championships. Those who attended will remember that at the end of our WMA championships in 2019 we all thanked the City of Toruń and Polish Masters Athletics for offering an amazing championship event to the Masters Athletes from all over the world. This event has been recognised as an outstanding success in WMA as it has been the best organized and most successful WMA Indoor Championships ever. The local

community and the City of Toruń gave us all their wonderful hospitality and a warm welcome. We are happy to compete in Toruń again.

This City is an ideal location for this Championship with a World Class Indoor Stadium with outstanding facilities. In addition adjacent to the stadium are all of the needed competition areas to meet the needs of the outdoor events. An added bonus for athletes and their accompanying friends and family is that all of the competition venues are within a short distance from the City centre and the major accommodation facilities.

Toruń is a beautiful and historical City with beautifully maintained buildings throughout the City area. The City is fully supporting this Championship and you are assured of a friendly reception and a heartfelt welcome by the city and its people. There are many historic displays to see and lots of things to do in Toruń so be prepared to enjoy some time taking in what this City has to offer the Masters athletes from around the world. A special event will be the 550th birthday of Nikolaus Kopernikus, born in Toruń in 1473. That is why we included the heliocentric system, also called Copernican system, in the Logo of the championships.

On behalf of World Masters Athletics I thank you for entering and participating in the 2023 WMA Championships, Indoors in Toruń. WMA and the LOC have worked closely together again to ensure the 2023 WMA Indoor Championships are another great success.

I would like to thank Waclaw and Slawek Krankowski and the Polish Masters Athletics for their support in the organisation and management of this competition. I also wish to acknowledge Mayor Michal Zaleski for the support of the City of Toruń and the sponsors who have contributed making this Championship possible.

WMA extends to all participants, officials and volunteers our best wishes for a happy and enjoyable stay in Toruń. It is great being part of our Masters Athletics family!



Kamil Bortniczuk

Minister of Sport and Tourism

Dear Athletes, Coaches!

Ladies and Gentlemen!

After four years, Toruń will again host a unique event - the 9th World Masters Athletics Championships Indoor. From 26 March to 1 April 2023, the City of Copernicus will be visited by the elite of the best athletes of the masters category from around the world, including, of course, a strong representation of Poland. I am very happy to have been able to join the Honorary Committee of this prestigious event.

Poland is a proven and reliable organiser of international sporting events, and the city of Toruń has experience in organising the World Masters Athletics Championships Indoor. I am convinced that a great spectacle awaits us. It is worth recalling that the world masters championships previously held in this city in 2019 were extremely successful, with nearly four thousand athletes taking part, including as many as 830 Poles. I am keeping my fingers crossed that these results can be further improved in the upcoming edition of the event.

Masters athletes show that physical activity can be undertaken at any age and that the passion for sport never fades. Age is no barrier for them to pursue new challenges and ambitious goals. Dear athletes, thank you for popularising a healthy lifestyle and sport competition in the spirit of fair play. You inspire us to act and surpass our own barriers.

I extend my warmest greetings to all participants and organisers of the 9th World Masters Athletics Championships Indoor. I know that the upcoming event will surely be an unforgettable celebration of sport. See you in Toruń.



Michał Zaleski

Mayor of Toruń

Dear Athletes, Organizers and Spectators!

The World Masters Athletics Championships Indoor - Torun 2023 coincides with the celebration of the 550th anniversary of the birth of Nicolaus Copernicus (1473-2023): a native of Torun and one of the most important researchers in the history of science. For this reason, too, the hometown of the astronomer of all time welcomes you again with great joy.

Thank you for your coming to Toruń and for your willingness to present your sportsmanship in the best indoor athletics venue in Poland. It was in the Arena Torun that numerous athletics records of Poland, Europe and the world were set, so this time we also want to inscribe your excellent results in this sports history, which will become part of the history of world masters athletics.

I encourage you to combine sports rivalry with sightseeing in Toruń and getting to know the aura of Toruń's famous UNESCO-listed Old Town - with, of course, an obligatory visit to the authentic family home of Nicolaus Copernicus. I wish you an unforgettable stay in Toruń. Have a successful championship!



Wacław Krankowski

President of Polish Masters Athletics
LOC General Director

Dear Colleagues

We are looking forward to meeting again in Toruń.

Let me tell you the story of the shortest preparations for the World Championships Indoor.

In May 2022, we learned that Edmonton had resigned from hosting the World Championships. In June, we accepted the proposal of the WMA authorities and decided to organise them in Toruń. We communicated this decision and started promoting our event at the World Championships in Tampere.

We officially signed the contract to organise the Championships with the WMA on 29 August and with confidence in our success we set about preparing. Today I can say that we are ready and confident that we will live up to your expectations. This calmness and this conviction did not always accompany us. There were many problems, uncertainties and risks. We were most concerned about the low number of entries for the Championships. Suffice it to mention that three days before the deadline for entries, there were only 2700 registered athletes. Fortunately, the finish turned out to be a record one. During the last three days of January, more than 1400 athletes registered to compete, more than 30 % of the total entries. This is a great success.

This fact fills us with optimism and faith that, despite all the uncertainties and risks, such a huge number of people have decided that belonging to the 'Masters Athletics Family' and sports competition is more important to them and have decided to visit Toruń once more.

We thank you for this mobilisation, for your decision to take part in the championships and for your willingness to meet again.

We will try to return the favour with our hospitality and professional conduct of the competition. I believe that we will live up to your expectations and make your experience in Toruń an unforgettable one.

I trust that all Europeans will accept our invitation to participate in the next 14th European Masters Athletics Championships Indoor, which will again be held in the capital of masters athletics in Toruń from 17th to 23rd of March 2024.

I wish everyone great results, sports competition in the spirit of fair play, many new friendships and unforgettable memories.

Eco-Responsibility

Protecting the environment is becoming increasingly important in everyone's life and the Local Organising Committee (LOC) of the World Masters Athletics Championships Indoor (WMACI) 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 World Masters Athletics Championships Indoor, are systematically published on various web sites (WMA, LOC) before being available in print.

The WMACI 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: wmaci2023.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.

World Masters Athletics Championships Indoor

The World Masters Athletics Championships Indoor (WMACI) are held biannually. The WMACI 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 26.03-01.04.2023 in the historic city of Toruń, Poland.

World Masters Athletics

World Masters Athletics (WMA) was founded as the World Association of Veterans Athletes (WAVA) on August 9, 1977 in Sweden. The change of name of the organization to World Masters Athletics was made in 2001. The main responsibilities of WMA include:

- To organise, regulate and manage athletics for masters (women and men aged 35 and over)
- To sanction Master Athletics World Championships and other international athletic competitions for masters
- To ratify and record masters world records in different five-year age categories, but also to keep statistics and other best performance records for masters athletes
- To encourage friendship, understanding and cooperation through masters athletics

The WMA Council

Margit Jungmann - President

Lynne Schickert - Executive Vice President

Alan Bell - Vice President of Competition

Jean Thomas - Treasurer

Juan Ordóñez - Secretary

Antii Pihlakoski - World Athletics Representative

The WMA Regional Representatives

Africa

Leonie Paule Etong

Asia

Sivapragasam Sivasambo

Europe

Walentina Fedjuschina

North/Central America

Guillermo Guzman

Oceania

Ruth Mave

South America

Richard Amigo

Honorary Committee

Kamil Bortniczuk - Minister of Sport and Tourism

Piotr Całbecki - Marshal of the Kuyavian-Pomeranian Voivodeship

Michał Zaleski - Mayor of Toruń

Andrzej Kraśnicki - President of Polish Olympic Committee

Henryk Olszewski - President of Polish Athletic Association

Andrzej Pietrowski – Vice President of the Board of TIS Sp. z o.o. – Member;

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

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

Sławomir Pawenta, Head of the Sport Section, Member;

Tomasz Przybysz - Sport and Recreation Department - Secretary.

Organization Committee

The delivery of WMACi Toruń 2023 is being undertaken by the Toruń 2023 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, General Director of the 9th World Masters Athletics Championships Indoor Toruń 2023;

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;

Zbigniew Derkowski, Director of the Culture Department – Member;

Marek Osowski – acting Director of the Municipal Sport and Recreation Centre in Toruń – Member;

Executive Organizing Committee:

Wacław Krankowski - General Director
Ślawek Krankowski - Deputy Director, Marketing
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 - Deputy Competition Director, Competition Office
Anna Kosicka, Marta Knut - Call Room
Magdalena Krankowska – Accreditation Manager
Galina Dybińska – Accreditation
Krzysztof Ratajczyk - Liaison Manager, Fields Events Coordinator
Jerzy Krauze - Meetings Coordinator
Piotr Knut – video documentation for use of Jury of Appeal
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 Wleklińska, Tadeusz Maj – Medal Ceremony Managers
Irena Matczyńska, Sylwia Wiśniewska - Volunteers Coordinators
Wiktor Matczyński - Director of Technical Information Centre
Krystian Krystoforski – Transport & Tourism Coordinator
Kinga Wiśniewska – Accommodation Coordinator
Ślawomir Pawenta - Coordinator of Communication with Local Authorities
Zdzisław Raczyński, Agnieszka Peplińska - Media Coordinators
Karol Wojtczak - Medical Services
Jerzy Duber, Aleksander Dybiński – logistics coordinators
Tadeusz Dziekoński – route validator

Timing - DomTel Sport Timing, STS-Timing

Online registration: SimplyRegister

WMA Competition Management Team

Stadia Team

Serralta Michael (PUR): Competition Director
Kerner Peter (HUN): ITO
Gio Cardona (COL): ITO
Carvalho Helena (POR): Call Room Director
Staines Gordon (GBR): International Starter
Vidler David (GBR): International Photo Finish Judge
Minervini Lesley (GBR): Track Event Continuity Director
Bill Murray (USA) Combined Events Director
Courtney Bill (GBR): Safety Director
Courtney Christine (GBR): Safety Officer
Pashkin Sandy (USA): WMA Technical Information Manager
Lively Keith (USA): WMA IT Manager
Non Stadia team
Jenkins Archie (UK): Competition Director
Keaveney Brian (CAN): ITO
Amigo Richard (PAR): ITO
Repic Vesna (SER): ITO i/c walks

WMA appointed International Race Walk Judges (IRWJ)

Repic Vesna (SER): WMA Chief Walk Judge
Anzi Karim (ALG) WMA Walk Judge
Burrows Jo (Ms) (USA): WMA Walk Judge
Amigo Richard (PAR): WMA Walk Judge
Janusz Krynicki (POL): LOC Walk Judge


WMA appointed International Volunteer Officials (IVOs)

Everdell Paula (USA): Jumps/Throws
Graham Christine (AUS): Jumps, Technical
Heckel Mark (USA): Throws, Horizontal Jumps
Heimonen Erja (FIN): Call Room, Field
Hott Tom (USA): Start Team
Johnson Martin (USA): Throws, Jumps
Josien Daniel (FRA): Throws, Jumps
Kern Robert (USA): Start Team
Lama Landen (USA): Call Room
Martin Phillip (CAN): Vertical & Horizontal Jumps
Midha Vinesh (CAN): Vertical & Horizontal Jumps
Muehlberger Brigitta (AUT): Field, Race Walks
Raga Rafael (ESP): Field
Schestack Franz (AUT): Technical, Race Walks
Turkkal Muhsin (TURKEY): Call Room
Vidler Lorraine (GBR): Photo Finish, Field
Vine Matthew (AUS): Jumps, Throws



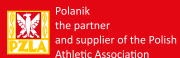
We fully equip athletics arenas



Polanik the partner
of the Polish Masters Athletics 



Polanik Preferred Supplier



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 2023 World 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:

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 26th 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 | Dowidzenia |
| 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 | Poprosze piwo |

General Schedule

Friday (24 March 2023)

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

Saturday (25 March 2023)

- 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 (26 March - 01 April 2023)

- Competition (See schedule under “Competition Procedure”)

Saturday (1 April 2023)

- Last day of Competition
- Closing Ceremony (See details under “Ceremonies and Awards”)

IMPORTANT NOTICE

There will be a time change during the Championships. On Sunday 26 March 2023 at 2:00 AM the time will be changed to 3 AM.

