

2016 USATF Western Region and Pacific Association Track & Field Championships
Sunday, 19 June
Edwards Stadium - UC Berkeley

Facilities:

The eight-lane track at Edwards Stadium was resurfaced in 2012 with Beynon BSS 2000 Hobart. **Spikes must be under 9mm, and needle spikes are NOT allowed.** Athletes caught wearing needle spikes or spikes greater than sizes indicated, may be disqualified. A limited number of spikes will be for sale at check-in.
Field Events will be contested with-in the stadium.

Eligibility:

All competitors must be registered USATF Athletes. USATF membership cards are available for $29.95 on-line from http://pausatf.org/data/membership.html. Members should also bring verification of current membership. Memberships will also be on sale the day of the meet. **Minimum age:** Women 14 years and older as the completion dates, and men 16 years and older on the date of competition.

West Regional Individual Awards and Team Scoring:

USATF members and registered clubs from an association west of the Mississippi River are eligible to score in this meet.
A travel grant of $600.00 prize money will be awarded to the top scoring USATF registered team for use in attending the USATF National Club Championships, 25 June at Franklin Field, Univ. of Pennsylvania.

Entry Fees and Information:

On-Line Pre-registration: $20.00 first event; $10.00 each additional event *(multiple event discount taken at checkout)*
Entries close 7:00 pm PST, Thursday, June 16.
Payable by credit card. Note USATF also charges up to a $4.50 administration fee.

No telephone, mail, or fax entries. **NO DAY OF THE EVENT ENTRIES.**
Online Entries: https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=108563
Entry Status Listings: http://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=108563
Mandatory UC Participation Waiver to be completed:
http://www.pausatf.org/wp-content/uploads/2015/04/Participant-Wavier-USATF-Western-Regionals.pdf
Pacific Association T&F website with additional info and venue maps: http://www.pausatf.org/track-field/
Entry or Meet Questions: Contact Meet Director Dena Evans at womenstrackandfield@pacific.usatf.org

Directions-Transportation-Parking:

Edwards Stadium *(2223 Fulton St, Berkeley, CA 94704)* Adjacent street parking is very limited even on Sundays. It is recommended athletes utilize BART to the downtown Berkeley Station and walk 2 blocks east to the stadium. UC Berkeley is accessible via BART from San Francisco and Oakland International Airports.

All Athlete Venue Entry and Check-In:

All athletes must check-in and collect their bib numbers at least 60 minutes prior to their scheduled event start time at check-in tables in NE plaza adjacent to Frank Schlessinger Way. All athletes must have a bib number to compete. All athlete must submit the UC participant waiver linked above, or available at check-in.

Running Event Athletes Event Check-in:

Declared athletes check-in with the Clerk located at NE plaza adjacent to the entry area at least 30 minutes before your event. All running events will be run on a rolling schedule, and as finals only with seeding based on submitted marks. Facility map: https://www.google.com/maps/d/viewer?mid=1U97JdCmvAGmQdfTeABxSsCjEAi0

Running Event Warm-Up Area:

During the dash races, the back-stretch will be available for warm-ups. During lane races, the track will be closed. During distance races the outside lanes on the back-stretch will be available for strides.

Field Event Athletes Event Check-in:

Check-in at your event site at least 30 minutes before the start time for your event *(pole vaulters may check in 45 minutes before start of event).* Female and Male athletes may compete together with appropriate implements, BUT scored separately.

Implement Certification:

Will be from 8:30am-12:30pm located adjacent to the sprint start area in the NW corner of the stadium. Regardless of age, all competitors must throw open specification implements.

Timing-Results:

Finish Lynx will be used for all races. Meet results will be processed by Record Timing and posted "Live" at www.recordtiming.com immediately after each event is completed.

Competition Area Safety:

As per USATF regulations, NO HEADPHONES OR AUDIO DEVICES are allowed on the infield or on the track at any time. Thank you in helping us in enforcing this regulation with your athletes.

Shower Facilities:

There are no shower facilities available at Edwards Stadium or Haas Pavilion.

Medical Services:

An EMT will be available for emergencies, though no trainers will be on site.

Concessions:

There will not be concessions for this event. There are numerous quick food outlets and restaurants just off campus.

Accommodation:

We have made a room block on the nights of June 17, 18, and 19 May for participants at the Courtyard Marriott Emeryville, located at 5555 Shellmound Street, Emeryville, conveniently located near shops and 10-15 minutes from the Edwards Field. The rates are $149 for a king room with a pull out sofa-bed, and $159 for a queen/queen. If you would like to take advantage of this rate, please call 800.321-2211 or 510.652-8777, and reference USATF West Region Championship or Reference Code: M-6IX966T. The cut-off date for this rate is May 27.

Annual Pacific Association T&F and Athlete's Committees Meetings:

12:45-1:15pm in the NE corner of the stands near check-in and the clerk …***all are welcome!***

2016 USATF Pacific Track & Field Grand Prix:

The Pacific Association Grand Prix is a series, culminating with these Association Championships. $15,000.00 will be awarded to the Pacific Association's top ten men and top ten women utilizing the 2001 IAAF Scoring Table. Earn double points at the Pacific Association Championships with the exception of the 5km, 10km and steeple which will be contested at the USF Last Chance meet on 23 May. These events will be awarded regular points at this PA Champs-western region event.
Complete rules and application information for the PAUSATF Grand Prix can be found at:
http://www.pausatf.org/wp-content/uploads/2016/02/tf2016PAUSATF-GP-info-appl.pdf
For further information, contact Men's T & F Chair Fred Baer at 650.483-3733 or email Frdbaer@aol.com
You need to be registered for the Grand Prix prior to earning any points towards your Grand Prix total!

The Pacific Association would like to thank the UC Berkeley Track and Field coaches and facility staff for enabling the hosting of the Western Region-Pacific Championships at Edwards Stadium!



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Sunday, 19 June, 2016 – Edwards Stadium, UC Berkeley

Morning Running Schedule Begins at 9:00am
Competitors **must check-in with clerk 30 minutes before** their **event**

9:00am…Men's and Wm's 10,000m Run ***combined***
Followed by Men's 3000m/36" Steeplechase
Followed by Women's 3000m/30" Steeplechase
11:00am± Men's and Wm's 5,000m Race Walk ***combined***

NOTE: Heats will be drawn for short hurdles and 400m after the 1500m's at 11:30, with a rolling schedule

11:30am± ..... Women's 1500 Meter Run
11:45am± ..... Men's 1500 Meter Run
12:00pm± ..... Women's 100 Meter Hurdles
12:10± ..... Men's 110 Meter Hurdles
12:20± ..... Women's 400 Meter Dash
12:25± ..... Men's 400 Meter Dash

12:45pm……..Pacific's Open Men's and Women's and Athlete's T&F Committee Meeting under press box- *all welcome!*

Check In: Afternoon running event competitors **must check-in at the check-in/declaration table 60 minutes before** their **event to be seeded. Check in with the clerk 30 min prior to their event**
Rolling schedule begins after the first event at 1:30

1:30± ..... Women's 100 Meter Dash
1:35± ..... Men's 100 Meter Dash
1:55± ..... Women's 800 Meter Run
2:05± ..... Men's 800 Meter Run
2:15± ..... Women's 400 Meter Intermediate Hurdles
2:25± ..... Men's 400 Meter Intermediate Hurdles
2:35± ..... Women's 5000 Meter Run
3:00 ± ..... Men's 5000 Meter Run
3:25± ..... Women's 200 Meter Dash
3:30± ..... Men's 200m Dash

Field Events Begin at 10:00am
Check In: Field event athletes **must check-in 60 minutes before** their **event** Field events may be combined if field sizes are small.

10:00am ..... Women's Long Jump
Follows women's ..... Men's Long Jump

10:00am ..... Women's Pole Vault
Follows women's ..... Men's Pole Vault

10:00am ..... Men's Hammer
Follows men's ..... Women's Hammer

12:00noon± ..... Women's Javelin
Follows women's ..... Men's Javelin

12:00noon± ..... Men's Shot Put
Follows men's ..... Women's Shot Put

12:30pm± ..... Women's High Jump
Follows women's ..... Men High Jump

12:30pm± ..... Women's Triple Jump
Follows women's ..... Men's Triple Jump

2:00pm± ..... Men's Discus
Follows men's ..... Women's Discus

All competitors, please listen to announcements.
Rolling schedule means as soon as one event is completed the next will begin.
Be prepared to go earlier or later than indicated time schedule!