



**Pacific Association USATF**  
**8<sup>th</sup> Annual Shor - Sheppard Classic**  
**De Anza High School**  
**5000 Valley View Rd.**  
**El Sobrante, CA 94803**

**Saturday – June 22, 2019**  
**Sunday – June 23, 2019**

April 29, 2019

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

**Hello everyone!!** The Pacific Association of USA Track and Field (USATF) welcomes you to the 8<sup>th</sup> Annual Shor-Sheppard Classic Track and Field meet. This year the competition will be held on a 2-day schedule; Saturday and Sunday June 22<sup>nd</sup> and 23<sup>rd</sup> at De Anza High School near Richmond. There are no other Pacific Association 2-day meets between the PAC meet in early June and the Region 16 meet in early July. And sorry, but DeAnza HS cannot accommodate pole vault and javelin. We're working on rectifying this problem for 2020.

This meet was started to honor two wonderful men who dedicated their lives to us all for the benefit of our youth in the Pacific Association and beyond. Bob Shor has now departed but Charlie Sheppard is still here with us and we pray for his continued good health. Let's now take this opportunity to remember these two great men of USATF Pacific Association youth track & field!

The main purpose of the Shor-Sheppard Classic is for the benefit of active graduating seniors from the Pacific Association. We're looking forward to offering grants annually to four graduating PAUSATF seniors, a male and female in track and a male and female in field. We originally planned to start this year, but it is now changed to start in 2020. The amount will be between \$500 and \$1,000; depending on proceeds from the meet. We're currently working on establishing who will work on this committee to make those determinations. More information is forthcoming.

For all questions regarding the 8th Annual Shor-Sheppard Classic, please contact Meet Director:  
Joanne Slaton-Camargo [slatoncamargo@gmail.com](mailto:slatoncamargo@gmail.com) or 510-632-8004 or 510-301-8399

## Pacific Association USATF 8<sup>th</sup> Annual Shor-Sheppard Classic

- Cost: **\$4 per event, \$16 per relay** (no refunds after close of meet)
  - 6 & under, 7-8, 9-10, 11-12 year olds, can enter 1-3 events
  - 13-14, 15-16, 17-18 year olds 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**
- The 15-16, 17-18 age groups are no longer allowed any false starts. 6 & under, 7-8, 9-10, 11-12, 13-14 age groups are still allowed one false start

### Competition Age Groups

Age Group	Birth Year	Group No.	Maximum Events
6 & under	2013+	0	3 events
7-8	2011-2012	1	3 events
9-10	2009-2010	2	3 events
11-12	2007-2008	3	3 events
13-14	2005-2006	4	4 events
15-16	2003-2004	5	4 events
17-18	2001-2002, 2000 after July 28	6	4 events

### Results Posting

Results will be posted online during the meet through ([www.AtkinsTrakWest.com](http://www.AtkinsTrakWest.com)). They will also be posted at a designated location during the meet as soon after the competition as possible. For final results after the meet is over, you can check the Coach-O website ([www.coacho.com](http://www.coacho.com)) and the Pacific Association website ([www.pausatf.org](http://www.pausatf.org)).

### Awards

Awards will be available for pick up at the Awards table, preferably by coaches or parents. Athletes can though, pick up their own awards. Medals will be awarded to the overall top six places in each event.

### Medical Services & Security

There will be qualified personnel available. Additional medical facilities such as the Fire Department Rescue Unit are within minutes of the stadium.

**You must complete your registration process by 9 pm Wednesday, June 19, 2019. Don't wait until the last minute. [www.coacho.com](http://www.coacho.com)**

# Shor-Sheppard Classic Track and Field Meet

## Schedule of Events

June 22, 2019

All running races are contested girls then boys. Rolling schedule – as soon as a running event ends, the next will begin.

### Saturday Track Events

Event	Age Group	Time
4x800 meter relay	11-12 through 17-18 year olds	9:00
100 meter dash trials	6 & under through 17-18 year olds	
1500 meter Race Walk	9-10, 11-12 year olds	
3000 meter Race Walk	13-14, 15-16, 17-18 year olds	
50 meter dash	5 & under ( <b>not registered in meet</b> )	
400 meter dash finals	6 & under through 17-18 year olds	
80 meter hurdle trials*	11-12 year olds	
100 meter hurdle trials*	13-14 year olds, 15-16, 17-18 girls	
110 meter hurdle trials*	15-16, 17-18 boys	
100 meter dash finals	6 & under through 17-18 year olds	
3000 meter run	17-18 through 11-12 year olds	
4x100 meter relay	6 & under through 17-18 year olds	

\*Hurdles will be contested as a final if only one heat

### Saturday Field Events

All field events are contested girls then boys. There will be four attempts, no finals. Events will be contested on a rolling schedule and the next age group will begin as soon as an age group completes.

Event	Age Group	Time
Long Jump	17-18 through 9-10 year olds	8:30
High Jump	9-10 through 17-18 year olds	8:30
Aero Jav 450 g	11-12 year olds	8:30
Mini Javelin 300 g	6 & under, 7-8, 9-10 year olds	Following aero jav
Shot Put	17-18 through 6 & under year olds	8:30

This meet cannot happen without your support! Please sign you or your club up for a volunteer role, contact Joanne Camargo at [slatoncamargo@gmail.com](mailto:slatoncamargo@gmail.com), or Don Harding at [taujay@msn.com](mailto:taujay@msn.com)

**Registration Deadline: 9 pm, Wednesday June 19<sup>th</sup>**

# Shor-Sheppard Classic Track and Field Meet

## Schedule of Events

June 23, 2019

All running races are contested girls then boys. Rolling schedule – as soon as a running event ends, the next will begin.

### Sunday Track Events

Event	Age Group	Time
200 meter dash trials	6 & under through 17-18	9:00
80 meter hurdle finals	11-12 year olds	
100 meter hurdle finals	13-14 year olds, 15-16 & 17-18 girls	
110 meter hurdle finals	15-16, 17-18 boys	
50 meter dash	5 and under ( <b>not registered in the meet</b> )	
200 meter hurdles	13-14 year olds	
400 meter hurdles	15-16, 17-18 year olds	
800 meter dash finals	7-8 through 17-18 year olds	
Parent and coaches relay		
200 meter dash finals	6 & under through 17-18 year olds	
1500 meter run	7-8 through 17-18 year olds	
4x400 meter relay	7-8 through 17-18 year olds	

### Sunday Field Events

All field events are contested girls then boys. There will be four attempts, no finals. Events will be contested on a rolling schedule. The next age group will begin as soon as an age group completes.

Event	Age Group	Time
Discus	17-18 through 13-14 year olds	8:30
Long Jump	6 & under, 7-8 year olds	8:30
Triple Jump	17-18 through 13-14 year olds	Following Long Jump

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***Registration Deadline: 9 pm, Wednesday June 19<sup>th</sup>***

## **Hotels:**

Days Inn  
2600 Appian Way  
Pinole, CA 94564  
844 230-9044  
510 374-4540

Motel 6  
1501 Fitzgerald Road  
Pinole, CA 94564  
510 222-8174

There are other hotels available. These are the two closest to the school.

NO LATE REGISTRATION online registration is available through  
[www.coacho.com](http://www.coacho.com)