

TEAM MANUAL

EMACS

**EUROPEAN
MASTER ATHLETICS
CHAMPIONSHIPS
STADIA 2023**

Pietro Nardone



**Pescara - Montesilvano - Francavilla
21th september
01th october 2023**



EMACS PESCARA 2023

European Masters Athletics Championships (EMACS) 2023 will take place in Italy, in particular in Pescara, Montesilvano and Francavilla al Mare, from 20th of September to 1st of October 2023, with the strong support of the Local Municipalities, the European Master Athletics and the Italian Athletics Federation (Fidal).

1. General information

EMACS is an international event held every two years even if, cause of the pandemic, the 2021 edition was not carried out. It is open only to athletes, both men and women, aged 35 years and over. The athletes will compete in the stadia disciplines – and also in several Non Stadia events (Race Walk, Road Running, Cross Country).

The event will last 11 days, with one no-competition day dedicated to the EMA General Assembly and to Seminars; it will start with an opening ceremony (20th of September) and a parade in the Pescara City Center. The closing ceremony will take place on 1st of October in Pescara Main Stadium.

2.EMACS in numbers

At EMACS 2023 almost 5.000 Master Athletes coming from all the European Countries and from several non-European Countries will gather the Abruzzo Region to celebrate the lifelong joy of sports and foster international friendship, understanding and cooperation. The first European Masters'/Veterans' Athletic Championships Stadia was held in 1978 in Viareggio (Italy), and ever since it has been staged every two years.

<i>Editio n</i>	<i>Year</i>	<i>Hosting city</i>	<i>Participating athletes</i>	<i>Participating countries</i>
1	1978	Viareggio (ITA)	1193	18
...				
21	2019	Venice (ITA)	4492	42

Official Welcomes from the authorities

1. Sport authorities



Cari partecipanti,

Siamo entusiasti di darvi il benvenuto agli Stadi dei Campionati Europei Master che si terranno a Pescara, in Italia, dal 21 settembre al 1° ottobre 2023.

Questo prestigioso evento riunisce atleti professionisti provenienti da tutta Europa per competere in una varietà di eventi di atletica leggera e siamo entusiasti di avverti con noi.

Comprendiamo che prepararsi e competere in un campionato può essere impegnativo e vogliamo incoraggiarti a rimanere motivato e concentrato mentre ti prepari per l'evento. Ricorda che il tuo duro lavoro e la tua dedizione ti hanno portato a questo punto e che hai il talento e la capacità per avere successo.

Pescara è conosciuta per le sue splendide spiagge, la deliziosa cucina e la gente amichevole, e speriamo che tu abbia la possibilità di esplorare e goderti tutto ciò che questa magica città ha da offrire durante il tuo soggiorno.

Riteniamo che l'EMACS 2023 ti offrirà una grande opportunità per mostrare le tue capacità e raggiungere i tuoi obiettivi. Non vediamo l'ora di vederti a Pescara e di supportarti mentre gareggi.

Cordialmente, Walentina Fedjuschina

Presidente dell'EMA

Dear participants,

We are thrilled to welcome you to the European Masters Championship Stadiums to be held in Pescara, Italy from 21 September to 1 October 2023.

This prestigious event brings together professional athletes from across Europe to compete in a variety of track and field events and we are thrilled to have you joining us.

We understand that preparing for and competing in a championship can be challenging and we want to encourage you to stay motivated and focused as you prepare for the event. Remember that your hard work and dedication got you to this point and that you have the talent and ability to succeed.

Pescara is known for its beautiful beaches, delicious cuisine and friendly locals, and we hope you get the chance to explore and enjoy all that this magical city has to offer during your stay.

We believe that EMACS 2023 will offer you a great opportunity to showcase your skills and achieve your goals. We look forward to seeing you in Pescara and supporting you as you compete.

Sincerely, Walentina Fedjuschina

President of the EMA



Pescara sarà la splendida cornice della 22°edizione dei Campionati Europei Master Outdoor su Pista di EMACS 2023, che si svolgeranno dal 21 settembre al 1 ottobre 2023.

Ancora una volta l'Italia, ospiterà una grande manifestazione di Atletica Leggera, prevedendo la partecipazione di circa dodicimila persone, tra atleti, accompagnatori e familiari.

Il successo crescente dei Campionati Master di Atletica Leggera, specialmente in Europa, testimonia come il nostro Sport, in particolare rappresenti una delle discipline più praticate ed amate ad ogni età e questo ci inorgoglisce e ci fa capire che il nostro messaggio è recepito e apprezzato.

Il prossimo settembre gli atleti Over 35 avranno la possibilità di gareggiare sulla pista di Pescara il cui rinnovo è stato fortemente voluto dalla Città in occasione dei Campionati del Mediterraneo Under 23 che si sono svolti l'anno scorso con successo e gradimento di tutti i partecipanti.

Stefano Mei, Presidente Fidal

Pescara will be the splendid setting for the 22nd edition of the EMACS 2023 Master Outdoor Track European Championships, which will take place from 21 September to 1 October 2023.

Once again Italy will host a great Athletics event, with the participation of about twelve thousand people, including athletes, carers and family members.

The growing success of the Master Athletics Championships, especially in Europe, demonstrates how our Sport, in particular, represents one of the most practiced and loved disciplines at all ages and this makes us proud and makes us understand that our message is received and appreciated.

Next September, the Over 35 athletes will have the opportunity to compete on the Pescara track, the renewal of which was strongly desired by the City on the occasion of the Under 23 Mediterranean Championships which took place last year with success and satisfaction of all the participants.

Stefano Mei, President of Fidal

2. Autorità Civili - Civil authorities



L'Abruzzo è felice di ospitare i campionati europei master di atletica leggera 2023, una manifestazione internazionale di assoluto prestigioso.

La Regione Abruzzo ha ampiamente dimostrato di saper accogliere e valorizzare eventi di tale rilevanza e la città di Pescara, dal punto di vista paesaggistico e delle infrastrutture sportive, non ha nulla da invidiare a località più blasonate e difficili da raggiungere. Da parte nostra, pertanto, siamo ben lieti di augurare a tutti gli atleti non soltanto di cogliere gli auspicati successi ma anche di godersi, nel tempo libero a loro disposizione, le bellezze della nostra terra, senza trascurare l'offerta enogastronomica che rappresenta una delle nostre eccellenze nel mondo.

Il nostro auspicio è che questa bella manifestazione rappresenti l'occasione utile a far scoprire l'Abruzzo a tantissime persone, molte delle quali arrivano da fuori confine e non hanno avuto precedentemente questa opportunità. Se tornerete a trovarci, vorrà dire che abbiamo lavorato bene.

Lo sport è per vocazione momento di incontro tra persone, culture ed esperienze, capace di coltivare valori positivi e saldare conoscenze durature.

Vogliamo ringraziare, infine, la A.S.D. Runners Pescara e il suo presidente, Pietro Nardone, per aver reso possibile tutto questo. È anche grazie alle associazioni sportive, al forte ruolo sociale che interpretano sul territorio, se questa nostra amata regione continua a crescere.

Marco Marsilio
Presidente della Regione Abruzzo

Abruzzo is happy to host the 2023 European Masters Athletics Championships, an absolutely prestigious international event.

The Abruzzo Region has amply demonstrated its ability to welcome and enhance events of such importance and the city of Pescara, from the point of view of landscape and sports infrastructures, has nothing to envy to more noble and difficult to reach locations. For our part, therefore, we are very happy to wish all the athletes not only to seize the desired successes but also to enjoy, in the free time at their disposal, the beauties of our land, without neglecting the food and wine offer which represents one of the our excellences in the world.

Our hope is that this beautiful event represents a useful opportunity for many people to discover Abruzzo, many of whom come from outside the border and have not previously had this opportunity. If you come back to visit us, it will mean that we worked well.

Sport is by vocation a meeting point between people, cultures and experiences, capable of cultivating positive values and welding lasting knowledge.

Finally, we want to thank the A.S.D. Runners Pescara and its president, Pietro Nardone, for making all this possible. It is also thanks to sports associations, to the strong social role they play in the area, that this beloved region of ours continues to grow.

Marco Masilio
President of the Abruzzo Region



L'amore per lo Sport si traduce con una sola parola: Emozione. La soddisfazione per essere stati individuati quale regione, l'Abruzzo, e città, Pescara, per accogliere i Campionati Europei Master di Atletica 2023. L'ansia operosa del mettere in campo tutte le migliori energie e le risorse disponibili per organizzare un grande evento degno di tale nome, per assicurare ad atleti, preparatori, team e pubblico l'ospitalità più calorosa, la ricettività più adeguata, capace di far sentire in modo netto, nitido, l'abbraccio di un'intera regione.



E poi la fibrillazione partecipa nello svolgimento di ogni singola gara, una fibrillazione moltiplicata per le 400 competizioni di atletica prevista, che vedranno scendere in campo migliaia atleti in dieci giorni. Infine, l'Emozione negli occhi di chi vincerà quelle gare, ma anche di chi semplicemente parteciperà perché consapevole di aver preso parte a un grande evento di rilevanza internazionale, di aver contribuito a scrivere la storia, e l'Emozione di chi premierà quei campioni del cuore e dell'anima, prim'ancora che dello sport, nella pienezza di quello che è ancora oggi un valore puro, cristallino, capace di rispecchiare l'onestà del gioco, la lealtà della competizione, il fair play del risultato finale. L'Abruzzo celebra l'evento quale regione di grande sport in una città di grandi iniziative sportive, che affonda le sue radici nella figura di Gabriele d'Annunzio, addirittura l'inventore dello scudetto, una passione e una vicinanza mai tradite nello scorrere del tempo che ogni volta si rinnova. Agli atleti, alle squadre, alle compagini tutte, il benvenuto della Presidenza del Consiglio regionale.

Lorenzo Sospiri

Presidente del consiglio Regione Abruzzo

Love for Sport translates into one word: Emotion. The satisfaction of having been identified as the region, Abruzzo, and city, Pescara, to host the 2023 European Masters Athletics Championships. The industrious eagerness to deploy all the best energies and resources available to organize a great event worthy of that name, to ensure athletes, trainers, teams and the public the warmest hospitality, the most adequate receptivity, capable of making the embrace of an entire region feel clearly and clearly. And then the fibrillation participates in the performance of every single competition, a fibrillation multiplied by the 400 planned athletics competitions, which will see thousands of athletes take to the field in ten days. Finally, the Emotion in the eyes of those who will win those races, but also of those who will simply participate because they are aware that they have taken part in a great event of international importance, of having contributed to writing history, and the Emotion of those who will reward those champions of the heart and soul, even before that of sport, in the fullness of what is still today a pure, crystalline value, capable of reflecting the honesty of the game, the loyalty of the competition, the fair play of the final result. Abruzzo celebrates the event as a region of great sport in a city of great sporting initiatives, which has its roots in the figure of Gabriele d'Annunzio, even the inventor of the Scudetto, a passion and closeness never betrayed in the flow of time that is renewed every time. To the athletes, to the teams, to all the teams, the welcome of the Presidency of the Regional Council.

Lorenzo Sospiri

President of the Abruzzo Region Council



Comune di Pescara



Ad un anno di distanza circa dall'appuntamento con i Campionati del Mediterraneo U23 di atletica leggera, che hanno visto Pescara protagonista, la nostra località conferma la sua vocazione allo sport, ospitando, assieme ai vicini comuni di Francavilla e Montesilvano un altro significativo evento rappresentato dai Campionati Europei Master del 2023. Con le due settimane di manifestazione previste allo stadio Adriatico, la nostra località si avvia ormai alla sua definitiva consacrazione come punto di riferimento per le iniziative sportive di livello internazionale, che nulla ha da invidiare ad altre realtà. Desidero cogliere l'occasione per rivolgere un saluto, a nome di tutta la città, alle migliaia di atleti, allenatori, tecnici e accompagnatori, che nei giorni 20 settembre al primo ottobre 2023 arriveranno a Pescara per partecipare o assistere alle gare in programma.

Carlo Masci

Sindaco città di Pescara

About a year after the appointment with the U23 Mediterranean Athletics Championships, which saw Pescara as the protagonist, our locality confirms its vocation for sport, hosting, together with the neighboring municipalities of Francavilla and Montesilvano, another significant event represented from the European Masters Championships in 2023. With the two weeks of events scheduled at the Asdriatico stadium, our locality is now on its way to its definitive consecration as a point of reference for international level sporting initiatives, which has nothing to envy to other realities. I would like to take this opportunity to greet, on behalf of the whole city, the thousands of athletes, coaches, technicians and companions who will arrive in Pescara from 20 September to 1st of October 2023 to participate or attend the scheduled events.

Carlo Masci

Mayor of the city of Pescara

L'onore, l'orgoglio e la certezza di poter lavorare bene per la migliore riuscita di un evento sportivo internazionale. Sono i sentimenti e le emozioni che Pescara vive nell'ospitare i Campionati Europei

Master di Atletica 2023. Siamo onorati di essere stati scelti quale sede privilegiata per un simile appuntamento, una scelta che testimonia l'impegno, la dedizione, l'abnegazione, la passione che la nostra amministrazione comunale ha profuso negli ultimi anni per trasformare Pescara in una 'Città amica dello Sport', garantendo spazi adeguati, accoglienti, funzionalmente efficaci e fruibili.

