



JUST THIS ONCE! - SATURDAY MAY 20, 2023 -9:30am 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

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)

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

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, U16 300m, 2010 300m

3:20pm 1500m (U16 & older)

3:45pm 200m (U16 & older)

4:00pm 400mH U20, U18M (36") M, 300mH U18, U16M (33"),
400mH U20 + U18 W (30"), 300mH U18, U16W (30"), 200mH U16MW (30")

4:30pm 2nd Chance 100m

Revised 05.19.2023

FIELD

9:30am Hammer - 2011 to U20, Masters, Men and Women

10:00am Javelin - U16, U18, U20, Masters, Men and Women
Long Jump - U16 and older Women Pit 1 East
Long Jump - U16 & older Men Pit 2 West
High Jump - Men U16 and older

10:30am Shot Put - U16, U18, U20, Masters, Men and Women

11:30am Discus - U16, U18, U20, Masters, Men and Women
High Jump - Women U16 and older

11:45am Long Jump - 2012 Boys - Pit #1 West
Long Jump - 2012 Girls - Pit #2 East

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

2:00pm Discus - 2010, 2011, Girls followed by Boys
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, 2011, 2012 Girls

3:15pm Discus - 2012, 2013, Girls followed by Boys