Name

BACHA ?

1985
BAY AREA REGIONAL MEET
JUNE 29-30

Team Captains,

Welcome to the 1985 Corporate Relays. This package contains some information that you need to know. Please fill free to contact David Garcia at (408)747-2573 or evening at (408)238-5475, Frank Hunt at (415)573-5132 if you have any further questions after reviewing your package.

Meet Schedule
The first thing to note is that the track meet will be conducted total on Saterday the 29th of June. Most of the relay events will be finals There will be no qualifying heats. In the cases where heats exist, th final results will be determined by time. Heat and lane assignments h been selected by an impartial panel of judges and based on last years results. The road races will be run on Sunday with the Old Glory Run the 30th of June.

On the track
Please help keep the number of people on the track down to those participating and officials. Do not set up tents on the grass inside track. On the East side of the track is a large grass area where your people can warm up. Also be aware that there is limited space in the stands and plenty of room in the North end of the track for the tents. Share the shade you create. Stop in at the Ford tent our local recrui will be present and we are interviewing.

Officials
Each team is expected to have two fully dedicated volunteers to assist officials. Volunteers will be used at the check in station, and as sup personnel to the meet director, Coach Marchal Clark of San Jose State. The teams will be expected to have lap counters for the events and tim for the events designated as "LPC". These people will act as official and will have to produce lap-by-lap splits to settle any challenges of missed laps and, count the laps for your participant.

B A C A A R U L E S & R E G U L A T I O N S

Each athlete may compete in no more than three (3) trials and three (3) finals during the course of a meet, including the Road Races.

Each athlete must have been employed with the company full time (average 32 hours per week) for a continuous period beginning at least three (3) months prior to the National Championships in order to compete in any of the Regional or National meets.

Baton exchanges must be made in the specified "Exchange Zone". Violations will result in disqualification.

A team must have a baton at all times during relay races or will be disqualified. No portion of the race may be run without the baton.

Each team must provide their own baton.

If a "False Start" is committed, teams will be called back and the event will be started over. No team will be disqualified regardless of the number of "False Starts" a team may commit.

An executive must be thirty (30) years or older and be a Manager of Manager(s) and/or Supervisor(s) who have people reporting to them.

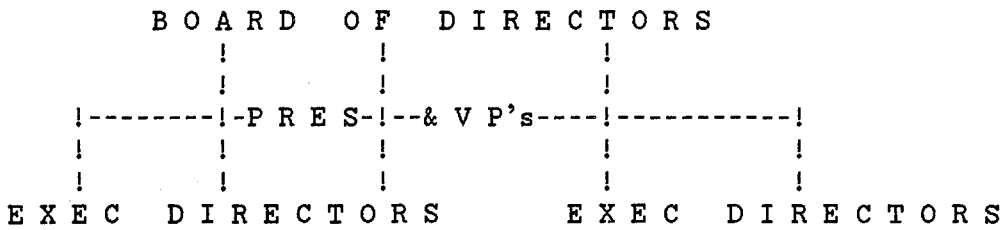
Masters are employees who are forty (40) years or older.

Seniors are employees who are fifty (50) years or older.

** Age requirements must be met at anytime during the calendar year in which the track meet takes place. Assume that you were born on January 1 of your year of birth and calculate your age from that date to determine if you qualify as an Executive, Master or Senior. **

The "Sprint Relay" team consists of six (6) runners. At least two (2) must be female, one (1) must be a master, and no more than three (3) may be men under forty.

A President is someone who reports to the Board of Directors or to Presidents / Vice Presidents. A president is a top-line officer of the corporation, personally entrusted with the direction and administration of all corporation decisions and policy making and reporting to the Board of Directors or to Presidents/VP's. A president must have a heirarchy of first-line executives reporting to him/her and be at least thirty (30) years old. The President's line of reporting may not be more than two (2) levels below the Board of Directors. For example:



A company qualifies for an event as a company, not as a specific group of runners. Therefore, inter-changing of athletes within the company for an event is permissible.

Companies may enter more than one team for the Regionals but must enter only as one team for the Nationals, except that a parent company and its division or subsidiary may enter as separate teams as long as they keep the team members separate. For example:

> TRW is the parent company of ESL division. If ESL competes only with people from the ESL division at the Regionals, they may enter an ESL team at the Nationals using the same core of runners that they used at the Regionals. TRW would also be allowed to enter a separate team at the Nationals. However, no exchanging of athletes between the two, now distinct, companies is allowed. Both companies must pay the membership fee to the CCA and the appropriate team entry fees.

Multiple teams in the road race must have team members defined BEFORE the race begins. You may NOT take your first two finishers and say that they are your "A" team runners. This only applies if you want to have multiple teams scored in the road races. You may opt to have ALL of your runners run as the "A" team if so desired.

An individual may not run more than one leg in an event.

The team must finish an event in order to receive the participation point.

In finals, where multiple heats will be run, all races will be merged and results will be based on overall finish times.

Heats will be assigned according to time. The slowest eight (8) times will be in HEAT 1 of the finals (slow heat) and the fastest eight (8) times will be in HEAT 2 of the finals (fast heat).

Teams are given one (1) point for participation after the completion of the trials, if any, and are given additional points if they place in top ten (10) of the finals. The total points possible for first place in an event is fifteen (15) points. Points in each event will be awarded to each team competing as follows; 1st, 15; 2nd, 12; 3rd, 10; 4th, 8; 5th, 7; 6th, 6; 7th, 5; 8th, 4; 9th, 3; 10th, 2; 11th and all other finishing teams, 1.

A runner may compete only in the region where (s)he works, except that an employee may run in another region if no regionals are held in his/her region. A runner may not compete in more than one (1) region.

Runner's must wear the correct race number for that event. All numbers must be visible from the front.

You must wear a jersey/singlet and shorts (all members of team matching) with your company name prominently displayed on the front of the shirt. Use your company name and not your track club name.

Teams need not enter all events to qualify for Team Championship.

Tie-Breaking Rule: All ties in the team competition will be broken by a two-part procedure. The team that has scored at least two (2) points (10th place or better) in the most events will be awarded the higher ranking. If a tie still remains, then the team with the highest male finisher in the 10-K road race will determine the final standings.

In the event of a tie where the time is established in two (2) different heats, both teams will be given the same point total and the following teams will receive points on their respective finish place.

If there is a question concerning a ruling, only the designated team captain is allowed to talk with the rules committee. The rules committee consits of :

Dave Garcia - FORD
Casey Roche - IBM
Frank Hunt - BANK OF AMERICA
Digger O'Brien - LOCKHEED

The CLERK OF THE TRACK will make ALL final decisions on "Photo Finishes".

If an injury occurs during a trials or finals, and a team is unable to continue, advancment to another heat is not allowed.

Any team that competes in any Regional may compete in the Nationals.

Runners that did not compete in the Regionals may compete in the Nationals if their company was or was not in the Regionals.

If a team is asked to clear the track or infield more than twice, that team will be docked five (5) points from its overall team score.

Medals will be awarded to each person on the top three (3) teams per event. A trophy will be awarded to each of the top three (3) teams overall per division.

Flats are recommended. If spikes are preferred, 1/4" pinpoint spikes are allowable. Any spikes longer than 1/4" will damage the track.

It is mandatory that all teams check in at least fifteen (15) minutes before the start of any assigned race. Failure to report on time will result in your team being scratched from the event. The entire team members may check in or the team captain may check in all team members.

If a company is entering more than one team in an event, each member must wear a letter on their back designating what team they are competing on. Eg. A, B, C, ...

D E F I N I T I O N S

False Start - A "False Start" occurs when an individual starts to run before the official starter has fired the gun. The official signals a "False Start" and brings the competitors back by firing a second shot.

If an individual falls down before the runners have run more than 100 yards a second shot may be fired signifying a "False Start".

Staggered Start - Runners must stay in assigned lanes on the track until reaching a specific point. At that point all runners may move into lane 1. (This is known as "Breaking for the Pole".)

Exchange Zone - A twenty (20) yard area of the track where all baton passes are to take place. Ask the official starter where the beginning and end of the "Exchange Zone" is located if it is not clearly marked.

EVENT DESCRIPTION

WOMEN'S 5K ROAD RACE - Teams consist of two (2) runners, no maximum, all female, with the score coming from the total time of the top two (2) finishers per team, with the low total time winning. Open category and Masters (40+) category, each requiring a completely separate team of runners.

MEN'S 10K ROAD RACE - Teams consist of two (2) runners, no maximum, all male, with the score coming from the total time of the top two (2) finishers per team, with the low total time winning. Open, Masters (40+) and Seniors (50+) categories, each requiring a completely separate team of runners.

DISTANCE RELAY - Five (5) runners, any combination of male and/or female, running the following legs: 3-mile, 2-mile, 1-mile, 1-mile and 1/2-mile, in that order.

MEN'S MILE TEAM RACE - Two (2) male runners, each running a mile, with their times totaled for scoring, lowest total time winning.

PRESIDENT'S RELAY - Three (3) runners, any combination of male and/or female, at the corporate level of vice-president or above, running the following legs: 1 mile, 1/2-mile, 1/4-mile, in that order.

PYRAMID RELAY - Five (5) runners (with a minimum of two (2) female runners), running the following legs: 1/4-mile, 1/2-mile, 3/4-mile, 1/2-mile, 1/4-mile, in that order.

MASTERS RELAY - Three (3) runners, any combination of male and/or female, 40 years of age or older, running the following legs: 1/2-mile, 1/4-mile, 1/2-mile, in that order.

WOMEN'S RELAY - Three (3) female runners, running the following legs: 1/4-mile, 1/2-mile, 1/4-mile, in that order.

THREE-LAP SPRINT - Four (4) runners (minimum of one (1) woman) running the following legs: 440, 220, 220, 440, in that order.

WOMEN'S 800-METER TEAM RACE - Two (2) female runners, each running 800 meters, with their times totaled for scoring, lowest total time winning.

SPRINT RELAY - Six (6) runners, with a minimum of two (2) female runners AND one (1) master runner, running the following legs: 220, 220, 440, 440, 220, 220, in that order.

EXECUTIVE RELAY - Four (4) executives (at a level of manager of manager(s) or above, 30 years of age or older), male or female, running the following legs: 2-mile, 1-mile, 1/2-mile, 1/4-mile, in that order.

Class "A" teams will compete in the following events:
- Men's 10-K Road Race (OPEN & MASTERs category only)
- Women's 5-K Road Race (OPEN & MASTERs category only)

- Men's Mile Team Race
- Women's Relay
- Masters Relay
- Pyramid Relay
- Sprint Relay
- Three-Lap Sprint
- President's Relay

Class "AA" will compete in ALL of the events against other teams in their respective categories.

1985
BAY AREA REGIONAL MEET
June 29-30

Location: SAN JOSE STATE COLLEGE 10th and ALMA

Team Captains,

Welcome to the 1985 Corporate Relays. This package contains the information you need to know. Please fill free to contact Kaye Donnely of SRI at (415)859-2687 if you have any further questions after reviewing your package.

Meet Schedule

The first thing to note is that all track events will be conducted on Saturday the 29th of June. All track relay events will be finals. There will be no qualifying heats. In the cases where heats exist, the finishing places will be determined by time. Heat and lane assignments have been selected by an impartial panel of judges and based on last years results. The road races will be run on Sunday with the Old Glory Run the 30th of June at 8:00 A.M. sharp! The 5k and 10k will start at the same time. Make sure your runners finish in the special corporate shoot.

On the track

Please help limit the number of people on the track down to those participating and officials. Do not set up tents on the grass infield of the track. On the East side of the track is a large grass area where your people can warm up. Also be aware that there is limited space in the stands and plenty of room in the North end of the track for the tents. Share the shade you create.

Officials

Each team is required to have two fully dedicated volunteers to assist as officials. Volunteers will be used at the check in station, and as support personnel to the meet director, Coach Marshall Clark of San Jose State. In addition the teams will be expected to have lap counters for the events and timers for the events designated as "LPC" (see schedule of events). These people will act as officials and must produce lap-by-lap splits to settle any challenges of missed laps and, count the laps for your participant.

Team Captains Meeting

All team captains and their and two (2) volunteer officials must attend this Saturday morning 8:00 A.M. meeting. It will be held at the officials flagged off area in the stands. Work assignments and the events of the day will be discussed. All waivers are due at this time for your team to elegible to participate. Team banners or company flags are encouraged and welcome.

