



**1st Annual ALL-COMERS MEET  
 PUSH & Pacific Coast Shockwaves  
 USATF Sanctioned EVENT**

**DATE:** April 8, 2017

**STARTING TIMES**

<b>SITE:</b>	Long Beach City College	6:45AM – Registration Opens
	Vets Memorial Stadium	7:35AM – First Call – Running Events
	5000 E. Lew Davis St.	7:40AM – First Call - Field Events
	Long Beach, CA 90808	7:45AM – Coaches Meeting (@HJ Area)
		8:00AM – Running & Field Events Start

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

**ELIGIBILITY:** Boy 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).....	1999 – 2000

**Surface:** 9-lane Track, 2-Long Jump Pits, High Jump and runways have tartan surface, restricted to 1/4 inch spikes or less (pyramids spikes only). School representatives may inspect spike sizes during check-in.

**Registration:** On-site registration for individuals, unattached and teams. Please indicate the YEAR BORN on each event sticker for all athletes. Registration will remain open throughout the meet.

**Entry Fee:** \$2.00 per individual event and \$8.00 per relays  
 Entry fee's 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.

**"Where Champions Are Built"**

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



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

**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 actual place they finished the race. All athletes finishing 9<sup>th</sup> place and beyond will receive a ribbon indicating “Participant.”

### **STADIUM INSTRUCTIONS**

**Seating:** Bleacher seating will available. Tents and large umbrellas will be restricted to the top 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, 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.**

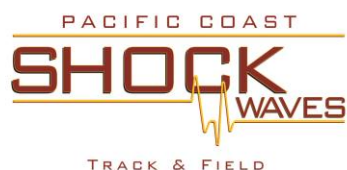
**Parking:** **There will be a \$2 charge for parking at this event. Visitors must pay the \$2 fee at the parking meter and place the parking ticket on the dashboard of their vehicle. Meet host will not responsible for any parking tickets or towing expenses.**

There is limited parking on surrounding residential streets. Please comply with all posted parking restrictions and requirement is parking on the College Campus. 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**

FIRST CALL: 7:35AM (First event of the meet)

#### **RUNNING EVENTS START TIME: 8:00AM**

3000M Run	11/12G:B, 13/14G:B, 15/16G:B, 17/18W:M
200M Dash	All Divisions
110M Hurdles	15/16B, 17/18M
100M Hurdles	13/14B, 17/18W, 15/16G, 13/14G
80M Hurdles	11/12G:B
800M Run	All Divisions
4x100 Relay	All Divisions
3000M Race Walk	13/14G:B, 15/16G:B, 17/18W:M
4x400M Relay	All Divisions

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

#### **FIELD EVENTS 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 (1-ring)	15/16G:B, 17/18W:M, 13/14G:B, 8&U/G:B, 11/12G:B, 9/10G:B
Mini Javelin	9/10G:B (300g), 8&U/G:B (300g), 11/12G:B (450g)
Javelin (600g/800g)	13/14G:B, 15/16G:B, 17/18W:M

**Note: the Discus will not be contested due to facility restrictions.**

**Note: Field Events 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)