



## ***ATHLETE MANUAL***

### **Welcome to the 2016 USATF Indoor Championships!**

USA Track & Field and TrackTown USA welcome you to the 2016 USATF Indoor Track & Field. It is our goal to provide each athlete with an athlete-friendly competition experience that is of the highest quality. We wish you the best of luck in your competition!

This handbook will provide you with detailed operational procedures that are necessary for your success at the Championships. Please read all information in your packet carefully so that you will be aware of any changes that may have taken place since you completed your entry application. Athletes should pay special attention to the rolling declaration process, athlete check-in procedures; implement inspection deadlines, doping control procedures.

**For the latest information on the Status of Declaration please visit: [www.USATF.org](http://www.USATF.org)**

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Upon arrival into Portland you will see two “Welcome Desks” on the North and South sides of baggage claim. The staff at these desks will be available to provide assistance in using the MAX to get to the Hilton Portland & Executive Tower.

### **Portland International Airport (PDX) to the Hilton Portland**

1. MAX Red Line Eastbound  
Follow the signs in the airport to the MAX Light Rail Station, located in the South end baggage claim.  
Take the MAX Red Line Eastbound - this is the only way the train goes from the airport station.  
Get off at the PIONEER COURTHOUSE SQUARE Stop.  
The Hilton is located just one (1) block South of the Square between 6<sup>th</sup> Street and Broadway
2. Driving Directions  
Get on I-205 S  
Follow I-205 S and take exit 21B for I-84/US-30 W towards Portland  
Take I-5 S exit towards Beaverton/Salem/City Center  
Continue onto SE Morrison Bridge  
Keep straight and continue onto SW Washington St.  
Turn left onto SW 3<sup>rd</sup> Ave  
Turn right onto SW Main St.  
Turn right onto SW 6<sup>th</sup> Ave.  
The Destination will be on the left
3. Taxi
  - Portland Taxi Company: 1-503-256-5400
  - New Rose City Cab: 1-503-282-7707
4. Rental Cars
  - Alamo: (1-503-249-4900)
  - Budget: (1-503-249-6331)
  - Thrifty: (1-503-254-6563)
  - Avis: (1-503-249-4950)
  - Hertz: (1-503-249-8216)
  - Enterprise: (1-503-252-1500)

### **Getting Around Portland**

It is recommended to take the MAX Light Rail Station, as you ride free with your credential.

### CREDENTIAL

#### **Athlete Credentialing/Packet Pick-Up and Athlete Support Credentials**

Athlete credentials/packet pick-up and Athlete Support Credentials will be located at the Hilton Portland & Executive Tower in the Salon Ballroom II-III (921 SW 6<sup>th</sup> Ave.).

Hours are as follows:

- Thursday, March 10      10:00 AM – 7:00 PM
- Friday, March 11        10:00 AM – 5:00 PM
- Saturday, March 12     10:00 AM – 4:30 PM

The Championships are a controlled access event. Admission to all practice, warm-up and competition facilities including the athlete shuttle, athlete lounge and athlete/athlete support seating is by credential only. Athletes must be declared for their event in order to receive a credential. Credentials must be worn for admittance to any area other than public areas. Credentials will be required for facilities entry beginning Thursday, March 10.

Athletes must appear as “qualified” or “accepted” and “declared” on the Status of Entries page of the USATF website in order to receive a credential. All athlete support persons must be designated to receive an athlete support credential by an athlete who is “qualified” or “accepted,” and “declared” per the status of entries page. In addition, the athlete must have checked in at packet pick-up prior to support person’s arriving to receive their credential. This ensures the athlete has made the necessary changes and/or validated the support person they want to receive this credential. Athletes and support persons will be required to show a photo ID to pick up their credentials.

**Please note that all support persons accessing the warm-up area will be required to show a picture ID.**

Registered Coach “RC”, Warm-up Pass “WP”, and Stadium Pass “SP” credentials are designed to allow an athlete’s coach and/or personal support access to the warm-up area, athlete seating or practice track for the purpose of preparing for competition. Credentials are non-transferrable and each support person will only be allowed to receive one credential.

- Individual must be 18 years of age or older to receive a credential.
- Individual must be a current (2016) member of USA Track & Field.
- Individual receiving the “RC” Registered Coach’s credential must also be a current (2016) member of USA Track & Field’s Coaches Registry which now includes completing the USOC Safe Sport course. \*\*View the Registered Coach section below for my information on the application process.

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Credentials can be obtained at Credentialing/Package Pick Up in Portland, OR at the athlete event hotel.

Athletes will have the following credential options for their support persons:

1. One Complimentary Credential Option (pick one of the following):

RC - Registered Coach - coach of record (warm-up area and stadium only)

WP - Warm-up Pass (no stadium access; warm-up area access only)

SP - Stadium Pass (no warm-up area access; stadium seating)

Each participating athlete may request one of the above options for his or her personal support by specifying the name of the individual designated to receive that credential on his or her on-line entry form.

