PACIFIC COAST
SHOCK WAVES
TRACK & FIELD

2nd ANNUAL XC INVITATIONAL
USATF Sanctioned Event

DATE: OCTOBER 8, 2017

SITE: PECK PARK
560 N. WESTERN AVE
SAN PEDRO, CA 90732

STARTING TIMES
7:00AM – Registration Opens
8:00AM – OPEN 5K (All Ages)
8:30AM – Course Walk
9:15AM – 1st Youth Race: 8&U Girls

CONTACT: Michael Bryson (714) 588-3705 or Brian Ford (310) 625-1580
Email: Info@pcshockwaves.org

ELIGIBILITY: Boy and girls in the following age groups:

	YEAR BORN
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)	1998 - 2000

Course: Challenging course over dirt and grass trails with some concrete with flat and rolling hill combinations, plus tough hills.

Registration:
PRE REGISTRATON: Will be taken until **10/5 (mid-night).**
Registration will be divided into three sections: Pre-Registered, Open 5K/Unattached and those performing Day of Registration (please make sure you are in the correct line).

Download the Pre-Registration sheet from www.pcshockwaves.org.
Teams please register your OPEN runners who plan on running the 5k as well. This will help us at Registration. Send all entry sheets to scatrackentries@yahoo.com.

Entry and Timing Contact is Francine Hawkins. She can be contacted for any questions you may have regarding any technical questions specific to the Entry or Timing process from

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6:00pm to 9:00pm at (626) 367-9257.

When sending an athlete's roster or individual's names it should include:
Athlete's First & Last Name, Date of Birth, Gender, Team or Unattached.

Entry Fee: Five Dollars ($5.00) for all Youth Athletes. Open Athletes $10.00
Open Athletes (19yrs-Older) will run the 5000 meters at 8:00am. Medals will be given to the top 8 men and top 8 women for the Open Athletes.

Entry fees are **non-refundable** and must be paid by cash, money order or club check made payable to "Pacific Coast Shockwaves." All unattached entries must be paid in cash or money order only.

CONCESSION: Breakfast and lunch items will be available for purchase.

MEET RESULTS: Event results will be posted at the meet within 30 minutes of the completion of each event. Final meet results will be provided online at www.pcshockwaves.org and www.scausatf.org in accordance with SCA meet guidelines.

CHECK-IN: All participants must check in at the Clerk of the Course when their event is called.

AWARDS: Participants finishing 1st – 8th will receive custom medals. Participant Ribbons will be given out to all other Youth finishers.

TEAM AWARDS: Will be given shortly after the points have been tabulated for each division. Teams consist of a minimum three (3) runners and maximum (5) runners per team. All teams with (3 to 5) members will be scored and considered in the team competition. If you want more than 1 team scored in the same division then you need to identify the A, B, C teams prior to the day of the meet.

Parking: <u>**Free.**</u> There is parking within the park off Western Ave. There is additional parking available on surrounding residential streets; specifically along Western and Summerland Street. Please comply with all posted parking restrictions. PC Shockwaves will not be liable for any parking related violations or towed vehicles.

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"Where Champions Are Built"
www.pcshockwaves.org • info@pcshockwaves.org

ORDER OF EVENTS

5000M (8:00 AM)	OPEN (19+years old, but all ages are welcomed)
Course Walk (8:30 AM)	All Participants
2000M (9:15 AM)	8&U Girls, 8&U Boys
3000M	9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys
4000M	13-14 Girls, 13-14 Boys, 15-16 Girls, 15-16 Boys, 17-18 Women, 17-18 Men (The 4k Races may be combined)

Meet will be held rain or shine.

Team Entry Form – PCS XC Meet

Club Name	
Club Contact Name	
Email Address	
Phone Number	

Teams: Minimum of 3 athletes and a maximum of 5 athletes. Please separate by Division

Team (ie A, B, C…)	Athletes Name (First, Last)	Age	Date of Birth	Gender

Email completed entry list to scatrackentries@yahoo.com. Contact Francine Hawkins (626) 367-9257

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