

Report from 1st Vice President

As probably most of you know this years annual meeting was held in Reno, Nv and was well attended by representatives from Oregon and the Oregon Association. And for the sake of not repeating what everybody else will probably report, the much ballyhooed potential of a big discussion to the restructuring of USATF never occurred. The L&L presentation of it was accepted without a nay when presented to the Wednesday General Session.

For my part, I spent my meeting times in Youth Athletics and in the Rules committee meetings representing Youth Rules Submissions of which there were eleven submissions. Now the humorous part of this: when the Youth committee was meeting to consider the proposals our meeting room was the Comedy Club and for those of you have been around youth athletics for awhile, you will appreciate my humor in that.

As far as the Rules Committee goes, we had 108 proposals to consider and things went smoothly. The great thing about the rules committee is it is a great committee to be part of because there is great rapport in the committee that has frank but friendly discussions with humor dispersed throughout.

Of the 108 proposals considered we rejected 18, tabled 8, accepted as amended 15, had 16 withdrawn and thereby accepting 51 as presented.

I have presented a summary of the accepted rules changes to our Gail to present as she sees fit but please be advised that there will be section in the back of the newly published rule book showing all the changes that were passed.

I want to thank the association for allowing me to participate at the annual meeting. It is always great to get together with people you know from all over the country.

Have a safe holiday, a Merry Christmas and a Happy New Year.

Respectfully submitted,

Glenn Fortune, 1st Vice President

Item 1 – Submitted by the Rules Committee

Add a new Table of Contents at the beginning of the Rule Book.

Add an Index of key words at the end of the Rule Book.

Item 3 – Amend Rule 4.2 as follows:

Delete Current Note. Add “or” to the end of Rule 4.2(b). Add new Rule 4.2(c) as follows: An athlete with historical membership based upon Association residency (at least 3 continuous USATF membership years) in a club is eligible to compete for that club.

Item 4 –Amend Rule 6.2 as follows:

All entries for Championships shall be made using the entry format adopted by USATF. No entry format for any Championship shall be distributed until it has been submitted to and approved by the Chair(s) of the sport committee(s) involved and the Chief Executive Officer of USATF. The entry format shall include all pertinent information regarding filing dates, late entries, fees, entry appeal and protest procedures, and declaration procedures.

Item 6 –Amend Rule 10.3(a) as follows:

In the USA Track and Field Championships, all entered contestants shall have met the qualifying requirements adopted by the respective sport committee, or by the properly authorized subcommittee thereof, and listed in the published entry material, or must be approved by a special subcommittee appointed by the Chairs of the respective sport committees. The subcommittee shall make every effort to include representation from athlete, coach and the sport committees. Petitions to this subcommittee must be presented in writing, which includes electronic, without the possibility of further appeal beyond this subcommittee. Petitions and decisions shall be posted at the subcommittee work-site. The addition of an athlete by petition shall not deny an otherwise qualified athlete from participation.

Item 9a – Amend Rule 10.3(b) as follows:

Automatic qualification, as listed in this section, shall not abrogate any entry requirements other than the qualifying requirements for a championship. Any athlete who attains any of the following shall be afforded automatic qualification

into a USA Indoor, Outdoor, Race Walking or Marathon Championship or USA Olympic Team Selection in the same event in which the performance was attained:

1. Track and Field.

During the current or four previous calendar years, earned an individual medal in track and field in an Olympic Games or in an IAAF World Indoor or Outdoor Championship.

Is the reigning USA Indoor or Outdoor champion

Has a World or Olympic 'A' Standard that would apply to the current championship team selection.

Finish as one of the top 3 at the preceding year's corresponding national championship (Indoor qualifies for Indoor, Outdoor qualifies for Outdoor).

2. Race Walking. During the current or four previous calendar years:

Earned an individual medal in an Olympic Games or in an IAAF World Championships.

Won an individual Championship at a USA Open Track Championships.

