

GET ON TRACK

Official Newsletter of USATF Ohio Association

May 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 will be 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. We will have another great agenda this year so check out usatf.org for more information about the workshop.

As you know the Greater Columbus Sports Commission put in a bid for the Junior National Championship for 2008 and will be hosting the event at Ohio State University in the Jesse Owens facility. The date for this great meet will be June 20th – 22nd. I encourage you to come out and support this event by buying tickets and watching the youth of this country participate. Remember you may be watching the next Olympians. Keep your eye out for information for this upcoming event on Sports Commission website at www.columbus08.com.

I also want to alert you that the September meeting will be held at the Spring Hollow Lodge located in Sharon Woods Metro Park on September 7th. We will be electing a new board at that time and encourage you to attend.

Another item on the agenda will be to vote on changes to our by-laws. We have had additional items from the national office that all associations must comply with. To do that we will need to make adjustments to our current by-laws. Currently we have a committee working on those changes that we will discuss at our April board meeting. We will then present the changes to the general group for voting in September.

Matt Lydum is now 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. I look forward to their report in September.

The full September agenda will be posted on the Ohio Website in either late July or early August.

Don't forget that as we move into the outdoor season you need to make sure that if you are a coach or volunteer with a youth team a background check is required. Parents make sure you check our website to ensure your team coaches and volunteers names appear on the approved list.

Karen Krsak
President, Ohio Association

YOUTH ATHLETICS

Ohio Association Junior Olympics Meet Information

District Meets. We will not be holding district meets this year. Will hold district meets next year.

Registration Procedures. The meet registration procedures will be different this year. Athletes can register in one of the following ways: (1) On-line through the national office - See link on our web page: www.usatf.org/assoc/oh; (2) By mail to the meet director - Jim Engel, 6919 Cambridge Av, Cincinnati Oh 45227 (Please do not send entries signature required - they will be returned unopened); or (3) in person at one of our invitational meets - identified by an * on the 2008 meet schedule in this newsletter. Entries must be received by Monday, June 16th. **NO DAY OF MEET ENTRIES ACCEPTED.**

USATF Membership. Athletes must obtain their 2008 USATF Membership (\$20.00) prior to registering for the meet. The membership number has to be on the entry form when it is submitted. Membership numbers can be obtained on line at www.usatf.org (the preferred method), or through our association (mail the application form found in this newsletter to USATF – Ohio, PO Box 5848, Dayton, Oh 45405 no later than June 1). Membership applications will also be available at our early meets. **MEMBERSHIP CARDS WILL NOT BE SOLD AT THE ASSOCIATION MEET.**

Age Divisions. This year, competition will be conducted in six age divisions: Sub- Bantam – born 2000 and later (*new this year*); Bantam – born in 1998 and later; Midget – born in 1996 and 1997; Youth – born in 1994 and 1995; Intermediate – born in 1992 and 1993 and Young Men / Women – born in 1990 and 1991 (also, athletes born in 1989 are eligible if they do not turn 19 on or before 7/28/2008). The Sub-Bantam age division will also be contested at the Region 5 Championship Meet, but not at the National Championships. If a Sub-Bantam age athlete (born in 2000 and later) wants to be on a relay team or advance to Nationals, they must enter the meet and compete in all their events as a Bantam (born in 1998 and later).

Competition. A competitor must compete in his/her age division only. There will be no “moving up” or “moving down” in any events, including relays. Competitors in the Bantam and Midget age divisions may compete in a maximum of three events, including relays. An athlete who enters the meet in the Sub-Bantam age division can only compete in the following three events: 100m, 400m and 1500m (no relays – see above paragraph). Competitors in the Youth, Intermediate and Young Men/Women age divisions may compete in a maximum of four events, including relays. Combined events are not included in the event count.

Clubs. All clubs must be USATF member organizations. All relay team members must be members of the same club, which must also be registered with the Ohio Association for 2008.

Pass Thru Events. For this year, we will be passing on to the region meet all athletes wanting to compete in the combined events, steeplechase and the hammer throw. Athletes will have to turn in a Junior Olympic Advancement form and pay the region entry fee prior to or at the Ohio Association Junior Olympic Meet. No mail in entries for “Region 5 pass through events” will be accepted.

Meet Fees. Individual events \$ 5.00. Relay teams \$ 20.00.

Advancement. Top 6 in each event at the Ohio Association meet qualify to advance to the Region 5 Championships.

Region 5 Information. See page 4 for information on the Region 5 Championship Meet.

