



Information for USA Athletes Entering the XVIII World Masters Athletics Championships Lahti, Finland ♦ July 28 to August 8, 2009

Entry Procedure for US Citizens

All entries **must** include the following:

- **One Meet Entry Form for each Athlete**
 - Name & Address
 - Birth Date
 - Age Category (based on age on July 28, 2009)
 - Events
 - Fee Calculation in Euros.
 - Signature and Date
- **One Meet Entry Form for each Companion**
- **One USA Supplemental Entry Form for each Athlete and his/her Companions**
 - Fee Calculation in US Dollars
 - 2009 USATF Membership Number
 - Payment information (Credit Card, Bank Check, Money Order, Personal Checks) - **No Refunds**
 - Signature and Date
- **Team USA Code of Conduct and Waiver for each Athlete** – signed and dated
- ****Proof of Age for Each Athlete (Required regardless of submission for past Championships) Copy of birth certificate or passport only – no driver's licenses****

All entries for US Citizens must be mailed to: **USA Track & Field**
Attn: Sherry Quack
132 E Washington Street, Suite 800
Indianapolis, IN 46204

Entry Deadlines: On-time entries must be received in Indianapolis by **May 15, 2009**. Late entries will be accepted from May 16 to June 5, a late fee of \$34 PER EVENT applies (note: this fee has been set by the Lahti LOC). **No entries will be accepted after June 5, 2009**. Please allow sufficient mailing time to meet this deadline.

Uniforms are ordered online at www.usatf.org/events/2009/WorldMastersAthleticsChampionships

Housing Forms are to be mailed directly to Lahti Travel, Ltd (the meet's official travel agency) at the address on the form.

Confirmation – Please check the Status of Entries page on www.usatf.org/events/2009/WorldMastersAthleticsChampionships for confirmation of your entry. If there are any errors, contact Philip Greenwald (greenwaldp@att.net or 212-595-2486 before 9 PM Eastern Time) immediately.

Travel Planning

Please arrange to arrive in Lahti the day before your first event. You are responsible for making your own arrangements for travel and accommodation; including obtaining a passport and meeting any visa requirements.

Information for USA Athletes

XVIII World Masters Athletics Championships

Competition Information

On arrival in Lahti – please contact the USA Team Managers – Philip Greenwald or Mary Rosado – either at the Team Meetings (see below) or by looking for the U.S. flag in the stands. This is particularly important for those who have not previously attended a WMA championship. As noted below, there are different rules and procedures and it is important to double-check that you have completed all of the steps to be able to compete.

Rules – This is a large, international meet conducted under IAAF and WMA rules and many of the rules and procedures are different from local and US national meets. USATF is transmitting your entry to the Local Organizing Committee in Lahti and does not administer this meet.

Uniforms – *All athletes in all events must wear an official USA uniform top during competition – uniforms must be ordered on-line.* WMA officials have notified us that this uniform top rule will be strictly enforced throughout the competition. Unless you have a uniform top from the WMA Championships in 2005 or later you need to purchase one. The official uniforms are either an authentic 2000 (the red and blue Spiderman uniform) or 2004 (white body with a black “USA” on the front) National Team Uniform or newly created replica uniform with the same logos and similar colors.

Uniform tops and supplemental uniform pieces (matching shorts, tights and warm-up clothing) are online at www.usatf.org/events/2009/WorldMastersAthleticsChampionships. The products are attractively priced; specific styles and sizes are available on a first-come, first-serve basis.

Competitor’s Handbook – You will receive one when you pick up your packet in Lahti – Please read it and keep it with you; it contains vital information about the competition, i.e.: when and where you must declare your intention to compete in your events; when and where to check in; transportation information, final competition schedules and sites; etc. Additional information is available at the meet website english.wma2009.org (no www prefix).

Team Meetings - There will be a USA team meeting at 10:30 AM every competition day at the main stadium (the exact location will be posted on the Information Board). Please attend the meeting the day before your competition and, if possible, the day of competition. There is generally important last minute information from the meetings between the Team Managers and WMA and the Local Organizing Committee.

