

From: Ajay Padgaonkar

To: Irene Herman

Subject: 2023 USATF Annual Meeting Report

- I attended the opening and closing sessions, most of the Official's committee and Race walk committee meetings (to the extent they did not conflict) and the general session of para-athletics. Below are my observations. Further details can be found in the annual meeting document library: <https://www.usatf.org/events/2023/2023-usatf-annual-meeting/document-library>
- **Rules:** This is neither a rules year nor a year for the official's ex-com elections. Of the 75 rules changes proposed, 60 were approved as submitted or with slight changes; most of these were for aligning to the World Athletics rules. There is a move to potentially adopt the WA rule book with an exception supplement for USATF.
- **Certification:** Nationwide, the official count as of Oct 13, 2023 is 4616 officials. Pacific Association has the most at 252, followed by Oregon at 216. Southwestern, once #2, has fallen back to 182. Nationwide the distribution across the levels is - Apprentice: 29%, Association 24%, National 21%, Master 23% vs Pacific at 44%, 19%, 15% and 21% resp. We have more apprentice officials due to the growth in our new officials. While we did not get an award, Pacific Association was highlighted for being the 1st in official count growth. Thanks to the hard work of many, particularly our Training chair Bill Bartel!
- **Recertification/Rules reviews:** All officials will need to recertify for the next Olympiad by March 2025. This time recertification work will mostly be rules reviews and providing current experience resume. The rules reviews will be like the last time – a basic review for everyone, an advanced review for national/master level and specific reviews for referees, implement inspection, race walk etc. Questions for the para (re)certification will now be based only on the 2023 rule book instead of a separate PDF.
- **Selections to the indoor, indoor combined events, U20 and senior outdoor championships** are posted on NOC at: <https://noc.mach2k.net/#acceptedlists>
From Pacific the following officials were selected:
 - 2 for Indoor national championships at Albuquerque Feb16-18: Bill Bartel & Robert Benoy
 - 7 for U20 location & dates TBD: Bill Bartel, Teddy Hayes, JR Heberle, Don Mosbacher, Ajay Padgaonkar, Charles Murphy, Rory Osborne)
 - 4 for Olympic Trials at Eugene June 21-30: Bill Bartel, JR Heberle, Rory Osborne and Ajay Padgaonkar.None of the 14 applicants were selected for the Indoor combined events. For Race walk, the selections are posted separately in a file, named 2024 RW official assignments, under the Race walk section of the document library. The only selected official from the Pacific Association is me, for the U20.
- **Award Banquet:** Shirley Connors was inducted into the official's Hall of Fame. Pacific Association also had 3 officials – Al Hernandez, Bill Bartel and Dennis Boyle in the semifinalist list for various awards but none of them made it to the finalist list. They will all stay on the nominees list for another year at least.
- **Race walk:** Four officials took the WA Silver Level Race Walk Referee exam and passed: Susan Heiser (SC), Faith Hogan (CA), Ajay Padgaonkar (CA) and Alexander Price (LI/MI). We now have 1 World Athletics Gold and 8 World Athletics Silver, meaning we now have 9 judges able to work international qualifying events/performances. Race walk events for 2024, Standards for team and individual selections to the various championships are posted on the document library. Some early key meets include the 20K/10K/5K and mixed marathon relay at Santee on Jan21, USATF indoor championships in Albuquerque on Feb 16-17, NAIA indoor championships in Brookings SD on Feb 29 and an expected 1Mile race at the Milrose games in NY city on Feb 11
- **Para:** Updated 2024 calendar will be published on the ATFUSA website soon at: <https://www.atfusa.org/Calendar/Calendar.htm>
- Two key para events needing officials are:
 - Move united national championships - July 13-15 Hoover, AL – Application Deadline imminent Dec 15
 - Paralympic trials – July 18-21 potentially Chula Vista but may change

Regards,

Ajay Padgaonkar

2023 USATF Annual Meeting Report

Cris Houston–ASVC, Coaches Committee-HS/Youth

pa.youthXC@gmail.com

The 2023 USATF Annual Meeting, held at the Hilton Lake Buena Vista in Orlando, Florida, was uneventful in comparison to the previous several years. The contentious infighting, which has been the overwhelming theme of annual meetings for the past several years, was non-existent. The meeting schedule, condensed into three days, seemed rushed and poorly laid out. The final solution to the bylaws revision which has been through several iterations was successfully acclaimed by unanimous vote during the closing session. The lack of contention over bylaw revisions provided a better platform for discussion and the trading of ideas.

