



European
Masters
Athletics
Championships
Stadia

emac's

Madeira 25

**FINAL
VERSION**
ISSUED ON
23 SEP 2025

WWW.EMACS-MADEIRA2025.COM

HANDBOOK

8-19 OCT. 2025

CÂMARA DE LOBOS | FUNCHAL | MACHICO | RIBEIRA BRAVA

Madeira



Belongs to all



Secretaria Regional
de Educação, Ciência e Tecnologia
Direção Regional de Desporto

Secretaria Regional
de Turismo e Cultura
Direção Regional do Turismo



EUROPEAN MASTERS ATHLETICS



Associação Regional de Regatas Amadoras do Madeira

EMACS MADEIRA 2025

European Masters Athletics Championships Stadia (EMACS) 2025 will take place in Madeira Island, Portugal, in particular Ribeira Brava, Câmara de Lobos, Funchal and Machico, from 8th to 19th of October 2025, with the strong support of the Local Municipalities, the European Master Athletics and the Portuguese Athletics Federation (FPA).

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 (8th of October) and a parade in the Funchal centre. The closing ceremony will take place on 19th of October in Ribeira Brava 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, gathered at 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 Viareggio (Italy), and ever since it has been staged every two years.

EDITION	YEAR	HOSTING CITY	PARTICIPATING ATHLETES	PARTICIPATING COUNTRIES
1	1978	Viareggio (ITA)	1193	18
			...	
22	2023	Pescara (ITA)	4658	40

Madreira 2025

MESSAGE FROM PRESIDENT OF THE GOVERNMENT OF THE AUTONOMOUS REGION OF MADEIRA

It is with great joy that I welcome you, on behalf of myself and the Government of the Autonomous Region of Madeira, to our beautiful island.

It is with enormous motivation, satisfaction and a sense of gratitude to the organizing entities – European Masters Athletics, in partnership with the Associação de Atletismo da Região Autónoma da Madeira – that we welcome everyone involved in the European Masters Athletics Stadia Championships 2025. The members of the organization, you, the athletes, as well as your family and friends.

I would like to tell you that for some years we have been, in a concerted and committed way, in partnership with numerous entities – regional, national and international –, working towards affirming Madeira and Porto Santo as destinations of excellence in Sports Tourism and Nature.

This European athletics event is an example of this, as well as a series of other international reference events in Trail Running, open water swimming, pure swimming, sailing, among others.

EMACS 2025 is, therefore, another opportunity to deepen this statement – a destination of excellence –, which will be, and I am sure you will notice, through an exemplary organization of the sporting event, through the unique hospitality and friendliness of our population and through the cosmopolitanism and beauty of our island.

In Madeira and Porto Santo, we pursue policies that promote the integral development of new generations, seeking, in this sense, to ensure them the best education and the best access to culture and sport.

Therefore, I would like to tell you that the stages of your competition are regular training spaces for thousands of young Madeirans, who, I am sure, will be eager to support you and be thrilled with your sporting achievements.

Finally, I would like to tell you that, not only am I sure of the success of EMACS 2025, but also that you will find in our beautiful landscapes and mild climate, in the hospitality and friendliness of our people and in the uniqueness of our customs and traditions – including enogastronomic ones – reasons of attractiveness, which will invite you to new stays in Madeira.

I wish you all the greatest sporting successes.

President of the Government of the Autonomous Region of Madeira
Miguel Filipe Machado de Albuquerque



MIGUEL FILIPE MACHADO DE ALBUQUERQUE

PRESIDENT OF THE GOVERNMENT
OF THE AUTONOMOUS REGION OF MADEIRA

**INVITATION TO ATTEND
EUROPEAN MASTERS ATHLETICS CHAMPIONSHIPS STADIA, 2025 MADEIRA ISLAND
EMA PRESIDENT'S MESSAGE**

Welcome to the EMACS 2025 in Sunny Madeira!

Dear Friends,

It is with immense joy and excitement that I invite you to the beautiful island of Madeira for the European Masters Athletics Championships Stadia (EMACS) from 8th to 19th October 2025.

Renowned for its perfect climate, Madeira offers the ideal setting for this prestigious event. With a rich tradition in sports and a passionate community, the island is ready to host athletes and spectators from across Europe and beyond.

From the stunning landscapes of Câmara de Lobos, Funchal, Machico, and Ribeira Brava, to the world-class venues and warm hospitality, every detail has been prepared to ensure an unforgettable experience.

A dedicated team is working tirelessly to make this event a celebration of athletic excellence and personal achievement. Whether you are competing or supporting, your success and enjoyment are our top priorities.

We can't wait to welcome you to Madeira, where the vibrant culture, breathtaking scenery, and spirit of competition await. Let's make EMACS 2025 an event to remember!

See you soon,

Valentina Fedjuschina
EMA President



VALENTINA FEDJUSCHINA
EMA PRESIDENT

MESSAGE FROM PRESIDENT PORTUGUESE ATHLETICS FEDERATION

Dear athletes,

Let me begin by speaking directly to you, the athletes, for—as I often say—'without athletes, there is no Athletics.

Regardless of age, social status, or economic background, all of us, at some point in our lives, practice Athletics. Some do so professionally - like myself, who had the privilege of being a professional athlete for over 20 years - and others, no less important, as passionate lovers of the sport. What unites us all is our passion for Athletics, the most decorated Portuguese sport at the Olympic Games.

The Masters category is, in fact, the purest demonstration of dedication to sport. The longevity of these athletes should be recognised and held as an example, as this age group continues to run, jump, and throw with the same enthusiasm as when they first began in the sport.

For this, I pay tribute to each and every one of you and highlight how much your behavior and sporting commitment mean to the Portuguese Athletics Federation. Thank you.

It is also important to inform you that Portuguese Athletics is actively promoting the sport, modernising infrastructure, and investing in education and development so that Portuguese Athletics may quickly return to its golden days. We are on the right path: in the past six months, 60 national records have been broken, we have increased the number of training camps across different disciplines, and we have participated in international competitions with full teams, giving our athletes valuable experience abroad.

As the development of the sport and the growth of participation are some of our key strategic pillars, it is a great honor for the Portuguese Athletics to be associated with the European Masters Athletics Championships Stadia (EMACS 2025), an initiative that will take place on Madeira Island this October. We will welcome hundreds of athletes, both Portuguese and international, who will compete across various venues in this beautiful Portuguese archipelago, all united by their love of sport.

In the hope that our shared goal of MORE ATHLETICS will serve as the motto for fair and exciting competition, we warmly welcome all participants and organising staff of EMACS 2025 and wish you success in achieving your personal goals.

Lastly, I would like to express my appreciation and thanks to European Masters Athletics and the Madeira Regional Athletics Association, who have been tireless in organising this event. A special thanks also to the Regional Government of Madeira and to the municipalities of Câmara de Lobos, Funchal, Machico, and Ribeira Brava - host cities of the various competitions - for their essential support in creating the conditions for a successful championship.

With sporting regards,

Domingos Castro
President of the Portuguese Athletics Federation



DOMINGOS CASTRO
FPA PRESIDENT

MESSAGE FROM PRESIDENT LOCAL ORGANISING COMMITTEE

VALUE THE MASTER ATHLETE

In October 2025, the Autonomous Region of Madeira will have the honor and pleasure of organising the European Masters Championship on an outdoor track. The event will take place in several municipalities: on the tracks of Ribeira Brava and Câmara de Lobos. The Non Stadia events will take place in Funchal and Machico.

This is the main event of the EMA (European Masters Association), which will bring together thousands of athletes from different age groups who will compete with former Olympic, World and European champions and will be accompanied by family members, forming the immense crowd of people present.

Almost all these participants were professional athletes, who performed great and continue to be active, often training twice a day, achieving very interesting results for their age groups. The Master athlete has not yet been properly recognized for his work, performance, and voluntary dedication to the sport of his life by official institutions, whether by the respective federations or by the European (EA) and World (WA) Associations.

However, EA and WA, very recently, started to notice Masters, but only with the idea of business, because of the thousands who participate in events every week, which is regrettable!!! We hope a new paradigm soon, so that Master Athletics can be recognized and supported by official entities. In this context, it is important to highlight the excellent work that EMA and WMA have developed for Masters.

For us, organizing this European Masters Championship on an outdoor stadia, will be a compliment to Master Athletics and we intend to provide the best conditions for participants to achieve excellent results.

The Autonomous Region of Madeira is ready to welcome thousands of athletes and companions, in a dignified, healthy environment, in which competition is important for us, but also conviviality, friendship and joy between different people and age groups.

We are grateful for the valuable support from the government of the Autonomous Region of Madeira, which is important for the organization of this great event. We are also grateful for the support from the Municipalities of Funchal and Machico.

We count on you and count on us! We wait for you!

A big hug of friendship and esteem and see you in October!

Luís Policarpo de Gouveia
President of the LOC



POLICARPO GOUVEIA
LOC PRESIDENT

EMA Council and Managers

EMA President	Walentina Fedjuschina
EMA Executive VP	Francesco De Feo
EMA VP Finances	Ercan Ozkan
EMA VP Competition	Giovanni Tracanelli
EMA General Secretary	Maria Clarisse Duarte

Local Organising Committee

President - LOC	Policarpo de Gouveia
Vice-President	Jaime Moreira
Competition Director	Samuel Lopes
Image	Gina Gonçalves
Certified Accountant	Jorge Pestana
Transport	Rui Castro
Logistics	Flaviano Órfão
Communication	Vitor Sousa

Competition Management

Competition Director	Samuel Lopes (POR)
Deputy Comp. Director	Hélder Fernandes (POR)
Welcome Centre	
& TIC Manager	Nélio Parreira (POR)
Competition Secretary	Alcino Pereira (POR)
Technical Managers	Hugo Pacheco (POR)
	Elsa Gonçalves (POR)
Volunteers Coordinator	Fabia Canu (ITA)
Meeting Manager	Ivo Sousa (POR)
Meeting Manager Deputies	Ana Azevedo (POR)
	Vasco Azevedo (POR)

Venues Management

Ribeira Brava	Pedro Silva
Câmara de Lobos	Emanuel Freitas
Funchal (RG3)	Ivan Nunes

Contacts

EMACS 2025: emacsmadeira@gmail.com

EMA Officials

Technical Delegates

Stadia Technical Delegate
Non Stadia Technical Delegate

Organisational Delegates

TM and General Coordinator
Organisational Manager
Accreditation Manager

EMATO Team

EMATO (Manager)
EMATO
EMATO
EMATO/Starter
EMATO
EMATO

IRWJ Team

IRWJ
IRWJ Chief Judge
IRWJ
IRWJ
IRWJ
EMATO/IRWJ

S.O. Team

Safety Officer Coordinator
Safety Officer

Media/Service Team

EMA Media Manager
EMA registrations and IT Manager
Coordination results/records

DCO Team

DCO/SO

Janusz Krynicki (POL)
Vesna Repic-Cujic (SRB)

Fennie Van Osch (NED)
Slawek Krankowski (POL)
Magdalena Krankowska (POL)

Helena Carvalho (POR)
Lesley Minervini (GBR)
Janusz Rozum (POL)
Alan Bell (GBR)
Elio Capurso (ITA)
Martin Roald Arbol (DEN)

Zoe Gkini (GRE)
José Ganso (POR)
Kristina Saltanovic (LTU)
José Dias (POR)
Ewa Golebowska (POL)
Vesna Babic (CRO)

Bill Courtney (GBR)
Christine Courtney (GBR)

Rudin Bektashi (ALB)
Severino Bozzer (ITA)
Filippo Luigi Fasolato (ITA)

Martine Prevost (FRA)

