



USATF-Pacific Masters Track & Field Championships

Saturday, 14 June, 2014 - College of San Mateo

for athletes 30 years and above

Facilities: College of San Mateo has a nine (9) lane Mondo surface including steeplechase and Jumping / Javelin runways. **Required spike is ¼ inch Christmas tree or pyramid compression.** All throwing rings are brushed concrete.

Javelin, Hammer, Weight & Superweight throws will be on the upper field above the stadium; Shot Put & Discus will be on the track infield.

Eligibility: All competitors must be registered USATF Athletes. USATF membership is available for \$29.95 online <http://www.pausatf.org/data/PAApOnline.html>, or at the registration table the day of the meet.

Entry Site: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=103135> until **6:00pm, Thursday 12 June, 2014.** No fax or phone registration.

Meet Site: Complete meet information and announcements: <http://www.pausatf.org/indexmtf.html>

Day of Meet Registration: \$40.00 first event, \$10.00 each subsequent event. Those who registered online adding add'l event(s) on meet day: \$10.00 per event. **Cash Only.**
Deadline is 11:00am for all events, no matter when they are run/contested. No Exceptions.

Entry Fees: Online Registration: \$20 for your first event, and \$5 for each subsequent event by 6:00pm, June 12. Online registration requires add'l \$3 USATF processing fee.

Entry Status: <https://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=103135>
Performance lists will be available on the Assoc. Master's website 13 June.

Results: During the meet results will be at the awards table, and after the meet on the Association Master's Committee website.

Contacts: Masters T&F Chair and Meet Director: Joseph Ols josephols@verizon.net, (408)353-6564, or for throwing events: Gary Schmidt: Mrgaryschmidt@aol.com.

Awards: Gold/Silver/Bronze medals in 5yr age/gender groups (30-34, 35-39, 40-44, etc.) in each event. Collect at the awards table approximately 30 minutes after results are announced.

Athlete Check-In: All athletes must check in at registration table above the track 30min before competition to pick up bib numbers to compete, including a sticker that will list the events entered. This sticker will be checked when reporting for events.

Running Events: Athletes shall check-in with the Clerk before events. All running events will be run as finals with heats and lane assignments organized on the start line before each race. Listen for public address announcements telling when to report.

Field Events: Athletes shall check-in at the event site. Listen for announcements telling when to report.

Implement Certification: Will be from 7:45am to 1:00pm at the upper field shed located above the track. Athletes must bring their own implements.

Concessions: College of San Mateo will run a concession stand above the track for your convenience.

schedule of events on next page....

USATF-Pacific Assoc. Masters Track & Field Championships

14 June, 2014 - Schedule of Events

All Day of Meet Entries must be registered by 11:00 a.m.

RUNNING EVENT Check In: Competitors must check-in at the clerk area 30 minutes before their race begins.

Clerking will be done at the start line. Competitors may be sub-divided to appropriate lanes & flights based on gender & age by the clerk.

In lane-races, an athlete who arrives late might get a lane, but shall not replace any athlete already assigned a lane.

9:00 AM 10,000m
10:00AM Women and Men 60+ 2,000m Steeplechase 30"
10:20 AM Men 30-59 3,000m Steeplechase 36"
10:40 AM Women and Men 1,500m Race Walk

A rolling schedule will start after the Race Walk.

Listen for announcements for your events!

rolling Men 30-49 110m Hurdles
schedule Men 50-59 100m Hurdles 36"
from this Men 60-69 100m Hurdles 33"
point Women 30-39 100m Hurdles 33"
forward Women 40-49 80m Hurdles 30"
Women 50+ 80m Hurdles 30"
Men 70+ 80m Hurdles 30"

Wheel Chair 1500m
1500m
Wheel Chair 400m
400m
Wheel Chair 100m
100m
800m
Men 30-49 400m Hurdles 36"
Men 50-59 400m Hurdles 33"
Women 30-49 400m Hurdles 30"
Women 50+ 300m Hurdles 30"
Men 60+ 300m Hurdles 30"
200m
5,000m

FIELD EVENT Check In:

Field event competitors must check-in 30 minutes before their event starts at the event site.

Implement Certification: Will be from 7:45am to 12:30pm at the Upper Field shed

Women and Men combined in all field events

STADIUM FIELD:

8:45 am 60+ Shot
9:30 am Long Jump
10:15 am 30-59 Shot
11:00 am Triple Jump
11:45 am 30-59 Discus
12:30 pm High Jump
1:15 pm 60+ Discus
2:00 pm Pole Vault

UPPER THROWING FIELD:

8:45 30-59 Hammer
10:15 60+ Hammer
11:45 60+ Javelin
1:15 30-59 Javelin
2:45 Weight
4:00 Super Weight

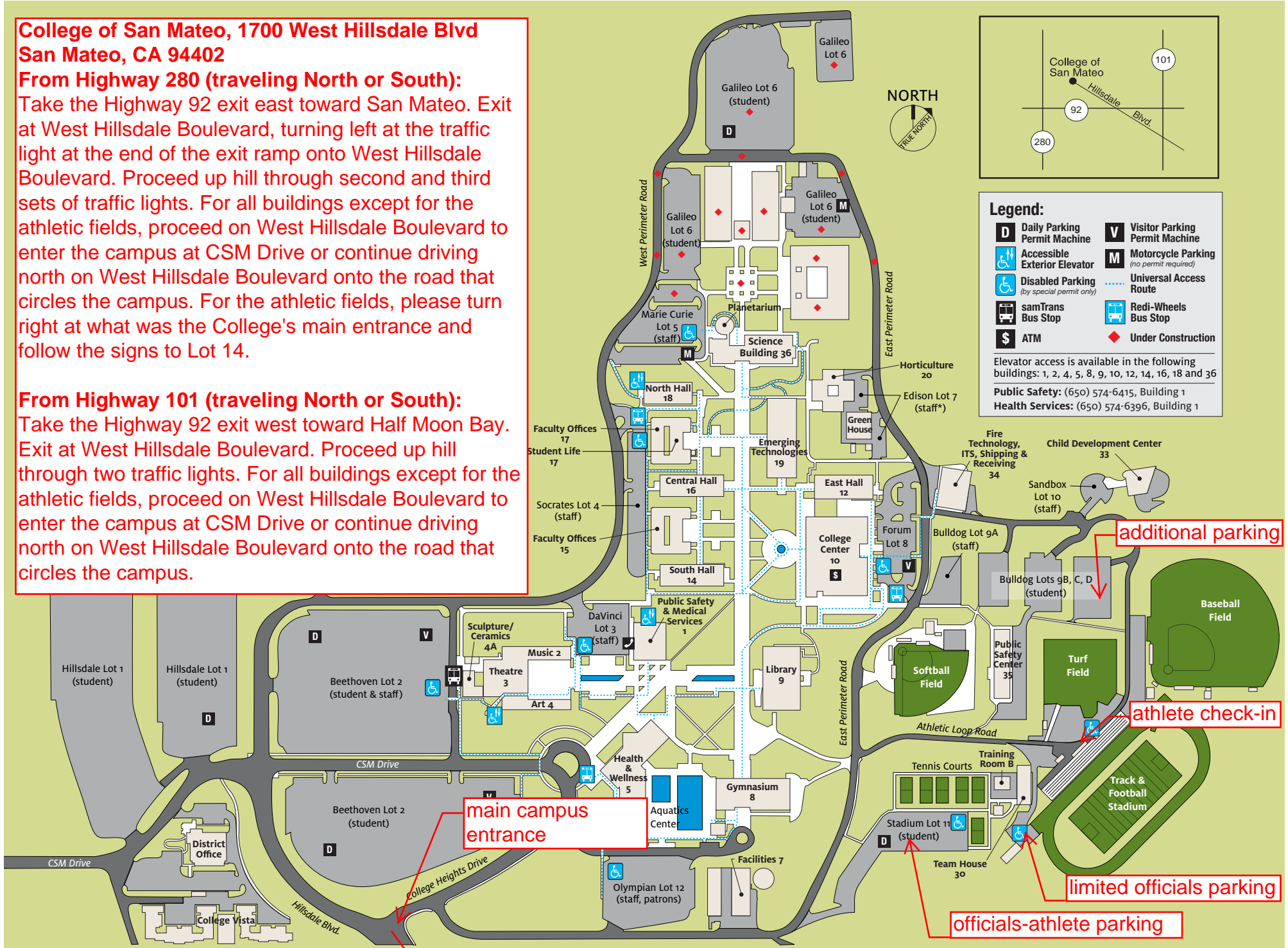
**College of San Mateo, 1700 West Hillsdale Blvd
San Mateo, CA 94402**

From Highway 280 (traveling North or South):

Take the Highway 92 exit east toward San Mateo. Exit at West Hillsdale Boulevard, turning left at the traffic light at the end of the exit ramp onto West Hillsdale Boulevard. Proceed up hill through second and third sets of traffic lights. For all buildings except for the athletic fields, proceed on West Hillsdale Boulevard to enter the campus at CSM Drive or continue driving north on West Hillsdale Boulevard onto the road that circles the campus. For the athletic fields, please turn right at what was the College's main entrance and follow the signs to Lot 14.

From Highway 101 (traveling North or South):

Take the Highway 92 exit west toward Half Moon Bay. Exit at West Hillsdale Boulevard. Proceed up hill through two traffic lights. For all buildings except for the athletic fields, proceed on West Hillsdale Boulevard to enter the campus at CSM Drive or continue driving north on West Hillsdale Boulevard onto the road that circles the campus.



Legend:

D Daily Parking Permit Machine	V Visitor Parking Permit Machine
Accessible Exterior Elevator	M Motorcycle Parking (no permit required)
Disabled Parking (by special permit only)	Universal Access Route
samTrans Bus Stop	Redi-Wheels Bus Stop
\$ ATM	Under Construction

Elevator access is available in the following buildings: 1, 2, 4, 5, 8, 9, 10, 12, 14, 16, 18 and 36
 Public Safety: (650) 574-6415, Building 1
 Health Services: (650) 574-6396, Building 1

main campus entrance

additional parking

athlete check-in

limited officials parking

officials-athlete parking

Hwy 92