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**West Coast Classic Invitational**  
**Hosted by the Pacific Coast Shockwaves**  
**USATF Sanctioned EVENT & Final Junior Olympic Qualifier**  
**Revised on 04/22/2019**

**DATE:** June 1<sup>st</sup> & 2<sup>nd</sup> 2019

**SITE:** Cerritos College (Falcon Field)  
11110 Alcondra Blvd. Norwalk, CA 90650

**STARTING TIMES: Saturday June 1<sup>st</sup> 2019**

- 6:30 AM - Registration Opens
- 7:35 AM - First Call – Running Events
- 7:40 AM - First Call – Field Events
- 8:00 AM - Running & Field Events Start

**STARTING TIMES: Sunday June 2<sup>nd</sup> 2019**

- 6:30 AM - Registration Opens
- 7:15 AM - First Call – Steeplechase, Start at 7:40 AM (Girls/Women w/Men to follow)
- 7:35 AM – First Call - Running Events, Start at 8:05 AM
- 7:40 AM - First Call – Field Events, Start at 8:00 AM

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

**MEET COMMUNICATION:** For live text message updates text **81010**, enter **@2019shock** in the message.

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

	<b><u>YEAR BORN</u></b>
8 & Under (previously Sub-Bantam).....	2011+
9 – 10 (previously Bantam).....	2010 – 2009
11 – 12 (previously Midget).....	2008 – 2007
13 – 14 (previously Youth) .....	2006 – 2005

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15 – 16 (previously Intermediate)..... 2004 – 2003  
17 – 18 (previously Young Men & Women)..... 2002 – 2001

**Surface:** 9-lane Track, 2-Long Jump Pits, 2-Pole Vault Pits, 2-High Jump and runways have Mondo surface, restricted to 3/16 inch spikes (pyramid spikes only). School representatives will 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. Search for Pacific Coast Shockwaves and click Add. 2019 USATF rules apply; all participants must have a valid 2019 USATF membership. Participant waivers are required for all participating athletes. Visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for the forms.

**On-time 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.

**On-time Entry Deadline: Tuesday 05/28/2019 at 11:59 PM (local time)**

**Late Registration:** \$7.00 per event and \$28.00 per relay.  
Late Registration will be accepted through Athletic.net from Wednesday 05/29/2019 at 11:59 AM (local time) to Thursday at 11:59 PM on 05/30/2019.

**Day of Late Registration for the following events will close as follows: 100M @ 9:30AM (Saturday). Late additions need to be made during the on-line late registration period or during Packet Pickup at the Hotel Friday night between 6:00 PM-8:30 PM. This will ensure accurate and efficient seeding.**

On-site Registration will be open from 6:30 AM till 11:00 AM on Saturday and Sunday.

**Bibs:** Athletes who lose their bib number will be charged \$5 for a replacement.

**Packet Pickup:**

Friday May 31: 6:00 PM – 8:30 PM: Fairfield Inn and Suites Buena Park (7828 Orangethorpe Ave, Buena Park, CA 90621). A Hospitality Area will be provided to Coaches and Staff on the USATF Coaches Registry.

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Registration at Cerritos College will begin at 6:30 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.**

**APPAREL:** Official 2019 West Coast Classic Invitational merchandise including a limited number of backpacks will be for sale. Backpack sales will begin on Friday night at Packet pickup.

**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 1st – 3rd overall. Those placing 4th – 8th overall will receive custom ribbons. 1<sup>st</sup> – 3<sup>rd</sup> place will be awarded immediately following the event. 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, 15-16 & 17-18. 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).

**Custom backpacks will be distributed to the 1st place finishers, by division of the following races: 100M, 200M, 400M, 1500M Run, 2000M Steeplechase, Long Jump, Shot Put, Javelin, Pole Vault.**

**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 identified for each field event during the Coach's Meeting at 7:40 AM on Saturday, June 1, 2019.

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**Note:** Athletes will not be allowed to leave the immediate completion area and will be restricted from the use of cell phones, camera and other electronics.

**Javelin Coaches Clinic (Free):** Saturday June 1<sup>st</sup> from 2 PM till 4 PM by Tom Petranoff (Inventor of the Turbo Javelin). Coaches, Parents and Athletes are all welcomed. Implements will be available for use during this clinic, but you may bring your own.

### **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. The stadium will open at 6AM.**

**Parking:** **There will be a \$2 charge for parking at this event. Visitors must pay the \$2 fee at the kiosk.** 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 1<sup>st</sup>, 2019**

FIRST CALL: 7:35AM (First event of the meet)

### **RUNNING EVENTS START TIME: 8:00AM**

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
400M Hurdles (36"/30")	Timed Final	15-16B, 17-18M, 15-16G,17-18W (1 <sup>st</sup> call@7:50 am)
200M Hurdles (30")	Timed Final	13-14G:B
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
4x800M Relay	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M

FIRST CALL: 7:40 AM (First event of the meet)

### **FIELD EVENTS START TIME: 8:00 AM**

High Jump (2-Pits)	Final	11-12G, 11-12B, 13-14G, 13-14B
Javelin (Finn-Flyer) – South Field	Final	11-12G:B (450g)
Javelin (Regulation) – South Field	Final	17-18W:M, 13-14G:B, 15-16G:B – Following Finn-Flyer Javelin
Long Jump (Pit 1) – North	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-North Pit	Final	13-14G:B, 11-12G:B, 17-18M:W

Notes: **Notes: Masters athletes will follow the oldest division (running events) or will compete during the 17/18 Men and Women (Field Events).** All Field Event Participants must go directly to the Field event for check-in. Field events will advance 9 to finals.

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)

**Sunday June 2<sup>nd</sup>, 2019**

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**FIRST CALL: 7:20AM (First event of the meet),**  
**2000M SC will begin at 7:40 AM**  
**1500Ms will START TIME at 8:05AM**

2000M SC (30")	Timed Final	15-16G, 17-18W
2000M SC (36")	Timed Final	15-16B, 17-18M
1500M Run	Timed Final	8&U G:B, 9-10G:B, 11-12G:B, 13-14G:B
200M Dash	Timed Final	All Divisions
1500M Run	Timed Final	15-16G:B, 17-18W:M
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	8&U G: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

FIRST CALL: 7:40 AM (First event of the meet)

**FIELD EVENTS START TIME: 8:00 AM**

High Jump (2-Pits)	Final	17-18W, 15-16G, 17-18M, 15-16B, 9-10G:B
Hammer Throw	Final	15-16G, 17-18W, 15-16B, 17-18M
Discus (to follow Hammer)	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
Mini-Javelin (South Field)	Final	8&U G:B, 9-10G:B
Triple Jump - (Pit 1) – North	Final	13-14G:B, 15-16G:B, 17-18W:M
Long Jump (Pit 1) – North	Final	11-12G (following Triple Jump)
Long Jump (Pit 2) – South	Final	8&U G:B, 11-12B
Shot Put –North Pit	Final	9-10G:B, 8&U G:B, 15-16G:B
Pole Vault (Starts at 12) - 2 Pits	Final	13-14G:B, 15-16G:B, 17-18W:M

**Notes: Masters athletes will follow the oldest division (running events) or will compete during the 17/18 Men and Women (Field Events).** All field event participants must go directly to the field event for check-in. Field events will advance 9 to finals.

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

**Meet will be held rain or shine**

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