



**Pacific Association Junior Olympic  
Track and Field Championships**  
**Chabot College**  
**25555 Hesperian Boulevard**  
**Hayward, CA 94545**

**Friday - June 21, 2013**

**Saturday – June 22, 2013**

**Sunday - June 23, 2013**

**REVISED 6/12/13**

**Steeplechase added Friday 6/21/13 @ 3pm**

**Shot put immediately following hammerthrow Friday 6/21/13**

**Registration deadline changed to 6/19/13 at 9pm**

May 17, 2013

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 Junior Olympic Championships (JO). The competition will be held Friday, Saturday and Sunday, June 21<sup>st</sup> – 23<sup>rd</sup> at Chabot College in Hayward. We're adding the hammerthrow to this meet for practice purposes. The Region 14 meet is the mandatory meet to contest the hammerthrow to move on to the Junior Olympic Nationals in Greensboro, North Carolina.

For all questions and the latest updates regarding the 2013 Pacific Association Junior Olympic Track and Field Championships, please contact Meet Director:

Joanne Slaton-Camargo [pa.youthchair@yahoo.com](mailto:pa.youthchair@yahoo.com) or 510-535-2731 / 510-632-8004

Maria Castillo [pa.youthvicechair@yahoo.com](mailto:pa.youthvicechair@yahoo.com) or 707-648-3423

<b>NO LATE REGISTRATION</b>
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Due to implementation of online registration ... there will be no late registration, no same-day registration. You must complete your registration process before 9 pm, June 19, 2013.

NOTE: You cannot register an athlete to compete on 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 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.

## **Registration Deadline: 9 pm. June 19**

Registration Process
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- Prior to attempting registration with Coach-O, each team or unattached athlete must have the following in place:
  1. 2013 USATF membership number
  2. Birth verified on PAUSATF website. Verification consists of the letter “v” next to the age of the athlete
  3. Club must be current 2013 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 Coach-O.

- In order for an athlete to compete, he or she must be a 2013 USATF member; **THERE WILL BE NO EXCEPTIONS TO THIS RULE**
  - [www.pausatf.org](http://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)
  - Athlete birth date validation document must be *received* by the PA/USATF office ~~no later than May 31~~ **before you can register for meet**
    - 120 Ponderosa Ct.
    - Folsom, CA 95630
- Online registration link – Coach-O [www.coacho.com](http://www.coacho.com)
- Cost per athlete is **\$6 per event** entered (no refunds)
  - 7-8, 9-10, 11-12 can enter 1-3 events
  - 13-14, 15-16, 17-18 can enter 1-4 events
  - 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**

Competition Age Groups
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Age Group	Birth Year		Maximum Amount of Events
7 - 8	2005-2006	Age group 1	3 events
9 - 10	2003-2004	Age group 2	3 events
11 - 12	2001-2002	Age group 3	3 events

13 - 14	1999-2000	Age group 4	4 events
15 - 16	1997-1998	Age group 5	4 events
17 - 18	1995-1996 1994 if born after July 28 <sup>th</sup>	Age group 6	4 events

#### USATF false start rule for 15-16 and 17-18 age groups

- The 15–16 and 17-18 year old age groups are no longer allowed any false starts, same as their high school rule. 7–8, 9–10, 11–12 and 13–14 year old age groups 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
- After the meet is over, check the Pacific Association website ([www.pausatf.org](http://www.pausatf.org)) for final results

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

- Only an approved USATF LiveScan club coach or parent of an unattached athlete can pick up competition bib numbers and related materials at Chabot College. Early packet pick-up will take place at Chabot College, Friday July 5, 3pm-7pm. Pick-up table will be open at 7:00 a.m. Saturday and Sunday July 6 and 7. Arrive early enough to get this process out of the way before the meet begins
  - Whomever picks up the packet must sign for packet

#### Athlete Check-In

**Check-in** – Athletes now have the opportunity to check into all of their events all day long. ~~We no longer will have a first, second and final call for all events during the track meet.~~ **There will be a first and final call for each age group of each event.**