USATF OHIO ASSOCIATION 2008 TRACK & FIELD MEET SCHEDULE

(* denotes meets where athlete can register for Junior Olympic Championships)

SUN MAY 18	Columbus Track & Field Classic Youth, Open, Masters	Ohio State University, Columbus Oh Curtis Stitt 614-563-5165
SUN JUN 1	New World Worthington Classic * Youth, Open & Masters	Thomas Worthington H S, Columbus Oh Rich Leonard 614-323-9445
SUN JUN 8	Northwest Track classic * Youth	Trotwood-Madison H S, Trotwood Oh Harold Martin 937-837-5069
THU JUN 12	Yellow Springs Open * Youth, Open & Masters	Yellow Springs H S, Yellow Springs Oh Vince Peters 937-767-7424
SAT JUN 14	Dayton Gems-Elite Invitational * Youth, Open, Masters	Welcome Stadium, Dayton Oh Lois Woods 937-610-2850
SAT & SUN JUN 21 & 22	Ohio Association Junior Olympics Youth Individual Events	Trotwood-Madison H S, Trotwood Oh Jim Engel 513-608-8766
FRI to SUN JUN 20 to 22	Junior National Championships Youth	Ohio State University, Columbus Oh Brian Brase 317-261-0500
TUE to SUN JUN 24 to 29	USATF Youth Athletics Youth	UNC Charlotte, Charlotte NC
THUR & FRI JUL 3 & 4	Region 5 Junior Olympics (Combined Events) Youth	Harrison High School, Farmington Mi
SAT & SUN JUL 5 & 6	Region 5 Junior Olympics (Individual Events) Youth	Harrison High School, Farmington Mi
SAT JUL 12	Pataskala Last Chance Meet Youth, Open, Masters	Licking Heights H S, Pataskala Oh Duane Gosa 614-554-3875
SUN JUL 13	Midwest Classic Youth	Trotwood-Madison H S, Trotwood Oh Harold Martin 937-837-5069
THUR JUL 17	Miami Valley Open Youth, Open, Masters	Yellow Springs H S, Yellow Springs Oh Vince Peters 937- 767-7424
TUE to SUN JUL 22 to 27	USATF Junior Olympic Nationals Youth	Burke High School, Omaha Nebraska (See National web page for Event web page)

ITEMS OF INTEREST

REGION 5 JUNIOR OLYMPIC CHAMPIONSHIPS

Meet has been moved to the Michigan Association – Harrison H S, Farmington, Michigan
Combined Events will be held on July 3rd and 4th Individual events will be held on July 5th and 6th

Changes Made to the Region 5 Championships Individual Events Competition

Will be a two day meet – run by events not age divisions (age divisions will compete on both days)
Will have three events for sub-bantam athletes -100m, 400m and 1500m
(If sub-bantam age athletes want to go to Nationals, they must compete as bantams at their Association Championships)
In events with preliminary rounds, the fastest eight will move to the final
In bantam, midget and youth divisions up to 16 athletes may compete in an 800m heat

Region 5 Championships Entry Fees

Individual Events \$ 7.00 Relay Teams \$ 28.00
Triathlon & Pentathlon \$ 15.00 Heptathlon & Decathlon \$ 20.00

Advancement From Region 5 to USATF National Championships

Top three in each individual event and relays qualify to the National Meet
Top two in each combined event qualify to the National Meet

(A performance standard, determined by the National Youth Committee, must be achieved to replace a National advancer who elects not to advance to the National Meet)

TRACK & FIELD OPPORTUNITIES FOR OPEN & MASTERS ATHLETES

Columbus Track & Field Classic	Sun, May 18	See page 3 for contact info
New World Worthington Classic	Sun, Jun 1	See page 3 for contact info
Yellow Springs Open	Thur, Jun 12	See page 3 for contact info
Dayton Gems-Elite Invitational	Sat, Jun 14	See page 3 for contact info
Dayton Track Classic	Sat, Jun 21	Bob Jones (937-837-5069)
Ohio Open & Masters Championship	Sat, Jul 12	Duane Gosa (614-554-3875)
(Need to have a USATF membership to compete in this meet)		
Miami Valley Open	Thur, Jul 17	See page 3 for contact info

USATF CRIMINAL BACKGROUND SCREENING PROGRAM

This program is now mandatory. In order to preserve the safety and security of USATF youth members every club coach and volunteer (who has direct contact with youth) will be required to have a criminal background check. The purpose of the background screening is not to arbitrarily exclude volunteers who may have a criminal conviction in their past; rather, it is to identify individuals who may pose a risk to youth athletes. Screened offenses are: any crimes against children; any sexual offenses; drug convictions; weapons offenses; assaults, battery and any other crime of violence; and lewd conduct. All coaches and volunteers have to complete the Coach/Volunteer Application form provided with the clubs membership application. This form has to be provided to our screening agent for processing to the agency doing the background check. Parents can check to see if coaches are in good standing at www.usatf.org/about/programs/backgroundChecks.

