

# EMACONS

EUROPEAN MASTERS ATHLETICS NON STADIA CHAMPIONSHIP  
PORTO SANTO'24



EUROPEAN MASTERS ATHLETICS NON STADIA CHAMPIONSHIP  
PORTO SANTO'24

WORLD TRAVEL AWARDS  
WINNER  
2024  
Europe's Leading Beach Destination

SAVE THE DATE

16-19 MAY 2024  
[www.atletismodamadeira.pt](http://www.atletismodamadeira.pt)

FOTO: Chelmsque Simoes

# LOCAL ORGANISING COMMITTEE

***LOC PRESIDENT***

***AARAM PRESIDENT RESIDENTE***

***GENERAL COORDINATOR GENERAL***

***TIMING & SCORING***

***TRANSPORTATION MANAGER***

***MEDIA MANAGER***

***ACCREDITATION MANAGER***

***WEBSITE***

***MEDICAL SERVICES***

Policarpo Gouveia

Egídio Olim

Nélio Parreira

Cíntia Faria

Jorge Camacho

Gina Gonçalves

Jorge Morais

Miguel Campos

AVASAD



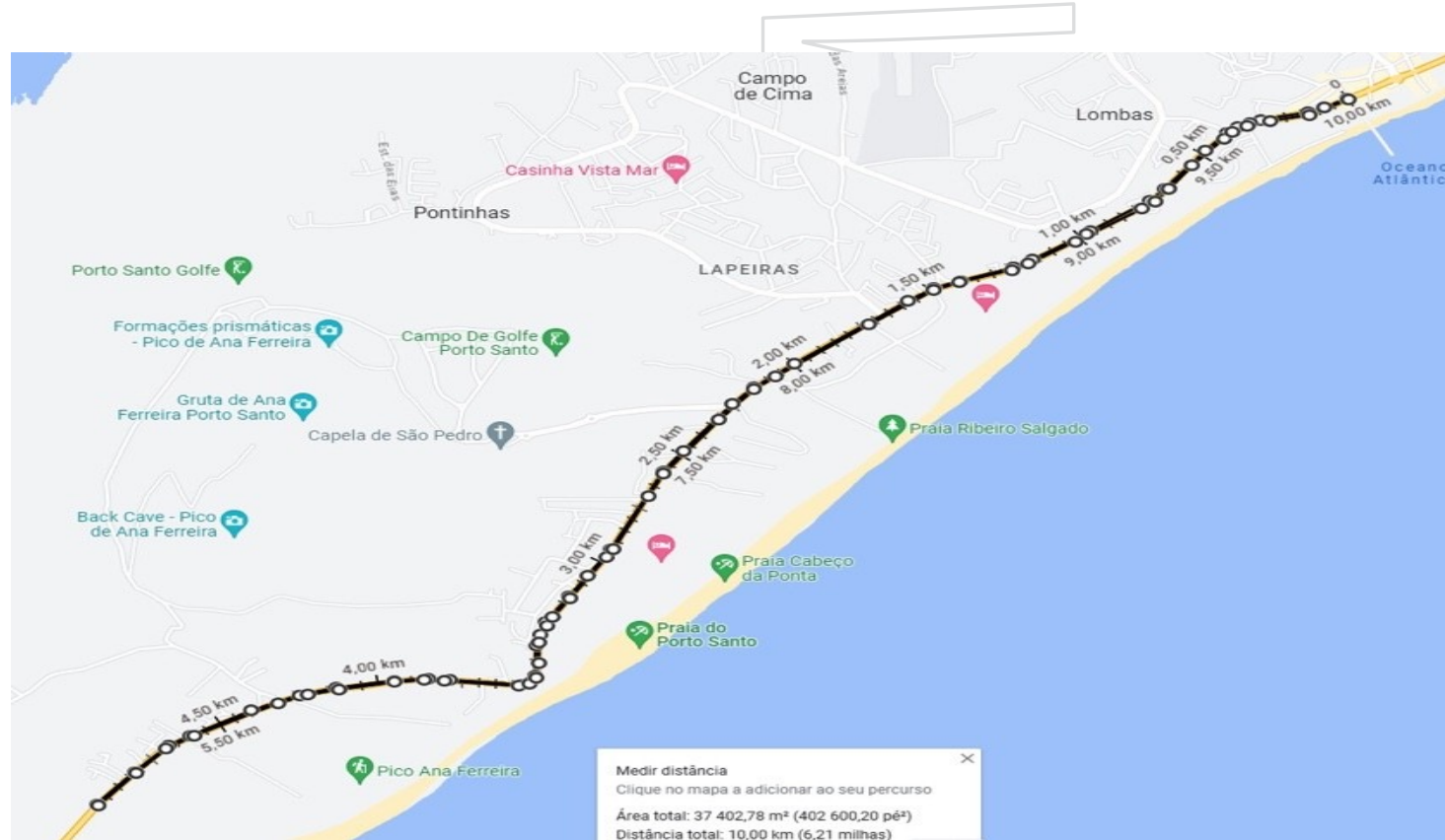
## BIBS

- ▶ *Athletes will receive 3 bibs, one of which will have a chip on the front chest, a second to wear it on the back and a third (sticker) one for the bag drop. The bibs can not be cut or folded.*
- ▶ *It is recommended that athletes put the phone number of a person behind the bib, as a safety measure.*
- ▶ *The chip will be delivered along with the bib number in the Accreditation Center. As it is a disposable chip is not necessary to return it. **MYLAPS BibTag** is used for timing at all events. The chip is placed on the back of the bib number, which has to be worn on the chest (front). Without the chip, you will not have your time registered.*
- ▶ *You cannot use your own chip.*





# 10K ROAD RACE



The 10 km loop circuit start and finish in the centre of Vila Baleira (pedestrian crossing after Av. Infante Dom Henrique - Monument 550 years to discover Porto Santo). The route start from Vila Baleira towards Calheta for 5 km reaching a turning point and come back to the same start/finish line.

# 10K CERTIFICATE



## INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race

**European Masters athletics non stadia championships 10 km**

Distance

**10 000 m**

Location

**PORTO SANTO MADEIRA**

Country

