Please read this document carefully. You will find information in regard to the 2019 Toyota USATF Indoor Championships.

**HEADQUARTERS HOTEL**

Hilton Garden Inn New York / Staten Island
1100 South Ave
Staten Island, NY 10314

Hampton Inn & Suites Staten Island
1120 South Ave
Staten Island, NY 10314

**Credentialing & Packet Pick-Up**

Credential pick-up (athlete-A, coach-RC, support persons-WP/SP) will take place as follows.

**Location:**
Hilton Garden Inn New York / Staten Island
1100 South Ave
Staten Island, NY, 10314

*Room: Juneberry*

**Dates/Times:**
Thursday, February 21: 11:00 am – 7:00 pm
Friday, February 22: 9:00 am – 6:00 pm
Saturday, February 23: 9:00 am – 6:00 pm
Sunday, February 24: 10:00 am – 1:00 pm

Credentials will be required for access into the venue (Ocean Breeze Athletic Complex) for competition or practice, starting Thursday, February 21.

**CREDENTIALS & GUEST PASSES**

*Credential and Passes (RC, SP, WP)*

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 (2019) member of USA Track & Field.
- Individual receiving the “RC” Registered Coach’s credential must also be a current (2019) member of USA Track & Field’s Coaches Registry Program, which effective January 1, 2019 includes completing an accepted Education Standard option. **View the Registered Coach section below for more information on the application process.**
- Individuals receiving the "WP" Warm-Up Pass credential must also be currently listed on USATF’s SafeSport list.
  **View the Warm Up Pass section below for more information on the process for receiving this credential.

Credentials can be obtained at Credentialing/Packet Pick Up on-site for the following events:
- 2019 Toyota USATF Indoor Championships (Staten Island, NY)

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** (stadium seating access only; no warm-up area access)
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 registration (entry form). After the on-line Registration closes, USATF will not be accepting any updates for registration via email. Athletes who still need to designate (add/update) coaches/athlete support names for credentials can complete this on-site. There will be a USATF verification station that can validate which credential option the coach/athlete support is eligible for.

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** (stadium seating access only; no warm-up area access)

There is a fee for the second credential option, which is in addition to USATF membership fee and/or background screen fees.

**Price for 2nd credential:**
2019 Toyota USATF Indoor Championships (Staten Island, NY):
- $30 (3 Day Pass)

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 registration (entry form). After the on-line Registration closes, USATF will not be accepting any updates for registration via email. Athletes who still need to designate (add/update) coaches/athlete support names for credentials can complete this on-site. There will be a USATF verification station that can validate which credential option the coach/athlete support is eligible for.

**Credential category details below:**
**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 (2019) member of USATF, be currently listed on USATF’s SafeSport List, and currently listed on the USATF Education Standard List (new requirement – effective January 1, 2019) prior to receiving a “RC” credential. Individuals must have completed and been approved (be listed on the USATF SafeSport List and Education Standard List) prior to their arrival in Staten Island, NY. 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 to obtain a coach credential. Please view the following link for more details on the USATF Coaches Registry: [http://www.usatf.org/Resources---for---/Coaches.aspx](http://www.usatf.org/Resources-for---/Coaches.aspx)

**WP - Warm-up Pass Credential (best option for personal medical)**
Personal support designated to receive a “WP” must be a current (2019) member of USATF and be currently listed on USATF’s SafeSport list. Inclusion on the USATF SafeSport list requires individuals to submit an application at [Coaches.aspx](http://www.usatf.org/Resources-for---/groups-officials/Certification/Background-Screen.aspx) and will require the individual to:
1. Be a current USATF member
2. Complete the SafeSport training courses to be SafeSport trained. [https://safesport.org/](https://safesport.org/)
3. Pass the USATF criminal background screen and acknowledge the USATF SafeSport Handbook through NCSI.

Please renew or sign-up for a membership at the following link: [http://www.usatf.org/Products---Services/Individual-Memberships.aspx](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 (2019) member of USATF. Please renew or sign-up for a membership at the following link: [http://www.usatf.org/Products---Services/Individual-](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.

Any unauthorized person in possession of a credential and any unauthorized person 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 discipline. Credential Terms and Conditions can be found at https://www.usatf.org/Credentials.aspx.

Credential distribution process on-site:
The Championship is 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.

- 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 credentialing 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 credential.

PRACTICE SCHEDULE – Credential required for access
Practice will be permitted at the Ocean Breeze Athletic Complex only at the times listed below:

**Ocean Breeze Athletic Complex**

**Tuesday, February 19th**
- Individual requests may be accommodated by emailing Louis Vazquez at Louis.Vazquez@Parks.NYC.org

**Wednesday, February 20th**
- Track oval, Pole Vault, Long Jump/Triple Jump, Straightaway, Throwing Cages
  - 2:00 p.m. – 6:00 p.m.
- Track oval, Pole Vault, Long Jump/Triple Jump, High Jump, Throwing Cages
  - 6:00 p.m. – 8:00 p.m.

**Thursday, February 21st**
- Track oval, Pole Vault, Long Jump/Triple Jump, Straightaway, Throwing Cages
  - 12:00 p.m. – 4:00 p.m.
- Track oval, Pole Vault, Long Jump/Triple Jump, High Jump, Throwing Cages
  - 4:00 p.m. – 6:00 p.m.

**Friday, February 22nd**
- Track oval, Pole Vault, Long Jump/Triple Jump, Straightaway, Throwing Cages
  - 8:00 a.m. – 10:00 a.m.
- Track oval, Pole Vault, Long Jump/Triple Jump, High Jump, Throwing Cages
  - 6:00 p.m. – 8:00 p.m.
**Declaration Form and Instructions to Declare**

**Declaration Window/Fees:**
On-time: Sunday, 2/17/19, from 12:01 a.m. to Monday, 2/18/19 by 11:59 p.m. PST – $0
Late declaration petition ONLY: Tuesday, 2/19/19 from 9:00 a.m. to 12:00 p.m. PST – $100

**Steps to Declare for the Toyota USATF Indoor Championships**

1. Go to: [Entry/Registration](#)

2. Click the tab along the top of the entry form labeled "Manage My Registration" or “Declare”.

3. On the login screen choose how you will log in (as an "Individual Registrant", as a "Representative/Coach", or as a "USATF Club Administrator/Coach").

**If you are logging in as an "Individual Registrant":**

1. Select "Individual Registrant" in the drop-down menu on the login screen.

2. Enter your e-mail address (the one that’s part of your USATF member profile).

3. Enter the registration password that you received in your confirmation e-mail from the entry system (it’s located at the bottom of the e-mail under the heading "Managing Your Registration"). If you don’t have your confirmation e-mail, you can reset your registration password by clicking the "forgot your password" link on the login screen and following the on-screen instructions.

4. Click the "Login" button.

5. You will now be presented with a menu of choices; click the link labeled "Declare for your events".

6. On the next screen, select "declare" or "scratch" for each of your events.

7. If you want to update your qualifying mark, click the linked labeled "click to edit" next to the information you want to update.

8. After you’ve made all your changes, scroll to the bottom of the form and click the "Save" button to save the changes.

**If you are logging in as a "Representative/Coach", you will need to:**

1. Select "Representative/Coach" in the drop-down menu on the login screen.

2. Enter your e-mail address (the one you entered on the payment screen when you registered your athletes and the one at which you received the registration confirmation e-mail).

3. Enter the registration password that you received in your confirmation e-mail from the entry system (it’s located in the e-mail under the heading "Managing Your Registration"). If you don’t have your confirmation e-mail, you can reset your registration password by clicking the "forgot your password" link on the login screen and following the on-screen instructions.

4. Click the "Login" button.

5. On the next screen, click the link labeled "Manage declarations" in the box on the right side of the screen.

6. On the next screen, select the declaration category and/or event you want to view, and click the "Next" button.

7. On the next screen, select "declare" or "scratch" for each of your athletes' events.
8. If you want to update a qualifying mark, click the linked labeled "click to edit" next to the information you want to update.

9. After you’ve made all your changes, scroll to the bottom of the form and click the "Save" button to save the changes.

**If you are logging in as a "USATF Club Administrator/Coach", you will need to:**
1. Select "Representative/Coach" in the drop-down menu on the login screen.
2. Enter your USATF club number.
3. Enter your USATF membership number.
4. Enter your USATF membership password. If you don't know your password, you can look it up at [www.usatf.org/membership/help/number.asp](http://www.usatf.org/membership/help/number.asp)
5. Click the "Login" button.
6. On the next screen, click the link labeled "Manage declarations" in the box on the right side of the screen.
7. On the next screen, select the declaration category and/or event you want to view, and click the "Next" button.
8. On the next screen, select "declare" or "scratch" for each of your athletes' events.
9. If you want to update a qualifying mark, click the linked labeled "click to edit" next to the information you want to update.
10. After you’ve made all your changes, scroll to the bottom of the form and click the "Save" button to save the changes.

**Declaration Information**

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

**Declaration Window/Fees:**
On-time: Sunday, 2/17/19, from 12:01 a.m. to Monday, 2/18/19 by 11:59 p.m. PST – $0
Late declaration petition ONLY: Tuesday, 2/19/19 from 9:00 a.m. to 12:00 p.m. PST – $100

- 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.**
- For assistance with a declaration issue send an email to [Stats@usatf.org](mailto:Stats@usatf.org).
- 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.
• Decisions on late declaration petitions will be acted upon by a special committee no later than 4:00 p.m. ET on Tuesday, February 19, 2019.
• Late declaration petition fees are non-refundable regardless of the decision of the committee.

Entry Status Categories
*Accepted – Athlete had not met the qualifying standard for an event. However, the Sport Committee will accept a non-qualified mark to fill the field only if there are an insufficient number of athletes entered who have met the qualifying standard for that event. In this case, the committee will go down the list of entered and declared athletes (that have not met the qualifying standard) only as deep as is needed to fill the field.

Note: USATF Rule 11.3(b) concerning adding athletes to make a competitive field, and USATF Rule 8 concerning automatic qualifications, will be used.

Declaration Status Categories
Note: All Entrants should declare during the declaration period. This helps the seeding committee make decisions on “Accepting” marks that do not meet the qualifying standard for the purpose of filling the field for each event.

