



# USATF-Pacific Masters Track & Field Championships

## Sunday, 31 May, 2015 – Chabot College, Hayward

*for athletes 30 years and above*

**Facilities:** Chabot College nine (9) lane Rekortan surface including steeplechase and LJ-TJ, HJ, PV runways & aprons. **Required spike is ¼ inch Christmas tree or pyramid compression.** All throwing rings are brushed concrete. Throws areas are the Cage in NE corner (*scoreboard side*) outside of the stadium, Throwing Circle on the Infield near the Finish Line, and the Javelin area on the grass soccer field beyond the Cage.

**Eligibility:** All competitors must be registered USATF Athletes. USATF membership is available for \$29.95 on-line <http://www.pausatf.org/data/PAppOnline.html>, but NOT at the registration table (you can register meet day, but MUST bring proof/number of USATF membership with you).

**Entry Fees:** \$20 for your first event, and \$5 for each subsequent event by 28 May at 6:00pm. On line registration requires add'l approx \$3 USATF processing fee.

**Entry Site:** <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=105593> until **6:00pm, Thursday 28 May, 2015.** No fax, mail or phone registration. Complete meet information and announcements: [www.pausatf.org/masters-track-field](http://www.pausatf.org/masters-track-field)

**Entry Status Listings:** <http://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=105593>

**Day of Meet Registration:** \$40.00 first event, \$10.00 each subsequent event. Those who registered online adding additional event(s) on meet day: \$10.00 per event. **Cash Only.**  
**Deadline 11:00am for all events, no matter when run. The ONLY exception is Relays: \$5/person.**

**Contacts:** Meet Director Leroy Milam at [Leroy1888@aol.com](mailto:Leroy1888@aol.com), (510) 220-5859, or Masters T&F Chair Joseph Ols [josephols@verizon.net](mailto:josephols@verizon.net), (408) 353-6564.

**Awards:** Gold/Silver/Bronze medals in 5yr age/gender groups (30-34, 35-39, 40-44, etc.) in individual events; 10yr age/gender groups (30-39, 40-49, etc.) in relay events. Collect at the Awards table, approximately 30 minutes after results are announced.

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

**Athlete Check-In:** Athletes must check in at the registration tent at the top of the stands by the press box before competition to pick up your bib numbers including a sticker that will list the events entered. This sticker will be checked when reporting for events.

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

**Field Events:** Athletes must check-in at event sites. Listen for public address announcements telling when to report.

**Implement Certification:** Will be from 7:30 a.m. to 1:00 p.m. in the equipment room south of the track. Athletes must bring their own implements.

**Concessions:** Chabot College will run a concession stand south of the track during the meet for your convenience.

*schedule of events on next page*

# USATF-Pacific Assoc. Masters Track & Field Championships

## 31 May, 2015 - Schedule of Events

*All Meet Day entries except Relays must be registered by 11:00 a.m.*

**RUNNING EVENTS** Check In: Competitors must check-in at the clerk area before the race begins.

Clerking will be done at the start line. Competitors will be sub-divided to appropriate lanes based on gender and age when appropriate by the clerk.

In lane-races, an athlete who is late arriving may get a lane, but shall not replace an athlete who was on time and has been assigned a lane.

To 'make the computer right' before the race, your 'bib number' will be assigned a lane and the clerk will radio that number to the Competition Secretary running the meet management computer.

9:00 AM 10,000m Run

10:00AM Women and Men 60+ 2000m Steeplechase 30"

10:20 AM Men 30-59 3000 m Steeplechase 36"

10:40 AM Women and Men 1500m Race Walk

1500m Run

400m Dash

100m Dash

800m Run

Men 30-49 400m Hurdles 36"

Men 50-59 400m Hurdles 33"

Women 30-49 400m Hurdles 30"

Women 50+ 300m Hurdles 30"

Men 60+ 300m Hurdles 30"

200m Dash

5000m Run

4x 100m Relay

4 x 400m Relay

4 x 800m Relay

**Rolling schedule after the Race Walk.**

**Listen for announcements for your events!**

*rolling* Men 30-49 110m Hurdles 39" & Shuttle H. Relay

*schedule* Men 50-59 100m Hurdles 36" & Shuttle H. Relay

*from this* Men 60-69 100m Hurdles 33" & Shuttle H. Relay

*point* Women 30-39 100m Hurdles 33" & SHR

*forward* Men 70-79 80m Hurdles 30" & SHR

Women 40-49 80m Hurdles 30" & SHR

Women 50-59 80m Hurdles 30" & SHR

Women 60+ 80m Hurdles 27" & SHR

Men 80+ 80m Hurdles 27" & SHR

**FIELD EVENT Check In:**

Field event competitors must check-in 20 minutes before the event starts at the event site.

**Implement Certification:** Will be from 7:30am to 12:30 pm at the upper field shed

Women and Men combined in all field events

### STADIUM THROWING CIRCLE & RUNWAYS:

8:30 am 60+ Shot

9:15 am Long Jump

10:00 am 30-59 Shot

10:45 am Triple Jump

10:45 am – 2:30 pm Javelin (Open Runway: Grass Field)

12:15 pm High Jump

1:00 pm

1:45 pm Pole Vault & Weight Throw

Super Weight (*following Weight*)

### CAGE THROWING CIRCLE:

8:30 30-59 Hammer

10:00 60+ Hammer

11:30 30-59 Discus

1:00 60+ Discus