

USATF INLAND NW ASSOCIATION MEETING

Sunday, September 8, 2024

Location: Zoom

Meeting Minutes

Start: 1:06 p.m.

End: 4 p.m.

Members Present:

Shannon Castelda, David and Bessie Kolva, Michael Hinz, Jim Peterson, Kurt Watson, Chris Patterson, Matt Durkee, Emry Carr, Leslie Bell, Linda Lanker, Keith Miner, Dru Lopez, Robert Medellin, Johnathan Hill, Chris Lowe, Scott Avery, Erin Tucker, Edith Gomez, Allison Howard, Paul Oversland, Krista Lechleitner, Michael Lane, Donald Sorenson, Jay Matous, Matt Layten, Darlene Shriner, Cassie Cordor, Krista ?

Meeting minutes from previous meeting (2023) approval was moved by Edith and seconded Linda. Passed unanimously. Meeting minutes from the 2023 meeting will be sent out with the new meeting minutes, as soon as the new ones are completed.

Board Member Reports

President

- * Accredited for 2025, pending website updated

Vice President

- * No report

Secretary

- * No report

Treasurer

- * Checking presently is \$27,207. ??
- * Savings presently is \$23,593.51 (this amount has been untouched for years)
- * Our Association is fiscally sound and hasn't required money from Nationals/USATF

Regional Coordinator

- * Dave Skeleton was not present

Officials (Linda Lanker)

- * Registered 34+ new officials
- * NCAA is requiring a 49-question test to work National meets
- * 2 officials were nominated for outstanding awards—Chris Patterson and Brian Davidson
- * There will be new rule changes coming up. All officials will need to do a review, including SafeSport training. If officials do not get updated, there will be a block placed on their USATF account.
- * Officials cards were sent out to new officials.

Mens/Womens Track and Field (Linda Lanker)

- * It was a great year for M&W T&F. We had 8 athletes from our local area that qualified for US Olympics trials; CJ Allen qualified and competed at the Olympics. The Olympics was amazing, want to continue keeping track of our junior athletes as they develop.
- * If interested in officiating at the Podium for indoor meets this 2024/2025 season, please contact Linda.

Sanctions (Linda Lanker)

- * There were over 80 meets sanctioned this past year for our region.

Masters Track and Field (Michael Lane)

- * Indoor meet was in Chicago, he helped to officiate. This is his first year and he's trying to get Caught up.
- * For 2025, the Indoor meet will be in Gainesville on February 20-23; World Indoor will be on March 23-30; Outdoor will be in California, in July.

Race Walk (Dave Kolva)

- * Exciting to see more youth athletes competing at our local meets, with 2 qualifying for the National meet.
- * No American qualified in the race walk for the Olympics; the IOC has raised the standards for 20k mens and womens race walk. The Olympics saw a new event—relay race walk with teams of male and female, dividing into 10k legs. This had mixed reviews, might not be an event in the 2028 LA Olympics.

Sports Medicine (Dru Lopez)

- * Was on staff for the Olympics, which was a great experience, especially being able to work with our local Inland NW athletes. Brought TJ Crater.
- * Got the equipment needed and restocked.

LDR/MUTT/XC/Road Race/Substance Abuse (Jim Patterson)

- * Local athletes that competed at the Olympics: Kenneth Rooks (silver in 3k steeple), Marissa van der Wall, Dakota _____ (12th in marathon).
- * San Diego, September 26-28 is road racing championships.
- * The Mountain and Ultra disciplines continue to be our major growth area. These disciplines are notoriously very independent-minded and not in to organized activities.
- * XC is very popular at the middle and high school levels—Richland Jamboree had over 500 athletes.

* PEDs remains a scourge with continued suspensions. ADHD meds need a TUD. They are trying to catch as many as they can, so be cautious with your supplements, inhalers, caffeine and stimulants, and acne meds. CBD is okay as long as it is less than 4%; no cannabis.

Records (Bessie Kolva)

* Bessie has been corresponding with Theresa Skinner about the Para Sports athlete records.

* Youth records have been updated for this year. There were 27 new youth records, 7-18 years old. If you want a copy, please contact Bessie (bkolva@roadrunner.com). She's waiting for the records to be posted on the website.

Para Sports (David / Bessie Kolva)

* Bessie has been in contact with Theresa Skinner, she and David have been in Paris for the Olympics. Theresa is reporting that the sessions have been completely sold out or close to; 50,000+ spectators.

SafeSport Coordinator (Bruce Bradley)

* No report

Course Certification (Robert Medellin)

* No returned emails or calls about getting the certification, still waiting. No bike apparatus yet.

Marketing (Donald Soreson)

* Donald is unable to log on to the website to make changes; he continues to get locked out and the email accounts get re-set. There is no reason why he gets locked out over and over.

* There are parts of the website that he is unable to edit due to the USATF Nationals having it locked. There is no tab on the website for records; it will have to be created, if it can be.

* There is a Facebook page for Inland NW where Donald has posted updates about upcoming meetings, meets, and any other information regarding the Association. There are constant requests for posts to be approved that are spam, he asked who else was a moderator to handle the requests. Shannon said she was and had tried to keep current with moderating it. Shannon also asked if a Facebook page was necessary; she discussed the possibility of creating an Instagram account instead or as well as, the Instagram account can be linked to Facebook.

* Chris P. asked if we could get a separate website—members would like it and we could make it more user-friendly. Donald responded that it would cost money to have a separate website from the USATF-approved one. The possibility of using the athletic.net profile pages more was

brought up by Donald; he would help train people to better use their athletic.net profiles. The problem continues to be that members don't know where to go for information, schedules, meets, etc. PNW Association does it well. Chris L. discussed that if we have multiples places to find information, we also have to update this information constantly. Overall, there needs to be better, clearer communication.

Spokane Sports Commission

* The Podium indoor track schedule is now set and is on the website (www.spokanesports.org). The Podium will be open on December 2nd. There will be the officials walk through on December 3rd. There will be no March high school meet due to Idaho rules and the attempt to include those athletes; the high school championship meet will be at the end of February.

* Emry asked about the volunteer program for clubs, doing volunteer hours in exchange for money; Linda responded that there would be. Emails will be sent out and work with TJ.

* They are attempting to get more middle school athletes involved.

Youth Athletics (Chris Patterson)

* Thank you to everyone who helped him out in his first year. He was present at the JO qualifier And Regional meet and learned a lot, which he will use moving forward.

Old Business

* No old business

New Business

*

Budget was discussed, each line item (see attached 2025 budget). Chris moved to approve the 2025 budget; Edith seconded. Passed unanimously. 2025 budget will be available on website.

* No Masters athletes nominations.

* 2025 track meet schedule:

* Association Championships: June 14, Tri City Thunder hosting, Southridge HS

* Nike Outdoor Nationals: June 18-22

* JO Championships: June 27-28, Valley Flash hosting, Central Valley HS

* USATF Youth Outdoor Nationals, June 27-28, location TBD

* Regionals: July 3-6, Inland NW Association hosting, Central Valley HS

* JO Nationals: July 20-27, location TBD

* 2025 XC meet schedule:

* Association/JO Championships: November 15, Franklin Park, Sun City hosting

* Regionals: November 22

* JO Nationals:

* Discussion regarding Nike Outdoor and the conflict with the Association/JO meet, both to be held on November 15. 15-18 year olds will most likely be waived (has to be discussed and agreed by other associations in our region). Matt and Emry asked if the allotment for each age/gender group could be increased. Chris L. said he would bring it up at their next meeting. Discussion included the possibility of allowing those athletes that are 14 years old but in high school to also receive waivers.

* Chris L. brought up the possibility of needing a combined events meet before our Regional track meet. Chris P. and Shannon will come up with 3-4 meets that can be used to get a score if there is more than 8 athletes in an age/gender group for this event, for 2025. There is also the possibility of switching the Regional meet back a week and doing a multi meet the July 4th weekend/first weekend in July. Chris P. said he would ask about the possibility of increasing the numbers allowed.

* Chris L. proposed a rule change regarding the number of volunteers per athlete a club needs to provide at Association meets. Currently some clubs are not abiding by this rule and it has been getting worse, Chris is asking what should the consequences be. He would like a rule drafted that expresses 1 volunteer per 10 competing athletes at a meet (Association, JO, Regionals?) must be provided by every participating club; first offense is probation, second offense will be that club will be unable to register the following year as a club. This would be in effect for 1 year. We will work with smaller clubs.

* Board and chair positions are on 2 year rotations so there is no positions open at this meeting. A change was proposed to the Treasurer position. Because this position is very technical, Chris L. Believes one of the treasurers should be an accountant. Chris L. proposed Holly Matous (CPA and registered agent) could assist Edith with her remaining term.

* Jonathan Hill reached out to Chris L. and the board to be the new Coaches Education chair. Our Association has not had this chair position due to not having the correct personnel. Jonathan is currently the head coach at Central Washington University; he is a Level 1 and 2 instructor; used to be the Regional chair in New York. He would like to put on coaches classes.

* Mike said that because this position is a chair position, there is no need for the members to vote. Chris only needs to nominate for the chair position. Chris appointed Jonathan to be the new Coaches Education chair.

* National Convention delegates (6 to be chosen and attend for Inland NW Association):

* Dru Lopez

* Heather Cotton?

* Mike Hinz

* Edith Gomez

* Linda Lanker

* need an athlete, Dru said he would talk to
CJ Allen and Parker Bowden

* Jim Peterson

* Jonathan Hill

* Will need to have report ready to give at the January
meeting.

* Next meeting date will be January 19, 2025 at 1 pm via Zoom.

Chris P. moved we adjourn the meeting, Edith seconded, passed unanimously.
Meeting adjourned at 4:00 pm