

Lisa Helpa
PO Box 67
North Hatfield, MA 01066

CERTIFICATIONS:

USATF Certified Official	Early 2000's
Para Athletic Certified	9\15\2021
Western Mass Track and Field Official	2002

MEET HISTORY: See 2022 resume on page 2

High School: Regular season meets as well as the PVIAC and MIAA Championships

College: Regular season college meets and IC4A/ECAC Divisions 1 and 3 College Championships.

USATF: During the years I have been a USATF official, I have officiated various youth and Masters Open and championship meets including Junior Olympics and Masters Championships. I also officiated the Armenian Youth Olympics in September, 2022.

Cross Country: I officiate various cross country meets at the high school, college and USATF levels every year.

Para Athletics: I officiated the Texas Games in San Antonio and Peachtree Games in Atlanta in 2022.

AWARDS:

Gerry Cantor Award for Outstanding Service USATF NE	2019
USATF National Track and Field Officials Committee	2022
Outstanding Service Award	

OFFICES HELD:

Western Mass Track and Field Officials Assoc Test Administrator	2007-2021
Western Mass Track and Field Officials Association VP	2012-2017
Western Mass Track and Field Officials Association President	2017-2021
PVIAC Track and Field Commissioner/Assignor	2018-Present

2022

January 8 PVIAC	Shot Put	Wheaton College
January 9 USATF Youth Meet	Long Jump	Wheaton College
January 16 Minnechaug Jumps/ Throws	Shot Put	Minnechaug High
January 23 USATF Youth Meet	Long Jump	Wheaton College
February 5 Lexington League	Finish Line	Lexington HS
February 12 MASCAC Championship	Clerk	Wheaton College
February 19 Triangle Classic	Starter/Line clerk	Springfield College
March 5 &6 IC4A/ ECAC Div 1 Champ	Umpire	Boston University , Boston MA
April 7-10 Texas Games (Para)	Ambulatory Javelin	San Antonio, Texas
	Seated Throws	
	Line Clerk	
	Head Umpire	
May 5,6,7 Div 3 Championship	Decathlon, Heptathlon,	Williams College
	Starter, Referee	
May 8 Ivy League Heptagonals	Umpire	Yale University
May 12 and 13 NJCAA- DIII Champ Coll	Decathlon, Clerk	Hudson Valley Comm
May 14, 2022 Big East Championship	Clerk	University of Conn.
May 20, 2022 PVIAC Championship	Starter	Holyoke High School
May 21, 2022 PVIAC Championship	Line Clerk	Mohawk Regional High School
May 26 – 29 State Divisional Champ	Starter/Line clerk	Westfield State University
May 31 – June 3 CT State Championship	Timing Crew	New Britton Veterans Stadium
June 18 2022 Junior Olympics	Starter	
June 25, 2022 Peachtree Games (Para)	Finish Line	Atlanta, Georgia
	Discus	
	Long Jump	
	Shot Put	
	Javelin	
July 8-10 Junior Olympics Region 1	Pentathlon and Javelin	Brunswick ME
July 23 USATF Masters	Starter	Gordon College, Wenham, MA
Sept 4 Armenian Youth Olympics	Clerk	Clinton High, Clinton MA
Sept 10 UMASS Invitational XC	Starter/ Finish Line	Amherst, MA
Sept 17 Amherst Invite XC	Stater/ Finish Line	Hampshire College Amherst, MA