



WMA Outdoor Championships
August 22 - September 3, 2026
Daegu, South Korea

Information for Team USATF Masters Athletes

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Event Entry Information

Entry Information

Entry information, including how to apply, deadlines, fees, etc. is available in the Entry Book, which is downloadable on the [meet website](#). The Entry Fee for the meet is €80, plus €38 for each event (€52 for combined events and for the half marathon). There is also a €60 per athlete Team USATF fee to cover a variety of team management functions. All the prices are quoted in Euros since WMA is based in Europe. To see the current Euro to US Dollar rate click [here](#). Note that rates change all the time and your bank/credit card will apply a slightly different rate.

[Click Here to Register](#)

The entry deadline is June 23, 2026. There are no late entries for this meet.

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 National Office must validate your entry. This confirms your date of birth and your eligibility to compete for Team USA. Until your entry has been validated, your registration status will be "pending." Validation is not immediate and may take some time, particularly if you register early in the process. If USATF has not previously received proof of date of birth or has any other question, your registration status will show "information needed" and the USATF national office will contact you at the email address you provided. Please act on any information request promptly. If the USATF national office cannot complete your validation within one week of the closing of entries

because you have not responded to their request for information, you will not be permitted to compete AND no refunds will be granted.

Entry and Competitors Handbooks

The Entry Handbook can be downloaded now from the [meet website](#) and contains many important details. **Please read it now.**

The Competitors Handbook will be posted at the same location on the meet website prior to the beginning of the meet. 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.

Packet Pickup

Details and hours of the Welcome Center (which includes packet pickup) are available in the Entry Handbook - see the information just above. The TIC will open on Thursday, August 20, 2026, and is located at the Daegu Stadium.

A government issued photo ID (i.e., a driver's license or a passport) document will be required to pick up your registration packet.

Rules & Protests

Rules

This is a large, international meet conducted under WMA and World Athletics rules. Many of the rules and procedures are different from local and U.S.

national meets. While USATF is required to validate your entry to the Championship in Daegu, it does not administer this meet. Please go to the WMA website to review the rules of competition.

Shoes

WMA Rule 5.13.3 states

Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm (except any shoe that contains spikes must have a sole with a maximum thickness of no more than 30mm).

Unfortunately, there is no easy way to measure the heel height of a shoe (and further the measurement is made on a European size 42 shoe at specific points in heel and sole). There are two ways of seeing if shoes are compliant:

1. Google and see if you can find the information. Be careful to look at the exact model you are considering (many shoe lines are updated frequently, and different versions may have different thickness). The heel thickness is often called the "stack height."
2. Check the World Athletics list for shoes for professional competitions. The WA rules are more restrictive than WMA rules, so any WA compliant shoe (for any event) is WMA compliant for all events. The list is here: [List of Approved Athletic Shoes](#) It is updated every two weeks. The problem is that the shoe companies only submit shoe models that elite athletes are likely to use in competition.

Protests

You can and should protest any infraction of the rules immediately with the Chief Judge of your event who will seek a decision from the appropriate referee. Any appeal of the referee's decision must be made by a team manager within a strict time limit. A sizable monetary deposit must accompany any appeal which

will be returned only if you win the appeal. Contact any Team Manager immediately if you feel an appeal may be needed, you and the manager can then review the relevant rules and decide on the next steps.

Opening Ceremony

The Opening Ceremony will be at 6:00 pm local time at Daegu Stadium on Friday, August 21.

Anti-doping Information

The anti-doping regulations of WMA will be followed in Daegu, South Korea. All athletes must be aware that doping is not allowed, and violators will be suspended from competition.

All competing athletes should be aware that WMA strictly observes the World Athletics Anti-doping Rules and Code as governed by the World Anti-Doping Agency (WADA) Code. Doping Control will be conducted under the World Athletics/WMA Rules in compliance 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 (TUE), check the

Global Drug Reference Online globaldro.com. You should do this now and each time you start taking a new medicine (even over the counter medications such as an allergy or cold medicine). 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. Supplement safety can be found at the link [Supplement Connect](#). Also be very careful to check not only your medications/supplements by name but also the ingredients in the medications/supplements you are taking. More information can be found on the [Anti-doping page](#) on [usatf masters.org](http://usatf-masters.org). It is also wise to keep medicines and supplements in the original containers and save the empty ones as proof of what you were taking.

