



**Pacific Coast Shockwaves - Annual All-Comers (B-1)
USATF Sanctioned EVENT**

DATE: March 23rd 2019

SITE: Cerritos College (Falcon Field)
11110 Alondra Blvd. Norwalk, CA 90650

STARTING TIMES: Saturday March 23rd 2019

6:30AM - Registration Opens
7:35AM - First Call – Running Events
7:40AM - First Call – Field Events
8:00AM - Running & Field Events Start

CONTACT: Michael Bryson (714) 588-3705
Email: Info@pcshockwaves.org

ELIGIBILITY: Boy and girls in the following age groups:

	<u>YEAR BORN</u>
8 & Under (previously Sub-Bantam).....	2011+
9 – 10 (previously Bantam).....	2010 – 2009
11 – 12 (previously Midget).....	2008 – 2007
13 – 14 (previously Youth)	2006 – 2005
15 – 16 (previously Intermediate).....	2004 – 2003
17 – 18 (previously Young Men & Women).....	2002 – 2001

Surface: 9-lane Track, 2-Long Jump Pits, 2-Pole Vault Pits, 2-High Jump and runways have Mondo surface, restricted to 3/16 inch spikes (pyramid spikes only). School representatives will inspect spike sizes during check-in.

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.

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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 and www.scausatf.org in accordance with SCA meet guidelines. Additionally, Live results (unofficial) 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.

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

PROTEST: USATF rules apply. Protest must be accompanied by \$50.00 (cash only).

Athletes will not be allowed to leave the immediate completion area and will be restricted from the use of cell phones, camera and other electronics.

STADIUM INSTRUCTIONS

Seating: Bleacher seating will available. Tents and large umbrellas will be restricted to the top 15 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, SHELLLED 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 kiosk.** Make sure to place the parking ticket on the dashboard of your vehicle. Meet host will not responsible for any parking tickets or towing expenses.

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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.

ORDER OF EVENTS

Saturday March 23rd 2019

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

RUNNING EVENTS START TIME: 8:00AM

1500M Run	Final	All Divisions (Ages 5 & 6 restricted)
100M Dash	Final	All Divisions
4x100M Relay	Final	All Divisions
200M	Final	Ages 6 and Under (not to turn 7 in 2019)
400M Dash	Final	All Divisions
200M Hurdles (30")	Final	13-14G:B
1500M Race Walk	Final	9-10G:B, 11-12G:B
4x800M Relay	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M

Note: The 400M Hurdles will not be contested at this meet. Race Walk events will be combined.

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

FIELD EVENTS START TIME: 8:00 AM

High Jump (2-Pits)	Final	11-12G:B, 9-10G:B, 13-14G:B, 15-16G:B, 17-18W:M
Mini-Javelin (South Field)	Final	9-10G:B, 8&U G:B
Javelin (Finn-Flyer) – South Field	Final	11-12G:B (450g)- following Mini-Javelin
Javelin (Regulation) – South Field	Final	17-18W:M, 13-14G:B, 15-16G:B – Following Finn-Flyer Javelin (May be combined)
Long Jump (Pit 1) – North	Final	(13-14G, 15-16G, 17-18W), 11-12G, 9-10G, 8&UG
Long Jump (Pit 2) – South	Final	(13-14B, 15-16B, 17-18M), 11-12B, 9-10B, 8&UB
Shot Put-North Pit	Final	8&UG:B, 15-16G:B, 13-14G:B, 11-12G:B, 9-10G:B

Notes: All Field Event Participants must go directly to the Field event for check-in. **Field events will get 4 attempts.** Long Jump: 13/14, 15/16 and 17/18 will be combined (separated by Gender).

HJ may be combined by Gender (separated by Age Group Division).

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