

# USATF - Pacific Masters/Open T&F Championships Sunday June 9, 2019

Webpage: <a href="https://www.pausatf.org/masters-track-field/">https://www.pausatf.org/masters-track-field/</a>

- Venue:College of San Mateo nine lane Mondo surface, 1700 W Hillsdale Blvd, San Mateo, CA 94402Only 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 <u>http://www.pausatf.org/data/PAAppOnline.html</u> 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: <u>https://www.simplyregister.net/register/?e=115998</u> (online event exchanges / modifications through deadline) Entry Status: <u>https://www.simplyregister.net/status/?e=115998</u>

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

- CombinedM&W: Throws Pentathlon, Decathlon, Heptathon, Pentathlon, Indoor Pentathlon for athletes startingEvents:all events and registered for those combined events <a href="http://usatfmasters.org/ev\_combined.htm">http://usatfmasters.org/ev\_combined.htm</a>Scores/Places/Medals awarded, but ineligible for AR/WRs since non-standard event order & rest periodsAdd'I 1500m (and hand timed 1000m) at meet end, with these results placed after all in first 1500m
- Relay 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 & 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
   Awards: 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
	Open Men	Al Hernandez	runalrun@yahoo.com	(510) 651-3162
	Open Women	Fred Baer	frdbaer@aol.com	

## USATF - Pacific Masters/Open T&F Championships 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 beturned away*, 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	10,000m		11:25 60m
8:55	5,000m Race Walk		11:50 1,500m
9:40	5,000m	height" 1 <sup>st</sup> (m) between	12:25pm 100m
10:10	110m Hurdles       M Open         M 30-49         100m Hurdles       M 50-59         W Open-39         M 60-69         80m Hurdles       W 40-49         M 70-79, W5         M 80+, W 60		12:55       400m       height"       1st(m)       between         1:30       400m Hurdles       M Open-49       36       45       35         M 50-59       33       45       35         W Open-49       30       45       35         300m Hurdles       M 60-69, W 50-59       30       50       35         200m Hurdles       M 80+, W 70+       27*       50       35         2:00       800m       480+       400       45       45
10:50	60m Hurdles M Open M 30-49 M 50-59 W Open-39 M 60-69 W 40-49 M 70+, W 50 M 80+, W 60		<ul> <li>2:20 200m</li> <li>2:45 3,000m Steeplechase Men Open-59 28x 36" 7 water</li> <li>3:05 2,000m Steeplechase Women, M 60+ 18x 30" 5 water</li> <li>3:20 4 x 100m Relay 4 x 400m Relay 4 x 400m Relay 4 x 800m Relay 4 x 800m Relay 4 x 80/100/110m Shuttle Hurdle Relay</li> <li>3:45 1,500m (hand timed 1km) for Pent/Hept/Decathletes</li> </ul>

### 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			Hammer 50+		
10:30 AM	High Jump				Shot Put Open
11:00 AM					
11:30 AM					Shot Put 30-49
12:00 PM		Discus Open-49**		Javelin 50+	
12:30 PM	Pole Vault				
1:00 PM	Triple Jump**		Weight**		
1:30 PM			&		
2:00 PM			Superweight**	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