This was my third (in-person) annual meeting. Each meeting I feel less and less return on the considerable investment of time and money to attend this event. I found many of the meetings I attended were covering material which could(should?) be covered via email, phone calls or Zoom meetings. There is considerable value in in-person meeting, however, the value is diminished when the in-person time is used without prudence. Particularly the “business meetings” of committees seemed highly redundant. Informational sessions, particularly those including guest speakers, seem to be the most informative and beneficial sessions. Unfortunately, these sessions seem to have become more sparse as the meeting schedule has been pared down.

Here are the NEW highlights of the meetings attended:

- Coaches Committee:
 - First Aid/CPR requirement to be added for inclusion on the USATF Coaches Registry in 2024
 - Continuing education requirement will be added for Level2 Coaches to remain certified
 - Level 1 Changes:
 - Level1 to be changed to a 3-module program
 - Module 1 Coaching Essentials
 - 3-hours
 - Self-paced
 - Module 2 Intro to Sports Science
 - 7–hours
 - Self-paced
 - Module 3 Intro to Event Specific
 - 14-hours

- Online or in-person
 - In-person Option to return in 2024
 - Total cost aprox. \$210
 - Level 2- Combined Events to return in 2024
- SafeSport:
 - Report all incidents
 - Incidents where USATF does not have jurisdiction should still be reported to safesport@usatf.org. A list is collected
 - Background checks(NCSI) are not continuous. Checked at start and not checked again until renewal or upon inquiry
 - Misdemeanors DO NOT disqualify
 - Dropped charges do not disqualify
 - SafeSport representative acknowledges a person who was charged but case was later dropped would pass background check
 - Fingerprint based monitoring recommended again.
 - Focus on event signage and “promotion” of SS values and guidelines
 - SS Kit
 - Online toolkit
 - Event signage

USATF Annual Meeting 2023
Lake Buena Vista
Orlando, Florida

Charlotte Sneed

Masters Committee Chair
Coaches Committee Chair
pa.csneed@gmail.com

The 2024 Annual Meeting will be at Lake Buena Vista, Orlando Florida. West coast locations are encouraged for 2025 and later meetings. The Pacific Association has been encouraged to develop a location for future meetings.

Master Committee: Reno/Tahoe placed a bid for 2025 Indoor meet. The bid was lost to Indianapolis by two votes. We on the west coast would like to provide an opportunity for those athletes here on the west coast to have the same opportunities and advantages as they do on the east coast with indoor track access and high quality indoor meets.

Questions as to the validity of the Indianapolis bid. Bid may not have been timely and was incomplete compared to Reno's submission.

Discussions were had about the needs of the masters committee for the outdoor track and field championship meet at American River College July 18-21.

We are looking for officials to help us put on this great event with the Masters.

Coaches Committee:

Coach education is coming out with a new way to achieve our level of certifications. Level one will be three steps.

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Two online, self-paced modules. Third module on Zoom or in person.

Price for Level 1 expected to remain constant for 2024, but split for the new format.

In-Person option to return in 2024

Youth Chair, Eric Stuart

ERIC STUART

From:coachericstuart@gmail.com

To:Irene Herman,Irene Herman

Sat, Dec 30, 2023 at 9:39 AM

As I reflect back to my first USATF Annual Meeting to be informative, truthful and inspirational. As the new Youth Chair I feel the information provided by our Youth Leader (Jacci White) was important in ensuring that our youth committee can be successful over the next two years. I learned about protocols and the chains of command. I didn't do much talking or questioning but I listened to others questions/concerns and realized that most of their questions/concerns are the same ones that everyone has nationally. My system did feel overloaded at times because of the time spent in the meetings.

I feel that Jacci was truthful and honest in her answers as well as others who were speakers during the meetings. There wasn't a "Know it All" feeling that I got from anyone. I feel that the presenters spoke about things they were sure of and delegated others to speak when they were unsure of the answer to a question/concern. Before and after meetings I was able to talk to other Youth Chairs (past and present) about my role and our right's within this position.

Being able to meet our Olympic athletes was like a dream come true for me. To hear their life stories and to watch the videos during the banquet was one of the most inspiring moments for me. It inspired me to be the best youth chair that I can be for our Youth athletes to have the greatest track & field experience possible. For me, it "Starts at the Top" and I feel like with the youth we have what it takes to make our association the best youth association in the Country. Also the SafeSport meeting with Mr. Sandowski (Penn State) was emotional, courageous and heartfelt. He taught all of us a lot about what "Grooming looks like" and to be aware of our surroundings.

Notes:

- More advertising for our Association
- Board of Directors Association Grant (money is available)
- Grow to Impact Grant (money is available)
- Waivers (must complete waivers)

- All Rules for youth start at Rule 300
 - Apply as coaches and managers for USA TEAM
 - Coaches Advisory has grants available
 - There a Level 1 and Level 3 grants available but not for Level 2
 - The protocol Youth Chair-Regional Coordinator- Zone Rep- National Office
- Go Greyhounds

USATF Annual Meeting

30 November - 3 December 2023

Men's LDR Report

Andy Crawford

LDR

- Amy Begley is the USATF Directors of LDR; Ryan Cash works closely with her. Any questions/comments/needs reach out to them directly.
- American M/W road milers are uniquely and well prepared, especially compared to others, due to plethora of opportunity of road miles in the US.
- Working to publish selection criteria for 2025 World Championships Marathon by end of 2023.
- 2025 World Road Running Championships in San Diego (Sept); Mile, 5k, Half Marathon.
- Topic of Discussion: Uniformity and conformity of bib size to World Athletics specifications:
 - Bibs can get too large for women's tops at many large road races
 - large bibs cover sponsors on uniforms
- Officially Road Mile is rounded to nearest second according to USATF Rules; discussion underway to change Rule to be to the nearest tenth of a second. Most likely will pass.
- Do we maintain USATF Rule Book, or do away with it and adopt World Athletics Rules?
 - Analyzation underway to see what are the differences between USATF and WA for LDR
- Task Force created to work on evaluating the USARC circuit. Want to have best team ever for LA2028. Any suggestions welcome. Amy Begley (503-686-1590) heading it up, Garrett Heath, Jared Ward, Kim Conley, Keira Diamota athletes on it.
- 4 Rules: bib sizes normalize to WA (but what to do if non-compliance?), Road 1 mile record eligible for open (not only masters), Road 1 mile measured to tenths of a second (instead of whole second), looking at moving to using WA Rule book and replacing/getting rid of USATF.
- MUT: Funding for athletes at events; task force to get more youth involved; looking at co-ed relay races incorporated into MUT championships
- Masters LDR: Balancing geography for championship events
- Idea to replace Championship "Liaisons" with "Technical Delegates"
- Creation of Marathon Development Committee within LDR (2 men's, 2 women's, Coaches Ed, Coaches Advisory, Sports Sci.)

Marathon Olympic Trails 2024:

- Around 300-350 registered athletes for the Marathon Olympic Trials
- Course preview/glorified pace run for Marathon Olympic Trials this Sunday. There will be interviews, etc. after, so anyone who is running Marathon OTs can access that information.
- Course designed to avoid red brick roads (significant amounts in Orlando), active railroad line, and major hospital.
- 10min time gap between start of Men's and Women's; hypothesized that top women will catch back of the pack men around 23-24mi.
- EAP: Includes WBGT (Wet Bulb Globe Temperature) max of 82.1. Info on EAP and "how to's" for heat acclimation on website and being sent to all athletes.

