

GET ON TRACK

Official Newsletter of USATF Ohio Association September 2008

FROM THE PRESIDENT

The Ohio Association website (www.usatf.org/assoc/oh) is always a place for useful information on meets and events in your association. Check it often; it usually answers many of your questions.

The 2008 Association Workshop was held in Indianapolis August 22nd through the 24th. This is always a good opportunity to see the inner workings of the Associations Executive Committee and to participate in the workshop.

During our September meeting your new board was elected and the by law changes were voted on. Please make sure you check the Ohio Association website for updates on both.

Just a reminder that Matt Lydum is our Athlete's Advisory to our board. I'm sure that Matt will be happy to answer any of your questions.

Matt Lydum and Duane Gosa are working with Coaches Education on restructuring the Level II classes to make them more representative of the youth coaches within all associations. If you have any suggestions for them make sure you get them to either Matt or Duane. I'm sure this will be a topic of discussion at the upcoming annual meeting in Reno in December.

By the time you read this the summer season will be closing out and the cross-country season will be gearing up. If you missed the Junior Nationals held in Columbus in June, you missed a premier event for our city and state. The Columbus Sports Commission did an outstanding job and got rave reviews from everyone. Our own Matt Lydum was the meet director and did a great job. However, the Ohio Association and the sports commission were disappointed with the attendance. This is one of the few track & field premier events of the summer season and the city and community failed to give it much support. The youth of the country flocked to Columbus to earn a spot on the World Junior Team. We had exciting events and sent an outstanding team to Poland to compete.

Also, by the time you read this we will have completed the Junior Olympic summer season as well as the Youth National and many events held in the state of Ohio that were put on by your association. Make sure you support as many events as possible.

Again this year, the USATF Annual Meeting will be held in Reno, Nevada. If possible you should attend this meeting if you are interested in the inner workings of USATF. Out of the annual meeting we expect to see a new structure to the USATF Board of Directors. We will be electing a new USATF President and hear about our success in China.

Karen Krsak
President, Ohio Association

YOUTH ATHLETICS

2009 USATF YOUTH CHAMPIONSHIPS

- Ohio Association Indoor Championships, February 15th, Ada, Ohio
- Midwest Indoor Junior Olympic Championships, late February, Morgantown, West Virginia
- USA Junior Outdoor Championships, June 24th to 28th, Eugene, Oregon
- Ohio Association Outdoor Championships, June 27th and 28th, location TBD
- USA Youth Outdoor Track & Field Championships, June 30th to July 5th, Ypsilanti, Michigan
- Region 5 Outdoor Championships, July 9th to 12th, Charleston, West Virginia
- USATF Junior Olympic Outdoor Track & Field Championships, July 28th to August 2nd, Greensboro, North Carolina
- Ohio Association Cross Country Championships, November 7th or 14th, Springfield, Ohio
- Region 5 Cross Country Championships, November 14th or 21st, TBD,
- USATF Junior Olympic Cross Country Championships, December 12th, Reno, Nevada

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2009 IAAF WORLD CHAMPIONSHIPS

July 8th to 12th, 2009, Bressanone, Italy

The World Youth Championships are for 15, 16 and 17 year old athletes.

For the first time the team will be selected using a trials process. The trials event will take place at Eastern Michigan University in Ypsilanti, Michigan on June 30 and June 31. To qualify for the trials meet athletes must: be 2009 USATF members, hit a qualifying standard and have a current US Passport. (Please note, as the team will depart for Italy just days after the qualifier, no athlete will be allowed to participate in the trials events without a Passport).

See <http://www.usatf.org/events/2009/IAAFworldyouthchampionships> for more information and updates.

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RANDOM DRUG TESTING STARTING IN 2009

There will be random drug testing for the Intermediate Girls/Boys and Young Men/Women age groups.

Testing will be done at the Youth Athletics Championships and the Junior Olympics National Championships

Read up on what is banned, many over the counter drugs are on the banned list.

ITEMS OF INTEREST

Newsletter. Starting in 2009 the Ohio Association will publish two newsletters (actual dates to be determined). However to better serve our members we will also be sending out e-mail messages at least monthly to our members. In order for you to receive these e-mail messages, each member will have to enter their e-mail address on their 2009 USATF membership application, since we will be getting our e-mail addresses from the National office data base.

Coaches Background Screening. Notice to parents of our youth athletes. Not all of our club coaches/volunteers are having a background screening performed. We can not force background screening. However, if you want to know if the coaches/volunteers that are working with your son or daughter have passed the background screening, go to www.usatf.org and do the following. Click on About / Program / Criminal Background Check Program. Click on volunteers/coaches in good standing. Enter Ohio or club number to find out if your coaches/volunteers are on the list.

