

Here are this week's notes from the Team Canada Managers to Canadian athletes preparing for the Toronto World Championships:

- 1) We are happy to reply to questions from athletes who have registered for the Championships, or are interested in registering. However, 90% of the questions we are receiving can be answered by reading either Bulletin number 1 or the notes that we have posted in previous weeks. We encourage all athletes to refer to that Bulletin or those earlier notes.

- 2) For athletes who are new to international competition, the first step in registering for the Championships is to become a Masters member of your Provincial Athletics Canada Branch. Please ensure that you join AC as a Master, because a regular membership isn't acceptable and sometimes costs more. We obtained a refund of \$115.00 for one athlete a few days ago, because he had joined in his province as a Senior, rather than as a Master. Please read the details in Bulletin number 1.

- 3) As a final reminder for today, we need enough relay runners to have men's and women's 4 x 100 and 4 x 400 Relay Teams, including spares, in all age groups. The Relays take place on the last day of the Championships, August 1st. If you would like to be considered for a Relay Team, please ensure that you don't leave Toronto until the day after the Relays.