IVOs - International Volunteer Officials

Matthew Vine	AUS
Brigitta Muhlberger	AUT
Franz Schestak	AUT
Vinesh Mida	CAN
Sanja Marcius Ovcar	CRO
Srecko Ovcar	CRO
Erja Heimonen	FIN
Archie Jenkins	GBR
Lynne Marr	GBR
Fred Pidgeon	GBR
Jane Pidgeon	GBR
Ann Thatcher	GBR
Lorraine Vidler	GBR
Singh Gurvir	IND-POR
Ilaria Malcangi	ITA
Maria Alfaro	MEX
Richard Amigo	PAR
Sandra Chyczewska	POL
Zygmunt Grzybek	POL
Marta Knut	POL
Mulawa Krzysztof	POL
Agnieszka Nowak	POL
Patrycja Ziolkovska	POL
Ratajczyk Krzysztof	POL
Rafal Miasik	POL
Luisa Almeida	POR
Henrique Vilhena	POR
Sara Toscano	POR
Mário Gomes	POR
Anders Andersson	SWE
Mark Heckel	USA

EMACS MADEIRA 2025

		Oct.9	Oct.10	Oct.11	Oct.12	Oct.13	Oct.14	Oct.15	Oct.16	Oct.17	Oct.18	Oct.19
Event		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7 - Free	Day 8	Day 9	Day 10	Day 11
100m	Heats				All (M) All (W)							
	Semifinals				All (M+W)							
	Finals					All (M+W)						
200m	Heats						All (M+W)					
	Semifinals								All (M+W)			
	Finals								All (M+W)			
400m	Heats	All (M+W)										
	Semifinals		All (M+W)									
	Finals			All (M+W)								
800m	Heats									All (M+W)		
	Finals										All (M+W)	
110/100/80m Hurdles	Heats	All (M+W)										
	Finals		All (M+W)									
400/300/200m Hurdles	Heats				All (M+W)							
	Finals					All (M+W)						
3000m/2000m steeplechase	Finals			All (M+W)								
4x100m Relays											All (M+W)	
4x400m Relays												All (M+W)
4x400m Mixed Relays											Mixed (M-W-M-W)	
1500m	Heats			All (M+W)								
	Finals				All (M+W)							
5000m	Finals					All (W)	All (M)					
5000m Track Race Walk	Finals		W60+,M65+	W35-55,M35-60								
10000m	Finals	All(M),W65+	W35-60									
Long Jump	Finals					All(W)	M35-55		M60+			
Triple Jump	Finals									All(W)	M35-55	M60+
High Jump	Finals					M35-55	M60+		All(W)			
Pole Vault	Finals					M65+			M35-45	M50-60	All(W)	
Shot Put	Finals				All(W)	M70+	M35-40		M45-65			
Discus Throw	Finals				M35-40	W35-70 W75+	M45-65			M80+	M70-75	
Javelin Throw	Finals	All(W)				M35-65			M70+			
Hammer Throw	Finals	M65+	M35-60	All(W)								
Weight Throw	Finals	M35-60	All(W)	M65+								
Decathlon - Day 1	Finals	M35-50	M55-70	M75+								
Decathlon - Day 2	Finals		M35-50	M55-70	M75+							
Heptathlon	Finals			All(W) Day1	All(W) Day 2							
Throwing Pentathlon (HT, SP, DT and WT)	Finals						W65+		W35-60	M45,50,70,75	M55,65,80+	M35-40,60
Throwing Pentathlon (JT)	Finals						Javelin		Javelin	Javelin	Javelin	Javelin
10 km Road Race	Finals								All (M+W)			
Half Marathon	Finals											All (M+W)
Cross Country (6 Km & 8 Km)	Finals				All (M+W)							
10km Road Walk	Finals						All (M+W)					
20km Road Walk	Finals										All (M+W)	
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7 - Free	Day 8	Day 9	Day 10	Day 11

Ribeira Brava Stadium
 Câmara de Lobos Stadium
 Machico Race Walking Course 10 & 20 km

RG3
 Funchal (City Centre)
 Chão das Feiteiras

VERSION | 16.09.2025

CLOSING CEREMONY
 Ribeira Brava Stadium

ENTRY REQUIREMENTS AND PROCEDURE

General Rules

Competition will be held under World Athletics regulations as modified for Masters by WMA via their Competition Rules and any other special rules specified for this competition.

General Information

Athletes must register online. See below for details. All entries must include full payment to be considered valid.

The registrations deadline is Tuesday, 2 September 2025 (until 24:00 CET).

No registrations will be accepted after the entry deadline.

All entries are subject to validation by each athlete's respective Member. Members will confirm the athlete's date of birth, citizenship and/or residential qualifications and other relevant requirements. After an athlete's registration has been validated, its status will display as "accepted" on the list of entries. Validation is a manual process that each Member completes, so there will be some time (days or weeks) between when you submit your registration and when it is validated. Athletes who have questions about the status of their registration should contact their Member. For athletes who reside in a country where there is no EMA National Masters Member or where the Member fails to fulfill its obligations, their registrations will be subject to the approval of the EMA Council.

Online Entry Procedure

1. Go to **www.emacs-madeira2025.com** and complete the online registration form prior to the registration deadline.
2. Submit payment by credit card (Visa or Mastercard) at the end of the registration process.
3. Print the confirmation screen for your records.
4. Your Member will then validate your registration.

Athlete's Party

The Athlete's Party will take place on the **14 October 2025**, the evening before the day without competitions.

Music, food and a lot of beer for everybody! Location will be announced.

The Athlete's Party is 30€, you can buy the entry ticket together with your registration or at the accreditation.

EMA National Member Requirements

EMA requires that each Member validate all relevant entries electronically via the online entry system.

The Local Organizing Committee ("LOC") will accept only those entries that have been validated by Members.

All entries must be validated before 9 September 2025.

Any entries that have not been validated by this deadline may be rejected, and those athletes will be ineligible to compete.

Members will receive communications regarding the entry process prior to the start of registration.

Members that do not receive these communications should contact the EMA Secretary or EMA IT Manager.

Vaccinations and Travel Insurance

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

Qualifications for Entry

The European Master Athletics Championships are open only to men and women who were born on or before 9 October 1990 and who are physically fit. Entry signifies that each competitor must follow the rules laid down by the technical and organizing committees. EMA has the right to reject entries of athletes considered ineligible through misconduct or other disciplinary related matters.

Events are divided into age groups as shown below:
Classification Birthday (Born from...)

M&W 35	10 october 1985 to 9 october 1990
M&W 40	10 october 1980 to 9 october 1985
M&W 45	10 october 1975 to 9 october 1980
M&W 50	10 october 1970 to 9 october 1975
M&W 55	10 october 1965 to 9 october 1970
M&W 60	10 october 1960 to 9 october 1965
M&W 65	10 october 1955 to 9 october 1960
M&W 70	10 october 1950 to 9 october 1955
M&W 75	10 october 1945 to 9 october 1950
M&W 80	10 october 1940 to 9 october 1945
M&W 85	10 october 1935 to 9 october 1940
M&W 90	10 october 1930 to 9 october 1935
M&W 95	10 october 1925 to 9 october 1930
M&W 100+	Born on or before 10 october 1925

Entries

The registration must be done online only.

EVENTS	UNIT PRICE (EURO)
First individual event	65.00 €
Each additional individual event	35.00 € (each)
First combined event	65.00 €
Each additional combined event	35.00 € (each)
Accompanying person (includes accreditation, transportation pass, discount card)	25.00 €
Relays (to pay in site) each team	30.00 € (each team)
Athlete's party	30.00 €
T-shirt	12.50 €

National fee will be added, when the athlete does his registration.

Bank and Service charges (5 €) will be added to the first event registration fee (total 70 €).

Cancellation fee: Withdraw/cancellation policy of 15 € (the athlete can receive 100% entry fee refund in case of cancellation before the registration deadline).

Registration Services are being provided by OpenTrack.

Handbook (printing version) - 7,50 €

Pole rental fees:

- Training Session (access to LOC pool of poles): 30.00 €

- Pole Vault Event (access to LOC pool of poles): 30.00 €

Relay Registration fee: € 30

Appeal fee: € 100

Results Diploma (Certificate) for non-finalist athletes: € 3

Replacement of accreditation card: € 10

Individual results: € 3

Replacement of competition numbers (bibs): € 15

Transportation Pass: € 25



STADIA - Competition Venues

Main Stadium:

Centro Desportivo da Madeira - Ribeira Brava

- 8-lane, 400 metres track
- 8-lane, 110 meters sprint straights
- 2 Shot Put circles
- 1 Discus cage
- 2 Javelin Sectors
- 2 High Jump facilities
- 2 Long Jump facilities
- 2 Pole Vault facilities
- Floodlighting for night events

Obs.: 100m and 100b/110b can be done in both directions.

Medal Plaza



Warming-up Area
Only accredited persons



- 1 Welcome Centre TIC / Accreditation Centre
- 2 Score board
- 3 Ambulance
- 4 Shuttle Bus Stop
- 5 Team Managers Meeting Room
- 6 Mixed Zone
- 7 Call Room
- Finish Line (depends on wind direction)
- 8 Entrance to Changing Rooms, Showers, and Warming-up Area
- 9 Bag Drop
- 10 Coaching Areas
- 11 Warming-up Area
- 12 Teams Tribune / Stand
- 13 Public Tribune
- 14 Entrance for Public to Tribune
- Photo Finish Room
- 15 Promotion Area
- 16 Catering Area and Engraving Service

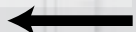
Welcome Centre/TIC/ Accreditation Centre

(open from Tuesday 7 Oct. at 14:00)

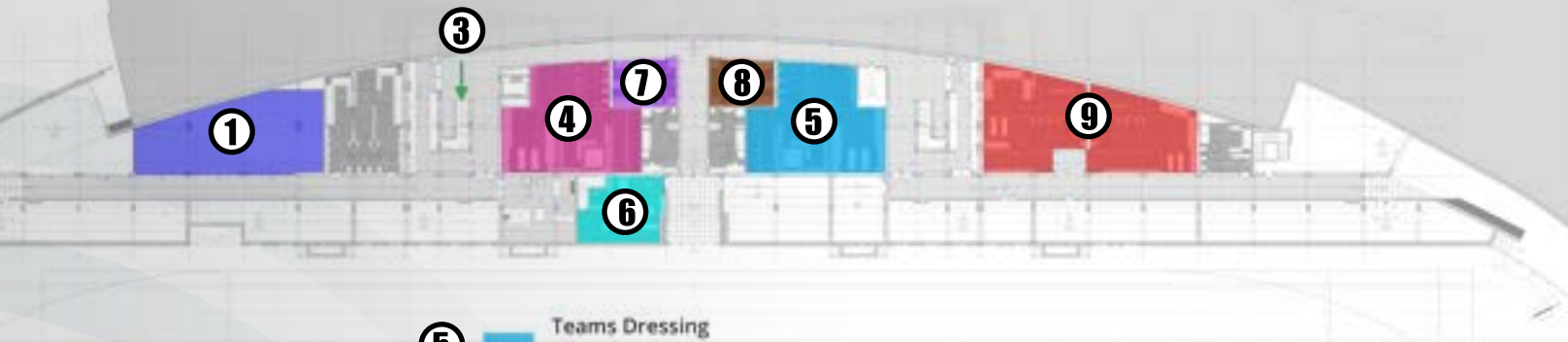
Includes bib collection, payments, final confirmations or cancellation of participation (if not completed online), diploma printing, and other general information.

