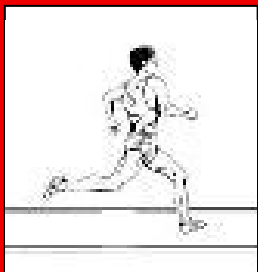


Mid-Atlantic Quarterly



*"I always loved running ... it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."
~Jesse Owens*



NEWSLETTER OF
USATF MID-ATLANTIC
1ST QUARTER / MARCH 2009



SETTING A NEW DIRECTION

For five days in December, Reno became the center of the U.S. track and field world, as delegates from around the nation gathered for the USATF Annual Meeting, and representatives from the Mid-Atlantic were in the thick of it.

The delegates chose a new leader, approved a major restructuring plan, celebrated U.S. athletic triumphs of 2008, and grappled with many other issues.

The Mid-Atlantic representatives each attended different committee meetings and wrote detailed reports. Here is a summary of the big national developments, and the following pages summarize the highlights of the committee meetings. The full reports are on our website, www.mausatf.com.

RESTRUCTURING: The membership voted to restructure the Board of Directors to increase accountability and professionalism. The board will be reduced from 31 to 15 members. Included in those 15 seats are USATF's president; seats nominated by each of six USATF divisions: High Performance, Long Distance Running, General Competition, Youth, Coaches and Officials; three seats for athletes; three independent seats; and one seat for "5E" organizations (such as the NCAA and NAIA); and one seat for USATF's IAAF Council member. USATF CEO Doug Logan said the change will make the organization "more responsible, responsive and

PRESIDENT'S MESSAGE

A. Monique White

professional."

NEW PRESIDENT: Stephanie Hightower, chair of the Women's Track and Field Committee, was elected to a four-year term as USATF president. She succeeds Bill Roe, who was president for eight years. Hightower was elected in a runoff, receiving 328 votes to 300 for USATF Vice President Dee Jensen. Hightower brings a wealth of USATF experience to the presidency and was the women's team manager at the 2004 Olympic Games. She is a former world-class 100-meter hurdler who held several American and world records prior to retiring in 1988.

CRIMINAL BACKGROUND

SCREENING: Starting March 13, USATF is changing to a centralized program intended to be more secure and efficient. All coaches and volunteers who come in contact with youth athletes must submit a background check. To begin the online background check, log on to www.tcllogiq.com/usatf and follow the instructions. Coaches and volunteers pay \$8 for the online background check process, and USATF is subsidizing \$10.

I would like to thank our delegates for their hard work in attending the annual meeting and preparing reports on the event. The meeting has laid a solid

**"Any day
that I'm too
busy to run
is a day that
I'm too
busy."
~John
Bryant**



NEWS: REPORT FROM RENO

Here are highlights of the USATF Annual Meeting in December in Reno, as reported by representatives from the Mid-Atlantic. The full reports are on our website, www.mausatf.com.

Men's Long Distance Running

From Gary Grobman

Topics of discussion included the restructuring plan, the proposed change in the rule against wearing headphones or other audio devices during LRD races, the method of selecting marathon runners eligible for the Olympic Trials, and the site of the 2012 Olympic Trials (a decision is likely by May).

CLUB MEMBERSHIP: New rules will permit a runner to run for a team in a geographical club only if that runner has lived in the geographical area of that club sometime in his/her life.

NUMBERS: Attendees voiced no support for a proposed rules change that would have required participant numbers to be at least 4 inches high.

PROTESTS: There was much more support for changing rules on protests to be consistent with track protests. Currently, road runners have 24 hours to lodge a protest. This is unworkable, because most athletes leave shortly after the race and are not available to provide information to officials. A consensus was reached that this rules change was acceptable.

Women's Long Distance Running

From Dolores Green

NEW CHAIR: Virginia Brophy Achman, executive director of the Twin Cities Marathon, was elected to succeed Elizabeth Phillips as chair.

HIGHLIGHTS: Several WLDR records were broken in 2008. Other highlights included the World Half-Marathon championship in Rio, where a U.S. team of five novice young women finished fourth after starting near the rear of the pack.

EVENTS: 2009 championship events include Bix 7 in July, New Haven 20k on Labor Day weekend, Twin Cities 1 mile in May, and Twin Cities Marathon in October.

