



ANNUAL XC INVITATIONAL
USATF Sanctioned Event

DATE: OCTOBER 1, 2023
SITE: Martin Tudor Park
11925 Sierra Ave
Fontana, CA 92337

STARTING TIMES
7:00AM – Registration Opens
8:15 AM – Course Walk
9:00 AM – 1st Youth Race: 8&U Girls/Boys

CONTACT: Michael Bryson (714) 588-3705 or Bernard Mainvielle (310) 780-2422
Email: info@pcshockwaves.org or through Athletic.net

ELIGIBILITY: Boy and girls in the following age groups:

	<u>YEAR BORN</u>
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

Course: Challenging course over mostly dirt and grass trails with some concrete with flat and rolling hill combinations. Course videos and maps can be found on www.pcshockwaves.org website.

Registration:

To register go online to 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 for the forms.

Entry Fee: \$7.00 for all Youth Athletes. Day of Entries will be \$10.00 for all Youth.

We will not be able to have the 5k race at this course. However, any Masters athletes who want to run in the 4K can do so.



Meet entry fees are **non-refundable** and can be paid through Athletic.net or by Venmo. Late entries or Day of entries can be paid by cash, money order or Venmo.

CONCESSION: Light 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, 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 at the Starting Line when their event is called.

AWARDS: Youth participants in the following Divisions 8U, 9-10, 11-12, 13-14 and 15-16 Boys and Girls finishing 1st – 8th will receive custom medals. Participant Ribbons will be given out to all other Youth finishers.

TEAM AWARDS: Will be given out at the following SCA meet. 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. There is additional parking available on surrounding residential streets. We ask that people carpool, if possible. 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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ORDER OF EVENTS

Distance	Division and Schedule (Rolling Schedule unless start time is specified)
Course Walk (8:15 AM)	All Youth Participants
2000M (9:00 AM)	8&U Girls, 8&U Boys (will be combined)
3000M	9-10 Girls, 9-10 Boys (will be combined if less than 120 total athletes pre-register)
3000M	11-12 Girls, 11-12 Boys (will be combined if less than 120 total athletes pre-register)
4000M (will not start before 10 am)	13-14 Girls, 13-14 Boys, 15-16 Girls, 15-16 Boys (The 4k Races will be combined)

Meet will be held rain or shine.

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