



May 2020 USATF Masters Newsletter

Thank You to Our Heroes and Stay Safe and Healthy

Thank you to all of our USATF Masters athletes, coaches, officials, and committee members who are first responders, medical professionals, and others who have been deemed essential workers for your efforts during these difficult times. We appreciate the risks you are taking for the rest of us!

We live different parts of the country and our personal levels of exposure differ, so please take a moment and listen to your local health authorities to stay safe. We look forward to seeing everyone back at the track in the near future, but only when training and competition are safe.

SATF COVID-19 Guidelines

COVID-19 is THE topic of conversation these days. Some states are relaxing stay-in-place orders while others are moving more slowly. In mid-March, USATF created a COVID-19 Working Group to advise the organization on its response. The Working Group consists of distinguished professionals in medicine, public health, immunology, and virology and has created a [webpage](#) as well as [Guidelines, Recommendations, and General Information on COVID-19](#), and [Logistical Information and Guidance for Event Directors and Local Organizing Committees](#). These pages are updated regularly and contain the most up-to-date information available. Please look at them carefully and stay safe and healthy!

A Note from Mary V. Rosado, Chair of the Masters LDR Committee

On behalf of the Masters LDR Committee, let me express the hope that you and your loved ones are safe and well during these difficult times. As you already know, the governmental steps taken to combat the coronavirus have forced the cancellation of the 2020 USATF Masters 10 km Championships and the Non-Stadia Events connected to the WMA 2020 Outdoor Championships.

Our 2020 USATF Masters 1 Mile Championship is scheduled for August 21. It has neither been cancelled nor postponed at this point.

The exact timetable and extent of the unwinding of “sheltering at home” and “social distancing” requirements on large gatherings is unknown. Our next scheduled championship is three months away; the Committee is taking a wait and see approach to the 2020 Masters 1 Mile Championship, and the three championships scheduled for the fall. The Committee is also waiting to see if any adjustments are needed to the scoring of the 2020 Masters Grand Prix, and the requirements for a 2020 Phidippides Award.

It appears that “lockdowns” will be eased at different rates and with different specifics in the various states and regions. It is also possible that some specific

have to be rescinded. We hope that a month from now we can offer more specifics, but any such assurances would be premature right now. In the meantime, I urge everyone to stay healthy and stay safe.

USATF Masters Track and Field Adds 25-29 Age Group

At the USATF Annual Meeting in Reno last December, the MTF Committee agreed to amendments and other changes to the Committee's Operating Procedures. Among them was the addition of a 25-29 age group to our Indoor and Outdoor Championships as well as the Indoor and Outdoor Combined Events Championships and the Throws Championships. The idea for this change was originally raised at the 2017 USATF Annual Meeting.

At that time and over the next two years the idea was championed by our late MTF Chair Rex Harvey. His principal argument was that our sport is losing athletes who are not at the elite level after they leave college and this could keep more of them as active participants. In addition, he argued, it could provide an additional "on-ramp" to masters competitions internationally once athletes reach age 35. In 2017, after initial discussion the MTF Executive Committee decided that more information was needed before a final decision could be made. Since, MTF members at the association and regional levels have taken note of how many athletes actually participate in that age division. Those observations determined that there could be enough of those athletes interested in competing to warrant creating a 25-29 age group in the national meets.

These athletes, like the rest of us, enjoy the sport but are not at the level of their elite-status counterparts. If they are not allowed to participate, USA Track & Field runs the risk of them walking away from the sport forever. Who among us has not encountered athletes even in their 50s and new to masters who say they didn't know the opportunity to compete existed, and, if they had, they would have done it years ago?

Research by Vice Chair Robert Thomas revealed that there are over 600,000

level. There are 28,000 at the NCAA Divisions 1, 2, and 3 levels, and another 7,150 in the NAIA. Looking at those high school numbers and subtracting the college athletes, there are 564,846 athletes who once participated in the sport but no longer do.

We, at the Masters level, have a good chance of keeping such athletes involved. We can offer them something to train for and look forward to once they come of age to participate in our events. These athletes are also the ones to look to as we seek to replenish our dwindling officials and coaching ranks.