• Open - entry received but not yet in the verification process (all entries start in this category)
• Qualified - mark has been verified and is accepted for entry into the championships.
• Info needed - entry requires additional information or required documents (e.g., DOB verification, citizenship, name of meet director) are missing
• Accepted* – used primarily during or following the declarations process to indicate a mark that is being accepted.
• Not qualified - mark not acceptable; reasons vary
• Not accepted - entry not accepted; reasons vary
• Updated - mark has been updated/changed and must be re-verified
• Open - declaration not yet made (all entries start in this category)
• Declared - athlete has declared his/her intent to compete
• Pending - athlete has declared his/her intent to compete, but entry has an updated mark that must be verified or requires additional information (i.e. DOB verification)
• Not accepted – declaration not accepted; reasons vary
• Scratched - athlete has declared his/her intent to not compete in the events(s) entered

Eligibility Information
Only citizens of the United States who are eligible to represent the U.S. in all levels of international competition are eligible to compete in Championship events. Dual citizens, please take note.
• Female athletes must be 14 years or older on the day of competition. There is no age restriction for male athletes.
• Athletes may enter an event(s) even if they have not yet met the qualifying standard for that event(s). However, athletes will not be permitted to compete unless they have:
  • Completed the entry process
• Met the entry standard
• Completed the declaration process
• Have an updated athlete location form on file with USADA if you are in the Out-Of-Competition Drug-Testing Pool (OOC).
• Proof of qualifying performance, if required, must be submitted to USATF no later than 5:00 p.m. PT, Friday, February 8, 2019. Submittals received after this date will not be accepted. Please contact stats@usatf.org for verification procedures.

All athletes must be 2019 members of USATF in good standing. USATF memberships may be purchased online, or through your local Association Office.

Athletes must be bona fide members of a 2019 USATF club in order to represent a club. An athlete's current club affiliation can be viewed in his/her membership profile and as part of the online entry process. Athletes wishing to change affiliations can make such a request through their local USATF Association (note that this request must be made by the athlete - see Regulation 7 in the USATF Governance Manual, Section III). All club affiliations must be finalized by close of declarations (Monday, February 18, 2019). No club changes will be accepted after this date for the US Indoor Championships.

In addition to a club affiliation, athletes are able to represent one (1) corporate sponsor. This corporate sponsor must be a registered USATF Corporate Member and be part of the athlete's membership profile. Corporate Membership applications can be obtained by sending an e-mail to membership@usatf.org. All sponsor affiliations must be finalized by close of declarations. No sponsor changes will be accepted after this date for the Indoor Championships.

Athletes wishing to represent a branch of the Armed Forces of the United States must be registered with the membership committee of their local USATF Association.

Steps to Update Affiliations/Marks/Credentials

Note: The password that is tied to an athlete’s USATF membership is no longer valid to log-in to complete an entry/registration or to log back in to update marks, affiliations, and credential information for an entry/registration. After the entry/registration is completed a confirmation email will be sent to the email address on file under the athlete's USATF membership profile. This email will contain the password to log back into the entry/registration to update (affiliations, credentials, marks). The password is located under the heading "Managing Your Registration". This email confirmation with password is only sent to the email address that’s on file under the athlete USATF membership profile. Even though the entry system gives you the option to send a receipt/notification to an alternate email address, the password will only be sent to the email address on file under the athlete USATF membership.

Affiliation updates may be made up until close of entries: Friday, 2/15/19 at 11:59 PST

Updating Affiliation:

1. View/update affiliation (USATF Registered Club, Military Branch, Corporate Sponsor*, or University) under USATF membership profile before completing registration/entry.
2. If the entry/registration was already completed before updating affiliation, log into the USATF membership profile with athlete USATF membership number and password associated with your membership. Then go to the affiliation area to view different affiliation options (i.e. USATF Registered Club, Military Branch, Corporate Sponsor*, or University).
3. Once this is updated in the membership profile, go back to entry/registration form and click on that tab that says “manage your registration”. Login with email address (email on file under USATF membership profile at the time entry/registration was completed) and the password (that was provided in the confirmation email that was sent to that email address). Note that the password is NOT the password tied to accessing your USATF membership profile.
4. *USATF members do not have the option to update corporate sponsors under the profile. These must be verified and updated by a national office representative in our membership department at stats@usatf.org.
Updating Marks or Credential Information:
1. Go to entry/registration form and click on tab that says “Manage your registration”.
2. Log in with email address (email on file under USATF membership profile at the time entry/registration was completed) and the password (that was provided in the confirmation email that was sent to that email address). Note that the password is NOT the password tied to accessing your USATF membership profile.
3. Then go the area you would like to update (i.e. marks, credentials (add-ons)).
4. Once all changes have been made, make sure you save changes before logging out of entry/registration.
**Implements and Spikes**

- Only Indoor implements may be used at these championships.
- Athletes will be permitted to use their own implements for competition, provided they pass the implement inspection. All implements will be impounded after inspection. Implements not passing inspection will be returned after the completion of competition.
- Implement weigh-in and inspections will be held in the small throw cage at Ocean Breeze Athletic Complex.
- Personal implements that are accepted for use in the competition lose identity as privately-owned implements for the duration of the competition and may be used by any competitor.
- Only ¼ inch Spikes will be allowed on the competition surface at Ocean Breeze. Appropriate spikes will be available for purchase through the USA Track & Field Merchandise set-up within the Ocean Breeze. **Prohibited spikes include “Pins” and “Needle Spike Pins.”**
- For the High Jump, 3/8” spikes may be worn – Nothing longer.
- During check-in, spikes will be checked and head officials will do the same.

