



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



Summer Series #5 Tuesday, July 31

Welcome to the final event of the 2018 Summer Series Tuesday Track & Field evenings. Last tune-up 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!! Regular Online Registration for the Canadian Masters closes midnight July 25, and late online registration closes midnight July 31 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.

All events are for athletes Midget and older

Track:

- 6pm
- 100m
 - 800m
 - 60m
 - 110mH, 100mH, 80mH
 - 110mH (20-34M 42"/1.067m * 35-49M * Junior 39"/0.991m * Youth 36"/0.914
 - 100mH (50-59M 36"/0.914m * 60-69M 33"/0.840 * 30-39W 33"/0.840
 - 80mH (70-79M 30"/0.762m * 40-59W 30"/0.762m * Midget W 30"/0.762m * 60+W 27"/0.686m
 - 400m, 200m
 - 400mH, 300mH, 200mH
 - 400mH * Junior – 49M 36"/0.914m * 50-59M, YouthM 33"/0.840m * Youth-49W 33"/0.840m
 - 300mH * 60-69M 30"/0.762m * 50-59W 30"/0.762 * 70-79M 27"/0.686m * 60-69W 27"/0.686m
 - 200mH * 80+M 27"/0.686m * 70+W 27"/0.686m
 - 4x100m relays ****entry is day of

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

- 5pm Hammer
- 6pm Long Jump - Females
Shot Put – Males
High Jump – 2 pits (opening hts to be determined in consultation with BC Athletics Officials)
Javelin - Females
Pole Vault (opening ht to be determined in consultation with BC Athletics officials)
- 7:15pm Long Jump –Males
Shot Put - Females
High Jump – 2pits – Opening heights to be determined in consultation with BCA officials
- 7:30pm Wt Throw –Males & Females
Javelin – Males

Registration

Registration is through Trackiereg. www.trackiereg.com/2018SummerSeriesJuly31 Cost of event is flat fee \$15.00 – unlimited #events (athletes fit in what they can) up to Saturday, July 28. Late registration of \$25 is available on site Tuesday July 31st. As per BC Athletics rules, non-current BC Athletics members may not participate in this meet.