



To: Canadian Athletes of "Masters" Age

Date: October 24, 2009
Updated: January 10, 2010

Re: 2010 World Masters Indoor Track & Field Championships, Kamloops, BC

The World Masters Indoor Track & Field Championships are being held at the Tournament Capital Centre, Kamloops, BC, from March 1st to 6th, 2010. These are the official championships of the World Masters Athletics ("WMA"), the World governing body for Masters Athletics, which is made up of Track & Field, Cross Country Running, Road Racing and Race Walking. The Championships are put on by the Kamloops Local Organizing Committee ("LOC").

General Description:

These championships include a full range of indoor track and field events, including runs, throws and jumps, plus a 4 x 200m relay and an Indoor Pentathlon. In addition, the following Outdoor "Winter Running" (Non Stadia) events will be held: 8K Cross Country, Half Marathon, and 10K Road Race Walk, together with the following Outdoor "Winter Throws" events: Hammer Throw, Discus Throw and Javelin Throw. Competition in all events will be in 5-year age groups, beginning at the 35-39 age group and continuing to the age of the oldest athlete.

All competitors in WMA championships must be members of their National Affiliate which, for Canadian athletes, is the Canadian Masters Athletic Association ("CMAA"). All Championships entry forms must be sent through, and be validated by, the National Affiliate. Therefore, the Kamloops entry form for all Canadians must be forwarded to the CMAA, at the following address:

Brian Keaveney
426 Valermo Drive
Etobicoke, ON
M8W 2L9

Home telephone: (416) 252-7047
Cell: (416) 605-8478
E-mail: masters@sympatico.ca

to reach him **no later than Wednesday, January 20, 2010**, bearing in mind **the closing date for entries into the Championships without paying a (very substantial) late entry fee is Saturday, January 23, 2010.**

Detailed Instructions:

The following are the detailed instructions for Canadians who wish to enter the Championships:

1. The web site for the Championships is www.kamloops2010masters.com, and you must access that web site to obtain all of the required information about the Championships. You can also access it through the CMAA web site, www.canadianmastersathletics.com, which has a link, under "Events", to the Championships web site.
2. On the Championships web site, download the Entry Booklet, which contains all that you need to know about the Championships, and all the forms needed to enter them.
3. Before deciding on the events in which you are going to compete, refer to the preliminary schedule for the Championships, which is shown on page 23 of the Entry Booklet. The events will not be changed from the dates shown on this preliminary schedule.
4. Athletes must complete the Entry Form, shown on pages 17 and 18 of the Entry Booklet, taking particular care for the following:
 - a) Complete section 1, checking the "Athlete" box, provide the "Personal Information", and indicate the 5-year age group in which you will compete, based on your age on March 1, 2010 (day, month, year);
 - b) You must indicate all of the events you wish to enter, with your best mark in each event in the past two years (or the mark you expect to achieve);
 - c) In completing the "Fees" section, all athletes must pay the "Registration Fee", the "WMA Athlete Levy" and the "WMA Doping Control Surcharge", in addition to the entry fees for the particular events in which you wish to compete;
 - d) Indicate any of the optional items which you want, with the separate fees associated with them – the Athletes Party, Results Booklet, Transportation Pass, Advance Visit to the Non-Stadia locations and the cost of

Pre-Ordered Meals, and come up with a total cost in Canadian dollars. The details of any Pre-Ordered Meals that you wish to order must be completed in item 4 on page 18;

e) Note that the Late Entry Fee is \$25.00 per event, payable if your entry is sent so as to get to the CMAA and then on to the LOC after January 9, 2010, but by February 9, 2010; and

f) You must sign and indicate the date on page 18. By signing, you are agreeing to Drug Testing, as explained in items 8 and 10, and on page 21.

5. For any Accompanying Persons, complete a separate Entry Form, check the "Companion" box, complete the Personal Information, the appropriate "Accompanying Person" section, the fee for any Pre-Ordered Meals you wish, and the Transportation Pass, if applicable, coming up with the Total Fees.

6. If you have any medical condition which you wish to bring to the attention of the LOC, or you are taking any medication which you are worried will show up in any drug testing, complete page 20 of the Entry Booklet, and either list all drugs on that page or on an attached list.

7. There is detailed information on pages 29 and 30 in the Entry Booklet about hotels in Kamloops. Athletes are responsible for all of their travel and accommodations arrangements, and neither the CMAA nor the LOC will be responsible. However, if you are interested, see page 31 for the "Adopt an Athlete Program".

8. All Canadian athletes must be 2010 members of the CMAA, in order to compete in the Championships. If you are not already a member for 2010, you must download a membership application form from "Membership", on the CMAA web site, www.canadianmastersathletics.com. **You have a choice of a full annual membership, covering the year 2010, for a fee of \$25.00 for an individual or \$37.50 for a family of two persons, or a "Championships Membership", valid only for the Kamloops Championships, at \$10.00 per person.** A legible copy of a proof of your age (birth certificate, passport or driver's license) must be provided with your CMAA membership application form, and is needed by the LOC, in any case.

9. Mail or deliver the following to Brian Keaveney, at the address given above, so as to arrive by January 20, 2010: a) the completed and signed Entry Form (pages 17 and 18), for you and any Companions; b) the Medical Form (page 20), if applicable; c) your cheque for the Total Fees for you and any Companions, from page 17 of the Forms; d) your Membership Application Form, if you are not already a 2010 CMAA member; e) a cheque or money order for your CMAA 2010 membership, if you are now joining; and f) a copy of your proof of age, as described in item 8 above. **All cheques or money orders must be payable to the CMAA.**

10. Your package of materials will be examined in detail, to verify that everything is included and it has been fully completed and signed. If your package is complete and there are no errors or omissions, it will be entered online with the LOC, and the CMAA will periodically provide the payment for the total cost to the LOC. If you have joined the CMAA for the year 2010, you will receive a membership card in the mail.

11. If any of the documents are missing or incomplete, you will be contacted by email, with an indication of the missing or incomplete information. Entries will not be processed until they are complete and full payment has been received. **If you are contacted in this way, it will be your responsibility to provide any missing documents or payments.** Please include valid contact information.

12. All athletes must wear a singlet that has been approved by their country's WMA affiliate. If you don't own a singlet that has already been approved for Canada, you can buy one online from the Marks Work Warehouse store in Kamloops, plus lots of other clothing made especially for the Championships. To do so, go to www.markskamloops.com/worldmasters, or to the Championships web site, and click where indicated on the first page. The uniforms can be delivered to you, or picked up at the Championships, but you should order them as soon as possible. Do not hold up your entry because of the uniform.

13. Should you have any questions or concerns of any kind, please contact Brian Keaveney, whose mailing address, telephone numbers and e-mail address are provided above.

14. No entries will be accepted by the LOC, without a Late Entry Fee, after January 23, 2010, and none will be accepted in any case, after February 9, 2010.

15. Check out the Team Canada Notice Board once you arrive in Kamloops, for relay sign-up.