

**EUROPEAN MASTERS
ATHLETICS
CHAMPIONSHIPS
STADIA**

Entry Booklet

from 21 september to 01 october 2023

PESCARA - ITALY

www.pescaraemacs2023.it



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INVITATION TO ATTEND

WORLD MASTERS ATHLETICS CHAMPIONSHIPS, 2023

PESCARA, ITALY

EMA PRESIDENT'S MESSAGE

Dear participants,

We are thrilled to welcome you to the European Masters Championships Stadia to be held in Pescara, Italy from 21 September to 1 October 2023.

This prestigious event brings together master athletes from across Europe, and not only, to compete in a variety of track and field events, and we are thrilled to have you joining us.

We understand that preparing for and competing in a championship can be challenging and we want to encourage you to stay motivated and focused as you prepare for the event. Remember that your hard work and dedication got you to this point and that you have the talent and ability to succeed.

Pescara is known for its beautiful beaches, delicious cuisine and friendly locals, and we hope you get the chance to explore and enjoy all that this magical city has to offer during your stay.

We believe that EMACS 2023 will offer you a great opportunity to showcase your skills and achieve your goals. We look forward to seeing you in Pescara and supporting you as you compete.

Sincerely, Valentina Fedjuschina

President of the EMA

Cari partecipanti,

Siamo entusiasti di darvi il benvenuto agli Stadi dei Campionati Europei Master che si terranno a Pescara, in Italia, dal 21 settembre al 1° ottobre 2023.

Questo prestigioso evento riunisce atleti professionisti provenienti da tutta Europa per competere in una varietà di eventi di atletica leggera e siamo entusiasti di avervi con noi.

Comprendiamo che prepararsi e competere in un campionato può essere impegnativo e vogliamo incoraggiarti a rimanere motivato e concentrato mentre ti prepari per l'evento. Ricorda che il tuo duro lavoro e la tua dedizione ti hanno portato a questo punto e che hai il talento e la capacità per avere successo.

Pescara è conosciuta per le sue splendide spiagge, la deliziosa cucina e la gente amichevole, e speriamo che tu abbia la possibilità di esplorare e goderti tutto ciò che questa magica città ha da offrire durante il tuo soggiorno.

Riteniamo che l'EMACS 2023 ti offrirà una grande opportunità per mostrare le tue capacità e raggiungere i tuoi obiettivi. Non vediamo l'ora di vederti a Pescara e di supportarti mentre gareggi.



Presidente dell'EMA Cordialmente, Valentina Fedjuschina

MESSAGE FROM PRESIDENT LOCAL ORGANIZING COMMITTEE



RUNNERS PESCARA Sport Club President/Presidente Società Sportiva
It is a great satisfaction to be the President of the organizing committee of the 2023 European Athletics Masters Championships. This is the most attended sporting event in Europe, ten days of competitions that will take place in the stadiums of Pescara, Montesilvano and Francavilla. I would like to express my warmest thanks to the European Masters Athletic and the Italian Athletics Federation for the trust shown by assigning the organization to Runners Pescara, to the Mayor of Carlo Masci and to the municipal administration who firmly wanted the candidacy to be assigned to our city
President, LOC Pietro Nardone



È una grande soddisfazione essere il Presidente del comitato organizzativo dei Campionati Europei Master di Atletica Leggera 2023. Questa è la manifestazione sportiva più partecipata in Europa, dieci giornate di competizioni che si svolgeranno negli stadi di Pescara, Montesilvano e Francavilla. Desidero esprimere il più vivo ringraziamento alla European Masters Athletics e alla Federazione Italiana di Atletica Leggera per la fiducia dimostrata assegnando l'organizzazione alla Runners Pescara, al Sindaco Carlo Masci e alla Amministrazione comunale che hanno voluto fermamente che l'evento venisse assegnato alla nostra città.
President, LOC Pietro Nardone

ORGANISERS

EMA Council and Managers

President
Executive Vice-President
Secretary
Vice-President Competition
Vice-President Finances
Technical Delegate stadia
Technical Delegate non stadia

Valentina Fedjuschina
Francesco De Feo
Maria Clarisse Duarte
Giovanni Tracanelli
Ercan Ozkan
Janusz Krynicki
Vesna Repic

Competition Director

Elio Capurso

Local Organising Committee, EMAC 2023

President, Local Organising Committee
Major City of Pescara
Vice-President
Administration
Treasurer
Communication-Marketing
General Secretary

