

EliteBeat



MAY 2009



Spring has Sprung!

Visa Champions Crowned

Visa Championship Outdoor Schedule

Team USA

Ryan Hall and Kara Goucher

2009 USA Outdoor Champs

The 2009 USA Outdoor Track & Field Championships return to Hayward Field on the campus of the University of Oregon in Eugene, June 25-28. Home to four Olympics Trials ('72, '76, '80 and '08) Hayward Field is considered one of the most hallowed sites in the sport.

Enter online today at
www.usatf.org/events/2009/USAOOutdoorTFChampionships/entry/index.asp

If you are not a 2009 USATF Member - update your membership first at
www.usatf.org/membership/application/

Hotel Information: Athletes have a number of housing options in the Eugene area. These options cover a variety of price ranges and include different features. Some hotels are close to Hayward Field, while others have access to an event shuttle that serves Hayward Field. No single hotel has been designated as an athlete hotel – you can stay in a hotel of your choosing, based on your needs, and your support personnel and family and friends can stay in the same hotel. Room reservations are based on availability. Please confirm cancellation policy with the hotel when you make your reservation. For a listing of hotels in Eugene – you should visit www.travellanecounty.org/track-championships. Because of limited availability – it is recommended that you book hotel accommodations early.

Prize Money: Prize money funds will be distributed to athletes as soon as the USADA anti-doping test results are final. Athletes with remaining NCAA eligibility are not eligible to receive prize money. Athletes must be citizens of the U.S. and eligible to represent the U.S. in international competition.

The prize money is as follows:

Place	Amount
1st	\$4,000
2nd	\$3,000
3rd	\$2,000
4th	\$1,000
5th	\$500

Tickets: Tickets are available for purchase online at www.goducks.com/tickets or by calling 1-800-Web-Foot.

Declarations: Once properly entered, all athletes must complete the declaration process. This process confirms your intention to compete in the Championships and allow you to update your qualifying mark. The only method for declaration is ONLINE – no other form will be accepted. Each athlete and/or his representative must declare whether that athlete will compete or not compete. Athletes not declaring by the declaration deadline will be scratched. On-time declarations must be received between Sunday 6/21/09 from 12:01am and Monday, 6/22/09 at 11:59pm PT.

INSIDE THIS ISSUE

2009 Outdoor Champs	IFC
Welcome Letter	1
Visa Championships Series	2-3
Project 3 Response	4-5
Good News	6-7
Anti-Doping News	9
Team USA.....	10-12
AAC Contact Information	IBC



Elite Beato is an official publication of USA Track & Field, 132 E. Washington St. Suite 800 Indianapolis, IN 46204, published quarterly by USA Track & Field.

Editors
Melissa Beasley, Ivan Cropper
Design & Layout
E. Susan Hazzard
Printed by
Sport Graphics, Indianapolis, Ind.
Cover Photos:
Photorun.net

A Message from the CEO



May 2009

Dear Athletes,

Welcome to *Elite Beat* and the summer of 2009. As we embark on an exciting time, we at the National Office of USA Track & Field continue our season of change both at the National Office and within the volunteer sector. All these changes are specifically designed with a common goal: to make USATF more professional, responsive, responsible and accountable. It starts with customer service and extends all the way up to the size and structure of our Board of Directors.

Since the last issue of *Elite Beat*, I have responded to the Project 30 Task Force (see pages 4-5) and will soon announce the hiring of a Managing Director of Competition. That is the person who will be charged with putting into place the systems and programs that will help you maximize your performance.

The next few months will see a return to Eugene for the 2009 USA Outdoor Track & Field Championships, and the selection of the 2009 World Championships team that will defend Team USA's title as the World's #1 Track & Field team in Berlin. Between now and Berlin, USATF's Marketing and Communications Department will unveil a plan to celebrate Team USA's history in that city from the 1936 Olympic Games. And although I can't tip my hand too much as yet, USATF will also announce several new programs that will benefit our elite athletes in substantial new ways.

This edition of *Elite Beat* will include important news from the IAAF, USOC and USADA as well as news about changes within the organization, such as the announcement of the new 15-person board of directors.

I encourage you to continue to avail yourselves of our best elite athlete resources – staff members Aron McGuire, Melissa Beasley, Beka Suggs, Carolyn Claude and Sandy Snow. They, and all of USATF, remain dedicated as ever to providing the highest level of customer service to our Elite Athletes.



Warm Regards,

Douglas G. Logan

Visa Championship Series

TRAMMELL, JONES MAKE HISTORY AS 2009 INDOOR VISA CHAMPIONS

Terrence Trammell became the first men's two-time Indoor Visa Champion and Lolo Jones became the first back-to-back winner of the Indoor Visa Championship Series.

The 2006 Indoor Visa Champion, Trammell had one of the best indoor seasons of his medal- and championship-laden career in 2009. A two-time World Indoor champion in the 60m hurdles, Trammell was undefeated in that event during the 2009 Indoor Visa Championship Series, winning at the 102nd Millrose Games, Reebok Boston Indoor Games and Tyson Invitational. By winning his fourth career national title at the USA Indoor Track & Field Championships in 7.37 seconds, Trammell broke the decade-old meet record held by Reggie Torian and won his second Visa Championship.

Jones took a much different path to the Visa Championship. Competing in Europe during the indoor season, she had posted the three fastest times in the world for 2009 in the women's 60m hurdles, including a world-leading 7.82 seconds. Entering the USA Indoor Championships in Boston, the two-time defending national champion needed a time of 7.86 to win the Visa Championship over leader Jenn Stuczynski, whose American record in the pole vault at the Reebok Boston Indoor Games, 4.82m/15-9.75, had put her in the lead.

After Amber Campbell took the Visa Championship points lead in Boston with her weight throw toss of 24.43m/80-2, Stuczynski improved her own AR to 4.83m/15-10 in Boston, raising the bar literally and figuratively for Jones. The 2008 World Indoor champion needed a 7.84 to win the Visa Championship and that's exactly the performance she turned in.

Trammell and Jones collected the Visa Championship Series trophies and \$25,000 each.

The USA Indoor Championships were the cap to a successful indoor season that also featured the following highlights:

- Bernard Lagat tied Eamonn Coghlan for most Wanamaker Mile victories at the Millrose Games, with seven.
- In addition to Stuczynski's AR in the pole vault, the Reebok Boston Indoor Games included an American record by Shalane Flanagan in the 5,000m. Already the owner of the AR in the indoor 3,000 and outdoor 5,000 and 10,000m, Flanagan ran 14:47.62 in Boston to break the AR of 15:07.33 set in 2001 by Marla Runyan.

• Galen Rupp broke the men's 5,000m AR at the Tyson Invitational, running 13:18.12 to break Doug Padilla's AR of 13:20.55 from 1992.

• Tim Seaman surpassed Hall of Famer Henry Laskau as the winningest race walker in history, winning his 11th title.

For complete results, quotes, news and photos from the 2009 Indoor Visa Championship Series visit www.visachampionshipseries.com.



IMAGE OF SPORT

**2009 INDOOR VISA CHAMPIONS
LOLO JONES AND TERENCE TRAMMELL**



GALEN RUPP

Visa Championship Series

RELAYS WEEKEND KICKS-OFF THE VISA CHAMPIONSHIP SERIES



**NIKE'S JOHN CAPRIOTTI AND TEAM
USA'S BLUE 4X100 CHAMPIONS**

In a clash of the sprinting titans, the Visa Championship Series kicked-off in grand style as Team USA avenged relay mistakes of the past to emerge victorious, in impressive fashion, in the men's and women's 4x100m relays Saturday, April 25, at USA vs. the World at the Penn Relays in Philadelphia.

With a Penn Relays crowd of 47,904 fans screaming, the United States and Jamaica faced each other for the first time since the Olympics in the sprint relays. At the 2008 Olympic Games in Beijing, the Jamaican men won the 4x100 in world-record time, but the U.S. men and women were DQ'd in the semifinals and Jamaican women endured the same fate in their final. With pride on the line, Team USA more than rose the challenge to win both races. The team of Walter Dix, Travis Padgett, Shawn Crawford and Darvis Patton set a Penn Relays record of 37.92 (breaking the previous Penn Relays record of 38.03, set by the Team USA lineup of Jon Drummond, Bernard Williams, Curtis Johnson and Maurice Greene in 2001).

Team USA also swept the 4x400 relays, while Jamaica set a world best in winning the women's sprint medley relay, and Kenya won the men's distance medley.

CONTINUED ON PAGE 7



**ALLYSON FELIX AND A SHOELESS
NATASHA HASTINGS (R) HELP LEAD
TEAM USA RED TO VICTORY**

2009 OUTDOOR VISA CHAMPIONSHIP SERIES SCHEDULE

TV Times listed are Eastern Time and are subject to change; check local listings

Date	Event	Location	Television
April 25	USA v. the World at the Penn Relays	Philadelphia, PA	ESPN2, 4/25 4-6 p.m.
April 25	Drake Relays	Des Moines, IA	ESPN2, 4/26 2-3:30 p.m.
May 16	adidas Track Classic	Carson, CA	ESPN2, 5/16 8-10 p.m.
May 30	Reebok Grand Prix	New York, NY	NBC, 5/30 4:30-6 p.m.
June 7	Nike Prefontaine Classic	Eugene, OR	NBC, 6/7 2-4 p.m.
June 25-28	USA Outdoor Champs	Eugene, OR	ESPN, 6/26 8-10 p.m. ESPN, 6/27 7:30-9:30 p.m. NBC, 6/28 4-6 p.m.

IMAGE OF SPORT

IMAGE OF SPORT

Project 30 Response



**USA
TRACK & FIELDSM**

Project 30 Report

philosophy that staff selection should be a merit-based, relatively impartial, incentivized system that will better connect USATF with coaches. The Managing Director will have the staff selection system developed and in place by the 2009 USATF Annual Meeting in Indianapolis.

Recommendation 1: Hire a General Manager of High Performance

Logan will give this position the title of Managing Director of Competition. As such, she or he will oversee all areas designated by the Task Force in their recommendation. Additional support staffing may be necessary and will be determined as the position is filled and the new Managing Director determines the department's needs. The Managing Director will be hired by June 1.

Recommendation 2: Create a transparent, criteria-based Team Staff selection system

As the Task Force indicated, the Managing Director will be responsible for determining the criteria-based system that will ultimately choose Team USA staffs. The system will reflect the Task Force's

Recommendation 3: Restructure the composition of Team USA staffs

USATF will implement immediately the Task Force's suggested new composition for Team Staffs of up to 18 credentialed positions. A staff of 18 will have nine coaches, six managers and three professional staff.

Recommendation 4: Shorten the U.S. Olympic Team Trials – Track & Field to five days

The 2012 Olympic Trials will be five or six days, either consecutive or spread over two weekends. The short-program format of the 2012 U.S. Olympic Team Trials – Track & Field will be finalized by July 1, 2010.

Recommendation 5: Terminate the National Relay Program

USATF will still compete in relay targeted events at different meets throughout the country, but they will be under a different managerial structure and at greatly reduced cost. USATF will follow through in establishing truly national relay standards for hand-offs and other technical aspects of the relays, to be incorporated in Coaching Education programs and implemented at the local and grass roots levels.

