

# WORLD MASTERS ATHLETICS CHAMPIONSHIPS STADIA

## Entry Information Booklet

29 June - 10 July 2022 Tampere, Finland



photo: Visit Tampere / Laura Vanzo



[wmatampere2022.com](http://wmatampere2022.com)

# TABLE OF CONTENTS

## **Invitation to Attend**

President, World Masters Athletics.....	4
Chairman, Local Organising Committee.....	5

## **Organizers**

WMA Council .....	6
Organisation Committee .....	6

## **Event Locations**

Competition Venues – Stadia .....	7
Competition Venues – Non Stadia .....	10

<b>Competition Schedule – Men.....</b>	<b>12</b>
--	-----------

<b>Competition schedule – Women .....</b>	<b>13</b>
---	-----------

## **Entry Requirements and Procedure**

General Rules .....	14
General Information.....	14
On–line Entry Procedure.....	14
Paper Entry Procedure .....	14
WMA National Masters Member Requirements .....	15
Qualifications for Entry .....	15
Age Groups .....	15
Country Codes.....	16

<b>Entry Form.....</b>	<b>17</b>
------------------------	-----------

Athlete’s Consent .....	19
-------------------------	----

## **Visa Requirements and General Information**

Transport .....	23
Accommodation .....	24
Hints and Tips .....	24

# INVITATION TO ATTEND

## WORLD MASTERS ATHLETICS CHAMPIONSHIPS, 2022 TAMPERE, FINLAND

### WMA PRESIDENT'S MESSAGE

The City of Tampere and Finnish Athletics are our hosts for the 2022 World Masters Athletics Championships. More than three years after the World Masters Indoor championships in Torun – which were a overwhelming success – international masters athletics is coming back to meet for its first World Championship since the start of the pandemic. The pandemic has paralyzed sports life worldwide and for too long has made a championship for the Masters family impossible. I am sure that everyone is waiting impatiently to be able to compete at a high level in sports, but above all to meet friends from all over the world again. All together we only can hope that the pandemic will be finished in the coming year and that as many athletes as possible will be allowed to travel to Finland. Tampere is prepared to host a safe championship. We will certainly have to follow a few rules that we did not have before the pandemic. I trust that our hosts in Finland will conduct the event with a great sense of responsibility.

Tampere is inviting the athletes from all over the world to discover their region and enjoy their stay. The City of Tampere is fully supporting this Championship and you can be sure to find a very friendly welcome. Hospitality is a major strength of Finland and its people. Tampere is worth the trip. The big city in southwest Finland has retained its small town flair; the atmosphere is friendly and relaxed. The city is located in a picturesque spot on the narrow country corner between two lakes. There is great scenery to discover and lots of things to do. So be prepared to enjoy some time taking in what this City and the region has to offer the Masters athletes from around the world.

The 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. Finnish Athletics and the City of Tampere have a lot of experience in hosting international events and can provide an excellent group of officials. The Local Organising Committee is working hard to ensure a high quality Championship. We can look forward to going to Tampere as we can have every confidence that this will be a memorable, successful and high quality experience for all who take part. I thank the LOC team, the city representatives and the Finnish Athletics for their support in the organisation and management of this competition. I want to express my personal thanks to the team that had always stood at the side of WMA. Even in difficult times, we have not lost the faith and courage that, together, we will be able to organize a world championship for Masters athletes in Tampere.

On behalf of World Masters Athletics I would like to welcome you in Tampere as participant or guest in the 2022 WMA Championships. WMA extends its best wishes to all participants, officials, volunteers and all others that have been or will be involved in making these Championships a success. Let us look forward to a happy and healthy stay in Tampere. Enjoy athletics, friendship and new experiences in our great Masters Athletics family!

On behalf of the WMA Council

Margit Jungmann  
WMA PRESIDENT

## MESSAGE FROM PRESIDENT LOCAL ORGANIZING COMMITTEE

The World Championships will be held in the City of Tampere in cooperation with the City of Tampere and sportsclubs Tampereen Pyrintö and Kunto-Pirkat. In the competition organization, the Finnish Athletics and the FinnishMaster Athletics are responsible for the participation of Finnish athletes in the event and partly for international contacts.

Finland has a long tradition of organizing international competitions and positive feedback on their implementation. Finland is a safe country, and the sports facilities are excellent for competitions of all levels. The competition venues are close to each other, and the accommodation and restaurants are close to sports facilities, making it easy for competitors and accompanying persons to move around. Finland's strong IT know-how helps organize competitions.