Spazi disponibili a ospitare grandi campioni di livello mondiale, ma anche giovani talenti in erba, nel rispetto del principio più puro del concetto di sport quale elemento inclusivo e unificante, pur senza mortificare le singolarità e le identità. Per far ciò una città come Pescara ha saputo assicurare sul proprio territorio campi da gioco, palestre, palazzetti, spazi che ci hanno fatto meritare l'attenzione delle massime Autorità sportive internazionali, che hanno compreso le potenzialità e le opportunità offerte dal capoluogo adriatico. Poi l'Orgoglio di essere stati individuati rispetto ad altre città, l'orgoglio di poter offrire una vetrina unica alla nostra città, un palcoscenico prezioso, e l'orgoglio di poter dimostrare al mondo quanto sia bella la nostra Pescara, di permettere ai visitatori di scoprire un territorio inesplorato, con le sue bellezze, il suo mare, il suo centro storico, i suoi personaggi, il suo centro commerciale naturale, le sue vetrine illuminate, con la montagna a due passi. Infine, la certezza di poter lavorare bene garantendo un evento perfetto: oggi Pescara ha il know how necessario per trasformare i Campionati Europei in un autentico successo sportivo, grazie all'esperienza e alla maturità cresciute nel tempo. I numeri faranno il resto, con migliaia di atleti sul territorio che per dieci giorni saranno impegnati in circa 400 gare di atletica, per quella che non sarà semplicemente una rassegna sportiva, ma sarà soprattutto una grande Festa dello Sport



Patrizia Martelli - Assessore allo Sport di Pescara

Honour, pride and the certainty of being able to work well for the best possible outcome of an international sporting event. These are the feelings and emotions that Pescara experiences in hosting the European Championships Master of Athletics 2023. We are honored to have been chosen as the privileged venue for such an appointment, a choice that testifies to the commitment, dedication, self-sacrifice, passion that our municipal administration has lavished in recent years to transform Pescara into a 'Sport friendly city', guaranteeing adequate, welcoming, functionally effective and usable spaces.

Spaces available to host great world-class champions, but also budding young talents, in compliance with the purest principle of the concept of sport as an inclusive and unifying element, without demeaning singularities and identities. To do this, a city like Pescara has been able to guarantee on its territory playgrounds, gyms, arenas, spaces that have earned us the attention of the top international sports authorities, who have understood the potential and opportunities offered by the Adriatic capital. Then the pride of having been singled out compared to other cities, the pride of being able to offer a unique showcase to our city, a precious stage, and the pride of being able to demonstrate to the world how beautiful our Pescara is, to allow visitors to discover an unexplored territory, with its beauties, its sea, its historical centre, its characters, its natural commercial centre, its illuminated shop windows, with the mountain just a stone's throw away. Finally, the certainty of being able to work well guaranteeing a perfect event: today Pescara has the necessary know-how to transform the European Championships into an authentic sporting success, thanks to the experience and maturity that has grown over time. The numbers will do the rest, with thousands of athletes in the area who will be involved in around 400 athletics competitions for ten days, for what will not simply be a sports event, but will above all be a great Sports Festival

Patrizia Martelli - Councilor for Sport of Pescara



Sono onorato ed orgoglioso di essere a capo della FIDAL Abruzzese ed ospitare un evento di tale importanza. Ringrazio la fiducia del Presidente Federale Stefano Mei per questa assegnazione e la Runners Pescara per l'organizzazione.

Sono certo che con l'aiuto dei Comuni coinvolti, della Regione e di tutte le istituzioni sarà un'edizione fantastica.

L'Abruzzo sarà pronto ad ospitare sia gli atleti che i loro accompagnatori lasciando un ricordo sportivo e di accoglienza indelebile.

Massimo Pompei
Presidente FIDAL Abruzzo

I am honored and proud to lead FIDAL Abruzzo and host such an important event.

I thank the trust of Federal President Stefano Mei for this assignment and Runners Pescara for the organization.

I am sure that with the help of the Municipalities involved, the Region and all the institutions it will be a fantastic edition.

Abruzzo will be ready to host both athletes and their companions, leaving an indelible sporting and welcoming memory.

Massimo Pompei
President of FIDAL Abruzzo



È una grande soddisfazione essere il Presidente del comitato organizzativo dell'evento i Campionati Europei Master di Atletica Leggera 2023. Questa è la manifestazione sportiva più partecipata in Europa, dieci giornate di competizioni che si svolgeranno negli stadi di Pescara, Montesilvano e Francavilla note località turistiche.

Gli atleti che parteciperanno sono over 35, provenienti da tutta Europa e gareggeranno nelle corse, nei salti e nei lanci. Nella mia veste di Presidente del comitato organizzativo di questo importante evento desidero esprimere il più vivo ringraziamento alla European Masters Athletic e alla Federazione Italiana di Atletica Leggera per la fiducia dimostrata assegnando alla Runners Pescara l'organizzazione dei Campionati Europei Master di Atletica Leggera in pista 2023.

Il ringraziamento va al Sindaco di Carlo Masci e alla Amministrazione comunale che hanno voluto fermamente che la candidatura venisse assegnata alla nostra città, questa manifestazione contribuirà sicuramente a valorizzare il bellissimo litorale e le località della nostra regione.

Pietro Nardone
Presidente Comitato Organizzatore Locale

It is a great satisfaction to be the President of the organizing committee of the 2023 European Athletics Masters Championships. This is the most attended sporting event in Europe, ten days of competitions that will take place in the stadiums of Pescara, Montesilvano and Francavilla, well-known tourist resorts .

The athletes who will participate are over 35, coming from all over Europe and will compete in running, jumping and throwing.

In my capacity as President of the organizing committee of this important event, I would like to express my warmest thanks to European Masters Athletics and the Italian Athletics Federation for the trust shown by assigning Runners Pescara the organization of the 2023 European Athletics Masters Championships on track .

Thanks go to the Mayor of Carlo Masci and to the municipal administration who firmly wanted the candidacy to be assigned to our city, this event will certainly contribute to enhancing the beautiful coast and the localities of our region.

Pietro Nardone
President of the Local Organizing Committee

Organization

1. EMA Council

President	Valentina Fedjuschina
Executive Vice President	Francesco De Feo
Vice President Competition	Giovanni Tracanelli
Vice President Finance	Ercan Ozkan
General Secretary	Maria Clarisse Duarte

2. Local Organizing Committee (LOC)

Board

President	Pietro Nardone
Vice President	Massimo Pompei
Administration	Fabrizio Scocchia
Treasurer	Elvira Csete
Secretary	Maurizio Mombelli
Member	Roberta Rogato

Technical Committee

Director	Pietro Nardone
Vice President	Massimo Pompei
Competition Director	Elio Capurso
Accommodation Manager	Elvira Csete
Transportation Manager	Luca Di Lillo
Accreditation Manager	Luca Listorti
Athletes Welcome	Roberta Rogato
Officials Manager Fidal	Manuela Trivarelli
Data processing	FIDAL SERVIZI
Media Manager	Nicola Mincone
Ceremonies	Gabriella Santarelli
Logistics	Valentino Tavoletta
Marketing	Valentina Di Pasquale
Security Manager	Marco Reginella
Volunteers Manager	Roberta Rogato

3. EMA Officials

General Technical Delegate	Janusz Krynicki	POL
Stadia Manager	Janusz Krynicki	POL
Non Stadia Manager	Vesna Repic Cujic	SRBEMATO
Coordinator	Helena Maria da Silva Pires de Carvalho	POR
EMATO	Janusz Rozum	POL
EMATO	Alan Bell	GBR
EMATO	Leslie Minervini	GBR
EMATO	Gordon Staines	GBR
EMATO	Martin Roald Arbol	DEN
EMATO	Massimo Grandi	ITA
Doping Control Officer	Martine Prévost	FRA
Doping Control Officer	Jean Luc Davoine	FRA
Safety Officer	Bill Courtney	GBR
Safety Officer	Christine Courtney	GBR
Safety Officer	Birgit Kasteppold	DEN
IRWJ Stadia Responsible	Letteria Pizzi	ITA
IRWJ Non Stadia Non Stadia Resp.	Josè Ganso	POR
IRWJ Coordinator	Zoe Gkini	GRE
IRWJ	Vesna Babic	CRO
IRWJ	Stefano La Sorda	SUI
IRWJ	Joseph Ferrugia	MLT
IRWJ	Ewa Golebowska	POL
EMA Media Manager	Luciano Fasce	ITA
EMA Event Promotion	Gerardo Vaiani Lisi	ITA
EMA IT Manager	Severino Bozzer	ITA

4. Venues Management

Pescara	Valentino Tavoletta
Montesilvano	Michele Muratore
Francavilla	Mauro Pingiotti

5. Contacts

EMACS 2023 Secretary	segreteriaemacs2023@gmail.com
Accommodation	hotelemacs2023@gmail.com
Volunteers	volontariemacs2023@gmail.com
Transportation	pietronardone54@gmail.com

General Information - Daily Program

Pescara 2023 - Timetable	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
	gio 21-set	ven 22-set	sab 23-set	dom 24-set	lun 25-set	mar 26-set	gio 28-set	ven 29-set	sab 30-set	dom 01-ott	
100m	All (M+W)	All (M+W)								100 mt	
Semifinals											
Finals	All (M+W)	All (M+W)									
200m			All (M+W)							200 mt	
400m			All (M+W)							400 mt	
800m					All (M+W)		All (M+W)			800 mt	
110/100/80m Hs	All (W+M)						All (W+M)			110/100/80 mt. Hs	
400/300/200m Hs										400/300/200 mt. Hs	
3000m/2000m st.					All (M+W)					3000 mt / 2000 mt	
4x100m					Women	Men				4 x 100 mt	
4x400m					Women					4 x 400 mt	
High Jump					M35-55	M60+	Women			Salto in alto	
Pole Vault					M65+	M35-45	M60-80	Women		Salto con l'asta	
Long Jump					Women		M35-55	M80+		Salto Lungo	
Triple Jump							Women	M35-55		Salto Triplo	
Decathlon - Day 1	M35-50	M65-70	M75+							Decathlon	
Decathlon - Day 2		M35-50	M65-70	M75+						Decathlon	
Heptathlon			W Day1	W Day2						Heptathlon	
1500m		All (M+W)								1500 mt	
5000m					Women	Men				5000 mt	
10000m		W 35-50								10000 mt	
5000m Track Race Walk			W60+ M66+	W35-55, M35-50						10 km. marcia su pista	
Weight Throw				All (W)	M65-40, 70+	M45-55				Lancio del peso	
Shot Put	M35-50	All (W)	M65+							Lancio del disco	
Discus Throw				M35-55	All (W)	M70+				Lancio del Martello	
Hammer Throw	M65+	M35-50	All (W)							Lancio del Giavellotto	
Javelin Throw	All (W)	M65+	M35-50				W35-50, M45, 50, 70, 75	M55, 65, 80+	M35-40, 60	Pentathlon di Lancio	
Throwing Pentathlon											
20km Road Walk								All (W+M)		20 km marcia	
10km Road Walk										10 km marcia	
Half Marathon										Mezza Maratona	
Cross Country										Cross	
10 km Road Race										10 km. su strada	
NO COMPETITION - DAY OF REST / NON CI SONO											
	gio 21-set	ven 22-set	sab 23-set	dom 24-set	lun 25-set	mar 26-set	mer 27-set	gio 28-set	ven 29-set	sab 30-set	dom 01-ott
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	

Pescara (main Stadium) 100, 200, 400, 800, 110/100/80Hs, 400/300/200Hs, 3000/2000 SC, 4x100, 4x400, 4x400mix, high jump, pole vault, long jump, triple jump, decathlon, heptathlon, road race walk, road 10K, half marathon, cross country, weight throw

Montesilvano 1500, 5000, 10000, 5000 track race walk

Francavilla shot put, discus throw, hammer throw, javelin throw, throwing pentathlon, weight throw

The detailed Timetable, elaborated on the basis of the real number of registrations, is shown in attachment 4. Any changes will be communicated during the Technical Meetings.

Transportation to / from Pescara

Pescara AirLink




The official airports of the EMACS 2023 event are the airports of Pescara and Rome, the former 10 minutes from the city center and the latter 3 hours from Pescara. In the Rome airport there will be staff, identifiable thanks to the official clothing of the event, who will provide support to EMACS users and direct them to the means of transport to reach Pescara and will be operational from 19 September to 02 October from 08:00 to 20:00. From Pescara airport the bus service is guaranteed by the TUA company according to timetables and costs published on the TUA website. The official railway station of the event is Pescara Central Station (at the exit there is a Bus Terminal managed by the TUA company).

2. PROMOTION CARD


A vertical promotional card for PIENNE SPORT & EVENTS. The card has a blue background with a yellow and white logo at the top. Below the logo, there are two sections with flags and text. The first section features the Italian flag and text in Italian. The second section features the Union Jack flag and text in English. Below these sections, there is a white box with a yellow and black bracelet labeled 'EMACS-PESCARA'. At the bottom, there are two white boxes with text in Italian and English, detailing benefits and advantages.

PIENNE
SPORT & EVENTS

 La PIENNE sport&events regala a tutti gli atleti che hanno prenotato il soggiorno presso gli hotel convenzionati dell'organizzazione il braccialetto che potrà ritirare allo stadio al momento dell'accredito

 PIENNE sport&events gives all the athletes who have booked a stay at the organization's partner hotels the bracelet that they can collect at the stadium at the time of accreditation

QUESTO BRACCIALETTO
THIS BRACELET



VANTAGGI
€ 11,00 - Pasto al self service
10% - Merchandising
20% - Su una gita turistica

ADVANTAGES
€11,00 - Self-service meal
10% - Merchandising
20% - On a singhseeing tour

Stadia

1. *“Adriatico Giovanni Cornacchia “Stadium - Viale Pepe See Appendix 1 for the map and planimetry*

Description

It is the main stadium of this edition of the European Masters Championships;

Inside we find:

- 8-lane track with steeplechase with water jump inside the field;
- 2 pole vault platforms;
- 2 platforms for long jump and triple jump;
- 2 high jump platform;
- 2 platforms for the shot put;
- 2 cages for discus and hammer throwing;
- 1 javelin throwing platform.

