

USA  
Track & Field  
2009 Annual Meeting  
December 2-6, 2009

Youth Report

**Date: Thursday, December 3, 2009**

**USATF Youth Committee Opening Session: 9:00 am to 10:50 am**  
**Topics: Sub-Bantam Package Modification to Rule 300.1 (b) and 300.1 (e)**

*Proposed Amendments:*

Rule 300.1 (b) The program is divided into ~~five~~ six divisions for boys and ~~five~~ six divisions for girls

Division	2010 Yr	2011 Yr	2012 Yr
<b>Sub-Bantam</b>	<b>2001+</b>	<b>2002+</b>	<b>2003+</b>
Bantam	2000-2001	2001-2002	2002-2003

- **No one under seven (7) years of age may compete in a national championship**

Rule 300.1 (e) In track and field a competitor in the **Sub-Bantam**, Bantam, or Midget divisions may enter a maximum of...

**Rule 300 – Sub-Bantam Division Events: 100 Meter Dash, 200 Meter Dash, 400 Meter Dash, 800 Meter Dash, 4x100 Relay, 4x400 Relay, Turbo Javelin (300 gm), Shot Put (6lb), Long Jump**

Rule 304.2 Cross County - The **Sub-Bantam**, Bantam, Midget divisions shall run approximately 3km...

*Decision:*

The Vote to have adopted changes to Rules 300, 300.1 (b), 300.1 (e) and 304.2 The Sub-Bantam Package Modification was passed with minor modifications to the original amendment. Those modifications are listed below in the detailed notes.

*Detailed Notes:*

The Bantam division has been split into Sub-Bantam and Bantam Division. The Sub-Bantam division will consist of ages 8 and under and the Bantam division has been designated as ages 9 and 10 only.

Only Sub-Bantams 7 or older will be eligible to compete in the regional and national competitions beginning in 2011 season forward.

**Sub-bantam inclusion into Junior Olympic National Meet:** The Athlete must be 7 years old by the first day of the Junior Olympic National competition in order to compete in track meet. This does not go into effect until 2011 season and will not be included in the 2010 Junior Olympic competition in Sacramento, California.

All events were accepted from the package with a modification to the weight of the shot put which was changed to the 4 lb weight.

The sub bantam divisions may enter a maximum of 3 events which include the 100, 200, 400, 800, 1500, 4x100, 4x400 shot put 4lb, and long jump. High Jump was not added after further consideration. *Note: All events currently run at Pacific Association Sub-Bantam Championship was adopted with the exception of the high jump.*

Modifications were made to the Cross-Country Sub-Bantam distance. The Sub-Bantam division will run approx 2k instead of the 3k.

Package was moved forward to Law and Legislation for adopt however it did not pass by the 2/3rds vote which would have move the item forward to bylaws to regulations. 2/3rds votes are required to move the item forward, if this criteria is not met, then a threshold is established that will allow the item to be presented and potentially passed via the parent body.

*Update following further discussion L & L* - the Sub-bantam division was adopted with the following changes: must be age 7 on the first day of national competition. Turbo javelin has been eliminated due to the over the head throwing motion. The weight has been changed from a 4 lb to the 2k due to specifications in the rule book. The 2k is already used in the Masters competition thus that weight is already officially recognized. The Sub-bantam division will not take affect until 2011 not 2010 as originally proposed.

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**USATF Youth Committee General Session: 1:00 pm to 2:30 pm**  
**Topic: Update of 2011 Junior Olympic Track and Field and Cross Country Competitions**

Report provided by the Site Selection Teams for the 2011 Track and Field and Cross Country Championships and the Youth Athletics Championships. Site Selection Team confirmed all sites were ready to host the 2011 JO Cross Country and Track and Field Championships with the exception of Houston, TX which required additional follow up to qualify for bid proposal acceptance.