OLYMPIC TRIALS: Standards for 2012 have been relaxed at the "B" level with 2:46 marathon, 1:15 half-marathon, and 33:00 10k.

Masters Long Distance Running

From Norman Green

RECORDS: A significant decision reached was that records older than five years that remained pending would be changed to "unvalidatable."

AWARDS: The Masters Long Distance Running Committee made its Athletes of the Year awards in each age group from 40-44 to 95+.

PROCEDURES: The committee received a revised set of Operating Procedures and postponed action until next year in Indianapolis. It also approved my motion

Continued on next page

Continued from previous page

to extend current officer terms until the 2009 annual meeting.

HALL OF FAME: I reported on the Masters Hall of Fame, for which 10 new honorees were named.

Masters LDR / Track and Field*From Gary Grobman*

2008 CHAMPIONSHIPS: A report on the 2008 North Central American and Caribbean Masters Championships on Aug. 28-31 in Clermont, Fla., indicated it was not quite a success. It was hot, humid, and the officiating had problems.

WORLD CHAMPIONSHIPS: The championships will be in Lahti, Finland, July 29-Aug. 8. Athletes were urged to enter before a late fee is assessed starting May 15.

Masters Executive Committee*From Ray E. Feick*

LEADERSHIP: I informed the chair that I resign as East Regional coordinator April 1 due to increased involvement with the Masonic Learning Centers for Children with Dyslexia. I hope to select a site for the outdoor East Regional Masters Championship prior to April, which will provide a favorable starting position for the new East Regional coordinator.

CHAMPIONSHIPS: The 2009 Masters Indoor Track and Field Championships will be March 20-22 at Landover, Md. The outdoor championship will be July 9-12 at Oshkosh, Wisc. The outdoor meet was originally scheduled for Clermont, Fla.

PROPOSALS: A proposal to have a team race walk championship was rejected. The weight throws pentathlon was reviewed and the new guidelines were approved along with the specs for the 98, 200 and 300 pound weights. The committee recommended that the weight throw be included in the 2009 National Outdoor Championship. NOTE: We have offered the Weight Throws Pentathlon

Continued on next page

"Runners just do it – they run for the finish line even if someone else has reached it first."

~Author Unknown

**OFFICIALS – HAVE YOU RECERTIFIED?**

I know, I know, you are tired of hearing the message, but if you want to remain current as a USATF official and you have not recertified, you need to do it now. If your photo ID does not say 2009-2012 you are not currently in good standing. Information and the application form can be downloaded on our website, www.mausatf.org, in the official's link. If you prefer a hard copy of the application you can either call me at 610-489-4320 (nights) or drop me a note at 133 Spruce Lane, Collegeville, PA 19426.

Rule books: I have a limited number of 2009-2010 NCAA rule books for purchase (\$10) and 2008 USATF rule books (the basis for the recertification tests). The 2009 USATF rule books are also available for \$15. A rule book, either the 2008 or 2009 version, comes at no cost with recertification, so let me know which version you would like when you recertify.

Ken Meyer, Chair, Mid-Atlantic Officials Committee

"Most people run a race to see who is fastest. I run a race to see who has the most guts."

~Steve Prefontaine



Continued from previous page

for eight years at Albright College and hopefully in 2010 or 2011 we may bid for these two National Championships. I proposed the Throw-A-Thon as a national Championship event. The group approved the TAT as a National event and in two years I'll probably return to seek National Championship status.

HALL OF FAMER? On a personal note, it was announced that I will be a candidate for the Masters Hall of Fame in 2009.

Masters Regional Coordinators

From Ray E. Feick

EAST REGION: I presented a report of the East Regional activities for 2008 and informed the group that the 2009 East Regional and Mid-Atlantic Masters Track and Field Indoor Championships would be held March 8 at Ursinus College in Collegeville, PA.

EVENTS: The report said 125 Master athletes participated in the 2008 Mid-Atlantic Outdoor T&F Championship at Widener University and 135 athletes were at the Mid-Atlantic 2008 at Ursinus College.

SCHEDULES: We reviewed schedules for Master athletes, and it is evident we provide more meets than most associations and our Philadelphia AC.

