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Dear Elite Athlete,

By the time you read this letter, all of you will be well into your outdoor season. Early results from April have already showed that you will be picking up where you left off in 2010, and then taking it up another notch.

Of course, all roads lead to Korea in 2011. From an athlete-support perspective, USATF is devoting our time, attention and resources to ensuring you can perform at your best in Daegu and, a year later, in London. We are directing tens of thousands of dollars to support training centers around the country, where you already live and train. We have reorganized our relay program, and we are putting the finishing touches on our training-camp arrangements. And that’s just the start.

On behalf of USATF’s board of directors, membership and staff, I wish all of you the best of luck in this important outdoor campaign. Remember that USATF is here to support you, and this Elite Athlete Handbook is one way we try ensure you have the information you need at your fingertips. Beyond what you find in these pages, I encourage each of you to continue the trend of increased communication between yourselves and the USATF national office to help ensure you have the support you need to reach your goals.

Yours in sport,

Stephanie Hightower
President/Chairman
Dear Athletes,

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,

With the London Olympics just one year away, the Sport Performance staff of USA Track & Field is eagerly preparing for a busy, albeit exciting 2011 as the final tune up for the World’s #1 Track & Field team.

In 2011, Team USA will defend its title at the IAAF World Championships in Daegu. USATF and Team USA will move toward London with a crop of young and talented athletes as well as the veterans who continue to show them the way. Over the next two years, it is our goal as an organization to provide you with the best support possible to enable you to fulfill your dreams. As athletes, you are faced with many challenges 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 as much information as possible to you via the Elite Athlete Handbook. This handbook is comprised of information that may be useful for an elite athlete. It is printed annually, allowing the information to be updated regularly. We also post the handbook online at www.usatfhighperformance.com as a reference tool. We are introducing several new programs leading into 2011 and ultimately 2012. This handbook covers many bases, from athlete support to travel information, from dealing with the media to drug testing inquiries, as well as a comprehensive calendar of upcoming 2011 event and directories for all aspects of the sport.

If you have additional questions, do not hesitate to call the Sport Performance Department at USA Track & Field — they are here to help you. A complete listing of staff members along with their responsibilities is located on page 7 of this handbook.

Warm regards,

Benita Fitzgerald Mosley
Chief of Sport Performance
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.

USATF is a volunteer-driven, not-for-profit organization with a staff of professional program administrators at the National Office in Indianapolis, IN. The mission of USA Track & Field is to drive competitive excellence and popular engagement in our sport.

USATF is an organization that provides competitive opportunities for all Americans regardless of age and ability. Just a few of the ways we serve our sport include:

• Establishing grassroots programs, such as the Junior Olympics, to help develop future stars who will follow in the footsteps of Tyson Gay, Allyson Felix, Jeremy Wariner, Sanya Richards-Ross, Bryan Clay, Lauryn Williams, Adam Nelson, Deena Kastor and Meb Keflezighi.

• Developing, selecting and leading Team USA—the World’s #1 Team—at the Olympics, World Championships and more than 12 other international events each year. Roughly 700 athletes of all ages wear a Team USA uniform in any given year.

• Managing USATF’s Visa Championship Series, a professional series of track and field events contested in cities such as New York, Boston, Eugene, and Philadelphia.

• Promoting programs of training and competition for men and women and boys and girls of all ages.

• Establishing and enforcing the rules and regulations of our sport.

• Sanctioning more than 4,000 events each year.

• Conducting a comprehensive Coaching Education Program that has been taken by more than 14,000 coaches nationwide.

• Providing insurance to sanctioned events, member clubs and member-athletes.

• Certifying race courses for accuracy and validating records.

Over 100,000 Americans are members of USATF. Fifty-seven USATF Associations oversee the sport and its 2,500 youth and running clubs at the local level.

Pushing Ahead

USATF has a list of “best in class” partners that includes Visa, Nike, BMW, The Hershey Company, and 24 Hour Fitness and suppliers Gill Athletics and St. Vincent Sports Performance.

The 2010 Visa Championship Series continued the recent upward television ratings trend as broadcasts on ESPN were up 48% and ESPN2 were up 18% over 2009. Boasting partnerships with NBC and ESPN, our sport has nearly 40 national TV broadcasts in any given year, and average Nielsen ratings for track and field broadcasts are higher than those of the NHL, the WNBA and Major League Soccer.

Reaching Out

In 2004, USATF launched a community outreach program called Win With Integrity. At each Visa Championship Series stop, and at other events around the country, USATF’s star athletes speak with local schools about the importance of fitness, a healthy lifestyle, living with integrity—including a drug-free life—and setting goals. Thousands of children have been reached in person through the program, which has been enthusiastically embraced by USATF athletes and the students to whom they speak. It is a key component of the rich history of voluntarism displayed by Team USA.

For more information about USA Track & Field, visit our website:

www.usatf.org

USATF National Office
132 E. Washington St., Suite 800
Indianapolis, IN 46204

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www.twitter.com/#!/USATrack_Field
www.twitter.com/#!/USATF_druglady
Sport Performance Department

Benita Fitzgerald Mosley, Chief of Sport Performance
Manages Sport Performance Department; USOC Liaison
Benita.F.Mosley@usatf.org
317-713-4691

Duffy Mahoney, Director of High Performance Programs
Project 30, Olympic Training Center
Duffy.Mahoney@usatf.org
317-713-4673

Terry Crawford, Director of Coaching
Coaching Education, Registered Coaching Programs
Terry.Crawford@usatf.org
317-713-4671

Sandy Snow, Director of International Teams and Championships
Team USA management, issues and questions
Sandy.Snow@usatf.org
770-392-1027

Aron McGuire, Associate Director, Championships and International Teams
Team USA logistics, uniforms, travel and team sign up issues
Aron.McGuire@usatf.org
317-713-4692

Melissa Beasley, Associate Director, Elite Athlete Relations
USADA liaison, Elite Athlete Handbook, Elite Beat, AAC liaison, concerns and questions
Melissa.Beasley@usatf.org
317-713-4650

Robert Chapman, Associate Director of Sports Science and Medicine
Sport Performance Summits and Workshops
Robert.Chapman@usatf.org
317-713-4669

Sariyu ‘Beka’ Suggs, High Performance Programs Manager
Elite Athlete Health Insurance, national championships prize money, travel funding and hardship fund issues, Post Collegiate Scholarship Fund, concerns and questions
Sariyu.Suggs@usatf.org
317-713-4689

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

Kimberly Sims, Sport Performance Operations Administrator
Kimberly.Sims@usatf.org
317-713-4668

Sports Performance Team Roles

Benita Fitzgerald Mosley, Chief of Sport Performance
Manages Sport Performance Department; USOC Liaison
Benita.F.Mosley@usatf.org
317-713-4691

Duffy Mahoney, Director of High Performance Programs
Project 30, Olympic Training Center
Duffy.Mahoney@usatf.org
317-713-4673

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Sariyu.Suggs@usatf.org
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Kimberly.Sims@usatf.org
317-713-4668
Athlete Criteria & Tier System

In conjunction with the USATF Athletes’ Advisory Council, the USATF Sport Performance Department has developed a new Tier System. It includes consistent criteria to ensure the participation of the highest medal-potential athletes and their coaches in all USATF and USOC high performance and athlete support programs.

Athletes included in Tiers I, II and III will have primary access to programs such as: domestic and international competitive opportunities, sport performance workshops, medical reimbursement, stipends, elite athlete health insurance, DISC, St. Vincent’s medical program, coaches’ stipends, and 24 Hour Fitness vouchers.

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

- Medaled in the most recent Olympic Games
- Top 10 World Rank in the preceding year by *Track & Field News* (year end ranking) or All-Athletics.com (year end ranking)
- Top 5 World Rank 2 years prior by *Track & Field News* (year end ranking) and All-Athletics.com (year end ranking)
- Medaled in two most recent major championships (i.e. World Championships or Olympic Games)

The above criteria applies to athletes who competed in the preliminaries or finals 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 the following:
• Placed Top 8 in two most recent major championships (i.e. World Championships or Olympic Games)

• Top 20 World Rank in prior year by All-Athletics.com (year end ranking)

**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. Also, there are 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 out of college and achievement of the “A” standard for their respective event.

The USATF Sport Performance Department recognizes that there are many athletes who do not meet the above criteria, and therefore, may be excluded from receiving some highly valuable benefits. There are also athletes who have achieved these standards in the past, but have experienced a recent injury, illness or maternity leave, which may have caused an interruption in their competitive schedule. We will continue to include these athletes in programs such as our competitive opportunities, summits and workshops as much as possible; however, first priority will be given to Tier 1–3 athletes.

**Tier 1**

• Elite Athlete Health Insurance
• USATF/St. Vincent Sports Performance Elite Athlete Medical Support Programs
• Sport Performance Workshops
• Performance Pool Funding (Athlete stipend, medical reimbursement, coaching stipend)
• International Competitive Opportunities Grant
• Domestic Competitive Opportunities (coming soon — check USATF website)
• D.I.S.C. Program
• Training Centers

In addition to programs:
• Priority for Indoor/Outdoor Housing Block
• Priority for AAC funding to Annual Meeting
• National Team Credentials/Housing (coming soon — check USATF website)

**Tier 2**

All Tier 1 programs, except there will be lower stipend amounts for several programs

**Tier 3**

All Tier 1 programs, except the following:

• Elite Athlete Health Insurance
• D.I.S.C. Sports and Spine Center
• Performance Pool Funding (Athlete and Coach Stipend)

**Note** - Tier Athletes who are also members of the CVOTC Residence Program should contact Coach Craig Poole in order to apply for the following programs:

• International Competitive Opportunities Grant
• Domestic Competitive Opportunities

**Resources and programs available in addition to those under the tier system:**

• Travel Funding/Prize Money
  • 2011 USA Indoor and Combined Track & Field Championships
  • 2011 USA Outdoor Track & Field Championships
• Post Collegiate Scholarship Fund
• Accident Insurance
• Team USOC Career Program
• USATF Foundation Programs
• USOC Athlete Career Programs
• USOC Tuition Grant
Elite Athlete Health Insurance (EAHI)

1. Number of EAHI slots allocated: 150
2. Eligibility and Criteria Approved for 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 an elite level or, if injured, expected to recover and be able to compete at an elite level to be eligible for coverage:

As of January 1, 2011, EAHI will first be offered to those athletes who are designated as Tier 1 or Tier 2 athletes according to USA Track and Field’s High Performance Program criteria.

If slots remain after the Tier 1 and Tier 2 athletes have accepted or declined coverage, they will be offered to those placing first in an Olympic event at the 2011 USATF Outdoor National Championships, the 2011 USATF Men's 50k Race Walk Championships, or the top man/woman based on their 2011 USA performance ranking in the marathon event as of November 30, 2010. If there are more qualified first place/top ranked 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 slots still remain, they will be offered to those placing second in an Olympic event at the 2011 USATF Outdoor National Championship, the 2011 USATF Men's 50k Race Walk Championships, or the 2nd ranking man/woman based on their 2011 USA performance ranking in the marathon event as of November 30, 2010. 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 the remaining slot(s), the Executive Committee of USATF’s High Performance Division will determine who is offered the insurance based on the criteria 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 2010/2011 seasons.
- Recent positive trend of competition results 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.

Athletes 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 and 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.

Have a question related to Elite Athlete Health Insurance? Contact USATF’s Sariyu “Beka” Suggs at Sariyu.Suggs@usatf.org.

Breaux Greer
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, and 3 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 athlete at no cost. Athletes will be required to purchase flights (approved in advance by USATF), but 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.

Calendar of Sport Performance Workshops

Sport Performance Workshops
Sport Performance Workshops are held around the country with invited athletes (and their personal coaches) and focus on biomechanics, functional movement analysis, nutrition and sports psychology.

For full information on workshop content and athlete eligibility visit www.usatfhighperformance.com

<table>
<thead>
<tr>
<th>Focus</th>
<th>Date (subject to change)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprint/Hurdles*</td>
<td>May 19–20, 2011</td>
<td>Atlanta, GA; Columbia, SC</td>
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<tr>
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<td>March 22–24, 2011</td>
<td>Los Angeles, CA</td>
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<td></td>
<td>March 5, 2011</td>
<td>Orlando, FL</td>
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<td></td>
<td>January 18–20, 2011</td>
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<td>January 11–13, 2011</td>
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<td></td>
<td>January 7–9, 2011</td>
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<td>November 17–18, 2010</td>
<td>Columbia, SC</td>
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<td></td>
<td>July 27–28, 2010</td>
<td>Atlanta, GA</td>
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<tr>
<td>Distance</td>
<td>May 1–2, 2011</td>
<td>Palo Alto, CA</td>
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<tr>
<td>Throws</td>
<td>May; 19–21</td>
<td>Tucson, AZ</td>
</tr>
<tr>
<td>Horizontal Jumps</td>
<td>July; TBD</td>
<td>Chula Vista, CA</td>
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<tr>
<td></td>
<td>April 17–18, 2011</td>
<td>Chula Vista, CA</td>
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<tr>
<td>High Jump</td>
<td>April 17–18, 2011</td>
<td>Chula Vista, CA</td>
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<tr>
<td>Pole Vault</td>
<td>July 2, 2011</td>
<td>Champaign, IL</td>
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<tr>
<td></td>
<td>April 17–18, 2011</td>
<td>Chula Vista, CA</td>
</tr>
</tbody>
</table>

*Additional sprint/hurdle workshops will be held March – July. Details pending.

Have a question related to Sport Performance? Contact USATF’s Dr. Robert Chapman at Robert.Chapman@usatf.org.
Performance Pool Funding (PPF)

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 2011, 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.

