



NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)

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CLUB ID

USATF #: 109
CALIFORNIA CORPORATION #: 1275994

CALIFORNIA NON-PROFIT #: CT-61086



Ray Yeck at Los Gatos

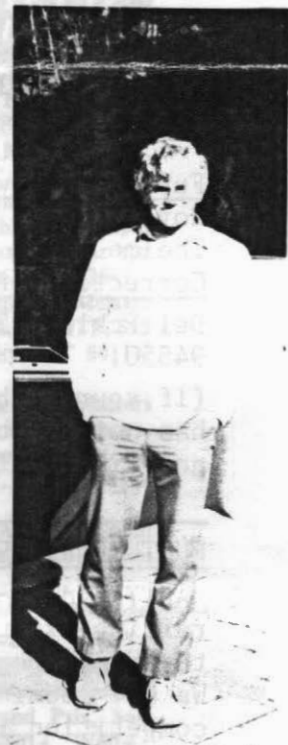


Ray at the 1992 Masters Nationals

By the Editor, J. Kolda--

RAY YECK, born June 26, 1948, joined the NCSTC in 1991. He has traveled often and extensively for the club, always giving a good account of himself. He has quietly and unselfishly helped in many ways to promote the success of a masters' track meet--such as, providing entry forms for printing in the newsletter or giving to athletes, stepping in at the finish line where officials were needed, attending club executive committee meetings, doing research, and attempting to represent the club at PA/TAC (now PA/USATF) committee meetings. Through his efforts, the club was provided with the 1993 update of the PA/USATF By-Laws, pertinent parts of which are printed at the end of this newsletter. (Anyone interested in representing the club on some of these committees should contact Ed Manougian, so he can notify the appropriate committee chairman.) Ray has said he wants to help provide opportunities for masters.

After Ed Seese notified the club in November 1992 of his intention to resign from NCSTC at the end of the year, Ray graciously accepted the appointment to replace Ed Seese as a club representative at whatever T&F committee meetings were proposed within PA/USATF as available to our club membership. Ray has just given us an enthusiastic report of the May 22 Visalia Classic Masters track meet. Incidentally, Ray won his division of the 200M with a 25.32, and was second in the 100M with 11.9. He expressed



Peter Todd

(cont. on p.2)

Martinez to Port Costa
Brick Yard Run

Luka Sekulich, Director
1485 Darlene Drive
Concord, CA 94520

Ken Carnine T&F Classic

Michael Ackley, Director
4649 Oakbough Way
Carmichael, CA 95606

Dick Houston Memorial
Woodminster Run

Gail Wetzork, Director
3452 Capella Lane
Alameda, CA 94501

NCSTC T&F CLASSIC

Mark Grubi, Director
P.O. Box 424512
San Francisco, CA 94142-4512

(cont. from p. 1)

great appreciation for the Bob Higginbotham organization and directorship of the Visalia meet. It was held on a new all weather eight lane track, the treatment of the athletes and officials (who were plentiful and good) was commendable, and the local doctors and merchants supporting the meet provided comfort and food and beverages for both athletes and officials. Bob Higginbotham's Visalia meet has always been remembered for it's community interest and organization; it had been discontinued a few of the past years, and then revived this year to satisfy an increasing need to serve masters.

Thank you for your many contributions, Ray, and your continued friendly help.

WELCOME NEW MEMBERS:

BUDLONG, PETER (born April 8, 1943), 200 Ramona Ave, El Cerrito, CA 94530, recruited by Bob Fuller, joined in January 1993 (we apologize for not listing your name sooner). His past experience has been Varsity base ball, 12 years of LDR, but he is interested in T&F Sprints. He is a New Bridge Foundation Adm. Dr. Phone, (510/527-0606).

THOMAS, BOBBY (born June 15, 1935), 7589 MacFinley Way, Sacramento, CA 95828). He works for Lucky Store (Warehouseman), and is interested in sprinting. Phone--Hm (916/682-8563) WK (707/446-5900). He ran track in high school.

Further renewals:

Roy Acoff
Thelma Rubin

Correction of Address:

Del Eckles, 5382 Bianca Way, Livermore, CA 94550.

(If your membership application or renewal has not yet been processed, we apologize and will include it in the next newsletter.)

FURTHER REPORTS--

MARTYN Adamson took an exciting 19 mile rafting excursion with a team of four down the Grand Canyon the weekend of May 15-16. We are looking forward to Martyn's 200M competition in a 50+ 200M at the Bruce Jenner in San Jose, this May 29. Two years ago at that meet he defeated the World Champion, Ken Dennis. Recent training was 24.2.

