



**OATF “BRING THE HEAT!”**  
**Wednesday, July 2, 2025, 4:30-9:00pm**  
**SSAP Track & Field Facility**  
**BC Athletics FULLY Sanctioned Event**  
(Updated 06.10.2025)

***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, 600/800m, 1500m, Ted’s Mile, JD 60/80mH
- **Field:** Long Jump, High Jump, Shot Put, Discus, Pole Vault (limit 2.0m to 3.5m)

***ELIGIBILITY:***

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

***REGISTRATION:***

- [CLICK HERE TO REGISTER](#)
- Regular \$10 per event (until June 29, 2025, 11:59pm)
- No late entry
- No “DAY OF” entries!
- \$5 added for athletes that are not BC Athletics members
- JD 4x100m relay registration onsite by 7pm

***AWARDS:***

- No awards to keep costs low.

## **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 July 3, 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, except Hurdles

TIME	EVENT
5:00pm	1500m: U18, U20, Senior, Master (combined)
5:20pm	100m: Open to All
6:30pm	800m: U16 & Older, 2012-2013
6:50pm	600m: 2014-2016
7:10pm	Ted's Mile: 16+ all genders (4:59 and faster only)
7:20pm	80mH: 2012B, 2012G, 2013B, 2013G
7:40pm	60mH: 2014B, 2014G, 2015B, 2015G, 2016B, 2016G
8:00pm	200m: U16 and Older
8:20pm	200m: 2012-2014
8:40pm	4 x 100m Relay: JD & HS. Free to athletes registered in meet. Register teams by 7:00pm.

### FIELD EVENTS:

TIME	EVENT	ATHLETES
4:30pm	<b>POLE VAULT</b>	2012, U16, U18, Senior combined (2.0m to 3.5m)
5:30pm	<b>HIGH JUMP PIT #1</b> (Eastern Pit)	2016 Boys & Girls
7:00pm		U16, U18, U20 Mixed Men and Women
5:30pm	<b>HIGH JUMP PIT #2</b> (Western Pit)	2014/2015 Boys & Girls
7:00pm		2012/2013 Boys & Girls, Master Men and Women
5:30pm	<b>LONG JUMP PIT #1</b> (Eastern Pit – Closest to Track)	2012/2013 Boys
6:30pm		2016/2015 Boys
7:45pm		2014 Boys
5:30pm	<b>LONG JUMP PIT #2</b> (Western Pit)	2012/2013 Girls
6:30pm		2016/2015 Girls
7:45pm		2014 Girls
5:30pm	<b>SHOT PUT</b>	2016 Boys & Girls
6:00pm		U16 & Open (Mixed)
7:15pm		2012/2013/2014/2015 Boys & Girls
5:30pm	<b>DISCUS</b>	2012/2013/2014/2015 Boys & Girls
7:00pm		U16 & Open (Mixed)