

# **50 km Team: Qualification Standards and Current List of Qualifiers**

For 2025 US 50K team

The USATF Road 50 Kilometer National Team will compete at the 2025 International Association of Ultrarunners (IAU) 50 Kilometer World Championships under the patronage of the WA (World Athletics) on 7 December 2025 in New Delhi, India. Team USA will include up to six male and six female athletes. The Team (and alternates), one Team Leader, and one Assistant Team Leader will be selected by the Executive Committee of the USATF Mountain Ultra Trail Council and based on competitive results.

## **Timeline**

### **Qualifying Window**

Saturday, 03/02/24 - Monday 09/01/2025

### **Team Selection**

Tuesday-Wednesday, 09/02-03/2025

### **Team Announced**

Monday, 09/08/2025

## **Eligibility Criteria for the 50K U.S. Team:**

In order to be eligible to be a member of the 2025 USA 50K Road Team or to be selected as an alternate, an athlete must:

1. Be a citizen of the United States.
2. Be eligible to represent the USA at all levels of international competition at the time of selection under USA Track & Field (USATF) and World Athletics (WA) rules. Dual and naturalized citizens are asked to inform USATF of their status in order to ensure their eligibility to compete.
3. Be a USATF member in good standing at the time of the selection through the end of the World 50K Championships.
4. Possess a valid passport that does not expire within six (6) months following the conclusion of the World team processing. 50K Championships (valid through June 7, 2026). A photo copy of the passport front page must be presented to USATF Staff.
5. Sign a USATF Athlete Statement of Conditions (See Attachment A) for participation, if selected to the Team, and adhere to the requirements listed herein (including, but not limited to, completing a background screen and Safesport training).
6. There are no age requirements

## **The following USATF Mountain Ultra Trail (MUT) procedures will be used to select athletes to the 2025 USATF Road 50 Kilometer National Team**

1. To be considered for the USA 50 Kilometer National Team, runners must be citizens of the United States of America, current USATF members, and meet one of the following qualifying standards as well as other eligibility requirements.

2. American athletes who finish in the top-3 (gold, silver, or bronze medal position) men or women at the 2023 IAU 50 km World Championships will receive automatic team selection for 2025 (qualification valid for the following World Championships only) provided the qualifying time was met at the 2022 world championships (see #4 below).
3. Time performances of American athletes from the 2023 IAU 50 km World Championships in Hyderabad, India, having met time standards (See #4 below) will qualify for consideration for the 2025 US 50K team.
4. The male and female winner of the 2025 USA 50 km National Championships at Mad City Ultras in Madison, WI, on 12 April 2025 will receive automatic team selection provided time standards (see #4 below) are met in this race (qualification valid for the following World Championships only, in this case for 2025).
5. Remaining selections will be made based on other 50K certified races (USATF or NGB certified for distance) with worthy course results during the qualification window or submitted resume prioritizing 50 km road, road marathon, and 50 km trail, respectively.
  - i. **Male: 50 km Road or Track - Sub 3:00:00; Marathon Road - Sub 2:22:00**
  - ii. **Female: 50 km Road or Track - Sub 3:33:00; Marathon Road - Sub 2:45:00**
6. Athletes who meet these qualifying standards within the specified qualifying window (18 months before the 2025 50K WC excluding the 2023 WCs) will be selected into the pool of qualifying athletes for consideration.
7. If the first American finisher in one of the automatic qualifying races at that qualifying event declines a position, it will be offered to the next highest finishing American (and so on until filled) provided minimum qualification standards are met.
8. Additional selections will be made by USATF Mountain, Ultra, and Trail Executive Committee.
9. One calendar month prior to the end of the qualification period, a message will be posted to the USATF MUT Facebook page and other social media to call for those who have met any of the above standards to contact Team Leader, Lin Gentling, to express their interest in Team membership. In addition, qualified athletes may contact Team Leader at any time they meet one of the qualifying standards. Names will be added to the list of those who have qualified for selection consideration. From the list compiled, the Team will be selected as stated above.

