

Chair's Notes



Phil Leake, Chair

MERRY CHRISTMAS AND HAPPY NEW YEAR!!!!!!

My best wishes for all of you and your families. I pray that 2023 brings many blessings to you all. I am truly blessed to be associated with such an organization that promotes and celebrates the well-being, physical activity and enjoyment of it's participants, families, officials, fans, and our communities. 2023 is promising to be a BIG YEAR for our Association and our Officials. Beginning with Racewalk, there are multiple opportunities to participate in upcoming racewalks in January and February of 2023. This is also the time of year to plan for the upcoming 2023 Track and Field Season!!! There are many upcoming all comers meets such as at Cal and Grant HS in Sacramento which could use your help and attendance.

THE NEW TRAINING CALENDAR IS OUT!! THE NEW TRAINING CALENDAR IS OUT!!

Please see Bill Bartel's column below as it contains the latest, greatest information on our continuing education. We all need to attend these clinics to help sharpen and upgrade our skills to provide better officiating at all of the meets we attend. These skills along with participation in meets will contribute to increasing each official's chances of getting selected for larger meets. Ultimately, it will uphold our tradition and reputation as being the best trained Track and Field Officials in the country! Thanks in advance to all those officials who will donate their time teaching these clinics.

CALENDAR

Look at the PAUSATF Officials Calendar to plan your 2023 Officiating schedule. Meets from Stanford, Sac State, UC Davis, Cal, our Northern California Junior Colleges and High Schools are listed as well as the upcoming RUN, JUMP and THROW event at Will C. Wood HS. Speaking of this event, it is away to not only sharpen your skills, but is a community promotional event to expose the sport to youth and the community as well as another way to given back to

your sport. I can tell you that after attending the inaugural event last year, it is turning out to be bigger with more community support. Please plan on volunteering your time.

RENEW AND UPDATE

it is time to renew your USATF membership, update SafeSport and update background checks. This is particularly important because as of January 15th, ANNUAL ADULT MEMBERSHIP IS INCREASING TO \$55.00/year. RENEW YOUR MEMBERSHIP BY GOING ON TO THE USATF CONNECT WEBSITE, CLICK TO UPDATE YOUR PROFILE AND THEN CHOOSE MEMBERSHIP RENEWAL. IF YOU CAN, SELECT OFFICIALS MULTI-YEAR (Currently \$40/year). IT WILL THEN SAY YOUR RENEWAL IS SUBJECT TO CONFIRMATION BEFORE BEING CHARGED. **Renew and save \$\$\$.**

It is also time to update your resume and apply for upgrading your certification level. Please log onto the www.pausatf.org and www.usatf.org websites for updates as well as the news and the proceedings from the 2022 USATF Annual Meeting on December 1-4. Lastly, please log onto the National Officials Webpage <http://www.noc.mach2k.net> to study and update your skills in areas by taking the written certification tests in the various disciplines. You won't regret it.! Keep your eyes peeled on your

Additionally, although the time is passed to apply for the NCAA West Regional Championships in May, it may be possible to help with this meet as a support official. I encourage all to apply and show the rest of the country the training and expertise the Pacific Association Officials are known for. If you need information on this, please let me know.

FROM IRENE HERMAN



3rd ANNUAL RECOGNITION AWARDS BANQUET

**SATURDAY, FEBRUARY 4
SAN FRANCISCO**

Time: 5:00 – 8:30pm

5:00pm: Meet and Greet, Open Bar & Photo Op

5:45pm: Banquet Dinner

6:15pm-8:30pm: Awards Program

Location: [Grand Palace Seafood Restaurant](#); 359 Grand Avenue,
South San Francisco, Ca 94080

Cost: \$39 per person for a delicious 8-course Chinese dinner

Sign up opens Dec. 26 at 9am and closes Feb. 1 at 5pm

[Registration Form](#)

[Registration Status](#)

DID YOU READ

THE USATF ANNUAL MEETING
SPECIAL EDITION NEWSLETTER?

[GO HERE](#)

Officials Calendar

RACE WALK UPDATE

This is a part of officiating that gets the least notice and participation of officials. This is a great part to add to your resume as an official and can assist in increasing odds of being selected to officiate at National Meets. I encourage you to get trained, certified and participate.

From Jon Price

TO: Race Walk Judges (including Apprentice-level judges) in the USATF Pacific Association

Robyn Stevens, our Pacific Association Race Walk Committee Chair (and Olympian), is working on the schedule for race walks in 2023, including three races at Cal. **Please let me know if you can help judge any of these races.** Unfortunately, Beth and I have another commitment for February 18. We need five judges (at least one Master-level and at least three with National- or Master-level certification) to have races that will stand for records. A sixth Judge can serve as Recorder.

Saturday, February 4, 2023 (with the first race starting at 9:30 am, judges should report at 8:30 am), Edwards Stadium, 2223 Fulton Street, Berkeley, CA 94704 – USATF Pacific Association Grand Prix

1,500-meter Race Walks (separate female and male races) as part of the Cal All Comers Track & Field meet that day. You are welcome to stay to help officiate the rest of the meet; please let Jennifer Oliver, Cal Officials Coordinator, know by emailing her at sportyjoliver@gmail.com.

Saturday, February 18, 2023 (with the first race starting at 9:30 am, judges should report at 8:30 am), Edwards Stadium, 2223 Fulton Street, Berkeley, CA 94704 – USATF Pacific Association Grand Prix **one-mile** Race Walks (separate female and male races) as part of the Cal All Comers Track & Field meet that day. You are welcome to stay to help officiate the rest of the meet; please let Jennifer Oliver, Cal Officials Coordinator, know by emailing her at sportyjoliver@gmail.com.

Saturday, March 4, 2023 (with the first race starting at 9:30 am, judges should report at 8:30 am), Edwards Stadium, 2223 Fulton Street, Berkeley, CA 94704 – USATF Pacific Association Grand Prix **3,000-meter** Race Walk (**combined female and male race**) as part of the Cal All Comers Track & Field meet that day. You are welcome to stay to help officiate the rest of the meet; please let Jennifer Oliver, Cal Officials Coordinator, know by emailing her at sportyjoliver@gmail.com.

We anticipate several additional judging opportunities

- Grand Prix 5,000-meter at the Pacific Association T&F Championship, usually in late May or early June;
- Grand Prix One-Hour;
- Grand Prix 10-km and 20-km in the early fall in Sacramento; and
- Pacific Association Masters Championship in the fall)

and at several Youth meets,

- Shor-Sheppard Classic;
- Pacific Association Championship;
- Pacific Association Junior Olympics Top 8 Meet;
- Region 14 Junior Olympics Top 5 Meet, which will be the qualifier for the National Junior Olympics this coming summer in Eugene, Oregon.

