

2022 Orlando USATF Convention Reports: December 1-4, 2022

Linked are the Pacific Association Representatives to the National Convention.

1. Charlotte Sneed: Pacific Association President
2. Official Chair representative: Dennis Boyle
3. High School Coach representative: Cris Houston
4. Coaches Education Chair: Dave Shrock
5. Youth Chair: Deborah Sample
6. Men's Open Track and Field Chair: Fred Baer
7. Women's Open Track and Field Chair: Al Hernandez
8. Masters Track and Field Chair: Joy Upshaw
9. Men's LDR Chair: Andrew Crawford
10. Women's LDR Chair: Angie Longworth
11. Masters LDR Chair: Tom Bernhard

The above volunteers were your representative as well as delegates at the convention. Although the Pacific Association qualified to have up to 17 delegates to vote, we lacked participation at the board of athletic meeting attendance minimum of 2 within the past 15 months.

The next two conventions, 2023 and 2024, will be again, at Orlando Hilton Buena Vista, Disney.

Respectfully compiled,

Irene Herman, Delegation Chair

USATF Annual Meeting

1 - 4 December 2022

Men's LDR Report

Andy Crawford

LDR

- 2024 Marathon Olympic Trials in Orlando (Feb 3). Course is still in flux.
- 2023 NACAC Half Marathon Championships in Cuba in March; It would be good to have full and quality US participation; also would be good to have US host this event
- Latvia: World Road Running Championships to include 1mi, 5k, and Half Marathon; currently do not have full men's team that meet the eligibility
- Starting 01JAN2023: The Road Mile will be a World Record eligible event/distance. Must be at least 3:50.0 for men. If no man has ran 3:50.0 or faster by the end of calendar year 2023, then the fastest time will be come the World Record.
- Rules: (1) Athletes running in close proximity to another will not be considered assistance (issue in MUT lead to this). (2) Currently athletes are drug tested within 24hrs for American Records (ARs) only in distances that have a World Record. Want to change to all ARs of any distance.
- Starting in 2024: Tramadol, cannabis, CBD >4% THC, Caffeine is limited, inhalers... all need a certain "doctor note". Also, special attention to "guilt by association" and also NSAIDs (banned at Mont Blanc). For dietary supplements, make sure it's USADA certified and also actually needed.
- Olympic Marathon time standard will be fast! Athletes should make sure to hit the B standard at least (2:11:30 and 2:29:30, men and women, respectively), because that is a minimum (Top 3 at OT does not automatically go anymore)
- Person who measures course must be on-site day-of race, to make sure the course is set-up correctly.
- World Road Running Championships will now be annual (instead of biannual). Trying to get some in the USA.
- "Stop talking and get doing!" - Vin Lananan
- "Let's make sure we spend less time talking about stuff, and more time getting stuff done!" - Vin Lananan

XC

- 2023 XC Club National Championships TBD (Tallahassee or Garden State, NJ); will decide in ~1week
- 2023 Masters 5k XC National Championship in Boca Raton, FL (Oct. 7th or 14th)
- 2024 Masters 5k XC National Championship in Boulder
- While there is someone acting as Championship Coordinator, they are working to make this an official position
- IAAF World XC Championships in Australia (2023), Croatia (2024), and Tallahassee (2026)
- 2022 NACAC Championships cancelled; want to bring it back in 2023 and beyond
- **The Exec Comm definitely wants San Francisco to bid again for Club Nationals for 2024 or later!**
- Any interest for PA to host Masters 5k XC Champs? Something to think about...

2022 PA Masters Chair Report from Annual Meeting By Joy Upshaw

General

USATF has required everyone to trim their budgets by 15%, including Masters.

The Masters mentorship program that was instituted at last year's Outdoor National Championships for first time national championship competitors was a tremendous success! 22 first time athletes were paired with more veteran athletes to help them navigate their first national championships. It was awesome! Shout out to Athlete Rep Colleen Barney for her leadership with this program!

A representative from Drake Relays made a quick presentation that they will continue to host the Rex Harvey masters exhibition event at the Drake Relays this coming year 2023.