- The event check-in sheets will be pulled 30 minutes before the event is scheduled to take place. After the event is closed no changes will be made for any running events. PERIOD! Field event athletes check in at their particular field event and this can be done all day long, same as running events.
  - All four members of a relay team must check in together at the Clerk of the Course and all four members tops must match
  - If an athlete is competing in a field event and their running event is coming up, the athlete must check out of the field event with the head field event official and then check in at the running event. Time permitting, they should be allowed to return to their field event. If time is not

permitting, as soon as they complete the running event they need to check back into the field event. If a coach or parent needs to assist the athlete in this process, we will allow them do so. 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
- **NOTE:** if you have properly added an event late and your name does not appear on the check in sheet, athlete must take bib number to Maria Castillo at the finish line to have the event signed off.
- **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 checked between 7:30 am – 12:00 pm
- **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
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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 2013 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 three places in each event. There are no ribbons awarded in this track and field meet

#### 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 2013 Live Scan clearance will be allowed access to this area
  - Any parent or non 2013 USATF cleared 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 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 \$2 fee for parking at the competition site with free street parking around the facility. There is no parking fee on Sunday
- **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 in the stadium

- **Lost and Found** - A lost and found area will be located near the protest table

Advancement process to Region 14 meet
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The top 12 qualifiers from each event in each age group advance to the Region 14 Junior Olympic Championship meet at Chabot College in Hayward July 5-7, 2013. This Region 14 Track and Field Championship qualifier is the final meet before the Junior Olympic Championship Nationals in Greensboro, North Carolina. If you have questions regarding the advancement process from the Region 14 meet to the JO Nationals, please contact your Region 14 Coordinator David Lawrence [dlaw222@aol.com](mailto:dlaw222@aol.com)

<h2>Hotel Information</h2>
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Hampton Inn and Suites 24137 Mission Blvd. Hayward 510 247-1555 Breakfast	Comfort Inn and Suites 24997 Mission Blvd. Hayward 510 538-4466 Breakfast
Best Western 360 West A Street Hayward 510 785-8700 Breakfast	Fairfield Inn 25921 Industrial Blvd Hayward 510 782-5000
Days Inn 24400 Mission Blvd. Hayward 510 537-5404 Breakfast	LaQuinta Inn 20777 Hesperian Blvd. Hayward 510 732-6300 Breakfast
America's Best Value Inn 2460 Whipple Road Hayward 510 489-3888 Breakfast	Mainstay Suites 835 West A Street Hayward 510 731-3571 Breakfast

***Pacific Association Junior Olympic Track & Field  
Championships  
Chabot College – Hayward***

**Friday - Events Schedule  
June 21, 2013**

Early packet pick-up

- Location: Chabot College
- Time: 3:00 – 7:00 pm

**PLEASE REMEMBER – NO FALSE STARTS ARE ALLOWED FOR OUR 15–16 and 17–18 year old age groups. 7–8, 9–10, 11–12, 13–14 year old age groups are still allowed one false start, 2<sup>nd</sup> one charged to field.**

**FIELD EVENTS – 4:00 pm**

Long Jump (Pit 1)	15–16, 17–18 girls	Group 5, Group 6
Long Jump (Pit 2)	15–16, 17–18 boys	Group 5, Group 6
Shot Put (following hammer)	15–16, 17–18 girls	Group 5, Group 6
Shot Put (following hammer)	15–16, 17–18 boys	Group 5, Group 6
Hammerthrow	15-16, 17-18 girls	Group 5, Group 6
Hammerthrow	15-16, 17-18 boys	Group 5, Group 6

**TRACK EVENTS – 3:00 pm**

Steeplechase	15-16, 17-18 girls followed by 15-16, 17-18 boys
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**TRACK EVENTS – 4:00 pm**

400 meter dash trials	7–8 through 17–18 girl / boy	Group 1-6
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**TRACK EVENTS – 5:30 pm**

4x800 meter relay	11–12 through 17–18 girl / boy	Group 3-6
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**PLEASE NOTE – You can check your athletes in for all their days' events the first thing in the morning and / or throughout the day. There will be a first and final call for each age group of each event. Sheets will be pulled 30 minutes before event.**

Athletes must reach age 7 by December 31, 2013 to compete in this track meet. No athletes younger will be allowed to compete. No exceptions.

