



OATF Spring Fling
Saturday, April 6, 2024
SSAP Track & Field Facility – 10:00am to 4:30pm
REVISED SCHEDULE (04.03.2024)

Time: 10:00am – 4:30pm ** Bib Pickup opens at 9:00am, *Facility open for warmup at 9:00am*

Events: 100, 200, 300/400, 600/800, Mo's Mile, JD 60mH/80mH, LJ, HJ, Shot Put (2015 & Masters only), Javelin (not open to 2015), PV (limited to jumpers with vaulting ability of 3.5m and lower)

Eligibility: JDs (U14 = 2015-2011), U16, Open (U18, U20, Seniors, Masters)

Entry price: NO "DAY OF" ENTRIES!

Event Registration: <https://www.trackie.com/event/2024SpringFling>

Competition Notes: This is an early season meet that is limited to 6.5 hours. Please consider the schedule and do not attempt to do too many events. Allow for warmup. Events will start on time. Arrive with enough time to complete your warmup and set any marks as necessary. Please allow enough travel and parking time.

Personal implements may be used but must be weighed & certified before the competition. Weigh in for all throws will be available 9:15-9:45am at the Green Shed in the Southwest corner of the track.

Practice hurdles will be set up and available at the south end of the track. Please do not remove hurdles from the straightaway, nor take hurdles to the western straightaway (Long Jump Straightaway)

The South Surrey Athletic Park Track & Field Facility is located at: <https://www.google.ca/maps/@49.0378078,-122.8210419,1015m/data=!3m1!1e3?entry=ttu> The track is now blue, not red as shown on the map. Washrooms are available, but change rooms are not.

No awards will be given except for the Annual Mo's Mile event. The Male and Female winners of Mo's Mile #1 and Mo's Mile #2 will have their names engraved on the perpetual trophy and will receive a commemorative medal. Ocean is trying to keep entry fees to a minimum and has thus elected to forgo awards to keep entry fees reasonable.

Spectators & Coaches are reminded to stay out of the competition areas – HJ, LJ, Javelin, Track events & Track Rascal events. Bleachers for the Pole Vault and Long Jump events can be accessed by walking outside of Lane 8 at the southern end of the track to the designated spectator areas. Track Rascal spectators will be able to view the 60m and 60mH events from the main bleachers, the Long Jump from the bleachers and grass beside the two northern LJ pits, and the Turbo Javelin from the spectator area set up in front of the Throwing Cage. Please exit the Turbo Javelin event by walking around the northern end of the track on the pavement. Please DO NOT exit the Turbo Javelin area by walking through the start area.

TRACK RASCAL EVENT – Open to 2016/17/18 athletes. BIB PICKUP 9:45am. No “Day of Entries”. Athletes should assemble at the southern end of the 100m straightaway at the 110mH start line. Event starts at 10:00am with a group warmup. 10:15am 60m 10:20 60mH 10:40am LJ 11am Turbo Javelin
 ** please note, if you are late for the Track Rascal event, your athlete will go to the event that is currently being held. Events will not wait for athletes to arrive.

TRACK: 10:00am – REVISED SCHEDULE - Schedule can run 30min ahead of posted schedule. Events run oldest to youngest with females going first in all groupings except hurdles, and the mixed gender Mo’s Mile.

10:00am 100mH (Combined 33”: U16M, Senior W, U20W), 100mH 30” U18W, 80mH 30” U16W
 10:15am Track Rascal 60m, Track Rascal 60mH
 10:45am 80mH (2011B, 2011G, 2012B, 2012G), 60mH (2013B, 2013G, 2014B,2014G, 2015B, 2015G)
 11:30pm Mo’s Mile #1 Elite Men & Women Combined, Mo’s Mile #2 Women, Mo’s Mile #2 Men
 12:10pm 100m: Oldest to Youngest, Women Go First in Each Category
 1:40pm 400m/300m
 2:00pm 800m/600m
 2:55pm 200m
 3:45pm 2nd chance 100m if time (no additional 100m entry fee)

FIELD:

10:00am Pole Vault – males & females combined.

10:30am Sections may be combined if entry is low:

HIGH JUMP

Pit #1 (Eastern Pit)

10:30am Senior, U20, U18, U16 Men
 11:45am 2011/2012 Boys
 1:15pm 2013/2014 Boys
 2:30pm 2015 Boys

Pit #2 (Western Pit)

Senior, U20, U18, U16 Women
 2011/2012 Girls
 2013/2014 Girls
 2015 Girls

LONG JUMP

Pit #1 (Eastern Pit – closest to the track)

10:30am OPEN Men (Masters, Seniors, U20/18/16)*
 12:00pm 2015/14 Boys
 1:30pm 2013 Boys
 2:45pm 2011/12 Boys

Pit #2 (Western Pit)

Open Women (Masters, Senior, U20/18/16)*
 2015/14 Girls
 2013 Girls
 2011/12 Girls

* Open – 4 jumps guaranteed, jumps 5,6 are at the discretion of the officials

SHOT PUT

2015, U16, U18,U20 & Masters athletes only

10:00am U16, U18, U20, Masters Men & Women (combined)
 11:00am 2015 Boys & Girls - combined

JAVELIN

11:45am Open Men & Women combined (Masters, Seniors, U20, U16)*

1:00pm 2011/2012 Girls & Boys
 2:30pm 2013/2014 Girls & Boys

* Masters athletes are guaranteed 4 throws – Throws #5, #6 are at the discretion of the officials & will be determined by the size of the entry – large entry will limit event to 4 throws