**Bidders and Sponsored Meet and Greets Attending**

**2011 Junior Olympic Cross Country Championships**

Richmond, VA – PAUSATF Committee members attended meets and greet  
Myrtle Beach, VA – PAUSATF Committee members attended meets and greet  
Lexington, KY - PAUSATF Committee members attended meets and greet

**2011 Junior Olympic Track and Field Championships**

Houston, TX - PAUSATF Committee members attended meets and greet  
Des Moines, IA - PAUSATF Committee members attended meets and greet  
Wichita, KS – PAUSATF Committee members attended meet and greet

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**USATF Youth Coaches Association Meeting: 3:00 pm to 4:50 pm**  
**Topics: IAAF False Start Rule, Online Registration and Background Checks**

**USATF adopts IAAF False Start Rule** - USATF adopted the IAAF false Start rule for Intermediate, Young Women and Young Men's division. Effective as of the 2010 season there shall be no false starts in those divisions. The Sub-Bantam to Youth divisions will still be allowed two false starts, the first false start being charged to the field.

**Online Registration** - Online registration is required for all regionals to the national competitions so athletes can be checked against the national database. Association to regional competition registration shall be established by the regional. Select associations are doing an online pilot program for entry from the region to the national Junior Olympic meet. The regional coordinator must enter all athletes' entries online thus eliminating the necessity for paper data transfer for entrants and events starting in 2011.

**Background Verification** - If coaches do not have background screening completed they will not be issued coaches passes granting them access to national competition. Background checks must be current. Coaches without updated background check will not get a pass into the national meet. The Pacific Association has the most cleared background checks amongst all associations in the USATF with 337 cleared checked on file with USATF national office. Coaches are required to renew their coaches' volunteer status and USATF membership annually in order to remain covered by USATF liability insurance.

**Level 2 Coaches Clinics** – The Education Committee announced the confirmation offering of a Level 2 Youth Oriented Coaches Clinic that will be held in Sacramento, CA immediately following the 201 Junior Olympic Track and Field National competition. The location will be McClellan Air Force Base. The dates are August 1–5, 2010. The Education Committee will monitor the response and acceptance of the clinic to consider official incorporation as part of future Junior Olympic meets.

**Turbo Javelin Specifications** - The turbo Javelin #8 has been manufactured, however it does not meet the USATF competition specifications. If purchasing turbo javelins for competition, please purchase numbers 1 – 7 only.

**2010 Youth Olympic Games** - A representative of the USOC announced the conception of the Youth Olympic Games will be held in late august 2010 in Singapore. The USOC will be responsible for selecting USA Youth Team based on the following qualifications:

- The athlete must make a 2 week commitment.
- The athlete must participate in the qualification competition on April 3, 2010 in Texas.
- The Competition Winner will be eligible for team participation but may not be selected depending on the total number of athletes track and field will be allotted in the Olympic Games as a whole.
- The Competition Winner will need to qualify in the top quota of all entrants in each event to be considered.

- To participate the athlete must meet the age requirement year of 1993 - 1994.

May 31 is deadline for entries the Youth Olympic Games. Each country will be allowed one (1) entry per event and relay teams will be selected amongst the athletes that make the team.

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**Date: Friday, December 4, 2009**

**USATF Youth General Session Meeting: 12:00 pm to 6:50 pm**

**Topics: Six Week SSB-M Development, 2011 JO XC and TF Bid Presentations and Voting**

**Six Week Sub-Bantam thru Midget Development Program** - Russ Eddetts gave a presentation on a six week program for sub-bantam to midget division track and field development. President Lionel Leach invited Mr. Eddetts to attend the youth workshop to expand on his presentation regarding his developmental program for younger athletes (sub-bantam to midgets) due to limited time to adequately present the entire program. The six week program focusing on sprints, jumps, throws and preparation for qualifier meets. The presentation will be placed on the USATF website.

**2011 Cross Country Bidders** - Myrtle Beach, South Carolina, Richmond, Virginia and Lexington, Kentucky. The bid was awarded to Myrtle Beach.

**2011 Junior Olympic Nationals Bidders** - Houston, Texas, Des Moines, Iowa and Wichita, Kansas. The meet was awarded to Wichita, Kansas.

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**Date: Saturday, December 5, 2009**

**USATF Youth General Session Meeting: 9:00 pm to 12:50 pm**

**Topics: USADA Drug Free Sports Presentation, Awards and 2011 Youth Athletics Bid Presentations and Voting; 2009-2010 Cross Country and TF Reports/Updates**

**2011 Youth Athletics Bidders** - Myrtle Beach, South Carolina and Greensboro, North Carolina. The bid was awarded to Myrtle Beach.

**E-Learning Coaches Education** - There was discussion surrounding using e-learning for Coaches level 1 clinic. More information is forthcoming.

