

DAILY TIMETABLE

Events	14/04	15/04	16/04	17/04	18/04	19/04
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ARRIVALS	X					
WORKSHOP & CONFERENCE		X	X	X	X	
ROAD WALK 10KM EMAF + EXTRA			All 35+ M&W			
60m Heats				All 60+ M&W		
60m Finals					All 60+ M&W	
200m Heats				All 60+ M&W		
200m Finals					All 60+ M&W	
400m Heats				All 60+ M&W		
400m Finals					All 60+ M&W	
800m Finals					All 60+ M&W	
1500 Finals				All 60+ M&W		
3000 Finals				All 60+ M&W		
Long Jump					All 60+ M&W	
Triple Jump				All 60+ M&W		
Shot Put				All 60+ M&W		
4x200					All 60+ M&W	
60 m EXTRA					All 35+ M&W	

200 m EXTRA					All 35+ M&W	
400m EXTRA					All 35+ M&W	
Long Jump EXTRA					All 35+ M&W	
DEPARTURES						X

EMAF Events

3. INDOOR COMPETITION RULES

Arena Palaindoor - 6 lanes – 8 on straight

Events 60m – 200m – 400m - 800m – 1500m –3000- LJ – TJ – SP —4x200m

60m-200m-400m Seeding and Advanced Rule WMA rules

LJ, TJ, SP 3+3 attempts each category

RANKING TEAM EVENTS

Number of athletes: max 15 by country, no limit entries

Scoring table

All the results will be combined to Scoring table FIDAL

Only the best result by event and at least 7 on 10 events will be available to perform on the Team Events