YOUTH ATHLETICS

MEDALISTS AT USATF YOUTH NATIONAL MEETS

USA Youth Track & Field Outdoor Championships, Charlotte NC, Jun 24 – 29, 2008

| | | | | | |
|-------------------|---------------------|------------------|-------------|-----------------|---------|
| Nicholas Coleman | South Dayton Flyers | Midget Boy | 800m | 3 rd | 2:18.10 |
| Camille Dickens | Northwest T C | Youth Girl | Long jump | 3 rd | 4.90m |
| Cierra Brown | Northwest T C | Youth Girl | High Jump | 3 rd | 1.45m |
| William Henry | Northwest T C | Intermediate Boy | 400m | 2 nd | 47.64 |
| | | | 800m | 2 nd | 1:56.43 |
| Herman Washington | New World T C | Intermediate Boy | 110 Hurdles | 3 rd | 14.87 |

USA Junior Outdoor Track & Field Championships, Columbus Oh, Jun 20 – 22, 2008

| | | | | | |
|----------------|------------|--------|-----------|-----------------|--------|
| Ryan Fleck | Unattached | Male | High Jump | 1 st | 2.17m |
| Erik Heriot | Unattached | Male | High Jump | 2 nd | 2.14m |
| Erin Pendleton | Unattached | Female | Discus | 2 nd | 50.20m |

Junior Olympic Outdoor Track & Field Championships, Omaha, NE, July 22 – 27, 2008

| | | | | | |
|-------------------|-----------------------|-------------------|---------------|-----------------|----------|
| Sydney Beal | South Dayton Flyers | Bantam Girl | 1500 Racewalk | 2 nd | 9:14.69 |
| Isaac Renner | Dayton Gems Elite T C | Midget Boys | 4x100 Relay | 8 th | 51.94 |
| Justus Ruby | | | | | |
| Mykeal Ham | | | | | |
| Marc Raye-Redmond | | | | | |
| Nicholas Coleman | South Dayton Flyers | Midget Boy | 800m | 2 nd | 2:15.38 |
| Ivy Horn | Unattached | Youth Girl | Pentathlon | 5 th | 2803 pts |
| Mary Wenzell | Miami Valley T C | Youth Girl | 3000 Racewalk | 5 th | 18:21.84 |
| Morgan Horn | Unattached | Youth Girl | Pole Vault | 6 th | 2.85m |
| Dajsha Avery | Northwest T C | Youth Girl | Javelin | 5 th | 30.32m |
| Abbey Saurine | Miami Valley T C | Youth Girl | High Jump | 5 th | 1.55m |
| Logan Chaney | Unattached | Youth Boy | Pole Vault | 6 th | 3.15m |
| Lavonne Gauthney | Pacesetters T C | Youth Boy | Shot Put | 5 th | 15.32m |
| Allison Chin | Miami Valley T C | Intermediate Girl | 3000 Racewalk | 1 st | 16:20.08 |
| Mekayla Breland | Unattached | Intermediate Girl | Shot Put | 6 th | 11.53m |
| Joshua Ballenger | Unattached | Intermediate Boy | Hammer Throw | 8 th | 43.57m |
| John Randall | Miami Valley T C | Intermediate Boy | 3000 Racewalk | 3 rd | 15:48.35 |
| William Henry | Northwest T C | Intermediate Boy | 400m | 3 rd | 47.74 |
| | | | 800m | 2 nd | 1:54.68 |
| Reini Brickson | Miami Valley T C | Young Woman | 3000 Racewalk | 3 rd | 18:39.22 |
| Erin Pendleton | Unattached | Young Woman | Discus | 2 nd | 43.72m |
| Lauren McCullough | Falcon T C | Young Woman | Javelin | 3 rd | 40.17m |
| Justin Welch | Unattached | Young Man | Hammer Throw | 1 st | 59.41m |
| | | | Discus | 4 th | 52.80m |
| Anthony Hernandez | Unattached | Young Man | Hammer Throw | 2 nd | 57.63m |
| Jacob Gunderkline | Miami Valley T C | Young Man | 3000 Racewalk | 1 st | 15:02.56 |
| Moe Frisch | Unattached | Young Man | 800m | 2 nd | 1:52.95 |

OFFICIALS CORNER

The officials committee of the USATF Ohio Association wishes to acknowledge the fine job the Ohio officials did working the Association and Region 5 meet, the Junior Championships in Columbus, Ohio and the Olympic Trials in Eugene, Oregon. You are all to be commended for your dedication to the sport of track & field.

