

World Masters Athletics Championships - Indoor

March 24 - 30, 2019

Toruń, Poland

Information for Team USATF Athletes

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Event Entry Information

Entry Information

Entry information, including how to apply, deadlines, fees, etc. is available on the meet website wmaci2019.com. After you register you will be able to view the status of your entry on that site as well.

To enter as a Team USATF athlete, you must have a current USATF membership, you can join or renew by [clicking here](#)

USATF Registration Validation

After you enter, the USATF office must validate your entry, this confirms your date of birth and your eligibility to compete for the USA. Until this is done, your registration status will be "pending." If USATF has not previously received proof of date of birth or has any other question your registration status will be "information needed" and the office will contact you at the email address you provided.

Packet Pickup and Competitor's Handbook

Packet pickup details will be available on the meet website wmaci2019.com.

A government issued document containing a picture, or a passport, will be required to pick up your registration packet.

You will receive a Competitor's Handbook when you pick up your packet in Toruń, Poland. Please read it and keep it with you; it contains vital information about the competition, i.e.: when and where you must declare your intention to compete in your events; when and where to check in; local transportation information, final competition schedules and sites; etc. Additional information is available at the meet website and in the entry booklet.

Rules & Protests

Rules

This is a large, international meet conducted under IAAF and WMA rules, and many of the rules and procedures are different from local and U.S. national meets. USATF is validating your entry to the Championship in Torun and does not administer this meet.

Protests

You can protest any infraction of the rules with the referee. Any appeal of the referee's decision must be made by a team manager within a strict time limit. Contact either Team Manager immediately if an appeal is required.

Doping Information

The doping regulations of WMA will be followed in Toruń, Poland. All athletes must be aware that doping is not allowed and violators will be suspended from competition.

The attention of WMA athletes is drawn to the fact that WMA strictly observes the IAAF AntiDoping Rules and Code as governed by the World Anti-Doping Agency (WADA) Code. Doping Control will be conducted under the IAAF/WMA Rules that comply with the provisions of WADA.

Athletes competing in any WMA Championship event, by their electronic signature during the entry process, acknowledge that they are fully bound by these Rules and Codes and any applicable prevailing anti-doping legislation in the country hosting these Championships.

Checking your medications

Are all your medications permitted?

To find out if your medications (both prescription and over the counter) are permitted or require a Therapeutic Use Exemption Certificate (generally called a TUE), check the Global Drug Reference Online globaldro.com. You should do this now and each time you start taking a new medicine (even just a cold remedy!). The Global DRO has a large database of medications and is designed to be easy to use. Keep a record of any search you do; should you be tested and initially reported positive, the record is strong evidence of compliance. The major limitation of the Global DRO is that it does not cover nutritional supplements. Be very careful in using supplements as some contain prohibited substances. Also be very careful to check not only the medications by name but also the ingredients in the medications you are taking.

Therapeutic Use Exemption Certificates

- a) **If you are taking or require exemption for a prohibited substance,** you must apply to the WMA Medical Officer using [this form](#). All such applications are to be fully supported by medical documentation setting out the existing medical conditions and the need for the use for the prohibited substance.
- b) **If you are granted a TUE certificate,** this must be with you at all times, along with proof of identification, and be produced at the Doping Control Center if you are selected for a drug test.
- c) **Testing positive for a prohibited substance renders the athlete liable to being suspended unless the athlete provides a valid TUE.**

Testing

The standard international protocol, outlined in the following sections, will be followed.

Selection Procedures

The selection of athletes for testing is randomly made and any athlete regardless of their age and sex and the type of event in which they are participating may be chosen. The Procedural Guidelines established by WADA are strictly adhered to in the testing of all athletes.

If you are selected for a test you will be advised of this fact by a drug testing official (Chaperon) who will be clearly identified and accredited as part of the testing team. You will be informed of your selection to undergo a doping test and the drug testing official will then escort you to the testing control area. All competitors should be aware that the refusal of a test will be deemed the same as a positive doping test.

