



XVI WORLD MASTERS ATHLETICS CHAMPIONSHIPS STADIA

22 AUGUST - 3 SEPTEMBER • Donostia-San Sebastian, Spain

Entry booklet

ORGANISING COMMITTEE:

ORGANIZED BY:



Consejo Superior de Deportes



DONOSTIAKO SUSTAPENA
ren aktibitate bat da
es una actividad de:
FOMENTO DE SAN SEBASTIAN

GREETINGS



Juan José Ibarretxe
President of Basque Government

The sanction of Donostia-San Sebastián by World Masters Athletics as the official site for the World Masters Athletics Championships represents a great satisfaction as it is the recognition of the organizing capacity of the different institutions and entities which were also involved in the organisation of the last European Veteran Championships.

It is my wish from the Basque Government to express my gratitude for the opportunity that has been given to us to show once again our work capacities and

the willingness of our country to participate in all sports events to be held.

I would like to congratulate in advance the organizers of the Championships. I am sure that all participants and spectators will live an spectacular sports party and that they will keep very good memories of their stay among us.



Gipuzkoako Foru Aldundia
Diputación Foral de Gipuzkoa

J.J. Txabarri
Maximum representative of
"Diputación Foral Gipuzkoa"



In August 2005 the XVI WMA World Masters Athletics Championships will be held in Gipuzkoa, to be exact in San Sebastian. During 10 days this event will mean a big challenge for all of us as there will be from 4000 to 6000 athletes among us.

Institution relations of the "Diputación Foral de Gipuzkoa", attaches great importance to this event and works actively in the bosom of the Organising Committee together with the Basque Government, Town Hall of San Sebastián and the World Masters Athletics

organisations. We support the organisation by sparing no effort to make sure of the event success.

We will enjoy wonderful experiences in athletics as it is deserved by our wonderful Historical Territory. We hope to be able to show our great stature as in previous sports event organisations.

ORGANISING COMMITTEE

President

• Odón Elorza

Vice-president

• Iñaki Ugarteburu
Diputación Foral de Gipuzkoa

Members

• José Ramón Garai
Basque Government
• Arritxu Marañón
Town Hall of San Sebastian
• Angel L.López
Consejo Superior de Deportes

• Anacleto Jiménez
Royal Spanish Athletic Federation
• Miguel Angel Munitxa
Basque Athletic Federation



Donostiako Udala
Ayuntamiento de San Sebastián



Odón Elorza

President of Organising Committee
Mayor of Donostia-San Sebastián

Already earmarked on the calendars of San Sebastián, August 2005 will on arrival turn our city into an enormous sports celebration. A senior track meet serving to tighten bonds with the thousands of people – athletes and their companions alike – from all over the world whom we will have the honour of welcoming.

Donostia-San Sebastián already has experience in the organisation of international sporting events. Our streets served in 1992 as the starting point for our neighbouring country's Tour de France. More recently, only a few months ago, we acted as headquarters for the European Veteran Athletics Championships Indoor, an occasion which drew our notice first hand to an extremely important fact: that sport is ageless. The sporting spirit knows nothing about the passing of time. It was a delight to applaud athletes, some of whom were in their 90s, of extraordinary human quality who offered an excellent standard of competition.

We are impatient for August 2005 to come round, and will put all of our enthusiasm and professionalism into making the 16th World Masters Athletics Championships an unforgettable event. The city of San Sebastián will welcome them with open arms.



Torsten Carlus
WMA President



Welcome to San Sebastian !

San Sebastian was awarded our 16th WMA World Masters Athletics Championships Stadia 2005 by the General Assembly

2001 in Brisbane. I am convinced that San Sebastian will offer us all some unforgettable days in a very good athletic atmosphere. I have had the privilege to visit San Sebastian now a couple of times to discuss the Championships with the Mayor of San Sebastian, Mr. Odón Elorza, and the LOC and my overall impression is that San Sebastian is a perfect host city for our Championships.

had our Championships in a stadium like this with a seating capacity of about 40,000 people. 50 meters from this stadium we have the B-stadium of an equally high quality and the Indoor Stadium where the European Veterans Championships Indoors were organised in 2003.