Meet Conduct

Check-in....At registration table, North end of track
Pins ....Provide your own pins for numbers and letters
Batons ....Provide your own
Scoring ....Same as in previous years 15,12,10,8,...1
Teams must complete in events to obtain 1 pt.
Officials Area..A section of the stands will be sectioned off for the timers and lap counters of "LPC" events

Rules Committee

Five people have been designated to govern the meet. Protests can be lodged with meet director Marshall Clark, Frank Hunt (B of A), Casey Roche (IBM), Digger O'Brien (Lockheed), and David Garcia (Ford Aerospace). All protests will be ruled upon by the end of the day.

This is your meet - ENJOY!!!!

The BACAA Games Committee

1985
BAY AREA REGIONAL MEET
PARTICIPATING TEAMS

Division AA

AT&T	1
BANK OF AMERICA	2
CHEVRON	3
CITY OF SAN JOSE	4
CROWN-ZELLERBACK	5
ESL/TRW	6
FORD AEROSPACE	7
BENERAL ELECTRIC	8
HEWELLET PACKARD-A	9
HEWELLET PACKARD-B	10
HEWELLET PACKARD-C	11
HEWELLET PACKARD-D	12
IBM	13
LOCKHEED	14
NATIONAL SEMI-CONDUCTOR	15
PAC TEL	16
SRI	17
SYNTEX	18

Division A

EPRI	30
ESPRIT-A	31
ESPRIT-B	32
HIBERNIA BANK-A	33
HIBERNIA BANK-B	34
VERSATEC	35
QUANTUM	36

1985 B.A.C.A.A.
BAY AREA REGIONAL

Saturday - June 29th

SCHEDULE OF RACES

	TIME	EVENT	CLASS
01	9:00 AP	Open Relay •	AA "LPC" Event*
20	10:25 AP	Men's Mile Team Race •	A
ST ~~02~~	10:50 AP	Executive Relay •	AA "LPC" Event*
ST 21	11:25 AP	3 Lap Sprint •	A
03	11:35	Pyramid Relay • ° Heat 1	AA
ST	11:50 AP	° Heat 2	
04	12:05 AP	Women's 800 M Team Race • PM ° Heat 1	AA
	12:10	° Heat 2	
JT	12:15	° Awards Ceremony Morning Events ° Drawing for Prizes	
ST ~~22~~	1:00 AP	President's Relay	A
05	1:20 AP	Men's Mile Team Race ° Heat 1 15 ~~Heat~~ 10 PM •	AA
ST	1:30 AP	° Heat 2 1 ~~Heat~~ 9 •	
06	1:40 AP	3 Lap Sprint ° Heat 1 15 Heat 10 •	AA
~~23~~	1:47 AP	° Heat 2 4 Heat 9 •	
ST	1:55 AP	Sprint Relay	A
07	2:05 AP	Women's Relay • ° Heat 1	AA
ST	2:20	° Heat 2	
ST ~~24~~	2:35 AP	Masters Relay	A
08	2:50 AP	Masters Relay • ° Heat 1	AA
ST	3:00	° Heat 2	

*LAP COUNTER REQUIRED

Saturday - June 29th

SCHEDULE OF RACES

TIME	EVENT	CLASS
3:10	Women's Relay	A
3:25	President's Relay	AA
3:45	Pyramid Relay	A
	Sprint Relay	AA
4:00	° Heat 1	
4:10	° Heat 2	
4:30	Awards Ceremony Afternoon Events	
	Drawing for Prizes	

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Sunday - June 30th

8:00	5K Womens/10K Mens Teams' Road Race at Mission College	
10:00	° Awards Road Race Teams	
	° Drawing for Prizes	
	° Team Champions Awards CLASS A - CLASS AA	

11 - 5K OP AA
12 - 5K WA AA
13 - 10K OP AA Heat 1 Heat 2
14 - 10K OWA AA
15 - 10K SE AA

27 5K OP A
28 5K WA A
29 10K OP A
30 10K WA A

PYRAMID RELAY

		Heat 1 Time 11:35 Company Name		Heat 2 Time 11:50 Company Name
Lane	1	HP-C	1B	HP-A
Lane	2A	HP-D	2B	B OF A
Lane	3A	CRWN-Z	3B	PAC TEL
Lane	4A	AT&T	4B	LOCKHEED
Lane	5A	SYNTEX	5B	CHEVRON
Lane	6A	CITY OF SAN JOSE	6B	FORD AEROSPACE
Lane	7A	SRI	7B	GE
Lane	8A		8B	IBM
Lane	9A		9B	HP-B