Testing Procedures

The testing procedure will be fully explained to you by the Doping Control Team and you may request information on any matter about the drug testing procedure, during or after completing the required forms. And queries or complaints should be noted before finally signing the forms. If you have been granted a Therapeutic Use Exemption (TUE) you should provide details on the drug testing form.

Athlete's Rights

An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official who advises you of the selection will then remain with you until such time as you arrive at the testing control area.

You may request another person to accompany you to the drug testing process. This may be another competitor, team official, friend, or relative. With the consent of your drug testing official, and at all times in full view of the official, you may:

- Attend a victory ceremony
- Compete in future events
- Receive necessary medical attention;
- Fulfill media commitments
- Warm down (cool off) or recuperate.

Athlete's Responsibilities

It is the athlete's responsibility to ensure that the following is done during the sample collection process:

- You are aware of and comply with the IAAF/WMA/WADA doping control regulations
- You comply with the drug testing procedure
- You control the urine sample until it is sealed in the sample collection kit, the sealed sample collection kit is secured and identified, and all appropriate documentation is accurate, complete, and signed

Note: If any part of the drug testing procedure concerns you it is recommended that you record your concern on the drug testing form and notify the Team USATF management staff.

Team Communications

Online Notes and Reminders

A shared document has been created and will be updated before and during the meet with reminders and practical information. It can be accessed by all Team USATF athletes attending the WMA Indoor Championships. To access click this link <https://tinyurl.com/y7j9jdney>

WhatsApp

A WhatsApp chat group has been established that can be used before and during the meet to ask questions and post information. To join click here <https://chat.whatsapp.com/1nSUdoIgivkHpMbl8xzIEh>. If you do not have WhatsApp on your smartphone, you should download the app prior to departure for Poland. To use WhatsApp you must have internet access either through a data roaming plan or by using WiFi.

Relay and Non-Stadia Teams Selections

Two shared spreadsheets will be used to manage the formation of teams for the Relays and in Non-Stadia events. (see the Team Competition Section below for additional information on the team competition events).

Relay Team Spreadsheet - Will be Added

Non-Stadia Team Spreadsheet - Will be Added

Team Meetings

There will be a Team USATF team meeting at 10:30 AM every competition day. The exact location will be posted on the Information Board and in the Notes and

Reminders document and on Whatsapp. Please attend the meeting the day before your competition and, if possible, the day of competition. There is generally important last-minute information from the meetings between the Team Managers and WMA and the Local Organizing Committee.

USA Information Board

Check the USA Information Board at the TIC (Technical Information Center) (location to be announced) for notices and/or updates plus relay team information. You can also post notes for the team managers or for each other. Many of these notes will be shared in the Notes and Reminders document and on Whatsapp, but not always all, so check the board also.

Uniforms

The USATF National Office will provide a uniform to everyone who registers and didn't previously receive the current blue Rio uniform (at the 2018 WMA Malaga or 2017 NCCWMA Toronto meets). Both the red London Olympics and the blue Rio Olympics uniforms will be official. You will not be allowed to compete unless you wear one of these uniforms. The blue uniform must be worn for all finals. Either the red or the blue is permissible for prelims, etc. If you have any questions or issues, please contact team managers. Note that additional red uniforms can be purchased at the USATF Store online (those that are labeled London 2012) at usatf.org. Blue uniforms cannot be bought at this time.

Relay Team Selection

IAAF/WMA Rules for Relays

- One relay team per country, per age group, and per gender for the 4x200 relays to be held on Saturday, March 30; there are no “B” teams.
- Age Group is determined by age of the youngest member that actually runs; teams can’t arbitrarily step down to a younger group.
- Country Team Declarations list four to seven athletes (four runners and three alternates). Declarations can only be changed before the Declaration Deadline. After the Deadline, only the four to seven athletes listed are eligible to run; changes to who is running (use of an alternate) and running order are made in the call room up to one hour before the race.
- The Team members must be entered in the meet and represent Team USATF; no all-star teams
- The Team Declaration Deadline has not been announced; it may be earlier than at past championships.

TEAM USATF has Two Types of Teams

- Designated Teams are competitive teams selected according to the procedure below.
- Volunteer Teams are self-organized and made up of any four to seven Team USATF athletes of the same gender; the Team Manager will sign and submit a WMA team declaration form upon request. Volunteer Teams may only enter in age groups without a Team USATF Designated Team.

