

# USA TRACK & FIELD NEWS



## **2019 USATF Masters Outdoor Championships**

The USATF Masters Outdoor Championships are slated for July 11-14 at Iowa State University's Cyclone Sports Complex in Ames, Iowa. 889 athletes have entered from more than 140 clubs. Additional athlete information can be found [here](#).

- Athletes who participate in USATF Championships and Team USATF competitions are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.
- Please review the [USADA page](#) to find information regarding drug testing and which medications may require a Therapeutic Use Exemption (TUE) or are banned.
- Click here for [housing](#) and [ground transportation](#) information on the event website.
- All meet hotels are located within a 10-minute drive of the track. For those that do not wish to drive, a shuttle will be available daily from 6-9 a.m. and 3-6 p.m. between those hotels listed on the housing page and the track.

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## **2019 NCCWMA Outdoor Championships**

Entries have closed for the 2019 North America, Central America, Caribbean WMA (NCCWMA) Regional Championships, July 18-21, in Toronto, Ontario, Canada. More than 1100 athletes have entered, including more than 500 members of Team USATF - the largest contingent. The meet will be held at two of the sites that will be used for the 2020 WMA Outdoor Championships - the Toronto Track & Field Centre at York University and Varsity Stadium in downtown Toronto. These are located 30 minutes apart on a subway line, with stations very close to both facilities. In addition to the track and field events there are three non-stadia events - a cross country race, a 10K road race, and a 10K race walk on the roads.

Visit the [meet website](#) for more information and [click here](#) for Team USATF Toronto 2019 information.

For more information for US athletes, see the [Information for Team USATF Athletes](#).

For any remaining non-stadia questions, please contact team manager Mary Rosado at [mvrosadoesq@prodigy.net](mailto:mvrosadoesq@prodigy.net) or 917 400-3961.

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## **USATF Masters 5 km Championships**

The 2019 Masters Grand Prix circuit heads to Atlanta, Georgia for the USATF Masters 5 Km Championships hosted by the Atlanta Track Club's Atlanta's Finest 5K on Saturday, August 17, 2019. Known for its AJC Peachtree Run, the Atlanta Track Club and the City of Atlanta will also be welcoming the 2020 Olympic Trials to the city this coming February 29th. ATC knows how to organize a race! Come and experience the thrill of competing in a USATF Masters Championship with the best masters runners in the country. Plan on it now. Work on your speed at the Outdoor Championships and bring that speed to run a Championship 5K race. Consult the event website: <http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Championships.aspx>

Entry form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116368>

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### **2019 USATF Masters Mile Championships**

On Friday evening, August 23rd, the HAP Crim Festival of Races and its Michigan Mile will host the 2019 USATF Masters Mile Championships on the roads of Flint, Michigan. This will be their sixth consecutive year organizing the fastest masters runners in the country to run fast and furious over the roads, competing for national titles.

Consult the event website: <http://www.usatf.org/Events---Calendar/2019/USATF-Masters-1-Mile-Championships.aspx>

Entry form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116830>

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### **2019 USATF Masters 15 km Championships**

On Saturday, October 26th, the Tulsa Federal Credit Union's Tulsa Run will host for the seventh and final time, the 2019 USATF Masters 15 Km Championships. Race director Heath Aucoin, has moved on, but Tulsa will put on the same great show. The pasta dinner the night before, the convenience from the downtown hotels to the start and finish, and the head start for the Championship over a challenging race course that showcases the neighborhoods of Tulsa are all still there. This has been one of the gemstones of the Masters Grand Prix Circuit; celebrate a great Championship run of seven years.

Please consult the event website at: <http://www.usatf.org/Events---Calendar/National-Championships.aspx?year=2019>

Entry Form is at: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116939>

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### **USATF Masters Long Distance Running Phidippides Program**

USATF's Phidippides Program continues to reward Masters athletes of all abilities for their participation in organized road races. Runners accumulate points during the year for each race they complete. Once their accumulated points achieve the standard they are seeking to achieve, they submit their application to USATF. In the past over 700 masters runners each year have earned awards. As of the end of May, 57 runners have already submitted their applications for a 2019 Award. Why not you? There is still plenty of time to run races, earn points, and apply for the Award. For more details on the program, and how to apply, please consult: <http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx>

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### **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

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](mailto:mvrosadoesq@prodigy.net).

### **2019 USATF Masters Grand Prix standings**

Current 2019 USATF Masters Grand Prix standings may be viewed at:

Individual:

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

Club:

<http://www.usatf.org/MGPresults.aspx>

### **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.

#### 2019

Mar	1-3	1500/3000m Racewalk	Winston Salem, NC
Mar	17	20K Racewalk	Tustin, CA
May	19	15K Racewalk	Riverside, CA
June	9	1-Hour Racewalk	Waukesha, WI
June	30	40K Racewalk	Owego, NY - <b>NEW DATE</b>
July	11-14	5000m/10K Racewalk	Ames, IA
Sep	8 or 15	5K Racewalk	Chicago, IL
Oct	27	30K Racewalk	Hauppauge, NY - <b>NEW DATE</b>

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](mailto:jnburrows11@gmail.com)) or Dave Talcott ([dwtalcott@gmail.com](mailto: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](mailto:dwtalcott@gmail.com).

### **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](#).

## ***Upcoming Events***

### [2019 USATF Masters Outdoor 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

### [2019 USATF Northwest Region Masters Outdoor Championships](#)

West Seattle Stadium

Seattle, Washington

August 10, 2019

### 2019 USATF Mid America Region Masters Outdoor Championships

Colorado State University

Fort Collins, Colorado

August 24-25, 2019 (location is firm; dates are tentative)

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## ***Plan Ahead***

Mark your calendars for the following future events:

### 2020 USATF Masters Indoor Championships

Louisiana State University

Baton Rouge, Louisiana

March 13-15, 2020

### 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

Late July/Early August 2021

2022 WMA Outdoor Championships

Gothenburg, Sweden

August 17-27, 2022

**\*\* Indicates WMA Championship**

