

Coaches' Keeper

by Coach Kiya Fountain

November 2008

Did You Get Screened Yet?

USATF is following the lead of other youth-based organizations in implementing a criminal background screening program on youth coaches and volunteers. In 2007, all Associations will be required to implement the program.

Offenses Screened For:

1. any crimes against children
2. any sexual offenses
3. drug convictions (within 5 years)
4. weapons violations
5. assaults, battery or any other crime of violence
6. lewd conduct
7. Two or more criminal convictions within the past five years and/or three or more criminal convictions as an adult.

Go to www.mactrack.org for info on how to get screened.

November 2nd

AAU-Metro District XC Championship

Register online at www.coacho.com.

November 3rd 7:00 P.M.

USATF Youth Meeting

Red Hook Rec Center - 155 Bay St. Brooklyn, NY

November 7th 7:00 P.M.

AAU-Metro Youth Meeting

Co-op City, Bronx, NY

November 8th

AAU-CT District Youth X/C Championship

Registration deadline Nov. 5

Register online at www.coacho.com.

November 11th

Red Hook Fall Classic - Free Event - 1mile

November 23th

USATF Region 1 XC Championship

www.mactrack.org

December 6th - Decatur, AL

AAU Cross Country National Championships

December 13th - Mechanicsville, VA

USATF National JO XC Championship

For more info log onto www.lilspedevil.com.

Please check with the meet director or association before event, for changes or more information.



Photo from mactrack.org

The spotlight is on one of New York's Hottest Runners 13 years old Kali C. Kendall better know as Lil Minnie.

She trains with the Atoms Track Club (head coach Dawn Best) where her main focus is mid-distance 800m, 1500m & 3000m. If you ever saw her run you know she is absolutely phenomenal at those distances. Lil Minnie's favorite event is the 1500m. She feels it's easier to test her speed.

Running track is not Lil Minnie's sole profession, she is an 8th grade student at St. Charles Borromeo where she is on the Cheerleading Squad and an active volunteer in the schools' computer room and main office. She also assists younger students with their studies. Kali's favorite subject is math.

In her spare time, she is learning to play the guitar. Also, Ms. Lil Minnie finds the time to draw, read, knit, crochet, build things, surf the web, talk to her friends on the phone and of course spend time with her family which includes her two cats (Katt and Gaz). When talking about family we cannot leave out her mom Lisa Holley who has been a supportive backbone in Kali's life. I personally have not seen Kali without seeing her mom.

Although mini, Kali has a big appetite for Macaroni and Cheese (both the homemade baked and Kraft with the squeeze cheese) and fried chicken wings. Sounds delicious.

Kali has won many medals, trophies and the hearts of many through her kind and courageous spirit.

Good Luck on and off the track Lil' Minnie



WHO KNEW?

Stella the Fella - Poland's Stella Walsh (Stanislawa Walasiewicz) won the women's 100-meter race at the 1932 Olympics in Los Angeles, becoming the first woman to break the 12-second barrier. When she was killed in 1980 as an innocent victim in a robbery attempt, an autopsy declared her to be a male. factmonster.com

Checking your Heart Rate is as easy as 1-2-3

1. Gently press the tips of your index & middle fingers on one hand into your neck, about an inch to either side of the middle of your throat, right where your neck and chin meet. You'll know you have the right spot when you can feel the blood pumping through the blood vessels beneath.
2. Use a watch or timepiece, count how many beats occur in ten seconds.
- 3 Multiply this number by six. The result will be your current heart rate. about.com

Your articles, suggestions, and advertisements are welcome.
Email us at 1fan@lilspedevil.com.

Test Your Knowledge

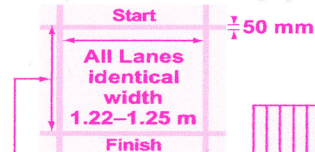
1. What is the longest running race in athletics?
2. Most outdoor athletics tracks have how many lanes?
3. The last lap of a middle-distance race is called?