A Strategic Plan was presented for Masters which includes exhibition events at the 4 Journey to Gold Meets.

Rules

Proposed and Approved Code of Conduct for athletes and those that travel with them (family, coaches, trainers, etc.) for our national and international meets.

A report was given from the Anti-Doping Subcommittee. You can obtain a lot of information by going to our masters website and looking under "For Athletes" and then "Anti-Doping

Upcoming Meet Notes

A group presented at the upcoming WMA meet in Torun. The venue is the same as 2019 and the schedule will be nearly identical as well. The deadline for registration is January 31, 2023.

A report was given by Greensboro, NC regarding our upcoming July 2023 Outdoor Nationals. Greensboro is excited to have us!

NCCWMA 2023 championships will likely not be held in Mexico as previously thought, but instead be held in San Jose, Costa Rica. More information on this meet, will be posted soon.

Throws Championships 2023 will be held Aug 4 - 6 in Lisle, Illinois.

The Track and Field Center at Gately Park in Chicago gave their bid for the 2024 Indoor Nationals. We determined it would not be possible to do that meet at that venue in 3 days so we decided to accept the bid from Chicago as a 4 day meet.

Mt. SAC presented a bid for our 2025 Outdoor National Championships. The stadium is completely renovated and Mt. SAC is excited at the prospect of hosting a Masters Championships. A motion was made, seconded and passed unanimously!! I am particularly proud of this bid as I spearheaded it while I was USATF U20 Head Coach this summer. Brian Yokoyama was one of the Men's National Coaches with me (also director of special events at Mt. Sac) and I proposed that Mt. Sac host a Masters meet! The approved bid is the culmination of those discussions. Yay! Team work!

REPORT-Open Women's Track & Field
USA TRACK AND FIELD 2022 ANNUAL MEETING – DECEMBER 1-4 ORLANDO, FLORIDA

RULES SUBCOMITTEE – December 1

There was a lengthy discussion about the new pending rules and regulations that will be adopted by the General Rules Committee. The chair reminded us that our roles is to only recommend changes. The General Rules Committee has the final say on rule changes.

WOMEN TRACK AND FIELD EXECUTIVE COMMITTEE – December 1

I attempted along with other members, to gain entrance to the Women's Executive Committee meeting, but we were denied entrance at that time. We were told to come back for the last hour to ½ hour of their meeting and see if they had finished with their closed session. They said they were making a final decision on staff for all the National Teams, and we could not attend at this time. I then went to another meeting and did not return.

OFFICIALS WORLD ATHLETICS TECHNICAL MEETING – December 1

The NCAA will no longer hold 5-alive in the high jump. They will call a fair jump where the foot hits the board flat. A question was raised about item 32 and 33 surrounding the youth chair selection of all officials for national meets. An association official award will be created. They are working on the details.

There is a push to have National referees change their titles for international meets. It is proposed that they be classified as Gold, Silver, and Bronze Referee. They are still working on the details but hope to have it in place for the 2023 season.

US WOMENS TRACK COACHES MEETING – December 2

A discussion was held on how well the women performed at the World Championships. The Association is working on how they can increase their memberships. They are now offering membership for life for a one-time fee of \$150.

NATIONAL SENATE OF HIGH SCHOOL TRACK COACHES ASSOCIATION – December 3

Discussion on how high school coaches can attend the annual meeting was held. Reasons for why their numbers have dropped were also discussed.

Al Hernandez

PAUSATF Delegate

Women's Chair for Track and Field

2022 USATF ANNUAL MEETING REPORT: ORLANDO/LAKE BUENA VISTA

Dec. 1-4 Report from Fred Baer

US Community College Track Coaches Association (coordinated by Fred Baer), including representatives from all 3 US JC CC associations:

Linda Lanker, Spokane Community College, Wash (NWAC)

Spokane has a new indoor facility, hosted USATF indoor champs

Brian Yokoyama, Mt. San Antonio College & Mt SAC Relays

Eric Barron, Santa Monica College

Rogers Gilsby, CC of Philadelphia (NJCAA)

Michael Daney, former XC coach at Haskell JC Indian Institute

Kim Dismuke, Central Arizona (NJCAA)

--Kevin Reid from Coaches Advisory also addressed the group

At the second USCCTCA meeting, San Diego Imperial Association president Paul Greer provided a detailed outline of his association's Dirt Dog Cross Country Series and its Summer Nights Series.

