



## ***Board of Athletics—Compiled Committee Reports*** ***January 19, 2016—Compiled by Association Secretary J.R. Heberle***

### **LDR Committees**

Tom Bernhard ([LDR@Pacific.usatf.org](mailto:LDR@Pacific.usatf.org))

#### **2015 Awards Banquet**

The Banquet will be held at the Basque Cultural Center - 599 Railroad Avenue South San Francisco on 2/20/2016 starting at 5:30. The guest speakers will be Olympian Kim Conley and renowned podiatrist Dr. Amol Saxena. Tickets available at:

[https://www.eventbrite.com/e/pacific-association-usatf-2015-awards-banquet-hosted-by-strawberry-canyon-tc-tickets-20665511100?utm\\_source=eb\\_email&utm\\_medium=email&utm\\_campaign=new\\_event\\_email&utm\\_term=vie\\_wmyevent\\_button](https://www.eventbrite.com/e/pacific-association-usatf-2015-awards-banquet-hosted-by-strawberry-canyon-tc-tickets-20665511100?utm_source=eb_email&utm_medium=email&utm_campaign=new_event_email&utm_term=vie_wmyevent_button)

#### **2016 Road Grand Prix**

The 2016 Schedule, Comp List, and Prize Money Breakdown are posted at: <https://www.pausatf.org/rr-2016-pa-road-grand-prix-information/>

#### **Ultra Grand Prix**

From Bill Dodson: Our new year starts off with the Jed Smith 50K on February 6 - we have 53 entrants so far. Next will be Way Too Cool 50K on March 5 - it is by lottery which has already been held with 1000 chosen entrants plus there is a wait list. It has become the most sought after 50K in the US.

The American River 50M on April 2 has 462 entrants so far.

We have a Facebook Group, 'PA Ultra GP' which has 263 members. I use it regularly to keep members informed of Registration opening and closing, price increases and slots remaining as races get close to filling. I monitor it pretty carefully to avoid inappropriate postings and requests for membership. Others occasionally use it for posting relevant information and asking questions.

Gary Wang will no longer be doing our standings. Jason Reed has indicated an interest in helping Tom and/or others expand the Road and XC programs to include MUT.

The 2016 Ultra Grand Prix Schedule is posed at: <https://www.pausatf.org/ultra-running/usatf-pacific-ultra-grand-prix-schedule/>

#### **2016 XC Grand Prix**

Details for the 2016 schedule are still being worked out. The finalized schedule will be posted on the PA when available.

## **Race Walking Committee**

Jon Price ([jprice@unr.edu](mailto:jprice@unr.edu))

The 2016 Pacific Association Race Walking Schedule is coming together. Competitions for the 2016 Pacific Association Grand Prix will include:

- 1-mile (January 23 at Cal-Berkeley at the beginning of their All Comers Meet)
- 1-hour (March 6 at College of Marin in Kentfield)
- 3,000-meter (May 22 – tentative date - at Mount Diablo High School in Concord)
- 5,000-meter (June 19, in association with the Western Region Track and Field Club Championships at the College of San Mateo)\*
- 10-kilometer (September 11 at William B. Pond Park in Carmichael/Sacramento)
- 20-kilometer (October 23 or 30, also at William B. Pond Park in Carmichael/Sacramento).

\*Please note that the Race Walking Committee currently does not plan to have Judges available for the Pacific Association Open Track and Field Championships or for the Pacific Association Masters Championships. In several previous years, we had held the 5,000-meter Grand Prix with the Open Championships.

We do plan on having Judges at the following other meets:

- April 16 (Saturday), during the Shor/Sheppard Classic Youth meet, San Jose, with 1,500-meter and 3,000-meter distances
- May 29 (Sunday), during the Bay Area Senior Games, College of San Mateo, with 1,500 meter distance and possibly other distances, if requested
- June 11 (Saturday), during the Pacific Association Youth Championships, location to be determined
- June 24-26 (Friday-Sunday), during the USATF National Junior Outdoor Championships, Clovis, California – some of our Pacific Association Judges will be at this meet
- June 25 (Saturday), Region 16 Junior Olympic Track & Field Championships, Sacramento
- July 25 (Monday) and July 26 (Tuesday) – following last year's schedule for the National Junior Olympics, this year in Sacramento.

