



Board of Athletics—Compiled Committee Reports ***May 17, 2016—Compiled by Association Secretary J.R. Heberle***

Associations News

Dave Shrock, USATF Pacific President (president@pacific.usatf.org)

2016 Annual Meeting- Thursday - Sunday, 1-4 December at Orlando's Hilton at Disney World. As this will be an election year with many committee offices including USATF President up for election, get ready for intrigue and excitement!

Be sure to reserve your accommodation early as Indy has just released pre-sale rooms at \$130.00 per night which ends 6 June. Contact delegation chair Irene Herman for details.

Gender determination procedures. USATF legal counsel at the national office has developed a step-by-step procedure for gender determination at a competition when there is a question/protest regarding an athlete's gender:

Scenario: An individual wants to compete in a specific gender, can event administration deny that request?

- Meet administration must honor that athlete's request and allow the athlete to compete in gender requested
- Any athlete or coach who has been harmed (*e.g. where age group awards and/or prize money are at stake*) has the right to file a protest within the protest period of that meet if they feel they have been harmed in accordance with USATF rule 146 'Protests'.
- Protest first goes to meet referee
- Meet referee can rule based on the documentation provided (*e.g. drivers' license, birth certificate*) This provided documentation to the referee will be the basis for gender determination for the protest.
- All applicable appeal procedures should be followed, and if necessary, then a grievance can be filed with the national office.

Officials and event organizers should also be reminded to treat all athletes courteously and professionally (regardless of race, gender, nationality, religion, etc)

In cases where gender is at issue, extreme care should be taken to respect the privacy of the parties affected at every step of the process.

Contact Dave Shrock if you have questions or concerns.

Women's Track & Field

Dena Evans (womenstrackandfield@pacific.usatf.com)

Track season is heating up!

We were fortunate to have two great venue choices for the USATF West Regional / PAUSATF Open Meet, in College of San Mateo and UC Berkeley. This year, the meet will be held at Cal on Sunday, June 19, and the meet information can be found here:

<https://www.pausatf.org/track-field/usatf-pacific-open-track-field-championships-meet/>

There are few good meets left to go on the open schedule in northern California. For information, please check the schedule here:

<https://www.pausatf.org/wp-content/uploads/2014/07/21-April-Open-TF-Schedule.pdf>

The Grand Prix remains a great way to maximize your participation in open competition here in the association. Information on that program can be found here:

<https://www.pausatf.org/usatf-pacific-annual-open-track-field-grand-prix/>

We look forward to cheering on all our open athletes as they train for and prepare to compete in Eugene at the US Olympic Team Trials in July!

Race Walking

Jon Price (jprice@unr.edu)

The 2016 Pacific Association Race Walking Grand Prix includes the following remaining races:

- 3,000-meter (May 22 at Mount Diablo High School in Concord)
- 5,000-meter (June 19, in association with the Western Region Track and Field Club Championships at Cal-Berkeley)
- 10-kilometer (September 18 at William B. Pond Park in Carmichael/Sacramento)
- 20-kilometer (October 16, also at William B. Pond Park in Carmichael/Sacramento).

We will also have Judges at the following other meets in our area:

- May 29 (Sunday), during the Bay Area Senior Games, College of San Mateo, with 1,500 meter and 5,000 meter distances
- June 11 (Saturday), during the Pacific Association Youth Championships, Diablo Valley College, Pleasant Hill
- June 24-26 (Friday-Sunday), during the USATF National Junior Outdoor Championships, Clovis, California – some of our Pacific Association Judges will be at this meet, and the Pacific Association Race Walking Committee is providing the bulk of the materials needed for the two races.
- June 25 (Saturday), Region 16 Junior Olympic Track & Field Championships, Sacramento
- July 25 (Monday) and July 26 (Tuesday) – during the National Junior Olympics, this year in Sacramento. The Pacific Association Race Walking Committee is also providing the bulk of the materials needed for the numerous race walks during this meet.

Coaches

Dave Shrock (coaches@pacific.usatf.org)

Level 1 Schools

Sat-Sun, 14-15 January, 2017 – Chabot College, Hayward. *Join us for the consummate track and Field coaching school. We hope to offer eight scholarship once more through the Pacific Assoc Foundation. Information to be posted in August on the PA website.*

Upcoming Clinics

Mon-Thurs, 20-23 June – USATF Emerging Elite Coaches Camp, Olympic Training Center, Chula Vista
Available to coaches of all levels who have had success and want to extend their knowledge of our sport's events in endurance, jumps, sprint/hurdles, and throws.

Tues, 5 July – USATF Trials SuperClinic, Erb Student Center, Univ. of Oregon. *Come hear how many of our nation's best coaches got their athletes to the Trials. To be held during the first rest day.*

Wed-Sun, 13-17 July – US Track & Field – Cross Country Coaches Assoc. Summer Specialist Certificate Programs, Seattle Washington.

Tues-Sat, 18-23 July - USATF Level 2 School, Marian University, Indianapolis.

Saturday, 6 August – HOKA ONE ONE Cross Country Endurance Crossroads Clinic, Sacramento City College.

Start your Cross season with information and inspiration from some our nation's and region's best coaches!

Visit the Association's Coaches page for details: <https://www.pausatf.org/coaches/coaching-education/>

Masters TF Committee

Joseph Ols (masterstf@pacific.usatf.org)

MTF's focus has been on our T&F Championships June 5.

This year from the beginning of registration, we officially welcome all Open athletes in all non-throwing events. We emailed Open Men's & Women's T&F Chairs to extend our invitation to the Open athletes themselves. Similarly emailed LDF Chair to encourage both Masters & Open LDR participation in our MTF Championships (again, Open T&F and LDR athletes welcome in all non-throwing events), particularly Steeplechase as one of the few opportunities athletes have for this event AND to try to get higher Steeplechase participation.

This Email Blast was sent to all PA MTF 4-23-16

Hello PA Masters Athlete,

Registration is open for our USATF Pacific Masters Track & Field Championships at the College of San Mateo, June 5. Please use the links below to access more information.

[Meet Webpage](#)

[Meet Flyer](#)

[Registration](#)

[Status of Entries](#)

We have two **Meet Sponsors** this year - **Safeco Insurance** who will give all registrants a free Olympic Ring drawstring bag, and **RIS (Risk Insurance Solutions)** who've promised raffles during the meet. We look forward to seeing you there, at other PA Masters Meets, and at national/international meets this year:

http://usatfmasters.org/cal_bigmeeets.htm.

Sunday May 29, [Bay Area Senior Games \(50+\)](#), College of San Mateo

Sunday June 5, [PA MTF Championships](#), College of San Mateo

Saturday June 18, [Sonoma Wine Country Games \(50+\)](#), Santa Rosa HS

Saturday June 25, [Sierra Gold Masters Track & Field Festival](#), Nevada Union HS, Grass Valley

July 14-17, [USATF MTF Nationals](#)

Saturday July 23, Pride Meet, SFSU <http://pridemeet.org/>

Sept. 10-11, USATF MTF Western Region Combined Event Championships - Marin College, Kentfield CA

Oct. 26 - Nov 6, WMA [2016 World Masters Outdoor T&F Championships](#) Perth Australia

Regular **registration** is open until 6pm Thursday evening before the meet - hopefully convenient. But instead of waiting, at \$20 for first event and just \$5 for subsequent, when in doubt why not sign up early/often? Even if you don't do a few, the additional funds help and we hope you consider us a good cause. Day-of registration (*before 11am*) costs more.

Again, as something new for us, we will be scoring **7 Combined Events** at our PA MTF Championships based on events already offered at the meet. M/W Decathlon, W Heptathlon, M/W Pentathlon, WM Weight Pentathlon. To get a Score (maybe a Medal) you have to register for the Combined Event and (per Combined Event rules) *START* each of the constituent events (that means register for them too). Remember, in Throws & LJ, only the first 3 rounds count toward the combined event score. As something new for you, why not do it?

Please round up your friends for **Relays**: 4x100m, 4x400m, 4x800m, 4x80/100/110m Hurdles. \$20/team

Please also enter the **2K/3K Steeplechase**, which we moved to the start of the meet, immediately before the Race Walk so athletes can more easily run that then the 10K after a rest. It's one of your only chances to Steeple all year, so we would hope to see it well supported.

To make our **6 throw events** go more quickly while keeping 6-throws / event, we will be throwing from 3 rings/runway at all times. To make this convenient, Discus will be held Open Ring (i.e., throw whenever convenient for you) for 3-hr. periods through the day, as well as Weight / Superweight at the end.

It's not a lot (again, we're lightly funded), but USATF MTF will grant up to \$5K total to try to get USA additional medals we otherwise wouldn't at the WMA world championships in Perth. [CLICK HERE](#) for updated information.

Again, please submit your ideas for our **PA MTF Grand Prix Awards** (which will be based heavily on our PA MTF Championships). More info to come.

Train now!

LDR Committee

Tom Bernhard (LDR@Pacific.usatf.org)

LDR Executive Committee

The next LDR Committee meeting will be held immediately after the MMD 10K in Kentfield. Meeting agenda will be posted early next week. The meeting will address some of the issues Bill brings up below.

2016 Road GP

All the races through the SACTOWN 10 have been scored and the results are final. The FTP issue (which affects both the Road & XC GPs) has been temporarily fixed

2016 XC GP

The Preliminary 2016 PA XC GP Schedule is posted at: <https://www.pausatf.org/2016-pa-cross-country-schedule/>

MUT Sub-committee

Ruth Anderson, Women's Ultra Legend, passed away on Feb 26 at age 86. Hollis has written a very good tribute which is posted on our website: <https://www.pausatf.org/ultra-running/ruth-anderson-passes-at-86/>

We were not able to get a permit to use Crissy Field for a 24 hour run, so we will not have a timed event in the Grand Prix this year.

Jon Olsen and John Brooks put on a successful 24 hour track run on the Riverbank High School's new track. They were very careful to meet all the requirements for American Records and have applied for several. This is the first 24 hour track run west of Phoenix for many years and they intend to do it again next year. The city of Riverbank was exceptionally supportive of the event. This was not part of the Ultra Grand Prix.

I am still doing the scoring until we get the programming done to add MUT/Ultrarunning to the Road/XC programs.

We need to get serious about finding someone(s) to take over the MUT committee chairmanship. I have suggested three possibilities but have not contacted anyone.

Unless we can get the programming done and find new chair(s) we should seriously consider suspending the Grand Prix for next year.

Youth Committee

Charlotte Sneed pa.YouthCommittee@gmail.com

2016 Youth Track and Field

The 2016 Pacific Association Youth Track and Field Season is well underway. Nine club-hosted meets have been held across the association to date. Athlete participation continues to increase as the youth championship season approaches. As their school programs conclude for the year, many middle-school and high-school athletes are expected to participate in USATF meets.

In April, Mission Valley Track Club hosted the associations first club hosted combined event meet with promising success. The 3M Track Club Invitational this past weekend hosted over 1600 young athletes from across the state, including several clubs from the Central California and Southern California Associations.

2016 Pacific Association Youth Track and Field Championships

11-12 June: Pacific Association Youth Championships-Diablo Valley College, Pleasant Hill

Open to all age-qualified Pacific Association Members . No minimum qualification marks. Athletes who will not turn 19 yrs. old until after 31 July may compete. Registration closes June 8th at 9:00pm. **Non-qualifying meet**

24-25 June: Region 16 Junior Olympic T&F Championships-Sacramento State

No qualifying marks. Top 5 in each division advance to the USATF Junior Olympic Nationals also at Sacramento State. Open to athletes 7-18. Athletes who will not turn 19 yrs. until after 31 July may compete. Registration closes June 21st at 9:00 PM

2-3 July: Region 16 Junior Olympic Combined Event Championships- Diablo Valley College, Pleasant Hill No qualifying mark is required to register. Open to athletes 9-18. Athletes who will not turn 19 yrs. old until after 31 July may compete. Top 2 finishers in each division, plus point qualified 3rd place finishes, advance to the USATF Junior Olympic nationals in Sacramento 25-31 July.

25-31 July: National Junior Olympic T&F Championships-Sacramento State: Athletes must qualify at Region 16