We'll let you know when these get scheduled.

As I write this, the 2023 Track and Field schedule is taking shape. Colleges and Universities are already planning their Track and Field seasons and letting us know. You should be getting regular email blasts from Jim Manha letting you know which meets are coming up and their details. All meets are listed on the PAUSATF Officials Calendar. Please be sure to take a look as you are formulating your next year's schedule.

HS Calendar: As with last season, the Officials Calendar lists the major HS invitationals and Championships. Interested officials should consult www.Athletic.net for an up-to-date calendar of all HS meets near you. Due to the sheer number of HS meets within CIF in Northern California, they could not be included on the PA Officials calendar. CIF is finally understanding that the USATF official is a great benefit to running and judging meets effectively. I highly encourage you to volunteer your assistance at your local high school. This only helps further promote the sport we all love.

From Jim Manha Re: Stanford University Meets

Cardinal Classic Saturday, March 18

Stanford Invite Friday - Saturday, March 31st - April 1st

Payton Jordan Friday - Saturday, April 21 -22 (*Changing meet format from professional to collegiate friendly meet*)

From Rick Berman

PA LDR Officials:

You know the drill... To see the schedule and sign up, [please use this Google Form](#). 4 meets/races down. 12 more that can use your help. It's OK if you fill out this form multiple times in a season as you know more about your availability (or keep the link you are emailed after filling it out and resubmit).

Full year calendars, meet details, directions, etc....can be found here:

Road: <https://www.pausatf.org/road-racing/annual-road-racing-grand-prix-schedule>

XC: <https://www.pausatf.org/data/2022/2022-detailed-xc-schedule.htm>

Ultra: <https://www.pausatf.org/mut-running/usatf-pacific-mut-grand-prix-schedule/>

Any questions? I'd love to hear from you at the phone number or email address below.

Rick Berman

PA LDR Officials Coordinator

(415) 819-4865

rick-usatf@r2b.us:

From Dave Unterholzner

Sacramento Meet of Champions, American River College, April 22nd, 2023 See the best in HS Track and Field

From Rob Dewarr, Sac City College

NOR-CAL Junior College Championships at Yuba College, Marysville CA (Sac City College is running the meet) May 5th & 12th, 2023

From Phil Leake pgal1@sbcglobal.net

From Kenny McDaniel, Head Coach at Sac State.

Letter to Officials

McDaniel, Kendrick DeWayne <k.mcdaniel@csus.edu>

To: Philip Leake

Thu, Dec 8 at 11:45 AM

Dear Best Officials in T&F,

First off, I would like to wish each of you a happy and peaceful holiday season.

With all the excitement around Sacramento State Track and Field program, I would like to invite you personally to officiate our home meets this spring. We have a new staff with a lot of energy and passion. With that being said, we are the only division one program in the country with three full-time female staff members. With the new hires, they brought some new ideas on running our home meets that'll affect each of you as you work our home competitions. One of those brilliant ideas is to do an announcement of each official who is working each event area. The goal is to recognize your efforts and dedication. We want to do something to let the officials know we appreciate what you do.

Last season, we received numerous compliments on how well our meets were run and the professionalism of our officials. Whether you helped at one meet or all of the meets, you played an integral part in having one of the most successful seasons ever at Sacramento State.

It is my hope that you enjoyed yourself enough to want to join us again for this upcoming outdoor track and field season. As in the past, we will compensate each official as they work our meets. The season was not just successful for our teams and student-athletes, but also in terms of the quality we were able to produce as far as the overall atmosphere for the visiting teams.

Also, I truly believe you would enjoy watching our team compete this spring. We have a talented team with kids who are excited about competing this spring. Having said that, we need you and we can't host quality competitions without you.

Coach McDaniel

Director of XC/ Track & Field

Sacramento State

k.mcdaniel@csus.edu

(510) 759-9233

Sacramento State University

Hornet Invite: March 17-18

Sac State Open: April 8

New assistant coaches, upgraded facilities, Stipends, Lunch. A relaxed atmosphere and two great meets to add to your resume.

NCAA D1 West Regional Championships

Sacramento State University May 24-27th, 2023

Event though the Deadline has past, we are still accepting applications due to the selection/acceptance/attrition process.

Submit Your NCAA Resume Form

NOTE: When you register and apply, REMEMBER TO APPLY FOR THE WEST REGIONAL!

REMINDER: Register on the NCAA RefQuest Platform

Milan Donley, the NCAA Track and Field National Assignor of Officials, announced on July 18 that the new NCAA RefQuest registration was open. You must be registered on this online platform in order to apply to be selected to work Division 1, Division 2, or Division 3 NCAA Championships in Cross Country, Indoor Track and Field, or Outdoor Track and Field.

[Follow this link to register](#). Click "Register" in the upper right corner. Although registration deadline has passed, we are in need of support officials. [Follow this link](#) to view the host locations for the D-1, D-2, and D-3 Championships for Cross Country, Indoor, and Outdoor Championships.

RQ+ is the new company providing online registration, education, assigning, and payment services to officials for selected NCAA championship events across several sports, including track and field. RQ+ replaces the previous provider, ArbiterSports.

You must register on the RefQuest website and submit your officiating resume if you would like to apply to work any of the eight NCAA Championship meets (Division 1, 2, or 3).

Recently, the NCAA added a track and field resume form to the RQ+ website. [Login to your RQ account](#) and select *RQ Forms* on the top right of the page.

If you do not have an RQ+ account, [follow this link to register](#). Click "Register" in the upper right corner. [Follow this link](#) to view the host locations for the D-1, D-2, and D-3 Championships for Cross Country, Indoor, and Outdoor Championships.

RefQuest (RQ+) is the new company chosen by the NCAA to provide online registration, education, assigning, and payment services to officials for selected NCAA championship events across several sports, including track and field.

The RQ+ platform allows USATF Officials to apply to officiate NCAA indoor and outdoor championship meets in 2022-2023. Registering also provides officials a method to be paid using direct deposit. Final selections for the eight championship events will be announced in mid to late December.



Renew Your USATF Membership Today

You can now renew your USATF membership for 2023. All memberships have the same expiration date, December 31, unless you have a multi-year membership. **A reminder:** You must be a current USATF member to maintain your certification as a USATF official.