**PORTUGAL**

Date of Race

**17/05/2024**

Date of Measurement

**12/12/2023**

Elevation Change

**0 m/km**

Separation

**0** % of race distance

Name(s) of the measurer(s)

**Francesco LA CARA**

World Athletics – AIMS Grade

**A**

Country

**Italy**

Certificate Number

**POR/2024/005/JFD2514 A**

Expiry Date

**31/12/2028**

International Measurement Administrator

**Jean François DELASALLE**

Registered On

**08/01/2024**

Signed



In cooperation with



This certificate certifies that the length of the above road race has been established by an accredited World Athletics – AIMS Grade A or B measurer employing the method of a bicycle calibrated with a "Jones Counter". It remains valid for 5 years subject to the course defined in the full measurement report submitted by the measurer being unchanged in any way. Any modifications to the course, however minimal, will nullify this Certificate and require a new measurement to be undertaken. Possession of this certificate does not indicate any sanction of the race by World Athletics or membership of AIMS.

# 10K ROAD RACE

Friday 17 May 24

Time	Call Room
08.00	07.30

**Time limit: 1h 30m**

## AWARD CEREMONY

**PLACE: CAMARA MUNICIPAL DO PORTO SANTO**

**TIME: 17h00**



# 10K & 20K ROAD RACE WALK



The 10 and 20 km race walk course consists of a 1km loop circuit to be covered several times with two turning points, in the Calheta area, from the n. 286 of Estrada da Calheta and the crossroads between Estrada da Calheta and Rua da Ponta. The start/finish line is located at the crossroads of Estrada da Calheta with Rua do Pico das Flores.

# CERTIFICATE



## INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race

**European masters athletics non stadia championship 10-20km Walk**

Distance

**1 000 m lap**

Location

**PORTO SANTO MADEIRA**

Country

**PORTUGAL**

Date of Race

**17/05/2024**

Date of Measurement

**12/12/2023**

Elevation Change

**0 m/km**

Separation

**0**

% of race distance

Name(s) of the measurer(s)