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>2011 Athlete Stipend</th>
<th>2011 Medical Reimbursement</th>
<th>2011 Coaching Stipend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier 1</td>
<td>$4,500</td>
<td>$1,500</td>
<td>$2,000</td>
</tr>
<tr>
<td>Tier 2</td>
<td>$2,000</td>
<td>$750</td>
<td>$1,000</td>
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<tr>
<td>Tier 3</td>
<td>$2,000</td>
<td>$500</td>
<td>$1,000</td>
</tr>
</tbody>
</table>

To receive payment for the stipends above, athlete must complete the following forms:

USATF Athlete Agreement – (athlete needs to complete once during that funding year)
Athlete must have signed form on file before benefits/payments can be processed; athlete agreeing to terms and conditions to receive funding from USATF.

2011 USOC Athlete Support Designee Form (athlete needs to complete once during that funding year)
Athlete must have 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 (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 Form Authorization Form
USOC Direct Deposit Authorization Form (this is optional). You will receive a paper check in the mail if you do not complete this form.

Coaching Stipend Form
Athlete must complete and sign form letting USATF know this is their coach of record for the year before we can process the stipend to 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).

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

Fax: 317.261.0481 or 1.800.833.1466

Have a question related to performance pool funding? Contact USATF’s Sariyu “Beka” Suggs at Sariyu.Suggs@usatf.org.
International Competitive Opportunities Grant

In 2011, 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 2011, 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 10 World in 2010 (by T&F News or AllAthletics.com) and/or who medaled in the 2009 World Champs or 2008 Olympic Games — maximum grant of $2500
2. Tier 2 – being those athletes who were ranked in the Top 11–20 World in 2010 (by AllAthletics.com) and/or who were top 8 finalists in the 2009 World Champs or 2008 Olympic Games — maximum grant of $2000
3. Tier 3 – being those athletes who are “immediate post-collegians” in 2011 and who had achieved the 2010 World Championships “A” standard — maximum grant of $1500
4. Special consideration will be given to those athletes who are not among Tiers 1, 2 or 3, but whose performances are among the Top 10 World in 2011 — maximum grant of $1500
5. Special consideration will also be given to those “hardship” athletes who met the Tier 1, 2, or 3 criteria in 2009, but due to having experienced serious injury, illness or maternity leave in 2010, are excluded from the 2010 World Rankings List — maximum grant of $1,500

Application Deadline: April 1, 2011

Contact USATF’s Sariyu "Beka" Suggs at Sariyu.Suggs@usatf.org.

D.I.S.C.

In November 2009, the United States Olympic Committee partnered with D.I.S.C Sports & Spine Center in Marina del Rey, CA. As an official medical services provider of the U.S. Olympic Team, D.I.S.C. 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, D.I.S.C. services include spinal care, orthopedic surgery, pain management, diagnostic imaging, podiatry, physical medicine, chiropractic, soft tissue, rehabilitation, nutrition, acupuncture and sports psychology.

D.I.S.C.’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, D.I.S.C.’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 D.I.S.C. - USOC sponsorship contact Jenny Adams, D.I.S.C - USOC Athlete Coordinator, at 310.574.0492 or jadam@dscmdgroup.com.
Housing at USA Outdoor Championships

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 Athlete Criteria and Tier System. 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 May 21st and based on availability.

- 2011 Tier 1 athletes may begin booking rooms on January 4, 2011
- 2011 Tier 2 & 3 athletes may begin booking rooms on March 28, 2011
- All remaining athletes may begin booking rooms on May 9, 2011

Eugene Hilton
66 East 6th Avenue
Eugene, Oregon 97401

Alternate Housing Options
Athletes have a number of other housing options in the Eugene area. These hotel options are in a variety of price ranges and include different features. Some hotels are close to Hayward Field (the competition track). Others have access to an event shuttle that serves Hayward Field. Room reservations based on availability. Please confirm cancellation policy with the hotel when you make your reservation.

Please visit the Travel Lane County at www.travellanecounty.org for a comprehensive listing of hotels and other housing options. Please note that some hotels may be sold out and others may require deposits or minimum stays. You can also call Travel Lane County (1-800-547-5445) for assistance. Please make your reservations early.
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 2011 have achieved the current IAAF World Outdoor “A” standard (view standards at World Championships link below) in their event(s);
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 (2010/2011)

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 (11/30 – 12/4). 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.

Application will be available online June 1, 2011

IAAF World Outdoor Championships A/B Standards:

Have a question related to post collegiate scholarships? Contact USATF’s Sariyu “Beka” Suggs at Sariyu.Suggs@usatf.org.

Prize Money/Travel Funding
Detailed information about travel funding and prize for these events can be found on our website under the athlete information section for each of the following events:

- USA Indoor/Combined Event Championships
- USA Outdoor Track & Field Championships

Have a question related to prize money? Contact USATF’s Sariyu “Beka” Suggs at Sariyu.Suggs@usatf.org.

2011 Indoor Visa Champions Mike Rodgers and Jenn Suhr
USATF Sports Accident Insurance

Through USATF Membership

USA Track & Field has purchased an Excess Accidental Medical Expense and Accidental Death and Dismemberment Insurance policy for its athlete members. This insurance coverage is secondary to other insurance such as health coverage, disability or similar, government plan or program; or coverage provided or required by any law or statute and Workers’ Compensation.

Coverage is provided for excess accidental medical expense incurred (and accidental death and dismemberment) as the result of an accidental bodily injury occurring while you are participating in sanctioned events and registered practices scheduled by USATF member Clubs. Practices must be under the supervision of your Club’s coaches or managers. Coverage includes travel directly to and from such sanctioned events and practices. Coverage is also provided while you are competing as a member of USA National Teams in international competition, while training at USOC training centers, and while participating in USATF Committee activities. Please visit website for benefit details.
http://www.usatf.org/membership/benefits/groupInsurance.asp

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 (2011) 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, 2011
- May 2, 2011
- August 1, 2011
- November 1, 2011

Have a question related to USOC Tuition Grants? Contact USATF’s Sariyu “Beka” Suggs at Sariyu.Suggs@usatf.org.
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:

- 2011 Tier Athletes
- Athletes who placed Top 8 at the 2010 USA Outdoor Track & Field Championships

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:
   - Creating or updating resume
   - Identifying the kind of job/industry/career they’re interested in pursuing
   - Practice networking and interviewing skills
   - Complete testing as requested of Adecco by Team USA Career Program Employer(s)
   - 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.
In addition, I have read and understand the following:

The USOC may need additional documentation to process and disburse certain grant monies that have been awarded to me (i.e., verification of enrollment at my college needed for an award of a Tuition Grant). If I fail to provide the USOC 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.

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, 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.

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 for "actual and necessary expenses" without violating eligibility rules, in some instances. Athletes should review NCAA rule 12.1.1.4.5 with their Institution’s compliance officer or NCAA.

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 current Out-of-Competition whereabouts filings.

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, any funding which is available under the terms of the Provisional Suspension will cease to be available until the athlete is cleared of suspicion and is free to compete.

Further, the USOC and/or USADA is entitled to share any other information that it may receive about the athlete. This includes the whole world. Where possible, USOC and/or USADA would attempt to keep such information confidential. However, USOC and/or USADA cannot guarantee confidentiality. The USOC and/or USADA cannot guarantee confidentiality. The USOC and/or USADA cannot guarantee confidentiality. The USOC and/or USADA cannot guarantee confidentiality.

I have read the 2011 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 __________

Parent's or Guardian's Signature (If athlete is a minor) __________________________ Date __________

C. NGB CERTIFICATION

By providing my electronic signature below, I certify that the athlete is a member of this NGB 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. Further, I 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 __________________________
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 2. For other entities, it is your employer identification number (EIN). If you do not have a number, see Exempt payee. If applicable, you are also certifying that as a U.S. person, your payee. If applicable, you are also certifying that as a U.S. person, your

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, or

3. I am a U.S. citizen or other U.S. person (defined below).

Note. If a requester gives you a form other than Form W-9 to establish your U.S. status, it is your employer identification number (EIN). If you do not have a number, see Exempt payee. If applicable, you are also certifying that as a U.S. person, your payee. If applicable, you are also certifying that as a U.S. person, your

General Instructions

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

Purpose of Form

A person who 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 you paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 2.

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,

• A trust (other than a foreign trust),

• An estate (other than a foreign estate), or

• A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States,

• A trust (other than a foreign trust),

• A domestic trust (as defined in Regulations section 301.7701-7).

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.
Coaches Registry

USATF’s Coaches Registry was launched in May 2010 as part of USATF’s commitment to implementing “best practices” that are on a par with best-run sports in America. Coaches on all levels are encouraged to become a member of the Coaches Registry.

This program was designed for very important purposes:

1. To provide an easily accessible system that will enable coaches in good standing to be publicly recognized as such.
2. To provide a mechanism for athletes, their parents, and others to know if a coach they are considering has met certain basic professional and ethical standards. It is important to note that if a coach’s name is not on the registry, it means only that he or she has chosen not to be part of the registry---it does not infer any more or less than that.
3. To ensure that USATF benefits and privileges are going to individuals who do not pose a risk to the reputation of coaches, athletes, the sport and/or the organization. For USATF to distribute funds, national and international championship credentials, and team staff positions without any vetting process is at best ill-advised and at worst legally risky.

The two key elements of the Coaches Registry are having coaches undergo a criminal background check and agreeing to abide by a Code of Conduct along with current membership in USATF. The Code of Conduct states that a coach shall not advocate the use of performance-enhancing drugs, have inappropriate contact with athletes, or exploit a conflict of interest to financially benefit from an athlete.

While USATF’s Coaches Advisory Committee had been working on such a program since 2006 to vet “bad actors” from the coaching ranks, in 2010 the USOC made it clear it would be instituting minimal standards to NGBs for “athlete protection”. USATF sought to do the right thing proactively by developing a system our coaches have asked for since 2006.

Overseeing the program is USATF Director of Coaching, Terry Crawford: terry.crawford@usatf.org; 317-713-4671.

Becoming a Member of the Coaches Registry

Registration is voluntary, open to all coaches, including coaches in the youth, junior, high school, college, professional, open, club, and master ranks. To begin the process an individual should visit:

http://www.usatf.org/groups/Coaches/registeredCoaches/index.asp

click on BEGIN THE APPLICATION PROCESS NOW at the bottom of the page.
All details are given on the website which includes the National background screen provider, the criteria utilized for the screen, confidentiality conditions, and FAQs. The Code of Conduct is also included and requires acceptance before proceeding to the background screen page. The Registry is available to the public by clicking on “Coaches Registry” on the registered coach program link as listed above. Athletes should encourage their coach to apply to the registry and stay current in order to be eligible for all athlete/coach programs administered by USATF.

Coaching Grants
On an annual basis, USATF provides grants to coaching recipients in order to enhance the professional growth of the coaching community and to strive to keep our coaches on the cutting edge of new technology and “best practices” in the global athletics community. These grants are overseen by the Coaches Advisory Committee. A full list of 2011 grants and how to apply can be found at:


USATF Foundation Performance Funding Programs/Services

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 4 years, the USATF Foundation has made over 150 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 funded a European racing trip for nine athletes and granted over $150,000 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.

Coach Andrew Valmon, with All-American Kiani Profit (University of Maryland)
**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.

**BOARD OF DIRECTORS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Position</th>
<th>City, State</th>
</tr>
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<tbody>
<tr>
<td>Bob Greifeld</td>
<td>Chairman, USA Track &amp; Field Foundation, CEO, NASDAQ OMX</td>
<td>New York, NY</td>
</tr>
<tr>
<td>Willie Banks</td>
<td>Olympian &amp; Former Triple Jump World Record Holder, Attorney-at-Law</td>
<td>San Diego, CA</td>
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<tr>
<td>Bill Belk</td>
<td>Managing Director, Carolina Financial Securities</td>
<td>Charlotte, NC</td>
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<tr>
<td>Ike Belk</td>
<td>Retired President, Belk Group</td>
<td>Charlotte, NC</td>
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<tr>
<td>Bob Betz</td>
<td>Retired President, Cognis Corp.</td>
<td>Cincinnati, OH</td>
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<tr>
<td>Kim Betz</td>
<td>Legislative Director &amp; Counsel, U.S. House of Representatives, the Honorable</td>
<td>Washington, DC</td>
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<td>Cathy McMorris Rodgers (R-WA)</td>
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<tr>
<td>Chris Borch</td>
<td>CEO, Micro-Mechanics</td>
<td>Los Gatos, CA</td>
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<td>James Broadhurst</td>
<td>Chairman, Eat’n Park Hospitality Group</td>
<td>Pittsburgh, PA</td>
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<td>Louis Carr</td>
<td>President, Media Sales, BET Networks</td>
<td>Chicago, IL</td>
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<td>Rudy Chapa</td>
<td>President, SPARQ</td>
<td>Portland, OR</td>
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<td>Ken Flax</td>
<td>SVP, UBS</td>
<td>Palo Alto, CA</td>
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<tr>
<td>Stephanie Hightower</td>
<td>President, USA Track &amp; Field</td>
<td>Columbus, OH</td>
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<tr>
<td>Mark James</td>
<td>President &amp; CEO, Fries Holding Company</td>
<td>Las Vegas, NV</td>
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<tr>
<td>Bruce Jenner</td>
<td>1976 Olympic Decathlon Champion</td>
<td>Los Angeles, CA</td>
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<tr>
<td>Reid Johnson</td>
<td>Investor</td>
<td>San Francisco, CA</td>
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<td>Pete Kight</td>
<td>Director &amp; Vice Chairman, Fiserv, Inc.</td>
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<td>Paul Lilly</td>
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<td>Frank Marshall</td>
<td>Movie Producer</td>
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<td>Craig Masback</td>
<td>Director of Business Affairs, Nike Global Sports Marketing Division</td>
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<td>President &amp; Owner, Marathon CEO Leadership</td>
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<td>Amory Rove Salem</td>
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<td>Michael Saltman</td>
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<td>Nicholas Sparks</td>
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<td>Mark Sutton</td>
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<tr>
<td>Jack Wickens</td>
<td>Retired Executive, UnitedHealth Group</td>
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<td>Ashley Wright</td>
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<td>New York, NY</td>
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<tr>
<td>Tom Jackovic</td>
<td>Executive Director, USA Track &amp; Field Foundation</td>
<td>Pittsburgh, PA</td>
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ADECCO Athlete Career Program

In response to the growing need for career-related programs and services among America’s elite athletes, the U.S. Olympic Committee (USOC) and its Official Career Management Services Sponsor, Adecco, have created the Athlete Career Program (ACP).