USA Information Board - Check the USA Information Board at the TIC (Technical Information Center) in the main stadium for notices and/or updates plus relay team information. You can also post notes for the team managers or for each other.

10K and 20K Road Race Walks, Marathon, and 8K Cross Country Teams – There will be team scoring in each age group – details will be explained at the Team Meetings. **If you are registered for an event and decide not to compete, please advise team manager before the event, in order to permit creating mixed-age teams, if needed.**

Protests /Appeals – You can protest any infraction of the rules with the referee. Any appeal of the referee’s decision must be by a team manager.

Drug Testing – WMA will conduct drug testing under IAAF rules. It is each athlete’s responsibility to know and comply with the IAAF Anti-Doping Rules. Please note that there are many over-the-counter medicines that are prohibited for use by athletes competing in Athletics. Additional information is available at www.world-masters-athletics.org. If you require approval for use of therapeutic medications, please submit a Therapeutic Use Exemption Application to WMA immediately.

Opening and Closing Ceremonies – The opening ceremony will be on Monday, July 27 and the closing ceremony on Saturday, August 8. Details of the ceremony have not been announced.

Team Managers

Track & Field Team Manager:

Philip Greenwald
212-595-2486 (before 9 PM Eastern Time)
greenwaldp@att.net

Non-Stadia Team Manager:

Mary Rosado
212-758-2104
mvrosadoesq@prodigy.net

Information for USA Athletes

XVIII World Masters Athletics Championships

4x100 and 4x400 Relay Selection Procedure

Relays

- The relays will take place on Saturday, August 8, presumably in the afternoon.
- If you intend to run the relay, please check the box on the supplemental entry form.
- Philip Greenwald will have relay declaration forms in Lahti. **Please note that if you sign-up and are placed on a team, you are expected to compete; your team-mates will be depending on you.**
- The USATF Masters Committee set the guidelines for the selection of relays which are attached. Relay competitors are selected from among the sprint competitors in Lahti, with some discretion on the part of the Team Manager.
- There will be a relay meeting – check the USA Information Board for the date, time and place.

Declaration

To avoid last minute scrambling for relay team members and to avoid any "pick-up team" selection process, everyone interested in being on a relay team should have indicated their interest on the USA Supplemental Entry Form, however this is not mandatory. The Team Manager will post draft rosters on the USA Information Board in the TIC as the rosters evolve.

In Lahti, there will be a formal declaration form for each athlete to sign, indicating that if he or she is selected for a team (including alternates), he/she will be at the track ready, willing, and able to run. If a commitment is made and an athlete is selected as a relay team member or alternate, it is expected that they will adjust their travel schedules to be at the venue on August 8. Declarations are due to the Team Manager three hours before the Team Manager must file the *Final Relay Declaration* for the United States with the meet organizers (this time has not been announced). Athlete declarations can be withdrawn any time up to two hours before the filing time; otherwise all selected runners (and alternates) are expected to be at the venue ready, willing, and able to run.

Sanctions

The sanction for declaring but not competing (other than for sudden injury or accident) is that the athlete will be placed at the bottom of the relay pool for the next two WMA competitions (2010 indoors and 2011 outdoors).

Team Selection (including alternates)

1. Highest priority to athletes of the age group who compete in the 100m or 400m (for the 4x100 and 4x400, respectively) in Lahti *in order of performance*. Selection will be from the top 50 percent performers (overall) in the first round of competition.
2. The Team Manager will also consider athletes of the age group who compete in the 200m (for either relay), 800 (for 4x400) and the appropriate hurdle race. Selection will be from the top 50 percent performers in the first round of competition (or equivalent pentathlon times). Top finishers at the 2009 USA Masters Outdoor Championships will also be considered.
3. The Team Manager will then look for athletes in a older age group not needed as a runner or first alternate there (either because there are too many runners or insufficient runners).
4. Age groups are merged when two or more age groups do not have at least four athletes in the first two categories. Merged categories are then treated as one pool.
5. The Team Manager shall take everything into consideration but the selection of relay team members, including alternates, shall be made by the Team Manager and *shall be final*.

