



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



Summer Series #3 Tuesday, July 17

Welcome to the third event of the 2018 Summer Series Tuesday evenings of Track & Field !! Your support of the series is greatly appreciated

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 times with the exception of the start of field event groupings. Athletes should be prepared for the meet to start on time. Field event marks should be set in advance and ready for event start time. Due to the compact nature of the series meets, field events are limited to 3 attempts for all age categories. High Jump will be organized according to set starting heights. **Track Rascal Event will run 6-6:45pm. Open to athletes 5-8yrs**

Track (Track events are run oldest to youngest, females followed by males with the exception of hurdles)

5:15 pm 3000m, 2000m *** Preregistration is required for both of these event. The event will not be held if participant registration is less than 5.

6pm start **60m (2009, 2008, 2009 and masters only) * added due to elimination of July 24 and 31st events**
100m
800, 600
110mH, 100mH, 80mH
JD 80mH, 60mH * added due to elimination of July 24 and 31st events
400m/300m/200m
400H, 300H, 200H
4x100 relays

Field

5pm Hammer

6pm Javelin JD's (females, followed by males)
High Jump – females – 1.45m starting ht, males 1.65m starting ht.
Pole Vault
Shot Put – 2 pits – midget & older
Long Jump – 2 pits – midget & older women, JD girls

7:15pm Javelin – midget & older, females followed by males
Shot Put – 2 pits – JD's
High Jump – starting hts of 1.0m
Long Jump – 2 pits – midget & older men, JD boys

Registration

Registration is through Trackiereg. www.Trackiereg.com/2018SummerSeriesJuly17 Cost of event is a flat fee of \$15.00 – unlimited #events (athletes fit in what they can) until midnight Saturday July 14. Late entry is available at \$25 flat fee and may be paid on line until Monday July 16 NOON, or on-site Tuesday, July 17. As per BC Athletics ruling, non-current BC Athletics members may not participate in this meet. Become a BC Athletics member!!

<http://www.bcathletics.org/Clubs/Membership/>