Recommendation 6: Establish a comprehensive 2012 team preparation program

Logan proposes a \$15,000 bonus for athletes setting a personal best at the Games, and a \$5,000 bonus for a seasonal best. Working with the USOC and local partners, USATF is actively pursuing the possibility of a six-week Olympic training camp, shared with other NGBs, while also keeping open the possibility of a track-specific camp. USATF will arrange for nation-based team competitions leading up to the Olympic Games, and for past Olympic athletes to mentor up-and-coming young talent.

Recommendation 7: Target technical events for medal growth and develop those events

In 2009, 2010 and 2011, USATF will develop two High Performance Training Centers (HPTCs) in the United States each year. The two initial HPTCs will be locales that emphasize the development of jumps and/or throws. USATF will provide financial support for coach salaries (head coach and assistant coach), support staff and insurance and other ancillary costs, and will advise and assist on establishing local sponsorships and community outreach. USATF also will invest \$450,000-\$500,000 to host developmental events at no less than eight domestic track meets in 2009, with immediate post-collegians who have already achieved the World Championship "A" qualifying standard being the focus of development funds. To enhance coaching, USATF will put Coaching Education materials online, restructure management of the Coaching Education program, and develop a true certification program with national, professional standards.

Project 30 Response

Recommendation 8: Create a well-defined Professional Athlete designation

By September 1, USATF will develop and enforce a “rookie contract” signed by all newly declared professional and/or post-collegiate athletes. It will bestow upon an individual the Professional Athlete designation and will enumerate the duties of a Professional Athlete in the sport of track and field. Failure to fulfill elements of the Professional Athlete designation contract will result in the loss of certain types of USATF support. USATF also will develop a pre-emptive Statement of Conditions for any athlete planning to compete in an event that serves as a selection event for the World Championships or Olympic Games. Signed by the athlete before the selection event, the Statement of Conditions will stipulate that an athlete who makes the team will agree to conditions such as wearing the Team USA uniform in any public appearances, participating in official team activities, abiding by a code of conduct, consulting with USATF’s Managing Director on their competitions prior to the Worlds or Olympics and other matters. Refusal to sign the contract will jeopardize the athlete’s selection to the international team.

Recommendation 9: Establish a more stringent anti-doping reinstatement system

USATF will institute a more stringent reinstatement system immediately and will also establish a mechanism for certain individuals, if they are open, truthful and dedicated to fighting doping in sport, to come back into our good graces, whether as a coach, volunteer, official or in some other capacity. A truthful statement of contrition is the starting point to that process, as is a minimum level of community service. As described by the Task Force, however, a full “rehab” program for athletes who have doped is not pragmatically or financially feasible.

Recommendation 10: Promote and foster a self-sustaining professional athletes’ union

Citing a possible conflict with federal labor laws, USATF will not provide the seed money to pay for an athlete union executive’s salary. Just over three years ago, U.S. track athletes attempted to form a union known as the Professional Athletes’ Association. USATF put hundreds of thousands of dollars into helping athletes get the PAA off the ground, but the athletes did almost nothing to help themselves or professionalize their union. If a potential union can come to me with a sophisticated business plan that clearly lays out how seed money would be spent, USATF is open to changing course.

To read the full text of Logan’s response, visit <https://www.usatf.org/about/leadership/ShinSplintsBlog/>

USATF 2009 MEMBERSHIP REMINDER

RENEW YOUR MEMBERSHIP TODAY!

Renew online at www.usatf.org/membership

A current USATF membership is required for online entry for all of our championships events (i.e. USA Outdoor Track & Field Championships).

WHY JOIN USATF – GREAT MEMBERSHIP BENEFITS

- 10% discount in the USATF Online Store, including Nike Dri-FIT gear
 - Subscription to Fast Forward magazine
 - Access to enter exclusive members-only contests
- Sport accident insurance – All USATF memberships expire on 12/31 regardless of when you registered or renewed your membership. Please make sure your membership is up to date. If your membership is not current at the time of your sports accident, you will not be covered through this insurance; therefore you will be responsible for any charges incurred.
 - Special discounts and offers from over 25 companies

Good News

TOP AMERICAN MARATHON PERFORMANCES

Kara Goucher was third in the women's race and Ryan Hall third among the men in the 113th running of the Boston Marathon, marking the first time in 24 years that Americans appeared on both podiums at this historic race.

Goucher's third-place finish in 2:32:25 was the best finish by an American woman since Kim Jones was second in 1993. After leading for the first eight miles, Hall drifted back as far as ninth before clawing his way to a third-place finish in 2:09:40.

2004 Olympic silver medalist Meb Keflezighi and 2008 Olympian Dathan Ritzenhein each set personal bests in finishing ninth and 11th, respectively, in the 2009 Flora London Marathon.

Keflezighi set a personal record in running his second London Marathon, finishing ninth in 2:09:21, beating his previous best 2:09:53 from his runner-up finish at the 2004 New York City Marathon. Running in just his fourth marathon, Ritzenhein completed the course in 2:10 surpassing his previous personal best of 2:11:07 from the 2008 U.S. Olympic Team Trials.

PICKLER AND ARNOLD CLAIM 2009 USA INDOOR COMBINED EVENTS TITLES

2008 Olympian Diana Pickler and two-time NCAA decathlon champion Jake Arnold successfully defended their USA Indoor Combined Event titles at the USA Indoor Combined Events Championships at the University of North Carolina in Chapel Hill.

Pickler defeated a strong field, which included 2008 Olympians Sharon Day (High Jump) and Jackie Johnson (Heptathlon) with a final score of 4,391 points in the Pentathlon. Day was runner up with 4,320 points, while Pickler's twin Julie finished third with 4,292 points.

Arnold defended his 2008 title in the men's heptathlon, scoring 5,748 points. Former Cal-State Northridge standout Justin Johnson (5,514) and Wisconsin grad Joe Detmer rounded out the top three (5,005).



