



Pacific Association Youth Track and Field Championship Meet
Bella Vista High School -- Fair Oaks, California
8301 Madison Ave., Fair Oaks, CA 95628
Saturday - June 9, 2007
Sunday - June 10, 2007

March 30, 2007

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 9th and 10th at Bella Vista High School in Fair Oaks. For all questions and the latest updates regarding the 2007 Pacific Association Youth Championship Meet, please contact Meet Directors:

Joanne Slaton-Camargo amjcamargo@sbcglobal.net or 510-430-8223
 joanne.camargo@ousd.k12.ca.us
Mike Hammerquist demiurgoi@yahoo.com or 510-848-8583

Registration Process

- In order for an athlete to compete in the PAC meet he or she must be a 2007 USATF member; THERE WILL BE NO EXCEPTIONS TO THIS RULE
 - Become a 2007 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 birth certificate 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
 - c/o Tony Williams – Youth Membership Chair
 - P.O. Box 1673
 - Patterson, CA 95363
- All unattached athletes and clubs must use Club Manager software package to register for competition
 - To obtain the latest version of Club Manager contact Joanne Slaton-Camargo @ joanne.camargo@ousd.k12.ca.us
 - Club 4-digit codes can be located on the PA/USATF website in the Youth drop down list, select "Club Manager." If your club is not listed then contact Anthony Camargo @ ajcam@sbcglobal.net 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 2007 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 saved “Meet Manager File” to Anthony Camargo @ ajcam@sbcglobal.net
 - E-mail with attached Meet Manager file must be date stamped no later than 12 midnight, Friday, June 1, 2007
 - 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
 - A relay counts as an event
 - Envelope containing registration fees must be postmarked Saturday, June 2, 2007
 - Only money orders or certified checks will be accepted, no personal checks, club account checks or cash payments
 - Money order or certified check to be made out to: Pacific Association 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:
 - Mike Hammerquist
 - 1909 Delaware Street
 - Berkeley, CA 94706
 - 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

<h3>Pre-meet Entry Validation and Results Posting</h3>
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- 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

Bella Vista High School – 8301 Madison Ave., Fair Oaks, CA 95628

- **San Francisco** – Take I-80 East. When you enter the outskirts of Sacramento stay to the right and take the I-80 Reno split. (If you stay on Business I-80 through downtown Sacramento you'll add 20-30 minutes to your commute.) Exit Madison Ave. (Exit 96) and turn right at off-ramp onto Madison Ave. Stay on Madison Ave. for ~5.6 miles. School will be on the left side of the street
- **Reno** – Take I-80 West to Roseville. Exit Douglas Blvd. (Exit 103). At the exit off-ramp stay in the farthest right of the left-hand turn lanes. As soon as you turn left on Douglas Blvd. there will be a right hand flyover exit that will take you over to Sunrise Blvd. (If you miss the flyover then at the next stop light turn right on Sunrise Blvd.) Stay on Sunrise for ~4.3 miles. Turn left at Madison Ave. (stay on Madison Ave. for ~.9 miles). School will be on the left side of the street
- **Modesto / Stockton** – Take I-99 North to Sacramento. Merge onto US-50 E toward Placerville / South Lake Tahoe (stay on US-50 for ~12.4 miles). Take Sunrise Blvd. exit (Exit 18) toward Fair Oaks. Turn left onto Sunrise Blvd. (stay on Sunrise Blvd. for ~4 miles). Turn right on Madison Ave. (stay on Madison Ave. for ~.9 miles). School will be on the left side of the street

Club / Unattached Athlete Packet Pick-Up

- Only a club coach or parent of an unattached athlete can pick up competition bib numbers and related materials at Bella Vista 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 2007 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 2007 Live Scan clearance AND badge will be allowed access to this area
 - Any parent or non-2007 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. Bella Vista 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 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

The majority of these Placer County hotels are within 20-minutes of Bella Vista High School and are recommended for your stay during the PAC meet. Many are across the street from Roseville's Golfland / Sunsplash which is a great place to visit once you are done competing. The Roseville Galleria is also around the corner ... less than 2 miles away.

