

USA TRACK & FIELD NEWS



USATF Annual Meeting December 5-8, 2019 Reno, Nevada

The USATF Annual Meeting will take place beginning December 5th and wrapping up December 8th in Reno, Nevada. During the course of the meeting the Masters Track and Field Committee (MTF) and Masters Long Distance Running Committee (MLDR) will each meet for several sessions a joint meeting scheduled on Saturday afternoon, December 7th.

In the MTF meetings several proposed changes to the MTF Operating Procedures will be discussed and voted on. Among those proposed changes are increases to the number of authorized members of the MTF Committee and an increase in the term of the Active Athlete Representative to the MTF Executive Committee from one year to two years.

Important other business will include site selection for the 2022 USATF Indoor and Outdoor Masters Track & Field Championships. At least two potential sites are expected to bid to host the indoor meet, Spokane, WA and Virginia Beach, VA and as many as three potential sites for the outdoor meet, Lexington, KY, Provo, UT, and Morgantown, WV.

Masters athletes, both MTF and MLDR, are strongly encouraged to make plans to attend the Annual Meeting and take part in the process of making the decisions that govern our sport

For more information or to register to attend, [click here](#).

Entries Open for 2020 Indoor Nationals in Baton Rouge

Entries are now open for the USATF Masters Indoor Track & Field Championships in Baton Rouge, LA. The meet will be held March 13-15, 2020. For more information, go to the [meet website](#). The "on-time" entry deadline is February 13, 2020 11:59 p.m. PT, with the late entry deadline (\$50 late fee) on February 18, 2020 at 11:59 p.m. PT.

Entries for Toronto 2020 Opening Soon

Entries for the WMA Championships in Toronto, Ontario, Canada in July 2020 are expected to open before the end of October. The daily schedule for the WMA event is available [here](#). General information about the WMA Championships is available on the [meet website](#), including entry information, which is available in the [downloadable Entry Book](#). Entry fees will be \$72 to enter the meet, plus \$36 per event (\$49 for combined events and half marathon), and a \$10 Team USATF Fee to cover the costs of team management functions, including two Team USATF parties on the evenings of July 23 and July 29.

As an incentive for participation in Toronto 2020, the Masters LDR Executive Committee has determined that **competitors in any of the three non-stadia events, XC, the 10 Km, or the Half Marathon can earn 2020 Individual Masters Grand Prix points**. An individual who runs more than one non-stadia event may still only earn points from one event, presumably their best finish. Bookmark the link below to check back for updates closer to the events: <https://world-masters-athletics.com/calendar/>

Medical/Physiotherapy Services for Team USATF Masters at Toronto 2020

In order to provide medical/physiotherapy services for Team USATF athletes at the 2020 WMA Championships in Toronto, athletes must purchase a subscription to cover the costs of travel, housing, and meals for the medical/physiotherapy team. This is necessary because the anticipated number of athletes

makes it impossible to pay for the needed large Medical Team out of the USATF Masters budget for 2020.

Subscriptions will cover a specified number of 20-minute appointments. **Those who do not subscribe cannot receive treatments from the Team USATF medical team;** they must seek treatment locally from those available to all athletes at the Championships on a paid fee for service basis.

Plans are to have Team USATF Masters medical staff at all venues and events where subscribed athletes are scheduled to compete.

Note that the subscription will only cover the costs for the medical team's travel, accommodation, and meals. They will be leaving their jobs and practices behind herefore, athletes should expect to give appropriate tips to their service provider for each appointment. If this is abused, then they simply will not come back to future Championships.

Athletes will purchase these services as an option offered during the registration process. Those buying the services will get a punch card with their name and the purchased number of punch slots in their registration package when they pick it up from the Registration area. Only the subscriber can use the card. **Cards are non-transferable and non-refundable.**

Each member of the Medical Team will have a schedule of what location they will be at on each day. In addition, they will have the current day session schedule (and the next day's session schedule) posted on which athletes must sign up. This sign up can be done one competition day ahead or on the spot if there are session slots open. That way, each athlete can choose the Medical Team member they wish. Athletes must be present at their session start, or else standbys will be serviced. Remember to purchase the number of sessions that you think you will need for your normal competition plus any that you may need in case of minor injury. Also, some may want to schedule some double sessions (40 minutes). Please note that even with a minimal \$10-\$20 tip these sessions are less than half of normal charges for such services at home.

Subscription Options

Number of 20 Minute Appointments	Cost
3	\$60
6	\$110
12	\$200
18	\$270
24	\$325

During the on-line Event Registration process, athletes will be required either to purchase a subscription or decline the offer with the understanding that they will not be able to receive any services from the Team USATF Masters Medical Team in Toronto.

USATF 5 Km Cross Country Championships

San Diego is hosting the **USATF 5 Km Cross Country Championships** at Mission Bay Park and the Tulsa Federal Credit Union's Tulsa Run hosts the **USATF Masters 15 Km Championships** as this issue goes to press. Check in next month's newsletter for results summaries.

