



**CANADIAN MASTERS
ATHLETICS
VÉTÉRANS CANADIENS
EN ATHLÉTISME**

**2020 World Masters Athletics Championships
Championnats mondiaux d'athlétisme vétérans 2020
July 20 – August 1, 2020, Toronto, Ontario
20 juillet – 1 août 2020, Toronto (Ontario)
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**By Wendy Melvin/Vern Christensen
Team Managers**

Welcome

Welcome to Bulletin No. 1 from Canadian Masters Athletics (the CMA) for Canadian athletes who are interested in competing in the World Masters Athletics Championships (WMA Championships) being held in Toronto from July 20 to August 1, 2020. It wasn't very long ago that we signed off from NCCMA 2019 Competition communications. We will try to be informative and yet brief in our early stage WMA Championships communications. We are proud to serve again as your Team Managers for this Championships, and to spearhead our communications leading up to and throughout the competition.

This communication is dedicated to providing both registration and early stage information to prepare you to compete in the WMA Championships being held in Toronto from July 20th to August 1st, 2020. If this is your first World competition with Masters athletics, within this bulletin are timely and helpful ways we can get you started in becoming a member of the Canadian 2020 WMA Championships team.

These are the official outdoor championships of World Masters Athletics (WMA), the world governing body for Masters Athletics, which is made up of Track & Field, Cross Country Running, Road Racing and Race Walking. The Toronto Local Organizing Committee (LOC) are our host group who have been at work tirelessly to ensure that Canada creates an unforgettable venue for each and every athlete who will be visiting us from near and far. Whether you are a first time World Masters competitor or have previous experience with an international venue, The 2020 WMA Championships will prove to be a remarkable and memorable experience for all Canadians who will play host to our fellow athletes from all around the world.

At the World Masters level, **all athletes, in order to compete in the WMA Championships, must be 35 years of age or older, effective on July 20, 2020**, the first day of the Championships. Therefore, their birth dates must be July 20, 1985 or earlier. All competition will be in 5-year age groups, beginning with 35 to 39, then 40 to 44, and continuing to the 5-year age group of the oldest competitor.

We are expecting approximately 1,000 Canadian athletes to participate in Toronto. Given that you are starting to receive correspondence from the LOC which will assist you in preparing for the competition, we want to issue a short bulletin detailing the registration process, along with information about a few additional subjects about which Canadian athletes should be aware. We will post this Bulletin on the CMA website for the information of all Canadians who are interested in the Championship.

Over the course of the next several months, we will provide additional timely information directly to those who have registered for the competition and to those who continue to express an interest in attending. We will also post all general correspondence on the CMA website. Additional information about the Championships can be found on the Championship website at www.wmatoronto2020.com.

Qualification of Athletes to Compete for Canada

- a) In order to compete for Canada, athletes must be either Canadian citizens or Canadian Permanent Residents, but you don't have to live in Canada. We have many Canadian citizens who live outside

Canada, but they qualify to compete as Canadians in these Championships, as long as they haven't competed for another country in Championship events. Because of the rules dealing with qualifications for representing a country in WMA Championships, **Canadians who live outside Canada, or non-Canadians who live inside Canada, and in each case haven't previously competed for Canada in a WMA Championship, should contact the Canadian Team Managers before they register, so that their qualification to compete for Canada can be verified.**

- b) **All athletes competing for Canada in the Championships must be 2020 Masters members of their Provincial or Territorial Athletics Canada (AC) Branch** (Athletics Ontario, BC Athletics, etc.), which makes them a member of the CMA. This means that their membership can't be only as a Coach, or an Official, or any kind of a restricted membership such as a Road Runner, it must be a full Masters membership. The exact arrangements for types of memberships vary by Province, so athletes who are new to AC membership should verify with their AC Branch before becoming a member. This applies equally to Canadian athletes living outside Canada, who would normally join the AC Branch for the Province or Territory where they last lived in Canada. By joining their Provincial AC Branch, Masters athletes become members of that Branch, and of AC, and of the CMA. Each AC member receives an AC Membership Number, which they keep permanently. That number is requested by the Championships registration system when a Canadian registers for the WMA Championships.
- c) As mentioned at the beginning of the bulletin, **all athletes, in order to compete in the WMA Championships, must be 35 years of age or older, effective on July 20, 2020**, the first day of the Championships. Therefore, their birth dates must be July 20, 1985 or earlier.