Ground Floor (Floor -1):
Centro Desportivo da Madeira - Ribeira Brava

warm-up area
and call room



②



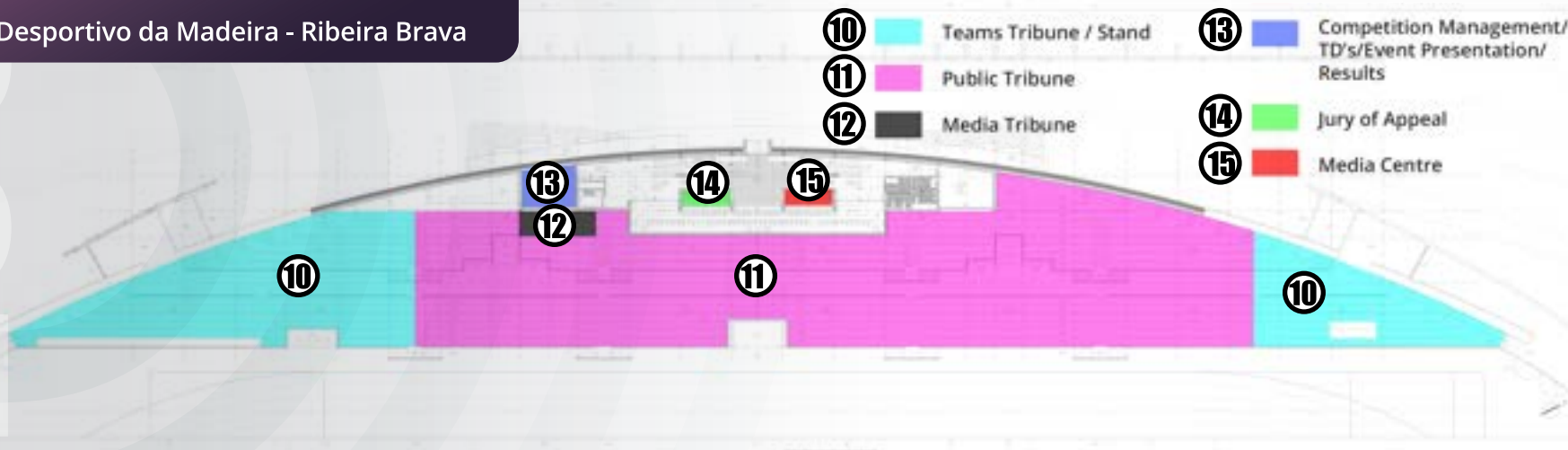
- ① Gym (Weightlifting room)
- ② Access to the Main Building
- ③ Access to Media Tribune
- ④ Teams Dressing Rooms Women / Ice
- ⑤ Teams Dressing Rooms Men / Ice
- ⑥ Medical Centre
- ⑦ Physiotherapy Room Women
- ⑧ Physiotherapy Room Men
- ⑨ Doping Control Station



RIBEIRA BRAVA
PARKING: 121 SPOTS

*Use of the Gym requires a fee, which is paid on site.

Floor 1:
Centro Desportivo da Madeira - Ribeira Brava



STADIA - Competition Venues

Stadium 3: RG3 - Funchal

- 1 Shot Put circle/site (left side)
- 1 Weight Throw site
- 1 Discus Throw / Hammer Throw site

Note: No changing rooms with showers are available at the venue.

Tennis Court - Regimento
de Guarnição nº 3



FUNCHAL

PAID PARKING IS OUTSIDE
THE FACILITY, IF AVAILABLE



LOGO
EVENTS



STADIA - Competition Venues

Stadium 2: Estádio Câmara de Lobos

Stadium dedicated to 100m Men Round 1, Long distance races, 5000m Race Walk and LJ/TJ

- 5-lane, 400 metres track
- 6-lane, 110 meters sprint straights
- 1 Shot Put circles
- 3 Long Jump/Triple Jump facilities
- Floodlighting for night events

Note: There is no specific warm-up area.



CÂMARA DE LOBOS
FREE PARKING IS OUTSIDE
THE FACILITY, IF AVAILABLE

NON-STADIA - Competition Venues

HALF MARATHON - Funchal

Includes an Open Race (starts 10 min before the EMACS/Masters Race)



There is a free parking lot, with limited availability, a little far from the start line (around 300 meters distance).

The finish line is about 2km from the start line and no transport between them will be provided.

There will be a bag drop at the start and the bags will be transported to the finish line.

There is about 500m from the finish line to the shuttle bus stop.

NON-STADIA - Competition Venues

10 Km Race - Funchal

Includes an Open Race (starts 10 min before the EMACS/Masters Race)



**START LINE
AND FINISH LINE**

Start line and Finish line – Avenida Sá Carneiro

- There is a paid parking lot available near the start line.
- There will be a bag drop at the start line.
- There is about 525 m from the finish line to the shuttle bus stop.

NON-STADIA - Competition Venues**CROSS COUNTRY - 1 Km loop**
Chão das Feiteiras (1230 meters altitude)

8 Km - M35-M65 and W35-W65

6 Km - M70+ and W70+



There is a free parking lot available near the start line.
There will be a bag drop at the start line.

CHÃO DAS FEITEIRAS

NON-STADIA - Competition Venues

10 Km and 20 Km Road Race Walking - 1 Km loop
Machico



There are free and paid parking lots available nearby.

There will be a bag drop at the start line.

WELCOME CENTRE

Location

The **Welcome Centre** is located at the Main Stadium, **Centro Desportivo da Madeira in Ribeira Brava**. The Welcome Centre includes the following services: Accreditation desk (for registration pack and accreditation pass collection), Event's Final Confirmation desk, TIC – Technical Information Centre (see page 22), General Information desk, and Sales & Services desk.

Welcome Centre Operating Hours

Accreditation Centre

7 October 14:00 - 20:00
8 October 09:00 - 19:00
9 October 09:00 - 19:00
10 October 09:00 - 19:00
11 October 09:00 - 19:00
12 October 09:00 - 19:00
13 October 09:00 - 19:00
14 October 09:00 - 19:00
15 October 15:00 - 19:00
16 October 09:00 - 19:00
17 October 09:00 - 19:00
18 October 09:00 - 19:00
19 October 10:00 - 12:00

Technical Information Centre (TIC)

- No race days (15th of October) - 10:00 -12:00 / 16:00 -18:00
- Competition days:
Opening 60 minutes before the first race.
Closing 90 minutes after the last race.

Registration Pack and Accreditation Pass Collection

All registered athletes, accompanying persons and supporting personnel must collect their registration pack from the Accreditation area within the Welcome Centre during operating hours. The registration pack will include an accreditation pass, competition handbook (if ordered), competition numbers (bibs) with pins, and pre-ordered merchandise.

STEP 1

Visit the Accreditation area to obtain your bibs and accreditation before competing.

STEP 2

Stadia Events: Athletes must complete their final confirmation by 18:00 on the day before their event, either at the Accreditation Centre or online.

Non-Stadia Events (Cross Country, Road Races, and Road Walk): Final confirmation is not required.

STEP 3

Report to Call Room at appropriate time prior to event start time.
There is one Call Room for all events at each venue

Accreditation Passes

Accreditation is a process designed to ensure that EMACS 2025 participants and guests are provided with the appropriate level of physical access to venues and areas. All registered athletes, accompanying persons and supporting personnel (e.g. media, medical staff, and team managers) will receive an event accreditation pass upon registering online. To collect their accreditation pass, registered athletes, accompanying persons and supporting personnel must present a passport or other government-issued identification (with picture included). Team managers are permitted to collect the accreditation of an athlete and make confirmation of events for an athlete.

The accreditation pass is only valid for the person to whom it is issued and cannot be transferred or sold.

The EMACS Madeira 2025 accreditation pass must be always displayed in the designated EMACS 2025 venues/areas, except when athletes are competing.

The coding on each pass determines the access privileges provided to the person. Control points will be managed by contracted security, volunteers or staff. Access to the competition areas at each venue, will be restricted to those with a valid reason and appropriate accreditation pass. If a person violates the access control rules, the contracted security personnel will hold that person until a resolution is determined (e.g. revocation of accreditation).

Please do not forget that accreditation and Final Confirmation (for each Event) are not the same thing. After accreditation, it is NECESSARY to go directly to the Final Confirmation desks or to completed it online.

Accreditation for Supporting personnel

The team managers' accreditation pass will allow them access to the team manager meetings and team managers' office. A physio staff accreditation pass will be issued to registered team sports medicine professionals (team physiotherapists). Suitable space will be dedicated to these services at the Main Stadium in Ribeira Brava - Centro Desportivo da Madeira.

Registered and accredited media (e.g. journalists, photographers, videographers etc.) will have access to a dedicated 'media zone'. See Media section for further information. The recognized Team Manager for each country shall collect all credentials for team support personnel (including physios, journalists, and managers) at the Welcome Centre.

Shuttle buses (with permanent meeting points): you can only get on, if you have official accreditation from the event (there will be LOC staff who will check who can get on).

Sales and Services

The following items/services will be available for purchase within the **Welcome Centre**:

- Distribution and receipt of relay registration forms - Registration fee: € 30
- Treatment of appeals/complaints (receipts and appeal/complaint forms). Appeal fee: € 100
- Results Diploma (Certificate) for non-finalist athletes: € 3
- Replacement of accreditation card: € 10
- Individual results: € 3
- Replacement of competition numbers (bibs): € 15
- Transportation Pass: € 25
- Athlete's Party: € 30

Payments can be made by card or in cash (Euros).

Technical Information Centre (TIC)

The following services will be available within the TIC:

- Schedule changes
- Distribution and receipt of Team Manager meeting question forms, relay entry forms, team forms for Cross-Country, 10 Km and 20 Km Race Walk, Half Marathon and 10 Km Road Race (before 18:00)
- Team Manager meeting room bookings
- Processing of appeals (receipt and return of appeal forms)
- NON STADIA Team registrations (the day before the Event until 18:00)
- Schedule for award ceremonies
- Various technical information
- Delivery and return of personal implements and personal poles

Information

The information boards in the Welcome Centre will display:

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

Language Services

As the LOC in Madeira will welcome guests from many different countries, providing language services is vital to ensuring a high level of customer service. The official language of the event is English, however, an effort will be made to have translation services for Spanish, German and French, in addition to other languages. Volunteers with these and other language skills will be available at the Welcome Centre.

Booking of meeting rooms

Each team will have the opportunity to book a meeting room at the Ribeira Brava Stadium, subject to availability, for 1 hour per day at no additional cost. For further reservations, € 60 per hour will be charged.

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

Confirmation / Withdrawal

The final confirmation must be made either at the Accreditation or online (OpenTrack Platform).

The deadline for the confirmation is set for all the events at 18:00 of the day before the competition.

Final confirmations will not be accepted after the deadline above.

The withdrawals (cancellation from a specific event after the confirmation) must be made **up to 2 hours before the Call Room time** for that event.

Those athletes who, after the confirmation, do not appear in the Call Room without having communicated the withdrawal, will be considered DNS (Did Not Start).

Final confirmations - relays

The preliminary composition of the Relay Races must be declared to the TIC, no later than 18:00 (6pm), on the day before the competition, using the forms made available by the LOC. Please note that a fee of € 30 per relay must be paid directly upon registration.

The final composition of a team and the order of running for a relay shall be officially declared no later than the published first call room time (the time by which the athletes must be present in the Call Room).

Technical Meeting

The first Technical Meeting will take place on the **8 October** in the Museu da Electricidade - Casa da Luz at **16:00**.

The meeting will be held by EMA Technical Delegates Vesna Repic-Cujic and Janusz Krynicky in English language. To obtain detailed answers, Team Managers should send the written questions to the LOC at the email address **emacsmadeira@gmail.com** no later than 8 October 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 9, 15 and 19 October) at 09:00 EMA and LOC will hold a briefing for all the Team Managers, at the main stadium in Ribeira Brava, on the ground floor.

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.

Teams Info Point Board

The Teams Info Point Board will be set up close to the Main entrance of the Main Stadium Ribeira Brava.

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 well identified 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 Physios Service

For the physio 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.

The LOC will provide physio service for a fee, to whoever may need it.

2. Insurance

All athletes are invited to learn about any additional insurance needed in Portugal 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 Portugal. 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 Madeira Island 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 2025 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 2025, 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 Portugal

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>

<https://www.emacs-madeira2025.com/>

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 (09/10/2025) 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 1**. (To be officially published on September 15th)

4. Schedule changes

Any changes to the schedule 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 2025 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.

