

*...dedicated to Corporate Track and Road Racing
events, presents:*



*The 32nd Annual
Bay Area Corporate Relays*

**Saturday, June 26, 2010
Los Gatos High School, Los Gatos, CA**

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Rules and Regulations

Division I : Companies with 5,000 or more employees in Northern California.
Companies with fewer than 5,000 employees may compete in Division I.

Division II: Companies with fewer than 5,000 employees in Northern California.

Up to 5 teams can merge in Division II as long as their merged employee base is not more than 5,000. If more than 2 teams merge, they must compete as a FULL team and pay the FULL TEAM entry fee (not the per-event fee). Only one of the merged teams can have competed in the regionals from either of 2 previous years, all other teams must be new, or returning after having "strayed from the fold" for the last 2 years.

Age: Determined as of December 31 of the calendar year.

Scoring:

- Division I and II teams compete together in every event, but are scored separately.
- Points awarded for each event are shown in table below.
- Final meet scoring will be based on each Division I team's best 14 of 18 events, and each Division II team's best 10 of 18 events.
- A full team must complete an event in order to score in that event. Event ties will not be broken, unless otherwise noted below. Each tied team will receive the points for the tied place. For example, two teams tied for 3rd place in a Division I event will each receive 9 points.
- Team score ties will be broken in accordance with the USCAA rule, which compares the teams in head to head competition. Whichever team finishes higher in a head to head matchup will receive 1 point. The team with the most points finishes higher. If the tie is still not broken, highest finishes are compared - who has more firsts, seconds, etc.

Event Scoring

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Points	16	12	9	7	6	5	4	3	2	1	1	1	1	1	1	1	1	1	1	1

Eligibility Standards:

All team members must fall into one of the following eligibility categories:

1. *Employees:* Must have been employed continuously by the company for at least 45 days prior to the USCAA National meet. Must be working 30 hours or more per week, be on the company's payroll and have taxes withheld by the company.
2. *Consultants:* Must be under contract with the company, be doing 30 hours or more of work per week for the company, and must have been under such contract for at least 6 months prior to the Bay Area Corporate Relays meet. Company A employees who work under contract to Company B are not eligible to compete for Company B.
3. *Retirees:* Must be pension eligible former employees, with 10 or more years of service to the company and whose age plus years of service equals to 65 years or more. Retirees must not be in the full time employment of another BACAA member company. Retirees may not run on either of the Executive Relay or President's Relay teams. There is no limit on the number of retirees who may compete for an organization.
4. *Alumni:* Former employees may participate with their former teams as alumni in the Regional Corporate Relays subject to the following restrictions:

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- a) The former employee must reside in the area served by BACAA.
 - b) The former employee may not compete with their former team if his/her present employer is also fielding a team in the Regional Corporate Relays.
 - c) The number of years of alumni eligibility on a team is limited to 1 year for each year of former Regional Corporate Relay participation while they were an employee, up to a limit of 5 years.
- If a company entered in Division II has 5,000 or more employees worldwide, then each participant on that team must work out of a Northern California office of that company.
 - For purposes of determining Division II eligibility, the southern-most counties in Northern California are defined to be Monterey, Kings, Tulare, and Inyo(ear).
 - In all age-restricted and age-graded events, a participant's age is determined as of December 31 of the current calendar year.
 - Persons not meeting the eligibility standards for an event will result in the disqualification of their team from that event.
 - A company competing in five or more events must be a 2007-2008 member of the Bay Area Corporate Athletic Association.

Frequency of Participation:

There is no limit on the number of events in which an athlete may compete. However, for each athlete, a maximum of 5 total events and a maximum of 4 running events will be scored and awarded medals for the team. A team competing on a non-scoring basis in an event must signify their non-scoring status on the Event Registration Form before the event is contested.

Uniforms and Bib Numbers:

- Each participant should strive to wear a matching jersey/singlet and shorts with company name prominently displayed on the front of the singlet.
- The roadrace/bib number must be attached to the front of the singlet and the number must be entirely visible.

