







ORGANIZERS, PARTNERS, SPONSORS















































































MIONETTO

Summary

Welcome	4
Walentina Fedjuschina	4
Piotr Całbecki	5
Paweł Gulewski	5
Wacław Krankowski	6
Place of the Event	7
Competition Schedule	10
Communication	14
Accommodation	15
Merchandise	

WELCOME



Walentina Fedjuschina FMA President

Dear athletes, dear friends,

On behalf of the European Masters Athletics Association and myself personally, I am delighted to invite you to our Winter Championship in Toruń, Poland, from March 26 to April 2.

Toruń is not only a city of great sporting traditions — it is also one of the most beautiful medieval cities in Europe, a UNESCO World Heritage Site, the birthplace of the great astronomer Nicolaus Copernicus, and a place famous for its charming old town and delicious gingerbread. But above all, Toruń is a city of sports! Its modern arena and excellent facilities have already hosted many international championships, where records were broken and history was made.

You will be welcomed by a wonderful, experienced team, who will do everything possible to ensure you feel at home and can give your very best. We are waiting for you in this magical city — where history meets sport, where friendship meets competition, and where every athlete will find inspiration to reach new heights.

Prepare well, bring your energy, your passion, and your dreams — see you in Toruń!



Piotr Całbecki Marshal of the Kujawsko-Pomorskie Region

Ladies and Gentlemen, Dear Friends!

As the host of the Kujawsko-Pomorskie Region, and also a supporter of the Queen of Sports, I am delighted to welcome to our Region and to Toruń the athletes, officials, and fans of athletics.

The 15th European Masters Athletics Championships Indoor is a unique event that brings to the Kujawsko-Pomorskie Arena in Toruń the best masters athletes and full stands of spectators from around the world.

Kuyavia and Pomerania is one of the leading sports centers in the country, and its athletics events calendar is among the most attractive in Poland.

I believe that the wonderful atmosphere, the fast track, and the support of thousands of fans will lift the athletes and motivate the participants of today's competitions to achieve outstanding results.

To the athletes, I wish records and victories, and to the fans—unforgettable emotions. See you at the sports arenas of Kuyavia and Pomerania!



Paweł Gulewski Mayor of Toruń

We are delighted to welcome to Toruń the participants of the 15th European Masters Athletics Championships Indoor. For many of you, this is a return to the City of Copernicus, which for us—the hosts of the city and co-organizers of this renowned sporting event—is the best proof of the athletes' satisfaction with the results achieved here, the level of organization, and the unique atmosphere of Toruń, which invariably opens its hospitable gates to you.

Regardless of the places you take, you are all winners! Every year you show us, by your own example, the beauty of practicing sport at any age. You inspire us to remain active and physically fit, and you spread optimism and the joy of coming together with friends and colleagues from Europe's

sports arenas! And if the backdrop to these meetings and competitions is the magical city of Toruń, then there can hardly be a better recipe for a long and happy sporting life.

I warmly invite you to discover Toruń! To stroll through the historic streets of our city, to enjoy the culinary delights served in our restaurants and cafés, and—between your competition starts—to visit the historic monuments as well as the Toruń museums and galleries filled with cultural treasures. May the participants of the championships and their guests also find their way to the charming Vistula boulevards and the viewpoints overlooking the unique night panorama of the Old Town—ranked among the tourist wonders of Poland.

Today Toruń is the capital of Polish and European indoor athletics! We are delighted with your presence, which gives exceptional dynamism to the Toruń spring of 2026!



Wacław Krankowski

Dear Athletes, Dear Friends,

On 26 February, during the 35th Anniversary of the Polish Masters Athletics Association, we signed an agreement with the EMA Board to host the 15th European Masters Indoor Championships in 2026, once again in Toruń. It is a wonderful gift for our jubilee.

On one hand, it is a reason for joy – the best masters athletes from all over Europe will come again to Toruń. On the other hand, we always feel a little concern: will we be able to organize the championships

once more at the highest level? Will we meet the expectations of the athletes? And will the participation be strong, since for many of you it will already be the fifth visit to Toruń in the last eleven years?

For some of you this is an advantage – you know the city, the hospitality of its people, the organizers, and the high standard of the competitions. For others, perhaps very few, Toruń may seem too familiar, and maybe you would prefer to add a new city to your sporting journey. For you, too, we have good news. After ten years of use, the arena has received a new track surface. We are happy to invite you to compete in a renewed sports hall.