Competition Venues



1. ARENA TORUŃ – main sports hall
2. MAIN STADIUM – javelin and discus throw
3. THROWS ARENA – hammer throw
4. SPORTS HALL – shot put and weight throw
5. Racewalking 10 km,
Bema Street - start and finish of Half Marathon and 10km Road Race
6. 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 WMA 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 25 March
- Opening Ceremony - Saturday 25 March
- Indoor Competition - 26.03-01.04
- Closing Ceremony - Saturday 1 April

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

Outdoor Stadium 500m from ARENA Toruń Sports Hall

- Javelin, Discus Throw, Hammer Throw

THROWING HALL

- Shot Put and Weight Throw
- Throws call room



RUDELKA PARK

- 8km and 6km Cross Country - Monday 27 March



10km Road Race

- a one lap course with the start and finish at the road in front of Tor-Tor ice rink - Wednesday 29 March

10km Racewalk

- Bema Street - Friday 31 March

Half Marathon

- a one lap course with the start and finish at the road in front of Tor-Tor ice rink - Saturday 1 April



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, Throwing Hall 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 | 40€ |
| Warszawa Modlin | 35€ |
| Poznań | 35€ |
| Gdańsk | 35€ |
| Bydgoszcz | 20€ |

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.

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:

- by foot – approximately 20 minutes
- by local bus – free for accredited athletes, accompanying persons and supporting personnel
- by taxi – the cost is approximately EUR 5.00

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 1,5€ 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 25 March till Saturday 1 April.**

Parking at Competition Venues

Each venue has parking, with paid parking provided near each competition site. 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 25 March at 15:30 at Arena Toruń.

On competition days from Monday 27 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 April 1st.

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 Toruń 2023 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 25th. 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 24 March | 12:00 – 20:00 |
| Saturday 25 March | 08:00 – 21:00 |

Competition days:

| | |
|-------------------------------|------------------------------------|
| Sunday - Friday (26-31 March) | 08:00 – 21:00 |
| Saturday 1 April | 08:00 – 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 a 10km Road Race the 10km Road Race Walk, cross country and Half Marathon events which require 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 54). For all events in the Main Stadium and Throwing Hall the Call Room is in the Throwing Hall see diagram on the page 59. 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 2023 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 2023 accreditation pass should be displayed at all times in the designated Toruń 2023 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 100) |
| • Individual results | 2€ (PLN 10) |
| • Replacement of competition numbers (bibs) | 10€ (PLN 50) |

Athletes can pay only by cash.

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, Half Marathon and 10 km Race Walk (before 17:00)
- Team Manager meeting room bookings
- Distribution and receipt of Team Manager meeting question forms
- 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 2023 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 2023 guests.

Prohibited Items and Practices

The following items and practices are prohibited at Toruń 2023 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 2023 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 2023 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 25 March 2023

Time: starts at 18:00

Location: ARENA Toruń

Transport: Bus, private car

Program includes:

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

Athletes involved in the team parade (max 20 per one country) will be required to arrive and check-in in the Warming Up area from 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 1 April 2023

Time: After the relays 4x200m but before mixed relays

Location: ARENA Toruń

Program includes:

- Official speeches
- World Masters Athletics flag handover from Torun to WMA.

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. Appeal time limit: 1 hour after the results are posted.

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 day of event 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 use the booking system in the physiotherapy area.

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.wmaci.zalamo.com) 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 2023 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 2023 LOC.

Media Access

All media representatives attending WMACI Toruń 2023 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

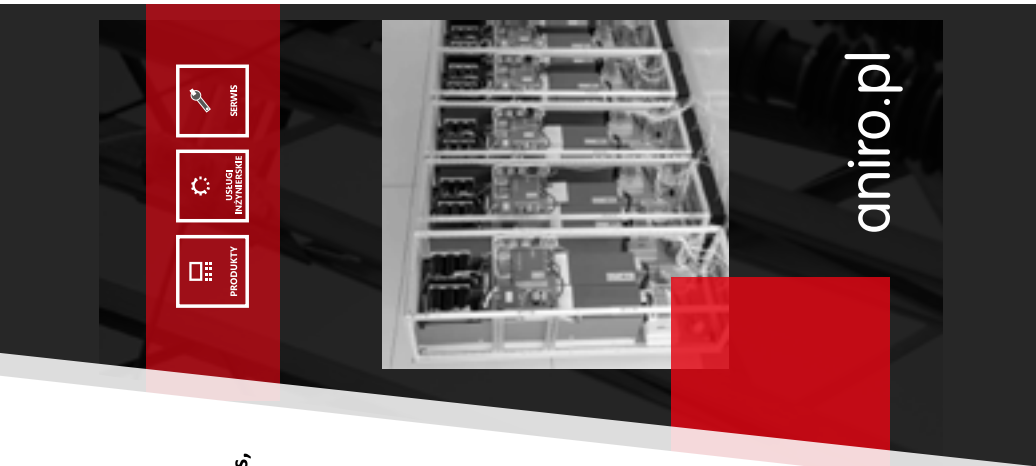
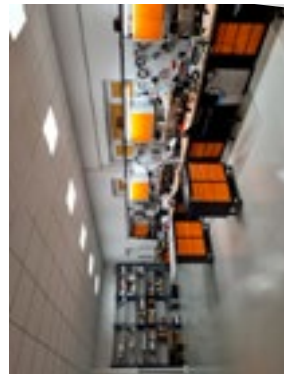
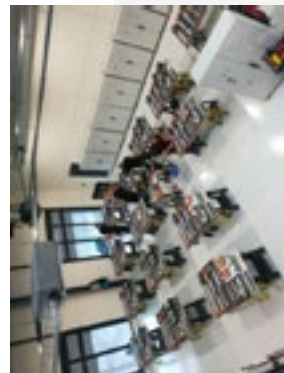
Media kits, WiFi, computer and printing facilities will be available within the Media Centre.

ANIRO has over **35 years of experience in the Automation and Electrical Engineering Industry**. The company is the only distributor in Central and Eastern Europe of the Korean company **LS Electric** - a manufacturer of equipment in the field of industrial automation and electrical engineering.

ANIRO's offer include **Reactive Power Compensators, Active Filters, HMI Panels, Frequency Inverters, PLC Controllers and Softstarters**.

ENGINEERING SERVICES, INSTALLATION, SERVICE

The scope of ANIRO's engineering work includes the development of documentation, software system, completion of components, assembly of control cabinets, installations, on-site wiring and service.



COMPETITION INFORMATION

Entries and Confirmation

Final Entries

Refer to organisation's website: www.wmaci2023.com

Confirmation of Entries

Athletes MUST confirm their participation for each event entered, before the beginning of the first round or the first event of the Pentathlon in the competition. All confirmations must be made by 18:00 the day before event.

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

Non-Competition days:

| | |
|-------------------|---------------|
| Friday 24 March | 12:00 – 20:00 |
| Saturday 25 March | 08:00 – 21:00 |

Competition days:

| | |
|---------------------------------------|---------------|
| Sunday Sunday - Friday (26-31 March) | 08:00 – 21:00 |
|---------------------------------------|---------------|

There is no confirmation required for non-stadia events: a 10km Road Race, 10km Road Race Walk, cross country and a Half Marathon.

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, Torun 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 Torun 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 Torun.

For more info:



Training

Arena Toruń

| | |
|---------|--|
| Sunday | 20:00 – 21:30 after competition at the main indoor competition area and warm-up area |
| Monday | 20:45 – 21:30 after competition at the main indoor competition area and warm-up area |
| Tuesday | 20:00 – 21:30 after competition at the main indoor competition area and warm-up area |

Main Stadium

| | |
|--|--|
| Saturday | 10:00-13:00 |
| Sunday, Monday, Tuesday, Wednesday, and Thursday | after the competition – 17:00-18:00 - depending on the weather conditions |

Throwing Hall

| | |
|------------|---|
| Saturday | 14:00-16:00 |
| Sunday: | Shot Put: 16:00 – 18:00, Weight Throw 18:30-20:00 after the competition |
| Monday: | Shot Put: and Weight Throw 16:30 – 18:30 after the competition |
| Tuesday: | Shot Put: 16:00 – 20:00, Weight Throw 18:00-20:00 after the competition |
| Wednesday: | Shot Put: 18:00 – 20:00, Weight Throw 21:00-21:30 after the competition |
| Thursday: | Shot Put: 20:00 – 21:00, Weight Throw 19:00-21:00 after the competition |

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 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 20. 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 54). 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 World Masters Athletics Championships are governed by the WMA Rules of Competition and the technical rules of the WA. The WMA Rules of Competition are available online at www.world-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 2023 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 WMA Championships, all athletes MUST wear a competition top that is approved by their national Masters Member. In WMA 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 WMA 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 WMA 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 the TIC.

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 Accreditation Area.

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 www.wmaci2023.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. WMA 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: wmaci2023.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 WMA Records Officer automatically records the world 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 wmaci2023.com.

Protests and Appeals

Protests and appeals must be made in compliance with the rules of the WA and WMA as modified below and appeals submitted no later than one (1) hours after the display of the results. 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 WMA Council for a final decision.

Protests concerning the conduct or the result of an event should be made immediately to the Judge, preferably the Head Judge, of that event. Judges will do everything possible to preserve the rights of the athlete such as provisionally measuring throws or jumps.

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.

Any appeal must be lodged at the TIC at the Arena. The time limit for lodging an appeal is one (1) hour from the time the results are posted.

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 Appeal panel 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 12:00 Friday 31 March 2023.

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 WMA will allow the 4 athletes to compete in any running order as long as the teams are 2 males and 2 females

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 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. Relay teams comprising members of several countries will NOT be allowed to run but men and women are invited to form a team for the Mixed Relays.

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: 10km Road-Race Walking, 8km & 6km Cross Country, 10km Road Race and Half-Marathon

A Refreshment post will be provided at every venue as stated in the rules of the WA and WMA. Medical staff will be present on the course for each event and at the start and finish lines. Except for the 10km Road Race, team medals will be awarded for all other non-stadia events.

The rules for Non-Stadia Team Scoring are in the WMA Rules of Competition (Rule 13).

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 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, Half Marathon and 10km walks.

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

Race-Walking Events

Race-walking will be judged by a team of international race-walking judges.

Athletes can be disqualified during or after the race. The WA Pit lane rule will not be used in any race walk.

Road Race-Walking Races

The road race-walk course will be conducted outside the Indoor Stadium and use two lanes of the street. Chip timing will be used. The races will start and finish in the outdoor Main Stadium. See Appendix for a map of the course.

The athletes are allowed to have their own refreshments. They must be clearly marked with the bib number and will be available on the table assigned for personal refreshments.

Athletes are required to give their personal refreshments to the staff at least one (1) hour before the start of the race. For this they must bring the drinks to the tables provided for this purpose in the refreshment area. A maximum of two officials per country may be stationed behind the drinks 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.

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

10km Road Race

The 10km Road Races (one lap) will start and finish in the roadway in front of TOR-TOR ice rink. See Appendix for a map of the course.

Men and women start together.

Medals will be awarded to the top three (3) individuals in each age category, men and women, at the medal ceremony area at ARENA Toruń. There are NO team medals awarded for this event.

Half Marathon

The Half Marathon will start at 11:00. Men and women will start together. The Half Marathon (one lap) will start and finish in the roadway in front of TOR-TOR ice rink. 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.

Athletes with their own refreshments will leave them at the indicated place at the start line before 10:30. 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 3 - 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. There will be a maximum time to complete the half marathon - 3h. After 3 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 WMA 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 WMA 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

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

Tourism Services

Toruń is one of the oldest cities in Poland. The uniqueness of the city is evidenced by the entry of Toruń's Old Town on the UNESCO World Heritage List. Toruń's historic city center is full of historical monuments and places. The year 2023 is the 'Copernican year'!