The City of Tampere has invested significantly in sports facilities that have provided excellent opportunities to organize international competitions not only in athletics but also in other sports. The city's cultural activities (art, theatre, museums) are also quite extensive, which offers an opportunity for relaxing activities alongside the competitions. Tampere's clean nature with its waterways offers enjoyable experiences for competitors.

Tampereen Pyrintö has been a key player in organizing numerous international competitions for decades. Kunto-Pirkat, on the other hand, has strong expertise in organizing Master Athletics competitions. Together with the City of Tampere, these clubs form a functional competitive expertise focusing on the interests of athletes and the goal of allowing them to achieve their best possible performance in competitions.

Finnish athletes prepare carefully for the championships with the aim of bringing a successful spirit of participation and competition to the event and passing it on to their international competitors.

On behalf of the competition organization, I warmly welcome everyone to Tampere, Finland, in

2022 Reijo Häyrinen  
President, LOC

# ORGANISERS

## WMA Council (as at January 2022)

<b>President</b>	Margit Jungmann
<b>Executive Vice-President</b>	Lynne Schickert
<b>Secretary</b>	Maria Alfaro
<b>Vice-President Competition</b>	Brian Keaveney
<b>Treasurer</b>	Jean Thomas
<b>World Athletics Representative</b>	Antti Pihlakoski
<b>Regional Representatives</b>	
Leonie Paulette Etong (Africa)	
Sivapragasam Sivasambo (Asia)	
Kurt Kaschke (Europe)	
Guillermo Guzman (North and Central America and Carriibbean)	
Ruth Mave (Oceania)	
Richard Amigo (South America)	

## Local Organising Committee, WMAC 2022 (as at January 2022)

<b>President, Local Organising Committee</b>	Reijo Häyrinen
<b>Director, Major Events, City of Tampere, vice-president</b>	Perttu Pesä
<b>Competition Management</b>	Tapio Lindroos
<b>Finance and Legal</b>	Jarmo Hakanen
<b>International Coordination</b>	Oki Vuonoranta (MF)
<b>Competition Liaison</b>	Eira Kähtävä
<b>Director, Sport and Youth, City of Tampere</b>	Pekka P Paavola
<b>Manager, Tampere Stadium, City of Tampere</b>	Jari Tolvanen
<b>Manager, Hervanta Athletics Field, Non Stadia, City of Tampere</b>	Mikko Heinonen
<b>Ceremonies</b>	Vesa Lappalainen
<b>Competition Director, Finnish Athletics</b>	Mika Muukka
<b>Competitions, Finland Masters Athletics</b>	Raimo Koskela
<b>Chairman, Kunto-Pirkat</b>	Anja Rovio
<b>CEO, Tampereen Pyrintö</b>	Elisa Hakanen
<b>Secretary, Finland Masters Athletics</b>	Karita Soukko

# STADIA

## Competition Venues

### Main Stadium: Tampere Stadium (Ratina Stadium)

- A eight-lane, 400 metre Mondo surface track
- Two 8-lane, 110 metre sprint straights (front and back)
- Three Shot Put circles
- Two Discus circles
- Two Javelin Sectors
- Two High Jump facilities
- Six Long Jump/Triple Jump facilities
- Two Pole Vault facilities
- Floodlighting for night events



photo: VisitTampere / Laura Vanzo



## Stadium 2: Hervanta Athletics Field

- An 6-lane 400 metre Mondo surface track with a 8-lane straight
- Two Shot Put circles
- Two long jump/ triple jump facilities
- Two High Jump facilities
- Two Javelin Sectors
- Discus circle
- Pole vault



photo: Tampereen kaupunki

## Tampere Exhibition and Sport Centre (TESC)

- Three Hammer / Weigh throw facilities
- Three Shot Put circles
- Three Discus facilities
- Three Javelin Sectors



photo: Tampereen Messut – konserni

## Warm-Up Track and Training Facilities

### Pyynikki Athletic Field

- located about 1,5 km from the Main Stadium
- An 6-line 350 metre Mondo surface track
- Long jump facilities
- Shut put circle



photo: Visit Tampere / Laura Vanzo

There is also possibility for training next to stadium and Tampere Exhibition and Sport Centre as well as at South Park and Nalkala Park areas close to the Main Stadium (on the other side of the bridge Laukonsilta)





# NON-STADIA

## 10 km ROAD RACE

The start and finish are located at Tampere Exhibition and Sport Centre and the route runs on the walkways near the TESC.

