



## 2023 Pacific Association Junior Olympic Championships

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

The Pacific Association of USA Track and Field (USATF) welcomes you to the 2023 USATF Pacific Association Junior Olympic Championships. The competition will be held Friday, Saturday and Sunday, June 23-25 at Cordova High School in Rancho Cordova, CA. Our local Host Club is the Rancho Cordova Track Club. For all questions and the latest updates regarding the USATF Pacific Association Junior Olympic Championships, please refer to the Pacific Association youth web page at: [www.pausatf.org/youth](http://www.pausatf.org/youth)

Meet information including maps are also available at the Athletic.net site for this meet:  
<https://www.athletic.net/TrackAndField/meet/514204/info>

**Meet Director: Deborah Sample - DSsample@wccusd.net**

### NO LATE REGISTRATION

There will be no late registration and no same-day registration. You must complete your registration process before **5:00 PM PDT, Tuesday June 20<sup>th</sup>**.

**NOTE:** Only 2023 age verified youth USATF Pacific Association members are eligible to enter this meet. Check your club roster at: <http://pausatf.x10host.com/data/clubs.php>

- You cannot register an athlete to compete in 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 by the national office verification procedure.
- Link to the how-to video for date of birth verification:  
<https://vimeopro.com/user44435707/usatf-connect-member-tutorials/video/403329154>
- Entry fees are calculated based on:\$8.00 per entry and \$32.00 per relay team

**Registration Deadline: 5:00pm, Tuesday June 20<sup>th</sup>, 2023**

**Register at:**

<https://www.athletic.net/TrackAndField/meet/514204/register>

## Competition Age Groups Age group based on age on 12/31/2023

<u>Group Name</u>	<u>Age</u>	<u>Birth Year</u>	<u>Maximum Events</u>
Group 1	8 and under	2015-2016	3 events
Group 2	9 - 10	2013-2014	3 events
Group 3	11 – 12	2011-2012	3 events
Group 4	13 - 14	2009-2010	4 events
Group 5	15 - 16	2007-2008	4 events
Group 6	17 - 18	2005-2006 <small>(2004 if DOB after 7/30/2004)</small>	4 events

Athletes who will not turn 7 before 12/31/2023 will be allowed to compete. These athletes will be ineligible to advance in the USATF Junior Olympic series, per USATF rule 300.1.c in any individual or relay event.

All athletes who will reach 18 years of age prior to 7/30/2023 will be required to complete USATF SafeSport training in order to compete.

### Club / Unattached Athlete Packet Pick-Up:

- Only a coach who is 2023 USATF three-step SafeSport compliant, (2023 USATF member, SafeSport trained, current valid background check) or the parent/guardian of an unattached athlete can pick up competition bib numbers and related materials at packet pick up.
- Packet pick-up will be open at 12:30pm, on Friday, 24 June, and 7:00am Saturday and Sunday, located at entrance to the stadium.
- Arrive early enough to get this process out of the way before the meet begins.
- The coach who picks up the club 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.

<https://www.pausatf.org/wp-content/uploads/2015/01/YOUTH2017CODE-OF-CONDUCTFeb.pdf>

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.

### Competition Information:

- **This meet will be subject to 2023 USATF Rules of Competition. Please review the 2023 USATF Rules at: <https://www.usatf.org/governance/rule-books>**
- **Athletes are not allowed to use cell phones, airpods or any other type of electronic device while in the clerking area, field of competition or on the infield**
- Implements (including TurboJavelins) 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.

## Event Check-in:

- **There will be a first, second and final call for all events** during the track meet. Athletes must arrive at check-in no later than the 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 all four relay-team 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, and 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:

- Implement inspection shall start at 2:30 PM Thursday 12:45 PM, Friday; and 7:00 AM Saturday and Sunday.
- Implement inspection is located adjacent to the start of the 100M
- Field event implements shall be supplied by the athlete/club. Arrangements to borrow implements must be made prior to the event.
- All implements must be passed by our Weights & Measures officials
  - Implements failing inspection will be impounded until the conclusion of the event

## Spike Length:

Maximum 6 mm pyramid spikes on all synthetic rubber surfaces.

