



Pacific Association USATF Open and Masters Championships

Sunday, May 27th, 2012

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 ¼ inch Christmas tree (compression).** The throwing rings are brushed concrete.
- Eligibility:** All competitors must be registered USATF Athletes, other than college athletes who compete for their institutions and are registered by their coaches. USATF membership is available for \$29.95 from the Pacific Association Office (916) 983-4715, on-line from <http://www.pausatf.org/data/PAAppOnline.html> or on sale the day of the meet.
- Entry Form:** **Entries begin the week of April 9th, 2012.** USATF web-based entry form is available at <http://pausatf.org>.
- Contacts** If you are an **OPEN athlete** and have questions regarding entries contact **Al Hernandez** at (510) 651-3162 or email: runalrun@yahoo.com. If you are a **MASTER athlete**, contact **Joseph Ols** at josephols@verizon.net.
- Entry Fees:** **On-Line Preregistration: \$15.00 per event** if entry is received by **11:59 p.m. Wednesday, May 23, 2012**, payable by credit card. **No telephone, mail, or fax entries.**

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/contested. **No Exceptions.**

Master’s Athletes will compete for awards.

Athlete Check-In: Athletes must check in at the registration booth before competition to pick up your bib numbers including a sticker that will list the events entered. This sticker will be checked when reporting for events.

- **Running Event Athletes shall** check-in with the Clerk **before your event.** All running events will be run as **finals only** with **heats and lane assignments organized on the start line before each race.** **Listen for public address announcements telling you when to report.**
- **Field Event Athletes shall** check-in at your event site. Depending on the number of entries, Open and Master athletes may compete together by sex with appropriate implements, but shall be scored separately. **Listen for public address announcements which telling you when to report.**

Implement Certification will be from 9:00 a.m. to 12:30 p.m. At the throwing field shed, located above the stadium.

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 will be awarded to the Association’s top ten men and top ten women utilizing the 2001 IAAF Scoring Table.
- Complete rules for the PAUSATF Grand Prix are found at <http://pausatf.org> / **Grand Prix** under Track and Field.

For further information about the Grand Prix, contact **Women’s T & F Chair Fred Baer** at (651) 345-4114, or Frdbaer@aol.com. To register submit your name, mailing address, 2012 PA/USATF number and e-mail address to Fred. ***This has to be completed prior to earning any points towards your Grand Prix total!***



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The following events shall be contested

<u>Open Women</u>	<u>Open Men</u>	<u>Master Women</u>	<u>Master Men</u>
100m H (33")	110m H (42")	100m H (33") 80m H (30")	110m H (39") 100m H (36" or 33") 80m H (30")
<i>There will be NO 27" Hurdle Races</i>			
400m IH (30")	400m IH (36")	400m IH (30") 300m IH (30")	400m IH (36"/30") 300m IH (30")
100m	100m	100m	100m
200m	200m	200m	200m
400m	400m	400m	400m
800m	800m	800m	800m
1,500m	1,500m	1,500m	1,500m
5,000m Run	5,000m Run	5,000m Run	5,000m Run
10,000m Run	10,000m Run	10,000m Run	10,000m Run
3,000m Steeple (30)	3,000m Steeple (36")	2,000m Steeple (30")	3,000m Steeple (36") 2,000m Steeple (30")
5,000m RW	5,000m RW	5,000m RW	5,000m RW
Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump	Triple Jump
High Jump	High Jump	High Jump	High Jump
Pole Vault	Pole Vault	Pole Vault	Pole Vault

Rule 332.3(f) Masters "Privately owned implements shall be exempt from the loss of identity rule (187.10) Hence...Individual athletes must bring their own implements OR Masters Committee must supply 'em.

Shot Put	Shot Put	Shot Put	Shot Put
Discus	Discus	Discus	Discus
Javelin	Javelin	Javelin	Javelin
Hammer	Hammer	Hammer	Hammer

Clerking will be done at the start line. For instance, all event athletes will be called to the start line. The field will be divided into Open and Master athletes, then sub-divided to appropriate lanes based on sex and age when appropriate. In the lane races, an athlete who is "late" arriving, may get a lane, but will not replace an athlete who was "on time" and has been assigned a lane.

To "make the computer right" before the race, your "bib number" will be assigned a lane and the clerk will radio that number to the Competition Secretary running the meet management computer.

In field events, your "bib number" will get you checked into an event.



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All "Day of Meet Entries" must be signed in by 10:30 a.m.

Morning Running Schedule...Starts at 8:30 a.m.

➤ **Check In:** Morning running event competitors **must check-in at the start line before the race begins.**

8:30 AM..... Men's and Women's/Open and Masters **10,000m Run combined** and hand timed

Followed by **Men 3000m/36"** Steeplechase and hand timed

Followed by **Women 3000m/30"** Steeplechase and hand timed

Followed by **Masters 2000m/30"** Steeplechase **combined** and hand timed

10:30[±] AM Men's and Women's/Open and Masters **5,000m Race Walk combined** and hand timed

NOTE: ♦ Heats will be drawn and a rolling schedule will start after the Women's 1500m at 11:15[±] a.m.

11:15[±] AM ♦ . Women 1500 Meter Run (Open then Masters)

11:25 AM..... Men 1500 Meter Run (Open then Masters)

..... 110m Hurdles (Open then Masters)

..... 100m Hurdles (Masters Men then Women))

..... 80m Hurdles (Masters Women then Men)

..... Women 400 Meter Dash (Open then Masters)

..... Men 400 Meter Dash (Open then Masters)

Afternoon Running Schedule...Starts no sooner than 1:15 p.m.

➤ **Check In:** Afternoon running event competitors **must check-in at the start line before their race begins.**

NOTE: ♦ Rolling schedule begins after the first event at 1:15 p.m. Events may arrive sooner than you might expect. The heats will be determined at the start line.

1:15 PM ♦ . Women 100 Meter Dash (Open then Masters)

..... Men 100 Meter Dash (Open then Masters)

..... Women 800 Meter Run (Open then Masters)

..... Men 800 Meter Run (Open then Masters)

..... Intermediate Hurdles (Open Men 36", Open Women 30", Masters Women 30", Masters Men 30")

..... Men Intermediate Hurdles (Open then Masters)

..... Women 5000 Meter Run (Open + Masters)

..... Men 5000 Meter Run (Open + Masters)

..... Women 200 Meter Dash (Open then Masters)

..... Men 200 Meter Dash (Open then Masters)

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** (Open+Masters) Follows women's..... **Men Long Jump** (Open+Masters)

10:00 AM..... **Women Pole Vault** (Open+Masters) Follows women's..... **Men Pole Vault** (Open+Masters)

10:00 AM..... **Men Hammer** (Open+Masters) Follows men's..... **Women Hammer** (Open+Masters)

11:30 AM..... **Women High Jump** (Open+Masters) Follows women's..... **Men High Jump** (Open+Masters)

11:30 AM..... **Women Triple Jump** (Open+Masters) Follows women's..... **Men Triple Jump** (Open+Masters)

12:00 PM..... **Men Discus** (Masters) Follows men's..... **Women Discus** (Masters)

⏏ 3:00 PM **Men Discus** (Open) Follows Men's..... **Women's Discus** (Open)

2:00 PM..... **Women Shot Put** (Open+Masters) Follows women's..... **Men Shot Put** (Open+Masters)

2:00 PM..... **Men Javelin** (Open+Masters) Follows men's..... **Women Javelin** (Open+Masters)