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Dear Elite Athlete,

It is hard to believe yet another Olympic year is upon us. Needless to say, as an elite athlete, yours is an every-day, every-year journey. But a year in which the “Rings” are looming is always a special year. Having a great 2012 can set up even more success over the next four years for you in terms of performance as well as your livelihoods.

USATF is working hard to ensure that you have all the support you need to fulfill your objectives as Elite Athletes. We want you to know that we understand the many trials and tribulations that are endured in your career, and we want to assist you in every way to make your time in the Elite Athlete spotlight special and memorable.

It is our objective to provide you valuable and comprehensive information via the Elite Athlete Handbook. This handbook is comprised of useful information for an elite athlete. As has been the case the last several years, we are making this book an online publication, which will allow USATF staff to regularly update the information to ensure you are receiving the most accurate and timely news.

This handbook covers many bases, from athlete support to travel information, from dealing with the media to drug testing changes, as well as a comprehensive calendar of upcoming 2012 events and directories for all aspects of the sport.

If you have additional questions, do not hesitate to call the Elite Athlete Programs Department at USA Track & Field — they are available to assist you. A complete listing of staff members along with their responsibilities is located on page 130 of this handbook.

Yours in sport,

Stephanie Hightower
USATF President and Chairman of the Board
A Message from the Chair of USATF’s Athletes Advisory Committee

The Athletes Advisory Committee (AAC) is here to help you with any encounters that you may experience as an Elite Athlete. The AAC is the athletes’ voice within USA Track & Field.

We are all current or former elite athletes, and we understand what it takes to be the best. We appoint athletes to all the committees at USA Track & Field. We work with USATF President Stephanie Hightower and Chief of Sport Performance Benita Fitzgerald Mosley on all matters relating to athletes.

An additional source of information is our publication the Elite Beat, which you should be receiving and – we hope – also reading.

We look forward to working with you while you pursue your dreams.

Yours truly,

Jon Drummond
Chair
Athletes Advisory Committee
Dear Elite Athlete,

There are few things more exciting than an Olympic Year! Team USA will arrive in London this summer with a crop of talented young athletes and veterans ready to take on the world. Over the next few months, it is the goal of the USA Track & Field Sport Performance staff to enable you to fulfill your Olympic dreams by providing world-class support to the World’s #1 Track & Field team.

As athletes, you are faced with many challenges in your career, and we want to assist in helping you maximize your performance and your experience as an Elite Athlete. The Elite Athlete Handbook is a reference tool comprised of information to help you more effectively leverage the resources available to you as an elite athlete. It is printed annually with updated information and is also posted online at www.usatfhighperformance.com. The Elite Athlete Handbook covers many important topics, from athlete support programs to travel information and dealing with the media or drug testing inquiries. The handbook also includes a comprehensive 2012 calendar of events and directories for all aspects of the sport.

If you require additional information, please call any member of the the USATF Sport Performance staff — we are here to support you. A complete list of our staff and responsibilities is located on page 133 of this handbook.

Best wishes for a successful and rewarding season!

Warm regards,

Benita Fitzgerald Mosley
Chief of Sport Performance
USA TRACK & FIELD
AN INTRODUCTION

An important part of being an elite athlete is an understanding the structure of the sporting world that you are a part of. This section serves as a brief overview of that structure.

What is USA Track & Field?

USA Track & Field (USATF) is the National Governing Body for track and field, long-distance running and race walking in the United States. USATF encompasses the world’s oldest organized sports, some of the most-watched events of Olympic broadcasts, the #1 high school and junior high school participatory sport and more than 30 million adult runners in the United States.

As the NGB for Track & Field in the United States, USATF is a member of the United States Olympic Committee (USOC) and the International Association of Athletics Federations (IAAF). The USOC is the entity linking all U.S. NGBs that participate in the Olympic movement, and the USOC is a member of the International Olympic Committee (IOC). The IAAF is the World Governing Body for track and field.

USATF is comprised of 57 member Associations that oversee the sport at the local level. Our individual membership numbers average nearly 100,000 participants/members each year.

Led by President Stephanie Hightower and interim CEO Mike McNees, USATF is a volunteer-driven, not-for-profit organization with a staff of professional program administrators at the National Office in Indianapolis. USATF is responsible for many programs, such as youth programs, coaches’ education, the conduct of championship events, enforcement of the rules and regulations of the sport, event sanctioning, and insurance to those sanctioned events. Most importantly, USATF is given the charge to help develop our future athletes.

Our Mission Statement reflects this philosophy of involvement:

“The mission of USATF is to lead the sport of Athletics in the United States and maintain the primacy of USA Track and Field in global athletics.”
How does USATF help me?

USA Track & Field is here to serve athletes. USATF’s commitment to the elite athlete began twelve years ago with the creation of the Elite Athlete Programs Department. The department is staffed by individuals who are advocates on athlete-related issues. Currently included in what is now called the High Performance Programs department is Chief of Sport Performance, Benita Fitzgerald Mosely; Director of High Performance Programs Duffy Mahoney; Director of Coaching Terry Crawford; Director of International Teams and Championships Sandy Snow; Associate Director, Championships and International Teams, Aron McGuire; Associate Director of Elite Athlete Relations Melissa Beasley; Associate Director, Sport Science and Medicine, Dr. Robert Chapman; High Performance Programs Manager (Athlete Support) Sariyu ‘Beka’ Suggs; Manager, Sports Science and Medicine, Bejan Abtahi; Sport Performance Operations Administrator Kimberly Sims; and Coaching Programs Coordinator, Shayna Sangster.

There are a variety of sources of information for elite athletes. Two very important sources are the Athlete Support Committee and the Athletes Advisory Committee. These two groups, along with other sports committees, provide a leadership role in the development of athletes.

Below is a brief description of the primary USATF committees. Keep in mind that as USATF continues to under bylaw changes, the structure of some committees may change. For more complete information, please refer to their respective sections:

ATHLETE SUPPORT

USA Track & Field is committed to providing financial support and other programming for emerging elite and elite athletes. This commitment is evidenced by direct athlete support through stipend programs, competitive opportunities, development camps and clinics, and sports science and medical services. These programs are funded through USATF-generated resources and funds from the United States Olympic Committee.

Of the nearly $8,700,000 spent annually on support for elite athletes and programs for the development of elite athletes, $2,100,000 is paid in Direct Athlete Support stipends. The USATF Athlete Support Committee administers the distribution of these stipends. Active athletes comprise 20% of the voting members on this committee, as with all USATF committees. In addition to active athletes, the Athlete Support Committee includes coaches and individuals who are active in the administration of the Development and Sports committees.
ATHLETES ADVISORY COMMITTEE

The Athletes Advisory Committee (AAC) is an integral part of USA Track & Field. In addition to this committee, athletes have a minimum of 20% representation on all committees, task forces and activities within USATF. The AAC appoints athlete representatives to the various committees.

The basic purpose of the AAC is to provide an athlete voice on all issues pertaining to the sport as a whole. The AAC provides a unified voice for the athletes in all aspects of USATF, including items such as time schedules for meets, staff selections, drug testing and competition rules, etc.

The AAC is made up of event leaders who represent broad event groups and have both male and female representatives. The event leaders provide input from the athletes in their event group on all issues. Three athletes sit on the USATF’s Board of Directors: Aretha Thurmond, Deena Kastor and Philip Dunn.

For more information about any of our programs, or for contact information for your local Association, feel free to check out our web site (www.usatf.org), or write us at:

USA Track & Field
132 E. Washington St.
Suite 800
Indianapolis, IN 46204

or call our National Headquarters at 317.261.0500
HIGH PERFORMANCE DEPARTMENT

BENITA FITZGERALD MOSLEY  
Chief of Sport Performance

DUFFY MAHONEY  
Director of High Performance Programs

TERRY CRAWFORD  
Director of Coaching

SANDY SNOW  
Director of International Teams and Championships

ARON McGUIRE  
Associate Director Championships and International Teams

SARIYU "BEKA" SUGGS  
High Performance Programs Manager

MELISSA BEASLEY  
Associate Director Elite Athlete Relations

ROBERT CHAPMAN  
Associate Director of Sports Science and Medicine

SHAYNA SANGSTER  
Coaching Program Coordinator

BEJAN ABTAHI  
Sports Science and Medicine Manager

KIMBERLY SIMS  
Sport Performance Operations Administrator
HIGH PERFORMANCE DEPARTMENT

Benita Fitzgerald Mosley
Chief of Sport Performance
Benita.F.Mosley@usatf.org
317-713-4691

Duffy Mahoney
Director of High Performance Program
Duffy.Mahoney@usatf.org
317-713-4673

Terry Crawford
Director of Coaching
Terry.Crawford@usatf.org
317-713-4671

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

Aron McGuire
Associate Director, Championships and International Teams
Aron.McGuire@usatf.org
317-713-4692

Melissa Beasley
Associate Director, Elite Athlete Relations
Melissa.Beasley@usatf.org
317-713-4650

Robert Chapman, Ph.D
Associate Director of Sports Science and Medicine
Robert.Chapman@usatf.org
317-713-4669

Bejan Abtahi
Sports Science and Medicine Manager
Bejan.Abtahi@usatf.org
317-713-4669

Sariyu ‘Beka’ Suggs
High Performance Programs Manager
Sariyu.Suggs@usatf.org
317-713-4689

Shayna Sangster
Coaching Program Coordinator
Shayna.Sangster@usatf.org
317-713-4667

Kimberly Sims
Sport Performance Operations Administrator
Kimberly.Sims@usatf.org
317-713-4668
2012 ATHLETE CRITERIA & TIER SYSTEM

USA Track & Field has finalized the athlete criteria and tier system for 2012. Listed below are the tiers and the performance-based criteria needed to access specialized benefits and programs. Athletes who have questions about their status or what benefits are available should contact Sariyu ‘Beka’ Suggs at sariyu.suggs@usatf.org.

**Tier 1 Athletes qualify for all USATF and USOC benefits and are those athletes who have achieved any of the following:**

- Medaled in the most recent Olympic Games (2008)
- Top 10 World Rank in 2011 by Track & Field News (year-end ranking-2011) or All- Athletics.com (year-end ranking-2011)
- Top 5 (1-5) World Rank in 2010 by Track & Field News (year-end ranking-2010) or All- Athletics.com (year-end ranking-2010)
- Medaled in either of the two (2) most recent major championships (i.e. World Championships - 2009/2011)
- The above criteria apply to athletes who competed in the first round or final on a relay team

**Tier 2 Athletes qualify for the majority of USATF and USOC benefits, albeit sometimes at a lower dollar amount, and they must have achieved either of the following:**

- Placed Top 8 in either of the two most recent major championships (i.e. World Championships – 2009/2011)
- Top 20 World Rank in 2011 by All-Athletics.com (year-end ranking-2011)
- Top 10 (6-10) World Rank in 2010 by Track & Field News (year-end ranking-2010) or All- Athletics.com (year-end ranking-2010)

**Tier 3 Athletes qualify for a limited number of benefits. However, as immediate post collegians they have exclusive access to the Post Collegiate Scholarship Fund. Further, there are also many immediate post collegians that qualify for a higher tier based upon their performance. Athletes in this category must have achieved the following:**

- Immediate Post Collegian (IPC) in the first or second year (2010/2011) out of college and have achieved the World Championship "A" standard in 2010 (2009 WC standard) or 2011 (2011 WC standard) for their respective event.
Tier 4 Athletes qualify for a limited number of benefits, albeit sometimes at a lower dollar amount, and they must have achieved the following:

- Top 2 US Track & Field News (year-end ranking-2011), or
- Top 2 place finish at the 2011 U.S. Outdoor Championships
- For both categories above the athlete must have also achieved a minimum of the “B” standard for the 2011 World Championships.

To receive any or all 2012 tier benefits, an athlete must currently be training and competing at elite level or, if injured, expected to recover and be able to compete at an elite level.

ELITE ATHLETE HEALTH INSURANCE (EAHI)

A. Number of EAHI slots allocated: 150

B. Eligibility and Criteria Approved for EAHI:

EAHI Slots will be allocated based on the below criteria in the priority order described below. An athlete must currently be training and competing at elite level or, if injured, expected to recover and be able to compete at an elite level to be eligible for coverage:

As of February 1, 2012, EAHI will first be offered to those athletes who are designated as 2012 Tier 1 or Tier 2 athletes according to USA Track and Field’s High Performance Program criteria.

If slots remain after the 2012 Tier 1 and Tier 2 athletes have accepted or declined coverage, they will be offered to athletes who are named to the 2012 Olympic Team from the 2012 U.S. Olympic Team Trials – Marathon, the 2012 U.S., Olympic Team Trials - 50k Race Walk, or the 2012 U.S. Olympic Team Trials – Track & Field. If there are more qualified athletes than slots available, the athlete(s) with the highest World Ranking according to the most recent World Ranking list (All-Athletics.com) will be offered the slot(s). If there is a tie for these remaining slot(s), the Executive Committee of USATF’s High Performance Division will determine who is offered the insurance based on the criteria detailed below.
If after the above, slots still remain those slots will be awarded by the Executive Committee of USATF’s High Performance Division based on the below criteria (not in priority order).

- Outstanding competition results from the 2011/2012 seasons.
- Recent positive trend of competition results from the 2011 and current 2012 seasons, which provide an indication of potential for Olympic success.
- Indication of medal potential in future Olympic or World Championship competition (such as international results and rankings).
- Strength, depth, and competitiveness of the event(s) in the United States.
- Anticipated ability to recover from injury/illness/maternity, with the expectation that the athlete will return to elite level competition within the current quad.

Should there be any available EAHI slots left after all eligible athletes have either accepted or declined, the remaining slots may be allocated at the discretion of the Chief of Sport Performance, based on his/her potential for future Olympic and World Championship success.

Athletes who have been notified of being qualified for EAHI will have 30 days in which to enroll in EAHI by completing and returning the EAHI enrollment forms provided by the USOC. An athlete will be considered to have declined EAHI if the athlete’s enrollment forms are not completed and returned to the USOC within 30 days of receiving notification from USA Track & Field of their qualification for the program. Using the above criteria, any available slot(s) will be awarded to the next eligible athlete.

Should there be slots available once all eligible athletes have either accepted or declined coverage, those slots will remain unused.
USATF / ST. VINCENT
SPORTS PERFORMANCE ELITE ATHLETE MEDICAL SUPPORT PROGRAM

In an effort to provide additional medical support to our elite athletes, USA Track & Field has worked closely with St. Vincent Sports Performance to design an elite athlete health care program. This program is designed to complement other USATF and USOC insurance and medical support programs. St. Vincent is a nationally recognized hospital system and health network that has extensive experience serving professional athletes, including NFL and NBA players, Olympians and top race car drivers.

Overview

The USATF/St. Vincent Sports Performance Elite Athlete Medical Support Program assists qualified injured athletes by providing primary care or a second opinion and working with the athlete’s local medical support to create a recovery plan. Designated athletes will have full access to St. Vincent’s physicians, athletic trainers and physical therapists as well as access to all appropriate services including, but not limited to, evaluation, diagnostics including x-rays and MRIs, surgery and recovery, lab work, and physical therapy.

In addition to medical support, athletes will be provided with ground transportation, housing and meals for visits of 72 hours or less at no cost. Athletes will be housed at the Marten House and Lilly Conference Center which is a hotel owned by St. Vincent and on the hospital campus. Services of an ongoing, on-site nature such as rehabilitation or training would be provided at a cost to the athlete of $100/day.

Eligibility

Tier 1, 2, 3, and 4 will qualify for this program based on a first come, first served basis.

Process

Athletes must travel to Indianapolis to receive medical services. All medical services, ground transportation, housing and meals for visits of 72 hours or less will be provided to the athletes at no cost. Athletes will have the option to book travel through our travel department. Or athletes can research and book flights (approved in advance by USATF), and USATF will reimburse all but $100 of the approved airfare to the athlete after the visit. USATF will work with the athletes to arrange the most reasonable flight options. Qualified athletes who wish to utilize the program should contact Beka Suggs at 317-713-4689 to coordinate eligibility and arrange flights, ground transportation, housing and appointments with St. Vincent.
USATF / ST. VINCENT SPORTS PERFORMANCE ELITE ATHLETE MEDICAL SUPPORT PROGRAM

Athlete Intake Process

I. USATF and Athlete
1. Athlete contacts USATF to express interest in program.
2. USATF educates athlete about details of the program and the criteria to access the program.
3. USATF verifies that the athlete qualifies to access program based on the set criteria.
4. USATF sends St. Vincent Athlete Intake Form (AIF) to athlete to complete.
5. Athlete returns AIF to USATF for review and verification.
6. USATF lets athlete know form will be submitted to St. Vincent to start the process and they will be contacted by St. Vincent in 3-5 business days for a consultation.

II. USATF and St. Vincent
1. USATF emails completed AIF to St. Vincent Sport Performance to initiate the process between athlete and St. Vincent.
2. St. Vincent acknowledges receipt of AIF and reviews form.

III. St. Vincent and Athlete
1. St. Vincent contacts athletes within 3-5 business days of receiving AIF from USATF for a consultation regarding injury.
2. St. Vincent decides if the athlete needs to come in ASAP (5-7 days out from initial contact) or in the next month for a visit to assess injury.
3. St. Vincent provides a timeframe in which the athlete can come for the visit and decides on the duration of the visit (24 – 72 hours) and notifies athlete, USATF, and St. Vincent (Christy) to begin the scheduling process for travel and dr. appointments, etc.
4. St. Vincent reminds athlete that 72 hour visit consist of 3 night’s hotel stay/3 days of meals. All visits are weekday (Monday-Friday) visits only. However athletes that need to come in Sunday evening for early Monday appointments have that option.

IV. St. Vincent, USATF, and Athlete
1. USATF works with athlete to book travel. Athletes will have the option to book travel through our travel department. Or athletes can research and book flights (approved in advance by USATF), and USATF will reimburse all but $100 of the approved airfare to the athlete after the visit. Once athlete books travel and have the final travel itinerary athlete forwards to USATF.
2. USATF forwards final travel itinerary to St. Vincent.
3. St. Vincent works on setting up appointments for the duration of the visit such as scheduling dr. appointments, airport pick-up/drop-off, reserve housing/meals, etc.
4. St. Vincent emails final travel and appointment itinerary to athlete and copies USATF.
5. After each athlete visit St. Vincent will provide USATF with updates via email on whether athlete needs to visit for follow-up or if the visit was final.
SPORT PERFORMANCE WORKSHOPS

Sport Performance Workshops are a USATF/USOC funded sport science delivery program that includes a “stations” format of:

- On-track biomechanical analysis with an event specific USATF sport scientist. Each athlete/coach participates in a 60-120 min session. Athletes can jump, walk, run, hurdle, vault, and throw then complete an immediately review of the video trackside with their coach and USATF bio mechanist, then work on interventions/corrections, and repeat.


FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness. The FMS generates the Functional Movement Screen Score, which is used to target problems and track progress. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns. St. Vincent medical staff monitors the FMS score to track progress and to identify those exercises that will be most effective to restore proper movement and build strength in each individual.

- Nutritional counseling (including intro to new Gatorade products) with Dr. Andrea Braakhuis, USOC nutritionist.

- Sport psychology/mental skills training with Dr Steve Portenga, USATF sport psychologist with the London Olympic staff.

* For this program, travel, housing, and meals are covered for athletes and their coach.
PERFORMANCE POOL FUNDING

To assist our top athletes to remain in the sport after graduation and to assist them with their everyday living expenses, USATF created a three-tier program of direct athlete support that includes

A. Athlete Stipend

The objective is to invest resources in the athletes based on two criteria:

1. Olympic medal potential
2. Financial need

B. Medical Reimbursement

Qualified athlete receives between $500- $1,500 for preventive care expenses incurred in 2012, including massage therapy, chiropractic services, physical therapy, acupuncture, and medical expenses not covered by other health insurance. Other qualified expenses reimbursed under the 2011 program include dental expenses and health club membership fees.

C. Coaching Stipend

The objective of this program is to support those coaches who are producing medal-contending athletes. The criteria for this program coincide with our direct athlete support program criteria-in that a coach must have an athlete that falls under Tier 1 and Tier 2 to qualify for stipend.

The stipend amount will be $2,000 for Tier 1 athletes and $1,000 for Tier 2 athletes and the athlete must complete a form to designate their coach of record in order for USATF to process the payment.

In addition to the base program, “Medalist Bonuses” will be distributed after the 2012 Olympic Games. This bonus is distributed to coaches who produce medalists at the Olympic Games and provides additional support to these coaches. The bonus stipend amount will be determined based on the amount left from the base program and the number of medalists.

Athlete stipends and medical reimbursements are processed by the USOC once athletes have completed the necessary paperwork (see processing details below).

<table>
<thead>
<tr>
<th>Tiers</th>
<th>2012 Athlete Stipend</th>
<th>2012 Medical Reimbursement</th>
<th>2012 Coaching Stipend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier 1</td>
<td>$6,000</td>
<td>$1,500</td>
<td>$2,000</td>
</tr>
<tr>
<td>Tier 2</td>
<td>$4,000</td>
<td>$750</td>
<td>$1,000</td>
</tr>
<tr>
<td>Tier 3</td>
<td>PCSF Stipend-2011</td>
<td>$500</td>
<td>N/A</td>
</tr>
<tr>
<td>Tier 4</td>
<td>$2,000</td>
<td>$500</td>
<td>N/A</td>
</tr>
</tbody>
</table>
To receive payment for the stipends above, athlete must complete the following forms:

- **USATF Athlete Agreement** [sample form on pages 39-40]
  (athlete needs to complete once during that funding year)
  Athlete must have a signed form on file before benefits/payments can be processed; athlete agreeing to terms and conditions to receive funding from USATF.

- **USATF Code of Conduct – new for 2012**

- **2012 USOC Athlete Support Designee Form**
  [sample form on pages 35-36]
  (athlete needs to complete once during that funding year)
  Athlete must have a signed form on file before benefits/payments can be processed; athlete agreeing to terms and conditions to receive funding from the USOC.

- **W-9 Tax Form** [sample form on page 37]
  (athlete needs to complete once during that funding year, unless they have an address update)
  The USOC and USATF do not take out taxes on your funding; therefore you will receive a 1099 from the USATF/USOC at the end of year.

- **USOC Direct Deposit Authorization Form** [sample form on page 33]
  USOC Direct Deposit Authorization Form (this is optional). You will receive a paper check in the mail if you do not complete this form. Some athletes may already have direct deposit accounts set up with the USOC. To make sure the USOC has your most up-to-date bank account information it’s best practice to complete a new one each funding year.

- **Coaching Stipend Form** [sample form on page 34]
  Athlete must complete and sign a form letting USATF know this is their coach of record for the year before we can process the stipend to the coach.

- **Medical Reimbursement** (receipts/invoices)
  Athletes no longer need to provide receipts/invoices to receive stipend for medical reimbursement. Once you have completed USOC forms your stipend will be processed.

Please mail, fax, or email copies (contact information below).

**Mailing address:**

USA TRACK & FIELD
ATTN: Sariyu Beka Suggs
132 E. Washington St. Suite 800
Indianapolis, IN 46204

Fax: 317.261.0514 or 1.800.833.1466
(attach a cover page with all faxes)
INTERNATIONAL COMPETITIVE OPPORTUNITIES GRANT

In 2012, USATF will continue a program launched in 2010 which provided direct financial assistance to a limited number of athletes, to assist them with the cost of travel, housing and training while competing internationally during the summer. The primary purpose of the grant is to help athletes defray travel expenses not covered by meet directors and/or to assist them with the financial burden of securing housing and/or training sites. Priority for this funding was given to those athletes who would not otherwise have the opportunity to participate or would need to devote a great deal of their earnings from the meet to pay for their travel and related expenses.

For 2012, this program is being structured to provide athletes with funds for international meets in the spring as well as for the traditional summer period. Athletes meeting the criteria outlined below will be able to submit an application for consideration for funding.

1. **Tier 1** – being those athletes who were ranked in the Top 5 in the world in 2010 or Top 10 World in 2011 (by T&F News or AllAthletics.com) and/or who medaled in the 2009 and 2011 World Championships or 2008 Olympic Games – maximum grant of $2,500

2. **Tier 2** – being those athletes who were ranked in the Top 6-10 in 2010 or Top 11-20 in the World in 2011 (by T&F News or AllAthletics.com) and/or who were top 8 finalists in the 2009 or 2011 World Championships – maximum grant of $2,000

3. **Tier 3** – being those athletes who are “immediate post-collegians” in 2010/2011 and who had achieved the World Championships “A” standard in 2010 (2009 WC standard) or 2011 (2011 WC Standard) – maximum grant of $1,500

4. **Tier 4** – being those athletes who are ranked Top 2 US by Track & Field News, or Top 2 place finish at the 2011 U.S. Outdoor Championships that achieved a minimum of the “B” standard for the 2011 World Championships – maximum grant of $1,000

5. Special consideration will be given to those athletes who are not among Tiers 1, 2, 3 or 4 but whose performances are among the Top 10 World in 2012 – maximum grant of $1,500

6. Special consideration will also be given to those “hardship” athletes who was a Tier 1, 2, or 3 in 2011 (based on world ranking from 2010) but due to having experienced serious injury, illness or maternity leave in 2011, are excluded from the 2011 World Rankings List – maximum grant of $1,500

Application process for this program will begin in March.
DISC

In November 2009 The United States Olympic Committee partnered with DISC Sports & Spine Center in Marina del Rey, CA. As an official medical services provider of the U.S. Olympic Team, DISC offers Team USA athletes access to over 20 top notch medical doctors in their state-of-the-art medical facility and surgery center. With extensive experience in sports-related care, DISC services include spinal care, orthopedic surgery, pain management, diagnostic imaging, podiatry, physical medicine, chiropractic, soft tissue, rehabilitation, nutrition, acupuncture and sports psychology.

DISC’s mission and the aims of the athlete program are:

To provide a multidisciplinary, comprehensive center for sports medicine care, utilizing a collaborative approach to find the right treatment for each individual. Designed by physicians, DISC’s outpatient surgical center improves the safety and effectiveness of every procedure, with exceptional convenience for every patient. This program allows Team USA Athletes access to a wide array of distinguished sports medicine specialties enabling them to perform on the highest level possible.

To learn more about our athlete program or the DISC-USOC sponsorship contact Jenny Adams, DISC - USOC Athlete Coordinator, at 310.574.0492 or jadams@discmdgroup.com.
USATF HIGH PERFORMANCE PROGRAMS AT THE CHULA VISTA OTC

In cooperation with the U.S. Olympic Committee, USATF carries on Residence (full-year, on-site or off-site), Short Term (up to 90 days each year) and Facility Use (daily/monthly use) Programs, as well as camps, clinics and schools at the U.S. Olympic Training Center in Chula Vista, California. In 2010, USATF established a full-time staff to provide assistance to athletes in the Residence Program as well as any athlete taking part in a Facility Use or Short Term Program. While the coaching staff will work with athletes in all events, the Residence Program is focused on the jumping, throwing and combined events.

Currently the USATF Residence Program staff is comprised of:

Dr. Craig Poole – Program Director and Head Coach

Jeremy Fisher – Operation Manager and Horizontal Jumps Coach

Ty Sevin – Vertical Jumps and Throws Coach

Al Joyner – Horizontal Jumps Coach

Art Venegas – Throws Coach and Strength & Conditioning Specialist

Joaquim Cruz – Mid-Distance Coach

Residence program athletes qualify by having met specific standards which include U.S. and world ranking, World/Olympic “A” or “B” qualifying standards and having posted a successful competitive profile in the previous two years.

Qualification for Short Term Programs, which must be endorsed by USATF’s Director of High Performance Programs and Residence Program Head Coach, is based on an athlete’s U.S. and World rankings as well their having a high-level competitive profile over the previous two years.

Facility Use Programs, which also require the endorsement of USATF’s Director, HPP and Residence Program Head Coach, require that a U.S. athlete must be a U.S. national-caliber who gives evidence of an upward trend in their recent performance.

For more information on USATF programs at Chula Vista, contact either Terry Crawford Terry.Crawford@usatf.org; 317-713-4671 or Coach Craig Poole [rcraig.poole@usatf.org]; 619-482-6216. To apply for any of the above programs and information about qualifying standards, contact Duffy Mahoney: Duffy.Mahoney@usatf.org; 317-713-4673.
2012 U.S. OLYMPIC TEAM TRIALS – TRACK & FIELD
ATHLETE HEADQUARTERS HOTEL

The Eugene Hilton will serve as the Athlete Headquarters Hotel. Athletes may reserve their housing through National Travel Systems on a rolling schedule based on the 2012 Athlete Tier List (2012 Tier athletes have been notified of their status via email 1/19/2012).

Rooms are limited, and reservations will be taken on a first-come, first-serve basis using the following schedule. Qualified athletes are eligible to book a total of two rooms each; one room for themselves plus one additional room for their personal support. Reservation deadline is June 04th and based on availability.

- 2012 Tier 1 athletes may begin booking rooms on January 19, 2012
- 2012 Tier 2, 3 & 4 athletes may begin booking rooms on April 03, 2012
- All remaining athletes may begin booking rooms on May 1, 2012

EUGENE HILTON
66 East 6th Avenue
Eugene, Oregon 97401

If you are attending Hammer Time Olympic Trials in Portland below is the booking link:

HILTON GARDEN INN BEAVERTON
15520 NW Gateway Court
Beaverton, OR 97006

Alternate Housing Options

Please visit https://gemsonlinereservations.com/default.aspx?url=63822 for a comprehensive listing of hotels and other housing options in the area. Please note that some hotels may be sold out and others may require deposits or minimum stays.

You may also contact National Travel Systems at 1-888-603-8747 during business hours, or email housing@usatf.org.
POST COLLEGIATE SCHOLARSHIP FUND

USA Track & Field recognizes that U.S. colleges and universities continue to be major contributors to the success of USATF’s High Performance development pipeline, but this support lasts only 4/5 years. Following the athlete’s collegiate years, USATF recognizes the critical importance of providing special, targeted assistance to high-level athletes in their immediate post collegiate (2 years) – if we expect them to become the next generation of medal winning track and field athletes. The Post Collegiate Scholarship Fund (PCSF) is part of USATF’s effort to fill the “developmental gap” that occurs right after an athlete completes their collegiate track and field eligibility.

In order to apply for this program, an athlete must:

1. Be a United States citizen;
2. Be eligible to represent the United States at all levels of international competition;
3. Be a current member of USATF;
4. Have competed in the USA Outdoor Track & Field Championships;
5. In 2012 have achieved the current Olympic Games “A” standard;
6. Have completed and submitted a PCSF application form; and
7. Have completed (or forfeited) their remaining collegiate track and field eligibility within the past two years (2011/2012)

The intent of the PCSF is to provide select athletes with financial support that will allow them to focus on training and competing. Funding will be awarded based on a combination of the athlete’s: 1) world ranking (All-Athletics), 2) the IAAF world performance ranking list and 3) place finish at the U.S. (Outdoor) Championships.

