

Delegation Chair -Irene Herman overview followed by Representative Rpts.

December 5, 2013- All our delegates found their way to the Opening Ceremony. 2013 has been a year of challenges and last minute changes. With health issues of some of our delegates, all our alternates were used.

We had a productive caucus with Lionel Leach presenting the issues of the National office and our membership with Regulation 18. Since we are hosting and award the 2014 Senior Track and Field Championship, I spent the good part of the morning Friday at the expo promoting and marketing at the Sacramento CVB Exhibit.

Coffee with the CEO was a step in the right direction because the Pacific Association was able to convey our importance of a nationwide through background check. Max was open-minded about the issue and said that the subject will be researched and hopefully concluded by spring 2014.

Saturday morning was occupied by the Cross country council meeting where the Pacific Association had the opportunity to provide some basic information and brochure on San Francisco and the venue.

Mike Scott indicated that we can increase our entry fee by \$5.00 because they want us to provide transportation from the hotel to GGP.

The closing ceremony was one of the longest we've had in many years. The issue of Regulation 18 was amended without any late minute changes from the NGB.

We had a lot of work to do to retain our hard work and earnings in putting on national championships.

2013 USA Track & Field Annual Meeting, Indianapolis JW Marriott

Meetings attended:

Thursday, Dec. 5:

Coaches Advisory Committee Executive Committee

US Community College Track Coaches Association (chaired meeting) separate minutes available

Coaches Advisory Committee

Meetings with Cathy Sellers of USOC and our LOC on USA Paralympics Championships
(will have separate notes for our LOC)

USATF Opening General Session

Friday, Dec. 6:

PA Caucus

High Performance Division

Disabled Athletes Committee

MSC to change committee name to Para-Athletics

Committee is currently a task force.

Will request that this be a membership category – for checkoff purposes

--Announced that USA Paralympic T&F Nationals will be June 20-22 at College of San Mateo.

Men's & Women's Joint Development

Development budget was slashed in 2013. 2014 budget should be better (still awaiting info).

Women's Track & Field Committee, Sue Humphrey chair; Latanya Sheffield secty.

M&W T&F Committee Site Selection for 2014:

Visited 3 sites: Pryor Institute (one hour out of Cleveland)

Clovis, Calif. (Available option in future if make necessary upgrades: no steeple, press box deficient, etc.)

Sacramento State selected, June 26-29

Now has a synthetic turf infield, however, so throwing events will be outside stadium – past warm-up track.

We are looking at being creative to bring spectators to the throws area.

We are looking at putting the shot put on the infield – have to check with football coach.

USATF has “lost” a lot of our college coaches now going to USTFCCCA convention a week later. WT&F needs more college coaches in pool for USATF national team coaching positions.

Process is self-nominating.

Terry Crawford, Sandy Snow, and Sue Humphrey have all asked USTFCCCA to put a link on their website to the USATF site for this purpose but none of us have received any response.

Reports made by all committee chairs

Major 2014 events:

World Indoor Championships, Sopot, Poland, March 7-9

IAAF World Relays – first two meets (2014 & 2015) schedule for Nassau, Bahamas.

2014: 2 sessions, May 24& 25, each 2 ½ hours

Prize money: \$50,000 to each winning relay team (each event).

World Junior Championships, Eugene, Ore., July.

Continental Cup, Marrakesh, Morocco, September USA will be part of Americas Team.

Will have good prize money.

Future World Indoor Championships: 2016, Portland 2018 Birmingham, England.

National High School Senate

Saturday, Dec. 7:

Southern California Association Caucus

Announced plans for USA Paralympic Nationals at CSM and met with interested officials.

US Community College Track Coaches Association, 2nd General Meeting (chaired meeting)

Junior Focus Group

Coffee with the Board

Sunday, Dec. 7:

USATF Closing General Session

Board of Directors Meeting

Upcoming Annual Meetings:

2014 Anaheim

2015 Houston

2016 Orlando

2017 would be in rotation to return to Indianapolis but problem with Big Ten Football Championship Game now the same weekend – could be open to a bid (from West – if San Jose is interested in bidding again – lost to Daytona Beach & Anaheim last time).

Men's LDR- Reported by Tom Bernhard

2013 USATF Men's LDR Championships Report

Race	Date	Total Prize Money
Gate River 15 km (Jacksonville)	3/9	\$26,500
1. Ben True	\$12,000	
2. Bobby Curtis	\$5,000	
3. Ryan Vale	\$3,000	
Des Moines Street Mile	4/23	\$12,500
1. Garret Heath	\$5,000	
2. Jeff See	\$2,500	
3. Leonel Manzano	\$1,500	
Fifth Third 25km (Grand Rapids, MI)	5/11	\$15,100
1. Mo Trafeh	\$12,000 + \$1,500	
2. Jophat Boit	\$3,000 + \$1,000	
3. Matt Tegenkamp	\$1,500	
Grandma's Half Marathon (Duluth, MN)	6/22	\$38,750
1. Mo Trafeh	\$12,000 + \$1,500	
2. Meb Keflezighi	\$8,000 + \$1,500	
3. Shadrack Biwott	\$5,000 + \$1,250	
Peachtree 10 km (Atlanta, GA)	7/4	\$30,000
1. Matt Tegenkamp	\$10,000 + \$1,500	
2. Abdi Abdirhman	\$6,000 + \$800	
3. Shadrack Biwott	\$4,000 + \$700	
Stratton-Faxon 20 km (New Haven, CT)	9/2	\$21,500
1. Matt Tegenkamp	\$9,000	
2. Shadrack Biwott	\$5,000	
3. Abdi Abdirhman	\$2,000	
CVS Downtown 5 km (Providence, RI)	9/22	\$15,000
1. Andrew Bumbalough	\$8,000	
2. Aaron Braun		
3. Matt Tegenkamp		
Medtronic Twin Cities Marathon	10/6	\$72,500
1. Nick Arciniaga	\$25,000	
2. Jophat Boit	\$15,000	
3. Shadrack Biwott	\$10,000	
.US 12 km (Alexandria, VA)	11/17	\$50,000
1. Aaron Braun	\$20,000	
2. Shadrack Biwott	\$10,000	
3. Tyler Pennel	\$7,500	
Total: 9 championships, \$289,100 prize money, plus 8 km Club Championship (Chicago, IL) \$10,000		