Warm up and training

The warm-up area consists of a 60m 5-lane straight.

For timetables and platforms accessible for training, see the Training chapter.

Structures

Changing rooms with access to showers and toilets are available at the stadium.

Catering: main catering service just outside the Stadium



2. "Stadio Comunale" Stadium in Montesilvano – Via Senna, Montesilvano (see Appendix n.2 for Montesilvano stadium map and planimetry)

Description

It is the second stadium of this edition of European Masters Championships Stadia and it can host the middle and long distances on track. It is 12 km far from Pescara.

Inside it we find available:

- Track with 6 lanes

Warm up and training

Area outside the Stadium.

For timetables and areas accessible for training, see the Training chapter.

Structures

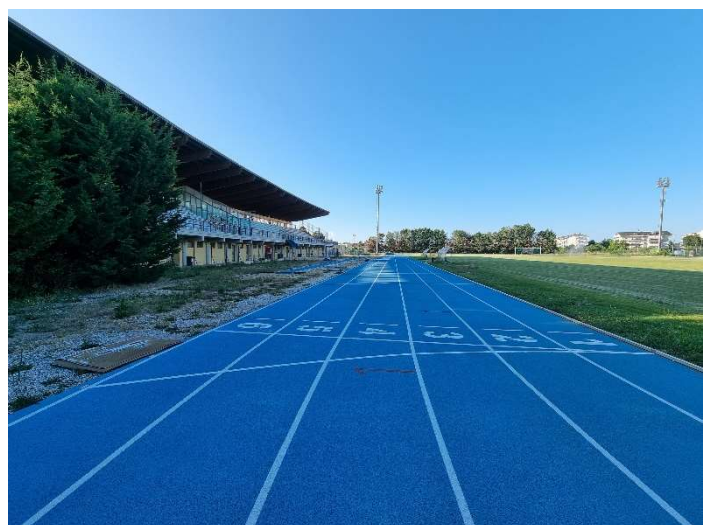
Changing rooms with access to showers and toilets are available at the stadium.

Catering

During the stadium opening hours, street food catering will be available on site.

Parking

Parking in front of the stadium will be available free of charge.



3. “Stadio Comunale” Stadium of Francavilla al Mare (see Appendix n.3 for Francavilla stadium map and planimetry)

Description

It is the third stadium of this edition of European Masters Championships Stadia and it can host the throwing disciplines. It is 8 km far from Pescara.

Inside it we find:

- 1 shot put facility;
- 1 cage for discus and hammer throws;
- 1 javelin throw runway
- . 1 cage for weight throw



Warm up and training

Available inside and outside the stadium.

For timetables and platforms accessible for training, see the Training chapter.

Structures

Changing rooms with access to showers and toilets are available at the stadium.

Catering

During the stadium opening hours, street food catering will be available on site.

Parking

Parking in front of the stadium will be available free of charge.

The three stadia will be linked by a bus dedicated service.

4. Race Walk

The races will be hosted by the municipality of Pescara and Montesilvano; the 5K race walk on the track will take place at the Montesilvano Stadium, while those on the road (10 and 20km) on the 1K circuit with start and finish behind the Main Stadium in Pescara.



5. Half Marathon and 10km Road Race

The start and finish of the two races will be in Pescara close to the main Stadium



6. Cross Country Races

The Cross Country Races will take place in Pescara – Parco Davalos (300mt from the Main Stadium).



Training Facilities

Training Facilities and Training Hours

Several training locations will be available during EMACS 2023.

The venues for training and warm up are:

- Park Davalos in Pescara (always open)
- Warm up area outside the Main Stadium in Pescara (4 lane 60mt track, etc)
- Warm up area (football field with artificial grass) in Montesilvano
- Warm up area around and inside stadium of Francavilla

The competition areas will be available outside the competition hours.

The opening hours of the training facilities will be communicated at the accreditation and during the Technical Meetings.

At the Pescara Main Stadium a powerlifting gym will be available too.

Technical Information Center

The TIC (Technical Information Center) is accessible only to Team Managers and judges. Athletes should refer to the information point or to the Accreditation/Confirmation desks.

1. Position

The TIC will be positioned at the Main Stadium (see Accreditation planimetry)

2. Opening times

o No race days (27th of September) - 10:00 -12:00 / 16:00 -18:00

o Competition days

Opening 60 minutes before the first race.

Closing 30 minutes after the last race.

3. Services

The specific TIC services are (but not limited to) the following:

- Distribution and receipt of relay registration forms - Registration fee: € 20
- Treatment of appeals/complaints (receipts and appeal/complaint forms).
Appeal fee: € 100
- NO STADIA Team registrations (the day before the Event)
- Schedule for award ceremonies
- Booking of meeting rooms
- Various information

4. Booking of meeting rooms

Each team will have the opportunity to book a meeting room at the Pescara Stadium, subject to availability, for 1 hour per day at no additional cost. For further reservations, € 50 per hour will be charged (mail to: elviracsete@gmail.com).

If there is a need for drinks, food, etc., everything must be booked the day before to the catering service available at the Pescara Stadium.

5. Confirmation / Withdrawal

The confirmation must be done at the Accreditation Center (see below).

The deadline for confirmation is set for all events at 18:00 on the day before the race (20:00 only for 19th and 20th of September).

If an athlete has confirmed his race(s) and does not appear in the Call Room, this will lead to disqualification (DSQ). If a valid medical reason exists, the athlete can withdraw from an event by filling out a form and handing it over to the confirmation desk.

Alternatively, the athlete can cancel the participation in a single event directly at the confirmation post within two hours before the Call Room time.

If disqualified from an event due to the absence of a valid medical reason, the athlete will be excluded from all other following events the EMACS 2023.

WA Rule 4.4: An athlete must be excluded from participating in all other events (including other events in which he participates simultaneously) in the competition, including the relays, in cases where:

- o A final confirmation was given that the athlete would leave in an event but did not participate.*
- o A qualified athlete at a preliminary stage of an event for further participation in that event but failed to participate further.*
- o An athlete failed to compete honestly with a genuine effort. The competent arbitrator will decide on this and the corresponding reference must be made in the official results. Note: the situation foreseen by rule 4.4 will not apply to individual events within Combined Events.*

6. Final confirmation - relays

Each EMA affiliated Federation can only register one team for each relay and category.

The temporary composition (starters and reserves) of the relay race must be declared to the TIC no later than the day before the competition before 6.00 pm using the forms made available by the LOC. Please note that a fee of € 20 per relay must be paid directly upon registration.

The final composition of a team and the starting order for a relay race must be officially declared no later than two hours before the published call room time. The declaration must be made to the TIC. The competitions will be conducted after the WMA Rule 24.1 (The relay races must be conducted in five years of age groups between teams entered by Members in writing by the Team Managers. Each Member may enter only one team in each age group in each relay. An athlete can compete for a team only once in each relay event, which may be the lower age group than that of the athlete. The age group of the team is the age group of the youngest athlete on the entry form).

7. Technical Meeting

The first Technical Meeting will take place on the 20th September in the Aurum Congress Center (200mt from the Main Stadium in Pescara) from 15.30 to 17:30.

The meeting will be held by EMA Technical Delegate (Mr. Janusz Krynicki) in English language. To obtain detailed answers, Team Managers should send the written questions to the LOC at the email address segreteriaemacs2023@gmail.com **no later than September 20th at 12.00**. All EMA member countries can send to the Technical Meeting a maximum of 2 delegates and 1 interpreter (if necessary).

Daily technical meeting

Every day (except 21 and 27 September) at 09:00 EMA and LOC will hold a briefing for all the Team Managers, in the meeting room located at the first floor of the Main Stadium in Pescara.

During the meeting, all questions received by the respective TIC within the day before in writing will receive an oral response. The meetings will last no longer than 1 hour.

Information point

The information point will be the place which all athletes can contact for questions, comments, etc. and where they will be able to contact the LOC directly. The TIC is reserved only for Team Managers and Officials.

Position

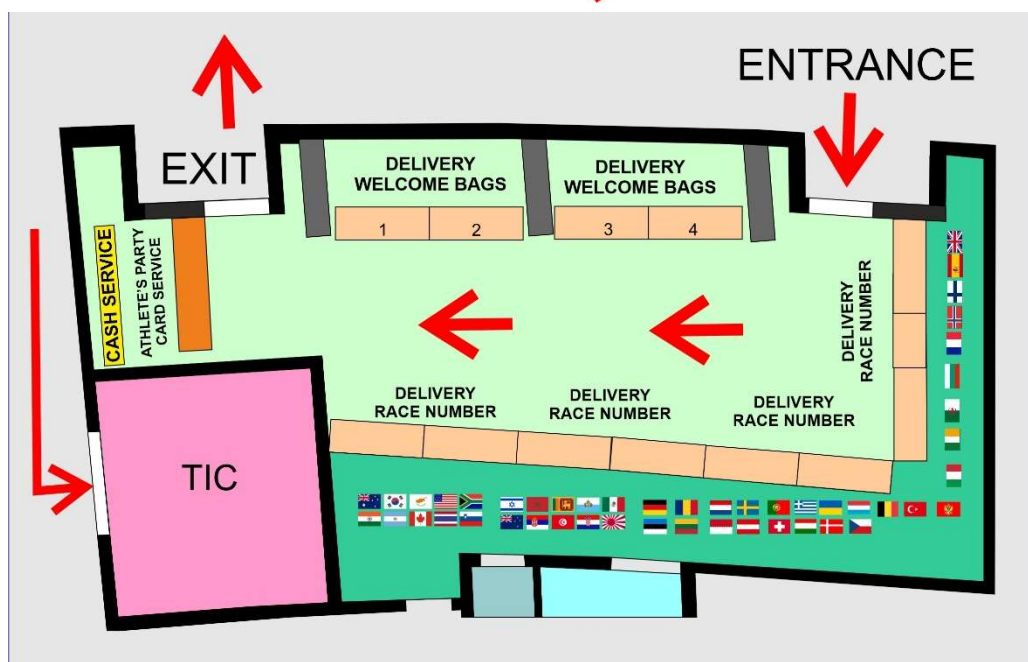
The info point will be set up close to the Main entrance of the stadium in Pescara (close to the Expo).

Accreditation and final confirmation

1. Welcome kit and accreditation badge

Once in Pescara all participants are requested to present themselves at the Accreditation Center located at the Main Stadium. To all athletes, judges, volunteers, LOC members, accredited media representatives, VIPs, team personnel and representatives. and accompanying persons will be given a welcome kit with relevant information, race numbers (bib numbers, etc.) and bracelets for the transfer shuttles, PASS es will also be handed out to the media and all EMA representatives.

Shuttle buses (with permanent meeting points): you can only get on if you wear the FUXIA or YELLOW bracelet (there will be LOC staff who will check who can get on).



2. Opening hours

Opening time:

19 September 16:00 - 20:00
20 September 09:00 - 20:00
21 September 09:00 – 18:00
22 September 09:00 – 18:00
23 September 09:00 – 18:00
24 September 09:00 – 18:00
25 September 09:00 – 18:00
26 September 09:00 – 18:00
27 September 15:00 – 18:00
28 September 09:00 – 18:00
29 September 09:00 – 18:00
30 September 09:00 – 18:00
01 October 10:00 – 12:00

3. Accreditation procedure

Accreditation badges for athletes will be produced based on the information received during registration. Photos are not required for this system.

Special accreditation badges will be provided to:

- Team Manager
- Press
- LOC
- EMA
- VIP
- Physio

and will be used to access the rooms reserved for them.

All accreditations are personal. If you are unable to collect your accreditation badge, you can ask a Team Manager or a member of your team to do so. In the latter case, it is necessary to fill a proxy statement.

Please do not forget that accreditation and registration confirmation are not the same thing. After accreditation, it is NECESSARY to go directly to the confirmation desks. There is no online confirmation.

4. Badge/bracelet loss

Any lost or damaged accreditation badges/bracelet must be reported immediately to the Accreditation. A new badge could be issued following the payment of € 10 at the Accreditation Center in Pescara.

5. Accompanying people

Accompanying people will also receive an accreditation bracelet, which will give them

access to the areas and services reserved for them, including the transportation buses. Exceptions can be made only after contacting the TIC.

Safety and Security

1. Doctors and emergency

First aid

In all places of competition (stadia and road races) medical services (doctors and first aid personnel) will be provided, which will allow athletes to access medical care before, during (when the WA/WMA rules allow it) and after the competition. They will wear yellow/orange jacket, making them easy to spot.

First aid services will run during the competition days from half an hour before the start to half an hour after the end of the last competition.

Medical emergency

For emergency services or ambulance, call the following number: 112.

Team Medical Service

For the medical service provided by the teams, there will be areas available in the warm up areas of each stadium, with access to a shower, toilet, changing rooms etc. All teams should cover their expenses in relation to the service they provide.

No team medical service is authorized to treat athletes of other teams against payment without special authorization from LOC.

2. Insurance

All athletes are invited to learn about any additional insurance needed in Italy in addition to those of the country of origin.

EU Citizen: The European Health Insurance Card covers most medical care, except for emergencies and emergency repatriation at home.

Non-EU citizen: to know if there is a reciprocal agreement for free medical access in Italy. Make sure that health insurance covers the worst possible scenario, such as an accident that requires an emergency flight to your residence.

Teams / individuals are responsible for sufficient medical insurance to cover, for example, any hospital treatment, non-urgent treatment or emergency transport for their team members.

3. Availability and health assistance costs

Medical care is available everywhere in the country by contacting a doctor during consultation hours.

In case of urgent need for medical assistance outside office hours, contact number 112.

For minor issues, pharmacists can give advice and sell over-the-counter drugs. They can also advise when more specialized help is needed and direct them in the right direction.

4. Drinking water

In Italy and in particular in competition locations, tap water is 100% safe.

5. Prohibited objects and practices

The following articles and practices are prohibited in EMACS 2023 races and event venues:

- Glass objects
- Explosive devices
- Weapons
- Large banners or banners with commercial messages or offensive references
- Use, possession and supply of illicit drugs
- Illegal use, illegal possession and illegal supply of prescription drugs
- The smoke
- The distribution of flyers or any material not approved by EMACS 2023, whether for the purpose of the promotion or any other communication
- Unauthorized tables or retail stands, trade, political and / or religious groups
- Articles or practices prohibited by law in Italy

6. General advice

Limit the amount of money you carry with you.

Keep a copy of your passport and credit card numbers separate from your wallet and money.

Competition information

1. Final registrations

Late registrations are not possible. Only athletes registered in time before the deadline and visible on the official starting lists are eligible to compete:

Participation lists:

<http://www.european-masters-athletics.org>

<http://pescaraemacs2023.it>

[run4fun](#)

2. Age groups

The age group of an athlete must be determined based on their date of birth. During all championships, an athlete must compete in the age group for which they qualify on the first day of competition (21/09/2023) of these championships and in no other age group, except in the cases permitted by specific rules of team and relay.

For records, the age group of an athlete shall be determined by the athlete's date of

birth on the day of the record, as long as all the rules of competition apply to both the old and new age groups.

3. Timetable

Daily timetables are available in **APPENDIX 4**.

4. Schedule changes

Any changes to the race program will be communicated to the Team Managers during the daily technical meeting. They will also be published on the appropriate notice boards and online at the EMACS 2023 website.

No competition or phase of it must begin earlier than announced in the program.

5. Events changing

Competitors are not allowed, after the publication of the final lists, to add events to those they are already registered, or take the place of another athlete in an event. Those who do not follow these rules will be disqualified from all events.

Race procedures

1. Participation rules

EMACS 2023 are governed by the EMA rules and the technical rules of the WA and the WMA. All documents are available online at <http://www.european-masters-athletics.org/> and <https://world-masters-athletics.com/>.

During EMACS 2023 the health of the athletes in compliance with the regulations will be supervised by a technical committee. This committee will work closely with the Safety Officers during the event.

2. Implements and other technical equipment

Use of personal implements

Competitors can use their own throwing implements as long as they comply with the rules. Personal implements may be used by other athletes only with the specific permission of their owners. Any other competitor has the right to use that equipment if they wish. All tools are subject to inspection by the EMACS 2023 technical management at the identified location. It is the responsibility of the athletes to keep up to date on the opening times.

Personal tools must be delivered for verification to the Implement Control Station by 18:00 on the day before the event.

The Implement Control Station is located in Pescara and in Francavilla in the area indicated by the "Implement control station" sign. Please note that, after the check, all

the tools will be marked with an approval mark and taken to the competition field by the staff in charge. Athletes will take care of their equipment until the end of the event. Athletes will find their equipment, at the end of the event, at the implement control station. If the approval mark is damaged or removed, it CANNOT be used in any event and another approval must be made.

Implements for Pole Vault

Poles for the Pole Vault are strictly personal implements; therefore, the athletes must carry them by themselves. If transport is a problem, the poles can be rented at EMACS 2023 based on the "first come, first served" principle. The poles are of variable dimensions as per **Appendix 5**. There is a limited number of poles and therefore no guarantee in terms of dimensions, conditions, weights, availability, etc.

3. Call Room

The Call Room will be located in each of the competition fields, indicated with appropriate signs and will be the last checkpoint. All competitors must present themselves in person to the call room at the time indicated below. All athletes are required to report to the Call Room before any competition for athlete control. The Call Room for the Non Stadia events will be located at the Pescara Main Stadium.

Only athletes participating in competitions are allowed access to the call room. This area will not be accessible to Team Managers.

Athletes who have confirmed their registration and are unable to present themselves in time to the Call Room, without a valid reason (for example, medical exemption, etc.) will be excluded from participating in that and all other subsequent events in the Championship, including the relays.

Entry to the call room will be done according to the following schedule:

- Race on track: 20 minutes before start
- Pole Vault: 50 minutes before the start of the race
- High Jump: 40 minutes before the start
- All other events: 30 minutes before the start of the race

The judges of the competition will accompany the athletes from the Call Room to the start, respective platform or competition area, where athletes will have time for the final warm up before the beginning of the heats etc.

The competitors of the Half Marathon, the 10 km Road Run, the Cross Country Running and the Road Race Walk must enter the starting area through the designated entrance not later than 30 minutes before the start of the race to be subjected to a final check.

The athletes of Combined Events and Throwing Pentathlon must only confirm themselves at their first event of the day.

Once in the Call Room, the athletes will be identified by their accreditation badge and their bibs. During the stay, the judges will check clothes, **shoes**, personal items, etc. if necessary.

Competitors are not allowed to bring mobile phones or communication equipment to the competition area.

At the appointed time, the athletes will be reunited, and the competition judges will lead them to the competition area. Team Managers must inform all their athletes about the times they must enter the call room and the procedures to be followed within it.

4. Team clothing and equipment

In accordance with the WMA/EMA rules, only official uniforms of the affiliated teams can be worn. Clothing must also comply with WA rules. Competitors must wear the uniform approved by their national federation. Advertising on athletes' clothing must comply with WA regulations. In relay events, all team members must all wear uniforms which clearly identifies the country they represent. Only the official uniform will be approved for use during the competition in the championships.

The non-compliance will make the disqualification of the team indispensable. Award ceremonies are considered as part of the competition.

5. Spikes and soles

The Call Room staff will be responsible for checking the spikes on the athletes' shoes. The shoes and the soles must comply with the WA standards in force (01.01.2022/31.10.2024).

The maximum spike length is 9mm in all events, except for the high jump and javelin throw with a maximum length of 12mm.

Shoes with spikes are allowed (but not necessary) in the Cross Country Races.

6. Results Announcement

The results of all the races will be displayed online on the EMACS 2023 website (<http://emac2023.fidalservizi.it/> - <http://pescaraemacs2023.it>) under "Results".

7. Protests and appeal

Protests and appeals must be made in accordance with the WA and WMA/EMA rules.

Any protest shall be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team may protest

only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). Where the appropriate Referee is not accessible or available, the protest should be made to him through the TIC.

Protests regarding the status of an athlete to compete in championships must be made at the beginning of the championships, to the Technical Delegate. If the matter is not resolved before the championships, the athlete must be able to compete "under protest" and the matter must be submitted to the EMA council for a final decision.

Protests regarding the results or conduct of an event must be made immediately to the referee of the event, and no later than 30 minutes after the official announcement of the results. Any complaint must be presented orally to the referee by the athlete in question. The judges should do everything possible to safeguard the rights of the athlete such as the provisional measurement of throws.

If the final decision of Referee or EMATO is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC. Any written appeal to the Jury of Appeal must be signed by a Team Responsible on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee. When submitting an appeal form, a deposit of EUR 100, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing. The Award Ceremony can be delayed until the final decision of the Referee or Jury of Appeal.

8. Transponder Timing System

A transponder timing system will be used in all races longer than 3000m. (3000sc excluded).

Each athlete in these events will receive a transponder in their registration package after registration. The transponder will be an integrated part of the bib number.

The race number containing the transponder must always be worn correctly (on the chest) during each event in which it is requested. Instructions on the correct use of the transponder in the registration package. Athletes may be required to pass through a test area before the start of each event to verify that the appropriate transducer is positioned and that the transponder is functioning properly.

9. Records

In the event that a world, European or championship record is obtained during this competition, this will be automatically detected by the EMA Record Manager. Those requesting the completion of national record modules must do so only through their Team Manager at the TIC. This operation must not be done by the athletes themselves.

10. Safety Officers

Safety Officers will be present during the Championship and for any of the following circumstances they can ask the athlete to leave the championship area. They will give two warnings by yellow card before a disqualification red card.

- When the athlete's participation is a danger to his/her own health or safety of others.
- When the athlete's participation may involve a big delay in the event's development.
- When an athlete, in the judge's judgment, doesn't have the necessary ability, or aptitude, to participate without risk in the event.

When a Safety Officer has issued yellow cards previously or verbally instructed the athlete, the use of lights, by deaf or hearing impaired athletes only, at the start of races is allowed and is not considered assistance. It should however be the obligation of the athlete or their team for the financing and supply of such equipment and its compatibility with the start system in use, unless at a particular meeting where there is an appointed technical partner who can provide it. Safety Officer will disqualify the athlete by using a red card and /or in some cases verbally. This athlete will have to immediately leave the event and championship arena. This will not bar them from further competition.

The Safety Officers will be identified with specific uniforms.

11. Blind, visually impaired, deaf and hearing impaired athletes

Deaf and Hearing impaired athletes

The use of lights, by deaf or hearing impaired athletes only, at the start of races is allowed and is not considered assistance. It should however be the obligation of the athlete or their team for the financing and supply of such equipment and its compatibility with the start system in use, unless at a particular meeting where there is an appointed technical partner who can provide it.

Blind and Visually impaired athletes

Pursuant to the provisions of the WA rules and pursuant to this regulation, the visually impaired athletes who do not need a guide are allowed to compete in the championships.

The blind or visually impaired athletes who need a guide are allowed to participate to the championships (only from 1500 and more on track, and to the non stadia events) but they will not compete for the European title.

The guides can be positioned only behind or on the side of the competitor. A rope / cord between the athlete and the assistant can be used, but not to pull the competitor.

(WA rule 18.8).

12. Non-European athletes

The competitions of these European Championships can also be attended by non-European athletes with the following specifications:

Non-European Participation in the European Outdoor Track and Field Championships - Pescara, Italy September 21-October 1, 2023		
Track events 800 M or less, including hurdles and relays	Can enter, but participation is restricted to round one only	Can receive a diploma with the performance
1500M*	Can enter. In races with a direct final participation welcome.	Can receive a diploma with the performance - If in the first three places can receive a ""standard" medal from the LOC (no duplicate of the Official podium medal)
1500M*	Can enter. In races with two rounds , participation is only allowed in the first round.	Can receive a diploma with the performance
* Note re 1500M	The entry numbers will not be known until after the close of registration. EMA will not know if one or two rounds will be contested until several weeks after close of registration.	
Track events longer than 1500 M	Can enter without limitations	Can receive a diploma with the performance - If in the first three places can receive a ""standard" medal from the LOC (no duplicate of the Official podium medal)
Non-Stadia Running and Walking Events	Can enter without limitations	Can receive a diploma with the performance - If in the first three places can receive a ""standard" medal from the LOC (no duplicate of the Official podium medal)
Long Jump and Triple Jump	Can enter, but will be allowed first three attempts	Can receive a diploma with the performance - If in the first three places can receive a ""standard" medal from the LOC (no duplicate of the Official podium medal)
Vertical Jumps (High Jump and Pole Vault)	All non-European athletes can enter finals	Can receive a diploma with the performance - If in the first three places can receive a ""standard" medal from the LOC (no duplicate of the Official podium medal)
All Throws	Can enter, but will be allowed first three attempts	Can receive a diploma with the performance - If in the first three places can receive a ""standard" medal from the LOC (no duplicate of the Official podium medal)
All Combined events	Can enter without limitations	Can receive a diploma with the performance - If in the first three places can receive a ""standard" medal from the LOC (no duplicate of the Official podium medal)

This needs to be supplemented by determine condition of participation non European Countries

Track events

1. Starters' command

Starter control will be provided in English. Up to 400 m, the following commands will be used:

- "on your marks"
- "set"
- Gunshot

For the 800m races and beyond, the following commands will be used:

- "on your marks"
- Gunshot

2. Starting blocks

Starting blocks are not mandatory and athletes are not required to have both hands in contact with the track for the start of a race. Only the starting blocks provided by the organizers will be admitted.

3. False start

For running events, the athlete who makes a false start will be notified with a yellow / black card. If a false start is committed twice, the athlete will be notified with a red / black card and will be disqualified from the competition. The rule also applies to the Combined Events.

4. Lap timing and counting

In distance events, there will be timepieces clocks on the 400m. The lap counts will be assigned to the athletes and recorded so as to help the athlete's placement correctly.

5. Finals composition

The composition of the finals will be managed under the WMA rules.

The participation of the Non Europeans athletes will be allowed as for the above regulations.

In track races above 1500m, the age categories with many participants will be divided into series. Athletes without accreditation will be placed in the slowest series. The final results will take into account all the series and will classify the athletes according to time.

For advancement procedures and hurdles specification see **Appendix 6. (and WMA regulations)**

6. Steeplechases

The competitors can overcome the barriers or climb on the upper part of the hurdle

with a continuous movement, but they cannot climb. Both hands and feet can only touch the upper surface of the barriers. The Safety Officers will be positioned along the circuit and the athletes who break the rule will receive two warnings. Any further infringement will lead to disqualification.