## SATURDAY - Events Schedule June 22, 2013

**NOTE:**

- Saturday 80/100/110 hurdle events will be run as finals if multiple heats are not required for final heats

### Field Events

Event	Age Group	Time
Long Jump	7-8 girl / boy	8:30
Triple Jump	13-14 girl / boy	Follwg
Triple Jump	15-16 girl / boy	7-8
Triple Jump	17-18 girl / boy	LJ
High Jump	17-18 girl / boy	8:30
High Jump	15-16 girl / boy	
High Jump	13-14 girl / boy	

Event	Age Group	Time
Pole Vault	13-14 boys	8:30
Pole Vault	15-16 boys	
Pole Vault	17-18 boys	
Javelin	13-14 girl / boy	8:30
Javelin	15-16 girl / boy	
Javelin	17-18 girl / boy	
Shot Put	9-10 girl / boy	8:30
Shot Put	7-8 girl / boy	
Shot Put	11-12 girl / boy	
Shot Put	13-14 girl / boy	

### Track Events

Event	Age Group	Time
3000 meter run Finals	11-12 through 17-18 girl / boy Group 3-6	9:00
100m Dash Trials	7-8 through 17-18 girl / boy Group 1-6	10:30
800m Dash Finals	7-8 through 17-18 girl / boy Group 1-6	12:00
1500m RW Finals	9-10, 11-12 girl / boy Group 2,3	1:30
3000m RW Finals	13-14 through 17-18 girl / boy Group 4-6	2:00
100m Dash Finals	7-8 through 17-18 girl / boy Group 1-6	3:00
80m Hurdle Trials	11-12 girl / boy Group 3	3:30
100m Hurdle Trials	13-14, 15-16, 17-18 girls Group 4-6	3:45
100m Hurdle Trials	13-14 boys Group 4	4:00
110m Hurdle Trials	15-16, 17-18 boys Group 5,6	4:15
400m Dash Finals	7-8 through 17-18 girl / boy Group 1-6	4:30

**PLEASE NOTE – You can check your athletes in for all their days' events the first thing in the morning and / or throughout the day. There will be a first and final call for each age group of each event. Sheets will be pulled 30 minutes before event.**

**PLEASE REMEMBER – NO FALSE STARTS ARE ALLOWED FOR OUR 15 – 16 and 17 – 18 year old age groups. 7 – 8 through 13 – 14 year old age groups are still allowed one false start. The 2<sup>nd</sup> one is charged to the field.**



# SUNDAY - Events Schedule

## June 23, 2013

### Field Events

Event	Age Group	Time
Discus	17-18 girl / boy	8:30
Discus	15-16 girl / boy	
Discus	13-14 girl / boy	
Discus	11-12 girl / boy	
Mini Javelin	7-8 girl / boy	8:30
Mini Javelin	9-10 girl / boy	
Mini Javelin	11-12 girl / boy	

Event	Age Group	Time
Pole Vault	13-14 girl	8:30
Pole Vault	15-16 girl	
Pole Vault	17-18 girl	
Long Jump	9-10 girl / boy	8:30
Long Jump	11-12 girl / boy	
Long Jump	13-14 girl / boy	
High Jump	11-12 girl / boy	8:30
High Jump	9-10 girl / boy	

### Track Events

Event	Age Group	Time
200 meter dash Trials	7-8 through 17-18 girl / boy	Group 1-6 9:00
1500 meter run Finals	7-8 through 17-18 girl / boy	Group 1-6 10:30
200 meter hurdle Finals	13-14 girl / boy	Group 4 12:00
400 meter hurdle Finals	15-16 and 17-18 girl / boy	Group 5, 6 12:30
4x100 meter relay Finals	7-8 through 17-18 girl / boy	Group 1-6 1:00
200 meter dash Finals	7-8 through 17-18 girl / boy	Group 1-6 2:00
80 meter hurdle Finals	11-12 girl / boy	Group 3 2:30
100 meter hurdle Finals	13-14, 15-16, 17-18 girls	Group 4-6 2:45
100 meter hurdle Finals	13-14 boys	Group 4 3:00
110 meter hurdle Finals	15-16 and 17-18 boys	Group 5,6 3:15
4x400 meter relay Finals	7-8 through 17-18 girl / boy	Group 1-6 3:30

