



Pacific Association Championships

Saturday – June 11, 2022 and Sunday, June 12, 2022

Hammer is on Friday, June 10 (see page 13)

Cordova High School, 2239 Chase Dr. Rancho Cordova CA. 95670

Welcome!! The Pacific Association of USA Track & Field (USATF) welcomes you to the Pacific Association Championship (PAC) for Youth Track & 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 questions and the latest updates regarding the 2022 Pacific Association Youth Championship, please contact a Meet Director:

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

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

Registration Process

- **Registration Deadline: 9pm - June 6**
- Register at: <https://www.athletic.net/TrackAndField/meet/473276/register>
- **IMPORTANT!** Prior to attempt registration with Athletic.net, **each athlete must have a Birth Date Verification**. Follow the USATF Connect policy found on the [USATF Connect - Member Tutorials](#) and follow the instructions on the “How to add athlete verification documents” Video.
- Documents submitted for birthdate verification will be processed within five (5) business days of submission (excluding holidays). It is the responsibility of the registrant to assure submission in a timely manner to meet entry deadlines.
- There will be no late registration and no same-day registration.
- You must complete your registration process before 9 PM, Monday, June 6, 2022.
- Athletes must register using full legal name (no nicknames accepted)

Online registration link:

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

- Cost is \$8 per event \$32/relay entered (norefunds)
- 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 by USATF as described above. 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

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

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.pausaf.org/youth), and Athletic.net at the conclusion of the meet.

Club/unattached Athlete Packet Pick Up:

- Only a coach on the who is USATF 3-Step compliant (current membership, SafeSport and background check) 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 re-leased 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 star-ng 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 -me 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 allowed 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 inspected 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 (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 excep-on is made for high jumpers and pole vaulters who have the op-on 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 behind 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.
- **Star*ng Heights** – The star-ng 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 un-l 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 thrity (30) minutes after the results** of an event have posted per USATF Rule 146. This -me 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 -me in case a protest is filed regarding an event result
- Medals are awarded to the top six places and a ribbons 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 devices.
- **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

TRACK EVENTS SCHEDULE: SATURDAY – JUNE 11, 2022

(REVISED 4 June, 2022)

NOTES:

- 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 9:00 AM.**
- **Except where combined events will be held, girls first followed by boys**

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

3000 meter run - finals	Group 3 through Group 6	9:00AM
80H trials	Group 3 girls/boys	
100H trials	Group 4/6 girls, then boys	
110H trials	Group 5 through 6 boys	
100m trials	All groups 0 through 6	
4x100 finals	All groups 0 through 6	
400m finals	All groups 0 through 6	
200H finals	Group 3 through 4 girls/boys	
400H finals	Group 5 through 6 girls/boys	
100m finals	All age groups 0 through 6	
4x800m finals	All groups 1 through 6	

TRACK EVENTS SCHEDULE SUNDAY – JUNE 12, 2022

(REVISED 4 June, 2022)

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

1500m - finals	All groups 1 through 6	9:00AM
200 m trials	All groups 0 through 6	
1500 RW – finals	Group 2 and 3	
3000 RW - finals	Groups 4 through 6	
800m finals	Groups 1 through 6	
200m finals	All groups 0 through 6	
80H finals	Group 3 girls/boys	
100H finals	Group 4/6 girls, then group 4 boys	
110H finals	Group 5 through 6 boys	
4x400 finals	All groups 0 through 6	

FIELD EVENTS SCHEDULE - SATURDAY JUNE 11, 2022

NOTE: Hammer will be held Friday June 10...see page 13

8:00 AM

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

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	Shot Put Group 3 girls/boys
Triple Jump Group 4 girls/boys	Shot Put Group 4 girls/boys
Triple Jump Group 5 girls/boys	Shot Put Group 5 girls/boys
Triple Jump Group 6 girls/boys	Shot Put Group 6 girls/boys
Long Jump Group 0 girls/boys	Discus Group 3 girls/boys
Long Jump Group 1 girls/boys	Discus Group 4 girls/boys
Long Jump Group 2 girls/boys	Discus Group 5 girls/boys
	Discus Group 6 girls/boys

FIELD EVENTS SCHEDULE - SUNDAY JUNE 12, 2022

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

450g-Aero-Javelin Group 3 girls/boys 8:00 AM	Long Jump Group 3 girls/boys 8:00 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
Javelin Group 4 girls/boys	
Pole Vault Group 4 girls/boys	
Pole Vault Group 5 girls/boys	
Pole Vault Group 6 girls/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

Hammer Throw - Friday June 10, 2022

Implement Inspection: 4:00PM

Warm-up: 5:10

Start Time: 5:30 Starting with Group 5 girls/boys

Followed by Group 6 girls/boys