



**Pacific Association USATF
Junior Olympic Championship
Granada High School
400 Wall Street, Livermore, CA 94550
Friday – June 20, 2008
Saturday - June 21, 2008
Sunday - June 22, 2008**

March 21, 2008

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 Junior Olympic Championships (Top 8). The competition will be held Friday, Saturday and Sunday June 20th – 22nd at Granada High School in Livermore. For all questions and the latest updates regarding the 2009 Pacific Association Junior Olympic Championship Meet, please contact Meet Director:

Joanne Slaton-Camargo pa.youthchair@yahoo.com or 510-430-8223

Maria Castillo pa.youth_officialschair@yahoo.com or 707-648-3423

Pre-athlete validation for PA Junior Olympic Championships (Top 8)
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- **Packet pick up at the PA Junior Olympic (JO) meet (June 20-22) will not be allowed unless the club / unattached athlete can turn in their validated 3-part JO Advancement forms – this will be a 1 for 1 distribution (1 validated JO 3-part advancement form for 1 competitor bib number)**
 - Download from the PA/USATF website one PA JO 3-part advancement form (single page) for each athlete. Form must be signed by the athlete and their parent / legal guardian before it can be validated by Youth Membership Chairperson.
NOTE: Do not expect to find blank forms available at the meet
- In preparation for the Pacific Association Junior Olympic Championships each club athlete and unattached athlete is requested to bring to the PAC meet (June 7th & 8th @ Oakmont HS, Rocklin) their 3-part JO advancement form to be validated by Tony Williams, Sr. (Youth Membership Chairperson)
 - Validation is to ensure athlete is competing in the correct age group and has a current 2008 USATF membership
 - If you do not plan to compete in the PAC meet, you still need to make contact with Tony Williams, Pacific Association Youth Membership Chairperson, to

complete the validation of your advancement forms before the PA JO entry deadline date. pa.youth_membership_chair@yahoo.com

- Bring your PAUSATF Youth Committee binder, which should have a copy of birth certificates in alphabetical order, for each athlete. Check www.leaguelineup.com/judgetony to verify your proof of birth for each athlete. If their name does not show up, you will need to provide a copy of their birth certificate to Tony Williams.
- Be ready to produce verification of 2008 USATF membership numbers for each youth athlete
- If athletes join your club after the PAC meet and want to compete in the PA JO meet, you will then need to set up a time prior to June 20 to meet with Tony to have their forms validated. pa.youth_membership_chair@yahoo.com
 - **Please note: This is still a relatively newly implemented requirement. Both individual and relay advancement forms must be turned in at time of packet pick-up. Relay advancement forms will not be accepted after the club packet has been picked up and signed for.**

PA/USATF Youth Wish List

Each year our Association is challenged providing Ez-Ups for the various volunteers / athletes at our championship meets. Can your club loan for Saturday & Sunday one or more Ez-Ups that can be leveraged for the officials / athletes in their various staging areas?

Competition Age Groups

Age Group	Birth Year	Maximum Amount of Events
Bantam	1998-or younger	3 events
Midget	1996-1997	3 events
Youth	1994-1995	4 events
Intermediate	1992-1993	4 events
Young Women/Men	1990-1991, 1989 if born on or after July 27 th	4 events

- Athletes are not allowed to compete in an older or younger age group
- Relay counts as an event
 - Unattached athletes cannot compete on a relay team

Meet Programs

- Programs will be available for sale at the meet. We want our student athletes to be an integral part of this program. Therefore, if you have action shots from this season or last season, please send them to Anthony Camargo at ajc_arts@yahoo.com as soon as you can. We also want to use artwork by our student athletes throughout the program. Parents and coaches, will you kindly have your athletes contribute hand-drawn pictures that you would like included in the program. Please, include a short story in their own handwriting, describing their picture no later than May 31, 2008. Be sure you include their name, age and team affiliation.
- Teams can submit a one-page bio of their team with or without a picture to be included in the program. Send bio and picture to Anthony Camargo at ajc_arts@yahoo.com no later

than May 31, 2008.

