

2011



*WORLD MASTERS ATHLETICS
CHAMPIONSHIPS
SACRAMENTO • CALIFORNIA
JULY 6 - 17, 2011*



*PRELIMINARY EDITION
COMPETITOR'S MANUAL*



Happy New Year to all masters athletes around the world! Here's hoping that 2011 brings you continued health and happiness . . . and a whole bunch of new personal bests.

Speaking of the new year, we hope you are making plans to join us for the 2011 WMA Championships that will be held 6-17 July in Sacramento, California, USA. The local organizing committee is excited with the progress we've made as the clock ticks toward this tremendous event.

We will be posting a full Competition Brochure online at www.wma2011.com as the event draws nearer, but we thought it would be a good idea to provide an abbreviated version now.

Some of this information will be very helpful to you right now. Some of it might not concern you greatly at this time. But the Sacramento Local Organizing Committee wants to keep WMA athletes informed as much as possible, so we feel it's important to publish the following information immediately.

This document contains information on the following topics:

- 1. PRELIMINARY SCHEDULE UPDATE / SPLIT DAY SCHEDULE**
- 2. ONLINE REGISTRATION**
- 3. HOTEL AND DORMITORY ACCOMMODATIONS**
- 4. VENUES**
- 5. KEY TERMINOLOGY**
- 6. TRANSPORTATION**
- 7. PARKING**
- 8. ANTI-DOPING CONTROL**
- 9. MISCELLANEOUS COMPETITOR INFORMATION**



1. PRELIMINARY SCHEDULE UPDATE / SPLIT DAY SCHEDULE

After much deliberation, the Sacramento LOC recently decided to implement a "Split Day Schedule." If the 2011 WMA Championships attract more than 5,000 competitors, it will be in the athletes' best interest to avoid running on the track between 2 p.m. (1400) and 5 p.m. (1700).

To provide the most optimal temperatures for ultimate performances, the 2011 World Masters Athletics Championships will feature a morning and evening schedule. Each morning session will run from approximately 8 a.m. (0800) to 2 p.m. (1400) and resume with the evening schedule from 6 p.m. (1800) to 10 p.m. (2200).

This decision was made for several reasons, but primarily to avoid the potential heat of the mid-afternoon. If the number of entries spikes beyond our anticipated 5,000, we will have three tracks in full use for the multi-events.

The LOC also has arranged to cover a large section of the west (finish-line side) grandstands at Sacramento State, the primary competition venue for the WMA Championships. This tenting structure will run over 350 feet from start line to finish line and will be 20 feet deep. This should help spectators avoid sitting in the direct sun.

The final time schedule will not be determined or announced until late May after entries have closed and all the events have been seeded by our timing company, Finish Lynx.

In the meantime, click <http://wma2011.com/en/events.htm> to see what day your event(s) will be held. The specific times of the events can't be determined until entries close.

2. ONLINE REGISTRATION

Registering for the WMA Championships has never been easier than it is for the 2011 event in Sacramento. The WMA Council has given local organizers unanimous approval to implement online registration for the 2011 WMA Championships.

Athletes from around the world are able to register for the 2011 WMA Championships at www.wma2011.com.

The benefits of online registration are numerous:

- Athletes will be able to register directly from the comfort of their own homes and will not need to submit a paper entry form.
- Online registration allows athletes to return to www.wma2011.com at any hour of the day to update their best marks, purchase tickets to the athlete party or even correct misspellings or mistakes they noticed after making their original entry.
- Athletes will have greater access to pre-meet information such as a real-time entries page.

SimplyRegister, the online service for the 2011 WMA Championships, does not give out personal information to anyone but the athlete's affiliate and meet management – the same people who had access to their information with the previous paper entry process.

Also, SimplyRegister doesn't store entrants' credit card or bank account numbers on its servers.

SimplyRegister (www.simplyregister.net), a company based in Indiana, USA, specializes in online registration for track and field meets and road running races. Its founder, Keith Lively, formerly managed USA Track & Field's Web site and has experience with a wide range of track events.