Another great advantage is that just a few days before our championships, on 20–22 March 2026, the World Athletics Indoor Championships will be held in the same arena. Imagine: only days after Olympians and world record holders compete there, it will be our turn – the Masters – to run on the same track, to jump, and to throw. Surely, this is a very good reason to come again to Toruń.

As always, you can count on the support of the city and region authorities, on the hospitality of the people of Toruń, and on the Polish Masters Athletics, which will guarantee the highest organizational standards. The rest – the sporting results and the wonderful atmosphere – is in your hands. Four times you have not disappointed us, and I am sure that this time it will be even better. We are truly looking forward to meeting you again.

You are warmly invited - Toruń is waiting for you!

We wish you excellent results on the new track surface.

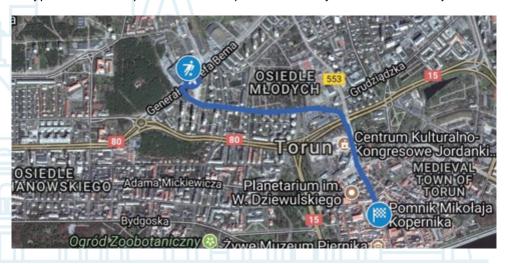
See you in Toruń in 2026!

PLACE OF THE EVENT

15. European Masters Athletics Championships Indoor - Toruń 2026 will take place in KUJAWSKO POMORSKA ARENA TORUŃ.



All typical indoor competitions will take place in this hall just 2km from the city centre.



The hall includes:

- a 6-lane track with the length of 200m;
- 8 lanes for 60m and 60m hurdle races;
- 3 high jump areas;
- 1 pole vault area;
- 1 long jump and one triple jump areas;
- 1 shot put area;
- warm-up area.

The hall includes modern social, medical, conference, restaurant, bar and office facilities.

All the functions connected to operation of the EMA Indoor Championships will be located in one building.



- 1. KUJAWSKO POMORSKA ARENA TORUŃ main sports hall
- 2. MAIN STADIUM javelin throw, discus throw
- 3. THROWS FIELD hammer throw, weight throw
- 4. BEMA STREET racewalking 5 km, 5 km road race (start and finish)
- 5. RUDELKA PARK cross country

Javelin and discus throw will take place at the Main Stadium, located about 500 m from the Arena. Hammer throw and weight throw will be organised on the separate throwing field next to the Main Stadium.



5km Road Race Course
The course consists of one lap, with both the Start and Finish located on Bema Street.



COMPETITION SCHEDULE

EMACI To	orun 2026	Friday 27th	Saturday 28th	Sunday 29th
		Day 1	Day 2	Day 3
	Heats			All
60m	Semifinals			All
	Finals			
100 - 200 -	Heats	0.00 (1.00 to 0.00 to		Annual Section (1981) (
200m	Semifinals			
	Finals			
	Heats	All		
400m	Semifinals		All	
	Finals			All
800m	Semifinals			
OUUIII	Finals			
1500m	Semifinals			
	Finals			
3000m	Finals	All		
60m Hurdles	Semifinals		Women	
	Finals		Women	
3000m Walk		W65+, M75+	W35-60,M35-70	
Cross Country				
5 km Road Ra			or construction	All
5 km Race Wa	alk			
4x200m	Finals			
4x200m mix	Finals			
Pentathlon	***************************************			
Long Jump		W60+	W35-55, M35-40	M45+
Triple Jump				W60+
High Jump		M (All) / W35-65	W70+	
Pole Vault			· · · · · · · · · · · · · · · · · · ·	
Shot Put			M35-70	M75+, W35-60
Weight Throw		M45-60	M75+,	W65+, M65-70
Javelin		M65+	W55-60	M45-60
Discus		W35-60	W65+	M35-40
Hammer Throw		M35-40	W35-50	

27.03-02.04.2026

Monday 30th	Tuesday 31th	Wednesday 1st	Thursday 2nd
Day 4	Day 5	Day 6	Day 7
All			
	All		
	All		
		All	
All			
	All		
		All	
			All
		Men	
		Men	
		All	
	All		
			All
M35-55	M60+	Women	All
เขเอย-ยย	IVIOUT	vvoilleii	
M60+	W35-55	M35-45	M50-55
Women	M35-50	M55-70	M75+
W65+			
W35-60	M35-40,		
M35-40,	W65+	W35-50	
M60+	M45-55		
M45-55	M60+	W55+	

TORUN MOVES!