Youth Athletics

From Carolyn Griggs

YOUTH REPRESENTATION: A Youth Advisory Group was formed to consider policy, calendar and conflicts, considering that 62% of USATF members are aged 18 and under.

ONLINE REGISTRY: There will be mandatory on-line meet entry/registering processing for all Youth Association/Regional meets.

Race Walking Committee

From Edwin H. Richardson

JUDGING: Problems for race directors were discussed at length. There is great difficulty in getting enough certified judges. Poor and inconsistent judging often results unqualified athletes qualifying for national races instead of better athletes.

1K COURSES: The committee discussed the new IAAF and other races that are on 1K courses rather than the internationally accepted 2K courses. The committee felt that the shorter courses were exceptions rather than the rule and voted to not change the preferred course length for 20K and 50K races.

PAN AM CUP TRIALS: The trials will be March 29 in Phaar, Texas, and will offer training and testing for IAAF Level I Officiating certificates.

TALENT ID: The talent ID program and junior camps will continue in 2009 to attract more 15- through 26-year-old athletes. The hope is that more college coaches will allow their lower level athletes to try the sport.

ELITE ATHLETES: An "Elite Athlete Sub-Committee" was formed to address specific issues related to elite athletes, such as mentorship, coaching, grants, sponsorship, training facilities for strength, conditioning and nutrition, and

Continued on next page

Continued from previous page

psychological support. Mid-Atlantic region delegate and club Coach Edwin Richardson will be a member.

Awards

The following individuals from Region II were recognized: U.S. Track Meet Directors Association, Meet Director of the Year Award: Dave Johnson of Penn Relays. Junior Women: Catherine Davis of S.E. Pennsylvania AC, National Youth Chair's Award: Bob Jackson of Morris Estate Track Club in Philadelphia.

East Regional Meeting

From Gary Grobman

SITES: Discussion began on the difficulty of selecting sites for the Eastern regional outdoor and indoor championships. Ray Feick, East Region coordinator, said that Joel Dubow announced his intention to capture the national indoor championship in Landover.

GRANTS: Ray also said he has USATF grants available for up to \$500 for associations to hire consultants to put in clinics for Masters competitors.

Officials Committee

From Kenneth Yerger

MENTORING: The Officials Committee affirmative

Grants Available

The USATF's Associations Grant Program gives local associations the ability to tell USA Track & Field where they need money to begin new programs, expand current ones, or to enhance their local infrastructure. The total allocation is \$20,000 for 2010. The deadline to apply for a 2010 grant is May 31, 2009. Approved applications will be announced in September. For more information, go to <http://www.usatf.org/mgmt/assoc/forms/> and click on the link "2010 Grant Application."

development sub-committee finalized a brochure for mentoring. The brochure will be sent to all of the association certification chairs to encourage them to create a mentoring program to bring in more diversity into the officiating ranks.

TRAINING: Monique White and I were appointed co-chairs of the training subcommittee outreach group. The group is charged with developing materials for recruiting and encouraging non-certified volunteers, helpers, etc. into becoming certified officials. The group also oversees the officials exchange program with Great Britain, which is in its third year.

Continued on next page

Bob Fine: Remembering A Masters Pioneer

Longtime USA Track & Field volunteer and contributor Bob Fine of Delray Beach, Fla., was struck and killed by a car while jogging on Dec. 3 in Reno, where he was attending the annual meeting. He was 77.

Norman Green conducted a brief memorial service to honor Bob, and said his death cast a pall over masters throughout the week.

Ray Feick, a friend of Bob's for over 20 years, said: "Bob has been active in the Masters program since its inception-as a lawyer he was instrumental in preparing many documents. Bob attended every WMA competition and was extremely active in the formation of our Masters organization."

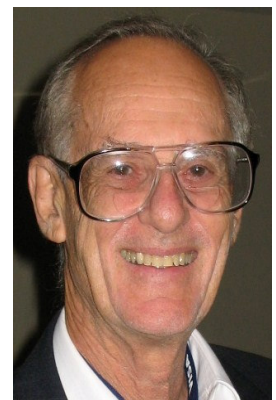


Photo courtesy
Phil Raschker

Continued from previous page

Ethics Committee

From Gary Grobman

The committee discussed changes to the ethics code to streamline the process for complaints and appeals, and a possible whistleblowing policy.

Associations Committee

From Dolores Green

Karen Krsak of Ohio was elected chair to succeed Alan Roth. She reported on a survey answered by 15 associations. Topics of discussion included budgets, facility rentals, securing and keeping volunteers, grievances not handled in a timely fashion, and assistance from stronger associations to weaker ones.

Membership / Insurance

From Edwin H. Richardson

CERTIFICATION: An issue was raised about the policy of requiring USAF certified judges to also join the USATF in order to judge at competitions. The problem was that most judges are only interested in high school meets and view the additional cost as unnecessary.

INSURANCE: An equally important issue was raised about a new insurance policy for certified officials as a "Gap" policy especially for meets unsanctioned by the USATF. Without sanctioning, the officials could have liability exposure without a policy protection

DO YOU HAVE AN URGE TO HELP?

USATF Mid-Atlantic has a very long history, having survived the transition from AAU, to TAC, to USATF. Across the years, however, its membership has fluctuated greatly – high when Boston and New York marathons required USATF membership, low when the Youth JO national T&F championship is on the West Coast. We ended 2008 with 2,151 members, 38% less than the membership of 1997.

LEADERSHIP NEWS
Norm Green

Not only do we have fewer members, but also we have far fewer persons taking leadership roles. Quarterly meetings of the association used to draw five to eight times the attendees that now make the effort to participate. And, committee chairs or officer positions now are often held by a smaller number of persons. Currently, **by default**, I hold four positions when I would much prefer to hold two at most.

I told the Executive Committee in February that I will step aside from these positions (Financial Secretary, Membership Chair, Awards Chair, and LDR Chair) no later than the end of 2010 and preferably much sooner. However, I do not want to leave USATF Mid-Atlantic in the lurch.

To prevent a major disturbance in our operation, others must step forward and volunteer to serve – a counter-intuitive move in the current national climate. If you have the urge, if you see yourself as possessing the necessary time and/or skills, our president A. Monique White and our Executive Committee would very much like to speak with you.

Officials Training Clinic

The Mid-Atlantic Association of USATF needs certified officials! If you are interested in becoming an official, but have not taken the step for certification, here is an opportunity to be trained by the best officials in the United States.

A Training Clinic for officials will be offered April 21-25 at the Penn Relay Carnival. The clinic includes hands-on training and leads to full certification as a USATF official.

Anyone who is interested should contact Harold B. Adams: 610-270-3946 (home), 610-272-6069 (fax), e-mail: haroldadams@verizon.net

TIME TO PASS THE BATON

At the Feb. 23 meeting of the LDR committee, I announced my intention to retire as both chair and LDR committee member effective Dec. 31, 2009. Having led the LDR program of USATF Mid-Atlantic for the past 25 years, and having initiated the Grand Prix circuit of road races 19 years ago and the Off-Road Series seven years ago, I confess to some late-stage fatigue and the belief that it is time for a generational leadership change.

LDR NEWS
Norm Green

As I approach my 77th birthday in June, as I overcame prostate cancer in 1996 and an ascending aortic aneurysm in 2007, I find that the health issues have not been limited to either of those life-threatening matters but rather pile on in so many other body parts or issues. I am spending too many days/hours this year dealing with health. When medical professionals advised me to stop racing in the spring of 2007, I stopped. When they consequently advised that I stop running altogether this spring, I stopped (though far more reluctantly). However, that means any and all stresses in life no longer can be discharged through running. I may save time (a couple of hours a day) by not running. But my quality of life is taking a beating.

The USATF Mid-Atlantic LDR committee includes 12 members (nine elected and three appointed by the president). Elections for sports committees, including LDR, take place Aug. 26. Nominations for the committee will be sought a couple of months before that date — and one can self-nominate. Following Aug. 26, the new LDR committee will select its chair to succeed me.

Competition Update

The 2009 Off-Road Series began with the Ugly Mudder 7.25 mile Trail Run on Feb. 22. We had 52 members finish the race among the 707 who mastered the always-challenging course. Greater Philadelphia Track Club stands on top of the Club Challenge, ahead of three other scoring clubs.

The road Grand Prix Circuit for 2009 was off to a great start in Wilmington (the 46th annual Caesar Rodney Half Marathon), where 108 Mid-Atlantic runners finished out of the 1,418 total. Six days later we had 85 members out of 601 finishers complete the Adrenaline 5k Run in Haddonfield. Our perennial leader, South Jersey AC, kept its hold on first place in the Club Challenge among nine scoring clubs.

Age-graded scoring leaders among the women include: Doreen McCoubrie, Joy Hampton, Carolyn Bujak, Deborah Compton and Laura Onderko. For the men, leaders are: Patrick Boyle, Jim Sery, Kent Prizer, David James and James Berger.

***"It is true
that speed
kills. In
distance
running, it
kills anyone
who does
not have it."
~Brooks
Johnson***



OBITUARIES

Madeline Willette: A Life Well Lived, A Job Well Done

Madeline Willette, a veteran of the youth track and field scene in the Mid-Atlantic area for almost 40 years, passed away March 13 after a brief but aggressive battle with cancer. She was 57.

Her powerful and positive influence as a teacher and coach touched thousands of young people – many of them the children of children she taught and coached years ago. Her smiling, friendly face will always be remembered.

Madeline was head coach of the Philadelphia Express Youth Association and was widely known for administering the club's cross country series each fall at Belmont Plateau, Fairmount Park in Philadelphia.

She was a charter member and the current treasurer of the United Age Group Track Coaches Association. Since she generally handled athlete registration at UAGTCA-sponsored meets, she was familiar to almost every participant.

Her love of sports and especially for the kids she coached made her very special. She was a kind and unselfish person who only wanted the best for her charges.

A lifelong Philadelphian, she held Philadelphia Eagles season tickets for 20 years and



could be seen at many high school and college basketball games as well.

Madeline began her teaching career with the Archdiocese of Philadelphia in 1973 at Hallahan High School and Roman Catholic High School. She began teaching English at St. Maria Goretti High School for Girls in 1981 and continued teaching at the newly merged school of SS John Neumann and Maria Goretti until her death. Ms. Willette was respected and loved by both her students

and colleagues.

As a teacher, Madeline was a quiet but firm presence in the classroom. She shared her love of literature with her students using varying forms of presentation to maintain their interest. Her enthusiasm for her subject was contagious.

Ms. Willette will be missed by her colleagues at Neumann-Goretti because of her talent for listening and never judging and for her patience and understanding. She was a good and loyal friend.

Madeline is survived by her sister, Mercedes Bell; two nephews, Nicholas and Marcus Bell; a great-niece, Mariah Bell, and a host of family and friends.

From Ron Jackson

Phyllis J. Martin: Longtime Track And Field Official

Phyllis J. Martin, a longtime track and field official who was assistant tournament director for the New Jersey Association for 10 years, died on Feb. 28 at home in Rodanthe, N.C. She was 69.

Phyllis was a longtime resident of Palmyra, N.J., and graduated from Palmyra High School Class of 1957. She officiated at sectional competitions, group meets and champions indoor, outdoor and cross-country and field events. She served as a judge at collegiate level in the discus, hammer and turbo javelin competitions at the Penn Relays and at many New Jersey State College Championships. For her officiating, she received recognition at the Woodbury Relays. She was awarded the Richard Johnson-Martin Pocius award



from the New Jersey Track and Field Association. She was a member of the Southern Chapter of New Jersey Track and Field Officials.

Phyllis was employed in the sales service department at Midgey Realty and Gray Investments in Rodanthe. She was a member of the Hatteras Island Order of the Eastern Star, secretary of Chicamacomico Banks Volunteer Fire and Rescue Department, and treasurer of the U.S. Lifesaving Service Living History Association.

She is survived by her husband, Warren C. Martin, Jr.; four children and eight grandchildren.

Weber Funeral Home of Riverton, N.J. had charge of the arrangements.

RESULTS: Mid-Atlantic Indoor Youth Championships

Here are the winners in each event at the championships held Feb. 22 at Lehigh University.

For a complete list of the results, visit www.mausatf.org.

1500 METERS

Bantam Boys: Jerry Noel, Juventus 6:00.2
 Intermediate Boys: Ryan White, West Chester TC 4:36.8
 Midget Boys: David Hall, Wilmington TC 5:22.2
 Midget Girls: Ana Malhotra, Wilmington TC 5:45.2
 Sub-Bantam Boys: Stanley Stfleur, Juventus 6:00.6
 Young Women: Marielle Hall, Juventus 4:59.9
 Youth Boys: Demond Brunache, Juventus 5:06.7

800 METERS

Bantam Boys: Christopher Giles, Running Rebels Youth 3:12.6
 Intermediate Boys: Khalil Taylor, Juventus 2:15.5
 Midget Boys: David Hall, Wilmington TC 2:49.9
 Midget Girls: Ana Malhotra, Wilmington TC 2:51.5
 Sub-Bantam Boys: Stanley Stfleur, Juventus 3:00.5
 Young Men: Abram Albert, Unattached 2:15.8
 Young Women: Marielle Hall, Juventus 2:21.0
 Youth Boys: Demond Brunache, Juventus 2:36.1

400 METERS

Bantam Boys: Bailey Krall, Unattached 1:17.6
 Bantam Girls: Halimah Roberson, Wilmington TC 1:17.5
 Intermediate Boys: Diamere Nabinett, Unattached 56.2
 Intermediate Girls: Arielle Latourette, Unattached 1:06.9
 Midget Boys: Dalind Wilson, Appoquinimink Rockets 1:17.4
 Midget Girls: Jenny Bellefleur, Juventus 1:06.1
 Sub-Bantam Boys: Steven Stfleur, Juventus 1:27.6
 Sub-Bantam Girls: Sierra Stewart, Appoquinimink Rockets 1:47.6
 Young Men: William Martin, Juventus 54.0
 Young Women: Amber Stephan, Unattached 1:02.5
 Youth Boys: Tim Pechart, Unattached 59.8
 Youth Girls: Eunide Stfleur, Juventus 1:11.1

200 METERS

Bantam Boys: Jaleel Rhodes, Southwest TC 33.0
 Bantam Girls: Halimah Roberson, Wilmington TC 30.8
 Intermediate Boys: Diamere Nabinett, Unattached 23.6
 Intermediate Girls: Shannon Daniels, Unattached 29.4
 Midget Boys: Dawkon Autry, Christy Chargers 30.3
 Midget Girls: Jenny Bellefleur, Juventus 27.1
 Sub-Bantam Boys: Adrian Darien, Remington Flyers Track 35.7
 Sub-Bantam Girls: Jada Thompson, Remington Flyers Track 36.5
 Young Men: William Martin, Juventus 24.4
 Young Women: Aprica Bullock, Juventus 27.4
 Youth Boys: Raequan Williams, The Athletes Academy 27.9
 Youth Girls: Khiyana Guity, Southwest TC 29.8

55 METERS

Bantam Boys: Jaleel Rhodes, Southwest TC 8.6
 Bantam Girls: Halimah Roberson, Wilmington TC 8.1
 Intermediate Boys: Brandon Jones, The Athletes Academy 6.7
 Intermediate Girls: Arielle Latourette, Unattached 7.8
 Midget Boys: Jamal Wing, Appoquinimink Rockets 8.5

Midget Girls: Jenny Bellefleur, Juventus 7.6
 Sub-Bantam Boys: Samiere Young, Christy Chargers 9.3
 Sub-Bantam Girls: Imani Thompson, Remington Flyers Track 9.5
 Young Men: Dante James, The Athletes Academy 6.8
 Young Women: Aprica Bullock, Juventus 7.6
 Youth Boys: Raequan Williams, The Athletes Academy 7.0
 Youth Girls: Saanyae Mcnish, Christy Chargers 8.1

55 METER HURDLES

Young Women: Amber Stephan, Unattached 10.0
 Youth Girls: Deborah Dantzler, Remington Flyers Track 10.1

HIGH JUMP

Bantam Girls: Nyah Firmin, Remington Flyers Track 3' 6"
 Midget Girls: Barbara Dalton, Remington Flyers Track 3' 10"
 Young Men: Gereal Johnson, The Athletes Academy 5' 2"
 Youth Boys: Vinny Esposito, Vertical Assault 5' 1 3/4"
 Youth Girls: Deborah Dantzler, Remington Flyers Track 4' 6"

LONG JUMP

Bantam Boys: Koran Lockhart, Southwest TC
 Intermediate Boys: William Smiley, The Athletes Academy 14' 7 1/2"
 Intermediate Girls: Shannon Daniels, Unattached 14' 11"
 Midget Girls: Deja Davenport, West Chester TC 8' 8"
 Sub-Bantam Boys: Shon Nelson, Southwest TC 8' 2 1/2"
 Sub-Bantam Girls: Ciera Gass-Ross, Southwest TC 4' 7"
 Young Women: Jasmine Pitt, Southwest TC 11' 7"
 Youth Boys: Raequan Williams, The Athletes Academy 16' 5 1/2"
 Youth Girls: Khiyana Guity, Southwest TC 11' 3"

POLE VAULT

Intermediate Boys: Alex Moore, Vertical Assault 7' 0"
 Intermediate Girls: Vanessa Munley, Vertical Assault 10' 0"
 Young Men: Drew Williams, Vertical Assault 11' 6"
 Young Women: Courtney Markow, Vertical Assault 10' 6"
 Youth Boys: Vinny Esposito, Vertical Assault 8' 6"

SHOTPUT

Bantam Boys: Habib Dixon, Remington Flyers Track 5.50m
 Intermediate Boys: Ronald Martin, The Athletes Academy 9.45m
 Intermediate Girls: Stephanie Perez, Remington Flyers Track 6.36m
 Midget Boys: Nazr Roberson, Wilmington TC 6.19m
 Midget Girls: Nijera Manuel, Remington Flyers Track 9.64m
 Youth Boys: Jason Coon, Unattached 10.47m
 Youth Girls: Imani Forde, Remington Flyers Track 9.71m

4X200 RELAY

Bantam Boys: Southwest TC 2:53.9
 Intermediate Boys: The Athletes Academy 1:47.5
 Midget Girls: Remington Flyers Track Team 2:15.7
 Sub-Bantam Boys: Southwest TC 2:41.9
 Sub-Bantam Girls: Remington Flyers Track Team 2:38.5
 Youth Girls: Remington Flyers Track Team 1:59.4

CALENDAR

Upcoming Events

- April 4: Diamond State Relays (outdoor T&F), Wilmington, DE
April 5: New Hope-Solebury 5K Spirit Run New Hope, PA
April 11: Crispus Attucks Early Learning Center 4 mile Run (4 mile) York, PA
April 11: Philadelphia Distance Classic (outdoor T&F), Philadelphia, PA
April 11: T&FCA of GP Inc Relay Meet (outdoor T&F), Drexel Hill, PA
April 17: Twilight Relays (outdoor T&F), Bear, DE
April 19: Black Sheep Run (5 km), Warminster, PA
April 19: Valley Forge Revolutionary 5 Mile Run, King of Prussia, PA
April 19-25: Penn Relays Carnival Philadelphia, PA
April 26: Black Sheep 5K Run, Oaks, PA
April 26: Univest Capital 5k, Bensalem, PA
May 2: First State Invitational (outdoor T&F), Bear, DE
May 2: UAGTCA Outdoor Development Meet #1 (outdoor T&F), Philadelphia
May 3: Broad Street Run & Expo (10 mile), Philadelphia, PA
May 8-9: New Castle County Championships (outdoor T&F), Wilmington, DE
ONLINE: For full list of USATF-sanctioned events, visit www.mausatf.org.

Upcoming Meetings

MID-ATLANTIC ASSOCIATION QUARTERLY MEETINGS

Villanova University, 7:30-9 p.m.

June 24

Sept. 23 (Annual Meeting)

Dec. 16

USATF Mid-Atlantic Executive Committee

A. Monique White – President

Mike Hemsley – Vice President

Norman Green – Financial Secretary

Ken Yerger – Secretary

Harold Adams – Treasurer

Mike Hemsley – L&L Chair

Bob Delambily – B&F Chair

Norman Green – Membership

Celeste Battle – Youth

Ed Callahan – Past President

About USATF Mid-Atlantic

Mid-Atlantic is the local association for USA Track & Field (USATF), which is the National Governing Body for track and field, long-distance running and race walking in the United States.

USATF Mid-Atlantic serves the State of Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon, and Bedford counties, and the State of Delaware, as well as our membership in New Jersey.

USATF MID-ATLANTIC

PO Box 662

Southeastern, PA19399-0662