

EMACI Torun 2026		Friday 27th	Saturday 28th	Sunday 29th	Monday 30th	Tuesday 31th	Wednesday 1st	Thursday 2nd
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
60m	Heats			All				
	Semifinals			All				
	Finals				All			
200m	Heats					All		
	Semifinals					Women	Men	
	Finals						All	
400m	Heats	All						
	Semifinals		All					
	Finals			All				
800m	Heats				All			
	Finals					All		
1500m	Heats						All	
	Finals							All
3000m	Finals	All						
60m hurdles	Heats		Women				Men	
	Finals		Women				Men	
3000m Walk		W65+, M75+	W35-60,M35-70					
Cross Country							All	
5 km Road Race				All				
5 km Race Walk						All		
4x200m	Finals							All
4x200m mixed	Finals							All
Pentathlon					M35-55	M60+	Women	
Long Jump		W60+	W35-55, M35-40	M45+				
Triple Jump				W60+	M60+	W35-55	M35-45	M50-55
High Jump		Men(All)/W35-65	W70+					

Pole vault				Women	M35-50	M55-70	M75+
Shot Put		M35-70	M75+, W35-60	W65+			
Weight throw	M45-60	M75+,	W65+, M65-70	W35-60	M35-40,		
Javelin	M65+	W55-60	M45-60	M35-40,	W65+	W35-50	
Discus	W35-60	W65+	M35-40	M60+	M45-55		
Hammer throw	M35-40	W35-50		M45-55	M60+	W55+	