

FAST TRACK OF ILLINOIS NEWSLETTER

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Message From the President



At the Region 7 Championships, there were 16 new records (including one national record). Of the 16 new records, Illinois athletes set nine of them.

At the National Junior Olympics meet in Wichita, Kansas, Illinois teams and unattached athletes received 57 medals from the 49 events in which they participated. Overall, Illinois was one of the top performing states at the meet.: The performances of all have been one of the best gifts I could have received. I am so proud of each and every one of

you. You have made my day.

A special thank you to Jamero Rainey who coordinated the officials at the USATF Illinois Association T&F Championships and USATF Region 7 T&F Championships. Thanks to his efforts, we had more USATF officials officiating the two meets than we've had in the last few years.

Again, thanks to all-coaches, athletes, parents and officials for making us one of the best associations in the United States of America.

Special points of interest:

- Outstanding State Meet Performances
- Outstanding Region 7 Performances
- National meet team summary

To date 2011 has been an excellent year for the USATF Illinois Association. First I would like to thank all of you for what I consider an outstanding year for preparation and participation in our meets.

At our state meet 23 new records (including a national record) were established.

2011 Masters & Open Summary

The Illinois Indoor Masters Championships was held at Sterling, Illinois on February 19, 2011. The 2011 meet resulted in excellent performances and featured one of the best women athletes in the US. Kay Glynn, W55-59, won the 55H, HJ, PV, and LJ. Another Iowan, Martha Green, W60-64, won the SP, WT and Super WT. Meet Director, Barb Lauff, won the W40-44, 3000M run. Kevin Ellis displayed seal speed in the M45-59 age group, winning the 55 M and the 200 M dashes. George LaBelle, M70-74, showed his versatility by winning eight (8) events and finishing 2nd to the State Masters Chair, Stephen Cohen, in the SP. George Theologes, M45-59 age group, won the WT and Super WT and then officiated the remainder of the competition. The meet was enjoyed by all who attended and Barb Lauff deserves a tremendous thanks for all her hard work.

The Illinois Outdoor meet was held at Plainfield Central HS, June 24, 2011. Many thanks to the Association for holding this meet in conjunction with the Youth meet on the same weekend. The meet featured several double medal winners and numerous new records were set. Steven Bowles, M70-74, came close to breaking records in the 100m and 200m dashes and later, in July, medaled at the National Masters Championships. Stanley Rober, M50-54, established a new standard in the 110H. Dave Gilbert added the PV to his Indoor title with a new Association record of 3.97m. Albert Matheis, M70-74, broke his own records in the LJ and TJ. Stephen Cohen, M70-74, won his specialties – the SP and DT and, after winning the Bronze in the SP at the Indoor National Masters meet, placed 4th in both the SP and DT at the National Outdoor meet. Greg Theologes, M45-49, set a new record for the HT and Michael Matteson, M55-59, broke the Association WT record. There were many other fine performances. Thanks to Marc Jones, Youth Chair and Meet Director, for a well ran meet.

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New Illinois Association Meet Records

Twenty three new records were set at the USATF Illinois Association Junior Olympics Track and Field Championship, which was contested June 24—26, 2011 at Plainfield Central High School in Plainfield, Illinois.

Following are the events and new record holders:

4x100, SBB, Kankakee TC
SP, SBB, Alex Taylor, Huskie TC
JV, SBB, Kieran Collins, Chicago Striders
4x400, BG, Aurora Flyers,
SP & DT, MG, Courtney Morgan, Aurora Flyers
400m, MB, Thomas Mosley, Waukegan Invaders
400m, YG, Brittny Ellis, UCTC
PV, YG, Catherine Brooke, Flying Dragons
DT, YG, Olivia Roehri, Unattached
400m, YB, Robbie Minor, Aurora Flyers
800m, YB, Joshua Haynes, Aurora Flyers

4x400, YB, Aurora Flyers
HJ & TJ, YB, Joseph Toye, UCTC
PV, YB, Adam Coulon, Flying Dragons
LJ, IG, Savannah Carson, Aurora Flyers
3000 RW, IB, Alexander Peters, Elgin Sharks
HT, IB, Kordell Mitchell, Illini Heat
100m, YW, Morolake Akinosun, Aurora Flyers
4x100, YW, Aurora Flyers
3000m, YM, Terrell James, Chicago Striders
SP, YM, Jeremy Kline, DuPage TC



“Success is where preparation and opportunity meet.”
 - Bobby Unser

New Region 7 Meet Records

At the Region 7 Championships, there were 16 new records. Nine records were set by Illinois athletes.

New Region 7 record holders:

LJ, SBG, Stacey Irwin, Illini Heat
DT, MG, Courtney Morgan, Aurora Flyers
400m, MB, Thomas Mosley, Waukegan Invaders
PV, YB, Adam Coulon, Flying Dragons
TJ, YB, Joseph Toye, UCTC
3000 RW, IB, Alexander Peters, Elgin Sharks
JT, YW, Allison Gattone, Unattached
3000m, YM, Alexis Ramirez-Aguilar, SW Suburban TC

SP, YM, Jermaine Kline, DuPage TC



Special Shout-Outs

Special shout-outs to the following athletes who set new records at both the USATF Illinois Association Junior Olympics Championships and the USATF Region 7 Junior Olympics Championships:

Courtney Morgan, Aurora Flyers, set records in MG discus throw.

