

WORLD MASTERS ATHLETICS

TORUŃ

INDOOR CHAMPIONSHIP 2023

ENTRY BOOKLET

Toruń, POLAND
26.03-01.04.2023



ORGANIZERS, PARTNERS, SPONSORS



MEDIA



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Invitation



Margit Jungmann

WMA President

This news was highly appreciated by the Masters family: The City of Toruń, Poland will be after 2019, the venue for the 2023 World Masters Athletics Indoor Championships. Those who attended will remember that at the end of our WMA championships in 2019 we all thanked the City of Toruń and Polish Masters Athletics for offering an amazing championship event to the Masters Athletes from all over the world. This event has been recognised as an outstanding success in WMA as it has been the best organized and most successful WMA Indoor Championships ever. The local community and the City of Toruń gave us all their wonderful hospitality and a warm welcome. We are happy to compete in Toruń again.

This City is an ideal location for this Championship with a World Class Indoor Stadium with outstanding facilities. In addition adjacent to the stadium are all of the needed competition areas to meet the needs of the outdoor events. An added bonus for athletes and their accompanying friends and family is that all of the competition venues are within a short distance from the City centre and the major accommodation facilities.

Torun is a beautiful and historical City with beautifully maintained buildings throughout the City area. The City is fully supporting this Championship and you are assured of a friendly reception and a heartfelt welcome by the city and its people. There are many historic displays to see and lots of things to do in Toruń so be prepared to enjoy some time taking in what this City has to offer the Masters athletes from around the world. A special event will be the 550th birthday of Nikolaus Kopernikus, born in Toruń in 1473. That is why we included the heliocentric system, also called Copernican system, in the Logo of the championships.

On behalf of World Masters Athletics I invite you to enter and participate in the 2023 WMA Championships, Indoors in Torun. WMA and the LOC will work closely together again to ensure the 2023 WMA Indoor Championships are another great success.

I would like to thank Waclaw and Slawek Krankowski and the Polish Masters Athletics for their support in the organisation and management of this competition. I also wish to acknowledge Mayor Michal Zaleski for the support of the City of Torun and the sponsors who have contributed making this Championship possible.

WMA extends to all participants, officials and volunteers our best wishes for a happy and enjoyable stay in Torun. It is great being part of our Masters Athletics family!



Kamil Bortniczuk

Minister of Sport and Tourism

Dear Athletes, Coaches!

Ladies and Gentlemen!

After four years, Toruń will again host a unique event - the 9th World Masters Athletics Championships Indoor. From 26 March to 1 April 2023, the City of Copernicus will be visited by the elite of the best athletes of the masters category from around the world, including, of course, a strong representation of Poland. I am very happy to have been able to join the Honorary Committee of this prestigious event.

Poland is a proven and reliable organiser of international sporting events, and the city of Toruń has experience in organising the World Masters Athletics Championships Indoor. I am convinced that a great spectacle awaits us. It is worth recalling that the world masters championships previously held in this city in 2019 were extremely successful, with nearly four thousand athletes taking part, including as many as 830 Poles. I am keeping my fingers crossed that these results can be further improved in the upcoming edition of the event.

Masters athletes show that physical activity can be undertaken at any age and that the passion for sport never fades. Age is no barrier for them to pursue new challenges and ambitious goals. Dear athletes, thank you for popularising a healthy lifestyle and sport competition in the spirit of fair play. You inspire us to act and surpass our own barriers.

I extend my warmest greetings to all participants and organisers of the 9th World Masters Athletics Championships Indoor. I know that the upcoming event will surely be an unforgettable celebration of sport. See you in Toruń.



Michał Zaleski

Mayor of Toruń

Ladies and Gentlemen!

I would like to invite athletes and athletics aficionados to Toruń! We are proud that the 9th World Masters Athletics Championships Indoor - Toruń 2023 will be held in Toruń - the city of Nicolaus Copernicus, whose 550th birthday we are celebrating in the year of the Championships.

I can assure you that Toruń's sports venues are well prepared to host athletes and fans from all over the world. The main arena for the championships will be the Arena Toruń - a modern sports and entertainment hall on Bema Street. This venue is well-known in the international masters athletics community, as it hosted the previous World Masters Championships in 2019, the perfect organisation of which was called the "Toruń standard".

I am convinced that we will maintain the high organisational level of the championships in Toruń also this time. We want the competitors and fans to remember both the great sporting events and the excellent results achieved, as well as the kindness of the people of Toruń and the cultural richness of our city, which in 2022 celebrated the 25th anniversary of being a UNESCO World Heritage Site.

See you in 2023 in Toruń!

You are most welcome!



Wacław Krankowski

President of Polish Masters Athletics

Dear Sir/Madam,

Colleagues

Less than three months after the signing of the contract for the organization of the European Indoor Championship in Toruń in 2024, we heard that Edmonton had given up the organization of the Indoor World Championship in 2023. We have taken this message with sorrow. We are forced to postpone the planned journey overseas, which is a pity.

However, we did not think that the WMA authorities would turn to us with the proposal to organize this event. Fearing that there will be a break in the organization of the championship again, that masters athletes will be deprived of the possibility of sports competition, we decided to undertake this task.

Michał Zaleski, the Mayor of the City of Toruń, made it easier for us to make a positive decision and with goodwill rose to the WMA and President Margit Jungman's proposal.

On behalf of Polish Masters Athletics, I can assure you that we will do our best to prepare the World Championship in 2023 at the highest level to meet the requirements of the "Toruń standard". We have, as many of you have found out, functional sports facilities, a proven and competent team of people to organize this task and a great willingness to meet the expectations of athletes. You can count on our 100% commitment. We won't let you down.