## Team Selection Process

Athletes will be named to the team from the team selection pool using the following procedures:

1. Athletes will be named to the team based on the order of the criteria above until all the team spots are filled. Priority will be assigned to 50 km road performances, as that is the actual race distance, but 50K trail, road marathon, and other designated race performances (see above), will be evaluated by the Executive Committee of Mountain, Ultra, and Trail Council of USATF and the performance deemed superior overall will have precedence. Athletes not automatically selected to the team through standards #1 - 3 above will be selected according to best performances within qualifying guidelines.
2. If fewer than 6 athletes achieve the qualifying standards for consideration, no fewer than 4 athletes (three scoring and one additional) will be named based on performance.
3. If more than 6 athletes achieve the qualifying standards for consideration, up to 3 alternates (i.e., 6 team members and 3 alternates) will be named sequentially based on performance.
4. Alternates must meet the same standards for consideration based on performance.

5. Alternates are encouraged to prepare, as they may be named to compete at any time, up to 4 weeks prior to the world competition, if one of the other team members is unable to compete.
6. See the List of Current Qualifying athletes (below) who have met at least one of the criteria above. This is a dynamic document and will change frequently as the list of qualifiers are submitted.

## Other Terms and Conditions for Participation on the Team

1. Athletes must commit to a position on the Team by September 7, 2025 by completing team processing paperwork (including a signed USATF Athlete Statement of Conditions) or they will forfeit their place on the Team.
2. If an athlete declines a spot on the Team (or fails to commit as per #1 above), that spot will then be filled in accordance with the procedures described above until the team is filled. An athlete declining a position must submit a signed decline form.
3. Alternates: An athlete who is withdrawn from the 2025 USA 50K National Team due to illness, injury or for any other reason, or who fails to abide by the USATF Statement of Conditions prior to submission of entries by name to the IAU, will be replaced by the next eligible athlete, in rank order.
4. An athlete who is withdrawn from the 2025 USA 50K National Team due to illness, injury or for any other reason, or who fails to abide by the USATF Statement of Conditions after submission of entries by name to the IAU, will be replaced by the named alternate prior to October 15, 2025.
5. Athletes named to the US 50K Team are required to maintain fitness and prepare properly for the World Championship 50K travel and competition. An athlete is required to report any situation that may affect the athlete's ability to travel and compete to the Director of International Teams at Kimberly.Sims@usatf.org in a timely fashion.
6. Alteration: USATF reserves the right, based on consultation with the USOPC and the State Department, to alter the conditions of travel for this team trip or to cancel the trip if conditions in the host country warrant.
7. Anti-Doping Requirements: Athletes must adhere to all IAU, WADA, WA, USADA, USATF, and USOPC anti-doping protocols, policies, and procedures, as applicable. This includes participation in Out-of-Competition Testing as required by the IAU, WADA, WA, USADA, USATF, and USOPC Rules, as applicable.
8. An athlete may be removed from the Team for a pending or an adjudicated violation of IAU WADA, WA, USADA, USATF, and/or USOPC anti-doping protocol, policies, and procedures, as well as the U.S. Center for SafeSport Code, the USOPC Athlete Safety Policy, and USATF's Safe Sport Program, as applicable. In addition to the Eligibility Criteria outlined above, each athlete must complete and pass USATF's standard background screen and Safe Sport training program.

## Suitable Events for Qualifying

1. Events suitable for qualifying must be USATF Certified for distance (or NGB for international races) or provide survey certificate for track events **AND** run on a record eligible course.
2. It is helpful if these courses have IAU label. Once a label is granted, these races can be used for world event travel grant consideration as well as acknowledge any records. More information on the IAU labeling process can be found at <https://iau-ultramarathon.org/labelling.html>.