Injuries

Manager will also take injuries into consideration. After consultation with any injured selected relay member and other team members, including alternates, the Team Manager will make the *final* decision, just prior to the athletes reporting to the Call Room, whether or not to replace any injured relay member with an alternate.

Teamwork

The Team Manager will do everything possible to coordinate as many baton practices as possible. Relay members who do not make every effort to attend practice risk being replaced by an alternate, should the Team Manager decide it is in the best interest of the relay team.



USA Supplemental Entry Form
XVII World Masters Athletics Championships
Lahti, Finland ♦ July 28 to August 8, 2009

Name: _____

2009 USATF Membership Number (required)

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 (2009 USATF memberships can be purchased online at www.usatf.org/membership)

Relay Candidate: 4x100 Yes No 4x400 Yes No

Entry Fees:

	<u>Fee</u>	<u>Number</u>	<u>Total</u>
WMA, LOC and USATF fees	\$64.00	_____	\$64.00
Each Individual Event	\$36.00	_____	_____
Multi Events (Hep, Dec, Throwing Pent)	\$54.00	_____	_____
Marathon	\$54.00	_____	_____
Booklet of Results	\$21.00	_____	_____
Official DVD	\$27.00	_____	_____
Athlete's Party	\$48.00	_____	_____
Companion Fee	\$48.00	_____	_____
Companion Fee (under 12)	\$21.00	_____	_____
Late Fee (May 16 to June 5) Per Event	\$34.00	_____	_____
Total		_____	_____

Payment Information: NO REFUNDS

Check One: ___ Check or Money Order Enclosed
 ___ VISA (*The ONLY credit card accepted by USATF*)

VISA Acct. _____

Expiration _____

Signature _____



USA Supplemental Entry Form XVIII World Masters Athletics Championships

Team USA Code of Conduct and Waiver

Team USA Code of Conduct

All Masters Athletes and USA Track & Field (USATF) Delegation Managers are required to adhere to the following Code of Conduct as a condition of competing internationally under the auspices of USA Track & Field:

1. I will conduct myself at all times as a goodwill ambassador for USATF and the United States of America, and I will refrain from any act(s) that may reflect unfavorably upon me, my teammates, the sport of track and field, USATF or the United States of America.
2. I will not intentionally or voluntarily undertake any action that desecrates or disrespects the American flag.
3. I will dress appropriately and respectfully for all official functions, and will wear the designated official USATF uniform top during competition. I understand that I am forbidden from altering or covering up the sponsor logo, if any, on the official USATF uniform top.
4. If I am unable to compete in any event with team awards (4x100m or 4x400m relays, race walk, cross country, and marathon) due to injury, illness, or for any other reasons, I will notify the USATF Team Managers as soon as I become aware of any condition that may prevent me from competing.
5. I understand that it is my responsibility to be informed about all issues related to the competition, and to provide my own equipment and athletic gear to the extent that these are not provided by the competition organizing committee, USATF or a USATF sponsor.
6. I will read and abide by USATF Regulation 10/Doping Control and IAAF Anti-Doping Rules. I understand that my failure to abide by the anti-doping regulations may result in disciplinary proceedings against me and the imposition of appropriate penalties, suspension or other disciplinary measures.
7. I will not organize activities or raise funds in the name of the US Team or US Athletes (or similar phrases) without prior, written USATF approval

Privacy Policy

USATF may publish and/or release for publication my entry information (name, gender, age, hometown, events, and marks) in accordance with its Privacy Policy

Waiver

For and in consideration of USA Track & Field, Inc. ("USATF") allowing me, the undersigned, to participate in the XVII World Masters Athletics Championships (the "Event"), I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site.
2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("**Risks**").

USA Supplemental Entry Form

XVIII World Masters Athletics Championships

I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.

3. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment, and the protection of my private property.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: the United States Olympic Committee, USA Track & Field, Inc., its Associations and Sport Disciplines, Sponsors, Advertisers, Coaches, Team Managers and Officials; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (**Individually and Collectively, the "Released Parties"**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs, defense costs and reasonable attorneys fees) of any kind or nature ("**Liability**") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties, including with respect to the provision of information regarding rules and scheduling. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Date: _____ Signature: _____

Printed Name: _____