NORTH CAROLINA

Compete | Have Fun | Make Friends

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
Vacant	Budget and Finance
Cynthia Wyrick-Carrington	Bylaws and Rules
Mike Lawson	Coaches Advisory
Katherine Branch	Member Services
Michael Roth	Nominating Committee
Doug Starkey	Officials
Vince Gunter	Planning
Dr. Neville Wood	Records
Tecla McFadden	Sanctions, Standards and Evaluation
Manteo Mitchell	Athlete's Advisory
James Carter	Athlete's Advisory
Don Lein	Athlete's Advisory
Roy Thompson	Athlete's Advisory
Victor Swepson	At-Large
Donnell Mitchell	At-Large
Omar Beasley	At-Large
Mechelle Mumford	At-Large

Presidents Corner (Roderick Bell)

Greetings NCUSATF:

I hope everyone has had a great summer as we have come down to the end of the 2021 Track Season. It is such a blessing and honor to serve as the President for North Carolina USATF and will make sure that I do everything in the best interest for our Association. The purpose of this newsletter is to provide our association with the most up to date information, recognition and what is going on in the world of NCUSATF and USATF. As we reflect on 2021, please keep those in your thoughts and prayers that may have lost someone, lost a job or still struggling mentally with this COVID 19 pandemic. We are part of an organization that represents a cross section of the youth, local communities with military, government professionals, educators, engineers, businessmen, etc. I want to thank all those that have continued to support this great sport of Track and Field. As we prepare for the upcoming holidays, and training for indoor season, we still have a lot of work to do within the sport, so let's prepare for some great work. We are NCUSATF!!!!!!

NCUSATF Youth Teams Perform well at Junior Olympics

JACKSONVILLE, Florida – Over 5,000 USATF youth athletes competed for national titles at the premier meet of the summer season, the 2021 USATF National Junior Olympic Track & Field Championships, held July 26-August 1 in Jacksonville, Florida at the University of North Florida.

Throughout the seven-day event at Hodges Stadium, athletes ages 7-18 had the opportunity to test their skills against the best in the country and gain valuable competition experience.

Even though there were some challenging times due to COVID, NCUSATF prevailed. Again, North Carolina USATF proved that they could hang with the best of them, bringing back a plethora of All Americans, and PR's. I would like to congratulate those that competed. I know it was a challenging year, however you proved with hard work, comes great reward.

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ANNUAL MEETING

December 2-5, 2021the USATF Annual meeting is scheduled for Orlando, Florida . This year, the USATF Annual Meeting will be a hybrid meeting of virtual and in-person attendance. They are asking that each association have one representative in attendance (e.g. Association Presidents) to participate in the Associations Committee meetings and other events. Registration will be open on October 1, 2021. The board will be selecting delegates to attend the virtual part of the meeting, and the NCUSATF President will attend the in person portion of the meeting. More information to come.

Updated Return to Competition COVID Information:

The COVID protocols have remained relatively unchanged over most of the summer and are fairly easy to follow on the website: https://www.usatf.org/covid19

- The situation with COVID-19 is constantly changing. Our USATF working group meets regularly to discuss.

- Everyone needs to be of the frame of mind that: a) COVID is going to be with us for a while still, and b) they are going to have to be ready for changes as they come.

- Our protocols are largely unchanged since the summer. No testing if fully vaccinated. If not vaccinated, then PCR test within 7 days (can use antigen if positivity rate is <5%).

- Mask wearing rules follow whatever current CDC guidance is and whatever state and local rules are.

Website: https://www.usatf.org/covid19/logistical-information-and-guidance-for-event-directors-and-local-organizing-committees. Keep checking back as protocols keep evolving quickly!

Follow whatever rules are in place per the Governor. If your county has their own requirements, you must follow those requirements as well as USATF. Follow all Covid guidelines which handles any changes that may happen prior to the race and after the sanction.

Sport Chairs Update:

Race Walking 2021:

4 races were held, with an Indoor 3000m & Outdoor 5000m Championship included.

Our partnership with the Appalachian Athletic Conference has produced the deepest and most competitive conference for Race Walking in the NAIA. Scholarships are available at all of their 16 member schools in North Carolina, South Carolina, Tennessee, Kentucky, Georgia, and Virginia.

We were able to add 2 more men and 1 more woman to the Athlete Support program, bringing the total to 5 athletes. Recruiting for additional athletes is ongoing.

Dan Nehnevaj had the US#1 time at 20km (1:26:00), US #3 time at 10000m (43:30.21) and finished 2nd in the US Olympic Trials. He is currently in 73rd position in the World Athletics Rankings to select the athletes for the 2022 World Championships.

Anthony Peters finished 15th in the US Olympic Trials.

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Stefanie Meacham was selected as an NAIA All-American at 3000m Indoors and 5000m Outdoors.

Cher Armstrong won the USATF Masters Mega Regional 5000m and the USATF NJ NY Open & Masters Outdoor T&F Champs 3000m.

Michael Roth, Race Walk Chair, passed the USATF Level 2 Endurance certification from Coaches Education.

Jo Burrows, Race Walk Vice-Chair, was selected as the USATF Masters Track & Field Race Walk Subcommittee Chair.

Alanna Rodriquez of Green Hope, HS in Cary, NC earned a college scholarship to Race Walk at Saint Xavier University in Chicago, IL.

Masters:

The Master's Track & Field Championships for North Carolina was canceled due to COVID, however the National Outdoor Masters Championship was able to be held for 2021. Ames, Iowa was pleased to welcome the USATF Masters Outdoor Championships to the Iowa State University Cyclone Sports Complex this summer! The state-of-the-art facilities – new in 2012 – has already played host to the USATF Masters Outdoor Championships in 2019 and have hosted meets such as the Big 12 Conference Outdoor Track and Field Championships, National Junior Disability Championships, and USATF Iowa State and Regional events. Over 1,000 master's athletes participated in the championship this year.

Officials:

159 NC Officials have re-certified/certified for the new Olympiad, 2021-2024. Of those 159, 15 are new officials. Way to go officials. We appreciate all that you are doing to keep our sport safe.

NORTH CAROLINA EVENTS:

Date	Event Name	Location	Events
9/18/21	OrthoCarolina Classic	Charlotte, NC	5 km fun run, 10 km
9/18/21	St. Paddy's 4 Miler	Raleigh, NC	4 mi
9/25/21	Pups & Pastries	Cary, NC	1 mi fun run, 5 km, 6.5 mi
9/25-26/21	Hinson Lake 24 Hour Ultra Classic	Rockingham, NC	24 hr
10/1-2/21	New River Marathon, Half Marathon & 4 Mile	Fleetwood, NC	4 mi, half-marathon, marathon
10/2/21	Cary Greenways Tour	Cary, NC	1 mi, 5 km, 10 km, half-marathon, marathon
10/2/21	Rocket Man Pole Vault Fall Fun Series 2021	Mooresville, NC	indoor T&F
10/3/21	Craft Beer Half Marathon & 5 Miler	Charlotte, NC	5 mi, 5 mi, half-marathon, half-marathon

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10/9/21	Oktoberfest 4 Miler	Raleigh, NC	4 mi
10/9/21	Rocket Man Pole Vault Fall Fun Series 2021 meet #1	Mooresville, NC	indoor T&F
10/9-10/21	Cape Fear 24 Hour Endurance Run	Lillington, NC	952.423 m
10/15-18/21	Allison Woods Halloween Hobble	Statesville, NC	6 hr, 12 hr, 24 hr, 5 mi, 100 mi
10/16/21	Rocket Man Pole Vault Fall Fun Series 2021 meet #2	Mooresville, NC	indoor T&F
10/18-24/21	Tuna Relay	Garner, NC	70 mi relay, 200 mi relay
10/19/21	2021 Appalachian Series - Day 4 (NC)	Fletcher, NC	5 km, 10 km, half-marathon, marathon, 50 km
10/23/21	Rocket Man Pole Vault Fall Fun Series 2021 meet #4	Mooresville, NC	indoor T&F
10/23/21*	The Human Race 5K	Asheboro, NC	5 km
10/30/21	Amberly Charity Race	Cary, NC	1 mi fun run, 3 mi, 5 mi
10/30/21	Emerald Isle Marathon, Half Marathon and 5K	Emerald Isle, NC	5 km, half-marathon, marathon
10/30/21	Rocket Man Pole Vault Fall Fun Series 2021 meet #5	Mooresville, NC	indoor T&F
10/30/21	The Outlaw Foundation 8th Annual 5K Run/Walk	Mount Olive, NC	5 km
11/6/21	Hope Through Education 5K	Raleigh, NC	5 km
11/6/21	Rocket Man Pole Vault Fall Fun Series 2021 meet #6	Mooresville, NC	indoor T&F
11/6/21	Strides for Speech	Cary, NC	0.5 mi, 5 km, 10 km
11/6-7/21	Tideland 24	Cedar Point, NC	2.21735 km

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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.

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