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**West Coast Classic Track and Field Invitational  
Final SCA Junior Olympic Qualifier  
USATF Sanctioned EVENT (Tier 2)**

**DATE: June 3-5, 2022**

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

**STARTING TIMES: Friday June 3<sup>rd</sup>, 2022**

4:00 PM - Registration Opens  
4:00 PM – Warmup Field Open  
4:00 PM -- Gates Open  
5:30 PM – Start of Running Events

**STARTING TIMES: Saturday June 4<sup>th</sup>, 2022**

8:30 AM - Registration Opens  
9:35 AM - First Call – Running Events  
9:40 AM - First Call – Field Events  
10:00 AM - Running & Field Events Start

**STARTING TIMES: Sunday June 5<sup>th</sup>, 2022**

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

**CONTACT:** Michael Bryson (714) 588-3705 or Bernard Mainvielle (310) 780-2422  
**Email:** [info@pcshockwaves.org](mailto:info@pcshockwaves.org) or through Athletic.net

**MEET COMMUNICATION:** Updates Prior to the meet will be sent out through Athletic.net to listed coaches. Periodic Updates will also be made on [www.pcshockwaves.org](http://www.pcshockwaves.org).

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<b>ELIGIBILITY:</b>	<b>Boy and girls in the following age groups:</b>	<b><u>YEAR BORN</u></b>
	8 & Under (previously Sub-Bantam).....	2014+
	9 – 10 (previously Bantam).....	2013 – 2012
	11 – 12 (previously Midget).....	2011 – 2010
	13 – 14 (previously Youth) .....	2009 – 2008
	15 – 16 (previously Intermediate).....	2007 – 2006
	17 – 18 (previously Young Men & Women).....	2005 – 2004

**Surface:** 9-lane Super X Mondo Track, 2-Long Jump Pits, Pole Vault Pit, 2 High Jump and all runways have rubber 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. Search for Pacific Coast Shockwaves and click Add. 2022 USATF rules apply; all participants must have a valid 2022 USATF membership and age verification. Participant waivers are required for all participating athletes and families. Visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for the forms.

**On-line Entry Fees: \$4.00 per individual event and \$16.00 per relays**

Entry fee's are **non-refundable** and must be paid through Athletic.net (online), Venmo or Zelle (contact Meet Director at 714-588-3705 for instructions). Unattached athletes must pay during the on-line registration process.

**On-line Entry Deadline: Tuesday May 31, 2022 at 11:59 AM (PST).**

**Late Registration:** \$8.00 per event and \$32.00 per relay.

Late Registration will be accepted during the following times:

Friday June 3 from 4:00 PM till 8:30 PM.

Saturday June 4 from 8:30 AM to Noon. But Late adds to the 100M will close at 10:00 AM.

Sunday June 5 from 7:00 AM to 10 AM.

Registering on-site may affect your athletes seeding in their respective events.

**Seeding: The 100M and 200M Prelims will be seeded using a random-random format. All other events will be seeded based on seed times and marks submitted through**

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**Athletic.net only. Advancement to the Finals will be based on time only. The 100M and 200M will have a two-heat final with the Top 9 seeded in Heat 2 and the next 9 seeded in Heat 1.**

**Our Staff will re-seed heats if individuals do not check in on-time in order to fill empty lanes, which will improve the flow of the meet. Heats will be re-seeded 10 minutes after the 3<sup>rd</sup> (and Final) call. Calls will be made in the stadium and on the warmup field.**

**Bibs:** Athletes who lose their bib number will be charged \$5 for a replacement. **If registration is closed, proceed to Staging (Contact is Bernard in Staging).**

**Packet Pickup:**

Packet pickup will be available on Friday at 3PM, Saturday at 830 AM and Sunday at 7 AM at the Stadium Entrance.

**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/top-utility-nav-content/sanctions/sanctions-forms> to download this form. Download the USATF Combined Waiver & Release Form.

**CONCESSION:** Will be available at the meet. **Cooking in the parking lot or anywhere throughout the facility is strictly prohibited.**

**MEET RESULTS:** Event results will be posted within 30 minutes of the completion of each event on the Finish Results APP (and should be real time). 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. All results inquiries MUST be taken care of at the meet. We will not modify results after the meet has ended.

**CHECK-IN:** All participants must check in at the Clerk of the Course when their event is called. **Event check-in will close 5 minutes after the 3<sup>rd</sup> and Final call – no exceptions.** At this point, the staging staff will re-seed the event, if needed. Those who show up after this time will not be able to participate in the event. 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

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will receive custom ribbons. 1<sup>st</sup> – 3<sup>rd</sup> place will be awarded following the event (Scored). 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 and 17-18. One overall Boys Team and one 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).

**PROTEST:** USATF rules apply. Protests need to be done within 30 minutes of the results being posted. 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. Coach's Box will be clearly identified for each field event.

**Note:** 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 on both sides of the stadium. Tents and large umbrellas will be restricted to the top 12 rows of the bleachers (but cannot block the view of the announcer in the press box). Tents will also be allowed in designated areas around the facility; specifically along the fence line on the warmup field and several grass areas within the stadium. Please keep all walkways, fencing and entry gate areas clear. We ask that parents and coaches not disturb our staging and helping volunteers. There should not be any tents or chairs on any of the blacktop areas within the stadium or service roads leading to the stadium. There will be NO SMOKING, PETS, CHEWING GUM, SHELLLED NUTS OR SEEDS permitted on school grounds.