**Francesco LA CARA**

World Athletics – AIMS Grade

**A**

Country

**Italy**

Certificate Number

**POR/2024/007/JFD2516 A**

Expiry Date

**31/12/2028**

International Measurement Administrator

**Jean François DELASALLE**

Registered On

**08/01/2024**

Signed



In cooperation with



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## 10K ROAD RACE WALK

Time	Call Room	Category
11.00	10.30	W 35
		M 53

**Time limit: 1h 30m**

### AWARD CEREMONY

**PLACE: CAMARA MUNICIPAL DO PORTO SANTO**

**TIME: 17h00**

# 20K ROAD RACE WALK

Sunday 19 May 2024

Time	Call Room	Category
12.00	11.30	W 20
		M 41

**Time limit: 3h 30m**

**AWARD CEREMONY**

**PLACE: CAMARA MUNICIPAL DO PORTO SANTO**

# Race Walk Judges

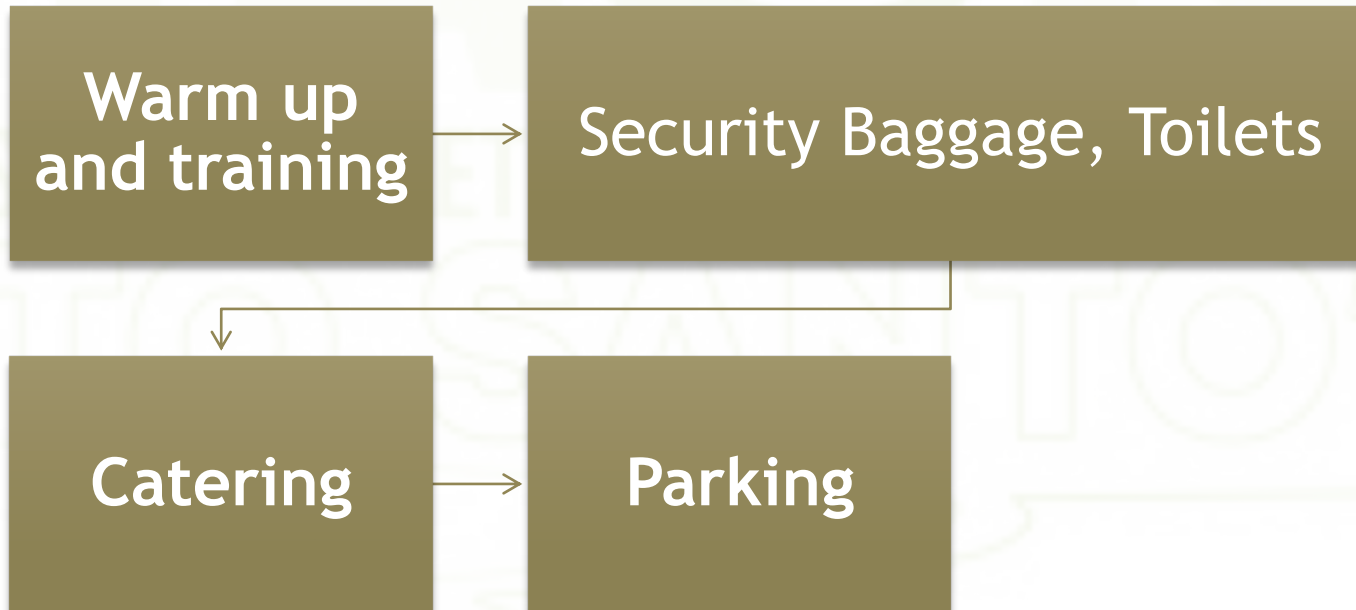
- ▶ Vasco Guedes                   POR
- ▶ Janusz Krynicki               POL
- ▶ José Ganso                    POR
- ▶ Zoe Gkinl                     GRE
- ▶ Vesna Babic                  CRO
- ▶ Kristina Saltanovic         LIT



## COURSE

- ▶ One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete.
- ▶ The competitors will receive notices from the judges (Yellow Paddle) with the symbol of the offence on each side.
- ▶ An athlete who is disqualified shall immediately remove their bibs and leave the course.