Through the years San Sebastian has organised many international athletic meetings and has consequently very good experience and well qualified judges. I am sure that our 16th World Masters Athletics Championships Stadia 2005 in San Sebastian will be a very great success and it is therefore a great pleasure to me to say:

Welcome to San Sebastian and our 16th World Championships Stadia in 2005 !

San Sebastian has a wonderful sports area with the Anoeta Stadium as the gem. We have never

*400
30
12000*
MAKE
ENTRY DEADLINE ?
PICTURE SERVICE ?

WMA DELEGATES

- Patxi Ripalda
Athletics Federation of Gipuzkoa
- César Pérez
Masters Athletic Association of Gipuzkoa

Manager

- Iñigo Olaizola

Competition Director

- José Martín Pérez

External relations

- Fernando Etxebarria

- **Organisation:**
Tom Jordan and Monty Hacker
- **Technical Delegate Stadia Events:**
Rex Harvey
- **Technical Delegate Non-Stadia Events:**
Ron Bell
- **Medical and Doping Control:**
Stan Perkins

LOCATION

Close to everybody



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Donostia-San Sebastian, located in the north of the Iberian peninsula, on the Bay of Biscay, is the capital of one of the three provinces making up the Basque Country. Donostia-San Sebastian can be easily and quickly reached thanks to a modern motorway and road network, a railway system linked to the main Spanish and European cities and three nearby airports - Hondarribia (San Sebastián), Loiu (Bilbao) and Foronda (Vitoria) - which offer domestic and international flights.

San Sebastian (180,000 inhabitants) was built around a beautiful bay. It is an elegant, modern and harmonious city, where a high standard of life can be enjoyed. Its climate is characterised by a slight range in temperatures, with mild winters and cool summers.

COMMUNICATIONS

AIRPORT

AIRPORT	DISTANCE TO STADIUM	TIME	FLIGHTS
SAN SEBASTIAN	20km	15 min.	Domestic
BIARRITZ (FRANCE)	45km	45 min.	Domestic and international
BILBAO	110km	1h	Domestic and international
VITORIA	118km	1h15	Domestic
PAMPLONA	92km	1h	Domestic and international
MADRID	469km	5h	Domestic and international
BARCELONA	529km	6h	Domestic and international

TRAIN

STATION	DISTANCE TO STADIUM	TIME	COMPANIES
HENDAYA	25km	30min	SNCF (TGV-high speed train)
SAN SEBASTIÁN	2km	10min	RENFE
ANOETA	--	--	EUSKO TRENBIDEAK

BUS

STATION	DISTANCE TO STADIUM	TIME	COMPANIES
SAN SEBASTIAN	1km	5min	PESA (Bilbao)
SAN SEBASTIAN	1km	5min	CONTINENTAL AUTO (Madrid)
SAN SEBASTIAN	1km	5min	VIBARSA (Barcelona)

RENT A CAR

ATESA, AVIS, EUROPCAR, HERTZ

USEFUL INFORMATION

CURRENCY - (as of 10/05/2004) €

1 American Dollar:	0,8436
1 Australian Dollar:	1,7120
1 Pound Sterling:	1,4977
100 Japanese Yen:	0,7420
1 Swedish Crown:	0,1089
1 Danish Crown	0,1344
1 Czech Crown	0,0310
1 Swiss Franc	0,6482

CLIMATE (AUGUST)

Highest temperature (average):	22,2 °C
Lowest temperature (average):	16,1 °C
Precipitation (average):	112 mm
Days with precipitation:	10
Relative humidity:	83%
Daily hours of sunshine:	6

OTHERS

Time zone:	European medium time
Height:	Sea level
Official languages:	Spanish and Basque
Inhabitants:	180,000
Public bus fare:	1 €
Price inexpensive meal:	10 €
Price standard meal:	20 €
Price expensive meal:	60 + €
Taxes in restaurants:	7%
Tip:	Non obligatory

DONOSTIA-SAN SEBASTIAN

AN INCREDIBLE SITE

It is a delightful city that provides a feast for the senses. No matter what words people use to describe San Sebastian, nothing can compare to the pleasure of taking in its wonderful surroundings, strolling through its streets and gardens, or sampling the area's renowned gastronomy.