In return, we are counting on your record entries for the competition. Prove that our love of athletics will not stop us at home, that no virus will scare us and we will turn up at our sharpest for sports competition, as always in the spirit of fair play. Let's show that we really are a MASTERS ATHLETICS FAMILY. We miss you already.

Welcoming Toruń is waiting for you to come in March 2023.

Organizers

WMA Council

Margit Jungmann - President
Lynne Schickert - Executive Vice President
Alan Bell - Vice President of Competition
Jean Thomas - Treasurer
Juan Ordóñez - Secretary
Antii Pihlakoski - World Athletics Representative

Organization Committee

Zbigniew Fiderewicz, Vice-President of the City of Toruń – President;
Mariola Soczyńska, Director of Sport and Recreation Department – Vice-president;
Wacław Krankowski, President of the Polish Masters Athletics – Vice-president, General Director of the 9th World Masters Athletics Championships Indoor Toruń 2023;
Marcin Kowallek, Director of the Public Utility Department – Member;
Ewa Banaszczyk – Kisiel, Acting Director of the Promotion Department – Member;
Andrzej Rabuszak – acting Director of the Population Protection Department – Member;
Zbigniew Derkowski, Director of the Culture Department – Member;
Marek Osowski – acting Director of the Municipal Sport and Recreation Centre in Toruń – Member;

Honorary Committee

Kamil Bortniczuk - Minister of Sport and Tourism
Piotr Całbecki - Marshal of the Kuyavian-Pomeranian Voivodeship
Michał Zaleski - Mayor of Toruń
Andrzej Kraśnicki - President of Polish Olympic Committee
Henryk Olszewski - President of Polish Athletic Association

Andrzej Pietrowski – Vice President of the Board of TIS Sp. z o.o. – Member;
Małgorzata Jorka – Chief of Police in Toruń – Member;
Mirosław Bartulewicz, Chief of the Municipal Guard in Toruń – Member;
Sławomir Pawenta, Head of the Sport Section, Secretary

Come to Toruń

Toruń is one of the oldest and one of the most beautiful towns in Poland. It charms generation after generation with the beauty of its Gothic Old Town, which was entered onto the UNESCO World Heritage List in 1997. Its night-time panorama, observed from the bridge or from the Vistula's left bank, was considered one of the 7 wonders of Poland. Nicolaus Copernicus – the man who “stopped the Sun and moved Earth” – was born in Toruń. Since the Middle Ages the town was famous for its delicious gingerbread.

There are many other historical architectural objects in Toruń, such as the well preserved system of fortifications from the late 19th century that the Prussians built around the town.

Nowadays Toruń has a population of over 200 thousand and 40 thousand students, learning at the Nicolaus Copernicus University and other higher schools. Cultural life is thriving – there are numerous festivals, concerts, exhibitions, performances...

The city boasts numerous modern sports facilities. We have general access swimming pools, sports fields, a speedway stadium for 15 thousand spectators, 2 ice rinks and many others. The ARENA Sports Hall with 5200 seats is prominent among these. From 26th March to 1st April 2023 this very facility will house World Masters Indoor Athletics Championships. The hall is only a 20-minutes walk away from the Old Town. Various throwing competitions will be held at the stadium by the hall which will also be the start and finish for racewalking and running competitions.

Toruń has excellent road connections. There is good access from airports in Bydgoszcz, Poznań, Gdańsk and Warszawa. The city is very friendly and this is appreciated by tourists – every year over 2 million people visit Toruń. Numerous restaurants, serving Polish and other cuisines, cafes, bars and clubs, most of them within the Old Town, await them. Don't hesitate and visit Toruń as well!





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[t](https://twitter.com/polanik)
[i](https://www.instagram.com/polanik)

www.polanik.com



Polanik the partner
of the Polish
Masters Athletics

We fully equip athletics arenas

Place of the Event

9th World Masters Athletics Championships Indoor - Toruń 2023 will take place in a newly-built Sports Hall ARENA officially opened on 10.08.2014.



All typical indoor competitions will take place in this hall just 2km from the city centre.



Polanik
the partner
and supplier of the Polish
Athletic Association



Polanik
the official supplier
of the Czech
Athletic Federation



Polanik
the official supplier
of the Slovak
Athletic Federation



Polanik
the sponsor
of the Association of Balkan
Athletic Federations

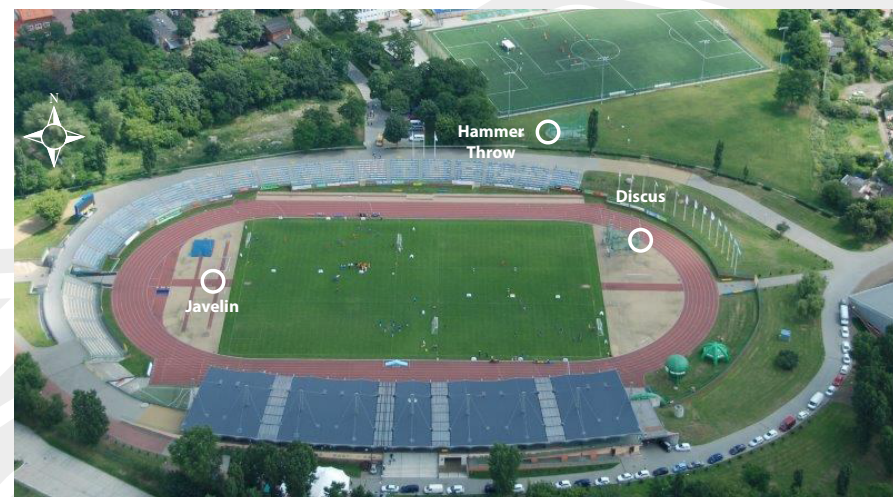
The hall includes a 6-lane track with the length of 200m and 8 lanes for 60m and 60m hurdle races. The main hall houses 2 high jump, one pole vault, one long jump and one triple jump areas as well as shot put area. The same amount of jump and shot put areas are located in the warm-up hall. The hall includes modern social, medical, conference, restaurant, bar and office facilities.