PICKLER

THREE TOP-FIVE FINISHES FOR TEAM USA AT WORLD CROSS COUNTRY CHAMPS

Team USA junior men's, junior women's and senior women's cross country squads each finished fifth in the respective team standings on March 28 at the 37th IAAF World Cross Country Championships held in Amman, Jordan. The Team USA senior men's team finished eighth as a team.

Julie Culley led the senior women for Team USA in the 8km, running 28:08 to finish 21st overall. Delilah Di Crescenzo ran 28:34 to finish 38th, followed by Rebecca Donaghue and Kathy Newberry, running 28:37 and 28:50 respectively to finish 36th and 40th. Kenya's Florence Jebet Kiplaget was the overall women's winner in 26:13, leading her team to the women's team title.

Ryan Vail led Team USA's men in the senior 12km with a 33rd place finish by running 36:54, while Bobby Curtis finished six seconds behind for 37th place. Max King and Edwardo Torres rounded out the scoring with a 40th place finish (37:05) and 58th place finish (37:38).

For more information on the IAAF World Cross Country Championships, visit www.iaaf.org.

STROUPE, MICHTA WIN AMERICAS RACE WALK TRIALS TITLES

Patrick Stroupe and Maria Michta were the respective men's and women's 20 km winners March 29, at the 2009 Americas Race Walk Cup Trials in Pharr, Texas.

In the men's 20 km race, Patrick Stroupe, broke away from two-time Olympian Tim Seaman with about 1 km remaining to win the race in a personal best time of 1 hour 27 minutes 34 seconds. Seaman was the runner-up in 1:28:04.

Solomiya Login held the lead most of the way in the women's 20 km race until being passed with 5 km to go by Maria Michta. Michta crossed the finish line first in 1:46:02, with Login close behind in second place in 1:46:10.

CONTINUED ON PAGE 7

Good News

CONTINUED FROM PAGE 6

16-year-old Trevor Barron led the class of the men's 10 km junior field, winning the race in 44 minutes 26 seconds while Allison Chin led from start to finish in dominating the field in the junior women's race. Chin set a personal best by three minutes with her winning time of 54 minutes 28 seconds.



KUEHL

USATF FOUNDATION ANNOUNCES TEN ATHLETE GRANTS

The USA Track & Field Foundation Executive Director Tom Jackovic and Chairman Bob Greifeld announced Elite Athlete Development Grants for ten athletes on April 21.

Olympians Alice Schmidt (800m) and Suzy Powell (DT) received \$5,000 grants along with Adam Kuehl (DT). Other grantees receiving \$4,000 were Brittany Henry (HT), Cory Martin (SP/HT), Maggie Vessey (800m), Will Conwell (DT), Melinda Owen (PV), Dominique Darden (400m) and Monica Hargrove (400m).

The Elite Athlete Grant Program for the USATF Foundation contributes to the pursuit of world-class performances by American athletes, who must meet minimum performance standards to be eligible and must participate in the Win With Integrity youth outreach program.

CONTINUED FROM PAGE 3

Cold, windy and rainy conditions did not keep Jeremy Wariner, Alan Webb, Suzy Powell-Roos, Chaunte Howard, Tiffany Ross-Williams, Derek Miles and many other U.S. stars from turning in outstanding performances at the 100th running of the Drake Relays on the campus of Drake University in Des Moines, Iowa.

The second event of the 2009 USA Track & Field Outdoor Visa Championship Series saw Wariner dominate the men's 400 with a time of 45.06. American record holder Webb toed the line in the Visa Men's Mile for the first time since setting the Drake Relays invitational mile record in 2007 of 3:51.71. Webb was challenged the entire way before crossing the finish line first in 4:00.61. 2008 Olympic Trials champion and Olympic Games finalist Ross-Williams won the women's 400m hurdles in 56.10 seconds.

Three-time Olympian Powell-Roos fared the best under the difficult cold and windy conditions with a winning throw of 59.15 meters/194 feet 1 inch. 2008 Olympic gold medalist Stephanie Brown Trafton finished as the runner-up with a toss of 58.76m/192-9.

Indoor Visa Champion and crowd favorite Lolo Jones got out well at the gun in the Asics women's 100m hurdles, but started slowing down in the middle of the race before hitting the eighth hurdle hard and coming to a complete stop. Jones grabbed her right hamstring area after she stopped running. University of Michigan senior and reigning NCAA Outdoor champion Tiffany Ofili won the race in 12.82 seconds.

America's finest track and field athletes will return to Drake Stadium next year when it hosts the 2010 USA Outdoor Track & Field Championships.

LOLO JONES

USOC & IAAF NEWS

USOC NEWS

USOC CEO STEPS DOWN STAFF CUT BY 15%

Jim Scherr, CEO of the USOC since 2003, announced his resignation effective March 31. USOC Board of Directors have named board member Stephanie Streeter as the interim CEO and have announced that she will stay on through the Winter Games in Vancouver in February 2010. The USOC will wait until the 4th quarter of 2009 to begin the search for the permanent CEO, where Streeter is considered to be potential candidate. The announcement of the city that will host of the 2016 Olympic Games will occur on October 2, Chicago is one of four cities (Madrid, Tokyo and Rio de Janeiro) in the running to host the 2016 Games. In addition to Scherr's departure, the USOC has also cut its national office staff by 15 percent, or 54 jobs. The move will save the USOC \$7.1 million dollars and will reduce the operating budget to \$135.5 million. The USOC budget reductions will not affect funds and monies allocated to support athletes and National Governing Bodies.

USOC ANNOUNCES NEW SPONSOR – DELOITTE

The USOC announced that it has signed Deloitte tax and financial services company as a new sponsor on March 30. The new sponsorship deal will run through 2012, and now Deloitte becomes the 18th company under contract with the USOC for the next four years.

IAAF NEWS

EUGENE, NEW YORK PART OF NEW IAAF DIAMOND LEAGUE

The IAAF announced in March that the Nike Prefontaine Classic in Eugene, Ore., and Reebok Grand Prix in New York City will be part of a prestigious new circuit of elite track meets known as the "IAAF Diamond League", starting in 2010.

Replacing the current AF Golden League of six meets, the Diamond League will feature at least 12 globally televised meets on four continents, giving the IAAF a series that extends beyond the European confines of the current Golden League, into the United States, Asia and the Middle East.

The Diamond League also will expand the number of events contested in the IAAF's showcase series, featuring 32 different event disciplines. All 32 events will have equal prize money, with each meet doling out \$416,000. Top stars will be signed to contracts to compete in the series. Athletes will score points in their events at each meet in the series. The overall top point-winning athlete in each event will win the "IAAF Diamond Race" and be awarded a 4-carat diamond, worth approximately \$80,000.

Meets currently planned for the 2010 Diamond League are the Aviva London Grand Prix; Aviva British Grand Prix; Athletissima Lausanne; Bislett Games Oslo; DN Galan Stockholm; Herculis Monaco; Meeting Areva Paris St-Denis; Memorial Van Damme Brussels; Prefontaine Classic Eugene; Reebok Grand Prix New York; China Golden Grand Prix; Weltklasse Zurich; DKB ISTAF Berlin; Golden Gala Rome, Qatar Athletics Super Grand Prix in Doha. The IAAF noted that contracts with Berlin, Rome and Doha have yet to be signed.

COMPETITION ANNOUNCEMENTS

The IAAF Council recently met in Berlin and approved the following competition timetables and locations:

2009 WORLD CHAMPIONSHIPS MARATHON START TIMES AMENDED

August 22 – Men's Marathon at 11:45 am
August 23 – Women's Marathon at 11:15 am

2009 WORLD HALF MARATHON CHAMPIONSHIPS – TIMES APPROVED

October 11 – Women at 9:00 am
Men at 9:30 am

2010 WORLD CROSS COUNTRY CHAMPIONSHIPS – LOCATION AND DATE APPROVED

March 27 – Bydgoszcz, Poland

2010 WORLD HALF MARATHON CHAMPIONSHIPS - DATE APPROVED

October 16, 2010 – Nanning, China

Anti-Doping News

USATF REMAINS ATOP USADA TESTING STATISTICS

USADA announced their 2008 Testing Statistics and USATF athletes continue to top the testing table. In 2008, USATF athletes were approximately 25% of USADA's overall testing numbers. Overall USADA conducted 7,690 domestic tests, of those tests, 1,965 were conducted on USATF athletes. USA Swimming ranks second in testing with 917 tests and USA Cycling was third with 876 tests. In other statistics – the Drug Reference Online service received 45,971 search inquiries and the Drug Reference Line received 2,068 call inquiries.

USATF SPECIFIC COMPLIANCE

Overall USATF athletes subject to Out of Competition testing have done well with the new compliance regulations. For both the 1st and 2nd quarters of 2009 – 98% athletes submitted their whereabouts forms. For the 1st quarter, 9 athletes did not comply by the December 31 deadline and were charged with a filing failure. For the 2nd quarter, 10 athletes did not comply by the March 31 deadline and were charged with a filing failure.



ATHLETE REMINDER

Athletes in the Out of Competition testing pool are reminded that they must maintain current and updated whereabouts with USADA – providing a daily 60-minute window when they are available and accessible for drug testing. If you have questions about whether you are subject to USADA OOC testing, please contact USATF's Melissa Beasley at melissa.beasley@usatf.org or by calling 317-713-4650. Upcoming deadline for whereabouts forms are June 30, September 30 and December 31.

2009 IAAF WORLD CHAMPIONSHIPS IN ATHLETICS

Competition dates: August 15-23, 2009 • **Competition site:** Berlin, GER

Selection competition: 2009 USA Outdoor National Championships, June 25-28, 2009 at Hayward Field in Eugene, Ore.

Selection procedures: www.usatf.org/elite • **Location of team sign-up:** Hayward Field

IAAF World Championships Prize Money

Individual

1st - \$60,000
2nd - \$30,000
3rd - \$20,000
4th - \$15,000
5th - \$10,000
6th - \$6,000
7th - \$5,000
8th - \$4,000

Relay

1st - \$80,000
2nd - \$40,000
3rd - \$20,000
4th - \$16,000
5th - \$12,000
6th - \$8,000
7th - \$6,000
8th - \$4,000

Marathon Team

1st - \$20,000
2nd - \$15,000
3rd - \$12,000
4th - \$10,000
5th - \$8,000
6th - \$6,000

Team Staff

Women:

Head Coach – Chandra Cheeseborough
Head Manager – Rich Torrellas
Assistant Coach (Throws) – Carrie Lane
Assistant Coach (Distance) – Annie Bennett
Assistant Coach (Jumps) – Caryl Smith-Gilbert
Assistant Coach (Sprints/Hurdles) – Tonja Buford-Bailey

Men:

Head Coach – Harvey Glance
Head Manager – Ken Brauman
Assistant Coach (Throws) – Lance Deal
Assistant Coach (Distance) – Stanley Redwine
Assistant Coach (Jumps) – Steve Fritz
Assistant Coach (Sprints/Hurdles) – Andrew Valmon

Team USA

2009 USA Outdoor Championships Qualifying Standards

Qualifying window: June 27, 2008 - June 21, 2009

Events in **bold** will be contested at the Championships. Events listed directly below those being contested may be used as alternates for qualifying. See Qualifying Guidelines below for full details.

Qualifying windows: June 27, 2008 - June 21, 2009 (indoor and outdoor competitions) Jan. 5, 2008 - June 21, 2009 (10,000m, 20 km Race Walk, combined events)

Men		Women		
Event	Standard	A Standard	B Standard	
100m	10.35 *	11.42 *	11.48 *	
200m	20.88 *	23.25 *	23.40 *	
400m	46.50 *	52.50 *	52.60 *	
800m	1:48.45 *	2:05.00 **	2:05.50 **	
1,500m	3:45.00**	4:16.00 **	4:17.50 **	
Mile	4:00.00**	4:36.50 **	4:38.00 **	
5,000m	13:52.00**	15:50.00 **	15:55.0 **	
10,000m	29:01.00**	33:45.00 **	33:55.00 **	
20 km Race Walk	1:36:00**	1:48.00 **	1:50.00 **	
110m hurdles	13.90*	13.20 *	13.25 *	
400m hurdles	50.75*	57.75 *	57.95 *	
3,000m Steeplechase	8:45.50**	10:12.00 **	10:17.00 *	
High Jump	2.16 (7-1)	1.83	1.81	
Pole Vault	5.50 (18-½)	4.25	4.20	
Long Jump	7.75 (25-5¼)	6.40	6.30	
Triple Jump	15.44 (50-8)	13.20	13.00	
Shot Put	18.59 (61-0)	16.25	16.00	
Discus Throw	58.80 (192-11)	55.00	54.50	
Hammer Throw	65.00 (213-3)	62.50	61.00	
Javelin Throw	70.50 (231-3)	49.00	47.00	
Decathlon	7550	5500	5400	

Notes

The Sport Committee Chair may adjust the standards, where necessary, forty-five days prior to the competition, based on received entries at that time. Therefore, early submission of an entry close to the standards is advised.

Additional competitors, from those who have submitted entries, may be allowed to declare through petition to the Sport Committee Chair.

"A" and "B" Standards

"Standard (men) & "A" and "B" Standards (women)

Male athletes who attain the Standard and female athletes who attain the "A" Standard will automatically be included in the event.

Female athletes who have attained the "B" Standard will be allowed to declare, but will be notified if allowed to compete in order to fill an event for competitiveness. In general, the philosophy is to set the standards so that a maximum of 32 athletes will be entered in the 100, 200, 400 and 100 hurdles, 24 in the 800, 1500, steeplechase and 400 hurdles, 18 in the 5,000, 10,000 and 10km race walk, 18 in all field events and 20 in the heptathlon. The "B" Standard will be used only to fill the fields to the minimum size if not enough athletes have made the "A" Standard. For notification purposes, a current phone number must be provided during the declaration process.

Qualifying Guidelines for Championships in Non-Olympic Years

1. All qualifying performances for running events must be made on an indoor or outdoor track for the outdoor championships. No allowances are provided for altitude, nor for indoor facilities of differing size, banking or other configuration.

2. Qualifying marks must be made in accordance with USATF Rule 149 and verifiable in one of the following:

a. USATF or IAAF sanctioned events which prescribe to or exceed USATF competition rules

b. Events at collegiate meets which prescribe to or exceed USATF competition rules

c. High school meets, but not dual or triangular meets.

d. Meets or events which meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF National Office staff member responsible for verification.

3. This is an annual Championship which requires qualification within a specific period of time. Qualifying marks from outdoor competitions must be attained on or after the first day of competition of the National Championship, or Olympic qualifying meet, during the previous calendar year through the Sunday in the current calendar year just prior to the Championship. Qualifying marks from indoor competitions must be attained within the same time period. Qualifying marks for the 10,000-meters, Race Walk, and Combined Events must be attained on or after the first Saturday in January of the calendar year prior to the Championship through the Sunday in the current calendar year just prior to the Championship.

4. * F.A.T. is the only method of timing acceptable for qualifying marks for events listed with an asterisk. Times submitted in hundredths of a second, must be fully automatic times.

5. ** A manual time may be used for qualifying in events with a double asterisk only if no fully automatic qualifying time exists for the individual in that event during the qualifying period. A manual time may not supersede any fully automatic qualifying time for an event. Qualifying manual times, for eligible events, not already listed, are always the FAT qualifying time without the last zero. Manual times will be converted for seeding purposes using USATF Rule 76.

6. **Hand times will be accepted in events with a double asterisk.

ATTENTION ATHLETES – there have been modifications to the qualifying standards – please pay close attention to the section titled Standard (men) & "A" and "B" Standards (women).

2009 Selection Procedures

TRANSITIONAL SELECTION PROCEDURES (2009 ONLY)

Philosophy – These selection procedures are designed to enable athletes to select themselves for individual events to assemble a team that can achieve the best possible results at the World Championships.

SELECTION CRITERIA

The following criteria will be used to select athletes for the 2009 IAAF World Championships in Athletics (“World Championships”) in individual events:

The athlete’s rank order of place finish in an event at the 2009 US Outdoor Track & Field Championships (the “Trials”).

Whether athletes have achieved the applicable IAAF standard per the entry criteria below.

USATF may, in its discretion, enter up to four (4) competitors in each individual event in the World Championships. Up to three (3) athletes in each event will be allowed to travel and compete with the Team to the World Championships subject to the following criteria:

AUTOMATIC QUALIFICATION:

The top three (3) rank order finishers in each event at the Trials will automatically select themselves to the USATF team for the World Championships (the “Team”), provided that each has achieved the applicable IAAF “A” Standard and meets all other qualifications. The next ranked order finisher shall serve as the alternate, provided that he or she has achieved at least the applicable IAAF “B” Standard.

A reigning World Champion who competes at the Trials receives an automatic bye into the World Championships for the event in which he or she is reigning World Champion whether or not he or she has achieved the corresponding entry standard. These athletes are not required to compete in the same event in which they are reigning World Champions at the Trials in order to receive the bye. In events in which a USATF athlete is the reigning World Champion, USATF may, in its discretion, and subject to the applicable rules and regulations (including these Selection Procedures), enter up to four (4) additional athletes in the World Championships, including up to three (3) additional athletes who will be allowed to travel and compete with the Team at the World Championships.

OTHER QUALIFICATION:

If each of the top four (4) rank order finishers has not achieved the IAAF “A” standard, each athlete among the top four (4) finishers who has not achieved the “A” standard will have until midnight PDT on July 31, 2009 to achieve the “A” standard. Results information must be received by USATF by said deadline at the following e-mail address: sandy.snow@usatf.org

If after July 31, 2009 any of the top four (4) rank order finishers have not achieved the “A” standard, USATF may, in its discretion, enter one (1) athlete who has not achieved the “A” standard, provided that said athlete has achieved the “B” standard in that event during the pertinent period.

Subject to the foregoing criteria, USATF will enter no more than two (2) athletes who have not achieved the IAAF “A” standard in an event, provided that said athletes must have achieved the “B” standard in that event during the pertinent period. Only one (1) athlete will be allowed to travel and compete with the team and provided further that an additional “B” standard finisher may serve as an alternate.

Subject to the reigning World Champion exemption, if no athletes achieve at least the IAAF “B” standard in a given event during the pertinent time period, USATF will enter no athletes in that event.

In each event, the rank order of the finish at the Trials shall determine whether an athlete competes or is designated an alternate at the World Championships.

RELAYS

Up to six (6) athletes may be entered as members of each relay pool. The athletes (including the alternate) entered in the respective individual events (100m and 400m) must be included in the pool. An athlete must compete in the Trials in order to be eligible for the relay pool, except in emergency situations where a waiver based on medical or exceptional circumstances may be given by USATF, in its discretion.

AREA CHAMPIONS

USATF does not recognize the NACAC Area Champions as automatically having achieved the “A” standard or the “B” standard for entry purposes.

CONTINUED NEXT PAGE

2009 World Championships

2009 World Championships Qualifying Standards

	MEN			WOMEN	
	"A"	"B"		"A"	"B"
100m	10.21	10.28	100m	11.30	11.40
200m	20.59	20.75	200m	23.00	23.30
400m	45.55	45.95	400m	51.50	52.30
800m	1:45.40	1:46.60	800m	2:00.00	2:01.30
1500m	3:36.20	3:39.20	1500m	4:06.00	4:09.00
5000m	13:20.00	13:29.00	5000m	15:10.00	15:25.00
10,000m	27:47.00	28:12.00	10,000m	31:45.00	32:20.00
Marathon	2:18:00		Marathon	2:43:00	
3000m Steeplechase	8:23.00	8:33.50	3000m Steeplechase	9:40.00	9:48.00
110m Hurdles	13.55	13.62	100m Hurdles	12.96	13.11
400m Hurdles	49.25	49.80	400m Hurdles	55.50	56.55
High Jump	2.31m	2.28m	High Jump	1.95m	1.91m
Pole Vault	5.70m	5.55m	Pole Vault	4.45m	4.35m
Long Jump	8.15m	8.05m	Long Jump	6.72m	6.62m
Triple Jump	17.10m	16.65m	Triple Jump	14.20m	14.00m
Shot Put	20.30m	19.90m	Shot Put	18.20m	17.20m
Discus Throw	64.50m	62.50m	Discus Throw	62.00m	58.50m
Hammer Throw	77.50m	74.30m	Hammer Throw	70.00m	67.50m
Javelin Throw	81.00m	78.00m	Javelin Throw	61.00m	59.00m
Decathlon	8000pts	7730pts	Heptathlon	6100pts	5900pts
20 km Race Walk	1:22:30	1:24:20	20 km Race Walk	1:33:30	1:38:00
50 km Race Walk	3:58:00	4:09:00	4x100m Relay	43.90	
4x100m Relay	39.10		4x400m Relay	3:31.00	
4x400m Relay	3:03.30				

QUALIFYING GUIDELINES

- Performances must be achieved during the qualification period of January 1, 2008 (September 3, 2007 for the Marathons, Race Walking and Combined Events) to August 3, 2009 (midnight Monaco time).
- Performances must be achieved during competitions organized or authorized by the IAAF, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organized (for walking events, relays and marathon, see hereunder).
- Performances must be achieved during official competitions organized in conformity with IAAF Rules.
- Performances achieved in mixed events between male and female participants, held completely in the Stadium, may be accepted under specific circumstances and conditions (see IAAF Rule 147)
 - Wind-assisted performances will not be accepted
 - Hand-timed performances in 100m, 200m, 400m, 100m/110m Hurdles, 400m Hurdles and 4x100m Relay will not be accepted.
 - Indoor performances for all field events and for races of 400m and longer, will be accepted.
 - For the running events of 400m and over, performances achieved on oversized tracks will not be accepted.
 - Reigning World Champions may be entered regardless of whether he/she has achieved the corresponding entry standard.
- Lower ages limit:
 - Junior athletes (any athlete aged 18 or 19 years on December 31, 2009) may compete in any event except the Marathon Races and the Men's 50 km Race Walk.
 - Youth athletes (any athlete aged 16 or 17 years on December 31, 2009) may compete in any event except Men's Throws, Decathlon, 10,000m, Marathon and Race Walking.
 - Athletes younger than 16 years on December 31, 2009 CANNOT be entered in any event.
- Walking Events
 - Entry Standard for the Walking Events may only be achieved at selected competitions.
 - The list of selected competitions is available by selecting the appropriate year: 2007,2008 and 2009 (PDF).

CONTINUED FROM PAGE 11

OTHER REQUIREMENTS

Citizenship – To be a member of or alternate for the Team, an athlete must (1) be eligible to represent USATF at all levels of international competition and (2) be a U.S. citizen on July 31, 2009.

In addition, athletes must hold a valid U.S. Passport on July 31, 2009 that is valid until at least September 30, 2009.