JOHN Burns was invited to the May 16 Stanford Javelin competition of the Mizuno T&F Meet. He reported a best throw for his age group.

LUIS Gamez, one of our newest members, gave us some interesting information on his background. He was a X-Country runner for the Navy (he left the Navy Dec. 31, 1991--won the Navy Finals in Guam). He ran a 2:45 1992 L.S. Marathon, a third; he was fourth in the Bears' Lair Aztec 5K (1992), 5th or 6th Open Class Strawberry Canyon run; and he was ranked in the top ten for 1992.

RUTH Anderson, placed 7th in a Lincoln Nebraska marathon, 4:13:16, and won her 60+ May 2 effort. She left May 23 again for the Isle of Man 40 mile race. She will run a 25K June 20 in Belgium, and be back June 23.

MEL Shine, who plans to be "in both the Hit the Road Jack and Fujitsu runs" reported an article on his new record of 1:44:03 in the 10-mile 80+ division of the Pear Blossom Run. The local Medford sports editor cited his advice to a woman in the race on how to run-- "I told her she was wasting a lot of energy going up and down instead of just going forward with her energy. She listened and started doing that. The next thing I knew, she took off and left me."

KIT PICKLES and THELMA RUBIN plan to take part in helping for the San Francisco Marathon, July 18. Thelma's daughter, Katie, will be running in it.

The National Masters News showed Richard Martin to be the M50-54 Discus winner (85-7) at the Palm Springs Senior Olympics Feb. 13-14.

Other results shown in the NMN were:

BOB STONE, winner of the M70 Hammer (85-7) and Weight throw (23-4½ March 13 Stanford U. Throws Series #13.

The NMN showed the following club members in the 50-Plus Fitness 8K, at Stanford, CA, March 21:

M60 Richard Laine 34:34 (5th)
 M65 Robert Malain 33:36 (2nd)
Ray Stewart 34:12 (3rd)
 W50 Jutta McCormick 35:12 (4th)
 W70 Jaclyn Caselli 45:11 (1st)

The March 27 River City Spring Festival, Sacramento, showed:

Martyn Adamson, M50, 1st (7.40) 60M, 1st (12.19) 100M, 1st (25.41) 200M, 1st (56.77) 400M;

Ray Yeck, M40, 2nd (12.48) 100M, 2nd (25.24) 200M;

Roger Werne, M45, 1st (12-6) Pole vault;

Mike Garzillo, M30, 2nd (12-0) Pole vault;

Mike Orlich, M65, 1st (38-4) Shot, 1st (115-6) Discus;

Bob Stone, M70, 2nd (14-2) Shot, 1st (78-1)

Discus, 1st (81-7) Hammer, and 1st (22-8)

Weight Throw;

Jim York, M75, 2nd (25-9) Shot; 1st (21-8) Wht. Throw;

Fennis Rietz, M55, 1st (115-3) Discus,

1st (96.5) Hsammer, 1st (86-10) Javelin;

Bob Ulsh, M85, 1st (63-2);

Ed Mahany, M60, 2nd (36:52) 5000M Racewalk.

Your competition results will be most welcome. Please send them early before you forget.

The next Executive Committee meeting will be held Thursday, June 10, 7:30 p.m., at President Ed Manougian's home, 1517 Summit Rd., Berkeley, CA 94708. Summit Road is a short one and one-half block street, west off Grizzly Peak Boulevard, one block northwest of the intersection of Grizzly Peak Blvd and Centennial Blvd (Centennial comes up from Strawberry Canyon and past the cyclotron). The agenda will include sweat suits, singlets and the September 12 NCSTC Classic. The TAC sanction and general liability insurance certificate have been obtained for this meet. Please let Ed know if you will be attending (510/843-9247). What is your opinion about supporting the masters movement and opportunities?

* * * * *

Upcoming LDR Grand Prix Schedule PA/USATF

June 27 Class 5 Fitness Mother Lode Mile, all divs., Sonora, 7 a.m.

Mike Sullivan (209)532-1910 1.5 pt.

July 18 San Francisco Marathon, Masters LDR chmpshp, (916)983-4622 or (415)391-2123

In the 50+ 8k Championship at Stanford, March 21, Jaclyn Caselli, was the first 70+ division Veteran Champion, this division now being added to the Grand Prix competition.

