



Pacific Association Youth Track and Field Championships
Santa Rosa High School

1235 Mendocino Ave., Santa Rosa, 95401

Saturday - June 13, 2009

Sunday - June 14, 2009

May 5, 2009

Dear PA/USATF Clubs, Coaches, Parents and Athletes:

Welcome!! The Pacific Association of USA Track and Field (USATF) welcomes you to the Youth Track and Field Pacific Association Championship (PAC). The competition will be held Saturday and Sunday June 13th and 14th at Santa Rosa High School. For all questions and the latest updates regarding the 2009 Pacific Association Youth Championship Meet, please contact Meet Directors:

Joanne Slaton-Camargo pa.youthchair@yahoo.com or 510-632-8004

Maura Kent pa.youth_communicationschair@yahoo.com or 916-786-7288

Registration Process

- In order for an athlete to compete in the PAC meet he or she must be a 2009 USATF member; THERE WILL BE NO EXCEPTIONS TO THIS RULE
 - Become a 2009 USATF member by going to www.pausatf.org and clicking on the “Join Now” button near the top of the page; follow steps outlined on the website
 - Athlete must register using full legal name (no nicknames accepted)
 - Athlete proof of birth must be received by the PA/USATF Youth Membership Chair before athlete can compete in the meet (bring a copy to the meet in case it doesn’t reach Tony via postal mail prior to the start of the meet)
 - Pacific Association USATF
 - 120 Ponderosa Court
 - Folsom, CA 95630

- All unattached athletes and clubs must use our Club Manager software package to register for competition
 - To obtain the latest version of Club Manager please contact Anthony Camargo at pa.youthentries@yahoo.com.
 - Club 4-digit codes can be located on the PA/USATF website in the Youth drop down list at http://www.pausatf.org/data/YTF4_letter_codes.html. If your club is not listed contact Anthony Camargo at pa.youthentries@yahoo.com for a 4-digit code for your club
 - All 4-digit codes should be in CAPS
 - All unattached athletes use “UNA” as their code
 - Load all youth athletes, their 2009 USATF numbers, birth date and their best times / marks
 - Create a Meet Manager file using the “Create Meet Manager File” button and save it using your club name or unattached athlete’s name
 - E-mail your saved “Meet Manager File” including the name of your club in the saved file name to Anthony Camargo at pa.youthentries@yahoo.com
 - E-mail with attached Meet Manager file must be date stamped no later than 12 midnight, Friday, June 5, 2009
 - Entries received after this deadline will be assessed a \$10.00 per event late fee
 - Meet entry changes the day of the meet are assessed a \$20 per event late fee – changes must be made by 7:00 am of the first day of the meet
 - NOTE: This is not adding a new athlete to compete in the meet but changing the events the athlete plans to compete in
 - No changes will be accepted after this deadline
- Cost per athlete is **\$6 per event** entered (no refunds)
 - Sub Bantam, Bantam, Midget can enter 1-3 events
 - Youth, Intermediate, Young can enter 1-4 events
 - Athletes are not allowed to compete in an older or younger age group
 - EXCEPTION: Sub-Bantams can compete as Bantams since the Sub-Bantam age group is not a nationally recognized age group; however, if an athlete moves up for 1 event, all events must be contested as a Bantam
 - A relay counts as an event
 - Envelope containing registration fees must be postmarked no later than Saturday, June 6, 2009
 - Only money orders or certified checks will be accepted, no personal checks or club account checks
 - All money orders or certified checks must be made out to: Pacific Association USATF or simply PA/USATF
 - Make sure to note on the money order or certified check the name of your club or unattached athlete
 - Mail registration money order to:

- PA/USATF
- c/o Maura Kent
- 1442 Deerfield Circle
- Roseville, CA 95747
- If a club wants a receipt of payment then include a self addressed, stamped envelope with payment. Meet management will not accept responsibility for lost/late/misdirected mail

Pre-meet Entry Validation and Results Posting

- Prior to the start of the meet, entries will be posted on the PA/USATF website for validation. It is the responsibility of each club coach and unattached athlete parent to validate entries are correct
- 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
- After the meet is over, check the Pacific Association website (www.pausatf.org) for final results

Driving Directions

Santa Rosa High School

1235 Mendocino Ave., Santa Rosa, 95401

NOTE: Do not park in the swimming pool parking lot ... you will be towed.