2. Second Credential Option for purchase (pick one of the following):

WP - Warm-up Pass (no stadium access; warm-up area access only)

SP - Stadium Pass (no warm-up area access; stadium seating)

There is a fee for the second credential option, which is in addition to USATF membership fee. *Price for 2nd credential option: 2 Day Pass - \$30.*

Each participating athlete may request to purchase one of the above options for his or her personal support by specifying the name of the individual designated to receive that credential on his or her on-line entry form.

Credential category details below:

**Please note that all support persons accessing the warm-up area will be required to show a picture ID. Individual must be 18 years of age or older to receive a credential.**

### **RC - Registered Coach Credential (best option for coach)**

All coaches designated to receive a "RC" credential must be a current (2016) member of USATF and must be a current member of the USATF Coaches Registry and completed the USOC Safe Sport Course, prior to receiving a "RC" credential. Individuals must have completed and been approved (be listed on the USATF Coaches Registry) prior to their arrival in Portland, OR. Only the individuals specified by participating athletes for this purpose will be allowed to receive an "RC" credential. You will not have the option to sign up for the Coaches Registry on-site (in Portland, OR) to obtain a coaches credential. Please view the following link for more details on the USATF Coaches Registry: <http://www.usatf.org/Resources-for---/Coaches.aspx>

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### **WP - Warm-up Pass Credential (best option for personal medical)**

Personal support designated to receive a “WP” must be a current (2016) member of USATF. Please renew or sign-up for a membership at the following link:<http://www.usatf.org/Products---Services/Individual-Memberships.aspx>. Only the individuals specified by participating athletes for this purpose will be allowed to receive a “WP” credential. There is no stadium access with this credential.

### **Stadium Pass Credential (best option for family member or friend)**

Personal support designated to receive a “SP” must be a current (2016) member of USATF. Please renew or sign-up for a membership at the following link:<http://www.usatf.org/Products---Services/Individual-Memberships.aspx>. Only the individuals specified by participating athletes for this purpose will be allowed to receive an “SP” credential. There is no warm-up access with this credential.

USATF reserves the right to deny or revoke any credential to personal support who USATF has reason to believe (a) has committed an anti- doping rule violation or materially contributed to the commission of an anti- doping rule violation; or (b) is under investigation by the United States Anti-Doping Agency (“USADA”) or other authorities with respect to a potential anti- doping rules violation; or (c) has engaged in conduct deemed by USATF to reflect a pattern of unethical behavior.

Other stipulations that apply to Warm-Up and Stadium Pass credentials:

- Must not have a violent felony conviction.
- Must not have a non-violent felony conviction within 3 years.

Any unauthorized person in possession of a credential and any unauthorized person found in a credential-restricted area (the athlete warm-up areas, or other restricted zones) will be immediately escorted from the facility, the credential will be revoked, and the unauthorized person may be subject to penalty.

Credential Terms and Conditions can be found at <https://www.usatf.org/Credentials.aspx>.

## MEDICAL

### Athlete Medical at Oregon Convention Center

Personal Medical can be utilized at the Hilton Portland Executive Tower in Salon I during the following hours:

Wednesday, March 9	9:00 AM – 9:00 PM
Thursday, March 10	9:00 AM – 9:00 PM
Friday, March 11	9:00 AM – 9:00 PM
Saturday, March 12	9:00 AM – 9:00 PM

### Athlete Medical at Oregon Convention Center

Medical services and treatment will be available for athletes during practice and competition days from Thursday, March 10 – Saturday, March 12. On competition days, Meet Medical will be available two hours before the start of competition and one hour after the end of competition. Following are the hours of operations and locations for Meet Medical at the OCC (see map in Appendix D).

Thursday, March 10	2:00 PM – 7:00 PM	Athlete Area
Friday, March 11	9:30 AM – 7:00 PM	Meet Medical
Saturday, March 12	12:30 PM – 8:00 PM	Meet Medical

### Personal Medical Professionals

Space will be available and designated in the warm-up area for personal medical professionals who have an Athlete Support – Warm-Up credential. Please confirm the exact location upon arrival. Personal medical professionals must provide their own massage tables and supplies. The individuals should identify themselves to the Meet Medical services staff to avoid confusion and should only treat athletes that they are contracted to provide services for. Additional athlete support (Warm-Up or Stadium) credentials will be available for purchase at the packet-pickup at the Hilton Portland & Executive Tower in the Salon Ballroom II-III (921 SW 6<sup>th</sup> Ave.).

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### ATHLETE TICKETS

Athletes wishing to purchase tickets for family and friends can order online at <http://ticketswest.com/events/usatf-indoor-track-and-field-championships/150799/>

### DECLARATIONS INFORMATION

#### Declaration Deadlines and Fees

<u>Declaration Deadlines:</u>	<u>Fee</u>
On-time: Sunday, 3/6/16, from 12:01 AM – Monday, 3/7/16 by 11:59 PM ET	\$0
Late <i>petition only</i> : Tuesday, 3/8/16 from 9:00 AM - 1:00 PM ET	\$100

#### Declaration Process

Once properly entered, all athletes must complete the declaration process during the designated time. This process confirms your intention to compete in the Championships.