Won a USA Championship in the Men's 50-Kilometer Walk.

Earned a USA Olympic Team Selection.

3. Marathon. During the current or four previous calendar years:

Earned an individual medal in an Olympic Games or in an IAAF World Championships.

Won an individual USA Championship.

Earned a USA Olympic Team Selection.

Item 10 – Amend Rule 10.4 as follows:

(a) The Meet Director, Games Committee, and/or sponsoring organization of the USA Track and Field Championships must:

i. Provide and make available all material specified in Rule 6.2 at least 60 days prior to the competition via a posting on the USATF website.

ii. Provide a list of entrants in each event, arranged in order of their performances, if any, used for entry into the competition. If there are any corrections or appeals necessary to the posted entries or performances, these shall be submitted in writing, which includes electronic, to the appropriate Track and Field Committee Chair, or the Chair's appointed representative, by 1 p.m. on the day prior to the start of the Championships.

iii. Notify the entrant or his/her coach of any irregularity in an application, which would prevent the individual from being considered for selection to compete in the Championship, at least three days before the meet. The posted status of an application on the USATF website may serve as this notification.

iv. Together with the National Track and Field Committee Chair or the Chair's appointed representative(s), finalize all events, form the heats for competition, and present them at least 24 hours prior to the time of competition for each event via a posting on the USATF website.

(b) The coaches, athlete representatives or individual athletes in the USA Track and Field Championships must:

i. Properly submit entries on forms provided for that purpose. All entries must be submitted in accordance with the procedure stated on the entry form or in the entry material.

ii. Submit final declarations for or by each athlete for each entered event as stated in the entry material.

a. Declarations by officially designated website, or other method authorized in the entry material, must be received no later than 8 p.m. two days prior to the start of the Indoor Championships and no later than 12 noon two days prior to the start of the Outdoor Championships.

Item 14 – Amend Rule 27.1 as follows:

The provisions of Rule 6, Rule 10.3(a) and Rule 10.4 pertaining to qualifying requirements, entry information, entry procedure, forms, fees, entry appeals, competition procedures and competition regulations of the USA Outdoor Championships shall be applicable to the USA Olympic Team Selection Competition unless otherwise provided in this Rule or part of the entry information.

Item 15 – Amend Rule 27.2(c) as follows:

The provisions of Rule 6.5 shall apply to the USA Olympic Team Selection Competition, however, Track and Field competition officials, for positions authorized by the applicable sport committee(s), shall be selected as described in Regulation 4-H.

Item 17 – Amend Rule 110.3 as follows:

The Games Committee shall appoint all Competition Officials except those appointed in accordance with USATF Regulation 4-H.

Item 19 – Amend Rule 122.4 as follows:

The Jury of Appeal shall consult with all relevant persons. If the Jury of Appeal is in doubt, other

available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee or the Chief Race Walking Judge shall be upheld. ...

Item 20 – Amend Rule 128.1 as follows:

NOTE: When one fully automatic timing system is used, the Timers prescribed in Rule 128.4 should be used in a back-up capacity. When two independent systems are in use, a reduction may be made to one Official Timer and one Alternate Timer who should each time the winner. No back-up capacity is suggested when more than two independent systems are used.

Item 21 – Amend Rule 128.6 as follows:

At the beginning of each session when a fully automatic timing device is used, the Chief Photo Finish, in cooperation with the ...

Item 22 –

Amend last sentence of Rule 131.1 as follows:

No Lap Scorer should be responsible for more than three competitors (six in the case of ultramarathons and out of the stadium walking events).

Item 23 – Amend Rule 136 as follows:

NOTE: For wind gauge placement and operation see Rule 163.10 through Rule 163.14.

