



**Pacific Association USATF  
Region 14 Junior Olympic Championships**

**Friday – July 5, 2013  
Saturday – July 6, 2013  
Sunday – July 7, 2013**

June 24, 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 Region 14 Junior Olympic Championships. The Region 14 meet is the qualifying meet to move on to the Nationals in Greensboro, North Carolina. The competition will be held Friday, Saturday and Sunday July 5<sup>th</sup> – 7<sup>th</sup> at Diablo Valley College in Concord. *If the hurdles are all finals on Saturday, the 4x400 will be run immediately after the 200 finals.* **The hammerthrow and high school shot put are the only events that will be contested at Chabot College in Hayward, both at 3pm.** For all questions and the latest updates regarding the 2013 Region 14 Junior Olympic Championship Meet, please contact Meet Directors:

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

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

**NO LATE REGISTRATION** – online registration will be available via [www.coacho.com](http://www.coacho.com)

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, July 3, 2013. Don't wait until the last minute.

***Registration Deadline: 9pm, July 3***

**Registration Process**

- Online registration links – [www.coacho.com](http://www.coacho.com)
- Cost per athlete is **\$7 per event** entered (no refunds)
  - 8 & under, 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

New USATF false start rule for 15-16 and 17-18 age groups
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- 15-16 and 17-18 age groups are no longer allowed any false starts, same as their high school rule. The 8 & under, 9-10, 11-12, 13-14 age groups are still allowed one false start.

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	Age Group 6	4 events
	1994 if born after July 28 <sup>th</sup>		

Club / Unattached Athlete Packet Pick-Up
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- Only a **background checked club coach** can pick up competition bib numbers and related materials at Diablo Valley College. This does apply to unattached athletes. Packet pick-up table will be open from 3 p.m. to 7 p.m. on Friday, July 5<sup>th</sup> at DVC for early packet pick up and 7:00 a.m. Saturday and Sunday morning. Arrive early enough to get this process out of the way before the meet begins.

Junior Olympic Program ---- Rule 305
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- General
  1. (f) With approval of the Association, athletes who miss their Association Championships because of extraordinary circumstances may be advanced to the Regional meet so long as such advancement does not displace an athlete who competed in the Association meet and does not exceed the Association's allocation to the Regional meet
- Track and Field Qualifying Procedures
  2. (a) An athlete can miss the Association Championship but not the Regional Championship, because of participation in a USATF cultural exchange trip. These exceptions must be worked out with the athlete's Regional coordinator before the meet takes place. David Lawrence [dlaw222@yahoo.com](mailto:dlaw222@yahoo.com)

(b) Athletes who compete in the Junior National Championships or World Youth Championships may be entered in the National Junior Olympic meet without having to compete in the Association or Regional meet provided that they meet the Youth Athletics age limits. Acquisition of the waiver and completion of the entry to the National meet must be made prior to the Regional meet via the Regional coordinator. [dlaw222@yahoo.com](mailto:dlaw222@yahoo.com)

#### 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. They will only be posted once. If they are removed they will not be re-posted again and athletes will have to wait to read results on the website at a later date
- Check the Pacific Association website ([www.pausatf.org](http://www.pausatf.org)) for final results a couple of days after the meet is over

#### Club Volunteer Roles

Bylaw 5.D – Clubs entering more than five athletes shall, when requested by meet management, help by providing volunteers to work at the meet. The number of volunteers should be one for each ten athletes entered by that club up to a maximum of three (3) persons.

Each club is requested to select a role (or more than one) that will best fit their volunteer availability. Some roles are behind the scenes and don't require volunteers during the course of the meet and some require your help during the meet. All hours worked by your volunteers are totaled up and then proceeds from the registration fees (after meet expenses are removed) are divided according to the number of volunteer hours your club worked. These proceeds are then given to the clubs to be used to help defray the cost of bringing your youth athletes to the JO Nationals in Greensboro, NC the last week of July 2013 or wherever you so desire.

This meet cannot happen without your support! Therefore, to sign you or your club up for a volunteer role, please contact Don Harding at [taujoy@msn.com](mailto:taujoy@msn.com)

#### Athlete Check-In

- **Check-in** – Athletes can be checked in all day long. You can check your athlete into their events first thing in the morning for all of their events. We will still do a first and final call. Athletes should then report to the clerking area and remain there. 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 day

long as well.

- 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 should 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; same day registration will need Maria's sign-off as well
- **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.
- **Spike Length** – Maximum 3/16" pyramid or compression 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 will have a bib number assigned to them in order to compete. Athletes must only wear their own number.
  - 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 correct 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 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 30 minutes after the results have been posted
  - Athletes can pick up their own awards
  - NOTE: The 30 minute waiting period is to allow processing time in case a protest is filed regarding an event result
- Medals are awarded to the overall top three places in each event.

## Medical Services & Security

There will be 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 coach in the warm-up area may result in the immediate disqualification of their athlete/team and/or 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. Diablo Valley College 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
  - BBQ pits and **sunflower seeds** are not allowed in the stadium
- **Lost and Found** - A lost and found area will be located near the protest table

Hotel Information
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Clarion Hotel 1050 Burnett Avenue Concord 925 566-8820		Pleasant Hill Inn 1432 Contra Costa Blvd Pleasant Hill 925 689-3600
Crown Plaza 45 John Glenn Drive Concord 925 825-7700		Residence Inn by Marriott 7000 Ellinwood Way Pleasant Hill 94523
Hilton 1970 Diamond Blvd Concord 925 827-2000		Courtyard Pleasant Hill 2250 Contra Costa Blvd Pleasant Hill

**Region 14 Junior Olympic Track & Field Championships**  
**Diablo Valley College - Concord**

**Friday - Events Schedule**  
**July 5, 2013**

Early packet pick-up

- Location: Diablo Valley College
- Time: 3:00 – 7:00 pm

**FIELD EVENTS – 4:00 pm**

Long Jump (Pit 1)	15-16 through 17-18	girls	Group 5, 6
Long Jump (Pit 2)	15-16 through 17-18	boys	Group 5, 6

**TRACK EVENTS – 3:00 pm**

Steeplechase	15-16 through 17-18	girls	Group 5, 6
Steeplechase (immed. following females)	15-16 through 17-18	boys	Group 5, 6

**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: We will do a first and final call for all our track and field events.**

**Region 14 Junior Olympic Track & Field Championships**  
**Chabot College – Hayward July 5, 2013**

Hammerthrow 3:00 pm	15-16 through 17-18,	girls	Group 5, 6
Hammerthrow (immed. following females)	15-16 through 17-18,	boys	Group 5, 6
Shot Put 3:00 pm	15-16 through 17-18	boys	Group 5, 6
Shot Put (immediately following males)	15-16 through 17-18	girls	Group 5, 6

**Hammerthrow (females then males) and High School shot put,**  
**(males then females) both start at 3pm.**  
**These are the ONLY events contested at Chabot College**

**Region 14 Junior Olympic Track & Field Championships**  
**Diablo Valley College - Concord**

**SATURDAY - Events Schedule**  
**July 6, 2013**

**NOTE:**

- Saturday 80/100/110 hurdle events will be run as finals if no heats are required
- Events will be contested girls first then boys unless otherwise designated

**Field Events**

Event	Age Group	Time
Triple Jump	13-14 Group 4	Follwg
Triple Jump	15-16 Group 5	7-8
Triple Jump	17-18 Group 6	Lngjmp
High Jump	17-18 Group 6	8:30
High Jump	15-16 Group 5	
High Jump	13-14 Group 4	
Pole Vault	13-14 Grp 4 boy	8:30
Pole Vault	15-16 Grp 5 boy	
Pole Vault	17-18 Grp 6 boy	

Event	Age Group	Time
Long Jump	7-8 Group 1	8:30
Javelin	13-14 Group 4	8:30
Javelin	15-16 Group 5	
Javelin	17-18 Group 6	
Shot Put	9-10 Group 1	8:30
Shot Put	7-8 Group 2	
Shot Put	11-12 Group 3	
Shot Put	13-14 Group 4	

**Track Events**

Event	Age Group	Time
3000 Meter Run Finals	11-12 through 17-18 Girls / Boys Group 3-6	9:00
100m Dash Trials	7-8 through 17-18 Girls / Boys Group 1-6	10:30
800m Run Finals	7-8 through 17-18 Girls / Boys Group 1-6	12:00
1500m RW Finals	9-10 and 11-12 Girls / Boys Group 2, 3	1:30
3000m RW Finals	13-14 through 17-18 Girls / Boys Group 4-6	1:30
100m Dash Finals	7-8 through 17-18 Girls / Boys Group 1-6	2:30
80m Hurdle Trials	11-12 Girls / Boys Group 3	3:00
100m Hurdle Trials	13-14 Girls / Boys Group 4	3:15
100m Hurdle Trials	15-16 Girls, 17-18 Girls Group 5, 6	3:30
110m Hurdle Trials	15-16 Boys, 17-18 Boys Group 5, 6	3:45
400m Dash Finals	7-8 through 17-18 Girls / Boys Group 1-6	4:00

**PLEASE REMEMBER – NO FALSE STARTS ARE ALLOWED FOR GROUP 5 and GROUP 6**

We reserve the right to start up to 30 minutes early

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<b><i>Region 14 Junior Olympic Track &amp; Field Championships</i></b> <b>Diablo Valley College - Concord</b>
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**SUNDAY - Events Schedule**  
**July 7, 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	
High Jump	11-12 Girl / Boy	8:30
High Jump	9-10 Girl / Boy	
Pole Vault	13-14 Girl	8:30
Pole Vault	15-16 Girl	
Pole Vault	17-18 Girl	

Event	Age Group	Time
Long Jump	9-10 Girl / Boy	8:30
Long Jump	11-12 Girl / Boy	
Long Jump	13-14 Girl / Boy	
Mini Javelin	7-8 Girl / Boy	8:30
Mini Javelin	9-10 Girl / Boy	
Mini Javelin	11-12 Girl / Boy	

**Track Events**

Event	Age Group	Time
200m 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 Girls / Boys	Group 4 2:45
100 Meter Hurdle Finals	15-16 Girls, 17-18 Girls	Group 5, 6 3:00
110 Meter Hurdle Finals	15-16 Boys, 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 REMEMBER – NO FALSE STARTS ARE ALLOWED FOR GROUP 5 and GROUP 6**

We reserve the right to start up to 30 minutes early

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## 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 des 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.



