USATF Annual Meeting

1 - 4 December 2022
Men's LDR Report
Andy Crawford

LDR

- 2024 Marathon Olympic Trials in Orlando (Feb 3). Course is stil in flux.
- 2023 NACAC Half Marathon Championships in Cuba in March; It would be good to have full and quality US participation; also would be good to have US host this event
- Latvia: World Road Running Championships to include 1mi, 5k, and Half Marathon; currently do not have full men's team that meet the eligibility
- Starting 01JAN2023: The Road Mile will be a World Record eligible event/distance. Must be at least 3:50.0 for men. If no man has ran 3:50.0 or faster by the end of calendar year 2023, then the fastest time will be come the World Record.
- Rules: (1) Athletes running in close proximity to another will not be considered assistance (issue in MUT lead to this). (2) Currently athletes are drug tested within 24hrs for American Records (ARs) only in distances that have a World Record. Want to change to all ARs of any distance.
- Starting in 2024: Tramadol, canabis, CBD >4% THC, Caffeine is limited, inhalers… all need a certain "doctor note". Also, special attention to "guilt by association" and also NSAIDs (banned at Mont Blanc). For dietary supplements, make sure it's USADA certified and also actually needed.
- Olympic Marathon time standard will be fast! Athletes should make sure to hit the B standard at least (2:11:30 and 2:29:30, men and women, respectively), because that is a minimum (Top 3 at OT does not automatically go anymore)
- Person who measures course must be on-site day-of race, to make sure the course is set-up correctly.
- World Road Running Championships will now be annual (instead of biannual). Trying to get some in the USA.
- "Stop talking and get doing!" - Vin Lananan
- "Let's make sure we spend less time talking about stuff, and more time getting stuff done!" - Vin Lanannan

XC

- 2023 XC Club National Championships TBD (Tallahassee or Garden State, NJ); will decide in ~1week
- 2023 Masters 5k XC National Championship in Boca Raton, FL (Oct. 7th or 14th)
- 2024 Masters 5k XC National Championship in Boulder
- While there is someone acting as Championship Coordinator, they are working to make this an official position
- IAAF World XC Championships in Australia (2023), Croatia (2024), and Tallahassee (2026)
- 2022 NACAC Championships cancelled; want to bring it back in 2023 and beyond
- **The Exec Comm definitely wants San Francisco to bid again for Club Nationals for 2024 or later!**
- Any interest for PA to host Masters 5k XC Champs? Something to think about…