



**ANNUAL XC INVITATIONAL  
USATF Sanctioned Event**

**DATE:** OCTOBER 22, 2023  
**SITE:** Peck Park  
560 N. Western Ave  
San Pedro, CA 90732

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

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

	<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

**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](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.

**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. Cost is \$10.00.

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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. Download the "Track Meet Results" APP for live results. 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 at the Starting Line when their event is called.

**BIBS and CHIPS:** Each athlete will be supplied a Bib which is to be worn on the upper portion of their chest. An additional pull tag, which will have an RFID chip attached to it, needs to be worn on either side of the athlete. Do not bend the chip.

**AWARDS:** Youth participants in the following Divisions 8U, 9-10, 11-12, 13-14 and 15-16 Boys and Girls finishing 1<sup>st</sup> – 8<sup>th</sup> 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
Course Walk (8:15 AM)	All Youth Participants
2000M (9:15 AM)	8&U Girls, 8&U Boys (Will be combined)
3000M	9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys
4000M (will not start before 11 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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