That's Funny!

- J1. What do runners do when they forget something?
- J2. If athletes get athlete's foot, what do astronauts get?

Get On Your Mark!

All lines 50 mm wide and colored white. (see exceptions at right)



The distance of a race is measured from the edge of the starting line further from the finish, to the edge of the finish line nearer to the start.

110 m Hurdles Spacing:

- 13.72 m start to first hurdle
- 9.14 m hurdle to hurdle
- 14.02 m last hurdle to finish
- 10 hurdles total (..... lines)

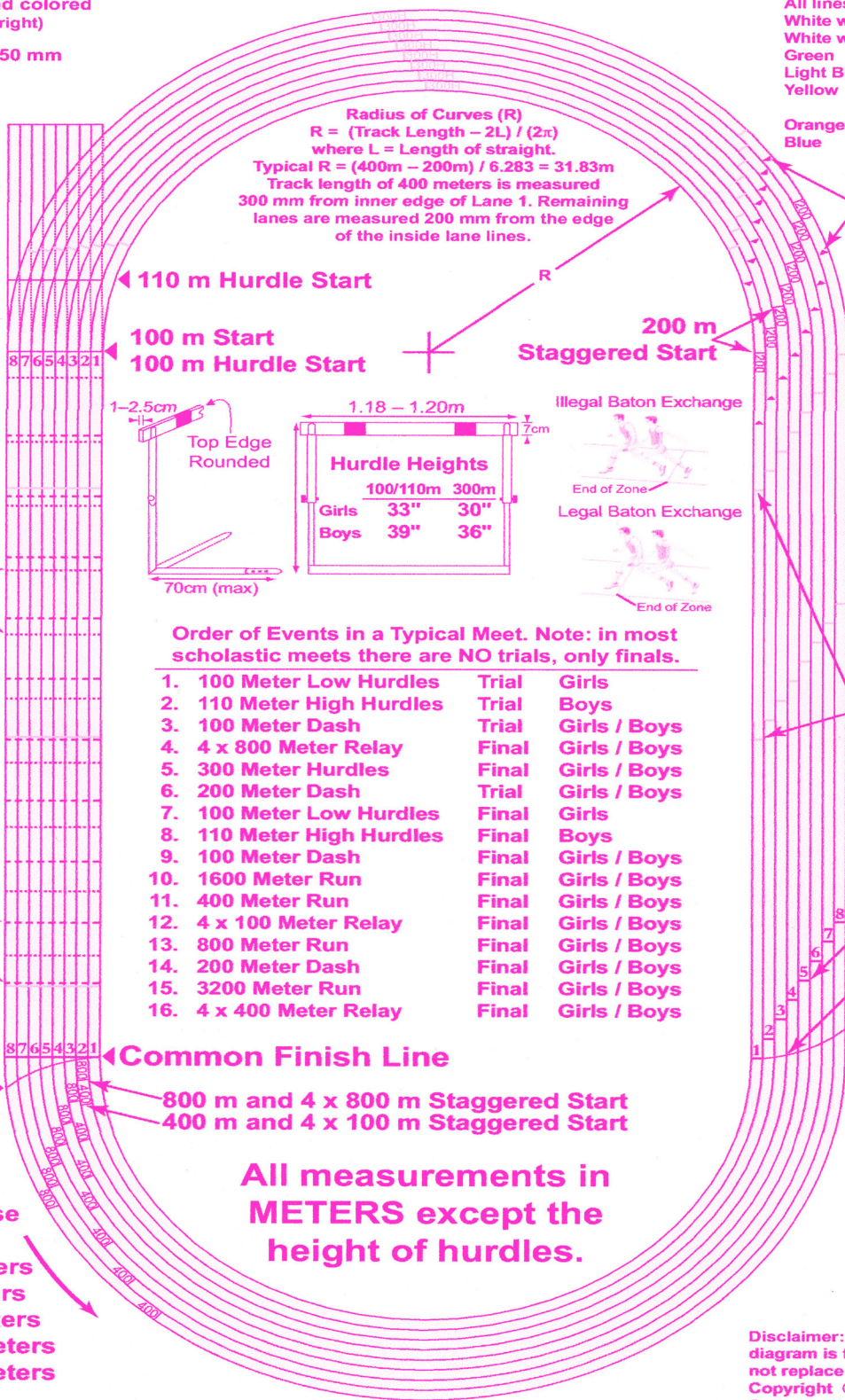
100 m Hurdles Spacing:

- 13 m start to first hurdle
- 8.5 m hurdle to hurdle
- 10.5 m last hurdle to finish
- 10 hurdles total (----- lines)

1600 m / 3200 m Waterfall Start

Races proceed counter-clockwise (turning left):

- 1/2 Lap = 200 meters
- 1 Lap = 400 meters
- 2 Laps = 800 meters
- 4 Laps = 1600 meters
- 8 Laps = 3200 meters



All lines colored White except:
 White w/Green 800m Staggered Start
 White w/Blue 4x400m Staggered Start
 Green Break Lines, 400H
 Light Blue 4x400m Relay Zones, 100m Hurdles
 Yellow 4 x 100m Acceleration 110m Hurdles
 Orange
 Blue



The baton MUST be exchanged within these 20 m zones, which are marked with arrows pointing into the zone and which span 10 m on either side of a take-over mark at the center of the zone. The baton position (not the body) determines the exchange position. For 4x100 m there are three zones in each lane, centered 100m, 200m, & 300m from the start. For 4x400 m there is one zone at start line. See crossover line note below for remainder of 4x400 m race.



Order of Events in a Typical Meet. Note: in most scholastic meets there are NO trials, only finals.

1.	100 Meter Low Hurdles	Trial	Girls
2.	110 Meter High Hurdles	Trial	Boys
3.	100 Meter Dash	Trial	Girls / Boys
4.	4 x 800 Meter Relay	Final	Girls / Boys
5.	300 Meter Hurdles	Final	Girls / Boys
6.	200 Meter Dash	Trial	Girls / Boys
7.	100 Meter Low Hurdles	Final	Girls
8.	110 Meter High Hurdles	Final	Boys
9.	100 Meter Dash	Final	Girls / Boys
10.	1600 Meter Run	Final	Girls / Boys
11.	400 Meter Run	Final	Girls / Boys
12.	4 x 100 Meter Relay	Final	Girls / Boys
13.	800 Meter Run	Final	Girls / Boys
14.	200 Meter Dash	Final	Girls / Boys
15.	3200 Meter Run	Final	Girls / Boys
16.	4 x 400 Meter Relay	Final	Girls / Boys

300 m Hurdles Spacing:

- 45 m from start to first hurdle
- 35 m hurdle to hurdle
- 10 m last hurdle to finish line
- 8 hurdles total (..... lines)

300 m Hurdles Staggered Start

Crossover Line:
 800 m / 4 x 800m: Runners in Lap 1 stay in lanes until this point, at which they may proceed to inner lanes for the rest of the race.
 4 x 400 m: Runners in Lap 1 stay in lanes. Exchange zone is 20m centered around start positions. Runners in Lap 2 stay in lanes until this point. They may then move to inside lanes as in 800 m race.

All measurements in METERS except the height of hurdles.

Disclaimer: Drawing NOT to scale. This diagram is for information only. It does not replace a blueprint or specification. Copyright © 2003 Allentown Central Catholic High School. All rights reserved.

2009 USATF Insurance Card
 Registration for 2009 USATF card begins on Nov. 1. If you purchase a card before then, it will only be valid through Dec 2008. Register at www.mactrack.org

2009 AAU Insurance Card
 Register for your AAU card by logging onto www.ausports.org today.

1. Marathon 2. eight 3. bell lap

11. They jog their memory 12. missile too

ANSWERS: