

USEFUL INFO FOR ATHLETES

(as of 30 September 2025)

1. TIMETABLE

1.1. Timetable and Call Room Schedule

The final version of the timetable is available [here](#).

Note that adjustments may be made to the timetable. Always check the version date for the latest update.

1.2. Call Room Schedule

The daily Call Room Schedule (for each competition site) is available here – **Only after 8 Oct 2025.**

1.3. Shuttle BUSES Schedule

Kindly take a moment to review the shuttle bus schedule and routes available at <https://www.emacs-madeira2025.com/> and ensure you arrive in good time, prior to your call room reporting time.

For athletes competing in the Throwing Pentathlon, dedicated transport will be provided between RG3 and Ribeira Brava, as well as for athletes selected for doping control, between the competition site and Ribeira Brava Stadium.

Please note that the shuttle bus service **will not be operating before 8th October or on 15th October.**

2. FINAL CONFIRMATION (OF PARTICIPATION IN AN EVENT)

If you have a valid registration to participate in an event:

- **Non-Stadia Events (Cross-Country, Road Race Walking, 10Km road race or Half-Marathon)** – no final confirmation needed
- **Stadia events (Ribeira Brava, Câmara de Lobos and RG3 Funchal)** - You (or your Team Manager) must provide final confirmation of participation for each event in which you are registered, including the 5,000m Race Walk. Final confirmation can be submitted as follows:

Final confirmation	Where	Available from	To
Online	OpenTrack platform (use your credentials)	02 Oct 2025	18:00 of the day before of the event
Onsite	Welcome Centre/TIC	07 Oct 2025 14:00	

Note: Always double-check your status on the OpenTrack platform to avoid mistakes.

3. RELAYS PROCEDURES

If you are registered as an EMACS Madeira 2025 athlete, you may participate in a relay team.

The Relay Running Declaration (4x100m Men, 4x100m Women, 4x400m Men, 4x400m Women, and 4x400m Mixed Relay) must be submitted by 18:00 the day before the event:

- **Online:** Exclusively by your Team Manager using their credentials on the OpenTrack Platform
- **Onsite:** At the Welcome Centre/TIC, by your Team Manager or any team member. The ID cards of all team members are required, and a declaration form must be filled out and signed.

The declaration must be done for a particular age group. The age group of the team is the age group of the youngest athlete on the entry form and at least an athlete from that age group must actually compete in the relay.

Each athlete is eligible to compete in only one age group.

For the 4x400 mixed relay:

- at least one (1) male and one (1) female of the age group of the team must actually compete.
- must compete in the following order: male-female-male-female.

Changes to the team composition and/or running order - are allowed, but must be made **no later than the published first call time**, the time by which athletes are required to be present in the Call Room for their respective heat. Only athletes listed on this official form, including any named substitutes, are eligible to compete. These changes (after the Final confirmation) should be done **in person by the Team Managers in the TIC or in the Call Room**.

4. WITHDRAW OF AN EVENT

If you decide not to participate after final confirmation, you must withdraw before the first call for the event. Withdrawals can be made:

- **Online** - By 18:00 the day before via OpenTrack
- **Onsite** - After the deadline, at the Welcome Centre/TIC

Note: No withdrawal notice is required if you didn't submit final confirmation.

5. UPDATE A SEASON BEST

If necessary, you may request an update of your Season Best in an event for which you are registered, at the TIC.

6. POLES (FOR TRAINING AND FOR THE EVENT)

To participate in the Pole Vault event (either as an individual or part of the Decathlon), you must:

- **Bring your own pole(s):** Deliver them to the TIC by 18:00 the day before the event.
- **Rent poles from the LOC:** Use the LOC service to access the pole pool.

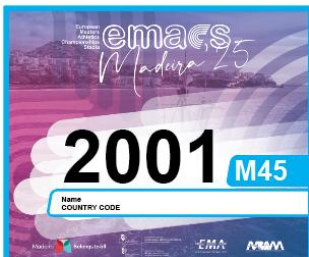
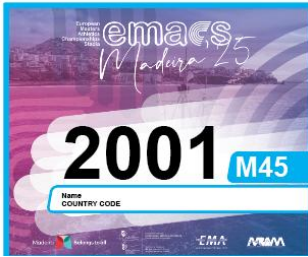

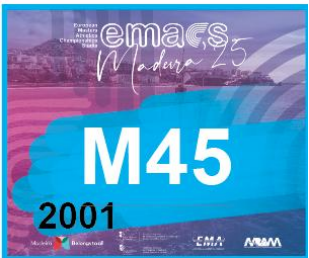



In both cases, you will receive a voucher, which must be presented at the Call Room when entering the event. Please note: **Those who do not present a valid Pole's voucher upon entering the call room will not be allowed to participate in the event.**

Poles for training: A separate rental service and voucher are required if you wish to use the pole pool for training at Ribeira Brava Stadium. The training schedule can be found on page 26 of the [Handbook](#). Rental fees for pole access are listed on page 11.

Please visit the Welcome Centre/TIC if you wish to rent the LOC pole pool services (for training and/or for the event). **Take good note:** you may not use resin on poles rented from LOC. Only magnesium is allowed.

7. BIBS

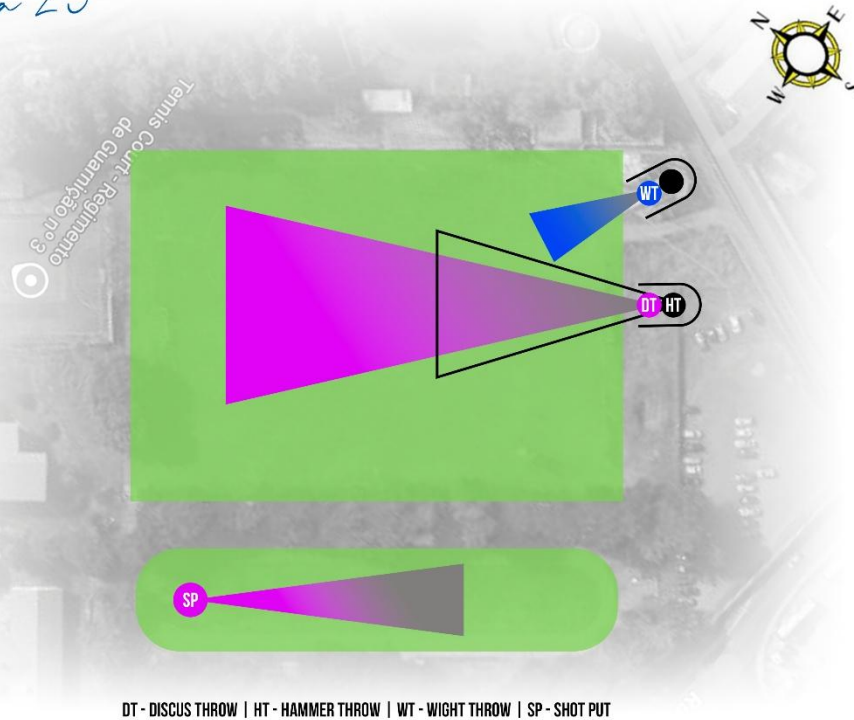
During the accreditation procedure, you will receive **3 bibs (2 for open races)**, that shall be used as follows:

Type	All events (Stadia or Non-Stadia)	Special rule for Jumpers (Long/Triple jump, High Jump or Pole Vault)	Special rule for athletes of Open Races
Front Bib (Chest)			
Back Bib		Chest or back	None
Athletes Bag			

To participate in your event, you must wear your competition bibs, fully attached and clearly visible as shown above. If you **lose any of your bibs or accreditation**, please visit the Welcome Centre. A replacement fee will apply – see page 22 of the [Handbook](#) for details.

8. INFIELD LAYOUTS





9. COMPETITION SHOES

All the competition shoes must comply with World Athletics TR5. including the sole and/or heel and the spikes dimensions. The maximum thickness is 40mm except the shoes with spikes, that must have a sole with a maximum thickness of no more than 30mm

It is the athletes' responsibility to make sure that the shoes to be used for competition are on the current list of approved shoe models by World Athletics (<https://certcheck.worldathletics.org/>). In case of non-compliance with the TR5 or the list of approved shoes, an athlete may not be allowed to compete or disqualified after the competition with the result being void.

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.

10. CALL ROOM PROCEDURES

In order to compete, you must report to the Call Room at your event's competition site. Please check the call times carefully and ensure you arrive punctually, as late arrivals will not be permitted to participate.

Please note carefully that you must:

- Be ready to compete, wearing your **national team uniform and your bibs correctly**, in accordance with the start list (see [point 7](#));
- Bring **shoes that comply with World Athletics TR5**, including the permitted number and size of spikes (see [point 9](#));
- Comply with the following instructions:

CALL ROOM CHECK

Please note that athletes are not allowed to take the following items to the Field of Play:



Mobile Phones



Music Devices
(MP3s, iPods,
Earplugs/Headphones or similar)



Smartwatches



Photo or Video Cameras



Computer Devices or
tablets



Tape, chalk etc. for markings
(other than provided by the LOC)



Shoes with too many spikes or over-
sized spare spikes



Throwing implements or
parts of implements



Any other item deemed
inappropriate by the Call Room
staff

11. BAGS INFIELD

Stadia (races) and Non-Stadia events – you must report to the Call Room ready to compete, without any bags or clothing items beyond those required for competition

Stadia (field events) - Only small backpacks are allowed. Large bags or trolleys are **not** permitted, as there is no available space for them.

You may **store your bag in the bag drop room** at each competition venue. Please ensure your **bag is labeled with your 'bag drop bib'**.

12. QUALIFICATION PROCEDURES FOR TRACK EVENTS (STADIA)

100 m Men

		C.Lobos		Ribeira Brava		
Age group	Entries	R1		SF		Final
		Heats	Qual	Heats	Qual	
M35	43	8	2 + 8T	3	2 + 2T	8
M40	45	8	2 + 8T	3	2 + 2T	8
M45	45	8	2 + 8T	3	2 + 2T	8
M50	53	9	1 + 15T	3	2 + 2T	8
M55	53	9	1 + 15T	3	2 + 2T	8
M60	51	9	1 + 15T	3	2 + 2T	8
M65	58	10	1 + 14T	3	2 + 2T	8
M70	29	5	2 + 6T	2	2 + 4T	8
M75	31	6	1 + 10T	2	2 + 4T	8
M80	15			2	2 + 4T	8
M85	6					6
M90	5					5

Note: Câmara de Lobos – only 6 lanes available

100 m Women

		Ribeira Brava				
Age group	Entries	R1		SF		Final
		Heats	Qual	Heats	Qual	
W35	29	4	2 + 8T	2	2 + 4T	8
W40	31	4	2 + 8T	2	2 + 4T	8
W45	30	4	2 + 8T	2	2 + 4T	8
W50	40	5	2 + 6T	2	2 + 4T	8
W55	43	6	2 + 4T	2	2 + 4T	8
W60	22			3	2 + 2T	8
W65	22			3	2 + 2T	8
W70	18			3	2 + 2T	8
W75	12			2	2 + 4T	8
W80	14			2	2 + 4T	8
W85+	5+1					6

200 m Men

		Ribeira Brava				
Age group	Entries	R1		SF		Final
		Heats	Qual	Heats	Qual	
M35	48	6	2 + 4T	2	2 + 4T	8
M40	50	7	2 +10T	3	2 +2T	8
M45	46	6	2 + 4T	2	2 + 4T	8
M50	57	8	2 + 8T	3	2 +2T	8
M55	58	8	2 + 8T	3	2 + 2T	8
M60	55	7	2 +10T	3	2 +2T	8
M65	51	7	2 +10T	3	2 +2T	8
M70	28	4	2 + 8T	2	2 + 4T	8
M75	30	4	2 + 8T	2	2 + 4T	8
M80	14			2	2 + 4T	8
M85	8					8
M90	3					3

200 m Women

		Ribeira Brava				
Age group	Entries	R1		SF		Final
		Heats	Qual	Heats	Qual	
W35	20			3	2 +2T	8
W40	32	4	2 + 8T	2	2 + 4T	8
W45	28	4	2 + 8T	2	2 + 4T	8
W50	40	5	2 + 6T	2	2 + 4T	8
W55	44	6	2 + 4T	2	2 + 4T	8
W60	26	4	2 + 8T	2	2 + 4T	8
W65	21			3	2 +2T	8
W70	18			2	2 + 4T	8
W75	8					8
W80	7					7
W85	4					4

European Masters Athletics Championships

Stadia

Madeira 2025

400 m Men

Age group	Entries	Ribeira Brava				
		R1		SF		Final
		Heats	Qual	Heats	Qual	
M35	32	4	2 + 8T	2	2 + 4T	8
M40	25	4	2 + 8T	2	2 + 4T	8
M45	32	4	2 + 8T	2	2 + 4T	8
M50	37	5	2 + 6T	2	2 + 4T	8
M55	30	4	2 + 8T	2	2 + 4T	8
M60	35	5	2 + 6T	2	2 + 4T	8
M65	32	4	2 + 8T	2	2 + 4T	8
M70	21			3	2 + 2T	8
M75	20			3	2 + 2T	8
M80	11			2	2 + 4T	8
M85	7					7
M90	3					3

400 m Women

Age group	Entries	Ribeira Brava				
		R1		SF		Final
		Heats	Qual	Heats	Qual	
W35	12			2	2 + 4T	8
W40	23			3	2 + 2T	8
W45	11			2	2 + 4T	8
W50	13			2	2 + 4T	8
W55	21			3	2 + 2T	8
W60	21			3	2 + 2T	8
W65	10			2	2 + 4T	8
W70	10			2	2 + 4T	8
W75	8					8
W80	6					6
W85	4					4

800 m Men

Age group	Entries	Ribeira Brava				
		R1		SF		Final
		Heats	Qual	Heats	Qual	
M35	29			3	2 + 6T	12
M40	27			3	2 + 6T	12
M45	38			4	2 + 4T	12
M50	39			4	2 + 4T	12
M55	45			4	2 + 4T	12
M60	27			3	2 + 6T	12
M65	27			3	2 + 6T	12
M70	20			2	2 + 8T	12
M75	15			2	2 + 8T	12
M80	9					9
M85+	5+2					7

800 m Women

Age group	Entries	Ribeira Brava				
		R1		SF		Final
		Heats	Qual	Heats	Qual	
W35	13			2	2 + 8T	12
W40	11					11
W45	18			2	2 + 8T	12
W50	23			2	2 + 8T	12
W55	22			2	2 + 8T	12
W60	17			2	2 + 8T	12
W65	12					12
W70	11					11
W75+	5+2+3					10

European Masters Athletics Championships

Stadia

Madeira 2025

1500 m Men

		Câmara de Lobos				
Age	Entries	R1		SF		Final
		Heats	Qual	Heats	Qual	
M35	18			2	3 + 10T	16
M40	18			2	3 + 10T	16
M45	33			3	2 + 10 T	16
M50	41			3	2 + 10 T	16
M55	34			3	2 + 10 T	16
M60	28			2	3 + 10T	16
M65	29			2	3 + 10T	16
M70	20			2	3 + 10T	16
M75	12					12
M80	9					9
M85	4					4
M90	2					2

1500 Women - straight final

Short Hurdles - Men

Event			Ribeira Brava				
Event	Age group	Entries	R1		SF		Final
			Heats	Qual	Heats	Qual	
110 m	M35	10			2	2 + 4T	8
110 m	M40	7					7
110 m	M45	6					6
100 m	M50	16			2	2 + 4T	8
100 m	M55	13			2	2 + 4T	8
100 m	M60	16			2	2 + 4T	8
100 m	M65	12			2	2 + 4T	8
80 m	M70	10			2	2 + 4T	8
80 m	M75	9			2	2 + 4T	8
80 m	M80	6					6
80 m	M85	2					2

Short Hurdles - Women

			Ribeira Brava				
Event	Age group	Entries	R1		SF		Final
			Heats	Qual	Heats	Qual	
100 m	W35	6					6
80 m	W40	16			2	2 + 4T	8
80 m	W45	10			2	2 + 4T	8
80 m	W50	16			2	2 + 4T	8
80 m	W55	12			2	2 + 4T	8
80 m	W60	8					8
80 m	W65	8					8
80 m	W70	4					4
80 m	W75	4					4
80 m	W80	3					3

Long Hurdles - Men

Event	Age group	Entries	Ribeira Brava					Final
			R1		SF			
			Heats	Qual	Heats	Qual		
400 m	M35	18			3	2 + 2T	8	
400 m	M40	11			2	2 + 4T	8	
400 m	M45	11			2	2 + 4T	8	
400 m	M50	18			3	2 + 2T	8	
400 m	M55	18			3	2 + 2T	8	
300 m	M60	24			3	2 + 2T	8	
300 m	M65	23			3	2 + 2T	8	
300 m	M70	13			2	2 + 4T	8	
300 m	M75	11			2	2 + 4T	8	
200 m	M80	6					6	
200 m	M85	1					1	

Long Hurdles - Women

			Ribeira Brava				
Event	Age group	Entries	R1		SF		Final
			Heats	Qual	Heats	Qual	
400 m	W35	4					4
400 m	W40	15			2	2 + 4T	8
400 m	W45	7					7
300 m	W50	11			2	2 + 4T	8
300 m	W55	7					7
300 m	W60	8					8
300 m	W65	4					4
200 m	W70	6					6
200 m	W75	3					3
200 m	W80	2					2

Please, note that the above qualification procedures may still be adapted after the final confirmations, based on the final number of athletes to start.

13. STARTING HEIGHTS AND PROGRESSIONS FOR FIELD EVENTS (IN CENTIMETRES)

High Jump Men

Age group	First height	Progression
M35	145	5
M40	145	5
M45	130	5
M50	135	5
M55	115	5
M60	110	5
M65	110	5
M70	90	5
M75	90	5
M80	90	3
M85+	85	3

High Jump Women

Age group	First height	Progression
W35	130	5
W40	120	5
W45	115	5
W50	115	5
W55	110	4
W60	100	4
W65	100	4
W70	90	3
W75	80	3
W80	80	3
W85	80	3

Pole Vault Men

Age group	First height	Progression
M35	230	15
M40	245	15
M45	200	15
M50	260	15
M55	245	15
M60	180	15
M65	170	15
M70	170	15
M75	160	10
M80	130	10
M85	120	10

Pole Vault Women

Age group	First height	Progression
W35	180	15
W40	200	15
W45	190	15
W50	180	10
W55	170	10
W60	140	10
W65	140	10
W70	130	10

Base height for combined events

Pole Vault (Decathlon) - Men	250 cm
High Jump (Dec, Hept.)	150 cm

14. COMMUNICATION WITH THE TEAMS

WhatsApp Group:

For this competition, we are inviting Team Managers to join a WhatsApp group where we will post competition related information relevant to all teams. If it has not been done already, please contact Fennie van Osch (TM and General Coordinator) [+31 6 10474924](tel:+31610474924)