

USATF INLAND NW ASSOCIATION MEETING

October 10, 2021

Location: Zoom

Meeting Minutes

Start: 1:10 p.m.

End: 4:14 p.m.

Members Present:

Jamie Cotton, Shannon Castelda, Heather Cotton, Frankie Ferraro, David and Bessie Kolva, Linda Lanker,

Carol Lewis, Kyle LeBlanc, Matt Durkee, Donald Sorenson, Michael Hinz, Jim Peterson

Meeting minutes from previous meeting (September 2020) approval was moved by Jim and seconded by Linda. Passed unanimously. Today's meeting is being recorded, via Zoom, and should be available on the website.

Board Member Reports

President

* Changes to the by-laws based on USATF National changes; put them by-laws to be posted on the website; we need to be in compliance with Nationals/Article 20 emergency approval; most changes are due to wording (highlighted sections)

* committee portion falls to chair person due to size of our Association and those involved; our committee is usually just the chairperson

* most changes do not apply to our Association

* added to the Board positions/committee is Women's Commission

* Mike moved we accept the changes to the by-laws, Jim seconded, passed unanimously

* Jamie will post updated by-laws to our Association website

* In January, Robin stepped down as Treasurer; Edith Gomez volunteered to work on the transition and took over as Treasurer

* Annual report sent on September 27th to Secretary of State; officers' insurance was renewed on September 27th; our Association has been renewed

* Nationals office is going to put out an email about Campaign Manager, which will allow the ability to put out bulk emails again

* renewed our Association's partnership with Bloomsday, will still be Washington State Road Running Championships

* Nationals meeting will be hybrid—Nationals office is inviting Presidents and members of executive committees to attend in person, others to attend virtually

* 13 delegates for annual meeting for our Association
* 1st weekend of December (Dec. 3, 4, 5)
* registration will be covered for those attending virtually by the Association

budget

* providing opportunity for other members to attend; there will be a link/email attendance in person, put on a list and the number will be determined that can attend—Jamie can help anyone who wants to attend

* National will reimburse most of the fees associated with travel/hotel/stipend for President and executives attendance

* new equipment was purchased—a canopy and banners; there will be a need to purchase some replacement frames for other canopies

* we need to do an inventory of all items in storage, in Spokane

* all officials will need to be recertified this year, as it is an Olympiad year; our Association currently has 40 officials (26 apprentice, 7 Association, 3 Nationals, 4 Masters) (Nationals and Masters officials can apply to work the meets at the Podium in Spokane)

* since our Association is the host for the meets at the Podium, Jamie and Linda are part of a selection committee for major events

* we have 37 new officials—15 with completed certification, other 22 are at various points

* As we get back to holding normal meets, our policies state that every club that is competing are required to provide 1 volunteer for every 10 participants, at least 1 has to be certified official; if the club does not meet these requirements, it can result in a club not being in good standing with the Association, and can lead to removal of the club from the Association (athletes from this club would either join another club or would compete unattached); it is *not* solely the responsibility of the club that is hosting to provide all volunteers and officials

Vice President

* Doug was not present

Secretary

* No report

Treasurer

* No report

Region Coordinator

* Mike reported that for the annual meeting, which normally has 1100 attendees, it will be limited to 300 people in person; other people wanting to attend must apply and a lottery for in person will be done

Mens/Womens Track and Field and Masters

* Podium

* Linda reported that the track in the Podium has been laid very quickly
* there are 97 officials/volunteers on a list to assist with upcoming meets
* on November 14th there will be a tour and mini-training for coaches and volunteers
* Jason Drake was hired as the Meet Director
* using Athletic Live, a new timing system
* 1ST scheduled indoor meet will be Spokane Invitational on Dec. 11th
* Cougar Classic meet will be Jan. 14/15th
* Spokane HS Indoor Invitational on Jan. 16th
* WSU Open Invitational, including multi-event, on Feb. 4/5th
* Mountain West Championships on Feb 17/18/19
* Learn By Doing clinic, sponsored by Toyota, for high school athletes on Feb. 22nd
* Indoor Championships on Feb. 25/26/27 (including multi-events)
* Upcoming—Master Worlds, Master Nationals, all WSU indoor meets, and Indoor

Worlds

* Heather asked if these meets would be available to Open athletes? Linda replied that WSU is planning a meet and that the first meet would be open, that athletes from other Associations can look to participate

* Question was asked about parking—Linda stated they are putting together a map to assist

Race Walk

* Race walking in the U.S. has lagged in recent years and the outlook for the future does not appear to be improving. It seems to me that the upper echelons of USATF do not really care about race walking so support is minimal while the rest of the world is encouraging and supporting race walking.

* The race walk leadership is working toward developing a strong race walk program especially with the U20 men and women. The long term goal is to have U.S. walkers finish in the top 2/3 of competitors in international competition within five years and by 2028 have a medalist in the Olympics, World, or World Race Walk Team. In this year's Olympics the U.S. did not have anyone meet the qualifying standard for the 50K and only one woman and one man qualified to compete in the 20K.

* The International Olympic Committee (IOC) has made some major changes in race competition for future international competition. The 50K race walk has been eliminated and will no longer be contested in international competition despite strong objections from the athletes concerned. IOC will probably go to a 30K or 35K as the longer race. The 20K will still be competed and there may be an additional 10K for the women so they would have two races as the men do. I don't think the IOC has made a final decision yet.

* One other major change that has been instituted is the creation of a "Penalty Zone". In the past a race walker who received three red cards for form violations would be disqualified by the Chief Judge. Now, the athlete will be required to enter a penalty area for a set period of time depending on the length of the race. If walkers receive a fourth red card, they will be disqualified. There will also be electronic timing chips on racers feet—not sure how that will affect the rules with the slight lifting of the foot

* Dave and Bessie are available for clinics—trying to encourage the youth athletes and grow the sport in our Association

Sports Medicine

* There is not much to report. We have been working with Spokane sports commission on doing medical for their events. Aside from that USATF is taking over all national championships competition. So for the 2022 nations indoors here, I will be the liaison and help staff the event alongside USATF medical directors.

LDR/MUTT/Substance Abuse

* Successful Olympics

* Cross country is off to a good start, high school meets are going well; Nike Nationals has been cancelled but Regional meets are still on; Open and Masters XC hasn't started

* Return to holding road races is slow, due to covid restrictions being difficult

* With the Supreme Court's decision on athlete name/likeness/image, we know there will be an impact on the XC arenas but are not sure how yet

* 18 athletes suspended this year, including Sha'Carri Richardson

* Transgender issue/controversy—not sure how this will work out but it is becoming an issue

* True Sport website has list of risky substances including ADHD medications, inhalers, acne prescriptions in female athletes, dietary supplements; there are also limits on caffeine and other stimulants

* when looking at whether something would be banned you need to ask if you NEED the supplement, and is the supplement is certified and recommended by 3rd party check for red flag ingredients

* looking at non-steroid inflammatory drugs (like Tyenol), possibly banning their use as a result of some people overdosing

* ultimately, the athlete is responsible for what goes in the athlete's body

Youth

* For our Track Nationals meet this summer, Region 13 had 50 All Americans (almost every club had at least 1 All American athlete)

* issues between Youth Chairs and Nationals office—Youth Chair can't go in look for coaches when it comes to memberships, affiliations, etc.; let Heather know if you are have any issues

* has been lots of discussion about Track Nationals—if things happened that a coach or parent witnessed, please let Heather know because they want to know what went on and was observed, they are wanting to know why kids/clubs are leaving and going to AAU; tried removing Heather from the Nationals meet due to a mix-up in communication regarding covid test/shot

* Mike brought up that this is also a discussion at the Nationals level with lack of support for grassroots level and AAU defection; USATF is a product and we pay for the services, we can't follow through on our obligations

* Jim asked what they are doing for the average runner and that there was abysmal customer service

* Jamie mentioned that people are trying to coordinate large, national-level meets for youth that aren't controlled by Nationals; the Association is working to get things fixed and are asked to report problems that people are having

* National XC Meet—Nationals took away the choice from the Youth Chairs to have this race run per normal standards with qualifying times, instead it will be an all comer meet again

* Cross Country Meets for our Association/Region—November 13th at CVHS, Regional in Tacoma but no qualification, Nationals in Paris, Kentucky on December 11th

* Heather has proposed having a XC and Track person assist her with Youth Chair responsibilities since she has been elected as Region 13 Coordinator; she has asked Frankie to assist with XC

* Linda asked about streamlining the volunteer process for our meets and Heather replied we can look into

doing that

* There is no way, right now, for our Association to contact unattached athletes

* Regional meet for next summer (2022) location...discussed the possibility of Post Falls,

CDA

Records

* Bessie updated that the youth track and field records have been compiled and will need help from Jamie to post to our website

* Bessie believes some old records were lost, please look at them for any corrections or additions; these records are only for affiliated people from our Association

Sanctions

* Number of sanctioned events are increasing due to events being held/covid restrictions being loosened

* Everything is up to date through Fall 2021

* Heather mentioned needing help on writing sanction for the Association XC meet, USATF sanctions has updated their guidelines

SafeSport Coordinator

* No information on this as no one has received communication from Doug recently

Old Business

* No business

New Business

* Update by-laws

* Budget proposal for this year:

* Looking better due to more opening up and more return to normal—more kids and clubs applying

* Propose no grants/rebates to increase account balance

* Insurance is paid and current

* Used past budgets/increases due to return to normal, as a guide

* \$2000 grants available to Association, should look into putting together a proposal to help with

promotion and apply for grants

* Motion to approve budget proposal for upcoming year by Dave, Bessie 2nd, passed unanimously

* Nominations for Master Athlete of the Year?

* Linda nominated Dave and Bessie as Co-Masters Athletes of the Year, Jim 2nd, passed unanimously

- * Carol received an award for USATF National Outstanding Service
- * Heather stated we should start looking for sponsors for the Regional meet—it will help save money for various costs; we can hang banners of different businesses
- * 2018 Tri City Thunder won Masters team Men/Women award for Track and Field; Comets won in 2019 and 2021 so the plaques need to be returned so they can be engraved
- * For Association and JO Meets for XC, they were not listed under voting, clarifications made because they were previously awarded and are being carried over; Regionals will be in Tacoma this year and next year
- * our Association will be hosting T & F Regionals in 2022
- * Suggestion was made that we keep the same hosts for next year's T & F meets and help new, smaller clubs
Heather made the motion, Jim 2nd, passed unanimously; this means Valley Flash will host the Association meet and Tri City Thunder will host the JO meet; for the Regionals meet, the Kolva's will be the head racewalk officials and Mike Hinz will be the head throws official
- * Nominations for committee chairs/officers
 - * discussion regarding state officers being elected for 2 years or if elections are held every year for officers; Mike says the 2 year proposal was voted down, so elections go annually
 - * 3 options for vacant offices: hold emergency election, appoint temporary officer until next election, or leave vacant until next election
 - * nominations for President—Dave nominated Jamie, Mike 2nd, Jamie was voted President unanimously
 - * nominations for VP—Mike moved to keep 2 VP's and ascertain Doug's availability, and proceed as necessary; Dave 2nd, voted unanimously
 - * nominations for Treasurer—Jamie nominated Edith to continue as Treasurer, Dave 2nd, Edith was voted Treasurer unanimously
 - * nominations for Secretary—Jamie nominated Shannon to continue as Secretary, Bessie 2nd, Shannon was voted Secretary unanimously
 - * Regional Coordinator—Mike elected by chair of committee

* Chairperson nominations by Jamie—any interest for different positions, let Jamie know; he does not have to fill the positions today

- * Mens/Women T & F: Linda
- * Master Mens/Womens T&F: Linda
- * Racewalk: Dave
- * Sports Medicine: Dru
- * Records: Bessie
- * LDR/MUTT: Jim
- * Substance Abuse: Jim
- * Youth: Heather (with assistance)
- * Membership: Edith
- * Officials: Jamie
- * Marketing/Communications: Donald
- * Equipment: Valley Flash Representative
- * Parathletics: Jamie will attempt to contact Theresa again

SafeSport * Will need to fill these positions: Sanctions, Women's Commission, Coordinator

* Next meeting date—it was proposed to have the meeting via Zoom (with the hope of in person); date to be held is Sunday, March 6th at 1 p.m.

Jim moved we adjourn the meeting, Dave 2nd, passed unanimously. Meeting adjourned.