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**Annual Invitational  
USATF Sanctioned EVENT  
FINAL SCA-USATF JUNIOR OLYMPIC QUALIFICATION MEET  
FLYER REVISED: 05/24/2017**

**DATE: June 3<sup>rd</sup> & 4<sup>th</sup> 2017**

**SITE:** Long Beach City College Veterans Memorial Stadium  
5000 E. Lew Davis St. Long Beach, CA 90808

**STARTING TIMES: Saturday June 3, 2017**

6:45AM – Registration Opens

**\*8:40AM – First Call - Field Events, Start at 9:00 AM**

**\*9:35AM – First Call – Running Events, Start at 10:00 AM**

9:30 AM – Coaches Meeting (Center of the Field)

**STARTING TIMES: Sunday June 4, 2017**

6:45AM – Registration Opens

7:40AM – First Call - Field Events, Start at 8:00 AM

7:35AM – First Call – Running Events, Start at 8:00 AM

**\*For the safety of the athletes and all guests, the start time of the running and field events are being delayed for Saturday, June 3<sup>rd</sup> only. There will be a major graduation at the stadium the night before and the equipment will be removed from the facility prior to the start of the meet. We apologize in advance for any inconvenience this may have caused.**

***We will do our best to ensure we maximize your experience by offering state of the art timing equipment which includes a large LED screen displaying live results, live DJ, FREE face painting, photo backdrop for youth athletes and coaches to take FREE pictures, "Happy Hour" concession food discounts, and much more!***

**Our goal is to provide the *highest quality* track meet experience possible. We appreciate your support and look forward to seeing you there! – PC Shockwaves Board**

**CONTACT:** Michael Bryson (714) 588-3705 or Brian Ford (310) 625-1580  
**Email:** [info@pcshockwaves.org](mailto:info@pcshockwaves.org)

**MEET COMMUNICATION:** For live text message updates text 81010, enter **@pcshoc** in the message.



**ELIGIBILITY:** Boy and girls in the following age groups:

	<u>YEAR BORN</u>
8 & Under (previously Sub-Bantam).....	2009+
9 – 10 (previously Bantam).....	2007 – 2008
11 – 12 (previously Midget).....	2005 – 2006
13 – 14 (previously Youth) .....	2003 – 2004
15 – 16 (previously Intermediate).....	2001 – 2002
17 – 18 (previously Young Men & Women).....	1999 – 2000

**Surface:** **9-lane** Track, 3-Long Jump Pits, Pole Vault, High Jump and runways have tartan surface, restricted to 1/4 inch spikes (pyramid spikes only).

School representatives may inspect spike sizes during check-in.

**Registration:** To register go online to [www.athletic.net](http://www.athletic.net). Log In to Athletic.net. Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team. Click "Add a Meet" in your calendar box. Where it says "Meet ID:" enter 290701 and click Add. 2017 SCA rules apply; all participants must have a valid 2017 USATF membership. Participant waivers are required for all participating athletes. Visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for the forms.

**Entry Fees:** \$3.50 per individual event and \$14.00 per relays. Entry fee's are **non-refundable** and must be paid by cash, money order or club check made payable to "Pacific Coast Shockwaves." All unattached entries should be paid in cash or money order only.

**Entry Deadline:** May 30, 2017 11:59 PM (PST)

**Late Registration:** \$7.00 per event and \$28.00 per relay. All late entries are subject to lane availability. Late Registration will be accepted 6:45AM till 11:30 AM on Saturday and Sunday. Visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for late entry forms.

**Bibs:** Athletes who lose their bib number will be charged \$5 for a replacement. Replacement Bibs can be purchased at the Registration Table throughout the day.

**Packet Pickup:** 6:45 AM on Saturday and Sunday.

**CONCESSION:** Breakfast and lunch items will be available for purchase. **Cooking in the parking lot or anywhere throughout the facility is strictly prohibited.**



**APPEARL:** Fine Designs will provide all official Shockwave Invitational merchandise.

**MEET RESULTS:** Event results will be posted at the track meet within 30 minutes of the completion of each event. Final meet results will be provided online at [www.pcshockwaves.org](http://www.pcshockwaves.org) and [www.scausatf.org](http://www.scausatf.org) in accordance with SCA meet guidelines. Additionally, Live results (unofficial) will be posted using the **Finished Results Live Results application**. Go to Google play or the Apple App Store for a free download of this app.

**CHECK-IN:** All participants must check in at the Clerk of the Course when their events are called. Event check-in will close 10 minutes after the 3<sup>rd</sup> and Final call – no exceptions. Field event participants should report directly to the official on the field in charge of the event when called. Field event warm-ups will begin when the First call is announced.

**AWARDS:** Custom Medals for those finishing 1<sup>st</sup> – 3<sup>rd</sup> overall. Those placing 4<sup>th</sup> – 8<sup>th</sup> overall will receive custom ribbons. Team Champions and Runner Ups will be awarded to the first and second place teams by Division, separated by male and female; 8 &U, 9-10, 11-12, 13-14 and 15-16. One overall Boys and Girls Team Champion will be crowned. The Pacific Coast Shockwaves will be excluded from the team awards but will displace in the scoring (10, 8, 6, 5, 4, 3, 2, 1).

**PROTEST:** USATF rules apply. Protest must be accompanied by \$50.00 (cash only).

### **STADIUM INSTRUCTIONS**

**Seating:** Bleacher seating will available. Tents and large umbrellas will be restricted to the top 15 rows of the bleachers. Tents will also be allowed in designated areas around the facility. Please keep all walkways, fencing and entry gate areas clear. There will be NO SMOKING, PETS, CHEWING GUM, SHELLLED NUTS OR SEEDS permitted on school grounds. **Setting up the night before will not be permitted as there is a large High School graduation. The stadium gates will open at 6AM.**

**Parking:** There will be a \$5 charge for parking at this event. Visitors must pay the \$5 fee at the Gate. School or PCS representatives will collect all money. Make sure to place the parking ticket on the dashboard of your vehicle. Meet host will not responsible for any parking tickets or towing expenses.

There is limited parking on surrounding residential streets. Please comply with all posted parking restrictions and requirement is parking on the College Campus. PC Shockwaves will not be liable for any parking related violations or towed vehicles




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**ORDER OF EVENTS**  
**Saturday June 3<sup>rd</sup>, 2017**

**9:35AM – First Call – Running Events, Start at 10:00 AM**

1500M Race Walk	Timed Final	9-10G:B, 11-12G:B
3000M Race Walk	Timed Final	13-14G:B, 15-16G:B, 17-18W:M
3000M Run	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
100M Dash (East Side)	Semi-Final (Top 9 Advance)	All Divisions – Female
100M Dash (West Side)	Semi-Final (Top 9 Advance)	All Divisions – Male
400M Dash	Timed Final	All Divisions
4x100M Relay	Timed Final	All Divisions
400M Hurdles	Timed Final	15-16G:B, 17-18W:M
200M Hurdles	Timed Final	13-14G:B
4x800M Relay	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M

**8:40AM – First Call - Field Events, Start at 9:00 AM**

High Jump	Final	11-12G, 11-12B, 13-14G, 13-14B
Mini-Javelin (North Field)	Final	8U G:B, 9-10G:B
Javelin (Finn-Flyer & Regulation) – North Field, @ the conclusion of the Mini-Javelin	Final	11-12G:B (450g), 17-18W:M, 13-14G:B, 15-16G:B
Long Jump (Pit 1) – South	Final	9-10G, 17-18W, 15-16G, 13-14G
Long Jump (Pit 2) – South	Final	9-10B, 17-18M, 15-16B, 13-14B
Shot Put	Final	13-14G:B, 11-12G:B, 17-18M:W

Notes:

All Field Event Participants must go directly to the Field event for check-in. Field events will advance 9 to finals.

Race Walk events may be combined. 3000M Run may be combined by Gender.

Number of Athletes per Run: 800M (12, 1-Turn Stagger), 1500M (18, Waterfall), 3000M (24, Waterfall)



**ORDER OF EVENTS**  
**Sunday June 4<sup>th</sup>, 2017**

**8:35AM – First Call – Running Events, Start at 8:00 AM**

1500M Run	Timed Final	7-8G:B, 9-10G:B, 11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
200M Dash	Timed Final	All Divisions
110M Hurdles (39")	Timed Final	15-16B, 17-18M
100M Hurdles (33")	Timed Final	13-14B, 15-16G,17-18W
100M Hurdles (30")	Timed Final	13-14G
80M Hurdles (30")	Timed Final	11-12G:B
800M Run	Timed Final	7-8G:B, 9-10G:B, 11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
100M Dash	Final	All Divisions
Parent/Coach 4x100M Relay	Timed Final	All Parents and Coaches – NO High School Athletes
4x400M Relay	Timed Final	All Divisions

**7:40AM – First Call - Field Events, Start at 8:00 AM**

High Jump	Final	17-18W, 15-16G, 17-18M, 15-16B, 9-10G:B
Discus (North End of Warmup Field)	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
Triple Jump (East Pit)	Final	13-14G:B, 17-18M, 15-16G:B, 17-18W
Long Jump (Pit 1) – South	Final	8U G, 11-12G
Long Jump (Pit 2) – South	Final	8U B, 11-12B
Shot Put	Final	9-10G:B, 8UG:B, 15-16G:B
Pole Vault (Starts at Noon)	Final	13-14G:B, 15-16G:B, 17-18W:M

**Notes:**

All Field Event Participants must go directly to the Field event for check-in. Field events will advance 9 to finals.

Discus, Triple Jump and Pole Vault Athletes may be combined based on number of participants

Number of Athletes per Run: 800M (12, 1-Turn Stagger), 1500M (18, Waterfall), 3000M (24, Waterfall)

**Meet will be held rain or shine.**