



**OATF “LAST ONE, FAST ONE!”  
BC Athletics Sanctioned Event  
SSAP Track & Field Facility  
Tuesday, July 30, 2024 – 4:30-8:00pm**

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

**Bib Pick Up:** 4:00-6:00pm, Facility Open for Warm Up 3:30pm

**Events:** 100m, 200m, 400m, 800m, 1500m, High Jump, Javelin, Pole Vault

**Event Eligibility:** Open (U16, U18, U20, Seniors, Masters), U14 for Pole Vault

**Entry Fee:** \$8.00 per event – Entry deadline Sunday, July 28, midnight (11:59pm)

**NO LATE ENTRY**

**Track:** 5:00pm – 1500m – Women followed by Men

5:20pm – 400m – Women followed by Men

5:40pm – 100m – Women followed by Men

6:40pm – 800m – Women followed by Men

7:10pm – 200m – Women followed by Men

7:45pm – 2<sup>nd</sup> Chance 100m

**Field:** 4:30pm – Pole Vault (Eligible U14 & Older, max 4.0m)

6:00pm – High Jump, Javelin

(Schedule Updated: 04.23.2024 @ 2:00pm)