



WMA Indoor Championships

March 23-30, 2025

Alachua County, Florida

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 can be [downloaded here](#). The entry fee for the meet is \$80, plus \$40 for each event, \$50 for combined events. Accompanying persons are \$30 each (\$15 if under 14). There is also a \$65 Team USATF fee to cover a variety of team management functions.

[Click Here to Register](#)

The entry deadline is January 23, 2025. There are no late entries for this meet. All Team USATF entries must be on-line (no paper entries).

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 the USA. The National Office cannot do this until you have a valid 2025 USATF Membership. In past years, USATF has not begun the verification process until after January 1, when all auto-renewals have been processed. Until this is done, your registration status will be "pending." If USATF has not previously received proof of date of birth or has any other question your registration status will be "information needed" and the National Office will contact you at the email address you provided. Please act on any information request promptly as the USATF office must complete validations for all U.S. athletes within one week of the close of entries.

Note that you can check to see if your date of birth information is in the system by logging in to your USATF Connect account, going to your Membership Profile, and clicking on the Athlete Verifications tab. That is also where you can go to upload your proof of age (copy of your birth certificate is the preferred form).

Packet Pickup and Competitors Handbook

Details and hours of TIC (Technical Information Center), which includes packet pickup) will be available on the meet website. The TIC will open on Friday, March 21, 2025 and is located at the Alachua County Sports and Events Center.

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

The Competitors Handbook will be posted 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.

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 Alachua County, it does not administer this meet.

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 <https://certcheck.worldathletics.org/> and 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 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.

Anti-doping Information

The anti-doping regulations of WMA will be followed at this meet. 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, in this case, the United States.

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 an 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 Alachua County:

1. Five (5) 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 Gainesville on a first come-first served basis with sign up sheets.

In order to receive other personal medical/physiotherapy services at the 2025 WMA Indoor Championships in Alachua County, Team USATF Masters athletes must purchase a subscription to cover the costs of travel, housing, and meals for the medical/physiotherapy team. This is necessary because budget constraints make it impossible to pay for the Medical Team needed out of the USATF Masters budget for 2025.

Subscriptions will cover a specified number of 20-minute appointments. **Those who do not subscribe cannot receive treatments 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.

Note that the subscription will only cover the costs for the medical team's travel, accommodation, and meals. 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 as an option offered during the registration process. Those buying the services will get a punch card with their name and the purchased number of punch slots in their registration package when they pick it up from the Registration area. **Cards are 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.

Remember to purchase the number of sessions that you think you will need for your normal competition plus any that you may need in case of minor injury. Also, some may want to schedule some double sessions (40 minutes). Please note that even with a minimal \$10-\$20 tip these sessions are less than half of normal charges for such services at home.

Subscription Options

Number of 20 Minute Appointments	Cost
3 (minimum)	\$90
4	\$120
5	\$150
6	\$180
7	\$210
8	\$240
9	\$270
10	\$300
11	\$330
12	\$360
13	\$390
14	\$420
15	\$450

16	\$480
17	\$510
18	\$540
19	\$570
20	\$600
21	\$630

During the on-line Event Registration process, athletes will be required either to purchase a subscription or decline the offer (by selecting "0" treatments) with the understanding that they will not be able to receive any services from the Team USATF Masters Medical Team in Alachua County.

Additional Treatments MAY be available for purchase in Alachua County on a space/time available basis. Those treatments will be charged at \$40/treatment.

Housing and Local Transportation

Due to the expected size of Team USATF Masters, the large variety of accommodation options available, and the LOC's dedicated work to negotiate the best rates for athletes coming to Alachua County, there will be no Team USATF hotel or hotels for this event. We strongly encourage you to book your hotels through the meet website found [here](#).

The WMACi25 Local Organizing Committee is creating a transportation network connecting the primary and secondary facilities (Alachua County Sports and Events Center and West End). This venue to venue route will operate March 22

– March 30, 2025 and will be provided at no cost to credentialed athletes and guests.

Transportation Between Hotels and Venues

The WMACi25 Local Organizing Committee is creating a transportation network consisting of one (1) route connecting select hotels to the primary facility (Alachua County Sports and Events Center). This hotel-venue route will operate March 22 – March 30, 2025 and will be provided at a cost of \$30 per person for credentialed athletes and guests. Transportation Passes for the hotel-venue route must be purchased at the time of event registration in advance. Based upon availability, the WMACi25 Local Organizing Committee may sell a limited number of Transportation Passes on-site at an increased rate of \$50 per person for credentialed athletes and guests.

Important Note: Athletes and guests booking accommodations through HBC Event Services, the official accommodations provider of the WMACi25, may receive a Transportation Pass at no cost for each registered guest. Free Transportation Passes must be requested at the time of booking your hotel accommodations.

Team Communications

WhatsApp

- WhatsApp chat groups have been established that can be used before and during the meet to ask questions and post information. If you are a first time WMA Championship competitor, you should join the first-timer group by clicking [here](#). If you have been to a prior WMA Championship, you should join the veteran group [here](#). These groups should be used exclusively for communications from the Team Management Group and

athletes and for athletes to pose meet related questions to the Team Managers. If you do not have WhatsApp on your smartphone, you should download the app prior to departure for Alachua County. To use WhatsApp you must have internet access either through a data roaming plan or by using WiFi.

- In addition, there is an Unofficial WhatsApp group for communication amongst the members of Team USATF Masters. To join, click [here](#).

Relay Selections

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

[Relay Team Spreadsheet](#)

Team Meetings

There will be a Team USATF team meeting at 10:30 AM every competition day at the main stadium, Alachua County Sports & Events Center. The exact location will be posted in the WhatsApp official group. 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 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 section will be updated once more details are available.