2014 USATF Men's LDR Championships Schedule

1/15/2014 Also 1/18/2015	Houston Half Marathon	\$41,500 +
3/8/2014 Also 3/7/2015 & 3/12/2016	Gate River 15 km (Jacksonville)	\$26,500 +
4/22/2014	Des Moines Street Mile	\$12,500
5/10/2014 Also 5/9/2015	Fifth Third 25km (Grand Rapids, MI)	\$15,100 +
7/4/2014	Peachtree 10 km (Atlanta, GA)	\$30,000 +
7/26/2014	Bix 7 (7Mile)	\$???
9/3/2014	Stratton-Faxon 20 km (New Haven, CT)	\$21,500
10/5/2014	Medtronic Twin Cities Marathon	\$72,500
11/16/2014	.US 12 km (Alexandria, VA)	\$50,000

Total: 8 championships, \$269,600 prize money

2 bids for 5 km championship – Carlsbad 5000 and CVS Downtown 5 km (Providence, RI)

Additional future championships:

Twin Cities Street Mile (2015 & 2016)

Columbus Houston Half (2016 & 2017)

Location of 2016 Olympic Trials Marathon – TBD (Men and Women's trials will be at the same event)

Masters LDR

Masters Road Runners of the Year

As in last year, online voting for Age Division Outstanding Runners of the Year was held prior to the Annual Meeting. The following runners were selected:

Age Division	Male	Female
40-44	Kevin Castille	Deena Kastor
45-49	Mbarak Hussein	Colleen De Reuck
50-54	Matt Ebner	Nina Caron
55-59	Brian Pilcher	Christine Kennedy
60-64	Tim Freeman	Kathryn Martin
65-69	William Dixon	Jan Holmquist
70-74	Doug Goodhue	Rae Baymiller
75-79	Bill Riley	Libby James
80-84	Lloyd Slocum	Lois Ann Gilmore
85-89	Hugh Campbell	Bertha Macgruder and Betty Lindberg
90+	Bill Tribou	Harriette Thompson

As runners in the oldest Division, Bill Tribou and Harriette Thompson are awarded the Paul Spangler Award.

The Masters LDR Committee voted on site for the Masters Road Runners of the Year:
Brian Pilcher and Kathryn Martin

Harriers of the Year: Carmen Ayala Troncoso, Peter Magill and Ray Pugsley.

MHOF

Tom Bernhard announced the class of 2014 Long Distance runners will include Active Athletes Christine Kennedy, Monica Joyce, and Doug Kurtis. Old Timers are June Machala and Gaylen Jorgensen

Phidippides Awards

Marian Lein reported that, since its inception 6 years ago, almost 1800 Phidippides Awards have been awarded. Last year a 5-year Phidippides Trophy was awarded to those applicants who have completed and received this award for 5 years, not necessarily successive years. To date 41 5-year awards have been received.

A Phidippides plaque for the annual award and glass trophy for the 5-year award were on display.

A suggestion was made to include 1 mile since Masters LDR offers a Mile Championship. An update to the scoring table will be considered to include 1 mile in the criteria.

Records

Andy Carr presented the Masters LDR Records Report as approved by the Records Committee. The MLDR Committee moved, seconded and approved the report as presented.

The Records Report has been posted on the Document Library

The LDR Division Executive Committee approved preverification of all Championship Races

The MLDR Committee discussed revision and simplification of the Record Application Form for Masters LDR

Rules

Lloyd Stephenson reported that 2013 is not a Rules year in USATF; however there were items tabled from last year for consideration.

Lloyd will check to see if changes to the Record Application Form is a Rules or L&L issue

Masters LDR Championship Race Schedule for 2014

Date	Distance	Race	Location
February 2	Half Marathon	Melbourne Music & Beaches	Melbourne, FL
February 15	6K/8K	USA Cross Country Championships	Boulder, CO
February 23	8km	Brea Classic	Brea, CA
April 27	10km	James Joyce Ramble	Dedham, MA
August 22	Mile	Crim Michigan Mile	Flint MI
October 5	Marathon	Twin Cities Marathon	St. Paul, MN
October 5	5km	Syracuse Festival of Races	Syracuse, NY
October 25	15km	Tulsa Run	Tulsa, OK
November 8	5km	Masters Cross Country Championships	Carmel, IN
November 16	12km	.US 12km Championship	Alexandria, VA
December 13	6K/10K	Club Cross Country Championships	Bethlehem, PA

High School Coach Report-Carl Bryant

Carl Bryant Subject: Report from National Convention in Indianapolis 12/22/2013 Let me start by saying that this was a amazing, interesting, tiring, learning, engaging, informative experience.

Attending several w

To MePausatf@aol.com

Dec 22, 2013

Subject: Report from National Convention in Indianapolis

12/22/2013

Let me start by saying that this was an amazing, interesting, tiring, learning, engaging, informative experience. Attending several workshops, I left feeling more educated and equipped to carry out the duties of my position as Youth Vice-Chair.

Following is a list of workshop (sessions) I attended:

- 12/4/13 Youth Workshop

- 12/5/13 Youth Athletics General Session
- 12/5/13 Coaches Advisory General Session
- 12/5/13 USATF Safe Sport with Dr. Anna Salter
- 12/5/13 Opening General Session
- 12/5/13 Welcome Reception

- 12/6/13 PA Caucus
- 12/6/13 Youth Athletics- Youth Coaches Association/ General Session
- 12/6/13 Worked the Sacramento Visitors Booth
- 12/6/13 Youth Athletics- General Session/ Bids JO XC & Youth Athletics
- 12/6/13 Coaching Education General Session
- 12/6/13 National Senate High School TCA

- 12/7/13 Awards Breakfast
- 12/7/13 Youth Athletics- General Session (Bids-JO T & F)
- 12/7/13 Mens/Womens Track & Field (Junior/HS Focus Group)
- 12/7/13 Youth Athletics (Youth Coaches Association)
- 12/7/13 Youth Athletics - General Session (Elections)
- 12/7/13 Jesse Owens Hall of Fame Banquet

- 12/8/13 USATF Closing Session

I learned a lot about how championship meets run and the preparation required for it to run smoothly.

The bid process was very informative as to what influences the decision makers and what needs to be done for officials

The direction that the national office is headed in as far as the registration process proved to be a hot topic.

The changes as far as coaches education was enlightening due to length of time a Level 1 certification is no good for and promoting coaches to advance their certification levels.

Hearing the reports of the success of our Jr. World team was exciting and learning how those athletes are selected was good.

The Safe Sport session with Dr. Salter proved to be the interesting session of the week. It made me really appreciate the effort our association makes to do background checks.

Most of what my wife and I experienced this week was positive but I think the highlight of the week were the opportunities we had to talk to some amazing down to earth athletes, coaches, officials and volunteers. David Oliver, Jackie Joyner-Kersey, Dennis Mitchell and his wife were very personal and informative about their endeavors and commitment to USATF.

The closing session (well what can you say). I am still processing all that took place that day. My wife and I would like to thank the Pacific Association for providing us with an awesome experience. I am looking forward to an exciting year in developing new relationships and serving the youth and others in our association and making it one of the best in the country.

Submitted by:

Youth Vice-Chair and representing high school coaches for the PA
Carl Bryant

Joanne Camargo-Youth Chair



December 27, 2013

Notes from USATF Annual Youth Workshop - 12/4-5/2013

Notes from USATF Annual Convention - 12/5-8/2013

- The 2015 USATF Youth Nationals will be in Lisle, Michigan. The 2015 USATF Junior Olympic Nationals will be held in Jacksonville, Florida. The 2015 USATF Cross Country Nationals will be held in Albuquerque, New Mexico.
- Starting in 2014, the JO Nationals will have a high pit and a low pit to cut down on time. It worked so well this year that they will do the same for the pole vault to save time.
- Coach-O will no longer use PIN numbers. You are now required to set up an account. That account remains intact for your club or unattached account but if not used within 2 years from its inception, it will be removed. Unattached athletes from the same family or group will set up one account only; no need to set up individual accounts. The new face of Coach-O starts with the association meet through the national meets. If this is not adhered to, your region will not be allowed to participate in the national meet.
- Starting in 2014, all adults on youth team rosters over 18 will have to be TCLogic background checked or their team will not be renewed for the season. When the background check requirement started on the national level (remember, the Pacific Association had already had this requirement implemented years prior to national), we were exempt because of we were already doing it and at a much more efficient level. They were losing too much revenue from us so they discontinued that for the Pacific Association. We were then forced to get a TCLogic background check if anyone wanted to attend the national championship meets. Our assumption is they were still losing too much money, because it was changed to at least one coach TCLogiced before your team could be registered on the national level. Still not good enough so now every adult over 18 has to be TCLogic checked before the team will be registered on the national level. As long as the membership is renewed, they will remain renewed under the Pacific Association requirement. We are going to take this to the top and we will keep you informed as to the outcome. So for now, either every adult on a youth team roster must be TCLogiced or they must be move to unattached status.
- USATF is now requiring an email address for all memberships. This did not go over very well with the youth coaches. There were arguments that not all youth have access to computers or email accounts. Arionne Allen has taken this to the powers that be to see what can be done, if anything. We will be informed prior to start of the 2014 season.
- All Level I coaches must be recertified every 5 years. This requirement consists of a 25 question online test, not taking the entire Level I class again. This requirement is mainly to keep the coaches updated on the rules and/or any changes.

- All volunteers are required to go online and go through the online signature verification process. All volunteers are required to do this before their annual membership will be renewed.
- USATF, under the direction of Arionne Allen, has started a new program this year called Future Stars. This program will engage new youth members online. Each month a new theme will be communicated online. To stay connected to USATF, there will be monthly contests with give-a-ways. They will also receive tips from elite youth athletes. Future Stars is online now and will go live completely in January.
- There is still not enough recognition of track and field to so many of our country's student athletes. Many high schoolers throughout the country still haven't heard of USA Track and Field. USATF has seriously considered having Honor Roll T-shirts for High School State Meet Champions across the country to advertise for USATF.
- USATF JO Cross Country Nationals broke the record by more than 30%. There were over 3,300 participants
- The Youth World Championships was held in the Ukraine this year. Per Lionel and others, the athletes for USA were the best group of young athletes we've ever had. They received medals in areas we've never received medals in before. This is thanks to the exceptional and extended training on our part. There were 43 athletes who brought home 2 gold, 7 silver and 8 bronze medals. Our Pacific Association's own Lee Webb was the Head Coach for this group of athletes. Lisa Morgan was the other administrator who traveled with the group. Get the word out for the next meet 2 years out because we did not even take our number one athletes from the US. We basically took a B-squad to the Ukraine and we still did exceptionally well. An awesome experience. If you want to see highlights from the Ukraine, please google "World Youth Championships - Ukraine".
- There are options for championship meet logos. It will be made available to us from USATF National headquarters. Look under the USATF Resource Center. You must use these logos only from USATF. You cannot use your own custom logo. Period.
- www.safesport.org – the USOC has initiative about awareness of sexual abuse in oursport. This is a mandated awareness and prevention program. Background screening is part of the program. Anna Salter gave a rather explicit presentation about the type of persons (with videos) who are convicted, incarcerated pedophiles. She was able to talk to them one on one and shared some of those videos with us. Pedophiles are always involved in organizations where kids are involved. Always. There are 3 areas of children. They are pre-pubescent children 0-13 years old, post pubescent adolescent if age 14+ and barely pubescent are ages 11 -14. Google Anna Salter to find more information about her work.
- Major racewalk help is now available. Contact www.DHTrack@aol.com. Ron Daniel, formerly of the Pacific Association and now living in Clinton, Connecticut, gave a report regarding racewalk. They are coming up with information to help coaches become better teachers of the racewalk. It should be completed in time for the 2014 season. I brought back a few racewalk books for anyone who is seriously interested in learning more about racewalk. Coaches should put more time and energy into promoting this sport. NAIA gives racewalk college scholarship to athletes. Check it out. A video has been created and is also available. We plan to order a group of books and videos for those coaches seriously interested in coaching racewalk. You can check with me later on into the 2014 track and field season to make sure I get this taken care of for you.

