

## MIDWEST REGION MASTERS COORDINATOR'S 2010 REPORT

2010 was a good year for the Midwest Region. Wisconsin, Illinois, Michigan, Indiana, Ohio (both Associations) and Kentucky had Indoor and Outdoor Masters Association Championships. From the Coordinator's observation, each Association attended competition was well run, had adequate officiating, and had good participation. In addition, except for some minor scheduling problems due to facility availability, there was little or no over-lap in the Region.

The 2010 Midwest Region Indoor Meet was held at Carthage College and had a good draw and showed an increase in participation. The 2011 Midwest Region Championships are again scheduled for Carthage College on January 16, 2011.

The 2010 Midwest Region Outdoor Championships were held at our current 'home' track at Carroll University in Waukesha, WI. The Carroll University coach, Shawn Thielitz, provides leadership, selfless support and meet direction. In addition, like our experience at Carthage, University athletes provide additional help to the officials and their volunteer efforts are greatly appreciated. The 2010 Outdoor Championships had 109 entries compared with 71 in 2009. We are hoping for 125 or more in 2011.

In addition to the track and field competitions, the Midwest Region Coordinator sponsored "two" clinics in the Region during 2010. The first clinic was held in connection with Midwest Region Championships on July 11. The second clinic was held in conjunction with the Illinois USATF Association Championships and the National Throws Championships at Benedictive University on August 8. The clinics were sparsely but enthusiastically attended, involved physical fitness, training methods, injury avoidance, training for seniors, and, at the Illinois clinic, an explanation and demonstration of the Muscle Activation Technique (MAT). I hope to hold two more clinics in 2011 and expand our coverage of injury treatment.

Almost forgotten, Neil Schuster of the Wisconsin Association, served as director of the first Midwest Throws Championship at Carroll University. I hope that Neil puts together another competition this year, although I think it may be better to have the Throwers meet on a separate weekend.

2011 should be very active with the Outdoor Masters Nationals at Baldwin-Wallace University (near Cleveland) July 28 through 31, 2011, followed by the 2012 National Masters Indoor Championships at Indiana University in Bloomington, Indiana, and the 2012 National Masters Outdoor Championships at Benedictive University in Lisle, Indiana from August 2 – 6 (possibly starting on Wednesday August 1), 2012.

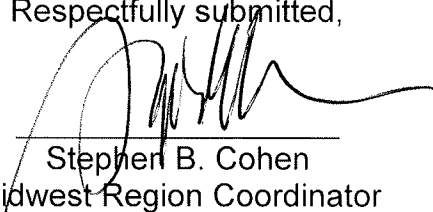
## 2011 MIDWEST MASTERS SCHEDULE

January 15, 2011	Midwest Region Pole Vault	Carthage College
January 16, 2011	Midwest Region Masters Indoor Championships	Kenosha, WI Carthage College
February 13, 2011	Wisconsin USATF Indoor Association Championships	Carthage College
February 19, 2011	Illinois USATF Indoor Association Championships	Sterling, IL
June 19, 2011	Wisconsin Association Outdoor Championships	Carroll University Waukesha, WI
June 24, 2011	Illinois Association Outdoor Championships	Benedictive University Lisle, IL
July 10, 2011*	Midwest Region Outdoor USATF Championships	Carroll University

(Senior Competitions or State Games not included).

\*Sanction issued

Respectfully submitted,



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