Ultra Grand Prix Standings for the Pacific Association show Dick Collins as 6th Senior Man, Joan Szarfinski as 3rd Senior Women, Richard Laine as 2nd Senior Man, and Ruth Anderson as 2nd Super Senior Woman.

FROM NATIONAL MASTERS NEWS:
UPCOMING T&F MEETS

TRACK & FIELD NATIONAL

June 12-18. U.S. National Senior Sports Classic Senior Olympics, New Orleans. 55+. USNOSO, So. Outer Forty Dr., Ste. N360, Chesterfield, MO 63017. 314/878-4900.

July 10-11. USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 11-14. USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

September 25. USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 815/338-2880.

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia, Mo.

August 11-14, 1994. USATF National Masters Championships, Eugene, Ore.

Arizona, California, Hawaii, Nevada

May 29. Bruce Jenner Grand Prix, San Jose, Calif. 100m-M60+, M70+, W40+; 200m-M50+; 400m-M40+; Bruce Springbett, 408/354-7333. 1500m-M40+, Jim Hampton, 415/573-8943.

May 30. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Matt McCormick, 714/586-9942(h).

June 4-6. Sacramento Senior Games. 55+. Alan Boyd, 6005 Folsom Blvd., Sacramento, CA 95819. 916/277-6094.

June 5. Stanford U. Throws Series #16, Angel Field. 9 a.m. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

June 5. Arizona Masters Invitational, Tempe. McClintock HS, May 29 deadline. Checks to Arizona USATF, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257.

June 6. Pasadena Senior Games, Occidental College, Los Angeles. 50+. Christel Miller, director. Cynthia, 818/795-4331.

June 12. USATF/Pacific Open and Masters Championships, Los Gatos HS. Willie Hartz, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030. 408/354-7365; 354-5660.

June 19. SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

June 24-August 5. Los Gatos Summer Meets. Every Thursday, 5 p.m., LGHS. Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95030. 408/354-7333.

June 26. SCA/USATF Championships, UC Irvine, Calif. Marvin Thompson, 213/662-1062.

July 11. Trojan Masters Classic, USC, Los Angeles. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818/917-6289.

July 31-August 1. USATF West Regional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, LAPOC, 2301 Hyperion Ave., Ste P, Los Angeles, CA 90027-4711. 213/662-1062.

September 12. Northern California Senior T&F Classic, U.C., Berkeley. 30+. Mark Gruhi Dir. P.O. Box 424512, San Francisco, CA 94142-4512. 415/285-3352.

September 12. Sri Chinmoy Masters. CSU-

LONG DISTANCE RUNNING NATIONAL

June 27. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Mick Midkiff, 32 Summit Rd., Riverside, CT 06878. 203/324-9822.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 17. USATF National Masters 15K Cross-Country Championships, Memphis, Tenn. John Harwick, Memphis Runners TC, 901/722-0378.

October 31. USATF National Masters 10K Cross-Country Championships, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207. 502/897-3772.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

HAYWARD CLASSIC USA Track and Field Masters Northwest Regional Championships



Hosted by OREGON TRACK CLUB MASTERS
Sponsored by VALLEY RIVER CENTER
City of Eugene. City of Springfield and Valley River Inn



July 17 & 18, 1993 Hayward Field University of Oregon Eugene, Oregon

Host to 3 Olympic Trials, the 1964 & 1987 U.S. National Masters Track & Field Championships and the 1989 VIII World Veterans' Championships

ENTRY FEES: \$10 1st event (NO T-shirt); \$5 2nd event; \$2 each additional event. 7 event limit. Relays free to meet participants.

ENTRY DEADLINE: Postmarked by Wed., July 7, 1993
LATE ENTRY: \$10 surcharge when space is available; must register 60 minutes before event starts.

T-SHIRTS: 100% cotton, short sleeve — \$7.50
FACILITY: All-weather track & runways (maximum 1/4" spikes allowed)

LOCKER ROOMS: Space available in Bowerman Building. Bring towel.

DIVISIONS: Five-year age divisions for M and W, age 30 and over

RELAYS: Must wear same tops. 10-year age groups; for championship medals, must be from same club or organization, registered with an association belonging to Northwest region.

MEET HEADQUARTERS: Valley River Inn, 1000 Valley River Way, Eugene. Take exit 194B off I-5, go west on I-105, follow signs to Valley River Center. Free shuttle available to Hayward Field. Special rates for athletes—book early to ensure room; mention Hayward Classic (1-800-543-8266).

PACKETS: Available at Valley River Inn Friday, July 16, 8:00-9:00 p.m., and at Hayward Field at 7:00 a.m., July 17.