## HALF MARATHON

Using the same route as 10 km with small additions



## ROAD RACE WALKING

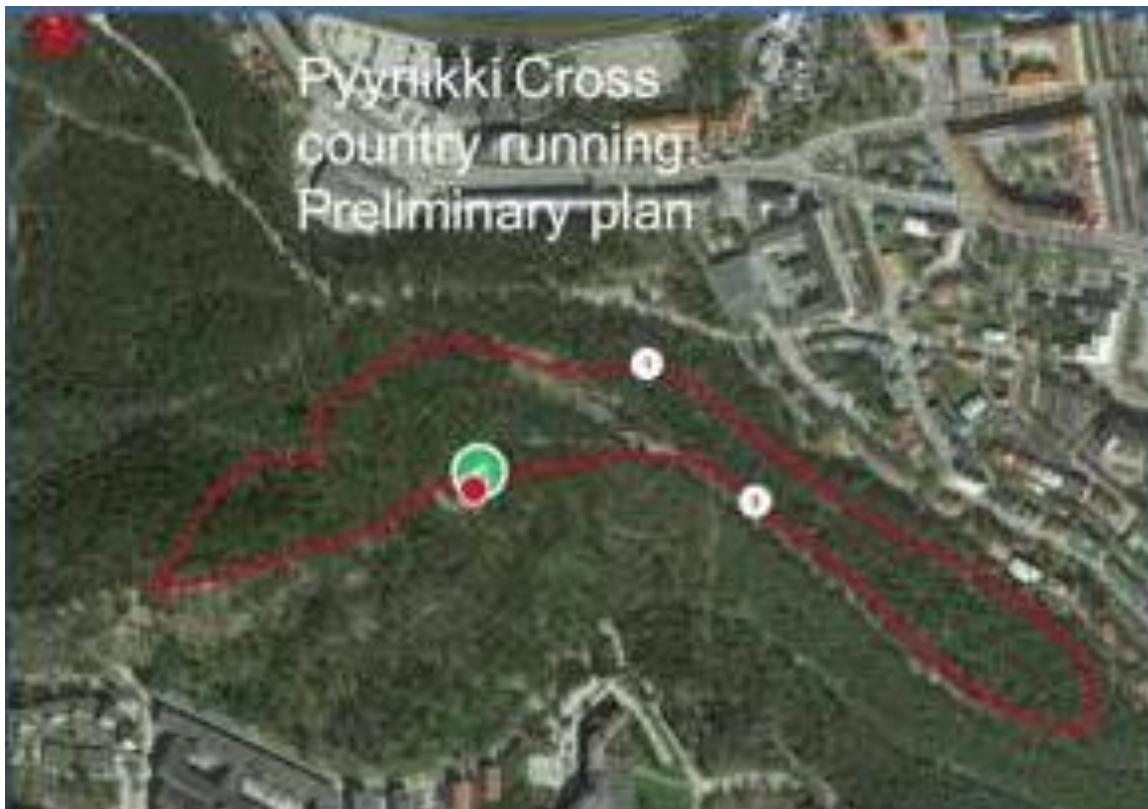
Next to Tampere Exhibition and Sport Centre