Therapeutic Use Exemption (TUE) Certificates

- a) **If you are taking or require exemption for a prohibited substance**, you must apply to the WMA Medical Officer using [the WMA form available here](#), and mailing it to the address at the bottom of the form. All such applications are to be fully supported by medical documentation setting out the existing medical conditions and the need for the use of the prohibited substance. ***Note that a TUE or a TUE pre-check from The U.S. Anti-Doping Agency (USADA) does not mean you have a TUE for World competition purposes.***
- 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

Any athlete regardless of their age, gender, 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 (Chaperone) 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. Any questions or complaints should be noted before signing the forms. If you have been granted a Therapeutic Use Exemption (TUE) you should provide details on the drug testing form. Urine and blood samples may be collected and analyzed. An Athlete's sample is divided into two, referred to as the A sample and a B sample. If an adverse analytical finding (AAF) is found on the A sample, the organization responsible for results management will conduct an initial review. If the initial review supports the AAF, the Athlete is notified in writing of the results and the

rights regarding the analysis of his/her B sample.

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 the following during the sample collection process:

- You are aware of and comply with the WMA/WADA doping control regulations
- You only ingest the food or drink the testing area provides, if asked
- 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: Blood samples will be collected by someone trained in phlebotomy and chain of control rules will be followed. 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 team management staff.

Further information may be found on the [WMA Antidoping Page](#).

Team Medical/Physiotherapy Services

Team USATF Masters will have the following equipment available to all team members in Daegu:

1. Five (4) Normatec Recovery Devices with a range of sleeves and leggings in all sizes
2. Two (2) Game Ready recovery devices - similar to Normatec but using ice water in the system
3. Two (2) Hyperice percussion guns
4. Three (3) Roll Recovery devices (three different levels of pressure)

All of these devices will be available in the team medical/physiotherapy areas in Daegu on a first come-first served basis with sign up sheets.

In order to receive other personal medical/massage services at the 2026 WMA Championships in Daegu, Team USATF Masters athletes must purchase a single session or subscription with an individual therapist.

This is necessary because budget constraints make it impossible to pay for the Medical Team needed out of the USATF Masters budget for 2026.

Subscriptions will cover a specified number of 20-minute appointments. **Those who do not subscribe cannot receive treatment from the Team USATF medical team;** they must seek treatment locally from the services available to all athletes at the Championships on a paid fee for service basis.

Plans are to have Team USATF Masters medical staff at all venues and events where subscribed athletes are scheduled to compete.

The fees you pay help to cover the cost of the provider's services. USATF Masters does not have a budget to cover this cost. They will be leaving their jobs and practices behind. Therefore, athletes should expect to give appropriate tips to their service provider for each appointment. If this is abused, then they simply will not come back to future Championships.

Athletes will purchase these services onsite with each provider. If you purchase a package, it will be with that individual provider and is non refundable.

Each member of the Medical Team will have a schedule showing at which location they will be on each day. In addition, they will have the current day's session schedule (and the next day's session schedule) posted and athletes must sign up on the posted schedule sheet. This sign up can be done one competition day ahead or on the spot if there are session slots open. That way, each athlete can choose the Medical Team member they wish.

Athletes must be present at their session start, or else standbys will be treated.

Treatments will be charged at \$40/session

Subscription Options

Number of 20 Minute Appointments	Cost
1	\$40
3	\$120
4	\$160
5	\$200
6	\$240
7	\$280
8	\$320
9	\$360
10	\$400
11	\$440
12	\$480
13	\$520
14	\$560
15	\$600
16	\$640
17	\$680

18	\$720
19	\$760
20	\$800
21	\$840
22	\$880

Team USATF Hotel Information

There is no one Team USATF hotel in Daegu. The rates have been secured through the LOC at these hotels (Note: The rates are in South Korean Won, abbreviated KRW. The current Won to US Dollar rate is available [here](#).

Currency rates vary constantly and your bank/credit card will charge a different rate.)

Inter Burgo-EXCO

80, Yutongdanji-ro, Buk-gu,
Daegu

Dates available: August 18th-September 4th 2026

Rates:KRW110,000-KRW162,000

Breakfast is an additional KRW 35,000 per day, you can pre purchase when you make your reservation. I assume you can also pay onsite, but it may be more expensive. I do not have that information at this time.

