

ENTRY BOOKLET



**SACRAMENTO
SPORTS
COMMISSION**

www.wma2011.com
JULY 6 - 17, 2011



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An invitation to the **2011 WMA Championships**



*Roger Dickinson
Chair, Board of Supervisors
County of Sacramento*

On behalf of the City of Sacramento and the Sacramento Sports Commission, it's my pleasure to invite you and other athletes from around the world to join us in Sacramento for the 2011 WMA Championships. Hosting an event of this magnitude is a tremendous honor and responsibility for Sacramento. We'll take every possible step to make it a memorable experience for all participants.

Sacramento is an ideal city to host the WMA Championships. We're cosmopolitan enough that we offer excellent restaurants, hotels and entertainment, yet we're small enough that we embrace big events wholeheartedly. We're also close to such world-class destinations as San Francisco, Lake Tahoe and Yosemite.

Few cities in the world can offer facilities and weather as conducive to outstanding performances. The primary venue for the 2011 WMA Championships is the A.G. Spanos Sports Complex, site of the 2000 and 2004 U.S. Olympic Track & Field Championships and four NCAA Outdoor Track and Field Championships, the nation's top collegiate meet. The secondary venue, Hughes Stadium, has played host to three U.S. national championship meets.

While you're winning medals and setting personal records in California's capital city, you'll find a welcoming community and experienced officials. We're thrilled to be the first United States city to host the WMA Championships in 16 years.

Please join us in Sacramento, California. You'll be glad you did.

Kevin Johnson
Mayor, City of Sacramento



En nombre de la ciudad de Sacramento y de la Delegación de Deportes de Sacramento, es un placer darles la bienvenida a ustedes y a otros atletas de alrededor del mundo al Campeonato de Atletismo Master WMA del 2011. Ser sede de un evento de esta magnitud es un gran honor y responsabilidad para Sacramento. Tomaremos todas las medidas necesarias para hacer de este evento una experiencia memorable para todos los participantes.

Sacramento es una ciudad ideal para ser sede del Campeonato WMA. Es lo suficientemente cosmopolita que ofrece excelentes restaurantes, hoteles y entretenimiento; aun así, es lo suficientemente pequeña que acoge eventos de esta magnitud de todo corazón. También estamos muy cerca de destinos turísticos famosos mundialmente como San Francisco, el lago Tahoe y el parque nacional Yosemite.

Pocas ciudades en el mundo pueden ofrecer instalaciones deportivas y clima tan favorable que permitan al atleta destacarse. El sitio principal para el Campeonato WMA es el A. G. Spanos Sports Complex, lugar donde se efectuaron las pruebas olímpicas de 2000 y 2004 y cuatro competiciones de NCAA al aire libre, competición de las principales universidades de la nación.

Mientras que usted está ganando medallas y logrando sus metas personales en la ciudad capital de California, encontrará una comunidad acogedora y expertos funcionarios. Estamos emocionados de ser la primera ciudad de los Estados Unidos que ha sido sede del Campeonato WMA en 16 años.

Por favor únase a Sacramento, California EE. UU. Se alegrará de haberlo hecho.

Kevin Johnson, Alcalde, Ciudad de Sacramento

President's Message



The printing of the entry booklet for the World Masters Athletics Stadia Championships in Sacramento, California represents another significant step along the path to July 2011 when this event will take place. The Sacramento Championships have been very keenly anticipated ever since 2007 in Riccione, Italy when the bid was approved by the WMA General Assembly. In fact this championship has been in the making since 2001 when the Sacramento team first submitted a bid in Brisbane and now we will see this beautiful City finally get its chance to welcome athletes, officials, family and friends from all over the world.

Sacramento has a very proud history of organising, conducting and completing major athletics competitions, including two USA Track and Field Olympic Trials competitions and many Collegiate Championships. The organisers are very experienced and are supported by many high quality officials and a large group of volunteers and together with the good facilities that are available for both the competitions and training, I am confident that the 2011 WMA Stadia Championships are going to be an event of exceptional quality. In addition to the track and field stadiums there are also excellent race walking, cross country and marathon courses that will be both challenging and rewarding to the athletes in those events.

The City of Sacramento is famous for many things, not the least being its historical past. There are many reminders of the Gold Rush days and even today you can see many significant examples of past happenings. Athletes and their supporters will have a great time exploring this lovely, friendly city and I look forward eagerly to 2011 and the WMA Stadia Championships.

On behalf of WMA I take this opportunity to thank John McCassey and the Local Organising Committee for the work they have put into their preparations. The City of Sacramento is totally supporting this excellent team and their dedication and commitment to our Championships will ensure a great time, great competition and many new friendships and memories in 2011 for all who enter and participate. We wish you well in your preparations and thank you in advance for your support and entry for the WMA 2011 Stadia Championships, Sacramento, California, USA.

Stan Perkins, WMA PRESIDENT

Message from Local Organizing Committee

I hope that you and your teammates will be joining us for the 2011 World Masters Athletics Outdoor Championships in Sacramento, California. Since meeting many of you last summer in Lahti, Finland, we've made considerable progress in our preparations for this tremendous event.



Some of the developments I'd like to pass on:

- Ninety (90) percent of the competition in 2011 will take place at one venue. The A.G. Spanos Sports Complex at Sacramento State, site of the 2000 and 2004 U.S. Olympic Track & Field Trials will be able to handle the vast majority of track and field events. A centralized event will make for a more enjoyable, accessible experience.
- This will be a very affordable WMA Championships. Sacramento is offering full-service hotels at half the price you paid in Lahti, Finland.
- We have signed contracts with six large hotel properties and finalizing arrangements with dormitory housing on the Sacramento State campus. The average price of a two-bed hotel room will be \$139 per night, breakfast included. As of early 2010, that equates to about 100 Euros per night. You'll be able to reserve rooms directly through the hotel and won't have to pay the additional costs of going through a travel agency.
- Sacramento's light-rail transit system links all key locations – competition venues, hotels, restaurants and tourist attractions and is part of the WMA registration package.
- Sacramento International Airport (www.sacairports.org) serves cities from around the U.S. and the world. San Francisco International is 90 miles west of Sacramento.
- California offers some of the most spectacular scenery in the world. Such destinations as San Francisco, Lake Tahoe, Yosemite, Napa Valley and the Monterey Peninsula are all within a half-day's drive of Sacramento.
- Please keep in touch with us through www.wma2011.com or e-mail us with any questions at info@wma2011.com. We're committed to giving you the best opportunity to compete to your utmost ability while enjoying the atmosphere of the Golden State.

See you in 2011!

John McCassey, Executive Director, Sacramento 2011

OnLine REGISTRATION FOR 2011 WMA ChAMPIONShIPS



There are two ways to register for the 2011 WMA Championships: online or by paper form. Athletes who enter online will pay a reduced entry fee.

Online entry is available via the Championships website at **www.wma2011.com**. Athletes who enter online will have their registration reviewed by their Masters Athletics Affiliate/Federation of their country, and it will be accepted or declined in accordance with their requirements (which may include things such as federation membership, citizenship and residential qualification, and date-of-birth verification). Payment must be submitted at the time of entry and is non-transferable and non-refundable. Athletes will receive both a printable on-screen confirmation as well as an e-mail confirmation for their records. Athletes who enter online do not need to submit a paper form. Athletes may update their entry online until the registration period closes on 24 April 2011.

Athletes who choose to enter by paper form must mail their entry (including any other documents or fees required by the athlete's affiliate) to their Masters Athletics Affiliate/Federation. Athletes are encouraged to make a copy of the forms for their records before mailing them. Affiliates will validate the entry, enter it into the online entry database, and submit payment on behalf of the athlete. Affiliates who enter their athletes into the online entry database will pay a reduced registration fee.

All entries--both online and by paper form--are subject to validation by their Masters Athletic Affiliate/Federation. Only athletes who have been verified and approved by their national affiliate will be permitted to compete in the meet.

Entrants from countries that are not affiliated with WMA may be accepted only with the approval of WMA. Athletes who have not competed before in a WMA Championship must send a photocopy of their birth certificate or passport to their Masters Athletic Affiliate/Federation as proof of the athlete's date of birth. After entering, athletes may verify the status of their entry by visiting the Status of Entries page at **www.wma2011.com**. All online entries by athletes, as well those entered into the online database by affiliates, will be shown.

WMA 2011 Championships Requirements

General Rules

The competition will be held under IAAF regulations as modified for Masters by WMA via their handbook and any special rules specified in this booklet. See <http://www.iaaf.org/competitions/technical/regulations/index.html> and <http://www.world-masters-athletics.org/laws-a-rules/rules-of-competition> for full text.

XIX World Master Athletics Championship Stadia Schedule 6th July-17th July 2011 Sacramento

Official Events

TUESDAY 5 JULY

Opening Ceremonies • Ceremonia de inauguración • Cérémonies d'ouverture • Eröffnungsfeierlichkeiten

WEDNESDAY 6 JULY

First Day of Competition

SUNDAY 10 JULY

Non Competition Day, Committee & Regional Meetings

WEDNESDAY 13 JULY

Athlete Party

THURSDAY 14 JULY

Non Competition Day, WMA General Assembly

SUNDAY 17 JULY

Last Day of Competition, Closing Ceremony

Entry System

All entries must be on an official entry form whether by mail or electronic. The entries must be sent to the athlete's WMA National Masters Affiliate. The Affiliate will validate the entry and forward it to the Local Organizing Committee (LOC). Individual entries will only be accepted subject to the approval of the WMA Council., where there is no affiliated organization, or the affiliate fails to fulfill its validation obligation.

The athlete's date of birth must be validated by the athlete's WMA National Masters Affiliate.

Entry Procedure

You can enter either using the paper form or online

1. Complete all the information on the entry form and make a copy for your records.
2. Send your entry form to your National Masters Athletic Affiliate/Federation along with any other documents or fees required by your affiliate.

Qualifications for Entry

The XIX WMA Championships Stadia are open only to men and women who were born on or before the 6th of July 1976 and who are physically fit. Entry signifies that each competitor must follow the rules laid down by the technical and organizing committees. Events are divided into age groups and shown below:

Age Groups

(M & W)

Age	Birthday Range
35	7th July 1971 – 6th July 1976
40	7th July 1966 – 6th July 1971
45	7th July 1961 – 6th July 1966
50	7th July 1956 – 6th July 1961
55	7th July 1951 – 6th July 1956
60	7th July 1946 – 6th July 1951
65	7th July 1941 – 6th July 1946
70	7th July 1936 – 6th July 1941
75	7th July 1931 – 6th July 1936
80	7th July 1926 – 6th July 1931
85	7th July 1921 – 6th July 1926
90	7th July 1916 – 6th July 1921
95	7th July 1911 – 6th July 1916
100+	7 July 1911 -

Age Groups

(H & W)

Age	Birthday Range
35	7 Julio 1971 – 6 Julio 1976
40	7 Julio 1966 – 6 Julio 1971
45	7 Julio 1961 – 6 Julio 1966
50	7 Julio 1956 – 6 Julio 1961
55	7 Julio 1951 – 6 Julio 1956
60	7 Julio 1946 – 6 Julio 1951
65	7 Julio 1941 – 6 Julio 1946
70	7 Julio 1936 – 6 Julio 1941
75	7 Julio 1931 – 6 Julio 1936
80	7 Julio 1926 – 6 Julio 1931
85	7 Julio 1921 – 6 Julio 1926
90	7 Julio 1916 – 6 Julio 1921
95	7 Julio 1911 – 6 Julio 1916
100+	7 Julio 1911 -

Age Groups

(H & F)

Age	Birthday Range
35	7 Juillet 1971 – 6 Juillet 1976
40	7 Juillet 1966 – 6 Juillet 1971
45	7 Juillet 1961 – 6 Juillet 1966
50	7 Juillet 1956 – 6 Juillet 1961
55	7 Juillet 1951 – 6 Juillet 1956
60	7 Juillet 1946 – 6 Juillet 1951
65	7 Juillet 1941 – 6 Juillet 1946
70	7 Juillet 1936 – 6 Juillet 1941
75	7 Juillet 1931 – 6 Juillet 1936
80	7 Juillet 1926 – 6 Juillet 1931
85	7 Juillet 1921 – 6 Juillet 1926
90	7 Juillet 1916 – 6 Juillet 1921
95	7 Juillet 1911 – 6 Juillet 1916
100+	7 Juillet 1911 -

Events and Age Groups

Age Groups (M & F)

Age	Birthday Range
35	7. Juli 1971 – 6. Juli 1976
40	7. Juli 1966 – 6. Juli 1971
45	7. Juli 1961 – 6. Juli 1966
50	7. Juli 1956 – 6. Juli 1961
55	7. Juli 1951 – 6. Juli 1956
60	7. Juli 1946 – 6. Juli 1951
65	7. Juli 1941 – 6. Juli 1946
70	7. Juli 1936 – 6. Juli 1941
75	7. Juli 1931 – 6. Juli 1936
80	7. Juli 1926 – 6. Juli 1931
85	7. Juli 1921 – 6. Juli 1926
90	7. Juli 1916 – 6. Juli 1921
95	7. Juli 1911 – 6. Juli 1916
100+	7 Juli 1911 -

Events

Men	Women	Event
X	X	100m
X	X	200m
X	X	400m
X	X	800m
X	X	1500m
X	X	5,000m
X	X	10,000m
X	X	Marathon
X	X	80/100/110m Hurdles
X	X	200/300/400m Hurdles
X	X	2000/3000m Steeplechase
X	X	5km Track Walk
X	X	8km Cross Country
X	X	10km Road Race Walk
X	X	20km Road Race Walk
X	X	Long Jump
X	X	Triple Jump
X	X	High Jump
X	X	Pole Vault
X	X	Shot Put
X	X	Discus Throw
X	X	Javelin Throw
X	X	Hammer Throw
X	X	Weight Throw
	X	Heptathlon
X		Decathlon
X	X	Throwing Pentathlon
X	X	4 x 100m Relay
X	X	4 x 400m Relay

Technical Information Center-(TIC) Schedule

When reaching Sacramento, all participants are requested to report to the Technical Information Center (TIC), where they will be able to collect their registration package and other relevant information. The TIC is located in the Wellness Center at the north end of the track. The TIC will be open as follows:

DATE	OPENING TIME	CLOSING TIME
Sunday 3 July thru Monday 4 July, 2011	11:00	18:00
Tuesday 5 July, 2011	10:00	21:00
Wednesday 6 July thru Saturday 9 July, 2011	8:00	21:00
Sunday 1 July, 2011	16:00	21:00
Monday 11 July thru Wednesday 13 July, 2011	8:00	21:00
Thursday 14 July, 2011	16:00	21:00
Friday 15 July thru Saturday 16 July, 2011	8:00	21:00
Sunday 17 July, 2011	8:00	18:00

A GOVERNMENT ISSUED PHOTO ID OR PASSPORT WILL BE REQUIRED FOR PICKING UP YOUR REGISTRATION PACKET.

Scheduling notes

1. All track and field event finals will be run at their scheduled times.
2. All competitors are required to report to the Call Room area at the stadium where their event is scheduled at the time of the first scheduled event of their age group event.
3. All pole vaults and high jumps will be conducted as finals only. If large enough they may be split into sections using parallel venues.
4. All throws and horizontal jumps that are scheduled as finals will be conducted in one flight of nominally 12 which will be reduced to the top 8 after three attempts. However, if scheduled as a final it will be held as a final even if 17 or more report.
5. All throws and horizontal jumps that are scheduled with a qualifying round will be held should there be more than 16 athletes.
6. Once an athlete has attained a qualifying standard, they may not continue to compete in the qualifying competition. All athletes attaining the qualifying mark will go to the finals even if more than 12 were to qualify.
7. Performances achieved in a field qualifying competition are not considered part of the championship event but any performance mark is valid for record purposes.
8. An athlete is appointed to a qualifying group according to order of their best result for the event entered on his/her entry form. In all cases the higher seeded athletes will be assigned to the last flight.
9. When possible, field finals will be scheduled the morning of the next competition day following the qualifying competition.
10. If fewer than the number of athletes to compete in a running final report for any round, that round will be cancelled. The finals will be run at the scheduled final time with those athletes who reported to the previous round.
11. Races longer than 1500m are schedule in the morning before noon or evening to avoid the heat.

ATHLETE SCHEDULE By AGE GROUP - MALE

MALE	ROUND	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95
100M	Q	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul					
	S	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul		
	F	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul
200M	P	11-Jul	11-Jul	11-Jul	11-Jul									
	Q	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul					
	S	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul		
	F	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul
400M	Q	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul			15-Jul		
	S	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul			
	F	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul
800M	Q	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul						
	S	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul				
	F	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul
1500M	S	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul				
	F	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul
5000M	Timed F	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul
10,000M	Timed F	15-Jul	15-Jul	15-Jul	13-Jul	13-Jul	11-Jul	11-Jul	13-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul
110M H	P	13-Jul	13-Jul	13-Jul										
	S	15-Jul	15-Jul	15-Jul										
	F	16-Jul	16-Jul	16-Jul										
100M H	Q				13-Jul	13-Jul	13-Jul	13-Jul						
	S				15-Jul	15-Jul	15-Jul	15-Jul						
	F				16-Jul	16-Jul	16-Jul	16-Jul						
80M H	S								15-Jul	15-Jul	15-Jul			
	F								16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul
400M H	S	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul								
	F	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul								
300M H	S						9-Jul	9-Jul	9-Jul	9-Jul				
	F						11-Jul	11-Jul	11-Jul	11-Jul				
200m H	F										11-Jul	11-Jul	11-Jul	11-Jul
3000M SC	Timed F	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul								
2000M SC	Timed F						17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
5000M RW Track	Timed F	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul
10KM RW Road	F	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul
20KM RW Road	F	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul
4x100 Relay	Timed F	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
4x400 Relay	Timed F	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
High Jump	F	11-Jul	16-Jul	16-Jul	9-Jul	9-Jul	12-Jul	12-Jul	12-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul
Pole Vault	F	15-Jul	11-Jul	11-Jul	13-Jul	13-Jul	16-Jul	16-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul
Long Jump	Q*	8-Jul	13-Jul	13-Jul	16-Jul	16-Jul	9-Jul	9-Jul						
	F	9-Jul	15-Jul	15-Jul	17-Jul	17-Jul	11-Jul	11-Jul	9-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul
Triple Jump	Q*		8-Jul	8-Jul	11-Jul									
	F	12-Jul	9-Jul	9-Jul	12-Jul	11-Jul	15-Jul	15-Jul	15-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul
Hammer	Q*		8-Jul	8-Jul	9-Jul	9-Jul	11-Jul	11-Jul	13-Jul					
	F	13-Jul	9-Jul	9-Jul	11-Jul	11-Jul	12-Jul	12-Jul	16-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul
Shot Put	Q*		9-Jul	9-Jul	11-Jul	11-Jul	12-Jul	12-Jul	8-Jul					
	F	8-Jul	11-Jul	11-Jul	12-Jul	12-Jul	13-Jul	13-Jul	9-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul
Weight	Q*		13-Jul											
	F	12-Jul	15-Jul	15-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul
Javelin	Q*		12-Jul	12-Jul	13-Jul	13-Jul	9-Jul	9-Jul	11-Jul					
	F	11-Jul	13-Jul	13-Jul	15-Jul	15-Jul	11-Jul	11-Jul	12-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul
Discus	Q*			11-Jul	12-Jul	12-Jul	13-Jul	13-Jul	9-Jul					
	F	9-Jul	11-Jul	12-Jul	13-Jul	13-Jul	15-Jul	15-Jul	11-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul
Decathlon	F	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul
Throwing Pentathlon	F	15-Jul	17-Jul	16-Jul	16-Jul	16-Jul	16-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul
8KM XC	F	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul
Marathon	F	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul

* Currently no qualifying rounds are needed in this field event if there is no date shown. Finals will be on the following day in the morning.