All the functions connected to operation of the WMA Indoor Championships will be located in one building.



1. ARENA TORUŃ – main sports hall
2. MAIN STADIUM – javelin and discus throw
3. THROWS ARENA – hammer throw
4. SPORTS HALL – shot put and weight throw
5. Racewalking 10 km, start and finish at the Main Stadium
Bema Street - start and finish of Half Marathon and 10km Road Race
6. Rudelka Park – cross-country

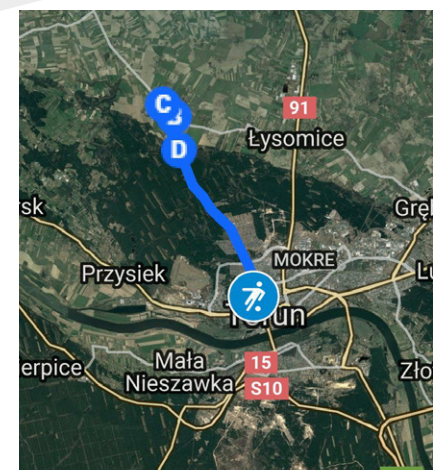
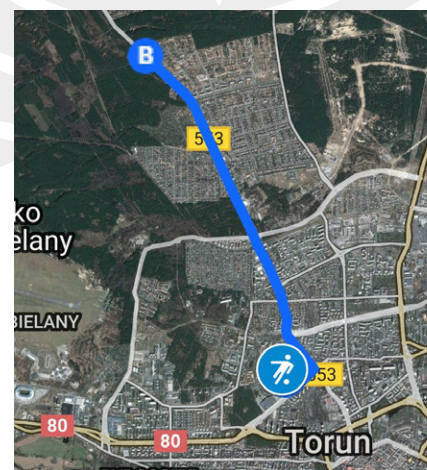
Javelin, discus throw will take place at Main Stadium located 500 m from the hall. The running track will feature start and finish for half-marathon, 10 km road race and racewalking. Hammer throw will be organised on the field surrounding the Main Stadium.



10km Road Race and Half Marathon Course

It's one lap of 10km Road Race with Start and Finish at Bema Street

It's one lap of Half Marathon with Start and Finish at Bema Street



Entry Requirements and Procedure

General rules

The competition will be held under WA regulations as modified for Masters by WMA via their Competition Rules and any other special rules specified for this competition.

General Information

Athletes may enter online or by using a paper entry form. Online is the preferred method of entry. See below for details about each method. All entries must include full payment to be considered valid. Athletes who cannot pay online must instead send a paper entry form and payment to their WMA National Masters Member ("Member"), which will then register them and pay on their behalf. **The entry deadline is 31 January 2023.** No entries will be accepted after the entry deadline. All entries are subject to validation by each athlete's respective Member. Members will confirm the athlete's date of birth, citizenship and/or residential qualifications and other relevant requirements. After an athlete's registration has been validated, its status will display as "accepted" on the list of entries online (wmaci2023.com). Validation is a manual process that each Member completes, so there will be some time (days or weeks) between when you submit your registration and when it is validated. Athletes who have questions about the status of their entry should contact their Member. For athletes who reside in a country where there is no WMA National Masters Member or where the Member fails to fulfill its obligations, their entries will be subject to the approval of the WMA Council.

Additionally, athletes must complete the confirmation/declaration process to confirm whether or not they will participate in their events (confirm or scratch). This process begins at the start of the Championships. See the Championships website and Competition Handbook for details about the confirmation/declaration process, including applicable deadlines.

Online Entry Procedure

1. Go to wmaci2023.com and complete the online entry form prior to the entry deadline.
2. Submit payment by credit card (Visa or Mastercard) at the end of the entry process.
3. Print the confirmation screen for your records.
4. Send a copy of your birth certificate to your Member for validation purposes if you have not already done so in the past.
5. Your Member will then validate your registration.

Paper Entry Procedure

1. Contact your WMA National Masters Member and request a paper entry form.
2. Confirm the latest date required by your Member for submission of your paper entry. NB: Your Member MUST input your entry and payment into the on-line system by the closing date of 31 January 2023 for it to be valid.
3. Complete the entry form and make a copy for your records.
4. Mail the completed entry form and all entry fees to your Member prior to the entry deadline (do not send paper entry forms directly to the LOC). Paper entries sent to your Member for processing MUST include all entry fees.
5. Send a copy of your birth certificate to your Member for validation purposes if you have not already done so in the past.
6. Your Member will submit your registration, pay on your behalf and validate your registration.

WMA National Masters Member Requirements

WMA requires that each Member validate all relevant entries electronically via the online entry system. The Local Organizing Committee ("LOC") will accept only those entries that have been validated by Members. Each Member must also input any paper entries it receives from its athletes into the online entry system. Payment is required at the time the entries are submitted. If for some reason a Member is unable to pay online, it must request an exemption from WMA. If the exemption is granted, the Member will be provided with details about how to pay offline. The Member will still be required to input paper entries into the online entry system and to validate its entries electronically. All entries must be submitted online and paid before 31 January 2023. Any entries for which WMA has not received payment by this deadline will be cancelled, and those athletes will be ineligible to compete. No exceptions will be allowed. In addition, all entries must be validated before 7 February 2023. Any entries that have not been validated by this deadline may be rejected, and those athletes will be ineligible to compete.

Members will receive communications regarding the entry process prior to the start of registration. Members that do not receive these communications should contact the WMA Secretary.

Qualifications for Entry

The World Masters Athletics Championships Indoor Toruń 2023 are open only to men and women who were born on or before 26 March 1988 and who are physically fit. Entry signifies that each competitor must follow the rules laid down by the technical and organizing committees. WMA has the right to reject entries of athletes considered ineligible through misconduct or other disciplinary related matters.