If you need additional nights that are not shown on the webpage, you need to email the accommodations link to confirm if the room is available.

wmac2026_hotel@miceon.org

Terms of booking

- Reservations are made by booking the accommodations link on the Daegu Championship.
- Booking link: [WMAC Daegu 2026](#)
- Guests must provide credit card information at the time of booking to guarantee their room. Your card will be charged the total amount of your reservation.
- All cancellations must be submitted in writing via email (wmac2026_hotel@miceon.org).

Refunds will be processed according to the following schedule (KST, UTC+9):

–Until July 15: Changes and cancellations are allowed (100% full refund)

–From July 16 to July 22: 50% refund

–From July 22 to September 3: non-refundable (100% cancellation fee applies, including No-Show)

- Room availability is subject to hotel occupancy
- There will be a dedicated shuttle from this hotel to the main track according to the LOC. We have not been told what the schedule for the shuttle will be at this time.

[The Grand Hotel](#)

305, Dongdaegu-ro, Suseong-gu, Daegu

Dates Available: August 18th - September 4, 2026

Rates: KRW 174,000

Breakfast is an additional KRW 32,000 per day, you can pre purchase when you make your reservation. I assume you can also pay onsite, but it may be more expensive. I do not have that information at this time.

Terms of booking

- Reservations are made by booking the accommodations link on the Daegu Championship.
- Booking link: [WMAC Daegu 2026](#)
- Guests must provide credit card information at the time of booking to guarantee their room. Your card will be charged the total amount of your reservation.

- All cancellations must be submitted in writing via email (wmac2026_hotel@miceon.org).

Refunds will be processed according to the following schedule (KST, UTC+9):

–Until July 15: Changes and cancellations are allowed (100% full refund)

–From July 16 to July 22: 50% refund

–From July 22 to September 3: non-refundable (100% cancellation fee applies, including No-Show)

- Room availability is subject to hotel occupancy
- Guest at this location will be required to depend on public transportation or renting a car

- If you need additional nights that are not shown on the webpage, you need to email the accommodations link to confirm if the room is available.

wmac2026_hotel@miceon.org

- . You will have to take the subway from this location at the Beomeo Subway stop and then transfer to the shuttle or walk from the Suseong Alpha City stop near the stadium



Team Communications

WhatsApp

The official means of communications from team managers to registered athletes will be via WhatsApp. Two chat groups have been created in WhatsApp to assist athletes both before and during the Championships. If you are a first time WMA competitor (you have never competed at a WMA championships or a NCCMA championship), you will use the following link:

<https://chat.whatsapp.com/LPdBn3cvKHXEIHAqLCBBpD>. If you are an

experienced international competitor (you have competed at a WMA championships or an NCCMA championship), you will use the following link:

<https://chat.whatsapp.com/BO7GNoSaLxy0kclqh6r91U>. These groups should be

used exclusively for communications to and from the USATF Team managers and should only be used for questions that are not on the website or in the Entry or Competition Handbooks. While we are in Korea, WhatsApp will be our sole means of communication, and all athletes should be in one of the two groups before leaving for Korea. To use WhatsApp you must have internet access either through a data roaming plan or by using WiFi - there will be free WiFi at all competition venues in Daegu.

Relay Selections

After the close of registration, all athletes will receive an email with instructions on how to apply to be on a relay team. Contested relay events in Daegu will be the 4x100 and the 4x400. Relay teams are selected by the Relay selection committee. Anyone who does not apply to be on a relay by the deadline indicated in the email will not be selected – there are no exceptions to this rule.

Team Meetings

There will be a Team USATF team meeting at 10:30 AM every competition day at the main stadium - Daegu Stadium. The exact location will be posted on Whatsapp. The meeting site is usually in the stands where the American Flag is hung. Please attend the meeting the day before your competition and, if possible, the day of your competition. There is generally important last-minute information from the meetings between the Team Managers, WMA, and the Local Organizing Committee.

Uniforms

The USATF National Office will provide a uniform to everyone who enters the meet as part of Team USATF Masters. This will be the Rio blue uniform and will be provided to everyone who has not received a uniform after 2020. Once the registration deadline has passed, the National Office will contact all eligible Team USATF athletes and ask them to fill out a uniform order form. There is no need to contact anyone until after registration closes with questions about uniforms.

The uniform provided by USATF includes a competition singlet and shorts.

Both the blue Rio Olympics and the red and white Tokyo Olympics uniforms will be official (see pictures below). You will not be allowed to compete unless you wear one of these uniforms. The Rio uniform is strongly preferred for all finals. Either uniform is permissible for prelims, etc. If you have any questions or issues, please contact team managers. Note that some additional pieces of the uniforms can be purchased at the USATF Store online at usatf.org. USATF will provide a discount code for registered athletes who wish to purchase additional pieces prior to the Championships.