Some of our members may feel that younger athletes will dominate or take over our meets; however, the numbers currently do not bear that out. If it should become an issue, the USATF MTF Executive Committee can deal with what most would see as a “good problem to have.”

An examination of participation in masters track & field reveals that generally numbers are down at both the regional and national levels. There are notable exceptions at recent Combined Events and Throws Championships, but overall fewer athletes currently participate in the age 30-39 divisions than 20 years ago. Therefore, the MTF Executive Committee recommended the change to the Operating Procedures in Reno and it was adopted. The expectation is that numbers in the 25-29 age group initially will be quite small, but the hope is that they, along with numbers in the 30-34 age group, will grow over time, injecting new life into our sport.

Remaining 2020 Masters Grand Prix Circuit

The **USATF Masters 12K Championship** is scheduled to be held in conjunction with the By Hook or By Crook 12K, held annually at the Sandy Hook National Seashore, Highlands, NJ. The race is scheduled for **Sunday, September 27 at 9 a.m.**

The **USATF Masters 5 Km Cross Country Championships** in Boston, Massachusetts is scheduled to be held on **October 18, 2020.**

Syracuse Half Marathon, held annually in early November in Syracuse, NY. The race is scheduled for **Sunday, November 8, 2020**.

The first event on the 2021 Masters Grand Prix Circuit is the USATF Club Cross Country Championships in San Francisco, CA on December 12, 2020.

The Committee welcomes bids for National Masters Championships at all distances. Please contact Mary V. Rosado, Chair, at mvrosadoesq@prodigy.net, or at mvrosadoesq@icloud.net.

Masters Long Distance Running Phidippides Program

USATF's **Phidippides Program** rewards Masters runners of all abilities for their participation in organized road races. Applications for a 2020 Award are now being accepted. While the Covid-19 emergency has led to the suspension of organized races at the present time, stay safe, stay fit, and be ready to resume participation once the races come back. For more details on the Phidippides program, and how to apply online, please consult: <https://www.usatf.org/disciplines/road-running/phidippides-award>

2020 USATF Masters Grand Prix Standings

Updated **2020 Masters Grand Prix standings** and the 2020 rules and schedule may be found [here](#).

Upcoming Events

Note: The USATF COVID-19 Working Group has recommended that all USATF Championships and sanctioned events be suspended indefinitely. Please check individual meet websites no more than eight weeks prior to the event date for the status of each event.

The following events have been cancelled or postponed with no new date scheduled: ▼

2020 USATF East Region Masters Outdoor Track & Field Championships

2020 USATF Midwest Region Masters Outdoor Track & Field Championships

2020 USATF Southeast Region Masters Outdoor Track & Field Championships

2020 Rex Harvey National Combined Events Outdoor Championships

2020 USATF West Region Masters Track & Field Championships

Orange Coast College
Costa Mesa, California
June 20-21, 2020

2020 USATF Southwest Region Masters Track & Field Championships

Lockhart High School
Lockhart, Texas
June 27-28, 2020

[2020 USATF Masters Outdoor Championships](#)

North Carolina A&T University
Greensboro, North Carolina
July 9-12, 2020

2020 USATF Northwest Region Masters Track & Field Championships

West Seattle Stadium
Seattle, Washington
July 18, 2020

~~[2020 WMA Outdoor Championships](#)~~ CANCELLED

~~Toronto, Ontario, Canada
July 20-August 1, 2020~~

2020 National Masters Throws Championships

West Seattle Stadium
Seattle, Washington
August 22 -23, 2020

2020 USATF Mid America Masters Outdoor Track & Field Championships
Colorado State University
Fort Collins, Colorado
August 29-30, 2020

Plan Ahead

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

2021 NCCMA Outdoor Championships
Exact Location TBA
Spokane, Washington
July 29 – August 1, 2021

2021 National Senior Games
Ansin Track Complex
Miramar, Florida
November 5-11, 2021

2022 USATF Masters Indoor Championships
Spokane, Washington

2022 USATF Masters Outdoor Championships
University of Kentucky
Lexington, Kentucky
July 14-17, 2022

2022 WMA Outdoor Championships
Gothenburg, Sweden
August 17-27, 2022

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