



## **2019 Pacific Association (Region 16) Combined Event Championships**

Chabot College  
Hayward, CA

**Saturday – July 13, 2019**

**Sunday – July 14, 2019**

This competition is open to all Pacific Association youth athletes aged 9-18 (18- year-olds must not turn 19 before 7/28/2019) The top two (2) finishers in each division, and any other point qualified finishers, will qualify to compete in the Combined Event competition at the USATF National Junior Olympics to be held in Sacramento, CA, July 22-28, 2019.

An exhibition Group 1 (8 and under) Triathlon has been added this year. Athletes will compete in the Shot-Put(4-Lb), Long Jump and 200M(girls) or 400M(boys)

Enter online at: <https://www.athletic.net/TrackAndField/meet/357720/register>

**Entry Deadline: July 09, 2019 11:59 PM PDT**

**NO LATE ENTRIES WILL BE ACCEPTED**

### **Meet Director:**

Charlotte Sneed  
[pa.youthcommittee@gmail.com](mailto:pa.youthcommittee@gmail.com)  
925-628-0273

## Registration for Region 14 Combined Events

- This event is open to all age-verified youth members of the Pacific Association
  - 2019 USATF membership required **NO EXCEPTIONS**
    - Athlete must register using full legal name (no nicknames)
    - Athlete's age must be verified on USATF website
      - To verify age contact your association.
- In order to register as a club team member, the club must be a 2017 USATF sanctioned club
- Enter through athletic.net only. **No day of meet registration**
  - [Registration Instructions for Unattached Athletes](#)

**Enter online at:** <https://www.athletic.net/TrackAndField/meet/357720/register>

## Entry Fees:

- **Triathlon**-- 9-10 Girls and Boys \$20.00
- **Pentathlon**-- 11-12, 13-14 Girls and Boys \$20.00
- **Heptathlon**-- 15-16, 17-18 Girls \$30.00
- **Decathlon**-- 15-16, 17-18 Boys \$30.00

## Competition Information:

- This meet will be subject to 2019 USATF Rules of Competition. Please review the 2019 USATF Rules at: <http://www.usatf.org/About/Competition-Rules.aspx>
  - **Athletes are not allowed to use cell phones, head sets or any other type of electronic devices while in the clerking area, field of competition or on the infield.**
  - Implements may only be used for warm-up during an organized warm-up under the supervision of the event's head official. Athletes failing to follow this rule are subject to immediate disqualification.
  - All field events will be three attempts(misses).
  - Per USATF Rule 305.2(d)
    - *The combined events shall advance the top two placed individuals and any others who meet a performance standard at the Regional Championship. The performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships.*
  - **Except as otherwise provided, scoring shall be based on the current IAAF Scoring Tables for Combined Events.**
    - *Boys hurdle races shorter than 110 meters are scored from the men's 110 Meter Hurdles tables. Girls hurdle races shorter than 100 meters are scored from the women's 100 Meter Hurdles tables. Times for the 11-12 Boys' 80 Meter Hurdles shall be multiplied by 1.13 prior to entering the tables; for the 11-12 Girls' 80 Meter Hurdles, multiply by 1.07.*
- **Athletes will be allowed up to 30 minutes warm-up time between each event. The next event will proceed when 30 minutes has elapsed or all athletes competing in the event indicate to officials they are prepared to proceed.**

## 2019 Pacific Association (Region 16) Combined Event Championships

### Saturday, July 13:

- **8:30 AM**
  - Decathlon (100m, Long Jump, Shot Put (12 lbs), High Jump, 400m)
    - Group 5 boys – 15-16 years old
    - Group 6 boys – 17-18 years old
- **8:30 AM**
  - **Triathlon** (Shot Put (6 lbs), High Jump, 400m-boys/200m girls)
    - Group 2 girls-- 9-10 years old
- **9:00 AM**
  - Heptathlon (100m Hurdles, High Jump, Shot Put (4k), 200m)
    - Group 5 girls – 15-16 years old
    - Group 6 girls – 17-18 years old
- **9:15 AM**
  - Pentathlon (100m Hurdles, Shot Put(6-lbs), High Jump, Long Jump, 800m-girls)
    - Group 4 girls—13-14 years old
- **9:30 AM**
  - Pentathlon (80m Hurdles, Shot Put(6lb-Girls) , High Jump, Long Jump, 800m-girls)
    - Group 3 girls– 11-12 years old
- **12:00 PM (approximately)**

#### \*\*EXHIBITION\*\*

- Triathlon (shot-Put-4lb; Long-Jump, 200M)
- •Group 1 Girls- 8 and Under

### Sunday, July 14:

- **8:30 AM**
  - Decathlon (110m Hurdles, Discus Throw (1.6k), Pole Vault, Javelin Throw (800g), 1500m)
    - Group 5 boys – 15-16 years old
    - Group 6 boys – 17-18 years old
- **8:30 AM**
  - Heptathlon (Long Jump, Javelin Throw (600g), 800m)
    - Group 5 girls – 15-16 years old
    - Group 6 girls – 17-18 years old
- **8:30 AM**
  - Triathlon (Shot Put (6 lbs), High Jump, 400m-boys/200m girls)
    - Group 2 boys-- 9-10 years old
- **9:00 AM**
  - Pentathlon (100m Hurdles, Shot Put(6-lbs), High Jump, Long Jump, 1500m-boys)
    - Group 4 boys—13-14 years old
  - Pentathlon (80m Hurdles, Shot Put(4K-Boys) , High Jump, Long Jump, 1500m-boys)
    - Group 3 boys—11-12 years old
- **10:30 AM (approximately)**

#### \*\*EXHIBITION\*\*

- Triathlon (shot-Put-4lb; Long-Jump, 400M)
  - Group 1 Boys- 8 and Under