



OATF “LAST ONE, FAST ONE!”
Tuesday, July 29, 2025, 4:30-8:00pm
SSAP Track & Field Facility
BC Athletics Sanctioned Event
(Updated 05.30.2025)

FACILITY:

- South Surrey Athletic Park Track – 14578 20 Ave ([Google MAP](#)).
- Open for bib pickup and warmup at 4:00pm
- Washrooms, no changerooms
- No concession

EVENTS:

- **Track:** 100m, 200m, 400m, 800m, 1500m,
- **Field:** Hammer, High Jump, Javelin, Pole Vault (limit 2.0m to 4.3m)

ELIGIBILITY:

- JD 2012 (Pole Vault, Hammer)
- JD 2013 (Hammer)
- U16
- Open (U18, U20, Seniors, Masters)

REGISTRATION:

- [CLICK HERE TO REGISTER](#)
- Regular \$10 per event (until July 27, 2025, 11:59pm)
- No late entry
- No “DAY OF” entries!
- \$5 added for athletes that are not BC Athletics members

AWARDS:

- No awards to keep costs low.

RESULTS:

- Live results may be available (not guaranteed) – dependent on Internet connection ([LINK HERE](#)).
- Final results will be posted on the Ocean Athletics [WEBSITE](#) by 5pm on July 30, 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, Shot Put, Discus 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.

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 evening 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 4:15-4:45pm 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

TIME	EVENT
5:00pm	1500m: Open (combined) – If large entry, heats organized according to certified seed time
5:20pm	400m
5:40pm	100m
6:40pm	800m
7:10pm	200m
7:45pm	2 nd Chance 100m (free for any athlete registered in the meet)

FIELD EVENTS:

TIME	EVENT	ATHLETES
4:30pm	POLE VAULT	2012, U16, Open (combined) (2.0m to 4.3m)
5:00pm	HAMMER	2013, 2012, U16, Open (combined)
6:00pm	HIGH JUMP PIT #1 (Eastern Pit)	U16, Open – Women
6:00pm	HIGH JUMP PIT #2 (Western Pit)	U16, Open – Men
6:00pm	JAVELIN	U16, Open (combined)