Item 24 – Amend Rule 137 as follows:

MEASUREMENT JUDGE

1. A Measurement Judge shall be appointed when technological or scientific distance measurement is to be made.

Item 25 – Amend Rule 137.4 as follows:

To ensure that the equipment is operating correctly, the Judge shall, before and after each event, personally supervise or conduct a set of measurements in conjunction with the equipment operator to verify the accuracy of the device against a known surveyed distance and shall report and certify the accuracy of the instrument to the Field Event Referee, particularly in the event of a record.

Item 26 – Add New Rule 140 as follows:

COMPETITION AREA

The competition area is defined by the Games Committee. It is normally the area where the competition is being staged, physically separated from area used by spectators. The designated areas, including that at road races, shall be clearly marked with fencing, banners, flags or other suitable material to clearly indicate which area has access restricted to competing athletes and other authorized personnel.

Item 27 – Amend Rule 143 as follows:

Replace all occurrences of 'number bib' with 'bib'.

Item 30 – Amend Rule 144.2 and Rule 144.3 as follows and renumber:

2. Except as provided in road races, Rule 241, and in long distance walking events, Rule 232, during the progress of an event, a competitor who has received any assistance whatsoever may be disqualified by the Referee. 'Assistance' is the conveying of advice, information or other direct help to an athlete by any means, including a technical device.

3(d) Pacesetting by an officially designated person entered in an event for that purpose is permitted, provided such pacesetters start in the event.

3(e) Carrying or wearing articles of personal equipment such as wrist chronometers and heart rate monitors.

The following shall be considered assistance:

Item 31 – Add New Rule 144.3(d) as follows and renumber:

Any kind of personal safeguard (i.e. bandage, tape, belt, support, etc.) for medical purposes. The Referee shall have the authority to verify any case should that be desired.

Amend Rule 187.3 as follows:

Item 32 – Amend Rule 144.3(f) as follows:

The visible possession or use by athletes of video, audio or communications devices in the competition area. The Games Committee for an LDR event may allow limited use of portable listening devices not capable of receiving communication; however, those competing in Championships for awards, medals, or prize money may not use such devices.

Item 34 – Amend Rule 144.6 as follows:

Any athlete giving or receiving assistance during any event other than as exempted in Rule 144.3 must be cautioned by the Referee and ...

Item 35 – Delete Rule 144.9 and Rule 144.10 and renumber:

Item 36 – Amend Rule 146.2 as follows:

Protest relating to matters which developed during the conduct of the competition must be made to the Referee at once and no later than 30 minutes after a result has been announced, except in the case of long distance races, where the time period shall be 24 hours, and cross country races or the Professional Section of road races, as defined in the race material (website, entry form, etc.) where the time period shall be one hour. However, in the case of events in which the final results are not announced on the day of competition, the Games Committee may determine, and announce in the results that are released, a period not to exceed seven (7) days during which protest may be made to the meet or race director.

Item 37 – Amend Rule 146.8 as follows:

Where a Jury of Appeal has been established to consider appeals of decisions of the Referee as to matters which developed during the conduct of the event, appeals must be made in writing immediately and within 30 minutes after the action by the Referee has been officially announced. In the case of long distance races, the time shall be 24 hours. For cross country and the Professional Section of road races the time shall be 30 minutes.

Item 38 – Amend Rule 148.1 as follows:

All measurements, except as otherwise herein provided, must be made with a certified steel tape, fiberglass tape, bar graduated in centimeters, or a certified electronic measuring device. Measurements made with fiberglass tapes shall not be acceptable for records.

Item 39 – Amend Rule 148.2(a) as follows:

All measurements of field events must be read by the Field Judges. In measuring the distances of throwing events and horizontal jumps, the part of the tape or bar recording the distance achieved must be held by the official at the circle or take-off point. In the case of a record, see the procedures in Rule 264.

Item 40 – Amend Rule 161.2 as follows:

Starting blocks shall be used for all races up to and including 400 meters and the lead-off leg of relays where that leg does not exceed 400 meters. They shall not be used for any other race.