EXPLORING POLAND'S HIDDEN GEMS

PARIS FOR THOSE IN LOVE, BRUSSELS FOR CHOCOLATE LOVERS AND ROME FOR THOSE FASCINATED WITH HISTORY. THE PICTURESQUE HISTORICAL TORUŃ IS A PLACE WHICH IDEALLY COMBINES ALL THESE THINGS.



BIRTHPLACE OF NICOLAUS COPERNICUS

2023 marks the 550th anniversary of the birth of the most famous Pole in the world - Nicolaus Copernicus, so when planning a stay in his hometown, Toruń that a perfect time to know his history better. The best place for this is to visit his family home, which has survived to our times in excellent condition and where today there is a museum dedicated to his life and the times in which he lived.

LEGENDARY TASTE OF Toruń gingerbread

Since the 14th century Torufi has been famous for the tradition of baking this

spicy delicacy.
In the local museums not only can you listen to the legend of the gingerbread origins but you may also admire genuine old baking forms and ovens, and try your hand at making your own gingerbread cakes under the watchful eye of a master baker!

UNESCO WORLD Heritage Site - The Main Magnet

Torun is one of the most beautiful and most frequently visited tourist destinations in Poland attracting annually almost 2,3 million visitors from all over the world

Torun is a true paradise for all those who can appreciate the authenticity of the visited places and who look forward to an unforgettable encounter with history.

THE NIGHT PANORAMA OF TORUŃ IS CONSIDERED AS www.visittorun.com For more info: **ONE OF THE SEVEN WONDERS OF POLAND**

A visit to the museum is a unique

where young Nicolaus spent his

probably sometimes ate the famous Toruń gingerbread.

childhood and where he

opportunity to be in a place

COMMUNICATION

Poland is located in the geographic centre of Europe, and Toruń in the centre of Poland.



4 airports are located within 50km (Bydgoszcz) to 200km (Warszawa) from Toruń /others: Poznań - 150km and Gdańsk - 170km /, they offer flights to and from nearly all European countries. All these cities offer bus or train connections to Toruń and the ticket prices range from 5 to 15 Europer person.

DIRECTION

BERLIN - TORUŃ	414	km
BUCHAREST - TORUŃ	1548	km
BUDAPEST - TORUŃ	830	km
KIEV – TORUŃ	1025	km
LONDON - TORUŃ	1468	km
PARIS – TORUŃ	1427	km
ROME – TORUŃ	1890	km
STOCKHOLM - TORUŃ	835	km
VILNIUS – TORUŃ		

Moreover, Toruń is very well connected to almost the whole of Europe thanks to a regular network of bus and train connections. When journeying from the north you can use the ferry port in Gdańsk and then take a 2-hour drive on the motorway to Toruń.

The city has an efficient public transportation network, free of charge for the Championships participants, that includes several dozen bus and tram lines. Several taxi corporations, offering good prices, supplement public transportation. A taxi fare from the sports hall to the city centre, where most hotels are located, is around 6–8 Euro. In Toruń, Uber and Bolt services are also available.



ACCOMMODATION





Book your stay at Hotel Filmar!

Use our special code when booking on the hotel's website.

Reserve now and pay in January.

Find out more on emaci2026.com/filmar



Do you need help with your stay?

- Looking for accommodation?
- · Want group offers?
- Need a transfer from airports to the hotel?

Contact our partner — more details on emaci2026.com/accommodation





Entry Procedure

Athletes may enter using the online on: https://emaci2026.com/registration. The webpage will be active from 1 November 2025.

- 1. Complete all the information on the Online System or on the Entry Form.
- 2. The Electronic Entry with payment is validated by the National Masters Affiliate before the entry is accepted. Validation documents for new athletes must be sent to the National Masters Affiliate.
- 3. No late entries will be accepted after the closing date, 8th February 2026.

Qualifications for Entry

XV European Masters Athletics Championships Indoor are open only to men and women who were born before 27th March 1991 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 rights to reject entries to athletes considered to be ineligible through misconduct or other disciplinary related matters.