--Both provide opportunities for partnerships with the Pacific Association.

MEN'S TRACK & FIELD (also includes info from Coaches Advisory)

Development is now in transition.

USATF President Vin Lananna articulated the need to "do something really special" leading up to Los Angeles 2028.

Important dates:

USATF Indoor Championships, Feb. 16-18, Albuquerque

Calif. outdoor dates:

April 12-15, Mt. SAC Relays;

May 26, USATF Distance Classic (L.A.);

May 27, USATF Los Angeles Grand Prix

USATF Outdoor Championships, **July 6-9**, Eugene (Juniors/U20 July 7-9, in conjunction)

NACAC U23 Championships, July 22-23, location tbd

Pan Am U20 Championships, August 4-6, Mayaguez, Puerto Rico

World Athletics Championships, Aug 19-27, Budapest, Hungary

Pan Am Games, Oct. 29-Nov. 4, Santiago, Chile (marathon Oct. 22)

Robert Chapman reported that USATF will use descending order lists & notify athletes that they have qualified for senior and junior nationals.

HIGH PERFORMANCE

Athlete (performance) stipends raised to \$1,000 for indoor meets; \$1,500 (outdoor)

World Relays will next be held in 2024 in Nassau, BAH; 14 of 16 Olympic teams will qualify from this meet.

DEVELOPMENT:

It was noted that the **Women's Decathlon** will now have international competition at DecaStar. Therefore, more domestic opportunities are necessary, for qualification.

CLUB COUNCIL: Noted final plans for 2022 Nat'l's at Golden Gate Park, Dec. 10

BOARD OF DIRECTORS:

Took specific action on the **Women's Decathlon**, asking Hi Performance to pursue U.S. competition, including qualification for international meets now taking place, such as DecaStar.

2022 USATF ANNUAL MEETING

Information was presented on: Active Shooters, Safe Sport, Budgets and Law and Legislations.

Big change came when Robin Beamon informed the coaches that the National Office will no longer provide medals for Association Meets. Instead, they will give ribbons, and if they wanted to order medals, they will only pay the cost of the ribbons and the Association will have to pay the balance. Information wasn't always clear that the National Office ships medals for the Association Meets. Robin said that after talking with the National Youth Committee, the Associations will get their medals. The PA has always provided their own.

I asked Jackie White why the Youth didn't have our Youth Training as before. She showed me her agenda and said that the National Office didn't put on the agenda. Later when we reconvened, I addressed Robin asking the same questions.

Robin states that in order to have a Youth Workshop, the Youth needed to get a sponsor. And that there will no longer be a Wednesday workshop for the youth.

I asked that there needed to be a Workshop for the new Youth Chairs so that they will know how to put on a quality meet and learn what it takes to be a great Youth Chair. I also stated that the older Chairs are aging out and we are in need of younger men and women to take over.

We voted for Noreen to represent the youth and so was Willie Banks on the National level.

All coaches in all Associations must have a level 1 certification and register on the Coaches registry. The cost is still \$20.00 to have your name on the registry.

There was discussion about a grant for those who wanted to take the Level 1 and 2 classes.

The high school coaches who are coaching must get a letter from their AD and submit it to Ron Williams to be included in on the registry.

At all Youth track meets, there must be a safety officer present. Clubs may call their local police department and request that they make an appearance at their meets. It will not cost the team unless they want to pay for their own security.

I brought my grandson Cornell along to attend the Convention. He went to the Athletes workshop. He met several Olympic athletes and was very impress with them. He even took pictures with Noel Lyes and Trayvon Bromell. He would like to be an Olympian one day. He is talking about becoming a coach when he get older after he is done competing.

Well; that's my report.

Deborah Sample

Youth Chair PAUSATF

2022 Annual Meeting Report

Dave Shrock

By the numbers: 825 total attended our 2022 annual meeting in Orlando

Previous years: 915 for our hybrid for 2021; 927 participated in our 2020 virtual meeting, while 896 attended our last fully in-person meeting in Reno in 2019.