Junior Olympic Program ---- Rule 305

- General
 1. (f) With approval of the Association, athletes who miss their Association Championships because of extraordinary circumstances may be advanced to the Regional meet so long as such advancement does not displace an athlete who competed in the Association meet and does not exceed the Association's allocation to the Regional meet
- Track and Field Qualifying Procedures
 2. (a) An athlete can miss the Association Championship but not the Regional Championship, because of participation in a USATF cultural exchange trip. These exceptions must be worked out with the athlete's Regional coordinator before the meet takes place.
(b) Athletes who compete in the Junior National Championships or World Youth Championships may be entered in the National Junior Olympic meet without having to compete in the Association or Regional meet provided that they meet the Youth Athletics age limits. Acquisition of the waiver and completion of the entry to the National meet must be made prior to the Regional meet via the Regional coordinator.

Registration Process

- In order for an athlete to compete in the PA JO meet he or she must be a 2008 USATF member; THERE WILL BE NO EXCEPTIONS TO THIS RULE
 - Become a 2008 USATF member by going to www.pausatf.org and clicking on the "Join Now" button near the top of the page; follow steps outlined on the website
 - Athlete must register using full legal name (**no nicknames accepted**)
 - Athlete birth certificate must be received by the PA/USATF Youth Membership Chair before athlete can compete in the meet (bring a copy to the meet in case it doesn't reach Tony via postal mail prior to the start of the meet). Tony will not accept responsibility for P.O.B. lost, late or misdirected mail.
 - Pacific Association USATF
 - c/o Tony Williams – Youth Membership Chair
 - P.O. Box 1673
 - Patterson, CA 95363
- If an athlete has competed for a club in 2008 the athlete must wait 90-days before they can compete for a different club. During that time the athlete can compete unattached
- All unattached athletes and clubs must use Club Manager software package to register for competition
 - To obtain the latest version of Club Manager contact Anthony Camargo at pa.youthentries@yahoo.com. You will also need a club 4-digit code to enter the meet. It can be located on the PA/USATF website in the Youth drop down list under "Club Manager." If your club is not listed, contact Anthony Camargo at pa.youthentries@yahoo.com for a 4-digit code for your club
 - All 4-digit codes should be in CAPS
 - All unattached athletes use "UNA" as their code

- Load all youth athletes, their 2008 USATF numbers, birth date, sex and their best times / marks
- Create a Meet Manager file using the “Create Meet Manager File” button and save it using your club name or unattached athlete’s name.
- To reiterate, if you have not yet received the latest version; Club Manager 2.0, please request it immediately. **To eliminate the errors/problems we encountered in previous seasons, YOU CANNOT USE THE 1.2 VERSION!**
 - E-mail saved “Meet Manager File” to Anthony Camargo @ pa.youthentries@yahoo.com
 - E-mail with attached Meet Manager file must be date stamped no later than 12 midnight, **June 11, 2008**
 - Entries received after this deadline date will be assessed a **\$10.00 per event** late fee, (total \$16.00 per event), up to the first day of track meet
 - Day of the meet entries are assessed a **\$20 per event** late fee, (total \$26.00 per event)
 - Changes are not accepted on track meet day unless it is a meet management error
- Cost per athlete is **\$6 per event** entered (no refunds)
 - A relay counts as an event
 - Registration payment fees must be postmarked no later than **June 12, 2008**
 - Only money orders or certified checks will be accepted, no personal checks, club account checks or cash payments
 - Money order or certified check to be made out to: Pacific Association USATF or PAUSATF
 - ***Make sure to note on the money order or certified check the name of your club or unattached athlete***
 - Mail registration money order to:
 - PAUSATF
 - c/o Maria Castillo
 - 221 Waterview Terrace
 - Vallejo, CA 94591
 - If a club wants a receipt of payment then include a self-addressed, stamped envelope with payment. Meet management will not accept responsibility for lost/late/misdirected mail

Pre-meet Entry Validation

- Prior to the start of the meet, entries will be posted on the PA/USATF website for validation. It is the responsibility of each club coach and unattached athlete parent to validate entries are correct prior to arriving at the meet. **Validation must be done no later than midnight on Sunday, June 15, 2008.**

Club / Unattached Athlete Packet Pick-Up
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- Only a club coach or parent of an unattached athlete can pick up competition bib numbers and related materials at Granada High School. Packet pick-up table will be open from 3 p.m. to 7 p.m. on Friday, June 20th for early packet pick up and 7:00 a.m. Saturday and Sunday morning. Arrive early enough to get this process out of the way before the meet

begins

- **Remember, to pick up a team packet you must be prepared to provide a validated and signed JO 3-part advancement form for each athlete plus all relay declaration forms prior to receiving team packet**
- If late registration was approved, payment in full must be received before competition bib numbers will be released
- Whomever picks up the packet must sign for packet

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. They will only be posted once, if they are removed they will not be re-posted again and athletes will have to wait to read results on the website at a later date
- Check the Pacific Association website (www.pausatf.org) for final results a few days after the meet is over

Qualification to the next round (Top 3)

- Events contested in a trials / finals format (100, 200m, 80m/100m/110m hurdles) qualify the top 9 best times from the trials to a single finals heat
 - If registered athletes for an event equal one heat or less, the trials will be run as a final
- Top 8 overall finishers in each event / age group final will advance to the Junior Olympic Region 14 meet that will be held July 11 - July 13 at Granada High School in Livermore.
 - Before leaving the PA JO meet obtain your 3-part JO advancement form from the advancement table and update with results from the PA JO meet. Turn in updated form along with payment of \$7 per event. The form must be submitted to the advancement table prior to the end of the last day of competition (July 13)
- Hammer throw and steeplechase will only contest one qualification round and this will be held at the Region 14 Championship meet at Granada High School in Livermore. (Athletes in these two events can waive the \$6 registration fee required for the first round)
 - Athlete's 3-part JO advancement form must be validated along with their \$7 registration fee and turned into the advancement table prior to leaving the PA JO meet

Driving Directions

Granada High School – 400 Wall Street, Livermore, CA 94550

- **East on I-580** – 1-580 to Livermore. Exit at Portola Avenue. Right at first signal, Murrieta Blvd. Right at third signal, Stanley Blvd. Left at first signal, Wall Street. School is on the left, drive past the school to the main parking lot. **Heading West on 580** - Exit at North Livermore, right at signal. Right on Portola. Left at Murrieta Blvd. Right at third signal, Stanley Blvd
- **West on I-580** – From Sacramento take I-5 South (past Stockton) and exit I-205 West to Tracy which becomes I-580. Exit at North Livermore and turn left to go over the freeway. Turn right on Portola. Turn left at Murrieta Blvd. Turn right on Stanley Blvd.

Turn left on Wall (first stop light). School will be on the left side of the street after passing a long field. Enter the second parking lot and drive to the back of the school where the track is located

Club Volunteer Roles

Bylaw 5.D – Clubs entering more than five athletes shall, when requested by meet management, help by providing volunteers to work at the meet. The number of volunteers should be one for each ten athletes entered by that club up to a maximum of three (3) persons.

Each club is requested to select a role (or more than one) that will best fit their volunteer availability. Some roles are behind the scenes and don't require volunteers during the course of the meet and some require your help during the meet. All hours worked by your volunteers are totaled up and then proceeds from the registration fees (after meet expenses are removed) are divided according to the number of volunteer hours your club worked. These proceeds are then given to the clubs to be used to help defray the cost of sending your youth athletes to the JO Nationals in Omaha, Nebraska the last week in July 2008.

Description of Volunteer Role	Individual and/or Club Name
Finish Lynx Operator	Anthony Camargo, Mario Camargo
Data entry - finish line (enter field event results into Hy-Tek, make necessary changes)	Maria Castillo, Debra Harvey, Amber Castillo, Amanda Castillo
Pre-meet packet creation / distribution	Maria Castillo
Clerk of the Course (Check athletes into clerking area)	Full Stride TC, UMOJA TC,
Clerk of the Course (data entry)	Charlie Sheppard, Deborah Sample, Stephanie
Clerk of the Course (hipping)	UMOJA TC,
Clerk of the Course (Starting line Coordinator walks athlete to starting line for running event)	Dan Wright, Full Stride,
Finish Line Coordinator (Assist runners at finish line off track / keep away from finish line camera)	Dolton Simmons, Full Stride TC, Nadine Davis
Lap Counters (1500m and above – both running and race walking events)	
Runners	Vivian Anderson, Erica Whittey,
Wind gauge operator (1 for each LJ runway)	
Long Jump (Girls) – 10 people	Roseville Express TC
Long Jump (Boys) – 10 people	Central Valley Roadrunners
Triple Jump (Girls) – 5 people	
Triple Jump (Boys) – 5 people	
High Jump (Girls) – 5 people	Bruce Colman, Margaret Sheehan,
High Jump (Boys) – 5 people	Bruce Colman, Margaret Sheehan,
Pole Vault (Girls) – 10 people	Soul Air, Tri Valley
Pole Vault (Boys) – 10 people	Soul Air, Tri Valley
Discus – 10 people	Mike Hammerquist,
Shot Put – 10 people	Mike Hammerquist, Steven Parker,
Turbo Javelin – 8 people	Steven Parker,