**PLEASE NOTE – You can check your athletes in for all their days' events the first thing in the morning and / or throughout the day. There will be a first and final call for each age group of each event. Sheets will be pulled 30 minutes before event.**

**PLEASE REMEMBER – NO FALSE STARTS ARE ALLOWED FOR OUR 15 – 16 and 17 – 18 year old age groups. 7 – 8 through 13 – 14 year old age groups are still allowed one false start. The 2<sup>nd</sup> one is charged to the field.**

## Youth Sports Committee Code of Conduct

We, the PACIFIC ASSOCIATION believe the sports of TRACK & FIELD, CROSS COUNTRY, and RACE WALKING should be fun as well as an integral part of a sound educational program. We believe those who coach youth and work with youth are first and foremost teachers who have a duty to promote life skills and develop good character. All HEAD COACHES will be responsible for actions of ATHLETES, COACHES and PARENTS who are involved with their club.

- Spectators will be given one warning of inappropriate conduct; if it continues they will have to leave the stadium.

**Detrimental Conduct:** Acts in a manner detrimental to the purposes of USATF or Athletics

Definition of Behavior	Minimum Consequences
<p><b><u>Fighting</u></b> – purposeful conflict between one or more persons, often involving violence and intended to establish dominance over the opposition.</p> <p><b><u>Verbal Threats</u></b> – making either a direct or veiled verbal threat of harm (i.e., predicts that bad things are going to happen); intimidation, put-downs, gestures, facial expressions, body gestures; range from explicit, detailed and impending to implicit and vague as to both content and time frame</p>	1 year suspension and/or removal from the Association
<p><b><u>Profanity</u></b> – vulgar or irreverent speech or action</p>	1 <sup>st</sup> – warning 2 <sup>nd</sup> – 30-day suspension 3 <sup>rd</sup> – 1-year suspension
<p><b><u>Cheating</u></b> – a deception to profit yourself or club; create an unfair advantage usually in one’s own interest and often at the expense of others; violating accepted standards or rules</p>	Removal from Association
<p><b><u>Theft</u></b> – wrongful taking of someone else’s property without that person’s willful consent. A crime against property</p>	Removal from Association
<p><b><u>Taunting</u></b> – derisive; abusing vocally; expressing contempt or ridicule; derisive laughter; jeering crowds; mocking smile; taunting shouts of ‘slow poke’ or ‘can’t run’</p>	1 <sup>st</sup> – 30 day suspension 2 <sup>nd</sup> – 1-year suspension
<p><b><u>Drugs / Alcohol</u></b> – any substance that can be used to modify a chemical process or processes in the body to enhance a performance or ability, or to alter states of mind; no drugs or alcohol are allowed at any Youth PA/USATF events</p>	1 <sup>st</sup> – warning 2 <sup>nd</sup> – 1-year suspension
<p><b><u>Unauthorized people on the field</u></b> – athletes, coaches,</p>	30-day suspension

parents on the infield after the beginning of the first competition	
<b>Disrespect of Officials</b> – an official is someone who holds an office in an organization; an adult volunteer or coach who runs a team; an official (referee) at a competition	1 <sup>st</sup> – immediate team & coach disqualification from meet AND 30-day suspension 2 <sup>nd</sup> – 1-year suspension

**Eligibility Violations:** Violates the rules of eligibility for Athletics

Definition of Behavior	Minimum Consequences
<b>Recruitment of athletes from registered clubs</b> – once an athlete has registered with Club A in a calendar year another athlete, coach or other representative of Club B may not contact that athlete for purposes of recruiting to Club B. If an athlete decides to change clubs of their own desire, the athlete must wait 90 days after their last competition with Club A before they can begin competing with Club B. Guardian of athlete must submit in writing to the PA/USATF Membership Chair the request to change clubs.	1 year suspension

### Steps to Follow if Violations Occur

USATF Governance Manual, Section III (Operating Regulations), Regulation 11 (Formal Grievances and Disciplinary Proceedings)

