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**7<sup>th</sup> Annual Invitational  
USATF Sanctioned EVENT**

**DATE: May 6 &7, 2023**

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

**STARTING TIMES: Saturday May 6, 2023**

- 6:45AM – Registration Opens
- 8:40 AM – Coaches Meeting (Center of the Field)
- 8:40AM – First Call - Field Events, Start at 9:00 AM
- 8:35AM – First Call – Running Events, Start at 9:00 AM

**STARTING TIMES: Sunday May 7, 2023**

- 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

**CONTACT:** Michael Bryson (714) 588-3705 or Bernard Mainvielle (310) 780-2422  
**Email:** [info@pcshockwaves.org](mailto:info@pcshockwaves.org)

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

|   | <b><u>YEAR BORN</u></b> |
|---|-------------------------|
| 6 & Under.....                              | 2017+                   |
| 7-8 (previously Sub-Bantam).....            | 2015-2016               |
| 9 – 10 (previously Bantam).....             | 2013-2014               |
| 11 – 12 (previously Midget).....            | 2011-2012               |
| 13 – 14 (previously Youth) .....            | 2009-2010               |
| 15 – 16 (previously Intermediate).....      | 2007-2008               |
| 17 – 18 (previously Young Men & Women)..... | 2005-2006               |

**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.



Participant waivers are required for all participating athletes. Visit [www.pcshockwaves.org](http://www.pcshockwaves.org) or Athletic.net for the forms.

**Entry Fees:**

Online Entry Fees: \$4.00 per individual event and \$16.00 per relay. Entry fees are non-refundable and must be paid through Athletic.net (online) or Venmo (must contact Meet Director at 714-588-3705 for instructions. Payments will need to be made prior to the Late Registration Opening). On-line Entry Deadline: Wednesday May 3, 2023, at 11:59 AM (PST).

Late Registration: \$8.00 per event and \$32.00 per relay. Late Registration will be accepted via email after Noon on Wednesday May 3 (after on-time registration closes) and will close at 6 pm on Thursday May 4. After the on-line and email (on-time and late) registration closes, any late entries will need to be made on-site on Saturday or Sunday morning. Registering on-site may affect your athletes' seeding in their respective events.

Seeding: The 100M Prelims will be randomly seeded. All other events will be seeded based on seed times and marks submitted through Athletic.net only. Advancement to the Finals will be based on time only. Our Staff will re-seed heats if individuals do not check in on-time to fill lanes, which will improve the flow of the meet. Heats will be re-seeded 5 minutes after the 3rd (and Final) call. Calls will be made in the stadium and on the warmup field.

**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.

**USATF Participation Waiver:** The USATF Participant Waiver is required for each minor competing at any USATF Sanctioned event. Please go to <https://www.usatf.org/home/toputility-nav-content/sanctions/sanctions-forms> to download this form. Download the USATF Combined Waiver & Release Form.

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

**APPAREL:** Official Shockwave Invitational merchandise will be available.

**MEET RESULTS:** Event results will be posted electronically within 30 minutes of the completion



of each event. Final meet results will be provided online at Athletic.net and [www.scausatf.org](http://www.scausatf.org) in accordance with SCA meet guidelines. Additionally, Live results (official) 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. 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).

**COACH'S BOXES:** For all field events, only coaches in good standing as shown on the USATF Coaches Registry will be allowed to coach their athlete(s) from the designated Coach's Box for each field event. Coach's Box will be clearly identified for each field event.

### **STADIUM INSTRUCTIONS**

**Seating:** Bleacher seating will be available. **Tents and large umbrellas will be restricted to beyond the first 12 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, VAPING, PETS, CHEWING GUM, SHELLED NUTS OR SEEDS permitted on school grounds. **Setting up the night before will not be permitted. The stadium gates will open at 6AM. The stadium seats 11,000, so there will be room for everyone.**

**Parking:** There will be a \$5 charge for parking at this event. Visitors must pay the \$5 fee at the Gate Entrance off Faculty Ave. Parking Lot entrances off Conant St. and Clark Ave. will be closed. Make sure to place the parking ticket on the dashboard of your vehicle. The Meet host will not be responsible for any parking tickets or towing expenses. Please follow all parking postings. There will be plenty of parking next to the stadium.

There is limited parking on surrounding 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.



**ORDER OF EVENTS**  
**Saturday May 6, 2023**

**8:35AM – First Call – Running Events, Start at 9:00 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 |
| 400M Hurdles (36"/30")   | Timed Final                       | 15-16G:B, 17-18W:M                     |
| 200M Hurdles (30")       | Timed Final                       | 13-14G:B                               |
| 100M Dash<br>(East Side) | Semi-Final<br>(Top 18<br>Advance) | All Divisions – Female                 |
| 100M Dash<br>(West Side) | Semi-Final<br>(Top 18<br>Advance) | All Divisions – Male                   |
| 400M Dash                | Timed Final                       | All Divisions                          |
| 4x100M Relay             | Timed Final                       | All Divisions                          |
| 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 | 6UG:B (Combined), 8UG:B, 9-10G:B  |
| Javelin (Finn-Flyer (450g) & Regulation) – North Field, @ the conclusion of the Mini-Javelin | Final | 11-12G:B (450g)<br>17-18W (600g):M(800g), 13-14G:B (600g), 15-16G (600g):B (800g) |
| Long Jump (Pit 1) – South  | Final | 9-10G, 13-14G   |
| Long Jump (Pit 2) – South  | Final | 9-10B, 13-14B   |
| Long Jump (Pit 3) – East   | Final | 17-18W, 15-16G (combined), 17-18M, 15-16B (combined)                              |
| Shot Put   | Final | 13-14G:B (6lb:4kg), 11-12G:B (6 lb), 17-18M:W (12lb:4kg)                          |



**ORDER OF EVENTS**  
**Sunday May 7, 2023**

**7:35AM – 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&Open/Masters |
| 200M Dash                    | Timed Final | All Divisions (6U – 17/18& Open/Masters)                             |
| 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&Open/Masters |
| 100M Dash                    | Final       | All Divisions  |
| Parent/Coach<br>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 (Combined), 17-18M, 15-16B (Combined), 9-10G:B                                 |
| Discus (North End of Warmup Field) | Final | 11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M  |
| Triple Jump (Pit 3 - East Pit)     | Final | 13-14G:B, 17-18M, 15-16G:B, 17-18W (may combine by Gender-G/W will go first, B/M will follow) |
| Long Jump (Pit 1) – South          | Final | 6UG, 8UG, 11-12G  |
| Long Jump (Pit 2) – South          | Final | 6UB, 8UB, 11-12B  |
| Shot Put                           | Final | 9-10G:B (6 lb), 8UG:B (2k), 15-16G:B (4k:12 lb)   |
| Pole Vault (Starts at Noon)        | Final | 13-14G:B, 15-16G:B, 17-18W:M  |

**Notes:**

Open/Masters Athletes will follow the oldest division (running events) or will compete during the 17/18M:W. All Field Event Participants must go directly to the Field event for check-in. Field events will have 4 attempts, No Final per SCA Youth Committee. Race Walk events will be combined. 3000M Run may be combined. Number of Athletes per Run: 800M (12, 1-Turn Stagger), 1500M (18, Waterfall), 3000M (24, Waterfall, 15-16 & 17-18 may be combined and may use a waterfall with 1 alley).

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