



One Step Ahead

News and Notes

www.long-island.usatf.org

December 2010

MEMBERSHIP RENEWAL TIME

“Tis the season” to make sure that your membership in USATF is up to date. We are rapidly approaching 2011 and membership in USATF needs to be renewed for another year.

As an individual, your membership provides access to programs, insurance, member benefits and discounts and much, much more.

As a club or an organization, membership in USATF-LI provides recognition as a registered USATF club and access to liability insurance for events and practices at very reasonable rates. Club membership entitles your club teams to participate in association and national championships and be eligible for awards and prizes in many events. As a member, your events can be sanctioned by USATF, the governing body of track & field, cross country, long distance running and race walking in the United States, and will be listed on the USATF national Website as well as on the USATF-LI website.

Membership fees are as follows:

Individual Membership

One year	\$30.00
Two years	55.00
Three years	80.00
Four years	100.00
YOUTH	20.00
Club/Organization*	50.00

*Note: this fee increases to \$100 after May 1st so register now.

To renew your membership, go to our website – www.long-island.usatf.org and click on “Membership” on the top bar. Joining now entitles you to membership for the remainder of 2010 and for 2011. If you are not sure if you are a current member or if your multi-year enrollment has expired, please call the USATF-LI Office at 516-349-9157 or [email spolansky@aol.com](mailto:email.spolansky@aol.com)

Remember, your support not only provides you with all of the benefits available to USATF members, but helps supports the Youth, Track & Field, Cross Country, Road Racing and Race Walk programs on Long Island. We are committed to promoting healthy life styles and friendly competition.

We look forward to another exciting year and wish you and your family happy holidays and healthy New Year.

WINTER TRACK & FIELD

MEET SCHEDULE

The Indoor Track & Field has been set for Youth, Open and Masters for 2010-2011. All meets will take place at Suffolk Community College - Brentwood Campus.

Fees:

USATF-LI Members

\$ 8.00 per event for the first 2 events, \$20.00 for 3 events. \$25.00 for 4 events - Relays \$15.00

Non-Members:

\$10.00 per event

Developmental Meet #1 – Sunday, December 12, 2010

1:00 pm Registration opens at 12:00 noon

55M HH (midget & up) - 400M - PeeWee 55M dash - 1500M (bantam & up) – 1 Mile Race Walk – 200 M – 800M – 3000M (midget & up) – 4x400 relay (Masters Millrose Qualifier) – 4x200M

LJ – TJ (youth & up) – HJ (bantam & up) – Shot Put

Developmental Meet #2 – Sunday, January 23, 2011

5:00 pm Registration opens at 4:30 pm

55HH (midget & up) – 1500M Race Walk (bantam & up) – PeeWee 55M dash – 1000M – 400M – 200M – 2000M (midget & up) – Coed SMR

HJ (bantam & up) – Shot Put – LJ – TJ (Youth & up)

Association Championship – Sunday, February 6, 2011

10:00 am - Registration opens at 9:00am - Open/Masters

Youth must pre-register online or by mail

55M HH (midget & up) – 400M – 55 Dash – 1500M (bantam & up) – Mile/3000M Race Walk (bantam & up) – 200M – 800M – 3000M (midget & up) -4x200 relay

HJ – Shot Put – LJ – TJ (Youth & up)

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Open Daily 11:00 am . 2:00 pm