



## 2016 Western Region & Pacific Assoc. Open Championships Meet Day information

Upon Arrival at Facility: All competitors must check-in at the table in the NE corner of the stadium to collect competitor bibs which will be necessary to compete in all events.

Time Schedule: Refer to the schedule in this program. See note below on field event progression through the day. As this is a 'rolling schedule', keep abreast of the announcer's calls to events.

Implement Certification: Will be from 7:30 a.m. to 1:00 p.m. at in the NW corner of the stadium

Spike length: The Edwards Stadium facility requires spikes that are no longer than ¼ inch in length. Spikes will be checked by the jump officials and clerk prior to the event. Spikes are for sale at the check-in table.

Running Events: Athletes shall check-in with the Clerk **30 minutes before their event**. All running events will be run as finals only with heats and lane assignments finalized on the start line before each race.  
**Listen for public address announcements telling you when to report to the clerk.**

Field Events: Athletes shall check-in at their event site **30 minutes before the event**. Depending on the number of entries, athletes may compete together by sex with appropriate implements.  
**Listen for public address announcements which telling you when to report to your event site.**

Warm-up Areas: Warm-ups for all track events in the peripheral areas and not the in-field. Field Event competitors may warm up at their event site beginning 30 minutes prior to their competition.

### **NO headphones or mobile phones in competition areas**

Results: Real-time results can be found at: <http://www.rtspt.com/events/usatf/pa16/>  
Overall meet results will also be posted on the PA website open T&F page.

Competition Rules: The 2016 USATF competition rules will be followed. Meet Referee is George Kleeman.

Concessions: There are no concessions open, though ample shops around the stadium.

Men & Women's Track and Field and Athlete's Committee Annual Meetings: These informational meetings will be conducted during the meet intermission beginning approximately **12:45pm** in the NE stands under the press box. Everyone is encouraged to attend.

Medical Services: Will be available behind the common start/finish line. Medical Services Committee Chair and EMT Peter Tapia will also have emergency ice.



# 2016 Western Region & Pacific Assoc Open Track and Field Championships

Edwards Stadium – Sunday, 19 June

*We would like to thank the following individuals who have contributed to providing the best competition possible!*

*The Pacific Association would also 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!*

GAMES COMMITTEE: Dena Evans (*Women's T&F Chair*), Fred Baer (*Men's T&F Chair*), Dave Shrock (*Association President*), Jennifer Oliver (*Officials Coordinator*), Irene Herman (*Association Vice President*)

## MEET PERSONNEL:

Meet Director-Dena Evans

Timer-Sean Laughlin (*Record Timing*)

Meet Referee: George Kleeman

Facilities Coordinator-Gordon Bryce

Registration-Irene Herman

Announcer-Keith Conning

Officials Coordinator-Jennifer Oliver

Medical Services-Peter Tapia

Competition Secretary-JR Heberle

## OFFICIALS:

Starters: John Busto, Tyrone Taylor

Clerks of the Course: Doris Allen, Irene Herman, Jennifer Oliver

Race Walk Coordinators: Jon and Elizabeth Price

Race Walk Judges: Bog Hooper, Ajay Padgaonkar, Rachel Lunt

Umpires: Bob Hooper, Jeanine Holmlund, Rachel Lunt

Implement Inspection: George Kleeman, Kathy de Contreras

## Throws:

Mike Brown, Don Collins, Jim Hart, Bill Hawkes, Joe Keever, Dave Mantooh, Ajay Padgaonkar, Roger Quimby, Don de Rosa, Bob Thompson, Paul Whitaker

Electronic Measurement: Mike Aro

## Horizontal Jumps:

Segun Adebisi, Shirley Connors, Elsbeth Padia, Lloyd Stephens, Suzanne Thompson, Dan Wright, Brad Whisler

Wind Gauge: Dr. Leon Glover

## Vertical Jumps:

Cori Evans, Cris Houston, Ed Gordon, John Lilygren, Deborah Sample, Charlotte Sneed

***Interested in becoming a USATF official and giving back to our sports?***

***Contact Jim Hume at [jimhume@comcast.net](mailto:jimhume@comcast.net)***



# 2016 Western Region & Pacific Assoc Open Track & Field Championships

Edwards Stadium, UC Berkeley – Sunday, 19 June

## **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<sup>±</sup> 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<sup>±</sup> ..... Women's 1500 Meter Run  
 11:45am<sup>±</sup> ..... Men's 1500 Meter Run  
 12:00pm<sup>±</sup> ..... Women's 100 Meter Hurdles  
 12:10<sup>±</sup> ..... Men's 110 Meter Hurdles  
 12:20<sup>±</sup> ..... Women's 400 Meter Dash  
 12:25<sup>±</sup> ..... 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<sup>±</sup> ..... Women's 100 Meter Dash  
 1:35<sup>±</sup> ..... Men's 100 Meter Dash  
 1:55<sup>±</sup> ..... Women's 800 Meter Run  
 2:05<sup>±</sup> ..... Men's 800 Meter Run  
 2:15<sup>±</sup> ..... Women's 400 Meter Intermediate Hurdles  
 2:25<sup>±</sup> ..... Men's 400 Meter Intermediate Hurdles  
 2:35<sup>±</sup> ..... Women's 5000 Meter Run  
 3:00<sup>±</sup> ..... Men's 5000 Meter Run  
 3:25<sup>±</sup> ..... Women's 200 Meter Dash  
 3:30<sup>±</sup> ..... 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 ..... Men's Hammer  
 Follows men's..... Women's Hammer
- 11:00am** ..... Women's Pole Vault *(1 hr. later)*  
 Follows women's..... Men's Pole Vault
- 12:00noon<sup>±</sup> ..... Women's Javelin  
 Follows women's..... Men's Javelin
- 12:00noon<sup>±</sup> ..... Men's Shot Put  
 Follows men's..... Women's Shot Put
- 12:30pm<sup>±</sup> ..... Women's High Jump  
 Follows women's..... Men High Jump
- 12:30pm<sup>±</sup> ..... Women's Triple Jump  
 Follows women's..... Men's Triple Jump
- 2:00pm<sup>±</sup> ..... 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!*

# Snap Shot of the Pacific Association



Organized in 1889 as one of the initial seven associations of the then Amateur Athletic Union (AAU), the Pacific Association is today the largest of 57 associations of USA Track & Field. Pacific's geographical boundaries stretch from the California-Oregon border on the north to San Luis Obispo in central California to the south. Our east boundary stretches beyond Reno, Nevada. Our Association continues to grow with nearly 8,000 members and 125 member athletic clubs.

The Pacific Association oversees and administers region-wide programs in track and field; long distance running which includes cross, ultra trail and mountain running; and race walking for all ages. Our largest component are youth (*ages 18 and under*), who compete in all three of these disciplines.

The PA hosts over 21 association championships annually in addition to several national caliber events such as the Olympic Track & Field Trials, Open National Track and Field Championships, the NCAA Division 1 Track & Field Championships, the 50-km US Trail Run Championship, Junior Olympic Track & Field and Cross Country Championships, and Masters National and World Championships.

## **Pacific Association of USA Track & Field Mission Statement**

- (1) To develop sub-elite and emerging elite athletes, and to provide them with an opportunity to rise to national and world-class levels, and to ultimately be successful in international competition, including the Olympic Games.
- (2) To offer organized competitive programs in which ANY Pacific Association individual member or Pacific Association member club may compete and rise to the level of their own potential and best efforts.
- (3) To offer organized competitive programs in which Pacific Association member clubs may compete against each other in the spirit of good sportsmanship.
- (4) To offer an opportunity for local USATF sanctioned and certified events to support the above stated goals, and be valued partners of the association's programs, by participating as Pacific Association Track and Field Grand Prix and/or LDR or Cross Country Circuit events.

The success of our Pacific Association relies not only on the success of our athletes, but the numerous volunteers who contribute countless hours to the organization of our Association. To obtain additional information on the many events and how to become more involved, refer to our association website: [www.pausatf.org](http://www.pausatf.org)

## About the Regional and National Club Track and Field Champs.



In an effort to promote club track and field, fifteen years ago USATF began hosting a club championships with 6 regional qualifiers. Two regional qualifying meets remain hosted in the East this year in New York, and this Western Regional qualifier being held in conjunction with the Pacific Open Championships. The winning USATF registered team from each region earn \$600.00 to travel to the national championships this year being held at Franklin Field, Philadelphia on 25 June.

*Good luck today and with the remainder of your season!*