



DAILY TIMETABLE

Events	14/04	15/04	16/04	17/04	18/04	19/04
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ARRIVALS	X					
WORKSHOP & CONFERENCE		X	X	X	X	
ROAD WALK 10KM EMAF + EXTRA			All 35+ M&W			
60m Heats				All 60+ M&W		
60m Finals					All 60+ M&W	
200m Heats				All 60+ M&W		
200m Finals					All 60+ M&W	
400m Heats				All 60+ M&W		
400m Finals					All 60+ M&W	
800m Finals					All 60+ M&W	
1500 Finals				All 60+ M&W		
3000 Finals				All 60+ M&W		
Long Jump					All 60+ M&W	
Triple Jump				All 60+ M&W		
Shot Put				All 60+ M&W		
4x200					All 60+ M&W	
60 m EXTRA					All 35+ M&W	



14/19 APRILE



With the support of the Erasmus+ Programme of the European Union

200 m EXTRA					All 35+ M&W	
400m EXTRA					All 35+ M&W	
Long Jump EXTRA					All 35+ M&W	
DEPARTURES						X

EMAF Events

INDOOR COMPETITION RULES

Arena Palaindoor - 6 lanes – 8 on straight

Events 60m – 200m – 400m - 800m – 1500m –3000- LJ – TJ – SP –4x200m

60m-200m-400m Seeding and Advanced Rule WMA rules

LJ, TJ, SP 3+3 attempts each category

RANKING TEAM EVENTS

Men Team Ranking and Women Team ranking.

The finishing positions of the teams shall be decided according to the aggregates of the points (according to the FIDAL Scoring Tables) earned by the 7 highest scoring athletes in each event (7 events out of 10). The team having the highest aggregate being the winner, and so on.

Each athlete can be entered in all events, but only points earned in 3 events can be considered for the Team Ranking.

Scoring table

Scoring table FIDAL ([link Men](#) e [link Women](#))



www.fidal.it

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