- Each association must develop a “Code of Ethics” and have it reviewed by a legal advisor. The advisor must go over it to make sure it is appropriate and meets the guidelines set by the USOC.
- Starting in 2014, the JO Nationals will have a high pit and a low pit to cut down on time. It worked so well this year that they will do the same for the pole vault to save time.
- Coach-O will no longer use PIN numbers. You are now required to set up an account. That account remains intact for your club or unattached account but if not used within 2 years from its inception, it will be removed. Unattached athletes from the same family or group will set up one account only; no need to set up individual accounts. The new face of Coach-O starts with the association meet through the national meets. If this is not adhered to, your region will not be allowed to participate in the national meet.
- The High School Coaches Association speaks about Junior and High school participation of handicapped and disabled athletes becoming a part of the USATF program. We have over 1 ½ million participants currently participating in track and field in this country. Moving forward we are going to include them in our annual National Championship program.
- The pole vault accounts for the most injuries in track and field, 17%. Starting with the 2015 season, all high schools will have to meet the AFPF standard for pole vault. They will have to add additional landing padding. This padding will go down into the sides of the box. This is additional padding to the already existing padding. Colleges will have to do this in the 2014 season. The ASTM logo will be put on the padding to designate that the requirement has been met. The cost is around \$600 to install the pole vault padding to comply with the new ruling.
- USATF, USOC, NCAA, NHS have come together regarding an educational opportunity for pole vault. There is a free online course (30 minutes). Every coach and anyone doing pole vault is encouraged to take this free online course for pole vault. It is available on the USATF website. USATF.org
- The National Executive Board want to take the championship meet awarding rights away from the youth committee. CEO Max Siegal spoke, reassuring us that we have come to an agreement and the youth committee will continue to have the ability to award the championship meets as we currently do now, with minor changes. He committed to help our youth program grow. Jon Drummond spoke and reassured us that the Athlete Advisory Committee (AAC) has our back regarding this issue. They later reneged on their agreement with us and took those awarding rights away. We then took it to the floor on the last day of the convention and we voted to have our meet awarding rights restored.
- USATF has made a 7 year deal with NBC for track and field on television same as so many other sports. www.usatf.tv is the website where events can be seen online. An NBC documentary series is coming soon. They admit that youth are the backbone of USATF. They also recognize that we collectively are over 75% of the total membership. They want to introduce ways to make it exciting to be a USATF member from the kids’ point of view.
- There is discussion about holding the Association Workshop in conjunction with the Annual Convention, same as we have done with our Youth Workshop.
- The USA Junior Nationals will only use the A Standard, no longer the B Standard from now on. Descending order will be used to fill the remaining slots. Meet will be held in Eugene, Oregon in July.

- USATF is establishing the USA Track & Field Obesity Program. All associations need to document information about athletes regarding obesity in their association. We must start this program with our youth athletes.
- Waivers to the JO Olympic Nationals must be submitted to the National Executive Board to be voted on by the board members. Automatic qualifiers for the JO Nationals are athletes competing in the following:
 - USOC Olympic Trial competition
 - Youth Junior Nationals
 - Department of defense schools I.e. overseas students (DOODS)
 - Youth World Track & Field Trials
 - US Olympic Selection Committee
- They are continually making a plea for younger officials. They want them involved because the average age of officials applying at these meets is between 65-70 years old.
- A disabled athletes program will be added to the USATF JO Nationals
- Dan Eassa has been to 38 states to do presentations regarding his website. His website is www.freerecruitingwebinar.org. They are partnered with 46 states to do presentations. Starting in 2016, there will be new standards for NCAA eligibility. The GPA is increased from 2.0 to 2.3. There is no more “catch up” making it as seamless as possible to make sure athletes are eligible and maintain that eligibility throughout school years. 10 of the 16 core course requirements are locked in. Out of the 10 core class courses, 7 must come from English. A couple of the coaches in attendance stated how exceptional the website is for our athletes. So coaches and parents please check it out.
- There are no more “full ride” scholarships. Only 30% is the maximum now. It can however, increase based on academic grades. 65% of students focus and 35% improve. www.corecoursegpa.com

Joanne Camargo, Youth Chair

Men's Open Track and Field Report: Ralph Jones

USATF convention Opening session 12.5.13

USATF is financially secure with an estimated 2014 surplus of 1.4 million dollars

Vin Lananna- presentation about Track Town USA and partnerships with USATF. Partnering to host IAAF events.

This Summer- July 2014 athletes under 21- IAAF world junior championships Hayward Field

July 5-6: World Championships

Portland will host 2014 IAAF world indoor championships.

Looking at hosting IAAF world outdoor championships for the first time EVER!

Stephanie Hightower-president recognition awards.

Max Siegal CEO- USATF is developing partnerships around the globe to promote the sport, and bring track fans and stakeholders together.

Speakers who gave remarks on behalf of USATF

Jackie Joyner Kersee-Board

Dan Obrien-Board

Peter King-NBC: Partnership with USATF is strong and look forward to working to televise our sport.

John Capriotti- Nike: relationship with the Association has been the strongest its been.

Karen Kersack- Chair webinars and over 21 associations submitted grants. Goal to move toward permanent membership numbers. Online membership registration.

Sanya Richards-Ros

5 Dec 13

Caucus meeting

Lionel Leach: Junior Olympics

230,000 to host the meet

8-12 million dollar revenue impact for community

Four main revenue streams: Gate, Entry Fees, Athlete Village and Sale space.

National office wants all of gate, all of entry, 25% of athlete village from JOs.

Had a meeting and everything was cleared up and both sides came to a decision that everyone was pleased with policy wise.

8-10:50 Meet Directors meeting

Be mindful of liability issues for meet directors

Media management and coverage

How are you promoting your meets and utilizing media?

New Balance meet directors

Getting the word out is a challenge, but with new technology website is primary tool. Important to have young people in organization working to assist with media because it changes so fast!

Facebook, twitter, instagram etc.

Facebook to get to coaches, less youth are using more younger adults

Twitter to reach out to youth

Youtube is second largest search engine! Building up youtube presence.

Youtube to twitter to facebook. From post card to business size cards.

Sanctioning events- process of sanctioning high school meets
Online, apply-approval from school AD and principal, final approval by state ASSOCIATION.

Topics of discussion:

Signage and Announcing

Marketing and Contracts

Economic Impact and Demographics

Media, News Releases, Television- pre meet media and interviews, selling results, instant results to media.

Communications and Newsletters

Approaching sponsorship

12:00- Youth meeting: CEO report

Addressed the issue of developing our revenue stream by investing into youth.

Meet directors meeting:

Communicate directly with the athletes and the coaches of the athletes

Consistency of the location and date.

Having multiple weekends to emphasize specific events

Having that personal touch.

Facebook page and twitter following them and like their pages ask them to like your page back. Use Quick link and reminders through facebook and updates on twitter. Reminders through twitter and facebook about upcoming deadlines and registration.

Blog posts for big events!

Pay officials!- How do you accommodate them?

