



5th IAADS Down Syndrome World Athletics Championships

Madeira, Portugal, 4th to 7th October 2018

Ribeira Brava Sports Complex

Informations & procedures:

- **Call Room:**
 - track events – 10 minutes before race
 - field events – 15 minutes before event
- **Starting procedures:**
 - Athletes can use either: starting blocks, 3 support or stand start
 - Command voices for 100 and 200 meters are:
 - *On your marks*
 - *Get set*
 - *Gun shot*
 - Command voices for 400m and longer races are:
 - *On your marks*
 - *Gun shot*
 - Athletes will be disqualified after the 2nd false start of the same athlete
- **Number of attempts on field events:**
 - 8 or less athletes of the same category – 4 attempts
 - More than 8 athletes of the same category – 3 + 3 attempts

1st Session

4th Thursday – morning (rectified)

| TIME | EVENT | CATEGORY | SEX | NOTES |
|-------|--------------|--------------|--------|--------------------------------|
| 9h30 | Shot Put 3kg | T21 + Mosaic | Female | Triathlon (3 att.) |
| 9h50 | Shot Put 4kg | T21 + Mosaic | Male | Triathlon (3 att.) |
| 10h00 | Discus | T21 + Mosaic | Male | 1 kg (T21: 3+3 att / M: 4 att) |
| 10h20 | Shot Put | T21 + Mosaic | Female | 3 kg (T21: 3+3 att / M: 4 att) |
| 11h00 | Discus | T21 + Mosaic | Female | 750g (T21: 4 att / M: 4 att) |
| 11h10 | Shot Put | T21 + Mosaic | Male | 4 kg (T21: 3+3 att / M: 4 att) |



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2nd Session

4th Thursday - evening

| TIME | EVENT | CATEGORY | SEX | NOTES |
|-------|----------------|--------------|----------|--------------------------------|
| 19h00 | 100m | T21 + Mosaic | Female | Triathlon |
| 19h10 | 100m | T21 + Mosaic | Male | Triathlon |
| 19h30 | Long Jump | T21 + Mosaic | Female | Triathlon (3 att.) |
| | 60m | Inf/Inic | Fem | AARAM – out of competition |
| 19h40 | 60m | Inf/Inic | Masc | AARAM – out of competition |
| 19h50 | 1000m | Inf/Inic | Fem | AARAM – out of competition |
| 20h00 | 1000m | Inf/Inic | Masc | AARAM – out of competition |
| | Long Jump | T21 + Mosaic | Male | Triathlon (3 att.) |
| 20h15 | 100m | T21 | Female | 2 Heats (first 3 + 2 to Final) |
| 20h30 | 100m | T21 | Male | 3 Heats (first 2 + 2 to Final) |
| 20h50 | 800m Walk Race | T21 + Mosaic | Female | Final |
| | 800m Walk Race | T21 + Mosaic | Male | Final |
| 21h00 | 3000m | Veteranos | Fem+Masc | AARAM – out of competition |



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3rd Session

5th Friday - morning

| TIME | EVENT | CATEGORY | SEX | NOTES |
|-------|--------------|--------------|--------|---|
| 9h30 | Long Jump | T21 + Mosaic | Female | Takeoff board: 50cm (T21: 3+3 att / M: 4 att) |
| | Javelin | T21 + Mosaic | Male | 600g (T21: 3+3 att / M: 4 att) |
| | 100m | Mosaic | Female | Final |
| 9h35 | 100m | T21 | Female | Final |
| 9h45 | 100m | Mosaic | Male | Final |
| 9h50 | 100m | T21 | Male | Final |
| 10h00 | 1500m | T21 + Mosaic | Female | Final |
| 10h15 | 1500m | T21 + Mosaic | Male | Final |
| 10h30 | 400m | Mosaic | Female | Final |
| 10h35 | 400m | T21 | Female | Final |
| 10h45 | Long Jump | T21 + Mosaic | Male | Takeoff board: 50cm (T21: 3+3 att / M: 4 att) |
| | Javelin | T21 + Mosaic | Female | 400g (T21: 4 att / M: 4 att) |
| | 400m | Mosaic | Male | Final |
| 10h50 | 400m | T21 | Male | 2 Heats |
| 11h30 | 4x100m Relay | T21 | Female | Final |
| 11h40 | 4x100m Relay | T21 | Male | Final |



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***6th Saturday – Free day / Social Program**

4th Session

7th Sunday - morning

| TIME | EVENT | CATEGORY | SEX | NOTES |
|-------|-----------------|--------------|--------|--------------------------------|
| 9h30 | 200m | T21 | Female | 2 Heats (first 3 + 2 to Final) |
| 9h45 | 200m | T21 | Male | 3 Heats (first 2 + 2 to Final) |
| 10h00 | 1500m Walk Race | T21 + Mosaic | Female | Final |
| | 1500m Walk Race | T21 + Mosaic | Male | Final |
| 10h15 | 800m | T21 + Mosaic | Female | Final |
| 10h30 | 800m | T21 + Mosaic | Male | Final |
| 10h45 | 200m | Mosaic | Female | Final |
| 10h50 | 200m | T21 | Female | Final |
| 11h00 | 200m | Mosaic | Male | Final |
| 11h05 | 200m | T21 | Male | Final |
| 11h20 | 4x400m Relay | T21 | Female | Heats |
| 11h30 | 4x400m Relay | T21 | Male | Heats |