6. Training Schedules

The competition sites at Câmara de Lobos, Ribeira Brava and RG3 (Funchal) will be open for training on the following times and days:

Day	Site	Ribeira Brava	RG3	Câmara Lobos
	Training purposes	HJ, PV, JT only	HT, DT, SP and Weight only	Other events
08/Oct		10:00 - 14:00	10:00 - 14:00	10:00 - 17:00
09/Oct	DAY 1	After the conclusion of the competition day, until 21:00.		
10/Oct	DAY 2			
11/Oct	DAY 3			
12/Oct	DAY 4			
13/Oct	DAY 5			
14/Oct	DAY 6			
16/Oct	DAY 7			
17/Oct	DAY 8			
18/Oct	DAY 9			
19/Oct	DAY 10			

Race procedures

1. Participation rules

EMACS 2025 are governed by 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.org/>. During EMACS 2025 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

Official implements

The LOC will provide implements for all throwing events during official training sessions and for events held at Ribeira Brava Stadium and RG3 in Funchal. The full list of official implements will be published in advance of the competition.

Personal implements

Personal implements are allowed, provided they are World Athletics certified, readily identifiable, and have been checked for compliance with World Athletics Rules. Additionally, they must be made available for use by all competitors during the event in which the owner is participating.

Submission: Personal implements must be submitted to the TIC at Ribeira Brava no later than 18:00 on the day before the event.

Tagging and Transport: The LOC will verify the compliance of personal implements, tag them, and ensure their transport directly to the competition site (either in Ribeira Brava or RG3 in Funchal).

Non-compliant Implements: If a personal implement does not meet the specifications or cannot be identified, the relevant athlete or team will be notified the night before the competition via the TIC. An explanation will be provided, and the implement will be returned through the TIC.

Collection: Accepted personal implements can be collected at the TIC in Ribeira Brava after the event, during TIC's working hours.

Poles for Pole Vault

In accordance with World Athletics rules, **pole vault poles are strictly personal**, and each athlete is expected to bring and use their own equipment.

Personal poles must be presented for competition at the **Technical Information Centre (TIC) in Ribeira Brava by 18:00 on the day before the event**, properly identified. The LOC will ensure the transport of these poles from the TIC to the competition venue. After the event, poles will be returned to the TIC for collection by their respective owners.

If an athlete does not bring their own poles, the **LOC provides a rental service** — available **separately for training and competition**. This service must be requested in advance at the TIC. A list of available poles, including specifications and dimensions, is provided in [Appendix 2](#).

For both training and competition, athletes who rent poles may select any pole from the available pool (following the same principle as with personal implements in throwing events). However, **they may not use poles belonging to other athletes** who have brought their own, **unless explicit permission is given by the owner**.

No athlete will be allowed to participate in the Pole Vault event without either:

- bringing their **own poles**, or
- renting from the **official pool of poles provided by the LOC**.

Athletes bringing their own poles, or those who have rented poles from the LOC, will receive a voucher to be presented at the Call Room.

Important Note: The LOC does **not** provide transportation services for personal poles **to or from the airport or hotels**.

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 in every location.

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

Athletes must report to the Call Room no later than the times shown below:

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

The judges of the competition will accompany the athletes from the Call Room to the start/Event site, 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 Race, the Cross Country and the Road Race Walk must enter the starting area through the Call Room 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.

Athletes who have confirmed start 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 particular event.

Those athletes will be considered DNS (Did Not Start).

4. Team clothing and equipment

In accordance with the WA/WMA 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 thickness must comply with the WMA Competition and Technical Rules 2025.

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 2025 website, under "**Results**":

<https://www.emacs-madeira2025.com/>

7. Protests and Appeals

Athletes, or their representatives, may present a protest regarding the conduct of the event or the results. The protest must be made orally to the relevant Referee, either directly or via the Technical Information Centre (TIC), within a maximum of 30 minutes after the official results of the event have been published.

If the athlete does not agree with the Referee's decision, they may submit a written appeal to the Jury of Appeal through the TIC within 30 minutes of the Referee's decision.

An appeal fee of €100 must be paid, which will be reimbursed if the appeal is upheld.

In the case of events held at competition venues other than the Ribeira Brava stadium, the Appeal should be submitted through the LOC representative present at that competition site.

Protests regarding an athlete's eligibility to compete in these Championships must be submitted to the Technical Delegate before the start of the Championships. If the issue cannot be resolved before the competition begins, the athlete will be permitted to compete "*under protest*". The matter must then be referred to the EMA Council for a final decision.

8. Transponder Timing System

A transponder timing system will be used in all the Non-Stadia events (Half Marathon, 10 Km Road Race, 10 Km & 20 Km Road Race Walk and Cross Country).

Each athlete in these events will receive a transponder in their registration package after registration. The transponder will be an integrated part of chest 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 are appointed for these Championships and will be identified with a specific uniform. The WMA Rule 3.2. will be applied.

11. Visually impaired/blind, 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 in the championships (only from 1500 and more on track, and to the non stadia events) they will 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 - Madeira, Portugal -October 8-19, 2025		
Track events 800 M or less, including hurdles and relays	Can enter and participate to the first round. After the first round, if qualified for further rounds, the athletes will be allowed to start in a dedicated "final round". Such races will be separate from those conducted for European athletes (i.e. conducted as part of EMAC2025). The condition for conducting such a race is the participation of at least 4 athletes from outside Europe, even of different age categories. In the event of a smaller number of Non-European athletes participating in a given distance, the LOC and the EMA will decide about the possibility to guarantee the final race.	Can receive a diploma with the performance
1500M*	Can enter. In races with a direct final participation welcome.	Can receive a diploma with the performance
1500M*	Can enter. In races with two rounds , participation is only allowed in the first round .	Can receive a diploma with the performance
* Note 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
Non-Stadia Running and Walking Events	Can enter without limitations	Can receive a diploma with the performance
Long Jump and Triple Jump	Can enter and participate. All those who achieved a result no worse than the eighth position after three attempts are allowed to perform the next three attempts (after the first three attempts). This means (for example) that if the eighth athlete from Europe is in 10th place after three attempts, then the right to perform the next three attempts is granted to ten athletes (8 from Europe and two from outside Europe). However, in all cases, there should be separate classifications for European and Non-European athletes.	Can receive a diploma with the performance
Vertical Jumps (High Jump and Pole Vault)	All non-European athletes can enter finals	Can receive a diploma with the performance
All Throws	Can enter and participate. All those who achieved a result no worse than the eighth position after three attempts are allowed to perform the next three attempts (after the first three attempts). This means (for example) that if the eighth athlete from Europe is in 10th place after three attempts, then the right to perform the next three attempts is granted to ten athletes (8 from Europe and two from outside Europe). However, in all cases, there should be separate classifications for European and Non-European athletes.	Can receive a diploma with the performance
All Combined events	Can enter without limitations	Can receive a diploma with the performance

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 (Stadia), 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 regulations from page 30.

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 3. \(and WMA regulations\)](#)

6. Relays (4x100m, 4x400m, 4x400m 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 € 30 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.

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

For the Mix Relay the age group of the team is the age group of the youngest athlete, on the entry form and each relay must compete at least one (1) male and one (1) female of the age group of the team.

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 European athletes, see the regulations from page 30.

For the implements weights, see [Appendix 3. \(or WMA Regulations\)](#)

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 European athletes, see the regulation from page 30.

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 2025 with a running event aimed at both EMACS and open race competitors. The race will start and finish in the center of Funchal, it will show everything that represents the city.

Men and women will run together, and in the same way the EMACS 2025 athletes and the athletes participating in the open races. There will be a separate start group for EMACS 2025 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 Call Room 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 and at the finish line. **There are no personal refreshment stations. Time limit: 3:00hrs.**

2. 10km Road Race

The Road Race will be a running event for both EMACS and open race competitors. The race will start and finish Funchal downtown, it will pass through the center of city 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 Call Room 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 and WMA rules.

One Posting Board shall be placed on the course before 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 Machico 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. There will be a Penalty Zone (WMA rule 54.7.3).

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: One refreshment station (for 20 Km only) and one water station will be available each lap. Refreshments are personal, so athletes must bring their own refreshments. One or two officials per team will be allowed to deliver refreshments to their athletes, who should position themselves behind or beside the table (no more than 1 metre away), but not in front of the table. They must not enter the circuit or obstruct any athlete. **Time limits 20 Km Road Walk: - Intermediate 10 Km - 1:45 hours | - 20 Km - 3:30 hours.**

4. Cross Country Races (8Km distance for M35-M65 and W35-W65; 6Km distance for M70+ and W70+)

The Cross Country event will take place at Chão das Feiteiras.

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 10km/20km and Cross Country Races)

In the Half Marathon, 10K Road Races, Road Race Walk 10km 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 2025:

Natural team

A natural team is composed of three athletes, with the best times, 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.

Final Confirmation deadline for the composed Teams (at the TIC): 18:00 (6PM) of the day before the Event.

Medal Ceremonies

All medal ceremonies will take place in the specially prepared area, in the Main Stadium in Ribeira Brava. The exception will be the events that take place in Machico, the medal ceremony will be on the Machico promenade, next to the sand beach.

Athletes must present themselves in the ceremonial area at least 15 minutes before the medal 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 given in the medal ceremony; the athletes who want to apply for the participation certificate with the placement must present themselves to the welcome center.

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

Medal Ceremonies Schedule

Medal Ceremonies Schedule will be published on the official bulletin board of all venues, at the info point and in the areas reserved for medal 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.

6. Opening Ceremony

All EMACS 2025 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, 8 October

Meeting point before the Parade: from 5.00 to 6.00 PM at the Parque de Santa Catarina in Funchal.

Start Time of the Parade: 6.00 PM - Official Ceremony: Starts at Parque de Santa Catarina, goes down to Placa Central to the Igreja da Sé, goes up Rua João Tavira, and turns right towards Praça do Município, ending in front of Funchal City Hall.

Note: There will be no limitation on the number of athletes per country.

7. Closing Ceremony

Closing and Flag ceremony will take place on 19 October at the Ribeira Brava Main Stadium between the M 4x400m relay and the W 4x400m relay.

8. Media

Media access

All accredited media will have access to dedicated facilities within the media center, located at the Ribeira Brava Main Stadium. Any requests for accreditation and information can be requested at the following email address: emacsmadeira@gmail.com

Social media

EMACS 2025 is present on web and social media platforms. Feel free to follow us:

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

Event website: <https://www.emacs-madeira2025.com/>

Facebook: EMA official group

Facebook: <https://www.facebook.com/people/EMACS-Madeira-2025/61570715554022/>

EMA official group

You can find further information, regarding the logistics and more on the Event Website.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC	TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	100m DEC	M35	Decathlon		13:30	High Jump DEC	M45	Decathlon-Gr.2	B
09:00	Javelin Throw	W35-40	Final	A	13:40	Javelin Throw	W55	Final	A
09:10	100m DEC	M40	Decathlon		13:45	Shot Put DEC	M50	Decathlon-Gr.1	A
09:20	100m DEC	M45	Decathlon		13:45	Shot Put DEC	M50	Decathlon-Gr.2	B
09:35	Long Jump DEC	M35	Decathlon	A	13:48	400m DEC	M35	Decathlon	
09:36	400m	M65	Round 1		14:04	400m DEC	M40	Decathlon	
09:40	Long Jump DEC	M40	Decathlon	B	14:20	110m Hurdles	M35	Round 1	
10:08	400m	M60	Round 1		14:40	100m Hurdles	M50	Round 1	
10:30	Long Jump DEC	M45	Decathlon	A	14:52	100m Hurdles	M55	Round 1	
10:30	Shot Put DEC	M35	Decathlon	A	15:05	Javelin Throw	W60	Final	A
10:40	Javelin Throw	W45	Final	A	15:10	High Jump DEC	M50	Decathlon-Gr.1	A
10:48	400m	M55	Round 1		15:10	High Jump DEC	M50	Decathlon-Gr.2	B
11:00	Shot Put DEC	M40	Decathlon	B	15:10	100m Hurdles	M60	Round 1	
11:20	100m DEC	M50	Decathlon		15:22	100m Hurdles	M65	Round 1	
11:30	High Jump DEC	M35	Decathlon	A	15:40	80m Hurdles	W40	Round 1	
11:40	400m	M50	Round 1		15:52	80m Hurdles	W45	Round 1	
11:55	Shot Put DEC	M45	Decathlon	A	16:10	80m Hurdles	W50	Round 1	
12:00	Javelin Throw	W50	Final	A	16:22	80m Hurdles	W55	Round 1	
12:12	400m	M45	Round 1		16:25	Javelin Throw	W65	Final	A
12:15	High Jump DEC	M40	Decathlon	B	16:34	80m Hurdles	M70	Round 1	
12:30	Long Jump DEC	M50	Decathlon-Gr.1	A	16:46	80m Hurdles	M75	Round 1	
12:30	Long Jump DEC	M50	Decathlon-Gr.2	B	17:00	400m DEC	M45	Decathlon	
12:44	400m	M40	Round 1		17:24	400m DEC	M50	Decathlon	
13:16	400m	M35	Round 1		17:30	Javelin Throw	W75+	Final	B
13:30	High Jump DEC	M45	Decathlon-Gr.1	A	17:55	Javelin Throw	W70	Final	A