Please visit [www.pcshockwaves.org](http://www.pcshockwaves.org) for the stadium Arial map.

**Security:** Campus police will be present during the entire meet. Again, there is no drinking of alcohol nor smoking on Campus. There is no exception to this policy.

**Parking Fee: \$2 at the Kiosk.** Note, no one from the College or from the PCS staff will collect any money for parking.

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**Spectator Entry Fee: \$3 per person, Collected by Cerritos College Track and Field Volunteers.** Athletes are Free with their Bib. Kids Under 4 are free. 1 Coaches wristband per 12 athletes entered and paid for (will be in the Team packet).

**ORDER OF EVENTS**

**Friday, June 3, 2022**

FIRST CALL: 5:00PM (First event of the meet)

**RUNNING EVENTS START TIME: 5:30 PM**

1500M Race Walk 5:30 PM	Timed Final	9-10G:B, 11-12G:B
3000M Race Walk 5:30 PM	Timed Final	13-14G:B, 15-16G:B, 17-18W:M
200M Dash (Start @6PM)	Semi-Final (Top 16 Advance to Final)	All Divisions
3000M Run (not to begin before 8 PM)	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M

FIRST CALL: 5:00 PM (First event of the meet)

**FIELD EVENTS START TIME: 5:00 PM**

Triple Jump - (Pit 1) 6PM	Final	13-14G, 15-16G, 17-18W (may be combined)
Triple Jump - (Pit 1) 7:30PM	Final	13-14B, 15-16B, 17-18M (may be combined)
Hammer Throw Start @5PM	Final	15-16G:B, 17-18W:M (may be combined)

**Notes:**

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 per USATF Rule

Race Walk events will be combined. 3000M Run may be combined.

Per USATF Rule 303: Number of Athletes per Run: 800M & 4x800M Relay (12, 1-Turn Stagger), 1500M (18, Waterfall), 3000M (24, Waterfall, 15-16 & 17-18 may be combined and may use a waterfall with 1 alley). The 1500M and 3000M runs, the meet referee has the discretion to allow more than 18 participants per heat or section in the 1500M and more than 24 participants per heat or section in races 2000M or higher.

The 4x400 Meter Relay will be run using a 3-Turn Stagger

Running the 100M on both sides of the track will be determined based on the number of Heats once registration closes.

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**Saturday June 4, 2022**

FIRST CALL: 9:35AM (First event of the meet)

**RUNNING EVENTS START TIME: 10AM**

400M Hurdles (36"/30")	Timed Final	15-16B, 17-18M, 15-16G, 17-18W
200M Hurdles (30")	Timed Final	13-14G:B
100M Dash (West Side)	Semi-Final (Top 16 Advance)	All Divisions – Female (1 <sup>st</sup> call-10 minutes prior to start of the meet)
100M Dash (East Side)	Semi-Final (Top 16 Advance)	All Divisions – Male (1 <sup>st</sup> call-10 minutes prior to start of the meet)
2000M SC	Timed Final	15-16G, 17-18W (may be combined), 15-16B, 17-18M (may be combined)
400M Run	Timed Final	All Divisions
4x100M Relay	Timed Final	All Divisions
4x800M Relay	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M

FIRST CALL: 9:40 AM (First event of the meet)

**FIELD EVENTS START TIME: 10AM**

High Jump (2-Pit)	Final	11-12G, 11-12B, 13-14G, 13-14B
Javelin (Finn-Flyer)	Final	11-12G:B (450g)
Javelin (Regulation)	Final	17-18W:M, 13-14G:B, 15-16G:B – Following Finn-Flyer Javelin
Long Jump (Pit 1)	Final	9-10G, 17-18W, 15-16G, 13-14G
Long Jump (Pit 2)	Final	9-10B, 17-18M, 15-16B, 13-14B
Shot Put (Pit 1)	Final	13-14G:B, 17-18M:W, 15-16G:B

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**Sunday, June 5, 2022**

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

1500M Run	Timed Final	All Divisions
200M Dash	<b>Final</b>	All Divisions
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	All Divisions
Parent/Coach 4x100M Relay	Timed Final	All Parents and Coaches – NO High School Athletes
100M Dash	<b>Final</b>	All Divisions
4x400M Relay	Timed Final	All Divisions

**\*The 100M and 200M will have a 2-heat Seeded Final. The 6U Girls and Boys will have a 1-heat Final**

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

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

Mini-Javelin	Final	8&U G:B, 9-10G:B
High Jump (2-Pit)	Final	17-18W, 15-16G, 17-18M, 15-16B, 9-10G:B
Long Jump (Pit 1)	Final	8&UG, 11-12G
Long Jump (Pit 2)	Final	8&UB, 11-12B
Shot Put (Pit 1)	Final	9-10G:B, 8&UG:B, 11-12G:B
Pole Vault (Start@10AM)	Final	13-14G:B, 15-16G:B, 17-18W:M
Discus	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M

**Meet will be held rain or shine**

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