**6 km / 8 km CROSS COUNTRY – Pyyrikki Ridge**  
located about 2 km from Main Stadium



photo: Visit Tampere / Laura Vanzo



# COMPETITION SCHEDULE

WMA 2022 COMPETITION - MEN													
Number indicates the event date 29-30 June, 1-10 July 2022)													
EVENT	ROUND	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90+
100m	Heats	29	29	29	29	29	29	29	29	29	29	29	29
	Semi-finals	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30
200m	Heats	2	2	2	2	2	2	2	2	2	2	2	2
	Semi-finals	3	3	3	3	3	3	3	3	3	3	3	3
	Finals	3	3	3	3	3	3	3	3	3	3	3	3
400m	Heats	5	5	5	5	5	5	5	5	5	5	5	5
	Semi-finals	6	6	6	6	6	6	6	6	6	6	6	6
	Finals	8	8	8	8	8	8	8	8	8	8	8	8
800m	Heats	29	29	29	29	29	29	29	29	29	29	29	29
	Semi-finals	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	1	1	1	1	1	1	1	1	1	1	1	1
1,500m	Heats	5	5	5	5	5	5	5	5	5	5	5	5
	Finals	7	7	7	7	7	7	7	7	7	7	7	7
5,000m	Timed-Finals	2	2	2	2	2	2	2	3	3	3	3	3
Short Hurdles (80m/100m/110m)	Heats	6	6	6	6	6	6	6	6	6	6	6	6
	Semi-finals	8	8	8	8	8	8	8	8	8	8	8	8
	Finals	9	9	9	9	9	9	9	9	9	9	9	9
Long Hurdles (200m/300m/400m)	Heats	1	1	1	1	1	1	1	1	1	1	1	1
	Semi-finals	1	1	1	1	1	1	1	1	1	1	1	1
	Finals	5	5	5	5	5	5	5	5	5	5	5	5
Steeplechase	Timed-Finals	9	9	9	9	9	8	8	8	8	8	8	8
4x100m Relay	Timed-Finals	9	9	9	9	9	9	9	9	9	9	9	9
4x400m Relay	Timed-Finals	10	10	10	10	10	10	10	10	10	10	10	10
5,000m Race Walk	Timed-Finals	30	30	30	30	30	1	1	1	1	1	1	1
High Jump	Finals	3	3	3	3	3	5	5	5	5	5	5	5
Pole Vault	Finals	5	5	5	5	5	6	6	6	6	6	6	6
Long Jump	Finals	6	6	6	6	6	2	2	2	2	2	2	2
Triple Jump	Finals	8	8	8	9	9	10	10	7	7	7	7	7
Shot Put	Finals	29	29	29	29	29	1	1	1	1	1	1	1
Discus	Finals	3	3	3	6	6	7	7	7	8	8	8	8
Javelin	Finals	5	5	5	7	7	8	8	8	9	9	9	9
Hammer	Finals	30	30	30	30	30	30	30	30	30	30	30	30
Weight Throw	Finals	2	2	2	2	2	2	2	2	2	2	2	2
Decathlon	Finals	1/2	1/2	1/2	1/2	1/2	29/30	29/30	29/30	29/30	29/30	29/30	29/30
Throws Pentathlon	Finals	7	7	7	8	8	9	9	9	10	10	10	10
10km Road Run	Finals	8	8	8	8	8	8	8	8	8	8	8	8
Half Marathon	Finals	10	10	10	10	10	10	10	10	10	10	10	10
10km Road Walk	Finals	3	3	3	3	3	3	3	3	3	3	3	3
20km Road Walk	Finals	6	6	6	6	6	6	6	6	6	6	6	6
Cross Country	Finals	30	30	30	30	30	30	30	30	30	30	30	30



## WMA 2022 COMPETITION - WOMEN

Number indicates the event date 29-30 June, 1-10 July 2022)

EVENT	ROUND	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
100m	Heats	29	29	29	29	29	29	29	29	29	29	29	29
	Semi-finals	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30
200m	Heats	2	2	2	2	2	2	2	2	2	2	2	2
	Semi-finals	3	3	3	3	3	3	3	3	3	3	3	3
	Finals	3	3	3	3	3	3	3	3	3	3	3	3
400m	Heats	5	5	5	5	5	5	5	5	5	5	5	5
	Semi-finals	6	6	6	6	6	6	6	6	6	6	6	6
	Finals	8	8	8	8	8	8	8	8	8	8	8	8
800m	Heats	29	29	29	29	29	29	29	29	29	29	29	29
	Semi-finals	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	1	1	1	1	1	1	1	1	1	1	1	1
1,500m	Heats	5	5	5	5	5	5	5	5	5	5	5	5
	Finals	7	7	7	7	7	7	7	7	7	7	7	7
5,000m	Timed-Finals	3	3	3	3	3	3	3	3	3	3	3	3
Short Hurdles (80m/100m/110m)	Heats	6	6	6	6	6	6	6	6	6	6	6	6
	Semi-finals	8	8	8	8	8	8	8	8	8	8	8	8
	Finals	9	9	9	9	9	9	9	9	9	9	9	9
Long Hurdles (200m/300m/400m)	Heats	1	1	1	1	1	1	1	1	1	1	1	1
	Semi-finals	1	1	1	1	1	1	1	1	1	1	1	1
	Finals	5	5	5	5	5	5	5	5	5	5	5	5
Steeplechase	Timed-Finals	8	8	8	8	8	8	8	8	8	8	8	8
4x100m Relay	Timed-Finals	9	9	9	9	9	9	9	9	9	9	9	9
4x400m Relay	Timed-Finals	10	10	10	10	10	10	10	10	10	10	10	10
5,000m Race Walk	Timed-Finals	29	29	29	29	29	29	29	29	29	29	29	29
High Jump	Finals	6	6	6	6	6	6	7	7	7	7	7	7
Pole Vault	Finals	3	3	3	3	3	3	3	3	3	3	3	3
Long Jump	Finals	5	5	5	5	5	5	5	5	5	5	5	5
Triple Jump	Finals	8	8	8	9	9	9	9	9	9	9	9	9
Shot Put	Finals	2	2	2	2	30	30	30	30	30	30	30	30
Discus	Finals	5	5	5	5	5	5	5	5	5	5	5	5
Javelin	Finals	3	3	3	3	3	3	3	3	3	3	3	3
Hammer	Finals	29	29	29	29	29	29	29	29	29	29	29	29
Weight Throw	Finals	1	1	1	1	1	1	1	1	1	1	1	1
Heptathlon	Finals	29/30	29/30	29/30	29/30	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
Throws Pentathlon	Finals	6	6	6	6	6	6	8	8	8	8	8	8
10km Road Run	Finals	8	8	8	8	8	8	8	8	8	8	8	8
Half Marathon	Finals	10	10	10	10	10	10	10	10	10	10	10	10
10km Road Walk	Finals	3	3	3	3	3	3	3	3	3	3	3	3
20km Road Walk	Finals	6	6	6	6	6	6	6	6	6	6	6	6
Cross Country	Finals	30	30	30	30	30	30	30	30	30	30	30	30