AWARDS: Championship medals for 1st, 2nd, 3rd; ribbons for 4th, 5th, 6th; USA T&F members from other regions will receive Hayward Classic medals.

RECEPTION: Sponsored by Valley River Inn; no-host bar, Saturday, 6:00-7:30 p.m., Valley River Inn.

SCHEDULE OF EVENTS		
All times listed are tentative and approximate.		
Saturday, July 17		
TRACK	TIME	FIELD
10000 meters W and M	9:00	Long Jump (2 pits) West Pit M 30-59 East Pit W and M 50+ Javelin M 30-59
5000 meter Racewalk W and M	10:15	
2000 meter Steeplechase	11:00	Javelin W and M 60+
3000 meter Steeplechase	11:20	
	12:00	Pole Vault (2 runways) Red Pit W and M 50+ Green Pit M 30-49
High Hurdles	12:15	
100 meters	12:45	
	1:00	Shot Put (2 rings) South Ring W and M 65+ West Ring M 30-54
400 meters	1:30	
1500 meters	2:15	
1600 meter Relay	2:45	
Sunday, July 18		
5000 meters	8:30	Discus W and M 60+ High Jump M 30-59
Intermediate Hurdles	10:00	
800 meters	10:30	Discus M 30-59 High Jump W and M 60+
Mile Racewalk*	11:00	
200 meters	11:20	
	12:00	Triple Jump All Hammer All
3000 meters* W and M	12:30	
400 meter Relay	12:50	
3200 meter Relay	1:20	

ALL EVENTS OPEN TO BOTH MEN AND WOMEN
In general, women must compete before men, older before younger. Entrants must check in at least 60 min. before event is scheduled to start. All implements will be WAVA metric standards and must be checked in at least 90 min. before the event.
*The mile racewalk and 3000 meters are not USA T&F championship events. Hayward Classic medals will be awarded.

PLEASE PRINT Northwest Regional USA T&F Masters Championships — All competitors must be USA T&F Members

Name _____ Birthdate: ____/____/____
Address _____ Age (as of 7/17/93) _____
Male _____ Female _____

Phone (____) _____ Club Affiliation (if any) _____ USA T&F # _____

EVENTS (Select 1-5) **T-SHIRT — \$7.50 (check one)** **RECEPTION: Plan to attend?**
1. _____ small med YES NO Number _____
2. _____ large x-large

ENTRY FEE:
1 EVENT \$10 4 EVENTS \$19
2 EVENTS \$15 5 EVENTS \$21
3 EVENTS \$17 ETC.
ENTRY TOTAL → \$ _____
T-SHIRT @ \$7.50 → \$ _____
TOTAL → \$ _____

I WOULD LIKE TO RUN THESE RELAYS: (Teams to be decided by noon)
400 METER _____ 1600 METER _____ 3200 METER _____

Event changes will not be permitted after registration.
I waive all rights (that) or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Sign: _____ Date: _____
Send entry with check to: Oregon Track Club Masters, c/o Tomphey Sheley, 2748 Agate Street, Eugene, OR 97403. (503) 343-4610 or 896-3210.

November 20. USA T&F National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

Arizona, California, Hawaii, Nevada

May 2. Avenue of the Giants Marathon, Weott, Calif. Gaye Gilchrist, 6 Rivers TC, 281 Hidden Valley Rd., Bayside, CA 95524. 707/443-1226.

May 8. Southern California Hillsea 7.57 Mile, Huntington Beach, Calif. Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-3417.

May 16. S.F. Examiner Bay To Breakers 12K. Masters money. Athletes Coordinator, P.O. Box 7260, San Francisco, CA 94120. 415/777-8743.

May 29. Mt. Wilson Trail Race (approximately 8.6 miles). Donna Harriman, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. 818/355-7135.

June 5. Fontana Days Half-Marathon/5K. Masters money. Barbara Smith, Fontana Community Services, 9460 Sierra Ave., Fontana, CA 92335. 714/350-7636.

June 6. Gardena 5000, Gardena, Calif. Also separate masters invitational, Masters money. Sonny Monioz, 310/324-7085, or Merle Heimberg, 310/464-8654.

June 6. Westlake Florist 5K/10K. Hyatt Westlake Plaza, 7:30 a.m. Kathy Panteles, 31800 Langspur Ct., Westlake Vill., CA 93161-4120.

June 12. Palos Verdes Marathon. Patricia Gill, P.O. Box 2856, Palos Verdes, CA 90274. 213/377-6707.

