

Team USA

2009 National Teams

BEING SELECTED FOR A U.S. TEAM

USATF typically sends approximately 15 teams to attend international competitions each year. Qualifying for and competing on such teams is an important part of the development of an athlete.

The appropriate Sports Committee and/or High Performance Committee will establish procedures for **selection of Team Members**. These procedures will then be approved by the USOC, if necessary. Once the selections procedures have been finalized and approved by the appropriate parties, the procedures will be publicized and communicated to the athletes.

The Team Sign-Up procedures will then be developed by staff at the USATF National Office. Team Sign-up refers to the course of action that an athlete is required to complete in order to be officially declared a member of a USATF National Team. If an athlete meets the established qualifying procedures for a particular USATF National Team (discussed below), he/she must complete a series of paperwork to officially be declared a member of that team. This procedure will vary for each team and will be explained to athletes on site at the qualifying meets

Qualified Athletes

Many variables exist in Team selection. Not only must the selections procedures be followed, but also standards and qualifying criteria often complicate the process. Considerations include, but are not limited to:

Qualifying Standards – most international competitions have qualifying standards. Athletes may have to meet a qualifying standard of the meet in which they are hoping to compete. The Team Staff will need to confirm that the athletes on their teams have met all appropriate qualifying standards necessary to compete in the given competition.

Qualifying Period – the last date for an athlete to achieve the qualifying standard is often after the USATF National Championships, which can result in the Team not being “officially” selected in an event until the qualifying period has ended. For example, if an athlete does not have the qualifying standard, she/he may have until the end of the qualifying period to reach the standard.

Acceptance onto the Team – if an athlete does not accept a position on the Team, the Team Staff should document such in writing. A form will be provided on site for the athlete to officially declare their intention NOT to compete on the National Team.

Age requirements – applicable for Junior Teams and NACAC Under-23 Championships. Minimum age requirements apply to the Olympic Games.

Citizenship requirements – An athlete must meet the applicable requirements set forth in both USATF Competition Rule 1.1 (a) and IAAF Constitution Rule 12.10.

Completion of USADA Forms – If an athlete is an USATF/USADA Out-of-Competition Testing Pool, he/she must have an updated form on file to be eligible for international competition.

Listed below are the USA national teams that will compete in 2009.

Five Nations Match

NACAC Cross Country Championships

IAAF World Cross Country Championships

The Americas Race Walk Championships

Pan American Combined Events Championships

IAAF World Championships

Pan American Junior Championships

IAAF World Half Marathon Championships

Ekiden Teams

REMEMBER: If you make a commitment to a team, you need to inform the National Headquarters and the Head Coach IMMEDIATELY if you are unable to attend. We can replace you with another deserving athlete if given enough time. You would want that same consideration provided to you.

Please check www.usatf.org/calendars/teamUSA.aspx for current updates regarding USA National Teams.



USA NATIONAL TEAM STATEMENT OF CONDITIONS

(to be read & signed by all National Team and Staff Members)

Name: _____ Team: _____

Competition Dates: _____

All Athletes are required to read, agree to, and sign this Statement of Conditions in order to be a member of USA Track & Field National Team (The TeamTM). By signing this Statement of Conditions, I represent and agree with USA Track & Field ("USATF") that:

- A. I will conduct myself at all times as a goodwill ambassador for the Team and the United States of America, and that I will refrain from any act(s) that may reflect unfavorably upon myself, my teammates, the sport of track and field, USATF or the United States of America.
- B. I will not intentionally or voluntarily undertake any action that desecrates or disrespects the American Flag.
- C. I will dress appropriately and respectfully for all official Team functions, wearing the designated Team uniforms provided by USATF. I understand that USATF's sponsor contract for uniforms depends upon athletes wearing the uniform and using the uniform items at competitions, award ceremonies, official Team press conferences, and other official Team functions. I understand that I am forbidden from altering or covering up the sponsor logo on any Team uniform items. Further, I am aware that USATF faces financial penalties, assessed by USATF's sponsors, each time an athlete fails to abide by the conditions stated in this document. At the Olympic Games, Pan American Games, and World University Games, I understand that the official presentation uniforms provided by the United States Olympic Committee must be worn during opening and closing ceremonies, awards ceremonies, and official USOC, LOC, or IAAF press conferences.
- D. I will attend all official Team practices, Team meetings, and other required Team activities.
- E. I will honor my commitment to train and report fit to compete. I understand that breaking a commitment hurts the competitive effort of the Team and prevents other athletes from having an opportunity to be a Team member. If I am unable to compete due to injury, illness, or for any other reasons (an "Emergency"), I will notify the Team coaches of my inability to participate in the Team competition, at least seventy-two (72) hours prior to my scheduled departure with the Team, or within seven (7) days (if not so traveling) prior to the scheduled competition, unless I am prevented from doing so by extraordinary circumstances. In the event of an Emergency, I understand that I may be required to prove my lack of ability to compete.
- F. I will read and abide by the attached USATF Regulations (*See, Copy of Regulations Attached*): Regulation 10/Doping Control; Regulation 11/Disciplinary Proceedings; Regulation 13/Conduct of Athletes. I will also abide by all applicable USADA, WADA, and IAAF doping control regulations. I understand that my breach of my commitment to serve on the Team as stated herein may result in discipline against me, pursuant to USATF Regulations 13 and 11, for misconduct and actions that are detrimental to the best interests of Athletics and/or the Team. Such alleged misconduct may include, but not be limited to: (1) failing to wear or use the Team uniform or uniform items supplied by USATF; (2) failing to attend official Team practices, Team meetings, and other required Team activities; (3) failing to maintain competitive fitness; (4) failing to provide timely notice of an Emergency which prevents me from competing, unless I am prevented from doing so by extraordinary circumstances; and/or (5) engaging in any conduct that is detrimental to the United States of America, USATF or Athletics.
- G. I understand that non-drug-related disciplinary proceedings (including expedited hearings) regarding alleged breaches of this Statement of Conditions shall be conducted pursuant to USATF Regulation 11, except that the USOC Code of Conduct shall govern disciplinary hearings conducted while an athlete is a member of a USOC delegation and team. I also understand that, dependent upon the outcome of such disciplinary proceedings, USATF reserves the right to impose the following minimum penalties:
 1. **First offense:** A written reprimand and liability for any monetary penalties assessed against USATF, and discontinuance of any payments I am may be receiving pursuant to USATF-sponsored financial aid programs, for a period of not more than twelve (12) months;
 2. **Second offense:** A written reprimand and liability for any monetary penalties assessed against USATF, and ineligibility for USATF-sponsored financial aid programs for a period of twelve (12) months; or
 3. **Third offense:** Suspension and ineligibility to participate on the Team, prohibition from representing the United States as a member of any sanctioned international competition teams for a period of one (1) year, and liability for any monetary penalties assessed against USATF.

I understand that USATF may conduct expedited disciplinary proceedings on site at qualifying events pursuant to USATF Regulation 11.

The undersigned has read and understands this Statement of Conditions and confirms that the she or he will keep all Team Commitments stated above and in the attached USATF Regulations.

Date: _____ Signature: _____

2009 USA Outdoor Championships

Qualifying Standards

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)
January 5, 2008 - June 21, 2009 (10,000m, 20 km Race Walk, combined events)

<u>Men</u>		<u>Women</u>		
<u>Event</u>	<u>Standard</u>	<u>Event</u>	<u>A Standard</u>	<u>B Standard</u>
100m	10.35 *	100m	11.42 *	11.48 *
200m	20.88 *	200m	23.25 *	23.40 *
400m	46.50 *	400m	52.50 *	52.60 *
800m	1:48.45 *	800m	2:05.00 **	2:05.50 **
1,500m	3:45.00**	1,500m	4:16.00 **	4:17.50 **
<i>Mile</i>	4:00.00**	<i>Mile</i>	4:36.50 **	4:38.00 **
5,000m	13:52.00**	5,000m	15:50.00 **	15:55.00 **
10,000m	29:01.00**	10,000m	33:45.00 **	33:55.00 **
20 km Race Walk	1:36:00**	20 km Race Walk	1:48.00 **	1:50.00 **
110m hurdles	13.90*	100m Hurdles	13.20 *	13.25 *
400m hurdles	50.75*	400m Hurdles	57.75 *	57.95 *
3,000m Steeplechase	8:45.50**	3000m Steeplechase	10:12.00 **	10:17.00 *
High Jump	2.16 (7-1)	High Jump	1.83	1.81
Pole Vault	5.50 (18-½)	Pole Vault	4.25	4.20
Long Jump	7.75 (25-5¼)	Long Jump	6.40	6.30
Triple Jump	15.44 (50-8)	Triple Jump	13.20	13.00
Shot Put	18.59 (61-0)	Shot Put	16.25	16.00
Discus Throw	58.80 (192-11)	Discus Throw	55.00	54.50
Hammer Throw	65.00 (213-3)	Hammer Throw	62.50	61.00
Javelin Throw	70.50 (231-3)	Javelin Throw	49.00	47.00
Decathlon	7550	Heptathlon	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

"A" - athletes who attain the "A" standard will automatically be included in the event.

Those who have submitted entries and 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 in-

door 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.

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:

1. The athlete’s rank order of place finish in an event at the 2009 US Outdoor Track & Field Championships (the “Trials”).
2. 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:

1. 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.
2. 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:

1. 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
2. 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.**

3. 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.
4. 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.
5. 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.

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.*

2009 World Championships Qualifying Standards

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

QUALIFYING GUIDELINES

1. 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).

2. 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).

3. Performances must be achieved during official competitions organized in conformity with IAAF Rules.

4. 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)

5. Wind-assisted performances will not be accepted

6. Hand-timed performances in 100m, 200m, 400m, 100m/110m Hurdles, 400m Hurdles and 4x100m Relay will not be accepted.

7. Indoor performances for all field events and for races of 400m and longer, will be accepted.

8. For the running events of 400m and over, performances achieved on oversized tracks will not be accepted.

9. Reigning World Champions may be entered regardless of whether he/she has achieved the corresponding entry standard.

10. 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.

11. 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).

12. Marathons:

- Entry Standard for the Marathon Events may only be achieved at selected Marathon Races.

- The list of selected races is available by selecting the appropriate year: 2007, 2008, 2009 (PDF).

13. Relays:

- Entry Standard for the Relay Events may only be achieved at selected competitions.

- The list of selected races is available by selecting the appropriate year: 2008, 2009 (PDF).

Selection Procedures - Marathon

Team size: 5 men

Team Composition

Men's automatic selections: Two (2) team positions from the top five male finishers* at the 2008 USA Marathon Championships, provided the IAAF standard of 2:18:00 is achieved.

Men's at-large selections: The final three (3) positions will be selected from a time list of marathon performances* from November 3, 2007 through April 26, 2009.

* Minimum performance standards of 2:18 for men and 2:43 for women must be met in competitions recognized by the IAAF. Performances must be achieved between September 3, 2007 and April 26, 2009.** Only performances on IAAF-approved courses** (PDF) will be considered. The list of selected races is available by selecting the appropriate year: 2007, 2008, 2009 (PDF).

** Subject to change according to final IAAF guidelines.

Team size: 5 women

Team Composition

Women's automatic selections: Two (2) team positions from the top ten finishers* at the 2008 U.S. Olympic Team Trials - Women's Marathon, provided the IAAF standard of 2:43 is achieved.

Women's at-large selections: The final three (3) positions will be selected from a time list of marathon performances* from April 20, 2008 through April 26, 2009.

* Minimum performance standards of 2:18 for men and 2:43 for women must be met in competitions recognized by the IAAF. Performances must be achieved between September 3, 2007 and April 26, 2009.** Only performances on IAAF-approved courses** (PDF) will be considered. The list of selected races is available by selecting the appropriate year: 2007, 2008, 2009 (PDF).** Subject to change according to final IAAF guidelines.

TRAVEL

Team and USATF Activity Travel

A USATF Travel Authorization from the committee chair or team that you are traveling with must be on file before travel arrangements being covered by USATF can be made. Please call or email USATF Travel Manager Dorothy Hawkins, who will help you with your arrangements. You will need to call a **minimum of 24 days prior to your activity**. USA Track & Field will only book the cheapest fare available for time and location. USATF issues electronic tickets, and an itinerary will be sent to the address you provide for the agent. The itinerary can be sent by email, if we have your email address. Give the travel agent your name, the name of who is traveling as it appears on your passport or driver's license, the dates of travel, city of origin, and the destination, the preferred time frame for travel (AM or PM), as well as any seat preference or any other special requests (i.e. meals).

Domestic Travel

Travel expenses to competitions will be one of your greatest expenses as an athlete. In order to reduce those expenses, plan your competitive schedule, noting when and where your competitions will be. This planning could potentially save you a great deal of money. Airlines operate under three basic ticket structures: 21-day advance, 14-day advance and 7-day advance, with most requiring a Saturday night stay. Typically, the 21-day advance with the Saturday overnight is the cheapest fare available. However, sometimes airlines will run special discounted rates. For this reason, you should plan your schedule early in order to take advantage of these deals.

USATF Travel Service (317.713.4687 or 1.800.955.5822) or (travel@usatf.org) will be happy to help you with any of your personal travel needs if time permits. They can also assist in securing hotel rooms and rental cars.

Check-in

Airport check-in varies, depending on the airport. Your seat will be cancelled if you are not at the gate 20 minutes prior to departure with your boarding pass. Check in early, especially if it is a full flight and you want to reach your destination as scheduled. Requests for exit row seating should be made at this time. Plan ahead for long lines at security and make that adjustment in your travel schedule.

To purchase a ticket at the ticket counter, you must be at the counter a minimum of two hours prior to the plane's departure.

Standby

Standby rules have changed and vary widely in the airline industry. You may now have to pay a fee for standby or purchase an entirely new ticket. Please call the airline ahead of time, if you wish to change from your original flight.

International Travel

Note that regulations for travel using passports that will expire within 6 months have changed. If your passport will expire within a year, contact the airline on which you are traveling internationally to find out if you will need to renew your passport. **USATF RECOMMENDS THAT ANYONE WITH A PASSPORT SET TO EXPIRE WITHIN SIX MONTHS GET A NEW PASSPORT IMMEDIATELY.**

1. Make sure you have a valid passport with you at all times.
2. Carry extra passport photos with you - you may need them for a visa to enter a country in which you did not intend to race.
3. Keep a photocopy of your passport with you. This copy will expedite issuing a temporary passport, should yours be lost or stolen.
4. Reconfirm your continuing and return flights at least 72 hours prior to departure. Without a reconfirmation, the airlines retain the right to cancel the remainder of the itinerary.
5. Check-in at least **two to three** hours prior to departure. If you fail to meet the airline's check-in requirements, your reservation may be cancelled.
6. Carry any prescription medications with you, ensuring that they are correctly labeled.
7. Pack two days' worth of necessities in your carry-on, in case your luggage does not arrive. You should include your competition gear in your carry-on.
8. Eat and drink lightly on the plane to combat the effects of Jet Lag. Drink juice or water rather than coffee and alcohol.
9. Check the U.S. Customs regulations prior to purchasing items to take home.

Passports

A passport is a formal document issued by a government to its citizens, subjects or nationals. This document officially establishes the bearer's identity and nationality, and authorizes the bearer to travel outside and return to his/her own country. A passport is generally required for U.S. citizens for travel to or from all foreign nations. A passport is valid for ten (10) years. Some countries require that your passport be valid at least six (6) months beyond the dates of your trip.

To obtain a passport, contact your local post office for an application or visit http://travel.state.gov/passport/forms/ds11/ds11_842.html. You will need:

- 1) Proof of US citizenship (a certified birth certificate or expired passport). A certified copy of your birth certificate may be obtained from the Bureau of Vital Statistics in the state or territory where you were born.
- 2) Photographs — Two identical passport photographs (there are specific size requirements).
- 3) Proof of identity — an official document, such as a recent passport, certificate of naturalization or citizenship, or a valid driver's license.
- 4) Fee — currently \$97 (subject to change).
- 5) Completed passport application form DS-11.

VISA

Some countries will require a VISA. A visa may be obtained from a consular representative either directly or through a visa service agency in the U.S. before departure. Only in very few instances can a visa be obtained at the point of entry.

TRAVEL SAFETY TIPS

- Do not answer the door in a hotel or motel room without verifying the identity of the visitor. If a person claims to be an employee, call the front desk and ask if someone from their staff is supposed to have access to your room and for what purpose.
- Use the main entrance of the hotel when returning to your room late in the evening. Be observant and look around before entering parking lots.
- Close the door securely whenever you are in your room and use all locking devices.
- Do not needlessly display guestroom keys in public or leave them on restaurant tables, at the pool or other places.
- Do not draw attention to yourself by displaying large amounts of money or expensive jewelry.
- Do not invite strangers to your room.
- Place all valuables in the hotel's or motel's safe deposit box.
- Do not leave valuables in your vehicle.
- Check all windows, sliding doors and connecting doors to make sure they are locked.
- Report any suspicious activities.
- Always secure valuables - purses, lap top computers, CD players, etc.- at all times. Most travel-related theft occurs when a valuable is not "held on to", even if the item is in plain sight (i.e. at a phone booth, in a restaurant).

Travel Savings

- 1) Book flights in advance - ALWAYS.
- 2) Do not change flights, unless absolutely necessary.
- 3) Save unused flight tickets for future use.
- 4) Find hotels near the airport or track to eliminate expensive cab rides.
- 5) Avoid room service meals, especially for small meals such as breakfast, since service charges are mandatory and can exceed the cost of the meal.
- 6) Internet services such as Priceline can offer great fares, but usually they have significant restrictions and/or additional fees. Research your options carefully.

Jet Lag

The relationship between sleep and human performance is very clear. When you rapidly cross time zones in airplanes, you disrupt the timing of the sleep/wake cycle and other biological processes. The effect on the body may result in the following symptoms: *fatigue, excessive sleepiness, disorientation, light-headedness, loss of appetite, gastrointestinal disturbance, insomnia, and difficulty concentrating.*

The severity of jet lag is dependent upon several things: the number of time zones crossed, the direction traveled (east or west), and individual susceptibility (some more severely affected than others). For example, you may not notice any symptoms after crossing 1 or 2 time zones, but you will certainly have some jet lag after crossing 12 time zones.

How does jet lag affect athletic performance? Although the effects vary from individual to individual, commonly noted problems are:

- prolonged reaction time*
- reductions in anaerobic power and capacity*
- reduced dynamic strength*
- decreased short term memory*
- decreased concentration*
- increased accident and injury rates*
- decreased alertness*
- cognitive slowing*

With the difference between winning and losing in track and field coming down to hundredths of seconds and centimeters, jet lag can make a difference!

Jet lag is not dangerous - unless you are unbearable without sleep! A rule of thumb is that it takes one day for the body clock to adjust to each time zone you cross. Complete readjustment to a trip from the States to Europe often takes 6 to 10 days. You can shorten that adjustment period by gradually shifting the sleep/wake cycle (Bedtime and wake-up time) prior to the trip, and through exposure to bright light at certain times of the day.

GENERAL TRAVEL TIPS

Your task is to avoid other factors that produce problems while traveling by air, such as:

Dehydration: Drink adequate amounts of non-caffeinated, alcohol-free beverages such as fruit juice, fluid replacement drinks and water. Do not pack water in your luggage, it weighs too much and can leak.

Inactivity: Try to get up and stretch and/or walk at least every 2 hours while flying to increase circulation, stretch your muscles and avoid blood clots.