# ENTRY REQUIREMENTS AND PROCEDURE

## General Rules

Competition will be held under World Athletics 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 **Wednesday 27 April 2022**. 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 at [www.wmatampere2022.com](http://www.wmatampere2022.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.

## Online Entry Procedure

1. Go to [www.wmatampere2022.com](http://www.wmatampere2022.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. If you have not previously competed in a WMA championship, you must send a copy of your birth certificate to your Member.
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 online system by the closing date of **Wednesday 27 April 2022** 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. If you have not previously competed in a WMA championship, you must send a copy of your birth certificate to your Member. Your Member will submit your registration, pay on your behalf and validate your registration.



## WMA National 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 **Wednesday 27 April 2022**. 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 **Wednesday 4 May 2022**. 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 are open only to men and women who were born on or before 29 June 1987 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.

**Events are divided into age groups as shown below:**

Classification	Birthday (Born from...)
M&W 35	30 June 1982 to 29 June 1987
M&W 40	30 June 1977 to 29 June 1982
M&W 45	30 June 1972 to 29 June 1977
M&W 50	30 June 1967 to 29 June 1972
M&W 55	30 June 1962 to 29 June 1967
M&W 60	30 June 1957 to 29 June 1962
M&W 65	30 June 1952 to 29 June 1957
M&W 70	30 June 1947 to 29 June 1952
M&W 75	30 June 1942 to 29 June 1947
M&W 80	30 June 1937 to 29 June 1942
M&W 85	30 June 1932 to 29 June 1937
M&W 90	30 June 1927 to 29 June 1932
M&W 95	30 June 1922 to 29 June 1927
M&W 100+	Born on or before 29 June 1922

## COUNTRY CODES

ALBANIA (ALB)	GEORGIA (GEO)	NICARAGUA (NCA)
ALGERIA (ALG)	GERMANY (GER)	NIGER (NIG)
AMERICAN SAMOA (ASA)	GHANA (GHA)	NIGERIA (NGR)
ANDORRA (AND)	GIBRALTAR (GIB)	NORFOLK ISLAND (NFI)
ANGOLA (ANG)	GREAT BRITAIN & N IRELAND (GBR)	NORTHERN MARIANA ISLANDS (NMI)
ANTIGUA AND BARBUDA (ANT)	GREECE (GRE)	NORWAY (NOR)
ARGENTINA (ARG)	GRENADA (GRN)	PAKISTAN (PAK)
ARMENIA (ARM)	GUAM (GUM)	PALAU (PLW)
ARUBA (ARU)	GUATEMALA (GUA)	PALESTINE (PLE)
AUSTRALIA (AUS)	GUINEA (GUI)	PANAMA (PAN)
AUSTRIA (AUT)	GUYANA (GUY)	PAPUA NEW GUINEA (PNG)
AZERBAIJAN (AZE)	HONDURAS (HON)	PARAGUAY (PAR)
BAHAMAS (BAH)	HONG KONG, CHINA (HKG)	PERU (PER)
BANGLADESH (BAN)	HUNGARY (HUN)	PHILIPPINES (PHI)
BARBADOS (BAR)	ICELAND (ISL)	POLAND (POL)
BELARUS (BLR)	INDIA (IND)	PORTUGAL (POR)
BELGIUM (BEL)	INDONESIA (INA)	PUERTO RICO (PUR)
BELIZE (BIZ)	IRAN (IRI)	ROMANIA (ROU)
BENIN (BEN)	IRELAND (IRL)	RUSSIA (RUS)
BERMUDA (BER)	ISRAEL (ISR)	RWANDA (RWA)
BOLIVIA (BOL)	ITALY (ITA)	SAINT KITTS AND NEVIS (SKN)
BOSNIA AND HERZEGOVINA (BIH)	JAMAICA (JAM)	SAINT VINCENT (VIN)
BOTSWANA (BOT)	JAPAN (JPN)	SAMOA (SAM)
BRAZIL (BRA)	KAZAKHSTAN (KAZ)	SAN MARINO (SMR)
BRUNEI (BRU)	KENYA (KEN)	SAUDI ARABIA (KSA)
BULGARIA (BUL)	KIRIBATI (Republic of) (KIR)	SENEGAL (SEN)
BURUNDI (BDI)	KOREA (KOR)	SERBIA (SRB)
CABO VERDE (CPV)	KOSOVO (KOS)	SEYCHELLES (SEY)
CAMEROON (CMR)	KYRGYZSTAN (KGZ)	SINGAPORE (SGP)
CANADA (CAN)	LATVIA (LAT)	SLOVAK REPUBLIC (SVK)
CENTRAL AFRICAN REPUBLIC (CAF)	LEBANON (LBN)	SLOVENIA (SLO)
CHAD (CHA)	LESOTHO (LES)	SOLOMON ISLANDS (SOL)
CHILE (CHI)	LIBERIA (LBR)	SOUTH AFRICA (RSA)
CHINA (People's Republic of) (CHN)	LIECHTENSTEIN (LIE)	SPAIN (ESP)
CHINESE TAIPEI (TPE)	LITHUANIA (LTU)	SRI LANKA (SRI)
COLOMBIA (COL)	LUXEMBOURG (LUX)	SUDAN (SUD)
COMOROS (COM)	MACEDONIA (F. Y. Republic of) (MKD)	SURINAM (SUR)
CONGO (CGO)	MADAGASCAR (MAD)	SWEDEN (SWE)
CONGO (Dem. Rep. of) (COD)	MALAWI (MAW)	SWITZERLAND (SUI)
COOK ISLANDS (COK)	MALAYSIA (MAS)	TAJIKISTAN (TJK)
COSTA RICA (CRC)	MALTA (MLT)	THAILAND (THA)
CÔTE D'IVOIRE (CIV)	MARSHALL ISLANDS (MHL)	TOGO (TOG)
CROATIA (CRO)	MAURITANIA (MTN)	TONGA (TGA)
CUBA (CUB)	MAURITIUS (MRI)	TRINIDAD AND TOBAGO (TTO)
CYPRUS (CYP)	MEXICO (MEX)	TUNISIA (TUN)
CZECH REPUBLIC (CZE)	MICRONESIA (FSM)	TURKEY (TUR)
DENMARK (DEN)	MOLDOVA (MDA)	TURKMENISTAN (TKM)
DJIBOUTI (DJI)	MONACO (MON)	TUVALU (TUV)
DOMINICA (DMA)	MONGOLIA (MGL)	UGANDA (UGA)
DOMINICAN REPUBLIC (DOM)	MONTENEGRO (MNE)	UKRAINE (UKR)
ECUADOR (ECU)	MOROCCO (MAR)	UNITED ARAB EMIRATES (UAE)
EGYPT (EGY)	MOZAMBIQUE (MOZ)	UNITED STATES OF AMERICA (USA)
EL SALVADOR (ESA)	MYANMAR (MYA)	URUGUAY (URU)
EQUATORIAL GUINEA (GEQ)	NAMIBIA (NAM)	UZBEKISTAN (UZB)
ESTONIA (EST)	NAURU (NRU)	VANUATU (VAN)
ETHIOPIA (ETH)	NEPAL (NEP)	VENEZUELA (VEN)
FJI (FIJ)	NETHERLANDS (NED)	U.S. VIRGIN ISLANDS (ISV)
FINLAND (FIN)	NEW ZEALAND (NZL)	ZAMBIA (ZAM)
FRANCE (FRA)		ZIMBABWE (ZIM)
FRENCH POLYNESIA (PYF)		
THE GAMBIA (GAM)		