An athlete must be a citizen of the country they will represent, or they must be a resident of that country for a minimum of 3 years. If an athlete has represented a different country at a previous WMA World Championship or Regional Championship, they must have change-of-allegiance paperwork on file with WMA at least 45 days before the entry deadline.

Events are divided into age groups and shown below:

Classification	Birthday (Born from...)
M&W 35	25 March 1983 to 26 March 1988
M&W 40	25 March 1978 to 26 March 1983
M&W 45	25 March 1973 to 26 March 1978
M&W 50	25 March 1968 to 26 March 1973
M&W 55	25 March 1963 to 26 March 1968
M&W 60	25 March 1958 to 26 March 1963
M&W 65	25 March 1953 to 26 March 1958
M&W 70	25 March 1948 to 26 March 1953
M&W 75	25 March 1943 to 26 March 1948
M&W 80	25 March 1938 to 26 March 1943
M&W 85	25 March 1933 to 26 March 1938
M&W 90	25 March 1928 to 26 March 1933
M&W 95	25 March 1923 to 26 March 1928
M&W 100+	Born on or before 26 March 1923

Country Codes

Albania	ALB	Czech Republic	CZE	Kyrgyzstan	KGZ	Portugal	POR
Algeria	ALG	Denmark	DEN	Latvia	LAT	Puerto Rico	PUR
American Samoa	ASA	Djibouti	DJI	Lebanon	LBN	Romania	ROU
Andorra	AND	Dominica	DMA	Lesotho	LES	Rwanda	RWA
Angola	ANG	Dominican Republic	DOM	Liberia	LBR	Saint Kitts and Nevis	SKN
Antigua and Barbuda	ANT	Ecuador	ECU	Liechtenstein	LIE	Saint Vincent	VIN
Argentina	ARG	Egypt	EGY	Lithuania	LTU	Samoa	SAM
Armenia	ARM	El Salvador	ESA	Luxembourg	LUX	San Marino	SMR
Aruba	ARU	Equatorial Guinea	GEQ	Macedonia [F. Y. Republic of]	MKD	Saudi Arabia	KSA
Australia	AUS	Estonia	EST	Madagascar	MAD	Senegal	SEN
Austria	AUT	Ethiopia	ETH	Malawi	MAW	Serbia	SRB
Azerbaijan	AZE	Fiji	FIJ	Malaysia	MAS	Seychelles	SEY
Bahamas	BAH	Finland	FIN	Malta	MLT	Singapore	SGP
Bangladesh	BAN	France	FRA	Marshall Islands	MHL	Slovak Republic	SVK
Barbados	BAR	French Polynesia	PYF	Mauritania	MTN	Slovenia	SLO
Belgium	BEL	The Gambia	GAM	Mauritius	MRI	Solomon Islands	SOL
Belize	BIZ	Georgia	GEO	Mexico	MEX	South Africa	RSA
Benin	BEN	Germany	GER	Micronesia	FSM	Spain	ESP
Bermuda	BER	Ghana	GHA	Moldova	MDA	Sri Lanka	SRI
Bolivia	BOL	Gibraltar	GIB	Monaco	MON	Sudan	SUD
Bosnia and Herzegovina	BIH	Great Britain and Northern Ireland	GBR	Mongolia	MGL	Surinam	SUR
Botswana	BOT	Greece	GRE	Montenegro	MNE	Sweden	SWE
Brazil	BRA	Grenada	GRN	Morocco	MAR	Switzerland	SUI
Brunei	BRU	Guam	GUM	Mozambique	MOZ	Tajikistan	TJK
Bulgaria	BUL	Guatemala	GUA	Myanmar	MYA	Thailand	THA
Burundi	BDI	Guinea	GUI	Namibia	NAM	Togo	TOG
Cabo Verde	CPV	Guyana	GUY	Nauru	NRU	Tonga	TGA
Cameroon	CMR	Honduras	HON	Nepal	NEP	Trinidad and Tobago	TTO
Canada	CAN	Hong Kong, China	HKG	Netherlands	NED	Tunisia	TUN
Central African Republic	CAF	Hungary	HUN	New Zealand	NZL	Turkey	TUR
Chad	CHA	Iceland	ISL	Nicaragua	NCA	Turkmenistan	TKM
Chile	CHI	India	IND	Niger	NIG	Tuvalu	TUV
China	CHN	Indonesia	INA	Nigeria	NGR	Uganda	UGA
Chinese Taipei	TPE	Iran	IRI	Norfolk Island	NFI	Ukraine	UKR
Colombia	COL	Ireland	IRL	Northern Mariana Islands	NMI	United Arab Emirates	UAE
Comoros	COM	Israel	ISR	Norway	NOR	United States of America	USA
Congo	CGO	Italy	ITA	Pakistan	PAK	Uruguay	URU
Congo [Democratic Republic of]	COD	Jamaica	JAM	Palau	PLW	Uzbekistan	UZB
Cook Islands	COK	Japan	JPN	Palestine	PLE	Vanuatu	VAN
Costa Rica	CRC	Kazakhstan	KAZ	Panama	PAN	Venezuela	VEN
Côte d'Ivoire	CIV	Kenya	KEN	Papua New Guinea	PNG	U.S. Virgin Islands	ISV
Croatia	CRO	Kiribati [Republic of]	KIR	Paraguay	PAR	Zambia	ZAM
Cuba	CUB	Korea	KOR	Peru	PER	Zimbabwe	ZIM
Cyprus	CYP	Kosovo	KOS	Philippines	PHI		
				Poland	POL		

Entry Form

(This is an example form - ask your Member for its entry form)

Complete one entry form for each person. Use space available only.