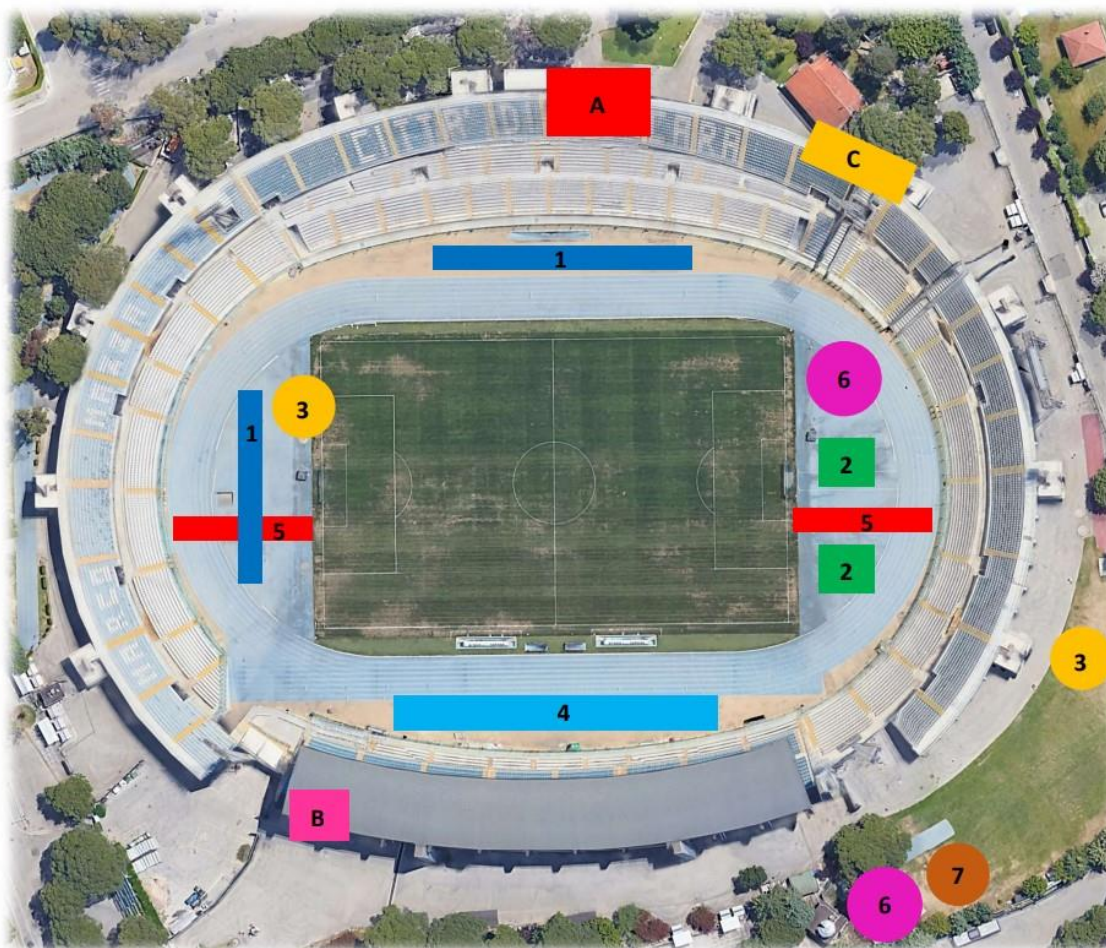
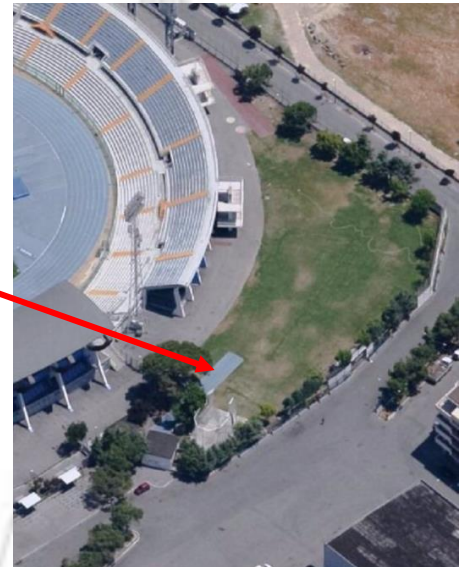
Pietro Nardone
Carlo Masci
Massimo Pompei
Fabrizio Scocchia
Elvira Csete
Roberta Rogato
Maurizio Mombelli

STADIA

Competition Venues

Main Stadium: PESCARA Stadium (Giovanni Cornacchia)

- A eight-lane, 400 metre Mondo surface track
- One 8-lane, 110 meters sprint straights
- Two Shot Put circles
- One Discus cage
- Two Javelin Sectors
- Two High Jump facilities
- Two Long Jump/Triple Jump facilities
- Two Pole Vault facilities
- Floodlighting for night events
- External weight/hammer/shot put throw field



PESCARA STADIUM

- A: CALL ROOM
- B: TIC
- C: STORAGE IMPLEMENTS

- 1: POLE VAULT
- 2: HIGH JUMP
- 3: SHOT PUT
- 4: LONG / TRIPLE JUMP
- 5: JAVELIN
- 6: DISCUS / HAMMER
- 7: WEIGHT THROW

STADIA

Competition Venues

Main Stadium: Pescara Stadium (Giovanni Cornacchia)



Città di Pescara
Medaglia d'oro al Merito Civile





Stadium 2: FRANCAVILLA al MARE

- 6-lane track (for training only)
- Two Shot Put / Weight throw circles
- One Javelin Sector
- One Hammer and discus cage



Stadium 3: MONTESILVANO

- Six -lane, 400 meters Mondo surface track



Warm-Up Track and Training Facilities

Athletic Field

- located behind the Main Stadium (Pescara)
- A 4-line 200 metre Mondo surface track



There is also possibility for training at the stadium Francavilla (timetable will be published on the website) and in Montesilvano Stadium.
Weightlifting Gym available at Main Stadium.

