



**Pacific Association USATF  
Junior Olympic Championship  
Granada High School  
400 Wall Street, Livermore, CA 94550  
Friday – June 26, 2009  
Saturday - June 27, 2009  
Sunday - June 28, 2009**

March 17, 2009

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 begin Friday, (**NOTE: Friday schedule has changed**) and run through Sunday (June 26<sup>th</sup> – 28<sup>th</sup>) 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 Directors:

Joanne Slaton-Camargo      [pa.youthchair@yahoo.com](mailto:pa.youthchair@yahoo.com) or 510-632-8004

Maria Castillo              [pa.youth\\_officialschair@yahoo.com](mailto: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 26-28) will not be allowed unless the club / unattached athlete have already turned in their validated 3-part JO Advancement forms**
  - 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 we will make available all season long to all club coaches and parents of unattached athletes, the 3-part JO Advancement forms for this season. The coaches of each club athlete and parent of each unattached athlete is requested to bring their 3-part

JO Advancement forms to the PAC meet June 13<sup>th</sup> & 14<sup>th</sup> 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 2009 USATF membership
- If you do not plan to compete in the PAC meet, we still need you 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](mailto: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](http://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 2009 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 designated time and place on or before June 18th to meet with Tony to have their forms validated. [pa.youth\\_membership\\_chair@yahoo.com](mailto:pa.youth_membership_chair@yahoo.com)

Competition Age Groups
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Age Group	Birth Year	Maximum Amount of Events
Bantam	1999-or later	3 events
Midget	1997-1998	3 events
Youth	1995-1996	4 events
Intermediate	1993-1994	4 events
Young Women/Men	1991-1992, 1990 if born on or after August 2 <sup>nd</sup>	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

Registration Process
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- In order for an athlete to compete in the PA JO meet he or she must be a 2009 USATF member; THERE WILL BE NO EXCEPTIONS TO THIS RULE
  - Become a 2009 USATF member by going to [www.pausatf.org](http://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 Membership Chair prior to the start of the meet).

- If an athlete has competed for a club in 2009 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](mailto: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](mailto: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 2009 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](mailto:pa.youthentries@yahoo.com)
    - E-mail with attached Meet Manager file must be date stamped no later than 12 midnight, **Wednesday, June 17, 2009**
      - 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 Thursday, **June 18, 2009**
    - 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***

***We are doing things differently starting this year. You are asked to mail in your entry fee payment made out to PA / USATF, plus all advancement forms and relay declaration forms to Maria Castillo. The advancement forms will be returned to you at the meet with your bib numbers at package pickup. We are keeping the relay declarations but you can make changes to the relay declarations up to one hour before athletes are called to report for said event. Deadline to mail in your package is June 18<sup>th</sup>***

- Mail registration money order to:
  - PA / USATF
  - 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
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- When your Club Manager file is received you will in turn receive confirmation from meet management. 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 21, 2009.**

Club / Unattached Athlete Packet Pick-Up
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- Only a club coach with a background check ID card 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 26<sup>th</sup> 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/bib number you must have previously turned in all of your advancement paperwork. The advancement forms will be returned to you at the meet with your bib numbers at package pickup. We are keeping the relay declarations but you can make changes to the relay declarations up to one hour before athletes are called to report for said event.***

- If late registration is approved, payment in full with any late fees must be received before competition bib numbers will be released
- Whomever picks up the packet must sign for packet

Meet Programs
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- Pacific Association Junior Olympic Championship 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 via email to Anthony Camargo at [ajc\\_arts@yahoo.com](mailto: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 June 13<sup>th</sup>. Be sure you include their name, age and team affiliation. ***We need a hand drawn picture expressly for use as our outside cover for the program.*** Therefore, coaches, parents, athletes, if you know of anyone with exceptional artistic skill please have them submit a drawing to Anthony as soon as possible to be used for our program cover. We love highlighting our student athletes!
- Teams can also submit a one-page bio of their team with or without a picture to be included in the program. Send your bio and picture to Anthony Camargo at [ajc\\_arts@yahoo.com](mailto:ajc_arts@yahoo.com) no later than June 13, 2009.

Junior Olympic Program ---- Rule 305
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- 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. David Lawrence [dlaw222@yahoo.com](mailto:dlaw222@yahoo.com)

Results Posting
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- 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](http://www.pausatf.org)) for final results a few days after the meet is over

Qualification to the next round (Region 14)
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- 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 10 - July 12 at CSU Bakersfield and Liberty High School in Bakersfield
  - Before leaving the PA JO meet you must turn in your 3-part JO advancement form with updated 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 (June 28th)
- Hammer throw and steeplechase will only contest one official qualification round and this will be held at the Region 14 Championship meet at CSU Bakersfield. (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
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**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
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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 Greensboro, North Carolina the last week in July 2009.

<b>Description of Volunteer Role</b>	<b>Individual and/or Club Name</b>
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,
Pre-meet packet creation / distribution	Maria Castillo
Clerk of the Course (Check athletes into clerking area)	Deborah Sample
Clerk of the Course (data entry)	Charlie Sheppard
Clerk of the Course (hipping)	
Clerk of the Course (Starting line Coordinator walks athlete to starting line for running event)	Dan Wright
Finish Line Coordinator (Assist runners at finish line off track / keep away from finish line camera)	Dolton Simmons, Nadine Davis
Lap Counters (1500m and above – both running and race walking events)	
Runners	
Wind gauge operator (1 for each LJ runway)	
Long Jump (Girls) – 10 people	
Long Jump (Boys) – 10 people	
Triple Jump (Girls) – 6 people	Roseville Express
Triple Jump (Boys) – 6 people	Roseville Express
High Jump (Girls) – 4 people	
High Jump (Boys) – 4 people	

Pole Vault (Girls) – 6 people	Bruce Colman, Margaret Sheehan,
Pole Vault (Boys) – 6 people	Bruce Colman, Margaret Sheehan,
Discus – 10 people	Mike Hammerquist
Shot Put – 10 people	Mike Hammerquist, Steven Parker
Turbo Javelin – 8 people	
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	Lee Webb
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	Full Stride TC
Water distribution to athletes at finish line	
Announcer	Lee Webb
Information table	Maura Kent
Starting block facilitators	

This meet cannot happen without your support! Therefore, to sign you or your club up for a volunteer role, please contact Debra Harvey at [pa.youth\\_vicechair@yahoo.com](mailto:pa.youth_vicechair@yahoo.com)

Athlete Check-In
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- **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 and all four members tops must match
  - 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. 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 should 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 may be supplied by meet management. Personal implements must be passed by our Weights & Measures official.
- **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
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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 2009 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
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- 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 can not 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 four through six.

Medical Services & Security
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There will be 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
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- **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 2009 Live Scan clearance AND badge will be allowed access to this area
  - Any parent or non-2009 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
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- 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
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Please mention Junior Olympics when reserving your room. They are reserved for Friday and Saturday night June 26-27

Hampton Inn 2850 Constitution Drive Livermore, CA 94551	\$79.00 per night Double / Single \$89 after June 13 <sup>th</sup>	925 606-6400 Continental Breakfast <a href="http://www.livermore.hamptoninn.com">www.livermore.hamptoninn.com</a>	Reservation Deadline Date: May 27 <sup>th</sup> , 2009
Hilton Garden Inn 2801 Constitution Drive Livermore, CA 94551	\$79.00 per night Double / Single	925 292-2000 Comp. internet Refrigerator / microwv	Reservation Deadline Date: June 5, 2009
Residence Inn 1000 Airway Boulevard Livermore, CA 94551	\$79.00 p/night Sgl or \$89 p/night double \$99 after June 10 <sup>th</sup>	925 373-1800 <a href="http://www.marriott.com/oakly">www.marriott.com/oakly</a>	Reservation Deadline Date: May 26, 2009
La Quinta 7700 Southfront Road Livermore, CA 94551	\$82.00 per night Double / Single \$99.00 Jacuzzi Suite	925 373-9600 Continental Breakfast <a href="http://livermorelodging.com">livermorelodging.com</a>	Reservation Deadline Date: June 12, 2009
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, 2009

<p><b><i>Pacific Association Junior Olympic Track &amp; Field Championships</i></b></p>
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**Granada High School – Livermore, CA**

## Friday - Events Schedule June 26, 2009

Early packet pick-up
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- Location: Granada High School
- Time: 3:00 – 7:00 pm
- Day of the meet entries are assessed a \$20 per event late fee, (total \$26.00 per Event)
- You will need to have your advancement forms validated before you can be entered into the meet. Tony Williams will be here from 3:00 to 7:00 pm.
- Changes are not accepted on track meet day unless it is a meet management error

### Validation of Junior Olympic Advancement Forms

- For those who have not already previously done so, 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 who join a club after the PAC meet (June 13-14) will need to have their 3-part JO advancement forms validated by Tony. All other athletes (club & unattached) should have their forms validated during the early Spring track meet season, at the PAC meet **or** wherever individual arrangements were made with Youth Membership Chairperson, Tony Williams.

## Friday schedule has changed

### FIELD EVENTS – 4:00 pm

Long Jump (Pit 1)	Intermediate Girl, Young Women
Long Jump (Pit 2)	Intermediate Boy, Young Men

### TRACK EVENTS – 4:00 pm

400 meter dash trials*	Bantam through Young Men
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### TRACK EVENTS – 5:30 pm

4x800 meter relay*	Bantam through Young Men
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**\* FIRST TIME OFFERED ON FRIDAY AFTERNOON / EVENING**  
**SATURDAY - Events Schedule**  
**June 27, 2009**

**NOTE:**

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

**Field Events**

<b>Event</b>	<b>Age Group</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Time</b>
Triple Jump	Youth	8:30	Mini Javelin	Midget Girl	8:30
Triple Jump	Intermediate		Mini Javelin	Midget Boy	
Triple Jump	Young Wm/Men		Mini Javelin	Bantam Girl	
			Mini Javelin	Bantam Boy	
High Jump	Young Women	8:30			
High Jump	Young Men		Shot Put	Young Woman	8:30
High Jump	Intermediate Girl		Shot Put	Young Men	
High Jump	Intermediate Boy		Shot Put	Intermediate Girl	
High Jump	Youth Girl		Shot Put	Intermediate Boy	
High Jump	Youth Boy		Shot Put	Youth Girl	
			Shot Put	Youth Boy	
Pole Vault	Youth Boy	8:30	Shot Put	Midget Girl	
Pole Vault	Intermediate Boy		Shot Put	Midget Boy	
Pole Vault	Young Men		Shot Put	Bantam Girl	
			Shot Put	Bantam Boy	
Javelin	Youth	8:30			
Javelin	Intermediate				
Javelin	Young Wm/Men				

**Track Events**

<b>Event</b>	<b>Age Group</b>	<b>Time</b>
5000 meter run Finals	Young Men	8:30
3000 meter run Finals	Midget through Young Women	9:00
200m Dash Trials	Bantam through Young Men	10:30
1500m RW Finals	Bantam, Midget	12:00
3000m RW Finals	Youth, Intermediate, Young Women/Young Men	12:30
800m Run Finals	Bantam through Young Men	1:30
200m Dash Finals	Bantam through Young Men	3:00
80m Hurdle Trials	Midget	3:30
100m Hurdle Trials	Youth Girl, Intermediate Girl , Young Women	3:45
100m Hurdle Trials	Youth Boy	4:00

110m Hurdle Trials	Intermediate Boy, Young Men	4:15
400m Dash Finals	Bantam through Young Men	4:30

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

## SUNDAY - Events Schedule

June 28, 2009

### Field Events

Event	Age Group	Time	Event	Age Group	Time
Discus	Midget Girl	11:00	Pole Vault	Youth Girl	11:00
Discus	Midget Boy		Pole Vault	Intermediate Girl	
Discus	Youth Girl		Pole Vault	Young Women	
Discus	Youth Boy				
Discus	Intermediate Girl		Long Jump	Youth Girl	11:00
Discus	Intermediate Boy		Long Jump	Youth Boy	
Discus	Young Women		Long Jump	Midget Girl	
Discus	Young Men		Long Jump	Midget Boy	
			Long Jump	Bantam Girl	
High Jump	Bantam Girl	11:00	Long Jump	Bantam Boy	
High Jump	Bantam Boy				
High Jump	Midget Girl				
High Jump	Midget Boy				

### Track Events

Event	Age Group	Time
1500 meter run finals	Bantam through Young Men	11:00
100m Dash Trials	Bantam through Young Men	12:00
200 meter hurdle finals	Youth Girl, Youth Boy	1:30
400 meter hurdle finals	Intr Girl/Young Women, IntrBoy/YoungMen	1:45
4x100 meter relay finals	Bantam through Young Men	2:00
80 meter hurdle finals	Midget	3:30
100 meter hurdle finals	Youth Girl, Intermediate Girl, Young Women,	3:45
100 meter hurdle finals	Youth Boy	4:00
110 meter hurdle finals	Intermediate Boy, Young Men	4:15
100 meter dash finals	Bantam through Young Men	4:30
4x400 meter relay finals	Bantam through Young Men	5:00

**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><b>Fighting</b> – purposeful conflict between one or more persons, often involving violence and intended to establish dominance over the opposition.</p> <p><b>Verbal Threats</b> – 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
<p><b>Profanity</b> – vulgar or irreverent speech or action</p>	1 <sup>st</sup> – warning 2 <sup>nd</sup> – 30-day suspension 3 <sup>rd</sup> – 1-year suspension
<p><b>Cheating</b> – 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</p>	Removal from Association
<p><b>Theft</b> – wrongful taking of someone else’s property without that person’s willful consent. A crime against property</p>	Removal from Association
<p><b>Taunting</b> – derisive; abusing vocally; expressing contempt or ridicule; derisive laughter; jeering crowds; mocking smile; taunting shouts of ‘slow poke’ or ‘can’t run’</p>	1 <sup>st</sup> – 30 day suspension 2 <sup>nd</sup> – 1-year suspension
<p><b>Drugs / Alcohol</b> – 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</p>	1 <sup>st</sup> – warning 2 <sup>nd</sup> – 1-year suspension
<p><b>Unauthorized people on the field</b> – athletes, coaches,</p>	30-day suspension



parents on the infield after the beginning of the first competition	
<b>Disrespect of Officials</b> – 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 <sup>st</sup> – immediate team & coach disqualification from meet AND 30-day suspension 2 <sup>nd</sup> – 1-year suspension

**Eligibility Violations:** Violates the rules of eligibility for Athletics

Definition of Behavior	Minimum Consequences
<b>Recruitment of athletes from registered clubs</b> – 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 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.	1 year suspension

### Steps to Follow if Violations Occur

USATF Governance Manual, Section III (Operating Regulations), Regulation 11 (Formal Grievances and Disciplinary Proceedings)

- 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)
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- (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 des 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
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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.