Rio Uniform (below) - It is always blue and the format of "USA" is always the same, but there are several styles (singlet, short sleeve shirt, unitard, halter top, etc.)



TokyoUniform (below) - the format of "USA" is always the same, but there are two color types (red/blue and white) and styles (singlet, short sleeve shirt, crop top, etc.). What matters is the style of the letters, not the color for these.



Relay Team Selection

World Athletics/WMA Rules for Relays

- One relay team per country, per age group and gender for the 4x100 and 4x400 relays to be held on August 27 and September 3 respectively; there are no “B” teams.
- Note that the 4x100 is now in the middle of the meet, not the last day.
- Age Group is determined by the age of the youngest member that actually runs; teams can’t arbitrarily step down to a younger group.
- Country Team Declarations list four to eight athletes (four runners and four alternates). Declarations can only be changed before the Declaration Deadline. After the Deadline, only the four to eight 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 and no club teams.
- The Team Declaration Deadline has not been announced.

TEAM USATF Selection Procedure

[Available here](#)

Non-Stadia Teams (Road Walks, Cross Country, 10Km and Half Marathon)

The following non-stadia team scoring rules apply to all road races, including cross country, road walks, and half-marathon. Since the Daegu program includes a Half Marathon, WMA does not have team scoring in the 10 km road (running) race.

Team Scoring Rules

Medals are awarded to the top three teams in each five-year age group, each country is entitled to one team (best three athletes 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 however, a runner may run in a younger, separate race for team scoring purposes but then can't compete for an individual place medal;

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 a country already has sufficient athletes within the team's age group to make up a full team, the team will be disqualified.

Forms need to be filed by 5:00 pm the evening before the event is scheduled.

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

Schedule

The final daily competition schedule [available for download from the Daegu website](#). Athletes who register for more than one event on the same day

assume the risk that the events will occur at approximately the same time in different locations and will therefore only be able to compete in one of the events - no refunds will be given for athletes who register for more than one event in a day and later discover that those events overlap.

Travel Planning

How to get to Daegu

Daegu is easily accessible by air from Seoul and from several Asian cities; there are no direct flights from the USA. Incheon Airport in Seoul is a major international gateway, there are flights, a direct bus and (via downtown Seoul) a high speed train to Daegu.

Travel Scheduling

You should arrange to arrive in Daegu no later than early afternoon the day before your first event (arriving earlier is recommended to allow more recovery from jet lag and to account for possible travel delays). Remember that you “lose” a day when you cross the Pacific. In addition to picking up your Registration Packet, athletes MUST declare (reconfirm) their intention to compete by late afternoon the day prior to the event. You will be sent an email prior to the event with instructions on confirming (or scratching) your events. You are responsible for making your own arrangements for travel and accommodation, including obtaining a passport and, if needed, a visa.

Passport and Visa Documentation

Your passport should be valid for six months from the date of your departure, otherwise you may want to consider applying for a new passport. Note that

there have been long delays in the renewal process, so do this as soon as possible.

For South Korea, a visa is not required for citizens using US passports, HOWEVER, you can apply for the K-ETA (Korean Electronic Travel Authorization. You can apply for the K-ETA [here](#); however, [South Korea has extended the K-ETA Temporary Exemption until the end of 2026 so it is not required](#). Note that if asked why you are visiting, you are a **Tourist** ("visiting for sports" is the category used for professional athletes only and if you state this it could greatly complicate your entry into South Korea).

Arrival

Upon arrival in Daegu, please contact the Team USATF 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 or NCCMA 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. Do not waste your trip by failing to follow all of the procedures. You will not be permitted to compete if you do not complete all of the requirements. Ask if you do not know.

Vaulting Poles

The LOC will provide a basic range of poles to be used for free by athletes competing in the Pole Vault and Decathlon events. Details will be published later on the meet website and in the competition handbook.

Contacts

General Meet Information

Local Organizing Committee – Daegu
wmac2026.com

Team Manager for Stadia (Track and Field) 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 (Road Runs, Road Runs, and Cross Country) Events

Mary Rosado
Cell: (917) 400-3961 (during the meet, please use text)
rosadomaryv@gmail.com

USATF National Office

wma@usatf.org

Note: There will be Assistant Team Managers assisting the Team Manager and any can help you with any questions or problems that you may have. All venues will have Team Manager or Assistant Team Manager coverage.

