



# USATF-*Pacific* Open T&F Championships

## Sunday, 1 June, 2014 – College of San Mateo

*-open to all USATF athletes of all ages-*

**Facilities:** College of San Mateo has a nine (9) lane Mondo surface including steeplechase and LJ-TJ and Javelin runways. **Required spike is ¼ inch Christmas tree or pyramid compression.** All throwing rings are brushed concrete.

The javelin, hammer and shot put will be conducted on the upper field above the stadium, while the discus will be conducted on the track infield.

**Eligibility:** All competitors must be a registered USATF Athlete. Only collegiate athletes who compete for their institutions and are registered by their coaches are not required to be USATF members. USATF membership cards are available for \$29.95 on-line from <http://pausatf.org/data/membership.html>. Memberships will also be on sale the day of the meet.

**Entry Fees: On-Line Preregistration: \$15.00** per event if entry is received by **7:00 pm, Thursday, May 29**, payable by credit card. Note USATF also charges a \$3.00 administration fee.  
**No telephone, mail, or fax entries.**

**Entry Site:** web-based entry is available at:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=103127>

**Entry Status Listings:** <https://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=103127>

**questions regarding entries or the meet:** Contact Meet Director and Men's T&F Committee Chair Ralph Jones at [ralph.jones@csueastbay.edu](mailto:ralph.jones@csueastbay.edu), or 510.921-0367.

**Late Entry - Day of Meet Registration: \$40.00 per event. Cash Only.**

The late entry deadline is **10:30 a.m. on meet day for all events, no matter when they are to be contested. No Exceptions.**

**All Athlete Check-In:** All athletes must check in at registration table above the track before competition. You need to pick up your bib numbers.

**Running Event Athletes** check-in with the Clerk at least **45 minutes** before your event is scheduled, or **10:30 a.m. for morning running** events and **12:30 p.m. for afternoon running** events. All running events will be run as finals only with seeding based on submitted marks.

**Field Event Athletes** should check-in at your event site at least **45 minutes** before the start time for your event (pole vaulters may check in 60 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 at the upper field shed located above the track. Regardless of age, all competitors must throw open specification implements.

**Concessions:** College of San Mateo will run a concession stand above the track during the meet for your convenience.

### **USATF-*Pacific* Grand Prix:**

- The Pacific Association Grand Prix is a series, culminating with these Association Championships. \$15,000.00 will be awarded to the Association's top ten men and top ten women utilizing the 2001 IAAF Scoring Table. Earn double points at the Pacific Asscion Championships!
- Complete rules and application information for the PAUSATF Grand Prix can be found at: <http://www.pausatf.org/data/2014/tf2014PAUSATFGrandPrix.pdf>

For further information, contact **Women's T & F Chair Fred Baer** at 650. 483-3733 or email [Frdbaer@aol.com](mailto:Frdbaer@aol.com)

***You need to be registerd prior to earning any points towards your Grand Prix total!***

*schedule of event on next page*



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

➤ **Check In:** Morning running event competitors must check-in with clerk 45 minutes before their event or by 10:30 a.m., whichever comes first.

8:30 AM ..... Men's and Women's 10,000m Run **combined**

Followed by .. Men 3000m/36" Steeplechase

Followed by .. Women 3000m/30" Steeplechase

10:30<sup>±</sup> AM ... Men's and Women's 5,000m Race Walk  
**combined**

**NOTE:** Heats will be drawn and a rolling schedule will start after the 1500's at 11:50<sup>±</sup> a.m

11:15<sup>±</sup> AM .... Wheel Chair 1500 Meter

11:25<sup>±</sup> AM .... Women 1500 Meter Run

11:35 AM ..... Men 1500 Meter Run

11:50 AM ..... Women 100 Meter Hurdles

12:00 +/- ..... Men 110 Meter Hurdles

12:10 +/- ..... Wheel Chair 400 Meter

12:15 +/- ..... Women 400 Meter Dash

12:20 +/- ..... Men 400 Meter Dash

**12:30 PM.....Open Men's and Women's T&F Committee Meeting - all welcome!**

## Afternoon Running Schedule...Starts at 1:15 p.m.

➤ **Check In:** Afternoon running event competitors must check-in with clerk 45 minutes before their event or by 12:30 p.m..., whichever comes first.

**NOTE:** ♦ Rolling schedule begins after the first event at 1:15 p.m.

Therefore, times listed below are tentative. The heats will be determined after the scratch deadline.

1:15 PM ..... Wheel Chair 100 Meter

1:25+/- ..... Women 100 Meter Dash

1:35 +/- ..... Men 100 Meter Dash

1:45 +/- ..... Women 800 Meter Run

1:55 +/- ..... Men 800 Meter Run

2:05 +/- ..... Women 400 Meter Intermediate Hurdles

2:15 +/- ..... Men 400 Meter Intermediate Hurdles

2:25 +/- ..... Women 5000 Meter Run

2:50 +/- ..... Men 5000 Meter Run

3:15 +/- ..... Women 200 Meter Dash

3:20 +/- ..... Men 200m Dash

## Field Event Schedule...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.

Field events may be combined if field sizes are small.

10:00 AM ..... Women Long Jump

*Follows women's* ..... Men Long Jump

10:00 AM ..... Women Pole Vault

*Follows women's* ..... Men Pole Vault

10:00 AM ..... Men Hammer (*upper field*)

*Follows men's* ..... Women Hammer (*upper field*)

11:30 AM ..... Women High Jump

*Follows women's* ..... Men High Jump

11:30 AM ..... Women Triple Jump

*Follows women's* ..... Men Triple Jump

12:00 PM ..... Men Shot Put (*upper field*)

*Follows men's* ..... Women Shot Put (*upper field*)

12:00 PM ..... Women Discus (*stadium*)

*Follows women's* ..... Men Discus (*stadium*)

*Follows Discus*..... Women Javelin (*upper field*)

*Follows women's* ..... Men Javelin (*upper field*)

**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!**