

EXHIBIT J  
Selection of Athletes  
USATF Out-of-Competition Drug Testing Pool  
Approved and in effect as of December 8, 2002

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Part I DEFINITIONS

- 1.1 Athlete(s)** shall mean an individual who is a United States citizen and who has subjected himself or herself to the jurisdiction of USATF by (a) becoming a member of USATF, (b) competing in an event conducted under the auspices of USATF, (c) executing a competition entry form that notifies the Athlete that his/her participation in the competition subjects the Athlete to drug testing pursuant to the applicable rules of USATF, the IAAF, USADA or the USOC, or (d) applying for USATF or USOC athlete support.
- 1.2 IAAF** shall mean the International Association of Athletics Federations, the world governing body for track and field, long distance running and race walking (Athletics).
- 1.3 Out-of-Competition (OOC) Drug Testing Pool** shall mean:
- A. For Track and Field:** The top fifteen (15) Athletes listed by the IAAF as being among the top fifty (50) individual performers in the world in the Tested Events on the ranking lists set forth in Part V. If five (5) or more, but fewer than fifteen (15), athletes are so listed by the IAAF, all of those athletes shall constitute the Pool. If fewer than five (5) Athletes are so listed, the next highest ranking Athletes in that Event shall be added until the Pool is composed of at least five (5) Athletes. To the extent that the IAAF's lists are inadequate for this purpose, USATF may use *Track and Field News'* performer lists as a source for completing the OOC Pool.

- B. For Road Racing:** The top ten (10) Athletes listed by the IAAF as being among the top fifty (50) individual performers in the world in the Tested Events on the ranking lists as set forth in Part V. If fewer than ten (10) Athletes are so listed, the next highest ranking Athletes in that Event shall be added until the OOC Pool is composed of at least five (5) Athletes. To the extent that the IAAF's lists are inadequate for this purpose, USATF may use the Road Running Information Center or *Track and Field News* as a source for completing the OOC Pool.
- C. For Cross Country:** The top ten (10) Athlete finishers in the USATF Winter Cross Country National Championships, as set forth in Part V—5.3. USATF shall notify USADA of the names of those Athletes within seven days of the conclusion of the Championships. These Athletes shall be placed in the OOC Pool in the subsequent testing quarter and shall be removed from the Pool at the end of the fourth consecutive calendar quarter following inclusion in the OOC Pool, unless they are otherwise qualified to remain in the Pool.
- D. For Indoor Only Events:** The top five (5) Athlete finishers at the U.S. Senior Indoor National Championships, as set forth in Part V—5.2. USATF shall notify USADA of the names of these Athletes within seven days of the conclusion of the Championships. These Athletes shall be placed in the OOC Pool in the subsequent testing quarter and shall be removed from the Pool at the end of the fourth consecutive calendar quarter following inclusion in the OOC Pool, unless they are otherwise qualified to remain in the Pool.
- E. Others:** Any Athlete finishing in the top three positions in any Senior National Outdoor Championship. USATF shall notify USADA of the names of those Athletes within seven days of the conclusion of the Championships. These Athletes shall be placed in the OOC Pool in the subsequent testing quarter and shall be removed from the Pool at the end of the fourth consecutive calendar quarter following inclusion in the OOC Pool, unless they are otherwise qualified to remain in the Pool.

Any Athlete establishing a World or American Record in an event listed in Part V. Such athlete shall be added to the OOC Pool (if he or she is not already in the Pool) by USATF's notification to USADA within seven days of the performance.

- F. USADA Additions:** Pursuant to USADA's Protocol For Olympic Movement Testing, Section 2, any U.S. athlete who is a member of USATF, or who has subjected him or herself to USATF's or the IAAF's jurisdiction by competing in a USATF or IAAF sanctioned event, may be added to OOC Pool by USADA, upon written notice to USATF and said athlete.
- G. USATF Additions:** USATF reserves the right to add, to the OOC Pool, any Athlete who is receiving athlete support from USATF or the USOC.