OFFICIALS NEEDED

Certified Officials are needed for the Ohio Association Junior Olympic Championships (June 21st & 22nd)
Contact Elinoor Tootle (937-854-5799 or East6verizon.net)

Officials and volunteers are also needed for all the meets listed above and on page 3
Contact the individual contact person for each meet



2008 USATF JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

Event Entry & Advancement Form

Please type or print legibly

Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

Telephone () _____ Email (opt.) _____

Full USATF Club Name _____

USATF Club Number 1 / 7 / - / / / / /

USATF Association OHIO USATF Region 5

2008 USATF Memb. No. / / / / / / / / / / / (Required)

AGE DIVISION
Sex: Male Female

Sub-Bantam (Born 2000 and later)
 Bantam (Born 1998 and later)
 Midget (Born 1996 – 1997)
 Youth (Born 1994 – 1995)
 Intermediate (Born 1992 – 1993)
 Young M/W (Born 1990 – 1991)*
*(See Rule 300.1.c - Includes athletes who are still 18 thru July 27, 2008)

Birth Date / /
BIRTH DATE VERIFIED**

S E C 1 **June 21 – June 22 Association Championships Trotwood-Madison H S, Trotwood, Oh**
 Entry Fees: \$ 5.00 Indiv. Event, \$ 20.00 Per Relay (Steeplechase, Hammer Throw & Combined Events are pass thru to Region)
 Please list events in which you are going to compete. No preliminary (district) meets this year.

Event	Event
1) _____	3) _____
2) _____	4) _____

Combined Events _____

S E C 2 **July 3 – July 6 Regional Championships Harrison H S, Farmington, Mi**
 Entry Fees: \$ 7.00 Indiv. Event, \$ 28.00 Per Relay, \$ 20.00 for Heptathlon/Decathlon, \$ 15.00 for Triathlon/Pentathlon
 Please list events in which you are going to compete: list place and time/mark achieved at the Association meet.

Event	Time/Mark	Place	Event	Time/Mark	Place
1) _____	_____	_____	3) _____	_____	_____
2) _____	_____	_____	4) _____	_____	_____

Combined Events _____ Total Pts _____ Place _____

S E C 3 **July 22 – July 27 National Championships Burke Stadium – Omaha, NE**
 Entry Fees: \$8.00 Indiv. Events, \$32.00 Per Relay, \$24.00 Heptathlon/Decathlon, \$20.00 Triathlon/Pentathlon
 Please list events in which you are going to compete: list place and time/mark achieved at the Regional meet.

Event	Time/Mark	Place	Event	Time/Mark	Place
1) _____	_____	_____	3) _____	_____	_____
2) _____	_____	_____	4) _____	_____	_____

Combined Events _____ Total Pts _____ Place _____

Athlete's Release: I voluntarily agree to participate in the 2008 USA Track & Field Junior Olympic 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 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 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 United States Government Identification)

OFFICIALS CORNER

The 2008 annual clinic conducted at Capital University was a great success. An all time attendance record was set with 65 officials attending. A big **Thank You** to the following presenters: Linda Logan from the Columbus Sports Commission, Randy Hopkins, Scott Rose, Jeff Bauer, Fred Thomas, Ron Althoff, Linda Melzer, Karen Krsak and our special guest presenter from Kentucky Gordon Bocoock. Their preparation and presentations were outstanding. Also from Kentucky as guests were Doug Allen and Charles Ruter. At this time the plans are to conduct the 2009 annual clinic again at Capital University, located in Bexley, Ohio. Tentative date is Sunday, January 25, 2009, start time to be determined.

Awards! The 2007 USATF Ohio Association Awards were presented at the January 27, 2008 clinic at Capital University. The Ohio Association was privileged to have Gordon Bocoock, Vice Chair of Awards for the National Officials Committee, present the awards to all officials.

Service Awards went to James Fox, Kris Jesse, Mike Storage and Archelaus Watts-El.

National Awards were presented to Gerald Welch, Neal Charske, Jeff Bauer, Kip Kinn, Bob Koch, Steve Lower, Linda Melzer, Brett Newsome, Dave Parent, Brian Stephens, Carolee Stephens, Fred Thomas, Len Krsak and Elinor Tootle.

International Officiating Award was presented to Len Krsak.

USATF Ohio Association official of the year was presented to Randy Hopkins.

Fred Thomas also received a plaque for being in contention for the Andy Bakjain National Award.

Great News! The new official's shirt (blue and red) 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.