The USOC and the Adecco Group understand that elite athletes’ priority is to focus on their sport career. However, we also know that there comes a point in life when individuals need to make decisions about their post-athletic careers and their future. Through utilizing the ACP, U.S. Olympians, Paralympians, coaches, and Olympic and Paralympic hopefuls can accomplish two main objectives:

1. Alleviate career or job-related concerns, outside of the field of play, which will allow them to perform better while training and competing.
2. Better prepare themselves for the inevitable transition from sport, thus allowing them to be more focused on their sport while they are an active competitor.

Through the ACP, athletes can receive personalized career management resources and services, programs and services include the following:

• **Personal career assistance** – work with your own career coach to assist you with everything from creating your personal career game plan, to creating a resume, to getting the job you want.

• **Job placement assistance** – whether you’re looking for a part-time, flexible scheduled job, full-time employment, or an internship or job shadowing opportunity, Adecco can help you find what you need.

• **Career management seminars** – these seminars are broken into five topics that can be delivered anywhere and anytime to fit athletes’ schedules. The topics are listed below.
  
  - Creating Your Game Plan (**Career Planning Assessment** – this workshop helps you find a career based on your skills, interests and values)
  - Building Your Team (**Networking** – Helps you learn networking skills which can assist you in getting sponsorships, as well as a job)

To register for the Athlete Career Program and be assigned a personal career coach for career consultation and/or job placement assistance, please e-mail Carissa Gump at Carissa.Gump@adeconas.com to request an ACP Registration Form.
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>
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<tbody>
<tr>
<td>Adidas Raleigh Track Club</td>
<td>Raleigh</td>
<td>NC</td>
<td>919-818-7725</td>
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<tr>
<td>Asics Aggie Running Club</td>
<td>Martinez</td>
<td>CA</td>
<td>925-372-7232</td>
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<td>Boston Athletic Association</td>
<td>Boston</td>
<td>MA</td>
<td>617-236-1652</td>
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<td>Carrboro Athletics Club</td>
<td>Carrboro</td>
<td>NC</td>
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<td>Central Park Track Club</td>
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<td>Club Northwest</td>
<td>Seattle</td>
<td>WA</td>
<td>360-734-8892</td>
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Carl Lewis (l) and Tora Harris
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, and keep it 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 (usantidoping.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 20. 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/elit.

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 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 drug 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 required 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 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 pro-
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 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 returning 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 20).

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 20 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>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>100m Hurdles</td>
</tr>
<tr>
<td>200m</td>
<td>200m Hurdles</td>
</tr>
<tr>
<td>400m</td>
<td>3,000m Steeple</td>
</tr>
<tr>
<td>800m</td>
<td></td>
</tr>
<tr>
<td>1,500m/Mile</td>
<td></td>
</tr>
<tr>
<td>5,000m</td>
<td></td>
</tr>
<tr>
<td>10,000m</td>
<td></td>
</tr>
</tbody>
</table>

FIELD EVENTS:

<table>
<thead>
<tr>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Jump</td>
<td>High Jump</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Pole Vault</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Long Jump</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Triple Jump</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Shot Put</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>Discus Throw</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Hammer Throw</td>
</tr>
</tbody>
</table>

MULTIPLE & COMBINED EVENTS:

<table>
<thead>
<tr>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heptathlon</td>
<td>Decathlon</td>
</tr>
</tbody>
</table>

RACE WALK:

<table>
<thead>
<tr>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>20,000m Race Walk</td>
<td>20,000m Race Walk</td>
</tr>
<tr>
<td>50,000m Race Walk</td>
<td>50,000m Race Walk</td>
</tr>
</tbody>
</table>
5.2 INDOOR ONLY EVENTS:

<table>
<thead>
<tr>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>60m</td>
<td>60m</td>
</tr>
<tr>
<td>60m Hurdles</td>
<td>60m Hurdles</td>
</tr>
<tr>
<td>3,000m</td>
<td>3,000m</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>Heptathlon</td>
</tr>
</tbody>
</table>

5.3 CROSS COUNTRY:

<table>
<thead>
<tr>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>8,000m</td>
<td>12,000m</td>
</tr>
</tbody>
</table>

5.4 ROAD RACING:

<table>
<thead>
<tr>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>10,000m</td>
<td>10,000m</td>
</tr>
<tr>
<td>Marathon</td>
<td>Marathon</td>
</tr>
</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 Establish 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, Heptathlon, Decathlon, 10,000M Race Walk, 20,000M Race Walk, 20K Race Walk, 30,000M Race Walk, 50,000M Race Walk, 50K Race Walk, 4x100M Relay, 4x200M Relay, 4x400M Relay, 4x800M Relay, 4x1500M Relay, Road Relay
2011 USADA Registered Testing Pool

- National Testing Pool (NTP)
  - All IF RTP Athletes
  - Sanctioned Athletes
  - Athletes meeting NGB, USOC, or IF criteria for drug testing

- International Testing Pool (ITP)
  - Myths and legends
  - Mythbuster challenge

Whereabouts Filing Requirements

- Whereabouts Filing
  - Ist compliant
  - Missed Tests and Filing Failures
  - No Filing

Missed Tests and Filing Failures

- No 60-minute timeslot
- Late filing

No Filing

- No Form on File
- Not filling in forms

Notification

- Phone call to athlete after a reasonable attempt is made
- Call is unanswered

Unsuccessful Filing Failures

- Phone call made to athlete after a reasonable attempt is made
- Call is unanswered

Whereabouts Failures

- Phone call made to athlete after a reasonable attempt is made
- Call is unanswered

IST compliant

- Phone call to athlete in last 5 minutes of 60-minute timeslot
- Call is unanswered

Call is for confirming unavailability of athlete, not for locating an athlete for testing.

Phone call made to athlete after a reasonable attempt is made.

USADA Alert on the 2011 Prohibited List

The World Anti-Doping Agency (WADA) has announced the release of the 2011 Prohibited List, which takes effect on January 1, 2011. USADA has tried to simplify the changes, but to view more information on the 2011 Prohibited List and Summary of major modifications from WADA visit www.wada-ama.org/en.

1. The Prohibited List has a new category.

Category 50 includes substances that have no current approval status by any governmental regulatory health authority for human therapeutic use, such as drugs under pre-clinical or clinical development, or drugs that have been discontinued. These substances are prohibited at all times.

2. WADA no longer requires Declarations of Use (through ADAMS or USADA's Website).

Athletes no longer need to declare the use of benzodiazepines, glucocorticosteroids, or Platelet Rich Plasma through USADA's website, or on ADAMS. Athletes are still advised to declare all medications, dietary supplements, and blood or tissue donations on the doping control official record for testing.

3. Platelet Rich Plasma (PRP) is not prohibited.

Athletes may undergo treatment with PRP without making a Declaration of Use or submitting a Therapeutic Use Exemption.

4. WADA has clarified that threshold substances (albuterol, cathine, ephedrine, methylephedrine, and pseudoephedrine) DO require a Therapeutic Use Exemption (TUE) when they are used at the same time as a diuretic, even if the athlete has a TUE for the diuretic.

Athletes who have a TUE for a diuretic should take special care to also obtain a TUE if they need to use any of the threshold substances listed above.

5. Beta-Blockers are now also Prohibited in Darts, and Skeleton. Beta blockers are no longer prohibited in Gymnastics. For more information on Beta-blockers, see the Prohibited List.

Information about medications can be found on GlobalDRO (www.GlobalDRO.com), on the USADA website, (www.USADA.org), or by calling the Drug Reference Phone Line on (800) 233-0393.
What These Changes Mean to You
Like anyone, athletes may have illnesses or conditions that require them to take particular medications. In some cases, these medications may fall under the Prohibited List. If so, a Therapeutic Use Exemption (TUE) may give the athlete authorization to take the needed medication while participating in sport.

Since the 2011 revisions to the International Standards of Therapeutic Use Exemptions (ISTUE), there are key differences of which athletes need to be aware. Below, we have provided a summary of these changes and also listed helpful TUE resources. It will also be necessary to check with the appropriate International Federation (IF) as to how they are handling the changes, especially in cases where the IF is responsible for granting the TUE.

First, how does an athlete know whether a medication is safe to take?

Drug Reference Resources: When considering taking a pharmaceutical medication, athletes need to know whether the product is prohibited or permitted. USADA provides four helpful ways to determine if a substance is permitted or not:

- **Drug Reference Online (DRO):** www.wwww.globaldro.com is a valuable resource with a comprehensive search function, by name of medication—whether by brand name or generic—to determine its status.

- **Drug Reference Line (DRL):** Allowing athletes to call in and receive expert advice on the status of a medication, this toll-free number (800-233-0393) is operated Monday–Friday 9 AM–4 PM Mountain Standard Time.

- **Wallet Card:** A portable, condensed version of the WADA annual Prohibited List, for easy reference on-the-go.

2011 Declarations of Use
As of Jan 1, 2011, WADA removed all references to Declarations from the Prohibited List so any medications that fell under that requirement therefore are removed. Substances this affects are Inhaled Beta-2 Agonists, Inhaled Glucocorticosteroids and Platelet Rich Plasma injections (other than intra-muscular).

1. Beta-2 Agonists
The use of inhaled salbutamol, salmeterol and terbutaline will no longer require advance declaration on the USADA website, or a TUE, Please still declare their use on the “Declaration of Use” section of the Doping Control Official Record at the time of testing. Substances that still require a TUE prior to use include Formoterol & Pirbuterol (typically found in Symbicort and Maxair respectively). Obtaining a TUE for these substances will require documentation in addition to the completed application the following.

   a. a medical file pertaining to the diagnosis and need to use the beta-2 agonists;
   b. a comprehensive report of the clinical examination with specific focus on the respiratory system;
   c. a report of spirometry, known as a Pulmonary Function Test (PFT), with the measure of the Force Expiratory Volume in 1 second (FEV1)
   d. if airway obstruction is present, evidence of the spirometry being repeated after inhalation of a short-acting beta-2 agonist to demonstrate reversibility of bronchoconstriction;
   e. in the absence of reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyperresponsiveness; and
   f. exact name, specialty, address (including telephone, email and fax) of examining physician.

A Few Things To Note Regarding Beta-2 Agonists:

- USADA will accept a PFT from as much as 2 years prior to the date of the application.

- It is important to remember that even though a TUE or Declaration is not required anymore the presence of Salbutamol over 1,000 ng/mL may constitute an Adverse Analytical Finding.

- Any oral use of a Beta-2 Agonist will still require a TUE.

2. Glucocorticosteroids
Glucocorticosteroids are commonly used to treat inflammation, asthma, and skin rashes. Depending on how the corticosteroid is used will determine if a TUE is required.

   a. **Systemic Administration** - Corticosteroids used by oral, intravenous, inter-muscular or rectal require the submission of a TUE.
   b. **Topical Administration** - Corticosteroids used as eye drops, nose drops, ear drops or iontophoresis are permitted and do not require the submission of a TUE.
Some Things Haven’t Changed

Where to Send a TUE: As before, USADA is trying to make the TUE process as easy as possible. Depending on the sport, in some instances USADA can authorize the TUE, and in other instances the athlete's IF has to authorize the TUE. Nevertheless, we suggest that all US athletes (regardless of sport) submit their TUEs to USADA - we will forward them on to the appropriate organization for approval, if need be. With this, should there be a question or a delay in a response from an IF, we can easily follow-up and answer any questions an athlete may have. Please complete the IAAF TUE Application and forward to USADA.

Granting of A TUE: A TUE may be granted to an athlete if it meets the following conditions:

1. The athlete would experience a significant impairment to health if the use of the Prohibited Substance or Prohibited Method were to be withheld;
2. The therapeutic use of the Prohibited Substance or Prohibited Method would not provide an enhancement to performance other than what might be anticipated by a return to a state of normal health;
3. There are no reasonable, therapeutic alternatives to the use of the otherwise Prohibited Substance or Prohibited Method; and
4. The need for the Prohibited Substance or Prohibited Method is not a consequence to the prior non-therapeutic use of another prohibited substance or method.

Once a TUE is granted or denied, a letter and/or a certificate is issued to the athlete with a copy sent to the athlete’s National Governing Body, IF and WADA as appropriate. The decision of the TUE is recorded by USADA. If a TUE request is denied, an athlete has the right to appeal the decision.

TUEs and Sport: It is important to remember that anti-doping rules only govern conditions under which sport is played. The approval or denial of a TUE only pertains to the use of the medication in sport. USADA does not provide medical advice on the direction of an athlete’s care. Any decision to stop or start a treatment should be made in consultation with the athlete’s physician.

For any questions regarding the International Standard for TUEs, please contact USADA’s TUE Department, at 719-785-2045 or via email at rue@usada.org.

Please note that this message only highlights some of the changes in the International Standard for TUE and is not intended to be a detailed summary of the changes.