**2009 Junior Olympics Feedback** - At the 2009 Junior Olympics there was a mistake made by an official during the bantam girl's long jump. The athlete's jump was marked from the wrong board by the officials who gave the athlete a national record jump. Following the error, there was inappropriate conduct at the awards ceremony even though the mistake was not the athlete's fault. President Leach announced this conduct will not

be tolerated by the USATF organization at USATF sanctioned events. However, upon further investigation of the incident it was determined that the jump was not correct and the record was removed, corrections were made and the parties were contacted.

**2010 Junior Olympics Update** - A Fun Run will be added on the last day of the Junior Olympics meet in Sacramento. It will be either a 2k or 3k event and will have no age groups. This event will include athletes, coaches and parents all competing together. The suggestion was to have this type of event at all the associations around the country simultaneously. There were no comments. The proceeds from the 2k or 3k Fun Run will be split between the PAUSATF LOC and USATF.

**Youth Workshop Update** - Two years ago the Youth Workshop was implemented for the program. USATF has had two workshops but due to budget restraints funding has been eliminated causing the cancellation of the workshops. Reinstitution of the workshops will occur in 2010 and there is consideration to host the workshops in a different geographical location of the country (i.e. Texas).

**2010 USATF Annual Meeting** - The 2010 USATF Annual Meeting will be held on November 30 through December 5, 2010 in Virginia Beach.

**2009 Pending National Records** – the 2009 National records list was reviewed and approved. The USATF Intermediated Girls Triple Jump national record fell to Pacific Association Ciarra Brewer of Mission Valley Track and Field Club who broke the national record with a jump of 12.94m.

**2009 World Youth Trials Meet Records** - Two Pacific Association female athletes were recognized for their efforts at the 2009 World Youth Games when in the trials Ashton Purvis set girls 100 meter and 200 meters meet records and Ciarra Brewer set triple jump with a jump of 13.2m

**USADA Drug Free Sports** – A banned substances presentation was given by Jennifer Dodd. 2009 was the first year drug testing was done on USATF athletes. Everything went extremely well. No one was excluded from competition in 2009 due to unauthorized drug usage. To check out what drugs are on the prohibited list go to [www.globaldro.com](http://www.globaldro.com) or call 800 233 0393 M-F from 8am - 4pm Mountain Time (drug reference line) or [www.usada.com](http://www.usada.com). 877 601 2632 or 877 playclean (877 752 9253). Have all your athletes use the following website for reference purposes. [www.thatsdope.org](http://www.thatsdope.org). Athletes must contact their doctor if a Therapeutic Use Exemption (TUE) is needed. Exemptions are handled on a case by case basis.

There are substances that are banned and all coaches and parents should check to see what appears on the banned substances list which is updated on a regular basis. A PowerPoint presentation was handed out entitled: UPDATE ON DRUG AND HEALTH ISSUES FOR ATHLETES by Alma Jan Price of Smithburg, MD. The presentation covered Electrolytes and problems with balancing Electrolytes, Sodium Intake and Hyponatremia, Low Potassium blood levels and/or Hypokalemia, Prescription Drugs and misuse, Athletes and Heart Attacks, Overdosing on Vitamins and Runners and Vitamin D. Copies of the presentation will be made available on the USATF website under Education.

Daniel Regan from the National Center for Drug Free Sports spoke momentarily regarding substance and supplement abuse. Send any questions or concerns you have to him at the resource exchange center. More information can be found under Know the Differences at [www.drugfreesport.com](http://www.drugfreesport.com). Contact Mr. Regan at [dregan@drugfreesport.com](mailto:dregan@drugfreesport.com) or 816 474 8655 x 123

Disabled Athletes – Associations were encouraged to incorporate disabled athletes into the track and field meets and program more often. Cathy Sellers showed a short clip showing disabled athletes participating in various meets and how this can be done. Her contact information is [cathy.sellers@usoc.org](mailto:cathy.sellers@usoc.org). Phone number is 719 866 3236.

Grant Funding - There's government grant money out there that goes untouched every year. We were encouraged to write to your state government regarding childhood obesity programs and funding to support those programs. It is possible you may receive some type of grant assistance to help offset the costs of programs designed to fight childhood obesity. Details can be obtained through your association's state government office.