

2018 World Masters
ATHLETICS
CHAMPIONSHIPS

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Competitor's handbook

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Welcome

Welcome from Francisco de la Torre, Mayor of City of Malaga



For the city of Malaga, it is an honour to host the 2018 World Masters Athletics Championship between the 4th and the 16th of September.

It is an honour that this Championship allows us to host the great family of world athletics: eight thousand two hundred and six athletes from more than a hundred countries that have continued, throughout their lives, with the love of practicing such a legendary and historic sport as athletics. You form a great family that reconnects you and the relatives that accompany you, every two years in the city where the corresponding Championship takes place.

I hope that from this year's city you can remember: the hospitable city of Malaga, keep the best memories, its pleasant climate, the kindness of its people, its brilliant gastronomy, its Mediterranean blue and, above all, its heritage and its three thousand year history and first-rate culture.

I wish that many of you fall in love with Malaga and want to return to it. Many of you are businessmen or professionals and Malaga is a wonderful city to work, invest and live in. We will always welcome you with open arms, moreover, in 2020 Malaga will be the European Capital of athletics. I wish that your example of athletes of all ages could help the people of Malaga understand that the practice of sport is healthy and improves the standards of living and it should always be part of our life.

I hope this Championship will bring you many personal and sporting successes and satisfactions and that this Championship will always remain in your memory as the wonderful and unforgettable one that was celebrated in Malaga in 2018.

Welcome and the best of luck!
Enjoy the city of Malaga!

Francisco de la Torre
Mayor of Malaga

Welcome from Stanley Perkins, President, World Masters Athletics



It is my privilege on behalf of the World Masters Athletics Council to welcome each and every one of the more than 8,000 athletes from a record number of Affiliates (in excess of 100 countries) to the 23rd. World Masters Athletics Stadia (Track and Field) Championships here in Malaga, Spain. This is a City better known for its tourism and historic background than it is for the sport of Athletics, but over a two week period it will host some of the finest and most talented athletes that have ever run, jumped, thrown or walked upon an athletics field anywhere in this world.

Spain is a country with an outstanding Athletics history – perhaps one of the few countries in our world that has hosted all of the major Athletics competitions that highlight our championships calendar across all age groups and all disciplines. The challenge for our hosts has been to ensure

they have the facilities and necessary infrastructure to meet the expectations and requirements of such a huge number of athletes.

This Championship is recognised as the biggest athletics competition conducted in our sport in terms of participants, event starts and the sheer magnitude of meeting the needs and expectations of the participants. On behalf of WMA we wish you every success and want that you enjoy the friendship and challenge of Masters Athletics in 2018.

The information contained in this publication is provided to assist and guide you in your events.

All of the people that have been and will be involved in the organisation and conduct of the championships have worked hard to ensure you have every opportunity to perform to your best ability. The officials, volunteers, administrators, local business and community personnel involved at the various levels of this competition and the events that are part thereof, will do their best to make Malaga, 2018 a success and hopefully provide you with the opportunity to have a memorable and successful visit.

Thank you for supporting our sport and being part of what we call the Masters Athletics family that brings people from all walks of life together to enjoy the spirit of life, health and happiness that is World Masters Athletics.

Stanley Perkins

WMA PRESIDENT.

Welcome from Raúl Chapado, President, Spanish Athletics Federation



As President of the Local Organizing Committee is a pleasure welcome to the World Master Athletics Championships de Málaga 2018, as you know, will be during day 4 to 16 of September. For our country is an honor to host this championship and at the same time a big challenge to organize this competition twice in the history, after San Sebastian 2005.

Málaga, is an open and diversity city it is going to receive all of you with an open hands. Málaga, Mediterranean capital of Andalucía, it's the best place to celebrate this kind of event. You can enjoy of the gastronomy, hospitality, and the lifestyle of Spain. You can discover the history of the city and the unique places (natural and urban) that only Málaga can offer.

Malaga across it's long sport tradition have been host important sport events offering a great accommodation offer, transport connections to whole wide world and different touristic offers.

I'm greatly appreciated to all the people of the Organizing Committee, Junta de Andalucía, Malaga and Torremolinos city councils, Malaga Region and the Malaga University, throughout effort and compromise that all them did from the beginning to achieve a successful organization, now the moment have been arrived.

I would like to thank the WMA for trusting us, also i would like to thank to our main business partners and sponsors, but especially to the fantastic volunteers group that make this event possible.

This event was ready prepared at the highest level, and we will try that athletes and accompanied persons, go back home with great memories forever. We made as much we can to ensure that every athlete could compete at the best conditions.

Evidence of the city and the Championship have a great attractive is that you are set a new record of entries 8200 athletes from whole world.

We are plenty convince that Málaga have all great conditions to hold the best edition ever of this prestigious championship. A great environment, great weather conditions, new facilities, passion of sports of Málaga citizens, great organizational experience and the support of all institutions and specially thanks to the Andalusian Athletics federation for their enthusiasm and collaboration make this great event possible.

Looking to the past and the present, but especially to the future, I am confidence this championship will be a reference to future editions and the development of the master athletics movement.

For all of this, i would like to welcome all participants and athletics fans that would like to share this experience. We would like to invite to enjoy this fantastic event of athletics world from September 4. Málaga would make history again and we would write a gold page on their traditional sports organizations.

Cordial greeting

Raúl Chapado

President of the Organizational committee

Welcome from Elias Bendodo, President, Provincial Council of Malaga



Malaga and its province are having a year full of great sporting events. The Davis Cup, the Women's Handball Cup Final or the first stage of La Vuelta 2018 are some of the important events of 2018; these events put our province on the map of the great sporting destinations and that are opening the way towards 2020 when Malaga will be the European Capital of Sport, something that the city of Malaga truly deserves.

In addition to the other sporting events, we are also hosting the World Masters Athletics Championships with more than 8,000 athletes that during the next days will turn Malaga into the world capital of athletics. Each one of you represents an example of effort and personal self-improvement. You are, without a doubt, an inspiration for the amateur athletes of our

province and also for those who have not yet take the step towards a healthier lifestyle full of the satisfaction of the challenges overcome and the goals achieved.

Public administrations are working hard to meet our own goals that are set by our citizens in our current times. In this sense, the Provincial Council supports sport as a mode of healthy lifestyle, the elite sport and sports as a centre of attraction to a province, that as you know, has a lot to offer to athletes: a privileged climate, modern sports facilities, natural wealth and its unique landscapes for the practice of outdoor sports.

On behalf of the Provincial Council and the province, I would like to welcome the athletes, as well as the family and friends that accompany you. I am convinced that many of you will become great ambassadors of this land that welcomes you with open arms.

Elias Bendodo

President of the Provincial Council of Malaga.

Welcome from Francisco Javier Fernández Hernández, Sports and Tourism Advisor of the Government of Andalusia



The 2018 World Masters Athletics Championships which will be held from the 4th to the 16th of September, makes Andalusia the protagonist of an event of such magnitude and importance in which they will combine in a special way sport, solidarity and coexistence, in an exceptional setting such as the Costa del Sol.

For the Andalusian Government is a great satisfaction to host events such as this World Championship, which once more demonstrates its support for the promotion of important sports activities like this one. Andalusia has great teams, competitions, athletes and the best facilities, being renowned for years for their organisational work in

sporting events, both national and international, of all categories and disciplines.

Events like this play an important role in the promotion of Andalusia as a destination and in the diffusion of the autonomy in many countries, thanks to the presence of the Andalusia brand and its support to the Championship.

Andalusian sport is going through a particularly bright moment. The sports practice is growing at a good pace, being a priority for the Regional Government of Andalusia to encourage the practice of all types of sports for the benefits that these entail. Therefore, hosting a competition in which 8,200 athletes from more than 100 countries between the ages of 35 and 101 years is a double satisfaction.

Without further ado, I want to take this opportunity to welcome all participants to our land. I am sure that you will enjoy the competition and the stay with us.

My most sincere congratulations for this World Championship.

Francisco Javier Fernández Hernández
Sports and Tourism Advisor of the Government of Andalusia.

Eco-Responsibility

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

With the media and modern communication technologies, saving paper seems to be an obvious way to contribute, but many of us are still reluctant to address it, especially when it comes to starting lists and results which, for the World Masters Athletics Championships, are systematically published on various web sites (WMA, LOC) before being available in print.

The WMAC is no exception and this is why every effort will be made to reduce the quantity of documents printed and distributed to the teams via their mailboxes, in the Technical Information Centre (TIC), at the stadia and the hotels.

Other important information of general interest (e.g. schedule changes) will also be posted on the display panel in the TIC. Thank you for your cooperation and for your contribution to this important cause.

Contact Us

Email: info@malaga2018.com

Website: www.malaga2018.com

For any questions or problems, athletes should first contact their Team Manager for assistance. For additional information, athletes should visit the Technical Information Centre.

Statement

This Competitor Handbook was correct at the time of printing. Details are subject to change.

GENERAL INFORMATION

World Masters Athletics Championships

The World Masters Athletics Championships (WMAC) are held biannually. The WMAC 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 event is usually held over 12 days, with two non-competition days.

World Masters Athletics

World Masters Athletics (WMA) was founded as the World Association of Veterans Athletes (WAVA) on August 9, 1977 in Sweden. Its main responsibilities include:

- To organise, regulate and manage athletics for masters (women and men aged 35 and over)
- To sanction Master Athletics World Championships and other international athletic competitions for masters
- To ratify and record masters world records in different five-year age categories, but also to keep statistics and other best performance records for masters athletes
- To encourage friendship, understanding and cooperation through masters athletics

The WMA Council

President	Stanley Perkins, Australia
Executive Vice President	Margit Jungmann, Germany
Secretary	Maria Alfaro, Mexico
Vice President, Competition	Brian Keaveney, Canada
Treasurer	Jean Thomas, France
IAAF Representative	Pierre Weiss, France
Women's Representative	Selma Türkkal, Turkey

The WMA Area Representatives

Africa	Leonie Paule Etong
Asia	Sivapragasam Sivasambo
Europe	Kurt Kaschke
North/Central America	Guillermo Guzman
Oceania	Lynne Schickert
South America	Richard Amigo

Local Organising Committee

The delivery of WMAA Malaga 2018 is being undertaken by the Malaga 2018 Local Organising Committee (LOC).

The LOC is composed of:

Chairman, Local Organising Committee	Raúl Chapado
Mayor of City of Malaga	Francisco de la Torre
Council of Sports and Tourism Andalucía Government	Francisco Javier Fernandez
President of the Málaga Region	Elias Bendodo
Deputy of Sports on Málaga Council	Elisa Perez de Siles
President of Andalucía Athletics Federation	Enrique Lopez
Secretary of Tourism and Sports Málaga territory	Marta Rueda
Tourism of Málaga Government	Ricardo Fernandez de la Cruz
Director of Events and Sports in Málaga	Luis Verde Godoy
Secretary	José Luis de Carlos
Secretary of Andalucía Athletics Federation	Francisco Cardador
Event Director	Álvaro del Pozo

The Malaga LOC is supported by:

General Coordinator	Álvaro del Pozo
Co-Coordinator	Daniel Pérez
International Relationships	Alberto Muñoz
Administrative Area	Manuel Villuendas
Accommodation Area	Maria Luisa Sirodey (VECISA)
Accreditation Area	Javier Galvez
Venues Area	Rafael Jaramillo
Marketing Area	Marta de la Revilla
Communication Area	Lucía Valencia
Technical Area	Fernando Marquina
Volunteer Area	Javier Jurado
Protocol Area	Maria de los Reyes
Transport Area	Miguel Angel Morales
Logistics	Francisco Cardador

WMA Meetings

General Assembly

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.

In Malaga the WMA General Assembly is scheduled for Saturday 8 September at the NH Hotel, Calle San Jacinto 2, Malaga, where up to 160 participants are expected to attend.

Committee and Regional Meetings

The Committee and Regional meetings will be held on Thursday 13 September 2018 at the NH Hotel, Calle San Jacinto 2, Malaga.

Malaga,

Malaga will provide a safe, friendly and welcoming environment for the World Masters Athletics and the 2018 World Masters Athletics Championships. World Masters Athletics can be guaranteed that the event will be strongly embraced by the friendly locals who will go out of their way to ensure that visitors to the region will leave with many fond memories.

Málaga, one of the Spanish capitals with an international focus, promotes its values to those who visit with unforgettable experiences. It is the cradle of artists such as Picasso, with more than 35 museums that are open every day. The monumental legacy left by the Phoenicians, the Romans and the Arabs is also to be admired.

Taste Malaga's delicious and assorted gastronomy in restaurants and bars that cook both Spanish and international food.

Being the capital of the Costa del Sol, Malaga has a wide net of roads, motorways, highways and high speed train (AVE) that will help you move around and visit other cities in Andalucía such as Ronda, Granada and its mountain Sierra Nevada, Sevilla or Córdoba. The International Airport with more than 130 destinations makes Málaga a very accessible city.

Málaga is a great place in every sense. We are waiting for you at the World Masters Athletics Championships in 2018.

Population	569.000
Language	Spanish
Currency	Spain's national currency is the Euro. Currency exchange is available at banks, hotels and international airports. Banks offer the same range of services typical in other European nations, and cash withdrawal machines or Automated Teller Machines (ATMs) are widespread.
Time zone	Western Standard Time (AWST) is GMT + 2.
Electricity	Mains voltage in Malaga is 220V. If your country does use the same mains voltage as Spain, all you need is a power adapter.
Water	Tap water in Spain (unless otherwise signed) is safe for consumption.
Calling abroad	If you are expecting a call from abroad, the international country code for Malaga is +34 and the area code for Malaga is 9. If you wish to call abroad, you must dial the exit code (00) + the country code of the destination country. If you wish to call Canada or USA, you must dial the exit code (011) + the country code.
Emergency phone number	In case of emergency, dial (112) for ambulance, police and fire emergency services.
Climate	Average Climatic Conditions for Malaga in September: Average Minimum Temperature Average Maximum Temperature Average Number of Days of Rain Average hours of sunshine per day Average Relative Humidity 19.4°C (66.9°F) 27.5°C (81.5°F) 2 days 12 hours 72%
WiFi	The City of Malaga offers free public WiFi around the city area.
Smoking	Smoking is banned in all indoor areas of pubs, bars and clubs in Malaga. Smoking bans apply in outdoor eating areas, where people eat and/or drink sitting at tables (e.g. restaurants, cafes, delis, lunch-bars and hotels). Smoking is also not permitted in taxis, rental cars or public transportation.