Our offer will show you the history and the most interesting places of Toruń.



1. City Tour Toruń + beer tasting at the Toruń brewery.

Sightseeing of Toruń with a guide, connected with beer tasting from the local brewery Jan Olbracht - 3 hours, cost 35 Euro/person, groups of at least 10 people.

The organizer provides a guide with a selected foreign language (German, English, Spanish). The tour runs daily in the afternoon. Registration is valid at the information stand in the sports hall.

2. CityTour Toruń

Sightseeing of Toruń with a guide, a walk through the city streets with stops in the most famous places, e.g. the Nicolaus Copernicus Monument, the Leaning Tower, the Town Hall, Churches and the Teutonic Castle - 2 hours, cost 25 Euro/person, groups of at least 10 people. The organizer provides a guide with a selected foreign language (German, English, Spanish).

The tour runs daily in the afternoon. Registration is valid at the information stand in the sports hall.

3. City Tour Toruń + gingerbread baking workshop.

Sightseeing of Toruń with a guide, connected with gingerbread baking workshops - the best attraction in Toruń - 3 hours, cost 35 Euro/person, groups of at least 10 people.

The organizer provides a guide with a selected foreign language (English, Spanish).

The tour runs daily in the afternoon. Registration is valid at the information stand in the sports hall.

4. City Tour Toruń + City Tour Chełmno + City Tour Golub-Dobrzyń

Sightseeing of Toruń with a guide, connected with a visit to cities: Chełmno and Golub Dobrzyń with a visit to the medieval Castle - 8 hours, cost 80 Euro/person, groups of at least 15 people.

The organizer provides a guide with a selected foreign language (English, Spanish).

The tour runs daily in the afternoon. Registration is valid at the information stand in the sports hall.

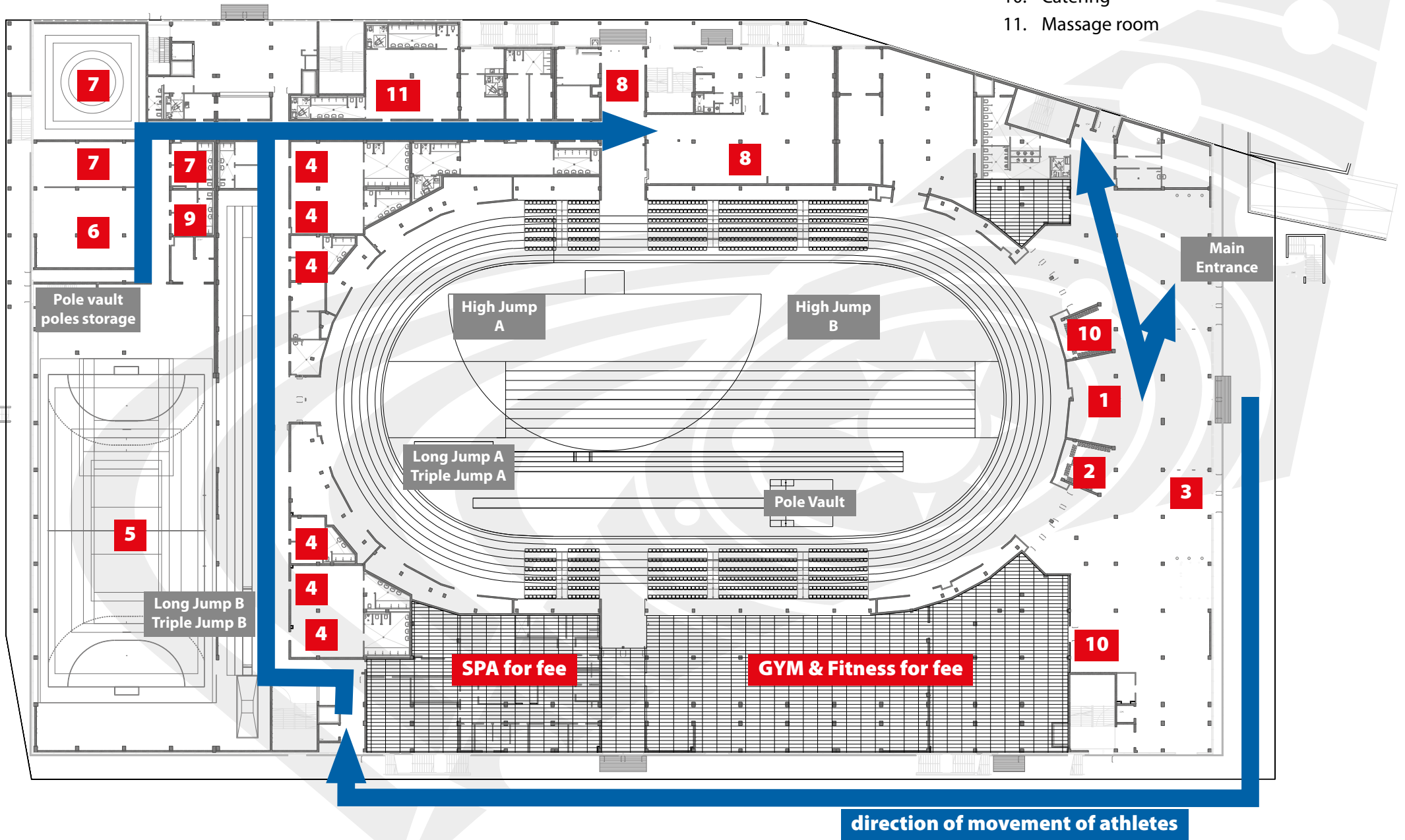


Venue Maps and
Technical Specifications

ARENA Toruń

Ground floor

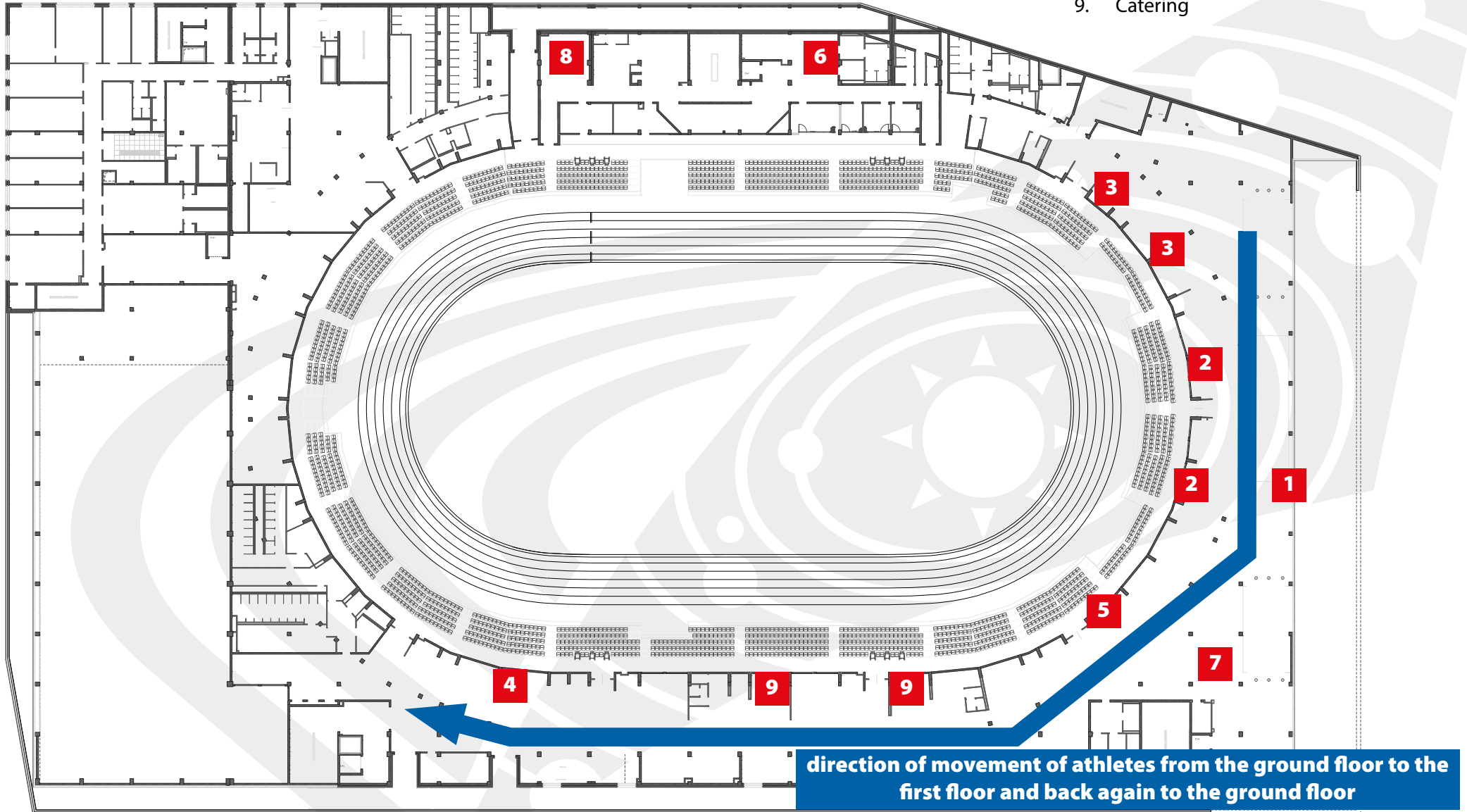
1. Accreditation
2. Confirmation, Printing of diplomas
3. TIC, Competition office
4. Changing rooms
5. Warming Up
6. Gym - no fee
7. Athlete Health Research
8. Call room
9. Antidoping
10. Catering
11. Massage room



Layout Maps - First floor

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

- 5. Engraver
- 6. Media Center
- 7. Ceremony area
- 8. Team Managers room
- 9. Catering



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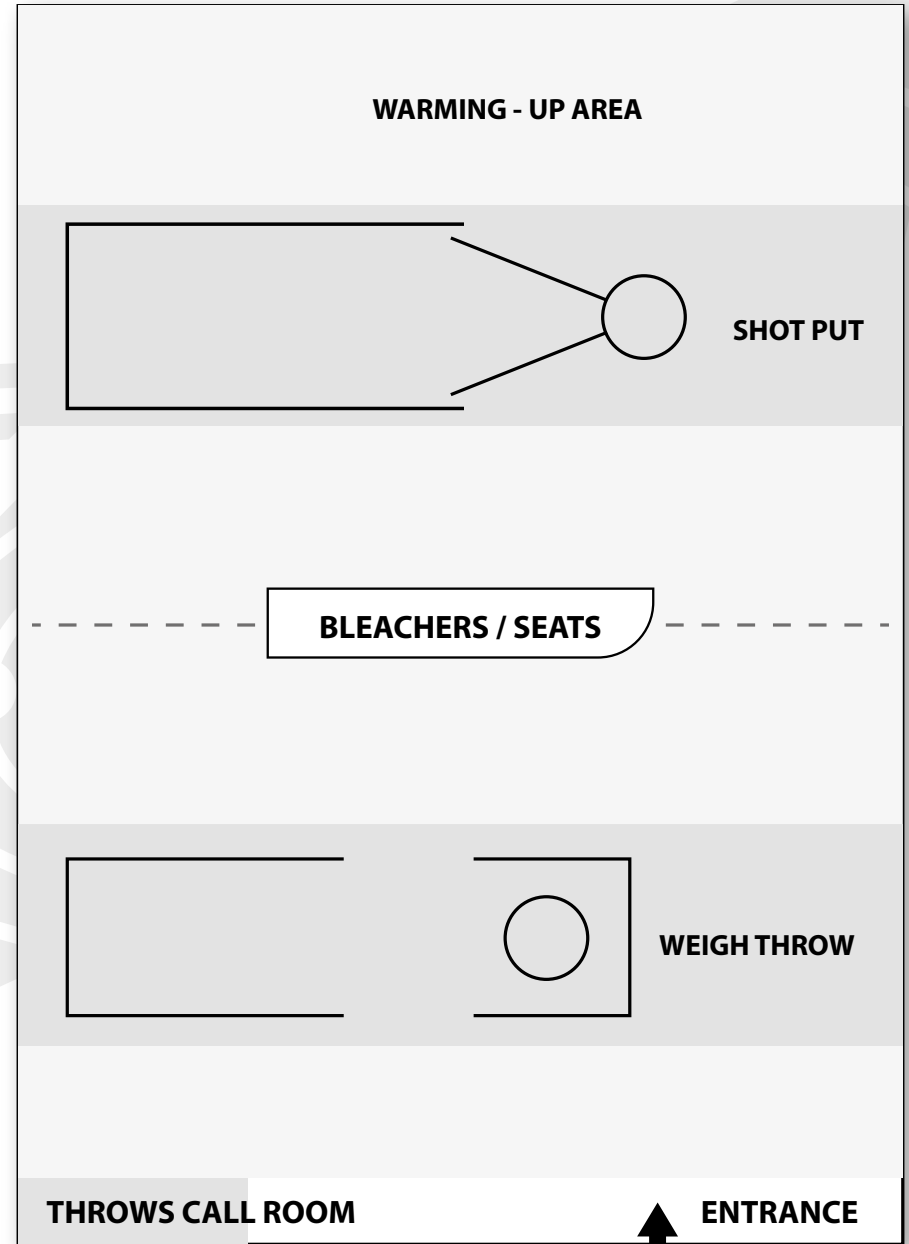
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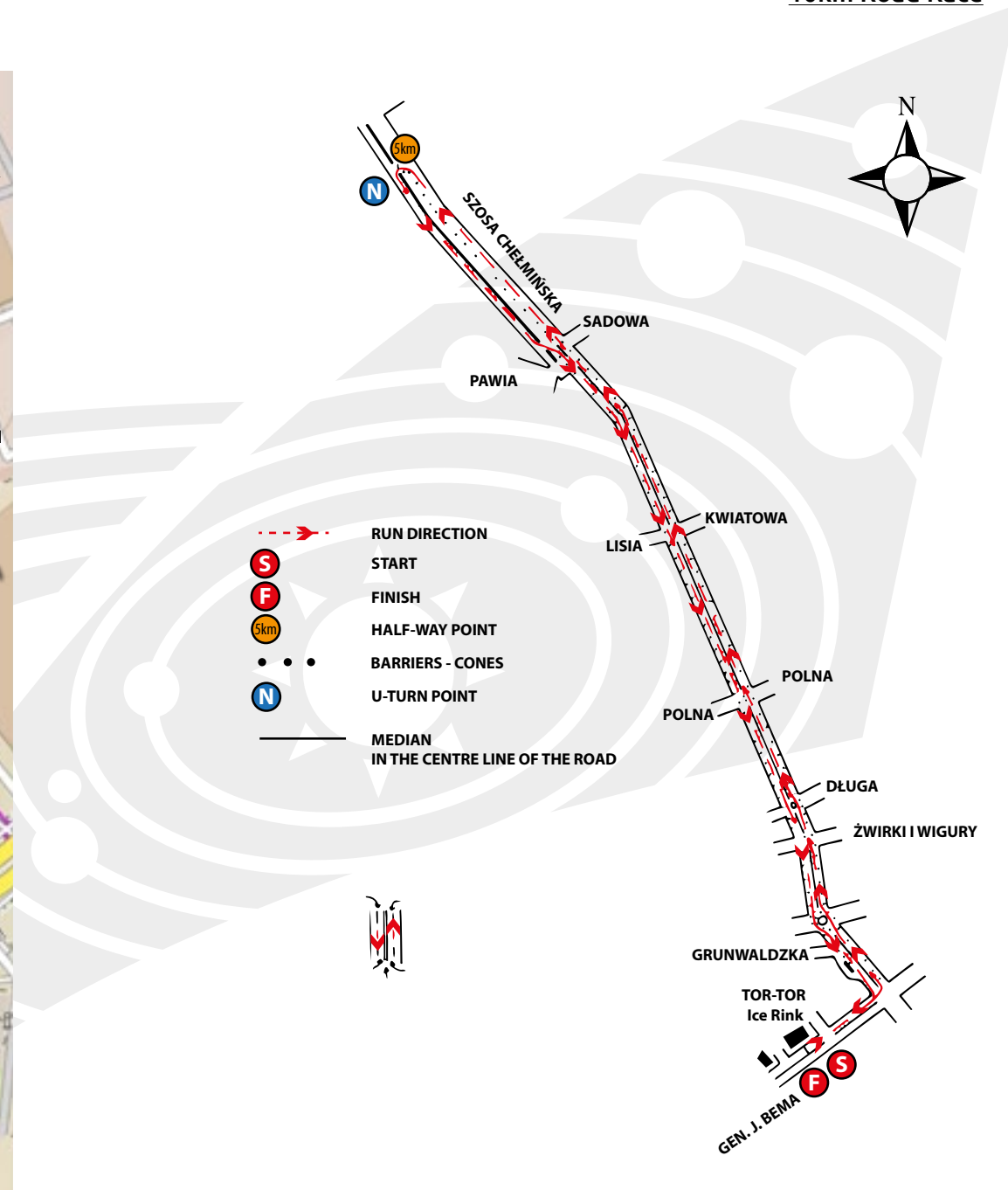


Cross Country Map

Each lap is 2 km long.

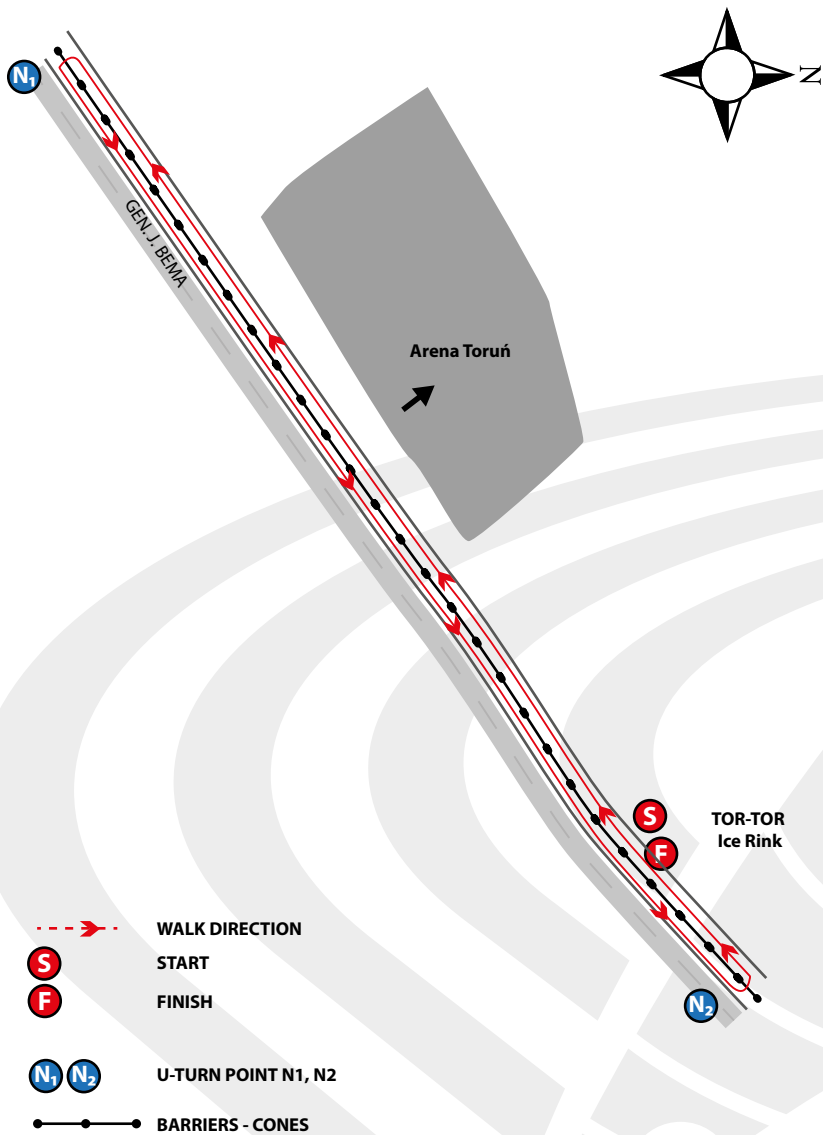


10km Road Race

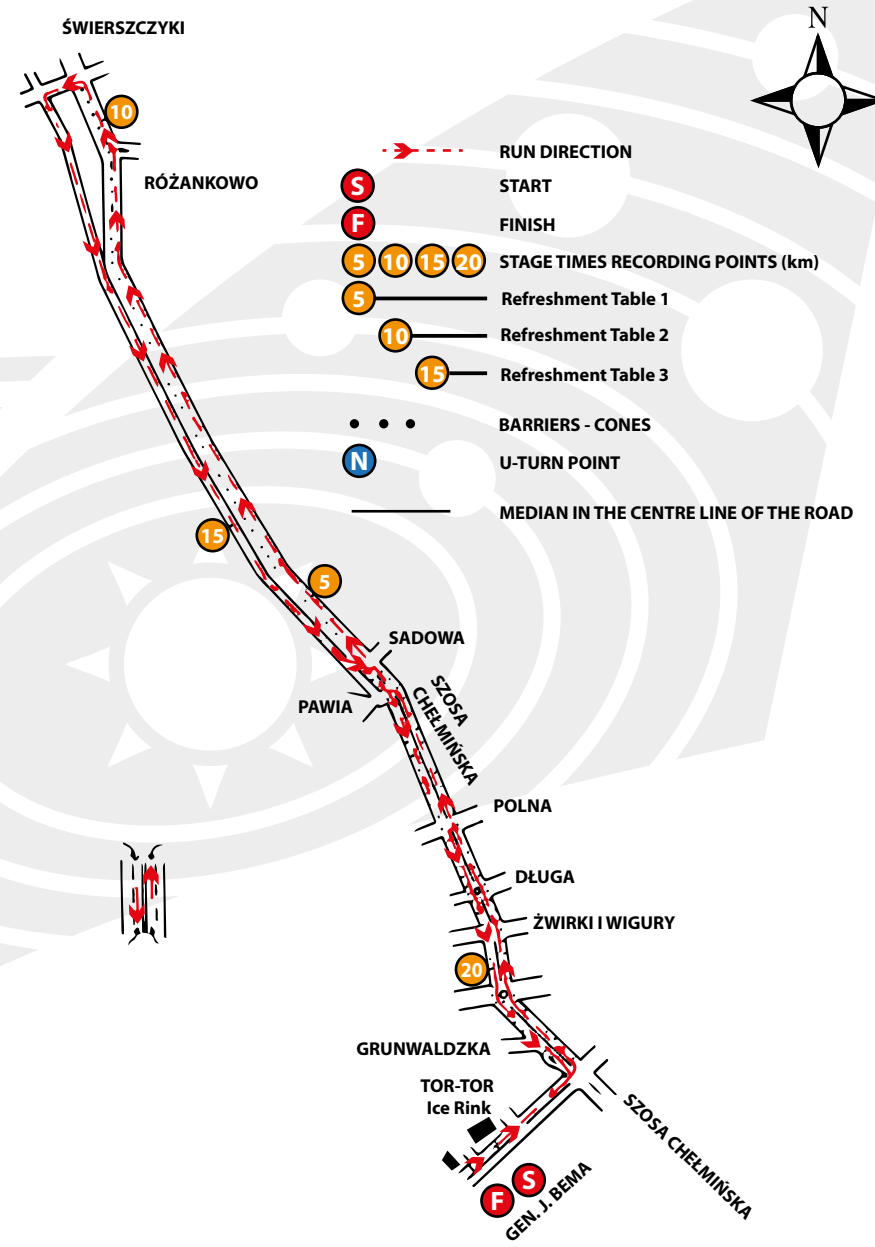


10km Race Walk

Each lap is 1 km long.