# ENTRY FORM

(This is an example form – ask your National Member for its own entry form)

Complete one entry form for each person

## 1. PERSONAL INFORMATION (ATHLETE, COMPANION)

Country You Will Represent		Country Code				Citizen: YES / NO	Resident: YES / NO
Family Name				Given Name			
Address				Post Code			
City				Country			
Phone Number				Club			
Email 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 at 29 June 2022

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 2020-2022
	100 m	
	200 m	
	400 m	
	800 m	
	1500 m	
	5000 m	
	Short Hurdles	
	Long Hurdles	
	Steeplechase	
	5000 m Track Race Walk	
	Long Jump	
	Triple Jump	
	High Jump	
	Pole Vault	
	Shot Put	
	Discus Throw	
	Javelin Throw	
	Hammer Throw	
	Weight Throw	
	Decathlon/Heptathlon	
	Throws Pentathlon	
	10 km Road Race	
	Half Marathon	
	10 km Road Race Walk	
	20 km Road Race Walk	
	Cross Country	

#### 4. FEES

	Unit Price (Euro)	Number	Total
Registration Fee	67.00		67.00
Individual Event Fee (except Combined Events and Half Marathon)	32.00	X	
Heptathlon, Decathlon, Throws Pentathlon	44.00	X	
Half Marathon	44.00		
Accompanying Person (14 and older) (includes accreditation, Championship booklet, transportation pass)	35.00		
Accompanying Person (Under age 14) (includes accreditation, Championship booklet, transportation pass)	18.00		
<b>Total</b>			
<b>Additional Fee for National Members</b> - for details ask your WMA National Member			

#### RELAYS

There is no entry fee for the 4x100m or 4x400m relays. Only one entry, per country, per age group, is allowed. Entry for Relays will be done during the Championships.

#### SOCIAL EVENTS

An Athlete's Party will not be scheduled at these championships. Look for the other options on the Competitionwebsite.

#### 5. ACCOMPANYING PERSONS

Full Name	
Full Name	

#### 6. EMERGENCY CONTACT

Name	Telephone
------	-----------

# ATHLETE'S CONSENT

## Agreement, Consent and Release

World Masters Athletics ("WMA") has sanctioned Finnish Athletics and the City of Tampere as the local organizing committee ("LOC") to conduct the 2022 World Masters Athletics Championships Stadia ("WMA Championships") in Tampere, Finland ("Host Country"), during 29 June to 10 July 2022.

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.

1. 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.
2. 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.
3. 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.
4. 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.
5. 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

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.

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: wmatuesec@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](http://www.worldathletics.org)), the WMA website ([www.world-masters-athletics.org](http://www.world-masters-athletics.org)) 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](http://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 online with entries by the National Masters Member of your country and all payments **MUST** be received by WMA not later than **Wednesday 27 April 2022**. 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 online 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 Member by receipt of a copy of the entrant's birth certificate as evidence for the date of birth and confirmed by the Member.

**DEADLINE FOR ENTRIES**

The closing date for all entries will be **Wednesday 27 April 2022**.

**No entries will be accepted after this date.**

**CERTIFICATION OR STAMP OF WMA NATIONAL MEMBER**  
(Paper copies only)

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE

# VISA REQUIREMENTS AND GENERAL INFORMATION

## Visas

There are two important websites where you can find the valid information concerning visas. Those websites are listed below. There is link for all of them at competition website.

**Visa to visit Finland** (<https://um.fi/visa-to-visit-finland>)

From this website you can find whether you need a visa or not and valid visa fees, as well as how to apply for a visa.

**Finland abroad** (<https://um.fi/finland-abroad>)

From this website you find contact details of Finnish embassies or other countries that might represent Finland at your country.

**Please notice** that even if you don't need a visa to Finland, you need a valid passport or some other travel document accepted by Finland. It must be valid for at least ninety days after your intended date of departure from the Schengen area. In addition, the passport or other travel document must have been issued no later than ten years ago.

## Vaccinations and Travel Insurance

It is recommended that athletes and other accompanying persons obtain any required vaccinations and check that their medical insurance covers travel and accidents in Finland.

**Covid19-info** (<https://raja.fi/en/covid19-info>)

This Finnish Border Guard website contains information of traveling to Finland during the pandemic and which vaccines are accepted in Finland.

**Please notice** that should you need a visa, you need to have a traveling insurance with specific requirements stated at the website **Visa to visit Finland**.