Designated Team Selection

The selection process begins by reviewing the declared athletes that have competed in the current WMA Championships. In addition, athletes should have competed in a 4x100m or 4x200m relay (National Team, club team, or pick-up) within the past 24 months. Athletes not meeting these qualifications are eligible for volunteer teams only. Please do not submit a declaration form if you do not meet the qualifications or are unlikely to.

Declaration

Everyone likely to meet the qualifications for a Designated Team is encouraged to complete a written declaration form. This form indicates that the athlete is interested in being in the relay pool, and (if selected) will be committed to participate in relay practice and run in competition. This includes athletes selected as alternates.

- The Team Manager will have the Declaration Forms. Complete & return them ASAP.
- Return the forms to the Team Manager by 4 pm the night before the WMA Team Declaration Deadline (TDD).
- Athletes may withdraw their declaration up to two hours before the TDD. Contact the Team Manager to withdraw.
- Athletes who submitted the form but weren't selected need take no further steps, and remain eligible for a volunteer team.

Selection

The teams will be selected by the Team Selection Committee (TSC) consisting of the Chair, Vice Chair, the Team Manager and one or more athlete representative members of the USATF Masters Track & Field Committee. The Team Manager will Chair this committee and determine the place and time of its meetings.

The following will be how each relay team will be determined and selected:

1. The TSC will first consider the finalists in the event at the same distance and then related events, then semi-finalists, and then those who finished in the top half of the preliminary round. The related events, in order of priority, are 200, 400, 60, 60 hurdles, and 800. Combined event athletes are considered as though their time were achieved during the main event.
2. The TSC will consider available athletes from an older age group to complete a team for a younger age group if necessary.
3. Age groups may be merged when two or more age groups do not have at least two runners who have qualified for the finals, semi-finals and prelims. Merged categories are then treated as one pool.
4. If a team still cannot be determined using the above process, then the Committee will also consider:
 - Top USA FAT times or times from current year USATF Masters Indoor or Outdoor Championships.
 - The current year USA Rankings using only USATF sanctioned events and FAT times.

5. The TSC will take everything into consideration but the selection of the relay team members, including alternates made by the Committee is final.

Sanctions

The sanction for declaring but not competing (other than for a sudden injury, accident or unforeseen circumstance) is that the athlete is moved to the bottom of the relay pool for the next two WMA competitions. Contact the Team Manager if your circumstances change.

Injuries

The Team Manager will also take injuries into consideration. After consultation with an injured relay team member and other team members, including alternates, the Team Manager, in consultation with any Team Selection Committee members present, will make the final decision whether or not to replace any injured relay member with an alternate, just prior to the Final Relay Declaration.

Teamwork and Relay Practice

The Team Manager will make batons available for relay practice and appoint a Team Captain to coordinate relay practices as needed to include a mandatory relay practice which is scheduled based on access to a track. Relay members who do not make every effort to attend practice risk being replaced by an alternate, should the Team Manager and Team Captain decide it is in the best interest of the relay team.

Volunteer Teams

Volunteer Teams are self-organized and can include any members of Team USATF; there are no qualifications with respect to ability or relay experience. The only restrictions are that (1) there cannot be a designated team for the same combination of gender, age group, and distance, and (2) any athlete qualified to be named to a designated team must be released by the team management as not needed because there are too many or too few athletes in the same or neighboring age groups.

A member of the proposed team should contact the Team Manager to obtain a copy of the WMA Team Declaration form, to ensure that there won't be a conflicting Designated Team and that any athlete eligible for designation is available. The team will complete the form listing the four to seven members and return it to the Team Manager prior to the Team Declaration Deadline. The Team Manager will sign and submit it to the TIC. If more than four athletes are listed the team will determine who actually runs.

Non-Stadia Teams (Cross Country and Half Marathon)

These non stadia team scoring rules apply to all road races, including cross country, road walks, and road (running) races.