7. Relays (4x100m, 4x400m, 4x400 Mix Relay)

The temporary composition of the Relay Race must be declared to the TIC no later than the day before the competition before 6.00 pm using the forms made available by the LOC. Please note that a fee of € 20 per relay must be paid directly upon registration

Only **one team per Country** will be accepted in each age group. Athletes can run in their own age group or in a younger age group to complete a team. The age category of a Relay Race will be determined by the age of the youngest runner.

All athletes must have attended a single event and must wear their bibs on the back. New bibs (with country codes) to be worn will be distributed in the Call Room.

Starting order for the mix relay: man/woman/man/woman.

Field Events

All competitions will be directly final. There will be no qualifying stages.

1. Horizontal jumps and throws

All athletes are admitted to three trials. After the preliminary phase, the first eight competitors will be able to benefit from a further three trials. If more athletes are tied on eighth place, all of them will be admitted to the final phase.

However, in competitions which have more than 22 confirmed athletes they will be conducted as follows: the participants will be divided in two groups according to the results reported in their entry. The half with the lowest ranked results will be in the first group and they will have their three trials. The half with the highest ranked results will be in the second group and they will have their three trials immediately after first group. The participants with the eight best valid performances overall will have three additional trials.

For the Non Europeans athletes, see the above regulation.

For the implements weights, see **Appendix 6. (or WMA Regulations)**

2. Vertical Jumps

Each field event will be conducted as a final (no qualifying rounds or preliminaries will be played). The various age groups will be combined as needed. If more than one age group is joined, the winner of each group can request height increases at will outside the progression. The rest of the competitors cannot jump to these heights but must continue in the normal progression.

For the Non Europeans athletes, see the above regulation.

For high jump and Pole Vault, both feet must be lifted off the ground during the jump. Athletes are allowed to touch the landing area before passing the bar, as long as they do not give the athlete any advantage as determined by the competition judge. The athlete can be given a foul if it is decided by the judge in the event that the athlete has benefited from having hit the fall zone before landing.

Starting heights and progression during the competition

Initial heights and progression will be indicated during the first Technical Meeting. In any case, the competition will not start at a height:

- lower than that agreed in a technical meeting
- less than what is allowed by the equipment available in the field
- less than the height of the landing area

3. Combined Events

The groups will be formed according to the number of registered athletes, also combining different age groups.

Each group will have a dedicated referee who will move from one competition area to another. The referee is responsible for verifying the results and sending the results to the Data Management Office and is the official source of information for the group on the location and calendar of events.

The final points awarded will be calculated according to the WMA 2023 system for the Combined Events

Non stadia Events

1. Half Marathon

The Half Marathon will be the closing event of EMACS 2023 with a running event aimed at both EMACS and open race competitors. The race will start from the main Stadium and pass through the center of Pescara and will show everything that represents the city.

Men and women will run together, and in the same way the EMACS 2023 athletes and the athletes participating in the open races. There will be a separate start group for EMACS 2023 participants. The age of the competitors can be identified by the bibs on the back. The chip must be worn on the front.

All competitors must present themselves in the designated area indicated no later than 30 minutes before the start. There will be a call-room/check-in before the start, with toilets and drinking water available.

The medical staff will be around the course and near the finish line. Provided supplies will be available on the course with water and energy drink (carbohydrates). The refreshment stations will be at: 5km, 10km, 15km, 20km and at the finish line. **There are no personal refreshment stations.**
Time limit: 3hrs.

2. 10km Road Race

The Road Race will be a running event for both EMACS and open race competitors. The race will start from the main Stadium and pass through the center of Pescara and will show everything that represents the city.

Men and women will run together, and in the same way the EMACS athletes and the competitors participating in the open races. There will be a separate start group for EMACS participants. The age of the competitors can be identified by the bibs on the back. The chip must be worn on the front.

All the athletes must present themselves in the designated area indicated no later than 30 minutes before departure. There will be a Call-Room/check-in before the starting area, with toilets and drinking water available.

The Medical Staff will be around the course and near the finish line.

On the course will be sponging station where will be available water, energy drink (carbohydrates), energy bars and fruits. The sponging stations will be at 5 km and at finish line.

There are no personal refreshment stations.

3. Road Race Walk (10Km e 20km)

The Road Race Walk Races planned are: 10km and 20km for all categories.

The race will be judged by international and national Race-Walking Judges who are part of the EMA Race Walk Judges Panel that will be present along the way to check for possible violations of WA, WMA and EMA rules.

One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete.

The competitors will receive notices from the judges (Yellow Paddle) with the symbol of the offence on each side.

An athlete who is disqualified shall immediately remove the bibs and leave the course.

The races will take place in Pescara (opposite of the Main Stadium) along a traffic-free circuit of 1km. A display clock will be placed in the finish area. The medical staff will be around the course and near the finish line.

Times: During the race the athletes must wear both bibs received; the breastplate with

the chip in front and the other on the back.

Supplies: two refreshment areas and two sponging areas will be available for each lap. The filling stations can also be used as personal refreshment areas; up to two officials per team will be allowed. **Time limit for the 20K: 3h:30'**



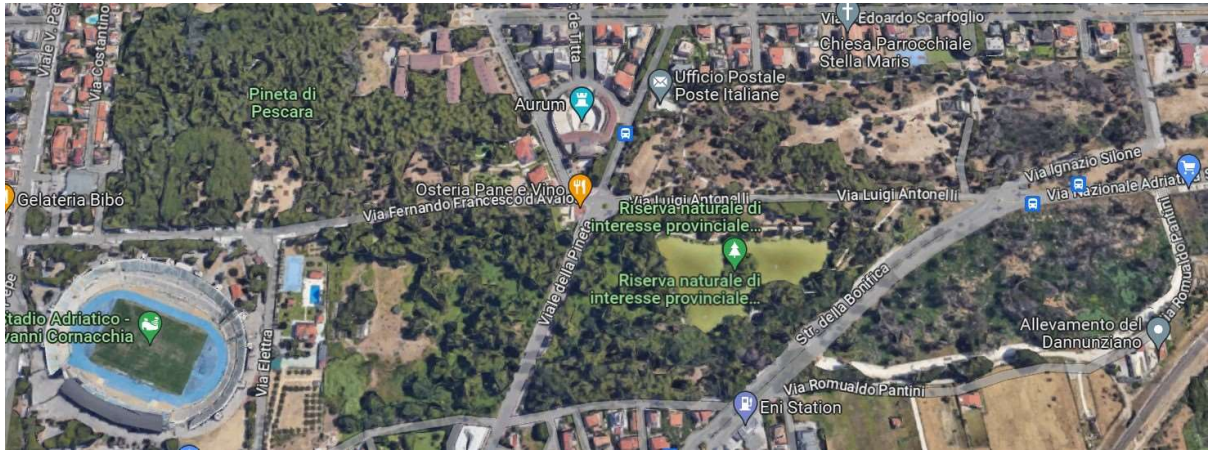
4. Cross Country Races

The Cross Country event will take place at Davalos Park, opposite top the Pescara main stadium . In the area of the course will be set up all the services necessary for the conduct of the races.

Personal drinks will not be permitted. The medical staff will be present on the course and at the beginning and at the finish line.

Athletes are advised that any assistance by persons not in competition is prohibited.





5. Team events (Half Marathon, 10K Road Run, Road Race Walk 10 / 20km and Cross Country Races)

In the Half Marathon, 10K Road Races, Road Race Walk 10 and 20km and in Cross Country Races a team ranking will be drawn up with the aggregation of the time of the three best athletes of each team.

There are two types of teams in EMACS 2023:

Natural team

A natural team is composed of three athletes from the same country in the same age group. No further information is required from the team manager before the race.

Composed Team

A composed team consists of three athletes from the same country but belonging to different age groups who compete in the same race. If a nation can put together a natural team in one of the age groups concerned, a composed team is not allowed. A composed team competes in the age range of its youngest athlete, but the athletes will compete in their age group for the individual classifications.

An athlete from an older group who compete in a younger group (different start) will not be able to compete for the individual result.

Registration deadline for the composed Teams (at the TIC): h.18:00 of the day before the Event.

Medal Ceremonies

The award ceremonies will take place in the specially prepared area, adjacent to the Main Stadium in Pescara.

Athletes must present themselves in the ceremonial area at least 15 minutes before the award ceremony according to the program of ceremonies that will be posted to the TIC and on the official notice boards.

Athletes must participate in ceremonies by wearing their official uniforms.

For the relay races, only the four athletes who participated in the final can take part in the awards. The diplomas for athletes or teams ranked from 1st to 3rd place will be available at the TIC; the athletes who want to apply for the participation certificate with the placement

must present themselves to the information point.

The award ceremonies are an important part of the competition for each athlete and the ceremonies must be followed by everyone.

Times Schedule

A calendar of award ceremonies will be published on the official bulletin board of all venues, at the info point and in the areas reserved for award ceremonies. The timing for the ceremonies is tight, and it is therefore of the utmost importance to be on time.

Medals and Diplomas

A medal and a diploma are assigned for free to the first three athletes ranked. Diplomas from the 4th athlete on are available at the cost of € 3 and on request at the info point.

Competitors who are unable to receive their medals at the award ceremonies can pick them up at the TIC from the next day. If athletes are unable to collect their medals and their own diplomas, they can be requested by a team member by signing an official form at TIC. No medals will be delivered before the awards ceremony.

Doping Control

Doping Control tests will be conducted according to WA-WADA rules by the anti-doping agency.

Athletes selected for doping controls will be notified immediately after the end of the competition. A Chaperon will be appointed for each athlete and will accompany them to the Doping Control Centre. Personal documents are required (ID card - ID).

Drinks will be provided for those athletes who want them. Athletes should only drink sealed bottle drinks provided by the organizers. Athletes should be aware that refusal to supply a sample can make them susceptible to disqualification.

The athletes to be tested can invite a companion to the control center. A special pass will be provided to accompany the athlete to the doping control staff. The EMA doping control delegate and / or the LOC doping control delegate will personally check the doping controls, which will be conducted in accordance with WA rules and regulations.

1. Selection Procedures

The selection of athletes for the tests is done randomly and any athlete, regardless of their age and gender and the type of event they participate in, can be chosen. The procedural guidelines established by WADA are strictly observed in the tests of all athletes.

If you are selected for a test, this will be reported by a test officer (Chaperon) who will be clearly identified and accredited as part of the test group. The athlete will be informed of his selection to undergo a doping test and the test officer will accompany him to the test control area. All competitors must be aware that rejection of a test will be considered as a positive doping test.

2. Testing Procedures

The accompanying person will accompany the athlete to the doping control center located in the competence stage where the test procedure will be fully explained by the control team. The athlete can request information on any question relating to the test procedure, during or after completing the required modules. Questions or complaints must be noted before signing the forms.

3. Athletes' Rights

An athlete selected for doping testing is normally informed immediately after completing an event. Chaperon will stay with the athlete until the athlete is presented in the test control area.

With the consent of the test manager and at any time, the athlete can:

- Attend a victory ceremony
- Compete in other races
- Receive the necessary medical assistance
- Fulfill media commitments
- Warm up (cool down) or cool off

4. Athletes' Responsibilities

It is athlete's responsibility to make sure that the following is done during the sample collection process.

In general: be aware of and comply with WA / EMA / WADA anti-doping regulations. In case of tests:

- Follow the doping test procedure
- Check the urine sample until it is sealed in the sample collection kit
- Ensure that the sealed sample collection kit is protected and identified
- Ensure that all appropriate documentation is accurate, complete and signed

Note: if any part of the test procedure raises doubts, the concern must be recorded on the test form and the Team Manager must be informed. The doping test form must be retained by the athlete and should not be given to anyone else.

5. TUE - Therapeutic Use Exemption

In the event that the athlete is required to take drugs to treat a disease or condition that is on the list of prohibited substances, the exemption from therapeutic use (TUE) can give the athlete the authorization to take the medicine necessary.

Opening Ceremony

All EMACS 2023 competitors, officials and supporters are invited to participate in the official opening ceremony. All the teams are also invited to join the opening ceremony of the nations in official team uniform. The key details are as follows:

Date: Wednesday 20 September

Meeting point before the Parade: from 5.00 to 6.00 pm at the Railway station main parking (restricted area)

Start Time of the Parade: 6.00 pm - Official Ceremony: Piazza della Rinascita

Closing Ceremony

Closing and Flag ceremony will take place on 1st of October at the Pescara Main Stadium between the M 4x400m relay and the W 4x400m relay.