Re-certification! As reported in the past all officials re-certifying for the next Olympiad 2009-2012 will have to be a member of USATF before being re-certified. A bit of advice, take out a membership for multiple years, this can be done via the USATF web-site, click on products/services, then click on individual memberships and follow instructions. Reminder, the USATF membership fee and the official's certification numbers are two different fees. The USATF membership number is 10 digits and the official's certification number is 6 digits. The re-certification fee for the next Olympiad will be \$ 50.00, which covers a four year period. Each individual re-certifying will only have to take one rules review, at the level one is currently at.

Officials Uniform Shirt! The new (red-blue) shirt is available for ordering. You can find an order form on USATF's web-site, www.usatf.org. Go to resources and click on officials and look for the heading Uniforms/Equipment. There is also a phone number to call for information 214-783-8654.

Clinic! I am still in need of topics and presenters for the 2009 clinic to be conducted at Capital University in late January of 2009. Please contact me if you would like to be a presenter or would like a specific topic discussed. My contact numbers are as follows: 614-899-6073 h, 614-395-4592 c or e-mail n2track@aol.com.

Officiating Opportunity! The NCAA Div III Outdoor Championships will take place at Marietta College in Marietta, Ohio, May 21 – 23, 2009. If you are interested in working this meet please contact me at the above mentioned numbers. This is an opportunity to work a National Championship in your own backyard.

Spike Gauges! The Ohio Officials Committee has spike gauges for sale. They are made of heavy gauge steel and embossed on each is "Ohio Association Track & Field". They are \$ 6.50 each. Let Karen or myself know if you would like to purchase one or more.

Address Change! With this being a re-certification year, it is very important that I have your correct address, phone number and e-mail address in my data base. If you have moved or changed any of your other numbers, please let me know.

Len Krsak
USATF Ohio Association
Certification Chair

**On behalf of the youth coaches and youth athletes,
I would like to thank all of the Ohio Association officials
that give their time and energy to work our youth meets.**

Fritz Spielman, Ohio Association Youth Chair

USATF OHIO ASSOCIATION 2008 CROSS COUNTRY SCHEDULE

| | | |
|---------------|---|--|
| SUN OCT 12 | Capital City Comets Invitational Youth, Open & Masters | Franklin Park, Columbus Oh Bob Talley 614-258-3468 |
| SUN OCT 19 | SCIOTA Invitational Youth, Open & Masters | Thompson Park, Upper Arlington Oh Rick Kincade 614-777-1107 |
| SUN OCT 26 | Dayton Gems Elite Invitational Youth, Open & Masters | Triangle Park, Dayton Oh Larry Whitmore 937-275-8258 |
| SAT NOV 8 | USATF – Ohio Championships Youth, Open & Masters (1) | Belmont Park, Dayton, Oh Fritz Spielman 937-235-9436 |
| SAT NOV 15 | USATF Region 5 Junior Olympic Championships (2) Youth | Malone College, Canton Oh Larry Seifert 440-842-2142 |
| SAT NOV 22 | South Dayton Flyers Invitational Youth, Open & Masters | Belmont Park, Dayton, Oh Fritz Spielman 937-235-9436 |
| SAT DEC 13 | USATF National Junior Olympic Championships (3) Youth | Pole Green Park, Mechanicsville, Va Dwight Porter 757-969-1089 |

Note 1 For Youth Age Divisions, this is the qualifying meet for the Region 5 Junior Olympic Championships on Nov 15th.

Note 2 To compete in this meet, athletes had to compete and qualify at the USATF - Ohio Championships on Nov 8th.

This is the qualifying meet for the USATF National Junior Olympic Championships on Dec 13th.

Note 3 To compete in this meet, athletes had to compete and qualify at the USATF Region 5 Championships on Nov 15th.

