

Officials Newsletter

April 2025

Chair's Notes



Phil Leake

Officials' Chair pgal1@sbcglobal.net

Happy Spring! We are in the middle of the track and field season and are moving towards the Championship months of May and June. Congratulations and thank you to all you have participated whether they be the big meets like the West Coast Relays, Stanford Invitational, Brutus Hamilton, Fanelli Invite, Hornet Invite or even the Sturgeon Invitational as well as all of the dual, tri and quad High School and Middle School meets and USATF Youth Meets.

Run Jump Throw A belated thanks to all of those officials who participated in the Run Jump and Throw Youth Skills Clinic in February. Although at a new venue, American River College, our Officials showed up in force and were able to help conduct the clinic well. Special thanks to Tori Busto for organizing the Clinic. We hope next year that the clinic will be larger and with increased attendance. We hope for 300 kids to participate.

Officials Status As of this writing, there are more than 80 officials who have let their official's certification lapse due to non-three-way compliance, not completing the rules review, non-interest, etc. I encourage all of you who love our sport to maintain your 3-way compliance by undergoing the Safesport refresher course, the NCSISafe background check and maintaining your membership in USATF.

Safety: I'm sure you heard or read about the official being killed by a flying implement in Colorado earlier this season as well as near misses. All of us at one time or another have witnessed accidents or near misses happening at a meet. A lot of this could have been avoided by just BEING AWARE OF YOUR SURROUNDINGS at a meet and BEING PROACTIVE IN REDUCING POTENTIAL RISKS. As part of this, the NOC Training Chair, Scott Phoenix, held a course on track and field safety. In it, he highlighted the safety portion in the USATF Officials

Best Practices. There are checklists and items to help you be more proactive in reducing any potential risks/hazards in officiating meets. The URL is [Safety by sarah.linehan - Flipsnack](#) . Please at least read through the first few pages. It will give you some insights on what to look for.

Association and Regional Youth Meets

Please plan on supporting and officiating the 2025 PAUSATF Championships, the Golden West Invitational, The Top 8 and Region 14 Youth JO Qualifiers meets in June and July. These meets are our “bread and butter” as many future high schools, college and even Olympians are on their journey to athletic excellence. Far too many officials often skip these championships as they want to concentrate on only the major or higher-level meets. DID YOU KNOW that the NOC looks favorably on participation in these meets, especially when it comes time for selection to the major meets? IT’S TRUE. As well as travelling out of our association, they also look to see if you officiated at your Association events. Please call these meet directors indicating your availability.

Post Season Selections

Congratulations to all who were selected to represent the Pacific Association Officials at the 2025 USATF National Outdoor and U20 Outdoor Championships to be held in Eugene, Oregon this summer. As usual, we are well represented. They are:

Laura Barger	U20
Robert Benoy	U20
Mike Bower	U20
Dennis Boyle	U20
John Busto	Outdoor
Ryan Cowley	Outdoor
Mark Youmans	Outdoor
Teddy Hayes	Outdoor
JR Heberle	Outdoor
Scott Kostka	U20
John Lilygren	Outdoor
Jim Manha	Outdoor
Charles Murphy	Outdoor
Rory Osborne	Outdoor
Ajay Padgaonkar	Outdoor & U20
Mark Youmans	Outdoor

ELECTIONS

This is an election year for the PA Officials Committee. We are soliciting nominations for the following offices

Chair

Vice Chair

Secretary

At Large Members (2)

Representatives to the Association Board of Athletics (2)

Please submit your nominations to the Association Secretary by May 20th.

AWARDS

Start thinking of those who may be worthy of an award at the Officials Annual Luncheon at the end of August. A listing of the awards is below

The Dick Connors Meritorious Service Award: Recipient must have ten (10) years of experience as a Track & Field Official AND must be certified as Masters level official with the USATF. This award is not required to be awarded every year.

George Newlon Special Recognition Award: Recipient should normally have seven (7) years of experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Track event officiating. This award is not required to be awarded every year.

Dick Barbour Special Recognition Award: Recipient should normally have seven (7) years of experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Field event officiating. This award is not required to be awarded every year.

Horace Crow Special Recognition Award: Recipient should normally have seven (7) years of experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Field event officiating. This award is not required to be awarded every year.

Lori & Sonny Maynard Special Recognition Award: Recipient must be a person involved, other than as a spectator, in Track & Field, LDR, or Race Walking in any capacity AND has exhibited exceptional dedication to the sport of Track & Field, LDR or Race Walking. This award is not required to be awarded every year.