Each athlete who is awarded PCSF funding will be required to attend the Emerging Elite Athlete Symposium (“Rookie Camp”) uniquely designed for this group of athletes. The EEAS is a 3 day seminar held in conjunction with USATF’s Annual Meeting in the 1st weekend of December. The symposium focuses on the realities of life as a professional track & field athlete to assist them with making that transition. Seminar topics include but are not limited to: international travel, training and competition, finances and taxes, media presence, working with agents and personal coaches and training away from the college environment; and HP athlete services/resources.

Applicants who are qualified to attend the Emerging Elite Athlete Symposium (Rookie Camp) will be eligible for a one-time stipend that will range anywhere from $1,000 - $5,000. 2nd year (2011) athletes who attended the symposium last year are still eligible for the stipend if they qualify based on the set criteria for 2012 and submit an application, however you will not be required to attend the symposium.

Qualified athletes who are interested in this program can visit our website for more information and to download the application.
USOC TUITION GRANTS

Athletes who are pursuing undergraduate or graduate courses of study may apply for USOC Tuition Grants. Tuition Grant funds are for tuition and fees, only; books and room & board expenses are not included in this program.

Athletes must be a current year (2012) Direct Athlete Support recipient and/or eligible for Elite Athlete Health Insurance (EAHI) in order to apply for a Tuition Grant. There are three exceptions:

1. Retired Olympic or Pan American team members may apply for a one-time only grant within five years of their last Olympic or Pan American Games competition.

2. Resident athletes may apply but will be directed to the "B.J. Stupak Olympic Scholarship" program prior to consideration for a USOC Tuition Grant.

3. Athletes who are attending an institution in Utah and 2002 Olympians/Paralympians who are attending school in Utah or any other state will first be considered for the USOC 2002 Olympic Winter Games Legacy Scholarship.

Other than the three exceptions above, athletes who have demonstrated competitive excellence in their sport’s premier international competition(s) may be awarded a tuition grant.

Applications will be reviewed quarterly, according to the following schedule:

- February 1, 2012
- May 1, 2012
- August 1, 2012
- November 1, 2012

See Sample Application on page 38.
TEAM USA CAREER PROGRAM

The USOC launched the Team USA Career Program, created in partnership with Adecco, PowerAde and hopefully additional USOC Sponsors.

Overview

The USOC has been working diligently since early 2009 to create a program to replace the Olympic Job Opportunities Program (OJOP) which employed many Olympians, Paralympians and hopefuls at The Home Depot and other companies throughout its 30+ year history. While the OJOP was beneficial for athletes from an income-earning perspective, the Team USA Career Program has been created with the following parameters to better serve qualified athletes both while they are training and competing and when they transition from sport.

- Athletes will be provided employment opportunities that are not only flexible in schedule, but also have potential for future career advancement.

- Athletes will only be paid for the hours they work to prevent the abuses that occurred in the OJOP.

- All athletes in the Team USA Career Program will be paid the same hourly rate of $14/hour to prevent any job-hopping among USOC Sponsors and create more stability for both the employer and the athlete-employee.

- A basic health benefits package will be paid for by the USOC Sponsor-employer and administered by Adecco who will also handle all the employment administration services. While qualified athletes will work at a USOC Sponsor, they are actually temporary employees of Adecco so that USOC Sponsor companies do not have to increase their head count given the current economic times.

- To apply for a Team USA Career Program position with a USOC Sponsor Company, qualified athletes will work with a personal career coach from Adecco until they are considered “job ready” for program participation. While qualified for the program athletically, athletes in the Team USA Career Program must go through a job interview process, and will be selected for hire by the USOC Sponsor Company. This means that a job in the Team USA Career Program is NOT guaranteed. It is the hope of the USOC that this process will force athletes to be better prepared for job interviews and career planning both during their athletic careers and upon retirement from sport.
USOC Eligibility Criteria for National Governing Body (NGB):

- Only athletes who are currently training and competing in Olympic and Paralympic events/disciplines.
- Athletes participating in Olympic/Paralympic events/disciplines must be a member of the U.S. National Team (Senior Level), or the equivalent, if the athlete’s sport does not have a National Team.

NGB (USATF) criteria to endorse athletes interested in program:

- 2012 Tier Athlete (Tiers 1-4) (The criteria for each tier and the new list is currently being updated and will be available in January 2012)
- 2011 World Team Member
- 2011 Pan Am Games Team Member

Process for qualified athletes who are interested:

1. Express interest to their NGB (USA Track & Field) High Performance Department (Sariyu Beka Suggs).
2. NGB (USATF) completes and sends endorsement form to USOC Sport Performance Department for approval. Once endorsement is approved it’s sent to USOC Career Services Dept./Adecco Athlete Liaison (Carissa Gump).
3. Once Adecco Athlete Liaison receives form, they will send electronic registration paperwork to interested athlete.
4. Interested athlete completes registration form and returns to Adecco Athlete Liaison with the latest copy of his/her resume.
5. Adecco Athlete Liaison then assists with assigning a personal career coach to follow up with the athlete.
6. Athlete works with Adecco career coach to become job ready by:
   1. Creating or updating resume
   2. Identifying the kind of job/industry/career they’re interested in pursuing
   3. Practice networking and interviewing skills
   4. Complete testing as requested of Adecco by Team USA Career Program Employer(s)
7. Once athlete is considered “job-ready” by Adecco career coach, he/she is referred to Adecco Athlete Liaison who meets with athlete and starts process of placing athlete.
UNIVERSAL STATES OLYMPIC COMMITTEE
Athlete Support Payment
2012 Direct Deposit Authorization

Athlete #: ____________________________
Email Address: ________________________
Home Phone #: ________________________
Other Phone #: ________________________
State: __________________ Zip: ________

Last 4 Digits of Social Security #: ______
Request Type: ______ NEW ______ CHANGE ______ CANCEL

Financial Institution Information:
Bank Name: __________________________
Street: __________________ City: ________
State: ______ Zip: __________

Deposit To Checking Account:
Routing Transit #: ______________________
Account #: ____________________________

I hereby authorize the United States Olympic Committee to honor the direct deposit instructions indicated above. This request is irrevocable in effect until changed by me in writing by submitting a new Direct Deposit Authorization. I understand that, in consideration for this service, any funds erroneously deposited in my account in excess of my authorized amount or the current expense entitlements may be withdrawn by the United States Olympic Committee without liability or prior notice.

PLEASE ATTACH ELECTRONIC VERSION OF YOUR VOIDED CHECK TO CONFIRM YOUR ACCOUNT INFORMATION
WE CANNOT ACCEPT TEMPORARY CHECKS. IF YOU DO NOT HAVE A CHECK IMPRINTED WITH YOUR PERSONAL INFORMATION, PLEASE ATTACH A “DIRECT DEPOSIT FORM” FROM YOUR BANK AND HAVE A BANK REPRESENTATIVE SIGN THE FORM AS VERIFICATION OF THE ACCOUNT INFORMATION LISTED ABOVE.

I have read the Athlete Support Payment and Direct Deposit Authorization Form and have completed this Form where indicated. By providing my electronic signature below, I agree to the rules, guidelines, jurisdiction and procedures stated in this document, and fully understand and accept my responsibilities contained herein. I further understand and agree that my electronic signature is my legal and binding signature.

Athlete Name (Electronic Signature): ____________________________ Date: ____________

4.4: Insert Deposit Authorization: ________/______/______
# 2012 Personal Coaching Stipend (Base Program)

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<tr>
<td><strong>Athlete Name:</strong></td>
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<td><strong>Coach Name:</strong></td>
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<td><strong>Coach Address:</strong></td>
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<td><strong>City/State/Zip:</strong></td>
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<td><strong>Coach Home Phone:</strong></td>
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<td><strong>Coach Work Phone:</strong></td>
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<td><strong>Coach Fax:</strong></td>
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<tr>
<td><strong>Coach Email Address</strong></td>
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<tr>
<td><strong>Coaches Social Security Number:</strong> (required to process payment)</td>
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<tr>
<td><strong>Athlete signature (required)</strong></td>
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*Your coach must be registered in USATF Coaches Registry to receive stipend.

Please complete and return form to:

USA Track & Field  
ATTN: Sariyu "Beka" Suggs  
132 E. Washington St. Suite 800  
Indianapolis, IN 46204  
Phone: 317-713-4689  
Fax: 1-800-833-1466 or 317.261.0514 (attach cover page with all faxes)
United States Olympic Committee
2012 ATHLETE SUPPORT DESIGNEE FORM

Athlete Payments and/or Elite Athlete Health Insurance (EAHI)
(Winter Award Period: July 1, 2011 – June 30, 2012)
(Summer Award Period: January 1, 2012 – December 31, 2012)
The dates above indicate the time frame for which the forms are valid, but do not guarantee benefits for the full time period.

Sections A and B are to be completed by the athlete. Section C is to be completed by the NGB/PSO/HPMO.

A. GENERAL INFORMATION

Please list permanent address: [If you move, please give the USOC and your sport’s NGB/PSO/HPMO your new address so payments are not delayed.]

Name:
Sport:
Event:
Sport Type: Olympic
Street:
Day Phone:
Cell Phone:
City:
State:
Zip:
Email Address:

Social Security Number (last four digits):
Birthdate:
U.S. citizen: Yes
Gender: Female

If receiving a Direct Athlete Support Payment, please list the address where you would like your payment * to be sent (if different from above):

Street:
City:
State:
Zip:

*USOC Direct Athlete Support payments via Direct Deposit are mandatory. If you are receiving a Direct Athlete Support Payment (i.e., a stipend) and have not already established direct deposit with the USOC or if your banking information has changed, please complete a direct deposit form, available by request, and include a voided check with your Athlete Support Designee Form. Once you are set up for Direct Deposit, funds will be directly deposited into your account. Live checks will only be issued for one-time payments, i.e., Operation Gold.

B. TERMS AND CONDITIONS

In consideration of receiving financial benefits from the United States Olympic Committee (USOC), including Direct Athlete Support, Tuition Grants, Operation Gold and/or Elite Athlete Health Insurance, I intend and agree to:

(a) Commit to a program of preparation with the intent of qualifying for and competing in the next Olympic/Paralympic and/or Pan American/Parapan American Games;
(b) Submit to doping control conducted by the U.S. Anti-Doping Agency (USADA), the World Anti-Doping Agency (WADA), the applicable International Federation(s), the International Olympic Committee (IOC), the International Paralympic Committee (IPC) and/or other authorized testing agencies in accordance with the procedures for these bodies;
(c) Comply with the USOC’s National Anti-Doping Policies and the USADA Protocol for Olympic and Paralympic Movement Testing and the American Arbitration Association’s Supplementary Rules for Arbitration Initiated by USADA and any other USADA policies. For athletes in the USADA Registered Testing Pool, compliance includes keeping all Out-of-Competition Athlete Whereabouts Filings current and accurate;
(d) Sign and abide by the code of conduct established by the USOC, if required and after a reasonable opportunity to review;
(e) Sign and abide by the code of conduct established by my sport’s NGB/PSO/HPMO and approved by the USOC, if required and after a reasonable opportunity to review;
(f) Provide the USOC, upon request, additional documentation (e.g. tax returns, proof of citizenship, release by another National Olympic Committee, etc.).

In addition, I have read and understand the following:

Athlete Support Designee Form:
Rev. 12/9/11
The USOC may need additional documentation to process and disburse certain grant monies that have been awarded to me (e.g., verification of enrollment at my college needed for an award of a Tuition Grant). If I fail to provide the USOC the documentation requested by the end of the relevant grant year, I understand that the grant monies I have been awarded will be deemed forfeited.

All USOC financial benefits provided to athletes will be reported to the IRS and are subject to federal and state income tax, with the exception of tuition grants. The USOC will issue an IRS Form 1099. Since no taxes are withheld by the USOC, athletes may have a tax liability at the time they file their tax returns. If an athlete anticipates such liability, he/she should consider setting aside some funds for this purpose. The USOC is not, by this document, providing tax advice and readers are advised to retain their own tax professionals to advise them about the tax treatment of the receipt of USOC funding and benefits.

Athletes who are school-aged or college athletes are advised to check with the NCAA and/or their college athletic department compliance officer to ensure that these funds will not jeopardize school or collegiate eligibility. An individual may receive a grant from the USOC or NGB/PSO/HPMO for “actual and necessary expenses” without violating eligibility rules, in some instances. More specific information regarding school or college eligibility may be found in the NCAA Olympic Sports Liaison Committee Handbook for National Governing Bodies.

USOC financial benefits provided to athletes will not take effect for the undersigned Applicant until the Applicant has submitted all required information to the USOC and/or USADA, including but not limited to the Athlete Support Designee Form, W-9, Direct Deposit Form and any Out-of-Competition Whereabouts Filings, if applicable.

If I am found to have committed an anti-doping rule violation, then my funding may be forfeited in accordance with the applicable USOC policy. In addition, if I am placed under a Provisional Suspension for an alleged anti-doping rule violation, my funding will be accrued from the time of commencement of the Provisional Suspension until the case is resolved, at which time, the accrued funding may be released or withheld, depending on the outcome of the case. Further, I subject myself to termination of USOC financial benefits for the year specified in this Athlete Support Designee Form if I violate any condition herein or if I remove myself from the USADA Registered Testing Pool (i.e., retire from my sport).

I have read the 2012 Athlete Support Designee Form Terms and Conditions and have completed this Form where indicated. By providing my electronic signature below, I agree to the rules, guidelines, jurisdiction and procedures stated in this document, and fully understand and accept my responsibilities as recipient of any USOC Athlete Support for which I qualify. I further understand and agree that my electronic signature is my legal and binding signature.

Applicant’s Signature
Date

Parents or Guardian’s Signature (if athlete is a minor)
Date

C. NGB/PSO/HPMO CERTIFICATION

By providing my electronic signature below, I certify that the athlete is a member of this NGB/PSO/HPMO and is otherwise eligible and qualified to receive USOC financial benefits. I agree to notify the USOC of any change in status that would render this athlete ineligible for funding. I further certify that I have reviewed this Athlete Support Designee Form and to the best of my knowledge, the information provided by the athlete is complete and accurate. Further, I have indicated, to the athlete, which athlete support program(s) he/she is eligible for. I understand and agree that my electronic signature is my legal and binding signature.

Signature
Date

Title
Telephone

Athlete Support Designee Form
Rev. 12/01/11
Form W-9
Request for Taxpayer Identification Number and Certification

Gave Form to the requester. Do not send to the IRS.

Part I
Taxpayer Identification Number (TIN)
Enter your TIN in the appropriate box. The TIN provided must match the name given on the "Name" line to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see how to get a TIN on page 3.

Note. If the account in more than one name, see the chart on page 2 for guidelines on whose number to enter.

Part II
Certification
Under penalties of perjury, I certify that:
1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and
2. I am not subject to backup withholding because (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest and dividends on my federal income tax return.

Note. If a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.

Social security number
Employer identification number

General Instructions
Section references are to the Internal Revenue Code unless otherwise noted.

Purpose of Form
A person who at any time held or is or is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) to report, for example, income paid to you, real estate transactions, mortgage interest paid, acquisition or abandonment of secures property, cancellation of debt, or contributions to an individual retirement arrangement (IRA), or as defined below.

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN to the person requesting it (the requester) and, when applicable, to:
1. Certify that the TIN you are giving is correct (or you are waiting for a number to be issued),
2. Certify that you are not subject to backup withholding, or
3. Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your address and all of the foreign partners or shareholders of your U.S. business or U.S. trade or business is not subject to the withholding tax on foreign partners or shareholders of effectively connected income.

Note. If a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.

Definition of a U.S. person. For federal tax purposes, you are considered a U.S. person if you are:
• An individual who is a U.S. citizen or U.S. resident alien,
• A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States,
• An estate (other than a foreign estate), or
• A domestic trust (defined in Regulations section 31.7701-7).

Special rules for partnerships. Partnerships that conduct a trade or business in the United States are generally required to pay a withholding tax on any foreign partners' share of income from such business. Further, in certain cases where a Form W-9 has not been received, a partnership is required to presume that a partner is a foreign person and pay the withholding tax. Therefore, if you are a U.S. person that is a partner in a partnership conducting a trade or business in the United States, provide Form W-9 to the partnership to establish your U.S. status and avoid withholding on your share of partnership income.
United States Olympic Committee
2012 TUITION GRANT APPLICATION
(Grant Period: January 1, 2012 – December 31, 2012)

IMPORTANT: Complete this application in its entirety. The information you provide will be verified by your NGB/PSO/HPMG and the USOC. If you purposely give false or misleading information, you will be denied a grant and foreclosed from receiving any future funding from the USOC. Student-athletes must be enrolled in an accredited degree- or certificate-granting academic institution of higher learning. Qualified applicants must be in good academic standing, as defined by their educational institution.

Athletes must be a current year Direct Athlete Support recipient and/or eligible for Elite Athlete Health Insurance (EAHI) in order to apply for a USOC Tuition Grant. There are two exceptions:

1) Retired Olympic, Paralympic or Pan American Team Members may apply for a one-time only grant within five years of their last Olympic, Paralympic or Pan American Games competition;
2) Athletes who are attending an educational institution in Utah, or athletes who were 2002 Olympians and Paralympians and are attending school in any state will first be considered for the USOC 2002 Olympic Winter Games Legacy Scholarship (separate application required).

Other than the two exceptions listed above, athletes who have demonstrated competitive excellence in their sport’s premier international competition(s) may be considered for a tuition grant.

Applications will be reviewed quarterly according to the following schedule:

February 1, 2012
May 1, 2012
August 1, 2012
November 1, 2012

GRANT APPLYING FOR:

☐ TUITION GRANT - Active Athlete
☐ TUITION EXCEPTION: Retired Olympic, Paralympic or Pan Am Team Member

Date of your last Olympic, Paralympic or Pan Am Games competition

PLEASE TYPE OR PRINT LEGIBLY

Name: ____________________________  Sport: ____________________________

Event(s): ____________________________  ____________________________

Address where your award notification should be sent:

Street: ____________________________  City: ____________________________  State: __________  Zip: ________

Birth Date: _______  Male: _______  Female: _______

Social Security Number (last four digits): ____________________________  Are you a U.S. citizen?  Yes [ ] No [ ]
USA Track & Field 
2012 Athlete Agreement 
(January 1, 2012 – December 31, 2012)

A. GENERAL INFORMATION

Please list permanent address: (If you move, please provide USATF with your new address so payments are not delayed.)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Event:</th>
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<tbody>
<tr>
<td>Street Address:</td>
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<tr>
<td>City:</td>
<td>State:</td>
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<tr>
<td>Zip code:</td>
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<td>Email:</td>
<td>Day phone:</td>
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<tr>
<td>Cell phone:</td>
<td></td>
</tr>
<tr>
<td>Gender (Male/Female):</td>
<td>Date of birth:</td>
</tr>
<tr>
<td>Social Security Number:</td>
<td></td>
</tr>
<tr>
<td>United States Citizen (Yes or No):</td>
<td>If no, please explain:</td>
</tr>
<tr>
<td>Coach name:</td>
<td>Coach phone:</td>
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<tr>
<td>Coach email:</td>
<td></td>
</tr>
<tr>
<td>Athlete Representative:</td>
<td>Athlete Rep. Phone:</td>
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<tr>
<td>Athlete Rep. email:</td>
<td></td>
</tr>
</tbody>
</table>

Please list the address where you would like your payment to be sent (if different from above):

<table>
<thead>
<tr>
<th>Street Address:</th>
<th>City:</th>
<th>ST:</th>
<th>Zip:</th>
</tr>
</thead>
</table>

B. TERMS AND CONDITIONS

In consideration of receiving financial benefits from USA Track & Field (USATF), including but not limited to Post Collegiate Scholarship funds and travel allocations, I intend and agree to:

1. Commit to and undertake a program of preparation with the intent of qualifying for and competing in the next Olympic, Pan American Games and/or World Championships;
2. Submit to doping control conducted by the U.S. Anti-Doping Agency (USADA), the Pan American Sports Organization (PASO), the World Anti-Doping Agency (WADA), the International Association of Athletics Federation (IAAF), the International Olympic Committee (IOC) and/or other authorized testing agencies in accordance with the procedures for these bodies;
3. Comply with the USOC’s National Anti-Doping Policies and the USADA Protocol for Olympic Movement Testing and the American Arbitration Association’s Supplementary Rules for Arbitration Initiated by USADA and any other USADA policies. For athletes in the USADA Registered Testing Pool, compliance includes keeping all Out-of-Competition Athlete Whereabouts Filings current and accurate;
4. Provide the USATF and/or USOC, upon request, additional documentation (eg., tax returns, proof of citizenship, release by another National Olympic Committee, etc.);
5. Sign and comply by the code of conduct established by USATF after a reasonable opportunity to review;
6. Sign and comply by the code of conduct established by the USOC, when required;
7. Make best efforts to participate in USATF high performance programs and events for which I am eligible;
8. Participate in USATF programs and events to which I have committed to attend, including:
   a. USATF Annual Meeting
   b. Sport Performance Workshops
c. Domestic Competitive Opportunities

d. High Performance Summits

9. Participate in the USATF Indoor or Outdoor Championships/Olympic Trials.

10. Comply with all applicable federal, state and local laws, executive regulations, rules, and orders of properly constituted government officials.

In the event it is alleged that I have violated any such rule(s), and regardless of whether my alleged rule violation took place before or after submission of this Agreement, I agree to submit any dispute concerning such rule violation(s) to binding arbitration under the rules of the USATF, USOC and/or USADA.

In addition, I have read and understand the following:

USATF may need additional documentation to process and disburse certain grant monies that have been awarded to me. If I fail to provide USATF by the end of the relevant grant year the documentation requested, I understand that the grant monies I have been awarded will be deemed forfeited and I may be required to reimburse any and all such grant monies previously received from USATF.

All USATF financial benefits provided to athletes will be reported to the IRS and are subject to federal and state income tax. USATF will issue an IRS Form 1099. Since no taxes are withheld, athletes are advised that they may have a tax liability at the time of filing. If an athlete anticipates such a liability, he/she should consider setting aside some funds for this purpose.

USATF is not, by this document, providing tax advice and readers are advised to retain their own tax professionals to advise them about the tax treatment of the receipt of USATF funding and benefits.

Athletes who are school-aged or college athletes are advised to check with the NCAA and/or their college athletic department compliance officer to ensure that these funds will not jeopardize school or collegiate eligibility. An individual may receive a grant from the USOC or NSF for “actual and necessary expenses” without violating eligibility rules, in some instances. Athletes should review NCAA rule 12.1.1.4.5, along with any and all other applicable NCAA rules and policies, with their institution’s compliance officer or NCAA.

USATF financial benefits provided to athletes will not take effect for the undersigned Applicant until the Applicant has submitted all required information to the USATF, USOC and/or USADA, including but not limited to, the Athlete Agreement and current Out-of-Competition Whereabouts Filings. If I am found to have committed an anti-doping rule violation, then I may be subject to discipline from USATF, USOC and/or USADA, and my funding may be forfeited in accordance with the applicable USATF and/or USOC policy.

Furthermore, in the event I am found to have committed an anti-doping rule violation, I understand that I may forfeit my funding or be required to reimburse any and all funding previously received from USATF. In addition, if I am placed under a provisional suspension for an alleged anti-doping rule violation, my funding will be accrued from the time of commencement of the provisional suspension until the case is resolved, at which time, the accrued funding may be released or withheld, depending on the outcome of the case. Further, I subject myself to termination of USATF and/or USOC financial benefits for the year specified in this Athlete Agreement if I violate any condition herein or if I remove myself from the USADA Registered Testing Pool (i.e., retire from my sport).

I have read and understand the conditions stated above, and agree to be bound by them.

| SIGNATURES: |
|------------------|------------------|
| Applicant’s Signature: | Date: |
| Parent’s or Guardian’s Signature (if athlete is a minor): | Date: |
ATHLETE CODE OF CONDUCT

USA Track & Field (USATF) is committed to providing a safe sport that maintains only the highest ethical and honorable standards. As the national governing body for track and field, long distance running, and race walking, USATF has developed the following Code of Conduct to hold Athletes to those standards. USATF hereby adopts the following Code of Conduct to govern Athletes. A member athlete agrees to abide by this Code of Conduct, and shall not evade, violate, or circumvent, whether directly or indirectly, this Code of Conduct.

USATF drives competitive excellence and popular engagement in our sport. USATF grants the privilege of membership to athletes committed to this mission. This membership is a privilege, not a right. Therefore, membership may be withdrawn by USATF at any time if USATF determines that a member’s conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

USATF maintains a position of high visibility in the Olympic family and athletics community. Athletes who compete in USATF events may be seen by the public as representatives of the organization. Athletes and members are representatives of the organization and should act accordingly.

All Athletes are expected to…

1. Be knowledgeable and abide by USATF Bylaws and Regulations, Code of Ethics, Competition Rules, and other USATF policies, procedures and guidelines. Also, if applicable, athletes shall adhere to the terms contained in the USATF National Team Athlete Statement of Conditions and the USATF Athlete Agreement.

2. Be subject to the jurisdiction of the International Association of Athletics Federations (IAAF), United States Olympic Committee (USOC), and the United States Anti-Doping Agency (USADA), as applicable.

3. Treat others fairly and with respect in accordance with all applicable USATF policies and procedures.

4. Create and maintain an atmosphere free from physical, emotional, and sexual abuse and harassment in accordance with all applicable USATF policies and procedures.

5. Respect confidential information in accordance with all applicable USATF policies and procedures.

6. Never use an affiliation with USATF in connection with the promotion of political party, religious matter, or other issue not conforming to the position of USATF that may fall within prohibited conduct under the USATF Code of Ethics, Policy on Conflicts of Interest (C).
7. Act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct toward coaches, officials, fellow competitors, volunteers, and the public.

8. Maintain a level of fitness and competitive readiness that will permit performance to be at the maximum of the Athlete’s ability.

9. Refrain from possession or use of alcohol, tobacco products, or controlled substances while participating in competition.

10. Not commit, or aid or abet any individual in committing any doping offense as defined by the World Anti-Doping Agency (WADA), United States Anti-Doping Agency (USADA), International Association of Athletics Federations (IAAF), International Olympic Committee (IOC), United States Olympic Committee (USOC), or USATF rules and regulations.

11. Refrain from and prevent others from altering, distorting, removing, or covering up the sponsor logo or supplier on the Athlete’s USATF national team uniform items in any photograph, video, or image.

12. Be aware that USATF sponsors and suppliers provide critical support, and recognize this support.

13. Grant to USATF at or during any USATF events or related activities the right to use the Athlete’s name, likeness, image, photograph, video, biographical information and/or any other identifying characteristics for any uses or purposes that publicize and promote USATF, or any of its events, activities or businesses throughout the world in any media platform.

14. Provide advance notice to USATF regarding cancellation of travel or inability to adhere to any USATF planned travel arrangements.

15. Act respectfully toward the property of others, members of any USATF team, members of other teams, spectators, officials, volunteers, staff, etc.

16. Avoid profane or abusive language and disruptive behavior.

17. Abide by and adhere to all applicable state, federal, and international laws.

Athletes are expected to act in an appropriate manner at all times according to this Code of Conduct and other USATF policies. USATF will deal with situations when athletes do not follow the guidelines for conduct on an individual basis, according to its view of the circumstances involved. In the event an Athlete violates this Code of Conduct, the Athlete may be subject to a disciplinary hearing as specified in Regulation 21 of the USATF Operating Regulations.
**USATF COACHES REGISTRY OPENS FOR RECERTIFICATION WITH NEW PRICING**

Coaches who certified in 2010 may now recertify to receive all the benefits provided by the Coaches Registry, including COACHING CREDENTIALS AT 2012 USATF CHAMPIONSHIPS AND THE 2012 OLYMPIC TRIALS.

Recertify now and avoid any last minute delay in receiving coaching credentials, coaching stipends, grants, and other benefits of the program. Coaches who certified in 2010 with a two year screen are due for recertification; Youth coaches, seeking credentials at all Youth Championships are required an annual background screen administered by TC Logic.

See instructions on the information page for Youth Coaches: www.usatf.org/About/Programs/backgroundChecks/. Recertification starts with a current membership and by filling out the Coaches Registry application:

Two options are now available for selecting a background screen provider:

1. **NCSI**, national background screen provider for USATF, continues to process a two year screen with a NEW low price of $16 for two years, paid to USATF at the time of application.

   **OR**

2. Any coach recertifying may also choose to select a yearly background screen provided by TC Logic and developed especially for the Youth Coach.

Check out all updates, the application, and all relevant information: www.usatf.org/Resources-for---/Coaches/Coaches-Registry-(1)/Registered-Coaches-Program.aspx

The Coaches Advisory Committee of USATF has appointed an Over Sight Committee for the Coaches Registry, composed of Bob Larsen, professional coach, Beverly Kearney, college coach, and Cliff McKenzie, youth coach to field any concerns or questions about the Coaches Registry in reference to complaints, grievances, appeals, and reinstatement.

**BE SURE TO KEEP YOUR USATF MEMBERSHIP CURRENT TO STAY IN GOOD STANDING ON THE COACHES REGISTRY!**
Mission Statement

To support the development of emerging elite athletes, while fostering integration within the broader track and field community. To facilitate the physical, educational, social and character development of youth track & field athletes and to help prepare them to mature and succeed in adult life.

About the USA Track & Field Foundation

Officially launched December 5, 2002, at USATF’s Annual Meeting, the Foundation provides a means to attract and guide funds to new and innovative track & field programs, with an emphasis on providing opportunities for youth athletes, emerging athletes, distance training centers and anti-doping education.

The Foundation assists dedicated Olympic hopefuls who can realize their dreams and potential if given the opportunity. The Foundation is committed to promoting the development of Team USA, the World’s #1 Track & Field Team through its Elite Athlete Grant program and financial support of other elite-oriented programs. Over the past 5 years, the USATF Foundation has made over 175 grants to elite athletes of $3000-$5000 each. Nine grantees made the 2008 Olympic team, highlighted by Stephanie Brown Trafton’s gold medal in the discus. The Foundation also grants tens of thousands of dollars annually to group training centers for distance runners through The Distance Project.

Elite Athlete Grant Program Overview

The USATF Foundation supports elite athletes as they strive to achieve their dream of competing in an Olympic Games, a World Championship or other Team USA competition. The Foundation provides assistance to athletes that meet its grant application criteria (including income thresholds and performance standards).

Application Process

Interested athletes must complete the Elite Athlete Development Grant application. Please visit www.usatffoundation.org., for more information, including the eligibility criteria.
**Athlete Career Mentoring Program**

"BECAUSE THE DREAM CONTINUES AFTER THE RACE ENDS"

The Athlete Career Mentoring Program was designed specifically for you, the athlete, to assist with the transition away from professional athletics, to post-competitive life.

The USA Track & Field Foundation has assembled a stellar group of highly successful individuals across a wide range of industries and professions, who have volunteered to lend their time and expertise in furtherance of this new, innovative program.

To get started, please complete the application form found at www.usatffoundation.org.

Additionally, a helpful and informative Q&A section can be found on the USA Track & Field Foundation website. Please visit www.usatffoundation.org for further information.

