

June 30, 2008



After careful review of our previous Junior Olympic Championships meet June 20-22, we have decided to revise the time schedule for the upcoming Region 14 track and field meet on July 12-13 at Granada High School in Livermore. The regular javelin will start immediately after the Midget and Bantam age group mini javelin with an approximate start time of 12 noon. Most running events are now scheduled for an earlier start time. Please advise your parents and athletes of the new scheduled times.

Advancement in running events is based on the heat winner and then the next fastest times.

There are no changes to the schedule on Friday, July 11th at Laney College.

See updated schedule further down in this document for noted changes to track meet schedule.

**Early packet pick up at Laney College
4:00 – 6:00 pm**

Pacific / Central Association USATF Region 14 Championships

VENUE:

Laney College Track*
900 Fallon Street
Oakland, CA 94606

*On the corner of 5th Avenue and East 10th Street

DATE:

Friday afternoon
July 11, 2008

Hammerthrow, Steeplechase, Intermediate/Young W/M Long Jump only -

Granada High School
400 Wall Street
Livermore, CA 94550

Saturday and Sunday
July 12-13, 2008

Welcome to the Pacific / Central Association USATF Region 14 Championship Track and Field Meet

The top 8 qualifiers from the Junior Olympic Championship meet on June 20-22 are eligible to participate in this track meet. The only other athletes are those who have been passed through to this meet.

Entry Fees: were paid before leaving the Junior Olympic Top 8 qualifier meet by June 22nd for Pacific Association athletes, or you are not eligible to compete at the Region 14 meet.

A table will be set up again at the Region 14 meet to receive your entry fees for the Nationals in Omaha, Nebraska July 22-27. The cost is \$8.00 per event for the Nationals payable with CERTIFIED CHECK, MONEY ORDERS or CASH only. Payments made by Personal checks will **not** be accepted. Make certified checks/money orders payable to the USATF. **You must pay before leaving the track meet on July 13th.**

Packet pick up: Packets may be picked up July 12-13 by coaches and pre-registered unattached athletes starting at 7:00 a.m. at Granada High School. After 9 a.m. the packets may be picked up at a designated area. You may also choose to pick up your packet on Friday afternoon at Laney College between 4 p.m. – 6 p.m.

Athlete check in: Coaches, make sure your athlete's have been checked in for their events before the sheets are pulled. Once the event is closed, if your athlete has not checked in, he/she will be scratched from the event, and will not be allowed to participate.

Results: Results will be posted during the meet as soon as possible. Please be considerate of others and do not take the results down or remove result books depending on what is provided for this meet. Final results will be available on the Pacific Association web site, at www.pausatf.org within one day after the meet as well as the www.usatf.org website.

Qualification: In the trials, the heat winner and next fastest times will advance to the finals. The top three finishers in each event in each age group will qualify for the Junior Olympic Nationals in Omaha, Nebraska. **Entry fees for the Nationals must be turned in before you leave Laney College on July 11th or Granada High School on July 12th and 13th.** The cost will be \$8 per athlete per event – cash, cashiers check or money order only, please. Make money order or cashier checks payable to USATF.

implements: Meet management will supply field implements, except javelins. All personal implements must be checked by Weights and Measures as soon as you arrive at the meet. Once implements have been approved, they may be used in competition. Sub-standard or altered implements will be confiscated until the end of the meet.

Protests will be allowed, only if submitted within thirty minutes after the results of the event are posted. If after thirty minutes, the protest will not be accepted. All protests must be made at the protest table near the Clerk of the Course, and require a \$50 deposit to file. The deposit will only be refunded if the protest is upheld. Only violations of the USATF rules may be protested. Judgment calls made by meet officials cannot be protested.

Awards: Medals will be awarded to the top three individuals and top three relays in each event.

Medical: There will be certified medical personnel, as well as volunteers at the meet to assist with any problems that may occur.

Admission to the meet is free.

Parking is available on the streets as well as the parking lot. Designated parking areas will be reserved for meet officials and management.

Concessions: There will be a variety of items sold. You may bring your own food or drink to the meet, however, no glass containers are allowed. All ice chests, coolers, or bags are subject to search. No BBQ pits please.

Code of Conduct: ANY PERSON NOT FOLLOWING THE CODE OF CONDUCT RULES, RISKS HAVING THEMSELVES, ANOTHER

ATHLETE, OR THEIR TEAM DISQUALIFIED.

