



**Pacific Coast Shockwaves – 7th Annual All-Comers (B-1)
USATF Sanctioned EVENT**

DATE: March 21st , 2020

SITE: Narbonne High School

24300 S. Western Avenue, Harbor City, CA 90710

STARTING TIMES: Saturday March 21st , 2020

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).....	2012+
9 – 10 (previously Bantam).....	2010 – 2011
11 – 12 (previously Midget).....	2008 – 2009
13 – 14 (previously Youth)	2006 – 2007
15 – 16 (previously Intermediate).....	2004 – 2005
17 – 18 (previously Young Men & Women).....	2002 – 2003

Surface: 8-lane Track, 2-Long Jump Pits, High Jump and runways have Synthetic surfaces, 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.

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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.

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 competition area and will be restricted from the use of cell phones, camera and other electronics.

STADIUM INSTRUCTIONS

Seating: Bleacher seating will be available. Tents and large umbrellas will be restricted to the top 5 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, SHELLS 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 \$5 charge for parking at this event. Visitors must pay the \$5 to the school representative at the entry point. The collection of this fee is the sole responsibility of the High School.** 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 parking on surrounding residential streets. Please comply with all posted parking restrictions and requirements when parking on the Campus. PC Shockwaves will not be liable for any parking related violations or towed vehicles.

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TRACK & FIELD

ORDER OF EVENTS

Saturday March 21st, 2020

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 2020)
400M Dash	Final	All Divisions
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 200/400M 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	Final	11-12G:B, 9-10G:B, 13-14G:B, 15-16G:B, 17-18W:M
Mini-Javelin	Final	9-10G:B, 8&U G:B
Javelin (Finn-Flyer)	Final	11-12G:B (450g)- following Mini-Javelin
Javelin (Regulation)	Final	17-18W:M, 13-14G:B, 15-16G:B – Following Finn-Flyer Javelin (May be combined)
Long Jump (Pit 1) – West	Final	(13-14G, 15-16G, 17-18W), 11-12G, 9-10G, 8&UG
Long Jump (Pit 2) – East	Final	(13-14B, 15-16B, 17-18M), 11-12B, 9-10B, 8&UB
Shot Put-South	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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