



TORUN 2023
AUSTRALIAN TEAM NEWSLETTER #1
SEPTEMBER 30, 2022

Registrations open tomorrow 1 October, for the World Masters Indoor Athletic Championships to be held in Torun, Poland from March 26 - April 1, 2023. Registrations close on January 31, 2023.

We offer this information to assist members.

The Torun website is <https://wmaci2023.com>

Read all the information contained in this and all Newsletters carefully as over the past years, many questions are asked through emails and calls that are actually answered within Newsletters and on the Championship Website.

The Role of Team Manager

Prior to the Championships, AMA and the team manager will work closely with Barbara Blurton, AMA International Entries Clerk who will forward Athlete Information Sheets on receipt of registration and collate data sheets on all Athlete Information Form. AMA would like to formally acknowledge and thank Barbara for her work.

During the Championship amongst other duties, the team manager and assistants will

- * Attend Technical Meetings conducted by WMA and the LOC on a daily basis and disseminate information deemed necessary through team social media or directly to affected athletes.
- * Assist with competition needs such as protests and appeals and the coordination of teams relay entries where possible.
- * Create and support a sense of team camaraderie and AMA code of Conduct.
- * Note full minutes of each LOC Meetings are posted on the Championship website.

Team Communication

A **WhatsApp** chat group will be created and used as the primary communication during the Championships. More information will be available future Newsletters, however, if you don't already use it, please consider downloading the app to your smart phone. (Google the advantages of WhatsApp)

A team **Facebook Page** will also be set up as **AMA Australian Team in Torun Poland 2023**. As registrations are received you will be personally invited to join. Joining this group will not disclose personal information or require any Facebook Friends. This page is for team information and requests only, so please don't post personal photos or details here if not related to necessary team apprise.

Another one or two **Newsletters** will also be sent prior to the championship.

Athlete Information Form and Registration

On receipt of registration, Barbara will send you this Newsletter and an Athlete Information Form. This form requests further details including travel and accommodation arrangements, emergency contact details, your indication to be considered for selection in relay teams. It is MOST important that you return this FORM to Barbara ASAP.

As International Registration Clerk Barbara will need to validate your registration which includes confirming AMA registration. If you have never competed at a World Championship before, you must send a copy of your birth certificate to Barbara also. When you are validated it will show on the list of registered entrants.

Travel

All travel and accommodation are the individual athletes responsibility.

Passports - Please ensure your expiry date gives 6 months validity from time of departure, otherwise you will need to update.

Visa - no visa is required for Australian citizens when travelling to Poland

Covid Vaccine Requirements - Currently there are requirements for travel into Poland or returning to Australia. Updates will be posted as required. Should you need certificates you can obtain your International Covid 19 Vaccination Certificate through your Medicare Account in [myGov](#) or [Express Plus Medicare Mobile App](#)

Train Travel from Warsaw Train travel can be booked on [polishtrains.eu](#) however booking can only be made 30 days from travel. Currently there are 6 trains a day with fares varying from Euro 5 to 18 in second and first class.

Uniforms and Team Wear

The current AMA uniform is available to purchase through the AMA uniform shop accessible through the AMA website. <http://www.australianmastersathletics.org.au/ama-merchandise/amauniformpurchases/>

As we do not currently have any tracksuits or T-shirts available, we recommend you check out the supporter stock available on the Athletics Australia website - <https://www.tlteamwear.com.au/category/athletics-australia/>

If you have any uniform questions, please contact Lisa Attenborough - lisaa@australianmastersathletics.org.au

Accommodation

Accommodation options are listed on the Torun website.

Additionally, many Australian Athletes use Air BNB, [booking.com](#) and [trriage.com](#)

Team Meetings

Our team will have a designated area in the stadium and there will be a team dinner arranged.

Anti Doping

WMA has a zero tolerance position on the illegal use of performance enhancing drugs in line with World Athletics.

Drug Testing

The LOC will conduct drug testing under the WMA/World Athletics Anti-Doping Rules and Regulations.

It is up to each individual to check any medication they may be taking via the athlete guide, 'Check Substances' on the [Sports Integrity Australia](#) website. This list is particularly useful because some off-the-shelf medications which may only be used for temporary conditions (cold and flu or sinus problems) may contain banned substances, which may show up in drug test results.

Therapeutic Use Exemption (TUE)

A Therapeutic Use Exemption is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance).

All the information and relevant forms to apply for a TUE are at this link on the WMA website - <https://world-masters-athletics.com/category/documents/>

Please direct any questions in relation to the TUE and testing to Dr Roger Parrish. He is the designated Oceania Medical Officer with whom TUE issues may be discussed.

Dr Roger Parrish - Oceania Masters Athletics Medical officer
Unit 603 / 83 Campbell St
Wollongong 2500
Telephone: 0418 470 244
Email: roger@parag.com.au

Competition

Competition will be held under [World Athletics Competition and Technical Rules](#) as modified for Masters by WMA via their [Competition Rules](#) and any other special rules specified for this competition.

Please see the next page for the Competition Schedule.

AMA will appoint a Team Manager late October, meantime should you have any further questions please contact me either by email or mobile (listed below).

Steve McGugan

Vice President AMA
vicepresident@australianmastersathletics.org.au
0404 403 656

Competition Schedule

The schedule below is what is listed at <https://wmaci2023.com> under schedule.

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+	

Woman and Men specific are also listed on their website.