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 20, 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.
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
### 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/Genetic name e.g. Humulin® Insulin Subcutaneous</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>

**Intended duration of treatment**

- [ ] Once only
- [ ] Emergency
- [ ] Or duration (week/month): ___

**Additional information:**

---

### 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):

<table>
<thead>
<tr>
<th>Address:</th>
<th>City:</th>
<th>State/Province:</th>
<th>Country:</th>
<th>Postal Code:</th>
<th>E-mail:</th>
<th>Tel.: (with international code):</th>
<th>Mobile:</th>
<th>Signature of medical practitioner:</th>
<th>Date:</th>
</tr>
</thead>
</table>

---

### 5. Athlete’s declaration

I, [Athlete’s name], fully 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).

1. 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: [Signature] Date: [Date]

- [ ] Parent’s/Guardian’s signature: [Signature] Date: [Date]

  (if the athlete is a minor, a parent or guardian shall sign together with or on behalf of the athlete)
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 70 88 89 (tel) or iaaf-application@iaaf.org (e-mail).

Note 1: Diagnosis

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 where 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.

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/amidoping for further more detailed information on the documentation that is required.

Note 2: Medication details

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.

Note 3: Change of Prescription

Note that a new TUE application is required for any change in prescription.

Note 4: National Federation Team Doctor

Wherever 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.

Note 5: If a permitted medication is used in the treatment of the athlete’s medical condition, please provide clinical justification (see page 11) for the requested use of the prohibited medication.

Note 6: Name, qualifications and medical specialty

For example: Dr. AB Cook, MD FRACP, Gastroenterologist.

Dr. JK Gomes, MBBS, FACSM, Sports Physician

WARNING: Incomplete Applications will be returned and will need to be re-submitted.
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.
2011 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 require-
ments 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 Regis-
tered 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 2011.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bupa Great Edinburgh</td>
<td>Jan 8</td>
<td>Edinburgh, Scotland</td>
</tr>
<tr>
<td>Cross Country</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Five Nations Match</td>
<td>Jan 29</td>
<td>Glasgow, Scotland</td>
</tr>
<tr>
<td>NACAC Cross Country</td>
<td>Feb 19</td>
<td>Trinidad</td>
</tr>
<tr>
<td>Championships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IAAF World Cross Country</td>
<td>March 20</td>
<td>Punta Umbria, Spain</td>
</tr>
<tr>
<td>Championships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pan Am Race Walk</td>
<td>March 26–27</td>
<td>Sabaneta, Columbia</td>
</tr>
<tr>
<td>Championships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Americas Combined Events</td>
<td>May 27–28</td>
<td>Mona, Jamaica</td>
</tr>
<tr>
<td>Championships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IAAF World Youth</td>
<td>July 6–10</td>
<td>Lille, France</td>
</tr>
<tr>
<td>Championships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pan Am Junior Championships</td>
<td>July 22–24</td>
<td>Miramar, USA</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thorpe Cup</td>
<td>Aug 13–14</td>
<td>Chula Vista, USA</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IAAF World Championships</td>
<td>Aug 27–Sept 4</td>
<td>Daegu, Korea</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DecaNation</td>
<td>September 11</td>
<td>Annecy, France</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pan Am Games</td>
<td>October 23–30</td>
<td>Guadalajara, Mexico</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 re-
garding USA National Teams.

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 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 refrain from any act(s) that may reflect unfa-
vorably upon myself, my teammates, the sport of track and field, USATF or the United
States of America.

B. I will not intentionally or voluntarily undertake any action that desecrates or disre-
spects the American Flag.

C. I will dress appropriately and respectfully for all “official” Team functions, wearing
the designated Team uniforms provided by USATF. I understand that USATF’s sponsor
contract for uniforms depends upon athletes wearing the uniform and using the uni-
form items at competitions, award ceremonies, “official” Team press conferences,
and other “official” Team functions. I understand that I am forbidden from altering or
covering up the sponsor logo on any Team uniform items. Further, I am aware that
USATF faces financial penalties, assessed by USATF’s sponsors, each time an athlete
fails to abide by the conditions stated in this document. At the Olympic Games, Pan
American Games, and World University Games, I understand that the “official” presen-
tation 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 (“LOC”), 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 fit to compete. I understand that
breaking a commitment hurts the competitive effort of the Team and prevents other
athletes from having an opportunity to be a Team member. If I am unable to compete
due to injury, illness, or for any other reasons (an “Emergency”), I will notify the Team
coaches of my inability to participate in the Team competition, at least seventy-two
(72) hours prior to my scheduled departure with the Team, or within seven (7) days
(if not so traveling) prior to the scheduled competition, unless I am prevented from
doing so by extraordinary circumstances. In the event of an Emergency, I understand
that I may be required to prove my lack of ability to compete.
I will read and abide by the attached USATF Regulations (See, Copy of Regulations Attached): Regulation 20/Doping Control; Regulation 21/Disciplinary Proceedings; Regulation 24/Commitments and Conduct of Athletes and Staff. I will also abide 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 24 and 21, for misconduct and actions that are detrimental to the best interests of Athletics and/or the Team. Such alleged misconduct may include, but not be limited to: (1) failing to wear or use the Team uniform or uniform items supplied by USATF; (2) failing to attend “official” Team practices, Team meetings, and other required Team activities; (3) failing to maintain competitive fitness; (4) failing to provide timely notice of an Emergency which prevents me from competing, unless I am prevented from doing so by extraordinary circumstances; and/or (5) engaging in any conduct that is detrimental to the United States of America, USATF or Athletics.

I understand that non-drug-related disciplinary proceedings (including expedited hearings) regarding alleged breaches of this Statement of Conditions shall be conducted pursuant to USATF Regulation 21, except that the USOC Code of Conduct shall govern disciplinary hearings conducted while an athlete is a member of a USOC delegation and team. I also understand that, dependent upon the outcome of such disciplinary proceedings, USATF reserves the right to impose the following minimum penalties:

1. **First offense:** A written reprimand and liability for any monetary penalties assessed against USATF, and discontinuance of any payments I may be receiving pursuant to USATF-sponsored financial aid programs, for a period of not more than twelve (12) months;
2. **Second offense:** A written reprimand and liability for any monetary penalties assessed against USATF, and ineligibility for USATF-sponsored financial aid programs for a period of twelve (12) months; or
3. **Third offense:** Suspension and ineligibility to participate on the Team, prohibition from representing the United States as a member of any sanctioned international competition teams for a period of one (1) year, and liability for any monetary penalties assessed against USATF.

I understand that USATF may conduct expedited disciplinary proceedings on site at qualifying events pursuant to USATF Regulation 21.

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

---

**2011 USA Track & Field Championships Qualifying Standards**

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

**Qualifying windows:**
June 24, 2010 – June 19, 2011 (indoor and outdoor competitions)
January 2, 2010 – June 19, 2011 (10,000m, 20 km Race Walk, combined events)

<table>
<thead>
<tr>
<th>EVENT</th>
<th>A STANDARD</th>
<th>B STANDARD</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>10.21 *</td>
<td>10.35*</td>
</tr>
<tr>
<td>200m</td>
<td>20.70 *</td>
<td>20.88*</td>
</tr>
<tr>
<td>400m</td>
<td>45.60 *</td>
<td>46.50*</td>
</tr>
<tr>
<td>800m</td>
<td>1:47.50 *</td>
<td>1:48.45*</td>
</tr>
<tr>
<td>1,500m</td>
<td>3:41.20</td>
<td>3:45.00**</td>
</tr>
<tr>
<td>5,000m</td>
<td>13:30.00</td>
<td>13:52.00**</td>
</tr>
<tr>
<td>10,000m</td>
<td>28:30.00</td>
<td>29:01.00**</td>
</tr>
<tr>
<td>20 km Race Walk</td>
<td>1:36:00**</td>
<td>no ‘B’</td>
</tr>
<tr>
<td>110m hurdles</td>
<td>13.60</td>
<td>13.90*</td>
</tr>
<tr>
<td>400m hurdles</td>
<td>50.00</td>
<td>50.75*</td>
</tr>
<tr>
<td>3,000m Steeplechase</td>
<td>8:40.00</td>
<td>8:45.50**</td>
</tr>
<tr>
<td>High Jump</td>
<td>2.26 (7-5)</td>
<td>2.16 (7-1)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>5.70 (18-8¼)</td>
<td>5.50 (18-½)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>8.00 (26-3)</td>
<td>7.75 (25-5¼)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>16.30 (53-5¼)</td>
<td>15.44 (50-8)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>20.00 (65-7¼)</td>
<td>18.59 (61-0)</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>61.00 (200-1)</td>
<td>58.80 (192-11)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>69.00 (226-4)</td>
<td>65.00 (213-3)</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>72.00 (236-3)</td>
<td>70.50 (231-3)</td>
</tr>
<tr>
<td>Decathlon</td>
<td>7850</td>
<td>7500</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>WOMEN EVENT</th>
<th>A STANDARD</th>
<th>B STANDARD</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.42 *</td>
<td>11.48 *</td>
</tr>
<tr>
<td>200m</td>
<td>23.25</td>
<td>23.40 *</td>
</tr>
<tr>
<td>400m</td>
<td>52.50</td>
<td>52.70 *</td>
</tr>
<tr>
<td>800m</td>
<td>2:05.00</td>
<td>2:06.50</td>
</tr>
<tr>
<td>1,500m</td>
<td>4:15.50</td>
<td>4:17.50</td>
</tr>
<tr>
<td>Mile</td>
<td>4:35.50</td>
<td>4:38.00</td>
</tr>
<tr>
<td>5,000m</td>
<td>15:46.00</td>
<td>15:50.00</td>
</tr>
<tr>
<td>10,000m</td>
<td>33:40.00</td>
<td>33:50.00</td>
</tr>
<tr>
<td>20 km Race Walk</td>
<td>1:52.00</td>
<td>1:58.00</td>
</tr>
<tr>
<td>100m Hurdles</td>
<td>13.10</td>
<td>13.30 *</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>56.50</td>
<td>57.95 *</td>
</tr>
<tr>
<td>3000m Steeplechase</td>
<td>10:12.00</td>
<td>10:17.00</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.85 (6-¾)</td>
<td>1.83 (6-0)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.40 (14-5¼)</td>
<td>4.25 (13-11¾)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>6.55 (21-6)</td>
<td>6.45 (21-2)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>13.40 (43-11¾)</td>
<td>13.20 (43-3¾)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>17.35 (56-11¼)</td>
<td>16.60 (54-5¼)</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>56.50 (185-4)</td>
<td>55.00 (180-5)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>65.00 (213-3)</td>
<td>63.00 (206-8)</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>53.00 (173-10)</td>
<td>51.50 (168-11)</td>
</tr>
<tr>
<td>Heptathlon</td>
<td>5900</td>
<td>5600</td>
</tr>
</tbody>
</table>

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

**A** and **B** Standards
Athletes who attain the “A” Standard will automatically be included in the event. Athletes who have attained the “B” Standard will be allowed to declare, but will be notified if accepted into the Championships in order to fill the field for an event for competitiveness. The Sport Committee chair will make the final field size determination once declarations close. The “B” Standard may be used to fill the field, in ranked order, to the desired field sizes. For notification purposes, a current phone number/e-mail address must be provided during the declaration process.

Qualifying Guidelines for Championships in Non-Olympic Years
1. All qualifying performances for running events must be made on an indoor or outdoor track for the outdoor championships. No allowances are provided for altitude, nor for indoor facilities of differing size, banking or other configuration.
2. Qualifying marks must be made in accordance with USATF Rule 149 and verifiable in one of the following:
   a. USATF or IAAF sanctioned events which prescribe to or exceed USATF competition rules
   b. Events at collegiate meets which prescribe to or exceed USATF competition rules, or
   c. High school meets, but not dual or triangular meets.
   d. Meets or events which meet a minimum for competitiveness set by the Chair of the Sport Committee and determined to be valid by the USATF National Office staff member responsible for verification.
3. This is an annual Championship which requires qualification within a specific period of time.
   Qualifying marks from outdoor competitions must be attained on or after Thursday, June 24, 2010 through Sunday, June 19, 2011. Qualifying marks from indoor competitions must be attained within the same time period. Qualifying marks for the 10,000-meters, Race Walk, and Combined Events must be attained on or after Saturday, January 2, 2010 through Sunday, June 19, 2011.
4. * F.A.T. is the only method of timing acceptable for qualifying marks for events listed with an asterisk. Times submitted in hundredths of a second, must be fully automatic times.
5. ** A manual time may be used for qualifying in events with a double asterisk only if no fully automatic qualifying time exists for the individual in that event during the qualifying period. A manual time may not supersede any fully automatic qualifying time for an event.
   a. women - Qualifying manual times, for eligible events, are the F.A.T. qualifying time without the last zero for events 200m and longer; the F.A.T. time minus 0.14 for events 400m – 1 Mile. The seed time for a submitted manual time will be in accordance with USATF Rule 76.
   b. men - Qualifying manual times, for eligible events, not already listed, are always the F.A.. qualifying time without the last zero. Manual times will be converted for seeding purposes using USATF Rule 76.