USATF Certified Officials have a choice of memberships:

A one-year [individual adult membership](#).

A one-year [VIP adult membership](#).

A discounted [four-year adult membership for Certified Officials](#). Save \$20 with the four-year option.

**RENEW YOUR
MEMBERSHIP**



[Go here](#) for information about all the membership options including a special discounted Youth Membership (18 years and under). **A good thing is to renew your membership on auto renewal or multiyear as a single year membership will increase to \$55 on 1/15/2023**

You must use your USATF Connect account to check your membership expiration date and, if necessary, renew your membership. [Go here](#) to login to your account. Note: You can establish an automatic annual renewal of your membership if you wish. Auto renewal is an option in the memberships area in your USATF Connect account.

Anyone joining USATF for the first time between November 1 and December 31 of the current calendar year will enjoy membership at no additional cost for the following calendar year as well.

Don't Miss the
DEADLINE!

TRAINING

From Bill Bartel PAUSATF Officials Training Chair (530)521-2174

Officials,

You should have received an email on December 16 regarding our 2023 training clinics. I thought I'd send you a reminder. So, please, send your clinic requests in as soon as reasonably possible. The EDM clinic is full, however, please submit your interest and you'll be put on the wait list. The Laser Rail clinic for Horizontals is almost full. **Instructors are needed.** I've included instructor needs on the schedule.

APPRENTICE OFFICIALS

- **YOU HAVE A RARE OPPORTUNITY TO HAVE LUNCH WITH ONE OF THE TOP OFFICIALS IN THE COUNTRY, IF NOT WORLD, DO NOT MISS THIS OPPORTUNITY.**
- **IF YOU ARE A NEW OFFICIAL WHO HAS ONLY TAKEN THE INTRODUCTION TO TRACK & FIELD CLINIC, OR WILL SOON BE A NEW OFFICIAL, YOU NEED TO BE TAKING THE INTRODUCTION TO THROWS, HORIZONTALS, AND/OR VERTICALS CLINICS.**

Thank you for your time,

Bill

Officials,

Welcome to the PAUSATF Officials Training Clinics 2023. There is **A LOT** of information here. PLEASE take the time to read this document carefully. To sign up for any clinic or All-Comers meet, please respond to this email, or send a separate email to training@pacific.usatf.org Please indicate the date, time, and specific clinics and/or All-Comer meets you would like to attend. On January 21 and January 28, you are able to take two clinics each day (three if you include Rules Review), one in the morning and one in the afternoon. Sign up for as many or as few clinics as you like. All are free of charge. While it is good manners to sign up in advance, you do not have to do so to attend any clinic.

If you plan to Officiate or Mentor at any of the All-Comer meets, also contact the appropriate coordinator(s).

CLINIC DESCRIPTIONS

Introduction to Horizontal Jumps, Vertical Jumps or Throws: Each of these stand-alone clinics will cover the basics of each event such as pre-meet preparation, rules, measurement techniques, positions, how to perform the duties of those positions up to and including the position of Flight Coordinator, and post-meet responsibilities. **If you have just completed the Introduction to Track & Field clinic, you should be signing up for these.** Clinics are at Cordova H.S., Carlmont H.S., and Sacramento State. See dates below.

Advanced Horizontal Jumps, Vertical Jumps or Throws: Each of these stand-alone clinics are designed for officials who are ready to be Crew Chiefs. These classes will cover items such as pre-meet preparations, pre-event preparations, event duties, and post-event duties. **Clinics are at Cordova H.S., Carlmont H.S., and Sacramento State. See dates below.**

Apprentice Starter: For those who are interested in becoming Starters or are inexperienced Starters and want a refresher on the basics of Starting. Starter's pistols may be provided. Some training may include the use of an Electronic Starting Device. Although designed for Apprentice Starters, all levels of starters are welcome. **Apprentice Starter training will be held at the Grant All-Comers, Vanden All-Comers, Los Gatos All-Comers, and the Chico Starters Clinic. See dates below.**

Advanced Starter: Topics to be discussed or employed include setting up a "dual alley" start; positions for recalling an event; understanding the SIS system; controlling the start area; giving instruction to, and adjusting to, various levels of competition; dealing with televised meets; obtaining a block crew; understanding the "zero-gun test;" working with announcers; being prepared for a record; and starting cross-country meets at various levels. Although designed for Advanced Starters, all levels of starters are welcome. **Advanced Starter training will be held at the Cal All-Comers meets and the Chico Starters Clinics. See dates below.**

CLINIC DATES, TIMES, LOCATIONS

Introduction to Track & Field: Covers the basics of Track & Field, LDR, Cross-Country, and Race Walk including organization, leadership, some basic rules, measurement, uniforms, rules books and equipment. If you know of someone who is interested in becoming an official, contact Bill Bartel at training@pacific.usatf.org or (530) 521-2174.

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|--|------------------|-----------------|
| ▪ Zoom | January 18, 2023 | 6:00pm – 9:00pm |
| ▪ Hartnell Junior College
411 Central Ave.
Salinas | January 22, 2023 | 9:00am – 3:00pm |
| ▪ Modesto Junior College
435 College Ave.
Modesto | January 29, 2023 | 9:00am – 3:00pm |

Instructor: Bill Bartel and others

Chico Starter Clinic

TBD

TBD

Chico High School
901 Esplanade
Chico

This clinic is for new, inexperienced, and experienced Starters who want a refresher clinic on Starting. Starter's pistols will be provided. This clinic will be held in conjunction with a Chico High School Track & Field practice.

Instructors: Dan Tinnel, Chuck Sheley

Lunch With Pod: There will be **two** opportunities for **Apprentice Officials** to break bread with Mr. Bob Podkaminer. For those of you that don't know him, "Pod" is the senior Pacific Association Official and there is not enough space on this computer to begin to tell you of his accomplishments and what those accomplishments have meant to the World (literally and figuratively) of Track & Field. Attendees will be responsible for their own costs. *These will be limited to 10 people each.* A few topics to be discussed are, *what makes a good Official? What happens if I make a mistake?, Is it possible to work my way to the top?, photo finishes, and Electronic Starting Devices (ESD), all interspersed with a healthy dose of storytelling.* **I CANNOT EMPHASIZE THIS ENOUGH, IF YOU ARE AN APPRENTICE LEVEL OFFICIAL WHO IS SERIOUS ABOUT OFFICIATING, YOU NEED TO REGISTER FOR ONE OF THESE 20 SLOTS.**

- **January 15, 2023,** Dancing Tomato Caffé, 990 N. Walton Ave., Yuba City, 1:00pm – 2:30pm
 - **February 5, 2023,** Black Bear Diner, 951 Merchant St, Vacaville, 1:00pm – 2:30pm
-

Clinic at Rancho Cordova H.S. with Throws Event **January 21, 2023**

2239 Chase Drive
Rancho Cordova

Cordova High School will be hosting a **Training Day** and a **Throws competition**. Training clinics are listed below. The Introduction to Throws clinic will involve officiating the Throws Event during which the Shot Put, Discus, Javelin and Hammer will be contested. New Officials will have the opportunity to focus on field inspection, rules, athlete instructions, flight coordinating, measuring throws, and completing flight sheets.

