



2019  
Ocean Athletics Summer Series  
BC Athletics Sanctioned Event  
South Surrey Track  
14600 20<sup>th</sup> Avenue, Surrey



## Summer Series #1 Tuesday, June 25

Welcome to the first event of the 2019 Summer Series Tuesday evenings of Track & Field !! Once again, it is looking to be a series of terrific competition and excellent weather. Remaining 2019 Event dates are: July 9<sup>th</sup>, and July 23<sup>rd</sup>

As in past series, both Track & Field events 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 approximate start of field event groupings. Athletes should be prepared for a 6pm start (with exception of 5pm start for Hammer) . Long Jump and high jump marks should be set for a 6pm start. Due to compact nature of the series meets, field events are limited to 3 attempts for all age groups (if the fields are small, officials may deem there is room for more attempts but it is not guaranteed). High Jump will be organized according to set starting heights. Some groups may be combined to produce better competition, but Track heats will not be re-seeded with late entries.

**Track:** 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** – SteepleChase 3000m (0.914m U20M/SrM/Masters Men 35-59), 3000m (0.762 U20/SrW), 2000m (0.840m 18M), 2000m (0.762m U18W/Masters W+Masters M 60+), 1500m (0.762m U16 W, U16M – no water jump), **\*\* must be a minimum of 5 athletes registered for an event to be run. No late online registration nor day of registration for this event.**

**6:00pm** - 100m  
800m (2007 and older) followed by 600m (2008-2010)  
110H/100H/80H (no JD hurdles) – hurdles will be set up and available for practice during the 800/600m  
**\*\*Pre-entry only for hurdles - only events for which there is pre-registration will be run. No late online registration nor day of registration for the hurdle events.**  
200m, 300m, 400m

### Field

**5pm** Hammer  
**6pm** Long Jump – JD girls, JD boys – 2 pits  
High Jump #1 Pit Midget Men & older) #2 Pit Midget Women & older  
Pole Vault 2 flights – starting ht. 1.20m  
Shot Put – JD Girls, Midget & older Women  
Discus (midget & older men)

**7:30pm** Long Jump Midget & older women, Midget and older Men – 2 pits  
Shot Put (JD boys, Midget & older men)  
Discus – Women – midget & older  
High Jump – JD boys & girls – 2 pits

### Registration

Registration is through Trackiereg. [www.Trackiereg.com/2019SummerSeriesJune25](http://www.Trackiereg.com/2019SummerSeriesJune25) Cost of event is flat fee of \$15.00 – unlimited #events (athletes fit in what they can). Late fee / Day of fee = \$25.00 This event is open to non BC Athletics members but the Day of Event \$3 surcharge is in effect. Regular on-line registration closes at midnight Saturday June 22. On line **late** registration closes Monday June 24 at NOON. On site late registration is available from 4pm to 6:30pm.