



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



DATES AND DISCIPLINES

BOSTON 26 JANUARY

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

KARLSRUHE 2 FEBRUARY

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 triple jump

TORUN 6 FEBRUARY

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 shot put

MADRID 8 FEBRUARY

Men's 400m
Men's 1500m
Men's 60m hurdles
Men's long jump
Women's 60m
Women's 3000m
Women's pole vault
Women's triple jump

BIRMINGHAM 16 FEBRUARY

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

DUSSELDORF 20 FEBRUARY

Men's 400m
Men's 1500m
Men's 60m hurdles
Men's high jump
Women's 60m
Women's 800m
Women's pole vault
Women's triple jump
Women's shot put

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.