# All you need to know to follow the 2019 IAAF World Indoor Tour

## Dates and Disciplines

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Disciplines</th>
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</thead>
<tbody>
<tr>
<td>Boston</td>
<td>26 January</td>
<td>Men’s 400m, Men’s 1500m, Men’s 60m hurdles, Women’s 60m, Women’s 800m, Women’s 5000m, Women’s pole vault, Women’s shot put, Women’s triple jump</td>
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<tr>
<td>Karlsruhe</td>
<td>2 February</td>
<td>Men’s 400m, Men’s 1500m, Men’s high jump, Men’s long jump, Women’s 60m, Women’s 3000m, Women’s pole vault, Women’s shot put</td>
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<tr>
<td>Torun</td>
<td>6 February</td>
<td>Men’s 400m, Men’s 1500m, Men’s 60m hurdles, Men’s high jump, Men’s long jump, Women’s 60m, Women’s 800m, Women’s pole vault, Women’s shot put, Women’s triple jump</td>
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<tr>
<td>Madrid</td>
<td>8 February</td>
<td>Men’s 400m, Men’s 1500m, Men’s 60m hurdles, Men’s high jump, Men’s long jump, Women’s 60m, Women’s 3000m, Women’s pole vault, Women’s shot put, Women’s triple jump</td>
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<tr>
<td>Birmingham</td>
<td>16 February</td>
<td>Men’s 400m, Men’s 1500m, Men’s 60m hurdles, Men’s high jump, Men’s long jump, Women’s 60m, Women’s 800m, Women’s 3000m, Women’s pole vault</td>
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<tr>
<td>Dusseldorf</td>
<td>20 February</td>
<td>Men’s 400m, Men’s 1500m, Men’s 60m hurdles, Men’s high jump, Men’s long jump, Women’s 60m, Women’s 800m, Women’s pole vault, Women’s triple jump, Women’s shot put</td>
</tr>
</tbody>
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## Follow Your Favourites

- **Men’s 400m:** Boston, Karlsruhe, Torun, Madrid, Birmingham, Dusseldorf
- **Men’s 1500m:** Boston, Karlsruhe, Torun, Madrid, Birmingham, Dusseldorf
- **Men’s 60m hurdles:** Boston, Torun, Madrid, Birmingham, Dusseldorf
- **Men’s high jump:** Karlsruhe, Torun, Birmingham, Dusseldorf
- **Men’s long jump:** Karlsruhe, Torun, Madrid, Birmingham
- **Women’s 60m:** Boston, Karlsruhe, Torun, Madrid, Birmingham, Dusseldorf
- **Women’s 800m:** Boston, Torun, Birmingham, Dusseldorf
- **Women’s 3000/5000m:** Boston, Karlsruhe, Madrid, Birmingham
- **Women’s pole vault:** Boston, Karlsruhe, Madrid, Birmingham, Dusseldorf
- **Women’s triple jump:** Karlsruhe, Madrid, Dusseldorf
- **Women’s shot put:** Boston, Torun, Dusseldorf

Note: the scoring disciplines in the IAAF World 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 automatically qualify for the IAAF World Indoor Championships Nanjing 2020 by wild card.

## Prize Money

- Overall World Indoor Tour winner: US$20,000
- At individual meetings:
  - 1st: $3000. 2nd: $1500. 3rd: $1000. 4th: $750. 5th: $500. 6th: $300.
- For middle distance races, $200 and $150 will be awarded to 7th and 8th.