WOMEN'S 800M

		Heat 1 Time 12:05 Company Name		Heat 2 Time 12:10 Company Name
Lane	1	HP-C	1B	IBM
Lane	2A	HP-D	2B	FORD AEROSPACE
Lane	3A	LOCKHEED	3B	HP-A
Lane	4A	SRI	4B	B OF A
Lane	5A	CITY OF SAN JOSE	5B	PAC TEL
Lane	6A	GE	6B	AT&T
Lane	7A	HP-B	7B	CHEVRON
Lane	8A		8B	
Lane	9A		9B	

MEN'S MILE TEAM RACE

	Heat 1 Time 1:20 Company Name		Heat 2 Time 1:30 Company Name
Lane 1	ESL	1B	GE
Lane 2A	HP-C	2B	HP-A
Lane 3A	HP-D	3B	FORD AEROSPACE
Lane 4A	NATL SEMI	4B	B OF A
Lane 5A	CRWN-Z	5B	LOCKHEED-A
Lane 6A	LOCKHEED-B	6B	PAC TEL
Lane 7A	SYNTEX	7B	IBM
Lane 8A	CITY OF SAN JOSE	8B	AT&T
Lane 9A	SRI AND HP-B	9B	CHEVRON

3-LAP SPRINT

	Heat 1 Time 1:40 Company Name		Heat 2 Time 1:47 Company Name
Lane 1	HP-C	1B	SRI
Lane 2A	HP-D	2B	PAC TEL
Lane 3A	HP-E	3B	HP-A
Lane 4A	NATL SEMI	4B	B OF A
Lane 5A	CRWN-Z	5B	ESL-A
Lane 6A	LOCKHEED	6B	AT&T
Lane 7A	SYNTEX	7B	CITY OF SJ
Lane 8A	ESL-B	8B	GE
Lane 9A	CHEVRON & FORD	9B	IBM & HP-B

WOMEN'S RELAY

	HEAT 1 TIME 2:05 Company Name		HEAT 2 TIME 2:20 Company Name
Lane 1	GE	1B	HP-A
Lane 2A	HP-C	2B	B OF A
Lane 3A	HP-D	3B	AT&T
Lane 4A	CRWN-Z	4B	CHEVRON
Lane 5A	LOCKHEED	5B	PAC TEL
Lane 6A	CITY OF SJ	6B	FORD
Lane 7A	SYNTEX	7B	IBM
Lane 8A	SRI	8B	HP-B
Lane 9A		9B	

MASTER'S RELAY

	HEAT 1 TIME 2:50 Company Name		HEAT 2 TIME 3:00 Company Name
Lane 1	B OF A	1B	GE
Lane 2A	HP-B	2B	SRI
Lane 3A	ESL	3B	HP-A
Lane 4A	CHEVRON	4B	IBM
Lane 5A	CITY OF SJ	5B	LOCKHEED
Lane 6A	FORD	6B	PAC TEL
Lane 7A	SYNTEX	7B	AT&T
Lane 8A		8B	
Lane 9A		9B	

SPRINT RELAY

Heat 1 Time: 4:00	Company Name	Heat 2 Time: 4:10	Company Name
Lane 1	HP-B	1B	B of A
Lane 2A	HP-C	2B	IBM
Lane 3A	HP-D	3B	SRI
Lane 4A	NATL SEMI	4B	HP-A
Lane 5A	CRWN-Z	5B	PAC TEL
Lane 6A	LOCKHEED	6B	ESL-A
Lane 7A	SYNTEX	7B	AT&T
Lane 8A	ESL-B	8B	CHEVERON
Lane 9A	HP-E AND FORD	9B	GE

EXECUTIVE RELAY

Time: _____

Heat 1 Time: 4	Company Name	Heat 2 Time: 4	Company Name
Lane 1		1B	
Lane 2A		2B	
Lane 3A		3B	
Lane 4A		4B	
Lane 5A		5B	
Lane 6A		6B	
Lane 7A		7B	
Lane 8A		8B	
Lane 9A		9B	