June 26-27. Western States 100 Mile, Squaw Valley, Calif. Helen & Norm Klein, 11139 Mace River Court, Rancho Cordova, CA 95670. 916/638-1161.



Welcome to the NEW Seattle Masters Track & Field Classic!
(the old Senior Sports Festival)

Track & Field Events: June 5th, West Seattle Stadium
Throwing Events ONLY: June 6th, U. of W. Stadium

The 1993 Senior Sports Festival/Seattle Masters Track & Field Classic extends a personal invitation to you to participate in a two day track & field meet. This event is sanctioned by the Pacific Northwest Track & Field, (PNT&F), and the United States of America Track & Field, (USAT&F).

In the spirit of competition and good sportsmanship, we wish everyone the best of luck and hope you enjoy the 1993 Seattle Masters Track & Field Classic.

ELIGIBILITY: Open to men and women who do not gain livelihood from competing in the sport entered. Note the age eligibility below.

AGE DIVISION: Age divisions for competition are in five year sets beginning at age 30. Age Division is determined by your age as of June 5, 1993. The Seattle Masters Track & Field Classic reserves the right to combine age categories or to cancel events due to lack of participation.

ENTRIES: Day of registration only beginning at 8:00 a.m. both Saturday and Sunday. Implement weigh-ins will be held at 8:00 a.m. on Sunday morning at the University of Washington Stadium. No mail or phone-in entries accepted!

ENTRY FEES: \$5.00 for the first event and \$3.00 for each additional event(s). Payment will be collected at the Registration area on both Saturday and Sunday. Meet results will be mailed to you directly for a fee of \$1.00. Checks should be made payable to the "Senior Adult Advisory Council".

AWARDS Gold, Silver and Bronze medals will be presented to the first, second and third place winners respectively immediately after the finish of each event.

EQUIPMENT: Participants are required to supply equipment for events entered. All equipment must meet specifications set by the governing body USAT&F. Lockers and shower facilities are not available.

GENERAL INFORMATION:

- Participants may compete in as many events as desired.
- Warm-up for field events begins 30 minutes prior to event time.
- High jump and pole vault bars will be set at the lowest height asked for, then moved up from there. Once competition begins, the bar will not be lowered but will increase upon athletes' request.
- All field events, except high jump and pole vault, will include three preliminary attempts and three final attempts.
- No flat throws allowed in javelin.

PLEASE NOTE CHANGE: Day of registration only beginning at 8:00 a.m. each day.

Track & Field Event Schedule

Saturday June 5 Registration begins at 8:00 a.m. West Seattle Stadium
 35th S.W. & S.W. Snoqualmie

Field Events:

9:30 am	Pole Vault
10:30 am	Long Jump
10:30 am	High Jump
Follows Long Jump	*Triple Jump

Track Events:

9:00 am	5,000M Run
10:45 am	400M Dash
11:00 am	1,500M Racewalk
11:30 am	3,000M Racewalk
12:00 pm	80/100/110M Hurdle
12:15 pm**	100M Dash Preliminaries
12:45 pm	1,500M Run
1:15 pm	100M Dash Finals
1:30 pm	4 X 100M Relay
1:45 pm	800M Dash
2:30 pm	200M Dash
Follows 200M Dash	4 X 400M Relay

* The Triple Jump will begin 30 minutes after the conclusion of the Long Jump.
 ** Note: If there are eight or less in any age group, the final will be held at 1:00pm



Throwing Event Schedule

Sunday June 6 Registration begins at 8:00 a.m. University of Washington
 Implement Weigh-in at 8:00 a.m. Husky Stadium

8:00 am	Implement Weigh-In
9:00 am	*Hammer Throw
10:00 am	*Javelin
12:00 pm	*Shot Put
1:00 pm	*Discus

* Events will be conducted consecutively. These times are approximate. The next event will begin 30 minutes after the completion of the previous event.

PLEASE NOTE CHANGE: Day of registration only beginning at 8:00 a.m. each day.