Thomas Mosley, Waukegan Invaders, set records in the

MB 400m.

Joseph Toye, UCTC, set records in the YB triple jump.

Alexander Peters, Elgin Sharks, set records in the IB 3000 RW.

An extra special shout-out to **Adam Coulon**, YB, of the Flying Dragons Pole Vault Club. Adam broke the national record in YB PV not once but twice. First time at

the Illinois Association Junior Olympics Championships and, subsequently, at the Region 7 Championships. Adam went on to finish in 1st place at the USATF National Junior Olympics in Wichita, Kansas

Adam didn't stop there, he then went on to set the national record and finish in 1st place at the 2011 AAU Junior Olympic Games in New Orleans, LA..



USATF National Junior Olympics, Wichita, Kansas

Illinois was outstanding at The National Junior Olympics Track & Field Championships. Illinois team and athlete earned 57 awards as follows:

Aurora Flyers TC	1
Chicago Striders TC	1
DuPage TC	12
Elgin Sharks	6
Firestarters TC	1
Flying Dragons PVC	2
Golden Eagles TC	2
Huskie TC	1
Illini Heat TC	1
Illinois Elite TC	1
Illinois Storm TC	1
Jump High AC	1
LV's Cheetahs TC	1
Legacy Runners AC	1
Mundelein Mambas TC	1

OFF TC	1
Unattached	3
Waukegan Invaders TC	5
Zephyrs TC	15

Congratulations 1st Place finishers:

Cameron Pettigrew, IG, 400m, OFF TC
 Shamier Little, IG, 400H, Unattached
 Sarah Goodale, IG, Hep, Unattached
 Lindsey Rakosnik, YW, 1500m, Unattached
 Thomas Mosley, MB, 800m, Waukegan Invaders
 Chris Madison, YB, HJ, Zephyrs
 Adam Coulon, YB, PV, Flying Dragons
 Zachery Ziemek, YM, PV, DuPage TC
 Jeremy Kline, YM, SP, DuPage TC



Photographer Needed



Do you have a photographic eye? Love all disciplines of track & field? Want to capture outstanding moments for the future? If the answer is yes to all of the questions, USATF Illinois needs you. We are looking for an volunteer official event photographer. We will provide the digital camera. Interested? Contact the office at 640 512-0727 or email: usat-

Officials Needed

Our USATF Illinois officials were outstanding this past summer in officiating the state a regional youth and masters meets. It was great seeing you at the competitions.

We need your assistance again at the USATF Illinois Association Junior Olympics Cross Country Championships, on Sunday, November 13, 2011. Location to be determined.

Please advise Win Eggers (wegger10@aol.com) and/or Jamero Rainey (jam21@illinoisalumni.org) of your availability.

**“Gold medals aren’t made of gold. They’re made of sweat, determination, and a hard to find alloy called guts.”
- Dan Gable**

Upcoming/Tentative 2011—2012 Schedule

October 30, 2011	Annual Meeting	Benedictine Univ. Lisle, IL
November 13, 2011	USATF Illinois Association Junior Olympics Cross Country Championships	TBD
November 26, 2011	USATF Region 7 Junior Olympics Cross County Championships	TBD, Indiana
December 10, 2011	USATF National Junior Olympics Cross Country Championships	Myrtle Beach, NC
January 6, 2012	Friday Night Special	TBD
February 4-5, 2012	Dorothy Dawson Invite & Midwest Zone Championship	TBD
June 22-24, 2012	USATF Illinois Association Junior Olympics T&F Championships	TBD
July 5-8, 2012	USATF Region 7 Junior Olympics T&F Championships	TBD, Indiana
July 23-29, 2012	USATF National Junior Olympics T&F Championships	Baltimore, MD



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A Sport for Everyone.....For Life

Welcome to the Illinois Association of USA Track & Field. USA Track & Field (USATF) is the National Governing Body for track and field, long-distance running and race walking in the United States. USATF encompasses the world's oldest organized sports, the most-watched events of Olympic broadcasts, the #1 high school and junior high school participatory sport and more than 30 million adult runners in the United States.

USATF is a volunteer-driven, not-for-profit organization with a staff of professional program administrators at the National Office in Indianapolis. The mission of USATF is to lead the sport of Athletics in the United States and maintain the primacy of USA Track & Field in global athletics.

**We're on the web:
www.usatfillinois.org**

2012 Coaches Checklist

Renew and/or obtain memberships for all club coaches and volunteers

Ensure background checks are performed on all coaches and volunteers.

Renew existing memberships using the "Renew" option (birth date verification information is retained).

Observe and respect all (local, state & regional) event deadlines.