

25th

WORLD MASTERS ATHLETICS CHAMPIONSHIPS



13–25 August 2024 | Gothenburg
Competition Handbook



BROAD SUPPORT WITH UNMATCHED EXPERIENCE

ORGANIZING PARTNERS



CHAMPIONSHIP PARTNERS



Welcome!

Dear Masters Athletics family,

Welcome to Gothenburg! The LOC and WMA Council are proud to welcome more than 8,000 athletes from 111 countries who are joining the Masters family here. Together with their partners, family, friends, officials and volunteers, Masters athletes are looking forward to meeting in Gothenburg in August to have a successful competition, but first, to experience passion, camaraderie, and celebratory spirit, the mission of WMA. The Swedish Organisers will offer an amazing championship and a warm welcome to Masters athletes from all over the world.

The City of Gothenburg is an ideal location for the 2024 WMA Stadia Championships. The historical, but newly renovated, Slottsskogsvallen will be the heart of the event. Adjacent to the stadium, Slottsskogen City Park will host the non-stadia events. Björlanda Athletics Center and the famous Ullevi Stadium complete the range of excellent sports facilities. A bonus for athletes and their accompanying friends and family is that the competition venues are easy to reach from the city centre and the major accommodation facilities.

The City of Gothenburg is fully supporting these Championships and has assured us all a friendly reception and a heartfelt welcome by the city and its people. Sweden and Gothenburg are great tourist destinations. Guests will love the atmosphere in the green city; besides the sport, they will experience its culture, and learn about its rich history. There are many historic sites to discover, and lots to do in Gothenburg; so be prepared to enjoy absorbing



what this City has to offer Masters athletes from around the world.

On behalf of World Masters Athletics, I welcome you as participant or guest at the 2024 WMA Championships in Gothenburg. WMA and the LOC are working closely together to ensure these Championships will be a great success for all our guests.

I would like to thank Gothenburg Athletics Association (Göteborg Friidrott), Göteborg & Co and Swedish Athletics Association for their support in the organisation and management of this competition. I also wish to acknowledge the representatives of the City of Gothenburg for their support, and the sponsors who have contributed to making these Championships possible.

WMA extends to all participants, officials and volunteers, our best wishes for a happy and enjoyable stay in Gothenburg. It is great being part of our Masters Athletics family, and to share our passion!

A handwritten signature in black ink, which appears to read 'Margit Jungmann'.

MARGIT JUNGMANN
President World Masters Athletics

Welcome!

Dear friends,

Gothenburg Athletics Association and our member clubs, in alliance with the Swedish Athletics Association, warmly welcome you to the 25th World Masters Athletics Championships.

With more than 8,000 participants making over 16,000 starts, this will be the largest championship ever. Our organizational teams are dedicated to ensuring that every visitor has a positive experience both inside and outside the stadium.

Our venues blend history with modernity. The main stadium, Slottsskogsvallen, built in 1923, has hosted notable events like the 2nd International Ladies Games in 1926 and the 2nd World Masters Athletics Championships in 1977. Ullevi, constructed for the 1958 FIFA World Cup, also hosted the 1995 World Championships in Athletics. Björlanda Athletics Center is a brand new facility offering excellent conditions for athletics. Additionally, our non-stadia events will take place in Slottsskogen, a 137-hectare park in the city center.

We look forward to witnessing many personal bests, national records, area records and world records.



ANDERS PRYTZ

President of Gothenburg Athletics Association
LOC President



However, the true essence of these championships lies in the camaraderie as athletes reconnect with old friends, and also make new ones. We hope the Athletes' Village by Slottsskogsvallen will serve as a central gathering point for athletes and their associates.

Our goal is for you to leave with unforgettable memories of your stay in our beautiful city.

WE GIVE YOU THE CHAMPIONSHIP EXPERIENCE

ARE YOU READY to embrace the thrill of competition, the camaraderie of fellow athletes and the breathtaking beauty of a world-class city?

Look no further, Gothenburg proudly invites you to the 25th World Masters Athletics Championship 2024. Nestled along the stunning Swedish west coast, Gothenburg stands as a city where tradition meets innovation and champions are both born and celebrated. With its charming blend of modern architecture, historic charm and vibrant culture, Gothenburg offers an unmatched backdrop for the spirit of competition and the pursuit of excellence. Gothenburg doesn't just witness history, it shapes it.

The city has hosted numerous international championships, welcoming athletes from around the world to test their abilities on its iconic stages. Step into the hallowed grounds of Ullevi Stadium, where roars of triumph and moments of glory have echoed through the decades. The championship will also witness the beauty of our main Stadium, Slottsskogsvallen, as well as it will invite you to compete at the brand new athletics center on Hisingen Island. As a guest of our city you'll discover that Gothenburg is a pocket-sized metropolis. Almost everything is within walking distance and the city offers a unique blend of modernity and old-world charm.

Whether you're strolling along the picturesque canals, having an archipelago adventure, exploring the bustling downtown streets or relaxing in one of the many parks, you'll find out that Gothenburg has something to offer for every type of traveler or masters athlete.

WELCOME HOME, MASTERS! LET'S WRITE A BEAUTIFUL STORY ABOUT GOLD, SILVER, BRONZE AND BEYOND.

WMAC OFFICIAL THEME SONG

Golden Stars

WMAC and Nora Hedin

*I've seen so many places
Followed all these ways*

Now I know that all my choices Led me to this day

*To the city near the ocean
Golden city by the sea*

With barren rocks and playful seasons I know it's here I wanna be

*We've all travelled far
To right where we are
This is our day
This is our game
We're Golden stars
The best is here to come
The best is here right now*

All the dreams that we have gathered W..M..A..C

*The best is here right now
The best is yet to be*

All the dreams that we have gathered W..M..A..C

*I'm driven by pure passion
An ever-burning flame
Know everything is possible
When pushing limits in this game
To the city near the ocean
Golden city by the sea*

With barren rocks and playful seasons I know it's here I wanna be

*We've all travelled far
To right where we are
This is our day This is our game
We're Golden stars
The best is here right now
The best is yet to be*

All the dreams that we have gathered W..M..A..C

*The best is here to come
The best is here right now*

All the dreams that we have gathered W..M..A..C

Available on Spotify



CONTENTS

GENERAL INFORMATION

1. General information	08
2. Organization	11
3. Venues	15
4. Transport	16
5. Accreditation	18
6. Technical information center	18
7. Championship meetings	19
8. Athletes' steps to compete	19
9. Security	20
10. Medical services	21
11. Ceremonies	21
12. Arena restaurants and coffee shops	22
13. Meet the speakers	24
14. Wifi and Internet Access	24
15. Photo service	24
16. Live streaming	24
17. Official merchandise	25
18. Media	25

GENERAL COMPETITION INFORMATION

19. Entries and information	28
20. Competition Procedures	28
21. Special information for athletes and federations	29
22. Timing and performance measurement	30
23. Protests and appeals	30
24. Anti-doping procedures	31

STADIA EVENTS

25. Call room	33
26. Competition site exit procedures	34
27. Spikes	34
28. Soles	34
29. Seeding for heats (ranking)	34
30. Advancement procedure	34
31. Warm up areas	34
32. Training sessions	35
33. Equipment and implements	35
34. Track events	37
35. Track relays	38
36. Field events	38
37. Combined events	39

NON-STADIA EVENTS

38. General non-stadia-events schedule	41
39. Team medals	42
40. Non-stadia confirmation	42
41. Non-stadia call room	42
42. Secure bag-drop	42
44. Soles	43
45. Warm up area	43
46. Toilets	43
47. Medical service	43
48. Starter's commands	43
49. Timing chips and lap counting	43
50-53. Road Race Walk	44
54-56. Road Run and Half Marathon	45
57-61. Cross Country	46

Appendix

1. Layout of House of Athletics	48
2. Layout of Slottsskogsvallen	49
3. Layout of Björlanda Athletics Center	50
4. Layout of Ullevi Stadium	51
5. Map of Athletes' Village	52
6. Shuttle Bus timetable and route information	53
7. Online Confirmation Procedure	54
8. Competition Schedule	56
9. Live Results	133
10. LOC Official Throwing Implements Specifications	114
11. LOC Official Basic Range of Poles	115
12. Hurdle Specifications	116
13. Advancement Tables	118
14. Starting Heights and Progression	120
15. Road Race Walk – Competition Course	121
16. Road Run 10K – Competition Course	122
17. Half Marathon 21K – Competition Course	123
18. Cross Country – Competition Course	124

1. GENERAL INFORMATION

1.1 World Masters Athletics Championships

The World Masters Athletics Championships (WMAAC) are held biannually. The WMAAC are open only to men and women who are aged 35 years and over at the first day of competition and who are medically fit to compete. The upcoming event in Gothenburg will mark the 25th edition of the championships.

1.2 Official Championship Website

Website www.2024wmac.com

Support

Athletes should initially reach out to their Team Manager for any inquiries or issues they encounter. For further assistance and information, they are encouraged to visit the Technical Information Center. The LOC have the capability to receive and answer emails at contact@2024wmac.com in either English or Swedish, normally within 24 hours.

Statement

This Competition Handbook was correct at the time of publishing. Details may be subject to change.

1.3 Eco-responsibility

Protecting the environment is becoming increasingly important in everyone's life, and the Local Organizing Committee (LOC) of the World Masters Athletics Championships (WMAAC) is committed to conducting these Championships as responsible citizens of the world.

The LOC takes pride in its ongoing commitment to sustainability, a commitment that has been ongoing for over 10 years. Notably, the Göteborgs-varvet Half Marathon earned the distinction of being the world's first sustainability-certified race in 2016. Through our active efforts we prioritize climate-friendly practices and socio-economic considerations. We thank you for your cooperation and for your contribution to this important cause.

DID YOU KNOW?

For the seventh year in a row, Gothenburg has been named the world's most sustainable destination according to the Global Destination Sustainability Index. Gothenburg has achieved several more accolades for its efforts within the field of sustainability during the last ten years such as being one of Europe's most climate neutral cities in 2022 as well as one of the winners of the European Capitals of Inclusion and Diversity Awards in 2022.

1.4 Host Country Sweden

Sweden, officially the Kingdom of Sweden, is a country in Northern Europe. Located on the Scandinavian Peninsula, it is bordered by Norway to the west and north, Finland to the east, and is connected to Denmark by a bridge-tunnel across the Öresund Strait. Sweden also has coastlines along the Baltic Sea to the east and the Kattegat and Skagerrak straits to the southwest. It includes numerous islands, notably Gotland and Öland. Sweden is the fifth-largest country by land area in Europe, covering an area of 450,295 sq km, and is the most populous country in the Nordic region, with a population of over 10 million. Its capital and largest city is Stockholm.

Form of Government:	Unitary Parliamentary Constitutional Monarchy
Location:	Northern Europe
Area:	450,295 sq km
Population:	10,379,295 (2022 est.)
Climate:	Temperate
Language:	Swedish
Capital:	Stockholm
Local Time:	UTC +1 (CET)
Electricity:	230 Volt (C, F plugs)
Driving:	Right-hand side
Telephone Country Code:	0046
Currency:	Swedish Krona (SEK)
Water:	Tap water is safe to drink
Emergency	
Phone Number:	112 can be dialed for police, medical and fire emergencies

GENERAL INFORMATION

1.5 Host City Gothenburg

Göteborg, also known as Gothenburg in English, is Sweden's second-largest city and the fifth-largest in the Nordic region. The city is home to approximately 580,000 residents. Nestled on the west coast at the Göta River, the vibrant city traces its roots back to the visionary initiative of King Gustav II Adolf. In 1621, Göteborg was officially founded and granted city privileges, marking the beginning of a rich history that blends tradition with modernity.

Göteborg is often referred to as "Lilla London" (Little London) due to its historical commercial ties with the United Kingdom and its British-influenced architecture. The city is renowned for its rich cultural

scene, including numerous museums, theaters and the famous Liseberg amusement park. The presence of several universities, such as the University of Gothenburg and Chalmers University of Technology, also makes it a significant educational center in Sweden.

1.6 HELPFUL WORDS

English	World Champion
German	Weltmeister
Spanish	Campeón Mundial
Italian	Campione Del Mondo
French	Champion Du Monde
Swedish	Världsmästare

1.7 General Championship Schedule

ACTIVITY

SUNDAY	11 AUG	Opening of TIC / Opening of Indoor Training Center
MONDAY	12 AUG	First Team Managers Meeting / Officials Briefing / Opening Ceremony
TUESDAY	13 AUG	Competition Day 1
WEDNESDAY	14 AUG	Competition Day 2
THURSDAY	15 AUG	Competition Day 3
FRIDAY	16 AUG	Non-competition Day / WMA General Assembly
SATURDAY	17 AUG	Competition Day 4
SUNDAY	18 AUG	Competition Day 5
MONDAY	19 AUG	Competition Day 6
TUESDAY	20 AUG	Competition Day 7
WEDNESDAY	21 AUG	Non-competition Day / WMA Regional and Committee meetings
THURSDAY	22 AUG	Competition Day 8
FRIDAY	23 AUG	Competition Day 9
SATURDAY	24 AUG	Competition Day 10
SUNDAY	25 AUG	Competition Day 11 / Closing Ceremony

1.8 General Venue Schedule

	HOUSE OF ATHLETICS	SLOTTSSKOGS-VALLEN	BJÖRLANDA ATHLETICS CENTER	ULLEVI STADIUM	SLOTTSSKOGEN CITY PARK	ATHLETES' VILLAGE
11 AUG	✓					
12 AUG	✓	✓				✓
13 AUG	✓	✓	✓			✓
14 AUG	✓	✓	✓	✓		✓
15 AUG	✓	✓	✓	✓		✓
16 AUG	✓					✓
17 AUG	✓	✓	✓	✓	✓	✓
18 AUG	✓	✓	✓		✓	✓
19 AUG	✓	✓	✓			✓
20 AUG	✓	✓	✓		✓	✓
21 AUG	✓					✓
22 AUG	✓	✓	✓			✓
23 AUG	✓	✓	✓			✓
24 AUG	✓	✓	✓		✓	✓
25 AUG	✓	✓	✓		✓	✓



Get ready for thrilling rides!

Enjoy a whole day of fun at Liseberg amusement park. As a participant in the competition, you get a 30% discount on admission and a ride pass. In the park you can enjoy delightfully dizzying rides as well as treat yourself to yummy sweets and try your luck at the wheels of fortune. See you soon!

30% one-time discount on an Admission ticket to Liseberg amusement park or on a combined Admission + Ride Pass. The discount is non-transferable and will be applied to the normal price at staffed ticket offices on the date of your visit. To use the discount, you must show an accreditation card with a valid QR code from Liseberg. The offer is valid August 12–26.



2. ORGANIZATION

2.1 World Masters Athletics

World Masters Athletics (WMA), originally established as the World Association of Veterans Athletes (WAVA), was founded on August 9, 1977 in Sweden. The organization plays a crucial role in the world of athletics for masters, which includes women and men aged 35 and over. WMA's primary responsibilities are to organize, regulate and manage athletic events for masters. It also sanctions the Masters Athletics World Championships and various other international competitions. Additionally, WMA ratifies and records masters world records in different five-year age categories, maintaining comprehensive statistics and best performance records. Beyond competition, WMA promotes friendship, understanding and cooperation among athletes through the spirit of masters athletics.

2.2 WMA Council

FIRST NAME	LAST NAME	TITLE
Margit	Jungmann	WMA President
Lynne	Schickert	WMA Executive Vice President
Alan	Bell	WMA Vice President (Competition)
Jean	Thomas	WMA Treasurer
Juan	Ordoñez	WMA Secretary
Antti	Pihlakoski	World Athletics Representative

2.3 WMA Area Representatives

FIRST NAME	LAST NAME	TITLE
Léonie	Etong	Regional Representative Africa
Sivapragasam	Sivasambo	Regional Representative Asia
Walentina	Fedjuschina	Regional Representative Europe
Guillermo	Guzmán	Regional Representative North & Central America & Caribbean
Cameron	Burrows	Regional Representative Oceania
Richard	Amigo	Regional Representative South America

2.4 WMA Competition Management Team

FIRST NAME	LAST NAME	TITLE
Richard	Amigo	Non-Stadia Management Team
Carlos	Barrios	ITO & International Race Walk Judge
Giovanni	Cardona	ITO
Christine	Courtney	Safety Officer
William (Bill)	Courtney	Safety Director
Helena	Carvalho	Call Room Director
Archie	Jenkins	WMA Competition Director - Non-Stadia
Martin	Johnson	ITO
Peter	Kerner	ITO
Brian	Keaveney	Non-Stadia Management Team
Janusz	Krynicky	ITO & International Race Walk Judge
Keith	Lively	Information Technology Manager
William (Bill)	Murray	Combined Events Director
Sandy	Pashkin	Technical Information Manager
Stanley	Perkins	Chairman - Jury of Appeal
Vesna	Repic-Cujic	Chief International Race Walk Judge
Michael	Serralta	WMA Competition Director
Gordon	Staines	International Starter
Selma	Turkkal	Medical Delegate
David	Vidler	International Photo Finish Judge
Fennie	Van Osch	Liaison Manager
Matthew	Vine	Combined Events Co-ordinator

2.5 Gothenburg Athletics

The Gothenburg Athletics Association is a prominent entity among the nine sports organizations under Swedish Athletics, serving as a key member and the national governing body for track and field in Sweden. Committed to the development of its 52 affiliated associations, Gothenburg Athletics aims to help them advance and cultivate a strong, home-like community. The district's vision is to promote athletics as an inclusive and lifelong sport, striving to create a supportive environment for elite athletes.

2. ORGANIZATION

2.6 Local Organizing Committee

FIRST NAME	LAST NAME	TITLE	ORGANIZATION
Anders	Prytz	Chairman Gothenburg Association	Gothenburg Athletics Association
Eva-Lena	Frick	Secretary General	Gothenburg Athletics Association
Stefan	Olsson	Secretary General	Swedish Athletics Federation
Ulrika	Granfors	Representative	Swedish Athletics Federation
Magnus	Malmsborg	Event Manager	Swedish Athletics Federation
Karin	Schön	Chairwoman	Swedish Masters Athletics
Marika	Greberg	Representative	Gothenburg Athletics Association
Magnus	Hallberg	Event Director	Göteborg & Co
Henrik	Jutbring	Event Director	Got Event
Johan	Sävhave	Director	Sports & Association Management of Gothenburg

2.7 Local Competition Committee

FIRST NAME	LAST NAME	TITLE
Anna	Hellsten Kronander	Throws Manager
Jakob	Lindbom	Chief Technical Manager
Johan	Lindh	Officials Coordinator
Ulrika	Molinder	Track Manager
Åsa	Persson	Secretariat Manager
Mikael	Romell	Competition Director
Christer	Strand	Jumps Manager
Mats	Svensson	Honorary Member
Daniel	Thunberg	Call Room Manager

2. ORGANIZATION

2.9 WMA Appointed International Volunteer Officials (IVO)

FIRST NAME	LAST NAME	NATIONALITY
Small	Boucetta	ALG
Richard	Boyd	USA
Joyce	Burrows	USA
Dino	Chiabai	ITA
Peter	Collerton	NZ
Kathryn	Dertinger	CAN
Clarisse	Duarte	POR
Paula	Everdell	USA
Christine	Graham	AUS
Erja	Heimonen	FIN
Michael	Holmes	AUS
Michael	Van Osch	NED
Sofia	Hove	ITA
Leo	Ibanez Gallegos	ESP
Michael	Kempf	USA
Robert	Kern	USA
Lynne	Kozina	CAN
Landen	Lama	USA
Ilaria	Malcangi	ITA
Lynne	Marr	UK
Phil	Martin	CAN
Lynne	Mc Ferran	CAN
Vinesh	Midha	CAN
Birgitta	Muehlberger	AUT
Krzysztof	Mulawa	POL
Almudena	Pardo Alvarez	ESP

FIRST NAME	LAST NAME	NATIONALITY
Toni	Petts	AUS
Jane	Pidgeon	GBR
Fred	Pidgeon	GBR
Betsy	Reed	USA
Franz	Schestack	AUT
Robert	Schickert	AUS
Aaron	Stemmler	CAN
Muhsin	Turkkal	TUR
Lorraine	Vidler	UK
Alcmena	Monique White	USA
Takeshi	Yamazaki	JPN

COMPEX 



Visit our booth to test the latest recovery technology!

Use code **2024WMAC**
for **20% OFF** on [compex.com](https://www.compex.com)

3. VENUES

3.1 House of Athletics

The House of Athletics is a powerhouse. It is a house where history unfolds in stunning tales and Olympic titans forge their destinies. Most importantly, it is a place where many children play, run and jump towards their dreams every day. For the championships, all participants are welcome to use the indoor arena for training and warm-up. The house will also host many important service functions during the event, such as the Technical Information Center. The layout and opening hours of the House of Athletics is shown in Appendix 1.

Service Facilities

TIC Area
 Accreditation Center
 Athletes' Registration Pack
 Service Store
 Expo

Training Facilities

- 200m Track
- 60m Sprint
- Long Jump
- Triple Jump
- Pole Vault
- High Jump
- Shot Put

3.2 Slottsskogsvallen

Slottsskogsvallen, located in central Gothenburg and right next to the House of Athletics, will once again host the World Masters Athletics Championships. The stadium celebrated its 100th anniversary in 2023, and the city undertook extensive renovations to restore its historical and colorful glory. The tracks will be replaced just in time for the opening ceremony to ensure they are in perfect condition for the championship.

Set amidst the beautiful surroundings of the City Forest, Slottsskogsvallen will serve as the main stadium and the beating heart of the championship experience. Slottsskogsvallen and its surroundings are shown in Appendix 2.

Service Facilities

- Dressing Rooms
- Medical Services
- Media Center
- Coffee Shop



Competition Facilities

- 8-lane 400m track
- High Jump beds
- Pole Vault beds
- Long Jump/Triple Jump pits
- 1 Shot Put area
- Cages for rotating throws
- 2 Javelin run ups

3.3 Björlanda Athletics Center

Björlanda Athletics Center is located on the north side of the river and is a brand-new stadium designed for modern competitions. Built for the World Masters Athletics Championships and the future of the sport, it boasts impressive facilities and infrastructure.

The stadium is the largest of its kind in northern Europe, optimized for competitions at all levels. It includes all necessary service facilities, making it an ideal venue. Despite its location, free shuttles for athletes and accompanying persons from the main stadium will be provided for easy access. The layout of Björlanda Athletics Center House is shown in Appendix 3.

Service Facilities

- Parking
- Drop-Off and Pick-Up point
- Dressing Rooms
- Warm-up Area
- Media Center
- Volunteer Service Center
- Medical Services
- Food Court and Coffee Shop

Competition Facilities

- 8-lane 400m track
- High Jump beds
- Pole Vault beds
- 2 Long Jump/Triple Jump pits
- 2 Shot Put areas
- 3 Cages for rotating throws
- 4 Javelin run ups

3. VENUES

3.4 Ullevi Stadium

Ullevi Stadium, located in central Gothenburg, is a prominent multi-purpose venue with a rich history of hosting iconic sporting events. Originally built for the 1958 FIFA World Cup, it has also hosted the 1995 World Athletics Championships and the 2006 European Athletics Championships. The stadium's 9-lane tracks have been recently renovated, making them ready to host some of the track events during the championships. Ullevi Stadium and its surroundings are shown in Appendix 4.

Service Facilities

- Parking
- Drop-Off and Pick-Up point
- Dressing Rooms
- Office and meeting spaces
- Warm-up Area
- Media Center
- Volunteer Service Center
- Medical Services
- Restaurant and Coffee Shops

3.5 Slottsskogen City Park

Slottsskogen City Park is one of Sweden's oldest, largest and most beloved city parks. Since 1874, its lush flora and fauna have made it the locals' top pick for a sunny day.