Once the date is set, start informing people.

Get relationship with local media and have them post with their social media.

Sports radio promo (cheapest paid) a week before meet.

Coaching Education:

Starting in 2014 only three months to complete the test not a year!

Public recognition from Terry Crawford and the staff about level II at Cal State East Bay. Felt it was a great location, and every event group was sold out.

Youth Level II- Matt Lydum: evolving curriculum focusing on teaching from the grass roots level.

Middle school coaching is an area where USATF feels needs move focus and assistance that Level II Youth provides.

Level II is equivalent to IAAF Level IV, so coaches with a Level II and 8 years of coaching experience can apply for IAAF certification.

New USATF coaching manual by Human Kinetics Fall 2014! Will be able to purchase online and an E-book format.

USATF basic fundamentals course online.

12.7.13 2-5pm: Sports Science and Medicine

Looking at Enhancing educational content

Consider CME/CEU

Medical Staff selection (Selection committee and athlete involvement) criteria

Athlete Health and Safety

Athlete involvement of all levels

Injury/Illness prevention

Sports Performance

Role of Sports Psychologist traveling with the team

8 December 13- Voting

Reg 18- Sight Selection

Eve Wright independent board member explains their opposition to Reg 18 as a board.

David Griffinger- Speaking on behalf of the athlete advisory.

Explains Reg 18 as fair and reasonable asked for a yes vote.

Lionel Leach- Spoke on the fact that a deal was made that was reneged on.

Steve Miller- the entire board was not informed about the legislation.

Vote was taken and Legislation was passed for Article 18

Announcements from the different committees.

Sent from my iPad

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2013 Indianapolis Annual Meeting Notes Officials Representative

George Kleeman

I attended mostly officials meetings including the Equipment and Facilities Specification Sub Committee, the two Officials Meetings, the Officials Executive meeting and the clinic on Weights and Measures and the one on International Officiating. I also attended part of the Officials Hall of Fame meeting as well as the banquet. The Pacific Association was well represented in the finalists for the various Officials awards with Bob Podkaminer for the Charles Ruter Award, John Murray and Ray Fitzhugh for the Horace Crow Award, Shirley Connors for the Jim Grey Award and past Race Walk chair, Ron Daniels for the Lori Maynard Award. Bob and Ray won their respective awards. The other meetings I attended were for the Rules Committee. There were 97 submittals with 10 withdrawals mostly of items tabled last year. Five items were tabled and 8 rejected leaving 67 approved and 7 approved with amendments. I prepared and posted a report containing all of the approved items on the Pacific website. We were not successful with our bid for the 2015 JO Cross Country event in Reno. Following the convention we also found out that Sacramento State will not be hosting any of the upcoming NCAA Division I T&F Championships since all have been awarded to Eugene for the next 8 years.

Masters T&F Report

Joseph Ols – Trip Report, 2013 USATF National Meetings. Indianapolis IN December 5-8

Thursday, December 5, 2013

12:00 PM	2:50 PM	Masters Track & Field	Executive Committee	202
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Took Minutes, as Secretary of Exec Committee, as posted now/soon on USATF.org

5:00 PM	7:00 PM	Opening General Session		Grand Ballroom 5 & 6
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Attended

Friday, December 6, 2013

7:00 AM	8:30 AM	Pacific Association Caucus		310
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Mentioned there was no pressing MTF issues or ballot measures for other PA members to vote on. Left approx 8:10am for MTF General Session (8am start).

8:00 AM	10:50 AM	Masters Track & Field	General Session	Grand Ballroom 9
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Took Minutes, as Secretary of Exec Committee, as posted now/soon on USATF.org

1:00 PM	3:50 PM	Masters Track & Field	General Session	Grand Ballroom 9
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Took Minutes, as Secretary of Exec Committee, as posted now/soon on USATF.org

5:00 PM	6:50 PM	Masters Track & Field	West Region Meeting	301
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Chaired by Mark Cleary. Discussions with most other West Region Assoc MTF Chairs.

Saturday, December 7, 2013

11:30 AM	1:15 PM	Masters Track & Field	General Session	Grand Ballroom 9
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Took Minutes, as Secretary of Exec Committee, as posted now/soon on USATF.org

2:00 PM	3:50 PM	Masters Track & Field/LDR	Joint	Grand Ballroom 9
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Took Minutes, as Secretary of MTF Exec Committee, as posted now/soon on USATF.org

4:00 PM	5:50 PM	Masters Track & Field	Executive Committee	314
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No Minutes taken, as a closed session for Exec Committee. There they entire time, as with all other MTF & General Sessions.

Sunday, December 8, 2013

8:30 AM	10:00 AM	USATF Closing Session		Grand Ballroom 5 & 6
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Attended

REPORT from the USATF Annual Meeting

WLDR

Elisabeth M. Price
2210 Andromeda Way
Reno, NV 89509-3802
Email: aaejprice@att.net
Home: 775-329-8011
Cell: 775-250-2145

As the PA-USATF Women's Long Distance Running Delegate, I attended all the national Women's LDR meetings during the annual meeting in Indianapolis December 5-8, as well as the following meetings: Officials Rules Subcommittee (Thursday morning), Opening General Session (Thursday evening), Pacific Association Caucus (Friday morning), Officials Hall of Fame Banquet (Friday evening), Awards Breakfast (Saturday morning), and Closing Session (Sunday morning). The following are what I consider to be significant items that are of interest to PA-USATF members, particularly women's LDR athletes.

The Women's Long Distance Running committee (WLDR) discussed the selection of championship races to be included in the WLDR Grand Prix, accumulation of Grand Prix points, support of athletes including the athlete development program (ADP), new IAAF rules of verification of road courses and monitoring of refreshment stations, and representation of WLDR on the Para-Athletic committee.

For 2014, the WLDR approved 11 national championship races plus the Cherry Blossom 12K (USATF race). Two other races are in the approval process, for a total of 14 races. The races are of various lengths and locations throughout the year.

Points are awarded through the Grand Prix races with the female winner getting 15 points, double points for marathons. The 12K race gave triple points in 2013. The WLDR recommends a maximum of double points for any race. Also, the WLDR recommends athletes must race in at least two Grand Prix races in order to receive Grand Prix points.

The WLDR supports athletes to provide opportunities of high level competition by providing high quality races (Grand Prix), monetary support (ADP), and encouragement of racers. The chair proposes increasing support by providing appeal to enter races after pregnancy, by creating subcommittees to increase connections between the committee and race directors, college coaches, and training centers.