NON-STADIA

Competition Venues

10 km Road Race / Half Marathon

The start and finish are located at Pescara Main Stadium and the route runs in the city center. Using the same routes with small additions



ROAD RACE WALKING

Next to Pescara Main Stadium (same Call Room)

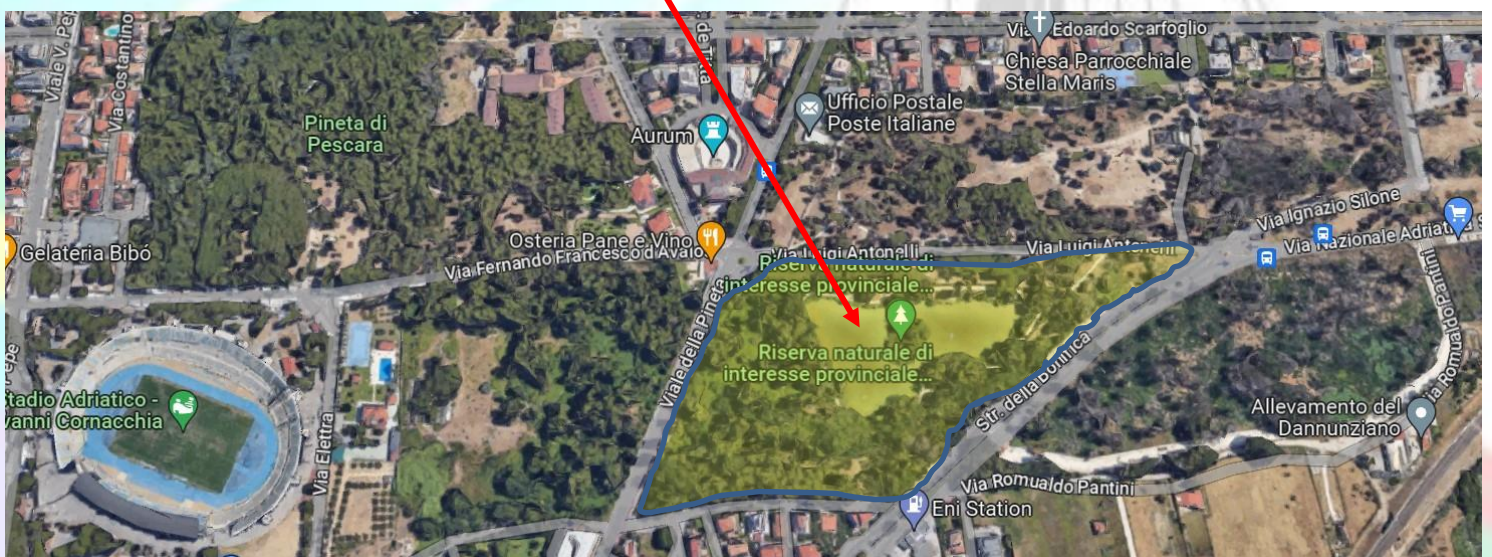
RACE WALKING COURSE: 1 KM



CROSS COUNTRY



6 km / 8 km Courses - Park Davalos located in front of the Main Stadium (same Call Room)