Half Marathon



Competition Schedule, General Timetable

| WMACI Toruń 2023 | | Sunday 26th | Monday 27th | Tuesday 28th | Wednesday 29th | Thursday 30th | Friday 31st | Saturday 1st |
|----------------------------------|-------------|---------------|---------------|--------------|----------------|---------------|-------------|--------------|
| 60m | Heats | | Men | Women | | | | |
| | Semi-Finals | | | All | | | | |
| | Finals | | | | All | | | |
| 200m | Heats | | | | | All | | |
| | Semi-Finals | | | | | | All | |
| | Finals | | | | | | All | |
| 400m | Heats | All | | | | | | |
| | Semi-Finals | | All | | | | | |
| | Finals | | | All | | | | |
| 800m | Semi-Finals | | | | All | | | |
| | Finals | | | | | All | | |
| 1500m | Semi-Finals | | | | | | All | |
| | Finals | | | | | | | All |
| 3000m | Finals | All | | | | | | |
| 60m hurdles | Semi-Finals | | | | | | Men | Women |
| | Finals | | | | | | Men | Women |
| 3000m Walk | | | Men | Women | | | | |
| Cross Country 8 km / 6 km W/M70+ | | | All | | | | | |
| Half-marathon | | | | | | | | All |
| 10km Walk Road | | | | | | | All | |
| 10 km Road | | | | | All | | | |
| 4x200m | Finals | | | | | | | All |
| 4x200m mixed | Finals | | | | | | | All |
| Pentathlon | | | | | M55+ | M35-50 | Women | |
| Long Jump | | M35-65 | W35-55 / M70+ | W60+ | | | | |
| Triple Jump | | | | M50-60 | W35-45 | W50+ | M35-45 | M65 + |
| High Jump | | Women / M70 + | M50-65 | M35-45 | | | | |
| Pole vault | | | | | M35-45 | M50-60 | M65+ | Women |
| Shot Put | | W35-50 | W55+ | M35-50 | | M65+ | M55-60 | |
| Weight throw | | M60 + | W35-50 | W55+ | M35-45 | M50-55 | | |
| Javelin | | M35-55 | M60+ | W35-50 | W55+ | | | |
| Discus | | W 55 + | | | M50-55 & M65+ | M35-45 & M60 | W35-50 | |
| Hammer throw | | | M35-55 | M60+ | | W35-50 | W55+ | |

Competition Schedule : Men

○ Numbers Indicate Event Date : 26.03 – 01.04 (7 Days)

✳ Opening Ceremony - 25 Mar, Closing Ceremony - 01 Apr

| Event | Round | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85 | M90 | M95+ |
|------------------------------|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| 60m | Heats | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| | Semi-Finals | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| | Final | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| 200m | Heats | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| | Semi-Final | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| | Final | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| 400m | Heats | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 |
| | Semi-Finals | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| | Final | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| 800m | Semi-Finals | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| | Final | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| 1500m | Semi-Finals | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 3000m | Final | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 |
| 60m Hurdles | Semi-Finals | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| | Final | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| 3000m Walk | Final | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| Cross Country 8 km/6 km M70+ | Final | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| Half Marathon | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 10km Road | Final | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| 10km Road Walk | Final | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| 4x200m Relay | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 4x200m Mixed Relay | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Pentathlon | Final | 30 | 30 | 30 | 30 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| Long Jump | Final | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 27 | 27 | 27 | 27 | 27 | 27 |
| Triple Jump | Final | 31 | 31 | 31 | 28 | 28 | 28 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| High Jump | Final | 28 | 28 | 28 | 27 | 27 | 27 | 27 | 26 | 26 | 26 | 26 | 26 | 26 |
| Pole Vault | Final | 29 | 29 | 29 | 30 | 30 | 30 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| Shot Put | Final | 28 | 28 | 28 | 28 | 31 | 31 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| Weight Throw | Final | 29 | 29 | 29 | 30 | 30 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 |
| Javelin | Final | 26 | 26 | 26 | 26 | 26 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| Discus | Final | 30 | 30 | 30 | 29 | 29 | 30 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| Hammer | Final | 27 | 27 | 27 | 27 | 27 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |

Competition Schedule : Women

○ Numbers Indicate Event Date : 26.03 – 01.04 (7 Days)

✳ Opening Ceremony - 25 Mar, Closing Ceremony - 01 Apr

| Event | Round | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85 | W90 | W95+ |
|------------------------------|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| 60m | Heats | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| | Semi-Finals | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| | Final | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| 200m | Heats | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| | Semi-Finals | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| | Final | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| 400m | Heats | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 |
| | Semi-Finals | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| | Final | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| 800m | Semi-Finals | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| | Final | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| 1500m | Semi-Finals | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 3000m | Final | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 |
| 60m Hurdles | Semi-Finals | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 3000m Walk | Final | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| Cross Country 8 km/6 km W70+ | Final | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| Half Marathon | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 10km Road | Final | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| 10km Road Walk | Final | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| 4x200m Relay | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 4x200m Mixed Relay | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Pentathlon | Final | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |
| Long Jump | Final | 27 | 27 | 27 | 27 | 27 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| Triple Jump | Final | 29 | 29 | 29 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| High Jump | Final | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 |
| Pole Vault | Final | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Shot Put | Final | 26 | 26 | 26 | 26 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| Weight Throw | Final | 27 | 27 | 27 | 27 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 28 |
| Javelin | Final | 28 | 28 | 28 | 28 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| Discus | Final | 31 | 31 | 31 | 31 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 |
| Hammer | Final | 30 | 30 | 30 | 30 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |

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Venue Timetable

| SUNDAY 26th | | | |
|-------------|-------|--------|---------|
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 08:30 | 3000m | W70+ | Final |
| 9:00 | 3000m | W60/65 | Final |
| 9:30 | 3000m | W55 | Final |
| 9:50 | 3000m | W50 | Final |
| 10:15 | 3000m | W45 | Final |
| 10:35 | 3000m | W40 | Final |
| 10:55 | 3000m | W35 | Final |
| 11:15 | 3000m | M80+ | Final |
| 11:45 | 3000m | M75 | Final |
| 12:15 | 3000m | M70 | Final |
| 12:40 | 3000m | M65 | Final B |
| 13:00 | 3000m | M65 | Final A |
| 13:15 | 3000m | M60 | Final B |
| 13:35 | 3000m | M60 | Final A |
| 13:50 | 3000m | M55 | Final B |
| 14:10 | 3000m | M55 | Final A |
| 14:25 | 3000m | M50 | Final B |
| 14:45 | 3000m | M50 | Final A |
| 15:00 | 3000m | M45 | Final B |
| 15:20 | 3000m | M45 | Final A |
| 15:35 | 3000m | M40 | Final B |
| 15:55 | 3000m | M40 | Final A |
| 16:10 | 3000m | M35 | Final |

| | | | |
|-------|------|-----|------|
| 16:30 | 400m | W45 | Heat |
| 16:50 | 400m | M70 | Heat |
| 17:10 | 400m | M65 | Heat |
| 17:30 | 400m | M60 | Heat |
| 18:10 | 400m | M55 | Heat |
| 18:45 | 400m | M50 | Heat |
| 19:20 | 400m | M45 | Heat |
| 19:50 | 400m | M40 | Heat |
| 20:20 | 400m | M35 | Heat |

| SUNDAY 26th | | | |
|---------------|-------------|--------|-------|
| ARENA FIELD | | | |
| TIME | VENUE | CAT. | TYPE |
| HIGH JUMP A/B | | | |
| 9:00 | High Jump A | M85+ | Final |
| 9:00 | High Jump B | M70 | Final |
| 11:15 | High Jump A | W75+ | Final |
| 11:15 | High Jump B | W45/50 | Final |
| 13:15 | High Jump A | M80 | Final |
| 13:15 | High Jump B | W55 | Final |
| 15:00 | High Jump A | W70 | Final |
| 15:00 | High Jump B | M75 | Final |
| 16:15 | High Jump A | W35/40 | Final |
| 16:15 | High Jump B | W65 | Final |
| 18:15 | High Jump A | W60 | Final |

| THROWING HALL | | | |
|---------------|----------|------|-------|
| SHOT PUT | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Shot Put | W50 | Final |
| 10:35 | Shot Put | W45 | Final |
| 12:00 | Shot Put | W40 | Final |
| 13:30 | Shot Put | W35 | Final |

| STADIUM | | | |
|---------------|---------|------|-------|
| JAVELIN THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Javelin | M35 | Final |
| 10:30 | Javelin | M40 | Final |
| 12:15 | Javelin | M45 | Final |
| 14:00 | Javelin | M50 | Final |
| 15:40 | Javelin | M55 | Final |

| LONG JUMP | | | |
|-----------|-----------|------|-------|
| TIME | VENUE | CAT. | TYPE |
| 08:15 | Long Jump | M65 | Final |
| 10:15 | Long Jump | M60 | Final |
| 12:45 | Long Jump | M55 | Final |
| 14:30 | Long Jump | M50 | Final |
| 16:45 | Long Jump | M45 | Final |
| 18:30 | Long Jump | M40 | Final |
| 20:15 | Long Jump | M35 | Final |

| THROWING HALL | | | |
|---------------|--------------|------|-------|
| WEIGHT THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Weight Throw | M85+ | Final |
| 10:30 | Weight Throw | M80 | Final |
| 12:15 | Weight Throw | M75 | Final |
| 13:45 | Weight Throw | M70 | Final |
| 15:30 | Weight Throw | M65 | Final |
| 17:00 | Weight Throw | M60 | Final |

| STADIUM | | | |
|--------------|--------|------|-------|
| DISCUS THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 09:00 | Discus | W80+ | Final |
| 10:45 | Discus | W75 | Final |
| 12:15 | Discus | W70 | Final |
| 13:45 | Discus | W65 | Final |
| 15:30 | Discus | W60 | Final |
| 17:00 | Discus | W55 | Final |

| MONDAY 27th | | | |
|-------------|-------|------|------|
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:00 | 60m | M70 | Heat |
| 8:20 | 60m | M65 | Heat |
| 8:50 | 60m | M60 | Heat |
| 9:20 | 60m | M55 | Heat |
| 10:00 | 60m | M50 | Heat |
| 10:35 | 60m | M45 | Heat |
| 11:05 | 60m | M40 | Heat |
| 11:30 | 60m | M35 | Heat |

| | | | |
|-------|-----------|--------|-------|
| 11:55 | 3000mWalk | M80+ | Final |
| 12:35 | 3000mWalk | M75 | Final |
| 13:10 | 3000mWalk | M70 | Final |
| 13:50 | 3000mWalk | M65 | Final |
| 14:25 | 3000mWalk | M60 | Final |
| 15:00 | 3000mWalk | M55 | Final |
| 15:35 | 3000mWalk | M50 | Final |
| 16:00 | 3000mWalk | M45 | Final |
| 16:25 | 3000mWalk | M35/40 | Final |

| | | | |
|-------|------|-----|--------|
| 17:00 | 400m | W75 | Semif. |
| 17:05 | 400m | W70 | Semif. |
| 17:10 | 400m | W65 | Semif. |
| 17:20 | 400m | W60 | Semif. |
| 17:30 | 400m | W55 | Semif. |
| 17:40 | 400m | W50 | Semif. |
| 18:00 | 400m | W45 | Semif. |
| 18:10 | 400m | W40 | Semif. |
| 18:25 | 400m | W35 | Semif. |

| | | | |
|-------|------|-----|--------|
| 18:40 | 400m | M80 | Semif |
| 18:55 | 400m | M75 | Semif. |
| 19:10 | 400m | M70 | Semif. |
| 19:15 | 400m | M65 | Semif. |
| 19:20 | 400m | M60 | Semif. |
| 19:35 | 400m | M55 | Semif. |
| 19:50 | 400m | M50 | Semif. |
| 20:05 | 400m | M45 | Semif. |
| 20:20 | 400m | M40 | Semif. |
| 20:35 | 400m | M35 | Semif. |

