



**ANNUAL XC INVITATIONAL
USATF Sanctioned Event**

DATE: OCTOBER 3 & 17, 2021
SITE: PECK PARK
560 N. WESTERN AVE
SAN PEDRO, CA 90732

STARTING TIMES
7:00AM – Registration Opens
8:15AM – OPEN 5K (All Ages)
8:45AM – Course Walk
9:15AM – 1st Youth Race: 8&U Girls

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

ELIGIBILITY: Boy and girls in the following age groups:

| | <u>YEAR BORN</u> |
|---|-------------------------|
| 8 & Under (previously Sub-Bantam)..... | 2013+ |
| 9 – 10 (previously Bantam)..... | 2012 – 2011 |
| 11 – 12 (previously Midget)..... | 2010 – 2009 |
| 13 – 14 (previously Youth) | 2008 – 2007 |
| 15 – 16 (previously Intermediate)..... | 2006 – 2005 |
| 17 – 18 (previously Young Men & Women)..... | 2004 – 2003 |

Course: Challenging course over dirt and grass trails with some concrete with flat and rolling hill combinations, plus tough hills. Course videos can be found on www.pcshockwaves.org website.

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 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 for the forms.

Teams please register using Athletic.net, even your OPEN runners who plan on running the 5k as well. This will help us at Registration.

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Entry Fee: \$7.00 for all Youth Athletes. Day of Entries will be \$10.00 for all Youth. Open Athletes running the 5k: \$10.00 (if pre-registered and paid through Athletic.net). Day of Entries will be \$15.00 for the 5k.

Open Athletes (19yrs-Older) will run the 5000 meters at 8:15 am. Athletes that are 15 and older may elect to compete in the 5k. Medals will be given to the top 3 men and top 3 women for the Open 5k in the following age categories;

Top 3: Ages 29 and Under

Top 3: Ages 30-45

Top 3: Ages 46+

Meet entry fees are **non-refundable** and can be paid through Athletic.net or by cash, money order or club check made payable to "Pacific Coast Shockwaves." All unattached entries must be paid through Athletic.net.

CONCESSION: Light breakfast items will be available for purchase.

MEET RESULTS: Event results will be posted at the meet within 30 minutes of the completion of each event. Final meet results will be provided online at www.Athletic.net, 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 at the Starting Line when their event is called.

AWARDS: Youth participants finishing 1st – 8th will receive custom medals. Participant Ribbons will be given out to all other Youth finishers. Additionally, anyone who breaks a meet record will receive a custom plaque.

TEAM AWARDS: Will be given shortly after the points have been tabulated for each division. Teams consist of a minimum three (3) runners and maximum (5) runners per team. All teams with (3 to 5) members will be scored and considered in the team competition. If you want more than 1 team scored in the same division then you need to identify the A, B, C teams prior to the day of the meet. The First Place Team will be given a custom award. The PCS teams will be excluded from the overall team scoring.

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Parking: Free. There is parking within the park off Western Ave. There is additional parking available on surrounding residential streets; specifically along Western and Summerland

Street. Please comply with all posted parking restrictions. PC Shockwaves will not be liable for any parking related violations or towed vehicles.

ORDER OF EVENTS

| | |
|-----------------------|---|
| 5000M (8:15 AM) | OPEN (19+years old, but all ages are welcomed) |
| Course Walk (8:45 AM) | All Participants |
| 2000M (9:15 AM) | 8&U Girls, 8&U Boys (May be combined) |
| 3000M | 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys |
| 4000M | 13-14 Girls, 13-14 Boys, 15-16 Girls, 15-16 Boys, 17-18 Women, 17-18 Men (The 4k Races may be combined) |

Meet will be held rain or shine.

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PACIFIC COAST

 TRACK & FIELD

| Pacific Coast Shockwaves Cross Country Invitational Meet Records | | | | | | | |
|---|---------------------------------|----------------|-------------|--|---------------------|------------------------------|---------------------|
| Course: Peck Park - San Pedro, CA | | | | | | | |
| 8 & Under Girls (2K) | Team Name | Mark | Year | | 8 & Under Boys (2K) | Team Name | Mark Year |
| Yamilet Lopez | Pacific Coast Shockwaves | 07:33.6 | 2016 | | Bradley Quezada | Pacific Coast Shockwaves | 07:29.0 2016 |
| 9-10 Girls (3K) | Team Name | Mark | Year | | 9-10 Boys (3K) | Team Name | Mark Year |
| Arielle McKenzie | Pacific Coast Shockwaves | 11:49.3 | 2016 | | Bradley Quezada | Pacific Coast Shockwaves | 11:32.1 2018 |
| 11-12 Girls (3K) | Team Name | Mark | Year | | 11-12 Boys (3K) | Team Name | Mark Year |
| Arielle McKenzie | Pacific Coast Shockwaves | 11:53.6 | 2018 | | Everett Capelle | South Orange County Wildcats | 10:55.8 2018 |
| 13-14 Girls | Team Name | Mark | Year | | 13-14 Boys (4K) | Team Name | Mark Year |
| Arielle McKenzie | Pacific Coast Shockwaves | 15:58.7 | 2019 | | William McCoy | San Diego Waves XTC | 14:24.3 2018 |
| Mackenzie Browne | Lions Track Club | 13:13.9 | 2018 | | | | |
| *Atl Course (2.18 Miles) | | | | | | | |
| 15-16 Girls (4k) | Team Name | Mark | Year | | 15-16 Boys (4k) | Team Name | Mark Year |
| Isabella Brannon | Pacific Coast Shockwaves | 19:18.8 | 2019 | | Andrew Cantu | Pacific Coast Shockwaves | 15:16.8 2016 |
| Open - Women 5K | Team Name | Mark | Year | | Open - Men 5K | Team Name | Mark Year |
| Tracee Vanderwyk | Cal Coast Track Club | 18:57.7 | 2018 | | Ari Schorr | ARC Running Club | 16:36.7 2019 |

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