**Elite Athlete Jobs Program**

“WORLD-CLASS JOBS FOR WORLD-CLASS ATHLETES”

A jobs program for elite athletes that may provide supplemental income and valuable career development experience, while remaining flexible to the athlete’s training and racing schedule.

The Foundation is assisted by a terrific group of employers who have agreed to partner with the USA Track & Field Foundation to give special consideration to top ranked track & field athletes for a variety of part-time and internship opportunities.

To get started, please complete the application form found at www.usatffoundation.org.

Additionally, a helpful and informative Q&A section can be found on the USA Track & Field Foundation website. Please visit www.usatffoundation.org for further information.

Through the Foundation’s Mentoring & Jobs Programs, over 100 athletes have gained invaluable career coaching and/or door-opening opportunities to some of America’s top corporations.
Youth Club Grant Program Overview

The USATF Foundation considers providing opportunities for youth athletes to compete in track & field, a top priority. We encourage youth track clubs and programs from all areas of the United States to apply for financial assistance.

The USATF Foundation youth initiative seeks to support and expand high quality, existing programs that attract diverse ethnic and socio-economic youth and that promote character building, education, active, healthy and drug-free behaviors, including event participation in track & field and cross country/road running. Preference is given to clubs that are based in low-income areas. It also favors programs that have a history of solid financial management, multiple funding sources and community support. Allowable expenses include equipment, uniforms, meet fees, travel, facility rental, staff and volunteer training, and outreach.

Application Process

Interested clubs must complete the Youth Club Grant application. Please visit www.usatffoundation.org for more information.

RUN WITH US!

Launched February 8, 2012 in Los Angeles, CA, Run With US! (RWUS!) is a new USA Track & Field Foundation in/after-school based program initiative utilizing elite track & field athletes and Olympians teaching a running and exercise, nutrition, goal-setting and self-esteem curriculum. The Foundation expects to expand to a couple of additional locations in 2012, and in time, have programs nationwide, positively impacting thousands of children each year.
USA TRACK & FIELD FOUNDATION
BOARD OF DIRECTORS

Bob Greifeld, Chairman, USA Track & Field Foundation, CEO, NASDAQ OMX
New York, NY

Willie Banks, Olympian & Former Triple Jump World Record Holder, Attorney-at-Law
San Diego, CA

Bill Belk, Managing Director, Carolina Financial Securities
Charlotte, NC

Ike Belk, Retired President, Belk Group
Charlotte, NC

Bob Betz, Retired President, Cognis Corp.
Cincinnati, OH

Kim Betz, Legislative Director & Counsel, U.S. House of Representatives, the Honorable Cathy McMorris Rodgers (R-WA)
Washington, DC

Chris Borch, CEO, Micro-Mechanics
Los Gatos, CA

James Broadhurst, Chairman, Eat’n Park Hospitality Group
Pittsburgh, PA

Louis Carr, President, Media Sales, BET Networks
Chicago, IL

Rudy Chapa, President, SPARQ
Portland, OR

Joe Fabris, Founding Partner & Chief Product Officer, Plus 3 Network, Inc.
Los Gatos, CA

Ken Flax, SVP, UB
Palo Alto, CA

Stephanie Hightower, President, USA Track & Field
Columbus, OH

Mark James, President & CEO, Frias Holding Company
Las Vegas, NV

Bruce Jenner, 1976 Olympic Decathlon Champion
Los Angeles, CA

Reid Johnson, Investor
San Francisco, CA

Pete Kight, Director & Vice Chairman, Fiserv, Inc.
Atlanta, GA

Paul Lilly, Retired Founder, McData Corp.
Boulder, CO

Antonio Manning, Regional Manager, JPMorgan Chase & Co., Global Philanthropy
Los Angeles, CA

Frank Marshall, Movie Producer
Los Angeles, CA

Craig Masback, Director of Business Affairs, Nike Global Sports Marketing Division
Eugene, OR

Dan McClory, Managing Director, Hunter Wise Financial Group
Irvine, CA

Ed Plummer, CEO, Harnell Capital Corp.
Los Angeles, CA

Amory Rowe Salem, Founder/Executive Director, In the Arena
Cambridge, MA

Michael Saltman, CEO, The Vista Group
Las Vegas, NV

Nicholas Sparks, Author
New Bern, NC

Mark Sutton, Retired CEO, UBS Americas
Austin, TX

Jack Wickens, Retired Executive, UnitedHealth Group
Nashville, TN

Ashley Wright, Executive, UBS
New York, NY

Tom Jackovic, Executive Director, USA Track & Field Foundation
Pittsburgh, PA
THE ELITE DEVELOPMENT CLUB (EDC) PROGRAM

The Elite Development Club (EDC) Program is intended to support USATF’s efforts to develop nationally and internationally competitive athletes by increasing and enhancing the number of year-round training environments available to post-scholastic and post-collegiate U.S. athletes. By increasing the total number of talented high school and college athletes who continue their serious competitive involvement in the sport following graduation, we enlarge the talent pool from which our future stars can emerge. The "Elite Development Club" designation identifies clubs with the commitment, resources, and record of providing significant assistance to these athletes, thereby making it easier for the athletes to continue high-level, competitive involvement in our sports.

At the same time, the "Elite Development Club" designation is intended to enhance the ability of Elite Development Clubs to marshal community and corporate support for the task of furthering the development of some of the most talented and dedicated post-scholastic and post-collegiate athletes in their geographic areas. Clubs are encouraged to use the EDC designation to recruit athletes, coaches, volunteers, and other community and corporate support that can help them support their open-athlete development programs.

<table>
<thead>
<tr>
<th>Club Name</th>
<th>City, State</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adidas Raleigh Track Club</td>
<td>Raleigh, NC</td>
<td>919-818-7725</td>
</tr>
<tr>
<td>Asics Aggie Running Club</td>
<td>Martinez, CA</td>
<td>925-372-7232</td>
</tr>
<tr>
<td>Boston Athletic Association</td>
<td>Boston, MA</td>
<td>617-236-1652</td>
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<tr>
<td>Carrboro Athletics Club</td>
<td>Carrboro, NC</td>
<td>919-357-7354</td>
</tr>
<tr>
<td>Central Park Track Club New Balance</td>
<td>New York, NY</td>
<td>212-769-3090</td>
</tr>
<tr>
<td>Club Northwest</td>
<td>Seattle, WA</td>
<td>360-734-8892</td>
</tr>
<tr>
<td>ConnQuest</td>
<td>Storrs, CT</td>
<td>860-214-2780</td>
</tr>
<tr>
<td>Genesee Valley Harriers</td>
<td>Rochester, NY</td>
<td>585-225-0523</td>
</tr>
<tr>
<td>Greater Boston Track Club</td>
<td>Boston, MA</td>
<td>617-620-2286</td>
</tr>
<tr>
<td>Impala Racing Team</td>
<td>San Francisco, CA</td>
<td>510-502-3906</td>
</tr>
<tr>
<td>Indiana Invaders</td>
<td>Indianapolis, IN</td>
<td>317-289-4018</td>
</tr>
<tr>
<td>Klub Keihas</td>
<td>Chapel Hill, NC</td>
<td>919-260-8324</td>
</tr>
<tr>
<td>Nike Team Run LA</td>
<td>Los Angeles, CA</td>
<td>310-471-8988</td>
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<tr>
<td>Norfolk Real Deal Track Club</td>
<td>Norfolk, VA</td>
<td>757-494-1824</td>
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<tr>
<td>Philadelphia Runner/PUMA Track Club</td>
<td>Philadelphia, PA</td>
<td>215-972-8333</td>
</tr>
<tr>
<td>RunAblaze Iowa</td>
<td>Des Moines, IA</td>
<td>641-787-0911</td>
</tr>
<tr>
<td>Santa Monica Track Club</td>
<td>Santa Monica, CA</td>
<td>310-450-8255</td>
</tr>
<tr>
<td>Shore Athletic Club</td>
<td>W. Long Branch, NJ</td>
<td>201-271-4422</td>
</tr>
<tr>
<td>Syracuse Chargers Track Club, Inc.</td>
<td>Fayetteville, NY</td>
<td>315-637-6211</td>
</tr>
<tr>
<td>Team Nebraska</td>
<td>Omaha, NE</td>
<td>402-895-1081</td>
</tr>
<tr>
<td>The Janes Elite Racing</td>
<td>Santa Monica, CA</td>
<td>310-399-4251</td>
</tr>
<tr>
<td>Westchester Track Club</td>
<td>Irvington NY</td>
<td>845-687-6256</td>
</tr>
<tr>
<td>Wisconsin Runner Racing Team</td>
<td>Racine, WI</td>
<td>262-633-0033</td>
</tr>
</tbody>
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TAXES

Do I have to pay taxes?

YES! If you earn money as a track & field athlete, you will have to pay taxes. Below are issues for you to consider regarding taxes. Remember you are required to file regardless of your income level.

What do I get taxed on?

You are taxed on all income (prizes, fees, awards, funding, coaching income, other jobs and many reimbursements). Non-monetary prizes (gifts, watches, shoes, cars, etc.) are also taxed. In short, everything you receive is taxable except for specific types of expense reimbursements and certain scholarships.

EXAMPLES OF TAXABLE INCOME WHICH ARE UNIQUE TO ATHLETES:

Your winnings are going to be taxed. You may receive a 1099 for these earnings. Even if you do not receive a 1099, you should include all winnings in your tax return. As a professional athlete, your income tax return falls outside the norm and your chance of being audited are possibly as high as 1 in 20.

USOC program funds (Direct Athlete Support, Elite Athlete Health Insurance, etc.) are all taxable income. The USOC will send a 1099 form to you. USOC and/or USATF stipends and any other direct financial assistance are also taxed. Grants that are based on expense reimbursements (such as Development Travel funding) are not taxable.

How do I get taxed?

As a track & field athlete who will possibly make money at meets/races or for appearances, you are generally considered a self-employed taxpayer. SELF-EMPLOYED taxpayers get taxed like any other employee - the U.S. government takes 15%-32%, your home state takes 0%-10%, Social Security taxes take 7.5% PLUS, as an “Employer”, you have to pay another 7.5% -- the total taxes could be as little as 25% or as much as 55%.

In addition to being hit with all of these taxes, self-employed athletes have to worry about the paperwork.

If your earnings are less than a few thousand dollars, you can probably get by without an accountant’s help, but you should have someone look over your taxes.

If you make any more than $5,000 or if your household is earning more than $10,000 (including other jobs and spouse income), you should either read up on the tax rules yourself and know the forms OR hire an accountant — look for a Certified Public Accountant (CPA) in your community.
(get recommendations) that specializes in small businesses and individuals. A CPA is not cheap, but it will be worth the investment in the long run. Contact the CPA early in the year – don’t wait until you’re doing your taxes. CPAs are especially helpful if you earned money in other countries, have investments, own a home, have a more complex business set-up (employees, home office, etc.) or if you live in a high-tax state such as New York or California.

What income tax forms do I need to use?

As a self-employed business person, you are usually required to pay taxes to the IRS at least quarterly — once every three months. YOU NEED TO FILE FORM 1040-ES by April 15th, June 15th, September 15th and January 15th if you expect to pay more than $500 in taxes in a year. This means a single person can earn less than $10,000 “gross” before worrying about estimated taxes. (“Gross” is everything that you have earned before anything has been taken out). You would not have to file Estimated Taxes if you had zero income tax last year (total tax due on your 1040-not zero cash paid with return) or you did not have to file a 1040 last year. This could possibly apply to full-time students who have just left college the previous year.

Most of the time, you can put your earnings and expenses on SCHEDULE C (or even SCHEDULE C-EZ) when you are doing your Form 1040. This form lists the sources of income — you will receive a 1099 from meets/races where you won more than $600 in a year. Even if you make less than $600 at a meet, you should keep track of all earnings and put them on the tax return. The IRS uses computers to detect self-employed athletes who do not report prize money. You should also include non-cash earnings such as shoes, watches and gifts.

You get to deduct expenses on SCHEDULE C -- travel, meals, training, equipment, insurance, office costs, and other expenses.

After deducting your expenses from your income, the net income left over is taxed on your Form 1040, along with earnings, from other jobs, interest and dividends, etc.

What are types of deductions?

The good news is some of your expenses are now deductions, - which reduces your taxes, and some payments are not even taxable. SCHEDULE C tells you about certain rules for expenses such as car mileage and home offices. YOU HAVE TO KEEP RECEIPTS for most of these expenses. It is a great idea to have a notebook or diary that gives you room to record not only what you spent, but where, when, why and with whom? IT IS IMPORTANT TO LIST OUT ALL THE FACTS surrounding your expenses — just write the brief details on the receipt and then store receipts in envelopes. This must be done daily, because in April you won’t remember what happened in March of the previous year.
As a general rule, most expenses incurred in training or traveling to meets are deductions, but you should really know the rules (meals only 50% deducted, shoes/spikes deductible but not shorts/sweats). If you are doing your own taxes, a tax guide such as Ernst & Young or Lassers explains the rules and even provides a list of overlooked items.

If you are able to file the “long form” (1040A) because you own a house or are married to a regularly employed person, the “Hobby Rules” may be very helpful at avoiding the “self employer tax” of 7.5% on the gross earnings. Please review those rules with your accountant or in the tax guide.

If you earn money overseas, you need to keep track of all monies earned and know whether or not taxes were deducted. Each country is different. The important part is to know whether taxes were deducted, and if they were. Consult a CPA for help. If taxes were not withheld, keep track of the income and report the amount on your tax return. If you have lived in a foreign country for an extended time (at least a month), consult a CPA because there are many benefits available to you. Remember those travel cost are deductible.

Do not try to deduct expenses that were reimbursed by USA Track & Field or the USOC or even meet directors, since those organizations have to report these reimbursements when they are audited.

In the end, you determine the net income and then you use the tax tables to determine how much tax is due.

What if I have no clue what I might make in a year?

You need to set aside some of the earnings to pay your taxes quarterly (and in April). Remember this could be as high as 50%, but most likely 25-35%. Put the money in a savings account - separate from your spending money. The IRS will collect the taxes from you and they charge interest, if you don’t pay on time (quarterly and on April 15th). Plan ahead and you can prepare yourself for tax day.
**DRUG TESTING**

**What Substances Do I Get Tested For?**

If you are competing in USATF sanctioned events, IAAF sanctioned events, or USOC sanctioned events (Pan-American Games, Olympic Trials, World University Games, etc.), you are subject to drug testing.

Do not take substances such as ephedrine and amphetamines/stimulants or anabolic steroids (substances such as testosterone, DHEA, and androstenedione); engage in prohibited techniques such as using diuretics, epitestosterone, EPO and probenecid; take “masking” agents; or engage in blood doping.

The lists of prohibited substances is included in the IAAF’s Procedural Guidelines for Doping Control and the World Anti-Doping Agency (WADA) Code Prohibited List. It is important to remember, however, that these lists provide only examples of prohibited substances and may be amended or updated from time to time, it is imperative that you check the IAAF and WADA websites periodically – www.iaaf.org or www.wada-ama.org.

You should always remember to call the USADA Drug Reference Hotline or access the USADA (usada.org) or the IAAF website (www.iaaf.org) before consuming any substance, medication or nutritional supplement. The number for the USADA Drug Reference Line in the United States is 800-233-0393 or outside the U.S. is 719-785-2020. Athletes can also search USADA’s Drug Reference online database 24-hours a day by visiting www.globaldro.com.

Athletes who test positive in any one of these categories are subject to sanctions imposed pursuant to USATF’s Regulation 10. The penalty for a first time doping violation involving the use of stimulants is a public warning and a disqualification from the event in which the sample was taken (a second such offense will result in a two-year ban). The penalty for a first-time doping violation involving the use of anabolic steroids, amphetamines/stimulants, and/or utilizing a prohibited technique is a minimum two (2) year period of ineligibility. A second offense carries a lifetime period of ineligibility.

USATF adheres to a strict liability policy with respect to doping control. This means that you are responsible for everything that you ingest, regardless of whether or not you knew it was prohibited, and you will be considered to have committed a doping violation if a urine sample you provide contains a prohibited substance.

**Because the Food & Drug Administration does not require nutritional supplement manufacturers to disclose the contents of the supplement, many nutritional supplements contain substances that are banned by WADA and/or the IAAF.** As a result, you are advised not to ingest any supplement unless you are 100% certain that they do not include a prohibited substance.
There are, however, certain exceptions to this strict liability policy. Athletes who have asthma or other conditions that necessitate the use of a prohibited substance may apply, prior to entering a competition, to the IAAF and USADA for a medical exemption. The requirements for obtaining a medical exemption and/or waiver can be obtained by contacting the USADA (866.601.2632 or www.usada.org), or the IAAF (www.iaaf.org) directly, or by contacting the USATF Elite Athlete Programs and Melissa Beasley at 317-713-4650 or www.usatf.org/elite.

Those athletes who are receiving medical treatment for Attention Deficit Disorder (ADD) must understand that the IAAF has stated that for athletes who “require amphetamine medication for the treatment of an ADD condition, such medication should be taken under close medical supervision and on a schedule designed to ensure that the athletes do not compete with amphetamines present in their bodies. If an athlete tests positive for amphetamines at a competition, it will be treated as a finding of a prohibited substance in accordance with the IAAF Rules.”

**How Do I Get Tested?**

You are subject to both in-competition drug testing and out-of-competition drug testing. In both cases only urine is collected and tested, although blood may be collected at any time.

Out-of-competition testing occurs outside competitions and may be conducted by either representatives of USADA, WADA or the IAAF. If you are ranked among the top 50 in the World or one of the top ten (10) performers in your respective event domestically, you are subject to out-of-competition drug testing. The rankings are provided by the IAAF, Track and Field News and the USATF Long Distance Running Department. The IAAF rankings can be found on their website (www.iaaf.org). If you are subject to out-of-competition testing, you are responsible for keeping USADA, the IAAF and USATF informed of your most current address as well as any temporary address changes. Some athletes are required to submit a 60-minute window to USADA on a daily basis of when they are available and accessible for testing. All updates and submissions to USADA must be done electronically – either by logging on to the USADA website at www.usada.org/athletes, by emailing USADA at update@usada.org or by texting USADA at text@usada.org.

USADA contacts every athlete who enters into the drug testing program and requires that you complete USADA location and training information forms electronically. If you think that you may be ranked as one of the top performers (World Top 50 or Top 10 US) in your event and we have not contacted you, please contact USATF immediately. We will be happy to confirm whether you are in the drug testing pool. In addition, we can send you additional information regarding the Drug Testing Program and the substances prohibited by both the IAAF and the USADA.
Under the IAAF out-of-competition drug testing rules, any athlete competing and who is ranked among the top 20 in the World is subject to out-of-competition drug testing by them. The IAAF out-of-competition drug testing program is conducted pursuant to the provisions set forth in the IAAF Procedural Guidelines for Doping Control. (See www.iaaf.org or contact the USATF Elite Athlete Programs for a copy.)

However, regardless of the organization responsible for conducting the out-of-competition program, it is important for athletes to know that out-of-competition drug testing can occur any time and any place.

Collectors (representing either the IAAF or USADA) must identify him/her self to you as a “collector” and present identification before a sample can be collected. If you refuse to submit to testing, you may be charged with a doping offense and prohibited from competing in USATF and IAAF events for a period of two (2) years.

In-competition drug testing occurs at all USATF National Championships, Olympic Trials, World Championship trials, and other selected USATF sanctioned events. Drug chaperones will present notification forms and instructions to you if you have been selected for drug testing.

Who Will Test Me?

Because USATF is a member of both the USOC and the IAAF, and because both the USOC and the IAAF have drug testing programs, you are subject to drug testing under the auspices of by both organizations. (NOTE: USADA conducts drug testing on behalf of the USOC). However, regardless of the organization conducting drug testing, and regardless of the number of times you have been selected for in-competition or out-of-competition drug testing, you must provide a sample if selected for drug testing. An unexcused failure to provide a sample could result in the sample being considered positive for a prohibited substance and a two (2) year penalty may be imposed.

What Happens If A Sample Tests Positive For A Prohibited Substance?

USADA handles all aspects of the disciplinary process if a sample tests positive. If USATF is notified by the IAAF or another relevant authority other than USADA that a sample has tested positive for the presence of a prohibited substance, USATF notifies the athlete and informs USADA, who handles the remainder of the process.
Athletes found to have committed a doping violation will be subject to the following penalties for stimulants:

1) A first offense using a stimulant is a **public warning**, a disqualification from the event in which the sample was taken, and a loss of any award or prize money received.

2) A second offense for stimulant use is a **two (2) year period** of ineligibility, and

3) A third offense is a **lifetime ban**.

The following penalties are for the use of anabolic steroids, certain amphetamines or prohibited techniques:

1) A first offense is a **minimum two (2) year period** of ineligibility.

2) A second offense for the above-mentioned substances is a **lifetime ban**.

**REMEMBER:**

Before taking any substance or medication, call: **1-800-233-0393 USADA Drug Reference Line**

It is your responsibility and your career!

For more information or if you wish to request a packet of information concerning drug testing, please contact Associate Director of Elite Athlete Relations Melissa Beasley.
REGULATION 20: DOPING CONTROL

This Regulation 20 shall apply to all doping controls conducted on or after December 1, 2004.

A. Definitions: The following terms shall have the indicated meaning when used in this Regulation:

1. Doping: Doping is the occurrence of one or more of the violations defined as “doping” by IAAF Rules;

2. IAAF Protocol: Procedures set forth by the IAAF in its current “Procedural Guidelines for Doping Control,” or any successor publication. The IAAF procedural guidelines govern drug testing pursuant to the authority of the IAAF;

3. In-Competition Drug Testing: Drug testing that takes place during a selected competition;


5. Out-of-Competition Drug Testing: Drug testing that takes place when an athlete is not competing;

6. Prohibited Substances: The prohibited substances identified in either the WADA Anti-Doping Code or the IAAF Procedural Guidelines for Doping Control; and


8. USATF appeal of NABR decisions: Upon their own initiative, the President and CEO of USATF, after consultation with the General Counsel and Counsel to the Board, may initiate stay and appeal proceedings of any NABR decision and opinion which in their opinion clearly contravenes:

   a Federal law: The Sports Act;
   b USATF rules and regulations: USATF Bylaws, Operating Regulations, and/or Rules;
   c IAAF rules and regulations: IAAF Rules and Regulations; or
   d Other laws: Any applicable law.
B. **Doping Control programs:** USATF participates in several doping control programs which are conducted by USADA, the IAAF, and WADA. The IAAF may conduct doping control at USATF national championships competitions:

1. **In-Competition Program (ICP):** This program involves the testing of athletes during USATF sanctioned events for prohibited substances and techniques. The selection of athletes shall be pursuant to procedures established by either USADA or IAAF protocol. The organization responsible for drug testing will determine which protocol will apply; and

2. **Out-of-Competition Program (OOC):** This program involves the testing of selected athletes for prohibited substances and techniques. The OOC shall include a program of unannounced, walk-up testing. The selection of those athletes to be tested pursuant to the OOC program shall be determined by USADA, in conjunction with USATF, on the one hand, or by the IAAF, on the other hand. Each athlete who is eligible to be drug tested, pursuant to this provision, is required to keep one (1) current address on file with the IAAF, USATF and USADA, and must notify the IAAF, USADA and USATF if the information on his/her previously submitted whereabouts or location form changes. It is each athlete’s responsibility to ensure that the IAAF, USADA, and USATF are informed of his/her whereabouts. Failure to adhere to this requirement may result in the athlete being charged with a doping offense. Those athletes wishing to be removed from the OOC program must meet the retirement requirements set forth in paragraph E below.

C. **Anti-doping program:** USATF shall participate in those anti-doping programs mandated by the IAAF and USOC under their respective constitutions, bylaws, and/or anti-doping rules. The Anti-Doping program shall apply to athletes and athlete support personnel, including but not limited to, coaches, trainers, managers, authorized athlete representatives, agents, team staff, officials, medical or para-medical personnel, or other persons working with or treating athletes participating in, or preparing for competition in, Athletics.

**NOTE:** The text of the applicable IOC, IAAF, USADA and/or USOC rules, protocols, and guidelines, relating to doping control are set forth in the attached see exhibits section of this handbook. These documents may be amended from time-to-time. Check the USATF website for updates or contact USATF’s Legal Department.

D. **Disciplinary procedures:** The disciplinary proceedings related to domestic positive drug tests of USATF athletes shall be conducted by USADA, as mandated in Chapter XXIV(2)(G) of the USOC Bylaws. When USATF is notified by the IAAF that an athlete’s “A” sample has tested or has been deemed positive for a prohibited substance, the matter shall
be referred to USADA, by USATF, for a determination of whether a
doping offense has occurred:

1. Ineligibility: If an athlete is found to have committed a doping offense
or the individual waives the right to a hearing, the individual shall be
declared ineligible to participate in Athletics competition, as provided
below. In addition, if testing was conducted in competition, the
athlete shall be disqualified from that competition and all
competitions s/he competed in prior to the final decision of the
hearing or appeals panel, and the result(s) amended accordingly.
Ineligibility shall begin:

a. from the date the period of ineligibility was imposed by an
   arbitration panel; or
b. as otherwise determined by the IAAF; or

2. Period of ineligibility: For doping offenses in events conducted under
the jurisdiction of the IOC, the penalties provided by the World Anti-
Doping Code shall apply. In all other situations, an athlete or other
person who commits a doping offense will be ineligible for the
periods set forth below:

a. Steroids: For a steroid offense under IAAF Competition Rule 32.2
   (a) involving substance listed in S4-1 (a) and (b) of the World Anti-
   Doping Code, the suspension shall be for life, provided that such
   lifetime suspension does not violate any provision of the Sports
   Act, including the provision that requires that USATF may “not
   have eligibility criteria related to amateur status or to participation
   in the Olympic Games, the Paralympic Games, or the Pan
   American Games that are more restrictive than those of the
   appropriate international sports federation;”

b. Other substances: For offenses involving all other substances or
activities prohibited by IAAF Competition Rule 32.2, the penalties
provided in IAAF Competition Rules 39 and 40 shall apply.

**E. Retirement:** Athletes wishing to retire from competition must
complete and submit to USATF, prior to retirement, the “official” USATF
retirement form. A copy of the retirement form is reproduced in this
handbook. Retired athletes are ineligible to return to competition for a
minimum of twelve (12) months and must make themselves available
for OOC drug testing for a period of six (6) months prior to retuning to
competition.

**F. Unexcused failure:** An unexcused failure to provide a sample shall
be considered as being the same as a confirmed “A” positive test for
anabolic steroids, except that the athlete shall have the burden of
proving to the panel a permissible excuse pursuant to the ICP or OCP,
as the case may be.
G. Reinstatement: Reinstatement after doping suspensions shall be governed by IAAF Rules 40.12, 40.13, and 40.14. An athlete who has been declared ineligible and subsequently successfully completes reinstatement drug testing pursuant to IAAF Rule 40.12, shall be automatically reinstated upon issuance of a reinstatement letter by USATF or IAAF.

H. Notification of penalties: Upon a finding by a hearing panel that doping has occurred, USATF shall provide notice of the penalty(ies) to be imposed by means of a letter sent by facsimile transmission, regular mail, and/or by overnight mail.

I. Confidentiality of test results and doping offenses: Except as provided in paragraph J below, USATF shall only disclose such information related to drug testing matters as is appropriate and necessary to fulfill its obligations to the worldwide Olympic anti-doping effort, and in the event, only to the appropriate representatives of the relevant Olympic drug testing authorities – the USOC, USADA, the IAAF, WADA, and the IOC.

NOTE: If the athlete or the athlete’s representative breaches confidentiality, USATF’s response shall not constitute a breach of confidentiality.

J. Publication of doping test results: USATF shall publish, on a quarterly basis, the names of all USATF athletes who have tested negative during in-competition and out-of-competition drug testing. USATF shall publish the names of athletes who have been found to have committed a doping offense, at the conclusion of the entire disciplinary process; provided, however, that the publication by another Olympic drug testing authority of an athlete’s doping offense shall satisfy USATF’s publication obligation related thereto.
EXHIBIT J

Selection of Athletes
USATF Out-of-Competition Drug Testing Pool
Approved and in effect as of December 4, 2005

Part I  Definitions
Part II  Authority
Part III  Ranking Lists Used for Section 5.1 Events
Part IV  Selection of Athletes to be Tested
Part V  Tested Events
Part VI  Publication of Results
Part VII  Amendments

Part I.  DEFINITIONS

1.1 Athlete(s) shall mean an individual who is a United States citizen and who has subjected himself or herself to the jurisdiction of USATF by (a) becoming a member of USATF, (b) competing in an event conducted under the auspices of USATF, (c) executing a competition entry form that notifies the Athlete that his/her participation in the competition subjects the Athlete to drug testing pursuant to the applicable rules of USATF, the IAAF, USADA or the USOC, or (d) applying for USATF or USOC athlete support.

1.2 IAAF shall mean the International Association of Athletics Federations, the world governing body for track and field, long distance running and race walking (Athletics).

1.3 Registered Testing Pool (RTP) shall mean:

A.  For Track and Field: The top ten (10) U.S.Athletes listed by the IAAF as being among the top fifty (50) individual performers in the world in the Tested Events on the ranking lists set forth in Part V. If five (5) or more, but fewer than ten (10), athletes are so listed by the IAAF, all of those athletes shall constitute the RTP. If fewer than five (5) U.S. Athletes are so listed, the next highest ranking U.S. Athletes in that Event shall be added until the RTP is composed of at least five (5) Athletes. To the extent that the IAAF’s lists are inadequate for this purpose, USATF may use Track and Field News’ performer lists as a source for completing the Registered Testing Pool.

B.  For Road Racing: The top ten (10) individual U.S. Athletes listed by the IAAF as being among the top fifty (50) individual performers in the world in the Tested Events on the ranking lists as set forth in
Part V. If fewer than ten (10) Athletes are so listed, the next highest ranking U.S. Athletes in that Event shall be added until the RTP is composed of at least five (5) Athletes. To the extent that the IAAF’s lists are inadequate for this purpose, USATF may use the Road Running Information Center or Track and Field News as a source for completing the RTP.

C. For Cross Country: The top ten (10) U.S. finishers in the USATF Winter Cross Country National Championships, as set forth in Part V-5.3. USATF shall notify USADA of the names of those athletes within seven days of the conclusion of the Championships. These athletes shall be placed in the RTP in the subsequent testing quarter and shall be removed from the RTP at the end of the fourth consecutive calendar quarter following inclusion in the RTP, unless they are otherwise qualified to remain in the RTP.

D. For Indoor Only Events: The top five (5) U.S. Athlete finishers at the U.S. Senior Indoor National Championships, as set forth in Part V-5.2. USATF shall notify USADA of the names of those athletes within seven days of the conclusion of the Championships. These athletes shall be placed in the RTP in the subsequent testing quarter and shall be removed from the RTP at the end of the fourth consecutive calendar quarter following inclusion in the RTP, unless they are otherwise qualified to remain in the RTP.