The best-known image of San Sebastian, but no less eye-catching for all that, is its almost perfectly shell-shaped bay, widely considered to be one of the most beautiful in the world. The city, home to 180,000 people and the cultural and tourist capital of the Basque Country, works its seductive charm on visitors and caters for all tastes.

We invite you to discover and experience the delights of San Sebastian, take part in its customs, uncover its charms and enjoy a city that lives and breathes sport like few others.



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Donostia-San Sebastian

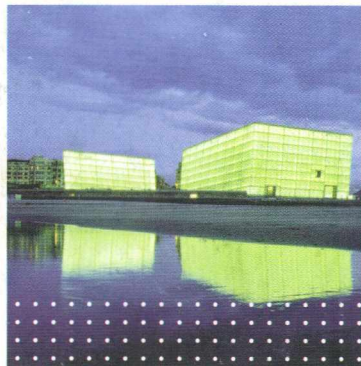
CULTURE



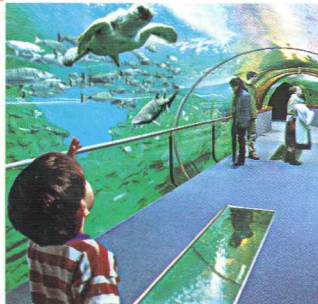
SHOPPING



AVANT-GARDE



GASTRONOMY



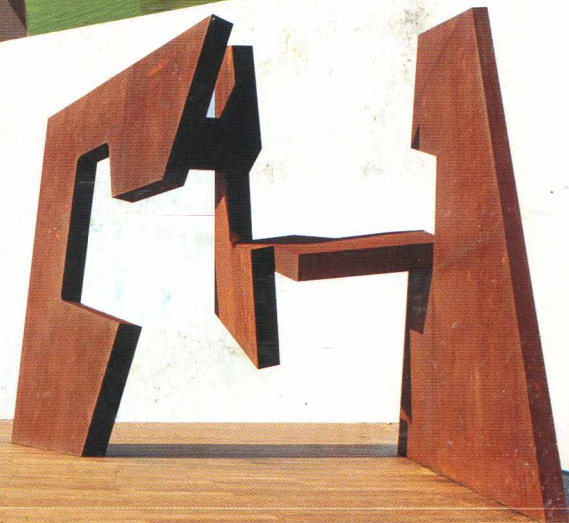
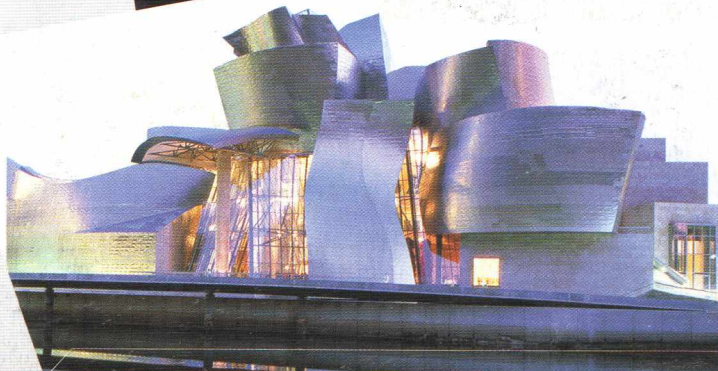
ADVENTURE



LEISURE



MUSEUMS

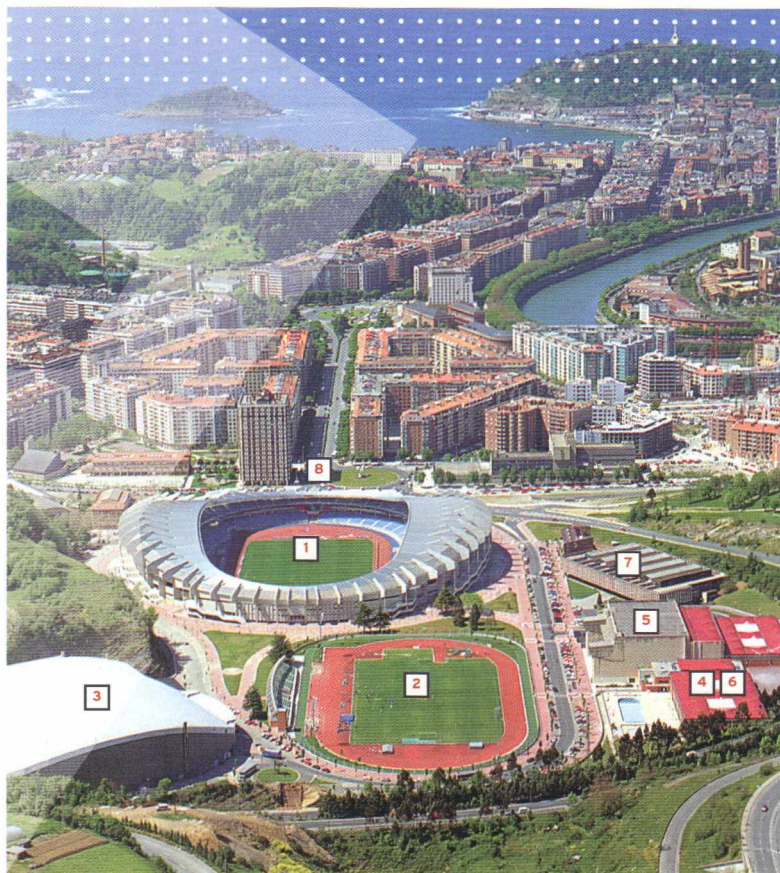


FACILITIES

In San Sebastian we live for sport. The public multi-sports facilities plus the private ones make the sport activities possible almost in every corner of the city.

The most representative facility is the Anoeta Stadium, located in a sports complex where there is also a velodrome, a pelota court and swimming pools. The Stadium is where Real Sociedad, the local team that competes in the Spanish highest football category, usually plays.

The modern Stadium was inaugurated in 1993 and can hold 40,000 spectators. There and at the auxiliary track and field facilities will be held the 2005 events.



- 1 ANOETA STADIUM
- 2 ANOETA MINI STADIUM
- 3 TOWN SPORTS HALL
- 4 ANOETA SWIMMING POOLS
- 5 CANTEEN
- 6 ACCREDITATION CENTRE
- 7 ICE SKATING RINK
- 8 PUBLIC BUS STOP

CATEGORIES



MEN	WOMEN	BORN FROM	TO
M35*	F35	24 August 1965	23 August 1970
M40	F40	24 August 1960	23 August 1965
M45	F45	24 August 1955	23 August 1960
M50	F50	24 August 1950	23 August 1955
M55	F55	24 August 1945	23 August 1950
M60	F60	24 August 1940	23 August 1945
M65	F65	24 August 1935	23 August 1940
M70	F70	24 August 1930	23 August 1935
M75	F75	24 August 1925	23 August 1930
M80	F80	24 August 1920	23 August 1925
M85	F85	24 August 1915	23 August 1920
M90	F90	24 August 1910	23 August 1915
M95	F95	24 August 1905	23 August 1910
M100+		In August the 23rd, 1905 or before	