At the USATF annual meeting in Houston, the IAAF rule about a "Pit Lane" or penalty box was added to the USATF rules. In the rules of race walking, athletes are normally disqualified when they receive red cards from three different judges [indicating that they have either lost contact (both feet off the ground) or have a bent knee when the forward leg strikes the ground and through the vertical position]. The Pit Lane will be used in certain USATF races in which Youth may qualify for international competitions. Its first implementation in a road race in the United States will be at the World Race Walking Team Selection Races in April in Missouri, and its first implementation in a track race in the United States will be this June at the National Junior Outdoor Championships in Clovis, California, where many Pacific Association officials will be working. The Pit Lane will require many more volunteers (two runners for each of the five judges) and extra officials (to run the Pit Lane). In the 10,000-meter races, an athlete who receives red cards from three different judges will be sent to the Pit Lane (a 10-meter-long area in lanes 5, 6, and 7, starting about 80 meters before the finish line) for 120 seconds, after which they rejoin the race. In a race using the Pit Lane, athletes who get a red card from a fourth judge are disqualified. If the third red card doesn't get to the Chief Judge (or Assistant Chief Judge) before the athlete finishes the race, the 120-second penalty time is added to the finishing time. The penalty is 60 seconds for races up to and including 5,000 meters. As far as we understand, the Pit Lane will not be implemented in the National Junior Olympics in Sacramento.

Only one new Apprentice Judge was trained at the clinic in Sacramento on January 9. Hopefully more will be trained on January 31 in San Mateo at Serra HS.

## **Officials' Committee**

Mike Bower ([mike.pausatf@gmail.com](mailto:mike.pausatf@gmail.com))

### **Officials' Clinics –**

- 1) Serra High School, San Mateo (Sunday, Jan 31)
- 2) Chico Clinic *CANCELLED*

**Officials' Master T&F Calendar** posted on PAUSATF Website

**Officials Clothing** - NBN Sports: <http://www.companycasuals.com/USATrackandfield/start.jsp>

## **Para Athletics**

Charlie Sheppard ([charlie.sheppard.home@att.net](mailto:charlie.sheppard.home@att.net))

Wheelchair Ambulatory Sports USA has been renamed to Adaptive Sports USA.

The California High Schools Have added Para Athletes to the state meet for 2016. There is a training session in Irvine California for coaches and officials January 31 and talk of having one in northern California also.

There are discussions but nothing firm yet to have the USATF Youth Para Athletes not go to the national JO meet. Instead under USATF go to the National Junior Disability Championship run by Adaptive Sports USA. Several issues need to be resolved before this can go forward such as how to qualify, standards, etc.

The National Para Athletes committee has a new chairperson he is Thom Confer who is also the president of the Southern California association.

## **Communications Committee**

Cynci Calvin ([ccalvin@ncbb.net](mailto:ccalvin@ncbb.net))

### **Development of a USATF Pacific eNewsletter**

- With the lessening publication of the *CalTrackRunningNews* we need a way to communicate PA highlights to all our Committees and have all our premier activities and athletes accomplishments posted in a concise manner for the viewing public.
- We are investigating options that include:
  - Looking for a volunteer to do this (not likely)
  - Hiring someone to do this
  - Andy Martin (*former National USATF Grass Roots Director*) does this for 10 other associations – he will send us a proposal.
  - Determine the frequency (monthly, bimonthly, quarterly)

### **Pausatf.org Update**

Tom Vincent provided us with the following very positive Google Analytics Report of PAUSATF.org (2014 vs. 2015):

From Thomas Vincent: “We achieved explosive growth among our existing user base. The site is serving the PA very well. Every stat was up! Pages/Session doubled 2014 vs. 2015!”

Sessions (a group of interactions that take place on your website within a given time frame.)

+5.76%

Jan 1, 2014 - Dec 31, 2014

199,585

Jan 1, 2015 - Dec 31, 2015

211,080

New/Returning Visitors  
Jan 1, 2014 - Dec 31, 2014  
34.4%

Jan 1, 2015 - Dec 31, 2015  
+65.6%

% New Sessions  
+12.22%  
Jan 1, 2014 - Dec 31, 2014  
30.64%

Jan 1, 2015 - Dec 31, 2015  
34.38%

**Pages Visited per Session**  
**+100.87%**  
Jan 1, 2014 - Dec 31, 2014  
3.05

Jan 1, 2015 - Dec 31, 2015  
6.13

Avg. Session Duration  
+9.51%  
Jan 1, 2014 - Dec 31, 2014  
00:03:08

Jan 1, 2015 - Dec 31, 2015  
00:03:26

Session Bounce Rate (percentage sessions in which the person left your site from the entrance page without interacting with it).  
-46.81%  
Jan 1, 2014 - Dec 31, 2014  
39:02%

Jan 1, 2015 - Dec 31, 2015  
20.75%

Users (how many users viewed or interacted with your site)  
+16.73%  
Jan 1, 2014 - Dec 31, 2014  
64,778

Jan 1, 2015 - Dec 31, 2015  
75,618

**Page views**  
**+112.44%**  
Jan 1, 2014 - Dec 31, 2014  
608,873

Jan 1, 2015 - Dec 31, 2015  
1,293,469

## **Coaches Committee**

*Dave Shrock (coaches@pacific.usatf.org)*

- **Level 1 Schools:** The Pacific Assoc. just completed its two winter Level 1 Schools with 57 attending the 19-20 Dec. Sacramento School, and 69 attending the recent Chabot School on 16-17 January. The following eight coaches were award full tuition scholarships from the Pacific Assoc. Foundation to improve their coaching effectiveness: **LaDonna Aubert, Elizabeth Gill, Kyle Davis-Hammerquist, Kiflay Habte, Annalee McGregor, Veronica Moreno, Dash Oliver, Nathan VanNorwich, Tara Weaver.**
- **Level 2 School information:** 18-23 July at Marion University, Indianapolis. Information should be posted on the USATF Coaches Ed page late February. We are hoping to post a Level 2 in the western region in 2017.
- **Coaches Committee Annual Meeting: Sat, 30 January** during lunch at the HOKA SuperClinic at Sacramento City College. Click on the PA website coaches' page for details on clinic speaker and meeting agenda.

- **SafeSport Training and Requirements:** Youth club coaches, volunteers and officials will need to complete the SafeSport Program. Youth Coaches must meet this requirements before your club's membership will be approved and activated in the USATF system for 2016 after 31 January, 2016. *The following 90min training sessions will be provided free of charge:*  
**Sat, 30 January** (3:30-5:00pm) during HOKA Coaches SuperClinic at Sacramento CC  
**Sun, 31 January** (10:00-11:30am) during official's Clinic at Serra HS, San Mateo  
For Officials Clinic details, contact Robert Benoy at: [RBenoy64@gmail.com](mailto:RBenoy64@gmail.com)  
**Sat, 20 February** (approx. 2:00-3:30pm) after Youth Committee Spring Meeting at Logan HS Cafeteria, Union City.  
Everyone may also complete the SafeSport training on line (*allow 3 hours with exam questions interspersed*). Refer to the SafeSport page on the [usatf.org](http://usatf.org) website.

## **Men's and Women's Track and Field Committees**

Women: Dena Evans ([WomensTF@pacific.usatf.org](mailto:WomensTF@pacific.usatf.org)) and Men: Fred Baer ([frdbaer@aol.com](mailto:frdbaer@aol.com))

- **Open T&F Champs:** Long distance events (10 and 5km) events will be contested during the 14 May USF Last Chance Meet at SF State, while the balance of all events will be contested at the PA Open Champs Sunday, 25 January at College of San Mateo which will be combined Western Region Club Champs.
- **Western Region Club Championships:** For the first time the Pacific Assoc. will host the Western Region Club Champs at the College of San Mateo on Sunday, 19 June. All events will be contested and the event will serve as the regional champs for all association west of the Mississippi. Dena Evans will serve as Meet Director.
- **2016 T&F Grand Prix:** Once again the Pacific Association will offer \$15,000 in prize money for Association residents competing in regional and national meets. Series information and schedule for open competitors are being finalized and will be posted on the association website by the middle of February.
- **Elite Training Grants:** Training Grants in preparation for the Olympic Trials to aid elite association athletes are available and the application deadline is 31 January. For details refer to the Association Foundation website or contact Foundation Chair George Kleeman at [George.Kleeman@comcast.net](mailto:George.Kleeman@comcast.net), 925.229-2927.

## **Youth Committee**

Charlotte Sneed ([pa.YouthCommittee@gmail.com](mailto:pa.YouthCommittee@gmail.com))

**2015 Cross Country:** The 2015 Youth Cross Country season was highly successful with increased athlete participation at both club hosted and championship meets. There were 488 total entries in USATF Pacific Association Cross Country Championships.

The 2015 PA Youth Cross Country Grand Prix had the desired effect of encouraging more athletes to compete in club-hosted meets. All club hosted meets saw an increase in participation over 2014 with more than 100 athletes participating in all meets and two meets with over 200 athletes.

**2016 Track and Field:** The Youth Track and Field season will commence in March. The season will begin with 16 club hosted meets and culminate with the Pacific Association Championships, the Region 16 Junior Olympic Championships, and then the National Junior Olympic Championships. The Region 16 and National Junior Olympics will be held at Sacramento State University.

The complete schedule is available at: <https://www.pausatf.org/youth/youth-track-field-meet-schedule-and-results/>

**Spring Youth Meeting:** Will be Saturday, 20 February at Logan HS in the Cafeteria. There will also be a SafeSport Training after the meeting beginning at approximately at 2:00pm.

## **Master's Track and Field Committee**

*Joseph Ols ([josephols@verizon.net](mailto:josephols@verizon.net))*

**Masters T&F Champs:** Will be contested tentatively at Chabot College on Sunday, 5 June. Leroy Milam will serve as Meet director.