E. Others: Any athlete finishing in the top three positions in any Senior National Outdoor Championship. USATF shall notify USADA of the names of those athletes within seven days of the conclusion of the Championships. These athletes shall be placed in the RTP in the subsequent testing quarter and shall be removed from the RTP at the end of the fourth consecutive calendar quarter following inclusion in the RTP, unless they are otherwise qualified to remain in the RTP.

Any athlete establishing a World or American Record in an event listed in Part V. Such athlete shall be added to the RTP (if he or she is not already in the RTP) by USATF’s notification to USADA within seven days of the performance.

USATF’s Athlete Services and Legal Departments shall jointly maintain the quarterly list of RTP Athletes, which list shall be made available for public inspection upon request.

F. USADA: Pursuant to USADA’s Protocol For Olympic Movement Testing, Section 2, any athlete who is a member of USATF may be added to RTP by USADA, upon written notice to USATF and said athlete.
G. **USATF Additions:** USATF reserves the right to add, to the RTP, any Athlete who is receiving athlete support from USATF or the USOC.

USATF’s Athlete Services Department shall maintain the quarterly list of RTP Athletes, which list shall be made available for public inspection upon request.

H. **IAAF Additions:** The IAAF may add Athletes to its registered drug testing pool based upon their athletic performances during the year. Any Athlete added to the IAAF’s registered testing pool may be added to the USATF/USADA registered drug testing pool. USATF and USADA will make every effort to add Athletes added to the IAAF’s registered drug testing pool to its domestic registered drug testing pool as specified in this Protocol.

1.4 **Out-of-Competition Drug Testing (OOCT)** shall mean the out-of-competition drug testing program which takes place outside competitions, and which is conducted by the United States Anti-Doping Agency on behalf of the USOC and all member national governing bodies of the USOC, as mandated by the Chapter XXIII of the USOC By-Laws.

1.5 **Tested Event (or Events)** shall mean the events designated in Part V below.

1.6 **USATF** shall mean USA Track & Field, Inc.

1.7 **USADA** shall mean the United States Anti-Doping Agency.

1.8 **USOC** shall mean the United States Olympic Committee.

**Part II. AUTHORITY**

2.1 This selection process is adopted pursuant to USATF’s obligations pursuant to Chapter XXIII of the USOC By-Laws. The USATF Athletes Advisory Committee fully supports the principles embodied herein.

2.2 USATF designates USADA to conduct no-advance-notice drug testing of Athletes (See USATF Regulation 10).

2.3 In addition to all the other testing authorized herein, the out-of-competition testing of American Athletes may be conducted by the IAAF pursuant to IAAF Rule 57 and the IAAF Procedural Guidelines for Doping Control. Those Athletes failing to submit to drug testing, after having been notified by the appropriate testing authorities, shall be subject to disciplinary procedures established by USADA and imposed by USATF, pursuant to IAAF Rules (See USATF Regulation 10 and USADA Protocol For Olympic Movement Testing.)
2.4. USATF recognizes USADA’s authority to drug test any USATF athlete, pursuant to its applicable protocols, whether or not said Athlete is a member of USATF’s OOC pool.

**Part III. RANKING LISTS USED FOR SECTION 5.1 EVENTS**

3.1. For the first calendar quarter of each year, the ranking list for each event shall be the previous year’s outdoor list, as available on November 1 of the previous year.

3.2. For the second calendar quarter of each year, the rankings in each event shall be based on a merged list composed of the previous year’s outdoor list and the current year’s indoor list as available on March 1.

3.3. For the third calendar quarter of each year, the rankings in each event shall be based on a merged list composed of the previous year’s outdoor list, the current year’s outdoor list as available on May 1, and the current year’s indoor list.

3.4. For the fourth calendar quarter of each year, the rankings in each event shall be based on the current year’s outdoor list, as available on August 1.

**Part IV. SELECTION OF ATHLETES FOR DRUG TESTING**

4.1. Athletes shall be selected for drug testing from the RTP by USADA using any method it deems appropriate. Any athlete so selected may be tested by USADA based on that selection, subject to USADA’s rules and procedures, for as long as the athlete remains in the RTP.

4.2. The names of those Athletes who have been banned for life from the sport of track and field, long distance running, and race walking, shall be removed from the RTP. Also, an Athlete with multiple citizenships who has executed a "Surrender of Citizenship Benefits" form, renouncing all claims or entitlement to the privileges and benefits available to track and field athletes who are United States citizens, shall be removed from the RTP. (See copy of "Surrender of Citizenship Benefits" form attached.) An Athlete may resume his/her eligibility to receive benefits available to American athletes if s/he: 1) makes all drug testing results from his/her foreign Track and Field Athletics Federation available to USATF, and 2) agrees to comply with all applicable International Olympic Committee, United States Olympic Committee, USADA, USATF and/or IAAF eligibility rules, before resuming competition for the United States.

4.3. USADA shall determine the frequency, number, and timing of drug tests as well as the order in which athletes will be tested.
### Part V. TESTED EVENTS

#### 5.1 TRACK EVENTS:

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>MEN</th>
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</thead>
<tbody>
<tr>
<td>100m</td>
<td>100m Hurdles</td>
</tr>
<tr>
<td>200m</td>
<td>400m Hurdles</td>
</tr>
<tr>
<td>400m</td>
<td>400m Steeplechase</td>
</tr>
<tr>
<td>800m</td>
<td>1,500m/Mile</td>
</tr>
<tr>
<td>1,500m/Mile</td>
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<tr>
<td>5,000m</td>
<td>10,000m</td>
</tr>
<tr>
<td>10,000m</td>
<td>3,000m Steeplechase</td>
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#### FIELD EVENTS:

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<tbody>
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<td>Shot Put</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Discus Throw</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Hammer Throw</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Javelin Throw</td>
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#### MULTIPLE & COMBINED EVENTS:

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#### RACE WALK:

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</tr>
<tr>
<td></td>
<td>50,000m Race Walk</td>
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#### 5.2 INDOOR ONLY EVENTS:

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<tr>
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</tr>
<tr>
<td>3,000m</td>
<td>3,000m</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>Heptathlon</td>
</tr>
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</table>

#### 5.3 CROSS COUNTRY:

<table>
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<tbody>
<tr>
<td>8,000m</td>
<td>12,000m</td>
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</table>

#### 5.4 ROAD RACING:

<table>
<thead>
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<th>MEN</th>
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</thead>
<tbody>
<tr>
<td>10,000m</td>
<td>10,000m</td>
</tr>
<tr>
<td>Marathon</td>
<td>Marathon</td>
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</tbody>
</table>
Part VI. PUBLICATION OF RESULTS

A report of those Athletes testing negative shall be published quarterly by USATF, upon notification from USADA. The names of Athletes found to have committed a doping violation will be published by USADA.

Part VII. AMENDMENTS

7.1. The USATF Board of Directors, by two-thirds vote, may amend this RTP selection process. Any such amendment shall not, however, alter USADA’s authority to select any USATF Athlete for testing as provided in Part II, 2.4 above, or any USADA protocol.

7.2. Any changes made to the selection process by the Board of Directors shall be effective immediately, unless otherwise specified.
PROTOCOL FOR ATHLETES WHO EMBRACE AMERICAN RECORDS

As of January 1, 2010 – athletes who set an American Record in the events listed below must submit to doping control immediately following the event where the record was established in order for the record to be ratified by USA Track & Field (USATF). USA Track & Field will accept results that are conducted by USADA (or Drug Free Sport in cases of NCAA athletes) within 24 hours of the conclusion of the event.

If the event has doping control – the athlete must be tested immediately, but if the record occurs at an event (on American soil) where testing is not in place, then event organizers and/or athletes (or their representatives) must contact USADA to request testing. If an American Record is achieved at your event and doping control is not already in place, please contact USATF’s Melissa Beasley via email at Melissa.Beasley@usatf.org with advance notice that a record-attempt is being made. If it is after business hours or over a weekend, please call her cell phone at 317-753-3998.

If this occurs internationally – athletes (or their representatives) must notify the event directors to coordinate a request to be tested by a WADA-accredited testing agency. In the case of a relay event – all competing relay team members must be tested. USA Track & Field will cover the costs of doping control tests for events that are recognized by the IAAF as World Record events, and the invoice as well as results should be submitted to the USA Track & Field National Office.

Events Subject to Testing - Open events only, this does not include Junior American Records, Youth American Records or Master American Records.

INDOOR
50M, 60M, 200M, 400M, 800M, 1000M, 1500M, One Mile, 3000M, 5000M, 50M Hurdles, 60M Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Pentathlon, Heptathlon, 3000M Race Walk, 5000M Race Walk, 4x200M Relay, 4x400M Relay, 4x800M Relay

OUTDOOR
100M, 200M, 400M, 800M, 1000M, 1500M, One Mile, 2000M, 3000M, 5000M, 10,000M, 10K, 15K, 20,000M, 20K, One Hour, Half Marathon, 25,000M, 25K, 30,000M, 30K, Marathon, 100K, 3000M Steeplechase, 100M Hurdles, 110M Hurdles, 400M Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Decathlon, 10,000M Race Walk, 20,000M Race Walk, 20K Race Walk, 30,000M Race Walk (men only), 50,000M Race Walk (men only), 50K Race Walk (men only), 4x100M Relay, 4x200M Relay, 4x400M Relay, 4x800M Relay, 4x1500M Relay, Road Relay
ATHLETE EXPRESS

Need to reset your username or password? Have a question about medications or Therapeutic Use Exemptions (TUEs)? Not sure if you are in the International Testing Pool or National Testing Pool? Can’t remember your USADA sport contact? Need help now? Contact USADA’s Athlete Express!

USADA has made it easier for Registered Testing Pool (RTP) athletes and their athlete support personnel to contact USADA for immediate assistance. Athlete Express provides information over the phone and email support regarding whereabouts, drug testing, website/Athlete’s Advantage tutorial, TUEs, prohibited substances, and medications. The former Drug Reference Line (DRL) is now incorporated within the Athlete Express service.

This creates a ‘one stop shop’ for athletes – promptly addressing the wide range of questions and concerns athletes often encounter. Athlete Express also brings enhancements to the Athlete website by helping athletes access their username information, retrieve or reset passwords, and unlock accounts on their own.

Athletes may reach Athlete Express by dialing 719-785-2000 or toll free 866-601-2632, or by email at athleteexpress@usada.org. The service is available business days from 8:00 am to 5:00 pm Mountain Standard Time. Outside of business hours, the phone system provides helpful messages to assist callers to resolve issues, or the option to leave a message. Athletes will begin to see important notices and alerts arriving from the Athlete Express e-mail address including quarterly Registered Testing Pool notifications and Athlete Alerts.

Internally, USADA’s Sportfolio team, Olympic Education team, and Drug Reference Department are working together to support RTP athletes and athlete support personnel by managing Athlete Express. Individually, these teams are dedicated to serving a variety of USADA functions. Sportfolio is made up of a team of sport coordinators who are the primary contacts for Olympic, Paralympic, and Pan American athletes and National Governing Bodies (NGBs). The Olympic Education team is made of the friendly faces you often see at USADA education presentations and are the individuals who develop the helpful education materials and resources. The Drug Reference Department is your primary resource for medication, Prohibited List, and TUE-related questions. The collaboration between the three teams offers additional support for athletes and athlete support personnel. The number one goal of the members of the Athlete Express team is to provide immediate assistance and excellent customer service to athletes.

Remember! Quarterly Whereabouts Filings must still be filed through the USADA website. Athletes should continue to submit updates via the online Change of Plan form, the free mobile applications, email to update@usada.org, or text to text@usada.org.
USADA Registered Testing Pool (RTP)

**International Testing Pool (ITP)**
- All International Federation (IF) RTP Athletes
- Sanctioned Athletes
- Athletes returning from retirement who were previously in an IF RTP or the ITP
- U.S. Athletes who are not regular members of a National Federation and are expected to compete within 12 months of an Olympic and/or Paralympic Games
- Any athlete whom USADA chooses to add to this pool

**Whereabouts Filing Requirements**
- All whereabouts rules apply, including a 60-minute time slot

**Whereabouts Failures**
- Missed Tests and Filing Failures
  - Missed Tests
    - Unavailable during the 60-minute time slot
  - Filing Failures
    - Includes the same criteria as described in the NTP

**Notification**
- Phone call made to athlete in last 5 minutes of 60-minute time slot.
- The phone call is for confirming unavailability of athlete, not to locate an athlete for testing.

**National Testing Pool (NTP)**
- Athletes meeting NGB, USOC, and/or USADA criteria

**Whereabouts Filing Requirements**
- All whereabouts rules apply, except athletes do not have to provide a 60-minute time slot

**Whereabouts Failures**
- Filing Failures
  - No Form on File: Do not file by stated deadline
  - Unsuccessful: Unsuccessful attempt due to inaccurate or incomplete information

**Notification**
- Phone call made to athlete after a reasonable attempt is made.
- Athlete has 1 hour from time of the phone call to be available for testing.
Athlete Guide to the 2012 Prohibited List

The World Anti-Doping Agency provides annual updates to the Prohibited List. This guide is designed to help U.S. athletes understand how the Prohibited List applies to them with specific attention paid to medications available on the U.S. market. This guide should be read in conjunction with the Prohibited List (download the complete version from www.USADA.org). The use of a prohibited substance in sport requires an approved Therapeutic Use Exemption (TUE).

Substances and Methods Prohibited at all times (both in- and out-of-competition).

The first section of the Prohibited List discusses substances and methods that are prohibited at all times, both in- and out-of-competition. An athlete can be tested for these substances at any time.

S0. Non-Approved Substances

This "open" section addresses the issue of the abuse of pharmacological substances for the purpose of performance enhancement that are not included in other sections of the Prohibited List. They include substances that are not approved by any governmental regulatory health authority for human therapeutic use (i.e. drugs under pre-clinical or clinical development or discontinued, designer drugs, or veterinary drugs). These substances will be prohibited at all times (in- and out-of-competition).

S1. Anabolic Agents

Anabolic Agents are prohibited. This includes the use of testosterone creams or shots, or the use of any other anabolic substance. The list of anabolic agents is extensive, but even if an anabolic agent is not specifically listed it is still prohibited if it has "a similar chemical structure or similar biological effect(s)."

Advisory:

1. Clenbuterol is sometimes used to treat asthma, and it is sometimes used illegally in other countries to "bulk up" livestock. It may also be found in some dietary supplements, and may be publicized as a weight loss drug. USADA issued an advisory for athletes on Clenbuterol. Clenbuterol is classified as an anabolic agent.
2. There have been instances of dietary supplements contaminated with Anabolic Agents.

S2. Peptide Hormones, Growth Factors and related Substances

This class of substances includes EPO, CERA, chorionic gonadotropin, luteinizing hormone (in males), insulin, corticotrophins, and a number of growth factors.
Advisory:

1. The definition of growth factors includes any “growth factor affecting muscle, tendon, or ligament protein synthesis/degradation, vascularization, energy utilization, regenerative capacity or fiber type switching.”

2. WADA has clarified that even though Platelet-Rich Plasma (PRP) contains growth factors, PRP is not prohibited.

3. Athletes with insulin-dependent diabetes need to be aware that insulin is prohibited under the class of Peptide Hormones. An athlete must apply for a Therapeutic Use Exemption to use insulin in sport.

S3. Beta-2 Agonists

All oral (taken by mouth and swallowed) beta-2 agonists are prohibited. Inhaled beta-2 agonists are prohibited and require a TUE except for formoterol (dosages less than 36 micrograms/24 hours), salmeterol, and albuterol (dosages under 1600 micrograms/24 hours). Search www.GlobalDRO.com to determine if the inhaler that you need to use contains a substance that requires a TUE for use in sport.

Advisory:

1. The dosage of albuterol or formoterol that may be used in sport without a TUE may translate into a wide range of “puffs”. You should examine your inhaler closely to determine the dosage. If you need to take more than the non-prohibited dosage you must apply for a TUE.

2. Note that albuterol and formoterol are listed as “threshold substances” which means they may be used in sport without a TUE as long as it is used under a certain threshold. However, if you also need to use a substance that falls into the category of diuretics and masking agents, you need to have a TUE for albuterol or formoterol even though you have a TUE for the diuretic or masking agent.

3. Use of oral beta-2 agonists is prohibited even if you have a TUE for the same inhaled beta-2 agonist. If your doctor prescribes an oral beta-2 agonist you should submit an application for a TUE.

4. There are a large number of inhalers available on the U.S. market and athletes need to be aware of which substances are in which inhaler.

5. Some inhalers have more than one active ingredient. Make sure you check all the ingredients on www.GlobalDRO.com.

6. The presence of salbutamol in urine in excess of 1000ng/ml is presumed NOT to be an intended therapeutic use, and may be considered as an adverse analytical finding.
S4. Hormone and Metabolic Modulators

In short, the following are prohibited: aromatase inhibitors, selective estrogen receptor modulators (SERMS) such as tamoxifen, other estrogenic substances, and agents modifying myostatin function(s). Please consult the Prohibited List for examples of substances in each of the above classes.

S5. Diuretics and Other Masking Agent

Masking agents are prohibited, to include diuretics and plasma expanders.

*Advisory:*

1. WADA has clarified that local administration of Felypressin for dental anesthesia is not prohibited.

2. The use of any quantity of a threshold substance (i.e., albuterol, formoterol, morphine, cathine, ephedrine, methylephedrine and pseudoephedrine) in conjunction with a diuretic or other masking agent requires a TUE for that substance in addition to the one granted for the diuretic or other masking agent. Even when a Therapeutic Use Exemption (TUE) exists for the masking agent, the detection of the exogenous threshold substance at any level will be reported as an Adverse Analytical Finding (AAF) by the laboratory and therefore a TUE is also required for the threshold substance when applicable.

Prohibited Methods

M1. Enhancement of Oxygen Transfer

Blood doping, the use of red blood cells of any origin, or otherwise artificially enhancing the uptake or delivery of oxygen remains prohibited.

*Advisory:*

1. Supplemental oxygen is not prohibited.

M2. Chemical and Physical Manipulation

Tampering, or attempting to tamper in order to affect the validity of samples collected during the doping control process is prohibited. Intravenous (IV) infusions or any intravenous injection of more than 50 mL per 6 hour period are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations.

*Advisory:*

1. Even if the substance to be delivered by intravenous infusion is not prohibited (such as saline), the method remains prohibited outside of the scope of allowable use (hospital admissions/clinical investigations).
2. Physicians frequently raise concerns about the emergency use of IV infusions in cases of severe GI distress (such as during travel) and dehydration. WADA has issued a position on the appropriate uses of IV infusions. Please consult the Science and Medicine/TUE section of the WADA website at www.wada-ama.org. In the download center you will find a guideline on IV infusions.

3. The prohibition of “the sequential withdrawal, manipulation, and reintroduction of any quantity of whole blood” is not intended to prevent plasmapheresis (a specialized form of blood donation) or similar processes.

4. Those undergoing hemodialysis, as part of the treatment of chronic kidney disease, will require a TUE for such procedures (and the substances that are often used to treat such disorders).

M3. Gene Doping

The transfer of cells or genetic elements, or the use of agents that alter gene expression is prohibited. Consult the WADA Prohibited List 2012 for details and examples.

Substances and Methods Prohibited In-Competition

This section focuses on substances that are prohibited only in-competition. These substances may be used when athletes are not competing. USADA does not test for these substances out-of-competition.

It is very important to be aware of the definition of “in-competition.” Each International Federation may have a different definition of “in-competition” and it may vary by event. For some events, “in-competition” may be defined as “12 hours before the start of the competition” and different rules may apply to multi-day events (for example, the Olympic Games). It is very important for athletes to understand the definition of “in-competition” for the sporting events in which they compete. Athletes must ensure that all substances prohibited in-competition have completely cleared from their body before competition. If this is not possible, or if the chronic use of one or more of these medications is needed, the athlete should apply for a Therapeutic Use Exemption.

S6. Stimulants

All stimulants are prohibited except for imidazole derivatives for topical use, and those stimulants on the 2012 Monitoring Program (bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine).

Advisory:

1. Athletes diagnosed with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) and are on stimulants and who are competing should obtain a Therapeutic Use Exemption for their medication. Athletes who are not competing do not need to obtain a TUE in order to use these medications.

2. Athletes diagnosed with narcolepsy, and prescribed medications that contain modafnil or
armodafinil, for example, should obtain a TUE if they need to take these medications just prior to or during competition.

3. Pseudoephedrine is an ingredient in several over-the-counter cold and flu medications. WADA has issued an advisory to athletes that they should discontinue taking medications containing pseudoephedrine AT LEAST 24 hours prior to the time defined as “in-competition.” However, in some cases this may not be enough time for the substance to clear from the body. Athletes who intend to compete in the near future, or who are currently in-competition should examine the ingredient list of any medication they are using to ensure it does NOT contain pseudoephedrine.

4. Nicotine and caffeine are not prohibited. They are simply part of WADA’s monitoring program.

S7. Narcotics
Certain narcotics are prohibited in-competition: Buprenorphine, dextromoramide, dimorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine (meperidine). Use of these narcotics in-competition requires an approved TUE.

S8. Cannabinoids
Natural or synthetic tetrahydrocannabinol (THC) and THC-like cannabinoids (e.g., hashish, marijuana, HU-210) are prohibited.

Advisory:
1. Athletes should be aware that cannabinoids may be retained in fat tissue following chronic use and may be detected weeks after use. There have been situations where sudden weight loss has caused cannabinoid metabolites stored in fat to be released in detectable levels. USADA strongly advises athletes not to use cannabinoids at any time.

S9. Glucocorticosteroids
The systemic use of glucocorticosteroids is prohibited in-competition. This includes oral (like a Medrol Dose Pack) or a systemic injection.

Advisory:
1. Athletes who are prescribed oral glucocorticosteroids (Medrol Dose Pack for instance) may take these medications without a TUE as long as the prohibited substance has cleared their system prior to the time defined as “in-competition”. If athletes need to use glucocorticosteroids by oral, intramuscular, or rectal routes shortly before, or during competition they must obtain a TUE.

2. Injection of glucocorticosteroids around tendons, into joints, and epidural (into the spine) is not prohibited.

Preserving Inspiring Protecting True Sport
WWW.USADA.ORG
3. Inhalation of glucocorticosteroids is not prohibited.

4. Topical use of glucocorticosteroids (anti-rash cream, hemorrhoidal creams etc.) is not prohibited.

5. Hemorrhoidal creams are not prohibited, but systemic rectal use (like a suppository) of glucocorticosteroids is prohibited.

6. Many physicians may refer to intramuscular injection of glucocorticosteroids as a “local” injection into muscle. According to the Prohibited List, injection into a muscle is considered systemic, and is therefore it is prohibited.

USADA References and Resources

This guide was intended to introduce athletes and others involved in sport to the Prohibited List and to provide practical guidance on how the Prohibited List may affect them. This guide is not intended to be exhaustive and should be read in conjunction with the Prohibited List. Ultimately, the athlete is solely responsible for the substances in his or her body. Further information on the topics contained in this guide can be obtained by consulting the references and resources below.

- The 2012 Prohibited List can be downloaded from www.usada.org/prohibited-list.

- Athletes can call Athlete Express toll-free at 866) 601-2632 or (719) 785-2000 for questions on medications, substances, methods, and clarification on the Prohibited List.

- Global DRO (www.globaldro.com) is a searchable online database of medications available in the United States, Canada, and the United Kingdom explaining whether or not these medications contain prohibited substances.

- You may contact USADA’s Drug Reference Department on 719-785-2045 for questions on Therapeutic Use Exemptions.

- USADA does not provide medical advice or recommendations. Athletes should make all decisions on treatment with their physician in conjunction with the 2012 Prohibited List.
THE USADA PLAY CLEAN TIP CENTER

In its mission to preserve the integrity of competition, inspire true sport, and protect the rights of athletes, USADA is unwavering in its belief that every athlete has the right to compete on a clean and level playing field, free from the pressures and influences of performance enhancing drugs. For this reason, USADA makes available a number of ways to report the abuse of performance enhancing drugs in sport in an effort to protect clean athletes and promote clean competition.

**Phone**

You may call the Play Clean Tip Line at 1-877-Play Clean (1-877-752-9253)

**Mail**

Information can be sent by mail to USADA.

U.S. ANTI-DOPING AGENCY
Attention: Legal Affairs
5555 Tech Center Drive
Suite 200
Colorado Springs, CO, 80919

**Email**

You may also email USADA directly at playclean@usada.org.
ATHLETE RETIREMENT

Athletes wishing to officially retire from the sport of track & field must complete the required USA Track & Field retirement process.

The athlete must complete an official USA Track & Field Retirement Form, have their signature notarized and mail it to the USATF National Headquarters, attn: Melissa Beasley, 132 E. Washington St., Suite 800, Indianapolis, IN 46204.

In accordance with USATF Regulation 10, updated May 2, 2003, if a retired athlete was ever enrolled in the out-of-competition drug testing program of an international federation, the USOC, or USADA, and said athlete wishes to resume competition, s/he must enroll in the USADA or USATF out-of-competition drug testing pool and be available for testing for a period of at least one year in advance of the date upon which re-eligibility will be granted. Under these circumstances, a retired athlete can only become re-eligible to compete if all drug tests administered during the 12 months preceding the intended eligibility date were negative. Completion of the official USATF retirement form will not suspend or terminate the prosecution or imposition of a sanction related to a doping violation pending prior to giving notice of retirement.

If you have any questions regarding USA Track & Field’s retirement process, please contact Melissa Beasley at 317-713-4650.
USA TRACK & FIELD ATHLETE SURRENDER OF CITIZENSHIP BENEFITS

I, ______________________________, knowingly and with specific intent do hereby surrender my entitlement to compete in track and field events as a United States citizen, in favor of competing for __________________________, of which I am also a citizen. I understand that by surrendering my eligibility to represent the United States for competition purposes, I will forfeit all benefits to which I would otherwise be entitled as an American athlete member of USA Track & Field, Inc. (USATF), including but not limited to: my ability to compete in USATF national championship competitions, my eligibility to receive American-only prize money awarded at USATF national championships, and my eligibility to receive USATF or United States Olympic Committee grants, insurance and athlete support. In submitting this Surrender of Citizenship Benefits, I understand that I will be removed from USATF’s no-advanced notice drug testing program, and that if I wish to resume my status as a United States track and field athlete at a future date, I will be required to: 1) make all my drug testing results from my other Track and Field/Athletics Federation available to USATF, and 2) comply with all applicable International Olympic Committee, United States Olympic Committee, USATF and/or International Association of Athletics Federations eligibility rules, before resuming competition for the United States. I further understand and agree that this Surrender of Citizenship Benefits is not intended to avoid, nor will it have the effect of avoiding, any disciplinary proceedings that have or will be brought against me pursuant to USATF Regulation 10 for drug testing conducted prior to my surrender of citizenship benefits.

________________________________________
DATE

________________________________________
ATHLETE

________________________________________
ATHLETE SIGNATURE

STATE OF } }
COUNTY OF } }

I certify that this document was signed in my presence, by the individual named above, on the date indicated.

________________________________________
COMMISSION EXPIRES

________________________________________
NOTARY PUBLIC
STRICTLY CONFIDENTIAL

IAAF Therapeutic Use Exemptions (TUE)

Application Form

I hereby apply for approval for the therapeutic use of a prohibited substance or prohibited method on the IAAF Prohibited List.

Please complete all sections in CAPITAL LETTERS or typing.

☐ I am included in IAAF Registered Testing Pool or
☐ Preparing for IAAF International Competition (which competition)

1. Athlete information

   First Name: .................................. Last Name: ..................................
   Female □ Male □ Discipline: ..................................
   Address: ..................................
   City: .................................. Country: ..................................
   Postal Code: .................................. Date of birth (dd/mm/yy): ..................................
   Tel.: (with international code). .................................. Mobile: ..................................
   E-mail: .................................. National Federation: ..................................

2. Medical information

   Diagnosis with sufficient medical information (see note 1): ..................................

   If a permitted medication can be used to treat the medical condition, provide clinical justification for the requested use of the prohibited medication:

   ..................................
3. Medication details

<table>
<thead>
<tr>
<th>Prohibited substance(s) (see Note 2):</th>
<th>Dose of administration</th>
<th>Route of administration</th>
<th>Frequency of administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commercial name/Generic name</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e.g. Humulin/Insulin/Salbutamol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intended duration of treatment (see Note 3):</th>
<th>Once only □</th>
<th>Emergency □</th>
</tr>
</thead>
<tbody>
<tr>
<td>Or duration (week/month):</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional information: .................................................................

Have you submitted any previous TUE application? □ yes □ no (tick appropriate box)

For which substance(s)? .................................................................

Organisation to whom TUE application was sent ........................................

When (dd/mm/yy): .................................................................

Result (attach previous TUE(s) where applicable): Approved □ Not approved □

Has the athlete’s National Federation Team Doctor been notified of this application?

Yes: □ No: □

Name of National Federation’s Team Doctor (see Note 4): ..........................

---

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4. Medical practitioner's declaration

I certify that the above-mentioned medication(s) for the above-named athlete is to be administered as the correct treatment for the above-named medical condition. I further certify that the use of alternative medications not on the IAAF Prohibited List would be unsatisfactory for the treatment of the above-named medical condition (see Note 5).

Name, qualifications and medical speciality (see Note 6):

Address: 

City: State/Province: Country 

Postal Code: E-mail: 

Tel.: (with international code) Mobile: 

Signature of medical practitioner: Date:

5. Athlete's declaration

I, certify that the information in section 1 above is accurate and that I am requesting for approval to use a prohibited substance or prohibited method in the IAAF Prohibited List. I authorize the release of my personal medical information to the members of the IAAF Therapeutic Use Exemption Sub-Commission (IAAF TUESC), as well as to any other relevant persons (including, where applicable, WADA or IOC staff and/or members of the WADA or IOC Therapeutic Use Exemption Committees) who may be involved in the management, review or administration of my application in accordance with the IAAF Procedural Guidelines. I understand that, if I ever wish to revoke the right of the IAAF TUESC to obtain any health information on my behalf, I must notify my medical practitioner in writing of the fact. As a consequence of such a decision, I understand that I will not receive approval for a TUE (or renewal of an existing TUE).

I further authorize for the decision of the IAAF TUESC to be notified to other relevant organisations in accordance with IAAF Rule 34.9.

Athlete's signature: Date: 

Parent's/Guardian's signature: Date: 

(If the athlete is a minor, a parent or guardian shall sign together with or on behalf of the athlete)
Arizona State University

**Notes:**

<table>
<thead>
<tr>
<th>Note 1</th>
<th>Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evidence confirming the diagnosis must be attached and forwarded with this application. The medical evidence should include a comprehensive medical history, and the results of all relevant clinical examinations, investigations, specialist medical reports and imaging studies. Copies of original reports or letters should be included when possible. Evidence should be as objective as possible in the clinical circumstances and, in the case of non-demonstrable conditions, independent supporting medical opinion will assist this application.</td>
<td></td>
</tr>
</tbody>
</table>

For applications for the use of Beta-2-agonists only: To constitute a complete application, International-Level athletes must include the following documentation required by the IAAF Beta-2-Agonists Protocol:

1. Detailed Medical Records
2. Provocation Test Results

Both must be filled in on appendix A of this Application Form

Refer to the IAAF Beta-2 Agonists Protocol in the "athletes area" of www.iaaf.org/antidoping for further more detailed information on the documentation that is required.

