



Information for U.S. Athletes Entering the 4th World Masters Athletics Indoor Championships *Kamloops, British Columbia, Canada* *March 1-6, 2010*

Entry Procedure for US Citizens

All entries **MUST** include the following (see **highlights**):

➤ **MEET ENTRY FORM**

- Name & Address
- Birth Date
- Age Division (based on age on March 1, 2010)
- Events
- Fee Calculation in Canadian Dollars.
- Signature and Date

➤ **MEET COMPANION ENTRY FORM** (if applicable)

- Companion forms are optional for those traveling with you. The fee (\$35 for 15yrs.and older or \$15/ for 14yrs and younger) provides each companion with a transportation pass and a meet program.
- The companion form is the same form as the meet entry form; you will check "Companion" for each person that will be accompanying you.
- When completing the form for your companion(s) indicate their name(s) in the provided spaces (SURNAME and GIVEN NAME) on the form and then indicate your name elsewhere on the form. This will allow USATF to properly submit the forms together (athlete and companion).

➤ **USA SUPPLEMENTAL ENTRY FORM**

- Fee Calculation in US Dollars
- 2010 USATF Membership Number
- Payment information (Credit Card, Bank Check, Money Order, Personal Checks) - **No Refunds**
- Signature and Date

➤ **PROOF OF AGE - (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 East Washington Street, Suite 800, Indianapolis, IN 46204

Entry Deadlines: Entries must be received in Indianapolis by **Monday, January 4, 2010** to avoid late fees. From January 5 to February 1, a late fee of \$25 **PER EVENT** applies. No entries will be accepted after February 1, 2010. Please allow sufficient mailing time to meet these deadlines.

Confirmation – Check the Status of Entries page -- www.usatf.org/events/2010/WorldMastersAthleticsChampionshipsIndoor 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 Kamloops 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. **Note: Since 2007, US Citizens must have a passport to enter Canada; Driver's Licenses are not acceptable**, with the possible exception of State of Washington licenses at land (not air) crossings.

Information for USA Athletes

4th World Masters Athletics Indoor Championships

Competition Information

On arrival in Kamloops – 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.

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/2010/WorldMastersAthleticsChampionships. *Note this is a special store set-up for those entered in the Championships. Pricing on the items in this store are 30-40% less than what is available in the main USATF Store. You will need to have your WMA entry submitted to USATF before you can access the special store. You will use your USATF membership number to access the special store. Specific styles and sizes are available on a first-come, first-serve basis.*

Competitor’s Handbook – Will be in your entry packet at the pick-up in Kamloops – 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 www.kamloops2010masters.com

Team Meetings – There will be Team USA meetings 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. Generally, there is important last minute information from the meetings between the Team Managers, WMA and the Local Organizing Committee.

USA Information Board – Check the USA Information Board at the TIC (Technical Information Center) at the Tournament Capital Centre for notices and/or updates. You can also post notes for the team managers or for each other.

10K Road Race Walk, Half-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 the team manager before the event, in order to permit creating mixed-age teams, if needed.**

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 U.S. national meets. USATF is transmitting your entry to the Local Organizing Committee in Kamloops and does not administer this meet.

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 Ceremony – The Opening Ceremony will be on Sunday, February 28 at 6 pm.

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

4th World Masters Athletics Indoor Championships

4x200 Relay Selection Procedure

Subject to change by the Masters Track and Field Committee of USATF

General Information

- The relays will take place on Saturday, March 6, 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 Kamloops. **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. Relay competitors are selected from among the 200 meters dash competitors in Kamloops, with some discretion on the part of the Team Manager.

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 Kamloops, 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 March 6. 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 (2011 outdoors and 2012 indoors).

Team Selection (including alternates)

1. Highest priority to athletes of the age group who compete in the 200m in Kamloops *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 60, 4000 and hurdles races. Selection will be from the top 50 percent performers in the first round of competition (or equivalent pentathlon times).
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

The Team 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
4th World Masters Athletics Indoor Championships
Kamloops, British Columbia, Canada
March 1-6, 2008

Name _____

2010 USATF Membership Number (required)

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(2010 USATF memberships can be purchased online at www.usatf.org/membership beginning November 1)

4x200 Relay Candidate: Yes No

Entry Fees:

WMA and Registration Fees \$75.00

(Using the rate of 1 Canadian Dollar = 1 U.S. dollar.) **Please Note:** The following fees on the entry form are mandatory and must be included: Registration, \$55.00; WMA Athlete Levy, \$15.00; and WMA Doping Control Surcharge \$5.00.

Event Entry	_____ x	\$25.00	
Combined Event	_____ x	\$60.00	
Half Marathon	_____ x	\$55.00	
Athletes' Party	_____ x	\$25.00	
Results Booklet	_____ x	\$20.00	
Transportation Fee	_____ x	\$25.00	
Accompanying Persons	_____ x	\$35.00	
Name(s): _____			
Accompanying Person under 14	_____ x	\$15.00	
Name(s): _____			
Fee for non-stadia athletes to visit competition venue (per day)	_____ x	\$10.00	
Pre-ordered meals (See meet entry form for prices)	_____ x		
Late Fee (per EVENT) January 5 -- February 1	_____ x	\$25.00	
USATF Processing Fee			\$10.00
TOTAL PAYMENT (In U.S. Dollars)			

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

4th World Masters Athletics Indoor 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 (4x200 relay, race walk, cross country, and half-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 U.S. Team or U.S. 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 4th World Masters Athletics Indoor 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”). 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.

USA Supplemental Entry Form

4th World Masters Athletics Indoor Championships

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 _____