- C **Grievances:** A grievance may involve any matter within the cognizance of USATF, other than doping offenses described in Regulation 10.
1. **Grievance Complaints:** A Grievance Complaint shall state the following:
    - a. Detrimental conduct: Conduct detrimental to the best interests of Athletics or USATF has taken place;
    - b. USATF violations: A violation of any of USATF’s Bylaws or Operating Regulations has occurred; or,
    - c. IAAF violations: The IAAF rules of eligibility have been violated.
  2. **Parties:** Grievance Complaints may be filed only by and against individuals or entities which were, at the time that the conduct complained or occurred, and at the time the Complaint is filed, members, directors, or officers of USATF or otherwise subject to the jurisdiction of USATF. A non-member, former director, or former officer of USATF shall be subject to the jurisdiction of USATF for the purpose of defending against a Grievance Complaint for an incident that occurred while he or she was a member, a director, or officer of USATF or otherwise subject to the jurisdiction of USATF. A Grievance Complaint may only be filed by a person or entity affected by the issues raised in the complaint; and

3. Time limit: Except as provide in Regulation 11-Q-3, Grievance Complaints must be filed within two (2) years from the time the complaining party knew or should have known of the act giving rise to the Complaint.

D **Disciplinary matters**: USATF shall have the authority to discipline any member, delegate, athlete, coach, manager, official, trainer, member of any committee, and any other person or entity participating in Athletics who, by neglect or by conduct, acts in a manner subject to discipline pursuant to Regulation 11-D-1 below. Any athlete, coach, trainer, manager, administrator, or official who alleges that he or she has been denied an opportunity to participate in an Athletics competition shall be entitled to fair notice and opportunity for a hearing conducted pursuant to this Regulation.

1. **Activities subject to discipline**: USATF may discipline any member, delegate, athlete, coach, manager, official, trainer, member of any committee, and any other person or entity participating in Athletics who, by neglect or conduct:
  - a. Detrimental conduct: Acts in a manner detrimental to the purposes of USATF or Athletics;
  - b. USATF, IAAF, and Sports Act violations: Violates any of the Bylaws, Operating Regulations, or Competition Rules of USATF or the IAAF, or violates the Sports Act;
  - c. National team conduct: Violates a commitment as a member of a national team as provided in Regulation 13; or
  - d. Eligibility violations: Violates the rules of eligibility for Athletics.

Pacific Association USATF Bylaws; Article 16 (Grievance Procedures)
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(a) Any member of this Association may file a written grievance with the President pertaining to any matter within the cognizance of the Association. However, if a committee\* has a grievance procedure, resolution of a grievance should be attempted under that procedure. If the grievance is against a committee chair then the grievance should be sent to that committee's secretary or someone on the committee's executive board who will act in place of the chair for resolution. The grievance shall be signed under oath and shall state with particularity the nature of the grievance, the individual or entity against which the action is directed, and the nature of the relief sought. The grievant will send a copy of the grievance to the member or members accused of the act as well as the appropriate committee chair (s).

\* If the committee does not have specific grievance procedures than Article 16 a through g will be used with the appropriate substitution of the word "chair" for the word "President" and the word "Committee" for the words "Board of Athletics".

The full PA/USATF Grievance Procedure can be located online at the PA/USATF website under the section titled, "About PA/USATF." Review all steps of the grievance process before submitting a grievance.

Pacific Association Youth Sports Committee Grievance Procedures
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The Youth Sports Committee has adopted the PA/USATF Grievance Procedures.

- B. Should the grieving party wish to first bring a grievance to this committee, they may do so unless specifically prohibited by the Pacific Association. The procedure shall be as follows:
1. The grievance shall be presented in writing to the Youth Chairperson.
  2. The Youth Chairperson shall appoint, within 10 days, a three (3) person grievance committee who shall investigate the grievance and make a decision. That decision shall be put in writing and sent to the grieving party and a copy sent to the Youth Chairperson within forty-five (45) days.
  3. All decisions of the Grievance Committee shall be final within the Youth Committee. If that decision is not satisfactory then the grievance must be sent to the Association Chairperson as defined in the Association Bylaws for appeal.
  4. All proceedings of the grievance shall be kept confidential if requested by the grieving party.