Driving	Visitors to Malaga may drive on a valid overseas driver's licence for the same class of vehicle. Vehicles travel on the right hand side of the road and the wearing of seat belts is compulsory for all passengers. It is illegal to call or write text messages on a cell/mobile phone driving. Eating whilst driving is also prohibited.
Alcohol Laws	There are strict laws regarding alcohol consumption in Spain. It is recommended not to drive after you drink alcohol.
Sun Protection	To enjoy the Costa Del Sol with its great outdoor lifestyle in safety, always apply sunscreen, wear a wide-brimmed hat and sunglasses and drink plenty of water.
Sanitation	In Spain used toilet paper should be flushed away, not left alongside toilet for collection as is the custom in some countries.

Some helpful words

English	German	Spanish	Italian	French
Good morning	Guten Morgen	Buenos días	Buongiorno	Bonjour
Good evening	Guten Abend	Buenas noches	Buonasera	Bonsoir
Bye/Good bye	Tschüss/Auf Wiedersehen	Adiós	Arrivederci	Au revoir
Hello	Hallo	Hola	Ciao	Salut
Please	Bitte	Por favor	Per favore	S'il vous plaît
Thank you	Danke	Gracias	Grazie	Merci
Can you help me?	Können Sie mir helfen?	¿Puedes ayudarme?	Mi potete aiutare?	Pouvez-vous m'aider?
A beer, please	Ein Bier, bitte	Una cerveza, por favor	Una birra per favore	Une bière, s'il vous plaît

General Schedule

Day	Date	Activity
Sunday	2 September 2018	TIC opens for Registration and Accreditation (see details under "Technical Information Centre")
Monday	3 September 2018	Officials Briefings Welcoming Ceremony - Antigua Tabacalera (See details under "Ceremonies and Awards")
Tuesday	4 September 2018	First day of competition
Friday	7 September 2018	Athletes' Party (See details under "Ceremonies and Awards")
Saturday	8 September 2018	Non-competition day WMA General Assembly – NH Hotel, Malaga
Thursday	13 September 2018	WMA Committee and Regional meetings – NH Hotel, Malaga Throwing Competition only
Sunday	16 September 2018	Last day of competition Farewell Ceremony – Malaga Stadium (See details under "Ceremonies and Awards")

Competition Venues

Venue	Event/Service
Malaga Athletics Stadium, Ciudad de Málaga (Stadium 1 – main stadium) C/Miguel de Mérida Nicolich,2, 29004, Málaga This venue is 250m away from the subway train station Palacio de los Deportes.	- TIC for registration and accreditation of all persons and uniform collection for Technical Officials - Technical Officials Briefing – Monday 3 September 2018 <i>Closing Ceremony</i> – 19:00 Sunday 16 September 2018 - Competition 4-16 September <i>Event Facilities</i> 9 lane track, 2 High Jump sites, 2 Pole Vault sites, 4 Long Jump sites, 3 Shot Put Discus Circle sites, 1 Javelin site. Indoor Warm up area. - Start and finish for Road Race Walks, 10k Road and Half Marathon.
Carranque Sports Centre (Stadium 2) Av. Santa Rosa de Lima,7, 29007, Málaga This venue is 25 minutes by public transport from the main stadium and 10 minutes by car from the city centre of Malaga. It is 100m away from the subway train station of Carranque.	- Competition 4-16 September <i>Event Facilities</i> 8 lane track, High Jump site, 3 Pole Vault sites, 4 Long Jump sites, 3 Shot Put Circles, Hammer and Discus Circle, 2 Javelin sites.
University City Sports Stadium (Stadium 3) Campus de Teatinos, Universidad de Málaga,Boulevard Louis Pasteur,s/n, 29010, Málaga The University Stadium is 35-minutes by public transportation from the main stadium and 15 minutes by car from the city centre of Malaga. It is 200m away from the subway train station of Clínico.	- Competition 4-16 September <i>Event Facilities</i> 8 lane track, High Jump site, 2 Pole Vault sites, 4 Long Jump sites, 3 Shot Put Circles, 1 Discus Circle, 2 Javelin sites.
Torremolinos Athletics Track (Stadium 4) Av. del Real s/n, 29620, Torremolinos The Torremolinos Stadium is 15 minutes by Shuttle service from the main stadium and 25 minutes by car from the city centre of Malaga.	- Competition 4-16 September <i>Event Facilities</i> 8 lane track, High Jump site, 2 Pole Vault sites, 4 Long Jump sites, 3 Shot Put Circles, 1 Discus Circle and Hammer Circle, 2 Javelin sites, Weight Throw circle and cage.
Torremelinos Park	Cross country – adjacent to Stadium

Changing rooms with showers and toilets are available at each competition venue.

In each venue will be a Restaurant/Bar for all the athletes with special prices for the championship

Venues Maps

(Appendix at the final document)

Transport

Malaga is highly accessible by plane, train, bus, ship or road. Malaga has an extensive bus network, underground and train.

Airport to Malaga City Centre

Malaga has the fourth busiest airport in Spain which is located 8km west of the Malaga city centre.

There is a direct bus to the city centre which stops at the train station and the price is 3 €.

There is a train service operating from 06h44 to 00h24, every 20 minutes. It takes 8 minutes to the central station and 12 minutes to the city centre, with a cost of 1.80 euros. This train service also connects the airport to Torremolinos, Benalmadena and Fuengirola.

A taxi ride to the city centre takes 15 minutes and costs between 15 and 25 euros.

Transport to the Competition Venues

Free transportation to the Competition Venues will be provided for accredited athletes, Technical Officials and Team Officials.

Once athletes are accredited, the LOC will provide every athlete with a public transportation card, which will allow them to use this service (only metro) free during their participation in the Championship. This card is personal and non-transferable. This card will have limited travel according to their participation.

Transportation cards distribution	Pre-paid trips
1 Event	7
2 & Combined events	17
3 or more events	23

Subway Schedule: 6:30 am until 11:00 pm Monday-Thursday

6:30 am until 1:30 am Friday

7:00 am until 1:30 am Saturday

7:00 am until 11:00 pm Sunday

More information on the following link:

<https://metromalaga.es/>



How to calculate your route on the following link:

<http://siu.ctmam.ctan.es/en/ruta.php>

Shuttle Bus Schedule from Main Stadium to Torremolinos:

DAY	3	4	5	6	7	11	12	13	14	15	16
STADIUM	12:00	8:00	7:20	7:20	7:20	7:20	7:20	16:00	12:00	7:20	7:20
TORREMOLINOS	20:00	22:30	22:30	22:00	22:00	21:00	13:30	21:30	22:30	22:00	18:30
FREQUENCY	30´	30´	20´	20´	30´	20´	20´	20´	30´	30´	30´

Note: duration of the trip approx. 15´ depends on traffic

Stadium to Stadium Travel

Travel times between stadiums using the metro and Shuttle service (only to go to Torremolinos) should take between 40 minutes to 1 hour and half.

Technical Information Centre (TIC)

Location

The Technical Information Centre (TIC) will be located at the main Stadium, Ciudad de Málaga. The Athletes Village and Expo will also be located at the Ciudad de Málaga Stadium.

TIC Operating Hours

TIC will operate since 30´ before the first event to 30´ after the last event.

TIC layout design can be found in the Appendix.

Team Managers Office

The Team Managers' Office will be located in the main stadium Ciudad de Málaga.

The first Team Managers' meeting will be held Monday 3 September at 16:00 in the Ciudad de Málaga Stadium. (Awards Ceremony site)

On competition days from Tuesday 4 September, Team Managers' meetings will be held from 17:00 –18:00 in the main stadium Ciudad de Málaga in the press centre. There will be no Team Manager meeting on 8 and 13 September nor on the last day of competition.

All questions must be submitted on the team manager's form by 13:00, at the TIC.

Reports from the daily Team Managers' meetings will be posted on the Málaga 2018 website.

Officials Briefings

A Briefing for all Officials will be held in the **Awards Area** close to the Málaga Athletics Stadium, from 15:00-16:00 on Monday 3 September. Officials will collect their accreditation passes at the accreditation centre prior to the Briefing.

Accreditation Centre

The Accreditation Centre will operate during the following hours:

Non Competition days:

Sunday 2 September	12:00 – 21:00
Monday 3 September	10:00 – 21:00
Saturday 8 September and Thursday 13 September	15:00 – 21:00

Competition days:

Tuesday 4 September – Sunday 16 September	10:00 – 21:00
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Registration Pack and Accreditation Pass Collection

All registered athletes, officials, accompanying persons and supporting personnel must collect their registration pack from the accreditation centre at the **Ciudad de Málaga Stadium** during operating hours. The registration pack will include an accreditation pass, competition handbook and competition numbers (bibs) and transportation card for athletes.

Steps to Compete

Step 1. Accreditation Centre at the Ciudad de Málaga Stadium - obtain your bibs and accreditation before competing.

Step 2. Confirm participation in the event or events in which you will participate and receive a "Confirmation Card". **For events starting before 15:00, athletes can confirm the event up to 21:00 the previous day. In case of an event starting after 15:00, athletes can confirm until 12:00 of the same day.**

Step 3. CALL ROOM: Each Stadium will conduct a Call Room. For each event, an athlete must report to the Call Room by the scheduled Call Room time with their "Confirmation Card".

Accreditation Passes

Accreditation is a process designed to ensure that Malaga 2018 participants and guests are provided with the appropriate level of physical access to all Malaga venues and areas.

All registered athletes, accompanying persons and supporting personnel (e.g. media, medical staff, team managers) will receive an event accreditation pass upon registering at the accreditation center. To collect their accreditation pass, registered athletes, accompanying persons and supporting personnel must present a passport or other government-issued identification (with picture included).

The accreditation pass is only valid for the person to whom it is issued and cannot be transferred or sold. This Malaga 2018 accreditation pass should be displayed at all times in the designated Malaga 2018 venues/areas, except when athletes are competing. The color coding on each pass determines the access privileges provided to the person.

Control points will be managed by contracted security, volunteers or staff. Access to the competition areas at each venue will be restricted to those with a valid reason and appropriate accreditation pass.

If a person violates the access control rules, the contracted security personnel will hold that person until a resolution is determined (e.g. revocation of accreditation).

Accreditation for Supporting Personnel

The team managers' accreditation pass will allow them access to the team manager meetings and team managers' office.

A medical staff accreditation pass will be issued to registered team sports medicine professionals (eg team physios).

Registered and accredited media (e.g. journalists, photographers, videographers etc) will have access to a dedicated 'media zone'. See Media section for further information.

Lost or damaged accreditation passes

A replacement for a lost or damaged accreditation pass can be purchased from the sales area at the Malaga TIC for 20€.

Sales

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

- Results Diploma (Certificate) 2€
- Athletes' Party tickets 25€
- Replacement accreditation passes or competition numbers (bibs) 20€
- Individual results 2€

Athletes can pay by credit card or cash.

Customer Service

The following services will be available within the TIC at the Main Stadium:

- Schedule changes
- Withdrawing from an event
- Distribution and receipt of relay entry forms
- Distribution and receipt of team forms
- Team Manager meeting room bookings
- Distribution and receipt of Team Manager meeting question forms
- Processing of appeals (receipt and return of appeal forms)
- Medal and diploma pick up
- Language services
- Lost property (collected nightly from all venues)

Information

The information boards within the main stadium Ciudad de Malaga will display:

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

Language Services

As the LOC will welcome Malaga 2018 guests from over 100 different countries, providing language services is vital to ensuring a high level of customer service. The four (4) official languages of the event are:

- English
- Spanish
- German
- French

Volunteers with language skills will be available at the TIC.

Security

General Information

The safety and security of all Malaga 2018 guests is an event priority. Contracted security guards and volunteers will maintain the security of all competition venues during the day and overnight.

Should you witness any incidents relating to security, please bring them to the attention of event staff or the closest security guard as a matter of priority. It is important to report every incident, suspected or real, to enable decision makers to take action to protect all Malaga 2018 guests.

Prohibited Items and Practices

The following items and practices are prohibited at Malaga 2018 competition and event venues:

- Glass objects
- Explosive devices
- Weapons
- Large banners, or banners with commercial messages or offensive references/language
- Use, possession and supply of Illicit drugs
- Unlawful use, unlawful possession and unlawful supply of prescription drugs
- Smoking
- The distribution of flyers or any materials not approved by Malaga 2018 LOC, whether for the purposes of promotion or any other communication
- Unauthorised tables or stands of retail business, trade, political and/or religious groups
- Items or practices forbidden by law in Spain

Bag Searches

Bag searches may be conducted upon entry to all Malaga 2018 competition and event venues. Should Malaga 2018 guests be found in possession of any prohibited items as detailed or found engaging or likely to engage in any unlawful, criminal and or antisocial behaviour, contracted security personnel will have the right and authority to deny offending persons access to or to remove them from competition and event venues.

Secure Bag Drop

A secure bag drop facility for athletes will be available at all competition venues.

General Advice

- Limit the amount of cash you carry with you.
- Keep a copy of your passport, travellers' cheques and credit card numbers separate from your wallet and your money.

Lost Property

Items found during the event will be stored at the information desk at each venue, until close of competition. Each night, lost property will be transported to the TIC at the Ciudad de Málaga Stadium. To recover any lost items, either visit the venue information desk or the service desk within the TIC.

Ceremonies and Events

Welcoming Ceremony

All Málaga 2018 competitors, officials and supporters are invited to attend the official Welcoming Ceremony. Key details are as follows:

Date: Monday, 3 September 2018

Times: 19:00 – 20:30

Location: Antigua Tabacalera, (Av de Sor Teresa Prat, 15, 29003 Málaga)

Transport: Metro, bus, private car

Metro Station: Princesa-Huelin

Program includes:

- Team parade
- Official speeches
- Officials' and Athletes' oath
- Arrival of World Masters Athletics flag
- Entertainment

Athletes involved in the team parade will be required to arrive and check-in onsite from **18:00**. The Athletes and Volunteers Parade will commence at **19:00**. Each country will be placed in alphabetical order with Spain being the final team to march into the Parade location.

