



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 final event of the 2018 Summer Series Tuesday evenings of Track & Field !! Your support of the series is greatly appreciated. To allow athletes the best opportunity to be ready for their event, and to allow the BC Athletics Officials to run events efficiently, the following format has been adopted:

Track Events will run on a rolling schedule. Event start time can be estimated by checking the Trackiereg registration numbers and checking the posted heat sheets at the track. Athletes should use events before theirs as a marker for when to warmup and be prepared to marshal. Track events will run oldest to youngest, female followed by males i.e. master women, master men, senior women, senior men etc. Some groups may be combined to produce better competition, but heats will not be re-seeded with late entries.

Field events will also run on a rolling schedule according to the category orders. All Field event athletes are asked to check into their specific field event official no later than **5:45 (with exception of hammer) & earlier is better!** The BCA official will then know how many athletes are competing and be able to set up appropriate groups and let athletes know approximately how long each grouping will take. The BCA official cannot give an exact start time for 2nd and 3rd groupings but can give a pretty good estimate. High Jump, and Pole Vault will be divided into ability groups so athletes need to report in to give starting heights. High Jump will have a female pit and a male pit. The higher jumping athletes will compete first in each grouping. Long Jump will be prepped for 4 pits. One pit will be in competition, the other will be available for warmup and mark setting for the second group. As soon as the first group has finished, the officials will move to the second pit and the second competition will begin.

Due to the compact nature of the series meets, field events are limited to 3 attempts for all age categories. (with the exception of PV and HJ) If there is limited entry, the BCA official may make the decision to allow extra jumps but this is not guaranteed.

Track Rascal Event will run 6-6:45pm. Open to athletes 5-8yrs \$5 entry fee Register on site.

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

5:45 TIME CHANGE 3000m, 2000m Event will run and will go as a mixed gender race. 2000m athlete will run with 3000m run but at 2000m start line

6pm start

- 60m (open to all)
- 100m
- 800, 600
- 110mH, 100mH, 80mH **100mH for males, 80mH for midget women CANCELLED**
110mH for men ON, 100mH for women ON
- JD 80mH, 60mH
- 400m/300m/200m
- 400H, 300H, 200H **400mH & 300mH will go – males and females likely combined.**
200mH for midgets CANCELLED due to insufficient registration
200mH for JD's are a go
- 4x100 relays (signup day of, 30min in advance, no fee)

Field

5pm

Hammer – females followed by males

6pm

Javelin - JD's females, followed by JD males followed by Midget & older Females followed by Midget & older males

High Jump #1 – Females - Higher Jumping Females first , followed by next level of female jumpers

High Jump #2 – Males – Higher Jumping Males first, followed by next level of male jumpers

*** groupings and starting heights to be arranged with BCA officials

Pole Vault: all vaulters should report in by 5:40 (earlier if possible) so that the BCA officials can group vaulters into appropriate sections – beginning vaulters first with a prompt 6pm start

Shot Put - midget & older Throwers first – male & female, followed by JD Throwers – male & female

Long Jump #1 – JD males followed by JD females

Long Jump #2 – Midget & older females followed by Midget & older males

Registration

Registration is through Trackierereg. www.Trackierereg.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.bcatletics.org/Clubs/Membership/> Track Rascals can register on site on the 17th \$5.00

Please remember to thank your BC Athletics Officials.

They have had a very long season and are not done yet.

We would not have any track and field competitions without their dedication!!!