- **San Francisco** – Take I-101 North to Santa Rosa; Take the College Ave. exit; turn right onto College Ave., Turn left onto Mendocino Ave.
- **Reno** –
 1. Option 1: Take I-80 West towards San Francisco. Exit CA-37W toward San Rafael (Marine World exit in Vallejo); Merge onto US-101 N toward Santa Rosa / Eureka; Exit College Ave. and turn right onto College Ave., Turn left onto Morgan St., Turn left onto Ridgeway Ave.
 2. Option 2: Take I-80 West towards San Francisco; after you drive through Fairfield, exit Hwy 12 (west) to Napa, then Sonoma; Hwy 12 will become Fourth St., Turn half right on to College Ave.; Turn right onto Mendocino Ave., Turn left onto Ridgeway (parking lot will be on your right)
- **Modesto** – (these are from MapQuest) Take I-99 North toward Sacramento; Merge onto CA-120 W toward Manteca/San Francisco; Merge I-5 South via exit on the left toward San Francisco/Los Angeles); Merge onto I-205 West via exit 458B toward I-580/San Francisco; I-205 becomes I-580 W; Stay straight to go onto US 101 North. Take the College Ave. exit; turn right onto College Ave., Turn left onto Mendocino Ave.

Club / Unattached Athlete Packet Pick-Up
--

- Only a Live Scan club coach or parent of an unattached athlete can pick up competition bib numbers and related materials at Santa Rosa High school. 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
 - If late registration occurred, payment in full must be received before competition bib numbers will be released
 - Whomever picks up the packet must sign for packet

Athlete Check-In

- **Check-in** – Athletes must check in between the first and final call for each event. Coaches must have their athletes checked into the designated areas no later than FINAL CALL for each event. Athletes should then remain in the clerking area. After the event is closed no changes will be made for any running events. PERIOD! Field event athletes must check in at their particular field event
 - All four members of the relay team must check in together at the Clerk of the Course
 - If an athlete is competing in a field event and their running event is called the athlete must check out of the field event with the head field event official and then check in at the running event. As soon as they complete the running event they need to check back into the field event. In such cases as high jump or pole vault the bar will continue to go up and the athlete must re-enter the event at whatever height the bar is set
 - 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** – Field event implements except javelins and pole vault poles will be supplied by meet management. Personal implements must be passed by our Weights & Measures official. All implements must be checked between 7:30 - 11:00 am.
- **Spike Length** – Maximum 3/16" pyramid or needle 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. 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
 - Lost or forgotten bib numbers will result in a \$5.00 replacement fee (each time it is replaced)
 - 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 left hip (hip facing infield 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 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 per USATF rule 242.5(k). Incremental increases will be 2” in the high jump and 6” in the pole vault until there is a winner. The winner may then determine the next height

Protest Table

All protests must be submitted in writing within thirty (30) minutes after the results of an event are posted per rule 73. 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 2008 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 by a designated club coach or parent of unattached athlete at the Awards table one hour after the results have been posted
 - Athletes cannot pick up their own awards
 - NOTE: The one-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; ribbons will NOT be awarded for each flight / heat

Medical Services & Security

There will be an EMT or other qualified personnel available at all sessions of the championships. Additional medical facilities are within minutes of the stadium and the local Fire Department and Rescue Unit is located minutes from the stadium.

Stadium Rules

- **Access to infield / Clerk of Course area**: Only athletes who are competing 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 PA/USATF coaches with valid 2009 Live Scan clearance AND badge will be allowed access to this area
 - Any parent or non-2009 USATF badged 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. High 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 inside or immediately outside the stadium
- **Coolers** – Permitted inside the stadium; however, GLASS CONTAINERS in the coolers ARE NOT PERMITTED. Coolers will 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 shelled nuts are not allowed in the stadium
- **Lost and Found** - A lost and found area will be located near the protest table

Hotel Information

Look for hotels in Rohnert Park as well as Santa Rosa. Ask for AAA rates. PA is also working to secure additional group hotel discounts and will update this document as they become available. Also, it is recommended that you do not book any hotel rooms on Santa Rosa Ave., particularly the Flamingo Hotel.

