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**Pacific Coast Shockwaves Invitational  
SCA Junior Olympic Qualifier  
USATF Sanctioned EVENT (Tier 2)-Rev 1 April 5, 2022**

**DATE:** April 23-24, 2022

**SITE:** Irvine Stadium 4321 Walnut Ave, Irvine, CA 92604

**STARTING TIMES: Saturday April 23, 2022**

7:00 AM - Registration Opens & Gates Open

8:35 AM - First Call – Running Events

8:40 AM - First Call – Field Events

9:00 AM - Running & Field Events Start

**STARTING TIMES: Sunday April 24, 2022**

7:00 AM - Registration Opens & Gates Open

7:35 AM – First Call - Running Events

7:40 AM - First Call – Field Events

8:00 AM - Running & Field Events Start

**CONTACT:** Michael Bryson (714) 588-3705 or Bernard Mainvielle (310) 780-2422

**Email:** [info@pcshockwaves.org](mailto:info@pcshockwaves.org) or through Athletic.net

**MEET COMMUNICATION:** Updates Prior to the meet will be sent out through Athletic.net to listed coaches. Periodic Updates will also be made on [www.pcshockwaves.org](http://www.pcshockwaves.org).

<b>ELIGIBILITY:</b>	<b>Boy and girls in the following age groups:</b>	<b><u>YEAR BORN</u></b>
8 & Under (previously Sub-Bantam).....		2014+
9 – 10 (previously Bantam).....		2013 – 2012
11 – 12 (previously Midget).....		2011 – 2010
13 – 14 (previously Youth) .....		2009 – 2008
15 – 16 (previously Intermediate).....		2007 – 2006
17 – 18 (previously Young Men & Women).....		2005 – 2004

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**Surface:** 8-lane Track, 2-Long Jump Pits, Pole Vault Pit, High Jump and runways have rubber surface, **restricted to 3/16 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. Search for Pacific Coast Shockwaves and click Add. 2022 USATF rules apply; all participants must have a valid 2022 USATF membership. Participant waivers are required for all participating athletes and families. Visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for the forms.

**On-line Entry Fees: \$4.00 per individual event and \$16.00 per relays**

Entry fee's 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: Tuesday April 19, 2022 at 11:59 AM (PST).**

**Late Registration:** \$8.00 per event and \$32.00 per relay.

Late Registration will be accepted on-line beginning at Noon Wednesday April 20, and will close at 6 pm on Thursday April 21. After the on-line (on-time and late) registration closes, any late entries will need to be done on-site. 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 in order to fill lanes, which will improve the flow of the meet. Heats will be re-seeded 5 minutes after the 3<sup>rd</sup> (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. **If registration is closed, proceed to Staging (Contact is Bernard in Staging).**

**Packet Pickup:** Saturday and Sunday morning at 7 AM at the Stadium Entrance.

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**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/top-utility-nav-content/sanctions/sanctions-forms> to download this form. Download the USATF Combined Waiver & Release Form.

**CONCESSION:** Will be available at the meet. **Cooking in the parking lot or anywhere throughout the facility is strictly prohibited.**

**MEET RESULTS:** Event results will be posted within 30 minutes of the completion of each event on the Finish Results APP (and should be real time). 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. All results inquiries **MUST** be taken care of at the meet. We will not modify results after the meet has ended.

**CHECK-IN:** All participants must check in at the Clerk of the Course when their event is called. **Event check-in will close 5 minutes after the 3<sup>rd</sup> and Final call – no exceptions.** At this point, the staging staff will re-seed the event, if needed. Those who show up after this time will not be able to participate in the event. 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. 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. Protests need to be done within 30 minutes of the results being posted. 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.

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

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**STADIUM INSTRUCTIONS:**

**Seating:** Bleacher seating will be available on both sides of the stadium. Tents and large umbrellas will be restricted to the top rows of the bleachers (but cannot block the view of the announcer in the press box). Tents will also be allowed in designated areas around the facility; specifically along the fence line on the warmup field and several grass areas within the stadium. Please keep all walkways, fencing and entry gate areas clear. We ask that parents and coaches not disturb our staging and helping volunteers. There should not be any tents or chairs on any of the blacktop areas within the stadium or service roads leading to the stadium. There will be NO SMOKING, PETS, CHEWING GUM, SHELLED NUTS OR SEEDS permitted on school grounds.

Please visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for the stadium Aerial map.

**Parking: \$5.** Please have cash ready. The Main Parking lot is off Walnut and Escolar. Additional parking is off Walnut and Yale.

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

**Spectator Entry Fee:** None

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**Saturday April 23, 2022**

FIRST CALL: 8:35AM (First event of the meet)

**RUNNING EVENTS START TIME: 9 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
400M Hurdles (36"/30")	Timed Final	15-16B, 17-18M, 15-16G,17-18W ( <b>1<sup>st</sup> call @845 AM</b> )
200M Hurdles (30")	Timed Final	13-14G:B ( <b>1<sup>st</sup> call @850 AM</b> )
3000M Run	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M ( <b>1<sup>st</sup> call @920 AM</b> )
100M Dash (East Side)	Semi-Final (Top 8 Advance)	All Divisions – Female
100M Dash (West Side)	Semi-Final (Top 8 Advance)	All Divisions – Male
400M Run	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: 8:40 AM (First event of the meet)

**FIELD EVENTS START TIME: 9 AM**

High Jump (1-Pit)	Final	11-12G, 11-12B, 13-14G, 13-14B
Javelin (Finn-Flyer) – Grass Field (2-Throwing Sectors)	Final	11-12G:B (450g)
Javelin (Regulation) – Grass Field (2-Throwing Sectors)	Final	17-18W:M, 13-14G:B, 15-16G:B – Following Finn-Flyer Javelin. <b>Warmups (run through and picking will begin once the 11-12Bs begin competition)</b>
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 (Pit 1)	Final	13-14G:B, 17-18M:W, 15-16G:B (Warmup at Pit 2 with Coach only)

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**Sunday, April 24, 2022**

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

1500M Run	Timed Final	All Divisions
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	All Divisions
Parent/Coach 4x100M Relay	Timed Final	All Parents and Coaches – NO High School Athletes
100M Dash	Timed Final	All Divisions
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 (1-Pit)	Final	17-18W, 15-16G, 17-18M, 15-16B, 9-10G:B
Mini-Javelin Grass Field (2-Throwing Sectors)	Final	8&U G:B, 9-10G:B
Triple Jump (Pit 1)	Final	13-14G, 15-16G, 17-18W (will be combined)
Triple Jump (Pit 1)	Final	13-14B, 15-16B, 17-18M (will be combined)
Long Jump (Pit 1)	Final	8&UG, 11-12G (will begin after Triple Jump)
Long Jump (Pit 2)	Final	8&UB, 11-12B
Shot Put (Pit 1)	Final	9-10G:B, 8&UG:B, 11-12G:B (Warmup at Pit 2 with Coach only)
Discus (Begins@10AM)	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
Pole Vault (WarmUp@10AM)	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 17/18M: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**

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