



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



Summer Series #1 Tuesday, July 3

Welcome to the first event of the 2018 Summer Series Tuesday evenings of Track & Field !! Once again, it is looking to be a series with terrific competition and excellent weather.

Remaining 2018 Event dates are: July 10th, July 17th, and July 31st

As in past series, the meets are run on a rolling schedule which means that one event will follow the previous as quickly as is possible – there are no set start times with the exception of the start of field event groupings. Athletes should be prepared for a 6pm start (with exception of 5pm start for Hammer & 5:30pm start for Race Walk). Long Jump and high jump and long jump marks set for a 6pm start. Due to compact nature of the series meets, field events are limited to 3 attempts (if the fields are small, officials may deem there is room for more attempts). High Jump will be organized according to set starting heights.

Track: Rolling schedule – oldest to youngest, women followed by men, with the exception of hurdles. Age groups may be combined if there is a small field

5:30pm 1500m Race Walk – open to midget and older athletes

6pm 100m

***** Masters mile – mixed race 35+ day of event – expected race time 6:30-640. 800's to follow.**

800m followed by 600m

110H/100H/80H (no JD hurdles) – hurdles will be set up and available for practice during the 800/600m

400m, 300m, 200m

Field

5pm – Hammer

6pm Long Jump (JD girls, midget & older men)

High Jump (JD boys, midget+ women)

Pole Vault

Shot Put (2 sectors – JD girls, midget & older women)

Discus (midget & older men)

4x100 relay (day of registration)

7:30pm Long Jump (JD boys, midget & older women)

High Jump (JD girls, midget & older men)

Shot Put (JD boys, Midget & older men)

Discus – Women – midget & older

Registration

Registration is through Trackiereg. www.Trackiereg.com/2018SummerSeriesJuly3 Cost of event is flat fee \$15.00 – unlimited #events (athletes fit in what they can). Late fee = \$25.00 As per BC Athletics rules, non- current BC Athletics member may not participate in BCA sanctioned events. Regular on-line registration closes at midnight Saturday June 30. On line late registration closes Monday July 2 NOON. July 1, 2018. On site later registration also available. Registration opens at 4:00pm