



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

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

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

Events: 100m, 200m, 400m, 800m, 1500m, 5000m (men only), 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 – 2nd Chance 100m

8:00pm – 5000m Men (17min or faster ability)

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

6:00pm – High Jump, Javelin