<table>
<thead>
<tr>
<th>Note 2</th>
<th>Medication details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide details concerning all medications or treatments. Provide both the commercial and generic name (INN) of the medication and specify the medication dose, the route of administration and the frequency of administration.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Note 3</th>
<th>Change of Prescription</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note that a new TUE application is required for any change in prescription.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Note 4</th>
<th>National Federation Team Doctor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whenever possible, the National Federation Team Doctor should be notified of the application and the application should include a statement by the Team Doctor attesting to the necessity of the otherwise prohibited substance or prohibited method in the treatment of the athlete.</td>
<td></td>
</tr>
</tbody>
</table>

| Note 5 | If a permitted medication can be used in the treatment of the athlete’s medical condition, please provide clinical justification (on page 1) for the requested use of the prohibited medication. |

<table>
<thead>
<tr>
<th>Note 6</th>
<th>Name, qualifications and medical specialty</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: Dr AB Cook, MD FRACP, Gastro-enterologist. Dr JA Gonzalez, MBBS, FACSM, Sports Physician.</td>
<td></td>
</tr>
</tbody>
</table>

**WARNING:** Incomplete Applications will be returned and will need to be re-submitted.
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Please submit the completed form to the IAAF Medical and Anti-Doping Department (see contact details below) and keep a copy of the form for your records:

IAAF Medical and Anti-Doping Department
17, Rue Princesse Florestine
BP 359 – MC 98007
Monaco
Confidential Fax: +377 93 50 83 95

If there are further questions arising from this Form or regarding the relevant procedures for standard applications for TUEs, please contact the IAAF for further information on: +377 93 10 88 89 (tel) or web-application@iaaf.org (e-mail).
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Appendix A
International Association of Athletics Federations

INHALED BETA-2-AGONIST APPLICATION FOR ASTHMA TREATMENT
Medical Records Form

NAME OF THE ATHLETE: ____________________________
DATE OF BIRTH: ____________________________ COUNTRY: ____________________________

Diagnosis:

Age of onset:

Symptoms spontaneous or exercise related:
Coughing during or post-exercise: Yes or No
Shortness of breath: Yes or No
Chest tightness: Yes or No
If yes, specify:

Identified triggering factors:

Past history of atopic disorders and/or childhood asthma:

Past physical examinations:

Results of skin prick tests or RAST to document the presence of allergic hypersensitivity:

Details of all consultations with qualified physicians in the treatment of asthma:

Details of any attendance in hospital emergency departments for treatment or admission to hospital for treatment of acute exacerbation of asthma:

Details of the individual’s currently prescribed medication and any other medication prescribed in the past years, with particular details in the last 6 months:

Details of medication in the 3 months prior to provocation test:

PFTesting information

Date of test: ________/______/_____

- Bronchodilator test: FEV₁ after bronchodilator: change compared to baseline: ________/______/_____
- Methacholine challenge test:
  - PC20 = ________/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/______/____饪____
THE RESOURCE EXCHANGE CENTER (REC)

The Resource Exchange Center (REC) is a subscription service of Drug Free Sport provided by USATF to provide accurate and confidential information about dietary supplements and dangerous or prohibited substances. Information is available in both English and Spanish. Access for the REC is provided as a benefit to current USATF members. The REC is available 24 hours a day, seven days a week online (see below for login information).

E-mail enquiries sent to the REC staff will receive a response within 24 business hours after receipt. All inquiries may be made anonymously.

To access the REC:
1. www.usatf.org/members-only
2. You will then be provided with a link to the REC as well as login and password information.

If you have any questions about accessing this service, please contact Melissa Beasley at Melissa.Beasley@usatf.org. If you need technical support, please Eric Patterson at epatterson@drugfreesport.com.
SUPPLEMENT 411

Navigating the World of Dietary Supplements

When it comes to dietary supplements, athletes often find themselves in a difficult situation. Many athletes believe that they need dietary supplements (also sometimes called nutritional supplements) in order to compete and that dietary supplements are essential tools for elite-level athletes, similar to training or eating right.

However, many athletes also know that dietary supplements have been linked to:

- Positive anti-doping tests
- Negative and potentially dangerous health issues

As a result, athletes find themselves in a difficult decision. They want a straightforward solution and want to know, “Are there any safe supplements?” Because the answers are not straightforward, athletes and consumers of dietary supplements must take a careful and proactive approach in choosing whether or not to take supplements. They must take a number of steps to become fully informed, educated and aware, as they are accountable and responsible for their choices.

Supplement 411 is designed to help challenge the reasons why athletes feel the need to take supplements, to give dietary supplement users often overlooked factual information about the dietary supplement industry and to educate consumers and potential consumers on why risk exists in the marketplace. Supplement 411 also offers helpful tips, tools and resources for making the best decisions possible.

Empower yourself, your athletes, and your organization with the information and educational tools to make informed decisions. Visit www.supplement411.org to learn more!
2012 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 the sport committees and National Office management 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 Registered Testing Pool, he/she must have an updated form on file to be eligible for international competition. Team Staff should have the athlete fill out this form if applicable.

Listed below are the USA national teams that will compete in 2012.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Five Nations Match</td>
<td>Jan 28</td>
<td>Glasgow, Scotland</td>
</tr>
<tr>
<td>IAAF World Indoor Championships</td>
<td>March 9-11</td>
<td>Istanbul, Turkey</td>
</tr>
<tr>
<td>NACAC Cross Country Championships</td>
<td>March 17</td>
<td>Trinidad and Tobago</td>
</tr>
<tr>
<td>IAAF World Race Walk Cup</td>
<td>May 12-13</td>
<td>Saransk, Russia</td>
</tr>
<tr>
<td>Pan Am Combined Events Championships</td>
<td>May 26-27</td>
<td>Ottawa, Canada</td>
</tr>
<tr>
<td>NACAC U-23 Championships</td>
<td>July 6-8</td>
<td>Guanajuato, Mexico</td>
</tr>
<tr>
<td>IAAF World Junior Championships</td>
<td>July 10-15</td>
<td>Barcelona, Spain</td>
</tr>
<tr>
<td>Thorpe Cup</td>
<td>July 21-22</td>
<td>Marburg, Germany</td>
</tr>
<tr>
<td>Olympic Games</td>
<td>Aug 3-12</td>
<td>London</td>
</tr>
<tr>
<td>DecaNation</td>
<td>August 15</td>
<td>Albi, France</td>
</tr>
<tr>
<td>IAAF World Half Marathon Championships</td>
<td>Oct 6</td>
<td>Kavarna, Bulgaria</td>
</tr>
</tbody>
</table>

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.
APPENDIX TEN
STATEMENT OF CONDITIONS

Fram:
USATF National Team
Athlete Statement of Conditions
(To be read and signed by all National Team Athletes)

Name:  

Competition Dates:

All Athletes are required to read, agree to, and sign this Statement of Conditions in order to be a member of the USA Track & Field National Team (“the Team”). 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 return from any activity that may reflect unfavorably upon myself, my teammates, and the sport of track and field, USATF, or the United States of America.

B. I will not intentionally or voluntarily undertake any action that 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 sponsors contract for uniforms depends upon athletes wearing the uniform and using the official Team press conferences, and other “official” Team functions. I understand that I am forbidden from (i) altering, distorting, removing, or covering up the sponsor logos on any Team uniform items in any photographs, videos, or other images of this kind, (ii) avoiding or permitting anyone else to alter, distort, remove, or cover up the sponsor logos in photographs, videos, or images of me. I will not own or possess, nor grant any third party the right to exploit any photograph, video, or image of me in which a USATF sponsor logo has been altered, removed, or covered. I will, upon reasonable request by USATF, return any third party cease exploiting with a photograph, video, or image. 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 (“USOC”) must be worn during opening and closing ceremonies, awards ceremonies, and “official” USOC Local Organizing Committee (“LOCO”) or International Association of Athletics Federations (“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 to the coach.

F. 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 participate due to injury, illness, or any other reason (an “Emergency”), I will notify the Team coach 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 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.

G. I will read and abide by the attached USATF Regulations (See Copy of Regulations Attached).

Date:  
December 2011

Signature:  

Regulation: 29/Doping Control; Regulation 21/Disciplinary Proceedings; Regulation 24/Commitments and Conduct of Athletes and Staff. I also agree by all applicable United States Anti-Doping Agency (“USADA”), World Anti-Doping Agency (“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 21 and 24, 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: (a) failure to wear or use the Team uniform or uniform items supplied by USATF; (b) failing to attend “official” Team practices, Team meetings, and other required Team activities; (c) failing to maintain competitive fitness; (d) failing to provide timely notice of an Emergency which prevents me from competing, unless I am prevented from doing so by extraordinary circumstances; and (e) engaging in any conduct that is detrimental to the United States of America, USATF, or Athletics.

I understand that any discipline proceedings shall be conducted in accordance with USADA’s and WADA’s rules and regulations, as well as the World Anti-Doping Code, and the IAAF and USOC’s rules and regulations. I understand that USATF’s rules and regulations are designed to ensure that I am an athlete in good standing with the United States of America, USATF, and Athletics.

I understand that I have received a copy of these regulations and that I have read and agreed to them. I also understand that any purchases or services purchased by the USOC or LOCO shall be used exclusively for the purpose of the Team. I understand that the Team shall be responsible for the costs of the Team’s participation in any events or competitions, and that I am responsible for any costs incurred by me in connection with my participation in the Team.

I understand that the Team’s participation in any events or competitions is subject to the Team’s policy and regulations, as well as the policies and regulations of the governing bodies of the events or competitions. I understand that the Team shall be responsible for any costs incurred by me in connection with my participation in the Team.

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## 2012 US OLYMPIC TRIALS – TRACK & FIELD QUALIFYING STANDARDS

**Revision 1/12/12**

<table>
<thead>
<tr>
<th>Event</th>
<th>Automatic (&quot;A&quot;)</th>
<th>Provisional (&quot;B&quot;)</th>
<th>Field Size/ Rounds</th>
<th>Automatic (&quot;A&quot;)</th>
<th>Provisional (&quot;B&quot;)</th>
<th>Field Size/ Rounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.29</td>
<td>11.40</td>
<td>(32–3)</td>
<td>11.29</td>
<td>11.40</td>
<td>(32–3)</td>
</tr>
<tr>
<td>200m</td>
<td>23.10</td>
<td>23.35</td>
<td>(30–3)</td>
<td>23.10</td>
<td>23.35</td>
<td>(30–3)</td>
</tr>
<tr>
<td>400m</td>
<td>45.30*</td>
<td>46.00</td>
<td>(28–3)</td>
<td>45.55*</td>
<td>52.60</td>
<td>(28–3)</td>
</tr>
<tr>
<td>800m</td>
<td>2:01.30</td>
<td>2:05.90</td>
<td>(30–3)</td>
<td>2:01.30</td>
<td>2:05.90</td>
<td>(30–3)</td>
</tr>
<tr>
<td>1500m</td>
<td>4:12.93</td>
<td>4:17.00</td>
<td>(30–3)</td>
<td>4:12.93</td>
<td>4:17.00</td>
<td>(30–3)</td>
</tr>
<tr>
<td>5000m</td>
<td>15:35.00</td>
<td>15:50.00</td>
<td>(24–2)</td>
<td>15:35.00</td>
<td>15:50.00</td>
<td>(24–2)</td>
</tr>
<tr>
<td>10k</td>
<td>32:45.00</td>
<td>34:00.00</td>
<td>(24–1)</td>
<td>32:45.00</td>
<td>34:00.00</td>
<td>(24–1)</td>
</tr>
<tr>
<td>20k RW</td>
<td>none</td>
<td>1:48.00</td>
<td>(15–1)</td>
<td>none</td>
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<td>(15–1)</td>
</tr>
<tr>
<td>50k RW</td>
<td>none</td>
<td>1 (15–1)</td>
<td>110m Hurdles</td>
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<td>110m Hurdles</td>
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<tr>
<td>100m Hurdles</td>
<td></td>
<td>13.00</td>
<td>(32–3)</td>
<td>13.00</td>
<td>(32–3)</td>
<td></td>
</tr>
<tr>
<td>400m Hurdles</td>
<td></td>
<td>56.00</td>
<td>(28–3)</td>
<td>57.80</td>
<td>(28–3)</td>
<td></td>
</tr>
<tr>
<td>3000m SC</td>
<td>9:55.00</td>
<td>10:15.00</td>
<td>(24–2)</td>
<td>9:55.00</td>
<td>10:15.00</td>
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</tr>
<tr>
<td>High Jump</td>
<td>1.87m</td>
<td>1.84m</td>
<td>(24–2)</td>
<td>1.87m</td>
<td>1.84m</td>
<td>(24–2)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.50m</td>
<td>4.30m</td>
<td>(24–2)</td>
<td>4.50m</td>
<td>4.30m</td>
<td>(24–2)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>6.65m</td>
<td>6.45m</td>
<td>(24–2)</td>
<td>6.65m</td>
<td>6.45m</td>
<td>(24–2)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>13.75m</td>
<td>13.20m</td>
<td>(24–2)</td>
<td>13.75m</td>
<td>13.20m</td>
<td>(24–2)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>17.90m</td>
<td>16.40m</td>
<td>(24–2)</td>
<td>17.90m</td>
<td>16.40m</td>
<td>(24–2)</td>
</tr>
<tr>
<td>Discus Throw</td>
<td></td>
<td>60.00m</td>
<td>(24–2)</td>
<td>60.00m</td>
<td>60.00m</td>
<td>(24–2)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td></td>
<td>68.00m</td>
<td>(24–2)</td>
<td>68.00m</td>
<td>64.00m</td>
<td>(24–2)</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td></td>
<td>55.00m</td>
<td>(24–2)</td>
<td>55.00m</td>
<td>50.50m</td>
<td>(24–2)</td>
</tr>
<tr>
<td>Heptathlon</td>
<td>5800 pts</td>
<td>5600 pts</td>
<td>(18)</td>
<td>5800 pts</td>
<td>5600 pts</td>
<td>(18)</td>
</tr>
</tbody>
</table>

*In accordance with the amendments made to the Olympic Games qualifying standards in November 2011 by the IAAF, the Men's 400M qualifying standard has been adjusted from 45.25 to 45.30 and the Women's 400M qualifying standard has been adjusted from 51.50 to 51.55.

The Sport Committee Chair will, and only where necessary, adjust the standards no later than 45 days prior to the competition, based on entries received up to that time.

Due to recent arbitration, USATF may have no “Automatic” standard that is superior to the Olympic “A” standard. Thus, “Automatic” standards were adjusted in the 100m, 200m, 400m, 110mH and 400mH. The number of rounds have also changed from 4 to 3 in the 100m, 200m and 110mH to coincide with the Olympic Games program, where those who achieve the “A” standard will advance directly to the quarter-final round.
The Men’s and Women’s T&F Chairs will handle all entry appeals up to 48 hours prior to the start of competition in each event. Thereafter, the Entry Appeals Committee, consisting of two Athletes Advisory Committee members, one Men's T&F Committee member and one Women’s T&F Committee member will have the sole responsibility to handle entry appeals.

For each event, the approximate field size (not the minimum) and number of rounds are shown. Also shown are the Automatic (“A”) and the Provisional (“B”) Qualifying Standards that will be used for the 2012 U.S. Olympic Trials.

All verified entries who have met the “Automatic” standard within the prescribed period, shall be qualified to participate in the U.S. Olympic Trials. Additional verified entries from the rank order list of those who have qualified with the “Provisional” standard, shall be invited to participate in the Trials only to the extent that the indicated field size has not been filled by those with the “Automatic” standard. An invitation will be extended to these additional persons based on verified entries in their performance rank order.

**2012 US Olympic Trials – Track & Field Guidelines**

1. All qualifying performances for the U.S. Olympic Trials must be attained on a standard outdoor track in the period Sunday, May 1, 2011 through Sunday, June 17, 2012, or on an indoor track, in the same event, in the period Sunday, January 1, 2012 through Sunday, June 17, 2012; except for the 10,000 meters, Decathlon & Heptathlon and 20km Race Walks, whose qualifying period is from Sunday, January 1, 2011 through Sunday, June 17, 2012. The qualifying performance for the men’s 50km Race Walk must be attained in the period Sunday January 1, 2010 through Sunday, January 7, 2012.

2. Qualifying marks must be made in accordance with USATF Rule 149 and verifiable in one of the following:
   - USATF or IAAF sanctioned meets/events which prescribe to or exceed USATF competition rules, or
   - college meets/events which prescribe to or exceed USATF competition rules, or
   - high school meets but not dual or triangular meets.
   - meets or events which meet a minimum for competitiveness as set by the Chair of the Sport Committee and determined to be valid by the USATF staff member responsible for the verification and validity of marks.

3. Hand times are acceptable only for those events in which the distance is equal to or greater than 800 meters. No timing allowance factor for qualifying shall be made for hand times. Hand times will be adjusted using USATF Rule 166-6 for the purposes of seeding.
4. Wind-assisted performances will not be accepted for 2012 U.S. Olympic Trials qualifying.

5. There will be no adjustment for marks made at altitude.

6. Qualifying marks must be attained in a 2012 U.S. Olympic Trials event. No qualifying marks will be allowed using alternate events, except for the men’s Mile run as follows: An appeal to use a Mile qualifying mark for the 1500 will be accepted only if the mile mark was made during the 2012 season, from Sunday, January 1, 2012 through Sunday, June 17, 2012, and the mark is 3:54.00 or better.

7. An Athlete must be U.S. citizen and eligible to represent the United States in international competition, as well as being a U.S. citizen on the date of Declaration for the 2012 U.S. Olympic Trials in that event - this date being 48 hours prior to the first day of competition in the event.

8. Athletes who have earned Automatic Qualification into the meet under USATF Rule 8 must follow all entry procedures and declarations procedures, and will be counted in that event’s field sizes by the seeding committee.

9. At the U.S. Olympic Trials, the mark used for qualifying and the mark used for first round seeding might not be the same, as described per USATF Rule 166.1.(d).i. Each qualified entrant in each event should submit a 2012 season best (January 1, 2012 – June 17, 2012) performance, if one exists, whether it meets the qualifying standard or not. Seeding for the first round of competition is based, first, on all 2012 season performances in rank order, followed by any 2011 season performances, even if they do not meet the qualifying standard (Rule 166-1.(d) i ). Note that a 2011 season mark may qualify an individual into the competition, but will not be used for seeding purposes when a 2012 season mark exists.
2012 OLYMPIC GAMES QUALIFYING STANDARDS

Qualifying window:


Men’s 50km Race Walk - January 1, 2011 - June 17, 2012. Race Walk standards must be met on an IAAF approved course.

10,000m and Combined Events - January 1, 2011 - July 1, 2012 or the end of the athlete’s individual event at the 2012 Olympic Team Trials - Track & Field, whichever comes first.

All Other Individual Track & Field Events - May 1, 2011 - July 1, 2012 or the end of the athlete’s individual event at the 2012 Olympic Team Trials - Track & Field, whichever comes first.

<table>
<thead>
<tr>
<th>MEN Event</th>
<th>&quot;A&quot; Standard</th>
<th>&quot;B&quot; Standard</th>
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</thead>
<tbody>
<tr>
<td>100m</td>
<td>10.18</td>
<td>10.24</td>
</tr>
<tr>
<td>200m</td>
<td>20.55</td>
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<tr>
<td>400m</td>
<td>45.30</td>
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<tr>
<td>800m</td>
<td>1:45.60</td>
<td>1:46.30</td>
</tr>
<tr>
<td>1500m</td>
<td>3:35.50</td>
<td>3:38.00</td>
</tr>
<tr>
<td>5000m</td>
<td>13:20:00</td>
<td>13:27:00</td>
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<tr>
<td>10,000m</td>
<td>27:45.00</td>
<td>28:05.00</td>
</tr>
<tr>
<td>Marathon</td>
<td>2:15:00</td>
<td>2:18:00</td>
</tr>
<tr>
<td>3000m Steeplechase</td>
<td>8:23.10</td>
<td>8:32.00</td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>13.52</td>
<td>13.60</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>49.50</td>
<td>49.80</td>
</tr>
<tr>
<td>High Jump</td>
<td>2.31 m</td>
<td>2.28 m</td>
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<tr>
<td>Pole Vault</td>
<td>5.72 m</td>
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<tr>
<td>Long Jump</td>
<td>8.20 m</td>
<td>8.10 m</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>17.20 m</td>
<td>16.85 m</td>
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<tr>
<td>Shot Put</td>
<td>20.50 m</td>
<td>20.00 m</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>65.00 m</td>
<td>63.00 m</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>78.00 m</td>
<td>74.00 m</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>82.00 m</td>
<td>79.50 m</td>
</tr>
<tr>
<td>Decathlon</td>
<td>8,200 pts.</td>
<td>7,950 pts.</td>
</tr>
<tr>
<td>20 km Race Walk</td>
<td>1:22:30</td>
<td>1:24:30</td>
</tr>
<tr>
<td>50 km Race Walk</td>
<td>3:59:00</td>
<td>4:09:00</td>
</tr>
<tr>
<td>4x100m</td>
<td>Top 16 teams</td>
<td></td>
</tr>
<tr>
<td>4x400m</td>
<td>Top 16 teams</td>
<td></td>
</tr>
<tr>
<td>WOMEN Event</td>
<td>&quot;A&quot; Standard</td>
<td>&quot;B&quot; Standard</td>
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<tr>
<td>100m</td>
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<td>200m</td>
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<tr>
<td>400m</td>
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<tr>
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<tr>
<td>1500m</td>
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<td>5000m</td>
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<td>15:30.00</td>
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<tr>
<td>10,000m</td>
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<td>32:10.00</td>
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<tr>
<td>Marathon</td>
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<tr>
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<tr>
<td>100m Hurdles</td>
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<tr>
<td>400m Hurdles</td>
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</tr>
<tr>
<td>High Jump</td>
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<tr>
<td>Pole Vault</td>
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<tr>
<td>Long Jump</td>
<td>6.75 m</td>
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<td>14.30 m</td>
<td>14.10 m</td>
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<tr>
<td>Shot Put</td>
<td>18.30 m</td>
<td>17.20 m</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>62.00 m</td>
<td>59.50 m</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>71.50 m</td>
<td>69.00 m</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>61.00 m</td>
<td>59.00 m</td>
</tr>
<tr>
<td>Heptathlon</td>
<td>6,150 pts.</td>
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<td></td>
</tr>
</tbody>
</table>

Amendments highlighted in red were made by the IAAF in November 2011.

For more information, please visit http://www.usatf.org/events/2012/OlympicGames/.
**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 your's 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 first bag, $25 second bag, $50 additional bags
Frequent Flier Program – A+ Rewards Registration - tickets.airtran.com/register.aspx

Alaska Airlines (800) 252-7522, www.alaskaair.com
Baggage Policy – $15 first bag, $25 second bag, $50 third bag, $100 additional bags
Frequent Flier Program – Mileage Plan Registration - www.alaskaair.com/mileageplan/

American (800) 433-7300, www.aa.com
Baggage Policy – $20 first bag, $30 second bag, $100 3-5 bags, $200 6-10 bags
Frequent Flier Program – AAdvantage Registration – www.aa.com/aadvantage

Delta Air Lines (800) 221-1212, www.delta.com
Baggage Policy – $25 first bag, $35 second bag, $125 third bag, $200 additional bags
Frequent Flier Program – SkyMiles Registration – www.delta.com/skymiles/index.jsp

Frontier Airlines (800) 432-1359, www.frontierairlines.com
Baggage Policy – $20 first bag, $30 second bag, $50 additional bags
Frequent Flier Program – Early Returns Registration – frontierairlines.com/earlyreturns

Baggage Policy – no charge - first bag, $30 for second bag, $75 for third bag
Frequent Flier Program – TrueBlue Registration – www.jetblue.com/trueblue/

Midwest (800) 452-2022, www.midwestexpress.com
Baggage Policy - $20 for first bag, $30 for second bag, $50 for additional bags
Frequent Flier Program – Midwest Miles Registration – www.midwestexpress.com/midwestmiles

Southwest Airlines (800) 435-9792, www.southwest.com
Baggage Policy – free first bag, free second bag, $50 3-9 bags $110 additional bags
Frequent Flier Program – Rapid Rewards Registration – southwest.com/rapid_rewards

United (800) 241-6522, www.ual.com
Baggage Policy – $25 first bag, $35 second bag, $125 3-4 bags, $200 additional bags
Frequent Flier Program – Mileage Plus Registration – www.ual.com/mileageplus

US Airways (800) 428-4322, www.usairways.com
Baggage Policy – $25 first bag, $35 second bag, $100 additional bags
Frequent Flier Program – Dividend Miles Registration – usairways.com/dividendmiles

Virgin America (877) 359-8474, www.virginamerica.com
Baggage Policy – $20 first bag, $20 2-10 bags
Frequent Flier Program – Elevate Registration – www.virginamerica.com/elevate
All the baggage policies are for domestic travel and are subject to change. In 2010, many airlines implemented a discount for baggage fees when paid online prior to arrival at the airport. Please consult with your specific air carrier before arriving at the airport to verify baggage allowances and fees.

USATF recommends that athletes enroll in airline frequent flier programs to earn credit for flights both 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 – United and US Airways code-share. Therefore you can assign your United number to flights operated by US Airways and earn mileage. Alaska Airlines code-share with multiple domestic and international airlines, including Delta, 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. Again – just ask when you enroll.
Win with Integrity.

Background

In 2004, USATF and Team USA athletes initiated an outreach program that was aimed at educating youth, parents, educators, and coaches about the positive results that come from leading a physically active, drug-free lifestyle while living with integrity. Track and Field champions from every discipline visited schools and community centers all over the country to work directly with young people. Since then, the Win With Integrity program has evolved from a start-up program into one of USA Track & Field’s most successful initiatives.

Program Content

The Win With Integrity program includes the introduction of the participating athletes by a USATF emcee, who also provides background on the goals and themes of USA Track & Field and of Win With Integrity, stressing the importance of active, drug-free lifestyles and good decision-making. The USATF Year-in-Review Video is then played, providing visual motivation for the students and displaying the excitement of our sport and athletes. Following the video, athletes engage in an interactive question-and-answer session with students, focusing on the key themes of good sportsmanship, the importance of leading a healthy lifestyle, and the need to avoid drugs. The program concludes with the recitation of the Win With Integrity program pledge (see below) and an athlete autograph session.

When available, the program is held inside an auditorium, where a Win With Integrity program banner is displayed across the stage. As students file into the auditorium, they are handed a Win With Integrity pledge card. At the end of the program, participants recite a pledge indicating their commitment to be active and drug-free. USATF staff script the program and suggest athlete talking points based on feedback from local educators and the Win With Integrity pledge.
MAKING THE MOST OF THE MEDIA

As all of you know, being a professional athlete for the World’s #1 Track & Field team involves more than just training and competing. One of the key areas for any member of Team USA is working with the media – traditional, electronic, and social. It’s a part of the job that can be exciting and a terrific opportunity – depending on what you make of it.

The USATF Integrated Marketing and Communications Department over the last several years has put a special emphasis on trying to increase the visibility of USATF athletes in all event groups over a wide range of media. Thanks to the cooperation of you and your representatives, we have seen a good deal of success. Whether one of our athletes is appearing on the “Tonight Show,” we are hosting a New York Media Tour, we are advising advertisers on working with athletes or are generating coverage for one of our junior athletes in a local paper, we are working at all levels to make you more visible.

Why?

Arranging media opportunities with athletes accomplishes several key objectives: it promotes the sport and it promotes the organization, but most important, it promotes you as a professional athlete. Media exposure can create more competitive and financial opportunities for you and for others in our sport. An athlete earns a living through prize money and endorsement contracts, and putting yourself in the public eye can help put you in a position to take advantage of both sources of income.

The power of “Traditional Media”

Never underestimate the power of the media. Your performances on the track and in the field are, of course, the ultimate measure of your success athletically. But the media and the buzz they help create can do a great deal for your long-term career. An athlete who works well with the media will get favorable coverage; when a track fan sees that coverage, they want to come to a meet to see you; when people fill the stands, meets are successful; when meets are successful, they can pay more prize money and get TV time; when they get TV time, you gain exposure; when you gain exposure, more meet directors and potential sponsors know who you are and what your story is.
You get the idea.

Think about the movie industry. These days, movies are financially successful not based on individual performances, necessarily. It usually has more to do with how successful the actors are at promoting the movie on talk shows, to newspapers and others. It’s got to be a drag sometimes for the actors to do all of the promotion, but it pays off in the end. A hard-core group of fans will show up to see the best acting performances no matter what, but to gain the attention (and dollars) of the public at large, they need the help of the media.

Of course, track and field gets a microscopic fraction of the attention the movie industry gets, but it’s the same principle. Except in track and field, the athletes are the actors, and the sport itself is the movie. It is the actors (you, the athlete) who create the buzz for yourself and for your movie (the sport). Working together, our own industry – and your virtual, financial and competitive place in it – can grow.

“Create your own buzz”

We realize that taking time out to speak with the media can at times be inconvenient. Sometimes you must work around your travel schedule or training schedule, or perhaps things haven’t been going well for you lately and you’re not feeling particularly talkative. But the most successful athletes with the media are those who understand that working with the media is a win-win situation: the reporters get a story, and you gain visibility.

A phrase we like to use with athletes on all levels is that, in order to become more visible and draw the attention of sponsors and the public, you must “create your own buzz.” That means that you seize opportunities to tell your story to the media, rather than have them write your story without your input or, even worse, have them not write your story at all.

Making Friends and Influencing People

Although their job is usually (but not always) to report objectively, reporters are people, too. Generally speaking, if you treat them well, they will treat you well. That does not mean that if you perform poorly that they won’t report on it. But it does mean that your chances of being treated fairly are greatly increased.

Conversely, if you are uncooperative with the media, that doesn’t mean they won’t report your successes. But it does increase the chances that, if a difficult situation comes up, they may not give you the benefit of the doubt. In short, it’s much more desirable to have the media as your friends, rather than your enemies.
What does cooperating with the media mean? Of course working with the media should never mean compromising your performances or fitness, but there is a lot you can do:

- Work cooperatively with USATF Integrated Marketing and Communications staff to participate in press conferences, teleconferences and other events. Media around the world participate in these events and appreciate athlete cooperation.

- Answer questions in the mixed zone after a competition, even if you don’t do well. If you are not up for talking (you’re hurt, you’ve got another race in 40 minutes, etc), just tell them why you can’t speak right now, and let them know when you will be available. They will appreciate it.

- Get to know members of the media by name.

- Be sure to discuss your desire to work with the media with your agent, if you have one. Let him or her know that you consider it a priority to comply with interview requests. Only some of the media interview requests during the off-season come through the USATF offices; many reporters will contact your agent directly. Track and field has some terrific agents, and you need to ensure that you’re on the same page when it comes to the media.

- Work to accommodate TV interviews, including those done the day or two before an event.

**How can you create your own buzz?**

- Go positive, not negative. Remember that anything you say could appear on TV, a newspaper, a website or in a blog. As a result, do not ridicule your opponents – it will make you look bad and might give them more motivation! If you badmouth the sport, fans or your competitors, you effectively badmouth yourself.

- Promote the sport, don’t put it down. This is the biggest item we can stress. (See The Big Stuff, below). Track and field is stronger than it has been in many years in the United States, with sell-out crowds and more opportunities, but many people in the public have it stuck in their heads that track is somehow “struggling.” Your comments (in addition to your performances) can illustrate that is not true. Talk about how GREAT the crowd is, regardless of its size. You never hear an NBA player, Major League Baseball Player or WNBA player say, “boy, I played hard, but the fans weren’t making much noise/the arena wasn’t set up well/I wish there were more people here.” Who wants to support a sport like that? Instead, there could be 10 people in the stands, all of whom are gagged and blindfolded, but they’ll still say, “The crowd was great! What a great game!”
Give personal anecdotes. People love the story-behind-the story. Don’t give away any information you’re uncomfortable with, but little anecdotes go a long way toward establishing an athlete’s public identity.

Smile! Let your human side show. Some of the most effective athletes at flashing a winning smile are Allyson Felix, Sanya Richards-Ross, Dwight Phillips, David Oliver, Anna (Willard) Pierce and Kara Goucher. The international media appreciates athletes who are friendly and accessible. These athletes may not always feel like smiling or being courteous when they are approached by a reporter in a crowded European hotel lobby, but they manage to do it anyway. A big, warm smile is the “Beyonce Knowles Effect” – it will immediately put a person at ease and make them inclined to like you. And that is the first step toward raising your profile and getting covered by the media.

Patience is a virtue

Of course, athletes are human – even if your performances are super-human – and sometimes you get media attention whether you want it or not. We know that working with the media can be a trying experience, especially when you’ve been asked the same question approximately 3,214 times … and it’s even more frustrating when it’s a “stupid” question. But being patient and polite – or addressing the question with humor – can go a long way.

That said, what the media want more than anything is a new story. In 2004 and 2005, it was the “young guns” who caught the eye of the press; fresh faces like Lauryn Williams, Jeremy Wariner, Allyson Felix, Sanya Richards-Ross and others were as notable for being a cohesive group on Team USA as they were for their individual talents and personalities. The press loved it. The IAAF and the media themselves remarked at the 2004 Olympics and 2005 and ’07 World Championships on the professionalism and likability of our current crop of athletes – and they (YOU!) are winning gold medals, to boot. Since 2008, the main storylines have been the U.S.-Jamaica sprint rivalry; the re-emergence of Team USA in the field events and middle/long distance, and “surprise” medalists at the 2011 World Championships in Daegu. Jenny Simpson’s stunned look after she won the women’s 1,500 meters, and her tribute to her sister who serves in the U.S. military – was among the most talked-about moments of the meet.

Athletic success + great personalities + professionalism = positive coverage for you and the sport.
Not surprisingly, the people who are most engaging and accessible to the media are the people who get the most publicity. The athletes who sponsors want to sign to contracts are those who get publicity – sponsors want exposure, first and foremost. Being a media darling of course is no guarantee of sponsors lining up at your door, but it sure helps. You don’t see many sponsors banging down the doors to sign surly, antisocial athletes. Shaquille O’Neal far outlived his shelf-life in the NBA simply because of his personality.

**The big stuff**

Before we list some basic tips for working with the media in an interview situation, we should discuss two topics that come up constantly.

The first is that athletes will often be asked a version of the question, “why is track struggling in the United States”? This is the most frustrating question we face, because it is false. Track and field is incredibly strong in the United States. So when asked a question like that, consider responding with the following:

- Despite more than 40 countries around the world winning medals at the Olympics, Team USA is still the World’s #1 Track & Field Team, leading the world in medals won at events such as the Olympic Games, World Indoor Championships, World Outdoor Championships, World Youth Championships, and World Junior Championships.

- USATF’s budget for 2012 is over $20 million, and the Visa Championship Series is putting more money than ever into the pockets of U.S. athletes.

- Track & Field/Cross Country is the #1 junior high and high school participation sport in the United States.

- There has never been more track & field on television. Track’s TV ratings are going up – including a 20 percent rise in ratings in 2009 – while most other sports are losing audience share.

- Meet attendance continues to go up. The 2008 Olympic Trials set an all-time attendance record; the Penn Relays – a meet older than the modern Olympics – has broken attendance records five times since 2000, and draws more than 112,000 fans over three days; classic meets such as the Drake Relays, Texas Relays and state high school championships around the country all have set records in the last four years; the Nike Prefontaine Classic and the adidas Grand Prix, both part of the Visa Championship Series, will be part of the IAAF Diamond League.

And that’s just the start of the good news about track and field.
THE “D” WORD – DOPING

The other topic that athletes can’t get away from is doping. USA Track & Field has been a leader in the push to rid our sport of performance-enhancing drugs, and we support the efforts of anti-doping organizations to do just that. When cheaters are caught, it is good for the sport. While negative headlines might be the immediate effect, the long-term effect is positive – a clean, even playing field is what we all want. USATF has been a leader in the fight against drugs dating back to the 1980s and we hope that professional sports in the U.S. and around the world will begin to treat drug testing seriously.

Up until 2005, the media didn’t seem to care that track took the fight against doping seriously. But thanks to the steroid scandal in baseball, and the realization by Congress and others that sports such as baseball barely tested and rarely punished athletes, track and the Olympic movement are now referred to as the “Gold Standard” in drug testing.

As a result, media stories are now more often on the sport than they are about doping. And when doping does come up, it often is in a more positive context – the context that track is tough on dopers.

Athletes have different comfort levels when asked by the media about doping issues, and understandably so: the topic is enormously complex, rife with high emotions, politics and misunderstanding by the media and the public. We encourage you to speak your mind against drugs and the athletes who use them. This is not a topic for political correctness. Having the public know that athletes oppose drugs is crucial.

That said, you should never be pressured into saying more than you are comfortable with. And there is always the potential that the more you talk about doping, the more that doping – even a positive spin on it – will be the story, rather than you. Some athletes take a very active stance on doping and discuss it in detail. Those athletes do a tremendous job, and USATF supports all stands against drug use. The only downside to this approach is that with certain reporters who focus only on the negatives of sport, it can lead to spending most of your time talking about drugs instead of the real news of your accomplishments.

If they go negative ...

If you are not comfortable with a question a reporter asks you or the tone/line of questioning, there are various ways you can respond. For instance, if you are asked, “What do you think about the doping rumors circulating around Jane Doe?” you might reply with something like, “I just concentrate on my own performances and my own training, and doing it clean. I don’t worry about what other people are or aren’t doing.” Taking a stand against doping is great; getting involved in finger-pointing is dangerous. Directing your response back to yourself and your own story is the most effective route to take in most cases. Do not hesitate to answer the same way if the reporter continues with similar questions.
You might also get asked by a reporter who is uninformed about doping procedures, “What do you think about USATF’s anti-doping program?” It is important to let people know that USATF does not administer the domestic anti-doping program for track athletes, it is the U.S. Anti-Doping Agency (USADA).

In the world of “creating your own buzz,” it’s very difficult to keep buzzing about positive things when you’re getting mired down in something that you have no control over – namely, how organizations like USADA, WADA, the IOC and the IAAF administer their doping protocols. You should always stick to what you know when it comes to talking to the media, regardless of the topic. You, not the reporter, control your answer.

What does it all mean?

What all this means is: when it comes to the media, if you are yourself, relax and have a good time with it, you will excel. Be engaging, not defensive. Be accommodating, not exclusive. Don’t let it detract from your training, but whenever possible, find a way to work it in to your schedule. It can pay off for you, your colleagues and the sport. Win, win, win!

TIPS FROM THE SPEAKING SPECIALISTS

Know Your Audience - Who are they? What is their level of knowledge and expertise in track & field? What do you want them to know or do? Being prepared with this information before you speak to a group or to the press will help you say the right thing to your audience.

Know Your Message - Have a single key point; repeat, reinforce, personalize, be definitive. Avoid saying, "I think", "I feel", "I believe". Do not stray away from your subject.

Anticipate All Questions - Consider issues and determine answers before you speak or are interviewed; concentrate on your answers to the questions. Do not be caught off guard. Spend some time thinking about what you will say to the press before you go to a competition.

Avoid Jargon - Avoid words or phrases that may be confusing or that your audience will not understand. Keep the message simple. Be careful of acronyms, clichés and technical terms.

Use Physical Animation - Your voice and body work together. Use physical movement to enhance your vocal delivery. Scan the room; maintain high energy.

Do Not Repeat Negative Phrases - Rephrase questions to reinforce what you are doing and make positive statements. Negative phrases can be picked out as a single sound bite and give the appearance that you said something you did not mean.
**Keep Your Cool** - Respond rationally to emotion. Don’t get flustered or defensive.

**Speak Only for Yourself** - Don’t talk about other rivals or competitors. Concentrate on yourself and your own position.

**Avoid "No Comment" and "Off The Record"** - Be careful of phrases like "between you and me" or "I shouldn’t be saying this, but". If you say it, expect that it will be printed, broadcast or reproduced somewhere. It will also influence subsequent on the record questions.

**Tell the Truth** - Honesty ultimately enhances believability.

*From Sue Castorino and Randy Minkoff at The Speaking Specialists.*

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**THE SOCIAL NETWORK(S)**

Since the 2008 Olympic Games, social media – Twitter, Facebook, FourSquare, you name it – have become a global force. Athletes, celebrities, politicians, average folk, your mom, your high school history teacher… everybody uses these social outlets. The reasons for use vary. Some people want to stay in touch with their friends, others want to promote a project, some just want people to pay attention to them.

The 2012 Olympic Games will be the most social in history. In the run-up to London, more and more people will be paying attention to the social media of Olympic-sport athletes. This presents an outstanding opportunity for you to increase your visibility and your potential sponsor appeal, since an athlete with a following can generate great visibility for his or her sponsors. Meb Keflezighi is a great example of promoting everything from his book to his breathing assistive devices to his shoes and mp3 hardware. And he does it well.

If you are serious about raising your profile, you must be on social media. No way around it. It is no coincidence that the U.S. athletes with the most mainstream currency – Allyson Felix, Sanya Richards-Ross, David Oliver, Lolo Jones – are among those who are most active in social media. There are great opportunities and also great pitfalls. As you wade into the world of social media, especially in 2012, keep the following tips in mind:

- Join Twitter. Have an account. TWEET!
- Join Facebook. Have an account. UPDATE IT!
- Do you own tweeting and posting. This is hugely important. Nobody wants to read what your agent’s assistant has to say while pretending to be you
- Use hashtags when tweeting/posting from and about events you’re competing in
- Tell your followers when you’ll be on TV and encourage them to watch you
- Share and repost tweets and links from USATF accounts that mention you or an event you’re competing in. Our friends and followers will become your friends and followers.

- Tag your friends in your tweets and posts. Their friends followers will become your friends followers.

- Post photos, especially of you with other well-know people. Tag those people. Their friends and followers become ... you get the idea.

- Share your life but protect your privacy. Avoid geo-tagging your tweets, posting specific travel itineraries or circulating photos or information that reveal your home address.

- Don’t say anything on social media that you wouldn’t want your mother, the media, or your ex-girlfriend’s boyfriend to see.

- Say whatever you want but remember it’s a press conference – the media are following and your sponsors are following. So if you don’t want Gene Cherry of Reuters to know that you woke up next to somebody you didn’t recognize ... maybe keep it off Twitter.

- All that said – BE YOURSELF! Give insight into what your daily life is like. Be funny. Go ahead and post what you had for breakfast or what you’re watching on TV. That’s the kind of stuff the public wants to know about. Really! It’s what makes you you.

**And here’s what it’s all about ...**

- When soliciting sponsors, provide your social media numbers and describe how you can promote the sponsor and what that value is. (For instance, charge $1,000 per tweet for product promotion ... be creative!)
ATHLETE BIOS

The USATF Integrated Marketing and Communications (IMC) staff creates and maintains approximately 200 track and field/LDR athlete bios, plus additional Mountain/Ultra/Trail bios, in any given year. These bios appear in the USATF Media Guide and FAST Annual, the USATF Web Site, and in various media kits at major events. In addition, they are provided to the press in order to aid them with stories throughout the year.

Track & Field Bios (from the USATF website):

To be eligible for a USATF athlete biography, an athlete must:

- Be ranked in the top 5 in the U.S. for the previous calendar year by Track & Field News, provided that his/her event has at least five athletes ranked in the top 25 in the world; OR
- Be ranked in the top 3 in the U.S. by Track & Field News if his/her event does not have 5 athletes in the top 25 in the world; OR
- If not ranked in the top 5, have spent the previous year out of competition due to injury, pregnancy or other circumstances; have a high media interest; be a current or recent U.S. champion competing at the World/Olympic level; be a World or Olympic Team USA member in the current year, competing at a high level; or compete in an event where the U.S. is inordinately strong (men’s 110m hurdles and dashes); AND
- Not be the subject of anti-doping disciplinary action that could result in suspension.

Mountain/Ultra/Trail Bios

In addition to being a current member of USATF, an athlete must satisfy one or more of the following:

- Have at least one win in a major mountain, ultra, or trail race within past three years (Masters and age-group wins included).
- Have raced on a USATF-sanctioned national team within the past two years.
- Have at least one major trail record or "FKT" (Fastest Known Time) on a major trail (e.g., John Muir Trail, Appalachian Trail, etc.).
- Have placed in the top three in a USATF Mountain/Ultra/Trail Championship within the last three years.
- Have broken an American or World mountain, ultra, or trail-running record (Masters and age-group records included).
The staff does their best to keep athlete bios as up-to-date as possible, coordinating with the Elite Athlete Programs department to try to keep abreast of coaching, location and agent changes, especially. But your help can make them even better. Please check out your bio periodically at www.usatf.org/athletes/bios and let us know if any of your information has changed.

TO CHANGE YOUR BIO INFORMATION or PHOTO: Email Media Information Manager Jared Slinde at Jared.Slinde@usatf.org.

For general info about the USATF Integrated Marketing and Communications department, contact Jill M. Geer at Jill.Geer@usatf.org.
### 2012 CALENDAR FOR ELITE ATHLETES

Subject to Change  
Domestic events in bold

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<th>DATE</th>
<th>CITY</th>
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<td>Melbourne, AUS</td>
<td><a href="mailto:david.gynther@athletics.org.au">david.gynther@athletics.org.au</a></td>
</tr>
<tr>
<td><strong>USA Indoor Combined Events Champs</strong></td>
<td>3/3-4</td>
<td>Bloomington, IN</td>
<td><a href="mailto:jdarther@indiana.edu">jdarther@indiana.edu</a></td>
</tr>
<tr>
<td><strong>NACAC Cross Country Championships</strong></td>
<td>3/17</td>
<td>Tobago, TRI</td>
<td><a href="mailto:jim.estes@usatf.org">jim.estes@usatf.org</a></td>
</tr>
<tr>
<td>Rome Marathon (IAAF Gold Label Road Race)</td>
<td>3/18</td>
<td>Rome, ITA</td>
<td><a href="mailto:info@maratonadroma.it">info@maratonadroma.it</a></td>
</tr>
<tr>
<td><strong>Cinque Mulini (IAAF Permit XC)</strong></td>
<td>3/18</td>
<td>San Vittore Olona, ITA</td>
<td><a href="mailto:info@cinquemulinii.it">info@cinquemulinii.it</a></td>
</tr>
<tr>
<td><strong>Texas Relays</strong></td>
<td>3/28</td>
<td>Austin, TX</td>
<td><a href="http://www.telesport.com">www.telesport.com</a></td>
</tr>
<tr>
<td><strong>2012 IAAF Race Walk Challenge (RW Grand Prix)</strong></td>
<td>3/29-30</td>
<td>Taicang, CHN</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
</tr>
<tr>
<td><strong>US World Cup RW Trials</strong></td>
<td>4/1</td>
<td>Eugene, OR</td>
<td><a href="http://www.usatf.org">www.usatf.org</a></td>
</tr>
<tr>
<td>21* G. Premio Int’l en Marcha Atletica (RW GP)</td>
<td>4/14</td>
<td>Rio Major, POR</td>
<td><a href="mailto:gpmarcharm@mail.telepac.pt">gpmarcharm@mail.telepac.pt</a></td>
</tr>
<tr>
<td>BAA Boston Marathon (IAAF Gold Label Road Race)</td>
<td>4/16</td>
<td>Boston, MA</td>
<td><a href="mailto:morse@baa.org">morse@baa.org</a></td>
</tr>
<tr>
<td>Kansas Relays</td>
<td>4/18</td>
<td>Lawrence, KS</td>
<td><a href="mailto:mdonley@ku.edu">mdonley@ku.edu</a></td>
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</tbody>
</table>
### 2012 CALENDAR FOR ELITE ATHLETES

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<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Mt. SAC Relays</td>
<td>4/21</td>
<td>Walnut, CA</td>
<td><a href="mailto:relays@mtsac.edu">relays@mtsac.edu</a></td>
</tr>
<tr>
<td>Virgin London Marathon (IAAF Gold Label Road Race)</td>
<td>4/22</td>
<td>London, GBR</td>
<td><a href="mailto:davidb@london-marathon.co.uk">davidb@london-marathon.co.uk</a></td>
</tr>
<tr>
<td>USA vs. the World @ Penn Relays</td>
<td>4/28</td>
<td>Philadelphia, PA</td>
<td><a href="mailto:adam.schmenk@usatf.org">adam.schmenk@usatf.org</a></td>
</tr>
<tr>
<td>Drake Relays</td>
<td>4/28</td>
<td>Des Moines, IA</td>
<td><a href="mailto:Brian.Brown@drake.edu">Brian.Brown@drake.edu</a></td>
</tr>
<tr>
<td>Jamaica International Invitational (IAAF World Chal. Mtg)</td>
<td>5/5</td>
<td>Kingston, JAM</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
</tr>
<tr>
<td>25° Multistars (World Combined Events Chal.)</td>
<td>5/5-6</td>
<td>Desenzano, ITA</td>
<td><a href="mailto:multistars@libero.it">multistars@libero.it</a></td>
</tr>
<tr>
<td>Golden Grand Prix in Kawasaki (IAAF World Chal. Mtg)</td>
<td>5/6</td>
<td>Kawasaki, JPN</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
</tr>
<tr>
<td>Samsung Diamond League Doha (Diamond League)</td>
<td>5/11</td>
<td>Doha, QAT</td>
<td><a href="mailto:athletic@qatarathletics.com">athletic@qatarathletics.com</a></td>
</tr>
<tr>
<td>6th Ponce Grand Prix (IAAF World Challenge Mtg)</td>
<td>5/12</td>
<td>Ponce, PUR</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
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<tr>
<td>25th IAAF World Race Walking Cup</td>
<td>5/12-13</td>
<td>Saransk, RUS</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
</tr>
<tr>
<td>Samsung Diamond League Shanghai (Diamond League)</td>
<td>5/19</td>
<td>Shanghai, CHN</td>
<td><a href="mailto:jos@global-sports-comm.nl">jos@global-sports-comm.nl</a></td>
</tr>
<tr>
<td>Grand Premio Brasil de Atletismo (IAAF World Chal. Mtg)</td>
<td>5/20</td>
<td>Rio de Janeiro, BRA</td>
<td><a href="mailto:gpbrasil@cbat.org.br">gpbrasil@cbat.org.br</a></td>
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<tr>
<td>51st Ostrava Golden Spike (IAAF World Chal. Mtg)</td>
<td>5/25</td>
<td>Ostrava, CZE</td>
<td><a href="mailto:ajuck@rainside.sk">ajuck@rainside.sk</a></td>
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<tr>
<td>Leichtathletik Meeting (EA Classic)</td>
<td>5/25</td>
<td>Dessau, GER</td>
<td><a href="mailto:sportamt@dessau-rosslau.de">sportamt@dessau-rosslau.de</a></td>
</tr>
<tr>
<td>5th IAAF Race Walking Challenge (RW GP)</td>
<td>5/26</td>
<td>La Coruña, ESP</td>
<td>gestion@atletismo@com</td>
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<tr>
<td>Hypo-Meeting (World Combined Events Chal.)</td>
<td>5/26-27</td>
<td>Gotzis, AUT</td>
<td><a href="mailto:konrad.lerch@bitis.co.at">konrad.lerch@bitis.co.at</a></td>
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<tr>
<td>NACAC Combined Events Championships</td>
<td>5/26-27</td>
<td>Ottawa, Canada</td>
<td><a href="http://www.usatf.org">www.usatf.org</a></td>
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<tr>
<td>FBK-Games (IAAF World Challenge Mtg)</td>
<td>5/27</td>
<td>Hengelo, NED</td>
<td><a href="mailto:info@fbk-games.nl">info@fbk-games.nl</a></td>
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<tr>
<td>Meeting Int’l Mohammed VI d’Athletesisme (IAAF World Chal Mtg)</td>
<td>5/27</td>
<td>Rabat, MAR</td>
<td><a href="mailto:frmial@menara.ma">frmial@menara.ma</a></td>
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<tr>
<td>Samsung Diamond League Golden Gala (Diamond League)</td>
<td>5/31</td>
<td>Rome, ITA</td>
<td><a href="mailto:goldengala@fidal.it">goldengala@fidal.it</a></td>
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<tr>
<td>Coppa Citta Sesto San Giovanni (RW Grand Prix)</td>
<td>6/2</td>
<td>Sesto S.G., ITA</td>
<td><a href="mailto:Roberto.vanzillo@alice.it">Roberto.vanzillo@alice.it</a></td>
</tr>
<tr>
<td>Freihofer’s Run for Women (IAAF Silver Label Rd Race)</td>
<td>6/2</td>
<td>Albany, NY</td>
<td><a href="mailto:info@freihoferstrun.com">info@freihoferstrun.com</a></td>
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<tr>
<td>Nike Prefontaine Classic (Diamond League)</td>
<td>6/2</td>
<td>Eugene, OR</td>
<td><a href="mailto:tjordan@nwevent.com">tjordan@nwevent.com</a></td>
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<tr>
<td>Papaflessia (EAA Outdoor Permit)</td>
<td>6/2</td>
<td>Kalambata, GRE</td>
<td><a href="mailto:bakalopoulos2@hotmail.com">bakalopoulos2@hotmail.com</a></td>
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<tr>
<td>XII European Athletics Festival (EAA Outdoor Permit)</td>
<td>6/3</td>
<td>Bydgoszcze, POL</td>
<td><a href="mailto:wolszynski@ifp.pl">wolszynski@ifp.pl</a></td>
</tr>
<tr>
<td>64th Venezelgia (EAA Outdoor Permit)</td>
<td>6/4</td>
<td>Chania, GRE</td>
<td><a href="mailto:info@venizelia.gr">info@venizelia.gr</a></td>
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<tr>
<td>Riga Cup 2012 (EAA Outdoor Meeting)</td>
<td>6/5</td>
<td>Riga, LAT</td>
<td><a href="http://www.european-athletics.org">www.european-athletics.org</a></td>
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<tr>
<td>Lausitz Meeting (EAA Outdoor Permit)</td>
<td>6/5</td>
<td>Cottbus, GER</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
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<tr>
<td>Meeting Iberoamericano de Atletismo (EA Classic)</td>
<td>6/7</td>
<td>Huelva, ESP</td>
<td><a href="mailto:jdecarlos@rtea.es">jdecarlos@rtea.es</a></td>
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<tr>
<td>Exxon Mobil Bislett Games (Diamond League)</td>
<td>6/7</td>
<td>Oslo, NOR</td>
<td><a href="mailto:steinar@bislettiannsen.no">steinar@bislettiannsen.no</a></td>
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<tr>
<td>13th Memorial Primo Nebiolo (EAA Outdoor Permit)</td>
<td>6/8</td>
<td>Turin, ITA</td>
<td><a href="mailto:riccardo.delicio@custoro.it">riccardo.delicio@custoro.it</a></td>
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<tr>
<td>Adidas Grand Prix (Diamond League)</td>
<td>6/9</td>
<td>New York, NY</td>
<td><a href="mailto:adidasgrandprix@globalathletics.com">adidasgrandprix@globalathletics.com</a></td>
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<tr>
<td>67th Czemi Or Memorial (EAA Outdoor Permit)</td>
<td>6/9</td>
<td>Istanbul, TUR</td>
<td><a href="mailto:can@konkrazoglu.net">can@konkrazoglu.net</a></td>
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<tr>
<td>Meeting Lille Metropole (EAA Outdoor Meeting)</td>
<td>6/9</td>
<td>Lille, FRA</td>
<td><a href="mailto:philippe.lambill@ihpca.org">philippe.lambill@ihpca.org</a></td>
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<td>Pavel Pavlov Intl Athletics Meeting (EAA Outdoor Mtg)</td>
<td>6/9</td>
<td>Sofia, BUL</td>
<td><a href="mailto:pavlov1977@gmail.com">pavlov1977@gmail.com</a></td>
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<tr>
<td>TNT-Fortuna (World Combined Events Chal.)</td>
<td>6/9-10</td>
<td>Kladno, CZE</td>
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<tr>
<td>Tampere Games (EAA Outdoor Meeting)</td>
<td>6/10-12</td>
<td>Tampere, FIN</td>
<td><a href="mailto:jarmo.hakanen@tampereensynto.fi">jarmo.hakanen@tampereensynto.fi</a></td>
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<tr>
<td>Josefa Odfolzila Memorial (EAA Outdoor Permit)</td>
<td>6/11</td>
<td>Prague, CZE</td>
<td><a href="mailto:miroslav.sevick@libinrst.cz">miroslav.sevick@libinrst.cz</a></td>
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<td>Moscow Challenge (IAAF World Challenge Mtg)</td>
<td>6/11</td>
<td>Moscow, RUS</td>
<td><a href="mailto:kurbatov@mosathletics.ru">kurbatov@mosathletics.ru</a></td>
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<tr>
<td>Olympic Champions Prizes (EAA Outdoor Meeting)</td>
<td>6/12-12</td>
<td>Mirsik, BLR</td>
<td>belarus.athletics@gmail-com</td>
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<tr>
<td>17th International Athletic Meeting (EAA Outdoor Meeting)</td>
<td>6/14</td>
<td>Velenje, SLO</td>
<td><a href="mailto:marjan.hudej@nv.si">marjan.hudej@nv.si</a></td>
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<tr>
<td>Goteborg Grand Prix (IAAF World Meeting)</td>
<td>6/14-12</td>
<td>Goteborg, SWE</td>
<td>per@saikru</td>
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<tr>
<td>Ratingen 2012 (IAAF World Combined Events Challenge)</td>
<td>6/14-15</td>
<td>Ratingen, GER</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
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<td>Colorful Daegu Pre-Champs Mtg (IAAF World Chal Mtg)</td>
<td>6/16</td>
<td>Daegu, KOR</td>
<td><a href="mailto:j.kim@daegu2011.org">j.kim@daegu2011.org</a></td>
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<tr>
<td>Meeting Grand Prix IAAF de Dakar (IAAF World Chal Mtg)</td>
<td>6/16</td>
<td>Dakar, SEN</td>
<td><a href="mailto:fedesa@sentoo.sn">fedesa@sentoo.sn</a></td>
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<tr>
<td>Znamensky Memorial (EAA Outdoor Permit)</td>
<td>6/17</td>
<td>Zhukovsky, RUS</td>
<td><a href="mailto:mbuto@rusathletics.com">mbuto@rusathletics.com</a></td>
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<tr>
<td>U.S. Olympic Team Trials - Track &amp; Field</td>
<td>6/22-7/1</td>
<td>Eugene, OR</td>
<td><a href="mailto:adam.schmenk@usatf.org">adam.schmenk@usatf.org</a></td>
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<tr>
<td>Memorial Aleksandar Marinkovic (EAA Outdoor Permit)</td>
<td>6/23</td>
<td>Belgrade, SRB</td>
<td><a href="mailto:office@beometing.com">office@beometing.com</a></td>
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<tr>
<td>Meeting de la Ville de Reims (EAA Outdoor Meeting)</td>
<td>7/4/12</td>
<td>Reims, FRA</td>
<td><a href="mailto:cecile.boutelier@mairie-reims.fr">cecile.boutelier@mairie-reims.fr</a></td>
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<td>Sollentuna GP (EAA Outdoor Permit)</td>
<td>7/5</td>
<td>Stockholm, SWE</td>
<td><a href="mailto:utf.salletti@marathon.se">utf.salletti@marathon.se</a></td>
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<td>Meeting International Liege (EAA Outdoor Meeting)</td>
<td>7/5/12</td>
<td>Liege, BEL</td>
<td><a href="mailto:marc.corstjens@golazo.com">marc.corstjens@golazo.com</a></td>
</tr>
<tr>
<td>Meeting AREVA (Diamond League)</td>
<td>7/6</td>
<td>Paris, FRA</td>
<td><a href="mailto:meetingareva@athle.org">meetingareva@athle.org</a></td>
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<td>USATF National Club Track &amp; Field Championships</td>
<td>7/6-7</td>
<td>Omaha, NE</td>
<td><a href="mailto:andy.martin@usatf.org">andy.martin@usatf.org</a></td>
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<tr>
<td>KBC Night of Athletics (EAA Outdoor Permit)</td>
<td>7/7</td>
<td>Heusden-Zolder, BEL</td>
<td><a href="mailto:marc.corstjens@golazo.com">marc.corstjens@golazo.com</a></td>
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<td>Meeting de Atletismo Madrid (IAAF World Challenge Mtg)</td>
<td>7/7</td>
<td>Madrid, ESP</td>
<td><a href="mailto:jdcarlos@lre.es">jdcarlos@lre.es</a></td>
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<td>Vardinoyianna (EAA Outdoor Permit)</td>
<td>7/7</td>
<td>Rethymno, GRE</td>
<td><a href="mailto:vag-har-vir@ret.forthnet.gr">vag-har-vir@ret.forthnet.gr</a></td>
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<tr>
<td>Meeting Stanislas (EAA Outdoor Meeting)</td>
<td>7/8/12</td>
<td>Nancy, FRA</td>
<td><a href="mailto:p.thiebaut@wanadoo.fr">p.thiebaut@wanadoo.fr</a></td>
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<tr>
<td>Savo Games (EAA Outdoor Meeting)</td>
<td>7/8/12</td>
<td>Lapinlahti, FIN</td>
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<tr>
<td>Meeting International (EAA Outdoor Meeting)</td>
<td>7/10/12</td>
<td>Sotteville les Rouen, FRA</td>
<td><a href="mailto:yann.queville@stadesottevillais76.fr">yann.queville@stadesottevillais76.fr</a></td>
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<tr>
<td>Aviva London Grand Prix (Diamond League)</td>
<td>7/13-14</td>
<td>London, GBR</td>
<td><a href="mailto:istewart@uka.org.uk">istewart@uka.org.uk</a></td>
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<tr>
<td>61st Cork City Sports (Outdoor Permit)</td>
<td>7/17</td>
<td>Cork, IRL</td>
<td><a href="http://www.european-athletics.org">www.european-athletics.org</a></td>
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<tr>
<td>Splitzen Leichtathletik Luzern (EAA Outdoor Permit)</td>
<td>7/17</td>
<td>Luzern, SUI</td>
<td><a href="mailto:lucernemeet@yahoo.co.uk">lucernemeet@yahoo.co.uk</a></td>
</tr>
<tr>
<td>Mtg Inti di Athletica Leggera Sport Solidarieta (EAA OD Mtg)</td>
<td>7/17/12</td>
<td>Lignano, ITA</td>
<td><a href="mailto:sporti@novasportiva.it">sporti@novasportiva.it</a>, <a href="mailto:urlando_gps@tiscal.it">urlando_gps@tiscal.it</a></td>
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<td>Lappeenranta Games (EAA Outdoor Meeting)</td>
<td>7/18/12</td>
<td>Lappeenranta, FIN</td>
<td><a href="mailto:games@lum.fi">games@lum.fi</a></td>
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<tr>
<td>Cardiff International (EAA Outdoor Meeting)</td>
<td>7/18/12</td>
<td>Cardiff, GBR</td>
<td><a href="mailto:james.thie@welsathletics.org">james.thie@welsathletics.org</a></td>
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<tr>
<td>Karlstad Grand Prix (EAA Outdoor Permit)</td>
<td>7/19</td>
<td>Karlstad, SWE</td>
<td><a href="mailto:johan.ergberg@lifgotta.se">johan.ergberg@lifgotta.se</a></td>
</tr>
<tr>
<td>Herculis (Diamond League)</td>
<td>7/20</td>
<td>Monte Carlo, MON</td>
<td><a href="mailto:info@herculis.com">info@herculis.com</a></td>
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<tr>
<td>58th Memorial Janusz Kusocinski (EAA Outdoor Permit)</td>
<td>7/21</td>
<td>Szczecin, POL</td>
<td><a href="mailto:biuro.sporting@wvp.pl">biuro.sporting@wvp.pl</a></td>
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<td>Meeting Internazionale (EAA Outdoor Meeting)</td>
<td>7/21/12</td>
<td>Pergine, ITA</td>
<td><a href="mailto:gsvalsugalliti@tin.it">gsvalsugalliti@tin.it</a></td>
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<tr>
<td>Kuortane Games (EAA Outdoor Meeting)</td>
<td>7/22/12</td>
<td>Kuortane, FIN</td>
<td><a href="mailto:heikki.savela@kuortane.fi">heikki.savela@kuortane.fi</a></td>
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<td>Olympic Games</td>
<td>7/27-8/12</td>
<td>London, GBR</td>
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<td>DecaNation</td>
<td>8/15</td>
<td>Albi, FRA</td>
<td><a href="mailto:aron.mcguire@usatf.org">aron.mcguire@usatf.org</a></td>
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<td>DN Galan (Diamond League)</td>
<td>8/17</td>
<td>Stockholm, SWE</td>
<td><a href="mailto:meetingdirector@dngalan.com">meetingdirector@dngalan.com</a></td>
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<tr>
<td>International Gugi Gala (EAA Outdoor Meeting)</td>
<td>8/20/12</td>
<td>Linz, AUT</td>
<td><a href="mailto:robert@robertwagner.at">robert@robertwagner.at</a></td>
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<tr>
<td>Hungarian Athletics Grand Prix (EAA Outdoor Meeting)</td>
<td>8/20/12</td>
<td>Budapest, HUN</td>
<td><a href="mailto:info@gyulaememorial.hu">info@gyulaememorial.hu</a></td>
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<tr>
<td>Athletissima (Diamond League)</td>
<td>8/23</td>
<td>Lausanne, SUI</td>
<td><a href="mailto:info@athletissima.ch">info@athletissima.ch</a></td>
</tr>
<tr>
<td>BIGBANK Tallinn 2012 (Outdoor Permit)</td>
<td>8/25</td>
<td>Tallinn, EST</td>
<td><a href="mailto:peeter.fisler@studenter.ee">peeter.fisler@studenter.ee</a></td>
</tr>
<tr>
<td>Aviva Birmingham Grand Prix (Diamond League)</td>
<td>8/26</td>
<td>Birmingham, GBR</td>
<td><a href="mailto:istewart@uka.org.uk">istewart@uka.org.uk</a></td>
</tr>
<tr>
<td>The Athletic Bridge 2012 (EAA Outdoor Meeting)</td>
<td>8/26</td>
<td>Dubnica, SVK</td>
<td><a href="mailto:rastislav.bracek@atletikaudubnica.sk">rastislav.bracek@atletikaudubnica.sk</a></td>
</tr>
<tr>
<td>Weltklasse Zurich (Diamond League)</td>
<td>8/30</td>
<td>Zurich, SUI</td>
<td><a href="mailto:office@weltklassezuerich.ch">office@weltklassezuerich.ch</a></td>
</tr>
<tr>
<td>Terra Sarda (EAA Outdoor Meeting)</td>
<td>9/1/12</td>
<td>Ploaghe, ITA</td>
<td><a href="mailto:federicalai@fidalaskardigna.it">federicalai@fidalaskardigna.it</a></td>
</tr>
<tr>
<td>Meeting Citta di Padova (EAA Outdoor Meeting)</td>
<td>9/2</td>
<td>Padova, ITA</td>
<td><a href="mailto:ssantita@confindustria.pd.it">ssantita@confindustria.pd.it</a></td>
</tr>
<tr>
<td>ISTAF (IAAF World Challenge Mtg)</td>
<td>9/2</td>
<td>Berlin, GER</td>
<td><a href="mailto:mailbox@istaf.de">mailbox@istaf.de</a></td>
</tr>
<tr>
<td>IAAF World Challenge Zagreb (IAAF World Challenge Mtg)</td>
<td>9/4</td>
<td>Zagreb, CRO</td>
<td><a href="mailto:iafapgzgi@zss.htnet.hr">iafapgzgi@zss.htnet.hr</a></td>
</tr>
<tr>
<td>47th Palio Citta della Quercia (EAA Outdoor Permit)</td>
<td>9/4</td>
<td>Rovereto, ITA</td>
<td><a href="mailto:us_quercia@yahoo.com">us_quercia@yahoo.com</a></td>
</tr>
<tr>
<td>Notturna di Milano (EAA Outdoor Meeting)</td>
<td>9/5/12</td>
<td>Milano, ITA</td>
<td><a href="mailto:franco@angelotti.info">franco@angelotti.info</a></td>
</tr>
<tr>
<td>Belgacom Memorial Van Damme (Diamond League)</td>
<td>9/7</td>
<td>Brussels, BEL</td>
<td><a href="mailto:info@memorialvandamme.be">info@memorialvandamme.be</a></td>
</tr>
<tr>
<td>Rieti 2012 (IAAF World Challenge Mtg)</td>
<td>9/9</td>
<td>Rieti, ITA</td>
<td><a href="mailto:manager@rietieti.com">manager@rietieti.com</a></td>
</tr>
<tr>
<td>Great North Games</td>
<td>9/15/12</td>
<td>Gateshead, GBR</td>
<td><a href="mailto:aron.mcguire@usatf.org">aron.mcguire@usatf.org</a></td>
</tr>
<tr>
<td>Decastar (World Combined Events Chal.)</td>
<td>9/15-16</td>
<td>Talence, FRA</td>
<td><a href="mailto:decastar@wanadoo.fr">decastar@wanadoo.fr</a></td>
</tr>
<tr>
<td>BMW Berlin Marathon (IAAF Gold Label Road Race)</td>
<td>9/30</td>
<td>Berlin, GER</td>
<td><a href="mailto:info@berlin-marathon.com">info@berlin-marathon.com</a></td>
</tr>
<tr>
<td>IAAF World Half Marathon Championships</td>
<td>10/6</td>
<td>Kavarna, BUL</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
</tr>
<tr>
<td>Bank of America Chicago Mar (IAAF Gold Label Rd Race)</td>
<td>10/7</td>
<td>Chicago, IL</td>
<td><a href="mailto:office@chicagomarathon.com">office@chicagomarathon.com</a></td>
</tr>
<tr>
<td>ING NYC Marathon (IAAF Gold Label Road Race)</td>
<td>11/4</td>
<td>New York, NY</td>
<td><a href="mailto:marathonmailer@nyrr.org">marathonmailer@nyrr.org</a></td>
</tr>
<tr>
<td>USATF National Club Cross Country Champs</td>
<td>12/8</td>
<td>Lexington, KY</td>
<td><a href="mailto:Andy.Martin@usatf.org">Andy.Martin@usatf.org</a></td>
</tr>
<tr>
<td>USATF Annual Meeting</td>
<td>11/28-12/2</td>
<td>Daytona Beach, FL</td>
<td><a href="mailto:jeff.mlynski@usatf.org">jeff.mlynski@usatf.org</a></td>
</tr>
</tbody>
</table>
DIAMOND LEAGUE

