



# Pacific Association USATF Championships

Sunday, May 25<sup>th</sup>, 2008

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://www.pausatf.org>. Memberships will also be on sale the day of the meet.

**Entry Form:** Entries begin April 25, 2008. USATF web-based entry form is available at <http://www.pausatf.org>. If you have questions regarding entries contact Al Hernandez at (510) 651-3162 or email: [runalrun@yahoo.com](mailto:runalrun@yahoo.com)

**Entry Fees:** On-Line Preregistration: \$15.00 per event if entry is received by 7:00 p.m. Thursday,

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.

May 22, 2008, payable by credit card. No telephone, mail, or fax entries.

**NOTE:** *Masters and high school athletes will use and compete with open implements in the field events and run the same heights and spacing as open athletes in the hurdle events.*

- 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 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](mailto: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 **2005 IAAF Scoring Table**.
- Prize money will be also be awarded to the top scorers in the PA Championship meet, using the same 2005 IAAF scoring tables (with further details to be posted at pausatf.org).
- Complete rules for the PAUSATF Grand Prix can be found at [pausatf.org](http://pausatf.org) under Track and Field.



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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 PM ..... Men Discus Throw  
Follows men's ..... **Women** Discus Throw

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

2:00 PM ..... Men 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