Registration for WMA Championships

The registration system for the Championships has now opened, so we'd like to provide some timely information which will make the registration process for Canadian athletes as easy as possible. We believe that, because the Championships are being held in Canada, we will have many Canadian athletes competing who have never previously competed in WMA Championships. Competing in a WMA Championship isn't like competing in any Provincial or National Championship – therefore, we will provide more detail than would normally be necessary. Let's begin:

- 1) On the Championships web site (<https://wmatoronto2020.com/>), under "Athlete Info", you will see reference to the "Sport Technical Package". You should download it, and you'll find that it is actually the Entry Booklet, which provides a lot of information about the Championship venues, schedule of events, transportation in Toronto, and the registration process. This is the place where you will now find the most information about the Championships in one convenient location. Although certain registration information is provided in the Booklet under "Entry Requirements and Procedure", we'd like to provide the following detailed instructions, to make the process as easy as possible for you.
- 2) In the Entry Booklet, and also on the Championships web site under "Schedule", you will find schedules showing the date on which each progression (heats, semifinals or finals) for each event will take place, by gender and age group. **Events will not occur on a day earlier than the date shown, but if there aren't enough competitors to hold a particular level of an event (for example, heats) in an age group, the earlier level might be cancelled.** The details of exactly what date, what time of day, and at which venue each event will take place will be published by the LOC only after **May 18, 2020, when registration for the Championships is scheduled to close.** Athletes should schedule their events based on the days it is indicated that they will be required to compete, and plan to arrive at the Championships at least the day before their first possible competition day, and not leave until at least the day after their possible last event.
- 3) Although the Entry Booklet implies that "Paper Entry" is an option, in practice all registrations must be done on line, and the LOC will not accept any manual registrations. **Do not mail any Entry Forms to anyone, and all payments for all fees involved must be made by credit card on line.** In extreme circumstances, if a Canadian athlete is unable for some technical reason to process an online entry, after we have first tried to clear up the problem through the LOC, it is possible for us to enter the registration online for the athlete. We will do this only if the athlete has completed, signed and provided to us the "Entry Form" from pages 19 to 22 of the Entry Booklet, and has provided details of his or her credit card,

in enough time so that we can enter those details on line before the deadline, and payment is thereby made for all fees involved.

4) The system for the Championship registration is being provided by the same organization, “Simply Register”, which has done the registrations for WMA Championships for about the past 10 years, so if you have competed in previous Championships, you will be familiar with their system and how it works. It is a requirement of the WMA that this system be used for the registrations. **If a Canadian athlete has any problem with processing their entry in the system, they should not go direct to Simply Register or to the LOC, but should contact the CMA representative**, who will try to help them clear it up, and will only approach Simply Register or the LOC if they aren’t successful.

5) Now that the registration system is open, you will be able to access it from the Championship web site, by clicking on “Registration”, and then “Athlete Registration”. You then choose “New Registration”.

6) In the first part of the registration, under “Registrant’s Information”, you provide basic information about yourself, **including the country where you live, the country of which you are a citizen, and the country which you represent/compete for (Canada)**. If you are competing for Canada but are a citizen of another country, you must correctly indicate your citizenship - it won’t affect your ability to compete for Canada - but **please follow the instructions in paragraph a) under “Qualification of Athletes to Compete for Canada” above**. In the registration, please indicate your date of birth and your AC Membership Number, the first two digits of which must be the same as your year of birth. You won’t be able to continue if this isn’t correct.

