



**Ocean Athletics "BRING THE HEAT!" July 4, 2023**  
**South Surrey Athletic Park Track & Field Facility 5:30-9:30pm**

\*Bib Pickup opens at 4:30pm, - Facility opens for warmup at 4pm\*

**5:30pm – REVISED (July 3, 2023) Rolling schedule. Except for the first events, all events CAN go ahead 30 minutes. Times are estimates.**

**TRACK:**

5:30pm	80mH 2010B, 2010G, 2011B, 2011G
5:50pm	60mH 2012B, 2012G, 2013B, 2013G, 2014B, 2014G
6:10pm	100m W (U16 & older) followed by 100m M (U16 & older)
6:55pm	100m JDs – Girls Followed by Boys – 2010, 2011, 2012, 2013, 2014
7:35pm	800m W (U16 and older), M (16 & older), Girls (2010-2011), Boys (2010-2011)
7:55pm	600m (Girls 2012, 2013/2014) (Boys 2012, 2013/2014)
8:10pm	200m W (U16 & older), 200m M (U16 & older)
8:30pm	200m 2010 G, 2010 B, 2011 G, 2011 B, 2012 G, 2012 B
8:50pm	300m mixed (U16 followed by U10)
8:55pm	400m mixed
9:00pm	2000m mixed
9:10pm	3000m mixed

**FIELD:**

**HIGH JUMP**

	<b>PIT 1</b>
5:30pm	(mixed Men and Women U16, U18, U20)
7:00pm	2014 B&G

**PIT 2**

2010/11 B&G, Master Men
2012/13 B&G

**LONG JUMP**

	<b>PIT 1</b>
5:30pm	Men U16 & older
6:45pm	2014/2013 Boys
7:45pm	2012/2011 Boys
8:15pm	2010/2011 Boys

**PIT 2**

Women U16 & older
2014/2013 Girls
2012/2011 Girls
2010/2011 Girls

**SHOT PUT**

5:30pm	2013/2014 Boys and Girls
6:00pm:	2010/2011/2012 Boys & Girls
7:45pm	Mixed U16 & older* - SP will start as soon as possible after Open M&Ws Discus concludes

**DISCUS**

5:30pm	Mixed U16 & older
7:00pm	Mixed JDs 2010-2013