



USATF - Pacific Masters/Open T&F Championships

Sunday June 9, 2019

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: Currently registered Masters or Open Athletes of USATF, or of foreign WMA/IAAF T&F body
Register online <http://www.pausatf.org/data/PAppOnline.html> or at the meet registration table

Competitive Per event, Athletes choose *and live with EITHER* Open (16+, to qualify for Open Grand Prix cash awards)
Groups: **OR** Masters (30+ in 5yr age/sex groups, to qualify for MTF Medals & MTF Grand Prix plaques)

Online-only \$20 for first event and \$5 per subsequent event, plus add'l \$1.50 + 6% reg. fees by 6:00pm June 6

Registration: <https://www.simplyregister.net/register/?e=115998> (online event exchanges / modifications through deadline)

Entry Status: <https://www.simplyregister.net/status/?e=115998>

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 Registration 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

Implements: Athletes must bring their own throwing implements & PV poles

Certification: 7:45am to 1pm at the upper field shed

Combined Events: M&W: Throws Pentathlon, Decathlon, Heptathlon, Pentathlon, Indoor Pentathlon for athletes starting all events *and* registered for those combined events 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, with these 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)

Races: \$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. 1st, 2nd, 3rd 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 (510) 220-5859
MTF Chair Joseph Ols josephols@verizon.net (408) 353-6564
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