Mark your calendars: Our 2023 Annual Meeting will once again be held at the Hilton-Buena Vista, Orlando from Thursday, 30 November to Sunday, 3 December.

Annual Meeting Document Library: For informative on-demand presentations and meeting reports you are encouraged to reference the annual meeting document library. [Click here for link](#)

Coaches Report:

- Level 1 Schools have been moved solely online with a reduced cost of \$210.00 for 2023
- The traditional Pacific Association Level 1 School is scheduled online for 13-16 January
- The summer Level 2 site will be announced in the new year...it also contains a hybrid component
- Coaching Ed is looking forward to bringing back Level 3 certification
- Discussion on developing a Marathon specialty course
- Grants are available for all levels of coaching schools
- Additional information can be found at: <https://www.usatf.org/programs/coaches/coaching-education>

Associations Report:

- The Association Committee held its face-to-face Workshop once again on Thursday, 1 December
- The follow-up virtual workshop will be held on Sunday, 5 February, 2023
- The delegates passed the temporary amendments concerned with governance after two previously failed attempts. Much negotiation has taken place over the past year to preserve membership rights while conforming to USOPC mandates
- Currently the LnL Committee is working with the national office to rectify unauthorized governance manual edits that were made without going through the approval process
- 2023 is a LnL year so many edits to the current governance manual will be expected

2022 USATF National Annual Meeting

Hilton-Lake Buena Vista, Florida

December 1-December 4, 2022

[Cris Houston\(pa.youthXC@gmail.com\)](mailto:pa.youthXC@gmail.com)-Coaches Committee-High School/Youth:

The 2022 USATF Annual Meeting, including a complete voting delegation from all associations, marked a successful return to in-person meeting. The time footprint of the meeting has been reduced from previous years. This year's meeting was noticeably shorter and more rushed than in my previous experience. The rushed schedule caused conflicts in scheduling and overlaps in meetings forcing attendees to choose between sessions. Orlando is an EXPENSIVE destination. The \$900/funded delegate is insufficient to cover the expenses of those traveling to Orlando. Real expenses are closer to \$1200-1500/delegate with double occupancy.

The ongoing battle between the USATF Board of Directors and the voting membership was worked to a mutually acceptable/unacceptable compromise. Both sides remain significantly dissatisfied with the result which is a small indication of mutual compromise. Being that the democratic principles and organization of USATF were the attributes which originally enticed me to volunteer in support of the organization, I am highly concerned at the Board of Directors continued lack of respect for the democratic authority that is and should be bestowed upon the members of the organization it depends upon for its continued existence and success. I suspect the compromises will continue to reduce USATF's influence in Track and Field, LDR and RaceWalking.

The Coaches Committee meetings expressed the national push toward "exclusivity." There was a motion to remove the NFHS (High School) Track and Field Education program as an education qualification to the National Coaches Registry. The strength and success of national track and field and cross country meets like Nike, New Balance and others are a reflection of this trend. High school coaches can take their high school athletes to these meets without additional memberships, or training. In contrast, to participate in the Junior Olympic series, a coach would need to pay for USATF membership for themselves and their club as well as each participating athlete on top of completing a background check and SafeSport training.

Safety continues to be a primary concern. It has been asserted by USATF safety-and-security consultants that ALL meets should have some level of sworn-law-officer presence, regardless of size. At the association level, we need to look at supporting all our club's efforts for safety, and security and adding funding to support the contracting of appropriate security vendors.

One of the most concerning themes which was expressed during multiple meetings was the expectation from the national committee leaders that "leadership be started at the grassroots level". This is reflective of the absence of effective leadership at the national level in many committees. My suggestion that the grassroots efforts need to be given structure and supported by resources provided by the national committees fell on deaf ears.

Summary
Attendance at the USATF National Conference
Orlando, Florida November 30 – December 16, 2022
Dennis Boyle

In place of Phil Leake, I attended the USATF National Conference this year. Phil had asked me to sit in on two sessions specifically for the following purposes. One was to lobby for the addition of a new national award in the area of weights and measures and throws in the name of George Kleeman. The second was to register concerns about adopting rule 32 and 33 in John Blackburn's Rules Committee which would have concentrated the power for National Youth Meets in the hands of one person.