To be a member of or alternate for the Team, an athlete must achieve the applicable IAAF qualifying standards in a USATF, IAAF, Collegiate or High School competition organized and listed on the pertinent sanctioning organization's published calendar of events. The competition must be determined to be valid by USATF.

In order to be eligible to be a member of the Team, an athlete must be a USA Track & Field member in good standing at the time of the Trials and for the duration of the World Championships.

AAC Contacts

USATF BOARD OF DIRECTORS

Stephanie Hightower, Chair/President
shightower@ccad.edu
president@usatf.org

Jack Wickens, Vice Chair
runjackw@gmail.com

Darlene Hickman, Secretary
(ex-officio)
dhtrack@aol.com

Kenneth Taylor, Treasurer
koreyt@msn.com

Willie Banks
bankshw@hotmail.com

Jeff Darman, 5-E Rep.
jdarman@kennett.net

Evie Dennis
eviegdennis@msn.com

Philip Dunn
dunnphilip@yahoo.com

Kim Haines
haines@blackfoot.net

Bob Hersh, IAAF Rep.
bobhersh@hotmail.com

Aretha Hill
aretha@arethathrows.com

Steve Holman
steve_holman@vanguard.com

Deena Kastor
makingstrides1@verizon.net

Steve Miller
smiller@agassi.net
enickell@agassi.net

Elizabeth Phillips
cemnyphillips@aol.com

Max Siegel
max@the909grp.com

Name		Position	Email
Drummond	Jon	Chair	cpotaf@aol.com
Johnson	Allen	Vice Chair	hirunnr@aol.com
McCloud	Dexter	Secretary	dexterm@mindspring.com
Powell	Suzy	Treasurer	suzybearclaw@yahoo.com
Hayes	Joanna	USOC Representative	joannahayes76@aol.com
Morgan	Gary	USOC/BOD Alternate	morgansden@yahoo.com
Ellenwood	Garfield	Men's Sprints	eaitc@yahoo.com
Robinson	Moushaumi	Women's Sprints	flomo49@yahoo.com
Trammell	Terrence	Men's Hurdles	tdsupreme@hotmail.com
Ross-Williams	Tiffany	Women's Hurdles	tiffanymwilliams@bellsouth.net
Robinson	Khadevis	Men's 800-1500m	khadevisr@yahoo.com
Shadle	Anne	Women's 800-1500m	ashadle1@gmail.com
Boldon	Blake	Men's 3000-10000m	blake.boldon@gmail.com
Gaffigan	Ann	Women's 3000-10000m	run7soccer@aim.com
Browne	Dan	Men's RR/XC	dan@danbrowne.com
Keenan-Kirkpatrick	Kim	Women's RR/XC	keenanki@shu.edu
McGovern	Dave	Men's Walks	Dmcg@racewalking.org
Moore	Jolene	Women's Walks	jm@jmcompletelife.com
Allen	Joe	Men's Horizontal Jumps	joellen_77@yahoo.com
Hurd	Tiombe	Women's Horizontal Jumps	seetijump@yahoo.com
Hartwig	Jeff	Men's Vertical Jumps	pjjeff@sbcglobal.net
Wentland	Gwen	Women's Vertical Jumps	faces@cox.net
Winger	Russ	Men's Throws	wing5801@vandals.uidaho.edu
Smith	Loree	Women's Throws	loreesmith08@yahoo.com
Helwick	Chris	Men's Multis	Chris.Helwick@gmail.com
Fountain	Hyleas	Women's Multis	hyleas_f@hotmail.com
Nieto	Jamie	Men's At-Large	madhops245@aol.com
Schwartz	Jillian	Women's At-Large	jillianschwartz@yahoo.com
Dunn	Philip	USATF Board Member	dunnphilip@yahoo.com
Hill	Aretha	USATF Board Member	aretha@arethathrows.com
Kastor	Deena	USATF Board Member	makingstrides1@verizon.net



**JON
DRUMMOND
CHAIR**



**ALLEN
JOHNSON
VICE CHAIR**



**SUZY
POWELL
TREASURER**



**DEXTER
MC CLOUD
SECRETARY**

Contact Information

ELITE ATHLETE PROGRAMS CONTACTS



Aron McGuire
Interim EAD Director
Aron.McGuire@usatf.org
(317) 713-4692



USATF PHOTO

Melissa Beasley
Associate Director of
EA Relations
Melissa.Beasley@usatf.org
(317) 713-4650



USATF PHOTO

Sandy Snow
Assoc. Director of
International Teams &
Championships
Sandy.Snow@usatf.org
770-392-1027



USATF PHOTO

Carolyn Claude
EAD Coordinator
Carolyn.Claude
@usatf.org
(317) 713-4652



USATF PHOTO

Sariyu Suggs
EAD Coordinator
Sariyu.Suggs
@usatf.org
(317) 713-4689

IMPORTANT DATES

**ADIDAS TRACK
CLASSIC
MAY 16, 2009
LOS ANGELES, CA**

**REEBOK GRAND PRIX
MAY 30, 2009
NEW YORK, NY**

**NIKE PREFONTAINE
CLASSIC
JUNE 7, 2009
EUGENE, OR**

**USA OUTDOOR T&F
CHAMPS
JUNE 25-28, 2009
EUGENE, OR**

**USA MEN'S 10K
CHAMPS
JULY 4, 2009
ATLANTA, GA**

**IAAF WORLD T&F
CHAMPS
AUGUST 15-23, 2009
BERLIN, GER**

USATF, 132 EAST WASHINGTON STREET, SUITE 800, INDIANAPOLIS, IN 46204 • 317.261.0500



USA TRACK & FIELD
ATTN: ELITE ATHLETE PROGRAMS
132 EAST WASHINGTON STREET,
SUITE 800
INDIANAPOLIS, IN 46204.

OFFICIAL USATF SPONSORS



OFFICIAL SUPPLIERS