Stadium Rules

- Tents will only be allowed on the top row of the stands.
- Tents, instant-shades, or umbrellas that may block the view of others will be asked to be removed. Tents are not allowed in front of the press box.
- Tents should be broken down after each day of competition.
- Neither the Pacific Association, Laney College nor Granada High School will be responsible for lost or stolen items.
- Alcohol is not permitted on the premises. Remember, the meet is taking place on the grounds of a high school and college.
- Smoking is not allowed at the track meet. Laney College and Granada High School are SMOKE-FREE FACILITIES. If you must smoke, please exit the school grounds.
- The lost and found will be located in the press box.
- Warm ups are not allowed on the track or infield. The warm up field is located on the grass behind the west bleachers.
- inch spikes are the maximum spike length allowed in both track and field events.
- Starting heights for High Jump and Pole Vault be will set in accordance to USATF rule 242.5(k). Incremental increases will be 5 cm in high jump and 15 cm in pole vault.
- Any questions or problems during the meet, contact a meet official or a meet director.

Hotels/Motels

Please mention Junior Olympics when reserving your room. They are reserved for Friday and Saturday night July 11-12. Make changes as necessary to suit your needs.

Hampton Inn 2850 Constitution Drive Livermore, CA 94551	\$79.00 per night Double / Single \$89 after June 15 th	925 606-6400 Continental Breakfast www.livermore.hamptoninn.com	Reservation Deadline Date: June 15, 2008
Hilton Garden Inn 2801 Constitution Drive Livermore, CA 94551	\$79.00 per night Double / Single \$119.00 Suite	925 292-2000 Comp. internet Refrigerator / microwv	Reservation Deadline Date: June 1, 2008
La Quinta 7700 Southfront Road Livermore, CA 94551	\$82.00 per night Double / Single \$99.00 Jacuzzi Suite	925 373-9600 Continental Breakfast livermorelodging.com	Reservation Deadline Date: June 1, 2008
Courtyard by Marriott 2629 Constitution Drive Livermore, CA 94550	\$89.00 per night Double beds \$89.00 for single	925 243-1000 Complimentary shuttle	Reservation Deadline Date: June 1, 2008

Directions to Laney College:

- 880 North to 5th Avenue Embarcadero Avenue exit. Right turn then right turn again on 5th Avenue. Go over railroad tracks to East 10th and park.
- 880 South to 16th Avenue Embarcadero exit. Turn right and right again on 5th Avenue. Go over railroad tracks to East 10th and park.

Directions to Granada High School:

Granada High School – 400 Wall Street, Livermore, CA 94550

- **East on I-580** – 1-580 to Livermore. Exit at Portola Avenue. Right at first signal, Murrieta Blvd. Right at third signal, Stanley Blvd. Left at first signal, Wall Street. School is on the left, drive past the school to the main parking lot.
- **West on I-580** – From Sacramento take I-5 South (past Stockton) and exit I-205 West to Tracy which becomes I-580. Exit at North Livermore and turn left to go over the freeway. Turn right on Portola. Turn left at Murrieta Blvd. Turn right on Stanley Blvd. Turn left on Wall (first stop light). School will be on the left side of the street after passing a long field. Enter the second parking lot and drive to the back of the school where the track is located

Pacific Association USATF
Region 14 Championships
Friday July 11, 2008

Day 1:

Field Events: 4:00 p.m.

<u>Long Jump</u>	<u>Intermediate Girl, Young Women</u>
<u>Hammerthrow</u>	<u>Intermediate Girl, Young Women</u>

Field Events: 5:00 p.m.

<u>Long Jump</u>	<u>Intermediate Boy, Young Men</u>
<u>Hammerthrow</u>	<u>Intermediate Boy, Young Men</u>

Track Event: 5:00 p.m.

<u>Steeplechase</u>	<u>Intermediate Girl, Young Women</u>
<u>Steeplechase</u>	<u>Intermediate Boy, Young Men</u>

**Early packet pick up at Laney College
4:00 – 6:00 pm**

Pacific Association USATF
Region 14 Championships
Saturday July 12, 2008

Day 2:

Field Events

**9:00 am
12:00 noon***

Event	Age Group	Event	Age Group
Long Jump	Bantam	Shot Put	Youth Girl
Long Jump	Youth	Shot Put	Youth Boy
Long Jump	Midget	Shot Put	Midget Girl
High Jump	Youth Girl	Shot Put	Midget Boy
High Jump	Youth Boy	Shot Put	Bantam Girl
High Jump	Intermediate Girl	Shot Put	Bantam Boy
High Jump	Intermediate Boy	Shot Put	Intermediate Girl
High Jump	Young Women	Shot Put	Intermediate Boy
High Jump	Young Men	Shot Put	Young Woman
Mini Javelin	Midget Girl	Shot Put	Young Men
Mini Javelin	Midget Boy	Javelin	Youth Girl*
Mini Javelin	Bantam Girl	Javelin	Youth Boy
Mini Javelin	Bantam Boy	Javelin	Intermediate Girl
Pole Vault	Youth Boy	Javelin	Intermediate Boy
Pole Vault	Intermediate Boy	Javelin	Young Women
Pole Vault	Young Men	Javelin	Young Men

Track Events

Event Time	Age Group	
5000 meter run Finals	Young Men	9:00
3000 meter run Finals	Midget through Young Women	9:30
200m Dash Trials	Bantam through Young Men	10:30
1500m RW Finals	Bantam, Midget	11:00
3000m RW Finals	Youth, Intermediate, Young Women/Men	11:30
800m Run Finals	Bantam through Young Men	12:30
200m Dash Finals	Bantam through Young Men	1:30
80m Hurdle Trials	Midget	2:00
100m Hurdle Trials	Youth Girl, Intermediate Girl, Young Women	2:15
100m Hurdle Trials	Youth Boy	2:30
110m Hurdle Finals	Intermediate Boy, Young Men	2:45
400m Dash Finals	Bantam through Young Men	3:00

We have the option of starting an event up to 30 minutes early if possible.

Pacific Association USATF
 Region 14 Championships
 Sunday July 13, 2008

Day 3:

Field Events

9:00 am

Event	Age Group	Event	Age Group
Discus	Midget Girl	Triple Jump	Intermediate
Discus	Midget Boy	Triple Jump	Young Women / Men
Discus	Youth Girl	High Jump	Bantam Girl
Discus	Youth Boy	High Jump	Bantam Boy
Discus	Intermediate Girl	High Jump	Midget Girl
Discus	Intermediate Boy	High Jump	Midget Boy
Discus	Young Women	Pole Vault	Youth Girl
Discus	Young Men	Pole Vault	Intermediate Girl
Triple Jump	Youth	Pole Vault	Young Women

Track Events

1500 meter run finals	Bantam through Young Men	9:00
100m Dash Trials	Bantam through Young Men	10:00
200 meter hurdle finals	Youth	10:30
400 meter hurdle finals	Inter Girl/Yng Women, Inter Boy/Yng Men	10:45
4x100 meter relay finals	Bantam through Young Men	11:00
4x800 meter relay finals	Midget through Young Men	11:45
80 meter hurdle finals	Midget (boys only)	12:45
100 meter hurdle finals	Youth Girl	1:00
100 meter hurdle finals	Intermediate Girl only (no YW, no YB)	1:15
110 meter hurdle finals	Final run on Saturday	
100 meter dash finals	Bantam through Young Men	1:30
4x400 meter relay	Bantam through Young Men	2:00

We reserve the right to start an event up to 30 minutes early if possible. Therefore please check in at first call to prevent any problems. We will not reinstate athletes after that athlete has been eliminated. Please remember this when gauging your track meet and event arrival times.

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 and 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
Fighting – purposeful conflict between one or more persons, often involving violence and intended to establish dominance over the opposition.	1 year suspension and/or removal from the Association
Verbal Threats – 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	
Profanity – vulgar or irreverent speech or action	1 st – warning 2 nd – 30-day suspension 3 rd – 1-year suspension
Cheating – 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
Theft – wrongful taking of someone else's property without that person's willful consent. A crime against property	Removal from Association

Taunting – 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
Drugs / Alcohol – 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
Unauthorized people on the field – athletes, coaches, parents on the infield after the beginning of the first competition	30-day suspension
Disrespect of Officials – 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

Eligibility Violations: Violates the rules of eligibility for Athletics

Definition of Behavior	Minimum Consequences
Recruitment of athletes from registered clubs – 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)

(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: _____

Time: _____

Subject:

Team: _____ Official: _____

Official: _____

Coach: _____ Parent: _____

Parent: _____

Complaint: _____

Prepared by: _____ Date: _____

Date: _____

Phone # ()

Witness by:

Date: