



2026 Shockwaves Showcase Track and Field Youth Invitational

DATE: March 28-29, 2026

SITE: California High School 9800 South Mills Ave, Whittier, CA 90604

STARTING TIMES: Saturday March 28, 2026

6:45AM – Registration Opens

7:40 AM – Coaches Meeting (Near High jump Area)

8:40AM – First Call - Field Events, Start at 9:00 AM (Javelin at 8 AM)

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

STARTING TIMES: Sunday March 29, 2026

6:45AM – Registration Opens

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

7:20AM – First Call 1500M (Start at 7:40 AM)

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Email: info@pcshockwaves.org

ELIGIBILITY: Boy and girls in the following age groups:

	<u>YEAR BORN</u>
6 & Under.....	2020+
7-8	2018-2019
9 – 10.....	2016-2017
11 – 12.....	2014-2015
13 – 14.....	2012-2013
15 – 16.....	2010-2011
17 – 18.....	2008-2009
Masters/OPEN.....	2007 or Older

Surface: 9-lane Track, 2-Long Jump Pits, Pole Vault, 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: 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 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: Tuesday March 24, at 10 PM (PST).

Late Registration: \$10.00 per event and \$40.00 per relay. Late Registration will be accepted using the WCC Late Add link on Athletic.net after 8 AM on Wednesday March 25 (after on-time registration closes) and will close at 8 pm on Thursday March 26.

After late registration closes, any late entries will need to be made on-site on Saturday or Sunday morning. However, there will not be any late adds taken on Saturday morning for the 100M.

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 marks only. Our Staff may re-seed heats if individuals do not check in on-time to fill lanes, which will improve the flow of the meet. Heats may 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.**

Heat Sheet will be available on the FinishedResults app Friday afternoon

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. Official backpacks will be sold at the PCS Concession table.

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 (additional medal may be given out based on depth of field).
- 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).
- An MVP will be determined for 6U, 8 & U, 9-10, 11-12, 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.

Travel:

The Shockwaves Showcase Track and Field Invitational will be hosted at California High School 9800 South Mills Ave, Whittier, CA 90604

AIRPORT OPTIONS

If you plan to fly to the event, there are three airports located between 20 to 30 miles from the meet location. Due to its size, Los Angeles International Airport often offers the best fares, but that is not always the case. We encourage you to check on-line for fares at each airport.



The three airports in the area include: **Long Beach Airport (LGB)** – Located 20 mile away, **Los Angeles International (LAX)** – Located 25 miles away, **John Wayne/Santa Ana Airport (SNA)** – Located 25 miles away.

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, SHELLED NUTS OR SEEDS permitted on school grounds. **Setting up the night before will not be permitted. The stadium gates will open at 6:30AM.**

Spectator Fee: \$5 per day or \$9 for 2 days.

Parking Cost: No charge for parking. Please comply with all posted parking restrictions on the Campus. PC Shockwaves will not be liable for any parking related violations or towed vehicles.



ORDER OF EVENTS Saturday March 28, 2026

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]	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]	Semi-Final (Top 18 Advance)	6UG:B, 8UG:B, 9-10G:B, 11-12G:B, (enter staging from the West side entrance)- [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 4 relays to compete (combined gender).
4x800M Relay	Timed Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M

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

High Jump (all HJ on Saturday)- 2 Pits will be used	Final	11-12G, 11-12B, 13-14G, 13-14B, 17-18W, 15-16G (Combined), 17-18M, 15-16B (Combined), 9-10G:B
Mini-Javelin -Starts at 8 AM-	Final	6UG:B, 8UG:B
Javelin (First Flyer (250g), Finn- Flyer (450g) & Regulation (600g/800g) – SE end, @ the conclusion of the Mini-Javelin	Final	9-10G:B, 11-12G:B (450g) 17-18W (600g):M(800g), 13-14G:B (600g), 15-16G (600g):B (800g)
Long Jump (Pit 1)	Final	9-10G, 13-14G, [15-16G & 17-18W (combined)]
Long Jump (Pit 2)	Final	9-10B, 13-14B, [15-16B & 17-18M (combined)]
Shot Put (will use just to 1 pit)	Final	13-14G:B (6lb:4kg), 11-12G:B (6 lb), 17-18M:W (12lb:4kg)



Sunday March 29, 2026

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

1500M Run	Timed Final	8UG:B, 9-10G:B, 11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M & Open/Masters
200M Dash-[will not begin before 9:30AM]	Timed Final	6UG:B, 8UG:B, 9-10G:B, 11-12G:B, 13/14G:B, 15-16G:B, [17/18W:M & Open/Masters]
110M Hurdles (39")	Timed Final	15-16B, 17-18M
100M Hurdles (36" B, 33" G and W)	Timed Final	13-14B (36"), 15-16G, 17-18W [33"]
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

Discus (located on the back of the stands)	Final	11-12G:B, 13-14G:B, 15-16G:B, 17-18W:M
Triple Jump (Pit 1)	Final	13-14G, 13-14B, [15-16G & 17-18W], [15-16B & 17-18M]
Long Jump (Pit 2)	Final	(6UG/8UG), (6UB/8UB), 11-12G
Long Jump (Pit 1)	Final	11-12B (following Triple Jump or the 11-12G)
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 (combined by Gender)

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. 3000M will use a multi-alleyed waterfall

The meet referee will determine if larger fields are acceptable based on event.

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

Meet will be held rain or shine.