



Pacific Association Youth Track and Field Championships
James Logan High School
Union City, CA

Saturday - June 11, 2011

Sunday - June 12, 2011

REVISED

Revisions in green

April 25, 2011

Dear PA/USATF Clubs, Coaches, Parents and Athletes:

Welcome!! The Pacific Association of USA Track and Field (USATF) welcomes you to the Youth Track and Field Pacific Association Championship (PAC). The competition will be held Saturday and Sunday June 11th and 12th at Logan High School in Union City.

USATF has added the subbantam division for the first time this year for ages 7 and 8 years old only. We, the Pacific Association, have always included all of the subbantams in our PAC Championship track meet no matter what their age. This will not change, but we will enact age limits for certain events. The subbantam events are: 100, 200, 400, 800, 1500, long jump, mini jav and shot put. ***The 800, 1500, shot put and mini jav are limited to ages 7-8 only, so please do not enter your athlete/child in these events if they are younger.*** We have now created a new subbantam division for athletes age 6 and younger called Pre-subbantam. The events for that age group are the same as in previous years; 100, 200, 400, 4x100 and long jump. You will not be allowed to enter them into the other subbantam events. Pre-subbantams can participate on the regular subbantam 4x100 and 4x400 relays.

For all questions and the latest updates regarding the 2011 Pacific Association Youth Championship Meet, please contact Meet Directors:

Joanne Slaton-Camargo pa.youthchair@yahoo.com or 510-879-8642 / 510-632-8004

Pope Powell 4hzgloree@att.net or 510-861-5398

NO LATE REGISTRATION

Due to implementation of online registration ... there will be no late registration, no same-day registration. You must complete your registration process before midnight, June 6, 2011. The system will shut down at this time and if you are a work-in-progress ... all will be lost. Don't wait until the last minute.

NOTE: You cannot register an athlete to compete on your club if they are not listed within USATF as a club member. You cannot register an athlete for this meet if their birth date has not been validated at the Pacific Association office. Make sure you take care of both of these items NOW so they will not impede your registration process later.

Registration Deadline: Midnight, June 6

Registration Process

- Prior to attempting registration with Coach-O, each team or unattached athlete must have the following in place:
 1. 2011 USATF membership number
 2. Birth verified on PAUSATF website. Verification consists of the athlete's age in **bold** and underlined
 3. Club must be current 2011 USATF sanctioned club (if you want to compete as a club team member)

If these three items are not in place, the system will not allow you to register via Coach-O.

- In order for an athlete to compete, he or she must be a 2011 USATF member; **THERE WILL BE NO EXCEPTIONS TO THIS RULE**
 - www.pausatf.org
 - Click on the "Join Now" button near the top of the page
 - Athlete must register using full legal name (no nicknames accepted)
 - Athlete birth date validation document must be *received* by the PA/USATF office no later than May 31
 - 120 Ponderosa Ct.
 - Folsom, CA 95630
- Online registration links – Coach-O
- Cost per athlete is **\$6 per event** entered (no refunds)
 - Subbantam, Bantam, Midget can enter 1-3 events
 - Youth, Intermediate, Young can enter 1-4 events
 - Athletes are not allowed to compete in an older or younger age group
 - A relay counts as an event
 - **Unattached athletes cannot form a relay team**

Competition Age Groups

Age Group	Birth Year	Maximum Amount of Events
Pre-subbantam	2005 +	3 events
Subbantam	2003-2004	3 events
Bantam	2001-2002	3 events
Midget	1999-2000	3 events
Youth	1997-1998	4 events
Intermediate	1995-1996	4 events
Young	1993-1994	4 events
Women / Men	1992 if born after July 31 st	4 events

USATF false start rule for Intermediate and Young age groups

- Now in effect, the Intermediate Girl / Boy and Young Women / Men age groups are no longer allowed any false starts, same as their high school rule. Subbantam, Bantam, midget and youth age groups are still allowed one false start.

Driving Directions

Logan High School ----- Union City, CA

- **North Bay / Sacramento area** – Take highway 880 south to Alvarado Niles exit. Turn left and continue for 1 ½ miles to H Street. Turn left and park.
- **South Bay** – highway 880 north toward Oakland. Take Decoto Road / Dumbarton Bridge. Turn right on Decoto Road. Turn left on Alvarado Niles Road. Continue to H Street. Turn right and park.

Results Posting

- Results will be posted at a designated location during the meet as soon after the competition as possible. Posted results are for the benefit of everyone so please do not remove them
- After the meet is over, check the Pacific Association website (www.pausatf.org) for final results

Club / Unattached Athlete Packet Pick-Up

- Only an approved USATF LiveScan club coach or parent of an unattached athlete can pick up competition bib numbers and related materials at Logan High School. Pick-up table will be open at 7:00 a.m. Arrive early enough to get this process out of the way before the meet begins
 - Whomever picks up the packet must sign for packet

Athlete Check-In

- **Check-in** – Athletes now have the opportunity to check into all of their events all day long. **We no longer will have a first, second and final call for all events** during the track meet. The event check-in sheets will be pulled 30 minutes before the event is scheduled to take place. After the event is closed no changes will be made for any running events. **PERIOD!** Field event athletes check in at their particular field event and this can be done all day long, same as running events.
 - All four members of a relay team must check in together at the Clerk of the Course and all four members tops must match
 - If an athlete is competing in a field event and their running event is coming up, the athlete must check out of the field event with the head field event official and then check in at the running event. Time permitting, they should be allowed to return to their field event. If time is not permitting, as soon as they complete the running event they need to check back into the field event. If a coach or parent needs to assist the athlete in this process, we will allow them do so. In such cases as high jump or pole vault the bar will continue to go up and the athlete must re-enter the event at whatever height the bar is set
 - Athletes are not allowed to use cell phones, head sets or any other type of electronic devices while in the Clerking area, field of competition or on the infield
 - **NOTE:** if you have properly added an event late and your name does not appear on the check in sheet, athlete must take bib number to Maria Castillo at the finish line to have the event signed off; same day registration will need Maria's sign-off as well
- **Implements** – Field event implements except javelins and pole vault poles will be supplied by meet management. Personal implements must be passed by our Weights & Measures official. All implements must be checked between 7:30 am – 12:00 pm
- **Spike Length** – Maximum 3/16" pyramid or needle spikes on all synthetic rubber surfaces. Athletes who do not have the proper spikes will be asked to obtain the correct spikes or they will not be allowed to compete (racing flats can always be substituted for racing spikes)
- **Bib Numbers & Hip Numbers** – Bib numbers will be distributed at packet pick-up. All athletes must have a bib number assigned to them in order to compete
 - Bib numbers must be worn on the front of the jersey. An exception is made for high jumpers and pole vaulters who have the option to wear their bib number on their back if they prefer
 - Lost or forgotten bib numbers will result in a \$5.00 replacement fee (each time it is replaced)
 - For all running and race walking events, athletes will be assigned a hip number when they check in with the Clerk of the Course for final seeding
 - Hip numbers must be worn on the left hip (hip facing infield while competing – not the butt or the front of the shorts). Shirts must be tucked in so hip numbers are visible by camera at finish line

- In some of the longer distance races hip numbers may also be placed on the front of the shirt to assist with lap counting
- **Starting Heights** - The starting height for the high jump and the pole vault will be per USATF rule 242.5(k). Incremental increases will be 2” in the high jump and 6” in the pole vault until there is a winner. The winner may then determine the next height

Protest Table

All protests must be submitted in writing within thirty (30) minutes after the results of an event are posted per rule 73. This time period will be strictly enforced. There will be a \$50.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the USATF 2011 Rules of Competition may be protested. Judgment calls made by meet officials cannot be protested. Protests that do not meet the above criteria will not be accepted. The location of the protest table will be announced.

Awards

- Awards will be available for pick by a designated club coach or parent of unattached athlete at the Awards table one hour after the results have been posted
 - NOTE: The one-hour waiting period is to allow processing time in case a protest is filed regarding an event result
- Medals are awarded to the top six places in each event; ribbons will NOT be awarded for each flight / heat

Medical Services & Security

There will be an EMT or other qualified personnel available at all sessions of the championships. Additional medical facilities are within minutes of the stadium and the local Fire Department and Rescue Unit is located minutes from the stadium.

Stadium Rules

- **Access to infield / Clerk of Course area:** Only athletes who are competing will be allowed access to the track or Clerk of the Course area
 - Any coach or parent in the infield or clerking area will result in the immediate disqualification of their athlete/team and an automatic grievance will be filed for suspension of 30 days
- **Access to warm-up area:** Only athletes and PA/USATF coaches with valid 2011 Live Scan clearance AND badge will be allowed access to this area
 - Any parent or non-2011 USATF badged coach in the warm-up area will result in the immediate disqualification of their athlete/team and an automatic grievance will be filed for suspension of 30 days.
- **Tents** – Allowed on the top row of the bleachers only but cannot block the

announcer's area. Tents must be broken down and removed from the stadium at the completion of competition each day. High School and USATF are not responsible for lost or stolen items;

- **Alcohol** – There is no alcohol permitted on school grounds
- **Smoking** – The school is a SMOKE FREE ZONE. There is no smoking allowed inside or immediately outside the stadium
- **Coolers** – Permitted inside the stadium; however, GLASS CONTAINERS in the coolers ARE NOT PERMITTED. Coolers will be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium
- **Admission** – Spectators admitted free
- **Parking** - There will be FREE PARKING available at and around the competition site
- **Food Services** – Food and beverages will be sold throughout the meet. You may bring your own food and drink into the stadium but you may not bring in glass containers. When you leave, you must remove anything you brought in with you. For your convenience, plastic garbage bags and garbage cans will be available throughout the facility for garbage disposal
 - BBQs and sunflower seeds are not allowed in the stadium
- **Lost and Found** - A lost and found area will be located near the protest table

