



# USATF - Pacific Masters/Open T&F Championships

## Sunday June 10, 2018

**Webpage:** <https://www.pausatf.org/masters-track-field/>

**Venue:** College of San Mateo nine lane Mondo surface, 1700 W Hillsdale Blvd, San Mateo, CA 94402  
**Only spikes allowed are ¼ inch Christmas tree or pyramid compression**

**Eligibility:** Competitors must be currently registered USATF Open or Masters Athletes:  
<http://www.pausatf.org/data/PAAppOnline.html> or at the registration table at the meet

**Competitive Groups:** Per event, Athletes shall choose *and live with EITHER* Open (16+, qualify for Open Grand Prix cash awards) **OR** Masters (30+ in 5yr age/sex groups in individual events, 10yrs [per youngest athlete] in relays, to qualify for MTF Medals & MTF Grand Prix awards)

**Online only Preregistratn:** \$20 for first event, \$5 per subsequent event by 6:00pm June 7, plus add'l \$1.50 + 6% USATF reg. fees  
<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113068>  
**Entry Status:** <http://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=113068>

**Day of Meet** \$40 for first event, and \$10 per subsequent event

**Registration:** Those pre-registered online adding add'l event(s) on meet day: \$10 per event. **Cash Only**  
**11:00am deadline for all individual events, no matter when run/contested. No Exceptions**

**Check-In:** Athletes must check in at registration table >30min before competing to pick up bib

**Implement Certification** 7:45am to 1pm at the upper field shed. *Athletes must bring their own implements!*

**Combined Events:** M&W: Throws Pentathlon, Decathlon, Heptathon, Pentathlon, Indoor Pentathlon for athletes starting all events *and* registered for those combined events [http://usatfmasters.org/ev\\_combined.htm](http://usatfmasters.org/ev_combined.htm)  
Scores/Places/Medals awarded, but ineligible for AR/WRs since non-standard event order & rest periods  
Add'l 1500m (and hand timed 1000m) at meet end; add'l 1500m results placed *after* all in first 1500m

**Relay Races:** 4x100m, 4x400m, 4x800m, 4x80/100/110m SHR (shuttle hurdle), 30K Relay (summed time of 2 5K+ 2 10K)  
\$20 /team online, or cash to Clerk 20+min prior (no change given), athletes registered by 11am per above!

**Results & Awards:** Results at the Awards Table and on Meet Website. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> medals in in each Masters age/sex group  
Pacific Assoc *Clubs* and *Employers* scored per USATF point system, in 2 separate MTF Team competitions

**Records:** Athletes attempting Records should inform Meet Director *a priori* & bring all forms (incl birth certificate)

**Contacts:** Meet Director Leroy Milam [Leroy1888@aol.com](mailto:Leroy1888@aol.com) (510) 220-5859  
MTF Chair Joseph Ols [josephols@verizon.net](mailto:josephols@verizon.net) (408) 353-6564  
Open Men Al Hernandez [runalrun@yahoo.com](mailto:runalrun@yahoo.com) (510) 651-3162  
Open Women Fred Baer [frdbaer@aol.com](mailto:frdbaer@aol.com)

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## Schedule of Events

**RUNNING EVENTS:** Athletes must check-in with the clerk 30 minutes before race **TIMES ARE APPROXIMATE!**

In lane-races, an athlete arriving late *might not* get a lane, and *shall not* replace any athlete already assigned a lane. Competitors may be sub-divided by the clerk to appropriate lanes & flights based on sex & age.

8:00am	Men Open-59 3,000m Steeplechase	36"		11:30	60m							
8:20	Women, M60+ 2,000m Steeplechase	30"		11:55	1,500m							
8:35	5,000m Race Walk			12:30pm	100m							
9:20	10,000m		<a href="#">height" 1<sup>st</sup> (m) between</a>	1:00	400m		height" 1 <sup>st</sup> (m) between					
10:15	M Open	110m Hurdles	42	13.72	9.14	1:10	M Open-49	400m Hurdles	36	45	35	
	M30-49	110m Hurdles	39	13.72	9.14		M50-59	400m Hurdles	33	45	35	
	M50-59	100m Hurdles	36	13	8.5		W Open-49	400m Hurdles	30	45	35	
	W Open-39	100m Hurdles	33	13	8.5		M60-69, W50-59	300m Hurdles	30	50	35	
	M60-69	100m Hurdles	33	12	8		M70-79, W60-69	300m Hurdles	27"	50	35	
	W40-49	80m Hurdles	30	12	8		M80+, W70+	200m Hurdles	27*	20	35	
	M70-79, W50-59	80m Hurdles	30	12	7	1:40	800m					
	M80+, W60+	80m Hurdles	27*	12	7	2:00	200m					
	<u>60m Hurdles</u>											
		M Open		42	13.72	9.14	2:25	4 x 100m Relay				
	M30-49		39	13.72	9.14		4 x 400m Relay					
	M50-59		36	13	8.5		4 x 800m Relay					
	W Open-39		33	13	8.5		4 x 80/100/110m Shuttle Hurdle Relay					
	M60-69		33	12	8	2:50	5,000m					
	W40-49		30	12	8	3:20	1,500m (hand timed 1km) for Pent/Hept/Decathletes					
	M70+, W50+		30	12	7							
	M80+, W60+		27*	12	7							

**FIELD EVENTS:** Athletes must check-in 20 minutes before event, at event site

	JUMPS	LOWER CAGE	UPPER CAGE	JAVELIN	UPPER SHOT
8:00 AM	Long Jump**	Discus 50+**	Hammer Open-49		Shot Put 50-69
8:30 AM					
9:00 AM					
9:30 AM					Shot Put 70+
10:00 AM	Triple Jump**		Hammer 50+		Shot Put Open
10:30 AM					Shot Put 30-49
11:00 AM					
11:30 AM					
12:00 PM	High Jump	Discus Open-49**		Javelin 50+	
12:30 PM					
1:00 PM			Weight** & Superweight**		
1:30 PM					
2:00 PM	Pole Vault			Javelin Open-49	
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

\* If 27" hurdles unavailable, run with 30" or refund given

\*\* Open Pit / Ring