TIMETABLE

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

CÂMARA DE LOBOS STADIUM

<i>TIME</i>	<i>EVENT</i>	<i>AGE GR.</i>	<i>R/SF/F</i>	<i>SEC</i>
09:00	10.000m	W65+	Final	
10:40	10.000m	M35-40	Final	
11:30	10.000m	M45-50	Final	
12:30	10.000m	M55	Final	
13:40	10.000m	M60	Final	
14:55	10.000m	M65	Final	
16:10	10.000m	M70	Final	
17:30	10.000m	M75+	Final	

TIMETABLE

RG3 - FUNCHAL

<i>TIME</i>	<i>EVENT</i>	<i>AGE GR.</i>	<i>R/SF/F</i>
09:00	Weight Throw	M35	Final
09:55	Weight Throw	M40	Final
11:20	Weight Throw	M45	Final
12:00	Hammer Throw	M85+	Final
12:45	Weight Throw	M50	Final
13:45	Hammer Throw	M80	Final
14:30	Weight Throw	M55	Final
15:00	Hammer Throw	M75	Final
16:10	Weight Throw	M60	Final
16:30	Hammer Throw	M70	Final
18:20	Hammer Throw	M65	Final

TIMETABLE

DAY 1 - 9 OCT.

APPENDIX 1

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC	TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	110m Hurdles DEC	M35	Decathlon		14:24	400m	W55	Semi-Final	
09:10	100m DEC	M70	Decathlon		14:30	Discus Throw DEC	M50	Decathlon	
09:20	100m DEC	M65	Decathlon		14:48	400m	M60	Semi-Final	
09:30	Discus Throw DEC	M35	Decathlon		15:00	Shot Put DEC	M55	Decathlon-Gr.1	A
09:40	Long Jump DEC	M70	Decathlon-Gr.1	A	15:00	Shot Put DEC	M55	Decathlon-Gr.2	B
09:40	Long Jump DEC	M70	Decathlon-Gr.2	B	15:04	400m	W60	Semi-Final	
09:44	110m Hurdles DEC	M40	Decathlon		15:10	High Jump DEC	M60	Decathlon-Gr.1	A
09:55	400m	M35	Semi-Final		15:10	High Jump DEC	M60	Decathlon-Gr.2	B
10:10	400m	W35	Semi-Final		15:28	400m DEC	M65	Decathlon	
10:25	400m	M40	Semi-Final		15:40	Javelin Throw DEC	M45	Decathlon	A
10:30	Discus Throw DEC	M40	Decathlon		16:00	1.500m DEC	M40	Decathlon	
10:30	Pole Vault DEC	M35	Decathlon	A	16:12	400m	M65	Semi-Final	
10:40	Long Jump DEC	M65	Decathlon-Gr.1	A	16:20	Pole Vault DEC	M50	Decathlon-Gr.1	A
10:40	Long Jump DEC	M65	Decathlon-Gr.2	B	16:20	Pole Vault DEC	M50	Decathlon-Gr.2	B
10:40	400m	W40	Semi-Final		16:28	400m	W65	Semi-Final	
10:50	Shot Put DEC	M70	Decathlon-Gr.1	A	16:44	400m	M70	Semi-Final	
10:50	Shot Put DEC	M70	Decathlon-Gr.2	B	17:08	400m	W70	Semi-Final	
11:03	100m DEC	M60	Decathlon		17:10	High Jump DEC	M55	Decathlon-Gr.1	A
11:23	400m	M45	Semi-Final		17:10	High Jump DEC	M55	Decathlon-Gr.2	B
11:38	400m	W45	Semi-Final		17:24	400m	M75	Semi-Final	
11:40	Pole Vault DEC	M40	Decathlon	B	17:48	400m	M80	Semi-Final	
11:50	Long Jump DEC	M60	Decathlon-Gr.1	A	18:00	Javelin Throw DEC	M50	Decathlon	A
11:50	Long Jump DEC	M60	Decathlon-Gr.2	B	18:04	400m DEC	M60	Decathlon	
11:50	Shot Put DEC	M65	Decathlon-Gr.1	A	18:28	1.500m DEC	M45	Decathlon	
11:50	Shot Put DEC	M65	Decathlon-Gr.2	B	18:50	110m Hurdles	M35	Final	
11:55	110m Hurdles DEC	M45	Decathlon		18:55	110m Hurdles	M40	Final	
12:00	Javelin Throw DEC	M35	Decathlon	A	19:00	110m Hurdles	M45	Final	
12:00	High Jump DEC	M70	Decathlon-Gr.1	A	19:08	100m Hurdles	M50	Final	
12:00	High Jump DEC	M70	Decathlon-Gr.2	B	19:13	100m Hurdles	M55	Final	
12:12	100m DEC	M55	Decathlon		19:21	100m Hurdles	W35	Final	
12:42	400m	M50	Semi-Final		19:29	100m Hurdles	M60	Final	
12:50	Discus Throw DEC	M45	Decathlon		19:34	100m Hurdles	M65	Final	
12:58	400m	W50	Semi-Final		19:42	1.500m DEC	M50	Decathlon	
13:05	Shot Put DEC	M60	Decathlon-Gr.1	A	20:06	400m DEC	M55	Decathlon	
13:05	Shot Put DEC	M60	Decathlon-Gr.2	B	20:48	80m Hurdles	W40	Final	
13:14	400m	M55	Semi-Final		20:53	80m Hurdles	W45	Final	
13:20	High Jump DEC	M65	Decathlon-Gr.1	A	21:00	80m Hurdles	M70	Final	
13:20	High Jump DEC	M65	Decathlon-Gr.2	B	21:05	80m Hurdles	M75	Final	
13:30	100m Hurdles DEC	M50	Decathlon		21:10	80m Hurdles	W50	Final	
13:30	Long Jump DEC	M55	Decathlon-Gr.1	A	21:15	80m Hurdles	W55	Final	
13:30	Long Jump DEC	M55	Decathlon-Gr.2	B	21:20	80m Hurdles	M80-85	Final	
13:50	Javelin Throw DEC	M40	Decathlon	A	21:25	80m Hurdles	W60	Final	
13:55	1.500m DEC	M35	Decathlon		21:30	80m Hurdles	W65	Final	
14:08	400m DEC	M70	Decathlon		21:35	80m Hurdles	W70	Final	
14:10	Pole Vault DEC	M45	Decathlon-Gr.1	A	21:40	80m Hurdles	W75	Final	
14:10	Pole Vault DEC	M45	Decathlon-Gr.2	B	21:45	80m Hurdles	W80	Final	

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	10.000m	W35-50	Final	
10:00	10.000m	W55-60	Final	
11:15	5.000m Race Walk	M75+	Final	
12:15	5.000m Race Walk	M65-70	Final	
14:00	5.000m Race Walk	W60-65	Final	
14:50	5.000m Race Walk	W70+	Final	

TIMETABLE

RG3 - FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
09:00	Weight Throw	W75+	Final
09:00	Hammer Throw	M35	Final
10:10	Hammer Throw	M40	Final
10:55	Weight Throw	W70	Final
11:40	Hammer Throw	M45	Final
12:00	Weight Throw	W65	Final
13:10	Hammer Throw	M50	Final
13:55	Weight Throw	W60	Final
15:10	Hammer Throw	M55	Final
15:25	Weight Throw	W55	Final
16:20	Hammer Throw	M60	Final
17:00	Weight Throw	W50	Final
18:40	Weight Throw	W45	Final
20:00	Weight Throw	W40	Final
21:30	Weight Throw	W35	Final

TIMETABLE

DAY 2 - 10 OCT.

APPENDIX 1

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC	TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	100m Hurdles HEP	W35	Heptathlon		14:30	Pole Vault DEC	M60	Decathlon-Gr.1	A
09:13	80m Hurdles DEC	M70	Decathlon		14:30	Pole Vault DEC	M60	Decathlon-Gr.2	B
09:26	80m Hurdles HEP	W40	Heptathlon		14:30	Long Jump DEC	M75	Decathlon	A
09:40	100m Hurdles DEC	M65	Decathlon		14:30	Long Jump DEC	M80+	Decathlon	B
09:40	Discus Throw DEC	M70	Decathlon		14:35	3.000m Steeplechase	M55	Final	
09:45	High Jump HEP	W35	Heptathlon	A	14:50	Shot Put DEC	W55	Heptathlon	A
10:00	80m Hurdles HEP	W45	Heptathlon		14:55	3.000m Steeplechase	M50	Final	
10:00	High Jump HEP	W40	Heptathlon	B	15:00	Shot Put DEC	W60	Heptathlon	B
10:15	80m Hurdles HEP	W50	Heptathlon		15:00	High Jump HEP	W65	Heptathlon	A
10:25	2.000m Steeplechase	M70+	Final		15:00	High Jump HEP	W70+	Heptathlon	B
10:45	2.000m Steeplechase	M65	Final		15:15	3.000m Steeplechase	M45	Final	
10:45	Pole Vault DEC	M70	Decathlon-Gr.1	A	15:35	3.000m Steeplechase	M35-40	Final	
10:45	Pole Vault DEC	M70	Decathlon-Gr.2	B	15:50	200m HEP	W45	Heptathlon	
10:50	Discus Throw DEC	M65	Decathlon		16:00	200m HEP	W50	Heptathlon	
11:05	2.000m Steeplechase	M60	Final		16:00	Shot Put DEC	M75	Decathlon	A
11:25	2.000m Steeplechase	W60+	Final		16:00	Shot Put DEC	M80+	Decathlon	B
11:30	Shot Put DEC	W35	Heptathlon	A	16:10	1.500m DEC	M65	Decathlon	
11:30	High Jump HEP	W45	Heptathlon	A	16:30	200m HEP	W55	Heptathlon	
11:35	Shot Put DEC	W40	Heptathlon	B	16:30	Javelin Throw DEC	M60	Decathlon	A
11:40	High Jump HEP	W50	Heptathlon	B	16:35	200m HEP	W60	Heptathlon	
11:45	2.000m Steeplechase	W45-55	Final		16:40	400m	M90	Final	
12:05	2.000m Steeplechase	W35-40	Final		16:48	400m	M85	Final	
12:15	Javelin Throw DEC	M70	Decathlon	A	16:56	400m	M80	Final	
12:20	100m Hurdles DEC	M60	Decathlon		17:00	Pole Vault DEC	M55	Decathlon-Gr.1	A
12:20	Pole Vault DEC	M65	Decathlon-Gr.1	A	17:00	Pole Vault DEC	M55	Decathlon-Gr.2	B
12:20	Pole Vault DEC	M65	Decathlon-Gr.2	B	17:00	Shot Put DEC	W65	Heptathlon	A
12:40	80m Hurdles HEP	W55	Heptathlon		17:00	Shot Put DEC	W70+	Heptathlon	B
12:50	80m Hurdles HEP	W60	Heptathlon		17:00	High Jump DEC	M75	Decathlon	A
12:50	Discus Throw DEC	M60	Decathlon		17:00	High Jump DEC	M80+	Decathlon	B
13:05	100m Hurdles DEC	M55	Decathlon		17:04	400m	M75	Final	
13:30	Shot Put DEC	W45	Heptathlon	A	17:12	400m	M70	Final	
13:30	High Jump HEP	W55	Heptathlon	A	17:20	400m	M65	Final	
13:35	100m DEC	M75	Decathlon		17:28	400m	M60	Final	
13:40	100m DEC	M80+	Decathlon		17:36	400m	M55	Final	
13:40	Shot Put DEC	W50	Heptathlon	B	17:44	400m	M50	Final	
13:40	High Jump HEP	W60	Heptathlon	B	17:52	400m	M45	Final	
13:45	200m HEP	W35	Heptathlon		18:00	400m	M40	Final	
13:55	200m HEP	W40	Heptathlon		18:08	400m	M35	Final	
14:05	1.500m DEC	M70	Decathlon		18:16	200m HEP	W65	Heptathlon	
14:15	80m Hurdles HEP	W65	Heptathlon		18:26	200m HEP	W70+	Heptathlon	
14:20	Javelin Throw DEC	M65	Decathlon	A	18:36	1.500m DEC	M60	Decathlon	
14:25	80m Hurdles HEP	W70+	Heptathlon		18:55	400m DEC	M75	Decathlon	
14:30	Discus Throw DEC	M55	Decathlon		19:03	400m DEC	M80+	Decathlon	

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC
19:11	400m	W85	Final	
19:19	400m	W80	Final	
19:27	400m	W75	Final	
19:30	Javelin Throw DEC	M55	Decathlon	A
19:35	400m	W70	Final	
19:43	400m	W65	Final	
19:51	400m	W60	Final	
19:59	400m	W55	Final	
20:07	400m	W50	Final	
20:15	400m	W45	Final	
20:23	400m	W40	Final	
20:31	400m	W35	Final	
20:40	1.500m DEC	M55	Decathlon	

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	1.500m	M70	Round 1	
09:24	1.500m	M65	Round 1	
10:00	1.500m	M60	Round 1	
10:36	1.500m	M55	Round 1	
11:12	1.500m	M50	Round 1	
12:00	1.500m	M45	Round 1	
12:36	1.500m	M40	Round 1	
13:00	1.500m	M35	Round 1	
14:00	5.000m Race Walk	M55-60	Final	
14:40	5.000m Race Walk	M35-50	Final	
15:20	5.000m Race Walk	W50-55	Final	
16:10	5.000m Race Walk	W35-45	Final	

RG3 - FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
09:00	Hammer Throw	W75+	Final
09:00	Weight Throw	M80+	Final
10:50	Hammer Throw	W70	Final
10:50	Weight Throw	M75	Final
11:50	Hammer Throw	W65	Final
12:25	Weight Throw	M70	Final
13:45	Hammer Throw	W60	Final
13:55	Weight Throw	M65	Final
15:25	Hammer Throw	W55	Final
17:30	Hammer Throw	W50	Final
19:20	Hammer Throw	W45	Final
20:25	Hammer Throw	W40	Final
22:00	Hammer Throw	W35	Final

DAY 3 - 11 OCT.

APPENDIX 1

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC	TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	Shot Put	W35	Final	A	12:47	300m Hurdles	M60	Round 1	
09:00	Shot Put	W40	Final	B	13:00	Shot Put	W60	Final	B
09:00	Long Jump HEP	W35	Heptathlon	A	13:05	300m Hurdles	M65	Round 1	
09:00	80m Hurdles	M75	Decathlon		13:10	Long Jump HEP	W60	Heptathlon	A
09:10	100m	W35	Round 1		13:10	Javelin Throw HEP	W70+	Heptathlon	A
09:30	Discus Throw DEC	M75	Decathlon		13:30	Shot Put	W65	Final	A
09:30	100m	W40	Round 1		13:30	300m Hurdles	M70	Round 1	
09:55	80m Hurdles	M80+	Decathlon		13:42	300m Hurdles	M75	Round 1	
10:00	Long Jump HEP	W40	Heptathlon	B	13:58	800m	W35	Heptathlon	
10:00	Javelin Throw HEP	W35	Heptathlon	A	14:07	800m	W40	Heptathlon	
10:05	100m	W45	Round 1		14:10	Long Jump HEP	W55	Heptathlon	B
10:15	Shot Put	W45	Final	A	14:15	Javelin Throw HEP	W60	Heptathlon	A
10:25	100m	W50	Round 1		14:16	100m	W80	Semi-Final	
10:30	Discus Throw DEC	M80+	Decathlon		14:26	100m	W75	Semi-Final	
10:30	Pole Vault DEC	M75	Decathlon	A	14:36	100m	W70	Semi-Final	
10:45	100m	W55	Round 1		14:45	Shot Put	W70	Final	B
11:00	Shot Put	W50	Final	B	14:51	100m	W65	Semi-Final	
11:00	Long Jump HEP	W65	Heptathlon	A	15:06	100m	W60	Semi-Final	
11:00	Javelin Throw HEP	W40	Heptathlon	A	15:15	Shot Put	W80+	Final	A
11:08	400m Hurdles	M35	Round 1		15:20	Long Jump HEP	W50	Heptathlon	A
11:26	400m Hurdles	M40	Round 1		15:20	Javelin Throw HEP	W55	Heptathlon	A
11:30	Pole Vault DEC	M80+	Decathlon	B	15:21	1500m	M75	Decathlon	
11:35	Shot Put	W55	Final	A	15:36	1500m	M80+	Decathlon	
11:38	400m Hurdles	M45	Round 1		15:51	800m	W65	Heptathlon	
11:40	Javelin Throw DEC	M75	Decathlon	B	16:00	800m	W70+	Heptathlon	
11:53	400m Hurdles	M50	Round 1		16:10	100m	W55	Semi-Final	
12:05	Long Jump HEP	W70+	Heptathlon	B	16:15	Shot Put	W75	Final	B
12:05	Javelin Throw HEP	W65	Heptathlon	A	16:20	100m	W50	Semi-Final	
12:11	400m Hurdles	M55	Round 1		16:25	Long Jump HEP	W45	Heptathlon	B
12:23	400m Hurdles	W40	Round 1		16:30	Javelin Throw HEP	W50	Heptathlon	A
12:35	300m Hurdles	W50	Round 1		16:30	100m	W45	Semi-Final	
12:40	Javelin Throw DEC	M80+	Decathlon	B	16:40	100m	W40	Semi-Final	

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC
16:50	100m	W35	Semi-Final	
17:00	800m	W60	Heptathlon	
17:09	800m	W55	Heptathlon	
17:18	100m	M35	Semi-Final	
17:33	100m	M40	Semi-Final	
17:35	Javelin Throw HEP	W45	Heptathlon	A
17:48	100m	M45	Semi-Final	
18:03	100m	M50	Semi-Final	
18:18	100m	M55	Semi-Final	
18:20	Discus Throw	M35	Final	
18:33	100m	M60	Semi-Final	
18:48	100m	M65	Semi-Final	
19:03	100m	M70	Semi-Final	
19:13	100m	M75	Semi-Final	
19:23	100m	M80	Semi-Final	
19:32	800m	W50	Heptathlon	
19:40	Discus Throw	M40	Final	
19:41	800m	W45	Heptathlon	

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	100m	M35	Round 1	
09:40	100m	M40	Round 1	
10:20	100m	M45	Round 1	
11:00	100m	M50	Round 1	
11:45	100m	M55	Round 1	
12:30	100m	M60	Round 1	
13:15	100m	M65	Round 1	
14:05	100m	M70	Round 1	
14:30	100m	M75	Round 1	
15:00	1.500m	M80+	Final	
15:13	1.500m	M75	Final	
15:26	1.500m	W75+	Final	
15:39	1.500m	M70	Final	
15:52	1.500m	W70	Final	
16:05	1.500m	M65	Final	
16:18	1.500m	W65	Final	
16:31	1.500m	M60	Final	
16:44	1.500m	W60	Final	
16:57	1.500m	M55	Final	
17:10	1.500m	W55	Final	
17:23	1.500m	M50	Final	
17:36	1.500m	W50	Final	
17:49	1.500m	M45	Final	
18:02	1.500m	W45	Final	
18:15	1.500m	M40	Final	
18:28	1.500m	W40	Final	
18:41	1.500m	M35	Final	
18:54	1.500m	W35	Final	

CHÃO DAS FEITEIRAS

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	6Km Cross-Country	W70+,M70+	Final	
11:00	8Km Cross-Country	M55-65	Final	
11:50	8Km Cross-Country	M35-50	Final	
12:50	8Km Cross-Country	W35-65	Final	

NON-STADIA

DAY 4 - 12 OCT.

APPENDIX 1

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC	TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	High Jump	M35	Final	A	12:18	200m Hurdles	W80	Final	
09:00	High Jump	M40	Final	B	12:30	Pole Vault	M85	Final	B
09:00	Pole Vault	M70	Final	A	13:30	Shot Put	M80	Final	A
09:00	Pole Vault	M65	Final	B	13:30	Shot Put	M85+	Final	B
09:00	Javelin Throw	M35	Final	A	13:40	Javelin Throw	M50	Final	A
10:00	400m Hurdles	M35	Final		14:30	100m	M35	Final	
10:06	400m Hurdles	M40	Final		14:35	100m	M40	Final	
10:12	400m Hurdles	M45	Final		14:40	100m	M45	Final	
10:15	Javelin Throw	M40	Final	A	14:45	100m	M50	Final	
10:20	400m Hurdles	M50	Final		14:50	100m	M55	Final	
10:26	400m Hurdles	M55	Final		14:55	100m	M60	Final	
10:36	400m Hurdles	W35	Final		15:00	100m	M65	Final	
10:40	High Jump	M45	Final	A	15:05	100m	M70	Final	
10:40	Pole Vault	M80	Final	A	15:05	Javelin Throw	M55	Final	A
10:42	400m Hurdles	W40	Final		15:10	100m	M75	Final	
10:48	400m Hurdles	W45	Final		15:15	100m	M80	Final	
11:00	300m Hurdles	M60	Final		15:20	100m	M85	Final	
11:00	High Jump	M50	Final	B	15:25	100m	M90	Final	
11:00	Pole Vault	M75	Final	B	15:30	100m	W35	Final	
11:06	300m Hurdles	M65	Final		15:35	100m	W40	Final	
11:12	300m Hurdles	W50	Final		15:40	100m	W45	Final	
11:18	300m Hurdles	W55	Final		15:45	100m	W50	Final	
11:28	300m Hurdles	M70	Final		15:50	100m	W55	Final	
11:34	300m Hurdles	M75	Final		15:55	100m	W60	Final	
11:40	300m Hurdles	W60	Final		16:00	100m	W65	Final	
11:40	Shot Put	M70	Final	A	16:05	100m	W70	Final	
11:45	Javelin Throw	M45	Final	A	16:10	100m	W75	Final	
11:46	300m Hurdles	W65	Final		16:15	100m	W80	Final	
11:50	Shot Put	M75	Final	B	16:20	100m	W85+	Final	
12:00	200m Hurdles	M80+	Final		16:50	Javelin Throw	M60	Final	A
12:06	200m Hurdles	W70	Final		18:00	Discus Throw	W80+	Final	
12:10	High Jump	M55	Final	A	18:25	Javelin Throw	M65	Final	A
12:12	200m Hurdles	W75	Final		19:25	Discus Throw	W75	Final	

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	5.000m	W35	Final	
09:00	Long Jump	W35	Final	A
09:00	Long Jump	W40	Final	B
09:35	5.000m	W40	Final	
10:10	5.000m	W45	Final	
10:35	Long Jump	W45	Final	A
10:50	Long Jump	W50	Final	B
11:50	5.000m	W50	Final	
12:10	5.000m	W60	Final	
12:20	Long Jump	W55	Final	A
12:30	5.000m	W55	Final	
12:35	Long Jump	W60	Final	B
12:50	5.000m	W65	Final	
13:45	5.000m	W70	Final	
14:05	Long Jump	W65	Final	A
14:20	Long Jump	W70	Final	B
14:45	5.000m	W75+	Final	
15:35	Long Jump	W75	Final	A
15:45	Long Jump	W80+	Final	B

RG3 - FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
09:00	Discus Throw	W35	Final
10:20	Discus Throw	W40	Final
12:00	Discus Throw	W45	Final
13:20	Discus Throw	W50	Final
15:15	Discus Throw	W55	Final
17:05	Discus Throw	W60	Final
18:35	Discus Throw	W65	Final
20:15	Discus Throw	W70	Final

DAY 5 - 13 OCT.

APPENDIX 1

TIMETABLE

TIMETABLE

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC	TIME	EVENT	AGE GR.	R/SF/F	SEC
08:30	Discus Throw	M45	Final		12:40	200m	W50	Round 1	
09:00	High Jump	M60	Final	A	13:05	200m	W45	Round 1	
09:00	High Jump	M65	Final	B	13:20	High Jump	M85+	Final	A
10:00	200m	M75	Round 1		13:25	200m	W40	Round 1	
10:00	Shot Put	M35	Final	A	13:40	High Jump	M80	Final	B
10:20	200m	M70	Round 1		13:45	200m	M35	Round 1	
10:20	Discus Throw	M50	Final		14:15	200m	M40	Round 1	
10:40	200m	M65	Round 1		14:30	Javelin Throw TPEN	W65	T-Pentathlon	A
11:15	200m	M60	Round 1		14:50	200m	M45	Round 1	
11:20	High Jump	M70	Final	B	15:20	200m	M50	Round 1	
11:20	Shot Put	M40	Final	A	16:00	200m	M55	Round 1	
11:50	200m	W60	Round 1		16:10	Javelin Throw TPEN	W70-75	T-Pentathlon	A
11:50	High Jump	M75	Final	A	17:20	Discus Throw	M60	Final	
12:10	200m	W55	Round 1		19:00	Javelin Throw TPEN	W80+	T-Pentathlon	A
12:15	Discus Throw	M55	Final		20:00	Discus Throw	M65	Final	

MACHICO

TIME	EVENT	AGE GR.	R/SF/F
09:00	10Km Race Walk	M65+	Final
10:50	10Km Race Walk	M35-60	Final
12:10	10Km Race Walk	W-ALL	Final

NON-STADIA

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	5.000m	M35	Final A	
09:00	Long Jump	M35	Final	A
09:00	Long Jump	M40	Final	B
09:30	5.000m	M35	Final B	
10:00	5.000m	M40	Final A	
10:30	5.000m	M40	Final B	
10:30	Long Jump	M45	Final	A
10:30	Long Jump	M50	Final	B
11:00	5.000m	M45	Final A	
11:30	5.000m	M45	Final B	
11:45	Long Jump	M55	Final	A
12:00	5.000m	M50	Final A	
12:30	5.000m	M50	Final B	
13:00	5.000m	M55	Final A	
13:35	5.000m	M55	Final B	
14:10	5.000m	M60	Final A	
14:45	5.000m	M60	Final B	
15:20	5.000m	M65	Final A	
16:00	5.000m	M65	Final B	
16:40	5.000m	M70	Final A	
17:20	5.000m	M70	Final B	
18:00	5.000m	M75	Final	
18:45	5.000m	M80+	Final	

RG3 - FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
09:00	Hammer Throw TPEN	W65	T-Pentathlon
10:40	Hammer Throw TPEN	W70-75	T-Pentathlon
10:40	Shot Put TPEN	W65	T-Pentathlon
12:15	Shot Put TPEN	W70-75	T-Pentathlon
12:20	Discus Throw TPEN	W65	T-Pentathlon
14:00	Discus Throw TPEN	W70-75	T-Pentathlon
15:20	Hammer Throw TPEN	W80+	T-Pentathlon
16:30	Shot Put TPEN	W80+	T-Pentathlon
16:40	Weight Throw TPEN	W65	T-Pentathlon
17:35	Discus Throw TPEN	W80+	T-Pentathlon
18:00	Weight Throw TPEN	W70-75	T-Pentathlon
20:30	Weight Throw TPEN	W80+	T-Pentathlon

DAY 6 - 14 OCT.

APPENDIX 1

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC	TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	Javelin Throw	M70	Final	A	13:15	High Jump	W65	Final	A
09:00	High Jump	W35	Final	A	14:00	Javelin Throw TPEN	W45	T-Pentathlon	A
09:00	High Jump	W40	Final	B	14:00	Pole Vault	M35	Final	A
09:00	Shot Put	M45	Final	A	14:00	Pole Vault	M45	Final	B
09:00	Shot Put	M50	Final	B	14:45	High Jump	W75	Final	A
09:00	200m	M70	Semi-Final		14:45	High Jump	W80+	Final	B
09:10	200m	M75	Semi-Final		15:20	Javelin Throw TPEN	W35-40	T-Pentathlon	A
09:20	200m	M80	Semi-Final		16:00	200m	W35	Final	
09:40	200m	W35	Semi-Final		16:05	200m	W40	Final	
09:50	200m	W40	Semi-Final		16:10	200m	W45	Final	
10:00	200m	W45	Semi-Final		16:15	200m	W50	Final	
10:10	200m	W50	Semi-Final		16:20	200m	W55	Final	
10:15	High Jump	W45	Final	A	16:20	200m	W60	Final	
10:15	High Jump	W50	Final	B	16:25	200m	W65	Final	
10:20	200m	W55	Semi-Final		16:30	200m	W70	Final	
10:30	200m	W60	Semi-Final		16:35	200m	W75	Final	
10:30	Shot Put	M65	Final	B	16:40	200m	W80	Final	
10:35	Shot Put	M55	Final	A	16:45	200m	W85	Final	
10:40	200m	W65	Semi-Final		16:50	200m	W85	Final	
10:50	Javelin Throw	M75	Final	A	16:55	200m	M35	Final	
10:55	200m	W70	Semi-Final		17:00	200m	M40	Final	
11:05	200m	M35	Semi-Final		17:05	200m	M45	Final	
11:15	200m	M40	Semi-Final		17:10	200m	M50	Final	
11:30	200m	M45	Semi-Final		17:15	200m	M55	Final	
11:30	High Jump	W60	Final	B	17:20	200m	M60	Final	
11:40	200m	M50	Semi-Final		17:20	Discus Throw TPEN	W50	T-Pentathlon	
11:45	High Jump	W55	Final	A	17:25	200m	M65	Final	
11:55	200m	M55	Semi-Final		17:30	200m	M70	Final	
12:00	Pole Vault	M40	Final	B	17:35	200m	M75	Final	
12:10	200m	M60	Semi-Final		17:40	200m	M80	Final	
12:15	Javelin Throw	M80	Final	A	17:45	200m	M85	Final	
12:20	200m	M65	Semi-Final		17:50	200m	M90	Final	
12:30	Javelin Throw	M85+	Final	B	18:40	Javelin Throw TPEN	W50	T-Pentathlon	A
12:35	Shot Put	M60	Final	A	20:00	Javelin Throw TPEN	W55	T-Pentathlon	A
13:10	High Jump	W70	Final	B	21:20	Javelin Throw TPEN	W60	T-Pentathlon	A

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RG3 - FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
09:00	Hammer Throw	W45	T-Pentathlon
10:10	Hammer Throw	W35-40	T-Pentathlon
10:10	Shot Put	W45	T-Pentathlon
11:20	Discus Throw	W45	T-Pentathlon
11:30	Shot Put	W35-40	T-Pentathlon
12:50	Discus Throw	W35-40	T-Pentathlon
14:10	Hammer Throw	W50	T-Pentathlon
15:30	Hammer Throw	W55	T-Pentathlon
15:30	Shot Put	W50	T-Pentathlon
15:40	Weight Throw	W45	T-Pentathlon
16:50	Hammer Throw	W60	T-Pentathlon
16:50	Shot Put	W55	T-Pentathlon
17:20	Weight Throw	W35-40	T-Pentathlon
18:10	Discus Throw	W55	T-Pentathlon
18:20	Shot Put	W60	T-Pentathlon
19:30	Discus Throw	W60	T-Pentathlon
20:30	Weight Throw	W50	T-Pentathlon
21:40	Weight Throw	W55	T-Pentathlon
23:00	Weight Throw	W60	T-Pentathlon

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	Long Jump	M60	Final	A
09:00	Long Jump	M65	Final	B
11:00	Long Jump	M75	Final	B
11:05	Long Jump	M70	Final	A
12:20	Long Jump	M85+	Final	B
12:45	Long Jump	M80	Final	A

FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
20:00	10Km Road Race	W/M ALL +Open race	Final

NON-STADIA

DAY 8 - 16 OCT.

APPENDIX 1

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	Pole Vault	M55	Final	B
09:00	Discus Throw	M80	Final	
09:30	Pole Vault	M60	Final	A
10:00	800m	W35	Round 1	
10:18	800m	W45	Round 1	
10:30	Discus Throw	M85	Final	
10:36	800m	W50	Round 1	
10:54	800m	W55	Round 1	
11:12	800m	W60	Round 1	
11:30	800m	M35	Round 1	
11:40	Discus Throw	M90+	Final	
11:57	800m	M40	Round 1	
12:24	800m	M45	Round 1	
12:45	Pole Vault	M50	Final	B
13:00	800m	M50	Round 1	
13:30	Javelin Throw TPEN	M45	T-Pentathlon	B
13:36	800m	M55	Round 1	
14:12	800m	M60	Round 1	
14:30	800m	M65	Round 1	
14:50	Discus Throw TPEN	M50	T-Pentathlon	
14:57	800m	M70	Round 1	
15:15	800m	M75	Round 1	
16:20	Javelin Throw TPEN	M50	T-Pentathlon	B
17:50	Javelin Throw TPEN	M75	T-Pentathlon	B
19:30	Javelin Throw TPEN	M70	T-Pentathlon	B

TIMETABLE

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	Triple Jump	W35	Final	A
09:00	Triple Jump	W40	Final	B
10:10	Triple Jump	W45	Final	A
10:30	Triple Jump	W50	Final	B
11:30	Triple Jump	W55	Final	A
12:10	Triple Jump	W60	Final	B
12:50	Triple Jump	W65	Final	A
13:30	Triple Jump	W70	Final	B
14:10	Triple Jump	W75+	Final	A

TIMETABLE

RG3 - FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
09:00	Hammer Throw TPEN	M45	T-Pentathlon
10:20	Hammer Throw TPEN	M50	T-Pentathlon
10:20	Shot Put TPEN	M45	T-Pentathlon
11:40	Discus Throw TPEN	M45	T-Pentathlon
11:50	Shot Put TPEN	M50	T-Pentathlon
13:20	Hammer Throw TPEN	M75	T-Pentathlon
14:35	Hammer Throw TPEN	M70	T-Pentathlon
14:35	Shot Put TPEN	M75	T-Pentathlon
15:20	Weight Throw TPEN	M45	T-Pentathlon
15:50	Discus Throw TPEN	M75	T-Pentathlon
16:05	Shot Put TPEN	M70	T-Pentathlon
17:35	Discus Throw TPEN	M70	T-Pentathlon
18:20	Weight Throw TPEN	M50	T-Pentathlon
19:50	Weight Throw TPEN	M75	T-Pentathlon
21:20	Weight Throw TPEN	M70	T-Pentathlon

TIMETABLE

DAY 9 - 17 OCT.