The IAAF Diamond League is composed of 14 meetings spread across Asia, Europe, the Middle East and the USA, and will showcase 32 athletics disciplines which have been carefully distributed amongst the meetings. In each discipline there will be an IAAF Diamond Race with points available throughout the season. Winners of each Diamond Race get a Diamond Trophy which will include 4 carats of diamonds but more importantly, they will have showed season long consistency to earn the unchallenged honor of being the World #1.

Starting in 2010, the IAAF Diamond League will offer more athletes, more earning opportunities with prize money totaling 6.63 MILLION dollars. The IAAF Diamond League will be discussing central contracts with at least the top two athletes in each discipline to secure exciting ‘head to head’ confrontations between the world’s best on a regular basis throughout the IAAF Diamond League season which in 2012 stretches from mid-May to the mid-September.

IAAF Diamond League – 2012 Calendar

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doha (QAT)</td>
<td>May 11</td>
</tr>
<tr>
<td>Shanghai (CHN)</td>
<td>May 19</td>
</tr>
<tr>
<td>Rome (ITA)</td>
<td>May 31</td>
</tr>
<tr>
<td>Eugene (USA)</td>
<td>June 2</td>
</tr>
<tr>
<td>Oslo (NOR)</td>
<td>June 7</td>
</tr>
<tr>
<td>New York (USA)</td>
<td>June 9</td>
</tr>
<tr>
<td>Paris (FRA)</td>
<td>July 6</td>
</tr>
<tr>
<td>London (GBR)</td>
<td>July 13-14</td>
</tr>
<tr>
<td>Monaco (MON)</td>
<td>July 20</td>
</tr>
<tr>
<td>Stockholm (SWE)</td>
<td>August 17</td>
</tr>
<tr>
<td>Lausanne (SUI)</td>
<td>August 23</td>
</tr>
<tr>
<td>Birmingham (GBR)</td>
<td>August 26</td>
</tr>
<tr>
<td>Zürich (SUI)</td>
<td>August 30</td>
</tr>
<tr>
<td>Brussels (BEL)</td>
<td>September 7</td>
</tr>
</tbody>
</table>
2012 OUTDOOR VISA CHAMPIONSHIP SERIES SCHEDULE

USA VS. THE WORLD AT THE PENN RELAYS
PHILADELPHIA, PENNSYLVANIA
NBC LIVE, APRIL 28, 1:00-3:00 PM ET

NIKE PREFONTAINE CLASSIC
EUGENE, OREGON
NBC LIVE, JUNE 2, 3:00-4:30 PM ET

ADIDAS GRAND PRIX
NEW YORK CITY
NBC LIVE, JUNE 9, 3:30-5:00 PM ET
2012 USA Running Circuit

The USA Running Circuit (USARC), a USA Track & Field road series, features USA Championships from one mile to the marathon and attracts the best U.S. distance runners, including Olympians Deena Kastor, Ryan Hall, Shalane Flanagan and Ben True. The seventeenth edition for the men and sixteenth for the women, the 2012 USARC has nine events for the men and ten for the women.

The first ten U.S. runners earn points at each USARC race (15 for first, 12 for second, 10 for third, 7, 6, 5, 4, 3, 2 and 1), with a final $12,500 grand prix purse ($6000, $4000, and $2500) for the top three men and women point scorers overall. The USARC points at the USA Marathon Championships will be doubled.

The mission of the USA Running Circuit is to showcase, support, and promote U.S. runners. Since its inception in 1995, the USARC and its races have provided over $6 million dollars to U.S. distance runners.

2012 USA Running Circuit

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Prize</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 14</td>
<td>2012 U.S. Olympic Trials Marathon</td>
<td>$500,000</td>
</tr>
<tr>
<td>February 11</td>
<td>USA Cross Country Championships</td>
<td>$30,000</td>
</tr>
<tr>
<td>March 10</td>
<td>USA 15 km Championships</td>
<td>$53,000</td>
</tr>
<tr>
<td>May 12</td>
<td>USA 25 km Championships</td>
<td>$31,200</td>
</tr>
<tr>
<td>May 17</td>
<td>USA 1 Mile Road Championships</td>
<td>$20,000</td>
</tr>
<tr>
<td>June 16</td>
<td>USA Half Marathon Championships</td>
<td>$82,000</td>
</tr>
<tr>
<td>September 3</td>
<td>USA 20 km Championships</td>
<td></td>
</tr>
<tr>
<td>September 16</td>
<td>USA 5 km Championships</td>
<td>$30,000</td>
</tr>
<tr>
<td>October 7</td>
<td>USA 10 Mile Championships</td>
<td>$72,500</td>
</tr>
<tr>
<td>October 8</td>
<td>USA Women’s 10 km Championships</td>
<td>$25,450</td>
</tr>
</tbody>
</table>

Subtotal: $884,150
USARC Grand Prix Bonus: $25,000
Total: $909,150
<table>
<thead>
<tr>
<th>Year</th>
<th>Male Champion</th>
<th>Female Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>Keith Brantly</td>
<td>not contested</td>
</tr>
<tr>
<td>1996</td>
<td>Mark Coogan</td>
<td>Anne Marie Lauck</td>
</tr>
<tr>
<td>1997</td>
<td>John Sence</td>
<td>Kim Jones</td>
</tr>
<tr>
<td>1998</td>
<td>Rod DeHaven</td>
<td>Shelly Steely</td>
</tr>
<tr>
<td>1999</td>
<td>Todd Williams</td>
<td>Libbie Hickman</td>
</tr>
<tr>
<td>2000</td>
<td>Rod DeHaven</td>
<td>Libbie Hickman</td>
</tr>
<tr>
<td>2001</td>
<td>Dan Browne/Scott Larson</td>
<td>Milena Glusac</td>
</tr>
<tr>
<td>2002</td>
<td>Dan Browne</td>
<td>Colleen De Reuck</td>
</tr>
<tr>
<td>2003</td>
<td>Ryan Shay</td>
<td>Colleen De Reuck</td>
</tr>
<tr>
<td>2004</td>
<td>Ryan Shay</td>
<td>Colleen De Reuck</td>
</tr>
<tr>
<td>2005</td>
<td>Abdi Abdirahman</td>
<td>Nicole Aish</td>
</tr>
<tr>
<td>2006</td>
<td>Mbarak Hussein</td>
<td>Marla Runyan</td>
</tr>
<tr>
<td>2007</td>
<td>Ryan Hall</td>
<td>Deena Kastor</td>
</tr>
<tr>
<td>2008</td>
<td>Fernando Cabada</td>
<td>Deena Kastor</td>
</tr>
<tr>
<td>2009</td>
<td>Mebrahtom Keflezighi</td>
<td>Magdalena Lewy-Boulet</td>
</tr>
<tr>
<td>2010</td>
<td>Antonio Vega</td>
<td>Katie McGregor</td>
</tr>
<tr>
<td>2011</td>
<td>Ben True</td>
<td>Janet Cherobon-Bawcom</td>
</tr>
</tbody>
</table>
USA RACE WALKING GRAND PRIX

The USA Race Walking Grand Prix, now in its eighth year, is a year-long series of competitions through which USATF crowns an overall champion for each competitive year based upon the National Championship schedule of events. In 2010, over $50,000 in prize money was awarded. Races are contested from 1 mile to 50 kilometers for men and women.

Individuals who are members of USATF in good standing prior to the start of each event are eligible to compete. Athletes may compete as individuals and/or as members of a team. For individuals, the top 10 overall U.S. finishers, male and female, can score in each race in the Series (10 for first, 9 for second, 8 for third, 7, 6, 5, 4, 3, 2, 1). A bonus of 2 points will be given to the winner if he or she breaks the national record at the race distance.

Individuals may compete for a team only if they are registered under their team name in the USATF Membership database on race day. All teams must submit a roster of USATF registered athletes to the Grand Prix Coordinator before the race. Once the team has been verified, only additions or subtractions of registered athletes need to be made. No day-of-race changes will be accepted. All USATF team-change rules apply. The top three teams will score points in selected team-scoring events, by gender (10 for first, 8 for second, 6 for third).

The wide range in distances gives the top race walkers in the U.S. an opportunity to compete against each other all year long and aids in developing the next group of international-level athletes. The 10 events selected for 2011 provide athletes with a geographically diverse racing schedule and sponsors with national exposure for their products.

2007 saw the addition of a junior division, for athletes under 20 years of age. This will continue in 2011 with 9 events, on the road and track, from 5000m to 20km, including a stop at the prestigious Penn Relays.

The top three individual men and women in the open & junior divisions, and the top three men's and women's teams overall, will be presented with awards and recognized at the USATF Annual Meeting in Daytona Beach, Florida, November 28 – December 2, 2012.
### 2012 USA Race Walking Grand Prix Series – Open Division

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>SCORING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/7</td>
<td>USA Women’s 50km RW Championships</td>
<td>Houston, TX</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>1/22</td>
<td>USA Men’s Olympic 50km RW Trials</td>
<td>Santee, CA</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>2/11</td>
<td>USA Indoor Mile @ Millrose Games</td>
<td>New York, NY</td>
<td>Individuals</td>
</tr>
<tr>
<td>2/25-26</td>
<td>USA Indoor Championships (3000/5000)</td>
<td>Albuquerque, NM</td>
<td>Individuals</td>
</tr>
<tr>
<td>4/1</td>
<td>World Cup 20k Trials</td>
<td>Eugene, OR</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>5/20</td>
<td>USA 15k Championships</td>
<td>Riverside, CA</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>6/2</td>
<td>USA 10km RW Championships</td>
<td>Albany, NY</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>6/30-7/1</td>
<td>USA Olympic Trials - 20km RW</td>
<td>Eugene, OR</td>
<td>Individuals</td>
</tr>
<tr>
<td>9/9</td>
<td>USA 40km RW Championships</td>
<td>Ocean TWSHP, NJ</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>9/29</td>
<td>USA 5km RW Championships</td>
<td>Kingsport, TN</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>10/7</td>
<td>USA 1 Hour RW Championships</td>
<td>Waltham, MA</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>10/28</td>
<td>USA 30km RW Championships</td>
<td>Valley Cottage, NY</td>
<td>Individuals/Teams</td>
</tr>
</tbody>
</table>
# 2012 USATF RW GRAND PRIX

## National Championships OPEN MEN & WOMEN

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>SCORING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/7</td>
<td>USA 50k Open Women RW Champ</td>
<td>Houston, TX</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Dave Gwyn – <a href="mailto:degwyn@yahoo.com">degwyn@yahoo.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/22</td>
<td>USA 50km Open M Olympic Trials &amp; World RW Cup Trials @ 50k (men only)</td>
<td>Santee, CA</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.usatf.org">http://www.usatf.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2/11</td>
<td>USA Indoor Mile Championships</td>
<td>NYC, NY</td>
<td>Individual</td>
</tr>
<tr>
<td></td>
<td>Millrose Games</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vince Peters – <a href="mailto:mv_tc@sbcglobal.net">mv_tc@sbcglobal.net</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2/25-26</td>
<td>USA Indoor T&amp;F Nationals (3,000m M&amp;W)</td>
<td>Albuquerque, NM</td>
<td>Individual</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.usatf.org">http://www.usatf.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4/1</td>
<td>IAAF RW World Cup Team Trials</td>
<td>Eugene, Oregon</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>(20km for M&amp;W)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jim Bean – <a href="mailto:beanjbean@aol.com">beanjbean@aol.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5/20</td>
<td>USA 15k Championships</td>
<td>Riverside, Ca</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Dave Snyder – <a href="mailto:davesnyder43@sbcglobal.net">davesnyder43@sbcglobal.net</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3/2</td>
<td>USA 10k Championships</td>
<td>Albany, NY</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Don Lawrence – <a href="mailto:walk2agoal@gmail.com">walk2agoal@gmail.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6/30-71</td>
<td>USA Olympic Trials (20k M&amp;W)</td>
<td>Eugene, Oregon</td>
<td>Individual</td>
</tr>
<tr>
<td></td>
<td>Men 6/30, Women 7/1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.usatf.org">http://www.usatf.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9/9</td>
<td>USA 40k Championships</td>
<td>Ocean Township, NJ</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Elliott Denman – Elliott <a href="mailto:den@aol.com">den@aol.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9/29</td>
<td>USA 5k Championships</td>
<td>Kingsport, TN</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Bobby Baker – <a href="mailto:RLBaker@chartertn.net">RLBaker@chartertn.net</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10/7</td>
<td>USA 1 Hour Championships</td>
<td>Waltham, MA</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Justin Kuo – <a href="mailto:JKuo@usatfn.org">JKuo@usatfn.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10/28</td>
<td>USA 30k Championships</td>
<td>Valley Cottage, NY</td>
<td>Individual &amp; Team</td>
</tr>
<tr>
<td></td>
<td>Dave McGovern – <a href="mailto:rayzwocker@aol.com">rayzwocker@aol.com</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# HISTORY

## Past Individual Champions

<table>
<thead>
<tr>
<th>OPEN MEN</th>
<th>OPEN WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004 Curt Clausen</td>
<td>Michelle Rohl</td>
</tr>
<tr>
<td>2005 Tim Seaman</td>
<td>Dorit Attias</td>
</tr>
<tr>
<td>2006 Tim Seaman</td>
<td>Jolene Moore</td>
</tr>
<tr>
<td>2007 Matt Boyles</td>
<td>Jolene Moore</td>
</tr>
<tr>
<td>2008 Theron Kissinger</td>
<td>Teresa Vaill</td>
</tr>
<tr>
<td>2009 Tim Seaman</td>
<td>Teresa Vaill</td>
</tr>
<tr>
<td>2010 Dave McGovern</td>
<td>Teresa Vaill</td>
</tr>
<tr>
<td>2011 Michael Mannozzi</td>
<td>Erin Taylor-Talcott</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>JUNIOR MEN</th>
<th>JUNIOR WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007 Ricardo &amp; Roberto Vergara</td>
<td>Diana Rado</td>
</tr>
<tr>
<td>2008 John Randall</td>
<td>Catherine Davis</td>
</tr>
<tr>
<td>2009 Dan Serianni</td>
<td>Abby Dunn</td>
</tr>
<tr>
<td>2010 Alex Chavez</td>
<td>Abby Dunn</td>
</tr>
<tr>
<td>2011 Jonathan Hallman</td>
<td>Abby Dunn</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MASTERS MEN</th>
<th>MASTERS WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009 Chris Schmid</td>
<td>Darlene Backlund</td>
</tr>
<tr>
<td>2010 Chris Schmid</td>
<td>Jolene Steigerwalt</td>
</tr>
<tr>
<td>2011 Andrew Smith &amp; Chris Schmid</td>
<td>Marianne Martino</td>
</tr>
</tbody>
</table>

## Past Team Champions

<table>
<thead>
<tr>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004 Pegasus Athletic Club</td>
<td>WalkUSA</td>
</tr>
<tr>
<td>2005 Varsano’s Chocolates Racewalking</td>
<td>WalkUSA</td>
</tr>
<tr>
<td>2006 Varsano’s Chocolates Racewalking</td>
<td>Pegasus Athletic Club</td>
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<td>2007 Pegasus Athletic Club</td>
<td>WalkUSA</td>
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<td>2008 Pegasus Athletic Club</td>
<td>Pegasus Athletic Club/WalkUSA (tie)</td>
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<td>2009 Pegasus Athletic Club</td>
<td>Pegasus Athletic Club</td>
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<td>2010 Pegasus Athletic Club</td>
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<td>2011 Pegasus Athletic Club</td>
<td>World Class Race Walking</td>
</tr>
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</table>
ATHLETE REPRESENTATION IN USATF

Athletes Advisory Committee

The Athletes Advisory Committee (AAC) is an integral part of USA Track & Field. Athletes have a minimum of 20% representation on ALL USATF committees, task forces and boards.

The basic purpose of the AAC is to provide an athlete voice on all issues pertaining to track & field and all other disciplines. The AAC provides a unified voice for the athletes in regard to all aspects of USATF, including such items as time schedules for meets, staff selections, drug testing and competition rules.

The AAC provides funding for qualifying athletes to attend the Annual Meeting of USA Track & Field, which is usually held the first week in December. The AAC reviews all legislation that the NGB proposes and then endorses, modifies, or rejects the legislation. If you are interested in attending this meeting, please contact Jon Drummond, Chair of the AAC (see the AAC Contacts on the following page).

The AAC is made up of both male and female event leaders who represent broad event groups. Event leaders are responsible for gathering information and concerns from the athletes in their event areas and sharing those concerns during monthly AAC conference calls. Once the issues are identified and possible solutions are discussed, these concerns are raised at the Annual Meeting for implementation and/or additional planning. This system provides the most current flow of information relating to athlete issues. If you have a concern or problem, please do not hesitate to call your AAC event leader.

To be an event leader or officer, you must be an active athlete. An active athlete is defined as “an athlete who has competed for the United States in international Athletics competition held under IAAF jurisdiction within the last ten (10) years.” (USATF Governance Manual)

The AAC also selects “Athlete Liaisons” for most international competitions. The purpose of these liaisons is to represent athlete needs at those competitions. You do not have to be an event leader to be an athlete liaison.

USATF, USOC Resources

Within USA Track & Field National Headquarters, there is a complete department designated to assist elite athletes and answers your questions. If they cannot help you with your problem, they can direct you to the proper source for an answer. A comprehensive list with job descriptions of National Headquarters staff is included in the back of this handbook.
The USOC has also established a person to assist Elite Athletes with questions and issues relating directly to Olympic issues. John Ruger is the current USOC Athlete Ombudsman. Although not a legal position, John serves as a process and informational resource. He assists you in inquiries concerning eligibility, team selection, financial assistance, doping control, right to compete, and similar matters. Contact him at 1-888-Athlete.

**Annual Meeting Funding**

The 2012 Annual Meeting will be held November 28 – December 2 in Daytona Beach, Florida. The online application for funding to attend this year’s meeting will be available on the USATF website beginning September 1.

Due to budget limitations, AAC is only able to fund a limited number of athletes, so we encourage everyone to contact their local Associations as well. Associations will often fund athletes as delegates, which in turn maximize our athlete representation. For local association contact information, please refer to the Associations section of our website, http://www.usatf.org/associations/.

Also, please keep in mind that AAC funding will cover airfare and hotel accommodations only.

**Athlete Alumni Association**

In December 1999, USA Track & Field announced the formation of its Athlete Alumni Association (USATFAAA). The purpose of this association is to maintain communication with other track & field alumni, to encourage continued involvement in the sport and to provide networking and mentoring opportunities for track & field alumni as well as current athletes.

Retirement is not required to participate in the USATFAAA. Any track and field athlete who is a U.S. citizen and who competed in a open national championship recognized by USA Track & Field is eligible.

This year’s USATFAAA activities include organizing athlete reunions at key events such as the Indoor and Outdoor National Championships sites. In 2006, USATFAAA organized the 50th reunion for the 1956 Olympic Team that competed in Melbourne. Ten members of that team attended the 2006 AT&T USA Outdoor Track & Field Championships, participated in on-field award presentations and were recognized during the competition. Please contact Sharrieffa Barksdale at blairs3833@yahoo.com to find out more about the Alumni Association or visit them on the web at http://www.usatf.org/groups/alumni.
## ATHLETES ADVISORY COMMITTEE
### EVENT LEADERS DIRECTORY

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Darvis Patton</td>
<td>Sprints</td>
<td><a href="mailto:fastpatton@yahoo.com">fastpatton@yahoo.com</a></td>
</tr>
<tr>
<td>Jeff Hartwig</td>
<td>Jumps V.</td>
<td><a href="mailto:pvjeff@attglobal.net">pvjeff@attglobal.net</a></td>
</tr>
<tr>
<td>Dwight Phillips</td>
<td>Jumps H.</td>
<td><a href="mailto:phillipsdwright@hotmail.com">phillipsdwright@hotmail.com</a></td>
</tr>
<tr>
<td>John Honerkamp</td>
<td>800-1500</td>
<td><a href="mailto:johnhonerkamp@gmail.com">johnhonerkamp@gmail.com</a></td>
</tr>
<tr>
<td>Terrence Trammell</td>
<td>Hurdles</td>
<td><a href="mailto:tdsupreme@hotmail.com">tdsupreme@hotmail.com</a></td>
</tr>
<tr>
<td>Matt Chisas</td>
<td>Multis</td>
<td><a href="mailto:mchisas@fas.harvard.edu">mchisas@fas.harvard.edu</a></td>
</tr>
<tr>
<td>Daniel Browne</td>
<td>3k-10k</td>
<td><a href="mailto:dan@danbrowne.com">dan@danbrowne.com</a></td>
</tr>
<tr>
<td>Dave McGovern</td>
<td>Walks</td>
<td><a href="mailto:Dmcg@racewalking.org">Dmcg@racewalking.org</a></td>
</tr>
<tr>
<td>Russ Winger</td>
<td>Throws</td>
<td><a href="mailto:wing5801@vandals.uidaho.edu">wing5801@vandals.uidaho.edu</a></td>
</tr>
<tr>
<td>Teddy Mitchell</td>
<td>RR/XC</td>
<td><a href="mailto:tmruns212@msn.com">tmruns212@msn.com</a></td>
</tr>
<tr>
<td>Kevin Young</td>
<td>At-Large</td>
<td><a href="mailto:kevin.young@olympian.org">kevin.young@olympian.org</a></td>
</tr>
<tr>
<td>Mechelle Lewis</td>
<td>Sprints</td>
<td><a href="mailto:mechelle.lewis@gmail.com">mechelle.lewis@gmail.com</a></td>
</tr>
<tr>
<td>Melinda Owen</td>
<td>Jumps V.</td>
<td><a href="mailto:owen.melinda@gmail.com">owen.melinda@gmail.com</a></td>
</tr>
<tr>
<td>Tiombe Hurd</td>
<td>Jumps H.</td>
<td><a href="mailto:seeitjump@yahoo.com">seeitjump@yahoo.com</a></td>
</tr>
<tr>
<td>Anne Shadle</td>
<td>800-1500</td>
<td><a href="mailto:ashadle1@gmail.com">ashadle1@gmail.com</a></td>
</tr>
<tr>
<td>Tiffany Ross-Williams</td>
<td>Hurdles</td>
<td><a href="mailto:tiffanyrwilliams@bellsouth.net">tiffanyrwilliams@bellsouth.net</a></td>
</tr>
<tr>
<td>Hyleas Fountain</td>
<td>Multis</td>
<td><a href="mailto:hyleas_f@hotmail.com">hyleas_f@hotmail.com</a></td>
</tr>
<tr>
<td>Ann Gaffigan</td>
<td>3k-10k</td>
<td><a href="mailto:run7soccer@aim.com">run7soccer@aim.com</a></td>
</tr>
<tr>
<td>Solomiya Login</td>
<td>Walks</td>
<td><a href="mailto:s_miya2@hotmail.com">s_miya2@hotmail.com</a></td>
</tr>
<tr>
<td>Loree Smith</td>
<td>Throws</td>
<td><a href="mailto:loreesmith08@yahoo.com">loreesmith08@yahoo.com</a></td>
</tr>
<tr>
<td>Kelly Flathers</td>
<td>RR/XC</td>
<td><a href="mailto:Kkelbels@aol.com">Kkelbels@aol.com</a></td>
</tr>
<tr>
<td>Me’Lisa Barber</td>
<td>At-Large</td>
<td><a href="mailto:melisa_barber@yahoo.com">melisa_barber@yahoo.com</a></td>
</tr>
</tbody>
</table>

### AAC Officers

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jon Drummond</td>
<td>Chair</td>
<td><a href="mailto:cpotaf@aol.com">cpotaf@aol.com</a></td>
</tr>
<tr>
<td>Allen Johnson</td>
<td>Vice Chair</td>
<td><a href="mailto:hirunner@gmail.com">hirunner@gmail.com</a></td>
</tr>
<tr>
<td>Dexter McCloud</td>
<td>Secretary</td>
<td><a href="mailto:dexter1814@att.net">dexter1814@att.net</a></td>
</tr>
<tr>
<td>Lesley Higgins</td>
<td>Treasurer</td>
<td><a href="mailto:lhiggins@gmail.com">lhiggins@gmail.com</a></td>
</tr>
<tr>
<td>Joanna Hayes</td>
<td>USOC Rep</td>
<td><a href="mailto:joannahayes76@aol.com">joannahayes76@aol.com</a></td>
</tr>
<tr>
<td>Gary Morgan</td>
<td>USOC Alt Rep</td>
<td><a href="mailto:morgansden@yahoo.com">morgansden@yahoo.com</a></td>
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</table>

### USATF Board Positions

<table>
<thead>
<tr>
<th>Name</th>
<th>Term</th>
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<tbody>
<tr>
<td>Philip Dunn</td>
<td>4-year</td>
<td><a href="mailto:dunnphilip@yahoo.com">dunnphilip@yahoo.com</a></td>
</tr>
<tr>
<td>Aretha Thurmond</td>
<td>4-year</td>
<td><a href="mailto:aretha@arethathrows.com">aretha@arethathrows.com</a></td>
</tr>
<tr>
<td>Deena Kastor</td>
<td>2-year</td>
<td><a href="mailto:makingstrides1@verizon.net">makingstrides1@verizon.net</a></td>
</tr>
</tbody>
</table>
The TFAA is a non-profit professional association formed to collectively provide for the financial and supplemental needs of its members.

