



USATF Pacific Association Junior Olympic Championships

Modesto Junior College

435 College Avenue

Modesto, CA 95350

Friday – July 5, 2019

Saturday – July 6, 2019

Sunday – July 7, 2019

The Pacific Association of USA Track and Field (USATF) welcomes you to the 2019 Pacific Association Junior Olympic Championships . The competition will be held Friday, Saturday and Sunday, July 5-7, 2019 at Modesto Junior College in Modesto, CA. For all questions and the latest updates regarding the 2019 USATF Pacific Association Junior Olympic Championships, please refer to the Pacific Association youth web page at: pausatf.org/youth

Meet Director:

Charlotte Sneed: pa.youthcommittee@gmail.com or 925-628-0273

NO LATE REGISTRATION

There will be no late registration and no same-day registration. You must complete your registration process before 9 pm, Monday July 1st.

NOTE: You cannot register an athlete to compete on your club if they are not listed within USATF as a club member. You cannot register an athlete for this meet if their birth date has not been validated at the Pacific Association office. Take care of both of these items NOW so they will not impede your registration process later.

Registration Deadline: 9 PM, Monday July 1st, 2019

Register at: <https://www.athletic.net/TrackAndField/meet/357719/register>

Registration Process

Prior to attempting registration with athletic.net, each team or unattached athlete must have the following in place:

1. 2019 USATF membership number
2. Birth verified on PAUSATF website. Verification consists of the letter “v” next to the age of the athlete
3. Club must be current 2019 USATF sanctioned club (if you want to compete as a club team member) If these three items are not in place, the system will not allow you to register via athletic.net.

In order for an athlete to compete, he or she must be a 2019 USATF member;

THERE WILL BE NO EXCEPTIONS TO THIS RULE.
[Registration Instructions for Unattached Athletes](#)

To Become a USATF Member:

Go to www.pausatf.org

- Click on the “Join Now” button near the top of the page
 - Athlete must register using full legal name (no nicknames accepted)
 - To ensure processing, athlete birth date validation document must be **received** by the PA/USATF office no later than **June 28, 2019**.
 - Email scanned copy of birth certificate to: heikemansoor@aol.com
 - or send to:
 - 120 Ponderosa Ct.
 - Folsom, CA 95630
- Online registration link –
- Cost per athlete is **\$8 per event** entered (no refunds)
 - 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**

Competition Age Groups Age Group based on Age on 12/31/2019

Group Name	Age	Birth Year	Maximum Events
Group 1	7 - 8	2011-2012	3 events
Group 2	9 - 10	2009-2010	3 events
Group 3	11 - 12	2007-2008	3 events
Group 4	13 - 14	2005-2006	4 events
Group 5	15 - 16	2003-2004	4 events
Group 6	17 - 18	2001-2002 2000 if born after July 29 _s	4 events

Athletes who will not turn 7 before 12/31/2019 will be allowed to compete but must compete **without assistance**. These athletes will be ineligible to advance in the USATF Junior Olympic series, per USATF rule.

Club / Unattached Athlete Packet Pick-Up:

- Only a coach on the 2019 USAF Coaches Registry or the parent of an unattached athlete can pick up competition bib numbers and related materials at packet pick up.
 - Pick-up table will be open at 7:00 AM. Arrive early enough to get this process out of the way before the meet begins
 - Whomever picks up the packet must sign for packet

Pacific Association Youth Committee Code of Conduct

All persons who attend this meet are subject to the Pacific Association Youth Committee Code of Conduct which was updated in February 2017.

All HEAD COACHES and PARENTS of UNATTACHED ATHLETES will be responsible for the actions of athletes, assistant coaches, team parents and family members involved with their club or program.

Please review the full text of the Code of Conduct at: pausatf.org/youth

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.**
- **Check-in:**
 - **We will have a first, second and final call for all events** during the track meet. Athletes must arrive at check-in no later than final call. After the event is closed no changes will be made for any running events.
 - **All four members of a relay team must check in together** at the Clerk of the Course and all four members uniforms must match
 - Field event athletes check in at the field event.
 - Athletes arriving late at field events will be allowed to compete WITHOUT warm up in the current round.
- If an athlete is competing in a field event and their running event has been called for check-in, the athlete must **check out of the field event; once released by the head field event official the athlete must check in at the running event.**
- The athlete will be allowed to return to their field event, but must report to the starting line prior to the start of their race.
- As soon as the athlete completes the running event they need to check back into the field event.
- When a **Horizontal Jumps or Throws** competitor is excused to participate in a running event, no time limit shall be imposed on the excused competitors, except that the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all other final attempts if excused during the finals.
- Failure to return within the allocated period shall result in forfeiture of missed attempts.
- For the **vertical-jumps**, the bar will be held for **no more than 5 minutes** total time. If the competitor has failed to return in the allotted time, and all other remaining competitors have passed, failed or cleared the existing height, the crossbar shall be raised to the next height and the judge will automatically pass the excused competitor to the new height.

- **Implements:**
 - Field event implements except javelins and pole vault poles may be supplied by meet management.
 - Personal implements must be passed by our Weights & Measures official.
 - All implements must be pass inspection to be used in competition.
- **Spike Length –**
 - Maximum 3/16" pyramid spikes on all synthetic rubber surfaces.
 - Athletes who do not have the proper spikes will be asked to obtain the correct spikes or they will not be allowed to compete (racing flats can always be substituted for racing spikes)
- **Bib Numbers & Hip Numbers**
 - Bib numbers will be distributed at packet pick-up. All athletes must have a bib number assigned to them in order to compete
 - Bib numbers must be worn on the front of the jersey during competition in all events. An exception is made for high jumpers and pole vaulters who have the option to wear their bib number on their back if they prefer
 - **\$10 cash charge for replacement bib numbers**
 - For all running and race walking events, athletes will be assigned a hip number when they check in with the Clerk of the Course for final seeding
 - Hip numbers must be worn on the hip (hip facing camera while competing not the butt or the front of the shorts). Shirts must be tucked in so hip numbers are visible by camera at finish line
 - In some of the longer distance races and RaceWalk hip numbers may also be placed on the front of the shirt to assist with lap counting
- **Starting Heights -** The starting height for the high jump is set by USATF Rule. Per USATF Rule 302.5 (o):
 - In the Regional Junior Olympics Championships the starting heights in the High Jump and Pole Vault shall be 20cm and 60cm, respectively, below the Youth Outdoor Performance Standard. Increment increases in all stated Championships shall be 5cm in the High Jump and 15cm in the Pole Vault.
- **Long-Jump Boards –** Groups 0, 1 and 2 will jump from a 1-Meter board. Group 3-6 will jump from a board approximately 3 Meters from the pit.

• **Protest Table**

- All protests must be submitted **in writing** within thirty (30) minutes after the results of an event have posted per USATF Rule 146. This time period will be strictly enforced.
- There will be a \$50.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld.
- Only violations of the USATF 2019 Rules of Competition may be protested.
- Judgment calls made by meet officials cannot be protested.
- Protests that do not meet the above criteria will not be accepted.
- The location of the protest table will be announced.

Awards

- Awards will be available for pick up by a designated club coach or parent of unattached athlete at the Awards table 1/2-hour after the results have been posted
 - NOTE: The 1/2-hour waiting period is to allow processing time in case a protest is filed regarding an event result
- Medals are awarded to the top three (5) places in each event; ribbons will NOT be awarded for each flight / heat at this track meet

Medical Services

Qualified medical personnel will be available to provide emergency first-aid at all sessions of the championships. Additional medical facilities and the local Fire Department and Rescue Unit is located minutes from the stadium.

Security

• **Access to infield / Clerk of Course area:**

- Only officials, athletes who are currently competing and currently assigned volunteers will be allowed access to the track or Clerk of the Course area
 - Any coach or parent in the infield or clerking area will result in the immediate disqualification of their athlete/team and an automatic grievance will be filed for suspension of 30 days

• **Access to warm-up area:**

- Only athletes and coaches on the USATF Coaches Registry will be allowed access to this area
 - Any parent or non-registered 2018 USATF coach in the warm-up area will result in the immediate disqualification of their athlete/team and an automatic grievance will be filed for suspension of 30 days.

• **Tents** – Allowed on the top row of the bleachers only but cannot block the announcer's area. Tents must be broken down and removed from the stadium at the completion of competition each day. School and USATF are not responsible for lost or stolen items;

• **Alcohol** – There is no alcohol permitted on school grounds

• **Smoking** – The school is a SMOKE FREE ZONE. There is no smoking allowed anywhere on the school campus, inside or outside including parking lots. This rule includes electronic cigarettes.

• **Coolers** – Permitted inside the stadium; however, GLASS CONTAINERS in the coolers ARE NOT PERMITTED. Coolers may be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium

• **Admission** – Spectators admitted free

• **Parking** - There will be FREE PARKING available at and around the competition site

• **Food Services** – Food and beverages will be sold throughout the meet. You may bring your own food and drink into the stadium but you may not bring in glass containers. When you leave, you must remove anything you brought in with you. For your convenience, plastic garbage bags and garbage cans will be available throughout the facility for garbage disposal

◦ ***BBQs and sunflower seeds are not allowed anywhere on the school campus, not even the parking lot***

• **Lost and Found** - A lost and found area will be located near the protest table

Entries for the National Junior Olympic Championships are NOT automatic and must be completed through athletic.net.

Friday - Events Schedule

July 5, 2019

NOTE:

- **Track Events will be held on a rolling schedule** starting at 2:00 PM
- Except where combined events will be held girls first followed by boys

TRACK EVENTS –2 PM

2000 Meter Steeplechase Finals	Group 5-6 Girls, Group 5-6 Boys
400 Meter Dash Trials	All ages starting with Group 1
4 x 800 Meter Run Finals	Group 3-6 Boys, Girls

FIELD EVENTS – 1:00 PM

Hammer Throw Group 5 girls / boys	1:00 PM	Long Jump Group 5 girls / boys	1:00 PM
Hammer Throw Group 6 girls / boys		Long Jump Group 6 girls / boys	
Javelin Group 6 girls / boys	1:00 PM		
Javelin Group 5 girls / boys			
Javelin Group 4 girls / boys			

PLEASE NOTE – We will do a first, second and final call for all events.

SAURDAY - Events Schedule

July 6, 2019

TRACK EVENTS – 8:00 AM

NOTE:

- **Track Events will be held on a rolling schedule** starting at 8:00 AM
- Except where combined, events will be held girls first followed by boys

1500 Meter Race Walk Finals	Group 2, Group 3	08:00
3000 Meter Race Walk Finals	Group 4 – Group 6	
3000 Meter Run Finals	Group 3 – Group 6	
100 Meter Dash Trials	Group 1 – Group 6	
800 Meter Run Finals	Group 1 – Group 6	
80 Meter Hurdle Trials	Group 3	
100 Meter Hurdle Trials	Group 4 - Group 5-girls, Group 6-girls	
110 Meter Hurdle Trials	Group 5-6 boys	
100 Meter Dash Finals	Group 1 – Group 6	
400 Meter Dash Finals	Group 1 – Group 6	

PLEASE NOTE – We will do a first, second and final call for our track meet events.

FIELD EVENTS - 8:00 AM

Shot Put Group 4 girls / boys	8:00 AM	Long Jump Group 1 girls / boys	8:00 AM
Shot Put Group 3 girls / boys		Triple Jump Group 4 girls / boys	
Shot Put Group 2 girls / boys		Triple Jump Group 5 girls / boys	
Shot Put Group 1 girls / boys		Triple Jump Group 6 girls / boys	
		High Jump Group 6 girls / boys	8:00 AM
Discus Throw Group 5 girls / boys	8:00 AM	High Jump Group 5 girls / boys	
Discus Throw Group 6 girls / boys		High Jump Group 4 girls / boys	
		Pole Vault Group 4 girls	8:00 AM
		Pole Vault Group 5 girls	
		Pole Vault Group 6 girls	

SUNDAY - Events Schedule

July 7, 2019

TRACK EVENTS – 8:30 AM

NOTE:

- **Track Events will be held on a rolling schedule** starting at 8:00 AM
- Except where combined, events will be held girls first followed by boys

200 Meter Dash Trials	Group 1 – Group 6	08:00
1500 Meter Run Finals	Group 1 – Group 6	
200 Meter Hurdle Finals	Group 4	
400 Meter Hurdle Finals	Group 5-6 girls	
400 Meter Hurdle Finals	Group 5-6 boys	
4 x 100 Meter Relay Finals	Group 1 – Group 6	
200 Meter Dash Finals	Group 1 – Group 6	
80 Meter Hurdle Finals	Group 3	
100 Meter Hurdle Finals	Group 4, Group 5-girls, 6-Girls	
110 Meter Hurdle Finals	Group 5-6 boys	
4 x 400 Meter Relay Finals	Group 1 – Group 6	

PLEASE NOTE – We will do a first, second and final call for our track meet events.

FIELD EVENTS - 8:00 AM

Discus Throw Group 4 girls / boys	8:00 AM	Long Jump Group 2 girls / boys	8:00 AM
Discus Throw Group 3 girls / boys		Long Jump Group 3 girls / boys	
		Long Jump Group 4 girls / boys	
Shot Put Group 6 girls / boys	8:00 AM		
Shot Put Group 5 girls / boys		Pole Vault Group 4 boys	8:00 AM
		Pole Vault Group 5 boys	
		Pole Vault Group 6 boys	
450g-Aero- Javelin Group 3 girls / boys	8:00 AM	High Jump Group 3 boys / girls	8:00 AM
300g-Mini Javelin Group 1 girls / boy		High Jump Group 2 boys / girls	
300g-Mini Javelin Group 2 girls / boys			

Pacific Association Youth Sports Committee Grievance Procedures:

The Youth Sports Committee has adopted the PA/USATF Grievance Procedures. Should the grieving party wish to bring a grievance to this committee, they may do so unless specifically prohibited by the Pacific Association.

The procedure shall be as follows:

1. The grievance shall be presented in writing to the Youth Chairperson.
2. The Youth Chairperson shall appoint, within 10 days, a three (3) person grievance committee who shall investigate the grievance and make a decision. That decision shall be put in writing and sent to the grieving party and a copy sent to the Youth Chairperson within forty-five (45) days.
3. All decisions of the Grievance Committee shall be final within the Youth Committee. If that decision is not satisfactory then the grievance must be sent to the Association Chairperson as defined in the Association Bylaws for appeal.

All proceedings of the grievance shall be kept confidential if requested by the grieving party.

Complaint Referral Form

Track meet:	
Date:	Time:
Subject:	
Team:	
Name of complaining party:	
Contact Information:	

Complaint:

I attest under penalty of perjury under the laws of the State of California that the above information is correct and true:

Signature	Printed Name	Date

PROTEST / APPEAL FORM

Please complete the following information, followed by the reason for the protest / appeal. It is essential that you write all information clearly so that it is readable.

This is a protest appeal (circle one) of a decision concerning:

Event: _____ Men or Women (circle one)

Round / Heat / Flight: _____

Individual / Team Name: _____

Lane / Hip #: _____ Bib #: _____

Current decision being protested:

Rule citation which supports this protest. Rule Title / Rule # / Section:

_____ Page: _____

Clearly, and as concisely as possible, explain the situation. Cite all pertinent facts which should be examined by the Referee / Jury of Appeal in order to take action on this protest/appeal. For an appeal, attach the original protest.

Person filing the protest / appeal (print): _____

Date & Time: _____

Signature: _____ Protest / appeal fee \$50

received by: _____

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Referee / Jury of Appeal Decision:

This protest / appeal is upheld denied (circle one). Date & Time:

New decision:

Referee / Jury of Appeal Signature:
