



5th ANNUAL ALL-COMERS MEET

DATE: March 17, 2018
SITE: Long Beach City College
Vets Memorial Stadium
5000 E. Lew Davis St.
Long Beach, CA 90808

STARTING TIMES
6:45AM – Registration Opens
7:35AM – First Call – Running Events
7:40AM – First Call - Field Events
7:45AM – Coaches Meeting)
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:

	YEAR BORN
8 & Under (previously Sub-Bantam).....	2010+
9 – 10 (previously Bantam).....	2009 – 2008
11 – 12 (previously Midget).....	2007 – 2006
13 – 14 (previously Youth)	2005 – 2004
15 – 16 (previously Intermediate).....	2003 – 2002
17 – 18 (previously Young Men & Women).....	2001 – 2000

Surface: 9-lane Track, 3-Long Jump Pits, Pole Vault, High Jump and runways have tartan surface, restricted to 1/4 inch spikes (pyramid spikes only). School representatives may 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.

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

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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.

CHECK-IN: All participants must check in at the Clerk of the Course (Staging) 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.”

STADIUM INSTRUCTIONS

Seating: Bleacher seating will be available. Tents and large umbrellas will be restricted to the top 30 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 gates will open at 6AM.**

Parking: There will be a \$5 charge for parking at this event. Visitors must pay the \$5 fee at the entry gate. School or PCS representatives will collect all money. Make sure to place the parking ticket on the dashboard of your vehicle. Meet host will not be responsible for any parking tickets or towing expenses.

There is limited parking on surrounding residential streets. Please comply with all posted parking restrictions and requirements while parking on the college campus. PC Shockwaves will not be liable for any parking related violations or towed vehicles.

RESTROOM FACILITIES: Two very large restroom facilities will be available on the Home side of the stadium.

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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 Hurdles	13/14G, 13/14B
1500M Race Walk	9/10G:B, 11/12G:B (will be combined)
4x800 Relay	11/12G:B, 13/14G:B, 15/16G:B, 17/18W:M

Note: The 400M Hurdles will not be contested at this meet

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, 13/14G:B, 11/12G:B, 9/10G:B
Javelin (Turbo and Regulation)	9/10G:B (300g), 8&U/G: B (300g), 11/12G:B (400g), Regulation Javelin (Combined): 13/14G:B, 15/16G, 17/18W (600 g), 15/16B, 17/18M (800g)

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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