1. PERSONAL INFORMATION (ATHLETE, COMPANION)

Country				Citizen: YES / NO	Resident: YES / NO	
	Country Code					
Family Name	Given Name					
Address	Post Code					
City	Club					
Phone Number						
E-mail Address						
Date of Birth	Day	Month	Year	Gender	Male	Female
ARE YOU TAKING ANY MEDICATION WHICH MAY REQUIRE A THERAPEUTIC USE EXEMPTION (TUE) CERTIFICATE? YES / NO						

2. CATEGORIES : BASED ON YOUR AGE ON 26th March 2023.

Gender	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	Best Performance in 2021-2023
	60 m	
	200 m	
	400 m	
	800 m	
	1 500 m	
	3 000 m	
	60 m Hurdles	
	3 000 Track Race Walk	
	Pentathlon	
	High jump	
	Pole vault	
	Long jump	
	Triple jump	
	Shot put	
	Discus throw	
	Hammer throw	
	Javelin	
	Weight throw	
	Cross Country	
	Half - marathon	
	10 km Road Race Walk	
	10 km Road Race	

4. Payments

Item	UNIT PRICE	NUMBER	TOTAL
Registration Fee	68 €		68 €
Each Individual event (except combined events & Half Marathon)	32 €		
Combined event	44 €		
Half Marathon	46 €		
Printed copy of Competition Handbook	5 €		
Results book - PDF sent via email	6 €		
Accompanying Person (14 and older)	25 €		
Accompanying Person (under age 14)	18 €		
T-shirt (white/red) Size:	15 €		
Polo shirt (white/red) Size:	25 €		
Long-Sleeved Shirt Size:	45 €		
Cancellation insurance*	15 €		
TOTAL			
Additional fee for National Members**			

* Cancellation insurance entitles you to cancel individually your registration for any reason before 19 March 2023 and receive a refund of your registration fees, except for the amount of the insurance (€ 15). You may cancel your entire registration only, not parts of it. Cancellation insurance can be exercised until 19 March 2023 only. To exercise the insurance, you must send an e-mail to wmacancellation@simplyregister.net before 19 March 2023; in the e-mail, provide your name and request cancellation. Refunds issued in accordance with the cancellation insurance will be full and unconditional, except for the amount of the insurance (€ 15). The insurance can be subscribed until 15.01.2023.

** For details ask your WMA National Masters Member

Are you going to take part in the Opening Ceremony on March 25th? ☐ YES ☐ NO

RELAYS

There is no entry fee for the 4x200m relays. Only one relay per country, per age group is allowed. Entry for relays will be done during the Championships.

5. Accompanying Persons

Full name	
Full name	

6. Emergency contact

Name		Telephone	
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Athlete's Consent

(to be included with your paper entry form)

Agreement, Consent and Release

World Masters Athletics ("WMA") has sanctioned Polish Masters Athletics and the City of Toruń as the local organizing committee ("LOC") to conduct the 2023 World Masters Athletics Championships Indoor ("WMA Championships") in Toruń, Poland ("Host Country"), during 26 March to 1 April 2023.

I hereby apply for entry to the WMA Championships on the following terms and conditions which form a binding agreement between me, WMA and the LOC.

- I will abide by the WMA Competition Rules and World Athletics rules and regulations as modified for WMA Championships by WMA and any special rules specified for this competition which will be outlined on the WMA Championships website and communicated to competitors.
- I am physically and mentally fit to compete in the WMA Championships safely and without causing injury to myself or other participants in the WMA Championships.
- I agree and consent to accept medical treatment from the LOC, WMA or their servants, agents or contractors, ambulance officers or medical personnel in the event that I am injured or otherwise become ill or incapacitated during the WMA Championships. In the event of any emergency medical treatment or services provided to me requiring the payment of fees, I agree to pay these fees upon request.
- Participation in the WMA Championships and related activities ("Activities") has foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the

potential for serious bodily injury, sickness, disease, and contagion, including but not limited to COVID-19, permanent disability, paralysis and loss of life. I understand and acknowledge that there are risks, dangers and hazards inherent in the Activities ("Risks"), and I expressly and voluntarily assume the Risks and the responsibilities for any damages, liabilities, and losses, including loss of income, expenses, or any other related losses arising from the Risks as a result of my participation in the Activities.

- In consideration of WMA and the LOC permitting me to participate in the WMA Championships, I agree to indemnify, hold harmless and release WMA and the LOC and their directors, employees, servants and agents, and all officials and volunteers from and against any injury, loss, damage, liability, cost, expense, demand, claim or action whether arising at common law or under statute that I may suffer or incur arising out of or in connection with my participation in the WMA Championships including as a result of the negligence, breach of statutory duty or any act or omission of

- WMA and the LOC and their directors, employees, servants or agents and all officials and volunteers.
6. The indemnity and release in clause 5 above shall be, and operate separately, in favour of all persons, corporations and organisations involved or otherwise engaged in promoting or staging the WMA Championships and their servants, agents and representatives including but not limited to the medical and paramedical personnel and police and ambulance officers, and the indemnity and release shall operate whether or not the injury, loss, damage, liability, cost, expense, demand, claim or action is attributable to any act or omission or neglect of any one or more of them.
7. I consent to photographs and video footage being taken of me before, during and after my participation in the WMA Championships. I agree and acknowledge that the photographs and video footage are owned by WMA and the LOC and that those parties may use the photographs and video footage for promotional or other purposes without my further consent being obtained. I also consent to those parties using my name, image, voice, likeness and my performance in the WMA Championships, at any time, to promote and publicize current and future WMA championships or their businesses, without compensation.
8. I agree that all my personal details and the personal details of all accompanying persons ("Personal Details") are provided to WMA and the LOC and may be provided by them to:

- a. The immigration service of the Host Country
 - b. Future hosts of WMA championships
 - c. The registration services provider SimplyRegister, Inc.
 - d. WMA and its Regional Associations and National Members
 - e. The Track and Field Master Athletics Cohort (TaFMAC) study, if enrolled in the medical research study
 - f. World Athletics, if registered for the World Athletics conference
 - g. MastersRankings.com, the rankings partner of WMA.
9. I agree that the Personal Details may be used by any party to whom they are provided for the following purposes:
- a. Any purpose required or deemed appropriate by, or to assist, the parties hereto or the government of the Host Country or any State or local government body, service or agency in the Host Country.
 - b. To contact me about my registration and/or participation in the WMA Championships.
 - c. To provide me with my unique WMA Championships Accreditation Pass and competition bibs.
 - d. To provide emergency medical treatment in the event that I am injured or otherwise become ill or incapacitated during the WMA Championships.
 - e. Personal Details may also be used

for any purpose:

- i. Required or authorised by law
 - ii. Required in order to investigate an unlawful activity
 - iii. Required by an enforcement body for investigative activities
 - iv. Necessary to prevent a serious and imminent threat to a person's life, health or safety, or to public health or safety
 - f. Personal Details may be disclosed overseas for the stated purposes.
10. I agree to allow WMA to hold the Personal Details and medical data in the WMA Registration Database.
11. I agree that I will comply with all government protocols and regulations necessary for entry into the Host Country, including without limitation all COVID-related requirements, that are applicable at the time of my arrival. I further agree that I will comply with all such protocols and regulations for the duration of my stay in the Host Country and during the WMA Championships.
12. I am aware that events may be delayed or cancelled due to conditions that are beyond the control of the LOC and WMA. I agree that the LOC and WMA shall not be responsible or liable for any loss, financial or otherwise, that I may incur, arising out of or caused directly or indirectly by forces beyond the control of the LOC and WMA, including, without limitation, strikes, work stoppages, accidents, acts of war or terrorism, civil or military disturbances, weather, pandemics

or epidemics or disease, nuclear or natural catastrophes or acts of God, and interruptions, loss or malfunctions of utilities, communications or computer (software and hardware) services. The LOC undertakes, in the unlikely event of any possible cancellation of the Championships for any reason, to refund all fees to organisations and individuals who may have contributed to the event funding. Such refunds will only be to the amount that the LOC has at its disposal once all obligations have been fulfilled.

This Agreement and any other documents or agreements related thereto are in the English language only and will be deemed to be executed in English. Translation into a language other than English is provided for convenience only. Any translation into any other language shall not be an official version thereof, and in the event of any conflict in interpretation or meaning between the English version and such translation, the English version shall take precedence.

Drug Testing and Gender Eligibility

I acknowledge that Drug Testing will be conducted under the WMA/World Athletics Anti-Doping Rules and Regulations and hereby give my consent to be subject to any drug testing requirements at the WMA Championships. I further acknowledge that it is my responsibility to meet current World Athletics rules and regulations governing gender eligibility and hereby declare that I meet all such requirements. NOTE: If selected for drug testing, Competitors must declare any/all medications being used by them on the doping control form. Any athlete using a prohibited substance as defined in the Regulations, must apply for an exemption (TUE) to the WMA Anti-Doping and Medical Committee. Athletes taking or requiring exemption for a prohibited substance must apply to the WMA Medical Officer (Carole Filer) for a TUE exemption (71 Hunter House Road, Sheffield, S11 8TU, Great Britain; Tel: 0044 (0) 754882 6151; e-mail: wmatussec@gmail.com). If an exemption is refused, the prohibited substance(s) concerned must 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 must be produced at the Doping Control Centre if you are selected for a drug test. Details of prohibited substances and all Anti-Doping procedures are available on the World Athletics website (www.worldathletics.org), the WMA website (www.world-masters-athletics.com) and from your World Athletics Affiliated Federation. The Competition Handbook will also contain details of the Anti-Doping Procedures to be undertaken during the championships.

Registration Services

Registration services are being provided by SimplyRegister, Inc. I acknowledge that I have read SimplyRegister's Terms of Use (www.simplyregister.net/terms) in its entirety and that I understand and agree to all of the provisions contained therein.

☐ I confirm that I have read and understood the terms and conditions of this registration set out above

PAYMENTS

Payments for paper entry forms MUST be made on-line with entries by the National Masters Member of your country and all payments MUST be received by WMA not later than Tuesday 31 January 2023.

If a payment has not been received by that date, an athlete will not be registered as eligible to compete in the championships.

WMA National Masters Members must validate all entries or data in the on-line system.

.....
DATE

.....
ATHLETE'S SIGNATURE

Participants must send this entry form and entry fees to their WMA National Masters Member.

New athlete entries must be validated by the WMA Member by receipt of a copy of the entrant's birth certificate as evidence for the date of birth, and then confirmed by the Member.

DEADLINE FOR ENTRIES

The closing date for all entries will be 31 January 2023

No entries will be accepted after this date.

CERTIFICATION OR STAMP OF WMA NATIONAL MEMBER
(Paper copies)

.....
DATE

.....
SIGNATURE

Competition Schedule

IX World Masters Athletics Indoor Championship Toruń, POL – 26.03-1.04.2023

Opening Ceremony - Saturday, March 25th, 18:00

WMACI Toruń 2023		Sunday 26th	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st
60m	Heats		Men	Women				
	Semifinals			All				
	Finals				All			
200m	Heats					All		
	Semifinals						All	
	Finals						All	
400m	Heats	All						
	Semifinals		All					
	Finals			All				
800m	Semifinals				All			
	Finals					All		
1500m	Semifinals						All	
	Finals							All
3000m	Finals	All						
60m hurdles	Heats						Men	Women
	Finals						Men	Women
3000m Walk			Men	Women				
Cross Country 8 km / 6 km W/M70+			All					
Half-marathon								All
10km Walk Road							All	
10 km Road					All			
4x200m	Finals							All
4x200m mixed	Finals							All
Pentathlon					M55+	M35-50	Women	
Long Jump		M35-65	W35-55 / M70+	W60+				
Triple Jump				M50-60	W35-45	W50+	M35-45	M65 +
High Jump		Women / M70 +	M50-65	M35-45				
Pole vault					M35-45	M50-60	M65+	Women
Shot Put		W35-50	W55+	M35-50		M65+	M55-60	
Weight throw		M60 +	W35-50	W55+	M35-45	M50-55		
Javelin		M35-55	M60+	W35-50	W55+			
Discus		W 55 +			M50-55 & M65+	M35-45 & M60	W35-50	
Hammer throw			M35-55	M60+		W35-50	W55+	

Competition Schedule : Men

○ Numbers Indicate Event Date : 26.03 – 01.04 (7 Days)

✂ Opening Ceremony - 25 Mar, Closing Ceremony - 01 Apr

Competition Schedule Men

Event	Round	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+
60m	Heats	27	27	27	27	27	27	27	27	27	27	27	27	27
	Semi-Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
	Final	29	29	29	29	29	29	29	29	29	29	29	29	29
200m	Heats	30	30	30	30	30	30	30	30	30	30	30	30	30
	Semi-Final	31	31	31	31	31	31	31	31	31	31	31	31	31
	Final	31	31	31	31	31	31	31	31	31	31	31	31	31
400m	Heats	26	26	26	26	26	26	26	26	26	26	26	26	26
	Semi-Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
	Final	28	28	28	28	28	28	28	28	28	28	28	28	28
800m	Semi-Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
	Final	30	30	30	30	30	30	30	30	30	30	30	30	30
1500m	Heats	31	31	31	31	31	31	31	31	31	31	31	31	31
	Final	1	1	1	1	1	1	1	1	1	1	1	1	1
3000m	Final	26	26	26	26	26	26	26	26	26	26	26	26	26
60m Hurdles	Heats	31	31	31	31	31	31	31	31	31	31	31	31	31
	Final	31	31	31	31	31	31	31	31	31	31	31	31	31
3000m Walk	Final	27	27	27	27	27	27	27	27	27	27	27	27	27
Cross Country 8 km/6 km M70+	Final	27	27	27	27	27	27	27	27	27	27	27	27	27
Half Marathon	Final	1	1	1	1	1	1	1	1	1	1	1	1	1
10km Road	Final	29	29	29	29	29	29	29	29	29	29	29	29	29
10km Road Walk	Final	31	31	31	31	31	31	31	31	31	31	31	31	31
4x200m Relay	Final	1	1	1	1	1	1	1	1	1	1	1	1	1
4x200m Mixed Relay	Final	1	1	1	1	1	1	1	1	1	1	1	1	1
Pentathlon	Final	30	30	30	30	29	29	29	29	29	29	29	29	29
Long Jump	Final	26	26	26	26	26	26	26	27	27	27	27	27	27
Triple Jump	Final	31	31	31	28	28	28	1	1	1	1	1	1	1
High Jump	Final	28	28	28	27	27	27	27	26	26	26	26	26	26
Pole Vault	Final	29	29	29	30	30	30	31	31	31	31	31	31	31
Shot Put	Final	28	28	28	28	31	31	30	30	30	30	30	30	30
Weight Throw	Final	29	29	29	30	30	26	26	26	26	26	26	26	26
Javelin	Final	26	26	26	26	26	27	27	27	27	27	27	27	27
Discus	Final	30	30	30	29	29	30	29	29	29	29	29	29	29
Hammer	Final	27	27	27	27	27	28	28	28	28	28	28	28	28

Competition Schedule Women

✂ Opening Ceremony - 25 Mar, Closing Ceremony - 01 Apr

✂ Opening Ceremony - 25 Mar, Closing Ceremony - 01 Apr

[illegible]

Visa and other useful information

Ever since Poland joined the Schengen zone the residents of non-EU and non-EEA states who want to visit Poland or other member states of the Schengen zone need to apply for a Schengen visa. Schengen visas issued by Polish embassies and consulates are valid both for Poland and all the other member states of the Schengen zone. The visas may be issued for either single or multiple entry.

Links to useful pages of the Ministry of Foreign Affairs are available on

wmaci2023.com/visa



Visa-free countries

Citizens of the following countries are not required to be in possession of a visa when entering Poland for less than 90 days:

Albania (only for holders of biometric passports)
Andorra
Antigua Barbuda
Argentina
Australia
Austria
Bahamas
Barbados
Belgium
Bosnia and Herzegovina (only for holders of biometric passports)
Brazil
Brunei
Bulgaria
Canada
Chile
Colombia
Costa Rica
Croatia
Cyprus
Czech Republic
Denmark
Dominica
El Salvador
Estonia
Finland

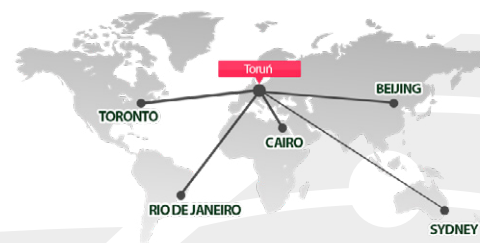
France
Georgia (only for holders of biometric passports)
Germany
Greece
Grenada
Guatemala
Honduras
Hong Kong (Special Administrative Region)
Hungary
Iceland
Ireland
Israel
Italy
Japan
Kiribati
Latvia
Liechtenstein
Lithuania
Luxembourg
Macao (Special Administrative Region)
North Macedonia (only for holders of biometric passports)
Malaysia
Malta