For the officials selected to work the Olympic Trials order your new shirts "Now" in order to receive them in plenty of time to wear at the trials.

Rain Gear from Boathouse with the new logo is also available for ordering. Information for ordering is also available on the USATF web-site.

Recertification! For all officials will take place later in the year (2008), probably at or near the time the Olympics are being contested. A new regulation that went into effect at the last annual meeting (December of 2007) states that in order to become a certified USATF track & field official, one must be a member of USATF. Now is the time to get your membership number, this can be done via the USATF web-site, click on products/services, then click on individual memberships and follow instructions. Each individual re-certifying will only have to take one rules review, at the level one is currently at. The fee for re-certification will be \$ 50.00. The \$ 10.00 increase is due to the increase in the cost of copying, supplies and postage. The \$ 50.00 fee breaks down to \$ 12.50 per year, still a bargain compared to other sport certification fees.

Hope everyone has had a rewarding indoor season. With the excitement of the outdoor season upon us, remember to put safety first! Especially in the throwing events. Make sure the sectors are well roped/fenced off and warm-ups are supervised, this is for everyone's protection, athletes, spectators and officials.

Volunteer Opportunity! As you know by now the USATF Junior Championships are being conducted in Columbus, Ohio at the Jesse Owens track June 20-22, 2008. Volunteers are needed for doping control escorts. If you are interested in volunteering for this position please contact the Columbus Sports Commission at www.columbus08.com/volunteers.php.

Len Krsak
USATF Ohio Association
Certification Chair

Sign-up now for 2008 Membership with USA TRACK & FIELD-OHIO

Use the application below or sign-up online and get your membership number immediately!

(Note: 2008 adult on-line and day-of-event fee will be \$29.95.)

<http://www.usatf.org/membership/application/>

Your continued support of the sport enables USA Track & Field – Ohio to provide the highest quality of services and programs to all athletes and clubs in the Association.

Membership Benefits for 2008 include:

- ❖ Subscriptions to the National *Fast Forward* magazine and Ohio's *Get on Track* newsletter
- ❖ Special "Member's Only" offers
- ❖ Numerous member discounts including *Track & Field News*, *Road Runner Sports*, *Priority One*, *Running Times*, *National Masters News*, USATF merchandise and many more.
- ❖ Voice and vote about the direction USATF-Ohio programs at semi-annual meetings in February and September.

Check www.usatf.org/membership/benefits for more information and regular updates

USATF is the national governing body of track & field, long distance running (road and cross country) and race walking. These 'sports' are defined as "Athletics". The Ohio Association - the state governing body - is one of 57 Associations that comprise USATF. Athletes, clubs, officials, coaches and events throughout our 66 county boundary make up USATF-OHIO, a non-profit organization with volunteer officers. **The state of Ohio is divided into two USATF Associations. The OHIO Association is for all Ohio residents EXCEPT those residing in the 22 counties listed below. The LAKE ERIE Association is for residents of the following Ohio counties: Ashland, Ashtabula, Carroll, Columbiana, Cuyahoga, Erie, Geauga, Harrison, Holmes, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Stark, Summit, Trumbull, Tuscarawas and Wayne.**

We invite you to renew your membership!

937-276-5121

kdmoores@aol.com



PLEASE PRINT

USA TRACK & FIELD MEMBERSHIP APPLICATION

New Member Renewal from last year Previous year

Membership Fees:
 \$20.00 Youth & Adult (see online fee above)
 Contributing Mem - \$60 (\$35)

Mail with check & SASE to:
 USATF – Ohio
 PO Box 5848
 Dayton, OH 45405-0848

Last Name First name MI

Address

City ST Zip

E-Mail Address:

USATF Club # _____ Club Name

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competitive Rules for my level(s) and category(ies) of membership.

Signature (if athlete is under age 18, parent, guardian or coach must sign)

Date of Application

Date of Birth

Age Sex M/F

Citizenship _____

- Check all applicable codes:
- T=track F=field
 - R=long distance running
 - X=cross country
 - W=racewalking U=ultra
 - Coach Coach 1 or 2
 - Official Official A,N, M
 - Administrator Parent

Area Code Telephone

Contributing Member

Anyone interested in donating to the development of the sport. The cost is \$60 (\$35 without USATF polo shirt). Benefits include USATF lapel pin, USATF rule book, USATF decal and (optional) USATF polo shirt. Polo size: M _ L _ XL _

Support Your Favorite Programs

Your additional contributions go directly to the sport of your choice (and are tax deductible).
 \$10 _ \$20 _
 \$50 _ Other \$ _

Thank You!

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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 – Kountez Moore

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