**Ocean Athletics Spring Fling**

**Saturday, March 18, 2023**

**South Surrey Athletic Park Track & Field Facility - 11am – 3pm**

**Time:** 11am – 3pm \*\* Bib Pickup opens at 9:30am, *Facility open for use at 10am*

***Events:*** 100, 200, 300/400, 800, Mile, 3000, LJ, HJ, Javelin (not open to 2014), JD Hurdles, Sprint Hurdles

***Eligibility:*** JDs (U14 = 2014-2010), U16, Open (U18, U20, Seniors, Masters)

***Entry price:*** $8 per event Entries close Wednesday March 15 at 10pm. Late Entry Deadline Thursday March 16 at Midnight. Late entry fee $15 per event. NO “DAY OF” ENTRIES!! \*\* TRACK RASCAL EVENT $5

***Event Registration:*** Trackiereg

**TRACK RASCAL EVENT:** BIB PICKUP 10AM - START 10:15 (60M SPRINT, 60M HURDLES, LONG JUMP, TURBO JAVELIN)

**Track: 11am -** Rolling schedule, events run oldest to youngest with females going first in all groupings (exception in hurdles). Once entries have been closed, a tentative schedule will be posted, If insufficient entries, those events may be cancelled.

**11am** 800m/600m 800- 1x W800, 2x M800,2xGirl 600 , 2x Boys 600

**11:35am** Sprint Hurdles: 110, 100, 80 1x M110mH, 1x W 100mH, 1x W 80mH

**12noon** JD Hurdles: 80m 2010B, 80m 2011B, 60m 2012G, 60m2012B, 2013G, 2013B, 2014G, 2014B

**12:50pm** 100m 8x U16 & older 16x JD heats

**1:40pm** 3000m 2x 3000m

**2:10pm** 200m 11heats

**2:40pm** Inaugural Mo’s Mile \* Elite W Open W Elite M Open M

**3:10pm** 400m/300m

**3:25pm** 2nd chance 100m if time (no additional 100m entry fee if already entered in the meet)

**3:40pm** 4x200m Relays – signup on Saturday – no fee if already entered into the meet

**Field: 11am Starts** – Rolling schedule

**HIGH JUMP** **Pit #1 (east) Pit #2 (west)**

**11am** Open Men  **11am** Open Women

 **12:45** 2014, 2013 Boys & Girls  **12:45pm** 2011, 2012, 2010 Boys & Girls

**LONG JUMP** **Pit #1 (east) Pit #2 (west)**

 **11am** 2012, 2011, 2010 Girls **11am** 2010, 2011 Boys

 **12:15** Open Women **12:15pm** Open Men

 **1:30pm** 2014, 2013, Girls  **1:30pm** 2014, 2013, 2012 Boys

**Javelin 11am** Men’s Javelin – all categories

 **12:45pm** Women’s Javelin – all categories