The park is located in the city center and right next to our main stadium. During the championships, it will serve as the venue for the 10K Road Walk, 20K Road Walk, 10K Road Run, Half Marathon, and Cross Country competitions. Slottsskogen City Park and its surroundings are described further in the section on Non-Stadia Competitions.

Service Facilities

- Parking
- Dressing Rooms
- Warm-up Area
- Medical Services
- Secure Bag-drop

3.6 Athletes' Village

The area surrounding the main stadium will serve as our primary service area and the center of the championship experience. Welcome to the Athletes' Village, where you can enjoy good



company, a beautiful Swedish summer and a vibrant championship atmosphere. The layout of the Athletes' Village and the program for social functions is shown in Appendix 5.

Service Facilities

- Parking
- Drop-Off and Pick-Up point
- Warm-up Area
- Volunteer Service Center
- Food & Drinks
- Medal Plaza
- Camp Sweden

4. TRANSPORT

4.1 Arrival by Air

Traveling from Landvetter Airport to Göteborg City Center is simple and convenient. Various transportation options are available for travel from the airport to the city center including rental cars, taxi services and buses located just outside the arrival hall. The journey takes approximately 20 minutes. Airport Coaches (Flygbussarna), offering shuttle buses with multiple stops in the city, provides an option at around €12 (129 SEK). Tickets can be purchased in advance online or on-site.

4.2 Arrival by Road

Gothenburg is easily accessible by car. The city is well-connected to the European road network, with major highways converging in the region. E6, a significant north-south route, links Gothenburg to Oslo and Copenhagen, while the E20 connects the city to Stockholm and the rest of the Swedish road network. Please note that Gothenburg has a congestion charge system, so be prepared for tolls when driving in and out of the city center. At all our competition venues, parking facilities are provided and are subject to a fee.

4. TRANSPORT

4.3 Arrival by Rail

The city boasts excellent rail connections, with the Central Station (Göteborgs Centralstation) serving as a major transportation hub. High-speed trains from major European cities and well-connected regional lines make traveling by rail a convenient option. Once you arrive at the Central Station, you are just a short distance from the competition venues. The main stadium is easily accessible via a quick tram or bus ride.

4.4 Transport to the Competition Venues

Transportation around the city, including travel to the competition venues, is the responsibility of the athletes. Free public transportation is not provided. However, the LOC supports the use of the public transportation system, which is extensive, with over 200 trams and 133 stops.

Once you enter the city, the efficient public transportation system makes it easy to explore and move around. Trams, buses and ferries weave through Gothenburg, ensuring you can effortlessly reach every corner of the city and its surrounding areas. The public transportation system is operated by Västtrafik. Their app, *Västtrafik Travel Planner*, is an excellent tool for finding and planning your journeys. Our venue maps include information about the nearest stops to each competition site.

4.5 Stadium to Stadium Travel

The organizer provides a free shuttle bus service to and from Slottsskogsvallen, Björlanda Athletics Center and Ullevi Stadium. This service is available to all accredited individuals including athletes, team members, accompanying persons and officials. Buses depart from each drop-off and pick-up point every half hour. The timetable and route information can be found in Appendix 6. For Non-Stadia events in Slottsskogen, it is just a short walk from the main stadium.

4.6 Team Transportation Offer

Our official transportation partner Västanhede offers the perfect solution for airport transfers for larger teams or groups.

Book a private transfer bus to ensure a smooth and hassle-free journey. These buses can accommodate up to 50 passengers. To express your interest, please email transportation@2024wmac.com and include the following information:

- Number of people
- Desired pick-up time
- Pick-up and drop-off locations

Your booking will be confirmed via email. The last day to express interest is July 30. The price for a one-way ride is €450 (4 900 SEK) per bus.

4.7 Parking at the Competition Venues

Parking facilities are provided at all competition venues and are subject to a fee.

Slottsskogsvallen & House of Athletics

Participant and visitor parking is available directly adjacent to the venues. Detailed information is specified in the layout of the Athletes' Village in Appendix 5. A daily fee of €6 (65 SEK) applies, and parking can be paid for with cash or via Swish.

Björlanda Athletics Center

Free participant and visitor parking is located 500 meters from the competition venue. Limited paid parking is available right across the street from the stadium at a rate of €0.70 (8 SEK) per per hour. Payment can be made at the regular parking meters or via the *Parkering Göteborg* app. This parking is managed by the city's regular parking system and is not overseen by the organizer. For details, please refer to the layout of the Björlanda Athletics Center in Appendix 3.

Ullevi Stadium

Participant and visitor parking is available directly adjacent to the competition venue. There is also an underground parking garage at the stadium. A fee applies at a rate of €2.40 (25 SEK) per hour, and payment is made at the regular parking meters or via the *Parkering Göteborg* app. This parking is managed by the city's regular parking system and is not overseen by the organizer.

4.8 Transportation of Vaulting Poles

Each athlete is responsible for organizing transportation of their poles until arrival to the competition venue.

5. ACCREDITATION

In general, an accreditation card is proof of authority to access specific zones to carry out a function. It will contain numbered Accreditation Zones, indicating the specific access privileges for the holder.

All athletes, team managers, accompanying persons and registered team support personnel will receive an accreditation card, which must always be worn and clearly visible. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. The holder is granted access rights only to the zones indicated on the front and shall use the designated entrances accordingly. Only athletes who are about to compete will have access to the Call Room and to the infield – escorted by the Officials. A replacement for a lost or damaged accreditation pass can be purchased at Accreditation Centre for €20 (200 SEK).

6. TECHNICAL INFORMATION CENTER

The TIC is located in the House of Athletics and serves as the main service and information hub for all participants. The main function of the Technical Information Center is to ensure smooth communication between each athlete and team delegations, the LOC, World Masters Athletics and the Competition Management. It will operate from one hour before the first event until one hour after the last event. The layout and design of the TIC are shown in the Stadium Laour for the House of Athletics in Appendix 1.

6.1 TIC Services

- Athletes' Registration Pack
- Accreditation
- Confirmation
- Schedule Changes
- Processing of Appeals
- Event Cancellation Form
- Non-Stadia Team Declaration Form
- Stadia Relay Form
- Team Managers Form
- Medal and Diploma Collection
- Lost Properties
- General Information
- Language Services

6.2 TIC Sales

- Medal engraving
- Diplomas
- Official Merchandise
- Replacement Accreditation Card
- Replacement Bibs
- Printed Competition Handbook

6.3 TIC Opening Hours

SUNDAY	11 AUG	12:00-18:00
MONDAY	12 AUG	12:00-20:00
TUESDAY	13 AUG	06:30-21:00
WEDNESDAY	14 AUG	06:30-21:00
THURSDAY	15 AUG	06:30-21:00
FRIDAY	16 AUG	11:00-18:00
SATURDAY	17 AUG	06:30-20:00
SUNDAY	18 AUG	06:30-20:00
MONDAY	19 AUG	06:30-20:00
TUESDAY	20 AUG	06:30-20:00
WEDNESDAY	21 AUG	11:00-18:00
THURSDAY	22 AUG	06:30-20:00
FRIDAY	23 AUG	06:30-20:00
SATURDAY	24 AUG	06:00-22:00
SUNDAY	25 AUG	06:00-21:00

7. CHAMPIONSHIP MEETINGS

7.1 Team Managers Meetings

The Team Managers Meeting Room is located on the second floor of the House of Athletics, next to the main stadium. The first Team Managers Meeting will be held on Monday, 12 August at 15:00, before the opening ceremony.

Starting from Wednesday, 14 August, Team Managers Meetings will be held daily at 09:00 in the Team Managers Meeting Room.

There will be no Team Managers Meeting on the non-competition days, 16 August and 21 August, nor on the last day of competition, Sunday 25 August.

Team Managers must submit all questions using the Team Managers Form by 18:00 at the TIC. Reports from the daily Team Managers Meetings will be posted on the 2024 WMAC official website.

7.2 Officials Briefings

All Officials Briefings will take place on 12 August at the House of Athletics before the opening ceremony. All technical officials attending the briefing are requested to collect their accreditations at the volunteers service center before the meeting starts. For more details, please visit the 2024 WMAC official website and the Championship Team section.

7.3 WMA Meetings

The WMA General Assembly is a meeting held in conjunction with each WMA World Championship Stadia and consists of the WMA Council and the delegates appointed by Affiliates.

At a General Assembly, Council Officers' reports are presented for approval, WMA Office Bearers are elected and proposed amendments to the Constitution, Bye-Laws or Rules of Competition are agreed or rejected according to the voting rules. Bids to host future WMA championships are also sanctioned.

Other interested parties may attend the General Assembly but do not have voting rights.

The WMA General Assembly will be held at Ullevi Lounge at Ullevi Stadium, on Friday 16 August 2024 commencing at 09:00. Delegate registration will commence from 07:30 and Delegates must be seated by 08:50. Up to 160 participants are expected to attend.

7.4 Committee and Regional Meetings

Regional and Committee meetings will be held in several rooms at the House of Athletics on Wednesday, 21 August 2024, at designated times. These times will be posted for team managers at the Team Managers Meetings and on the LOC official information board. Separate team meetings for countries can be booked through the TIC.

8. ATHLETES' STEPS TO COMPETE

STEP 1

Visit the Technical Information Center (TIC) at the House of Athletics to obtain your Athletes' Registration Pack and your Accreditation Pass. The Athletes' Registration Pack will include two competition bibs, safety pins and a bag tag to attach to your bag. To collect your Registration Pack and Accreditation Pass, you must present a passport or other government-issued identification with picture included.

STEP 2

Confirm your participation by 17:00 the day before your event. Exceptions are the non-stadia events, which do not require confirmation. You can confirm your participation in two ways:

Option 1: Through the Roster Athletics app. A confirmation receipt will be sent to you via email.

Online self-confirmation opens on 25 July 2024. Instructions for confirming your participation online can be found in Appendix 7.

Option 2: In person at the Confirmation Desk in the TIC area. You will receive a paper receipt directly upon confirmation at the TIC.

STEP 3

A Call Room will be conducted at each venue. Athletes must report to the Call Room by the scheduled time for each event. The location of the Call Room is specified on each competition venue layout.

9. SECURITY

9.1 General Information

The safety and security of all guests at the 2024 World Masters Athletics Championships is a top priority. Contracted security officers and volunteers will maintain the security of all competition venues during the day and overnight.

Enhanced security measures will be in place, including increased access controls. All participants may be subject to bag checks and other security screenings upon entering the venues.

If you witness any incidents related to security, please report them immediately to event staff or the nearest security guard. It is important to report every incident, suspected or real, to enable decision-makers to take action to protect all participants at the championships.

9.2 Prohibited Items and Practices

The following items and practices are prohibited at the 2024 World Masters Athletics Championships competition and event venues:

- Glass objects
- Explosive devices
- Large banners or banners with commercial messages or offensive references
- The distribution of flyers or any materials not approved by the 2024 Gothenburg LOC
- Unauthorised tables or stands
- Items or practices forbidden by law in Sweden

9.3 Secure Bag Drop

Secure bag drop areas will only be available at non-stadia events.

9.4 Lost Property

Items found during the event will be stored at the welcome desk at each venue until the end of each competition day. Each night, lost property will be transported to the TIC at the House of Athletics. To recover any lost items, please make inquiries at either the venue welcome desk or the service desk within the TIC.

9.5 Competition Safety Officers

The WMA Council has appointed a Safety Director who has overall responsibility for the safety of athletes competing in the championships, safety aspects at competition venues and generally ensuring the overall safety of all aspects of the competition. The Safety Director will be supported by a team of Safety Officers appointed by WMA and the LOC. Safety Officers have the authority to withdraw from competition any athlete whose continued participation in the competition would, in the opinion of the Safety Officers, endanger the athlete's health and/or the safety of the other competitors. The decision to withdraw an athlete from any competition may be exercised by the Safety Director, a Safety Officer or through Deputies appointed to assist the Safety Officers.

Wherever possible the Safety Officers will consult with a medical representative before taking action to withdraw an athlete from competition. Safety Officers and any appointed Deputies will be clearly identified.

9.6 Withdrawal Procedure

Safety Officers or their appointed Deputies will initially orally speak with the athlete to alert them of safety or health concerns, or, if appropriate, issue a yellow card warning to the athlete. If the concerns continue and a decision is taken to remove the athlete from the competition because of health and or safety reasons, a RED card will be shown to the athlete as well as an oral instruction, advising that the athlete has been disqualified. The athlete must then immediately cease to participate in the event and leave the competition area.

10. MEDICAL SERVICES

10.1 Emergency Number

In case of any emergency in Sweden, dial 112. This is the national emergency number and can be used for urgent assistance from the police, fire department or medical services. The operator will direct your call to the appropriate emergency service. The 112 number is available 24/7 and can be called from any phone, free of charge.

10.2 Health Advice

All international visitors are strongly advised to obtain travel insurance, including medical coverage, prior to arriving in Sweden.

10.3 Medical Services at the Competition Venues

First aid services will be available at each competition venue throughout all competition days. Trained first aid personnel will be present from before the first event until after the last. They will circulate around the stadiums to ensure quick accessibility and will also have a primary fixed station marked by dark green beach flags with "Sjukvård" in white, easily identifiable on stadium maps.

Additionally, first aid personnel will be on hand for all non-stadia events, primarily stationed at the start and finish areas.

All personnel will carry defibrillators, which are also located at the House of Athletics and all call rooms. The exact locations of defibrillators are indicated on each stadium map.

10.4 Medical Facilities in Gothenburg

In case of any medical needs during your stay, Gothenburg has several top-tier hospitals ready to assist you. Sahlgrenska University Hospital (Blå Stråket 5, 413 45 Gothenburg), one of the largest in Northern Europe, provides comprehensive specialized services. Östra Hospital (Diagnosvägen 11, 416 50 Gothenburg, known for its excellent maternity and pediatric care, and Mölndal Hospital (Göteborgsvägen 31, 431 30 Mölndal), specializing in orthopedics, geriatrics, and rehabilitation, are also part of the Sahlgrenska network. Remember to carry your identification and event accreditation when visiting any medical facility.

10.5 Team Support Personnel Services and Physiotherapy Provisions

Dedicated areas will be available at each competition venue for team support personnel, such as masseurs and physiotherapists, to set up their working stations. The largest hub will be located at Slottsskogsvallen, indoors and adjacent to the competition area. At Björlanda Athletics Center and Ullevi Stadium, this facility will be offered in dedicated dressing rooms if space permits; otherwise, it will be available outdoors. Only accredited team support personnel will have access to these areas.

The LOC will also provide physiotherapy services in the main stadium for countries that do not have their own physiotherapy support. A booking service for these services will be located at the General Information Desk at the TIC.

10.6 Massage Service

A massage service will be available for all participants at the House of Athletics. Bookings can be made on-site and are subject to availability. The cost is approximately €22.50 (250 SEK) for a 20-minute session. The service, provided by Flexmassage, operates from 11:00-18:00 on competition days.

11. CEREMONIES

11.1 Opening Ceremony

We welcome all athletes, officials and supporters to our official Opening Ceremony at the main stadium. This will be a truly unforgettable evening where we celebrate unity, share our passion and kick off the entire World Masters Athletics Championships together. Key details are as follows:

- **Date:** Monday 12 August
- **Time:** Starts at 18:00
- **Venue:** Slottsskogsvallen (Main Stadium)

The program includes:

- Team Parade
- Inspiring speeches
- Oaths by officials and athletes
- Arrival of the World Masters Athletics Flag
- Captivating entertainment

11. CEREMONIES

Athletes participating in the team parade should gather and check in outside the stadium at the designated location close to the call room at 17:30. The Athletes' Parade will commence shortly after 18:00. Countries will enter the stadium in alphabetical order, with the host country, Sweden, making a grand entrance as the final participant in the Team Parade.

We warmly welcome you to an evening filled with pure passion and excitement!

11.2 Closing Ceremony

We invite all athletes, officials and supporters to join us for the official Closing Ceremony at Medal Plaza. Key details are as follows:

Date: Sunday 25 August

Time: Starts at 17:00

Venue: Medal Plaza (Athletes' Village)

The program includes:

- Inspirational speeches
- WMA Flag ceremony
- Engaging entertainment

Join us for a heartfelt farewell as we celebrate the achievements and memories of this championship. We will also pass the flag to your next host city, Daegu.

11.3 The Medal Ceremony

The medal ceremony is a moment frozen in time where competitors, spectators and the spirit of the sport come together. Each medal represents not just an achievement, but also the stories of challenges overcome, hours of hard training and the unbreakable spirit of the athletes. Welcome to help us in honoring our medalists at the Medal Plaza in the Athletes' Village.

All medal ceremonies, regardless of the competition venue, will take place at Medal Plaza in the Athletes' Village, located just outside the gates of the main stadium.

A daily timetable for medal ceremonies will be published on the official championship website and be displayed on the official LOC information board in the TIC. Athletes are requested to attend the

medal ceremony in an outfit representative of their country. National flags are not allowed during the medal presentation.

During the ceremony, medals will be given to the top three athletes. The winner's national anthem will be played. Diplomas for the top three athletes can be collected in the TIC.

A medal ceremony may be delayed if there is an appeal regarding the results.

Should an athlete not be able to attend their medal ceremony, they may collect the medal from the medal collection desk at the TIC after the ceremony. Team Managers are also permitted to collect medals on behalf of their athletes.

Medal engraving is available for booking at the TIC.

12. ARENA RESTAURANTS AND COFFEE SHOPS

12.1 Slottsskogsvallen

Inside the stadium walls there is a café offering a variety of refreshments and light meals. Available items include coffee, pastries, candy, drinks, wraps, hot dogs and salads.

12.2 Björlanda Athletics Center

Within the stadium, you'll find a cozy café offering a variety of refreshments and light meals. Available items include coffee, pastries, candy, drinks, wraps, hot dogs and salads. Additionally, there will be a food court serving a variety of dishes.

12.3 Ullevi Stadium

The stadium offers a minor coffee shop offering a range of refreshments and light meals like coffee, pastries, candy, drinks and hot dogs. Additionally, a lunch restaurant is available, serving a daily lunch special.

12. ARENA RESTAURANTS AND COFFEE SHOPS

12.4 Athletes' Village

We have established a large event food court with a great atmosphere in the Athletes' Village. Enjoy a tasty daily special and a variety of dishes. In the evening, treat yourself to a delightful dinner menu featuring a range of delicious options. The Athletes' Village also includes a Beer Garden, serving the championship-exclusive Pure Passion Lager.

Down at the Athletes' Village, we will host various themed evenings with fun after-competition events and special deals. Read more about this, how to register and see the full event menu on the official championship website.



Get ready for thrilling rides!

Enjoy a whole day of fun at Liseberg amusement park. As a participant in the competition, you get a 30% discount on admission and a ride pass. In the park you can enjoy delightfully dizzying rides as well as treat yourself to yummy sweets and try your luck at the wheels of fortune. See you soon!

30% one-time discount on an Admission ticket to Liseberg amusement park or on a combined Admission + Ride Pass. The discount is non-transferable and will be applied to the normal price at staffed ticket offices on the date of your visit. To use the discount, you must show an accreditation card with a valid QR code from Liseberg.
The offer is valid August 12–26.

Liseberg



13. MEET THE SPEAKERS

Our announcers and experts will be present at all venues for all competitions, providing commentary and ensuring a great experience of everything happening on the track. In total, they will commentate over 400 hours of athletics. The speakers will be communicating in both English and Swedish. Get to know our speakers better at www.2024wmac.com.

14. WIFI AND INTERNET ACCESS

Free WiFi zones will be available in the main stands at all competition venues, as well as in the House of Athletics and the Athletes' Village. Details about access and connection are provided on-site at each zone.

15. PHOTO SERVICE

Capture Your WMAC Moments with Printbild & Marathon Photos

How It Works

Experience the thrill and excitement of the WMAC events, immortalized through the lens of professional photographers from Printbild & Marathon Photos. Our dedicated event photographers will be present at all venues, capturing almost every memorable moment. Simply wear your BiB number and our cutting-edge facial recognition technology will do the rest.

Comprehensive Coverage

Photographers will be stationed at all facilities throughout the event period, continuously uploading photos so you can relive the action almost in real-time.

Professional Photo Station

Visit our photo station located in the Athletes' Village for perfectly lit and professionally taken portraits. Open every day during the competition, this station guarantees high-quality images that you'll cherish forever.

Purchase Your Personal Photos

Finding and purchasing your photos has never been easier. Simply visit Marathon Photos and search by your BiB number or use facial recognition for convenience.

Pricing

- All Photos Package: €30 (325 SEK)
- Single Photo: €15 (165 SEK)

16. LIVE STREAMING

The World Masters Athletics Championships will be broadcasted live and on-demand from all three stadia events venues. This is made possible through a partnership with the local production company, Transform Media. You can watch all the action on the tailored platform. **Secure your full access at WMAclive.com.**

17. OFFICIAL MERCHANDISE

Pre-ordered merchandise can be picked up at the House of Athletics by presenting your order receipt. Our exclusive collection, featuring awesome hoodies, stylish caps, comfortable track suits, trendy long sleeves and autograph pens, will also be available for purchase on-site in a limited edition. Don't miss the chance to grab these unique items and show your support. For more details and to browse the full range of our merchandise, visit our championship online store: www.shop.2024wmac.com.

18. MEDIA

18.1 Media Enquiries

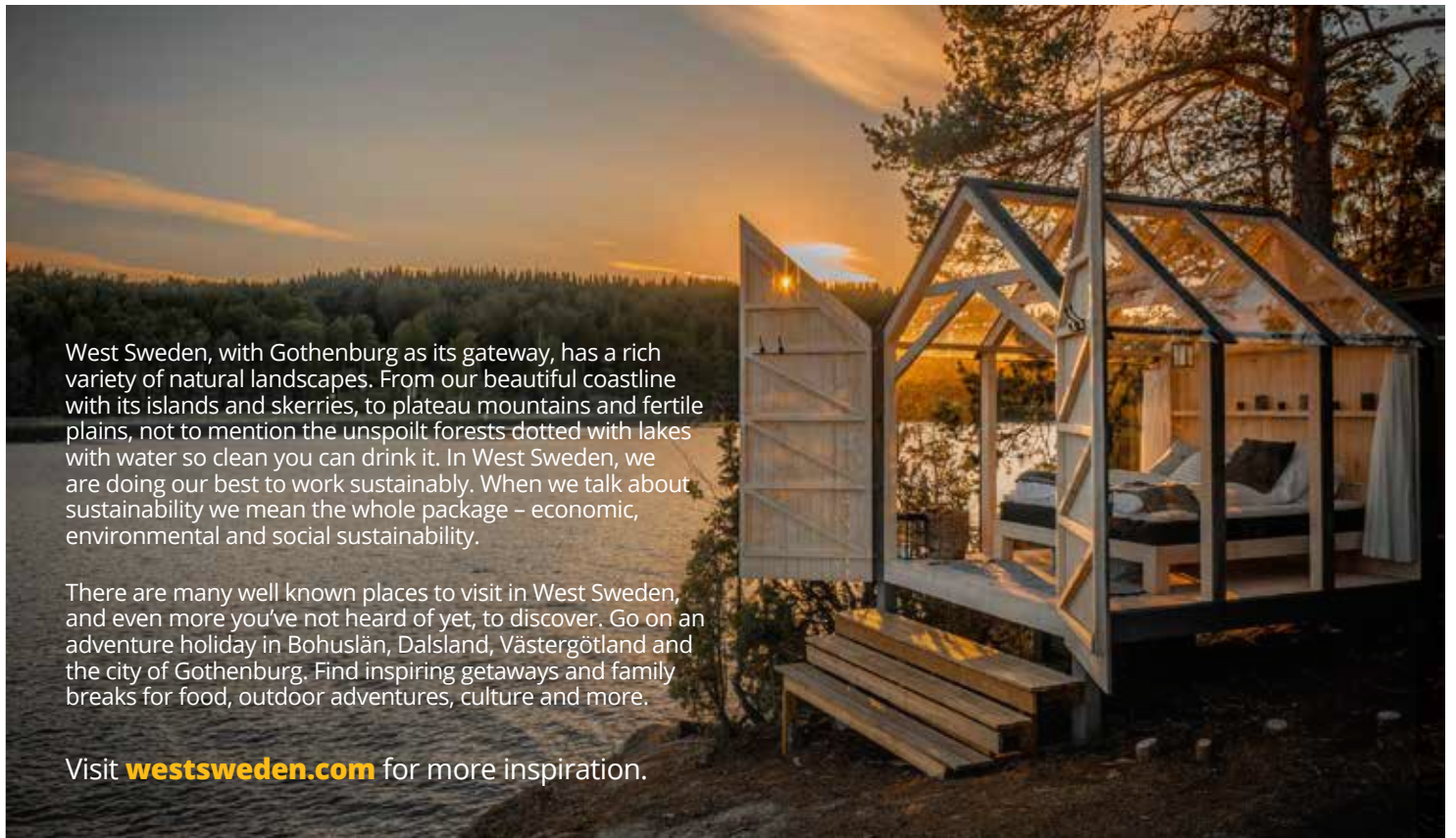
We kindly ask athletes to direct any requests for interviews or comments on matters other than their individual performances to the LOC Media Manager by email at media@2024wmac.com. This will help ensure the accuracy of information and maintain good relationships with the media. We also request that volunteers refrain from giving interviews or appearing in any promotions, advertisements, or endorsements without the prior consent of their Team Manager.

