



JUST THIS ONCE!! - SATURDAY MAY 20, 2023 -10:00am to 4:30pm

South Surrey Athletic Park

** Bib Pickup opens at 9:00am, - Facility opens for warmup at 8:30am

Entry price: \$8 per event Entries close Wednesday May 17 at midnight. NO LATE ENTRIES. NO "DAY OF" ENTRIES!!

Track Rascal 80m - no charge, show & go 2015-2017 born athletes

Rolling Schedule - Events may run 30min ahead of tentative time - Schedule may be adjusted once entries close

FIELD EVENTS - Events **start** at listed time - all warmups & marks are to be set by start time

NOTE: Not all events offered for all age groups

TRACK

9:45am 2000mSC (U18 & older) followed by 1500mSC (U16, U18)
***1500SC will be run with water jump as per BCSS specs*

10:30am 80mH (2010B - 2010G - 2011B & G) 60mH (2012B/G, 2013B/G, 2014B/G)

10:55am 800m (2010, 2011), 600m (2012, 2013, 2014)

11:20am 200mH (2010BG, 2011BG)

11:30am Track Rascals

11:35am 200m (2010-2012 only)

11:45am 60m (2012 - 2014)

12:15pm 1200m (2010-2011), 1000m (2012-2014)

12:40pm 100m (2010-2014)

1:30pm 100m (Masters to U16)

2:00pm 800m (Masters to U16)

2:20pm 110mH - 100mH - 80mH (no adjustments for masters hurdles distances)

3:10pm 400m followed by U16 300m

3:20pm 1500m (U16 & older), 1200 (U16)

3:45pm 200m (U16 & OLDER)

4:00pm 400mH U18+ M, 400mH U18+W, 300mH M followed by W

4:15pm 2nd Chance 100m

FIELD

10:00am Hammer - Women 2011 to Masters followed by men 2011 to Masters
 Shot Put - Masters Men followed by Masters Women
 Javelin - U16, U18, U20, Senior Men, Masters Men
 Long Jump - U16 and older Women Pit 1 East
 Long Jump - U16 & older Men Pit 2 West
 High Jump - Men U16 and older

11:30am Shot Put - U16, U18, U20, Sr Men followed by U16, U18, U20, Sr Women
 Javelin - U16, U18, U20, Senior Women, Masters Women
 High Jump - Women U16 and older

11:45am Long Jump - 2012 Boys - Pit #1 West
 Long Jump - 2012 Girls - Pit #2 East
 Long Jump - 2013 Girls - Pit #3 North
 Discus - 2012, 2013 Boys followed by Girls

1:00pm High Jump - 2010 / 2011 / 2012 Boys
 Long Jump - 2014 Girls Pit #1 East
 Long Jump - 2013 Boys Pit #2 West
 Long Jump - 2014 Boys Pit #3 North
 Javelin - 2010, 2011 Girls
 Shot Put - 2010, 2011, 2012 Boys

1:30pm Discus - 2010, 2011 Girls followed by Boys

2:15pm Shot Put - 2013, 2014 Girls followed by Boys

2:30pm High Jump - 2010, 2011, 2012 Girls
 Long Jump 2010, 2011 Boys Pit #1 East
 Long Jump - 2010, 2011 Girls Pit #2 West
 Javelin - 2010, 2011, 2012, 2013 Boys

3:00pm Shot Put - 2010, 11, 12 Girls