WAYS TO ENTER

There are three ways to enter the 2011 WMA Championships:

1. Athletes can enter directly online (www.wma2011.com).
2. Athletes can mail a paper entry form to their Affiliate, and the Affiliate can enter them online.
3. Athletes can mail a paper entry form to their Affiliate, and the Affiliate can mail the paper form to the Local Organizing Committee (LOC).



The entry form supports automated translations into over 50 languages. Use the flag icon in the upper-right of the entry form to translate it.

WAYS TO PAY

Payment for entries must be submitted at the time of entry. Payment may be made by debit card or credit card; Visa and MasterCard are the accepted payment brands. An option to pay by electronic bank transfer (wire transfer) is available for those who are unable to pay by debit card or credit card; see the section below titled "Offline Payments" for more information about this option.

ENTRY FEES

There is a \$10 discount on the Registration Fee when athletes enter directly online or when an Affiliate data-enters them into the online system. The "Online Registration Fee" is \$66.25, while the "Paper Registration Fee" is \$76.25. Any entries transmitted after the entry deadline of 24 April 2011 (regardless of whether it's online or by paper form) will incur an additional \$50 late fee per athlete. (Affiliates have until 2 May 2011 to finish transmitting entries.)

Below is a summary of the various entry methods, dates, and corresponding amounts for the Registration Fee:

Entry Method	Until 24 April	Until 2 May
Athlete enters directly online	\$66.25	n/a
Affiliate puts entry in online	\$66.25	\$66.25 + \$50= \$116.25
Affiliate mails paper forms	\$76.25	\$76.25 + \$50= \$126.25

ONLINE ENTRIES AND PAPER FORMS

- If an athlete submits an online entry directly themselves, they do not need to complete a paper entry form.
- If an athlete submits a paper entry form to their Affiliate and the Affiliate enters it into the online system, the Affiliate should mark that paper form with the words "ENTERED ONLINE" and mail it (along with other paper forms that the Affiliate enters online) to the LOC before 2 May 2011.
- If an athlete submits a paper form to their Affiliate and the Affiliate does not enter it into the online system, but instead mails it to the LOC for them to do the data-entry, the Affiliate must submit those paper forms to the LOC with the corresponding payment by the deadlines described above in the section titled "Entry Fees." Please note that the "Paper Registration Fee" of \$76.25 applies when paper forms are mailed to the LOC without being entered online, and those entries will not receive the \$10-per-athlete discount that could have been received if they were entered online.

OFFLINE PAYMENTS

If you are unable to pay by credit card or debit card, you may still submit your entries online and then pay for them offline. Offline payment may be made by electronic bank transfer (wire) or by check drawn on a U.S. bank. **PAYMENTS MUST BE RECEIVED WITHIN 1 WEEK, OR YOUR ENTRIES WILL BE CANCELED.**

IMPORTANT: The online entry system will generate a Transaction ID that uniquely identifies your transaction, and you **MUST INCLUDE THE TRANSACTION ID WITH YOUR PAYMENT** so it can be credited correctly. **REGISTRATIONS WILL NOT BE COMPLETE, AND ATHLETES WILL NOT BE CONSIDERED PROPERLY REGISTERED, UNTIL ALL AMOUNTS DUE HAVE BEEN PAID IN FULL AS SPECIFIED.**

1. To pay by electronic bank transfer (wire), add a \$14 processing fee to the total registration amount, and send money as follows:

Account Name: SACRAMENTO REGION SPORTS EDUCATION FOUNDATION

Account Number: 0148971521

SWIFT Code: BOFAUS3N (non-U.S.)

Wire #: 026009593 (U.S.)

IBAN #: Not Needed

Bank Address:

Bank of America

9 Park Center Drive

Sacramento, California 95825 USA

Contact Info:

World Masters Athletics

1030 15th Street, Suite 200

Sacramento, California 95814 USA



Subject or Purpose Field: Put your Transaction ID in the Subject or Purpose section of the wire so we can credit your payment correctly
2. To pay by check (checks must be drawn on U.S. bank accounts only; non-U.S. checks are not accepted), write your Transaction ID in the memo field on your check, make it payable to "Sacramento Region Sports Education Foundation", and mail it to:

World Masters Athletics
attention: Entries Coordinator
1030 15th Street, Suite 200
Sacramento, California 95814 USA

VERIFICATION OF ENTRIES

All entries, regardless of whether received online or data-entered from paper forms, must be verified by the respective Affiliate according to WMA requirements (date of birth, residence, etc.) and other requirements specific to the Affiliate (federation membership, etc.). Only athletes who have been verified by their Affiliate will be permitted to compete in the meet.

