



9th Annual Invitational - USATF Sanctioned EVENT

DATE: April 20-21, 2024

SITE: Falcon Stadium – Cerritos College
11110 Alondra Blvd. Norwalk, CA 90650

STARTING TIMES: Saturday April 20, 2024

- 6:45AM – Registration Opens
- 7:40 AM – Coaches Meeting (Center of the Field)
- 8:40AM – First Call - Field Events, Start at 9:00 AM
- 7:35AM – First Call – Running Events, Start at 8:00 AM

STARTING TIMES: Sunday April 21, 2024

- 6:45AM – Registration Opens
- 7:40AM – First Call - Field Events, Start at 8:00 AM
- 7:20AM – First Call 2000M SC (Start at 7:40 AM)– Running Events, Start at 8:00 AM

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Email: info@pcshockwaves.org

ELIGIBILITY: Boy and girls in the following age groups:

	<u>YEAR BORN</u>
6 & Under.....	2018+
7-8 (previously Sub-Bantam).....	2016-2017
9 – 10 (previously Bantam).....	2014-2015
11 – 12 (previously Midget).....	2012-2013
13 – 14 (previously Youth)	2010-2011
15 – 16 (previously Intermediate).....	2008-2009
17 – 18 (previously Young Men & Women).....	2006-2007
Masters/OPEN.....	2005 or Older

Surface: 9-lane Track, 3-Long Jump Pits, Pole Vault, High Jump and runways have Mondo surface, **restricted to 3/16 in pyramids. Exceptions: High Jump and Javelin can use 1/4 inch pyramids spikes.** School representatives will inspect spike sizes during check-in.

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 or



Athletic.net for the forms. Please email them to info@pcshockwaves.org.

Entry Fees:

Online Entry Fees: \$4.50 per individual event and \$18.00 per relay. Entry fees are non-refundable and must be paid through Athletic.net (online) or Zelle/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: Wednesday April 17, 2024, at 11:59 AM (PST).**

Late Registration: \$9.00 per event and \$36.00 per relay. **Late Registration will be accepted via email after Noon on Wednesday April 17 (after on-time registration closes) and will close at 6 pm on Thursday April 18.** After the on-line and email (on-time and late) registration closes, any late entries will need to be made on-site on Saturday or Sunday morning. Registering on-site may affect your athletes' seeding in their respective events.

Seeding: Any Prelim 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 and mark only. Our Staff will re-seed heats if individuals do not check in on-time to fill lanes, which will improve the flow of the meet. Heats will be re-seeded 5 minutes after the 3rd (and Final) call. Calls will be made in the stadium and on the warmup field. Please follow the meet flow using the FinishedResults app and by monitoring the LED scoreboards on the field if you cannot hear the calls being made. It has been our experience that when the winds pick up, the calls within the stadium will be harder to hear.

Bibs: Athletes who lose their bib number will be charged \$5 for a replacement. Replacement Bibs can be purchased at the Registration Table throughout the day.

Packet Pickup: 6:45 AM on Saturday and Sunday at the Ticket Booth located between the home and away entrances.

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

CONCESSION: Breakfast and lunch items will be available for purchase. **Cooking in the parking lot or anywhere throughout the facility is strictly prohibited. Campus police will monitor drinking and cooking in the parking lot and in the stadium.**



APPAREL: Official Shockwaves Invitational and West Coast Classic Invitational merchandise will be available.

MEET RESULTS: Event results will be posted electronically, immediately following the event. Field events may take up to 30 minutes from the completion of the event, unless there is an error or protest. Final meet results will be provided online at Athletic.net and www.scausatf.org in accordance with SCA meet guidelines. Additionally, Live results (official) 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 3rd 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.

Note: for the 100M prelims the we are breaking the two groups by divisions and not genders;

AWARDS:

Custom Medals for those finishing 1st – 3rd overall.

Those placing 4th – 8th overall will receive custom ribbons.

6 and Unders will receive medals in the following events only: 100M, 200M, mini-javelin 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).

Relay winners will be given a custom relay baton (1 per relay member).

An MVP will be determined for 8 &U, 9-10, 11-12 and 13-14 division; one boy and one girl will be selected at the end of the meet based on a points schedule.

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 clearly identified for each field event.

STADIUM INSTRUCTIONS

Seating: Bleacher seating will be available. **Tents and large umbrellas will be restricted to beyond the first 12 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, VAPING, PETS, CHEWING GUM, SHELLLED NUTS OR SEEDS permitted on school



grounds. **Setting up the night before will not be permitted. The stadium gates will open at 6:45 AM. The stadium seats over 14,000, so there will be room for everyone.**

Spectator Cost: \$3 per day or \$5 for 2 days. Tickets will be sold at the ticket booth under the score board. Coaches will receive one free 2-day wristband.

Parking Cost: Scan Parking QR code posted around the stadium and parking lots and follow instructions (rate will be determined by the College). There will be plenty of parking next to the stadium. There is limited parking on surrounding streets. Please comply with all posted parking restrictions on the College Campus. PC Shockwaves will not be liable for any parking related violations or towed vehicles.

ORDER OF EVENTS
Saturday April 20, 2024

7:35AM – First Call – Running Events, Start at 8:00 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
3000M Run	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
200M Hurdles (30")	Timed Final	13-14G:B
400M Hurdles (30"/36")	Timed Final	15-16G,17-17W, 15-16B,17-18M
100M Dash (West Side) [not to start before 10:15am]	Semi-Final (Top 18 Advance)	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M, Masters and Open (enter staging from the West side entrance)- [finalist will be shown on the FinishedResults App]
100M Dash (East Side) [not to start before 10:15am]	Semi-Final (Top 18 Advance)	6UG:B, 8UG:B, 9-10G:B (enter staging from the South side entrance, next to the warmup field)- [finalist will be shown on the FinishedResults App]
400M Dash	Timed Final	All Divisions (staring with 8UG and moving upward)
4x100M Relay	Timed Final	All Divisions (starting with the 8UG and moving upward)
4x800M Relay	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
200M	Semi-Final (Top 18 Advance)	6UG:B, 8UG:B, 9-10G:B [finalist will be shown on the FinishedResults App]



8:40AM – First Call - Field Events, Start at 9:00 AM

High Jump	Final	11-12G, 11-12B, 13-14G, 13-14B
Mini-Javelin (South-East End)	Final	6UG:B (Combined), 8UG:B, 9-10G:B
Javelin (Finn-Flyer (450g) & Regulation) – SE end, @ the conclusion of the Mini-Javelin	Final	11-12G:B (450g) 17-18W (600g):M(800g), 13-14G:B (600g), 15-16G (600g):B (800g)
Long Jump (Pit 1) – West Side	Final	9-10G, 13-14G
Long Jump (Pit 2) – West Side	Final	9-10B, 13-14B
Long Jump (Pit 3) – North End next to Pole Vault Pit	Final	17-18W, 15-16G (combined), 17-18M, 15-16B (combined)
Shot Put	Final	13-14G:B (6lb:4kg), 11-12G:B (6 lb), 17-18M:W (12lb:4kg)

Sunday April 21, 2024

7:20AM – First Call – Running Events, Start at 7:40 AM

2000M SC	Timed Final	13-14B:G, 15-16G and 17-18W will be Combined 15-16B and 17-18M will be Combined
1500M Run-[will not begin before 8 AM]	Timed Final	7-8G:B, 9-10G:B, 11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M&Open/Masters
200M Dash-[will not begin before 10 am]	2 Heat Final	6UG:B, 8UG:B, 9-10G:B [finalist will be shown on the FinishedResults App]
200M Dash	Timed Final	11/12 – 17/18& Open/Masters
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	7-8G:B, 9-10G:B, 11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M&Open/Masters
100M Dash	2 Heat Final	All Divisions; 6U -17/18W/M
Parent/Coach 4x100M Relay	Timed Final	All Parents and Coaches – NO High School Athletes
4x400M Relay	Timed Final	All Divisions

7:40AM – First Call - Field Events, Start at 8:00 AM

High Jump	Final	17-18W, 15-16G (Combined) 17-18M, 15-16B (Combined) 9-10G:B
Hammer (South End of Warmup Field)	Final	17-18W, 15-16G (Combined) 17-18M, 15-16B (Combined)
Discus (South End of Warmup Field)-to follow Hammer	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M



Triple Jump (Pit 1 – West side)	Final	13-14G:B, 17-18M, 15-16G:B, 17-18W
Long Jump (Pit 2) – West side	Final	(6UG/8UG), (6UB/8UB), 11-12G
Long Jump (Pit 1) – West Side	Final	11-12B (following Triple Jump-not to start before 10 am)
Shot Put (North Pit)	Final	9-10G:B (6 lb), 8UG:B (2k), 15-16G:B (4k:12 lb)
Pole Vault (Starts at 10 am)	Final	13-14G:B, 15-16G:B, 17-18W:M

Notes:

Open/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 (13, 1-Turn Stagger), 1500M (18, Waterfall), 3000M (24, Waterfall, 15-16 & 17-18 may be combined and may use a waterfall with 1 alley).

Triple Jump may be combined depending on the number of participants.

Meet will be held rain or shine.