All performances are subject to verification.
### 13th IAAF World Championships in Athletics Qualifying Standards

**WOMEN**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>A STANDARD</th>
<th>B STANDARD</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.29</td>
<td>11.38</td>
</tr>
<tr>
<td>200m</td>
<td>23.00</td>
<td>23.30</td>
</tr>
<tr>
<td>400m</td>
<td>51.50</td>
<td>52.30</td>
</tr>
<tr>
<td>800m</td>
<td>1:59.80</td>
<td>2:01.30</td>
</tr>
<tr>
<td>1500m</td>
<td>4:05.90</td>
<td>4:08.90</td>
</tr>
<tr>
<td>5000m</td>
<td>15:14.00</td>
<td>15:25.00</td>
</tr>
<tr>
<td>10,000m</td>
<td>31:45.00</td>
<td>32:00.00</td>
</tr>
<tr>
<td>Marathon</td>
<td>2:43.00</td>
<td></td>
</tr>
<tr>
<td>3000m Steeplechase</td>
<td>9:43.00</td>
<td>9:50.00</td>
</tr>
<tr>
<td>100m Hurdles</td>
<td>12.96</td>
<td>13.15</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>55.40</td>
<td>56.55</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.95m</td>
<td>1.92m</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.50m</td>
<td>4.40m</td>
</tr>
<tr>
<td>Long Jump</td>
<td>6.75m</td>
<td>6.65m</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>14.30m</td>
<td>14.10m</td>
</tr>
<tr>
<td>Shot Put</td>
<td>18.30m</td>
<td>17.30m</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>62.00m</td>
<td>59.50m</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>71.50m</td>
<td>69.00m</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>61.00m</td>
<td>59.00m</td>
</tr>
<tr>
<td>Heptathlon</td>
<td>6150pts</td>
<td>5950pts</td>
</tr>
<tr>
<td>20 km Race Walk</td>
<td>1:33:30</td>
<td>1:38:00</td>
</tr>
<tr>
<td>4x100m Relay</td>
<td>44.00</td>
<td></td>
</tr>
<tr>
<td>4x400m Relay</td>
<td>3:32.00</td>
<td></td>
</tr>
</tbody>
</table>

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**Qualifying Guidelines**

1. Performances must be achieved during the qualification period of October 1, 2010 (January 1, 2010 for the 10,000m, Marathons, Race Walking, Combined Events and Relays) to August 15, 2011 (midnight Monaco time).

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

3. Performances must be achieved during official competitions organized in conformity with IAAF Rules.
4. Performances achieved in mixed events between male and female participants, held completely in the Stadium, may be accepted under specific circumstances and conditions (see IAAF Rule 147).

5. Wind-assisted performances will not be accepted.

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

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

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

9. Reigning World Champions may be entered regardless of whether he/she has achieved the corresponding entry standard provided they meet USATF’s requirements.

10. Lower ages limit:
   - Junior athletes (any athlete aged 18 or 19 years on December 31, 2011) may compete in any event except the Marathon Races and the Men’s 50 km Race Walk.
   - Youth athletes (any athlete aged 16 or 17 years on December 31, 2011) may compete in any event except Men’s Throws, Decathlon, 10,000m, Marathon and Race Walking.
   - Athletes younger than 16 years on December 31, 2011 CANNOT be entered in any event.

11. Walking Events:
   - Entry Standard for the Walking Events may only be achieved at selected competitions.
   - The list of selected competitions is available online at www.usatf.org.

12. Marathons:
   - Entry Standard for the Marathon Events may only be achieved at selected Marathon Races.
   - The list of selected races is available online at www.usatf.org.
   - In addition, the top 10 finishers at the IAAF Gold Label Marathons (in 2010 and in 2011) held within the qualification period will also be considered as having achieved the “A” Standard (the list of the Gold Label Marathons is published on the IAAF Website).

13. Relays:
   - Results of relay races shall count towards the achievement of the Entry Standards for Daegu 2011 on condition that they are part of a competition staged in compliance with IAAF Rules and that at least three international teams compete in the race.

### 2011 Pan American Games Qualifying Standards

#### Minimum Standards

<table>
<thead>
<tr>
<th>EVENT</th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>10.38</td>
<td>11.50</td>
</tr>
<tr>
<td>200m</td>
<td>21.00</td>
<td>23.78</td>
</tr>
<tr>
<td>400m</td>
<td>46.25</td>
<td>53.00</td>
</tr>
<tr>
<td>800m</td>
<td>1:49</td>
<td>2:07</td>
</tr>
<tr>
<td>1500m</td>
<td>3:48</td>
<td>4:25</td>
</tr>
<tr>
<td>5000m</td>
<td>14:20</td>
<td>17.00</td>
</tr>
<tr>
<td>10000m</td>
<td>29:50</td>
<td>35:30</td>
</tr>
<tr>
<td>100m hurdles</td>
<td>14.40</td>
<td></td>
</tr>
<tr>
<td>110m hurdles</td>
<td>14.40</td>
<td></td>
</tr>
<tr>
<td>400m hurdles</td>
<td>52.00</td>
<td>60.40</td>
</tr>
<tr>
<td>3000m steeple</td>
<td>9:00</td>
<td>Non required</td>
</tr>
<tr>
<td>4x100m</td>
<td>Non Required</td>
<td>Non required</td>
</tr>
<tr>
<td>4x400m</td>
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</tr>
<tr>
<td>High Jump</td>
<td>2.13m</td>
<td>1.76m</td>
</tr>
<tr>
<td>Long Jump</td>
<td>7.65m</td>
<td>6.15m</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>16.60m</td>
<td>13.00m</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>5.00m</td>
<td>3.50m</td>
</tr>
<tr>
<td>Shot Put</td>
<td>17.20m</td>
<td>14.50m</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>53.00m</td>
<td>48.50m</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>71.00m</td>
<td>50.00m</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>62.00m</td>
<td>58.00m</td>
</tr>
<tr>
<td>20km Walk</td>
<td>Non Required</td>
<td>Non Required</td>
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Travel

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

Domestic Travel
Travel expenses to competitions will be one of your greatest expenses as an athlete. In order to reduce those expenses, plan your competitive schedule, noting when and where your competitions will be. This planning could potentially save you a great deal of money. Airlines operate under three basic ticket structures: 21-day advance, 14-day advance and 7-day advance, with most requiring a Saturday night stay. Typically, the 21-day advance with the Saturday overnight is the cheapest fare available. However, sometimes airlines will run special discounted rates. For this reason, you should plan your schedule early in order to take advantage of these deals. USATF Travel Service (317.713.4687 or 1.800.955.5822) or (travel@usatf.org) will be happy to help you with any of your personal travel needs if time permits. They can also assist in securing hotel rooms and rental cars.

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

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

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

International Travel

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

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

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

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

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

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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 varies.
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 few days. (For example: 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 few 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 bedtim e (BT) is 11pm and your wake-up tim e (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 bedtim e is about 1 am and your wake-up tim e 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 U.S. Airlines and Frequent Flier Program Information

**AirTran Airways** (800) 247-8726, www.airtran.com
Baggage Policy – $15 for first bag, $25 for second bag, $50 for additional bags
Frequent Flier Program – A+ Rewards Registration – tickets.airtran.com/register.aspx

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

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

**Continental** (800) 525-0280, www.continental.com
Baggage Policy – $25 for first bag, $35 for second bag
Frequent Flier Program – OnePass Registration – www.continental.com/onepass

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

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

**JetBlue Airways** (800) 538-2583, www.jetblue.com
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 for first bag, free for second bag, $50 for 3-9 bags, $110 for additional bags
Frequent Flier Program – Rapid Rewards Registration – www.southwest.com/rapid_rewards

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

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

**Virgin America** (877) 359-8474, www.virginamerica.com
Baggage Policy – $20 for first bag, $20 for 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, US Airways and Continental all code-share. Therefore you can assign your United number to flights operated by US Airways and Continental 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.
In 2004, USATF and Team USA athletes created an outreach program that was aimed at educating youth, parents, teachers, and coaches about the positive results that come from leading a physically active, drug-free lifestyle while living with integrity. USATF athletes from every discipline visited schools and community centers all over the country working directly with young people to help instill the core values of this new program. Since then, Win With Integrity has developed into one of USA Track & Field’s most successful community outreach initiatives.

Win With Integrity is an interactive discussion between USATF athletes and the audience. The discussion is moderated by a USATF emcee whose primary job is to help facilitate the discussion and keep the program moving. To
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. It’s a part of the job that can be exciting and a terrific opportunity — depending on what you make of it.

The USATF Communications Department over the last eight 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 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).
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 Communications 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

“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.

Someone who in 2005 did an outstanding job of creating his own buzz was Adam Nelson. Opting to forgo a shoe contract, Adam “sold” himself on eBay, soliciting a sponsor for the outdoor season. He not only got a sponsor, he got extensive press coverage, including TV Guide and Sports Illustrated. An SI feature on him in late 2005 generated additional possible sponsor interest. A businessman by training, Adam recognized an opportunity to gain a sponsor and raise his profile at the same time.
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. (Dwight Phillips’ revelation that he broke both his legs as a child was an eye-opener for the media, who latched onto the story; More recently, Nick Symmonds has become a favorite of the media for his accessibility, and he readily relates stories of how he grew up playing hockey and how he competed at his first USA Outdoor Championships in his high school jersey … small anecdotes but ones that the press love.)

**Smile! Let your human side show.** Some of the most effective athletes at flashing a winning smile are Sanya Richards-Ross, Lauryn Williams, Dwight Phillips, 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.

An excellent example of this is Marla Runyan. As the first Paralympian ever to become an Olympian, Marla has been a fantastic human-interest story, and she has been under an intense media spotlight. And even though she wants to be known as Marla Runyan, national champion—not Marla Runyan, legally blind national champion—she (like most athletes in our sport) does something that all athletes should do when facing the media: she realizes that she is a potential role model to others, and that not everyone may be familiar with her story. So, when asked for the millionth time about what, exactly, she can see with her impaired vision, I have heard her reply with a joke such as, “if I had a nickel for every time I was asked that question…” but then she answers it, and usually with a different example every time. (Going grocery shopping, running on the track, reading).

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.

**Athletic success + great personalities + professionalism = positive coverage for you and the sport.**

Of course, many, many other track athletes are just as cooperative, and it is a huge asset for our sport. Media-savvy veterans like Terrence Trammell, Deena Kastor, Meb Kelebezghi and others are joined by new talent as people who always have time for the media— but the list could go on and on. Not surprisingly, these are the people who get the most publicity. The athletes who sponsors want to sign to contracts are those who get publicity. It is of course no guarantee, but it sure helps.

**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
Meeting 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 four times since 2000, including in 2006, 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 in 2010.

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.

Some key points that many U.S. athletes have made to the media about doping, especially in the post-BALCO world, are:

- Our clean teams in Athens came back with more total medals (25) than we’ve won in any combined Olympics since 1992, and the 2005 and 2007 World Championship team set a record for gold medals. **You can not only compete clean in track & field, you can win clean.** And that’s what the vast majority of athletes want to do.

- Our sport has no room for cheaters. Everyone wants a level playing field; punishing cheaters is the way to do it. Nobody wants to lose out on medals and money to a cheater.

- The information that BALCO has brought to light has really brought together not just track & field, but the Olympic world and even other U.S. sports. People know more than ever how to combat cheating, and we are more determined than ever not to cheat—and not to let cheaters win.

- Also as a result of BALCO stories, the American public now has a better idea of just how seriously track & field takes doping — you face a possible lifetime ban, and possibly even jail time — especially in comparison to other sports... **no matter how big of a star you are.**

- The sport has moved beyond BALCO and the athletes involved in it (none of the athletes facing doping cases made the Olympic team) and we are looking forward to an even brighter future.

- USATF’s Zero Tolerance policy toward doping has set the standard, showing athletes, coaches, agents and the public how seriously the sport takes doping. Programs like USATF’s Win With Integrity help athletes spread the message to young people that living clean and healthy is the only way to go.

**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!
Athlete Bios

The USATF Communications 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:
Contact Katie Landry (katie.landry@usatf.org)

For general info about the USATF Communications department, contact Ivan Cropper (ivan.cropper@usatf.org).
# 2011 Calendar for Elite Athletes

