



2018
Ocean Athletics Summer Series
BC Athletics Sanctioned Event
South Surrey Track
14600 20th Avenue, Surrey



Summer Series #4 Tuesday, July 24

Welcome to the penultimate event of the 2018 Summer Series Tuesday Track & Field evenings. Last tune-up chance for the JD athletes before their Championship event in Kelowna, and another opportunity for athletes going to Legions, and Masters athletes getting ready for the Canadian Masters Championships August 3-5. Ocean Athletics is looking forward to seeing those of you 30+ at the Canadian Masters Championships August 3-5!! Registration is on Trackiereg.

The Summer Series meets are run on a rolling schedule which means one event follows the previous event as quickly as is possible – there are no set times with the exception of the estimated start of field event groupings. Athletes should be prepared for a 6pm start on the track. Field event marks need to be set prior to the start of the event. Note that Hammer has a 5pm start, with the rest of the field events starting at 6pm. Due to the compact nature of the series meets, field events are limited to 3 attempts for all athletes.

Track:

6pm 100m
 800m, 600m
 JD hurdles (80mH = 2003M, 2003F, 2004M, 2004F)
 (60mH = 2005M, 2005F, 2006M, 2006F, 2007M, 2007F)
 400m, 300m, 200m
 200H (JD's only)
 4x100m relays ****entry is day of

Field (these are estimated time blocks, events will move ahead if possible)

5pm Hammer – JD's

6pm Long Jump - JD girls
 Discus – Midgets and older – males followed by females
 Shot Put – JD boys
 High Jump – 2 pits (males 1.60m+, females 1.45m+)
 Triple Jump – females followed by males
 Javelin - midgets and older – females followed by males

7:15pm Long Jump – JD boys
 Shot Put – JD Girls
 High Jump – 2pits – JD girls, JD boys

7:45pm Wt Throw – Seniors & Masters
 Javelin – JD's – males followed by females

Registration

Registration is through Trackiereg. www.trackiereg.com/2018SummerSeriesJuly24 Cost of event is flat fee \$15.00 – unlimited #events (athletes fit in what they can). Registration is available 'day of' at a fee of \$25. As per BC Athletics ruling, non-current BC Athletics members may not participate in this meet. After June 30, only full BC Athletics members may compete in BC Athletics sanctioned events. Information on BC Athletics membership can be found at <http://www.bcathletics.org/Clubs/Membership/>.