Media

1. Media access

All accredited media will have access to dedicated facilities within the media center, located at the Pescara main stadium

Any requests for accreditation and information can be requested at the following email address: segreteriaemacs2023@gmail.com

2. Social media

EMACS 2023 is present on web and social media platforms. Feel free to

follow us: EMA website: <http://www.european-masters-athletics.org/>

Event website: : <http://www.pescaraemacs2023.it>

Event website: <http://www.run4fun.it>

Facebook: EMA official group

Facebook: European Master Athletics Championships 2023

EMA official group

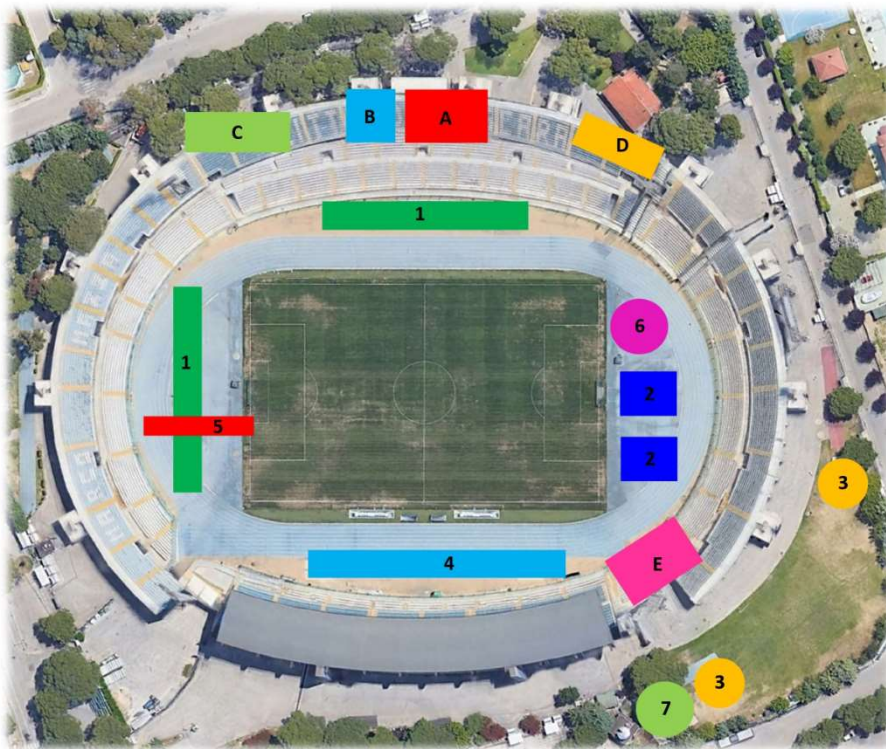
Instagram: [emacspescara](https://www.instagram.com/emacspescara)

You can find further informations regarding the logistics and more on the Entry Booklet, already available on the Event WebSite.

Stadio di PESCARA

appendice 1

EMACS



PESCARA STADIUM

- A: CALL ROOM
- B: JUDGES SEGRETARIAT
- C: TIC / ACCREDITATION
- D: WAREHOUSE
- E: MIXED ZONE

- 1: POLE VAULT
- 2: HIGH JUMP
- 3: SHOT PUT
- 4: LONG / TRIPLE JUMP
- 5: JAVELIN
- 6: DISCUS
- 7: DISCUS / HAMMER

Stadio di MONTESILVANO

appendice 2

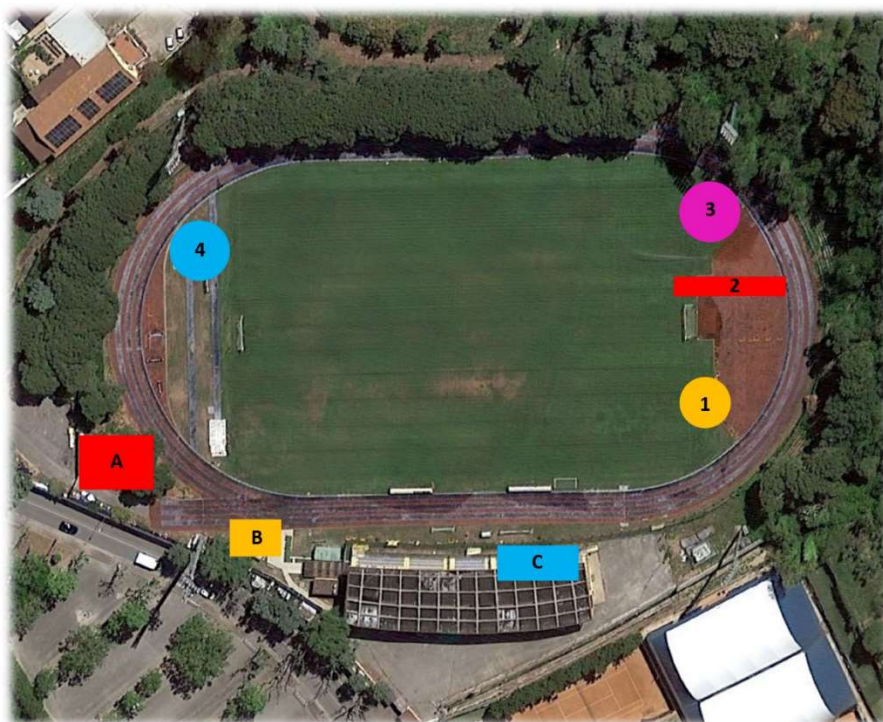
EMACS



Stadio di FRANCAVILLA

appendice 3

EMACS



FRANCAVILLA AL MARE STADIUM

A: CALL ROOM
B: TIC
C: WAREHOUSE

1: SHOT PUT
2: JAVELIN
3: DISCUS / HAMMER
4: WEIGHT THROW

Appendix 4

Timetable

**Release 3
modifications still possible**

Day 1 Sept. 21 PESCARA				
TRACK				
09:00	M35	100m Dec.	Final	
09:10	M40	100m Dec.	Final	
09:20	M35	100m	Heats	
09:50	M40	100m	Heats	
10:20	M45	100m	Heats	
11:00	M45	100m Dec.	Final	
11:10	M50	100m Dec.	Final	
11:35	M50	100m	Heats	
12:15	M55	100m	Heats	
13:00	M60	100m	Heats	
13:35	M65	100m	Heats	
14:05	M70	100m	Heats	
14:25	M35	400m-Dec.	Final	
14:35	M40	400m-Dec.	Final	
14:45	W40	100m	Heats	
15:05	W45	100m	Heats	
15:30	W50	100m	Heats	
16:00	W55	100m	Heats	
16:20	W60	100m	Heats	
16:40	M45	400m-Dec.	Final	
16:55	M35	400m Hurdles	Heats	
17:10	M40	400m Hurdles	Heats	
17:25	M45	400m Hurdles	Heats	
17:40	M50	400m Hurdles	Heats	
18:00	M55	400m Hurdles	Heats	
18:20	W40	400m Hurdles	Heats	
18:40	M60	300m Hurdles	Heats	
19:00	M65	300m Hurdles	Heats	
19:10	M70	300m Hurdles	Heats	
19:20	M75	300m Hurdles	Heats	
19:35	W50	300m Hurdles	Heats	
19:50	M50	400m-Dec.	Final	

Long Jump Runway 1		Long Jump Runway 2			
09:40	M35	LI-Dec.	09:50	M40	LI-Dec.
11:40	M45	LI-Dec.	11:55	M50	LI-Dec.

Shot Put Circle 1		Shot Put Circle 2			
10:55	M35	SP - Dec.	11:10	M40	SP - Dec.
12:50	M45	SP - Dec.	13:50	M50	SP - Dec.

High Jump Runway 1		High Jump Runway 2			
12:10	M35	HJ - Dec.	12:30	M40	HJ - Dec.
14:00	M45	HJ - Dec.	15:40	M50	HJ - Dec.

Hammer Throw		
08:30	M70	HT - Final
15:40	M75	HT - Final
17:05	M80+	HT - Final

Day 1 Sept. 21 Francavilla					
Javelin Throw			Shot Put		
08:30	W35+W40	JT - Final	09:00	M35	SP - Final
10:30	W45	JT - Final	10:15	M40	SP - Final
12:00	W50	JT - Final	11:45	M45	SP - Final
13:30	W55	JT - Final	13:00	M50	SP - Final
15:00	W60	JT - Final	14:30	M55	SP - Final
16:30	W65+W70	JT - Final	16:20	M60	SP - Final
18:00	W75+	JT - Final			
Hammer Throw					
19:40	M65	HT - Final			

Day 1 Sept. 21 Montesilvano				
09:00	M35	10000m F		
09:45	M40	10000m F		
10:35	M45	10000m F		
11:30	M50	10000m F		
12:30	M55	10000m F		
13:35	M60	10000m F		
14:40	M65+M70	10000m F		
15:55	M75+	10000m F		
17:10	W65+	10000m F		

Day 2 Sept. 22 PESCARA			
TRACK			
08:00	M35	Hurdles Dec.	Final
08:15	M55	100m Dec.	Final
08:35	M60	100m Dec.	Final
09:00	M40	Hurdles Dec.	Final
09:15	M35	100m	SF
09:25	M40	100m	SF
09:40	M45	100m	SF
09:55	M50	100m	SF
10:15	M50	Hurdles Dec.	Final
10:40	M65	100m Dec.	Final
11:05	M70	100m Dec.	Final
11:15	M55	100m	SF
11:30	M60	100m	SF
11:40	M65	100m	SF
11:50	M70	100m	SF
12:00	M75	100m	SF
12:10	M80	100m	SF
12:25	M45	Hurdles Dec.	Final
12:40	W35	100m	SF
12:50	W40	100m	SF
13:00	W45	100m	SF
13:10	W50	100m	SF
13:20	W55	100m	SF
13:40	W60	100m	SF
13:50	W65	100m	SF
14:00	W70	100m	SF
14:10	W75	100m	SF
14:25	M35	400m Hurdles	Final
14:31	M40	400m Hurdles	Final
14:37	M45	400m Hurdles	Final
14:43	M50	400m Hurdles	Final
14:49	M55	400m Hurdles	Final
15:00	W35	400m Hurdles	Final
15:06	W40	400m Hurdles	Final
15:12	W45	400m Hurdles	Final
15:18	W50	300m Hurdles	Final
15:24	W55	300m Hurdles	Final
15:30	M60	300m Hurdles	Final
15:36	M65	300m Hurdles	Final
15:42	W60	300m Hurdles	Final
15:48	W65	300m Hurdles	Final
15:54	M70	300m Hurdles	Final
16:00	M75	300m Hurdles	Final

16:10	W70+	200m Hurdles	Final
16:16	M80+	200m Hurdles	Final
16:30	M35	1500m Dec.	Final
16:45	M40	1500m Dec.	Final
16:55	M55	400m Dec.	Final
17:05	M60	400m Dec.	Final
17:15	M35	100m	Final
17:20	W35	100m	Final
17:25	M40	100m	Final
17:30	W40	100m	Final
17:35	M45	100m	Final
17:40	W45	100m	Final
17:45	M50	100m	Final
17:50	W50	100m	Final
17:55	M55	100m	Final
18:00	W55	100m	Final
18:05	M60	100m	Final
18:10	W60	100m	Final
18:15	M65	100m	Final
18:20	W65	100m	Final
18:25	M70	100m	Final
18:30	W70	100m	Final
18:35	M75	100m	Final
18:40	W75	100m	Final
18:45	M80	100m	Final
18:50	W80+	100m	Final
18:55	M85	100m	Final
19:00	M90	100m	Final
19:10	M65	400m Dec.	Final
19:40	M70	400m Dec.	Final
19:55	M45	1500m Dec.	Final
20:15	M50	1500m Dec.	Final

Day 2 Sept. 22 Francavilla			
Hammer Throw			
08:00	M35-40	HT - Final	
09:10	M45	HT - Final	
11:50	M50	HT - Final	
12:30	M55	HT - Final	
13:50	M60	HT - Final	
Shot Put			
08:30	W35+40	SP - Final	
10:10	W45	SP - Final	
11:40	W50	SP - Final	
13:10	W55	SP - Final	
14:20	W60	SP - Final	
15:50	W65	SP - Final	
17:00	W70	SP - Final	
18:30	W75	SP - Final	
19:40	W80+	SP - Final	
Javelin Throw			
15:35	M65	JT - Final	
17:00	M70	JT - Final	
18:30	M75	JT - Final	
19:45	M80	JT - Final	
21:00	M85+	JT - Final	

Day 2 Sept. 22 Montesilvano			
First round			
09:00	M35	1500m H	
09:20	M40	1500m H	
09:50	M45	1500m H	
10:30	M50	1500m H	
11:00	M55	1500m H	
11:40	M60	1500m H	
12:20	M65	1500m H	
12:50	M70	1500m H	
13:10	M75	1500m H	
13:30	W35	1500m H	
13:50	W45	1500m H	
14:20	W50	1500m H	
14:50	W55	1500m H	
15:10	W35-40	10000m F	
16:10	W45-50	10000m F	
17:20	W55-60	10000m F	

Day 3 Sept. 23 PESCARA					
TRACK				SP or HT	Shot Put
08:00	M75+	100m Dec.	Final		
08:10	M55	Hurdles Dec.	Final		
08:30	M60	Hurdles Dec.	Final		
08:50	W35	Hurdles Hept.	Final		
09:00	W40	Hurdles Hept.	Final		
09:05	M35	200m Heats	Heats		
09:35	M40	200m Heats	Heats		
10:05	M45	200m Heats	Heats		
10:50	W45	Hurdles Hept.	Final		
11:05	M50	200m Heats	Heats		
11:55	M65	Hurdles Dec.	Final		
12:25	W50	Hurdles Hept.	Final		
12:45	W55	Hurdles Hept.	Final		
12:55	M55	200m Heats	Heats		
13:45	M70	Hurdles Dec.	Final		
14:00	M60	200m Heats	Heats		
14:50	W60	Hurdles Hept.	Final		
15:00	W65+	Hurdles Hept.	Final		
15:15	M75+	400m Dec.	Final		
15:30	W35	200m Hept.	Final		
15:36	W40	200m Hept.	Final		
15:50	M65	200m Heats	Heats		
16:25	M70	200m Heats	Heats		
16:45	W45	200m Hept.	Final		
17:00	W55	200m Hept.	Final		
17:10	W40	200m Heats	Heats		
17:30	W45	200m Heats	Heats		
18:00	M55	1500m Dec.	Final		
18:20	M60	1500m Dec.	Final		
18:40	W50	200m Heats	Heats		
19:10	W55	200m Heats	Heats		
19:40	W50	200m Hept.	Final		
19:50	W60	200m Hept.	Final		
20:05	W65+	200m Hept.	Final		
20:15	M65	1500m Dec.	Final		
20:35	M70	1500m Dec.	Final		

Day 3 Sept. 23 Francavilla					
Javelin Throw			Shot Put		
08:00	M35	JT - Final	09:30	M65	SP - Final
09:10	M40	JT - Final	11:15	M70	SP - Final
10:25	M45	JT - Final	13:00	M75	SP - Final
11:50	M50	JT - Final	14:15	M80	SP - Final
13:20	M55	JT - Final	15:45	M85+	SP - Final
14:45	M60	JT - Final			
Hammer Throw					
16:05	W35	HT - Final			
17:40	W40	HT - Final			
18:55	W45	HT - Final			
20:10	W50	HT - Final			

Day 3 Sept. 23 Montesilvano				
08:15	W70+	RW 5000m	Final	
09:15	W60-W65	RW 5000m	Final	
10:15	M75+	RW 5000m	Final	
11:15	M70	RW 5000m	Final	
12:00	M65	RW 5000m	Final	
13:00	M35	1500m	Final	
13:15	W35	1500m	Final	
13:30	M40	1500m	Final	
13:45	W40	1500m	Final	
14:00	M45	1500m	Final	
14:15	W45	1500m	Final	
14:30	M50	1500m	Final	
14:45	W50	1500m	Final	
15:00	M55	1500m	Final	
15:15	W55	1500m	Final	
15:30	M60	1500m	Final	
15:45	W60	1500m	Final	
16:00	M65	1500m	Final	
16:15	W65	1500m	Final	
16:30	M70	1500m	Final	
16:45	W70	1500m	Final	
17:00	M75	1500m	Final	
17:15	W75+	1500m	Final	
17:30	M80+	1500m	Final	

Day 4 Sept. 24 PESCARA				
TRACK				
09:00	M75+	Hurdles Dec.		Final
09:20	M35	200m	SF	
09:30	M40	200m	SF	
09:40	M45	200m	SF	
09:50	M50	200m	SF	
10:00	M55	200m	SF	
10:15	M60	200m	SF	
10:25	M65	200m	SF	
10:35	M70	200m	SF	
10:47	M75	200m	SF	
11:05	M80	200m	SF	
11:20	W35	200m	SF	
11:30	W40	200m	SF	
11:40	W45	200m	SF	
11:50	W50	200m	SF	
12:00	W55	200m	SF	
12:10	W60	200m	SF	
12:20	W65	200m	SF	
12:38	W70	200m	SF	
12:52	W75	200m	SF	
13:10	W35	800m Hept.		Final
13:20	W40	800m Hept.		Final
13:30	M35	200m		Final
	M40	200m		Final
13:40	M45	200m		Final
	M50	200m		Final
13:50	M55	200m		Final
	M60	200m		Final
14:00	M65	200m		Final
14:06	M70	200m		Final
14:12	M75	200m		Final
14:20	M80	200m		Final
14:28	M85	200m		Final
14:36	M90+	200m		Final
14:45	W45	800m Hept.		Final
15:05	W50	800m Hept.		Final
15:25	W35	200m		Final
15:30	W40	200m		Final
15:35	W45	200m		Final
15:40	W50	200m		Final
15:45	W55	200m		Final
15:50	W60	200m		Final
15:55	W65	200m		Final
16:00	W70	200m		Final
16:07	W75	200m		Final
16:15	W80+	200m		Final
16:25	M75+	1500m Dec		Final
17:00	W55	800m Hept.		Final
18:10	W60	800m Hept.		Final
19:20	W65+	800m Hept.		Final

Day 4 Sept. 24 Francavilla					
Discus Throw					
09:00	M35	DT - Final			
10:15	M40	DT - Final			
11:40	M45	DT - Final			
12:55	M50	DT - Final			
14:55	M55	DT - Final			
16:55	M60	DT - Final			
18:40	M65	DT - Final			
Weight Throw					
09:00	W35	WT - Final			
10:15	W40	WT - Final			
11:30	W45	WT - Final			
12:40	W50	WT - Final			
14:20	W55	WT - Final			
16:00	W60	WT - Final			
17:50	W65	WT - Final			
19:10	W70	WT - Final			
Pole Vault					
10:55	M75+	PV - Dec.			
Long Jump					
Runway 1		Runway 2			
09:00	W35	LJ - Hept.	09:30	W40	LJ - Hept.
10:50	W45	LJ - Hept.	11:45	W50	LJ - Hept.
15:00	W55	LJ - Hept.	15:45	W60	LJ - Hept.
16:45	W65+	LJ - Hept.			
Javelin Throw					
09:55	W35	JT - Hept.	09:30	W75	WT - Final
10:50	W40	JT - Hept.	11:00	W80+	WT - Final
12:05	W45	JT - Hept.			
13:20	W50	JT - Hept.			
14:40	M75+	JT - Dec.			
16:00	W55	JT - Hept.			
17:00	W60	JT - Hept.			
18:10	W65+	JT - Hept.			

Day 4 Sept. 24 Montesilvano				
Race Walking				
08:15	W 50-55	RW 5000m F		
09:00	W 35-45	RW 5000m F		
09:45	M50-60	RW 5000m M		
10:30	M35-45	RW 5000m M		

Day 5 Sept. 25 PESCARA

TRACK

09:00	M35	400m	Heats
09:35	M40	400m	Heats
10:10	M45	400m	Heats
10:50	M50	400m	Heats
11:30	M55	400m	Heats
12:10	M60	400m	Heats
12:50	M65	400m	Heats
13:30	M70	400m	Heats
13:55	W40	400m	Heats
14:20	W45	400m	Heats
14:45	W50	400m	Heats
15:20	M35	3000m st.	Final
15:40	M40	3000m st.	Final
16:00	M45	3000m st.	Final
16:20	M50	3000m st.	Final
16:40	M55	3000m st.	Final
17:00	M60-65	2000m st.	Final
17:20	M70+	2000m st.	Final
17:40	W35-45	2000m st.	Final
18:00	W50+	2000m st.	Final
18:20	W35	4x100m	Final
18:28	W40	4x100m	Final
18:36	W45	4x100m	Final
18:44	W50	4x100m	Final
18:52	W55	4x100m	Final
19:00	W60	4x100m	Final
19:08	W65	4x100m	Final
19:16	W70	4x100m	Final
19:24	W75	4x100m	Final
19:32	W80+	4x100m	Final

Long Jump

Runway 1

09:00	W35	LJ - Final
11:00	W45	LJ - Final
13:00	W55	LJ - Final
14:45	W65	LJ - Final
16:15	W75	LJ - Final

Long Jump

Runway 2

09:00	W40	LJ - Final
11:00	W50	LJ - Final
13:00	W60	LJ - Final
15:00	W70	LJ - Final
16:30	W80+	LJ - Final

High Jump

Runway 1

09:30	M35	HJ - Final
11:15	M45	HJ - Final
13:00	M55	HJ - Final

High Jump

Runway 2

09:30	M40	HJ - Final
11:15	M50	HJ - Final

Pole Vault

Runway 1

10:00	M65	PV - Final
13:00	M75	PV - Final
15:00	M85	PV - Final

Pole Vault

Runway 2

10:00	M70	PV - Final
13:00	M80	PV - Final

Discus Throw

09:00	W75	DT - Final
10:30	W80+	DT - Final

Day 5 Sept. 25 Francavilla

Discus Throw

08:30	W35	DT - Final
10:00	W40	DT - Final
11:30	W45	DT - Final
13:00	W50	DT - Final
14:40	W55	DT - Final
16:20	W60	DT - Final
18:00	W65	DT - Final
19:20	W70	DT - Final

Weight Throw

09:00	M35	WT - Final
10:10	M40	WT - Final
11:20	M70	WT - Final
12:55	M75	WT - Final
14:15	M80	WT - Final
15:25	M85+	WT - Final

Day 5 Sept. 25 Montesilvano

09:00	W35	5000m	Final
09:30	W40	5000m	Final
10:10	W45	5000m	Final
10:50	W50	5000m	Final
11:30	W55	5000m	Final
12:15	W60	5000m	Final
15:00	W65	5000m	Final
15:50	W70	5000m	Final
16:50	W75+	5000m	Final

Day 6 Sept. 26 PESCARA

TRACK			
09:00	W35	400m	SF
09:20	W40	400m	SF
09:40	W45	400m	SF
10:00	W50	400m	SF
10:20	W55	400m	SF
10:40	W60	400m	SF
11:00	W65	400m	SF
11:20	W70	400m	SF
11:40	W75	400m	SF
11:58	M35	400m	SF
11:42	M40	400m	SF
11:56	M45	400m	SF
12:10	M50	400m	SF
12:24	M55	400m	SF
12:36	M60	400m	SF
12:50	M65	400m	SF
13:04	M70	400m	SF
13:18	M75	400m	SF
13:40	M35	4x100m	Final
13:48	M40	4x100m	Final
13:56	M45	4x100m	Final
14:10	M50	4x100m	Final
14:18	M55	4x100m	Final
14:26	M60	4x100m	Final
14:34	M65	4x100m	Final
14:40	M70	4x100m	Final
14:48	M75	4x100m	Final
15:00	M80	4x100m	Final
15:40	W35	400m	Final
15:50	W40	400m	Final
16:00	W45	400m	Final
16:10	W50	400m	Final
16:20	W55	400m	Final
16:30	W60	400m	Final
16:40	W65	400m	Final
16:50	W70	400m	Final
17:00	W75	400m	Final
17:10	W80+	400m	Final
17:20	M35	400m	Final
17:30	M40	400m	Final
17:40	M45	400m	Final
17:50	M50	400m	Final
18:00	M55	400m	Final
18:10	M60	400m	Final
18:20	M65	400m	Final
18:30	M70	400m	Final
18:40	M75	400m	Final
18:50	M80	400m	Final
19:00	M85+	400m	Final

Pole Vault

10:00	M35	PV - Final
12:30	M40	PV - Final
15:00	M45	PV - Final

High Jump

Runway 1		
09:30	M60	HJ - Final
12:00	M70	HJ - Final
14:00	M80	HJ - Final

High Jump

Runway 2		
10:30	M65	HJ - Final
13:00	M75	HJ - Final
15:00	M85+	HJ - Final

Discus Throw

09:00	M70	DT - Final
11:00	M75	DT - Final
12:30	M80	DT - Final
15:00	M85	DT - Final
16:10	M90	DT - Final

Day 6 Sept. 26 Francavilla

Throwing Pentathlon

Long throw

08:30	W65	Hammer Pent.
09:40	W70	Hammer Pent.
10:50	W65	Discus Pent.
12:00	W65	Javelin Pent.
13:10	W70	Discus Pent.
14:10	W70	Javelin Pent.
15:10	W75+	Hammer Pent.
17:35	W75+	Discus Pent.
18:50	W75+	Javelin Pent.

Shot Put

09:40	W65 Pent.
10:40	W70 Pent.
16:25	W75+ Pent.

Weight Throw

09:00	M65	WT - Final
10:45	M60	WT - Final
14:20	M45	WT - Final
16:40	M50	WT - Final
18:20	M55	WT - Final

Weight Throw

13:10	W65	WT - Pent.
15:30	W70	WT - Pent.
20:05	W75+	WT - Pent.

Day 6 Sept. 26 Montesilvano

09:00	M35	5000m	Final
09:30	M40	5000m	Final
10:05	M45	5000m - FB	Final
10:40	M45	5000m - FA	Final
11:20	M50	5000m - FB	Final
12:00	M50	5000m - FA	Final
12:40	M55	5000m - FB	Final
13:20	M55	5000m - FA	Final
14:00	M60	5000m - FB	Final
14:40	M60	5000m - FA	Final
15:10	M65	5000m	Final
16:00	M70	5000m	Final
16:55	M75	5000m	Final
17:50	M80	5000m	Final

Day 7 Sept. 28 PESCARA

TRACK			
09:00	M35	800m	Heats
09:30	M40	800m	Heats
10:00	M45	800m	Heats
10:30	M50	800m	Heats
11:00	M55	800m	Heats
11:30	M60	800m	Heats
12:00	M65	800m	Heats
12:22	M70	800m	Heats
12:45	M75	800m	Heats
13:00	W35	800m	Heats
13:15	W40	800m	Heats
13:30	W45	800m	Heats
13:45	W50	800m	Heats
14:00	W55	800m	Heats
14:15	W60	800m	Heats
14:30	M35	110m Hurd.	Heats
14:45	M40	110m Hurd.	Heats
15:05	M50	100m Hurd.	Heats
16:25	M55	100m Hurd.	Heats
16:45	M60	100m Hurd.	Heats
17:05	M65	100m Hurd.	Heats
17:20	M70	80m Hurd.	Heats
17:35	M75	80m Hurd.	Heats
17:50	W50	80m Hurd.	Heats
18:05	W55	80m Hurd.	Heats
18:20	W60	80m Hurd.	Heats
18:35	W65	80m Hurd.	Heats
18:50	W35	100m Hurd.	Heats
19:05	W40	80m Hurd.	Heats
19:20	W45	80m Hurd.	Heats

High Jump
Runway 1

09:00	W35	HJ - Final
10:15	W45	HJ - Final
11:40	W55	HJ - Final
13:40	W65	HJ - Final
15:40	W75	HJ - Final

High Jump
Runway 2

09:00	W40	HJ - Final
10:30	W50	HJ - Final
12:00	W60	HJ - Final
13:45	W70	HJ - Final
14:30	W80	HJ - Final
16:00	W85+	HJ - Final

Triple Jump
Runway 1

09:00	W55	TJ - Final
10:15	W60	TJ - Final
11:45	W65	TJ - Final
13:05	W70+	TJ - Final

Triple Jump
Runway 2

09:00	W35	TJ - Final
10:20	W40	TJ - Final
11:50	W45	TJ - Final
13:20	W50	TJ - Final

Long Jump
Runway 1

14:35	M35	LJ - Final
16:30	M45	LJ - Final
19:15	M55	LJ - Final

Long Jump
Runway 2

14:45	M40	LJ - Final
17:00	M50	LJ - Final

Pole Vault

09:30	M50	PV - Final
12:00	M55	PV - Final
14:30	M60	PV - Final

Throwing Pentathlon
Final

09:00	Hammer	W60
10:30	Shot Put	W60
12:00	Discuss	W60
13:30	Javelin	W60
15:00	Weight Throw	W60

Day 7 Sept. 28 Francavilla

Throwing Pentathlon

Long Throw

08:00	W35-45 Pent.	Hammer Pent.
09:30	W55 Pent.	Hammer Pent.
11:00	W35-45 Pent.	Discuss Pent.
12:30	W35-45 Pent.	Javelin Pent.
14:00	W55 Pent.	Discuss Pent.
15:15	W55 Pent.	Javelin Pent.
16:30	W50 Pent.	Hammer Pent.
18:40	W50 Pent.	Discuss Pent.
19:45	W50 Pent.	Javelin Pent.