MORNING

- | | | |
|---|--------------------|------------------|
| ▪ Rules Update (Bill Bartel) | Aux. Gym Classroom | 9:00am – 9:30am |
| ▪ Implement Inspection (Larry Rodriguez + Need + Need) | Aux. Gymnasium | 9:45am – 1:00pm |
| ○ Implement Inspection: This will be an opportunity for on-the-job training in Implement Inspection. The clinic will be held in conjunction with the Cordova High School Throws Competition and will include classroom time as well as the weighing, measuring, and inspecting of all implements used in the Throws Competition. | | |
| ▪ Clerk/Umpire (Bill Bartel) | Aux. Gym Classroom | 9:45am – 12:15pm |
| ▪ Introduction to Horizontals (Need Instructor) | Room 1 | 9:45am – 12:00pm |
| ▪ Introduction to Verticals (Need Instructor) | Room 2 | 9:45am – 12:00pm |
| ▪ Introduction to Throws followed by Throws Event (Need) | Room 3 | 9:45am – 4:00pm |
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AFTERNOON

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|--|--------------------|-----------------|
| ▪ Advanced Horizontals (Need Instructor) | Aux. Gym Classroom | 1:00pm – 3:15pm |
| ▪ Introduction to Horizontals (Need Instructor) | Room 1 | 1:00pm – 3:15pm |
| ▪ Introduction to Verticals (Need Instructor) | Room 2 | 1:00pm – 3:15pm |
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Major Meet Crew Chief – All Events

January 23, 2023

6:30pm – 8:00pm

Zoom

Designed for those who have a desire to be a Crew Chief at **MAJOR MEETS** such as NCAA Conference Championships, NCAA National Championships, or USATF National Championships.

Instructor: John Shirey

Super Clinic at Carlmont High School, Belmont

January 28, 2023

1400 Alameda de las Pulgas

Belmont

MORNING

- **Rules Update** (Bill Bartel) Multipurpose Room 9:00am – 9:30am
 - **EDM for Throws (Part 1)** (Ryan Cowley, J.R. Heberle) Multipurpose Room 9:45am – 12:30pm
 - **EDM:** Will cover the process of measuring throws using a **Total Station**. EDM officials are in demand. **WAIT LIST ONLY. THIS CLINIC IS FULL.** This will be a 2-part clinic and **limited to 8 officials**. Ideally, attendees will have taken an EDR clinic. You **must** attend this classroom portion and at least one of the two Cal All-Comer meets. This clinic **will not** include the hand-held Leica. While these clinics are not limited to any particular officiating level, please note that when it comes time to add the EDM credential to your badge, you must be an Association, National, or Master level official.
 - **Part 1** will focus on the set up of the Total Station.
 - **Part 2 will be hands-on at the Cal All-Comers meets on February 4 and February 18.**
- Instructors: J.R. Heberle and Ryan Cowley

- **Race Walk/LDR** (Need Instructor) Room D-1 9:45am – 12:30pm
- **Introduction to Horizontals** (Need Instructor) Room D-2 9:45am – 12:00pm
- **Introduction to Throws** (Need Instructor) Room D-3 9:45am – 12:00pm
- **Advanced Throws** (Need Instructor) Room D-4 9:45am – 12:00pm
- **Advanced Verticals** (Need Instructor) Room D-7 9:45am – 12:00pm

AFTERNOON

- **Laser Rail Measurement for Horizontals (Part 1)** Multipurpose Room 1:00pm – 4:00pm
 - **EDM for Horizontals using the Laser Rail Measurement System:** This will be a 2-part clinic and **limited to 8 officials**. You **must** attend this classroom portion and at least one of the two Cal All-Comer meets.
 - **Part 1** will focus on the setup of the Rail and the Laser.
 - **Part 2 will be hands-on at the Cal All-Comers meet on February 4**
- Instructors: Robert Benoy, Charles Murphy, & Teddy Hayes

- **Marshal** Room D-1 1:00pm – 3:15pm
- **Advanced Horizontals** (Need Instructor) Room D-2 1:00pm – 3:15pm
- **Officiating Youth & Masters Meets** (Need Instructors) Room D-3 1:00pm – 3:15pm
- **Advanced Throws** (Need Instructor) Room D-4 1:00pm – 3:15pm
- **Introduction to Verticals** (Need Instructor) Room D-7 1:00pm – 3:15pm

Officials Coordinator Clinic:

January 31, 2023

6:30pm – 8:00Pm

Zoom

This clinic will cover the ins and outs of being an Officials Coordinator for small and large meets. Officials Coordinators are always in need, so please consider this clinic.

Instructor: Phil Leake

Clinic at Sacramento State

February 12, 2023

Broad Fieldhouse
Stadium Dr.
Sacramento

Sacramento State will be hosting an officials clinic during the **morning only**. This is Super Bowl Sunday.

▪ Clerk/Line Clerk (Bill Bartel)	Room 1	9:30am – 11:45am
▪ Introduction to Horizontals (Need Instructor)	Room 2	9:30am – 11:45am
▪ Introduction to Verticals (Need Instructor)	Room 3	9:30am – 11:45am
▪ Introduction to Throws (Need Instructor)	Room 4	9:30am – 11:45am
▪ Advanced Verticals (Need Instructor)	Room 5	9:30am – 11:45am

The following All-Comers and Golden State Throwers Meets are intended for hands-on training and will NOT incorporate classroom time. Note the exception at Grant.

Cal Berkeley All-Comers:

February 4, 2023

8:00am – 4:00pm

Edwards Stadium
Berkeley

February 18, 2023

8:00am – 4:00pm

Cal will be hosting **two** All-Comers meets. There will be opportunities for mentoring in almost every area of Track and Field including Race Walk and Referee. These are unique meets which include youth athletes up to world-class athletes.

