



REVISED

June 19, 2016

USATF Region 16 Junior Olympic Championships

Sacramento State

Hornet Stadium

6000 J Street

Sacramento, CA 95819

Friday - June 24, 2016

Saturday – June 25, 2016

Sunday - June 26, 2016

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

Welcome! The Pacific Association of USA Track and Field (USATF) welcomes you to the 2016 USATF Region 16 Junior Olympic Championships (JO). The competition will be held Friday, Saturday and Sunday, June 24th – 26th at Sacramento State, Sacramento.

For all questions and the latest updates regarding the 2016 USATF Region 16 Junior Olympic Championships, please contact the Meet Director:

Charlotte Sneed pa.youthcommittee@gmail.com or 925-628-0273

NO LATE REGISTRATION

Due to implementation of online registration ... there will be no late registration and no same-day registration. You must complete your registration process before 9 pm, June 21, 2016.

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 21, 2016

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
 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.**

USATF membership registration instructions are:

- 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)
 - Submit a photo quality copy of athlete’s birth certificate to heikemansoor@aol.com. Include the athlete’s name and USATF membership number in the subject line.
- Online registration link – Athletic.net www.athletic.net
 - Cost per athlete is **\$7 per event** entered (no refunds)
 - 7-8, 9-10, 11-12 can enter 1-3 events
 - 13-14, 15-16, 17-18 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
7 - 8	2008-2009	Age group 1	3 events
9 - 10	2006-2007	Age group 2	3 events
11 - 12	2004-2005	Age group 3	3 events
13 - 14	2002-2003	Age group 4	4 events
15 - 16	2000-2001	Age group 5	4 events
17 - 18	1998-1999	Age group 6	4 events
	1997 if born after July 31 st		

USATF Youth False Start Rule

- The 15–16 and 17-18 year old age groups are not allowed any false starts, same as their high school rule. 7–8, 9–10, 11–12 and 13–14 year old age groups are still allowed one false start. False starts are called on the individual, not the field.

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; please do not remove them.
- Results will also be available through www.adkinstrakwest.com.
- After the meet is over, check the Pacific Association website (www.pausatf.org) for final results.

Club / Unattached Athlete Packet Pick-Up

- Only an approved Pacific Association background checked club coach or individual can pick up competition bib numbers and related materials at Sacramento State. This does not apply to parents of unattached athletes or the unattached athlete themselves.
- Early packet pick-up will take place in the lounge of the Well at Sacramento State on Friday, June 24, from 12:30 – 7:00 pm.
- Packet pick-up table will be open at 7:00 am, Saturday, June 25, and Sunday, June 26. Arrive early enough to get this process out of the way before the meet begins.
 - Whomever picks up the packet must sign for the packet and must be currently listed on the Pacific Association Cleared Background Check List at <https://www.pausatf.org/youth/cleared-background-check-list/>. There will be no exceptions to this rule.
 - Please remember that every team must have at least one background checked coach. If no background checked person is available, please make arrangements with a background checked coach to make sure your packet can legitimately be picked up.

Competition Information

- **Check-in** – There will be a first, second and final call for each age group of each event.
 - Send athletes to check-in, ready-to-race on first call.
 - **Check-in for each event will close five (5) minutes after the final call.** Athletes who have not checked in prior to the close of check-in have missed their race and will not be allowed to enter the check-in area.
 - 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' tops must match
- If an athlete is competing in a field event and first call for their running event has been made, the athlete must check out of the field event with the head field event official and then check in at the running event. The athlete will be provided with their hip number and race heat. Athlete will 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.

- Per USATF Rule 302.5-p: When a **High Jump or Pole Vault** competitor is excused to participate in a running event, a reasonable time limit shall be established by the Games Committee or delegated to the affected Field Event Judge. If the competitor has failed to return in the allotted time, and all other remaining competitors have passed, failed or cleared the existing height, the crossbar shall be raised to the next height and the judge will automatically pass the excused competitor to the new height. **10 Minutes will be allowed for this meet.**
 - Per USATF Rule 302.5-q: When a **Horizontal Jumps or Throws** competitor is excused to participate in a running event, no time limit shall be imposed on the excused competitors, except that **the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all other final attempts if excused during the finals.** Failure to return within the allocated period shall result in forfeiture of missed attempts. In both the preliminaries and the finals, the head event judge may allow attempts to be taken in succession before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event.
- If a coach or unattached parent needs to assist a younger athlete in this process, we will allow them do so.
 - 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.
 - **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 between 12:30 PM – 6:00 PM Friday and 7:30 AM – 12:00 PM Saturday and Sunday.
 - **Spike Length** – Maximum 7mm pyramid spikes only (no needle 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.
 - Replacement bib numbers can be obtained for \$5 cash at the finish line.
 - 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 left hip (hip facing infield 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 shall be 20cm and 60cm, respectively, below the Youth Outdoor Performance Standard. Incremental increases will be 5cm in the high jump and 15cm 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 are 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 three places in each event. There are no ribbons awarded in this track and field meet.

Medical Services & Security

Emergency medical services will be available on-site 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 coaches currently listed on the [Pacific Association Cleared Background Check List](#) will be allowed access to this area.
 - Any parent or non-cleared 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 securely tied down at all times.** 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** – Sacramento State is a SMOKE FREE campus. Smoking is not allowed on the campus.
- **Coolers** – Permitted inside the stadium; however, GLASS CONTAINERS in the coolers ARE NOT PERMITTED. Coolers will be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium.
- **Admission** – Spectators are admitted free.

- **Parking** – Sacramento State charges a \$6 daily parking fee. Daily parking permits are available from a daily parking permit machine or at the UTAPS office for \$6. All parking regulations strictly enforced.
- **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 are not allowed anywhere on the Sacramento State Facility.
 - Sunflower seeds are not allowed in the stadium.
- **Lost and Found** - A lost and found area will be located near the protest table.

Advancement process to National Junior Olympic Track and Field meet

The top 5 finishers from each event in each age group advance to the USATF National Junior Olympic Championship meet at Sacramento State. If you have questions regarding the advancement process from the USATF Region 16 Junior Olympic Championship meet to the JO Nationals, please contact Charlotte Sneed at pa.youthcommittee@gmail.com

USATF Region 16 Junior Olympic Championships
Sacramento State - Sacramento

Friday - Events Schedule
June 24, 2016

Early packet pick-up

- Location: The Well, Sacramento State
- Time: 12:30 – 7:00 pm

PLEASE REMEMBER – NO FALSE STARTS ARE ALLOWED FOR OUR 15–16 and 17–18 year old age groups. 7–8, 9–10, 11–12, and 13–14 year old age groups are still allowed one false start.

FIELD EVENTS – 1:30 pm

Javelin	13-14 through 17–18 girls/boys	Groups 4-6
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FIELD EVENTS – 4:00 pm

Long Jump (Pit 1)	15–16, 17–18 girls	Groups 5-6
Long Jump (Pit 2)	15–16, 17–18 boys	Groups 5-6
Shot Put	15–16, 17–18 girls/boys	Groups 5-6

TRACK EVENTS – 4:00 pm

400 meter dash trials	7–8 through 17–18 girls/boys	Groups 1-6
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TRACK EVENTS – 6:00 pm

4x800 meter relay	11–12 through 17–18 girls/boys	Groups 3-6
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PLEASE NOTE – There will be a first, second and final call for each age group of each event.

Athletes must reach age 7 by December 31, 2016 to compete in this track meet. No athletes younger will be allowed to compete. There are no exceptions to this rule, per the National Headquarters.

USATF Region 16 Junior Olympic Championships
Sacramento State - Sacramento

SATURDAY - Events Schedule
June 25, 2016

Packet Pickup 7:00 AM – 4:00 PM

Field Events

Event	Age Group	Time
Long Jump	7-8 girls/boys	8:30
Triple Jump	13-14 girls/boys	Following
Triple Jump	15-16 girls/boys	7-8
Triple Jump	17-18 girls/boys	LJ
High Jump	15-16 girls/boys	8:30
High Jump	17-18 girls/boys	
High Jump	13-14 girls/boys	

Event	Age Group	Time
Pole Vault	13-14 girls/boys	8:00
Pole Vault	15-16 girls/boys	
Pole Vault	17-18 girls/boys	
Shot Put	7-8 girls/boys	8:30
Shot Put	9-10 girls/boys	
Shot Put	11-12 girls/boys	
Shot Put	13-14 girls/boys	
Hammer Throw	17-18 girls/boys	8:30
Hammer Throw	15-16 girls/boys	

Track Events

- **Events will be held on a rolling schedule starting at 9:00 AM**
- **Saturday 80/100/110 hurdle events will be run as finals if 9 or less athletes check-in for each event**

Event	Age Group	Time
3000 meter run Finals	11-12 through 17-18 girls / boys	Group 3-6 9:00
100m Dash Trials	7-8 through 17-18 girls / boys	Group 1-6
800m Dash Finals	7-8 through 17-18 girls / boys	Group 1-6
1500m RW Finals	9-10, 11-12 girls / boys	Group 2,3
3000m RW Finals	13-14 through 17-18 girls / boys	Group 4-6
100m Dash Finals	7-8 through 17-18 girls / boys	Group 1-6
80m Hurdle Trials	11-12 girls / boys	Group 3
100m Hurdle Trials	13-14, 15-16, 17-18 girls	Group 4-6
100m Hurdle Trials	13-14 boys	Group 4
110m Hurdle Trials	15-16, 17-18 boys	Group 5,6
400m Dash Finals	7-8 through 17-18 girls / boys	Group 1-6

PLEASE NOTE – There will be a first, second and final call for each age group of each event.

PLEASE REMEMBER – NO FALSE STARTS ARE ALLOWED FOR OUR 15 – 16 and 17 – 18 year old age groups. 7 – 8 through 13 – 14 year old age groups are still allowed one false start.

USATF Region 16 Junior Olympic Championships
Sacramento State - Sacramento

SUNDAY - Events Schedule
June 26, 2016

Packet Pickup 7:00 AM – 4:00 PM

Field Events

Event	Age Group	Time
Discus	17-18 girls/boys	8:30
Discus	15-16 girls/boys	
Discus	13-14 girls/boys	
Discus	11-12 girls/boys	
Mini Javelin	7-8 girls/boys	8:30
Mini Javelin	9-10 girls/boys	
Mini Javelin	11-12 girls/boys	

Event	Age Group	Time
Long Jump	9-10 girls/boys	8:30
Long Jump	11-12 girls/boys	
Long Jump	13-14 girls/boys	
High Jump	11-12 girls/boys	8:30
High Jump	9-10 girls/boys	

Track Events

- Events will be held on a rolling schedule starting at 9:00 AM

Event	Age Group	Time
Steeplechase Finals	15-16, 17-18 girls / boys	Group 5-6 9:00
200 meter dash Trials	7-8 through 17-18 girls / boys	Group 1-6
1500 meter run Finals	7-8 through 17-18 girl / boy	Group 1-6
200 meter hurdle Finals	13-14 girls / boys	Group 4
400 meter hurdle Finals	15-16 and 17-18 girls / boys	Group 5, 6
4x100 meter relay Finals	7-8 through 17-18 girls / boys	Group 1-6
200 meter dash Finals	7-8 through 17-18 girls / boys	Group 1-6
80 meter hurdle Finals	11-12 girls / boys	Group 3
100 meter hurdle Finals	13-14, 15-16, 17-18 girls	Group 4-6
100 meter hurdle Finals	13-14 boys	Group 4
110 meter hurdle Finals	15-16 and 17-18 boys	Group 5,6
4x400 meter relay Finals	7-8 through 17-18 girls / boys	Group 1-6

PLEASE NOTE – There will be a first, second and final call for each age group of each event.

PLEASE REMEMBER – NO FALSE STARTS ARE ALLOWED FOR OUR 15 – 16 and 17 – 18 year old age groups. 7 – 8 through 13 – 14 year old age groups are still allowed one false start.

Youth Sports Committee Code of Conduct

We, the PACIFIC ASSOCIATION, believe the sports of TRACK & FIELD, CROSS COUNTRY, and RACE WALKING should be fun as well as an integral part of a sound educational program. We believe those who coach youth and work with youth are first and foremost teachers who have a duty to promote life skills and develop good character. All HEAD COACHES will be responsible for actions of ATHLETES, COACHES and PARENTS who are involved with their club.

- Spectators will be given one warning of inappropriate conduct; if it continues they will need to leave the stadium.

Detrimental Conduct: Acts in a manner detrimental to the purposes of USATF or Athletics.

Definition of Behavior	Minimum Consequences
<p>Fighting – purposeful conflict between one or more persons, often involving violence and intended to establish dominance over the opposition.</p> <p>Verbal Threats – making either a direct or veiled verbal threat of harm (i.e., predicts that bad things are going to happen); intimidation, put-downs, gestures, facial expressions, body gestures; range from explicit, detailed and impending to implicit and vague as to both content and time frame</p>	1 year suspension and/or removal from the Pacific Association
<p>Profanity – vulgar or irreverent speech or action</p>	1 st – warning 2 nd – 30-day suspension 3 rd – 1-year suspension
<p>Cheating – a deception to profit yourself or club; create an unfair advantage usually in one’s own interest and often at the expense of others; violating accepted standards or rules</p>	Removal from Pacific Association
<p>Theft – wrongful taking of someone else’s property without that person’s willful consent. A crime against property</p>	Removal from Pacific Association
<p>Taunting – derisive; abusing vocally; expressing contempt or ridicule; derisive laughter; jeering crowds; mocking smile; taunting shouts of ‘slow poke’ or ‘can’t run’</p>	1 st – 30 day suspension 2 nd – 1-year suspension
<p>Drugs / Alcohol – any substance that can be used to modify a chemical process or processes in the body to enhance a performance or ability, or to alter states of mind; no drugs or alcohol are allowed at any Youth PA/USATF events</p>	1 st – warning 2 nd – 1-year suspension
<p>Unauthorized people on the field – athletes, coaches, parents on the infield after the beginning of the first competition</p>	30-day suspension
<p>Disrespect of Officials – an official is someone who holds an office in an organization; an adult volunteer or coach who runs a team; an official (referee) at a</p>	1 st – immediate team & coach disqualification from meet AND 30-day

competition	suspension 2 nd – 1-year suspension
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Eligibility Violations: Violates the rules of eligibility for Athletics

Definition of Behavior	Minimum Consequences
<u>Recruitment of athletes from registered clubs</u> – once an athlete has registered with Club A in a calendar year another athlete, coach or other representative of Club B may not contact that athlete for purposes of recruiting to Club B. If an athlete decides to change clubs of their own desire, the athlete must wait 90 days after their last competition with Club A before they can begin competing with Club B. Guardian of athlete must submit in writing to the PA/USATF Membership Chair the request to change clubs.	1 year suspension

Steps to Follow if Violations Occur

USATF Governance Manual, Section III (Operating Regulations), Regulation 11 (Formal Grievances and Disciplinary Proceedings)
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- C **Grievances:** A grievance may involve any matter within the cognizance of USATF, other than doping offenses described in Regulation 10.
1. **Grievance Complaints:** A Grievance Complaint shall state the following:
 - a. **Detrimental conduct:** Conduct detrimental to the best interests of Athletics or USATF has taken place;
 - b. **USATF violations:** A violation of any of USATF’s Bylaws or Operating Regulations has occurred; or,
 - c. **IAAF violations:** The IAAF rules of eligibility have been violated.
 2. **Parties:** Grievance Complaints may be filed only by and against individuals or entities which were, at the time that the conduct complained or occurred, and at the time the Complaint is filed, members, directors, or officers of USATF or otherwise subject to the jurisdiction of USATF. A non-member, former director, or former officer of USATF shall be subject to the jurisdiction of USATF for the purpose of defending against a Grievance Complaint for an incident that occurred while he or she was a member, a director, or officer of USATF or otherwise subject to the jurisdiction of USATF. A Grievance Complaint may only be filed by a person or entity affected by the issues raised in the complaint; and
 3. **Time limit:** Except as provided in Regulation 11-Q-3, Grievance Complaints must be filed within two (2) years from the time the complaining party knew or should have known of the act giving rise to the Complaint.
- D **Disciplinary matters:** USATF shall have the authority to discipline any member, delegate, athlete, coach, manager, official, trainer, member of any committee, and any other person or entity participating in Athletics who, by neglect or by conduct, acts in a manner subject to discipline pursuant to Regulation 11-D-1 below. Any athlete, coach, trainer, manager, administrator, or official who alleges that he or she has been denied an opportunity to participate in an Athletics competition shall be entitled to fair notice and opportunity for a hearing conducted pursuant to this Regulation.

1. **Activities subject to discipline:** USATF may discipline any member, delegate, athlete, coach, manager, official, trainer, member of any committee, and any other person or entity participating in Athletics who, by neglect or conduct:
 - a. Detrimental conduct: Acts in a manner detrimental to the purposes of USATF or Athletics;
 - b. USATF, IAAF, and Sports Act violations: Violates any of the Bylaws, Operating Regulations, or Competition Rules of USATF or the IAAF, or violates the Sports Act;
 - c. National team conduct: Violates a commitment as a member of a national team as provided in Regulation 13; or
 - d. Eligibility violations: Violates the rules of eligibility for Athletics.

Pacific Association USATF Bylaws; Article 16 (Grievance Procedures)

- (a) Any member of this Association may file a written grievance with the President pertaining to any matter within the cognizance of the Association. However, if a committee* has a grievance procedure, resolution of a grievance should be attempted under that procedure. If the grievance is against a committee chair then the grievance should be sent to that committee's secretary or someone on the committee's executive board who will act in place of the chair for resolution. The grievance shall be signed under oath and shall state with particularity the nature of the grievance, the individual or entity against which the action is directed, and the nature of the relief sought. The grievant will send a copy of the grievance to the member or members accused of the act as well as the appropriate committee chair(s).

* If the committee does not have specific grievance procedures then Article 16 a through g will be used with the appropriate substitution of the word "chair" for the word "President" and the word "Committee" for the words "Board of Athletics".

The full PA/USATF Grievance Procedure can be located online at the PA/USATF website under the section titled, "About PA/USATF." Review all steps of the grievance process before submitting a grievance.

Pacific Association Youth Sports Committee Grievance Procedures

The Youth Sports Committee has adopted the PA/USATF Grievance Procedures.

- B. Should the grieving party wish to first bring a grievance to this committee, they may do so unless specifically prohibited by the Pacific Association. The procedure shall be as follows:
 1. The grievance shall be presented in writing to the Youth Chairperson.
 2. The Youth Chairperson shall appoint, within 10 days, a three (3) person grievance committee who shall investigate the grievance and make a decision. That decision shall be put in writing and sent to the grieving party and a copy sent to the Youth Chairperson within forty-five (45) days.
 3. All decisions of the Grievance Committee shall be final within the Youth Committee. If that decision is not satisfactory then the grievance must be sent to the Association Chairperson as defined in the Association Bylaws for appeal.
 4. All proceedings of the grievance shall be kept confidential if requested by the grieving party.

