

Ocean Athletics "Fast & Furious!"

Tuesday, July 25, 2023

5:30-8:30pm

Date: Tuesday, July 25th

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, 800, 1000/1200, 2000/3000, U16+ sprint hurdles, HJ, LJ, Javelin, Hammer

Eligibility: JDs (2010-2014), U16, U18, U20, Seniors, Masters

Entry price: \$8 per event. Entries close Saturday July 22, midnight. Late Entry fee = \$15 - Deadline Sunday, July 23 - midnight. NO "DAY OF" ENTRIES!!

Event Registration: Trackie

Bib# pickup: Opens 4pm

Track: 5:30pm Start Rolling schedule, events run oldest to youngest with females going first in all groupings (exception is hurdles). Once entries have been closed, a tentative schedule will be posted.

2000m (2010/U16) /3000m (U18 & older)

U16 & older Hurdles - 110H, 100H (men then women), 80mH (U16 women)

1000m/1200m

100m

300m/400m

800m

200m

2nd Chance 100m if time permits.

Field: 5:30 Start

HIGH JUMP

Pit #1

Senior, U20, U18, U16 Men

2010/11 Boys

2012/13 Boys

2014 Boys

Pit #2

Senior, U20, U18, U16 Women

2010/11 Girls

2012/13 Girls

2014 Girls

LONG JUMP

Pit #1

Open (Senior, U20, U18, U16, Masters) Men

2014 Boys

2012/2013 Boys

2010/11 Boys

Pit #2

Open (Senior, U20, U18, U16, Masters) Women

2014 Girls

2013/2012/ 2011 Girls

2010/11 Girls

Javelin

Open Women (U16, U18, U20, Seniors, Masters)

Open Men (U16, U18, U20, Seniors, Masters)

2010/2011/2012/2013 Boys and Girls

Hammer

Women followed by Men - 2011, 2010, U16, U18, U20, Senior, Masters