The world class facility at Ocean Breeze Athletic Complex is owned and operated by the City of New York. Their policies are strictly enforced.
**SCHEDULE OF EVENTS**

*Updated: 2/20/19*

*Schedule is subject to change.*

*Times are posted in Eastern Standard Time.*

**Broadcast coverage**

**Finals - track and multi events**

**Finals - throws or jumps**

**Exhibition events**

### 2019 Toyota USATF Indoor Championships - Day 1: Friday, 2/22

<table>
<thead>
<tr>
<th>start</th>
<th>gender</th>
<th>event</th>
<th>round</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m.</td>
<td>M</td>
<td>35# wt. throw</td>
<td>final</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>W</td>
<td>60mH</td>
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</tr>
<tr>
<td>12:50 p.m.</td>
<td>M</td>
<td>60m</td>
<td>heptathlon</td>
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<tr>
<td>1:40 p.m.</td>
<td>M</td>
<td>long jump</td>
<td>heptathlon</td>
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<tr>
<td>1:45 p.m.</td>
<td>W</td>
<td>high jump</td>
<td>pentathlon</td>
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<tr>
<td>2:45 p.m.</td>
<td>M</td>
<td>shot put</td>
<td>heptathlon</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>W</td>
<td>20# wt. throw</td>
<td>final</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>W</td>
<td>shot put</td>
<td>pentathlon</td>
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<tr>
<td>4:15 p.m.</td>
<td>M</td>
<td>high jump</td>
<td>heptathlon</td>
</tr>
<tr>
<td>5:10 p.m.</td>
<td>W</td>
<td>long jump</td>
<td>pentathlon</td>
</tr>
<tr>
<td>5:55 p.m.</td>
<td>YG</td>
<td>sprint medley relay</td>
<td>exhibition</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>YB</td>
<td>sprint medley relay</td>
<td>exhibition</td>
</tr>
<tr>
<td>6:20 p.m.</td>
<td>W</td>
<td>800m</td>
<td>pent final</td>
</tr>
<tr>
<td>6:25 p.m.</td>
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<td>Day 1 Session Ends</td>
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### 2019 Toyota USATF Indoor Championships - Day 2: Saturday, 2/23

*NBSCN 6:30pm - 8:00pm*

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<td>M</td>
<td>60mH</td>
<td>heptathlon</td>
</tr>
<tr>
<td>1:45 p.m.</td>
<td>M</td>
<td>pole vault</td>
<td>heptathlon</td>
</tr>
<tr>
<td>2:10 p.m.</td>
<td>M</td>
<td>60m</td>
<td>1st round</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>YG</td>
<td>4 x 200m relay</td>
<td>exhibition</td>
</tr>
<tr>
<td>2:37 p.m.</td>
<td>YB</td>
<td>4 x 200m relay</td>
<td>exhibition</td>
</tr>
<tr>
<td>2:43 p.m.</td>
<td>G-HS</td>
<td>CHSAA 4 x 200m relay</td>
<td>exhibition</td>
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<tr>
<td>2:48 p.m.</td>
<td>B-HS</td>
<td>CHSAA 4 x 200m relay</td>
<td>exhibition</td>
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<tr>
<td>2:55 p.m.</td>
<td>YG</td>
<td>1 mile run</td>
<td>exhibition</td>
</tr>
<tr>
<td>3:05 p.m.</td>
<td>YB</td>
<td>1 mile run</td>
<td>exhibition</td>
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### 2019 Toyota USATF Indoor Championships - Day 2: Saturday, 2/23

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<th>Gender</th>
<th>Event</th>
<th>Type</th>
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<tbody>
<tr>
<td>3:15 p.m.</td>
<td>G-HS</td>
<td>PSAL 300m dash</td>
<td>exhibition</td>
</tr>
<tr>
<td>3:20 p.m.</td>
<td>B-HS</td>
<td>PSAL 300m dash</td>
<td>exhibition</td>
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<tr>
<td>3:30 p.m.</td>
<td>W</td>
<td>high jump</td>
<td>final</td>
</tr>
<tr>
<td>3:45 p.m.</td>
<td>M</td>
<td>long jump</td>
<td>final</td>
</tr>
<tr>
<td>4:10 p.m.</td>
<td>M</td>
<td>1000m</td>
<td>hep final</td>
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<tr>
<td>4:20 p.m.</td>
<td>Coed</td>
<td>NYC Parks 4 x 200m relay</td>
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<tr>
<td>4:28 p.m.</td>
<td>M</td>
<td>2 mile RW</td>
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<tr>
<td>4:47 p.m.</td>
<td>M</td>
<td>Nike 2 mile</td>
<td>final-b</td>
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<tr>
<td>5:00 p.m.</td>
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<td>National Anthem</td>
<td></td>
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<tr>
<td>5:07 p.m.</td>
<td>M</td>
<td>300m</td>
<td>1st round</td>
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<tr>
<td>5:15 p.m.</td>
<td>M</td>
<td>pole vault</td>
<td>final</td>
</tr>
<tr>
<td>5:32 p.m.</td>
<td>W</td>
<td>300m</td>
<td>1st round</td>
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<td>5:52 p.m.</td>
<td>W</td>
<td>1000m</td>
<td>1st round</td>
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<tr>
<td>5:50 p.m.</td>
<td>W</td>
<td>long jump</td>
<td>final</td>
</tr>
<tr>
<td>5:55 p.m.</td>
<td>M</td>
<td>high jump</td>
<td>final</td>
</tr>
<tr>
<td>6:05 p.m.</td>
<td>M</td>
<td>shot put</td>
<td>final</td>
</tr>
<tr>
<td>6:06 p.m.</td>
<td>M</td>
<td>1000m</td>
<td>1st round</td>
</tr>
<tr>
<td>6:33 p.m.</td>
<td>W</td>
<td>600m</td>
<td>1st round</td>
</tr>
<tr>
<td>6:52 p.m.</td>
<td>M</td>
<td>600m</td>
<td>1st round</td>
</tr>
<tr>
<td>7:11 p.m.</td>
<td>W</td>
<td>Chocolate Milk 300m</td>
<td>final-b</td>
</tr>
<tr>
<td>7:18 p.m.</td>
<td>W</td>
<td>Chocolate Milk 300m</td>
<td>final-a</td>
</tr>
<tr>
<td>7:25 p.m.</td>
<td>W</td>
<td>Toyota 1 mile</td>
<td>final</td>
</tr>
<tr>
<td>7:34 p.m.</td>
<td>M</td>
<td>Xfinity 300m</td>
<td>final-b</td>
</tr>
<tr>
<td>7:41 p.m.</td>
<td>M</td>
<td>Xfinity 300m</td>
<td>final-a</td>
</tr>
<tr>
<td>7:48 p.m.</td>
<td>M</td>
<td>Nike 2 mile</td>
<td>final-a</td>
</tr>
<tr>
<td>8:00 p.m.</td>
<td></td>
<td>Day 2 Session Ends</td>
<td></td>
</tr>
</tbody>
</table>

### 2019 Toyota USATF Indoor Championships - Day 3: Sunday, 2/24

**NBCSN 4:00pm - 6:00pm**

<table>
<thead>
<tr>
<th>Time</th>
<th>Gender</th>
<th>Event</th>
<th>Round</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:05 p.m.</td>
<td>G</td>
<td>CYO 4 x 200m relay</td>
<td>exhibition</td>
</tr>
<tr>
<td>1:13 p.m.</td>
<td>B</td>
<td>CYO 4 x 200m relay</td>
<td>exhibition</td>
</tr>
<tr>
<td>1:20 p.m.</td>
<td>G-Y</td>
<td>55m</td>
<td>exhibition</td>
</tr>
<tr>
<td>1:25 p.m.</td>
<td>B-Y</td>
<td>55m</td>
<td>exhibition</td>
</tr>
<tr>
<td>1:35 p.m.</td>
<td>mstM</td>
<td>60m</td>
<td>exhibition</td>
</tr>
<tr>
<td>1:43 p.m.</td>
<td>mstW</td>
<td>60m</td>
<td>exhibition</td>
</tr>
<tr>
<td>1:45 p.m.</td>
<td>W</td>
<td>triple jump</td>
<td>final</td>
</tr>
<tr>
<td>1:55 p.m.</td>
<td>W</td>
<td>60mH</td>
<td>semi finals</td>
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### 2019 Toyota USATF Indoor Championships - Day 3: Sunday, 2/24

<table>
<thead>
<tr>
<th>Time</th>
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<th>Event</th>
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<tr>
<td>2:09 p.m.</td>
<td>M</td>
<td>60mH</td>
<td>semi finals</td>
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<tr>
<td>2:23 p.m.</td>
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<td>60m</td>
<td>semi finals</td>
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<td>2:37 p.m.</td>
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<td>60m</td>
<td>semi finals</td>
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<td>2:51 p.m.</td>
<td>G-HS</td>
<td>Staten Island 4 x 200m relay</td>
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<td>2:58 p.m.</td>
<td>B-HS</td>
<td>Staten Island 4 x 200m relay</td>
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<td>3:05 p.m.</td>
<td>G-HS</td>
<td>CHSAA 4 x 800m relay</td>
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<td>3:10 p.m.</td>
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<td>pole vault</td>
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<td>final</td>
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<td>3:46 p.m.</td>
<td>W</td>
<td>2 mile</td>
<td>final-b</td>
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<td>3:55 p.m.</td>
<td>W</td>
<td>shot put</td>
<td>final</td>
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<td>4:04 p.m.</td>
<td>M</td>
<td>Toyota 1 mile</td>
<td>final</td>
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<td>triple jump</td>
<td>final</td>
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<td>4:15 p.m.</td>
<td>B-HS</td>
<td>75th CHSAA 4 x 800m relay</td>
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<td>Michelob Ultra 600m</td>
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<td>4:38 p.m.</td>
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<td>Chocolate Milk 600m</td>
<td>final</td>
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<td>4:47 p.m.</td>
<td>W</td>
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<td>4:57 p.m.</td>
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<td>Garden of Life 1000m</td>
<td>final</td>
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<td>5:07 p.m.</td>
<td>W</td>
<td>2 mile</td>
<td>final</td>
</tr>
<tr>
<td>5:24 p.m.</td>
<td>W</td>
<td>Xfinity 60mH</td>
<td>final</td>
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<tr>
<td>5:34 p.m.</td>
<td>M</td>
<td>60mH</td>
<td>final</td>
</tr>
<tr>
<td>5:44 p.m.</td>
<td>W</td>
<td>Nike 60m</td>
<td>final</td>
</tr>
<tr>
<td>5:54 p.m.</td>
<td>M</td>
<td>Xfinity 60m</td>
<td>final</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td></td>
<td>Day 3 Session &amp; Championship Ends</td>
<td></td>
</tr>
</tbody>
</table>
AIRPORT TRANSPORTATION
Please review the following airport ground transportation options to make your roundtrip travel plans. Ocean Breeze Athletic Complex on Staten Island is approximately 17 miles from Newark Liberty International Airport, 24 miles from John F Kennedy International Airport and 30 miles from La Guardia Airport.

If staying in the block at the Hilton Garden Inn or Hampton Inn, complimentary airport shuttle is available from Newark Liberty International Airport on a first come, first served basis. Reservations are required. Call the front desk at 718-477-2400 (let them know which hotel you are staying) to reserve a spot on the shuttle. Shuttle runs from 7 a.m. to 10:30 p.m.

Uber
https://get.uber.com/

Lyft
http://www.lyft.com/

POLE VAULT TRANSFERS
It is recommended to ship pole vault poles directly to:
Ocean Breeze Athletic Complex
C/O James DeStefano
625 Father Capodanno Blvd
Staten Island, NY 10306

COMPETITION BIBS
Competition bibs must be picked up at the clerk’s table in the warm-up area at Ocean Breeze Athletic Complex. Athletes will receive one bib each, with the athlete’s name printed. The bib should be worn on the front of the uniform for all events other than the pole vault and high jump; competitors in those events may choose to wear their bibs on either the front or back of the singlet. Bibs may not be folded or altered in any manner.

WARM-UP FACILITIES
A warm up track is located on the first level of the facility. The warm-up area will serve as the warm-up and sports medicine area for athletes. Additionally, there will be space for stretching and jogging around the perimeter. Personal medical should check in with event medical to identify a work space. On Saturday and Sunday, there will be credentialed personal medical space available in the Large Throws cage on the main level of the facility.

IMPLEMENT WEIGH-IN
All throwing implements must be weighed in prior to competition. Implements must be presented at the implement check-in area, located in the small cage near turns 3 and 4, NO LATER THAN 120 MINUTES (2 HOURS) PRIOR TO THE START OF THE EVENT.

ATHLETE CHECK-IN
All athletes must check in for their event(s) at the clerk's table, located in the warm-up area at the Ocean Breeze Athletic Complex on the first floor. Uniform and equipment check will take place at that time. Just prior to the event start time, athletes will be escorted to the final staging area located trackside. All athletes must check in at the clerk’s table according to the schedule below: No check in will be done trackside.

- Running Events: 30 minutes prior to start of event
- Throwing Events: 45 minutes prior to start of event (warm-up begins 45 minutes prior)
• Long & Triple Jump: 45 minutes prior to start of event (warm-up begins 45 minutes prior)
• High Jump: 60 minutes prior to start of event (warm-up begins 45 minutes prior)
• Pole Vault: 75 minutes prior to start of event (warm-up begins 60 minutes prior)

POST-EVENT RECOVERY
Athletes in all events will be escorted through the media mixed zone located just off turn one (1) near the bleachers. Field event athletes will be escorted by the official assigned to that event. Clothing baskets will be located in this zone. If athletes are selected for drug testing they will be notified by a USADA chaperone near this area. Since this is a competition where drug testing may be conducted, athletes should under no circumstances leave the field of play through any exit other than the Post-Event Recovery Area.

MIXED ZONE AREA
All athletes must exit the track through the Mixed Zone. Press, athlete support, and USADA have access to this area. Athletes will be required to go through mixed zone at end of competition. Please remember after signing a doping control notification form you must immediately report to the Drug Testing Center.

AWARDS PRESENTATION
A Gold Medal, emblematic of the Championships of the United States of America, will be given to the winner of each Championship event, a Silver Medal to second place, and Bronze Medals to both third and fourth places. Winners of each event will be recognized on the in-field shortly after competition, winners should remain in the mixed zone area, as directed by appropriate staff, until such time that the award ceremony is conducted.

PROTESTS
Initial protests related to events occurring during the competition should be orally 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 the 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 and must be accompanied by a $50.00 cash protest fee. The protest fee is non-refundable unless the decision is reversed. Protest forms and USATF Competition Rulebooks will be available at the Protest Table located in the small cage in turn 3/4 trackside at the Ocean Breeze Athletic Complex. The decision of the Referee will be posted at the Protest Table and a copy will be available for the athlete filing the protest as soon as the information is available. The $50.00 protest fee will be refunded for all petitions that result in the action being reversed by the Referee’s decision.

APPEAL OF A PROTEST DECISION
An athlete or athlete’s representative may appeal the Referee’s decision, and any such appeal must be submitted in writing, signed and accompanied by a $100.00 cash appeal fee to the protest table within 30 minutes after the action by the Referee has been officially posted. The appeal fee is non-refundable unless the appeal is upheld by the Jury of Appeals. Appeal forms will be available at the Protest Table located just outside the small cage in turn 3/4 trackside at the Ocean Breeze Athletic Complex. The Jury of Appeal’s decision will be posted at the Protest Table and a copy will be available for the athlete filing the appeal as soon as a decision regarding the appeal is made. There is no further appeal following the Jury ruling.

MEDICAL SERVICES
Athletic trainers will be available in the LOCATION. Athletic trainers and physicians will also be trackside to address any emergencies. Athletic trainers, physicians, chiropractors, and massage therapists will be available to athletes during the following times:
• Wednesday, February 14, 6:00 - 8:00PM
For after-hours medical emergencies please call DOCTOR or DOCTOR at PHONE NUMBER.

For critical emergencies please call 911.

Additionally, space has been reserved at the Hilton Garden Inn for athlete personal medical to set up and utilize. Please take advantage of the space located in Britton Oaks I and II on the 1st Floor. This space will be made available on the following days and times:

- Thursday, February 21 - Saturday, February 23: 8:00AM – 10:00PM

ARENA POLICY FOR CLOTHING
It is imperative that we provide a clean environment for this televised event. Therefore, clothing, shoes, and athletic gear (etc.) must be kept out of the sight of television cameras. Basket carriers will transport clothes from the track to the Post-Event Recovery Area for sprint and hurdle events and from the final staging area for all other running events.