Team Scoring Rules

Cross Country first non-stadia event of the meet so it is critical that participating athletes contact Mary Rosado, Non-Stadia Team Manager, in advance if they want to be part of teams not in their age groups. Since the cross country race is the first non stadia event, it is critical that you declare

your intentions (either to run or not) to the non stadia team manager by 4:00pm the day before as the team declarations deadline is 5:00pm .

Medals are awarded to the top three teams in each five-year age group, each country is entitled to one team (best three to score). The results are computed on a cumulative time basis.

In road races, cross country races, and road walking races every athlete competes individually in his/her own age group.

For team scoring, athletes will only be permitted to drop to a lower age group to complete the required number for a team, provided that the following requirements are met:

1. The lower age group shall be in the same race as that in which the athlete competes individually;
2. The athlete's country does not have a sufficient number of athletes in that age group to make up a full team in that age group;
3. Every team must submit a start list that shows the names and age-group of all their athletes competing in a particular age group (no team list is required if the country has a natural team in an age group);
4. An athlete may only score in one team;
5. A maximum of two athletes from older age group may be declared in a team not of their age group;
6. An athlete who joins a team of a lower age will not lose his/her right to an individual medal in his/her age group as long as all of the above rules are followed.

Should it be found that an athlete has entered for the team scoring in a younger age group when the Affiliate has already sufficient athletes within the team's age group to make up a full team, the team will be disqualified.

Team Managers are responsible for making an athlete aware that they will be running in a different race for a team and that they must agree to do so.

Forms need to be filed by 18:00 the evening before the event in schedule.

If teams need to be created and athletes have not contacted the team managers, the non stadia team manager will use his/her discretion to create the best medal contending teams.

Schedule

The daily competition schedule is posted on the meet website: wmaci2019.com

Note that the schedule with specific times is developed after entries close and the number of people registered in each event and age group is known.

Athletes who register for an inside and outside event on the same day assume the risk that the events will occur at approximately the same time and will therefore only be able to compete in one of the two events.

Travel Planning

How to get to Toruń

There are no direct flights from the US to Toruń. There are two alternatives: fly to Warsaw and take the train (there are trains every 10 minutes from the airport to the main Warsaw station and trains every hour from there to Toruń;

the trip from Warsaw varies from two and a half to three hours - the cost is under \$40 round trip); fly to Bydgoszcz (through Frankfurt) and then take a taxi to the local train station and a train from there (10 minutes by taxi; 39 minutes by train - total cost about \$15). While flights through Bydgoszcz may get you closer, those through Warsaw are probably going to be less than half the cost (in October 2018 they were pricing at under \$550 from Washington round trip vs. about \$1300 to Bydgoszcz).

Travel Scheduling

Arrange to arrive in Toruń by early afternoon the day before your first event – in the past, WMA has required athletes to declare (reconfirm) their intention to compete in person by late afternoon the day prior to the event. You are responsible for making your own arrangements for travel and accommodation; including obtaining a passport and a visa.

Passport and Visa

Your passport should be valid for six months from when you leave, otherwise apply for renewal.

For Poland, a visa is not required for citizens using USA passports. Note that if asked why you are visiting, you are a Tourist (“visiting for sports” is the category used for professional sports players - professional soccer, tennis, etc.)

Housing

USATF World Masters Group Hotel: Copernicus Hotel Torun
<https://tinyurl.com/yas8vh7m>

A block of rooms is reserved for USA athletes

Arrival

Upon arrival in Toruń, please contact the USA Team Managers – Philip Greenwald or Mary Rosado – either at the Team Meetings or by looking for the USA flag in the stands. This is particularly important for those who have not previously attended a WMA Championship. There are different rules and procedures and it is important to double-check that you have completed all of the steps to be able to compete.

Contacts

General Meet Information

Local Organizing Committee – Toruń, Poland

Wmaci2019.com

info@wmaci2019.com

Team Manager for Stadia Events

Philip Greenwald

Home: (212) 595-2486

Cell: (917) 349-8432 (during the meet, please use text)

greenwaldp@att.net

Team Manager for Non-Stadia Events

Mary Rosado

Home: (917) 400-3961

mvrosadoesq@prodigy.net

USATF National Office

wma@usatf.org

FAQs

New & Veteran Masters Athletes Traveling Internationally

Each Section will be updated as needed and this is to be used as a guide and but please feel free to contact *Philip Greenwald or Mary Rosado* for more detailed or specific questions.