PACIFIC ASSOCIATION OF USA TRACK & FIELD

ARTICLE 4. OFFICERS OF THE PACIFIC ASSOCIATION

The officers of this Association shall be:

- <a> President
- Vice-President
- <c> Treasurer
- <d> Secretary

ARTICLE

1. Name
2. Authority of this Association
3. Constituency of the Pacific Association
4. Officers of the Pacific Association
5. Election of the Officers
6. Duties of the Officers
7. Executive Director
8. Board of Directors
9. Board of Athletics
10. Sport Committees
11. Athletes Committee
12. Officials Committee
13. Coaches Committee
14. Committee for the Disabled
15. Administrative Committees
16. Grievance Procedures
17. By-Law Amendments
18. Conflict of Interest
19. Saving Clause
20. Dissolution
21. Adoption

ARTICLE 5. ELECTION OF OFFICERS

<a> Each officer shall be elected to office biennially, for the term beginning in January of each even numbered year. No person shall serve in the same office for more than two successive two-year terms. There shall be no order of succession to any office. In the event an officer resigns or is unable to serve, the Board of Directors shall name a successor for the unexpired term as soon as possible.

 Nominations will be accepted from the floor at the two Board of Athletics' meetings which precede the election meeting, regardless of the presence of a quorum.

<c> At the close of nominations if there is more than one candidate for a particular office, the Executive Director shall mail ballots to every member of the Board of Athletics at the address of record with the request that the ballots be returned before the election meeting. The Executive Director shall handle all ballots with regard for their confidentiality and present the unopened ballots for tabulation at the election meeting.

<d> The election of officers shall be conducted by mail by members of the Board of Athletics. All ballots received by the Executive Director prior to or at the time fixed for elections on the agenda for the election meeting of the Board of Athletics in each odd-numbered year shall be counted. The candidate who receives the greatest number of votes for each office shall be selected to that office. The election shall be held at the time fixed regardless of the presence of a quorum.

ARTICLE 1. NAME

The name of this organization shall be the Pacific Association of USA Track & Field. The policy making body of this Association shall be the Board of Athletics.

ARTICLE 6. DUTIES OF THE OFFICERS

The officers shall perform the following duties and any other duties prescribed by the Board of Athletics or Board of Directors:

<a> President:

The President shall preside at all meetings of the Directors and the Board of Athletics, and shall be a non-voting ex officio member of all committees. Subject to the direction of the Board of Athletics, the President shall oversee the affairs of this Association.

 Vice-President:

The Vice-President shall be a non-voting ex officio member of all committees and, in the case of disability of the President, shall also perform the duties of that office until a successor is named.

<c> Treasurer:

The Treasurer shall:

<1> Keep or cause to be kept a correct and complete record of accounts, showing accurately at all times the financial status of this Association.

<2> Be responsible for the accounting and security of all funds, notes, securities, and other assets of this Association.

ARTICLE 2. AUTHORITY OF THIS ASSOCIATION

a) This Association shall be the local governing body for the sport of Athletics in the Pacific Association area and shall exercise all powers appropriate thereto, including the following:

<1> Represent the Pacific Association within USA Track & Field

<2> Serve as the coordinating body for all amateur athletic activity, including the conduct of championship events, in the sport of Athletics in the Pacific Association area.

b) The Board shall be governed by the By-Laws of USA Track & Field, whose definitions are incorporated by reference herein, and these By-Laws.

c) The fiscal year of this Association shall be from January 1 to December 31.

ARTICLE 3. CONSTITUENCY OF THE PACIFIC ASSOCIATION

The constituency of this Association shall consist of Clubs, Athletes, Officials, Coaches, Trainers, Individuals, and such Sports Organizations as may be recognized by the Congress. To become a constituent, each group and individual entity shall apply for membership in writing to the Association. Membership shall be effective upon acceptance by the Association, and may be renewed annually, upon payment of the applicable fees and compliance with designated procedures.

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- <3> Deposit, or cause to be deposited, all funds of this Association, with such depositories as the Board of Athletics shall designate.
 - <4> Furnish at meetings of the Board of Athletics, or whenever requested, a statement of the financial condition of this Association.
 - <5> Report at least quarterly to the Board of Athletics the current balance in the account of each sport committee.
 - <6> Prepare, or cause to be prepared, an annual budget to include the anticipated income and expenses of this Association, and submit such budget to the Board of Athletics prior to the last regularly scheduled meeting of each fiscal year.
 - <7> Perform, or cause to be performed, an audit of the financial records of this Association as may be directed by the Board of Athletics.
 - <8> File, or cause to be filed, annual tax returns.

<d> Secretary:

The secretary shall keep or shall cause to be kept all records of this Association, and all minutes of meetings of this Association, Board of Directors and Board of Athletics; and, in general, shall perform all duties normally pertaining to the office of Secretary.

ARTICLE 7. EXECUTIVE DIRECTOR

- <a> The Board of Directors may hire or contract for the services of an Executive Director who shall be responsible to the Board of Directors, and who shall be overseen by the President.
- The Executive Director shall have the following duties:
 - <1> Conduct the office operations of this Association.
 - <2> Appoint and supervise such additional staff persons as may be authorized by the Board of Directors.
 - <3> Maintain the records of the Association, including current membership and financial records.
 - <4> Disburse such funds as may be authorized by the Treasurer, Board of Directors, Board of Athletics, or other proper authority.
 - <5> Serve as a non-voting ex officio member of the Board of Directors. If the Executive Director is not otherwise a member of the Board of Athletics, the Executive Director shall serve as a non-voting ex officio member of the Board of Athletics.
 - <6> Implement the strategic plan.
 - <7> Such other duties as may be prescribed by these By-Laws or by the Board of Directors.

ARTICLE 8. BOARD OF DIRECTORS

- <a> The Board of Directors shall be composed of the following:
 - <1> The President, Vice-President, Treasurer and Secretary of the Association.
 - <2> The Immediate Past President of the Association as an ex-officio member.
 - <3> Athlete Members will comprise at least 20% of the Board of Directors. The chairman of the Athletes Committee will be one of these members. Other athletes will be elected by the Athletes Committee at their annual meeting by a majority vote of the members present regardless of the presence of a quorum.
- The Board of Directors shall be responsible for reporting annually to the Board of Athletics on the status of the strategic for this Association.

<c> The Board of Directors shall be responsible for preparing the annual budget for approval to the Board of Athletics.

<d> The Board of Directors shall perform the duties of the Board of Athletics between meetings of the Board of Athletics and such duties as may be directed by the Board of Athletics, and shall, unless otherwise provided in these by-laws, perform the duties normally performed by the Board of Directors of a not for profit corporation organized in accordance with the laws of the State of California.

<e> All action taken by the Board of Directors shall be reported to the Board of Athletics at the next regularly scheduled meeting of the Board of Athletics.

<f> At least one meeting shall be held each year, normally between meetings of the Board of Athletics, as determined by the Board of Directors. Meetings notices shall be mailed, along with the agenda and minutes of the previous meeting, no later than seven (7) days prior to the scheduled date of each meeting.

<g> At the discretion of the President, meetings may be conducted by phone.

<h> A majority of the members shall constitute a quorum.

ARTICLE 9. BOARD OF ATHLETICS

<a> The Board of Athletics shall be composed of the following, of whom at least twenty per cent (20%) shall be athlete members of this Association:

- <1> The President, Vice-President, Treasurer and Secretary of this Association.
- <2> The Immediate Past President of this Association.
- <3> The elected athlete members of the Board of Directors.
- <4> The Chairperson of each Sport Committee.
- <5> The Chairperson of the Athletes Committee.
- <6> The Chairperson of the Officials Committee.
- <7> The Chairperson of the Awards Committee.
- <8> The Chairperson of the Membership Committee.
- <8> The Chairperson of the Marketing Committee.
- <9> The Chairperson of the Media Committee.
- <10> The Chairperson of the Committee for the Disabled.
- <11> Representatives of Athletic Clubs, elected through each of the sport committees on the basis of one member for each five <or fraction thereof> Athletic Clubs. An Athletic Club shall have for this purpose at least three registered athletic members of this Association who compete in the discipline of the electing sport committee
- <12> Representatives of Sporting Organizations and Clubs that have less than three registered members, on the basis of one representative for every five <or fraction thereof> such groups.
- <13> Representatives of athlete members, elected the Athletes Advisory Committee on the basis of one member for each four hundred <or fraction thereof> athlete members of this Association.
- <14> Representatives of Officials, elected by the Officials Committee on the basis of one member for each fifty <or fraction thereof> officials certified by this Association.
- <15> Four representatives of the Coaches Committee.
- <16> Representatives of Amateur Sports Organizations which are members Nationally of The Athletics Congress, on the basis of one member for each such member organization.
- <17> Not more than five members at large, appointed by the President.
- <18> Additional Athlete Members, elected by the Athletes Advisory Committee, in order to insure twenty percent <20%> of the Board of Athletics are athletes.

 The Board of Athletics shall establish policy for this Association, shall adopt a budget for this Association for each fiscal year, including the setting of all fees, and shall at least every Olympiad adopt a strategic plan for this Association.

<c> At least five meetings shall be held each year, normally every two <2> months as determined by the Board of Athletics Meeting notices shall be mailed, along with the agenda and minutes of the previous meeting, no later than seven <7> days prior to the scheduled date of each meeting.

<d> The agenda for each meeting of the Board of Athletics shall be prepared by the President and the Executive Director. Any member of the Board of Athletics may submit proposed agenda items to the Executive Director not later than fifteen days prior to the scheduled date of each meeting.

<e> A quorum for meetings shall consist of at least ten members, present and voting. No member may vote in more than one capacity and no voting by proxy shall be permitted.

<f> Questions of order shall be decided in accordance with the most recent edition of Roberts Rules of Order unless provided otherwise in these By-Laws.

ARTICLE 10. SPORT COMMITTEES

<a> The following shall be the sport committees for this Association:

Men's Long Distance Running	Master's Long Distance Running
Women's Long Distance Running	Master's Track & Field
Men's Track & Field	Youth Athletics
Women's Track & Field	Race Walking

 Each sport committee shall have one member named by each member club and each member amateur sports organization which has at least five registered athlete members of this Association who compete in the discipline of the sport committee. Except for the Youth Athletics Committee, should athlete members not constitute twenty percent <20%> of the committee membership, the Chair of the committee shall appoint additional athlete members sufficient to achieve twenty percent <20%> athlete membership of the committee. The Youth Athletics Committee shall include at least two athlete members who are actively competing in Youth Athletics.

<c> Each committee shall hold an annual meeting of its membership upon call by the committee chair, with additional meetings as may be needed. Notice of each meeting, along with the agenda and minutes of the previous meeting shall be mailed to all committee members no later than seven <7> days prior to the meeting date. A quorum shall consist of at least fifty percent of the total membership at any given time, or five members.

<d> The term of members of all committees shall be two <2> years. No appointment to a committee shall be effective until the (Secretary) Executive Director is formally notified of same by the Chair of the committee. Each committee shall annually elect the number of representatives to the Board of Athletics which it is entitled to elect.

<e> The Chair of each committee shall be elected at the annual meeting of the same year in which the Officers of this Association are elected, and not later than September 31. The committee may fill vacancies in any of said positions at any meeting of the committee.

<f> Each committee shall establish operating policies and procedures written so as to secure effective administration of committee functions without depriving the membership of their rights of participation in all committee actions.

<q> Each Committee shall recommend fees and a list of other criteria for sanctions of all athletic competitions and activities falling within their jurisdiction, and present this to the Board of Athletics. Sanctions are issued by the Executive Director or his designee.

<h> Each committee shall prepare its proposed budget for each fiscal year and transmit it to the Treasurer at a time set by the Treasurer for submission to the Board of Athletics. It shall deposit all funds with the Executive Director and designate the individual to approve disbursement by the Executive Director of funds within the committee's budget.

<i> Each committee shall conduct or cause to be conducted all championships appropriate to their jurisdiction.

ARTICLE 11. ATHLETES COMMITTEE

<a> The Athletes Committee shall consist of all athlete members of this Association. It shall encourage and foster the active participation athletes in the activities of this Association, including meetings of the Board of Athletics and appropriate committees. It shall serve as a source of reference, opinion and advice to the President, Board of Directors and Executive Director on matters relating to athletes.

 The Committee shall, through meetings, publications and other appropriate media, educate athletes about their rights and responsibilities in the sport of athletics, and assist athletes in preserving and protecting such rights.

<c> The Committee shall assist the Association in the development and promotion of the sport of Athletics.

<d> The committee shall hold at least one meeting per year, called by the committee chair, with additional meetings as may be needed. Notice of each meeting, shall be mailed to all athlete members of this Association no later than seven <7> days prior to the meeting date. A quorum shall consist of at least 50% of the total members or five <5> members.

<e> The Committee shall annually elect its members of the Board of Directors and the number of representatives to the Board of Athletics. It shall elect the chair of the committee at the annual meeting in odd numbered years not later than September 31. The chair may fill vacancies in any of the said positions.

<f> The Athletes Committee shall prepare its proposed budget for each fiscal year and transmit it to the Treasurer at the time set by the Treasurer, for submission to the Board of Athletics. It shall deposit all funds with the Executive Director and designate the individual to approve disbursement by the Executive Director of funds within the Committee's budget.

ARTICLE 12. OFFICIALS COMMITTEE

<a> the Officials committee shall consist of all officials certified by this Association. It shall:

<1> Certify and generally supervise officials consistent with the directives of The Athletics Congress.

<2> Develop and maintain instructional programs for officials, including examinations, clinics, and other such activities as it may prescribe.

<3> Certify Association Officials, and recommend to The Athletics Congress candidates for National and Master Official certifications.