



June 2021

NEWSLETTER

Vol. 3 No. 6

## Message from USATF Adirondack President Bill Quinlisk

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The **2021 USATF Adirondack Association Open and Masters Outdoor Track and Field Championships** has been scheduled for Sunday, June 20th at Taconic Hills H.S. The meet will also feature a full complement of events for Youth. Packet pick-up will begin at 8:30 a.m. **The meet is open to USATF members only.** The only way to register for this meet will be online in advance. Complete meet details are posted [on our website](#).

The Adirondack Association has partnered with the other three New York State USATF Association (New York, Long Island and Niagara) to offer a high-quality summer Open Track and Field competition that we have named the "[Empire State Classic](#)". The meet will be held on Sunday, July 25th at SUNY Cortland. The top 3 finishers in all **Open Men and Open Women's** events at our Association Championships on June 20th will qualify for the meet at Cortland. We will provide singlets to all of our qualifiers. Note: since we will not be holding the hammer throw June 20th, anyone interested in competing in Cortland in that event can submit a recent mark to [Craig Evans](#), who will be naming our complete team after the meet has concluded.

Since the *Empire State Classic* is open to athletes ages 15+, competitors in the overlapping age groups at our Adirondack Association Championships will have to choose the Open division when they register in order to be eligible to qualify for the Empire State Classic. For example: a youth athlete ages 15-18 would have to decide if they want to try to qualify for the Empire State Classic and enter the Open division. Their other option would be to compete in the Youth division in their own 2-year age group. Another example: USATF has changed the ages for Masters Track and Field to 25+. So, all Master athletes ages 25+ will have to choose whether they want to try to qualify for the *Empire State Classic* and enter the Open division. Their other option would be to enter the Masters division and compete in their 5-year age group.

Hope to see everyone on June 20th at Taconic Hills HS.

## LDR Update

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May brought us our third race of the 2021 series, the Bacon Hill Bonanza 5K, after a nearly two-month break in the schedule. Congrats to all of our runners at that race!

June will bring us two more events: the LifeSong Dash 5K (6/5) and the Utica Roadrunner Summer Sizzle 5 Mile Road Race (6/20). The Utica Roadrunner Summer Sizzle 5 Mile Road Race will serve as our association 5 mile open and masters championship event; as with our other association championship events this year, medals will be distributed at a later place/date TBD.

Looking down the line, we will have a variety of distances offered up, with the series currently ending with a half marathon and full marathon (your choice!) at the Adirondack Marathon Distance Festival (10/3).

We continue to feel incredibly grateful to be able to offer series competition this year and are very thankful to the race directors who have elected to be a part of our series and produce these races as well as the runners who have chosen to show up and run in them -- thank you all for helping to make this happen!

As always, full series information, the most up-to-date schedule, and scoring can be [found here](#).

## Youth Update

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We have received a few questions regarding two national youth events taking place this summer. The 2021 National Junior Olympic Track & Field Championship in Jacksonville, Florida on July 26 - August 1, 2021 requires qualification for entry. Although there will be no advancement requirements (Association or Region), suggested "Guidelines of Participation" for **direct entry** into the 2021 USATF National Junior Olympic Championships are available at the [event website](#).

Additionally, the 2021 UASTF Youth Outdoor Championships in Rome, GA will be held June 23-26, 2021. [This event](#) is open to all eligible athletes.

See below for more details on the June 20<sup>th</sup> Outdoor Championships that will provide opportunities for youth athletes as well.

## Track & Field Update

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The 2021 USATF Adirondack Outdoor Track & Field Championships, which will be held at Taconic Hills High School on **Sunday, June 20, 2021**. This event will be open to Youth, Open and Masters athletes. We anticipate running this meet as one session for all athletes. USATF COVID guidelines require temperature checks and COVID surveys for admission to the event. In addition, certain events require either proof of COVID vaccination or a recent negative test. Note that [USATF Event Guidance](#) is updating frequently and these requirements may change prior to June 20<sup>th</sup>. Please check the [event website](#) for more information. [Registration](#) will open Saturday June 5<sup>th</sup> at 12:01am EDT.

If you would like to volunteer to help out at this meet, we could use people to assist our officials in some of the field events. Anyone willing to help will be given a free entry (that can be used by anyone) into either the 2021 Night of Miles or the 2021 Saratoga XC Classic. If interested, please contact Craig Evans at [trackandfield@adirondack.usatf.org](mailto:trackandfield@adirondack.usatf.org).

All Adirondack Association athletes aged 15 and older finishing in the top three at the Association meet are eligible to compete in the [Empire State Classic](#), **Sunday July 25, 2021 at SUNY Cortland**. Youth athletes 15-18 must qualify with Open implements/heights (i.e.- 16# shot, 2Kg discus, 42" HH). The same rule applies for Master athletes. If a qualifying athlete elects not to participate in the Empire State Classic that spot will be offered to the #4, #5, etc. athlete until the spot is filled.

Also, there is a **4 Mile Road Race at the Empire State Classic** that features [teams from each Association](#). The race will start at 9:00am on July 25<sup>th</sup> and will be run on the SUNY Cortland campus. Teams will be comprised of up to 7 runners in 6 age groups, male and female. Top 4 finishers in each category count. The age groups are under 20, 20-

39, 40-49, 50-59, 60-69, and 70+. If you would like to be considered to represent the Adirondack Association at this event, [please submit your information here](#). Teams will be named in July.

We are still working on a facility and date for the second running of the [Night of Miles](#), to be held between **late June and early August**.

At the National level, the **2021 USATF Masters Outdoor Championships** will be held July 22-25 at the Cyclone Sports Complex in Ames, Iowa. Entry and additional athlete information can be found on the [meet website](#). **The on-time entry deadline is Thursday, June 24 at 11:59 p.m. PT.**

## Officials Update

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Best wishes to Dee Shufelt and Melanie LaVack as they prepare for their adventure to Eugene, Oregon for the USA Olympic Trials, to be conducted from June 18 to 27. Dee will be a member of the High Jump crew and Melanie will be a member of the discus crew. Congratulations to both for their selection to be a part of this outstanding officiating crew during the Olympic Trials. After their return, I'm sure they will have stories that will last a lifetime and will gladly share with the Association and many others.

With the Adirondack Association Championships coming up June 20th , **there is a need for additional officials**. If you have a good knowledge of the USA Track and Field rules for a particular event or several events, we can use your help for the day and be reimbursed for your time. If you are interested and available, please contact Steve George, the Officials Committee Chair at [officials@adirondack.usatf.org](mailto:officials@adirondack.usatf.org) or 518-928-6875 (mobile). We would need to know of your interest by Saturday, June 19th.

## Event Sanctioning

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A USATF sanction is an official designation issued by USATF, through a local Association, which approves and licenses the holding of a competitive track & field, long distance running or racewalking event in the United States. The sanction is also a contract, which evidences the event's commitment to follow national and international rules and regulations of the sport and to provide a safe environment for the participants and spectators. Once the event has satisfied the sanction requirements, the event's application for sanction is approved.

The benefits of sanctioning your event include increased prestige, liability insurance, sport accident insurance for athletes, calendar coverage, records and dispute resolutions. If you are interested in having your event USATF sanctioned, please contact Kristen Hislop, Sanctions Chair at [sanctions@adirondack.usatf.org](mailto:sanctions@adirondack.usatf.org).

# USATF Adirondack Leadership Team

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## Executive Committee

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Vice President – Kristen Hislop  
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Treasurer – John Pusateri

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## Additional Board Support

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