



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



## 2019 Summer Series #2 Tuesday, July 9

Welcome to the second event of the 2019 Summer Series Tuesday evenings of Track & Field !! We hope that Event #1 was successful for you. Events will continue to be run on a rolling schedule basis. Field events will follow the session before as quickly as possible. Please ensure that you have marks set so that the competition can proceed on time. Some groups may be combined to produce better competition, but heats will not be re-seeded with late entries.

**Track Rolling schedule. Events will be run oldest to youngest, females followed by males with the exception of hurdle events. Age groups may be combined in an event if there is a small field.**

**Track Rascal Event will run 6-6:45pm. Open to athletes 2014-2011 \$5 entry fee Register on site.**

**6pm** – JD hurdles 80mH, 60mH

(80mH 13B, 13G, 12B-12G, 60mH 11B-11G-10B-10G, 9B-9G)

100m (Masters through to 2007)

60m (2010, 2009, 2008 only)

1500m, 1200m, 1000m

- 1500m Sr/Master Women, Sr/Master Men, U18/20 Women, U18/U20 M
- 1200 U16 women, U16 men, JD Girls 2007/2006, JD Bous 2007/2006
- 1000 JD Girls 2008/2009/2010, JD Boys 2008/2009/2010

200m (masters through to 2008)

200mH, 300mH, 400mH

- 400mH – Sr Men, U20 Men (36”), U18 Men (33”) Sr Women, U20 Women, U18 Women (30”)
- 300mH – U16 Women (30”), U16 Men (30’)
- 200mH – 2004, 2005 with competition H, 2006 girls/boys (27”), 2007 girls boys (24”) scissor H

**Field) Field Event start times are approximate only. Events run on a rolling schedule. (3 throws only in**

Hammer, Javelin and Wt Throw – 3 jumps in Triple and Long Jump

**5pm** Hammer (45 minutes – 3 throws only – cage open at 4:30 for warmup)

**6pm** Triple Jump (women and men combined – jumping order determined by board distance)

Long Jump (Midget & older males, followed by Midget & older females)

Javelin (midget and older, followed by JD’s – continuous event – 3 throws each)

High Jump (Open Men) (Open Women) (JD girls followed by JD Boys)

**SHOT PUT – JD’S ONLY 2006-2010 \*\* Added to schedule**

**PV – CHANGE – NOW OPEN TO ALL ATHLETES 2006 AND OLDER - We will try to get first group 1.20m going before 6pm if possible. – great opportunity for 2006, athletes going to JD Champs and for all beginning vaulters to learn how to compete.**

7:15pm Long Jump JD’s - males, followed by females - 2 pits if previous events finished

7:40pm Wt. Throw – Masters (will commence once all Javelin completed)

### **Registration**

Registration is through Trackierereg [www.Trackierereg.com/2019SummerSeriesjuly9](http://www.Trackierereg.com/2019SummerSeriesjuly9) Cost of meet is a flat fee of \$15. – unlimited #events (athletes fit in what they can) by noon Monday July 8. Late entries on-site until 7pm only. Must be registered a minimum of 45minutes before race start. Late fee is flat fee of \$25. As per BC Athletics rules, non- current BC Athletics members may not participate in this meet. Become a BC Athletics member today!!

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