



Pacific Association Youth Track and Field Championships
Diablo Valley College
321 Golf Club Road
Pleasant Hill, CA 94523

Saturday – June 11, 2016
Sunday - June 12, 2016

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

Welcome!! The Pacific Association of USA Track and Field (USATF) welcomes you to the Youth Track and Field Pacific Association Championship (PAC). The competition will be held Saturday and Sunday June 11-12 at Diablo Valley College in Pleasant Hill, California. We (Pacific Association only) have added an additional age group for our younger age athletes. We are using the National Junior Olympic rules of allowing only 7 and 8 year olds classified as our youngest legal age group. Our younger athletes age 6 and under will be classified as Group 0. Their events will be: 100 meter, 200 meter, 400 meter, 800 meter, 4x100, long jump and turbo javelin. Please note: this is the decision of the Pacific Association Youth Committee, not a National rule. The National rule does not allow athletes under 7 to compete.

Early packet pick-up will take place Friday night June 10 from 7pm – 9pm at the Embassy Suites, Walnut Creek

For all questions and the latest updates regarding the 2016 Pacific Association Youth Championship Meet, please contact Meet Directors:

Charlotte Sneed pa.youthcommittee@gmail.com or 925-628-0273
Carl Bryant ceebeerev@sbcglobal.net or 209-765-9840

NO LATE REGISTRATION

Due to implementation of online registration ... there will be no late registration, no same-day registration. You must complete your registration process before 9 pm, June 8, 2016. If you have registration questions or issues, please contact Aliya Dibrell at adibrell@pacbell.net.

NOTE: You cannot register an athlete to compete on your club if they are not listed within USATF as a club member. You cannot register an athlete for this meet if their birth date has not been validated at the Pacific Association office. Make sure you take care of both of these items NOW so they will not impede your registration process later.

Registration Deadline: 9 pm. June 8

Registration Process

- Prior to attempting registration with Athletic.net, each team or unattached athlete must have the following in place:
 1. 2016 USATF membership number
 2. Birth verified on PAUSATF website. Verification consists of the letter “v” next to the age of the athlete [Verify HERE](#)
 3. Club must be current 2016 USATF sanctioned club (if you want to compete as a club team member)

If these three items are not in place, the system will not allow you to register via Athletic.net.

- In order for an athlete to compete, he or she must be a 2016 USATF member; **THERE WILL BE NO EXCEPTIONS TO THIS RULE**
 - www.pausatf.org
 - Click on the “Join Now” button near the top of the page
 - Athlete must register using full legal name (no nicknames accepted)
 - Athlete birth date validation document must be **received** by the PA/USATF office no later than June 3, 2016.
 - 120 Ponderosa Ct.
 - Folsom, CA 95630
- Online registration links – Athletic.net
- Cost per athlete is **\$6 per event** entered (no refunds)
 - 6 & under, 7-8, 9-10, 11-12 year old age groups can enter 1-3 events
 - 13-14, 15-16, 17-18 year old age groups 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**

Competition Age Groups

Age Group	Birth Year		Maximum Amount of Events
6 & under	2010+	Group 0	3 events
7 - 8	2008-2009	Group 1	3 events
9 - 10	2006-2007	Group 2	3 events
11 - 12	2004-2005	Group 3	3 events
13 - 14	2002-2003	Group 4	4 events
15 - 16	2000-2001	Group 5	4 events
17 - 18	1998-1999 1997 if born after July 31 st	Group 6	4 events

- No false starts for 15-16 and 17-18 year old age groups. 6 & under, 7-8, 9-10, 11-12, 13-14 year old age groups are still allowed one false start.

Results Posting

- Results will be posted at a designated location during the meet as soon after the competition as possible. Posted results are for the benefit of everyone so please do not remove them
- After the meet is over, check the Pacific Association website (www.pausatf.org), Athletic.Net and <http://www.adkinstrakwest.com/> for final results

Club / Unattached Athlete Packet Pick-Up

- Only an approved USATF LiveScan club coach or parent of an unattached athlete can pick up competition bib numbers and related materials at packet pick up. Pick-up table will be open at 7:00 a.m. Arrive early enough to get this process out of the way before the meet begins
 - Whomever picks up the packet must sign for packet

Athlete Check-In

- **Check-in** – We will have a **first, second and final call for all events** during the track meet. The event check-in sheets will be pulled 30 minutes before the event is scheduled to take place. After the event is closed no changes will be made for any running events. **PERIOD!** Field event athletes check in at their particular field event.
 - All four members of a relay team must check in together at the Clerk of the Course and all four members uniforms must match
 - If an athlete is competing in a field event and their running event is coming up, the athlete must check out of the field event with the head field event official and then check in at the running event. Time permitting, they should be allowed to return to their field event. If time is not permitting, as soon as they complete the running event they need to check back into the field event. If a coach or parent needs to assist the athlete in this process, we will allow them to do so. In such cases as high jump or pole vault the bar will continue to go up and the athlete must re-enter the event at whatever height the bar is set

- Athletes are not allowed to use cell phones, head sets or any other type of electronic devices while in the Clerking area, field of competition or on the infield
- **NOTE:** if you have properly added an event late and your name does not appear on the check in sheet, athlete must take bib number to the finish line to have the event signed off.
- **Implements** – Field event implements except javelins and pole vault poles may be supplied by meet management. Personal implements must be passed by our Weights & Measures official. All implements must be checked.
- **Spike Length** – Maximum 3/16" pyramid spikes on all synthetic rubber surfaces. Athletes who do not have the proper spikes will be asked to obtain the correct spikes or they will not be allowed to compete (racing flats can always be substituted for racing spikes)
- **Bib Numbers & Hip Numbers** – Bib numbers will be distributed at packet pick-up. All athletes must have a bib number assigned to them in order to compete
 - Bib numbers must be worn on the front of the jersey. An exception is made for high jumpers and pole vaulters who have the option to wear their bib number on their back if they prefer
 - For all running and race walking events, athletes will be assigned a hip number when they check in with the Clerk of the Course for final seeding
 - Hip numbers must be worn on the hip (hip facing camera while competing – not the butt or the front of the shorts). Shirts must be tucked in so hip numbers are visible by camera at finish line
 - In some of the longer distance races hip numbers may also be placed on the front of the shirt to assist with lap counting
- **Starting Heights** - The starting height for the high jump and the pole vault will be per USATF rule 181.1. Incremental increases will be 5 cm (approximately 2") in the high jump and 15 cm (approximately 6") in the pole vault until there is a winner. The winner may then determine the next height

Protest Table

All protests must be submitted in writing within thirty (30) minutes after the results of an event have posted per USATF Rule 146. This time period will be strictly enforced. There will be a \$50.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the USATF 2016 Rules of Competition may be protested. Judgment calls made by meet officials cannot be protested. Protests that do not meet the above criteria will not be accepted. The location of the protest table will be announced.

Awards

- Awards will be available for pick up by a designated club coach or parent of unattached athlete at the Awards table 1/2-hour after the results have been posted
 - NOTE: The 1/2-hour waiting period is to allow processing time in case a protest is filed regarding an event result
- Medals are awarded to the top six places in each event; ribbons will NOT be awarded for each flight / heat at this track meet

Medical Services & Security

Qualified medical personnel will be available at all sessions of the championships. Additional medical facilities are within minutes of the stadium and the local Fire Department and Rescue Unit is located minutes from the stadium.

Stadium Rules

- **Access to infield / Clerk of Course area:** Only athletes who are competing will be allowed access to the track or Clerk of the Course area
 - Any coach or parent in the infield or clerking area will result in the immediate disqualification of their athlete/team and an automatic grievance will be filed for suspension of 30 days
- **Access to warm-up area:** Only athletes and PA/USATF coaches with valid 2016 LiveScan clearance will be allowed access to this area
 - Any parent or non 2016 USATF coach in the warm-up area will result in the immediate disqualification of their athlete/team and an automatic grievance will be filed for suspension of 30 days.
- **Tents** – Allowed on the top row of the bleachers only but cannot block the announcer's area. Tents must be broken down and removed from the stadium at the completion of competition each day. School and USATF are not responsible for lost or stolen items;
- **Alcohol** – There is no alcohol permitted on school grounds
- **Smoking** – The school is a SMOKE FREE ZONE. There is no smoking allowed anywhere on the school campus, inside or outside. This rule includes electronic cigarettes.
- **Coolers** – Permitted inside the stadium; however, GLASS CONTAINERS in the coolers ARE NOT PERMITTED. Coolers may be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium
- **Admission** – Spectators admitted free
- **Parking** - There will be FREE PARKING available at and around the competition site
- **Food Services** – Food and beverages will be sold throughout the meet. You may bring your own food and drink into the stadium but you may not bring in glass containers. When you leave, you must remove anything you brought in with you. For your convenience, plastic garbage bags and garbage cans will be available throughout the facility for garbage disposal
 - ***BBQs and sunflower seeds are not allowed anywhere on the school campus, not even the parking lot***
- **Lost and Found** - A lost and found area will be located near the protest table

SATURDAY - Events Schedule

June 11, 2016

NOTE:

- Saturday 80/100/110 hurdle events will be run as finals if no heats are required
- No false starts for 15-16 and 17-18 year old age groups. 6 & under, 7-8, 9-10, 11-12, 13-14 year old age groups are still allowed one false start. False starts are called on the individual, not the field.
- **Track Events may be held up to 30 minutes before scheduled start time.**

TRACK EVENTS – 9:00 am

3000 meter run finals	11-12 through 17-18	girls / boys	9:00
100 meter trials	All age groups starting with 6 & under g / b		10:30
800 meter finals	All age groups starting with 6 & under g / b		12:30
1500 meter race walk finals	9-10, 11-12	girls / boys	2:00
3000 meter race walk finals	13-14 through 17-18	girls / boys	2:30
100 meter finals	All age groups starting with 6 & under g/b		3:00
80 meter hurdle trials	11-12	girls / boys	3:30
100 meter hurdle trials	13-14 girls, 15-16 girls, 17-18	girls	3:45
100 meter hurdle trials	13-14 boys		4:00
110 meter hurdle trials	15-16 boys, 17-18 boys		4:15
400 meter run finals	All age groups starting with 6 & under g/b		4:30

PLEASE NOTE – We will do a first, second and final call for our track meet events.

FIELD EVENTS – 8:30 am

Event	Age Group	Time	Event	Age Group	Time
Javelin	13-14 girls / boys	8:30	Triple Jump	13-14 girls / boys	8:30
Javelin	15-16 girls / boys		Triple Jump	15-16 girls / boys	
Javelin	17-18 girls / boys		Triple Jump	17-18 girls / boys	
High Jump	15-16 girls / boys	8:30	Long Jump	6 & under g/b	Immedi-
High Jump	17-18 girls / boys		Long Jump	7-8 girls / boys	ately fol
High Jump	13-14 girls / boys		Long Jump	9-10 girls / boys	lowing
Shot Put	7-8 girls / boys	8:30	Long Jump	11-12 girls / boys	TJ
Shot Put	9-10 girls / boys		Pole Vault	13-14 girls / boys	8:00**
Shot Put	11-12 girls / boys		Pole Vault	15-16 girls / boys	
Shot Put	13-14 girls / boys		Pole Vault	17-18 girls / boys	
Shot Put	15-16 girls / boys				
Shot Put	17-18 girls / boys				

** Pole Vault only

SUNDAY - Events Schedule

June 12, 2016

TRACK EVENTS – 9:00 am

- Track Events may be held up to 30 minutes before scheduled start time.

1500 meter run finals	All age groups starting with 7-8 girls / boys	9:00
200 meter trials	All age groups starting with 6 & under g/b	10:30
200 meter hurdle finals	13-14 girls / boys	12:00
400 meter hurdle finals	15-16g, 17-18g, 15-16b, 17-18b	12:15
4x100 relay finals	All age groups starting with 6 & under g/b	12:30
4x800 relay finals	11-12 through 17-18 girls / boys	1:30
80 meter hurdle finals	11-12 girls / boys	2:30
100 meter hurdle finals	13-14, 15-16, 17-18 girls	2:45
100 meter hurdle finals	13-14 boys	3:00
110 meter hurdle finals	15-16, 17-18 boys	3:15
200 meter finals	All age groups starting with 6 & under g/b	3:30
4x400 meter relay finals	All age groups starting with 7-8 girls / boys	4:00

PLEASE NOTE – We will do a first, second and final call for our track meet events.

FIELD EVENTS - 8:30 am

Event	Age Group	Time	Event	Age Group	Time
Discus	17-18 girls / boys	7:30*	Long Jump	13-14 girls / boys	8:30
Discus	15-16 girls / boys		Long Jump	15-16 girls / boys	
Discus	13-14 girls / boys		Long Jump	17-18 girls / boys	
Discus	11-12 girls / boys				
Mini Javelin	11-12 girls / boys	8:30	High Jump	9-10 girls / boys	8:30
Mini Javelin	6 & under g/b		High Jump	11-12 girls / boys	
Mini Javelin	7-8 girls / boys				
Mini Javelin	9-10 girls / boys				

* Discus only

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