*Subject to Change
Domestic events in bold

<table>
<thead>
<tr>
<th>MEET NAME</th>
<th>DATE</th>
<th>CITY</th>
<th>CONTACT EMAIL/WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUPA Great Edinburgh XC (IAAF Permit XC)</td>
<td>1/8</td>
<td>Edinburgh, GBR</td>
<td><a href="mailto:sharon.bills@nova-international.com">sharon.bills@nova-international.com</a></td>
</tr>
<tr>
<td>XXXX Cross Internacional de halitas (IAAF Permit XC)</td>
<td>1/16</td>
<td>Sevilla, ESP</td>
<td>madridpasevilla.es</td>
</tr>
<tr>
<td>Antrim International XC (IAAF Permit XC)</td>
<td>1/22</td>
<td>Antrim, GBR</td>
<td><a href="mailto:john@21athletics.org">john@21athletics.org</a></td>
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<tr>
<td>USA Men’s 50km RW Champs</td>
<td>1/23</td>
<td>Tustin, CA</td>
<td><a href="http://www.usatf.org">www.usatf.org</a></td>
</tr>
<tr>
<td>104th Millrose Games (IAAF Permit)</td>
<td>1/28</td>
<td>New York, NY</td>
<td><a href="mailto:brian.brase@usatf.org">brian.brase@usatf.org</a></td>
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<tr>
<td>Norwich Union International Meet</td>
<td>1/29</td>
<td>Glasgow, SCO</td>
<td><a href="mailto:ian5000m@ukonline.co.uk">ian5000m@ukonline.co.uk</a></td>
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<tr>
<td>White Cross</td>
<td>1/30</td>
<td>Belgrade, SRB</td>
<td><a href="mailto:nativicasports@yahoo.com">nativicasports@yahoo.com</a></td>
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<tr>
<td>Gugi Indoor Meeting (IAAF Permit Meeting)</td>
<td>2/3</td>
<td>Linz, AUT</td>
<td><a href="http://www.iaaf.org">www.iaaf.org</a></td>
</tr>
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<td>BIGBANK Estonian Winter GP II (IAAF Permit Meeting)</td>
<td>2/3</td>
<td>Tallinn, EST</td>
<td><a href="mailto:peeter.tishler@ludentes.ee">peeter.tishler@ludentes.ee</a></td>
</tr>
<tr>
<td>Sparkassen Cup (IAAF Permit)</td>
<td>2/5</td>
<td>Stuttgart, GER</td>
<td><a href="mailto:info@sparkassen-cup.de">info@sparkassen-cup.de</a></td>
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<tr>
<td>Reebok Boston Indoor Games</td>
<td>2/5</td>
<td>Boston, MA</td>
<td><a href="mailto:mark@globalathletics.com">mark@globalathletics.com</a></td>
</tr>
<tr>
<td>USAF Cross Country Championships</td>
<td>2/5</td>
<td>San Diego, CA</td>
<td><a href="mailto:jim.estes@usatf.org">jim.estes@usatf.org</a></td>
</tr>
<tr>
<td>79th Cinque Mulini (IAAF Permit XC)</td>
<td>2/6</td>
<td>San Vittore Otona, ITA</td>
<td><a href="mailto:info@cinquemulini.it">info@cinquemulini.it</a></td>
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<tr>
<td>Russian Winter (IAAF Permit)</td>
<td>2/6</td>
<td>Moscow, RUS</td>
<td><a href="mailto:mbubka@usatletics.com">mbubka@usatletics.com</a></td>
</tr>
<tr>
<td>Meeting du Pas-de-Calais (IAAF Permit)</td>
<td>2/8</td>
<td>Lievin, FRA</td>
<td><a href="mailto:philippe@lamblin.org">philippe@lamblin.org</a></td>
</tr>
<tr>
<td>8th International FSG Bank Meeting (IAAF Permit Meeting)</td>
<td>2/11</td>
<td>Dusseldorf, GER</td>
<td><a href="mailto:oesenberg@marc-oesenberg.de">oesenberg@marc-oesenberg.de</a></td>
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<tr>
<td>IAAF Permit/KCB Nairobi Cross (IAAF Permit XC)</td>
<td>2/12</td>
<td>Nairobi, KEN</td>
<td>athletcikenyaiwananchi.com</td>
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<tr>
<td>Samsung Pole Vault Stars (IAAF Permit Meeting)</td>
<td>2/12</td>
<td>Donetsk, UKR</td>
<td><a href="mailto:bubka@stels.net">bubka@stels.net</a></td>
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<tr>
<td>B&amp;W-Bank Meeting 2011 (IAAF Permit)</td>
<td>2/13</td>
<td>Karlsruhe, GER</td>
<td><a href="mailto:ablondel@bwl.com">ablondel@bwl.com</a></td>
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<tr>
<td>Randers Indoor (IAAF Permit)</td>
<td>2/13</td>
<td>Gent, BEL</td>
<td><a href="mailto:marc.corstjens@potazo.com">marc.corstjens@potazo.com</a></td>
</tr>
<tr>
<td>Chiba International Cross Country (IAAF Permit XC)</td>
<td>2/13</td>
<td>Chiba, JPN</td>
<td><a href="mailto:oshima@rikuren.or.jp">oshima@rikuren.or.jp</a></td>
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<tr>
<td>US 20k Race Walk Cup Trials</td>
<td>2/13</td>
<td>Coconut Grove, FL</td>
<td><a href="http://www.usatf.org">www.usatf.org</a></td>
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<tr>
<td>Pedro’s Cup (IAAF Permit Meeting)</td>
<td>2/16</td>
<td>Bydgoszcz, POL</td>
<td><a href="mailto:s.chmara@karwiza.bydgoszcz.pl">s.chmara@karwiza.bydgoszcz.pl</a></td>
</tr>
<tr>
<td>NACAC Cross Country Championships</td>
<td>2/19</td>
<td>Tobago, TRI</td>
<td></td>
</tr>
<tr>
<td>Aviva Indoor Grand Prix (IAAF Permit)</td>
<td>2/19</td>
<td>Birmingham, GBR</td>
<td><a href="mailto:istevart@buka.org.uk">istevart@buka.org.uk</a></td>
</tr>
<tr>
<td>BIGBANK Estonian Winter GP III (IAAF Permit Meeting)</td>
<td>2/3</td>
<td>Tallinn, EST</td>
<td><a href="mailto:peeter.tishler@ludentes.ee">peeter.tishler@ludentes.ee</a></td>
</tr>
<tr>
<td>XGalen (IAAF Permit)</td>
<td>2/22</td>
<td>Stockholm, SWE</td>
<td><a href="mailto:editor@marathon.se">editor@marathon.se</a></td>
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<tr>
<td>Fukuoka Cross Country (IAAF Permit XC)</td>
<td>2/26</td>
<td>Fukuoka, JPN</td>
<td><a href="mailto:kostanowa@rikuren.or.jp">kostanowa@rikuren.or.jp</a></td>
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<tr>
<td>USA Indoor T&amp;F Championships</td>
<td>2/26–27</td>
<td>Albuquerque, NM</td>
<td><a href="mailto:brian.brase@usatf.org">brian.brase@usatf.org</a></td>
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<tr>
<td>INZ European (IAAF Permit XC)</td>
<td>2/27</td>
<td>Diest, LUX</td>
<td><a href="mailto:coticlic@pt.lu">coticlic@pt.lu</a></td>
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<tr>
<td>Worlds Best 10k Race (IAAF Gold Label Road Race)</td>
<td>2/27</td>
<td>San Juan, PR</td>
<td><a href="http://www.wb10k.com/new">www.wb10k.com/new</a></td>
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<tr>
<td>Tokyo Marathon (IAAF Gold Label Road Race)</td>
<td>2/27</td>
<td>Tokyo, JPN</td>
<td><a href="mailto:sasaki@tokyo42195.org">sasaki@tokyo42195.org</a></td>
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<tr>
<td>Melbourne Track Classic (IAAF World Challenge Mtg)</td>
<td>3/3</td>
<td>Melbourne, AUS</td>
<td><a href="mailto:david.gunther@athletics.org.au">david.gunther@athletics.org.au</a></td>
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<tr>
<td>Encuentro Internacional de Marcha 2011 (RW Grand Prix)</td>
<td>3/5</td>
<td>Chihuahua, MEX</td>
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<tr>
<td>USA Indoor Combined Events Champs</td>
<td>3/5–6</td>
<td>Bloomington, IN</td>
<td><a href="mailto:jfarther@indiana.edu">jfarther@indiana.edu</a></td>
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<tr>
<td>36th Almond Blossom Cross (IAAF Permit XC)</td>
<td>3/6</td>
<td>Albufera, PUR</td>
<td><a href="mailto:aaalgarve@mail.telepac.net">aaalgarve@mail.telepac.net</a></td>
</tr>
<tr>
<td>Rome Marathon (IAAF Silver Label Road Race)</td>
<td>3/20</td>
<td>Rome, ITA</td>
<td><a href="mailto:info@maratonadroma.it">info@maratonadroma.it</a></td>
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<tr>
<td>Pan American Race Walking Cup</td>
<td>3/26–27</td>
<td>Sabaneta, COL</td>
<td></td>
</tr>
</tbody>
</table>
### 2011 Master Calendar for Elite Athletes (continued)

- **Texas Relays**
  - 4/8–9
  - Austin, TX
  - www.texaspsports.com

- **20th B. Premio Int'l en Maratón Atlética (RW GP)**
  - 4/9
  - Rio Major, POR
  - goraymarcham@gmail.com, tenepac.pt

- **Mel SAC Relays**
  - 4/16
  - Walnut, CA
  - relayats@sacmarc.com

- **Virgin London Marathon (IAAF Silver Label Race)**
  - 4/21
  - London, GBR
  - davidb@london-marathon.co.uk

- **BAA Boston Marathon (IAAF Gold Label Race)**
  - 4/18
  - Boston, MA
  - morose@basa.org

- **Kansas Relays**
  - 4/20–23
  - Lawrence, KS
  - mrdonley@ku.edu

- **2011 IAAF Race Walk Challenge (RW Grand Prix)**
  - 4/22
  - Tascag, CHN
  - www.iAAF.org

- **USA vs. the World @ Penn Relays**
  - 4/30
  - Philadelphia, PA
  - Adam.Schmenk@usatf.org

- **Drake Relays**
  - 4/30
  - Des Moines, IA
  - Brian.Brown@drake.edu

- **Coppa Citta Sette San Giovanni (RW Grand Prix)**
  - 5/1
  - Sesto S.G., ITA
  - roberto.vanzillotta@alice.it

- **Samsung Diamond League Doha (Diamond League)**
  - 5/6
  - Doha, QAT
  - athletic@dohaathletics.com

- **24th Multistars (World Combined Events Chal.)**
  - 5/7–8
  - Desenzano, ITA
  - mulitstars@libero.it

- **Jamaica International Invitational (IAAF World Challenge Mtp)**
  - 5/7
  - Kingston, JAM
  - www.iAAF.org

- **Osaka Grand Prix (IAAF World Challenge Mtp)**
  - 5/8
  - Osaka, JPN
  - oschina@kuren.or.jp

- **Kawasaki Super Meet (IAAF World Challenge Mtp)**
  - 5/8
  - Kawasaki, JPN
  - www.iAAF.org

- **GP Caixa/UNIFOR de Atletismo (Grand Prix South America)**
  - 5/8
  - Fortaleza, BRA
  - www.iAAF.org

- **Grand Premio Brasil de Atletismo (IAAF World Challenge Mtp)**
  - 5/11
  - Belém, BRA
  - gpbrasil@babt.org.br

- **Colorful Daegu Pre-Champs Meeting (IAAF World Challenge Mtp)**
  - 5/12
  - Daegu, KOR
  - j-kim@deegu2011.org

- **Samsung Diamond League Shanghai (Diamond League)**
  - 5/15
  - Shanghai, CHN
  - joshi@global-sports-comm.nl

- **GP Caixa/Sei de Atletismo (Grand Prix South America)**
  - 5/18
  - Uberlândia, BRA
  - www.iAAF.org

- **GP Rio Caixa de Atletismo (Grand Prix South America)**
  - 5/22
  - Rio de Janiero, BRA
  - www.iAAF.org

- **Asian AA Grand Prix (Asian Grand Prix)**
  - 5/22
  - Jixing, JPN
  - asianahtletics@gmail.com

- **Samsung Diamond League Golden Gala (IAAF World Challenge Mtp)**
  - 5/26
  - Rome, ITA
  - goldengala@frsid.it

- **Asian AA Grand Prix (Asian Grand Prix)**
  - 5/26
  - Kunshan, JPN
  - asianahtletics@gmail.com

- **NACAC Combined Events Championships**
  - 5/27–28
  - Kingston, JAM
  - www.centonosn.org

- **Meeting Grand Prix iAAF de Dakar (IAAF World Challenge Mtp)**
  - 5/28
  - Dakar, SEN
  - fedesa@centonosn.org

- **Hype-Meeting (World Combined Events Chal.)**
  - 5/28–29
  - Gotzis, AUT
  - konrad.berch@bits.co.at

- **RB-Games (IAAF World Challenge Mtp)**
  - 5/29
  - Hengelo, NED
  - infogames@archae.nl

- **Asian AA Grand Prix (Asian Grand Prix)**
  - 5/29
  - Wunjiang, JPN
  - asianahtletics@gmail.com

- **50th Ostrová Golden Spike (IAAF World Challenge Mtp)**
  - 5/31
  - Ostrava, CZE
  - ajbulke@brnside.sk

- **13th Internationales Leichtathletik Meeting (EA Outdoor Permit)**
  - 6/1
  - Dessau, GER
  - sportam@dessau-rosslau.de

- **Riga Cup 2011 (Outdoor Meeting)**
  - 6/2
  - Riga, LAT
  - www.european-athletics.org

- **XII European Athletics Festival (IAAF Outdoor Permit)**
  - 6/3
  - Bydgoszcz, POL
  - wolszymstyk@pl

- **Freihofer’s Run for Women (IAAF Silver Label Road Race)**
  - 6/4
  - Albany, NY
  - info@freihofersrun.com

- **Nike Prefontaine Classic (Diamond League)**
  - 6/6
  - Eugene, OR
  - tbd@nwevent.com

- **Papaflessa (IAAF Outdoor Permit)**
  - 6/6
  - Kallamata, GRE
  - papaflessa@frias.es

- **Mohammed VI d’Athletisme de Rabat (IAAF World Mtp)**
  - 6/5
  - Rabat, MAR
  - frma@fivasra.ma

- **Arkona 2011 (IAAF Outdoor Permit)**
  - 6/8
  - Kassel, GER
  - info@bfp-sports.de

- **Eton Mobil Bollett Games (Diamond League)**
  - 6/8
  - Oslo, NOR
  - steinar@も多いたjapan.no

- **Memorial Primo Nebiolo (IAAF Outdoor Permit)**
  - 6/10
  - Torino, ITA
  - riccardo.delicio@cuotrismo.it

- **adidas Grand Prix (Diamond League)**
  - 6/11
  - New York, NY
  - adidasgrandprix@globalathletics.com

- **USA Outdoor Championships**
  - 6/23–26
  - Eugene, OR
  - www.usatf.org

- **57th Memorial Jarnus Kusocinski (EAA Outdoor Permit)**
  - 6/25
  - Warsaw, POL
  - biero@usaintorg.com

- **Memorial Aleksandar Marinovic (EAA Outdoor Permit)**
  - 6/25
  - Belgrade, SRB
  - office@beometing.com

- **Lausitz Meeting (IAAF Outdoor Permit)**
  - 6/25
  - Cottbus, GER
  - www.iAAF.org

- **10th European Athletics Meeting (IAAF Outdoor Permit)**
  - 6/26
  - Wiesloch, DLW
  - marijan.hudec@hvks.de

- **Wellnais in Biberach (EAA Outdoor Permit)**
  - 6/29
  - Biberach an der Riss, GER
  - info@bfp-sports.de

- **Athletissima (Diamond League)**
  - 6/30
  - Lausanne, SWI
  - info@athletissima.ch

- **60th Ixtecan Cork City Games (Outdoor Permit)**
  - 7/2
  - Cork, IRL
  - www.european-athletics.org

