



PACIFIC

Pacific Association Championships

Saturday – June 11, 2022

Cordova High School

Sunday – June 12, 2022

2239 Chase Dr. Rancho Cordova CA. 95670

Welcome!! The Pacific Association of USA Track and Field (USATF) welcomes you to the Pacific Association Championship (PAC) for Youth track and Field. The competition will be held Saturday and Sunday June 11-12 at Cordova High School in Rancho Cordova, CA.

This event is open to all age-verified USATF youth members.

For all question and the latest updates regarding the 2022 Pacific Association Youth Championship, please contact: Meet Director:

Deborah Sample: dsample@wccusd.net or 510-672-8538

Erick Stuart: coachericstuart@gmail.com or 510-812-6703

Registration Deadline: 9 pm. June 6

Register at <https://www.athletic.net/TrackAndField/meet/473276/register>

Registration Process

Registration Deadline: 9pm. June 6

Register at: <https://www.athletic.net/TrackAndField/meet/473276/register>

There will be no late registration and no same-day registration. You must complete your registration process before 9 PM, June 6, 2022. Prior to attempting registration with Athletic.net, each team or unattached athlete must have the following in place:

- 2022 USATF membership number
- Birth verified on PAUSATF website. Verification consists of the letter "v" next to the age of the athlete Verify [HERE \(http://pausatf.x10host.com/data/members.php?emd=search\)](http://pausatf.x10host.com/data/members.php?emd=search)
- Clubs must be current 2022 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.

NO LATE REGISTRATION

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 time for processing, athlete birth date validation document must be received by the PA/USATF office no later than May 31, 2022
- Email scanned copy of birth certificate to heikemansoor@aol.com

- Include athlete name and 2022 USATF Membership Number in Subject Line or sent to:

120 Ponderosa Ct.

Folsom, CA 95630

Online registration link:

<https://www.athletic.net/TrackAndField/meet/473276/register>

- Cost is \$8 per event \$32/relay 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**

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

Competition Age Groups Age Group based on Age on 12/31/2022

Group Name	Age	Birth Year	Maximum Events
Group 0	6 & under		3 events
Group 1	7-8		3 events
Group 2	9-10		3 events
Group 3	11-12		3 events
Group 4	13-14		4 events
Group 5	15-16		4 events
Group 6	17-18		4 events

Disqualification on 1st false-start for Group 5 and Group 6.

Group 0, Group 1, Group 2, Group 3 and Group 4 are still allowed one false start.

Results Posting:

- Results will be posted at a designated location during the meet as soon after the competition as possible.
- Posted results are for the benefit of everyone so please do not remove them
- Results will be made available on the Pacific Association website (www.pausatf.org/youth), and Athletic.net at the conclusion of the meet.

Club/unattached Athlete Packet Pick Up:

- Only a coach on the 2022 USATF 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 A.M. Arrive early enough to get this process out of the way before the meet begins
- Whomever picks up the packet must sign for packet
- **Competition Information:**
- This meet will be subject to 2022 USATF Rules of Competition. Please review the 2022 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 or competition or on the infield.
- Implements may only be used for 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** warmup 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.

- If a coach or parent needs to assist a Group 0 or Group 1 athlete in this process, they will be allowed to do so.
- 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 are pole vault poles may supplied by meet management.
- Personal implements must be passed by our Weights & Measure official.
- All implements must be pass inspection to be used in competition.
- **Spikes 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 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 Race Walk 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 and the Pole Vault will be set by the event head Official prior to the start of competition. Incremental increases will be 5cm (approximately 2”) in the High Jump and 15 cm (approximately 6”) in the Pole Vault until there is a winner. The winner may then determine the next height.
- **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 2022 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 an unattached athlete at the Awards table 1/2 –hours waiting period is allow processing time in case a protest is filed regarding an event result
- Medals are awarded to the top six places and a ribbon for 7th and 8th places

Medical Services & Security

Qualified medical personnel will be available to provide emergency first-aid at all sessions of the championships.

Stadium Rules

- **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 for 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 2022 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 and vaping.
- **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 gall 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

SATURDAY – EVENTS SCHEDULE

JUNE 11, 2022

NOTE:

- Saturday 80/100/110 hurdle events will be run as finals if no heats are required
- **Running Events will be held on a rolling schedule starting at 8:20 AM.**
- Except where combined events will be held girls first followed by boys

TRACK EVENTS – 8:30AM

3000 meter run finals	Group 3 through Group 6	8:30
2000 meter Steeple Chase finals		
110H trials	Group 6 through 5 boys	
100H trials	Group 6 through 5 girls	
100H trials	Group 4 boys	
100H trials	Group 4 girls	
80H trials	Group 3 boys	
80H trials	Group 3 girls	
400m finals	All groups 1 through 6	
100m trials	All groups 1 through 6	
800m finals	All groups 1 through 6	
400H finals	Group 6 through 5 boys	
400H finals	Group 6 through 5 girls	
200H finals	Group 4 through 3 boys	
200H finals	Group 4 through 3 girls	
100m Finals	All groups 1 through 6	

PLEASE NOTE-WE WILL DO A FIRST, SECOND AND FINAL CALL FOR ALL TRACK AND FIELD EVENTS.

SUNDAY – EVENTS SCHEDULE

JUNE 12, 2022

3000 RW FINAL

1500 RW FINAL

4X100 FINAL	All groups 1 through 6
4x800 FINAL	All groups 1 through 6
200m trial	All groups 1 through 6
110H finals	Group 6 through 5 boys
100H finals	Group 6 through 5 girls
100H finals	Group 4 boys
100H finals	Group 4 girls
80H finals	Group 3 boys
80H finals	Group 3 girls
200m finals	All groups 1 through 6
1500m finals	All groups 1 through 6
4x400 finals	All groups 1 through 6

PLEASE NOTE – WE WILL DO A FIRST, SECOND AND FINAL CALL FOR ALL TRACK AND FIELD EVENTS.

SATURDAY FIELD EVENTS

JUNE 11, 2022

FIELD EVENTS-8:00 AM

High Jump Group 5 girls/boys	8:00 AM	-----	Shot Put Group 0-1 girls/boys	8:00 AM
High Jump Group 6 girls/boys			Shot Put Group 2 girls/boys	

High Jump Group 4 girls/boys
Triple Jump Group 4 girls/boys
Triple Jump Group 5 girls/boys
Triple Jump Group 6 girls/boys
Long Jump Group 0 girls/boys
Long Jump Group 1 girls/boys
Long Jump Group 2 girls/boys

Shot Put Group 3 girls/boys
Shot Put Group 4 girls/boys
Shot Put Group 5 girls/boys
Shot Put Group 6 girls/boys
Discus Group 3 girls/boys
Discus Group 4 girls/boys
Discus Group 5 girls/boys
Discus Group 6 girls/boys

SUNDAY FIELD EVENTS

JUNE 12, 2022

45 0g-Aero-Javelin Group 3 girls/boys 8:00 AM	Long Jump Group 3 girls/boys 8:AM
300g-Mini Javelin Group 0 girls/boys	Long Jump Group 4 girls/boys
300g-Mini Javelin Group 1 girls/boys	Long Jump Group 5 girls/boys
300g-Mini Javelin Group 2 girls/boys	Long Jump Group 6 girls/boys
Javelin Group 6 girls/boys	High Jump Group 2 girls/boys
Javelin Group 5 girls/boys	High Jump Group 3 girls/boys

SUNDAY FIELD EVENTS CONT.

JUNE 12, 2022

Pole Vault Group 4 girls/boys
Pole Vault Group 5 girls/boys
Pole Vault Group 6 girls/boys

1:00 PM.

HAMMER THROW GROUP 5-6 GIRLS

HAMMER THROW GROUP 5-6 BOYS

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: _____

Round / Heat / Flight: _____

Individual / Team Name: _____

Lane / Hip #: _____ Bib #: _____

Current decision being protested:

Person filing the protest/ appeal (print): _____

Date & Time: _____

Signature: _____ Protest/appeal fee \$50

Received by: _____

Referee/Jury of Appeal Decision:

This protest/appeal is UPHELD DENIED (circle one). Date & Time:

New decision:

Referee/Jury of Appeal Signature: _____