7) When you indicate the events for which you wish to register, the age group will be based on your age on July 20, the first day of the Championships. You will compete using this age throughout the Championship, even if you have a birthday after the first day. Because it’s not certain at which venue each event will be held, and whether you will qualify for semi-finals and finals in all of your events, **athletes often register for extra events, whose location or schedule might be better for them**. It’s not necessary to register for Relay Races - Team Managers decide upon and enter relay teams during the Championships.

8) There is provision for you to indicate a seed time, distance or height for all your events, and you are encouraged to indicate your best guess for your seeds, so that in events where preliminary rounds must be seeded, the seeding can be as accurate as possible. The seeds that you provide will not be verified, but you’re not doing yourself or anyone else a favour by not being reasonable in what you indicate. You have to be very careful in entering seed times, to be sure that they are indicated in the format requested. Press the little “?” to the right for help.

9) There are provisions for the registration of “Accompanying Persons”, who would typically be a spouse, a child or someone similar. These companions receive accreditation (identification), a water bottle, bag and other benefits similar to those received by the athletes, except that they don’t have access to the venues, except as spectators. The information about these companions should be indicated when you register, and the fee indicated below applies for them.

10) Because of the arrangements imposed on the LOC by the WMA, **all financial aspects of the registrations are carried out in US dollars**. You will see that there is an individual Registration Fee of \$72.00 US, plus a fee of \$36.00 US per event, plus \$49.00 US for a Combined Event or the Half Marathon. Fees for Accompanying Persons are \$10.00 for children and \$35.00 for those 13 and older. In addition, there is a \$40.00 US Team Fee added to each Canadian entry. This fee provides for the services of the Team Managers, the review and approval of all Canadian entries, and other services which are provided to the Team, which will likely include Massage Therapists, as we provided at the World Championships in Malaga in 2018, and in 2019 at the North American Championships in Toronto.

11) The following question is asked on the registration: **Are you taking any medication which may require a Therapeutic Use Exemption (TUE) certificate?** This is referring to any medication which is on the list of banned substances. **If you are taking any such medicine, you will have to apply for, and receive, a TUE before you will be able to compete**. Therefore, you must know far in advance

which medicines you are taking, and whether they are on the Prohibited List. It is the responsibility of all athletes to know whether they are taking any prohibited substances. The “Prohibited List” and the TUE Application are on the WMA web site (www.world-masters-athletics.com), first clicking on “Documents” and then “World Anti-Doping Agency”. The athlete’s doctor must complete part of the TUE Application. If any athlete is having an Application completed, please let the Team Managers know. Any Canadian athletes who are using cannabis should be particularly careful, because they may not be aware of all of the possible ingredients. Abstaining from use during the Championships might be wise, and sharing with any athletes from other countries might be very unwise.

12) The name and contact information for an Emergency Contact are requested, and athletes often seem to miss this question, or don’t think it’s worthwhile replying to it. While it is up to you if you wish to provide a name, we suggest that it’s a good idea to name someone who generally wouldn’t travel with you, in case you are involved with any kind of emergency. **If the only logical person for you to name is someone who is travelling with you, name them, because you should realize that such person won’t be with you at all times during the Championships.**

13) You must accept and agree to all of the waivers in the registration application, including the one related to drug testing, which is always carried out in these WMA Championships. If you don’t accept any of the waivers, you won’t be able to get registered.

14) After you complete your registration, you must pay the fees by credit card, and you will receive a confirmation by email, which will include a complicated password. You should keep a printed copy of the confirmation. You should then go back in, clicking on “Manage my Registration”, and change your password to something that you can remember better. The password will allow you to go back in and change your registration, by adding events, changing seed times, etc., only until May 18, 2020, the deadline for completing registrations. Such changes can also be made by the Team Manager responsible for approving registrations, but athletes should be able to make basic changes or corrections by themselves. Because all fees are non-refundable, you won’t get a credit if you remove an event and don’t replace it with another one.

