



**OATF “SPRING FLING”**  
**Saturday, April 12, 2025, 10:00am-4:00pm**  
**SSAP Track & Field Facility**  
**BC Athletics Sanctioned Event**  
(Posted 04.11.2025)

***FACILITY:***

- South Surrey Athletic Park Track – 14578 20 Ave ([Google MAP](#)).
- Open for bib pickup and warmup at 9:00am
- Washrooms, no changerooms
- No concession

***EVENTS:***

- **Track:** 100m, 200m, 300/400m, 600/800m, Mo’s Mile, 100mH, JD 60/80mH
- **Field:** Long Jump, High Jump, Shot Put, Javelin, Pole Vault (limit 1.5m to 3.5m)
- **Track Rascal Event:**
  - Athletes born in 2017/18/19
  - Time: 10:00-11:00am, bib pickup 9:45am
  - Events: Group warmup (10:00am), 60m (10:15am), 60mH (10:20am), Long Jump (10:40am), Turbo Javelin (11:00am)
  - Assemble: 110mH start line at 9:55am

***ELIGIBILITY:***

- JDs (U14 = 2016-2012)
- U16
- Open (U18, U20, Seniors, Masters)

***REGISTRATION:***

- [CLICK HERE TO REGISTER](#)
- Regular \$10 per event (until April 6, 2025, 11:59pm)
- Late \$15 per event (until April 8, 2025, 11:59pm)
- No “DAY OF” entries!
- \$5 added for athletes that are not BC Athletics members

## **AWARDS:**

- Awards **ONLY** for the Annual Mo's Mile event winners.
- Commemorative medal for male and female winners (Mo's Mile #1 and #2).
- Male and female winners' names engraved on perpetual trophy (Mo's Mile #1 and #2).

## **RESULTS:**

- Live results may be available (not guaranteed) – dependent on Internet connection ([LINK HERE](#)).
- Results will be posted on the Ocean Athletics [WEBSITE](#) by 5pm on April 13, 2025.
- Timing tent area is **OUT OF BONDS** for all athletes, parents and coaches during the meet.
- Track inquiries or protests must be brought to the Finish Line Marshal.
- Field event inquiries or protests must be brought to the Chief of the Field Event.
- Paperwork requests for records will only be completed at the conclusion of the meet.

## **SPECTATORS & COACHES:**

- **ONLY** athletes are permitted in competition areas (High Jump, Long Jump, Javelin, Track, Track Rascal Events etc.).
- High Jump apron is **CLOSED** to all spectators and coaches – open for competitors and associated officials **ONLY**.
- High Jump spectators **AND** coaches must watch from outside of Lane 8.
- Access Pole Vault and Long Jump bleachers by walking outside of Lane 8 on the southern end of the track to the designated viewing area.
- Track Rascal Spectators:
  - View 60m and 60mH events from main bleachers.
  - View Long Jump from bleachers and grass beside two northern Long Jump pits.
  - View Turbo Javelin from the spectator area in front of the Throwing Cage.

## **COMPETITION NOTES:**

- **Schedule:**
  - Events will start on time but **CAN** run up to 30 minutes ahead of the posted schedule.
  - Arrive with enough time to complete your warmup and set any marks (as necessary).
  - This is a short, early season, 1-day meet – do not attempt too many events.
- **Implements:**
  - Personal implements may be used but must be weighed and certified before the competition.
  - Weigh in for all implements is 9:15-9:45am in the green building at the southwest corner of the track.
- **Hurdles:**
  - Practice hurdles will be set up and available on the south end of the track.
  - Please do not remove or move hurdles to the western straightaway (Long Jump side).

## COMPETITION SCHEDULE:

### TRACK EVENTS:

- Events **CAN** run up to 30 minutes ahead of the posted schedule.
- Events run oldest to youngest with females going first in all groupings, except:
  - Hurdles
  - Mo's Mile #1

TIME	EVENT
10:00am	100mH – 33" – U16M, Senior W, U20W (event may be combined to provide better competition), 80mH - 30" – U16W
10:20am	Track Rascal 60m, Track Rascal 60mH
10:45am	80mH (2012B, 2012G, 2013B, 2013G), 60mH (2014B, 2014G, 2015B, 2015G, 2016B, 2016G)
11:30am	Mo's Mile #1 Elite Men & Women Combined, Mo's Mile #2 Women, Mo's Mile #2 Men
12:10pm	100m
1:40pm	400m/300m
2:00pm	800m/600m
2:55pm	200m
3:45pm	2 <sup>nd</sup> chance 100m if time permits (free for athletes already registered in the meet)

### FIELD EVENTS:

- \*Long Jump – 4 jumps guaranteed for OPEN, jumps 5/6 are at the discretion of the officials based on field size.
- \*\*Shot Put/Javelin – 4 throws guaranteed for OPEN, 5<sup>th</sup> throw at the discretion of the officials based on field size.

TIME	EVENT	ATHLETES
10:00am	<b>POLE VAULT</b>	Males & Females combined (1.5m to 3.5m)
10:30am	<b>HIGH JUMP PIT #1</b> (Eastern Pit)	Senior, U20, U18, U16 Men
11:45am		2012/2013 Boys
1:15pm		2014/2015 Boys
2:30pm		2016 Boys
10:30am	<b>HIGH JUMP PIT #2</b> (Western Pit)	Senior, U20, U18, U16 Women
11:45am		2012/2013 Girls
1:15pm		2014/2015 Girls
2:30pm		2016 Girls
10:30am	<b>LONG JUMP PIT #1</b> (Western Pit)	Open Men (Masters, Seniors, U20/18/16)*
12:00pm		2016/2015 Boys
1:30pm		2014 Boys
2:45pm		2012/2013 Boys
10:30am	<b>LONG JUMP PIT #2</b> (Eastern Pit – Closest to Track)	Open Women (Masters, Seniors, U20/18/16)*
12:00pm		2016/2015 Girls
1:30pm		2014 Girls
2:45pm		2012/2013 Girls
10:00am	<b>SHOT PUT</b>	Open Men & Women combined (Masters, Seniors, U20/18/16)**
11:00am		2015/2016 Boys & Girls – combined
12:00pm	<b>JAVELIN</b>	Open Men & Women combined (Masters, Seniors, U20/18/16)**
1:00pm		2012/2013 Girls & Boys
2:30pm		2014/2015 Girls & Boys