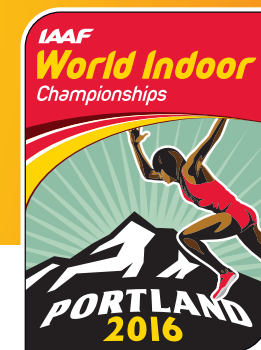


IAAF World Indoor Championships™

PORTLAND 2016



SPECTATOR GUIDE

INDOOR EVENTS

M&W **60m**
 M&W **400m**
 M&W **800m**
 M&W **1500m**
 M&W **3000m**
 M&W **60m Hurdles**
 M&W **High Jump**

M&W **Pole Vault**
 M&W **Long Jump**
 M&W **Triple Jump**
 M&W **Shot Put**
 M **Heptathlon**
 W **Pentathlon**

GO GREEN!

Do your part to support our waste diversion efforts by bringing your waste to a Sustainability Station to ensure it's properly recycled and composted.

FACTS

- The last time the Indoor World Championships was in the US was 30 years ago!
- Team USA has won more medals at World Indoors than any other country: 87 gold, 58 silver and 57 bronze.
- Featuring a new green 200-meter track, infield and 7,000-seat stadium.
- It is anticipated that the 2016 World Indoor Championships will be seen by as many as 140 million viewers worldwide.
- In Portland, it's easy to find limitless recreation, fabulous food and drink and flourishing culture. Visit www.travelportland.com to see all Portland has to offer.

COMPETITION SCHEDULE

CHECK PORTLAND2016.COM FOR DETAILED SCHEDULE

MARCH 17 - 6:00PM

Thursday Evening
 Session 1 &
 Opening Ceremonies

MARCH 18 - 10:30AM

Friday Morning
 Session 2

MARCH 18 - 5:00PM

Friday Evening
 Session 3

MARCH 19 - 11:00AM

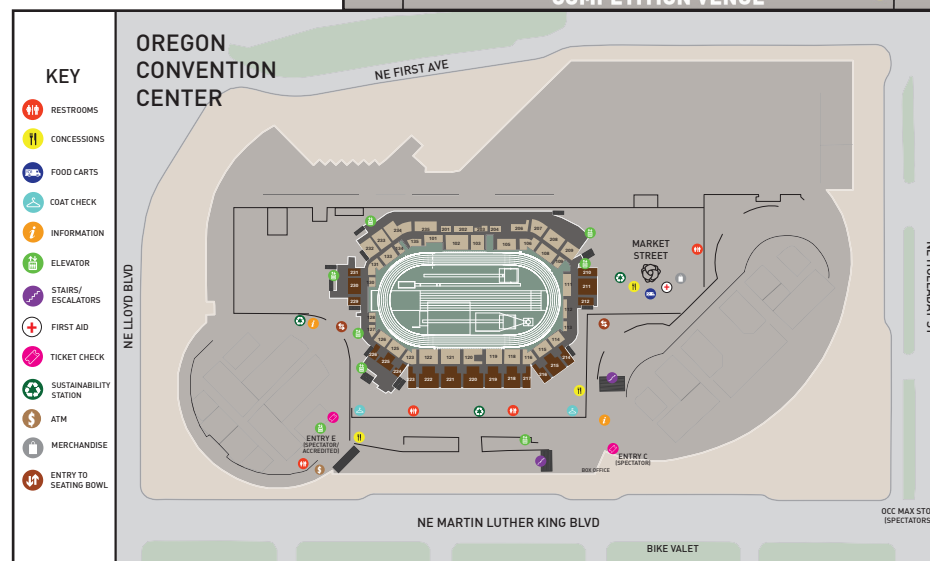
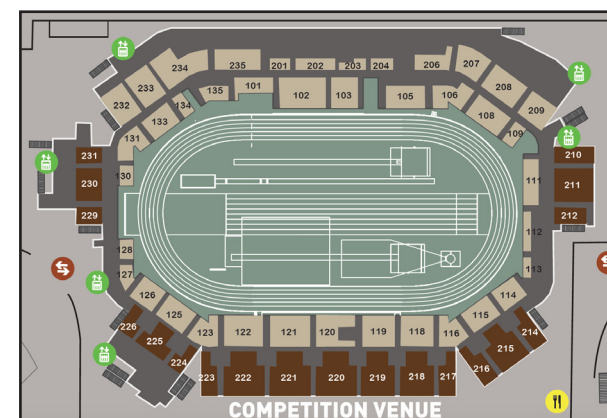
Saturday Morning
 Session 4

MARCH 20 - 5:00PM

Saturday Evening
 Session 5

MARCH 21 - 12:30PM

Sunday Afternoon
 Session 6



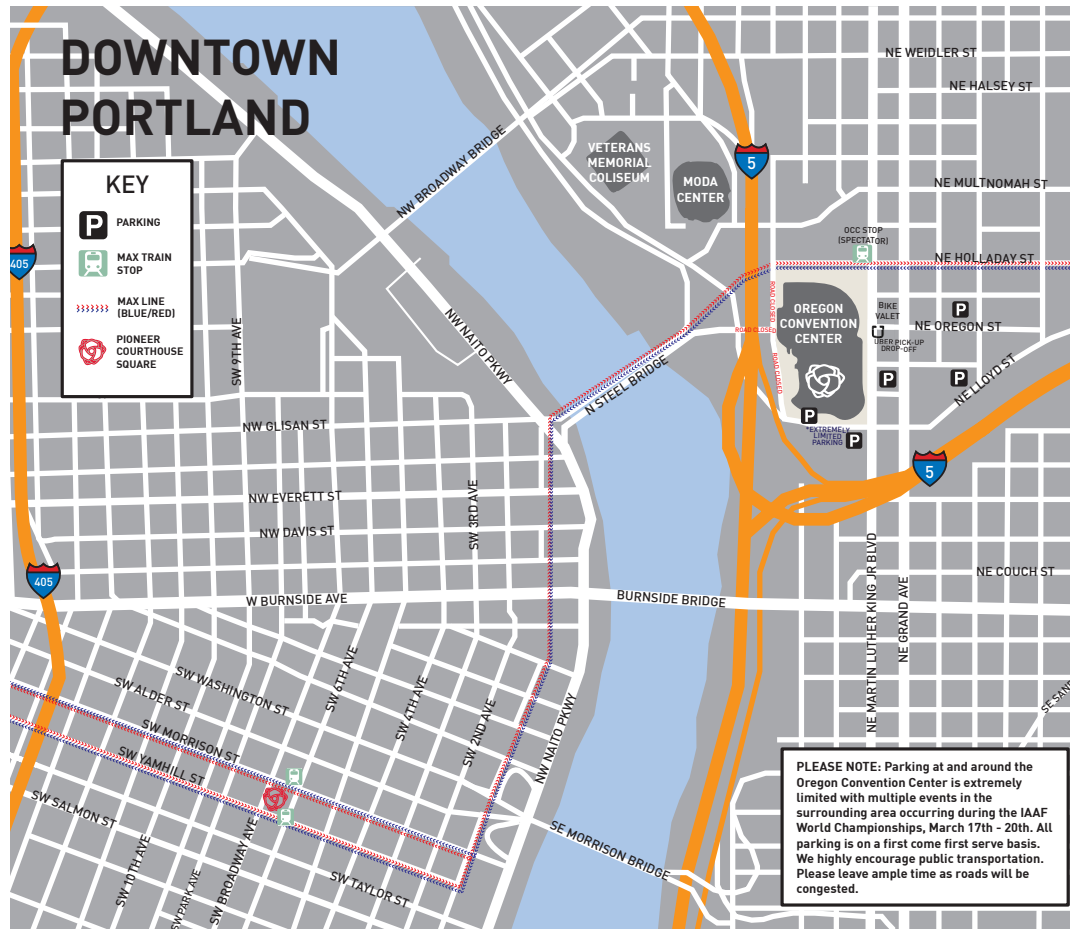


TRANSPORTATION

Take the Max GREEN/RED/BLUE Line to Oregon Convention Center and enter the Convention Center off Martin Luther King Boulevard.

All parking is on a first come first serve basis. We highly encourage public transportation, biking or walking instead of driving. A free bike valet will be available just across the street from the main spectator entrance.

It is a 15 minute ride from the Oregon Convention Center to Pioneer Courthouse Square via MAX Light Rail RED and BLUE Line.



TIPS

- 1 Check the Portland2016 website for the latest information before you travel.
- 2 Spectator Gates will open 1 hour prior to competition for each session. There is no-re-entry.
- 3 Be sure to allow enough time as everyone will be subject to a security screening. Security staff will conduct full bag inspections. Be sure to check the "Prohibited and Permitted Items List" online at Portland2016.com
- 4 Come in comfortable footwear.
- 5 U.S. Dollars and all major credit cards are accepted.
- 6 We encourage you to post to social media using the following handles: @Portland2016 and #Portland2016.
- 7 Please leave ample time as roads will be congested.
- 8 Language Services support will be available.
- 9 Please be sure to be as quiet as possible at the start of the races.
- 10 Bring a can or two to drop off with the Oregon Food Bank before entry into the Oregon Convention for this one time pop up Food Drive in conjunction with the Opening Ceremonies, March 17th!

Pioneer Courthouse Square

Head to Pioneer Courthouse Square after watching all the incredible action as more than 600 of the world's greatest men's and women's track and field athletes from as many as 154 different countries go for gold inside the Oregon Convention Center. Don't miss this once-in-a-lifetime opportunity to witness the medal ceremonies in person each night.

Drink local beer, eat the local food, and stay for the free concerts.