Marshall Islands
Mauritius
Mexico
Micronesia
Moldova (only for holders of biometric passports)
Monaco
Montenegro (only for holders of biometric passports)
Netherlands
New Zealand
Nicaragua
Norway
Palau
Panama
Paraguay
Peru
Portugal
Romania
Saint Kitts and Nevis
Samoa
San Marino
Serbia (only for holders of biometric passports)
Seychelles
Singapore
Slovakia

Slovenia
Solomon Islands
South Korea
Spain
St. Lucia
St Vincent and the Grenadines
Sweden
Switzerland
Taiwan (for holders of passports which include an identity card number)
Timor Leste
Tonga
Trinidad and Tobago
Tuvalu
Ukraine (only for holders of biometric passports)
United Arab Emirates
United Kingdom
United States of America
Uruguay
Vanuatu
Vatican (Holy See)
Venezuela

Transport

Poland is located in the geographic centre of Europe, and Toruń in the centre of Poland, which is communicated well with the entire world, due to availability of numerous airports.



DIRECTION

Flight time

TORONTO – POLAND	~ 9h
SYDNEY – POLAND	~ 28h
BEIJING – POLAND	~ 17h
RIO DE JANEIRO – POLAND	~ 17h
CAIRO – POLAND	~ 4,5h

The largest airport is located 260 km from Toruń, in Warsaw (capital city) – access by motorway. Four other airports are located within 200 km from Toruń. All these cities offer bus or train connections to Toruń and the ticket prices range from 9 to 25\$ per person.



It's also easy to come to Toruń by car due to it's located at A1 motorway (north – south).

DIRECTION

BERLIN – TORUŃ	414 km
BUCHAREST – TORUŃ	1548 km
KIEV – TORUŃ	1025 km
LONDON – TORUŃ	1468 km
PARIS – TORUŃ	1427 km
ROME – TORUŃ	1890 km
STOCKHOLM – TORUŃ	835 km
WARSAW – TORUŃ	265 km
VILNIUS – TORUŃ	634 km



Merchandise

Accommodation and transport

Accommodation offer of our Partner is available here:

wmaci2023.com/accommodation

Transport offer of our Partner is available here:

wmaci2023.com/transport-to-torun

Hints and tips

Polish currency:

1 PLN = 100 groszy

1 \$ = 4.71 PLN

1 € = 4.71 PLN

1 GBP = 5.46 PLN

Coins:

1, 2, 5, 10, 20, 50 groszy

1, 2, 5 PLN

Banknotes:

10, 20, 50, 100, 200 PLN

Foreign currency exchange options include banks and exchanging offices (open from 8:00 a.m. to 6:00 p.m.) and a network of cash machines available 24/7. A majority of shops, restaurants, and hotels accept credit card payments (Visa, MasterCard, American Express).

Medical care

Holders of the European Health Insurance Card are provided with free medical care. All the other participants will be provided with paid medical services covered by their own insurance.

Emergency numbers:

112 – emergency

997 – Police

998 – Fire Service

999 – Ambulance Service

Staple food:

Bread.....	4 PLN (0.84\$)
Bread roll	1 PLN (0.21\$)
Ham (1kg).....	35 PLN (7.39\$)
Polish sausage (1kg).....	20 PLN (4.20\$)
Butter (0.25kg)	8 PLN (1.68\$)
Milk (1l).....	4 PLN (0.84\$)
Cheese (1kg)	30 PLN (6.3\$)
Jacobs coffee (100g).....	18 PLN (3.78\$)
Cup of coffee (cafe)	4-15 PLN (0.84-3.15\$)
Coca Cola (2l)	8 PLN (1.68\$)
Mineral water (1.5l).....	2-6 PLN (0.42-1.26\$)
Beer (0.5l)	10 PLN (2.10\$)
Chocolate (100g)	6-10 PLN (1.26-2.10\$)
Bananas (1kg).....	7 PLN (1.47\$)
Oranges (1kg).....	8 PLN (1.68\$)
Big Mac	20 PLN (4.20\$)
Big Mac (with fries and coca cola)	30 PLN (6.3\$)

Other prices:

Diesel fuel.....	7.70 PLN (1.62\$)
Petrol (95Pb)	6.70 PLN (1.40\$)
Train ticket (Toruń -Warszawa).....	40-90 PLN (8,40-18.9\$)
Taxi Old Town (city centre) – sports arena	18 PLN (3.83\$)

Local transport

Local buses and trams are free for athletes and accompanying persons.



T-SHIRT

T-shirt made in Dry Fit technology with a round neckline, dyed in an environmentally friendly way (using less water and chemicals than traditional dyeing). Dry Fit technology ensures high comfort of use by preventing the material from sticking to the body. 100% polyester. Weight: 135 gsm.

Colour: white or red

Sizes:

Ladies: XS / S / M / L / XL / XXL / 3XL

Man: XS / M / L / XL / XXL / 3XL / 4XL / 5XL

20€
15€

LONG-SLEEVED SHIRT



A Long-Sleeved Shirt made of durable, breathable and flexible microfilament knitted fabric, with a V-neckline. Image made using the sublimation method, resistant to repeated washing. Impalpable, printed labels. Printed and sewn in Poland. 100% polyester, Weight: 130 gsm.

Sizes (unisex):

XXS / XS / S / M / L / XL / XXL / 3XL / 4XL

**AVAILABLE
ONLY DURING
REGISTRATION**

45€

POLO



Pique fabric. 3 buttons placket. 1x1 Rib collar. Side slits. 100% combed cotton. Weight: 180 gsm.

Colour: white or red

Sizes:

Ladies: XS / S / M / L / XL / XXL

Man: S / M / L / XL / XXL / 3XL / 4XL / 5XL

30€
25€

Size tables available at
wmaci2023.com/merchandise



See you in Toruń