Javelin – 8 people	
Volunteer coordinators	Debra Harvey, Joanne Slaton-Camargo
Timers needed to determine length of time it takes to complete each age group event	
Weights & measurers	
Starter	Bob Shor
Recall Starter	Dick Iwamiya
Snack Bar	Granada High School
Race Walk Judges (4 required)	Becky & Art Klein
Security / Gate Keepers (4 gates – all day long)	Full Stride TC,
Awards distribution	
Water distribution to athletes at finish line	Hilltop Speed TC,
Announcer	Darrell Hampton, Ken Block

This meet cannot happen without your support! Therefore, to sign your club up for a volunteer role, please contact Debra Harvey at pa.youth_vicechair@yahoo.com

Athlete Check-In

- **Check-in** – Athletes must check in between the first and final call for each event. Coaches must have their athletes checked into the designated areas no later than FINAL CALL for each event. Athletes should remain in the clerking area. After the event is closed no changes will be made for any running events. PERIOD! Field event athletes must check in at their particular field event
 - All four members of a relay team must check in together at the Clerk of the Course
 - If an athlete is competing in a field event and their running event is called the athlete must check out of the field event with the head field event official and then check in at the running event. As soon as they complete the running event they need to check back into the field event. 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 - 11:00 am.
- **Spike Length** – Maximum 3/16" pyramid or compression 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 will have a bib number assigned to them in order to compete. Athletes must only wear their own number.
 - 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 2008 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 up by a designated club coach or parent of unattached athlete at the Awards table 30 minutes after the results have been posted
 - Athletes cannot pick up their own awards
 - NOTE: The 30 minute waiting period is to allow processing time in case a protest is filed regarding an event result
- Medals are awarded to the overall top three places in each event; ribbons will be awarded for places for through six.

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 2008 Live Scan clearance AND badge will be allowed access to this area

- Any parent or non-2008 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. Granada 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
 - BBQ pits and **sunflower seeds** are not allowed in the stadium
- **Lost and Found** - A lost and found area will be located near the protest table

Clean Up

- At the annual 2006 PA/USATF Youth Club Coaches meeting, agreement was reached that any club who leaves their area dirty will be fined \$100. This is a daily fine for multi-day meets
 - Clean-up includes the area under the bleachers where your team sits
 - This fine can also be transferable to the parking lot. If club members are observed leaving garbage next to their car and not taking it to the garbage can, the club will be fined \$100

Hotel Information

Please mention Junior Olympics when reserving your room. They are reserved for Friday and Saturday night June 20-21

Hampton Inn 2850 Constitution Drive Livermore, CA 94551	\$79.00 per night Double / Single \$89 after June 15 th	925 606-6400 Continental Breakfast www.livermore.hamptoninn.com	Reservation Deadline Date: June 15, 2008
Hilton Garden Inn 2801 Constitution Drive Livermore, CA 94551	\$79.00 per night Double / Single \$119.00 Suite	925 292-2000 Comp. internet Refrigerator / microwv	Reservation Deadline Date: June 1, 2008
La Quinta	\$82.00 per night	925 373-9600	Reservation

7700 Southfront Road Livermore, CA 94551	Double / Single \$99.00 Jacuzzi Suite	Continental Breakfast livermorelodging.com	Deadline Date: June 1, 2008
Courtyard by Marriott 2629 Constitution Drive Livermore, CA 94550	\$89.00 per night Double beds \$89.00 for single	925 243-1000 Complimentary shuttle	Reservation Deadline Date: June 1, 2008

Pacific Association Junior Olympic Track & Field Championships
Granada High School – Livermore, CA

Friday - Events Schedule
June 22, 2008

Early packet pick-up

- Location: Granada High School
- Time: 3:00 – 7:00 pm

Validation of JO Advancement Forms

- Youth Membership Chair, Tony Williams, will be available to validate Junior Olympic 3-part advancement forms at Granada HS from 3:00 – 7:00 pm
 - Expectation is that only those athletes that join a club after the PAC meet (June 7-8) will need to have their 3-part JO advancement forms validated by Tony. All other athletes (club & unattached) should have their forms validated at the PAC meet **or** wherever individually decided with Youth Membership Chairperson, Tony Williams.

FIELD EVENTS – 4:00 pm

Long Jump (Pit 1)	IG, YW
Long Jump (Pit 2)	IB, YM

TRACK EVENTS – 5:00 pm

5000 meter run finals	YM
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SATURDAY - Events Schedule
June 21, 2008

NOTE:

- Saturday 80/100/110 hurdle events will be run as finals if no heats are required
- Subbantams must compete as bantams

Field Events

Event	Age Group
Long Jump	Youth Girl
Long Jump	Youth Boy
Long Jump	Midget Girl
Long Jump	Midget Boy
Long Jump	Bantam Girl
Long Jump	Bantam Boy
High Jump	Young Women
High Jump	Young Men
High Jump	Intermediate Girl
High Jump	Intermediate Boy
High Jump	Youth Girl
High Jump	Youth Boy
Mini Javelin	Midget Girl
Mini Javelin	Midget Boy
Mini Javelin	Bantam Girl
Mini Javelin	Bantam Boy
Pole Vault	Youth Boy
Pole Vault	Intermediate Boy

Event	Age Group
Pole Vault	Young Men
Shot Put	Young Woman
Shot Put	Young Men
Shot Put	Intermediate Girl
Shot Put	Intermediate Boy
Shot Put	Youth Girl
Shot Put	Youth Boy
Shot Put	Midget Girl
Shot Put	Midget Boy
Shot Put	Bantam Girl
Shot Put	Bantam Boy
Javelin	Youth Girl
Javelin	Youth Boy
Javelin	Intermediate Girl
Javelin	Intermediate Boy
Javelin	Young Women
Javelin	Young Men

Track Events

Event	Age Group	Time
3000 meter run Finals	Midget through Young Women	9:00
200m Dash Trials	Bantam through Young Men	10:30
1500m RW Finals	Bantam, Midget	1:00
3000m RW Finals	Youth, Intermediate, Young Women/Young Men	1:30
800m Run Finals	Bantam through Young Men	3:00
200m Dash Finals	Bantam through Young Men	4:30
80m Hurdle Trials	Midget	5:00
100m Hurdle Trials	Youth Girl, Inter Girl , Young Women	5:15
100m Hurdle Trials	Youth Boy	5:30
110m Hurdle Trials	Intermediate Boy, Young Men	5:45
400m Dash Finals	Bantam through Young Men	6:00

We have the option of starting an event up to 30 minutes early if possible.

SUNDAY - Events Schedule

June 22, 2008

Field Events

Event	Age Group
Discus	Midget Girl
Discus	Midget Boy
Discus	Youth Girl
Discus	Youth Boy
Discus	Intermediate Girl
Discus	Intermediate Boy
Discus	Young Women
Discus	Young Men
Triple Jump	Youth

Event	Age Group
Triple Jump	Intermediate
Triple Jump	Young Wm/Men
High Jump	Bantam Girl
High Jump	Bantam Boy
High Jump	Midget Girl
High Jump	Midget Boy
Pole Vault	Youth Girl
Pole Vault	Intermediate Girl
Pole Vault	Young Women