# CROSS COUNTRY RELAY

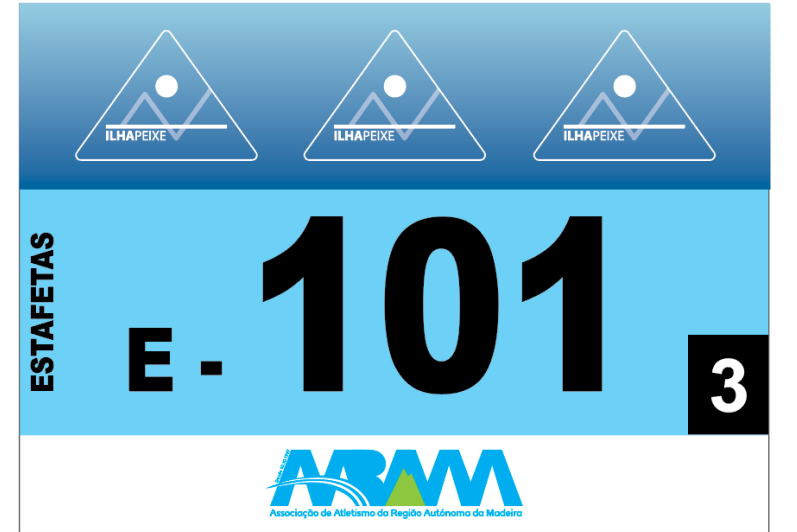
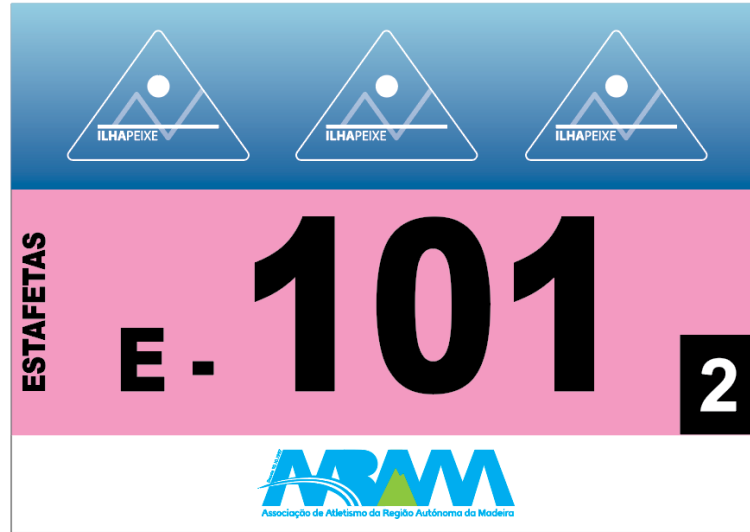
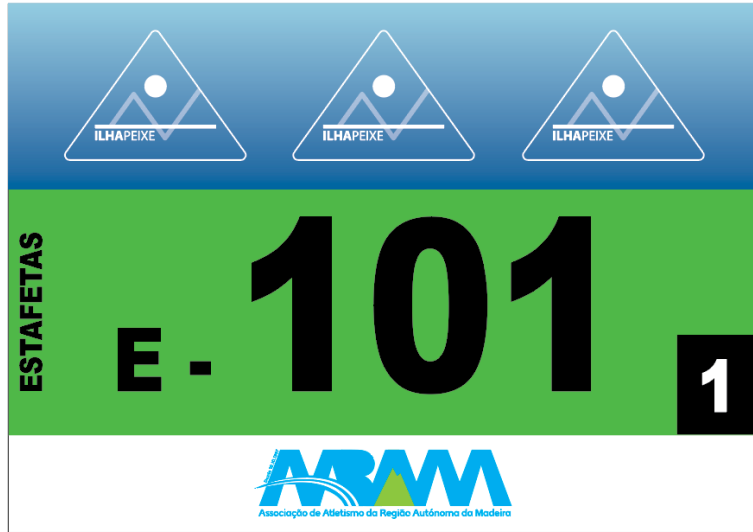
Time	Call Room	Category	Distance
09.00	08.30	M	3x2km
10.00	09.30	W	3x2km