Events are divided into age groups and shown below:

	9.0000000000000000000000000000000000000	
M&W 35	Born from 28 th March 1986	To 27 th March 1991
M&W 40	Born from 28 th March 1981	To 27 th March 1986
M&W 45	Born from 28 th March 1976	To 27 th March 1981
M&W 50	Born from 28 th March 1971	To 27 th March 1976
M&W 55	Born from 28 th March 1966	To 27 th March 1971
M&W 60	Born from 28 th March 1961	To 27 th March 1966
M&W 65	Born from 28 th March 1956	To 27 th March 1961
M&W 70	Born from 28 th March 1951	To 27 th March 1956
M&W 75	Born from 28 th March 1946	To 27 th March 1951
M&W 80	Born from 28 th March 1941	To 27 th March 1946
M&W 85	Born from 28 th March 1936	To 27 th March 1941
M&W 90	Born from 28 th March 1931	To 27 th March 1936
M&W 95	Born from 28 th March 1926	To 27 th March 1931
M&W 100+	Born before 28 th March 1926	

MERCHANDISE

Merchandise available only during the registration Sport / Technical T-shirt (Polyester)





Round neck, interlock knitted Functional T-shirt, 100% polyester. The garment is dyed with a method that is more environmentally friendly and offers better color fastness. Composition: 100% Polyester Weight: 135 g/m² Colour: black, blue Sizes: Ladies: XS, S, M, L, XL, XXL, 3XL Man: XS, S, M, L, XL, XXL, 3XL, 4XL, 5XL



17€

Casual / Cotton T-shirt





Crew neck T-shirt. The popular heavyweight choice made of durable ring-spun cotton: soft T-shirt without side seams. 100% ring-spun cotton; single jersey (GYH: 85% cotton, 15% viscose), tear-away label in the collar, taped shoulder to shoulder tubular fabric, 185 g/m² Colour: white

Sizes:

Ladies: XS / S / M / L / XL / 2XL /

3XL

 $\textbf{Man:} \, \mathsf{S/M/L/XL/2XL/3XL/}$

4XL/5XL

17€







Size tables available at emaci2026.com/merchandise

FNTRY FFFS

Registration		UNIT PRICE
First Event	The fee includes: bank and service charges (€5) and a photo service fee (€5). All photos will be available online for free, and our partner guarantees that each athlete will have at least one photo — otherwise, they can request a refund.	€75
Pentathlon		€65
Each additional individual event		€35
Results book - PDF sent via email		€10
Handbook - printed version		€10
Use of organizer's pole vault poles	The fee for using the organizer's pole vault poles can also be paid on site.	€30
Accompanying Person	Includes the accreditation and a Transportation Pass	€ 25

Relays

Only one relay per country, per age group is allowed. Entry for relays alongside with the payment (€30 per relay) will be done during the Championships by team managers.

ATHLETES CONSENT

DISCLAIMER CLAUSE

I hereby declare that I am in good health and will be properly conditioned for the events I have entered. I relieve EMA, the Local Organizing Committee, WA, all Officials, Judges, Volunteers and other technical representatives and medical personnel of any responsibility for any injury, loss or damage to me or my property which I may sustain in the course of or in connection with these championships. I authorize the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this championship.

DRUG TESTING AND DISCLAIMER CONSENT

I, being a competitor of XV European Masters Athletics Championships Indoor in Toruń, Poland acknowledge that Drug Testing will be conducted under the WMA/EMA/WA Anti - Doping Rules and Regulations and hereby give my consent to be subject to any drug testing requirements at the said Championships. NOTE: If selected for drug testing Competitors must declare any/all medications being used by them on the doping control form. Any athlete using a prohibited substance as defined in the Regulations, must apply for an exemption (TUE) to the WMA Anti-Doping and Medical Committee. If an exemption is refused the prohibited substance(s) concerned may not be used and should you be selected for testing and the test proves positive this may result in a suspension. Please note that no other medical certificate(s) will be accepted in substitution for a TUE certificate. If you are granted a TUE exemption certificate, this must be with you at all times along with proof of identification, and must be produced at the Doping Control Centre if you are selected for a drug test. Details of prohibited substances and all Anti-Doping procedures are available on the WA (www.iaaf.org) website, the WMA (www.world-masters-athletics.org) website and your WA affiliated Federation.

AGREEMENT FOR USE OF ENTRY DATA AND MEDICAL DATA IN DATABASE

I also as an entrant agree to allow EMA to hold my entry details and medical data in the EMA Registration Database, to be used by EMA to provide me with my unique masters Registration card as in the entry guidelines and for emergency medical treatment, as well as to contact me through EMA, or the LOC for these championships only. Further; I authorize the LOC and online registration service provider to provide any or all of my registration information to EMA.

MEDIA





