3. Events must be USATF Sanctioned (USATF Rules upheld) or equivalent for international races including, but not limited to 144.3 (Assistance To Athletes) and 163.6 (a) (Leaving the Track, Field, or Course). Note: under revised USATF rules, athletes running in close proximity to one another is not considered assistance.
4. Qualifying Marks must take place in official competitions (Refer to USATF Rule Book 262.3 (a) where “Qualifying” may interchange with “Record”).
5. Lap recording to USATF and World Athletics standards must be documented and provided if lap course is used.

## **Rules: all athletes must know and adhere to USATF rules when attempting to qualify for the 50K National Team Selection**

- here is the link to USATF competition rules handbook:  
<https://www.usatf.org/governance/rule-books>

### **Removal of Athletes:**

An athlete who is to be nominated to the US 50K Team by USATF/MUT may be removed as a nominee for any of the following reasons, as determined by USATF/MUT:

1. Voluntary withdrawal: Should they be selected per the procedures listed above, an athlete may choose to decline a position on the US 50K Team by completing the necessary paperwork provided to them, an athlete choose to withdraw after accepting a position on the US 50K Team, he/she may do so by submitting a written letter via e-mail to the Director of International Teams, at [Kimberly.Sims@usatf.org](mailto:Kimberly.Sims@usatf.org).
2. Injury or illness (both related to physical health and mental health) as certified by a USATF approved physician (or medical staff). If an athlete refuses verification of his/her illness or injury by a physician (or medical staff) approved by USATF, including, but not limited to, a diagnosis of being potentially positive with an infectious disease or a determination by a mental health provider of being unfit for participation, his/her injury/illness will be assumed to be disabling and he/she may be removed without exception.
3. Violation of the USATF Athlete Statement of Conditions (Attachment A).
4. Non-compliance with the eligibility requirements listed in these selection procedures.
5. Involuntary Withdrawal: An athlete who is named to the US 50K Team by virtue of an error or oversight (by USATF/MUT) may be removed from the Team at any time without exception.
6. An athlete may be removed from the US 50K Team for an adjudicated violation of IAU, WADA, WA, USADA, USATF, and/or USOPC anti-doping protocol, policies, and procedures, as well as the U.S. Center for Safesport Code, the USOPC Athlete Safety Policy, and USATF’s Safe Sport Program, as applicable.

### **Current Qualifiers**

(\*\* auto qualifier)

## **WOMEN**

- Criterion #1**    **\*\*Andrea Pomaranski:** 2023 50K World Championship, Hyderabad, India - 3:19:07
- Criterion #2**    **Melissa Tanner:** 2023 50K World Championship, Hyderabad, India - **3:27:00**  
**Courtney Olsen:** 2023 50K World Championship, Hyderabad, India - **3:32:04**
- Criterion #3**    **\*\*Courtney Olsen:** 2025 50K National Championship, Madison, WI - **3:16:44**
- Criterion #4**    **Sophie Seward:** 2025 50K National Championship, Madison, WI - 3:17:35  
**Lindsey Prescott:** 2025 50K National Championship, Madison, WI - 3:20:16  
**Andrea Pomaranski** — 2024 Two Oceans Marathon (Capetown, South Africa), April 14, 2024, 3:20:37  
**Lindsey Prescott** 2024 Mad City 50k, Madison, WI - 3:21:36  
**Allison Mercer:** 2025 50K National Championship, Madison, WI - 3:24:29  
**Sarah Morrison** – 2024 Mad City 50k, Madison, WI - 3:25:37  
**Emily Harrison Torrence:** 2025 50K National Championship, Madison, WI - 3:25:52  
**Alexandra Niles** – 2024 Dismal Swamp 100k & 50k, Chesapeake, VA, Dec 5, 2024 – 3:29:12  
**Christine Guerrero** - 2024 Mad City 50k , Madison, WI- 3:29:39  
**Jessalyn Sadler** : 2025 Prairie Spirit Trail Ultra, Ottawa KS, March 22 2025 – 3:30:37