Athletes' Party

All Málaga 2018 competitors are invited to attend the Athletes' Party. Key details are as follows:

Date: Friday, 7 September 2018

Times: 20:00 – 24:00

Location: The location will be share at the accreditation Center (TIC)

Tickets: Will be available for purchase from the Ciudad de Málaga TIC in cash or via credit card

Price: 25€

Transport: Train, bus, private car

Services: Catering (canapes, main and dessert), one complimentary drink upon arrival (beer, wine or soft drink) and entertainment

Alcoholic and non-alcoholic drinks may be purchased at the venue. Vegetarian and other dietary requirements will be catered for with prior notice to staff at the Athlete Party sales desk in the TIC .

Farewell Ceremony

All Malaga 2018 competitors and supporters are invited to attend the official Farewell Ceremony. Key details are as follows:

Date: Sunday, 16 September 2018

Times: At the end of the relays

Location: Malaga Athletics Stadium

Program includes:

- Official speeches
- World Masters Athletics flag handover to WMA 2020 Toronto, Canada

Medal Ceremonies

In Malaga, medals will be presented at the main stadium for which events competed in Ciudad de Malaga Stadium, Carranque and Universidad de Malaga Stadium in addition to 10km walk and 20km walk, 10km road and half marathon. Those events disputed in Torremolinos Stadium and Cross Country, medal ceremonies will be at the Torremolinos Stadium.

Medal ceremonies timetable will be published each day considering the transport time from the stadium to the medal ceremony area except those events celebrated in Torremolinos where will generally be conducted within 15 minutes after results have been posted at the end of the event. Athletes are requested to attend the medal ceremony in an outfit representative of their country.

During the medal ceremony, the athletes will stand on the dais, medals and diplomas will be presented to each athlete (first, second and third) and the first place winner's national anthem will be played.

A medal ceremony may be delayed if there is an appeal with regards to the results.

Appeals must be lodged at the TIC at the Malaga Athletic Stadium. Appeal time limit: 2 hours after the results are posted.

Where an appeal has been lodged, the medal presentation will be held over until the final result has been declared.

Medal Collection

Should an athlete not be able to attend their medal ceremony, they will be able to collect their medal from the medal ceremony area on the day of the event, or from the TIC the next day onwards following the event, except the last day. Team Managers are also permitted to collect medals on behalf of their athletes.

Engraving

Medal engraving is available within the Ciudad de Malaga Stadium.

Tourism Services

If you want to know information about tourism services, what to see and do you should visit the Malaga Tourism Website:

<http://www.malagaturismo.com/>

Visitor Services

Visitor centres can supply all the latest information on events, activities, shopping and attractions in the City of Malaga and supply free resources including city maps, trails and visitor guides.

Malaga Visitor Centre

Street Address: Plaza de la Marina 11, 29001, Málaga

Tel: 951 926 020

Email: info@malagaturismo.com **Website:** <http://www.malagaturismo.com/>

Medical Services

Emergency

For emergency and ambulance services, dial 112.

First Aid

First aid services will be provided by qualified first-aid staff from organisation at all competition and event venues. They are skilled in case of emergency. Maps and signage indicating first aid locations will be present at all venues.

Staff will offer basic first aid and transportation to a hospital if further care is deemed necessary.

Any health care services provided outside of these first aid facilities will be at a cost to the individual, including the cost of all health, medical, hospital and associated resources and services.

Health Advice

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

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

Hospitals

List name and address of relevant public hospitals in Malaga and Torremolinos:

- **Hospital Carlos Haya**
Avenida Carlos Haya Haya s/n
29010, Malaga
- **Hospital Virgen de la Victoria**
Campus Universitario Teatonos s/n
29010, Malaga
- **Hospital Marítimo Torremolinos**
Calle Sanatorio nº5
29620, Torremolinos

Physiotherapy Service

In the main stadium, LOC will provide a physiotherapy area where physios from different countries can install their massage table. Only accredited personnel will be allowed to install their massage table in this area.

LOC will provide a physiotherapy services in the main stadium, Ciudad de Málaga, for those countries which don't have their own physio. Athletes will have to prior booking in the physiotherapy area.

Catering

A variety of food and drink outlets will be available at each competition venues. In each venue will be a Restaurant/Bar for all the athletes with special prices

Photography

The official event photographer, SportMedia, will provide a professional photography. Photographs and event video will be available for purchase from the photography outlet located within the Main Stadium and will be available online during and post event.

The official photographer will have exclusive access to the field of play, with the exception of accredited media. Official photographers will be required to wear an official photographer bib at all times whilst on duty.

Merchandise

Championship merchandise will be available for sale during the event in Main Stadium.

Media

Media Enquiries

For interviews or comments on matters other than their individual performances, athletes should refer these requests to the Malaga 2018 Media Manager on (atletismomaster@rfea.es). This process will ensure the accuracy of the information and help to maintain good relationships with the media. Volunteers should not give any interviews or appear in any promotions, advertisements or endorsements, without the prior consent of Malaga 2018 LOC.

Media Access

All media representatives attending WMA Malaga 2018 must be accredited.

The media accreditation pass will provide access to spectator and dedicated media zones within the venue. Media zones include media viewing and work areas at competition and event venues, as well as the Media Centre.

To access the field of play, accredited media must have made a booking, be wearing a media bib (sourced from the Media Centre) and be escorted by a media volunteer.

Media Centre

All accredited media will have access to the dedicated media facilities within the Media Centre, located at the Main Stadium Ciudad de Malaga. Presentation of their accreditation pass is required for access.

The Media Centre will be open at the following times:

Non Competition days:

Monday 3 September	10:00 – 21:00
Saturday 8 September and Thursday 13 September	15:00 – 21:00

Competition days:

All days from 9:00 to 16:30 and from 18:00 to 22:00.

You will have wifi in the Media Center.

COMPETITION INFORMATION

Entries and Confirmation

Final Entries

Refer to organisation's website: www.malaga2018.com

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 pentathlon or combined events) in the competition.

The Confirmation Desk will be located in the Accreditation area main Stadium following the timetable below:

02/09/2018 from 12:00 to 21:00
 03/09/2018 from 10:00 to 21:00
 04/09/2018 from 10:00 to 21:00
 05/09/2018 from 10:00 to 21:00
 06/09/2018 from 10:00 to 21:00
 07/09/2018 from 10:00 to 21:00
08/09/2018 from 15:00 to 21:00
 09/09/2018 from 10:00 to 21:00

10/09/2018 from 10:00 to 21:00
 11/09/2018 from 10:00 to 21:00
 12/09/2018 from 10:00 to 21:00
13/09/2018 from 15:00 to 21:00
 14/09/2018 from 10:00 to 21:00
 15/09/2018 from 10:00 to 21:00
 16/09/2018 from 10:00 to 12:00

An athlete will not be allowed to participate in an event without a correct confirmation. For events starting before 15:00, athletes can confirm the event up to 21:00 the previous day. In case of an event starting after 15:00, athletes can confirm up to 12:00 of the same day.

For the half marathon, 10km road and Cross Country it is not necessary to confirm.

Change of Events

Participants are **NOT** allowed to change or add events. They cannot take the place of another athlete in an event. In the case of non-compliance with these rules, the athlete may be disqualified from the entire competition.

Training and Warm Up areas

Training

At the Torremolinos Stadium is allowed to train in the period leading up to the WMA Championships. During the Championship, athletes can use this Stadium the days 8th, 9th and 10th. This Stadium will be open from 8:00 to 22:00. Use of the throws areas is only allowed from 13:00 to 15:00.

Warm Up for Field Events

There are NO separate warm-up areas for field events. There will be some opportunity for athletes to finalise their warm-up on the competition area.

Equipment and Implements

Use of Official and Personal Implements

The LOC will provide at least three (3) IAAF implements complying with IAAF/WMA specifications for each throwing event.

Personal implements are permitted for competition, provided they have previously been officially checked and certified by the Judge at your competition venue equipment control room. 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.

The deadline for certification of personal implements for Combined Events and Throws Events is two (2) hours before the start of your age group's in the venue of the event, if your event starts after 10:00. If your event starts before 10:00 the deadline will be 1 hour before. Please go to the information centre of each venue or TIC in the main stadium.

Athletes may collect their personal implements at the end of the event from the equipment room at that venue. Meet implements and personal implements which will be used for the final will go to the final and will be returned at the equipment room after the final.

Poles

A range of poles will be provided to athletes at no cost. The list of poles will be divided between venues and not all poles will be available in each venue. Poles will be available for use during competition and must not be taken from the venue, otherwise the athlete will be responsible for cost of replacement.

Combined events

Estadio C. Málaga	335/54	425/82
	360/68	425/77
	400/73	
Carranque	310/50	425/59
	335/59	425/68
	360/41	425/73
	400/54	
Universidad	360/45	400/63
	400/59	425/77
Toremolinos	310/59	400/59
	360/54	

Pole Vault event

Estadio C. Málaga	310/50	400/54
	335/54	425/59
	360/45	425/77
	400/73	425/82
Carranque	310/59	400/63
	335/59	400/59
	360/41	425/73
	360/54	
Universidad	360/68	425/68
	400/59	425/77

Athletes bringing their own poles are required to register their implement with the Technical Equipment staff at the Stadium at which they are competing. Poles will be securely stored for use by the athlete. A competitor's personal pole will be delivered to the competition site when required.

Competition Procedures

Rules of Competition

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

Call Room Procedures

Athletes must report to the Call Room and competition areas at the latest:

Event	Call Room (minutes before event)	Competition Area (minutes before event)
All track events including Relays	30	15
All field events (except Pole Vault)	45	30
Pole Vault	75	60
Decathlon – Day 1 and 2	30	15
Heptathlon – Day 1	30	15
Heptathlon – Day 2	45	30

Check the site maps in the Appendix for location of Call Rooms at each Stadium.

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.

Non-Stadia

For non-stadia events, athletes must report to the Call Room at least 20 minutes prior to the event start time for 10km walk and 20km walk and 10 minutes for the Cross Country.

Languages

Spanish and English will be the primary languages spoken in all Malaga 2018 Call Rooms. Where possible, French and German speaking officials will be available. If necessary, athletes may report to the Call Room with an accredited translator.

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 affiliate Masters Member, it is mandatory to wear a uniform clearly identifying the country that he represents as accepted by the Call Room Referee or the WMA Technical Delegate.

A club singlet or vest is not acceptable.

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

Competition Numbers (Bibs)

All athletes will receive three bibs and twelve (12) pins in their registration pack, which must be collected from the Accreditation area.

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

For Non-Stadia races, the bib provided with the transponder must be worn on the front of their competition top. A chip worn on the wrist will be issued in the call room for the 5000m competition on the track.

The bibs must not be cut, bent or otherwise modified, under penalty of disqualification.

In relay events, athletes wear their own competition bibs.

Any replacement bib will be charged at a fee of 20€ without transponder (chip) and 25€ with transponder chip. Replacement bibs can be purchased from the sales desk at the TIC.

Competition Site Exit Procedures

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

In combined events, athletes will leave the track after the event, with a Judge. There will be toilets for those 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 **Call Room Area** where track athletes will collect their personal belongings.

Display of Results

The results will be displayed at each competition venue where the events are conducted.

Results will also be available on the website at www.malaga2018.com under "results".

A hard copy of individual results will be available for sale at the TIC main stadium.

Personal Items

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

Any advertising on the uniforms or bags of athletes must be in accordance with IAAF rules. Every item not in accordance with these rules will be confiscated and returned at the end of the competition.

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 or 12mm for the high jump and javelin.

ONLY Christmas Tree or Pyramid spikes are allowed to be used. Needle spikes are **not** permitted.

Seeding for Heats (Ranking)

There may be heats for running events with several rounds from the 100m 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 (Prelims) will **always** be conducted at the scheduled time listed in this book. 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 races longer than 1500m, athletes will be seeded (ranked) and placed into separate sections based on their time. The slower section (Group B or C) will be conducted first.

Advancement Procedure

See Appendix.

Competition Schedule

The Competition Schedule by day and by site is provided in the Appendix or is available on the website: www.malaga2018.com

Schedule Changes

Any change to the competition program will be discussed during the daily Team Managers and technical meetings and/or through an official notice displayed on the official information boards at each venue and on the country boards in the TIC.

The changes will also be posted on the information boards at each venue. No event will start earlier than the scheduled time on the program.

Timing and Performance Measurement

Results and Records

The WMA Records Officer automatically records the world records broken during the championships. For enquiries about national records, athletes should contact their team manager.

Post-Competition Procedures

Results for each venue will be posted at that competition site. All final results will be posted on line on the website www.malaga2018.com

Protests and Appeals

Protests and appeals must be made in compliance with the rules of the IAAF and WMA as modified below and appeals submitted no later than two (2) hours after the display of the results. Results will be displayed at each competition venue. A Protest is an immediate disagreement about any aspect of any event. An appeal is a disagreement with a Referees' decision about a Protest. There cannot be an Appeal without a Protest being held and a Referee decision.

Protests

Protests concerning the status of an athlete to participate in the championships must be made by the Technical Delegate(s), prior to the commencement of the competition. Should the matter not be settled satisfactorily before the start of the event, the athlete shall be allowed 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 the event. Judges will do everything possible to preserve the rights of the Athlete such as provisionally measuring throws or jumps.

Appeals

If the athlete does not agree with a decision made by the Referee, the athlete or their team manager may then make a written appeal to the Jury of Appeal.

Any appeal must be lodged at the TIC at the Malaga Athletics Stadium. The time limit for lodging an appeal is two (2) hours from the time the results are posted.

If the event is held in the LAST two (2) hours of the day of competition and the TIC has closed, the time allowed for appeal will be extended into the opening time of the TIC the following day. The Appeal shall be in writing using the form provided for this purpose. The forms can be requested from the TIC. The form should be signed by the team manager, the athlete or official acting on behalf of the athlete concerned.

A deposit of 100€ will be required to confirm the appeal. If the appeal is not upheld, the deposit of 100€ will not be returned.

An appeal can only be lodged at the TIC. The appeal panel shall issue a written decision. The decision will be available at the TIC.

Starting Blocks and Starter's Commands

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

Starter's Commands

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

For races up to and including 400m and 4x400m relays, the commands will be:

- "On your marks"
- "Set"
- Electronic Gun / Pistol

For races from 800m, the commands will be:

- "On your marks"
- Electronic Gun / Pistol

False Starts

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

Composition of Finals

The finals will consist of:

- 8 athletes for the 100m, 200m, the 400m, sprint hurdles and the long hurdles.
- 12 athletes for the 800m.
- 16 athletes in the 1500m.
- For races longer than 1500m, there will be direct finals.