Shot Put

09:30	W35-45	SP - Pent.
11:00	W55	SP - Pent.
17:35	W50	SP - Pent.

Weight Throw

14:00	W35-45	WT - Pent.
16:30	W55	WT - Pent.
20:50	W50	WT - Pent.

Day 8 Sept. 29 PESCARA

TRACK

09:00	M35	800m Final
09:10	M40	800m Final
09:20	M45	800m Final
09:30	M50	800m Final
09:40	M55	800m Final
09:50	M60	800m Final
10:00	M65	800m Final
10:10	M70	800m Final
10:20	M75	800m Final
10:30	M80	800m Final
10:40	M85	800m Final
10:50	W35	800m Final
11:00	W40	800m Final
11:10	W45	800m Final
11:20	W50	800m Final
11:30	W55	800m Final
11:40	W60	800m Final
11:50	W65	800m Final
12:00	W70	800m Final
12:10	W75+	800m Final
12:20	M35	110m Hurd.-F
12:28	M40	110m Hurd.-F
12:36	M45	110m Hurd.-F
12:44	M50	100m Hurd.-F
12:52	M55	100m Hurd.-F
13:00	M60	100m Hurd.-F
13:08	M65	100m Hurd.-F
13:16	M70	80m Hurd.-F
13:24	M75	80m Hurd.-F
13:32	M80	80m Hurd.-F
13:40	W35	100m Hurd.-F
13:48	W40	80m Hurd.-F
13:56	W45	80m Hurd.-F
14:04	W50	80m Hurd.-F
14:12	W55	80m Hurd.-F
14:20	W60	80m Hurd.-F
14:28	W65	80m Hurd.-F
14:36	W70	80m Hurd.-F
14:44	W75+	80m Hurd.-F

Pole Vault

09:00	W60+	PV - Final
10:30	W55	PV - Final
12:15	W50	PV - Final
14:00	W45	PV - Final
15:45	W35+W40	PV - Final

Throwing Pentathlon

M75 - Final		
09:00	Hammer	M75
10:20	Shot Put	M75
11:40	Discus	M75
13:00	Javelin	M75
14:20	Weight Throw	M75

Long Jump

	Runway 1	
09:00	M60	LJ - Final
11:15	M75	LJ - Final
12:40	M85+	LJ - Final

Long Jump

	Runway 2	
09:00	M65	LJ - Final
10:45	M70	LJ - Final
12:30	M80	LJ - Final

Day 8 Sept. 29 Francavilla

Long Throw

08:00	M70	Hammer
09:45	M50	Hammer
11:10	M70	Discus
12:45	M70	Javelin
14:20	M50	Discus
15:45	M50	Javelin
17:10	M45	Hammer
19:30	M45	Discus
20:40	M45	Javelin

Shot Put

09:35	M70	SP-Pent.
11:10	M50	SP-Pent.
18:20	M45	SP-Pent.

Weight Throw

14:20	M70	WT-Pent.
17:10	M50	WT-Pent.
21:50	M45	WT-Pent.

Day 9 Sept. 30 PESCARA

TRACK
Age Group

10:00	85	4x400m Mix	Final
10:10	80	4x400m Mix	Final
10:20	75	4x400m Mix	Final
10:30	70	4x400m Mix	Final
10:40	65	4x400m Mix	Final
10:50	60	4x400m Mix	Final
11:00	55	4x400m Mix	Final
11:10	50	4x400m Mix	Final
11:20	45	4x400m Mix	Final
11:30	40	4x400m Mix	Final
11:40	35	4x400m Mix	Final

Triple Jump
Runway 1

M35	TJ - Final	09:00
M40	TJ - Final	10:30
M45	TJ - Final	12:10

Triple Jump
Runway 2

M50	TJ - Final	09:00
M55	TJ - Final	10:30

Throwing Pentathlon

09:30	Hammer	M80+
10:45	Shot Put	M80+
12:00	Discus	M80+
13:15	Javelin	M80+
14:30	Weight Throw	M80+

Day 9 Sept. 30 Francavilla

Throwing Pentathlon

Long Throw

08:30	M55	Hammer Pent.
09:45	M65	Hammer Pent.
11:00	M55	Discus Pent.
12:15	M55	Javelin Pent.
13:30	M65	Discus Pent.
14:55	M65	Javelin Pent.

Shot Put

09:45	M55	SP-Pent.
11:10	M65	SP-Pent.

Weight Throw

13:30	M55	WT-Pent.
16:20	M65	WT-Pent.

Day 10 Oct. 1 PESCARA

TRACK

from 10:00 : arrival of HM

13:00	M35	4x400m	Final
13:10	M40	4x400m	Final
13:20	M45	4x400m	Final
13:30	M50	4x400m	Final
13:40	M55	4x400m	Final
13:50	M60	4x400m	Final
14:00	M65	4x400m	Final
14:10	M70	4x400m	Final
14:20	M75	4x400m	Final
14:30	M80	4x400m	Final
14:40	M85	4x400m	Final

Triple Jump
Runway 1

09:00	M60	TJ - Final
11:00	M65	TJ - Final

Triple Jump
Runway 2

09:00	M75	TJ - Final
10:10	M80+	TJ - Final
11:30	M70	TJ - Final

Day 10 Oct. 1 Francavilla

Long throw

08:00	M35-40	Hammer Pent.
09:40	M60	Hammer Pent.
11:20	M35-40	Discus Pent.
13:00	M35-40	Javelin Pent.
14:30	M60	Discus Pent.
15:55	M60	Javelin Pent.

Shot Put

09:40	M35-40	SP- Pent.
11:20	M60	SP- Pent.

Weight Throw

14:40	M35-40	WT-Pent.
17:20	M60	WT-Pent.

14:50 Closing Ceremony

15:20	W35	4x400m	Final
15:30	W40	4x400m	Final
15:40	W45	4x400m	Final
15:50	W50	4x400m	Final
16:00	W55	4x400m	Final
16:10	W60	4x400m	Final
16:20	W65	4x400m	Final
16:30	W70	4x400m	Final
16:40	W75	4x400m	Final
16:50	W80	4x400m	Final

Non Stadia

Day 4 Sept. 24 DAVALOS PARK

Cross Country

09:00	M70+/W70+	6K Cross Country
10:00	W35 - W65	8K Cross Country
11:00	M60-M65	8K Cross Country
12:00	M50-M55	8K Cross Country
13:00	M35-M45	8K Cross Country

Day 10 Oct. 1 Half Marathon

09:00	All	Half Marathon	Final
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Day 6 Sept. 26 Road Race Walk

08:00	M65+	10K Road Race Walk	Final
09:45	W35+	10K Road Race Walk	Final
11:45	M35-M60	10K Road Race Walk	Final

Day 7 Sept. 28 Road Race Running

16:00	ALL	10K Road Race	Final
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Day 9 Sept. 30 Road Race Walk

08:00	M60+	20K Road Race Walk	Final
11.15	W35+	20K Road Race Walk	Final
15.00	M35-M55	20K Road Race Walk	Final

Appendix 5:

POLES

150lb	4.45	PacerFX
145lb	4.30	UCS
140lb	4.30	UCS
135lb	4.30	Nordic
130lb	3.70	UCS
120lb	3.40	UCS
120lb	3.50	UCS
120lb	4.20	UCS
150lb	4.50	UCS
155lb	4.50	UCS
160lb	4.50	UCS
165lb	4.50	UCS
170lb	4.70	UCS
175lb	4.70	UCS
180lb	4.90	UCS
185lb	4.90	UCS
145lb	4.30	UCS

The list is "in progress": further poles possibly available.

Appendix 6: Regulations

WMA Hurdle, Steeplechase and implement Specifications

1. HURDLES

WOMEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
SHORT	35-39	100	0.84	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60+	80	0.686	8	12	7	19
LONG	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40
MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
SHORT	35-49	0	0.991	10	13.72	9.14	14.02
	50-59	0	0.914	10	13	8.5	10.5
	60-69	0	0.84	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	12	7	19
LONG	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

2. STEEPLECHASE

WOMEN

2000m .762m (30") 18 barriers and 5 water jumps

MEN

35-59 3000m .914m (36") 28 barriers and 7 water jumps

60+ 2000m .762m (30") 18 barriers and 5 water jumps

3. IMPLEMENT SPECIFICATIONS

	Hammer	Shot	Discus	Javelin	Weight (kg)
WOMEN					
35-49	4kg	4kg	1kg	600gm	9.080 (20lb)
50-59	3kg	3kg	1kg	500gm	7.260 (16lb)
60-74	3kg	3kg	1kg	500gm	5.450 (12lb)
75+	2kg	2kg	0.75kg	400gm	4.000 (8.8lb)
MEN					
35-49	7.26	7.26	2kg	800gm	15.880 (35lb)
50-59	6kg	6kg	1.5	700gm	11.340 (25lb)
60-69	5kg	5kg	1kg	600gm	9.080 (20lb)
70-79	4kg	4kg	1kg	500gm	7.260 (16lb)
80+	3kg	3kg	1kg	400gm	5.450 (12lb)

4. SHOT PUT

Minimum Weight	Diameters:	
	Min.	Max.
7.260K	110mm	130mm
6.000K	105mm	130mm
5.000K	100mm	130mm
4.000K	95mm	130mm
3.000K	85mm	130mm
2.000K	80mm	110mm

5. DISCUS

See WA Rule for Discus Specifications 1kg, 1.5kg, 2kg

Specifications for .750kg	Min.	Max.
Minimum Weight	.750kg	
Outside Diameter of metal rim	166mm	182mm
Diameter of metal plate or flat center area	50mm	57mm
Thickness of metal plate or flat center area	33mm	39mm
Thickness of rim (6mm from edge)	10mm	13mm

6. JAVELIN

See WA Rule for Javelin Specifications 800g, 700g, 600g, 500g. Specifications for **400gm**

Minimum Weight	400gm	Min.	Max.
Overall Length	min	1.85m	1.95m
Length of metal head	min	200mm	250mm
Distance from tip of metal head to center of gravity	min	0.75m	0.80m
Diameter of shaft at thickest point	min	20mm	23mm
Width of cord grip	min	130mm	140mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

7. HAMMER

See WA Rule for Hammer Specifications for 3.000kg, 4.000kg, 6.000kg.

Specifications for 2.000kg

Minimum Weight	2.000kg	
	Min.	Max.
Diameter of head	75mm	100mm
Length of hammer measured from inside of handle	1195mm	

8. OUTDOOR WEIGHT

Construction: The weight shall consist of three parts: a metal head, the link, and a handle (grip).
Head: The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such a manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall be brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such a manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9MM from the center of the sphere.
Link: The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to ensure that the link(s) cannot stretch appreciably while the weight is being thrown.

Handle (Grip): The handle (grip) may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.
Connections: The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).

Minimum Weight	Diameter	
	Min.	Max.
15.88kg	145mm	165mm
11.34kg	130mm	150mm
9.08kg	120mm	140mm
7.26kg	110mm	130mm
5.45kg	100mm	120mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle (grip).

Length: The length shall be not more than 410mm measured from the inside of the handle.

Scoring of WMA Combined Events Competition, age factors and parameters: refer to 2023 WMA regulations

WMA ADVANCEMENT TABLES OUTDOOR

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

8 Lane Tracks (100m, 200m, 400m, Hurdles)

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

8 Lane Tracks (800m)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-12	0		0		1
13-24	0		2	2 P + 8 T	1
25-36	0		3	2 P + 6 T	1
37-48	0		4	2 P + 4 T	1
49-60	5	2 P + 14 T	2	2 P + 8 T	1
61-72	6	2 P + 12 T	2	2 P + 8 T	1
73-84	7	2 P + 10 T	2	2 P + 8 T	1
85-96	8	2 P + 8 T	2	2 P + 8 T	1
97-108	9	2 P + 6 T	2	2 P + 8 T	1

1500m

Number of Competitors	Heats	Qualifying	Final
1-16	0		1
17-32	2	3 P + 10 T	1
33-48	3	2 P + 10 T	1
49-64	4	2 P + 8 T	1
65-80	5	2 P + 6 T	1
81-96	6	2 P + 4 T	1
97-112	7	1 P + 9 T	1
113-128	8	1 P + 8 T	1