

Elite **beat**



MAY 2005

TEAM USA WINS BRONZE AT WORLD XC



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2005 Outdoor Champs

The 2005 USA Outdoor Track & Field Championships head to the Home Depot Center in Carson, Calif., June 23-26. This year's championships will also include the men's and women's multi-events and the junior national championships.

Enter online today at
www.usatf.org/events/2005/USAOutdoorTFChampionships/entry

Update your USATF membership first at
www.usatf.org/membership/application

This meet will serve as the selection meet for the 2005 IAAF World Track & Field Championships, the 2005 Junior Pan American Games, USA vs. Germany Decathlon meet and other international events to be announced. For more information on the IAAF World Championships, please see page 12.

Hotel Information: The Westin in Long Beach, the meet hotel, is **sold out**. The Long Beach Hilton will serve as the overflow hotel. Contact the hotel directly at 800-445-8667 and reference USA Track & Field to receive the special rate of \$95 per night (plus tax). Make your reservations immediately as rooms will be sold quickly.

Athlete Hospitality: USA Track & Field will provide athlete hospitality at the Westin Long Beach. The hospitality room, which will include games, televisions, a DVD, a Playstation and snacks, will open on the afternoon of Wednesday, June 22nd. Complete information on the athlete hospitality room and hours of operation will be included in your athlete packet.

Prize Money: The top five place finishers will receive prize money. Prize money funds will be distributed to athletes as soon as the U.S. Anti-Doping Agency test results have been received. Athlete with remaining NCAA eligibility may not receive prize money. Athletes must be citizens of the U.S. and eligible to represent the U.S. in international competition in order to take part in the Championships or to win prize money.

The prize money is as follows:

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

Tickets for the USA Outdoor Championships may be purchased by visiting www.usatf.org. The meet is likely to sell out, so buy tickets for family and friends early.

Athlete Support Credentials: Admission to the stadium will be by credential or admission ticket only. All "Athlete" and "Athlete Support" credentials must be picked up and/or purchased during packet pick-up. Each athlete qualified and declared for the Championships will receive ONE "Athlete" ("A") credential for him/herself. Each athlete will receive one complimentary "Athlete Support" ("AS") credential as part of the entry fee good for all sessions. Each athlete may purchase one additional credential for personal coaches and/or medical personnel as follows:

Single Day Credential - \$30 All Sessions Credential - \$60

"Athlete Support" ("AS") credentials are only valid when worn by an individual 18 years or older.

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2005 Outdoor Champs



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May 2005

Greetings from the USATF National Office, where we are in the midst of yet another exciting track and field season. If the indoor season is any indicator, 2005 will be banner year for USA Track & Field and its athletes.

Still riding the success of our Olympic outing in Athens, there were more top performances on and off the track and in the field during indoor season, and we are now looking ahead to the first installment of the Outdoor Visa Championship Series. John Godina and Angela Daigle have already reaped their rewards, being crowned Visa Champions for the 2005 Indoor Visa Championship Series. Like all of you they are planning for a big season culminating with the IAAF World Championships in Helsinki, Finland.

The staff of USA Track & Field is working to attend to your needs in every way, and this edition of *Elite Beat* will give you valuable information as we move forward with our planning and preparations. Of course, we must revisit the indoor season that was chock full of amazing performances. There is also important information from the IAAF and the USOC as well as anti-doping news from the U.S. Anti-Doping Agency, along with some additions to the USATF family.

As always, we are here to provide the best customer service possible to our elite athletes. If you have any suggestions about how we can improve the sport and the support of its athletes, please do not hesitate to call me, email me or pull me aside at a meet.

Best wishes,

A handwritten signature in cursive script that reads "Michael Conley".

Michael Conley

Executive Director of Elite Athlete Programs

Visa Championship Series

2005 Visa Championship Series kicks off with exciting indoor season

Beginning with the Reebok Boston Indoor Games on January 30 and continuing with the Millrose Games on February 4, the Powered by Tyson Invitational on February 11, and the USA Indoor Track & Field Championships February 25-27, the Visa Championship Series saw packed arenas and enthusiastic fans contribute to outstanding performances by athletes.

A prestigious series of nationally televised USA Track & Field competitions formerly known as the Golden Spike Tour, USA Track & Field's 2005 Indoor Visa Championship Series had at its centerpiece the crowning of men's and women's Visa Champions.

Sprinter Angela Daigle and shot putter John Godina enter the outdoor season with significantly heavier wallets as each earned \$25,000 and a trip to a premier Visa-sponsored event by virtue of being crowned Visa Champions. Visa Champions were determined by the top single men's and women's performance throughout the season, according to the IAAF Scoring Tables of Athletics.



