## Ocean Athletics Twilight Meet #2 Tuesday, July 26, 2022 5:30-8:30pm

Date: Tuesday, July 26th

Where: South Surrey Athletic Park Track & Field Facility

**Time:** First track event 5:30 pm / Field 5:30pm Last event 8:15 start

Events: 100, 200, 300/400, 600/800, mile, sprint hurdles, intermediate hurdles, javelin, hammer throw,

Long Jump, High Jump

Eligibility: 2013 (9yrs) and older

Entry price: No Late Entries, nor 'Day of' entries

Event Registration: Trackiereg

## Track: 5:30pm Start Rolling schedule TENTATIVE SCHEDULE BASED ON ENTRIES. Start

times are not exact. We will endeavour to go ahead of the schedule

5:45 Mile U16 & older

5:55 JD Mile

6:05 100m Women

6:25 100m Men

6:55 800m Women - 800m Men

7:20 600m Girls - 600m Boys

7:30 300m Women - 300m Men

7:40 400m Women - 400m Men

7:45 200m Women

7:30 200m Men

7:50 200mH 2009 Girls - 2010 Boys

7:55 400mH Men

## Field: 5:30pm start

HIGH JUMP 5:30 Flight #1 Western Pit Flight #2 Eastern Pit

7:15 Flight #3 Eastern Pit

LONG JUMP 5:30 Flight #1 Women SouthEast Pit Flight #1 Men SouthWest Pit

7:15 Flight #2 Women SouthEast PitOpen Women

U16 and older \*\* 4 jumps max (windgauge will be used)

JDs \*\* 3 jumps max

HAMMER 5:30 Men & Women combined

\* one warmup throw out of cage

U16 and older \*\* 4 throws max JDs \*\* 3 throws max

JAVELIN 6:30 Men, Women, JDs combined

U16 and older \*\* 4 throws max JDs \*\* 3 throws max