## AWARD CEREMONY

**PLACE: CAMARA MUNICIPAL DO PORTO SANTO**  
**TIME: 17h00**



# BIBS



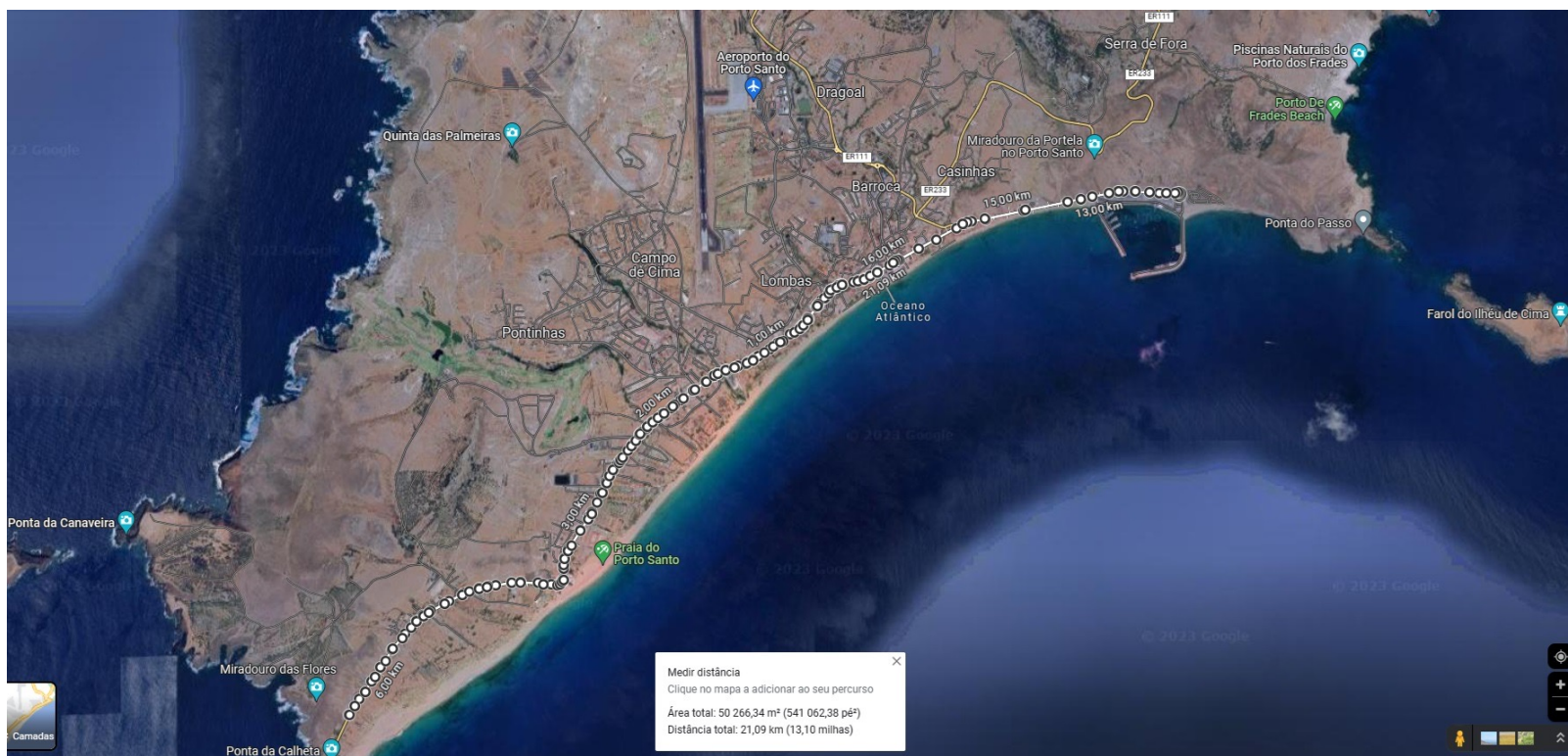
# HALF MARATHON

Friday 19 May 2024

08h00

CALL ROOM

07h30



The Half Marathon circuit start and finish in the center of Vila Baleira (pedestrian crossing after Av. Infante Dom Henrique - Monument 550 years to discover Porto Santo).

The Half Marathon route consists of **three laps**: the first of approximately **11 km** (round trip) from Vila Baleira towards Calheta and back to the start/finish line, the second of approximately **5 km** in the opposite direction (towards the port) with return to the start/finish line and the third final lap of approximately **5km** again towards Calheta and back to the finish in Vila Baleira.



# HALF MARATHON CERTIFICATE



## INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race

**European masters athletics non stadia championship half marathon**

Distance

**21 097.50 m**

Location

**PORTO SANTO MADEIRA**

Country

**PORTUGAL**

Date of Race

**19/05/2024**

Date of Measurement

**12/12/2023**

Elevation Change

**0 m/km**

Separation

**0**

% of race distance

World Athletics – AIMS Grade

**A**

Name(s) of the measurer(s)

**Francesco La Cara**

Country

**Italy**

Certificate Number

**POR/2024/006/JFD2415 A**

Expiry Date

**31/12/2028**

International Measurement Administrator

**Jean François DELASALLE**

Registered On

**14/08/2023**

Signed



In cooperation with



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## Half Marathon

The Half Marathon will be the closing event of EMACS 2024. Men and women will run together.