OHIO JUNIOR OLYMPIC

& OHIO USATF M&W CROSS COUNTRY CHAMPIONSHIPS

SATURDAY, NOVEMBER 8th, 2008

BELMONT PARK, DAYTON, OHIO

HOSTED BY: SOUTH DAYTON FLYERS TRACK CLUB

SANCTIONED BY: OHIO ASSOCIATION of USATF

SCHEDULE OF EVENTS

| <u>MEN/BOYS</u> | <u>WOMEN/GIRLS</u> |
|---|--|
| 8:00 AM - Course Opens for Inspection | |
| 9:30 am - OPEN & MASTER MEN (5K) | 10:00 am - OPEN & MASTER WOMEN (5K) |
| 9:30 am - 5K - Young Men (1990-1991) | 10:00 am - 5K - Young Women (1990-1991) |
| 10:45 am - 5K - Intermediate Boys (1992 - 1993) | 10:00 am - 5K - Intermediate Girls (1992 - 1993) |
| 11:15 am - 4K - Youth Boys (1994 - 1995) | 11:45 am - 4K - Youth Girls (1994 - 1995) |
| 12:15 pm - 3K - Midget Boys (1996 - 1997) | 12:45 pm - 3K - Midget Girls (1996 - 1997) |
| 1:15 pm - 3K - Bantam Boys (1998 and up) | 1:45 pm - 3K - Bantam Girls (1998 and up) |
| The year an athlete is born determines the age division in which he/she competes. | |
| COURSE: | Hilly and somewhat challenging. Athletes may warm up on the course between races. 3/8" Spikes recommended - NO SPIKES ALLOWED INSIDE THE LOHREY RECREATION CENTER |
| USATF MEMBERSHIP: | USATF membership is required to compete. 2009 memberships (good for 2008 XC) will be available at the race. The fee is \$20.00. Registration forms can also be obtained by SASE to: <i>Ohio Association USATF, P.O. Box 5848, Dayton, Ohio 45405.</i> Or by going on-line to: www.usatf.org . |
| PROOF OF AGE: | A legible copy of an approved proof-of-age document (Birth Certificate, Passport, or Drivers License) is required. Copy is needed for advancement to the Regional Junior Olympic (JO) Cross Country Championships. |
| ENTRY FEE and ENTRY FORMS | Registration is \$6.00. Entry closes 1/2 hour prior to the scheduled start time for the race. Open/Masters use entry form below. Youth use advancement form on the next page. |
| ADVANCEMENT FORM FOR JOs: | The JO Advancement Form (next page) will have to be completed and turned in prior to running in this meet. This form is then sent to the Region 5 Meet Director by the Association Meet Director. |
| AWARDS: | Medals will be awarded to the first 10 in each Junior Olympic age division. Medals will be given to the top 3 finishers in each age division of open and masters. |
| TEAMS : | A team shall be comprised of at least 5 but not more than 8 runners from a registered USATF member club. Teams must declare prior to the race. Club memberships (\$45) will be available day of meet at registration. |
| QUALIFIERS TO JO REGIONALS: | The top 5 teams and the first 25 individuals in each Junior Olympic age division not on any of the five qualifying teams advance to the USATF Region V Cross Country Championships. The Regional Meet will be contested on Saturday, November 15 th , 2008 at Malone College, Canton, Ohio. |
| QUALIFIERS TO JO NATIONALS: | The top 20 finishers and the first 3 teams in each regional race qualify for the 2008 USATF Junior Olympic Cross Country Championships at Pole Green Park, Mechanicsville, Virginia, on Saturday, December 13th. |
| OPEN/MASTERS CLUB NATIONALS: | All Open and Master M&W completing the Ohio Cross Country Championships qualify to compete in the USATF Club Nationals on Saturday, December 13 th in Reno, Nevada. Go to www.usatf.org for info. |
| DIRECTIONS: | From I-70 go south on 675 to Route 35 (then go west on 35 toward Dayton). From I-75 go east on Route 35. Take Smithville Road exit off Route 35 (turn left if coming from I-70 or turn right if coming from I-75). Go 1 mile to Woodbine Road and turn left. Belmont Park is the first right turn (stop sign) on Woodbine Road. |
| FOOD & T-SHIRTS | Food will be available at the concession stand. |
| Make checks payable to: | South Dayton Flyers TC |
| Mail Entries to: | 5026 Silver Arrow Dr. Dayton, OH 45424 |
| | For more info: <i>Fritz Spielman</i> 937-235-9436 937-212-9693 (c) usatf-ohio@msn.com |

I, hereby, for myself, heirs, executors and assigns, waive all claims for damages that may arise against the organizers or sponsors of the Ohio Association Cross Country Championships, the South Dayton Flyers TC, City of Dayton, and their agents or representatives for injuries suffered at this event. I certify that I, or, my minor child - named below, is in good health and sufficiently trained to compete.