- <http://www.placertourism.com/hotel-guide.cfm>

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

The adidas Golden West Invitational is a premier high school track meet that will be held at Folsom HS (approximately 15-20 minutes away from Bella Vista HS) on Sunday, June 10. 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 Multi's Region 14 & Pacific Association Junior Olympic Competition (Top 8)
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- All clubs and unattached athletes who plan to compete in the Region 14 Multi's meet (June 16 & 17 in Fresno) and/or the Pacific Association Junior Olympic Championships (June 22-24) must bring to the PAC meet their JO Advancement forms to be validated by Tony Williams (Youth Membership Chair)
 - If you do not plan to compete in the PAC meet, you still need to come to Bella Vista HS to ensure Tony is able to validate your advancement forms prior to your arrival at the Multi's and/or PA JO meet
 - Bring a copy of your birth certificate for each athlete in case Tony doesn't have it on file
 - Be ready to produce verification of 2007 USATF membership number for each youth athlete
 - Advancement forms should be downloaded from the PA/USATF website prior to validation with Tony. Do not expect Tony to have 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 Tony (judgetonytracknfield@yahoo.com) to set up a time to meet him prior to June 22 to have your forms validated
 - **Packet pick up at the Multi's meet (June 16-17) and the PA JO meet (June 22-24) will not be allowed unless the club / unattached athlete can turn in their validated JO Advancement forms at the time they receive their competition bib numbers – this will be a 1 for 1 distribution (1 JO advancement form for 1 bid number)**

<p><i>Pacific Association Youth Track & Field Championship Meet</i> Bella Vista High School – Fair Oaks, CA</p>

SATURDAY - Events Schedule
June 9, 2007

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
IG	BG	BG	YG	YB	MG
IB	MG	BB	YB	IB	MB
YW	YG	MG	IG	YM	YG
YM	IG	MB	IB		YB
YG	YW		YW		
YB			YM		

SUNDAY - Events Schedule

June 10, 2007

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
SBG	YG	YG	IG	BB	YG	BG
SBB	YB	YB	IB	MB	IG	BB
BG	IG	IG	YW	YB	YW	MG
BB	IB	IB	YM	IB		MB
MG	YW	YW		YM		
MB	YM	YM				

* Long jump to start after completion of the triple jump

Pacific Association USATF Youth Sports Committee Code of Conduct

The Pacific Association (PA) USATF Youth Sports Committee Code of Conduct applies to all coaches, parents and spectators who attend USATF events. This includes all sanctioned and non-sanctioned meets in all USATF Associations where the coach and/or parent is participating as a representative of PA/USATF.

The Code of Conduct is posted on the PA/USATF website under the Youth category. The head coach of each PA/USATF club is accountable to ensure that all members of his/her club (coaches, parents) have read and understood the Code of Conduct. All coaches and parents of unattached athletes are also bound by this Code of Conduct.

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
<u>Fighting</u> – purposeful conflict between one or more persons, often involving violence and intended to establish dominance over the opposition. <u>Verbal Threats</u> – 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	1 year suspension and/or removal from the Association
<u>Profanity</u> – vulgar or irreverent speech or action	1 st – warning 2 nd – 30-day suspension 3 rd – 1-year suspension
<u>Cheating</u> – 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	Removal from Association
<u>Theft</u> – wrongful taking of someone else's property without that person's willful consent. A crime against property	Removal from Association
<u>Taunting</u> – derisive; abusing vocally; expressing contempt or ridicule; derisive laughter; jeering crowds; mocking smile; taunting shouts of 'slow poke' or 'can't run'	1 st – 30 day suspension 2 nd – 1-year suspension
<u>Drugs / Alcohol</u> – 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	1 st – warning 2 nd – 1-year suspension
<u>Unauthorized people on the field</u> – athletes, coaches, parents on the infield after the beginning of the first competition	30-day suspension

<u>Disrespect of Officials</u> – 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 st – immediate team & coach disqualification from meet AND 30-day suspension 2 nd – 1-year suspension
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Eligibility Violations: Violates the rules of eligibility for Athletics

Definition of Behavior	Minimum Consequences
<u>Recruitment of athletes from registered clubs</u> – 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)
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- C **Grievances**: A grievance may involve any matter within the cognizance of USATF, other than doping offenses described in Regulation 10.
- Grievance Complaints**: A Grievance Complaint shall state the following:
 - Detrimental conduct**: Conduct detrimental to the best interests of Athletics or USATF has taken place;
 - USATF violations**: A violation of any of USATF's Bylaws or Operating Regulations has occurred; or,
 - IAAF violations**: The IAAF rules of eligibility have been violated.
 - 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
 - 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.
- 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:
 - Detrimental conduct**: Acts in a manner detrimental to the purposes of USATF or Athletics;
 - 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;
 - National team conduct**: Violates a commitment as a member of a national team as provided in Regulation 13; or
 - Eligibility violations**: Violates the rules of eligibility for Athletics.

Pacific Association USATF Bylaws; Article 16 (Grievance Procedures)

- (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

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.

Complaint Referral Form

Track meet: _____

Date: _____

Time: _____

Subject:

Team: _____

Official: _____

Coach: _____

Parent: _____

Complaint: _____

[illegible]