This guide is for the 2017 WMA Championships in Toruń, Poland.

Latashia Key-USATF Masters Track & Field Active Athlete Rep
mastersactiveathlete@gmail.com

Philip Greenwald-USATF Masters Track and Field Team Manager
greenwaldp@att.net

Mary Rosado-USATF Masters LDR/Non-Stadia Team Manager
mvrosadoesq@prodigy.net

Travel Section

When is the best time to arrive if I'm attending a WMA (World Masters Athletics) or any other international competition?

It is best to arrive in the same time zone **48 or more hours** prior to your first day of competition. There are formulas to help determine the best time to arrive in a foreign country but even those may not work. The goal to keep in mind is not to feel rushed and overwhelmed before your event.

When should I book my flight if I'm traveling abroad?

The best time to book a flight depends are several key items:

- You are 100% going to compete.
- You have set up several airfare trackers so you know when it is really a good "deal" (Ex: <http://matrix.itasoftware.com> & <http://www.skyscanner.com> to name a few).
- Funds are available.
- Research the layover times to catch your connecting flights to and from your destination.
- Research the timeframe to get through customs to and from your connecting flight from your destination (*this one is very important*) Give yourself at least 2-3 hours just to be on the safe side.

How do I know if the hotel I choose is a quality choice from the event site?

The LOC and/or bidders of the event want everyone to enjoy their stay in the host country and will provide hotels with an acceptable reputation and service.

General accommodation info: <https://wmaci2019.com/accommodation/>

Link for booking the USATF Team Hotel: <https://tinyurl.com/yas8vh7m>

What if I don't want to stay in a hotel, what are some other options and websites to book my stay?

Here are a few sites and always read the comments others have left and if there are any requirements and/or restrictions. Each person's experience may be different.

1. VRBO (Vacation Rentals by Owner) <http://www.vrbo.com> (focus on **vacation or second-home rentals**)
2. Airbnb <https://www.airbnb.com>
3. Housetrip <http://www.housetrip.com>
4. Tripping <http://www.tripping.com>
5. Wimdu <http://www.wimdu.com>
6. Roomorama <https://www.roomorama.com>

I want to rent a car or vehicle; is there anything I should do differently than here in the US?

Yes, in Poland you will need a valid International Driving Permit in addition to a Passport and Credit Card. An International Driving Permit (IDP) allows citizens of a foreign country with a valid driver's license to drive in most countries. You must obtain your IDP in the same country that issued your driver's license and your full name must match on both. In the US, only AAA issues the IDP and all AAA offices issue them. You must have two passport pictures and the fee is \$20. There is an online company (idltravel.com) that also provides them for \$25. Always confirm the dates you know you want to use the vehicle to help reduce any unnecessary cost. Understand the rate and rental policy and procedures before you book it.

What if I want to extend my trip?

There is information about travel from other cities and their proximity to Toruń on the host website:

<https://wmaci2019.com/easy-to-come/>

Passport and what do I need to know?

Everyone traveling internationally must possess a passport especially if you are flying. If you do not have one, please visit

<http://travel.state.gov/content/passports/english.html> to begin the process.

This should be done several months in advance as it takes at least 6 weeks to process and 3 weeks to pay for an expedited one. If you already have a US passport be sure that it expires at least 90 days after you will leave Poland (so after July 1, 2019 if you are departing immediately after the meet ends).

Anybody traveling on a passport from another country needs to check the information on Visa requirements.

NO VISA is required for USA citizens when traveling to Poland

Note: If you have a US Passport, **always check to be sure you meet the minimum requirements of traveling to the destination country.**

Schengen Agreement countries require that your passport will be valid at least 90 days (**from time you leave the country**) on your passport to enter the country.

Learn more here:

https://ec.europa.eu/home-affairs/sites/homeaffairs/files/e-library/docs/schengen_brochure/schengen_brochure_dr3111126_en.pdf

Are there maps available to help me navigate the city/country?