CLUTCH TIME FOR DAIGLE, GODINA

Daigle, who prior to the USA Indoor Championships had just one professional victory to her credit, blasted out of the blocks in the women's 60 meters to run a stunning time of 7.09 seconds. Tied for the fastest time in 2005 in the world and a huge personal best for the 28-year-old Pan Am Games gold medalist in the 4x100m relay, Daigle's winning time gave her 1,203 points and the title of women's Visa Champion – and it came in the final event of the three-day USA Indoor Championships.



JOHN GODINA (FAR LEFT) AND ANGELA DAIGLE WITH VISA VICE PRESIDENT OF SPORTS AND EVENT MARKETING PAUL TSUCHIYA

Godina's winning throw in the men's shot put of 71 feet, 7.5 inches (1,230 points) gave him the title of Visa Champion over Adam Nelson, who had led the Race for the Championship since the Reebok Boston Games. Godina's toss was the farthest throw in the world in 2005 and broke the 18-year-old meet record. A three-time world outdoor champion, three-time world indoor medalist and two-time Olympic medalist, Godina had four throws over 21.31 meters/69 feet, 11 inches, and two throws over 70 feet.

KIRBY LEE/THE SPORTING IMAGE

Visa Championship Series

PHOTORUN



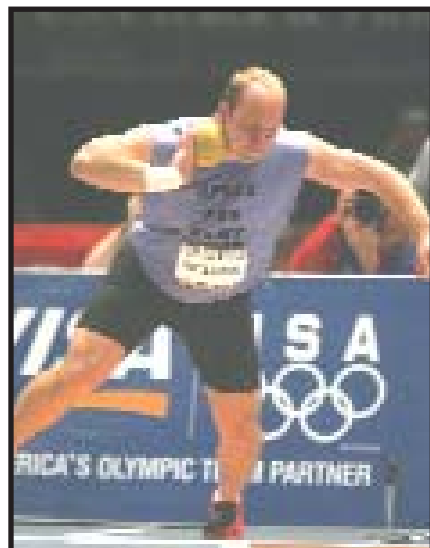
DANIELLE CARRUTHERS

THE SPORTING IMAGE

RACE FOR THE CHAMPIONSHIP

The men's shot put dominated competition at the Reebok Boston Indoor Games and the Millrose Games, where it was a featured event. Two-time Olympic silver medalist Adam Nelson's then-world-leading and indoor personal best throw of 21.66m/71-0.75 in Boston put him in the lead in the race for the Visa Championship. Reese Hoffa's personal-best of 70-11 at the hugely successful Millrose Games, under the lights of Madison Square Garden, gave him a coveted win.

Danielle Carruthers was the top female performer heading into the USA Indoor Championships, having won the women's 60-meter hurdles in Boston (8.06) and Fayetteville (7.98), and placing second at Millrose (8.02). But Erin Gilreath, who earlier in the season had twice broken the American record in the women's weight throw, and then Daigle surpassed her in the Visa Championship standings at the Indoor Championships.



ADAM NELSON

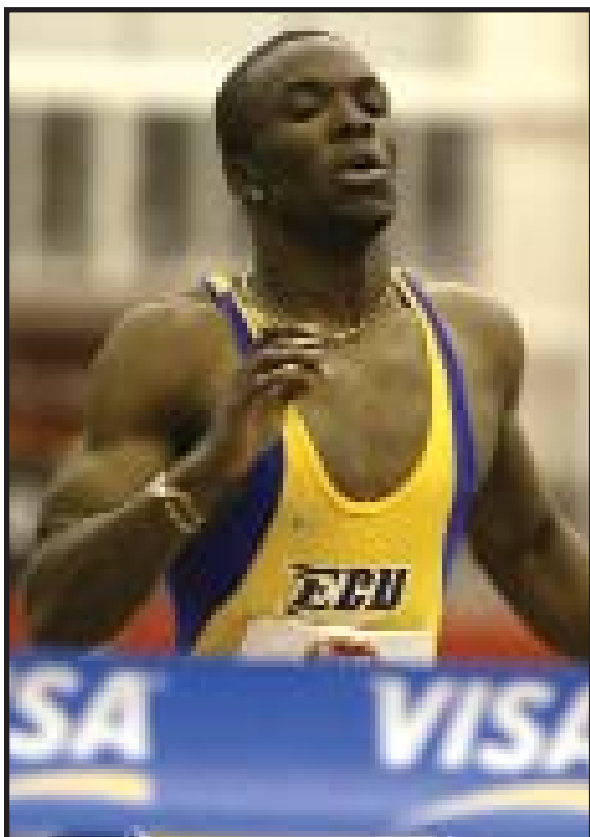
PHOTORUN

TOP PERFORMANCES

At the Reebok Boston Indoor Games, Ethiopian Tirunesh Dibaba crushed the world record in the women's 5,000 meters with her time of 14:32.93. At Millrose, Bernard Lagat of Kenya broke legendary Eamonn Coghlan's meet record – as well as Noureddine Morceli's Garden record – in the mile with his time of 3:52.87.

Yet, to many, the Powered by Tyson Invitational provided the most surprising performance of the Visa Championship Series, when 18-year-old LaShawn Merritt posted the third-fastest indoor 400-meter time in history, making him the second-fastest man ever indoors. Merritt came through 200 meters in a blazing 21.04 seconds, then crossed the finish line in 44.93 seconds. The time was only slower than Michael Johnson's world record of 44.63, and Johnson's #2 time of 44.66. It is the fastest time ever run by a junior (19-and-under) athlete indoors. Later in the season at NCAA's, Florida's Kerron Clement broke Johnson's WR with his time of 44.57. See page 5 for his interview.

Winning three events on the Visa Championship Series were Hazel Clark in the women's 800 (Millrose, Fayetteville, USA Indoors); Carruthers in the women's hurdles (Boston, Fayetteville, USA Indoors); and Dee Dee Trotter (400m at Millrose and USA Indoors, 200m at Fayetteville).



LASHAWN MERRITT

DAVID YERBY

2005 Outdoor Visa Championship Series

U.S. ATHLETES GEAR UP FOR WORLD CHAMPIONSHIPS WITH 2005 VISA CHAMPIONSHIP SERIES

The 2005 Outdoor Visa Championship Series features pressure-packed meets, opportunities for great performances, and fields full of Olympic medalists as American athletes prepare for the 2005 World Outdoor Championships.

Fans around the country will be able to watch six meets on seven national television broadcasts on NBC and ESPN. Adding to the excitement of competition, the Visa Championship Series features over \$2 million in prize and athlete support dollars, including a \$50,000 bonus and prize package going to the Visa Champions. Visa Champions will be the top male and female performers of the Visa Championship series.

The elite USATF outdoor season kicked off with USA vs. The World at the Penn Relays, where a crowd of 44,000 fans at historic Franklin Field saw Team USA's men's and women's 4x100m relays avenge their Olympic disappointments against men's gold medalist Great Britain and women's gold medalist Jamaica. In the women's 4x400 relay, Team USA will try to extend its global dominance and the USA won both sprint medley relays.

The Visa Championship Series invitational meetings begin May 22 with the adidas Track Classic in Carson, Calif. The Series continues May 30 with the Payton Jordan U.S. Open in Stanford, Calif.; and on June 4 it moves to the Nike Prefontaine Classic in Eugene, Ore.

On June 11, the Visa Championship Series returns to the East Coast for the Reebok Grand Prix, the first world-class meet to be held at the brand-new Icahn Stadium on Randall's Island, in New York City.

The final stop returns the Visa Championship Series to the track-mad Los Angeles area for the 2005 USA Outdoor Track & Field Championships, presented by Visa held June 23-26 in Carson. Nearly 1,000 of America's top athletes will compete at the Home Depot Center, vying for the right to represent Team USA at the World Outdoor Championships in Helsinki, Finland, in August.

The male and female athlete with the top overall performance in the 2005 Visa Championship Series will be named Visa Champion and receive a \$25,000 bonus. In addition, each Visa Champion will be awarded an invitation of their choice to a premiere Visa-sponsored event.

For more information on the Visa Championship Series, visit www.usatf.org/visa



2005 OUTDOOR VISA CHAMPIONSHIP SERIES EVENT SCHEDULE

Date	Event	Network	Broadcast
Apr. 30	USA vs. The World at Penn Relays	NBC	4-6 p.m. ET
May 22	adidas Track Classic	ESPN	4-6 p.m. ET
May 30	Payton Jordan U.S. Open	ESPN2	10-11:30 ET
June 4	Nike Prefontaine Classic	NBC	June 5, 2-3 p.m. ET
June 11	Reebok Grand Prix	NBC	4-5:30 p.m. ET
June 23-26	USA Outdoor Championships	ESPN	June 25, 4-6 p.m.
	USA Outdoor Championships	ESPN2	June 26, 5-7 p.m.

Athlete Feature

USA Track & Field in March hosted a teleconference with new 400-meter sensation **Kerron Clement** [pronounced Ker-RON CLEM-ent] and his coach, Mike Holloway. Known as primarily a 400-meter hurdler, Clement etched his name in the record books on March 12 when he ran 44.57 seconds to win the 2005 NCAA indoor 400-meter title, breaking Michael Johnson's world record of 44.63, set in 1995. The 19-year-old sophomore at the University of Florida then anchored the Gators' 4x400-meter relay to a collegiate record of 3:03.51, breaking the mark previously held by the 2004 Baylor squad that featured Olympic gold medalists Jeremy Wariner and Darold Williamson (3:03.96).

Although his 400-meter WR was surprising, Clement is no stranger to international track & field success. At the 2004 World Junior Championships in Grosseto, Italy, Clement won the 400-meter hurdles in a Championships record time of 48.51, then anchored the Team USA 4x400m relay to a world junior record 3:01.09. He showed an indication of his world-beating form at the 2004 NCAA Outdoor Championships, where he won the 400m hurdles in 49.05.

