

USA TRACK & FIELD NEWS



Entries Close January 29 for the WMA Indoor Championships in Torun, Poland in Torun, Poland

Registration for the [2019 WMA Indoor Championships in Torun, Poland](#) will close at midnight on January 29. The meet will take place March 24-30 in the Polish city that was the birthplace of renowned astronomer Copernicus. The deadline is January 29, 2019. To register for the meet, which includes track & field events, race walks, and long distance running events (including a half marathon), [click here](#).

Registration Closes February 1 for 2019 USATF Indoor Masters Championships in Winston-Salem, NC

Registration is now open for the 2019 USATF Masters Indoor Championships at the JDL Fast Track facility in Winston-Salem, NC, site of the 2014 championships. Full information and links to the registration page are all available on the [meet website](#). The "on-time" registration deadline is February 1, 2019.

Team USATF Masters World #1 Program for WMA Indoor Championships in Torun, Poland

USATF Masters athletes whose performances are ranked in the top six in the world in events being contested at the WMA Indoor Championships in Torun, Poland are eligible for financial support as part of a new program designed to increase the Team USATF Masters international participation. For more information about this exciting new program, including the list of eligible athletes, [click here](#). Applications for the program close on February 3, 2019.

Team USATF Information for WMA Indoor Championships

Once again in Torun, there will be a block of rooms for members of Team USATF at one of the meet hotels. Our room block is at the Copernicus Hotel, a four-star hotel in the center of Torun. The Team USATF rate, which varies by type of room and length of stay, includes free internet access and breakfast, is quoted in Polish zlotys (current exchange rate approximately \$1=3.79zł). For more information, [click here](#).

Note: Torun is a two- and half-hour train ride from Warsaw (cost is about \$30 roundtrip). Torun local organizing committee is arranging buses from the airport to the hotels in Torun. The cost will be 50 euros round trip.

Click [here](#) for the full Team USATF information sheet for Torun.

Non-Stadia WMA Events

In addition to the usual track events at WMA Indoor Championships, there will also be a cross country event and two road races, one 10K in length and the other a half marathon. These are referred to as "Non-Stadia Events." The cross country event is held on Monday, March 25, the 10K on Wednesday the 27th, and the half marathon on Saturday the 30th. This is an excellent opportunity to represent Team USATF on the world stage and compete for a gold medal with top masters competitors from other countries.

Competition details are available [here](#) and information about non-stadia events can be found [here](#).

Important Contact Information

Stadia Events Team Manager: **Philip Greenwald** greenwald@att.net (917)349-8432

Masters Exhibition at Indoor Nationals to Feature 60m Races for M60-69 and W60-69

The Masters exhibition events at the 2019 Toyota USATF Indoor Championships at the Ocean Breeze Complex on Staten Island in New York City will be 60m dashes for M60-69 and W60-69. Qualifying standards are 8.40 for Men 60+ and 11.30 for Women 60+. The races will be held on Sunday, February 24, one week before the Masters Indoor Championships in North Carolina. Click [here to enter](#) and [here for status of entries](#). For further information about the Masters Exhibition Events program [click here](#), or contact the Masters Exhibition Events Subcommittee Chair Linda Carty at lcarty@fiu.edu.

2019 Masters Grand Prix Schedule

2018			
Dec	8	Masters Club Cross Country Championships	Spokane, WA
2019			
Feb	2	USATF Cross Country National Championships	Tallahassee, FL
Mar	16	USATF Masters 8 km Championships <i>Shamrock Marathon/Towne Bank 8K</i>	Virginia Beach, VA
Apr	28	USATF Masters 10 km Championships <i>James Joyce Ramble</i>	Dedham, MA
Aug	17	USATF Masters 5 km Championships Atlanta's Finest 5K	Atlanta, GA
Aug	23	USATF Masters 1 Mile Championships <i>HAP Crim Festival of Races</i>	Flint, MI
Oct	12	USATF Masters 5 km Cross Country Championships	San Diego, CA
Oct	26	USATF Masters 15K Championships <i>Tulsa Federal Credit Union Run</i>	Tulsa, OK