ATHLETE SCHEDULE By AGE GROUP - FEMALE

FEMALE	ROUND	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95
100M	Q	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul							
	S	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul				
	F	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul
200M	Q	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul							
	S	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul				
	F	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul
400M	Q	13-Jul	13-Jul	13-Jul	13-Jul									
	S	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul					
	F	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul
800M	Q													
	S	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul							
	F	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul
1500M	S		13-Jul	13-Jul	13-Jul	13-Jul	13-Jul							
	F	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul
5000M	Timed F	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul
10,000M	Timed F	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul
100M H	S	15-Jul												
	F	16-Jul												
80M H	S		15-Jul	15-Jul	15-Jul									
	F		16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul
400M H	S	9-Jul	9-Jul	9-Jul										
	F	11-Jul	11-Jul	11-Jul										
300M H	S				9-Jul	9-Jul								
	F				11-Jul	11-Jul	11-Jul	11-Jul						
200M H	S								9-Jul					
	F								11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul
2000M SC	Timed F	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
5000M RW Track	Timed F	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul	7-Jul
10KM RW Road	F	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul
20KM RW Road	F	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul
4x100 Relay	Timed F	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
4x400 Relay	Timed F	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
High Jump	F	15-Jul	15-Jul	8-Jul	8-Jul	8-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul
Pole Vault	F	9-Jul	9-Jul	12-Jul	12-Jul	12-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul
Long Jump	Q*													
	F	12-Jul	12-Jul	15-Jul	15-Jul	15-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul
Triple Jump	F	16-Jul	16-Jul	9-Jul	9-Jul	9-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul
Hammer	Q*													
	F	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul	8-Jul
Shot Put	Q*				13-Jul	13-Jul								
	F	13-Jul	13-Jul	13-Jul	15-Jul	15-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul	9-Jul
Weight	F	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul	13-Jul
Javelin	Q*													
	F	9-Jul	9-Jul	8-Jul	8-Jul	8-Jul	11-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul	12-Jul
Discus	Q*		8-Jul	8-Jul	8-Jul	8-Jul	11-Jul							
	F	8-Jul	9-Jul	9-Jul	9-Jul	9-Jul	12-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul	11-Jul
Heptathlon	F	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul	6-7-Jul
Throwing Pentathlon	F	15-Jul	15-Jul	15-Jul	16-Jul	16-Jul	15-Jul	15-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul
8KM XC	F	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul	6-Jul
Marathon	F	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul

* Currently no qualifying rounds are needed in this field event if there is no date shown. Finals will be on the following day in the morning if flights are necessary. See updates on www.wma2011.org

COUNTRy CODES FOR EnTRy FORM

AFGHANISTAN (AFG)	GIBRALTAR (GIB)	NORFOLK ISLAND (NFI)
ALBANIA (ALB)	GREAT BRITAIN AND	NORTHERN MARIANAS
ALGERIA (ALG)	NORTHERN IRELAND (GBR)	ISLANDS (NMI)
AMERICAN SAMOA (ASA)	GREECE (GRE)	NORWAY (NOR)
ANDORRA (AND)	GRENADA (GRN)	OMAN (OMA)
ANGOLA (ANG)	GUAM (GUM)	PAKISTAN (PAK)
ANGUILLA (AIA)	GUATEMALA (GUA)	PALAU (PLW)
ANTIGUA AND BARBUDA (ANT)	GUINEA (GUI)	PALESTINE (PLE)
ARGENTINA (ARG)	GUINEA-BISSAU (GBS)	PANAMA (PAN)
ARMENIA (ARM)	GUYANA (GUY)	PAPUA NEW GUINEA (PNG)
ARUBA (ARU)	HAITI (HAI)	PARAGUAY (PAR)
AUSTRALIA (AUS)	HONDURAS (HON)	PERU (PER)
AUSTRIA (AUT)	HONG KONG-CHINA (HKG)	PHILIPPINES (PHI)
AZERBAIJAN (AZE)	HUNGARY (HUN)	POLAND (POL)
BAHAMAS (BAH)	ICELAND (ISL)	PORTUGAL (POR)
BAHRAIN (BRN)	INDIA (IND)	PUERTO RICO (PUR)
BANGLADESH (BAN)	INDONESIA (INA)	QATAR (QAT)
BARBADOS (BAR)	IRAN (IRI)	ROMANIA (ROU)
BELARUS (BLR)	IRAQ (IRQ)	RUSSIA (RUS)
BELGIUM (BEL)	IRELAND (IRL)	RWANDA (RWA)
BELIZE (BIZ)	ISRAEL (ISR)	SAINT KITTS AND NEVIS (SKN)
BENIN (BEN)	ITALY (ITA)	SAINT LUCIA (LCA)
BERMUDA (BER)	IVORY COAST (CIV)	SAINT VINCENT (VIN)
BHUTAN (BHU)	JAMAICA (JAM)	EL SALVADOR (ESA)
BOLIVIA (BOL)	JAPAN (JPN)	SAMOA (SAM)
BOSNIA AND HERZEGOVINA (BIH)	JORDAN (JOR)	SAN MARINO (SMR)
BOTSWANA (BOT)	KAZAKHSTAN (KAZ)	SAO TOME E PRINCIPE
BRAZIL (BRA)	KENYA (KEN)	(Dem. Rep. Of) (STP)
BRITISH VIRGIN ISLANDS (IVB)	KIRIBATI (KIR)	SAUDI ARABIA (KSA)
BRUNEI (BRU)	KOREA (KOR)	SENEGAL (SEN)
BULGARIA (BUL)	KOREA (Democratic Republic of) (PRK)	SERBIA (SRB)
BURKINA FASO (BUR)	KUWAIT (KUW)	SEYCHELLES (SEY)
BURUNDI (BDI)	KYRGHYZSTAN (KGZ)	SIERRA LEONE (SLE)
CAMBODIA (CAM)	LAOS (LAO)	SINGAPORE (SIN)
CAMEROON (CMR)	LATVIA (LAT)	SLOVAK REPUBLIC (SVK)
CANADA (CAN)	LEBANON (LIB)	SLOVENIA (SLO)
CAPE VERDE ISLANDS (CPV)	LESOTHO (LES)	SOLOMON ISLANDS (SOL)
CAYMAN ISLANDS (CAY)	LIBERIA (LBR)	SOMALIA (SOM)
CENTRAL AFRICAN	LIBYA (LBA)	SOUTH AFRICA (RSA)
REPUBLIC (CAF)	LIECHTENSTEIN (LIE)	SPAIN (ESP)
CHAD (CHA)	LITHUANIA (LTU)	SRI LANKA (SRI)
CHILE (CHI)	LUXEMBOURG (LUX)	SUDAN (SUD)
CHINA (People's Republic of)	MACAO (MAC)	SURINAM (SUR)
(CHN)	MACEDONIA (Former Yugoslav	SWAZILAND (SWZ)
COLOMBIA (COL)	Republic of) (MKD)	SWEDEN (SWE)
COMOROS (COM)	MADAGASCAR (MAD)	SWITZERLAND (SUI)
CONGO (CGO)	MALAWI (MAW)	SYRIA (SYR)
CONGO (Dem. Rep. of) (COD)	MALAYSIA (MAS)	CHINESE TAIPEI (TPE)
COOK ISLANDS (COK)	MALDIVES (MDV)	TAJIKISTAN (TJK)
COSTA RICA (CRC)	MALI (MLI)	TANZANIA (TAN)
CROATIA (CRO)	MALTA (MLT)	THAILAND (THA)
CUBA (CUB)	MARSHALL ISLANDS (MHL)	TOGO (TOG)
CYPRUS (CYP)	MAURITANIA (MTN)	TONGA (TGA)
CZECH REPUBLIC (CZE)	MAURITIUS (MRI)	TRINIDAD AND TOBAGO (TRI)
DENMARK (DEN)	MEXICO (MEX)	TUNISIA (TUN)
DJIBOUTI (DJI)	MICRONESIA (FSM)	TURKEY (TUR)
DOMINICA (DMA)	MOLDOVA (MDA)	TURKMENISTAN (TKM)
DOMINICAN REPUBLIC (DOM)	MONACO (MON)	TURKS AND CAICOS ISLANDS (TKS)
ECUADOR (ECU)	MONGOLIA (MGL)	TUVALU (TUV)
EAST TIMOR (TLS)	MONTENEGRO (MNE)	UGANDA (UGA)
EGYPT (EGY)	MONTSERRAT (MNT)	UKRAINE (UKR)
EQUATORIAL GUINEA (GEQ)	MOROCCO (MAR)	UNITED ARAB EMIRATES (UAE)
ERITREA (ERI)	MOZAMBIQUE (MOZ)	UNITED STATES OF
ESTONIA (EST)	MYANMAR (MYA)	AMERICA (USA)
ETHIOPIA (ETH)FIJI (FIJ)	NAMIBIA (NAM)	URUGUAY (URU)
FINLAND (FIN)	NAURU (NRU)	UZBEKISTAN (UZB)
FRANCE (FRA)	NEPAL (NEP)	VANUATU (VAN)
FRENCH POLYNESIA (PYF)	NETHERLANDS (NED)	VENEZUELA (VEN)
GABON (GAB)	NETHERLANDS ANTILLES (AHO)	VIETNAM (VIE)
THE GAMBIA (GAM)	NEW ZEALAND (NZL)	US VIRGIN ISLANDS (ISV)
GEORGIA (GEO)	NICARAGUA (NCA)	YEMEN (Republic of) (YEM)
GERMANY (GER)	NIGER (NIG)	ZAMBIA (ZAM)
GHANA (GHA)	NIGERIA (NGR)	ZIMBABWE (ZIM)