Protests:

Any protests involving BACAA rules will be handled by the Protest Committee, whose members are: Mal Murphy, Hank Lawson, and Gary Jones. Team Captains should submit their protests on a Protest Form to the Meet Administrator (Mal Murphy), after which the Protest Committee will be called to order. Protests must be filed within 30 minutes of the posting of the results for the event. For the road races, protests can be filed up to 60 minutes after the results are posted.

Trophies/Medals:

A championship trophy will be awarded to the overall winning teams in Division I and Division II. Trophies will be awarded to the top teams in each division, the number of trophies in each division based on the number of teams entered in the division. Medals will be presented to each team member on the top three teams in each event. The number of medals awarded in the field events and road races will be limited to the number of athletes scoring in those events.

Track Events - General:

- The track is an all-weather, 8-lane, 440-yard oval.
- All distances will be run in yards, with exception of the Women's 800-Meter Team Race.
- All races start and finish at the northeast corner of the track.
- Spike length must be 1/4" or less.
- Division I and Division II teams compete together in the same races, but are scored separately.
- Heat assignments for running events requiring more than one section will be determined at the Team Captains Meeting.
- Lane assignments will be given as the Event Registration Form is presented to the clerk of the course.

- Teams must check in and submit an Event Registration Form with the Clerk of the Course (see map) 10 minutes prior to the start of the event.
- Each team must provide their own relay batons.
- There will be no disqualifications due to false starts unless, in the judgement of the Starter, it becomes excessive.
- Exchange zones are very important. Anyone exchanging out of the zone may be disqualified if judged by an Official as gaining an advantage which impacts the race results. Team captains should instruct all team members of the exchange zone rules.
- USATF rules will apply, except where otherwise noted here, and with the proviso of "No material advantage, no foul."

DESCRIPTION OF EVENTS

Road Races

No. Event

1. Men's 5K Team Cross-Country/Road Race

Unlimited number of male runners, each running 5K, using a decathlon scoring system in 5-year age groups, with the sum of the **4** highest individual point scores (**3** highest in Division II) in any combination of age groups determining place.

2. Women's 5K Team Cross-Country/Road Race

Unlimited number of female runners, each running 5K, using a decathlon scoring system in 5-year age groups, with the sum of the **3** highest individual point scores (**2** highest in Division II) in any combination of age groups determining place.

Age groups for road races:

Age Groups: under 25, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over.

Decathlon scoring system:

Each athlete will receive a point score determined by the formula:

$$\text{score} = 1000 \times (\text{Record Time}) / (\text{Athlete's Time})$$

where *Record Time* is the time standard set for the athlete's age group. Individual scores will be truncated to the integer portion. The sum of the point scores for a team will determine placing. For example, the four highest individual point scores on a team will be summed for the Division I Women's Road Race. Team ties will be broken by the highest individual point score on each team, followed if a tie still remains by the next highest score, etc. up to the team scoring size (e.g., three runners in the Division II Men's race). If a tie then still remains, the fastest individual time among scoring runners will be used. Record Times are provided in the Rules and Regulations and on the Decathlon Scoring Standards page of this document.

Nonscoring participants may run the in the road races provided the scorer(ing) and the course can accommodate them.

BACAA Road Race Record Times

As of the 2001 BACAA Corporate Relays, we will no longer use BACAA course records as Record Time for the purpose of scoring by the decathlon scoring system. We have used several different road race courses in the last few years and were therefore creating new course records each year. With such a small sample of finish times in each category, it was felt that many of the BACAA course records did not provide for fair competition between the age and gender classifications. Therefore, we have decided to use adjusted North American race records as a basis for scoring these events.

Field Events

- These events will be conducted in two flights. Division I and II teams compete together in the same flights, but are scored separately. Flight assignments will be determined at the Team Captains meeting.
- Order of competing within flights will be drawn at random.
- Athletes should check in at the event site in the infield (see map) 10 minutes prior to the start of the flight. Warm-up on the field is allowed if competition from the previous flight is completed.
- USATF rules will apply, except where otherwise noted here.
- Team ties will be broken using the highest individual summed score (for the Team Weight Throw) and the highest individual point score in one of the jumps (for the Team Jump).
- The decathlon scoring standards for the field events are shown in Table 3 on the following page.

Team Weight Throw

Two or three athletes, each throwing the shot put and the discus, using the standard international weights for age and sex and decathlon-type scoring on an age- and sex-adjusted scale, with the summed score of the two best athletes in both events determining place.

Standard International Weights:

	Shot	Discus
Men 49 years of age or under	16 lbs.	2.0 kilos
Men 50-59 years of age	12 lbs.	1.5 kilos
Men 60 years of age or older	8 lbs.	1.0 kilos
Women of all ages	4 kilos. (8 lbs., 13 oz)	1.0 kilos

- Shots and discuses for common use will be provided. Athletes using their own implements must have them weighed by the Inspector at least 45 minutes prior to the start of the flight.
- Each athlete will be allowed 3 throws in each event. Anyone failing to throw when called will forfeit that attempt in the competition.

Team Jump

Two or three athletes doing the high jump and two or three athletes doing the long jump, using decathlon-type scoring on an age- and sex-adjusted scale, with the summed score of the two best athletes in each event determining place. Athletes are not required to jump in both events. Athletes jumping in both events are counted as participating in only one event for purposes of scoring under the "Frequency of Participation" rule.

- The high jump will start each flight at the lowest height requested by an athlete (not lower than 3 feet), increasing by 2-inch increments at all intervals. Athletes may pass at any height.
- Each athlete stays in the high jump competition until he/she has 3 consecutive misses.
- Each athlete will be allowed 4 attempts in the long jump. Anyone failing to jump when called will forfeit that attempt in the competition.

Decathlon Scoring Standards

Field Events

- Take the distance or height and convert to inches. Divide this mark by the standard (converted to inches) shown in the table below, multiply by 1000, and round the result to the nearest integer. The result is the decathlon point score for the individual competitor. For example, a 35-39 year-old women throwing the discus a distance of 203'1" would receive 999 points (203'1" in inches divided by 203'3" standard in inches is (2437/2439) x 1000 = 999.2, rounded down to 999).

Age Group	thru 29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
SHOT PUT									
Men	72'3"	66'6.5"	60'8"	54'11"	49'3.5"	54'6"	51'8"	55'4"	48'4"
Women	62'8"	59'3"	55'10"	52'5"	49'0"	45'7"	45'2"	38'9"	35'4"
DISCUS									
Men	228'0"	227'9"	216'3"	205'4"	193'2"	202'8"	190'0"	203'6"	185'4"
Women	216'6"	216'3"	203'3"	191'11"	178'11"	165'3"	151'4"	137'11"	125'6"
HIGH JUMP									
Men	7'8"	7'4"	6'11"	6'6"	6'2"	5'9"	5'5"	5'0"	4'8"
Women	6'7"	6'3"	5'10"	5'6"	5'2"	4'9"	4'5"	4'0"	3'8"
LONG JUMP									
Men	29'2"	27'6"	25'11"	24'3"	22'8"	21'0"	19'5"	17'9"	16'2"
Women	23'0"	21'5"	19'10"	18'3"	16'9"	15'2"	13'7"	12'0"	10'5"

Road Race

Age Group	thru 24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
5K									
Men	14:55	14:55	14:55	15:27	15:30	15:58	16:29	17:16	19:55
Women	17:42	17:42	17:42	18:18	18:27	19:32	20:02	21:32	23:06

Men's Mile Team Race

Two male runners, each running 1-mile. All runners start together. Each runner's adjusted time is determined by **subtracting** his age group time handicap below from his actual finish time.

Adjusted times of the two runners are summed to determine total team time. Team with lowest combined team time wins. Ties are resolved based on the adjusted place of a team's 2nd finisher.

Record	Age	Time Handicap
5:42	70+	1:55
5:22	65-69	1:35
4:58	60-64	1:11
4:46	55-59	0:59
4:28	50-54	0:41
4:19	45-49	0:32
4:10	40-44	0:23
3:54	35-39	0:07
3:47	18-34	0:00

Track Events

- | No. | Event |
|-----|--|
| 5. | 4 x110-Yard Mixed Relay
Four runners, with at least 2 women and with at least one woman and at least one man 40 years of age or older, running in order: 40+ woman, open woman, 40+ man, open man - 110y, 110y, 110y and 110y. |
| 6. | Sub-Masters Distance Relay
Four runners, all 30 years of age or older, with at least one woman and two runners 35 or older, running in order: 880y, 440y, 1320y and 1-mile. |
| 7. | Decade Mile Relay
Four runners, with one each @ 50+, 40+, 30+, and 20+, with at least two women, running 440y each in descending chronological order. |
| 8. | Women's 800-Meter Team Race
Two female runners, each running 800m, with the summed time of both runners determining place. |
| 9. | Men's Mile Team Race
Two male runners, each running 1-mile, with the adjusted summed finish time of both runners determining place. (See full description at bottom of page 7) |
| 10. | Seniors Relay
Four runners, all 50 years of age or older, with at least 1 woman, running in order: 440y, 220y, 660y, 440y. |
| 11. | 3-Lap Sprint
Four runners, with at least one woman, running in order: 220y, 220y, 440y and 440y. |
| 12. | Women's Relay
Three female runners, with the sum of their ages being 90 years or greater, running in order: 880y, 440y and 440y. |
| 13. | 4 x220-Yard Mixed Relay
Four runners, with a runner 40 years of age or older running the first leg, a runner 50 or older running the second leg, a woman running the third leg, and a man running the fourth leg, running in order: 220y, 220y, 220y and 220y. |
| 14. | Sub-Masters Sprint Relay
Four runners, all 30 years of age or older, with at least one woman and two runners 35 or older, running in order: 220y, 220y, 440y and 880y. |
| 15. | Seniors Plus Relay
Three runners, all 50 years of age or older, with at least one runner at 60 years of age or older and at least one women, running in order: 220y, 220y, 440y. |
| 16. | Pyramid Relay
Five runners, with at least two women, running in order: 440y, 880y, 1320y, 880y and 440y. |
| 17. | Masters Plus Relay
Five runners, all 40 years of age or older, with at least one woman and one runner 50 or older, running in order: 880y, 440y, 880y, 220y and 220y. |
| 18. | Sprint Relay
Six runners, with at least two women and one runner 40 years of age or older, running in order: 220y, 220y, 440y, 440y, 220y and 220y. |

SCHEDULE OF EVENTS

Field Events

Time	Event #	Event Name	Section (& Flight)
10:15 am	1 & 2	Men's 5K Team Road Race Women's 5K Team Road Race	I Races run together, scored separately.
11:00 am	3	Team Weight Throw-Shot Put	I Flight 1
12:30 pm		Team Weight Throw-Shot Put	I Flight 2
10:30 am		Team Weight Throw-Discus	I Flight 1
12:00 pm		Team Weight Throw-Discus	I Flight 2
11:30 am	4	Team Jump-High Jump	I Flight 1
1:00 pm		Team Jump-High Jump	I Flight 2
11:00 pm		Team Jump-Long Jump	I Flight 1
12:30 pm		Team Jump-Long Jump	I Flight 2

Track Events

Time	Event #	Event Name	Section
11:10 am	5	4x100-Yard Mixed Relay	I
11:15 am	6	Sub-Masters Distance Relay	I
11:35 am	7	Decade Mile Relay	I
11:45 am	8	Women's 800-Meter Team Race	I
11:50 am	9	Men's Mile Team Race	I
12:00 pm		Awards Ceremony Events 5, 6, 7, 8 and 9	
12:20 pm	10	Seniors Relay	I
12:30 pm	11	3-Lap Sprint	I
12:35 pm	12	Women's Relay	I
12:45 pm	13	4x220-Yard Mixed Relay	I
12:50 pm	14	Sub-Masters Sprint Relay	I
1:00 pm		Awards Ceremony Events 10, 11, 12, 13 and 14	
1:15	15	Seniors Plus Relay	
1:30 pm	16	Pyramid Relay	I
1:40 pm		Kids Race	
1:50 pm	17	Masters Plus Relay	I
2:00 pm	18	Sprint Relay	I
2:15 pm		Awards Ceremony Events 1, 2, 3, 4, 15, 16, 17, 18 and Team Championships	