



USATF Youth Division Newsletter

Spring Edition

May 2019

Issue 1

A Message from the Youth Division's News & Communications Subcommittee...

Welcome to the first edition of our quarterly newsletter! The newsletter was created to provide additional information on USATF policies, rules and procedures and better recognize and celebrate the USATF Youth constituency. With over 80,000 youth members, close to 3000 youth clubs, and countless coaches, volunteers, and administrators, we felt it extremely to become better communicators and play an integral role in improving the member experience. Inside you'll find a mixture of news, special features and regular columns on a wide variety of youth-related topics. We'd love to hear your feedback on this first issue. Feel free to offer content by emailing youth@oregon.usatf.org. You can also contact your Association Youth Chair, Regional Coordinator, or Zone Representative for more information on USATF Youth Programs and events. Contact information can be found by visiting the [USATF Youth Directory](#).



LOOKING FOR A CLUB?



If you're competing unattached and looking for an opportunity to train and compete in a team environment, many communities are home to USATF youth clubs, which often feature coaching and additional support. Find a club [here](#), then check the right column on the web page to see if they support youth (designated with a Y). Contact information for those clubs and a link to their website is also provided.

ATHLETE SPOTLIGHT

Athing Mu - Trenton Track Club, Trenton NJ



At 16, Athing Mu won a national championship. Not a youth or Junior Olympic title, but a national championship. And she set an American Record of 1 minute, 23.57 seconds to achieve the unthinkable in the women's 600-meter final at the 2019 USATF Indoor Championships.

Mu, a high school junior from Trenton, New Jersey who turned 17 in March, arrived at the Ocean Breeze Athletic Facility in Staten Island in February with some momentum. She ran 1:27.36 in the 600 at the Millrose Games, and clocked 52.55 in the 400 and 2:03.98 in the 800 earlier in the 2019 indoor season. While she entered the 2019 USATF Indoor Championships as an athlete to watch, few expected the record-setting performance in the 600 final.

"I'm super shocked. At first when I was taking a picture next to the timing, I thought it was just another high school record," Mu told [Runner's World](#). "I looked back and it said 'AR' and I also didn't see the time, 1:23, so I was just like oh my gosh, it's crazy. It literally brought me to tears."

To do it, Mu first posted the top preliminary time and a personal best and America high school record of 1:26.23 to put pre-race favorite Raevyn Rogers on notice. Her Trenton Track Club coach, King Jennings, said he predicted it would take 1:24.9 or 1:25 to win the championship, but Mu took it to another level and outkicked Rogers, who finished in 1:24.88.

The previous American Record was held by Alysia Montaño at 1:23.59. Mu's time was just shy of the world record of 1:23.44, set in 2004 by Russia's Olga Kotlyarova.

2019 Competition Rule Updates and Clarifications



With association, regional and national outdoor track and field championship events on the horizon and approaching quickly now is an ideal time to review rule changes or updates to ensure youth clubs, coaches, athletes, and officials are adequately prepared.

If you don't have a hard copy, the [2019 USATF Competition Rule Book](#) is available online in a PDF format.

Please review the list of 27 items below by referencing the rule book and remember most are existing rules that have been changed or updated for clarity. The entire rule book governs the sport and if a rule does not specifically have an exception for youth, it should be followed in its entirety if applicable to the event.

1. 163.6 (b) – Leaving competition area.
2. 180.11 – New rule added. Makes distinction between track events and field events. Provides additional clarification to 163.6(b).
3. 166.2(h) – Determining heats and advancement – changes made to the tables. Rule now includes tables for 800, 1500, 3000, 5000 and steeplechase.
4. 170.16 – Retrieving a dropped baton – Note: No longer disqualification to leave the track or lane.
5. 180.12(e) – Table initiating field event attempt. Youth time is 1 minute for high jump.
6. 230.3(f) – Chief race walk judge red card and DQ.
7. 230.3(j) – Pit lane considerations.
8. 302.3(a) – Entering youth relay.
9. 302.3(d) – Youth relay uniforms – clarity to include religious beliefs.
10. 302.4(a) – Specifications for youth hurdles events
11. 303.1(d) – Advancement in the 800 at National Youth Championships

12. 303.1(e) – The 1500 at National Youth Athletics and Junior Olympic Championships – clarity on rounds. Also includes 13-14 and older.
13. 303.1(f) – Youth events in 2000 meters and longer – clarity on rounds
14. 303.1(g) – 100, 200, 400, 80H, 100H, 110H at National Junior Olympics – clarity on rounds.
15. 303.1(h) – 200H and 400H at National Junior Olympics – clarity on rounds.
16. 303.1(i) – Forming heats in youth athletics – this is a clarification on when rules 166.1 through 166.6 (hand times) apply. Tables may be used in meets other than National Youth Championships.
17. 303.2(b) – When heats are unnecessary in youth athletics – clarity on running events as finals.
18. 303.4 – Advancement at the National Youth Athletics Championships – wording no longer includes 800.
19. 304.4 – Transponder & chips in youth cross country – clarification to the finish.
20. 305.2 – Youth Indoor Championships qualifying procedures – text removed.
21. 306.1(c) – Junior Olympic preliminary meets – provide intent of preliminary meets and the advancement.
22. 306.1(e) – Advancement to National Junior Olympic Championships through extraordinary circumstances – clarifies procedures for approval.
23. 306.1(f) – Advancement to Regional Junior Olympic meets – clarification for advancement to include all Associations.
24. 306.1(g) – Athletes affiliation within the Junior Olympic Program – new addition and refers to participation of unattached and club athletes.
25. 306.2(b) – Youth National heptathletes and decathletes advancing to National Junior Olympics – adds the events to the list for automatic advancements from certain championships.
26. 306.2(d) – Qualifiers from Regional to National Junior Olympic Championship – clarifies that moving up athletes is not allowed.
27. 306.4 – Entry and awards info for the Junior Olympics – information referenced in the Training and Development manual.



The 2019 USATF outdoor season is underway! Athletes are sure to set some amazing marks and we want to make certain you are aware of the criteria for obtaining a youth record. We have compiled a “Top 5” list to assist with the process. Questions about submission and a complete set of guidelines can be directed to Youth Records Chair, Denise Smotherman at smotgnd52@earthlink.net

TOP 5 LIST

1. Completion a USATF record application signed (Track or Field Referee) in all the required fields.
2. Current USATF membership and a US citizen.
3. USATF sanctioned event with USATF certified officials.
4. Proper Equipment:
 - Track: FAT, Wind Gauges for 200m and under, TJ, LJ, Finish Line Photo
 - Field: Steel Tape, 3 official signatures
5. Official printed results

Typically, a meet director forwards the completed application, but it can be submitted by Youth Chair, Region Coordinator, and Head Coaches. Coaches know when their athlete is in record territory and should make the meet directors aware of the potential record attempt to all of the necessary components are in place.



REGIONAL CHAMPIONSHIPS

2019 USATF Region Championships serve as the qualification events for advancement to the [USATF Hershey National Junior Olympic Track & Field Championships](#) set for July 22 – 28th in Sacramento, CA. Visit the applicable competition website or contact your regional coordinator to learn about the competitions.

Region 1:

July 11-14, 2019

Hosted by Long Island Association (TBA)

William Mongovan

203-722-1276

Region 2:

July 11-14, 2019

Slippery Rock University - Slippery Rock, PA

Cindy Long

724-941-5639

Region 3:

July 5-8, 2019

Prince Sports and Learning Complex – Landover, MD

Henry McCallum

301-322-7356

Region 4:

July 4-7, 2019

Winthrop University – Rock Hill, SC

Thaddeus Sligh

864-230-3995

Region 5:

July 5-7, 2019

University of Louisville - Louisville, KY

Jason Hudson

440 -343-3458

Region 6:

July 11-14, 2019

Meridian High School - Meridian, MS

Mary Birdwell

205-919-2825

Region 7:

July 11-14, 2019

Joliet Memorial Stadium - Joliet, IL

Brenda Kimbrough

847-782-9716

Region 8:

July 4-7, 2019

Fargo South High School - Fargo, SD

Rubin Carter

402-203-9190

Region 9:

July 4-7, 2019

Catoosa High School - Catoosa, OK

Carma Robinson - Kendall

816-695-3142

Region 10:

July 4-7, 2019

Mesa Community College - Mesa, AZ

Liza Mascarenas

505-550-9887

Region 11:

June 20- 22, 2019

Montana State University - Bozeman, MT

Florence Erickson

208-454-1179

Region 12:

July 9-13, 2019

Clark Stadium - Fort Worth, TX

Lionel Johnson

210- 365-4352

Region 13:

July 4- July 7, 2019

Mt. Tahoma HS – Tacoma, WA

Jeffrey Hoskins

541-606-2793

Region 14:

Saturday, July 13, 2019

Fresno Pacific University – Fresno, CA

David Lawrence Jr

916-207-8842

Region 15:

June 21-23, 2019

Coronado High School - Henderson, NV

Hillary Miller

702-561-7370

Region 15 Multi Event Championships:

July 13-14, 2019

Las Vegas, NV

Hillary Miller

702-561-7370

Pacific Association/Region 16 Championships:

July 5-7, 2019

Modesto, CA

David Lawrence Jr

916-207-8842

Pacific Association/Region 16 Combined Events Championships:

July 13-14, 2019

James Logan HS – Union City, CA

David Lawrence Jr

916-207-8842

USATF POLICIES

The following USATF policies have been updated in 2019. Make certain you know the changes and how they affect your athletes, parents, coaches, teams and USATF Experience.

- [USATF SafeSport Program](#)
- [Youth Coaches Registry](#)