Athletes who do not have the proper spikes will be asked to obtain the correct spikes or remove their spikes in order to compete (racing flats can always be substituted for racing spikes)

Javelin runway is grass

## Bib Numbers & Hip Numbers:

- Bib numbers will be distributed at packet pick-up. All athletes must wear their assigned bib number to compete
- Bib numbers must be worn on the front of the jersey during competition in all events. An exception is made for vertical jump athletes who have the option to wear their bib number on their back
- **\$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 additional identification numbers may be placed on the athlete to assist with lap counting

#### Starting Heights:

- The starting height for the High Jump and Pole Vault will be set by meet management prior to the competition. Increment increases shall be 5cm in the High Jump and 15cm in the Pole Vault until there is only one athlete left in the competition. The remaining athlete may choose their next height.

#### Long-Jump Boards:

- Groups 1 and 2 will jump from an approximately 1-Meter board. Group 3-6 will jump from a board approximately 3 Meters from the pit.

#### Protest / Appeals Table:

- All protests must be submitted **in writing** within thirty (30) minutes after the results of an event have been 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 if the protest is upheld.
- Only violations of the USATF 2023 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 the event a protest is filed regarding an event

#### 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 assigned officials, athletes who are currently competing and currently assigned volunteers will be allowed access to the track
- High Jump and Pole Vault coaches will be given access to coaching boxes near these events, but are not allowed to coach other athletes in running events while on the infield. Violation of this rule will disqualify athletes so coached, and an automatic grievance will be filed.

## NO COACHES OR PARENTS ALLOWED IN THE CLERKING 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.**

## Warm-up area:

- Warm-up may be completed in Hagan Park, adjacent to Cordova High School
- Hurdle competitors may warm up on the infield AFTER first-call for their event has been announced.
  - **Hurdle competitors may NOT be accompanied by a coach on the infield**

## Tents:

- Tents will be allowed on the top row of the bleachers only but must not block the announcer's area.
- Tents are also allowed on the NE side of the track, behind the stadium seating area, between the sidewalk and the stadium fence if they do not block the sidewalk. (See event map)
- Tents are not allowed in the long jump, triple jump or shot put area.
- Tents and carts may not block emergency access pathways. Tents or carts impeding emergency access may be removed without notice
- Tents must be broken down and removed from the stadium at the completion of competition each day.
  - The RCTC, Cordova High School, and the USATF Pacific Association are not responsible for lost or stolen items

**Alcohol:** There is no alcohol permitted on school grounds.

**Smoking:** Cordova High School and Hagan Park are SMOKE FREE ZONES. 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

**Wheeled carts** are allowed, but may NOT be stored in the bleachers or any emergency access pathway

**Spectator Admission: FREE**

**Parking:** There will be a fee for parking and Parking can be pre-paid for a day or the entire event. See parking payment link at:

<https://checkout.square.site/buy/TQKNYYQLWFYU4XGXWA6UFOTR>



**Purchase  
Parking Pass**

There are maps for parking and the Cordova High Stadium facility available at:

<https://www.athletic.net/TrackAndField/meet/514204/info>

**Parking Map:**

[https://storage.googleapis.com/onet\\_user\\_files/meet/tf/514204/Top\\_8\\_Track\\_Meet\\_Cordova\\_High\\_Map.pdf](https://storage.googleapis.com/onet_user_files/meet/tf/514204/Top_8_Track_Meet_Cordova_High_Map.pdf)

**Facility Map:**

[https://storage.googleapis.com/onet\\_user\\_files/meet/tf/514204/Top\\_8\\_Track\\_Meet\\_Cordova\\_High\\_Map.pdf](https://storage.googleapis.com/onet_user_files/meet/tf/514204/Top_8_Track_Meet_Cordova_High_Map.pdf)

**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

**Note:** 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 / Appeals table.

**Results:** Refer to [www.adkinstrakwest.com](http://www.adkinstrakwest.com)

# Thursday 6/22/2023--Hammer Throw ONLY

Cordova High School Upper Field

Hammer Throw Group 5 Boys	4PM
Hammer Throw Group 6 Men	
Hammer Throw Group 5 Girls	
Hammer Throw Group 6 Women	