DO NOT show up at these meets without signing up ahead of time.

Officials Coordinator: Jennifer Oliver sportyjoliver@gmail.com

Starter Training: Mike Brown mrbrowncds1113@gmail.com

Grant All Comers

January 21, 2023

9:00am – 4:00pm

Grant High School

January 28, 2023

9:00am – 4:00pm

1400 Grand Ave.

February 4, 2023

9:00am – 4:00pm

Sacramento

Grant High School will be hosting **three** All-Comers meets. Starter training will be offered at these meets. Another good opportunity to sharpen your skills in the event of your choice prior to the start of the season. **The January 21 and January 28 clinics will include a classroom session for Starters prior to the meet.**

Officials Coordinator: Lynn Reed lynn.reed@twinriversusd.org

Starter Training: Mike Brown mrbrowncds1113@gmail.com

Los Gatos All Comers

January 21, 2023

9:00am – 4:00pm

Los Gatos High School

20 High School Ct.

Los Gatos

Los Gatos High School will be hosting **one** All-Comers meet. Starter training will be offered at this meet. Another good opportunity for Starters and other officials to sharpen your skills in the event of your choice prior to the start of the season.

Officials Coordinator: Kent Kappan kent@leadsportsusa.com

Starter Training: Leroy Milam Leroy1888@aol.com

Vanden High School All-Comers

Vanden High School
2951 Markeley Ln
Fairfield

February 11, 2023

9:00am – 4:00pm

March 11, 2023

9:00am – 4:00pm

Vanden High School will be hosting **two** meets. The first meet will be an All-Comers meet and the second meet will be an Invite. Both of these meets will be used for officials training, including Starter, and will be an excellent opportunity for Apprentice officials to get some hands-on experience before the season gets into full swing.

Officials Coordinator: **Tori Busto** toribusto@gmail.com

Starter Training: **John Busto** jbusto23@gmail.com

Golden State Throwers Meets:

12050 Borden Rd.

Herald (east of Galt)

January 8, 2023

8:15am – 3:00pm

January 22, 2023

8:15am – 3:00pm

February 26, 2023

8:15am – 3:00pm

Golden State Throwers is an organization that trains athletes (high school to masters) in the Hammer Throw and Weight Throw. Mike Curry (2011 USATF National Masters Champion in the 35lb Weight Throw, among his many accomplishments) is the owner and one of the instructors. Assisting him are Stephanie Trafton (2008 Olympic Champion in the Discus), David Popejoy (1996 Olympic team in the Hammer Throw), and Diego Lopez (2019 All American Award in the Hammer Throw.) The facility is a USATF approved facility and events are contested under USATF rules. **Only the Hammer and Weight throws will be held at these meets.** Note that athlete training does occur at these meets. Officials will have the opportunity to increase their knowledge of field inspection, Implement Inspection, and rules as well as gaining experience in giving athlete instructions, flight coordinating, measuring throws, completing flight sheets, and being a flight coordinator. These are some of the few meets where you have the opportunity to work the Weight Throw. Experienced Throws Officials will be needed as instructors/mentors. *If you are a new official, these are fantastic opportunities to gain some experience prior to the season.*

Officials Coordinator and Lead Instructor: **Kathy de Contreras** kdecontreras@yahoo.com

Pacific Association Awards Banquet:

Grand Palace Restaurant
359 Grand Ave.
South San Francisco

February 4, 2023

5:00pm – 9:00pm

This banquet is an Association-wide banquet, not just an officials banquet. If you have not been before, it is a great opportunity to meet many of the coaches, athletes, youth officials, and behind the scenes folks in the Association.

Please contact **Irene Herman** iherman49@yahoo.com if you plan to attend.

Run, Jump, and Throw:

Will C. Wood High School
998 Marshall Rd.
Vacaville

February 25, 2023

11:00am – 4:00pm.

While not a training clinic, this is your opportunity for some public service and perhaps do a little recruiting.

Officials Coordinator: **Tori Busto** toribusto@gmail.com

BEST PRACTICES

From Rich Schornstein (USATF-Colorado Assn.)

Rich Schornstein

Cell: 314-960-3271 kidz1023@comcast.net

The [Officials' Best Practices Library](#) contains materials which go beyond the rulebook, with detailed information, procedures, and tips on the conduct of events and the management of officials and competitions. Many of the documents are one or two pages about a specific officiating discipline and are suitable for placement on clipboards for ready reference. We welcome suggestions for changes or new documents.

There are 134 Best Practices documents in the library and during 2022, 35 of them were updated and 4 new items were added, including: Starter's Duties; Field Event Time Limits; most field event Rules Comparisons and Briefings to Athletes for NCAA Competitions; Resolving Ties in Verticals; and several documents for Officials Coordinators and Meet Management. As we head into the indoor season, be sure to check the date on any items you've printed off, to be certain you have the most current version.



OFFICIALS ROUNDTABLE MEETINGS

Second Oval Table of 2022 Draws over 170 Attendees

By Robert Kern, NOC Secretary

NOC Chair **Mike Armstrong** hosted the second *Officials Oval Table* virtual meeting on October 26. The purpose of the meeting was to provide officials a platform to ask questions, and to receive accurate and immediate information, together with feedback. Discussion with other officials is one of the best ways to increase one's knowledge and improve one's skills. These *Oval Table* meetings provide that opportunity.

The talking points elicited a lively and interactive 70-minute discussion attended by over 170 officials. Members of the NOC Executive Committee as well as experienced officials nationwide provided responses to prior submitted questions as well as questions asked by attendees during the meeting. [Go here](#) to view the meeting recording.

CERTIFICATION



From Ajay Padgaonkar, Certification Chair

UPGRADING YOUR CREDENTIAL – WHAT YOU NEED TO KNOW

Read pages 6, 7, & 8 of the certification Regulation <https://www.flipsnack.com/USATF/certification-regulation-fdc9wnn1w/full-view.html> and think about the following.

1. Why do I want to upgrade?
2. In what discipline do I want to upgrade?
3. Is my resume up to date? A blank resume can be found under Official's meet resume form, here <https://www.pausatf.org/officials/formsinformation/>
4. Has my Mentor or Regional Resource Coordinator reviewed my resume for guidance?
5. Who will write my letter(s) of recommendation? (Answer is in misunderstanding# 2)

COMMON MISUNDERSTANDINGS

1. (INCORRECT) Being a National or Master Official allows you to apply for any position at a Championship meet.
 - (CORRECT) USATF require you to be a National or Master official IN THE EVENT you wish to work. NCAA has no such requirement.
2. (INCORRECT) A letter of recommendation for an upgrade can come from any National or Master official.
 - (CORRECT) Letters of recommendation must come from National or Master officials who are certified in the discipline to which you are upgrading and who have supervised or observed your performance.

