

## **2010 USATF-NJ LDR Travel Stipend**

The following outline of standards is for Men's and Women's LDR qualifying minimum standards for eligibility for USATF-NJ Travel Stipend funding to National USATF Championships and other events as determined by the USATF-NJ Board. The intent is to support the best athletes from the Association at National events. The USATF-NJ LDR standards for Athletes may be amended by the USATF-NJ LDR Committee to reflect revised qualifying standards.

	<b><u>Women</u></b>	<b><u>Men</u></b>	<b><u>Masters M/F</u></b>
5 km	18:00	15:10 or better	82%PLP
8 km	29:10	25:00 or better	82%PLP
10 km	37:45	31:00 or better	82%PLP
15 km	56:35	48:50 or better	82%PLP
10 Mile	1:00:50	52:50 or better	82%PLP
20 km	1:16:15	1:06:25 or better	82%PLP
Half Marathon	1:21:00	1:08:00 or better	82%PLP
Marathon	2:55:00	2:25:00 or better	82%PLP

USATF-NJ Athletes are eligible to participate upon the following criteria:

- The USATF-NJ Athlete must be a US citizen, a USATF-NJ member in good standing eligible to compete in USATF National Championship (Must provide proof of Citizenship)
- The athlete is eligible for up to two travel stipends per calendar year.
- The athlete must submit a formal request to the USATF-NJ LDR committee prior to the event for consideration.
- The travel stipend requires that the athlete compete in the event and submit an article outlining the experience for possible publication in the USATF-NJ Newsletter or website.

### **Travel Stipend amounts to USATF National IAAF World Championships:**

Event is geographically 250 miles or less from NJ Association	<b>\$100.00 Stipend</b>
Event is geographically 251-750 miles from NJ Association	<b>\$200.00 Stipend</b>
Event is geographically greater than 750 miles from NJ Association	<b>\$300.00 Stipend</b>

### **USATF-NJ Travel Stipend Reward for achievement**

USATF-NJ Athletes who compete in USATF National Championships and have not received a USATF-NJ travel stipend are eligible to receive a travel stipend grant of **\$100.00** provided the following is:

- The USATF-NJ Athlete medals in his or her age category.
- The USATF-NJ Athlete must be a US citizen, a USATF-NJ member in good standing eligible to compete in USATF National Championship (Must provide proof of Citizenship)
- The athlete is eligible for up to two travel stipends/Rewards per calendar year.
- The athlete must submit a formal request to the USATF-NJ LDR committee prior to December 15<sup>th</sup> 2010.
- The travel stipend requires that the athlete submit an article outlining the experience for possible publication in the USATF-NJ Newsletter or website.
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**Note: Travel Stipend is based upon a fixed budget amount per calendar year and may be prorated based upon total Athlete Participation in the program. All funds will be distributed in December 2010.**