ATHLETE ENTRY FORM

PAGE 1

PLEASE FILL IN ONE ENTRY FORM FOR EACH PERSON. USE SPACE AVAILABLE ONLY

1. PERSONAL INFORMATION

INFORMACIÓN PERSONAL DONNÉES PERSONNELLES ANGABEN ZUR PERSON

☐ ATHLETE

ATLETA ATHLÈTE ATHLET

☐ COMPANION

ACOMPÑANTE COMPAGNON BEGLEITUNG

FAMILY NAME:

APELLIDO NOM DE FAMILLE NACHNAME

GIVEN NAME: INITIAL: GENDER (M OR F):

NOMBRE PRÉNOM VORNAME

INICIAL INITIALE ANFANGSBUCHSTABE SEXO SEXE GESCHLECHT

ADDRESS:

DIRECCIÓN ADRESSE ADRESSE

PROVINCE:

PROVINCIA PROVINCE BUNDESLAND

CITY: STATE: ZIP CODE:

CIUDAD VILLE STADT

ESTADO ÉTAT

CÓDIGO POSTAL CODE POSTAL POSTLEITZAHL

COUNTRY: CITIZEN OF WHAT COUNTRY (if different) (see Country Codes on preceding page)

PAÍS PAYS LAND

CIUDADANÍA (Si difiere) CITOYEN DE QUEL PAYS (si différent) STAATSBÜRGERSCHAFT (FALLS UNTERSCHIEDLICH)

(referirse a los códigos de país en la página previa)
(regarder les indicatifs sur la page précédente)
(siehe länderkennung auf vorhergehender seite)

TELEPHONE: FAX:

NÚMERO DE TELÉFONO TELEPHONE TELEFON

DATE OF BIRTH: / /

FECHA DE NACIMIENTO

DAY

MONTH

YEAR

DATE DE NAISSANCE GEBURTSDATUM

TEAM NAME

E-MAIL:

2. CATEGORIES

Based on your age on 6 July 2011

SEX	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100+
Women														
Men														

3. EVENTS PUT AN "X" BEFORE EACH EVENT YOU WANT TO ENTER.

X	EVENTS	ELIGIBLE AGE GROUP	RECORD AS:	BEST PERFORMANCE SINCE JAN. 1, 2009 (MANDATORY INPUT TO SEED)
	100m	W35+.M35+	TIME:SS:TT	
	200m	W35+.M35+	TIME:SS:TT	
	400m	W35+.M35+	TIME:MM:SS:TT	
	800m	W35+.M35+	TIME:MM:SS:TT	
	1500m	W35+.M35+	TIME:SS:TT	
	5000m	W35+.M35+	TIME:SS:TT	
	10000m	W35+.M35+	TIME:SS:TT	
	80m Hurdles	W40+,M70+	TIME:SS:TT	
	100m Hurdles	W35-39,M50-69	TIME:SS:TT	
	110m Hurdles	M35-M49	TIME:SS:TT	
	200m Hurdles	W70+,M80+	TIME:SS:TT	
	300m Hurdles	W50-69,M60-79	TIME:MM:SS:TT	
	400m Hurdles	W35-49,M35-59	TIME:MM:SS:TT	
	2000m Steeplechase	W35+,M60+	TIME:MM:SS:TT	
	3000m Steeplechase	M35-59	TIME:MM:SS:TT	
	5000m Track Race Walk	W35+.M35+	TIME:MM:SS:TT	
	10000m Road Race Walk	W35+.M35+	TIME:H:MM:SS:TT	
	20000m Road Race Walk	W35+.M35+	TIME:H:MM:SS:TT	
	8km Cross Country	W35+.M35+	TIME:H:MM:SS:TT	
	Marathon	W35+.M35+	TIME:H:MM:SS:TT	
	Long Jump	W35+.M35+	DISTANCE:MM.CC	
	Triple Jump	W35+.M35+	DISTANCE:MM.CC	
	High Jump	W35+.M35+	DISTANCE:MM.CC	
	Pole Vault	W35+.M35+	DISTANCE:MM.CC	
	Shot Put	W35+.M35+	DISTANCE:MM.CC	
	Discus Throw	W35+.M35+	DISTANCE:MM.CC	
	Javelin Throw	W35+.M35+	DISTANCE:MM.CC	
	Hammer Throw	W35+.M35+	DISTANCE:MM.CC	
	Weight Throw	W35+.M35+	DISTANCE:MM.CC	
	Heptathlon	W35+	POINTS:PPPP	
	Decathlon	M35+	POINTS:PPPP	
	Throws Pentathlon	W35+.M35+	POINTS:PPPP	



ATHLETE ENTRY FORM

PAGE 2

4. FEES

	Fee, US \$	#		Total
Paper Registration Fee ***Online Registration is available for \$66.25 at www.wma2011.com	\$76.25			\$76.25
Event Fee (except Combined Events and Marathon)	\$36.25 each event		X	
Heptathlon, Decathlon, Throw Pentathlon	\$66.25 each event		X	
Marathon	\$51.25 each event		X	
WMA Doping Control Surcharge	\$6.25			
Official Results Booklet	\$26.25		X	
Official Results CD	\$11.25			
Official Results Adobe (by email)	\$6.25			
Official Championship DVD	\$36.25		X	
Athlete Party	\$51.25		X	
Total	\$DD.CC			

Note: There is no entry fee for the 4x100 or 4x400 relays but there is only one entry per country per age group.

Please indicate "X" which of the following Championships you have attended as a competitor:

	X	Venue		X	Venue		X	Venue
1975		Toronto, CAN	1987		Melbourne, AUS	1999		Gateshead, GB
1977		Gothenburg, SWE	1989		Eugene, USA	2001		Brisbane, AUS
1979		Hanover, GER	1991		Turku, FIN	2003		San Juan, PUR
1981		Christchurch, NZL	1993		Miyazaki, JAP	2005		San Sebastian, ESP
1983		San Juan, PUR	1995		Buffalo, USA	2007		Riccione, ITA
1985		Rome, ITA	1997		Durban, RSA	2009		Lahti, FIN

5. DISCLAIMER CLAUSE

I hereby declare as a condition of my entry being accepted that I am in good health; have properly trained for the competitions for which I seek entry; am sufficiently skilled in the events entered so that I am able to comply with all the IAAF/WMA rules of competition; that I present no hazard to myself or other competitors; that I will participate at my own risk, and that I have properly registered through the WMA affiliate of my country of citizenship or if multiple citizenships, have registered through the WMA affiliate for which I last competed in a WMA Championship. Furthermore I relieve the organizers of any liability for any injury, loss or damage to myself or to my property that I may sustain in the course of the XIX WMA World Masters Athletics Championships Stadia. I acknowledge that any action taken against me by a Safety Judge, a Safety Deputy, a Medical representative, or a Technical Judge in the exercises of their duties shall not give rise to any action, claim, appeal or protest by me against the Safety Officer, Safety Deputy, Medical representative, the Technical Judge, the Local Organizing Committee, USATF, IAAF or the World Masters Association or its council members.

6. DRUG TESTING AND DISCLAIMER CONSENT

I, the undersigned, being a competitor of XIX WMA World Athletics Championships in Sacramento, hereby give my consent to be subject to any drug testing requirements at the said Championships and agree to the disclaimer clause in section 5 AND 12.

7. AGREEMENT FOR USE OF ENTRY DATA AND MEDICAL DATA IN DATABASE

I also as entrant agree to allow WMA to hold my entry detail and medical data in the WMA Registration Database, to be used by WMA to provide me with my unique Masters Registration Card as in the entry guidelines and for emergency medical treatment and to contact me through WMA, the Regional Association or the LOC for this championship only.

8. CORRECTIONS

I certify that all the provided information is correct and none has been omitted. I also certify that any new medical problem, event or complication that occurs after the submission of this form will be communicated to the medical services office of the LOC. I also certify that my medical problem has been evaluated by a Medical Doctor who has established that my health status permits me to compete in the XIX WMA World Masters Athletic Championship Stadia

DATE

ATHLETE'S SIGNATURE

Residential Qualification since ____/____/____

New athletes entries must be accompanied by a copy of the entrant's birth certificate or of his identity card as evidence for the date of birth.



ATHLETE ENTRY FORM

PAGE 3

CLOSING DATE FOR ENTRIES: 24.04.2011

FOR PAPER ENTRIES ONLY, the Affiliate must send all entries and payments to the Sacramento LOC

WMA 2011 LOC
Attn: Entry Registration
1030 15th Street, Suite 200. SACRAMENTO, CA 95814 USA

CERTIFICATION OR STAMP OF NATIONAL MASTERS AFFILIATE BODY

DATE SIGNATURE

9. ENTRY SYSTEM

All entries of athletes affiliated to WMA are to be sent to the National Masters National Association/Federation of their country. Entries will not be accepted without validation. Entrants from countries which are not affiliated with WMA may be accepted only with the approval of WMA. Entries for new athletes not competing before in a WMA Championship must be accompanied by a photocopy of the participant's birth certificate or passport as proof of the athlete's date of birth. Affiliates must confirm any change of Citizenship or Residential qualification. Anyone getting a credential of any kind must present a passport or a government issued identification card with picture to pick up their credential when they arrive in Sacramento.

10. DEADLINE FOR ENTRIES

The closing date for entries will be 24th April 2011. The Affiliate must send all entries and payments to the Sacramento LOC. by the 24th April 2011. No entries will be accepted after this date.

11. PAYMENTS

Payments shall be made to the National Masters Association/Federation of your country by bank transfer or credit card not later than 24th of April 2011. You are required to attach a copy of the proof of payment with your entry form.

12. Drug Testing

THE LOC will conduct drug testing under the WMA/IAAF Doping Rules and Regulations. Competitors must declare medication(s) being used on the doping control form when selected for drug testing. Any athlete using a prohibited substance in terms of the Regulations, must apply for an exemption to the WMA Doping and Medical Committee. If an exemption is refused the prohibited substance(s) concerned may not be used and should you be selected for testing and the test proves positive this may result in a suspension. (Please note that no other medical certificate(s) will be accepted in substitution for a TUE certificate.) If you are granted a TUE exemption certificate, this must be with you at all times along with proof of identification and be produced at the Doping Control Center if you are selected for a drug test. Details of prohibited substances and all Doping procedures are included in the Guidelines Booklet that is available on the IAAF, your affiliated IAAF Federation and WMA Website. See also Doping Control section later.



ATHLETE MEDICAL FORM

NAME: _____

COUNTRY: _____ SEX: M ☐ F ☐

THIS SECTION IS OPTIONAL AND PRIVATE PERSONAL INFORMATION TO BE REVIEWED ONLY BY QUALIFIED MEDICAL PERSONNEL

This information will assist us in providing medical care to the athletes and especially to athletes with serious medical conditions.

Are you receiving treatment at present for any medical condition? ☐ Yes ☐ No

Are you allergic to anything (medication, food, insect bites etc.)? ☐ Yes ☐ No

Have you ever been in treatment or had medical problems of any kind? ☐ Yes ☐ No

☐ Heart Problems

☐ Heart Stroke

☐ Lung Problems

☐ Loss of Consciousness/dizziness

☐ Kidney Problems

☐ Low or high blood sugar (Diabetes)

☐ Liver Problems

☐ Recent Surgery or significant injury or any other medical problems.

Explain: _____

MEDICAL DATA QUESTIONS

☐ Allergies. Which? _____

☐ Heart

☐ High Blood Pressure

☐ Angina/Chest Pain

☐ Myocardial infarct/heart attack

☐ Coronary artery disease

☐ Abnormal heart rhythm

☐ Pacemaker

☐ Heart Valve abnormality

☐ Heart Surgery

☐ Bypass artery

☐ Valve Replacement

☐ Congenital Heart Failure

☐ Any others

☐ Diabetes

☐ On Insulin

☐ On other diabetes medication

(Please list) _____

☐ Hypoglycemic (low blood sugar)

☐ Lung Problems

☐ Asthma

☐ Emphysema

☐ Any others:

☐ Kidney Disease Problems

☐ Osteoporosis

☐ Liver Disease Problems

☐ Major Injuries

☐ Neurological Problems

☐ Blood Problems

☐ Leukemia

☐ Platelet Elevation

☐ Low Platelet

☐ Infectious Disease

Any other significant medical problems or recent Surgery
Who is your treating: Medical Doctor & Address, Telephone, and
Email:

Please provide emergency contact in the event of a severe medical
occurrence: _____

Medications (list and dosage) _____

I agree to ____ accept ____ reject medical treatment in the case of an injury during the competition

I certify that all the provided information is correct and none has been omitted. I also certify that any new medical problem, event or complication that occurs after the submission of this form will be communicated to the medical services office of the LOC. I also certify that my medical problem has been evaluated by a Medical Doctor who has established that my health status permits me to compete in the XIX WMA World Masters Athletic Championship Stadia.

Date: _____ Signature: _____



Compañero formulario de inscripción/Formulaire d'enregistrement d'accompagnant/Die Anmeldeform für Begleitpersonen

PLEASE FILL IN ONE ENTRY FORM FOR EACH PERSON. USE SPACE AVAILABLE ONLY

1. PERSONAL INFORMATION

PERSONAL INFORMATION **INFORMACIÓN PERSONAL** **DONNÉES PERSONNELLES** **ANGABEN ZUR PERSON**

FAMILY NAME:

APELLIDO NOM DE FAMILIE NACHNAME

GIVEN NAME: [][][][][][][][][][][][][][][][] INITIAL: [] GENDER (M OR F): []
NOMBRE PRENOM VORNAME INITIAL INITIALE ANFANGSBUCHSTABE SEXO SEXE GESCHLECHT

ADDRESS: _____
DIRECCION ADRESSE ADRESSE

PROVINCE: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
PROVINCIA PROVINCE BUNDESLAND

CITY: STATE: ZIP CODE:

COUNTRY: (see Country Codes on preceding page) (referirse a los códigos de país en la página previa) (regarder les indicatifs sur la page précédente) (siehe länderkennung auf vorhergehender seite)

TELEPHONE: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
NÚMERO DE TELÉFONO **TELÉPHONE** **TELEFON**

FAX: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []

DATE OF BIRTH: / /
FECHA DE NACIMIENTO DAY MONTH YEAR
DATE DE NAISSANCE **GEBURTSDATUM**

[illegible]

2. FEES

Official Results Booklet

Official Results CD

Official Results Adobe (e-mails)

Official Championship DVD

Athlete Party (includes food, beverage and entertainment)

Accompanying Person (Children over 12)
(includes transportation to facilities and competition booklet)

Accompanying Children under 12
(includes transportation to facilities and competition booklet)

SUBTOTAL (REQUIRED)

TOTAL

FEE, US \$		#	TOTALS
\$26.25	X		
\$11.25	X		
\$6.25	X		
\$36.25	X		
\$51.25	X		
\$46.25	X		
\$21.25	X		

WMA 2011 LOC
Attn: Entry Registration
1030 15th Street, Suite 200
SACRAMENTO, CA 95814 USA

Entry Fees • Prix D'entrée • Tarif D'inscription • Eintrittspreise

Description	Price
Registration Fee • Cuota de inscripción • Frais d'inscription • Registrationsformular	US \$66.25 per Athlete
Event Fee • Cuota de event • Frais d'épreuve • Disziplingebühr (except Combined Events and Marathon), (excluye eventos combinados y maratones), (sauf Épreuves combinées et Marathon), (exklusive Mehrkampf und Marathon)	US \$36.25 each event
Heptathlon, Decathlon, Throw Pentathlon Heptatlón, Decatlón, Lanzamiento pentatlón Héptathlon, Décathlon, Pentathlon du Lancer Siebenkampf, Zehnkampf, Wurf-Fünfkampf	US \$66.25 each event
Marathon • Maratón • Marathon • Marathon	US \$51.25 each event
WMA Anti -Doping Control (mandatory if competing athlete) Cuota por control de Anti-Doping de WMA(obligatorio para competidores) WMA contrôle du dopage (obligatoire, si vous êtes un athlète en compétition) WMA Anti Dopingkontrolle (obligatorisch wenn Teilnehmer)	US \$6.25 per Athlete

Optional Fees • Cuotas optativas • Les Frais facultatifs • Optionale Gebühren

Description	Price
Results Booklet • Folleto de resultados oficiales • Livret de résultats • Ergebnisse Heft	US \$26.25 per copy
Results on CD • Disco compacto de resultados oficiales • CD des résultats Ergebnisse auf CD	US \$11.25 per copy
Results on Adobe • Resultados oficiales en Adobe • Adobe de résultats officiels Ergebnisse als Adobe Dokument (emailed), (por correo electrónico), (par email), (per e-mail)	US \$6.25 per copy
Official Championship DVD • DVD de resultados oficiales DVD du championnat officiel Offizielle Meisterschafts DVD	US \$36.25 per copy
Athlete Party • Fiesta de atletas • Fête des athletes • Sportler Party (includes a buffet dinner, beverage, & entertainment), (incluye comida, bebidas y entretenimiento) (incluant la nourriture, la boisson, et le divertissement), (beinhaltet Buffet, Getränke und Programm)	US \$51.25 per person
Accompanying Person (Children over 12) Acompañante adulto (niños mayores de 12 años) • Personne accompagnante (enfants plus de 12 ans) Begleitende Person (Kinder über 12) (includes local transportation to facilities and competition booklet) (incluye transporte a /de las instalaciones y el folleto de competición) (incluant le transport local aux facilitiées et le livret de compétition) (inklusive Beförderung zu den Anlagen und Wettkampfheft)	US \$46.25 per person
Accompanying Children under 12 • Acompañante niños menores de 12 años Enfant accompagnant de moins de 12 ans • Begleitende Kinder unter 12 (includes local transportation to facilities and competition booklet) (incluye transporte a/de las instalaciones y el folleto de competición) (incluant le transport local aux facilitiées et le livret de compétition)	US \$21.25 per person

WMA AFFILIATES MUST ENTER ALL DATA IN THE ONLINE SYSTEM AND ADDITIONALLY SEND ALL ENTRIES AND FEES TO THE FOLLOWING ADDRESS:

WMA 2011 LOC Attn: Entry Registration
1030 15th Street, Suite 200
SACRAMENTO, CA 95814 USA
Email: info@wma2011.com

Bank

Funds can be sent electronically or by credit card.

Account Name: Sacramento Region Sports Education Foundation

Account Number: 0148971521

SWIFT Code: BOFAUS3N

IBAN #: **Not Needed**

Wire #: 026009593

Bank Address: Bank of America

9 Park Center Drive

Sacramento California 95825

USA

Contact Info: World Masters Athletics

1030 15th St Suite 200

Sacramento California 95814

USA

Email: info@wma2011.com

CAnCELLATIOn cOnDITIOnS

There will be no refund of any fees for any reason.



Anti-Doping Control

The doping regulations of WMA will be followed in Sacramento. All athletes must be aware that doping is not allowed and violators will be suspended from competition.

The attention of WMA athletes is drawn to the fact that WMA observes strictly the IAAF Anti-Doping Rules and Code as governed by the WADA Code. WMA, through the Sacramento LOC has engaged the services of the United States Anti-Doping Agency to undertake drug testing as part of the WMA Stadia Championships. Drug testing will be conducted under the IAAF/WMA Rules that comply with the provisions of the World Anti-Doping Agency (WADA). Athletes competing in any WMA Championship event, by their signature on the entry form, acknowledge that they are fully bound by these Rules and Codes and any applicable prevailing Anti-Doping legislation in the Country hosting these Championships.

This means athletes taking or requiring exemption for a prohibited substance, must apply to the WMA Medical Officer (Dr Pier Luigi Fiorella) for a TUE exemption (I 40068 San Lazzaro, Bologna, Italy and maipierluigi.fiorella@tin.it). If you are granted a TUE certificate, this must be with you at all times, along with proof of identification, and be produced at the Doping Control Center if you are selected for a drug test.

Failure on the part of the athlete to provide a valid TUE after testing positive to a prohibited substance may well render the athlete liable to being suspended from competition and forfeiting any awards received if found guilty of committing a doping offence at a hearing pursuant to the provisions of the Disciplinary Procedures as prescribed in IAA Competition Rule 38 as read with Rules 39 and 40, alternatively in the WADA Anti-Doping Code or the Anti-Doping Rules of the host country.

For athletes wishing to apply for a TUE to the WMA Medical Officer as designated in the entry form, must submit written application to this officer at least 28 days prior to the commencement of the Championships. The designated Medical Officer is Mr. Pier Luigi Fiorella, (I 40068 San Lazzaro, Bologna, Italy and email pierluigi.fiorella@tin.it).

All such applications are to be fully supported by medical documentation setting out the existing medical conditions and the need for the use for the prohibited substance. The provisions of Rule 34(5) must be followed irrespective of to whom the athlete submits the TUE application.

Testing Procedures

The selection of athletes for testing is generally randomly made and any athlete regardless of their age and sex and the type of event in which they are participating may be chosen. The protocol established by WADA is strictly adhered to in the testing of all athletes.

If you are selected for a test you will be advised of this fact by a drug testing official who will be clearly identified and accredited as part of the testing team. You will be informed of your selection to undergo a drug doping test and the drug testing official will then escort you to the testing control area. The testing procedure will be fully explained to you and you may request information on any matter about the drug testing procedure.

Athlete's Rights

An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official who advises you of the selection will then remain with you until such time as you are presented at the testing control area. You may nominate another person (one only) to accompany you to the drug testing process.

With the consent of your drug testing official, and at all times in full view of the official, you may:

- Attend a victory ceremony
- Compete in future events
- Receive necessary medical attention
- Fulfill media commitments
- Warm down (cool off) or recuperate

Athlete's Responsibilities

It is the athlete's responsibility to ensure that the following is done during the sample collection process:

You are aware of and comply with the IAAF/WMA/WADA doping control regulations 33

You comply with the drug testing procedure

You control the urine sample until it is sealed in the sample collection kit

The sealed sample collection kit is secured and identified

All appropriate documentation is accurate, complete and signed

Note: If any part of the drug testing procedure concerns you it is recommended that you record your concern on the drug testing form and notify your Team Manager or Federation.

If you have been granted a TUE (abbreviated) you should provide details on the drug testing form. This Certificate should be with you at all times when competing.

Test Results and Sanctions

If your test result is negative you will hear nothing further.

If your test sample 'A' returns a positive result you will be immediately contacted and given the opportunity to provide an explanation and to have the 'B' sample tested (at your expense). You may waive your rights to supply this information or to have the 'B' sample tested.

It should be noted that should you be selected for a test and do not comply with a request to provide a sample that sanctions may be applied.

Note: The LOC does not conduct hearings or apply sanctions. Positive tests will be reported to your National Federation/Association for their follow up within the provisions of the Anti-Doping Rules. In some circumstances the WMA will be responsible for this process.

For further information on doping control, please visit www.masters-athletics.org. WMA's Web site provides information about the necessary documentation and procedures in case athletes are using medication for an illness.

Medical Services

First aid services will function during the competition days from 1 hour prior to the start and 1 hour after the end of the last competition. First aid services will only be available when there is scheduled competition at a venue. Treatment sites include each of the venues when they are open. The hours will be from one hour before the competition or practice begins each day until 1 hour after the last event or scheduled closure.

Massage, physiotherapy and chiropractic services will be offered for sale and individual Affiliates' massage and physiotherapy personnel will be located on the main floor of the Recreation and Wellness Center.

There will be an on-call Doctor for emergencies available 24 hours daily for emergency requests. The number for emergencies is 911.

There are several major hospitals, UC Davis Medical Center, Sutter General, Mercy and Kaiser Permanente, within a few kilometers of each of the facilities. There will be a trauma room set up in the Recreation and Wellness center as well as access to ambulances at each of the sites when events are being held. All athletes are responsible to pay for all hospital and medical treatment and doctor prescribed drugs beyond the first aid in the immediate competition area.

It is recommended that athletes and other tourists check that their medical insurance covers travel and accidents in the United States.

Please refer to www.wma2011.com for news and updates as the 2011 WMA Championships draw nearer.

Visa Information

Sacramento's organizing committee looks forward to having athletes from all over the world join us for the 2011 WMA Championships. Depending on the country or residence and passport status, athletes may need a visa (or qualify for a visa waiver) to enter the United States. We realize that obtaining a visa is time consuming, but our goal is to make the process as easy as possible by providing sufficient resources to determine the proper documentation needed in each athlete's situation. Visas must be obtained before you enter the U.S. They are not available at airports or other points of entry. Enter early so you have your confirmation of athlete status available when you submit your visa application as it is required in many cases.

The chart below references the current countries (as of May 2010) where qualified visitors can enter the U.S. without a visa. Most Canadian citizens do not require a visa. Due to the strict entry procedures enacted by the United States, it is one of the safest countries in the world to visit.

There are various types of nonimmigrant visas for temporary visitors to travel to the United States. Contact the U.S. embassy or consulate in your country to make sure you are applying for the correct visa. (For a list of U.S. embassies, see <http://www.usembassy.gov>)

In most cases, the correct visa application for athletes competing in the 2011 WMA Championships is Visa Types for Temporary Visitors (B-1). The correct visa application for families is B-2. See http://travel.state.gov/visa/temp/types/types_1265.html for more information on visa types. The U.S. Department of Homeland Security began accepting Electronic System for Travel Authorization (ESTA) applications on August 1, 2008. ESTA is a free, automated system used to determine the eligibility of visitors to travel to the United States under the Visa Waiver Program. ESTA applications may be completed online at <https://esta.cbp.dhs.gov/>. ESTA applications may be submitted at any time prior to travel. An ESTA authorization generally will be valid for up to two years. Authorizations will be valid for multiple entries into the United States. ESTA applications should be submitted as soon as an applicant begins making travel plans.

For information on the Visa Waiver Program, visit http://travel.state.gov/visa/temp/without/without_1990.html. As of June 2009, 35 countries participate in the Visa Waiver Program:

Andorra	Iceland	Norway
Austria	Ireland	Portugal
Australia	Italy	San Marino
Belgium	Japan	Singapore
Brunei	Latvia	Slovakia
Czech Republic	Liechtenstein	Slovenia
Denmark	Lithuania	South Korea
Estonia	Luxemburg	Spain
Finland	Malta	Sweden
France	Monaco	Switzerland
Germany	Netherlands	United Kingdom
Hungary	New Zealand	

Useful facts

Currency: U.S. dollar.

Money Exchange: Is possible at most major international airports. Money exchange at local banks is limited. Most banks and many stores have automatic teller machines which allow withdrawal of dollars 24 hours a day. They accept most major credit and debit cards. Major credit cards are accepted at most stores and restaurants.

Restaurants: Most are open daily although a few may be closed Mondays. Dinner hours are usually from 1700 to 2200 although many fast food restaurants have late or 24 hour drive-up windows.

Shops: General hours are 0900 to 1700 although many grocery stores are open 24 hours and some malls till 2100. Many stores are open from 0900 to 1800 on Sundays.

Tap Water: Is clean and fresh and is safe directly from the tap.

Electricity: Is 120 volt, 60 cycles so converts are necessary for many foreign travelers.

Time Zone: Pacific Daylight Time. It is 9 hours behind of Greenwich Mean Time or three hours behind New York City.

Language: The primary language is English. Spanish remains widely spoken throughout the state, and many government forms, documents, and services are bilingual (English and Spanish). Forty percent of California residents speak a language other than English at home.

Weather: Sacramento enjoys a Mediterranean climate with mild year-round temperatures. Summers are dry with little humidity and an abundance of sunshine. The average temperature in July is 88 degrees Fahrenheit (31 Celsius). It virtually never rains in July – the average rainfall for the month is 0.1 inches.

Phone: US country code is 1. Local area code is 916. Calls outside the Sacramento area have different area codes which can be found in the front of the telephone directory.

International Call: 011+country code + city code + phone number.

Cell Phones: Are widely used and reception should be good at all locations. The US uses both GSM (Global System for T-Mobile Communication) and CDMA (Code Division Multiple Access) protocols. T-Mobile and AT&T use GSM and Verizon and Sprint use CDMA. Compatibility can sometimes be a problem. In the Sacramento area both types are used. To reach numbers within the United States or Canada dial 01 + area code + phone number.



MAIN EVENT VENUES



DISTANCES TO VENUES, HOTELS AND AIRPORT

Sacramento State to Sacramento International Airport – 15 miles/24km

Sacramento State to Hughes Stadium – 5 miles/8km

Sacramento State to American River College – 9 miles/14km

Sacramento State to Land Park (race walk) – 5 miles/8km

Sacramento State to Granite Regional Park (cross country) – 2 miles/3km

Sacramento State to downtown hotels – 4 miles/6.5km

Sacramento State to Point West hotels – 3.5 miles/5.5km

Sacramento State to Rancho Cordova hotels – 7 miles/11km

STADIA

Sacramento will offer WMA entrants three outstanding venues, each of which has hosted top-level competition. The facilities are located within 15 kilometers of each other and all are within walking distance of light-rail transportation systems.