COMPETITION DAILY PROGRAM

Pescara 2023 - Timetable

	Day 1 gio 21-set	Day 2 ven 22-set	Day 3 sab 23-set	Day 4 dom 24-set	Day 5 lun 25-set	Day 6 mar 26-set	Day 7 gio 28-set	Day 8 ven 29-set	Day 9 sab 30-set	Day 10 dom 01-ott
100m	All (M+W)	All (M+W)								100 mt
200m	All (M+W)	All (M+W)	All (M+W)							200 mt
400m				All (M+W)	All (M+W)					400 mt
800m						All (M+W)	All (M+W)			800 mt
110/100/80m Hs							All (W+M)	All (M+W)		110/100/80 mt. Hs
400/300/200m Hs	All (W+M)						All (W+M)			400/300/200 mt. Hs
3000m/2000m st					All (M+W)					3000 mt/ 2000 mt
4x100m					Women	Men				4 x 100 mt
4x400m							Women		4x400 MIX*	4 x 400 mt
High Jump					M35-55	M60+	Women			Salto in alto
Pole Vault					M65+	M35-45	M50-60	Women		Salto con l'asta
Long Jump					Women		M35-55	M60+		Salto Lungo
Triple Jump							Women		M35-55	Salto Triplo
Decathlon - Day 1	M35-50	M55-70	M75+							Decathlon
Decathlon - Day 2		M35-50	M55-70	M75+						Decathlon
Heptathlon			W Day1	W Day2						Decathlon
1500m		All (M+W)								1500 mt
5000m			All (M+W)							5000 mt
10000m	Men, W65+	W35-60			Women	Men				10000 mt
5000m Track Race Walk			W60+, M65+	W35-55, M35-60						10 km. marcia su pista
Weight Throw				All (W)	M35-40, 70+	M45-65				Lancio del peso
Shot Put	M35-60	All (W)	M65+							Lancio del peso
Discus Throw				M35-65	All (W)	M70+				Lancio del peso
Hammer Throw	M65+	M35-60	All (W)							Lancio del Martello
Javelin Throw	All (W)	M65+	M35-60							Lancio del Giavelotto
Throwing Pentathlon							W35-60,	M45, 50, 70, 75	M55, 65, 80+	Pentathlon di Lancio
20km Road Walk										20 km marcia
10km Road Walk						All (W+M)				10 km marcia
Half Marathon										Mezza Maratona
Cross Country				All (W+M)						Cross
10 km Road Race							All (W+M)			10 km. su strada
	gio 21-set	ven 22-set	sab 23-set	dom 24-set	lun 25-set	mar 26-set	gio 28-set	ven 29-set	sab 30-set	dom 01-ott

Pescara (main Stadium) 100, 200, 400, 800, 110/100/80Hs, 400/300/200Hs, 3000/2000 SC, 4x100, 4x400, 4x400mix, high jump, pole vault, long jump, triple jump, decathlon, heptathlon, road race walk, road 10K, half marathon, cross country, weight throw

Montesilvano 1500, 5000, 10000, 5000 track race walk

Francavilla shot put, discus throw, hammer throw, javelin throw, throwing pentathlon, weight throw



Autostrade

- A14** Bologna-Bari
- A24** Roma-L'Aquila-Pescara
- A25** Roma-Pescara



Treni



Aeroporti



Dall'aeroporto c'è la nuova linea «AIRLINK» che effettua il servizio per :

from the airport there is the new "AIRLINK" line which carries out the service for: Pescara Railway Station Termina BUS.

bus connections from Rome Fiumicino and Ciampino airports



www.clikbus.it



www.prontobusitalia.it



www.flixbus.it



www.dicarlobus.com



PUBLIC BUS

CONNECTION BETWEEN HOTELS AND COMPETITION STADIUM

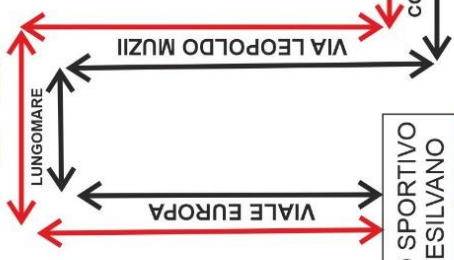


MARE ADRIATICO

- HOTEL MEDITERRANEO
- HOTEL PIPER RIVER
- MAJESTIC
- EUROHOTEL
- MONTESILVANO
- HOTEL CITY
- ADRIATICO
- PROMENADE
- SEA LION
- DUCA DEGLI ABRUZZI



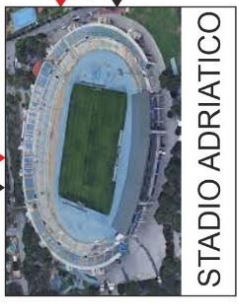
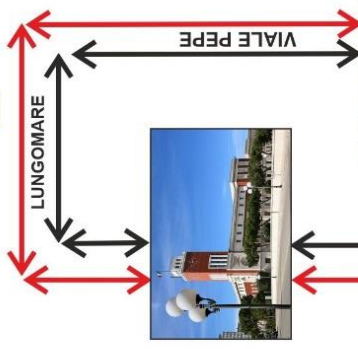
- PRESTIGE
- NINFEA



