



**GO FOR GOLD**

### **Hello to fellow members from Judy & Harry**

We have been appointed your Team Managers for the World Masters Athletics Championships 2011 Sacramento – California

#### Judy Cooper

Masters Athlete since 1978 sprints ,throws  
Member and Committee person of QMA  
AMA Board member and Australian Entries Clerk  
Family: Tom, 2 children , granddaughter Ella  
Recreation: athletics , computer work, volunteer

#### Harry Giles

Masters athlete since 1976,sprints ,hurdles, jumps.  
Official :AA/QA official for track /jumps /throws.  
Coach: Member ATFCA Currently level 4(of 5) in sprints/hurdles/relays.  
Family : Janet. 2 sons:  
Recreation: athletics\_golf , fishing, painting(oil), travel



### **Most Important: Competition Uniforms and Clothing**



It is compulsory to wear the current Australian Uniform when competing. Merchandise available for purchase . Contact Hazel McDonnell 3206 3243 or email: [hazelmcd@bigpond.com.au](mailto:hazelmcd@bigpond.com.au)  
Uniforms are very short in supply, so please put this on top of your **TO DO** list.

## **WELCOME TO SACRAMENTO**

To enhance the 'team spirit' in Sacramento, an informal social event will be held for those interested in meeting other Aussie competitors away from the track/field, and thus make cheer squad support during competition more personal, as well as help better team networking. Come and put a face to all the Aussies names.

Moored on the river in the 'Old Sacramento' area is the paddle wheeler, the Delta king.

Among its social venues is the Delta Bar and Grill offering drinks and meals.

The current plan is to gather at 5.30 pm for meet and greet, followed by a meal for those who like the menu (own costs).

Go to [www.deltaking.com](http://www.deltaking.com) to check the venue and menu. The manager, Mr Charlie Coyne is keen to welcome us aboard.

Naturally he needs to know approximate numbers in advance for (a) drinks only and (b) drinks and dinner.

Your managers feel that Wed 6<sup>th</sup> July would suit most people, as it is the evening of the first day of competition. So it would be appreciated if anyone interested could peruse the website above then inform us of your preference (a) or (b).

To assist in this it would be really helpful to confirm to us if you would be keen to attend , that way we can advise you before you leave home and on the Notice Board

As in Lahti, your managers will arrange a departing social evening. Details will be on the Aussie team noticeboard in Sacramento a few days prior.

Looking forward to meeting everyone in Sacramento.

Your managers Judy and Harry

Email: Judy [jvcoop@bigpond.com](mailto:jvcoop@bigpond.com)

Harry: [jhgiles@hotmail.com](mailto:jhgiles@hotmail.com)

### **Information to make travelling easier:**

A little pre-planning can make your trip go a lot smoother. At least a week or two before your trip, make a list of what you'll need to take with you. You would have by now made sure your passport is current and that you have enough prescription medications to last through the trip. Any prescription drugs should be clearly marked and carried in a plastic bag, and you should carry a copy of the prescription or a letter from your doctor with you. The following general information about travelling to and around USA and other destinations will also help you prepare for a comfortable, hassle-free journey.

### **Travel Tips:**

Before traveling overseas **Register your travel and contact details online with the Australian Government Websites: [Smartraveller.gov.au](http://Smartraveller.gov.au)**

Make copies of your Passport details, insurance policy, traveler's cheques, visa and credit card numbers. Carry one copy in a safe separate place to the originals and leave a copy with someone at home. Leave a copy of your travel itinerary with someone at home

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

To help D V T [deep vein thrombosis) –DVT :

- Drink plenty of fluids (avoid alcohol and caffeine)
- While seated stretch your feet and lower legs.
- Walk around the cabin at regular intervals.
- Wear 'sportskins' while flying for added protection.

**We have been advised by WMA that booking your accommodation should be top priority .**

**Roy Skuse has been appointed as the AMA official Travel agent, contact Roy for information re your travel needs ,including accommodation**

### **Roy Skuse**

ONLINE SPORTS TOURS

[roy@netfares.co.nz](mailto:roy@netfares.co.nz)

Ph. (64-6) 8687700

Fax. (64-6) 8678366

PO Box 57

Gisborne. 4040

New Zealand

[www.onlinesportstours.co.nz](http://www.onlinesportstours.co.nz)

## Useful facts

### **Travel Requirements**

Under the Visa Waiver Program, Australian athletes and families travelling to the USA are required to apply for ESTA (Electronic System for Travel Authorization). ESTA is a required "travel permit;" it is not an actual US visa. ESTA Applicants must also have a valid machine-readable passport. The US government recommends that you apply for ESTA at least 72 hours prior to travelling to the US.

From 8 September 2010, a charge of \$14 for all ESTA applications will apply. Each ESTA is valid for 2 years or until the date of expiry on your passport, whichever is the earlier. Even if you already have an existing ESTA, you can apply for a new one at any time which will give you a longer period of validity. It is strongly recommend that you keep a copy of your ESTA approval with travel documents and for future reference.

You can apply for your ESTA online at the official website: <https://esta.cbp.dhs.gov> - please be aware of unofficial sites which are making additional charges for the service.

- ☺ 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 ours 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.
- ☺ Vacation Time: It is USA vacation period, so this may have some impact on your flights.

☹ 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.