IN MEMORIAM- Leroy Milam



Leroy James Milam, age 83, of Castro Valley, passed away in the hospital on March 13, 2025, after fighting a courageous six-month battle with cancer.

Leroy was born on May 15, 1941, to James and Mary Milam in Redwood City, California. He graduated from Sequoia High School in 1959, and soon after graduation, Leroy enlisted in the United State Marines and served his county from 1960 - 1965. Leroy was an active member of the Castro Valley VFW.

Following his military service, Leroy dedicated 38 years to the Safeway Beverage Plant in Richmond, California. His younger brother Richard Milam recruited Leroy to be a track official for track meets in California and Texas. This became a new interest and ultimately was a fulltime activity that Leroy enjoyed until he found out he had cancer. He really enjoyed the time he spent on the field with his track and field friends.

Leroy was always active and never met a stranger. He was a Boy Scout Master and a Camp Master for many years. He enjoyed NASCAR, driving sprint cars, and working on race cars with many of his friends. Leroy attended many softball, soccer, and baseball events for both Darlene and Daniel.

Leroy is survived by his wife of 55 years, Catherine (~~nee~~ Scott) Milam, and their children Darlene Milam of Castro Valley and Daniel (Danielle) Milam of Jacksonville, Florida, along with his four children from his first marriage to Doris McElwee, D.J. (Patricia) Milam of Paris, Texas, Debbie Milam Hartman of Cedar Park, Texas, Jeff Milam of Sherman, Texas, and Victoria Milam Ayres of Cedar Park, Texas. Leroy is further survived by 5 grandchildren and 4 great-grandchildren.

He is preceded in death by his parents James and Mary Milam and his brother, Richard Milam.

Military Honors for Leroy will be held on Thursday, May 15, 2025, at 11:30 A.M., at Sacramento Valley National Cemetery in Dixon, California.

Calendar

From Rob Benoy Calendar Coordinator

All meets needing officials are listed on the Officials Calendar. Simply click onto the Officials page on the www.pausatf.org website, click on the Calendar page, scroll down to the desired meet and click on the meet. The meet information details and contact information will appear. If there are meets missing or ones you feel should be on the calendar, please contact Rob at rbenoy64@gmail.com

The Calendar URL is: [Officials Calendar Page | PAUSATF](#)

Important Dates and Deadlines

First day of every month: Deadline to submit an article and/or photographs for the next issue of the NOC newsletter. Send your material to: officialsnewsletter@gmail.com.

LDR/X-C

From Rick Berman, PAUSATF LDR Officials Coordinator

Rick Berman

LDR Officials Coordinator

c: (415) 819-4865

rick-usatf@r2b.us

Calling All LDR Officials:

The 2025 USATF Pacific Road Grand Prix Season kicks off with the first race on March 1st. Please support our PA Grand Prix Road events by working one or more. The commitment is relatively short (compared to some Track & Field meets) and you'll usually be off to the rest of your day well before noon. For most races we need a referee, starter, and a finish crew. For bigger races, we add clerks, umpires, and marshals.

New to LDR? You can start by working one or more of the races in the Road (and starting in August, the XC) PA Grand Prix series. We'll pair you with other officials to get you started.

The first races on the 2025 PA LDR calendar are:

- Road: March 1st (Sat) - 54th NorCal John Frank Memorial 10-Mile - Redding
- Road: Road: April 6th (Sun) - SACTOWN Ten Mile Run - Sacramento

- Road: Road: April 27th (Sun) - Hospital Foundation 10k - Alameda
- Road: Road: May 4th (Sun) - Mile of Truth - Danville
- Road: Road: June 7th (Sat) - The Impala Stampede - Golden Gate Park

If you're available for any of the above, please click on this link and submit your information: [Signup Form](#). It's rare that we don't use everyone that has offered to work a race.

Please do it now while you're thinking about it. You can update your availability as the year goes along by updating your submission (retain the confirmation email you receive) or by simply submitting the form again. There are 5 more road races and a full XC season in the 2nd half of the year. I'll put out calls for those events later in the year.

Additional information about each race can be found on the PA website and will be included in the officials' instructions that get sent about 1 week before the event.

Any questions? I'd love to hear from you at the phone number or email address above.

Race Walk Calendar from Jon Price, Nicolle Goldman and Sangram Singh

Here's the current lineup of coming race walks & events:

- *Due to unexpected changes related to Team USA in the Pan Am Games, we
- ***may*** need to shift the dates of the RW Clinic and Practice Race.

Saturday, May 3*: Race Walk Clinic with Coach Susan Armenta, assisted by **Olympian Robyn Stevens**. Clinic will be 9am to 1pm at Vacaville High School, in Vacaville, CA. All ages and abilities welcome. Also, special offer for Coaches in separate flyer.

Saturday, May 10*: **3,000-meter PRACTICE** Race Walk in Vacaville, CA, one week after the Race Walk Clinic. Stay tuned for details.

Sunday, June 8: 5,000-meter Race Walk Championship the USA Track and Field Pacific Association 5,000-meter Race Walk Championship will be held on Sunday, June 8, at 8 a.m. as part of the weekend Golden West Invitational Track & Field Meet in conjunction with the USATF Pacific Association Masters Track & Field Meet at Rancho Cordova High School in Rancho Cordova, CA (Sacramento area). Open and Masters Women and Men race together in one combined event. Register for the Golden West Invitational Track & Field Meet for the 5,000 Meter Walk. Registration deadline May 26. Sorry, no same-day registrations. The first three coaches who complete all three steps below, including having an athlete finish in this race, will be awarded \$80.

[Click Here for Meet Info and Registration.](#)

World Athletics Calendar

From the NOC Newsletter

Continental Tour calendar announced: The World Athletics [Continental Tour calendar](#) has over 190 meets listed for 2024. Five of the meets are in the United States.

Certification Chair's Report



Ajay Padgaonkar

Certification Chair Certification@pacific.usatf.org

- **Remember to stay 3-way compliant; It is necessary for keeping certification valid:** Is your USATF membership current? Please check on your USATF connect (sport80) profile and renew if necessary. If you did not have an auto-renewal or multi-year USATF membership and did not renew the membership, it has expired at the end of 2023. To stay 3-way compliant, the membership needs to be renewed. Start at the USATF connect (Sport80) profile page membership tab. The other 2 aspects of the 3-way compliance are the Safesport training and background check. If you are not 3-way compliant, your certification is not valid. For many of us who first started with the current Safesport training curriculum introduced back in 2019, we are due for the full core training instead of the 3 refreshers. This core training can take up to 4 hours. Be prepared to set aside that time.
- **All certifications expired at the end of 2024**
 - Recertification for the year 2025-2028 will require 3-way compliance, recertification application and rules review/s
 - **3-way compliance:**
 - o Keep up your SafeSport and Background check, to reduce work for the recertification
 - o Membership renewal is the 3rd part of 3-way compliance:
 - o If seeking 1 year membership, do it after Nov.1, 2024. If seeking multi-year membership, wait until Jan.1, 2025.
 - **Recertification application:**
 - o The application has been simplified to ask basic information (duplication vs the sport80 database has been mostly eliminated)

and get confirmation on the acceptance of the official's code of ethics and the performance guidelines.

- **Rules reviews:**

- o Expected to be available by November 1. We plan to have some zoom clinics during Nov-Dec to go through the process so you can do it on your own. For those wishing in person help, we plan some clinics in Jan-Feb so you can do it on paper and submit it in person.
- o **If you were certified in 2024, no rules reviews for you**
- o Most of the rest of you (all apprentices and most association level officials) will only take the Basic review (75Q –True/False, Fill in the blanks, multiple choice)
- o National/Master level officials will also need to take Advanced review (for the essay style - 5 for Nat, 8 for Master)
- o Specialty reviews – Implement Inspectors, Race Walk, Referee, LDR referee, CEC, Para
 - o We have between 5-30 officials in these specialty categories
- o If you are interested in leading the rules review discussions, please contact me.

Mentor Chair's Report



Dennis Boyle

Mentor Chair

USATF PACIFIC REGIONAL RESOURCE COORDINATOR PROGRAM

- Your **Regional Resource Coordinator** is intended to be your key source for information or questions regarding:
 1. Familiarizing potential new officials with the steps involved in becoming an official
 2. Explaining how to keep “3-way compliant” and the steps for certification upgrades
 3. Signing up for meets to officiate and introducing officials to key people at those meets
 4. Finding information on the USATF and PAUSATF websites, and other useful websites

5. Assisting new officials in the assignment of a mentor
6. Collaborating with mentors, as needed, with the professional development of officials
7. Assisting the Training Chair with generating ideas for training, and helping to locate training facilities

All of the Regional Resource Coordinators are listed on the PAUSATF Officials Page under the Regional Resource Coordinators subpage URL [Officials Regional Resource Coordinators | PAUSATF](#)

NorCal-
So Ore-
Reno



DENNIS BOYLE

Oregon-Medford;
Del Norte / Siskiyou
Modoc / Humboldt
Trinity / Shasta
Lassen / Mendocino
Tehama / Placer
Plumas / Glenn
Butte / Sierra
Nevada / Yuba
Washoe-Nevada

SF- North
Bay



BRENDAN O'LEARY

Lake / Colusa
Napa / Sonoma
Marin / San Francisco
San Mateo

West Sac



JOHN BUSTO

Yolo
Solano
Contra Costa

Central
Valley



DAVE MANTOOTH

Alameda
Amador
San Joaquin
Stanislaus

daver

Sac Sub



SCOTT KOSTKA

Placer
El Dorado
Placer
Sutter

skjko

South Bay -
South



RYAN COWLEY

Santa Clara / Santa Cruz
Calaveras / Tuolumne
Alpine / Mono
Monterey / San Benito
Merced / Mariposa
Madera / Fresno
Mono / Tulare
Kings / San Luis Obispo
Santa Barbara / Ventura
Los Angeles

recow



Training Chair's Report



Bill Bartel

Training Chair training@pacific.usatf.org

I encourage everyone to attend a training session in the off-season. It's an opportunity to upgrade your skills and learn a new skill. In the very near future, an LDR/X-C clinic will be available. Stay tuned for forthcoming information. We are continually holding introductory officials' classes throughout the year. Please contact me for latest schedule of classes.

PARALYMPICS TRAINING

Ever thought about officiating a paralympic meet? Different from what you may be used to. But again, this is an underserved area in our sport. An increase of paralympic meets is on the horizon over the next few years in preparation for the '28 Olympic and Paralympic Games in Los Angeles. This means that more certified officials are needed in this area. The URL below highlights the US Paralympic Track and Field and how to get involved.

[U.S. Paralympics Track & Field | Officials \(usparatf.org\)](https://usparatf.org)

OFFICIALS NOTES: Does the USATF officials' insurance policy cover expenses incurred if you are sued as a result of your role in an event? Yes, the USATF Officials general liability policy will respond to any suits against you as a USATF Certified Official in regards to your actions as an official at a meet (Item #12 on the [Officials Insurance FAQ](#)).

Did you know the USATF Certified Officials Store offers [11 branded hats](#)?

Did you know there are links to the monthly NCAA Rules Interpretations and Clarifications on the [NOC Rule Books page](#) of the national USATF website? This material is where the NCAA clarifies the real-world application of the NCAA Track & Field and Cross Country Rules.

The NOC Dashboard website now has links in the [Rules Review section](#) to the [Paralympic Certification Rules Review](#), the [Adaptive Track & Field USA Rules](#), and the World Para Athletics Rules.

NOC Newsletter

This newsletter is published monthly by the USATF National Officials

Committee (NOC) and contains information on all area of officiating. I

encourage each of you to subscribe to this useful, entertaining newsletter

Editor: **Phil Sutton**, Associate Editors: **Mike Cahn** and **Bettina Huber**,
Support: **Mike Armstrong**, **Robert Kern**, **David Gercken**, **Jay Marshall**, and the
many frequent **newsletter contributors**. Contact the newsletter team
at: officialsnewsletter@gmail.com. [Go here](#) to view an archive of previous issues.

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Rules and Rule Changes

There have been past a lot of rule changes for USATF, NCAA and NFHS for this year. Please REVIEW ALL OF YOUR RULE BOOKS (Especially the applicable rulebook for the level of competition you are doing)

ORDER THE LATEST RULE BOOKS!!! Don't leave home without the correct book for the meet you are doing! Books, Downloads, Changes, Interpretations, Discussions, Indexes. Make sure you have the current rule books for the upcoming 2025 season: **NFHS, NCAA, USATF, World Athletics, and Para Athletics**. Follow the links below to order, download, or view a rule book.

USATF: USATF Rule Book--view or download. Hard copies of the USATF Competition Rules will be available for sale in February on the Team USA online store under the category "Accessories." USATF Certified Officials receive a 50% discount using code: 24OFFICIALS. View this rules changes presentation and the rule changes scorecard.

NFHS: National Federation of High Schools Associations (NFHS) Rule Book--hardcopy or digital access. Read the rule changes article.

NCAA: NCAA Rule Book--hardcopy or download. The 2025-2026 Track & Field/Cross Country Rule Book is the current version of the NCAA rules. Be sure and visit the NCAA Monthly Rules Clarifications and Interpretations (scroll down for the most recent month).

World Athletics: World Athletics Competition Rules and Technical Rules (Book C). World Athletics does not sell hard copies.

Para Athletics: World Para Athletics Rule Book--download. The current rule book was published in February 2023 and remains in force. Rules Comparison Booklet:

USATF Certified Official Jim Hanley (Southern California Association) publishes the popular Track & Field Rule Book Differences book. The book shows the rule differences between NFHS, NCAA, USATF, World Athletics, and World Masters Athletics across several categories of running and field events. Go here to order the 2024 version of Hanley's booklet.

Track and Field Rule Book Differences compiled by Jim Hanley Cost-\$20

Jim Hanley P.O. Box 6744, Thousand Oaks CA 91359-6744 805-24-book-8 Fax 805-242-6658 www.jim.hanley.cc

For High School: National Federation of State High School Associations (NFHS)

P.O. Box 690, Indianapolis, IN 46206 317-972-6900 Fax-317-822-5700
www.nfhs.org

For NCAA P.O. Box 6222 Indianapolis, IN 46206-6222 317-917-6222
www.ncaa.org

For OPEN: USATF 132 E. Washington Street, Indianapolis, IN 46204-3723
317-261-0500 www.USATF.ORG

For International: World Athletics 6-8, Qual Antoine 1^{er}, BP 359 MC 98007
Monaco Cedex info@worldathletics.org www.worldathletics.org

+377 93 10 88 88 Fax- +377 93 15 95 15

For Paralympic Athletics: Please see Ajay and Bill's Reports as well as these URLs

<https://www.atfusa.org/OFFICIALS/Officials.htm>
[U.S. Paralympics Track & Field | Officials \(usparatf.org\)](http://U.S.ParalympicsTrack&Field|Officials(usparatf.org))

[NATIONAL FEDERATION OF HIGH SCHOOLS](#)

_ NFHS Newsletter The author is Julie Cochran. This column changes regularly and addresses rule changes with the high school rulebooks and is a regular feature in the NOC Newsletter

From Julie: Welcome to the new **NFHS NEWS** section. We will cover hot topics and interpretations throughout the year. Thank you for supporting interscholastic track and field and please let me know if you have topics, you would like covered in this section by sending them to cochran@nfhs.org.



COACH SUSAN'S

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FLEET FEET
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COACHING RACE WALKING NOW AVAILABLE ON USATF CAMPUS!

Dr. Christine Brooks, the USATF Coaching Science Instructor, and Ian Whatley, a Team USA athlete and coach specializing in race walking, collaborated to create this new course. It offers essential knowledge for coaches aiming to help athletes progress from novice to early-stage advanced race walkers. The course also covers the topic of power walking, which is particularly popular among athletes in the masters age groups. Depending on your depth of your review, it will require approximately 7 – 9 hours to complete.

COURSE OUTLINE

1. Introduction & History
2. Walking Technique
3. Race Walking Teaching Progression
4. Technique Correction Steps
5. Fundamentals of Race Preparation

Get Started at:

<https://www.usatf.org/programs/coaches/usatf-campus-online>

**USATF Membership is not required, but must have a USATF Connect profile to register.*

ATTENTION COACHES!



WE WANT YOU TO COACH RACE WALKERS!

The Pacific Association Race Walk Committee will reimburse you the \$80 coaching training fee if you complete 3 qualified activities below that will prepare you to be a race walking coach:

1. **Attend** Coach Susan's Race Walking Clinic – May 10, 2025, 9 am – 1 pm, Andrew's Park, Vacaville, CA
2. **Complete** the online USATF Race Walk Coaching Education by November 2025
3. Have athletes **Finish (No DQ)** at the Golden West Pacific Association Track & Field Championships in the 5000m Race Walk - weekend of June 7 or 8, 2025

The first three (3) coaches to complete all three will win a \$80 reimbursement for the online Coaching Race Walk education. For more information, contact Nicolle Goldman at nicollegoldman@comcast.net. Let's go!