Name: _____ **Date of Birth:** _____ **Age:** _____

Address: _____ **USATF Club:** _____

City: _____ **State:** _____ **Zip:** _____ (Sex) M ___ F ___

Phone: (____) _____ - _____ **Email Address:** _____

Signature: _____ **USATF #:** _____



2008 USATF Junior Olympic Cross Country Program Individual Entry & Advancement Form



Please type or print legibly

Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

Telephone: () _____ Email _____

Full USATF Club Name _____

USATF Club Number _____ / _____

USATF Association OHIO USATF Region # 5

USATF Membership Number _____

(Required)

| | |
|--|--|
| AGE DIVISION | |
| Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female | |
| <input type="checkbox"/> Bantam (Born 1998 and later) <input type="checkbox"/> Midget (Born 1996-1997) <input type="checkbox"/> Youth (Born 1994 -1995) <input type="checkbox"/> Intermediate (Born 1992-1993) <input type="checkbox"/> Young M/W (Born 1990-1991) | |
| Birth Date ____/____/____ BIRTH DATE VERIFIED** | |

| | | | | | | |
|------------------|--|--|--|--|---------------------------------|--|
| Section 1 | Association Championships | | Belmont Park, Dayton, Oh. | | November 8 th , 2008 | |
| | (Check appropriate age division to enter the Association Championship) | | | | | |
| | <input type="checkbox"/> Bantam (3 km) <input type="checkbox"/> Midget (3 km) | | <input type="checkbox"/> Youth (4 km) <input type="checkbox"/> Intermediate (5 km) <input type="checkbox"/> Young Men/Women (5 km) | | Entry Fee: \$ 6.00 per athlete | |

| | | | | | | |
|------------------|--|--|--|--|----------------------------------|--|
| Section 2 | Regional Championships | | Malone College, Canton, Oh. | | November 15 th , 2008 | |
| | (Indicate place/time from Association Championships) | | | | | |
| | <input type="checkbox"/> Bantam (3 km) _____ <input type="checkbox"/> Midget (3 km) _____ | | <input type="checkbox"/> Youth (4 km) _____ <input type="checkbox"/> Intermediate (5 km) _____ <input type="checkbox"/> Young Men/Women (5 km) _____ | | Entry Fee: \$ 7.00 per athlete | |

| | | | | | | |
|------------------|--|--|--|--|----------------------------------|--|
| Section 3 | National Championships | | Mechanicsville, VA. | | December 13 th , 2008 | |
| | (Indicate place/time from Regional Championships) | | | | | |
| | <input type="checkbox"/> Bantam (3 km) _____ <input type="checkbox"/> Midget (3 km) _____ | | <input type="checkbox"/> Youth (4 km) _____ <input type="checkbox"/> Intermediate (5 km) _____ <input type="checkbox"/> Young Men/Women (5 km) _____ | | Entry Fee: \$8.00 per athlete | |

Athlete's Release: I voluntarily agree to participate in the 2008 USA Track & Field Junior Olympic Cross Country Championships and knowingly assume any and all risks of loss, damage to my person or property, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the 2008 USA Track & Field Junior Olympic Cross Country Championships, from any cause whatsoever, including the fault or negligence of Releasees (as defined below). I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the local USATF Association, the Local Organizing Committee, the Facility and Championship Sponsors, their respective officers, directors, employees, agents and volunteers (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the 2008 USA Track & Field Junior Olympic Cross Country Championships. In the event that I am injured, I hereby consent to the provision of necessary and appropriate emergency medical treatment.

By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Signature - **ATHLETE** _____

Signature - **PARENT/GUARDIAN** (Must be signed if athlete is under 18 years of age.) _____

ADA request: I am requesting an accommodation for a disability as follows: _____
(Visit www.usatf.org/about/legal/policies/ADA.asp for forms and procedures)

*Please note: All requests for accommodations must be received six weeks prior to the date of competition.

List allergies and current medications: _____

THIS ENTRY FORM MUST BE RETURNED TO THE REGISTRATION AREA BEFORE LEAVING THIS MEET.

**Proof of Age: Verification Stamp (based on Birth Certificate, Certified Baptismal Record, Passport, Driver's License, or U.S. government identification)

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USATF OHIO ASSOCIATION OFFICERS

President – Karen Krsak

Vice President – Lloyd Martin

Secretary – Linda Melzer

Office Manager/Treasurer – Fritz Spielman

Membership/Sanctions – Brenda Martin

Chairman of Youth Athletics – Fritz Spielman

Chairman of Track & Field – Duane Gosa

Co-Chairman for Long Distance Running – Eric Furth

Co-Chairman of Long Distance Running – Matt DeLeon

Chairman for Race Walking – Vince Peters

USATF OHIO ASSOCIATION
WWW.USATF.ORG/ASSOC/OH

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