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**Pacific Coast Shockwaves - Annual Invitational  
USATF Sanctioned EVENT  
FINAL SCA-USATF JUNIOR OLYMPIC QUALIFICATION MEET**

**DATE: June 2<sup>nd</sup> & 3<sup>rd</sup> 2018**

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

**STARTING TIMES: Saturday June 2, 2018**

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

7:40 AM – Coaches Meeting (Center of the Field)

**STARTING TIMES: Sunday June 3, 2018**

6:45AM – Registration Opens  
7:15AM – First Call – Steeplechase, Start at 7:35AM (Girls/Women w/ Men to follow)  
7:35AM – First Call – Running Events, Start at 8:00 AM  
7:40AM – First Call - Field Events, Start at 8:00 AM

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

**MEET COMMUNICATION:** For live text message updates text 81010, enter **@2018shock** in the message.

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

	<b><u>YEAR BORN</u></b>
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, 2-Long Jump Pits, 2-Pole Vault Pits, 2-High Jump Pits and runways

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have Mondo surface, restricted to 3/16 inch spikes (pyramid spikes only). School representatives may inspect spike sizes during check-in.

**Registration:** To register go online to [www.athletic.net](http://www.athletic.net). Log In to Athletic.net. Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team. Click "Add a Meet" in your calendar box. Where it says "Meet ID:" enter **322756** and click Add. 2018 SCA rules apply; all participants must have a valid 2018 USATF membership. Participant waivers are required for all participating athletes. Visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for the forms.

**Entry Fees:** \$3.50 per individual event and \$14.00 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 must pay online through Athletic.net.

**Entry Deadline:** **Tuesday 5/29/2018 at 11:59 PM (Pacific Standard Time)**

**Late Registration:** \$7.00 per event and \$28.00 per relay. All late entries are subject to lane availability. **Late Registration will be accepted online beginning Wednesday 05/30/2018 at 8 AM and will close on Friday 05/31/17 at noon.** Late entries will be taken on-site between 6:45AM till 11:00 AM on Saturday and Sunday. Visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for late entry forms.

**Bibs:** Athletes who lose their bib number will be charged \$5 for a replacement. Replacement Bibs can be purchased at the Registration Table throughout the day.

**Packet Pickup:** 6:30 AM on Saturday and 6:45 AM on Sunday.

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

**APPAREL:** Fine Designs will provide all official Shockwave Invitational merchandise.

**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. 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 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:** Custom Medals for those finishing 1<sup>st</sup> – 3<sup>rd</sup> overall. Those placing 4<sup>th</sup> – 8<sup>th</sup> overall will receive custom ribbons. Team Champions and Runner Ups will be awarded to the first and second place teams by Division, separated by male and female; 8 &U, 9-10, 11-12, 13-14, 15-16 & 17-18. One overall Boys and Girls Team Champion will be crowned. The Pacific Coast Shockwaves will be excluded from the team awards but will displace in the scoring (10, 8, 6, 5, 4, 3, 2, 1).

**Custom backpacks will be distributed to the 1<sup>st</sup> place finishers, by division of the following races: 100M, 400M, 1500M Run, Long Jump, Javelin, 2000M Steeplechase**

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

**COACH'S BOXES:** For all field events, coaches will be allowed to coach their athlete(s) from the designated Coach's Box for each field event. Coach's Box will be identified for each field event during the Coach's Meeting at 7:40 AM on Saturday, June 2, 2018.

**Note:** 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.

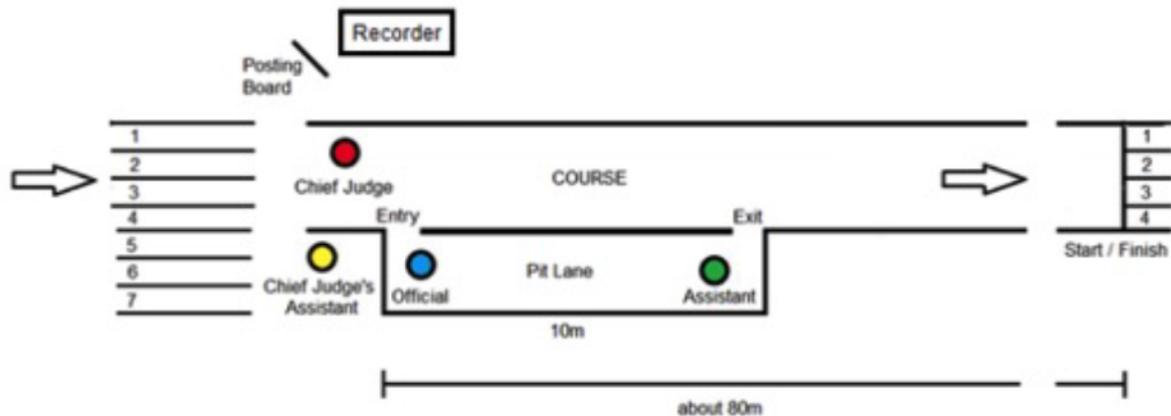
### **STADIUM INSTRUCTIONS**

**Seating:** Bleacher seating will available. Tents and large umbrellas will be restricted to the top 30 rows of the bleachers. Tents will also be allowed in designated areas around the facility. All tents must be secured. 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 gates 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.

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.

Use of the Pit Lane (penalty area) during race walks [USATF Rules 230.3© and 230.3(j)]



The Chief Judge or the Chief Judge’s Assistant will direct the athlete with three red cards into the Pit Lane. For a 3,000-meter race walk, the athlete with three red cards must stay in the pit lane for 60 seconds. Officials will keep track of the time, alert the athlete when there is 10 seconds remaining on the penalty, then release the athlete when the 60 seconds has expired.

The athlete is free to stop or continue moving inside the penalty area; however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance, but communication with coaches is allowed. The athlete is not judged in the penalty area.

If the athlete receives a fourth red card (from a fourth judge), either while in the Pit Lane or afterward, the athlete will be disqualified.

If the athlete receives the third Red Card at the late stage of the race and it’s not possible for the Chief Judge or the Chief Judge’s Assistant to notify the athlete that the athlete must stop in the Pit Lane, the athlete shall finish the race, and the penalty (60 seconds for races up to 5,000 meters or 120 seconds for races longer than 5,000 meters and up to 10,000 meters) shall be added to the race walker’s official time.



[version 6 July 2016, parts quoted from the 2014 IAAF document “Race Walking – A Guide to Judging and Organizing”]

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**ORDER OF EVENTS**  
**Saturday June 2<sup>nd</sup>, 2018**

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

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

1500M Race Walk	Timed Final	9-10G:B, 11-12G:B
3000M Race Walk	Timed Final	13-14G:B, 15-16G:B, 17-18W:M
<b>400M Hurdles (30"/36")</b>	<b>Timed Final</b>	<b>15-16G,17-18W, 15-16B, 17-18M</b>
3000M Run	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
100M Dash (East Side)	Semi-Final (Top 9 Advance)	All Divisions – Female
100M Dash (West Side)	Semi-Final (Top 9 Advance)	All Divisions – Male
400M Dash	Timed Final	All Divisions
4x100M Relay	Timed Final	All Divisions
200M Hurdles (30")	Timed Final	13-14G:B
4x800M Relay	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M

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

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

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



**Notes:**

- All Field Event Participants must go directly to the Field event for check-in. Field events will advance 9 to finals.
- Race Walk events may be combined. 3000M Run may be combined by Gender.
- Number of Athletes per Run: 800M (12, 1-Turn Stagger), 1500M (18, Waterfall), 3000M (24, Waterfall)

**Sunday June 3<sup>rd</sup>, 2018**

- **FIRST CALL: 7:10AM (First event of the meet)**
- **2000M SC will begin at 7:30 AM**
- **1500Ms will START TIME at 8:00AM**

2000M SC (30")	Timed Final	15-16G, 17-18W
2000M SC (33")	Timed Final	15-16B, 17-18M
1500M Run	Timed Final	7-8G:B, 9-10G:B, 11-12G:B, 13-14G:B
200M Dash	Timed Final	All Divisions
1500M Run	Timed Final	15-16G:B, 17-18W:M
110M Hurdles (39")	Timed Final	15-16B, 17-18M
100M Hurdles (33")	Timed Final	13-14B, 15-16G, 17-18W
100M Hurdles (30")	Timed Final	13-14G
80M Hurdles (30")	Timed Final	11-12G:B
800M Run	Timed Final	7-8G:B, 9-10G:B, 11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
100M Dash	Final	All Divisions
Parent/Coach 4x100M Relay	Timed Final	All Parents and Coaches – NO High School Athletes
4x400M Relay	Timed Final	All Divisions



- **FIRST CALL: 7:40 AM (First event of the meet)**
- **FIELD EVENTS START TIME: 8:00 AM**

High Jump	Final	17-18W, 15-16G, 17-18M, 15-16B, 9-10G:B
Hammer Throw	Final	15-16G, 17-18W, 15-16B, 17-18M
Discus (to follow Hammer)	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
Triple Jump - South	Final	13-14G, 15-16G, 17-18W
Triple Jump - North	Final	13-14B, 17-18M, 15-16B
Long Jump (Pit 1) – North	Final	8U G, 11-12G (following Triple Jump)
Long Jump (Pit 2) – South	Final	8U B, 11-12B (following Triple Jump)
Shot Put –North Pit	Final	9-10G:B, 8UG:B, 15-16G:B
Pole Vault (Starts at Noon)	Final	13-14G:B, 15-16G:B, 17-18W:M

**Notes:**

- All field event participants must go directly to the field event for check-in. Field events will advance 9 to finals.
- Number of Athletes per Run: 800M (12, 1-Turn Stagger), 1500M (18, Waterfall), 3000M (24, Waterfall).