2019 Masters Grand Prix

The **2019 Masters Grand Prix Awards Ceremony** will be held again this year at the **USATF Club Cross Country Championships** in Bethlehem, PA. If you anticipate winning an Award, be sure to be there to accept the accolades of your peers. Even if not, please attend, compete in the Championship races, and

congratulate the Grand Prix winners at the evening ceremony. Current 2019 Masters Grand Prix Standings can be found here.

Individual: <http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix.aspx>

Club: <http://www.usatf.org/MGResults.aspx>

2020 Masters Grand Prix Schedule

Events on the 2020 Masters Grand Prix Schedule, as of now, are listed below; additional events may be added as bids are received and approved.

2020 Circuit		
Dec 14	USATF National Club Cross Country Championships	Bethlehem, PA
Jan 18	USATF Cross Country Championships	San Diego, CA
April 26	USATF Masters 10 km Championships <i>James Joyce Ramble</i>	Dedham, MA
Aug 21	USATF Masters 1 Mile Championships <i>HAP Crim Festival of Races</i>	Flint, MI
Other Events of Interest to Masters LDR Athletes		
Mar. 13-15	USATF Masters Indoor Championships	Baton Rouge, LA
Jul 9-12	USATF Masters Outdoor Championships	Greensboro, NC
Jul 20	WMA Outdoor Championships [XC, 10K & HM Road Races]	Toronto, Canada
Dec 12	USATF National Club Cross Country Championships-2021 Masters GP	San Francisco, CA

*Participation in any one of the three Non-Stadia events (XC, 10K and Half Marathon Road Races) may be counted for points toward the 2020 Individual Masters Grand Prix

The Masters LDR Committee welcomes Championship bids at all distances except the 1 Mile and 10 Km for 2020. The Committee welcomes bids at all distances from the 1 Mile to the Marathon for 2021 and beyond. Please contact Mary Rosado, Chair, at mvrosadoesq@prodigy.net, or at mvrosadoesq@icloud.net.

Phidippides Award

USATF's **Phidippides Program** rewards *Masters Runners of all abilities* for their participation in organized road races. Hundreds of Masters Runners from all ages 40 and over have earned Awards each year. **You will have to decide whether there is enough time for you to run races, earn points, and apply for the 2019 Award.** You'll need to hurry-Only U.S. races through December 31st count. The closing date for the application is January 31, 2020. But if you can't earn a 2019 Award, you can start with a 2020 Award. For more details on the program, and how to apply online, please consult: <http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx>

Anti-Doping Report

Masters athletes are subject to doping control testing both in and out of competition and may be sanctioned by the US Anti-Doping Agency (USADA) for violations. For more information about anti-doping and the processes involved, visit the [USADA website](#). To check on whether any medications or supplements you are taking are banned, visit the [globalDRO website](#). You can find the link to USADA suspensions [here](#).

It is important to note that should an athlete selected for a random drug test refuse to provide a sample that refusal is treated the same as a failed test. An athlete selected for testing at the 2019 USATF Masters Outdoor Track & Field Championships in Ames, Iowa, in July refused to provide a sample and has been banned from competition for four years..

Upcoming Events

[2019 USATF Annual Meeting](#)

Grand Sierra Resort and Casino

Reno, Nevada

December 5-8, 2019

[2020 USATF Masters Southeast Region Indoor Track and Field Championships](#)

JDL Fast Track

Winston-Salem, North Carolina

January 12, 2020 ***NEW DATE***

[2020 USATF Masters East Region Indoor Track and Field Championships](#)

Prince Georges Sports and Learning Complex

Landover, Maryland

January 19, 2020

[2020 National Masters Indoor Combined Events Championships](#)

Carthage College

Kenosha, Wisconsin

January 25-26, 2020

2020 USATF Masters Southwest Region Indoor Track and Field Championships

University of Houston

Houston, Texas

February 16, 2020

2020 USATF Masters West Region Indoor/Outdoor Track and Field Meet

(indoor events run outdoors)

Mater Dei High School

Santa Ana, California

February 9 or 16, 2020

[2020 USATF Masters Mid America Region Indoor Track and Field Championships](#)

University of Colorado, Colorado Springs

Colorado Springs, Colorado

February 22, 2020

[2020 USATF Masters Indoor Championships](#)

Louisiana State University

Baton Rouge, Louisiana

March 13-15, 2020

Plan Ahead

Mark your calendars for the following future events:

2020 USATF Masters Outdoor 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 USATF Masters Indoor Championships

The Armory

New York, New York

March 19-21, 2021

[2021 WMA Indoor Championships](#)

Edmonton, Alberta, Canada

April 6-13, 2021

2021 USATF Masters Outdoor Championships

Sacramento State University

Sacramento, California

July 15-18, 2021 ***NEW DATES***

2021 NCCWM Outdoor Championships

Exact Location TBA

Spokane, Washington

July 29 - August 1, 2021

2022 WMA Outdoor Championships

Gothenburg, Sweden

August 17-27, 2022

**** Indicates WMA Championship**