| MONDAY 27th | | | | | | | |
|---------------|-------------|------|-------|----------------|-------------|------|-------|
| ARENA FIELD | | | | | | | |
| TIME | VENUE | CAT. | TYPE | TIME | VENUE | CAT. | TYPE |
| HIGH JUMP A/B | | | | LONG JUMP A/ B | | | |
| | | | | 08:15 | Long Jump B | M85+ | Final |
| | | | | 08:15 | Long Jump A | M75 | Final |
| | | | | 09:45 | Long Jump B | M80 | Final |
| 13:00 | High Jump A | M65 | Final | 09:45 | Long Jump A | M70 | Final |
| | | | | 11:45 | Long Jump A | W55 | Final |
| 13:00 | High Jump B | M60 | Final | 13:35 | Long Jump A | W50 | Final |
| | | | | 15:25 | Long Jump A | W45 | Final |
| 16:00 | High Jump A | M55 | Final | 17:20 | Long Jump A | W40 | Final |
| | | | | 19:15 | Long Jump A | W35 | Final |
| 16:00 | High Jump B | M50 | Final | | | | |

| THROWING HALL | | | |
|---------------|----------|------|-------|
| SHOT PUT A | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Shot Put | W80+ | Final |
| 10:35 | Shot Put | W75 | Final |
| 12:05 | Shot Put | W70 | Final |
| 13:35 | Shot Put | W65 | Final |
| 15:30 | Shot Put | W55 | Final |

| STADIUM | | | |
|---------------|---------|------|-------|
| JAVELIN THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Javelin | M60 | Final |
| 10:50 | Javelin | M65 | Final |
| 12:15 | Javelin | M70 | Final |
| 14:00 | Javelin | M75 | Final |
| 15:30 | Javelin | M80 | Final |
| 17:00 | Javelin | M85+ | Final |

| THROWING FIELD | | | |
|----------------|--------|------|-------|
| HAMMER THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 10:00 | Hammer | M55 | Final |
| 11:40 | Hammer | M50 | Final |
| 13:05 | Hammer | M45 | Final |
| 14:40 | Hammer | M40 | Final |
| 16:00 | Hammer | M35 | Final |

| THROWING HALL | | | |
|-------------------------|--------------|------|-------|
| WEIGHT THROW/SHOT PUT B | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Weight Throw | W50 | Final |
| 10:30 | Weight Throw | W45 | Final |
| 12:00 | Weight Throw | W40 | Final |
| 13:15 | Weight Throw | W35 | Final |
| 14:30 | Shot Put (B) | W60 | Final |

| CROSS COUNTRY | | | |
|---------------|-------|-----------|-------|
| TIME | VENUE | CAT. | TYPE |
| 8:00 | 6 km | M75+/W70+ | Final |
| 9:00 | 6 km | M70 | Final |
| 9:50 | 8 km | W60/65 | Final |
| 10:40 | 8 km | W50/55 | Final |
| 11:25 | 8 km | W45 | Final |
| 12:10 | 8 km | W35/40 | Final |
| 13:00 | 8 km | M65 | Final |
| 13:40 | 8 km | M60 | Final |
| 14:25 | 8 km | M55 | Final |
| 15:05 | 8 km | M50 | Final |
| 15:45 | 8 km | M45 | Final |
| 16:25 | 8 km | M35/40 | Final |

| TUESDAY 28th | | | |
|--------------|-----------|--------|--------|
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | 60m | W55 | Heat |
| 9:20 | 60m | W50 | Heat |
| 9:40 | 60m | W45 | Heat |
| 10:00 | 60m | M85 | Semif. |
| 10:10 | 60m | M80 | Semif. |
| 10:25 | 60m | M75 | Semif. |
| 10:35 | 60m | M70 | Semif. |
| 10:45 | 60m | M65 | Semif. |
| 11:00 | 60m | M60 | Semif. |
| 11:10 | 60m | M55 | Semif. |
| 11:25 | 60m | M50 | Semif. |
| 11:40 | 60m | M45 | Semif. |
| 11:55 | 60m | M40 | Semif. |
| 12:05 | 60m | M35 | Semif. |
| 12:15 | 60m | W75 | Semif. |
| 12:25 | 60m | W70 | Semif. |
| 12:40 | 60m | W65 | Semif. |
| 12:55 | 60m | W60 | Semif. |
| 13:10 | 60m | W55 | Semif. |
| 13:20 | 60m | W50 | Semif. |
| 13:40 | 60m | W45 | Semif. |
| 13:50 | 60m | W40 | Semif. |
| 14:05 | 60m | W35 | Semif. |
| 14:30 | 3000mWalk | W75+ | Final |
| 15:10 | 3000mWalk | W65/70 | Final |
| 15:50 | 3000mWalk | W55/60 | Final |
| 16:25 | 3000mWalk | W45/50 | Final |
| 16:55 | 3000mWalk | W35/40 | Final |
| 17:30 | 400m | W85 | Final |
| 17:36 | 400m | W80 | Final |
| 17:42 | 400m | W75 | Final |
| 17:47 | 400m | W70 | Final |
| 17:52 | 400m | W65 | Final |
| 17:57 | 400m | W60 | Final |
| 18:03 | 400m | W55 | Final |
| 18:08 | 400m | W50 | Final |
| 18:13 | 400m | W45 | Final |
| 18:18 | 400m | W40 | Final |
| 18:23 | 400m | W35 | Final |
| 18:28 | 400m | M90+ | Final |
| 18:35 | 400m | M85 | Final |
| 18:40 | 400m | M80 | Final |
| 18:45 | 400m | M75 | Final |
| 18:50 | 400m | M70 | Final |
| 18:55 | 400m | M65 | Final |
| 19:00 | 400m | M60 | Final |
| 19:05 | 400m | M55 | Final |
| 19:10 | 400m | M50 | Final |
| 19:15 | 400m | M45 | Final |
| 19:20 | 400m | M40 | Final |
| 19:25 | 400m | M35 | Final |

| TUESDAY 28th | | | | | | | |
|--------------|-------------|------|-------|-----------------------|-------------|--------|-------|
| ARENA FIELD | | | | | | | |
| HIGH JUMP | | | | LONG JUMP/TRIPLE JUMP | | | |
| TIME | VENUE | CAT. | TYPE | TIME | VENUE | CAT. | TYPE |
| | | | | 08:20 | Long Jump | W80+ | Final |
| 15:00 | High Jump A | M45 | Final | 09:40 | Long Jump | W70/75 | Final |
| | | | | 11:30 | Long Jump | W60 | Final |
| 16:30 | High Jump A | M40 | Final | 13:20 | Long Jump | W65 | Final |
| | | | | 15:15 | Triple Jump | M60 | Final |
| 18:00 | High Jump A | M35 | Final | 17:10 | Triple Jump | M55 | Final |
| | | | | 19:00 | Triple Jump | M50 | Final |

| THROWING HALL | | | |
|---------------|----------|------|-------|
| SHOT PUT | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Shot Put | M50 | Final |
| 10:45 | Shot Put | M45 | Final |
| 12:30 | Shot Put | M40 | Final |
| 14:30 | Shot Put | M35 | Final |

| STADIUM | | | |
|---------|---------|------|-------|
| JAVELIN | | | |
| TIME | VENUE | CAT. | TYPE |
| 10:00 | Javelin | W50 | Final |
| 11:30 | Javelin | W45 | Final |
| 12:50 | Javelin | W40 | Final |
| 14:10 | Javelin | W35 | Final |

| THROWING FIELD | | | |
|----------------|--------|------|-------|
| HAMMER THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:30 | Hammer | M85+ | Final |
| 11:00 | Hammer | M80 | Final |
| 12:30 | Hammer | M75 | Final |
| 13:45 | Hammer | M70 | Final |
| 15:10 | Hammer | M65 | Final |
| 16:45 | Hammer | M60 | Final |

| THROWING HALL | | | |
|---------------|--------------|------|-------|
| WEIGHT THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 09:00 | Weight Throw | W75+ | Final |
| 10:50 | Weight Throw | W70 | Final |
| 12:30 | Weight Throw | W65 | Final |
| 14:15 | Weight Throw | W60 | Final |
| 15:55 | Weight Throw | W55 | Final |

| WEDNESDAY 29th | | | |
|----------------|------------|------|--------|
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:00 | 60 Hurdles | M60 | Pent |
| 08:30 | 60m | W85+ | Final |
| 8:34 | 60m | W80 | Final |
| 08:38 | 60m | W75 | Final |
| 08:42 | 60m | W70 | Final |
| 8:46 | 60m | W65 | Final |
| 08:50 | 60m | W60 | Final |
| 08:54 | 60m | W55 | Final |
| 8:58 | 60m | W50 | Final |
| 09:02 | 60m | W45 | Final |
| 09:06 | 60m | W40 | Final |
| 9:10 | 60m | W35 | Final |
| 09:14 | 60m | M90+ | Final |
| 09:18 | 60m | M85 | Final |
| 9:22 | 60m | M80 | Final |
| 09:26 | 60m | M75 | Final |
| 09:30 | 60m | M70 | Final |
| 9:34 | 60m | M65 | Final |
| 09:38 | 60m | M60 | Final |
| 09:42 | 60m | M55 | Final |
| 9:46 | 60m | M50 | Final |
| 09:50 | 60m | M45 | Final |
| 09:54 | 60m | M40 | Final |
| 9:58 | 60m | M35 | Final |
| 10:10 | 800m | W65 | Semif. |
| 10:15 | 800m | W60 | Semif. |
| 10:30 | 800m | W55 | Semif. |
| 10:40 | 60 Hurdles | M75+ | Pent |
| 11:00 | 60 Hurdles | M70 | Pent |
| 11:20 | 800m | W50 | Semif. |
| 11:32 | 800m | W45 | Semif. |
| 11:48 | 800m | W40 | Semif. |
| 12:05 | 800m | W35 | Semif. |
| 12:20 | 800m | M80 | Semif. |
| 12:35 | 800m | M75 | Semif. |
| 13:05 | 60 Hurdles | M65 | Pent |
| 13:30 | 60 Hurdles | M55 | Pent |
| 14:00 | 800m | M70 | Semif. |
| 14:15 | 800m | M65 | Semif. |
| 14:40 | 800m | M60 | Semif. |
| 15:20 | 1000 C | M60 | Pent |
| 15:30 | 1000 B | M60 | Pent |
| 15:38 | 1000 A | M60 | Pent |
| 15:50 | 800m | M55 | Semif. |
| 16:10 | 800m | M50 | Semif. |
| 16:40 | 800m | M45 | Semif. |
| 17:20 | 800m | M40 | Semif. |
| 17:40 | 800m | M35 | Semif. |

