



**TECHNICAL INSTRUCTIONS AND INFORMATION**  
**2009 USA Masters 5 km Championships**  
**Hosted by the Syracuse Festival of Races & the**  
**Syracuse Chargers Track Club**  
**Syracuse, New York**  
**October 4, 2009**

**From**

**Dave Oja, Event Director**  
**Bill Quinlisk, USA Masters 5 km Championship Referee**

**Competitors competing in the 2009 USA Masters 5 km Championships at the Syracuse Festival of Races on Sunday, October 4, 2009 should be aware of the following points of emphasis. Competitors who fail to comply with these and other applicable USATF Rules of Competition risk possible disqualification.**

- 1) **The Race Course.** The course is the roadway between its edges and curbs. Each kilometer is clearly marked, as are the one-mile and halfway split points. Official split times will be called at each marked split point. Digital clocks will be located at the 1km, 4km, and halfway splits. Timing mats at the halfway point will record your halfway split and help to verify that each finisher has completed the entire course.

One lead media vehicle and an escort police car will lead each 5 km race. The media vehicle will pull away from the leaders approximately 800 meters before the finish line.

- 2) **Cutting the Course.** Any competitor who has been found by the Referee to have gained an unfair advantage by receiving assistance or by intentionally shortening the route of the race (“cutting the course”) shall be immediately disqualified. In addition to the timing mat at the halfway point on the course, race officials will be videotaping at various points along the course to verify that each finisher has completed the entire 5-kilometer course as marked.
- 3) **Illegal Assistance.** Anyone found to have received illegal assistance is subject to disqualification. “Assistance” is the *conveying of advice, information or direct help* to an

athlete by any means, including a technical device. It also includes pacing in running or walking events by *persons not participating in the event*, by competitors lapped or about to be lapped, or by any kind of technical device. Competitors may carry or wear articles of personal equipment such as wrist chronometers and heart-rate monitors.

Verbal or other communication, without the use of any technical device, from an individual not on the course shall not be considered assistance.

Pacesetting, by a person entered in an event as an officially designated pacesetter, is permissible. A designated pacesetter is a competitor like all others and is eligible to win the race. There will be no pacesetters in the 5K races at the 2009 Syracuse Festival of Races.

- 4) **Competition Numbers and Timing Tag.** Competition bib numbers must be pinned on the front of the outermost layer of clothing that you will be wearing in the race. They should not be folded or cut. The timing “D tag” must be attached to your shoe in the manner proscribed on the tag instructions. Assistance securing your “D tag” properly will be available at registration and at the starting line.

**All Masters entered in the 2009 USA Masters 5 km Championship must have an age group number pinned to the back of the outermost layer of clothing that they are wearing in the race in such a manner that the back number is visible to any runner behind them. Any competitor failing to wear a visible back number will be subject to disqualification. If your packet is lacking a back number it can be secured at the registration desk. They will also be available at the starting line.**

- 5) **Start Times.** Each competitor is responsible for knowing the starting time of his or her event: the Men’s 5K starts at 9:00 a.m. and the Women’s 5K starts at 9:45 a.m. Each competitor is similarly responsible for being at the starting line at the appointed time with his or her timing chip and bib number properly affixed.
- 6) **Championship Athlete Hospitality Tent.** There will be an invited-athlete hospitality tent at the finish in the start/finish area at which athletes can add or remove warm-up clothing and stow personal belongings. The tent will be green and yellow and clearly marked with the Syracuse Chargers Track Club logo. A copy of the official results will be posted in this tent as soon as they are available from the scoring team from Leone Timing, Inc.
- 7) **Start Details.** The Men’s 5K race will start promptly at 9:00 a.m., and the Women’s 5K will start promptly at 9:45 a.m. Our public address announcer will call all registered runners to the starting line approximately ten minutes prior to the start of each 5K race. There will be a two-command start: “Runners set,” followed by the firing of the starter’s pistol signaling the start of the race.
- 8) **No false start.** False starts will not be recalled.

- 9) **Withdrawal for medical reasons.** A competitor must retire from the race immediately if directed to do so by a duly authorized official of the race or by an appropriately identified member of the race medical staff.
- 10) **Eligibility.** All Master athletes must be citizens of the United States and eligible to represent the United States in international competition to be eligible for USATF medals and prize money. In addition, all athletes entered and competing in the 2009 USA Masters 5 km Championship are required to have a 2009 USATF membership card.

Masters Athletes will be allowed to “double-dip” and “triple-dip” in the Masters division prize money and awards.

**11) 2009 USA Masters 5 km Championships Prize Money Breakdown**

- a) Prize money for overall finishing place among USATF masters competitors will have the following breakdown for both men and women: 1<sup>st</sup> - \$300, 2<sup>nd</sup> - \$250, 3<sup>rd</sup> - \$200, 4<sup>th</sup> - \$150, 5<sup>th</sup> - \$100.
- b) USATF masters age-graded prize money will have the following breakdown: 1<sup>st</sup> - \$600, 2<sup>nd</sup> - \$500, 3<sup>rd</sup> - \$400, 4<sup>th</sup> - \$300, 5<sup>th</sup> - \$200, 6<sup>th</sup> - \$200, 7<sup>th</sup> - \$200, 8<sup>th</sup> - \$200, 9<sup>th</sup> - \$200, 10<sup>th</sup> - \$200.
- c) Five-year age-group 2009 5 km Champion prize money: \$100 will be awarded to each of the USATF five-year age-group champions for both men and women
- d) 2009 5 km Masters Champion club team prize money: \$250 will be awarded to the winning team in each of the men’s and women’s masters club team divisions: men’s 40+, 50+, 60+, 70+, and 80+; women’s 40+, 50+, 60+, 70+, and 80+.

**12) Drug Testing.** All competitors (including master competitors) are eligible for “in-competition” drug testing. Any questions regarding prescriptions or other over-the-counter medication should contact The United States Anti-Doping Agency (USADA) at **1-888-233-0393**.

**Note:** If the 2009 Syracuse Festival of Races is selected for drug testing, prize money checks will be mailed following our receipt of the drug testing results. The Syracuse Festival of Races has no control over when the results of the drug tests are released, and we cannot release the prize money until we have official results as it can directly affect the distribution amounts.