

IX World Masters Athletics Indoor Championship

Toruń, POL - 26.03-1.04.2023

WMACI Toruń 2023		Sunday 26th	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st
60m	Heats		Men	Women				
	Semifinals			All				
	Finals				All			
200m	Heats					All		
	Semifinals						All	
	Finals						All	
400m	Heats	All						
	Semifinals		All					
	Finals			All				
800m	Semifinals				All			
	Finals					All		
1500m	Semifinals						All	
	Finals							All
3000m	Finals	All						
60m hurdles	Heats						Men	Women
	Finals						Men	Women
3000m Walk			Men	Women				
Cross Country 8 km / 6 km W/M70+			All					
Half-marathon								All
10km Walk Road							All	
10 km Road					All			
4x200m	Finals							All
4x200m mixed	Finals							All
Pentathlon					M55+	M35-50	Women	
Long Jump		M35-65	W35-55 / M70+	W60+				
Triple Jump				M50-60	W35-45	W50+	M35-45	M65 +
High Jump		Women / M70 +	M50-65	M35-45				
Pole vault					M35-45	M50-60	M65+	Women
Shot Put		W35-50	W55+	M35-50		M65+	M55-60	
Weight throw		M60 +	W35-50	W55+	M35-45	M50-55		
Javelin		M35-55	M60+	W35-50	W55+			
Discus		W 55 +			M50-55 & M65+	M35-45 & M60	W35-50	
Hammer throw			M35-55	M60+		W35-50	W55+	