All Team USATF Masters athletes will be contacted by the USATF National Office to arrange uniform selection/delivery after entries for the meet close. As part of this process athletes are required to sign an Athlete Statement of Conditions and provide proof of travel arrangements and/or lodging in Alachua County.

Relay Team Selection

World Athletics/WMA Rules for Relays

- There will be two sets of relays - gender-based and mixed.
 - Each country is only allowed to enter one relay team per age group for each gender and each mixed relay for the 4x200 relays to be held on Sunday, March 30; there are no "B" teams.
 - Age Group is determined by the age of the youngest member that actually runs; teams can't arbitrarily step down to a younger group.
 - Each country will list four to seven athletes (four runners and three alternates) on their Declaration form. Declarations can only be changed before the Declaration deadline. After the deadline, only the athletes listed on the Declaration form 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.
 - Relay team members must be entered in the meet and represent Team USATF; no all-star teams and no club teams.
 - The Declaration deadline will be posted once it has been announced.

TEAM USATF Selection Procedure

The Team USATF Masters Relay team selection procedures are available [here](#) on usatfmasters.org.

Non-Stadia Teams (Road Walks and Cross Country)

These non-stadia team scoring rules apply to all road races, including cross country, and road walks. 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 coordinator (Mary Rosado) will use her discretion to create the best medal contending teams.

Schedule

The final daily competition schedule is [available for download from the Alachua County 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.

Travel Planning

How to get to Alachua County

Alachua County is centrally located in Florida, and is accessible by several airports in the area. Gainesville Regional Airport offers non-stop connections to Atlanta, Charlotte, Dallas/Ft. Worth, and Miami. Both Orlando International Airport and Jacksonville International Airport are within 1-½ to 2 hours drive.

The Local Organizing Committee will provide airport/hotel transportation support services, at a cost, to and from the Gainesville Regional Airport and the Orlando International Airport. Additional information is available from the Local Organizing Committee [here](#).

Travel Scheduling

Arrange to arrive in Alachua County 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). 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 are responsible for making your own arrangements for travel and accommodation.

Vaulting Pole Rentals

WMACi25 Local Organizing Committee has partnered with the Florida Pole Vault Factory (FLPVF) to provide pole rentals on-site. The FLPVF has an expansive inventory of almost 200 poles including Pacer One, Fiber Sport, Pacer FXV, UCS Spirit, Pacer Composite, and ESSX.

More information on pole rentals and the link to the reservation portal can be found at www.wmaci2025.com

Contacts

General Meet Information

Local Organizing Committee – Alachua County
wmaci2025.com/

Team Manager for Stadia Events

Philip Greenwald
Home: (212) 595-2486
Cell: (917) 349-8432 greenwaldp@att.net

Team Manager for Non-Stadia Events

Perry Jenkins
Cell: (716) 572-1380
pjenkins@buffalo.edu

USATF National Office

wma@usatf.org

Note: There will be Assistant Team Managers assisting the Team Manager and any of them 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 & Veteran Masters Athletes

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 2025 WMA Indoor Championships in Alachua County

Jerry Bookin-Weiner, Chair, USATF Masters Track & Field Committee

Phone: 410-336-0198

Email: mtfchair@usatf.org

Perry Jenkins, Chair, USATF Masters Long Distance Running Committee

Phone: 716-572-1380

Email: pjenkins@buffalo.edu

Robert Thomas - USATF Masters Track & Field Vice Chair

Phone: 317-201-1934

Email: mtfvicechair@usatf.org

Colleen Barney - USATF Masters Track & Field Active Athlete Rep

Phone: 949-378-6602

Email: mtfactiveathlete@usatf.org

Philip Greenwald-USATF Masters Track & Field Team Manager

Phone: 917-349-8432

Email: greenwaldp@att.net

Mary Rosado - Non-Stadia Teams Coordinator

Phone: 917-400-3961

Email: rosadomaryv@gmail.com

Travel Section

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

The Alachua County LOC wants everyone to enjoy their stay and negotiated special rates with hotels they deem as having an acceptable reputation and service. Therefore, any of the hotels on the meet website should be considered a quality choice.

Local Organizing Committee Hotels

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

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

[The WMA Alachua County 2025 website has information about all of the venues that will be used.](#)

For more detailed map, use Google Maps

[Google map of the area](#)

What local transportation options are available?

The Local Organizing Committee will have shuttle buses between select hotels and the main venue; there also will be shuttles between the main venue and the secondary venue. **Only those who book their hotels through the meet website will have access to the shuttles between the hotels and the main venue.**

Where is the best place to look for weather updates?

Two recommended apps:

downloads.accuweather.com

www.weather.com/apps

Athlete Section

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

Event Registration

If you haven't already visited the website for the WMA Alachua County, please visit wmaci2025.com/

Event Schedule

The daily competition schedule is [available for download from the meet 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 (stadium, road races, cross country, and outdoor throws)

wmaci2025.com/eventdetails/ (Scroll down for venue information)

There are three venues:

Alachua County Sports & Events Center (all track and all indoor field events)

Celebration Pointe (10km road race and 10 km race walk)

West End Golf Course (cross country and outdoor throwing events - discus, hammer, and javelin).

Entry Book

The Entry Book contains all available information about entries and is downloadable from the meet website:

<https://wmaci2025.com/wp-content/uploads/2024/07/WMACi-2025-Entry-Handbook-07-2.pdf>

Registration Info and Fees:

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 \$40 for each event (\$50 for combined events). Accompanying persons are \$30 each (\$15 if under 14). There is also a \$65 per athlete Team USATF fee to cover a variety of team management functions.

After you register you will be able to view the status of your entry on the meet website site as well.

[Click Here to Register](#)

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

Please Review information regarding Relay Team selection above**Tips:**

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

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

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