- **Memorial Znamensky (EAA Outdoor Permit)**
  - 7/5
  - Zhukovsky, RUS
  - mbpavlov@usaintorg.com

- **USATF National Club Track & Field Championships**
  - 7/8–9
  - New York, NY
  - andy.martin@usatf.org

- **Meeting Avera Paris Saint-Denis (Diamond League)**
  - 7/8
  - Paris, FRA
  - meetingareva@athle.org

- **30th Meeting de Atletismo Madrid (IAAF World Challenge Mtp)**
  - 7/9
  - Madrid, ESP
  - petemcarlos@frias.es

- **Aviva Birmingham Grand Prix (Diamond League)**
  - 7/10
  - Birmingham, GBR
  - istevent@auk.org.uk

- **Vardioulym (IAAF Outdoor Permit)**
  - 7/13
  - Rethymno, GRE
  - vapo.har-vel@eames.gr

- **Herculis (EAA Outdoor Permit)**
  - 7/16
  - Heusden-Zolder, HEL
  - www.herculis.at

- **Memorial Primoz Krastel (EAA Outdoor Permit)**
  - 7/22
  - Montre Carlo, MON
  - info@herculis.com

- **Rennsi 2011 (EAA Outdoor Permit)**
  - 7/23
  - Barcelone, ESP
  - mbpavlov@bcn2010.org

- **DN Galan (Diamond League)**
  - 7/29
  - Stockholm, SWE
  - meetingdirector@dlmopan.com

- **Kariats Grand Prix (IAAF Outdoor Permit)**
  - 8/2
  - Karlstad, SWE
  - johan.angelberg@kgora.se

- **Aviva London Grand Prix (Diamond League)**
  - 8/5–6
  - London, GBR
  - istevent@auk.org.uk

- **BIGBANK. Talinn 2011 (Outdoor Permit)**
  - 8/9
  - Tallinm, EST
  - pete@tallinn2011events.es
### 2011 Master Calendar for Elite Athletes

**IAAF 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 2011 stretches from mid-May to the mid-September.

<table>
<thead>
<tr>
<th>EVENT/LOCATION</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doha (QAT)</td>
<td>May 6</td>
</tr>
<tr>
<td>Shanghai (CHN)</td>
<td>May 15</td>
</tr>
<tr>
<td>Rome (ITA)</td>
<td>May 26</td>
</tr>
<tr>
<td>Eugene (USA)</td>
<td>June 4</td>
</tr>
<tr>
<td>Oslo (NOR)</td>
<td>June 6</td>
</tr>
<tr>
<td>New York (USA)</td>
<td>June 11</td>
</tr>
<tr>
<td>Lausanne (SUI)</td>
<td>June 30</td>
</tr>
<tr>
<td>Paris (FRA)</td>
<td>July 8</td>
</tr>
<tr>
<td>Birmingham (GBR)</td>
<td>July 10</td>
</tr>
<tr>
<td>Monaco (MON)</td>
<td>July 22</td>
</tr>
<tr>
<td>Stockholm (SWE)</td>
<td>July 29</td>
</tr>
<tr>
<td>London (GBR)</td>
<td>August 5–6</td>
</tr>
<tr>
<td>Zürich (SUI)</td>
<td>September 8</td>
</tr>
<tr>
<td>Brussels (BEL)</td>
<td>September 16</td>
</tr>
</tbody>
</table>

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### EVEN/LOCATION

<table>
<thead>
<tr>
<th>EVENT/LOCATION</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>EWE Athletics (EAA Outdoor Permit)</td>
<td>8/10 Cuxhaven, GER <a href="mailto:info@pp-sports.de">info@pp-sports.de</a></td>
</tr>
<tr>
<td>13th IAAF World Championships in Athletics</td>
<td>8/27–8/4 Daegu, KOR <a href="http://www.daegu2011.org">www.daegu2011.org</a></td>
</tr>
<tr>
<td>Berlin Marathon (IAAF Gold Label Road Race)</td>
<td>9/5 Berlin, GER <a href="mailto:info@berlin-marathon.com">info@berlin-marathon.com</a></td>
</tr>
<tr>
<td>Weltklasse Zürich (Diamond League)</td>
<td>9/6 Zürich, SUI <a href="mailto:office@weltklassezuerich.ch">office@weltklassezuerich.ch</a></td>
</tr>
<tr>
<td>ISTAF (IAAF World Challenge Mtg)</td>
<td>9/11 Berlin, GER <a href="mailto:mailbox@istaf.de">mailbox@istaf.de</a></td>
</tr>
<tr>
<td>Rieti 2011 (IAAF World Challenge Mtg)</td>
<td>9/11 Rieti, ITA <a href="mailto:manager@rietimeeting.com">manager@rietimeeting.com</a></td>
</tr>
<tr>
<td>Zagreb 2011 (IAAF World Challenge Mtg)</td>
<td>9/13 Zagreb, CRO <a href="mailto:iaafzagreb@sps.hrnet.hr">iaafzagreb@sps.hrnet.hr</a></td>
</tr>
<tr>
<td>47th Palio Citta della Quercia (EAA Outdoor Permit)</td>
<td>9/13 Rovereto, ITA <a href="mailto:us_quercia@yahoo.com">us_quercia@yahoo.com</a></td>
</tr>
<tr>
<td>Memorial Van Damme (Diamond League)</td>
<td>9/16 Brussels, BEL <a href="mailto:info@memorialvandamme.be">info@memorialvandamme.be</a></td>
</tr>
<tr>
<td>5th IAAF Race Walking Challenge (RV GP)</td>
<td>9/17 La Coursa, ESP <a href="mailto:gestion@fagatletismo.com">gestion@fagatletismo.com</a></td>
</tr>
<tr>
<td>Decastar (World Combined Events Chal.)</td>
<td>9/17–18 Tolède, FRA <a href="mailto:decastar@wanadoo.fr">decastar@wanadoo.fr</a></td>
</tr>
<tr>
<td>The Athletic Bridge (EAA Outdoor Meeting)</td>
<td>9/18 Dubnica, SVK <a href="mailto:rastislavhracek@atletikadubnica.sk">rastislavhracek@atletikadubnica.sk</a></td>
</tr>
<tr>
<td>DecaNation</td>
<td>9/18 Nice, FRA <a href="http://www.iaaf.org">www.iaaf.org</a></td>
</tr>
<tr>
<td>LaSalle Bank Chicago Marathon (IAAF Gold Label Road Race)</td>
<td>10/9 Chicago, IL <a href="mailto:office@chicagomarathon.com">office@chicagomarathon.com</a></td>
</tr>
<tr>
<td>ING NYC Marathon (IAAF Gold Label Road Race)</td>
<td>11/6 New York, NY <a href="mailto:marathonnyc@nyrr.org">marathonnyc@nyrr.org</a></td>
</tr>
<tr>
<td>USATF Annual Meeting</td>
<td>11/30–12/4 St. Louis, MO <a href="mailto:Adam.Schmenk@usatf.org">Adam.Schmenk@usatf.org</a></td>
</tr>
<tr>
<td>USATF National Club Cross Country Champs</td>
<td>12/10 Seattle, WA <a href="mailto:Andy.Martin@usatf.org">Andy.Martin@usatf.org</a></td>
</tr>
</tbody>
</table>
2011 Outdoor Visa Championship Series Schedule

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>TELEVISION</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 30</td>
<td>USA V. The World at the Penn Relays/Drake Relays</td>
<td>Philadelphia, PA Des Moines, IA</td>
<td>ESPN2, April 30 (tape) 8:00–10:00pm</td>
</tr>
<tr>
<td>June 4</td>
<td>Nike Prefontaine</td>
<td>Eugene, OR</td>
<td>NBC, June 4 (live) 2:30–4:00pm</td>
</tr>
<tr>
<td>June 11</td>
<td>adidas Grand Prix</td>
<td>New York, NY</td>
<td>NBC, June 11 (live) 4:00–6:00pm</td>
</tr>
</tbody>
</table>
| June 23–26 | 2011 USA Outdoor Track & Field Championships | Eugene, OR    | ESPN2, June 24 (live) 10:00pm–12:00am  
NBC, June 25 5:00–6:00 pm (live) 
NBC, June 26 5:00–6:00 pm (live)  
|}  

2011 USA Running Circuit

The 2011 USARC is a USA Track & Field road series, featuring USA long distance running championships and for the first time will include the USA Cross Country Championships. The USARC attracts the best U.S. distance runners, including Olympians Ryan Hall, Shalane Flanagan and Meb Keflezighi.

The 2011 USARC has ten events for men and nine for women. 2011 also marks the first year that the USA Cross Country Championships will be scored in the circuit standings.

The 2011 USARC will feature more than $400,000 in circuit prize money with U.S. athletes competing for the right to represent Team USA in various international competitions.

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 ($6,000, $4,000, and $2,500) for the top three men and women point scorers overall.

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.

2011 USA RUNNING CIRCUIT SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>TELEVISION</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 29</td>
<td>USA Half Marathon Championships</td>
<td></td>
<td>$29,750</td>
</tr>
<tr>
<td>February 5</td>
<td>USA Cross Country Championships</td>
<td></td>
<td>$17,500</td>
</tr>
<tr>
<td>March 12</td>
<td>USA 15 km Championships</td>
<td></td>
<td>$26,500</td>
</tr>
<tr>
<td>May 12</td>
<td>USA 1 Mile Road Championships</td>
<td></td>
<td>$10,000</td>
</tr>
<tr>
<td>May 14</td>
<td>USA 25 km Championships</td>
<td></td>
<td>$15,600</td>
</tr>
<tr>
<td>June 11</td>
<td>USA Men’s 8 km Championship</td>
<td></td>
<td>$20,000</td>
</tr>
<tr>
<td>July 4</td>
<td>USA Men’s 10 km Championship</td>
<td></td>
<td>$30,000</td>
</tr>
<tr>
<td>September 5</td>
<td>USA 20 km Championships</td>
<td></td>
<td>$20,000</td>
</tr>
<tr>
<td>September 18</td>
<td>USA 5 km Championships</td>
<td></td>
<td>$15,000</td>
</tr>
<tr>
<td>October 2</td>
<td>USA 10 Mile Championships</td>
<td></td>
<td>$30,000</td>
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</tbody>
</table>

Subtotal: $214,350
USARC Grand Prix Bonus: $12,500
Total: $226,850
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 St. Louis, Missouri, November 30 – December 4, 2011.

**2011 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>1/23</td>
<td>USA 50km RW Championship</td>
<td>Irvine, CA</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>1/28</td>
<td>USA Indoor Mile @ Millrose Games</td>
<td>New York, NY</td>
<td>Individuals</td>
</tr>
<tr>
<td>2/13</td>
<td>Pan American Cup Trials</td>
<td>Coconut Creek, FL</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>2/26-27</td>
<td>USA Indoor Championships (3000/5000)</td>
<td>Albuquerque, NM</td>
<td>Individuals</td>
</tr>
<tr>
<td>5/15</td>
<td>USA 15k Championships</td>
<td>Riverside, CA</td>
<td>Individuals/Teams</td>
</tr>
<tr>
<td>6/4</td>
<td>USA 10km RW Championships</td>
<td>Albany, NY</td>
<td>Individuals/Teams</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>YEAR</th>
<th>WOMEN</th>
<th>MEN</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>Maria 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>
</tbody>
</table>
History:

PAST INDIVIDUAL CHAMPIONS

<table>
<thead>
<tr>
<th>Year</th>
<th>Open Men</th>
<th>Open Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>Curt Clausen</td>
<td>Michelle Rohl</td>
</tr>
<tr>
<td>2005</td>
<td>Tim Seaman</td>
<td>Dorit Attias</td>
</tr>
<tr>
<td>2006</td>
<td>Tim Seaman</td>
<td>Jolene Moore</td>
</tr>
<tr>
<td>2007</td>
<td>Matt Boyles</td>
<td>Jolene Moore</td>
</tr>
<tr>
<td>2008</td>
<td>Theron Kissinger</td>
<td>Teresa Vaill</td>
</tr>
<tr>
<td>2009</td>
<td>Tim Seaman</td>
<td>Teresa Vaill</td>
</tr>
<tr>
<td>2010</td>
<td>Dave McGovern</td>
<td>Teresa Vaill</td>
</tr>
</tbody>
</table>

Junior Men

<table>
<thead>
<tr>
<th>Year</th>
<th>Junior Men</th>
<th>Junior Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>Ricardo &amp; Roberto Vergara</td>
<td>Diana Rado</td>
</tr>
<tr>
<td>2008</td>
<td>John Randall</td>
<td>Catherine Davis</td>
</tr>
<tr>
<td>2009</td>
<td>Dan Serianni</td>
<td>Abby Dunn</td>
</tr>
<tr>
<td>2010</td>
<td>Alex Chavez</td>
<td>Abby Dunn</td>
</tr>
</tbody>
</table>

Masters Men

<table>
<thead>
<tr>
<th>Year</th>
<th>Masters Men</th>
<th>Masters Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>Chris Schmid</td>
<td>Darlene Backlund</td>
</tr>
<tr>
<td>2010</td>
<td>Chris Schmid</td>
<td>Jolene Steigerwalt</td>
</tr>
</tbody>
</table>

PAST TEAM CHAMPIONS

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>Pegasus Athletic Club</td>
<td>WalkUSA</td>
</tr>
<tr>
<td>2005</td>
<td>Varsano’s Chocolates Racewalking</td>
<td>WalkUSA</td>
</tr>
<tr>
<td>2006</td>
<td>Varsano’s Chocolates Racewalking</td>
<td>Pegasus Athletic Club</td>
</tr>
<tr>
<td>2007</td>
<td>Pegasus Athletic Club</td>
<td>WalkUSA</td>
</tr>
<tr>
<td>2008</td>
<td>Pegasus Athletic Club</td>
<td>Pegasus Athletic Club/WalkUSA (tie)</td>
</tr>
<tr>
<td>2009</td>
<td>Pegasus Athletic Club</td>
<td>Pegasus Athletic Club</td>
</tr>
<tr>
<td>2010</td>
<td>Pegasus Athletic Club</td>
<td>Pegasus Athletic Club</td>
</tr>
</tbody>
</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 Directory on page 124).