FAQs

New & Experienced Masters Athletes Traveling Internationally

Each Section will be updated as needed and this is to be used as a guide, but please feel free to contact those listed below for more detailed or specific questions.

This guide is for the 2026 WMA Championships in Daegu, South Korea.

Robert Thomas - Chair, USATF Masters Track & Field Committee

Phone: 317-201-1934

Email: mtfchair@usatf.org

Perry Jenkins, Chair, USATF Masters Long Distance Running Committee

Phone: 716-572-1380

Email: pjenkins@buffalo.edu

Colleen Barney - USATF Masters Track & Field Vice Chair

Phone: 949-378-6602

Email: mtfvicechair@usatf.org

Christina Yarmul - USATF Masters Track & Field Active Athlete Rep

Email: mtfactiveathlete@usatf.org

Philip Greenwald-USATF Masters Track & Field Team Manager

Phone:(917) 349-8432

Email: greenwaldp@att.net

Mary Rosado - USATF Masters LDR/Non-Stadia Team Manager

Phone: (917) 400-3961

Email: rosadomaryv@gmail.com

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 on several key items:

- You are 100% going to compete.
- Funds are available (You can set up several airfare trackers so you know when it is really a good "deal").
- Layover times to catch your connecting flights to and from your destination.
- 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.

[Daegu Local Organizing Committee Hotels](#)

(Team USATF Team Hotels are listed above on pp. 12-17)

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. Tripping <http://www.tripping.com>
4. Wimdu <http://www.wimdu.com>
5. 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?

Check with the car rental company before you leave regarding license and insurance requirements - an international driver's license may be required. Driving in Daegu may be challenging for US athletes, particularly given the different driving rules and the lack of English translation of signs.

What if I want to extend my trip?

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

Passport and what do I need to know?

Everyone traveling internationally must possess a passport. If you do not have one, please visit <https://travel.state.gov/content/travel/en/passports.html/> to

begin the process. This should be done several months in advance as delays in processing are not uncommon.

Anybody traveling on a passport from a country other than the US should check the information on visa requirements.

NO VISA is required for USA citizens when traveling to South Korea for up to 90 days for tourism.

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

[The WMA Daegu 2026 website has information about all of the venues that will be used](#)

For more detailed map, use Google Maps

[Google map of Daegu](#)

What local transportation options are available?

The Local Organizing Committee will have shuttle buses between the venues and to nearby transit stops; your accreditation badge is necessary for access. While your accreditation badge does NOT give you access to the public buses and trams, the first 6,000 entrants receive roughly \$12 worth of credit on a transit card that can be used on the buses and subways.

Where is the best place to look for weather updates?

Two recommended apps:

downloads.accuweather.com

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 in Asia, 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. There will be free Wi-Fi at the competition venues as well as at many hotels, restaurants, and other public places.

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 www.whatsapp.com and then click the links above to join one of our group chats.

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.
- Contact your bank to determine when you will need to order cash before you leave. The exchange 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 best place to exchange your foreign currency is usually a bank or local ATM and not the exchange booths at the airport. Check on your ATM card's fees before leaving the US.*
- *ATMs often have better rates than either, bank tellers or currency shops.*
- Contact your credit card provider and let them know you will be leaving the country and that you plan to use your credit card (s) - this should prevent the credit card company from placing a potential fraud hold on

NOTE: The **Korean Won** is the currency in South Korea. The currency code for the **Won** is **KRW**, and the currency is abbreviated **₩**. The current Won to US Dollar rate is available [here](#). Currency rates vary constantly and your bank/credit card will charge a different rate.

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 repatriation of your remains.

- There are many companies that offer 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.)

www.insuremytrip.com

www.travelinsurance.com

- Some people have found that Divers Alert Network offers good coverage (you do not have to be a diver to qualify) at good rates; check to make sure their insurance covers athletic injuries:
www.diversalertnetwork.org/trip
- 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

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. You should consider packing your items in one checked bag that weighs 50 lbs. 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 and competition footwear, the below listed items are suggestions for items to pack (remember to check a weather app when deciding what to pack):

- Bring comfortable shoes! There may 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.
- One more formal outfit (especially if you are attending a play or some other function).
- Toiletry items (pack sample sizes for as many items as you can and use plastic bags for liquid items in case of spillage).

In your carry on bag:

- Pack your competition uniform and shoes - If your checked luggage doesn't make it, you can still compete until it arrives.
- Pack your prescription drugs 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.

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. The food you pack will help make your trip pleasurable.

Cultural Section

From Lonely Planet: South Korea's fourth-largest city is a pleasant and progressive place with a fascinating traditional-medicine market; a historic central area packed with heritage, old churches and missionary residences; some excellent eating options; and a humming downtown that's good fun to

explore. The city is a popular place for exchange students and English teachers, and the large student population gives Daegu a young and carefree feel.

- Learn more about South Korea: en.wikipedia.org/wiki/South_Korea
- To learn about Daegu lonelyplanet.com/destinations/south-korea/gyeongsangbuk-do/daegu

Athlete Section

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

Event Registration

If you haven't already visited the website for the WMA Daegu 2026, please visit wmac2026.com/eng/

Event Schedule

The daily competition schedule is [available for download from the Daegu website](#). Note that the schedule with specific times and venues is developed after entries close and the number of people registered in each event and age group is known. Athletes who register for more than one event on the same day assume the risk that the events will occur at approximately the same time in different locations and will therefore only be able to compete in one of the events.

Venue information (stadiums, road races, cross country, and half marathon)

Venue information is on the championships website [here](#) - click on the "Venue" next to the highlighted "Schedules" when the page opens.

Entry Book

The Entry Book contains all available information about entries, as well as additional information for athletes, and is downloadable from the meet [website](#).

Registration Info and Fees:

The Entry Fee for the meet is €80, plus €38 for each event (€52 for combined events and for the half marathon). There is also a €60 Team USATF fee for each athlete.

[Click Here to Register](#)

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

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.

Provide 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).

It is a very good idea to write any important medical information and emergency contact numbers on the back of your bibs.

When and Where is the Opening Ceremony?

The Opening Ceremony is 6 PM on Friday, August 21, 2026, at Daegu Stadium.

Competition Handbook

The will be available for download and contains details about all aspects of the meet. Please read it thoroughly and completely. It includes the following:

- Championship Information
- Championship experience guide
- General Competition Information
- Stadia Events information
- Non-Stadia Events information
- Competition Schedule
- Maps and venue layouts

Will Championships Be Live Streamed?

No streaming service has been announced, please check back.

Getting around in Daegu

[Subway Information](#)

Using the Roster App

Roster will be used (as it was in Gothenburg) during the meet for declarations, checking the heats/sections/flights for events, and results. Below is information from Gothenburg, it will be updated as Daegu details become available.

1. Verifying your email with Roster is NOT verification for purposes of declaring (they use the term "Check-In") or scratching for your events.

2. Download the app onto your phone from [the Roster site](#).

3. When in the app, you need to login, then go to the drop down menu at the top and one of your choices is: Athlete Check-In.

4. Click on Athlete Check-In and your name should appear.

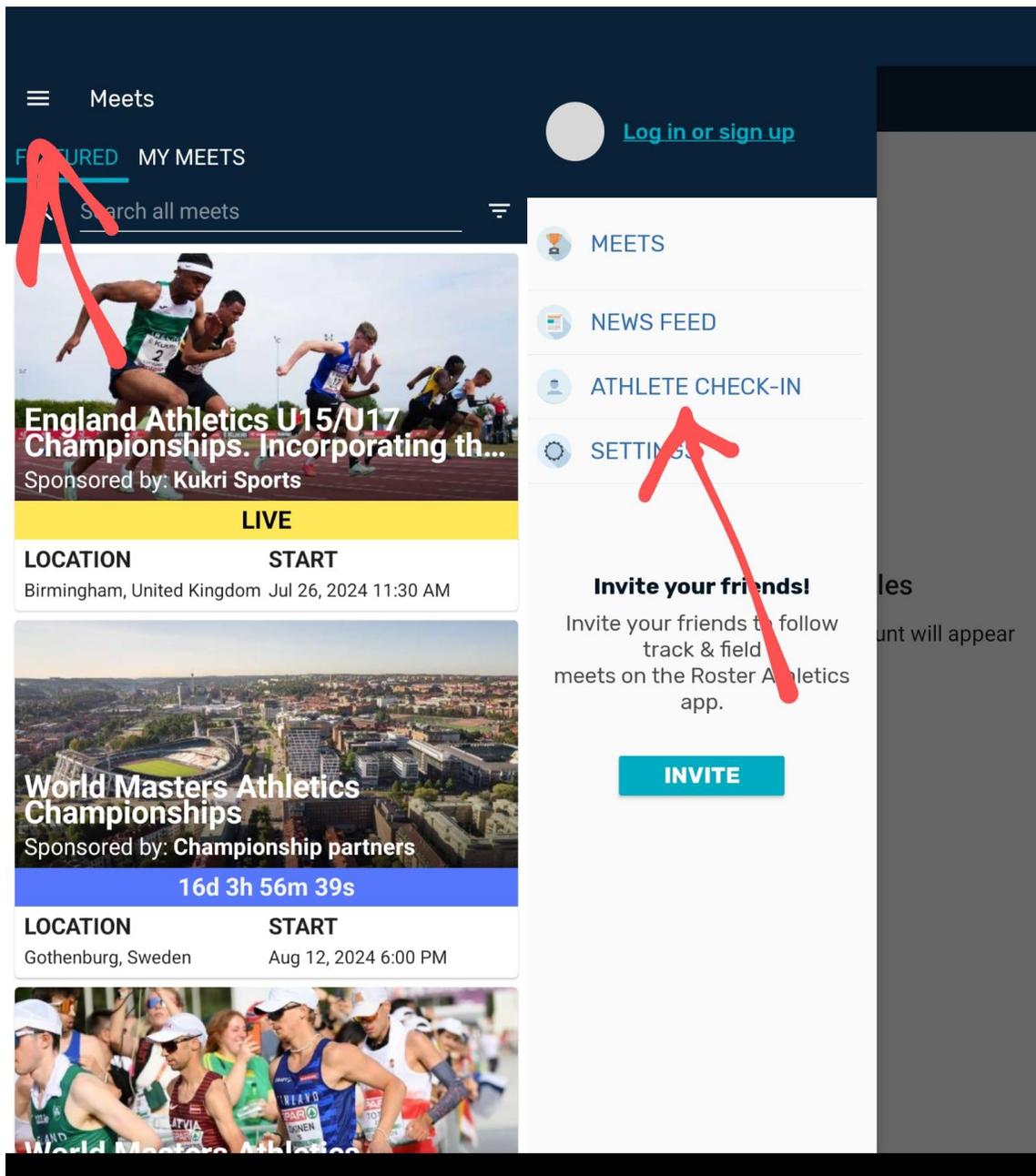
5. Click on your name. It may say that you have no upcoming competitions -- this is where they are manually verifying you. So, once you get to this place, you may have to wait up to 48 hours to have the meet appear. From Roster:

"The verification includes a partial manual check to ensure that the existing athlete profile (uploaded by the federation) matches the self-created profile by each athlete. Once verified (same date of birth, name, age group, etc.), the profiles will be merged. Once merged, the athlete will be able to see the WMA championships and have the ability to check-in. Unfortunately, we don't send an email confirmation, but the process will not take more than 48 hours. It is usually much shorter but typically done during European work hours."

6. Once the meet appears, click on the meet and your events should appear. If you click on the words "check-in" then a drop down menu will appear that gives you the choice to "check-in" "scratch" or "cancel" (check-in means you are declaring for your event -- you should only do this once you reasonably expect that you will be at the start line for your event, scratch means you will not be competing in that event, and cancel just takes you out of that screen).

7. You will receive an email confirming your selection. You can always go back and scratch or check-in for an event you previously marked, but you will only be able to make those changes up until 5pm the night before the start of the first round of your event.

See photos below to use an example, once you are in the Roster App:



☰ Athlete check-in

☰ Meets

C Colleen Barney

FEATURED MY MEETS

🔍 Search all meets




LIVE

LOCATION	START
Birmingham, United Kingdom	Jul 26, 2024 11:30 AM


16d 2h 39m 39s

LOCATION	START
Gothenburg, Sweden	Aug 12, 2024 6:00 PM



← World Masters Athletics Championships



Gothenburg Athletics Association
World Masters Athletics Championships
Sponsored by: Championship partners

AUG 13, 2024

5:20 AM · Heats	Check-in
100m · Slotsskogsvallen	6:00 PM - 11:00 AM
Women · W55	7/24/24 8/12/24

AUG 19, 2024

5:30 AM · Heats	Check-in
200m · Slotsskogsvallen	6:00 PM - 11:00 AM
Women · W55	7/24/24 8/18/24