Born in Trinidad, Clement graduated high school in La Porte, Texas, in 2003, and became a U.S. citizen last summer. He has long been a part of USA Track & Field's youth and junior grass roots programs, winning the 100m hurdles and 400m hurdles at the 2002 USATF Youth Athletics Championships. He added the 400m hurdles title at USATF's 2002 and 2003 Junior Olympics. Other recent products of the USATF Youth and Junior system include Olympic silver medalists Lauryn Williams and Allyson Felix.



KIRBY LEE

KERRON CLEMENT

Q: How did it feel to break a world record held by Michael Johnson?

A: It was really amazing. Michael Johnson is a great athlete. I was really thrilled that I actually got the record.

Q: Did you know you were in that kind of shape?

A: After SECs, I knew that I could run under 45 seconds. I just kept focus during the season.

Q: We had been hearing a lot about LaShawn Merritt. Did you think at some point that you'd be having a showdown with him at the NCAA Championships?

A: I was looking forward to racing against him, but he turned pro the week before. I knew what I had to do and I knew what my goals were.

Q: Did you have the world record in your mind before you went to the starting line?

A: I was just hoping to run under 45 seconds. The world record was never on my mind.

Q: Had you had much success previously in the 400 meters?

A: In high school, I only ran like one race in the 400, it was 48-something. I ran the hurdles since high school. I've been working in the 400 since I got to college.

Q: What was it that showed you how good of shape you were in? Will you change your training or get more fit for outdoors?

A: Doing the 300s in practice have prepared me for indoors and is going to help me for outdoors in the hurdles. In the

hurdles you need endurance. We do 300s and 500s in practice.

Q: In the 400, the competition in the U.S. is as exciting as it has been in a long time. Wouldn't you want to be part of that?

COACH HOLLOWAY: I think that what everyone is missing here is that the 400 hurdles is Kerron's craft. Kerron is a 400 hurdler, so that's what he does.

Q: Have you given thought to going pro?

A: I'll be out in June [after the NCAA Outdoor Championships]. That's the plan right now.

Q: Kerron, is it your intention to run both the 400 and the hurdles at the USA Outdoor Championships?

A: No, we'll focus on one race [the hurdles].

Q: Would you like to run the 4x400m relay at the World Championships?

A: That's one of my goals.

Q: How has your training changed from high school to college?

A: In high school, I didn't do any sprint work. I ran cross country for four years. When I got to college, coach maximized my sprinting abilities. That's why I got to a new level. When you get to college, you have to lift weights to get strong - your upper body, lower body, abs.

Q: Do you miss cross country?

A: [Laughs] No.

Good News

USA TRACK & FIELD FOUNDATION PRESENTS FIRST GRANTS

The USA Track & Field Foundation has presented the first two grants in its history. A \$25,000 grant has been presented to the City Sports youth track and field program at the New Balance Track and Field Center in New York City, and a \$10,000 grant was presented to the USATF and American College of Sports Medicine's "Be a Champion" initiative.

Since 2001, the City Sports program has consisted of 24 individual track meets (six per season of the year) to be held at the New Balance Track and Field Center. More than 1,000 boys and girls, ages 6 to 12 years old compete annually in the



program, where at each meet every child participates by ages in every event: sprints, hurdles, high jump, long jump, shot put, indoor javelin, tug of war, 600m run and 800m relay.

With its launch in 2004, the "Be a Champion" program has become an effective USATF outreach initiative for young people which promotes fitness, fair play/sportsmanship, and the benefits of physical activity, particularly running, walking and other activities. The program also addresses the dangers of drug and supplement use in order to encourage kids to be healthy, active and drug-free in sports and in life.

SPEARMON BREAKS 200M AR

Kerron Clement's world record in the 400 meters (see p. 5) was not the only notable record at the NCAA Indoor Championships in Fayetteville, Ark. University of Arkansas sophomore Wallace Spearmon Jr. broke the American indoor record in the 200 meters on two occasions at the meet. Spearmon first ran 20.21 seconds in the prelims before posting a stunning 20.10 in the final. Both performances bettered the previous U.S. and collegiate indoor record of 20.26 set by Shawn Crawford of Clemson and Florida's John Capel at the 2000 NCAA championships, also held in Fayetteville.

HARLAN, FOUNTAIN WIN COMBINED EVENTS TITLES

Ryan Harlan and Hyleas Fountain won their respective men's and women's titles March 5-6 at the 2005 USA Indoor Combined Events Championships at the University of North Carolina at Chapel Hill.

The 23-year-old Harlan led after the first day of competition and held off a late comeback on Sunday by defending champion and 2004 Olympian Paul Terek to win the men's title with 6,102 points. The two-time defending champion Terek was the runner-up with 5,972 points. In the women's pentathlon competition, Fountain, the 2003 NCAA heptathlon champion, 2004 NCAA long jump champion and '04 heptathlon runner-up, won the event and tied her personal best with 4,417 points over runner-up Fiona Asigbee (4,347 points).



KASTOR NEARLY BREAKS 8 KM AR; OTHER EARLY ROAD TITLES WON

Running the second fastest women's 8 km in U.S. history, Deena Kastor dominated the women's field, while Jorge Torres emerged from his professional road racing debut with his first ever USA championship title on March 26 at the USA 8 km Championships, hosted by the New York Road Runners. Kastor dealt with a slight wind as she just missed Lynn Jennings' American record of 25:02 with her 25:05 win. In the men's race, Torres made his final push to break the field, just before 5 km. He finished in 22:47 for the win.

The USA 15 km Championships on March 12, hosted by the Gate River Run, once again featured a stellar field including seven former Olympians. Ryan Shay pulled away from 2004 Olympic Trials Marathon champion Alan Culpepper to win the men's race in 43:52, while 2004 Olympic marathoner Jen Rhines did the same to fellow Olympian Elva Dryer and Blake Russell. Rhines' winning time was 49:21.

Pre-race favorite, 2004 Olympian Dan Browne lived up to his number one seed and captured the USA Men's Half-Marathon Championship at the Aramco Houston Half Marathon on January 16 in Houston, TX. Browne's 1:03:56 put him across the line ten seconds ahead of second-place Matt Gabrielson.

RACE WALK ROUNDUP

Three-time Olympian Curt Clausen (2:28:00) won the men's race, and American masters record holder Heidi Hauch (3:04:16) January 23 at the 2005 USATF 30 km Race Walk National Championships in Chula Vista, California. Clausen won his second title of the 2005 season when he won the men's 50 km crown on February 13 in Clermont, Fla., with his time of 4:09:35. Dorit Attias won the women's national title in 5:47:35.

Good News

On the indoor walking circuit, Tim Seaman dominated men's competition, winning the 3,000m title January 29 at Bucknell (11:57.89) and the 1 mile national title, competing at the Millrose Games (6:00.76, Championship Record). He then took his eighth career 5,000m title at the USA Indoor Champs (19:56.41). On the women's side, Amber Antonia won the 3,000 title (12:55.69) and Jolene Moore was the 1-mile champion (6:51.19, Championship Record).

RUNNING SHOES SPUR ATHLETIC FOOTWEAR SALES

Running shoe sales helped drive consumer spending for athletic footwear up by 3.1% in 2004 to over \$16.4 billion dollars. A study by the NPD Group for SGMA International indicates that running remained the most popular shoe category, accounting for 28.9% of all spending (\$4.74 billion), an increase of 4.9%. Basketball sales accounted for 22.2% of all sales. Cross training/fitness/walking shoes accounted for another 12.6% of sales. The overall research findings confirm that consumer interest continues to grow in higher-priced performance footwear, particularly in the running and basketball categories. The NPD Group study is based on actual sales reported to NPD by department stores, national chains, athletic specialty chains, and sporting goods stores.

CRAWFORD PRESENTS AT IMAGE AWARDS

Shawn Crawford, the 2004 Olympic 200-meter gold medalist, on March 25 appeared as a presenter at the 2005 NAACP Image Awards. The program aired nationwide of FOX.

Presented annually, the NAACP Image Awards is the nation's premier event celebrating the outstanding achievements and performances of people of color in the arts as well as those individuals or groups who promote social justice. The NAACP Image Awards is a star-studded salute to the best in entertainment. Honorees, presenters and performers have included many of the major celebrities in America as well as International political figures and dignitaries.

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OF ALL USATF CHAMPIONSHIP
EVENTS, VISIT THE EVENTS
SECTION OF
WWW.USATF.ORG**

STORK VISITS KENNEDY, WASHINGTON, STRINGFELLOW

U.S. 3000m and 5000m record holder, Bob Kennedy, became a father of twins on January 11. His wife, Melina, gave birth to son, Marcus, and daughter, Sophia, in Indianapolis.

2003 World Indoor men's 400m gold medalist Tyree Washington became a father for the second time on Thursday, January 13, when his wife Chara gave birth to a baby girl in San Diego. Baby Tyra entered the world at 5 lbs., 11 ounces.



TYRA WASHINGTON

In addition, 2004 World Indoor men's long jump gold medalist Savante' Stringfellow became a father, also for the second time, on January 17 when his wife Leah gave birth to their son, Kennedy.

BIG TIMES, BIG MONEY FOR TRACK & FIELD IN 2004

A yearlong survey by the Track Profile News Service revealed that more than \$21 million in prize money and bonuses was awarded in track and field competitions in 2004.

Based on information received from 57 major international indoor and outdoor meetings, 1,304 men from 91 countries claimed \$10,782,188 in prize money, while 1,078 women from 87 countries won \$9,795,384. Ten women and nine men won at least \$100,000, while 19 women and 17 men reached the \$75,000 mark. Prize money does not include cross country and road races.

For strictly American figures, U.S. men account for \$2,042,286 of the overall total, while U.S. women account for \$1,406, 516 of the overall women's figure.

Prize money data was received directly from event organizers, media liaisons and athlete representatives. Publicly available performance incentive bonuses, meet, world and other record bonuses were included in the report. These figures do not include confidentially negotiated appearance fees and related incentives and bonuses.

Among the competitions, the IAAF World Athletics Final produced the biggest payout, with nearly 2.93 million in prize money awarded, while more than \$2.6 million was awarded at the IAAF World Indoor Championships in Budapest. The largest single-day payout came at the Weltklasse Golden League meet in Zurich, where \$932,573 in prize and bonus money was awarded.

Alumni, USOC, IAAF

WHERE ARE THEY NOW?

JOSH CULBREATH

An Olympic bronze medal, two Pan Am gold medals and a world record in the 440 yard hurdles are all great athletic accomplishments for Josh Culbreath, but it is what he has done since then that has truly fulfilled his life.

A 400m hurdle bronze medalist from the 1956 Olympic Games, Culbreath enjoyed a long track and field career that took him all over the world, where he met many people and gained valuable friendships.

After his career ended, Culbreath moved onto coaching. He attributes his return to coaching to comedian and Temple alum Bill Cosby, who served with Culbreath in the U.S. Marines. "It was him (Cosby) who wanted me to go back to coaching," said Culbreath, who was the men's and women's track & field coach at Central State University in Ohio for eight years, where he won 10 national titles.

Cosby and Culbreath still remain close friends, and in 1984, Culbreath, then the athletic director at Morehouse College in Atlanta, made a guest appearance on The Cosby Show as Sanford 'Tailwind' Turner.

Attention Female Athletes

American Women's Track & Field: A History, 1981-2000 is in its final stages of completion. Please contact Louise Tricard at ltricard@aol.com if you would like your competition career information included in this library reference book.

ATTENTION ALUMNI

IF YOU HAVE NOT GIVEN PERMISSION TO SHARE YOUR EMAIL ADDRESS WITH OTHER ALUMNI AND CURRENT ATHLETES, PLEASE DO SO BY EMAILING LOUISE TRICARD AT LTRICARD@AOL.COM.

USOC

The U.S. Olympic Committee announced its operating budget for 2005 on February 15, earmarking 84 percent to be spent on programs for athletes.

The budget, approved by the USOC board of directors, keeps a promise to streamline its operation by holding down spending on administration. The 2005 budget calls for \$116.7 million in spending, \$98.3 million of which will go to the governing bodies for individual sports and sport performance at the Olympic and Paralympic Games. The remaining monies will go toward administration.

Of the \$98.3 million to be spent on athletes, \$81.9 million will go to sport performance programs, including \$45.8 million to national governing bodies and athlete support and \$15.2 million to operate Olympic training centers in Colorado, New York and California.

One of the goals of the USOC and recently named chairman Peter Ueberroth was to ensure athletes were getting a proper share of the money. At the same time the USOC announced the 2005 budget, they also announced they would eliminate 40 staff positions – 12 of which were unfilled – to bring its total number of employees to about 400. That is about 150 fewer than in 2002. The cuts were part of an ongoing realignment of the office.

IAAF ATHLETES BACK ZERO TOLERANCE CONCEPTS

For the first time in its history, the IAAF conveyed a joint meeting between representatives of the Athletes, Coaches and Medical and Anti-Doping Commissions in Monte Carlo.



Past and active athletes, coaches, medical experts, anti-doping officials and IAAF staff comprised the nearly 60 representatives invited to participate, included USATF's Executive Director of Elite Athlete Programs Michael Conley.

The bottom line of the joint meeting was that all parties were willing to be pro-active in the first against doping although each one inevitably has a different perspective on the topic. For example, the representatives from the Athletes' Commission announced their total commitment to Clean Sport, and supported the strict policy of USATF regarding suspensions for life for a first-time steroid offense. However, the athletes also requested greater transparency and guidance from the IAAF regarding anti-doping rules and procedures.

Anti-Doping

IMPORTANT NOTICE TO ATHLETES IN THE IAAF OOC TESTING POOL

Recently, the IAAF amended its testing protocol regarding Out of Competition (no advance notice testing) in several key areas. While we have not received official word about these procedural changes, many athletes have contacted USATF in regards to these topics and we want everyone to be aware of what to expect.

The IAAF no longer will call athletes in an attempt to notify the athlete when they have been selected for an OOC test.

When testing, the IAAF will be also collect blood as well as urine for screening in some OOC cases.