| WEDNESDAY 29th | | | |
|--------------------------------|---------------|------|-------|
| ARENA FIELD | | | |
| TIME | VENUE | CAT. | TYPE |
| POLE VAULT/TRIPLE JUMP | | | |
| 10:00 | Pole Vault | M35 | Final |
| 13:00 | Pole Vault | M40 | Final |
| 16:00 | Pole Vault | M45 | Final |
| 16:30 | Triple Jump A | W35 | Final |
| 17:45 | Triple Jump A | W40 | Final |
| 19:15 | Triple Jump A | W45 | Final |
| THROWING HALL | | | |
| SHOT PUT A | | | |
| TIME | VENUE | CAT. | TYPE |
| 10:40 | Shot Put | M60 | Pent |
| 13:25 | Shot Put | M75+ | Pent |
| 16:30 | Shot Put | M55 | Pent |
| STADIUM | | | |
| JAVELIN/DISCUS | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Javelin | W55 | Final |
| 10:30 | Javelin | W60 | Final |
| 12:00 | Javelin | W65 | Final |
| 13:30 | Javelin | W70 | Final |
| 15:00 | Javelin | W75+ | Final |
| 15:00 | Discus | M85+ | Final |
| 16:45 | Discus | M80 | Final |
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 18:00 | 1000 | M80+ | Pent |
| 18:10 | 1000 | M75 | Pent |
| 18:30 | 1000 B | M70 | Pent |
| 18:38 | 1000 A | M70 | Pent |
| 21:30 | 1000 B | M65 | Pent |
| 21:38 | 1000 A | M65 | Pent |
| 21:45 | 1000 B | M55 | Pent |
| 21:53 | 1000 A | M55 | Pent |
| THROWING HALL | | | |
| WEIGHT THROW/SHOT PUT B | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:00 | Weight Throw | M40 | Final |
| 10:40 | Shot Put | M60 | Pent |
| 13:35 | Shot Put | M70 | Pent |
| 16:10 | Shot Put | M65 | Pent |
| 18:00 | Weight Throw | M35 | Final |
| 19:15 | Weight Throw | M45 | Final |
| THROWING FIELD | | | |
| DISCUS | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Discus | M50 | Final |
| 11:00 | Discus | M55 | Final |
| 13:00 | Discus | M65 | Final |
| 15:00 | Discus | M70 | Final |
| 16:45 | Discus | M75 | Final |
| 10 KILOMETERS ROAD | | | |
| TIME | VENUE | CAT. | TYPE |
| 10:00 | 10km Road | W+M | Final |

| THURSDAY 30th | | | |
|---------------|------------|------|-------|
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 08:00 | 60 Hurdles | M50 | Pent |
| 08:25 | 200m | W65 | Heat |
| 08:50 | 200m | W60 | Heat |
| 09:15 | 200m | W55 | Heat |
| 9:45 | 60 Hurdles | M45 | Pent |
| 10:05 | 60 Hurdles | M40 | Pent |
| 10:20 | 200m | W50 | Heat |
| 10:45 | 200m | W45 | Heat |
| 11:15 | 200m | W40 | Heat |
| 11:40 | 200m | M75 | Heat |
| 12:00 | 200m | M70 | Heat |
| 12:25 | 200m | M65 | Heat |
| 13:05 | 200m | M60 | Heat |
| 14:00 | 60 Hurdles | M35 | Pent |
| 14:15 | 200m | M55 | Heat |
| 15:00 | 1000 B | M50 | Pent |
| 15:08 | 1000 A | M50 | Pent |
| 15:20 | 200m | M50 | Heat |
| 15:55 | 200m | M45 | Heat |
| 16:35 | 200m | M40 | Heat |
| 17:15 | 200m | M35 | Heat |
| 17:50 | 800m | W80+ | Final |
| 18:00 | 800m | W75 | Final |
| 18:15 | 1000 B | M45 | Pent |
| 18:25 | 1000 A | M45 | Pent |
| 18:40 | 1000 B | M40 | Pent |
| 18:50 | 1000 A | M40 | Pent |
| 19:00 | 800m | W70 | Final |
| 19:08 | 800m | W65 | Final |
| 19:16 | 800m | W60 | Final |
| 19:24 | 800m | W55 | Final |
| 19:32 | 800m | W50 | Final |
| 19:40 | 800m | W45 | Final |
| 19:47 | 800m | W40 | Final |
| 19:54 | 800m | W35 | Final |
| 20:02 | 800m | M85+ | Final |
| 20:12 | 800m | M80 | Final |
| 20:20 | 800m | M75 | Final |
| 20:28 | 800m | M70 | Final |
| 20:36 | 800m | M65 | Final |
| 20:44 | 800m | M60 | Final |
| 20:52 | 800m | M55 | Final |
| 21:00 | 800m | M50 | Final |
| 21:15 | 1000 | M35 | Pent |
| 21:25 | 800m | M45 | Final |
| 21:32 | 800m | M40 | Final |
| 21:40 | 800m | M35 | Final |

| THURSDAY 30th | | | |
|--------------------------------|--------------|------|-------|
| ARENA FIELD | | | |
| TIME | VENUE | CAT. | TYPE |
| POLE VAULT/TRIPLE JUMP | | | |
| 9:30 | Pole Vault | M60 | Final |
| 13:00 | Pole Vault | M55 | Final |
| 17:00 | Pole Vault | M50 | Final |
| THROWING HALL | | | |
| SHOT PUT A | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:00 | Shot Put | M90+ | Final |
| 8:45 | Shot Put | M85 | Final |
| 10:35 | Shot Put | M50 | Pent |
| 12:25 | Shot Put | M45 | Pent |
| 14:00 | Shot Put | M75 | Final |
| 16:35 | Shot Put | M35 | Pent |
| 18:00 | Shot Put | M65 | Final |
| STADIUM | | | |
| DISCUS | | | |
| TIME | VENUE | CAT. | TYPE |
| 10:00 | Discus | M35 | Final |
| 11:30 | Discus | M40 | Final |
| 13:00 | Discus | M45 | Final |
| 14:30 | Discus | M60 | Final |
| THROWING HALL | | | |
| WEIGHT THROW/SHOT PUT B | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:30 | Shot Put | M80 | Final |
| 10:35 | Shot Put | M50 | Pent |
| 12:00 | Shot Put | M70 | Final |
| 13:00 | Shot Put | M40 | Pent |
| 15:00 | Weight Throw | M50 | Final |
| 16:45 | Weight Throw | M55 | Final |
| THROWING FIELD | | | |
| HAMMER THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 10:00 | Hammer | W50 | Final |
| 11:45 | Hammer | W45 | Final |
| 13:15 | Hammer | W40 | Final |
| 14:45 | Hammer | W35 | Final |

| FRIDAY 31st | | | |
|-------------|------------|------|--------|
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:00 | 60 Hurdles | W70+ | Pent |
| 08:08 | 60 Hurdles | W65 | Pent |
| 8:20 | 200m | W80 | Semif. |
| 8:28 | 200m | W75 | Semif. |
| 8:36 | 200m | W70 | Semif. |
| 8:50 | 200m | W65 | Semif. |
| 8:55 | 200m | W60 | Semif. |
| 9:00 | 200m | W55 | Semif. |
| 09:12 | 200m | W50 | Semif. |
| 09:24 | 200m | W45 | Semif. |
| 9:36 | 200m | W40 | Semif. |
| 9:50 | 60 Hurdles | W60 | Pent |
| 10:00 | 60 Hurdles | W55 | Pent |
| 10:10 | 200m | W35 | Semif. |
| 10:25 | 200m | M85 | Semif. |
| 10:35 | 200m | M80 | Semif. |
| 10:48 | 200m | M75 | Semif. |
| 10:56 | 200m | M70 | Semif. |
| 11:08 | 200m | M65 | Semif. |
| 11:20 | 200m | M60 | Semif. |
| 11:32 | 200m | M55 | Semif. |
| 11:44 | 200m | M50 | Semif. |
| 12:00 | 60 Hurdles | W50 | Pent |
| 12:20 | 60 Hurdles | W45 | Pent |
| 12:30 | 200m | M45 | Semif. |
| 12:42 | 200m | M40 | Semif. |
| 12:54 | 200m | M35 | Semif. |
| | | | |
| 13:10 | 1500m | M65 | Heats |
| 13:30 | 1500m | M60 | Heats |
| 13:50 | 800m | W70+ | Pent |
| 14:00 | 800m | W65 | Pent |
| 14:10 | 60 Hurdles | W40 | Pent |
| 14:20 | 60 Hurdles | W35 | Pent |
| 14:30 | 1500m | M55 | Heats |
| 15:00 | 1500m | M50 | Heats |
| 15:25 | 1500m | M45 | Heats |
| 15:40 | 800m | W60 | Pent |
| 15:50 | 800m | W55 | Pent |
| 16:00 | 1500m | M40 | Heats |
| 16:25 | 1500m | M35 | Heats |
| | | | |
| 16:45 | 60 Hurdles | M80 | Semif. |
| 16:50 | 60 Hurdles | M75 | Semif. |
| 17:00 | 60 Hurdles | M70 | Semif. |
| 17:10 | 60 Hurdles | M65 | Semif. |
| 17:25 | 60 Hurdles | M60 | Semif. |
| 17:45 | 60 Hurdles | M55 | Semif. |
| 18:00 | 60 Hurdles | M50 | Semif. |

| FRIDAY 31st | | | |
|-------------|------------|------|--------|
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 18:20 | 800m | W45 | Pent |
| 18:30 | 800m | W50 | Pent |
| 18:40 | 60 Hurdles | M45 | Semif. |
| 18:50 | 60 Hurdles | M40 | Semif. |
| 19:00 | 60 Hurdles | M35 | Semif. |
| 19:20 | 800m | W35 | Pent |
| 19:30 | 200m | W85+ | Final |
| 19:35 | 200m | W80 | Final |
| 19:40 | 200m | W75 | Final |
| 19:44 | 200m | W70 | Final |
| 19:48 | 200m | W65 | Final |
| 19:52 | 200m | W60 | Final |
| 19:56 | 200m | W55 | Final |
| 20:00 | 200m | W50 | Final |
| 20:04 | 200m | W45 | Final |
| 20:08 | 200m | W40 | Final |
| 20:12 | 200m | W35 | Final |
| 20:20 | 800m | W40 | Pent |
| 20:30 | 200m | M90+ | Final |
| 20:35 | 200m | M85 | Final |
| 20:39 | 200m | M80 | Final |
| 20:43 | 200m | M75 | Final |
| 20:47 | 200m | M70 | Final |
| 20:51 | 200m | M65 | Final |
| 20:55 | 200m | M60 | Final |
| 20:59 | 200m | M55 | Final |
| 21:03 | 200m | M50 | Final |
| 21:07 | 200m | M45 | Final |
| 21:11 | 200m | M40 | Final |
| 21:15 | 200m | M35 | Final |
| | | | |
| 21:20 | 60 Hurdles | M85 | Final |
| 21:25 | 60 Hurdles | M80 | Final |
| 21:30 | 60 Hurdles | M75 | Final |
| 21:35 | 60 Hurdles | M70 | Final |
| 21:40 | 60 Hurdles | M65 | Final |
| 21:45 | 60 Hurdles | M60 | Final |
| 21:50 | 60 Hurdles | M55 | Final |
| 21:55 | 60 Hurdles | M50 | Final |
| 22:00 | 60 Hurdles | M45 | Final |
| 22:05 | 60 Hurdles | M40 | Final |
| 22:10 | 60 Hurdles | M35 | Final |

| FRIDAY 31st | | | | | | | |
|--------------------------|-------------|------|-------|--------------------------------|-------------|------|------|
| ARENA FIELD | | | | | | | |
| TIME | VENUE | CAT. | TYPE | TIME | VENUE | CAT. | TYPE |
| POLE VAULT/TRIPLE JUMP A | | | | PENTATHLON High Jump/Long Jump | | | |
| 9:30 | Pole Vault | M75+ | Final | 8:40 | High Jump A | W70+ | Pent |
| 13:00 | Pole Vault | M70 | Final | 8:50 | High Jump B | W65 | Pent |
| 16:30 | Pole Vault | M65 | Final | 10:30 | High Jump A | W60 | Pent |
| | | | | 10:50 | High Jump B | W55 | Pent |
| 8:00 | Triple Jump | M45 | Final | 12:40 | High Jump A | W50 | Pent |
| 10:00 | Triple Jump | M35 | Final | 13:00 | High Jump B | W45 | Pent |
| 20:00 | Triple Jump | M40 | Final | 15:00 | High Jump A | W40 | Pent |
| | | | | 15:00 | High Jump B | W35 | Pent |
| | | | | 12:10 | Long Jump A | W70+ | Pent |
| | | | | 12:30 | Long Jump B | W65 | Pent |
| | | | | 14:30 | Long Jump A | W60 | Pent |
| | | | | 14:40 | Long Jump B | W55 | Pent |
| | | | | 16:50 | Long Jump A | W50 | Pent |
| | | | | 16:50 | Long Jump B | W45 | Pent |
| | | | | 18:10 | Long Jump B | W35 | Pent |
| | | | | 18:50 | Long Jump A | W40 | Pent |