See race advancement procedure tables in Appendix.

In track races of 2000m and over, age categories with a large number of participants will be divided into sections. The best performances will compete in the last section. Athletes with no performance time will be randomly placed by the computer in the slower sections.

The final results will take into account all finals and will rank the athletes by time.

Lap Timing and Counting

For the 5000m races, lap counting is done automatically by the electronic transponder system. There will also be a manual (human) backup system, in which lap counters and judges keep track of the progression of the athletes. The chip issued in the call room for the 5000m is worn on the wrist and must be returned at the finish line upon the completion of your race.

The Chip for Non-Stadia events is part of your front bib. As the chip is a disposable item it is not necessary to return it.

Track Relay

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.

The 4 x 100m relay entry form is due before 12:00 noon Saturday 15 September 2018.

The 4 x 400m relay entry form is due before 12:00 noon Saturday 15 September 2018.

The Team Manager must submit any changes to the running order, or the use the alternates listed on the relays form at the TIC **until 2 hours before the event start**, but no new relay teams or names will be accepted.

All runners must have been entered in an individual event and must wear their own bibs.

Only one team entry in each 5-year 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 for each relay distance (4x100 / 4x400m)

On the form, the team manager must list the names of four (4) members of the team and up to three (3) substitutes (alternates or reserves), if the team wishes to use substitutes (potential replacements). The form submitted names should show the composition of the relays and the order of running. The final running order (using only the runners submitted names on relay entry form) must be made at the TIC **until 2 hours before the event start**. In case of 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.

Field Events

Vertical Jumps

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

When there are 22 or more athletes entered, the event there will be divided in 2 groups based on their marks. The athletes with the lower marks will compete in Group B.

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.

Starting Heights and Progression in the Competition

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

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

Horizontal Jumps and Throws

The event will be conducted as a final. There will be no qualifying rounds. If the entries require 2 or more groups, each athlete will have 3 jumps or throws in their group. Group A will be the athletes with the best submitted marks and compete last. After the completion of all groups, the 8 athletes with the best performances will have a further three trials. The competing order for the last three trials shall be in reverse ranking order recorded after the first three rounds of trials.

Combined Events

Athletes will only move from one competition area to another as instructed by the combined events referee. Athletes will have to bring with them own drinks and food during the events.

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. The starting heights in the vertical jumps are determined by the athletes.

Throws Pentathlon

The order of events for the Throwing Pentathlon will be:

Hammer, Shot Put, Discus, Javelin, and Weight.

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 will the better submitted scores.

Non-Stadia Events: Race Walking (10km and 20km), Cross Country, 10km Road Race and Half-Marathon

Except for the 10km Road Race, team medals will be awarded for all other non-stadia events.

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 3 athletes of that country in each age group.

To form a team where a country does not have 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 form is available at the TIC and must be submitted to the TIC at the Malaga Athletic Stadium before 17:00 on the day before competition for Cross Country, Half Marathon and 10km walks and 20km walks.

Cross-Country

The cross-country events will be held in a pine forest area, near the Torremolinos Stadium. Races will be conducted in the following categories:

6km Cross Country (Male and Female age groups 70 and over)

8km Cross Country (Male and Female age groups 35- 65)

A Refreshment post will be provided at every lap as stated in the rules of the IAAF and WMA. No personal drinks will be allowed. Medical staff will be present on the course and at the start and finish lines.

Results will be available in the area of competition. Awards will be given in the Plaza de Toros beside the Torremolinos Stadium.

Race-Walking Events

Race-walking will be judged by a team of international race-walking judges.

Athletes can be disqualified during or after the race.

Road Race-Walking Races

The road-walking loops are 1 km. The races will start on the road and finish in the Malaga Stadium. (See Appendix for a map of the course.)

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 one (1) hour before the start of the race. For this they must bring the drinks to the tables provided for this purpose in the refreshment 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.

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

10km Road Race

The 10km Road Races (one lap) will start at the Ciudad de Malaga Stadium and travel along the Malaga foreshore.

Start times for age groups in the 10km Road Race are as listed in the Competition Timetable.

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

The maximum time to complete in the 10Km Road Race will be 1hour 30 minutes.

Half Marathon

The Half Marathon will start at 09:00. Men and women will start together. Check Appendix for a map of the course. The Half Marathon (2 laps plus a short section) will start at the Ciudad de Malaga Stadium and travel along the Malaga shore.

The athletes' personal bags should include the name of the athlete and bib number, and will be held in a secure location.

Refreshment tables will be provided each lap as stipulated in the regulations of the IAAF and WMA.

Athletes with their own refreshments will leave them at the indicated place at the start line before 08:30. Personal refreshments will be identified by the bib number of the athlete. The athlete must also specify on which refreshment table these are to be placed. Personal refreshments will be available on tables specially provided for this purpose.

A maximum of two officials per country may be stationed behind the 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.

The maximum time to complete the half marathon will be 3 hours. (1 hour 30 min at 1/2 way point.)

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

Results will be available at the finish area.

Safety Officers

The WMA Council shall appoint a Safety Director who shall have overall responsibility for the safety of athletes competing in the championships, safety aspects at competition venues and generally to ensure 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.

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.

ANTI-DOPING PROCEDURES

Anti-doping Control

WMA, through Royal Spanish Athletic Federation and the LOC has engaged the services of the Spanish Agency for Health Protection in Sports (AEPSAD) to undertake drug testing as part of the WMA Stadia Championships. Drug testing will be conducted under the IAAF/WMA Rules that comply with the provisions of the World Anti-Doping Agency (WADA). Representatives of WMA and AEPSAD will be supervising the anti-doping operations.

Selection Procedures

The selection of athletes for testing is randomly made and any athlete regardless of their age and sex and the type of event in which they are participating may be chosen. The Procedural Guidelines established by WADA are strictly adhered to in the testing of all athletes.

If you are selected for a test you will be advised of this fact by a drug testing official (Chaperon) who will be clearly identified and accredited as part of the testing team. You will be informed of your selection to undergo a doping test and the drug testing official will then escort you to the testing control area. All competitors should be aware that the refusal of a test will be deemed the same as a positive doping test.

Testing Procedures

The testing procedure will be fully explained to you by the control Team and you may request information on any matter about the drug testing procedure, during or after completing the required forms. And queries or complaints should be noted before finally signing the forms.

If you have been granted a Therapeutic Use Exemption (TUE) you should provide details on the drug testing form.

Athlete's Rights

An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official (Chaperon) 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 at all times in full view of the official, you may:

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

Athlete's 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 IAAF/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.

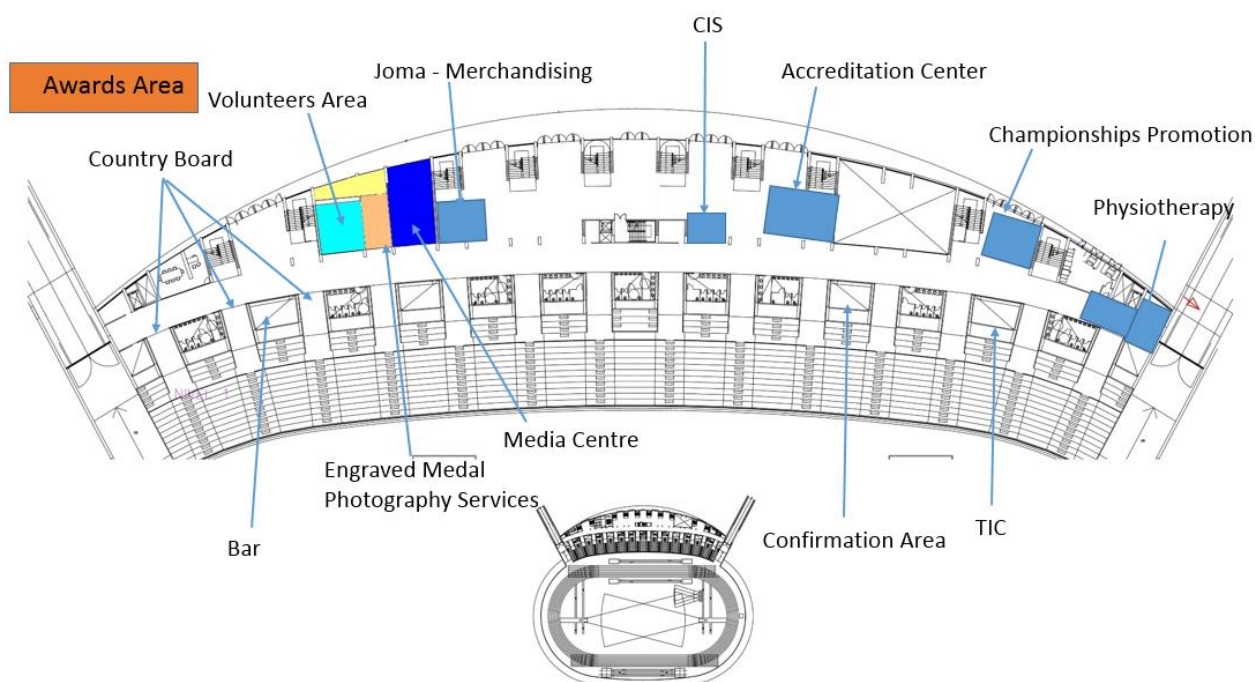
This form should be with you at all times, and should not be given to anyone else.

