



**Pacific Association USATF Championships**  
**Sunday, May 24<sup>th</sup>, 2009**  
**College of San Mateo, 1700 [West Hillsdale Blvd.](#), San Mateo**  
**California**

**Facilities:** On the campus of College of San Mateo. CSM has a nine (9) lane Mondo surface throughout, including steeplechase, javelin approaches and all runways. **Required spike is \_ inch Christmas tree (compression).** The throwing rings are brushed concrete.

**Eligibility:** All competitors must be a registered USATF Athlete. Only collegiate athletes who compete for their institutions and are registered by their coaches are not required to be USATF members. USATF membership cards are available for \$29.95 by contacting the Pacific Association Office at (916) 983-4715, or you may download an application on-line from <http://pausatf.org>. Memberships will also be on sale the day of the meet.

**Entry Form:** Entries begin April 23, 2009. USATF web-based entry form is available at <http://pausatf.org>. If you have questions regarding entries contact Al Hernandez at (510) 651-3162 or email: [runalrun@yahoo.com](mailto:runalrun@yahoo.com)

**Entry Fees:** **On-Line Preregistration:** \$15.00 per event if entry is received by 7:00 p.m. Thursday,

**Late Entry - Day of Meet Registration:** \$30.00 per event. **Cash Only.** The late entry deadline is **10:30 a.m.** for all events, no matter when they are to be run/competed. **No Exceptions.**

May 21, 2009, payable by credit card. **No telephone, mail, or fax entries.**

**NOTE:** *Masters and high school athletes will use and compete with open implements in the field events and run the same heights and spacing as open athletes in the hurdle events.*

- **Running Event Athletes** check-in with the Clerk **at least 45 minutes before** your event is scheduled, or **10:30 a.m. for morning running** events or **12:30 p.m. for afternoon running** events.
- **Field Event Athletes** should check-in at your event site **at least 60 minutes before** start time for your event.

**Running Event Heats/Flights:** All running events will be run as finals only with seeding based on submitted marks.

**Field Event Organization:** Field event competitors will have three initial attempts with the top (9) nine competitors qualifying for the finals.

**Implement Certification** will be from 9:00 a.m. to 12:30 p.m..

**Further Info about the meet:** Contact Al Hernandez, (510) 651-3162, or via e-mail: [runalrun@yahoo.com](mailto:runalrun@yahoo.com)

**PAUSATF Grand Prix:** Earn double points towards prize monies being awarded by the Pacific Association's Open T&F Committee.

- The Pacific Association Grand Prix is a series, culminating with these Association Championships. \$15,000.00 will be awarded to the Association's top ten men and top ten women utilizing the 2001 IAAF Scoring Table.
- Complete rules for the PAUSATF Grand Prix can be found at <http://pausatf.org> / **Grand Prix** under Track and Field.



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***Morning Running Schedule...Starts at 9:00 a.m.***

➤ **Check In:** Morning running event competitors must check-in 45 minutes before their event or by 10:30 a.m., whichever comes first.

9:00 AM ..... Men's and Women's 10,000 Meter Run-  
**combined**

10:00 AM .....Men 3000 Meter Steeplechase

10:15 AM ..... Women 3000 Meter Steeplechase

10:30 AM .... Men's and Women's 5,000 Meter Race  
**Walk-combined**

11:15 AM ♦ ..Women 1500 Meter Run

11:25 AM .....Men 1500 Meter Run

**NOTE:** ♦Heats will be drawn and a rolling schedule will start after the Women's 1500m at 11:15am.

11:35 AM ..... Women 100 Meter Hurdles

11:45 +/- .....Men 110 Meter Hurdles

11:55 +/- ..... Women 400 Meter Dash

12:05 +/- .....Men 400 Meter Dash

***Field Events...Starts at 10:00 a.m.***

➤ **Check In:** Field event athletes must check-in 60 minutes before their event or by 10:30 a.m., whichever comes first.

10:00 AM..... **Women** Long Jump  
 Follows women's..... Men Long Jump

10:00 AM..... **Women** Pole Vault  
 Follows women's..... Men Pole Vault

10:00 AM..... Men Hammer Throw  
 Follows men's ..... **Women** Hammer Throw

11:30 AM..... **Women** High Jump  
 Follows women's..... Men High Jump

11:30 AM..... **Women** Triple Jump  
 Follows women's..... Men Triple Jump

12:00 PM ..... Men Discus Throw  
 Follows men's ..... **Women** Discus Throw

1:00 PM ..... Men Shot Put  
 Follows men's ..... **Women** Shot Put

2:00 PM ..... Men Javelin Throw  
 Follows men's ..... **Women** Javelin Throw

***Afternoon Running Schedule...Starts at 1:15 p.m.***

➤ **Check In:** Afternoon running event competitors must check-in 45 minutes before their event or by 12:30 p.m., whichever comes first.

**NOTE:** ♦Rolling schedule begins after the first event at 1:15 p.m. Therefore, times listed below are tentative. The heats will be determined after the scratch deadline.

1:15 PM♦..... Women 100 Meter Dash

1:25 +/- .....Men 100 Meter Dash

1:35 +/- ..... Women 800 Meter Run

1:45 +/- .....Men 800 Meter Run

1:55 +/- ..... Women 400 Meter Hurdles

2:05 +/- .....Men 400 Meter Hurdles

2:15 +/- ..... Women 5000 Meter Run

2:35 +/- .....Men 5000 Meter Run

2:55 +/- ..... Women 200 Meter Dash

3:00 +/- .....Men 200 Meter Dash