The committee approved the adoption of the IAAF rule that road courses be verified before races. They also approved the IAAF requirement that athletes may pick up refreshments only at designated locations but recognized that it will be difficult to enforce the umpiring of that rule.

The committee approved sending a representative to the Para Athletics committee, and inviting a representative from the Para Athletics committee to join the WLDR.

Christina Corl was invited to reinforce ethical requirements for the committee. Volunteers need to sign volunteer waivers for USATF sanctioned events for insurance. Information and forms are on line as a Volunteer Handbook (www.USATF.org). Procedures of operation need to be updated regularly. Any possible conflict of interest needs to be declared.

REPORT from the USATF Annual Meeting Race Walking

Jonathan G. Price
2210 Andromeda Way
Reno, NV 89509-3802
Email: jprice@unr.edu
Home: 775-329-8011
Cell: 775-200-8077

As the PA-USATF Race Walking Committee Chair and Delegate, I attended all the national Race Walking Committee meetings during the annual meeting in Indianapolis December 5-8, as well as the following meetings: Officials Rules Subcommittee (Thursday morning), Opening General Session (Thursday evening), Pacific Association Caucus (Friday morning), Officials General Session (Friday morning until the Race Walking meeting started), Officials Hall of Fame Banquet (Friday evening), Awards Breakfast (Saturday morning), and Closing Session (Sunday morning). The following are what I consider to be significant items that are of interest to PA-USATF members, particularly race walkers and judges.

Changes in the 2014 USATF rule book are following changes made by IAAF. Specific to race walking are (1) restriction of road courses to loops no shorter than 1.0 km and no longer than 2.0 km and (2) minor changes to rules requiring refreshments, water, and sponges for races longer than 10 km.

The following race walks were selected by the Site Selection Subcommittee of the Race Walking Committee for 2014:

1-mile Championship, February 15, at Melrose Games, New York, NY
3,000-m indoor, February 22, at Indoor Championships, Albuquerque, NY
Masters 20-km, February 23, Coconut Creek, FL
High School Nationals, March 15
3,000-m (Open & Masters) at Masters Indoor Championships, March 16, Boston, MA
20-km (Open men and women) and 10-km (Junior men and women), World Cup Trials, March 30, Lake Whiting, NJ
10-km (men) and 5-km (women), April 26, at Penn Relays, Philadelphia, PA (not a championship race for USATF Grand Prix)
10-km Championship (Open and Junior), May 11, Dayton, OH
World Cup Championships, 20-km & 50-km (Open), May 3-4, Taicang, China
15-km Championship (Open, Junior, & Masters), May 18, Riverside, CA
5,000-m Championship (Open, Junior), May 31, Albany, NY
20-km Championship (Open), June 28 or 29, at Outdoor Championships, Sacramento, CA
Junior Track & Field Championships, July 5-6, Eugene, OR
Club 5-km, July 13-14, National Club Championships, Tacoma, WA
Masters Outdoor Championships (track & road), July 17-20, Winston-Salem, NC

IAAF World Junior Championships, July 22-27, Eugene, OR
1-hour Championships (Open, Junior, Masters), August 10 or 17?, Waltham, MA
30-km Championships (Open & Masters) and 20-km Championships (Junior),
September 14, Valley College, NY ?
Masters 5-km Championships, October 4, Kingsport, TN
40-km Championships (Open & Masters), October 12, Ocean Township, NJ
50-km Championships (Open & Masters), November 23?, Santee, CA
5-km Indoor Championships (Open & Masters), December 27, Rochester, NY.

Several changes were made to the national Race Walking Committee's operating procedures, but none are particularly significant for PA-USATF concerns.

IAAF is investigating a significant change to race walking – having a “pit lane” or penalty box. See [http://www.athletics-
oceania.com/fileadmin/user_upload/Administration_Links/Pit_Lane_Proposal_3_November_2011.pdf](http://www.athletics-oceania.com/fileadmin/user_upload/Administration_Links/Pit_Lane_Proposal_3_November_2011.pdf)

for details of the proposed approach. Mexico has experimented with the proposed rule. It will be tried at youth meets (for athletes under 16 years of age) at national levels starting in 2014. The 2014 Youth Olympic Games should be conducted with the proposed pit-lane rule. Part of the logic for the rule is to address inconsistency of judging, but many experts feel that this rule will not help.

IAAF is funding developmental research and possible use of a (loss of) contact device.

Lap scoring (counting) continues to be a problem at many races. Race directors should make sure they have assigned a Chief Lap Scorer and sufficient number of trained lap scorers, as well as have lap-scoring sheets that include times for each lap.

Gary Westerfield makes and sells (at approximate costs) new yellow and red Judge's paddles. According to the rules, yellow paddles must now have the same symbol (loss of contact or bent knee) on both sides. Please contact Gary at garywesterfield@verizon.com.

Gary Westerfield discussed the philosophy of judging. For international events, IAAF has an unwritten policy that judges must give a yellow paddle before writing a red card, even if it is obvious that the athlete is not walking properly, except if it is near the end of the race, and the judge will not see the athlete again. In the USATF Junior Olympics, judges should use the same philosophy, but judges may give a yellow paddle and write a red card at the same time. If the judge is unable to give the yellow paddle at the time the possible violation is seen, and if the athlete is walking properly on the next lap, the judge should not give a yellow paddle and say “on the last lap.” Judges shouldn't give yellow paddles on the last 50 meters of the race; instead, write red cards if there is a violation. The chief judge may move multiple judges to the last 100 meters or near the finish line to assure that athletes don't run at the end of the race. If an athlete obviously breaks into a run after passing the judge's viewing zone, the judge should write a red card.

Both Ron Daniel and Gary Westerfield stressed that judges should first look for (loss of) contact before looking to see if the leg is straightened at contact and through the vertical position. Fast race walkers, including most elite athletes, are much more likely to violate the lifting (loss of contact) rule than the bent knee rule.

USATF Western Region Championships for 2014 will be finalized soon. The Pacific Association will host two or three of these races. The following were approved:

15-km on May 18 in Riverside, CA

20-km on date TBD in Sacramento, CA

3-km on August 10 in South Lake Tahoe, CA

5-km and 10-km on dates TBD in Albuquerque, NM or San Diego, CA, or vice versa

1-hour TBD (could be April 6 in Marin County, CA, if another association does not bid)

1-mile TBD if an association bids for this.

There could, but probably won't, be races at 30, 40, or 50 km.

There is a need for race walking judges at the Huntsman World Senior Games during the first week of October in Saint George, UT.

Convention report from John Rembao Collegiate Coach Representative

Coaches advisory

Women's Track & Field committee/Men's Track & Field committee

- Duffy made it clear that national office is about winning medals
- athlete funding is 4 tiers (1=top has opportunity to earn as much as 35,000/year, 2 about \$15-20,000/year, 3 about 8k/year, 4 3k/year
- based on t&f news world rank, IAAF rank, athletics.com?, us top 2
- Multi-events juniors & seniors held at same site (Sacramento)
- Registrations are though jr and sr sites

Coaches Advisory Broad Event Coordinators

- edgel0 development system will be presented at HP,
- looking for LD coordinator
- introduced all coordinators

High Performance meeting

- Dave Kerin named men's broad event chair
- Rose Monday named women's broad event chair
- Tom putkus throws invite in Chicago

Edgel0 was presented. A way to track and aid elite athletes.

Men/women's joint development

Cross country council

- want shuttle buses (especially for teams)
- could include in entry fee (must allow everyone to use if that is the case)
- mike Scott felt parking is an issue
- exec master rep- divide masters races by division if field is large (what is the magic number?)
- Dave mills wondered about pinch point near start (300m)
- guarantee shuttle service to increase entry fee

We need a good course description and map to provide next year

Youth athletics

- Duffy indicated will be funded as in past
- summary of world juniors
- NSA talked about triple jump program they started with international coach (from the Islands) that work in North Carolina

Charlie Sheppard-Athletics for the Disabled

2013usatfnatconventionreportDisabled

2013 USATF CONVENTION

December 5

1. Attended The youth general session discussion on the youth world meet. there will be 5 meets for athletes to qualify for the meet in the americas.

Discussion on injuries in track and field. 17% are in the Pole Vault so a new requirement is to add padding around the plant box.

Presentation by the racewalk committee chairman. There have been complaints about too many DQ's at the youth national championships. They will build a short video showing the correct techniques showing both good and bad racewalking.

Revised the tabled rules items from last year.

Item 7 multi-events changes to distances was rejected.

Item 8 withdrawn.

item 9 removing checking Pole vault pole weight rating by officials. rejected.

L&L on bids for the youth national championships the national office will now prequalify any potential bidders.

Short presentation by a vender about recruiting webinar. a program explaining requirements for sports scholarships.

2. Meeting with Cathy Sellers about the national championship. Discussed different requirements for the meet. Including the numbers of officials needed.

3. Attended the opening session.

December 6

1. Attended the Pacific association Caucus

2. Athletics for the disabled

The committee has a new chairperson Debbie McFadden. First item was a proposal to change the name of the committee to Para Athletics committee. Passed.

Pushed the para training for officials. Encouraged all to attend.

The current way to get athletes to the JO is to send an invitation letter to each potential participant. We will have two track events a shotput and a long jump. The classes are wheelchair and ambulatory male and female only. These will no longer be demo events.

Started a contact list for persons interested in the committee.

Short discussion on classification specifically for H.S. should have only wheelchair male and female and ambulatory male and female.

Question came up on where to get para information. Ongoing discussion. Need a single place to start.

Question came up should we try to get the disability championships combined into the usatf national championships. for now no.

3. Met again with Cathy Sellers and Tina Kaufman on the national championships. Went over several topics. officials and finances. what USPC would provide and what we needed to do.

4. Youth meeting

bids for 2015. Youth national will be in Lyle.

cross country will be in albuquerque nm.

5. Attended the officials awards banquet.

December 7

2013usatfnatconventionreportDisab ed

1. Youth committee J0 bids

2015 J0 will be in Jacksonville, fl
New zones were approved going from 4 to 5 zones.

2. Athletics for the disabled/para athletics committee

J0 will be 400 800 shotput and long jump. We want to get the 400 changed to the 200.

How to find the athletes was discussed no resolution so far.

we would like in the future to have them qualify the same as the other J0 athletes.

Go to the youth association J0 then to the region J0 to qualify for the national.

Need to get Coach 0 the online registration program the youth committee uses for the national championships to put in fields for the disability athletes either wheelchair or ambulatory and put in the changes to Hy-tek to support these athletes.

3. Youth committee

Spoke to Henry McCallum the youth committee interface person for coach 0 and told him what we needed and he said that they could probably do it. Will need to followup on this. Passed this information on Debbie McFadden.

The remainder of the meeting was setup to elect the zonal representatives for the new zones.

4. Attended the jessie owens hall of fame Banquet.

December 8

Attended the closing session.

Charlie Sheppard

Report from 2013 USATF Annual Meeting - Dave Shrock, President

Coaches Education:

- Level 1 curriculum is being re-written and should be out by August'14 with a book being published by Human Kinetics.
- Continued pressure to create an endurance specific Level 1 curriculum.
- Level 1 students will only have 3 months to complete the on-line Level 1 test beginning 1 Jan'14.
- All Level 1 coaches from Jan'14 will have to undergo re-certification every five years to retain Level 1 designation. Test will consist of an on-line 25 question test taken from new curriculum.
- **Level 2 Sites:** Youth Specialization will be after JO T&F Championships in Houston, Texas; Event Specific: TBA, most likely mid-July in the Chicago area.
- Level 3 designation criteria is becoming more stringent.

Upcoming National Championships:

- Many Association officials were chosen for national championships this year.
- John Mansoor was at the Annual Meeting to address questions concerning the National T&F Champs to be held at Sac State 26-29 June.
- Charlie Sheppard & Fred Baer lead meeting with USOC Para Chair Cathy Sellers for upcoming Para National Champs. at San Mateo on 20-22 June
- John Rembao and Irene Herman gave a presentation to the Cross Country Committee regarding the upcoming 2015 National Club Champs. to be held in GG Park.
- The Reno-Tahoe Sports Commission gave a very good presentation in bidding for the 2015 JO Cross Champs., though lost to Albuquerque, NM by two votes. The general consensus was that the 2009 snow event was still too fresh in people's minds.

Associations:

- National office reports that conversion to on-line sanction and club renewal has gone well. Both processes can be done through the association office as in the past as well.
- Major heartburn with the stipulation that all membership sign ups for clubs have their own e-mail addresses, which will create additional work for youth clubs who often used one e-mail. A 'work-around' will be created for those youth athletes who genuinely do not have e-mail accounts.
- Move to permanent membership numbers and cards has started. Concern on placing expiration dates on cards so both member and event directors know if member is current or not. Proposal to use some sort of colored tab on card similar to academic institutions.
- Sacramento to host last stand-alone Association Workshop 15-17 August in Sacramento. After this workshop they will be held the day before the annual meeting similar to the Youth Workshop.
- The new USATF Volunteer Handbook was distributed with instructions that all volunteer membership review contents and have a signed volunteer disclosure form on file with either the national or association offices. *(Shrock will have copies available at January'14 BoA meeting)*
- **Background Checks:** With the Youth Division stipulating that ALL COACHES in a club must have TCLogic background checks to receive club practice insurance, the Pacific has initiated a hard push with the national office to eliminate the need to replicate background checks. Max Siegel has asked So-Cal legal counsel Dave Grifinger to study background check programs so the national office can determine the best course of action...we will monitor the progress.
- **Managing Change:** Our organization has gone through much change in 2013, and we can be assured it will continue. To this end the Associations Committee Executive has asked me to chair a select advisory group to meet with CEO Max Siegel and COO Renee Washington to manage change initiatives and make sure unintended consequences are considered before implementation, while better communication of initiatives.

Miscellaneous:

- USATF President Stephanie Hightower re-iterated that the USOC mandated back in 2008 that there was too much decision making being made outside of national office staff, resulting in the threat of de-certification. There is an increasing move towards professionalizing and streamlining governance; and yes, taking decision making away from committees and individual associations.
- Mt SAC's venerable facility will be fully removed by 2020, and then plans to institute a major push to bid for events.
- USOC Mandated 'SafeSport' initiative was rolled out which highlights the need to protect primarily our youth athletes from predators. Look for more information in 2014.
- The use of 10 Year Athletes will be required to fill the Association delegation percentage from 2014 forward.

- From 2016, all high school seniors must have a GPA of 2.3 or higher to be eligible for NCAA D1 sports, and must complete 10 core classes in the first three years of college to remain eligible.
- John Rembao and I noticed yet again that there are many funding courses for athletes and coaches published at the annual meeting that seldom are taken advantage of by our local membership. John and I are trying to come up with a position within our association perhaps entitled 'High Performance Coordinator' who can better disseminate grant and funding information to athletes and coaches of all levels.

Planning Ahead:

With two governance meetings close to home, interested committee chairs and officers are welcome to attend the following meetings:

15-17 August (Fri-Sun) - USATF Associations Workshop in Sacramento. Free cost to register, we will also need volunteers to help manage registration.

2-6 December (Tues-Sat) - USATF Annual Meeting in Anaheim. *note one day earlier than usual*

Athletes Committee Chair report: Jere Summers

Hello Fellow Olympic Embryos and Olympians,

Earlier this month, I had the pleasure of representing our association as well as the Athlete Advisory Committee (AAC) at the USATF Annual Convention. For those of you who have never been or heard of this event, it is the one time.....I rubbed elbows with other Olympians, hopefuls including our recent Hall of Fame Class which included John Godina who gave a moving speech about those who helped him throughout his throwing journey and their contributions to the sport and Kenny Harrison who currently resides in the Bay Area.

I have compiled a brief overview of information that I thought might be immediately beneficial to us athletes. Let me know if you have suggestion, questions, comments, concerns etc. I look forward to hearing from you!

In 2015, both the IAAF and USATF are moving to only and A-standard which translates to a descending order list. A-standards will automatically qualify and the rest will be used to fill the field. Fields sizes will be known ahead of time. Entry deadline will be a week earlier, June 15 on time entry and June 18 late entry in 2014.

Per Vin Lanana, we can communicate with Oregon ahead of time to see if they can send shuttle near your hotel if we are staying off of the loop. Dorms are usually available.

Side notes:

Athletes raised concerns about turf infields and separating throws from the track.

I also met a lovely Chiropractor who resides in the Los Angeles area. She has offered her services to us for free should we be in her area. Let me know if you would like to take advantage of this resource.

Track and Field Athletes Association (TFAA)

<http://trackandfieldathletesassociation.org/about.php>

The Track and Field Athletes Association (TFAA) is a 501(c)(4) organization formed to support the rights and interests of professional track and field athletes. Cost \$20 per year.

Athletes For Hope

<http://www.athletesforhope.org/>

Connects athletes to volunteer opportunities where ever you may be, at home and on the road. Athletes For Hope is currently engaged with a roster of over 2,000

athletes from over 20 different leagues, including the NBA, the NFL, the NHL, MLB and the Olympics.

USADA

<http://usada.org/>

The U.S. Anti-Doping Agency (USADA) is the national anti-doping organization (NADO) in the United States for Olympic, Paralympic, Pan American and Parapan American sport. The U.S. Congress recognized USADA as "the official anti-doping agency for Olympic, Pan American and Paralympic sport in the United States."

Since its inception in 2000, USADA has worked to preserve the integrity of competition, inspire true sport and protect the rights of athletes in the Olympic & Paralympic movement in the United States.

USADA's anti-doping programs are comprehensive, including in-competition and out-of-competition testing, results management and adjudication processes, drug reference resources and therapeutic use exemption process, scientific research initiatives, and athlete and outreach education. USADA continues to work to improve its system and anti-doping endeavors to further protect clean athletes and the health of future athletes.

Supplement411.com

Get FREE unbiased, clinical information on supplements and nutrition direct from Dr. Shawn's University Lab.

Athletebiz.com

A site where athletes can create their own web pages using templates provided for free. Athletebiz.com will also manage them for free..

"Launching USA Track & Field Athletes

EMPOWERING WORLD CLASS TRACK & FIELD ATHLETES TO MAXIMIZE THEIR PROFESSIONAL SPORTS EXPERIENCE – AS ENTREPRENEURS, FITNESS ROLE MODELS, & ACCESSIBLE SUPERSTARS" (athletebiz.com)

Edge 10

<http://www.edge10.org/>

Talked about how we are a decentralized team with centralized resources. This will help bridge the gap.

The platform collects data across an endless amount of disciplines including athlete profiling, general administration, fitness, nutrition, strength & conditioning,

biomechanics and medical information that can be used both on and off line ensuring users are always able to access all required information even without an internet connection, wherever they may be (bus, plane, on the training field etc).