PACKET PICK-UP IN SACRAMENTO

A photo ID will be required in order for an athlete to pick up their packet in Sacramento, and their date of birth will be checked at that time. In all cases, a photo ID (such as a passport, U.S driver's license, or U.S. military ID) must be presented on-site in order to pick up an athlete's packet.

3. HOTEL AND DORMITORY ACCOMMODATIONS

From hotels conveniently located near transit lines to dormitory rooms on the tree-lined Sacramento State campus, the 2011 WMA Championships in Sacramento offers a wide range of affordable housing options for visitors from around the world.

The Sacramento Sports Commission has reserved more than 24,000 room nights at 24 Sacramento-area hotels as well as 514 dormitory beds on the Sacramento State campus for the 2011 WMA Championships.

With organizers anticipating a field of 5,000 athletes, visitors are urged to reserve housing as soon as possible online at www.wma2011.com. Hotel and dormitory reservations will be taken on a first-come, first-served basis.

Most of the official WMA hotels are located within 10 miles (16 kilometers) of the main venue at Sacramento State. A number of hotels – the Holiday Inn Capitol Plaza, Embassy Suites, Citizen, Clarion, Holiday Inn Express and Marriott Residence Inn – are located in downtown Sacramento and offer a variety of dining and entertainment options.

Hotel rates range from \$99 to \$169 (U.S. dollars) per night. Complimentary breakfast is included in most cases, and many of the room rates remain the same for double, triple and quadruple occupancy. By comparison at the 2009 WMA Championships in Lahti, Finland, the cost for one bed was 100 , or \$139. In Sacramento, visitors will be able to secure rooms for approximately the same rate for two people and in some cases, three or four people.

Athlete credentials provide for transportation to and from the hotels to the competition venues. Athletes reserving rooms outside the bloc contracted by the local organization committee will be responsible for their own transportation.

The American River Courtyard dormitories at Sacramento State offer apartment-style suites that vary from a one-person studio to double occupancy, two bedroom/two bath suites that sleep up to four. Also available are single occupancy, five bedroom/two bath suites. The dormitories are located within a 10-minute walk of the main stadium.

Dorms are priced per bed and range from \$60 to \$80 per day based on the type of room selected. Amenities include furnished units, living and dining room areas, air conditioning, small kitchens with refrigerators, showers, and swimming pools.

A meal plan will be available at the American River Courtyard. The price has yet to be determined but will be posted at www.wma2011.com as soon as it's available.

For more information, and to reserve a dorm room today, please visit www.wma2011.com. For questions about dormitory housing, e-mail the local organizing committee at dorms@wma2011.com.



4. VENUES

STADIA:

All three stadiums are aligned in a north/south direction.

Primary Venue:

Alex G. Spanos Sports Complex is located on the Sacramento State campus, commonly known as “Sac State”

The complex will serve as the main venue for the WMA Championships. It has an 8-lane oval track (Mondo) and a ninth lane for 100m and 200m, including an adjacent warm-up track. Will be used for most track events under 5000m, combined events including the Throwing Pentathlon and most field events.

Sacramento State can be reached by car, light rail (University/65th station) and bus. Alex G. Spanos Sports Complex is located on State University Drive South just off US 50 at Howe Avenue. The university address is 6000 J Street, Sacramento, CA 95819.

Secondary Venue:

Hughes Stadium is located on the Sacramento City College (SCC) campus, more commonly referred to as “Sac City”.

Hughes Stadium has a 9-lane oval track (Rekotan) and full field event facilities. It will be used for combined events including some of the Throwing Pentathlons and the 5000m and 10000m track races and the race walks that will be held on the track. Hughes Stadium will serve to host any overflow of field events that cannot be scheduled at Sacramento State. Hughes Stadium is accessible by car, light rail (City College station) and bus transportation. The stadium is located just off US 99 at the 12th Street exit. The campus address is 3835 Freeport Boulevard, Sacramento, CA 95822.