The Awards Committee chaired by Gordon Bocock entertained the idea of creation of additional awards but resisted the move to increase the number of awards. Mr. Bocock stated with some emotion, "Where will it end?" We, in attendance, got his message that he was not interested in expanding the number of awards at this time. So, George Kleeman is not in line, at this point, to be honored with a national award. The election of the Awards Chair brought on some competition with opponent Patty Mitchell and write-in opponent Betsy Reed challenging Mr. Bocock. Mr. Bocock won by double the number of votes in comparison to the combined votes cast for the two opponents.

I spoke with John Blackburn, Rules Committee Chair, outside the meeting at coffee in the morning. I presented Phil's concerns. Later, the rules were amended to clarify the authority and the levels of certification required for meets. See: <https://www.flipsnack.com/USATF/2022-proposed-rule-amendments/full-view.html>

A session on "Soft Skills in Managing Officials" was presented by Patty Mitchell. It focused on working with officials that present some interesting challenges for coordinators. For example, the topic of what can be expected of physically handicapped officials as well as officials who have some challenges in the area of mental retardation or undesirable behaviors, like Teret's Syndrome were discussed.

The session on Marshalling was well done and our own Rory Osborne did a great job sparking interest in the audience toward the Art of Marshalling a meet, nationally and locally.

I attended the Opening Session as well as the Closing Session. I provided a vote in favor of the amendments that would change the governance structure regarding representation and method of operation of the Executive Committee of the USATF. These amendments have taken years to create the language which would enable a "fairer" way in which to represent all factions involved in the USATF.

Lastly, I placed on the table outside the main General Session room, information available on our 5 x 7 informational card I had printed for the Regional Resource Coordinator Program. They were all gone by the end of the day and I received positive comments about what our Pacific Association is doing to communicate with its officials.

It was my pleasure to represent our Pacific Association at the Annual Meeting.

2022 USATF National Annual Meeting

December 1-December 4, 2022

Charlotte Sneed(pa.csneed@gmail.com)-- President:

Location: Hilton-Lake Buena Vista, Florida

2023 Annual Meeting Location: Hilton-Lake Buena Vista, Florida

Pacific Association Caucus:

Was held outside by the pool then relocated inside for comfort during the cool evening. There were no snacks or beverages provided as in years past, however there was money budgeted for the purpose. Light snacks and beverages would be a great addition to make our volunteers feel appreciated. Reports from delegates were that flights were expensive to Orlando. The resort fee in addition to the \$159/night hotel rate was a cause of concern.

Association Workshops:

- A key theme was communication and development of ideas on how to improve relationships between members.
- Grow-to-Impact Grants: information provided on GTI grants and other funding opportunities for associations. Associations must follow requirements to apply and follow up to be eligible for future grants.
- Attendees and presenters felt the time for the association meetings was limited and not enough to provide all the needed information. All did the best they could in the time provided.

A 7AM road race and racewalking competition opportunity was organized and provided for the meeting attendees on Friday morning. After traveling on a redeye Wednesday night/Thursday morning, I was happy to sleep yet sad I had to miss the race. Those that participated reported a good time.

I was educated on the names and purposes of some of the organizations at the meeting. I was under the false understanding that the **US Women's Track Coaches Association** was a group for women coaches, however its purpose is to develop coaches of all genders in their efforts to develop women athletes in the sport.

I also attended the Women's Commission meeting where there was a wonderful presentation on Title IX. Brooks Johnson was the featured guest. He shared stories in an old-fashioned manner of speaking. It was quite refreshing to hear real unedited speech. As a woman leader I thank all the men that have made it possible for women to be heard by all.

All information provided for the Annual meeting is located in the Document Library:

<https://www.usatf.org/events/2022/2022-usatf-annual-meeting/document-library> It is recommended attendees read up on what is written. As a member and delegate, having this knowledge before the meeting begins is helpful.



