



**Pacific Association USATF Championships**  
**Sunday, May 29<sup>th</sup>, 2011**  
**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