



Pacific Association Championships

Saturday – June 8, 2019
Sunday -- June 9, 2019

Turlock High School

1600 E Canal Dr
 Turlock, CA 95380

Hammer Throw:

Thursday- June 6, 2019

San Joaquin Delta College

5151 Pacific Ave
 Stockton, CA 95207

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 8-9 at Turlock High School in Turlock, CA, with Hammer Throw being held Thursday June 6, at San Joaquin Delta College in Stockton.

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

For all questions and the latest updates regarding the 2019 Pacific Association Youth Championships, please contact:

Meet Director:

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

Carl Bryant ceebeerev@sbcglobal.net or 209-765-9840

Registration Deadline: 9 pm. June 3

Register at: <https://www.athletic.net/TrackAndField/meet/362559/info>

Registration Process

Registration Deadline: 9 pm. June 3

Register at: <https://www.athletic.net/TrackAndField/meet/362559/info>

Registration Instructions: <https://www.athletic.net/Help/Track.aspx?Meet=362559>

There will be no late registration and no same-day registration. You must complete your registration process before 9 PM, June 3, 2019. Prior to attempting registration with Athletic.net, each team or unattached athlete must have the following in place:

- 2019 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?cmd=search) (<http://pausatf.x10host.com/data/members.php?cmd=search>)
- 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.](#)

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, 2019**
 - Email scanned copy of birth certificate to: heikemansoor@aol.com
 - Include athlete name and 2019 USATF Membership Number in Subject Line
 - or send to:
 - 120 Ponderosa Ct.
 - Folsom, CA 95630

Online registration link:

<https://www.athletic.net/TrackAndField/meet/362559/info>

- Cost is **\$7 per event \$28/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 club 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 12/31/2019

Group Name	Age	Birth Year	Maximum Events
Group 0	6 & under	2013+	3 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

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](http://www.pausatf.org/youth)), and Athletic.Net at the conclusion of the meet.

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
- **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 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 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 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 and the pole vault will be set by the event head official prior to the start of competition. Incremental increases will be 5 cm (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 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 six places in each event

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 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 2019 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 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

SATURDAY - Events Schedule

June 8, 2019

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 8:30 AM**
- Except where combined events will be held girls first followed by boys

TRACK EVENTS – 8:00 AM

1500 meter race walk finals	Group 2, Group 3	08:00
3000 meter race walk finals	Group 4 through Group 6	
3000 meter run finals	Group 3 through Group 6	08:30
100 meter trials	All ages starting with Group 0	
800 meter finals	All ages starting with Group 0	
100 meter finals	All ages starting with Group 0	
80 meter hurdle trials	Group 3	
100 meter hurdle trials	Group 4, Group 5-Girls, 6-Girls	
110 meter hurdle trials	Group 5-6 boys	
400 meter run finals	All ages starting with Group 0	

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

FIELD EVENTS – 8:00 AM

High Jump Group 5 girls / boys	8:00AM	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	
		Shot Put Group 4 girls / boys	
Triple Jump Group 4 girls / boys	8:00 AM	Shot Put Group 5 girls / boys	
Triple Jump Group 5 girls / boys		Shot Put Group 6 girls / boys	
Triple Jump Group 6 girls / boys			
		Discus Group 3 girls / boys	8:00 AM
Long Jump Group 0 girls/boys	Following Triple jump	Discus Group 4 girls / boys	
Long Jump Group 1 girls / boys		Discus Group 5 girls / boys	
Long Jump Group 2 girls / boys		Discus Group 6 girls / boys	

SUNDAY - Events Schedule

June 9, 2019

TRACK EVENTS – 8:30 AM

NOTE:

- **Track Events will be held on a rolling schedule starting at 8:30 AM**
- Except where combined, events will be held girls first followed by boys

1500 meter run finals	All age groups starting with Group 1	08:30
200 meter trials	All ages starting with Group 0	
200 meter hurdle finals	Group 4	
400 meter hurdle finals	Group 5-6 girls	
400 meter hurdle finals	Group 5-6 boys	
4x100 relay finals	All ages starting with Group 0	
4x800 relay finals	Group 3 through Group 6	
80 meter hurdle finals	Group 3	
100 meter hurdle finals	Group 4, Group 5, 6-Girls	
110 meter hurdle finals	Group 5-6 boys	
200 meter finals	All ages starting with Group 0	
4x400 meter relay finals	All ages starting with Group 0	

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

FIELD EVENTS - 8:00 AM

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

Hammer Throw

Thursday- June 6, 2019

San Joaquin Delta College
5151 Pacific Ave
Stockton, CA 95207

Hammer Throw Group 5-6 girls	1:00 PM	
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: _____ 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:

Revision Notes:

- 4/12/2019: Document Created from 2018 PAC Meet Information
- 4/22/2019: Add reg links
add protest form

- 5/13/2019: Move PV to Sunday 8AM
Add Reg link
formatting edits
page1 edits