

***Entries Open for 2019 USATF Masters Outdoor Championships
July 11-14, Iowa State University, Ames, Iowa***

Entries are now open for the 2019 USATF Masters Outdoor Championships, July 11-14, hosted by USATF Iowa at Iowa State University in Ames, Iowa.

Visit the [meet website](#) for more information. The on-time entry deadline is Thursday, June 13 at 11:59 p.m. EDT, with a late entry deadline one week later on Thursday, June 20 at 11:59 p.m. ET.

***Entries Open for 2019 NCCWMA Outdoor Track & Field Championships
July 18-21, Toronto, Ontario, Canada***

Entries are now open for the 2019 North America, Central America, Caribbean WMA Regional Championships, July 18-21, in Toronto, Ontario, Canada. 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. For any remaining questions, please contact Non-Stadia Team Manager Mary Rosado - mvrosadoesq@prodigy.net.

Visit the meet website for more information. Entry deadline is Thursday, June 20 at 11:59 p.m. ET, the same time as the late entry deadline for the USATF Masters Outdoor Championships in Iowa.

***East and Southeast Regions Join Together for a Super Regional T/F Championships,
June 1-2, Columbia, Maryland***

This June, the East and Southeast regions are joining forces to offer the first Super Regional Championships, June 1-2, 2019, at Howard Community College in Columbia, Maryland. All meet information is on the [website](#).

***USATF Midwest Region Masters Championships
June 8, 2019, Olivet College, Olivet, Michigan***

The 2019 USATF Midwest Region Masters Championships will take place Saturday, June 8, 2019 at Olivet College in Olivet, Michigan. Entries are open now for this event, which will have a full range of events, including a throws pentathlon. All the meet information is available on the [website](#). The entry deadline is Monday, June 3 and day of meet entries will not be accepted.

***USATF West Region Masters Championships
June 22-23, 2019, West LA College, Culver City, California***

The 2019 USATF West Region Masters Championships will take place Saturday and Sunday, June 22-23, 2019 at West LA College in Culver City, California. Entries are open now for this event, which will have a full range of events. Full meet information is on the [Southern California Association website](#).

***2019 USA Masters Combined Events Championships
June 8-9, Carroll University, Waukesha, Wisconsin***

The 2019 USA Masters Combined Events Championships will take place Saturday and Sunday, June 8-9, 2019 at Carroll University in Waukesha, Wisconsin. Entries are now open for this event, which includes a

decathlon for both men and women and a women's heptathlon. All the meet information, including entry forms, is available [here](#). The entry deadline is June 1.

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.

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.

<u>2019</u>			
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 - NEW DATE
July	11-14	5000m/10K Racewalk	Ames, IA
Sep	8 or 15	5K Racewalk	Chicago, IL
Oct	27	30K Racewalk	Hauppauge, NY - NEW DATE

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.

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 29. ATC knows how to organize a race! Come and experience the thrill of competing in a Masters National Championship with the best Masters athletes in the country. Plan on it now. Work on your speed for 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>

USATF Masters 1 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 6th consecutive year organizing the fastest Masters Runners in the country to run fast and furious over the roads, competing for National Championships.

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>

USATF Masters 15 km Championships

On Saturday, October 26th, the Tulsa Federal Credit Union's Tulsa Run will host for the 7th and final time the 2019 USATF Masters 15 Km Championships. Heath Aucoin, Race Director, has moved on but Tulsa will put on the same great show over the same course as last year. This has been one of the gemstones of the Masters Grand Prix Circuit. Details will be forthcoming soon. Consult the USATF National Championships Calendar at: <http://www.usatf.org/Events---Calendar/National-Championships.aspx?year=2019>

USATF Masters 10 km Championships

Masters athletes competed at the **2019 USATF National 10 km Championships**, hosted by the James Joyce Ramble, in Dedham, MA on Sunday, April 28, 2019. Overall Race Winners: Women **Melissa**

Hardesty 37:06; Men **Kevin Castille** 30:47. Age-Grading Champions- Women **Jan Holmquist** 95.81%; Men **Kevin Castille** 95.19%. Individual Champions: Women: 40-44 **Melissa Hardesty**; 45-49 **Karolyn Bowley**; 50-54 **Hronn Gudmundsdottir**; 55-59 **Marisa Sutera Strange**; 60-64 **Jennifer Teppo**; 65-69 **Karen Durante**; 70-74 **Sharon Gerl**; 75-79 **Kathleen Scotti**; 80-84 **Tami Graf**; 85-89 **Edna Hyer**. Men: 40-44 **Eric Blake**; 45-49 **Kevin Castille**; 50-54 **Andy Gardiner**; 55-59 **Alan Evans**; 60-64 **Ken Youngers**; 65-69 **John Barbour**; 70-74 **Lloyd Hansen**; 75-79 **Jan Frisby**; 80-84 **Harry Carter**; 85-89 **Lawrence Cole**; 90-94 **Nathan Finestone**. Team Champions: Women 40+ *Impala Racing Team*; 50+ *Athena Track Club*; 60+ *Atlanta Track Club* Men; 40+ *Boston Athletic Association*; 50+ *Genesee Valley Harriers*; 60+ *Atlanta Track Club*; 70+ *Genesee Valley Harriers*; 80+ *New England 65 Plus Running Club*.

Complete results may be viewed at:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-10-km-Championships/Results.aspx>

Team USATF Takes Silver on the Medal Table at the WMA Indoor Championships in Poland

Team USATF placed second on the medal table at the WMA Indoor Championships in Torun, Poland at the end of March. Despite lower numbers than competitors Poland, Germany, Great Britain and Northern Ireland, American athletes wound up behind only Germany with 62 gold medals. Germany with more than twice as many athletes had 100, and Poland (with nearly four times as many athletes) and Great Britain (with nearly twice as many) each had 60. [Click here](#) for a full summary.

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 East/Southeast Super Regional Masters Outdoor Track & Field Championships](#)

Howard Community College

Columbia, Maryland

June 1-2, 2019

[2019 USATF Midwest Region Masters Outdoor Track & Field Championships](#)

Olivet College

Olivet, Michigan

June 8, 2019

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

Carroll University

Waukesha, Wisconsin

June 8-9, 2019

[2019 USATF Masters West Region Championships](#)

West Los Angeles College

Culver City, California

June 22-23, 2019

[2019 USATF Southwest Region Masters Championships](#)

Lockhart High School

Lockhart, Texas

June 29, 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

Plan Ahead

Mark your calendars for the following future events:

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

West Seattle Stadium

Seattle, Washington

August 10, 2019

2019 USATF Mid America Region Masters Outdoor Track & Field Championships

Colorado State University

Fort Collins, Colorado

August 24-25, 2019 (Location is firm; Dates are tentative)

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 USATF Masters Indoor Track & Field 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 Track & Field Championships

Sacramento State University

Sacramento, California

Late July/Early August 2021

2022 WMA Outdoor Championships**

Gothenburg, Sweden

August 17-27, 2022

**** Indicates WMA Championship**