* Unofficial age-group

EVENTS



EVENTS	WOMEN	MEN
DECATHLON	----	M35-M100
HEPTATHLON	F35-F95	----
WEIGHT PENTATHLON	F35-F95	M35-M100
100M	F35-F95	M35-M100
200M	F35-F95	M35-M100
400M	F35-F95	M35-M100
800M	F35-F95	M35-M100
1500M	F35-F95	M35-M100
5000M	F35-F95	M35-M100
10,000M	F35-F95	M35-M100
8KM CROSS COUNTRY	F35-F95	M35-M100
5KM TRACK WALK	F35-F95	M35-M100
10KM WALK ROAD RACE	F35-F95	----
20KM WALK ROAD RACE	----	M35-M100
400M HURDLES	F35-F45	M35-M55
300M HURDLES	F35-F95	M60-M100
110M HURDLES	----	M35-M45
100M HURDLES	F35	M50-M65
80M HURDLES	F40-F95	M70-M100
2000M STEEPLECHASE	F35-F95	M60-M100
3000M STEEPLECHASE	----	M35-M55
MARATHON	F35-F95	M35-M100
HIGH JUMP	F35-F95	M35-M100
POLE VAULT	F35-F95	M35-M100
TRIPLE JUMP	F35-F95	M35-M100
LONG JUMP	F35-F95	M35-M100
DISCUS THROW	F35-F95	M35-M100
HAMMER THROW	F35-F95	M35-M100
JAVELIN THROW	F35-F95	M35-M100
SHOT PUT	F35-F95	M35-M100
WEIGHT THROW	F35-F95	M35-M100

REXX

JUAN CARLOS PEREZ MENDOZA

JUAN CARLOS

JUAN CARLOS

ANOETA STADIUM TRACK AND FIELD EVENTS

40,000 spectators • Mondo's Synthetic • Eight 400 metre lanes • Two High jump areas • Four Long jump and Triple jump runways • Three Shot put circles • Two Pole Vaults runways • One Discus Throw Area • Two Javelin Throw Corridors



ANOETA MINI STADIUM TRACK AND FIELD EVENTS

1,800 spectators • Mondo's Synthetic • Eight 400 metre lanes • Two High Jump areas • Two Long jump and Triple jump runways • One Shot put circle • Two Pole Vaults runways • One Discus Throw and Hammer Throw Area • Two Javelin Throw Corridors



BERAZUBI (Tolosa, 20 km.) THROWS AND COMBINED EVENTS

3,000 spectators • Synthetic material • Six 400 metre lanes • One High Jump area • One Triple and long jump runway • Two Shot put circles • One hammer throw circle • One discus throw circle • One Javelin throw area • One Pole Vault runway



LASARTE RACETRACK CROSS COUNTRY RACES



SAN SEBASTIAN CITY MARATHON

The marathon course will start and finish at the Anoeta Stadium. Two laps will be given to a 20km. course. Athletes will pass through main streets and through the most wonderful part of the city: "La Concha" promenade. The course is at sea level.



ENTRY FEES

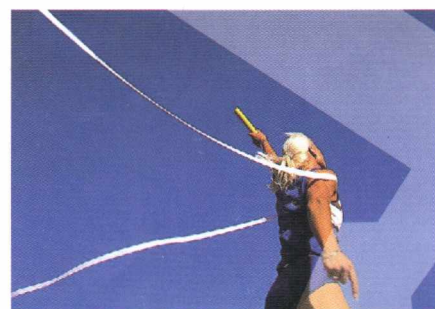
Subject	Price
WMA fee	15 €
Administration fee (includes transportation to facilities and the official magazine)	30 €
1st individual Event (except combined events and marathon)	25 €
Each additional event (except combined events and marathon)	16 € (each event)
Combined events and Marathon	35 € (each event)
Booklet of results	15 €
Official video tape	15 €
Athletes' party	35 €
Offer for companions each event (includes transportation to facilities and the official magazine)	30 €
Offer for kids under 14 years (includes transportation to facilities and the official magazine)	20 €

Note : WMA and Administration fees are compulsory for all athletes.

