

**11th Annual Invitational
USATF Sanctioned EVENT**

DATE: March 29-30, 2025

SITE: Falcon Stadium – Cerritos College
11110 Alondra Blvd. Norwalk, CA 90650

STARTING TIMES: Saturday March 29, 2025

6:45AM – Registration Opens
7:40 AM – Coaches Meeting (Center of the Field)
8:40AM – First Call - Field Events, Start at 9:00 AM
7:35AM – First Call – Running Events, Start at 8:00 AM

STARTING TIMES: Sunday March 30, 2025

6:45AM – Registration Opens
7:40AM – First Call - Field Events, Start at 8:00 AM
7:20AM – First Call 2000M SC (Start at 7:40 AM)– Running Events, Start at 8:00 AM

CONTACT: Michael Bryson (714) 588-3705 or Bernard Mainvielle (310) 780-2422
Email: Info@pcshockwaves.org

ELIGIBILITY: Boy and girls in the following age groups:

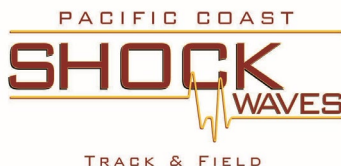
	<u>YEAR BORN</u>
6 & Under.....	2018+
7-8	2016-2017
9 – 10.....	2014-2015
11 – 12.....	2012-2013
13 – 14.....	2010-2011
15 – 16.....	2008-2009
17 – 18.....	2006-2007
Masters/OPEN.....	2005 or Older

Surface: 9-lane Track, 3-Long Jump Pits, Pole Vault, High Jump and runways 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. 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

“Where Champions Are Built”

www.pcshockwaves.org □ info@pcshockwaves.org



then the home icon next to the appropriate team. Click "Add a Meet" in your calendar box. Participant waivers are required for all participating athletes. Visit www.pcshockwaves.org or Athletic.net for the forms. Please email them to info@pcshockwaves.org.

Entry Fees:

Online Entry Fees: \$5.00 per individual event and \$20.00 per relay. Entry fees are non-refundable and must be paid through Athletic.net (online) or Zelle/Venmo (must contact Meet Director at 714-588-3705 for instructions. Payments will need to be made prior to the Late Registration Opening). **On-line Entry Deadline: Wednesday March 26, at 8 PM (PST).**

Late Registration: \$10.00 per event and \$40.00 per relay. **Late Registration will be accepted via email after 8PM on Wednesday March 26 (after on-time registration closes) and will close at 9 pm on Thursday March 26.** After the on-line and email (on-time and late) registration closes, any late entries will need to be made on-site on Saturday or Sunday morning. Registering on-site may affect your athletes' seeding in their respective events.

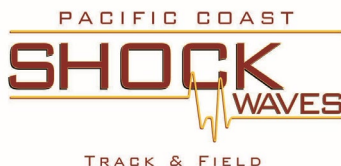
Seeding: Any Prelims will be randomly seeded. All other events will be seeded based on seed times and marks submitted through Athletic.net only. Advancement to the Finals will be based on time and mark only. Our Staff will re-seed heats if individuals do not check in on-time to fill lanes, which will improve the flow of the meet. Heats will be re-seeded 5 minutes after the 3rd (and Final) call. Calls will be made in the stadium and on the warmup field. Please follow the meet flow using the FinishedResults app and by monitoring the LED scoreboards on the field if you cannot hear the calls being made.

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: 6:45 AM on Saturday and Sunday.

USATF Participation Waiver: The USATF Participant Waiver is required for each minor competing at any USATF Sanctioned event. Please go to <https://www.usatf.org/home/toputility-nav-content/sanctions/sanctions-forms> to download this form. Download the USATF Combined Waiver & Release Form.

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



APPAREL: Official Shockwaves Invitational merchandise will be available and will be sold at the OnPoint AEP vendor tent.

MEET RESULTS: Event results will be posted electronically within 30 minutes of the completion of each event. Final meet results will be provided online at Athletic.net and www.scausatf.org in accordance with SCA meet guidelines. Additionally, Live results (official) 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:

Custom Medals for those finishing 1st – 3rd overall.

Those placing 4th – 8th overall will receive custom ribbons.

Team Champions will be awarded to the first place teams by Division, separated by male and female; 8 & U, 9-10, 11-12, 13-14.

One overall Boys and Girls Team Champion will be crowned. The Pacific Coast Shockwaves will be excluded from the team awards but will display in the scoring (10, 8, 6, 5, 4, 3, 2, 1).

Relay winners will be given a custom relay baton (one for each relay participant).

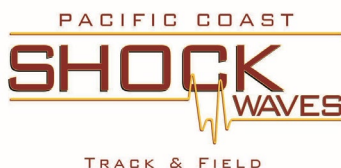
An MVP will be determined for 6U, 8 & U, 9-10, 11-12 and 13-14 division; one boy and one girl will be selected at the end of the meet.

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

COACH'S BOXES: For all field events, only coaches in good standing as shown on the USATF Coaches Registry will be allowed to coach their athlete(s) from the designated Coach's Box for each field event. The Coach's Box will be clearly identified for each field event.

STADIUM INSTRUCTIONS

Seating: Bleacher seating will be available. **Tents and large umbrellas will be restricted to beyond the first 12 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, VAPING, 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. The stadium seats over 14,000, so there will be room for everyone.

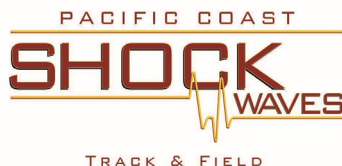
Spectator Fee: \$3 per day or \$5 for 2 days.

Parking Cost: Scan Parking QR code posted around the stadium and parking lots and follow instructions (rate will be determined by the College). There will be plenty of parking next to the stadium. There is limited parking on surrounding streets. Please comply with all posted parking restrictions on the College Campus. PC Shockwaves will not be liable for any parking related violations or towed vehicles.

ORDER OF EVENTS Saturday March 29, 2025

7:35AM – First Call – Running Events, Start at 8:00 AM

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
400M Hurdles (36"/30")	Timed Final	15-16B, 17-18M , 15-16G, 17-18W,
200M Hurdles (30")	Timed Final	13-14G:B
3000M Run	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
100M Dash (West Side) [not to start before 9:30 am]	Semi-Final (Top 18 Advance)	13-14G:B, 15-16G:B, 17-18W:M, Masters and Open (enter staging from the West side entrance)- [finalist will be shown on the FinishedResults App]
100M Dash (East Side) [not to start before 9:30 am]	Semi-Final (Top 18 Advance)	6UG:B, 8UG:B, 9-10G:B, 11-12G:B (enter staging from the South side entrance, next to the warmup field)- [finalist will be shown on the FinishedResults App]
400M Dash	Timed Final	All Divisions (starting with 8UG and moving upward). Note that there is no 6U division for the 400M.
4x100M Relay	Timed Final	All Divisions (starting with the 8UG and moving upward). We will run the 6Us together if there are more than 2 relays to compete.
4x800M Relay	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
200M	Semi-Final (Top 18 Advance)	6UG:B, 8UG:B, 9-10G:B, 11-12G:B [finalist will be shown on the FinishedResults App]



8:40AM – First Call - Field Events, Start at 9:00 AM, except Javelin will start at 8 am.

High Jump	Final	11-12G, 11-12B, 13-14G, 13-14B
Mini-Javelin (South-East End) -Starts at 8 AM-	Final	6UG:B (Combined), 8UG:B, 9-10G:B. There will be a break when the 100Ms start.
Javelin (Finn-Flyer (450g) & Regulation) – SE end, @ the conclusion of the Mini-Javelin	Final	11-12G:B (450g) 17-18W (600g):M(800g), 13-14G:B (600g), 15-16G (600g):B (800g)
Long Jump (Pit 1) – North-West Side	Final	9-10G, 13-14G, [15-16G & 17-18W (combined)]
Long Jump (Pit 2) – South-West Side	Final	9-10B, 13-14B, [15-16B & 17-18M (combined)]
Shot Put	Final	13-14G:B (6lb:4kg), 11-12G:B (6 lb), 17-18M:W (12lb:4kg)

Sunday March 30, 2025

7:20AM – First Call – Running Events, Start at 7:40 AM

2000M SC – starts at 740 am	Timed Final	13-14B:G, 15-16G and 17-18W will be Combined (30") 15-16B and 17-18M will be Combined (36")
1500M Run-[will not begin before 8 AM]	Timed Final	7-8G:B, 9-10G:B, 11-12G:B
200M Dash-[will not begin before 9 AM]	2 Heat Final	6UG:B, 8UG:B, 9-10G:B, 11-12G:B [finalist will be shown on the FinishedResults App]
1500M Run	Timed Final	13-14G:B, 15-16G:B, 17-18W:M & Open/Masters
200M Dash	Timed Final	13/14 – 17/18 & Open/Masters
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	8UG:B, 9-10G:B, 11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M & Open/Masters
100M Dash	2 Heat Final	All Divisions; 6U -17/18W/M
Parent/Coach 4x100M Relay	Timed Final	All Parents and Coaches – NO High School Athletes
4x400M Relay	Timed Final	All Divisions



7:40AM – First Call - Field Events, Start at 8:00 AM

High Jump	Final	17-18W, 15-16G (Combined) 17-18M, 15-16B (Combined) 9-10G:B
Hammer (South End of Warmup Field)	Final	17-18W, 15-16G (Combined) 17-18M, 15-16B (Combined)
Discus (South End of Warmup Field)-to follow Hammer	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
Triple Jump (Pit 1 – North-West side)	Final	13-14G, 13-14B, [15-16G & 17-18W], [15-16B & 17-18M]
Long Jump (Pit 2) – South - West side	Final	(6UG/8UG), (6UB/8UB), 11-12G
Long Jump (Pit 1) – North-West Side	Final	11-12B (following Triple Jump-not to start before noon)
Shot Put (North Pit)	Final	9-10G:B (6 lb), 8UG:B (2k), 15-16G:B (4k:12 lb)
Pole Vault (Starts at 9 am)	Final	13-14G:B, 15-16G:B, 17-18W:M

Notes:

Open/Masters Athletes will follow the oldest division (running events) or will compete during the 17/18M:W. All Field Event Participants must go directly to the Field event for check-in.

Field events will have 4 attempts, No Final per SCA Youth Committee.

Race Walk events will be combined.

3000m Run may be combined.

Number of Athletes per Run: 800m (12, 1-Turn Stagger), 1500m (18, Waterfall), 3000m (24, Waterfall or waterfall with 1 alley).

Triple Jump may be combined depending on the number of participants.

Meet will be held rain or shine.