NAVETTA PER LE PREMIAZIONI
STADIO PESCARA

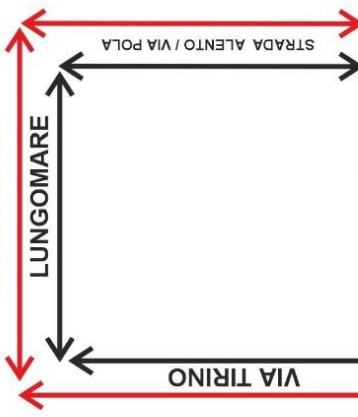


- HOTEL REGENT

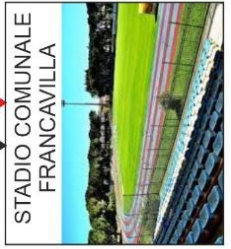


STAZIONE
FFSS
TERMINAL BUS

- HOTEL ALCIONE
- HOTEL CORALLO
- PUNTA DELL'EST
- HOTEL SAN MARCO



NAVETTA PER LE PREMIAZIONI
STADIO PESCARA



- VILLA MARIA



servizio navetta GRATUITA con card servizi

Agreement with trade association



CONFCOMMERCIO
IMPRESE PER L'ITALIA

PESCARA

If you book at our partner hotels you can have the **FREE** service card and take advantage of the benefits everyone. The shops that will have a sticker or a mascot in the window will be able to have a discount on the **SERVICES** card. If you do not use the official/partner hotels you will be requested to buy the card to receive the services



- 10% in participating shops
- 10% self-service Stadium
- 10% Mercandaiser
- 50 Sightseeing tour for one person



BRACELET: for **FREE** city transport. **FREE** transport to Hotels and stadiums **FREE** gadgets

The Mascot "**AUA**"



Accommodation

There are different standards of accommodation for competitors. The options and booking instructions are presented on www.pescaraemacs2023.it

ENTRY REQUIREMENTS AND PROCEDURE

General Rules

Competition will be held under World Athletics regulations as modified for Masters by EMA via their Competition Rules and any other special rules specified for this competition.

General Information

Athletes must enter online. See below for details. All entries must include full payment to be considered valid.

The entry deadline is Tuesday 8 August 2023. No entries will be accepted after the entry deadline.

All entries are subject to validation by each athlete's respective Member. Members will confirm the athlete's date of birth, citizenship and/or residential qualifications and other relevant requirements. After an athlete's registration has been validated, its status will display as "accepted" on the list of entries. Validation is a manual process that each Member completes, so there will be some time (days or weeks) between when you submit your registration and when it is validated. Athletes who have questions about the status of their entry should contact their Member. For athletes who reside in a country where there is no EMA National Masters Member or where the Member fails to fulfill its obligations, their entries will be subject to the approval of the EMA Council.

Online Entry Procedure

1. Go to www.pescaraemacs2023.it and complete the online entry form prior to the entry deadline.
2. Submit payment by credit card (Visa or Mastercard) at the end of the entry process.
3. Print the confirmation screen for your records.
4. Your Member will then validate your registration.

Athlete's Party

The Athlete's Party will take place on 26th of September at Marina di Pescara (Touristic Port), the evening before the day without competitions. Music, food and lot of beer for everybody! You can buy the entry ticket together with your registration or at the accreditation.

EMA National Member Requirements

EMA requires that each Member validate all relevant entries electronically via the online entry system. The Local Organizing Committee (“LOC”) will accept only those entries that have been validated by Members.

All entries must be validated before Wednesday 16 August 2023. Any entries that have not been validated by this deadline may be rejected, and those athletes will be ineligible to compete.

Members will receive communications regarding the entry process prior to the start of registration. Members that do not receive these communications should contact the EMA Secretary.

Qualifications for Entry

The European Master Athletics Championships are open only to men and women who were born on or before 21 september 1988 and who are physically fit. Entry signifies that each competitor must follow the rules laid down by the technical and organizing committees. EMA has the right to reject entries of athletes considered ineligible through misconduct or other disciplinary related matters.

Events are divided into age groups as shown below:

Classification Birthday (Born from...)

M&W 35	22 september 1983 to 21 september 1988
M&W 40	22 september 1978 to 21 september 1983
M&W 45	22 september 1973 to 21 september 1978
M&W 50	22 september 1968 to 21 september 1973
M&W 55	22 september 1963 to 21 september 1968
M&W 60	22 september 1958 to 21 september 1963
M&W 65	22 september 1953 to 21 september 1958
M&W 70	22 september 1948 to 21 september 1953
M&W 75	22 september 1943 to 21 september 1948
M&W 80	22 september 1938 to 21 september 1943
M&W 85	22 september 1933 to 21 september 1938
M&W 90	22 september 1928 to 21 september 1933
M&W 95	22 september 1923 to 21 september 1928
M&W 100+	Born on or before 22 september 1923