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, pg. 25)

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 2011 Annual Meeting will be held November 30 – December 4 in St. Louis, Missouri. 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 (USATFAAAA). 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 USATFAAAA. 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 USATFAAAA 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.

---

**AAC Directory**

**EVENT LEADERS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Discipline</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:philipspdwight@hotmail.com">philipspdwight@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:tsupreme@hotmail.com">tsupreme@hotmail.com</a></td>
</tr>
<tr>
<td>Matt Chisam</td>
<td>Multis</td>
<td><a href="mailto:mchisam@fas.harvard.edu">mchisam@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>Michelle Lewis</td>
<td>Sprints</td>
<td><a href="mailto:michelle.lewis@gmail.com">michelle.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:seetijump@yahoo.com">seetijump@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:tiffanywmwilliams@bellsouth.net">tiffanywmwilliams@bellsouth.net</a></td>
</tr>
<tr>
<td>Hyleas Fountain</td>
<td>Multis</td>
<td><a href="mailto:hyleas_fl@hotmail.com">hyleas_fl@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>Lenee Smith</td>
<td>Throws</td>
<td><a href="mailto:leneesmith08@yahoo.com">leneesmith08@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>Melisa 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>Role</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:hirunrr@aol.com">hirunrr@aol.com</a></td>
</tr>
<tr>
<td>Dexter McCloud</td>
<td>Secretary</td>
<td><a href="mailto:HurdlerWorld@att.net">HurdlerWorld@att.net</a></td>
</tr>
<tr>
<td>Lesley Higgins</td>
<td>Treasurer</td>
<td><a href="mailto:lhigginss@gmail.com">lhigginss@gmail.com</a></td>
</tr>
<tr>
<td>Joanna Hayes</td>
<td>USOC Representative</td>
<td><a href="mailto:joannahayes76@aol.com">joannahayes76@aol.com</a></td>
</tr>
<tr>
<td>Gary Morgan</td>
<td>USOC Alternate Representative</td>
<td><a href="mailto:morgansden@yahoo.com">morgansden@yahoo.com</a></td>
</tr>
</tbody>
</table>

**USATF BOARD POSITIONS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Term</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philip Dunn</td>
<td>4-year term</td>
<td><a href="mailto:dunphilip@yahoo.com">dunphilip@yahoo.com</a></td>
</tr>
<tr>
<td>Aretha Thurmond</td>
<td>4-year term</td>
<td><a href="mailto:aretha@arethathrows.com">aretha@arethathrows.com</a></td>
</tr>
<tr>
<td>Deena Kastor</td>
<td>2-year term</td>
<td><a href="mailto:makingstrides1@verizon.net">makingstrides1@verizon.net</a></td>
</tr>
</tbody>
</table>
Authorized Athlete Representatives

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

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

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

Susan Church
APEX Athletics Agency, Inc.
929 Massachusetts Ave., 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
codrige@hotmail.com

Kenneth Cox, Jr.
Sprint Athletics Management, Inc.
P.O. Box 150147
Atlanta, GA 30315-0147
404 431 9101
kcox@sprintathletics.com

Lamont Dagen
Take Notice Sports Management
P.O. Box 581013
Pleasant Prairie, WI 53158
262 757 3337
l_dagen@yahoo.com

Derek Demissie
APEX Athletics Agency, Inc.
929 Massachusetts Ave., Suite 01
Cambridge, MA 02139
617 354 3944
dd@demissiechurch.com

Washington Dix
Dix Management, LLC
2350 Philips Road, Apt. 1109
Tallahassee, FL 32308
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

Doug Eldridge
DLE Agency
309 8th Street, NE
Washington, DC 20002
202 508 3615
douglas@dlegency.com

Daniel Escamilla
Hi!International Sports Management
9971 Irvine Center Drive
Irvine, CA 92618
949 753 9153
daniel@hsi.net

Vincent Ewing
LOVE Athletics
893 Hardstone Way
Santa Rosa, CA 95405
626 818 5245
vince@loveathletics.com

Valentina Fedjuschina
Rua D.Maria I, N 9 - 2 DT
2605 Belas
Lisboa, Portugal
351 916177783
valentinafs@clix.pt

Caroline Feith
APEX Athletics Agency, Inc.
929 Massachusetts Ave., Suite 01
Cambridge, MA 02139
617 354 3944

caruise@clix.pt

Wes Felix
Evolve Management Agency
212 254 5816
info@theevolveagency.com

Ray Flynn
Flynn Sports Management
625 A Halles Chapel Rd.
Gray, TN 37615
423 753 0851
fsml@flynnsports.com

Gregory Foster
GBM Sports Management
4207 Corrales Drive
Ft. Worth, TX 76107
817 436 3500
gregfoster@gbmsportsmanagement.com

Kizzy Francis
JFC Pro International LLC
1734 Country Club Cove
Baytown, TX 77521
832 275 2805
teddy72wilson@yahoo.com

Subrena Glenn
CBREE Management Services, LLC
3745 Brookside Parkway
Decatur, GA 30034
770 912 7088
d dru@cbreemail.com

**USATF Payment Directive Form**

Attention Athletes! In an effort to provide better customer service to you, we are asking that you complete the following form to notify USA Track & Field of your wishes regarding the payment of prize money and other forms of athlete support. Please note that all changes to these elections must be made in writing by the athlete through USATF.

This form will then supersede any other previous arrangements with USATF regarding the payment of funds.

Please print clearly and complete all fields

Athlete Name ____________________________

Athlete Representative Name ____________________________

Check one box for each section

**Prize Money** (i.e. relays, national championships)
- I elect to have all my USATF prize money be paid directly to me.
- I elect to have all my USATF prize money paid directly to my Authorized Athlete Representative.

**Travel Allocations** (paid for feeder and olympic championships)
- I elect to have all USATF travel allocations be paid directly to me.
- I elect to have all USATF travel allocations paid directly to my Authorized Athlete Representative. *(You will receive the Visa Check Card that you would receive at a Championship)*

Athlete Support*:
- I elect to have all USATF athlete support be paid directly to me.
- I elect to have all USATF athlete support paid directly to my Authorized Athlete Representative.

*Athletes please note that this form will only affect funded payments from USATF accounts and will not affect payments from the United States Olympic Committee.

Athlete Signature ____________________________________________

Date ____________________________________________

Copies of your completed form will be forwarded to your Authorized Athlete Representatives. If you have any additional questions regarding this process, please contact Sarriva “Becki” Sugg at 317-273-4689 or Sarriva.Suggs@usatf.org.

Please send completed forms to the following: Fax – 317-261-0514 or Mailing address: USA Track & Field, 132 E. Washington St., Suite 800, Indianapolis, IN 46204
### USATF Board of Directors

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stephanie Hightower</td>
<td>Chair/President</td>
<td><a href="mailto:shightower@ccad.edu">shightower@ccad.edu</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:president@usatf.org">president@usatf.org</a></td>
</tr>
<tr>
<td>Jack Wickens</td>
<td>Vice Chair</td>
<td><a href="mailto:runjackw@gmail.com">runjackw@gmail.com</a></td>
</tr>
<tr>
<td>Darlene Hickman</td>
<td>Secretary (ex-officio)</td>
<td><a href="mailto:dhtrack@aol.com">dhtrack@aol.com</a></td>
</tr>
<tr>
<td>Kenneth Taylor</td>
<td>Treasurer</td>
<td><a href="mailto:koreyt@msn.com">koreyt@msn.com</a></td>
</tr>
<tr>
<td>Willie Banks</td>
<td></td>
<td><a href="mailto:bankshw@hotmail.com">bankshw@hotmail.com</a></td>
</tr>
<tr>
<td>Jeff Darman</td>
<td>5-E Rep.</td>
<td><a href="mailto:jdarmaji@kennett.net">jdarmaji@kennett.net</a></td>
</tr>
<tr>
<td>Evie Dennis</td>
<td></td>
<td><a href="mailto:eviedennis@msn.com">eviedennis@msn.com</a></td>
</tr>
<tr>
<td>Philip Dunn</td>
<td></td>
<td><a href="mailto:dunnphilip@yahoo.com">dunnphilip@yahoo.com</a></td>
</tr>
<tr>
<td>Kim Haines</td>
<td></td>
<td><a href="mailto:haines@blackfoot.net">haines@blackfoot.net</a></td>
</tr>
<tr>
<td>Bob Hersh</td>
<td>IAAF Rep.</td>
<td><a href="mailto:bkhersh@hotmail.com">bkhersh@hotmail.com</a></td>
</tr>
<tr>
<td>Aretha Thurmond</td>
<td></td>
<td><a href="mailto:aretha@anethathrrows.com">aretha@anethathrrows.com</a></td>
</tr>
<tr>
<td>Steve Holman</td>
<td></td>
<td><a href="mailto:steve_holman@vanguard.com">steve_holman@vanguard.com</a></td>
</tr>
<tr>
<td>Larry James</td>
<td>Counsel</td>
<td><a href="mailto:ljames@cbjlawyers.com">ljames@cbjlawyers.com</a></td>
</tr>
<tr>
<td>Deena Kastor</td>
<td></td>
<td><a href="mailto:makingstrides1@verizon.net">makingstrides1@verizon.net</a></td>
</tr>
<tr>
<td>Steve Miller</td>
<td></td>
<td><a href="mailto:smiller@agassi.net">smiller@agassi.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:enickell@agassi.net">enickell@agassi.net</a></td>
</tr>
<tr>
<td>Elizabeth Phillips</td>
<td></td>
<td><a href="mailto:cemrynphilips@aol.com">cemrynphilips@aol.com</a></td>
</tr>
<tr>
<td>Max Siegel</td>
<td></td>
<td><a href="mailto:max@the909grp.com">max@the909grp.com</a></td>
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</tbody>
</table>

### USATF Staff Directory

#### Executive

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</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></td>
</tr>
<tr>
<td></td>
<td></td>
<td>317-713-4657</td>
</tr>
<tr>
<td>Jill Geer</td>
<td>Chief Public Affairs Officer</td>
<td><a href="mailto:Jill.Geer@usatf.org">Jill.Geer@usatf.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>508-520-1529</td>
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#### Legal and Business Affairs

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</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>
</tr>
<tr>
<td></td>
<td>Contracts, Grievances, Agents</td>
<td>317-713-4683</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>
</tr>
<tr>
<td></td>
<td></td>
<td>317-713-4653</td>
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#### High Performance Programs

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<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></td>
</tr>
<tr>
<td></td>
<td></td>
<td>317-713-4691</td>
</tr>
<tr>
<td>Duffy Mahoney</td>
<td>Director of High Performance Programs and Development</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rules and Eligibility, Technical Assistance and Facilities, High Performance Planning</td>
<td></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></td>
</tr>
<tr>
<td></td>
<td>Coaching Education</td>
<td>317-713-4671</td>
</tr>
<tr>
<td>Sandy Snow</td>
<td>Director of International and Championships Teams</td>
<td></td>
</tr>
<tr>
<td></td>
<td>International Teams</td>
<td><a href="mailto:Sandy.Snow@usatf.org">Sandy.Snow@usatf.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>770-392-1027</td>
</tr>
<tr>
<td>Aron McGuire</td>
<td>Associate Director, Championships and International Teams</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:Aron.mcguire@usatf.org">Aron.mcguire@usatf.org</a></td>
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<tr>
<td></td>
<td></td>
<td>317-713-4692</td>
</tr>
<tr>
<td>Melissa Beasley</td>
<td>Associate Director of Elite Athlete Relations</td>
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</tr>
<tr>
<td>Doping Control, Elite Athlete Handbook, Elite Beat, AAC</td>
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<tr>
<td>Robert Chapman</td>
<td>Associate Director, Sports Science and Medicine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sport Performance Workshops and Summits</td>
<td><a href="mailto:Robert.Chapman@usatf.org">Robert.Chapman@usatf.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>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></td>
</tr>
<tr>
<td>Athlete Support, OJOP, Elite Athlete Insurance, PCSF</td>
<td></td>
<td></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></td>
</tr>
<tr>
<td></td>
<td></td>
<td>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></td>
</tr>
<tr>
<td></td>
<td></td>
<td>317-713-4668</td>
</tr>
</tbody>
</table>
Grass Roots

Andy Martin, Director of Grassroots Programs
317-713-4675

Tricia Floyd, Associate Director of Youth Programs
317-713-4695

Sherry Quack, Associations and Member Services Manager
317-713-4685

Kristina Hervey, Grass Roots Marketing Coordinator
317-713-4684

Carmen Triplet, Sanction Program Coordinator
317-713-4694

Marilyn Turner, Grass Roots Programs Assistant
317-713-4678

Finance and Operations/Events Department

Gina Miller, Chief Financial Officer
317-713-4681

Jed Cornforth, Director of Operations & Merchandise
317-713-4685

Jason Wright, Webmaster
317-713-4682

Karl Eaglesman, Internet Publishing Coordinator
317-713-4686

Patty Hogan, Human Resources/Office Manager
317-713-4696

Gerry Thorne, Receptionist
317-713-4693

Adam Schmenk, Events and Broadcasting Manager
317-713-4686

Jeff Mlynski, Events Coordinator
317-713-4679

Melissa Bowlby, Accounting Manager
317-713-4651

Dorothy Hawkins, Travel Services
877-203-3799/317-713-4687

Continued...