

Table of Contents

<i>Article 7 – Delegates and their Selection to Meetings</i>	3
<i>Roster of Delegates</i>	5
<i>Associations (Officers/Contacts 2011)</i>	13
<i>USATF Chair and President’s Report</i>	43
<i>Financial Report</i>	44
National Staff Reports	
<i>Executive Office</i>	51
<i>Legal & Business Affairs</i>	51
<i>Sport Performance</i>	52
<i>Elite Athlete Programs</i>	55
<i>Elite Athlete Programs – USADA</i>	56
<i>High Performance Programs</i>	57
<i>Director of Coaching</i>	60
<i>Events and Broadcasting</i>	63
<i>Grass Roots Programs</i>	64
<i>Finance, Human Resources</i>	65
<i>Operations</i>	67
<i>Marketing & Communications</i>	69
IAAF Reports	
<i>IAAF Council</i>	71
<i>IAAF Masters Committee</i>	72
<i>IAAF Medical & Anti-Doping Commission</i>	75
<i>IAAF Race Walking</i>	75
<i>IAAF Technical Officials</i>	77
High Performance Programs	
<i>Men’s Track & Field</i>	83
<i>Women’s Track & Field</i>	84
Development Programs Division	
<i>Coaching Education</i>	87
<i>Men’s Development</i>	87
<i>Women’s Development</i>	90
<i>Sports Medicine & Sport Science</i>	91
Long Distance Running Division	
<i>LDR Division Report</i>	95
<i>Men’s Long Distance Running</i>	96
<i>Women’s Long Distance Running</i>	98
<i>Masters Long Distance Running</i>	101
<i>Cross Country Running Council</i>	102
<i>MUT (Mountain, Ultra, Trail) Council</i>	103
<i>Road Running Technical Council</i>	105

General Competition Division

Associations 109
Masters Track & Field..... 110

Administrative Division

Athletes Advisory Committee..... 113
Athletics for the Disabled 114
Coaches Advisory 114
Law & Legislation 115
Officials..... 116
Organizational Services..... 117
L&L Amendment Package..... 119
Records..... 132
Rules Amendments Package 149

Special Committees, Task Groups and Special Reports

Diversity and Leadership 185
Personnel 185

Association Statistics

2010 Association Statistics (Membership, Clubs & Sanctions per Association) 189

Attachments

Financial Report – Crowe Horwath 193
Proposed 2011 Qualifying Standards (Jr. Men and Men's) 205
Proposed 2011 Qualifying Standards (Jr. Women and Women's) 209

Article 7

DELEGATES AND THEIR SELECTION TO MEETINGS

The following persons shall be entitled to participate as voting delegates at meetings of USATF, provided however, that all delegates must be at least 18 years of age, current USATF members and, during the annual meeting, must be registered.

A Officers and Board Members: The officers and the members of the USATF Board, including non-voting Board members and the Counsel to the Board.

B Nominating and Governance Panel Members.

C Committee Chairs: The chairs of all committees listed in Article 13.

D Past Presidents: The past presidents of USATF.

E Association delegates: Twelve (12) delegates from each accredited Associations recognized by USATF. Any accredited Association with more than one thousand (1,000) individual members shall be entitled to name one (1) additional delegate for each one thousand (1,000) individual members. Total Association individual members shall be determined based on the twelve (12) month registration period ending on October 31st of the current calendar year. However, an Association whose membership has increased since then may petition the Organizational Services Committee seeking credentials for additional delegates. Each Association's delegation shall meet the following requirements:

1 **Membership:** Each of the Association's delegates shall be a member of the Association;

2 **Athletes:** At least twenty percent (20%) of the delegates in each delegation shall be Active Athletes. (See exhibits). If available, at least one (1) of the Active Athlete delegates shall be an International Athlete. National Office Management shall provide the following during the month of August each year:

a **Athlete Notice:** Notice to all athlete members meeting the definition of International Athlete of the address and telephone number of their Association; and

b **Association Notice:** Notice to each Association of those athlete members meeting the definition of International Athlete who belong to that Association; and

c **An Association's International athletes who are current USATF members shall be considered and/or have a vote (where voting occurs) in selecting athlete delegates.** Associations shall offer their delegates no less funding than any other member of the Association's delegation other than the head of the delegation; who shall be delegates is stated in the Exhibits. If available, at least one (1) of the coaches shall be a high school coach; and

4. **Dual roles:** For purposes of determining compliance with these requirements, an individual from an Association may be treated as both a coach and an athlete if the individual satisfies the qualifications of both. (See exhibits section of this handbook for further explanation); and

5. **Sport Committees:** Each Association shall select among its delegates at least one (1) individual to represent each of its sport committees that holds an Association championship.

F Sports organizations: Ten (10) delegates named by each sports organization referred to in Article 5-C and recognized by USATF.

G Other constituencies: One (1) delegate named by each organization referred to in Article 5-D, unless USATF votes to grant an organization a greater number of delegates. However, the members of the sports groups for the disabled described in Article 5-D shall collectively have ten (10) delegates to allocated by the Athletics for the Disabled committee.

H International Athletes: The members of the Athletes Advisory Committee and additional International Athlete delegates so that the number shall be at least twenty (20%) of the total number of delegates. The International Athletes registered as attendees at the annual meeting shall select these additional delegates under procedures approved and administered by the Athletes Advisory Committee.

I Alternates: Alternates may be named for all delegates except the officers and directors of USATF. An alternate may vote in the place of an absent delegate provided the alternate meets all of the required qualifications of the absent delegate.

Roster of Delegates

Board of Directors

Stephanie Hightower, Chair and President
 Willie Banks
 Jeff Darman
 Evie Dennis
 Philip Dunn
 Kim Haines
 Bob Hersh
 Darlene Hickman
 Steve Holman

Larry James
 Deena Kastor
 Steve Miller
 Elizabeth Phillips
 Max Siegel
 Kenneth Taylor
 Aretha (Hill) Thurmond
 Jack Wickens

Associations

Adirondack

David Lawrence, Chair
 Jim Egan
 Pat Glover
 Bobbi Palma

George Ragan
 Ken Skinner
 Joe Shufelt
 Rick Tuers

Alabama

Joseph Henderson, Chair
 John Bahakel
 Walter Bell
 Virginia Bell
 Mary Birdwell
 Richmond Brown

Edwin Hampton
 Harriet Hampton
 Jeff Jackson
 William Murray
 Angela Vail
 Ben Vail

Alaska

Arizona

Clif McKenzie, Chair
 Joanna Chinwah
 Kim Dismuke
 Cliff Elkins
 Bob Flint
 Cassandra McKenzie
 Sabestine Onyepunuka

Mike Pekar
 Jim Prescott
 Dan Reynolds
 Norine Richardson
 LaTanya Sheffield
 James Smith

Arkansas

Mike Armstrong, Chair
 Tom McBee

John Mitchell

Border

Jesse Johnson, Chair
 Allison Jones
 David Pearson

Steven Purchase
 Larry Swearingen
 Sam Walker

Central California

Lawrence Watson, Chair
 Orlando Daniel
 Ricardo Gonzales
 Nancy Jimmons

Kris Lung
 Tikee Miller
 Martin Palavicini
 Jeri Powell

Colorado

John Smith, Chair
 James Davis
 Jerry Donley
 Joseph Gentry
 John Green
 Elaine Keel

Tania Pacev
 Dan Pierce
 Rich Schornstein
 Don Sinclair
 Chris Turner

Connecticut

Robert Fontaine, Chair
 Maryanne Daniel
 Ron Daniel
 Yvonne Grimes

Theron Kissinger
 William Mongovan
 Major Ruth

Dakotas

Dee Jensen, Chair

Lyle Claussen

Florida

Robin Brown Beamon, Chair
 Kathy Alvarez
 Pam Betz
 Sharla Cobb
 Sandy DeNoon
 Fred Finke
 David Halliday

Charles Harris
 Tammy King-Foster
 Rod Larsen
 Ron McRae
 Joe Monks
 Joey Scott

Georgia

Ian Dube, Chair
 Marlene Atwood
 Linda Bommicino
 Tony Carpenter
 Jacqui Collins
 Inez Finch
 Dave Martin
 Jim Norvill

Walter Pinion
 Sonja Robinson
 Pablo Sanchez
 Murray Sanford
 Ron Williams
 Kevin Young
 Neil Young

Gulf

Shirley Crowe, Chair
 Latoya Alexander
 Shanay Briscoe
 William Collins
 Keith Combs
 Joe Felder
 Brant Flax
 Dan Green

Dave Gwyn
 Felicia Love
 Tom McBrayer
 Dave O'Conner
 Willie Richardson
 Porter Robinson
 William Valerie

Hawaii

Dick Sutton, Chair
Althea Belgrave
Ron Pate
Gordon Scruton

Walt Thompson
Glen Wakumoto
Helene Zeug
Mark Zeug

Illinois

Dorothy Dawson, Chair
DeVaughn Benion
Derrick Calhoun
Stephen Cohen
Win Eggers

Greg Evans
Diane Graham-Henry
Marc Jones
Mary Watters

Indiana

Dave Bowers, Chair
Mason Cathey
Stan Collesano
JoAnn Grissom
Latashia Key
Thomas McLean

Joanne Mitchell
Keith Mitchell
Danelle Readinger
Paul Sargent
Robert Thomas

Inland Northwest

Mike Hinz, Chair
John Chaplin
Kim Kutsch
George Mathews

Jim Murphy
Jim Peterson
Jeff Schaller
Chris Vogel

Iowa

Lynn Lindaman, Chair
Tom Cahalan
Mark Kostek
Dick Leutzinger
Larry McHone

Erin Moeller
Jim Walczyk
Marek Wensel
Joey Woody

Kentucky

James McKee, Chair
Gordon Boccock
David Clark
Mike Crowhurst
Tim Henderlight
Tim King

Kenneth Morton
Frank Newton
Dottie O'Keefe
Robert Stacey
Patti Rouse
Charles Ruter

Lake Erie

Larry Seifert, Chair
Jim Flanik
Jeff Gerson
Jack Hazen
Frank Jancura

Joe Jurczyk
Rick Marinelli
Nancy Seifert
Ed Wilson

Long Island

Alex J Cuozzo, Chair
Joe Cordero
Beth Cuomo
Rich Degnan
Carl Grossbard
Sheryl Hall
Diane Martin

Dave McGovern
Sue Nesbihal-Cordero
Bill Ott
Sue Polansky
Loretta Schuellein McGovern
Gary Westerfield

Maine

Valaree J. Langley Foss, Chair
Donald Berry
Marty Kahler

Ronald Kelly
Dennis Kunces
George Moody

Metropolitan

RA Vernon, Chair
Fred Adler
Willie Black, Jr.
Dorothy Clinton
Terry Garrison
John Honerkamp
Devon Martin

Tom McTaggart
Marilyn Mitchell
Angela Murdock
Mary Onken
Warren Ring
Mary Rosado
Reggie Weissglass

Michigan

Jackie DeVose, Chair
Jan Burch
Rob Buzaitis
Jim Carter
Carroll DeWeese
Keith Hanson

Kevin Hanson
Mary Jannausch-Zemper
Shelby Johnson
Harry Weaver
Eric Zemper

Mid-Atlantic

Alcmena White, Chair
Nelson Berrios
Angela Gordon
Delores Green
Norman Green, Jr.
Carl Grossman
Sharnette Handy-Hall

Robin Jefferis
Ed Maher
Doreen McCoubrie
Edwin Roberts
Ed Richardson
Ken Yerger
Cynthia Young

Minnesota

Rick Recker, Chair
Virginia Brophy Achman
Chris Dallager
Bruce Leasure

LeeAnn Meyer
Craig Yotter
Donna Zirgibel

Missouri Valley

Ken Ferguson, Chair
Wayne Armbrust
Monica Joannes
Forika McDougald

Patrick Simon
Dennis Weber
Gwen Wentland-Mikinski
Cliff Wiley

Montana

Greg Mohl, Chair
 Mary-Elizabeth Aude
 Kim Haines
 Zelda Haines

Nikki Kimball
 Jonathan Matthews
 Dave Skelton
 Anne Timmons

Nebraska

Nancy Sempek, Chair
 Linda Barnhart
 Rubin Carter
 Bonnie Cizek
 Marc Cizek
 Cindy DeSantiago

TammyRá Jackson
 Will Lindgren
 Mark Lloyd
 Mike Maryott
 Ruth White
 John Wissler

Nevada

Stacey Cooper, Chair
 Sam Germany
 Kisha Finch
 Joel Hoskins

Jackie Joyner
 Edward O'Neal
 Carmen Price
 Cedric Williams

New England

Stephen Viegas, Chair
 Laurie Boemker
 David Callum
 Kevin Curtain
 Dave Dunham
 Jim Garcia
 David Kerin
 Paul Kirsch

Justin Kuo
 Larry Libow
 Kathy Nary
 John Oleski
 Stephen Peckiconis
 Gary Snyder
 Mike Travers
 Steve Vaitones

New Jersey

Dave Friedman, Chair
 Leon Bailey
 Madeline Bost
 Doug Brown
 Frank Collins
 Bill Eisenring
 Pam Fales
 Stacey Graham
 Kim Keenan-Kirkpatrick

Ron McLean
 Ed Neighbour
 Jane Parks
 Bill Pollinger
 Roger Price
 Ed Sabin
 Wayne Smith
 John Soucheck

New Mexico

Shane Cleveland, Chair
 Laura Bowerman
 Arlena Dickerson
 Bert Garcia

Rick Miller
 Teddy Mitchell
 Laurie Sabik

Niagara

Chuck Von Holtz, Chair
 Russ Ebbets
 Larry Callahan
 Lawrence Guilford

Jerry Jenkins
 Perry Jenkins
 David Reinhardt

North Carolina

Dr. Al Davis, Chair
 Andrew Allden
 Katherine Branch
 Eric Braschwitz
 Roger Burbage
 Chris Coleman
 April Hamilton

Bershawn Jackson
 Joe Kindred
 Chris Love
 Zina Parker
 Michael Roth
 Roy Thompson
 George Williams

Ohio

Karen Krask, Chair
 Jim Engel
 Eric Furth
 Duane Gosa
 Len Krsak
 Brenda Martin
 Lloyd Martin

Linda Melzer
 Emily Pendleton
 Vince Peters
 Jeff See
 Fritz Spielman
 Elinor Tootle

Oklahoma

Bill McKee, Chair
 Bob Baumel
 Gina McKee
 Mark Troxler

Matthias Wicks
 Ervin Wyatt
 Keitha Wyatt

Oregon

Glenn Fortune, Chair
 Jim Bean
 Amy Begley
 Richard Bolt
 Dan Browne
 Dan Joynt
 Max King

Gail Kleinke
 Bob Latham
 Jonathan Marcus
 Carol McLatchie
 Rose Schlewitz
 Harry Simonis
 Jerry Westfall

Ozark

Edwin Rowold, Chair
 Eugene Anton
 Kelly Behimann
 Bonnie Bell
 Mike Davey
 Don Dowling
 Patricia Hanna

Sherry Hott
 Tom Hott
 Anice Mahone
 Dan Moy
 Ginger Mulanax
 Peggy Rowold

Pacific

Becky Klein, Chair
 Susan Armenta
 Fred Baer
 Tom Bernhard
 Stephanie Brown Trafton
 Joanne Camargo
 Maria Castillo
 Shirley Connors
 Irene Herman
 Al Hernandez

Jim Hume
 George Kleeman
 Art Klein
 Pope Powell
 Charlie Sheppard
 Dave Shrock
 Lloyd Stephenson
 Joy Upshaw-Margerum
 Katie Wasilenko

Pacific Northwest

Char Engelhardt, Chair	Kwajalein Griffin
Bob Bowman	William Hickman
Will Conwell	Ivars Ikstrums
Tom Cotner	Paul Limpf
Asha Dean	Patti Petesch
Kenny Emerick	Bob Springer
Norris Frederick	

Potomac Valley

George Harris, Chair	Warren House
Victoria Adams	Tiombé Hurd
Tim Baker	Tom Jones
George Banker	Henry McCallum
Frances Brown	Herbert Nicholls
Ron Clark	Lacy O'Neill
Sharon Good	Barbara Smith
Alisa Harvey	Quentin Wilson

San Diego

Jay Beltz, Chair	Thom Hunt
Michael Adkins	Lillian Mahoney
Tonie Campbell	Kara Patterson
Milena Glusac	Bashir Ramzy
Paul Greer	Graeme Shirley
Adam Henderson	James skelly

Snake River

George Ragan, Chair	Jamie Liberty
Linda Barnes	Dave Mills
Florence Erickson	Anne Moscrip

South Carolina

South Texas

Seth Brower, Chair	Francie Larriue Smtih
Janis Bluhm	Bert Pickell
John CD Drolla, Jr.	Joe Prusaitis
John Head	Joyce Prusaitis
Sue Humphrey	Joe Scecina
AC Jaime	Scott Slade

Southern

Victor Montgomery, Chair	Rashad Hannah
Erica Bartolina	Rev. Burnett King, Sr.
Earlett Buckley	Gloria Louis
Dennis Groll	Joseph Moses, Jr.

Southern California

Thom Confer, Chair	Gary Hilliard
Mary Bakjian	DeLewis Johnson
Eric Barron	Bob Larsen
Mark Cleary	Paul Mahoney
Kelly Flathers	Chris Rael
Barry Givens	Rich Robert
David Greifinger	Denise Smotherman
Mo Haneef	Dave Snyder
Sonya Harrell	

Southwestern

Toni Nichols, Chair	De'Leon Harris
Chester Bradley	Lester Mount
Lesia Dunn	Delores Murray
Barbara Granberry	JoAnn Neal-Williams
Apryl Hampton	Lisa Roseborough

Tennessee

Radir Annoor, Chair	Lori Sheppard
Chandra Cheeseborough	Sam Smith
Hazel Clark	Catrena Thompson
Dean Hayes	De'Hashia (DeeDee) Trotter
Shawn Johnson	Carolyn Tucker
Marvin Olige	Stanley Underwood

Three Rivers

Bruce Long, Chair	Linda Phelps
Nicole Bery	Frank Rodenbaugh
Justin Clickett	Joe Sarver
Marty Goldberg	Mark Schwartz
Mark Heckel	Oronde Sharif
Cindy Long	Liza Simmons

Utah

Larry Alserda, Chair	Kris Erickson
Russ Armstrong	Larry Smithee
John Erickson	

Virginia

West Texas

West Virginia

Paul Gilmer, Chair	W. Chip Ferrell
Jo Burrows	Richard Messenger

Wisconsin

Patrick Pretty, Chair
Dwight Benning
Gisela Benning
Stan Druckrey
Kevin Fitzpatrick
Alonzo Fuller
Jason Gosa

Peter Henkes
Beverly Kern
Robert Kern
Roy Pirrung
Jay Preston
Mary Stroud

Amateur Athletic Union (AAU)

Robin Brown-Beamon

**American Alliance of Health, Physical
Education, Recreation and Dance
(AAHPERD)**

American Ultrarunning Association

National Senior Games Association

Phil Godfrey

United States Armed Forces

U.S. Air Force

U.S. Army

U.S. Marine Corp

U.S. Navy

YMCA

Young Men's Christian Association

National Sports Organizations

5-C Members

NAIA

National Association of Intercollegiate Athletics

NCAA

National Collegiate Athletic Association

NFSHSA

National Federation of State High School Associations
Becky Oakes

NJCAA

National Junior College Athletic Association

RRCA

Road Runners Clubs of America

Running USA

Susan Weeks
Philip Greenwald

Allan Steinfeld

***National Athletics
Organizations ★ 5-D-1
Members***

All American Trail Running Association

Nancy Hobbs

Richard Bolt

***National Coaching
Organizations
Article 5-D-2***

NCAA Division I - Track Coaches Assn

NCAA Division II Track Coaches Assn

NCAA Division III Track Coaches Assn

**National High School Athletic
Coaches Association**

NAIA Track & Field Coaches Assn

NJCAA Track Coaches Association

U.S. Women's Track Coaches Association

**California Community Colleges Cross
Country and Track Coaches Association**
(5CTCA)

**Northwest Athletic Association of
Community Colleges**
(NWAACC)

Youth Coaches

John Wissler

U.S. Meet Directors Association

Officials Committee

USA Deaf Sports Federation

Special Olympics

Athlete Delegates

Men's Track & Field Athlete Delegate

Women's T&F Athlete Delegate

Men's LDR Athlete Delegate

Women's LDR Athlete Delegate

Race Walking Athlete Delegate

Masters T&F Athlete Delegate

Masters LDR Athlete Delegate

Youth Athletics Athlete

At-Large Athlete(s)

Associations



2011 Association Officers *(As turned in 11.05.2010)*

Adirondack

State of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange, and Dutchess counties.

Office:..... 233 Fourth Street, Troy, NY 12180
Contact: Ph: 518-273-5552; Fax: 518-273-0647; info@usatfadir.org
Website: www.usatfadir.org

President

Don Lawrence
231-3N Fourth Street
Troy, NY 12180
Ph: 518-577-1333
walktoagoal@gmail.com

Secretary

Ken Skinner
49 Ryckman Ave
Albany, NY 12208
Ph: 518-489-5311
kennyskin@earthlink.net

Membership

Bruce Vandewater
(See office)

Clubs

Bruce Vandewater
(See office)

Sanctions

Lee Pollock
17 Sylvan Ave
Queensbury, NY 12804
Home 518-798-4066
Office 518-244-4245 x441
lpollock@adelphia.net

Alabama

State of Alabama.

Office:..... 2430 Rockcreek Road, Hoover, AL 35226
Contact: Ph: 205-862-2477; trakbird2@bellsouth.net
Website: www.eteamz.com/alabamausatf/

President

Joseph Henderson
119 Maverick Drive
Harvest, AL 35749
(256)851-0512
jomila@bellsouth.net

Secretary

Walter Bell
1905 Cahaba Crest Drive
Birmingham Alabama 35242
205-995-9831
WCBellJr@aol.com

Membership

Mary Birdwell
(See office)

Clubs

Mary Birdwell
(See office)

Sanctions

Mary Birdwell
(See office)

Alaska

State of Alaska.

Office: 7271 E 22nd Ave, Anchorage, AK 99504
Contact: Ph: 907-240-6982; jhofacker@acsedu.org
Website: www.usatf.org/assoc/ak/

President

Jason Hofacker
7271 E 22nd Ave
Anchorage, AK 99504
Ph: 907-240-6982
jhofacker@acsedu.org

Membership

Pat Shipley
8312 Skyhills Dr
Anchorage, AK 99502
Home: 907-243-8595
Off: 907-267-5570
rpshiple@gci.net

Secretary

Jerome Perkins
1713 Morningtide Ct
Anchorage, AK 99501
Ph: 907-258-6774
jjperkins@juno.com

Clubs

Lisa Keller
PO Box 231255
Anchorage, AK 99523
907-563-5804
lisa@gci.net

Sanctions

(See Clubs)

Arizona

State of Arizona.

Office: 8436 E Hubbell, Scottsdale, AZ 85257
Contact: Ph: 480-949-1991; Fax: 480-994-1748; usatfaz@cox.net
Website: www.usatf.org/assoc/az/

President

Clif McKenzie
2661 E Tamarisk St
Gilbert, AZ 85296
Ph: 480-279-5382
Clif400@cox.net

Bob Flint, Executive Director
(See office)

Clubs

Bob Flint
(See office)

Secretary

Sue Pearson
166 W Merrill Ave
Gilbert, AZ 85223
Ph: 480-833-9118
Cell: 623-297-0589
suemp@msn.com

Sanctions

Bob Flint
(See office)

Membership

Arkansas

State of Arkansas.

Office:.....PO Box 74, Cane Hill, AR 72717
Contact:.....Ph: 479-824-3476; mitchel@pgtc.com
Website:.....www.arkansasrunner.com/usatf-ar.htm

President

Mike Armstrong
2606 S 46th Street
Springdale, AR 72762
Ph: 479-751-0846
Cell: 479-530-4086
michtarm@gmail.com

Secretary

John Mitchell
(See office)

Membership

Tom Aspel
120 South Laredo
Russellville, AR 72801
Ph: 479-968-4527
tom.aspel@mail.atu.edu

Clubs

John Mitchell
(See office)

Sanctions

John Mitchell
(See office)

Border

Counties of El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell, Pecos, and Reeves in the State of Texas.

Office:.....2829 Fillmore Ave, El Paso, TX 79930
Contact:.....Ph: 915-873-1951; jgjohnson@elp.rr.com
Website:.....www.usatf.org/assoc/border/

President

Jesse Johnson
2829 Fillmore Ave
El Paso, TX 79930
915-873-1951
jgjohnson@elp.rr.com

Secretary, Membership & Clubs

Allison Jones
12941 Tierra Salas
El Paso, TX 79938
915-849-7978
Alrae8269@aol.com

Sanctions

Jesse Johnson
(See office)

Central California

Counties of Mariposa, Madera, Fresno, Kings, Tulare, Kern, and Merced in the State of California.

Office: 3699 Ming Ave Suite G, Bakersfield, CA 93309
Contact:Ph: 661-316-8357; Fax: 661-331-1101; lawrencewatsonus@yahoo.com
Website: www.central-california.usatf.org

President

Lawrence Watson
3699 Ming Ave Suite G
Bakersfield, CA 93309
661-316-8357
lawrencewatsonus@yahoo.com

Secretary

Orlando Daniel
4502 Cherry Rock Ave
Bakersfield, CA 93313
661-747-4505
orlando@customizedsvcs.com

Membership

Orlando Daniel
(See Secretary)

Clubs

Orlando Daniel
(See Secretary)

Sanctions

Orlando Daniel
(See Secretary)

Colorado

The State of Colorado.

Office: 8010 Chancellor Dr, Colorado Springs, CO 80920-7035
Contact:Ph: 719-282-3052; vibert46@aol.com
Website: www.usatf-co.org

President

John V Smith
8010 Chancellor Dr
Colorado Springs, CO 80920-7035
Ph: 719-282-3052
Vibert46@aol.com

Secretary

Elaine Keel
8119 Belleterre Dr
Fountain, CO 80817
Ph: 719-310-6796
ypookey@aol.com

Membership

Sherry Markham
1231 Westwood Dr
Windsor, CO 80550
Ph: 970-686-9334
markhamsherry@yahoo.com

Clubs

Sherry Markham
(Membership)

Sanctions

Sherry Markham
(See Membership)

Connecticut

State of Connecticut.

Office:..... 226 Guilds Hollow Rd, Bethlehem, CT 06751
Contact: Ph: 203-266-5402; fontainer@mps1.org
Website: www.usatf-ct.org

President

Robert Fontaine
226 Guilds Hollow Road
Bethlehem, CT 06751
Ph: 203-266-5402
Fax: 860-347-2044
fontainer@mps1.org

Secretary

Joyce Baiardi
27 Vermont Ave.
Milford, CT 06460
Ph: 203-877-1012
Baiardib@optonline.net

Membership

Jim Barber
65 Vista Terrace
New Haven, CT 06515
Ph: 203-392-6811
Barber1@southernct.edu

Clubs

Jim Barber
(See Membership)

Sanctions

Alan MacDougall
90 Pine Orchard Rd
Branford, CT 06405
Ph: 203-932-7054
cyberpunk@mac.com

Dakotas

States of North and South Dakota.

Office:..... 1615 N 4th Street, Wahpeton, ND 58075
Contact: Ph: 701-642-4606; rtsmith@702com.net
Website: dakotas.usatf.org

President

Myron Loberg
5050 40th Ave S Apt 126
Fargo, ND 58104
Ph: 701-540-5437
myronp@ez-step.com

Secretary

Dee Jensen
1621 N 5th Street
Wahpeton, ND 58075
Ph: 701-642-4801
deejensen2004@yahoo.com

Membership

Trudi Smith
(See office)

Clubs

Trudi Smith
(See office)

Sanctions

Trudi Smith
(See office)

Florida

State of Florida.

Office: 9124 NW 147th Terr., Miami Lakes, FL 33018
Contact: Ph: 786-315-5225; Fax: 305-222-2124; usatf-fl.prez@bellsouth.net
Website: www.florida.usatf.org

President

Robin Brown Beamon
9124 NW 147th Terrace
Miami Lakes, FL 33018
Ph: 305-819-3459
Cell: 786-554-0989
usatf-fl.prez@bellsouth.net

Secretary

Kathy Alvarez
8534 SW 102nd Pl
Miami, FL 33173
Ph: 305-279-6008
usatf-fl.sec@bellsouth.net

Membership

Pam Betz
104 E 11th Avenue
Windermere, FL 34786
Ph: 407-876-4467
pambetz@aol.com

Clubs

Pam Betz
(See Membership)

Sanctions

Pam Betz
(See Membership)

Georgia

State of Georgia.

Office: 114 Hubbard Rd, Woodstock, GA 30188
Contact: Ph/Fax: 770-591-8806; Fax: 404-935-9046; lindabommicino@usatfga.org
Website: www.usatfga.org

President

Ian Dube
45 Simpson Dr
Kennesaw GA 30144
Ph: 770-592-8834
iandube@usatfga.org

Secretary

Marlene Atwood
3284 Roundfield Circle
Duluth, GA 30096
Ph: 770-497-4208
secretary@usatfga.org

Membership

Linda Bommicino
membership@usatfga.org
(See office)

Clubs

Inez Finch
3440 Winter Wood Ct
Marietta, GA 30062
Ph: 770-977-1850
Fax: 770-565-0313
inezfinch@aol.com

Sanctions

Marlene Atwood
sanctions@usatfga.org
(See Secretary)

Gulf

That portion of the state of Texas bounded on the north and including the counties of Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; on the east by the State of Louisiana; on the south by the Gulf of Mexico; and on the west by and including the counties of Matagorda, Wharton, Colorado, Austin, Washington, Brazos, and Robertson.

Office:.....2600 South Loop West, Suite 565, Houston, TX 77054
Contact:..... Ph: 713-666-8133; Fax: 713-666-8048; porterrobinson@prodigy.net
Website:..... www.HTOSports.com/?USATFGULF

President

Porter Robinson
 12455 Chalmette St
 Houston, TX 77015
 Ph: 713-451-4404
 Cell: 281-704-4756
 porterrobinson@prodigy.net

Secretary

Brant Flax
 3508 Red Acorn Trail
 Pearland, TX 77581
 Ph: 281-757-3453
 Cell: 281-997-0549
 jjjflax@aol.com

Membership

Donna Iles
 (See Office)

Clubs

Donna Iles
 (See Membership)

Sanctions

Porter Robinson
 (See office)

Hawaii

The State of Hawaii and the U.S. territories Guam, American Samoa and other Pacific islands.

Office:.....201 Merchant St, Suite 2307, Honolulu, HI 96811
Contact:..... Ph: 808-734-2611; Fax: 808-732-7057; dsutton@lava.net
Website:..... www.usatfhi.org

President

Richard Sutton
 737 Bishop St #2400
 Honolulu, HI 96813
 Ph: 808-521-0502
 Fax: 808-521-0497
 dsutton@lava.net

Secretary

Bob Martin
 PO Box 1126
 Naalehu, HI 96772
 shorecom@yahoo.com

Membership

Richard Sutton
 (See Office)

Clubs & Sanctions

Ronald Pate
 1088 Bishop Street, Apt 711
 Honolulu, HI 96813
 Ph: 808-593-1047
 Fax: 808-551-4463
 Coachpate7@hotmail.com

Illinois

State of Illinois excluding the counties of St. Clair, Calhoun, Greene, Jersey, Monroe and Madison.

Office: 1213 Maple Ave, Unit E, Lisle, IL 60532
Contact: Ph: 630-512-0727; Fax: 630-512-0728; usatfil@sbcglobal.net
Website: www.usatfillinois.org

President

Dorothy Dawson
4816 S. Indiana Ave
Chicago, IL 60615
Ph: 773-624-4392
Cell: 312-296-4194
dotmdawson@yahoo.com

Membership & Clubs

Lorette Cherry
(See office)

Sanctions

Lorette Cherry
(See office)

Secretary

Lorette Cherry
310 Rice Ave
Bellwood, IL 60104
Ph: 708-544-8390
Off: 312-867-4162
lcherry@ameritech.net

Indiana

State of Indiana.

Office: 10160 Split Rock Way, Indianapolis, IN 46234
Contact: Ph:317-858-3830; inusatf@gmail.com
Website: www.inusatf.org

President

Latashia Key
10160 Split Rock Way
Indianapolis, IN 46234
Ph: 317-858-3830
trackgirl4ever@gmail.com

Membership & Clubs

Danelle Readinger
112 Adams Blvd
Terre Haute, IN 47803
Ph: 812-535-5165
dreadinger@yahoo.com

Secretary

Jim Brandyberry
jbrandyberry@sbcglobal.net

Sanctions (Effective Jan 1)

Randy Stafford
4055 Sandpiper Ln
Columbus, IN 47203
Ph: 812-378-9206
Rsrunning3500@yahoo.com

Inland Northwest

State of Washington east of and including counties of Okanogan, Chelan, Kittitas, Yakima, and Klickitat; and State of Idaho north of and including Idaho County.

Office:..... 3011 W Trinity, Spokane, WA 99208
Contact:..... Ph/Fax: 509-468-8211; kkutsch2@comcast.net
Website: <http://sites.google.com/site/inlandnwtrackandfield/>

President

Mike Hinz
1445 NW Kenny Dr.
Pullman, WA 99163
Ph: 509-332-1165
hinzm@roadrunner.com

Secretary

Jill McCluskey
790 SE Sherwood Ct
Pullman, WA 99163
Ph: 509-334-1607
mcluskey@wsu.edu

Membership

George Mathews
9787 N Country Club Dr
Hayden Lake, ID 83835
Ph: 208-772-8686
George.mathews@roadrunner.om

Clubs

George Mathews
(See Membership)

Sanctions

Kate Mathews
(See Clubs)
katesgreat@roadrunner.com

Iowa

State of Iowa.

Office:..... 1605 Frazier Ave., Des Moines, IA 50315
Contact:..... Ph: 515-287-0770; office@usatf-iowa.org or jim.walczyk@gmail.com
Website: www.usatf-iowa.org

President

Lynn Lindaman
4208 Quail Ct
West Des Moines, IA 50265-5369
Ph: 515-225-3814
president@usatf-iowa.org

Secretary

Eric Pingel
1010 Monroe St
Palla, IA 50219
641-628-4689
secretary@usatf-iowa.org or
eric.pingel@gmail.com

Membership

Mandy Matzen
1845 Winding Hill Rd
Davenport, IA 52807
563-940-4297
membership@usatf-iowa.org or
Bruins97@aol.com

Clubs

Jim Walczyk
(See Office)

Sanctions

Jim Walczyk
(See Office)

Kentucky

State of Kentucky.

Office: 1292 Cane Run Rd, Turners Station, KY 40075
Contact: 502-947-5509; Fax: 502-947-5510; jmckeesr@bellsouth.net
Website: www.kentucky.usatf.org

President
James McKee, Sr
(See Office)

Membership & Sanctions
Dottie O'Keefe
(See Secretary)

Secretary
Dottie O'Keefe
216 Donalyn Dr
Frankfort, KY 40601
502-229-9336
F: 502-352-1305
dottie.okeefe@gmail.com

Clubs
Patty Rouse
202 Coldcreek Court S
Elizabethtown, KY 42701
270-872-8257
prouse23@windsream.net

Lake Erie

State of Ohio counties of Erie, Huron, Richland, Lorain, Ashland, Geauga, Cuyahoga, Lake, Medina, Summit, Wayne, Holmes, Stark, Tuscarawas, Harrison, Jefferson, Carroll, Columbiana, Mahoning, Portage, Trumbull, and Ashtabula.

Office: 8280 Craigleigh Dr., Parma, OH 44129
Contact: Ph/Fax: 440-842-2142; lns1955@juno.com
Website: www.lakeerie.org

President
Larry Seifert
8280 Craigleigh Dr
Parma, OH 44129
Ph/Fax: 440-842-2142
lns1955@juno.com

Membership & Clubs
JoAnn Kitchen
4273 Greenwich Rd
Norton, OH 44203
Ph: 330-336-4875
KitchGJ@aol.com

Secretary
Nancy Seifert
(See Office)

Sanctions
JoAnn Kitchen
(See Membership)

Long Island

New York counties of Suffolk and Nassau.

Office:..... PO Box 504, Old Bethpage, NY 11804 (mailing)
..... 101 Dupont St, Ste 24, Plainview, NY 11803 (shipping)
Contact:..... Ph/Fax: 516-349-9157; spolansky@aol.com
Website:..... www.long-island.usatf.org

President

Alex Cuozzo
1988 Bergen Street
Bellmore, NY 11710
Ph: 516-652-3555
Bellmore-striders@juno.com

Secretary

Jill Skelly
PO Box 504
Old Bethpage, NY 11804
Ph: 516-349-9157
Usatf_li_office@long-island.usatf.org

Membership

Sue Polansky
62 Sylvia Ln
Plainview, NY 11803
516-932-7505
spolansky@aol.com

Clubs

Sue Polansky
(See Membership)

Sanctions

Sue Polansky
(See Membership)

Maine

State of Maine.

Office:..... 417 Hartland Rd, Canaan, ME 04924
Contact:..... Ph/Fax: 207-474-8876 (Call before faxing); metrkd@roadrunner.com
Website:..... www.meusatf.org

President

Valaree Foss
417 Hartland Rd
Canaan, ME 04924
Ph/Fax*: 207-474-8876 (*call before faxing)
metrkd@roadrunner.com

Secretary

Mark R. Dennett
5 Gedney St
Augusta, ME 04330
Ph: 207-577-1732
Mark.R.Dennett@gmail.com

Membership

Wendy Serbent
5 Sunset Terrace
Waterville, ME 04901
Ph: 207-873-6059
pwserbent@yahoo.com

Clubs

(See Office)

Sanctions

Valaree Foss
(See Office)

Metropolitan

State of New York south of and including Sullivan, Orange and Dutchess counties.

Office: 14 Debrosses St., New York, NY 10013
Contact: Ph/Fax: 718-727-7595; mactrackny@aol.com
Website: www.mactrack.org

President

RA Vernon
PO Box 1242
Ossining, NY 10562
914-613-3346
president@mactrack.org

Secretary

John Honerkamp
355 E 88th St Apt 5A
New York, NY 10128
917-536-36247
john@honerkamp.com

Membership

Mary Mells
1145 Fteley Ave, Apt 1F
Bronx, NY 10472-4417
melmelody@netzero.co

Clubs

Mary Mells
(See Membership)

Sanctions

Dorothy Clinton, Exec. Director
(See office)

Michigan

State of Michigan.

Office: 3521 Oakman Blvd, Detroit, MI 48204
Contact: Ph/Fax: 313-934-0126; jdevose@yahoo.com
Website: www.michigan.usatf.org

President

Jacqueline DeVose
3521 Oakman Blvd
Detroit, MI 48204
Ph/Fax: 313-934-0126
jdevose@yahoo.com

Secretary

Darlene Barber
17171 Strasburg
Detroit, MI 48205
Ph: 313-521-6123
bossydarlene@yahoo.com

Membership

Jackie DeVose
(See office)

Clubs

Jackie DeVose
(See office)

Sanctions

Darlene Barber
(See Secretary)

Mid-Atlantic

State of Pennsylvania, east of and including Potter, Clinton, Centre, Huntingdon, and Bedford counties and the State of Delaware.

Office:..... PO Box 662, Southeastern, PA 19399
Contact:..... Ph: 610-647-2201; Fax: 610-647-4946; runnorm@comcast.net
Website:www.mausatf.org

President

Alcmena Monique White
133 Spruce Lane
Collegeville, PA 19426
Ph: 610-489-4320
Moose7_89@yahoo.com

Membership

Doreen McCoubrie
1301 Summerhill Dr
Malvern, PA 19555
Ph: 610-695-0670
doreencoubs@aol.com

Secretary

Ken Yerger, Jr
133 Spruce Lane
Collegeville, PA 19426
Ph: 610-489-4320
kyerger@yahoo.com

Clubs & Sanctions

(See Membership)

Minnesota

State of Minnesota.

Office:..... 960 Douglas Rd, Mendota Heights, MN 55118
Contact:..... Ph/Fax: 651-686-8447; office@usatfmn.org
Website: www.usatfmn.org

President

Rick Recker
19 S 1st St, Apt 2203
Minneapolis, MN 55401
Ph: 612-375-0805
rick_recker@hotmail.com

Membership

Craig Yotter
(See office)

Clubs

Craig Yotter
(See office)

Secretary

Mark Krug
325 Hoffman Dr Apt 218
Owatonna, MN 55060
612-209-7772
mark_krug@hotmail.com

Sanctions

Craig Yotter
(See Office)

Missouri Valley

State of Kansas; and State of Missouri west of and including the counties of Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian, and Taney.

Office:.....7001 W 79th Street, Overland Park, KS 66204
Contact:.....Ph: 913-579-8722; fergusonk@umkc.edu
Website: www.usatf.org/assoc/mv/

President

Kenneth Ferguson
11506 Woodward
Overland Park, KS 66210
Ph: 913-579-8722
fergusonk@umkc.edu

Membership

Ed Thomas
(See Office)
Ph: 816-304-8064
ethomas43@sbcglobal.net

Secretary

Monica Joannes
202 E 27th Ave Apt 305
Kansas City, MO 64116
Ph: 918-237-5673
monica.joannes@gmail.com

Clubs

Ed Thomas
(See Membership)

Sanctions

Wayne T Armbrust
3604 Grant Ct.
Columbia, MO 65203
Ph: 573-445-6675
wta@tranquility.net

Montana

State of Montana.

Office:.....PO Box 7, Red Lodge, MT 59068
Contact:.....Ph: 406-446-9146; Fax: 406-446-8195; mohl@vcn.com
Website: www.mtusatf.org

President

Kay Newman
2200 Bridger Dr
Bozeman, MT 59715
Ph: 406-586-5543
kayjn@imt.net

Membership

Greg Mohl
(See office)

Clubs

Greg Mohl
(See office)

Secretary

Greg Mohl
PO Box 7
Red Lodge, MT 59068
(406) 446-9802
mohl@vcn.com

Sanctions

Greg Mohl
(See office)

Nebraska

State of Nebraska.

Office: 24701 Jones Circle, Waterloo, NE 68069
Contact: Ph: 402-431-0453; nsempek@hotmail.com
Website: www.neusatf-youth.org

President

Nancy Sempek
24701 Jones Circle
Waterloo, NE 68069
Home: 402-431-0453
nsempek@hotmail.com

Membership & Clubs

Cindy DeSantiago
15904 'O' Circle
Omaha, NE 68135
Ph: 402-333-6771
neusatfreg@aol.com

Secretary

Bonnie Cizek
6327 S 103 Street
Omaha, NE 68127
Ph: 402-592-1119
bonnie_cizek@ralstonschools.org

Sanctions

Cindy DeSantiago
(See Membership)

Nevada

The counties of Elko, Lander, Eureka, White Pine, Nye, Lincoln, Esmeralda and Clark in the State of Nevada.

Office: 3508 Ashby Field Ave, N. Las Vegas, NV 89031
Contact: 702-432-0750; Fax: 702-649-8586; b2232@cox.net
Website: www.usatfn.org

President

Brooks Lewis
(See Office)

Membership /Clubs

Jeanetta Edmond
1300 Madison Ave
Las Vegas, NV 89016
Ph: 702-648-5589
jhawthorne@interact.ccsd.net

Secretary

Sandra Harris
1806 Night Shadow
N. Las Vegas, NV 89031
Ph: 702-399-0685
4sandraharris@cox.net

Sanctions

Jeanetta Edmond
(See Membership/Clubs)

New England

States of New Hampshire, Vermont, Massachusetts, and Rhode Island.

Office:PO Box 1905, Brookline, MA 02446-0016 (mailing)
..... 2001 Beacon St., Suite 207, Brighton, MA 02135-7787 (shipping)
Contact: Ph: 617-566-7600; Fax: 617-734-6322; office@usatfne.org
Website: www.usatfne.org

President

Stephen Viegas
16 John St
Reading, MA 01867
Ph: 781-944-3390
stephenviegas@hotmail.com

Secretary

Gary Snyder
239 Commonwealth Ave
Boston, MA 02116
Ph: 617-480-6506
garysnyder@att.net

Membership

Steve Vaitones
(See office)

Clubs

Steve Vaitones
(See office)

Sanctions

Steve Vaitones
(See office)

New Jersey

State of New Jersey.

Office:PO Box 330, Boonton, NJ 07005-0330
Contact: Ph: 973-334-8900; Fax: 973-334-8925; usatfnj@usatfnj.org
Website: www.usatfnj.org

President

David Friedman
63 Forest Park Terrace
Monroe Township, NJ 08831
Ph: 201-271-4422
david.friedman@bowne.com

Secretary

Madeline Bost
55 Pleasant Hill Rd
Randolph, NJ 07869
Ph: 973-584-0679
madelinebost@verizon.net

Membership

Pam Fales
(See office)

Clubs

Pam Fales
(See office)

Sanctions

Pam Fales
(See office)

New Mexico

State of New Mexico.

Office: 760-10 Tramway Lane NE, Albuquerque, NM 87122
Contact: Ph: 505-858-1901; Fax: 505-797-7482; lauriesabik@comcast.net
Website: www.usatf.org/assoc/nm

President

Shane Cleveland
6612 Meadow Lake Dr, NW
Albuquerque, NM 87120
Ph: 505-898-9992
usatfnm@gmail.com

Membership

Laurie Sabik, Managing Director
760-10 Tramway Lane NE
Albuquerque, NM 87122-1646
Ph: 505-858-1901
lauriesabik@comcast.net

Secretary

Karen Browning
9515 Admiral Lowell
Albuquerque, NM 87111
Ph: 505-22-8422
knkbrowning@comcast.net

Clubs

Laurie Sabik
(See office)

Sanctions

Laurie Sabik
(See office)

Niagara

State of New York, west of and including counties of Oswego, Onondaga, Cortland and Broome.

Office: PO Box 326, Fairport, NY 14450-0326 (mailing)
..... 94 S Ridge Trail, Fairport, NY 14450-3843 (shipping)
Contact: Ph: 585-421-9626; Fax: 585-388-9683; info@usatf-niagara.org
Website: www.usatf-niagara.org

President

Kevin P Lucas
president@usatf-niagara.org
(See Office)

Membership & Clubs

Jim Glinsky
49 Tumbleweed Dr
Pittsford, NY 14534-2547
Ph: 585-334-6172
membership@usatf-niagara.org

Secretary

TBD

Sanctions

Kevin Lucas
(See Office)

North Carolina

State of North Carolina.

Office: PO Box 576, Garner, NC 27529-0576 (mailing)
..... 103 Taunton Ct., Garner, NC 27529 (shipping)
Contact: Ph: 919-772-6119; Fax: 919-220-8873; dkbranch@bellsouth.net
Website: www.ncusatf.org

President

Dr. Al Davis
4005 Wake Forest Hwy
Durham, NC 27703
919-598-6776
Adavis7240@aol.com

Secretary

Vernia Wilson
1507 Harth Dr Apt B
Garner, NC 27529
919-201-3485
Vernia75@yahoo.com

Membership

Katherine Branch
(See office)

Clubs

Katherine Branch
(See office)

Sanctions

Zina Parker
284 Wiregrass Rd
Rockingham, NC 28379
Ph: 910-895-2293
Zina.Parker@gmail.com

Ohio

State of Ohio excluding the twenty-two (22) counties of the Lake Erie Association.

Office: 5026 Silver Arrow Dr., Dayton, OH 45424
Contact: Ph: 937-235-9436; usatfohio@gmail.com
Website: www.usatf.org/assoc/oh/

President

Karen Krsak
4788 Crazy Horse Ln
Westerville, OH 43081
Ph: 614-899-6073
Fax: 614-755-5630
n2track@aol.com

Secretary

Linda Melzer
253 Caswell Dr.
Gahanna, OH 43230
Ph: 614-478-9111
Fax: 614-478-4966
Cell: 614-893-8934
lmelzer@sbcglobal.net

Membership Chair

Brenda Martin
7521 Arundel Rd
Trotwood, OH 45426
Ph: 937-837-5069
Young9194@aol.com

Clubs

Brenda Martin
(See Membership)

Sanctions

Brenda Martin
(See Membership)

Oklahoma

State of Oklahoma.

Office:..... 1116 S Atlanta Ave, Tulsa, OK 74104-3921
Contact:..... Ph: 918-770-0168; Fax: 918-298-1147; okusatf@aol.com
Website:www.usatf.org/assoc/ok/

President

Matthias Wicks
(See Office)
918-814-3278
matthiaswicks@yahoo.com

Secretary

Gina McKee
(See office)

Membership

Gina McKee
(See office)

Clubs

Gina McKee
(See office)

Sanctions

Gina McKee
(See office)

Oregon

State of Oregon.

Office:..... TBD (in the meantime, contact Secretary)
Contact:.....
Website:www.usatf-oregon.org

President

Glenn Fortune
47659 2nd St
Oakridge, OR 97463
Ph: 541-782-3771
glenfor@q.com

Secretary

Peggy Squires
471 Quarry Rd
Springfield, OR 97477
Ph: 541-747-0526
pasquires@comcast.net

Membership

TBA
(See Secretary)

Clubs

TBA
(See Secretary)

Sanctions

TBA
(See Secretary)

Ozark

State of Missouri east of and including the counties of Scotland, Knox, Shelby, Monroe, Ralls, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas, and Ozark; and the counties of St. Clair, Calhoun, Greene, Jersey, Monroe, and Madison in the State of Illinois.

Assn Contact: 900 Weidman Rd, Town and Country, MO 63017-8443
Phone: Ph/Fax: 314-434-3397; hwcrawf@sbcglobal.net
Website: www.usatf.org/assoc/ozark/

President

Ed Rowold, Jr
139 Heather Ridge Dr
Chesterfield, MO 63017
Ph: 314-467-0577
Cell: 314-341-4862
edwin.rowold@sbcglobal.net

Membership & Clubs

Gussie Crawford
900 Weidman Rd
Town and Country, MO 63017-8443
Ph/Fax: 314-434-3397
hwcrawf@sbcglobal.net

Secretary

Wm. Larry Jacobs
1345 Trading Post Lane
O'Fallon, MO 63366
Ph: 636-240-9443
larryjacobs299@centurytel.net

Sanctions

Gussie Crawford
(See Membership)

Pacific

State of California north of Inyo, Fresno, Madera, Mariposa, Merced, Kings, and Santa Barbara counties; and the counties of Humboldt, Washoe, Pershing, Churchill, Storey, Lyon, Mineral, Douglas, and Carson City in the State of Nevada.

Office: 120 Ponderosa Court, Folsom, CA 95630
Contact: Ph: 916-983-4715; Fax: 916-983-4624; pausatf@aol.com
Website: www.pausatf.org

President

Irene Herman
422 Presidio Ave
San Francisco, CA 94115
Ph: 415-447-4212
irene@ireneinsures.com

Membership

Irene Herman
(See President)

Clubs

Heike Mansoor
(See office)

Secretary

Maura Kent
1442 Deerfield Circle
Roseville, CA 95747
Ph: 916-786-7288
bookoutgen@yahoo.com

Sanctions

Heike Mansoor
(See office)

Pacific Northwest

State of Washington west of Okanogan, Chelan, Kittitas, Yakima and Klickitat counties.

Office:.....3779 S 191st St, SeaTac, WA 98188-5258
Contact:.....Ph/Fax: 206-433-8868; pntf@wolfenet.com
Website:..... www.pntf.org

President

William Hickman
1960 9th Avenue W
Seattle, WA 98119
Ph: 206-284-1028
whickman@rmlaw.com

Secretary

Ed Vierung
7714 69th Ave Ct, NW
Gig Harbor, WA 98335
Ph: 253-853-3853
evierung@comcast.net

Membership

Tracy Silva
2280 NW Boulder Way Dr
Issaquah, WA 98027
Ph: 206-383-7000
pnamember@comcast.net

Clubs

Tracy Silva
(See Membership)

Sanctions

Carole Langenbach
(See Office)

Potomac Valley

The State of Maryland, District of Columbia and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the State of Virginia.

Office:.....PMB 102, 2657G Annapolis Rd., Hanover, MD 21076
Contact:..... Ph: 301-652-5051; hnich17650@verizon.net
Website:..... www.usatf.org/assoc/pva/

President

George Harris
7913 Beechnut Rd
Capital Heights, MD 20743
Ph: 301-808-6821
Har7913@aol.com

Herb Nicholls
(See office)

Clubs

Herb Nicholls
(See office)

Secretary

Faye M. Howell
1010 Elsa Avenue
Landover, MD 20785
Ph: 301-652-5051
fayehowell@yahoo.com

Sanctions

Barbara Y. Smith
2522 Symphony Lane
Gambrills, MD 21054
Ph: 301-652-5051
babs684@verion.net

Membership

San Diego-Imperial

San Diego and Imperial counties in the State of California.

Office: 1511 Morena Blvd, San Diego, CA 92110
Contact: Ph/Fax: 619-275-6542; sdi_trackandfield@sbcglobal.net
Website: www.sandiegousatf.org

President

Jay Beltz
1906 Treseder Circle
El Cajon, CA 92019
Ph: 619-442-4585
jbeltz@innovasi.com

Membership

Graeme Shirley
11212 Via Carroza
San Diego, CA 92110
858-292-6132
theshirleys@abac.com

Secretary

Thomas Bache
1129 Colusa Street
San Diego, CA 92110
Ph: 858-729-3291
tom_bache@yahoo.com

Clubs

Judy Ortwein
USATF San Diego-Imperial
(See office)

Sanctions

Judy Ortwein
USATF San Diego-Imperial
(See office)

Snake River

State of Idaho south of Idaho County.

Office: 1915 Roanoke, Boise, ID 83712-7528
Contact: Ph: 208-386-9392; Fax: 208-331-0577; ragang@earthlink.net
Website: www.usatf.org/assoc/sr/

President

George Ragan
1915 Roanoke
Boise, ID 83712
Ph: 208-386-93org92
ragang@earthlink.net

Membership

George Ragan
(See office)

Clubs

George Ragan
(See office)

Secretary

Tim Severa
1050 W State St
Boise, ID 83702
208-344-5502
tim.severa@ymcatvidaho

Sanctions

George Ragan
(See office)

South Carolina

State of South Carolina.

Office:.....2808 Arrowood Ln., Rock Hill, SC 29732
Contact:..... Ph/Fax: 803-980-0059; ckoziel@comporium.net
Website:www.usatf.org/assoc/sc/

President
Danny Brooks

Membership
Cathy Koziel
(See office)

Secretary

Clubs
Cathy Koziel
(See office)

Sanctions
Cathy Koziel
(See office)

South Texas

That portion of the State of Texas bounded on the east by and including the counties of Milam, Burlleson, Lee, Fayette, Lavaca, and Jackson; on the south by the Gulf of Mexico and the Republic of Mexico; on the west by and including the counties of Val Verde and Crockett; and on the north by the counties of Crockett, Schleicher, Menard, Mason, Llano, Burnet, Lampasas, and Williamson.

Office:..... PO Box 782152, San Antonio, Texas 78278-2152
Contact:..... Ph: 210-520-9678; stxinfo@usatfsouthtexas.org
Website:www.usatfsouthtexas.org

President
Seth Brower
7504 Chimney Cors
Austin, TX 78731
Ph: 512-794-3818
track4life@earthlink.net

Membership
David Garcia
(See office)
davidg22@sbcglobal.net

Secretary
Bert Pickell
9635 Campton Farms
San Antonio, TX 78250-1725
Ph: 210-520-9678
Cell: 210-317-9918
bpickell@satx.rr.com

Clubs
David Garcia
(See office)

Sanctions
John Purnell
1806 McKinley Ave
San Antonio, TX 78510
Off: 210-826-1888
Cell: 210-385-8248
jpurnell@yahoo.com

Southern

States of Louisiana and Mississippi.

Office: PO Box 4695, Baton Rouge, LA 70821
Contact: Ph: 225-270-3322; earlettbuckley@southernmasters.org
Website: www.usatf.org/assoc/southern/

President

Roderic Newton
3434 Holly St
Zachary, LA 70791
Ph: 225-654-7432
newtonroderic@yahoo.com

Secretary

Earlett Buckley
PO Box 4695
Baton Rouge, LA 70821
Ph: 225-270-3322
earlettbuckley@southernmasters.org

Membership

Earlett Buckley
(See office)

Clubs

Earlett Buckley
(See office)

Sanctions

Earlett Buckley
(See office)

Southern California

The counties of Inyo, Ventura, Santa Barbara, Los Angeles, Orange, San Bernardino and Riverside in the State of California.

Office: 13039 E Florence Ave, Santa Fe Springs, CA 90670
Contact: Ph: 562-941-2621; Fax: 562-941-6180; info@scausatf.org
Website: www.scausatf.org

President

Thom Confer
(See office)
Ph: 714-685-7770
tconfer@earthlink.net

Secretary

Cheryl Mack
(See office)
cherylmacksca@aol.com

Membership

Robert Hickey
info@scausatf.org
(See office)

Clubs

Sonya Harrell
(See office)

Sanctions

Sonya Harrell
(See office)

Southwestern

That portion of the State of Texas bounded on the south by and including the Counties of Irion, Tom Green, Concho, McCulloch, San Saba, Mills, Hamilton, Coryell, Bell, Falls, Limestone, Freestone, Anderson, Cherokee, Rusk, and Panola; on the east by the State of Louisiana and the State of Arkansas; on the north by the State of Oklahoma; and on the west by and including the counties of Hardeman, Foard, Knox, Stonewall, Fisher, Scurry, Borden, Howard, Glasscock, and Reagan.

Office:.....PO Box 763594, Dallas, TX 75376-3594 (mailing)
 430 Amelia St, Duncanville, TX 75137 (shipping)
Contact:..... Ph: 972-283-1451; Fax: 972-709-3892; tnichols70@sbcglobal.net
Website:..... www.swusatf.org

President

Barrett Hopper
 1190 Waterside Cir
 Rockwall, TX 75087
 Ph: 972-249-8882
 coachbarrett@rockwallrunningcenter.com

Membership

Lesia Dunn
 4686 Wisteria St
 Dallas, TX 75211
 Ph: 214-331-6317
 Fax: 214-312-6297
 Lesia-swusatf@att.net

Secretary

Toni Nichols
 (See office)
 Cell: 214-803-9633

Clubs & Sanctions

Lesia Dunn
 (See Membership)

Tennessee

State of Tennessee.

Office:..... 1220 Applecross Dr., Nashville, TN 37220
Contact:..... Ph: 615-260-0102; rannor1@bellsouth.net
Website:..... www.usatftn.org

President

Radir Annoor, Sr
 1220 Applecross Dr
 Nashville, TN 37220
 Ph: 615-260-0102
 rannor1@bellsouth.net

Membership/Clubs

Carolyn Tucker
 3214 Lincoln Ave
 Nashville, TN 37218
 Ph: 615-255-5802
 startuck@earthlink.net

Secretary

Catrena Thompson
 701 Bridgedale Ct
 Nashville, TN 37207
 Ph: 615-275-8992
 catrena_thompson@yahoo.com

Sanctions

Carolyn Tucker
 (See Membership)

Three Rivers

State of Pennsylvania west of Potter, Clinton, Centre, Huntingdon, and Bedford counties and the counties of Marshall, Brooke, Ohio, and Hancock in the State of West Virginia.

Office: 109 Evans Drive, McMurray, PA 15317
Contact: Ph/Fax: 724-941-5639; threeriversusatf@earthlink.net
Website: www.usatf-threerivers.org

President

Frank Rodenbaugh
813 Alexander Street
Pittsburgh, PA 15116
Ph: 412-487-2917
f.rodenbaugh@comcast.net

Membership/Clubs

Cindy Long
(See office)

Sanctions

Frank Rodenbaugh
(See President)

Secretary

Nicole Berry
1044 Stanton Terrace
Pittsburgh, PA 15201
412-782-4747
futuerstarstc@aol.com

Utah

The State of Utah.

Office:4725 Sycamore Drive, Holladay, UT 84117
Contact:Ph: 801-858-1074; Fax: 801-307-2210; usatf34@gmail.com
Website: www.utah.usatf.org

President

Larry Alserda
3350 E Oakledge Rd
Cottonwood Heights, UT 84121
801-944-5260
Larry.Alsersda@slc.gov

Membership

Kris Erickson, Office Manager
(See Office)

Clubs

Kris Erickson, Office Manager
(See office)

Secretary

Emily Jameson
1955 W Hew-Wood Ct
Taylorsville, UT 84118
Ph: 801-557-1192
emnay77@yahoo.com

Sanctions

Kris Erickson, Office Manager
(See office)

Virginia

The State of Virginia (excluding the counties of Arlington and Fairfax) and the cities of Alexandria and Falls Church.

Office:..... 8010 Cameron Road, Richmond, VA 23229
Contact:.....Ph: 804-353-9348; Fax: 804-278-9555; Gloria.Thompson@virginia.usatf.org
Website:..... www.virginiausatf.org

President

James Holdren
1541 Westshire Lane
Richmond, VA 23233
Ph: 804-740-1193
Office: 804-358-7159
Fax: 804-358-8397
JimHoldren@aol.com

Secretary

Annette Sirica
11213 Oakstone Drive Glen
Allen, VA 23060
Ph: 804-346-9210
asirica@vcu.org

Membership

Melissa Johnson
10409 Reams Road
Richmond, VA 23236
Ph: 804-464-2936
b8bygrl@yahoo.com

Clubs

Gloria "Glo" Thompson
(See office)

Sanctions

Gloria "Glo" Thompson
(See office)

West Texas

That portion of the State of Texas bounded on the east by and including the counties of Lipscomb, Hemphill, Wheeler, Collingsworth, Childress, Cottle, King, Kent, Garza, Lynn, Dawson, Martin, Midland, and Upton; on the south by and including the counties of Upton, Crane, Ward, and Loving; on the west by the State of New Mexico; and on the north by the State of Oklahoma.

Office:..... 1707 Laurel Ave, Odessa, TX 79761
Contact:.....Ph: 432-272-4136; t_jshanks@yahoo.com
Website:..... west-texas.usatf.org

President

Tony Goyang
5116 San Antonio Ave
Midland, TX 79707
Ph: 432-694-2424
crusaderstrackclub@yahoo.com

Secretary

Membership

Jeep Shanks
(See Office)

Clubs

Jeep Shanks
(See Office)

Sanctions

Jeep Shanks
(See Office)

West Virginia

The state of West Virginia excluding the counties of Marshall, Brooke, Ohio and Hancock.

Office: PO Box 1243, Charleston, WV 25325
Contact: Ph: 304-345-0497; pjgilmer@aol.com
Website: leaguelineup.com/welcome.asp?url=wwusatf

President

Paul Gilmer
108 Patterson St
Charleston, WV 25302
304-345-0497
Off: 304-343-0125
pgilmer@aol.com

Secretary

Jo Burrows
2700 Beaconwood Dr
Greensboro, NC 27455
251-751-9456
jburrows@zebra.net

Membership

Christi Evans
401 Surrey
St. Albans, WV 25177
304-395-2348
Christi.d.evans@wv.gov

Clubs

Paul Gilmer
(See President)

Sanctions

Joseph Gonzalez
121 Boyd St
Clarksburg, WV 26301
C: 34-641-4586
mrtrackg@weatherservicecorp.com

Wisconsin

State of Wisconsin.

Office: 5203 Whitcomb Drive, Madison, WI 53711
Contact: Ph: 608-274-4270; robstroud@ameritech.net
Website: www.wiusatf.org

President

Patrick Pretty
10528 Pleasant Valley Road
Cedarburg, WI 53012
Ph/Fax: 262-675-2605
papret@execpc.com

Secretary

Mary Stroud
(See Office)

Membership

Matthew De Witt
815 8th Street, #M04
Racine, WI 53403
262-358-2746
ccwalker_uwp@yahoo.com

Clubs

Patrick Pretty
(See President)

Sanctions

Patrick Pretty
(See President)

Report from your
Chairman/President
And the
Budget/Finance
Committee





Dear USATF Family,

Chairman/President
Stephanie Hightower

Interim CEO
Michael McNees

It is my pleasure you welcome you to Virginia Beach and the 32nd USA Track & Field Annual Meeting. This year, we celebrate our organization's first three decades of service to our great sport.

Through the years, one of the constant features of USATF and the sport as a whole has been change: the changing of the guard of our athletes, changes in our governance, changes in our programs, and changes in leadership. What has remained consistent throughout the years is that in spite of – or more often than not, **because** of change, we have maintained excellence and improved ourselves.

The past 12 months have shown even more change than usual. The governance reforms passed at the 2009 Annual Meeting took full effect, our Board of Directors clearly defined its role and priorities, and this fall, we opted to pursue leadership change in our CEO position.

Change is always a little frightening and sometimes discomfiting to people. It is human nature to fear the unknown. But without change, we risk complacency. In a rapidly changing sports marketplace, we cannot afford to “wait things out” to take our next step forward. If we want new and better results, we've got to change what we are doing to make it happen.

This is an exciting time for all of us. With change, and with the continued, vital contributions of our volunteers and members, comes the opportunity to grow our sport and make USA Track & Field better than it's ever been. The Annual Meeting offers the opportunity for your voice to be heard. Whether your primary interest is with elite athletes, youth programs, masters activities, the officials' community, coaches education or any one of the countless other programs under the USATF umbrella, our five days in Virginia Beach provide you the opportunity to meet with the leadership of our organization to express your ideas.

USA Track & Field is poised for growth in every aspect of what we do, and we seek your input as we all work together to chart a course that reaches our shared vision. Thank you for your passion and dedication to our sport, and your attendance here in Virginia Beach. I look forward to seeing you around the Convention Center!



Best regards,

Stephanie Hightower
Chairman of the Board/President

USATF National Office

132 E. Washington St.
Suite 800
Indianapolis, IN
46204

p: 317.261.0500
f: 317.261.0514

www.usatf.org

Financial Report Of USA Track & Field, Inc.

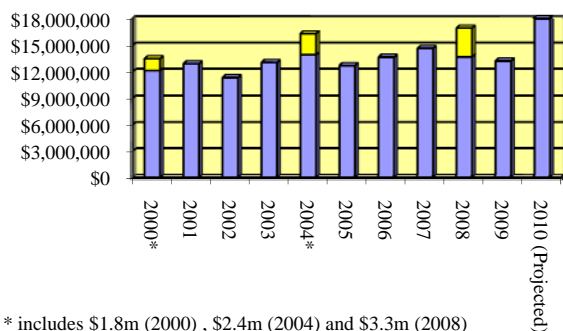
SUMMARY

This report summarizes USA Track & Field, Inc.'s August 31, 2010 financial results and audited 2009 financial statements (which are included in this booklet) and provides a brief overview of the 2011 budget.

The attached statements reflect the most significant component of USATF's financial performance; however, important elements of the organization's performance are not shown in our income statements. These include USOC direct athlete support programs, such as athlete insurance and cash grants, and spending by Visa Championship Series (VCS) partners. The growth of these programs is very significant as USATF has been able to leverage these partners to deliver additional benefits (over \$2.5 million annually) to our athletes. These external arrangements are integral to achieving organizational goals and objectives.

Since December 31, 2009, our financial results have been as expected. While we have not realized new sponsorship revenue goals (\$1 million), expense savings across many of our activities, as well as favorable revenue variances in USOC funding, sanctions and other areas, should all net to offset this shortfall, allowing us to finish with net income as budgeted. See <http://www.usatf.org/about/financials/budgets/2010.asp> for the approved 2010 budget.

Revenue Trend 2000-2010

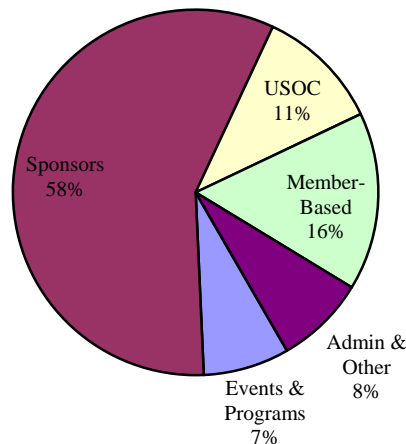


2010 FINANCIAL REPORT (THRU AUGUST 31, 2010)

USA Track & Field (USATF) recorded revenues of \$13.5 million and expenses of \$12.9 million through August 31, 2010, resulting in net income of \$619,615.

It is important to note that, as of the date of this report, a number of activities are still in progress for 2010, with revenues and costs still to be finalized.

August 31, 2010 Actual Revenue

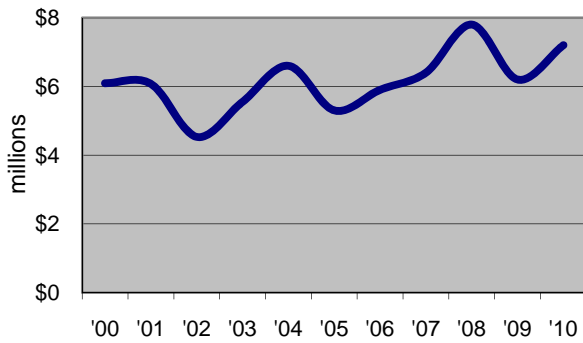


Revenues – Sponsor revenue, including Nike, Visa and other smaller sponsorships, comprised 58% of total revenue through August 31 and was in line with budget expectations, with the exception of the shortfall of \$1 million in new sponsorships discussed above. USOC revenue is projected to finish the year nearly \$200,000 better than planned, and represented another 11% of revenue. Event, sanction and membership revenues were collectively in line with budget. While gross merchandise sales are projected to fall short of budget expectations, we expect related savings on the cost side to result in little net variance from budget.

Expenses – On the expense side, elite competitions incurred 50% of total costs, and with nearly all domestic and international competitions completed by August 31, are projected to finish the year \$300,000 less than budgeted, primarily because the proposed new USA v. Jamaica meets did not materialize. Elite competitions include all Visa Championship Series (VCS) and National Championships as well as International Teams. Other major expense categories include elite athlete and high performance programs (15%), grass roots programs (6%), member services and sanctions (9%). Overall, many of these activities are projected to finish the year with small savings, all helping the organization to meet net income goals despite the lack of new sponsorships.

Additional comments on specific expense statement line items:

Spending on Elite Competitions

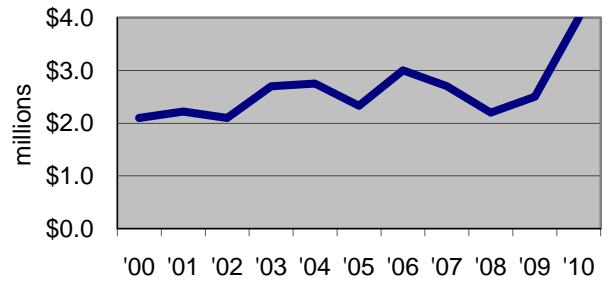


Note: 2010 is projected.

Elite Competitions – The \$6.4 million spent in this area was split into National Championships (\$1.6 million), VCS meets (\$2.6 million) and International Teams, (\$2.2 million). Across these areas, nearly \$1.4 million was spent on athletes in the form of prize money and travel support (excluding USOC athlete support). Overall, we expect total elite competitions expense to finish the year \$300,000 less than planned as discussed above.

Elite Athlete Support and High Performance Programs – Elite athlete support and high performance programs cover a range of athlete services and programs including coaching, anti-doping, the Athlete Advisory Committee, and athlete services at events. The final and largest element is high performance programs. Much of our high performance spending is in our “PPF” programs (so-called because they are the focus of the USOC’s Performance Pool Funding grant). Of the \$1.1 million spent on elite athlete support and high performance programs in the first eight months of 2010, 56% was for high performance programs (athlete development, sport science, competitive opportunities, and Project 30 emerging elite support); 17% was elite athlete programs including athlete support; 9% was anti-doping related; and, 18% was for coaching programs. Across all elite athlete support and high performance programs, we project total expense to come in at budget when considered against related revenues. The two major factors to the significant increase over 2009 in the charge below are Project 30 athlete funding in partnership with Nike and USATF’s resumption of the operations at the Olympic Training Center in Chula Vista.

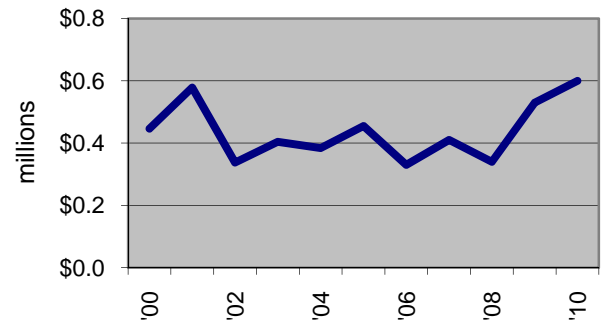
Spending on Elite Athlete Support and High Performance Programs



Note: 2010 is projected.

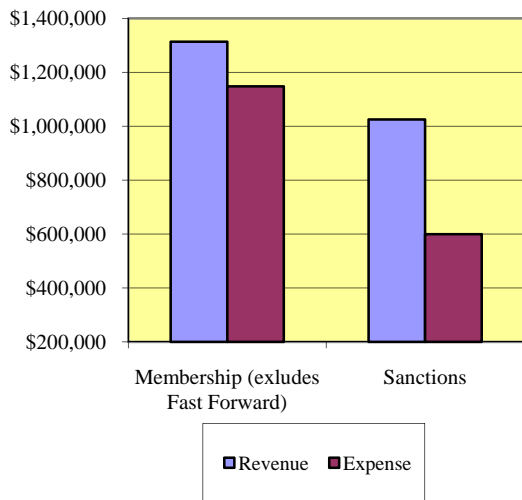
Grass Roots – These costs include youth, LDR, and Masters Programs. Youth programs comprise 63% of Grass Roots spending in the first eight months of 2010 with youth’s emphasis on the Junior Olympic and Youth Athletics competitions, including the Youth Olympics. All Grass Roots programs were consistent with budget and included the newly conceived Excellence Challenge grants in each of these three areas.

Spending on Youth Programs

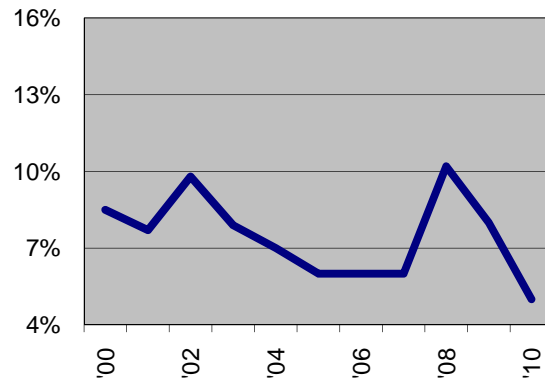


Member-Based Programs – Expenses for the two main components of this line – member/association services and sanctions – are in line with both the budget and revenues earned by these programs.

**2010 Membership Economics
(Budget)**



Admin Ratio 2000 - 2010



Note: 2010 is projected

Program Support – These costs include Communications & Sport Promotion, Marketing & Sponsor Development, and Legal Affairs. Overall, costs in these departments, primarily staff time, are projected to come in at budget.

Administration & Governance – Administration refers to the non-programmatic activities required to run the organization such as finance, technology and human resources. Governance includes the oversight and leadership functions of the organization, most notably the Board of Directors. This ratio, which is calculated as (administrative + governance costs)/total expenses, is a measure of efficiency. USATF’s admin ratio is favorable as most non-profit organizations consider 10% to be the mark of excellence. With a lower admin ratio, we were able to spend more funds on programs and strategic activities. The main drivers of this increased efficiency have been the high percentage of staff time spent on programs and the improved cost structure at the national office. In addition, as programs have grown, non-programs costs have held steady or declined. Note that USATF’s governance & administration ratio through August 31 was about 4%, but will finish the year closer to 5-6% as planned. The peak in 2008 was due to CEO transition time and direct costs.

2009 FINANCIAL RESULTS

USA Track & Field (USATF) recorded revenues of \$13.2 million and expenses of \$14.4 million in 2009, resulting in a net loss of \$1.2 million as budgeted. The most notable item reflected in these financial statements is the negative impact of Wasserman Media Group’s (WMG) early termination of our 2007-2013 agreement. USATF negotiated a settlement with WMG against 2007 and 2008 amounts owed, and adjusted the 2009 budget mid-year to account for the decreased revenues, resulting in a budgeted net loss for 2009 of \$1.3 million.

As expected on the revenue side, sponsor revenues comprised 52% of total revenues. Other major revenue categories included USOC Support (11%), event and athlete programs (8%), member-based programs (18%) and merchandise sales (7%). While both sponsor and USOC support reflect about \$300,000 less than budgeted, both of these variances had no net impact as either related spending was decreased or additional revenues were subsequently received.

On the expense side, elite athlete competitions and sport performance programs accounted for 58% of total costs. Overall elite athlete competitions finished the year as budgeted. Sport performance programs came in \$475,000 less than planned, due largely to the \$300,000 of new emerging elite support programs that weren’t activated until calendar year 2010, and were offset by the corresponding lower revenue mentioned above.

FINANCIAL POSITION – THE BALANCE SHEET

A strong balance sheet, with assets nearly double liabilities and a growing net asset balance, will continue to stabilize USATF's financial position, enabling us to continue to meet our obligations, build the operating reserves necessary to withstand business peaks and valleys and strategically build our programs and activities.

Cash Flow

In an organization such as USATF, cash flow is a prime indicator of financial efficiency and health. Since 2000, our cash flows have been strong and consistent. This trend stabilized in recent years as the timing of sponsor and USOC revenues matched up closely to related expenditures.

2009 Audited Financial Statements

The 2009 audited financial statements are included in the Attachments to this booklet. Questions regarding the audit or the audited statements can be directed to Ken Taylor, Board Treasurer and Chair of the USATF Budget and Finance Committee, or Gina Miller, Chief Financial Officer.

2011 Budget

Senior Management prepared and proposed a 2011 budget to the Budget and Finance Committee in early November 2010. This budget included approximately \$19.5 million in revenues, including all contracted sponsors (including value-in-kind), USOC support and other known and estimable revenue streams.

A LOOK FORWARD

It now seems like it was a long time ago that we celebrated when USA Track & Field accomplished its financial and business goals– the deficit was eliminated and the organization started to grow net assets; sponsor and other operational revenues increased significantly; programs and events were delivered efficiently and effectively; administrative overhead continued at very low rates; and our balance sheet and cash flow were very strong. Not only had we kept costs in check, but our programs are more entrepreneurial and customer-focused. In addition, USATF has developed valuable properties that generate revenues and serve our athletes. In reality, USATF did not just hit a milestone or two and then level off. We have stayed focused on our business goals and used that discipline to weather some challenges such as a competitive sponsorship environment, higher airfares, changes in leadership, and a weak U.S. dollar. While we booked a large loss in 2009, we

are moving forward with new leadership at the staff and volunteer level, a newly developed strategic plan, and clear objectives to develop the resources to develop our athletes so they can consistently outperform the competition, bring all our constituencies together for the greater good, and showcase and raise the profile of our sport to further develop the resources to meet our strategic objectives.

Looking forward, we must leverage the experience gained and continue our fiscal conservatism. While the deficit is gone – hopefully forever – we now must build our reserves to prudent levels to secure the future. With six month's to one year's worth of reserves, we can smooth out the inevitable ups and downs in revenues and provide a safety net for contingencies. In addition, we need to continue to leverage our own resources with those of our partners – including sponsors, event organizers and the USOC. In many cases, we can maintain or even increase our support to athletes and programs without necessarily increasing our own revenues and expenses. This will require continued investment of our resources, financial and otherwise, but will reap significant long-term returns for our sport.

Respectfully submitted by:

*Kenneth Taylor, USATF Treasurer and Budget and Finance Committee Chair
Kim Haines, USATF Audit Committee Chair
Gina Miller, USATF CFO*

Reports from the
National Office
Senior Staff



Executive Office
Legal & Business Affairs
Sport Performance
Elite Athlete Division
High Performance Programs
Coaching
Events & Broadcasting
Grass Roots Programs
Finance and Human Resources
Operations
Marketing/Communications

Executive Office

Mission: USA Track & Field drives competitive excellence and popular engagement in our sport.

USATF is first and foremost about our athletes. On the fields, tracks, and roads of play USATF athletes had remarkable success in 2010. They won 15 Junior, 18 Elite, and 326 Masters World Championship Medals. Along the way two Junior and eleven Elite American Records were set or tied, and more Masters American Records were set than it is practical for me to count with the time I have to write this. One Elite-level and Eleven Masters World Records were set, and on top of that our athletes swept the Thorpe Cup, won team gold at DecaNation, team silver at the World Mountain Running and International Association of Ultrarunners 100km World Championships, steamrolled the NACAC Under 23 Championships and picked up a Sullivan Award to add to the mix. The individual achievements of USATF athletes would take many pages to recount, but it's fair to say that competitive excellence was alive and well within USATF in 2010.

During 2010 we have seen improvements in our measurements of popular engagement as well. Television ratings for our event broadcast were up across the board. Our efforts to reach out through social media are beginning to bear fruit – we have passed the 50,000 fan milestone with the USATF Facebook page, which continues to push out timely and interesting information on our events, athletes, merchandise, and other activities surrounding the sport. By the time the Annual Meeting convenes you will probably have seen the new-look USATF website, which will help us present a fresh face to the world.

Many of these improvements for 2010 have been incremental. While TV ratings are up, our general satisfaction with the product we're putting out is not. We have devoted resources internally to defining how our television broadcasts can be improved, with considerable input from our members and fans, and have engaged a broadcast partner for 2011 to help put make those things reality. We believe that we need more events, both as opportunities for our fine athletes and to build a better "front-of-mind" presence with the American sports fan, and have refocused our internal priorities on making those happen.

Organizationally, we continue to work to build effective relationships between USATF staff members and our committee chairs to ensure that quality budgets are produced, appropriate financial controls are enforced, and the quality programming the committees produce is supported and enhanced. We recently passed the 100,000 member milestone as well, and I believe the customer-service focus that has been discussed over the past two years is exemplified by those staff members who provide direct service to those members.

Among the USATF Associations, activities continue to build and grow. I will give one example – early in November the New England Association issued its 500th event sanction for 2010, a number that almost boggles the mind. Externally, USATF staff has worked hard at building a high-quality partnership with our counterparts at the USOC both on the sport performance and marketing sides of the equation. We look forward to continuing to build on that partnership as we approach London 2012.

Looking forward to 2011, we must continue to enhance the support networks for our athletes, strengthen our culture of cooperative engagement with our committees and associations, and develop and strengthen a sustainable revenue model for USATF that will serve us well into the future.

On behalf of all USATF staff members, thank you for what you've done during 2010 to advance our very special sport. I can hardly wait to see what we can accomplish in 2011.

Respectfully submitted by,

Mike McNees
Interim CEO

Legal and Business Affairs

The Legal Department seeks to work with USATF staff, the Board of Directors, the Law and Legislation Committee, the Ethics Committee, and the various Committees and constituencies within USATF to advance the goals, initiatives and strategic vision of the organization while still protecting its general legal interests. To support the establishment of a culture that maximizes competitive excellence and a superior

professional experience, we focus on customer service and work with others to improve the overall efficiency and functionality of their respective endeavors. Specifically, the Legal Department has helped protect USATF's business and legal interests by:

- ✚ Preparing and reviewing all agreements that govern USATF's business dealings and protecting USATF's business interests;
- ✚ Ensuring proper internal and external policy compliance;
- ✚ Reviewing best practices and implementing said policy recommendations;
- ✚ Providing risk management, and insurance review and assessment services;
- ✚ Administering USATF's anti-doping program, including with respect to reinstatement matters, imposition of sanctions and assistance with the development of policy regarding recovery of awards for athletes found to have been cheated by dopers;
- ✚ Managing the administration of grievance proceedings;
- ✚ Protecting USATF's intellectual property interests;
- ✚ Managing citizenships issues with respect to the IAAF implementation of new citizenship rules;
- ✚ Managing all of USATF's background screening processes;
- ✚ Continuing efforts to restructure the agents program to make it more relevant for agents and athletes;
- ✚ Helping to proactively address potential issues to avoid needless, resource-draining issues and litigation;
- ✚ Hiring, retaining and managing outside counsel in all litigation proceedings; and
- ✚ Providing advisory assistance to the USATF CEO, Board of Directors and senior staff on miscellaneous matters.

Respectfully submitted by,

Norman Wain
General Counsel and Chief of Business Affairs

Sport Performance Division

Guided by our new mission statement to "drive competitive excellence and popular engagement in our sport," USA Track & Field has begun to implement new business strategies designed to grow the sport of track and field and high

performance programs to help our athletes achieve their fullest potential at the 2012 Olympic Games in London.

During a year in which there was no World Outdoor Championships or Olympic Games, in 2010 we have seen stellar performances by our athletes in both domestic and international competition.

No fewer than six American records have fallen, and we continue to see marked improvements in the throws, middle distance, and distance events. Growth in television ratings, membership and merchandise sales indicate that America is connecting with our sport in unprecedented ways.

We are encouraged by the renewed sense of partnership between the USOC and USATF as we utilize our collective resources to achieve our high performance vision:

- ✚ **Star Track:** We make best use of proven sport science, medicine and technology.
- ✚ **GPS:** Skilled and knowledgeable coaches provide guidance at every level.
- ✚ **Made in the USA:** We offer systematic, world class development throughout our athletes' careers.
- ✚ **Piece of the Rock:** Financial security allows our athletes to focus on excellence.
- ✚ **BFF:** All of us work together to support our athletes' success.
- ✚ **UPS:** We deliver more medals in more events than ever before.

Our 2009-2012 High Performance Plan is focused on strategies that better support our athletes' training and development, medical support, coaching, and competitive opportunities. Our athletes and coaches have often expressed that one of the main factors critical to athletes' success is leveraging the expertise of our sports science and medical professionals to improve performance and help athletes remain healthy and avoid injury. As such, this plan includes a significant increase in the medical expense reimbursement provided to our top athletes and introduces an applied science and medicine model to address those factors that enhance performance for each event.

In 2010, we have begun to implement programs that we hope will help USATF retain our dominance in events in which we are traditionally strong (e.g. sprints, hurdles), and continue gaining ground in those events that provide the

greatest upside potential for medals (e.g. jumps, throws, middle/long distance). The following initiatives have been launched or enhanced in 2010:

- ✦ Hired Robert Chapman, Ph.D. as the new Associate Director of Sports Science and Medicine to manage all of our current and new initiatives designed to provide applied science and medical support to our athletes and coaches.
- ✦ Instituted a Coaches Registry, which provides an easily accessible system to recognize coaches in good standing and ensures that USATF benefits and privileges are awarded to individuals who do not pose a risk to the reputation of coaches, athletes, the sport and/or the organization.
- ✦ Debuted new Sport Performance Workshops, which provide athletes and their coaches with an opportunity to experience sports science and medical interventions that directly impact each athlete's performance. The workshops integrate biomechanics, physiology, nutrition, sports psychology and medicine in a one-stop-shopping environment. By providing these services on a more frequent and well-coordinated basis, we will be able to better enhance performance and develop processes to track an athlete's progress and measure outcomes over time.
- ✦ Developed a new Tier System with consistent athlete criteria to ensure the participation of our highest medal-potential athletes and their coaches in USATF and USOC high performance and athlete support programs.
- ✦ Implemented a new International Competitive Opportunities program to provide \$124,000 in direct financial support to assist athletes with the cost of travel, housing and training while competing in Europe during the summer.
- ✦ Significantly increased the amount of medical reimbursement and coaching stipends provided to our top athletes.
- ✦ Launched a new High Performance Center grant application process to work with our best coaches and their athletes to support specialized, high performance training centers nationwide.
- ✦ Assumed oversight of the Track & Field Residence Program at the Chula Vista Olympic Training Center, and hired a new head coach, Craig Poole, to usher in a new era of stability and success for our athletes.
- ✦ Enhanced our staffing and training camp support for the 2011 World Outdoor

Championships and extended training camp in Daegu.

- ✦ Increased European training camp support and competition opportunities and put in place a relay coach and additional medical staff for Daegu, while maintaining a lower staff-to-athlete ratio.
- ✦ Increased USATF support of professional development in our coaching ranks through enhanced participation in international coaching conferences and symposiums.

In addition to the significant programmatic developments within USATF, our athletes have made some major strides this year as well. Following Team USA's excellent results from the 2008 Beijing Olympics and 2009 Berlin World Championships, the U.S. Team has continued its run of successes in major international competitions, and our athletes have taken advantage of the "off year" to produce some record-setting performances.

Individually, the 2010 outdoor season results, to date, are quite good. At the mid-point of the outdoor season, U.S. athletes have already set five (5) American Records, which include:

David Oliver – 110mH – 12.89

Chris Solinsky – 10,000m – 26:59.60

Bernard Lagat – 5,000m – 12:54.12

Chaunte Lowe – High Jump – 2.04m/6-8 1/3" and 2.05m/6'8 3/4"

Kara Patterson – Javelin Throw – 66.67m/218'8"

With four (4) additional American Records set or tied at the World Indoor Championships, it is clear to see that U.S. track & field continues to hold its own in many of the broad event areas. In the traditionally strong U.S. events (e.g. sprints, hurdles, men's shot put), the U.S. currently has between four (4) and six (6) athletes among the top ten performers in each event worldwide in 2010.

Walter Dix, double sprint medalist in Beijing, has returned from an injury-plagued 2009 to regain a top 5 position in both the 100m & 200m. And perhaps more notable, and continuing the rapid improvement of U.S. men and women long/middle distance runners, there are seven U.S. women currently competing who have run under 2:00.00 in the 800 meters.

In addition, Chris Solinsky, Bernard Lagat and Galen Rupp are among the Top 10 World in the 5,000m and/or 10,000m. Recent Oregon grad

Andrew Wheating, recently ran the fourth-fastest time ever by an American in the 1500 meters, an event in which the 800m Olympian is extremely inexperienced. With the new corps of immediate post-collegians moving into the professional track & field ranks as proven world-class performers; we can expect to continue seeing big things from this group in the future.

We are encouraged by the performances of our U.S. athletes in 2010 as we move into the two critical years preceding the 2012 Olympic Games in London. Our talented athletes guided by great coaches and supported by applied science, medicine, and athlete support programs, are poised to deliver more medals in more events than we've seen in at least a generation.

RESULTS FROM 2010 INTERNATIONAL CHAMPIONSHIPS

IAAF World Cross Country Championships in Bydgoszcz, Poland, March 28

The Senior Women's team, led by Shalane Flanagan's 12th-place finish, scored a best-ever 3rd place finish behind powerhouses Kenya and Ethiopia. This success underscores the recent rise of the U.S. women and men middle/long distance runners in international competition.

Senior Women 3rd Place of 12 teams Shalane Flanagan – 12th of 86

Senior Men 9th Place of 21 teams Patrick Smyth – 36th of 127

Junior Women 6th Place of 14 teams Emily Sisson – 18th of 95

Junior Men 8th Place of 19 teams Trevor Dunbar – 19th of 121

IAAF World Indoor Championships in Doha, Qatar, March 12-14

Team USA remained the dominant track & field program by winning the gold medal count, overall medal count and team scoring tables in dominating fashion, easily outdistancing 2nd best Russia in all three categories. A highlight at these Championships was that U.S. athletes established or tied four (4) American Indoor Records.

1st USA 17 medals (8G, 3S, 6B)

2nd Russia 8 medals (2G, 4S, 3B)

3rd Ethiopia & Cuba 5 medals (3G, 0S, 2B) & (1G, 3S, 1B)

American Indoor Records:

Women's 60mH – 7.72 – Lolo Jones

Women's Heptathlon – 4753 pts. – Hyleas

Fountain

Women's 4x400m Relay – 3:27.34 – Debbie Dunn, DeeDee Trotter, Natasha Hastings, Alyson Felix

Men's 60mH – 7.36 – Terrence Trammell

North American/Caribbean/Central American (NACAC) Under-23 Championships in Miramar, Florida, July 9-11

The U.S. demolished the competition with an all-time record of 74 medals (31G, 25S, 18B), surpassing the previous mark of 62 medals won in 2008 in Toluca, Mexico. Not only was Team USA dominant, but its young, college-age athletes posted many world-level marks in running, throwing and jumping events. It gave yet another inkling of the depth of talent in our pipeline. It also is worth noting that Team USA won all four relays, soundly defeating arch-rival Team Jamaica.

1st USA 74 medals (most-ever by US team – 31G, 25S, 18B)

2nd Canada 17 medals (7G, 3S, 7B)

3rd Mexico 13 medals (4G, 4S, 5B)

4th Jamaica 11 medals (1G, 5S, 5B)

World-level performances – women

100m Jeneba Tarmoh 11.00 (+2.2mps wind)

200m Tiffany Townsend 22.92

100mH Ti'erra Brown 12.86

400mH Ti'erra Brown 55.14

4x100m Tarmon, Amber Purvis, Townsend & Kenyanna Wilson 43.07 (Jamaica – 2nd in 44.20)

4x400m Ebony Collins, Amber Purvis, Shelise Williams & Tameka Jameson 3:29.80 (Jamaica – 2nd in 3:38.05)

Shot Put Karen Shump 17.43m/57' 2 ¼"

Heptathlon Kiani Profit 5576 points

World-level performances – men

200m Curtis Mitchell 19.99

400m Tavaris Tate 45.36

800m Charles Jock 1:45.65

110mH Ronnie Ash 12.98 (3.8wind) beats Brathwaite, '09 World Champ

400mH Jeshua Anderson 49.33

4x100m Fred Rose, Byram Brandon, Maurice Mitchell & C. Mitchell 38.96 (Jamaica – 2nd in 39.36)

4x400m LeJerald Betters, Wilder O'Neal, Joey Hughes & Tate 2:58.53

High Jump Paul Hamilton 2.23m/7' 3 ¾"

Pole Vault Jordan Scott 5.56m/18' 2 ¾"

Triple Jump Christian Taylor 16.66m/54' 8"

Hammer Chris Calle 70.71m /232' 0"

IAAF World Junior Championships in Moncton, Canada, July 19-25, 2010

Team USA brought home 15 medals, six of them gold, including the four won in sweeping the relays, from the 2010 IAAF World Junior Championships, held July 19th to 25th, in Moncton, Canada. The team ended up tied with Kenya atop the medal table with 15 -- six gold, five silver and four bronze -- and dominated the placing table to score 183 points to 119 for Kenya and 104 for Germany.

Highlights include:

Conor McCullough, who was the silver medalist at this meet in 2008, had a massive personal best of 80.79-meters in the hammer throw on his second attempt to add more than eight feet to his previous American junior record. He followed up with two more 80m+ throws as he dominated the competition and defeated top-ranked Akos Hudi of Hungary.

In what must surely rank as the upset of the meet, Clemson's Stormy Kendrick ran a spectacular curve and held on down the stretch to win the women's 200 in 22.99 for Team USA's first gold, defeating the pre-race favorite Jodie Williams (GBR). Williams had been undefeated for over 100 races.

Men's 800 finalists Casimir Loxsom and Robby Andrews made history, becoming the first Americans ever to win a medal in the event as Loxsom claimed silver and Andrews bronze.

Emily Sisson smashed the national high school record in the 5,000 with a 15:48.91 to take sixth. The previous HSR was 15:52.88 by Caitlin Chock at the World Juniors in Italy in 2004.

Team USA swept the relays as the women's 4x100 team of Stormy Kendrick, Takeia Pinckney, Dezerea Bryant and Ashley Collier crossed the line at 43.44, the fifth-fastest time ever by a junior squad. Team USA's men (Michael Granger, Charles Silmon, Eric Harris and Oliver Bradwell) zipped to the third-fastest time ever by a Junior squad at 38.93, trailing only the U.S. teams from the 2004 and 2002 World Junior meets.

Trevor Barron lowered the American Record for the 10,000m race walk with a time of 41:50.29 in placing 7th at the World Junior Championships; while Tyler Sorensen, who will be a HS junior in the fall, also finished higher than any previous USA competitor in that event.

Race Walk highlights:

Tyler Sorensen will follow-up his performance at the World Junior with a trip to Singapore for the World Youth Olympics as one of the top 4 race walkers in North & South America in the 16-17 age division.

At the IAAF World Race Walk Cup in Chihuahua, Mexico, May 15-16 the USA Junior men's team, led by Trevor Barron's 9th and Tyler Sorensen's 18th, finished 6th overall - the highest finish ever by a junior team of either gender.

Respectfully submitted by,

Benita Fitzgerald Mosley
Chief of Sport Performance

Elite Athlete Programs National Teams

During the 2010 National Teams season, USA Track & Field provided support to 18 national team events serving over 550 athletes and 150 team staff members. The following information will provide the reader with a sense of how the national teams program is functioning.

Five Nations Match

Gold – 6
Silver – 3
Bronze – 2
Team Placing – 2nd

NACAC Cross Country Championships

Sr. Men's team place – 1st
Sr. Women's team place – 1st
Jr. Men's team place – 2nd
Jr. Women's team place – 2nd

IAAF World Cross Country Championships

Sr. Men's team place – 9th
Sr. Women's team place – 3rd
Jr. Men's team place – 8th
Jr. Women's team place – 6th

IAAF World Indoor Championships

Gold – 8
Silver – 3
Bronze – 6

IAAF World Race Walk Cup

Jr. Men's 10km team place – 6th
Jr. Women's 10km team place – n/a

Men's 20km team place – n/a
Women's 20km team place – n/a
Men's 50km team place – n/a

NACAC Under 23 Championships

Gold – 31
Silver – 25
Bronze - 18

IAAF World Junior Championships

Gold – 6
Silver – 5
Bronze - 4

USA vs Canada Race Walk Junior

Jr. Men's team place – 1st
Jr. Women's team place – 1st

Thorpe Cup (USA vs Germany Multi)

Men – 2nd
Women – 1st

Youth Olympic Games

Gold – 3
Silver – 2
Bronze - 3

IAAF Continental Cup

Americas Team Placing – 2nd

DecaNation

Team Placing – 1st

IAAF World Half Marathon

Team Placing –
Men – 6th
Women – 7th

24-Hour Championships

Men – 3rd
Women – 4th

NACAC Mountain Running Championships

Men – 2nd
Women – 1st

World Mountain Running Championships

Men – 2nd
Women – 4th

100k World Cup (Nov 6)

Chiba Ekiden (Nov 23)

NATIONAL TEAM MANAGERS PROGRAM

The National Team Managers Program, now in its sixth year, continues to bring professional logistical and administrative service to teams. Ten individuals served in this capacity during the 2010 season and all received excellent reviews. Within the next month, all event managers involved this year will be contacted for a review of their 2010 service. The Managers Program will continue to add competent managers.

Positive reviews from athletes indicated that consistency within the Managers Program is beneficial. Seeing familiar faces in foreign countries is both reassuring and encouraging. Individuals who serve as Event Managers become independent contractors for USATF and are paid according to the level of the event and the number of days they are away from home. They are considered temporary USATF “staff” and help in our endeavor to professionalize our service to our teams.

Respectfully submitted by,

Aron McGuire
Associate Director, Championships and
International Teams

***Elite Athlete Programs –
USADA***

USADA

For 2010 – the USADA numbers held steady as USADA continued to allocate resources from in competition testing to out of competition. At present time – 356 athletes are in the USATF Out of Competition testing pool and they average a compliance percentage at approximately 96% for the four quarters of whereabouts information filing. For In Competition testing, USATF conducted over 429 tests at 20 events in 2010, including 220 tests at the USA Outdoor Track & Field Championships in Des Moines, Iowa.

Our initiative to test on the youth level continued in 2010, testing 32 athletes at four events. We focus our efforts on the older age groups - intermediate boys, intermediate girls, young men and young women as our randomly selected athletes.

Drug Free Sport

In 2010, we entered into a full year subscription with the National Center for Drug Free Sport. This subscription allowed for all USATF members to access DFS's Resource Exchange Center (REC) where members could research supplements and ask questions about listed ingredients as well as provide and receive information about adverse effects from supplements. In four months, DFS reports that there have been 110 website visits and 63 inquiries. We are struggling with publicizing the service and hopefully if there is a budget to renew the subscription, we will continue to advertise its availability to our membership base.

Submitted by,

Melissa Beasley
Associate Director, Elite Athlete Relations

High Performance Programs

Throughout 2010, the changes that had recently been made to both USATF's governance structure and the Board of Directors size and make-up, began to take hold. As a result, High Performance Programs, operating with oversight provided by the Competition Committee of the Board, retained many existing programs, re-vamped several programs so as to bring them in line with strategic planning goals, and instituted a number of new program initiatives. At the mid-point of this 2012 London Olympic quadrennial, the focus of a great deal of HP Programs is support athletes and programs that are seen as maximizing medal potential at both the 2011 World Championships in Daegu and 2012 Olympic Games in London.

At the same time that USATF was working its way through these governance and management changes, the USOC, itself, was going through a series of changes and upheaval. With the USOC providing nearly 20-25% of USATF's operating revenues, as well as providing a number of other resources and services to our athletes and HP Programs, any change at the USOC can have an impact on many USATF support systems and programs – among them those of the High Performance, Development and Sport Science Committees and programs.

With the re-organization that has occurred at USATF, Coaching Education, Coaches Advisory

and new coaching initiatives have moved to being under the direction of Terry Crawford, USATF's newly created Director of Coaching. You can learn about existing and new coaching programs by reading Terry's report elsewhere in this booklet.

With 2010 being the one year in each quadrennial without an outdoor major track & field Championships, we look to the performances of several other U.S. Teams as a partial indicator of how things are going. USA athletes once again led the medal, gold medal and point-scoring totals at IAAF World Indoor Championships in Doha with 17 medals (8G/3S/6B) – easily outdistancing Russia in all categories. 27 nations medaled and 50 nations had an athlete place among the top 8 finishers. Our collegians and emerging elite athletes put in a record-breaking performance at the NACAC Under-23 Championships in Miramar, Florida, which the U.S. hosted. With a record total of 74 medals won (31G/25S/18B), we easily outdistanced 2nd place Canada's 17 medals. Our junior athletes continued their history of excellent results at the IAAF World Junior Championships in Moncton, Canada by winning 15 medals (6G/6S/3B) to tie with Kenya for the medal count lead. However we easily outscored Kenya, Germany & Russia – and there were 39 nations with at least one medal and 65 nations with a top eight place finisher. Finally, and a continuing sign of the huge advancement U.S. women's distance running has made these past few years – the Senior Women's Team won a bronze medal at the IAAF World Cross Country Championships, led by Shalane Flanagan's impressive 12th place finish.

The continued success of our U.S. international teams gives evidence of the valuable and productive work of individuals in the High Performance, Men's & Women's Development, Sports Science Committees – as well as the excellent support and guidance provided by the High Performance Division and its Men's & Women's Track & Field and Race Walk Committees. By staying true to the High Performance Division's mantra of "athlete centered, coach driven, scientifically based" programs - a focus that was put in place over 8 years ago – we have been able to maintain and improve upon the quality of HP Programs. High Performance also continues to work to provide programs for coaches under another one of its guiding principles, that being "one coach is worth 1000 athletes." Consequently, Coaching

Education, Podium Education and HP Summit programs were at the center of our Program offerings in 2010. As USATF's Director of High Performance Programs, I spent a significant part of my time and work focusing on the athlete development pipeline, the coaches who work with and guide athletes up to the Olympic level, and the USATF Committees involved in these programs.

In 2010, the USOC will have provided USATF with nearly 5 million dollars for Direct Athlete Support, High Performance Programs, Development, Sports Science and U.S. Olympic Training Center programs. These funds were divided into those used for direct & indirect athlete support, those for international teams, those for high performance and athlete development and, those funds for the various program-uses at the U.S. Olympic Training Centers.

HIGH PERFORMANCE PROGRAMS

HP Domestic Competitive Opportunities: These programs offer support for athletes to compete in domestic track meets held throughout the spring and early summer season. In 2010, 355 athletes were supported with over \$250,000 to take part in one or more of a series of 10 track meets. Among the 2010 event/meets were: the North American Pole Vault Summit, Mt. SAC Relays, Drake Relays, Brutus Hamilton & Payton Jordan Invitational, Georgia Tech Invitational, Oregon Relays, Tucson Elite, Occidental Invitational and Adidas Classic (in the Diamond League).

At these meets or events supported by USATF, USATF sport scientists using high-speed biomechanical filming and/or "Dartfish" or "Eagle Eye" filming – in support of the athletes and their personal coaches at the meet site. Following the event filming, either at the meet site or back at the headquarters hotel, athletes along with their personal coaches have the opportunity to attend a post-event/meet video review session of their competition. Each athlete is provided with a take-away CD of their performance/event. In addition to this type of filming at domestic events, this complete service is also offered at the U.S. Senior & Junior Championships.

HP Summits: These are meetings usually held in the early-late fall at which athletes, their personal coaches, sport scientists, USATF personnel and, occasionally, mentors are brought together to discuss the immediate past year, do sport

science and medicine review, as well as strategize on training, science and competition for their single or broad event for the coming year. Over \$200,000 is provided to athletes and personal coaches to take part in these HP Summits. Among Summit events held in 2010 were the N.A. Pole Vault Summit in Reno in January, Sprints & Hurdles in Las Vegas in October, Endurance in Colorado Springs in October, and the Horizontal Jumps, Throws & Multi-Events in Las Vegas in November.

HP Sport Science Programs: In addition to USATF Sport Scientists being present at most of the Domestic Competitive Op's listed above, a separate program of high level scientific research & reporting on optimal training and competition technique is carried on by a group of USATF sport scientists. Among the disciplines covered in this program are: Sprints & Hurdles (Ralph Mann & Curtis Cowan), Horizontal Jumps (Mel Ramey), Pole Vault (Peter McGinnis), High Jump (Jesus Dapena), Shot Put (Mike Young), Discus Throw (Bing Yu), Hammer Throw and Steeplechase (Ian Hunter), Javelin Throw (Steve Leigh) and Nutritional Analysis (Jackie Maurer-Abbot).

HP Sport Performance Workshops: Under the direction of Robert Chapman, our new Associate Director of Sport Medicine & Science, a re-crafting of several programs has occurred and a bevy of new program initiatives have been rolled out. In response to the athletes' requests for increased sports medicine and science support, Robert has begun to lay out a comprehensive program of testing, measurement, filming and activity designed to assist our HP athletes and their coaches. Some of this support is in the form of increased funding for athlete medical spending, whereas another area of funding and/or program support is in athlete testing and providing results and recommendations back to the athlete and his/her coach. The underlying goal for all sport science and medicine programs is to do applied work in the field with the athlete and the coach. Filming with immediate playback and feedback, on-site counseling and planning, bloodwork and physical testing with speedy turn-around and regular sport psychology and nutrition counseling are all part of this basic program. All of these services will be available to athletes who are judged to have viable medal potential, whereas some of these services will be available to other elite and emerging elite athletes.

Looking at the above, it's easy to see the extent of USATF's offerings in high performance, development and sport science programs – each offering support and competitive opportunities to a wide range of junior/scholastic, emerging-elite and elite athletes. When partnered with the funds provided especially to the Men's & Women's Development Committees, we have been able to touch a large number of athletes in their quest to reach the World & Olympic medal platform.

INDOOR & OUTDOOR CHAMPIONSHIPS

Again in 2010, I continue my work with the respective Sports Committee Chairs and National Office staff to provide technical, logistical and operational support both prior to and during the U.S. Indoor, Outdoor and Junior Nationals Championships. Once again, I would like to express my appreciation and special thanks to the wonderful folks in Albuquerque, NM for their hard work in putting on another successful Indoor Championships - and to the Drake University, its athletic and track & field staffs for their hospitality and overwhelming support in conducting a fantastic U.S. Outdoor Championships.

Special thanks to the “regulars” – Gary Hill, Kevin Saylor and their assistants and spotters, who continue to be “world-class” team that announces our Championships - to the timing & results processing team from Flash Results, who are truly “world-class”- to Glen McMicken for his timeless efforts in verifying statistics and entries, as well as being an integral part of the declarations process - and to Jim Grogan and Marsha Horan for the work on standards for the U.S. Senior and Junior Championships. And a special thought and prayer for one of the best of them all – Scott Davis – who lost his many year battle with cancer this past year. I can't think of what the Mt. SAC Relays, U.S. Indoor & Outdoor Championships and other meets will be like without Scott's presence. You all have my most sincere thanks for your efforts and professional approach to our sport.

MEN'S & WOMEN'S DEVELOPMENT & SPORT SCIENCE

Within the High Performance Department, I continue to work closely with the High Performance Division and its Executive Committee, as well as all of the Chairs in the M&W's Development and Sports Science Committees. They are an integral part of the planning and carrying out of all HP Domestic

Competitive Op's, Summits and Sport Science & Medicine initiatives. The Men's & Women's Development Chairs, Tonie Campbell and Rita Somerlot, are at the base of all our HP Program activities – and it is with and through them and their Committee Chairs that so much is accomplished. And along with Rita, Tonie and the Chairs, throughout 2010, I have been ably assisted by Sariyu “Beka” Suggs in the oversight and management of all such High Performance, Development and Sport Science programs. “Beka” also handles the entire load of Direct Athlete Support payments and programs, a great deal of which is funded by the USOC and requires a large amount of paperwork and detailing. She continues to do a sensational job in keeping track of everything and, at the same time, keeping me on track!

INTERNATIONAL TEAMS COVERAGE

In 2010, I had the pleasure of accompanying the U.S. Team to the NACAC Under-23 Championships in Miramar, Florida. The overwhelming success of this team, with a record 74 medals won, showed that this was one of the most talented group of emerging-elite athletes that the U.S. has ever sent on to an international meet. Their success bodes well for future high-level U.S. international teams. Congratulations to the entire men's & women's coaching and managerial staff for their great work in leading this team to such resounding success.

TECHNICAL INFORMATION AND RULES

I continue to serve as the National Office resource on matters concerning rules, technical matters and facility construction/details - offering technical support to USATF staff, volunteers & officials within USATF as well as to a variety of people outside our organization. A week doesn't go by where we don't receive numerous calls seeking information about track & field facility design, equipment for facilities, training and competition, USATF rules and regulations, collegiate and scholastic rules, eligibility and citizenship issues and many other topics. I make every effort to answer each question or request, send them written material regarding their request, or refer the caller to a person or company that can better respond to their request. Often times, this referral is to someone at one of USATF's member Associations, a USATF Committee Chair, the NCAA or National H.S. Federation, a track & field equipment manufacturer, a USATF competition official and even the IAAF. These activities constitute one of the more important roles I play at the USATF

National Office and I enjoy providing this service to one and all. So, keep those calls and requests coming and I'll do my very best to answer each and everyone.

SUMMARY

Despite 2010 being somewhat of another year of changes for both USATF and the USOC, and with these changes likely to continue for months to come, my excitement and enjoyment of day-to-day work, especially with the many wonderful USATF staff, athletes, coaches and USATF Committee members, continues unabated. Under our new re-organization, board and business structure, I am hopeful of being able to help meet the challenges that lie ahead. I continue to be focused on maintaining and possibly growing the USA's prominent position in the sport, as well as improving our ranking status and medal count throughout the next two years leading up to the 2012 London Olympics. Sincere thanks to all of you for the giving me your friendship and support in continuing to serve you and the sport of track & field.

Respectfully submitted,

P. Duffy Mahoney
Director, High Performance Programs

Director of Coaching

The Director of Coaching position as a member of the National Office Staff was established in September of 2009. The position was created by the USATF CEO to provide the USATF coaching community with a facilitator within the management team of the organization. Duties included overseeing the coaching education programs and providing support to the Coaching Education Committee, promoting recognition programs for coaches, acting as the National office facilitator to the Coaches Advisory Committee, assisting in the selection process of National team coaching staffs, and serving as the National office over site person to the Olympic Training Center track and field resident program at Chula Vista, California. While broad-based, the position was needed to acknowledge and support the outstanding work that USATF Coaches perform on an annual basis from youth to the international and professional ranks.

In the area of Coaching Education, the Director of Coaching has collaborated with the Coaches

Education Committee to develop a new Youth Level 2 school, established procedures for the recertification of Level 1 instructors, provided needed support to Associations wishing to host CE schools, and began the production of an online course in the Fundamentals of Track and Field in partnership with the NFHS.

In the awards area, several new initiatives were accomplished. In partnership with Gill, a Coach of the Year award was developed for the outstanding boys and girls High School coach. The Coaches Advisory Committee executive committee served as the selection committee for this annual award. Annual COY awards from the USOC NGB awards were selected and presentations made to the winning individuals. USOC awards were granted for National Coach, Developmental Coach, Volunteer Coach, Paralympics Coach, and the "Doc" Counsilman Coach of the Year.

From the Director of Coaching office, USATF organized, in collaboration with the IAAF RDC office in San Juan, Puerto Rico, two successful conferences for NACAC Women Coaches and Administrators. The first conference was held in February in San Juan, where the director of coaching and the President of USATF gave presentations on "Raising the Glass Ceiling for Women in the NACAC Region". The second conference, hosted by USATF, took place in Ft. Lauderdale, Florida in July in conjunction with the NACAC Under 23 Championships. The focus of the conference was on empowering NACAC Women to advance their position as coaches in their Federations. World Class coaches Bev Kearney, Amy Deem, and Pauline Davis-Thomas spoke along with Benita Fitzgerald-Mosley, USATF Chief of Sports Performance.

New programs for enhancing professional opportunities for coaches were well received. Grants totaling over \$10,000 were awarded to coaches for the World Junior Championships Symposium in Moncton, Canada, to the NACACTFCA Congress in Houston, and to the Podium Education Project in Virginia Beach prior to the Annual Meeting. Dialogues have been exchanged with the IAAF Coaching Education Director, the Canadian Coaches of Canada's Coaching Education Center in Alberta, Canada, and the UK's Coaching Education Director to establish a sharing relationship of presenters as well as opportunities for exchanging of coaches to various clinics and symposiums going forward.

With the work of the Zero Tolerance committee of Coaches Advisory, the long awaited Coaches Registry project was launched. The Coaches Registry main purpose is to assure a professional and safe environment for all members of USATF by including a background screen and acceptance of a high standard of coaching principles within its Code of Conduct for all individuals participating in the coaching programs administered by USATF. In following the guidelines of the USOC and other NGBs, the Coaches Registry promotes safe practices and the highest ethical standards in the work of coaches with USATF athletes, officials and administrators. There are currently over 1000 coaches who joined the Coaches Registry.

USATF as of April 2010, assumed the management of the OTC resident track and Field program at Chula Vista. Staff and athletes had a very productive year with more than 6 athletes being ranked in the Top Ten in the world and Kara Patterson, setting an American Record in the Javelin. Coaches Al Joyner and Ty Sevin did outstanding work in managing the program and supporting the OTC athletes. In September, Dr. Craig Poole was hired as the Director/Head Coach at the OTC for track and field. All staff is now full-time employees of USATF. In October, Art Venegas, world class coach in the throws, was hired as a consultant to assist in the throws and coordinate strength training for the OTC track and field resident athletes.

The Director of Coaching wishes to thank National Office staff for their support and assistance in the success of many of the 2010 endeavors. Also, the outstanding work of the volunteer community from Coaches Education and the Coaches Advisory Committees made possible the success of the programs brought forward by the Director of Coaching.

Respectfully Submitted,

Terry Crawford
Director of Coaching

Events & Broadcasting

With two National Championships and the Visa Championship Series, 2010 provided the Events and Broadcasting department with a full slate of activities. Despite losing two events in the VCS to the economic downturn, the professional staff

and volunteers of USATF produced a number of events in conjunction with outstanding event partners such as Global Athletics and Nike/Prefontaine. USATF welcomed two new national championship LOCs in 2010. Albuquerque and Des Moines successfully established their communities as premier local organizing partners for the USA Indoor and Outdoor Championships.

2010 VISA CHAMPIONSHIP SERIES

Now in its sixth season, the Visa Championship Series continues to be a ratings success on television, and a popular addition to the elite track and field scene in the United States. 2010 featured increased prize money for the champion and runner-up. Three indoor meets and four outdoor meets were televised on NBC, ESPN or ESPN2.

Indoor Season

Jan. 29 103rd Millrose Games, New York, NY
Feb. 6 Reebok Boston Indoor Games
Boston, MA
Feb. 27-28 USA Indoor Championships
Albuquerque, NM

The 2010 Indoor Visa Championship Series provided competitive opportunities throughout the indoor season and introduced and qualified the talent that would go on to success at the IAAF World Indoor Championships in Doha, Qatar. The 2010 USA Indoor Track & Field Championships were successfully staged February 27-28 in Albuquerque, New Mexico. The first of a multi-year deal with the City of Albuquerque, USATF was welcomed by a sold out venue and motive LOC. Christian Cantwell led the points chase from start to finish, and Amber Campbell was a popular first time Visa Champion.

Outdoor Season

April 24 USA vs. The World at the Penn Relays, Philadelphia, PA
May 30 adidas Grand Prix, New York, NY
June 23-27 USA Outdoor Championships
Des Moines, IA
July 3 Nike Prefontaine Classic
Eugene, OR

The 2010 Outdoor Visa Championship Series events and television exposure provided US athletes and foreign athletes the opportunity to perform in the States in front of capacity crowds and earn prize money. The Penn Relays electrified the track world with the appearance of

Usain Bolt and Team Jamaica. A record crowd of 55,000 fans witnessed the importance and popularity of the USA v. the World segment of the Penn Relays. The Diamond League took center stage thereafter with the always spectacular adidas Grand Prix and Nike Prefontaine Classic. Sold out crowds in New York and Eugene as well as an international television audience of over 130 countries were treated to Olympic level performances by some of the world's best athletes. Des Moines, Iowa capably hosted their first ever USA Outdoor Championships to culminate the Visa Championship Series. Bershawn Jackson edged David Oliver for the mens title while Chaunte Lowe high jumped to an American record and her first Visa Championship.

2011 EVENTS

In addition to the successful staging of the various events noted above, the Events and Broadcasting department is working with our Event Partners, Meet Directors and committee chairs on the following events for 2010.

January 28	104th Millrose Games New York, NY
February 5	Reebok Boston Indoor Games Boston, MA
February 26-27	USA Indoor Track & Field Champs, Albuquerque, NM
April 30	USA vs. The World at the Penn Relays, Philadelphia, PA
June 4	Nike Prefontaine Classic Eugene, OR
June 11	adidas Grand Prix, New York, NY
June 23-26	USA Outdoor Championships Des Moines, IA

TELEVISION

For the sixth year in a row, the Visa Championship Series television programming continued to be the Olympic sport ratings leader. Nearly 20 hours were broadcast on NBC, ESPN, or ESPN2 with ratings in most instances pleasing both our partnering sponsors and the networks. The Events Department looks forward to working with many of you to stage outstanding championship events, the Visa Championship Series and TV shows in 2011. Plans are in place to include many broadcast enhancements to next year's television package, including increased camera positions, production personnel and special effects and graphics.

Brian J. Brase
Director of Events and Broadcasting

Grass Roots Programs

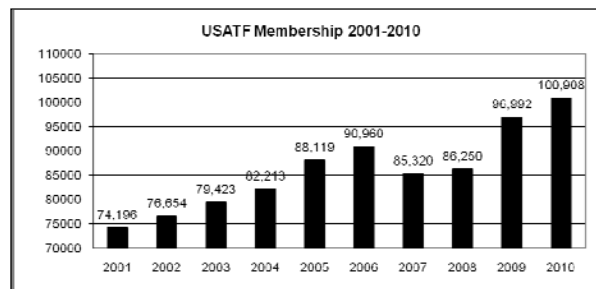
For the second straight year we reached record highs in all three of the main membership/sanction categories. 100,908 members (yes we broke the 100,000), 2735 clubs and 5,275 sanctions. While the 100,908 technically does not break the record for members it is the highest number in over 10 years (when several major marathons requirement participants to be USATF members).

Below please find the highlights from the past year categorized under the areas of Membership & Sanctions, Association-based programs, Youth programs, and Masters Track & Field programs.

MEMBERSHIP & SANCTIONS

Individual Memberships

In 2010, 100,908 members joined USATF which represents an increase of 3,916 members from 2009 (96,992) and is the highest number of members in over 12 years.