RULES

The XVI WMA World Masters Athletics Championships Stadia will be held in accordance with the IAAF and WMA rules and the special regulations stated for this event. For more information, we invite you to visit the rules section on our web site:

www.wma-2005.com



PROGRAM

ADD: 4TH ROUND 100
 150 200
 ADD: 3RD ROUND 800
 1500

OFFICIAL EVENTS

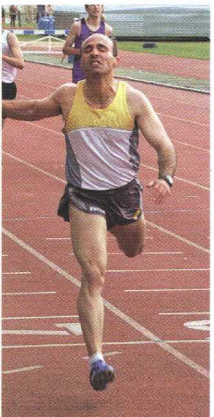
21 August:	Opening of Accreditation centre Technical meeting (LOC and team managers)
22 August:	Opening Ceremony
23 August:	First competition day
27 August:	Rest day WMA regional meetings-Committee meetings
29 August:	Athletes' party
30 August:	Rest day WMA General Assembly
3 September:	Closing Ceremony

More information: www.wma-2005.com



COMPETITION PROGRAM

(Provisional Program)



1	23-aug Tuesday					
2	24-aug Wednesday					
3	25-aug Thursday	100 m E	100 m S		300/400m hurdles S	
4	26-aug Friday	100m F	100m F	800 m E	300/400 m hurdles F	
	27-aug Saturday	REST DAY				
5	28-aug Sunday	200 m E	200 m S	800 m S		
6	29-aug Monday		200 m F	800 m F	80/100/110m hurdles E	80/100/110m hurdles S
	30-aug Tuesday	REST DAY				
7	31-aug Wednesday	400 m E	1500 m S			80/100/110m hurdles F
8	1-sept Thursday	400 m S				
9	2-sept Friday	400 m F	1500 m F			
10	3-sept Saturday	Steeplechase	4 x 100	4 x 400		

 Finals	 Group 1 F35-54	 Group 4 M50-59
 Semifinal heats	 Group 2 F55+	 Group 5 M60-69
 Preliminary heats	 Group 3 M35-49	 Group 6 M70+



1300 H
 1430 H
 1500 H
 253F H
 0830 A
 0830 M
 1000 A
 1000 M
 1530 A
 1700 A
 402F
 1130
 1130
 1500
 1300
 1830 A
 2000 A
 1000 H
 1130 H
 2F

Dec/Hept	HT 1	DT 5	JT 4	WT 3	XC	23-aug Tuesday	1					
Dec/Hept	SP 6					24-aug Wednesday	2					
HJ 6	W 5 K M65+	M35-64 5 K RW	HT 2	SP 1	DT 6	JT 5	WT 4	25-aug Thursday	3			
HJ 5	5 K M35-64	5 K RW M65+	HT 3	SP 2	DT 1	JT 6	WT 5	26-aug Friday	4			
	REST DAY					27-aug Saturday	5					
LJ 1	TJ 5	HJ 4	PV 2	W 10 K M75+	HT 4	SP 3	DT 2	JT 1	WT 6	28-aug Sunday	6	
LJ 2	TJ 6	HJ 3	PV 4	10 K M55-74	HT 5	SP 4	DT 3	JT 2	WT 1	29-aug Monday	7	
	REST DAY					30-aug Tuesday	8					
LJ 3	TJ 1	HJ 2	PV 5	10 K M35-54	HT 6	SP 5	DT 4	JT 3	WT 2	RoadRW	31-aug Wednesday	9
LJ 4	TJ 2	HJ 1	PV 3							Wt Pent M60+	1-sept Thursday	10
LJ 5	TJ 3		PV 6							Wt Pent F35+	2-sept Friday	11
LJ 6	TJ 4									Wt Pent M35-59	3-sept Saturday	12
										Marathon		

- LJ Long Jump
- TJ Triple Jump
- HJ High Jump
- PV Pole Vault
- HT Hammer Throw
- SP Shot Put
- DT Discus Throw
- JT Javelin Throw
- WT Weight Throw
- RW Race Walk
- XC Cross Country (8k)
- Dec/Hept Decathlon (men) & Heptathlon (women)
- WtPent Weight Pentathlon (HT, SP, DT, JT, WT)

ACCOMMODATION



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CLASSIFICATION

LUXURY

Situated in the centre of San Sebastian. All rooms have complete bathroom, minibar, TV, air conditioning, room service, etc. available. Restaurant, cafeteria and large lounges.