Hotel Information

Please mention PAC Championships when reserving your room. They are reserved for Friday and Saturday night June 10-11

Crowne Plaza 32083 Alvarado Niles Road Union City, CA 94587	510 489-2200	\$74.99 per night Single or double	
Extended Stay America 31950 Dyer Street Union City, CA 94587	510 441-9616	\$74.99 per night single \$89.99 per night double	
Holiday Inn Express 31140 Alvarado Niles Road Union City, CA 94587	510 475-0600	\$75.99 per night Double / Single	

SATURDAY - Events Schedule

June 11, 2011

NOTE:

- Saturday 80/100/110 hurdle events will be run as finals if no heats are required
- No false starts for Intermediate girl/boy and Young women/men. Subbantam, bantam, midget and youth age groups are still allowed one false start.

TRACK EVENTS – 8:30 am

5000 meter run finals	YM	8:30
3000 meter run finals	MG, MB, YG, YB, IG, IB, YW	9:00
200 meter trials	All age groups starting with PRE-SBG	10:00
800 meter finals	All age groups starting with SBG	12:00
1500 meter race walk finals	BG, BB, MG, MB	1:00
3000 meter race walk finals	YG, YB, IG, IB, YW, YM	1:30
200 meter finals	All age groups starting with PRE-SBG	2:00
80 meter hurdle trials	MG, MB	3:00
100 meter hurdle trials	YG, IG, YW	3:15
100 meter hurdle trials	YB	3:30
110 meter hurdle trials	IB, YM	3:45
400 meter run finals	All age groups starting with PRE-SBG	4:00

PLEASE NOTE – We will no longer do a first, second or third and final call for our track meet events. You can check your athletes in for all their days' events the first thing in the morning and / or throughout the day.

FIELD EVENTS – 8:30 am

Event	Age Group	Time	Event	Age Group	Time
Javelin	Youth G/B	8:30	Shot Put	Subbantam G/B	8:30
Javelin	Intermediate G/B		Shot Put	Bantam Girl/Boy	
Javelin	Young Wm/Men		Shot Put	Midget Girl/Boy	
			Shot Put	Youth Girl/Boy	
High Jump	Young Wmn/Men	8:30	Shot Put	Intermediate G/B	
High Jump	Intermediate		Shot Put	Young Wmn/Men	
High Jump	Youth Girl/Boy				
High Jump	Midget Girl/Boy		Long Jump	Pre-Subbantam	8:30
High Jump	Bantam Girl/Boy		Long Jump	Subbantam G/B	
			Long Jump	Bantam Girl/Boy	
Pole Vault	Youth Boy	8:30	Long Jump	Midget Girl/Boy	
Pole Vault	Intermediate Boy				Immedi-
Pole Vault	Young Men		Triple Jump	Youth Girl/Boy	ately fol
			Triple Jump	Intermediate G/B	lowing

			Triple Jump	Young Wm/Men	LngJmp
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SUNDAY - Events Schedule

June 12, 2011

TRACK EVENTS – 8:30 am

1500 meter run finals	All age groups starting with SBG	8:30
100 meter trials	All age groups starting with PRE-SBG	9:30
200 meter hurdle finals	YG, YB	11:00
400 meter hurdle finals	IG, YW, IB, YM	11:30
4x100 relay finals	All age groups starting with PRE-SBG	12:00
4x800 relay finals	MG, MB, YG, YB, IG, IB, YW, YM	1:00
80 meter hurdle finals	MG, MB	2:00
100 meter hurdle finals	YG, IG, YW	2:15
100 meter hurdle finals	YB	2:30
110 meter hurdle finals	IB, YM	2:45
100 meter finals	All age groups starting with PRE-SBG	3:00
4x400 meter relay finals	All age groups starting with SBG	3:30

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FIELD EVENTS – 8:30 am

Event	Age Group	Time
Discus	Young Wmn/Men	8:30
Discus	Intermediate G/B	
Discus	Youth Girl/Boy	
Discus	Midget Girl/Boy	
Mini Javelin	Midget Girl/Boy	8:30
Mini Javelin	Bantam Girl/Boy	
Mini Javelin	Subbantam G/B	

Event	Age Group	Time
Pole Vault	Youth Girl	8:30
Pole Vault	Intermediate Girl	
Pole Vault	Young Women	
Long Jump	Youth Girl/Boy	8:30
Long Jump	Intermediate G/B	
Long Jump	Young Wm/Men	

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