## Technical Information Center (TIC) - Accreditation

All participants are requested to report to the TIC center at Tampere Stadium, where they will be able to collect their registration package and other relevant information.

The TIC/Accreditation Centre will open **27 June 2022**.

## Transport

Even though there is an international airport at Tampere, there are limited number of flights to and from this airport during the current pandemic. There are plans to open more connections for Europe directly to Tampere airport at the beginning of May. At the moment the main airport for international travelers will be Helsinki airport around 180 km from Tampere. From Helsinki airport there are good train connections with one change to Tampere which will take about 2 hours depending on the exchange time. Before the

pandemic there were also bus connections from airport to Tampere.

Most hotels are located in the Centre of Tampere with a maximum of 2 km to the main stadium. There is also a good public transport and it is free of charge with your accreditation card.

## Accommodation

There is different standard of accommodation for competitors. The options and booking instructions are presented on [www.wmatampere2022.com](http://www.wmatampere2022.com)

## Tourism

Tampere was founded in 1779 on the banks of Tammerkoski rapids. Nowadays Tampere is the third largest inland centre in the Nordic countries. Currently there are around 240 000 inhabitants in Tampere and close to half a million inhabitants in the Tampere Region.

Since Tampere's city centre is sited on an isthmus between lakes Pyhäjärvi and Näsijärvi, visitors to Tampere can enjoy stunning views for example from Pyyrikki Ridge, which was formed by the action of ice and sea more than 10 000 years ago. There is also a good variety of museums in the city centre. Tampere is also the Sauna Capital of the World, there is over 50 public saunas in the region.

There is plenty of information on Tampere at website of Visit Tampere (<https://visittampere.fi/en>).

### Travelling Further?

There is easy access from Tampere to other areas in Finland. Trains will take the visitors from Tampere to Lapland, Lakeland or Archipelago. Check out the Visit Finland website ([www.visitfinland.com](http://www.visitfinland.com)) for further information.

## Hints and Tips

### Emergency contact number

General emergency number is 112

### Currency

The Finnish Currency is the Euro (€) which is made up of 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents and 1 and 2 euros. Bank notes are of 5, 10, 20, 50, 100, 200 and 500. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).

Finland applies rounding rules under which retail payments are rounded in principle to the nearest 5 cent with cash payments.

### Tipping

Tipping in Finland is not very common. The price of a product or service has service and taxes always included. So it's normal to pay the bill as it is.



If you like to tip anyway, it is totally acceptable. You can sometimes find a tipping jar at a bar. You can also round the bill up to nearest convenient figure.

### **Taxis**

Official taxis can be identified with yellow taksi /taxi sign. There are official taxi stops for customers or taxi can be ordered with phone. It is not common to summon them directly from street.

The price of the taxi ride is based on the following parts: starting price, which is depending on the time of the day, travel rate affected by the number of passengers as well as time charge per minute.

### **Electricity**

The electric current for use in homes and hotels, as in most of Western Europe countries, is 230 volts (50 Hz) and the plugs used are two round pins.

### **Local Time during the Championships**

GMT + 3 hours (Summertime)

**Notice** that there will be around 18 hours of daylight during the Championships.

### **Driving**

Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van, whether seated in the front or rear. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location (a blood alcohol level of at least 0.5 mg/litre). If buses have seatbelts you are required to use them.

### **Water**

Note that it's safe to drink tap water in Finland.

### **Mobile Phone Networks**

Finnish mobile phone networks operate under 5G, 4G, 3G and 2G. Only phones that are manufactured to operate under these systems will work in Finland. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Finland, which will allow temporary connection with the Finnish networks. The main mobile companies are Telia, Elisa, DNA and Moi.

### **Dining**

There is versatile food culture in Tampere. You can find overall view of it from Visit Tampere website ([visit tampere.fi/en](http://visit tampere.fi/en)).

### **Languages**

Official languages are Finnish (spoken by 87.9 %) and Swedish (5.2 %). Sámi is the mother tongue of about 1,900 people. In larger cities, nearly all people speak English with the exception of the older generation.

### **Useful Expressions**

Finnish	English	Paljon kiitoksia	Thank you very much
Hyvää huomenta	Good morning	Hauska tutustua	Nice to meet you
Hyvää päivää	Good day	Puhutko englantia?	Do you speak English
Hyvää iltaa	Good evening	En ymmärrä	I do not understand
Hei	Hi!	En tiedä	I do not know
Moi	Hello!	Anteeksi	Excuse me
Näkemiin	Goodbye!		



photo: Tampere / Laura Vanzo