FIRST CATEGORY

Most of them are situated in San Sebastian. All rooms have complete bathroom, minibar, TV, air conditioning, room service, etc. available. Restaurant, cafeteria and large lounges.

TOURIST

Located in San Sebastian and its surroundings (max. distance, 20km). All rooms have complete bathroom, TV, cafeteria, restaurant and large lounges.





PRICES

Accommodation class	Double room	Single room
LUXURY	From 120 to 136 €	From 172 to 217 €
FIRST CATEGORY	From 65 to 120 €	From 100 to 186 €
TOURIST	From 50 to 80 €	From 84 to 134 €
STANDARD	From 44 to 62 €	From 65 to 84 €
INEXPENSIVE	From 22 to 55 €	From 26 to 70 €

- Prices per person and night. Accommodation, breakfast, participant's card and taxes (VAT) are included.
- Distribution by strict order of bookings.
- Limited number of rooms.
- Minimum stay: 6 nights in a row.
- Triple rooms: price and availability on request.
- **Hotel list and prices:** www.wma-2005.com

TRANSPORT

An official transport will be provided from San Sebastián, Bilbao (Spain) et Biarritz (France) airports to the accommodations.
Information about timetables and prices on: www.wma-2005.com

MEALS

There will be an inexpensive meal service at the facilities.

INFORMATION AND BOOKINGS

Travel Air Events

Cº Portuetxe 47 (Edificio Askain, 2º- Oficina 24)
20018 San Sebastián, España
Tel: +34 943 310748
Fax: +34 943 317135
E-mail: accommodation@wma-2005.com

STANDARD

Located in San Sebastian and its surroundings (max. distance, 20km). All rooms have complete bathroom/shower and TV.

INEXPENSIVE

Student residences, Youth hostels and Bed & Breakfast. Simple rooms with private bathroom or bathroom to be shared. Located in San Sebastian and its surroundings.


OTHERS

Accommodation opened only for the Championships: camping, mobile home, Sports Complex, etc. Prices will be given on request.



ENTRY SYSTEMS

ENTRY INTO THE CHAMPIONSHIPS



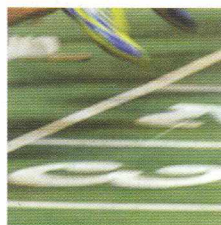
Documents to be submitted:

- Entry form (Postal mail)
- + Identity Card or Passport (Postal mail)
- + € (Bank draft in Euros or Credit Card)

National Masters Athletic Association




SAN SEBASTIAN



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ACCOMMODATION AND TRANSPORTATION BOOKINGS

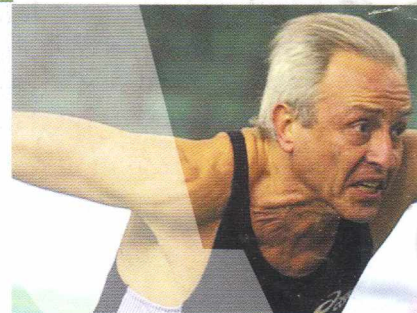


Documents to be submitted:

- Booking form (internet, fax or postal mail)
- + € (Bank draft in Euros or Credit Card)



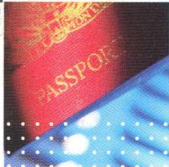
SAN SEBASTIAN



INFORMATION

WMA 2005 SAN SEBASTIAN

info@wma-2005.com
www.wma-2005.com



NECESSARY DOCUMENTS TO ENTER SPAIN

CITIZENS FROM COUNTRIES NOT REQUIRING VISA TO ENTER SPAIN

- Valid passport, Identity card or Trip Title (depending on the country).

CITIZENS FROM COUNTRIES REQUIRING VISA TO ENTER SPAIN

- Visa*
- Valid passport, Identity card or Trip Title depending of the country.

(*) This document must be obtained at the Spanish Embassy or Consul office in the country of origin. We recommend you to request the visa issuance well in advance to prevent delays. In case you require an official invitation letter, please do not hesitate to get in touch with us and we will send it to you as soon as possible.

List of countries requiring visa to enter Spain:

AFGHANISTAN	GABON	PAKISTAN
ALBANIA	GAMBIA	PALAU
ANGOLA	GEORGIA	PAPUA NEW GUINEA
ANTIGUA AND BARBUDA	GHANA	PERU
ARAB EMIRATE UNITED	GRANADA	QATAR
ALGERIA	GUINEA	CENTRAL AFRICAN REPUBLIC
ARMENIA	GUYANA	RUSSIA
AZERBAIJAN	HAITI	RWANDA
BAHAMAS	HONG KONG	SALOMON (ISLES)
BAHRAIN	INDIA	ST. KITTS & NEVIS
BANGLADESH	INDONESIA	SAINT VINCENT
BARBADOS	IRAQ	SANTA LUCIA
BELARUS	IRAN	SANTO TOME AND PRINCIPE
BELIZE	JAMAICA	SAUDI ARABIA
BENIN	JORDAN	SENEGAL
BISSAU GUINEA	KAZAKHSTAN	SERBIA-MONTENEGRO
BOSNIA-HERZEGOVINA	KENYA	SEYHELLES
BOTSWANA	KYRGHYZSTAN	SIERRA LEONA
BURKINA FASO	KIRIBATI	SYRIA
BURUNDI	KUWAIT	SOMALIA
BHUTAN	LAOS	SOUTH AFRICA
GREEN CAP	LESOTHO	SRI LANKA
CAMBODIA	LEBANON	SUDAN
CAMEROON	LIBERIA	SURINAM
CHAD	LIBYA	SWAZILAND
CHINA	MACEDONIA (YUGOSLAVIAN EX REPUBLIC)	THAILAND
CHINESE TAIPEI	MADAGASCAR	TANZANIA
COLOMBIA	MALAWI	TAJIKISTAN
COMOROS	MALDIVES	TOGO
CONGO	MALI	TONGA
CONGO (REP. DEM.)	NORTHERN MARIANAS	TRINIDAD AND TOBAGO
DPR KOREA	MARSHALL (ISLAND)	TUNISIA
SOUTH KOREA	MAURITIUS	TURKEY
IVORY COAST	MAURITANIA	TURKMENISTAN
CUBA	MICRONESIA	TUVALU
DJIBOUTI	MOLDAVIA	UKRAINE
DOMINICA	MONGOLIA	UGANDA
DOMINICAN REPUBLIC	MOROCCO	UZBEKISTAN
ECUADOR	MOZAMBIQUE	VANUATU
EGYPT	MYANMAR	VIETNAM
ERITREA	NAMIBIA	YEMEN
EASTERN TEAMON	NAURU	ZAMBIA
EQUATORIAL GUINEA	NEPAL	ZIMBABWE
ETHIOPIA	NIGER	WESTERN SAMOA
PHILIPPINES	NIGERIA	PALESTINIAN AUTHORITIES
FIJI	OMAN	

AFFILIATED COUNTRIES TO WMA

www.wma-2005.com

Donostia
San Sebastián

2005

*"We will welcome you
with open arms in basque
country"*

Armando Roca:

4 x 400m World Champion (1985)
100m Runner-up (1985)
100m World record (2000)
100m and 200m European Indoor Champion (2001)
60m World Champion (2001)
60m European Indoor Champion (2003)



WMA 2005

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www.wma-2005.com

COLLABORATORS:



OFFICIAL AGENCY: