



About USATF

USATF is the United States' national governing body for the sports of track and field and cross country, road, mountain, ultra and trail running, and racewalking. It is a non-profit organization based in Indianapolis, Indiana with a national membership of about 130,000. USATF promotes training and competition programs for people of all ages, establishes grassroots programs to help develop future competitive stars, such as the Junior Olympics, and develops and selects American athletes for the Olympics, the World Championships, the Pan American Games, and other international events. Members receive an array of benefits.

USATF Masters

USATF is not just about younger runners, it is also about older individuals referred to as Masters athletes, which is defined as men and women aged 35 years and older. USATF Masters programs actively promote fitness, friendship, volunteerism, athletic development, competition, and inclusive sportsmanship. USATF Masters offers local, regional, national and international competition opportunities in track and field, cross country, road running, and racewalking for athletes. All levels of ability are welcomed and encouraged to participate. There are no qualifying standards or required qualifying meets for USATF Masters local, regional and national events. Anyone of any ability can enter. USATF Masters athletes can also represent the U.S. in world competitions, such as the World Masters Athletics international championships.

USATF offers two separate, but related programs for Masters athletes: *Masters Long Distance Running* and *Masters Track & Field*.

Masters Long Distance Running

USATF Masters Long Distance Running hosts road racing and cross country national championship events for men and women age 40 and over. Cross country racing events are held on outdoor courses over natural terrain, such as open country, fields, parks, golf courses, and grasslands, usually from 5 kilometers to 10 kilometers. Road racing distances range from one mile to the marathon. These events, which comprise the Masters National Grand Prix race series, are held all over the U.S. throughout the year. Awards include prize money for top 5-year age group finishers, top age-graded performances, overall race winners, and top 10-year age group teams. Individuals are also eligible for Elite Performance Medals based on age grading.

The Masters National Grand Prix features two components: an Individual Grand Prix and a Club Grand Prix. All Masters runners may compete in the Individual Grand Prix by joining USATF and competing in one of our national championship events. Masters runners who are also members of USATF Clubs may participate on a team in the Club Grand Prix. Awards include prize money for top 5-year age group finishers and top 10-year age group teams.

The 2022 Masters National Grand Prix commences with the USATF Club Cross Country Championships in December 2021 in Tallahassee, Florida and concludes with the USATF Masters 5k XC Championships in Boulder, Colorado in October 2022. Awards for the 2022 Masters National Grand Prix will be presented at the last event of the 2022 calendar year and the first event of the

2023 Grand Prix competition year, the Club Cross Country Championships in San Francisco, California in December 2022.

2022 USATF Masters National Grand Prix Championships

Event	Location	Date
USATF Club Cross Country Championships	Tallahassee, FL	December 11, 2021
USATF Masters XC Championships	San Diego, CA	January 8, 2022
USATF Masters 5k Championships	Atlanta, GA	February 26, 2022
USATF Masters Half Marathon Championships	Syracuse, NY	March 20, 2022
USATF Masters 10 Mile Championships	Sacramento, CA	April 3, 2022
USATF Masters 10k Championships	Dedham, MA	April 24, 2022
USATF Masters 1 Mile Championships	Rochester, NY	Early June, 2022
World Masters Athletics Championships	Tampere, Finland	June 29-July 10, 2022
USATF Masters 12k Championships	Highlands, NJ	Sept 18, 2022
USATF Masters 5k XC Championships	Boulder, CO	October 22, 2022

Masters Track & Field

USATF Masters Track & Field features events at both indoor and outdoor meets throughout the year. Running events on the track extend from 50 meters to 10,000 meters. Field events include shot put, discus, javelin, hammer throw, weight throw and superweight throw, high jump, long jump, triple jump, and pole vault. Racewalk events at distances of 1500 meters and up both on the track and the roads are held through the year. In addition to the individual throwing events indoors and outdoors, there are throws pentathlons, i.e., hammer, shot put, discus, javelin, weight throw, and ultraweight pentathlons, i.e., weight, superweight, and three ultraweights.

2022 USATF Masters Track & Field National Championships

Event	Location	Date
USATF Masters Indoor Track & Field Championships	New York, NY	March 18-20, 2022
World Masters Athletics Championships	Tampere, Finland	June 29-July 10, 2022
USATF Masters Outdoor Track & Field Championships	Lexington, KY	July 28-31, 2022

Pick out a USATF Masters National Grand Prix or a USATF Masters Track & Field event or two in your region from the calendars above. Better yet, look for a destination event to combine with a vacation. Meet, race, and compete with the fastest and best American Masters athletes. Enjoy the camaraderie of the running and track and field community. Make new friends. Get the latest information at usatfmasters.org. Don't miss out on the fun!

Going the Distance with the Best

