

USATF INLAND NW ASSOCIATION MEETING

Sunday, January 18, 2026

Location: Zoom

Meeting Minutes

Start: 1:03 pm

End: 3:31 pm

Members Present:

Shannon Castelda, Linda Lanker, Hannah Redmond, Bruce Bradley, Paul Huffman, David Greig,
Dave Kolva, Bessie Kolva, Jonathan Hill, Chris Patterson, Matt Layten, Matthew Durkee, Jim Peterson

Approval of September 2025 Annual Meeting minutes:

* Motion made by Chris P, second by Bruce, passed unanimously

Board Member Reports

President (Paul Huffman)

- * Going through accreditation process currently
- * Communication with the National office has been difficult, Greg Moles (sp?) and Blake Warfield have been helpful; has sent a number of emails with no response; working to get website access, which is extremely important

Mike Hinz/National Convention report:

I attended the meetings of the Associations Committee with an eye toward helping our new officers get their bearings on association operations.

Here are some things to pay attention to:

- Just as USATF has a Rule book for the rules of competition they have a Governance Handbook offering the rules for proper management of clubs, associations and the organization as a whole. I suggest you get the latest edition and familiarize yourselves with it. I have a 2024 edition that I will send to the next INTF meeting.
- The Associations Committee will be reviewing the bylaws for Each association to see that they are in compliance with the regulations suggesting amendment for compliance
- Pay attention to removal processes for both elected and appointed officers and committee members.
- Be careful about using other association's regulations as a boilerplate. Many regs cater to much larger and more robust associations and may be difficult if not impossible for us to comply with
- USATF has supposedly taken over the task of assuring association websites comply with the regulations. We have not been in compliance for several years.

- Officers and committee chairs: start using "legacy", email addresses, for example, president@inlandnw.usatf.org. Our website sends youth inquiries to the youth legacy address which is not being used and is a de facto dead end.

- This report is my final act as a member for 37 years of USATF. I am not renewing my membership for 2026.

- Because I have a lot of historical knowledge of the association I will of course be available for consultation and advice if needed.

Vice President (Jonathan Hill)

- * National Convention report:
- * was double-booked as VP for Inland NW and Central, grateful for pre-recorded information and videos
- * working on mentor program for continuing education, which would be required to maintain Level 2 certification; he will be creating a list of mentors and contact information; Chris P and Hanah are interested
- * Bruce asked when the next Level 2 certification class would be held—December window
- * Chris P asked about update on certifications—it is no longer 1-and-done, it is a good thing to continue your education

Secretary (Shannon Castelda)

- * No update/no report

Treasurer (Edith Gomez)

- * Checking presently is \$
- * Savings presently is \$

Regional Coordinator

- * Dave Skeleton was not present

Officials (Linda Lanker)

- * 15 new officials certified in last month
- * Contact Linda if interested in getting officials certificate or have interested parents/coaches
- * Continuing to look to get younger people involved as an official.

Mens/Womens Track and Field (Linda Lanker)

- * National Convention report
 - * Mens and Womens T&F was combined with Rules Committee for National Convention
- * different standards for U20's--information is online, will use college standards
- * new rule book is online
- * discussed ways to get more pro athletes more money, various opportunities available
- * not many rule changes, still in synch with NCAA

* Held a clinic at the Podium with Dr. Lopez, Olympic Athlete Experience, which went very well. Had 75 athletes. They are looking to make this an annual event, with more athletes next year and bringing in more Olympians.

Meets are going well at Podium, there were over 1700 kids at the first January meet

Sanctions (Linda Lanker)

* 72 sanctioned meets

Masters Track and Field (Wendell Brown/Hanah Redmond)

* National Convention report:

* There is an emerging female grant available for coaches, for Level 1 certification. Hanah has the email: business@uswomenstca.com, Jonathan Hill had a link: usatf.org/programs/coaches/grants

* Bruce mentioned there is a military grant for officials certification, and Linda also said that they will waive fees and dues for military.

Race Walk (Dave Kolva)

* No report

Sports Medicine (Dru Lopez)

*

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

* National Convention report:

· Overall: Meetings were very brief and extremely 'high level'

o There were conflicts with several chairs (Men's LDR, MUT) in attendance at major meets (USA XC, NXR in Portland, marathon championship at CIM & World MUT in India)

· Cross Country:

o Spokane has put in a bid for an upcoming national XC race. (It was not announced what Spokane Sports has bid on.)

· LDR:

o As of the annual meeting 34 women and 27 men have qualified for the next qualifying meet.

· Masters LDR:

o The subject of most interest to INW is the question of how Masters T&F should contest the 10K at masters' national championships. In some years at the T&F championships there can be as many as 6 heats of the 10K. This has led to heat issues. It has been proposed that the event be

contested via a road race. As this requires a change in the rules, the question was tabled to next year's L&L discussions.

- Substance abuse: Majority of athletes busted are Masters athletes.

Records (Bessie Kolva)

- * With the current indoor season underway, keeping an eye out for records
- * Proposed combining outdoor and indoor records
- * Majority said to keep the seasons separated due to various reasons, one being the difference in implements and another that indoor season doesn't have all the events outdoor does

Para Sports (David Greig)

- * National Convention report:
- * Committee members will attend Para meets, looking for more awareness of Para athletes
- * 3 task forces: generate more high school awareness of Para, generate USATF membership, U20 participation for Para athletes
- * Outreach within Associations, creating a guide for Associations, establish records, forum for FAQ/town hall for Para chairs, building resources
- * Still limiting rules under JO participation, only local meets
- * Looking at World Athletics and what other countries are doing with Para athletes before LA 2028
- * Met with OR and Pacific NW Association chairs to explore a Para JO Regionals, grow more athletes and Officials in the Associations. Looking at building a Para-only meet with 2 year hosting rotations. Para Spokane had largest number of athletes, 10% of National teams.
- * Has met with EVSD and will be taking over the old Mountainview MS to create an indoor training Facility for Para athletes. Looking to host a camp/clinic for athletes, coaches, and officials.
- * Pine Cone meet in late June.
- * World Juniors—waiting for more information.

SafeSport Coordinator (Bruce Bradley)

- * No suspensions/disciplinary action in our Association
- * National Convention report:

Indeed Paul, not much to glean way too many techno glitches (*opening of the convention the video wouldn't play??*) and very poor presentation, values, I noticed when the cameras were turned there was sparse attendance and the discussions were "personal" so viewers were just that.

The time difference and the scheduled presentations were just odd, some "live" were offline and others I would have liked to be in one were only at the Convention, however I did gain a few things you can put in our "bucket" and share.

1. Racewalk - not much commitment from National on support and low attendance at the last workshop/training (25-27 attendees), the PNW seems to be an area where there is interest (*I field 5-7 kids at the Meets, my 11-12 boy is defending Regional Champ*), but we don't seem to get anything from National.

2. There is some scholarship available for Coaching Education Levels 1-3, I wanted to do the Level 2 in Chula Vista, but just the wrong time, and if I had known there were scholarships I would have applied and tried to work it out.

3. There is also a robust reimbursement program for active & retired Military who would like to become Officials, I had never seen anything on this so it would be worthwhile to advertise and grow our Officials Pool.

4. There is a proposal to reinstate the J.O. National Meet rotation schedule.

5. There is a proposal to increase Association Rivalries with a specific event (4 x 200, 4 x 400, 4 x 800) being mixed with 2 athletes from each Association in the Relay squad, to promote unity as a one USATF organization within the rivalry structure. Some Associations have done this for sometime.

6. Also, suggested expansion of sponsorships and vendor fees at the Meets to increase revenue for Teams and Associations, Team Raffle Competitions etc.

7. One of the disturbing things was brought up in the Masters T&F Meeting where fees generated by the Meets were not going back to the group but being cycled into the legal expenses for the "Estes" battle (*Million +\$\$\$*). I found that problematic, there should have been a fund established and maintained for legal expenses from a percentage of Meet revenues. There didn't seem to be much transparency on the issue; similar to the American Red Cross Disaster Funds where people thought the donation was going to a specific disaster relief and was discovered to be going into the general fund, they had to change policies.

Additionally, the question was raised about fees and what were athletes/parents getting and the answer was sparse, mostly the Meet Insurance, which is a significant item when you research all you have to do to be a 501 c3/ many hoops and paperwork items. But the comparison of \$20 for AAU and partial season fee reductions versus mandatory \$35 annual was brought up by several Coaches online/and at conference.

Course Certification (Robert Medellin)

* No report

Marketing (Chris Lowe/Hanah Redmond)

* Still working on getting access to update Inland NW website, Chris believes we should get an independent website but that is a board decision

Equipment (Chris Lowe)

* Equipment purchased for Regionals meet is available for anyone to check out and use from the shed. Please contact Chris and he will coordinate.

Spokane Sports Commission

* No update/no report.

Youth Athletics (Chris Patterson)

* National Convention report:

USATF received three bids for the 2026 Junior Olympic National Track & Field Championships:

- Huntsville, AL – Milton Frank Stadium Located about two hours from Nashville, Huntsville offers “big city amenities, small town hospitals.” The facility is a strong contender, and the city itself is incredibly charming.
- Baton Rouge, LA – Southern University, A.W. Mumford Stadium Another solid and viable option.
- Los Angeles, CA – Cerritos College, Falcon Stadium Also a strong candidate, with the added benefit of proximity to major attractions such as Disneyland, Knott’s Berry Farm, and local beaches.

Cerritos College in Los Angeles won the bid with 70% of the vote. The 2026 JO National Track & Field Championships will be held July 27–August 2, 2026. The 2026 JO Cross Country Nationals will take place December 12, 2026, in Lafayette, LA.

Additional Updates

NYTCA Presentation We received a brief presentation from the National Youth Track Coaches Association (NYTCA). This organization is not part of USATF membership but was founded by highly experienced youth coaches to support fellow youth coaches. They provide grant funding to help cover the cost of Level 1, Level 2, and even Level 3 coaching education. Membership is \$20.

Athlete Representation Requirement We reviewed USATF’s requirement that the Youth Executive Committee (YEC) must include 33⅓% athlete representation. Since this is the Youth Committee, the athlete representative does not need to be a minor. Instead, they must be someone who competed in USATF track & field or cross country as a youth, with participation occurring after 1979 (when TAC first began offering youth meets).

New Aero Javelin Rule For the 9–10 age group, the new aero javelin rule will take effect January 1, 2026 (not 12/1/25 as currently listed in the 2025 rulebook). Athletes will throw the 250g javelin.

PARA Athlete Emphasis USATF is placing greater emphasis on PARA athlete participation. • PARA records can be found at ATFUSA.org, though current youth records include only the U11, U14, and U17 categories. • PARA classification information for JO’s is available at ATFUSATF.org.

Youth Committee Meeting Follow-Up

Due to the condensed schedule, Youth was unable to finish its business during the in-person meetings, so a follow-up Zoom meeting was held on December 10.

We reviewed the proposed USATF calendar for 2026–2031, which outlines the competition windows for association meets, regional meets, and the fixed dates for the JO National Championships.

We also reviewed the Youth Age Group Records broken in 2025. Ten records were submitted; seven were approved and ratified. Three could not be accepted due to missing wind gauge readings and/or missing officials' signatures.

Record Highlights: • Kim Beard (Get Strong First), 17–18 Women's Hammer Throw – broke the 17–18 women's hammer record. This is her third consecutive year breaking the age-group hammer record. • Miller Warne (GLS Speed) – broke the 15–16 boys' 400m hurdles record.

- * Looking at using a Disney connection for LA 2028—possibly having Disney characters come to events, discount tickets to visit Disneyland, etc.

- * Went through the job description of Youth and Regional chairs—each document page and each line

- * No approval of NON waivers, this is NOT our Association decision but comes from National level

- * U20's waiver: if an athlete competes at U20 in just 1 event, that athlete can bypass all

Association meets for qualification and be eligible for the JO National meet in up to 4 events

- * Associations are not allowed to host a meet on the same weekend as Youth Outdoor Nationals

- * calendar was created up to 2031 with proposed meet dates

- * Youth Nationals history (per Linda) used to be a qualifier for top 2 kids to travel Internationally

- * East Coast wants to keep Youth Outdoor National meet for standards

- * JO Nationals has not had the best meets held in the past few years and NON gained

- * Associations are not allowed to waiver athletes in the combined events any longer (tris, pents, heps, decs), also includes steeplechase and race walk--all events must be contested per the rule book (Rule 302.1)

- * Shannon asked if it would count if one of the SFCC All Comer meets steeple races would be acceptable as the qualifying meet/time--Chris said yes, as long as it was FAT-timed

- * Shannon asked if the WA State Combined Event meet would also count toward qualifying—Chris said yes

- * Shannon asked about if scores for the combined events could be within the last calendar year or if it had to be contested in that particular season—question to be answered

- * Dates for possible multi meet is June 20 and/or 21

- * "extraordinary circumstance" is to be used for granting waivers

- * Linda brought up that Nike was a sponsor of USATF and we should be working with them to have NON approved as a waiver, it's a big battle to work around the NON meet to accommodate athletes. Chris said Heather Cotton has been asking for waivers for NON for years and pushing hard to have it accepted, but the executive board committee has said absolutely no waivers.

- * It was mentioned about having a meet held on Sunday but this was discarded because of religious athletes.
- * If the 2026 Youth Outdoor Nationals meet has been moved to June 22-28 from June 30-July 4, we will need to look at rescheduling and what options are available for our athletes.
- * Executive board is working on standards for 15/16 and 17/18 athletes for 2026 club track Season. This is to ensure quality athletes are able to attend, and also more opportunities for athletes who wouldn't qualify because of the number of athletes in a particular Association.
- * Matt Durkee appreciates Chris' efforts to schedule the meets out, he suggested that since the typical first meet isn't necessary maybe we could swap the JO Qualifying and Association meet dates.
- * Asked if Chris was working on doing a XC schedule/calendar too, Chris replied yes.
- * Asked if the plan was for Regionals to be held at Big Cross in Tri Cities, answer is yes.

Coaches Education (Johnathan Hill)

- * USATF is trying to save money and doing Zoom/video format for Level 2 coaching certification; there is an in person Level 2 class in Chula Vista on December 8-10
- * Discussion was had about putting on a Level 1 locally in person but no in person options are to be allowed in "unproven markets" which Inland NW is
- * Central will be hosting Sunday clinics from November 30 to February 1 for athletes, will include sprints, hurdles, throws, and pole vault; will send out a flyer
- * Would love to host meets at Central in the summer

Regional Youth Coordinator (Heather Cotton)

- * No update/no report

Old Business

- * By-laws
- * Paul asked if each club had received a copy of the new by-laws. They had not been sent out so Paul said he would do that via email.

New Business

- * Jim Peterson resigned USATF Chair positions for Road Racing, M/W LDR, MUT, XC, Substance Abuse. He sent an email with his resignation and his Convention report. He has loved working with everyone and still wants to be semi-involved. Linda expressed her appreciation for all his work over the years.
- * Jim's Chair positions are open, though no vote is needed to fill them. Paul asked if anyone was interested in filling these positions. Jonathan said he thought Matt Layten would be a great fit if Matt is interested. Matt said he would discuss this more with Paul.
- * Discussion was had about getting more younger people involved in our Association, as Board and Chair positions.

*
Spokane Sports Commission is interested in helping. Paul met with them in December regarding their interest in helping with events in the area. They want to help us grow xc and t&f in our area, including using social media. Paul asked if we wanted a representative from Sports Commission on the board— Jim replied that they have been instrumental in bringing meets to our area so definitely want them on the board. Linda suggested Anna, Jessie, or TJ. She also said we had a representative before but they were not getting the information re: meeting dates. They would also be a place to look for donations; they assisted with the fencing for our Regional meet.

* Discussion was had regarding when to start planning the XC Regional meet. Spokane Sports has a lot of new equipment with their new facility/location. Shannon offered the VF XC coach to assist with planning/prep and hosting duties. Paul said he would talk to Chris Lowe about the past Regional meet our Association hosted and what is needed. Bruce will let the Association know what is needed.

* Next meeting: June 7, 2026 at 1 pm via Zoom

Bruce moved we adjourn the meeting, 2nd by Chris P, passed unanimously.

Meeting adjourned at 3:31 pm