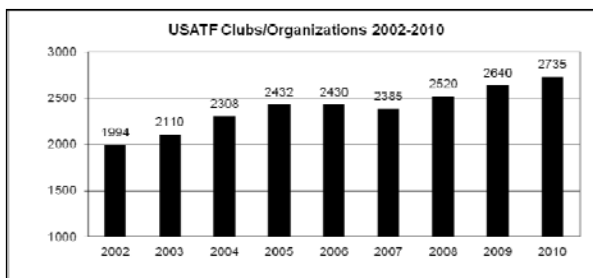


Below are other highlights from the past year:

- ✚ Mailed a welcome packet to each member, which included a membership card and member decal.
- ✚ 83% of our members joined online compared to 78% in 2009; 74% in 2008, 69% in 2007, 66% in 2006, 59% in 2005, 51% in 2004, 41% in 2003, and 27% in 2002.
- ✚ Continued to communicate with our membership via Fast Forward and Fast Forward Express (our email blast outreach).

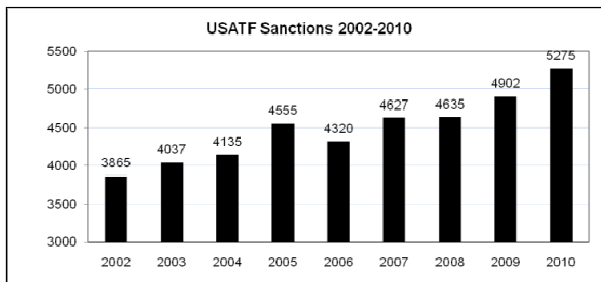
CLUB MEMBERSHIP

In 2010, 2,735 clubs/organizations joined USATF which is nearly 100 more than in 2009 and the most since 2001 (when "modern" club membership record keeping began).



Sanctions

With 2 months left in the year 5754 sanctions have currently been processed. This number represents the greatest number of sanctions in any year since 2001 (when "modern" sanction record keeping began). Additionally, over 12,000 certificates of insurance will be issued this year thus providing insurance coverage to events and their facilities. Of note, New England reached a new milestone with 500 sanctions!



MEMBERS-ONLY APPRECIATION

A big addition to the USATF membership experience in 2010 was the **USATF Member Appreciation Weekend** that was staged in late June in conjunction with the USA Outdoor Track & Field Championships. At the championships, USATF members received access to a special private **members-only tent** where they received a members-only gift, light refreshments, daily drawings and access to special athlete autograph sessions.

ASSOCIATION-BASED PROGRAMS

2010 was a successful year in many ways in terms of building infrastructure for our Associations. Below some of the highlights:

Association Workshops

In August, we held the annual Associations Workshop in Buffalo, N.Y. Fifty associations sent representatives to the Workshop with over 145 in attendance. In April we also held a Rookie Workshop for new Membership/Sanction coordinators. Five individuals who recently took on the role of Membership/Sanction coordinator in their Association attended and were presented

with information and instructions on how to best perform their duties.

Association Accreditation

Compiled 2009 data in the seventeen accreditation categories for each of the Associations. This data was then compared to the minimum standards in the seventeen categories. Each Association received a customized "2009 Association Accreditation Statistics and Reports" booklet.

Currently 36 Associations have been recognized with "full accreditation"; 20 are recognized with "provisional accreditation" and 1 is recognized with "suspension of voting rights."

For the 2009 accreditation year, eight (8) associations were recognized with "Outstanding Association" awards for meeting the minimum standards in all seventeen categories plus higher standards in 3 of the categories. The six associations were:

(Gold) Long Island, Maine, Montana and Oregon

(Silver) None

(Bronze) Hawaii, New England, Pacific and Pacific Northwest

Club Championship Events

Worked with the Pacific Association to promote and stage the USATF National Club Track & Field Championship in San Francisco, Calif. 538 athletes from 64 clubs from 23 states competed in this year's meet with eight (8) meet records established.

In addition to the national meet, we worked very closely with coordinating the promotion and implementation of the four regional track & field championships. These events were held in Walnut, Calif. (June 6); St. Paul, Minn. (June 13); Lafayette, La. (June 19), and Valatie, N.Y. (July 3).

YOUTH PROGRAMS

Throughout 2010, USATF conducted a series of successful programs designed to support our grass roots youth base, encourage and promote future champions, and evaluate ways to strengthen the experience for youth athletes, parents and coaches in the coming years.

Some major enhancements included the implementation of an online entry system for the Junior Olympic program and the addition of webcasts of all three Youth National Championship events.

Youth Club Coach/Volunteer Criminal Background Check Program

In 2010 over 4,000 individuals who coach or volunteer at youth practices submitted and passed a criminal background check. More importantly we have identified fifteen (15) individuals since the program's inception in 2007 who have not meet the criteria for being considered a coach/volunteer in good standing. These individuals were "screened out" and notices went out to all parents on the club to inform them that these individuals were not eligible to attend practices or club activities.

Mark Springer Travel Grant Program

The year kicked off with a strong statement of support from the USATF Foundation. With a dedicated focus to support and broaden youth participation in track and field, the Foundation once again provided a grant to help support the Mark Springer Travel Grant program. The program offers travel assistance grants to eligible youth clubs across the country.

As a result of the Foundation's grant \$50,000 in travel grants were awarded in 2010. Over 150 clubs submitted grant applications in 2010.

Since the program's inception in 2001, more than 300 clubs have received over \$330,000 in support.

Win with Integrity/Clean Kids Program

This initiative began in 2008 with an emphasis on educating youth athletes about the positive results of leading a physically active, drug-free lifestyle while living with integrity. In 2010, USATF continued its youth-focused, anti-doping efforts by conducting in – competition drug testing at the US Area Youth Olympic Selection Trials – Track & Field, USA Youth Outdoor Track & Field Championships, USATF National Junior Olympic Track & Field Championships, and the USATF National Junior Olympic Cross Country Championships.



Youth Administrators Workshop

The Youth Committee conducted the USATF Youth Administrators Workshop (Atlanta, Ga. March 27-29) for the second year in a row. The national office provided administrative support for the workshop with respect to hotel logistics, communications to the Associations.

National Youth Championship Events

Nearly 2,000 athletes participated in the 2009 National Junior Olympic Cross Country Championships on December 12 in Reno, Nevada. USATF Pacific and The Reno-Tahoe Winter Games Coalition to stage a great event. Team USA stars Ryan and Sara Hall and Marie Lawrence greeted the athletes during the Opening Session.

USATF Illinois hosted the 2010 USA Youth Outdoor Track & Field Championships from June 29 – July 4 at Benedictine University in Lisle, Ill. The championships attracted 1900 athletes. Athletes were able to meet Olympic Gold medalist Joanna Hayes.

The USATF National Junior Olympic Track & Field Championships were held in Sacramento, Calif. July 27 – August 1 at Sacramento City College. The event was hosted by USATF Pacific. Close to 6000 athletes competed in the championships with many U.S. Youth and Junior Olympic meet records being set. USATF coordinated guest appearances by Olympic medalists Dan O'Brien, Joanna Hayes and Quincy Watts.

Junior Olympic Awards & Competition Bib Program

More than 50,000 athletes competed in the Association, Regional and National levels of the Junior Olympic Track & Field Program.

Once again, all Junior Olympic Association and Regional-level meets (track & field and cross country) were given the opportunity to request competition bibs for their meets. This complements the awards and ribbons program that also extends to preliminary Junior Olympic meets. In 2010 over 40,000 awards and 80,000 bib numbers were sent out to youth developmental and Junior Olympic events.

Indoor Zone Championships

The Junior Olympic Indoor Zonal Track & Field series continued in 2010 with meet sites in Fresno, Calif.; Baton Rouge, La.; Columbia, Mo; and New York, NY. Each of the meets received a financial support, medals, and bib numbers to assist with meet operations.

MASTERS T&F PROGRAMS

Our staff worked closely with the Masters T&F Committee on several initiatives in 2010; among them were:

World Masters Athletics (WMA) Championships

Sherry Quack worked closely with the WMA team management staff to accept, verify, and process 299 entries for the WMA Athletics Championships Indoor (Kamloops, Canada; March 1-6).

National Championships

Setup event information pages and online entries on the USATF website for the following championships:

USA Masters Indoor Champs.

USA Masters Outdoor Champs.

USA Masters Throws Champs.

Looking forward to 2011, the national office will continue to support the committee in its marketing and promotion of their events and athletes via the website, Fast Forward, and other outlets. We also will work closely with the local organizing committees in Albuquerque, N.M. (Indoors) and Berea, Ohio (Outdoors) to help in the promotion and conduct of the national championships being held in those cities as well as the hosts of the regional championships.

In conclusion, my sincere appreciation goes out to the very dedicated staff in the Grass Roots Department for providing the support to make all these programs and services a reality. You could not ask for a better group than we have in Tricia Floyd, Kristina Hervey, Ashley Huxman, Sherry Quack, Carmen Triplet, and Marilyn Turner. Each day they come to work ready to provide our constituents with the service they deserve and to find new ways to make the USATF experience a better one.

I also want to thank Ed Koch, Gary Snyder, Lionel Leach, Karen Krsak, and the rest of the leaders in the Organizational Services, Masters Track & Field, Youth Athletics, and Associations committees for their continued devotion and dedication to making our organization function so well. This year has proven once again how valuable their work and dedication is to USATF and the Athletics community.

Respectfully submitted,

Andy Martin

Director, Grass Roots Programs with input from Tricia Floyd, Associate Director, Youth Programs

Finance and Human Resources**FINANCE**

Our financial staff has made it a priority to develop a thorough understanding of USATF's business activities. This enables us to focus on both quantitative and qualitative goals and to serve as a critical control mechanism for the organization. On the quantitative side, we manage thousands of transactions as efficiently as possible and seek savings in all areas of the organization. These savings are returned to programs or invested in USATF's future. On the qualitative side, we deliver meaningful financial and business information to our Board, professional staff and other leaders in the organization. This information goes beyond reporting numbers. We seek to interpret the data and provide proactive suggestions and insights that drive business improvements. Thank you to Melissa Bowlby, our Accounting Manager, who is an important and responsive resource for our professional staff, athletes, volunteers, sponsors and vendors.

The Financial Report, contained elsewhere in this booklet, describes the 2009 and 2010 financial results and introduces highlights of our 2011 budget. Net assets, which had reached a low point with a \$3.2 million deficit in 1999, were built to more than \$4.0 million by the end of 2008. While finances have been consistently strong, we do incur ups and downs. For example, USATF experienced a financial setback in 2009 with Wasserman Media Group's (WMG) early termination of our 2007-2013 agreement. While USATF negotiated a settlement with WMG, the 2009 budget was revised to reflect the revenue reduction and reassess all planned expenditures, resulting in the adoption of a revised 2009 budget reflecting a \$1.3 million loss. The leadership of the organization is committed to replacing this loss in the next two to three years and establishing operating reserves consistent with effective Board resolutions and sound business practice.

Regardless of yearly results, we remain focused on achieving the goals of USATF's strategic plan and continue to work on the key financial and operating strategies set out by the Board, Budget and Finance Committee and other organizational leaders. It is important to note that several of our largest activities, especially travel, have become increasingly expensive and we must work harder for each dollar of revenue from our sponsors,

customers, and members. In addition to paying off the deficit in 2004 and building reserves since then, we hit high marks on other important financial indicators (an athlete spending ratio surpassing 75% and an admin ratio coming in consistently around 7-8%). These are important performance measures and we continue to perform at the highest levels in this regard. The entire organization should be proud of these accomplishments.

Departmental Activities and Accomplishments

- ✚ Processed over 30,000 transactions (disbursements, receipts, invoices, etc.) and another 100,000 through www.usatf.org.
- ✚ Delivered extensive financial information to the Board via Management's Discussion & Analysis (MD&A) issued three times last year.
- ✚ Reported to the USOC on our 2009 and 2010 high performance grants and helped advise in the development of the 2010 and 2011 grant requests.
- ✚ Closed the 2009 accounting records and prepared financial statements for Crowe Horwath, which resulted in a clean opinion and positive changes in controls and accounting practices.
- ✚ Oversaw the 2011 budget process.
- ✚ Filed annual tax returns. Tax compliance is increasingly challenging as our business operations grow complex and tax regulations increase. In 2008, the IRS enacted an overhaul of the tax return for non-profits, requiring significant education and implementation measures.
- ✚ Provided support to the Audit Committee's relationship with our external auditors.
- ✚ Continued to support the USATF Foundation by providing general administrative support, processing all financial transactions, preparing periodic financial reports for their Board of Directors and Finance Committee, and facilitating their annual financial statement audit.

HUMAN RESOURCES

USATF has a unique combination of human resources that make our organization tick. Our sport is blessed with a strong contingent of volunteers directly involved with many important aspects of our business. While the Human Resource department in Indianapolis is focused on the classic business elements of serving the Professional Staff, we never lose sight of these other important resources. I would like to extend a thank you to Patty Hogan, our Human Resources and Office Manager. She has been a

valuable member of our team, enabling us to improve and expand our human resource impact and allowing all members of our department to leverage their strengths in those areas where we can each have the most positive impact. We are also thrilled with the participation of many of our fellow staff members as they team up to help facilitate many of our activities.

Departmental Activities and Accomplishments

- ✚ Hired and oriented nine (9) new employees (including the staff at the Olympic Training Center in Chula Vista). While it is difficult to see our now former colleagues move on, we welcome the new additions to our team and look forward to their contributions.
- ✚ Managed an intern program that brought 11 talented students from colleges throughout the country. Many of our interns came with a track & field background and bring a high level of energy, enthusiasm and new ideas across virtually every program and department.
- ✚ Continued to monitor compliance with our staff conflict of interest policy.
- ✚ Managed a thorough staff performance feedback program that includes year-end and mid-year evaluations, goal setting, action plan monitoring and upward evaluations.
- ✚ Continued focus on office communication, team building and customer service through our annual staff retreat, bi-weekly staff meetings and ongoing internal communications regarding benefits and other HR matters. Our annual staff retreat focused on accountability.
- ✚ Continued to manage rising medical insurance costs, working with our broker to keep 2010 rate increases well below industry averages while maintaining competitive benefits.
- ✚ Supported a local school to support through a variety of volunteer opportunities including being a lunch buddy, mentoring, facilitating field day, and starting a regular cross-country program.
- ✚ Participated in a number of local community activities including the Circle City Classic and National Running Day.

LOOKING AHEAD

Looking ahead, we plan to continue working hard to maintain our status as an efficient business organization – one that places its athletes, coaches, volunteers, members and fans at the forefront. We are running a very cost-efficient NGB and we will maintain our position as a leader in the USOC family. We can reach that

goal by keeping our focus on our strategic plan, adhering to all policies and procedures, and leveraging the contributions of all staff and volunteers. We have already seen the benefits of running segments of our business as an entrepreneur would – serve customers, contain costs, and grow revenues. We need to extend that attitude to more programs and events. Fortunately, the professional staff, the Board and the Budget and Finance Committee will be a part of these efforts, so we are confident we can continue to reach even the highest goals.

Respectfully submitted by:

Gina Miller
USATF CFO

Operations

OPERATIONS & TECHNOLOGY

- ✚ Numerous office technology service upgrades including: improved desktop support, improved network capabilities, full assessment on office printing needs, complete inventory on technological assets etc.
- ✚ Currently working to further improve connectivity and processes – including various industry best practices.
- ✚ Maintenance and upgrades on www.usatf.org. Improvements to various systems, reports, and functionality.
- ✚ Currently managing a design overhaul of www.usatf.org to be launched in December 2010.

MERCHANDISE

- ✚ Purchased two new mobile merchandise vehicles.
- ✚ Hired four new Merchandise Sales Reps to travel with the vehicles (regionally based) and sell merchandise full-time.
- ✚ Made various technological and process based improvements to the USATF Online Store including redefining the menus, improving the order fulfillment process etc.
- ✚ Executed a marketing plan to sell merchandise that so far has resulted in record sales. 2010 Merchandise Sales have already surpassed all previous years' merchandise sales.

Submitted by,

Jed Cornforth
Director, Operations & Merchandise

Marketing and Communications

2010 was a challenging year on many fronts. At our highest level, the number of Visa Championship Series events reduced by two as we lost the Tyson Invitational and the adidas Track Classic (these events were not contested). The loss of two high-profile events could have proven to be a disaster had we not developed and implemented a plan to deliver a level of advertising/sponsorship value to Visa consistent with 2009.

To do this, USATF increased the number of in-broadcast benefits creating sponsored items like, the Visa Meet Strategy. We also increased the amount of bonus monies given to the Visa Champion (we also paid the top 3 finishers, male and female). Working proactively, we were able to turn a potential negative into a net positive for Visa and our organization (specifically the athletes).

The Visa Championship Series, despite losing two events from 2009, delivered at total advertising value of \$10M to all sponsors. This includes USATF sponsors, Visa, Nike, The Hershey Company, Gill Athletics and 24-Hour Fitness along with event partners, adidas and Reebok.

We are extremely excited to welcome BMW into our sponsor family. This partnership, developed with the USOC, will see BMW support events that are part of the Visa Championship Series including the USA Indoor and Outdoor Championships, and the Prefontaine Classic. As many of you know, BMW is a leader in the luxury car category but they produce motorcycle and trucking products. USA Track & Field and BMW have agreed to a multi-year partnership through 2017.

Under the direction of McKenzie Rogers, we were able to successfully launch the Gill Athletics National High School Coach of the Year Award. I cannot stress how important the creation and implementation of this award is to Gill Athletics. Thanks to McKenzie's efforts, the program received over 150 nominations, in its first year, along with full integration into our Outdoor Championships television program. This helped to deliver tremendous exposure to the award and our sponsor, Gill Athletics.

Thanks to this successful launch, Gill athletics has agreed to a second year of sponsoring this award.

Our communications team has continued to evolve. We were able to redesign the 2010 Media Guide. The primary goal to re-fresh the look and streamline the information was achieved. The resulting product will help us as we develop the 2011 media guide.

I would like to take this time to thank our Media Guide/Fast Annual partner, Scott Davis. Scott Davis passed away earlier this year after a lengthy battle with cancer. Despite his illness, Mr. Davis remained committed to developing and delivering a Media Guide/Fast Annual that was second-to-none. He will be sorely missed and remembered by all who had the fortune to make his acquaintance.

We continued to develop fresh stories for Fast Forward and Elite Beat. We also took on our most ambitious project to date in developing a special 30th Anniversary issue of Fast Forward magazine and an accompanying DVD. The special project features interviews with some of the sports ICONS from the last 30 years, Carl Lewis, Gail Devers, Michael Johnson, Jackie Joyner-Kersey and Joan Benoit Samuelson. I am very proud of my team, Tom Surber, McKenzie Rogers and Vicky Oddi. They conducted the interviews and wrote the stories that are featured in the magazine (which is available at this Annual Meeting). Thanks to their efforts, we have captured a bit of our history and have the ability to share it with our members and fans of the sport.

We are looking forward to a great 2011 season which will see the World's #1 Team continue its dominance in Daegu.

Submitted by,

*Ivan Cropper
Senior Director, Marketing & Communications*

IAAF Reports



IAAF Council
IAAF Masters Committee
IAAF Medical and Anti-Doping Commission
IAAF Race Walking Committee
IAAF Technical Committee

IAAF Council

Once again this year, the IAAF Council met twice before November. The third meeting was scheduled for the weekend before Thanksgiving, which was well beyond the publication deadline for this written report. I will be able to furnish information regarding the November meeting at our Annual Meeting in Virginia Beach.

In one sense, this was an “off year” in that there were no Olympic Games or World Championships. It was, nonetheless, a very busy year for the IAAF. We had six World Athletics Series events in 2010 (the World Indoor Championships, World Cross Country Championships, World Race Walking Cup, World Junior Championships, Continental Cup, and World Half Marathon). With the exception of the last mentioned, these were all very successful events. The Half Marathon was quite competitive, but the fields were small and not many countries sent athletes. The long-term future of this event remains somewhat in doubt; I am sure this will be discussed at the Competition Commission and Council meetings in November.

The success of the Continental Cup, which replaced the World Cup this year, was particularly gratifying. The team competition was close and the spectators found it exciting. In fact, there has been discussion in some quarters of making this a biennial event. Whether or not that proposal gains traction, there could be some minor modifications in the format for the next edition of this event. In any event, I am quite optimistic that the Cup will be maintained on the calendar and will continue to be a good competitive opportunity for many American athletes.

In addition to the World Athletics Series competitions, this year saw the introduction of the Diamond League, which I described in my written report for the 2009 Annual Meeting. Although the Diamond League was and is a very ambitious undertaking, the first year of operation justified the hopes that everyone had for it. The IAAF succeeded in obtaining a name sponsorship for the Diamond League (Samsung) and the component track meets were of appropriately high quality. There will almost certainly be some changes in the 2011 Diamond League, as lessons learned from this year’s experience are reviewed and incorporated in the program. As a member of the Diamond League

Board of Directors, I will continue to be actively involved in the oversight of the program.

The Council made one award of a future World Athletics Series event at each of its first two meetings this year. The 2012 World Junior Championships were awarded to Spain (Barcelona), and the 2012 World Half Marathon Championships were awarded to Bulgaria (Kavarna). It is anticipated that at the November meeting, we will award the 2013 World Youth Championships and the 2015 outdoor World Championships. I expect that the former will be awarded to Ukraine (Donetsk). As of this writing, there are two bidders for the latter, China (Beijing) and Great Britain (London). I am sure that the decision will certainly be well publicized before we get to Virginia Beach.

Two important items of legislation were dealt with at the March Council meeting. The first was an amendment to the rules relating to athletes’ changes of allegiance. Under the new rule, an athlete who has never represented any country in major international competition must wait for two years after changing citizenship before he/she can represent the country of newly acquired citizenships. The second was the finalizing of a revised regulation dealing with Athletes’ Representatives. The publication of the new regulation, and related forms, generated an unusual number of comments and expressions of concern both from Athletes’ Representatives and from IAAF member federations, who will have significant new responsibilities under the new regulation. As a result, the Council has recently decided to defer the implementation of the regulation for another year.

Finally, I must mention the financial crisis, which has affected the entire world and which has had some impact on the IAAF. At both of this year’s meetings thus far, financial matters were the subject of serious discussion. It has become obvious that the IAAF had a budget gap that needed to be closed. Unless we could produce significant new sources of income and/or make significant reductions in our expenses, we were facing a serious financial situation at some point in this decade. For a number of reasons, including the nature of the IAAF’s major marketing agreement, it was apparent that we had to focus on the expense side. The result was significant spending cutbacks that were reflected in revised budgets for the next few years that were approved by the Executive Board in May and the Council in August.

On a personal note, I'm pleased to report that I served this year as the IAAF's Organizational Delegate to the World Indoor Championships in Doha and the World Junior Championships in Moncton. It was a pleasure in both cases having close dealings with excellent local organizing committees. I also had another good site visit to London this year in my role as an IAAF Technical Delegate to the 2012 Olympic Games. And I have now been appointed to be a Technical Delegate to the 2013 World Championships in Moscow; I am looking forward to that as well.

To conclude this report, my annual reminder that the IAAF's web site (www.iaaf.org) is updated daily with news releases relating to major competition, feature stories, and information about IAAF activities, including news reports from each Council Meeting. A daily visit to the site is a good way to keep current with the latest news about the IAAF and the international aspects of the sport generally.

Respectfully submitted,

*Bob Hersh
IAAF Vice President*

IAAF Masters Committee

It is my pleasure to again report on the activities of the IAAF Masters Committee and my related Master's activities since my report of last year. The IAAF Masters Committee's mandate is to oversee Masters Track & Field Worldwide. As you may know, Committee members are elected by the IAAF World Congress from those nominated from all member Federations all over the World. The Committee is chaired by longtime IAAF Council member Professor Cesar Moreno Bravo (Mexico) and the current Committee, which was elected in Osaka in 2007, and comprises of:

*Jim Blair (New Zealand)
Bridget Cushen (Great Britain and N.I.)
Danny Daniels (Canada)
Jorge De La Canale (Argentina)
Leonie Paulette Etong (Cameroon)
Rex Harvey (United States)
Marina Hoerneck-Gil (Spain)
Pierluigi Migliorini (Italy)
Vadim Marshev (Russia)
Dieter Massin (Germany)
Shigenobu Murofushi (Japan)
Dawei Wang (P.R. China)*

(also directly appointed; Stanley Perkins (Australia)

Elections for four-year terms are held each four years and will be held again in 2011 at the IAAF Congress to be held in Daegu, Korea in August. Each of the 213 IAAF Member Federations has the right to nominate one person for the IAAF Masters Committee and many do, but some IAAF Areas such as Oceania, South America, and Africa usually nominate no one so they can directly appoint. All Congress delegates, up to three, from each of the 213 Member Federations, have a vote. Recently, to ensure that there are a minimum number of women on the Committee, there has been a separate election first to select the top two women from those nominated, then the remainder of the women and all of the men are voted upon in the next round. The top eight vote-getting nominees are elected to the Committee. Incumbency is very important in these elections as people tend to vote for whom they know and the IAAF doesn't tend to change quickly. Finally, those Area Associations with no one elected get to appoint a person to the Committee because IAAF rules require at least one member from each of its six Area Associations. Also the current President of World Masters Athletics (WMA) is automatically appointed to the Committee. So, for the reasons above, the Committee currently has its appointed Chair and twelve members and the co-opted WMA President. In my various roles in WMA, and other world masters activities I have worked closely with six of these people for over 20 years, two for 8 years and four for 4 years. We are all dedicated to the Sport and know each other well.

My continuing efforts in Masters Track and Field and in the sport in general, have two main thrusts. First, I work the details of the rules, organization, and conduct of the sport in general and at as many specific events as time and finances permits. And, by this work, and by other efforts, I work on improving the United State's image with the rest of the athletics world. There is no doubt that work has to be done in this regard. As I always say, just having the best Track & Field Team in the World is not enough. The US needs to be a known and trusted partner in all of the undertakings of IAAF and that includes membership and active participation in IAAF Committees as there is no substitute for hard work and person-to-person relationships. In addition to this Committee work, my other specific activities this year are listed below.

This year's annual meeting of the Masters Committee was held at the end of May in Monaco near the IAAF Headquarters. All members, but Danny Daniels of Canada, were in attendance. Cesar Moreno Bravo, opened the meeting and the previous minutes were approved with minor corrections.

Pierre Weiss, IAAF Secretary General, then spoke on the subjects of the IAAF Congress in Berlin and gave an update of IAAF activities. His main points were that the Berlin Congress' vote to change the age for the Masters classification for Road Racing from 35 to 40 must be honored although it was strongly objected to by the Committee. Pierre talked at length on the financial situation of the IAAF saying that the IAAF Financial Committee had met just the day before and that the IAAF is making strategic cuts and it needs to continue to be vigilant and prudent. President Diack had made a recent press release saying that the IAAF has financial solvency for many years to come. Mr. Weiss did mention one important point and that is that there was talk of the reduction in the number of IAAF Committees with the Women's Committee and the Masters' Committee being specifically mentioned. The Women's Committee is perhaps not needed as much as it once was as there are mandated numbers of Women on the Council and on the Committees. And the fact that the day to day administration of World Masters rests with WMA reduces the responsibilities of the Masters' Committee. He also mentioned that it was his preference to have the IAAF Federation in each country as the WMA recognized Masters Organization. That is true in the United States, it is not true in many countries such as neighbors Canada and Mexico and it causes many problems.

Chairman Moreno gave his report stressing several points. First he pointed out the typing error that incorrectly indicated that the IAAF Council approved of re-changing the Masters age from 35 to 40 for road races and that mistake had most likely strongly influenced the voting outcome as most delegates usually tend to agree with the Council. And he discussed the delicate issue of International Masters Games Association and their obvious disregard for WMA schedules. This coupled with their aggressive expansion into Winter Games and Regional Masters Games in addition to their quadrennial world games. He thanked the IAAF for including two Masters in the honors at the Annual IAF Gala in Monaco (Nov.2009). Guido Muller of Germany and Rita

Hanscom of the USA were honored by Council member Lord Sebastian Coe. He concluded by pointing out that the IAAF World Plan is focused on athletics at all ages (Masters being the largest age group) and he asked the Committee to think about what it could do to further the sport.

The President of WMA, and honorary member of the IAAF Masters Committee; Stanley Perkins gave a WMA report to the Committee. He listed the new WMA Council in which 5 of the 7 elected posts are filled with Europeans. He said that WMA was working on a proposal for reorganization of WMA. He mentioned the two WMA Championships recently completed in Lahti, Finland, and Kamloops, Canada and the upcoming Championships:

World Outdoor: Sacramento, USA (6-17July2011)

Indoor: Jyvaskyla, Finland (26-31Mar2012)

Outdoor: Porto Alegre, Brazil (24Jul-4Aug2013).

He also listed the WMA Regional Championships held (or to be held) in 2010.

Africa: Biskra, Algeria (30Oct-1Nov2010) <now cancelled>

Asia: Kuala Lumpur, Malaysia (7-12Dec2010)

Europe: Nyiregyhaza, Hungary (15-24Jul2010)

North/Central/Caribbean: <Mayaguez, Puerto Rico (3-6Sep2010)>

Oceania: Papeete, Tahiti (3-10Jul2010)

South America: Santiago, Chile (22-27Nov2010)

He also said that there has been a \$5 per athlete added to entry fees for WMA World Championships to help pay for Anti-doping education and testing and that there is now a panel considering and issuing Therapeutic Use Exemptions (TUE) for Masters. As to the age change for Masters road races from 35 to 40, he said that "...after each <IAAF> Congress WMA makes decisions on whether to implement competition and other rule changes that have been made at the Congress, based simply on their relevance and application to Masters age competitors and competitions." Implying that had not yet been done. Concerning IMGGA, he asked for IAAF help in insuring that IMGGA consults with WMA/IAAF concerning championship dates which was not done concerning the next IMGGA World Games in Torino, Italy (2013) directly interfering with WMA World Championships in Porto Alegre, Brazil and next year's European Masters Games in Lignano, Italy (2011) which will reduce attendance at the WMA World Championships in Sacramento. He said that neither the Lignano nor Torino events had been sanctioned by WMA yet, but that the Council

would decide. Stanley stated that he thought that IAAF Members should be automatically WMA affiliates and that he will propose major changes in the WMA affiliations procedure.

The six Area reports were given:

Africa: Leonie Paulette Etong-first African Masters Road race championships was held and pointed out that the economic situations hits Africa especially hard.

Asia: Shigenobu Murofushi-pointed out that many affiliates in his Area send athletes to World Masters competitions without involving the IAAF Member Federations in those nations. He pointed out that only 7 of the 25 WMA Affiliates in Asia hold regular National Championships.

Europe: Dieter Massin-EVAA Academy has been active with 14 seminars being given since 2007. New entry record in Ancona, Italy Indoor Championships (2009), and preparations for 3000 in Hungary for outdoor.

North/Central/Caribbean: Rex Harvey-Kamloops WMA World Indoor Championships great success, but less than 1500 entries from 60 countries. Canada still is trying to solve the Masters organizational problem where two organizations exist: Athletics Canada and Canadian Masters Athletic Association. <note that WMA recognizes only CMAA>. The same problem exists in Mexico where the WMA recognized Masters Organization is challenged by the IAAF Federation there. Thanks were given for allowing WMA to have a Masters booth at Berlin World Championships.

Oceania: Jim Blair-discussed this year's Regional Championship in Tahiti, and pointed out the ongoing problem of Island members too poor and too far for participation although an ongoing development program is in place for those members beyond Australia and New Zealand.

South America: Jorge De La Canale-extensive report containing upcoming championships in South American including the WMA Regional Championship to be held in Santiago, Chile.

Two proposals were brought before the Committee:

Bridget Cushen (GBR) asked that IAAF encourage World Anti-doping Agency (WADA) to give WMA a grant to allow random testing.

Danny Daniels (CAN) asked the Committee to request WMA to either resurrect the WMA Non-Stadia World Championships or include more non-stadia events in the current championship format.

Wang Dawei (David Wang) of China made the

following comments concerning the need for an ongoing Masters Committee. First IAAF is a member of WADA, not WMA and second IAAF is a member of IMGA, not WMA. WMA is not permitted, and/or cannot afford to be a member of either so WMA alone would not be able to deal with these organizations which are very influential to the future of Masters Athletics. A continuing IAAF Masters Committee is important to coordinate all the anti-doping, affiliations, games and championships problems as were discussed as WMA does not have the authority, only IAAF.

In addition to this IAAF work, my individual Athletic activities since my last report include:

- ✚ Attend USATF Annual Meeting: Masters, Officials, Off. Train., Internatioanl Relations, Diversity
- ✚ Serve on USATF Masters T&F Executive Committee as Chair appointee
- ✚ Serve on USATF Masters T&F Games Cmte. for National Champs in Boston & Sacramento
- ✚ Serve as USATF National Officials Training Chair (resigned at end of May)
- ✚ Serve as Technical Delegate for planning of Kamloops WMA World Indoor Champ.
- ✚ Serve as Referee NCAA Division I Eugene outdoors and Division III DePauw indoors
- ✚ Serve as Combined Events Coordinator for USATF Sr. & Jr. Champ., Drake Des Moines
- ✚ Serve as official for North, Central, & Caribbean Regional WMA Champ., Puerto Rico
- ✚ Serve as official for 14 other misc. meets from local to national champ. in various positions
- ✚ Attended European Regional Masters Championships in Hungary, observed & promoted Sacramento WMA Championships
- ✚ Formulated updated Throwing event Age Grading table and programs in conjunction with national committee members
- ✚ Will attend South American Regional WMA Champ. Santiago, Chile to observe, help with Hy-Tek software, and promote Sacramento WMA Championships
- ✚ Will be inducted into the Official's Hall of Fame at Virginia Beach convention.

If you have a question or suggestion concerning the Masters program (at any level), please do not hesitate to contact me.

Respectfully submitted,

Rex Harvey
IAAF Masters Committee Member

IAAF Medical and Anti-Doping Committee

The IAAF continues to update the Sports Medicine web-site at IAAF with timely Sports Medicine and science information for athletes, coaches and other association members.

We published an article about the effects of Ramadan fasting on competition. Other subjects we continue to research and provide practical guidelines for include physiological and environmental factors, chronobiology (jet lag), anemia, eating disorders, doping control, and medical coverage of meets and road races.

I served as the IAAF Medical and Doping Control Delegate at the Prefontaine Meet in Eugene, as the Medical Delegate at the NACAC-23 meet in Miramar, Florida, and as the Medical Delegate at the World Junior Championships in Moncton, Canada.

Our next meeting is at Monaco in February.

Respectfully submitted,

Bob Adams
Committee Member

IAAF Race Walking Committee

The 2010 IAAF Race Walking Committee meeting took place in Chihuahua, Mexico on May 17th on the occasion of the 24th IAAF World Race Walking Cup. The main agenda items discussed were:

- ✚ A review of IAAF Race Walking Rule 230 and its correct interpretation in light of the feedback from the International Race Walking Judges' Seminar in Metz;
- ✚ The determination of the new IRWJ (Level III) Panel which will take place in October 2010;
- ✚ A revision of the Technical Regulations for the World Race Walking Cup; and
- ✚ The annual review of the IAAF Race Walking Challenge.

IAAF RACE WALKING RULE 230

Race Walking Rule 230 was thoroughly discussed by the IRWJ (Level III) Panel during the Mid-Term Seminar in Metz. Several recommendations were made to the Committee for consideration.

The General Definition of Race Walking – Rule 230.1

The Committee's view was that the definition is sufficiently clear. However, minor adjustments in the wording will be discussed at the next meeting with the goal of offering an even better interpretation and application of the Rule. One such proposal is to change the word "shall" to "must" so that the Rule reads "must be straightened".

Chief Judge's special power – Rule 230.3(a)

The Committee proposed to simplify the limitation to the Chief Judge's power to disqualify an athlete by simply indicating that this is possible in the last 100 meters only, regardless whether the race takes place on a circuit, in the stadium, or on a combination of both. An appropriate rewording shall be determined at the next meeting.

The Definition and Use of Cautions – Rule 230.4

The Committee was asked to discuss whether cautions are actually necessary and whether they are appropriately defined and used in an adequate and consistent way. The Committee understands that in many cases when a caution is given by a judge, the athlete is already breaking the rule. It was also noted that athletes appreciate the use of cautions prior to giving a red card. The real problem is felt to be the circumstances in which a caution is awarded. The Committee felt that if we keep cautions in the Rule then we need a better wording for these circumstances, in that "in danger of failing to comply with Rule 230.1" is not adequate. The closest interpretation that was given to this current wording was a caution should be given when the athlete, in the eyes of the judge, breaks the rule for the first time, though not in a blatant manner. The latter would require an immediate red card. A new wording will be drafted for discussion and approval at the next meeting. A possible wording would be: "When athletes are not fully complying with the definition (Rule 230.1), where possible, they should be cautioned by showing the athletes a yellow paddle with the symbol of the offence."

INTERNATIONAL RACE WALKING JUDGES PANEL

2010 Examination Seminar

The Committee discussed the arrangements for the 2010 IRWJ (Level III) autumn examination seminar to be held in Paris. At that time the 30 member Level III Panel of Judges will be

reformulated based on various examinations. Members of the current Panel who are under 70 years of age plus additional Level II candidates from the Areas will be invited to participate. The USA will have 3 candidates (Ron Daniel, Gary Westerfield and Maryanne Daniel). The Committee agreed to the following examination points:

Required Number of Judges

The Committee agreed that the Panel for 2011-2014 should be composed of no more than 30 judges; all must achieve the passing grade. Concerning the Area representation and limitation by country, the Committee's view was that, in principle, there should be no constraint because the goal is to have the best judges. However, it is also recognized the importance of the political implications and therefore the following compromise was adopted:

- ✚ One general passing grade for everyone of 75%;
- ✚ A passing grade of 80% to admit a third candidate from any given country – only three countries (federations) have this possibility. They are GBR, GER and USA.
- ✚ A passing grade of 60% to admit a single candidate from an Area which would otherwise not be represented.

Method of Evaluation

The evaluation method will be the same as in 2006: a written exam (in English and Spanish), a video exam, and an oral exam (in English only). Additionally, as in the past, there will be the need for the candidate to pass a visual acuity test. However, there will no longer be a physical test.

The examiners will be Maurizio Damilano (ITA), Luis Saladie (SPA), Peter Marlow (GBR) and Don Chadderton (NZL).

Internal Evaluation System for the IRWJ (Level III) Panel

One of the recommendations from the IRWJ Mid-Term Seminar in Metz was the evaluation of the work of the Level III judges in order to achieve judging consistency. The goal of such an evaluation should be to correct, where possible, the deficiencies and to remove the judge from the panel in extreme cases. The Committee acknowledged that the evaluation of the Judges' work is a major requirement that can best be done by the assigned Chief Judge. Such evaluations should then be reported to the Committee for any action, and if necessary, to the IAAF Council. The competition Technical

Delegate(s) and IAAF Director of Competitions will evaluate the Chief Judges.

Together with the IAAF Office, selected members of the Committee will prepare a first draft of a new evaluation system for review by the full Committee.

Appointment of Recorders and Assistants to the Chief Judge at Major Competitions

The Committee was asked to review the current IAAF policy for appointment of Recorders and Assistants to the Chief Judge at major competitions (WCh, OG and WCup).

The current Technical Regulations establish the following:

WCh & OG: Two Chief Judge's Assistants and two Recorders to be appointed.

WCup: One Chief Judge's Assistant and one Recorder to be appointed.

Upon reflection, the Committee agreed that the current policy needs to be revised in an effort to save money for the organizers and the IAAF, and also to reflect the real demands of the competition, keeping in mind that:

The number of athletes participating in each race at the WCup is higher than at the WCh and OG; The work of the Recorder is more demanding and specific than that of the Assistant to the Chief Judge.

The Committee concluded that while the Assistants to the Chief Judge can be local officials (ideally Area judges), the appointment of at least one internationally experienced Recorder is essential if not available locally. Additionally, depending on the course, one Assistant could be sufficient. The IAAF Office will draft a revision of the current Technical Regulations to reflect the above. The Committee recommended that these amendments then be approved by the IAAF Council.

IAAF RACE WALKING CHALLENGE

A detailed report on the 2009 and beginning of the 2010 seasons was presented to the Committee. The Committee acknowledged that the low participation from the top athletes remains the major concern, especially for those events taking place outside Europe. Also some strong countries still fail to support the Challenge in a significant way (i.e. Russia).

The Committee was of the opinion that transponder timing is now playing an important role in ensuring an effective management of the race walking events. Therefore, the Committee

has recommended that transponder timing be a requirement for these events, beginning in 2011.

2011 Calendar of Events

Saturday, March 5	Chihuahua, Mexico
Saturday, April 9	Rio Major, Portugal
Sunday, April 24	Taicang, China
Sunday, May 1 st	Sesto San Giovanni, Italy
Saturday, Sept. 11 or 18	IAAF Challenge Final, La Coruna, Spain

WORLD RACE WALKING CUP TECHNICAL REGULATIONS

The Committee was asked to reconsider some aspects of the current Technical Regulations governing the World Race Walking Cup.

Date

There were some suggestions that with the introduction of the Challenge taking up the calendar in the spring and summer, the date of the Cup could move to the autumn. While this would seem logical in order to offer a more logical conclusion to the season, the arguments against this proposal are:

- ✚ It was tried in 2002 with less than favorable results;
- ✚ The annual Challenge Final already takes place at the end of the season;
- ✚ In those years when there is a major competition (i.e. Olympic Games) in the summer, athletes may not be willing to prolong the season until the autumn.
- ✚ Despite finding some merit in the proposal, the Committee confirmed that the date should remain in ay.

Team Scoring

The way in which the Team Score is currently determined at the IAAF Cross Country, Race Walking and Road Running events is not consistent. Cross Country and Race Walking are currently based on points, while the Half Marathon and Marathon are based on time. The Committee was asked to consider whether the World Race Walking Cup should also be based on time. The Committee did not wish to complicate the way in which the team score is determined and recommended maintaining the current point method.

Time Limit

The experimental introduction of time limits in Chihuahua was considered positive. Only 4 athletes had to be stopped before the start of the final lap. There was one in the Men's 50Km, 3 in the Women's 20Km, and none in the Men's 20Km. The Committee however agreed that

those stopped should NOT be listed as DNF in the final results and that they still be counted in the team results. Those stopped at the start of the last lap will be awarded their corresponding finishing position so that their participation can still count towards the team score. The Technical Delegate, in collaboration with the IAAF Office, shall be responsible for determining the applicable Time Limits at each edition of the Cup.

Respectfully submitted,

Bob Bowman
Member, IAAF Race Walking Committee

IAAF Technical Committee

The IAAF Technical Committee (TC) held its meeting at the IAAF Headquarters on February 20 & 21, 2010.

Since 2010 is not a "rules year," the meeting was devoted to discussions of future rules proposals as well as research projects in false start detection and fully automatic timing. Many of the rule proposals currently under consideration have to do with interpreting and clarifying current practices surrounding the Start, false starts and protests.

The following items contain the main points discussed and recommended at the meeting:

COMPETITION RULES

Technical Rule proposals and interpretations

Rule 125.2 – The TC's interpretation is that disciplinary matters before the first Call Room and after the departure from the Field of Play, (i.e. in the Post Event Area and beyond, at medal ceremonies) shall be reported to the Technical Delegate rather than any of the Referees. The Technical Delegate shall subsequently report these matters to the organising body for further action.

Rule 141 –There is some degree of dissatisfaction about this rule change (masters' age limit 40 for out-of-stadia events) in some countries and it is likely that there will be new proposals for it in 2011.

Rule changes along the lines of the following will be proposed in 2011 and, in the meantime, they

should be regarded as valid interpretations:

(a) add the following paragraph to Rules 230.7, 240.6 and 250.7: On the command “On your marks”, the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race..

Rule 162.5 – It was noted that consideration should be given to changing the colors / shapes of yellow and red cards shown for false start so as to eliminate possible confusion with yellow and red disciplinary cards.

Rule 162.6 (“shall not commence his start”) – It was noted that this wording was causing some confusion in a range of countries. Not all movements in the “set” position are to be regarded as “commencing the start” and thereby potentially leading to a false start. Such instances should be dealt with either by standing the field up or in serious cases, invoking the disciplinary provisions.

However, rather than change the rule it was proposed that attempts should be made to overcome these problems through education and elaboration of the starters’ guidelines on the website.

Rule 166.4(b) – For the time being, TC proposed that a new note be added and that the Rule should be read as meaning the following:

Note (iv): In any 800 metres race, including a final, where for any reason there are more athletes competing than lanes available, the Technical Delegate(s) shall determine in which lanes more than one athlete will be drawn.

Rule 170.14 – The decision of the Jury of Appeal in Berlin was noted and it was agreed that it was not necessary to change the wording of the Rule to give effect or clarification to that decision. The effect of this is that should the outgoing runner touch the baton prior to the baton being within the start of the changeover box, his team should be disqualified.

Rule 181.8(d) – It was confirmed that the intention of this rule change as passed by the Berlin Congress does allow a jump-off to be called off by the mutual decision of all remaining athletes involved therein.

Its application in this regard is, however, to be monitored closely over the period until the next Congress.

Other Rules-related matters

Designation of DNF/DNS – With the exception of Combined Events (for which Rule 200.11 should be strictly applied), the general guideline should be that any athlete who passes the final Call Room but who does not start or finish the subsequent event, should be designated “DNF”.

STADIA

Synthetic grass infields for long throws – It was agreed that no expensive testing is deemed necessary as the main question to decide is whether the implement leaves a mark. It was felt that even if the surface is suitable and eventually FIFA approved, facility owners would be reluctant to allow throws for fear of damage and repair cost / time.

Flexible sprung surfaces (used either indoor or outdoor) - We don’t have, at the moment, any way to check whether these constructions give an unfair advantage. It was proposed that the surface testing laboratories be consulted to see if they can propose suitable tests and acceptable parameters and if there is a need for additional stipulations regarding such suspended constructions.

Out-of-stadia competitions – TC confirmed that any performance achieved at a competition site which complies with the IAAF Rules, whether in an athletics stadium or elsewhere, shall be considered valid from the technical point of view.

TECHNOLOGY

Calibration Handbook – TC approved the current final draft of the first edition and it will be placed on the IAAF website. This will be a valuable tool for technical and equipment managers.

Wind gauges – It is proposed to change in Rule 163.11 “Ultrasonic” to “Non-mechanical wind gauges” to give way to emerging new technologies if otherwise the device complies and is approved by IAAF. This is requested as an interim amendment.

False start detection – TC is still to receive the final report from the Cologne testing last year in order to be able to decide on the next steps. With the recent introduction of the zero false start rule establishing the certification criteria for these devices is urgent and important.

Fully Automatic Timing – A Swiss laboratory (Laboratoire d’Horlogerie et de Microtechnique

de Genève) has been contacted and consideration is being given to having them prepare a draft of a calibration test document.

Zero control test - It was recommended that the minimum number of lines per second should be 1000.

EQUIPMENT AND IMPLEMENTS

Hammer Cage - The proposal from the Athletes' Commission for an alternate "curtain" type safety gate for hammer events was approved for testing. This solution would make it possible to minimize or eliminate the current "dead zone" within the valid landing sector.

Pole Vault box collar - A proposal for a safety collar around the Pole Vault box was considered to be contrary to Rule 183.8, as it would not be flush with level of the runway.

Throwing implement identification - It was proposed that the manufacturers be asked to make their certified models identifiable by showing the certification number and/or catalogue number on all such products in a permanent way.

EDUCATION

International Starting Guidelines - The version updated after the 2009 season is available on the IAAF website. This will be amended to deal with two additional matters - the interpretation of Rule 162.6 above and the intention of the rules changes in relation to events longer than 400 metres, i.e. that they are not to be applied over-strictly.

International Photo Finish Judge Guidelines - A new draft was approved. Nevertheless, some details are still to be finalized and the final editing done. This document will then also be available on the IAAF website.

TOECS Level II - It was confirmed that passing the TOECS Level II course will now result primarily as qualification for the IAAF Level II Officiating Diploma. From this list of qualified officials, Area Associations will work with the IAAF to identify in each four year period those who will additionally serve as Area Technical Officials - the number of which in each Area should reflect the number required for events to be conducted in the Area during the period.

"The Referee"- It was agreed that an immediate

update covering 2009 rule changes and available interpretations should be completed by 31 March 2010 for printing as soon as possible thereafter. A complete revision would then be done before the following edition. - update -The "Referee" is now available from the IAAF.

My ongoing goal is to help move the agenda of USATF forward internationally by working with all of our Committees, athletes, coaches, officials, agents, administrators and Board of Directors. My domestic and international assignments in 2010 allowed me to see firsthand the impact of the latest rules changes. I am very proud to have served as the Technical Delegate for the IAAF World Championships in Moncton, Canada and as an International Road Race Official (ICRO) at the IAAF World Half Marathon Championships in Nanning, China. My observations at these events continue to inform my work on the Committee.

2011 will be a rules year for the IAAF and its Congress and therefore it is very important that we provide input for the various rule proposals that will be submitted in the spring. I look forward to meeting with our membership at this year's Annual Meeting and throughout the year.

Respectfully submitted

David Katz

Reports from the
High Performance
Programs Division



Men's Track & Field
Women's Track & Field

Men's Track & Field

The year between World Championships is normally considered a time for "rebuilding" and in that respect 2010 was no exception. With dynamic changes in venue for both the Indoor and Outdoor championships, the executive leadership at the National Office, as well as the regulations for selecting staff for international teams, your MT&F executive leadership quietly focused on the task at hand and in meeting the needs of our many constituent groups.

After many years in Boston, the Indoor Championships were moved to Albuquerque, New Mexico, for the first of what is expected to be a three year run. Christian Cantwell, ranked #1 in the world by Track & Field News, not only won his fourth USA Indoor title, but also won the overall men's Visa Championship Series title. With sellout crowds both days, notable winners (who also qualified for the World Indoors at Dohar, Qatar) included Ivory Williams (60), Nick Symmonds (800), Bershawn "Batman" Jackson (400), Leo Manzano (1500), Bernard Lagat's (3000), Jesse Williams (High Jump), and Tim Mack (Pole Vault). At the World Indoors, Bernard Lagat won his second 3,000m title, while team USA dominated the men's 4x400m, claiming their third-consecutive gold medal in the event. The quartet of Jamaal Torrance, Greg Nixon, Tavaris Tate and Bershawn Jackson easily won the 4x400m in 3:03.40, over three seconds ahead of runner-up Belgium. Rising star Dusty Jonas won the first major international medal of his career with his third-place finish in the high jump.

David Oliver(110 HH), Christian Cantwell (Shot Put), and Wallace Spearmon (200) each dominated their respective events on the final day of the Outdoor Championships held in Des Moines, Iowa which did a great job of hosting the meet for the first time. Notable winners included Nick Symmonds, who won the 800 for the fourth consecutive time, Bershawn Jackson who won his third consecutive 400 intermediate hurdle title in a world-leading time of 47.32; and David Oliver who gave a preview of his season's coming attractions when he set a PR of 12.93 in winning the high hurdles. The Outdoor nationals also marked the final time that former Olympic and World champion Allen Johnson would compete on home soil, as he retired shortly afterwards at the Gateshead Diamond League meet.

Team USA men took a record 36 medals at the

NACAC Under-23 Track & Field Championships held in Miramar, Florida, while the men's team (led by MT&F vice chair Ed Gorman as head coach) earned nine medals overall at the World Juniors in Moncton, Canada, suggesting that prospects for the future remain bright. Conor McCullough set an American Junior record of 80.79m in winning the World Jr hammer, up one place from 2008. There were also WJr gold medal performances from the 4x400 team (Joshua Mance, Errol Nolan, David Verburg, and Michael Berry), and the 400 relay team (Michael Granger, Charles Silmon, Eric Harris, Oliver Bradwell). On the international track circuit, several athletes performed well, most notably Tyson Gay who took down none other than Usain Bolt in Stockholm, 9.84 to 9.97, while Bernard Lagat won both the 3km and 5km at the "inaugural" Continental Cup in Split, Croatia. Also winning gold there were Christian Cantwell (shot), Wallace Spearmon (200), Jeremy Wariner (400), David Oliver (110HH) and Dwight Phillips (Long Jump).

Finally, your MT&F leadership has participated in several ongoing projects, including finalizing arrangements for the 2011 Outdoor Nationals and 2012 Olympic trials, both scheduled for Eugene, and the staff selection process for major international teams for 2011 and 2012. Under the new selection procedures approved by the membership last year in Indianapolis, the 22 member committee now serves simply as a nominating body, while a ten member committee that includes two staff from the National Office now serves as the selection body. All staff selections must still be ratified by the Board.

On behalf of Vice Chair Ed Gorman and the other members of the MTF Executive Committee, I would like to extend my congratulations and appreciation to the athletes, their personal coaches, agents and managers, the officials, and the many volunteer coaching and managerial staff who served on international teams, for an outstanding job done throughout the year.

Respectfully submitted,

John Chaplin, MTF Chair

Women's Track & Field

Women's track & field lost many friends this year. Our former chairman, Pat Rico, gave so much to women's track and field serving as chairman and President of USATF. She was still working for WTF by serving on the membership committee at the time of her passing. Harold Connolly continually worked to improve the coaching and performance of our young hammer throwers. We must keep up his efforts! Scott Davis was the voice of track and field. You always heard his voice at major meets; he knew the athletes and their performances so well. Coach Andrew Pettigrew was a young coach at the University of North Carolina. His expertise will be missed by his athletes. High school expert Doug Speck was a fantastic authority for Southern California and the entire high school world. His statistics and meet organization for the Arcadia HS meet are legendary. Each of these individuals contributed so much to our sport and will be greatly missed. We are fortunate they shared their gifts with us!

Competition-wise, 2010 was devoid of a major international senior outdoor championship. However, American Records were still set. Chaunte Howard-Lowe reset the high jump three times during the season finishing just a fraction under the world record. Kara Patterson rewrote the javelin record book also during the season. Molly Huddle set a new record in the 5k during her race in Brussels.

During the World Indoor Championships, Lolo Jones won her second 60m hurdle championship. Debbie Dunn won her first major international championship in the 400. Brittany Reese added gold to her resume in the long jump. The meet concluded with a 4 x 400 championship by Dunn, Debbie Trotter, Natasha Hastings, and Allyson Felix.

The former World Cup became the Continental Cup. The USA athletes were members of the Americas team coached by Amy Deem, University of Miami. The winning relays featured USA's Shalonda Solomon, Dunn, and Shericka Williams.

The combined events Thorpe Cup was held in Germany this year. The USA women swept 1-2-3 led by Bettie Wade PR.

The NACAC Under 23 Championship was held in Florida and USA athletes dominated the

women's sprints winning the 100 (Jeneba Tarmoh), 200 (Tiffany Townsend), 400 (Shelise Williams), both hurdle races (Ti'erra Brown) along with both relays. Other gold medalists include Keri Bland (1500), Rebeka Stowe (5k), Sarah Porter (10k), Kiani Profit (hept), Amber Kaufman (HJ), and Anna Jelmini (discus).

The Junior World Championships were held in Canada. The USA women were led by the sprinters winning gold in both relays along with Stormy Kendrick in the 200. Emily Sisson set a High School Record in the 5k even though she didn't medal.

Off the track, the main tasks of the committee were to select USA staffs for the 2011 and 2012 World Championships and Olympic staffs. A new selection process was in place this year and still in process at press time. A new selection method for the assistant team managers/event managers will be implemented in 2011. Individuals interested in being considered for one of these positions are asked to complete online applications.

The ongoing meet management duties of working with local meet organizers to host the Indoor Nationals in Albuquerque for the first time in years and Outdoor Nationals in Des Moines continue. Committee members also work on the meet schedules and qualifying standards.

I would like to thank the committee members for all their hard work and their participation in the never ending meetings/conference calls during the year!

Sue Humphrey
Chair

Reports From
Development Programs



Coaching Education
Men's Development
Women's Development
Sports Medicine and Sports Science

Coaching Education

Coaching Education had a productive year amidst experiencing a transitional year. With some internal changes within the executive committee mid-year, there was a real team effort to work together and provide an outstanding product for schools conducted in 2010. Troy Engle accepted the position as interim Chair.

Great leadership was extended by Larry Judge, Matt Lydum, Dave Shrock, Andrew Allden, Dr. Joe Vigil, and many others to assure the Coaching Education programs were quality and well received by participants. There were 45 LEVEL 1 schools conducted which served over 2000 participants. A new protocol was instituted in January of 2010 which asked all instructors to recertify by application which brought their instructing record up to date. This new protocol will allow school directors easy access to current instructors who are eager to instruct at LEVEL 1 schools. The recertification will take place at the beginning of a new quadrennial to assure the Coaching education instructors list is current. Matt Lydum and Tamara Ards oversee the recertification process. Andrew Allden, representing the Coaches Education Committee gave a presentation at the Association Workshop in August to better inform Association leaders how CE can assist them in hosting schools and how the CE courses are managed.

A quality group of instructors hosted over 200 students at the LEVEL 2 School at Villanova University in July along with an ITC school led by Matt Lydum. Villanova was a great host school and provided excellent facilities including modern apartments for the resident students. Participants included several students from the Caribbean Islands and also a gentleman who came from India to participate in the Sprints/Hurdle specialty.

The new Youth LEVEL 2 was conducted immediately following the Junior Olympics Nationals in Sacramento in early August. The school received outstanding reviews from 92 students who were schooled in the particulars of developing the youth athletes in all the event disciplines with an emphasis on the growth and development, psychological and physical needs of the young athlete. A new youth LEVEL 2 certificate was awarded to those passing the online exam. This certificate allows those individuals alumni status for event specific LEVEL

2 courses. An outstanding staff led by Matt Lydum, as school director, had expert in all scientific components of training as well as the events. Dr. Joe Vigil gave a superb presentation on the “art of coaching” and the week was capped off by an appearance from Olympian and Legend, Billy Mills, who captured the group with his inspiring story which led to his gold medal victory in the Olympics.

Other new initiatives for Coaching Education included a partnership with NFHS to produce an online course for the Fundamentals of Track and Field, which will be made available to the public and all interscholastic coaches and teachers as an entry level course to our traditional CE courses. The coaching education committee also awarded minority female coaching grants to 6 individuals who attended either LEVEL 1 or LEVEL 2 schools in 2010.

Coaching Education Committee wishes to expand its programs in the future and encourage the participation of interested coaches who have a desire to be instructors and embrace the philosophy of sharing their expertise and experience with emerging coaches and our USATF membership.

Respectfully submitted,

Troy Engle
Interim Chair

Men’s Development

Welcome!

On behalf of Men’s Development Committee, I would like to welcome you to this year’s USATF annual convention in beautiful Virginia Beach, Virginia.

We cordially invite you to attend our Men’s and Women’s Joint Development General session while you are enjoying your time here at the convention. Please refer to the calendar in your packet for time and location.

What is the “development wing” of USATF?

The Development division of the High Performance wing of USATF is constructed of several committees of importance. One such committee is the Men’s Development and Women’s Development. While they are separated

by gender in name, however, most if not all, plans, events and studies are jointly shared by both genders.

In the fall of 2009, the Development Committees underwent a radical redesign to support the mandate of the National Office Executive Department's desire to create a lean and efficient volunteer committee group. The 2010 indoor and outdoor seasons were the first to be governed by the newly organized two-tier Development Committee's structure. The top-tier consists of the Development Chairs which disseminate and collect information from and to the lower tier through what is termed the Broad Event Coordinators. Unlike the past organizational structure, this tier is solely responsible to disseminate information, planning and policy to the athletes, coaches and agents. Additionally, High School Outreach, Junior Hammer and Junior Javelin SE Chairs are included within this group.

In its current construction, the committee (men and women combined) is comprised of twenty-four individuals from various walks of life. There are coaches, former athletes, business professionals and those with other expertise that aid to the committee's success.

2010 RECAP

Identifying is our key role in development. Identification of key events that historically yield Olympic and World Championship medals are termed "Best Bet". Those events that would take a great deal of USATF resources be that financial, scientific or other assistance are termed "Development". Events which have shown to have great potential for yielding Olympic and or World Championship medals with assistance of a modest amount of financial, scientific or other resources are termed "Target". It is this group that the Development Committee primarily focuses upon in our projects and outreach programs.

Identifying the current athletes with "Podium Potential" for the year is done through careful statistical analysis or what has been termed "A/B" charts. This important document created by the HP Division of the National Office, list the top 15 athletes from the previous season. Additional statistics such as age, "A" or "B" Standard obtained, previous season's best, National, Olympic and or World Championships finish results are all included with this document to assist the Chairs and Event Coordinators in

determining whom is fundable and the event or in many cases the individual deserving of support for the upcoming year.

Lastly, identifying the potential and understanding that the future of an event relies heavily upon the strength of its future athletes, the "Immediate Post Collegians" or what is termed (IPC's) is a key responsibility of the Development Committee. Identification of IPC's in their first year out of college (IPC-1) and those in their second (IPC-2) are of main focus to this committee. The key philosophy of focusing on the IPC group is understanding identifying talent and reaching out to those individuals coupled with providing various degree of support may be all that is needed to prevent USATF's talent pool from diminishing during those tough years immediately following the conclusion of college eligibility.

Once the key individuals, events, and event groups have been identified, the bulk of work done by the Development committee is dissemination of resources through single event SUMMITs, bio-mechanical studies, competitive opportunities, High Performance Centers and the Podium Education Program.

Examples of programs that were offered in 2010 were;

- ✚ Podium Education Program/Project (PEP) – Orlando, Florida, December 2009
Synopsis: High-level coaching seminars presented by clinicians that have achieved podium level accomplishments and or have demonstrated that they possess valuable insight/knowledge that is critical for all coaches in the event to consider or incorporate.
- ✚ Summits – Various locations throughout the year.
Synopsis: Similar to PEP's, Summits expand the concept and invite a focus group of athletes and their respective coaches for class-room and practical sessions. Additionally, it is common to incorporate, bio-mechanical, bio-medical, sports psychology, nutritionist and video analysis.
- ✚ Bio-mechanical studies – Various locations throughout the year.
Synopsis: Many of these projects are continued studies. In the case of the hurdles, there has been video-tape analysis and reviews for more than thirty (30) years! In the jumps, there has been a continued study of force plate analysis which has continued to

assist the jumpers and coaches in their preparation and understanding of jump mechanics. And in the throws, there are release velocity/angle studies that occur in training and at competitions.

✚ High Performance Centers – Conducted at National Championships.

Synopsis: Capturing of video data from the National Championships and review. High Performance Centers are facilities created at the championships for review of video data for athletes and coaches. Film is made available at the earliest possible opportunity proceeding a given event. Coaches, athletes and SE Chairs review film and create personal disc for the athlete/coaches ownership.

✚ Competitive Opportunities – Various locations throughout the year.

Synopsis: As a group or individually, it is determined that if a gap is present in an event group's schedule. A suitable competition location is located and negotiations with Meet Management are entered into to add the event(s) to the schedule at USATF Development cost. Development additionally facilitates in most cases travel, housing and on occasion creates a summit at these events.

2011 AND BEYOND

After a long and exhausting search, the National Office Sports Science Technical Coordinator has been filled. This newly created position will better assist the efforts of the Development Committee in pulling all resources together, biomechanics, sports psychology, nutrition, physiology and event planning. This collaboration of efforts will better aid the ultimate results and bring better and consistent data to assist the athlete in optimizing their performances as we continue to develop events and individual athletes within event groups.

The plans for 2011 are to be more streamlined and focused on continuing to identifying key individuals and events to assist in reaching USATF's Project 30 goal of thirty medals in the 2012 London Olympic Games. This season's IAAF World Championship is 2011 main focus as it has traditionally been a preview to what to expect in the following Olympic year in regards to performers, medal candidates and event health. Continued use of the fore mentioned tactics are key to the immediate and future success of the goals of the HP Development Division. While limiting the number of individuals involved within

the Development Committee and the addition of the Sports Science Technical Coordinator, a call for new, innovate and forward thinking studies, summits and PEP's has been offered to those new individuals that have joined the group and those that have been retained.

Finally, as mentioned in last year's recap, USATF's hire of Benita F. Mosley as Director of Sports Performance and her subsequent hiring of Terry Crawford as Director of Coaches Education, have yielded a more concentrated effort within the Development Division and continue to be encouraging in regard to the level of National Office support and resources that have been made available to assist our committee, scientist and athlete's needs.

SUMMARY

Development continues to prove its worth. In 2010, Kara Patterson's American Record in the woman's Javelin, Chaunte Howard-Lowe's American Record in the woman's High Jump and David Oliver's American Record in the men's 110 meter Hurdles are glaring example of how science and coaching facilitated by Development can produce results.

Additionally this year, we saw the trend of reaping the benefits of our efforts continue. We saw a re-emergence of the distances on both the men's and women's sides and new faces in the men's and women's throws and sprints.

This year, we are looking for exciting opportunities created and challenges taken on as we approach the championship cycle. This summer's IAAF World Championship in Deagu, South Korea will be a benchmark for what we hope to be a glimpse into USA's resurgence in events we have not fared well in the past and a continued dominance in strong areas/events that traditionally have yielded high podium results. It's going to be an exciting year and Men's and Women's Development will lead the charge as we strive for 30 medals in London.

Sincerely,

Tonie Campbell
Chair

Women's Development

The Women's Development Committee was very active in the spring, organizing competitive opportunities for athletes in all areas. The following meets were supported:

- Mt. Sac Relays for sprints, middle distance, hurdles, jumps and throws
- Drake Relays for PV, HJ and throws
- Brutus Hamilton Meet for middle distance
- Peyton Jordan Meet for long distance
- Oregon Invitational for middle distance
- Georgia Tech Meet sprints, hurdles and jumps
- Tucson Elite Meet for throws
- Occidental Meet for middle distance
- California Relays for hurdles, jumps and throws
- Adidas NY Meet - worked w/management to support

Filming was done at these meets by Eagle Eye and the athletes were given access to their video through the internet. Rooms were set up so that if the athletes/coaches wanted to come by at the meet that could also be done. At Drake Relays and Tucson Elite Meet the athletes came in to review film and discussions were held with coaches. Tucson Throws Meet also supported a Friday Summit in which athletes were given sessions by Jim Reardon, sports Psychologist and Indianapolis based St. Vincent's scientists who spoke of the healthy body and screening that was available for specific testing.

Filming was also done at Nationals for the senior events. Coordinators were available to interface w/athletes and coaches. Film was available to athletes both at the meet and to retrieve from the internet.

Racewalk held their Summit in conjunction w/the RW World Cup Trial in NY in April. Sports psychologist, technique speakers, exercise physiology, and motivational speakers were there to interface w/athletes and coaches. An OTC stay for Trevor Barron was approved. Filming also took place at Nationals with this group of athletes.

Tom Pukstys, Duncan Atwood and Steve Leigh, biomechanist, held a mini-camp in the javelin at Chula Vista which included the women's and men's group in March. This included video analysis, psychological training w/USOC staff, and nutritional consultation for travel and meet

preparations. Physical testing and throwing took place as well. The goal was to do a preseason check on technical parameters including angles and positions.

A Development Meeting was held in conjunction with Outdoor Nationals this year with Benita Mosley and Duffy Mahoney introducing Robert Chapman and outlining his role in the committee's work. Terry Crawford and Steve Simmons were also introduced as new hires at National Office. Benita presented the new HP Plan and Duffy outlined changes that were coming in the science area. This meeting was specific to updating the committee on changes taking place.

In September the Committee came together in Indianapolis to review the year, include the science people in the discussion, and to plan for a year in advance. This included the summits yet to be held in the fall of this year as well as workshops and meets for the spring. USOC, USATF office, and development committee people all came together for Fri/Sat/Sun to review 2010 and propose new initiatives and plan the science involved. After each event area reviewed their 2010 and highlighted athletes to watch the scientists gave reports on what they were seeing in each group. Many questions for discussion were brought up and looking ahead to 2011 and 2012 brainstorming took place in many areas. Duffy Mahoney explained the athlete Tier System which will be in place for the spring meets. This will include the travel, medical, etc. that athletes will have access to. Breakout sessions were held for event areas w/scientists there. Summit dates were chosen for the fall and lists of athletes were generated.

The Sprint Summit took place in September in Las Vegas w/only elite coaches present. Ralph Mann ran this summit w/Robert Chapman from National Office. Distance Summit took place in October in Colorado Springs w/elite athletes and coaches taking part. Robert Chapman took lead of this. The Throws and Jumps Summit is to be held in Las Vegas in November w/elite athletes and coaches coming to that. Biomechanists will be present at all of these to go over the science of the events. Sports psychologists and nutritionists will give out information to be covered at the spring Workshops as well as to interface w/the athletes on an individual basis. St. Vincent's core of scientists will be available for a session as well as the individual Functional Movement Screenings to take place at the

summits and workshops. Nationals video will be available for review and athletes will receive information regarding what to expect for 2011.

Goals for 2011 center around getting the Workshops set up for the spring w/meets that are meaningful for the athletes to achieve the A standard for World Competition. Presenting science in a way that is useful for both coaches and athletes and their competition plan is a work in progress. We need to continue to support the events that have a large group of "A" standard athletes and move the middle group up to that standard. Identifying younger athletes for the emerging events becomes a must and then supporting them to elite status. Developing our younger athletes while all the while keeping our standards high for those elite so that they reach the medal stand is a goal that is always there. Working with National Office personnel to put together great programs that are easily accessible to the elite coaches and athletes as we move forward and a goal for science to be further integrated into the athlete's world is just one more standard to move toward.

The Women's Development Committee includes:
 Amy Deem and Francesca Green – Sprints
 LaTanya Sheffield – Hurdles
 Rose Monday and Carol McLatchie – Distance
 MaryAnne Daniel – Racewalk
 Connie Price Smith and Ramona Pagel – Throws
 Diane Wholey, Dave Kerin and Brian Yokoyama – Jumps
 Scott Hall – Multis
 Megan Thomas – Juniors

Submitted by,

Rita Somerlot
 Chair

Sports Medicine and Sports Science

Our committee has continued to provide comprehensive world class medical care to our athletes. We provide hands-on medical care and we serve as a valuable resource for the latest information about the prevention, diagnosis and treatment of injuries and medical issues relating to athletes. We search for legal methods to enhance human performance.

We provide experienced team physicians, athletic trainers, massage therapists, chiropractors and sports psychologists for our international teams. We work year-round with the High Performance Committee and the Coaching Education Committee. Our members actively participate USATF's Olympic Quadrium planning. Benita Fitzgerald Mosley led an organizational and planning meeting in Albuquerque during the National Indoor Championships.

We were pleased when Robert Chapman, Ph.D. FACSM, was hired as Associate Director for Sports Science and Medicine in May. He has helped us define our goals and helped implement our plans. We reviewed and modified our selection process to meet USOC criteria and to facilitate online application.

We provided guidance and support to local organizing committees at domestic meets including the Indoor Championships in Albuquerque and the Outdoor Championships in Des Moines. We have been working with the local medical committee for the 2012 Olympic Trials in Eugene.

Our Sports Psychology Program is recognized as the world standard for its leadership, innovation, creativity and service to athletes. Rick McGuire, Ph.D. and Ralph Vernacchia, Ph.D., led our group and now Steve Portenga, Ph.D. chairs the subcommittee. I thank them for their continued support. Our program serves as the model for other USA governing bodies and for foreign federations. We conduct a mentoring program for new members. Our psychologists work with event groups year-round and also serve at major meets.

Jack Ransone, Ph.D., ATC, does a wonderful job coordinating our medical personnel as chair of the Medical Subcommittee. He has implemented several innovative ideas including designing a structure to support our training camps. He has a magical touch in juggling the schedules of our medical staff. Jack also ensures that our teams are equipped with the supplies and equipment as they compete around the world. We obtain our medications from SportPharm.

Mark Troxler, D.O., ensures that we remain aware of Doping Control requirements of the International Olympic Committee, the International Association of Athletic Federations, the U.S. Anti-Doping Committee, and the World Anti-Doping Committee.

Our Sports Science Subcommittee, under the direction of chair Mel Ramey, Ph.D., works closely with the High-Performance Committee to provide state-of-the art research and direct support to coaches and athletes.

Our exercise physiologists, including David Martin, Ph.D and Robert Vaughn, Ph.D, provide invaluable physiological, environmental, weather and training data. We continue to apply high altitude training principles.

I serve as a member of the IAAF Sports Medicine and Anti-Doping Committee. I was the Medical and Anti-Doping Delegate for the Prefontaine Meet in Eugene and the Medical Delegate at the World Junior Championships in Moncton, Canada. I was the medical delegate at the NACAC U-23 Meet in Miramar, Florida. Major action issues for the IAAF include doping, physiological and environmental factors, chronobiology, eating disorders, anemia, gender, the effects of Ramadan fasting on competition, and medical coverage of meets and road races.

Respectfully Submitted,

*Bob Adams, D.O.
Chair*

Reports from the
Long Distance Running
Division



Men's Long Distance Running
Women's Long Distance Running
Masters Long Distance Running
Cross Country Running Council
MUT Sport Council
(Mountain, Ultra, and Trail Running)
Road Running Technical Council

LDR Division

To all the members of the Long Distance Running Community:

I would like to thank everyone who has helped me this year with my role as the division chair.

There were a great number of challenges and issues that we dealt with this year. Aside from being the LDR Division Chair, the position has also included the responsibilities of vice-chair of the High Performance Group development committee, which is responsible for the approval and appointment of the Chair of the High Performance Committee; representing USATF on the board of Running USA, and being unanimously selected by the Women's track and field chair, Men's track and field chair, RW chair, and the AAC to fill the role of High Performance Chair in the interim since the resignation of Brooks Johnson. Added to all of that was the selection process for Olympic Trials marathon site. Needless to say, things were/are very busy.

I would also like to publicly thank Stephanie Hightower (President of USATF), Bill Roe (Past President USATF), Jim Estes (associate Director of Marketing LDR Programs), Elizabeth Phillips (Past Women's LDR Chair), Glenn Latimer (Men's LDR Chair), Mike Scott (CX Council Chair), Nancy Hobbs (Mountain Ultra Chair), Gene Newman (RRTC Chair), and Don Lein (Masters LDR Chair).

I would especially like to thank the people in the national office (big kudos to Jim Estes, Sandy Snow and Aron McGuire) who have helped me out, while filling dual roles, more than I can express. They are some of the best qualified and most reliable people (as is Sherry Quack who keeps me on my toes) in the national office.

I am not going to rain on the parade for all of the committees and the great reports that they will present, so here are just some of the general highlights of the LDR Division:

HIGHLIGHTS OF THE LDR DIVISION IN 2010

--Championships

During 2010 the LDR Division has conducted 33 National Championships in Road, Cross Country, Masters and Mountain/Ultra/Trail events. I was fortunate to attend at least one event in all categories. Bid forms were also put out for the 2012 Olympic Marathon Trials and there is a great deal of interest. Several cities have really raised the bar to meet the

2008 trails standards! After a long drawn out process, the end result was the joint running of the 2012 trails at Houston in January of 2012.

--Media

On-going media support for the LDR division and National Championship events, more than 70 releases regarding LDR Team, Programs and Championships were sent out during 2010. 2010 also saw the creation of a new USA Running Circuit website in partnership with RunnerSpace.com to bring live web coverage of our road race championships.

--Programs

The USA Distance Project was introduced in the fall of 2005 and continues to support athletes that have developed into national champions, members of various Team USA LDR squads and role models for developing distance athletes.

--USA Distance Project

The USA Distance Project, which is devoted to sustaining the long-term development of elite USA distance athletes so that they can compete successfully in both domestic and international competitions, including major championship events has thus far received support from the Austin Motorola Marathon and the Twin Cities Marathon. Now under the guidance of Jack Wickens the project is continuing to grow. Team USA Distance Center programs continue to grow such as the Mammoth Track Club (Mammoth Lakes Calif.), McMillan Elite (Flagstaff, Ariz.), Zap Fitness (Blowing Rock, N.C.) and Team USA Minnesota (Minneapolis, Minn.) have made significant progress toward bolstering the strength of U.S. long distance running and have supported athletes such as Ryan Hall, Jorge Torres, Brett Gotcher, Deena Kastor and Katie McGregor.

--Combined Track &Field and LDR Programs

The High Performance committee as well as both men's and women's track and field committees have opened up greater levels of cooperation and support ensuring greater levels of success on the track as well as on the roads in the distance events. The High Performance committee is funding the Podium Education Project in the middle of December this year to be held in Orlando that will bring the coaches and athletes together that have "cracked the code" of reaching the podium. I especially want to thank Benita and Terry for all of their help.

Although there are too many to name, I would

like to thank all of the people that have helped me through this year.

Respectfully submitted,

Fred Finke, Chair
Long Distance Running Division

Men's Long Distance Running

Update October 2009 to December 2010

As last year's USATF Annual Meeting, the Men's LDR Annual Report was written in November in order to meet publication deadlines for the Annual Convention, here are a few highlights of Men's LDR activities from October 2009 through to the end of 2010. (Web site links provided where possible.)

KEY EVENTS AND PERFORMANCES AT THE END OF 2009

**2009 USA Men's Marathon Championship
November 1, 2009 New York, New York hosted
by ING New York City Marathon**

Place	Name	Age	Finish	Pace/Mile
1	Meb Keflezighi	34	2:09:15	4:56
2	Ryan Hall	27	2:10:36	5:00
3	Jorge Torres	29	2:13:00	5:05
4	Nick Arciniaga	26	2:13:46	5:07
5	Abdi Abdirahman	32	2:14:00	5:07
6	Jason Lehmkuhle	32	2:14:39	5:09
7	Peter Gilmore	32	2:15:22	5:10
8	Mike Sayenko	25	2:16:38	5:13
9	Mike Reneau	31	2:16:45	5:14
10	Allen Wagner	29	2:17:49	5:16

TEAM USA EVENTS

Chiba International Ekiden, Chiba, Japan -
November 23, 2009

Combined men's and women's team - 5th place.
Report:

www.usatf.org/news/view.aspx?DUID=USATF_2009_11_24_13_00_08

OTHER COMPETITIONS

2009 USATF National Club Cross Country Championships

www.usatf.org/events/2009/USATFClubXCChampionships/

HIGHLIGHTS 2010

We continue with our emphasis on our stated goal of the reemergence and reenergizing of USA distance running. Again, we have seen excellent progress in 2010. Of particular note were the American Record performances of Chris Solinsky (10,000 meters – 26:59.60) and Bernard Lagat (3,000 meters – 7:29.0) performance depth charts can found at

www.usatf.org/statistics/topMarks/2010/outdoorTF/men.asp.

2010 KEY ACTIVITIES AND ACHIEVEMENTS AND ACTIVITIES

1) On March 1, the men's and women's committees announced that the 2012 U.S. Olympic Team Trials – Marathon will be held in Houston, Texas on January 14, 2012. The Olympic Trials will be held the day before the 40th anniversary of the Chevron Houston Marathon. This will be the first time in the history of the marathon trials that the men's and women's events will be held in the same location, providing a unique opportunity for media exposure and fan support for the event.

The women's and men's committees and the National Office are hard at work with the Houston Marathon Committee to ensure that this historic event will be a success on all levels. In 2011, the USA Half Marathon Championships will be held as a "test" event for 2012, allowing athletes to preview the Olympic Trials course and the Local Organizing Committee's operating plans for ground transportation, hospitality and event logistics.

The course for both the 2011 USA Half Marathon Championships and the Olympic Trials will consist of a core loop of eight miles, starting and finishing at the George R. Brown Convention Center in downtown Houston. The core loop will run clockwise along Buffalo Bayou Park, traveling out on Allen Parkway and returning via Memorial Drive with two short out and back sections. The 2011 event will include an "add on" loop in order to cover 13.1 miles. The Olympic Trials course will cover the core loop three times with "an add" on loop of 2.2 km at the start.

We are also in the process of exploring various initiatives relating to webcasts, and broadcasts of the event with the United States Olympic Committee and NBC, as well as finalizing marketing plans and proposals for potential sponsors.

In preparation for the Olympic Trials, to date, 92 men have met the qualifying standard.

Although the bar was raised on qualification standards for the 2012 Olympic Trials Marathon, we have seen athletes meeting the challenge and qualifying in good numbers already for the 2012 Olympic Trials. We look forward seeing qualifying numbers continue to rise in the remaining 14 months of the qualifying period.

2) In 2010, USATF partnered with RunnerSpace.com to create www.USARunningCircuit.com to highlight USA championship road racing at its best! The website offers live coverage of championship racing, athlete interviews, fan contests and archives of championship coverage and results.

In 2011, USARunningCircuit.com will continue to provide fans with the latest news about the circuit featuring coverage of each event with photos, video of each competition, video interviews with top finishers, videos featuring top ranking athletes on the circuit, the latest results, up-to-the-minute standings and lists of past champions. Selected events on the circuit will be webcast live on USARunningCircuit.com.

USARunningCircuit.com is another way USA Track & Field is better showcasing our events online. Webcasts of USARC races have shown that there is a large audience for more robust coverage of our championship races and top distance runners. USARunningCircuit.com will provide plenty of coverage for that audience while drawing in new fans to road racing, an activity that millions of Americans enjoy on a participatory level.

3) USA Distance Project
Continues to be refined and developed. Report from Jim Estes and Jack Wickens in Indianapolis. Details at <http://www.usatf.com/about/programs/USADistanceProject/> -

4) Cooperation
We have continued to work closely within the LDR Division, and there is excellent communication between Fred Finke LDR Division, Virginia Brophy Achman, Women's LDR Jim Estes and Glenn Latimer, as well as with Nancy Hobbs with MUT, Mike Scott, Cross-Country Council, and Don Lein, Masters. In particular Men's LDR and Women's LDR have worked together on several initiatives

2010 USA RUNNING CIRCUIT PRIZE MONEY - MEN

Jan. 17	USA Half Marathon Champs	\$29,750
March 13	USA 15 km Champs	\$26,500
May 8	USA 25 km Champs	\$15,600
May 13	USA 1 Mile Road Champs	\$10,000
July 4	USA Men's 10 km Champ	\$30,000
July 24	USA 7 Mile Champ	\$22,500
Sept. 6	USA 20 km Champs	\$20,000
Sept. 19	USA 5 km Champs	\$15,000
Aug. 21	USA Men's 10 Mile Champi	\$17,500
Oct. 3	USA Men's Marathon Champ	\$72,500
	Subtotal:	\$259,350
	USARC Grand Prix Bonus:	\$12,500
	Total:	\$271,850

5) The MLDR Executive Committee continues to maintain our record of nearly 50% athlete involvement on this committee. They are sharing their views and insights with this committee. Full committee is listed below,

USATF MEN'S LDR EXECUTIVE COMMITTEE - 2010

(A = Athlete – nearly 50% athlete composition on the Executive Committee)

Chair: Glenn Latimer

Vice Chair: Dan Browne A

Secretary: Mark Winitz

Treasurer: Philip Greenwald

Tomy Sitton

Brian Mastel

Creigh Kelley

Allan Steinfeld

David Martin PhD

Carey Pinkowski

Dr. James Li

Edwardo Torres A

Ed Moran A

Nate Jenkins A

Fasil Bizuneh A

Peter Gilmore A

Matt Gabrielson A

Max King A

Note **** Brian Mastel is stepping down from this Committee effective October 2010

We thank Brian for his contributions.

Jim Estes, Assoc. Director of Marketing and LDR

Fred Finke, LDR Division Chair,

Virginia Brophy Achman, Women's LDR Chair

Team Selectors

John Tope, USA Team Selector
Bob Sevene, USA Team Selector
Glenn Latimer, Chair, USA Team Selector
Todd Williams, athlete, USA Team Selector
Staff Liaison: Jim Estes

Championships

Chair, Bob Latham,
Vice- chair, Scott Simmons
Staff Liaison: Jim Estes

6) Other

- ✚ Regular communication on issues with coaches, Executive Committee, WLDR, etc, and athletes, and Track & Field Chairs.
- ✚ Presence by Chair and/or Vice Chair, and/or Championships Co-Chairs at National Championships events.
- ✚ Excellent rapport with elite and developing athletes. A lot of time spent soliciting their opinions on issues, and also talking regularly with the premier coaches.
- ✚ Fuller reports on MLDR National Championships, performances of Men's USA Teams at major international events and Selection Criteria for USA Teams will occur at the Annual Convention.
- ✚ Operated within budget.
- ✚ Dealt with the usual variety of issues which appear regularly.
- ✚ Although the bar was raised on qualification standards for the 2012 Olympic Trials Marathon, we have seen athletes meeting the challenge and qualifying in good numbers already for this OT event. More details and current lists available in Indianapolis at the Convention, and Qualifiers will be listed at: www.usatf.org/events/2012/OlympicTrials-Marathon-Men/entry/

7) Link to MLDR Associations / Delegates, and various committees.

<http://www.usatf.org/about/directory/info.asp?parent=Long+Distance+Running+Division&group=Men's+Long+Distance+Running+Committee>

8) Thanks

- ✚ To all those who have served at the Association level, and at the National Level.
- ✚ Thanks to all who helped in the Olympic Trials Marathon Race Process, particularly Edwardo Torres who served as the MLDR Athlete Representative on the Steering Committee..
- ✚ Brian Jones has spearheaded the AADP program, and Bob Latham and Scott Simmons have served us well as Co-Chairs of

Men's LDR Championships Events. Bob and Scott will present reports on their respective activities to MLDR delegates at the 2008 USATF Annual Convention.

- ✚ Thanks to all who have served on MLDR Executive Committee, especially our tireless Secretary Mark Winitz.
- ✚ Thanks to Bob Sevene, John Tope, and Todd Williams who have joined me as USA Team Selectors.
- ✚ Again, having Jim Estes in the USATF National Office has been a huge boost to LDR. It has seen improved communications and actions to the betterment of LDR.

Respectfully submitted,

Glenn Latimer
Chair

Women's Long Distance Running

The highlight of the year for the Women's Long Distance Running Committee was on March 1. The men's and women's committees announced that the 2012 U.S. Olympic Team Trials – Marathon will be held in Houston, Texas on January 14, 2012. The Olympic Trials will be held the day before the 40th anniversary of the Chevron Houston Marathon. This will be the first time in the history of the marathon trials that the men's and women's events will be held in the same location, providing a unique opportunity for media exposure and fan support for the event.

The women's and men's committees and the National Office are hard at work with the Houston Marathon Committee to ensure that this historic event will be a success on all levels. In 2011, the USA Half Marathon Championships will be held as a "test" event for 2012, allowing athletes to preview the Olympic Trials course and the Local Organizing Committee's operating plans for ground transportation, hospitality and event logistics.

The course for both the 2011 USA Half Marathon Championships and the Olympic Trials will consist of a core loop of eight miles, starting and finishing at the George R. Brown Convention Center in downtown Houston. The core loop will run clockwise along Buffalo Bayou Park, traveling out on Allen Parkway and returning via Memorial

Drive with two short out and back sections. The 2011 event will include an “add on” loop in order to cover 13.1 miles. The Olympic Trials course will cover the core loop three times with “an add” on loop of 2.2 km at the start.

We are also in the process of exploring various initiatives relating to webcasts, and broadcasts of the event with the United States Olympic Committee and NBC, as well as finalizing marketing plans and proposals for potential sponsors.

In preparation for the Olympic Trials, to date, 24 women have met the “A” qualifying standard and 84 have met the “B” qualifying standard. This total of 104 athletes includes the 13 athletes who qualified during the one-day window in 2009 at the Medtronic Twin Cities Marathon.

Women’s performances to date are exceeding the 2008 Olympic Trials pool of “A” qualifiers, which had a grand total of 19. We look forward to the 14 months remaining in the qualifying period, to see that number continue to rise.

2010 NATIONAL CHAMPIONSHIPS

Our year was filled with an outstanding list of National Championships for women and generous prize money, totaling \$262,000. We thank the USATF Associations, Race Directors, Event Organizers, Sponsors and most of all the athletes for their support of our programs.

USA Running Circuit Web Site

In 2010, USATF partnered with RunnerSpace.com to create www.USARunningCircuit.com to highlight USA championship road racing at its best! The website offers live coverage of championship racing, athlete interviews, fan contests and archives of championship coverage and results.

In 2011, USARunningCircuit.com will continue to provide fans with the latest news about the circuit featuring coverage of each event with photos, video of each competition, video interviews with top finishers, videos featuring top ranking athletes on the circuit, the latest results, up-to-the-minute standings and lists of past champions. Selected events on the circuit will be webcast live on USARunningCircuit.com.

USARunningCircuit.com is another way USA Track & Field is better showcasing our events online. Webcasts of USARC races have shown

that there is a large audience for more robust coverage of our championship races and top distance runners. USARunningCircuit.com will provide plenty of coverage for that audience while drawing in new fans to road racing, an activity that millions of Americans enjoy on a participatory level.

2010 Championship Results

Aramco Houston Half Marathon

Shalane Flanagan	1:09:41
Serena Burla	1:10:08
Amy Hastings	1:11:19

Gate River Run 15K

Katie McGregor	49:51
Jen Rhines	50:27
Magdalena Lewy-Boulet	50:39

Medtronic TC 1 Mile Road Championship

Anna Pierce	4:33.9
Sarah Bowman	4:34.9
Christin Wurth	4:36.3

Fifth Third River Bank 25K

Katie McGregor	1:26:24
Samia Akbar	1:29:03
Dot McMahan	1:30:08

Quad City Times Bix 7

Lisa Koll	37:52
Amy Hastings	38:33
Andrea Walkonen	38:43

Medtronic TC 10 Mile

Katie McGregor	54:21
Renee Metivier Baillie	54:37
Alissa McKaig	55:18

Stratton Faxon New Haven Road Race (20K)

Magdalena Lewy-Boulet	1:07:41
Stephanie Rothstein	1:08:26
Nan Kennard	1:08:38

CS/Caremark Downtown 5K

Molly Huddle	15:48
Sara Hall	15:58
Renee Metivier Baillie	16:15

Tufts 10K

Molly Huddle	32:00
Jen Rhines	32:16
Katie McGregor	32:45

ING New York City Marathon (Race Date - 11/7/2010)

Grand Prix Circuit Title

The winner to be determined after the Women's US Marathon Championship held at the ING New York City Marathon.

WORLD PERFORMANCES

Our women continue to compete around the world.

World Half Marathon Championship – Nanning, China

Our USA Women's Team came in 7th place overall.

Stephanie Rothstein	#19	1:13:13
Samia Akbar	#36	1:16:15
Loretta Kilmer	#38	1:16:32
Kristen Zaitz	#39	1:16:51
Heidi Westover	#41	1:18:06

Chiba Ekiden

Meghan Armstrong
Kim Conley
Stephanie Pezzullo
Kristina Vegh

We are looking forward to the USA International competition at the Chiba Ekiden in Japan on November 23 and the Club Nationals Cross-Country Championships on December 11.

ATHLETE DEVELOPMENT PROGRAM

In 2010, the ADP program was supported by several events. We are pleased to report the following results for the Women.

Fifth Third River Run 25K Grand Rapids, MI - May 8

Megan Lund	6 th	1:34 CO
Molly Nunn	8 th	1:35 NC
Brittany Hubbard	18 th	1:44 NE

Medtronic TC 1 Mile

Lindsay Allen	11 th	4:51 AZ
Annick Lamar	14 th	4:59 NJ
Susanna Rivard	15 th	5:01 IN

Medtronic TC 10 Mile

Natasha Labeaud	DNF	AZ
Erin Nehus Vergara	DNF	IN

Tufts Heath Plan for Women 10K

Clara Grandt	6 th -	33:24 WV
Megan Duwell	8 th	33:49 AZ
Lindsay Allen	9 th	33:54 AZ
Erin Nehus-Vergara	10 th	33:59 IN
Danielle Domenchelli	25 th	35:58 AZ
Stephanie Perleberg	56 th	39:54 WI

Aramco Houston Half Marathon Jan 17, 2011

Contact Linda Barnhart, Women's LDR ADP Coordinator, for 2011 event participation. LindaBarnhart@cox.net

Jenny Crain Mentoring Program

On January 21, 2010, USA Track & Field announced the Jenny Crain Mentoring Program was officially kicked-off at the Aramco Houston Half Marathon, host of the 2010 USA Half Marathon Championships.

The mentoring program featured current and former top U.S. Athletes including Magdalena Lewy-Boulet, Matt Gabrielson and Elva Dryer, who spoke with emerging elite athletes about available resources for developing athletes as well as maximizing opportunities with sponsors and event directors.

The program was named in honor of Jenny Crain who was hit by a car as she finished a morning training run in her hometown of Milwaukee, Wis., in August 2007. A member of the 2005 Team USA World Championship Marathon squad, Crain was in training for her fourth Olympic Marathon Trials at the time of the accident.

Crain represented Team USA at multiple international competitions and was also a fixture on the USA Running Circuit. During her athletic career, she was well-known for her unbridled enthusiasm and she became a positive role model for up and coming athletes. At many of the USA Championship races, she would spend her free time both formally and informally talking with younger competitors about the nuances of life as a professional athlete, and the sacrifices and rewards it offers. Crain also served on the Women's Long Distance Running Executive Committee of USATF.

As Crain continues her rehabilitation, her family has set up the Jenny Crain Make it Happen Fund to help pay for uncovered medical expenses. If you would like more information on benefits and other programs to support Jenny, become a friend of the Jenny Crain Make it Happen Facebook page.

The Jenny Crain Mentoring Program final 2010 edition was hosted at the USA Women's 10 km Championships hosted by the Tuft's Health Plan 10K for Women October 11. The mentoring program featured current top U.S. athletes including Katie McGregor and Jen Rhimes and coach Terrance Mahon and administrators Kathy

Nary and Virginia Brophy Achman, who spoke with emerging elite athletes about available resources for developing athletes as well as maximizing opportunities with sponsors and event directors.

The program will continue in 2011 in conjunction with championship events. Locations will be determined at the annual meeting and posted on the USATF website.

We thank the staff of USATF for their continued hard work and support of our program and our athletes. Jim Estes, liaison to the athletes and race organizations, with his expertise and knowledge of our sport, is instrumental in the success of our program.

I want to thank my Committee for their support and hard work in providing the best opportunities for our athletes. Their enthusiasm and commitment to the sport was appreciated by the athletes.

Respectfully submitted,

Virginia Brophy Achman
Chair

Masters Long Distance Running

We started the year much as we finished off the previous year, by working on the 2010 WMA Standards. The committee agreed upon using these for the 2010 MLDR Championship races. We submitted them to WMA in January and received the approval to distribute them in May.

We also distributed the 2010 USATF Guidelines. These guidelines are used to select the top 2000 performances for inclusion in the rankings/awards database from the 4-5 million performances recorded each year by Masters athletes. If an athlete has a performance that betters these guidelines, the performance is eligible to be included in the database. These guidelines were provided to the running public so that athletes and administrators could submit their qualifying times to USATF.

We also wrapped up our 2009 Phidippides Awards program. This program, in its initial full year had 283 recipients. This program has proven to be very popular and promises to be

even more popular in the upcoming years. We wish to thank Hasty Awards who donates the plaques and to Running Times who donates advertising and National Masters News who not only advertises but also publishes the list of all qualifiers. We also want to thank Marian Lein for administering this program.

Under the guidance of our Championship Chair and Vice Chair of MLDR, Bill Quinlisk we had six Championships this year: the Half Marathon at Melbourne, FL in February, the 25K at Grand Rapids in May, the 10K at Ann Arbor in June, the 15K at Buffalo in September and the 5K at Syracuse and Marathon at the Twin Cities in October. Bill also has revised the bidding form so that it is less intimidating to potential championships bidders.

Under the direction of Pam Fales and Norm Green another slate of candidates was prepared for the Masters Hall of Fame and another class will be approved for induction. When the question of lack of balance of MLDR candidates on the ballot was raised, it was pointed out that while non championship/record performances were allowed to be considered in nominations, they have not been forthcoming.

Pam Fales has also worked for most of the year in assembling and implementing a Masters LDR webpage. Although her efforts have been assiduous and comprehensive, little progress has been accomplished.

Mary Rosado has been active in her three roles; WMA/NACAC representative, MLDR L&L representative and MLDR Drug Czar. She was elected Secretary of NACAC at its meeting this summer – congratulations!! She has also been very successful in raising awareness of the drug issue and need for education of athletes and administrators and general awareness of this issue throughout USATF.

David Katz, one of our co-recipients of the Otto Essig Award last year, continues to serve at IAAF and earlier this year was awarded the honor of being named the Road Course Measurer for the London Olympic Games – congratulations!!! David and Lloyd Stephenson both serve on the rules committee and hopefully will help us establish team composition rules that are understandable and enforceable. This will be extremely important in 2010 since we are expanding our Team Awards at our Championships and also planning on a Team

Grand Pix circuit.

We want to acknowledge the outstanding jobs that both Madeline Bost and Marian Lein have performed as Secretary and Treasurer respectively. We wish to acknowledge Lin Gentling and Bill Quinlisk for serving on our Executive Committee and keeping us updated on MUT and Cross Country.

Respectfully submitted,

Don Lein
Chair

Cross Country Council

I always find it "interesting" to be writing my annual report for the Cross Country Council just as the U.S. national and international scene is starting each year.

The 2009 USATF National Club Cross Country Championships were hosted by the Kentucky Track & Cross Country Coaches Association at Masterson Station Park on December 12 and featured over 1000 entrants (and over 900 finishers) and more than 100 scoring teams from across the United States vying for top honors, bragging rights as the nation's top cross country team, and \$30,000 in prize money. Zap Fitness (Blowing Rock, NC) won the open men's team title, while the Boulder Running Company/adidas successfully defended their open women's team title; David Jankowski and Serena Burla took home the individual titles. Tracy Lokken and Laura Haefeli were fastest in their respective Masters races, while Peter Magill and Carmen Ayala-Troncoso were the top age-graded Masters.

The Spokane Regional Sports Commission hosted the 2010 USA Cross Country Championships/US World Cross Country Team Trials at Planters Ferry Park in Spokane Valley, WA. The event featured athletes competing for national titles in six championship races, \$40,000 in prize money, and berths on the Team USA Squad that would compete the following month at the IAAF World Championships. Dathan Ritzenhein won the senior men's race for the third time in his illustrious career, while Shalane Flanagan ran away from the rest of the country to win the senior women's event for her fourth time. Trevor Dunbar won the junior men's title while

Shelby Greaney ran away with her first junior women's title. Colleen De Rueck and Tracey Lokken topped the age-graded standings in the Masters races.

Team USA won the two senior team titles in the sixth edition of the North American Central American and Caribbean (NACAC) Cross Country Championships, hosted in early March at Mt. Washington Resort in Tobago (Trinidad & Tobago). Delilah Dicleszenzo (New York, NY) and Max King (Bend, Ore) ran away to win individual gold and lead their teammates to the team gold. Madeline Morgan (Birmingham, Ala) won silver and Erik Olson (Novato, Calif) won bronze to lead their teammates to team silver medals in the respective junior races. Over 100 athletes representing eleven athletic federations participated in this event.

Team USA's senior women won the bronze medal at the 2010 IAAF World Cross Country Championships in Bydgoszcz to lead the U.S. Shalane Flanagan (12th) led Molly Huddle (19th), Magdalena Lewy-Boulet (20th), and Amy Hastings (25th) to third in the team standings behind Kenya and Ethiopia; Renee Baillie & Emily Brown rounded out the Team USA senior women. Emily Sisson finished 18th in the junior women's race to lead her teammates to sixth, while Trevor Dunbar claimed 29th in the junior men's competition to lead his squad to eighth. Patrick Smyth finished 36th to lead the Team USA senior men to 9th.

Carmen Ayala-Troncoso and Rick Beck were the top age-graded athletes at the 2010 USA Masters 5 km Cross Country Championships, hosted by USAF Oregon, at Ft. Vancouver Park, Vancouver, WA on Saturday, Oct 23. Lyudmila Vasilyeva and Charlie Kern led 160+ athletes over the course with the fastest times of the day.

The 2010 USATF National Club Cross Country Championships are scheduled for Saturday, December 11 at McAlpine Park in Charlotte, NC, home of the Foot Locker South Regional. The Charlotte Sports Commission is doing an outstanding job organizing the championships. The championships feature a \$30,000 prize money purse going to USATF club teams participating in the event!

Our next major championship is the 2011 USA Cross Country Championships, which is scheduled February 5 at Mission Bay Park in San Diego, CA. The 2011 IAAF World Cross Country

Championships is scheduled for Pumta Umbria, Spain on March 20, while the 2011 USATF National Club Cross Country Championships will be conducted in Seattle, WA on December 10.

Respectfully submitted,

Michael Scott
Chair

Mountain Ultra Trail Running Council (MUT)

The three disciplines within long distance running – Mountain, Ultra, and Trail – attract runners of all ages and abilities who enjoy the adventure and challenge inherent in our sports. There continues to be a growing interest in our programs from the running industry who respond to our athlete's needs by developing new and innovative footwear, high performance apparel, and quality nutrition and hydration products. The media provides support in terms of promotion and advertising geared to mountain, ultra, and trail aficionados. These avenues, coupled with the interest and enthusiasm of race directors nationwide, have fueled the growth in mountain, ultra, trail pursuits.

Our council made an effort to expand our marketing reach and to spread the USATF brand by taking advantage of low-cost social media tools and web 2.0 technologies. This includes the addition of a USATF MUT Facebook Fan page, conversion of the mountain team website to web 2.0 technology, and an extended use of twitter to provide updates on MUT happenings. During the year, we kept our fans up to date of the results of all MUT Championships via social media, including live twitter updates at the World Mountain Running Championships in Slovenia. Visit MUT at the following: Facebook: www.facebook.com/usatfmut; Twitter: www.twitter.com/usmrt; Web: www.usmrt.com

We have also been busy coordinating championships (at which we are seeing an increase in USATF members participating – as an example, more than 50% of the field at our 24 Hour Champs), team selection, and travel to our world events including the IAU 100km World Championships, the IAU 24 Hour World Championships, the NACAC Mountain Running Championships, the World Mountain Running Championships, and reviewing and responding to

missives from the national office staff and LDR leadership. We have a cohesive group dedicated to our sport and look forward to continued growth, awareness, and promotion of our sport in 2011 and beyond. Associations are encouraged to add Mountain Ultra Trail disciplines to their LDR program and to consider hosting a trail, mountain, or ultra championship event at the association or national level. Contact the Mountain Ultra Trail chair or a member of the Council for suggestions and support with starting a program in your association.

TRAIL AND MOUNTAIN RUNNING

The seventh mountain running national championship event was contested at Gorham, NH, at the 50th Mount Washington Road Race, which also hosted the only U.S. Mountain Running Team selection race.

National Champions were Chris Siemers and Kristin Price who each earned a berth on the mountain team along with Eric Blake, Joe Gray, Rickey Gates, Max King, Tommy Manning, Brandy Erholtz, Nicole Hunt, and Megan Lund (Siemers later turned down his spot and Chris Lundstrom took the final men's team spot).

The junior team is selected based on resumes and the team staff continued to outreach to the running community, including the addition of several college and high school programs who have expressed interest in providing candidates for our junior teams.

In 2010, USATF granted – for the first time in the team's history – some funding for the team. A total of \$10,500 was earmarked for the U.S. Mountain Running Team for travel expenses. Although this didn't nearly cover the more than \$25,000 athletes spent on their travel, it was a step in the right direction regarding support for the team and hopefully this support will increase in the very near future.

At the 26th World Mountain Running Championships on September 5 in Kamnik, Slovenia, nearly 40 countries participated. The U.S. Mountain Running Team had medal-winning results with a best-ever finish by our senior men with a silver result. Our senior women's team finished in fourth place, our junior women finished 13th, and our junior men finished in ninth place, the third highest team score in the junior men's team history. Team manager Nancy Hobbs thanks the dedication of this year's team staff including Richard Bolt, Ellen Miller, and Paul

Kirsch.

The 27th World Mountain Running Championships will be held on an up/down course in Albania, on September 11. The selection races for the 2011 team will include the USA Mountain Running Championships and possibly an additional qualifying race to be announced in December.

At the NACAC Mountain Running Championships in Canada, Team USA earned gold on both the men's and women's side.

In 2011 we added the half marathon and 15km to our trail championships repertoire which were staged in Bend, OR with champions Max King and Sopanga Eap and, and Spokane, WA, champions Ian Dobson and Julia Lucas respectively.

Our 10km trail championships were held for the second consecutive year in Laurel Springs, NC, where national trail champion titles were awarded to Bobby Mack and Gina Lucrezi. The trail marathon championships will be held for the second consecutive year in November at the Lithia Loop Trail Marathon in Ashland, OR. We have instituted a USATF Championship Trail Series award for 2010 which will be announced at the annual meeting in Virginia Beach.

ULTRARUNNING

National Championships

Ultrarunning had another banner year with some new events as well as returning events hosting championships. The 2009 championships were:
USA 50km Road, Caumsett Park, NY –

Champions Michael Wardian and Yolanda Flamino

USA 100 Mile Trail, Burning River, OH –

Champions Todd Braje and Annette Bednosky

USA 50 Mile Trail, Crystal Mountain, WA –

Champions Anton Krupicka and Meghan Arbogast

50km Trail Champs, Bend, OR – Champions Erik Skaggs and Kami Semick

USA 50 Mile Road, State College, PA –

Champions Todd Braje and Devon Crosby-Helms

24 Hours – Edgewater Park, Cleveland, OH –

Champions Serge Arbona and Connie Gardner

Our championships (mountain, ultra, and trail) have seen increased participation by USATF members during the past decade. Our council

continues to promote its National Championships calendar and actively solicits bids from race directors nationwide. Championships Chair Paul Kirsch works closely with our events and this year USATF provided travel for liaisons to each of our championship events.

100 KM TEAM

The 2010 IAU 100km World Championships were held in Gibraltar, on November 6 (report not available at press time). Special thanks to the staff Dr. Lion Caldwell, Team Leader Lin Gentling and Assistant Team Manager Tim Yanachek for accompanying the team to Gibraltar. The 2011 IAU 100 km World Championships will be held in Winschoten, The Netherlands on September 10. To be considered for the 2011 USA 100 km team, runners must be current USATF members and meet qualifying standards. View selection criteria at:

www.usatf.org/groups/MountainUltraTrail/.

This year the 100km Team received \$10,500 from USATF for team travel. Again, this amount doesn't cover the team expenses and thus, a not for profit fundraising arm was set up in 2007 for the 100 km team. The Fund for National Ultra-running Teams, Inc., accepts donations and the teams appreciate any and all support. The address is: PO Box 1807, Madison, WI 53701-1807.

24 HOURS TEAM

The eighth International Association of Ultrarunners (IAU) 24-hour World Championship was held in mid-May in Brive de Gaillard, France. The men's team won the bronze medal being edged out by Italy in the final hour, by less than 500 meters. Scott Jurek finished second overall (SILVER MEDAL) in a pending, absolute 24-hour record of 165.7 miles. Dr. Lovy once again served as the team doctor, with Roy Pirrung and Mike Spinnler serving as team and assistant team leader, respectively. Next year's event will be held in Brugg, Switzerland at a date to be determined. This year, for the first time ever, the 24-hour team received funding from USATF. The amount was \$10,500 to help defray the cost of travel.

In addition to these two international ultra-distance events, there was an IAU-hosted 50km World Trophy Final in Galway, Ireland – USA's Michael Wardian finishing in bronze-medal position – in conjunction with the 1st annual

Galway Marathon. The U.S. had athletes present at this event. Next year's event will be held in Assen, The Netherlands, on August 20. Participation is by invitation only, with runners able to qualify for selection at races designated as qualifiers and by meeting time standards.

Lastly, the IAU hosted an international trail race in Serre Chevalier, France and again, U.S. runners participated. The next IAU Trail Championships will be held in Connemara, Ireland, on July 10, 2011.

Special appreciation is extended to our enthusiastic and very active Mountain Ultra Trail Running Council for their efforts to bring more visibility to our three running disciplines within USATF.

Submitted by,

Nancy Hobbs, Chair

With input from the USATF Mountain Ultra Trail Running Council

Road Running Technical Council

A new Regional Certifier was appointed (Mark Neal) for the State of Washington.

Don Shepan retired with regrets as New Mexico Regional Certifier. Gene Newman is now handling this position.

We had a very successful Measurement workshop done for the Association's Annual Summer meeting in NY. The RRTC was represented by Duane Russell (measurement workshop co-chair), Jim Gilmer (NY Regional Certifier) and Jane Parks (CT Regional Certifier).

The RRTC has approved over 1650 courses for Certification. This number is an increase of 20% over last year, which was a record.

We established an Electronic Counter Policy effective Jan. 1st, 2010 (see below).

The Electronic Counter is approved for measuring courses for certification only by those that have used the device in the past, with the following exceptions:

a. It is not be used for measurement of

AIMS/IAAF courses.

- b. It is not be used for measurement for any big-city marathons, Olympic Trials, Olympic Marathons or National Championship Races.
- c. It may not be used for Validation measurements.

The link →

<http://www.usatf.org/events/courses/search/key.asp> which gives information about the explanation of the fields was changed. This explanation also occurs when you do a search using the Certified Course Search Engine, the results page includes a link near the top labeled "Explanation of fields" -- and when you click that link you get a pop-up window whose contents are provided by the indicated page – it also was changed.

On the USATF web site when you go to "About" at the top of the page go to "Bylaws". Next go to "Section V Appendices page 193." The example of our Measurement certificate was updated to our present Certificate

Electronic Submission will not be accepted by the Registrar as it has been found to be a problem for our check and balance system. The time saved and map clarity is not really an issue at this point in time.

The RRTC uses Carbonnite to back-up all its information.

Jay Wright (IL Regional Certifier) has given us a power point presentation for future workshop use.

A Sequential numbering for each State by a Certifier was put in place. This will allow the Registrar to find missing Certifications at the end of the year.

Our Data Officer has checked our Calibration Courses for the correct listing of their Distances. This has allowed us to find the length of each course more easily. Also, I checked each state to see how many cal courses were in use. Some states had only a couple, hence I notified the State Certifier that they should check each measurer's submission that they are using one of these Calibration Course otherwise they should submit an application for the Calibration Course used.

Changes were done to the course procedure manual for our map requirements. These were completed by Gene Newman, Mark Neal and

Bob Baumel. Here is where Bob made the changes!

I've made the additional change you suggested on the Course Maps web page at <http://www.usatf.org/events/courses/certification/manual/course-maps.asp> and I've also made matching changes in the PDF version of the manual at <http://www.usatf.org/events/courses/certification/manual/manual.pdf>. Note: I also realized that I needed to update page 2 of the PDF manual which includes revision dates at the bottom, and similarly, I needed to update the web page at <http://www.usatf.org/events/courses/certification/manual/> which has those same dates at the bottom.

The process for renewing courses will stop at end of this year. The RRTC decided to let them expire and redo the courses with our present standards.

The Registrar now welcomes all new measurer's with an email (see below).

Certified splits will be displayed on one Certificate. The drop/separation will be displayed on the Certificate as well as on the map. The Registrar would indicate there are certified splits in the Course Name (i.e. Joe's Half Marathon & Certified Splits, hence the Records people could find the Certified splits information by printing out the map.

Certification Information for the Associations. I have asked Karen Krsak and Andy Martin to have each Association to use the following link → <http://www.usatf.org/events/courses/>. Hence, each Association would then have the same link and it would provide all the information one requires on Course Certification.

Insurance and USATF Certified Official status for Course Measurers: David Katz has been in touch with the Officials Committee chair, who is very open to creating a special category of USATF Officials for Course Measurers. This category would be administered entirely at the national level, with RRTC in charge; thus, it would not require working through the local Associations who normally administer the certification of other kinds of USATF officials. The title for this new Officials category will be "LDR SURVEYOR". RRTC has set the criteria for attaining each level as follows:

Association level: Measures at least 5 courses

successfully for certification and is recommended by State Certifier and answers a "20 questions" test (must be done).

National level: Certified at Association level for at least 2 years, has measured at least 10 courses during that period, Recommended by State Certifier.

Master level: All Regional Certifiers and IAAF "A" or "B" measurers.

To start the ball rolling, we will immediately grandfather in all of the Certifiers and "A" or "B" measurers at the Master level, and we can probably designate many other known, prolific measurers at the National level. The measurers to be designated as Certified Officials will need to provide a photograph and other information to include on a USATF-issued ID card.

Mark Neal was named to the RRTC as he will take over the Bulletin Board as the monitor.

FUTURE GOALS FOR THE RRTC ARE TO...

Continue to have measurement Workshops and look for ways to encourage people to become measurers.

We would like to create a common web page link for all the Associations to use to find information about Course Certification (see above #17).

Respectfully submitted by,

Gene Newman
RRTC Chairman

Reports from the
General Competition
Division



Associations
Masters Track & Field

Associations Committee

Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." ...Andrew Carnegie

This has become by theme for the year 2010. We have committed to making our Associations better by what we can do for them and what they can do for themselves.

1. Coaches Education – Youth Level II and presentation at the Association Workshop in Buffalo.
2. Member Benefits – Need an enhanced benefit program
3. Association Committee Web Page
4. RRTC – Course Measurement Workshop at the Association Workshop in Buffalo
5. Association Workshop – Buffalo NY
6. Proposing to increase the number of Regions from 4 to 7 to allow the Regional Representatives to work closely with the Associations to aid in challenges they face.
7. Develop a strategic plan and goals for the future of the committee and the Associations.
8. Looking for opportunities to save on expenses by leveraging electronic means of communication.
9. Working closely with the National Office to ensure committee budget is in line with goals and strategic plan of USATF.

With each of the above came challenges and opportunities for our committee. Below you will find a summary of each of the projects that came to the committee in 2010.

Coaches Education found life this year as the first annual Youth Level II took place immediately after the Junior Olympics in Sacramento in August. The school was a success beyond what we anticipated. Individually, I want to thank Matt Lydum and Dave Shrock for the vision and working toward the goal. However we need to commend our Coaches Education group who took on this project and delivered a high quality product

Member Benefits really hasn't moved forward as I had hoped. Katherine Branch continues to work diligently with vendors but I am requesting that

the National Office provide additional support to help in locating possible vendors for the enhancement of the benefit program and with that I would want to see the National Office have a service level agreement to act quickly on the submitted items. Do we still have bugs to work out? Yes, of course we do, but all things worth doing are worth doing right.

Association Committee Web Page has taken on a new form during 2010. We now have minutes of our AEC conference calls, annual meetings and workshops. We now need to move forward with posted newsletters from each of the regions so that we are all in the know. We also need to post our committee operating procedures. It is important that all areas of the country stay informed as to what their committee is doing.

RRTC worked with the Association Committee in 2010 by putting on a Course Measurement Workshop in conjunction with the Association Workshop in Buffalo, NY. I appreciate the support of Gene Newman who supported this endeavor and Duane Russell and his team who came in and put on a successful workshop. This was yet another great opportunity to bring committees together that can work for the common good and find avenues to educate.

2010 Association Workshop was a great success again this year. I want to thank Ron Mascarenas, New Mexico, and Jim McKee, Kentucky, for working to make this again one of the most successful Workshops ever. I want to encourage our Associations to contribute ideas and suggestions for the coming year.

Proposal to Increase the Number of Regions from 4 to 7 which will allow the region reps to work more closely with those Associations who have challenges and need advice and aid. We look forward to this proposal passing at the annual meeting in Virginia Beach.

Strategic Plan & Goals is part of the committee operating procedures. This year we accomplished getting a draft presented to the Association Executive Committee at the workshop. With suggestions and feedback a final presentation will be made to the full committee at the annual meeting. The strategic plan and set of goals will put in motion the future growth of the overall performance of the associations.

Lower Expenses within Associations is all part of the goals of the committee. We need to find

better ways to communicate electronically and Jim McKee, our subcommittee chair on Communication, is working to make that happen. The committee wishes to thank Sherry Quack for her hard work to reach the point where the Association delegation forms that are annually sent from the National Office will be electronically sent and returned to the National Office electronically. Second we realize that one of the accreditation items is one newsletter per year. I believe that we can do better using an electronic communication form. We all realize that some members do not and never will have email and in those cases a print and mail copy can be completed. This would lower the cost in all Associations with mailing only a limited number. I would want to see more communication within each Association if electronic means can be made. Third, the subcommittee on communication is also looking into a scanner, again low cost, that any committee could use to scan membership cards instead of using paper for sign in sheets at their meetings. A report could then be printed for permanent record and the National Office would have a summary of all meeting attended and by whom. We, as the Association's Committee, will pilot the scanner this year in Virginia Beach.

Budgets are always a concern for any group; however, as the Association Committee moves forward we want to ensure that our budget requests are in line with the National Office and committee goals.

Although 2010 has been a challenging year we must commit to be better in 2011 than we were in 2010. I look forward to new opportunities that we are presented with and seek out new opportunities to work with other committees to present cohesive relationships within USATF. I appreciate the confidence that the committee has in the Executive Committee and trust that we look out for their interests in all decisions made.

Karen Krsak
Chair

Masters Track & Field

2010 was of year of significant progress on several fronts. It was the second year of my new four year term.

We launched our own website early in the year

after much discussion with the National Office. Jeff Brower is the web master. It has had limited success.

The membership increase film, Forever Fast, is complete. The implementation program will begin in 2011. We were awarded a \$19k grant by the BOD for the purchase of video equipment for the Region Coordinators to roll out the film.

We held Anti-doping Education sessions in conjunction with the outdoor meet in Sacramento as a requirement for testing in 2011.

We signed an agreement with the National Senior Games to conduct the T&F portion of their semi-annual games. They will pay us \$5k. The agreement also provides for extensive cross marketing.

We will finish the year within budget and in general our finances are in order.

USA Masters Championships were conducted for:

1. Indoor Championships were again held in Boston, MA, in March 26-28 with 900 competitors.
2. July 19-20 the Combined Events Championships were conducted in Joplin, MO
3. July 22-25, I traveled to Sacramento, CA for our Outdoor Championships where over 1200 athletes competed which was the third largest number ever.
4. August 7-8, Lisle, IL the Throws Championships were contested.

In March I attended the World Masters Athletics Indoor Championships in Kamloops Canada where the USA team of over 200 athletes competed.

Respectfully submitted by;

Gary Snyder
Chair

Reports from the
Administrative Division



Athletes Advisory
Athletics for the Disabled
Coaches Advisory
Law & Legislation
Officials
Organizational Services
Records

Athletes Advisory Committee

The Athletes Advisory Committee (AAC) structure consists of its officers:

Chair – Jon Drummond
 Vice-Chair – Allen Johnson
 Secretary – Dexter McCloud
 Treasurer – Suzy Powell
 USOC Representative – Joanna Hayes
 USOC Representative – Gary Morgan

In addition, an athlete Event Leader is elected for every discipline that is contested at the Outdoor National Championships. Along with the Office position, these elections are held every two years.

The responsibilities of the Athletes Advisory Committee are:

- ✚ **Policy advice** - Serve as a source of reference, opinion, and advice to the officers, CEO, National Office Management, Board, and all national and Association committees about current or contemplated USATF policies and all matters relating to athletes and athletes' rights;
- ✚ **Athlete representatives** - Appoint, elect, or oversee the election or appointment of athletes' representatives to USATF committees or subcommittees when authorized by these Bylaws and the Operating Regulations;
- ✚ **Participation in governance** - Encourage and foster the representation and active participation of athletes at the meetings of USATF, its Board, and its committees, and at all other levels of decision-making within USATF and in Athletics;
- ✚ **Meetings** - Conduct meetings of the Active Athlete delegates and other Active Athlete attendees at the annual meetings of USATF;
- ✚ **Performance** - Assist athletes in achieving maximum performance in Athletics competition.

The committee's day to day activities are governed by the use the aforementioned responsibilities. And, our 2010 accomplishments are a reflection of these policies. They are enumerated on the following page.

2010 OBJECTIVES

Our objectives for the year, and some of the action items to meet those objectives, are as follows:

1. Improve communications between athletes and USATF

2. Professionalize the sport
3. Form a union

Communications Development

1. Appointed Mechelle Lewis as the AAC Communications Liaison to the USATF National Office
2. Establishing a reporting structure between our Event Leaders and Officers

Improved Professionalism

1. Appointed Marsha as Emerging Elite Liaison; she attended and spoke at Georgia association Annual Meeting
2. Working with associations to appoint AAC Chairs at the state level; Kevin Young recently appointed AAC Chair for the Georgia Association

Formation of TFAA

1. Assembled a finite group of professional athletes who committed to being charter and board members of the Track & Field Athletes Association;
2. Assisted in chartering and obtaining the registration documentation necessary to form a non-profit organization
3. Working with the TFAA board in establishing services and benefits for athletes, marketing efforts and day-to-day operations

Along with our established objectives, AAC also continued its efforts of committee responsibility to include:

- ✚ Assisting athletes in obtaining athlete support, coaches and advice on agents and contract
- ✚ Development of Athlete Code of Conduct
- ✚ Providing Athlete Representatives for the National Team Staff selection process
- ✚ Working with Men & Women's Track & Field during championship events
- ✚ High Performance development

THE YEAR AHEAD

Next year will be a pivotal one for the Athletes Advisory Committee and the athletes. Preparations have already begun for the World Championships. These preparations include selection of Athlete Representatives for all 2011 competitions, working with USATF to allocate athlete support funds and services and, development of a High Performance Development Plan.

In addition, now that the TFAA has been established – AAC efforts will be more focused on those issues that pertain to athlete rights (while the TFAA will be focused on arbitration

and other issues that directly impact the professional side of the sport).

There has always been a process in place to insure that athletes are fairly represented. This process includes working with all the volunteer committees and USATF staff to insure that the 20 percent athlete minimum, as mandated by the Ted Stevens Act, is always met. On a go-forward basis, this mandate will always be integral to the AAC "continuous improvement process"

Submitted by,

Jon Drummond
Chair

Athletics for the Disabled

Time flies when you're having fun. It's been quite a busy year. We had a full slate of meetings and events and we are not done yet. This year started with discussions with some of my executive board on a proposal to USATF. The Board of Directors was contacted and a meeting was set-up in March to have committee people meet with the Vice President of the Board, Jack Wickens, and Board member Willie Banks.

The two-day meeting was very productive with both sides understanding more about each other. We had asked as a committee for several things. First and foremost that USATF become the governing body for all athletes. The meeting ended with our committee answering some of the Boards questions and we would put together a presentation for the full Board. The steering group finished their presentation and presented it to the Vice President of the Board, Jack Wickens, who presented it to the whole Board. The Board spent time on the issue and there was universal support on this issue of inclusion and have approved the first step -- a work group to study the steps toward inclusion. We will come back with a final study this fall for the Board. A lot of work was done with more to follow but we are working with the Board to answers questions and accomplish our goals.

We had athletes at the J.O's this year with an extra event added. We also ran our second Cross- Country Inclusion Clinic that was a big success! We ran a couple of disabled clinics and hope to spread this out across the country.

We are opening up channels with other Disabled Sports Organizations on participation in events by all groups. We will be working on a common schedule for athletes and will be putting a lot of emphasis on our Junior athletes, coaches education and a performance plan. We brought several Junior athletes together in several inclusion events and plan on expanding this. All in all, it's been a busy year with allot to look forward to.

Steve Cuomo
Chair

Coaches Advisory Committee

After a successful election of new officers at the 2009 Annual meeting, the Coaches Advisory Committee has been engaged in a very active year. New Chair, Ralph Lindeman, along with the Director of Coaching, Terry Crawford, have initiated several new projects for the Coaches Advisory Committee that have been able to provide a greater level of involvement for coaches in USATF activities. This new direction was stimulated by the expansion of the Executive Committee which now has a representative from every coaching constituency in the United States. This policy of inclusion will better serve our diverse coaching community and allow for cross-pollination as we partner to enhance the professionalism of our career paths and encourage stronger partnerships in the coaching community to better serve the athletes from grassroots to professional. The establishment of the Director of Coaching position within the National Office structure was also a positive message from the President, Board, and Senior Management to recognize the service that our coaching Community gives to USATF and the responsibility that USATF has to acknowledge and nurture that community.

Coaches Advisory now serves as the selection committee for all recipients of USATF's Coaching Enhancement Grants. The committee awarded grants to defray expenses to the World Junior Championships Symposium, the USOC Training Design Symposium, the NACACTFCA Congress, and the Podium education Project. Working in conjunction with the National Office High Performance department, Coaches Advisory expects to increase these professional opportunities which are posted on the USATF website, under Coaching Education Special

Programs on an annual basis.

In the awards area, the Coaches Advisory Executive Committee, served as the authority group in making the final selection of the new Gill Coach of the Year Award. Two outstanding Coaches, Jim Holdren from Virginia and Pete Boudreaux from Louisiana were the first recipients of the Gill Coach of the Year. They are both long time contributors to USATF. As the CAC assumes a greater role in recognizing the accomplishments and good deeds of our coaching community, the selection of USOC coaching awards from their NGB's will be housed in the Coaches Advisory Committee. For accomplishments, Coach Clyde Hart was presented the prestigious IAAF Coach of the Year in 2010 and in November, Dr. Joe Vigil is being honored at Adams State University, with a bronze statue of himself to be placed at the track for his long term contribution to the University's athletic and academic programs.

New officers also began the process of reviewing by-laws and regulations to prepare for the legislative year in 2011. New initiatives will be brought forth to better position the involvement of the CAC in our governance structure. The Executive Committee has been asked by the Division 1 Coaches of the USTFCCCA to host a meeting at their convention in San Antonio, Dec. 14-16, 2010. Officers are currently working with staff of USTFCCCA to arrange a meeting time.

The Coaches Registry which was the project of the Zero Tolerance Committee of Coaches Advisory was launched in May of 2010. The registry currently has over 1000 coaches who have registered to be able to participate in USATF coaching programs. In July of 2010, a task force was named by the President which was an outgrowth of the original committee to have over site of the registry and to offer recommendations to the Board of Directors for its ongoing refinement. Ralph Lindeman, Bev Kearney, Bob Larsen, Brett Halter, current officers, and exe. Committee members are members of the Coaches Registry Task Force. Curtis Frye and Connie Price-Smith, members of the Zero Tolerance committee of CAC, are also members of the Task force.

In closing, the Coaches Advisory Committee had an outstanding turn out at its 2009 meeting in Indianapolis at the Annual Meeting, and that should be a strong indication of the interest and enthusiasm of our coaching community to be

engaged in the organization. The new officers and executive committee will work diligently to be a objective voice in all coaching matters in USATF and to present a transparent environment in all work the committee engages.

Respectfully submitted,

*Ralph Lindeman
Chair*

Law and Legislation committee

The year 2010 is a year during which the Rules Committee is tasked with promulgating and presenting rule changes to the membership at the Annual Meeting. Rules and Law and Legislation Committees alternate responsibilities for fulfilling their missions and presenting a product to the membership. Since 2010 is a Rules year, Law and Legislation has worked on a few issues that either remain from the 2009 meeting or those that arose during 2010 and require action at this Annual Meeting.

There are four groups of items to be presented for action in 2010 by Law and Legislation. The first group deals with Regulation 16, the Committee on Diversity and Leadership Development. This matter was subject to a vote passed by the Board following the 2009 meetings and now must be presented to the membership for adoption.

The second group of legislation contains three resolutions to finalize issues discovered following review of matters passed that deal with terms of service for board members as well as NABR and the mechanics of contract execution.

The third group deals with compliance by USA Track and Field with IAAF rules dealing with agents. There remains a mechanism for dealing with additional IAAF changes that require immediate action by USATF.

A fourth group of items that require editorial changes which do not deal with substantive issues. These matters arise following the annual meeting when it is discovered that the language used has mechanical problems, not

changes to meaning.

The 2011 meeting will be a Law and Legislation year which authorizes the committee to promulgate and present substantive changes to the by laws and regulations. Input by the membership is invited including submission of proposals for action no later than the second week of September of 2011. Submissions should be made to Judge Jim Murphy, chair of Law and Legislation and Tim Baker, Secretary of Law and Legislation. Submissions must conform to requirements dealing with form and content. Law and Legislation will meet in early October to create a legislative package for presentation to the Board and to the membership at the 2011 Annual Meeting.

Submitted by,

Jim Murphy
Chair

National Officials Committee

Since the annual meeting of 2009 I have had three meetings with the former CEO and President Stephanie Hightower regarding issues affecting officials. Stephanie has been very approachable and realizes the efforts and hard work the officials do for USATF and all other levels of track & field. In addition Brian Brase the official's liaison with USATF headquarters has been great to work with. He has been instrumental in setting up the head official's compensation program and has covered additional official's expenses that have not been picked up by LOC's.

All of the championships (Indoor, Combined and Outdoor) were well officiated even though some officials could not make the Indoor due to difficult weather conditions. At the combined event meet officials outnumbered athletes. Food and lodging for all three meets was more than adequate. There were some amenity issues regarding youth meets. This situation is being addressed and hopefully rectified for 2011. Alternates needed for the 2010 championships were many (3) for the Indoor, (1) for the Combined Events and (10) for the Outdoor.

The 2011 Championships meet(s) letter and application were mailed to all national and Master

level officials on August 30, 2010. In excess of 2700 letters were mailed. The applications had a post mark return date of October 16, 2010. As of today October 19, 2010, 345 applications have been received for the selection process. The official's representative on the selection committee for 2010 is Delores Murray. Delores has replaced Ray Fitzhugh who elected to reduce his workload as chair of the Appeals/Selection committee. Ray has done a great job with this committee over the years and deserves a public thank you.

At the NOC mid-year Executive Board Meeting Rex Harvey resigned his position as Vice Chair of Training. Rob Buzaitis was appointed to the position until the 2010 annual meeting. At the annual meeting Rob will have to run for election to complete Rex's term.

All of the NOC Executive Board members continue to work hard on your behalf. Rex and now Rob have completed many training programs along with "Best Practices" that, are now available on the official's website. A special thanks to Jim Flanik, Vice Chair of Certification who's term is ending. Jim has done an outstanding job upgrading and maintaining the certification process. Gordon Bocock, Vice Chair of Awards, continues taking the Awards Program to a new level. George Kleeman, Vice Chair of Rules as always makes any rule changes, correction or deletions available in a timely manner. Sue Polansky the NOC treasurer is very tenacious regarding the committee's funding and spending. Our secretary Tom Hott does a good job of recording our proceedings and getting information out to the committee in a timely manner. Also part of this group is Don Berry. Don is our parliamentarian who does a great job keeping our meetings orderly and focused.

Sue Polansky and Gordon Bocock have again worked very hard in planning and producing a Hall of Fame/Awards Banquet. Hopefully your schedule allows you to attend. It's a very enjoyable and entertaining evening. In addition this year the NOC will present the Lori Maynard Race Walk Award. The Race Walk Committee approached the NOC about presenting an annual Race Walk Award named in honor of Lori Maynard and making the award part of the NOC's Officials award package.

Officiating opportunity in 2011 the World Masters Athletics Championship is being held at SAC State in Sacramento, CA. If you have ever had

the desire to work a world championship and gain international experience this is the meet to apply for. This is an eight day meet which is a considerable commitment but very rewarding and it's in the USA.

Challenges, there are many but one that needs to be improved upon is in certifying new officials. We need to start a recruitment program so that in 5 to 10 years this committee is as strong and productive as it has been. With the advancing of age among our officials it behooves us to dedicate ourselves to a recruitment program.

Another challenge is getting new officials certified in a timely manner. A task force organized by Vice Chair of Certification has been working on this problem and is charged with coming up with solutions to this problem.

A special thanks to Shirley Connors for organizing clinics at the annual meeting and at times at the national championships. It takes a considerable amount of time developing topics, finding presenters and acquiring meeting rooms, etc.

Foreign exchange program for 2010 USATF had two representatives; Mike Armstrong and Terry Thurber visit the UK and work a meet in early September. In August the UK sent Paul Smith and Aidan Smith to the USA to work the USATF Masters Championship in Sacramento, CA. Both Paul and Aidan worked all field events and did an excellent job.

Reminder "Best Practices" an accumulation of track & field information and procedures to work an event or manage a track meet is available on the Officials' website. Take advantage and use this information when conducting your local clinics. In many instances all you will have to do is print the information for presentation.

Let me close this report by Thanking You for all you do for USATF and other levels of the sport you officiate. It's your Efforts, Dedication and Professionalism that make meets fair and equal for each and every athlete participating.

Len Krsak
National Officials Committee Chair

Report of the Organizational Services Committee

This has been a busy year for our committee and its subcommittees.

The Accreditation Subcommittee chaired by Harry Simonis is completing the two-year accreditation cycle of Associations as mandated by USATF regulations. In addition to longstanding Association standards, a new standard of fiscal solvency was created by USATF legislation passed in 2009. Two Associations were found out of compliance with the new standard, requiring the subcommittee and full committee to take accelerated action. The reviews of the remaining 55 Associations will be finalized at Virginia Beach.

The Site Selection Subcommittee which is co-chaired by Wayne Roberts and me has been working toward making a recommendation for the sites of the 2015 and 2016 USATF Annual meetings. Thirteen cities submitted bids and five finalists were selected for fall visits. The subcommittee will hear final presentations in Virginia Beach and make recommendations to the full committee. If the recommendations are approved, they will go the final general session for a vote by the delegates. Note the following sites of upcoming annual meetings that were already selected prior to this year:

- 2011 – St. Louis
- 2012 – Daytona Beach
- 2013 – Indianapolis
- 2014 – Anaheim

The Elections Subcommittee, headed by Ruth White, is preparing for off-year elections in Virginia Beach for a number of our USATF committees. The condensed meeting schedule will present new challenges in conducting those elections. We will work with the committees to meet those challenges.

The Credentials Subcommittee chaired by me will be busy at Virginia Beach dealing with the usual delegate credential issues.

Our Nominations subcommittee chaired by Herb Nicholls does not have any duties this year since there are no elections for national office. However, its members will be assisting the committee and other subcommittees in their work.

As always, I thank my subcommittee chairs, and the members of the committee and subcommittees as well as the National Office staff (especially Andy Martin, Brian Brase, and Sherry Quack) for their tireless efforts in providing essential services to the organization and the sport.

Respectfully Submitted,

*Edward R. Koch
Organizational Services Chair*

Report from the L&L Committee to the Membership - 2010

There are four groups of things that need to be voted on concerning L&L his year. The first is the Reg 16, Committee on Diversity and Leadership Development. This was voted on by the Board after the Meetings, and now has to be adopted by the membership.

The second group contains four resolutions to clean up problems discovered in what was passed that need to be cleaned up having to do with terms for the Board and the NABR and contracts.

The third has to do with bringing us into compliance with the IAAF regarding Agents. There is also a “place holder” for additional IAAF changes which have not been finalized.

The fourth group is what is referred to as “OOPS”es. When L&L was going through what we had done last year, we came across things that were obviously not correct. Using the editorial prerogative given to L&L, we made the changes in what was published. To memorialize these, we would now like to submit these to the membership for a vote. Needless to say, if anyone objects or think that there is a better word or way of saying something, please suggest it and we will vote on it.

If there are any questions or suggested changes, please contact tbaker03@verizon.net.

PROPOSED AMENDMENTS TO ARTICLE 11 SUBMITTED BY DAVID GREIFINGER AND JIM MURPHY, LAW & LEGISLATION COMMITTEE

Based on the following resolution from the Board, the subsequent changes recommended:

WHEREAS, USATF’s members restructured the Board of Directors at the 2009 Annual Meeting by amending USATF Bylaw Article 11; and

WHEREAS, the restructuring legislation did not contain provisions for re-nominating constituent-based independent Board members for second terms without submitting additional nominees; and

WHEREAS, the restructuring legislation also did not contain provisions for reappointing independent Board members without soliciting other applicants for the positions; and

WHEREAS, the constituent committees responsible for nominating Board candidates should have the option of re-nominating their Board members if the members are eligible to serve second terms; and

WHEREAS, the Nominating and Governance Panel should be permitted to reappoint eligible independent Board members for second terms without soliciting other applicants for the position; and

WHEREAS, the restructuring legislation also did not address the impact of partial Board terms on the term limits; and

WHEREAS, selection of Board members to fill positions of those who served initial two-year terms is to take place at the 2010 annual meeting.

NOW THEREFORE BE IT RESOLVED that the Law & Legislation Committee and Board recommend that Article 11 be amended at the opening session of the 2010 annual meeting to:

- 1. Permit constituent-based committees responsible for nominating Board members to re-nominate eligible members for second terms by majority vote without providing alternative nominees;*
- 2. Permit the Nominating and Governance Panel to select eligible independent Board members for second terms without soliciting applications for the position; and*
- 3. Provide that partial Board terms of two years or less shall not count against the eight-year term limit.*

NOW THEREFORE BE IT FURTHER RESOLVED that the Law and Legislation Committee's proposal is submitted with this resolution for Board approval and submission to the membership at the opening session of the 2010 annual meeting.

Proposed amendment

D. Term limits: *No individual may serve on the Board for more than eight (8) consecutive years, except the President, IAAF Council Member, and International Athletes. However, an individual who fills a vacancy or otherwise serves a Board term of two years or less may then serve for up to eight (8) more consecutive years.*

G. Selection of Board members: *Each group responsible for nominating individuals for the Board to the Nominating and Governance Panel shall select at least three (3) individuals for each open position at the Annual Meeting when the applicable term will commence. However, if a group's nominee is eligible to serve a subsequent Board term, the group may, by majority vote, nominate the individual as its sole choice. The Nominating and Governance Panel may accept or reject any or all nominations forwarded to it, and shall instruct any group that does not make at least three (3) nominations acceptable to the Panel for an open position to make substitute nominations. The Panel shall solicit applications for the independent Board members. However, if an independent Board member is eligible to serve a subsequent term, the panel may select that individual without soliciting applications for the position. The Panel shall select the members of the Board to ensure competence, and reasonable ethnic and gender diversity. The Board may, by a two-thirds (2/3) vote of its total membership, reject any selection made by the Nominating and Governance Panel and instruct the Panel to make a substitute selection.*

Action Requested: Amend Articles 11-D to clarify term limits, and 11-G to streamline selection of incumbent Board members.

Rationale: 11-D: There is no provision in the term limit paragraph for partial terms. This proposal maintains term limits while allowing for continuity. 11-G: If those responsible for choosing a Board member want the member to continue, it is unproductive to solicit others for the position.

Constituencies affected: Groups that nominate Board members.

Estimated budget impact: Minimal.

AMENDMENT ARTICLE 17.B OF THE BYLAWS SUBMITTED BY JIM MURPHY

The Board shall make these nominations at the ((annual meeting of USATF immediately preceding the IAAF Congress at which elections for the positions take place)) at an in-person meeting no later than the end of February in the year of the IAAF election for the positions.

Reason - The prior language was written when US nominees were determined by the delegates voting at the Annual Meeting. The meeting preceding the IAAF Congress was the last possible occasion when that could happen. When the procedure was changed to provide that the Board makes these nominations, this timing provision was inadvertently overlooked. Under the new procedure, the last possible occasion when the nominations can be made is, in fact, the last Board meeting before the IAAF's deadline for nominations. The Bylaws should be amended to reflect the fact that the last occasion for the nomination decisions to be taken is not the Annual Meeting, but a later date.

PROPOSED AMENDMENT TO ARTICLE 18-I, SUBMITTED BY TIM BAKER, DAVID GREIFINGER, AND JIM MURPHY, ON BEHALF OF NORMAN WAIN, USATF GENERAL COUNSEL

I. Contracts: *Contracts not in USATF's ordinary course of affairs shall be examined and approved for form by the Counsel to the Board or by USATF's Special Legal Counsel prior to execution. The contents of all contracts affecting sport committees shall, during their negotiation phase, be communicated to the appropriate committee(s). ~~Unless otherwise directed by the Board, all written contracts shall be executed on behalf of USATF by (i) the President (or another officer designated by the President) and (ii) the CEO, and, if required, attested to by the Secretary. The CEO, and the President (or another officer the President designates) shall sign, on behalf of USATF, all contracts of one year or less exceeding \$250,000 in value, and all multi-year contracts valued at more than \$100,000 for any contract year. If required, the Secretary shall attest to those contracts. Unless the Board otherwise directs, the CEO or another USATF staff member the CEO designates shall sign all other contracts.~~*

Action Requested: Amend Article 18-I to specify that only contracts of significant value need the President's and CEO's signatures. Streamline the signing process for smaller contracts.

Rationale: Routine contracts (for example, office-supply purchases) do not require the CEO's and President's attention. The Board retains authority over, and the CEO oversees all contracts, but both will be able to delegate authority using best practices.

Constituencies affected: None.

Estimated budget impact: None.

REGULATION 16

ADMINISTRATIVE DIVISION

F. Committee on Diversity and Leadership Development:

1. **Duties and Responsibilities:** *The committee shall:*
 - a. **Policy advice:** *Serve as a source of reference, opinion, and advice to the officers, CEO, National Office Management, the Board, and all national and Association committees about current or contemplated USATF policies and all matters relating to diversity, equitable representation and leadership development;*
 - b. **Diversity representatives:** *Appoint, elect, or oversee the election or appointment of diversity representatives to USATF committees or subcommittees when authorized by these Bylaws and the Operating Regulations;*
 - c. **Meetings:** *Conduct meetings and workshops; and*
 - d. **Leadership Development:** *Identify and assist qualified individuals to develop the skills necessary to assume leadership positions in USATF.*
2. **Officers:** *The President shall appoint the committee's chair. The committee members shall elect the Vice-Chair, Secretary, and Treasurer at the annual meeting in even-numbered years. The officers shall constitute the committee's Executive.*
3. **Financial assistance to meetings:** *When funding is available, USATF shall pay for the committee members' transportation and lodging for USATF meetings.*
4. **Makeup:** *The committee shall consist of one person appointed by each of the Chairs of the committees in the Sports and Administration Divisions, except for the Ethics Committee, and that number of Active Athletes appointed by the Athletes Advisory Committee Chair to equal at least twenty percent of the total resulting membership.*

Proposed Amendment to Regulation 21-B-3 by David Greifinger, Law & Legislation Committee member

3. *Appointments and Terms: Appointments and emergency special appointments shall be made jointly by the Law and Legislation Committee and Athletes Advisory Committee chairs, and approved by the President. Panel members shall serve four-year terms ~~Terms shall~~ that commence on January 1 of each ~~even-numbered~~ the year following the Summer Olympic Games.*

Action Requested: Amend Regulation 21-B-3 to specify four-year terms for NABR panel members.

Rationale: The regulation does not specify panelists' terms.

Constituencies affected: None.

Estimated budget impact: None.

PROPOSED AMENDMENT TO REGULATION 25, SUBMITTED BY DAVID GREIFINGER, ON BEHALF OF NORMAN WAIN, USATF GENERAL COUNSEL

A. Authority: *Under IAAF Competition Rule 7, USATF shall authorize Athletes' Representatives to assist athletes in planning, arranging and negotiating their competition programs under the following conditions and procedures. USATF shall also administer additional IAAF requirements for Representatives wishing to represent athletes in the IAAF Top-30 List.*

Amend other sections to comply with new IAAF requirements after they are finalized. [Placeholder]

Action Requested: Amend Regulation 25 to comply with IAAF requirements.

Rationale: The IAAF is amending its Athlete Representative regulations. USATF will need to amend Regulation 25 to comply.

Constituencies affected: Athlete Representatives and Athletes

Estimated budget impact: Not known. Not likely to exceed \$10,000 in a fiscal year.

The following editorial changes were made by L&L last year and are proposed for adoption.

- ** ARTICLE 5.D.1. ~~National Athletics organizations: Other non-club sports organizations, which have purposes or activities involving or related to Athletics, and Athletics-oriented membership and programs national in scope;~~
- ** ARTICLE 7.C. ~~Committee chairs: The chairs of all committees listed in Article 13-A.~~
- ** ARTICLE 7.E.3. ~~Coaches: The number of coaches/delegates who shall be delegates/coaches is stated in the Exhibits. If available, at least one (1) of the coaches shall be a high school coach;~~
- ** ARTICLE 11.A. 2. ~~Govern and supervise the affairs of USATF and perform those duties specified in these Bylaws and the Operating Regulations;~~
- ** ARTICLE 11.B.7. ~~An individual with experience and expertise in officiating, nominated by the Officials Committee and selected by the Nominating and Governance Panel;~~
- ** ARTICLE 11.E.2. ~~Procedures to select Nominating and Governance Panel: The groups that select Nominating and Governance Panel members shall adopt and publish selection procedures. The groups shall submit their nominees to the Board's Diversity and Leadership Committee, which shall evaluate the overall diversity of the nominees. The Diversity and Leadership Committee, if it deems necessary, may request the chairs of the respective groups to meet and confer to reconstitute the Nominating and Governance Panel to achieve greater diversity.; and~~
- ** ARTICLE 12.A.13. ~~Yearly report: At the annual meeting, present to USATF a report on the state of the sport, including a review of the progress since the last annual meeting and suggested plans for the future implementation of the strategic plans for the following year; and~~
- ** ARTICLE 12.A.7. ~~Legal documents and commitments: Ensure that all contracts and other legal commitments of USATF are signed by the authorized USATF officers of USATF after approval by established procedures;~~
- ** ARTICLE 12.A.9. ~~Ex-officio membership: Serve as a non-voting member of the Board, and all committees and subcommittees, and have the authority to appoint a staff member as a liaison to each USATF and Board committee of USATF and its Board;~~
- ** ARTICLE 12.B. ~~Restricted activities: No USATF employees may The CEO and members of the paid staff (other than part-time members not based at the National Office) shall not participate in any of the following activities:~~
- * ARTICLE 13 - ~~Operating committees: Diversity and Leadership Development, Ethics~~
- ** ARTICLE 15.A. ~~International Competition Definition: In The following definition shall apply to this article and the corresponding Regulation 23, International competition means an athletics competition between one or more athletes representing the United States, individually or as a team, and one or more athletes representing a foreign country (i.e., competitions between national teams).~~
- ** ARTICLE 15.D. ~~Sanctioning policy: Unless USATF determines by clear and convincing evidence that holding or sponsoring an athletics competition (international or domestic) would be detrimental to the best interests of the sport, USATF shall promptly grant a sanction requested by a sports organization or person(s), provided all the requirements of Regulation 23 have been satisfied. The decision as to whether~~
- ...
- ** ARTICLE 16.B. ~~Investigations: Any athlete, coach, trainer, manager, administrator, or official who alleges that he or she has been denied by an Association or sports organization a right established in paragraph A above shall immediately inform the CEO, who shall cause an investigation to be made and steps to be taken to settle the controversy without delay. If the CEO is unable to settle the controversy, he/she shall refer...~~
- ** ARTICLE 16.C. ~~Protection of rights: Any athlete, coach, trainer, manager, administrator, or official who alleges that he or she has been denied an opportunity to compete in any Athletics competition (whether or not by an Association or sports organization, and other than restricted competition referred to in Article 4-D-3) shall immediately inform the CEO, who shall consult with USATF's General Counsel of USATF to determine whether the situation appears to be of sufficient seriousness and relevance to USATF's obligations and responsibilities to warrant action by USATF in support of the claim. In the event that if action by USATF appears to be warranted, the matter will be promptly referred to the Board, which will decide the nature and extent of the action to be taken in each case. An expedited hearing shall be conducted when time is of the essence to preserve the individual's right to participate, if the individual prevails.~~
- ** ARTICLE 18.G.1. ~~Counsel to the Board: The President shall appoint the Counsel to the Board, shall be appointed by the President with the Board's approval of the Board.~~

** ARTICLE 18.G.2. Assistant Counsel to the Board: The President, in consultation with the Counsel to the Board and with the ~~Board's approval of the Board~~, may also appoint an Assistant Counsel to the Board who shall have similar duties, responsibilities, and entitlements, but only as the President or the Counsel to the Board may specifically designate;

** ARTICLE 18.H. Athlete Advocate: An athlete advocate shall be appointed by the chair of the AAC with the ~~approval of the AAC executive committee's approval~~. The athlete advocate shall advise and counsel the AAC on USATF-related legal matters and shall be available to advise and consult with athlete members of USATF by telephone. The athlete advocate's role shall not include representing individual athletes in specific matters. USATF shall pay the athlete advocate's reasonable expenses to attend USATF and AAC meetings, and to attend other meetings or hearings necessary to perform his or her duties. The athlete advocate shall not receive any fee or other compensation for services unless approved by the Board.

** ARTICLE 18.I. Contracts: Contracts not in the ~~USATF's ordinary course of affairs of USATF~~, shall be examined and approved for form by the Counsel to the Board or by ~~the USATF's~~ Special Legal Counsel ~~of USATF~~, prior to execution. The contents of all contracts affecting sport committees shall, during their negotiation phase, be communicated to the appropriate committee(s). Unless otherwise directed by the Board, all written contracts shall be executed on behalf of USATF by (i) the President (or another officer designated by the President) and (ii) the CEO, and, if required, attested to by the Secretary.

** ARTICLE 18.J. Arbitration: USATF agrees to submit to binding arbitration conducted ~~in accordance with~~ under the commercial rules of the American Arbitration Association...

** ARTICLE 18.K. Conflict of interest: Any individual representing USATF..., or who has a financial arrangement with USATF, or who is an employee of USATF or of its Associations, or who is a member of any of its committees or Associations, shall not participate in evaluating or approving any contract with a supplier to furnish goods or provide services to USATF, if that individual directly or indirectly benefits financially, or otherwise receives any form of compensation from, or has any interest in, any supplier under consideration. The Board may require that individuals disclose all financial interests that may influence the performance of their duties for USATF. Each individual referred to in the first sentence of this paragraph shall, upon learning that USATF is proposing to enter into an arrangement in which he or she has financial interest, promptly notify the CEO in writing of the existence of the interest, and the CEO shall, in turn, promptly disclose the interest to those bodies of USATF involved in considering entry into the arrangement. ~~In the event of a violation of~~ If this provision is violated, USATF shall have the right to recover the benefit or payment and to void the contract or transaction.

** ARTICLE 21.E.1. Deadline to submit: Amendments shall be submitted at least ninety (90) days prior to the meeting at which they are to be considered, to allow proper review and submission to USATF members. This ninety (90) day requirement may be waived at the Law & Legislation Chair's discretion and if proper notice of the item may still be submitted to USATF's members as required by ~~subPp~~ Paragraph A-5-5 above, or in emergency circumstances, upon a ninety percent (90%) vote at any meeting of USATF;

* ARTICLE 21.E.4.d. Constituencies affected: Each submission shall also contain a section titled "Constituencies Affected" in which the submitter shall state which constituencies of USATF will be affected by the proposed changes and how they will be affected. Finally, the submitter shall explain how this change advances the mission or operation of USATF.

* ARTICLE 21.E.4.e. Estimated budget impact: Each submission shall also contain a section titled "Estimated Budget Impact." If there is a budgetary impact, it shall be estimated with the submission. The submitter shall consult with the Chief Financial Officer who, in conjunction with the Treasurer and/or the chair of the Budget Committee of the Board, shall assist with developing the estimated budget impact. National Office Management shall be provided with the legislative proposals in a timely manner and shall provide the appropriate editor with the information to put in the written notice to the delegates in subparagraph A-45 above.;

** ARTICLE 21B. Exceptions: Notwithstanding Paragraph A, above, amendments may be considered at any ~~of~~USATF meeting of USATF in any of the following circumstances:

** Article 4-A. IAAF representation: Representing the United States in the IAAF, meeting the obligations of its membership, and having criteria relating to eligibility for competitions or to participate ~~in~~ in the Olympic, Pan American, or Paralympic Games that are not more restrictive than those of the IAAF.

** ARTICLE 9.B. Voter privileges: Each delegate shall have one (1) vote. There shall be no voting by proxy. No delegate may vote in more than one (1) capacity in the same election. Except as ~~Unless~~ otherwise provided in these Bylaws ...

* Reg 10.A.2.a. Establish, subject to ~~Board approval by the Board~~, membership categories of membership, along with application procedures, benefits, and membership fees; and

* Reg 10.B.1. Staff other than CEO: A complaint against a part- or full-time member of the national staff shall be sent to the USATF Secretary of USATF and the CEO. By agreement, either shall forward the complaint to cause the President and Counsel to the Board to receive the complaint within ten (10) days of receipt. The CEO shall be given not less than thirty (30) days to investigate the complaint, and shall have a written report of his or her investigation at the next appropriate Board meeting, including any action (if necessary) to be taken to remedy the situation.;

* Reg 10.B.2. CEO: A complaint against the CEO shall be delivered to the USATF Secretary of USATF. The Secretary shall ~~cause copies to be delivered~~ within ten (10) days to the President and Counsel to the Board. The Board shall resolve complaints against the CEO; and

* Reg 11.A.4.h. Active Athlete members: That number of Active Athlete members at least twenty percent (20%) of the total authorized membership of the committee. The Active Athletes shall be selected by the registered attendees at the meetings of USATF who are Active Athletes engaged in the committee's particular sport discipline of the committee. For Youth Athletics, AAC shall appoint four (4) Active Athletes.;

* Reg 12.C.2. Divisional executive committee: The members of the division's executive committee shall consist of the divisional chair, the three (3) divisional Sport Committee chairs, the two Development Chairs or their representatives, the AAC Chair or designee, and two additional Active Athletes, at least one of whom shall be an LDR athlete, who shall be appointed by the LDR Divisional Chair. The divisional chair shall also chair the executive committee. The divisional executive committee shall recommend policy for creating and maintaining ~~the High Performance Plan~~, and establishing ~~funding priorities~~, to National Office Management. The executive committee shall meet periodically in-person or by teleconference. Nothing in this section shall be construed to limit the authority of the three (3) divisional Sport Committees from carrying out their independent responsibilities defined elsewhere in these Bylaws and Operating Regulations.

* Reg 12.C.3. International Staff Selection Subcommittees: The International Staff Subcommittees shall maintain pools of qualified ~~All of the applicants for coaching, managerial, and other non-medical and non-media staff for the Olympic Games, IAAF World Outdoor Championships in Athletics, and Pan American Games shall be screened and recommended to the CEO by the Men's or Women's International Staff Selection Subcommittees under Regulation 17-E.~~

* Reg 12.E. Joint Development Group: There shall be a Joint Development Group serving the High Performance and Long Distance Running Divisions. It shall consist of the four committees below. The group shall report to the ~~divisional chairs for High Performance and Long Distance Running~~ divisional chairs, and to the chairs of the Coaches Advisory Committee, and to the chair of the Athletes Advisory Committee. The two divisional chairs, and the chair of the Coaches Advisory Committee and the chair of the Athletes Advisory Committee ~~chairs~~ shall appoint a group coordinator with the approval of the President.

*Reg ** Reg 12.E.1.b.i. National subcommittee: This subcommittee shall consist of members who, unless otherwise specified, shall be appointed by the ~~divisional chairs of High Performance and Long Distance Running~~ divisional chairs, and the chair of the Athletes Advisory Committee, and the chair of Coaches Advisory Committee ~~chairs~~, with the President's approval. The members of the committee members shall be as follows:

* Reg 12.E.2.i.b. Makeup: ~~UMembers who, unless otherwise specified,~~ members shall be appointed by the divisional chairs of High Performance and Long Distance Running and the chair of AAC, with the approval of the President. The chair of each sport committee shall be responsible for selecting its development committee representatives and/or event chairs for the discipline(s) under its purview. The members shall be:

* Reg 12.E.3.a.iv. Executive committee: This committee shall have an executive committee consisting of seven (7) or eight (8) members: the committee chair, the two (2) or three (3) subcommittee chairs, and four (4) at-large members selected by and from the committee at its annual meeting. Two (2) of the members of the executive committee shall be Active Athletes.

* Reg 12.E.3.j.i.a Study the correlation between health and sports, and make recommendations concerning the conduct of/about participating in Athletics;

* Reg 12.E.3.j.i.f Develop working relationships with qualified consultants in the fields of biomechanics, physiology, nutrition, and other sports-related sciences, and assist in making ~~such those~~ consultants available to athletes, coaches, and Sport Committees;

* Reg 12.E.3.j.ii. Makeup: The subcommittee shall consist of the chair (who, if someone other than the committee chair, shall be an assistant chair of the committee), the chair of the committee, the chair of the Scientific Services Subcommittee, up to eleven (11) at-large members appointed by the President, one (1)

representative from each sport committee, one (1) member appointed by the Associations Committee, one (1) member appointed by the Coaches Advisory Committee, and that number of Active Athletes equal to at least twenty percent (20%) of the total authorized membership of the subcommittee to be selected by the Active Athlete delegates to USATF. The chair of this subcommittee, with the President's approval, shall have the authority to appoint additional members necessary to carry out the ~~responsibilities of the subcommittee's responsibilities~~. The subcommittee shall organize the following subcommittees, with the chairs appointed by the subcommittee chair:

* Reg 12.E.j.i.ii. Makeup: The subcommittee shall consist of the chair (who, if someone other than the committee chair, shall be an assistant chair of the committee), the chairs of the Medical and Scientific Services subcommittees, up to eight (8) at-large members appointed by the President, one (1) representative each appointed from the Coaching Education, Coaches Advisory Committee, Men's Development, Women's Development, Associations, and each sport committee, and that number of Active Athletes equal to at least twenty percent (20%) of the total authorized membership of the subcommittee to be selected by the Active Athlete delegates to USATF. The chair of this subcommittee, with the President's approval, shall have the authority to appoint additional members necessary to carry out the ~~subcommittee's responsibilities of the subcommittee~~. The subcommittee shall organize the following subcommittees, with the chairs appointed by the subcommittee chair:

* Reg 12.E.j.i.h) Provide references to technical knowledge, understanding, and applications of sports-related sciences ~~which that~~ relate to the ~~improvement and development of Athletics~~.; and

* Reg 12.E.j.i.ii. Makeup: The subcommittee shall consist of the chair (who, if someone other than the committee chair, shall be an assistant chair of the committee), the chair of the committee, the chair of the Medical Services Subcommittee, up to eight (8) at-large members appointed by the President, one (1) representative each appointed from the Coaching Education, Coaches Advisory, Mens Development, Women's Development, Associations, and each sport committee, and that number of Active Athletes equal to at least twenty percent (20%) of the total authorized membership of the subcommittee to be selected by the Active Athlete delegates to USATF. The chair of this subcommittee, with the President's approval, shall have the authority to appoint additional members necessary to carry out the ~~responsibilities of the subcommittee's responsibilities~~. The subcommittee shall organize the following subcommittees, with the chairs appointed by the subcommittee chair:

* Reg 12E.2.cix. Naming members: ~~The chair of e~~Each sport committee chair, with the approval of the ~~divisional chairs of High Performance and Long Distance Running divisional chairs~~, in consultation with the President, shall have the authority to appoint additional non-voting members necessary to carry out the committee's responsibilities. Any development or event chairs appointed shall be chosen by the committee members representing or participating in the particular discipline, in consultation with the High Performance and Long Distance Running Divisional chairs.; and

* Reg 12E.2.i.ii. Track & field coaches: One (1) member who is actively engaged in coaching track & field in each of the following specialties:

* Reg 12E.2.v. Sports committees: One (1) member appointed by each of the following sport committees:

* Reg 12E.2.vi. At-large: The following at-large representatives:

* Reg 12E.2.vii. Athletes: Nine (9) Active Athlete members selected by the Active Athlete delegates to USATF, at least one (1) of whom shall represent the following:

* Reg 12E.3.a.i. Overall makeup: It shall consist of a chair ~~of the committee~~ selected by the President, two (2) or three (3) assistant chairs selected by the President after consulting the chair, and the membership of the three (3) subcommittees established below;

* Reg 13.D.v..d. Executive Committee: The Council ~~Chairperson chair~~ shall appoint an executive committee to perform the Council's duties between annual meetings. Its membership shall include at least twenty percent (20%) Active Athletes in the discipline of cross- country.

* Reg 14,B.1. Duties of chair: All ~~committee chairs of all committees~~ shall:

* Reg 14.A.5.d. Membership: All elected and appointed members of all committees ~~shall~~ must be members of USATF.;

* Reg 14.A.6.a Time and Notice: Each committee shall hold its annual meeting in conjunction with the ~~USATF annual meeting of USATF~~. Notice of the annual meeting shall constitute notice of committee meetings at the annual meeting. Committees shall hold special meetings if called by the chair, at his or her own initiative, or by twenty percent (20%) of the ~~committee's membership of the committee~~, upon thirty (30) days written notice. If the chair does not set and give notice for a meeting after 20% of the membership calls for one, the Organizational Services Committee shall verify the 20% requirement, set a meeting, and distribute the meeting notice to all committee members. The notice of a special meeting shall be in writing,

stating the meeting's date, time, place, and purpose, and shall be mailed to the last known address of each committee member.;

* Reg 14.A.6.b. Publication of agenda: The proposed agenda shall be delivered to all voting members of any committee along with the meeting notice, except at meetings held in conjunction with the USATF annual meeting. At annual meetings, the agenda must be available at least 24 hours prior to the committee's first scheduled session ~~of the committee~~. Additional items added to the agenda shall not include any item where action of the committee is necessary, unless seventy-five percent (75%) of the members of the group then present agree.;

* Reg 14.A.6.e Record of meetings: All boards, committees, councils, and task groups shall have a recording secretary. Within thirty (30) days of the meeting, the secretary should send draft minutes ~~should be sent to all members by the secretary~~ recording all official actions taken by the committee to all members. All written reports or a summary of the reports shall be distributed with the draft minutes.

* Reg 14.C.6. Operating procedures: Have a set of written operating procedures on file with National Office Management, which shall provide copies to the ~~chair of the Law & Legislation Committee~~ chair. These procedures shall not conflict with the provisions of the USATF Bylaws and Operating Regulations. Any modification of the committee's operating procedures shall be promptly reported to National Office Management, which shall send a copy to the ~~chair of the Law & Legislation Committee~~ chair. These operating procedures shall be included in the Governance Handbook, and be made available at annual meetings. Any USATF member may request a copy of these procedures from National Office Management.;

* Reg 15.L.1.b.iii. Committee input ~~Process~~: Receive from all committees or their rules subcommittees proposed rules of competition affecting their activity and present them along with the committee's recommendations to USATF for approval at the annual meeting; and

* Reg 16.I.2.g. That number of Active Athletes equal to at least twenty percent (20%) of the total authorized membership, if such ~~these~~ athletes are available, to be selected by the Active Athlete delegates to USATF.;

* Reg 17.A. Conduct: The CEO must approve ~~Aany plan by any committee or council to fill any international team staff position shall be approved by the CEO, after considering input from the High Performance Division, before the position is advertised. The plan shall~~ must require that all applicants be USATF members. The approved plan shall be mailed to each Association's Sport Committee chair for the appropriate sport discipline, and be listed in a special section of the USATF web site.

* Reg 17.B. Diversity: International team staff shall reflect the diversity of the sport, with special emphasis given to ~~the includingsion of~~ women, and ethnic and racial minorities.

* Reg 17.C. Staff performance: National Office Management shall maintain records of athlete surveys and other information received about the performances of international team staff members and medical services personnel. Staff members shall be provided anonymous summaries of comments and ratings for past service and be given an opportunity to respond. ~~These r~~ Responses shall be added to their files by National Office Management. The appropriate committees shall review and consider ~~These records, or a summary of their contents , shall be prepared by National Office Management,, and shall be reviewed and taken into consideration by the appropriate committee(s) prior to the~~ recommendingation or selectiong ~~of~~ an individual as a team staff member.

* Reg 17.D. General selection procedures: Team staff for international competitions other than the Olympic Games, IAAF World Outdoor Championships in Athletics, and Pan American Games shall be nominated by the executive committees of the relevant Sport Committees or councils having jurisdiction over the sport disciplines and voted upon by the members of the committee for submission to the CEO for screening and to the Board for final approval. ~~In the event that~~ If the applicable Sport Committees or councils cannot agree, the Board shall make the selection. ~~In the event that~~ If a national team staff person resigns or is unable to serve, prior to the next scheduled meeting of the appropriate Sport Committee or council, the chair of that body shall recommend a replacement to the Board after consulting with his or her executive committee, and giving due regard to the staff performance records on file and the resulting ~~ant~~ diversity of the staff.

* Reg 17.E. Conflicts of interest: Any individual selected as a national team staff person must commit his or her full time and attention to the position for the full duration of his or her travel with a USATF national team. Family, personal, or professional conflicts that arise after an individual's selection as a national team staff member shall be disclosed to the President, CEO, and chairperson of the applicable sports or administrative committee, as soon as they arise, but in no event later than forty-eight (48) hours ~~thereafter~~. Such a conflict may be the basis for removal or replacement of an individual as a national team staff

member by the President, CEO, or by the Board. USATF shall not be obligated to exceed the funding budgeted for a national team staff person in order to accommodate the individual's family, personal, or professional issues.

* Reg 17.F.2. ~~The Women's International Staff Subcommittee Track and Field Committee chair, or his or her designee, who shall serve as chair of the subcommittee;~~ The Women's International Staff Subcommittee shall consist of the following persons:

* Reg 17.F.2. SHOULD THIS BE THE SAME AS THE MEN'S INTERNATIONAL STAFF SUBCOMMITTEE???

* Reg 18.C. Dates: The CEO and National Office Management ~~shall~~ must approve dates of all national championships, after consulting with the affected sport committee chairs.

* Reg 18.E. Special criteria: ~~A bidder Prior to bidding for a national championship event~~ must meet, the following sport committee specifications of sport committees must be met:

* Reg 18.F. Awarding procedure: The CEO may authorize that USATE national championships ~~of USATF~~ be conducted by the Sport Committee concerned, by USATF, or be awarded to a sponsoring organization under these Regulations and a contract between the organization and USATF. The CEO * should approve awards of USATF championships at annual meetings, when feasible.:

* Reg 18.F.1. Distribution of application: ~~For those championships that will be awarded to a sponsoring organization, National Office Management shall prepare and provide an application forms shall be prepared and provided by National Office Management to any prospective bidders and all Associations for championships to be awarded to a sponsoring organization.~~ The application form shall include the necessary information to assure National Office Management and the Sport Committee(s) concerned that the championships will be efficiently administered and safe for the competitors. The application shall further require information (i) whether the competition will be staffed by competition officials who are USATF-certified at the level of "national" and/or "master"; (ii) whether the applicant will invite and accept a proportionately representative number of national and/or master officials from outside the Association, to ensure a national character of the championship; and (iii) what provision will be made for assisting officials with transportation, food and/or lodging. The form shall encourage ~~assistance with officials' expenses.~~ These part of the form related to officials shall be forwarded to the chair of the Officials Committee before consideration of the bid.;

* Reg 18.F.3. Formulation of bid details: The individual(s), names of committee members, or legal entity submitting the bid shall be clearly identified in the bid application, and the bidder shall submit any additional information requested by USATF to verify his, her or its legal authority to assume responsibility for conducting a USATF national championship. ~~The application shall clearly state the local Association's role shall be clearly stated on the application.~~ If a bidder intends to assign part of its responsibilities for conducting the championships to another entity, the bidder shall provide USATF with a copy of the document assigning these responsibilities. Assigning responsibilities shall not absolve the bidder from its obligations to USATF -related to conducting the championships. When the bid provides for profit sharing or minimum guarantees, an itemized budget shall be submitted with the application. Bids involving one or more championship categories or more than one Sport Committee (joint bids) shall state whether they are contingent upon approval of all parties.;

* Reg 18.F.7. Award method: The concerned Sport Committee(s), after consulting with National Office Management, and verifying the bidder's legal authority, shall recommend the ~~championship~~ event(s) bid awards to the CEO for approval. The award of a championship shall be to USATF, an Association, to a member in good standing of that Association, or to a competent third party within the Association's geographic area. The awardee shall assume all financial and operating responsibilities required by the bid application and all applicable agreements. Joint bids shall not be contingent upon approval of all parties unless specified by the applicant.;

* Reg 18.G.4. Reports: The organization(s) conducting a championship shall furnish to USATF within sixty (60) days following the event a detailed financial report showing all receipts and disbursements. Failure to comply without good cause within the time specified shall bar the contracted sponsor and/or Association involved from being awarded any national championship in that sport for the next five (5) years ~~thereafter~~.;

* Reg 18.J.1.a. Applications: No later than September 15 of each year, provided location and dates of championships have been determined, application forms shall be mailed to every competition officials certified at the national or masters level. ~~In the event~~ If the location and/or dates of championships have not been determined by September 15, the application forms shall be mailed immediately following the determination. The application form shall apply to the USA Open Indoor and Outdoor Track & Field Championships, the USA Junior Outdoor Track & Field Championships, and the Olympic Track and Field Trials. Every official to be invited to these championships ~~shall~~ must be certified as an official at a masters or

national level, and be a USATF member of USATF. Applications must be postmarked by thean October 15 deadline.

* Reg 18.J.ii.b The event's meet directors ~~of the event~~, or the meet director's designee.;

* Reg 18.J.iii.d. Chair: The chair of the Selection Committee shall be the ~~Chair of the~~ National Officials Committee chair, or his or her designee, who shall serve for a term that coincides with the National Officials Committee Cchair's term of office.;

* Reg 19.A.2. Responsibility: ~~It shall be the responsibility of t~~The host Association Sport Committee, or of the member club or affiliate organization sponsoring or conducting the competition shall be responsible for ~~to applying~~ for the record on the form, which shall be properly completed and forwarded to National Office Management without delay.;

* Reg 21.S. Sexual misconduct matters: These procedures shall be modified as follows for any case where an individual has been convicted of, or pleaded nolo contendere to, a felony or misdemeanor involving a sexual offense against a minor or member of USATF ~~shall be modified as follows~~:

* Reg 21.R.9.a. Date: The appeals panel chairperson shall establish a hearing date within ten (10) days of appointment, after consulting with the parties and the other panel members. The hearing shall be scheduled to start within thirty (30) days following the appointment of the panel chair. The appeals panel chairperson may grant a reasonable delay/postponement request, not to exceed thirty (30) days, if she or he determines that neither party will be prejudiced.

* Reg 23.B.1.b. Championships or trials: National championships and/or trials competition for ~~the~~ selecting/en of international teams (other than Youth or Masters);

* Reg 23.B.1.c. Doping cotrols: Competitions ~~which~~ may be subject to formal doping controls; and/or

* Reg 23.B.1.d. International: Competitions ~~which~~ that anticipate including five (5) or more athletes who are foreign citizens (excluding national team competitions).;

* Reg 23.D.1. International: TheseInternational sanctions shall be instituted by a formal application signed by USATF. A copy of each International sanction granted by USATF shall be forwarded, in a timely manner, to the appropriate Association.;

* Reg 23.D.2. Domestic: Applications for ~~these~~domestic sanctions shall be signed and approved (i) by the Association sanctioning agent and retained in the Association office, with the concurrence of the appropriate Association Sport Committee chair, who shall receive a copy upon request, or (ii) by USATF. A copy of each sanction application approved by an Association shall be forwarded to USATF, which, consistent with the Sports Act, shall grant or deny the sanction. A copy of each sanction granted by USATF shall be forwarded to the appropriate Association. If a single competition takes place in more than one Association (e.g. a road race), the Association sanctioning agent may sign and process the sanction application for the event upon the approval of the Association membership chair(s) of the other affected Association(s).

* Reg 23.E.4. Anti-Doping clause: For events receiving receiving international sanctions, and for national championships, trials competition for ~~the~~ selecting/en of international teams (other than Masters), or when doping controls will be conducted, the form shall contains the following statement, unless it is published instead in related informational materials:

* Reg 24.A. Written agreement: Individuals who qualify or are selected or elected to represent the United States in international competition shall enter into a written agreement (see sexample asin Appendices~~es~~ 9) stating the obligations and expectations of their participation prior to the issuance of a travel authorization. The written agreement shall include the competition's date and place ~~of the~~ competition, the text of this Regulation, provisions to protect ~~the~~USATF's rights ~~of~~ USATF regarding national sponsors and national team uniforms, provisions ~~as~~ teabout doping controls in effect for the competition, and the part of Regulation 21 explaining the hearing process. The staff member who is taking the individual's commitment is responsible for ~~making~~ specifically referring ~~ence~~ to these Regulations.

* Reg 25.B. Applicability: Any individual who represents AmericanUnited States athletes who are members of USATF must be authorized by USATF under this regulation to assist those athletes in planning, arranging and negotiating their competition programs.

* Reg 25.K.9. Inappropriate conduct: Any finding by the Agent Screening Committee that a USATF-authorized Athlete Representative has engaged in inappropriate conduct, including, but not limited to, verbally or physically abusinge of an athlete, misappropriating ~~en~~ of funds, failngure to pay a client timely, or providing ~~ef~~ inaccurate financial data to a client.

* Reg 4.A.1 Athlete Affiliation: An athlete may compete as a representative of a local club, educational institution, or other organization, and additionally may be listed as competing for athe club and/or a sponsor, subject to USOC regulations. The club and athlete must be USATF members in good standing.

* Reg 4.C.3.b. *Armed forces: An athlete member on active duty in the United States Armed Forces of the ~~United States~~ may, upon receiving permission from the local membership committee, represent in open competition the military organization or the Athletics club to which the athlete belongs, or both. Any points scored by that athlete shall count for the Athletics club, except where a point trophy is advertised to be contested ~~for by a~~ military organization;*

* Reg 5.G. *Suspension and expulsion: USATF may suspend or expel any Association or member sports organization that violates any Bylaw or ~~the~~ Operating Regulation, or any Board-approved USATF operating policy, or which by definition or practice no longer fulfills the criteria of its membership category, after notice and an opportunity to be heard by a three (3) person panel of the Board, appointed by the Board Chair, including a least one (1) Active Athlete. The Board shall vote on the panel's recommendation at its next meeting. An Association or sports organization may be expelled only upon a two-thirds vote of the Board. If an Association is expelled, its geographic area shall be reorganized or assigned to one or more USATF Associations of USATF, consistent with the Bylaws and Operating Regulations. This paragraph shall operate in addition to and independently of the accreditation process in Regulation 7.*

* Reg 5.H. *Delinquency: Any USATF member of USATF listed in Article 5 failing to pay its fees or dues on time shall forfeit the right to representation and to vote, upon thirty (30) days' written notice. The member must successfully reapply for membership to regain its voice or vote in ~~the USATF's affairs of~~ USATF.*

* Reg 7..E.2.e. *Approval of plans: By the end of December of the first (odd) year, all Association plans for improvement shall be subject to approval by the Organizational Services Committee or its designated subcommittee. If an Association fails to present a plan or is not fiscally solvent, the time line for the second (even) year shall be accelerated and the Organizational Services Committee shall take one of the actions outlined in Regulation 7-AE-2-j.;*

* Reg 7.E.2.a. *Deadline: All appeals shall be made in writing by an Association no later than January 15 following the end of the second (even) year, or in the case of an accelerated action under Regulation 7-AE-2-e, no later than 20 days following the receipt of notice of an adverse action. If an appeal involves a boundary or merger with a neighboring Association, the other Association will also be deemed a party to the appeal, given a copy of the appeal, and permitted to file a cross appeal within thirty days of receiving notice, and otherwise participate in the appeal;*

* Reg 7.E.2.b. *Appeal panels: Appeals shall be referred to an NABR panel composed of arbitrators who are not from the same USATF region as the Association appealing its accreditation status, as provided in Regulation 21-~~PB~~. The panels shall be selected as follows:*

* Reg 7.G.2.f. *Appeals: The decision of the arbitrators to be appealed ~~under USATF Regulation 21-PR~~.*

* Reg 7.G.3.f. *Organizations: Each organization shall have a minimum of one (1) vote, unless the balanced- meeting ballot in Regulation 7-AI-4-c is used. The Association may grant an organization additional votes based on its size. If an organization has more than one (1) vote, a different representative must cast each ballot ~~must be cast by a different representative~~. Organizations and any person representing an organization in Association voting matters must be USATF members of USATF in order to vote.;*

* Reg 7.G.4.a.ii. *The minimum time allowed for returning ~~of~~ the ballot shall be thirty (30) days;*

* Reg 7.G.5.b. *Consultation: The panel may consult with the Association's president, secretary, ~~and/or~~ parliamentarian--so long as they are not candidates for offices--on procedural matters.;* and

* Reg 7.G.9.b. *Panel composition: An NABR panel from a different USATF region than the Association whose election is disputed shall be appointed to conduct the hearing. All hearings shall be by conference call. ~~The procedures outlined in Regulation 21 shall apply.~~ The panels shall be selected as follows:*

* Reg 8.A.1. *Attendance: ~~Considering~~ ~~of~~ delegates' eligibility ~~by~~ accepting the registrar's report or by roll call (at all sessions where appropriate);*

* Reg 9.B. *Mail balloting: Upon majority vote at a duly convened meeting, USATF may authorize conducting a vote by distributing and/or collecting ballots by mail through the U.S. Postal Service or any other appropriate service that may be capable. ~~The~~ authorizing resolution shall state the procedures and subject matter for the vote. No mail vote may be authorized to effect an amendment to these Bylaws, to the Operating Regulations, or to the Competition Rules.*

* Reg 9.C.2.d. *At the annual meeting: Further nominations may be submitted ~~to~~ the registration desk prior to the scheduled start of the opening general session and must be on the standard nomination form. This requirement includes the ten (10) seconders.;*

* Reg 9.D.1. *Long distance running division: The members of the long distance running division, which shall include the voting members of the three committees and the three councils, shall elect its nominee for divisional chair for Board approval. This election shall be conducted by balloting at the same time as the*

general election. An individual shall only be eligible to be a candidate in a division if he or she is a member of one of the three committees in the division. If a candidate is a member of more than one sport committee in the division, he or she must designate one committee only on the nominating form. Nominators and seconders must be in the division. After the election of the long distance running divisional chair nominee ~~of the long distance running division~~, each of the sports committees shall meet to elect their respective nominees for chairs for Board approval.;

* Reg 9.E.1. Supervision: The Organizational Services shall have the authority to appoint a three-person panel for each committee holding elections, none of whom shall be a voting member of that committee and at least one (1) of whom must be an Active Athlete not involved in the committee's discipline ~~of the committee~~. This panel shall establish the roster of eligible voters, shall adjudicate all issues regarding credentials, and shall supervise all aspects of the committee elections process.

* Reg 9.E.10. Athlete representatives in sport committees: At the first full committee meeting of each sport committee, time shall be set aside for the Active Athletes attending the meeting to determine the Athletes' voting membership. If there are fewer Athletes than the number authorized, the Athletes may determine that they are all eligible to vote. ~~Where~~ if the number of Athletes present is more than twenty percent (20%), the Athletes shall select by consensus, or elect, the voting Athletes and alternates. The Organizational Services Committee shall conduct the Athlete election. The Athletes present may also request the remaining members of the committee to allow all Athletes present to vote. Each Athlete shall serve until an election is conducted at the following year's annual meeting. For Athlete representatives' vacancies, see Regulation 11-A-45-a-

* Reg 9.E.3. Procedures: The Organizational Services committee shall prepare and update ~~W~~written guidelines ~~Committee.~~;
~~for committee elections shall be prepared and updated by the Organizational Services~~

USA Track & Field Records Report – 2010

This report includes all records reported / and or applied for since last year's annual meeting. In the Long Distance Running sports, the report also includes a number of previously submitted performances pending Running USA recommendation for record ratification.

The Records Committee Chair gratefully acknowledges the work of the respective sports committee record keepers: Bob Hersh (Men's and Women's Track & Field), Andy Carr (Men's and Women's LDR), Donald H. Lein (Masters LDR), Denise Smotherman (Youth Athletics), Sandy Pashkin (Masters Track & Field, Bev McCall (Masters Race Walking). Thanks are also due to Gene Newman, Neville Wood. Pete Riegel (Road Running Technical Council), Ryan Lamma, Linda Honikman (Running USA) David Katz and Steve Vaitones for their indispensable contributions to the record keeping process.

I. MEN'S TRACK AND FIELD

American Outdoor Records

1. 3000m	7:29.00	Bernard Lagat (Nike)	Rieti, ITA	Aug. 29, 2010
2. 5000m	12:54.12	Bernard Lagat (Nike)	Oslo, NOR	June 4, 2010
3. 10,000m	26:59.60	Chris Solinsky (Nike)	Stanford, CA	May 1, 2010
4. 110m Hdls	12.90	David Oliver (Nike)	Eugene, OR	July 3, 2010
5. 110m Hdls	12.89	David Oliver (Nike)	St.-Denis, FRA	July 16, 2010

American All-Comers Outdoor Record

6. 1000m	2:13.62	Abubaker Kaki (Suday)	Eugene, OR	July 3, 2010
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American Junior Records

7. Hammer T	78.28m (256'10")	Conor McCullough (Princeton)	Des Moines, IA	June 25, 2010
8. Hammer T	80.79m (265'0")	Conor McCullough (Princeton)	Moncton, CAN	July 25, 2010
9. Javelin T	74.42m (244'2')	Sam Crouser (Oregon HS)	Gresham, OR	May 1, 2010
10. Javelin T	77.84m (255'4')	Sam Crouser (Oregon HS)	Portland, OR	June 12, 2010
11. Javelin T	74.64m (244'10")	Joseph Zimmerman (unat.)	Moncton, CAN	July 23, 2010

American Junior Championship Records

12. 800m	1:47.45	Casimir Loxsom (Penn St.)	Des Moines, IA	June 25, 2010
13. Hammer T	78.28m (256'10")	Conor McCullough (Princeton)	Des Moines, IA	June 25, 2010
14. Javelin T	72.65m (238'4")	Joseph Zimmerman (unat.)	Des Moines, IA	June 25, 2010

American Indoor Records

15. 5000m	13:11.50	Bernard Lagat (Nike)	Boston, MA	Feb. 6, 2010
16. 60m Hdls	7.36	Terrence Trammell (Track Star)	Doha, QAT	Mar. 14, 2010
17. Heptathlon	6499 points	Ashton Eaton (Oregon)	Fayetteville, AR	Mar.12-13, 2010

II. WOMEN'S TRACK AND FIELD

American Outdoor Records

1. 5000m	14:44.76	Molly Huddle (Saucony)	Brussels, BEL	Aug. 27, 2010
2. 4x400m Rly	1:29.42	Texas A&M (Jeneba Tarmoh, Gabby Mayo, Jessica Beard, Porscha Lucas)	Philadelphia, PA	April 24, 2010
3. High Jump	2.03m (6'8")	Chaunté Lowe (Nike)	Cottbus, GER	May 30, 2010
4. High Jump	2.04m (6'8¼")	Chaunté Lowe (Nike)	Cottbus, GER	May 30, 2010
5. High Jump	2.05m (6'8¾")	Chaunté Lowe (Nike)	Des Moines, IA	June 26, 2010
6. Javelin T	66.67m (218'8")	Kara Patterson (Asics)	Des Moines, IA	June 25, 2010

American Outdoor Championship Meet Records

7. High Jump	2.05m (6'8¾")	Chaunté Lowe (Nike)	Des Moines, IA	June 26, 2010
8. Javelin T	66.67m (218'8")	Kara Patterson (Asics)	Des Moines, IA	June 25, 2010

American Junior Records

9. 3000m SC	10:04.88	Shelby Greany (Providence)	Eugene, OR	June 9, 2010
10. 3000m SC	10:00.88	Shelby Greany (Providence)	Eugene, OR	June 12, 2010
11. Hammer T	62.05m (203'5")	Lauren Chambers (USC)	Walnut, CA	Apr. 16, 2010
12. Hammer T	62.93m (206'5")	Lauren Chambers (USC)	Walnut, CA	Apr. 16, 2010
13. Hammer T	65.32m (214'3")	Shelby Ashe (Georgia HS)	Marietta, GA	June 15, 2010

American Junior Championship Meet Record

14. 3000m	9:18.73	Emily Sisson (Missouri HS)	Des Moines, IA	June 24, 2010
15. Pole V	4.28m (14' ½")	Shade Weygandt (Texas Tech)	Des Moines, IA	June 25, 2010
16. Hammer T	60.76m (199'4")	Shelby Ashe (Throw 1 Deep)	Des Moines, IA	June 24, 2010

American Indoor Records

17. 400m	50.54	Francena McCorory (Hampton)	Fayetteville, AR	March 13, 2010
18. 500m	10:07.80	Shana Cox (adidas)	State College, PA	Jan. 30, 2010
19. 60m Hlds	7.72	Lolo Jones (Asics)	Doha, QAT	March 13, 2010
20. 4x400m	3:27.34	National Team (Debbie Dunn, DeeDee Trotter, Natasha Hastings, Allyson Felix)	Doha, QAT	March 14, 2010
21. Pentathlon	4753 points	Hyleas Fountain (Nike)	Doha, QAT	March 13, 2010

American Indoor Championship Records

22. 400m	50.86	Debbie Dunn (unat.)	Albuquerque, NM	Feb. 28, 2010
22. Weight T	24.70m (81' ½")	Amber Campbell (Nike)	Albuquerque, NM	Feb. 27, 2010

III. RACE WALKING

Men's American Records – Track

No new Track marks during this period.

Men's American Records – Road

No new Road marks during this period.

Men's American Indoor Records

No new Indoor marks during this period.

Men's American Junior Records – Track

1)	5000 m	20:06.0	Trevor Barron	South Park TC	San Diego, CA	Jun 13, 2010
2)	10,000 m	41:50.29	Trevor Barron	USA	Moncton, CAN	07/23/10
3)	20,000 m	1:23:49.39	Trevor Barron	USA	Tuusula, FIN	Sep 4, 2010

Men's American Junior Records – Road

4)	10 km	43:05	Trevor Barron	New York AC	Ronkonkoma, NY	Apr 11, 2010
5)	20 km	1:31:45	Trevor Barron	New York AC	Surprise, AZ	Feb 7, 2010

Women's American Records – Track

No new Track marks during this period.

Women's American Records – Road

No new Road marks during this period.

Women's American Indoor Records

No new Indoor marks during this period.

Women's American Junior Records – Track

No new Track marks during this period.

Women's American Junior Records – Road

No new Road marks during this period.

USA Track & Field Pending LDR Records and Bests as of 10/29/2010

Compiled by USATF LDR Record Keeper, Andy Carr, 3097 E Shadowlawn Ave NE, c/o Atlanta Track Club, Atlanta, GA 30305
 tel: (404) 231-9064x20 fax: (404) 364-0708 email: office@atlantatrackclub.org USATF website: www.usatf.org/groups/RoadRunning

P = Pending - application or more information is needed from the race
 = No "P" code indicates that mark is ready to be recommended for ratification pending course validation report
 B = Proof of birth date and/or citizenship needed from athlete

a = Performance possibly aided by wind and/or slope, can be "best", not eligible for record

U = Unvalidateable

W = Women-only event

F = Failed Validation

a/comers = All-Comers Record or "Best" (non-U.S. citizen in U.S. race, must be faster than U.S. Citizen mark)

IV. Men's Long Distance Running

Men's LDR Road Records

	AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST	Rdate
			266677								
1	M open	24 hr	m	P	Scott Jurek	36	WA	IAU 24 Hour ING Bay To	Brive	FR	05/14/10
2	M a/comers	12 km	33:31		Sammy Kitwara	22	KEN	Breakers	San Francisco	CA	05/17/09
3	M a/comers	marathon	2:05:41	P	Sammy Wanjiru	22	KEN	BOA Chicago	Chicago	IL	10/11/09

Men's LDR Track Records

No new Track marks during this period.

V. Women's Long Distance Running

Women's LDR Road Records

	AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST
4	F a/comers	12 km	38:10	W	Lineth Chepkurui	22	KEN	Lilac Bloomsday	Spokane	WA
5	F a/comers	12 km	38:07		Lineth Chepkurui	22	KEN	ING Bay to Breakers	San Francisco	CA
6	F a/comers	Half mar	1:07:52		Berhane Adere	36	KEN	Mardis Gras	New Orleans	LA
7	F a/comers	Half mar	1:07:45		Meseret Defar	26	ETH	ING Philadelphia	Philadelphia	PA

Women's LDR Track Records

No new Track Records this period

Women's LDR Road Best

No new Road Bests during this period

VI. Masters Long Distance Running

Masters LDR Road Records: Men

	AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST	Rdate
8	M45-49	5 km	14:45		Dennis Simonaitis	47	CA	Carlsbad 5000	Carlsbad	CA	04/11/10
9	M85-89	8 km	45:38	P	Lou Lodovico	85	PA	Butler	Butler	PA	06/26/10
10	M45-49	10 km	29:56		Mbarak Hussein	45	NM	Beach to Beacon	Cape Elizabeth	ME	08/07/10

11	M85-89	10 km	56:49	P	Lloyd Young	85	MN	Victory Depew-Lancaster	Minneapolis	MN	09/01/08
12	M90-94	10 km	1:13:40	P	Henry Sypniewski	90	NY	B&G Bedford Rotary	Lancaster	NY	07/04/09
13	M60-64	12 km	43:30	P	Laurence Olsen	60	CT	Memorial	Bedford	NH	05/19/07
14	M85-89	15 km	1:29:04	P	Louis Lodovico	85	NY	Fleet Feet Buffalo	Buffalo	NY	09/07/09
15	M90-94	15 km	2:01:39	P	Henry Sypniewski	90	NY	Fleet Feet Buffalo	Buffalo	NY	09/01/08
16	M90-94	15 km	2:09:24	P	Henry Sypniewski	91	NY	Fleet Feet Buffalo	Buffalo	NY	09/07/09
17	M60-64	20 km	1:12:36	P	Doug Wimn	60	OR	New Haven	New Haven	CT	09/06/10
18	M65-69	20 km	1:20:05	P	Doug Goodhue	68	MI	New Haven	New Haven Peachtree	CT	09/06/10
19	M85-89	25 km	2:51:52	P	Lloyd Young	85	MN	Darkside 25km Clarksburg Country Run	City	GA	11/09/08
20	M50-54	30 km	1:49:37	P	Tim O'Rourke	50	CA		Clarksburg	CA	11/09/08
21	M80-84	30 km	2:45:26	P	Jerry Johncock	80	MI	Milford Labor Day	Milford	MI	08/30/08
22	M70-74	50 km	4:22:05		Joe Burgasser	70	FL	Tallahassee Ultra	Tallahassee	FL	12/13/08
23	M70-74	50 km	4:16:57		Joe Burgasser	71	FL	Tallahassee Ultra	Tallahassee	FL	12/12/09
24	M70-74	50 km	5:12:50	P	Bill Dodson	73	CA	Jed Smith	Sacramento	CA	02/07/09
25	M80-84	50 km	6:56:55	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis Peachtree	MN	06/04/05
26	M80-84	50 km	5:53:22	U	Lloyd Young	82	MN	Darkside 50km Freedom Park Ultra	City	GA	11/06/05
27	M80-84	50 km	5:36:27	F	Jerry Johncock	80	MI	Ultra	Morganton	NC	12/31/08
28	M80-84	100 km	14:53:10	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05
29	M80-84	50 mi	10:59:40	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05
30	M55-59	100 mi	15:49:00		Roy Pirrung	58	WI	Ultracentric 24hr	Grapevine	TX	11/19/06
31	M65-69	100 mi	19:46:20	P	Zeke Zucker	65	VT	Umstead	Raleigh	NC	04/04/09
32	M90-94	Half mar	3:03:56	P	Henry Sypniewski	90	NY	Presque Isle	Erie	PA	09/14/08
33	M40-44	marathon	2:13:52	P	Mbarak Hussein	41	NM	Twin Cities	Minneapolis	MN	10/01/06
34	M40-44	marathon	2:15:06	U	Mbarak Hussein	40	NM	Honolulu	Honolulu	HI	12/11/05
35	M45-49	marathon	2:16:58	P	Mbarak Hussein	45	NM	Twin Cities	Minneapolis	MN	10/03/10
36	M80-84	marathon	4:11:52	P	Jerry Johncock	80	MI	Bayshore	Traverse City	MI	05/24/08
37	M80-84	marathon	3:59:05	P	Jerry Johncock Ernest	80	MI	Twin Cities	Minneapolis	MN	10/05/08
38	M90-94	marathon	6:46:34	U	VanLeeuwen	92	CA	City of Los Angeles NorthCoast 24 hour	Los Angeles	CA	03/06/05
39	M75-79	12 hour	86985m		Dieter Walz	75	CA	NorthCoast 24 hour	Cleveland	OH	09/18/10
40	M80-84	12 hour	78278m		Leo Lightner	82	OH	hour	Cleveland	OH	09/18/10
41	M80-84	12 hour	84506m	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05
42	M80-84	24 hour	123468m	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05

Masters LDR Road Bests: Men

No new Road Bests This Period

Masters LDR Road Records: Women

43	F45-49	5 km	16:14	W	Linda Somers- Smith	48	CA	SV Turkey Trot	San Jose	CA	11/26/09
44	F50-51	5 km	17:04		Monica Joyce	51	MI	Plymouth YMCA	Plymouth	MI	06/20/10
45	F50-54	5 km	17:24	P	Joan Samuelson	52	ME	CVS Downtown	Providence	RI	09/21/08
46	F60-64	5 km	19:20	P	Sabra Harvey	60	TX	Heights Fun Run	Houston	NY	06/06/09
47	F60-64	5 km	19:12		Sabra Harvey Marie-Louise	60	TX	Bellaire Trolley Eliz Macnamee	Bellaire	NY	04/04/09
48	F65-69	5 km	20:48	P	Michelsohn	65	NY	Memorial	West Islip	NY	06/03/06
49	F70-74	5 km	23:37	P	Libby James	72	CO	Firecracker	Ft Collins	CO	07/04/09

Chairman and President, National Staff, Division and Committee Chairs

50	F70-74	5 km	23:53	P	Barbara Miller	70	CA	Susan B Anthony	Sacramento	CA	08/08/09
51	F75-79	5 km	26:01	P	Lois Ann Gilmore	76	WI	The Deer Run	Brown Deer	WI	04/21/07
52	F75-79	5 km	26:12	P	Anne Garrett	75	CA	Carlsbad	Carlsbad	CA	04/05/09
53	F95-99	5 km	1:15:02	B	Kathryn West	97	ME	Freihofer's	Albany	NY	05/31/08
54	F60-64	8 km	32:11	P	Sabra Harvey	60	TX	Law Week	Houston	TX	03/28/09
55	F60-64	8km	32:19	P	Sabra Harvey	60	TX	Park To Park	Houston	TX	02/21/09
56	F45-49	10 km	35:27	U	Carmen Troncoso	45	TX	Rodeo Run	Houston Dearborn	TX	02/26/05
57	F45-49	10 km	34:32	P	Monica Joyce	49	MI	Meteor	Hts	MI	04/05/08
58	F45-49	10 km	35:24	P	Linda Somers-Smith	46	CA	Strawberry Stampede	Arroyo Grande	CA	05/25/08
59	F45-49	10 km	34:25	P	Linda Somers-Smith	47	CA	Heritage Bank	Oaks Paso Robles	CA	09/27/09
60	F45-49	10 km	33:39	P	Linda Somers-Smith	49	CA	Heritage Bank	Oaks Paso Robles Dearborn	CA	09/26/10
61	F50-54	10 km	34:52	P	Monica Joyce	50	MI	Meteor	Hts	MI	04/04/09
62	F50-54	10 km	35:23	P	Monica Joyce	50	MI	Detroit Turkey Trot	Detroit	MI	11/27/08
63	F70-74	10 km	48:33	P	Libby James	70	CO	Colorado Run	Ft Collins	CO	09/04/06
64	F70-74	10 km	48:29	P	Barbara Miller	70	CA	Heritage Bank	Oaks Paso Robles	CA	09/27/09
65	F75-79	10 km	52:31		Ginette Bedard	75	NY	NY Mini	New York	NY	06/07/09
66	F75-79	10 km	53:06	P	Ginette Bedard	75	NY	Joe Kleiner Homecoming	New York	NY	12/07/08
67	F75-79	10 km	53:35	P	Ginette Bedard	75	NY	Scotland	New York	NY	04/11/09
68	F75-79	10 km	53:00		Ginette Bedard	76	NY	Healthy Kidney	New York	NY	05/15/10
69	F75-79	10 km	53:24		Ginette Bedard	76	NY	NY Mini	New York	NY	06/12/10
70	F45-49	15 km	50:51		Colleen DeReuck	45	CO	Gate River	Jacksonville	FL	03/15/10
71	F50-54	15 km	52:38	P	Monica Joyce	50	MI	Gate River	Jacksonville	FL	03/14/09
72	F45-49	20 km	1:07:21	P	Colleen DeReuck	45	CO	New Haven	New Haven	CT	09/07/09
73	F45-49	20 km	1:09:42		Linda Somers-Smith	49	CA	San Jose	San Jose	CA	10/03/10
74	F50-54	25 km	1:36:45	P	Joan Samuelson	53	ME	BOA Chicago Split	Chicago Grand Rapids	IL	10/10/10
75	F65-69	25 km	2:07:00		Sharon Dolan	66	MI	5 th 3 rd Bank River Run	MI	05/10/08	
76	F50-54	30 km	1:57:01	P	Joan Samuelson	53	ME	BOA Chicago Split	Chicago	IL	10/10/10
77	F55-59	30 km	2:11:58	P	Suzanne Ray	57	OR	Clarksburg Country Run	Clarksburg	CA	11/08/09
78	F40-44	50 km	3:28:30	P	Mary Coordt	41	CA	IAU World Trophy	Galway Lloyd Neck	IRE	08/28/10
79	F60-64	50 km	4:57:56		Betty Hortsmann	61	NY	Caumsett Park	LI	NY	03/04/07
80	F45-49	10 mi	57:09:00	P	Linda Somers-Smith	48	CA	NorCal CU	Cherry Redding	CA	03/06/10
81	F50-54	10 mi	1:00:52		Joan Samuelson	52	ME	Blossom	Washington	DC	04/11/10
82	F70-74	10 mi	1:20:00	P	Barbara Miller	70	CA	Cal 10	Stockton	CA	01/10/10
83	F70-74	10 mi	1:19:02	P	Barbara Miller	70	CA	Buffalo Stampede	Sacramento	CA	09/13/09
84	F45-49	half mar	1:16:30		Colleen DeReuck	45	CO	Aramco Houston More	Houston	TX	01/17/10
85	F45-49	half mar	1:16:26		Colleen DeReuck	46	CO	Marathon	New York	NY	04/25/10
86	F45-49	half mar	1:13:32		Linda Somers-Smith	49	CA	San Jose Humboldt	San Jose	CA	10/03/10
87	F70-74	half mar	1:47:12	P	Barbara Miller	70	CA	Redwoods Clarksburg Country	Weott	CA	10/18/09
88	F70-74	half mar	1:49:34	P	Barbara Miller	70	CA	Run	Clarksburg	CA	11/08/09
89	F75-79	half mar	2:05:01	P	Toshiko D'Elia	76	NJ	Runner's World	Allentown	PA	04/30/06
90	F75-79	half mar	2:01:14	P	Ginette Bedard	75	NY	NYC Half	New York	NY	08/16/09

91	F75-79	half mar	1:55:19	P	Ginette Bedard	75	NY	Grete's Gallop	New York	NY	10/03/09
92	F85-89	half mar	2:42:57		Margaret Davis	85	CA	Carlsbad America's Finest	Carlsbad	CA	01/25/09
93	F85-89	half mar	2:46:51	P	Margaret Davis	86	CA	City	San Diego	CA	08/16/09
94	F85-89	half mar	2:39:45	P	Helen Klein	85	CA	Quad Cities Half	Des Moines	IA	09/28/08
95	F45-49	marathon	2:32:37	P	Colleen De Reuck	45	CO	Twin Cities	Minneapolis	MN	10/04/09
96	F45-49	marathon	2:30:51	P	Colleen DeReuck	46	CO	Copenhagen	Copenhagen	DEN	05/23/10
97	F50-54	marathon	2:47:50	P	Joan Samuelson	53	ME	BOA Chicago	Chicago	IL	10/10/10
98	F70-74	marathon	3:46:03	P	Ginette Bedard	72	NY	More Marathon	New York	NY	03/26/06
99	F75-79	marathon	4:08:31		Ginette Bedard	75	NY	ING New York City	New York	NY	11/02/08
100	F45-49	12 hr	133076m		Carolyn Smith	45	WI	FANS	Minneapolis	MN	06/06/10
101	F40-44	24 hr	224020m		Carolyn Smith	41	WI	Ultracentric 24hr	Grapevine	TX	11/19/06
102	F40-44	24 hr	233773m	P	Connie Gardner	44	OH	Ultracentric 24hr	Grapevine	TX	11/18/07
103	F60-64	24 hr	150313m		Marie Boyd	61	CA	San Francisco 1- Day	San Francisco	CA	10/24/09
104	F65-69	24 hr	151922m		Eldrith Gosney	68	CA	San Francisco 1- Day	San Francisco	CA	10/24/09
105	F50-54	48 hr	329915m	P	Liz Bauer	51	GA	3 Days @ Fair	Augusta	NJ	05/16/10
106	Masters a/comers	marathon	2:25:43		Lumila Petrova (RUS)	MAC	RUS	ING New York City	New York	NY	11/02/08

Masters LDR Road Bests: Women

107	F50-54	8 km	28:04a	P	Monica Joyce	50	MI	Akron 8k Nike NYC Half	Akron	OH	09/27/08
108	F40-44	half mar	1:11:48a		Colleen De Reuck	42	CO	Marathon	New York	NY	08/27/06
109	F85-89	marathon	5:48:59a	P	Helen Klein	85	CA	Cal International	Sacramento	CA	12/07/07

Masters LDR Track Records: Men

110	M50-54	25000m	1:38:52	P	Stuart Calderwood	52	NY	Tuesday T&F	New York	NY	06/09/09
111	M50-54	30000m	2:00:31	P	Stuart Calderwood	52	NY	Tuesday T&F	New York	NY	06/09/09
112	M70-74	12 hr	86296m		Ed Rousseau	70	MN	Corn Belt RC 24 hr	Eldridge	IA	05/01/10
113	M45-49	144 hr	637600m	P	Glen Turner	48	KY	Ultravecka 6-Day	Hallsberg	SW	07/26/08

Masters LDR Track Records: Women

114	F50-54	48 hr	323606m	P	Sandy Powell	50	VA	Surgeres 48hr	Surgeres	FR	05/18/08
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VII MASTERS TRACK AND FIELD

INDOOR - MEN

	Event	Group	Mark	Competitor	Site	Date
1	60	45-49	7.02	Aaron Thigpen	Kamloops	3/1/2010
2	60	90-94	11.63	Ralph Maxwell	Boston	3/27/2010
3	60	95-99	15.21	Leland McPhie	Boston	3/27/2010
4	200	60-64	24.85	Charles Allie	Boston	3/28/2010
5	200	65-69	25.47	Donald Neidig	Boston	3/28/2010
6	200	80-84	31.23	Harry Brown	Boston	3/28/2010
7	400	65-69	59.01	Donald Neidig	Boston	3/27/2010

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8	800	55-59	2:07.05	Horace Grant	Boston	3/28/2010
9	1500	35-39	3:35.49	Bernand Lagat	Birmingham	2/20/2010
10	1500	60-64	4:36.92	Nolan Shaheed	Kamloops	3/6/2010
11	mile	35-39	3:56.34	Bernand Lagat	New York	1/29/2010
12	mile	60-64	4:57.06	Nolan Shaheed	Ithaca	1/23/2010
13	3000	35-39	7:37.97	Bernand Lagat	Doha	3/14/2010
14	3000	60-64	9:55.03	Nolan Shaheed	Boston	3/26/2010
15	3000	90-94	21:52.38	Orville Rogers	Boston	3/26/2010
16	60 hurdles	40-44	8.09	Derek Pye	Boston	3/27/2010
17	60 hurdles	65-69	9.17	Ty Brown	Boston	3/27/2010
18	60 hurdles	90-94	15.84	Ralph Maxwell	Boston	3/27/2010
19	high jump	75-79	1.34	Doug Spainhower	Boston	3/28/2010
20	pole vault	55-59	4.13	Kirk Bentz	Boston	3/27/2010
21	pole vault	60-64	4.05	John Altendorf	Kamloops	3/5/2010
22	long jump	75-79	4.44	Robert Hewitt	Kenosha	3/7/2009
23	triple jump	90-94	6.02	Ralph Maxwell	Boston	3/28/2010
24	weight throw	55-59	19.79	Jim Wetenhall	Toronto	2/14/2010
25	superweight	55-59	10.55	Jim Wetenhall	Ypsilanti	3/7/2010
26	superweight	85-89	6.01	Richard Mulkern	Boston	3/28/2010
27	pentathlon	45-49	3979	Christopher Bates	Kamloops	3/2/2010
28	pentathlon	90-94	4594	Ralph Maxwell	Boston	3/26/2010

INDOOR - WOMEN

	Event	Group	Mark	Competitor	Site	Date
29	60	45-49	7.86	Renee Henderson	Boston	3/27/2010
30	60	70-74	9.21	Kathy Bergen	Boston	3/27/2010
31	60	75-79	10.97	Audrey Lary	Boston	3/27/2010
32	200	45-49	25.47	Renee Henderson	New York	3/6/2010
33	200	70-74	32.31	Kathy Bergen	Boston	3/27/2010
34	200	75-79	39.16	Audrey Lary	Boston	3/28/2010
35	400	45-49	60.59	Renee Henderson	Boston	3/27/2010
36	400	75-79	87.58	Audrey Lary	Boston	3/27/2010
37	mile	50-54	5:08.65	Monica Joyce	University Ctr	1/29/2010
38	3000	40-44	9:51.60	Jody Hawkins	College Station	1/16/2010
39	60hurdles	75-79	13.70	Flo Meiler	Boston	3/27/2010
40	high jump	70-74	1.29	Kathy Bergen	Colo Sprgs	2/14/2010
41	pole vault	40-44	3.50	Brenda Bumgardner	Golden	2/19/2010
42	pole vault	75-79	1.88	Flo Meiler	Boston	3/26/2010
43	long jump	60-64	4.44	Phil Raschker	Kenosha	3/7/2009
44	shot put	75-79	7.16	Christel Donley	Boston	3/27/2010
45	weight throw	70-74	12.30	Carol Young	Boston	3/26/2010
46	superweight	70-74	8.99	Carol Young	Boston	3/28/2010

OUTDOOR - MEN

	Event	Group	Mark	Competitor	Site	Date
47	100	95-99	37.16	Leland McPhie	Sacramento	7/24/2010
48	200	90-94	41.20	John Means	Geneva	7/17/2010

40	800	60-64	2:10.78	Nolan Shaheed	Walnut	4/16/2010
41	1500	35-39	3:32.51	Bernand Lagat	Monaco	7/22/2010
42	1500	55-59	4:17.80	Richard Burns	Los Angeles	3/12/2010
43	1500	60-64	4:31.93	Nolan Shaheed	Costa Mesa	5/1/2010
44	1	55-59	4:36.94	Richard Burns	Portland	6/12/2010
45	1	85-89	8:22.59	John Hosner	Raleigh	6/12/2010
46	3000	35-39	7:29.00	Bernand Lagat	Rieti	8/29/2010
47	3000	60-64	10:11.24	Douglas Winn	Portland	6/12/2010
48	5000	35-39	12:54.12	Bernand Lagat	Oslo - NOR	6/4/2010
49	5000	55-59	16:14.55	Rick Becker	Sacramento	7/22/2010
50	10000	45-49	31:14.21	Paul Aufdemberge	Hillsdale	4/23/2010
51	3000 steep	55-59	10:39.56	Dale Campbell	Azusa	4/16/2010
52	2000 steel	60-64	7:21.09	David Taylor	Sacramento	7/23/2010
53	100 hurdles	65-69	15.48	Ty Brown	Sacramento	7/23/2010
54	80 hurdle	90-94	21.74	Ralph Maxwell	Sacramento	7/23/2010
55	400 hurdles	50-54	56.88	Darnell Gatling	Sacramento	7/25/2010
56	200 hurdles	90-94	51.31	Ralph Maxwell	Ft. Collins	8/29/2010
57	high jump	50-54	1.94	Bruce McBarnette	Newport News	6/19/2010
58	high jump	75-79	1.41	Tom Langenfeld	Sacramento	7/23/2010
59	pole vault	55-59	4.35	Charles Brown	San Diego	7/16/2010
60	pole vault	60-64	4.04	John Altendorf	Sacramento	7/24/2010
61	shot put	75-79	13.19	James Oglesby	Clermont	1/16/2010
62	discus throw	65-69	54.99	Paul Economides	Lisle	8/7/2010
63	hammer throw	70-74	59.04	Ed Burke	Lisle	8/7/2010
64	hammer throw	80-84	43.11	Harvey Lewellen	Gresham	7/11/2010
65	javelin throw	55-59	66.11	Michael Brown	Raleigh	6/12/2010
66	weight throw	40-44	15.15	David Bickel	Mesa	5/22/2010
67	weight throw	70-74	20.82	Ed Burke	Davis	7/11/2010
68	superweight throw	40-44	10.76	David Bickel	Mesa	5/22/2010
69	superweight throw	55-59	10.31	Jim Wetenhall	Reading	6/6/2010
70	superweight throw	70-74	11.66	Ed Burke	Davis	7/11/2010
71	superweight throw	80-84	10.99	Harvey Lewellen	Eugene	6/27/2010
72	pentathlon	40-44	3508	Michael Janusey	Eugene	8/10/1998
73	pentathlon	90-94	2629	Ralph Maxwell	Sacramento	7/22/2010
74	decathlon	45-49	7421	Rex Harvey	Turku	7/17/1991
75	decathlon	60-64	7287	Emil Pawlik	Carolina	7/2/2003
76	decathlon	85-89	3611	Dan Bulkley	San Sebastian	8/22/2005
77	throws pentathlon	65-69	5044	Paul Economides	Lisle	8/7/2010
78	ultra pentathlon	40-44	3568	David Bickel	Lisle	8/8/2010
79	ultra pentathlon	70-74	4680	Edward Burke	Lisle	8/8/2010

OUTDOOR - WOMEN

	Event	Group	Mark	Competitor	Site	Date
80	100	70-74	14.76	Kathy Bergen	Walnut	4/17/2010
81	100	75-79	16.26	Irene Obera	Sacramento	7/24/2010
82	200	70-74	32.35	Kathy Bergen	Sacramento	7/25/2010
83	200	75-79	35.26	Irene Obera	Sacramento	7/25/2010
84	400	75-79	85.40	Suzi MacLeod	Sacramento	7/23/2010

Chairman and President, National Staff, Division and Committee Chairs

85	800	75-79	3:25.73	Suzi MacLeod	Sacramento	7/24/2010
86	1500	60-64	5:12.27	Sabra Harvey	Sacramento	7/25/2010
87	1500	75-79	7:31.56	Mary Harada	Sacramento	7/25/2010
88	mile	75-79	7:55.74	Mary Harada	Eugene	6/26/2010
89	3000	50-54	10:06.60	Carmen Troncoso	Portland	6/12/2010
90	3000	60-64	11:11.49	Sabra Harvey	Portland	6/12/2010
91	5000	75-79	26:55.11	Mary Harada	Sacramento	7/22/2010
92	2000 steep	40-44	6:51.92	Lisa Valle	Sacramento	7/23/2010
93	2001 steep	50-54	8:14.35	Cheryl Bellaire	Sacramento	7/23/2010
94	2002 steep	55-59	8:13.10	Kathryn Martin	Sacramento	7/23/2010
95	80 hurdles	50-54	12.44	Liz Palmer	Fort Collins	8/29/2010
96	400 hurdles	40-44	64.40	Lisa Daley	San Francisco	7/9/2010
97	400 hurdles	45-49	68.91	Karen Steen	Sacramento	7/25/2010
98	200 hurdles	75-79	45.83	Flo Meiler	Sacramento	7/25/2010
99	high jump	70-74	1.30	Kathy Bergen	Sacramento	7/24/2010
100	pole vault	75-79	2.03	Flo Meiler	Valatie	7/4/2010
101	triple jump	85-89	3.77	Wally Dashiell	Columbia	8/15/2010
102	shot put	65-69	10.50	Carol Frost	Seward	6/5/2010
103	shot put	75-79	8.21	Christel Donley	Sacramento	7/23/2010
104	shot put	95-99	4.09	Betty Jarvis	Lisle	8/7/2010
105	discus throw	65-69	30.30	Carol Frost	Seward	6/5/2010
106	discus throw	95-99	10.44	Betty Jarvis	Lisle	8/7/2010
107	hammer throw	50-54	55.46	Oneithea Lewis	Sacramento	7/22/2010
108	hammer throw	70-74	29.06	Carol Young	Statesboro	4/14/2010
109	hammer throw	75-79	25.60	Amy Hicks	Westin	7/9/2010
110	hammer throw	95-99	6.01	Betty Jarvis	Lisle	8/7/2010
111	javelin throw	80-84	18.18	Barbara Brandt	Sacramento	7/24/2010
112	javelin throw	95-99	7.55	Betty Jarvis	Lisle	8/7/2010
113	weight throw	50-54	18.10	Oneithea Lewis	Lisle	8/7/2010
114	weight throw	70-74	12.53	Carol Young	Lisle	8/8/2010
115	weight throw	75-79	10.50	Audrey Lary	Columbia	8/14/2010
116	weight throw	85-89	5.91	Wally Dashiell	Columbia	8/14/2010
117	weight throw	95-99	5.58	Betty Jarvis	Lisle	8/7/2010
118	superweight	50-54	12.98	Oneithea Lewis	Lisle	8/8/2010
119	superweight	70-74	7.30	Carol Young	Raleigh	6/11/2010
120	superweight	95-99	3.31	Betty Jarvis	Lisle	8/7/2010
121	heptathlon	45-49	4849	Caryl Senn-Griffiths	Shoreline	8/15/2009
122	heptathlon	75-79	5416	Christel Donley	Joplin	6/19/2010
123	decathlon	45-49	6122	Caryl Senn-Griffiths	Joplin	6/19/2010
124	throws pentathlon	50-54	4800	Oneithea Lewis	Lisle	8/7/2010
125	throws pentathlon	70-74	3892	Carol Young	Lisle	8/7/2010
126	throws pentathlon	75-79	3333	Gloria Krug	Lisle	8/7/2010
127	throws pentathlon	95-99	3765	Betty Jarvis	Lisle	8/7/2010
128	ultra pentathlon	35-39	2444	Jennifer Stephens	Lisle	8/8/2010
129	ultra pentathlon	50-54	5872	Oneithea Lewis	Lisle	8/8/2010
130	ultra pentathlon	70-74	3212	Carol Young	Lisle	8/8/2010
131	ultra pentathlon	75-79	3634	Gloria Krug	Lisle	8/8/2010

INDOOR RELAYS - MEN

	Event	Group	Mark	Competitors	Site	Date
132	1600 relay	40-49	3:31.04	Sprint Force America (S.Allah, E.Gonera, F. Schiro, R. Blackwell)	Boston	3/26/2000
133	1600 relay	40-49	3:25.04	Southwest Sprinters (R. Thomas, M. Wensel, K. Mulazim, E. Winslow)	Boston	3/28/2010
134	3200 relay	40-49	8:07.48	Greater Phil TC (S. Landis, B. McGinty, K. Forde, N. Berra)	New York	12/27/2009

INDOOR RELAYS - WOMEN

	Event	Group	Mark	Competitors	Site	Date
135	1600 relay	35-39	4:06.97	USA (L. Daley, S. Williams, M. Walles, L. Dendy)	Boston	3/28/2010
136	1600 relay	40-49	4:09.13	Athena TC (K. Shook, M. Roux, J. Hunter, C. Roberts)	Landover	3/28/2010
137	1600 relay	50-59	4:59.41	Greater Phil TC (A. Suckling, J. Affleck, W. Glassman, C. Bellaire)	New York	1/29/2010
138	1600 relay	70-79	7:21.74	Liberty AC (M. Harada, E. Szawlowski, C. Parsi, S. Hayes)	Boston	3/28/2010
139	3200 relay	40-49	9:25.49	USA (L. Valle, T. Ballou, C.Olen, A. Genet)	Boston	3/27/2010
140	3200 relay	50-59	10:43.50	USA (J. Hayden, C. Bellaire, K. Martin, C. Steinbach)	Boston	3/27/2010

OUTDOOR RELAYS - MEN

	Event	Group	Mark	Competitors	Site	Date
141	1600 relay	40-49	3:20.83	Sprint Force America (S. Allah, K. Morning, E. Gonera, R. Blackwell)	Philadelphia	4/28/2001
142	1600 relay	50-59	3:37.20	Sprint Force America (R. Bowen, C. Blake, R. Pierce, E. Gonera)	Orono	8/11/2002
143	3200 relay	35-39	8:12.33	USA (T. Spann, B. Dameworth, A. Hastings, B. Sax)	Walnut	4/16/2010
144	3200 relay	35-39	7:55.67	SoCal TC (M. Smith, M. Schroer, J. Rhodes, S. Anderson)	Williamsburg	4/3/2010

OUTDOOR RELAYS - WOMEN

	Event	Group	Mark	Competitors	Site	Date
145	400 relay	40-49	52.95	Athena TC (T.Rath, C. Roberts, K. Shook, M. Roux)	Philadelphia	4/23/2010
146	400 relay	50-59	56.98	Athena TC (D. Carter, L. Woodward, L. Chaplin-Swan, L. DeWitt)	Sacramento	7/25/2010
147	400 relay	60-69	1:19.90	Oregon TC Masters (M. Rickson, M. Stringer, B.Sisley, S. Pashkin)	Eugene	6/19/2005
148	1600 relay	35-39	3:52.85	USA (M. Walles, L. Daley, C. Roberts, L. Dendy)	Sacramento	7/25/2010
149	1600 relay	60-69	6:59.09	SoCal TC (D. Backlund, K. Frable, Y. Eichel, J. Steigerwalt)	Sacramento	7/25/2010

VII. Masters Race Walk

1)	W45-49	mile	6:52.54i	Teresa Vaill	New York	NY	1/29/2010
2)	W50-54	mile	7:50.79i	Maryanne Daniel	Hanover	NH	1/10/2010
3)	W55-59	mile	13:28.05i	Lorrie Wilkes	Hanover	NH	1/10/2010
4)	W70-74	3000	18:40.1	Louise Walters	Reno	NV	8/14/2010
5)	W50-54	5000	26:27.00	Maryanne Daniel	Sacramento	CA	7/23/2010
6)	W70-74	5000	30:42:96	Louise Walters	Sacramento	CA	7/23/2010
7)	W45-49	1-hour	12,813 meters	Teresa Vaill	Waltham	MA	10/3/2010
8)	W70-74	1-hour	9,323 meters	Louise Walters	Banks	OR	10/17/2010
9)	M35-39	mile	5:52.43i	Tim Seaman	New York	NY	1/29/2010
10)	M50-54	mile	8:56.58i	Larry Epstein	Hanover	NH	1/10/2010
11)	M60-64	mile	9:46.14i	Jay Diener	Hanover	NH	1/10/2010
12)	M65-69	mile	10:08.30i	Thomas Knatt	Hanover	NH	1/10/2010
13)	M60-64	3000i	14:20.64i	Chris Schmid	Boston	MA	3/28/2010
14)	M80-84	3000i	20:08.03i	Jack Starr	Boston	MA	3/28/2010
15)	M55-59	5000i	28:32.2i	Klaus Thiedmann	Parkside	WI	1/29/2010
16)	M45-49	3000	14:42.94	David Talcott	Rochester	NY	7/18/2009
17)	M45-49	3000	13:58.4	Dave McGovern	Waltham	MA	10/3/2010
18)	M65-69	3000	16:17.5	Leon Jasionowski	Waltham	MA	10/3/2010
19)	M65-69	10,000	55:25.6	Leon Jasionowski	Waltham	MA	10/3/2010
20)	M45-49	15,000	1:13:28.7	Dave McGovern	Waltham	MA	10/3/2010
21)	M60-64	15,000	1:18:07.2	Chris Schmid	Waltham	MA	10/3/2010
22)	M60-64	1-hour	11,678 meters	Chris Schmid	Waltham	MA	10/3/2010
23)	M65-69	1-hour	10,839 meters	Leon Jasionowski	Waltham	MA	10/3/2010
24)	W70-74	10K	1:03:44	Louise Walters	Sacramento	CA	7/25/2010
25)	W85-89	10K	1:28:23	Miriam Gordon	Sacramento	CA	7/25/2010
26)	W70-74	15K	1:39:11	Louise Walters	Riverside	CA	5/16/2010
27)	W70-74	20K	2:12:27	Louise Walters	Surprise	AZ	2/07/2010
28)	W45-49	30K	2:31:30	Teresa Vaill	Valley Cottage	NY	10/31/2010
29)	W65-69	40K	5:09:46	Darlene Backlund	Ocean Tnshp	NJ	9/12/2010
30)	W65-60	50K	6:26:44	Darlene Backlund	Ocean Tnshp	NJ	9/12/2010
31)	M60-64	15K	1:19:36	Chris Schmid	Riverside	CA	5/16/2010
32)	M80-84	15K	1:46:47	Jack Starr	Riverside	CA	5/16/2010
33)	M65-69	25K	2:34:21	Leon Jasionowski	Surprise	AZ	2/07/2010
34)	M65-69	25K	2:33:06	Leon Jasionowski	Ocean Tnshp	NJ	9/12/2010
35)	M50-59	30K	2:37:28	Jonathan Matthews	Surprise	AZ	2/07/2010
36)	M80-84	30K	4:01:15	Jack Starr	Ocean Tnshp	NJ	9/12/2010
37)	M60-64	30K	2:48:04	Chris Schmid	Valley Cottage	NY	10/31/2010
38)	M65-69	30K	2:57:55	Leon Jasionowski	Valley Cottage	NY	10/31/2010
39)	M80-84	30K	3:53:18	Jack Starr	Valley Cottage	NY	10/31/2010
40)	M50-54	35K	3:02:56	Jonathan Matthews	Surprise	AZ	2/07/2010
41)	M50-54	40K	3:29:04	Jonathan Matthews	Surprise	AZ	2/07/2010
42)	M50-54	40K	3:39:56	Ray Sharp	Ocean Tnshp	NJ	9/12/2010
43)	M60-64	40K	3:55:45	Chris Schmid	Surprise	AZ	2/07/2010
44)	M60-64	40K	3:53:14	Chris Schmid	Ocean Tnshp	NJ	9/12/2010

45)	M65-69	40K	4:08:03	Leon Jasionowski	Surprise	AZ	2/07/2010
46)	M80-84	40K	5:28:26	Jack Starr	Ocean Tnshp	NJ	9/12/2010
47)	M50-54	50K	4:23:15	Jonathan Matthews	Surprise	AZ	2/07/2010
48)	M60-64	50K	5:04:46	Chris Schmid	Surprise	AZ	2/07/2010
49)	M65-69	50K	5:11:22	Leon Jasionowski	Surprise	AZ	2/07/2010

VIII YOUTH ATHLETICS

BANTAM GIRLS

1.	800m	2:21.00	Kennedy Simon (Gazelle Track Club/ Marietta GA)	Lisle III	7/4/2010
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MIDGET GIRLS

2.	4x400m Relay	3:56.63	Quiet Fire/Los Angeles CA (Kayla Richardson, Lauren William, Kyla Richardson, Jeanette Paul)	Harbor City, CA	5/29/2010
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YOUTH GIRLS

3.	Pentathlon	3534 pts	Alexa Harman-Thomas	Sacramento, CA	7/30/2010
4.	200 m Hurdles	26.55	Jasmyne Graham (Unattached/Moreno Valley CA)	Sacramento, CA	7/31/2010
5.	Shot Put	15.88 m	Kennedy Blahnik (Unattached/Algoma, WI)	Sacramento, CA	7/31/2010

INTERMEDIATE GIRLS

None

YOUNG WOMEN

None

BANTAM BOYS

6.	High Jump	1.60m/5-03.00	Sean Lee (USA High Jump Club/Rancho Santa Margarita)	Cerritos, CA	6/13/2010
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MIDGET BOYS

7.	Shot Put	16.36m	Elijah Zoucha (West O Throws/Omaha, NE)	Sacramento, CA	8/1/2010
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YOUTH BOYS

8.	3000M	9:04.06	Bailey Roth (Trail Monkeys/Atlanta, GE)	Lisle, III	7/3/2010
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INTERMEDIATE BOYS

9.	Javelin	63.60m	William H. Stanley III (South Park TC/Pittsburgh, PA)	Pomona, NJ	7/9/2010
10.	Javelin	72.82m/238-11.0	Samuel Crouser (Gresham/Blu Byu/Gresham OR)	Gresham, OR	6/27/2010

Respectfully submitted



Justin F. Kuo
Chair USATF Records Committee

USATF RULES COMMITTEE SCORECARD

Committee Actions as of _____

Item	Con f	Action	Item	Con f	Action	Item	Con f	Action	Item	Con f	Action	Item	Con f	Action	Item	Con f	Action
1	4		21	4		41	5		61	7		81	5		101	5	
2	4		22		W	42	6		62	4		82	5		102	5	
3	5		23	5		43	6		63	6		83	5		103	5	
4	5		24	5		44	6		64	2		84	7		104	5	
5	6		25	6		45	6		65	4		85	5		105	5	
6	5		26	6		46	5		66	5		86	5		106	5	
7	5		27		W	47	6		67	5		87	5		107	5	
8	5		28	4		48	7		68	5		88	5		108	5	
9	7		29	5		49	4		69	5		89	5		109	5	
10	7		30	2		50	4a		70	5		90	5		110	5	
11	6		31	5		51	7		71	5		91	5		111	5	
12	5		32	6		52	5		72	5		92	5		112	5	
13	6		33		W	53	5		73	5		93	5		113	5	
14	5		34	4		54	7		74	3		94	5		114	5	
15	6		35	6		55	6		75	5		95	5		115	5	
16	4		36	3		56	6		76	5		96	5				
17	5		37	7		57	6		77	7		97	5				
18	5		38	4a		58	3		78	5		98	5				
19	5		39	5		59	4		79		W	99	5				
20	4		40	5		60	7		80	5		100	5				

Conference Call Actions:

1=Grammar / Punctuation

2=Housekeeping

3=Current Practice

4=Recommend Approval

5=Discuss / Refer

6=Recommend Reject

7=Recommend Table

W=Withdrawn

a=amended

Final Actions: A=Accepted AA= Accepted As Amended R=Rejected T=Tabled W=Withdrawn

((Double parenthesis)) indicates removal. Underline indicates addition.

Item 1 – Tabled 2009 Item 43 – IAAF 47

Amend Rule 167.1 as follows:

~~((Ties shall be decided as follows:))~~

In determining whether there has been a tie for a qualifying position for the next round based on time, the Photo

Finish Judge shall consider the actual time recorded by the competitors without regard to the rule that the time

should be read to the next longer 1/100th of a second.

Whether by time or finishing place, if it is ~~((if it is thus))~~ determined that there has been a tie, the tying competitors shall be placed in the next round if it is practical to do so. ~~((if that is not practical, the tying competitors shall compete again.))~~ If that is not practical, lots shall be drawn to determine who shall be placed in the next round.

Item 2 – Tabled 2009 Item 50 – published IAAF interpretation

Amend Rule 180.8(a) as follows:

Except as provided in subparagraphs (b) and (c), if a competitor misses a turn in a field event for any reason, (e.g.,

arriving late, unexcused absence, etc.) that competitor shall not be permitted to have warm-ups using the competition area (see Rule 180.13(c)) or take the trial or trials so missed, but may be permitted to take his/her remaining trials if he/she was entered in the event before it began. If a competitor by his or her own decision makes a trial in an order different from that previously determined, the competitor shall be warned (or disqualified in case of a second infringement) according to Rule 125.8, but the result of the trial (valid or failure) will stand in the case of a warning (first infringement).

Item 3 – Tabled 2009 Item 74 – IAAF 76, 77

Amend Rule 241 as follows:

1. The organizers of road races must ensure the safety of all competitors and officials.

~~((a) Medical examinations:))~~

~~((i))~~ (a) A hands-on medical examination during the progress of an event by official ~~((designated))~~ medical personnel clearly identified by the organizers (armband, vest, or similar distinctive apparel) shall not be considered assistance.

~~((ii))~~ (b) A competitor must retire at once from the race if ordered to do so by a duly authorized race official or a member of the official medical staff ~~((who is clearly identified by the organizers (armband, vest, or similar distinctive apparel)))~~.

(c) During hot weather, races should be scheduled in the early morning or evening hours and additional aid stations should be made available.

(d) Adequate first aid facilities should be provided, preferably by use of a mobile unit or units on the running course.

~~((b))~~ 2. Drinking/Sponging and Refreshment Stations:

~~((i))~~ (a) Water and other suitable refreshments shall be available at the start and finish of all races.

(b) For all events up to and including 10km, water only drinking/sponging stations shall be provided at suitable intervals of approximately 2-3km if weather conditions warrant such provision. Mist stations may also be provided, when considered appropriate by the Organizing Committee.

(c) For all events longer than 10km, refreshment stations shall be provided at approximately every 5km. In addition, water only drinking/sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

(d) Athletes shall be permitted to provide their own refreshments at refreshment stations. A competitor who collects refreshment from a place other than a refreshment station is liable to

disqualification by the Referee.

(e) Any person authorized at a station to dispense water or refreshment may not enter the course nor obstruct any competitor. They may hand the water or refreshment to the competitor either from behind, or from a position no more than one meter in front or to the side of, the dispensing table.

~~((ii. Drinking/Sponging or refreshment stations shall be provided at suitable intervals of approximately 2-3km based upon weather conditions.))~~

~~((iii. In all events 10km or longer, water shall be provided at intervals of no more than 5km. In addition, race management may provide refreshments (other than water) and/or sponging stations at positions approximately midway between water stations.))~~

~~((e) During hot weather, races should be scheduled in the early morning or evening hours and additional aid stations should be made available.))~~

~~((2. Adequate first aid facilities should be provided, preferably by use of a mobile unit or units on the running course.))~~

3. If a race is longer than 5 miles and the athlete is under 18 years of age, a statement signed by the athlete's parent or legal guardian permitting the athlete to compete is required.

~~((4. A competitor must retire from a race immediately if directed to do so by a duly authorized official of the race or by a member of the race medical staff. (See Rule 144.9.))~~

Item 4 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Classifications as follows:

(a) Open: The Open classification shall have no maximum age limit. In men's Long Distance Running, club track & field and all cross country, the Open classification shall be limited to male athletes sixteen (16) years and older on the day of the competition. In Open men's race walking and all Open women's competition, athletes shall be fourteen (14) years or older on the day of the competition.

Reason: To clarify the age requirements at the National Club Championship and to conform to existing practice.

Item 5 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Add a new Rule 1(e) as follows:

In addition, in Masters Cross Country and the Club Track and Field championship, non-US citizens who have at least completed the application process for resident foreigner status, 'green card', may compete as members of a club team, so long as they are bona fide members of the club and members of USATF.

Reason: Foreign athletes with green cards are currently able to compete and score at the club track & field nationals because these athletes are bona fide members of a club with most having lived here since childhood. However, these same athletes are not able to score at club cross country nationals. In an effort to have uniform rules, Club Council has proposed this specific rule.

Item 6 – Submitted by Jean Knaack, Exec. Dir., Road Runner Club of America on behalf of John Elliott

Add a new Rule 1(b) as follows and renumber:

(b) In addition, in Long Distance Running Championships, US citizens who have not previously represented another country or territory in International Competition are eligible to compete in the Championship, regardless of whether or not they are eligible to represent the US in International Competition.

Reason: Without an affirmative change in USATF rules, the eligibility requirements for participation in USATF Championships has been significantly changed effective April 1, 2010 due to an IAAF rule amendment. This requires that the USATF rule be reexamined and changed. Prior to April 1, a small number of individuals were excluded from USATF Championships: those who had previously represented another IAAF Member in International Competition. The proposed rule change maintains this status quo, while preventing the unintended situation of excluding an additional large class of athletes from participating in USATF Championships

Item 7 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 2 as follows:

2. For Open and Junior Track & Field Championships, except ~~((Cross-Country,))~~ Club Track & Field, the Regions ~~((will comprise))~~ include the following Associations ((as follows)):
3. For ~~((Open and Junior))~~ all Cross Country, open club and ((all)) Masters Championships, the Regions ~~((will comprise))~~ include the following Associations ((as follows)):
5. Resident aliens shall be permitted to compete in Regional Championships as long as they meet applicable standards and are members of USATF.

Reason: To update the rules to include the new 7 regional zones for club competitions.

Item 8 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 3.3 as follows:

Athletes who are not members of ~~((an))~~ a particular Association may compete as invited guests on a non-scoring basis at the discretion of the meet director or the appropriate Association sports committee.

Item 9 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 4 as follows:

1. In all USATF Team Championships, whether National, Regional or Association, only teams consisting of duly accredited representatives of a member club shall be eligible to win such team Championship. In Regional Championships, the team Championship may be contested on the basis of Association teams ~~((instead of))~~ in addition to scoring by club teams, at the option of the Games Committee.
2. In Long Distance Running, open and masters cross country running and open track & field club competition, an athlete who is a non-resident member of an Association is eligible to compete for a team in that Association only if ~~((the athlete))~~:
 - (a) the athlete resides in an adjoining Association ((and the Association of residence does not offer the program,)) within the government-defined Standard Metropolitan Statistical Area (SMSA) of a city which is primarily in the neighboring Association, or
 - (b) neither the Association of residence nor any Association adjoining the Association of residence ((offers the program)) has a member organization which sponsors and/or supports team competition available to the athlete, or
 - (c) ~~((has historical membership based upon Association residency (at least 3 continuous USATF membership years) in a club is eligible to compete for that club))~~ the athlete has been a member of both the club and the club's Association for at least three continuous years.

Reason: The current version of Rule 4.2 is difficult to administer, not objective, and applies only to LDR (particularly club cross country). However, the Club Council and Cross Country Council are working together to have one uniform rule that applies to both club track and club cross country to ensure that all club athletes are able to score for their respective teams at both championships (which isn't the case with the current rule). On the Club Council's side, the proposed Rule 4.2(a) aims to further the Club Council's mission of encouraging group-based training. The Council's overall goal is to promote high-quality, year-round, club-based training environments that serve and develop athletes where they live (in conformity with Project 30). Rule 4.2(b) & (c) are tailored to be narrow exceptions.

Item 10 – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 4.2 as follows:

In Long Distance Running, an athlete who is a non-resident member of an Association is eligible to compete for a team in that Association only if the athlete:

~~((a) resides in an adjoining Association and the Association of residence does not offer the program, or~~

~~(b) neither the Association of residence nor any Association adjoining the Association of residence offers the program, or~~

~~(c) has historical membership based upon Association residency (at least 3 continuous USATF membership years) in a club and is eligible to compete for that club.))~~

(a) resides in a bordering Association, or

(b) has historical membership of at least 3 continuous USATF membership years in a club and that club's Association based upon an original residency in that Association.

NOTE: In either case, the athlete must be eligible to compete for that club and must follow the procedures outlined in the USATF Governance Handbook, Operating Regulation 4, regarding transfers between Associations .

Reason: The current version of Rule 4.2 is difficult, if not impossible, to enforce fairly and equitably. LDR Team Championships should be contested by local Association-level club teams whose members live and train together, not Regional or National “all-star” teams. The first exception allows for athletes to compete who do not reside in their club’s Association but do reside in a bordering Association. The second exception allows athletes who are still members of a club in an Association where they once resided to continue to compete for that club even when they relocate. The note reminds athletes that they must follow the regulations regarding transfers of Associations and also must be eligible to compete for that club.

Item 11 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 5 as follows:

1.(b) Regulation gold, ~~((and)) silver, and bronze~~ Championship medals shall be awarded for first, ~~((and)) second, and third~~ places in each individual Championship event. ~~((Bronze Championship medals shall be awarded to the third through sixth place finishers, except in the USA Indoor Track and Field Championships, where bronze medals are awarded only to third and fourth place finishers.))~~ Additional bronze medals may be awarded in a championship meet up to eighth place in stadia events and up to tenth place in non-stadia events, at the discretion of the applicable sports committee(s) and/or council(s), and so long as all events within that championship are treated equally. In Regional and Association Championships gold, silver, and bronze medals may be awarded for first, second, and third places, respectively.

2. Other individual and team prizes, which shall be specified on the entry blank, may be presented as determined by the Championship sponsor subject to the approval of the appropriate sport committee(s) and/or council(s) of USATF.

Reason: To conform to existing practice.

Item 12 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 6 as follows:

2. All entries for Championships shall be made using the entry format adopted by USATF. No entry format for any Championship shall be distributed until it has been submitted to and approved by the Chair(s) of the sport committee(s) and/or council(s) involved and the Chief Executive Officer of USATF. The entry format shall include all pertinent information regarding filing dates, late entries, fees, entry appeal and protest procedures, and declaration procedures.

3. The final date for entries to a National Championship shall be designated by the Chair of the sport committee(s) and/or council(s) involved. ~~((For track and field))~~ Unless otherwise specified by the sport committee(s) and/or council(s) involved, this date shall be at least ((14 days (outdoors) or)) 10 days ((indoors)) prior to the first competition that is part of the Championship. ~~((For the National Track & Field Club Championships, this date shall be at least 14 days.))~~ A late entry period, if any, shall be designated by the Chair of the sport committee(s) and/or council(s) involved.

4. Entry fees and late fees for all Championships shall be established by each sport committee and council, subject to the approval of USATF, and, unless otherwise provided by its Bylaws, shall be the property of USATF. Entry fees for ~~((the National Track & Field Club Championships and))~~ all

long distance running events are the property of the event.

5. The officials, and the Games and Seeding Committees who are responsible for the conduct of a Championship, shall be appointed by or subject to the approval of the appropriate sport committee(s) and/or council(s).
6. Qualifying standards and procedures may be established for Championships and for qualifying competition for international competition by the sport committee(s) and/or council(s) concerned.
7. (c) For reasons appearing good and sufficient, the Executive Committee of the sport committee(s) and/or council(s) concerned, unless otherwise provided by USATF, by a majority vote of those voting, may suspend or abrogate all requirements or provisions for the payment of expenses of any and all champions as provided for herein.
 - (d) ~~(If funds are available, all individual event winners of the National Track & Field Club Championships shall receive an equal share of such funds.~~
 - (e)) The sponsoring organization of any Championship, with the approval of the sport committee(s) and/or council(s) concerned, may allocate additional funds to other place winners of the previous year's Championship or for noteworthy performers.

Reason: To conform to existing practice.

Item 13 – Submitted by Bob Podkaminer, Rules Committee on behalf of Greg Harger and Bill Roe
Amend Rule 6.6 as follows:

Qualifying standards and procedures may be established for Championships and for qualifying competition for international competitions by the sport committee concerned. When established, such qualifying standards, procedures, and the qualifying period shall be publicly posted prior to the opening of the qualification period.

Reason: Those who are preparing to qualify need the information as timely as possible in order to plan in a rational manner.

Item 14 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 7 as follows:

2. Regional Championships may be scored on the basis of Association teams ~~((instead of))~~ in addition to scoring by club teams at the option of the Games Committee.
3. The team score shall be ~~((the total of all points earned by eligible competitors for a given team. Scoring shall be five (5) points for each first place scored, three (3) points for second, two (2) points for third, and one (1) point for fourth))~~ according to the following:

<u>Event</u>	<u>Scored Places</u>	<u>Scoring</u>
<u>National Championship and meets of 8 or more teams</u>	<u>8</u>	<u>10-8-6-5-4-3-2-1</u>
<u>Regional Championship and meets of 4 to 7 teams</u>	<u>6</u>	<u>7-5-4-3-2-1</u>
<u>Association Championship and meets of 2 or 3 teams</u>	<u>4</u>	<u>5-3-2-1</u>

Events not included on the entry blanks, and events (other than novice events) not open to all USATF member athletes shall not count in the scoring for team point trophies. Relay races shall be scored as any other event. In combined events, the team score shall be the sum of the scores of the top three members of each team. Should ties remain after applying Rule 167, Rule 180.14, or Rule 181.8, the points to be awarded for the tied places shall be totaled and points equal to this total divided by the number of tied competitors shall be scored for the team of each individual so tied. When two or more teams have the same number of points, the teams shall be co-champions and any trophies shall be awarded in multiple copies. For Masters exemption see Rule 331.2.

7. Scoring by time:
 - (a) The team score shall be the aggregate time of the scoring members. The team with the lowest aggregate time is the team winner.
 - ~~((8.))~~(b) In team Championships scored by time, if the Games Committee determines that scores for the winning teams cannot be determined because of clock failure or other reasons, team Championships shall be determined by scoring by place.
 - ~~((9.))~~8. Whether scoring by time or place:
 - (a) If a team fails to finish with a complete scoring team, the team members finishing shall be

counted as individuals in the race results and shall be eligible to receive individual awards.

- (b) ~~Ties between two or more teams shall be resolved by determining which ((team's last scoring member finished nearest to first place. If the tie still exists, the next to last scoring members are compared in the same way, etc. determining which)) team wins the most one-on-one match-ups among their five scoring members, comparing first to first, second to second, and so on through fifth place.~~

Reason: To conform to existing practice.

