

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	Free	Day 7	Day 8	Day 9	Day 10
100m	Heats				All (M+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	All(W)	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	Free	Day 7	Day 8	Day 9	Day 10

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

RG3
Funchal (City Centre)
Chão das Feiteiras