Perry Jenkins was voted in to remain Masters LDR Chair through 2024. There were no rule changes involving Masters LDR.
Tom Bernhard Report-Masters LDR.

2023 Grand Prix scoring from Dec 2022 through November 2023

National Championship Events

2022	12/10	USATF National Club Cross Country Championships	San Francisco, CA
2023	01/21	USATF Cross Country Championships	Richmond, VA
	02/25	USATF Masters 5 Km Championships Publix Atlanta Marathon	Atlanta, GA
	03/26-04/01	WMA Indoor Championships Cross Country, 10K OR Half Marathon	Torun, Poland
	04/02	USATF Masters 10 Mile Championships Sactown Ten	Sacramento, CA
	04/16	USATF Masters HM Championships Syracuse Half Marathon	Syracuse, NY subject to contract execution
	04/30	USATF Masters 10 Km Championships James Joyce Ramble	Dedham, MA
	05/06TBD	USATF Masters 1 Mile Championships Rochester Mile	Rochester, NY
	09/17	USATF Masters 12 km Championships By Hook Or By Crook	Highlands, NJ
	Fall-TBD	USATF Masters 5 km Cross Country Championships	Boca Raton, FL
Other 2023 Events of Interest:			
	02/18-19	WMA Cross Country Championships	Bathurst, Australia
	03/10-12	USATF Masters Indoor Championships	Louisville, KY
	07/20-23	USATF Masters Outdoor Championships	Greensboro, NC

12/09 USATF National Club XC Championships
2023 Masters Grand Prix Award Ceremony to be held in late afternoon/early evening at host hotel

TBD



Each Race a National Championship
 Most Competitive and Richest Masters LDR Circuit most com
 Over \$75,000 in Prize Money in 2022
 One World and at least Six American Records Lowered in '22
 Go the Distance with the Best!LDR Circuit
 Learn more at: <http://www.usatfmasters.org/grand-prix/>



USATF National Conference 2022 Women's LDR Report out

Women's LDR General Session.

Danielle Domenichelli won the Marja Bakker Contributor of the Year award. Congratulations Danielle!!!

International competitions can be found on USATF website, including applications to compete. Olympics Paris 2024, Los Angeles 2028. (7/14-7/30).

Race Walking: Don Lawrence gave an update on race walking. There is a big push to more interest in race walking, including competitors, coaches and officials. To help promote race walking the USATF RW has developed a coaches registry. April 29 there will be an Olympic development event. USATF RW schedule will have clinics at each event to promote RW. There is also a template available through USATF RW to promote RW in High School.

Officials update: Always need more officials. Average age of National level officials is 65.

Note for Men/Women combined LDR:

Olympic Trials description:

Orlando OT. Feb 3rd, 2024

Course is fluid right now. Only have a year to prepare. Have over 1000 people have signed up for citizens race.

Mayor of Orlando, NBC affiliate, airport etc have pledged support of the event.

Orlando Sports Commission.

Will house athletes in Downtown Orlando. About 1 mile from start/finish area. Meal plans included for athletes.

Transportation shuttles from airport to Hotel to site.

Universal studios will host athletes reception.

Event is Downtown Orlando- not Disney...

Send questions to Miscott.usatf@gmail.com for OT trials.

Open committees (Men and Women) are rethinking their road racing agenda. Intent to put more money in more athlete's hands.

David Katz:

Paris Marathon course goes throughout the city.

50 % world ranking

50% hit the standard

80 women, 80 men 2:09 for men, 2:27 for women. B standard is 2:11:30 and 2:29:30.

There have been too many incidents around the world that the athletes didn't follow the course. For open championships, ensure person who measured the course is on site to ensure course is set up the way it was measured. Want to push this protocol at all of our championships.

WAA now must sanction and certify courses for World Championships.

WAA Willy Banks. Rome, Italy had the WAS meeting.

Talked about road running.

Russians are on course to be complete all tasks asked by the WAA in order to be reinstated

World 5 k championships will be yearly.

World XC championships in 2026, Tallahassee, FL.

Vin Lanana:

Importance of 2028 LA

Be on the offense. "Stop talking and start doing. Know the roadmap.

What can Vin do to advocate for each group.