



Pacific Association USATF
5th Annual Shor / Sheppard Classic
De Anza High School
5000 Valley View Rd., El Sobrante, CA 94803

Saturday – April 16, 2016

March 1, 2016

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

Hello everyone!! The Pacific Association of USA Track and Field (USATF) welcomes you to the 5th 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 16th at De Anza High School near Richmond.

Help us make this a better year for our athletes with disabilities registration. We have continued to offer these events with very little up take. Please help us change this dynamic. If we still have no athletes registered for this meet, this will be our last year working to reach out to athletes with disabilities; **therefore, coaches and parents, if you know of any athletes with disabilities, please make them aware of this track meet. We would love their participation.** Athletes with disabilities will register the day of the meet, not via online registration.

For all questions regarding the 5th Annual Shor / Sheppard Classic, please contact Meet Director:

Joanne Slaton-Camargo slatoncamargo@gmail.com or 510-632-8004

NO LATE REGISTRATION – online registration will be available through – Athletic.net

You must complete your registration process before 9 pm, April 13, 2013. Don't wait until the last minute.

Registration Deadline: 9 pm, April 13

- Cost: **\$7 per athlete** (no refunds) **Deadline does not apply to disabled athletes**
 - 6 & under, 7-8, 9-10, 11-12 year olds, can enter 1-3 events
 - 13-14, 15-18 year olds can enter 1-4 events
 - Athletes are not allowed to compete in an older or younger age group
 - 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

Competition Age Groups

Age Group	Birth Year	Group No.	Maximum Events
6 & under	2010+	0	3 events
7-8	2008-2009	1	3 events
9-10	2006-2007	2	3 events
11-12	2004-2005	3	3 events
13-14	2002-2003	4	4 events
15-18	1998-2001, 1997 after July 31	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 such as the Fire Department Rescue Unit are within minutes of the stadium.

Shor / Sheppard Classic Track and Field Meet

Schedule of Events

Track Events

All running races are contested girls then boys. Rolling schedule – as soon as a running event ends, the next will begin.

Event	Age Group	Time
1500m Race Walk	9-10, 11-12 year olds	9:00 am
3000m Race Walk	13-14, 15-18 year olds	
100m dash (awd) *	All ages	
100m wheelchair (awd) *	All ages	
100m dash	6 & under through 15-18 year olds	
4x100m relay	6 & under through 15-18 year olds	
50m dash	5 & under (not registered in meet)	
1500m run	7-8 through 15-18 year olds	
80m hurdles	11-12 year olds	
100m hurdles	13-14 year olds	
200m dash (awd) *	All ages	
200m wheelchair (awd) *	All ages	
200m dash	6 & under through 15-18 year olds	
800m dash	7-8 through 15-18 year olds	
4x400m relay	7-8 through 15-18 year olds	

*** Athletes with disabilities (awd) will register day of the meet, not via Athletic.net. These are no-cost exhibition events.**

Field Events

All field events are contested girls than boys. Pay close attention to the order the age groups will be competing so you don't miss your age group. Events will be contested on a rolling schedule and the next age group will begin as soon as an age group completes.

Event	Age Group	Time
Long Jump	6&U through 15-18 year olds	8:00 am
High Jump	9-10 through 15-18 year olds	8:00 am
Discus	11-12 through 15-18 year olds	8:00 am
Mini Javelin	7-8, 9-10, 11-12, 6&U**	8:00 am
Shot Put	15-18, 13-14, 11-12, 9-10, 7-8 year olds**	8:00 am

**Please note the order of participation pertaining to age groups for the field events.

This meet cannot happen without your support! Please sign you or your club up for a volunteer role, contact Joanne Camargo at slatoncamargo@gmail.com