## **MEN**

- Criterion #2**    **Adam Vadeboncoeur:** 2023 50K World Championship, Hyderabad, India – 2:56:20
- Criterion #3**    **\*\*Charlie Lawrence:** 2025 50K National Championship, Madison, WI – 2:49:01
- Criterion #4:**    **Jeffrey Seelaus:** 2025 50K National Championship, Madison, WI – 2:53:38  
**Adam Vadeboncoeur:** 2025 50K National Championship, Madison, WI – 2:53:51  
**Ryan Root:** 2025 50K National Championship, Madison, WI - 2:53:54  
**Johnny Rutford:** 2025 50K National Championship, Madison, WI – 2:55:47  
**Steven Mance** – 2024 Marine Corps 50K, October 27, 2024 - 2:58:48  
**Nolan McKenna** – 2024 Chicago Lakefront Spring Version, March 29, 2024 - 2:58:54

## **Important Dates**

### **Qualifying Window**

Saturday, 03/02/24 - Monday 09/01/2025

### **Team Selection**

Tuesday-Wednesday, 09/02-03/2025

### **Athlete confirmation to US 50K team**

No later than September 07, 2025

### **Team Announced**

Monday, 09/08/2025

**Athlete Resumes Due:** No later than September 1, 2025

**No team athlete substitutions** after Wednesday, October 15, 2025

Team uniforms will be provided by USATF. If an athlete qualifies for the team but cannot make the trip due to injury or any other circumstance, the uniform must be returned to USATF.

Team members will receive funding from USA Track & Field and the LOC with the exact reimbursement amount TBA. We do know that this team will not be fully funded with these resources.

Questions and resumes should be sent to team leaders, Lin Gentling (lsgentling@charter.net) and Meghan Canfield (coachmeghancanfield@gmail.com). Athletes who earn spots on the 2025 USA 50K Team must confirm their acceptance of a team spot no later than September 8, 2025.

Please notify Lin Gentling of any missing qualifying performances or errors in reporting of performances.

### **International Disclaimer:**

These procedures are based on IAU and/or World Athletics (WA/IAAF) rules and regulations as presently known and understood. Any change in the selection procedures caused by a change in IAU and/or World Athletics (WA/IAAF) rules and regulations will be distributed to the affected athletes immediately. The selection criteria are based on the latest information available to USATF. However, the selections are always subject to unforeseen, intervening circumstances, and realistically may not have accounted for every possible contingency.

### **Athlete Ombuds:**

The Athlete Ombuds provides cost-free, independent, and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and their NGB. To contact the Athlete Ombudsman Office:  
PHONE: 719-866-5000 EMAIL: [ombudsman@usathlete.org](mailto:ombudsman@usathlete.org) WEBSITE: [www.usathlete.org](http://www.usathlete.org)

### **Distribution of these Selection Procedures:**

These Selection Procedures (complete and unaltered) will be posted/published by USATF in the following location(s): USATF Website – <https://www.usatf.org/programs/elite-athletes/team-usatf/athlete-selection-procedures> and <https://trailrunner.com/usatf-mut/>

Names and Titles of the individuals responsible for creating these Selection Procedures:

- Lin Gentling – US 50K Team Leader and MUT Executive Council Member
- Meghan Canfield – US 50K Team Assistant Leader
- Nancy Hobbs – Chair Mountain Ultra Trail Committee USATF

### **Process that will be used to identify and handle any potential conflicts of interest involving a member of the discretionary selection group:**

No member of the selection group may have an actual, possible, or perceived conflict of interest. A conflict of interest exists when a personal, family, financial, professional, club, team or business interest

of the individual poses a direct or indirect relationship, connection, or affiliation, past or present, with an athlete in contention for the applicable team selection that could compromise the individual's ability to participate in the selection process in an unbiased manner.

Additionally, any person (including any potentially impacted athlete or coach of a potentially impacted athlete) with a good faith belief that a selection group member has a conflict of interest may report the alleged conflict of interest to USATF. Reports may be made anonymously. No individual shall retaliate in any way against a person who, in good faith, reports an alleged conflict of interest.



Athlete Statement of Conditions.pdf

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