The event site offers the address and maps of where the venues are located

<https://wmaci2019.com/local-transport/>

For more detailed map, use Google Maps

[Google map of Torun](#)

Where is the best place to look for weather updates?

Two recommended apps:

<http://downloads.accuweather.com>

<http://www.weather.com/apps>

Should I contact my cellular provider if I'm traveling abroad? Will there be Wi-Fi or Hotspots?

Yes! Each provider has different plans and restrictions and it is best to contact them a few weeks prior to your departure. Note roaming charges are high abroad and use your phone if possible on a limited basis to avoid this additional fee.

There are usually Hotspots and Wi-Fi available which will help save cost when checking emails and communicating with family and friends back home. **Many hotels, restaurants and other public places offer Wi-Fi.**

WhatsApp uses Wi-Fi to communicate with those inside and outside the country. Additionally, the team uses it to communicate during the event. Please install on your smart phone <https://www.whatsapp.com/> and subsequently click this link to join our group chat: <https://chat.whatsapp.com/1nSUdoIgivkHpMbl8xzIEh>

For those with iPhones, you might check into Dial Assist, a feature recently added that can allow you to use your iPhone to make calls when in Airplane Mode but on WiFi. Check with your carrier and/or Apple before leaving the US.

Should I use currency or a credit card traveling abroad?

This is an individual choice and some examples may help you determine which option (s) will be best for you and your situation.

- Best to have both currency and a card just in case there is an emergency. If you decide to use a card, it is advisable to use one that has a Chip embedded. Many countries use this type of card (Chip and Pin) instead of the magnetic strip. More cards in the US are offering this type of card and please contact your credit card company to see if they have this available.
- Currency Only-Contact your bank as to when you need to order it before you leave and the conversion rate used is the day you place your order. Try to budget what you will need the funds for such as food, souvenirs, transportation, etc. The goal is to get enough currency and not too much due to the conversion rate when you come back to the US.
- *The best place to convert your foreign currency is usually a bank or local ATM and not the conversion booths at the airport. Check on your ATM card's fees before leaving the US.*
- *Many athletes have found that converting in the country yields the best rates.*
- *ATMs often have better rates than either bank tellers or currency shops.*
 - Card Only-Contact your bank and let them know you will be leaving the country and that you plan to use your credit card (s), this is highly recommended. The reason is that the bank may place a hold on your card believing it is stolen since you are in another country.

- Check with your credit card company to see if they add a “foreign transaction fee” to charges in other countries. Some do; some do not. Those charges can be anywhere from 3-5% of the actual charge.

NOTE: The **Polish Zloty** is the currency of Poland. Our currency rankings show that the most popular Poland **Zloty** exchange rate is the **PLN** to **EUR** rate. The currency code for the **Zloty** is **PLN**, and the currency symbol is **zł**. The rate has been fluctuating recently between **zł3.64** and **zł3.80** to the dollar. Below, you'll find **Polish Zloty** rates and a currency converter.

Exchange information:

<https://www.xe.com/currency/pln-polish-zloty>

Here are 2 links to calculate your currency when abroad:

<http://currencyapp.com/#android>

<http://www.oanda.com/mobile/converter/iphone>

Travel, Medical, and Evacuation Insurance

Insurance can be critically important for Americans traveling abroad. You should first check to see what kind of coverage, if any, your existing insurance provides. Many medical plans do not cover you while you are outside the U.S. Others provide no coverage if you require medical evacuation or, God forbid, repatriation of your remains.

- There are many companies that offer many different types of travel, overseas medical, and evacuation insurance. Good places to start in

determining what is best for you, should you need it, are the following websites: (Both of them provide information about policies offered by several different companies and allow you to comparison shop.)

<https://www.insuremytrip.com/>

<http://www.travelinsurance.com/>

- It is important to note that coverage for pre-existing conditions is not included in all travel medical and evacuation policies and even those that do have restrictions (often you must purchase your insurance within as little as 10 days after making your initial trip payment).

Packing for my Trip Section

How many suitcases can I bring? Should I pack more than enough?