COUNTRY CODES

ALBANIA (ALB)	GEORGIA (GEO)	NICARAGUA (NCA)
ALGERIA (ALG)	GERMANY (GER)	NIGER (NIG)
AMERICAN SAMOA (ASA)	GHANA (GHA)	NIGERIA (NGR)
ANDORRA (AND)	GIBRALTAR (GIB)	NORFOLK ISLAND (NFI)
ANGOLA (ANG)	GREAT BRITAIN & N IRELAND (GBR)	NORTHERN MARIANA ISLANDS (NMI)
ANTIGUA AND BARBUDA (ANT)	GREECE (GRE)	NORWAY (NOR)
ARGENTINA (ARG)	GRENADA (GRN)	PAKISTAN (PAK)
ARMENIA (ARM)	GUAM (GUM)	PALAU (PLW)
ARUBA (ARU)	GUATEMALA (GUA)	PALESTINE (PLE)
AUSTRALIA (AUS)	GUINEA (GUI)	PANAMA (PAN)
AUSTRIA (AUT)	GUYANA (GUY)	PAPUA NEW GUINEA (PNG)
AZERBAIJAN (AZE)	HONDURAS (HON)	PARAGUAY (PAR)
BAHAMAS (BAH)	HONG KONG, CHINA (HKG)	PERU (PER)
BANGLADESH (BAN)	HUNGARY (HUN)	PHILIPPINES (PHI)
BARBADOS (BAR)	ICELAND (ISL)	POLAND (POL)
BELARUS (BLR)	INDIA (IND)	PORTUGAL (POR)
BELGIUM (BEL)	INDONESIA (INA)	PUERTO RICO (PUR)
BELIZE (BIZ)	IRAN (IRI)	ROMANIA (ROU)
BENIN (BEN)	IRELAND (IRL)	RUSSIA (RUS)
BERMUDA (BER)	ISRAEL (ISR)	RWANDA (RWA)
BOLIVIA (BOL)	ITALY (ITA)	SAINT KITTS AND NEVIS (SKN)
BOSNIA AND HERZEGOVINA (BIH)	JAMAICA (JAM)	SAINT VINCENT (VIN)
BOTSWANA (BOT)	JAPAN (JPN)	SAMOA (SAM)
BRAZIL (BRA)	KAZAKHSTAN (KAZ)	SAN MARINO (SMR)
BRUNEI (BRU)	KENYA (KEN)	SAUDI ARABIA (KSA)
BULGARIA (BUL)	KIRIBATI (Republic of) (KIR)	SENEGAL (SEN)
BURUNDI (BDI)	KOREA (KOR)	SERBIA (SRB)
CABO VERDE (CPV)	KOSOVO (KOS)	SEYCHELLES (SEY)
CAMEROON (CMR)	KYRGYZSTAN (KGZ)	SINGAPORE (SGP)
CANADA (CAN)	LATVIA (LAT)	SLOVAK REPUBLIC (SVK)
CENTRAL AFRICAN REPUBLIC (CAF)	LEBANON (LBN)	SLOVENIA (SLO)
CHAD (CHA)	LESOTHO (LES)	SOLOMON ISLANDS (SOL)
CHILE (CHI)	LIBERIA (LBR)	SOUTH AFRICA (RSA)
CHINA (People's Republic of) (CHN)	LIECHTENSTEIN (LIE)	SPAIN (ESP)
CHINESE TAIPEI (TPE)	LITHUANIA (LTU)	SRI LANKA (SRI)
COLOMBIA (COL)	LUXEMBOURG (LUX)	SUDAN (SUD)
COMOROS (COM)	MACEDONIA (F. Y. Republic of) (MKD)	SURINAM (SUR)
CONGO (CGO)	MADAGASCAR (MAD)	SWEDEN (SWE)
CONGO (Dem. Rep. of) (COD)	MALAWI (MAW)	SWITZERLAND (SUI)
COOK ISLANDS (COK)	MALAYSIA (MAS)	TAJIKISTAN (TJK)
COSTA RICA (CRC)	MALTA (MLT)	THAILAND (THA)
CÔTE D'IVOIRE (CIV)	MARSHALL ISLANDS (MHL)	TOGO (TOG)
CROATIA (CRO)	MAURITANIA (MTN)	TONGA (TGA)
CUBA (CUB)	MAURITIUS (MRI)	TRINIDAD AND TOBAGO (TTO)
CYPRUS (CYP)	MEXICO (MEX)	TUNISIA (TUN)
CZECH REPUBLIC (CZE)	MICRONESIA (FSM)	TURKEY (TUR)
DENMARK (DEN)	MOLDOVA (MDA)	TURKMENISTAN (TKM)
DJIBOUTI (DJI)	MONACO (MON)	TUVALU (TUV)
DOMINICA (DMA)	MONGOLIA (MGL)	UGANDA (UGA)
DOMINICAN REPUBLIC (DOM)	MONTENEGRO (MNE)	UKRAINE (UKR)
ECUADOR (ECU)	MOROCCO (MAR)	UNITED ARAB EMIRATES (UAE)
EGYPT (EGY)	MOZAMBIQUE (MOZ)	UNITED STATES OF AMERICA (USA)
EL SALVADOR (ESA)	MYANMAR (MYA)	URUGUAY (URU)
EQUATORIAL GUINEA (GEO)	NAMIBIA (NAM)	UZBEKISTAN (UZB)
ESTONIA (EST)	NAURU (NRU)	VANUATU (VAN)
ETHIOPIA (ETH)	NEPAL (NEP)	VENEZUELA (VEN)
FIJI (FIJ)	NETHERLANDS (NED)	U.S. VIRGIN ISLANDS (ISV)
FINLAND (FIN)	NEW ZEALAND (NZL)	ZAMBIA (ZAM)
FRANCE (FRA)		ZIMBABWE (ZIM)
FRENCH POLYNESIA (PYF)		
THE GAMBIA (GAM)		

ENTRIES

The registration must be done online only.

	Unit Price (Euro)
First individual events	55.00
Each additional Individual Event	25.00
First combined event	60.00
Each additional Combined Event	30.00
Accompanying Person (includes accreditation, transportation pass, discount card)	25.00
Relays (to pay in site) each team	20.00
Athlete's party	30.00

Registration Services

Registration services are being provided by Fidal Servizi.

VISA REQUIREMENTS AND GENERAL INFORMATION

Visas

You can find the valid information at:

<https://www.esteri.it/it/servizi-consolari-e-visti/>.

Please notice that even if you don't need a visa to Italy, you need a valid passport or some other valid travel document accepted by Italy (ID card).

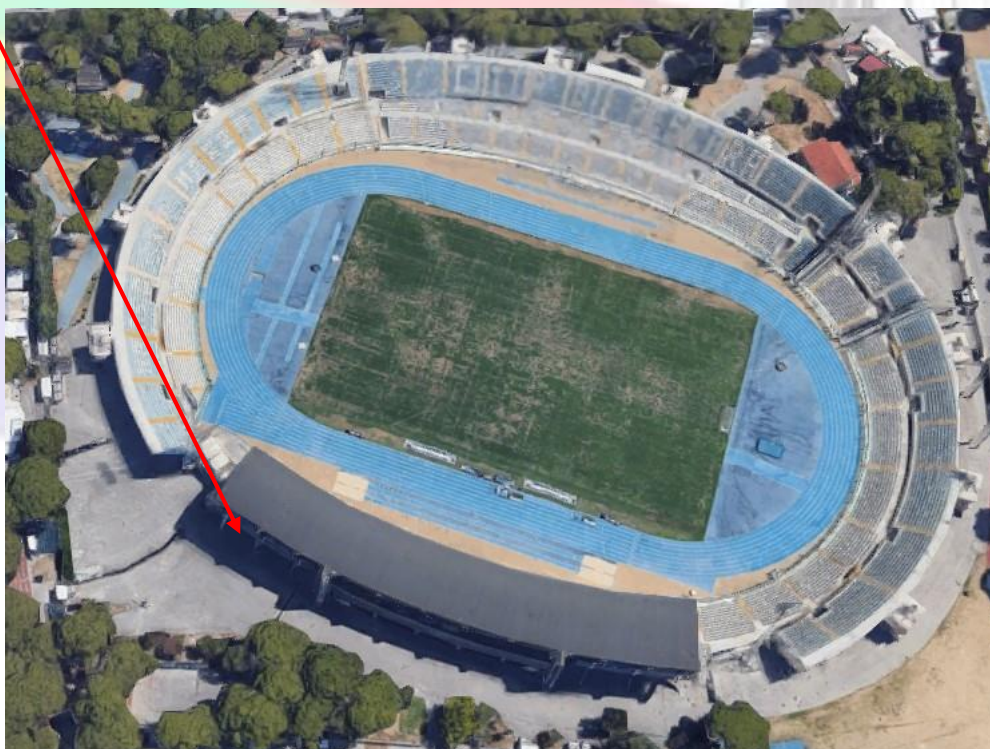
Vaccinations and Travel Insurance

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

<https://www.salute.gov.it/portale/nuovocoronavirus/homeNuovoCoronavirus.jsp>

Technical Information Center (TIC)

TIC will be located at the main stadium



Accreditation - Confirmation

The accreditation center where the athletes collect their bib and registration package and other relevant information is located “ **Palazzetto Ciro Quaranta** ”, in front of the main stadium.

In the same place the athletes can do the confirmation, if not already done online.



The Accreditation / Confirmation Centre will open from 18 september 2023.

Tourism

You can find all the information on the website www.pescaraemacs2023.it

Travelling Further?

There is easy access from Pescara to other areas Abruzzo and Italy.

Hints and Tips

Emergency contact number

General emergency number is 112

Currency

The Italian Currency is the Euro (€) which is made up of 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents and 1 and 2 euros. Bank notes are of 5, 10, 20, 50, 100, 200 and 500. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).

Tipping

Tipping in Italy is not very common. The price of a product or service has service and taxes always included. So it's normal to pay the bill as it is.

If you like to tip anyway, it is totally acceptable. You can sometimes find a tipping jar at a bar. You can also round the bill up to nearest convenient figure.

Taxis

Official taxis can be identified with white taxi sign. There are official taxi stops for customers or taxi can be ordered with phone.

The price of the taxi ride is based on the following parts: starting price, which is depending on the time of the day, travel rate affected by the number of passengers as well as time charge per minute.

Electricity

The electric current for use in homes and hotels, as in most of Western Europe countries, is 220 volts (50 Hz) and the plugs used are three round pins.

Local Time during the Championships

GMT + 1 hours (Summertime)

Driving

Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van, whether seated in the front or rear. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location (a blood alcohol level of at least 0.5 mg/litre). If buses have seatbelts you are required to use them.

Water

Note that it's safe to drink tap water in Italy.

Mobile Phone Networks

Italian mobile phone networks operate under 5G, 4G, 3G and 2G. Only phones that are manufactured to operate under these systems will work in Italy. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Italy, which will allow temporary connection with the Italian networks.

Languages

Official language is Italian.

Useful Expressions

Italian

Buongiorno

Buonasera

Ciao

Arrivederci

English

Good morning/day

Good evening

Hi!

Goodbye!

Italian

Grazie mille

Piacere

Parli inglese?

Non capisco

Non lo so

Scusami

English

Thank you very much

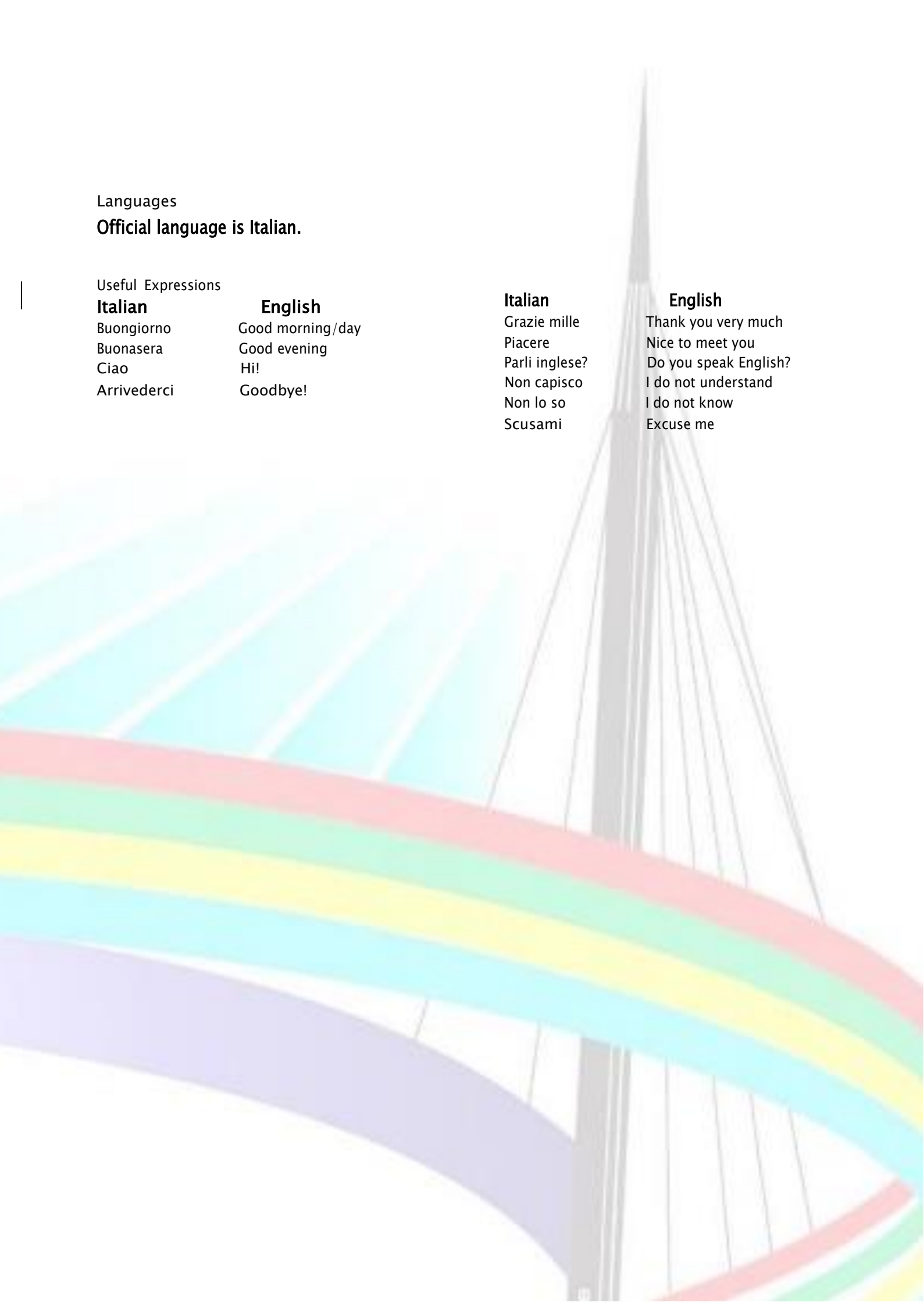
Nice to meet you

Do you speak English?

I do not understand

I do not know

Excuse me





PESCARA