USATF's Athlete Services Department shall maintain the quarterly list of OOC Pool Athletes, which list shall be made available for public inspection upon request.

- 1.4 **Out-of-Competition Drug Testing (OCT)** shall mean the out-of-competition drug testing program which takes place outside competitions, and which is conducted by the United States Anti-Doping Agency on behalf of the USOC and all member national governing bodies of the USOC, as mandated by the Chapter XXIII of the USOC By-Laws.
- 1.5 **Tested Event (or Events)** shall mean the events designated in Part V below.
- 1.6 **USATF** shall mean USA Track & Field, Inc.
- 1.7 **USADA** shall mean the United States Anti-Doping Agency.
- 1.8 **USOC** shall mean the United States Olympic Committee.

## Part II AUTHORITY

- 2.1 This selection process is adopted pursuant to USATF's obligations pursuant to Chapter XXIII of the USOC By-Laws. The USATF Athletes Advisory Committee fully supports the principles embodied herein.
- 2.2 USATF designates USADA to conduct out-of-competition drug testing of Athletes (See USATF Regulation 10).
- 2.3 In addition to all the other testing authorized herein, the out-of-competition testing of Athletes may be conducted by the IAAF pursuant to IAAF Rule 57 and the IAAF Procedural Guidelines for Doping Control. Those OOC Pool Athletes failing to submit to drug testing, after having been notified by the appropriate testing authorities, shall be subject to disciplinary procedures established by USADA and imposed by USATF, pursuant to IAAF Rules (See USATF Regulation 10 and USADA Protocol For Olympic Movement Testing.)
- 2.4 USATF recognizes USADA's authority to drug test any USATF athlete, pursuant to its applicable protocols, whether or not said Athlete is a member of USATF's OOC Pool.

## Part III RANKING LISTS USED FOR SECTION 5.1 EVENTS

- 3.1. For the first calendar quarter of each year, the ranking list for each event shall be the previous year's outdoor list, as available on November 1 of the previous year.
- 3.2. For the second calendar quarter of each year, the rankings in each event shall be based on a merged list composed of the previous year's outdoor list and the current year's indoor list as

available in March, with the addition of the road racing and cross country OOC Pool Athletes.

- 3.3 For the third calendar quarter of each year, the rankings in each event shall be based on a merged list composed of the previous year's outdoor list, the current year's outdoor list as available in May, and the current year's indoor list, with the addition of the road racing and cross country OOC Pool Athletes.
- 3.4 For the fourth calendar quarter of each year, the rankings in each event shall be based on a merged list composed of the previous year's outdoor list, the current year's outdoor list, as available in July, and the current year's indoor list, with the addition of the road racing and cross country OOC Pool Athletes.

#### Part IV SELECTION OF ATHLETES FOR DRUG TESTING

- 4.1 Athletes shall be selected for drug testing from the OOC Pool by USADA using any method it deems appropriate. Any OOC Pool athlete so selected may be tested by USADA based on that selection, subject to USADA's rules and procedures, for as long as the athlete remains in the OOC Pool.
- 4.2 The names of those Athletes who have been banned for life from the sport of track and field, long distance running, and race walking, shall be removed from the OOC Pool. Also, an Athlete with multiple citizenships who has executed a "Surrender of Citizenship Benefits" form, renouncing all claims or entitlement to the privileges and benefits available to track and field athletes who are United States citizens, shall be removed from the OOC Pool. (See copy of "Surrender of Citizenship Benefits" form attached.) An Athlete may resume his/her eligibility to receive benefits available to American athletes if s/he: 1) makes all drug testing results from his/her foreign Track and Field/Athletics Federation available to USATF, and 2) agrees to comply with all applicable International Olympic Committee, USOC, USADA, USATF and/or IAAF eligibility rules, before resuming competition for the United States.
- 4.3 USADA shall determine the frequency, number, and timing of drug tests as well as the order in which athletes will be tested.