Third Venue:

Beaver Stadium is located at American River College (ARC) campus, more commonly called “ARC”.

Beaver Stadium will be used primarily as a practice facility and has an all-weather Rekotan track (10 lanes on the straightway, nine lanes around the curves). It will also be used for several combined events on the first two days and some preliminary rounds of the 200m and 1500m. Beaver Stadium will be open for practice most days. Beaver Stadium is located at 4700 College Oak Drive, Sacramento, CA 95841.

NON-STADIA:

Cross Country:

Granite Regional Park

Located about a mile south of the primary venue at Sacramento State, Granite Park features a fast surface (dirt trails) Granite Park will be used for all cross country races on the first two days of competition. Granite Park can also be reached by private car (limited free parking) or by Sacramento’s excellent light rail system (Power Inn station). Granite Park’s address is 8141 Cucamonga Avenue, Sacramento, CA 95826.

Road Race Walk:

William Land Park

Located on the flat, tree-lined, asphalt-paved street around part of the golf course just west of Sacramento City College at 3800 West Land Park Drive. Land Park is a short walk from the City College light rail system. The race walk course will be available for use only during times of competition.

Marathon:

The WMA marathon will be held over five loops on the three-meter-wide asphalt bicycle trail along the American River Parkway. The flat, tree-lined course starts and ends on the Sacramento State campus near the primary stadium. American River Parkway is normally open daily for public recreation.

5. KEY TERMINOLOGY

ARC

American River College, the third venue used mostly as a practice facility.



Call Room

The Call Room is the same as the Check-in or Clerking area at each venue.

Sacramento State

California State University at Sacramento, more commonly known as Sacramento State, is the primary venue and will be used mostly for the track races shorter than 5000m, field events and combined events. Sacramento State is sometimes shortened to Sac State.

Wellness Center

Building located at the non-scoreboard (north) end of main stadium at Sac State. The Wellness Center houses the Information Desk, Registration Desk, the Declaration Desk, Internet Cafe and the Technical Information Center. It is also known as the "Well" on campus.

Registration and Declaration desks

These will be located on the left side of first floor of Wellness Center at Sacramento State.

Light rail transportation system

Sacramento has an extensive light rail, or commuter train, system. WMA participants will be able to use this system during operating hours. See www.sacrt.com for information about the light rail and bus transit system.

Official WMA hotels

The Sacramento Sports Commission has reserved special WMA rates at (see WMA Hotels and Dormitories) at 24 Sacramento-area hotels, most located within 10 miles (16 kilometers) of the main competition facility at Sacramento State. In addition to receiving WMA rates, athletes who reserve rooms in the official WMA hotels will have access to transportation to the competition sites. See <http://wma2011.com/en/accommodations-transportation.htm>.

LOC (Local Organizing Committee)

The LOC is the Sacramento Sports Commission, which has hosted and directed many major professional and collegiate track and field meets, including the U.S. Olympic Trials and National Championships for both USA Track & Field and the National Collegiate Athletic Association.

Sacramento City College (or Sac City)

Sacramento City College is the second facility and is used mostly for track races 5000m and longer as well as combined events.

Technical Information Center (TIC)

Most technical and organizational services for competitors are provided in the Wellness Center at the main stadium at Sacramento State.

6. TRANSPORTATION

Athletes and those who purchase an Accompanying Person credential who stay in one of the LOC-designated hotels will receive an accreditation sticker that entitles them to free transportation (train/bus service) during normal operating hours to all venues and throughout the regional transit system for the duration of the championship period, starting 4 July and ending 18 July.

Athletes and Accompanying Persons who choose NOT to stay in one of the official LOC hotels may purchase a Transportation Pass (\$36.25) to receive the accreditation sticker.

IMPORTANT: Athletes and Accompanying Persons are responsible for their own transportation between their hotel and public transit stops/stations. Please review the system map (www.sacrt.com/systemmap/systemmap.stm) to be sure public transit makes sense for you before purchasing a Transportation Pass.

For those choosing not to purchase the transportation package, normal daily bus or light rail fare is \$6 per day or \$3 per day for those over 61 years of age.



