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**4th ANNUAL ALL-COMERS MEET – USATF Sanctioned Event**

**DATE:** March 18, 2017  
**SITE:** Narbonne High School  
24300 S. Western Avenue  
Harbor City, CA 90710

**STARTING TIMES**  
6:45AM – Registration Opens  
7:35AM – First Call – Running Events  
7:40AM – First Call - Field Events  
7:45AM – Coaches Meeting (HJ Pit)  
8:00AM – Running & Field Events Start

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

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

	<u>YEAR BORN</u>
8 & Under (previously Sub-Bantam).....	2009+
9 – 10 (previously Bantam).....	2007 – 2008
11 – 12 (previously Midget).....	2005 – 2006
13 – 14 (previously Youth) .....	2003 – 2004
15 – 16 (previously Intermediate).....	2001 – 2002
17 – 18 (previously Young Men & Women).....	1998 – 2000

**Surface: 8-lane** Track, Long Jump, High Jump and runways have tartan surface, restricted to ¼ inch spikes or less (pyramids spikes are permitted).

**Registration:** On-site registration for individuals, unattached and teams. Please indicated the YEAR BORN on each event sticker for all athletes.

**Entry Fee:** \$2.00 per individual event and \$8.00 per relays

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 should be paid in cash or money order only.

**CONCESSION:** Breakfast and lunch items will be available for purchase.

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**MEET RESULTS:** Event results will be posted at the track meet within 30 minutes of the completion of each event. 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.

**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 3<sup>rd</sup> 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.

**AWARDS:** All participants will receive ribbons at the conclusion of their event. Participants finishing 1<sup>st</sup> – 8<sup>th</sup> will receive ribbons indicating the place. Finishers beyond the top 8 will receive a ribbon indicating “Participant.”

### **STADIUM INSTRUCTIONS**

**SEATING:** Bleacher seating will only be used on the Home side of the stadium. Tents and large umbrellas will be restricted to the top row 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, PETS, CHEWING GUM, SHELLED NUTS OR SEEDS permitted on school grounds. Setting up the night before will not be permitted. **The stadium will open at 6AM.**

**RESTROOM FACILITIES:** Three Restroom facilities will be available on the Home side of the stadium. Additionally, Athletes (only) will have access to the restrooms on the Southeast side of the stadium next to the warm-up field.

**PARKING:** **Parking will be Free**

There are three (3) points of entry. Drivers can enter from 242nd Place, which will have 2 points of entry. Drivers can also enter into the 3rd point of entry off President St. Parking attendants will guide cars to available locations. Please be courteous and respectful during this process. There is limited parking on surrounding residential streets. 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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FIRST CALL: 7:35AM (First event of the meet)

**RUNNING EVENT START TIME: 8:00AM**

1500M Run	All Divisions (Ages 5 & 6 restricted)
100M	All Divisions
4X100M Relay	All Divisions
200M	Ages 5 & 6 Only
400M	All Divisions (Ages 5 & 6 restricted)
200M/400MHurdles	13/14G, 13/14B (200Mh); 15-16G:B, 17-18W:M (400 Mh)
1500M Race Walk	9/10G:B, 11/12G:B ( <b>will be combined</b> )
4x800 Relay	11/12G:B, 13/14G:B, 15/16G:B, 17/18W:M

FIRST CALL: 7:40 AM (First event of the meet)

**FIELD EVENT START TIME: 8:00 AM**

Long Jump (2-pits)	13/14G:B, 15/16G:B, 17/18W:M, 11/12G:B, 9/10G:B, 8&U G:B
High Jump	11/12G:B, 9/10G:B, 13/14G:B, 15/16G:B, 17/18W:M
Shot Put	8&U/G:B, 15/16G:B, 17/18W:M, 13/14G:B, 11/12G:B, 9/10G:B
Javelin (Turbo, Finn-Flyer and Regulation)	9/10G:B (300g), 8&U/G: B (300g), <b>11/12G:B (450g Finn-Flyer)</b> , Regulation Javelin (Combined): 13/14G:B, 15/16G, 17/18W (600 g), 15/16B, 17/18M (800g)

**Discus will not be contested due to facility restrictions.**

**Long Jump: 13/14, 15/16 and 17/18 will be combined (separated by Gender).**

**HJ will be combined by Gender (separated by Age Group Division)**

**Meet will be held rain or shine.**

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