Clean Up

- At the annual 2006 PA/USATF Youth Club Coaches meeting, agreement was reached that any club who leaves their area dirty will be fined \$100. This is a daily fine for multi-day meets
 - Clean-up includes the area under the bleachers where your team sits
 - This fine can also be transferable to the parking lot. If club members are observed leaving garbage next to their car and not taking it to the garbage can the club will be fined \$100

Golden West – Free Meet Entry

Any youth athlete may attend the Golden West meet for free merely by showing their PAC competition bib number at the ticket booth. To learn more about this meet visit <http://www.goldenwestinvitational.org/>.

Preparation for Pacific Association Junior Olympic Championships

- All clubs and unattached athletes who plan to compete at Granada HS at the Pacific Association Junior Olympic Championships (June 26-28) should bring their remaining JO Advancement forms to the PAC meet to be validated by Youth Membership Chair
 - If you do not plan to compete in the PAC meet, we still request that you come to Santa Rosa HS to ensure the Membership Chair is able to validate your advancement forms prior to your arrival at the PA JO meet
 - Bring a copy of proof of birth date for each athlete
 - Be ready to produce verification of 2009 USATF membership number for each youth athlete
 - If you have not already done so, advancement forms can be downloaded from the PA/USATF website prior to validation. **Do not expect meet management to provide blank advancement forms**
 - If athletes join your club after the PAC meet and want to compete in the PA JO meet then you'll need to contact the Youth Membership Chair at pa.youth.membership.chair@yahoo.com prior to June 26 to have your forms validated
 - **Packet pick up at the PA JO meet (June 26-28) will not be allowed unless the club / unattached athlete turned in their validated JO Advancement forms at the time of registration.**

Pacific Association
Youth Track & Field Championship Meet
Santa Rosa High School – Santa Rosa, CA
June 13, 2009

SATURDAY - Events Schedule

NOTE:

- Saturday 80/100/110 hurdle events will be run as finals if no heats are required
- Sub-Bantams only allowed to compete in 100m, 200m, 400m, LJ, and 4x100 relay

TRACK EVENTS – 9:00 am

5000 meter run finals	YM
3000 meter run finals	MG, MB, YG, YB, IG, IB, YW
200 meter trials	All age groups starting with SBG
1500 meter race walk finals	BG, BB, MG, MB
3000 meter race walk finals	YG, YB, IG, IB, YW, YM
800 meter run finals	All age groups starting with BG
200 meter finals	All age groups starting with SBG
80 meter hurdle trials	MG, MB
100 meter hurdle trials	YG, YB, IG, YW
110 meter hurdle trials	IB, YM
400 meter run finals	All age groups starting with SBG

FIELD EVENTS – 8:30 am

Long Jump	High Jump	Shot Put	Javelin	Pole Vault	Discus
MG	BG	BG	YG	YB	MG
MB	MG	BB	YB	IB	MB
BG	YG	MG	IG	YM	YG
BB	IG	MB	IB		YB
SBG	YW		YW		
SBB			YM		

Pacific Association Youth Track & Field Championship Meet
Santa Rosa High School – Santa Rosa, CA
June 14, 2009

SUNDAY - Events Schedule

TRACK EVENTS – 9:00 am

1500 meter run finals	All age groups starting with BG
100 meter trials	All age groups starting with SBG
80 meter hurdle finals	MG, MB
100 meter hurdle finals	YG, YB, IG, YW
110 meter hurdle finals	IB, YM
4x100 relay finals	All age groups starting with SBG
4x800 relay finals	MG, MB, YG, YB, IG, IB, YW, YM
200 meter hurdle finals	YG, YB
400 meter hurdle finals	IG, YW, IB, YM
100 meter finals	All age groups starting with SBG
4x400 meter relay finals	All age groups starting with BG

FIELD EVENTS – 8:30 am

Long Jump	Triple Jump*	Shot Put	Discus	High Jump	Pole Vault	Mini Jav
YG	YG	YG	IG	BB	YG	BG
YB	YB	YB	IB	MB	IG	BB
IG	IG	IG	YW	YB	YW	MG
IB	IB	IB	YM	IB		MB
YW	YW	YW		YM		
YM	YM	YM				

* Triple jump to start after completion of the long jump