Item 15 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 9 as follows:

3. Points for track and field meets shall be scored in accordance with the appropriate provisions of Rule 7 ~~((13, except that events not included on the entry blanks, and events (other than novice events) not open to all USATF member athletes shall not count in the scoring for team point trophies. Relay races shall be scored as any other event.))~~
4. When a prize or trophy is awarded for individual high scoring in any meet, points shall be scored in the same manner as points would be scored for the team Championships or point trophy in that meet, except that whether points are scored for relay races (one-quarter of the points earned by the team attributed to each individual from the relay final only) shall ((not be counted)) be at the discretion of the sport committee(s) and/or council(s) involved and the Games Committee, so long as such determination is made prior to the start of the meet. In case of a tie, the trophy or prize shall be awarded to the competitor winning the most first places.

Reason: To conform to existing practice.

Item 16 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 11.2(a) as follows:

~~((5000 Meter Walk))~~ 3000 Meter Walk

Reason: Makes men's and women's events same. The indoor championship walk distance was changed to 5000 meters when event was held at World Indoor Championships, but was never changed after being removed from World Indoor schedule. Almost no events are held at 5000 meters for qualifying opportunities, competitors are using shorter distances.

Item 17 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 12 as follows

1. The Associations Committee, through its Club Council and with assistance and representation from the Men's and Women's Track & Field Committees and the Race Walking Committee, shall annually conduct the National Track & Field Club Championships. This will be a combined men's and women's championship. ((A joint subcommittee with representatives of all three committees named by)) The Club Council chair, with the consent of the chair of the Associations Committee shall appoint the Games Committee, Referee(s), and chief officials, who shall be certified officials at the National or Master level.
2. Regional club championships may be held in each region and used for qualification into the national meet.
3. All participants shall be member of a USATF member club. Unattached and non-resident alien athletes may not compete in the Championships.
- ~~((2-))~~ 4. Rule 10 shall apply to the National Track & Field Club Championships, except that:
 - (a) The meet shall be a two-day meet.
 - (b) The time schedule shall be determined by the Games Committee.
 - (c) The following relays are included as standard events:
 - 4x100 Meter Relay
 - 4x400 Meter Relay
 - 4x800 Meter Relay
 - Sprint Medley Relay (200-200-400-800)
 - Distance Medley Relay (1200-400-800-1600);
 - ~~((b))~~ (d) The ((10,000 Meters)) Race Walks shall be optional, with distances set in consultation with the national Race Walking chair; and
 - ~~((e))~~ Contestants may be a regional winner or runner up, or be declared by a right of membership club to be their entry into an event, instead of meeting a qualifying standard.

~~(d) A trophy shall be given to the team scoring the most points. Scoring shall be ten (10) points for each first place scored, eight (8) points for second, six (6) points for third, four (4) points for fourth, two (2) points for fifth, and one (1) point for sixth. Should ties remain after applying Rule 167, Rule 180.14 or Rule 181.8, the points to be awarded for the tied places shall be totaled and points equal to this total divided by the number of tied competitors shall be scored for the team of each individual so tied. When two or more teams have the same number of points, the teams shall be cochampions and any trophies shall be awarded in multiple copies.))~~

5. Qualifying: In the Club Track & Field Championships, all entered contestants shall have met the qualifying requirements adopted by the Club Council or by the properly authorized subcommittee thereof and listed in the published entry material, or must be the single entrant in an event for that club.
6. Conduct of the Championships: The Council Chair, Games Committee Chair, and Meet Director shall finalize all events, make modifications to the time schedule, formulate the heats, advancement, and timed-final parameters, and publish them at least forty-eight (48) hours in advance of the first scheduled competition on the USATF website.
7. Scoring and awards: Team scoring shall be according to the provisions of Rule 7. Awards shall generally be governing by Rule 5. A most valuable trophy shall be presented to the male and female athlete who scores the most points for their team, including one quarter of relay points. A best performance trophy shall be awarded to the male and female athlete whose individual performance scores highest on the approved IAAF point tables. A suitable recognition may also be made of the Association whose athletes score the greatest number of points in the championships.

Reason: To conform to Bylaw 14 and to conform to existing practice at the Championships. With regard to race walking, the event is proposed as optional because of the low turnout of competitors over the past couple years.

Item 18 – Submitted by Mike Scott, Chair, USATF Cross Country Council

Amend Rule 15.4 as follows

4. The distances contested at the Fall National Championships are 10,000 meters (or as close as feasible) for men and 6000 meters (or as close as feasible) for women. The distances contested at the Winter National Championships shall be as close as feasible to the distances to be contested that year at the IAAF World Cross Country Championships, or when there is no World Championship in that year, 12,000 meters for open men, 8000 meters for open women and junior men, and 6000 meters for junior men. The measured distances should be printed in the program and the results.

Item 19 – Submitted by John Blackburn, Rules Committee on behalf of Bill Roe and James A. Felty

Add New Rule 15.6 as follows and renumber:

At the Fall National Championships, team competition shall be conducted in all four races for Association club teams. At the Winter National Championships, team competition shall be conducted in all six races for Association club teams, and concurrently in the open races for teams representing sponsors and the branches of the Armed Services.

Item 20 – Submitted by Dr. Bob Adams, Chair USATF Sports Medicine Committee on behalf of Dr. Mark Troxler

Amend Rule 32.2 as follows:

~~((The following are guilty of a doping offense:))~~ Anti-Doping Rule Violations:

- (a) ~~((An athlete whose body tissues or fluids are found to contain a prohibited substance,))~~ Presence of a prohibited substance or its metabolite or markers in an athlete's sample.
- (b) ~~((An athlete who uses or takes advantage of a prohibited technique,))~~ Use or attempted use by an athlete of a prohibited substance or a prohibited method.
- (c) ~~((An athlete who admits))~~ Admitting to having used ((or taken advantage of)) a prohibited substance or a prohibited ((technique)) method.
- (d) ~~((An athlete who fails or refuses to submit to doping control after having been properly requested to do so,))~~ Refusing or failing without compelling justification to submit to sample collection.
- (e) ~~((A person who assists or incites an athlete to use a prohibited substance or a prohibited technique,))~~ Administration or attempted administration, to any athlete in-competition, of any

prohibited method or prohibited substance.

- (f) ~~((A person who in any way improperly interferes with the collection, shipment, storing or testing of a sample, or with the administration of USATF's or the IAAF's doping control regulations, and))~~ Tampering or attempted tampering with any part of doping control.
- (g) ~~((An athlete who competes while ineligible to compete because of a doping offense,))~~ Possession of prohibited substances and prohibited methods.
- (h) Trafficking or attempted trafficking in any prohibited substance or prohibited method.
- (i) ~~((An athlete who violates the IAAF and/or WADA requirements concerning availability and whereabouts,))~~ Violation of applicable requirements regarding athlete availability for out-of-competition testing.

Reason: The wording guilty needs to be removed because that is for CAS to decide and positive test is simply a rule violation and the athlete later will be found innocent or guilty by due process. (a)Body tissue is not used for testing and to prevent confusion the word "sample" is used for uniformity. (b)Use or attempted is a better term and add clarity. (c)Method is a preferred term as opposed to technique. (d)When an athlete fails to provide a sample without good reason is a better manner to stat. (e)Administration or attempted administration in this open ended format includes a larger number of potential rule violators. (f)Regardless of who does it tampering with a sample is a rule violation. (g)I'm not sure this belongs in this resection because a doping violation has already occurred. (g)(h)Trafficking or possession need to be added as rule violation. (i)Simply put an athlete that is not available for testing is a rule violation.

Item 21 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 110.1 as follows:

~~((Officials necessary at athletics events:))~~ There shall be as many officials at a meet as are necessary for its orderly and efficient operation, and compliance with these rules. The size of the meet and the level of competition both play a role in determining the number of officials to be used at an event. In some cases, the number of officials conducting an event may be reduced significantly.

Reason: The deletion should be made because the statement does not follow the format of the rules in this subsection. The add is to further emphasize that smaller meets may need far fewer officials that larger and higher caliber meets.

Alternatively: Remove Rule 110.4 and put it into a meet management handbook of sorts.

Item 22 – Submitted by Steve Vaitones, Rules Committee

Amend Rule 110.3 as follows:

The Games Committee for National Championship or IAAF events held in the USA shall appoint all Competition Officials, except those appointed in accordance with USATF Regulation 4-H.

Reason: Not always practical or required at lower level meets.

Item 23 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 119.4 as follows:

The Jury of Appeal shall determine if the decision of the Referee or the Chief Race Walking Judge is based upon adequate evidence and within the scope of the authority given to such person. If such determination is in doubt, the Jury of Appeal shall consult with all relevant persons and may consider ~~((If the Jury of Appeal is in doubt,))~~ other available evidence ((may be considered. If such evidence)), including any available video evidence. ((, is not conclusive,)) The decision of the Referee or the Chief Race Walking Judge shall be upheld if the original determination is without doubt or if any further review of evidence is not conclusive. The decision of the Jury of Appeal shall be final. There shall be no further right to appeal. The Jury of Appeal may, however, reconsider decisions if new conclusive evidence is presented. In Youth Athletics ...

Reason: An appeal is a determination of whether proper and adequate procedures were followed in the issuing of a decision within the scope of those charged with making such a decision, not the total adjudication of a protest as if nothing had gone before. A Jury of Appeal must determine if something improper has occurred and then act accordingly. There have been many cases where a Jury of Appeal fails to even interview the Referee who issued the original decision. This gives clear and positive direction to the Jury of Appeal without subverting any authority when it is determined that the original decision was reached with improper, or without full, investigation.

Item 24 – Submitted by Glenn Fortune, Rules Committee

Amend Rule 119.4 as follows:

~~... (In Youth Athletics meets, only videos designated as official by the Games Committee before the competition may be used.)~~

Reason: I have seen evidence that righted a mistaken call. And once again it will still be in the purview of the Jury as to whether they want to use an outside video.

Item 25 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 142.3 as follows:

In Championships and programs, other than the Olympic Team Selection competition, conducted pursuant to the Rules of Competition of USATF, any athlete declared to compete must honestly participate in each round (trial, heat, or final, etc.) of each track event for which the athlete is declared or the athlete will be barred from further competition in that meet. This rule shall not apply to events in which only a final is held, but an athlete may be barred from such an event if previously he or she has not honestly participated in a track event within the purview of this rule. Specifically for the Club Track & Field Championships, an athlete must compete in a final track event for which he/she has competed for a position in preliminaries, or have a medical practitioner's approval to avoid being eliminated from further events, including relays.

Reason: To conform to existing practice at the Championships. The “honest effort” rule should be publicized to all athletes and coaches.

Item 26 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 143.1 as follows:

In all events, competitors must wear clothing that is clean, designed, and worn so as not to be objectionable. The clothing must be made of a material that is not transparent even if wet. The competitors must not wear clothing that could impede the view of the judges. Athletes' vests should have the same color on the front and back. This rule shall be enforced by the Clerk of Course for track and road events and the Chief Judge of each field event. At a minimum, each member of a relay team must wear a nearly identical jersey. The team is encouraged to wear completely identical uniforms.

Reason: For safety of all athletes at the Championships.

Item 27 – Withdrawn

Item 28 – Submitted by George Kleeman and Bob Podkaminer, Rules Committee

Amend Rule 143.4 as follows:

When bib/bibs are provided, every competitor (~~must be provided with bibs, which must be conspicuously worn~~) shall wear them, as indicated in these rules, when competing. No athlete shall be permitted to participate in any competition without the appropriate bib/bibs, except as indicated in these rules. The bibs are to be worn as issued (cutting or folding numbers is not permitted). (~~No athlete shall be permitted to participate in any competition without the appropriate bib or bibs.~~) The identifying information on the bib need not be numeric. Not wearing an assigned bib may be grounds for disqualification under Rule 145.2.

Reason: Bibs are often not provided so we shouldn't say every competitor must be provided with bibs. The current trend is to have a non-numeric bib on the front. There is no need for either a non-numeric or a numeric bib on the back. The officials rely on hip numbers when non-numeric bibs are used. The last sentence is important to point out the seriousness of wearing an unaltered bib during competition when they are provided. It is a "may" so that it is not mandatory.

Item 29 – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 143.7 as follows:

In cross country, long distance runs and race walks, the competitors must wear a bib on the front and should also wear a bib on the back. The front bib must be visible at all check points and at the finish line. A transponder timing device and any other identification issued by the Games Committee must be worn according to instructions. Failure to do so may result in disqualification from the event.

Reason: Transponder timing has become the primary system for most LDR events. It should be the athlete's responsibility to wear a transponder timing device or any other identification as instructed by the Games Committee.

Item 30 – Submitted by George Kleeman, Rules Committee on behalf of Jim Hanley

Amend Rule 144.3 by adding as follows:

(h) Pace setting by an officially designated person entered in an event for that purpose is permitted, provided such pacesetters start in the event.

(i) Carrying or wearing articles of personal equipment such as wrist chronometers and heart rate monitors.

Reason: These provisions were Rule 144.3 (e) and Rule 144.3(f) in the 2009 Edition. Both sections were inadvertently removed as a result of the reorder to Rule 144.3 made in 2009. They need to be reinstated.

Item 31 – Submitted by Bob Podkaminer, Rules Committee on behalf of Bill Roe and Phil Stewart

Amend Rule 146.2 as follows:

Protests concerning the result or conduct of an event shall ((relating to matters which developed during the conduct of the competition must)) be made to the Referee at once and not later than 30 minutes after the official announcement of the result of that event ((after a result has been announced,)), except for the following:

- (a) For Men's and Women's Long Distance Running, the time period shall normally be 24 hours, except for the Professional Section of road races, as defined in the race material (website, entry form, etc.), where the time period shall be one hour.
- (b) For Cross Country the time period shall be one hour.
- (c) In the case of events in which final results are not announced on the day of competition, the Games Committee may determine, and announce in the results that are released, a period not to exceed seven (7) days during which protests may be made to the meet or race director.

Amend 146.3 as follows:

Protests, at the discretion of the Games Committee or the Referee, may be made orally or in writing. For National Championships, they must be made in writing. Any protest may, in the first instance, be made orally to the Referee or to the Chief Official of the event by an athlete, or by an official representative of an athlete, who has a bona fide interest in the event. The procedure for protesting, including location, filing methods, acceptable filing period, etc., shall be published in the event material.

Reason: To adopt IAAF language, and to require organizers to define the protest process for the event.

Item 32 – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 146.2 as follows:

Protests relating to matters which developed during the conduct of the competition must be made to the Referee at once and not later than 30 minutes after a result has been announced, except in the case of long distance races, where the time period shall be 24 hours, and cross country races, Masters LDR Championships or the Professional Section of road races, as defined in the race material (website, entry form, etc.), where the time period shall be one hour. ...

Reason: Results for all Masters LDR Championships are posted and announced almost immediately after the last finisher. One hour is enough time to allow for a review of the results and to file any protests while the Referee and Jury of Appeals are still on-site to make rulings.

Item 33 – Withdrawn

Item 34 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 147 as follows:

For all competitions held completely in the stadium, mixed events between male and female participants shall not normally be permitted. However, authorization for such mixed competition in field events and in races of 5000 meters or longer may be made for a competition by the Chair or designee of the appropriate sport committee or the club council.

Item 35 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 160.8(c) as follows:

Whenever possible the 800 meters shall be run in lanes until the athletes have passed the nearer edge of the breakline at the end of the first turn. The start shall be so staggered that the distance from the start to finish shall be the same for each competitor. Small markers, such as cones or prisms 5cm x 5cm and no more than 15cm high, preferably of a different color from the breakline and lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. Alternative methods of starting the 800 meters may be used, provided each method is clearly explained to competitors prior to the start:

- i. One or two athletes may be placed in lanes already occupied by another runner. In this case, athletes share the lane around the first turn to the breakline, and must avoid illegal contact.
- ii. Up to twelve athletes may be started at one time in an 800 meters using four two-lane alleys, pairing 1-2, 3-4, 5-6, and 7-8. Each alley may have up to three athletes, and no alley may have only one athlete. Athletes in each alley can move to the lane line in their alley (1, 3, 5, or 7) immediately from the start, provided there is no illegal contact with other athletes in their alley. At the breakline, athletes in the outer three alleys may move, without committing illegal contact, to the inside lane or lanes.

Neither of these methods should be used in open National Championship competitions.

Reason: Since the 800 meters at the Club Championships is a timed final and only the top 8 athletes score for their team, running in lanes may not support the most competitive race. In comparison, running in alleys often creates the most competitive race in these types of situations. The Club Council would like the option of implementing either method based on the entries in order to create the most competitive race.

Item 36 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 160.9 as follows:

The separate arced starting line referred to in Rule 162.18 shall be marked in such a way that all of the competitors shall run the same distance. Also, an arced break line shall be marked at the beginning of the following straight to indicate to the athletes of the outer group where they are permitted to join the competitors using the regular starting line. Small markers, as in Rule 160.8(c), shall be placed at intervals not exceeding 4m along the inside lane boundary of the outer group from their start to the break line.

Reason: Eliminate the possibility of competitors not knowing they should stay within the confines of the outer lanes until the break line.

Item 37 – Submitted by Raymond Pierre, Rules Committee

Amend Rule 162.6 as follows

When a competitor uses a crouch start, the competitor must, after the "on your marks" command, assume a position completely within the assigned lane and behind the starting line. Both hands and at least one knee must be in contact with the ground (~~and both feet in contact with the starting blocks~~). At the "set" command, the competitor should immediately rise to a final starting position retaining the contact of the hands with the ground (~~and of the feet with the blocks~~). At this time both feet must be in contact with the starting blocks. (See Rule 162.1.) In all races up to and including the 400 Meters and lead-off relay legs not exceeding 400 meters, a crouch start and starting blocks must be used, unless prohibited by a permanent physical disability.

Reason: The current rule does not give fair consideration to athletes who want a portion of their toes to maintain partial contact with the ground in the "set" position. When these athletes rise to a set position, the feet are firmly pressed against the blocks, but about 20% of the foot is in contact with the ground. This is a common starting practice. It's also fair, safe, and reasonable. But with this starting style one of the feet won't make contact with the blocks until the athlete actually rises to "set". In the "on your marks" position, the athlete's foot (of the trail leg) will be approximately 1/2 inch in front of the pedal.

Item 38 – Submitted by Raymond Pierre, Rules Committee

Amend Rule 162.6 as follows

... In all races up to and including the 400 Meters and lead-off relay legs not exceeding 400 meters, a crouch start and starting blocks must be used, unless prohibited by a permanent physical disability. For all other races competitors shall use a standing start.

Reason: Around the country I've witnessed starters "correcting" athletes for choosing a 3-point stance in distance races -- particularly the 800m -- completely unaware that the rulebook does not forbid it. I

recommend placing the above proposal in the rulebook, or -- if we don't want to require a standing start -- insert language similar to Youth Rule 302(e).

Item 39 – Submitted by Raymond Pierre, Rules Committee

Amend Rule 162.11 Note as follows

NOTE: Except for Rule 252.1, a recall, for a fall by a competitor, shall occur only when the opinion of a member of the start team is such that the fall is wholly part of an 'unfair start'. Any incident recalled for an 'unfair start' must have taken place within close proximity to the start line and be clearly associated with the start.

Reason: The Note in its current state is mostly unnecessary. The issue has never been with what is fair, but with distance. The fact is, 'falling down' is only one of a thousand reasons a race can be recalled, including slipping, tripping, stumbling, getting bumped, somebody threw a beer can, a blind duck wandered onto the track. These are all reasons to recall the race 'only when the opinion of a member of the start team is such that the incident is part of an unfair start'.

Again, the issue we should be focused on is not WHAT is fair, but what the DISTANCE should be before the incident is no longer part of the start at all. And that distance clearly needs to be less than 100 meters and should not be more than 10. This past season, (at every meet that followed the USATF rulebook) every starter informally agreed 10 meters was reasonable and fair. We did recall a couple races where a spill took place right at the starting line.

Item 40– Submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.14 as follows:

Should the starter have occasion to warn the competitors on any point, or is not satisfied that all is ready to proceed after the competitors are on their marks, or more than 2.5 seconds has elapsed after the appropriate final command, he/she shall order the competitors to "stand up".

Reason: Provides direction for the unusually long holding times caused by the failure of competitors to follow the prescribed start procedures of Rule 162.6 and Rule 162.8 or caused by frequently observed extended holds from the Starter which are perceived as a challenge to the competitor. Clear direction regarding the cancellation of a start is even more important given the current false start disqualification rule.

Item 41 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 162.17 as follows:

When a false start detection apparatus without an automated audible recall tone is used, the Starter

...

Reason: Current models include an audible recall sound through the speakers, providing more immediate and adequate signal to competitors and Recallers. The assignment of a Recaller to not observe the start is eliminated.

Item 42 – Submitted by George Kleeman, Rules Committee on behalf of Ken Young

Amend Rule 165.7(a) as follows:

For all hand-timed races on the track, partly on the track or entirely outside the stadium, the times shall be recorded to 1/10th second. ~~((The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer full second, e.g. for the Marathon 2h.09.44.3 shall be recorded as 2:09.45.))~~

Amend Rule 165.7(c) as follows

When the time displayed on electronic, manually operated digital timers, or transponder results, includes decimal place values greater than zero, the recorded time shall be the displayed time rounded up to comply with the provisions of 7(a), above. E.g., for the Marathon, displayed times of 2:09:44.001 or 2:09:44.01 shall be recorded as ~~((2:09.45))~~ 2:09:44.1. For the track, ...

Reason: Road records and rankings tend to have numerous "ties" when times are taken to full seconds. The world 5K road record for men is a prominent example. Taken to full seconds, the record is 13:00 by Sammy Kipketer, in both 2000 and 2001. However, when taken to tenths of seconds, the 2000 mark is superior at 12:59.5 versus 12:59.6 in 2001. The NZL 10K road record for men is a three-way tie, taken to full seconds. This change to tenths of seconds improves the record-keeping process by eliminating ties.

Road times reported to tenths of seconds are a better indicator of the actual margin of victory in close races. Times to full seconds could actually represent two runners who finished as much as one second apart. This change would improve the presentation of road race results.

Hand-held stopped times are considered reliable to tenths of seconds. Studies comparing hand-held stopped times to transponder (chip) times have documented the reliability of transponder times to tenths of seconds. Hence, there should be no question as to the capability of modern timing systems to produce times to tenths of seconds.

The argument that road distances are not known to this same precision and hence times should not be more precise is specious. For 10,000m on the track, times are kept to hundredths of seconds (automatic timing) which corresponds to a track accuracy of 0.25 cm. This is roughly an order of magnitude less than the precision with which tracks are laid out. Records are a statement that the runner ran not slower than the stated time and not less than the stated distance, i.e., these are two distinct and separate criteria. Modern timing systems can meet this standard to tenths of seconds.

Item 43 – Submitted by George Kleeman, Rules Committee on behalf of Ken Young

Amend Rule 165.11(c) as follows:

The times for races conducted partly or entirely outside the stadium (off the track) shall be read in 1/100th second and shall be converted to the next longer (~~whole~~) 1/10th second, i.e., for the Marathon 2h.09.44.32 shall be recorded as (~~2:09:45~~) 2:09.44.4.

Reason: Same as the reason indicated for the amendment to Rule 165.7(a) and Rule 165.7(c).

Item 44 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 166.1(a) as follows:

In individual races up to and including the 800 Meters, and relays up to and including the 4x400 Meters, the number of competitors on the track in a race, at the start, shall not exceed the number of lanes on the track for that event, excluding all lanes which would not qualify for record purposes. As an exception, in the first round of the outdoor 800 Meters, up to 12 runners may start using the procedure in Rule (~~162.18~~) 160.8(c).

Item 45 – Submitted by David Friedman, President New Jersey Association on behalf of Ed Koch

Amend Rule 166.1(h) as follows:

... For championship and selection meets, alternate advancement procedures may be included in the published entry material, or published first round start lists resulting from the vacating of normally used lanes during non-final sections of races run entirely in lanes.

Reason: To reflect current practice at the USA Men's & Women's Championships and provide guidance for other championships.

Item 46 – Submitted by Bob Podkaminer, Rules Committee on behalf of James Fields

Amend Rule 169.5(a) as follows:

... The hurdle at the water jump shall be 3.66, (+/- 2cm) wide, and shall be firmly fixed to the ground, so that no horizontal movement is possible. The top bar shall be 12.7cm x 12.7cm (5 in. x 5 in.) in thickness and the same height as the other(s) hurdles. The area between the top bar and the ground between the uprights shall not be opaque as to eliminate a view of the water.

Reason: If a steeplechase competitor falls in the water, trailing runners must see him/her so they can move to left or right for barrier clearance and avoid stepping on the downed competitor. Therefore no vision-blocking material should be placed between the barrier uprights.

Item 47 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 170 as follows:

Delete the NOTE from 170.6:

~~((NOTE: In the 4x200 and 4x400 Meters Relay, where not more than 4 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes.))~~

Delete 170.19:

~~((In all relay races, not more than six (6) athletes may be entered for each team, and the team of four (4) to start must be selected from the six (6) entered.))~~

Reason: The deletions are to conform to existing practice at the Championships.

Item 48 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 180.4(f) as follows:

In the USA Indoor, Outdoor, Olympic Team Selection, National Club Championships, and Junior Outdoor Track and Field Championships, the order of competition for the fourth and fifth round shall be in reverse order of the best performance in the first three trials, and the order of competition for the final round shall be in reverse order of the best performance in the first five rounds. In all other competitions, ...

Item 49 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 180.6 as follows:

When ~~((qualifying))~~ competition in a field event is conducted in flights, the Games Committee may determine whether there should be a warm-up period between flights, and/or the length of the period or the number of warm-up attempts.

Reason: Rule 180.13(c) refers to this rule as pertaining to warm-up between flights during an event, not just the qualifying competition before an event, therefore a modification should be made to allow this to happen as intended, whenever there are flights for a field event.

Item 50 – Submitted by George Kleeman, Rules Committee on behalf of Bob Tice

Amend Rule 180.8(d)iv as follows:

A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise overhead and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed. When ~~((if))~~ the time expires ~~((before the attempt is initiated then))~~, the yellow flag shall be lowered ~~((and a verbal indication given))~~. In addition to the use of flags and/or a clock, a verbal indication of time remaining is acceptable.

Reason: In the past few years many of my colleagues, including referees have become proponents of not raising the yellow flag at 15 seconds remaining except when the attempt has not been initiated. Their primary objection to raising the flag is that it could interfere with the concentration of the athlete. Likewise the position taken is that lowering the flag and giving the verbal command during an attempt is disconcerting to an athlete. Many times an athlete will abort the attempt. Without the flag being raised at the appropriate time, the timer now raises the flag and the athlete believes that there are 15 seconds remaining when in actuality there are less. Unnecessary conflict now arises. The flag should be raised when the clock reaches 15 seconds remaining (as currently written), and lowered regardless of whether the attempt has been initiated or not. This would require the lowering of the flag and verbal indication during the attempt or abortion.

Item 51 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 180.8(d)v as follows:

The official responsible for the event shall indicate by verbal and visual signal to the competitor that the trial is to begin, and the period allowed for that trial shall commence from that moment. If the competitor confirms his or her pass, or then passes, it shall be indicated with a dash(-) on the scorecard and the official shall not require that the time for the next competitor commence ...

Reason: Standardize the method of completing the scorecard for an event conforming to the example given for the vertical jumps and to match the recording desires of the IAAF Technical Committee. Eliminates the many varied methods which are sometimes very cryptic.

Item 52 – Submitted by Sue Humphrey, Chair, Women's Track and Field

Amend Rule 180.13(c) as follows:

Once a competition has begun, competitors are not permitted to use implements for practice purposes or to use the throwing circles, runways, or area within the sectors for practice trials, with or without implements. However, in vertical jumps, a competitor who has not taken an initial trial in at least one hour from the first attempt of the competition shall, under the direction of the event official, be allowed to use the runway and landing area, without the crossbar, for warm-up at the change of

the bar to the height they enter the competitor. A maximum of one and one-half minutes is allowed for the competitor in the high jump. A maximum of two minutes is allowed for the competitor in the pole vault. See Rule 180.6, which authorizes practice or warm-up when an event is conducted in flights.

Reason: This addition follows the NCAA rules and gives our more elite jumpers an option of checking their run in long competitions where the starting height is low. In the PV especially, we start the event at a lower height to accommodate the field. This means the better jumpers are waiting. This option to the rule would allow the meet field event referee to offer this run through opportunity to our better jumpers, if they want it.

Item 53 – Submitted by George Kleeman, Rules Committee on behalf of Ron Lee

Amend Rule 181.6 as follows:

... Three consecutive failures, regardless of the height at which such failures occur, disqualifies the competitor from further competition except in the case of a jump-off to break a tie for first place. A competitor may be permitted one warm-up jump with the crossbar (1) if he or she has passed the starting height and passed four or more subsequent consecutive heights or (2) if he or she has passed the starting height and it has been one hour or more since the competition began without commencing jumping.

Reason: The rules for the high jump favor average and below average jumpers and discriminate against the good ones. In a typical event that includes a large field (i.e., more than 12), a wide range of ability, or age (masters), the better athletes are required to warm up during the warm-up period prior to the start of the competition and take practice jumps. The average and below average jumpers normally begin at the established opening height for the competition, while the above average jumpers must then sit and wait for the crossbar to be raised to their desired opening height. This waiting period can be one hour or more. High jumpers need to get into a rhythm and the good jumpers are never able to do that. Would you make a 100 meter sprinter warm up, lead him out on the field, and then make him sit around and wait for an hour before he ran? It does not make sense. Why then must high jumpers do it? Companion amendments are proposed for Rules 302.2(q) and 332.3(c).

Item 54 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 181.6 as follows:

A competitor shall have the discretion to commence jumping or vaulting at the starting height or at any other subsequent height. A competitor who forgoes a trial (~~passes~~) at a height thereby forfeits the right to jump at that height and shall have that indicated with a dash(-) on the scorecard. Such competitor may, however, jump at that height in a jump-off to break a tie for first place. Three consecutive failures each indicated with an 'X' on the scorecard, regardless of the height at which such failures occur, disqualifies the competitor from further competition except in the case of a jump-off to break a tie for first place.

Reason: Standardize the method of completing the scorecard for an event conforming to the example given for the vertical jumps and to match the recording desires of the IAAF Technical Committee. Eliminates the many varied methods which are sometimes very cryptic.

Item 55 – Submitted by George Kleeman, Rules Committee on behalf of Ed Halik

Delete Rule 181.8 Note as follows:

~~((NOTE: It is a foul if the cross bar is displaced by the pole hitting the cross bar, unless in the judge's opinion, an effort was made by the competitor to push the pole away from the cross bar when the athlete released the pole.))~~

Reason: This Note regarding pushing a pole inhibits beginning and intermediate athletes' progress and progression when teaching vaulters how to generate pole speed. If a vaulter clears a height and the pole subsequently passes under, but does not displace the cross bar, the vault is successful. On the other hand, if the pole is longer than the height of the cross bar and the pole subsequently displaces the cross bar, it is a failed attempt. A pole that is released with good pole speed will generally continue to follow the vaulter into the landing pad. Coaches should be emphasizing how to develop proper pole speed and proper technique instead of inhibiting pole speed and changing the trajectory and characteristics of the vault. When you tell pole vaulters to push the pole back towards the runway, they have to stay on the pole longer in order to get into a position to actually push the pole. Under these conditions, the vaulter's body drops significantly lower to gain energy to reverse the path of the pole and push the pole

backwards. In some cases, vaulters could end up landing too close to the planting box.

Item 56 – Submitted by George Kleeman, Rules Committee on behalf of Ed Haik

Amend Rule 183.5(a) as follows:

((After the vault, the bar does not remain on the pegs because of the action of the competitor while vaulting; or))

The cross bar is displaced by the competitor's body.

Reason: This rule inhibits beginning and intermediate athletes' progress and progression when teaching vaulters how to generate pole speed. If a vaulter clears a height and the pole subsequently passes under, but does not displace the cross bar, the vault is successful. On the other hand, if the pole is longer than the height of the cross bar and the pole subsequently displaces the cross bar, it is a failed attempt. A pole that is released with good pole speed will generally continue to follow the vaulter into the landing pad. Coaches should be emphasizing how to develop proper pole speed and proper technique instead of inhibiting pole speed and changing the trajectory and characteristics of the vault. When you tell pole vaulters to push the pole back towards the runway, they have to stay on the pole longer in order to get into a position to actually push the pole. Under these conditions, the vaulter's body drops significantly lower to gain energy to reverse the path of the pole and push the pole backwards. In some cases, vaulters could end up landing too close to the planting box.

Item 57 – Submitted by George Kleeman, Rules Committee on behalf of Ed Haik

Amend Rule 183.6 as follows:

~~*((After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the official in charge of the Pole Vault is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be regarded as a failure.))*~~ If the cross bar is displaced by the pole after the competitor is clearly over the cross bar and the pole has been released, the vault is successful.

NOTE 1: Officials should use judgment to determine whether the vaulter's body or the pole displaced the cross bar. If the vaulter's body displaces the cross bar, it should be judged a failed attempt. If only the pole displaces the cross bar, after the competitor unmistakably clears the cross bar and the pole has been released, it should be considered a successful attempt.

NOTE 2: It is not a failure if the pole passes underneath the cross bar in the event he competitor clears the bar. It is not a failure if the competitor leaves the ground for the purpose of making a vault and fails to clear the bar, provided he/she does not otherwise commit a fault.

Reason: Same as Item 56

Item 58 – Submitted by George Kleeman, Rules Committee on behalf of Tom Heisey

Amend Rule 183.8 as follows:

The pole may be of any material or combination of materials and of any length or diameter, but the basic surface must be smooth. The pole may have protective layers of tape at the grip and of tape and/or any other suitable material at the bottom end such as a protective sleeve to protect it when placing it in the vaulting box.

Reason: Clarify that many things qualify to be at bottom of pole to protect it from damage. This allows the rule book to conform to current practice and make use of the devices being sold legal.

Item 59 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 185.3 as follows:

The measurement of the jumps shall be made at right angles from the take-off line, or the take-off line extended, to the nearest break in the landing area made by any part of the body of the competitor (including shoes and uniform). The measurement mark in the landing area, for all attempts, shall be preserved until removal is authorized by the Chief Judge for the event.

Reason: Provide clear policy and direction in order to correctly implement the provisions of Rule 146.6. Failure to record or preserve a mark by landing area judges are frequent causes of immediate protests not receiving proper review. Direction is needed for officials to always preserve a landing area mark and for the Chief to authorize abandoning such mark when it is clear that no immediate protest will occur.

Item 60 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 185.4 as follows:

It shall be counted as a failure or foul, and indicated with an 'X' on the scorecard, if any competitor:

...

Reason: Standardize the method of completing the scorecard for an event conforming to the example given for the vertical jumps and to match the recording desires of the IAAF Technical Committee. Eliminates the many varied methods which are sometimes very cryptic.

Item 61 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 187.1 as follows

... However, it shall be a foul throw and indicated with an 'X' on the scorecard if, after commencing the throw and prior to its completion, the competitor: ...

Reason: Standardize the method of completing the scorecard for an event conforming to the example given for the vertical jumps and to match the recording desires of the IAAF Technical Committee. Eliminates the many varied methods which are sometimes very cryptic.

Item 62 – Submitted by Bob Podkaminer, Rules Committee

Amend Rule 187.7 as follows

The measurement of each throw shall be made immediately after the throw. The measurement mark in the landing area, for all attempts, shall be preserved until removal is authorized by the official responsible for the event.

Reason: Provide clear policy and direction in order to correctly implement the provisions of Rule 146.6. Failure to record or preserve a mark by landing area judges are frequent causes of immediate protests not receiving proper review. Direction is needed for officials to always mark a landing and for the Chief to authorize abandoning such mark when it is clear that no immediate protest will occur.

Item 63 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 187.10 as follows:

In all throwing event competitions, Championship and non-championship, implements should be provided by the Games Committee. However, implements that comply with required specifications and belong to individuals may also be accepted by the Games Committee as implements provided by it. ~~((And as))~~ As so accepted, they shall lose their identity as privately owned implements for the duration of the competition and no modification may be made to these implements during the competition. No additional implements may be taken to the area for competition or practice. For javelin competitions, an exception to the loss of identify rule may be made by the Games Committee, but only if sufficient implements are provided to all competitors.

Item 64 – Submitted by George Kleeman, Rules Committee

Amend Rule 193.3 Note as follows:

For specification of runway, arc and sector, See Rules 180.17, 187.23 and 187.24.

Reason: To correct the citation of applicable rules.

Item 65 – Submitted by George Kleeman, Rules Committee on behalf of Tony Wayne

Amend Rule 193.10 and replace the chart as follows:

Mini Javelin: The shaft, grip, and fins shall be made of plastic. The tip shall be made of soft rubber with a blunt, rounded end. The fins shall be flat (without protrusions or roughness) and shall be perpendicular to the surface of the javelin. The fins shall be parallel to the centerline of the shaft. The nominal weights shall be 300g, 400g, ~~((and))~~ 500g, and 600g. All shall conform to the following specifications, as applicable:

300g and 400g Mini Javelin Specifications (All dimensions in mm):		
<i>Dimension</i>	<i>Min</i>	<i>Max</i>
Overall Length	685	705
Length of head	84	94
Tip Diameter at largest point	37	43
Distance from Tip to CG	365	380
Diameter of shaft forward of grip	30	38
Diameter of shaft behind the grip	24	30
Diameter of shaft at the grip	34	40
Length of grip	99	109
Location of front of grip from tip of tail	322	332
Fin length	162	168
Fin Diameter (peak to peak opposing fins)	95	105
Number of Fins	4	4

500g and 600g Mini Javelin Specifications (All dimensions in mm):		
<i>Dimension</i>	<i>Min</i>	<i>Max</i>
Overall Length	1100	1140
Length of head	85	95
Tip Diameter at largest point	35	45
Distance from Tip to CG	560	610
Diameter of shaft forward of grip	30	38
Diameter of shaft behind the grip	31	37
Diameter of shaft at the grip	40	45
Length of grip	105	125
Location of front of grip from tip of tail	550	570
Fin length min.	165	175
Fin Diameter (peak to peak opposing fins)	85	95
Number of Fins	4	4

Reason: At the 2009 National Convention issues had been raised regarding the specifications of the Mini Javelin. The objective is to confirm the specifications for the 300g and 400g and expand the specifications to 500g and 600g. Previously the 500g had the same specifications as the 300g and the 400g.

USATF Javelin Rules for the Mini Javelin have not been reviewed since their creation. The primary intent of the Mini Javelin has been for the development of regular Javelin throwers. Recent expansion of primary and secondary education athletics have started to use the Mini Javelin as an integral part of competition. In particular, many States do not have javelin due to safety issues. The Mini Javelin has provided some State school systems the opportunity to have a form of javelin competition and provide development of athletes for future javelin participation. In addition, the Mini Javelin has also undergone further refinement in design as the weight of the Mini Javelin has increased in order to safely replicate the throwing of a regular javelin. The objective of the weight and specification changes is to provide the athlete with a training and competition implement that comes closer to the use of the conventional Javelin while providing a safer event for youth competition.

Special Olympics views the inclusion of the Mini Javelin rule and competition as a logical next step in the level of development and completion for Special Olympic athletes.

When both USATF and Special Olympics Rules were developed and proposed, both the new specifications of the 500 and 600g javelins either did not exist or had not been understood at the time of rule development. Additional information was gathered on the newer designed 500g and 600g Mini Javelins, a review the current 300g and 400g specifications ,and then provide a recommendation regarding an expansion of the current rule.

This would also afford athletes who may be developing their javelin skills and potentially expanding competition beyond the current (however limited) elementary and secondary education systems that use the Mini Javelin. In addition, the identification of these specifications would allow the USATF Youth Committee to consider expansion of youth development and competition regarding the Mini Javelin

For USATF, the specifications for the 500g and 600g Mini-Javelins is provided and is proposed for inclusion in USATF rule 193. The application of these nominal weights to specific competitions, Youth and Masters Athletics, is the sole responsibility of those Committees. The specifications are provided in anticipation of their use at a future date.

Not proposed here is the future development and use of 700 and 800g javelins Additionally, UK Athletics, United Kingdom, is interested in seeing the 700g and 800g developed for their National athletic programs. That development should be monitored for our applicability as well.

Item 66 – Submitted by George Kleeman, Rules Committee

Amend Rule 195.4 as follows:

Head - The head shall be a sphere. The sphere shall be (a) made of solid metal not softer than brass or (b) manufactured from a shell of such material, or a suitable polymer, entirely filled with lead or other material inserted in such a manner so that ((the material is immovable)) no internal movement is detected by feel, sight or sound. For both the solid type and the filled or shell type implements, the center of gravity shall be not more than 9mm ((6mm)) from the center of the sphere. For the shell or filled type implement which is connected to the handle by a harness, the conformance of the implement to this center of gravity specification will be ((as)) certified by the manufacturer. A filled implement may deform upon impact, but must return immediately, without human action, to the shape of a sphere after such impact. See table in Rule 195.8 for specifications.

Reason: To change the specification to that used by WMA and insure conformance and to clarify the intent of the existing rule about specification by the manufacture as well as to clearly state that malleable sphere that can be flatten and not return to a spherical shape without help and egg shaped shells are illegal.

Item 67 – Submitted by George Kleeman, Rules Committee and Kenny Emerick, Rules Committee on behalf of Ivars Ikstrums

Amend Rule 195.5 and Add New Figure 15 (shown below) as follows:

Handle - The handle shall be made of round steel or stronger metal rod ((not to exceed 12.7mm in diameter)), bent in a triangular or modified triangular shape so that no side exceeds 190 mm nor is smaller than 100 mm, inside measurement. A handle with no permanent connection point shall have two sides of equal length and the third side of less than or equal length. When the overall length of the implement is measured, the equal and longest sides must form the vertical sides of a triangle. The handle must be rigid and not show evidence of elasticity or malformation after being thrown. See Figure 15.

Reason: (a) In talking to manufacturers, numerous queries have been heard concerning stainless steel and other alloys, and whether they qualified as “Steel”? The rule dates back to about 1908 in AAU rules and first appeared in the IAAF rules in 1914. The reference should be brought up-to-date and clarified to include steel alloys and other materials.

(b) The ½ inch diameter rule does not account for manufacturing tolerances in wire rod extrusion. Occasionally some ½ inch rod will be delivered/used that is greater than ½ inch. Inadvertent rod diameter greater than ½ inch is not an advantage to the thrower. However, it could result in a meaningless DQ of a weight. This will eliminate the handle diameter rule to avoid this problem and conform to the WMA outdoor weight rule.

(c) “modified triangle” refers to the Gill Orbiter handle and other similar handles on the market. The lower apex of the triangle is truncated, probably for manufacturing reasons, but provides no

advantage to the thrower. This modifies the rule to preclude meaningless DQs.

- (d) This eliminates the 3/8" size limit on the connecting links. Otherwise, the use of stronger, more robust links is needlessly prohibited. Also, when repairing/replacing links or handles, 3/8" quick links come on very few length sizes, which doesn't allow for tailoring of the implement's length. By allowing larger links, a greater selection of link lengths is available, and this conforms to WMA rules.

Item 68 – Submitted by George Kleeman, Rules Committee and Kenny Emerick, Rules Committee on behalf of Ivars Ikstrums

Amend Rule 195.6 as follows:

Connection - The handle shall be connected either directly to the head or to a harness.

- (a) The direct connection shall be by means of no more than two steel links (loops), whose diameters shall not exceed 9.5mm size shall be such that they cannot stretch while the implement is being thrown.

For the solid implement, the handle shall be connected to a steel link. A swivel may not be used at this connection. The head may be connected to the links by means of a swivel that may be either plain or with ball bearings. For the polymer shell implement, a swivel is allowed between the head and the handle without the use of links.

- (b) The connection to a harness may be by means of no more than two steel links (loops), whose diameter shall not exceed 9.5mm size shall be such that they cannot stretch while the implement is being thrown, and a swivel. Netting of any kind shall not be used to form the harness. The harness must not stretch or show any evidence of elasticity where the overall length of the implement would increase while being thrown. A protective sleeve may be used around the links and/or swivel.

Reason: Same as reason presented for Item 67.

Item 69 – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner

Delete Rule 195.9 and Add Rule 196 as follows:

THE ULTRAWEIGHT

Further material regarding Ultraweight specifications and illustrations of the implement, throwing area and landing sector can be found in the Officials Manual for the Ultraweight Pentathlon. See Rule 203 for competition rules.

1. Construction: The ultraweight shall consist of three parts: a main body, a handle, and a connection assembly

2. Main body: The main body should be a solid cylinder.

(a) The cylinder shall be made of a material no softer than lead. An outer casing, such as a steel pipe, may be used, provided the length and diameter specifications are maintained.

(b) The diameter of the cylinder shall not exceed 26.7cm nor be less than 15.25cm.

3. Handle: The handle shall be made of a round steel rod, not to exceed 1.25cm in diameter, bent in a triangular shape so that no side exceeds 20cm inside dimension. A handle shall have two sides of equal length and the third side (handle) of more than or equal length. When the overall length of the implement is measured, the equal sides must form the sides of the triangle. The handle must be rigid and not show evidence of elasticity or malformation after being thrown. It is recommended that handle be replaceable (recommend removable anchor shackle connection) under official supervision if a failure occurs during competition.

4. Connection Assembly: The main body shall incorporate a permanent eye bolt, u-bolt or shackle in its construction (stainless steel recommended), which may swivel. The handle should be connected by means of a removable shackle or link(s) (stainless steel recommended). No more than two links shall be used, in addition to the handle anchor shackle and the main body connection. An immovable handle is not recommended.

5. Length: The overall length of the complete implement, from the inside surface of the handle (grip) to the bottom surface of the main body to shall not exceed 45.75cm.

6. Weight Specifications: In addition to the Weight implement specification found in Rule 195, the Ultraweight implement shall conform to the following:

<u>Implement</u>	<u>98 lb</u>	<u>200 lb</u>	<u>300 lb</u>
<u>Minimum Weight (kg)</u>	<u>44.50</u>	<u>90.80</u>	<u>136.10</u>

Since most officials organizations will not have a scale of sufficient capacity to weigh these implements, the event management should make arrangements to have the implements weighed prior to the event by an outside source. Weighing services should be sought from an establishment that can prove its scale's calibration is traceable to NIST, and the measurement accuracy is no greater than ±50 grams.

A certificate attesting to the calibration of the scales used and exact weight of the implements being used in a competition must be presented to the head inspector of implements prior to the start of competition.

7. Throwing Area: The following apply for the 98, 200 and 300 lb implements.

(a) Construction: The Ultraweight shall be thrown from a square that is made of bands of iron, steel or other suitable material, and painted white. The square may be sunk flush with the surrounding ground or installed on top of the ground; the latter case being allowed for ease of transportation and storage of the hardware, as well as providing the ability to assemble the square so the front side is even with the edge of the concrete or other slab. If it is installed on the surface of the ground, provisions should be made that allow securing of the square to eliminate movement for the duration of the competition.

The surface surrounding the square may be concrete, synthetic, asphalt, wood or any other suitable material. The surface within the square shall be constructed of concrete or similar material. The throwing field shall be level with the surface within the square.

(b) Dimensions: The inside dimensions of the square shall measure 2.135m on each side. The metal square bands shall be 5cm wide. The top surface of the metal square bands shall be 20mm above the surrounding ground. However, the width of the bands may be increased if this assists in bolting or otherwise fastening the square to the ground.

(c) Projection lines: A line 5cm wide shall be drawn theoretically through the center of the square, extended no less than 75cm on each side, to designate the front and rear halves of the square. The extensions outside the square should be marked on the ground, but the line should not be marked inside the square.

(d) Sector: The sector within which all throws from the square must fall shall be clearly marked on the ground with lines 5cm wide, the inner edges of which shall form the sector boundary. These sector lines are extensions of the sides of the throwing square.

Reason: This is to codify the specifications governing the Ultraweight implements and facility within the Ultraweight Pentathlon. These were finalized too late for submission in 2008 but were approved by the Masters Committee at that time and have been used to govern the conduct of the event since. No flaws have been found and they are submitted for approval.

Item 70 – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner

Amend Rule 200.1(c) as follows:

The Throws Pentathlon and Ultraweight Pentathlon, which shall be conducted on one day (see Rule 201).

Reason: The Ultraweight Pentathlon is a separate and authorized event, conducted on one day. This was inadvertently omitted when the event was initially approved.

Item 71 – Submitted by George Kleeman, Rules Committee on behalf of Josiah J. Novack and Jerry Bookin-Weiner

Add Rule 200.2(d) as follows:

The Throws Pentathlon and Ultraweight Pentathlon, which shall be conducted on one day (see Rule 201).

Reason: This competition, as it exists, is specified in Rule 200.1 under men's combined events competition. However, it is not specified in Rule 200.2 as women's combined event competition. Many meets have both the men's and women's throws pentathlon, including the USA Masters Throws Championships, conducted annually.

Item 72 – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner
Amend Rule 203 as follows:

1. ~~The competition consists of throwing the five weights listed for each gender and age group in the following table (~~in the order from lightest to heaviest. The events shall be contested at such intervals as determined by the Games Committee~~).~~

2. Three trials shall be allowed with each weight.

3. The implements are thrown in order from lightest to heaviest.

4. The events shall be contested at such intervals as determined by the Games Committee.

5. In making a throw, the competitor may choose to assume any starting position and shall use both hands, holding the Ultraweight exclusively by the handle. Rule 187, Paragraphs 1-16 and Rule 191 shall apply. All references to the 'circle' shall be interpreted to mean the 'square' for purposes of the Ultraweight Throw. The gloves defined in Rule 187.3(c) may have closed fingers.

6. The measurement of the Ultraweight Throw shall be made from the nearest mark made by the landing of the implement to the inside of the front of the throwing square along a line from the mark. The measurement of the throw shall be made at right angles from the inside of the front foul line. The nearest visible part of the break/imprint to the throwing square shall be measured after the implement has ceased to move. The handle imprint is not measured.

7. Individual points from each event are awarded based on the Ultraweight Pentathlon Scoring Table. The winner shall be the competitor who has scored the highest overall score after totaling the scores from each of the five events. NOTE: For Masters exception, see Rule 332.2(h).

Reason: To further specify the details of rules which are applicable to the Ultraweight Pentathlon.

Item 73 – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner
Amend Rule 203 chart for Women as follows:

Age Group	Weight	Superweight #	25#	35#	44#	56#	98#
Open-49	20	35			x	x	x
50-59	16	25		x	x	x	
60-69	12	25		x	x	x	
<u>70-74</u>	<u>12</u>	<u>20</u>	<u>x</u>	<u>x</u>	<u>x</u>		
<u>75 +</u>	<u>4 kg</u>	<u>20</u>	<u>x</u>	<u>x</u>	<u>x</u>		

Reason: To adjust table to reflect new implements for W75+

Item 74 – Submitted by George Kleeman, Rules Committee and Kenny Emerick, Rule Committee on behalf of Ivars Ikstrums

Add Rule 221.5 **NOTES** as follows:

NOTE 1: For Masters Men indoor competition the maximum diameter of all shots is 145mm.

NOTE 2: For Youth Boys indoor competition, the diameter for the 4kg shot may be a maximum of 20mm larger than the 4kg outdoor shot.

Reason: Note 1 - This is a clarification of the rule, recognizing that Masters Men are allowed 130mm diameter outdoor shots, and the indoor oversize allowance applies to all the shots thrown by Masters Men. Note 2 - As currently written, a woman's 4kg indoor shot can be 130mm in diameter, but Youth Boys competition requires a maximum of 125mm. This is not reasonable as it creates problems in (1)

equipment procurement by individuals or organizations, (2) additional tracking requirements for Implement Inspectors, and (3) additional implement management by the event judges.

Item 75 – Submitted by George Kleeman, Rules Committee and Dan Pierce, Rules Committee on behalf of Ron Daniel

Amend Rule 230.1(c) as follows:

The Chief Judge shall assign the Judges to their respective judging areas and explain the judging procedure to be used during the race. At International Selection Competitions, the Chief Judge shall act as the supervising official for the competition and act as a Judge ~~((only in the special circumstance))~~ as described in 230.3(f). During this competition, the Chief Judge will judge the full competition as well as having the special power at the finish. For International Selection Competitions, the Chief Judge should be the highest ranking IAAF Level III or Level II judge.

Reason: In the several years that this rule has been in acceptance, I know of no US instance where it has been used. By allowing the Chief Judge to judge during the race and then have the special power at the end, will eliminate one judge from those selected and will allow all judges to have a full judging experience.

Item 76 – Submitted by Dan Pierce, Rules Committee

Amend Rule 230.1(d) as follows:

At International Selection Competitions ~~((two))~~ one or more Chief Judge's assistants ~~((shall))~~ should be appointed. The Chief Judge's Assistants shall not act as a Race Walking Judge.

Reason: Applying the IAAF rule to all of our International Selection Competitions can place an unnecessary burden on Officials and meet management. Requiring 'two or more Chief Judge's assistants' for a track race with six athletes is overkill.

Item 77 – Submitted by George Kleeman, Rules Committee and Dan Pierce, Rules Committee on behalf of Ron Daniel

Amend Rule 230.3(f) as follows:

At International Selection Competitions, the Chief Judge has the power to disqualify a competitor ~~((inside the stadium when the race finishes in the stadium, or))~~ in the last 100m ~~((when the race takes place solely on the track or on a road course,))~~ when his/her mode of progression obviously fails to comply with Rule 232.2 regardless of the number of previous red cards the Chief Judge has received for that competitor. A competitor who is disqualified under these circumstances shall be allowed to finish the race. The competitor shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

Reason: The IAAF will be changing its Rule to the above.

Item 78 – Submitted by Phil Greenwald, Rules Committee

Amend Rule 241 as follows:

MEDICAL AND ~~((SAFETY CONCERNS))~~ REFRESHMENT SERVICES FOR ROAD EVENTS

1. The organizers of road races ~~((must ensure the safety of))~~ should provide appropriate medical and refreshment services for all competitors.

(a) Medical examinations:

~~((i.))~~ A hands-on medical examination during the progress of an event by designated medical personnel clearly identified by the organizers shall not be considered assistance.

~~((ii. A competitor must retire at once from the race if ordered to do so by a member of the official medical staff who is clearly identified by the organizers (armband, vest, or similar distinctive apparel).))~~

(b) Drinking/Sponging and Refreshment Stations:

i. Water and, optionally, other suitable refreshments ~~((shall))~~ should be ~~((available at the start and finish of all races))~~ provided at appropriate locations.

ii. ~~((Drinking/Sponging or refreshment stations shall be provided at suitable intervals of approximately 2-3km based upon weather conditions.~~

iii. ~~In all events 10km or longer, water shall be provided at intervals of no more than 5km. In addition,))~~ Race management may provide refreshments (other than water) and/or sponging and/or misting stations ~~((at positions approximately midway between water stations)).~~

- (c) ~~((During hot weather, races should be scheduled in the early morning or evening hours and additional aid stations should be made available.))~~ Personal refreshments, which may be provided either by the Organizing Committee or the athlete, may be made available at the stations designated by the athlete. They shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Personal refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives. In National Championships, the Organizing Committee shall make provisions for the collection and distribution of personal refreshments for those competing for the championship, as determined by the Games Committee.
- (d) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee, except for events longer than a marathon. An athlete may carry liquid or solid refreshments on his/her person from the start.
2. Adequate first aid facilities should be ~~((provided, preferably by use of a mobile unit or units on the running course))~~ available.
3. ~~((If a race is longer than 5 miles and the athlete is under 18 years of age, a statement signed by the athlete's parent or legal guardian permitting the athlete to compete is required.~~
- 4.) A competitor must retire from a race immediately if directed to do so by a duly authorized official of the race or by a member of the race medical staff. (See Rule 144.9).

Reason: Recognizing the great diversity of road races in terms of weather, size, and location, there should not be any specific requirements, only a statement that the organizing committee should make arrangements. Additionally, Rule 241.1(a)ii is redundant with 241.4 with the exception of the section on the identification of the medical officers which is not practical in all cases. Rule 241.1(c) – the old text does nothing useful. The new text allows for private refreshments and mandates them for those competing in National Championships. Rule 241.1(d) – Add permission for taking refreshments from others in ultra-marathon events – I believe this is common practice. Also permit athletes to carry refreshments and food from the start. Rule 241.3 does not belong in the rule book (it may be a sanction or insurance requirement, but would be in other documents), note that there are no such requirements in the youth section, including for combined events.

Item 79 – Withdrawn

Item 80 – Submitted by Mike Scott, Chair, USATF Cross Country Council

Amend Rule 252.4 as follows:

The starting area of a cross country course should avoid any turns for at least the first 400m, and preferably the first ~~((700))~~ 800m. The width of the starting area should be such as to handle comfortably the competitive field.

Item 81 – Submitted by Mike Scott, Chair, USATF Cross Country Council

Amend Rule 254 as follows:

2. *The finish line should be marked both with a solid line of contrasting color to the ground placed across the width of the finish area and an overhead banner or other indicator of finish. Judges shall be stationed at the finish line to determine the order of finish. Transponder timing shall not be used to determine the final order of finish.*
3. *~~((A))~~ Where transponders are not used to determine a preliminary order of finish, a finish chute ~~((similar to a road event finish))~~ system of sufficient capacity should be constructed to enable the race officials to hold each runner until the method or methods of scoring are applied. It is recommended that at least two independent systems (e.g., cards in order of finish and recording of competitor numbers) be used to score. At the Open and Junior ~~((National))~~ Cross Country Championships which determine the USA qualifiers for the World Championships, three independent systems shall be used, at least one of which shall produce a high-quality visual image of the finishers.*

Item 82 – Submitted by Devon Joan Martin, Chair, USATF Club Council

Amend Rule 261.4 as follows:

When an Open or Junior Men's or Women's national track and field record has been equaled or bettered in a USA National Championship, Olympic Trials, or other meet conducted by USATF, or in

the Olympic Games, IAAF World Championship, IAAF World Cup, or other meet conducted by the IAAF or sanctioned as a Grand Prix or Permit meet by the IAAF, that record may be ratified based on the official results of the meet without the need for a formal record application, pending the outcome of doping control testing. However, an application and/or other appropriate documentation shall be required by the Records Committee whenever it has received information creating some reasonable doubt as to the correctness of the official result. For Masters age records set in any of the above listed meets, only the correct age documentation shall be required in addition to the meet results for consideration by the Masters sport committees, subject to the scrutiny of the Records Committee.

Reason: To have a uniform procedure for quick and easy ratification of records set at Club Championships.

Item 83 – Submitted by Steve Vaitones, Rules Committee

Add New Rule after 261.4 as follows:

When a Masters Record has been equaled or bettered in a World Masters Association Championship, a USA Masters Indoor or Outdoor Championship, or any event listed in Rule 261.4, that record may be ratified based on the official results of that meet without the need for a formal record application. However, an application and/or other appropriate documentation shall be required by the Records Committee whenever it has received information creating some reasonable doubt as to the correctness of the official result.

Reason: A masters national championship event, as well as any event recognized for automatic approval for open records, should be of sufficient quality to satisfy requirements of masters records. The option for review of questionable results is included.

Item 84 – Submitted by John Blackburn, Rules Committee on behalf of Bob Hersh

Add New Rule after 261.4 as follows:

If an athlete has admitted that, at some time prior to achieving an American Record, the athlete had used or taken advantage of a substance or technique prohibited at that time, then, subject to the advice of the appropriate Sport Committee, such record shall not continue to be regarded as a record by USATF.

Item 85 – Submitted by John Blackburn, Rules Committee on behalf of Bob Hersh and Walter Murphy

Amend Rule 267 as follows:

Add the 4xMile Relay as a national outdoor record event for Open Men and for Open Women.

Item 86 – Submitted by Steve Vaitones, Rules Committee

Amend Rule after 300.1(b) as follows:

The track and field program is divided into six divisions for boys and six divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete. ~~((The Sub Bantam age group will be a separate age group effective 2011.))~~ For cross country, there is no Sub Bantam division. The age for Bantam division participation shall begin in the year listed for Sub Bantam. With each succeeding year each division shall be adjusted as shown in the table below:

** Additionally, change any other references to Sub Bantam cross country races. **

Reason: Reasoning for adding sub-bantam in 2009 was because of inequality of younger athletes to get to National Championships. While it may be true for track and field, the participation in cross country does not match that argument. Participation at the association level in 2008 and 2009 found over 50% of associations did not even have enough bantam finishers to fill all available positions (25) to advance to their Region meet. And, in those races with larger fields, a number of teams "cannibalized" if sub-bantam age athletes were removed. Also, the move to national championships at this age is counter to what other sports are doing, and appear counter to the premise of teaching and skill building emphasized in the Youth Level 2 school.

Item 87 – Submitted by Kenny Emerick, Rules Committee

Amend Rule 300.1(b) as follows:

Add Cross-Country Team Division 15 to 18 1993 -1996(2011) 1994-1997(2012) etc.

Reason: Provide opportunity for High School teams to continue to run as a TEAM in the USATF XC program. Increase club number and individuals for the older age divisions which will carry over into T&F.

Item 88 – Submitted by Glenn Fortune, Rules Committee on behalf of Inez Finch

Amend Rule 300.1(c) as follows:

~~Athletes must be at least seven (7) years of age ((on the first day of the Youth Athletics National Championship))~~ on or before December 31 of the current year to compete at the Youth Athletics or Junior Olympic National.

Reason: All of our age groups are set up by the year of birth in order to participate in USA Track & Field Programs. We must have a standard date that is consistent throughout program. If we set a date for seven years olds with the Youth Outdoor meet, then this meet varies each year; therefore, the start date of our 7 year olds will vary every year. In Cross Country many athletes will already be 7 in June, July, and August but will not be able to participate in the National Cross Country meet in December until they are eight years old, if this rule is not changed. This will also create problems with the Cross Country team structure. All of our other age groups are two year divisions; therefore, the Sub-Bantams should be the same. With obesity in children becoming an epidemic problem, running a 2K at the 7-8 age group is good for our kids.

Item 89 – Submitted by Glenn Fortune, Rules Committee on behalf of Inez Finch

Amend Rule 300.1(i) as follows:

~~((Proof of date of birth may be required at Association level competition, but shall be required at all Youth Athletics competition above the Association level.))~~ Proof of date of birth shall be submitted to the athlete's Association immediately after becoming a USATF membership. All athletes shall be required to have "Proof of Age Verified" prior to close of registration of the first level of competition, whether it is the Association Championship or the Preliminary Qualifying Meet, and at all Youth Athletics competitions above this level. The form of proof shall be a copy of a birth certificate, passport, certified baptismal record, driver's license, or United States government identification. Where the issuing Association has validated the athlete's competition entry form or membership card with "Proof of Age Verified," or other wording to that effect, the validated entry form or membership card becomes acceptable proof of age. When using on-line registration, "Proof of Age Verified" must be downloaded from the USATF membership data base prior to close of registration of the first level of competition. Letters from school or recreation offices shall not be considered as proof.

~~((NOTE: Entries to Regional and National competitions shall be accompanied by proof of age.))~~

Reason: Date of Birth should be verified at the first level of competition to insure that all athletes are in the proper age group. Once an athlete competes in the wrong age group, it creates more problems at a higher level. This can be prevented by correcting the problems at the beginning level.

Item 90 – Submitted by Irene Herman, President Pacific Association

Amend Rule 300.1(i) as follows:

~~Proof of date of birth may be required at Association level competition, but shall be required at all Youth Athletics competition above the Association level. The form of proof shall be a ((copy of a))~~ certified birth certificate, passport, certified baptismal record, drivers license or United States government identification. ...

Reason: Copies of such documents are easily altered. A certified copy is not easily altered.

Item 91 – Submitted by Glenn Fortune, Rules Committee on behalf of Booker Woods

Amend Rule 301 as follows:

SUB BANTAM DIVISION (effective 2011) Mini Javelin (300g)

Reason: Our athletes who are currently competing as Bantams will no longer be able to compete in the mini-javelin starting in 2011.

Item 92 – Submitted by Ed Gorman, Rules Committee and Kenny Emerick, Rules Committee

Amend Rule 301 as follows:

YOUTH DIVISION Hammer (B-4kg, G-3kg)

Reason: Coaching in the Youth Division is provided in the other three throwing events, and there is evidence to support introducing the Hammer for 13-14 year olds. It will afford greater opportunity to obtain college scholarships and greatly assist in becoming Olympic quality. It is becoming increasingly popular with younger athletes Boy and girl hammer throwers sufficiently advanced for inclusion on the national high school boys and girls top 50 ranking lists (120'+ girls and 150'+ boys) are training and competing in 24 states. Many other boys and girls 13 to 14 years of age of lesser throwing ability than

those on the ranking lists are training and competing in additional states. The inclusion of the 4 kg hammer for boys and the 3 kg hammer for girls is to conform to IAAF recommendations for this age group. Additionally, 2010 saw the institution of the initial Youth Olympic Games which were just concluded. This competition was for both Boy's and Girl's 14 to 18 years old. One of the championship events in the Youth Olympics is the Hammer Throw; and we had one girl and no boy's compete. In the World Junior Championships we had 2 Women and 2 Men compete, with both Men qualifying for the final and one capturing the Gold Medal while setting a IAAF Championship and USA record. We have medaled in the World Junior Hammer throw in the last two championships two Gold and one Silver. If we want to build on this success we need to have our younger hammer throw athletes competing in Championship competitions. Additionally, this will encourage and promote development of the hammer throw. And to make sure it is covered as an event for the purpose of insurance

Item 93 – Submitted by Kenny Emerick, Rules Committee and David Friedman, President New Jersey Association on behalf of Colleen Dougherty

Amend Rule 301 as follows:

Young Men's/Women's Division

Delete: ~~((5000 Meter Run (B)))~~ Amend: 3000 Meter Run ~~((G))~~

Reason: Currently, the 5,000 meters is offered only for the YM division while the 3,000 meters is offered for the YW, IB, and IG Divisions. This amendment would create uniformity for several good reasons:

1. The 5,000 meter event attracts few competitors in the summer. In fact there was only one competitor at this year's Region 2 meet in the 5,000 meters, and many other Regions get sparse entries for the event. The 3,000 meters would likely draw better;
2. For reasons of gender equity, the YM and YW should have the same event;
3. At many Association meets, when the older age groups have sparse turnouts, age groups are combined into the same longer races. Creating uniformity for the YM and IB with the 3,000 would allow the flexibility to do that and help keep Association meets moving instead of holding them up for twenty minutes to allow two or three athletes to contest a 5,000 meter race.
4. Even the IOC Youth Olympics has the 3,000 instead of the 5,000.

Item 94 – Submitted by Patrick Pretty, President Wisconsin Assoc.

Amend to Rule 302.4(a) by adding as follows:

DISTANCE	DIVISION	HURDLES	HEIGHT	TO FIRST	INTERVAL	TO FINISH
<u>50m</u>	<u>MG & MB</u>	<u>4</u>	<u>30"</u>	<u>12m</u>	<u>7.5m</u>	<u>15.5m</u>
<u>55/60m</u>	<u>MG & MB</u>	<u>5</u>	<u>30"</u>	<u>12m</u>	<u>7.5m</u>	<u>13m/18m</u>

Reason: To put in the Youth rules a standard for Indoor competition. At present there is no set standard for the Midget division when competing indoors while the other divisions have established indoor specifications per NHSF, NCAA, and IAAF.

Item 95 – Submitted by Glenn Fortune, Rules Committee on behalf of Marc Cizek

Amend Rule 302.5(n) as follows:

A competitor shall not use a training pole, a pole which is improperly marked or a pole rated below his/her weight during warm up or competition. Prior to warm-up, ~~((the inspector of Implements))~~ the field event referee or designee shall inspect each pole to be used in competition to verify that the poles are legal equipment. ...

Reason: I have trained 6 officials from various parts of the country to administer the weigh-in process at the National Meets and it should not be the responsibility of the weights and measure officials who have enough to do now as it is.

Item 96 – Submitted by Glenn Fortune, Rules Committee on behalf of Marc Cizek

Amend Rule 302.5(o) as follows:

In the National Youth Athletics Championship and the National Junior Olympics Championship the starting heights in the High Jump and Pole Vault shall be 10cm and 30 cm, respectively, below the ~~((prescribed standard))~~ Youth Outdoor Performance Standard established by the Youth Athletics Committee at the USATF Annual Meeting. ~~((In the National Junior Olympic Championship, the starting heights shall be two increments below the national standard as determined by the Youth~~

~~Athletics Committee~~ Increment increases in both Championships shall be 5 cm in the High Jump and 15 cm in the Pole Vault.

Reason: To take away the confusion of a different qualifying standard for Junior Olympics. The standard for the JO'S is quite a bit higher and a lot of vaulters are mistaken by the verbiage the way it is now written and don't enter thinking there is a higher standard.

Item 97 – Submitted by Kenny Emerick, Rules Committee

Amend Rule 304.2 as follows:

The Sub Bantam division shall run approximately 2km. The Bantam and Midget divisions shall run approximately 3km. The Youth division shall run approximately 4km. The Intermediate, ~~((and))~~ Young Men's /Women's and the Cross Country Team divisions shall run approximately 5km.

Reason: Provide opportunity for High School teams to continue to run as a TEAM in the USATF XC program. Increase club number and individuals for the older age divisions which will carry over into T&F.

Item 98 – Submitted by Glenn Fortune, Rules Committee

Add New Rule 304.4 and renumber as follows:

Placing

Computerized chips may be used to record the finish place of a runner in cross country. Two chips per runner must be used, one attached to each shoe. With this condition, the finish place recorded by the chip system, not the torso, shall be the official order of finish for the runners in the competition.

Reason: Current technology provides adequate placing accuracy.

Item 99 – Submitted by Glenn Fortune, Rules Committee

Amend Rule 305.2(d) as follows:

Track and Field shall advance ~~((three))~~ five placed individuals and ~~((three))~~ five placed relay teams from each Regional to National. These shall be the top ~~((three))~~ five finishers in each event ~~((or successive event finishers who have achieved a performance standard at the Regional Championship when fewer than three declare in the event from that Region for National.))~~ The combined events ...

Item 100 – Submitted by Kenny Emerick, Rules Committee

Amend Rule 305.2(d) as follows:

... The combined events shall advance the top two placed individuals ~~((A third shall advance only after meeting))~~ and any others who meet a performance standard at the Regional Championship. The performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships. The host Association shall qualify a like number.

Item 101 – Submitted by Glenn Fortune, Rules Committee

Amend Rule 305.2(f) as follows:

Athletes who tie for ~~((third))~~ fifth place at the Regional Track and Field meet shall be advanced to the National Junior Olympic Championship.

Item 102 – Submitted by George Kleeman, Rules Committee on behalf of Ron Lee

Amend Rule 302.5(q) as follows:

In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm-up jump without the crossbar in place. One such jump may be taken for each three passed heights and shall be taken as earned, not cumulatively. A competitor may be permitted one warm-up jump with the crossbar (1) if he or she has passed the starting height and passed four or more subsequent consecutive heights or (2) if he or she has passed the starting height and it has been one hour or more since the competition began without commencing jumping.

Reason: Same as the reason for Item 52. Propose adoption only if Item 52 is not adopted.

Item 103 – Submitted by George Kleeman, Rules Committee on behalf of Jim Flanik

Amend Rule 320.4 as follows:

The age division in USATF Championships is determined by the age, on the first day of the meet, of:

- (a) an individual for individual events; or
 (b) the youngest member of a team in a team event or relay.

Reason: Combine age determinations into one rule and provide legitimate exception in a second rule.

Item 104 – Submitted by George Kleeman, Rules Committee on behalf of Jim Flanik

Add a new Rule 320.5 as follows and renumber:

For the meets other than USATF Championships at any level, the age determining date for individuals and teams may be set by the Games Committee.

Reason: Combine age determinations into one rule and provide legitimate exception in a second rule.

Item 105 – Submitted by Gary Snyder, Chair, Masters T&F on behalf of Marilyn Mitchell

Amend Rule 331.1(a) as follows:

Add the 800 Meter Relay to the list of events for the National Indoor Track and Field Championship.

Reason: The event is contested at the WMA Indoor Championship and the US Masters athletes must have practice in contesting the event in order to improve the chances of US teams winning the event and setting records.

Item 106 – Submitted by Gary Snyder, Chair, Masters T&F on behalf of Carroll DeWeese

Amend Rule 331.1(b) as follows:

Add the Shuttle Hurdle Relay to the list of events for the National Outdoor Track and Field Championship.

Reason: Make shuttle hurdle relay a standard National Masters Outdoor Track and Field Championship event. It has been successfully conducted as an exhibition event at National Masters Outdoor Track and Field Championships for several years.

Item 107 – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner

Amend Rule 331.1(f) as follows and Delete Rule 331.1(h)

National Throws ((~~Pentathlon~~) Championships

Throws Pentathlon - See Rule 201.

Ultraweight Pentathlon - See Rule 203.

Superweight Throw

~~((h) National Outdoor Weight Throws~~

~~-Weight Throw~~

~~-Superweight Throw~~

~~-Ultraweight Pentathlon))~~

Reason: To conform to current practice of holding the Throws Pentathlon, Ultraweight Pentathlon and Superweight Throw championships in one meet.

Item 108 – Submitted by George Kleeman, Rules Committee on behalf of David E. Ortman

Amend Rule 332.2(b) as follows:

When an individual or relay team, having qualified for a subsequent round, withdraws for any reason, the fastest non-qualifier who notifies meet officials of his/her availability to compete will ((may)) be advanced to fill the vacated position. When an individual or team is disqualified, Rule 166.7 applies.

Reason: The current rule provides discretion for the Meet Officials to advance the fastest non-qualifier to fill the position of an athlete who withdraws from an event final. However, the current policy at our National Masters Championship Meets is not to advance the fastest non-qualifier. Instead, the lanes in a final are left vacant. This means in some cases only six athletes complete in a final, two of whom may be foreign athletes. The intent of the rule change is to advance the fastest non-qualifier to fill an empty lane in a final. This will promote the participation of US masters athletes in their own national championship final events. The responsibility is on the 9th place athlete to inform the Meet Officials that they are available to run in a final. It does not require Meet Officials to locate and notify an athlete.

Item 109 – Submitted by Gary Snyder, Chair, Masters T&F on behalf of Carroll DeWeese

Add Rule 332.2(j) as follows and re-letter:

Shuttle Hurdle Relay consists of four same sex members competing in 10 year age groups (30-39, 40-49, 50-59, etc) running the Outdoor Short Hurdles in adjacent lanes in opposite directions using

the same hurdle height, spacing, and distance as determined by the age of the youngest team member. After the race start, each team member must be in a set position when they start and shall only start after the incoming team member's torso passes their respective start line. No baton or other exchange is required. Otherwise, all individual hurdle rules apply to each hurdler.

Reason: The purpose of this new rule is to define the requirements of the Shuttle Hurdle Relay as run by USATF Masters. For USATF Masters, the hurdle height, spacing, distance, and exchange line vary from the various non-standardized practices of high school, college, open, and other groups. USATF Masters have no exchange zone: the finish line of the incoming competitor is the start and exchange line for the outgoing competitor. Competitors must have achieved and be in a set position at the moment of their start: no rolling starts are permitted.

Item 110 – Submitted by George Kleeman, Rules Committee on behalf of Nadine O'Connor
Amend Rule 332.3(c) as follows:

In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a two minute warm-up period ((~~jump~~)) without the crossbar in place. One such ((~~jump~~)) period for each athlete shall be allowed ((~~for each three passed heights and may be taken only as earned, not cumulatively~~)) at the height change when the competitor will enter the competition.

Reason: These competitors often sit out long enough that a proper warm-up is in order. Such a warm-up wasn't being provided by the old rule that allowed only one warm-up jump. At several masters championships, I have been forced to stay loose and warm, for hours waiting for my turn to enter. Twice I have been on the field for 5 hours waiting my turn. As a result I no longer enter the pole vault at the nationals or the world meets. If an older athlete has a low entry, the current rule does not affect them as much as it does the higher jumpers or the younger ones as they have more energy. I think such a rule change will benefit all competitors and encourage more to enter.

Item 111 – Submitted by George Kleeman, Rules Committee on behalf of Ron Lee
Amend Rule 332.3(c) as follows:

In the High Jump and Pole Vault, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm up jump without the crossbar in place. One such jump shall be allowed for each three passed heights and may be taken only as earned, not cumulatively. A competitor may be permitted one warm-up jump with the crossbar (1) if he or she has passed the starting height and passed four or more subsequent consecutive heights or (2) if he or she has passed the starting height and it has been one hour or more since the competition began without commencing jumping.

Reason: Same as the reason for Item xxx52. Propose adoption only if Item xxx52 is not adopted.

Item 112 – Submitted by George Kleeman, Rules Committee on behalf of Jerry Bookin-Weiner
Amend Rule 332.3(g) as follows:

Change the Superweight for W60-69 to 20#.

Change the Superweight for W75+ to 16#

Reason: This is submitted at the request of the women in these age groups to make the ratios between the weight throw and superweight implements more consistent across the women's age groups. ***
Passage will affect other submissions of implement weight specifications. ***

Item 113 – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

Amend Rule 341.1 as follows:

Team Championships in cross country shall be conducted in 10-year age divisions, 40+, 50+, 60+ and 70+, for men and women. Team Championships in these same divisions may be conducted in other Masters long distance events. An 80+ team division for men and/or women may be added at the discretion of the Games Committee. The maximum number of entries per team shall be unlimited. In Association championships, the maximum number of entries for a team, and the number of members of each team to finish for scoring may be determined by the Games Committee.

Team scoring for cross country (~~(distances up to and including 25 kilometers)~~) shall be as follows:

- M40+ and M50+ five (5) individuals shall score with a maximum of eight (8) individuals declared per team;
- M60+, M70+, and all women's teams three (3) individuals shall score with a maximum of five (5) individuals declared per team.

Team scoring for road racing Championships shall be as follows:

- All teams, men and women, in all 10-year age divisions, three (3) individuals shall score with a maximum of five (5) individuals declared per team.

~~((For distances over 25 kilometers all teams shall have three scoring members with a maximum of five (5) individuals declared per team.))~~

(MASTERS CROSS COUNTRY TEAM DECLARATIONS AND SCORING

<u>Age Group</u>	<u>FALL</u>	<u>WINTER</u>	<u>DECLARED</u>	<u>SCORERS</u>
M 40+, 50+	10,000m	8000m	8	5
M 60+, 70+	10,000m	8000m	5	3
W40+, 50+	6000m	8000m	5	3
W60+, 70+	6000m	8000m	5	3))

MASTERS LDR TEAM DECLARATIONS AND SCORING

<u>Event</u>	<u>Age Group</u>	<u>DECLARED</u>	<u>SCORERS</u>
XC	M 40+, 50+	8	5
XC	M 60+, 70+, All Women	5	3
All Road	All	5	3

Reason: (1) Codify an existing practice allowing the Games Committee to add an 80+ team division for men and/or women as needed at Championship events that have team scoring. (2) Masters Road Racing Teams will be reduced to 3 person team scoring for all 10-year age divisions. Masters LDR would like to increase the number of entries in its Road Championship events by including team scoring and making it easier for teams to be formed. Team scoring for Masters Cross Country will not be changed, as it seems to be working well.

Item 114 – Submitted by Don Lein, Chair, Masters LDR on behalf of Bill Quinlisk

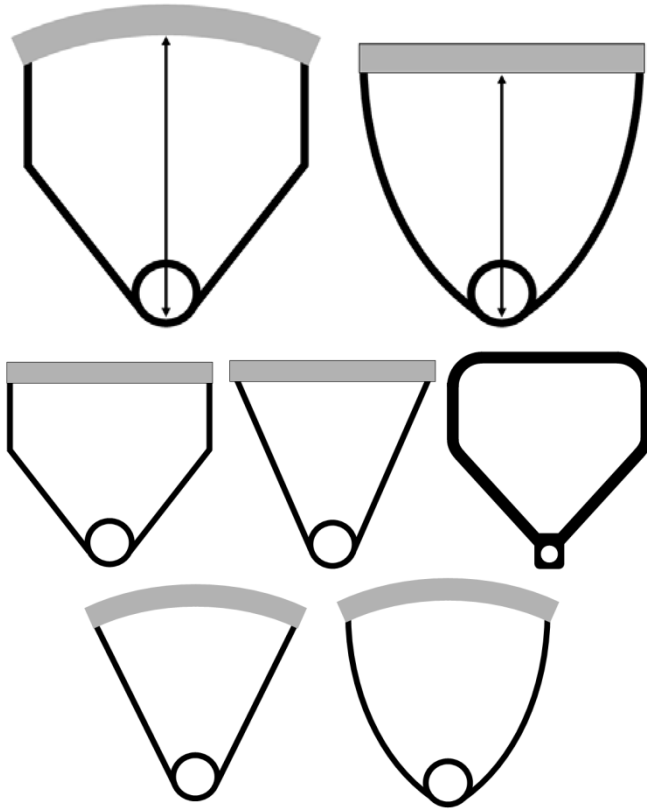
Amend Rule 341.11 as follows:

Regulation USATF medals (~~may~~) shall be awarded to first, second, and third place individuals in each age division and to the declared members of the first, second and third place teams in each team division. Regulation USATF medals may also be awarded to the overall first, second, and third place age-graded individuals for each gender. Championship patches may be awarded to the winners of each age division and to the declared members of the winning team in each team division.

Reason: To conform to the existing practice.

Item 115 – Submitted by George Kleeman, Rules Committee on behalf of Ivars Ikstrums
Replace Figure 14, Add New Figure 15 and renumber in Illustrations as follows:

FIGURE 14 - HAMMER HANDLE



110 mm maximum length

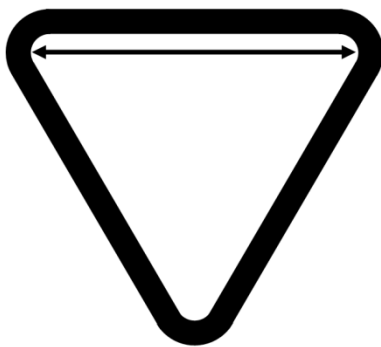
NOTE: The hammer handle may have any configuration that meets the specifications (Rule 191.7).

This includes

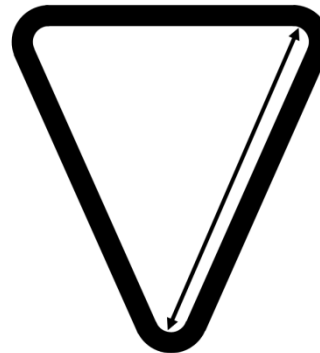
all configurations in this figure and variants thereof.

Reason: Provides more explanatory figures for how to properly measure the length of a hammer handle. Provides examples of allowable hammer handle configurations. This continues to be a source of conversation and questions, particularly from Masters athletes.

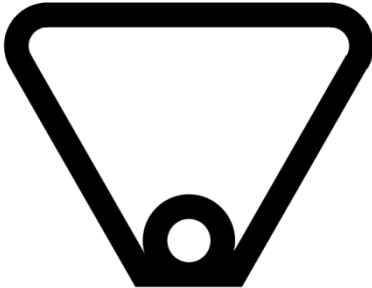
FIGURE 15 – WEIGHT HANDLE



Minimum inside length: 100 mm



Maximum inside length: 190 mm



Modified triangular handle

Reason: Provide a visual representation of Rule 195.5.

Reports from
Special Committees,
Task Groups and
Special Reports



Diversity and Leadership
Personnel Committee

Diversity and Leadership

INTRODUCTION

The Diversity Committee's duties and responsibilities include:

- A. *Policy advice: Serve as a source of reference, opinion, and advice to the officers, CEO, National Office, Board, and all national and Association committees about current or contemplated policies of USATF and all matters relating to diversity, equitable representation and leadership development;*
- B. *Diversity representatives: Appoint, elect, or oversee the election or appointment of diversity representatives to USATF committees or subcommittees when empowered to do so by these Bylaws and the Operating Regulations;*
- C. *Leadership Development: identify and assist qualified individuals to develop the skills necessary to assume leadership positions in USATF.*
- D. *The committee's day to day activities are governed by the use the aforementioned responsibilities. And, our 2010 accomplishments are a reflection of these policies. They are enumerated on the following page.*

2010 OBJECTIVES

The Diversity Committee is a volunteer-driven organization. However, because it may provide policy advice to the Board, its objectives must be, as a practical matter, tightly aligned with USATF Strategic Plan.

Our objectives for the year, and the action item to meet those objectives, are as follows:

1. *Recognition by USATF from a governance perspective
Legislation was crafted to provide for inclusion in the USATF Governance Manual. Regulation 16 was modified to add paragraph "F" to officially recognize the Diversity and Leadership Development Committee. The modifications to the Governance Manual were adopted by the Board and will be presented to the membership for acceptance during the Annual Meeting.*
2. *Create avenues of information to increase understanding of what diversity is and why it is important in an organization.
Publication of Diversity Newsletter*

Personnel Committee

The committee has had a very agenda over the past year. Many telephone conference and in person meetings have taken place during this time.

The committee has been busy with developing and implementing a succession plan to fill the CEO position. We met with several search firms and Bialla & Associates was chosen to seek applicants and to make a recommendation to the Board in early 2011.

The work of this committee has been intense and time consuming – a big "thank you" is due to its members, most especially to Jeff Darman, who took the lead in many of its activities. Members include:

*Elizabeth Phillips
Aretha Thurman
Dena Kastor
Steve Miller
Steve Holman*

Our special thanks to Mike McNees for filing the role of Acting CEO while our search continues to fill the CEO position; to our Chair, Stephanie Hightower; to Larry James Attorney to the Board; to Pete Smith, and to the Board for its advice and support.

Respectfully submitted by,

*Dr. Evie G. Dennis
Chair*

Administrative Statistics



2010 Memberships, Clubs and Sanctions
(Per Association as of 10/31/2010)

Association Stats: Members, Clubs and Sanctions

	Members				Clubs				Sanctions			
	2007	2008	2009	2010*	2007	2008	2009	2010*	2007	2008	2009	2010
Adirondack	1178	1023	1098	1277	37	34	32	30	103	92	102	130
Alabama	850	940	1099	1296	23	25	31	35	24	16	17	36
Alaska	78	59	57	933	4	5	5	9	17	20	23	27
Arizona	1867	2152	2460	70	48	57	56	76	117	132	146	135
Arkansas	135	180	257	2904	5	9	7	6	17	13	15	26
Border	570	645	696	246	13	11	14	15	17	17	14	22
Central Calif.	468	378	426	749	11	17	16	17	23	18	20	38
Colorado	2405	2424	2424	695	81	80	66	76	131	123	122	148
Connecticut	1262	1340	1552	2537	31	23	31	37	81	84	102	113
Dakotas	234	369	281	1624	2	9	9	12	13	17	19	23
Florida	2060	1894	2331	409	126	119	121	116	204	194	189	183
Georgia	2681	2974	3543	1848	73	91	92	119	77	74	70	105
Gulf	2387	2643	3058	3693	29	28	29	29	60	56	59	76
Hawaii	946	1086	1340	2832	14	13	14	16	27	27	26	33
Illinois	2207	2252	2415	1253	66	72	83	84	112	91	112	120
Indiana	1015	1200	1366	2587	35	37	51	50	89	77	82	93
Inland NW	935	739	835	1676	20	25	26	27	46	47	44	50
Iowa	912	934	987	920	25	31	25	23	40	42	41	43
Kentucky	335	652	579	1163	4	12	21	22	52	49	70	82
Lake Erie	546	369	439	631	33	27	27	26	23	19	14	106
Long Island	1290	1390	1544	630	56	61	56	65	99	104	110	145
Maine	1557	1541	1787	1479	48	51	55	50	48	58	55	72
Metropolitan	1732	1821	2048	1934	57	69	71	77	120	108	102	117
Michigan	1173	814	1179	2381	32	29	31	32	57	68	70	77
Mid-Atlantic	2269	2149	2339	1228	115	103	121	119	125	128	126	154
Minnesota	1539	1503	1569	2229	38	42	44	46	109	106	121	163
Miss. Valley	671	998	940	1711	23	34	37	36	47	41	48	60
Montana	640	677	636	952	14	15	15	18	32	25	30	38
Nebraska	1553	1597	1468	774	36	38	35	36	43	46	42	34
Nevada	667	659	808	1429	9	13	13	13	24	39	32	31
New England	3374	3422	3895	773	125	125	137	146	426	427	454	485
New Jersey	4732	4671	4937	4446	80	88	86	79	264	270	292	331
New Mexico	1075	1063	1049	5152	25	26	32	31	43	37	30	51
Niagara	839	880	1242	1216	50	48	46	56	164	175	187	224
No. Carolina	2790	3172	3676	3442	55	65	82	79	89	89	76	110
Ohio	1624	1479	1666	1766	56	48	53	59	123	120	119	144
Oklahoma	1100	942	914	851	84	79	81	53	16	172	179	171
Oregon	2314	2305	2457	2511	76	70	66	70	89	92	99	109
Ozark	1209	838	1240	1309	35	35	36	29	28	34	36	61
Pacific	6010	5745	6185	7098	130	140	146	159	239	215	204	252
Pacific NW	1733	1611	1845	2101	42	44	49	57	113	119	114	182
Pot. Valley	3074	3547	4389	4102	62	71	78	82	78	74	64	93
San Diego	1789	1679	1642	1720	39	37	34	36	76	82	79	80
Snake River	408	372	542	541	5	10	9	8	17	23	24	35
So. Carolina	1083	1378	1523	1527	33	47	40	43	28	25	22	37
South Texas	437	588	736	796	8	15	12	20	46	48	65	67

	Members				Clubs				Sanctions			
	2007	2008	2009	2010*	2007	2008	2009	2010*	2007	2008	2009	2010*
<i>Southern</i>	1155	1159	1602	1987	36	37	45	49	32	35	48	46
<i>So. California</i>	4685	4579	5225	5831	105	110	106	118	221	210	205	203
<i>Southwestern</i>	2431	2418	2339	2592	70	80	74	66	99	101	104	169
<i>Tennessee</i>	649	717	1022	934	24	23	27	30	39	35	40	61
<i>Three Rivers</i>	1815	1711	1660	1717	34	34	35	31	61	66	61	75
<i>Utah</i>	704	789	745	724	11	15	25	26	88	90	110	127
<i>Virginia</i>	1387	1436	1998	1279	39	39	53	42	65	68	85	80
<i>West Texas</i>	427	323	346	391	8	11	12	9	5	1	0	2
<i>West Virginia</i>	191	178	320	328	3	5	4	7	7	11	19	22
<i>Wisconsin</i>	1316	1442	1511	1311	35	35	36	31	41	48	47	57
<i>Wyoming</i>	68	118	132	181	1	0	2	2	8	8	6	0
	85320	86250	96399	100716	2379	2517	2640	2735	4482	4606	4792	5754
*As of 10-31-10												

Attachments



Financial Report (*Crowe Horwath, LLP*)
Proposed Qualifying Standards (*Jr. Men/Men*)
Proposed Qualifying Standards
(*Jr. Women/Women*)



Crowe Horwath LLP
Independent Member Crowe Horwath International

REPORT OF INDEPENDENT AUDITORS

Board of Directors
USA Track & Field, Inc.
Indianapolis, Indiana

We have audited the accompanying statements of financial position of USA Track & Field, Inc. (USATF) as of December 31, 2009 and 2008, and the related statements of activities and cash flows for the years then ended. These financial statements are the responsibility of the USATF's management. Our responsibility is to express an opinion on these financial statements based on our audits.

We conducted our audits in accordance with auditing standards generally accepted in the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audits provide a reasonable basis for our opinion.

In our opinion, the financial statements referred to above present fairly in all material respects, the financial position of USA Track & Field, Inc. as of December 31, 2009 and 2008, and the changes in its net assets and its cash flows for the years then ended in conformity with accounting principles generally accepted in the United States of America.

Crowe Horwath LLP

Crowe Horwath LLP

Indianapolis, Indiana
June 9, 2010

USA TRACK & FIELD, INC
STATEMENTS OF FINANCIAL POSITION
December 31, 2009 and 2008

	<u>2009</u>	<u>2008</u>
ASSETS		
Cash and cash equivalents	\$ 3,804,814	\$ 3,410,040
Accounts receivable, net	1,774,603	2,079,833
Inventory	379,207	413,332
Prepaid expenses and other assets	306,484	627,390
Property and equipment, net	<u>241,388</u>	<u>158,786</u>
	<u>\$ 6,506,496</u>	<u>\$ 6,689,381</u>
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts payable and accrued expenses	\$ 1,653,535	\$ 1,444,537
Deferred revenue	<u>1,949,583</u>	<u>1,153,853</u>
Total liabilities	<u>3,603,118</u>	<u>2,598,390</u>
Net assets		
Unrestricted	2,868,521	4,056,152
Temporarily restricted	<u>34,857</u>	<u>34,839</u>
Total net assets	<u>2,903,378</u>	<u>4,090,991</u>
	<u>\$ 6,506,496</u>	<u>\$ 6,689,381</u>

See accompanying notes to financial statements.

USA TRACK & FIELD, INC
STATEMENTS OF ACTIVITIES
Years ended December 31, 2009 and 2008

	<u>2009</u>	<u>2008</u>
UNRESTRICTED NET ASSETS		
Revenue and support:		
Sponsorships, net	\$ 6,816,144	\$ 7,226,989
United States Olympic Committee grants	1,490,608	1,863,710
Events and athlete programs	1,073,655	4,108,804
Member-based programs	2,437,915	2,274,385
Merchandise sales	859,816	803,377
Other revenue	519,386	692,839
Net assets released from restriction	<u>15,655</u>	<u>14,971</u>
Total revenue and support	13,213,179	16,985,075
Expenses:		
Program expenses		
Elite athlete competitions	6,289,467	7,836,921
Sport Performance	2,115,434	2,293,309
Grass roots programs	942,026	653,853
Member-based programs	1,928,387	1,872,764
Program support	1,641,556	1,129,568
Cost of goods sold	<u>538,809</u>	<u>472,253</u>
Total program expenses	13,455,679	14,258,668
Administration and governance	<u>945,131</u>	<u>1,371,420</u>
Total expenses	<u>14,400,810</u>	<u>15,630,088</u>
Change in unrestricted net assets	(1,187,631)	1,354,987
TEMPORARILY RESTRICTED NET ASSETS		
Contributions	15,673	15,794
Interest income	-	165
Net assets released from restriction	<u>(15,655)</u>	<u>(14,971)</u>
Change in temporarily restricted net assets	<u>18</u>	<u>988</u>
Total change in net assets	(1,187,613)	1,355,975
Net assets at beginning of year	<u>4,090,991</u>	<u>2,735,016</u>
Net assets at end of year	<u>\$ 2,903,378</u>	<u>\$ 4,090,991</u>

See accompanying notes to financial statements.

USA TRACK & FIELD, INC
STATEMENTS OF CASH FLOWS
Years ended December 31, 2009 and 2008

	<u>2009</u>	<u>2008</u>
Cash flows from operating activities		
Change in net assets	\$ (1,187,613)	\$ 1,355,975
Adjustments to reconcile changes in net assets to net cash provided by operating activities:		
Depreciation	81,325	66,259
Changes in operating assets and liabilities		
Accounts receivable	305,230	(928,448)
Inventory	34,125	(96,496)
Prepaid expenses and other assets	320,906	561,088
Accounts payable and accrued expenses	208,998	(162,049)
Deferred revenue	<u>795,730</u>	<u>(1,000,165)</u>
Net cash provided by (used in) operating activities	<u>558,701</u>	<u>(203,836)</u>
Cash flows from investing activities		
Acquisitions of property and equipment	<u>(163,927)</u>	<u>(89,187)</u>
Net cash used in investing activities	<u>(163,927)</u>	<u>(89,187)</u>
Net increase (decrease) in cash and cash equivalents	394,774	(293,023)
Cash and cash equivalents at beginning of year	<u>3,410,040</u>	<u>3,703,063</u>
Cash and cash equivalents at end of year	<u>\$ 3,804,814</u>	<u>\$ 3,410,040</u>
Supplemental cash flows information		
Non-cash transactions:		
In-kind contributions	\$ 1,690,448	\$ 1,303,436

See accompanying notes to financial statements.

USA TRACK & FIELD, INC.
NOTES TO FINANCIAL STATEMENTS
December 31, 2009 and 2008

NOTE 1 - MISSION AND ORGANIZATION

USA Track & Field, Inc. (USATF) is the national governing body for track and field, long-distance running, race walking, and cross-country running. USATF is the United States' representative member of the International Association of Athletics Federations (IAAF), the world governing body for athletics, as well as a Group A member of the United States Olympic Committee (USOC).

Through its national membership of over 2,500 clubs, schools and other organizations interested in track and field, long-distance running, and race walking, USATF promotes programs of training and competition for all ages, protects the interests and eligibility of its nearly 100,000 registered athletes, and establishes and maintains the sports' rules of competition.

As a governing body, USATF may discipline individuals or organizations for violations of its rules. Individuals or organizations who are disciplined may seek administrative and civil remedies, including arbitration or litigation.

Revenue to support these programs is generated primarily by sponsorships, USOC grants, events, and memberships.

In 2009 and 2008, USATF received approximately 62% and 53% of total revenues from two sponsors and the USOC. Agreements with the sponsors include long-term contracts that extend into 2017.

NOTE 2 - SIGNIFICANT ACCOUNTING POLICIES

Basis of Presentation: Revenue and expenses are reported as an increase or decrease, respectively, in unrestricted net assets unless use of the related assets is limited by donor-imposed restrictions. Temporarily restricted net assets are assets whose use by USATF has been limited by donors to a specific time period or purpose. However, if a restriction is fulfilled in the same time period in which the contribution is received, the contribution is reported as unrestricted.

Income Tax Status: The Internal Revenue Service has ruled the USATF qualifies under Section 501(c) (3) of the Internal Revenue Code and is, therefore, not subject to income taxation under present income tax laws. USATF is subject to tax on the sale of merchandise which is considered unrelated to its tax-exempt purpose. Unrelated business income tax expense totaled \$15,000 and \$14,846 for 2009 and 2008.

(Continued)

USA TRACK & FIELD, INC.
NOTES TO FINANCIAL STATEMENTS
December 31, 2009 and 2008

NOTE 2 - SIGNIFICANT ACCOUNTING POLICIES (Continued)

Use of Estimates: The preparation of the financial statements in conformity with accounting principles generally accepted in the United States of America (GAAP) requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenues, expenses, gains, losses and other changes in net assets during the reporting period. Actual results could differ from these estimates.

Revenue Recognition: Membership revenue is recognized ratably over the membership period. Television rights fees, gate receipts, and other event revenue, including sponsorships, are recognized upon completion of the event. National sponsorships are recognized ratably over the sponsorship period, and shown net of agency commissions of \$420,013 and \$411,072 for 2009 and 2008. USATF has entered into marketing agreements with sponsors and other business partners that extend until 2017. Association membership fees collected by USATF and passed through are not shown as revenues or expenses in USATF's financial statements.

Contributions: Contributions, which include unconditional pledges, are recognized as revenue in the period received or pledged.

Deferred Revenue: Amounts received pursuant to sponsorship agreements or from memberships are recorded as deferred revenue and recognized in subsequent periods when the corresponding programs are conducted or expenses are incurred.

USOC Funds: The USOC provides funding to USATF for approved programs through either advances or reimbursements. Such revenue is recognized concurrently with the related expenses. Expenditures are recorded in the program-related accounts.

Value of In-Kind and Donated Services: Volunteers and sponsors donate their goods and services to USATF. Value in-kind includes team uniforms, merchandise for resale, office equipment and furniture, rent, legal services, and publication printing and mailing. In-kind revenue recognized in 2009 and 2008 of \$1,690,448 and \$1,303,436, represents an estimate of the goods and services provided. This amount is included under sponsorship revenue, United States Olympic Committee grants, member-based programs revenue, and other revenue on the Statement of Activities. No revenue or expense is recognized when the value of the services provided cannot be objectively or reasonably estimated.

Functional Allocation of Expenses: The costs of supporting the various programs and other activities have been summarized on a functional basis in the statement of activities. Certain costs have been allocated among the program and administrative and governance categories based on the actual direct expenditures and cost allocations based upon estimates by management.

(Continued)

USA TRACK & FIELD, INC.
NOTES TO FINANCIAL STATEMENTS
December 31, 2009 and 2008

NOTE 2 - SIGNIFICANT ACCOUNTING POLICIES (Continued)

Cash Equivalents: USATF considers all highly liquid investments with a maturity of three months or less to be cash equivalents. The first \$250,000 of deposits per financial institution is insured by a government agency. USATF periodically has balances in excess of this limit.

Accounts Receivable: USATF's accounts receivable balance consists of amounts billed or billable under contracts, sponsorship agreements, or for products or services provided. Interest is not charged on outstanding accounts receivable.

Allowance for Doubtful Accounts: The allowance for doubtful accounts receivable is determined by management based on USATF's historical losses, specific payer circumstances, general economic conditions, and results of collection activities.

Property and Equipment: Property and equipment are recorded at cost at date of acquisition or fair value at date of donation in the case of in-kind gifts. Depreciation is provided using the straight-line method over the estimated useful lives of the related assets. Property and equipment balance as of December 31, 2009 and 2008, consisting primarily of furniture and equipment, is shown net of accumulated depreciation of \$330,257 and \$248,932.

Net Asset Classifications: The financial statements have been prepared in accordance with GAAP. GAAP requires, among other things, that the financial statements report the changes in and total of each of the net asset classes, based upon donor restrictions, as applicable. Net assets are to be classified as unrestricted, temporarily restricted, and permanently restricted. The following classes of net assets are used to reflect donor intent:

Unrestricted Net Assets - The unrestricted net asset class includes general assets and liabilities of USATF. The unrestricted net assets may be used to support USATF's purposes and operations.

Temporarily Restricted Net Assets - The temporarily restricted net asset class includes assets of USATF related to contributions and grants with explicit donor-imposed restrictions that have not been met as to specified purpose, or to later periods of time or after specified dates. Net assets temporarily restricted for the use of supporting specific USATF programs total \$34,857 and \$34,839 at December 31, 2009 and 2008. Temporarily restricted net assets released from restriction during the year ended December 31, 2009 and 2008 totaled \$15,655 and \$14,971.

Permanently Restricted Net Assets - The permanently restricted net asset class includes assets of USATF which the donor has stipulated be maintained in perpetuity. Donor-imposed restrictions limiting the use of the assets or its economic benefit neither expire with the passage of time nor can be removed by satisfying a specific purpose. USATF did not have any permanently restricted net assets at December 31, 2009 and 2008.

(Continued)

7.

USA TRACK & FIELD, INC.
 NOTES TO FINANCIAL STATEMENTS
 December 31, 2009 and 2008

NOTE 2 - SIGNIFICANT ACCOUNTING POLICIES (Continued)

Subsequent Events: Management has performed an analysis of the activities and transactions subsequent to December 31, 2009, to determine the need for any adjustments or disclosures to the audited financial statements for the year ended December 31, 2009. Management has performed their analysis through June 9, 2010, the date the financial statements were available to be issued. Subsequent to December 31, 2009, a USATF marketing partner exercised an option to extend contract terms through 2017. The initial term ended in 2013.

Reclassifications: Certain 2008 amounts have been reclassified to conform to the 2009 presentation. The reclassifications had no effect on total net assets or the change in net assets.

Adoption of New Accounting Standards: During 2009, USATF adopted new accounting guidance related to accounting for uncertainty in income taxes. This guidance requires USATF to recognize a tax benefit only if it is more likely than not the tax position would be sustained in a tax examination, with a tax examination being presumed to occur. The amount recognized is the largest amount of tax benefit that is greater than 50% likely of being realized on examination. For tax positions not meeting the more-likely-than-not test, no tax benefit is recorded. USATF has examined this issue and has determined there are no material contingent tax liabilities or questionable tax positions.

USATF is no longer subject to examination by taxing authorities for years before 2006. USATF does not expect the total amount of unrecognized tax benefits to significantly change in the next 12 months. USATF recognizes interest and/or penalties related to income tax matters in income tax expense. USATF did not have any amounts accrued for interest and penalties at December 31, 2009.

NOTE 3 - ACCOUNTS RECEIVABLE, NET

Accounts receivable consist of the following at December 31, 2009 and 2008:

	<u>2009</u>	<u>2008</u>
USOC	\$ 936,747	\$ 1,295,978
Sponsors	473,612	595,941
USATF Foundation	101,858	96,683
Event organizers	153,757	25,085
Others	<u>146,371</u>	<u>70,348</u>
	1,812,345	2,084,035
Allowance for doubtful accounts	<u>(37,742)</u>	<u>(4,202)</u>
	<u>\$ 1,774,603</u>	<u>\$ 2,079,833</u>

(Continued)

USA TRACK & FIELD, INC.
 NOTES TO FINANCIAL STATEMENTS
 December 31, 2009 and 2008

NOTE 4 - DEFERRED REVENUE

Deferred revenue consists of the following at December 31, 2009 and 2008:

	<u>2009</u>	<u>2008</u>
Deferred sponsorship revenue	\$ 1,291,667	\$ 666,667
Rights fees for future events	165,000	107,500
Deferred membership revenue	345,426	291,741
Other deferred revenue	<u>147,490</u>	<u>87,945</u>
	<u>\$ 1,949,583</u>	<u>\$ 1,153,853</u>

NOTE 5 - OPERATING LEASES

In 2005, USATF entered into a five year operating lease for storage facilities expiring on September 15, 2010. In early 2008, USATF entered into operating leases for office and parking facilities expiring on December 31, 2020 and March 31, 2013, respectively. These leases have fluctuating rent payments. Approximate future minimum payments required under current operating leases with noncancelable lease terms in excess of one year are as follows:

2010	\$ 183,780
2011	162,540
2012	166,026
2013	145,493
2014	137,618
Thereafter	<u>856,518</u>
	<u>\$ 1,651,975</u>

Rent expense under the terms of these leases for the years ended December 31, 2009 and 2008 was \$198,900 and \$156,686, respectively.

NOTE 6 - RETIREMENT PLAN

In 2008 USATF had a defined-contribution retirement plan covering employees with at least six months of service. The plan allowed for employer-only contributions. USATF contributions to the plan were 15% of compensation, as defined by the plan, and vested ratably over a six-year period.

(Continued)

USA TRACK & FIELD, INC.
NOTES TO FINANCIAL STATEMENTS
December 31, 2009 and 2008

NOTE 6 - RETIREMENT PLAN (Continued)

Effective January 1, 2009, USATF converted the plan to a 401(k) plan, allowing both employer and employee contributions. USATF matches 100% of employee contributions up to 5% of compensation, as defined by the plan. Matching contributions are 100% vested. In addition, for all employees with at least one year of service, USATF contributes an additional 10% of compensation in discretionary employer contributions, as defined by the plan. Discretionary contributions vest ratably over a six-year period.

Retirement plan expense for 2009 and 2008 was \$294,754 and \$239,288.

NOTE 7 - RELATED PARTIES

USA Track & Field Foundation, Inc.: The USA Track & Field Foundation, Inc. (the Foundation) was formed in 2002 to attract funding and support new and innovative track and field programs and expand involvement in the sport. The Foundation is classified under the Internal Revenue Service Code as a 501(c)(3) organization. The Foundation is governed by an independent Board of Directors and its net assets and financial results are not included in the USATF financial statements. While the Foundation Board of Directors is independent of USATF, two seats on the Foundation Board are reserved for the USATF CEO and Board President. In addition, USATF provides administrative support to the Foundation and the Foundation has provided grants directly to USATF for specific programs as detailed below.

Certain expenses of the Foundation are paid by USATF on behalf of the Foundation. All direct costs incurred by USATF on behalf of the Foundation are reimbursed by the Foundation. Total expenses paid on behalf of the Foundation during 2009 and 2008 were \$255,812 and \$218,315, of which \$214,771 and \$200,906 were reimbursed by the Foundation. Unreimbursed expenses are personnel and overhead costs of USATF staff support provided to the Foundation. During both 2009 and 2008, the Foundation provided \$40,000 in grants to USATF designated for specific programs supporting youth development through competitive opportunities and youth anti-doping and healthy lifestyles education.

Professional Athletics Association: The Professional Athletics Association (PAA) was formed in 2005 to support the interests of professional track and field athletes. The PAA is classified under the Internal Revenue Service Code as a 501(c)(3) organization. The PAA is governed by an independent Board of Directors and its net assets and financial results are not included in USATF's financial statements. While the PAA Board of Directors is independent of USATF, the PAA Board is comprised of track and field athletes, a small number of which may simultaneously serve on the USATF Board of Directors.

(Continued)

USA TRACK & FIELD, INC.
NOTES TO FINANCIAL STATEMENTS
December 31, 2009 and 2008

NOTE 7 - RELATED PARTIES (Continued)

Through 2008, USATF collaborated with the PAA on certain athlete programs and provided financial support to the PAA. Total expenses incurred by USATF on PAA collaborative events were \$- in 2009 and \$129,348 in 2008. In addition, USATF provided unreimbursed personnel and overhead support for a variety of the PAA's programs through 2008.

NOTE 8 - LITIGATION

USATF is a defendant in certain lawsuits. Management intends to vigorously contest these cases and does not expect their outcome to have a material effect on USATF's financial position. In addition, management believes its insurance policies are adequate. Accordingly, no provision for possible losses from unfavorable outcomes has been made in the accompanying financial statements.

USA Track & Field

MEN'S STANDARDS

2011 Senior Indoor Championship - 2011 Senior Outdoor Championship - 2011 Junior Outdoor Championship

CHAMPIONSHIP EVENT	PROPOSED 2011 SENIOR INDOOR	PROPOSED 2011 SENIOR OUTDOOR		PROPOSED 2011 JUNIOR OUTDOOR
		"A"	"B"	
60 meter	6.75 *			
100 meter		10.21 *	10.35 *	10.64 *
200 meter		20.70 *	20.88 *	21.44 *
400 meter	47.40 *	45.60 *	46.50 *	47.84 - 47.7
800 meter	1:50.20 **	1:47.50 *	1:48.45 *	1:52.54 - 1:52.4
1500 meter	3:44.60 **	3:41.20	3:45.00**	3:57.64 - 3:57.5
mile	4:01.20 **	3:59.00	4:00.00**	
5000 meter		13:30.00	13:52.00**	15:04.50 - 15:04.5
3000 meter	8:03.00 **			
10k meter		28:30.00	29:01.00**	32:45.00 - 32:45.0
20k walk		1:36:00**	No "B"	10k 55:15.00 - 55:15.0
5k walk	22:00.00 **			
110 hurdles		13.60	13.90*	39" 14.60 *
60 hurdles	7.92 *			
400 hurdles		50.00	50.75*	53.94 - 53.8
3000 sc		8:40.00	8:45.50**	9:38.00 - 9:38.0
high jump	2.15 7-0½	2.26 7-5	2.16 7-1	2.09 6- 10 ¼
pole vault	5.50 18-0½	5.70 18-8¼	5.50 18-½	5.00 16- 5
long jump	7.54 24-9	8.00 26-3	7.75 25-5¼	7.18 23- 6 ¾
triple jump	15.39 50-6	16.30 53-5¾	15.44 50-8	14.65 48- ¾
shot put	18.08 59-4	20.00 65-7½	18.59 61-0	6kg. 17.74 58-2 ½
discus		61.00 200-1	58.80 192-11	1.75kg. 53.16 174- 5
hammer		69.00 226-4	65.00 213-3	6kg. 55.00 180- 5½
35# weight	19.81 65-0			
javelin		72.00 236-3	70.50 231-3	800g. 58.22 191- 0
decathlon		7850	7500	6200
heptathlon	5450			
*, ** - See page 2.				

The Sport Committee Chair will adjust the standards, where necessary, forty-five days prior to the competition, based on received entries at that time. Therefore, early submission of an entry close to the standard is advised.

Additional competitors, from those who have submitted entries, may be allowed to declare through petition to the Sport Committee Chair. Additional qualifying information is detailed on Page 2. Alternate qualifying events are on Page 3.

QUALIFYING GUIDELINES FOR CHAMPIONSHIP IN NON-OLYMPIC YEARS:

1. All qualifying performances for running events must be made on an indoor track for the indoor championship and on an indoor or outdoor track for the outdoor championships. No allowances are provided for altitude or for indoor facilities of differing size, bank or other configuration.
2. Qualifying marks must be made in accordance with USATF Rule 149 and verifiable in one of the following:
 - a. USATF or IAAF sanctioned events which prescribe to or exceed USATF competition rules,
 - b. events at collegiate meets which prescribe to or exceed USATF competition rules, or
 - c. high school meets but not dual or triangular meets.
 - d. meets or events which meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for verification.
3. **This is an annual Championship which requires qualification within a specific period of time.**

Senior Indoor Championship - Qualifying marks must be attained on or after the second Saturday in November of the calendar year prior to the Championship through the Sunday in the current calendar year just prior to the Championship. Qualifying marks for the Combined Events must be attained on or after the first Saturday in January of the calendar year prior to the Championship through the Sunday just prior to the Combined-Event Championship.

Junior and Senior Outdoor Championship - Qualifying marks from outdoor competitions must be attained on or after the first day of competition of the National Championship, or Olympic qualifying meet, during the previous calendar year through the Sunday in the current calendar year just prior to the Championship. Qualifying marks from indoor competitions must be attained within the same time period. Qualifying marks for the 10,000-meters, Race Walk, and Combined Events must be attained on or after the first Saturday in January of the calendar year prior to the Championship through the Sunday in the current calendar year just prior to the Championship.
4. *F.A.T. is the only method of timing acceptable for qualifying marks for events listed with an asterisk. Times submitted in hundredths of a second, must be fully automatic times.
5. **.A manual time may be used for qualifying in events with a double asterisk only if no fully automatic qualifying time exists for the individual in that event during the qualifying period. A manual time may not supersede any fully automatic qualifying time for an event. Qualifying manual times, for eligible events, not already listed, are always the FAT qualifying time without the last zero. Manual times will be converted for seeding purposes using USATF Rule 76.
6. For the **Junior Championship**, 3000-meter, 3200-meter and 5000-meter qualifying times may also be used to qualify for the 5000-meter, 10,000-meter and the 3000-meter steeplechase runs.

USA Track & Field

MEN'S STANDARDS

2010 Senior Indoor Championship - 2010 Senior Outdoor Championship - 2010 Junior Outdoor Championship

Standards for additional events which qualify for the Senior Indoor Championship

ALTERNATE EVENT	STANDARD	QUALIFIES FOR ...	
50 meter	5.76 FAT Only	60 meter	
55 meter	6.23 FAT Only	60 meter	
50 meter hurdles	6.86 FAT Only	60 meter hurdles	
55 meter hurdles	7.32 FAT Only	60 meter hurdles	
1000 meter	2:23.90 **	800 meter	
One Mile	4:01.20 **	1500 meter	
3000 walk	12:45.00	5000 walk	
5000 meter	14:07.00 **	3000 meter	
Pentathlon	3850	Heptathlon	
Decathlon	7700	Heptathlon	
** - See Page 2			

Standards for additional events which qualify for the Junior Outdoor Championship

ALTERNATE EVENT	STANDARD	QUALIFIES FOR ...	
1600 meter	4:13.24 - 4:13.1 **	1500m	
one mile	4:14.74 - 4:14.6 **	1500m	
3000 meter	8:39.00 - 8:39.0 **	3kSC, 5k, 10k	
3200 meter	9:14.00 - 9:14.0 **	3kSC, 5k, 10k	
3k walk	15:00.00 - 15:00.0	10k walk	
5k walk	26:00.00 - 26:00.0	10k walk	
2000 meter SC	6:25.00 - 6:25.0	3000 meter SC	
110 meter Hurd 42"	14.80 - FAT Only	110 meter Hurdles	
400 meter Hurd 30"	53.70 - 53.6	400 meter Hurdles	
300 meter Hurd 36"	37.60 - 37.4	400 meter Hurdles	
300 meter Hurd 30"	37.10 - 36.9	400 meter Hurdles	
shot put 12# H.S.	18.29 60-0	shot put	
shot put 16#	16.28 53-5	shot put	
Discus 1.6kg H.S.	56.46 185-3	Discus	
Discus 2kg	50.04 164-2	Discus	
hammer 16#	51.88 170-3	Hammer	
hammer 12#	58.00 190-4	Hammer	
decathlon H.S.	6250	Decathlon	
** - See Page 2			

Standards for additional events which qualify for the Senior Outdoor Championship

ALTERNATE EVENT	STANDARD	QUALIFIES FOR ...	
5k walk	23:30.00 - 23:30.0	20k walk	
10k walk	48:20.00 - 48:20.0	20k walk	
** - See Page 2			

PROPOSED
WOMEN'S INDOOR STANDARDS

<i>Women</i>	<i>Standard '11</i>
60m	7.80
50m	7.10
55m	7.05
400m	54.50 *
800m	2:08.50
Mile	4:47.50 *
1500m	4:27.50 *
3000m	9:27.00
5000m	16:00.00
60m Hurdles	8.60
50m HH	7.10
55m HH	7.75
3000m RW	14:40.00
<i>Mile RW</i>	7:30.0
High Jump	1.81m
Pole Vault	4.25m
Long Jump	6.10m
Triple Jump	12.75m
Shot Put	15.00 m
Weight Throw	19.00 m
Pentathlon	4400 pts.

Qualifying Guidelines

1. All qualifying performances must be made on indoor tracks. No allowances are provided for indoor facilities of differing size, bank or other configuration, or altitude.
2. Qualifying marks must be made in accordance with USATF Rule 149 and verifiable in one of the following:
 1. USATF- or IAAF-sanctioned events that prescribe to or exceed USATF rules of competition
 2. Events at collegiate meets that prescribe to or exceed USATF rules of competition
 3. High school meets, except dual and triangular meets, that prescribe to or exceed NFHS rules of competition.
 4. Meets or events that meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for verification.
3. This is an annual championship that requires qualification within a specific period of time. Qualifying marks must be attained on or after Saturday, November 13, 2010 through Sunday, February 20, 2011. Due to the limited opportunity, qualifying marks for the combined Events must be attained on or after the first Saturday in January of the calendar year prior to the Championship through the Sunday just prior to the Combined Events Championship. The Chair of the Sport Committee may accept any qualification through appeal.
4. Fully automatic timing (F.A.T.) is the only method of timing acceptable for qualifying marks for events equal to or shorter than 400 meters.
5. A manual time may be used for qualifying for events of 800 meters and longer only if no F.A.T. qualifying time exists for the race during the qualifying period. A manual time may not supersede any F.A.T. qualifying time for an event. Qualifying manual times, for eligible events, are the F.A.T. qualifying time without the last zero for men and the F.A.T. qualifying time minus 0.14 for women. Manual times will be converted for seeding purposes using USATF Rule 76.
6. Times submitted in hundredths of a second must be F.A.T. times.
7. All performances are subject to verification.

Women's Proposed Standards (Senior) 2011

<i>Event</i>	<i>A Standard</i>	<i>B Standard</i>
100m	11.42	11.48
200m	23.25	23.40
400m	52.50	52.70
800m	2:05.00	2:06.50
1,500m	4:15.50	4:17.50
<i>Mile</i>	4:35.50	4:38.00
5,000m	15:50.00	15:46.00
10,000m	33:40.00	33:50.00
20 km RW	1:52.00	1:58.00
10 km RW	54.00	no "B"
5 km RW	26.00	no "B"
100m Hurdles	13.10	13.30
400m Hurdles	57.75	57.95
3000m SC	10:12.00	10:17.00
High Jump	1.85 (6-3/4)	1.83 (6-0)
Pole Vault	4.40 (14-5¼)	4.25 (13-11¼)
Long Jump	6.55 (21-6)	6.45 (21-2)
Triple Jump	13.40 (43-11 3/4)	13.20 (43-3 3/4)
Shot Put	17.35 (56-11 1/4)	16.60 (54-5 1/2)
Discus Throw	56.50 (185-4)	55.00 (180-5)
Hammer Throw	65.00 (213-3)	63.00 (206-8)
Javelin Throw	53.00 (173-10)	51.50 (168-11)
Heptathlon	5900	5600