18.2 Media Access

All media representatives attending the 2024 World Masters Athletics Championships must be accredited. Media accreditation passes grant access to the Press Stand and Media Zones or Media Centers at the competition venues. Please refer to the 2024 World Masters Athletics Championships Media Guidelines, available on the official championship website, for more details.



WELCOME TO WEST SWEDEN



West Sweden, with Gothenburg as its gateway, has a rich variety of natural landscapes. From our beautiful coastline with its islands and skerries, to plateau mountains and fertile plains, not to mention the unspoilt forests dotted with lakes with water so clean you can drink it. In West Sweden, we are doing our best to work sustainably. When we talk about sustainability we mean the whole package – economic, environmental and social sustainability.

There are many well known places to visit in West Sweden, and even more you've not heard of yet, to discover. Go on an adventure holiday in Bohuslän, Dalsland, Västergötland and the city of Gothenburg. Find inspiring getaways and family breaks for food, outdoor adventures, culture and more.

Visit westsweden.com for more inspiration.



WEST SWEDEN

GENERAL COMPETITION INFORMATION

19. ENTRIES AND CONFIRMATION

19.1 Final Entries

Refer to the 2024 World Masters Athletics Championships official website: www.2024wmac.com.

19.2 Confirmation of Entries

Athletes **MUST** confirm their participation for each event entered, before the beginning of the first round or the first event of the combined event in the competition. **All confirmations must be completed by 17:00 the day before event.**

You can confirm your participation in two ways:

Option 1: Online through the Roster Athletics app. A confirmation receipt will be sent to you via email. Online self-confirmation opens on 25 July 2024. The deadline for confirmation is 17:00 the day before your event. **Instructions for confirming your participation using the Roster Athletics app can be found in Appendix 7.**

Option 2: In person at the TIC. You will receive a paper receipt directly upon confirmation at the TIC.

Please Note: There is NO confirmation required for any non-stadia event.

19.3 Change of Events

Participants are **not** allowed to change or add events. Athletes may only cancel their registered events through the Roster Athletics app or in person at the TIC.

Important reminders

- An athlete cannot take the place of another athlete in any event.
- Non-compliance with these rules may result in disqualification from the entire competition.

20. COMPETITION PROCEDURES

20.1 Rules of Competition

The World Masters Athletics Championships are governed by the WMA rules of Competition and the technical rules of World Athletics (WA). The WMA Competition Rules are available online at www.world-masters-athletics.org.

20.2 Competition Schedule

The competition schedule, organized by day and site, is provided in Appendix 8 and is also available on the official championship website.

20.3 Schedule Changes

Any change to the competition program will be discussed during the daily Team Managers Meetings and/or through an official notice displayed on the official LOC information boards at each venue. No event will start earlier than the scheduled time on the program.

20.4 Language

Swedish and English will be the primary languages spoken in all 2024 World Masters Athletics Championships Call Rooms. Where possible, French, Spanish and German speaking officials could be available in the Call Rooms. If necessary, athletes may report to the Call Room with an accredited translator.

20.5 Uniform

In WMA Championships, all athletes **MUST** wear a competition top that is approved by their national Masters Member. In WMA Championships where team events are contested, or where an athlete does not have an affiliated Masters Member, it is mandatory to wear a uniform clearly identifying the country that the athlete represents, and which must be accepted by the Call Room Referee or the WMA Technical Delegate. A Club singlet or vest is **NOT** acceptable.

20. COMPETITION PROCEDURES

All advertising on the uniforms of the athletes during the competition and the awards will be in accordance with the rules of World Athletics regarding size and content.

20.6 Competition Bibs

All athletes will receive two bibs and eight (8) pins, which must be collected from the Athletes' Registration Pack area in the TIC. Athletes will also receive a bag tag to label their bags.

In all competitions, the athlete must wear two bibs, properly attached to their competition top, with one bib on the front and one on the back. The exception is for jumps and throws, where the bib may be placed on the front or back or both.

The bibs must not be cut, bent or otherwise modified, under penalty of disqualification. In relay events, athletes wear their own bibs.

Any replacement bib will be charged at a fee of €10 (100 SEK) without a UHF tag (timing chip) and €20 (200 SEK) with a UHF tag. Replacement bibs can be purchased only from the TIC. Payment by cash only.

20.7 Personal Items

Athletes are not allowed to bring or use tape recorders, radios, cell phones, headphones, cameras or any other electronic devices in the competition area. These items will be confiscated and can be recovered in the post-event control room at the end of the event.

Any advertising on athletes' uniforms or bags must comply with WA rules. Items not in compliance will be confiscated and returned at the end of the competition.

21. SPECIAL INFORMATION FOR ATHLETES AND FEDERATIONS

The Gothenburg Championships have exceptionally high entry numbers, requiring special regulations.

Special advancement tables will be used for certain events and distributed to athletes and team managers. More details about the advancement tables can be found under the Stadia Events section.

Athletes are reminded that competition pools are based on their submitted best performance. Those without a submitted performance will be placed in the weakest pool (Pool 1), which competes first. Stronger pools will follow, with the top eight (8) overall competitors advancing to the final three (3) rounds.

This seeding principle also applies to combined events. In vertical jumps with mixed age groups, all athletes will follow the same progression until winners are determined for each age group.

22. TIMING AND PERFORMANCE MEASUREMENT

22.1 Results and Records

The WMA Records Officer automatically records the world records broken during the championships. Broken world records are also immediately visible in the results reporting via Roster Athletics. For enquiries about national records, athletes should contact their team manager.

22.2 Live Results

Live results will be available in the Roster Athletics app and on the official championship website: www.2024wmac.com. For more information, please refer to Appendix 9.

22.3 Post-Competition Procedures and Display of Results

All certified results will be available in the Roster Athletics app and on the official championship website: www.2024wmac.com. The daily results will be displayed on the official LOC information board.

23. PROTESTS AND APPEALS

Protests and appeals must be made in compliance with the rules of the WA and WMA as modified below and appeals submitted no later than one (1) hours after the display of the results. Results will be displayed in the Roster Athletics app and on the official championship website. A Protest is an immediate disagreement about any aspect of any event. An appeal is a disagreement with a Referee's decision about a Protest. There cannot be an Appeal without a Protest being held and a Referee decision.

23.1 Protests

Protests concerning the status of an athlete to participate in the championships must be made to the Technical Delegate(s), prior to the commencement of the competition. If the issue remains unresolved to the athlete's satisfaction prior to the

event's commencement, the athlete will be presented with a red and white card, indicating permission to compete "under protest". The problem will then be referred to the WMA Council for a final decision.

Protests concerning the conduct, or the result of an event should be made immediately to the Judge, preferably the Head Judge, of that event. Judges will do everything possible to preserve the rights of the athlete such as provisionally measuring throws or jumps.

23.2 Appeals

If an athlete disagrees with a decision made by the Referee, the athlete or their team manager may submit a written appeal to the Jury of Appeal. Appeals must be lodged at the TIC, or at the main secretariat at Björlanda Athletics Center and Ullevi Stadium. The time limit for lodging an appeal is one (1) hour from the time the results are posted. The Appeal panel will issue a written decision, which will be available at the TIC.

Appeals must be submitted in writing using the provided form. These forms can be requested from the TIC, the main secretariats at Björlanda Athletics Center or Ullevi Stadium, or downloaded online from the official championship website. The form should be signed by the team manager, the athlete, or an official acting on behalf of the athlete.

A deposit of €100 (1000 SEK) is required to confirm the appeal. If the appeal is not upheld, the deposit will not be returned. Payment must be made in cash only.

24. ANTI-DOPING PROCEDURES

24.1 Anti-doping Control

World Masters Athletics, in collaboration with Swedish Athletics and the LOC, has engaged the services of Swedish Anti-Doping (ADSE) to conduct drug testing as part of the 2024 World Masters Athletics Championships. Testing will be carried out under WA/WMA Rules, in compliance with the World Anti-Doping Agency (WADA) provisions. Representatives from WMA and Swedish Anti-Doping will oversee the anti-doping operations.

24.2 Selection Procedures

If you are selected for a test, a clearly identified and accredited drug testing official (Chaperone) will inform you. You will be escorted to the testing control area for the doping test. Please note, refusing to take the test will be considered equivalent to a positive result.

24.3 Testing Procedures

The testing procedure will be fully explained to you by the control team. You may request information about the drug testing procedure at any time during or after completing the required forms. Any queries or complaints should be noted before signing the forms.

If you have been granted a Therapeutic Use Exemption (TUE), carry a copy with you as proof when being tested and provide details on the drug testing form.

24.4 Athletes' Rights

An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official (DCO, Chaperone) who advises you of the selection will then remain with you until such time as you are presented at the testing control area.

You may nominate another person (one only) to accompany you to the drug testing process. With the consent of your drug testing official, and always in full view of the official, you may:

- Attend a victory ceremony
- Compete in future events
- Receive necessary medical attention
- Fulfil media commitments
- Warm down (cool off) or recuperate

24.5 Athletes' Responsibilities

It is the athlete's responsibility to ensure that the following is done during the sample collection process:

- You are aware of and comply with the WA/WMA/WADA doping control regulations
- You comply with the drug testing procedure
- You control the urine sample until it is sealed in the sample collection kit
- The sealed sample collection kit is secured and identified
- All appropriate documentation is accurate, complete and signed

Note: If any part of the drug testing procedure concerns you it is recommended that you record your concern on the drug testing form and notify your Team Manager or Federation. This form should always be with you and should not be given to anyone else.



WORLD MASTERS ATHLETICS
GOTHENBURG
CHAMPIONSHIPS 2024



WORLD
MASTERS
ATHLETICS

STADIA ***EVENTS***

25. CALL ROOM

Once athletes have reported to the Call Room, they will not be permitted to leave. All necessary information concerning the competition will be provided to the athletes in the Call Room. The Call Room officials will verify the accreditation, competition number, uniform, shoes and personal effects of the athletes. All athletes will be escorted from the Call Room to the competition area.

Athletes must report to the Call Room at the latest at the times shown below:

<i>EVENT</i>	<i>CALL ROOM OPENS Minutes Before Event</i>	<i>CALL ROOM CLOSES Minutes Before Event</i>
ALL TRACK EVENTS	30	20
LONG JUMP	45	35
TRIPLE JUMP	45	35
HIGH JUMP	45	35
POLE VAULT	75	65
DISCUS	45	35
HAMMER	45	35
JAVELIN	45	35
SHOT PUT	45	35
WEIGHT THROW	45	35
DECATHLON DAY 1 AND 2	30	20
HEPTATHLON DAY 1	30	20
HEPTATHLON DAY 2	45	35
THROWS PENTATHLON	45	35

26. COMPETITION SITE EXIT PROCEDURES

In the high jump and pole vault events, athletes are permitted to leave the competition area after they have been eliminated.

In the Combined Events, athletes will leave the track after the event with a Judge. There will be toilets available for athletes during the championship, but it is necessary to be accompanied by a Judge or a technical assistant to use the toilets during the competition.

All athletes must leave the competition area and proceed through the post-event area where athletes will collect their personal belongings.

27. SPIKES

The call room staff will be responsible for checking the spikes on the athletes' shoes. The maximum length spikes for track events will be 7mm, with 9mm for field events.

28. SOLES

All shoes in any event shall not have soles more than 40mm. All shoes with spikes shall not have soles more than 30 mm. The call room chief has the power to check either visually or against the WA list.

29. SEEDING FOR HEATS (RANKING)

There may be heats for running/hurdling events with several rounds from the **80m** up to and including the 1500m, and athletes will be assigned to heats according to the time provided with their entry.

For events with several rounds, the first round (Heats) will always be conducted at the scheduled

time listed in the competition schedule.. If a round needs to be cancelled because of withdrawals, the middle round (Semis) will be cancelled. Finals will always be conducted at finals time.

For longer races with direct finals, athletes will be seeded (ranked) and placed into separate sections based on their time provided with their entry. The slower section (Group B) will be conducted first. The results will consider all finals and will rank the athletes by time.

30. ADVANCEMENT PROCEDURE

Please refer to Appendix 13 for the advancement tables and special advancement tables.

31. WARM UP AREAS

31.1 Slottsskogsvallen

Participants are encouraged to warm up at the indoor hall in the House of Athletics, conveniently located near the competition arena and just a short walk from the Call Room. There are also plenty of spaces available for jogging and stretching in the vicinity of the event area.

31.2 Björlanda Athletics Center

There is a warming-up area on the competition track right next to the Call Room. Additionally, there is a gravel jogging track approximately one kilometer long that stretches around the competition venue.

31.3 Ullevi Stadium

There is a dedicated warming-up area located 100 m from the dressing rooms and the call room. The surface is asphalt.

32. TRAINING SESSIONS

All participants are welcome to train and warm up at the House of Athletics, which includes a fully equipped gym. Accreditation is required for access. Please refer to Appendix 1 for the facility layout and opening hours.

For javelin and rotating throws, there is an opportunity to train at the throwing field right next to the House of Athletics on 16 August and 21 August 21 between 10:00 and 19:00.

33. EQUIPMENT AND IMPLEMENTS

33.1 Use of Official Throwing Implements

The LOC will provide at least three (3) World Athletics implements complying with WA/WMA specifications for each throwing event. Refer to Appendix 10 for implement specifications.

33.2 Use of Official Poles

The LOC will provide a basic range of poles to be used for free by athletes competing in the Pole Vault and Decathlon events. See Appendix 11 for specifications of the poles at each competition site.

33.3 Implement control stations

At Slottsskogsvallen and at Björlanda Athletics Center, there will be Implement Control Stations. These centers will provide all necessary services related to personal equipment according to the regulations in the respective equipment sections. Our Implement Control Stations will begin to operate 12 August. Please refer to the official competition website for operating hours. The location of the Implement Control Stations are displayed on the venue layouts. General operating hours are 07:30-16:00 on competition days and 10:00-16:00 on non-competition days.

33.4 Use of Rental Poles

Pre-ordered rental poles from Nordic Sport are handled by our technical team at the Implement Control

Stations, which will begin to operate 12 August. The pole or poles you have rented will be delivered to you at the venue for your event. If you wish to practice with or prepare your pole in any way before the competition, you can check out your rental pole or poles at the Implement Control Station at Slottsskogsvallen starting from 12 August at 10:00, according to the check-in and check-out details in point 33.5.

• **Rental poles for competitions**

at Slottsskogsvallen: Rental poles checked out for practice or preparation must be checked back in at the Implements Control Station at the venue for your event at least two (2) hours before your age group's starting time. Alternatively, you may place the pole or poles on the transport cart outside the Implements Control Station without checking them in.

• **Rental poles for competitions at Björlanda**

Athletics Center: Rental poles that are checked out for practice or preparation must be checked back in at the Implement Control Station at Slottsskogsvallen by 12 August at 16:00 for transport to Björlanda Athletics Center. Otherwise, they will be handled as personal poles according to point 33.4. Please note that in that case, it is your responsibility to ensure your pole or bag of poles is at the correct venue.

33.5 Personal Poles

Personal poles are permitted for competition, provided they have passed our system for personal poles at our Implement Control Stations. There is an Implement Control Station at Slottsskogsvallen and Björlanda Athletics Center. You can use these centers for storing your poles or bag of poles by checking them in and out with the help of our staff. You can check in and out your poles or bag of poles as many times as you like, and you are free to use whichever Implement Control Station you like with no limit to how long we can store your pole or bag of poles for you. Each time you check in or out your pole or bag of poles, you will receive a receipt. The service is available between August 12 to 25.

33. EQUIPMENT AND IMPLEMENTS

Before your competition, it is your responsibility to ensure your pole or bag of poles is at the correct venue. The following applies:

- Poles or bag of poles for competitions at **Slottsskogsvallen** need to be checked out before your competition. There is a marked transport cart outside the Implement Control Station, labeled with your age category, where you can place your pole or bag of poles. Make sure to place your pole or bag of poles on the transport cart at least two (2) hours before your age group's starting time. They will then be transported to you at the competition site by our competition staff. You can place your pole or bag of poles on the cart without first having to check it in and out. Athletes may collect their pole or bag of poles on the marked transport cart outside the Implement Control Station at Slottsskogsvallen after the event.
- Poles or bag of poles for competitions at **Björlanda Athletics Center** must be checked in at that venue, at least two (2) hours before your age group's start time. These poles or bag of poles should not be checked out again before the competition but will be delivered to you at the competition site. Athletes may collect their poles or bag of poles at the Implement Control Station at Björlanda Athletics Center after the event.

Please note: The organizer does not transport poles or bags of poles between different Implement Control Stations or between venues. It is the participant's responsibility to ensure their pole or bag of poles is at the correct venue. All poles or bag of poles should bear the identification of the athlete (tag of the name, country, gender, event, start number and number of poles per bag).

33.6 Personal Throwing Implements

Personal throwing implements are permitted for competition, provided they have previously been officially checked by the Judge at the Implement Control Station. Personal throwing implements shall only be issued to the specific competition of their owners. Any other competitor in the owner's

specific competition has the right to use that equipment if they so wish. Personal throwing implements will have to be submitted before the Qualification, the submission of new implements before the Finals will not be allowed.

There is an Implement Control Station at Slottsskogsvallen and Björlanda Athletics Center, which will begin to operate 12 August at 10:00. When checking in Personal throwing implements, head to the check-in desk located at the Implement Control Station at the venue for your event. For events starting 10:00 or later, ensure that your Personal throwing implements are checked at least two (2) hours before your age group's start time at the venue for your event. If your event begins before 10:00, the check must be completed by 16:00 the day prior at the Implement Control Station at Slottsskogsvallen, regardless of the venue of your event.

Javelins may only be checked in and checked before 16:00 the previous day at the Check-in desk located at the Implement Control Station at Slottsskogsvallen, regardless of the venue for your event.

Athletes may collect their Personal throwing implements at the end of their event, including all pools and finals. Implements are collected from the Implement Control Station at the venue for your event.

33.7 Hurdles

Please refer to Appendix 12 for hurdle specifications.

34. TRACK EVENTS

34.1 Starting Blocks

Starting blocks are not mandatory, but only starting blocks provided by the LOC will be allowed.

34.2 Starter's Commands

In accordance with WA rules, the starter will give the commands in English.

For races up to and including 400m and 4x100m relays, the commands will be:

1. "On your marks"
2. "Set"
3. Electronic Gun / Pistol

For races from 800m, the commands will be:

1. "On your marks"
2. Electronic Gun / Pistol

34.3 False Starts

For running events, any athlete who makes a false start will be warned with a yellow/black card. Athletes who commit two false starts will be notified by a red/black card and will be eliminated from the competition. This rule also applies to Combined Events.

34.4 Composition of Finals

Please refer to the advancement tables and special advancement tables in Appendix 13. There may be heats for running/hurdling events with several rounds from the 80m Hurdles up to and including the 1500m, and athletes will be assigned to heats according to the time provided with their entry. For events with several rounds, the first round (Heats) will always be conducted at the scheduled time listed in the competition schedule. If a round needs to be cancelled because of withdrawals, the middle round (Semis) will be cancelled. Finals will always be conducted at finals time.

For longer races with direct finals (in age groups with many participants), athletes will be seeded (ranked) and placed into separate sections based on their time provided with their entry. Athletes with no performance time will be randomly placed in the slower sections. The slower sections (eg. Group B and Group C) will be conducted first. The results will consider all finals and will rank the athletes by time.

34.5 Special Advancement Tables

Due to the exceptionally high number of participants registered for this championship, Special Advancement Tables will be used for certain events. The affected events are:

- 100m: W70, M80
- 200m: W70, M80
- 400m: W65, M80
- Short Hurdles: M70
- Long Hurdles: W50, M65, M70
- 1500m: All age categories

These Special Advancement Tables is shown in Appendix 13.

34.6 Timing Chips and Lap Counting

For track events including Steeplechase, 5000m and 5000m Race Walk, lap counting will be in effect at the 2024 World Masters Athletics Championships. We're implementing a Radio Frequency Identification system (RFID) for participant tracking. When collecting your racing bibs for events on the track, each racer will receive a bib with a pre-programmed Ultra High Frequency tag (UHF) already attached on your front bib. Timing and lap-counting on the track will be managed using side-antennas.

A "chip-check station" will be available in the call room to verify chip usage. Lap counting will be clearly displayed for athletes on a monitor positioned close to the finish line.

Important: Please use the bib with the timing chip as your front bib.

34.7 Refreshment Tables

Refreshment tables will be provided in races 5000m and longer.

35. TRACK RELAYS

Relay Team entries must be made using the official form available from the TIC. The Team Manager must hand in the completed form to the TIC before the deadline for each relay.

- Deadline for the 4 x 100m relay entry form is due before 12:00 Friday 16 August 2024
- Deadline for the 4 x 400m relay entry form is due before 12:00 Saturday 24 August 2024

Start times for each age group will be determined after the registration deadline has passed. This information will then be published on the official LOC information board at the TIC and in the competition program on the official championship website.

Any changes to the running order, or the alternates listed on the relays form can be submitted by the Team Manager at the TIC up until two (2) hours before the event start, but no new relay teams or names will be accepted.

Eligibility for relay team participation requires that all athletes entered in the relay must also be registered for at least one individual event. However, actual competition in the registered individual event is not obligatory for relay participation. Athletes must wear their own bibs.

Only one team entry in each age group will be accepted from each country. One team member must be from the entered age group, the other team members may be in the same age group or from an older age group. An athlete can compete for only one age group in the relay.

On the form, the team manager must list the names of four (4) members of the team and, if the team wishes to use substitutes (alternates or reserves), then up to three (3) substitutes must also be listed. The names submitted on the form should show the composition of the relays and the order of running.

Any change to the final running order (using only the runners names submitted on the relay entry form) must be made at the TIC no later than two (2)

hours before the event start. In case of a last-minute injury, the Call Room Referee has the authority to approve a listed substitute.

Affiliates who do not have a team manager should submit their forms directly to the TIC. Relay teams comprising members of several countries or a mixture of men and women will NOT be allowed to run.

36. FIELD EVENTS

36.1 Vertical Jumps

All vertical jump events will be direct finals. **There will be no qualifying rounds.**

For high jump and pole vault, both feet must be off the ground during the jump. Athletes are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the field judge.

For competitions where age categories are mixed, the winner of each age group may request a special height not in usual bar heights normal progression. The other competitors will not be allowed to jump at this special height but will resume the competition at the next official height.

36.2 Starting Heights and Progression In The Competition

The starting heights and progression through the competition are detailed in Appendix 14. The competition will **NOT** start at a height:

- Lower than that indicated in appendices
- Lower than the equipment permits

36.3 Horizontal Jumps and Throws

When there are 25 or more athletes entered, the event may be divided into two groups based on their marks. Athletes with the lower marks will compete in Pool 1, while those with the best submitted marks will compete in Pool 2. If the pools are not performed in parallel, Pool 2 will compete last. After all pools are completed, the eight (8) athletes with

the best performances will have an additional three (3) attempts. The competition order for these final three (3) attempts will be in reverse ranking order based on the results after the first 3 rounds.

Which pool athletes are assigned to will be displayed the evening before in the start list in the Roster Athletics app. The starting lists are also displayed online through the official championship website. If pools are canceled after final confirmation, the direct final with all confirmed athletes will start at the scheduled start time for Pool 2.

37. COMBINED EVENTS

37.1 General Information

The following information is relevant for Decathlon, Heptathlon, and the Throws Pentathlon:

Athletes will only move from one competition area to another as instructed by the Combined Events referee. The referee will be the official source of information for the location and schedule of events. The referee will announce the results to the participants at the end of each event.

Depending on the number of declared athletes, several groups of the same age group can be formed.

The groups of a same age category will have different start times. Group A will be the athletes with the better submitted scores.

37.2 Additional Information for the Throws Pentathlon

- Athletes will be allowed three (3) attempts only
- If several pools are formed, competition will be in parallel or consecutive.
- Pool 2 will be the athletes with the best submitted marks and compete last

37.3 Order of Events for the Decathlon

DAY 1	DAY 2
1. 100m	6. Short Hurdle
2. Long Jump	7. Discus Throw
3. Shot Put	8. Pole Vault
4. High Jump	9. Javelin Throw
5. 400m	10. 1 500m

37.4 Order of Events for the Heptathlon

DAY 1	DAY 2
1. Short Hurdle	5. Long Jump
2. High Jump	6. Javelin Throw
3. Shot Put	7. 800m
4. 200m	

37.5 Order of Events for the Throws Pentathlon

1. Hammer
2. Shot Put
3. Discus
4. Javelin
5. Weight



WORLD MASTERS ATHLETICS
GOTHENBURG
CHAMPIONSHIPS 2024



WORLD
MASTERS
ATHLETICS

NON-STADIA EVENTS

38. GENERAL NON-STADIA EVENTS SCHEDULE

10K ROAD RACE WALK

17 AUGUST	08:00	W60+
17 AUGUST	09:45	W35-W55
17 AUGUST	12:30	M70+
17 AUGUST	15:30	M55-M65
17 AUGUST	17:00	M35-M50

10K ROAD RUN

18 AUGUST	13:00	ALL DIVISIONS
-----------	-------	---------------

CROSS COUNTRY

20 AUGUST	09:00	W70+ & M80+
20 AUGUST	10:00	M70-M75
20 AUGUST	10:50	W60-W65
20 AUGUST	11:40	W50-W55
20 AUGUST	12:30	W35-W45
20 AUGUST	14:00	M60
20 AUGUST	14:03	M65
20 AUGUST	14:50	M50
20 AUGUST	14:53	M55
20 AUGUST	15:40	M35-M40
20 AUGUST	15:43	M45

HALF MARATHON

24 AUGUST	11:00	ALL DIVISIONS
-----------	-------	---------------

20K ROAD RACE WALK

25 AUGUST	09:00	W35+
25 AUGUST	12:00	M60+
25 AUGUST	16:00	M35-M55

39. TEAM MEDALS

Team medals will be awarded for 10 000m Road Race Walk, 20 000m Road Race Walk, Cross Country and Half Marathon.

The rules for Non-Stadia Team Scoring are in the WMA Rules of Competition (Rule 151.2).

If there are three (3) or more athletes in the same age group from a country, the registration of a team is NOT required. Team awards are based on the combined times of the first three (3) athletes of that country in each age group.

To form a team where a country does not have three (3) athletes in the same age group, all of the WMA Competition rules listed in rule 151.2 must be followed, otherwise the team will be disqualified.

The Non-Stadia team registration form is available at the TIC and must be submitted to the TIC at the main stadium before 17:00 on the day before competition for Cross Country, Half Marathon, 10 000 Road Race Walk and 20 000m Road Race Walk.

40. NON-STADIA CONFIRMATION

No final confirmation is required for non-stadia events, athletes may report directly to the call room.

41. NON-STADIA CALL ROOM

Once athletes have reported to the Call Room, they will not be permitted to leave. All necessary information concerning the competition will be provided to the athletes in the Call Room. The Call Room officials will verify the accreditation, competition number, uniform, shoes and personal effects of the athletes. All athletes will be escorted from the Call Room to the competition area.

Athletes must report to the Call Room at the latest at the times shown below.

42. SECURE BAG-DROP

At all non-stadia events, a secure bag drop facility will be available for athletes. Athletes are advised to bring personal bags clearly labeled with their name and bib number, or to use the bag tag provided in the athletes' registration pack. These bags will be stored in a secure location throughout the duration of the event.

<i>EVENT</i>	<i>CALL ROOM OPENS Minutes Before Event</i>	<i>CALL ROOM CLOSES Minutes Before Event</i>
10K ROAD RACE WALK	45	25
10K ROAD RUN	60	40
CROSS COUNTRY	45	25
HALF MARATHON	60	40
20K ROAD RACE WALK	45	25

43. SOLES

All shoes in any event shall not have soles more than 40mm. The call room chief has the power to check either visually or against the WA list.

44. WARM UP AREA

There are warm-up areas available at the start of all non-stadia events.

45. TOILETS

Additional toilet facilities will be provided in the starting and finishing areas of all non-stadia events.

46. MEDICAL SERVICE

Medical staff will be located around the course and close to the finish line.

47. STARTER'S COMMANDS

In accordance with WA rules, the starter will give the commands in English.

1. "On your marks"
2. Electronic Gun / Pistol

IMPORTANT REMINDER



Participating athletes must not be accompanied by persons on bike, running or by other means of transport.

48. TIMING CHIPS AND LAP COUNTING

At the 2024 World Masters Athletics Championships, we're utilizing a Radio Frequency Identification system (RFID) for participant tracking. When collecting your racing bibs for non-stadia events, each racer will receive a bib with a pre-programmed Ultra High Frequency tag (UHF) already attached on your front bib. Timing for non-stadia events will be managed using mats and side-antennas. Lap counting will be clearly displayed for athletes on a monitor positioned close to the finish line.

A "chip-check station" will be available in the call room to verify chip usage. Lap counting will be clearly displayed for athletes on a monitor positioned close to the finish line.

Important: Please use the bib with the timing chip as your front bib.

ROAD RACE WALK

49. ROAD RACE WALK RACECOURSE

Please see Appendix 15 for the competition course for all Road Race Walk events.

50. JUDGES

Road Race-walking will be judged by a team of international race-walking judges (IRWJ). Athletes can be disqualified during or after the race.

51. ROAD RACE WALK REFRESHMENTS

A Refreshment post will be provided at every lap as stated in the rules of World Athletics and WMA.

The athletes are allowed to have their own refreshments. They must be clearly marked with the bib number and will be available on the table for personal refreshments. Athletes are required to give their personal refreshments to the staff at least thirty (30) minutes before the start of the race. For this they must bring the drinks to the tables provided for this purpose in the designated area. A maximum of two officials per country may be stationed behind the drinks table to manage the personal refreshments of the athletes competing. No refreshments to be issued outside the refreshment zone.

Country representatives must not in any way interfere with the progress of the race. An athlete who receives or collects refreshment or water from a place other than the official stations or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card.

52. ROAD RACE WALK AWARDS

52.1 Road Race Walk 10K

Medals will be awarded to the top three (3) individuals in each age category, men and women, at the medal presentation area in the Athletes' Village. There will also be team medals awarded for this event. The team registration form must be submitted to the TIC at the main stadium before 17:00 on Friday 16 August.

52.2 Road Race Walk 20K

Medals will be awarded to the top three (3) individuals in each age category, men and women, at the medal presentation area in the Athletes' Village. There will also be team medals awarded for this event. The team registration form must be submitted to the TIC at the main stadium before 17:00 on Saturday 24 August.

ROAD RUN AND HALF MARATHON

53. ROAD RUN AND HALF MARATHON RACECOURSE

Please see Appendix 16 for the competition course for the 10K Road Run and the Half Marathon.

54. ROAD RUN AND HALF MARATHON REFRESHMENTS

A Refreshment post will be provided at every lap as stated in the rules of World Athletics and WMA.

In the Half Marathon event, athletes are allowed to have their own refreshments. They must be clearly marked with the bib number and will be available on the table for personal refreshments. Athletes are required to give their personal refreshments to the staff at least thirty (30) minutes before the start of the race. For this they must bring the drinks to the tables provided for this purpose in the designated area. A maximum of two officials per country may be stationed behind the drinks table to manage the personal refreshments of the athletes competing. No refreshments to be issued outside the refreshment zone.

Country representatives must not in any way interfere with the progress of the race. An athlete who receives or collects refreshment or water from a place other than the official stations or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card.

55. ROAD RUN AND HALF MARATHON AWARDS

55.1 Road Run 10K

Medals will be awarded to the top three (3) individuals in each age category, men and women, at the medal presentation area in the Athletes' Village. There are no team medals awarded for this event.

55.2 Half Marathon

Medals will be awarded to the top three (3) individuals in each age category, men and women, at the medal presentation area in the Athlete's Village. See Appendix 7 for medal ceremony schedule. There will also be team medals awarded for this event. The team registration form must be submitted to the TIC at the main stadium before 17:00 on Friday 23 August.

CROSS COUNTRY

56. CROSS COUNTRY CATEGORIES

Cross Country races will be conducted in the following categories:

- Male and Female age groups 70 and over: 6km
- Male and Female age groups 35- 65: 8 km

57. CROSS COUNTRY RACECOURSE

Please see Appendix 17 for the competition course for the Cross Country.

58. CROSS COUNTRY REFRESHMENTS

A Refreshment post will be provided at every lap as stated in the rules of World Athletics and WMA. No personal drinks will be allowed.

59. PACING

No pacing will be permitted. It is a disqualification offence.

60. CROSS COUNTRY AWARDS

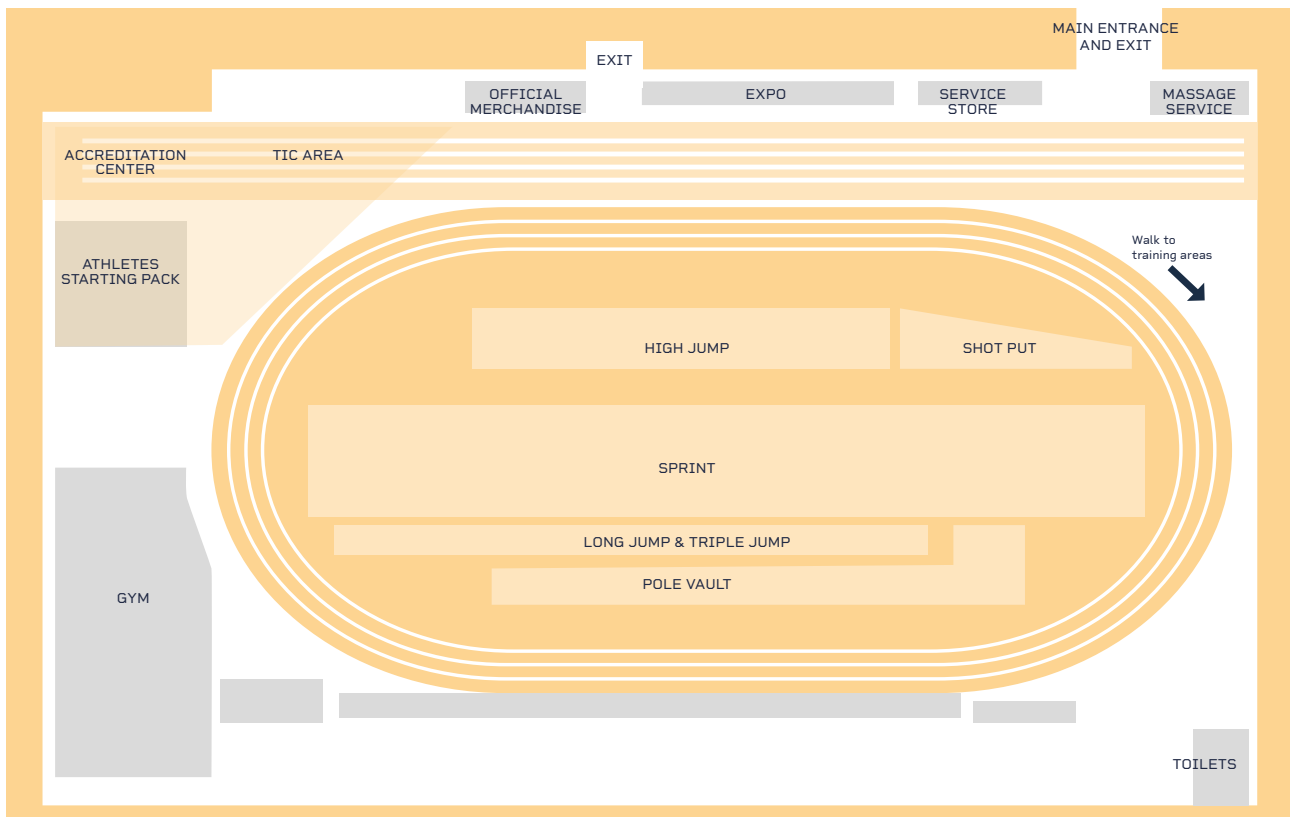
Medals will be awarded to the top three (3) individuals in each age category, men and women, at the medal presentation area in the Athlete's Village. There will also be team medals awarded for this event. The team registration form must be submitted to the TIC at the main stadium before 17:00 on Monday 19 August.

NOW, GO OUT THERE,
HAVE A BLAST.
GO FOR GREATNESS.
GO FULFILL A DREAM.
GO MAKE IT REAL.
JUST GO, CHAMPION.
WE SALUTE YOU.



WORLD MASTERS ATHLETICS
GOTHENBURG
CHAMPIONSHIPS 2024

APPENDIX 1 STADIUM LAYOUT HOUSE OF ATHLETICS



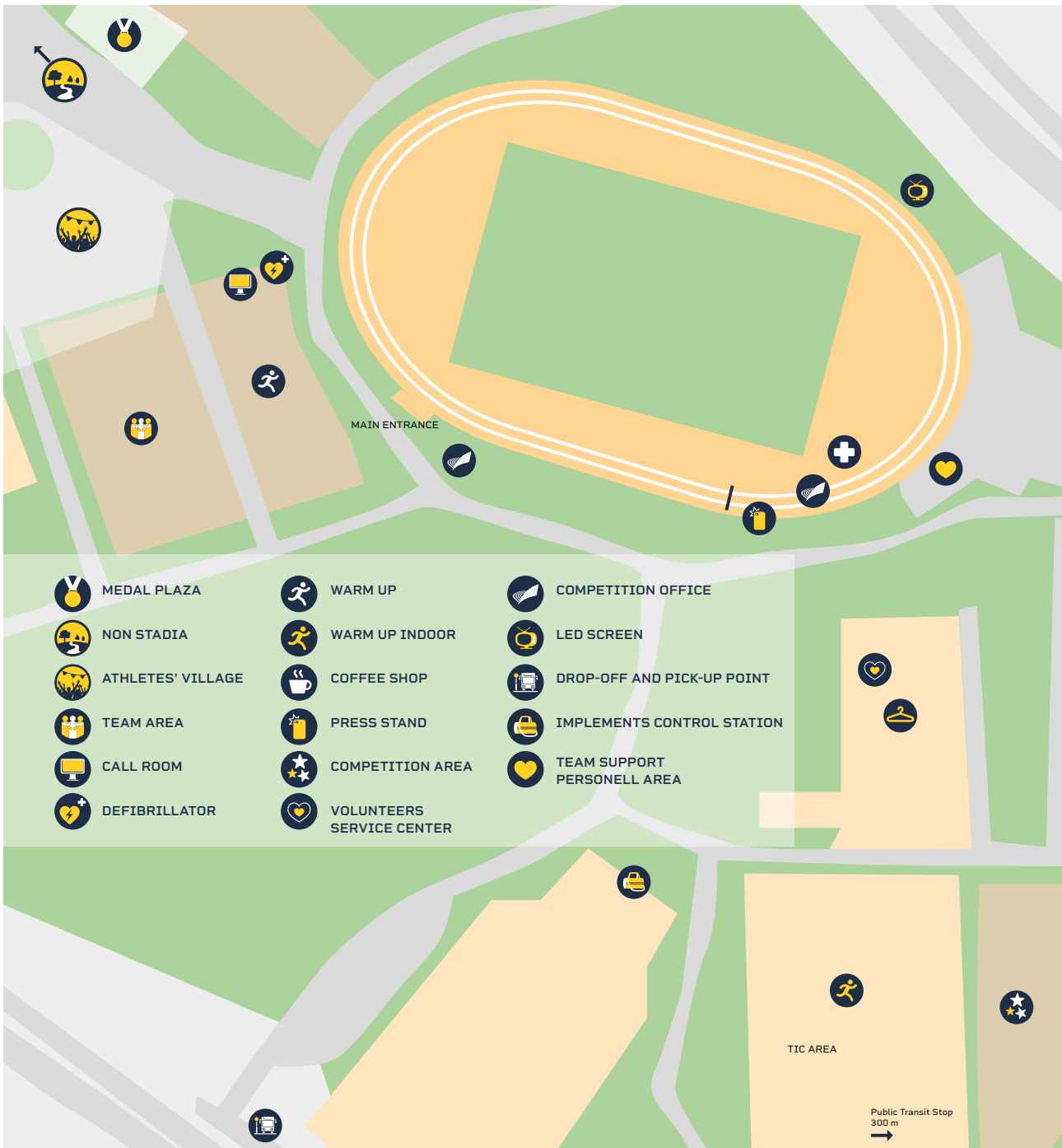
OPENING HOURS

DAY	DATE	OPENING HOURS
SUNDAY	11 AUGUST	12:00 - 18:00
MONDAY	12 AUGUST	10:00 - 19:00
TUESDAY	13 AUGUST	08:00 - 20:00
WEDNESDAY	14 AUGUST	08:00 - 20:00
THURSDAY	15 AUGUST	08:00 - 20:00
FRIDAY	16 AUGUST	10:00 - 19:00
SATURDAY	17 AUGUST	08:00 - 20:00
SUNDAY	18 AUGUST	08:00 - 20:00
MONDAY	19 AUGUST	08:00 - 20:00
TUESDAY	20 AUGUST	08:00 - 20:00
WEDNESDAY	21 AUGUST	10:00 - 19:00
THURSDAY	22 AUGUST	08:00 - 20:00
FRIDAY	23 AUGUST	08:00 - 20:00
SATURDAY	24 AUGUST	08:00 - 20:00
SUNDAY	25 AUGUST	08:00 - 18:00

APPENDIX 2

STADIUM LAYOUT

SLOTTSSKOOGSVALLEN



APPENDIX 4

STADIUM LAYOUT

ULLEVI STADIUM



APPENDIX 5

MAP OF ATHLETES' VILLAGE



- | | | |
|---------------|-----------------|------------------|
| PARKING | CAMP SWEDEN | FOOD & DRINKS |
| TEAM PLAZA | ATHLETE VILLAGE | PARTNER ACTIVITY |
| FACILITY AREA | MEDAL PLAZA | |
| CALL IN | BOULE | |

APPENDIX 6

SHUTTLE BUS TIMETABLE AND ROUTE INFORMATION

SLOTTSSKOGSVALLEN - BJÖRLANDA ATHLETICS CENTER

DAY	DATE	FIRST DEPARTURE	LAST DEPARTURE
TUESDAY	13 AUGUST	07:00	21:00
WEDNESDAY	14 AUGUST	06:30	21:00
THURSDAY	15 AUGUST	06:30	21:00
FRIDAY	16 AUGUST	X	X
SATURDAY	17 AUGUST	06:30	20:00
SUNDAY	18 AUGUST	06:30	20:00
MONDAY	19 AUGUST	06:30	18:30
TUESDAY	20 AUGUST	06:30	19:30
WEDNESDAY	21 AUGUST	X	X
THURSDAY	22 AUGUST	07:00	19:30
FRIDAY	23 AUGUST	06:30	20:00
SATURDAY	24 AUGUST	06:00	21:00
SUNDAY	25 AUGUST	06:30	19:00

BJÖRLANDA ATHLETICS CENTER - SLOTTSSKOGSVALLEN

DAY	DATE	FIRST DEPARTURE	LAST DEPARTURE
TUESDAY	13 AUGUST	08:00	21:30
WEDNESDAY	14 AUGUST	08:00	22:00
THURSDAY	15 AUGUST	08:00	21:30
FRIDAY	16 AUGUST	X	X
SATURDAY	17 AUGUST	08:00	21:00
SUNDAY	18 AUGUST	08:00	21:00
MONDAY	19 AUGUST	08:00	19:00
TUESDAY	20 AUGUST	08:00	20:00
WEDNESDAY	21 AUGUST	X	X
THURSDAY	22 AUGUST	08:00	20:00
FRIDAY	23 AUGUST	08:00	20:00
SATURDAY	24 AUGUST	08:00	22:00
SUNDAY	25 AUGUST	08:00	20:00

SLOTTSSKOGSVALLEN - ULLEVI STADIUM

DAY	DATE	FIRST DEPARTURE	LAST DEPARTURE
WEDNESDAY	14 AUGUST	06:30	21:30
THURSDAY	15 AUGUST	06:30	21:00
FRIDAY	16 AUGUST	X	X
SATURDAY	17 AUGUST	07:30	17:30

ULLEVI STADIUM - SLOTTSSKOGSVALLEN

DAY	DATE	FIRST DEPARTURE	LAST DEPARTURE
WEDNESDAY	14 AUGUST	07:30	22:30
THURSDAY	15 AUGUST	07:30	21:30
FRIDAY	16 AUGUST	X	X
SATURDAY	17 AUGUST	08:00	18:30

APPENDIX 7

ONLINE CONFIRMATION PROCEDURE



Please note

Online self-confirmation opens on 25 July 2024.
The deadline for self-confirmation is 17:00 the day
before your event.

ONLINE CONFIRMATION INSTRUCTIONS

To use online confirmation, please follow these
essential steps to minimize the risk of misuse of the
check-in functionality:

1. Create a Roster Athletics Account:

Download the Roster Athletics app or visit
meets.rosterathletics.com to create your account.

2. Add Athletes for Confirmation:

Log in to meets.rosterathletics.com using the same
credentials you used to create your account.
Add the athlete(s) you wish to confirm online.

3. Wait for Verification:

Allow up to 48 hours for the verification process.

4. Check Athlete Verification:

Once the athlete(s) appear under the "ATHLETE
CHECK-IN" menu in the Roster Athletics app, the
verification process is complete.

The following guide provides detailed instructions
on how to create an athlete profile and confirm par-
ticipation online using the Roster Athletics app.

IMPORTANT: This guide applies to the Roster
Athletics App, version 3.0 and newer. Please ensure
you are using version 3.0 or newer. If your app is
not up to date, please update it and then review this
guide again.

I DON'T HAVE A ROSTER ACCOUNT

If you don't have a Roster account, create one by
going to either (i) the [meets.rosterathletics.com/
public/signup](https://meets.rosterathletics.com/public/signup) page and provide the required infor-
mation, or (ii) the Roster Athletics app and provide
the required information.

I HAVE AN ACCOUNT - BUT NOT AN ATHLETE PROFILE

If you already have a Roster account, go to the web
registration portal at meets.rosterathletics.com
and log in to your account. Once logged in, go to
the **Account > Athletes & relays** and create a new
athlete profile by clicking the **Add athlete/relay**
button and selecting the **Add athlete** option.

In the next step, you must add the **First name**,
Last name, **Date of birth** and select the applicable
Gender, **Country**, and **Club/school** (all these fields
are mandatory).

Please note: If your entry has already been added
by another account (e.g., a coach, federation, etc.),
the athlete profile you've just created will be verified
and matched with the existing athlete on the start
list. The verification process is handled by Roster
Athletics and may take up to 48 hours.

I HAVE AN ACCOUNT AND AN ATHLETE PROFILE

If you already have an account with an athlete pro-
file, you can log in to the Roster Athletics app with
the same log-in credentials.

HOW TO CONFIRM/CHECK-ON ON THE ROSTER ATHLETICS APP?

To check in on the Roster Athletics app, log into the
app and go to the ATHLETE CHECK-IN menu set-
tings option and open an athlete profile by clicking
the name. Open the meeting to see all events with
your athlete on the start list and information about
the check-in deadline and status.

Please note: You will only be able to check in an
athlete once (i) the meeting is open, and (ii) check-in
is enabled by the organizer.

APPENDIX 7

ONLINE CONFIRMATION PROCEDURE



When the check-in is open, you can click the event name and select:

- **Check in** - select if you want to confirm participation.
- **Scratch** - select if you will not compete in the event.

Please note that a scratch in the first child event of a combined event will also cause a scratch in the parent event. A scratch in other child event will change the parent event's status to DNF.

Please note that you must also confirm your participation in each child event of the combined event.

You can edit your check-in status until the check-in deadline. You can also check in the same athlete for multiple events or check in multiple athletes for the same meeting.

Please note: If you do not see the meeting in which you wish to confirm your participation, this means that your athlete profile has not yet been verified and matched with the profile created by the organizer. The verification process is handled by Roster Athletics and may take up to 48 hours.

If you have any issues with the setup process, please contact Roster Athletics at support@rosterathletics.com.

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN TUESDAY 13 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	M85	100M	HEATS	TRACK
08:45	W80	100M	HEATS	TRACK
08:55	M80	100M	HEATS	TRACK
09:15	W75	100M	HEATS	TRACK
09:25	W70	100M	HEATS	TRACK
10:05	M80+	100M	DECATHLON	TRACK
10:25	M55	100M	HEATS	TRACK
11:20	W55	100M	HEATS	TRACK
12:20	W50	100M	HEATS	TRACK
13:00	M50	100M	HEATS	TRACK
14:40	M60	100M	HEATS	TRACK
16:00	M80+	400M	DECATHLON	TRACK
16:15	M65	100M	HEATS	TRACK
17:00	M45	100M	HEATS	TRACK
17:45	W45	100M	HEATS	TRACK
18:05	M90+	100M	FINAL	TRACK
18:10	W85+	100M	FINAL	TRACK
18:15	M85	100M	FINAL	TRACK
18:20	W80	100M	FINAL	TRACK
18:25	M80	100M	FINAL	TRACK
18:30	W75	100M	FINAL	TRACK
18:35	W70	100M	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN TUESDAY 13 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:30	M50	POLE VAULT	FINAL	POLE VAULT 1
10:00	M75	HIGH JUMP	FINAL	HIGH JUMP 1
10:00	W80+	LONG JUMP	FINAL	LONG JUMP 2
10:50	M80+	LONG JUMP	DECATHLON	LONG JUMP 1
12:00	W70	LONG JUMP	FINAL	LONG JUMP 2
12:15	W75	LONG JUMP	FINAL	LONG JUMP 1
13:50	M80+	HIGH JUMP	DECATHLON	HIGH JUMP 1
14:00	W45	POLE VAULT	FINAL	POLE VAULT 1
14:15	M70	LONG JUMP	POOL 2	LONG JUMP 1
14:15	M70	LONG JUMP	POOL 1	LONG JUMP 2
14:55	M70	LONG JUMP	FINAL	LONG JUMP 1
16:45	W50	POLE VAULT	FINAL	POLE VAULT 1

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
10:30	W65	SHOT PUT	FINAL	SHOT PUT 1
12:00	M45	JAVELIN	POOL 1	CAGE / RUN UP 1
12:05	M80+	SHOT PUT	DECATHLON	SHOT PUT 1
13:20	M45	JAVELIN	POOL 2	CAGE / RUN UP 1
13:30	W60	SHOT PUT	POOL 1	SHOT PUT 1
14:10	M45	JAVELIN	FINAL	CAGE / RUN UP 1
14:50	W60	SHOT PUT	POOL 2	SHOT PUT 1
15:40	W60	SHOT PUT	FINAL	SHOT PUT 1

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER TUESDAY 13 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	W55	80M HURDLE	HEPTATHLON	TRACK
08:50	M40	100M	DECATHLON	TRACK
09:20	M75+	2000M STEEPLE	FINAL	TRACK
10:05	M60	100M	DECATHLON	TRACK
10:35	W35	100M HURDLE	HEPTATHLON	TRACK
10:50	W40	80M HURDLE	HEPTATHLON	TRACK
11:10	M70	2000M STEEPLE	FINAL	TRACK
11:30	W70+	2000M STEEPLE	FINAL	TRACK
11:55	W60-65	2000M STEEPLE	FINAL	TRACK
12:15	M65	2000M STEEPLE	FINAL	TRACK
12:40	W55	200M	HEPTATHLON	TRACK
13:30	M60	2000M STEEPLE	FINAL B	TRACK
13:45	M60	2000M STEEPLE	FINAL A	TRACK
14:00	W55	2000M STEEPLE	FINAL	TRACK
14:20	W50	2000M STEEPLE	FINAL	TRACK
15:30	M40	400M	DECATHLON	TRACK
15:55	W35-40	200M	HEPTATHLON	TRACK
16:10	W40-45	2000M STEEPLE	FINAL	TRACK
16:30	W35	2000M STEEPLE	FINAL	TRACK
17:00	M55	3000M STEEPLE	FINAL	TRACK
17:30	M60	400M	DECATHLON	TRACK
18:00	M50	3000M STEEPLE	FINAL	TRACK
18:20	M45	3000M STEEPLE	FINAL B	TRACK
18:35	M45	3000M STEEPLE	FINAL A	TRACK
18:50	M40	3000M STEEPLE	FINAL	TRACK
19:10	M35	3000M STEEPLE	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER TUESDAY 13 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:15	W55	HIGH JUMP	HEPTATHLON	HIGH JUMP 1
09:15	W55	HIGH JUMP	HEPTATHLON	HIGH JUMP 2
09:40	M40	LONG JUMP	DECATHLON	LONG JUMP 1
09:40	M40	LONG JUMP	DECATHLON	LONG JUMP 2
11:00	M60	LONG JUMP	DECATHLON	LONG JUMP 1
11:00	M60	LONG JUMP	DECATHLON	LONG JUMP 2
11:35	W35-40	HIGH JUMP	HEPTATHLON	HIGH JUMP 1
11:35	W35-40	HIGH JUMP	HEPTATHLON	HIGH JUMP 2
13:20	M40	HIGH JUMP	DECATHLON	HIGH JUMP 1
13:20	M40	HIGH JUMP	DECATHLON	HIGH JUMP 2
13:30	M45	LONG JUMP	POOL 2	LONG JUMP 1
13:30	M45	LONG JUMP	POOL 1	LONG JUMP 2
14:30	M45	LONG JUMP	FINAL	LONG JUMP 1
15:15	M60	HIGH JUMP	DECATHLON	HIGH JUMP 1
15:15	M60	HIGH JUMP	DECATHLON	HIGH JUMP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER TUESDAY 13 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	W45	SHOT PUT	FINAL	SHOT PUT 1
09:30	M70	HAMMER	FINAL	CAGE / RUN UP 2
10:55	W55	SHOT PUT	HEPTATHLON	SHOT PUT 2
11:05	M40	SHOT PUT	DECATHLON	SHOT PUT 1
11:10	W70	JAVELIN	FINAL	CAGE / RUN UP 1
11:10	W50	JAVELIN	POOL 1	CAGE / RUN UP 3
11:40	M75	HAMMER	FINAL	CAGE / RUN UP 2
12:30	W50	JAVELIN	POOL 2	CAGE / RUN UP 3
12:35	M60	SHOT PUT	DECATHLON POOL 1	SHOT PUT 1
12:35	M60	SHOT PUT	DECATHLON POOL 2	SHOT PUT 2
13:20	W50	JAVELIN	FINAL	CAGE / RUN UP 3
14:15	W75	HAMMER	FINAL	CAGE / RUN UP 2
14:25	W35-40	SHOT PUT	HEPTATHLON POOL 1	SHOT PUT 1
14:25	W35-40	SHOT PUT	HEPTATHLON POOL 2	SHOT PUT 2
15:50	M50	SHOT PUT	POOL 2	SHOT PUT 1
15:50	M50	SHOT PUT	POOL 1	SHOT PUT 2
16:05	W80+	HAMMER	FINAL	CAGE / RUN UP 2
16:50	M50	SHOT PUT	FINAL	SHOT PUT 1

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN WEDNESDAY 14 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:05	W60	100M	HEATS	TRACK
08:35	W65	100M	HEATS	TRACK
09:00	M65	100M	DECATHLON	TRACK
09:30	M80+	80M HURDLE	DECATHLON	TRACK
09:50	M70	100M	HEATS	TRACK
10:25	M75	100M	HEATS	TRACK
10:50	W40	100M	HEATS	TRACK
11:20	M40	100M	HEATS	TRACK
12:10	W35	100M	HEATS	TRACK
12:35	M35	100M	HEATS	TRACK
13:45	M65	100M	SEMIFINALS	TRACK
14:00	M60	100M	SEMIFINALS	TRACK
14:15	W55	100M	SEMIFINALS	TRACK
14:30	M55	100M	SEMIFINALS	TRACK
14:45	W50	100M	SEMIFINALS	TRACK
15:10	M65	400M	DECATHLON	TRACK
15:30	M50	100M	SEMIFINALS	TRACK
15:50	M80+	1500M	DECATHLON	TRACK
16:10	W45	100M	SEMIFINALS	TRACK
16:25	M45	100M	SEMIFINALS	TRACK
17:00	M65	100M	FINAL	TRACK
17:05	M60	100M	FINAL	TRACK
17:10	W55	100M	FINAL	TRACK
17:15	M55	100M	FINAL	TRACK
17:20	W50	100M	FINAL	TRACK
17:25	M50	100M	FINAL	TRACK
17:30	W45	100M	FINAL	TRACK
17:35	M45	100M	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN WEDNESDAY 14 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:20	W50	HIGH JUMP	FINAL	HIGH JUMP 1
09:30	W45	HIGH JUMP	FINAL	HIGH JUMP 2
09:45	M65	LONG JUMP	DECATHLON POOL 1	LONG JUMP 1
09:45	M65	LONG JUMP	DECATHLON POOL 2	LONG JUMP 2
10:30	M35	POLE VAULT	FINAL	POLE VAULT 1
11:45	M80+	POLE VAULT	DECATHLON	POLE VAULT 2
13:00	M75	LONG JUMP	FINAL	LONG JUMP 1
13:10	M65	HIGH JUMP	DECATHLON POOL 1	HIGH JUMP 1
13:10	M65	HIGH JUMP	DECATHLON POOL 2	HIGH JUMP 2
14:45	M70	POLE VAULT	FINAL	POLE VAULT 2
15:25	M50	HIGH JUMP	FINAL POOL 1	HIGH JUMP 1
15:25	M50	HIGH JUMP	FINAL POOL 2	HIGH JUMP 2

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
10:10	M80+	DISCUS	DECATHLON	CAGE / RUN UP 1
11:00	M65	SHOT PUT	DECATHLON	SHOT PUT 1
11:30	M35	DISCUS	FINAL	CAGE / RUN UP 1
11:30	W50	HAMMER	POOL 1	CAGE / RUN UP 2
12:45	W50	HAMMER	POOL 2	CAGE / RUN UP 2
13:30	W50	HAMMER	FINAL	CAGE / RUN UP 2
14:45	M80+	JAVELIN	DECATHLON	CAGE / RUN UP 1

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER WEDNESDAY 14 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:15	M40	110M HURDLE	DECATHLON	TRACK
08:50	W60-65	80M HURDLE	HEPTATHLON	TRACK
09:15	M40	800M	HEATS	TRACK
10:00	M45	100M	DECATHLON	TRACK
11:00	W70+	80M HURDLE	HEPTATHLON	TRACK
11:25	M60	100M HURDLE	DECATHLON	TRACK
12:00	M55	100M	DECATHLON	TRACK
12:35	W60-65	200M	HEPTATHLON	TRACK
13:00	M45	400M HURDLE	HEATS	TRACK
13:20	M50	400M HURDLE	HEATS	TRACK
13:55	M55	400M HURDLE	HEATS	TRACK
14:30	W35	800M	HEATS	TRACK
15:00	M35	800M	HEATS	TRACK
15:40	W70+	200M	HEPTATHLON	TRACK
16:45	M40	1500M	DECATHLON	TRACK
17:15	M45	400M	DECATHLON	TRACK
17:45	W40	800M	HEATS	TRACK
18:20	W55	800M	HEPTATHLON	TRACK
19:10	W35-40	800M	HEPTATHLON	TRACK
19:30	M55	400M	DECATHLON	TRACK
19:55	M60	1500M	DECATHLON	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER WEDNESDAY 14 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:35	W60-65	HIGH JUMP	HEPTATHLON POOL 1	HIGH JUMP 1
09:35	W60-65	HIGH JUMP	HEPTATHLON POOL 2	HIGH JUMP 2
11:05	M45	LONG JUMP	DECATHLON POOL 1	LONG JUMP 1
11:05	M45	LONG JUMP	DECATHLON POOL 2	LONG JUMP 2
11:20	M40	POLE VAULT	DECATHLON POOL 1	POLE VAULT 1
11:20	M40	POLE VAULT	DECATHLON POOL 2	POLE VAULT 2
11:45	W70+	HIGH JUMP	HEPTATHLON POOL 1	HIGH JUMP 1
11:45	W70+	HIGH JUMP	HEPTATHLON POOL 2	HIGH JUMP 2
12:55	M55	LONG JUMP	DECATHLON POOL 1	LONG JUMP 1
12:55	M55	LONG JUMP	DECATHLON POOL 2	LONG JUMP 2
14:45	M60	POLE VAULT	DECATHLON POOL 1	POLE VAULT 1
14:45	M60	POLE VAULT	DECATHLON POOL 2	POLE VAULT 2
15:05	M45	HIGH JUMP	DECATHLON POOL 1	HIGH JUMP 1
15:05	M45	HIGH JUMP	DECATHLON POOL 2	HIGH JUMP 2
15:15	W55	LONG JUMP	HEPTATHLON POOL 1	LONG JUMP 1
15:15	W55	LONG JUMP	HEPTATHLON POOL 2	LONG JUMP 2
16:25	W35-40	LONG JUMP	HEPTATHLON POOL 1	LONG JUMP 1
16:25	W35-40	LONG JUMP	HEPTATHLON POOL 2	LONG JUMP 2
17:05	M55	HIGH JUMP	DECATHLON POOL 1	HIGH JUMP 1
17:05	M55	HIGH JUMP	DECATHLON POOL 2	HIGH JUMP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER WEDNESDAY 14 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M40	DISCUS	DECATHLON	CAGE / RUN UP 1
10:00	M75	JAVELIN	FINAL	CAGE / RUN UP 2
10:45	W45	JAVELIN	FINAL	CAGE / RUN UP 3
11:20	W60-65	SHOT PUT	HEPTATHLON POOL 1	SHOT PUT 1
11:20	W60-65	SHOT PUT	HEPTATHLON POOL 2	SHOT PUT 2
12:15	M60	DISCUS	DECATHLON POOL 1	CAGE / RUN UP 1
12:15	M60	DISCUS	DECATHLON POOL 2	CAGE / RUN UP 2
12:35	M45	SHOT PUT	DECATHLON POOL 1	SHOT PUT 1
12:35	M45	SHOT PUT	DECATHLON POOL 2	SHOT PUT 2
13:30	M70	JAVELIN	POOL 1	CAGE / RUN UP 3
14:25	W70+	SHOT PUT	HEPTATHLON	SHOT PUT 1
14:50	M40	JAVELIN	DECATHLON	CAGE / RUN UP 1
14:50	M70	JAVELIN	POOL 2	CAGE / RUN UP 3
15:25	M55	SHOT PUT	DECATHLON POOL 1	SHOT PUT 1
15:25	M55	SHOT PUT	DECATHLON POOL 2	SHOT PUT 2
15:40	M70	JAVELIN	FINAL	CAGE / RUN UP 3
16:45	W55	JAVELIN	HEPTATHLON	CAGE / RUN UP 3
17:35	W35-40	JAVELIN	HEPTATHLON	CAGE / RUN UP 2
18:15	M60	JAVELIN	DECATHLON POOL 1	CAGE / RUN UP 1
18:15	M60	JAVELIN	DECATHLON POOL 2	CAGE / RUN UP 3

APPENDIX 8

COMPETITION SCHEDULE

ULLEVI STADIUM WEDNESDAY 14 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:05	W55	5000M	FINAL	TRACK
08:45	M55	5000M	FINAL C	TRACK
09:20	M55	5000M	FINAL B	TRACK
09:50	M55	5000M	FINAL A	TRACK
10:20	W50	5000M	FINAL B	TRACK
11:00	W50	5000M	FINAL A	TRACK
11:30	W45	5000M	FINAL B	TRACK
12:05	W45	5000M	FINAL A	TRACK
12:35	M70	5000M	FINAL B	TRACK
13:15	M70	5000M	FINAL A	TRACK
13:50	W35	5000M	FINAL	TRACK
14:35	M35	5000M	FINAL C	TRACK
15:05	M35	5000M	FINAL B	TRACK
15:35	M35	5000M	FINAL A	TRACK
16:00	M50	5000M	FINAL C	TRACK
16:30	M50	5000M	FINAL B	TRACK
16:55	M50	5000M	FINAL A	TRACK
17:20	M45	5000M	FINAL B	TRACK
17:50	M45	5000M	FINAL A	TRACK
18:15	W60	5000M	FINAL B	TRACK
18:55	W60	5000M	FINAL A	TRACK
19:30	M60	5000M	FINAL C	TRACK
20:00	M60	5000M	FINAL B	TRACK
20:25	M60	5000M	FINAL A	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVÄLLEN THURSDAY 15 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	M65	100M HURDLE	DECATHLON	TRACK
09:05	M60	300M HURDLE	HEATS	TRACK
09:50	W50	300M HURDLE	HEATS	TRACK
10:20	W55	300M HURDLE	HEATS	TRACK
10:50	M65	300M HURDLE	HEATS	TRACK
11:25	W60	300M HURDLE	HEATS	TRACK
11:45	M70	300M HURDLE	HEATS	TRACK
12:20	M75	300M HURDLE	HEATS	TRACK
12:45	W65	100M	SEMIFINALS	TRACK
13:00	M75	100M	SEMIFINALS	TRACK
13:15	W60	100M	SEMIFINALS	TRACK
13:30	M70	100M	SEMIFINALS	TRACK
13:45	W40	100M	SEMIFINALS	TRACK
14:00	M40	100M	SEMIFINALS	TRACK
14:15	W35	100M	SEMIFINALS	TRACK
14:30	M35	100M	SEMIFINALS	TRACK
15:05	W65	100M	FINAL	TRACK
15:10	M75	100M	FINAL	TRACK
15:15	W60	100M	FINAL	TRACK
15:20	M70	100M	FINAL	TRACK
15:25	W40	100M	FINAL	TRACK
15:30	M40	100M	FINAL	TRACK
15:35	W35	100M	FINAL	TRACK
15:40	M35	100M	FINAL	TRACK
16:00	M65	1500M	DECATHLON	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN THURSDAY 15 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
11:00	M70	HIGH JUMP	FINAL POOL 1	HIGH JUMP 1
11:00	M70	HIGH JUMP	FINAL POOL 2	HIGH JUMP 2
11:05	M75	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
11:30	M65	POLE VAULT	DECATHLON POOL 1	POLE VAULT 1
11:30	M65	POLE VAULT	DECATHLON POOL 2	POLE VAULT 2
14:00	M50	LONG JUMP	POOL 2	LONG JUMP 1
14:00	M50	LONG JUMP	POOL 1	LONG JUMP 2
14:10	M35	HIGH JUMP	FINAL	HIGH JUMP 1
14:50	M40	POLE VAULT	FINAL	POLE VAULT 1
15:05	M50	LONG JUMP	FINAL	LONG JUMP 1

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	M60	JAVELIN	POOL 1	CAGE / RUN UP 1
09:15	M65	DISCUS	DECATHLON	CAGE / RUN UP 2
09:35	M35	SHOT PUT	FINAL	SHOT PUT 1
10:00	M60	JAVELIN	POOL 2	CAGE / RUN UP 1
11:00	M60	JAVELIN	FINAL	CAGE / RUN UP 1
11:30	M40	SHOT PUT	FINAL	SHOT PUT 1
12:00	W40	JAVELIN	FINAL	CAGE / RUN UP 1
13:30	M75	SHOT PUT	FINAL	SHOT PUT 1
14:00	M65	JAVELIN	DECATHLON	CAGE / RUN UP 1
16:00	W35	JAVELIN	FINAL	CAGE / RUN UP 1