3. (INCORRECT) An upgrade applies across all the disciplines on your badge

- (CORRECT) It does not. If you upgrade in a discipline, such as the pole vault, the upgrade does not apply to other disciplines.

These are all done through your USATF connect sport80 portal now, so remember your login and update your password if needed. If you run into any issues with the login or membership renewal, send an email to Jamero Rainey jamrainey21@gmail.com or the contact for helping officials at the USATF National Office, Conor Naughton (Conor.Naughton@usatf.org). If you run into any issues with Safesport or NCSI background check, send an email to Luke Schultheis (safesport@usatf.org) of the USATF national office. Copy me on such emails so that I can help, if needed.

BE VIGILANT ON MAINTAINING YOUR 3-WAY COMPLIANCE

The recertification process for 2022 is complete. Badges have been mailed out. If you have not gotten your badge or if there are omissions or errors on your badge, please send Ajay an email certification@pacific.usatf.org

Until late 2024 and early 2025, when we go through the recertification process again, you only need to maintain "3-way" compliance to keep your certification current. No rules reviews unless you are upgrading or the credential change requires it. 3-way compliant means the following:

1. USATF membership has not expired
2. Safesport training has not expired
3. NCSI background check has not expired

DO NOT LET YOUR CERTIFICATION CREDENTIALS LAPSE

NOTE: This is what happened when officials were vetted for the 2022 Junior Olympics! If you let your credentials lapse, it will create problems for you to officiate meets and will affect your potential for selection at USATF National/Regional Meets

The USATF national office sends reminders about a month before the expiration date. Please look for it and take immediate action. Also, you may want to make a note for your own self of the expiration date so you don't let your credentials lapse. USATF will send out emails to those who have lapsed one or more of those 3 requirements or are about to.

Frequently asked information can be found on the USATF Officials page

<https://www.usatf.org/programs/officials/certification>

Keep your officiating record in the resume form on the pacific association website official's forms page: <https://www.pausatf.org/officials/formsinformation/>

It is the Excel spreadsheet under the link titled (attached for your convenience):

- **PAUSATF Officials' Meet Resume Form** (Excel sheet; downloadable; may fill in on a computer)

You will need this record for any upgrade applications, meets that require applications and in 3 years when we undergo the recertification.

Send me an email or call me at 408-890-1123 if you have any questions.

SAFESPORT

USATF in cooperation with the Center for Safesport Training will notify you of your pending Safesport training update Typically, you will have this notice sent to you within 30 days of expiration. PLEASE RENEW AND UPDATE your training ASAP in order to for your Officials Certification to remain 3 ways compliant. An example of this notice is as follows:

You are receiving this notice because your Refresher 1 SafeSport training is due to expire. You are due to renew this training by completing the Refresher 2 course ("Preventing Misconduct"). Please follow the below instructions to complete this training:

1. Log on to USATF Connect (*please note: if you have more than one account associated with your name, choose your personal account*).
2. Click "View" on your profile card under "Members".
3. Access the Center for SafeSport Training tab from the menu to the left.
4. Click the blue "Add Center for SafeSport Training" button in the upper right-hand corner of the page.
5. Find the Refresher 3 course from the list of available trainings. Add it to your account by clicking the blue "Add" button next to this training.
6. A new window will appear. Click "Add" for this training one last time.
7. A final window will appear. Click "Start Training" in the middle of this window to begin your course.

This training should take you 20-30 minutes to complete. Once you complete the training, your USATF Connect account will be updated to reflect your new training date. Please note that if you do not complete the required SafeSport training on or before the expiration date, you will not be considered USATF 3-Step SafeSport Compliant and you will no longer be eligible to serve in a role that requires SafeSport training (coach, official, volunteer, among others).

Thank you for helping to make USATF a safe environment in which our athletes can train and compete. Please direct any questions to safesport@usatf.org.

USA Track & Field is committed to creating a culture that clearly advocates, and provides for, a safe environment in which our athletes compete and train. We believe this is paramount to the success of all our programs. All athletes deserve to participate in sports that are free from bullying, hazing, sexual misconduct or any form of emotional or physical abuse.

If you have a concern regarding the health and safety of our athletes, please make a report. For concerns of child sexual abuse, sexual misconduct, non-consensual sexual conduct, sexual harassment, or intimate relationships involving an imbalance of power, all individuals should report concerns to the U.S. Center for SafeSport [online](#) or by phone at 720-531-0340. Please notify USATF that a report(s) was made. All reports of child abuse or sexual assault of a minor must also be reported to local authorities. Reports of abuse not involving a minor may also be reported to local authorities.

For concerns of physical or emotional misconduct, bullying, harassment, hazing, or any other violation of [USATF's SafeSport Handbook](#), all individuals should report concerns to USATF [online](#) or by phone at 317-713-4688. Please note, neither criminal nor civil statutes of limitations apply to reporting a SafeSport complaint.

If the link doesn't work, please paste the following into your browser:

<https://usatf.sport80.com/login>

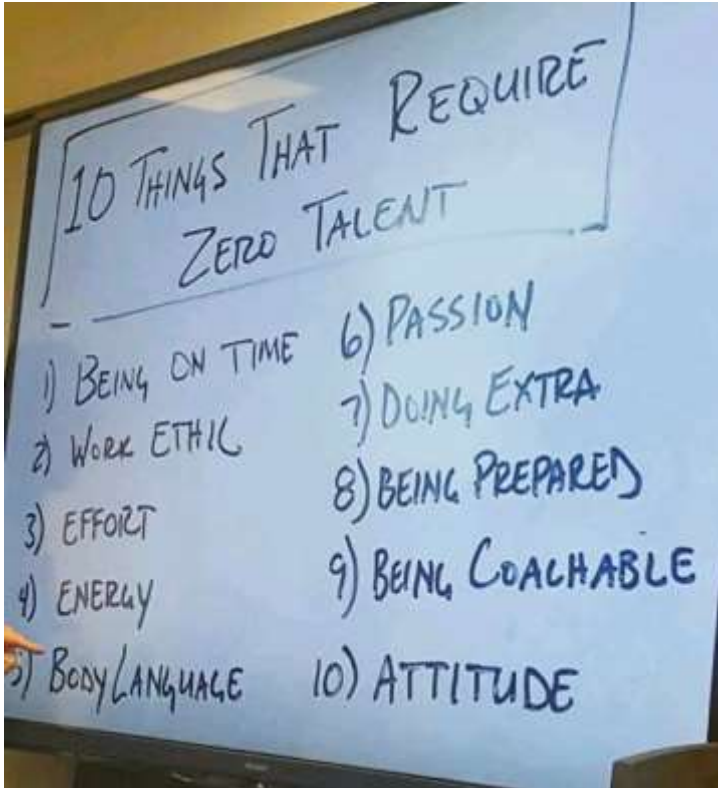
Code of Ethics and Performance Guidelines

