



**ANNUAL XC INVITATIONAL  
USATF Sanctioned Event**

**DATE:** OCTOBER 6, 2019  
**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 – 1<sup>st</sup> Youth Race: 8&U Girls

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

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

**Course:** Challenging course over dirt and grass trails with some concrete with flat and rolling hill combinations, plus tough hills. Course videos can be found on [www.pcshockwaves.org](http://www.pcshockwaves.org) website.

**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) for the forms.

Teams please register using Athletic.net, even your OPEN runners who plan on running the 5k as well. This will help us at Registration.

**Entry Fee:** Five Dollars (\$7.00) for all Youth Athletes. Open Athletes \$10.00

---

**"Where Champions Are Built"**

[www.pcshockwaves.org](http://www.pcshockwaves.org) • [info@pcshockwaves.org](mailto:info@pcshockwaves.org)



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 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.Athletic.net](http://www.Athletic.net), [www.pcshockwaves.org](http://www.pcshockwaves.org) and [www.scausatf.org](http://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 1<sup>st</sup> – 8<sup>th</sup> will receive custom medals. Participant Ribbons will be given out to all other Youth finishers. Additionally, anyone who breaks a meet record will receive a custom plaque.

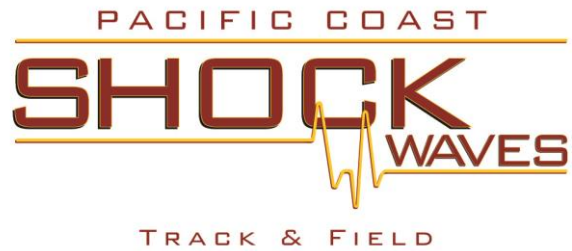
**TEAM AWARDS:** Will be given shortly after the points have been tabulated for each division. Teams consist of a minimum three (3) runners and maximum (5) runners per team. All teams with (3 to 5) members will be scored and considered in the team competition. If you want more than 1 team scored in the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

**Parking:** Free. 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.

---

**"Where Champions Are Built"**

[www.pcshockwaves.org](http://www.pcshockwaves.org) • [info@pcshockwaves.org](mailto:info@pcshockwaves.org)



---

### ORDER OF EVENTS

5000M (8:00 AM)	OPEN (19+years old, but all ages are welcomed)
Course Walk (8:35 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.**

---

**"Where Champions Are Built"**

[www.pcshockwaves.org](http://www.pcshockwaves.org) • [info@pcshockwaves.org](mailto:info@pcshockwaves.org)