Item 42 – Amend Rule 166.1(d) as follows:

When heats are being arranged, it is recommended that as much information as possible about the performances of all competitors be considered and the heats drawn so that, normally, the best performers reach the final. In the absence of extraordinary circumstances, the Games Committee shall use the following principles for forming heats.

Item 43 – Amend Rule 168.3 as follows and renumber:

All races shall be run in lanes. Each athlete shall jump each hurdle and shall keep to his or her own lane throughout. In addition to the applicable provisions of Rule 163, a competitor shall be disqualified if he/she: or

Item 44 – Amend Rule 170.7 as follows:

In races of 4x100m, 4x200m, and all races where the incoming runner is running a leg of 200m or less, members of a team other than the first runner may commence running not more than 10m outside the take-over zone (see paragraph 2 above). A distinctive mark shall be made in each lane to denote this extended limit.

Item 45 – Amend Rule 180.4(f) as follows:

In the USA Indoor, Outdoor, Olympic Team Selection and Junior Outdoor Track and Field Championships, the order of competition for the fourth and fifth round shall be in reverse order of the best performance in the first three trials, and the order of competition for the final round shall be in reverse order of the best performance in the first five rounds. In all other competitions, the order of competition for the final three trials shall be in reverse order of the best performance in

the first three trials, or in the order used for the above mentioned Championships, as determined by the Games Committee prior to the competition. When the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw. A competitor while competing in a round under protest shall compete first in that round.

Item 47 – Amend Rule 180.8(d)v. as follows:

The official responsible for the event shall indicate by verbal and visual signal to each competitor that the trial is to begin, and the period allowed for that trial shall commence from that moment. If the competitor confirms his or her pass, or then passes, the official shall not require that the time ...

Item 48 –

Amend last sentence of Rule 180.14 as follows:

... If the tie still remains and concerns first place, the competitors having achieved the same result must compete again in the same order in a new attempt until the tie is resolved.

Item 49 – Amend Rule 181.2 as follows:

All measurements must be made in accordance with Rule 148, perpendicular from the ground to the lowest part of the upper side of the bar. Any measurement of a new.....

Item 50 – Add New Rule 181.6 as follows and renumber:

A competitor shall have the discretion to commence jumping or vaulting at the starting height or at any subsequent height. A competitor who forgoes a trial at a height thereby forfeits the right to jump again at that height. Such competitor may, however, jump at that height in a jump-off to break a tie for first place. Three consecutive failures, regardless of the height at which such failures occur, disqualifies the competitor from further competition except in the case of a jump-off to break a tie for first place.

NOTE: The effect of this Rule is that a competitor may forego second or third attempts at a particular height (after failing the first or second time) and still jump or vault at a higher height.

Item 51 – Amend Rule 181.7 as follows

NOTE: It is a foul if the crossbar is knocked off by the pole hitting the crossbar unless in the judge's opinion, a substantial effort was made by the competitor to push the pole away from the crossbar when the athlete releases the pole.

Item 52 – Amend Rule 181.9 as follows:

NOTE: The uprights and landing area of the High Jump should be positioned such that there is clearance of at least 10 cm between them and the pad when in use, to avoid accidental displacement of the crossbar by the movement of the landing area causing contact with the uprights.

Item 55 – Amend Rule 187.3 as follows and renumber:

No device of any kind, which in any way assists a competitor when making a throw, shall be allowed.

(a) The taping of multiple fingers together is not allowed. The use of tape on the wrist is allowed. The tape should be shown to the Chief Judge of the event before the event starts.

(b) If taping is used on the hand and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually.

Item 56 – Amend Rule 187.18 as follows:

Construction - The rim of the circle shall be made of a band of iron, steel or other suitable material, painted white, the top of which shall be sunk flush with the ground outside. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.

Item 57 – Amend Rule 187.23 as follows:

Arc - All javelin throws shall be made from an arc of a circle drawn with a radius of 8m at the end of a runway 4m wide. This arc shall consist of a painted stripe or made of wood or other similar material, but not metal, 7cm in width. It shall be white and sunk flush with the ground.

Item 58 – Amend Rule 188.3 as follows:

NOTE 2: Indentations due to a weight stamp on cast shots or engraving of weight or size should not normally be considered reason for the disqualification of a shot for roughness or hand hold.

Item 61 – Amend Rule 192.9 as follows:

Delete ** For masters competition, the minimum weight is 5.450 kg

Item 62 – Amend Rule 195 as follows:

3. Construction - The weight shall consist of three parts: a head, a handle, and a connection assembly which may contain a harness.

4. Head - The head shall be a sphere. The sphere shall be (a) made of solid metal not softer than brass or (b) manufactured from a shell of such material, or a suitable polymer, entirely filled with lead or other material inserted in such a manner that the material is immovable. The center of gravity shall be not more than 6mm from the center of the sphere. A filled implement may deform upon impact, but must return to the shape of a sphere after such impact. See table in Rule 195.8 for specifications.

6. Connection - The handle shall be connected either directly to the head or to a harness.

(a) The direct connection shall be by means of no more than two steel links (loops), whose diameters shall not exceed 9.5mm. For the solid implement, the handle shall be connected to a steel link. A swivel may not be used at this connection. The head may be connected to the links by means of a swivel that may be either plain or with ball bearings. For the polymer shell implement, a swivel is allowed between the head and the handle without the use of links.

(b) The connection to a harness may be by means of no more than two steel links (loops), whose diameter shall not exceed 9.5mm and a swivel. Netting of any kind shall not be used to form the harness. The harness must not stretch or show any evidence of elasticity where the overall length of the implement would increase while being thrown. A protective sleeve may be used around the links and/or swivel.

7. Length -

NOTE 2: An implement presented for inspection must be measured for length with all components at their maximum lengths as designed by the manufacturer. The Connection cannot be switched to shorten or elongate the length. Implements shall not be altered or adjusted once inspected and approved for competition.

Item 63 – Amend Rule 201 as follows:

THROWS PENTATHLON

Item 64 – Amend Rule 202.3 Table as follows:

For Women, add a 25# column and delete the 300# column.

For Women 70+, add an 'x' for 25# and delete the 'x' for 56#.

Item 65 – Add New Rule 221.4 as follows and renumber:

For indoor competition on a wood floor surface, the circle may be marked on the floor.

Item 69 – Delete Rule 232.3(d):

((Athletes shall not use video or cassette recorders or players, TV's, CD or CD-ROM players, radio transmitters or receivers, mobile phones, computers, or any similar devices during the competition.))

Item 71 – Amend Rule 261.2(a) as follows:

Completing and submitting the appropriate record application form. Track and Field record applications (including race walking events on the track) should be sent to the National Records Chair or the appropriate sport committee Records Chair. Road Record application and all long distance record applications should be sent to the Andy Carr, Long Distance Running Recordkeeper; c/o Atlanta Track Club; 3097 E Shadowlawn Avenue NE; Atlanta, GA 30305.

Item 72 – Amend Rule 261.3 as follows:

... that record may be ratified based on the official results of the meet without the need for a formal record application pending the outcome of doping control testing. However, ...

Item 73a – Add New Rule 261.3 and New Rule 261.4 as follows and renumber:

3. Each athlete who achieves an American Record or American Junior Record in any event recognized for a World Record by the IAAF, or in the 5km Road Race, and excluding the Marathon Relay and the 100km, shall submit to a doping control at the end of the event, to be conducted in accordance with IAAF Rules and Procedural Guidelines currently in force. In the case of a relay record, all members of the team shall be tested. The sample(s) collected shall be sent for analysis to a WADA-accredited laboratory and the results sent, as indicated in Rule 261.2, to be added to other information required for the ratification of the record. If such testing results in a doping violation, or if such testing is not conducted, USATF will not ratify this record. The provisions of this rule are effective as of January 1, 2010.

Item 75 – Add New Rule 264.3 as follows and renumber:

When a laser measurement device is used, the Electronic Measurement Judge shall verify the accuracy of the sighting of the laser measurement device, read and verify the measurement as displayed on the electronic recording or measuring device, and report the distance to the Chief Field Judge of that event and the Field Event Referee or Head Field Judge. The Chief Field Judge of that event shall also read the distance as it is displayed on the electronic recording or measuring device and report it to the Field Event Referee or Head Field Judge.

Item 76 – Replace Rule 265.3 as follows

A post validation may require a remeasurement if the original measurement has not met the criteria established by the validation chairman, approved by the executive committee of the RRTC, and publicly available on the USATF website.

Item 77 – Amend Rule 267 as follows:

Men's Long Distance Running
Women's Long Distance Running
Masters Long Distance Running (Men and Women)
Road Events
4 Miles

Item 81 – Replace Rule 300.1(g) with the following:

A Youth Athlete must compete in the Association of residence in which they permanently reside. 'Permanent Residency' is defined as the address of residence of the youth athlete's parent/legal guardian on the day of the close of registration. Proof of residency can be provided by Tax Statements, or utility bills at the place of residency. Youth athletes can compete in their Association of Permanent Residency as an unattached athlete or as a member of a club and represent the said club by wearing a team uniform and participating on a relay. The following are exceptions to this rule:

- i. Athletes that live with one custodial parent/legal guardian in the summer in one Association and another custodial parent/legal guardian in another Association during the school year, shall be considered permanent residents of both Associations. These athletes may choose to only have one membership number under one Association, but will have the right to run with a different club in the residence of summer and have all rights and privileges of that Association. Proof of legal guardianship may be requested for proof of residency. It shall be the sole responsibility of the applying athlete to secure and furnish all necessary documentation to substantiate any request for consideration of an application of this rule.
- ii. Athletes that have no parent/legal guardian residing in an Association may compete in that Association for 'just cause' with the approval of both the Youth Chair and Membership Chair of both the Association of 'Permanent Residency' and the association of 'Non-Residency'. Non-Residence athletes may not represent a club or wear a club uniform in the Association of 'Non-Residency'.
- iii. Athletes that have no parent/legal guardian residing in an Association may compete in a bordering Association for 'just cause' with the approval in writing of both the Youth Chair and Membership Chair of both the Association of 'Permanent Residency' and the Association of 'Non-Residency', and placed on file in the National office.

Item 82 – Add New Rule and Amend Rule 143.10 Note: as follows

Youth Athletics and road races, except for the size of the name of the sponsor, may vary the overall size of the number bib and height of the numeral.

Item 85 – Amend Rule 302.6 as follows:

In the 800 meter run, the maximum number per heat shall be 12. When the number of competitors exceeds the number of lanes, the excess competitors shall share the even-numbers lanes starting from lane 8 working into lane 2. In the 1500 meters, the maximum number per heat shall be 24.

Item 86 – Amend Rule 303.2 as follows:

Unless otherwise provided by the Games Committee:

(a) Whenever the number of entries or scratches reduces the number of actual participants in any heat or round of heats so as to eliminate the element of competition or creates a situation whereby the number of heats can be reduced, the Referee or designee shall redraw in the best interest of the competition.

(b) In the Association or Regional championship, whenever the number of competitors reporting for an event makes heats, as required in this Rule, unnecessary, the event shall be run as a final at the time in the program so scheduled for the heats.

Add a Note to Rule 166.2 indicating an exception for Youth in Rule 303.2.

Item 87 – Amend Rule 303.1(j) as follows:

The following procedure shall be used in assigning lanes:

- i. In the first round, lanes will be drawn by lot.
- ii. For all other rounds, three draws will be made:
 - a. The first draw is for those preferred lanes as determined by the Games Committee, for a number equal to and not exceeding one-half the number of lanes used, for the highest ranked competitors in the race based on the ranked list for forming heats for the round.
 - b. The second draw is for those preferred lanes as determined by the Games Committee, for a number equal to and not exceeding one-half those competitors remaining after the first draw.
 - c. The third draw is for the remaining competitors in the race and the remaining lanes.

Item 88 –Add New Rule 303.5 as follows:

At the Association-level meet, if the Games Committee determines that there are an insufficient number of seed times and/or a majority of the times submitted are believed to be inaccurate, the following procedure may be used in the interest of fair competition:

- (a) For preliminary rounds only, both heat and lane assignments shall be drawn by lot. Advancement from the preliminary round shall be done by time without consideration of place.
- (b) All other rounds, including timed finals, will adhere to the established rules for forming heats and advancement.

Item 91 – Amend Rule 331.1(f) as follows:

National Throws Pentathlon. See Rule 201.

Item 93 – Add new Rule 202 as follows and renumber:

Throw-a-Thon

1. The competition consists of the following five (5) events: Hammer Throw, Shot Put, Discus Throw, Javelin Throw and Weight Throw. The events shall be contested in the above mentioned order and at such intervals as shall be determined by the Games Committee.
2. Three trials shall be allowed in each of three weights for each event. The three weights, and the order of their throw, shall be the standard weight, the next higher weight and the next lower weight for the age and gender of the competitor. If the higher or lower weight is not available, the standard weight for the age and gender shall be thrown.
3. The winner shall be the competitor who has scored the highest total points after combining the best performance for each of the three (3) weights in each event for all five (5) events, scored on the basis of the Official International Scoring Tables or similarly prepared tables for the individual events.

Item 98 – Delete Rule 332.2(f)

Item 101 – Amend Rule 332.2k as follows:

The Masters Track & Field Committee may approve exceptions to the use of listed specifications if items are unavailable. The tables which follow show WMA race specifications:

Item 102 – Submitted by Graeme Shirley, Rules Committee

Amend Rule 332.2k Table and Note as follows:

WOMEN'S OUTDOOR LONG

30-49 400m 0.762m(30") 10 45m 35m 40m

50-59 300m* 0.762m(30") 7 50m 35m 40m

60-69 300m* 0.686m(27") 7 50m 35m 40m

70&up 200m* 0.686m(27") 5 20m 35m 40m

*The locations for the hurdles in the 300m event are the same as those of the last seven hurdles of the 400m event. They are not same as the high school 300m hurdle race, which uses eight hurdles. The locations for the hurdles in the 200m event are the same as those of the last five hurdles of the 400m event.

Item 105 – Add new Rule 333.3 as follows:

Team Championships

In race walking events, except those conducted as part of the Masters Track and Field Championship, team championships shall be conducted in 10-year age divisions for men and women. For all divisions, the number of entries for each team shall be unlimited, the number of declared team members shall be up to five (5), and three (3) individuals shall score. Team Championships at the Association level are optional.

Item 107 – Submitted by Don Lein, Chair Masters LDR on behalf of Bill Quinlisk, Masters LDR XC

Amend Rule 341.1 as follows:

Team Championships in cross country shall be conducted in 10-year age divisions, 40+, 50+, 60+ and 70+, for men and women. Team Championships in these same divisions may be conducted in other Masters long distance events. The maximum number of entries per team shall be unlimited. In Association championships, the maximum number of entries for a team, and the number of members of each team to finish for scoring may be determined by the Games Committee.

Team scoring for distances up to and including 25 kilometers shall be as follows:

M40+ and M50+ five (5) individuals shall score with a maximum of eight (8) individuals declared per team;

M60+, M((en)) 70+, and all women's teams three (3) individuals shall score with a maximum of five (5) individuals declared per team.

For distances over 25 kilometers all teams shall have three scoring members with a maximum of five (5) individuals declared per team.