

2011 Men and Women's LDR Athlete Development Program

The goal of the Athlete Development Program (ADP) is to assist in the development of the next generation of GREAT American distance runners. The ADP has been a vital part of USATF since 1993. It is a program, which enables Men's and Women's LDR Committees to work collaboratively to provide emerging elite athletes the ability to experience competition at the national level. The ADP provides the athlete with \$150 travel stipend, shared room for two nights, ground transportation, meals and waived entry to selected USA championship races.

Eligibility –

In order for the athletes to be eligible, they must:

- (1) Have a 2011 USATF membership.
- (2) Be a U.S. citizen between the ages of **18-29** post scholastic.
- (3) Have met one of the following times on a certified course (*Please note that the age and time standards have been tightened from previous years*):
- (4) Athletes need to be in top physical shape to compete. If illness or injury occurs the ADP coordinator needs to be notified.

	<u>Women</u>	<u>Men</u>
1Mile	4:48.50 or Better	4:11 or Better
5 km	16:50	14:32
10 km	35:15	30:00
15 km	54:27	47:03
10 Mile	58:45	50:45
Half Marathon	1:18:30	1:07:45
Marathon	2:51:00	2:24:00

Athlete's personal information

Name _____

Address _____

Phone _____ **Email** _____

Date of Birth _____

LIST WHICH CHAMPIONSHIP RACE YOU ARE APPLYING FOR: *Eligible for up to two funded races per year.*

List up to 3 races in the last 12 months. Include name of race, date, distance and time.

1. _____

2. _____

3. _____

2011 Men's & Women's Championship events: Note the deadline dates

<u>Championship</u>	<u>Host Event</u>	<u>Date</u>	<u>ADP slots</u>	<u>Application Deadline</u>
USA Men & Women's 15km	Gate River Run Jacksonville, FL	March 12	5	Feb 12
USA Men & Women's 25km	Fifth Third River Run Grand Rapids, MI (\$200 stipend)	May 14	4	April 1
USA Men & Women's 1 Mile	Medtronic Twin Cities Mile, Minneapolis MN (\$200 stipend)	May 12	3	April 12
USA Men's 10km	AJC Peachtree Atlanta, GA	July 4	none	
USA Men & Women's 7 Mile	Quad City Times Bix 7, Davenport, IA	July 24	none	
USA Men & Women's 20km (No stipend) Room, meals & waived entry provided.	Stratton Faxon New Haven, CT	Sept 6	4	Aug 6
USA Men's & Women's 5km	CVS Caremark Downtown Providence, RI	Sept 18 Contact: Charlie Breagy	3	Aug 18 c.breagy@att.net
USA Men's & Women's 10mile	Medtronic Twin Cities Minneapolis, MN (\$200 stipend)	Oct 2	2	Aug 3
USA Men's Marathon	Medtronic Twin Cities Minneapolis, MN (\$200 stipend)	Oct 3	2	Aug 3
USA Women's 10km	Tufts Heath Plan for Women, Boston, MA	Oct 10	6	Sept 10

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