Primary Venue: A. G. Spanos Sports Complex

Sacramento State will serve as the main venue for the Championships, including most field events. It is located just off US highway 50 just east of downtown Sacramento on the American River. The site of two U.S. Olympic Track & Field Trials and four NCAA Division I Championships features a nine-lane Mondo Sportsflex track and an adjacent 400-meter warm-up track. The surface is friendly to sprinters and distance runners alike; at the 2000 U.S. Olympic Trials, women's U.S. records were set in the 100-meter hurdles and the 5,000-meter run. The stadium seats 22,000.

Secondary Venue: Hughes Stadium

The second facility, Sacramento City College's Hughes Stadium, will be used primarily as a distance race facility (5000m and 10,000m as well as 5000m track race walk. It will also be used for several decathlons the first two days. Hughes Stadium was the site of the 1995, 1981 and 1968 USA Outdoor Championships and the site of many California State High School and Junior College Championships. It seats about 22,000. It has a 9 lane 400m Rekortan track as well as two high jump, bi-directional Long/Triple jump and Pole Vault venues plus individual independent shot, javelin and discus/hammer venues. It is located on the light rail system with a station just behind the track. It is about 9 km (5 miles) from the main track at CSUS.

Practice Venue: Beaver Stadium

The third facility for the 2011 WMA Championships is Beaver Stadium on the American River College campus. Beaver Stadium will be used primarily as a practice facility during the 12-day competition. It will also be used for several decathlons the first two days and several weight pentathlons. Accessible by freeway or light rail, Beaver Stadium has an all-weather Rekortan track (10 lanes on the straightaway, nine lanes around the curves). The stadium seats 5000.

A. G. Spanos Sports Complex





Non-Stadia

American River Parkway

The WMA marathon will be held over five loops on the three-meter-wide asphalt trail along the American River Parkway. This was the site of the 1981 U.S. National 20k Championship. The flat, tree-lined course starts and ends on the Sacramento State campus near the primary stadium. The WMA marathon will be staffed by officials who have worked the California International Marathon for 27 years.

Granite Regional Park

Located less than a mile from the A.G. Spanos Sports Complex, Granite Regional Park is recognized as one of the top cross country courses in the United States. The course is fast and shaded. Ducks, doves and quail are plentiful. Contestants will race on dirt trails through a limited wooded area. Meet management will be provided by the Pacific Association of USA Track & Field, which has conducted nine U.S. national cross country championships.

Land Park (Road Race Walk)

The course for the road race walk events is in William Land Park on tree-shaded streets, adjacent to Sacramento City College's Hughes Stadium. The course is flat, and each lap will be 1.5 kilometers.



California Attractions Map

2011

WORLD MASTERS ATHLETICS
CHAMPIONSHIPS
SACRAMENTO • CALIFORNIA

DAY TRIPS			
DESTINATION	DRIVE TIME	MILES	KM
Auburn	0:38	36	58
Carmel	3:00	190	305
Carson City	2:37	166	267
Clear Lake	1:43	100	161
Coloma	1:05	54	87
Fort Bragg	3:53	189	304
Fresno	3:11	177	285
Gilroy	2:13	146	235
Jackson	1:23	48	77
Lincoln	0:40	33	53
Lodi	0:51	42	68
Monterey	2:54	186	300
Murphys	2:14	90	145
Napa/Sonoma	1:12	65	105
Placerville	0:56	45	72
Red Bluff	1:57	130	209
Redding	2:25	161	260
Reno	2:00	134	216
San Francisco	1:31	87	140
San Jose	1:54	124	200
Santa Rosa	1:40	103	166
South Lake Tahoe	2:10	103	166
Sutter Buttes	1:06	66	106
UC Davis	0:18	15	24
Vallejo	1:00	58	93
Virginia City	2:36	160	257
Woodland	0:23	19	30
Yosemite	3:52	167	269



Gateway to **California**

If you're looking to stretch your legs and leave town for a day or two when you come to the 2011 WMA Championships, Sacramento is a jumping-off point for some of the most spectacular scenery in the world.



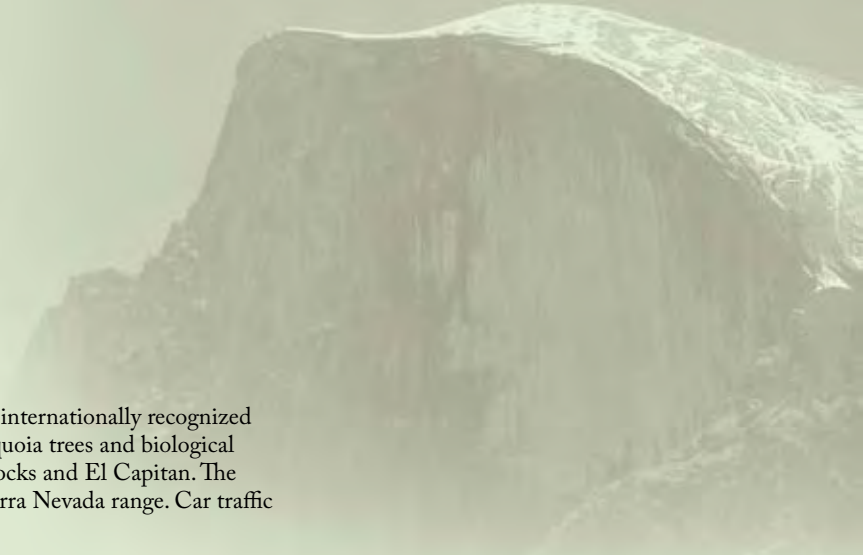
San Francisco

One of the world's most scenic cities is located just 90 miles (145 km) west of Sacramento. San Francisco is the financial, cultural and transportation center of the San Francisco Bay Area, a region of more than 7 million people. Iconic landmarks include cable cars, the Golden Gate Bridge, Fisherman's Wharf and Chinatown. San Francisco's summer temperatures are considerably cooler than Sacramento's.



yosemite national Park

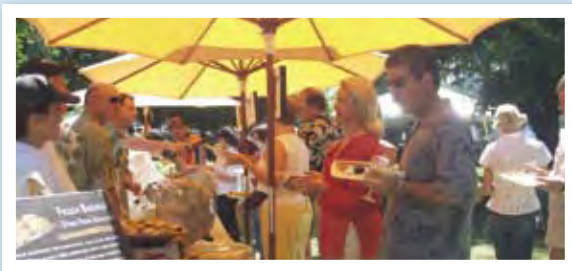
Designated a World Heritage Site in 1984, Yosemite National Park is internationally recognized for its spectacular granite cliffs, waterfalls, ice-clear streams, Giant Sequoia trees and biological diversity. Park sights include Yosemite Falls, Half Dome, Cathedral Rocks and El Capitan. The park is located 175 miles (280 km) southeast of Sacramento in the Sierra Nevada range. Car traffic in the park is restricted, so make sure to plan ahead.



Lake Tahoe

The largest alpine lake in North America was called the “fairest picture the whole earth affords” by author Mark Twain. Lake Tahoe is known for the clarity of its water, the panorama of surrounding mountains on all sides – and picture-perfect summer weather.

Located 100 miles (160 km) east of Sacramento on the California-Nevada border, Lake Tahoe features spectacular recreational opportunities and vibrant night life. The Nevada side of the lake has numerous casinos and hotels.



napa Valley

The Napa Valley region produces some of the world’s finest wine. Located just an hour’s drive west from Sacramento, the Napa Valley features more than 300 wineries and grows many grape varieties, including Cabernet Sauvignon, Chardonnay, Merlot and Zinfandel. Napa Valley is visited by as many as five million people each year and offers golf and ballooning opportunities in addition to incomparable wine-tasting.

Gold country, California Delta and white-water rafting

California Gold Rush towns such as Coloma, Angels Camp, Placerville, Sutter Creek, Jackson, Auburn, Columbia, Nevada City, Grass Valley and Sonora offer a trip back in time. Each is within easy driving distance of Sacramento.

The California Delta is an intriguing labyrinth of waterways that flow into the San Francisco Bay. With 1,000 miles (1,600 km) of meandering channels, rivers, sloughs and cuts, this fresh-water system offers an abundance of water activities in a languid setting. For a complete list of events and activities in the Delta, visit www.californiadelta.org.

For more information about California tourism, visit www.visitcalifornia.com.



Another Gold Rush *for* **Sacramento**

Sacramento is the capital of California, the most populous of the 50 United States. The city's modern history began in 1839, when a Swiss pioneer named Johan Augustus Sutter settled at the confluence of the American and Sacramento rivers. The discovery of gold in 1848 just 40 miles (64 km) east put Sacramento on the map overnight.

Sacramento is located 90 miles (145 km) northeast of San Francisco. The city has 460,000 residents; the greater metropolitan area has a population of 1.9 million. There are approximately 12,000 hotel rooms in the Sacramento region.

For more information about Sacramento, visit www.discovergold.com.



Getting to and getting around in Sacramento

Air Travel:

Sacramento International Airport (SMF) provides nonstop service to over 40 U.S. cities in the United States and the world through some 14 major carriers and one commuter airline. Open 24 hours a day, 365 days a year, SMF has demonstrated its strength by recently adding new air carriers (Mexicana, Frontier, Hawaiian, JetBlue, ExpressJet, and Air Canada) to its roster. California's capital city, Sacramento International Airport (SMF) is a gateway to Northern California destinations and major cities across the United States such as Atlanta, Baltimore, Chicago, Cincinnati, Cleveland, Dallas, Denver, Guadalajara, Honolulu, Houston, Kansas City, Las Vegas, Los Angeles, Minneapolis, Newark, New York City, Omaha, Orange County, Phoenix, Portland, St. Louis, St. Paul, Salt Lake City, San Diego, San Francisco, Seattle, and Washington, DC. There are

- 20-23 daily flights to Los Angeles
- 10 daily flights to New York City – John F. Kennedy
- 29 daily flights to New York City – Newark
- 21 daily flights to Washington, DC – Dulles
- 13 daily flights to Washington, DC – National
- 26 daily flights to Chicago – Midway
- 32 daily flights to Chicago – O'Hare

Sacramento International Airport is a convenient 12 miles (20 km) northwest of downtown Sacramento on Interstate 5. In addition to the new carriers mention above SMF is serviced by Alaska Airlines, American Airlines, Continental Airlines, Delta Airlines, Northwest Airlines, Southwest Airlines, United Airlines/United Express and US Airways.