The USATF National Officials Committee publishes the [Code of Ethics and Performance Guidelines](#) for officials. Item number 11 of the Code of Ethics:

Conduct an honest self-evaluation after each competition, to identify errors made and areas for improvement; and be receptive to suggestions for conducting events in the best possible manner in the future.



Start using this improvement method. Take a few minutes and review what you could have done better. Everyone benefits



MENTORING

Dennis Boyle, our Mentoring Chair, has been hard at work with the newly created group of Officials Regional Resource Coordinators. Together with our Certification and Training chairs, this committee's mission is to help provide officials with a knowledgeable official to act as a resource for Certification, Training, and Mentoring at the local level.

Your **Regional Resource Coordinator** is your **FIRST** source for information or questions regarding:

- - - Membership / Application / Resume / Personal Profile
 - Obtaining / Maintaining / Renewing Your Credential
 - Steps Leading to Upgrading Your Level of Certification

- Creation of a Strategic Plan for Development
- Mentoring Assistance / Training
- Use of our National and Association websites
- Introductions to Meet Coordinators / Head Coaches / Head Officials

Along with the streamlined process for becoming an official, this committee is now working on a frequently asked questions (FAQs) sheet to be published on the PAUSATF.org website to help the potential/new/experienced official navigate the process and upgrade. Look for the FAQ sheet in the very near future on the PA Officials Page <https://www.pausatf.org/officials/>

Ultimately, this committee's work will help the official obtain and maintain his/her training to be a more knowledgeable and impartial official. For more information, you can refer to the Regional Resource Coordinators. They are:

Brendan O'Leary, John Murray, Ryan Cowley, John Busto, Dave Mantooth and Dennis Boyle

More information and contact information can be found at the Regional Resource Coordinators page on the PAUSATF Officials Page <https://www.pausatf.org/officials/officials-regional-resource-coordinators/>

RULES AND RULE CHANGES 'Tis the Season for Rule Changes

The USATF, NCAA, and National Federation of High School Associations (NFHS) have all implemented competition rule changes for 2023.



Dick Boyd, NOC Rules Chair, discussed the USATF rule changes in his article that was published in the Annual Meeting Special Edition of this newsletter. [Go here](#) to read his article. Also visit the [USATF Rules Committee Scorecard](#) of the rule changes.

Mark Kostek, NCAA secretary rules editor, prepared [this presentation](#) of the NCAA rule changes. Also read [this summary](#) of the rule changes prepared by Mark.

From Bob Podkaminer., USATF Rules Committee

<https://www.worldathletics.org/about-aaf/documents/book-of-rules>

For USATF rulebooks: The 2023 *USATF Rules of Competition Book* will be published sometime in the first quarter of 2023. Note: When the 2023 rule book is posted on the USATF website, you can download a PDF of the book at no charge. Stay tuned to the NOC Newsletter and this newsletter for ordering and downloading information. This is a Rules Year!!! 75 Rule changes were voted on at the 2023 Annual Meeting in Orlando, FLA. After these were voted and approved/disapproved, they are being incorporated into the 2023 Rulebook. If this process follows as previous years, the Rulebook should be available online in January 2023 with the printed versions available sometime during the 1st quarter of 2023.

2022 edition and later the 2023 Edition can be downloaded: <https://www.usatf.org/governance/rule-books>

For NCAA rulebooks **New NCAA Rule Book is Available**

The *NCAA 2023-2024 Cross Country and Track and Field Rules Book* can be ordered now, [go here](#). Note: You can download a PDF of this publication at no charge. **Please read through these changes for the upcoming NCAA season**



For the 2022-2023 rulebook, click the URL below:

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/2022-23PRTF_MajorRulesChanges.pdf

New High School Rules Adopted

The National Federation of State High School Associations (NFHS) has approved eight rule changes for the 2023 high school track and field and cross country seasons.

Two key changes were made to Rule 3-4-3, defining specific case book guidelines, and the introduction of Rule 9, which creates a new indoor track and field rules section.

The rules committee's changes to Rule 3-4-3 defined specific case book guidelines to offer consistency and guidance to meet referees when ruling on reruns. New to the rule are scenarios to assist referees in determining when a rerun is necessary and stipulations that must apply for a rerun to be considered.

Due to recent changes to outdoor track and field rules and the growth of high school indoor track and field across the country, the NFHS Rules Committee felt it was necessary to create a section specifically for indoor track and field rules.



[Follow this link](#) to a summary of all the NFHS rule changes. [Follow this link](#) to a more in-depth review of the changes.

For NFHS Rule Changes: <https://www.nfhs.org/sports-resource-content/track-and-field-rules-changes-2023/>

NFHS Rule books, etc.: Print version: Training <http://www.nfhs.com/c-235-track-fieldcross-country.aspx>
The *NFHS 2023 Track and Field and Cross Country Rules Book* can be ordered [here](#).

Note: The NFHS offers a NFHS Rules App that contains a digital copy of the NFHS Rules. [Go here](#) to learn more about this application and how to download it.

E- Book Version: E book is delayed. Please go to www.nfhs.org for updates.

Julie Cochran from NFHS gave an interesting and helpful presentation on HS rules at the USATF 2021 Annual Meeting. Here is her presentation. No audio on this one. Here it is: <https://www.flipsnack.com/usatf/nfhs-presentation-at-general-session/full-view.html>

Certified Official Jim Hanley (Southern California Association) publishes the popular Track & Field Rule Book Differences book. The book shows the rule differences between NFHS, NCAA, USATF, World Athletics, and World Masters Athletics. [Go here](#) to order the 2023 edition.

For USA Paralympic Rulebook: This can be found on the Adaptive Track and Field USA website <http://atfusa.org/RULES/RULES.htm>

FOR WA Paralympic Rules <https://www.paralympic.org/athletics/rules>

Best Practices for High School Disability (Para) Track and Field

By Carroll DeWeese

Across the USA, more high schools are providing opportunities for disability (para) athletes to participate in track and field. The United States Paralympic Committee has a nine-page "GUIDELINES – BEST PRACTICES for DISABILITY TRACK and FIELD" document you can read and download it [here](#).

Unless state high school associations have rules that are different, World Para Athletics Rules ultimately apply to any para-athlete 14 years of age or older on December 31 of the year of their competition. Any athlete 13 years of age or younger uses Adaptive Track & Field USA (ATFUSA) Rules for para track and field competition.

The guidelines address many of the questions about who is eligible to compete, what events are available for competition, advancement to state meets, and many other topics of concern.

Any high school official that may be working with para-athletes should download, read, and keep the guidelines document mentioned above as a reference for officiating para track and field at the high school level.

A quick reference comparison supplement of the rule changes and difference is annually compiled by Jim Hanley of the Southern Cal Assn. Cost is \$18 (\$15 for the book and \$3 shipping) **Track and Field Rule Book Differences** © 2023 by Jim Hanley P.O. Box 6744, Thousand Oaks, CA 91359-6744 or www.jim.hanley.com

Free Online Resources from the NOC Newsletter:

USATF National Officials Committee Resources and Best Practices Library. [Go here.](#)

Your local USATF Association. Many Associations have training documents, videos, and/or recorded virtual training sessions. Visit your USATF Association website. One example is the Oregon Association Zoom training sessions. [Go here](#) for a list of the recorded sessions and access codes. Also, [go here](#) to view an example about *Officiating Race Walking*.

National Federation of State High School Associations (NFHS) Learning Center. [Go here](#) for the officiating course. [Go here](#) to explore all the courses.

World Athletics E-learning Hub. You must create [a free account](#) to access the courses for technical officials.

Equipment and Uniforms

- VS Athletics Officials Equipment <https://www.vsathletics.com/store/home.php>
- M-F Athletics Everything Track and Field <https://www.everythingtrackandfield.com/>

Update on www.NBNSports.com

At this time, the PA USATF Officials Committee is proud to announce that in cooperation with NBNSports.com, an updated, revised website in which to order Pacific Association Officials Gear is now available. This longtime vendor of Pacific Association Officials uniforms recently underwent new ownership. The new owner, Chad Saranillo has revamped, updated and combined the former two Officials company stores on the NBNSports.com website into one with a new look, a wider cadre of items and a simpler, quicker ordering process for the well-equipped Pacific Association official to purchase. NOTE: The Pacific Association Officials uniform is a white polo, khaki slacks or shorts with a USATF designated hat. All other gear is ordered in Blue. Only Starters should be ordering items in Red.

THE USATF CERTIFIED OFFICIALS STORE



The new online store for USATF Certified Officials is now open! The [USATF Certified Officials Store](#) has been open for two months now and over 213 orders have been placed in that time. This store is a one-stop-shop for all your apparel needs. The store features high quality Nike products. You can even have your USATF Association name embroidered on your new clothing.

We are excited about what the store has to offer now and what it will provide in the future. It has also been a great avenue for new officials to order their free uniform shirts. If you haven't visited the store yet, take some time to do so.

The store currently offers short-sleeved and long-sleeved polo shirts and a variety of outerwear for all seasons in men's and women's sizes. There are also caps and visors available. Additional items will be added in the future.

Explore the Officials Store Now

[Visit the store today](#) and set up your account. Click "My Account" in the top navigation and select "New Customers-Create an Account." This new store is exclusive for USATF Certified Officials. When you order, you will be asked to include your USATF member number to verify your status.

New officials will use this account to order their free polo shirt, which is a key part of the [USATF Certified Official's uniform](#). Once the account is set up, a credit will be added to it to cover the cost of the new shirt. The official shirt for USATF Certified Officials is the [branded solid navy blue Nike polo](#). This shirt is provided free to all newly-certified or recertified officials. The shirt is available in other colors, but the **navy-blue shirt is the official shirt**. [Go here](#) for information about the national official's uniform.



OTHER RESOURCES

USATF Associations Committee newsletter: [Go here.](#)

Officials Newsletter from Athletics Canada. Current issue and archive: [Go here.](#)

European Athletic Officials newsletter: [Go here.](#)

NOC Equipment & Facilities newsletter archive: [Go here](#)

A few newsletters from individual state Associations:

["Tracking 27"](#): Oregon Track Club and USATF Oregon Association

["Track and Field Iowa"](#): Iowa Association

["Official News"](#): Indiana Association

Current issue and archive of the World Athletics newsletters:

[Go here](#) (scroll down the page)

[Go here](#) to view the archive of **NOC newsletters**.

[Go here](#) to view the archive of **SafeSport newsletters** .

Here are some free online learning programs and documents for officials. All you need is an internet connection:

Previous USATF Annual Meeting Training Clinics for Officials. Links to 2021 clinics: [EDR FieldLynx Horizontals](#). [EDR FieldLynx Throws](#). [Officials Clinic - Referee Scenarios](#). [Officials Clinic – Lap Scoring](#). [Junior Officials Clinic](#). [Go here](#) and scroll to the bottom of the page for 2020 clinics and prior.

USATF SafeSport Training. [Go here](#) for information. Login to your [USATF Connect](#) account to access the SafeSport training.

Your local USATF Association. Many Associations have training documents, videos, and/or recorded virtual training sessions. Visit your USATF Association website. One example is the Oregon Association Zoom training sessions. [Go here](#) for a list of the recorded sessions and access codes. Also, [go here](#) to view an example about *Officiating*

Articles for this Newsletter

If you have an article or photo, you would like included in the newsletter, please send your submissions to pgal1@sbcglobal.net The submission deadline is the first day of each month in order to be included in the next issue. Your article should be Associational in scope to benefit all of our member officials. Opinion pieces will not be accepted. All submissions are subject to approval.



2022 USATF CLUB CROSS COUNTRY NATIONAL MEET AT GOLDEN GATE PARK



2022 USATF Marathon Championship at the California International Marathon, Sacramento CA 12/4/22.



DID YOU KNOW? A Plaque is placed on one of the buildings at University of the Pacific in Stockton commemorating Don Bowden's breaking the 4 Minute Mile at the Pacific Association Championships held there in 1957. As you can see, PAUSATF has a LONG history of setting records. If you are familiar with any other long lost records, please let us know!