



# USATF Pacific Open T&F Championships

Sunday, June 11, 2017 - College of San Mateo

(Hammer to be contested at Sac State on June 10.)

All Events are Open to USATF Athletes of All Ages.

**HOTEL INFO IS ON PAGE 3.**

**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.

All field events will be conducted on the upper field above the stadium.

**Eligibility:** All competitors must be registered USATF Athletes. 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: \$20.00 first event, and \$10.00 each subsequent event if entry is received by 6:00 pm, Thursday, 8 June payable by credit card. Note USATF also charges up to 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=110908>

**Entry Status Lists:** <http://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=110908>

**Questions regarding entries or the meet:** Contact Meet Director Leroy Milam at <mailto:Leroy1888@aol.com> or 510.220-5859, or Women's T&F Chair Dena Evans at <mailto:womenstrackandfield@pacific.usatf.org>

## No late/day of Entries Accepted - No Exceptions

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

**Running Event Athletes:** check-in with the Clerk at least 45 minutes before your event is scheduled, or 10:30am for morning running events and 12:30pm 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 8:00am-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 Track & Field 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 Association Championships!
- Complete rules and application information for the PAUSATF Grand Prix can be found at: <http://www.pausatf.org/wp-content/uploads/2014/07/2017-PAUSATF-TF-GP-info-appl.pdf?x65224>

For further information, contact Men's T & F Chair Fred Baer at 650. 483-3733 or email <mailto:Frdbaer@aol.com>

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

*schedule of events on next page*



# USATF-*Pacific* Open T&F Championships

## Sunday, 11 June, 2017 – College of San Mateo

*open to all USATF athletes of all ages*

### **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!**

**Check In:** Afternoon running event competitors must check-in with clerk 45 minutes before their event

**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

**Sat, 10 June:** Elite Hammer sections to be contested at Golden West Invite at Sacramento St. Contact Stephane Trafton at [skbrown44@hotmail.com](mailto:skbrown44@hotmail.com)

### **Sunday, 11 June Field Events begin at 9:00am**

**Check In:** Field event athletes must check-in 60 minutes before their event Field events may be combined if field sizes are small.

9:00 AM..... Men Hammer (*Sac.State*)

Follows men’s..... Women Hammer (*Sac.State*)

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

Follows women’s..... Men Long Jump

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

Follows women’s..... Men Pole Vault

11:00 AM..... Men Javelin (*upper field*)

Follows men’s..... Women Javelin (*upper field*)

11:00 AM..... Women Shot Put (*upper field*)

Follows women’s..... Men Shot Put (*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

1:00 PM ..... Women Discus (*upper field*)

Follows women’s..... Men Discus (*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!*

## **USATF Pacific Track & Field Championships HOTEL INFORMATION**

The Crowne Plaza Hotel, Foster City is offering a special rate for the June 9-11 weekend in conjunction with **USATF Pacific Track & Field Championships** at College of San Mateo (June 11).

**\$139 for either KING or 2 QUEENS**

Booking Link: <https://aws.passkey.com/go/CSMtrackandfield>

--Toll Free Phone Number: 888-233-9527 and ask for "Track and Field Championship at CSM"

--*Limited number of rooms - so book EARLY.*

The Crowne Plaza is located adjacent to highway 92 (which goes to CSM) -- at Foster City Blvd./Chess Drive exit.

For special assistance, contact:

**TIFFANY CHEN**  
SALES MANAGER

---

E: [tiffany@cpfcc.com](mailto:tiffany@cpfcc.com) T: 650-295-6144 F: 650-295-6135

Crowne Plaza Foster City 1221 Chess Drive, Foster City CA 94404