Each person will need to decide this for themselves, however; most if not all airlines charge extra for additional bags and unless your stay is for an extended amount of time, I would recommend packing your items in one checked bag that weighs 50lb or less.

NOTE:

- If you plan to get souvenirs, pack an extra empty bag that you can use as a carry-on.
- Remember-you are only allowed 2 carry-on bags so pack wisely.

Besides your USATF Uniform (*details in another section*), check the weather for the dates you plan to arrive and leave to come back to your city in the US. The listed items are suggestions and please use your best judgment.

- Bring comfortable shoes! There will be a lot of walking compared to what you may do at home.
- Always have at least one non-USA jacket (casual) for cool evenings.
- Pants and/or Jeans should be packed for cool evenings.
- Sunscreen, hat, glasses (you be surprised how many people forget to pack these especially if you are packing last minute).
- Women-dresses or skirts especially if you are attending a play or some other function.
- Toiletry items-this can weigh easily 5lbs or more depending on what products you use. Pack sample sizes for as many items as you can and for liquids use plastic bags in case of spillage.

In your carry on bag:

- Pack your competition uniform and spikes (*take the spikes out*)-If your checked luggage doesn't make it, you can still compete until it arrives. (*Yes, this will take up valuable space but you can pack it in your checked bag on your return flight*).
- Put prescription drugs in your carry-on and bring enough for your entire trip. (just like your competition shoes, this can be an issue if your checked bags are lost).
- Pack your TUE (Therapeutic Use Exemption) papers in your carry on with your passport/visa and other important documents.
 - Ideally, it would be great if you can pack a few days prior to your departure to see what items work and those that can stay behind.
 - Try to pack only what you need and will wear!

Can I bring food/snacks during my trip?

Yes! It is highly recommended to bring along non-perishable, nutritious and easily “packable” food. Bring food you like to eat and will keep you from having a sugar or hunger episode on the plane or during your layovers. Some items I have traveled with are Fig Newtons, nuts, candy/Chocolate, PBJ sandwiches, pretzels, raisins and other dry fruit for example. The food you pack will help make your trip pleasurable.

Cultural Section

Is there anything that should be noted when traveling to Torun, Poland?

From Lonelyplanet: “Beyond architecture, Toruń is also well known as the birthplace of Nicolaus Copernicus (1473–1543). His name (Mikołaj Kopernik in Polish) is all over town, and you can even buy gingerbread shaped in his image. This other Toruń icon – its *pierniki* (gingerbread) – is famous across Poland.”

- <https://wmaci2019.com/feel-the-magic-of-torun/>
- Here is the link to their Tourist Center: <https://www.torun.pl/en>
- Learn more about Poland:
<https://en.wikipedia.org/wiki/Toru%C5%84>
- To learn about Torun
<https://www.lonelyplanet.com/poland/pomerania/torun>
- Torun is an Unesco Heritage Site!
<https://whc.unesco.org/en/list/835>

Athlete Section

This information can be located at the below link and it is strongly recommended to review the information prior to leaving. Highlighted are some key items below.

Event Registration

If you haven't already visited the website for the 2019 WMA Indoor Championships, please visit:

<https://wmaci2019.com/>

Schedule: (released closer to the event)

Stadia Info:

<https://wmaci2019.com/arena-torun/>

Non-Stadia Info:

<https://wmaci2019.com/non-stadia-competitions/>

Registration Info and Fees: (Note Registration will be in euros)

<https://wmaci2019.com/>

(USA athletes must use the on-line registration, not paper)

Non-Stadia Athletes (XC, Road Race and Road Walking Athletes)

***Cross Country is the first non-stadia (outside the stadium) event of the meet so it is critical that participating athletes contact Mary Rosado, Non Stadia Manager (Email: mvrosadoesq@prodigy.net or cell 917-400-3961) once you have arrived.**

Please Review information regarding team selection above

Tips:

Print out everything you will need prior to leaving-location, map and address of stadium (s) you will be competing at during the championships, your hotel, etc.

Leave your emergency contact information as to your travel plans in case something happens while you are away (this question was asked when you registered for the meet)