



Pacific Association USATF Championships

Sunday, May 27th, 2007

College of San Mateo, 1700 West Hillsdale Blvd., San Mateo, California

Facilities: On the campus of College of San Mateo. CSM has a nine (9) lane Mondo surface throughout, including steeplechase, javelin approaches and all runways. **Required spike is _ inch Christmas tree (compression)**. The throwing rings are brushed concrete.

Eligibility: All competitors must be a registered USATF Athlete. 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 by contacting the Pacific Association Office at (916) 983-4715, or you may download an application on-line from <http://pausatf.org>. Memberships will also be on sale the day of the meet.

Entry Form: Entries begin April 27th, 2007. USATF web-based entry form is available at <http://pausatf.org>. If you have questions regarding entries contact Al Hernandez at (510) 651-3162 or email: runalrun@yahoo.com

Entry Fees: On-Line Preregistration: \$15.00 per event if entry is received by 7:00 p.m. Thursday, May 24, 2007, payable by credit card. No telephone, mail, or fax entries.

■ **Late Entry - Day of Meet Registration: \$30.00 per event. Cash Only.** The late entry deadline is **10:30 a.m. for all events, no matter when they are to be run/competed. No Exceptions.**

All Athlete Check-In: All athletes must check in at registration table before competition. You need to pick up 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 or 12:30 p.m. for afternoon running events.**
- **Field Event Athletes** should check-in at your event site **at least 60 minutes before** before start time for your event.

Running Event Heats/Flights: All running events will be run as finals only with seeding based on submitted marks.

Field Event Organization: Field event competitors will have three initial attempts with the top (9) nine competitors qualifying for the finals.

Implement Certification will be from 9:00 a.m. to 12:30 p.m..

Further Info about the meet: Contact Al Hernandez, (510) 651-3162, or via e-mail: runalrun@yahoo.com

PAUSATF Grand Prix: Earn double points towards prize monies being awarded by the Pacific Association's Open T&F Committee.

- 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.
- In addition to the Grand Prix, money will be awarded to the top 2 or 3 athletes in the Pacific Association, depending on the numbers of entries. This will be determined by points on the IAAF scoring table."
- Complete rules for the PAUSATF Grand Prix are at <http://pausatf.org> / **Grand Prix** under Track and Field.
- **For further information** about the Grand Prix, contact **Women's T & F Chair Fred Baer** at (651) 345-4114, or email: Frdbaer@aol.com for further information and to register with your name, mailing address, 2006 PA/USATF number and e-mail address. **This has to be completed prior to earning any points towards your Grand Prix total!**



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Morning Running Schedule...Starts at 9:00 a.m.

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

9:00 AM.....Men's and Women's 10,000 Meter Run-
combined

10:00 AM..... Men 3000 Meter Steeplechase

10:15 AM..... Women 3000 Meter Steeplechase

10:30 AM.....Men's and Women's 5,000 Meter Race
Walk-combined

11:15 AM) Women 1500 Meter Run

11:25 AM..... Men 1500 Meter Run

NOTE:)Heats will be drawn and a rolling schedule will start after the Women's 1500m at 11:15am.

11:35 AM..... Women 100 Meter Hurdles

11:45 +/-..... Men 110 Meter Hurdles

11:55 +/-..... Women 400 Meter Dash

12:05 +/-..... Men 400 Meter Dash

Field Events...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.

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 Throw
Follows men's.....**Women** Hammer Throw

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 PMMen Discus Throw
Follows men's.....**Women** Discus Throw

1:00 PM Men Shot Put
Follows men's.....**Women** Shot Put

2:00 PMMen Javelin Throw
Follows men's.....**Women** Javelin Throw

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

- **Check In:** Afternoon running event competitors must check-in 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) Women 100 Meter Dash

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

1:35 +/-..... Women 800 Meter Run

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

1:55 +/-..... Women 400 Meter Hurdles

2:05 +/-..... Men 400 Meter Hurdles

2:15 +/-..... Women 5000 Meter Run

2:35 +/-..... Men 5000 Meter Run

2:55 +/-..... Women 200 Meter Dash

3:00 +/-..... Men 200 Meter Dash

2007 Open Track & Field Meeting

When: Saturday, May 27, 2007

Where: College of San Mateo

Time: 30 minutes after the final event at the Pacific Association Track & Field Championships

Purpose: Present nominations for Open Track & Field Committee positions.

Contact: Al Hernandez runalrun@yahoo.com or Fred Baer Frdbaer@aol.com