XC

- 2026 Tallahassee hosting World XC Champs
- 2024 Club XC Champs - Chambers Bay, Tacoma (Seattle)
- 2024 USA XC Champs in Richmond again: citizens race will be separate this year

2023 Masters LDR Award Winners

Divisional Road Runners of the Year

| | Women | Men |
|-------|--------------------------|-----------------------|
| 40-44 | Sara Hall | Fernando Cabada |
| 45-45 | Roberta Groner | Josh Muxen |
| 50-54 | Perry Shoemaker | Jamie Heilpern |
| 55-59 | Jenny Hitchings | Brian Crowley |
| 60-64 | Jenny Hitchings | Nat Larson |
| 65-69 | Christine Kennedy | Jacob Nur |
| 70-74 | Kathryn Martin | Gene Dykes |
| 75-79 | Jeannie Rice | Gene Dykes |
| 80-84 | Kathy Peterson | Doug Goodhue |
| 85-89 | Joyce Hodges-Hite | Bill Riley |
| 90-94 | Dot Sowerby | Robert Rodez |
| 95-99 | Betty Lindberg | None |

Paul Spangler Award Winners: Betty Lindberg (95-99); Robert Rodez (90-94)

USATF Masters LDR Athlete of the Year - **Jenny Hitchings**

Overall Male/Female Road Runners of the Year: Female - **Jenny Hitchings**; Male – Nat Larson

Masters Hall of Fame: LDR Actives - Lisa Veneziano & **Tom Bernhard**
Contributor: Alan Jones

Otto Essig Award: Pat Leone (Leone Timing)

2024 MASTERS NATIONAL GRAND PRIX
DECEMBER 2023 - NOVEMBER 2024



NATIONAL CHAMPIONSHIP EVENTS

| | | | |
|-------------|-------|--|--------------------|
| 2023 | 12/09 | USATF National Club Cross Country Championships | Tallahassee, FL |
| 2024 | 01/20 | USATF Cross Country Championships | Richmond, VA |
| | 02/24 | USATF Masters 5 KM Championships <i>Publix Atlanta Marathon</i> | Atlanta, GA |
| | 04/28 | USATF Masters 10 KM Championships <i>James Joyce Ramble</i> | Dedham, MA |
| | 05/19 | USATF Masters 1 Mile Championships | Danville, CA |
| 08/13-08/25 | | WMA Outdoor Championships* | Gothenburg, Sweden |
| | 08/24 | USATF Masters 10 Mile Championships | Flint, MI |
| | 09/15 | USATF Masters 12 KM Championships <i>By Hook Or By Crook</i> | Highlands, NJ |
| | 10/05 | USATF Masters Half Marathon | TBD |
| | 11/09 | USATF Masters 5 KM Cross Country Championships | Boulder, CO |

OTHER 2024 EVENTS OF INTEREST:

| | | |
|-------------|--|----------------|
| 03/21-03/24 | USATF Masters Indoor Championships | Chicago, IL |
| 07/17-07/21 | USATF Masters Outdoor Championships | Sacramento, CA |

| | | |
|-------|--|-----|
| 12/07 | USATF National Club Cross Country Championships | TBD |
| | <small>2024 Masters Grand Prix Award Ceremony to be held in late afternoon/early evening at host hotel</small> | |

*Non-Stadia Events (Cross Country, Road Race Walks & Half Marathon)

USATF Confernece 2023
Women's LDR Report:
Angie Longworth

Amy Begley's is now the Athlete representative for LDR to the Board of Directors of USATF. Her phone number is 503-686-1590.

Women's Referee for Olympic Trials is: Irene Herman!!!!

There continues to be a call for more women officials, especially for the National events. And starters.

David Katz- competition commission.

Phone 516-589-3482

Contact David if you are interested in getting certified to measure courses.

He notes, that athletes need to now earn points. In order to earn points the course must be WAA certified and be on thier calendar at lest 60 days in advance.

The US has 50 WAA certified courses. Are looking to get more certified in California.

Must be able to ride a bike.

Andy Carr- Records, there were 168 records this year, 18 women's LDR records. MUT had 7.

2025 World Championships - including Master's events will be held in San Diego. End of September 2025. They are planning on making it a huge event. 1 mi, 5k, half marathon. This will be the inaugural event, then it will be held annually. Contact Tracy sun land if you have ideas on how to make it a huge event.

USATF Annual Meeting Report

I arrived at the Hilton Lake Buena Vista on Wednesday, November 29, checked in, and promptly headed to the Associations General Meeting. A couple of key items that I came away with were the new Smart Reports system that is currently in Beta testing which allows Associations to track more easily those who are 3-way compliant as well as other reports; and there is a plan being worked on to make the process of transferring between Associations a little more straight forward.

Over the course of the next four days I primarily attended sessions which have an impact on officials. These sessions included L & L, NOC Rules, USATF Rules, Officials Executive Committee general meetings, and Officials Training (Stay in Your Lane, Leadership, Communication, and Referee Scenarios.)

Takeaways.

Much is happening at the National and Association levels regarding the recruitment and retention of officials. Vin Lananna announced that he wants to create a Focus Group on this issue. Len Krsak will chair this group. The NOC is also looking for ideas and volunteers for a committee on this issue. Whether or not the two groups merge into one remains to be seen. I forwarded the NOC a copy of the brochure regarding officials recruitment that the Pacific Association is close to adopting. I also forwarded Don Collins's bio to Mike Armstrong for inclusion on one of the committees.

The uniform subcommittee is looking at changing the uniform to black pants & light blue shirt. This appears to be very controversial. We'll see where it goes.

New Rules Reviews for the next Olympiad will soon be in Beta testing. Part of this process will include video questions.

Mark Kostek held a review of NCAA rule changes that occurred last year. There are no rule changes for next year.

This was not a rules year for USATF, however, there were a number of changes which brings USATF into compliance with WA. Those rules of note include no standards change after being called up; clarifies Horizontals fouls, i.e. shoelaces; what can be touched on the first rotation in the throws; 700mg javelin change; and no more picking.

Communication session was particularly useful in terms of providing ideas for communicating with members. More communication is better than less communication. Use MailChimp or Constant Contact for tracking purposes.

USATF Indoor dates were announced. Officials for major championships were announced.

The Awards Banquet was a lovely evening. Congratulations to Shirley Connors.

Obviously much more happened, however, I would like to take this opportunity to say that the Annual Meeting is an excellent event to attend. There is much to learn and new people to meet. To that end I'd like to see if it would be possible for the officials committee to provide some type of stipend or grant to a couple of officials who would like to take advantage of the opportunities provided at the Annual Meeting. I think it would be worth it.

Al Hernandez, Open Track & Field

REPORT
USA TRACK AND FIELD
2023 ANNUAL MEETING – NOVEMBER 29-DECEMBER 1
ORLANDO, FLORIDA

MEN'S TRACK AND FIELD EXECUTIVE COMMITTEE – November 30

The meeting was called to order by Chair Andrew Valmon, who spoke about what an outstanding year it has been for men's track and field. Noah Lyles went undefeated in the 200m and earned 3 gold medals at the World Championships in Budapest. The USATF team won the World Team Championship trophy. They also did well at the Pan Am Championships, winning 25 total medals, 8 of which were gold.

USA MEN'S GENERAL SESSIONS – December 1

The general session was called to order by Andrew Valmon. The Committees presented their annual reports for the year. Willie Banks reported on world athletics, noting that the USA is doing very well, as shown by the number of medals they won this year.

Mike Armstrong spoke about officials. He informed us that the average age for a beginning official is 40, and it takes approximately 10 years to reach the highest level. The average age for all officials is now 60 – down from an average of 65 in the past.

He also reported that there is a proposal being considered to have one rule book. We would use and follow the World Athletics Rule Book, with some differences that affect the USA only.

Al Hernandez
PAUSATF Delegate
Men's Open Track and Field

Paralympic Committee

USATF Convention Lee Webb

A great 4 days of information, fun, meeting new people and sharing ideas and experiences. I attended a session from start to finish. Of all the days of the convention. I attended mostly youth sessions, a official's session, Para Olympics session and the Opening and Closing Ceremonies.

Day 1

Officials Session-My first session of the convention. I attended 1 hour before I went to Youth Session. Most talk was on new rules changes. And the vision to combined rule books so ALL levels of competitions level the rules would be the same, It was a very well attended session standing room only!

Youth Athletics 1-I finished the rest of the day in 2 Athletics sessions. In session 1 the group talked about what topics needed to be discussed or were important to the group. I suggest 2 topics. I wanted Para Olympians and Combined Events to be put on the agenda. These topics were never discussed. Grassroots development of the sport was discussed for most of the session. How can we grow our sport. What can we do in our area? What resources do we need?

Youth Athletics 2-A large part of the session was spent on Rules changes, rule suggestions. It was a talked a lot about the start of races with a new device which needs no shells. More cost effective and just as efficient as a starting gun. A speaker presented information on the Grow To Impact Grant which is available in all Associations. More information was wanted about grants available for clubs. Progress is possible if we all use Radical Imaginations **Opening Session was Great.**

Day 2

Youth Athletics 1- A variety of topics today. Every day no real agenda just come and continual information is given out and discussed. The first topic was waivers for Cross Country and Track and Field. Some athletes were given waivers when they should not have earned a waiver. Keep better track of waivers! Patti from Pacific Northwest talked about the Grow to Impact Grant. She gave a very comprehensive and informative presentation on the grant. Shared her phone number and email. Some possible new rules were discussed as well as the new National Records were discussed. One of those records was from our Association in Pole Vault. It was from the Mission Valley Track and Field Club-Jathiya Muhammad. Weighing in Pole Vaulter was discussed. It was decided a waiver with coaches' verification would be used.

Youth Athletics 2 SafeSport This session was emphasized since the start of the Youth Meetings. An incredible presentation of why SafeSport is crucial to have in place and utilized for the safety of the children and everyone involved in the sport. Mr Sundusky gave a very emotional and detailed how he others were groomed and used by adults. He shared the everlasting effects of this horrifying experience. I left early to attend Para Athletics Session.

Para Athletics-I was disappointed in the Para Session. Most of the information was geared towards older athletes and not youth, I did get some valuable contacts and resources so I can become more knowledgeable in our associations quest to have Para Athletes included in our meets.

Athletes have no limits.

Officials Hall of Fame!!!! Shirley Connors

Day 3

Youth Athletics 1-A variety of topics. Ron Williams talked about the Coaches Advisory. Coaches will be required to have CPR, First Aid and Concussion. Some Coaches Awards were given out. More info was given on grants and where to find grants applications. More SafeSport. Anyone 18 and up will need SafeSport. The great Willie Banks made an appearance and talked briefly about World Athletics. Not sure if anyone knew who he was. He was not properly introduced.

Combined Events-Kevin Reid. This session was designed more for college and above athletes. No real discussion on youth development for combined events. I saw many friends and coaches I knew in this session. Need more development for younger ages!

Youth Athletics 2-More talk on SafeSport. Many do not think volunteers at meets need SafeSport. Many do not or want to comply to SafeSport. I had 20 coaches/parents complaint last year so saying we can not get people to be SafeSport compliant is just not making efforts. Our Association at youth level needs to be much better. USATF SafeSport Booklet was handed out.

Youth Athletics 3-Last session for youth. Wrap up session. Discussed Sanctioned Meets, More Clarification on waivers. More work to do. Gave out information about where and how to get into USATF library. Went over pages of the Youth Programs Training and Development Manual. Everyone received a copy. All youth coaches should have access to these resources. A program called SEED was introduced. Website Healthepanned.com for elementary and middle schools. Times or standards to complete racewalk events were discussed. No real conclusion. Fees for the year have gone up. Hotel for meet prices are increasing at significant amounts. Not many bids for hosting meets, **No info on Para Athletics and Combined Events-Disappointing after leader said she would put it on the agenda.**

Day 4

Closing Session

A believe funding for more youth board members to go to the convention would be very beneficial and the whole association would reap the rewards. Most coaches have limited knowledge in the inner workings of the sport which creates unnecessary situations and stress among each other.

Thanks for the opportunity,

Lee Webb

Mission Valley Track and Field Club

Combine Events Chair 1990-Current

James Logan Cross Country and Track and Field

2015 World Youth Team Consultant

2013 World Youth Team Head Coach

2011 World Youth Team Jumps Coach

2005 NACAC Team Manager