ATHLETE/ATHLETE SUPPORT SEATING
Athlete/Athlete Support seating will be located along the Main stretch of the track in the corner of turn 4. This general admission seating area is open to all credentialed athletes and athlete support personnel. Credentials will not be accepted in reserved seating areas.

COACHES BOXES
Coaching boxes will be set-up in proximity to the pole vault, throwing events and horizontal jump runways. Additionally, there will be signage in the vicinity of the high jump competition area to denote a coaches’ zone. Please ensure that appropriate credentials are displayed.

DRUG TESTING
Athletes who participate in National Championships and Team USA competitions are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.

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."

Visit the Supplement 411 website for more information on dietary supplements.

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 must report immediately to the Doping Control Station after they are notified of being selected for testing and will be accompanied by a chaperone until they report to the station.

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. All athletes are responsible for checking the status of any prescription medications at the Global 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 USADA's short testing video will familiarize you with the drug testing 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 the event.

BE AWARE. BE INFORMED. BE ALERT. BE CLEAN.

As you prepare for your upcoming competition, here are some resources that may save you from making a mistake that could jeopardize your athletic career:

**USADA Doping Control Process**

**Global Dro**

Global Drug Reference Online™

Drug Reference Line™

1-800-233-0393

**Other USADA Resources**

The use of nutritional or dietary supplements is completely at the athlete's own risk - even if the supplement label says "approved" or "verified." USADA's drug reference resources DO NOT provide information about dietary supplements.

BE AWARE. BE INFORMED. BE ALERT. BE CLEAN.

As you prepare for your upcoming competition, here are some resources that may save you from making a mistake that could jeopardize your athletic career:

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1-800-233-0393

**Other USADA Resources**

The use of nutritional or dietary supplements is completely at the athlete's own risk - even if the supplement label says "approved" or "verified." USADA's drug reference resources DO NOT provide information about dietary supplements.

**TRAVEL FUNDING**

An allocation of funds will be provided first to the defending US Indoor Champion in each event, and then to the top four ranked indoor performers, based on the 2019 U.S. Indoor List or IAAF Indoor Top Marks list of marks achieved from November 16, 2018 – February 11, 2019 (on-time entry deadline). Please note the qualifying window to achieve marks is not the same as the qualifying period for travel funding.

If the defending US Indoor Champion is not entered by the on-time entry deadline (Monday, February 11,
2019 by 11:59 p.m. ET), funding will then be allocated to the top five (5) ranked performers in each event who have entered by the on-time entry deadline and who have met the qualifying mark as of the on-time entry deadline (February 11, 2019).

**Track and Field Events:**
For these allocations, funds will be awarded to the top ranked athletes in the distances/disciplines being contested at the Championships and NOT FOR TIMES OR DISTANCES ACHIEVED IN ALTERNATE QUALIFYING DISTANCES/TIMES (i.e. rank in the 60m, but not 55m or 50m). The only exception to this would be in the case of the allocation to the Defending Champion, who simply needs to be ENTERED AND QUALIFIED in order to be allocated and, therefore, could use an alternate distance/time.

**Multi Events:**
For these allocations, funds will be awarded to the top ranked athletes in the distances/disciplines being contested at the Championships and NOT FOR TIMES OR DISTANCES ACHIEVED IN ALTERNATE QUALIFYING DISTANCES/TIMES (i.e. rank in the Pentathlon (women), but not Heptathlon or Heptathlon (Men), but not Pentathlon, Decathlon). The only exception to this would be in the case of the allocation to the Defending Champion, who simply needs to be ENTERED AND QUALIFIED in order to be allocated and, therefore, could use an alternate distance/time.

In order to be eligible for the Toyota USATF Indoor Championships travel allocations, an athlete must be a current USATF member in good standing; must have entered and achieved qualifying mark from November 16, 2018 – February 11, 2019 (on-time entry deadline); and must be a citizen of the United States of America who is eligible to represent the U.S. in international competition. **Dual Citizens please take note.**

**Post Travel Funding:**
In addition to the payments as described above, an allocation of funds will be provided to those athletes who were not allocated funding prior to the USATF Indoor Championships, but who place in the top three (3) in their event at the 2019 Toyota USATF Indoor Championships.

**Travel funding breakdown:**
- The airfare allocation will be based on a "supersaver" fare (21-day advance purchase/Saturday night stay-over from home city to Staten Island, NY)
- There will be a flat rate of $440 towards per diem/accommodations.

**Travel funding distribution:**
- Athletes who qualify for pre-allocations will receive their checks at Credential pick-up at the Championships. Athletes who qualify for post travel funding will receive via check or ACH (direct deposit) after prize money payments are processed.
- Athletes with remaining collegiate eligibility should check with their university compliance department to see if they are eligible to receive pre-travel funding according to NCAA rules. If an athlete with collegiate eligibility is approved to receive pre-travel funding, have the university compliance representative reach out to USATF via email (Sariyu.Suggs@usatf.org) to provide confirmation/verification.
-Athletes who are eligible to receive travel funding for this event are required to complete:
  - **IRS Form W-9 Request for Taxpayer Identification Number and Certification:** 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: 2019 Toyota USATF Indoor Championships
  - **ACH Direct Deposit Form:** USATF will reach out to the athlete to request this information via an electronic form (via Team Works).
**IMPORTANT NOTICE REGARDING INTERNAL REVENUE SERVICE REGULATIONS ON TRAVEL STIPENDS**

All athletes receiving travel stipends for any domestic or international event should carefully read this notice.

No athlete or agent can receive travel stipend payment without prior submission of a current Form W-9 including Social Security Number (individuals and certain agents) or Federal ID Number (certain agents). If you have not already done so, for payments received from USATF in the past, please provide this information by completing the following form. If you have a form on file and have an address updated please complete and submit a form (W-9).

IRS Form W-9: Request for Taxpayer Identification Number and Certification (PDF, via IRS.gov)

Email, fax or mail completed W-9 forms to:
USA Track & Field
ATTN: Sariyu "Beka" Suggs
130 E. Washington St., Suite 800
Indianapolis, IN 46204
Email: Sariyu.Suggs@usatf.org
Fax: 317-261-0514

All travel stipends are considered reportable income by USATF and the IRS and should be included on the individual’s tax return. If the amount of reportable income including all stipends, prize money, etc. is $600 or more cumulative during a tax year, a 1099 MISC will be issued. Receipts for travel may qualify for deductions against this reported income. Please contact a tax advisor for further information.

The W-9 has to be completed by everyone and DOES NOT make the allocations tax-free.

Athletes or agents who have a W-9/SSN/FIN on file for past payments received from USATF do not need to complete a new form unless you need to change the following:

- Name Change
- Federal tax classification
- Mailing address
- Employer Identification number

Incorporated agents (with a Federal ID number) accepting travel stipend payment on behalf of athletes have the responsibility of properly accounting for the funds. Note: Please consult with your tax advisor for proper tax treatment of any amounts reported as taxable income.

**AWARDS & PRIZE MONEY**

Awards
A Gold Medal, emblematic of the Championships of the United States of America, will be given to the winner of each Championship event, a Silver Medal to second place, and Bronze Medals to both third and fourth places.

Prize Money
For the 2019 Toyota USATF Indoor Championships, USATF will pay prize money to the first through fifth place finishers in each Championship event. The prize structure is as follows:

- 1st - $6,000
- 2nd - $4,000
- 3rd - $2,500
- 4th - $1,500
- 5th - $1,000

Athletes with remaining collegiate eligibility should check with their university compliance department to see if they are eligible to receive this prize money according to NCAA rules. If an athlete with collegiate eligibility is approved to receive prize money, have the university compliance representative reach out to USATF via email (Sariyu.Suggs@usatf.org) to provide confirmation/verification.

Athletes are eligible to receive prize money in more than one event.

Athletes who are eligible to receive prize money for this event are required to complete:
- **IRS Form W-9 Request for Taxpayer Identification Number and Certification**: 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: 2019 Toyota USATF Indoor Championships
- **ACH Direct Deposit Form**: USATF will reach out to the athlete to request this information via an electronic form (via Team Works).

Please make sure your contact information (email address and phone number) is up-to-date under your USATF membership profile.

**TELEVISION BROADCAST/Webcast**

The 2019 Toyota USATF Indoor Track & Field Championships will be shown at the following times:

Saturday, February 23, 2019
- NBCSN at 6:30PM – 8:00PM EST (LIVE)
- NBC Sports Gold All Competition (LIVE)

Sunday, February 24, 2019
- NBCSN at 4:00PM – 6:00PM EST (LIVE)
- NBC Sports Gold All Competition (LIVE)
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adam Schmenk</td>
<td>317-563-2674 (c)</td>
<td><a href="mailto:adam.schmenk@usatf.org">adam.schmenk@usatf.org</a></td>
</tr>
<tr>
<td>Managing Director of Entertainment Properties &amp; Events</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Karl Eagleman</td>
<td>812-223-2864 (c)</td>
<td><a href="mailto:karl.eagleman@usatf.org">karl.eagleman@usatf.org</a></td>
</tr>
<tr>
<td>Events Manager</td>
<td></td>
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<tr>
<td>Zack Raubuck</td>
<td>812-878-2587 (c)</td>
<td><a href="mailto:zack.raubuck@usatf.org">zack.raubuck@usatf.org</a></td>
</tr>
<tr>
<td>Events Manager</td>
<td></td>
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</tr>
<tr>
<td>Elizabeth Guarneri</td>
<td>765-618-5116 (c)</td>
<td><a href="mailto:elizabeth.guarneri@usatf.org">elizabeth.guarneri@usatf.org</a></td>
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<tr>
<td>Events Coordinator</td>
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<tr>
<td>Rose Monday</td>
<td></td>
<td>rose <a href="mailto:monday@icloud.com">monday@icloud.com</a></td>
</tr>
<tr>
<td>Women’s Track &amp; Field Chair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Andrew Valmon</td>
<td></td>
<td><a href="mailto:avalmon@umd.edu">avalmon@umd.edu</a></td>
</tr>
<tr>
<td>Men’s Track &amp; Field Chair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diane Graham-Henry</td>
<td></td>
<td><a href="mailto:dghphoto@gmail.com">dghphoto@gmail.com</a></td>
</tr>
<tr>
<td>Race Walking Chair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USADA Drug Reference Hotline</td>
<td>800-233-0393</td>
<td><a href="http://www.usada.org/dro">www.usada.org/dro</a></td>
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</tbody>
</table>