For more information, visit www.sacairports.org/int.

There are other major airports within two hours of Sacramento: San Francisco, San Jose, Oakland and Reno. Transportation from those airports is available by van, bus, automobile and train.

Airport Transportation to Accommodations:

There will be a WMA Welcome Desk at each terminal near the luggage pickup area when you arrive from 9 am to 9 pm from July 4th to July 11th to help you with transportation and directions. Transportation to downtown and other WMA hotels is available by taxi, van or private car. You can also book van service from Sacramento International Airport online with SuperShuttle. Go to www.supershuttle.com. Call 1-800- Blue Van when you arrive. If you prefer a private ride choose a taxi at approximately \$30 to downtown or ExecuCar. Go to www.execucar.com or call 1-800-410-4444.



Automobile Travel:

Sacramento is accessible from all directions by major freeways. Interstate 80 and Highway 50 run east-west while Interstate 5 and Highway 99 run north-south. Parking at most of the hotels is free. See websites for your hotel of choice concerning parking. Parking at each of the major tracks is readily available and free as part of your entry fee. A parking permit is required for those staying at Sacramento State dorms.

Hotel to Track Transportation:

Of particular interest to WMA participants is Sacramento's outstanding light rail transit service. Your WMA credential will allow you to have unlimited access to all Sacramento's Regional Transit bus and Light Rail services. There are light rail stations within walking distance of several venues being used for the 2011 WMA Championships. If you book a designated WMA hotel, you will be a short to medium walk to either a Light Rail or Regional Transit bus stop. Each WMA designated hotel will have individual instructions on the best route to each of the competition and practice venues. From the main competition venue at Sacramento State you will be able to transfer to the secondary track at Sacramento City College or to the practice track at American River College. Further details about transfers will be available in the competitor's handbook which will be given to you upon arrival and will be available on **www.wma2011.com** in the spring of 2011. Please refer to the following map for proximity from your WMA hotel to the various venues.

Accommodations

Each of these hotel areas has light rail access and bus service. Athletes can book with these hotels immediately. Visit **www.wma2011.com** for hotel and housing information. The Downtown hotels are situated close to the Old Sacramento, the state Capitol, a major shopping center, theaters, museums and restaurants. The Point West hotels offer free parking and shuttles to the main venues and are located next to the Arden Mall shopping center and its many restaurants. The Rancho Cordova hotels are on the light rail line to the east of the main competition venue. The Rancho Cordova hotels also offer free parking a wide selection of restaurants. The advantage of these hotels is that their reasonable rates are fixed and employ personnel that will be knowledgeable about transportation and WMA activities.

Unlike some of the recent WMA Championships, you will be able to make your own reservations online. There is no need to go through a central booking agency. Other hotels will be added to the list as the room blocks in these reserved hotels fill up.





\$ = under \$50
 \$\$ = \$50-75
 \$\$\$ = \$76-100
 SSSS = \$101-150

DOWNTOWN

HOLIDAY INN CAPITOL PLAZA
 300 J St., (916) 446-0100, holidayinnsacramento.com

EMBASSY SUITES
 100 Capitol Mall, (916) 326-5000, essacramento.com

CITIZEN HOTEL
 926 J St., (916) 447-2700, citizenhotel.com

CLARION DOWNTOWN
 700 16th St., (916) 444-8000
 clarion-mansion-inn.pacificahost.com

HOLIDAY INN EXPRESS DOWNTOWN
 728 16th St., (916) 444-4436
 holiday-inn-express-sacramento.pacificahost.com

POINT WEST

DOUBLETREE HOTEL
 2001 Point West Way, (916) 929-8855, doubletree.com

RED LION
 1401 Arden Way, (916) 922-8041, redlion.rdl.com

HILTON SACRAMENTO - ARDEN WEST
 2200 Harvard St., (916) 922-4700, hilton.com

LARKSPUR LANDING
 555 Howe Ave., (916) 646-1212, larkspurlanding.com

COURTYARD BY MARRIOTT CAL EXPO
 1782 Tribute Rd., (916) 929-7900, courtyardsacramento.com

	NUMBER OF ROOMS	RATING	AVERAGE PRICE PER NIGHT	RESTAURANT	BREAKFAST INCLUDED	FITNESS CENTER	POOL	KITCHENETTE	WIRELESS INTERNET (FREE/\$)
359	★★★★	\$\$\$	Y	Y	Y	Y	N	Free	
242	★★★★1/2	SSSS	Y	Y	Y	Y	N	Free	
198	★★★★1/2	SSS	Y	N	Y	N	N	\$	
103	★★★★	\$\$	N	Y	N	Y	N	Free	
132	★★★★1/2	\$\$	N	Y	Y	N	N	Free	
448	★★★★1/2	SSS	Y	N	Y	Y	N	\$	
376	★★1/2	SSS	Y	N	Y	Y	N	Free	
331	★★★1/2	SSS	Y	N	Y	Y	N	Free	
124	★★★★	SSS	N	Y	Y	N	Y	Free	
152	★★★★	SSS	N	Y	Y	Y	N	Free	



\$ = under \$50
 \$\$ = \$50-75
 \$\$\$ = \$76-100
 \$\$\$\$ = \$101-150

POINT WEST, (CONT'D)

FAIRFIELD INN CAL EXPO
 1780 Tribute Rd., (916) 920-5300, fairfieldinnsacramento.com

COMFORT INN & SUITES
 21 Howe Ave., (916) 379-0400;
 comfortinn.com/hotel/CA644?promo=bingsmap

RADISSON HOTEL
 500 Leisure Ln., (916) 922-2020, radisson.com/sacramentoca

GOOD NITE INN
 25 Howe Ave., (916) 386-8408, goodnite.com/sacramento

RANCHO CORDOVA

Sacramento Marriott Rancho Cordova
 10683 White Rock Road., (916) 638-3800;marriott.com

Hotel Sierra Rancho Cordova
 11260 Point East Drive., (916) 638-4141. hotel-sierra.com

Fairfield Inn Rancho Cordova
 10745 Gold Center Drive., (916) 858-8680, marriott.com

Hyatt Place Rancho Cordova
 10744 Gold Center Drive., (916) 635-4799,
 sacramentoranchocordova.place.hyatt.com

La Quinta Rancho Cordova
 11131 Folsom Blvd., (916) 638-1111, lq.com/lq/index.jsp

	NUMBER OF ROOMS	RATING	AVERAGE PRICE PER NIGHT	RESTAURANT	BREAKFAST INCLUDED	FITNESS CENTER	POOL	KITCHENETTE	WIRELESS INTERNET (FREE/\$)
74	★★1/2	\$\$	N	Y	Y	Y	N	Free	
68	★★1/2	\$	N	Y	Y	Y	N	Free	
306	★★★	\$\$\$	Y	N	Y	Y	N	Free	
102	★★	\$	N	N	N	Y	N	Free	
262	★★★1/2	\$\$\$	Y	N	Y	Y	N	\$	
59	★★★	\$\$\$	N	Y	Y	Y	Y	Free	
104	★★★	\$\$\$	N	Y	Y	Y	Y	Free	
128	★★★	\$\$\$	N	Y	Y	Y	N	Free	
30	★★1/2	\$	N	Y	Y	Y	N	Free	

Make hotel reservations with the click of a computer key

Hotel reservations can be made online at www.wma2011.com. Just click on the Accommodations/Transportation option on the menu to the left and follow the instructions.

The online Hotel booking page allows you to make reservations 24 hours a day and offers the following options:

- Viewing of all hotel options by date range or price range
- Ability to book individual rooms and how to book a group of rooms (5 or more)
- Detailed description of the properties, the room types as well as photos
- A map option that will indicate the hotels' locations and proximity to the venues
- Detailed transportation information on how to get to the venues from your chosen hotel
- Contact information if you have any questions about the process



Dormitories at Sacramento State University

The Sacramento Sports Commission has secured dorm rooms in the new American River Courtyard Apartment Style Suites. All suites are based on a first come first served basis. There are two types of Suites available:

2 bedroom, 2 bath double occupancy (2 people per room) sleeps 4. Includes linen: 1 pillow, 1 pillowcase, 1 blanket, 2 sheets, 2 towels, 1 washcloth, 1 small soap per person.

5 bedroom, 2 bath single occupancy (5 people per suite – 1 person per room). Includes linen: 1 pillow, 1 pillowcase, 1 blanket, 2 sheets, 2 towels, 1 washcloth, 1 small soap per person.

Parking permits vary depending on duration of stay. Various meal plans will be available upon arrival.

For information please contact info@wma2011.com or call the Sacramento Sports Commission at 916-808-2400.

Campgrounds and RV Parks

There will be no overnight RV parking allowed at any of the WMA 2011 venues. There will be no WMA transportation to and from these RV parks to the venues.

Cal Expo RV Park

1600 Exposition Blvd.

Sacramento, Ca. 95852

916-263-3187 www.calexpo.com/html/rv_park.asp

143 total spaces

\$35/ day or \$195/week. These prices are subject to change and are not guaranteed until the reservation is confirmed.

Full hook-ups, no cable, Laundry facilities, Showers & restrooms.

Sacramento West/Old Town KOA

3951 Lake Rd.

West Sacramento, Ca. 95691

916-371-6771 or 1-800-KOA-2747 www.sacramentokoa.com

\$45-\$47 per day. These prices are subject to change and are not guaranteed

Full hook-ups, cable, laundry facilities, showers and restrooms, pool.

www.wma2011.com



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