## Friday - Events Schedule

June 23,2023

Track Events will be held on a rolling schedule starting at 2:00 PM

Events will be held Girls first followed by Boys

Gates open at 12:30 PM Friday

Please do not arrive at Cordova HS before 12:30 PM Friday

Implement Inspection (600/800g Javelin Only) starts 12:45 PM

- Implements must be checked in 90-minutes before the event start
  - Implement Inspection is near the main event entrance, close to the primary track entrance

### TRACK EVENTS –2 PM

4 x 800 Meter Run Finals	Group 3-6 Boys, Girls
400 Meter Dash Trials	Group 6 – Group 1 All ages starting with Group 6 - Girls first then Boys
2000 Meter Steeplechase Finals	Group 4 Boys & Girls, 5 & 6 Girls, (30") Group 5 & 6 Boys (36")

### FIELD EVENTS –

Javelin Group 6 Girls / Boys	2:30 PM	Long Jump Group 5 Girls / Boys	2:00 PM
Javelin Group 5 Girls / Boys		Long Jump Group 6 Girls / Boys	
Javelin Group 4 Girls / Boys			

# SATURDAY - Events Schedule

June 25, 2023

<u>Track Event</u>	<u>Age Group</u>	<u>Time</u>
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 6 – Group 1 All ages starting with Group 6- Girls first then Boys	
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	

All events held on a rolling schedule

## 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
		High Jump Group 5 Girls / Boys	
Discus Throw Group 6 Girls / Boys	8:00 AM	High Jump Group 4 Girls / Boys	
Discus Throw Group 5 Girls / Boys			
Discus Throw Group 4 Girls / Boys		Pole Vault Group 4 Girls	8:00 AM
Discus Throw Group 3 Girls / Boys		Pole Vault Group 5 Girls	
		Pole Vault Group 6 Girls	



# SUNDAY - Events Schedule

July 25, 2023

## 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.

<u>Track Event</u>	<u>Age Group</u>	<u>Time</u>
200 Meter Dash Trials	Group 6 – Group 1 All ages starting with Group 6 - Girls first then Boys	08:00:00 AM
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, Group 6-Girls	
110 Meter Hurdle Finals	Group 5-6 Boys	
4 x 400 Meter Relay Finals	Group 1 – Group 6	

## FIELD EVENTS - 8:00 AM

450g-AeroJav Group 3 Girls / Boys	8:00 AM	Long Jump Group 2 Girls / Boys	8:00 AM
300g-Mini Javelin Group 1 Girls / boy		Long Jump Group 3 Girls / Boys	
300g-Mini Javelin Group 2 Girls / Boys		Long Jump Group 4 Girls / Boys	
Shot Put Group 6 Girls / Boys	8:00 AM	Pole Vault Group 4 Boys	8:00 AM
Shot Put Group 5 Girls / Boys		Pole Vault Group 5 Boys	
		Pole Vault Group 6 Boys	
		High Jump Group 3 Boys / Girls	8:00 AM
		High Jump Group 2 Boys / Girls	

# PROTEST / APPEAL FORM

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

**This is a protest of a decision concerning:**

Event: \_\_\_\_\_ Boys or Girls (*circle one*)

Round / Heat / Flight: \_\_\_\_\_

Individual / Team Name: \_\_\_\_\_

Lane / Hip #: Bib #: \_\_\_\_\_

Current decision being protested: \_\_\_\_\_

**USATF Rule which supports this protest:**

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. (For an appeal, attach the original protest.)**

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Person filing the protest / appeal (*print*): \_\_\_\_\_

Date & Time: \_\_\_\_\_ Signature: \_\_\_\_\_

Protest and \$50 appeal fee received by: \_\_\_\_\_

**Referee / Jury of Appeal Decision:**

This protest / appeal is: \_\_\_\_\_ UPHELD \_\_\_\_\_ DENIED (*circle one*)

Date & Time: \_\_\_\_\_ Referee/Jury of Appeal Signature: \_\_\_\_\_

New decision: \_\_\_\_\_  
\_\_\_\_\_