There will be a call-room/check-in before the start, with toilets and drinking water available.

All competitors must present themselves in the designated area indicated no later than 30 minutes before the start.

## START

- ▶ Men and women will start together
- ▶ The age of the competitors can be identified from the bibs on their back.
- ▶ The chip must be worn on the front.

LIMIT TIME: **3 HOURS**





## REFRESHMENT

*The refreshment points for the 10Km Road Race and the 21Km Half Marathon will be every 5Km and at the finish line.*

### *PERSONAL REFRESHMENT*

*Athletes can ask to leave their personal supplies at the tables that the organization will make available.*

*At the 10km and 20km Race Walk the teams can be accredited at the TIC, as Personal Assistant, two people per country in the refreshment areas.*

- ▶ 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.

## TEAM SCORING



In each event a team ranking will be issued by addition of the time of the three best athletes of the team.

There are 2 kinds of teams:

- 1) **Natural Team** - 3 athletes from the same country in the same age group; No information from the Team Manager to the TIC is needed before the race.
- 2) **Compose Team** - 3 athletes from the same country but from different age groups competing in the same race. This team competes in the lower age group of one of the athletes.

Compose Team is **not allowed** if a natural team is possible in one of the concerned age group.

These athletes will compete in their own age group for individual ranking.

An athlete from an older group **who competes in a younger group (different start) will not be able to compete for the individual result.**

# REGISTRATION



Team Leader must inform the TIC about the name of the athletes.

**Registration deadline for the Composed Teams (at the TIC): 18:00 of the day before the Event.**

# SAFETY OFFICERS

*The Safety Officers will be presented during the Championship and for any of the following circumstances they can ask the athlete to leave the Championship area.*

*They will give two yellow cards before the disqualification. This disqualification may arise in the following situations:*

- For showing inability to finish a competition.*
- For looking exhausted and unable to continue in a healthy manner.*
- For obstructing another competitor.*

*When a Referee S.O. has given previous advices by using Yellow Cards, the Safety Officer will disqualify the athlete using a Red Card. This athlete will have to leave immediately the event. If the disqualified athlete is abusing or attacking the Safety Officer, this athlete can be suspended from all the other competition he is registered for.*

*The incident will be reported to the national federation.*



Medical staff will be present on the course and at the start and finish.



Half Marathon  
**First Aid Station**

## Non-European Participation

European Master Non Stadia Championships  
Porto Santo EMACNS 16-19 May 2024

<b>Non-Stadia Running and Walking Events</b>	<b>Can enter without limitations</b>	<b>Can receive a diploma with the performance</b>
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# MEDAL AND DIPLOMA

## EMACNS - PORTO SANTO 2024

Medal size: 7 mm X 7 mm  
 Thickness: 5 mm  
 ENGRAVED FINISH WITH LOW RELIEF IN WOOD

Front



Back



2,5 cm wide Ribbon  
 Fita de 2,5 cm



2,5 cm wide Ribbon  
 Fita de 2,5 cm



# Medal Ceremonies

- ▶ **PLACE: CAMARA MUNICIPAL DO PORTO SANTO**
- ▶ Athletes must present themselves in the ceremonial area at least 15 minutes before the award ceremony according to the program of ceremonies that will be posted to the TIC and on the official notice boards.
- ▶ Athletes must participate in ceremonies by wearing their official uniforms.
- ▶ The diplomas for athletes or teams ranked from 1st to 3<sup>rd</sup> place will be available at the TIC.





## **BUS FOR RACE WALK** **May 17**

**Roundabout at the center**

09h00

**One way ticket – 3€**

**Round ticket – 5€**

The return will be at the end of the last race.



## **BUS FOR RACES** **May 18**

**Roundabout at the center**

07h30  
14h00

**One way ticket – 3€**

**Round ticket – 5€**

The return will be at the end of the each race  
(Cross Country Relay and Nordic Walking).



## **BUS FOR RACES** **May 19**

**Roundabout at the center**

10h00

**One way ticket – 3€**

**Round ticket – 5€**

The return will be at the end of the race.

- ▶ GOOD LUCK!
- ▶ GOOD WEATHER!!!