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER THURSDAY 15 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:05	M45	110M HURDLE	DECATHLON	TRACK
08:35	M75	800M	HEATS	TRACK
09:00	W70	800M	HEATS	TRACK
09:15	M80	800M	HEATS	TRACK
09:35	M90+	800M	FINAL	TRACK
09:50	W85+	800M	FINAL	TRACK
10:05	M70	800M	HEATS	TRACK
10:50	M55	100M HURDLE	DECATHLON	TRACK
11:30	M50	400M HURDLE	SEMIFINALS	TRACK
11:50	M55	400M HURDLE	SEMIFINALS	TRACK
12:15	W45	400M HURDLE	HEATS	TRACK
12:45	W70	200M HURDLE	HEATS	TRACK
13:00	M80	200M HURDLE	HEATS	TRACK
13:25	M65	800M	HEATS	TRACK
13:50	W65	800M	HEATS	TRACK
14:15	W40	800M	FINAL	TRACK
14:25	M40	800M	FINAL	TRACK
14:35	W35	800M	FINAL	TRACK
14:45	M35	800M	FINAL	TRACK
15:20	W60-65	800M	HEPTATHLON	TRACK
15:40	M60	800M	HEATS	TRACK
16:45	M45	1500M	DECATHLON	TRACK
18:25	W70+	800M	HEPTATHLON	TRACK
19:45	M55	1500M	DECATHLON	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER THURSDAY 15 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
11:00	M45	POLE VAULT	DECATHLON POOL 1	POLE VAULT 1
11:00	M45	POLE VAULT	DECATHLON POOL 2	POLE VAULT 2
12:20	W60-65	LONG JUMP	HEPTATHLON POOL1	LONG JUMP 1
12:20	W60-65	LONG JUMP	HEPTATHLON POOL2	LONG JUMP 2
14:25	M55	POLE VAULT	DECATHLON POOL 1	POLE VAULT 1
14:25	M55	POLE VAULT	DECATHLON POOL 2	POLE VAULT 2
15:15	W70+	LONG JUMP	HEPTATHLON POOL1	LONG JUMP 1
15:15	W70+	LONG JUMP	HEPTATHLON POOL2	LONG JUMP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER THURSDAY 15 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M45	DISCUS	DECATHLON POOL 1	CAGE / RUN UP 1
09:00	M45	DISCUS	DECATHLON POOL 2	CAGE / RUN UP 2
09:45	M80	SHOT PUT	FINAL	SHOT PUT 1
09:45	M50	JAVELIN	POOL 1	CAGE / RUN UP 3
11:15	M50	JAVELIN	POOL 2	CAGE / RUN UP 3
11:25	M85+	SHOT PUT	FINAL	SHOT PUT 1
11:45	M55	DISCUS	DECATHLON POOL 1	CAGE / RUN UP 1
11:45	M55	DISCUS	DECATHLON POOL 2	CAGE / RUN UP 2
12:15	M50	JAVELIN	FINAL	CAGE / RUN UP 3
13:45	M70	SHOT PUT	POOL 2	SHOT PUT 1
13:45	M70	SHOT PUT	POOL 1	SHOT PUT 2
13:45	W60-65	JAVELIN	HEPTATHLON POOL1	CAGE / RUN UP 1
13:45	W60-65	JAVELIN	HEPTATHLON POOL2	CAGE / RUN UP 2
14:35	M70	SHOT PUT	FINAL	SHOT PUT 1
15:00	M45	JAVELIN	DECATHLON POOL 1	CAGE / RUN UP 1
15:00	M45	JAVELIN	DECATHLON POOL 2	CAGE / RUN UP 2
15:35	W55	SHOT PUT	POOL 2	SHOT PUT 1
15:35	W55	SHOT PUT	POOL 1	SHOT PUT 2
16:35	W70+	JAVELIN	HEPTATHLON	CAGE / RUN UP 2
16:40	W55	SHOT PUT	FINAL	SHOT PUT 1
17:40	W50	SHOT PUT	POOL 2	SHOT PUT 1
17:40	W50	SHOT PUT	POOL 1	SHOT PUT 2
18:00	M55	JAVELIN	DECATHLON POOL 1	CAGE / RUN UP 1
18:00	M55	JAVELIN	DECATHLON POOL 2	CAGE / RUN UP 2
18:40	W50	SHOT PUT	FINAL	SHOT PUT 1

APPENDIX 8

COMPETITION SCHEDULE

ULLEVI STADIUM THURSDAY 15 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:15	M65	5000M	FINAL B	TRACK
08:50	M65	5000M	FINAL A	TRACK
09:20	M75	5000M	FINAL	TRACK
10:05	W65	5000M	FINAL	TRACK
10:55	W75+	5000M	FINAL	TRACK
11:45	M80+	5000M	FINAL	TRACK
13:00	M35	400M HURDLE	HEATS	TRACK
13:15	M40	400M HURDLE	HEATS	TRACK
13:45	W50	800M	HEATS	TRACK
14:30	M50	800M	HEATS	TRACK
15:20	W45	800M	HEATS	TRACK
15:50	M45	800M	HEATS	TRACK
16:40	W55	800M	HEATS	TRACK
17:10	M55	800M	HEATS	TRACK
18:00	W60	800M	HEATS	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN SATURDAY 17 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:25	M70-75	100M	DECATHLON	TRACK
09:05	M60	300M HURDLE	SEMIFINALS	TRACK
09:25	W55	300M HURDLE	FINAL	TRACK
09:30	W50	300M HURDLE	FINAL	TRACK
09:35	M65	300M HURDLE	FINAL	TRACK
10:00	M75	300M HURDLE	FINAL	TRACK
10:10	M70	300M HURDLE	FINAL	TRACK
10:20	W65	300M HURDLE	FINAL	TRACK
10:30	W60	300M HURDLE	FINAL	TRACK
11:00	<i>DETAILS LATER</i>	4X100M	FINALS	TRACK
16:20	M70-75	400M	DECATHLON	TRACK
16:30	<i>DETAILS LATER</i>	4X100M	FINALS	TRACK

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:20	M70-75	LONG JUMP	DECATHLON POOL 1	LONG JUMP 1
09:20	M70-75	LONG JUMP	DECATHLON POOL 2	LONG JUMP 2
09:35	M40	HIGH JUMP	FINAL	HIGH JUMP 1
10:10	W40	HIGH JUMP	FINAL	HIGH JUMP 2
10:30	W35	POLE VAULT	FINAL	POLE VAULT 1
10:50	W80+	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
13:00	W70-75	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
13:10	W65	LONG JUMP	FINAL	LONG JUMP 2
14:00	M70-75	HIGH JUMP	DECATHLON POOL 1	HIGH JUMP 1
14:00	M70-75	HIGH JUMP	DECATHLON POOL 2	HIGH JUMP 2
14:05	M55	POLE VAULT	FINAL POOL 2	POLE VAULT 1
14:05	M55	POLE VAULT	FINAL POOL 1	POLE VAULT 2

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN SATURDAY 17 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:45	M45	SHOT PUT	FINAL	SHOT PUT 1
09:05	M55	DISCUS	POOL 1	CAGE / RUN UP 1
10:35	M55	DISCUS	POOL 2	CAGE / RUN UP 1
10:55	M70-75	SHOT PUT	DECATHLON	SHOT PUT 1
11:35	M55	DISCUS	FINAL	CAGE / RUN UP 1
13:20	W55	DISCUS	POOL 1	CAGE / RUN UP 1
13:30	W85+	SHOT PUT	FINAL	SHOT PUT 1
14:50	W55	DISCUS	POOL 2	CAGE / RUN UP 1
15:05	W80	SHOT PUT	FINAL	SHOT PUT 1
15:50	W55	DISCUS	FINAL	CAGE / RUN UP 1
16:55	W70	SHOT PUT	FINAL	SHOT PUT 1

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SATURDAY 17 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	W45	80M HURDLE	HEPTATHLON	TRACK
08:50	M35	100M	DECATHLON	TRACK
09:40	M50	100M	DECATHLON	TRACK
10:20	W50	80M HURDLE	HEPTATHLON	TRACK
10:55	M45	400M HURDLE	FINAL	TRACK
11:10	M50	400M HURDLE	FINAL	TRACK
11:20	M55	400M HURDLE	FINAL	TRACK
11:45	W45	400M HURDLE	FINAL	TRACK
12:10	M80	200M HURDLE	FINAL	TRACK
12:20	W70	200M HURDLE	FINAL	TRACK
12:40	W45	200M	HEPTATHLON	TRACK
14:30	M35	400M	DECATHLON	TRACK
14:55	W75	800M	FINAL	TRACK
15:05	M75	800M	FINAL	TRACK
15:15	W80	800M	FINAL	TRACK
15:25	M80	800M	FINAL	TRACK
15:40	W50	200M	HEPTATHLON	TRACK
16:00	M85	800M	FINAL	TRACK
16:10	W70	800M	FINAL	TRACK
16:20	M70	800M	FINAL	TRACK
16:30	W65	800M	FINAL	TRACK
16:40	M65	800M	FINAL	TRACK
16:50	M60	800M	FINAL	TRACK
18:30	M50	400M	DECATHLON	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SATURDAY 17 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:15	W45	HIGH JUMP	HEPTATHLON POOL 1	HIGH JUMP 1
09:15	W45	HIGH JUMP	HEPTATHLON POOL 2	HIGH JUMP 2
09:35	M35	LONG JUMP	DECATHLON POOL 1	LONG JUMP 1
09:35	M35	LONG JUMP	DECATHLON POOL 2	LONG JUMP 2
10:40	M50	LONG JUMP	DECATHLON POOL 1	LONG JUMP 1
10:40	M50	LONG JUMP	DECATHLON POOL 2	LONG JUMP 2
11:00	W50	HIGH JUMP	HEPTATHLON POOL 1	HIGH JUMP 1
11:00	W50	HIGH JUMP	HEPTATHLON POOL 2	HIGH JUMP 2
12:55	M35	HIGH JUMP	DECATHLON POOL 1	HIGH JUMP 1
12:55	M35	HIGH JUMP	DECATHLON POOL 2	HIGH JUMP 2
13:15	W55	LONG JUMP	POOL 2	LONG JUMP 1
13:15	W55	LONG JUMP	POOL 1	LONG JUMP 2
14:05	W55	LONG JUMP	FINAL	LONG JUMP 1
15:05	W60	LONG JUMP	POOL 2	LONG JUMP 1
15:05	W60	LONG JUMP	POOL 1	LONG JUMP 2
15:25	M50	HIGH JUMP	DECATHLON POOL 1	HIGH JUMP 1
15:25	M50	HIGH JUMP	DECATHLON POOL 2	HIGH JUMP 2
15:55	W60	LONG JUMP	FINAL	LONG JUMP 1

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SATURDAY 17 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	M60	DISCUS	POOL 2	CAGE / RUN UP 1
08:30	M60	DISCUS	POOL 1	CAGE / RUN UP 3
08:35	W75	SHOT PUT	FINAL	SHOT PUT 1
09:00	M80	HAMMER	FINAL	CAGE / RUN UP 2
09:55	M60	DISCUS	FINAL	CAGE / RUN UP 1
10:40	M35	SHOT PUT	DECATHLON	SHOT PUT 1
10:45	M85+	HAMMER	FINAL	CAGE / RUN UP 2
10:55	W65	DISCUS	FINAL	CAGE / RUN UP 1
11:00	W45	SHOT PUT	HEPTATHLON	SHOT PUT 2
12:35	M50	SHOT PUT	DECATHLON POOL 1	SHOT PUT 1
12:35	M50	SHOT PUT	DECATHLON POOL 2	SHOT PUT 2
13:30	W40	HAMMER	POOL 1	CAGE / RUN UP 1
13:30	W40	HAMMER	POOL 2	CAGE / RUN UP 2
14:15	W40	HAMMER	FINAL	CAGE / RUN UP 2
14:20	W50	SHOT PUT	HEPTATHLON	SHOT PUT 1
14:50	W60	DISCUS	POOL 2	CAGE / RUN UP 1
14:50	W60	DISCUS	POOL 1	CAGE / RUN UP 3
15:15	W35	HAMMER	FINAL	CAGE / RUN UP 2
15:50	W60	DISCUS	FINAL	CAGE / RUN UP 1
16:30	M65	SHOT PUT	POOL 2	SHOT PUT 1
16:30	M65	SHOT PUT	POOL 1	SHOT PUT 2
16:50	M40	HAMMER	FINAL	CAGE / RUN UP 1
17:15	M65	SHOT PUT	FINAL	SHOT PUT 1

APPENDIX 8

COMPETITION SCHEDULE

ULLEVI STADIUM SATURDAY 17 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:15	M35	400M HURDLE	SEMIFINALS	TRACK
09:55	W35	400M HURDLE	HEATS	TRACK
10:15	W40	400M HURDLE	HEATS	TRACK
10:40	M40	5000M	FINAL C	TRACK
11:10	M40	5000M	FINAL B	TRACK
11:35	M40	5000M	FINAL A	TRACK
12:00	W40	5000M	FINAL B	TRACK
12:35	W40	5000M	FINAL A	TRACK
13:00	W70	5000M	FINAL	TRACK
14:00	W50	800M	FINAL	TRACK
14:10	M50	800M	FINAL	TRACK
14:20	W45	800M	FINAL	TRACK
14:30	M45	800M	FINAL	TRACK
14:40	W55	800M	FINAL	TRACK
14:50	M55	800M	FINAL	TRACK
15:00	W60	800M	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGEN CITY PARK SATURDAY 17 AUGUST

ROAD WALK			
TIME	AGE GROUP	EVENT	SITE
08:00	W60+	10KM ROAD WALK	SLOTTSSKOGEN CITY PARK
09:45	W35-55	10KM ROAD WALK	SLOTTSSKOGEN CITY PARK
12:30	M70+	10KM ROAD WALK	SLOTTSSKOGEN CITY PARK
15:30	M55-65	10KM ROAD WALK	SLOTTSSKOGEN CITY PARK
17:00	M35-50	10KM ROAD WALK	SLOTTSSKOGEN CITY PARK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN SUNDAY 18 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M70-75	80M HURDLE	DECATHLON	TRACK
09:40	M60	200M	HEATS	TRACK
10:30	M55	200M	HEATS	TRACK
11:20	W50	200M	HEATS	TRACK
12:00	M50	200M	HEATS	TRACK
13:25	M45	200M	HEATS	TRACK
14:10	W45	200M	HEATS	TRACK
14:55	M40	200M	HEATS	TRACK
15:50	W40	200M	HEATS	TRACK
16:25	W35	200M	HEATS	TRACK
17:00	M35	200M	HEATS	TRACK
17:55	M70-75	1500M	DECATHLON	TRACK

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:30	W65	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
10:25	W35	HIGH JUMP	FINAL	HIGH JUMP 1
11:25	W40	LONG JUMP	POOL 2	LONG JUMP 1
11:25	W40	LONG JUMP	POOL 1	LONG JUMP 2
12:00	M70-75	POLE VAULT	DECATHLON POOL 1	POLE VAULT 1
12:00	M70-75	POLE VAULT	DECATHLON POOL 2	POLE VAULT 2
12:15	W40	LONG JUMP	FINAL	LONG JUMP 1
13:00	M55	HIGH JUMP	FINAL	HIGH JUMP 1
13:45	M40	LONG JUMP	POOL 2	LONG JUMP 1
13:45	M40	LONG JUMP	POOL 1	LONG JUMP 2
14:35	M40	LONG JUMP	FINAL	LONG JUMP 1
15:35	M80+	POLE VAULT	FINAL	POLE VAULT 1

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN SUNDAY 18 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
9:30	M55	SHOT PUT	POOL 1	SHOT PUT 1
10:00	M70-75	DISCUS	DECATHLON POOL 1	CAGE / RUN UP 1
10:00	M70-75	DISCUS	DECATHLON POOL 2	CAGE / RUN UP 2
11:20	M55	SHOT PUT	POOL 2	SHOT PUT 1
11:30	M45	DISCUS	POOL 1	CAGE / RUN UP 1
11:30	W80	DISCUS	FINAL	CAGE / RUN UP 2
12:40	M55	SHOT PUT	FINAL	SHOT PUT 1
12:45	M45	DISCUS	POOL 2	CAGE / RUN UP 1
13:25	W85+	DISCUS	FINAL	CAGE / RUN UP 2
13:30	M45	DISCUS	FINAL	CAGE / RUN UP 1
14:50	W65	HAMMER	POOL 1	CAGE / RUN UP 2
15:45	M70-75	JAVELIN	DECATHLON	CAGE / RUN UP 1
16:05	W65	HAMMER	POOL 2	CAGE / RUN UP 2
16:50	W65	HAMMER	FINAL	CAGE / RUN UP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SUNDAY 18 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:15	M35	110M HURDLE	DECATHLON	TRACK
10:05	M50	100M HURDLE	DECATHLON	TRACK
11:00	W40	400M HURDLE	FINAL	TRACK
11:10	W35	400M HURDLE	FINAL	TRACK
11:30	M40	400M HURDLE	FINAL	TRACK
11:40	M35	400M HURDLE	FINAL	TRACK
11:55	M60	300M HURDLE	FINAL	TRACK
12:10	M85	200M HURDLE	FINAL	TRACK
12:15	W80	200M HURDLE	FINAL	TRACK
12:20	W75	200M HURDLE	FINAL	TRACK
16:05	W45	800M	HEPTATHLON	TRACK
16:25	M35	1500M	DECATHLON	TRACK
17:30	W50	800M	HEPTATHLON	TRACK
19:05	M50	1500M	DECATHLON	TRACK

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
11:05	M35	POLE VAULT	DECATHLON POOL 1	POLE VAULT 1
11:05	M35	POLE VAULT	DECATHLON POOL 2	POLE VAULT 2
13:10	W45	LONG JUMP	HEPTATHLON POOL 1	LONG JUMP 1
13:10	W45	LONG JUMP	HEPTATHLON POOL 2	LONG JUMP 2
13:35	M50	POLE VAULT	DECATHLON POOL 1	POLE VAULT 1
13:35	M50	POLE VAULT	DECATHLON POOL 2	POLE VAULT 2
14:25	W50	LONG JUMP	HEPTATHLON POOL 1	LONG JUMP 1
14:25	W50	LONG JUMP	HEPTATHLON POOL 2	LONG JUMP 2
15:45	W55	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
15:50	W60	TRIPLE JUMP	FINAL	TRIPLE JUMP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SUNDAY 18 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
9:00	M35	DISCUS	DECATHLON	CAGE / RUN UP 1
9:00	W70	DISCUS	FINAL	CAGE / RUN UP 3
9:15	W55	HAMMER	POOL 1	CAGE / RUN UP 2
10:35	W55	HAMMER	POOL 2	CAGE / RUN UP 2
11:00	M50	DISCUS	DECATHLON POOL 1	CAGE / RUN UP 1
11:00	M50	DISCUS	DECATHLON POOL 2	CAGE / RUN UP 3
11:25	W55	HAMMER	FINAL	CAGE / RUN UP 2
12:25	M85	DISCUS	FINAL	CAGE / RUN UP 3
12:30	M60	HAMMER	POOL 1	CAGE / RUN UP 2
12:35	M90+	DISCUS	FINAL	CAGE / RUN UP 1
14:00	M35	JAVELIN	DECATHLON	CAGE / RUN UP 1
14:05	M60	HAMMER	POOL 2	CAGE / RUN UP 2
14:25	W45	JAVELIN	HEPTATHLON	CAGE / RUN UP 3
15:10	M60	HAMMER	FINAL	CAGE / RUN UP 2
15:45	W50	JAVELIN	HEPTATHLON	CAGE / RUN UP 1
16:15	M65	HAMMER	FINAL	CAGE / RUN UP 2
17:25	M50	JAVELIN	DECATHLON POOL 1	CAGE / RUN UP 1
17:25	M50	JAVELIN	DECATHLON POOL 2	CAGE / RUN UP 3

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGEN CITY PARK SUNDAY 18 AUGUST

ROAD RUN			
TIME	AGE GROUP	EVENT	SITE
13:00	ALL DIVISIONS	10KM ROAD RUN	SLOTTSSKOGEN CITY PARK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN MONDAY 19 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M60	200M	SEMIFINALS	TRACK
09:15	M55	200M	SEMIFINALS	TRACK
09:30	W50	200M	SEMIFINALS	TRACK
09:45	M50	200M	SEMIFINALS	TRACK
10:00	W40	200M	SEMIFINALS	TRACK
10:15	W35	200M	SEMIFINALS	TRACK
10:30	W45	200M	SEMIFINALS	TRACK
10:45	M45	200M	SEMIFINALS	TRACK
11:00	M40	200M	SEMIFINALS	TRACK
11:15	M35	200M	SEMIFINALS	TRACK
11:30	W55	200M	HEATS	TRACK
12:00	W65	200M	HEATS	TRACK
12:30	M65	200M	HEATS	TRACK
13:45	W60	200M	HEATS	TRACK
14:15	M75	200M	HEATS	TRACK
14:35	M70	200M	HEATS	TRACK
15:00	M60	200M	FINAL	TRACK
15:05	M55	200M	FINAL	TRACK
15:10	W50	200M	FINAL	TRACK
15:15	M50	200M	FINAL	TRACK
15:20	W40	200M	FINAL	TRACK
15:25	W35	200M	FINAL	TRACK
15:30	W45	200M	FINAL	TRACK
15:35	M45	200M	FINAL	TRACK
15:40	M40	200M	FINAL	TRACK
15:45	M35	200M	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN MONDAY 19 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
10:05	M80	HIGH JUMP	FINAL	HIGH JUMP 1
10:45	W35	LONG JUMP	POOL 2	LONG JUMP 1
10:45	W35	LONG JUMP	POOL 1	LONG JUMP 2
11:30	W35	LONG JUMP	FINAL	LONG JUMP 1
12:45	W60-65	POLE VAULT	FINAL	POLE VAULT 1
13:15	M85+	HIGH JUMP	FINAL	HIGH JUMP 1
13:15	M35	LONG JUMP	POOL 2	LONG JUMP 1
13:15	M35	LONG JUMP	POOL 1	LONG JUMP 2
14:05	M35	LONG JUMP	FINAL	LONG JUMP 1
16:10	M65	POLE VAULT	FINAL POOL 2	POLE VAULT 1
16:10	M65	POLE VAULT	FINAL POOL 1	POLE VAULT 2

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN MONDAY 19 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	M50	DISCUS	POOL 1	CAGE / RUN UP 1
08:45	W60	HAMMER	POOL 1	CAGE / RUN UP 2
10:10	M50	DISCUS	POOL 2	CAGE / RUN UP 1
10:15	W60	HAMMER	POOL 2	CAGE / RUN UP 2
11:15	W60	HAMMER	FINAL	CAGE / RUN UP 2
11:20	M50	DISCUS	FINAL	CAGE / RUN UP 1
12:25	W45	HAMMER	FINAL	CAGE / RUN UP 2
12:30	M40	DISCUS	POOL 1	CAGE / RUN UP 1
13:40	M40	DISCUS	POOL 2	CAGE / RUN UP 1
14:20	M40	DISCUS	FINAL	CAGE / RUN UP 1
14:30	W35	DISCUS	FINAL	CAGE / RUN UP 2
15:45	M65	JAVELIN	POOL 1	CAGE / RUN UP 1
16:15	W40	DISCUS	POOL 1	CAGE / RUN UP 2
17:05	M65	JAVELIN	POOL 2	CAGE / RUN UP 1
17:25	W40	DISCUS	POOL 2	CAGE / RUN UP 2
17:55	M65	JAVELIN	FINAL	CAGE / RUN UP 1
18:05	W40	DISCUS	FINAL	CAGE / RUN UP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER MONDAY 19 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:30	W35-45	5000M RW	FINAL	TRACK
10:25	M35-40	5000M RW	FINAL	TRACK
11:10	W50	5000M RW	FINAL	TRACK
12:05	W55	5000M RW	FINAL	TRACK
13:40	M45	5000M RW	FINAL	TRACK
14:25	W60	5000M RW	FINAL	TRACK
15:20	M50	5000M RW	FINAL	TRACK

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
10:25	W55	HIGH JUMP	FINAL	HIGH JUMP 1
11:00	W40	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
13:30	M40	TRIPLE JUMP	FINAL	TRIPLE JUMP 1

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER MONDAY 19 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:45	M35	HAMMER	FINAL	CAGE / RUN UP 3
09:00	W55	JAVELIN	POOL 1	CAGE / RUN UP 1
09:15	M55	HAMMER	POOL 1	CAGE / RUN UP 2
10:20	W55	JAVELIN	POOL 2	CAGE / RUN UP 1
10:40	M55	HAMMER	POOL 2	CAGE / RUN UP 2
10:40	M85+	JAVELIN	FINAL	CAGE / RUN UP 3
11:10	W55	JAVELIN	FINAL	CAGE / RUN UP 1
11:35	M55	HAMMER	FINAL	CAGE / RUN UP 2
12:30	W50	DISCUS	POOL 1	CAGE / RUN UP 1
12:40	M80	JAVELIN	FINAL	CAGE / RUN UP 3
13:15	M45	HAMMER	POOL 1	CAGE / RUN UP 2
13:50	W50	DISCUS	POOL 2	CAGE / RUN UP 1
14:20	W75	JAVELIN	FINAL	CAGE / RUN UP 3
14:35	M45	HAMMER	POOL 2	CAGE / RUN UP 2
14:40	W50	DISCUS	FINAL	CAGE / RUN UP 1
15:25	M45	HAMMER	FINAL	CAGE / RUN UP 2
15:45	W70	HAMMER	FINAL	CAGE / RUN UP 1
16:05	W80+	JAVELIN	FINAL	CAGE / RUN UP 3

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN TUESDAY 20 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	W60	200M	SEMIFINALS	TRACK
08:50	W55	200M	SEMIFINALS	TRACK
09:50	M85	200M	HEATS	TRACK
10:10	W80	200M	HEATS	TRACK
10:25	M80	200M	HEATS	TRACK
10:45	W75	200M	HEATS	TRACK
11:00	M75	200M	SEMIFINALS	TRACK
11:15	W70	200M	HEATS	TRACK
11:40	M70	200M	SEMIFINALS	TRACK
12:00	W65	200M	SEMIFINALS	TRACK
12:15	M65	200M	SEMIFINALS	TRACK
13:10	W35	400M	HEATS	TRACK
13:40	M35	400M	HEATS	TRACK
14:20	W40	400M	HEATS	TRACK
14:55	M40	400M	HEATS	TRACK
15:30	W60	200M	FINAL	TRACK
15:35	W55	200M	FINAL	TRACK
15:40	M85	200M	FINAL	TRACK
15:45	W80	200M	FINAL	TRACK
15:50	M80	200M	FINAL	TRACK
15:55	W75	200M	FINAL	TRACK
16:00	M75	200M	FINAL	TRACK
16:05	W70	200M	FINAL	TRACK
16:10	M70	200M	FINAL	TRACK
16:15	W65	200M	FINAL	TRACK
16:20	M65	200M	FINAL	TRACK
16:25	M90+	200M	FINAL	TRACK
16:30	W85+	200M	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN TUESDAY 20 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:30	M50	TRIPLE JUMP	FINAL POOL 1	TRIPLE JUMP 1
09:35	W60	HIGH JUMP	FINAL	HIGH JUMP 1
10:30	W70+	POLE VAULT	FINAL	POLE VAULT 1
10:45	M50	TRIPLE JUMP	FINAL POOL 2	TRIPLE JUMP 1
11:30	M50	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
13:00	W35	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
13:30	W65	HIGH JUMP	FINAL	HIGH JUMP 1
14:00	M45	POLE VAULT	FINAL	POLE VAULT 1
14:35	M35	TRIPLE JUMP	FINAL	TRIPLE JUMP 1

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M55	WEIGHT THROW	POOL 1	CAGE / RUN UP 2
09:15	M65	DISCUS	POOL 1	CAGE / RUN UP 1
10:25	M55	WEIGHT THROW	POOL 2	CAGE / RUN UP 2
10:55	M65	DISCUS	POOL 2	CAGE / RUN UP 1
11:20	M55	WEIGHT THROW	FINAL	CAGE / RUN UP 2
12:05	M65	DISCUS	FINAL	CAGE / RUN UP 1
12:10	W70	WEIGHT THROW	FINAL	CAGE / RUN UP 2
13:30	M70	DISCUS	POOL 1	CAGE / RUN UP 1
14:30	M75	DISCUS	FINAL	CAGE / RUN UP 2
15:00	M70	DISCUS	POOL 2	CAGE / RUN UP 1
16:00	M70	DISCUS	FINAL	CAGE / RUN UP 1
16:40	M80	DISCUS	FINAL	CAGE / RUN UP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER TUESDAY 20 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:15	W65-70	5000M RW	FINAL	TRACK
09:10	M55	5000M RW	FINAL	TRACK
09:55	M70	5000M RW	FINAL	TRACK
10:50	W75+	5000M RW	FINAL	TRACK
11:45	M80+	5000M RW	FINAL	TRACK
13:15	M75	5000M RW	FINAL	TRACK
14:10	M60	5000M RW	FINAL	TRACK
14:55	M65	5000M RW	FINAL	TRACK
15:45	W45	400M	HEATS	TRACK
16:15	W50	400M	HEATS	TRACK
16:50	M50	400M	HEATS	TRACK
17:45	M45	400M	HEATS	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER TUESDAY 20 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:20	W50	LONG JUMP	POOL 2	LONG JUMP 1
09:20	W50	LONG JUMP	POOL 1	LONG JUMP 2
10:25	W50	LONG JUMP	FINAL	LONG JUMP 1
11:25	W45	LONG JUMP	POOL 2	LONG JUMP 1
11:25	W45	LONG JUMP	POOL 1	LONG JUMP 2
12:25	W45	LONG JUMP	FINAL	LONG JUMP 1
13:30	M65	HIGH JUMP	FINAL POOL 1	HIGH JUMP 1
13:30	M65	HIGH JUMP	FINAL POOL 2	HIGH JUMP 2
14:00	M55	LONG JUMP	POOL 2	LONG JUMP 1
14:00	M55	LONG JUMP	POOL 1	LONG JUMP 2
15:00	M55	LONG JUMP	FINAL	LONG JUMP 1
16:00	M60	LONG JUMP	POOL 2	LONG JUMP 1
16:00	M60	LONG JUMP	POOL 1	LONG JUMP 2
17:05	M60	LONG JUMP	FINAL	LONG JUMP 1

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER TUESDAY 20 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:50	M50	HAMMER	POOL 1	CAGE / RUN UP 2
09:55	W65	WEIGHT THROW	POOL 1	CAGE / RUN UP 3
10:00	M35	JAVELIN	POOL 1	CAGE / RUN UP 1
11:10	W65	WEIGHT THROW	POOL 2	CAGE / RUN UP 3
11:15	M35	JAVELIN	POOL 2	CAGE / RUN UP 1
11:20	M50	HAMMER	POOL 2	CAGE / RUN UP 2
11:55	W65	WEIGHT THROW	FINAL	CAGE / RUN UP 3
12:00	M35	JAVELIN	FINAL	CAGE / RUN UP 1
12:20	M50	HAMMER	FINAL	CAGE / RUN UP 2
12:50	W35	SHOT PUT	FINAL	SHOT PUT 2
13:00	W40	SHOT PUT	FINAL	SHOT PUT 1
13:20	W60	WEIGHT THROW	FINAL	CAGE / RUN UP 3
13:30	M40	JAVELIN	FINAL	CAGE / RUN UP 1
13:50	W75	DISCUS	FINAL	CAGE / RUN UP 2
15:05	M60	SHOT PUT	POOL 2	SHOT PUT 1
15:05	M60	SHOT PUT	POOL 1	SHOT PUT 2
15:20	W55	WEIGHT THROW	FINAL	CAGE / RUN UP 3
15:30	W45	DISCUS	FINAL	CAGE / RUN UP 1
16:00	M60	SHOT PUT	FINAL	SHOT PUT 1

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGEN CITY PARK TUESDAY 20 AUGUST

CROSS COUNTRY			
TIME	AGE GROUP	EVENT	SITE
09:00	W70+ & M80+	6KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
10:00	M70-M75	6KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
10:50	W60-W65	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
11:40	W50-W55	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
12:30	W35-W45	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
14:00	M60	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
14:03	M65	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
14:50	M50	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
14:53	M55	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
15:40	M35-M40	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK
15:43	M45	8KM CROSS COUNTRY	SLOTTSSKOGEN CITY PARK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN THURSDAY 22 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	W55	400M	HEATS	TRACK
08:50	M55	400M	HEATS	TRACK
10:05	M70	400M	HEATS	TRACK
10:40	M75	400M	HEATS	TRACK
11:20	W60	400M	HEATS	TRACK
12:05	M35	110M HURDLE	HEATS	TRACK
12:20	M40	110M HURDLE	HEATS	TRACK
12:40	M45	110M HURDLE	HEATS	TRACK
13:15	M50	100M HURDLE	HEATS	TRACK
13:40	M55	100M HURDLE	HEATS	TRACK
14:10	M60	100M HURDLE	HEATS	TRACK
14:40	W50	80M HURDLE	HEATS	TRACK
14:55	W55	80M HURDLE	HEATS	TRACK
15:20	M60	400M	HEATS	TRACK
16:05	M65	400M	HEATS	TRACK
16:40	M35	400M	SEMIFINALS	TRACK
16:55	W35	400M	SEMIFINALS	TRACK
17:10	M40	400M	SEMIFINALS	TRACK
17:25	W40	400M	SEMIFINALS	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN THURSDAY 22 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
10:00	M45	HIGH JUMP	FINAL	HIGH JUMP 1
10:30	W55	POLE VAULT	FINAL	POLE VAULT 1
11:35	M65	LONG JUMP	POOL 2	LONG JUMP 1
11:35	M65	LONG JUMP	POOL 1	LONG JUMP 2
12:20	M65	LONG JUMP	FINAL	LONG JUMP 1
13:35	W45	TRIPLE JUMP	FINAL	TRIPLE JUMP 2
13:45	W70	HIGH JUMP	FINAL	HIGH JUMP 1
13:45	W50	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
14:00	M60	POLE VAULT	FINAL POOL 2	POLE VAULT 1
14:00	M60	POLE VAULT	FINAL POOL 1	POLE VAULT 2
15:35	M55	TRIPLE JUMP	POOL 2	TRIPLE JUMP 1
15:35	M55	TRIPLE JUMP	POOL 1	TRIPLE JUMP 2
15:45	W75+	HIGH JUMP	FINAL	HIGH JUMP 1
16:20	M55	TRIPLE JUMP	FINAL	TRIPLE JUMP 1

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M55	JAVELIN	POOL 1	CAGE / RUN UP 1
09:15	M45	WEIGHT THROW	FINAL	CAGE / RUN UP 2
10:25	M55	JAVELIN	POOL 2	CAGE / RUN UP 1
11:20	M55	JAVELIN	FINAL	CAGE / RUN UP 1
11:20	M40	WEIGHT THROW	FINAL	CAGE / RUN UP 2
12:30	M50	WEIGHT THROW	POOL 1	CAGE / RUN UP 1
13:40	M70	WEIGHT THROW	FINAL	CAGE / RUN UP 2
13:50	M50	WEIGHT THROW	POOL 2	CAGE / RUN UP 1
14:40	M50	WEIGHT THROW	FINAL	CAGE / RUN UP 1
15:35	M35	WEIGHT THROW	FINAL	CAGE / RUN UP 1
15:50	W50	WEIGHT THROW	POOL 1	CAGE / RUN UP 2
17:00	M75	WEIGHT THROW	FINAL	CAGE / RUN UP 1
17:05	W50	WEIGHT THROW	POOL 2	CAGE / RUN UP 2
17:40	W50	WEIGHT THROW	FINAL	CAGE / RUN UP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER THURSDAY 22 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M45	400M	SEMIFINALS	TRACK
09:20	W45	400M	SEMIFINALS	TRACK
09:40	M50	400M	SEMIFINALS	TRACK
10:00	W50	400M	SEMIFINALS	TRACK
10:20	W70	400M	SEMIFINALS	TRACK
10:40	W65	400M	HEATS	TRACK
11:05	W75	400M	HEATS	TRACK
11:25	W80	400M	SEMIFINALS	TRACK
11:35	M80	400M	HEATS	TRACK
12:00	M85	400M	SEMIFINALS	TRACK
12:10	W65	1500M	HEATS	TRACK
12:30	M65	1500M	HEATS	TRACK
13:00	W60	1500M	HEATS	TRACK
13:25	M60	1500M	HEATS	TRACK
14:05	W55	1500M	HEATS	TRACK
14:30	M55	1500M	HEATS	TRACK
15:10	W50	1500M	HEATS	TRACK
15:25	M50	1500M	HEATS	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER THURSDAY 22 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:45	M65	WEIGHT THROW	FINAL	CAGE / RUN UP 2
09:10	W80+	WEIGHT THROW	FINAL	CAGE / RUN UP 3
09:30	W65	JAVELIN	FINAL	CAGE / RUN UP 1
10:55	M80	WEIGHT THROW	FINAL	CAGE / RUN UP 3
11:00	W35	WEIGHT THROW	FINAL	CAGE / RUN UP 2
11:35	W60	JAVELIN	FINAL	CAGE / RUN UP 1
13:00	M85+	WEIGHT THROW	FINAL	CAGE / RUN UP 3
13:20	W45	WEIGHT THROW	FINAL	CAGE / RUN UP 2
14:15	M60	WEIGHT THROW	POOL 1	CAGE / RUN UP 1
14:35	W75	WEIGHT THROW	FINAL	CAGE / RUN UP 3
14:55	W40	WEIGHT THROW	FINAL	CAGE / RUN UP 2
15:45	M60	WEIGHT THROW	POOL 2	CAGE / RUN UP 1
16:45	M60	WEIGHT THROW	FINAL	CAGE / RUN UP 1

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN FRIDAY 23 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M55	100M HURDLE	SEMIFINALS	TRACK
09:20	M50	100M HURDLE	SEMIFINALS	TRACK
09:45	W35	100M HURDLE	HEATS	TRACK
10:10	M60	100M HURDLE	SEMIFINALS	TRACK
10:40	W40	80M HURDLE	HEATS	TRACK
10:55	W45	80M HURDLE	HEATS	TRACK
11:15	M75	400M	SEMIFINALS	TRACK
11:25	M70	400M	SEMIFINALS	TRACK
11:40	M65	400M	SEMIFINALS	TRACK
11:55	W60	400M	SEMIFINALS	TRACK
12:10	M60	400M	SEMIFINALS	TRACK
12:25	W55	400M	SEMIFINALS	TRACK
12:40	M55	400M	SEMIFINALS	TRACK
13:00	W40	400M	FINAL	TRACK
13:05	M40	400M	FINAL	TRACK
13:10	W35	400M	FINAL	TRACK
13:15	M35	400M	FINAL	TRACK
13:45	M45	110M HURDLE	FINAL	TRACK
13:50	M40	110M HURDLE	FINAL	TRACK
13:55	M35	110M HURDLE	FINAL	TRACK
14:15	M55	100M HURDLE	FINAL	TRACK
14:20	M50	100M HURDLE	FINAL	TRACK
14:40	W35	100M HURDLE	FINAL	TRACK
15:00	M60	100M HURDLE	FINAL	TRACK
15:20	W40	80M HURDLE	FINAL	TRACK
15:25	W45	80M HURDLE	FINAL	TRACK
15:45	W50	80M HURDLE	FINAL	TRACK
15:50	W55	80M HURDLE	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN FRIDAY 23 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
10:00	M65	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
10:15	W40	POLE VAULT	FINAL	POLE VAULT 1
10:50	M70	TRIPLE JUMP	FINAL	TRIPLE JUMP 2
12:00	M85+	LONG JUMP	FINAL	LONG JUMP 1
13:00	M60	HIGH JUMP	FINAL POOL 1	HIGH JUMP 1
13:00	M60	HIGH JUMP	FINAL POOL 2	HIGH JUMP 2
14:00	M75	POLE VAULT	FINAL	POLE VAULT 1
14:15	M45	TRIPLE JUMP	FINAL	TRIPLE JUMP 2
14:25	M80	LONG JUMP	FINAL	LONG JUMP 1

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:45	M55	HAMMER	T-PENTATHLON POOL 1	CAGE / RUN UP 1
10:15	M55	SHOT PUT	T-PENTATHLON POOL 1	SHOT PUT 1
10:15	M55	HAMMER	T-PENTATHLON POOL 2	CAGE / RUN UP 1
11:40	M55	SHOT PUT	T-PENTATHLON POOL 2	SHOT PUT 1
11:45	M55	DISCUS	T-PENTATHLON POOL 1	CAGE / RUN UP 2
13:15	M55	DISCUS	T-PENTATHLON POOL 2	CAGE / RUN UP 2
13:20	M55	JAVELIN	T-PENTATHLON POOL 1	CAGE / RUN UP 1
14:50	M55	JAVELIN	T-PENTATHLON POOL 2	CAGE / RUN UP 1
14:55	M55	WEIGHT THROW	T-PENTATHLON POOL 1	CAGE / RUN UP 2
16:25	M55	WEIGHT THROW	T-PENTATHLON POOL 2	CAGE / RUN UP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER FRIDAY 23 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:00	M75	1500M	HEATS	TRACK
09:30	M70	1500M	HEATS	TRACK
10:10	W45	1500M	HEATS	TRACK
10:55	M45	1500M	HEATS	TRACK
11:40	W40	1500M	HEATS	TRACK
12:00	M40	1500M	HEATS	TRACK
12:25	W35	1500M	HEATS	TRACK
12:35	M35	1500M	HEATS	TRACK
13:00	M90+	400M	FINAL	TRACK
13:10	W85+	400M	FINAL	TRACK
13:20	M85	400M	FINAL	TRACK
13:30	W80	400M	FINAL	TRACK
13:40	M80	400M	FINAL	TRACK
13:50	W75	400M	FINAL	TRACK
14:00	W70	400M	FINAL	TRACK
14:10	W65	400M	FINAL	TRACK
14:20	W50	400M	FINAL	TRACK
14:30	M50	400M	FINAL	TRACK
14:40	W45	400M	FINAL	TRACK
14:50	M45	400M	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER FRIDAY 23 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:45	W55	HAMMER	T-PENTATHLON	CAGE / RUN UP 2
09:00	W65	HAMMER	T-PENTATHLON	CAGE / RUN UP 3
10:35	W65	SHOT PUT	T-PENTATHLON	SHOT PUT 1
10:35	W55	SHOT PUT	T-PENTATHLON	SHOT PUT 2
10:35	W60	HAMMER	T-PENTATHLON	CAGE / RUN UP 2
11:05	W70	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
12:05	W60	SHOT PUT	T-PENTATHLON	SHOT PUT 1
12:05	W65	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
12:20	W70	SHOT PUT	T-PENTATHLON	SHOT PUT 2
12:25	W55	DISCUS	T-PENTATHLON	CAGE / RUN UP 1
13:35	W70	DISCUS	T-PENTATHLON	CAGE / RUN UP 3
13:40	W60	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
13:45	W65	JAVELIN	T-PENTATHLON	CAGE / RUN UP 4
14:25	W55	JAVELIN	T-PENTATHLON	CAGE / RUN UP 1
15:00	W70	JAVELIN	T-PENTATHLON	CAGE / RUN UP 3
15:20	W65	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 2
15:20	W60	JAVELIN	T-PENTATHLON	CAGE / RUN UP 4
16:20	W55	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 1
16:20	W70	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 3
16:55	W60	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 2

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN SATURDAY 24 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
09:45	M65	100M HURDLE	HEATS	TRACK
10:20	M70	80M HURDLE	HEATS	TRACK
10:45	M75	80M HURDLE	HEATS	TRACK
11:10	W60	80M HURDLE	HEATS	TRACK
11:25	W65	80M HURDLE	HEATS	TRACK
11:40	W70	80M HURDLE	HEATS	TRACK
11:55	M80	80M HURDLE	HEATS	TRACK
12:30	M75	400M	FINAL	TRACK
12:35	M70	400M	FINAL	TRACK
12:40	M65	400M	FINAL	TRACK
12:45	W60	400M	FINAL	TRACK
12:50	M60	400M	FINAL	TRACK
12:55	W55	400M	FINAL	TRACK
13:00	M55	400M	FINAL	TRACK
13:30	M65	100M HURDLE	FINAL	TRACK
13:45	M70	80M HURDLE	FINAL	TRACK
13:50	M75	80M HURDLE	FINAL	TRACK
14:15	W60	80M HURDLE	FINAL	TRACK
14:20	W65	80M HURDLE	FINAL	TRACK
14:25	W70	80M HURDLE	FINAL	TRACK
14:30	W75+	80M HURDLE	FINAL	TRACK
14:35	M80	80M HURDLE	FINAL	TRACK
14:40	M85	80M HURDLE	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN SATURDAY 24 AUGUST

JUMP				
TIME	AGE GROUP	EVENT	ROUND	SITE
11:50	M85+	TRIPLE JUMP	FINAL	TRIPLE JUMP 2
11:55	M80	TRIPLE JUMP	FINAL	TRIPLE JUMP 1
14:30	M60	TRIPLE JUMP	POOL 2	TRIPLE JUMP 1
14:30	M60	TRIPLE JUMP	POOL 1	TRIPLE JUMP 2
15:25	M60	TRIPLE JUMP	FINAL	TRIPLE JUMP 1

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:00	M70	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
09:25	W50	HAMMER	T-PENTATHLON	CAGE / RUN UP 2
09:45	M70	SHOT PUT	T-PENTATHLON	SHOT PUT 1
11:15	M65	HAMMER	T-PENTATHLON	CAGE / RUN UP 2
11:25	W50	SHOT PUT	T-PENTATHLON	SHOT PUT 1
11:25	M70	DISCUS	T-PENTATHLON	CAGE / RUN UP 1
13:10	M65	SHOT PUT	T-PENTATHLON	SHOT PUT 1
13:15	M70	JAVELIN	T-PENTATHLON	CAGE / RUN UP 1
13:15	W50	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
15:05	M65	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
15:10	M70	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 1
15:10	W50	JAVELIN	T-PENTATHLON	JAVELIN 2
17:00	W50	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 2
17:00	M65	JAVELIN	T-PENTATHLON	JAVELIN 2
18:50	M65	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 2

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SATURDAY 24 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
13:00	W65	1500M	FINAL	TRACK
13:20	M65	1500M	FINAL	TRACK
13:40	W60	1500M	FINAL	TRACK
14:00	M60	1500M	FINAL	TRACK
14:20	W55	1500M	FINAL	TRACK
14:40	M55	1500M	FINAL	TRACK
15:00	W50	1500M	FINAL	TRACK
15:20	M50	1500M	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SATURDAY 24 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:00	M45	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
08:00	M50	HAMMER	T-PENTATHLON	CAGE / RUN UP 3
09:30	M45	SHOT PUT	T-PENTATHLON	SHOT PUT 1
09:30	W40	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
09:55	M50	SHOT PUT	T-PENTATHLON	SHOT PUT 2
10:55	W40	SHOT PUT	T-PENTATHLON	SHOT PUT 1
10:55	W35	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
10:55	M45	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
11:45	M50	DISCUS	T-PENTATHLON	CAGE / RUN UP 3
12:15	W35	SHOT PUT	T-PENTATHLON	SHOT PUT 1
12:15	M75	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
12:25	W40	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
13:35	M75	SHOT PUT	T-PENTATHLON	SHOT PUT 1
13:40	W35	DISCUS	T-PENTATHLON	CAGE / RUN UP 1
13:40	M45	JAVELIN	T-PENTATHLON	CAGE / RUN UP 3
13:55	M50	JAVELIN	T-PENTATHLON	CAGE / RUN UP 2
15:00	W40	JAVELIN	T-PENTATHLON	CAGE / RUN UP 4
15:15	M45	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 1
15:15	M75	DISCUS	T-PENTATHLON	CAGE / RUN UP 3
15:50	W35	JAVELIN	T-PENTATHLON	CAGE / RUN UP 2
16:35	M75	JAVELIN	T-PENTATHLON	CAGE / RUN UP 4
16:40	W40	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 1
16:40	M50	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 3
17:15	W35	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 2
18:00	M75	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 1

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGEN CITY PARK SATURDAY 24 AUGUST

HALF MARATHON			
TIME	AGE GROUP	EVENT	SITE
11:00	ALL DIVISIONS	HALF MARATHON	SLOTTSSKOGEN CITY PARK

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGSVALLEN SUNDAY 25 AUGUST

TRACK

TIME	AGE GROUP	EVENT	ROUND	SITE
<i>DETAILS LATER</i>	ALL DIVISIONS	4X400	FINAL	TRACK

THROW

TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	M40	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
10:00	M40	SHOT PUT	T-PENTATHLON	SHOT PUT 1
10:20	W80+	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
11:35	M40	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
11:40	W80+	SHOT PUT	T-PENTATHLON	SHOT PUT 1
11:50	W75	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
13:05	W75	SHOT PUT	T-PENTATHLON	SHOT PUT 1
13:05	W80+	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
13:10	M40	JAVELIN	T-PENTATHLON	CAGE / RUN UP 1
14:20	W75	DISCUS	T-PENTATHLON	CAGE / RUN UP 2
14:45	W80+	JAVELIN	T-PENTATHLON	JAVELIN 2
14:55	M40	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 1
16:00	W75	JAVELIN	T-PENTATHLON	JAVELIN 2
16:10	W80+	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 2
17:10	W75	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 1

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SUNDAY 25 AUGUST

TRACK				
TIME	AGE GROUP	EVENT	ROUND	SITE
10:30	M85+	1500M	FINAL	TRACK
10:50	W80+	1500M	FINAL	TRACK
11:10	M80	1500M	FINAL	TRACK
11:25	W75	1500M	FINAL	TRACK
11:45	M75	1500M	FINAL	TRACK
12:00	W70	1500M	FINAL	TRACK
12:15	M70	1500M	FINAL	TRACK
12:30	W45	1500M	FINAL	TRACK
12:45	M45	1500M	FINAL	TRACK
13:00	W40	1500M	FINAL	TRACK
13:15	M40	1500M	FINAL	TRACK
13:30	W35	1500M	FINAL	TRACK
13:45	M35	1500M	FINAL	TRACK

APPENDIX 8

COMPETITION SCHEDULE

BJÖRLANDA ATHLETICS CENTER SUNDAY 25 AUGUST

THROW				
TIME	AGE GROUP	EVENT	ROUND	SITE
08:30	M80+	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
08:30	M60	HAMMER	T-PENTATHLON POOL 1	CAGE / RUN UP 2
09:55	M60	SHOT PUT	T-PENTATHLON POOL 1	SHOT PUT 2
10:05	M80+	SHOT PUT	T-PENTATHLON	SHOT PUT 1
10:05	M35	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
10:05	M60	HAMMER	T-PENTATHLON POOL 2	CAGE / RUN UP 2
11:10	W45	HAMMER	T-PENTATHLON	CAGE / RUN UP 1
11:20	M35	SHOT PUT	T-PENTATHLON	SHOT PUT 2
11:35	M60	DISCUS	T-PENTATHLON POOL 1	CAGE / RUN UP 2
11:40	M60	SHOT PUT	T-PENTATHLON POOL 2	SHOT PUT 1
11:45	M80+	DISCUS	T-PENTATHLON	CAGE / RUN UP 3
12:25	W45	SHOT PUT	T-PENTATHLON	SHOT PUT 2
12:30	M35	DISCUS	T-PENTATHLON	CAGE / RUN UP 1
13:05	M60	DISCUS	T-PENTATHLON POOL 2	CAGE / RUN UP 2
13:05	M60	JAVELIN	T-PENTATHLON POOL 1	CAGE / RUN UP 4
13:25	M80+	JAVELIN	T-PENTATHLON	CAGE / RUN UP 3
13:40	W45	DISCUS	T-PENTATHLON	CAGE / RUN UP 1
14:30	M35	JAVELIN	T-PENTATHLON	CAGE / RUN UP 2
14:30	M60	JAVELIN	T-PENTATHLON POOL 2	CAGE / RUN UP 4
14:55	M60	WEIGHT THROW	T-PENTATHLON POOL 1	CAGE / RUN UP 1
15:00	W45	JAVELIN	T-PENTATHLON	CAGE / RUN UP 3
15:35	M80+	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 2
16:15	M35	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 3
16:20	M60	WEIGHT THROW	T-PENTATHLON POOL 2	CAGE / RUN UP 1
17:10	W45	WEIGHT THROW	T-PENTATHLON	CAGE / RUN UP 2

APPENDIX 8

COMPETITION SCHEDULE

SLOTTSSKOGEN CITY PARK SUNDAY 25 AUGUST

ROAD WALK			
TIME	AGE GROUP	EVENT	SITE
09:00	W35+	20KM ROAD WALK	SLOTTSSKOGEN CITY PARK
12:00	M60+	20KM ROAD WALK	SLOTTSSKOGEN CITY PARK
16:00	M35-55	20KM ROAD WALK	SLOTTSSKOGEN CITY PARK

APPENDIX 9

LIVE RESULTS



TO FOLLOW LIVE RESULTS, FIND SCHEDULES AND START LISTS, YOU CAN:

1. Go to www.2024wmac.com, click on *LIVE RESULTS* and search for World Masters Athletics Championships.
2. Download the *Roster Athletics app*. Search for World Masters Athletics Championships.

LIVE RESULTS ON THE WEBSITE

- **Search View:** You can search for an athlete's name and click on the event to see the full start list and results. You can also filter results based on Country.
- **Schedule / Start Lists / Results View:** Search for an event name and filter the results by Date, Gender and Age Group. Click on the event to see start lists and results.
- **Participants View:** Filter participants by Event, Country, Age Group and Gender.

LIVE RESULTS IN THE ROSTER ATHLETICS APP

The Roster Athletics app is the main interface for fans, athletes and coaches to engage with the 2024 World Masters Athletics Championships. It brings many new, innovative and fun features to enhance your experience of the Championships.

The app supports the following languages, based on your device's location setting: US and UK English, Danish, Polish, French, Swedish, Spanish, and German.

Logging in for the First Time:

When using the Roster Athletics app for the first time after downloading or reinstalling, you have the option to sign in (or create an account) as a regular user or use the app without logging in. Note that using the app without logging in limits your use of the chat FEED, and doesn't allow adding the meeting to a FOLLOWED list or use of ATHLETE CHECK-IN.

Following Results:

The Championship page in the Roster Athletics app contains the entire events list and schedule.

There are two main methods to customize your viewing experience and find specific information:

- **Search for an Event or Athlete** - type in the search box to find an athlete by name or event.
- **Filter Events** - Use the filter icon at the right edge of the search box to set viewing filters.

You can sort start lists and results by clicking the three-line icon in the upper-right corner. By clicking the three dots icon, you can navigate between groups and stages inside the same event and go to different events inside the same combined event.

To quickly follow events that are currently live, click on the **LIVE** button on the upper-right side.

SUPPORT

If you have any questions, please reach out to support@rosterathletics.com.

APPENDIX 10

LOC OFFICIAL THROWING IMPLEMENTS SPECIFICATIONS

AGE GROUPS	HAMMER	SHOT PUT	DISCUS	JAVELIN	WEIGHT
W35-W45	4 KG	4 KG	1 KG	600 G	9,08 KG
W50-W55	3 KG	3 KG	1 KG	500 G	7,26 KG
W60-W70	3 KG	3 KG	1 KG	500 G	5,45 KG
W75+	2 KG	2 KG	0,75 KG	400 G	4,0 KG
M35-M45	7,26 KG	7,26 KG	2 KG	800 G	15,88 KG
M50-M55	6 KG	6 KG	1,5 KG	700 G	11,34 KG
M60-M65	5 KG	5 KG	1 KG	600 G	9,08 KG
M70-M75	4 KG	4 KG	1 KG	500 G	7,26 KG
M80+	3 KG	3 KG	1 KG	400 G	5,45 KG

APPENDIX 11

LOC OFFICIAL BASIC RANGE OF POLES

SLOTTSSKOGSVALLEN POLE VAULT 1

LENGTH	MANUFACTURER	FLEX	LBS
325	SPIRIT		90
375	NORDIC	25,5	110
400	NORDIC	20,9	
425	NORDIC	22,0	
425	NORDIC	20,0	
425	PACER	17,5	
440	NORDIC	21,5	
450	PACER	21,0	
460	PACER	18,2	

SLOTTSSKOGSVALLEN POLE VAULT 2

LENGTH	MANUFACTURER	FLEX	LBS
335	NORDIC	22,8	90
375	PACER	25,1	100
375	NORDIC	21,8	125
400	NORDIC	20,0	
425	NORDIC	19,0	
425	NORDIC	16,7	
440	PACER	22,5	
460	PACER	20,7	
460	SPIRIT	19,0	

BJÖRLANDA ATHLETICS CENTER POLE VAULT 1

LENGTH	MANUFACTURER	FLEX	LBS
350	PACER	24,6	90
375	SPIRIT	25,6	130
400	NORDIC	17,8	
425	NORDIC	21,5	
425	PACER	18,5	
430	SPIRIT	23,6	140
440	NORDIC	22,5	
450	PACER	19,5	
460	PACER	18,7	

BJÖRLANDA ATHLETICS CENTER POLE VAULT 2

LENGTH	MANUFACTURER	FLEX	LBS
350	PACER	23,1	100
375	NORDIC	20,6	130
400	NORDIC	19,1	
425	NORDIC	20,5	
425	NORDIC	15,9	
440	PACER	21,5	
440	PACER	18,5	
450	PACER	18,0	
460	PACER	22,7	

HOUSE OF ATHLETICS

LENGTH	MANUFACTURER	FLEX	LBS
375	NORDIC		140
375	PACER		100
400	NORDIC	25,0	
425	PACER	22,0	
440	PACER	20,5	
440	PACER	19,5	
450	PACER	17,5	
460	SPIRIT	18,5	

APPENDIX 12

HURDLE SPECIFICATIONS

SHORT HURDLE

AGE GROUP	STRETCH	HEIGHT
M35	110M	99,1CM
W35	100M	83,8CM
M40	110M	99,1CM
W40	80M	76,2CM
M45	110M	99,1CM
W45	80M	76,2CM
M50	100M	91,4CM
W50	80M	76,2CM
M55	100M	91,4CM
K55	80M	76,2CM
M60	100M	83,8CM
W60	80M	68,6CM
M65	100M	83,8CM
W65	80M	68,6CM
M70	80M	76,2CM
W70	80M	68,6CM
M75	80M	76,2CM
W75	80M	68,6CM
M80	80M	68,6CM
W80	80M	68,6CM
M85	80M	68,6CM
W85	80M	68,6CM
M90+	80M	68,6CM
W90+	80M	68,6CM

LONG HURDLE

AGE GROUP	STRETCH	HEIGHT
M35	400M	91,4CM
W35	400M	76,2CM
M40	400M	91,4CM
W40	400M	76,2CM
M45	400M	91,4CM
W45	400M	76,2CM
M50	400M	83,8CM
W50	300M	76,2CM
M55	300M	83,8CM
K55	300M	76,2CM
M60	300M	76,2CM
W60	300M	68,6CM
M65	300M	76,2CM
W65	300M	68,6CM
M70	300M	68,6CM
W70	200M	68,6CM
M75	300M	68,6CM
W75	200M	68,6CM
M80	200M	68,6CM
W80	200M	68,6CM
M85	200M	68,6CM
W85	200M	68,6CM
M90+	200M	68,6CM
W90+	200M	68,6CM

APPENDIX 12

HURDLE SPECIFICATIONS

STEEPLECHASE

AGE GROUP	STRETCH	HEIGHT
M35	3 000M	83,8CM
W35	2 000M	76,2CM
M40	3 000M	83,8CM
W40	2 000M	76,2CM
M45	3 000M	83,8CM
W45	2 000M	76,2CM
M50	3 000M	83,8CM
W50	2 000M	76,2CM
M55	3 000M	83,8CM
K55	2 000M	76,2CM
M60	2 000M	76,2CM
W60	2 000M	76,2CM
M65	2 000M	76,2CM
W65	2 000M	76,2CM
M70	2 000M	76,2CM
W70	2 000M	76,2CM
M75	2 000M	76,2CM
W75	2 000M	76,2CM
M80	2 000M	76,2CM
W80	2 000M	76,2CM
M85	2 000M	76,2CM
W85	2 000M	76,2CM
M90+	2 000M	76,2CM
W90+	2 000M	76,2CM

APPENDIX 13

ADVANCEMENT TABLES AND SPECIAL ADVANCEMENT TABLES

ADVANCEMENT TABLE: 100M, 200M, 400M & HURDLES

COMPETITORS	HEATS	QUALIFYING	SEMI-FINALS	QUALIFYING	FINAL
1-8	0		0		1
9-16	0		2	2 PLACE + 4 TIMES	1
17-24	0		3	2 PLACE + 2 TIMES	1
25-32	4	2 PLACE + 8 TIMES	2	2 PLACE + 4 TIMES	1
33-40	5	2 PLACE + 6 TIMES	2	2 PLACE + 4 TIMES	1
41-48	6	2 PLACE + 4 TIMES	2	2 PLACE + 4 TIMES	1
49-56	7	2 PLACE + 10 TIMES	3	2 PLACE + 4 TIMES	1
57-64	8	2 PLACE + 8 TIMES	3	2 PLACE + 2 TIMES	1
65-72	9	2 PLACE + 6 TIMES	3	2 PLACE + 2 TIMES	1
73-80	10	2 PLACE + 4 TIMES	3	2 PLACE + 2 TIMES	1
81-88	11	1 PLACE + 13 TIMES	3	2 PLACE + 2 TIMES	1
89-96	12	1 PLACE + 12 TIMES	3	2 PLACE + 2 TIMES	1
97-104	13	1 PLACE + 11 TIMES	3	2 PLACE + 2 TIMES	1
105-112	14	1 PLACE + 10 TIMES	3	2 PLACE + 2 TIMES	1
113-120	15	1 PLACE + 9 TIMES	3	2 PLACE + 2 TIMES	1

ADVANCEMENT TABLE: 800M

COMPETITORS	HEATS	QUALIFYING	FINAL
1-12	0		1
13-24	2	2 PLACE + 8 TIMES	1
25-36	3	2 PLACE + 6 TIMES	1
37-48	4	2 PLACE + 4 TIMES	1
49-60	5	1 PLACE + 2 TIMES	1
61-72	6	0 PLACE + 12 TIMES	1
73-84	7	0 PLACE + 12 TIMES	1
85-96	8	0 PLACE + 12 TIMES	1
97-18	9	0 PLACE + 12 TIMES	1

APPENDIX 13

ADVANCEMENT TABLES AND SPECIAL ADVANCEMENT TABLES

SPECIAL ADVANCEMENT TABLE

APPLIES TO	AGE GROUPS
100M	W70 / M80
200M	W70 / M80
400M	W65 / M80
SHORT HURDLES	M70
LONG HURDLES	W50 / M65 / M70

COMPETITORS	HEATS	QUALIFYING	FINAL
1-8	0		1
9-16	2	2 PLACE + 4 TIMES	1
17-24	3	2 PLACE + 2 TIMES	1
25-32	4	1 PLACE + 4 TIMES	1
33-40	5	1 PLACE + 3 TIMES	1

SPECIAL ADVANCEMENT TABLE: 1500M ALL AGE GROUPS

COMPETITORS	HEATS	QUALIFYING	FINAL
1-20	0		1
21-40	2	3 PLACE + 10 TIMES	1
41-80	3	2 PLACE + 10 TIMES	1
81-100	4	2 PLACE + 8 TIMES	1

APPENDIX 14

STARTING HEIGHTS AND PROGRESSION THROUGH THE COMPETITION

WOMEN: HIGH JUMP

AGE GROUP	STARTING HEIGHT	PROGRESSION
W35	1.15M	5CM
W40	0.95M	5CM
W45	0.90M	5CM
W50	1.10M	5CM
W55	1.00M	4CM
W60	0.90M	4CM
W65	0.95M	4CM
W70	0.95M	3CM
W75+	0.85M	3CM

MEN: HIGH JUMP

AGE GROUP	STARTING HEIGHT	PROGRESSION
M35	1.45M	5CM
M40	1.45M	5CM
M45	1.35M	5CM
M50	0.90M	5CM
M55	1.35M	5CM
M60	1.15M	5CM
M65	1.10M	5CM
M70	1.05M	5CM
M75	1.00M	5CM
M80	0.90M	3CM
M85+	0.90M	3CM

WOMEN: POLE VAULT

AGE GROUP	STARTING HEIGHT	PROGRESSION
W35	1.45M	10CM
W40	0.90M	10CM
W45	1.50M	10CM
W50	0.90M	10CM
W55	2.20M	10CM
W60/65	1.30M	10CM
W70+	0.85M	10CM

MEN: POLE VAULT

AGE GROUP	STARTING HEIGHT	PROGRESSION
M35	1.85M	15CM
M40	2.35M	15CM
M45	3.15M	15CM
M50	1.80M	15CM
M55	1.85M	15CM
M60	2.35M	15CM
M65	1.65M	15CM
M70	1.85M	10CM
M75	1.85M	10CM
M80+	1.25M	10CM

APPENDIX 15

ROAD RACE WALK 10/20K COMPETITION COURSE

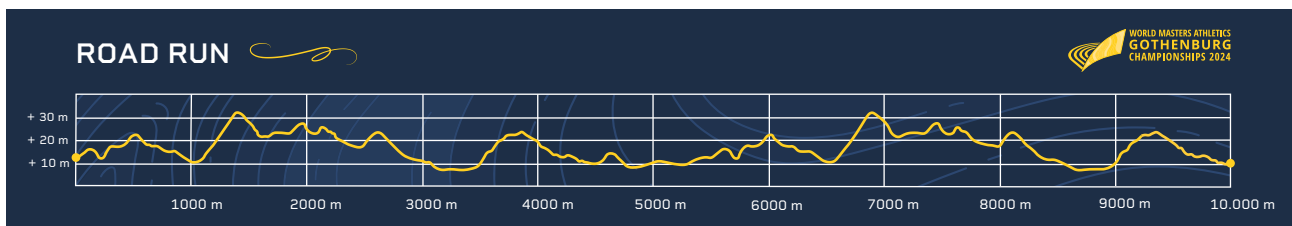


MAP



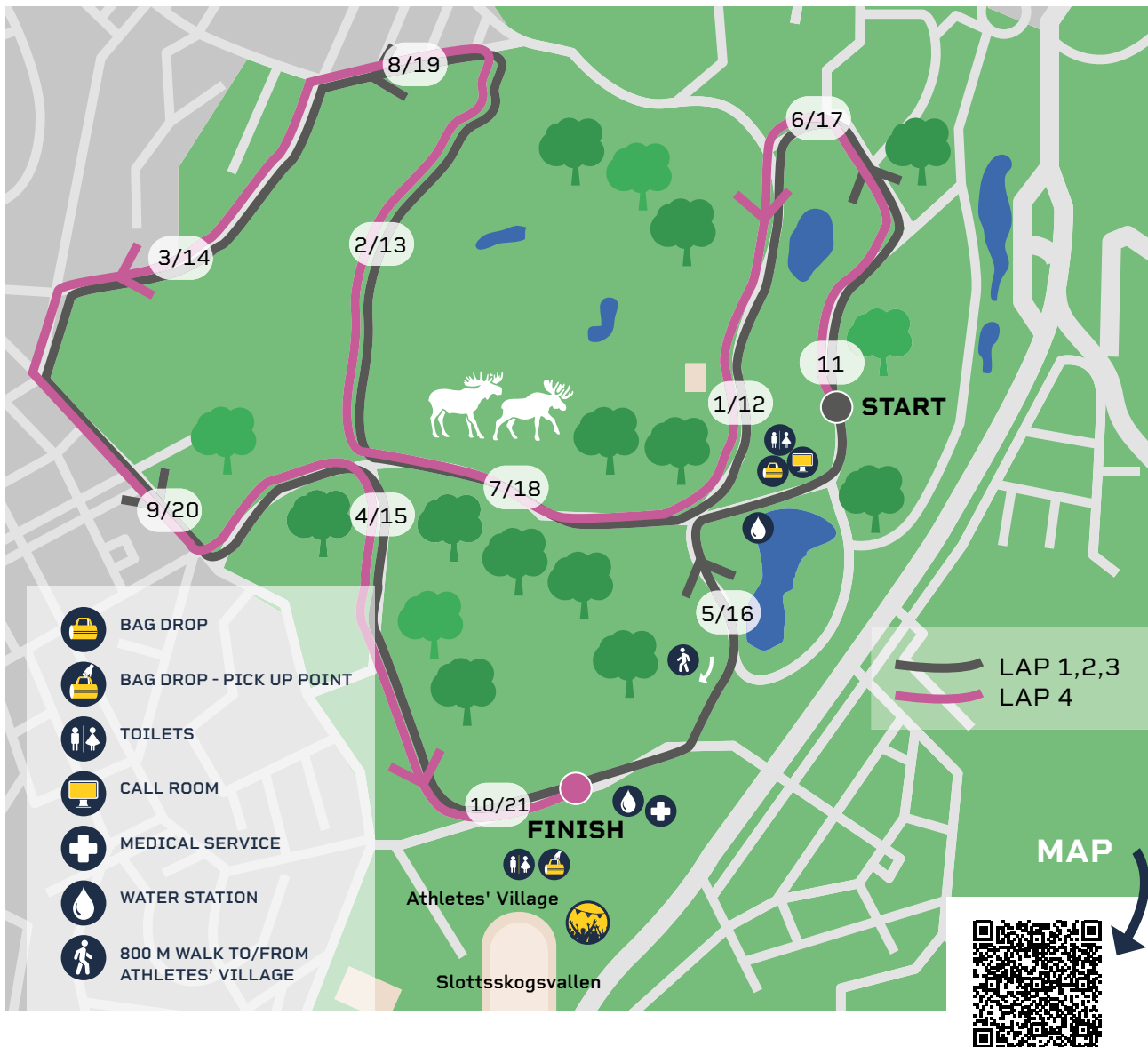
APPENDIX 16

ROAD RUN 10K COMPETITION COURSE



APPENDIX 17

HALF MARATHON 21K COMPETITION COURSE

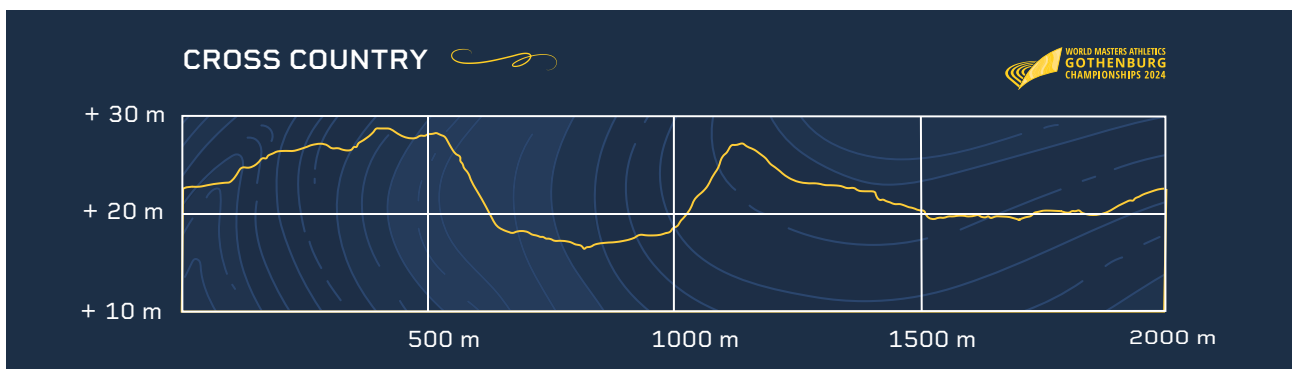


APPENDIX 18

CROSS COUNTRY COMPETITION COURSE



MAP →



NOW, GO OUT THERE,
HAVE A BLAST.
GO FOR GREATNESS.
GO FULFILL A DREAM.
GO MAKE IT REAL.
JUST GO, CHAMPION.
WE SALUTE YOU.



WORLD MASTERS ATHLETICS
GOTHENBURG
CHAMPIONSHIPS 2024