**Baggage:** Heard a few stories re lost luggage, so consider carrying your competition gear and shoes in your carry on luggage. Place spikes in luggage, as they could go off in the security

### **Competition & Important News:**

- **ENTRIES CLOSE 24 April 2011. NO LATE ENTRIES ACCEPTED.**
- **CHAMPIONSHIP ON-LINE ENTRY PROCESS**
- WMA Council is pleased to advise a new initiative has been introduced which will now allow athletes to enter on-line for Sacramento. There are a number of key features to make this process easy for both the athlete and the National body confirming membership status.
- The system automatically identifies an athlete's age division based on the DOB they enter. This will help reduce errors in the entry database by ensuring athletes are in the correct division for their DOB. The system also helps to ensure accurate data by only allowing athletes to enter events that are contested in their age division. So, for example, an 80-year-old can't enter the 110m Hurdles, and a male can't enter the heptathlon. The system also is set up to accept dates and marks in the format of the user's native country. For example, for US athletes, the system will accept dates as m/d/yy, while for many other countries, the system will accept dates as d/m/yy.
- The system also has the ability to verify an athlete's membership status by electronically sending the athlete's name and DOB to the federation's membership system in real-time. As is typical for online entries, the system produces both an on-screen confirmation that athletes can print for their records, as well as an e-mail confirmation.
- **VERIFICATION OF ALL ENTRIES:**  
All athletes (paper or online) **MUST** complete the Verification papers, this information should include all details relating to contact back home, where you are staying, it is important that the Team managers have this information.
- The system allows athletes to purchase add-on items such as the athlete party, results book, shuttle service, and other items during the entry process. It will also allow an athlete to return at any time before the entry deadline to update their entry. For example, to add another event, or update their marks, or purchase a ticket to the athlete party, or even to correct misspellings or mistakes they noticed after they submitted their original entry.

- The online system collects payment at the time of entry. The system will also have the capability to charge a national body-specific fee to cover the cost of team managers and other administration costs.
- For those athletes who do not have internet access to undertake on-line registration, hard copy entry forms are available from the AMA International Entry Clerk and should be returned with the required payment for validation and registration

**Passing on A little tip:** for medical purposes

On the back of your chest number write your name and any medication that you may be taking and if there is an emergency while competing, the information is there for the medics.

**Team Notice Board**

An Australian Notice Board will be set up in the designated area. It is intended that one or both of the team managers will be at the Notice Board area at a set time each day. This is where you will see any important messages from us or you can leave messages to us or to your fellow athletes

**Opening Ceremony:**

**Tuesday 5<sup>TH</sup> July** . Australian uniform would look good, either track suit or competition gear or better still if you have the yellow long sleeve, aussies would really stand out.

**Athletes Party:**

**Thursday 14<sup>th</sup>** The *Athletes' Party* will be held at 19:00 at the Train Museum at Old Sacramento Transportation will be provided to and from the venue.  
Dress code smart casual

**Shuttle Buses:**

- Light rail transit system and buses will link all 3 key locations. Transportation fee of \$35 is **part of the registration package.**

**Medical Services**

- Full medical services will be available at the Technical Information Centre (Wellness Centre) – massage, physio, chiropractic.

**Collection of Registration Packet**

- Passport identity verification is required for collection of your registration packet.

**Technical Information's Centre – 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,	11:00	18:00
Tuesday 5 July,	10:00	21:00
Wednesday 6 July thru Saturday 9 July,	8:00	21:00
Sunday 10 July,	16:00	21:00
Monday 11 July thru Wednesday 13 July,	8:00	21:00
Thursday 14 July,	16:00	21:00
Friday 15 July thru Saturday 16 July,	8:00	21:00
Sunday 17 July,	8.00	18.00

## **COMPETITION REGULATIONS**

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

## **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

## **STADIUMS**

### **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. 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 (10lanes on the straightaway, nine lanes around the curves). The stadium seats 5000.

### 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 20kChampionship. 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.

## MAIN EVENT VENUES



### DISTANCES TO VENUES, HOTELS AND AIRPORT

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- 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

## **Doping control**

The LOC will conduct drug testing which will take place under IAAF/WADA/WMA Rules.

## **Re Medication:**

The athlete should speak with their Doctor about Medication. All Doctors have access to the Australian Sports Drug Agency information and can easily determine if the medication being prescribed is on the banned list. If it is , the Doctor has the option of transferring to another medication or else the athlete will need to submit a TUE application ( Temporary Use Exemption ) This form is downloadable from the WMA website under “ Anti Doping “. Time frame for this form IS 28 days and must be sent to:

Dr Roger Parrish 17 BRENTWOOD AVENUE FIGTREE N S W 2525

## **Implements (Equipment)**

With the exception of vaulting poles, all equipment will be provided by the organisers.

Competitors wishing to use their own equipment may do so, subject to official approval in advance of competition

A small selection of vaulting poles will be made available. Only stadium starting blocks may be used.

**Spikes:** 7mm Track, 9mm or less for track and horizontal jumps,12mm High Jumps and Javelin

## **Relays:**

### **AMA Relay Policy**

At World Championships the Australian relay teams represent our nation and are chosen to achieve the best medal success. Thus the relays will be selected to maximize the chances of the best overall success for Australian Teams.

The final selection of teams will be guided by previous performances and performances at the championships. Team Managers submit the teams to the LOC 24 hours prior to event and teams will be posted on notice board for athletes to check.

It is important that all athletes who would like to be considered for relays inform team managers of their availability. Team managers already have a list of athletes who have expressed interest.

In fairness to other potential relay runners, athletes need to inform the team managers if injury occurs.

Competition will be tough , hence this relay policy is vital to team success.

Team managers will facilitate baton change practice. Harry is an accredited Level 4 relays coach and available for baton change practice.

*Cheerio from  
Judy and Harry*

If any information is required please contact either Judy 07 3408 7933 or Harry 07 3353 3930