USATF strongly recommends that athletes take into consideration these changes when they are notified of an IAAF missed test by responding by the deadline in detail regarding your whereabouts on the day in question. USATF understands the frustration that athletes are encountering regarding this procedure. We are working with the IAAF to try to amend the protocol, but until that time, we need all athletes to continue to be compliant with the current IAAF rules and procedures.

If you have questions or concerns, please contact USATF's Melissa Beasley at 317-261-0478 x335.

STEROID LAW

On October 22, 2004, President George W. Bush signed into law S. 2195, the Anabolic Steroid Control Act of 2004. The Act adds certain anabolic steroid precursors to the list of anabolic steroids that are classified as controlled substances and are illegal without a medical prescription. Effective January 20, 2005:

* Possession of a single androstenedione or other prohormone tablet is a federal crime punishable by up to a year in jail (even if the product was purchased prior to the change in the law); and

* Distributing these substances is a felony punishable by up to five years in prison for a first offense.

Two of the most notable precursors identified in the act include androstenedione and dihydrotestosterone (also known as 1-testosterone).

For more information or a complete copy of the Act, visit www.casper207.com.

CHANGES IN USADA PROTOCOL

USADA recently made significant changes to its publication USADA Protocol for Olympic Movement Testing – specifically to Annex E – regarding the American Arbitration Association Supplementary Procedures for Arbitration of Olympic Sport Doping Disputes.

USATF strongly recommends that all athletes and athlete support personnel review the newly published protocol by visiting the USADA website at http://www.usantidoping.org/files/active/policies_procedures/ProtocolFINAL11-8-04.pdf.

USADA 2004 TESTING NUMBERS ANNOUNCED

USADA announced their final testing numbers for 2004. The agency performed a total of 8,051 doping control testing in 69 Olympic, Paralympic and Pan American sports, including 7,630 domestic tests. Out-of-Competition (OOC) testing comprised approximately 58 percent (4,447) of the domestic tests USADA conducted in 2004. In the fourth quarter alone, USADA conducted 1,083 domestic tests, including 708 OOC tests. For track and field, 1,618 total tests were conducted in 2004, which includes 809 OOC and 809 event tests. USATF tests accounted for 21.2 percent of all USADA's domestic tests, 25.4 percent of event tests and 18.2 percent of OOC tests.

YASMIN REMOVED FROM PROHIBITED LIST

On January 25, 2005, the World Anti-Doping Agency (WADA) List Committee considered the status of Yasmin, an oral contraceptive. On January 27, 2005, WADA notified USADA that the medication, Yasmin, is allowed in- or out-of-competition, effectively immediately.

Previously, USADA had informed athletes that the medication was prohibited based on the presences of the diuretic drospirenone. WADA's decision is a positive one for athletes. American athletes who compete around the world and use Yasmin will not be subject to a doping violation for the presence of drospirenone.

Be a Champion

Be A Champion is up and running, with 11 athletes speaking to more than 3,450 students, coast to coast, since October 2004.

A major initiative by USA Track & Field and the American College of Sports Medicine, Be A Champion facilitates direct interaction between elite athletes, including Olympic medalists, and middle-school aged children around the country, in order to positively impact their lifestyles and decision-making.

Below is a breakdown of Be A Champion appearances and some specific demographics. In addition to the appearances listed below, Be A Champion has been a featured segment on the Visa Championship Series broadcasts on NBC, ESPN and ESPN2. Additional Be A Champion visits will be held throughout the outdoor Visa Championship Series as well.

Where: Elite Athlete Retreat, Miami, Florida
Who: Sanya Richards, Justin Gatlin, Maurice Greene, Lauryn Williams
When: October 2004
Attendance: 750 students at Dade Christian Academy

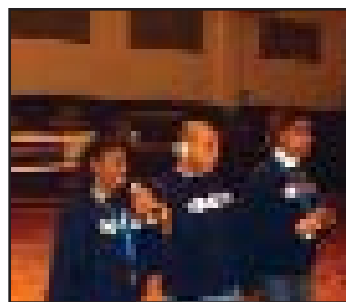
Where: USATF Annual Meeting, Portland, Oregon
Who: Sanya Richards, Brenda Taylor, Allen Johnson, Justin Gatlin
When: December 2004
Attendance: 300 students at Gregory Heights Middle School

Where: NW Flyers Breakfast, Houston, Texas
Who: Derrick Brew
When: January 2005
Attendance: 300 track club athletes at Cypress Creek Christian Community Center

Where: Millrose Games, New York, New York
Who: Allyson Felix, Toby Stevenson
When: February 2005
Attendance: 300 students at Center School

Where: Powered by Tyson Foods Invitational, Fayetteville, Arkansas
Who: April Steiner
When: February 2005
Attendance: 50 students at Ramey Junior High

Where: USA Cross Country National Championships, Vancouver, Wash.
Who: Daniel Lincoln, Shayne Culpepper
When: February 2005
Attendance: 800 students at McLaughlin Middle School



