All you need to know to follow the WORLD ATHLETICS, INDOOR TOUR

DATES AND DISCIPLINES

DÜSSELDORF LIÉVIN **BOSTON KARLSRUHE TORUN GLASGOW MADRID 25 JAN 31 JAN** 8 FEB **15 FEB 19 FEB** 4 FEB **21 FEB** Men's 60m Men's 60m Men's 800m Men's 60m Men's 60m Men's 60m Men's 60m Men's 800m Men's 800m (1000m) Men's 3000m Men's 800m Men's 800m Men's 800m Men's 800m Men's 3000m Men's 3000m Men's pole vault Men's 3000m Men's pole vault Men's pole vault Men's 3000m Men's pole vault Men's triple jump Women's 400m Men's pole vault Men's shot put Women's 400m Men's pole vault Men's triple jump Women's 400m (300m) Women's 1500m Men's shot put Women's 400m Women's 1500m Men's triple jump Men's shot put Women's 1500m Women's 60m hurdles Women's 400m Women's 1500m Women's 60m hurdles Women's 1500m Women's 400m Women's 60m hurdles Women's high jump Women's 1500m Women's 60m hurdles Women's high jump Women's 60m hurdles Women's 1500m Women's high jump Women's long jump Women's 60m hurdles Women's long jump Women's long jump Women's long jump Women's 60m hurdles

FOLLOW YOUR FAVOURITES

Men's 60m: Boston, Dusseldorf, Torun, Glasgow, Lievin, Madrid

Men's 800m: Boston, Karlsruhe, Dusseldorf, Torun, Glasgow, Lievin, Madrid

Men's 3000/5000m: Boston, Karlsruhe, Dusseldorf, Lievin, Madrid

Men's pole vault: Karlsruhe, Dusseldorf, Torun, Glasgow, Lievin, Madrid

Men's triple jump: Boston, Lievin, Madrid Men's shot put: Dusseldorf, Torun, Madrid

Women's 400m: Boston, Karlsruhe, Dusseldorf, Torun, Glasgow, Madrid

Women's 1500m: Boston, Karlsruhe, Dusseldorf, Torun, Glasgow, Lievin, Madrid

Women's 60m hurdles: Boston, Karlsruhe, Dusseldorf, Torun, Glasgow, Lievin, Madrid

Women's high jump: Boston, Karlsruhe, Glasgow Women's long jump: Karlsruhe, Torun, Glasgow, Lievin

Note: the scoring disciplines in the World Athletics Indoor Tour rotate each year. This year's scoring disciplines will be next year's non-scoring disciplines.

SCORING

1st: 10 points. **2nd:** 7 points. **3rd:** 5 points. **4th:** 3 points. **World record:** 3 bonus points.

- Best three results count towards point score.
- Most points at end of the series wins Tour discipline.
- Tour series winners receive US\$20,000 and automatically qualify for the World Athletics Indoor Championships Nanjing 2020 by wild card



WORLD ATHLETICS, INDOOR TOUR

Dates and disciplines



Men's 60m, 1000m, 3000m, triple jump Women's 300m, 1500m, 60m hurdles, high jump



KARLSRUHE 31 JAN

Men's 800m, 3000m, pole vault Women's 400m, 1500m, 60m hurdles, high jump, long jump



DÜSSELDORF 4 FEB

Men's 60m, 800m, 3000m, pole vault, shot put Women's 400m, 1500m, 60m hurdles



TORUN 8 FEB

Men's 60m, 800m, pole vault, shot put Women's 400m, 1500m, 60m hurdles, long jump



Men's 60m, 800m, pole vault

Women's 400m, 1500m, 60m hurdles, high jump, long jump



Men's 60m, 800m, 3000m, pole vault, triple jump

Women's 1500m, 60m hurdles, long jump



MADRID 21 FEB

Men's 60m, 800m, 3000m, pole vault, triple jump, shot put Women's 400m, 1500m,

omen's 400m, 1500m 60m hurdles

WORLD ATHLETICS. INDOOR TOUR

Scoring disciplines at each meeting

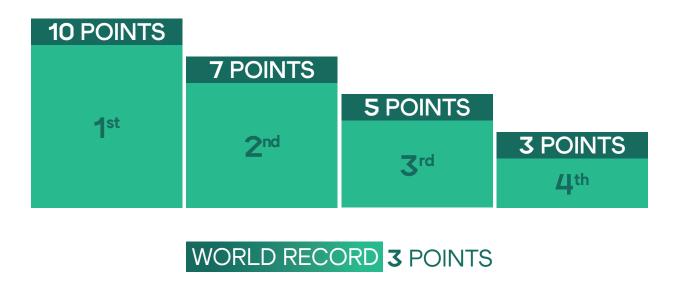
Men's 60m	Men's 800m	Men's 3/5000m	Men's pole vault	Men's triple jump	Men's shot put
Boston Dusseldorf Torun Glasgow Lievin Madrid	Boston Karlsruhe Dusseldorf Torun Glasgow Lievin Madrid	Boston Karlsruhe Dusseldorf Lievin Madrid	Karlsruhe Dusseldorf Torun Glasgow Lievin Madrid	Boston Lievin Madrid	Dusseldorf Torun Madrid

Women's 400m	Women's 1500m	Women's 60m hurdles	Women's high jump	Women's long jump
Boston Karlsruhe Dusseldorf Torun Glasgow Madrid	Boston Karlsruhe Dusseldorf Torun Glasgow Lievin Madrid	Boston Karlsruhe Dusseldorf Torun Glasgow Lievin Madrid	Boston Karlsruhe Glasgow	Karlsruhe Torun Glasgow Lievin

Note: the scoring disciplines in the World Athletics Indoor Tour rotate each year. This year's scoring disciplines will be next year's non-scoring disciplines.

WORLD ATHLETICS. INDOOR TOUR

Scoring



- Best three results count towards point score.
- Most points at end of the series wins tour discipline.
- Tour series winners will receive U\$\$20,000 and will automatically qualify for the World Athletics Indoor Championships Nanjing 2020 by wild card, subject to the approval of their national federation.