Review of Registrations by the CMA

All Championships entries are subject to verification and validation by the athlete’s National Affiliate which, in our case, is the CMA. The CMA representative is therefore given access to all Canadian registrations. The CMA will verify (on “Trackie”) that all of the Canadians who register are 2020 masters members of AC, that the CMA has received a copy of a Proof of Age (“POA”) for each athlete, that the athlete’s age in the registration agrees with the POA which we have seen, and that there are no other problems with the registration. **Once that verification has been carried out, the CMA will give the “go-ahead” to the LOC to accept the registration, the registration status will change to “Accepted” on the registration system, and the athlete will receive an email confirmation.**

As a result of the review of the entries, some of those who have registered may be contacted with suggested corrections to some aspects of their registrations, and arrangements will be made for either the athlete or the CMA to make the corrections on the registration system. Some of those registering, who may not have taken part in a Championship previously, will also be requested to provide a Proof of Age, or “POA”. **The best way to do this is by a pdf of a Passport, a Driver’s License or other government-issued identification which contains your date of birth, photo and signature. Despite what it says in the Entry Booklet, a Passport is much better than a Birth Certificate.** Once it has been provided, we keep the pdf and record on our membership records that we have seen it, so it shouldn’t be necessary to request it again in the future. Please do not mail any original documents.

Athletes should be aware that their registrations won’t be “Accepted” by the CMA immediately. All registrations are reviewed in groups, so it may take some time for your registration to be reviewed and accepted. **Please don’t think that there is anything wrong with your registration, simply because it has not been accepted,** and please don’t contact us asking about your registration, unless you have a specific issue with it. However, if you know that you haven’t competed internationally before and we therefore don’t have a copy of your POA, please forward it to us, before we ask you for it.

Singlets Required by all Canadian Competitors

For all events, athletes from all countries must wear a singlet or other top that has been approved by their country's WMA affiliate which, for Canada, is the CMA. **The singlet designs currently approved for Canada are shown on the CMA web site, under "Team Canada" at the following link:**

<https://canadianmasters.ca/cmawp/wp-content/uploads/2020/01/Singlets-Approved-2020-3.pdf>

You will not be permitted to compete in the WMA Championships unless you wear one of the approved competition top styles.

Please note that, in Men's and Women's uniforms, there are a total of 14 different styles of the "Nike Team Canada" top (including Men's and/or Women's Unitards, Throw Tops, Bra Tops and Singlets), and all of these are approved. This is the latest uniform that has been worn by all of Canada's recent international teams, and these are the only styles that are currently available for sale on the AC web site. **However, if you don't currently have one of the approved singlets, we don't suggest that you buy one from the AC web site right now**, because; a) AC will be providing a 40% discount from the prices quoted on the site for all Canadian athletes who have registered for the WMA Championships; and b) There will be more choice in the sizes and styles available after registrations are closed, which will likely be in May.

At the end of December, AC carried out a survey in which they requested masters to indicate if they were interested in a selection of the "Nike Team Canada" singlets for the Championships. Approximately 300 athletes completed the survey, and the **250 who indicated a need for one or more of the acceptable uniforms will be guaranteed that they will be able to receive the sizes of the singlets in which they indicated an interest, at a 40% discount, when they are available in May.** If you are one of those, your uniform will be available to you, and you will be contacted by AC in May.

In order for us to ensure that we will have enough acceptable singlets for the complete Team Canada, no matter how large it is, another survey was distributed on January 24th. In this survey, AC asked those who didn't complete the first survey what their requirements are (style and size) for singlets approved for the Championships. The deadline for completing this survey is February 2nd. **Please help us by completing this second survey, if you didn't complete the first one, as we want to be sure that sufficient singlets will be available.** This survey doesn't guarantee sizing or availability, but all of our athletes will receive the same discount from AC.

Next Bulletin

Our next bulletin will contain updates on activities planning for and during the competition, as well as additional subjects having to do with the competition. We know that the end of the indoor season and spring training are right around the corner and so this becomes a pivotal time to start thinking about July. Your LOC and Canadian Team Managers want the 2020 WMA Championships to be a memorable experience for each of you! Have fun, train hard and safely!

In closing, if you have any questions or concerns of any kind, please contact one of the Team Managers:

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See You on the Track!

Wendy

Vern