Clockwise from top: Boston, Mass; Houston, Texas; New York; Raleigh

Be a Champion



Where: USA Indoor Championships, Boston, Massachusetts
Who: Jamie Nieto, Brenda Taylor
When: February 2005
Attendance: 150 students at Tobin Community Center

Where: USA Indoor Multi Event Champs, Raleigh, N.C.
Who: Moushumi Robinson, James Carter, Crystal Cox
When: March 2005
Attendance: 500 students at Holly Springs Middle School

Where: AIAA Girls in Sport, Phoenix, Arizona
Who: Stacy Dragila
When: March 2005
Attendance: 700 girls at a sport symposium

Where: Texas Relays, Austin, Texas
Who: Derrick Brew, Sanya Richards
When: April 2005
Attendance: 200 students at Pearce MS

Where: Kansas Relays, Lawrence, Kansas
Who: Charlie Gruber, Leonard Scott, Nichole Denby
When: April 2005
Attendance: 500 students at Central Jr. High

To inquire about being a part of Be A Champion, contact Susan Hazzard at the USATF National Office: susan.hazzard@usatf.org



World Champs - Helsinki Info

Entry Standards - 2005 World Championships

Men		Event	Women	
A Standard	B Standard		A Standard	B Standard
10.21	10.28	100m	11.30	11.40
20.59	20.75	200m	22.97	23.13
45.55	45.95	400m	51.50	52.30
1:45.40	1:46.60	800m	2:00.00	2:01.30
3:36.20	3:38.00	1500m	4:05.80	4:08.20
13:21.50	13:28:00	5000m	15:08.70	15:24.00
27:49.00	28:06.00	10,000m	31:40.00	32:00.00
2:18:00		Marathon	2:42:00	
8:24.60	8:32:00	3000m SC	9:50.00	10:00.00
13.55	13.62	110mH/100mH	12.96	13.11
49.20	49.80	400m H	55.60	56.50
1:23:00	1:24:30	20km Race Walk	1:33:30	1:38:00
4:00:00	4:07:00	50km Race Walk		
39.00		4x100m	44.00	
3:04.00		4x400m	3:31.00	
8050pts	7800pts	Deca/Hept	6100pts	5900pts
2.30m	2.27m	High Jump	1.95m	1.92m
5.75m	5.60m	Pole Vault	4.45m	4.30m
8.20m	8.10m	Long Jump	6.75m	6.60m
17.10m	16.70m	Triple Jump	14.30m	14.00m
20.50m	20.00m	Shot Put	18.55m	17.30m
65.00m	63.00m	Discus Throw	62.00m	60.00m
78.65m	74.35m	Hammer Throw	69.50m	67.00m
81.80m	77.80m	Javelin Throw	62.00m	59.00m

CONDITIONS :

1. Performances must be achieved during the qualification period of 1 January 2004 to 25 July 2005 (midnight-local time). Performances achieved during the meeting of Stockholm 2005 (July 26, 2005) also will be accepted.

2. Performances must be achieved during competitions organized or authorized by IAAF, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organized. (For walking events, relays and marathon, see below.)

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

4. Performances achieved in mixed events between male and female participants, held completely in the Stadium, will not be accepted (see IAAF Rule 147) with the exception of local competitions held in Oceania.

5. Wind-assisted performances will not be accepted.

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

7. Indoor performances for all field events and for races of 200m and longer will be accepted.

8. Lower ages limit: for the Marathon Races and the 50km Race Walk Men, senior athletes only (any athlete aged 20 years and over on 31 December 2005) will be accepted.



AAC Contacts

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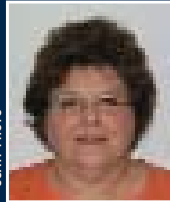
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ELITE ATHLETE PROGRAMS CONTACTS



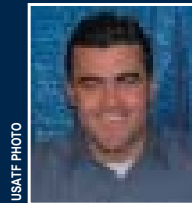
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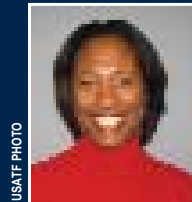
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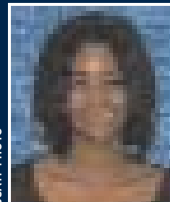
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IMPORTANT DATES

ADIDAS TRACK CLASSIC
MAY 22, 2005
CARSON, CALIF.

PAYTON JORDAN U.S. OPEN
MAY 30, 2005
PALO ALTO, CALIF.

NIKE PREFONTAINE CLASSIC
JUNE 4, 2005
EUGENE, ORE.

REEBOK GRAND PRIX
JUNE 11, 2005
NEW YORK, N.Y.

USA OUTDOOR TRACK & FIELD CHAMPIONSHIPS
JUNE 23-26, 2005
CARSON, CALIF.

IAAF WORLD CHAMPIONSHIPS IN ATHLETICS
AUGUST 5-14, 2005
HELSINKI, FINLAND



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