



# Pacific Association USATF Championships

Sunday, May 25<sup>th</sup>, 2008  
College of San Mateo, 1700 [West Hillsdale Blvd.](#), San Mateo  
California

**Facilities:** On the campus of College of San Mateo. CSM has a nine (9) lane Mondo surface throughout, including steeplechase, javelin approaches and all runways. **Required spike is \_ inch Christmas tree (compression).** The throwing rings are brushed concrete.

**Eligibility:** All competitors must be a registered USATF Athlete. Only collegiate athletes who compete for their institutions and are registered by their coaches are not required to be USATF members. USATF membership cards are available for \$29.95 by contacting the Pacific Association Office at (916) 983-4715, or you may download an application on-line from <http://www.pausatf.org>. Memberships will also be on sale the day of the meet.

**Entry Form:** Entries begin April 25, 2008. USATF web-based entry form is available at <http://www.pausatf.org>. If you have questions regarding entries contact Al Hernandez at (510) 651-3162 or email: [runalrun@yahoo.com](mailto:runalrun@yahoo.com)

**Entry Fees:** On-Line Preregistration: \$15.00 per event if entry is received by 7:00 p.m. Thursday,

**Late Entry - Day of Meet Registration: \$30.00 per event. Cash Only.** The late entry deadline is 10:30 a.m. for all events, no matter when they are to be run/competed. No Exceptions.

May 22, 2008, payable by credit card. No telephone, mail, or fax entries.

**NOTE:** *Masters and high school athletes will use and compete with open implements in the field events and run the same heights and spacing as open athletes in the hurdle events.*

- **Running Event Athletes** check-in with the Clerk at least 45 minutes before your event is scheduled, or 10:30 a.m. for morning running events or 12:30 p.m. for afternoon running events.
- **Field Event Athletes** should check-in at your event site at least 60 minutes before start time for your event.

**Running Event Heats/Flights:** All running events will be run as finals only with seeding based on submitted marks.

**Field Event Organization:** Field event competitors will have three initial attempts with the top (9) nine competitors qualifying for the finals.

**Implement Certification** will be from 9:00 a.m. to 12:30 p.m..

**Further Info about the meet:** Contact Al Hernandez, (510) 651-3162, or via e-mail: [runalrun@yahoo.com](mailto:runalrun@yahoo.com)

**PAUSATF Grand Prix:** Earn double points towards prize monies being awarded by the Pacific Association's Open T&F Committee.

- The Pacific Association Grand Prix is a series, culminating with these Association Championships. \$15,000.00 will be awarded to the Association's top ten men and top ten women utilizing the **2005 IAAF Scoring Table**.
- Prize money will also be awarded to the top scorers in the PA Championship meet, using the same 2005 IAAF scoring tables (with further details to be posted at [pausatf.org](http://pausatf.org)).
- Complete rules for the PAUSATF Grand Prix can be found at [pausatf.org](http://pausatf.org) under Track and Field.



**Pacific Association USATF Championships**  
**Sunday, May 25<sup>th</sup>, 2008**  
**College of San Mateo, 1700 [West Hillsdale Blvd.](#), San Mateo**  
**California**

***Morning Running Schedule...Starts at 9:00 a.m.***

➤ **Check In:** Morning running event competitors must check-in 45 minutes before their event or by 10:30 a.m., whichever comes first.

9:00 AM ..... Men's and Women's 10,000 Meter Run-  
**combined**

10:00 AM ..... Men 3000 Meter Steeplechase

10:15 AM ..... Women 3000 Meter Steeplechase

10:30 AM .... Men's and Women's 5,000 Meter Race  
**Walk-combined**

11:15 AM \ .... Women 1500 Meter Run

11:25 AM ..... Men 1500 Meter Run

**NOTE:** \Heats will be drawn and a rolling schedule will start after the Women's 1500m at 11:15am.

11:35 AM ..... Women 100 Meter Hurdles

11:45 +/- ..... Men 110 Meter Hurdles

11:55 +/- ..... Women 400 Meter Dash

12:05 +/- ..... Men 400 Meter Dash

***Field Events...Starts at 10:00 a.m.***

➤ **Check In:** Field event athletes must check-in 60 minutes before their event or by 10:30 a.m., whichever comes first.

10:00 AM ..... **Women** Long Jump

Follows women's ..... Men Long Jump

10:00 AM ..... **Women** Pole Vault

Follows women's ..... Men Pole Vault

10:00 AM ..... Men Hammer Throw

Follows men's ..... **Women** Hammer Throw

11:30 AM ..... **Women** High Jump

Follows women's ..... Men High Jump

11:30 AM ..... **Women** Triple Jump

Follows women's ..... Men Triple Jump

12:00 PM ..... Men Discus Throw

Follows men's ..... **Women** Discus Throw

1:00 PM ..... Men Shot Put

Follows men's ..... **Women** Shot Put

2:00 PM ..... Men Javelin Throw

Follows men's ..... **Women** Javelin Throw

***Afternoon Running Schedule...Starts at 1:15 p.m.***

➤ **Check In:** Afternoon running event competitors must check-in 45 minutes before their event or by 12:30 p.m., whichever comes first.

**NOTE:** \Rolling schedule begins after the first event at 1:15 p.m. Therefore, times listed below are tentative. The heats will be determined after the scratch deadline.

1:15 PM \ ..... Women 100 Meter Dash

1:25 +/- ..... Men 100 Meter Dash

1:35 +/- ..... Women 800 Meter Run

1:45 +/- ..... Men 800 Meter Run

1:55 +/- ..... Women 400 Meter Hurdles

2:05 +/- ..... Men 400 Meter Hurdles

2:15 +/- ..... Women 5000 Meter Run

2:35 +/- ..... Men 5000 Meter Run

2:55 +/- ..... Women 200 Meter Dash

3:00 +/- ..... Men 200 Meter Dash