Part V TESTED EVENTS

5.1 TRACK EVENTS:

**Women**

100m            100m Hurdles  
200m            400m Hurdles  
400m            3,000m Steeple  
800m  
1,500m/Mile  
5,000m  
10,000m

**Men**

100m            110m Hurdles  
200m            400m Hurdles  
800m            400m  
1,500m/Mile  
5,000m  
10,000m  
3,000m Steeplechase

FIELD EVENTS:

**Women**

High Jump      Shot Put  
Pole Vault      Discus Throw  
Long Jump      Hammer Throw  
Triple Jump     Javelin Throw

**Men**

High Jump      Shot Put  
Pole Vault      Discus Throw  
Long Jump      Hammer Throw  
Triple Jump     Javelin Throw

MULTIPLE & COMBINED EVENTS:

**Women**

Heptathlon

**Men**

Decathlon

RACE WALK:

**Women**

20,000m Race Walk

**Men**

20,000m Race Walk  
50,000m Race Walk

5.2 INDOOR ONLY EVENTS:

**Women**

60m  
60m Hurdles  
3,000m  
Penthalon

**Men**

60m  
60m Hurdles  
3,000m  
Heptathlon

5.3 CROSS COUNTRY:

**Women**

4,000m  
8,000m

**Men**

4,000m  
12,000m

5.4 ROAD RACING:

**Women**

10,000m  
Marathon

**Men**

10,000m  
Marathon

Part VI PUBLICATION OF RESULTS

A report of those OOC Pool athletes testing negative shall be published quarterly by USATF, upon notification from USADA. The names of athletes found to have committed a doping violation will be published by USADA.

Part VII AMENDMENTS

7.1. The USATF Board of Directors, by two-thirds vote, may amend this OOC Pool athlete selection process. Any such amendment shall not, however, alter USADA's authority to select any USATF athlete for testing as provided in Part II, 2.4 above, or any USADA protocol.

7.2. Any changes made to the selection process by the Board of Directors shall be effective immediately, unless otherwise specified.

**USA TRACK & FIELD ATHLETE SURRENDER OF CITIZENSHIP BENEFITS**

I, \_\_\_\_\_, knowingly and with specific intent do hereby surrender my entitlement to compete in track and field events as a United States citizen, in favor of competing for \_\_\_\_\_, of which I am also a citizen. I understand that by surrendering my eligibility to represent the United States for competition purposes, I will forfeit all benefits to which I would otherwise be entitled as an American athlete member of USA Track & Field, Inc. (USATF), including but not limited to: my ability to compete in USATF national championship competitions, my eligibility to receive American-only prize money awarded at USATF national championships, and my eligibility to receive USATF or United States Olympic Committee grants, insurance and athlete support. In submitting this Surrender of Citizenship Benefits, I understand that I will be removed from USATF’s out-of-competition drug testing program, and that if I wish to resume my status as a United States track and field athlete at a future date, I will be required to: 1) make all my drug testing results from my other Track and Field/Athletics Federation available to USATF, and 2) comply with all applicable International Olympic Committee, United States Olympic Committee, USATF and/or International Association of Athletics Federations eligibility rules, before resuming competition for the United States. I further understand and agree that this Surrender of Citizenship Benefits is not intended to avoid, nor will it have the effect of avoiding, any disciplinary proceedings that have or will be brought against me pursuant to USATF Regulation 10 for drug testing conducted prior to my surrender of citizenship benefits.

\_\_\_\_\_  
Date

ATHLETE

\_\_\_\_\_  
Athlete Signature

STATE OF                    }  
                                      }  
COUNTY OF                }

I certify that this document was signed in my presence, by the individual named above, on the date indicated.

\_\_\_\_\_  
Commission Expires

\_\_\_\_\_  
Notary Public