2015 USATF Pacific Association Open Track & Field Championships

Sunday, 14 June, 2015 – College of San Mateo
Open to All USATF Athletes of All Ages

Facilities: College of San Mateo has a nine (9) lane Mondo surface including steeplechase and LJ-TJ and Javelin runways. **Required spike is 1/4 inch Christmas tree or pyramid compression**. All throwing rings are brushed concrete. The javelin, hammer and shot put will be conducted on the upper field above the stadium, while the discus will be conducted on the track infield.

Eligibility: All competitors must be registered USATF Athletes. 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 on-line from http://pausatf.org/data/membership.html. Memberships will also be on sale the day of the meet.

Entry Fees and Information:

- **On-Line Pre-registration**: **$15.00** per event if entry is received by **7:00 pm, Thursday, June 1** payable by credit card. Note USATF also charges up to a $3.00 administration fee.
- **No telephone, mail, or fax entries**.
- **Online Entries:** https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=105254
- **Entry Status Listings:** https://www.usatf.org/Products---Services/Event-Registration-Status.aspx?e=105254
- **Pacific Association T&F website with additional info and venue maps:** http://www.pausatf.org/track-field/
- **Entry or Meet Questions:** Contact Meet Director Leroy Milam at Leroy1888@aol.com or 510.220-5859

Late Entry - Day of Meet Registration: $40.00 per event - Cash Only
late entry deadline is 10:30am for all events – no exceptions

All Athlete Check-In: All athletes must check in at registration table above the track before competition to collect your bib numbers.

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 and 12:30 p.m. for afternoon running events. All running events will be run as finals only with seeding based on submitted marks.

Field Event Athletes: Check-in at your event site at least 45 minutes before the start time for your event (pole vaulters may check in 60 minutes before start of event). Female and Male athletes may compete together with appropriate implements, BUT scored separately.

Implement Certification: Will be from 8:30am-12:30pm at the upper field shed located above the track. Regardless of age, all competitors must throw open specification implements.

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

Annual T&F and Athletes Committees Meetings: 12:30-1:00pm in, or below the press box…***all are welcome!***

2015 USATF Pacific Track & Field Grand Prix: 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. Earn double points at the Pacific Association Championships!
Complete rules and application information for the PAUSATF Grand Prix can be found at:
http://www.pausatf.org/wp-content/uploads/2015/01/tf2015gp.info_.app_.pdf For further information, contact Women's T & F Chair Fred Baer at 650-483-3733 or email Frdbaer@aol.com
You need to be registered prior to earning any points towards your Grand Prix total!

event schedule is on next page

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Morning Running Schedule…Starts at 8:30 a.m.

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

8:30 AM ..... Men's and Women's 10,000m Run **combined**

Followed by .. Men 3000m/36" Steeplechase
Followed by .. Women 3000m/30" Steeplechase

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

NOTE: Heats will be drawn and a rolling schedule will start after the 1500's at 11:50± a.m.

11:15± AM .... Wheel Chair 1500 Meter
11:25± AM .... Women 1500 Meter Run
11:35 AM ..... Men 1500 Meter Run

11:50 AM ..... Women 100 Meter Hurdles
12:00 +/- ..... Men 110 Meter Hurdles

12:10 +/- ..... Wheel Chair 400 Meter
12:15 +/- ..... Women 400 Meter Dash
12:20 +/- ..... Men 400 Meter Dash
12:30 PM…..Open Men's and Women's T&F Committee Meeting - ***all welcome!***

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

➢ ***Check In:*** Afternoon running event competitors **must check-in with clerk 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 ..... Wheel Chair 100 Meter

1:25+/- ..... Women 100 Meter Dash
1:35 +/- ..... Men 100 Meter Dash

1:45 +/- ..... Women 800 Meter Run
1:55 +/- ..... Men 800 Meter Run

2:05 +/- ..... Women 400 Meter Intermediate Hurdles
2:15 +/- ..... Men 400 Meter Intermediate Hurdles

2:25 +/- ..... Women 5000 Meter Run
2:50 +/- ..... Men 5000 Meter Run

3:15 +/- ..... Women 200 Meter Dash
3:20 +/- …… Men 200m Dash

Field Event Schedule…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.

Field events may be combined if field sizes are small.

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 *(upper field)*
Follows men's..... Women Hammer *(upper field)*

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 Shot Put *(upper field)*
Follows women's..... Women Shot Put *(upper field)*

12:00 PM..... Women Discus *(stadium)*
Follows men's..... Men Discus *(stadium)*

Follows Discus ..... Women Javelin *(upper field)*
Follows men's..... Men Javelin *(upper field)*

All competitors, please listen to announcements.

Rolling schedule means as soon as one event is completed the next will begin.

Be prepared to go earlier or later than indicated time schedule!