Appendix

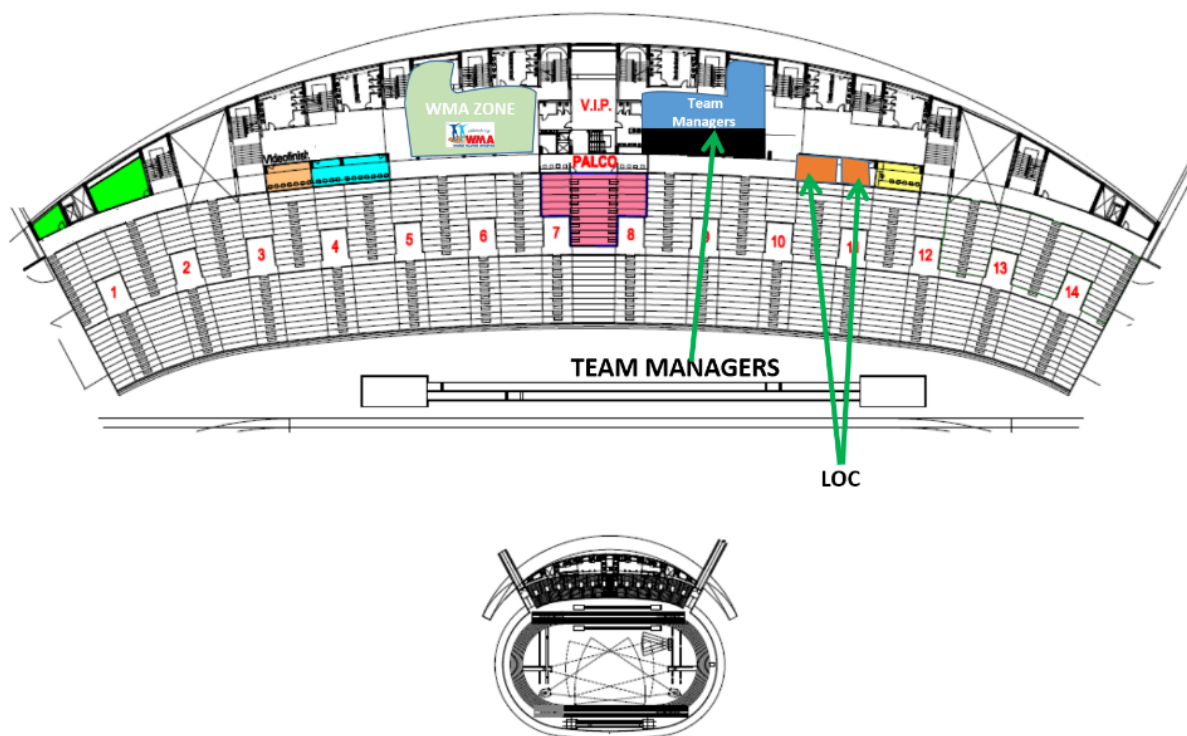
Venue Maps and Technical Specifications

CIUDAD DE MÁLAGA STADIUM

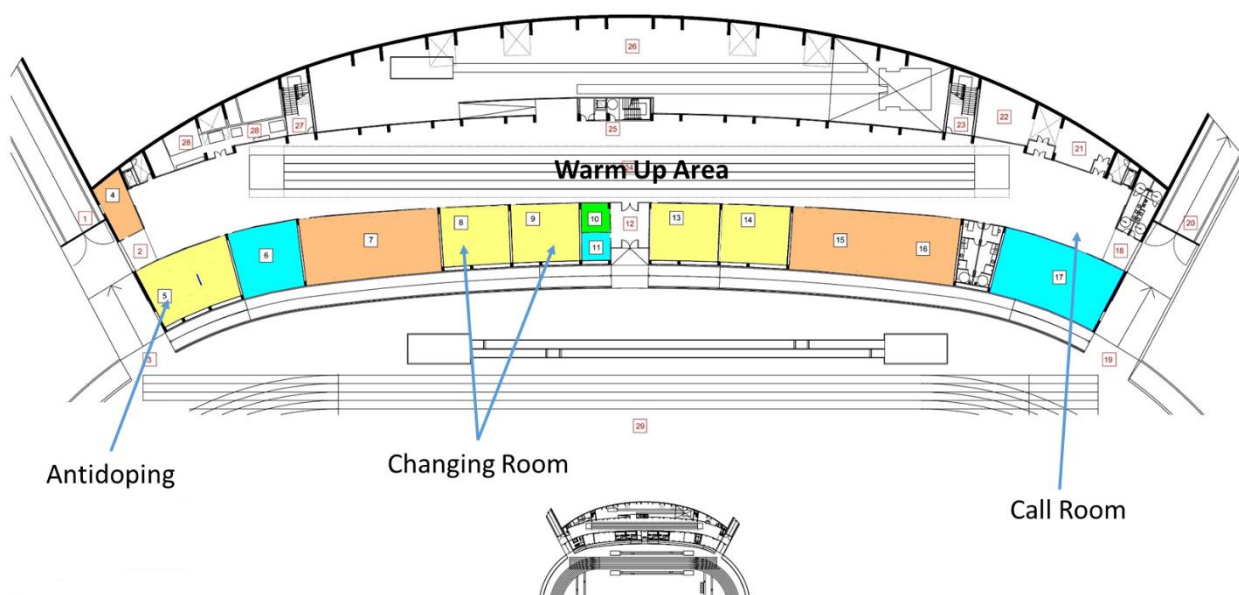
Main Entrance



First Floor



Competition Zone



CARRANQUE STADIUM



UNIVERSIDAD STADIUM



TORREMOLINOS STADIUM



CROSS COUNTRY



10KM ROAD



HALF MARATHON

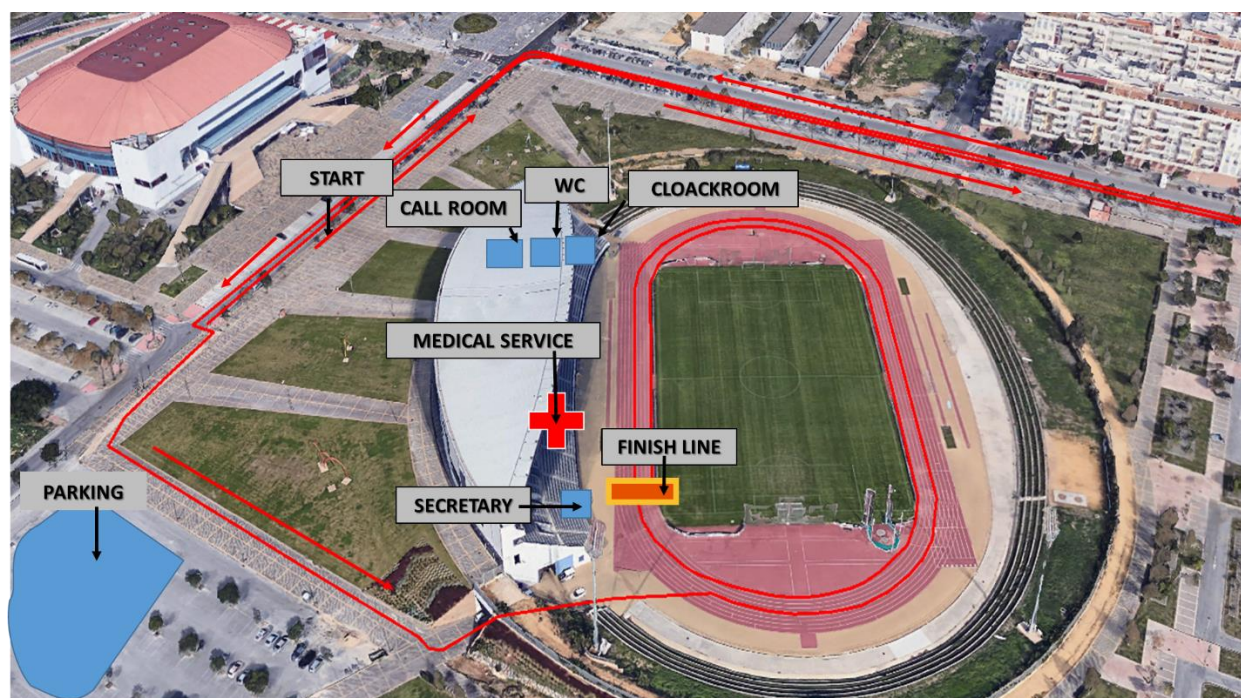
ONE LAP



TWO LAPS



10KM WALK – 20KM WALK



Competition Schedule

Men: Daily Schedule

EVENT		ROUND	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+
100m	Track	Heats	5	5	5	5	5	5	5	5	5	5	5	5	5
		Semifinals	6	6	6	6	6	6	6	6	6	6			
		Finals	6	6	6	6	6	6	6	6	6	6	6	6	6
200m	Track	Heats	7	7	7	7	7	7	7	7	7	7	7	7	7
		Semifinals	9	9	9	9	9	9	9	9	9				
		Finals	9	9	9	9	9	9	9	9	9	9	9	9	9
400m	Track	Heats	11	11	11	11	11	11	11	11	?				
		Semifinals	12	12	12	12	12	12	12	12	12	12	12	12	12
		Finals	14	14	14	14	14	14	14	14	14	14	14	14	14
800m	Track	Heats	9	9	9	9	9	9	9	9					
		Semifinals	10	10	10	10	10	10	10	10	10	10	10	10	10
		Finals	11	11	11	11	11	11	11	11	11	11	11	11	11
1.500m	Track	Heats	15	15	15	15	15	15	15	15	15				
		Finals	16	16	16	16	16	16	16	16	16	16	16	16	16
5.000m	Track	Finals	12	12	12	12	12	12	12	12	12	12	12	12	12
Short Hurdles	Track	Heats	14	14	14	14	14	14	14	14	14	14	14	14	14
		Semifinals	15	15	15	15	15	15							
		Finals	15	15	15	15	15	15	15	15	15	15	15	15	15
Long Hurdles	Track	Heats	5	5	5	5	5	5	5	5	5	5	5	5	5
		Semifinals	6	6	6	6	6	6	6						
		Finals	7	7	7	7	7	7	7	7	7	7	7	7	7
Steeplechase	Track	Finals	7	7	7	7	7	7	7	7	7	7	7	7	7
4x100m	Track	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16
4x400m	Track	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16
5.000m Walk	Track	Finals	6	6	6	6	6	5	4	4	4	4	4	4	4
High Jump		Finals	9	10	10	10	10	9	9	9	9	9	9	9	9
Pole Vault		Finals	11	11	11	11	12	12	11	12	12	12	12	12	12
Long Jump		Finals	10	9	9	9	9	10	10	10	10	11	11	11	11
Triple Jump		Finals	15	15	15	15	15	15	15	12	12	12	12	12	12
Shot Put		Finals	6	6	6	6	6	5	4	4	4	4	4	4	4
Discus		Finals	9	9	9	9	9	9	7	7	7	7	7	7	7
Javelin		Finals	11	11	11	12	12	12	12	12	10	10	10	10	10
Hammer		Finals	4	4	4	4	4	4	4	4	6	6	6	6	6
Weight Throw		Finals	11	11	11	11	11	11	11	11	11	10	10	10	10
Decathlon/Heptathlon		Finals	4/5	4/5	4/5	4/5	6/7	6/7	6/7	6/7	6/7	4/5	4/5	4/5	4/5
Pentathlon Throws		Finals	14	14	14	13	14	13	14	15	15	12	12	12	12
10km	Road	Finals	9	9	9	9	9	9	9	9	9	9	9	9	9
Half Marathon	Road	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16
10km Walk	Road	Finals	10	10	10	10	10	10	10	10	10	10	10	10	10
20km Walk	Road	Finals	14	14	14	14	14	14	14	14	14	14	14	14	14
Cross Country	Cross	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5
EVENT		ROUND	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+

Estadio C. Málaga

Carranque

Universidad

Toremolinos

Women: Daily Schedule

EVENT		ROUND	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95+
100m	Track	Heats	5	5	5	5	5	5	5	5	5	5	5	5	5
		Semifinals	6	6	6	6	6	6	6	6	6	6	6	6	6
		Finals	6	6	6	6	6	6	6	6	6	6	6	6	6
200m	Track	Heats	7	7	7	7	7	7	7	7	7	7	7	7	7
		Semifinals	9	9	9	9	9	9	9	9	9	9	9	9	9
		Finals	9	9	9	9	9	9	9	9	9	9	9	9	9
400m	Track	Heats	11	11	11	11	11	11	11	11	11	11	11	11	11
		Semifinals	12	12	12	12	12	12	12	12	12	12	12	12	12
		Finals	14	14	14	14	14	14	14	14	14	14	14	14	14
800m	Track	Heats													
		Semifinals	10	10	10	10	10	10	10	10	10	10	10	10	10
		Finals	11	11	11	11	11	11	11	11	11	11	11	11	11
1.500m	Track	Heats	15	15	15	15	15	15	15	15	15	15	15	15	15
		Finals	16	16	16	16	16	16	16	16	16	16	16	16	16
5.000m	Track	Finals	12	12	12	12	12	12	12	12	12	12	12	12	12
Short Hurdles	Track	Heats	14	14	14	14	14	14	14	14	14	14	14	14	14
		Semifinals													
		Finals	15	15	15	15	15	15	15	15	15	15	15	15	15
Long Hurdles	Track	Heats	6	6	6	6	6	6	6	6	6	6	6	6	6
		Semifinals													
		Finals	7	7	7	7	7	7	7	7	7	7	7	7	7
Steeplechase	Track	Finals	7	7	7	7	7	7	7	7	7	7	7	7	7
4x100m	Track	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16
4x400m	Track	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16
5.000m Walk	Track	Finals	5	5	5	5	5	4	4	4	4	4	4	4	4
High Jump		Finals	10	10	10	10	10	10	10	10	10	10	10	10	10
Pole Vault		Finals	12	12	12	12	9	9	12	12	12	12	12	12	12
Long Jump		Finals	9	9	9	11	11	11	11	11	11	11	11	11	11
Triple Jump		Finals	12	12	12	12	12	12	12	12	12	12	12	12	12
Shot Put		Finals	5	5	5	5	5	5	5	5	4	4	4	4	4
Discus		Finals	10	10	10	10	10	10	9	9	9	9	9	9	9
Javelin		Finals	11	11	11	11	11	11	10	10	10	10	10	10	10
Hammer		Finals	6	6	6	4	6	6	6	6	5	5	5	5	5
Weight Throw		Finals	11	11	11	11	11	11	11	11	11	11	11	11	11
Decathlon/Heptathlon		Finals	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6
Pentathlon Throws		Finals	15	15	15	16	16	16	16	12	12	12	12	12	12
10km	Road	Finals	9	9	9	9	9	9	9	9	9	9	9	9	9
Half Marathon	Road	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16
10km Walk	Road	Finals	10	10	10	10	10	10	10	10	10	10	10	10	10
20km Walk	Road	Finals	14	14	14	14	14	14	14	14	14	14	14	14	14
Cross Country	Cross	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5
EVENT		ROUND	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95+

Estadio C. Málaga

Carranque

Universidad

Toremolinos

Venue Timetable

Tuesday 4th September

FINAL SCHEDULE

Created August 3, 2018/ Updated to August 8, 2018

DAY 4 CIUDAD DE MÁLAGA

10h00	Decathlon	M35
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09h30	Shot Put 3kg	M90	Final
10h30	Shot Put 3kg	M85	Final
17h00	Shot Put 3kg	M80	Final

DAY 4 CARRANQUE

10h00	Decathlon	M80M85M90	
11h30	Decathlon	M40	Group B
14h30	Decathlon	M40	Group A

09h00	Shot Put 5kg	M65	Group B
10h10	Shot Put 5kg	M65	Group A
	Shot Put 5kg	M65	Final
14h45	Shot Put 2kg	W80+	Final
18h00	Shot Put 4kg	M75	Final
19h45	Shot Put 2kg	W75	Final

08h30	Hammer 3kg	W50	Group B
09h35	Hammer 3kg	W50	Group A
	Hammer 3kg	W50	Final
11h15	Hammer 5kg	M60	Group B
12h35	Hammer 5kg	M60	Group A
13h35	Hammer 5kg	M60	Final
15h30	Hammer 5kg	M65	Final
16h30	Hammer 6kg	M55	Group B
17h40	Hammer 6kg	M55	Group A
	Hammer 6kg	M55	Final
19h30	Hammer 6kg	M50	Group B
20h40	Hammer 6kg	M50	Group A
	Hammer 6kg	M50	Final

DAY 4 UNIVERSIDAD

09h00	5.000m Walk	W75+	Final
10h00	Decathlon	M45	Group B
10h10	5.000m Walk	M85+	Final
11h00	5.000m Walk	W70	Final
11h45	5.000m Walk	M80	Final
12h45	Decathlon	M45	Group A
17h45	5.000m Walk	M75	Final
18h30	5.000m Walk	W65	Final
19h15	5.000m Walk	W60	Final
20h00	5.000m Walk	M65	Final
20h45	5.000m Walk	M70	Final B
21h30	5.000m Walk	M70	Final A

DAY 4 TORREMOLINOS

09h30	Decathlon	M50	Group C
12h30	Decathlon	M50	Group B
15h30	Decathlon	M50	Group A

09h45	Shot Put 4kg	M70	Final
10h00	Hammer 7,26kg	M45	Final
12h00	Hammer 7,26kg	M40	Final
14h00	Hammer 7,26kg	M35	Final
16h00	Hammer 4kg	M70	Final

Brian Keaveney

WMA Competition VP.

Approved Aug. 03/18

Wednesday 5th September

DAY 5 CIUDAD DE MÁLAGA

09h00	Decathlon	M35		10h00	Shot Put 4kg	W35	Final
09h20	Heptathlon	W45		11h30	Shot Put 4kg	W40	Final
09h40	100m	M85	Heats				
09h50	100m	W80	Heats				
10h00	100m	M80	Heats				
10h20	100m	W75	Heats				
10h30	100m	M75	Heats				
10h50	100m	W70	Heats				
11h00	100m	M70	Heats				
11h20	100m	W65	Heats				
11h40	100m	M65	Heats				
12h15	Heptathlon	W40					
12h30	100m	W60	Heats				
13h10	100m	M60	Heats				
14h20	Heptathlon	W35					
14h30	100m	W55	Heats				
15h15	100m	M55	Heats				
16h35	100m	W50	Heats				
17h25	100m	M50	Heats				
18h30	100m	W45	Heats				
19h00	100m	M45	Heats				
20h00	100m	W40	Heats				
20h25	100m	M40	Heats				
21h10	100m	W35	Heats				
21h35	100m	M35	Heats				

DAY 5 CARRANQUE

09h00	Heptathlon	W70+		09h00	Shot Put 4kg	W45	Gr. B
09h15	Decathlon	M80+		10h20	Shot Put 4kg	W45	Gr. A
11h00	Decathlon	M40	Group B		Shot Put 4kg	W45	Final
11h50	Heptathlon	W65		17h30	Shot Put 5kg	M60	Gr. B
12h15	300m hur.	M65	Heats	18h45	Shot Put 5kg	M60	Gr. A
12h35	300m hur.	M60	Heats	19h30	Shot Put 5kg	M60	Final
13h50	Heptathlon	W60					
14h45	Decathlon	M40	Group A	17h00	Hammer 2kg	W80+	Final
15h45	Heptathlon	W55		18h30	Hammer 2kg	W75	Final
19h00	400m hur.	M55	Heats				
19h20	400m hur.	M50	Heats				
19h45	400m hur.	M45	Heats				
20h30	400m hur.	M40	Heats				
20h50	400m hur.	M35	Heats				

DAY 5 UNIVERSIDAD

09h00	Decathlon	M45	Group B	09h00	Shot Put 3kg	W50	Group B
09h15	Heptathlon	W50	Group B	10h15	Shot Put 3kg	W50	Group A
09h30	5.000m Walk	W55	Final		Shot Put 3kg	W50	Final
10h15	5.000m Walk	M60	Final	13h15	Shot Put 3kg	W55	Group B
11h00	5.000m Walk	W50	Final	14h30	Shot Put 3kg	W55	Group A
12h30	Decathlon	M45	Group A		Shot Put 3kg	W55	Final
12h50	Heptathlon	W50	Group A	17h30	Shot Put 3kg	W60	Group B
18h30	5.000m Walk	W45	Group B	18h45	Shot Put 3kg	W60	Group A
19h15	5.000m Walk	W45	Group A		Shot Put 3kg	W60	Final
20h00	5.000m Walk	W35 W40	Final				

DAY 5 TORREMOLINOS

09h00	Decathlon	M50	Group C	10h00	Shot Put 3kg	W70	Final
12h00	Decathlon	M50	Group B	12h00	Shot Put 3kg	W65	Final
15h00	Decathlon	M50	Group A				
09h00	CROSS 6km	M70+W70+					
10h00	CROSS 8km	W55W60W65					
11h00	CROSS 8km	W35W40W45W50					
11h50	CROSS 8km	M60M65					
12h40	CROSS 8km	M50M55					
13h30	CROSS 8km	M35M40M45					

Revised 08.08.18

Thursday 6th September

DAY 6 CIUDAD DE MÁLAGA

09h00	Decathlon	M75	
09h15	100m	W55	Semif.
09h30	100m	M55	Semif.
09h45	100m	W50	Semif.
10h00	100m	M50	Semif.
10h15	100m	W45	Semif.
10h25	100m	M45	Semif.
10h40	100m	W40	Semif.
10h50	100m	M40	Semif.
11h05	100m	W35	Semif.
11h20	Decathlon	M70	Semif.
11h30	100m	M35	Semif.
11h45	100m	M80	Semif.
11h55	100m	M75	Semif.
12h05	100m	M70	Semif.
12h15	100m	W65	Semif.
12h25	100m	M65	Semif.
12h40	100m	W60	Semif.
12h50	100m	M60	Semif.
17h30	100m	M95/W85+	Final
17h37	100m	M90	Final
17h44	100m	M85	Final
17h51	100m	W80	Final
17h58	100m	M80	Final
18h05	100m	W75	Final
18h23	100m	M75	Final
18h30	100m	W70	Final
18h37	100m	M70	Final
18h44	100m	W65	Final
18h51	100m	M65	Final
18h58	100m	W60	Final
19h05	100m	M60	Final
19h23	100m	W55	Final
19h30	100m	M55	Final
19h37	100m	W50	Final
19h44	100m	M50	Final
19h51	100m	W45	Final
19h58	100m	M45	Final
20h05	100m	W40	Final
20h12	100m	M40	Final
20h19	100m	W35	Final
20h26	100m	M35	Final

14h00	Heptathlon	W45
15h45	Heptathlon	W40
17h15	Heptathlon	W35

09h00	Shot Put 7,26kg	M40	Final
17h00	Shot Put 7,26kg	M35	Group B
18h00	Shot Put 7,26kg	M35	Group A
	Shot Put 7,26kg	M35	Final

DAY 6 CARRANQUE

09h00	Decathlon	M60	Group B
09h20	200m hur. 0,686	M80	Heats
09h30	200m hur. 0,686	W70	Heats
09h45	300m hur. 0,686	M75	Heats
09h55	300m hur. 0,686	M70	Heats
10h10	300m hur. 0,686	W65	Heats
10h20	300m hur. 0,686	W60	Heats
10h40	300m hur. 0,762	M65	Semif.
10h50	300m hur. 0,762	M60	Semif.
11h00	300m hur. 0,762	W55	Heats
11h30	300m hur. 0,762	W50	Heats
11h50	Decathlon	M60	Group A
12h00	400m hur. 0,762	W45	Heats
12h10	400m hur. 0,762	W40	Heats
12h20	400m hur. 0,762	W35	Heats
12h40	400m hur. 0,840	M55	Semif.
12h50	400m hur. 0,840	M50	Semif.
13h10	400m hur. 0,914	M45	Semif.
13h20	400m hur. 0,914	M40	Semif.
13h30	400m hur. 0,914	M35	Semif.

11h10	Heptathlon	W70+
14h00	Heptathlon	W65
15h30	Heptathlon	W60
17h00	Heptathlon	W55

15h25	Shot Put 6kg	M50	Group B
16h55	Shot Put 6kg	M50	Group A
17h55		M50	Final
18h55	Shot Put 6kg	M55	Group B
20h05	Shot Put 6kg	M55	Group A
	Shot Put 6kg	M55	Final

08h30	Hammer 3kg	M85+	Final
10h45	Hammer 3kg	M80	Final
12h30	Hammer 3kg	W70	Final
14h15	Hammer 3kg	W65	Group B
15h30	Hammer 3kg	W65	Group A
	Hammer 3kg	W65	Final
17h15	Hammer 3kg	W60	Final
19h15	Hammer 3kg	W55	Group B
20h30	Hammer 3kg	W55	Group A
	Hammer 3kg	W55	Final

DAY 6 UNIVERSIDAD

09h00	Decathlon	M65	
09h15	5.000m Walk	M55	
10h00	5.000m Walk	M50	Final B
10h40	5.000m Walk	M50	Final A
19h00	5.000m Walk	M45	
19h45	5.000m Walk	M40	
20h30	5.000m Walk	M35	

11h15	Heptathlon	W50	Group B
12h30	Heptathlon	W50	Group A

DAY 6 TORREMOLINOS

09h00	Decathlon	M55	Group B
11h45	Decathlon	M55	Group A

16h00	Shot Put 7,26kg	M45	Group B
17h10	Shot Put 7,26kg	M45	Group A
	Shot Put 7,26kg	M45	Final

09h00	Hammer 4kg	M75	
11h00	Hammer 4kg	W45	Group B
12h10	Hammer 4kg	W45	Group A
	Hammer 4kg	W45	Final
16h00	Hammer 4kg	W40	
17h45	Hammer 4kg	W35	

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Friday 7th September

DAY 7 CIUDAD DE MALAGA

09h00	Decathlon	M75	
09h20	2.000m Steeple	M80 M85	Final
09h40	2.000m Steeple	M75	Final
10h00	2.000m Steeple	W65+	Final
10h20	2.000m Steeple	M70	Final
10h40	2.000m Steeple	M65	Final B
10h55	2.000m Steeple	M65	Final A
11h10	2.000m Steeple	W60	Final
11h30	2.000m Steeple	M60	Final B
11h45	2.000m Steeple	M60	Final A
12h00	2.000m Steeple	W55	Final
12h20	2.000m Steeple	W50	Final
12h35	2.000m Steeple	W45	Final
12h50	2.000m Steeple	W40	Final
13h05	2.000m Steeple	W35	Final
13h20	Decathlon	M70	
18h00	3.000m Steeple	M55	Final B
18h20	3.000m Steeple	M55	Final A
18h40	3.000m Steeple	M50	Final B
19h00	3.000m Steeple	M50	Final A
19h20	3.000m Steeple	M45	Final B
19h40	3.000m Steeple	M45	Final A
20h10	3.000m Steeple	M40	Final B
20h30	3.000m Steeple	M40	Final A
20h50	3.000m Steeple	M35	Final A

11h00	Discus 1kg	M90	Final
12h20	Discus 1kg	M85	Final
17h00	Discus 1kg	M80	Final

DAY 7 CARRANQUE

09h00	Decathlon	M60	Group B
09h15	200m hur. 0,686	W75 M85	Final
09h25	200m hur. 0,686	W70	Final
09h35	200m hur. 0,686	M80	Final
09h55	300m hur. 0,686	M75	Final
10h05	300m hur. 0,686	M70	Final
10h15	300m hur. 0,686	W65	Final
10h25	300m hur. 0,686	W60	Final
10h45	300m hur. 0,762	M65	Final
10h55	300m hur. 0,762	M60	Final
11h05	300m hur. 0,762	W55	Final
11h15	300m hur. 0,762	W50	Final
12h30	Decathlon	M60	Group A
16h10	200m	M85	Heat
16h20	200m	W80	Heat
16h30	200m	M80	Heat
16h45	200m	W75	Heat
17h00	200m	M75	Heat
17h20	200m	W70	Heat
17h30	200m	M70	Heat
18h00	200m	W65	Heat
18h15	200m	M65	Heat
18h50	200m	W60	Heat
19h20	200m	M60	Heat
20h20	200m	W55	Heat
20h50	200m	W50	Heat

16h00	Discus 1kg	M75	Group B
17h00	Discus 1kg	M75	Group A
	Discus 1kg	M75	Final

DAY 7 UNIVERSIDAD

09h00	Decathlon	M65		11h15	Discus 1kg	M70	Group B
09h20	400m hur. 0,762	W45	Final	12h30	Discus 1kg	M70	Group A
09h30	400m hur. 0,762	W40	Final		Discus 1kg	M70	Final
09h40	400m hur. 0,762	W35	Final				
10h00	400m hur. 0,840	M55	Final				
10h10	400m hur. 0,840	M50	Final				
10h30	400m hur. 0,914	M45	Final				
10h40	400m hur. 0,914	M40	Final				
10h50	400m hur. 0,914	M35	Final				
11h00	200m	M55	Heat				
12h00	200m	M50	Heat				
16h15	200m	W45	Heat				
16h50	200m	M45	Heat				
18h00	200m	W40	Heat				
18h30	200m	M40	Heat				
19h25	200m	W35	Heat				
19h50	200m	M35	Heat				

DAY 7 TORREMOLINOS

11h45	Decathlon	M55	Group B		09h00	Discus 1kg	M65	Group B
14h45	Decathlon	M55	Group A		10h30	Discus 1kg	M65	Group A
						Discus 1kg	M65	Final

Sunday 9th September

DAY 9 CIUDAD DE MÁLAGA

09h00	10km Road	M35-69
09h10	10km Road	M70+/W All

10h00	High Jump	M85+	Final
13h00	High Jump	M80	Final
16h00	High Jump	M75	Final
19h00	High Jump	M35	Final

10h00	Pole Vault	W55 W60	Final
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09h00	Long Jump	M45	Group B
10h30	Long Jump	M45	Group A
	Long Jump	M45	Final
17h00	Long Jump	M40	Group B
18h30	Long Jump	M40	Group A
	Long Jump	M40	Final

09h00	Discus 2kg	M45	Group B
10h15	Discus 2kg	M45	Group A
	Discus 2kg	M45	Final
12h00	Discus 2kg	M40	Group B
13h00	Discus 2kg	M40	Group A
	Discus 2kg	M40	Final
17h30	Discus 2kg	M35	Group B
18h45	Discus 2kg	M35	Group A
	Discus 2kg	M35	Final

DAY 9 CARRANQUE

09h00	800m	M70	Heat
09h30	800m	M65	Heat
10h00	800m	M60	Heat
10h49	800m	M55	Heat
11h31	800m	M50	Heat
12h20	800m	M45	Heat
19h00	800m	M40	Heat
19h45	800m	M35	Heat

10h00	High Jump	M70	Final
13h00	High Jump	M65	Group B
15h00	High Jump	M65	Group A
18h00	High Jump	M60	Final

10h00	Long Jump	M55	Group B
11h30	Long Jump	M55	Group A
	Long Jump	M55	Final
16h00	Long Jump	M50	Group B
17h30	Long Jump	M50	Group A
	Long Jump	M50	Final

09h00	Discus 1kg	M60	Group B
10h30	Discus 1kg	M60	Group A
	Discus 1kg	M60	Final
12h30	Discus 1,5kg	M55	Group B
14h00	Discus 1,5kg	M55	Group A
	Discus 1,5kg	M55	Final
16h00	Discus 1,5kg	M50	Group C
17h30	Discus 1,5kg	M50	Group B
19h00	Discus 1,5kg	M50	Group A
	Discus 1,5kg	M50	Final

DAY 9 UNIVERSIDAD

10h00	200m	M80	Semif.
10h10	200m	M75	Semif.
10h20	200m	M70	Semif.
10h30	200m	M65	Semif.
10h45	200m	W60	Semif.
10h55	200m	M60	Semif.
11h10	200m	W55	Semif.
11h25	200m	M55	Semif.
11h40	200m	W50	Semif.
11h55	200m	M50	Semif.
12h10	200m	W45	Semif.
12h25	200m	M45	Semif.
12h40	200m	W40	Semif.
12h50	200m	M40	Semif.
13h05	200m	W35	Semif.
13h20	200m	M35	Semif.

