



**Pacific Association USATF
4th Annual Shor / Sheppard Classic
Mt. Pleasant High School
1750 S. White Road
San Jose, CA 95127**

Saturday – April 18, 2015

March 5, 2015

Dear PA/USATF Clubs, Coaches, Parents and Athletes:

Hello everyone!! The Pacific Association of USA Track and Field (USATF) welcomes you to the 4th Annual Shor/Sheppard Classic Track and Field track meet. We want to again show our appreciation to these two lifelong gentlemen for their time, energy and dedication to the youth track and field athletes of the Pacific Association. The competition will be held Saturday, April 18th at Mt. Pleasant High School in San Jose.

During our first year we only had one disabled athlete participate in our meet; last year there were none. Help us make this a better year for our disabled athletes. Disabled athletes will register the day of the meet, not via Coach-O.com. We want to make it a part of the regular meet schedule but it still has not taken off yet. So, we'll keep trying. **Therefore coaches and parents, if you know of parents, relatives or acquaintances of any disabled athletes, please make them aware of this track meet. We would love their participation.**

For all questions regarding the 4th Annual Shor / Sheppard Classic, please contact Meet Directors:

Joanne Slaton-Camargo pa.youthchair@yahoo.com or 510-535-2731 or 632-8004

Charlotte Sneed sneedspeed230k@yahoo.com or 925-628-0273

NO LATE REGISTRATION – online registration will be available through – Coach-O.com
--

You must complete your registration process before 9 pm, April 15, 2015. Don't wait until the last minute. www.coacho.com

Registration Deadline: before 9pm, April 15

- Cost is **\$7 per athlete** (no refunds) **This does not apply to disabled athletes**
 - 6 & under, 7-8, 9-10, 11-12, can enter 1-3 events
 - 13-14, 15-18 can enter 1-4 events
 - Athletes are not allowed to compete in an older or younger age group except the 6 & under age group can compete on age group 7-8 relays, 4x1 and 4x2
 - A relay counts as an event
 - **Unattached athletes cannot form a relay team**
- The 15-18 age groups are no longer allowed any false starts, same as their high school rule. 6 & under, 7-8, 9-10, 11-12, 13-14 age groups are still allowed one false start.
- The events for age group 6 & under are: 100, 200, 400, 4x100, 4x200, Long Jump and Turbo Javelin. **We will allow athletes from this age group to compete on the 7-8 age group 4x100 and 4x200 relays only.**
- Competition Age Groups:

Age Group	Birth Year	Group No.	Maximum Events
6 & under	2009+	0	3 events
7-8	2007-2008	1	3 events
9-10	2005-2006	2	3 events
11-12	2003-2004	3	3 events
13-14	2001-2002	4	4 events
15-18	1997-2000, 1996 if born after July 26	5/6	4 events

Results Posting

Results will be posted at a designated location during the meet as soon after the competition as possible. Check the Pacific Association website (www.pausatf.org) for final results after the meet is over

Awards

Awards will be available for pick up at the Awards table. Athletes can pick up their own awards. Medals are awarded to the overall top three places in each event. Ribbons will be awarded to all athletes in each event.

Medical Services & Security

There will be qualified personnel available. Additional medical facilities are within minutes of the stadium. The local Fire Department Rescue Unit is located minutes from the stadium.

Shor / Sheppard Classic Track and Field Meet

Schedule of Events

Track Events

Event	Age Group		Time
3000 meter run	11-12, 13-14, 15-18	girls / boys	8:00
200 meter dash	6 & under through 15-18	girls / boys	
1500 meter racewalk	9-10, 11-12	girls / boys	
3000 meter racewalk	13-14, 15-18	girls / boys	
4x100 meter relay	6 & under through 15-18	girls / boys	
800 meter dash	7-8 through 15-18	girls / boys	
100m athletes w/disabilities	All ages -- Exhibition event **		
100 meter wheelchair race	All ages -- Exhibition event **		
100 meter dash	6 & under through 15-18	girls / boys	
50 meter dash	5 & under *		
1500 meter run	7-8 through 15-18	girls / boys	
400m athletes w/disabilities	All ages -- Exhibition event **		
400 meter wheelchair race	All ages -- Exhibition event **		
400 meter dash	6 & under through 15-18	girls / boys	
4x200 meter relay	6 & under through 15-18	girls / boys	

*** 50 meter dash athletes will register day of the meet, not via Coach-O**

**** Disabled athletes will register day of the meet, not via Coach-O**

Field Events

Event	Age Group		Time
Long Jump	6 & under through 15-18	girls / boys	8:00
High Jump	9-10 through 15-18	girls / boys	8:00
Discus	11-12 through 15-18	girls / boys	8:00
Mini Javelin	9-10, 7-8, 6 & under, 11-12	girls / boys	8:00
Javelin	13-14 through 15-18	girls / boys	Following mini jav
Shot Put	7-8 through 15-18,	girls / boys	8:00
Pole Vault	13-14 through 15-18	girls / boys	8:00

We are offering pole vault again this year. Again, the pole vault group must help out by supplying officials to officiate this event. You will also need to help pull equipment out and put equipment away.

This meet cannot happen without your support! Therefore, to sign you or your club up for a volunteer role, please contact Don Harding, taujay@msn.com