

SPORTS INFORMATION GUIDE

European Masters Games 2023 offers each athlete the opportunity to compete in a maximum of three sports (five disciplines) at the Games.

COMPETITION DATES

	5.7. Wed	6.7. Thu	7.7. Fri	8.7. Sat
10K ROAD RACE WALK	17:00			
HALF MARATHON				08:00

COMPETITION SPORTS AND DISCIPLINES

The events and age categories for Road race walking and Half Marathon at EMG2023 are as follows:

Sport	Disciplines	Competition Format	Age Categories
Race-Walking	10km Road	mass-start	Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
			Men's: 30-39, 40-49, 50-59, 60-69, 70+
Half Marathon	Road	mass-start	Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
			Men's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

In line with the sport-specific rules, an athlete must compete in their designated age group, with your age determined as at 4.7.2023 (the first day of Athletics Competition at the Games).

If there are insufficient number of entries in an age category, categories may be combined in order to conduct a good quality competition. The awarding of medals will not be

affected, meaning that individuals will still be awarded medals in the age category in which they originally entered.

VENUE DETAILS

EMG2023 road race walk and half marathon competition takes place at:

Venue Name	Half Marathon start and finish at Ratinanniemi Race Walking 1km road track at Laukontori
Competition hosted	Tampereen Urheilijat -38
Venue Information	Races are hosted at public locations near the Tampere Stadium

COMPETITION DETAILS

Competition rules

The EMG half marathon and road race walk events will be conducted in line with the competition rules of the World Masters Athletics (WMA).

The Half Marathon will be closed after three hours. Participating athletes must not be accompanied by persons on bike, running or by other means of transport. No refreshments to be issued outside the refreshment zone. Results will be available at the finish area.

Race-walking will be judged by a team of race-walking judges. Athletes can be disqualified during or after the race.

Competition format

Start and Finish for the Half Marathon are located at Ratinanniemi near Tampere Stadium. Half Marathon is performed outdoors using walkways and roads around the city centre. Men and women will start together in one mass-start.

The road-walking loops are 1 km. The races will start and finish near the Tampere Stadium at Laukontori.

Medals

In European Masters Games, the athletes do not represent their country of origin, therefore the prize-awarding ceremonies will be carried out without hoisting of flags. No National Anthem of the winning team will be played. The medals will be provided by the Organizing Committee.

Technical meeting

A Technical Meeting will take place before the start of the competitions in order to introduce the competitions, remind those involved of the regulations and the behavior that is expected.

Personal accident insurance and medical certificate

It is the participant's own responsibility to take out adequate and valid accident and health insurance. The competitor registration fee does not cover personal accident insurance.

Anti-doping

The IMGA has adopted an anti-doping policy in line with the WADA (World Anti-Doping Agency) code, which means that testing will be conducted during the games. Each participant must comply with and independently consent to the IMGA Anti-Doping policy <https://imga.ch/masters-sports/anti-doping/>.

EQUIPMENT

WMA Competition Rule 5.13.3 Any shoe used in Competition must have a sole with a maximum thickness of no more than 40 mm (except any shoe that contains spikes must have a sole with maximum thickness of no more than 30 mm). ONLY Christmas Tree or Pyramid spikes are allowed to be used. Needle spikes are not permitted.

The bibs are provided and handed over at the accreditation office in Tampere Stadium.

UNIFORMS

All advertising on the uniforms of the athletes during the competition and the awards will be in accordance with the rules of World Athletics regarding size and content.

Notice Race-walking Rule 5.1. Athletes must not wear clothing which could impede the view of the Judges.

TRAINING FACILITIES

No training facilities are provided by organizers.

FURTHER INFORMATION

Planning for the EMG2023 competition will continue throughout 2022 and spring 2023. Additional sport specific information will be communicated to registered participants and this Sports Information Guide will be updated according to possible changes.

All participants are encouraged to monitor the EMG2023 website at www.emg2023.fi as well as other Games communication channels to find out the latest information.

For more Half Marathon/Race-Walking specific information, please contact Mika Pelto, mika.pelto@outlook.com.

For general information about EMG2023, please contact info@emg2023.fi.