Shifting the Sleep/Wake Cycle

The body clock cannot adjust to large time changes rapidly, but it can handle small changes slowly. Therefore, if you start shifting your sleep/wake cycle (bedtime and wake-up times) a few days before you leave and finish shifting the first few days after you arrive, you will reduce and eliminate the effects of jet lag.

Practice changes before traveling to a major competition!

Light Exposure

Light exposure is arguably the most powerful tool we have for readjusting the body clock. There is a direct neurological connection from the eye to the body clock which allows light to adjust the clock every day. Simply being outside (even on a cloudy day), or in a brightly lit room is usually enough light exposure. The timing of the light exposure is important so try to follow the guidelines. Remember, it should be light when you want to be awake, and dark when you want to sleep.

TIME ZONE GUIDELINES

0-2 Time Zones, East or West

Jet lag is rarely a problem. Refer to General Tips.

3-5 Time Zones, West

Jet lag is often present with these trips. Refer to General Tips.

Prior to leaving, gradually shift your bedtime (BT) and waking time (WT) 1-2 hours later than usual. A couple of days before you leave, get light exposure for at least 30 minutes sometime in the 2 hours before you go to bed.

Upon arrival, start with a BT and WT 1-2 hours earlier than usual and gradually shift towards your usual BT and WT. Get light exposure for at least 30 minutes sometime in the 2 hours before you go to bed for the first couple of days. (For example from: Honolulu, Hawaii to Sydney, Australia)

3-5 Time Zones, East

Jet lag is often present with these trips. Refer to General Tips.

Prior to leaving, gradually shift your BT and WT 1-2 hours earlier than usual. A couple of days before you leave, get light exposure for about 30 minutes when you first get up in the morning.

Upon arrival, start with BT and WT 1-2 hours later than usual and gradually shift towards your usual BT and WT. Try to get light exposure for about 30 minutes when you first get up in the morning for the first couple of days.

6-8 Time Zones, West

Jet lag of moderate intensity is almost always present with these trips. Refer to General Tips.

Prior to leaving, gradually shift your BT and WT 2-3 hours later than usual. For a few days before you leave, get light exposure for at least 30 minutes sometime in the 2 hours before you go to bed.

Upon arrival, start with a BT and WT 2-3 hours earlier than usual and gradually shift towards your usual BT and WT. Get light exposure for at least 30 minutes sometime in the 2 hours before you go to bed for the first few days. (Example- San Francisco, California to Sydney, Australia)

6-8 Time Zones, East

Jet lag is of moderate to severe intensity. Refer to General Tips.

Prior to leaving, gradually shift your BT and WT 2-3 hours earlier than usual. For a few days before you leave, get light exposure for about 30 minutes when you first get up in the morning.

Upon arrival, start with a BT and WT 2-3 hours later than usual and gradually shift towards your usual BT and WT. Try to get light exposure for about 30 minutes when you first get up in the morning for the first few days.

9-12 Time Zones, West and East

Jet lag is of moderate to severe intensity. Refer to General Tips.

Prior to leaving, gradually shift your BT and WT at least 3 hours later than usual. Get light exposure for at least 30 minutes sometime in the 2 hours before you go to bed.

Upon arrival, start with a BT and WT at least 3 hours earlier than usual

and gradually shift towards your usual BT and WT. Get light exposure for at least 30 minutes sometime in the 2 hours before you go to bed for at least the first few days.

For Example: Let's say your usual bedtime (BT) is 11pm and your wake-up time (WT) is 7am.

If the guidelines say: "Prior to leaving, gradually shift your BT and WT 2-3 hours later than usual." **It means:** A couple of days before you leave, go to sleep a little later and wake up a little later each day, so that by the time you leave, your bedtime is about 1 am and your wake-up time is about 9am.

If the guidelines say: "Upon arrival, start with a BT and WT 2-3 hours earlier than usual and gradually shift towards your usual BT and WT." **It means:** When you arrive at your final destination, go to bed around 9pm and wake up around 5am. Over the next few days, go to sleep a little later and wake up a little later each day so that you reach your usual BT and WT of 11pm-7am in a couple of days.

If you have additional questions concerning Jet Lag, forward them to USOC Sport Science Department at 719.578.4805.

LIST OF US AIRLINES AND FREQUENT FLIER PROGRAM INFORMATION

AirTran Airways (800) 247-8726, www.airtran.com

Baggage Policy - \$15 for first bag, \$25 for second bag, \$50 for additional bags

Frequent Flier Program - A+ Rewards Registration -

tickets.airtran.com/register.aspx

Alaska Airlines (800) 252-7522, www.alaskaair.com

Baggage Policy - no charge for first bag, \$25 for second bag, \$125 for third bag

Frequent Flier Program - Mileage Plan Registration -

www.alaskaair.com/mileageplan/

American (800) 433-7300, www.aa.com

Baggage Policy - \$15 for first bag, \$25 for second bag

Frequent Flier Program - AAdvantage Registration - www.aa.com/aadvantage

Continental (800) 525-0280, www.continental.com

Baggage Policy - \$15 for first bag, \$25 for second bag

Frequent Flier Program - OnePass Registration - www.continental.com/onepass

Delta Air Lines (800) 221-1212, www.delta.com

Baggage Policy - \$15 for first bag, \$25 for second bag

Frequent Flier Program - SkyMiles Registration -

www.delta.com/skymiles/index.jsp

Frontier Airlines (800) 432-1359, www.frontierairlines.com

Baggage Policy - \$15 for first bag, \$25 for second bag, \$50 for third bag

Frequent Flier Program - Early Returns Registration -

www.frontierairlines.com/earlyreturns

JetBlue Airways (800) 538-2583, www.JetBlue.com

Baggage Policy - no charge for first bag, \$20 for second bag

Frequent Flier Program - TrueBlue Registration - www.jetblue.com/trueblue/

Midwest (800) 452-2022, www.midwestexpress.com

Baggage Policy - \$15 for first bag, \$25 for second bag, \$100 for additional bags

Frequent Flier Program - Midwest Miles Registration -

www.midwestexpress.com/midwestmiles

Northwest / KLM (800) 225-2525, www.nwa.com

Baggage Policy - \$15 for first bag, \$25 for second bag, \$125 for third bag, \$200 for 4-10 bags

Frequent Flier Program - WorldPerks Registration - www.nwa.com/worldperks/

Southwest Airlines (800) 435-9792, www.southwest.com

Baggage Policy - free for first and second bag, \$25 for third bag, \$50 for 4-9 bags

Frequent Flier Program - Rapid Rewards Registration -

www.southwest.com/rapid_rewards

United (800) 241-6522, www.ual.com

Baggage Policy - \$15 for first bag, \$25 for second bag

Frequent Flier Program - Mileage Plus Registration - www.ual.com/mileageplus

US Airways (800) 428-4322, www.usairways.com

Baggage Policy - \$15 for first bag, \$25 for second bag

Frequent Flier Program - Dividend Miles Registration -

www.usairways.com/dividendmiles

Virgin America (877) 359-8474, www.virginamerica.com

Baggage Policy - \$15 for first bag, \$25 for second bag

Frequent Flier Program - Elevate Registration - www.virginamerica.com/elevate

All the baggage policies are for domestic travel and are subject to change. USATF recommends that athletes enroll in airline frequent flier programs to earn credit for flights domestically and internationally. By achieving status within frequent flier programs, members can receive benefits such as baggage fee waivers, free upgrades to business and first class from coach class tickets, free tickets with mileage.

Many programs share mileage. For example, Delta, Northwest and Continental all code-share. Therefore you can assign your Delta SkyMiles number to flights operated by Northwest and Continental and earn mileage. UsAirways and United code-share as well. Alaska Airlines code-shares with multiple domestic and international airlines, including Delta, Northwest, Continental and American Airlines.

Be aware that you can also get credit for some international flights with US programs – just ask.

Finally – some airlines will give credit as far back as six (6) months when you enroll in a program. Just ask when you enroll.