- Online is the only method of declaration. No other form of declaration will be accepted.
- Each athlete or his representative must declare whether that athlete will or will not compete during the designated time.
- *Athletes not declaring by the declaration deadline will be scratched.*
- A Help Line is available for those who need help with the declaration process. For assistance call 317-713-4689 during normal business hours, 8:30 AM - 5:00 PM ET, Monday through Friday.
- Petitions for Late Declarations  
Petitions may be filed by emailing the following information to [Duffy.Mahoney@usatf.org](mailto:Duffy.Mahoney@usatf.org):
  - Athlete Name
  - Athlete Event(s)
  - Explanation for late declaration
  - Call back number (cell number preferred)
- Athletes submitting a petition for late declaration will be assessed a \$100 late declaration fee. Late declaration fees may be paid by credit card only. "Visa, the only card accepted by USATF."
- Decisions on late declaration petitions will be acted upon by a special committee no later than **5:00 PM ET on Tuesday, March 8, 2016.**
- Late declaration petition fees are non-refundable regardless of the decision of the committee.

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### **PRACTICE – LINCOLN HIGH SCHOOL**

#### **Lincoln High School (LHS) Practice Schedule**

LHS will be available at the following times on the following days:

- Thursday, March 10 10:00 AM – 2:00 PM
- Friday, March 11 10:00 AM – 2:00 PM
- Saturday, March 12 10:00 AM – 2:00 PM

#### **LHS Shuttle Schedule**

Shuttles will depart from the Hilton Portland at the corner of Taylor St. and 6<sup>th</sup> St. The first shuttle leaving for LHS will depart 15 minutes prior to the start of practice. Shuttles will be on a one (1) hour rotation, with the final shuttle leaving LHS 30 minutes past the end of practice.

### **PRACTICE – OREGON CONVENTION CENTER**

#### **Oregon Convention Center (OCC) Practice Schedule**

The OCC will be available at the following times on the following days:

- Thursday, March 10 2:00 PM – 7:00 PM on the Competition Track
- Friday, March 11 9:30 AM – 7:00 PM on the Warm Up Track
- Saturday, March 12 12:30 PM – 8:00 PM on the Warm Up Track

#### **OCC Shuttle Schedule**

Shuttles will depart from the Hilton Portland at the corner of Taylor St. and 6<sup>th</sup> St. The first shuttle leaving for the OCC will depart 30 minutes prior to the start of practice. Shuttles will be on a 30 minute rotation, with the final shuttle leaving the OCC one (1) hour past the end of practice.



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### **Parking at OCC During Competition**

Athletes are strongly advised to ride the event shuttle buses. The shuttles for Competition will depart from the Hilton Portland at the corner of Taylor St. and 6<sup>th</sup> St. Shuttles will be on a 30 minute rotation and will also dual as Practice Shuttle for those practicing on the Warm-Up Track at the OCC.

- Friday, March 11
  - First Shuttle to depart the Hilton for the Competition Venue at 9:00AM
  - Last Shuttle to depart the OCC for the Hilton (post Competition) at 9:00PM
- Saturday, March 12
  - First Shuttle to depart the Hilton for the Competition Venue at 12:00n
  - Last Shuttle to depart the OCC for the Hilton (post Competition) at 9:00PM

Athletes in Drug Testing or Team Processing post the final bus shuttles will be able to take a 12-passenger van shuttle back to the Hilton.

Those who have cars or will be driving to the OCC, parking can be found in the OCC Parking Garage. Enter the garage through either the Northeast First Avenue (P1) or Lloyd Boulevard (P2) entrance.

Overnight parking is prohibited. Daily parking rates are as follows:

\$5 for 15 minutes to 1 hour

\$6 for 1-2 hours

\$7 for 2-3 hours

\$8 for 3-4 hours

\$10 for 4-18 hours (over 18 hours incurs an additional \$2 per hour charge)

The parking garage opens at 6:00AM

### **OCC Athlete Entrance**

Athlete should enter the OCC off of NE Hollanday St at Entrance A.

## TRACK EQUIPMENT

### General Equipment

Track equipment will be provided by UCS. This includes all pits, standards, bars and starting blocks.

### Throwing Implements

#### **Personal Implements**

Athletes will be permitted to use their own implements for competition provided they pass implement inspection. All personal implements should have the name of the athlete on them. Please do not leave implement bags or containers. All throwing implements must be inspected prior to competition. Personal implements, once approved for competition, lose their identity as privately owned implements for the duration of the competition and may be used by any competitor. Once implements are checked in they are impounded. Athletes may pick up their implements at the Implement Inspection Room about a half hour after the completion of the competition. Implements not picked up by Sunday at 6:30 pm will be retained by the LOC. **No modification may be made to any implement during the competition.** Implements that do not comply with certification specifications shall be impounded for the duration of the event. A list of non-certified implements will be available at the Implement Inspection Room as the information becomes available. An implement to be used in more than one event must be picked up and then turned in again.

Equipment bags will be inspected. **Athletes will not be allowed to have any implements in equipment bags taken to the Field of Play.** Athletes should not bring practice implements to the Oregon Convention Center, particularly on the day of their competition. Any implements will be removed when the athlete first checks-in at the clerking area. Implements may be retrieved after competition is completed. All implements must be marked with the athlete's name.

### Implement Check-In

Implements must be presented at the Implement Inspection Room, located in the warm-up area during the following times

- Thursday, March 10      3:00 PM – 7:00 PM
- Friday, March 11        10:30 AM – 6:00 PM

Implements must be picked up by 3:00PM – 6:30PM on Saturday, March 12.

## ATHLETE INFORMATION

### Competition Bibs

Competition bibs will be available at the Clerk's tent on the athlete's first day of competition. Bibs may be picked up when entering Athlete Control area at the Clerking area. These bibs must be worn on the front of the uniform during competition. In the pole vault or high jump, the competitors may wear the bib on the back or front only. **Bibs may not be folded or altered in any manner.**

### Vaulting Pole Storage

Vaulting poles must be stored at the storage area at the Oregon Convention Center, March 10–12. You may drop your poles at the Vaulting Pole Check-In in the Warm-up Area (see map in Appendix D). Athletes will not be permitted to bring vaulting poles directly to the competition site. Please make sure you have your name on your bag when you leave them for storage.

### Spike Regulations

Athletes may ONLY use pyramid and Christmas tree spikes no larger than 6mm in length. High jumpers may use a 9mm or less spike. Spikes will be checked at the initial check-in and those not meeting the regulations must be replaced by the athlete. **No pin or needle spikes will be allowed on the competition, warm-up or practice tracks.**

### Warm-Up

- Athletes have access to the warm-up track on Thursday starting at 9:30 AM and Friday starting at 12:30 PM. Competing athletes will have their uniform, spikes and equipment checked at the initial check-in (Clerk's tent).

### Early Check-In

Athletes may check-in with the Clerk of Course up to 2 hours before their event at the Clerks' tent located in the Warm-Up area. Once checked in, athletes may go back to warming-up but must return to the Call Room area when the Final Call is made.

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### **Athlete Check-In (Calls)**

All athletes must check-in with the Track Event Clerk or Field Event Clerk in the Call Room Tent located in the Athlete Warm-Up Area according to the generalized scheduled check-in times listed below. There will be a “First Call”, and a “Final Call” made for each event. Athletes are requested to check-in on the First call but must do by the last call or be scratched from that event. Warm-up can continue after First Call check-in. First Call check-in times are as follows:

- **Running Events** at least 45 minutes prior to scheduled start of event
- **Pole Vault** at least 120 minutes prior to scheduled start of event
- **High Jump and Horizontal Jumps** at least 70 minutes prior to scheduled start of event
- **Throws** at least 70 minutes prior to scheduled start of event

### **Final Call - Running Events**

Track athletes must report to the Track Event Clerk in the Call Room **20 minutes prior to the scheduled start of the event**. Athletes will be escorted to the competition venue.

### **Final Call - Pole Vault**

Pole vault athletes must report to the Field Event Clerk in the Call Room tent **105 minutes prior to the scheduled start of the event**. They will be escorted to the pole vault venue and will have approximately 60 minutes to warm-up in the competition stadium. Pits close approximately 5 minutes prior to start of event for instructions and introductions. If athletes don't want to be out there that long they can ask to wait until 30 minutes before the start to be escorted out.

### **Final Call - High Jump**

High jump athletes must report to the Field Event Clerk in the Call Room Tent **75 minutes prior to the scheduled start of the event**. High jump athletes will be escorted to the high jump venue and will have approximately 45 minutes to warm-up in the competition stadium. Pits close approximately 5 minutes prior to start of event for instructions and introductions.

### **Final Call - Throws**

All throws athletes must report to the Field Event Clerk in the call room field **60 minutes prior to the scheduled start of the event**. There will only be one flight of each event; the athletes will be escorted to the competition venue and will have approximately 30 minutes to warm-up. Ring closes approximately 5 minutes prior to start of event for instructions and introductions. The second flight, if there is one, will continue to warm-up until their Final Call. Then they will be escorted to the venue and have 30 minutes to warm-up before their competition followed by 5 minutes for instructions and introductions. If there are two flights there will be up to 15 minutes warm-up before finals. If there is only one flight, there will be no warm-up period after the preliminary throws.

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### **Final Call – Horizontal Jumps**

All other field event athletes must report to the Field Event Clerk in the Call Room tent **60 minutes prior to the scheduled start of the event**. There will only be one flight of each event. The athletes will be escorted to the competition venue and will have approximately 45 minutes to warm-up in the competition stadium. Pits close approximately 5 minutes prior to start of event for instructions and introductions.

### **Athlete Exit (Qualifying Rounds)**

After competition, athletes will be escorted off the field of play through the exit just past the finish line. Some athletes may be asked to do an interview with TV or the in-stadium announcer. All athletes will be escorted off the field of play directly into the Mixed Zone. No athlete may leave the field of play except through the designated athlete exit path.

### **Athlete Exit (Finals)**

After competition, athletes will be escorted off the field of play through the exit just past the finish line. The top finisher will be honored on the awards podium on the field of play and then take a victory lap to be honored by the crowd. The second through sixth place finishers will receive their awards at the awards staging area.

### **Mixed Zone Interview Area**

All athletes must pass through the Mixed Zone, but athletes may choose not to speak to the media in the Mixed Zone. Athletes will be able to retrieve their clothing from the basket crew in the Recovery Tent.

### **Athlete Recovery Area**

Clothing baskets and fluids will be located in this area. Athletes selected for drug testing will sign appropriate paper work and attach to the doping chaperone at this time. All clothing and bags must be taken by the athletes before leaving this area since there is a no return policy. Coaches/ Agents will not have access to the Athlete Recovery Area or the Mixed Zone.

### **PROTESTS & APPEALS**

#### **Protest Procedures**

Initial protests related to events occurring during the competition should be oral voiced by the athlete to the head of the event as soon as possible. Subsequently the protest must be formally made in writing, either by the athlete or an athlete's representative with an athlete support type credential on behalf of the athlete. The protest must be completed, signed and submitted at the protest table no later than 30 minutes after the official posting of the results on the Flash Results website at [www.flashresults.com](http://www.flashresults.com) and must be accompanied by a \$50.00 cash protest fee. The protest fee is non-refundable unless the decision is reversed. Protest forms will be available at the protest table which is located inside the Weights and Measures in the southeast corner of the stadium (see map). The referee's decision will be posted at the protest table and a copy will be made available for the athlete filing the protest as soon as the information is available.

#### **Appeal Procedures**

If an athlete or his or her representative with an athlete support type credential wishes to appeal the referee's decision, an appeal must be submitted in writing, signed and accompanied by a \$100.00 cash appeal fee at the protest table, immediately and within 30 minutes after the action by the Referee has been officially posted. The appeal fee is non-refundable unless the appeal is upheld. Appeal forms will be available at the Protest Table located inside the Weights and Measures in the southeast corner of the stadium (see map). An appeal must be filed only by an athlete or an athlete's representative on behalf of the athlete. The jury of appeal's decision will be posted at the Protest Table and a copy will be available for the athlete or athlete representative filing the appeal as soon as a decision regarding the appeal is made.

## DRUG TESTING

Athletes who participate in the competition are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic Movement Testing.

Athletes selected for doping control will be asked to sign a consent form when they arrive in the Post Event Area and will be assigned a doping chaperone who will remain with the athlete until they arrive at the Doping Control Center. An athlete has one hour before he/she must report to doping control which is in The Well at the north end of the track. An athlete can ask to have one representative with a Registered Coach, Warm-Up Pass, or Stadium Pass credential to accompany them.

**BE ALERT** - Knowing your rights and responsibilities may save you from making a mistake that could jeopardize your athletic career. The use of ALL dietary supplements is “at the athlete’s own risk of committing a doping violation.” Please see page 50 of the Guide to Prohibited Substance and Prohibited Methods of Doping (PDF) ([www.usada.org/go/prohibitedguide](http://www.usada.org/go/prohibitedguide)) for additional information on dietary supplements. Check out the Test Alert Card (PDF) ([www.usada.org/go/testalert](http://www.usada.org/go/testalert)) for key details every athlete should know prior to competing.

**BE AWARE** - Testing may take place at any time or after any round- preliminary, qualifying, or final. USADA typically selects place finishers and random athletes. Athletes have 60 minutes from the time they are notified of being selected for testing to arrive at the Doping Control Station and will be accompanied by a chaperone during that time.

**BE CLEAN** - Checking to see if the medication you take is allowed could be the difference between passing your test and serving a doping ban. A search on USADA’s easy-to-use Drug Reference Online ([www.usada.org/dro](http://www.usada.org/dro)) or a quick call to USADA’s Drug Reference Line (1-800-233-0393) and following-up with any necessary forms is all it takes to pass with flying colors.

**BE INFORMED** - Watching the USADA’s short testing video will familiarize you with the drug testing process ([www.usada.org/what/process/](http://www.usada.org/what/process/)). When making travel arrangements please allow enough time for drug testing at the end of your event. This will include providing a sample and processing paperwork.

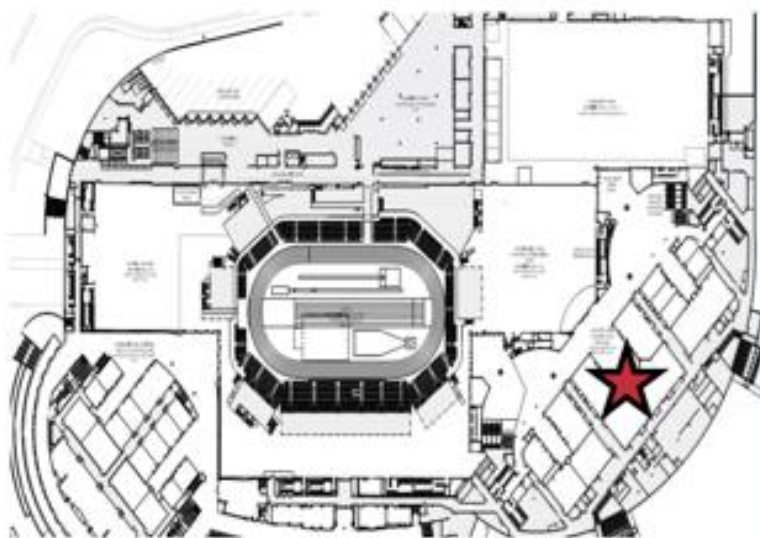
The adjudication of anti-doping rule violations or refusals to test will be carried out by USADA. Athletes found to have committed a doping violation will be disciplined according to penalties specified by the World Anti-Doping Code and, if appropriate, applicable IAAF rules. Such penalties may result in a period of ineligibility as well as disqualification from an event.



## TEAM PROCESSING



# 2016 USATF INDOOR CHAMPIONSHIPS TEAM SIGN UP



 **TEAM SIGN-UP LOCATION**

### **Dates and Times**

Friday, March 11<sup>th</sup> from 3pm-8pm

Saturday, March 12<sup>th</sup> from 3pm-9pm

### **Oregon Convention Center Lobby B**

777 NE Martin Luther King Jr. Blvd  
Portland, OR 97232

## **IMPORTANT REMINDERS**

*Please report  
immediately after  
finals!*

*Please bring your  
passport*

***ALL** athletes are  
**REQUIRED** to  
complete team  
processing in order  
to be considered  
for the 2016 IAAF  
World Indoor Team*

*Those who do not  
complete team sign  
up by 9:00pm on  
Saturday, March  
12<sup>th</sup> will forfeit their  
rank for selection to  
the team*



### PRIZE MONEY

USA Track & Field will pay prize money to the first through fourth place finishers in each event. The prize structure is as follows:

- 1<sup>st</sup> Place– \$5,000
- 2<sup>nd</sup> Place – \$3,000
- 3<sup>rd</sup> Place – \$1,250
- 4<sup>th</sup> Place – \$750

### Notes

- Athletes are eligible to receive prize money in more than one event.
- Athletes who are eligible to receive prize money will receive their checks via mail (U.S. Postal Service) approximately 2 weeks from the last day of competition (pending proper forms are completed and submitted for processing), of the 2016 USATF Indoor Championships.
- Athletes who are eligible to receive prize money for this event are required to complete the following IRS W-9 form :[IRS Form W-9: Request for Taxpayer Identification Number and Certification](#) (PDF, via IRS.gov). When submitting W-9's via fax (fax number:317-261-0514) attach a cover page with the following information:
  - Attention: Sariyu "Beka" Suggs
  - Event: 2016 USATF Indoor Championships
- Please make sure your mailing address is up-to-date with USATF. Payments will be processed via the address provided on the completed IRS W-9 forms on file for that payment year.
- Athletes with remaining collegiate eligibility please check with your university compliance department to see if you are eligible to receive this prize money according to NCAA rules.

### TELEVISION BROADCAST

The 2016 USATF Indoor Track & Field Championships will be televised as follows:

- Friday, March 11 11:30 AM - 1:30 PM ET– NBC Sports Network
- Friday, March 11 LIVE on USATF.tv
- Saturday, March 12 8:00 PM – 10:00 PM ET – NBC Sports Network
- Saturday, March 12 LIVE on USATF.tv until TV Window

### IMPORTANT CONTACTS

Declarations Help Line (317) 713-4689

*Note: Online declarations is the only method of declaration.*

USATF Helpline/Jim Estes (317) 713-4661 jim.estes@usatf.org

USADA Drug Reference Hotline (800) 233-0393

Sue Humphrey,  
Women's Track & Field Chair (512) 751-4551 humphreyhj@aol.com

Ed Gorman,  
Men's Track & Field Chair (201) 745-0244 egor29@aol.com

Ron Daniel,  
Race Walking Chair (860) 669-9008 rondaniel@sbcglobal.net

### LOST & FOUND

Items lost in the stadium seating areas will be taken to the Main Information Desk located in the Martin Luther King Junior Lobby and can be picked up when identified. Items lost in the athlete areas will be kept at desk of the equipment coordinator, which is located at the Pole Vault Check-In desk in the Warm Up Area (see map in Appendix D).

## APPENDIX A

### Competition Schedule

#### DAY ONE – Friday, March 11

<u>Start</u>	<u>Gender</u>	<u>Event</u>	<u>Round</u>
11:30 a.m.	M	35# Wt. Throw	Final
1:45 p.m.	W	20# Wt. Throw	Final
1:45 p.m.	W	Triple Jump	Final
2:00 p.m.	W	60mH	1st Round
2:25 p.m.	M	60mH	1st Round
2:50 p.m.	W	60m	1st Round
3:15 p.m.	M	60m	1st Round
3:40 p.m.	C	Ceremony/National Anthem	
3:45 p.m.	M	Pole Vault	Final
3:55 p.m.	W	800m	1st Round
4:10 p.m.	M	Long jump	Final
4:20 p.m.	M	800m	1st Round
4:30 p.m.	M	High Jump	Final
4:35 p.m.	W	Shot Put	Final
4:45 p.m.	W	400m	1st Round
5:10 p.m.	M	400m	1st Round
5:35 p.m.	W	3000m	Final
5:50 p.m.	M	3000m	Final
5:59 p.m.		Day 1 Session Ends	

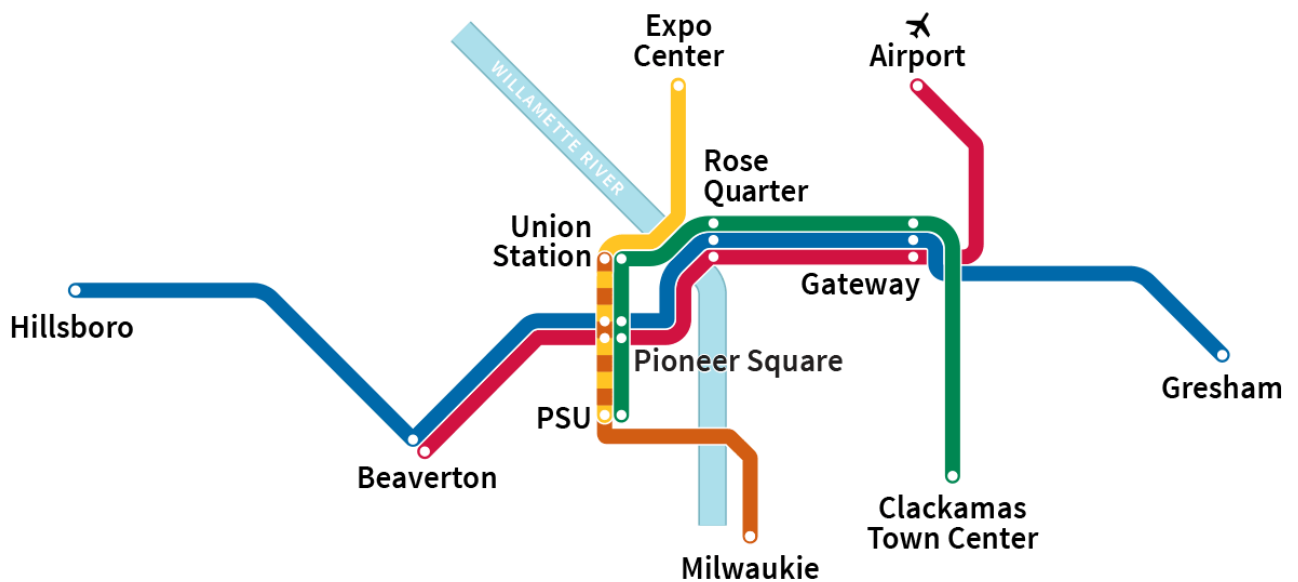
## ATHLETE MANUAL

### DAY TWO – Saturday, March 12

<u>Start</u>	<u>Gender</u>	<u>Event</u>	<u>Round</u>
2:30 p.m.	W	60mH	Semi Finals
<b>2:45 p.m.</b>	<b>W</b>	<b>Long Jump</b>	<b>Final</b>
2:45 p.m.	M	60mH	Semi Finals
3:00 p.m.	W	60m	Semi Finals
3:15 p.m.	M	60m	Semi Finals
3:35 p.m.	mstW	One Mile	Exhibition
3:48 p.m.	C	Ceremony/National Anthem	
<b>4:05 p.m.</b>	<b>M</b>	<b>3000m RW</b>	<b>Final</b>
<b>4:10 p.m.</b>	<b>W</b>	<b>Pole Vault</b>	<b>Final</b>
<b>4:25 p.m.</b>	<b>W</b>	<b>High Jump</b>	<b>Final</b>
4:25 p.m.	mstM	200m	Exhibition
<b>4:35 p.m.</b>	<b>M</b>	<b>Shot Put</b>	<b>Final</b>
<b>4:35 p.m.</b>	<b>W</b>	<b>3000m RW</b>	<b>Final</b>
<b>5:06 p.m.</b>	<b>M</b>	<b>400m</b>	<b>Final - S</b>
<b>5:10 p.m.</b>	<b>M</b>	<b>Triple Jump</b>	<b>Final</b>
<b>5:15 p.m.</b>	<b>M</b>	<b>400m</b>	<b>Final - F</b>
<b>5:24 p.m.</b>	<b>W</b>	<b>800m</b>	<b>Final</b>
<b>5:33 p.m.</b>	<b>M</b>	<b>800m</b>	<b>Final</b>
<b>5:42 p.m.</b>	<b>W</b>	<b>1500m</b>	<b>Final</b>
<b>5:53 p.m.</b>	<b>W</b>	<b>400m</b>	<b>Final - S</b>
<b>6:02 p.m.</b>	<b>W</b>	<b>400m</b>	<b>Final - F</b>
<b>6:11 p.m.</b>	<b>M</b>	<b>1500m</b>	<b>Final</b>
<b>6:24 p.m.</b>	<b>W</b>	<b>60mH</b>	<b>Final</b>
<b>6:33 p.m.</b>	<b>M</b>	<b>60mH</b>	<b>Final</b>
<b>6:42 p.m.</b>	<b>W</b>	<b>60m</b>	<b>Final</b>
<b>6:52 p.m.</b>	<b>M</b>	<b>60m</b>	<b>Final</b>
6:55 p.m.		Day 2 Session & Championship Ends	

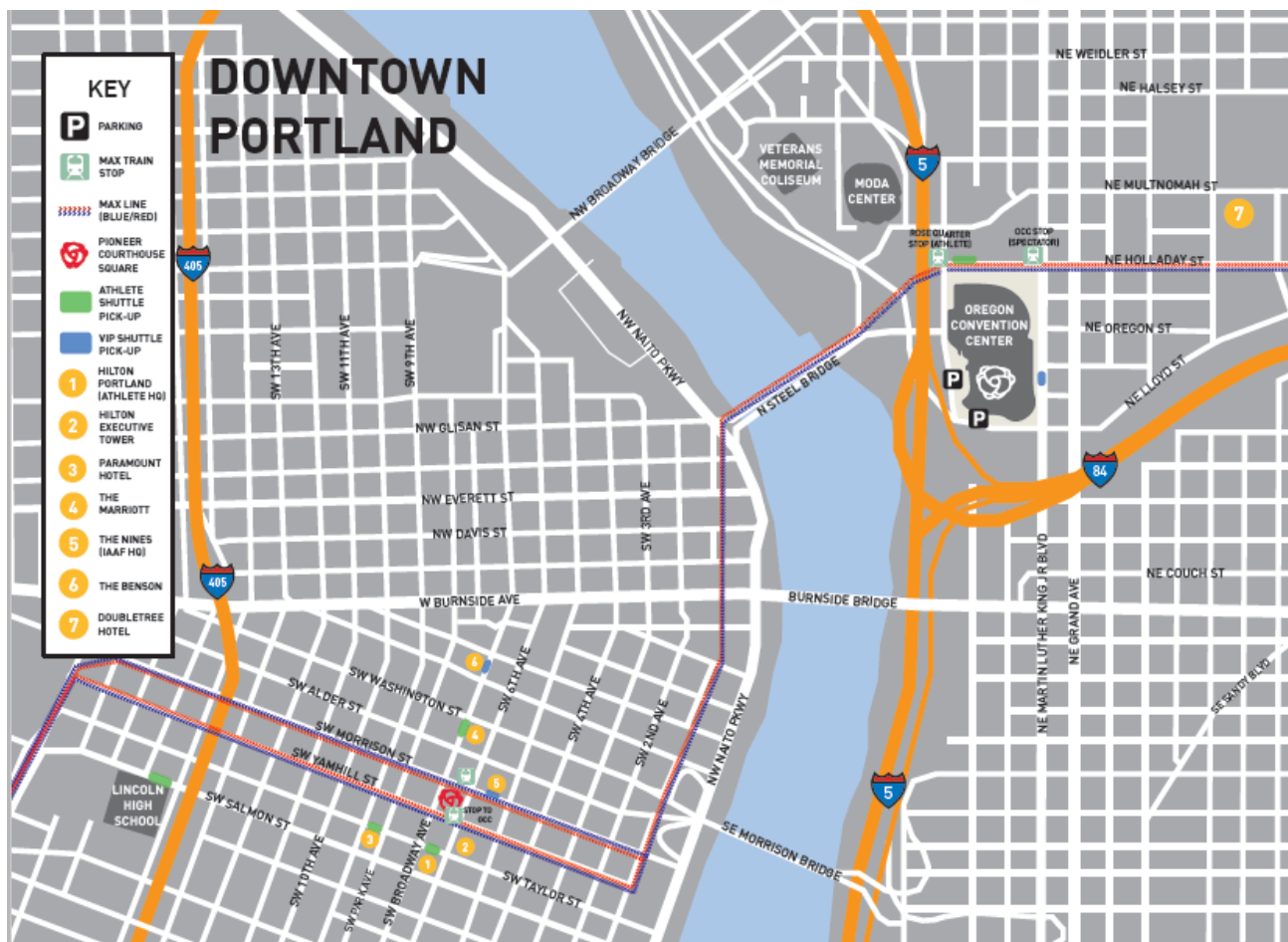
## APPENDIX B

### TriMet MAX Lightrail



- Connects downtown Portland with Beaverton, Clackamas, Gresham, Hillsboro, North/Northeast Portland and the Portland International Airport. Hours of operation vary, but all MAX lines run about every 15 minutes or better most of the day, every day.
- You must have a valid ticket or pass *before* boarding MAX. Ticket machines and validators are located at the station. **All Accredited guests will receive a pass with their accreditation.**
- There are various colors of lines that can be taken. Each one has different destinations.
- Signs at the station indicate where to wait and when the next train is due. Signs on the front of each train identify the line (Blue, Green, Red, Yellow, or Orange) and destination.
- MAX stops at every station, so you don't need to signal the operator to get on or off. The station name is announced before each stop and appears on a reader board overhead.

## APPENDIX C



# ATHLETE MANUAL

## APPENDIX D