10h00	Long Jump	W45	Group B
11h10	Long Jump	W45	Group A
	Long Jump	W45	Final
16h00	Long Jump	W40	Group B
17h10	Long Jump	W40	Group A
	Long Jump	W40	Final
19h00	Long Jump	W35	Final

09h00	Discus 750 g	W85+	Final
10h30	Discus 750 g	W80	Final
12h00	Discus 750 g	W75	Group B
13h00	Discus 750 g	W75	Group A
	Discus 750 g	W75	Final
14h30	Discus 1kg	W70	Group B
15h30	Discus 1kg	W70	Group A
	Discus 1kg	W70	Final
17h00	Discus 1kg	W65	Group B
18h10	Discus 1kg	W65	Group A
	Discus 1kg	W65	Final

17h00	200m	M90 M95	Final
17h05	200m	W85+	Final
17h10	200m	M85	Final
17h15	200m	W80	Final
17h20	200m	M80	Final
17h25	200m	W75	Final
17h30	200m	M75	Final
17h35	200m	W70	Final
17h40	200m	M70	Final
17h45	200m	W65	Final
17h50	200m	M65	Final
17h55	200m	W60	Final
18h00	200m	M60	Final

18h05	200m	W55	Final
18h10	200m	M55	Final
18h15	200m	W50	Final
18h20	200m	M50	Final
18h25	200m	W45	Final
18h30	200m	M45	Final
18h35	200m	W40	Final
18h40	200m	M40	Final
18h45	200m	W35	Final
18h50	200m	M35	Final

Monday 10th September

DAY 10 ESTADIO

08h15	10km Walk	W55+	Final
09h45	10km Walk	M65+	Final
11h15	10km Walk	W35-54	Final
18h15	10km Walk	M50-64	Final
19h30	10km Walk	M35-49	Final

08h30	High Jump	M55	Final B
10h45	High Jump	M55	Final A
13h00	High Jump	M50	Final B
15h15	High Jump	M50	Final A
17h30	High Jump	M45	Final
20h00	High Jump	M40	Final

09h00	Discus 1kg	W45	Group B
10h15	Discus 1kg	W45	Group A
	Discus 1kg	W45	Final
16h00	Discus 1kg	W40	Final
18h00	Discus 1kg	W35	Final

09h00	Long Jump	M35	Group B
10h15	Long Jump	M35	Group A
	Long Jump	M35	Final
12h00	Long Jump	M60	Group B
13h30	Long Jump	M60	Group A
	Long Jump	M60	Final
17h00	Long Jump	M65	Group B
18h30	Long Jump	M65	Group A
	Long Jump	M65	Final

DAY 10 CARRANQUE

10h00	800m	M80	Semif.
10h15	800m	M75	Semif.
10h35	800m	W65	Semif.
10h50	800m	W60	Semif.
11h10	800m	M60	Semif.
11h25	800m	W55	Semif.
11h45	800m	M55	Semif.
12h00	800m	W50	Semif.

09h00	High Jump	W50	Final
12h00	High Jump	W45	Final
15h00	High Jump	W40	Final
18h00	High Jump	W35	Final

16h00	Weight 5,45kg	M90	Final
17h00	Weight 5,45kg	M85	Final
18h45	Weight 5,45kg	M80	Final

17h45	800m	M50	Semif.
18h00	800m	W45	Semif.
18h25	800m	M45	Semif.
18h40	800m	W40	Semif.
19h15	800m	M40	Semif.
19h30	800m	W35	Semif.
20h00	800m	M35	Semif.

09h00	Long Jump	M75	Group B
10h10	Long Jump	M75	Group A
	Long Jump	M75	Final
12h00	Long Jump	M70	Final

08h30	Javelin 400g	M85	Final
08h30	Javelin 400g	M80	Final
10h15	Javelin 400g	W80+	Final
10h15	Javelin 400g	M90	Final
11h30	Javelin 400g	W75	Final
13h30	Javelin 500g	M75	Final
15h30	Javelin 500g	W70	Final
17h15	Javelin 500g	W65	Group B
18h15	Javelin 500g	W65	Group A
	Javelin 500g	W65	Final

DAY 10 UNIVERSIDAD

09h00	High Jump	W75+	Final
11h30	High Jump	W70	Final
14h00	High Jump	W65	Final
16h30	High Jump	W60	Final
19h00	High Jump	W55	Final

10h00	Discus 1kg	W60	Group B
11h30	Discus 1kg	W60	Group A
	Discus 1kg	W60	Final
14h00	Discus 1kg	W55	Group B
15h30	Discus 1kg	W55	Group A
	Discus 1kg	W55	Final
17h30	Discus 1kg	W50	Group B
19h00	Discus 1kg	W50	Group A
	Discus 1kg	W50	Final

Tuesday 11th September

DAY 11 ESTADIO

10h00	Pole Vault	M40	Final
18h00	Pole Vault	M35	Final

10h00	Long Jump	M90+	Final
11h15	Long Jump	M85	Final
12h45	Long Jump	W80+	Final
15h15	Long Jump	M80	Group B
16h15	Long Jump	M80	Group A
	Long Jump	M80	Final
18h00	Long Jump	W75	Final
19h15	Long Jump	W70	Final

DAY 11 CARRANQUE

10h00	800m	M90+	Final
10h07	800m	W85	Final
10h14	800m	M85	Final
10h21	800m	W80	Final
10h28	800m	M80	Final
10h35	800m	W75	Final
10h42	800m	M70	Final
10h49	800m	W70	Final
10h56	800m	M75	Final
11h03	800m	W65	Final
11h10	800m	M65	Final
11h17	800m	W60	Final
11h24	800m	M60	Final
11h31	800m	W55	Final
11h38	800m	M55	Final
11h45	800m	W50	Final
11h52	800m	M50	Final
11h59	800m	W45	Final
12h06	800m	M45	Final
12h13	800m	W40	Final
12h20	800m	M40	Final
12h27	800m	W35	Final
12h34	800m	M35	Final
12h45	400m	M70	Heats
13h15	400m	M65	Heats
13h40	400m	M60	Heats
14h25	400m	W55	Heats
14h55	400m	M55	Heats
15h45	400m	W50	Heats
16h30	400m	M50	Heats
17h40	400m	W45	Heats
18h05	400m	M45	Heats
18h55	400m	W40	Heats
19h20	400m	M40	Heats
20h15	400m	W35	Heats
20h40	400m	M35	Heats

10h00	Pole Vault	M65	Final
17h00	Pole Vault	M50	Final

10h00	Long Jump	W55	Group B
11h15	Long Jump	W55	Group A
	Long Jump	W55	Final
17h00	Long Jump	W50	Group B
18h15	Long Jump	W50	Group A
	Long Jump	W50	Final

10h00	Weight 4kg	W80+	Final
10h00	Weight 7,26kg	W50	Final
11h15	Weight 4kg	W75	Final
11h50	Weight 7,26kg	M75	Final
13h00	Weight 4kg	W70	Final
13h30	Weight 7,26kg	M70	Group B
14h30	Weight 5,45kg	W65	Final
14h30	Weight 7,26kg	M70	Group A
	Weight 7,26kg	M70	Final
16h15	Weight 7,26kg	W55	Group B
16h30	Weight 5,45kg	W60	Group B
17h30	Weight 5,45kg	W60	Group A
	Weight 5,45kg	W60	Final
17h30	Weight 7,26kg	W55	Group A
	Weight 7,26kg	W55	Final

10h00	Javelin 500g	W60	Group B
11h10	Javelin 500g	W60	Group A
	Javelin 500g	W60	Final
13h00	Javelin 500g	W55	Group B
14h30	Javelin 500g	W55	Group A
	Javelin 500g	W55	Final
16h30	Javelin 500g	W50	Group B
17h45	Javelin 500g	W50	Group A
	Javelin 500g	W50	Final

DAY 11 UNIVERSIDAD

10h00	Pole Vault	M45	Final
10h00	Long Jump	W65	Final
12h00	Long Jump	W60	Group B
13h10	Long Jump	W60	Group A
	Long Jump	W60	Final

DAY 11 TORREMOLINOS

09h00	Javelin 600g	W45	Final
10h50	Javelin 600g	W40	Final
12h20	Javelin 600g	W35	Final
14h05	Javelin 800g	M45	Group B
15h05	Javelin 800g	M45	Group A
	Javelin 800g	M45	Final
17h00	Javelin 800g	M40	Final
18h50	Javelin 800g	M35	Final

09h00	Weight 15,88kg	M45	Final
09h00	Weight 9,08kg	M60	Group B
10h15	Weight 9,08kg	M60	Group A
	Weight 9,08kg	M60	Final
10h50	Weight 15,88kg	M40	Final
12h00	Weight 9,08kg	M65	Group B
12h20	Weight 15,88kg	M35	Final
13h00	Weight 9,08kg	M65	Group A
	Weight 9,08kg	M65	Final
13h50	Weight 11,34 kg	M50	Group B
14h55	Weight 11,34 kg	M50	Group A
	Weight 11,34 kg	M50	Final
15h30	Weight 9,08kg	W45	Final
16h30	Weight 11,34 kg	M55	Group B
17h20	Weight 9,08kg	W40	Final
18h20	Weight 9,08kg	W35	Final
18h30	Weight 11,34 kg	M55	Group A
	Weight 11,34 kg	M55	Final

Wednesday 12th September

DAY 12 ESTADIO

09h00	5.000m	M85+	Final
09h40	5.000m	W75+	Final
10h20	5.000m	M80	Final
11h00	5.000m	M75	Final B
11h30	5.000m	M75	Final A
12h00	5.000m	W70	Final
18h00	5.000m	M70	Final B
18h30	5.000m	M70	Final A
19h00	5.000m	W65	Final
19h30	5.000m	M65	Final C
20h00	5.000m	M65	Final B
20h30	5.000m	M65	Final A

09h00	Pole Vault	W65+	Final
12h00	Pole Vault	M80+	Final
15h00	Pole Vault	M75	Final
18h00	Pole Vault	M70	Final

09h00	Triple Jump	M75	Final
10h45	Triple Jump	M70	Final
12h30	Triple Jump	W75+	Final
14h05	Triple Jump	W70	Final
15h20	Triple Jump	M80	Final
16h45	Triple Jump	W65	Final
18h10	Triple Jump	M85+	Final

10h00	Javelin 700g	M55	Group B
11h30	Javelin 700g	M55	Group A
	Javelin 700g	M55	Final
13h30	Javelin 700g	M50	Group C
14h50	Javelin 700g	M50	Group B
15h40	Javelin 700g	M50	Group A
	Javelin 700g	M50	Final

DAY 12 CARRANQUE

09h00	5.000m	W60	Final B
09h30	5.000m	W60	Final A
10h00	5.000m	M60	Final C
10h30	5.000m	M60	Final B
11h00	5.000m	M60	Final A
11h30	5.000m	W55	Final B
12h00	5.000m	W55	Final A
18h00	5.000m	M55	Final C
18h30	5.000m	M55	Final B
19h00	5.000m	M55	Final A
19h30	5.000m	M50	Final C
20h00	5.000m	M50	Final B
20h30	5.000m	M50	Final A

10h00	Pole Vault	W50	Final
14h00	Pole Vault	W40 W45	Final
18h00	Pole Vault	W35	Final

10h00	Triple Jump	W60
11h30	Triple Jump	W55
13h30	Triple Jump	W50
15h30	Triple Jump	W35
17h00	Triple Jump	W40
19h00	Triple Jump	W45

09h00	Throws Pent	M85+
13h15	Throws Pent	W80+
14h15	Throws Pent	M80

DAY 12 UNIVERSIDAD

09h00	5.000m	W50	Final B
09h30	5.000m	W50	Final A
10h00	5.000m	W45	Final B
10h30	5.000m	W45	Final A
11h00	5.000m	M45	Final C
11h30	5.000m	M45	Final B
12h00	5.000m	M45	Final A
16h00	400m	M90	Semif.
16h10	400m	M85	Semif.
16h20	400m	W80	Semif.
16h30	400m	M80	Semif.
16h45	400m	W75	Semif.
16h55	400m	M75	Semif.
17h05	400m	W70	Semif.
17h15	400m	M70	Semif.
17h25	400m	W65	Semif.
17h40	400m	M65	Semif.
17h50	400m	W60	Semif.
18h10	400m	M60	Semif.
18h25	400m	W55	Semif.
18h35	400m	M55	Semif.
18h50	400m	W50	Semif.
19h05	400m	M50	Semif.
19h20	400m	W45	Semif.
19h30	400m	M45	Semif.
19h45	400m	W40	Semif.
19h55	400m	M40	Semif.
20h10	400m	W35	Semif.
20h20	400m	M35	Semif.

10h00	Pole Vault	M60	Final
17h00	Pole Vault	M55	Final

10h00	Javelin 500g	M70	Final
12h00	Javelin 600g	M65	Group B
13h15	Javelin 600g	M65	Group A
	Javelin 600g	M65	Final
15h00	Javelin 600g	M60	Group B
16h15	Javelin 600g	M60	Group A
	Javelin 600g	M60	Final

DAY 12 TORREMOLINOS

09h00	5.000m	W40	Final B
09h30	5.000m	W40	Final A
10h00	5.000m	M40	Final C
10h30	5.000m	M40	Final B
11h00	5.000m	M40	Final A
19h00	5.000m	W35	Final B
19h25	5.000m	W35	Final A
19h50	5.000m	M35	Final B
20h15	5.000m	M35	Final A

10h00	Throws Pent	W75
11h15	Throws Pent	W70

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Thursday 13th September

DAY 13 CARRANQUE

14h00	Throws Pent	M60	Group B
15h30	Throws Pent	M60	Group A

DAY 13 TORREMOLINOS

14h00	Throws Pent	M50	Group B
15h30	Throws Pent	M50	Group A

Friday 14th September

DAY 14 ESTADIO

08h00	20km Walk	M65+/W65+	Final
10h45	20km Walk	W35-64	Final
18h30	20km Walk	M 35-64	Final

DAY 14 CARRANQUE

11h00	80m hur. 0,686	M80	Heats
11h15	80m hur. 0,686	W70	Heats
11h30	80m hur. 0,686	W65	Heats
11h45	80m hur. 0,686	W60	Heats
12h15	80m hur. 0,762	M75	Heats
12h30	80m hur. 0,762	M70	Heats
12h45	80m hur. 0,762	W55	Heats
13h00	80m hur. 0,762	W50	Heats
13h30	80m hur. 0,762	W45	Heats
13h45	80m hur. 0,762	W40	Heats
17h00	100m hur. 0,840	M65	Heats
17h30	100m hur. 0,840	M60	Heats
18h00	100m hur. 0,840	W35	Heats
18h30	100m hur. 0,914	M55	Heats
19h00	100m hur. 0,914	M50	Heats
19h30	110m hur. 0,991	M45	Heats
20h00	110m hur. 0,991	M40	Heats
20h20	110m hur. 0,991	M35	Heats

09h00	Throws Pent	M45
10h30	Throws Pent	M40
15h00	Throws Pent	M35

DAY 14 UNIVERSIDAD

09h00	400m	M95 W85	Final
09h06	400m	M90	Final
09h12	400m	M85	Final
09h18	400m	W80	Final
09h24	400m	M80	Final
09h30	400m	W75	Final
09h36	400m	M75	Final
09h42	400m	W70	Final
09h48	400m	M70	Final
09h54	400m	W65	Final
10h00	400m	M65	Final
10h06	400m	W60	Final
10h12	400m	M60	Final
10h18	400m	W55	Final
10h24	400m	M55	Final
10h30	400m	W50	Final
10h36	400m	M50	Final
10h42	400m	W45	Final
10h48	400m	M45	Final
10h54	400m	W40	Final
11h00	400m	M40	Final
11h06	400m	W35	Final
11h12	400m	M35	Final

DAY 14 TORREMOLINOS

09h00	Throws Pent	M65	Group B
10h10	Throws Pent	M65	Group A
14h00	Throws Pent	M55	Group B
15h15	Throws Pent	M55	Group A

Saturday 15th September

DAY 15 ESTADIO

09h00	1.500m	M75	Heat	10h00	Triple Jump	M65	Group B
09h20	1.500m	M70	Heat	10h00	Triple Jump	M50	Final
09h50	1.500m	W65	Heat	11h00	Triple Jump	M65	Group A
10h10	1.500m	M65	Heat		Triple Jump	M65	Final
10h50	1.500m	W60	Heat	12h00	Triple Jump	M45	Group B
11h10	1.500m	M60	Heat	12h30	Triple Jump	M60	Group B
12h00	1.500m	W55	Heat	13h15	Triple Jump	M45	Group A
12h20	1.500m	M55	Heat		Triple Jump	M45	Final
17h00	1.500m	W50	Heat	13h30	Triple Jump	M60	Group A
17h35	1.500m	M50	Heat		Triple Jump	M60	Final
18h20	1.500m	W45	Heat	15h00	Triple Jump	M40	Group B
18h45	1.500m	M45	Heat	15h15	Triple Jump	M55	Group B
19h25	1.500m	W40	Heat	16h10	Triple Jump	M40	Group A
19h50	1.500m	M40	Heat		Triple Jump	M40	Final
20h30	1.500m	W35	Heat	16h30	Triple Jump	M55	Group A
20h55	1.500m	M35	Heat		Triple Jump	M55	Final
				17h45	Triple Jump	M35	Final

DAY 15 CARRANQUE

09h00	80m hur. 0,762	W50	Semif.	09h00	Throws Pent	M75	
09h30	100m hur. 0,840	M60	Semif.	10h15	Throws Pent	M70	Group B
10h00	100m hur. 0,914	M55	Semif.	14h00	Throws Pent	M70	Group A
10h15	100m hur. 0,914	M50	Semif.				
10h45	110m hur. 0,991	M45	Semif.				
11h15	80m hur. 0,686	M85+	Final				
11h25	80m hur. 0,686	W75+	Final				
11h35	80m hur. 0,686	M80	Final				
11h45	80m hur. 0,686	W70	Final				
11h55	80m hur. 0,686	W65	Final				
12h05	80m hur. 0,686	W60	Final				
12h20	80m hur. 0,762	M75	Final				
12h30	80m hur. 0,762	M70	Final				
12h40	80m hur. 0,762	W55	Final				
12h50	80m hur. 0,762	W50	Final				
13h10	80m hur. 0,762	W45	Final				
13h20	80m hur. 0,762	W40	Final				
18h00	100m hur. 0,840	M65	Final				
18h10	100m hur. 0,840	M60	Final				
18h30	100m hur. 0,840	W35	Final				
18h50	100m hur. 0,914	M55	Final				
19h00	100m hur. 0,914	M50	Final				
19h20	110m hur. 0,991	M45	Final				
19h30	110m hur. 0,991	M40	Final				
19h40	110m hur. 0,991	M35	Final				

DAY 15 TORREMOLINOS

09h00	Throws Pent	W45
13h15	Throws Pent	W40
16h45	Throws Pent	W35

Sunday 16th September

DAY 16 ESTADIO

09h00	Half Marathon	All	Final
09h00	1.500m	M85+	Final
09h20	1.500m	M80	Final
09h30	1.500m	W75+	Final
09h40	1.500m	M75	Final
09h50	1.500m	W70	Final
10h00	1.500m	M70	Final
10h09	1.500m	W65	Final
10h18	1.500m	M65	Final
10h27	1.500m	W60	Final
10h36	1.500m	M60	Final
10h45	1.500m	W55	Final
10h53	1.500m	M55	Final
11h01	1.500m	W50	Final
11h09	1.500m	M50	Final
11h17	1.500m	W45	Final
11h25	1.500m	M45	Final
11h33	1.500m	W40	Final
11h41	1.500m	M40	Final
11h49	1.500m	W35	Final
11h57	1.500m	M35	Final
12h30	4x100m	M85 M90	Final
12h40	4x100m	M80	Final
12h50	4x100m	W70+	Final
13h00	4x100m	M75	Final
13h10	4x100m	M70	Final
13h20	4x100m	W65	Final
13h30	4x100m	M65	Final
13h40	4x100m	W60	Final
13h50	4x100m	M60	Final
14h00	4x100m	W55	Final
14h10	4x100m	M55	Final
14h20	4x100m	W50	Final
14h30	4x100m	M50	Final
14h40	4x100m	W45	Final
14h50	4x100m	M45	Final
15h00	4x100m	W40	Final
15h10	4x100m	M40	Final
15h20	4x100m	W35	Final
15h30	4x100m	M35	Final
15h40	4x400m	M80+	Final
15h50	4x400m	W70+	Final
16h00	4x400m	M75	Final

DAY 16 ESTADIO

16h10	4x400m	M70	Final
16h20	4x400m	W65	Final
16h30	4x400m	M65	Final
16h40	4x400m	W60	Final
16h50	4x400m	M60	Final
17h00	4x400m	W55	Final
17h10	4x400m	M55	Final
17h20	4x400m	W50	Final
17h30	4x400m	M50	Final
17h40	4x400m	W45	Final
17h50	4x400m	M45	Final
18h00	4x400m	W40	Final
18h10	4x400m	M40	Final
18h20	4x400m	W35	Final
18h30	4x400m	M35	Final
19h00	CLOSING CEREMONY		

DAY 16 CARRANQUE

08h00	Throws Pent	W55	Group B
09h15	Throws Pent	W55	Group A
13h00	Throws Pent	W50	Group B
14h10	Throws Pent	W50	Group A

DAY 16 TORREMOLINOS

09h00	Throws Pent	W65
10h20	Throws Pent	W60

TECHNICAL SPECIFICATIONS

HURDLES

WOMEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
SHORT	35-39	100	.840	10	13	8.5	10.5
	40-49	80	.762	8	12	8.0	12
	50-59	80	.762	8	12	7.0	19
	60+	80	.686	8	12	7.0	19
LONG	35-49	400	.762	10	45	35	40
	50-59	300	.762	7	50	35	40
	60-69	300	.686	7	50	35	40
	70+	200	.686	5	20	35	40

MEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
SHORT	35-49	110	.991	10	13.72	9.14	14.02
	50-59	100	.914	10	13	8.5	10.5
	60-69	100	.840	10	12	8.0	16
	70-79	80	.762	8	12	7.0	19
	80+	80	.686	8	12	7.0	19
LONG	35-49	400	.914	10	45	35	40
	50-59	400	.840	10	45	35	40
	60-69	300	.762	7	50	35	40
	70-79	300	.686	7	50	35	40
	80+	200	.686	5	20	35	40

STEEPLECHASE

WOMEN			MEN		
Age	Distance	Height	Age	Distance	Height
35+	2000m	0.762m	35-59	3000m	0.914m
			60+	2000m	0.762m

COMBINED EVENTS

Decathlon	Heptathlon	Throws Pentathlon
Day 1: 100m, Long Jump, Shot, High Jump, 400m Day 2: Hurdles, Discus, Pole Vault, Javelin, 1500m	Day 1: Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m	All Women & Men Hammer, Shot Put, Discus, Javelin, Weight

IMPLEMENT SPECIFICATIONS

THROWING IMPLEMENT SPECIFICATIONS

	Hammer (kg)	Shot Put (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
WOMEN					
35-49	4.00	4.00	1.00	600	9.080 (20lb)
50-59	3.00	3.00	1.00	500	7.260 (16lb)
60-74	3.00	3.00	1.00	500	5.450 (12lb)
75+	2.00	2.00	0.75	400	4.000 (8.8lb)
MEN					
35-49	7.26	7.26	2.00	800	15.880 (35lb)
50-59	6.00	6.00	1.50	700	11.340 (25lb)
60-69	5.00	5.00	1.00	600	9.080 (20lb)
70-79	4.00	4.00	1.00	500	7.260 (16lb)
80+	3.00	3.00	1.00	400	5.450 (12lb)

WMA ADVANCEMENT TABLES

OUTDOOR

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

8 lanes (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P 4 T	1
17-24	0		3	2 P 2 T	1
25-32	4	2 P 8 T	2	2 P 4 T	1
33-40	5	2 P 6 T	2	2 P 4 T	1
41-48	6	2 P 4 T	2	2 P 4 T	1
49-56	7	2 P 10 T	3	2 P 2 T	1
57-64	8	2 P 8 T	3	2 P 2 T	1
65-72	9	2 P 6 T	3	2 P 2 T	1
73-80	10	2 P 4 T	3	2 P 2 T	1
81-88	11	1 P 13 T	3	2 P 2 T	1
89-96	12	1 P 12 T	3	2 P 2 T	1

NOTE: SPECIAL ADVANCEMENT FOR W50 300 Hurdles, M75 and W60 400, (more than 24 entries, but only 2 rounds scheduled)

If 25 or more athletes declare, there will be 4 semi-finals (1P 4T)

SPECIAL ADVANCEMENT FOR M75 400m (29 entries, but only 2 rounds scheduled)

If 25 or more athletes declare, there will be 4 semi-finals (1P 4T)

SPECIAL ADVANCEMENT FOR W60 400m (34 entries, but only 2 rounds scheduled)

If 25 or more athletes declare, there will be 4 semi-finals (1P 4T) or 5 semi-finals (1P 3T)

9 lanes (100m) final and semi-finals will be 8 lines

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-9	0		0		1
10-18	0		2	2 P 4 T	1
19-27	0		3	2 P 2 T	1
28-36	4	2 P 8 T	2	2 P 4 T	1
37-45	5	2 P 6 T	2	2 P 4 T	1
46-54	6	2 P 4 T	2	2 P 4 T	1
55-63	7	2 P 10 T	3	2 P 2 T	1
64-72	8	2 P 8 T	3	2 P 2 T	1
73-81	9	2 P 6 T	3	2 P 2 T	1
82-90	10	2 P 4 T	3	2 P 2 T	1
91-99	11	1 P 13 T	3	2 P 2 T	1
100-108	12	1 P 12 T	3	2 P 2 T	1

8 Lanes Tracks (800m)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-12	0		0		1
13-24	0		2	2 P 8 T	1
25-36	0		3	2 P 6 T	1
37-48	0		4	2 P 4 T	1
49-60	5	2 P 14 T	2	2 P 8 T	1
61-72	6	2 P 12 T	2	2 P 8 T	1
73-84	7	2 P 10 T	2	2 P 8 T	1
85-96	8	2 P 8 T	2	2 P 8 T	1
97-108	9	2P 6 T	2	2 P 8 T	1

NOTE: SPECIAL ADVANCEMENT FOR W40 800m (59 entries, but only 2 rounds scheduled)

If 49 or more athletes declare, there will be 5 semi-finals (1P 7T)

8-9 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-16	0		1
17-32	2	3 P 10 T	1
33-48	3	2 P 10 T	1
49-64	4	2 P 8 T	1
65-80	5	2 P 6 T	1
81-96	6	2 P 4 T	1
97-112	7	1 P 9 T	1
113-128	8	1 P 8 T	1

VERTICAL JUMPS: STARTING HEIGHTS AND PROGRESSIONS

Women: High Jump				
Age	Starting Height	Progression	Change Progressions	Progression
W35	1.45m	4cm	1,61	3cm
W40	1.20m	4cm	1,44	3cm
W45	1.04m	4cm	1,56	3cm
W50	1.00m	4cm	1,52	2cm
W55	1.04m	4cm	1.40	2cm
W60	1.00m	3cm	1.33	2cm
W65	0.97m	3cm	1.12	2cm
W70	0.94m	3cm	1.12	2cm
W75+	0.79m	3cm	1.03	2cm

Men: High Jump				
Age	Starting Height	Progression	Change Progressions	Progression
M35	1.30m	5cm	1.90	3cm
M40	1.40m	5cm	1.90	3cm
M45	1.30m	5cm	1.85	3cm
M50	1.25m	5cm	1.75	3cm
M55	1.20m	5cm	1.75	3cm
M60	1.25m	5cm	1.65	3cm
M65	1.15m	5cm	1.45	3cm
M70	1.05m	4cm	1.45	3cm
M75	0.90m	4cm	1.30	3cm
M80	.80m	3cm	1.19	2cm
M85+	.65m	3cm	1.04	2cm

Women: Pole Vault				
Age	Starting Height	Progression	Change Progressions	Progression
W35	2.00m	10cm	3.30	6cm
W40/45	1.90m	10cm	2.90	5cm
W50	1.10m	10cm	2.50	5cm
W55/60	1.60m	10cm	2.45	5cm
W65+	1.20m	10cm	2.20	5cm

Men: Pole Vault				
Age	Starting Height	Progression	Change Progressions	Progression
M35	3.20m	15cm	4.25	10cm
M40	2.90m	15cm	4.00	10cm
M45	2.00m	15cm	3.80	10cm
M50	1.80m	15cm	3.75	10cm
M55	2.50m	15cm	3.70	10cm
M60	1.80m	10cm	3.40	5cm
M65	2.00m	10cm	3.20	5cm
M70	2.00m	10cm	2.90	5cm
M75	2.00m	10cm	2.60	5cm
M80+	1.20m	10cm	2.00	5cm

COMBINED EVENTS: STARTING HEIGHTS

Starting highs in each one of the categories will be the lowest asked by the athletes, if possible when using the devices.

Note: athletes must participate or make a try in all the events, if they want to have a final classification.

One category could have more than one group. Group B, which would start the first, will be formed by lower marks participants. Group A would start in the second place, and that group will be formed by the best marks.

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2018 World Masters

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