| THROWING HALL | | | |
|---------------|----------|------|-------|
| SHOT PUT A | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:00 | Shot Put | M60 | Final |
| 10:40 | Shot Put | W70+ | Pent |
| 13:00 | Shot Put | W60 | Pent |
| 15:20 | Shot Put | W50 | Pent |
| 17:20 | Shot Put | W40 | Pent |
| | | | |
| | | | |
| STADIUM | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Discus | W50 | Final |
| 10:30 | Discus | W45 | Final |
| 12:00 | Discus | W40 | Final |
| 13:40 | Discus | W35 | Final |

| THROWING HALL | | | |
|----------------|----------|------|-------|
| SHOT PUT B | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:00 | Shot Put | M55 | Final |
| 11:00 | Shot Put | W65 | Pent |
| 13:10 | Shot Put | W55 | Pent |
| 15:20 | Shot Put | W45 | Pent |
| 17:00 | Shot Put | W35 | Pent |
| | | | |
| | | | |
| THROWING FIELD | | | |
| HAMMER THROW | | | |
| TIME | VENUE | CAT. | TYPE |
| 9:00 | Hammer | W80+ | Final |
| 10:30 | Hammer | W75 | Final |
| 11:45 | Hammer | W70 | Final |
| 13:15 | Hammer | W65 | Final |
| 14:30 | Hammer | W60 | Final |
| 16:30 | Hammer | W55 | Final |

| 10 KILOMETERS WALK | | | |
|--------------------|-----------|--------------|-------|
| TIME | VENUE | CAT. | TYPE |
| 9:00 | 10km Walk | W55+ | Final |
| 10:45 | 10km Walk | W35/40/45/50 | Final |
| 12:30 | 10km Walk | M70+ | Final |
| 14:10 | 10km Walk | M55/60/65 | Final |
| 15:40 | 10km Walk | M35/40/45/50 | Final |

| SATURDAY 1ST | | | |
|--------------|------------|------|-------|
| ARENA TRACK | | | |
| TIME | VENUE | CAT. | TYPE |
| 8:00 | 60 Hurdles | W65 | Semi |
| 08:10 | 60 Hurdles | W60 | Semi |
| 8:20 | 60 Hurdles | W55 | Semi |
| 08:30 | 60 Hurdles | W50 | Semi |
| 08:45 | 60 Hurdles | W45 | Semi |
| 08:55 | 60 Hurdles | W40 | Semi |
| 09:05 | 60 Hurdles | W35 | Semi |
| 09:15 | 1500m | W75+ | Final |
| 09:30 | 1500m | W70 | Final |
| 09:45 | 1500m | W65 | Final |
| 09:55 | 1500m | W60 | Final |
| 10:05 | 1500m | W55 | Final |
| 10:15 | 1500m | W50 | Final |
| 10:25 | 1500m | W45 | Final |
| 10:35 | 1500m | W40 | Final |
| 10:45 | 1500m | W35 | Final |
| 10:55 | 1500m | M85+ | Final |
| 11:10 | 1500m | M80 | Final |
| 11:20 | 1500m | M75 | Final |
| 11:30 | 1500m | M70 | Final |
| 11:40 | 1500m | M65 | Final |
| 11:48 | 1500m | M60 | Final |
| 11:56 | 1500m | M55 | Final |
| 12:04 | 1500m | M50 | Final |
| 12:12 | 1500m | M45 | Final |
| 12:20 | 1500m | M40 | Final |
| 12:28 | 1500m | M35 | Final |
| 12:40 | 60 Hurdles | W75+ | Final |
| 12:45 | 60 Hurdles | W70 | Final |
| 12:50 | 60 Hurdles | W65 | Final |
| 12:55 | 60 Hurdles | W60 | Final |
| 13:00 | 60 Hurdles | W55 | Final |
| 13:05 | 60 Hurdles | W50 | Final |
| 13:10 | 60 Hurdles | W45 | Final |
| 13:15 | 60 Hurdles | W40 | Final |
| 13:20 | 60 Hurdles | W35 | Final |

| SATURDAY 1ST | | | | | | | |
|--------------------|-------------|------|-------|-------------------|------------|--------|-------|
| ARENA FIELD | | | | | | | |
| TIME | VENUE | CAT. | TYPE | TIME | VENUE | CAT. | TYPE |
| TRIPLE JUMP | | | | POLE VAULT | | | |
| 09:00 | Triple Jump | M85 | Final | 08:00 | Pole Vault | W60+ | Final |
| 10:15 | Triple Jump | M80 | Final | 11:00 | Pole Vault | W50/55 | Final |
| 11:30 | Triple Jump | M75 | Final | 13:30 | Pole Vault | W45 | Final |
| 12:30 | Triple Jump | M65 | Final | 15:00 | Pole Vault | W35/40 | Final |
| 14:10 | Triple Jump | M70 | Final | | | | |

| ARENA TRACK | | | |
|-------------|------------------|------|-------|
| TIME | VENUE | CAT. | TYPE |
| 13:45 | 4x200 Relay | M80 | Final |
| 13:55 | 4x200 Relay | W80 | Final |
| 14:05 | 4x200 Relay | M75 | Final |
| 14:15 | 4x200 Relay | W75 | Final |
| 14:25 | 4x200 Relay | M70 | Final |
| 14:35 | 4x200 Relay | W70 | Final |
| 14:42 | 4x200 Relay | M65 | Final |
| 14:50 | 4x200 Relay | W65 | Final |
| 14:58 | 4x200 Relay | M60 | Final |
| 15:08 | 4x200 Relay | W60 | Final |
| 15:15 | 4x200 Relay | M55 | Final |
| 15:25 | 4x200 Relay | W55 | Final |
| 15:35 | 4x200 Relay | M50 | Final |
| 15:45 | 4x200 Relay | W50 | Final |
| 15:55 | 4x200 Relay | M45 | Final |
| 16:05 | 4x200 Relay | W45 | Final |
| 16:15 | 4x200 Relay | M40 | Final |
| 16:25 | 4x200 Relay | W40 | Final |
| 16:35 | 4x200 Relay | M35 | Final |
| 16:45 | 4x200 Relay | W35 | Final |
| 17:00 | 4x200 MIX | 80 | Final |
| 17:10 | 4x200 MIX | 75 | Final |
| 17:20 | 4x200 MIX | 70 | Final |
| 17:30 | 4x200 MIX | 65 | Final |
| 17:40 | 4x200 MIX | 60 | Final |
| 17:50 | 4x200 MIX | 55 | Final |
| 18:00 | 4x200 MIX | 50 | Final |
| 18:10 | 4x200 MIX | 45 | Final |
| 18:20 | 4x200 MIX | 40 | Final |
| 18:30 | 4x200 MIX | 35 | Final |
| 18:45 | Closing Ceremony | | |

| HALF-MARATHON | | | |
|---------------|-------|------|-------|
| TIME | VENUE | CAT. | TYPE |
| 11:00 | Road | W+M | 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) |
| 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) |

SPECIAL ADVANCEMENT TABLES FOR TORUN, POLAND

Due to the record number of entries, the following advancement tables will be used.

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 | 0 | | 4 | 1 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 |

6 lanes (200m, 400m)

| Number of Competitors | Heats | Qualifying | Semi Finals | Qualifying | Final |
|-----------------------|-------|------------|-------------|------------|-------|
| 1-6 | 0 | | 0 | | 1 |
| 7-12 | 0 | | 2 | 2 P 2 T | 1 |
| 13-18 | 0 | | 3 | 1 P 3 T | 1 |
| 19-24 | 0 | | 4 | 1 P 2 T | 1 |
| 25-30 | 5 | 2 P 2 T | 2 | 2 P 2 T | 1 |
| 31-36 | 6 | 2 P 6 T | 3 | 1 P 3 T | 1 |
| 37-42 | 7 | 2 P 4 T | 3 | 1 P 3 T | 1 |
| 43-48 | 8 | 2 P 2 T | 3 | 1 P 3 T | 1 |
| 49-54 | 9 | 1 P 9 T | 3 | 1 P 3 T | 1 |
| 55-60 | 10 | 1 P 8 T | 3 | 1 P 3 T | 1 |
| 61-66 | 11 | 1 P 7 T | 3 | 1 P 3 T | 1 |
| 67-72 | 12 | 1 P 6 T | 3 | 1 P 3 T | 1 |
| 73-78 | 13 | 1 P 5 T | 3 | 1 P 3 T | |
| 79-84 | 14 | 1 P 4 T | 3 | 1 P 3 T | |

6 Lanes Tracks (800m)

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

6 Lanes Tracks (1500m)

| Number of Competitors | Heats | Qualifying | Final |
|-----------------------|-------|------------|-------|
| 1-11 | 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+ | .90m | 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

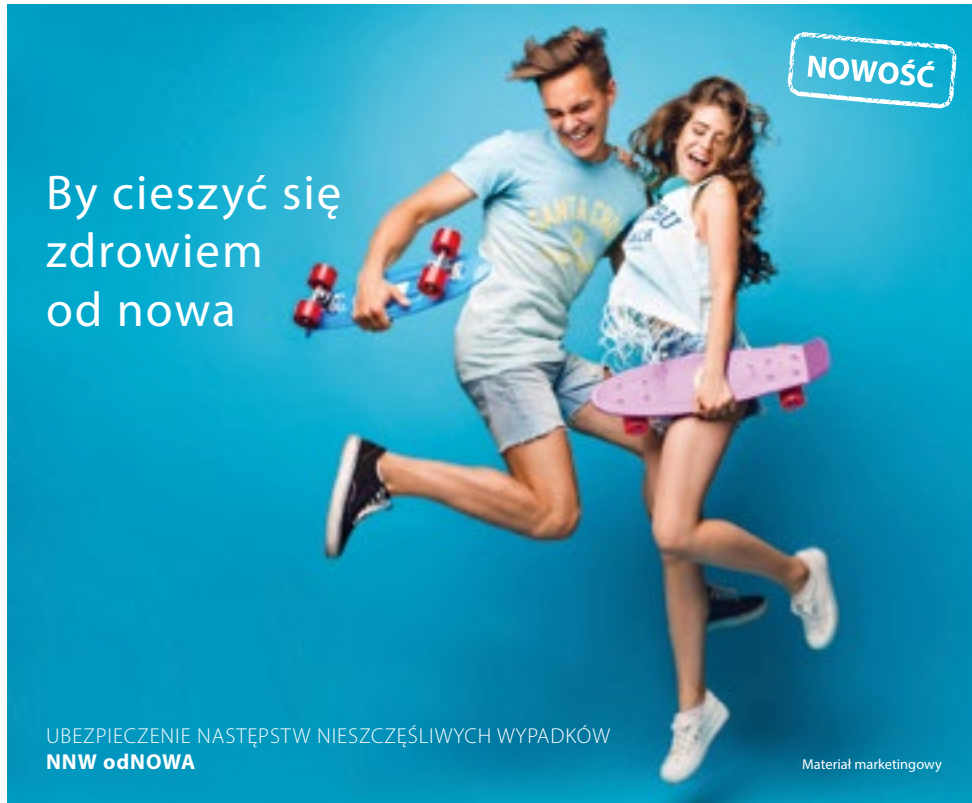
| Age | Starting Height | Progression |
|--------|-----------------|-------------|
| W35/40 | 1.35m | 5cm |
| W45/50 | 1.35m | 5cm |
| W55 | 1.20m | 4cm |
| W60 | 1.15m | 4cm |
| W65 | 1.05m | 4cm |
| W70 | 1.00m | 3cm |
| W75+ | .80m | 3cm |

WOMEN POLE VAULT

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

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