



Ocean Athletics “LAST ONE, FAST ONE!”
BC Athletics Sanctioned Event
South Surrey Athletic Park Track & Field Facility
Tuesday, August 1, 2023 - 6-8pm (Twilight)

Eligibility: Open to all BC Athletics/Athletics Canada Competitive Members (if non-Canadian, please contact the meet director at mdestcroix@sotique.com)

Events: 100m, 200m, 800m, mile, HJ, LJ, Javelin

Event Eligibility: JD through Masters

Entry Fee: \$8.00 per event – Regular entry deadline July 29, midnight
\$15.00 per event – Late entry deadline July 30, midnight

Track: 6:00pm – 100m – Oldest to Youngest, Females followed by Males
6:50pm – Mile – Seeded sections, fastest sections first
7:15pm – 800m – Seeded sections, fastest sections first
7:40pm – 200m – Oldest to Youngest, Females followed by Males
8:25pm – 2nd Chance 100m

Field: 4:30pm – Pole Vault
5:30pm – Long Jump (2014 & 2013)
6:00pm – High Jump (All), Javelin (Open & Masters)
6:30pm – Long Jump (Open & Masters)
7:15pm – Javelin (JD), Long Jump (2012 to 2010)