Other Events of Interest to Masters LDR

Mar 1-3	USATF Masters Indoor Championships	Winston-Salem, NC
Mar 2	Olympic Marathon Trials Test-8.2 mile <i>Road to Gold</i>	Atlanta, GA
Mar 24-30	WMA Indoor Championships	Torun, Poland
Jul 11-14	USATF Masters Outdoor Championships	Ames, IA
Jul 18-21	NCCWMA Outdoor Championships	Toronto, Canada
Dec 14	USATF National Club Cross Country Championships	Bethlehem, PA

The Masters LDR Committee welcomes **championship bids** at all distances for 2020 and beyond. The Committee is especially interested in 5K, 8K, Half Marathon, and Marathon bids for 2020. Please contact Mary Rosado, Chair at mvrosadoesq@prodigy.net.

2018 USATF National Club Cross Country Championship Results

Masters Athletes competed at the 2018 USATF National Club Cross Country Championships at the Planters Ferry Sports Complex in Spokane, WA on Saturday, December 8. Race Winners: Women **Kate Landau**, Men 40-59 **Jorge Maravilla**, Men 60+ **Joe Sheeran**. Age-Grading Champions-Women **Carmen Ayala-Troncoso**, Men 40-59 **Nat Larson**, Men 60+ **Joe Sheeran**. Team Champions: Women 40+ *Janes Elite Racing*, 50+ *The Janes Elite Racing*, 60+ *Team Red Lizard*, 70+ *Atlanta Track Club*, Men 40+ *Bowerman Track Club*, 50+ *Greater Springfield Harriers*, 60+ *Club Northwest*, 70+ *Ann Arbor Track Club*, 80+ *San*

Diego Striders. Individual Champions: Women 40-44 **Kate Landau**, 45-49 **Grace Padilla**, 50-54 **Kirsten Leetch**, 55-59 **Patricia Bellan**, 60-64 **Jennifer Teppo**, 65-69 **Jeanette Groesz**, 70-74 **Carolyn Mather**, 75-79 **Catherine Radle**; Men 40-44 **Jorge Maravilla**, 45-49 **John Howell**, 50-54 **Peter Hammer**, 55-59 **Nat Larson**, 60-64 **Joe Sheeran**, 65-69 **Doug Winn**, 70-74 **Terry McCluskey**, 75-79 **Doug Goodhue**, 80-84 **Richard Williams**.

2018-2019 USATF Masters Race Walk Grand Prix Series

The USATF Masters Grand Prix Series goes from November 1, 2018 through October 31, 2019. Monetary awards will be presented to the top three women and top three men racewalkers. The top three teams will also be recognized. The following national races are included in the series.

2018			
Dec	29	5000m Indoor	Rochester NY
2019			
Jan	26	50K Racewalk	Santee, CA
Mar	10	20K Racewalk	TBA
Mar	1-3	1500/3000m Racewalk	Winston Salem, NC
May	12	15K Racewalk	TBA
June		5K Racewalk	TBA
July	11-14	5000m/10K Racewalk	Ames, IA
Sep	8	40K Racewalk	TBA
Oct	20	30K Racewalk	TBA
TBA		1- Hour Racewalk	TBA

The information will be updated after the Masters Racewalk Site Selection Committee Meeting Annual Meeting in Columbus.

Information on any other regional or local racewalks will be added to the Masters Racewalk website as it becomes available. Please send information to Jo Burrows (jnburrows11@gmail.com) or Dave Talcott (dwtalcott@gmail.com)

To score in the USATF Masters Racewalk Grand Prix, athletes must be 35 or older. Points will be awarded to the top ten based on the current age grading tables for men and women (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of two points will be awarded to any individual who breaks the American record for his/her 5-year age group at the race distance and five points if a world age group record is broken.

Questions regarding the USATF Masters Racewalk Grand Prix should be directed to Dave Talcott at dwtalcott@gmail.com.