WMA Information booths will be set up at both terminal A and terminal B at Sacramento International Airport near the luggage pickup area from 9 a.m. to 9 p.m. (0900 to 2100) from 4 July to 11 July to help WMA visitors with transportation and directions.

Athletes can book van service from Sacramento International Airport online with SuperShuttle at www.supershuttle.com. Costs are determined based on distance. Discounts are available when traveling with two or more people.

There is public bus and/or light rail transportation within walking distance from most official WMA hotels. Click www.wma2011.com for a list of official hotels. Transportation will take athletes from the official hotels to and from Sac State and Sacramento City colleges.

Free continuous loop bus transportation will be furnished from the main stadium at Sacramento State to the practice stadium at ARC every hour on the hour on days when ARC is open for practice.

The light rail system also runs to Granite Park, which is the site of the cross country events on 6-7 July.

The light rail system has stops within walking distance of the Holiday Inn Capitol Plaza downtown, Old Sacramento and the Railroad Museum and the location for the Athletes' Party. The Regional and Committee Meetings and the General Assembly will be held at the Holiday Inn Capitol Plaza.

The LOC will not be providing any additional customized transportation from official hotels to venues during normal public transportation service hours.

7. PARKING

Sacramento State: There is a parking fee of \$13 per week for those staying in the dormitories, payable at check-in time. The dorms are within walking distance of the main stadium and the marathon start.

Participants not staying at the dorms will be charged a daily parking fee of \$6 at Sacramento State. Weekly parking passes cost \$15 (\$30 for two weeks) and are good for parking in any student area on the Sac State campus.

Sac City: There is a daily parking fee of \$1 payable at the ticket kiosks for those wanting to park at the stadium. There is adequate parking available around the track complex.

ARC: There is a daily parking daily fee of \$1, payable at the ticket kiosks near the stadium.

Cross Country: There is limited free parking available at Granite Park, site of the cross country events.

Road walk: Some street parking is available in Land Park. It is free but limited and about two blocks from the start area. The alternative is to park at Sac City and walk about two blocks to the park.

Marathon: See Sacramento State campus parking above.

8. ANTI-DOPING CONTROL

WMA and the Sacramento LOC have enlisted the services of the United States Anti-Doping Agency (USADA) to conduct 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).

Any athlete may be chosen for testing. The procedural guidelines established by WADA are strictly followed in the testing of all athletes.



9. MISCELLANEOUS COMPETITOR INFORMATION

Award ceremonies

Awards (medals and diplomas for the first three finishers) for all events will be presented at the Awards Staging Area at the Alex G. Spanos Sports Complex at Sacramento State. The Awards Staging Area is located at the south end of the track (near the finish line).

Athletes must report to the award staging area 15 minutes prior to their award ceremony according to the award ceremonies schedule as shown in the event schedule. Athletes must wear their official team uniform for the Awards Ceremony.

Athletes can have their medals personalized for a fee with custom engraving at Sacramento State in the expo area.

Photographs

Commemorative photographs from the competition and award ceremonies will be available for viewing and purchase in the expo area at Sacramento State.

Medical Services

The Local Organizing Committee (LOC) Medical Services will provide emergency care for athletes during the competitions at all the venues and non-stadia events, 1 hour prior to the start and 1 hour after the end of the last competition.

First aid services will be available only when there is scheduled competition at a venue.

Physical Therapy

Athletes will be able to make appointments for treatment at the physical therapy area at Sacramento State. Information regarding these services will be available at the LOC Service Desk.

Massage Services

Massage and physiotherapy services will be offered for a fee. Affiliates' massage and physiotherapy personnel will be located at the designated area at the main stadium.

Relay teams

Relay teams must be Affiliate teams (representing a country) and not club teams. Each Affiliate will be allowed only one relay team in each age group.

WMA meetings

The Regional and Committee Meetings will be held on the first off day, Sunday 10 July 2011, at the Holiday Inn Capitol Plaza, 300 J Street. The Holiday Inn Capitol Plaza is accessible by light rail and bus.

Athletes' Party

The Athletes' Party will be held at 7 p.m. (1900) Wednesday 13 July at the California State Railroad Museum in Old Sacramento. The light rail system has a stop within walking distance of the party site. The Athletes' Party will feature food provided by some of the finest restaurants in Sacramento. A diverse assortment of live music will be performed throughout the evening. This is an excellent opportunity for athletes from around the world to meet and renew old acquaintances.

Opening Ceremony

The Opening Ceremony will take place 7 p.m. to 8:30 p.m. (1900-2030) on Tuesday 5 July in the main stadium at Sacramento State. The program will consist of the opening parade of teams, a formal program and entertainment. All participating affiliate delegations (all athletes and administrators) and officials are requested to take part in the opening parade of teams.

Closing Ceremony

The Closing Ceremony will take place in the main stadium at Sacramento State immediately following the completion of the relays and awards on 17 July 2011. The Closing Ceremony will start at about 5 p.m. (1700).

The official handover of the WMA flag from Sacramento to Porto Alegre, Brazil will take place during this ceremony.



Transponder and Finish Lynx timing systems

Transponder Timing Systems will be used for all races 5000m or longer - cross country, all race walks, 5000m, 10000m and marathon events. Mats will be laid down on the course surface to record the official times.

In addition to transponders for the distance races on the track (5000m, 10000m, 5000m track walk), the Finish Lynx camera system will be used to verify lap and post laps to go for each competitor.

Transponders will be given to each athlete when they check in at the appropriate Call Room except for the marathon. For the marathon, the transponder pick-up is at the LOC Service Desk at Sacramento State all day Friday 15 July or Saturday 16 July from 8 a.m. until 9 p.m. (0800 to 2100). There will be no on-site distribution of transponders for this race.

Athlete Uniform Policy

In accordance with WMA rules for all events, all competitors must wear a singlet or vest that is approved by their national masters/veterans body when in the competition area. Vests and singlets must also comply with IAAF rules. Affiliates will need to supply a color photo of all their approved vests to the LOC or the TIC by 1 July 2011.

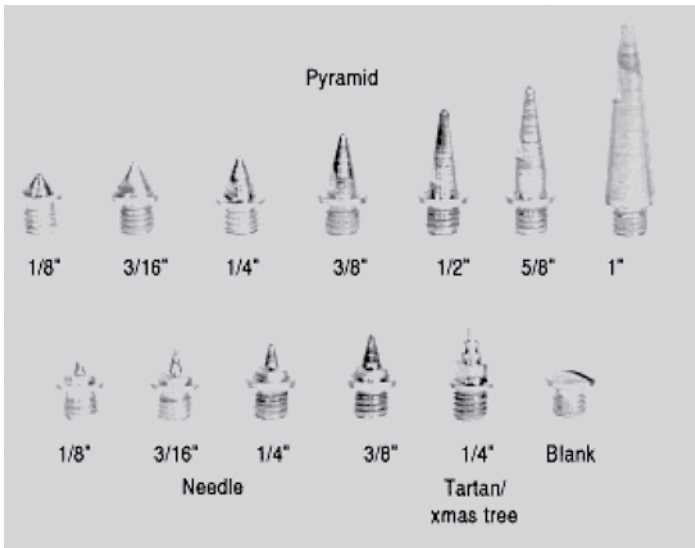
Team events

Athletes competing in all team events must do so only in Affiliate-approved national vests or singlets that clearly identify the affiliate they are representing.

Spikes

Spikes on athletes' shoes will be checked to ensure they comply with local and IAAF requirements. Maximum spike lengths for all events in all stadiums will be 6mm or 1/4 inch. Spikes will be available for sale at each call room. Each of the facilities do not allow the use of longer spikes for javelin and high jump.

Spikes (up to 11 per shoe) shall have a maximum diameter of 4mm. When a competition is conducted on a synthetic surface, the part of each spike which projects from the sole or the heel shall not exceed 6mm or 1/4 inch. The spike must be constructed that it will, at least for half its length closest to the tip, fit through a square sided 4mm gauge. Athletes should use pyramid spikes or Christmas tree spikes that do not penetrate the track surface. Needle spikes (sharp ones that go into the track surface) will not be permitted.





Schedule booklet

The schedule booklet will be issued separately and will be made available online at www.wma2011.com as soon as it can be finalized in mid- to late-May. It will also be handed out when athletes register in Sacramento.

Entrants' list booklet

The Entrants' List booklet will be available online in several formats at www.wma2011.com as soon as it is finalized after the closing of entries on 24 April 2011 (but not later than 1 June).

Markers

Athletes can use a maximum of one (1) marker in the relay events and a maximum of two (2) in the field events per IAAF rules 170.11, 180.3. With the exception of the high jump, these markers must be placed off the runway.

Athletes will not be allowed to use their own markers (with the exception of adhesive tape) for field events. Markers will be furnished for use of field event athletes. For the long jump, triple jump, pole vault and javelin, competitors are required to use only adhesive tape or the markers provided by the Local Organizing Committee. A single temporary marker may be placed around the circle in a throwing event.

No chalk, powder pen markers or permanent markers of any kind are to be used on or near any runway or on the track.

Starting blocks

Although blocks are not required, only blocks supplied by the LOC can be used for races 400m and shorter. No personal blocks will be allowed.

Vaulting poles

The LOC will have a limited supply of pole vault poles available for rental at Sac State.

If an athlete needs a pole for the decathlon at one of the other sites, please rent by 6 p.m. (1800) on Tuesday 6 July so that the implement can be transported to the appropriate venue for use the next day.

At Sac State, athletes need to rent poles before they check in for their event.

Due to liability issues, athletes need to sign a waiver to use vaulting poles rented from the LOC. There will be a charge of \$15 per event for poles. Poles will be reserved or rented on a first-come, first-serve basis.

Race walk judging

All race walk judges will be qualified in that specialty.

IAAF/WMA Rules and regulations will be in force for deciding the legality of all race walkers. A disqualification board will be posted for the athletes to see while the race is in progress. The board will show the athlete's bib number and red card violation symbol(s). The DQ board will show if an athlete has been disqualified.

Regional tours

WMA visitors will be able to sign up for regional area sightseeing tours to various destinations such as Lake Tahoe, Napa Valley wine country, San Francisco and Sutter's Mill at Coloma. Day tours of Sacramento will be offered as well. See www.wma2011.com or visit the Regional Tour booth near the LOC Service Desk for tour information.

Practice areas and times

The American River College (ARC) facility is designated primarily for practice in the mornings with the following exceptions:

- The first two days of competition, when several combined events will be conducted;
- On 13 July, when the semifinals of the 1500m will be held at ARC.

Practice must not interfere with these competitive events. Since the practice area will normally be unsupervised, athletes must follow reasonable safety rules and be aware that they use the areas entirely at their own risk.



ARC will be closed the two rest days (10 and 14 July) and on the final day (17 July). The practice hours are from 8 a.m. until 1 p.m. (0800- 1300). The facility will not be open in the afternoon because of the midday heat. ARC is the only practice track for the WMA Championships.

Some practice implements will be available at ARC if they are not being used for competition. Athletes can check these out by depositing a picture identification at the equipment room at ARC. Because pole vault poles will be in use most days at Sacramento State, they will not be available for practice at ARC.

Practice will not be allowed on or near any venue during competition. The venues at American River College, Sacramento City College and Sacramento State may be used for practice during non-competition hours.

Implements

2. Implements / Engins / Gerate / Implementos

	Age	Hammer	Shot Put	Discus	Javelin	Weight
WOMEN	W35-49	4K	4K	1.0K	600G	9.08K (20#)
	W50-59	3K	3K	1.0K	500G	7.26K (16#)
	W60-74	3K	3K	1.0K	400G	5.45K (12#)
	W75+	2K	2K	.75K	400G	4.00K (8.8#)
MEN	M35-49	7.26K(16#)	7.26K(16#)	2.0K	800G	15.88K (35#)
	M50-59	6K	6K	1.5K	700G	11.34K (25#)
	M60-69	5K	5K	1.0K	600G	9.08K (20#)
	M70-79	4K	4K	1.0K	500G	7.26K (16#)
	M80+	3K	3K	1.0K	400G	5.45K (12#)

You are cleared for takeoff.



With over 140 nonstop flights from cities throughout North America, Sacramento International is the ultimate gateway to California's capital. Thanks to our convenient location and the easiest to use airport imaginable you'll step into the blocks relaxed and ready for a personal best.



SACRAMENTO INTERNATIONAL AIRPORT