APPENDIX 1

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC	TIME	EVENT	AGE GR.	R/SF/F	SEC
09:00	800m	W75+	Final		12:30	4x100m Relay	W60	Final	
09:00	Discus Throw	M75	Final		12:40	4x100m Relay	W55	Final	
09:00	Pole Vault	W35	Final	A	12:50	4x100m Relay	W50	Final	
09:00	Pole Vault	W40	Final	B	13:00	4x100m Relay	W45	Final	
09:09	800m	W70	Final		13:10	4x100m Relay	W40	Final	
09:18	800m	W65	Final		13:20	4x100m Relay	W35	Final	
09:27	800m	W60	Final		13:30	4x100m Relay	M75	Final	
09:36	800m	W55	Final		13:40	4x100m Relay	M70	Final	
09:45	800m	W50	Final		13:45	Javelin Throw TPEN	M55	T-Pentathlon	B
09:54	800m	W45	Final		13:50	4x100m Relay	M65	Final	
10:03	800m	W40	Final		14:00	4x100m Relay	M60	Final	
10:12	800m	W35	Final		14:10	4x100m Relay	M55	Final	
10:21	800m	M85+	Final		14:20	4x100m Relay	M50	Final	
10:30	800m	M80	Final		14:30	4x100m Relay	M45	Final	
10:30	Pole Vault	W45	Final	A	14:40	4x100m Relay	M40	Final	
10:39	800m	M75	Final		14:50	4x100m Relay	M35	Final	
10:40	Pole Vault	W50	Final	B	15:00	4x400m Mixed Relay	80	Final	
10:48	800m	M70	Final		15:10	4x400m Mixed Relay	75	Final	
10:57	800m	M65	Final		15:10	Discus Throw TPEN	M65	T-Pentathlon	
11:00	Discus Throw	M70	Final		15:20	4x400m Mixed Relay	70	Final	
11:06	800m	M60	Final		15:30	4x400m Mixed Relay	65	Final	
11:10	Pole Vault	W60+	Final	B	15:40	4x400m Mixed Relay	60	Final	
11:15	800m	M55	Final		15:50	4x400m Mixed Relay	55	Final	
11:24	800m	M50	Final		16:00	4x400m Mixed Relay	50	Final	
11:33	800m	M45	Final		16:10	4x400m Mixed Relay	45	Final	
11:42	800m	M40	Final		16:20	4x400m Mixed Relay	40	Final	
11:45	Pole Vault	W55	Final	A	16:30	4x400m Mixed Relay	35	Final	
11:51	800m	M35	Final		16:45	Javelin Throw TPEN	M65	T-Pentathlon	B
12:00	4x100m Relay	W75	Final		18:35	Javelin Throw TPEN	M80+	T-Pentathlon	B
12:10	4x100m Relay	W70	Final						
12:20	4x100m Relay	W65	Final						

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

RG3 - FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
09:00	Hammer Throw	M55	T-Pentathlon
10:25	Hammer Throw	M65	T-Pentathlon
10:25	Shot Put	M55	T-Pentathlon
11:50	Discus Throw	M55	T-Pentathlon
12:00	Shot Put	M65	T-Pentathlon
13:35	Hammer Throw	M80+	T-Pentathlon
15:05	Shot Put	M80+	T-Pentathlon
15:40	Weight Throw	M55	T-Pentathlon
16:35	Discus Throw	M80+	T-Pentathlon
18:50	Weight Throw	M65	T-Pentathlon
20:30	Weight Throw	M80+	T-Pentathlon

TIMETABLE

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
09:30	Triple Jump	M35	Final	A
09:30	Triple Jump	M40	Final	B
10:50	Triple Jump	M45	Final	A
10:50	Triple Jump	M50	Final	B
12:10	Triple Jump	M55	Final	A

TIMETABLE

MACHICO

TIME	EVENT	AGE GR.	R/SF/F
09:00	20Km Race Walk	M-ALL	Final
14:00	20Km Race Walk	W-ALL	Final

NON-STADIA

DAY 10 - 18 OCT.

APPENDIX 1

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

MAIN STADIUM - RIBEIRA BRAVA

TIME	EVENT	AGE GR.	R/SF/F	SEC
10:00	4x400m Relay	W75	Final	
10:10	4x400m Relay	W70	Final	
10:20	4x400m Relay	W65	Final	
10:30	4x400m Relay	W60	Final	
10:40	4x400m Relay	W55	Final	
10:50	4x400m Relay	W50	Final	
11:00	4x400m Relay	W45	Final	
11:10	4x400m Relay	W40	Final	
11:20	4x400m Relay	W35	Final	
11:30	Closing Ceremony			
12:00	4x400m Relay	M85+	Final	
12:10	4x400m Relay	M80	Final	
12:20	4x400m Relay	M75	Final	
12:30	4x400m Relay	M70	Final	
12:40	4x400m Relay	M65	Final	
12:50	4x400m Relay	M60	Final	
13:00	4x400m Relay	M55	Final	
13:10	4x400m Relay	M50	Final	
13:15	Javelin Throw TPEN	M35-40	T-Pentathlon	
13:20	4x400m Relay	M45	Final	
13:30	4x400m Relay	M40	Final	
13:40	4x400m Relay	M35	Final	
15:00	Javelin Throw TPEN	M60	T-Pentathlon	

CÂMARA DE LOBOS STADIUM

TIME	EVENT	AGE GR.	R/SF/F	SEC
10:00	Triple Jump	M60	Final	A
10:00	Triple Jump	M65	Final	B
11:40	Triple Jump	M70	Final	A
11:40	Triple Jump	M75+	Final	B

RG3 - FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
09:00	Hammer Throw TPEN	M35-40	T-Pentathlon
10:15	Hammer Throw TPEN	M60	T-Pentathlon
10:15	Shot Put TPEN	M35-40	T-Pentathlon
11:30	Discus Throw TPEN	M35-40	T-Pentathlon
11:40	Shot Put TPEN	M60	T-Pentathlon
13:05	Discus Throw TPEN	M60	T-Pentathlon
15:00	Weight Throw TPEN	M35-40	T-Pentathlon
16:50	Weight Throw TPEN	M60	T-Pentathlon

FUNCHAL

TIME	EVENT	AGE GR.	R/SF/F
08:00	Half-Marathon	M&W-All + Open Race	Final

NON-STADIA

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

POLES

LENGTH				STIFFNESS				BRAND	
(CM)	(LBS)	(KG)	FLEX	(CM)	(LBS)	(KG)	FLEX		
335	90	41	23,3	450	150	68	23,7	Nordic	
355	100	45		445	160	73	22,0	UCS	
355	110	50		445	165	75	20,6	UCS	
355	120	54		460	145	66	23,0	UCS	
375	120	54	22,7	460	150	68	22,3	UCS	
375	130	59	20,3	460	155	70	21,0	UCS	
400	120	54	25,9	460	160	73	19,8	UCS	
400	125	57	25,0	460	165	75	18,4	Nordic C	
400	130	59	23,3	460	170	77	17,4	UCS	
400	135	61	22,4	460	175	80	16,8	UCS	
400	140	63	21,9	475	175	80	20,0	Nordic C	
400	145	66	20,6	475	185	84	18,1	Nordic C	
400	150	68	19,6						
400	155	70	17,9						
415	140	63	25,4						
415	150	68	22,9						
430	135	61	24,7						
430	140	63	23,5						
430	145	66	21,7						
430	150	68	21,4						
430	155	70	20,0						
430	160	73	18,1						

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

WMA HURDLE, STEEPLECHASE AND IMPLEMENT SPECIFICATIONS

HURDLES

WOMEN	Age Group	Race (m)	Height (m)	No.	To First(m)	Interval (m)	To Finish (m)	
SHORT	35-39	100	0.838	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	110	0.991	10	13.72	9.14	14.02	
	50-59	100	0.914	10	13	8.5	10.5	
	60-69	100	0.838	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	0.838	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	

WMA HURDLE, STEEPLECHASE AND IMPLEMENT SPECIFICATIONS

STEEPLECHASE

WOMEN

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

MEN

35-59 3000m .838m (33") 28 barriers and 7 water jumps

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

IMPLEMENT SPECIFICATIONS

WOMEN

Age Group	Hammer	Shot	Discus	Javelin	Weight (kg)
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

Age Group	Hammer	Shot	Discus	Javelin	Weight (kg)
35-49	7.26kg	7.26kg	2kg	800gm	15.880 (35lb)
50-59	6kg	6kg	1.5kg	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)

WMA HURDLE, STEEPLECHASE AND IMPLEMENT SPECIFICATIONS

SHOT PUT

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

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

WMA HURDLE, STEEPLECHASE AND IMPLEMENT SPECIFICATIONS

JAVELIN

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

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.

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	

WMA HURDLE, STEEPLECHASE AND IMPLEMENT SPECIFICATIONS

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).

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

WMA ADVANCEMENT TABLES OUTDOOR

8 LANE TRACKS (100M, 200M, 400M, HURDLES)

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

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

WMA HURDLE, STEEPLECHASE AND IMPLEMENT SPECIFICATIONS

1500M

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

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

PROCEDURE TO OBTAIN A VISA INVITATION LETTER

Visa, if required, should be obtained before leaving your Country, from the Portuguese Embassy or Consulate well in advance to ensure all the procedures are carried out in good time.

The following procedure is for requesting invitation letters to obtain visas:

1. The athlete must first complete his/her registration and pay the entry fee.
2. The athlete then submits a request for a visa invitation letter through his/her National Federation to the Organisers. The request must contain the following data:
 - Full name (first and last name as it appears in passport)
 - Gender
 - Date of birth
 - Passport number
 - Passport expiry date
 - Position in the team (athlete or official)
 - Date of entry and departure from Italy
 - Proof of payment of the registration fee
3. The LOC will send a visa invitation letter
4. Upon receipt of the invitation letter, the athlete may apply for an appointment at the relevant Embassy. If the National Federation does not validate the request, or if the Embassy refuses the appointment or the visa, EMA and the Organisers reserve the right to refund the entry fee (less any bank transfer fees). Refunds will only be granted upon presentation of valid proof (either a letter from the Federation or from the Embassy).

Transports

The shuttle service will depart, everyday, from Avenida do Mar (Palácio de São Lourenço), stopping at the Forum Madeira Shopping Center, passing through RG3, then heading towards the Câmara de Lobos Stadium and with its final destination being the Main Stadium - Centro Desportivo da Madeira - Ribeira Brava, with a frequency of one hour. For the competitions in Machico (road race walk) and Chão das Feiteiras (cross country), the shuttle will depart from Avenida do Mar (Palácio de São Lourenço). This service will only happen on the day of their competition. Schedules will be announced soon.

- Funchal (RG3)
- Câmara de Lobos
- Ribeira Brava
- Machico



SHUTTLE BUS STOP
FUNCHAL
AVENIDA DO MAR
(PALÁCIO DE SÃO LOURENÇO)

MADEIRA ISLAND

You can find all the information on the website <https://visitmadeira.com/en/>



LOCATION

The archipelago is located in the African Plate in the Atlantic Ocean between latitude 30° and 33°N, basically at the same latitude as Casablanca, 978 km southwest of Lisbon, about 700 km west of the African coast, and 450 km north of the Canary Islands.

You can come to Madeira Island, by plane. Many main European cities have direct flights to Madeira Island, or flight connections from Lisbon and Porto.

PONTA DE SÃO LOURENÇO

Hints and Tips

Emergency contact number General emergency number is **112**

Currency

The currency is the Euro (€) which is made up of 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents and 1 and 2 euros. Bank notes are of 5, 10, 20, 50, 100, 200 and 500. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).

Tipping

Tipping in Portugal is not very common. The price of a product or service has service and taxes always included.

So it's normal to pay the bill as it is.

If you like to tip anyway, it is totally acceptable. You can sometimes find a tipping jar at a bar. You can also round the bill up to nearest convenient figure.

Taxis

Official taxis can be identified with taxi sign. There are official taxi stops for customers or taxi can be ordered with phone.

The price of the taxi ride is based on the following parts: starting price, which is depending on the time of the day, travel rate affected by the number of passengers as well as time charge per minute.

Electricity

The electric current for use in homes and hotels, as in most of Western Europe countries, is 220 volts (50 Hz) and the plugs used are three round pins.

Local Time during the Championships UTC+00:00.

Driving

Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van, whether seated in the front or rear. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location. If buses have seatbelts you are required to use them.

Water

Note that it's safe to drink tap water in Madeira Island.

Mobile Phone Networks

Mobile phone networks operate under 5G, 4G, 3G and 2G. Only phones that are manufactured to operate under these systems will work in Portugal. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Portugal, which will allow temporary connection with the Portuguese networks.

European
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WELCOME TO MADEIRA ISLAND!