Championship Team Eligibility Rules Ad Hoc Committee

Bill Quinlisk is Chairing an Ad Hoc Committee to examine current championship team eligibility rules and residency guidelines. The Committee is charged to make recommendations to the Masters LDR Executive Committee by June 1, 2020. An additional 3 to 5 members are being sought. The Committee will meet by conference call. **If interested in serving, please contact Bill Quinlisk no later than January 31, 2019** at: crosscountry@usatf.org.

Masters LDR Phidippides Award

Please submit your application for a 2018 Phidippides Award once you have completed your races, tallied

up your points, and organized your information. The deadline for submitting 2018 applications is January 31. Remember that racers of all abilities can earn the Award; it is simply a question of completing enough races each year. Details can be found [here](#). If you are ready to go, the online application can be found [here](#). Questions can be addressed to: Phidippides@usatf.org

Upcoming Events

USATF Cross Country Championships

Club Cross Country was the first event on the 2018-2019 Masters Grand Prix circuit. The theme continues; the second event is the **USATF Cross Country Championships at Apalachee Regional Park in Tallahassee, FL on February 2, 2019**. Masters entry form can be found [here](#) and athlete information may be accessed [here](#). Online entries close at 11:59 PM PST (Pacific Standard Time) on January 29, 2019.

USATF Masters 8 km Championships

The first road race of the 2019 Masters Grand Prix circuit is the **USATF Masters 8 km Championships at Virginia Beach on March 16**, hosted by the Shamrock Marathon's Towne Bank 8K. Please plan accordingly. This is a very flat, fast course with hotels conveniently situated for runners to easily access the race and the awards ceremony.

Entry Information is at: <http://www.usatf.org/Events---Calendar/2019/USATF-Masters-8-km-Championships/Entry-Info.aspx>

Entry Form is here: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=115519>

Plan Ahead

Mark your calendars for the following future events:

[2019 National Masters Indoor Combined Events Championships](#)

Carthage College

Kenosha, Wisconsin

January 26-27, 2019

[USATF Mid America Region Masters Indoor Track & Field Championships](#)

University of Colorado, Colorado Springs

Colorado Springs, Colorado

February 10, 2019

[USATF Southwest Region Masters Indoor Track & Field Championships](#)

University of Houston

Houston, Texas

February 10, 2019

[USATF Midwest Region Masters Indoor Track & Field Championships](#)

Indiana University - Purdue University, Fort Wayne

Fort Wayne, Indiana

February 16, 2019

[2019 USATF Masters Indoor Track & Field Championships](#)

JDL Fast Track

Winston-Salem, North Carolina

March 1-3, 2019

[2019 WMA Indoor Championships](#)

Torun, Poland

March 24-30, 2019

2019 USATF East/Southeast Super Regional Masters Outdoor Championships

Howard Community College

Columbia, Maryland

June 1-2, 2019

[2019 National Masters Outdoor Combined Events Championships](#)

Carroll College

Waukesha, Wisconsin

June 8-9, 2019

2019 USATF Masters Outdoor Track & Field Championships

Iowa State University

Ames, Iowa

July 11-14, 2019

[2019 NCCWMA Championships](#)

Toronto, Ontario, Canada

July 18-21, 2019

2019 National Masters Throws Championships

Benedictine University

Lisle, Illinois

August 3-4, 2019

2020 USATF Masters Indoor Track & Field Championships

Louisiana State University

Baton Rouge, Louisiana

March 13-15, 2020

2020 USATF Masters Outdoor Track & Field Championships

North Carolina A&T University

Greensboro, North Carolina

July 9-12, 2020

[2020 WMA Outdoor Championships](#)

Toronto, Ontario, Canada

July 20-August 1, 2020

2021 WMA Indoor Championships

Edmonton, Alberta, Canada

April 1-7, 2021

2022 WMA Outdoor Championships

Gothenburg, Sweden

August 17-27, 2022

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