Track Events

Event	Age Group	Time
1500 meter run finals	Bantam through Young Men	9:00
100m Dash Trials	Bantam through Young Men	10:30
200 meter hurdle finals	Youth Girl, Youth Boy	1:00
400 meter hurdle finals	Intr Girl/Young Women, IntrBoy/YoungMen	1:30
4x100 meter relay finals	Bantam through Young Men	2:00
4x800 meter relay Finals	Midget through Young Men	3:30
80 meter hurdle finals	Midget	4:30
100 meter hurdle finals	Youth Girl, Inter Girl, Young Women,	4:45
100 meter hurdle finals	Youth Boy	5:00
110 meter hurdle finals	Intermediate Boy, Young Men	5:15
100 meter dash finals	Bantam through Young Men	5:30
4x400 meter relay finals	Bantam through Young Men	6:00

We reserve the right to start an event up to 30 minutes early if possible. Therefore please check in at first call to prevent any problems. We will not re-instate athletes after that athlete has been eliminated. Please remember this when gauging your track meet and event arrival times.

Youth Sports Committee Code of Conduct

We, the PACIFIC ASSOCIATION believe the sports of TRACK & FIELD, CROSS COUNTRY, and RACE WALKING should be fun as well as an integral part of a sound educational program. We believe those who coach youth and work with youth are first and foremost teachers who have a duty to promote life skills and develop good character. All HEAD COACHES will be responsible for actions of ATHLETES, COACHES and PARENTS who are involved with their club.

- Spectators will be given one warning of inappropriate conduct; if it continues they will have to leave the stadium.

Detrimental Conduct: Acts in a manner detrimental to the purposes of USATF or Athletics

Definition of Behavior	Minimum Consequences
<p><u>Fighting</u> – purposeful conflict between one or more persons, often involving violence and intended to establish dominance over the opposition.</p> <p><u>Verbal Threats</u> – making either a direct or veiled verbal threat of harm (i.e., predicts that bad things are going to happen); intimidation, put-downs, gestures, facial expressions, body gestures; range from explicit, detailed and impending to implicit and vague as to both content and time frame</p>	1 year suspension and/or removal from the Association
<u>Profanity</u> – vulgar or irreverent speech or action	1 st – warning 2 nd – 30-day suspension 3 rd – 1-year suspension
<u>Cheating</u> – a deception to profit yourself or club; create an unfair advantage usually in one’s own interest and often at the expense of others; violating accepted standards or rules	Removal from Association
<u>Theft</u> – wrongful taking of someone else’s property without that person’s willful consent. A crime against property	Removal from Association
<u>Taunting</u> – derisive; abusing vocally; expressing contempt or ridicule; derisive laughter; jeering crowds; mocking smile; taunting shouts of ‘slow poke’ or ‘can’t run’	1 st – 30 day suspension 2 nd – 1-year suspension
<u>Drugs / Alcohol</u> – any substance that can be used to modify a chemical process or processes in the body to enhance a performance or ability, or to alter states of mind; no drugs or alcohol are allowed at any Youth PA/USATF events	1 st – warning 2 nd – 1-year suspension
<u>Unauthorized people on the field</u> – athletes, coaches, parents on the infield after the beginning of the first competition	30-day suspension
<u>Disrespect of Officials</u> – an official is someone who holds an office in an organization; an adult volunteer or coach who runs a team; an official (referee) at a competition	1 st – immediate team & coach disqualification from meet AND 30-day suspension 2 nd – 1-year suspension

Eligibility Violations: Violates the rules of eligibility for Athletics

Definition of Behavior	Minimum Consequences
<u>Recruitment of athletes from registered clubs</u> – once an athlete has registered with Club A in a calendar year another athlete, coach or other representative of Club B may not contact that athlete for purposes of recruiting to Club B. If an athlete decides to change clubs of their own desire, the athlete must wait 90 days after their last	1 year suspension

competition with Club A before they can begin competing with Club B. Guardian of athlete must submit in writing to the PA/USATF Membership Chair the request to change clubs.	
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Steps to Follow if Violations Occur

USATF Governance Manual, Section III (Operating Regulations), Regulation 11 (Formal Grievances and Disciplinary Proceedings)
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- C **Grievances**: A grievance may involve any matter within the cognizance of USATF, other than doping offenses described in Regulation 10.
1. **Grievance Complaints**: A Grievance Complaint shall state the following:
 - a. **Detrimental conduct**: Conduct detrimental to the best interests of Athletics or USATF has taken place;
 - b. **USATF violations**: A violation of any of USATF's Bylaws or Operating Regulations has occurred; or,
 - c. **IAAF violations**: The IAAF rules of eligibility have been violated.
 2. **Parties**: Grievance Complaints may be filed only by and against individuals or entities which were, at the time that the conduct complained or occurred, and at the time the Complaint is filed, members, directors, or officers of USATF or otherwise subject to the jurisdiction of USATF. A non-member, former director, or former officer of USATF shall be subject to the jurisdiction of USATF for the purpose of defending against a Grievance Complaint for an incident that occurred while he or she was a member, a director, or officer of USATF or otherwise subject to the jurisdiction of USATF. A Grievance Complaint may only be filed by a person or entity affected by the issues raised in the complaint; and
 3. **Time limit**: Except as provide in Regulation 11-Q-3, Grievance Complaints must be filed within two (2) years from the time the complaining party knew or should have known of the act giving rise to the Complaint.
- D **Disciplinary matters**: USATF shall have the authority to discipline any member, delegate, athlete, coach, manager, official, trainer, member of any committee, and any other person or entity participating in Athletics who, by neglect or by conduct, acts in a manner subject to discipline pursuant to Regulation 11-D-1 below. Any athlete, coach, trainer, manager, administrator, or official who alleges that he or she has been denied an opportunity to participate in an Athletics competition shall be entitled to fair notice and opportunity for a hearing conducted pursuant to this Regulation.
1. **Activities subject to discipline**: USATF may discipline any member, delegate, athlete, coach, manager, official, trainer, member of any committee, and any other person or entity participating in Athletics who, by neglect or conduct:
 - a. **Detrimental conduct**: Acts in a manner detrimental to the purposes of USATF or Athletics;
 - b. **USATF, IAAF, and Sports Act violations**: Violates any of the Bylaws, Operating Regulations, or Competition Rules of USATF or the IAAF, or violates the Sports Act;
 - c. **National team conduct**: Violates a commitment as a member of a national team as provided in Regulation 13; or
 - d. **Eligibility violations**: Violates the rules of eligibility for Athletics.

Pacific Association USATF Bylaws; Article 16 (Grievance Procedures)

(a) Any member of this Association may file a written grievance with the President pertaining to any matter within the cognizance of the Association. However, if a committee* has a grievance procedure, resolution of a grievance should be attempted under that procedure. If the grievance is against a committee chair then the grievance should be sent to that committee's secretary or someone on the committee's executive board who will act in place of the chair for resolution. The grievance shall be signed under oath and shall state with particularity the nature of the grievance, the individual or entity against which the action is directed, and the nature of the relief sought. The grievant will send a copy of the grievance to the member or members accused of the act as well as the appropriate committee chair (s).

* If the committee does not have specific grievance procedures than Article 16 a through g will be used with the appropriate substitution of the word "chair" for the word "President" and the word "Committee" for the words "Board of Athletics".

The full PA/USATF Grievance Procedure can be located online at the PA/USATF website under the section titled, "About PA/USATF." Review all steps of the grievance process before submitting a grievance.

Pacific Association Youth Sports Committee Grievance Procedures

The Youth Sports Committee has adopted the PA/USATF Grievance Procedures.

B. Should the grieving party wish to first bring a grievance to this committee, they may do so unless specifically prohibited by the Pacific Association. The procedure shall be as follows:

1. The grievance shall be presented in writing to the Youth Chairperson.
2. The Youth Chairperson shall appoint, within 10 days, a three (3) person grievance committee who shall investigate the grievance and make a decision. That decision shall be put in writing and sent to the grieving party and a copy sent to the Youth Chairperson within forty-five (45) days.
3. All decisions of the Grievance Committee shall be final within the Youth Committee. If that decision is not satisfactory then the grievance must be sent to the Association Chairperson as defined in the Association Bylaws for appeal.
4. All proceedings of the grievance shall be kept confidential if requested by the grieving party.

Complaint Referral Form

Track meet: _____

Date:_____

Time: _____

Subject:

Team:_____

Official: _____

Coach: _____

Parent: _____

Complaint: _____

[illegible]