



NORTH CAROLINA

Compete | Have Fun | Make Friends | Repeat

WE ARE NCUSATF

NCUSATF Board

Members (some appointed positions are still TBD)

Roderick Bell	President
Dr. Al Davis	Vice President
Lynn Charlton	Secretary
Teresa Harvey	Treasurer
George Williams	Men's T&F
Marla Lindsay	Women's T&F
Tamika Newsome - Brown	Masters T&F
James Carter	Youth
Jordan Zwick	Men's LDR
Jennifer Zwick	Women's LDR
Jordan Zwick	Master's LDR
Michael Roth	Race Walk
Jordan Zwick	Budget and Finance
Cynthia Wyrick-Carrington	Bylaws and Rules
Mike Lawson	Coaches Advisory
Donnell Mitchell	Member Services
Michael Roth Committee	Nominating
Doug Starkey	Officials
Vince Gunter	Planning
Dr. Neville Wood	Records
Tecla McFadden and Manteo Mitchell	Sanctions, Standards and Evaluation
James Carter	Athlete's Advisory
Don Lein	Athlete's Advisory
Roy Thompson	Athlete's Advisory
Victor Swepson	At-Large
Omar Beasley	At-Large
Mechelle Mumford	At-Large
Donnell Mitchell	At-Large



Presidents Corner (Roderick Bell)

Greetings NCUSATF:

As a Board, our goal is to ensure the value of membership to the Association, while enhancing member satisfaction. With this in mind, in an effort to continue growing and improving our Association, we would like to announce a few things that will drive our Association forward in better collaboration with the USATF. We are joining efforts with USATF to implement a Growth To Impact program. The Growth to Impact solely intended to identify the needs and assist in the development of programs and ideas that will continue the membership growth within the respective Association. We will start by enhancing our website and recognizing our athlete, coaches, volunteers, and officials. Be on the lookout for that.

As you can see, in addition to the changes that will be coming, in we have revamped the look of our newsletter. This started back in October 2021 and received good feedback. We will continue to have this sent electronic delivery.

Thank you to each one you for supporting our Great Association.

#WEARENCUSATF



NC USATF Junior Olympic Association Championship

This year the 2022 NC USATF Junior Olympic Association Championship was cancelled due to low entries. All of the athletes that did enter will be advanced to regionals which will be held July 7-10, 2022 at Rock Ridge High School, in Ashburn, VA. I am hoping that many of our association teams get a chance to compete in this great championship, and move on to Nationals (Sacramento, CA) and show USATF what North Carolina has to offer.



SHAWNTI JACKSON breaks breaks US HS 60m record with a 7.18

The Raleigh Wakefield (NC) junior, 16, broke the all-time 60m mark on Saturday at the Millrose Games in New York City, finishing third in a women's professional field in a time of 7.18 seconds. The indoor mark is also now a new age group world record and a national junior class mark.

Previously, the former record had been set in 2004 by Liberty's (DC) Ashley Owens and then replicated in 2020 by a 16-year-old Tamari Davis, who later turned professional as a junior in high school.

Congrats to Shawnti Jackson on her accomplishments.

NORTH CAROLINA OPEN AND MASTERS ASSOCIATIONS CHAMPIONSHIP

The Open and Masters Championship was held in conjunction with the James Carter Invitational June 11th, 2022. Some of the top performers were:

Women

Ericka Charles won the women's 400M and 800M

Stephanie Taylor won the 200M

Anne Sluder won the High Jump and 110H and Long Jump

Teteath Snoh won the Shot Put and Discuss

Zykharia Roper won the Javelin

Men

Corey Johnson Jr won the 100M and 200M

Delante Burse won the 400M

Michael Jones SR won the 100H

Sean Kalawan won the 400H

Christopher Mciver won the High Jump

Phil Caraher won the Shot Put

Timothy Cozart and Parley Gentry tied for first place for the Discuss

Parley Gentry won the Javelin Throw

Congrats to the winners and great job to all those that participated.

**Updated Return to Competition COVID Information:**

As of 4 March, events are now divided into two tiers which will greatly assist associations in hosting local events.

Effective immediately this is a significant update, and you are encouraged to review the entire document. Click on the link below for the full update: <https://www.usatf.org/covid19/logistical-information-and-guidance-for-event-directors-and-local-organizing-committees>. Events are now divided into two (2) tiers and the key items relevant to the hosting of these events:

Tier 1 Events are defined as - USATF National Championships events across all divisions (Youth, Masters, Open, etc.), events which qualify for a USATF National Team, and USATF Journey to Gold meets.

Tier 1 events follow the current USATF Event Hosting Guidance as they related to COVID protocols (which will continue to be updated as we progress through the pandemic). The rationale is participation in these events is "required".

The national office will evaluate each event's requirements up to two weeks in advance.

Tier 2 Events are defined as – ALL OTHER EVENTS (*Association/Region Championships that serve as JO Qualifiers and Association accreditation required disciplines such as local track meets/road races, etc.*)

Tier 2 events follow State and Local guidance/rules in the locality of the event, unless there is active community spread of COVID-19. The rationale is participation in these events is up to an individual's or parent's own assessment of risk, relative to the rules in place in the locale.

Restricted Volunteer Waiver Program for Event Volunteers

Several years ago as part of our SafeSport efforts, we developed a restricted volunteer waiver program where those volunteering at events who have less interaction with athletes and serve in capacities such as rakers, implement retrievers, hurdles crew, etc., do not need to have complete SafeSport training or a background check. These volunteers do need to complete an application process and have their registration forms uploaded to our national RVWP database. As we thaw from COVID and begin to host events once again, it's important all our event volunteers are either 3-step compliant, or part of the RVWP. [Click here for detailed information and registration forms.](#)

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NCUSATF AWARDS CEREMONY:

NCUSATF will be hosting another Awards Ceremony to celebrate those in our association. We are looking at January of 2023. This gives us the opportunity to get through 2022 indoor season and outdoor season. I have tagged Vince Gunter as the chair for this committee. More information will be shared as the committee solidifies plans.

Three coaches from North Carolina, selected for the USATF Staff for Eugene

USATF announced the Team Staff for Eugene and 3 North Carolina coaches were selected:

Allen Johnson - Asst. Coach - Sprints/Hurdles Raleigh, North Carolina

Shawn Wilbourn - Asst. Coach - Throws/Multis Hillsborough, North Carolina

Demetria Davis - Combined Event Manager - Fayetteville, North Carolina

Let's congratulate them all.

National Championship Mentorship Grant



Our very own Marla Lindsey received The National Championship Mentorship Grant. This unique mentorship program will provide an up close and personal experience of the strategies, meet prep, mental preparation, and "in the moment" coaching for an emerging elite coach in a chosen event. The grant recipient will shadow one of USATF's Master coaches through the rounds and final of a chosen event. A group administrator will lead sessions after each round to discuss the grant recipients' experiences.

She was able to shadow coach with Jumps with long time mentor Director of Jeremy Fischer of Chula Vista, CA

Athletes in competition at Eugene:

Jasmine Todd WLJ 14th place

Rachel McCoy WHJ 3rd place

Keturah Orin WTJ 1st place

MTJ

Chris Bernard 3rd

Will Claye 2nd

Isaiah Griffith 9th place

She was also able to accompany NCUSATF Men's athletic chair Coach G. Williams

Let's congratulate Marla on this great accomplishment.

Hall of Fame Induction



GEORGE WILLIAMS



IN HIS 44 YEARS AT THE HELM OF THE SAINT AUGUSTINE'S TRACK AND FIELD

INDIANAPOLIS, Indiana — George Williams - longtime Saint Augustine's coach - is the 2022 USATF Coaching Legend, USATF has announced.

Williams is already a member of nine halls of fame, including the USTFCCCA, CIAA, and Saint Augustine's University. He was honored Friday, June 24 at the Toyota USATF Outdoor Championships.

In his 44 years at the helm of the Saint Augustine's track and field program, Williams was the catalyst of unprecedented success, bringing the Falcon's a mind-boggling 39 NCAA Division II National Titles - third most amongst NCAA coaches at any level. On top of his extraordinary team accomplishments, Williams coached 282 individual national champions across a variety of disciplines.

Williams was able to coach successful athletes at all levels, producing more than 40 Olympians under his tutelage - including 400m hurdles World Champion and Olympic medalist Bershawn "Batman" Jackson. With over 20 NCAA Division II Coach of the Year awards and a pristine 95 percent graduation rate amongst his athletes, Williams leaves one of the most impactful legacies in all of collegiate athletics.

In 2004, Williams reached the pinnacle of the sport when he was given the honor of Head U.S. Olympic Track and Field Coach at the 2004 Athens Olympics. He also served as an assistant coach for the 1996 U.S. Olympic team in Atlanta, where each athlete he coached won a gold medal.

In addition to his tenure as head track and field coach, Williams served a number of other roles for Saint Augustine's: athletic director for 23 years, director of alumni affairs, admissions counselor, and even head basketball coach.

The USATF Legend Coach Award is in its seventh year and is selected by the USATF Coaches Advisory Committee. The inaugural award was presented to Hall of Fame Tigerbelle Coach Ed Temple in 2014, followed by Dr. Joe Vigil (2015), Tom Tellez (2016), Clyde Hart (2017), Brooks Johnson (2018), Bob Larsen (2019), and Bill Dellinger (2021).

Race Walking Update

Race Walking is off to a terrific start in 2022, lead mostly by the athletes in the NC Race Walk Development Program. We've had tremendous success with athletes performing at unprecedented levels. Here are the top results from NC Race Walkers.

Montreat Last Chance 5000m: *Stefanie Meacham* 2nd 27:16.68

USATF 20 km Championship: *Dan Nehnevaj* 2nd 1:30:08; *Bricyn Healey* 6th 1:36:17

Elite City Invite 5000m: *Dan Nehnevaj* 1st 19:54.98 **US #8 All-Time**

Podebrady World Athletics Gold Meeting 20 km: *Dan Nehnevaj* 23rd 1:23:10 **US #7 All-Time**

Montreat Invite 5000m (NC Championship): *Stefanie Meacham* 2nd (1st NC) 28:01.30; *Natalie Ehlers* 3rd (2nd NC) 28:40.60

USATF Masters Indoor Track & Field Championship: *Cher Armstrong* (W35-39) 1st Mile 10:41.68; *Andrea Easterday* (W40-44) 1st Mile 11:24.16; *Matt Holtry* (M40-44) 1st Mile 11:19.80; *Cher Armstrong* (W35-39) 1st 3000m 21:27.58; *Andrea Easterday* (W40-44) 1st 3000m 22:32.65; *Matt Holtry* (M40-44) 1st 3000m 20:51.92

World Race Walking Team Championship 35 km: *Bricyn Healey* 44th 3:03:30; *Dan Nehnevaj* 45th 3:06:37; Team 8th place

USATF 20000m Team Trials: *Bricyn Healey* 4th 1:32:38.23

USATF 3000m Championship: *Dan Nehnevaj* 2nd 12:08.48 (AA); *Bricyn Healey* 7th 12:51.18; *Steve Smith* 8th 12:59.66

USATF 35 km Championship: *Dan Nehnevaj* 2nd 2:59:21; *Bricyn Healey* 3rd 3:05:13

In addition to the athletes competing at this elite level, we had 3 high school athletes from Reagan HS in Winston-Salem start competing in the event on their own after learning how to do the event by watching YouTube videos.

Nike Indoor Nationals 1 Mile: *Blake Farmer* 7th 9:11.53

Virginia Showcase 1 Mile: *Blake Farmer* 2nd 9:17.92; *Nate Hayes* 5th 9:34.82; *Jay Keeley* 7th 12:31.21

NORTH CAROLINA EVENTS:

LDR USATF 5K Championship

The USATF 5K Championship, which will be hosted by Beat The Heat will take place July 16, 2022 in Winston Salem, NC. Make sure you come out and support. Please visit <https://runsignup.com/Race/NC/WinstonSalem/BeattheHeat5K> if you would like to sign up for this event.

EVENT: ELITE/NC USATF 5K CHAMPIONSHIP

This is a separate race for elite runners and serves as the NC USATF 5K Championship. To be eligible for USATF awards and prize money, athletes must be a current USATF NC member and a 12-month resident of North Carolina. Elite runners may participate as award ineligible participants.

Start Time: 8:00pm EDT

Price: \$30.00 Race Fee

Registration: Price increases to \$35.00 after June 30, 2022 at 11:59pm EDT

Annual Meeting

On August 28, 2022 at 2:00pm we will have our NC USATF Annual Meeting. The meeting will be held in Greensboro, NC at the Sheraton located at 3121 West Gate City Blvd, Greensboro, NC 27407. Please plan to be in attendance as we will have a lot to discuss and future planning for the association.

JOIN US

YOUTH

USATF Grass Roots/Youth Programs Mission Statement

“USATF drives competitive excellence and popular engagement in the sport of track and field.”

The nucleus of USATF's pursuit of excellence for our youth constituency is its development programs and grass root outreach efforts to prepare the next generation of track and field athletes to become champions within the sport as we maintain our status as the world's number one track and field team.

OPEN

Men and women compete in an open age division from ages 19 and up. Open meets typically include all typical T & F – events sprints, distance running, hurdles, throws, jumps, racewalking, and relays.

MASTERS

Men and women compete separately in 5 year age groups starting at age 30. Age Groups: 30-34, 35-39, 40-44, 50-54, etc. There is also a sub-masters age group for athletes 25-29 (based on meet organizer).

Masters meets typically include all typical T & F – events sprints, distance running, hurdles, throws, jumps, racewalking, and relays.