**Who can be a Member of the TFAA?**

- Any athlete who competes at the USATF Indoor or Outdoor Championships or finishes in the top 20 at the USATF Cross-Country Championships, a USATF Road Race Championships or a USATF Race Walk Championships.

**What does it cost to join?**

- Annual Membership is $100. Online registration will be available in June 2010.

**What will the TFAA provide to athletes?**

(* denotes immediately available services)

- Provide leverage*
- Provide mentoring*
- Serve as the collective bargaining representative for ALL athletes*
- Assist with grievances and salary arbitration where applicable
- Licensing of all athletes and their likeness
- Provide a Retirement package
AUTHORIZED ATHLETE REPRESENTATIVE DIRECTORY

Nohemy Baltodano
2250 East Highway 50, Suite 1
Clermont, FL 34711
352 241 0470
baltodanolaw@yahoo.com

Caroline Bierbaum LeFrak
Empire Athletics Management LLC
180 Central Park South, Box 138
New York, NY 10019
646 642 4810
caroline@empireathleticsllc.com

Claude Bryan
On Track Management
P.O. Box 1263
Kennesaw, GA 30156
770 420 1075
claude@ontrackmanagement.com

Juanita Bryan
On Track Management
P.O. Box 1263
Kennesaw, GA 30156
770 420 1075
juanita@ontrackmanagement.com

Tony Campbell
TC Management
P.O. Box 3526
Culver City, CA 90231
310 670 9644
tcmanage@att.net

Ryan Campi
MK Sports & Entertainment Group
80 Broad Street, 23rd Floor
New York, NY 10004
212 509 3456
rcampi@mksgroup.com

Michael Capetillo
15814 Darford Drive
Houston, TX 77053
832 433 5847
mike_cap_3@yahoo.com

Susan Church
APEX ATHLETICS AGENCY, INC.
929 Massachusetts Avenue,
Suite 01
Cambridge, MA 02139
617 354 3944
sbc@demissiechurch.com

Joseph Codrington
Codrington Enterprises, LLC
P.O. Box 2808
Ann Arbor, MI 48106-2808
734 276 7747
codie@hotmail.com

Lamont Dagen
P.O. Box 58103
Pleasant Prairie, WI 53158
262 757 3337
LDAGEN@takenoticesports.com

Derege Demissie
APEX ATHLETICS AGENCY, INC.
929 Massachusetts Avenue,
Suite 01
Cambridge, MA 02139
617 354 3944
dfr@demissiechurch.com

Washington Dix
Dix Management LLC, Dix
Entertainment LLC
3050 NW 24th Court
Fort Lauderdale, FL 33311
954 918 8044
dixmanagement@gmail.com

Joe Douglas
Santa Monica Track Club
1801 Ocean Park Blvd., Suite 201
Santa Monica, CA 90405
310 450 8255
joedouglas@aol.com

Paul Doyle
986 Rosedale Drive
Hiram, GA 30141
770 222 5100
pdoyle@doylemanagement.com

Steven Edwards
410 NW 18th Avenue, #103
Portland, OR 97209
919 619 2524
edwast@gmail.com

Doug Eldridge
DLE Agency
309 8th Street, NE
Washington, DC 20002
202 580 9615
douglas@dleagency.com

Samuel Elolia
One Walker Drive
Johnson City, TN 37601
423 926 1509
kelolia@ecs.edu

Daniel Escamilla
9871 Irvine Center Drive
Irvine, CA 92618
949 753 9153
daniel@hs.net

Valentina Fedjuschina
Rua D.Maria I, N 9 - 2 DT
2605 Belas, Lison Portugal
351 916171783
valentina@clix.pt

Caroline Feith
Pro Sports International
Van Alkemadaal 45
2597 AB Den Haag,
The Netherlands
31 70 3268363
caroline@prosports.nl

Wesley Felix
Evolve Management Agency
26519 Sheldon Avenue
Santa Clarita, CA 91351
213 254 5816
WF@theevolveagency.com

Ray Flynn
Flynn Sports Management
625 Hales Chapel Rd.
Gray, TN 37615
423 753 0851
ray@flynnssports.com

Gregory Foster
4207 Corrales Drive
Florissant, MO 63034
314 583 2483
gregoryfoster@sbcglobal.net

Kiratiana Freelon
400 East Randolph,
Suite 2921
Chicago, IL 60601
312 890 2381
kiratiana@gmail.com
<table>
<thead>
<tr>
<th>Name</th>
<th>Company</th>
<th>Address</th>
<th>City, State Zip</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>David Greifinger</td>
<td>Santa Monica Track Club</td>
<td>1801 Ocean Park Blvd., Suite 201</td>
<td>Santa Monica, CA 90405</td>
<td>310 452 7923</td>
<td><a href="mailto:tracklaw@verizon.net">tracklaw@verizon.net</a></td>
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<tr>
<td>Jeff Hartwig</td>
<td>Dynamic Sports International</td>
<td>14 Wild Fox Run</td>
<td>St. Charles, MO 63304</td>
<td>870 926 3440</td>
<td><a href="mailto:pvjeff@gmail.com">pvjeff@gmail.com</a></td>
</tr>
<tr>
<td>Joanne Hastings</td>
<td>JoJo Brit Professional Services</td>
<td>540 Vickers Lane</td>
<td>Locust Grove, GA 30248</td>
<td>347 210 1356</td>
<td><a href="mailto:jojobrit.hastings@gmail.com">jojobrit.hastings@gmail.com</a></td>
</tr>
<tr>
<td>TresHerd Herndon</td>
<td>Triangle Sports Management</td>
<td>14460 New Falls of Neuse Road,</td>
<td>Raleigh, NC 27614</td>
<td>919 669 1982</td>
<td><a href="mailto:herndon@trianglesportsmgnt.com">herndon@trianglesportsmgnt.com</a></td>
</tr>
<tr>
<td>Robert Hill Jr.</td>
<td>Hill Development Group</td>
<td>P.O. Box 707</td>
<td>Cardiff by the Sea, CA 92007</td>
<td>760 994 5995</td>
<td><a href="mailto:rob@infiniterunning.org">rob@infiniterunning.org</a></td>
</tr>
<tr>
<td>Kimberly N. Holland</td>
<td>Icon Management, Inc.</td>
<td>3455 Peachtree Road, Suite 500</td>
<td>Atlanta, GA 30326</td>
<td>404 995 6730</td>
<td><a href="mailto:ktsportslaw@aol.com">ktsportslaw@aol.com</a></td>
</tr>
<tr>
<td>Emanuel Hudson</td>
<td></td>
<td>9871 Irvine Center Drive</td>
<td>Irvine, CA 92618</td>
<td>949 753 9153</td>
<td><a href="mailto:euhudson@hsi.net">euhudson@hsi.net</a></td>
</tr>
<tr>
<td>Wilson Joseph</td>
<td>JFC Pro International LLC</td>
<td>1734 Country Club Cove</td>
<td>Baytown, TX 77521</td>
<td>281 837 5223</td>
<td><a href="mailto:teddy72wilson@yahoo.com">teddy72wilson@yahoo.com</a></td>
</tr>
<tr>
<td>Merhawi Keflezighi</td>
<td>HAWI Sports Management</td>
<td>10752 Springfield Court</td>
<td>Fishers, IN 46037</td>
<td>310 895 6438</td>
<td><a href="mailto:hawisports@gmail.com">hawisports@gmail.com</a></td>
</tr>
<tr>
<td>Rich Kenah</td>
<td>Global Athletics &amp; Marketing, Inc.</td>
<td>437 Boylston Street, Suite 404</td>
<td>Boston, MA 02116</td>
<td>617 470 3294</td>
<td><a href="mailto:rich@globalathletics.com">rich@globalathletics.com</a></td>
</tr>
<tr>
<td>Joseph Kipnusu</td>
<td>Medall Sports Management Group</td>
<td>1155 Office Park Road, #206</td>
<td>West Des Moines, IA 50265</td>
<td>515 508 9865</td>
<td><a href="mailto:joe@medall-group.com">joe@medall-group.com</a></td>
</tr>
<tr>
<td>Matthew Lane</td>
<td>One City Center, P.O. Box 9547</td>
<td>Portland, ME 04112</td>
<td>207 791 3262</td>
<td><a href="mailto:mattlane@preti.com">mattlane@preti.com</a></td>
<td></td>
</tr>
<tr>
<td>Chris Layne</td>
<td>Total Sports Management Inc.</td>
<td>507 Laurel Avenue</td>
<td>Johnson City, TN 37604</td>
<td>423 282 3888</td>
<td><a href="mailto:office@totalportsus.com">office@totalportsus.com</a></td>
</tr>
<tr>
<td>Dwayne Levy</td>
<td></td>
<td>11470 Euclid Avenue, #111</td>
<td>Cleveland, OH 44106</td>
<td>216 672 6009</td>
<td><a href="mailto:dwayne@dwaynelevy.com">dwayne@dwaynelevy.com</a></td>
</tr>
<tr>
<td>Dan Lilott</td>
<td></td>
<td>1668 Begen Avenue</td>
<td>Mountain View, CA 94040</td>
<td>415 373 8724</td>
<td><a href="mailto:daniel.lilott@gmail.com">daniel.lilott@gmail.com</a></td>
</tr>
<tr>
<td>Karen Locke</td>
<td>Elite Athletes Network</td>
<td>PO Box 11285</td>
<td>Oakland, CA 94611</td>
<td>510 469 3309</td>
<td><a href="mailto:karenlocke@gmail.com">karenlocke@gmail.com</a></td>
</tr>
<tr>
<td>Tony Manjarrez</td>
<td></td>
<td>P.O. Box 1299</td>
<td>Fall City, WA 98024</td>
<td>206 660 1394</td>
<td><a href="mailto:tmanjarrez@hotmail.com">tmanjarrez@hotmail.com</a></td>
</tr>
<tr>
<td>Devon Martin</td>
<td></td>
<td>370 St. Nicholas Avenue, #1B</td>
<td>New York, NY 10027</td>
<td>212 769 3090</td>
<td><a href="mailto:devoncoach@gmail.com">devoncoach@gmail.com</a></td>
</tr>
<tr>
<td>Bellona McCullum</td>
<td></td>
<td>1230 West Morehead Street, Suite</td>
<td>Charlotte, NC 28208</td>
<td>704 390 5540</td>
<td><a href="mailto:office@mccallumenterprise.com">office@mccallumenterprise.com</a></td>
</tr>
<tr>
<td>Isaac V. McJimsey Jr.</td>
<td>IMAC Sports Management</td>
<td>116 Sheldon Drive</td>
<td>Moore, SC 29369</td>
<td>864 529 5743</td>
<td><a href="mailto:imac-man@live.com">imac-man@live.com</a></td>
</tr>
<tr>
<td>Deon Minor</td>
<td>Ultimate Performance Sport</td>
<td>87 Brodea Way</td>
<td>San Rafael, CA 94901</td>
<td>281 778 5340</td>
<td><a href="mailto:deon@michaeljohnsonperformance.com">deon@michaeljohnsonperformance.com</a></td>
</tr>
<tr>
<td>Renaldo Nehemiah</td>
<td>Brendan Reilly</td>
<td>Andy Stubbs</td>
<td></td>
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<tr>
<td>12000 Talesin Place, Suite 22</td>
<td>Boulder Wave, Inc.</td>
<td>Peter Stubbs Management</td>
<td></td>
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</tr>
<tr>
<td>Reston, VA 20190</td>
<td>1320 Pearl Street, Suite 315</td>
<td>P.O. Box 16399</td>
<td></td>
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<tr>
<td>703 928 7390</td>
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<td>San Francisco, CA 94116</td>
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<tr>
<td><a href="mailto:rsn1293@yahoo.com">rsn1293@yahoo.com</a></td>
<td>303 554 0597</td>
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<thead>
<tr>
<th>John Nubani</th>
<th>Sharon Richards</th>
<th>Robert Wagner</th>
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<tbody>
<tr>
<td>Sports Management &amp; Marketing, Inc.</td>
<td>Ashar Sports Management</td>
<td>Octagon</td>
</tr>
<tr>
<td>1481 Dominion Court</td>
<td>P.O Box 988</td>
<td>4, avenue des Ligures 2cts3</td>
</tr>
<tr>
<td>Pittsburgh, PA 15241</td>
<td>Round Rock, TX 78680</td>
<td>Monaco, 98000</td>
</tr>
<tr>
<td>412 257 1900</td>
<td>954 296 5145</td>
<td>703 853 9313</td>
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<tr>
<td><a href="mailto:smni@aol.com">smni@aol.com</a></td>
<td><a href="mailto:shifitt@aol.com">shifitt@aol.com</a></td>
<td><a href="mailto:Robert@robertwagner.at">Robert@robertwagner.at</a></td>
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<table>
<thead>
<tr>
<th>Isaya Okwiya</th>
<th>Wenston Riley</th>
<th>Daniel Wessfeldt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riadha Sports Management</td>
<td>Charisma Sports Inc.</td>
<td>&quot;Chateau Perigord&quot;, 6, Lacet St. Leon</td>
</tr>
<tr>
<td>11732 Marston Moor Lane</td>
<td>P.O. Box 32765</td>
<td>Monte Carlo, Monaco 98000</td>
</tr>
<tr>
<td>Waldorf, MD 20603</td>
<td>Knoxville, TN 37930</td>
<td>46 4080880</td>
</tr>
<tr>
<td>443 786 8281</td>
<td>325 219 7580</td>
<td><a href="mailto:daniel.wessfeldt@jrssm.com">daniel.wessfeldt@jrssm.com</a></td>
</tr>
<tr>
<td><a href="mailto:isaya@riadha.org">isaya@riadha.org</a></td>
<td><a href="mailto:wenston@charismasports.com">wenston@charismasports.com</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Paige Pieroni</th>
<th>Ricky Simms</th>
<th>Mark Wetmore</th>
</tr>
</thead>
<tbody>
<tr>
<td>437 Boylston Street, Suite 404</td>
<td>6 The Causeway</td>
<td>437 Boylston Street, Suite 404</td>
</tr>
<tr>
<td>Boston, MA 02116</td>
<td>Teddington, Middlesex TW11 0HE</td>
<td>Boston, MA 02116</td>
</tr>
<tr>
<td>617 536 7030</td>
<td>England</td>
<td>617 536 7030</td>
</tr>
<tr>
<td><a href="mailto:paige@globalathletics.com">paige@globalathletics.com</a></td>
<td>44 208 9431072</td>
<td><a href="mailto:mark@globalathletics.com">mark@globalathletics.com</a></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:r.simms@pacesportsmanagement.com">r.simms@pacesportsmanagement.com</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mark Pryor</th>
<th>Shonnese Stanback</th>
<th>Bradley Yewer</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Express Athletic Management, LLC</td>
<td>Stanback Law Firm, plcc</td>
<td>Flynn Sports Management</td>
</tr>
<tr>
<td>443 845 1565</td>
<td>1000 Centre Green Way, Suite 200</td>
<td>625 Hales Chapel Rd.</td>
</tr>
<tr>
<td><a href="mailto:worldexpressmgmt@yahoo.com">worldexpressmgmt@yahoo.com</a></td>
<td>Cary, NC 27513</td>
<td>Gray, TN 37615</td>
</tr>
<tr>
<td></td>
<td>919 228 6360</td>
<td>423 753 0851</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:shonnese@stanbacklaw.com">shonnese@stanbacklaw.com</a></td>
<td><a href="mailto:brad@flynnsports.com">brad@flynnsports.com</a></td>
</tr>
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<table>
<thead>
<tr>
<th>Thomas Ratcliffe</th>
<th>Peter Stubbs</th>
<th>Peter Stubbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kimbria Athletics</td>
<td>Peter Stubbs Management</td>
<td>Peter Stubbs Management</td>
</tr>
<tr>
<td>100 Main Street, #110</td>
<td>1620 Ulloa Street</td>
<td>1620 Ulloa Street</td>
</tr>
<tr>
<td>Concord, MA 01742</td>
<td>San Francisco, CA 94116</td>
<td>San Francisco, CA 94116</td>
</tr>
<tr>
<td>978 371 1285</td>
<td>415 566 9424</td>
<td>415 566 9424</td>
</tr>
<tr>
<td><a href="mailto:kimconcord@aol.com">kimconcord@aol.com</a></td>
<td><a href="mailto:pstubb@aattglobal.net">pstubb@aattglobal.net</a></td>
<td><a href="mailto:pstubb@aattglobal.net">pstubb@aattglobal.net</a></td>
</tr>
</tbody>
</table>

| John Regis | | |
|-----------|| |
| Stellar Athletics | | |
| 16 Stanhope Place | | |
| London, England W2 2HH | | |
| 02 07 2980081 | | |
| jregis1@aol.com | | |
## USATF BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stephanie Hightower</td>
<td>Chairman/President</td>
</tr>
<tr>
<td>Steve Miller</td>
<td>Vice Chairman</td>
</tr>
<tr>
<td>Darlene Hickman</td>
<td>Secretary (ex-officio)</td>
</tr>
<tr>
<td>Kenneth Taylor</td>
<td>Treasurer</td>
</tr>
<tr>
<td>Willie Banks</td>
<td></td>
</tr>
<tr>
<td>Mickey Carter</td>
<td></td>
</tr>
<tr>
<td>Jeff Darman</td>
<td>5-C Rep.</td>
</tr>
<tr>
<td>Evie Dennis</td>
<td></td>
</tr>
<tr>
<td>Philip Dunn</td>
<td></td>
</tr>
<tr>
<td>Kim Haines</td>
<td></td>
</tr>
<tr>
<td>Bob Hersh</td>
<td>IAAF Rep.</td>
</tr>
<tr>
<td>Aretha Thurmond</td>
<td></td>
</tr>
<tr>
<td>Larry James</td>
<td>Counsel</td>
</tr>
<tr>
<td>Jackie Joyner-Kersee</td>
<td></td>
</tr>
<tr>
<td>Deena Kastor</td>
<td></td>
</tr>
<tr>
<td>Elizabeth Phillips</td>
<td></td>
</tr>
<tr>
<td>Eve Wright</td>
<td></td>
</tr>
</tbody>
</table>

**Photographs:**

- Philip Dunn
- Deena Kastor
- Aretha Thurmond
# USA Track and Field Staff Directory

## Executive

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michael McNees</td>
<td>Interim CEO/Chief Operating Officer</td>
<td><a href="mailto:Michael.McNees@usatf.org">Michael.McNees@usatf.org</a> 317-713-4657</td>
</tr>
<tr>
<td>Lynn Taeger</td>
<td>Executive Office Coordinator</td>
<td><a href="mailto:Lynn.Taeger@usatf.org">Lynn.Taeger@usatf.org</a> 317-713-4652</td>
</tr>
</tbody>
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## High Performance Programs

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benita Fitzgerald Mosley</td>
<td>Chief of Sport Performance</td>
<td><a href="mailto:Benita.F.Mosley@usatf.org">Benita.F.Mosley@usatf.org</a> 317-713-4691</td>
</tr>
<tr>
<td>Duffy Mahoney</td>
<td>Director of High Performance Programs</td>
<td><a href="mailto:Duffy.Mahoney@usatf.org">Duffy.Mahoney@usatf.org</a> 317-713-4673</td>
</tr>
<tr>
<td>Terry Crawford</td>
<td>Director of Coaching</td>
<td><a href="mailto:Terry.Crawford@usatf.org">Terry.Crawford@usatf.org</a> 317-713-4671</td>
</tr>
<tr>
<td>Sandy Snow</td>
<td>Director of International and Championships Teams</td>
<td><a href="mailto:Sandy.Snow@usatf.org">Sandy.Snow@usatf.org</a> 770-392-1027</td>
</tr>
<tr>
<td>Aron McGuire</td>
<td>Associate Director, Championships and International Teams</td>
<td><a href="mailto:Aron.Mcguire@usatf.org">Aron.Mcguire@usatf.org</a> 317-713-4692</td>
</tr>
<tr>
<td>Melissa Beasley</td>
<td>Associate Director of Elite Athlete Relations</td>
<td><a href="mailto:Melissa.Beasley@usatf.org">Melissa.Beasley@usatf.org</a> 317-713-4650</td>
</tr>
<tr>
<td>Robert Chapman</td>
<td>Associate Director, Sports Science and Medicine</td>
<td><a href="mailto:Robert.Chapman@usatf.org">Robert.Chapman@usatf.org</a> 317-713-4669</td>
</tr>
<tr>
<td>Bejan Abtahi</td>
<td>Manager, Sports Science and Medicine</td>
<td><a href="mailto:Bejan.Abtahi@usatf.org">Bejan.Abtahi@usatf.org</a> 317-713-4669</td>
</tr>
<tr>
<td>Sariyu ‘Beka’ Suggs</td>
<td>High Performance Programs Manager</td>
<td><a href="mailto:Sariyu.suggs@usatf.org">Sariyu.suggs@usatf.org</a> 317-713-4689</td>
</tr>
<tr>
<td>Shayna Sangster</td>
<td>Coaching Program Coordinator</td>
<td><a href="mailto:Shayna.Sangster@usatf.org">Shayna.Sangster@usatf.org</a> 317-713-4667</td>
</tr>
<tr>
<td>Kimberly Sims</td>
<td>Sport Performance Operations Administrator</td>
<td><a href="mailto:Kimberly.Sims@usatf.org">Kimberly.Sims@usatf.org</a> 317-713-4668</td>
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### LEGAL AND BUSINESS AFFAIRS

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Norman Wain</td>
<td>Chief of Business Affairs/General Counsel</td>
<td><a href="mailto:Norman.Wain@usatf.org">Norman.Wain@usatf.org</a></td>
<td>317-713-4683</td>
</tr>
<tr>
<td></td>
<td>Contracts, Grievances, Agents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sarah Austin</td>
<td>Legal Affairs Manager</td>
<td><a href="mailto:Sarah.Austin@usatf.org">Sarah.Austin@usatf.org</a></td>
<td>317-713-4653</td>
</tr>
<tr>
<td></td>
<td>High Performances Programs</td>
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### EVENTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Adam Schmenk</td>
<td>Interim Director of Events &amp; Broadcasting</td>
<td><a href="mailto:Adam.Schmenk@usatf.org">Adam.Schmenk@usatf.org</a></td>
<td>317-713-4686</td>
</tr>
<tr>
<td></td>
<td>Visa Championship Series, Television and Broadcasting Footage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jeff Mlynski</td>
<td>Events Coordinator</td>
<td><a href="mailto:Jeff.Mlynski@usatf.org">Jeff.Mlynski@usatf.org</a></td>
<td>317-713-4679</td>
</tr>
<tr>
<td></td>
<td>Finance and Operations</td>
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### FINANCE AND OPERATIONS

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<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
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<tbody>
<tr>
<td>Gina Miller</td>
<td>Chief Financial Officer</td>
<td><a href="mailto:Gina.Miller@usatf.org">Gina.Miller@usatf.org</a></td>
<td>317-713-4681</td>
</tr>
<tr>
<td></td>
<td>Financial Statements, Human Resources and Benefits, Budgets, Taxes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Patty Hogan</td>
<td>Human Resources/Office Manager Intern Program</td>
<td><a href="mailto:Patty.Hogan@usatf.org">Patty.Hogan@usatf.org</a></td>
<td>317-713-4696</td>
</tr>
<tr>
<td>Melissa Bowlby</td>
<td>Accounting Manager Accounts Payable and Accounts Receivable</td>
<td><a href="mailto:Melissa.Bowlby@usatf.org">Melissa.Bowlby@usatf.org</a></td>
<td>317-713-4651</td>
</tr>
<tr>
<td>Dorothy Hawkins</td>
<td>Travel Services</td>
<td><a href="mailto:Travel@usatf.org">Travel@usatf.org</a></td>
<td>877-203-3799</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>317-713-4687</td>
</tr>
<tr>
<td>Jed Cornforth</td>
<td>Director of Operations &amp; Merchandise USATF Store</td>
<td><a href="mailto:Jed.Cornforth@usatf.org">Jed.Cornforth@usatf.org</a></td>
<td>317-713-4655</td>
</tr>
<tr>
<td>Karl Eagleman</td>
<td>Internet Publishing Coordinator</td>
<td><a href="mailto:Karl.Eagleman@usatf.org">Karl.Eagleman@usatf.org</a></td>
<td>317-713-4682</td>
</tr>
<tr>
<td>Neale Johantgen</td>
<td>Technology Support Technician</td>
<td><a href="mailto:Neale.Johantgen@usatf.org">Neale.Johantgen@usatf.org</a></td>
<td>317-713-4660</td>
</tr>
<tr>
<td>Blake Roebuck</td>
<td>Manager of Operations and Merchandise USATF Store</td>
<td><a href="mailto:Blake.Roebuck@usatf.org">Blake.Roebuck@usatf.org</a></td>
<td>317-713-4680</td>
</tr>
<tr>
<td>Lorraine Chan</td>
<td>Merchandise Sales Coordinator</td>
<td><a href="mailto:Lorraine.Chan@usatf.org">Lorraine.Chan@usatf.org</a></td>
<td></td>
</tr>
<tr>
<td>Robert Innis</td>
<td>Merchandise Sales Coordinator</td>
<td><a href="mailto:Robert.Innis@usatf.org">Robert.Innis@usatf.org</a></td>
<td></td>
</tr>
<tr>
<td>Britanny Lump</td>
<td>Merchandise Sales Coordinator</td>
<td><a href="mailto:Britanny.Lump@usatf.org">Britanny.Lump@usatf.org</a></td>
<td>317-713-4674</td>
</tr>
<tr>
<td>Kevin Quadrozzi</td>
<td>Tour Operator</td>
<td><a href="mailto:Kevin.Quadrozzi@usatf.org">Kevin.Quadrozzi@usatf.org</a></td>
<td></td>
</tr>
<tr>
<td>Matt Weingardt</td>
<td>Tour Operator</td>
<td><a href="mailto:Matt.Weingardt@usatf.org">Matt.Weingardt@usatf.org</a></td>
<td></td>
</tr>
</tbody>
</table>
MEMBERSHIP & ASSOCIATIONS DEPARTMENT

Andy Martin, Director of Membership & Associations  
Andy.Martin@usatf.org  
317-713-4675

Sherry Quack, Associations and Member Services Manager  
Sherry.Quack@usatf.org  
317-713-4685

Marilyn Turner, Member Services Representative  
Marilyn.Turner@usatf.org  
317-713-4693

Lori Bird, Member Services Representative – Individual & Club  
Lori.Bird@usatf.org  
317-713-4665

Carmen Triplet, Sanction Program Coordinator  
Carmen.Triplet@usatf.org  
317-713-4694

YOUTH PROGRAMS

Tricia Floyd, Associate Director of Youth Programs  
Tricia.Floyd@usatf.org  
317-713-4695

Dana Leenheer, Youth Programs Coordinator  
Dana.Leenheer@usatf.org  
317-713-4678

INTEGRATED MARKETING COMMUNICATIONS DEPARTMENT

Jill Geer, Chief Communications Officer  
Jill.Geer@usatf.org  
508-520-1529

Jim Estes, Associate Director of Marketing and LDR Programs  
Jim.Estes@usatf.org  
317-713-4661

Susan Hazzard, Associate Director of Communications  
USATF publications, Win With Integrity  
Susan.Hazzard@usatf.org  
317-713-4664

Taylor Payne, Marketing & Communications Manager  
Print, Television and Radio; Athlete Bios  
Taylor.Payne@usatf.org  
317-713-4670

Jared Slinde, Communications Manager  
Jared.Slinde@usatf.org  
317-713-4690

Kristina Hervey, Membership Marketing Coordinator  
Kristina.Hervey@usatf.org  
317-713-4684

Katie Landry, Marketing/Communications Coordinator  
Social Media  
Katie.Landry@usatf.org  
317-713-4672